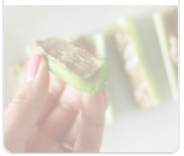
	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast	Blueberry Ove…	Blueberry Ove…	Lucky Green S…	Lucky Green S…	Spinach & Goa…	Spinach & Goa…
Lunch	Avocado Egg S…	Cream of Broc…	Chickpea, Avo…	Chicken, Spina…	Spinach, Toma…	Fish Tacos wit…
Snack 1	Celery with Su…	Cashews & Cle…	Organic Popco…	Organic Popco…	Almond Butter…	Almond Butter…
Dinner	Cream of Broc…	Chickpea, Avo…	Chicken, Spina…	Spinach, Toma…	Fish Tacos wit…	Grilled Portob…
Snack 2	Cashews & Cle…	Celery with Su… 	Strawberry Ice…	Strawberry Ice…	Maple Roasted…	Maple Roasted…

Quick + Easy Meal Plan

Fruits

- [ ] **6** Apple
- [ ] **6** Avocado
- [ ] **6** Banana
- [ ] **1 1/2 cups** Blueberries
- [ ] **12** Clementines
- [ ] **5** Lemon
- [ ] **9** Lime
- [ ] **3/4 cup** Pineapple

Vegetables

- [ ] **27 cups** Baby Spinach
- [ ] **1 1/2 cups** Basil Leaves
- [ ] **7 1/2 cups** Broccoli
- [ ] **1 1/2** Carrot
- [ ] **16 1/2 stal...** Celery
- [ ] **3 cups** Cherry Tomatoes
- [ ] **3 cups** Collard Greens
- [ ] **3/4** Cucumber
- [ ] **9** Garlic
- [ ] **9 3/4 stalks** Green Onion
- [ ] **1 1/2** Jalapeno Pepper
- [ ] **1/3 cup** Parsley
- [ ] **3 cups** Portobello Mushroom
- [ ] **3** Portobello Mushroom Caps
- [ ] **1 1/2** Red Bell Pepper
- [ ] **3/4 cup** Red Onion
- [ ] **2 1/4** Sweet Onion
- [ ] **1 1/2** Tomato

Bread, Fish, Meat & Cheese

- [ ] **15 ozs** Chicken Breast
- [ ] **1/3 cup** Feta Cheese
- [ ] **2 2/3 cups** Goat Cheese
- [ ] **3** Tilapia Fillet

Breakfast

- [ ] **3/4 cup** Almond Butter
- [ ] **1/4 cup** Maple Syrup

Boxed & Canned

- [ ] **2 1/4 cups** Brown Rice Penne
- [ ] **3 cups** Chickpeas
- [ ] **3 cups** Green Lentils
- [ ] **12 cups** Organic Popcorn
- [ ] **1 1/2 cups** Organic Salsa

Condiments & Oils

- [ ] **1 1/8 tbsps** Balsamic Vinegar
- [ ] **1 1/2 tbsps** Coconut Oil
- [ ] **1 1/2 tbsps** Dijon Mustard
- [ ] **1 1/4 cups** Extra Virgin Olive Oil
- [ ] **3/4 cup** Sunflower Seed Butter
- [ ] **2 1/4 tsps** Tamari

Seeds, Nuts & Spices

- [ ] **1 1/2 cups** Almonds
- [ ] **1 1/4 tbsps** Black Pepper
- [ ] **3 cups** Cashews
- [ ] **3 tbsps** Chia Seeds
- [ ] **1 tbsp** Cinnamon
- [ ] **1 1/2 tsps** Dried Basil
- [ ] **1/3 cup** Ground Flax Seed
- [ ] **3/4 cup** Hemp Seeds
- [ ] **3/4 tsp** Red Pepper Flakes
- [ ] **1 1/8 tbsps** Sea Salt
- [ ] Sea Salt & Black Pepper
- [ ] **1 1/2 cups** Slivered Almonds
- [ ] **1 cup** Walnuts

Baking

- [ ] **2 1/4 cups** Oats

Cold

- [ ] **22 1/2** Egg
- [ ] **2 1/4 cups** Unsweetened Almond Milk

Frozen

- [ ] **12** Brown Rice Tortillas
- [ ] **4 1/2 cups** Frozen Mango
- [ ] **3 cups** Frozen Strawberries

Other

- [ ] **20 1/4 cups** Water

Strawberry Ice Cream

#dessert #snack #eggfree #vegetarian #vegan #paleo #glutenfree #dairyfree #lowfodmap #autoimmune #nightshadefree

2 ingredients 5 minutes 3 servings

Directions

1. Add frozen bananas and strawberries to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
2. 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

