



7-Day Post Liquid Cleanse Omnivore Detox Meal Plan

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MON



MEAL 1
Lemon Water



MEAL 2
Eggs in a Butternut Squash Nest



MEAL 3
Greek Kale Chickpea Salad



MEAL 4
Roasted Veggie and Quinoa Bowl



MEAL 5
Pumpkin Spice Latte

TUE



MEAL 1
Homemade Chai Tea



MEAL 2
Triple Berry Protein Bowl



MEAL 3
Winter Kale Salad



MEAL 4
Shrimp & Green Beans



MEAL 5
Peanut Butter Fruit Dip, Fresh Strawberries

WED



MEAL 1
Lemon Water



MEAL 2
Fried Eggs & Steamed Spinach



MEAL 3
Shrimp, Kale & Quinoa Salad



MEAL 4
One Pan Chicken, Radishes & Broccoli



MEAL 5
Warm Apples with Cinnamon

THU



MEAL 1
Homemade Chai Tea



MEAL 2
Tropical Ginger Smoothie



MEAL 3
One Pan Chicken, Radishes & Broccoli



MEAL 4
One Pan Salmon with Rainbow Veggies



MEAL 5
Warm Apples with Almond Butter

FRI



MEAL 1
Detox Chia Lemon Water



MEAL 2
Berry Baked Oatmeal



MEAL 3
Lemon Dill Baked Salmon



MEAL 4
Beef Burrito Bowl with Cauliflower Rice



MEAL 5
Chocolate Crunch Bars

SAT



MEAL 1
Cucumber Mojito Blender Juice with Aloe



MEAL 2
Berry Baked Oatmeal



MEAL 3
Simple Tuna Salad



MEAL 4
Ginger Chicken Stir Fry



MEAL 5
Chocolate Crunch Bars

SUN



MEAL 1
Grapefruit & Thyme Sparkling Water



MEAL 2
Green Smoothie Bowl



MEAL 3
Ginger Chicken Stir Fry



MEAL 4
Slow Cooker Bolognese with Spaghetti Squash, Steamed Broccoli



MEAL 5
Hot Chocolate

FRUITS

- 3 Apple
- 2 Avocado
- 1 Banana
- 1/2 cup Blackberries
- 3/4 cup Blueberries
- 1 Grapefruit
- 1/2 Green Apple
- 1 Kiwi
- 3 Lemon
- 1/3 cup Lemon Juice
- 2 Lime
- 1/2 Navel Orange
- 1/4 Pear
- 3/4 cup Pineapple
- 2 tbsps Pomegranate Seeds
- 4 1/2 cups Strawberries

BREAKFAST

- 1/2 cup All Natural Peanut Butter
- 1/2 cup Almond Butter
- 3/4 cup Maple Syrup
- 1/2 cup Organic Coffee
- 2 1/2 cups Rice Puffs Cereal

SEEDS, NUTS & SPICES

- 3 Bay Leaf
- 1/16 tsp Black Pepper
- 3/4 tsp Black Peppercorns
- 2 1/3 tbsps Chia Seeds
- 2 1/8 tps Cinnamon
- 2 1/2 servings Cinnamon Stick
- 1 tbsp Coriander
- 1 1/8 tbsps Cumin
- 3 tbsps Ground Flax Seed
- 1/4 cup Hemp Seeds
- 1 1/3 tps Italian Seasoning
- 1 1/3 tbsps Oregano

VEGETABLES

- 6 cups Baby Spinach
- 1/2 cup Basil Leaves
- 14 2/3 cups Broccoli
- 3/4 cup Butternut Squash
- 1/2 Carrot
- 4 cups Cauliflower Rice
- 3 stalks Celery
- 2 cups Cherry Tomatoes
- 2/3 Cucumber
- 2 1/2 tbsps Fresh Dill
- 13 Garlic
- 2 1/2 tbsps Ginger
- 2 1/2 cups Green Beans
- 1/4 Green Bell Pepper
- 1 stalk Green Onion
- 9 cups Kale Leaves
- 2 tbsps Microgreens
- 1/4 cup Mint Leaves
- 4 cups Mixed Greens
- 4 cups Radishes
- 1 Red Bell Pepper
- 1/2 cup Red Onion
- 1 Spaghetti Squash
- 2 2/3 Sweet Potato
- 1/16 oz Thyme Sprigs
- 1/4 Tomato
- 1 Yellow Bell Pepper
- 2 1/2 Yellow Onion

BOXED & CANNED

- 1 3/4 cups Chickpeas
- 3 cups Crushed Tomatoes
- 3 cups Diced Tomatoes
- 2 cups Organic Vegetable Broth
- 1 1/16 cups Quinoa
- 1 can Tuna

BAKING

BREAD, FISH, MEAT & CHEESE

- 2 1/2 lbs Chicken Breast
- 1 lb Extra Lean Ground Beef
- 1 lb Extra Lean Ground Turkey
- 2 tbsps Feta Cheese
- 2 lbs Salmon Fillet
- 2 1/4 lbs Shrimp

