	Mon	Tue	Wed	Thu	Fri
Breakfast	Apple Cinnam…	Avocado Swee…	Apple Cinnam…	Avocado Swee…	Gut Healing G…
Snack 1	Banana with A…	Winter Berry S…	Grapes & Pista…	Winter Berry S…	Grapes & Pista…
Lunch	Cream of Broc…	Asian Turkey L…	Chicken Fajita…	Tomato & Egg…	Roasted Butte…
Snack 2	Organic Popco…	Orange & Dar…	Celery with Al…	Orange & Dar…	Organic Popco…
Dinner	Asian Turkey L…	Chicken Fajita…	Tomato & Egg…	Roasted Butte…	Spinach, Toma…

Free Meal Plan Just for You!

Fruits

- [ ] **1** Apple
- [ ] **3** Avocado
- [ ] **4** Banana
- [ ] **8 cups** Grapes
- [ ] **3** Lemon
- [ ] **3** Lime
- [ ] **6** Navel Orange

Vegetables

- [ ] **12 cups** Baby Spinach
- [ ] **2 cups** Basil Leaves
- [ ] **2 heads** Boston Lettuce
- [ ] **10 cups** Broccoli
- [ ] **8 cups** Butternut Squash
- [ ] **2** Carrot
- [ ] **12 stalks** Celery
- [ ] **1 cup** Cherry Tomatoes
- [ ] **8 cups** Collard Greens
- [ ] **1** Eggplant
- [ ] **2** Garlic
- [ ] **1 tbsp** Ginger
- [ ] **2** Green Bell Pepper
- [ ] **3 stalks** Green Onion
- [ ] **2** Jalapeno Pepper
- [ ] **20 cups** Kale Leaves
- [ ] **1 cup** Matchstick Carrots
- [ ] **2** Red Bell Pepper
- [ ] **4** Sweet Onion
- [ ] **2** Sweet Potato
- [ ] **1** White Onion
- [ ] **2** Yellow Bell Pepper

Bread, Fish, Meat & Cheese

- [ ] **32 ozs** Chicken Breast
- [ ] **2 lbs** Extra Lean Ground Turkey
- [ ] **1/2 cup** Goat Cheese

Breakfast

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

Boxed & Canned

- [ ] **5 cups** Brown Rice Penne
- [ ] **6 cups** Crushed Tomatoes
- [ ] **4 cups** Green Lentils
- [ ] **2 cups** Lentils

Condiments & Oils

- [ ] **2 tbsps** Apple Cider Vinegar
- [ ] **2 tbsps** Balsamic Vinegar
- [ ] **1 tbsp** Coconut Oil
- [ ] **1 1/8 cups** Extra Virgin Olive Oil

- [ ] **24 cups** Organic Popcorn
- [ ] **1 1/2 cups** Quinoa
- [ ] **2 tbsps** Tamari

Seeds, Nuts & Spices

- [ ] **2 3/4 tsps** Black Pepper
- [ ] **3 cups** Cashews
- [ ] **1/4 cup** Chia Seeds
- [ ] **2 tbsps** Chili Powder
- [ ] **1 tsp** Cinnamon
- [ ] **1 tsp** Cumin
- [ ] **2 tsps** Dried Basil
- [ ] **1 1/2 tsps** Garlic Powder
- [ ] **1/3 cup** Ground Flax Seed
- [ ] **2/3 cup** Hemp Seeds
- [ ] **1/4 tsp** Nutmeg
- [ ] **1/2 tsp** Onion Powder
- [ ] **2 tbsps** Oregano
- [ ] **1 tsp** Paprika
- [ ] **2 cups** Pistachios
- [ ] **1 cup** Pumpkin Seeds
- [ ] **1/4 cup** Raw Cashews
- [ ] **1 3/4 tbsps** Sea Salt
- [ ] Sea Salt & Black Pepper
- [ ] **1 2/3 cups** Walnuts

Baking

- [ ] **100 grams** Dark Organic Chocolate
- [ ] **1 cup** Dried Unsweetened Cranberries
- [ ] **1 1/2 cups** Oats
- [ ] **1/4 cup** Raw Honey
- [ ] **1/2 tsp** Vanilla Extract

Cold

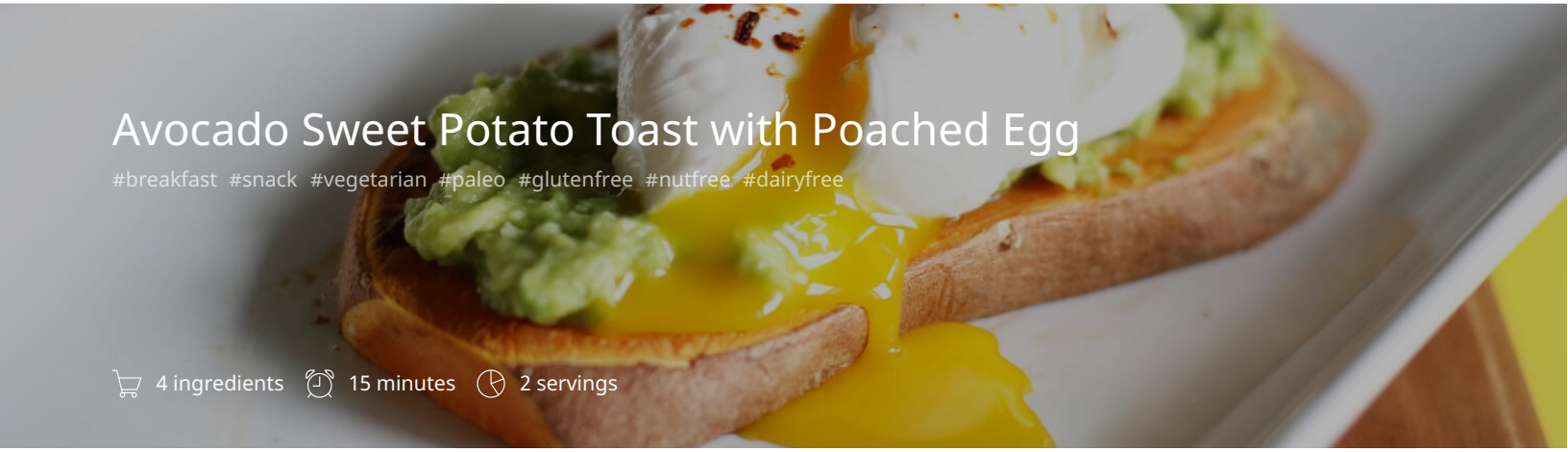
- [ ] **8** Egg
- [ ] **4 1/2 cups** Unsweetened Almond Milk