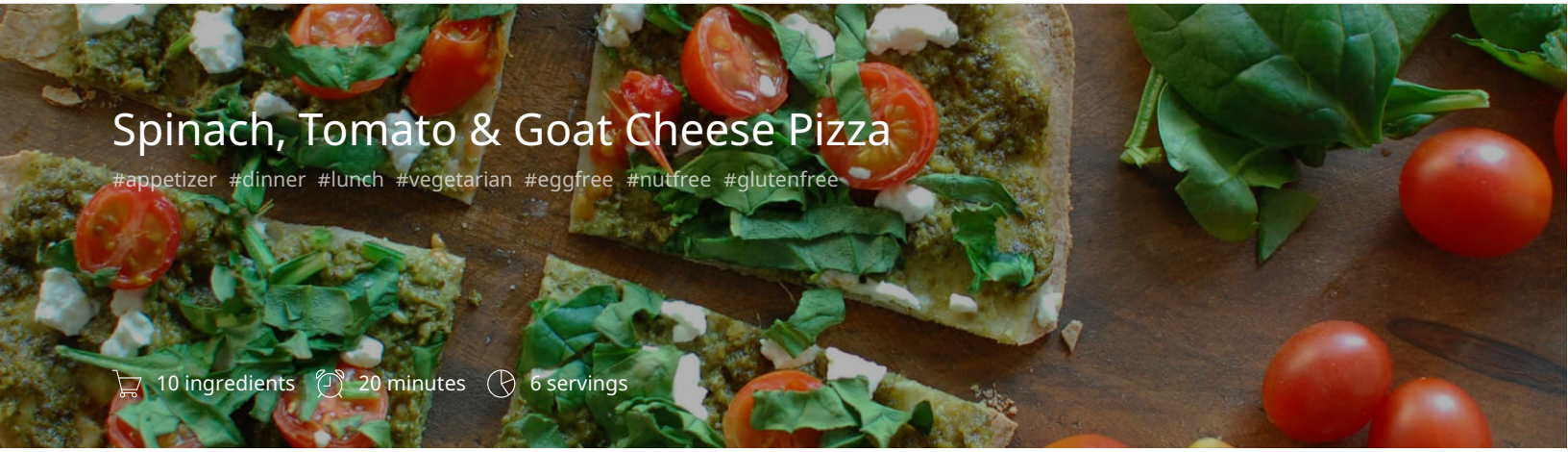
More Creamy Add 2 tbsp coconut milk.

More Scoopable Add 1 tbsp vodka to prevent hard freeze.

Make it Chunky Set aside 1/4 cup of the strawberries before blending and add them to the processor after blending. Pulse until roughly chopped.

Ingredients

- **3** Banana (sliced and frozen)
- **1 1/2 cups** Frozen Strawberries



Spinach, Tomato & Goat Cheese Pizza

#appetizer #dinner #lunch #vegetarian #eggfree #nutfree #glutenfree

10 ingredients 20 minutes 6 servings

Directions

1. Preheat oven to 410 and line a baking sheet with parchment paper.
2. Create your pesto in a food processor or blender by combining walnuts, olive oil, lemon juice, half of the baby spinach, basil, sea salt and black pepper. Blend until smooth. Transfer into a jar.
3. Take the remaining baby spinach and finely chop.
4. Lay your brown rice tortillas on a flat surface. Use a spoon to add desired amount of pesto and spread evenly across the tortillas. Now top with cherry tomatoes, goat cheese and chopped baby spinach.
5. Place on baking sheet and bake in the oven for 10 minutes.
6. After 10 minutes, remove and slice using a pizza cutter. Enjoy!

Notes

More protein Add diced chicken, lentils or chickpeas.

Ingredients

- **1 cup** Walnuts
- **3/4 cup** Extra Virgin Olive Oil
- **1 1/2** Lemon (juiced)
- **6 cups** Baby Spinach (divided)
- **1 1/2 cups** Basil Leaves
- **1/3 tsp** Sea Salt
- **3/4 tsp** Black Pepper
- **6** Brown Rice Tortillas
- **1 1/2 cups** Cherry Tomatoes (halved)
- **3/4 cup** Goat Cheese (crumbled)

Spinach & Goat Cheese Omelette

#breakfast #paleo #vegetarian #glutenfree #ketogenic

7 ingredients 20 minutes 3 servings

Directions

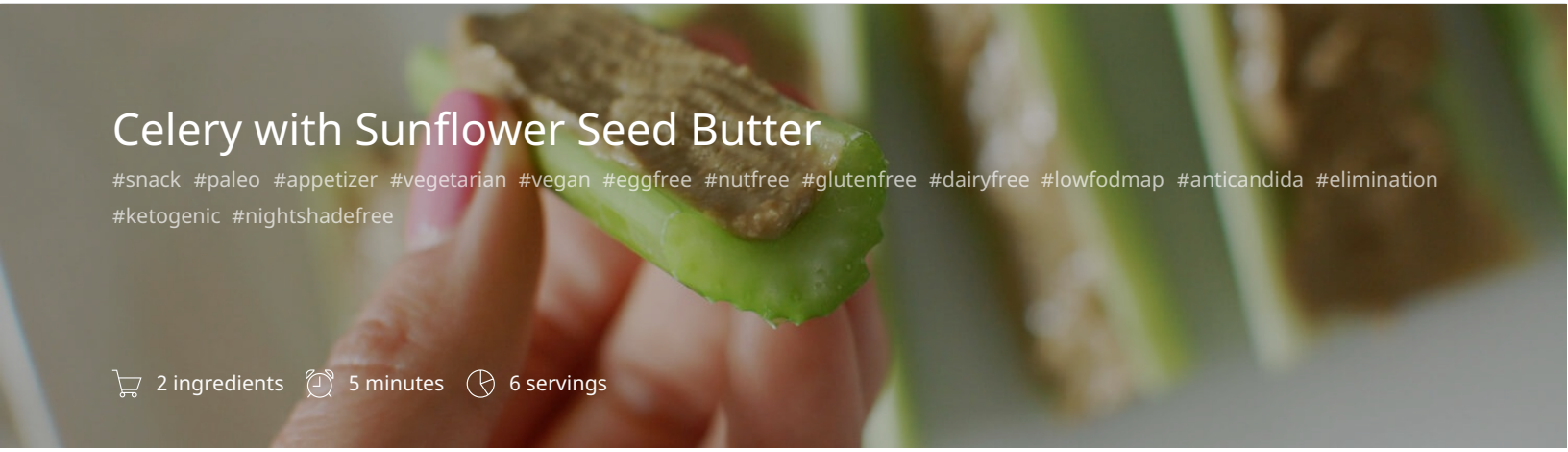
1. Heat coconut oil in medium-sized frying pan over medium heat.
2. In a bowl, mix together eggs, sea salt and black pepper. Whisk until frothy. Divide into portions.
3. Pour 1 portion of the egg mixture into the frying pan and let cook until almost set. Place some spinach and goat cheese on one half of the omelette and then fold the other half over on top. Remove from heat and transfer onto a plate. Top with salsa.
4. Repeat with remaining ingredients. Enjoy!

