

WEEK

ONE

RECIPES



The Essentials

- 1. Convenience** - The main reason why people fail to be consistent with a lifestyle change is that it is **not** convenient. When we are not prepared & we are hungry we are going to go for the easiest and quickest thing possible. The 21 day meal plan deliberately has the following day lunch the same as the dinner the night before. Essentially make enough for leftovers and this will make this lifestyle change much more convenient.
- 2. Planning** - "By failing to plan, you plan to fail" . The meal plan is already done, all you have to do is execute. Plan your week to have allotted times for food prep.
- 3. Preparation** - The most important thing is to have a food prep day. We tend to have two days that have food prep. The big day is Sunday where we can get everything ready for the week ahead. Getting the time consuming portions of specific recipes and or prepping healthy snacks for the week in case you have a hankering.
- 4. Have Fun** - Try not to stress too much. Don't worry about making minor mistakes. The biggest thing is that you are trying. Rome wasn't built in a day and a healthy diet isn't either. So remember to have fun with this experience and reap the rewards of feeling better.

Monday

Green Berry Smoothie (pg.3)
Autumn Vegetable Soup (pg. 10)
Vegetable Coconut Stir Fry (pg. 5)

Tuesday

Nut Cereal (pg. 3)
Left over Vegetable Coconut Stir Fry
Vegetable Curry Stir Fry (pg. 6)

Wednesday

Classic Green Smoothie (pg. 3)
Left over vegetable Sesame Stir Fry
Roasted Tomato and Shrimp Pasta (pg. 7)

Thursday

Steel Cut Oats (pg. 4)
Left over Roasted Tomato and Shrimp Pasta
Tuna Boats (pg. 8)

Friday

Green Berry Smoothie (pg. 3)
Left over Tuna Boats
Curry Cauliflower with Chickpeas (pg.8)

Saturday

N' oatmeal (pg. 4)
Curry Cauliflower with Chickpeas
Fish Tacos with Mango Pineapple Salsa (pg. 9)

Sunday

Nut Cereal (pg. 3)
Left over Fish Tacos
Vegetable Chili (pg. 9)

Breakfast:

Green Berry Smoothie:

2 handfuls of spinach

1 banana

1 avocado

1 orange

½ cup berries (strawberries, raspberries, or blueberries)

1 cup water

Blend ingredients until smooth.

Nutty Cereal: (adapted from Eat By Design)

1 handful of nuts (almonds, cashews, pecans, walnuts, macadamia nuts)

1/3 cup coconut flakes (unsweetened)

½ banana (peeled and sliced)

¼ cup raisins

½ tsp cinnamon

Almond or coconut milk

Place all ingredients in a bowl and enjoy.

Classic Green Smoothie: (adapted from Oh She glows)

1 cup of water, almond milk or coconut milk

1 cup of leafy greens

1 banana

1 tbsp almond butter

1 tbsp of chia or flax seeds or hemp hearts

1/4 tsp of vanilla extract

1/8 tsp of cinnamon

2-4 ice cubes

Add all ingredients,
blend and serve.

Steel Cut Oats:

Steel cut oats

½ cup berries (strawberries, raspberries, or blueberries)

Prepare steel cut oats as directed on package. Add whole berries or heat up berries in a sauce pan on stove to create berry mixture. Serve steel cut oats in a bowl with berry mixture on top.



N'Oatmeal: (adapted from Eat By Design)

1 cup each of cashews, almonds, pecans

2 ripe bananas

1 can full fat coconut milk

3 tsp cinnamon

1 tsp vanilla

Soak nuts in a bowl with water overnight. In the morning, drain the nuts and add them to a blender or food processor. Add the banana, coconut milk, cinnamon and vanilla. Blend until smooth. Heat serving on stove. Serve with raisins or chopped nuts. Refrigerate leftovers.