Frozen

- [ ] **4** Brown Rice Tortillas
- [ ] **3 cups** Frozen Berries

Other

- [ ] **20 3/4 cups** Water



Avocado Sweet Potato Toast with Poached Egg

#breakfast #snack #vegetarian #paleo #glutenfree #nutfree #dairyfree

4 ingredients 15 minutes 2 servings

Directions

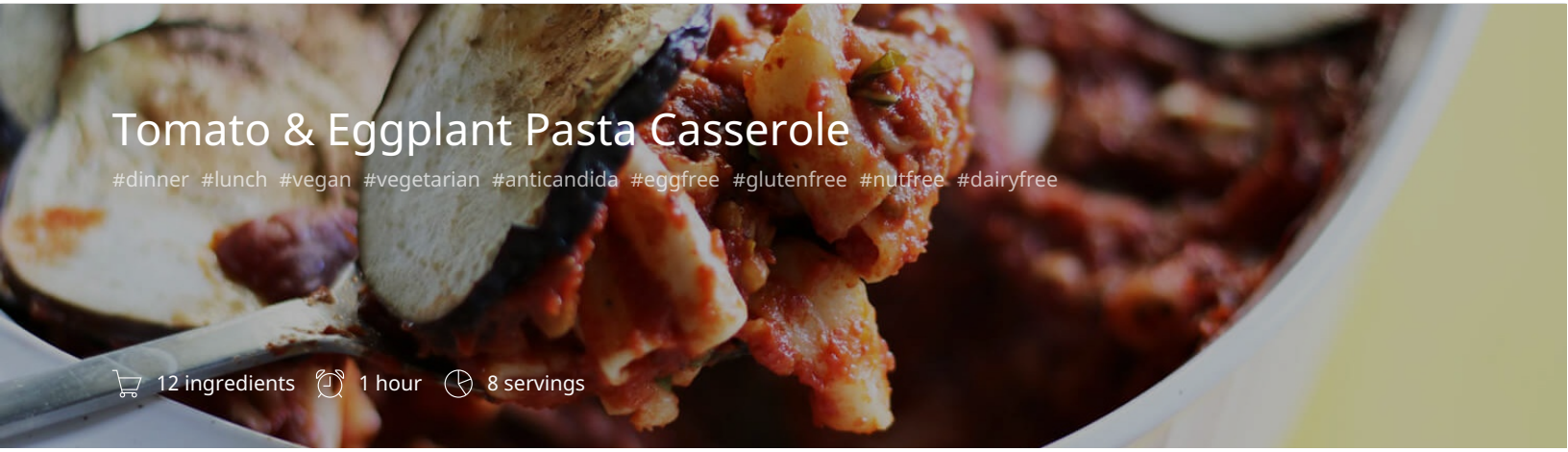
1. Trim the pointy ends off the sweet potato then lay it on its side on a cutting board. Slice it lengthwise into 1/4 inch slices.
2. Pop the sweet potato slices into the toaster and toast twice. You may need to toast a third time depending on your toaster. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 - 6 minutes per side, or until golden brown.
3. While the sweet potato toasts, carve the flesh of the avocado out into a bowl. Season with a pinch of sea salt and black pepper and mash with a fork until smooth and creamy.
4. Poach, fry or hardboil the eggs.
5. Spread the mashed avocado over the sweet potato toasts and top with cooked eggs. Season with sea salt, black pepper and/or red pepper flakes. Enjoy!

Notes

Add Greens	Add a layer of baby spinach after you spread on the avocado.
Guacamole Lover	Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.
Egg-Free	Skip the eggs and top with hemp seeds instead.