Ingredients

- **2 1/4 tsps** Coconut Oil
- **9** Egg
- **3/4 tsp** Sea Salt
- **1 1/2 tsps** Black Pepper
- **3 cups** Baby Spinach
- **3/4 cup** Goat Cheese (crumbled)
- **3/4 cup** Organic Salsa

Notes

No Goat Cheese Use feta cheese instead



Celery with Sunflower Seed Butter

#snack #paleo #appetizer #vegetarian #vegan #eggfree #nutfree #glutenfree #dairyfree #lowfodmap #anticandida #elimination #ketogenic #nightshadefree

2 ingredients 5 minutes 6 servings

Directions

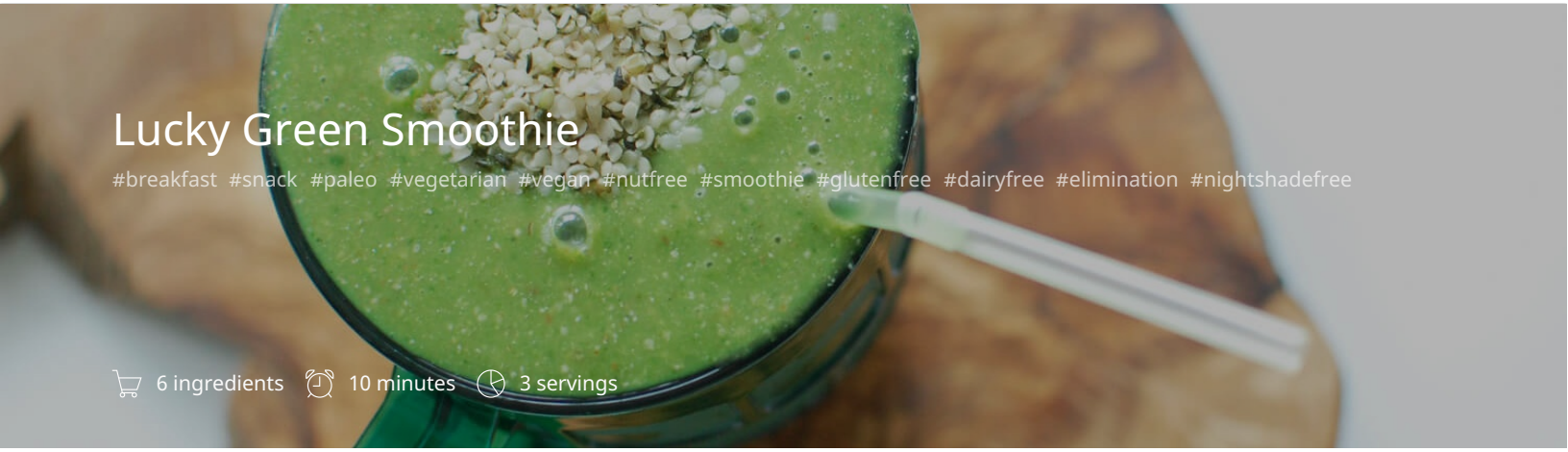
1. Spread sunflower seed butter across celery sticks (about 1 tbsp per celery stalk). Happy munching!

Ingredients

- **12 stalks** Celery (sliced into sticks)
- **3/4 cup** Sunflower Seed Butter

Notes

No Celery Use cucumber instead



Lucky Green Smoothie

#breakfast #snack #paleo #vegetarian #vegan #nutfree #smoothie #glutenfree #dairyfree #elimination #nightshadefree

