



Spring Break Detox 7 Day Meal Plan

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MON



BREAKFAST
Mexican Black Bean Omelette



LUNCH
Cleaned Up Chicken Salad



SNACK 1
Carrots & Guacamole



DINNER
Creamy Pasta with Kale



SNACK 2
Chocolate Banana Ice Cream

TUE



BREAKFAST
Blueberry Protein Smoothie



LUNCH
Creamy Pasta with Kale



SNACK 1
Apple with Almond Butter



DINNER
One Pan Lemon Chicken



SNACK 2
Peanut Butter Crunch Balls

WED



BREAKFAST
Avocado Breakfast Toast



LUNCH
One Pan Lemon Chicken



SNACK 1
Baby Carrots & Hummus



DINNER
Bruschetta Flatbread



SNACK 2
Sweet & Crunchy Chickpeas

THU



BREAKFAST
Triple Berry Protein Bowl



LUNCH
Bruschetta Flatbread



SNACK 1
Grapes



DINNER
Slow Cooker Lentil Chili



SNACK 2
Peanut Butter Crunch Balls

FRI



BREAKFAST
Fried Eggs & Steamed Spinach, Fresh Strawberries



LUNCH
Slow Cooker Lentil Chili



SNACK 1
Carrots & Guacamole



DINNER
Chili Lime Shrimp Tacos



SNACK 2
Sweet & Crunchy Chickpeas

SAT



BREAKFAST
Blueberry Banana Protein Pancakes



LUNCH
Shrimp, Kale & Quinoa Salad



SNACK 1
Apple with Almond Butter



DINNER
Spicy Chicken and Broccoli Casserole



SNACK 2
Warm Mango with Coconut & Almond Milk

SUN



BREAKFAST
Sweet Cherry Steel Cut Oats



LUNCH
Spicy Chicken and Broccoli Casserole



SNACK 1
Cucumber Hummus Bites



DINNER
One Pan Salmon with Rainbow Veggies



SNACK 2
Chocolate Banana Ice Cream

FRUITS

- 4 Apple
- 4 1/2 Avocado
- 5 Banana
- 1 cup Blackberries
- 1 1/4 cups Blueberries
- 2 1/4 cups Grapes
- 1 1/4 Lemon
- 1 1/3 tbsps Lemon Juice
- 3 Lime
- 1/2 Navel Orange
- 3 cups Strawberries

BREAKFAST

- 3/4 cup All Natural Peanut Butter
- 2/3 cup Almond Butter
- 1/2 cup Maple Syrup
- 1 cup Rice Puffs Cereal
- 1/2 cup Steel Cut Oats

SEEDS, NUTS & SPICES

- 1/4 tsp Black Pepper
- 1 cup Cashews
- 1 3/4 tbsps Chili Powder
- 2 tps Cinnamon
- 2 tps Cumin
- 3 tbsps Ground Flax Seed
- 1/3 cup Hemp Seeds
- 2 tps Nutmeg
- 1 tsp Paprika
- 1 1/2 tps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 cup Slivered Almonds
- 1 tbsp Smoked Paprika

FROZEN

- 4 Brown Rice Tortillas
- 2 cups Frozen Blueberries
- 1 cup Frozen Cherries

VEGETABLES

- 1 1/2 cups Baby Carrots
- 6 cups Baby Spinach
- 1/2 cup Basil Leaves
- 6 cups Broccoli
- 2 cups Brussels Sprouts
- 10 Carrot
- 1 stalk Celery
- 2 cups Cherry Tomatoes
- 1/4 cup Cilantro
- 1/2 Cucumber
- 9 1/3 Garlic
- 1/2 Green Bell Pepper
- 4 cups Green Cabbage
- 2 stalks Green Onion
- 12 1/3 cups Kale Leaves
- 5 cups Mini Potatoes
- 1/2 cup Mushrooms
- 1 Red Bell Pepper
- 1/2 cup Red Onion
- 1 tbsp Rosemary
- 5 Tomato
- 1 Yellow Bell Pepper
- 1 1/2 Yellow Onion