CONDIMENTS & OILS

- 1 1/2 tps Apple Cider Vinegar
- 1/3 cup Avocado Oil
- 1 1/2 tps Coconut Aminos
- 1/3 cup Coconut Oil
- 1/4 tsp Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil
- 1 tbsp Mayonnaise
- 2 2/3 tbsps Tahini
- 1/2 cup Tamari

COLD

- 4 Egg
- 1 1/3 tbsps Ghee
- 4 1/3 cups Unsweetened Almond Milk
- 1 cup Unsweetened Coconut Yogurt

OTHER

- 5 Ice Cubes
- 3/4 fl oz Pure Aloe Juice
- 2 cups Sparkling Water
- 12 1/4 cups Water

- 2 1/3 tbsps Pumpkin Seeds
- 1 1/2 tps Red Pepper Flakes
- 2 1/3 tps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 2/3 tbsps Sliced Almonds
- 3 tbsps Slivered Almonds

FROZEN

- 1 1/3 cups Frozen Berries

- 1 tbsps Cardamom Seeds
- 1/3 cup Cocoa Powder
- 1 3/4 ozs Dark Organic Chocolate
- 1 1/3 cups Oats
- 1/2 tsp Pumpkin Pie Spice
- 2 tbsps Pureed Pumpkin
- 1/3 cup Unsweetened Applesauce
- 2 tbsps Unsweetened Coconut Flakes
- 1/2 tsp Vanilla Extract
- 1 tbsps Whole Cloves

Lemon Water

1 SERVING 5 MINUTES



INGREDIENTS

2 cups Water (hot or cold)

1/4 Lemon (juiced)

DIRECTIONS

01 Combine water and lemon juice in a glass. Enjoy!

NOTES

LIKES IT FIZZY

Make it with sparkling water.

MORE FLAVOUR

Garnish with extra lemon slices.

Homemade Chai Tea

1 SERVING 20 MINUTES



INGREDIENTS

2 cups Water
1 1/4 servings Cinnamon Stick
1 1/2 tsp Cardamom Seeds
1 1/2 tsp Whole Cloves
1/3 tsp Black Peppercorns
1 1/2 tsp Ginger (peeled and thinly sliced)

DIRECTIONS

01 Combine all ingredients together in a large pot. Bring to a boil then reduce to a simmer. Let simmer for 15 minutes and then strain. Serve as is, or with almond milk and honey. Enjoy!

NOTES

SERVE IT WITH

A slice of our Blueberry Banana Bread or Pumpkin Loaf.

LEFTOVERS

Store sealed in a mason jar in the fridge up to 5 days. Re-warm or enjoy as iced tea.

Detox Chia Lemon Water

1 SERVING 5 MINUTES



INGREDIENTS

2 cups Water
1 tbsp Chia Seeds
1/4 Lemon (juiced)

DIRECTIONS

01 Stir together all ingredients in a tall glass or mason jar. Let sit for 5 minutes or until chia seeds swell. Enjoy!

NOTES

MAKE IT SWEET

Add maple syrup.

MAKE IT SPICY

Add a pinch of cayenne pepper.

Cucumber Mojito Blender Juice with Aloe

1 SERVING 15 MINUTES



INGREDIENTS

1/2 cup Water
1 Lime (juiced)
3/4 fl oz Pure Aloe Juice
1 tbsp Maple Syrup
1/2 Cucumber (large, peeled, seeded and chopped)
1/4 cup Mint Leaves (loosely packed)
1/16 tsp Sea Salt

DIRECTIONS

- 01 Add all of the ingredients to a high-speed blender. Blend on high for one minute or until very smooth.
- 02 Strain the juice into a pitcher with a fine mesh sieve to remove the pulp.
- 03 Serve over ice and enjoy!

NOTES

NO ALOE

Use extra lime juice instead.

STORAGE

Juice will keep in the fridge for one day.

NO MAPLE SYRUP

Use honey or a few drops of stevia to taste instead.

Grapefruit & Thyme Sparkling Water

1 SERVING 10 MINUTES



INGREDIENTS

1 Grapefruit
1/16 oz Thyme Sprigs
2 cups Sparkling Water

DIRECTIONS

01 Cut your grapefruit in half. Squeeze the juice out of one half. Carve the flesh out of the other half. Add both the juice and flesh to the bottom of a glass along with the thyme sprigs. Pour sparkling water over top. Add a straw, stir and enjoy!

NOTES

NO GRAPEFRUIT

Use another citrus fruit like orange.