6 ingredients 10 minutes 3 servings

Directions

1. Throw all ingredients into a blender. Blend well until smooth. Divide into glasses and enjoy!

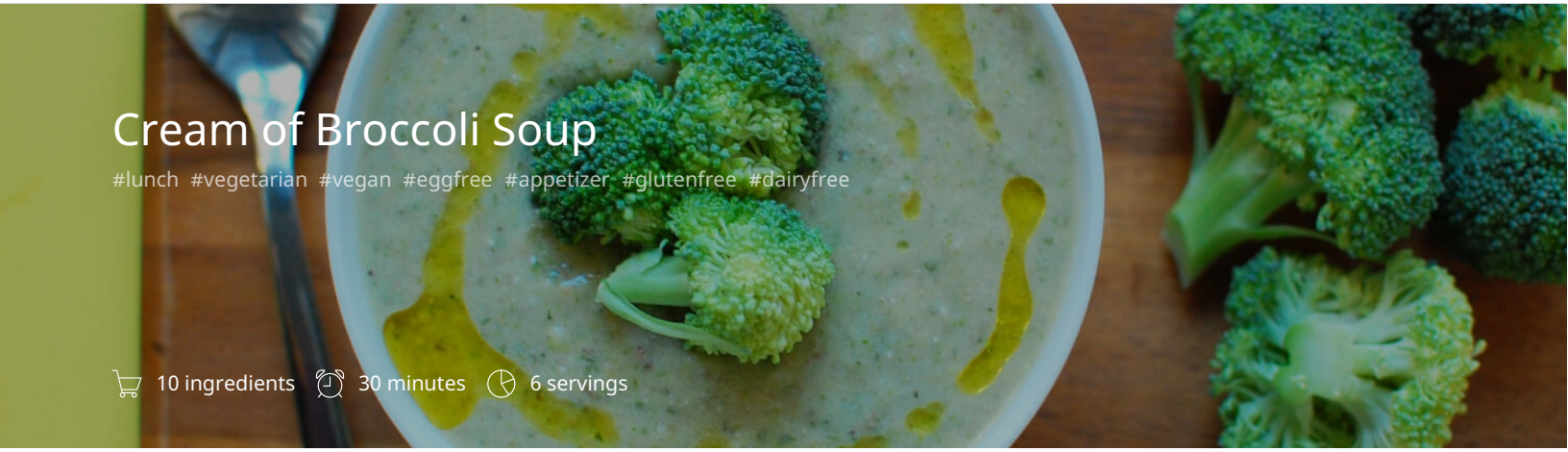
Notes

No Mango Add frozen pineapple or banana instead.

More Protein Add a scoop of your favourite clean protein powder.

Ingredients

- **2 1/4 cups** Frozen Mango
- **3** Lime (juiced)
- **3 cups** Baby Spinach (packed)
- **3 tbsps** Ground Flax Seed
- **1/3 cup** Hemp Seeds
- **5 1/4 cups** Water



Cream of Broccoli Soup

#lunch #vegetarian #vegan #eggfree #appetizer #glutenfree #dairyfree

10 ingredients 30 minutes 6 servings

Directions

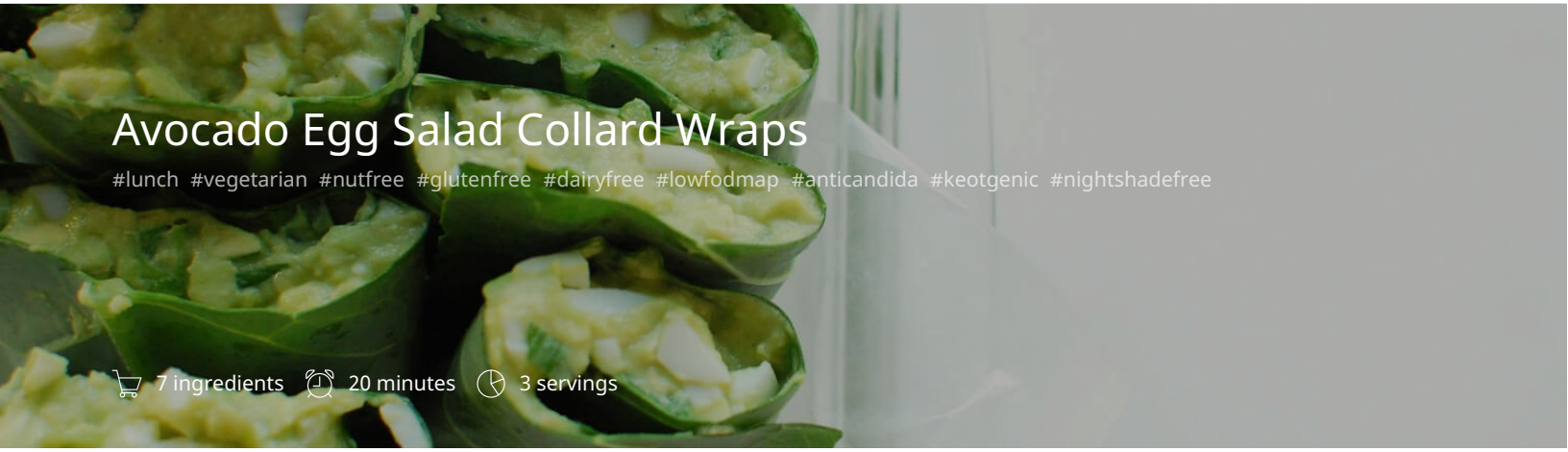
1. Throw your chopped onion, carrot, celery and broccoli in a large pot. Pour in water and add the dried basil and sea salt. Place over high heat and bring to a boil. Once boiling, cover the pot and reduce to a simmer. Let simmer for 15 to 20 minutes or until broccoli is tender.
2. In a blender, create your cashew cream by blending together 1 cup of cashews with 1 cup water. (If you alter the serving size, just keep the cashew to water ratio 1:1.) Pour the cashew cream in with your veggies and stir. Now add your green lentils and stir again.
3. Place spinach in the bottom of the blender. Then carefully transfer soup to the blender and blend to a puree. Ladle into bowls and drizzle with a bit of olive oil if you fancy. Enjoy!

Notes

Make it Paleo Omit the lentils.