BOXED & CANNED

- 1 cup Black Beans
- 8 ozs Chickpea Pasta
- 2 cups Chickpeas
- 3 1/2 cups Diced Tomatoes
- 1 cup Dry Red Lentils
- 2 cups Organic Vegetable Broth
- 1/4 cup Quinoa
- 1 3/4 cups Red Kidney Beans
- 2 tbsps Tomato Paste

BAKING

- 1/4 cup Cocoa Powder

BREAD, FISH, MEAT & CHEESE

- 1 2/3 lbs Chicken Breast
- 8 Corn Tortilla
- 1/2 cup Feta Cheese
- 1 cup Hummus
- 2 ozs Prosciutto
- 10 ozs Salmon Fillet
- 1 1/2 lbs Shrimp
- 2 slices Whole Grain Bread

CONDIMENTS & OILS

- 1 1/2 tps Apple Cider Vinegar
- 1/4 cup Avocado Oil
- 1 tbsp Balsamic Vinegar
- 1 1/2 tps Coconut Aminos
- 1 3/4 tbsps Coconut Oil
- 1 tbsp Dijon Mustard
- 1 cup Extra Virgin Olive Oil
- 1 tbsp Hot Sauce

COLD

- 11 Egg
- 2 tps Ghee
- 1 3/4 cups Unsweetened Almond Milk

OTHER

- 1/4 cup Protein Powder
- 1/2 cup Vanilla Protein Powder
- 4 3/4 cups Water

■ 2 cups Frozen Mango

■ 1 3/4 ozs Dark Organic Chocolate

■ 1 1/3 tbsps Nutritional Yeast

■ 3/4 cup Oat Flour

■ 1/4 cup Oats

■ 1/4 cup Unsweetened Coconut Flakes

Mexican Black Bean Omelette

2 SERVINGS 15 MINUTES



INGREDIENTS

1 tbsp Coconut Oil
4 Egg (whisked)
1/4 cup Unsweetened Almond Milk
1/2 Green Bell Pepper (finely diced)
1 cup Black Beans (cooked, drained and rinsed)
1/2 cup Mushrooms (diced)
1 1/2 tsps Chili Powder
1 tsp Nutmeg
1 tsp Paprika
Sea Salt & Black Pepper (to taste)
1/2 Avocado (diced)

DIRECTIONS

- 01 Place coconut oil in a frying pan and place on medium-low heat.
- 02 Mix eggs, almond milk, green pepper, mushrooms, half the black beans, chili powder, nutmeg and paprika in a mixing bowl. Beat with a fork.
- 03 Pour egg mixture into frying pan and let cook for about 3 minutes. Fold in half when underside of omelette begins to brown and let cook for another 3 minutes. (Note: If you are making more than 1 serving, you will have to divide the egg mixture and cook it in portions.)
- 04 Top with diced avocado and the remaining black beans. Sprinkle with sea salt and pepper to taste. Enjoy!

Blueberry Protein Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

1/2 cup Vanilla Protein Powder
2 tbsps Ground Flax Seed
2 cups Frozen Blueberries
2 cups Baby Spinach
2 cups Water (cold)

DIRECTIONS

01 Throw all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

NO BLUEBERRIES

Use any type of frozen berry instead.

NO PROTEIN POWDER

Use hemp seeds instead

Avocado Breakfast Toast

2 SERVINGS 25 MINUTES



INGREDIENTS

1 Avocado (small, mashed)
2 slices Whole Grain Bread (toasted)
1 Tomato (small, sliced)
2 Egg (hard-boiled, peeled and sliced)
Sea Salt & Black Pepper (to taste)

DIRECTIONS

01 Spread the mashed avocado on the toast then arrange the tomato and hard-boiled egg slices on top. Season with salt and pepper to taste and enjoy!

NOTES

HOW TO HARD-BOIL EGGS

Bring a small pot of salted water to a boil then carefully add the eggs. Cover the pot with a lid. Turn off the heat but keep the pot on the hot burner. Let stand for 12 minutes then drain. Place eggs in a bowl of ice water for 10 minutes before peeling.