Eggs in a Butternut Squash Nest

1 SERVING 15 MINUTES



INGREDIENTS

3/4 cup Butternut Squash (spiralized into noodles)

1 tsp Coconut Oil

2 Egg

Sea Salt & Black Pepper (to taste)

2 tbsps Microgreens (optional)

DIRECTIONS

- 01 Form the spiralized squash noodles into nests, making a small well in the center for the egg.
- 02 Heat a pan over medium heat and add the coconut oil. Use a spatula to transfer the squash nests to the pan and cook for about 7 minutes.
- 03 Crack eggs into cups and transfer them into the wells of the squash nests. Cook for about 3 to 4 minutes or until the whites have set and it is cooked to your liking. Cover the pan with a lid to speed up the cooking time.
- 04 Transfer the egg nests onto a plate and season with sea salt and black pepper to taste. Garnish with microgreens (optional) and enjoy!

NOTES

NO SQUASH

Use spiralized sweet potato, beets or zucchini instead.

SAVE TIME

Use storebought spiralized veggies.

SPIRALIZING SQUASH

Use a spiralizer machine to create spirals with the long part of the butternut squash, not the bulb. Peel first and then cut in half horizontally to spiralize.

Triple Berry Protein Bowl

1 SERVING 10 MINUTES



INGREDIENTS

1/2 cup Strawberries (sliced)
1/2 cup Blueberries
1/2 cup Blackberries
1 tbsp Almond Butter
1 tbsp Hemp Seeds
2 tbsps Slivered Almonds
1/4 cup Unsweetened Almond Milk

DIRECTIONS

- 01 Wash berries and place in bowl(s). Sprinkle berries with hemp seeds and slivered almonds. Top with almond butter and pour almond milk over top. Enjoy!

Fried Eggs & Steamed Spinach

1 SERVING 10 MINUTES



INGREDIENTS

2 cups Baby Spinach
1 tbsp Water
Sea Salt & Black Pepper (to taste)
1 tsp Ghee
2 Egg

DIRECTIONS

- 01 Heat a pan over medium heat and add spinach and water. Stir just until wilted, then remove from heat. Season with sea salt, pepper and ghee. Transfer to a plate.
- 02 In the same pan, cook your eggs. Season with sea salt and pepper.
- 03 Plate the spinach with eggs. Enjoy!

NOTES

NO GHEE

Use butter or oil instead.

MORE FLAVOUR

Sprinkle everything with nutritional yeast or Everything Bagel Seasoning.

Tropical Ginger Smoothie

1 SERVING 10 MINUTES



INGREDIENTS

3/4 cup Pineapple (diced)
1 tbsp Ground Flax Seed
1 1/2 tsps Ginger (peeled and grated)
2 cups Baby Spinach
1/2 cup Water
4 Ice Cubes
1/4 cup Blueberries

DIRECTIONS

- 01 Throw all ingredients EXCEPT blueberries into the blender. Blend for a minute or until smooth.
- 02 Pour 3/4 of the mix into a glass (or a mason jar if you are on-the-go), leaving some space at the top.
- 03 Add blueberries to leftover mix and blend again for about 30 seconds. Spoon the blueberry mix on top of the green mix. Enjoy!

Berry Baked Oatmeal

4 SERVINGS 45 MINUTES



INGREDIENTS

1 1/3 cups Oats (quick or traditional)
1 1/3 cups Unsweetened Almond Milk
1 1/3 tbsps Maple Syrup
1/3 cup Unsweetened Applesauce
2/3 tsp Cinnamon
1 1/3 tbsps Chia Seeds
1 1/3 cups Frozen Berries
2 2/3 tbsps Sliced Almonds

DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Grease a baking pan with coconut oil.
- 02 Add all ingredients except the sliced almonds to a mixing bowl and stir until thoroughly combined.
- 03 Transfer to baking pan and bake for about 45 minutes or until a toothpick comes out clean. Sprinkle with sliced almonds before serving. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an air-tight container up to 3-5 days. Freeze if longer.

NO APPLESAUCE

Use mashed banana instead.

NO ALMONDS

Replace with pecans, walnuts, pumpkin seeds or sunflower seeds.

Green Smoothie Bowl

1 SERVING 10 MINUTES



INGREDIENTS

- 1 Banana (chopped and frozen)
- 2 cups Baby Spinach
- 3/4 cup Water
- 1 Ice Cubes
- 1 Kiwi (peeled and chopped)
- 1 tbsp Unsweetened Coconut Flakes
- 1 tbsp Slivered Almonds
- 1 tbsp Hemp Seeds

DIRECTIONS

- 01 Add frozen bananas, baby spinach, water and ice cubes to the blender. Blend until smooth. Divide between bowls and top with kiwi, coconut flakes, slivered almonds and hemp seeds. Enjoy right away!