Ingredients

- **1** Sweet Potato (large)
- **4** Egg
- **1** Avocado
- Sea Salt & Black Pepper (to taste)



Tomato & Eggplant Pasta Casserole

#dinner #lunch #vegan #vegetarian #anticandida #eggfree #glutenfree #nutfree #dairyfree

12 ingredients 1 hour 8 servings

Directions

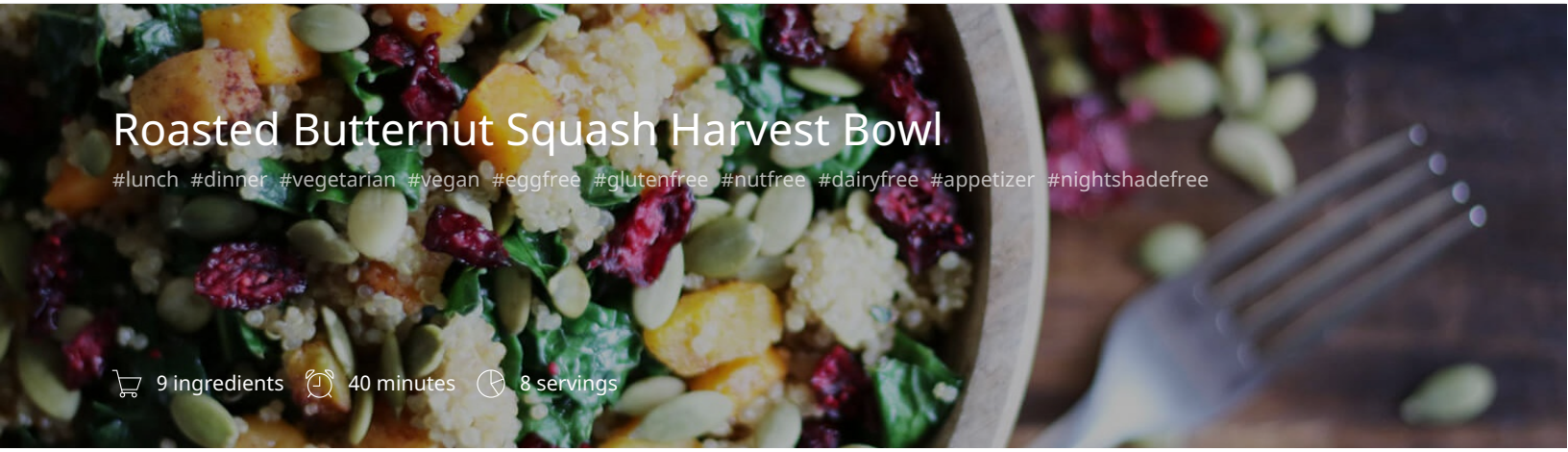
1. Preheat oven to 450 degrees F.
2. In a large bowl, mix together the crushed tomatoes, lentils, water, olive oil, basil, oregano, garlic powder, onion powder, salt, pepper and dry penne. Stir well to mix, then transfer into the casserole dish. Line the top with a layer of eggplant rounds. Bake in the oven for 40 to 45 minutes. The eggplant should be roasted and golden brown (if it starts to burn, set a piece of foil on top).
3. Remove from oven and let cool for 5 minutes before serving. Enjoy!

Notes

Serve it With	Arugula tossed in olive oil and lemon juice.
Likes it Spicy	Garnish with red chili flakes.
Cheese Lover	Serve with parmesan cheese.
Meat Lover	Swap out the lentils for cooked ground meat.
No Eggplant	Use tomatoes or zucchini sliced into rounds to cover the top instead.

Ingredients

- **6 cups** Crushed Tomatoes
- **2 cups** Lentils (cooked, drained and rinsed)
- **1/2 cup** Water
- **1/4 cup** Extra Virgin Olive Oil
- **1 cup** Basil Leaves (chopped)
- **2 tbsps** Oregano
- **1/2 tsp** Garlic Powder
- **1/2 tsp** Onion Powder
- **2 tsps** Sea Salt
- **1 tsp** Black Pepper
- **5 cups** Brown Rice Penne (dry)
- **1** Eggplant (large, sliced into 1/2 inch thick rounds)



Roasted Butternut Squash Harvest Bowl

#lunch #dinner #vegetarian #vegan #eggfree #glutenfree #nutfree #dairyfree #appetizer #nightshadefree

9 ingredients 40 minutes 8 servings

Directions

1. Preheat oven to 420 degrees F and line a baking sheet with parchment paper. Toss the butternut squash in half the olive oil and spread across the sheet. Bake in the oven for 20 to 25 minutes, or until lightly browned.
2. Combine the quinoa and water in a sauce pan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer. Cover with a lid and let simmer for 12 to 15 minutes, or until all water is absorbed. Fluff with a fork and set aside.
3. Heat remaining olive oil in a large skillet over medium-low heat. Add kale and saute until wilted (about 3 - 5 minutes). Turn off the heat.
4. Add the quinoa, roasted butternut squash and balsamic vinegar to the skillet then toss until well mixed. Season with sea salt and black pepper to taste.
5. Divide into bowls and top with pumpkin seeds and dried cranberries. Enjoy!

Notes

No Butternut Squash	Use sweet potato, carrots or beets instead.
Save Time	Use frozen bagged butternut squash.
Leftovers	Keeps well in the fridge up to 3 - 4 days.
Extra Flavour	Toss the butternut squash in cinnamon before roasting.

Ingredients

- **8 cups** Butternut Squash (diced into cubes)
- **1/4 cup** Extra Virgin Olive Oil (divided)
- **1 1/2 cups** Quinoa (uncooked)
- **2 1/2 cups** Water
- **16 cups** Kale Leaves (finely chopped)
- **2 tbsps** Balsamic Vinegar
- Sea Salt & Black Pepper (to taste)
- **1 cup** Pumpkin Seeds
- **1 cup** Dried Unsweetened Cranberries