Ingredients

- **1 1/2** Sweet Onion (chopped)
- **1 1/2** Carrot (chopped)
- **4 1/2 stalks** Celery (chopped)
- **7 1/2 cups** Broccoli (chopped, incl. stalks)
- **9 cups** Water
- **1 1/2 tsps** Dried Basil
- **1 1/2 tsps** Sea Salt
- **1 1/2 cups** Cashews
- **3 cups** Green Lentils (cooked, drained and rinsed)
- **3 cups** Baby Spinach (packed)



Avocado Egg Salad Collard Wraps

#lunch #vegetarian #nutfree #glutenfree #dairyfree #lowfodmap #anticandida #keotgenic #nightshadefree

7 ingredients 20 minutes 3 servings

Directions

1. In a mixing bowl, combine chopped eggs, avocado, lemon juice, green onions, dijon mustard and season with sea salt and pepper to taste. Mash with fork until creamy.
2. Wrap up in collard greens and enjoy!

Notes

More Carbs Wrap in a brown rice tortilla.

Make it Spicy Add clean hot sauce.

Ingredients

- **3 cups** Collard Greens (washed and stems cut off)
- **4 1/2** Egg (hard boiled and chopped)
- **1 1/2** Avocado (peeled and pits removed)
- **1/3** Lemon (juiced)
- **3 3/4 stalks** Green Onion (chopped)
- **1 1/2 tbsps** Dijon Mustard
- Sea Salt & Black Pepper (to taste)

Organic Popcorn

#snack #vegetarian #vegan #nutfree #eggfree #glutenfree #dairyfree #lowfodmap #nightshadefree

1 ingredients 2 minutes 6 servings

Directions

1. Pour into bowls and enjoy!

Ingredients

- **12 cups** Organic Popcorn

Cashews & Clementines

#snack #eggfree #vegetarian #vegan #paleo #glutenfree #dairyfree #nightshadefree

2 ingredients 5 minutes 3 servings

Directions

1. Divide into bowls and enjoy!

Ingredients

- **3/4 cup** Cashews
- **6** Clementines

Almond Butter Apple Sandwiches

#snack #vegetarian #vegan #paleo #eggfree #glutenfree #dairyfree #elimination #nightshadefree

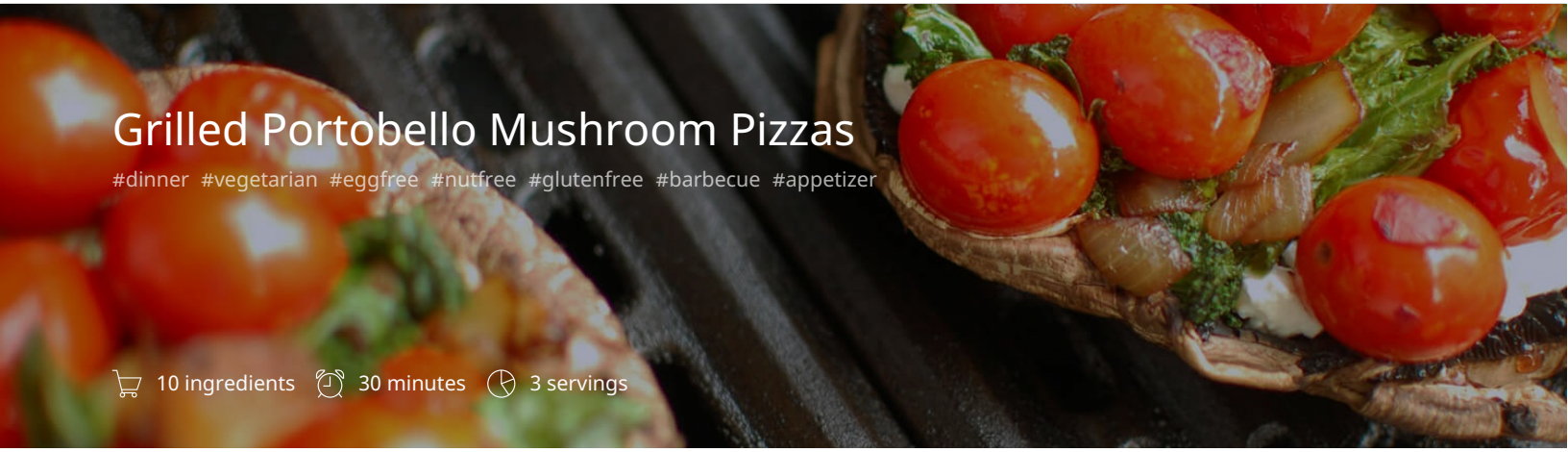
2 ingredients 10 minutes 3 servings

Directions

1. Slice the top and bottom off of each apple and discard. Then slice the entire apple in half so you are left with two rounds. Now cut each half in half to make 8 rounds. Cut the center core out of each round.
2. Spread 1 tbsp of almond butter on one apple round. Set another round on top. Repeat, plate and enjoy!