Greek Kale Chickpea Salad

1 SERVING 15 MINUTES



INGREDIENTS

1 1/2 tsps Fresh Dill (chopped)
1 tbsp Extra Virgin Olive Oil
1/4 Lemon (juiced)
1/16 tsp Sea Salt
1/16 tsp Black Pepper
1/2 cup Chickpeas (cooked, drained and rinsed)
1/8 Cucumber (diced)
1/4 Tomato (diced)
1/4 Green Bell Pepper (diced)
1 cup Kale Leaves (finely sliced)
2 tsps Feta Cheese (crumbled)
1 oz Chicken Breast

DIRECTIONS

- 01 In a jar combine dill, olive oil, lemon juice, sea salt and black pepper. Put a lid on it and shake well. Set aside.
- 02 In a large salad bowl, combine chickpeas, cucumber, tomato, green pepper and kale. Add desired amount of dressing and toss well. Divide between bowls and top with feta cheese. Enjoy!

NOTES

NO CHICKPEAS

Use lentils or kidney beans instead.

EXTRA GREEK

Add chopped black olives.

NO KALE

Use spinach or any dark leafy green instead.

MORE PROTEIN

Add 4 oz chicken (can use rotisserie chicken breast, without skin)

Winter Kale Salad

1 SERVING 20 MINUTES



INGREDIENTS

1 1/2 **tsps** Extra Virgin Olive Oil
3/4 **tsp** Apple Cider Vinegar
1/4 **tsp** Dijon Mustard
1/4 **tsp** Maple Syrup
1/16 **tsp** Sea Salt
1 1/2 **cups** Kale Leaves (thinly sliced)
2 **tsps** Pomegranate Seeds
1/4 **Pear** (cored and thinly sliced)
1 **tblsp** Pumpkin Seeds
1 **tblsp** Unsweetened Coconut Flakes
(toasted)

DIRECTIONS

- 01 Add the extra virgin olive oil, apple cider vinegar, mustard, maple syrup and sea salt into a small bowl and whisk together.
- 02 Add the kale to a large bowl and drizzle the dressing over top. Massage with your hands to ensure it is evenly coated.
- 03 Top the massaged kale with pomegranate seeds, sliced pear, pumpkin seeds and toasted coconut flakes. Toss before serving. Enjoy!

NOTES

LEFTOVERS

Store in an airtight container in the fridge for up to two days.

NO PEAR

Use sliced apple instead.

NO KALE

Use Swiss chard or collard greens instead.

Shrimp, Kale & Quinoa Salad

1 SERVING 20 MINUTES



INGREDIENTS

2 tbsps Quinoa (uncooked)
1/4 cup Water
Sea Salt & Black Pepper (to taste)
4 ozs Shrimp (peeled, deveined)
1/2 tsp Cumin
1 tbsps Extra Virgin Olive Oil (divided)
3/4 tsp Apple Cider Vinegar
1/3 tsp Maple Syrup
2 1/2 cups Kale Leaves (stems removed and chopped)
1/2 Carrot (medium, grated or sliced)

DIRECTIONS

- 01 Boil quinoa and water in a saucepan over high heat. Reduce to a simmer and cover with a lid for 13 - 15 minutes. Season with salt and pepper, and fluff with a fork. Set aside.
- 02 Meanwhile, coat the shrimp with cumin, salt and pepper. Heat 1/4 of the olive oil in a pan over medium-high heat. Add the shrimp and cook for about 3-5 minutes, flipping halfway.
- 03 In a large salad bowl, whisk together the vinegar, maple syrup and remaining olive oil.
- 04 Add the kale and carrot, and massage in the vinaigrette. Add the cooked quinoa and shrimp and toss until thoroughly combined. Divide onto plates and enjoy!

NOTES

NO SHRIMP

Use chicken, chickpeas, tofu or tempeh instead.

LEFTOVERS

Refrigerate in an airtight container up to 3 days.

Lemon Dill Baked Salmon

4 SERVINGS 25 MINUTES



INGREDIENTS

- 1 1/4 lbs Salmon Fillet
- 1 tbsp Ghee (melted)
- 2 Garlic (cloves, minced)
- 2 tbsps Fresh Dill (chopped)
- 1 Lemon (zested and juiced)
- 1/4 tsp Sea Salt (or more to taste)
- 4 cups Mixed Greens

DIRECTIONS

- 01 Preheat the oven to 375°F (191°C).
- 02 Line a baking sheet with aluminum foil and place the salmon in the middle.
- 03 In a small jar, mix together the melted ghee, garlic, dill, lemon juice, lemon zest and sea salt. Pour it over the salmon. Fold up the edges of the foil so that the fish is sealed in a pouch. Bake for 15 to 20 minutes or until fish flakes with a fork.
- 04 Remove the salmon from the oven and serve with mixed greens. Enjoy!

NOTES

NO FOIL

Use parchment paper instead.

LIKES IT CRISPY

Broil for 1 to 2 minutes after baking to make it crispy.

LEFTOVERS

Keep well in the fridge for 2 to 3 days.

NO GHEE

Use butter, avocado oil or coconut oil instead.