Grapes & Pistachios

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

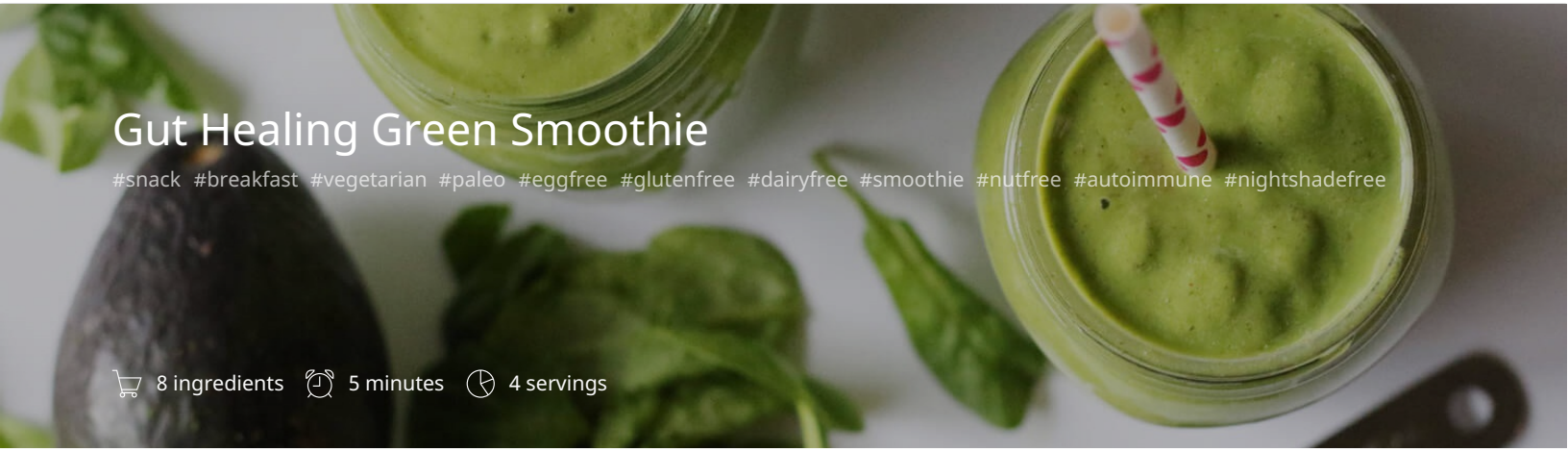
2 ingredients 5 minutes 4 servings

Directions

1. Divide into bowls and enjoy!

Ingredients

- **4 cups** Grapes
- **1 cup** Pistachios (shells removed)



Gut Healing Green Smoothie

#snack #breakfast #vegetarian #paleo #eggfree #glutenfree #dairyfree #smoothie #nutfree #autoimmune #nightshadefree

8 ingredients 5 minutes 4 servings

Directions

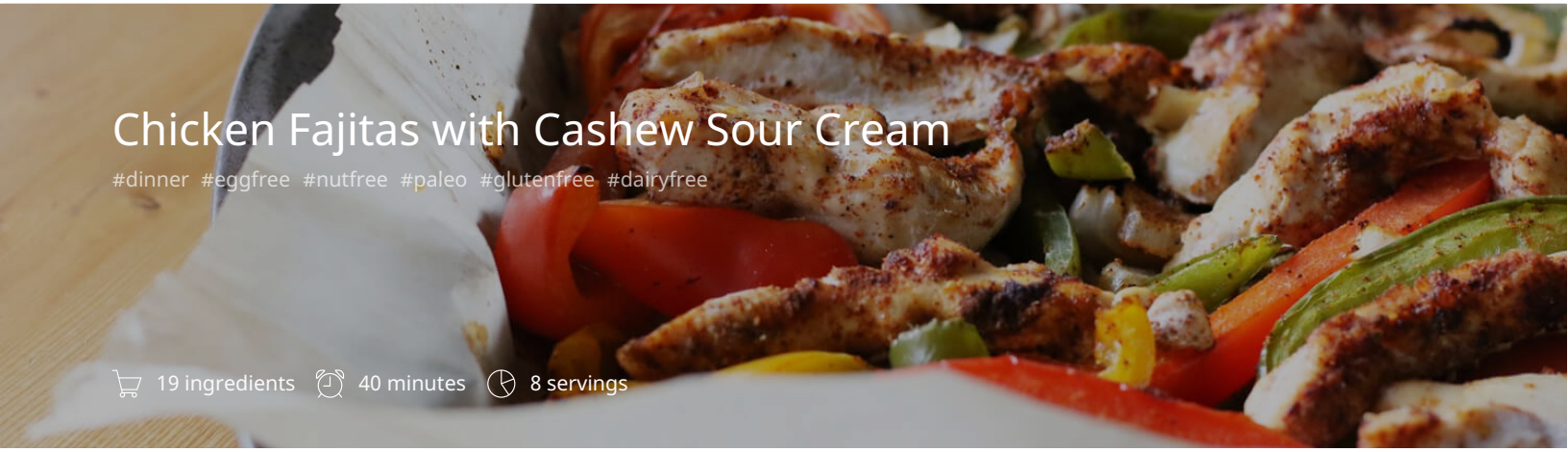
1. Throw all ingredients into a blender and blend until very smooth and creamy. Divide into glasses and enjoy!

Notes

No Kale	Use spinach instead.
No Honey	Use maple syrup, dates or extra banana to sweeten instead.
Likes it Creamy	Use almond milk instead of water for extra creaminess.
Storage	Make ahead and store in a sealed mason jar. Shake well before drinking. Keeps well in the fridge for 1 - 2 days.