Ingredients

- **3** Apple
- **1/3 cup** Almond Butter



Grilled Portobello Mushroom Pizzas

#dinner #vegetarian #eggfree #nutfree #glutenfree #barbecue #appetizer

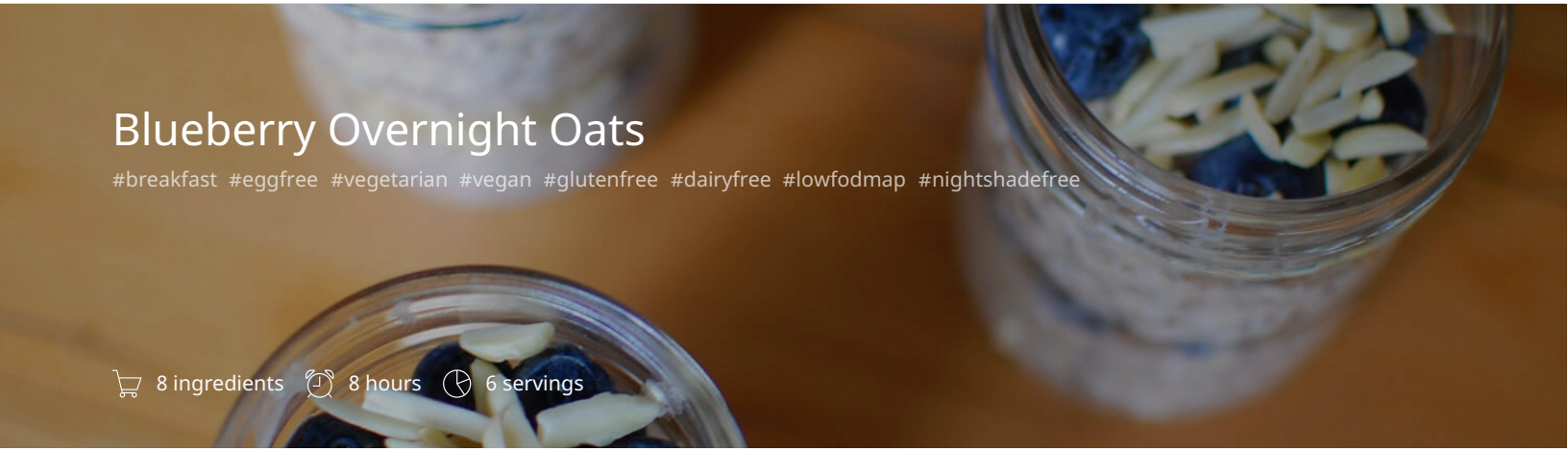
10 ingredients 30 minutes 3 servings

Directions

1. Preheat oven to 420.
2. Add olive oil to a large skillet and heat over medium heat. Add onions and saute for about 5 minutes or until translucent. Add garlic, cherry tomatoes and balsamic vinegar and saute for another 5 minutes or until tomatoes start to burst.
3. Turn off heat and add baby spinach. Stir just until spinach is wilted. Season the mix with sea salt and pepper to taste.
4. Line a baking sheet with parchment paper. Sprinkle the inside of each mushroom cap with goat cheese and top with a few spoonfuls of the tomato mix and then add your cooked, diced chicken. Place on baking sheet and bake for 10 to 12 minutes.
5. Remove from oven and slice into halves or quarters with a pizza cutter. Serve immediately alone or over a plate of baby spinach drizzled with olive oil and lemon juice. Enjoy!

Ingredients

- **3 ozs** Chicken Breast (cooked and diced)
- **3** Portobello Mushroom Caps
- **2 1/4 tsps** Extra Virgin Olive Oil
- **3/4** Sweet Onion (diced)
- **1 1/2** Garlic (cloves, minced)
- **1 1/2 cups** Cherry Tomatoes
- **1 1/8 tbsps** Balsamic Vinegar
- **1 1/2 cups** Baby Spinach
- Sea Salt & Black Pepper (to taste)
- **1/3 cup** Goat Cheese (crumbled)



Blueberry Overnight Oats

#breakfast #eggfree #vegetarian #vegan #glutenfree #dairyfree #lowfodmap #nightshadefree