GLUTEN-FREE

Use gluten-free bread.

NO HARD-BOILED EGGS

Use fried, scrambled or poached eggs instead.

LIKES IT SPICY

Add a pinch of chili flakes or hot sauce to the mashed avocado.

Triple Berry Protein Bowl

2 SERVINGS 10 MINUTES



INGREDIENTS

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

2 SERVINGS 10 MINUTES



INGREDIENTS

4 cups Baby Spinach
2 tbsps Water
Sea Salt & Black Pepper (to taste)
2 tsps Ghee
4 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.

Fresh Strawberries

2 SERVINGS 5 MINUTES



INGREDIENTS

2 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.

Blueberry Banana Protein Pancakes

2 SERVINGS 15 MINUTES



INGREDIENTS

- 1 Egg
- 1/4 cup Protein Powder
- 1 tbsp Ground Flax Seed
- 1 Banana
- 1 tbsp Unsweetened Almond Milk
- 1/4 cup Oats
- 1 tsp Cinnamon
- 1/4 cup Blueberries
- 1 1/2 tsps Coconut Oil
- 2 tsps Maple Syrup

DIRECTIONS

- 01 In a mixing bowl or magic bullet, mix the egg, protein powder, flax seed, banana, almond milk, cinnamon and oats.
- 02 Stir blueberries into mixture.
- 03 Heat coconut oil in a frying pan over medium-low heat. Pour in batter and cook pancakes about 2 minutes per side.
- 04 Serve topped with blueberries, maple syrup and sprinkle with cinnamon.

NOTES

EGG-FREE

Swap out the egg(s) for flax eggs. For every 1 egg, replace it with 1 tbsp ground flax seed mixed with 3 tbsp water.

Sweet Cherry Steel Cut Oats

2 SERVINGS 20 MINUTES



INGREDIENTS

1/2 cup Steel Cut Oats
1 1/2 cups Water
1 cup Frozen Cherries
1/4 cup Hemp Seeds

DIRECTIONS

- 01 In a saucepan, combine your steel cut oats with the water. Bring to a boil. Reduce heat and let simmer for 10 to 20 minutes, depending on how crunchy you like your oats.
- 02 Defrost your cherries in the microwave. 40 to 60 seconds usually does the trick.
- 03 Spoon your cooked steel cut oats into bowl and top with 1/2 cup cherries. Sprinkle on 2 tbsp of hemp hearts per serving. Enjoy!

NOTES

NO CHERRIES

Any fruit will work.

Cleaned Up Chicken Salad

2 SERVINGS 30 MINUTES



INGREDIENTS

4 ozs Chicken Breast (baked)
1 stalk Celery (diced)
1/4 cup Grapes (halved)
2 cups Kale Leaves (finely sliced into ribbons)
2 2/3 tbsps Slivered Almonds
1 1/2 tsps Hemp Seeds
1 tbsp Dijon Mustard
1 tbsp Extra Virgin Olive Oil
1/4 Lemon (juiced)
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Shred your oven baked chicken breasts using a cheese grater and place in bowl. Then add celery, grapes, hemp hearts, slivered almonds and kale to bowl.
- 02 In a separate small bowl, combine mustard, lemon juice and olive oil. Stir well.
- 03 Add dressing to the bowl with chicken and toss well to coat. Season with salt and pepper. Enjoy!

Shrimp, Kale & Quinoa Salad

2 SERVINGS 20 MINUTES



INGREDIENTS

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

Carrots & Guacamole

2 SERVINGS 5 MINUTES



INGREDIENTS

- 4 Carrot (medium)
- 1 Avocado
- 1 Lime (juiced)
- 1/4 tsp Sea Salt (or more to taste)

DIRECTIONS

- 01 Peel and slice carrots into sticks.
- 02 Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.
- 03 Dip the carrots into the guac & enjoy!

NOTES

SPICE IT UP

Add chili flakes, salsa and/or chopped cilantro to the guacamole.