Ingredients

- **5 cups** Water (cold)
- **4 cups** Kale Leaves
- **1** Avocado (peeled and pit removed)
- **2** Banana (frozen)
- **2 tbsps** Chia Seeds
- **1/4 cup** Ground Flax Seed
- **1/2 cup** Hemp Seeds
- **1/4 cup** Raw Honey



Chicken Fajitas with Cashew Sour Cream

#dinner #eggfree #nutfree #paleo #glutenfree #dairyfree

19 ingredients 40 minutes 8 servings

Directions

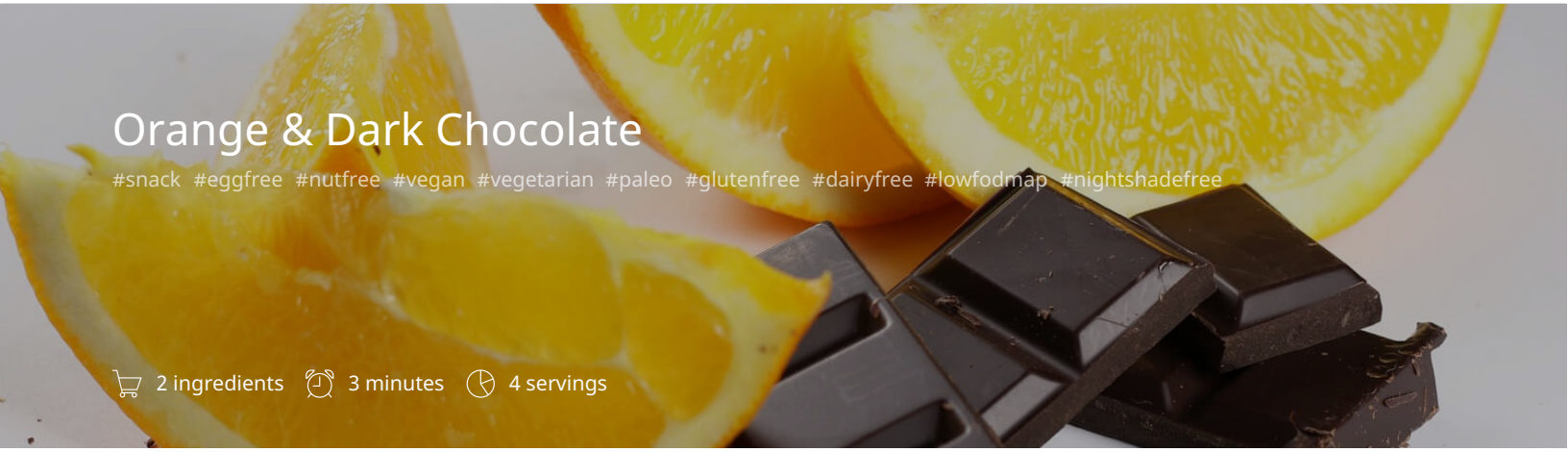
1. Preheat oven to 425. Line a large baking sheet with parchment paper.
2. In a bowl, combine chili powder, black pepper, cumin, paprika and garlic powder. Mix well and set aside.
3. In a large mixing bowl, add your sliced peppers, onion and chicken strips. Drizzle with olive oil and then sprinkle with seasoning. Use tongs to gently toss until everything is well coated. Transfer to your baking sheet and bake for 30 minutes or until chicken is cooked through.
4. Meanwhile, create your cashew sour cream by combining cashews, sea salt, apple cider vinegar, lemon juice and water in a blender or food processor. Pulse very well until completely smooth. Add an extra splash of water if too thick. Transfer to a jar and set aside.
5. Remove fajitas from oven. Serve in collard green wraps or gluten-free tortillas drizzled with cashew sour cream and a lime wedge. Enjoy!

Notes

Vegan and Vegetarian	Skip the chicken and use roasted chickpeas instead.
Fajita Bowl	Serve over a bed of greens to turn it into a bowl.
No Collard Greens	Use swiss chard or ice berg lettuce instead.

Ingredients

- **2 tbsps** Chili Powder
- **1 tsp** Black Pepper
- **1 tsp** Cumin
- **1 tsp** Paprika
- **1 tsp** Garlic Powder
- **2** Red Bell Pepper (sliced)
- **2** Yellow Bell Pepper (sliced)
- **2** Green Bell Pepper (sliced)
- **2** Jalapeno Pepper (de-seeded and sliced)
- **2** Sweet Onion (sliced)
- **32 ozs** Chicken Breast (cut into strips)
- **2 tbsps** Extra Virgin Olive Oil
- **1 cup** Cashews (soaked for 1 hour and liquid drained)
- **1 tsp** Sea Salt
- **2 tbsps** Apple Cider Vinegar
- **2** Lemon (juiced)
- **1/4 cup** Water
- **2** Lime (cut into wedges)
- **8 cups** Collard Greens (washed and stems removed)



Orange & Dark Chocolate

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

2 ingredients 3 minutes 4 servings

Directions

1. Peel and section oranges or slice into wedges. Divide into bowl and top with dark chocolate. Enjoy!

Notes

No Oranges Substitute grapefruit instead.