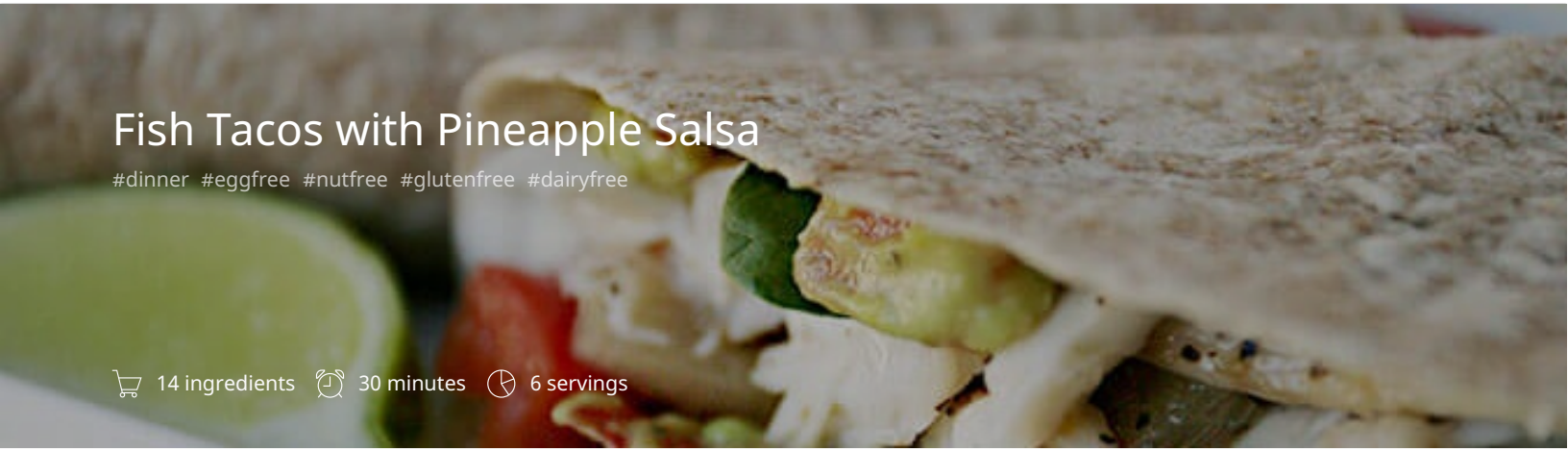
8 ingredients 8 hours 6 servings

Directions

1. Combine oats, almond milk, chia seeds, maple syrup, cinnamon and water together in a large tupperware container. Stir well to mix. Seal and place in the fridge overnight (or for at least 8 hours).
2. Remove oats from fridge. Use single-serving size mason jars and place a large spoonful of the oat mix in the bottom of each, then a layer of blueberries followed by a layer of slivered almonds. Repeat until all ingredients are used up. Store in the fridge until ready to eat. Enjoy hot or cold!

Ingredients

- **2 1/4 cups** Oats
- **2 1/4 cups** Unsweetened Almond Milk
- **3 tbsps** Chia Seeds
- **3 tbsps** Maple Syrup
- **1 1/2 tsps** Cinnamon
- **3/4 cup** Water
- **1 1/2 cups** Blueberries
- **1 1/2 cups** Slivered Almonds



Fish Tacos with Pineapple Salsa

#dinner #eggfree #nutfree #glutenfree #dairyfree

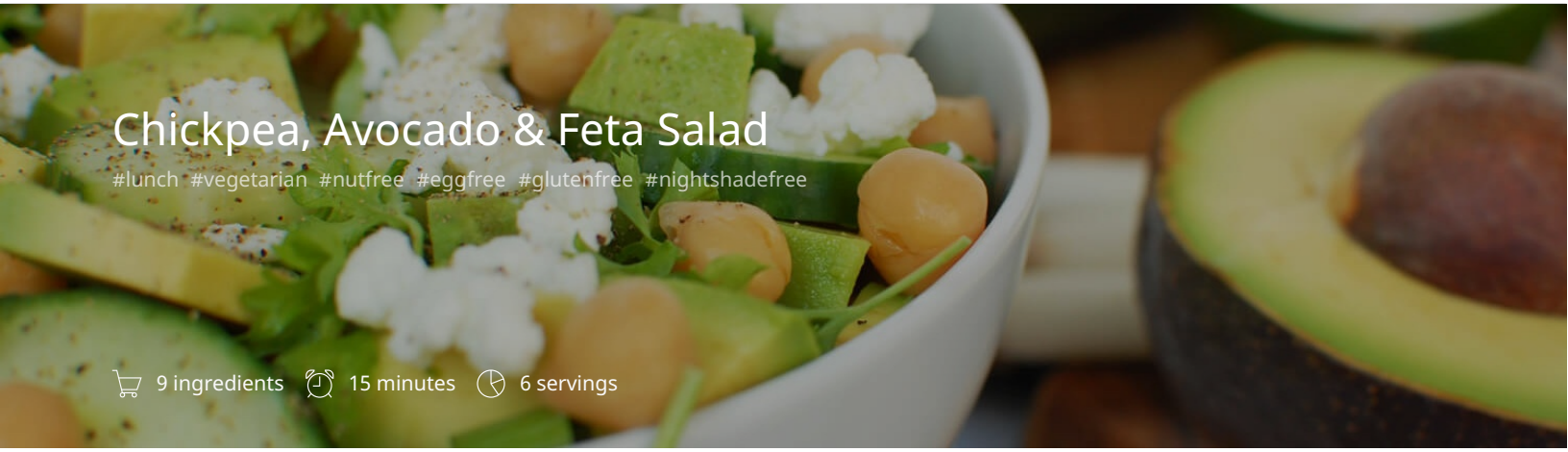
14 ingredients 30 minutes 6 servings

Directions

1. Preheat the oven to 500 and move rack to the top setting. Cover a large baking sheet with parchment paper and lightly grease with some olive oil. Lightly rub white fish with extra virgin olive oil, a splash of lemon juice and season with sea salt and pepper. Cook in the oven on top rack for 8 minute or until fish flakes with a fork.
2. Remove fish from oven and chop with a knife. Place in a bowl and toss with a bit of lemon juice.
3. Prepare all ingredients for the salsa and mix together in a large mixing bowl. (Pineapple, red onion, jalapeno, red bell pepper, and lime juice).
4. Prepare all ingredients for the guacamole and mix together in a separate mixing bowl. (Avocado, tomato, garlic and splash of lemon juice).
5. Warm your tortillas and place on a plate. Put your salsa, guacamole, spinach and fish out in separate bowls with a spoon/fork in each. Happy fish taco night!

Ingredients

- **6** Brown Rice Tortillas (thawed)
- **3** Tilapia Fillet
- **2 1/4 tsps** Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- **1 1/2** Lemon (juiced)
- **1 1/2 cups** Baby Spinach
- **3/4 cup** Pineapple (diced)
- **3/4 cup** Red Onion (finely diced)
- **1 1/2** Jalapeno Pepper (deseeded and chopped)
- **1 1/2** Garlic (clove, minced)
- **1 1/2** Red Bell Pepper (diced)
- **1 1/2** Lime (juiced)
- **3** Avocado (peeled and mashed)
- **1 1/2** Tomato (diced)



Chickpea, Avocado & Feta Salad

#lunch #vegetarian #nutfree #eggfree #glutenfree #nightshadefree

9 ingredients 15 minutes 6 servings

Directions

1. Combine all ingredients except avocado together in a large mixing bowl. Mix well with a spatula. Top with avocado when ready to serve. Enjoy!