Simple Tuna Salad

1 SERVING 10 MINUTES



INGREDIENTS

1 can Tuna (drained)
1/2 Green Apple (chopped)
1 stalk Green Onion (finely sliced)
1 tbsp Mayonnaise
Sea Salt & Black Pepper (to taste)

DIRECTIONS

01 Add all ingredients to a large bowl and mix until well combined. Enjoy!

NOTES

HOW TO SERVE

Enjoy alone, on crackers, on a sandwich, or over greens.

LEFTOVERS

Keeps well in the fridge for 2 to 3 days.

Roasted Veggie and Quinoa Bowl

4 SERVINGS 40 MINUTES



INGREDIENTS

2 2/3 cups Broccoli (chopped into florets)
2 2/3 Sweet Potato (medium, cut into 1/2-inch cubes)
1 1/3 cups Chickpeas (cooked)
1/3 cup Lemon Juice (divided)
1 1/3 tsps Italian Seasoning
1/3 tsp Sea Salt
1 cup Quinoa (uncooked)
2 cups Organic Vegetable Broth
2 2/3 tbsps Tahini
2 2/3 tbsps Water (warm)
2 tbsps Maple Syrup
1 1/3 tbsps Pumpkin Seeds (optional)

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Transfer the chopped broccoli, sweet potatoes and chickpeas to the prepared baking sheet. Season the vegetables with half of the lemon juice, Italian seasoning and sea salt. Bake for 30 to 35 minutes until vegetables are very tender and chickpeas are crispy.
- 03 While the vegetables are roasting, add the quinoa and broth to a medium pot with a tight-fitting lid. Bring to a boil, cover with lid and reduce heat to low. Cook until the liquid is absorbed and quinoa is tender. Remove from heat and set aside.
- 04 While the quinoa is cooking, combine the tahini, warm water, maple syrup and remaining lemon juice in a small bowl. Whisk until smooth. Season with additional salt if needed.
- 05 To assemble, divide the quinoa and roasted vegetables between bowls. Drizzle with tahini sauce and top with pumpkin seeds (optional). Enjoy!

NOTES

LEFTOVERS

Store in the fridge for up to four days.

NO QUINOA

Use rice or cauliflower rice instead.

NO BROTH

Use water instead.

COOKED CHICKPEAS

Use cooked chickpeas from the can to save time.

Shrimp & Green Beans

4 SERVINGS 20 MINUTES



INGREDIENTS

1 tbsp Avocado Oil (divided)
2 1/2 cups Green Beans (trimmed)
2 lbs Shrimp (raw, peeled and de-veined)
1/8 tsp Sea Salt
1 tbsp Tamari
1/2 tsp Red Pepper Flakes

DIRECTIONS

- 01 Heat half of the oil in a large skillet over medium-high heat. Add the green beans and stir for 5 to 7 minutes, or until tender and crisp. Transfer the beans to a dish and set aside.
- 02 Reduce the heat to medium and add the remaining oil to the skillet. Add the shrimp, season with salt and cook for about 2 to 3 minutes per side. Return the green beans to the skillet, and add the tamari and red pepper flakes. Stir until the shrimp is cooked through and evenly coated. Divide onto plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container up to 2 to 3 days.

SERVE IT WITH

Rice, quinoa, polenta, spaghetti squash, couscous, sweet potatoes or zucchini noodles.

NO TAMARI

Use soy sauce or coconut aminos instead.

One Pan Chicken, Radishes & Broccoli

4 SERVINGS 40 MINUTES



INGREDIENTS

1 1/4 lbs Chicken Breast
Sea Salt & Black Pepper (to taste)
1 Lemon (sliced into rounds)
4 cups Radishes (quartered)
6 cups Broccoli (chopped into florets)
1/4 cup Avocado Oil

DIRECTIONS

- 01 Preheat oven to 375°F (191°C) and line a baking sheet with foil. Place chicken breasts in the middle of the sheet, sprinkle with sea salt and black pepper (if desired), and top with sliced lemon.
- 02 Toss the radishes and broccoli with avocado oil and sea salt. Add veggies to the pan, around the chicken. Bake for 30 minutes, or until chicken is cooked through.
- 03 To serve, divide chicken and veggies between plates, and squeeze lemon juice over top. Enjoy!