Ingredients

- **4** Navel Orange (peeled or sliced)
- **100 grams** Dark Organic Chocolate (broken into pieces)

Apple Cinnamon Overnight Oats

#vegetarian #eggfree #breakfast #glutenfree #dairyfree #nightshadefree

10 ingredients 8 hours 4 servings

Directions

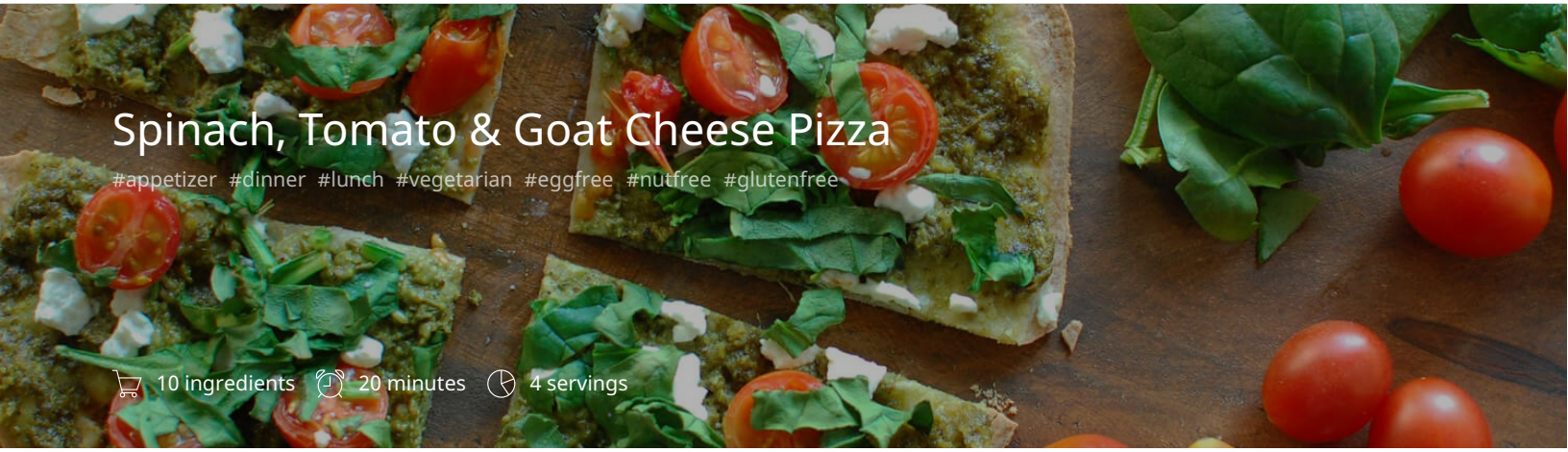
1. Combine oats, almond milk, chia seeds, maple syrup, cinnamon, nutmeg, vanilla extract and water in a large glass container. Stir well to evenly mix. Cover and store in the fridge overnight.
2. Remove from fridge. Use single-serving size jars (250 mL or 500 mL in size) and place a few spoonfuls of the oat mixture in the bottom of each. Then add a layer of diced apple followed by a layer of chopped walnuts. Repeat until all ingredients are used up.
3. Store in the fridge up to 4 days or until ready to eat. Add an extra splash of almond milk and/or a drizzle of honey (optional).

Notes

More Protein	Add hemp seeds or a spoonful of nut butter.
Warm it Up	Heat in the microwave for 30 to 60 seconds before eating.
No Maple Syrup	Use honey to sweeten instead.

Ingredients

- **1 1/2 cups** Oats (quick oats work best)
- **1 1/2 cups** Unsweetened Almond Milk
- **2 tbsps** Chia Seeds
- **1 tbsp** Maple Syrup
- **1 tsp** Cinnamon
- **1/4 tsp** Nutmeg
- **1/2 tsp** Vanilla Extract
- **1/2 cup** Water
- **1** Apple (cored and diced)
- **1 cup** Walnuts (chopped)



Spinach, Tomato & Goat Cheese Pizza

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

10 ingredients 20 minutes 4 servings

Directions

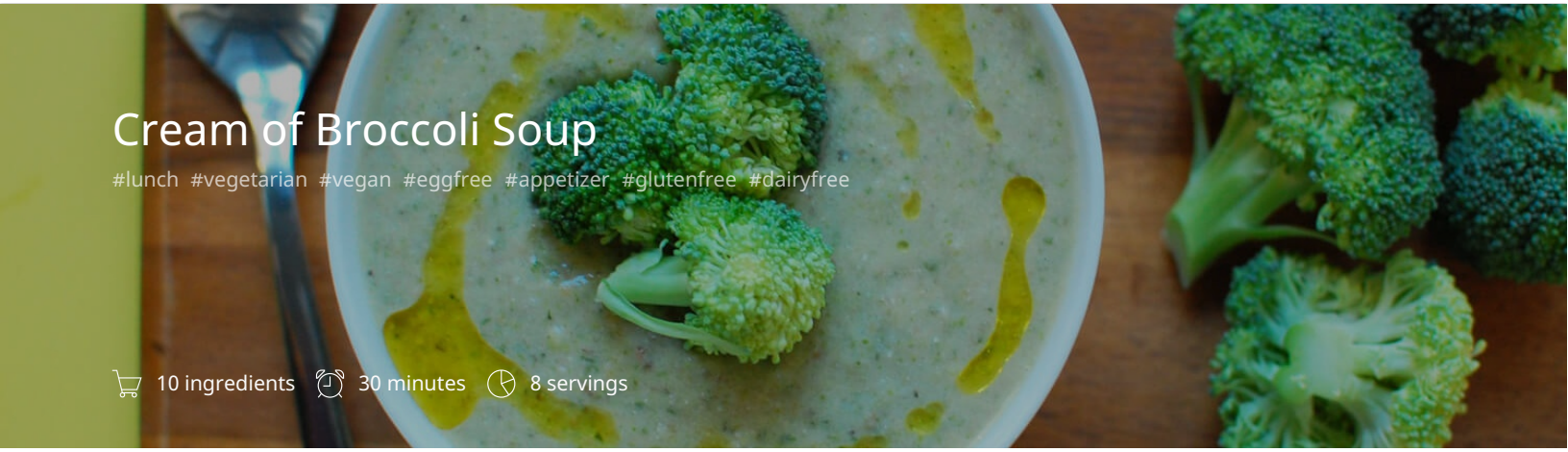
1. Preheat oven to 410 and line a baking sheet with parchment paper.
2. Create your pesto in a food processor or blender by combining walnuts, olive oil, lemon juice, half of the baby spinach, basil, sea salt and black pepper. Blend until smooth. Transfer into a jar.
3. Take the remaining baby spinach 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

