





Taco Bowl

*makes 4 bowls

INGREDIENTS

- 1 lb extra-lean ground beef or ground turkey
- 2 tbsp apple cider vinegar
- 2 tbsp avocado oil
- 1 medium avocado
- 1 head of cauliflower (made in to cauli rice)
- 1 medium yellow onion
- 1 tbsp chopped garlic
- 1 bell pepper - any colour (thinly sliced)
- 6-8 mushrooms (chopped)
- 1 vine ripe tomato (chopped)
- 1 cup corn (fresh or canned)
- 2 big handfuls extra-thin tortilla chips (I like using Tostitos Cantina Extra Thin)
- 1 package low sodium taco seasoning
- 3 cups spinach (chopped)
- 3 cups romaine (chopped)
- 2 whole limes



TOP WITH

- Dollop of plain Greek yogurt
- Salsa - Buy one you like or try the TFGG "Fresh Mango Salsa" found in "Sandwiches, Salads, and Bowls"
- Optional: Lightly sprinkle shredded cheese over each bowl before serving

DIRECTIONS:

In a pan on medium heat, cook your chicken in small chunks in half of the olive oil until it's fully cooked. Feel free to add any extra seasonings you like here.

On a cutting board, use a fork in each hand to shred up the chunks of chicken into tiny shreds.

In a big pan, cook the chopped garlic and onion with the rest of the olive oil on medium heat.

After they begin to clear (2-3 minutes) add the red pepper.

After 2 more minutes add all remaining ingredients except for the shredded chicken and spinach.

Allow it to simmer on low heat for 15 minutes, stirring occasionally.

Carefully pour the soup into a blender and blend until smooth.

Put the soup back in the saucepan and add the chicken and spinach. Mix well and allow it to sit on low heat for another 10 minutes before serving.



Apple Sandwiches

*makes 3 mini sandwiches

INGREDIENTS

- 1 x your favourite kind of apple (cored and then cut into slices)
- 2 tbsp natural nut butter (we use peanut, almond, or cashew)
- 1 tbsp chia seeds
- 2 tbsp unsweetened coconut flakes
- Cinnamon



Lunch Roll Ups

*makes 2 servings

INGREDIENTS

- 1 large chicken breast (cooked, and shredded)
- 2 whole grain tortillas (We love Ezekiel Sprouted Grain Tortillas)
- 3 tbsp hummus
- 2 handfulls spinach (chopped)
- 1/2 cup black beans (rinsed and drained)
- 1 bell pepper (thinly sliced)
- 2 tbsp light cream cheese



DIRECTIONS

Evenly spread the ingredients across both tortillas
Wrap them tightly, so they don't unwind
Slice them in half, and grill them for 1 minute/side on a pan with medium heat
Arrange them, and serve for a super easy and yummy lunch!



Egg Salad Boats

*makes 4 servings

INGREDIENTS

2 medium cucumbers (peeled)
1 medium avocado
6 hard-boiled eggs, finely diced
1/2 red onion (minced)
1 tbsp dijon mustard
6 grape tomatoes
1 tbsp red wine vinegar
Sea salt & pepper
1 tbsp fresh dill
3 tbsp light mayonnaise (or light Vegannaise)



DIRECTIONS

Peel cucumber and cut in half lengthwise

Hollow the 4 cucumber halves out by scooping out the seeds. Then pat the cucumber halves dry with a paper towel.

In a bowl mix diced eggs, onion, avocado, dijon, red wine vinegar, dill, salt & pepper, and mayonnaise

Fill the cucumber boats with the egg salad mixture and top with halved grape tomatoes for garnish. Enjoy!



Yummy Skillet Lasagna

*makes 5-6 servings

INGREDIENTS

1 lb of extra-lean ground beef (thawed)
2 large zucchini (spiralized)
3 handfulls spinach
2 cups low sugar spaghetti sauce (We love Rao's Homemade Marinara Sauce)
1 tsp dried oregano
1 tsp pink sea salt
1 tsp onion powder

1 tsp dried basil
1 tbsp chopped garlic
Cayenne pepper (depending on how spicy you like it!)
1 cup light mozzarella (shredded)
1.5 cups 1% fat cottage cheese
Garnish with: Fresh Basil leaves