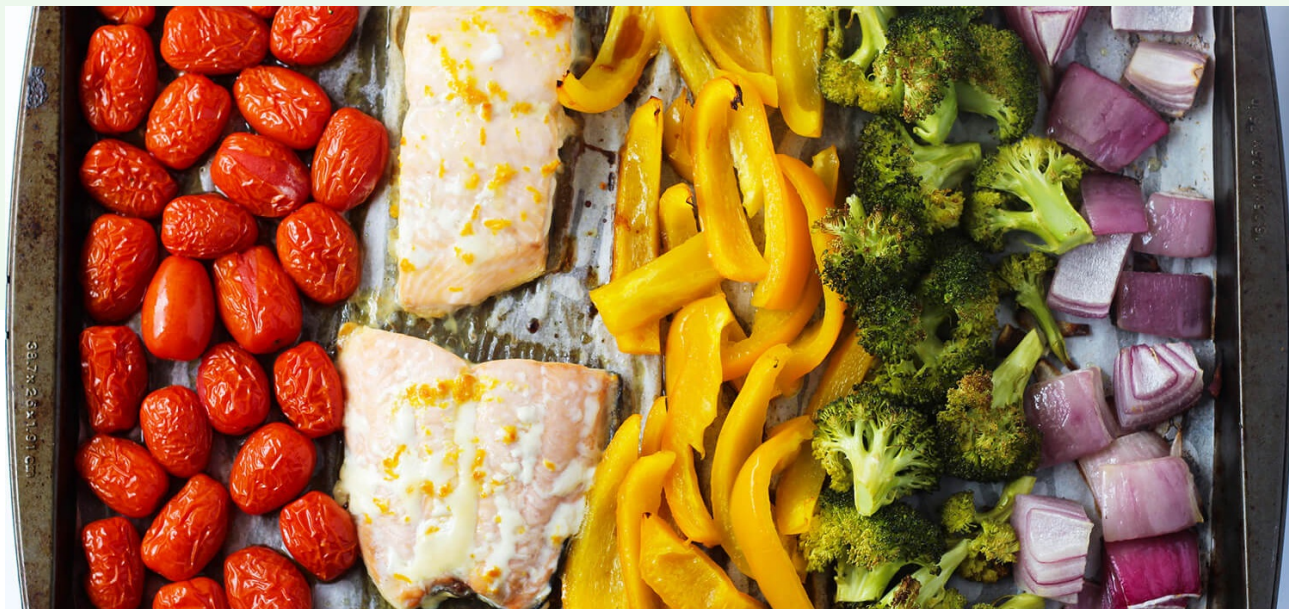
NOTES

LEFTOVERS

Keep covered in the fridge up to 3 days.

One Pan Salmon with Rainbow Veggies

2 SERVINGS 40 MINUTES



INGREDIENTS

2 cups Cherry Tomatoes
10 ozs Salmon Fillet
1 Yellow Bell Pepper (sliced)
2 cups Broccoli (chopped into small florets)
1/2 cup Red Onion (sliced into chunks)
2 tbsps Extra Virgin Olive Oil
1 1/2 tsps Coconut Aminos
1/2 Navel Orange (zested and juiced)
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 Place the cherry tomatoes, salmon, bell pepper, broccoli, and red onion on the sheet pan. Drizzle the vegetables with olive oil. Brush the salmon with the coconut aminos, orange juice and zest. Sprinkle everything with salt and pepper to taste.
- 03 Place in the oven and bake for 30 minutes, or until salmon is fully cooked.
- 04 Divide between plates and enjoy!

NOTES

MORE CARBS

Serve with rice or quinoa.

VEGAN

Use tofu steaks or roasted chickpeas instead of salmon.

LEFTOVERS

Keeps well in the fridge for 2 to 3 days.

Beef Burrito Bowl with Cauliflower Rice

4 SERVINGS 30 MINUTES



INGREDIENTS

2 **tbps** Extra Virgin Olive Oil (divided)
4 Garlic (cloves, minced)
1 Yellow Onion (small, finely diced)
1 **lb** Extra Lean Ground Beef
1 **tbps** Cumin (ground)
1 **tbps** Coriander (ground)
1 **tbps** Oregano (dried)
1 1/2 **tsps** Sea Salt (divided)
1 Lime (juiced)
4 **cups** Cauliflower Rice
2 Avocado (diced)

DIRECTIONS

- 01 In a large skillet heat half of the oil over medium. Add garlic and onions and cook for two minutes, or until onions become translucent.
- 02 Add ground beef to the skillet. With a wooden spoon or spatula, break the beef into small pieces as it cooks, stirring occasionally, until no longer pink.
- 03 When meat is cooked through, drain the grease. Place back over medium heat and add the cumin, coriander, oregano, half of the salt and lime juice to the pan. Stir to coat the beef with the spice and continue to cook for another minute until very fragrant. Transfer the meat to a dish and cover to keep warm.
- 04 Place the pan back over heat and add the remaining olive oil. Add the cauliflower rice and season with remaining sea salt. Cook the cauliflower rice, stirring occasionally, until cauliflower is warmed through and just tender.
- 05 Divide the cauliflower rice between bowls and top with seasoned beef and diced avocado. Enjoy!

NOTES

OPTIONAL TOPPINGS

Chopped cilantro, green onion, extra lime juice, cheese, sour cream or Greek yogurt.

LEFTOVERS

Store in an airtight container in the fridge up to 3 days.