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



Cream of Broccoli Soup

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

10 ingredients 30 minutes 8 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

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

Organic Popcorn

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

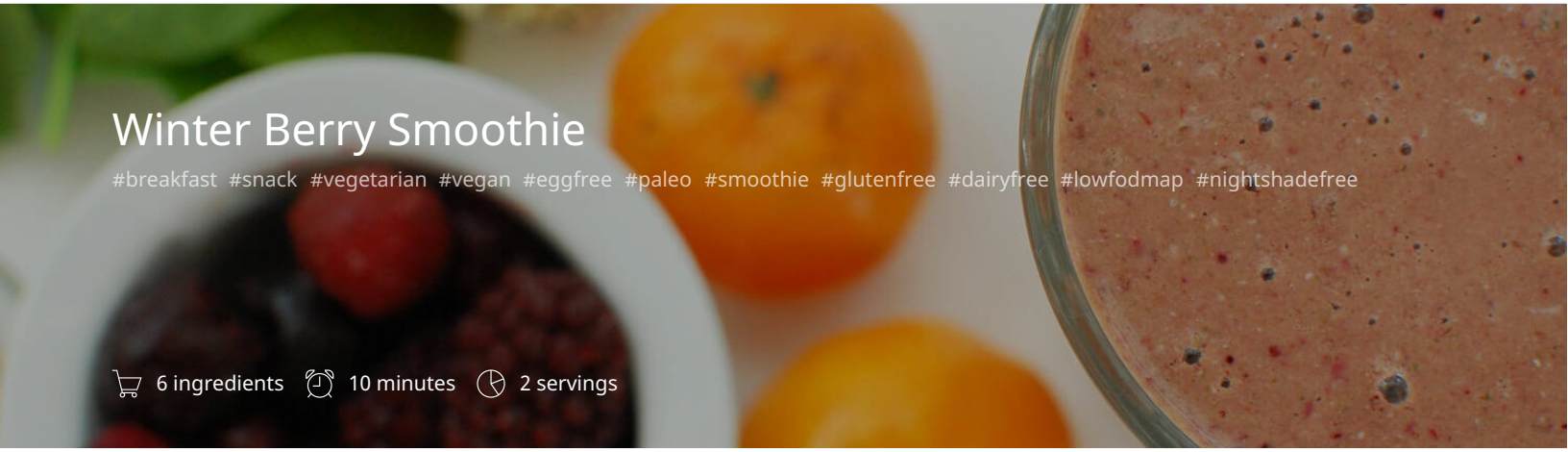
1 ingredients 2 minutes 12 servings

Directions

1. Pour into bowls and enjoy!

Ingredients

- **24 cups** Organic Popcorn



Winter Berry Smoothie

#breakfast #snack #vegetarian #vegan #eggfree #paleo #smoothie #glutenfree #dairyfree #lowfodmap #nightshadefree

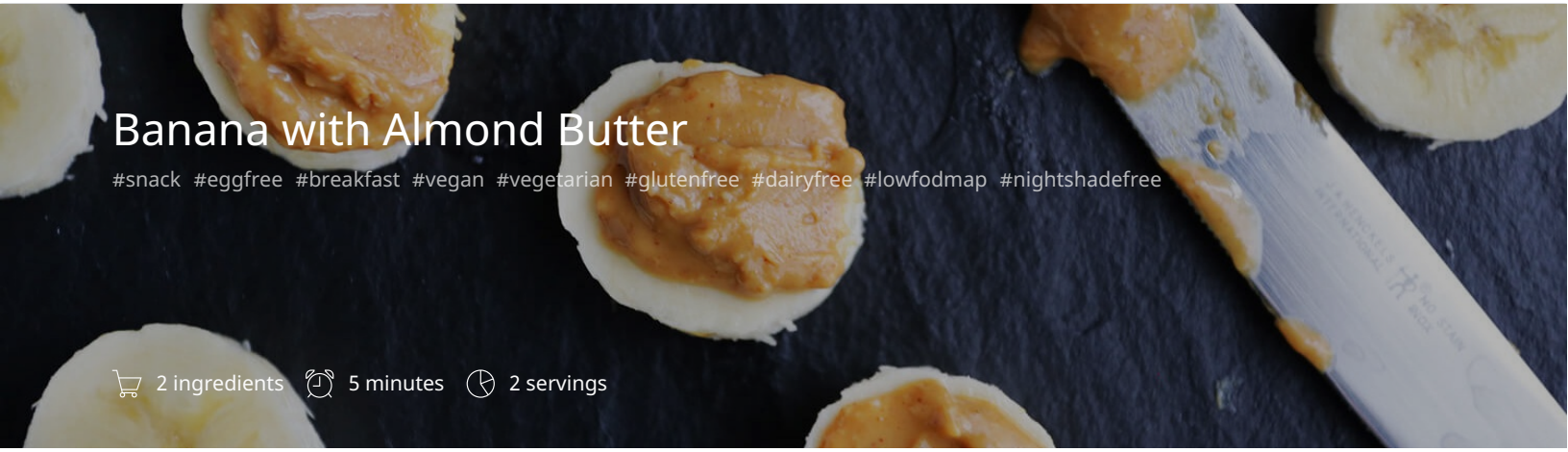
6 ingredients 10 minutes 2 servings

Directions

1. Place all ingredients together in a blender. Blend until smooth. Pour into glasses and enjoy! (Pour into a mason jar if you are on the go.)

