



Hello!

Thank you for downloading this collection of calcium-rich recipes.

Calcium is an essential micronutrient that supports our bodies in multiple ways, including our bones, teeth, nerves, and muscles.

Each of these recipes provides at least 150 mg of calcium. To meet your daily needs, consider eating a few each day.

The estimated average requirement (EAR) is 840 to 1100 mg a day and the recommended daily intake (RDI) is 1000 to 1300 mg a day.

The optimal amount of calcium each day will depend on your life-stage and your health, so please consult with a health practitioner if you need guidance or if you have a diagnosed health condition. (Source: Nutrient reference values for Australia and New Zealand).

Wishing you the best in health,

Annette Low

alow@nutritionpath.com.au
t 0414 994 958

The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice or treatment. It is recommended that you consult your physician before altering your diet if you have a medical condition or are receiving medical treatment.



Strawberry Tahini Smoothie

1 serving
 5 minutes

Ingredients

- 1 1/2 cups Oat Milk
- 1 cup Frozen Strawberries
- 1/2 Banana (frozen)
- 10 grams Collagen Powder
- 3 tbsps Hemp Seeds
- 4 leaves Romaine (washed, torn)
- 1 tsp Tahini

Nutrition

Amount per serving	
Calories	558
Fat	26g
Saturated	3g
Carbs	65g
Fiber	13g
Protein	26g
Sodium	192mg
Potassium	1780mg
Vitamin C	101mg
Calcium	649mg
Iron	6mg
Vitamin B6	0.5mg
Folate	243µg
Vitamin B12	1.8µg
Phosphorous	1014mg
Magnesium	273mg

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

- No Collagen Powder:** Omit or use protein powder instead.
- Make it Vegan:** Omit the collagen powder.
- No Oat Milk:** Use another dairy-free milk instead.



Falafel Salad with Green Tahini Sauce

1 serving
 30 minutes

Ingredients

- 1/4 cup Oats (quick or traditional)
- 2/3 cup Lentils (cooked, drained and rinsed)
- 2/3 Garlic (cloves, minced)
- 1/8 tsp Sea Salt
- 2/3 cup Parsley (divided)
- 1/3 Lemon (juiced and divided)
- 2 tsps Extra Virgin Olive Oil (divided)
- 1 1/3 tbsps Tahini
- 1 1/3 tbsps Water
- 1 1/3 cups Baby Spinach (or mixed greens)

Nutrition

Amount per serving	
Calories	459
Fat	22g
Saturated	3g
Carbs	50g
Fiber	17g
Protein	20g
Sodium	476mg
Potassium	1116mg
Vitamin C	74mg
Calcium	223mg
Iron	11mg
Vitamin B6	0.4mg
Folate	408µg
Vitamin B12	0µg
Phosphorous	514mg
Magnesium	148mg

Directions

- 1 Preheat the oven to 420°F (216°C) and line a baking sheet with parchment paper.
- 2 Place your oats in a food processor and pulse into a fine powder. Ensure your lentils are very dry. Excess liquid will make the batter harder to work with. Add lentils, garlic, sea salt, half of the parsley, half of the lemon juice and half the olive oil. Pulse until well combined. Form the batter into small patties or balls and transfer them to the baking sheet. Bake in the oven for 20 to 25 minutes.
- 3 Meanwhile, rinse out the food processor container and dry it well. Then combine the remaining parsley, lemon juice and olive. Add the tahini, water and season with sea salt. Blend until smooth. Taste and adjust lemon juice and sea salt to taste.
- 4 Plate the baby spinach. Serve the baked falafels over top and drizzle with tahini dressing. Enjoy!

Notes

Speed It Up: Skip making the tahini sauce and serve with hummus instead.



Golden Turmeric Hot Chocolate

1 serving
 5 minutes

Ingredients

- 1 tbsp Cacao Powder
- 1/4 tsp Turmeric (dried, ground)
- 1/4 tsp Cinnamon
- 1 1/2 tps Coconut Butter
- 1/2 tsp Honey
- 1 cup Water (hot)
- 1/2 cup Unsweetened Almond Milk

Nutrition

Amount per serving	
Calories	116
Fat	9g
Saturated	5g
Carbs	9g
Fiber	4g
Protein	2g
Sodium	89mg
Potassium	176mg
Vitamin C	0mg
Calcium	267mg
Iron	2mg
Vitamin B6	0mg
Folate	0µg
Vitamin B12	0µg
Phosphorous	3mg
Magnesium	55mg

Directions

- 1 Add the cacao powder, turmeric, cinnamon, coconut butter, honey, hot water and almond milk to a blender. Blend on high until smooth and creamy. Transfer to a mug and enjoy!

Notes

- No Cacao Powder:** Use cocoa powder instead.
- No Honey:** Use maple syrup or stevia instead.
- Nut-Free:** Use oat milk or coconut milk instead.
- No Coconut Butter:** Use almond, cashew or sunflower seed butter instead.



Almond, Chia & Banana Toast

1 serving
 5 minutes

Ingredients

- 2 tbsps Almond Butter
- 2 slices Gluten-Free Bread (toasted)
- 1 tbsp Chia Seeds
- 1/4 tsp Cinnamon
- 1 Banana (sliced)

Nutrition

Amount per serving	
Calories	513
Fat	26g
Saturated	2g
Carbs	63g
Fiber	12g
Protein	13g
Sodium	258mg
Potassium	807mg
Vitamin C	10mg
Calcium	218mg
Iron	3mg
Vitamin B6	0.5mg
Folate	40µg
Vitamin B12	0µg
Phosphorous	224mg
Magnesium	170mg

Directions

- 1 Spread the almond butter on top of the toast and top with the chia seeds, cinnamon and banana slices. Enjoy!