DIRECTIONS

- Preheat oven to 425°
- Spray the biggest skillet you have with non-stick cooking spray and cook the beef and chopped garlic over medium heat. Break it up as you go and cook it for about 5 minutes (there should be just a small amount of pink left)
- Add in your spiralled zucchini, spinach, spaghetti sauce, and all seasonings. Cook for about 5 minutes on medium heat until the veggies are soft and the ground beef is fully cooked.
- Top the mixture with an evenly spread layer of cottage cheese, followed by an even sprinkle of mozzarella.
- Carefully place the skillet in the oven and cook it for about 5 minutes, until the cheese is bubbling and begins to look golden.
- Remove it from the oven and allow it to cool for at least 8 minutes before carefully serving it into bowls. Enjoy!!



Mini Mug Omelettes

**makes 1 serving (but you can easily make multiple at the same time)*

INGREDIENTS

2 whole eggs
1 cup of whatever cooked veggies you like best! (I like chopped mushrooms, red pepper, yellow onion, and spinach)
2 tbsp crumbled goat cheese
Salt and pepper
Any other seasonings you like, get creative!



DIRECTIONS

- Take a large mug and spray it with avocado oil
- Crack both eggs into the mug and whisk them with a fork until the yolks are blended
- Stir in your roasted veggies, goat cheese, and seasoning
- Put the mug in the microwave and cook it for approximately 90 seconds (depending on the strength of your microwave)
- That's it... seriously, it's the simplest breakfast there is.

Kitchen Hack

I always have a ton of pre-cooked veggies in a sealed container in the fridge! I usually make two batches each week, and then can just throw them in to omelettes, salads, or any kind of bowl. It saves so much time in the morning.



Chia Pudding Pops

**makes approx. 6 servings*

INGREDIENTS

2 cups unsweetened almond milk or cashew milk
1/2 cup unsweetened coconut flakes
1/4 cup unsweetened cocoa powder
1/4 cup powdered erythritol
1 tsp pure vanilla extract
1/2 cup chia seeds



DIRECTIONS

In a bowl, mix all of the ingredients together well
Cover the bowl and let it sit in the fridge for at least 15 minutes to allow the chia seeds to begin to expand.
Throw the mixture in the blender and blend until smooth
Pour it into your popsicle moulds and allow to freeze for at least 2 hours.
Enjoy the healthiest and cutest dessert of all time!



Cauli Tots

***makes approx. 4 servings**

INGREDIENTS

1 medium head of cauliflower
1/4 cup Avocado oil
1 cup mozzarella cheese (finely grated)
1/2 cup onion (minced)
2 cloves Garlic (minced)
3/4 tsp sea salt

DIRECTIONS

Make the head of cauliflower into cauli rice by cutting off the leaves and stems and then cutting it into medium sized pieces. Place these in your food processor and mix until they become tiny rice-sized pieces. If you don't have a food processor, you can use a large cheese grater instead.

Stir fry the cauli rice in 2 tbsp avocado oil in a large pan over medium-high heat, until lightly golden, with no moisture left in the pan.

At the same time, whisk the egg in a large bowl. Mix in the onion, mozzarella, garlic, and sea salt.

When the cauli rice is ready, stir it into the mixture right away to melt the cheese in the bowl and make the mixture sticky.

Make small tater tot sized patties and place them on a plate. Flatten each one slightly with a spoon.

Heat the remaining avocado oil in the pan over medium heat. Add the tots in a single layer, trying not to have them touch, and fry for about 2 minutes, until golden on the bottom. Flip and repeat until golden on the other side.

Transfer to paper towels to drain any remaining liquid. Enjoy!



Chicken Fingers

***makes approx. 4 servings**

INGREDIENTS

4 chicken breasts (cut into strips)
3 eggs
1/2 cup almond meal
1/2 cup nutritional yeast
1 tsp garlic powder
Sea salt
Cracked black pepper
Avocado oil cooking spray (olive oil spray will work too if you don't have)

DIRECTIONS

Preheat oven to 400°F

Mix together all seasonings in a bowl with almond meal and nutritional yeast and then lay out on a dinner plate in an even layer.

Whisk eggs in a bowl until smooth.

Take each chicken strip and dip it in the egg, fully coating it. Then proceed to place it in the dry mixture, so that both sides are covered.