Apple with Almond Butter

2 SERVINGS 5 MINUTES



INGREDIENTS

2 Apple
1/4 cup Almond Butter

DIRECTIONS

- 01 Slice apple and cut away the core.
- 02 Dip into almond butter.
- 03 Yummmmm.

Baby Carrots & Hummus

2 SERVINGS 5 MINUTES



INGREDIENTS

1 1/2 cups Baby Carrots
1/2 cup Hummus

DIRECTIONS

01 Divide carrots between bowls. Serve with hummus on the side for dipping.
Enjoy!

NOTES

NO BABY CARROTS

Use celery sticks, cucumber slices or sliced bell peppers instead..

LIKE IT SPICY

Top with a pinch of cayenne pepper or chili powder.

Grapes

2 SERVINGS 2 MINUTES



INGREDIENTS

2 cups Grapes

DIRECTIONS

01 Wash grapes, divide into bowls and enjoy!

Cucumber Hummus Bites

2 SERVINGS 10 MINUTES



INGREDIENTS

1/2 Cucumber (large)
1/2 cup Hummus
1/4 tsp Black Pepper

DIRECTIONS

- 01 Slice cucumber into 1/4-inch thick rounds.
- 02 Top each round with 1 to 2 teaspoons of hummus and a pinch of black pepper. Serve immediately. Enjoy!

NOTES

MORE FLAVOUR

Top each cucumber hummus bite with a pitted olive, chopped roasted red pepper, some roasted garlic or spicy red pepper flakes.

Creamy Pasta with Kale

4 SERVINGS 40 MINUTES



INGREDIENTS

8 ozs Chickpea Pasta
5 1/3 cups Kale Leaves (sliced thin into ribbons)
1 1/3 Garlic (clove, minced)
1 cup Cashews (soaked for 30 minutes and drained)
2/3 cup Water
1 1/3 tbsps Nutritional Yeast (optional)
1 1/3 tbsps Lemon Juice
2 2/3 tbsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Cook the pasta according to the directions on the package and set aside.
- 02 Heat a pan over medium-low heat. Sauté the kale and garlic for 5 to 7 minutes then mix in the cooked pasta until warmed through. Turn off the heat.
- 03 In a high powered blender, add the drained cashews, water, nutritional yeast, lemon juice, extra virgin olive oil, sea salt and black pepper. Blend on high until smooth.
- 04 Toss the pasta with the cream sauce and enjoy!

NOTES

NO KALE

Use another green instead such as spinach, collard greens or Swiss chard.

LEFTOVERS

Store leftovers in the fridge in an airtight container for up to three days. Reheat leftovers in a pan over medium-low heat.

NO CHICKPEA PASTA

Use lentil, quinoa, brown rice or whole wheat pasta instead.

One Pan Lemon Chicken

2 SERVINGS 35 MINUTES



INGREDIENTS

8 ozs Chicken Breast (skinless and boneless)
2 cups Mini Potatoes (halved)
2 cups Brussels Sprouts (halved)
2 tbsps Extra Virgin Olive Oil
1 Lemon (juiced and zested)
1 tbsp Rosemary (fresh, chopped)
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Place the chicken breast, potatoes and brussels sprouts on the pan.
- 02 In a small bowl, mix together the extra virgin olive oil, lemon juice, lemon zest, rosemary, sea salt and pepper. Mix well then drizzle over top of the chicken, potatoes and brussels sprouts.
- 03 Bake for 25 to 30 minutes or until the chicken is cooked through. Divide onto plates and enjoy!

NOTES

NO BRUSSELS SPROUTS

Use another green veggie instead such as green beans, asparagus or broccoli.

NO CHICKEN BREASTS

Use chicken legs or thighs instead and increase cooking time as needed.

MORE FLAVOR

Add additional spices such as oregano, thyme or chili flakes.

NO MINI POTATOES

Use diced regular potatoes.