Ingredients

- **3 cups** Chickpeas (cooked, drained and rinsed)
- **3/4** Cucumber (diced)
- **6 stalks** Green Onion (chopped)
- **1/3 cup** Parsley (chopped)
- **1 1/2** Lime (juiced)
- **1/3 cup** Feta Cheese (crumbled)
- **2 1/4 tsps** Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- **1 1/2** Avocado (diced)

Chicken, Spinach & Mushroom Pasta

#dinner #eggfree #nutfree #glutenfree #dairyfree

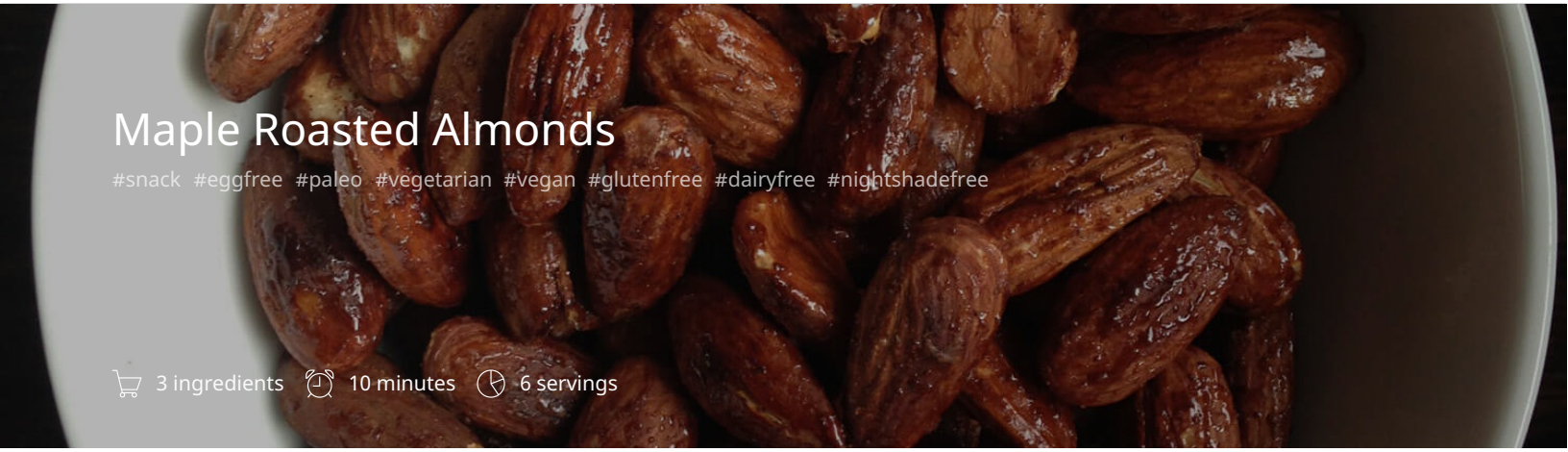
10 ingredients 25 minutes 6 servings

Directions

1. In a frying pan, add one quarter of your olive oil and all the tamari. Place over medium heat. Add mushrooms and saute for 5 minutes. Then add spinach and stir just until spinach is wilted. Remove from heat and set aside.
2. Heat remaining olive oil, garlic, red pepper flakes and salt in a separate skillet over medium-low heat. Stir frequently for about 5 minutes or until garlic is golden. Remove pan from heat.
3. Fill a large pot with water and bring to a boil. Add penne. Cook for 7 - 10 minutes. Remove from heat and dump pasta into a strainer. Immediately run cold water over the pasta to prevent it from cooking any further.
4. Add pasta to a large bowl. Pour in desired amount of oil and garlic mixture, then toss in mushrooms and spinach. Sprinkle with salt and pepper to taste. Mix well.
5. Plate pasta and top with strips of baked chicken (optional). Squeeze a lemon wedge on top of the pasta. Enjoy!

Ingredients

- **1/3 cup** Extra Virgin Olive Oil (divided)
- **2 1/4 tsps** Tamari
- **3 cups** Portobello Mushroom (diced)
- **3 cups** Baby Spinach
- **6** Garlic (cloves, minced)
- **3/4 tsp** Red Pepper Flakes
- **2 1/4 cups** Brown Rice Penne (uncooked)
- Sea Salt & Black Pepper (to taste)
- **12 ozs** Chicken Breast (baked and sliced)
- **1 1/2** Lemon (cut into wedges)



Maple Roasted Almonds

#snack #eggfree #paleo #vegetarian #vegan #glutenfree #dairyfree #nightshadefree

3 ingredients 10 minutes 6 servings

Directions

1. Place almonds in a frying pan and toast over medium heat. When slightly browned, add maple syrup and cinnamon and stir well. Turn heat back to low. Continuously stir almonds until they become sticky (about 2 minutes).
2. Remove from heat and spread almonds onto a piece of parchment paper. Let dry for 10 minutes. When cool, break apart and place single portions in snack-sized baggies for an easy grab-and-go snack.

Ingredients

- **1 1/2 cups** Almonds
- **1 1/2 tbsps** Maple Syrup
- **1 1/2 tsps** Cinnamon