Ginger Chicken Stir Fry

4 SERVINGS 30 MINUTES



INGREDIENTS

- 1/3 cup Tamari
- 2 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 1 tbsp Coconut Oil
- 1 1/4 lbs Chicken Breast (sliced into cubes)
- 1/2 Yellow Onion (diced)
- 3 stalks Celery (sliced)
- 1 Red Bell Pepper (diced)
- 2 cups Broccoli (chopped into florets)
- 4 cups Kale Leaves (chopped)

DIRECTIONS

- 01 Mix together tamari, garlic and ginger in a jar. Put on a lid and shake well. Set aside.
- 02 Add coconut oil to a large frying pan and place over medium heat. Add chicken and yellow onion. Saute for 8 to 10 minutes or until chicken is mostly cooked through. Add in celery, red pepper and broccoli. Saute for another 5 minutes. Pour in sauce from jar. Stir well to mix. Once everything is well combined, turn off the heat and stir in your kale. Continue to stir just until kale is wilted.
- 03 Plate stir fry. Garnish with sesame seeds and hot sauce if you like. Enjoy!

NOTES

ALTERNATIVE VEGGIES

Use mushrooms, snap peas, carrots or any other vegetables you have on hand.

SERVE IT WITH

Brown rice, pasta or quinoa.

LEFTOVERS

Keeps well in the fridge up to 3 days.

VEGAN AND VEGETARIAN

Use chickpeas or tofu instead of chicken.

MAKE IT FASTER

Use pre-sliced veggies from the bag.

Slow Cooker Bolognese with Spaghetti Squash

4 SERVINGS 8 HOURS



INGREDIENTS

1 1/2 **tsps** Extra Virgin Olive Oil
1 **lb** Extra Lean Ground Turkey
1 Yellow Onion (diced)
5 Garlic (cloves, minced)
3 **cups** Diced Tomatoes (drained)
3 **cups** Crushed Tomatoes
3 Bay Leaf
1 **tsp** Oregano
1 Spaghetti Squash
1/2 **cup** Basil Leaves (chopped)
1 **tsp** Red Pepper Flakes

DIRECTIONS

- 01** Heat olive oil in a large skillet over medium heat. Add ground turkey, onion and garlic. Cook while breaking up the pieces with a spatula until browned. Transfer to your slow cooker. Add diced tomatoes, crushed tomatoes, bay leaves and oregano. Cover and cook on low for 8 hours.
- 02** About 1 hour before you are ready to eat, preheat the oven to 400. Carefully slice your spaghetti squash in half. Use a spoon to scoop out the seeds and discard.
- 03** Line a baking sheet with foil and place the squash on the sheet with the flesh side up. Bake in the oven for 30 to 45 minutes depending on the size of the squash.
- 04** Remove from oven and allow it to cool until it is safe to handle. Use a fork to carve the flesh out of the squash. It should come out like spaghetti noodles. Place the flesh in a large mixing bowl and toss with a drizzle of extra virgin olive oil, chopped basil and season with sea salt and pepper to taste.
- 05** Remove bay leaves from slow cooker. Plate spaghetti squash and spoon bolognese sauce over top. Garnish with fresh ground pepper and red pepper flakes if you like it spicy. Enjoy!

NOTES

MORE VEGETABLES

Add diced green pepper and mushrooms.

VEGETARIAN

Use lentils instead of ground turkey.

MORE CARBS

Use brown rice pasta instead of spaghetti squash.

NO SLOW COOKER

Make it on the stovetop and let simmer for at least an hour.

Steamed Broccoli

2 SERVINGS 10 MINUTES



INGREDIENTS

2 cups Broccoli (chopped into florets)

DIRECTIONS

- 01 Set broccoli florets in a steamer over boiling water and cover. Steam for about 5 minutes, or until tender. Enjoy!

NOTES

MORE FLAVOUR

Toss in olive oil and season with your favourite spices.

SERVE IT WITH

Shredded Chicken or Ginger Steamed Cod Fillets.

Pumpkin Spice Latte

1 SERVING 10 MINUTES



INGREDIENTS

1/2 cup Organic Coffee
2 tbsps Pureed Pumpkin
1 1/2 tbsps Maple Syrup
1/2 tsp Pumpkin Pie Spice
3/4 cup Unsweetened Almond Milk
1/2 tsp Vanilla Extract

DIRECTIONS

- 01 Brew your coffee and set aside.
- 02 In a saucepan over medium heat, stir the pumpkin, maple syrup and pumpkin pie spice until combined. Slowly whisk in almond milk. Bring mixture to a low simmer, stirring occasionally and remove from heat. Stir in vanilla extract.
- 03 Transfer milk mixture to a blender and pulse several times until foamy and frothy. (You can also use a hand-held immersion blender instead.)
- 04 Add milk mixture to your hot coffee. You may want to use a spoon to gently hold back the frothy top layer while pouring. Top your latte with this remaining froth.
- 05 Top with a dollop of homemade organic whipped cream or coconut whipped cream (optional) and sprinkle with additional pumpkin pie spice. Enjoy!