Bruschetta Flatbread

4 SERVINGS 35 MINUTES



INGREDIENTS

4 Tomato (finely diced)
3 Garlic (cloves, minced)
2 tbsps Extra Virgin Olive Oil
1/2 cup Basil Leaves (chopped)
1 tbsp Balsamic Vinegar
1/2 cup Feta Cheese (crumbled)
Sea Salt & Black Pepper (to taste)
4 Brown Rice Tortillas
4 ozs Chicken Breast (cooked and diced)

DIRECTIONS

- 01 Preheat oven to 410°F (210°C). Add the tomatoes, garlic, basil, vinegar, olive oil, feta, salt and pepper to a mixing bowl. Toss well and let sit for 15 minutes to marinate.
- 02 Spread the mixture over the brown rice tortillas using a slotted spoon to drain the excess liquid (too much liquid will make the tortilla soggy). Top with cooked, diced chicken breast (optional). Place on a piece of foil and bake for 14 minutes.
- 03 Remove from oven. Run a lifter between the foil and tortilla to detach any parts that might have become stuck while baking. Slide onto a plate and slice with a pizza cutter. Enjoy!

Slow Cooker Lentil Chili

6 SERVINGS 5 HOURS



INGREDIENTS

- 1 cup Dry Red Lentils (rinsed, uncooked)
- 1 Yellow Onion (medium, diced)
- 1 Red Bell Pepper (chopped)
- 1 Carrot (chopped)
- 3 Garlic (cloves, minced)
- 1 tbsp Chili Powder
- 1 tsp Cumin
- 1 tsp Smoked Paprika
- 3 1/2 cups Diced Tomatoes (from the can with juices)
- 2 tbsps Tomato Paste
- 2 cups Organic Vegetable Broth
- Sea Salt & Black Pepper (to taste)
- 1 3/4 cups Red Kidney Beans (from the can, drained and rinsed)
- 1 Avocado (optional, sliced)
- 1/4 cup Cilantro (optional, chopped)

DIRECTIONS

- 01 Add lentils, onion, bell pepper, carrot, garlic, chili powder, cumin, paprika, tomatoes, tomato paste, vegetable broth, sea salt and pepper to your slow cooker. Stir well to combine.
- 02 Cover and cook on low for 6 to 7 hours, depending on the strength of your slow cooker. Once it is cooked through, add the kidney beans and stir to combine.
- 03 Ladle into bowls and top with avocado and cilantro (optional). Enjoy!

NOTES

SERVING SIZE

One serving is equal to approximately 1.5 to 2 cups of chili.

LIKES IT SPICY

Add one chopped jalapeno pepper.

MORE FLAVOR

Add the juice of one lime to the slow cooker just before serving.

NO BEANS

Use lentils only.

LEFTOVERS

Store leftovers in the fridge for up to five days, or freeze for longer.

Chili Lime Shrimp Tacos

4 SERVINGS 25 MINUTES



INGREDIENTS

1 lb Shrimp (large, peeled)
1 Lime (zested and juiced, separated)
2 tbsps Extra Virgin Olive Oil
2 Garlic (cloves, minced)
1 tsp Chili Powder
1/2 tsp Sea Salt (divided)
4 cups Green Cabbage (shredded)
8 Corn Tortilla

DIRECTIONS

- 01 In a large bowl combine the shrimp, lime zest, olive oil, garlic, chili powder and half of the salt. Let shrimp marinate for 10 to 15 minutes.
- 02 Meanwhile, in a second bowl combine the cabbage with the lime juice and remaining salt and toss well. Set aside.
- 03 Heat a large nonstick pan over medium-high heat. Cook the shrimp until no longer opaque, about 1 to 2 minutes per side.
- 04 Meanwhile, warm the tortillas in a skillet over medium-low heat turning occasionally until soft.
- 05 To assemble the tacos, layer the cabbage and shrimp on top of a warm tortilla and season with additional lime juice if needed. Enjoy!

NOTES

MORE FLAVOUR

Add your favourite taco toppings like avocado, salsa, cheese, jalapeno, sour cream and cilantro.

GRAIN-FREE

Use lettuce wraps instead of corn tortillas.

SERVING SIZE

One serving is equal to two tacos.