Dinner:

Vegetable Coconut Stir Fry: (adapted from Primal Blueprint)

- 1 onion (chopped)
- 1 cup coconut (shredded, unsweetened)
- 2 garlic cloves (crushed)
- 1 jalapeno (seeded and cut)
- 2 tbsp coconut oil
- 1 zucchini (chopped)
- 1 head of cauliflower (cut into florets)
- 1 carrot (peeled and chopped)
- 2 cups green beans
- 2 tomatoes (chopped)
- 1 tsp turmeric
- 1 tsp cumin
- 1 can coconut milk (1.5 cups)
- Salt to taste



Combine onion, coconut flakes, garlic, and jalapeno in blender until finely shredded. In saucepan or wok, melt coconut oil and add shallot mixture, sauté 3-5 minutes. Add vegetables and spices, sauté 3-5 minutes. Add coconut milk and bring to simmer. Cover and cook 10 minutes. Add salt to taste.

Vegetable Curry Stir Fry:

2 tbsp coconut oil
1 onion (chopped)
2 cloves garlic (minced)
cauliflower (florets)
broccoli (florets)
5 carrots (peeled and chopped)
1 red pepper (chopped)
snap peas or snow peas
2 tbsp sesame oil
Red curry paste to taste
Handful of cashews
Salt and pepper to taste

Heat oil in a pan. Cook onion and garlic for 2-3 minutes. Add carrots and red pepper and cook 2-3 minutes. Add red curry paste. Add cauliflower, broccoli, and snap peas. Cover pan and cook for 10-12 minutes until veggies soften. Remove from heat and drizzle with sesame oil and salt and pepper. Garnish with cashews. Enjoy as is or over cauliflower rice **(page 13)**

*get creative with your stir fries- add your favourite veggies or whatever is in the fridge!

Roasted Tomato and Shrimp Pasta: (adapted from Against All Grain)

1 spaghetti squash

3 tbsp extra-virgin olive oil

1.5 tsp sea salt

½ tsp pepper

6-8 tomatoes (quartered)

4 cloves garlic (minced)

12-16 shrimp (wild-caught, peeled, deveined)

½ cup fresh parsley (chopped)

2 cups spinach or kale

Juice of 1 lemon

Preheat oven to 375 F. Cut squash in half lengthwise, scoop out seeds, and rub 1 tsp olive oil onto surface of squash. Sprinkle with salt and pepper. Place cut side down on baking sheet. Place tomatoes in baking dish and drizzle with remaining olive oil, garlic, salt and pepper. Place squash and tomato mixture in the oven and cook 30-35 minutes. Remove squash from oven. Add shrimp, parsley, spinach/kale and lemon juice to the tomato dish and mix. Continue to cook for additional 20 minutes until shrimp are pink. Use fork to loosen strings of spaghetti squash. Transfer to bowl and serve with tomato and shrimp mixture.

Tuna Boats:

- 1 can tuna
- 1/2 red pepper (chopped into pieces)
- 1/4 cup red onion (chopped into pieces)
- 1 Avocado (mashed)
- 4-6 cabbage leaves
- salt and pepper to taste



Boil pot of water. Place cabbage leaves into pot, turn off heat, and sit for 6 minutes. Mix tuna, red pepper, onion with avocado. Place mix onto cabbage wrap.

Curry Cauliflower with Chickpeas:

- 1 tbsp olive oil
- 1 onion (sliced)
- 2 tbsp fresh ginger (minced)
- 2 cloves garlic (minced)
- 2 tsp garam masala
- 2 tsp balsamic vinegar
- 1/4 sp cayenne
- 1/4 tsp salt and pepper
- 1 head of cauliflower (florets)
- 1-2 cups chickpeas
- 1/4 cup raisins
- 4 cups spinach

Heat oil in a dutch oven. Cook onion and sugar for 5 minutes. Add ginger, garlic, garam masala, vinegar, cayenne and salt and pepper. Cook 6-8 minutes. Add cauliflower florets, chickpeas, and raisins and cook additional 18 minutes. Remove from heat and stir in spinach.

Fish Tacos: (adapted from Against All Grain)

3 tbsp extra-virgin oil
1.5 tbsp fresh lime juice
2 cloves garlic (minced)
 $\frac{3}{4}$ tsp cumin
 $\frac{3}{4}$ tsp sea salt
1.5 lbs white flaky fish (wild)
1 head Boston lettuce
Handful shredded cabbage
Mango-Pineapple salsa (**Page 13**)



Whisk together oil, lime juice, garlic, cumin, and salt. Place fish in a glass dish and cover with marinade for 20 minutes. Heat a grill or pan to medium heat and cook fish. Serve fish on Boston lettuce with cabbage and mango-pineapple salsa.