Spray both sides of the covered strip with your cooking spray and then lay it on a tinfoil covered baking sheet.

Once all fillets are coated, place in the oven and cook for approximately 6-8 minutes/ side (flipping them over at the halfway point).



No Bake Chocolate PB Fudge

INGREDIENTS

1 cup smooth natural peanut butter
1/2 cup virgin coconut oil
1 cup powdered natural sweetener (We love using powdered Stevia for this)
1/4 cup cocoa powder
1 cup canned chickpeas (rinsed and drained)



DIRECTIONS

Place all ingredients in your food processor or high powered blender and blend until completely smooth

Line an 8x10 cake pan with parchment paper

Pour the mixture in with a spatula and make sure it's evenly distributed

Freeze for 2 hours. Let it thaw for at least five minutes before serving. Store in the freezer.



DIY Pizza's

**Each mini pizza serves 1 person*

INGREDIENTS

Whole grain tortillas (one for each person making a pizza)

2 tbsp low sugar spaghetti sauce (We love Rao's Homemade Marinara Sauce)

Protein source: Choose from shredded chicken breast, shrimp, or any lean protein source of your preference. (this should be already cooked)

Veggies: this is totally up to the individual, for a fun pizza night, try putting out arugula, artichoke hearts, tomato, eggplant, and roasted bell peppers. Then let people choose from that whatever they like.

1 tsp pesto

1 handful of light mozzarella or crumbled goat cheese

Fresh basil leaves (optional)

Chilli flakes (optional)

Truly, you can get creative here with whatever ingredients you and your family like best!

DIRECTIONS

Place all ingredients in your food processor or high powered blender and blend until completely smooth

Line an 8x10 cake pan with parchment paper

Pour the mixture in with a spatula and make sure it's evenly distributed

Freeze for 2 hours. Let it thaw for at least five minutes before serving. Store in the freezer.





Buffalo Chicken Boats

**makes 4 servings*

INGREDIENTS

4 medium chicken breasts (boneless, skinless, cut into small chunks)
2 tbsp avocado oil
4 zucchini's (cut in half, length-wise)
1/2 cup light cream cheese
1 cup Frank's Original Hot Sauce (If you don't like much spice, use less!)
2 tbsp apple cider vinegar
1 medium avocado (thinly sliced)
1 tsp garlic powder
1 tsp onion powder
Garnish with: Fresh cilantro (optional)

DIRECTIONS

Preheat oven to 375°

In a pan on medium heat, cook your chicken in the avocado oil until it's half done)

On a cutting board, use a fork in each hand to shred up the chunks of chicken into tiny shreds.

Slice zucchini length-wise and scoop out the seeds to hollow out the centre. It's up to you if you want to peel the zucchini! I don't like too, but my child/partner (Quinton) always wants them peeled.

In a bowl mix the shredded chicken, cream cheese, Frank's, apple cider vinegar, garlic powder, and onion powder.

Generously fill the zucchini boats with the mixture, and place them on a baking sheet.

Bake for approximately 20 minutes.

Garnish with sliced avocado and cilantro (optional) and serve!



Tuna Melts

***makes 4 servings**

INGREDIENTS

4 slices high fibre bread (We love Ezekiel Flax Sprouted Bread - found in the freezer section of most grocery stores)
2 cans of Albacore Tuna - drained (We love Wild Planet Albacore Tuna)
1 large carrot (minced)
1/2 yellow onion (minced)
1 tbsp chopped garlic
2 cups spinach (chopped)
1 tbsp red wine vinegar (balsamic vinegar works too!)
2 tbsp fresh dill (chopped)
Juice from 1 lemon
Salt and pepper
4 tbsp light mayonnaise (or light Vegannaise)
1 cup shredded cheese

DIRECTIONS

Preheat your oven's broiler

Ensure your slices of Ezekiel bread are no longer frozen. You may leave them out of the freezer for an hour, or if in a rush, put in your toaster for about 30 seconds.

In a bowl, mix tuna, carrot, onion, garlic, spinach, red wine vinegar, dill, lemon juice, salt & pepper, and light mayo.

Spread evenly on to four pieces of bread and sprinkle cheese on top.

Place on a baking sheet and into the oven and broil until the cheese is bubbling.

This will take about 3-5 min depending on the strength of your oven. Enjoy!