Notes

- Nut-Free:** Use sunflower seed butter instead.
- No Chia Seeds:** Use hemp seeds instead.
- No Almond Butter:** Use another nut butter instead.



Strawberry Chocolate Overnight Oats

2 servings
 3 hours 5 minutes

Ingredients

- 1 cup Oats (quick or rolled)
- 1 cup Unsweetened Almond Milk
- 2 tbsps Maple Syrup
- 2 tbsps Cocoa Powder
- 1 cup Strawberries (sliced or chopped)
- 1/2 cup Granola (optional)

Nutrition

Amount per serving	
Calories	404
Fat	12g
Saturated	2g
Carbs	66g
Fiber	11g
Protein	12g
Sodium	95mg
Potassium	563mg
Vitamin C	43mg
Calcium	309mg
Iron	4mg
Vitamin B6	0.2mg
Folate	58µg
Vitamin B12	0µg
Phosphorous	355mg
Magnesium	156mg

Directions

- 1 Combine the oats, milk, maple syrup, and cocoa powder in a bowl. Stir well. Cover and refrigerate for at least three hours or overnight.
- 2 To serve, divide the oats between bowls or jars and top with the strawberries and granola (if using). Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Top with strawberries and granola just before serving.

Serving Size: One serving is approximately equal to 3/4 cup of the oats.

Nut-Free: Use a nut-free milk, like coconut milk or cow's milk.

More Flavor: Add cinnamon, vanilla, or a pinch of salt.

No Strawberries: Use another berry or banana slices instead.



Tofu Veggie Scramble

1 serving
 15 minutes

Ingredients

- 110 grams Tofu (firm)
- 1 1/2 tsps Avocado Oil
- 1/4 Yellow Onion (medium, diced)
- 1 Garlic (cloves, minced)
- 1/2 Red Bell Pepper (sliced)
- 1/2 cup Baby Spinach (chopped)
- 1 1/2 tsps Nutritional Yeast
- 1/8 tsp Turmeric
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	206
Fat	13g
Saturated	2g
Carbs	11g
Fiber	5g
Protein	15g
Sodium	33mg
Potassium	507mg
Vitamin C	81mg
Calcium	348mg
Iron	5mg
Vitamin B6	4.1mg
Folate	67µg
Vitamin B12	16.9µg
Phosphorous	151mg
Magnesium	59mg

Directions

- 1 Place the tofu in a small bowl and mash with a fork to the point where it is broken apart but chunks still remain. The texture should be similar to scrambled eggs.
- 2 In a non-stick pan, heat the avocado oil over medium heat. Add the onions, garlic and bell pepper. Saute for 4 to 5 minutes, or until onions are translucent.
- 3 Add the tofu, spinach, nutritional yeast and turmeric to the pan. Mix well and cook until the spinach wilts and the tofu is heated through.
- 4 Season with sea salt and black pepper taste. Enjoy!

Notes

- More Carbs:** Serve with toast or brown rice.
- Likes it Spicy:** Serve with hot sauce, cayenne pepper or chili flakes.
- Leftovers:** Store in the fridge up to 3 to 4 days.



White Bean, Spinach & Tomato Salad

2 servings

10 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1/4 cup Shallot (diced)
- 2 Garlic (cloves, minced)
- 2 cups White Navy Beans (cooked, drained and rinsed)
- 4 cups Baby Spinach (chopped)
- 1 Tomato (medium, diced)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	356
Fat	8g
Saturated	1g
Carbs	56g
Fiber	22g
Protein	18g
Sodium	74mg
Potassium	1239mg
Vitamin C	30mg
Calcium	201mg
Iron	7mg
Vitamin B6	0.5mg
Folate	394µg
Vitamin B12	0µg
Phosphorous	324mg
Magnesium	153mg

Directions

- 1 Heat olive oil in a large pan over medium heat. Add shallots and garlic and saute for 1 to 2 minutes.
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- 2 Add white beans, spinach and tomato. Stir until warm and spinach has wilted, about 5 minutes. Season with salt and pepper to taste. Enjoy!

Notes

No White Beans: Use chickpeas or lentils instead.

Extra Flavour: Add avocado, lemon juice and/or feta cheese.

Leftovers: Refrigerate in an airtight container up to 3-5 days. Leftovers can be eaten warm or cold.



Broccoli Almond Protein Salad

4 servings

20 minutes

Ingredients

- 4 cups Broccoli (chopped into small florets)
- 2 cups Frozen Edamame (shelled)
- 4 stalks Green Onion (sliced)
- 1/2 cup Almonds (chopped)
- 1/4 cup Almond Butter
- 1 tbsp Rice Vinegar
- 1 tbsp Tamari (or Coconut Aminos)
- 1 tbsp Maple Syrup
- 1 tbsp Sesame Oil
- 1 Garlic (clove, minced)
- 2 tbsps Water

Directions

- 1 In a large mixing bowl, combine the broccoli florets, edamame beans, green onions, and chopped almonds.
- 2 To make the salad dressing, whisk together the almond butter, rice vinegar, tamari, maple syrup, sesame oil, garlic, and water. Add more water if needed to achieve desired consistency.
- 3 Pour the dressing over the salad and toss to mix well. Serve immediately, or let sit for a few hours before eating. Enjoy!

Notes

Leftovers: Keeps well in the fridge up to 3 days.

Nutrition

Amount per serving	
Calories	374
Fat	25g
Saturated	2g
Carbs	24g
Fiber	11g
Protein	19g
Sodium	290mg
Potassium	916mg
Vitamin C	88mg
Calcium	208mg
Iron	4mg
Vitamin B6	0.3mg
Folate	319µg
Vitamin B12	0µg
Phosphorous	366mg
Magnesium	166mg