Vegetarian Chili:

1 can of tomato paste
3-4 tomatoes (chopped)
3 cups of beans (mix of black, pinto, kidney, chickpeas)
2 green pepper (chopped)
1 onion (chopped)
5 carrots (peeled and chopped)
3 stalks of celery (chopped)
 $\frac{1}{4}$ cup chilli powder
1 tsp oregano
salt and pepper

Place all ingredients into a crock pot and cook for 1-2 hour, or until carrots are soft.

Autumn Vegetable Soup:

2 tbsp coconut oil

3 carrots (diced)

1 yellow onion (diced)

2 cloves garlic (minced)

2 cups butternut squash (cubed)

½ tsp all spice

Pinch cayenne pepper

8 cups chicken broth (home-made or store bought)

2 cups diced tomatoes

4 sprigs fresh thyme

2 cups kale (chopped)

1 cup chickpeas

Heat oil in a large pot on medium heat. Add carrots and onions and cook 5 minutes. Add garlic and cook 1 minute. Add squash, all spice, cayenne and cook 5 minutes. Add broth and tomatoes and let simmer for 30 minutes. Add chickpeas and thyme and cook additional 5 minutes.

Snacks & Extra Recipes:

Kale Chips:

- 1 bunch of curly kale
- 2 tbsp coconut oil
- 2 cloves garlic (minced)
- 1 tsp onion powder
- ½ tsp paprika
- 4-5 tbsp almond meal
- Sea salt and pepper
- ½ tsp garlic (granulated)

Preheat oven to 350 F. Remove leaves of kale from stem (discard the stems). Rinse the kale and thoroughly pat dry or allow to dry several hours. In a mixing bowl combine coconut oil, garlic, onion powder, paprika, almond meal, salt and pepper. Toss the dry kale into the spice blend and massage into leaves. Arrange in a single layer on baking sheet. Sprinkle with extra salt and granulated garlic. Bake 15- 20 minutes until crispy but not brown.

Kale Chips (easy):

- 1 bunch of kale
- 2 tbsp coconut oil
- Sea salt

Massage oils into Kale leaves and follow cooking instructions above. Once out of oven sprinkle sea salt to taste.

Cinnamon Walnut Crackers: (From Primal Blueprint)

2 cups walnuts
1 tsp baking soda
1/4 tsp salt
3 tsp cinnamon
2 tbsp melted butter
1 tbsp honey
1 tbsp water



Preheat oven to 375 F. Put walnuts, baking soda, salt, and cinnamon into a blender or food processor and pulse until powdery. Pour powder into a mixing bowl. Add butter, honey, and water and mix until smooth paste forms. Cover cookie sheet with parchment paper. Spread mixture onto the parchment using spoon or spatula forming a rectangular shape (roughly 8x11 inches). Bake 12-15 minutes (should be firm and brown, not burnt). Let cool and cut into 10-12 crackers.

Sweet Potato Fries:

1-2 sweet potatoes (peeled)
1-2 tbsp of melted coconut oil
1 tsp of garlic powder
1 tsp of rosemary or your favourite herb
sea salt to taste

Cut sweet potatoes evenly into strips. Soak in bowl for 45 minutes. Remove from bowl and pat strips dry. Add garlic powder, rosemary and oil and mix together in bowl. Place in oven at 425F for approximately 30 minutes, flipping half way. Sprinkle sea salt to taste.

Sides & Sauces:

Cauliflower Rice:

- 1 head of cauliflower
- 2 tbsp butter

Wash and cut cauliflower into florets. Grate cauliflower pieces or pulse in food processor until cauliflower resembles rice pieces. Melt butter on a pan. Place grated cauliflower onto pan and cook 10 minutes stirring occasionally. Enjoy as a side dish or with your favourite meaty meal.

Mango-Pineapple Salsa:

- ½ cup mango (diced)
- ½ cup pineapple (diced)
- 1 tbsp red onion (minced)
- 2 tsp fresh lime juice
- Dash of sea salt

Mix ingredient together and serve over favourite dish (fish tacos).