TIME SAVER

Tortillas can also be warmed in the microwave. Wrap the tortillas in a paper towel and heat for 30 to 60 seconds until soft and pliable.

Spicy Chicken and Broccoli Casserole

4 SERVINGS 45 MINUTES



INGREDIENTS

3 cups Mini Potatoes (halved)
1/2 Yellow Onion (chopped)
1/4 cup Avocado Oil
1 tbsp Hot Sauce
2 tsp Smoked Paprika
1/4 tsp Sea Salt
10 ozs Chicken Breast (skinless, boneless, cubed)
4 cups Broccoli (cut into florets)
2 ozs Prosciutto (sliced into small pieces)
2 stalks Green Onion (sliced)

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C). Add the halved potatoes and chopped onion to a casserole dish.
- 02 In a large bowl, make the sauce by adding the avocado oil, hot sauce, smoked paprika and sea salt together and stir. Pour half of the dressing over the potatoes and onion and set the rest aside. Place the potatoes and onion in the oven and bake for 25 to 30 minutes.
- 03 While the potatoes are baking, lightly brown the chicken in a pan on the stovetop. Once browned, add the chicken to the bowl with the remaining sauce and broccoli. Mix well.
- 04 Remove the potatoes from the oven and add the chicken/broccoli mix on top along with the prosciutto. Place back into the oven and bake for 12 to 14 minutes, or until the chicken is cooked through. Remove from the oven, top with sliced green onion, serve and enjoy!

NOTES

NO AVOCADO OIL

Use olive oil instead.

NO PROSCIUTTO

Omit or use cooked bacon instead.

LESS SPICY

Omit the hot sauce.

LEFTOVERS

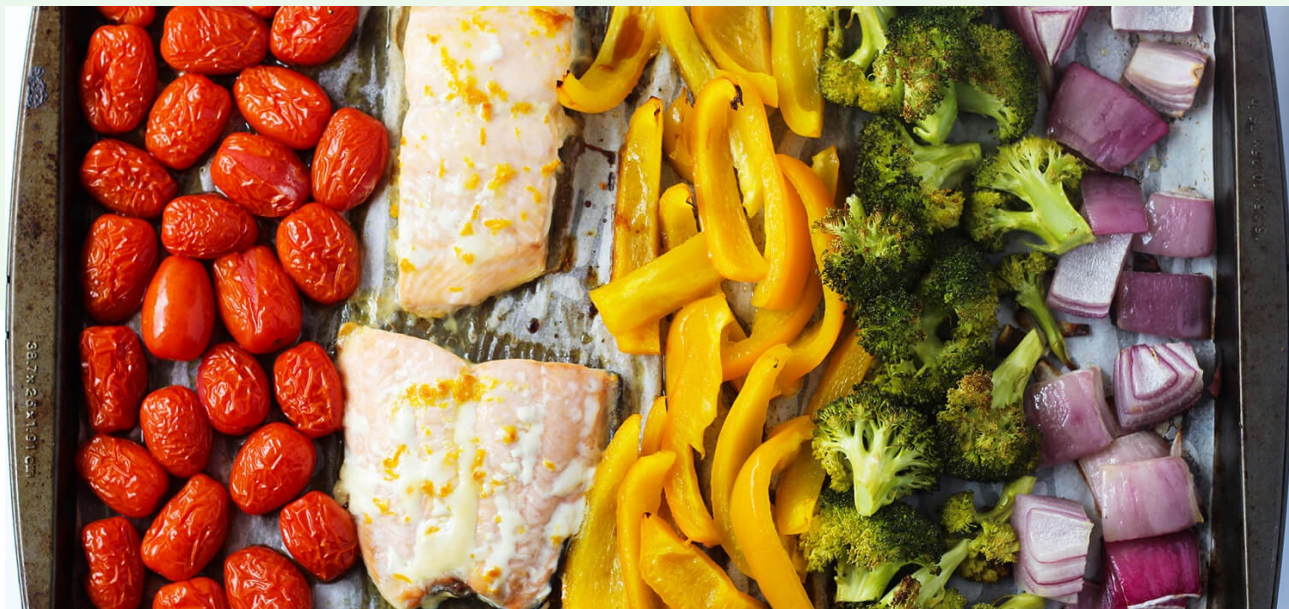
Store in the fridge in a sealed container for up to three days.