NOTES

NO ALMOND MILK

Use coconut milk instead.

NO BLENDER

Whisk vigorously by hand when the milk mixture starts to simmer on the stove. FYI, this will not create the same froth as a blender or immersion blender but still tasty!

PUMPKIN LOVER

Add an extra 1 tbsp of pureed pumpkin per serving.

HOMEMADE PUMPKIN SPICE

Mix 1/4 cup ground cinnamon, 4 tsp ground nutmeg, 4 tsp ground ginger and 1 tbsp ground allspice. Store in an air-tight container.

CAFFIENE FREE

Replace coffee with additional almond milk.

Peanut Butter Fruit Dip

8 SERVINGS 10 MINUTES



INGREDIENTS

1/2 cup All Natural Peanut Butter
1 cup Unsweetened Coconut Yogurt
1 tbsp Maple Syrup

DIRECTIONS

01 Combine all ingredients together in a bowl or a food processor and mix well.
Enjoy!

NOTES

SERVING SIZE

One serving is equal to approximately 3 tbsp of dip.

LEFTOVERS

Keeps well in the fridge up to 3 to 4 days. Stir well before serving.

SERVE IT WITH

Sliced fruit such as strawberries, bananas, apples, pears or pineapple.

NUT-FREE

Make it with sunflower seed butter instead of peanut butter.

NO COCONUT YOGURT

Use Greek yogurt or almond yogurt instead.

Fresh Strawberries

4 SERVINGS 5 MINUTES



INGREDIENTS

4 cups Strawberries

DIRECTIONS

01 Wash strawberries under cold water and remove the stems. Dry well. Slice and divide into bowls. Enjoy!

NOTES

MAKE THEM LAST

Once strawberries are washed, they tend not to last as long. So do not wash until you are ready to eat.

Warm Apples with Cinnamon

2 SERVINGS 10 MINUTES



INGREDIENTS

1 tbsp Coconut Oil
2 Apple (cored and sliced)
1 tsp Cinnamon

DIRECTIONS

- 01 In a pan, melt coconut oil over medium heat.
- 02 Add apple slices and sauté until soft, about 5 to 8 minutes.
- 03 Sprinkle cinnamon over top and stir to coat evenly.
- 04 Divide into bowls and enjoy!

NOTES

SERVE IT WITH

Our banana ice cream, Paleo Granola or on top of oatmeal.

NO APPLES

Use pears.

Warm Apples with Almond Butter

1 SERVING 15 MINUTES



INGREDIENTS

1 tsp Coconut Oil
1 Apple (diced)
1/2 tsp Cinnamon (ground)
1 tbsp Almond Butter

DIRECTIONS

- 01 Heat the coconut oil in a small skillet over low heat. Add the diced apples and saute for about 8 to 10 minutes, until softened. Sprinkle with cinnamon and remove from heat.
- 02 Transfer the warm apples to a bowl and drizzle with almond butter. Enjoy!

NOTES

NUT-FREE

Use sunflower seed butter instead of almond butter.

NO APPLES

Use pears or plantains instead.

Chocolate Crunch Bars

8 SERVINGS 2 HOURS



INGREDIENTS

1/3 cup Almond Butter
1/4 cup Coconut Oil (melted)
1/4 cup Cocoa Powder
2 tbsps Hemp Seeds
2 tbsps Ground Flax Seed
1/4 cup Maple Syrup
2 1/2 cups Rice Puffs Cereal

DIRECTIONS

- 01 Stir together all ingredients except the cereal in a mixing bowl. Once combined, gently fold in the cereal until well coated.
- 02 Transfer to a loaf pan or square pan lined with parchment paper and pack it down. Freeze for at least two hours.
- 03 Slice into bars and enjoy!

NOTES

SERVING SIZE

One serving is equal to one bar.

NO ALMOND BUTTER

Use peanut butter, hazelnut butter or cashew butter instead.

STORAGE

After slicing, transfer to a freezer-safe bag and keep in the freezer until ready to eat.

Hot Chocolate

2 SERVINGS 10 MINUTES



INGREDIENTS

2 cups Unsweetened Almond Milk
2 tbsps Cocoa Powder
1 tbsp Maple Syrup
1 3/4 ozs Dark Organic Chocolate (at least 70% cacao)

DIRECTIONS

- 01 Add almond milk to a saucepan and heat it over medium-low heat. Once it is warmed through (not boiling), add the cocoa powder, maple syrup and dark chocolate. Whisk well to combine.
- 02 Continue to whisk until all ingredients are evenly distributed and it has reached your preferred temperature. Taste, and add more maple syrup if needed. Divide into mugs and enjoy!

NOTES

MINT HOT CHOCOLATE

Add peppermint extract.

CAFE MOCHA

Add coffee and blend until a froth starts to form.