Ingredients

- **1 1/2 cups** Unsweetened Almond Milk
- **1 tbsp** Ground Flax Seed
- **1 tbsp** Hemp Seeds
- **1** Navel Orange (peeled and sectioned)
- **1 1/2 cups** Frozen Berries
- **2 cups** Baby Spinach



Banana with Almond Butter

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

2 ingredients 5 minutes 2 servings

Directions

1. Spread almond butter across banana slices. Happy snacking!

Notes

No Almond Butter Use any nut or seed butter.

More Protein Sprinkle with hemp seeds.

Ingredients

- **2** Banana (peeled and sliced)
- **1/4 cup** Almond Butter

Asian Turkey Lettuce Wraps with Cashews

#dinner #lunch #eggfree #glutenfree #appetizer #dairyfree #ketogenic

13 ingredients 25 minutes 4 servings

Directions

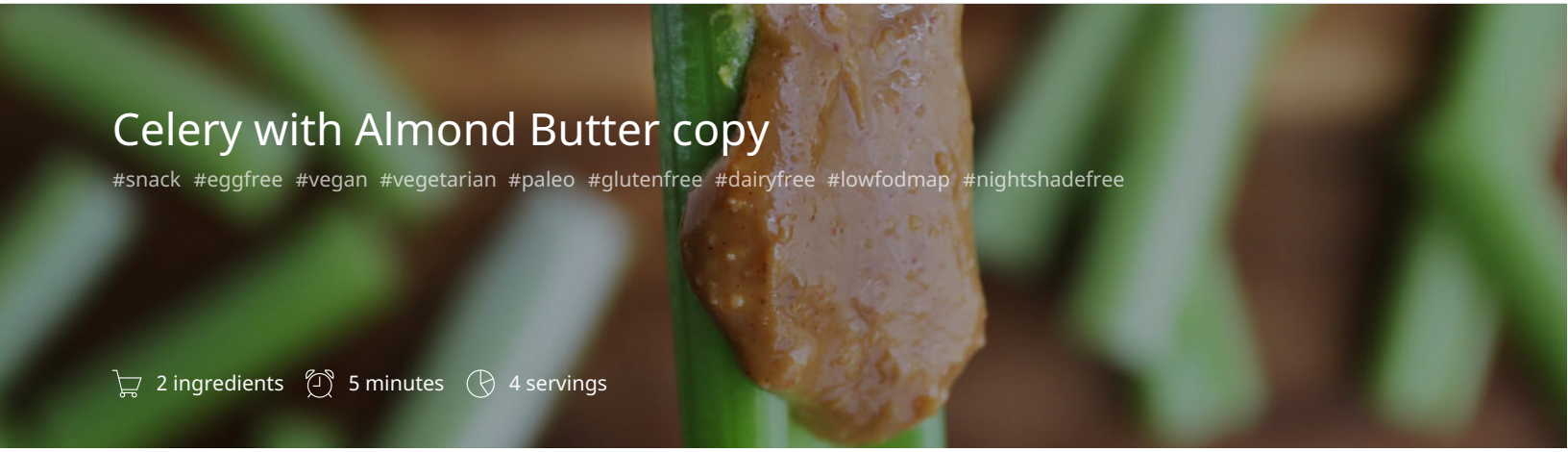
1. Heat coconut oil in a large skillet over medium heat. Add in the onions, ginger, sea salt and pepper and saute for about 5 minutes or until the onion is translucent. Add in the garlic and saute for another minute.
2. Add in the ground turkey and break it up as it cooks. Once it is cooked through and browned, add in the tamari. Continue to saute until it is absorbed. Remove from heat.
3. Spoon the turkey mixture into the centre of a lettuce leaf and top with green onion, carrots and chopped cashews. Squeeze a lime wedge overtop, wrap and enjoy!

Notes

No Ground Turkey	Use any type of ground meat.
Vegan and Vegetarian	Use lentils instead of ground meat.
Nut-Free	Garnish with sesame seeds instead of cashews.
Likes it Spicy	Add hot sauce or chili flakes.

Ingredients

- **1 tbsp** Coconut Oil
- **1** White Onion (diced)
- **1 tbsp** Ginger (peeled and grated)
- **1/4 tsp** Sea Salt
- **1/4 tsp** Black Pepper
- **2** Garlic (cloves, minced)
- **2 lbs** Extra Lean Ground Turkey
- **2 tbsps** Tamari
- **2 heads** Boston Lettuce (peeled apart into leaves and washed)
- **3 stalks** Green Onion (chopped)
- **1 cup** Matchstick Carrots
- **1/4 cup** Raw Cashews (chopped)
- **1** Lime (sliced into wedges)



Celery with Almond Butter copy

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

2 ingredients 5 minutes 4 servings

Directions

1. Spread almond butter across celery sticks. Happy munching!

Notes

Nut-Free Use sunflower seed butter or hummus instead.

Ingredients

- **6 stalks** Celery (sliced into sticks)
- **1/2 cup** Almond Butter