VEGAN & VEGETARIAN

Use cubed tofu instead of chicken and omit the prosciutto.

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.

Chocolate Banana Ice Cream

2 SERVINGS 5 MINUTES



INGREDIENTS

2 Banana (sliced and frozen)
2 tbsps Cocoa Powder

DIRECTIONS

- 01 Add frozen bananas and cocoa powder to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
- 02 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

NOTES

DOUBLE CHOCOLATE

Stir in organic dark chocolate chips right after processing.

MORE CREAMY

Add 2 tbsp coconut milk.

MORE SCOOPABLE

Add 1 tbsp vodka to prevent hard freeze.

Peanut Butter Crunch Balls

20 SERVINGS 1 HOUR 15 MINUTES



INGREDIENTS

3/4 cup All Natural Peanut Butter
1/4 cup Maple Syrup
1/4 tsp Sea Salt
3/4 cup Oat Flour
1 cup Rice Puffs Cereal
1 3/4 ozs Dark Organic Chocolate
1 tsp Coconut Oil

DIRECTIONS

- 01 In a mixing bowl, mix together the peanut butter, maple syrup and sea salt. Add in the oat flour and mix well until a soft dough forms. Gently fold in the rice puffs cereal until evenly distributed.
- 02 Line a baking sheet with parchment paper. Use a tablespoon to drop small balls onto the baking sheet then use your hands to roll them into a ball and smooth them out. Store in the freezer for 30 minutes.
- 03 Set up a double boiler: Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape.
- 04 Bring water to a boil then reduce to lowest heat. Add the dark chocolate and coconut oil to the smaller pot and stir continuously until melted. Remove from stovetop.
- 05 Remove the baking sheet peanut butter balls from the freezer. Using a spoonful of melted chocolate at a time slowly drizzle the chocolate over top of each ball, or alternatively, dip each one into the melted chocolate mixture and place them back on the parchment paper.
- 06 Let peanut butter balls set in the freezer for 30 minutes to harden. Remove from freezer and enjoy right away, or store in the fridge or freezer to eat later.

NOTES

SERVING SIZE

By default, this recipe creates 20 balls, and for nutrition calculations, we consider one ball to be one serving.

NO MAPLE SYRUP

Use raw honey instead.

NO PEANUT BUTTER

Use almond butter instead.

Sweet & Crunchy Chickpeas

4 SERVINGS 1 HOUR



INGREDIENTS

2 cups Chickpeas (cooked, drained and rinsed)
1 tbsp Extra Virgin Olive Oil
1 1/2 tbsps Maple Syrup
1 tsp Nutmeg
1 tsp Cinnamon

DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Ensure chickpeas are dry. Place chickpeas in a mixing bowl and add olive oil. Mix until chickpeas are evenly coated.
- 02 Line a cooking sheet with parchment paper. Spread the chickpeas over the sheet and bake for 50 minutes. At the halfway point (the 25 minute mark), remove the sheet and give it a shake to rotate the chickpeas.
- 03 Remove from oven and place roasted chickpeas in a mixing bowl. Add maple syrup, cinnamon and nutmeg. Toss again until evenly coated.
- 04 Transfer chickpeas back onto baking sheet and bake for another 10 to 15 minutes.
- 05 Remove from oven. Enjoy hot or cold!

Warm Mango with Coconut & Almond Milk

2 SERVINGS 10 MINUTES



INGREDIENTS

2 cups Frozen Mango
1 cup Unsweetened Almond Milk
1/4 cup Unsweetened Coconut Flakes

DIRECTIONS

- 01 Add fresh or frozen mangos to a small sauce pot and add almond milk. Heat over lowest heat stirring occasionally just until warmed through. Do not overheat as this will curdle the milk.
- 02 Pour mango and milk into a bowl. Sprinkle with coconut and enjoy it while it's hot!