



**FertilityMealPlanDownload**

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**Higher Health Centre**

<https://www.higherhealthcentre.com>

Hello Fertility Foodies!

We are excited to share our 7-Day Fertility Recipe plan with you! We have selected a medley of recipes we know you will love while keeping your main health goal in mind- to have a healthy baby.

The meal plan is designed for 2 people with lots of leftovers for lunches or to freeze for later. If you require a vegetarian version, please reach out to us and we would be happy to accommodate your needs.

## BIG BENEFITS TO DIET PLAN

- Improved energy and vitality
- Optimal micronutrients to enhance egg and sperm quality
- Improved fertility (supports ovulation and endometrial lining)
- Better insulin sensitivity and blood sugar balance
- Effective weight optimization
- Reduced risk of chronic disease

This menu is strategically designed to meet the following criteria:

- Nutrient-dense recipes using whole foods
- Decreased grain-based carbohydrates and added sugars
- Increased healthy fats

## MENU HIGHLIGHTS

- Ginger Turmeric Salmon & Potatoes
- For the GUYS Fertility Balls
- Implantation GIRL POWER Balls
- Apple, Beet & Quinoa Salad



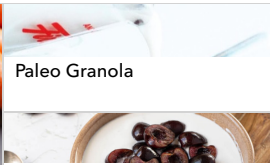


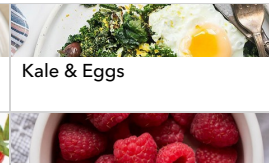


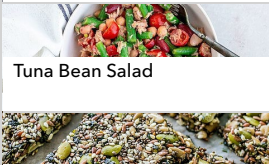


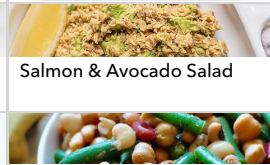

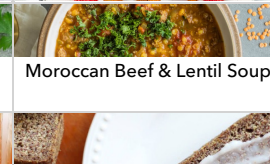
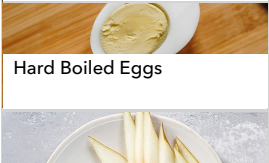

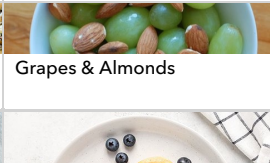
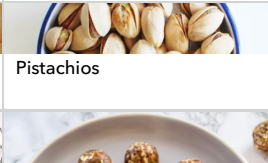
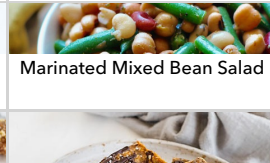



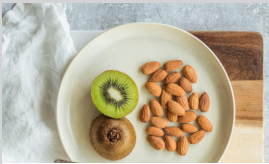









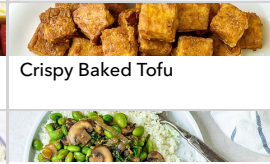




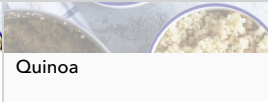

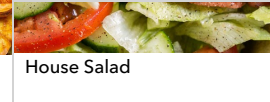
Be sure to try the Chocolate Chip Protein Muffins- they are divine! We look forward to hearing your favourites and how the plan worked for you. We can customize your plan with this information for even better results as part of our fertility services.

To positive results,

Dr. Laura von Hagen, MSc, ND





	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
	Pineapple Spinach Smoothie	Carrot Cake Chia Pudding	Cherries & Greek Yogurt	Chocolate Cauliflower Protein Shake	Fresh Strawberries	Raspberries	Almonds & Raspberries
Lunch							
	Apple & Beet Quinoa Salad	Tuna Bean Salad	Turkey & Hummus Rollups	Turkey & Hummus Rollups	Salmon & Avocado Salad	White Bean Chicken Chili	Moroccan Beef & Lentil Soup
Snack 2							
	Hard Boiled Eggs	Nori & Seed Crackers	Grapes & Almonds	Pistachios	Marinated Mixed Bean Salad	Hummus Dippers	Grain-Free Flax Bread
Dinner							
	Pear & Walnuts	Kiwi & Almonds	Brazil Nuts & Blueberries	"For The GUYS" Fertility Balls	No Bake Chocolate Almond Protein Bars	Chocolate Chip Protein Muffins	"Implantation GIRL Power" Balls
Dinner							
	Chicken Thighs with Sweet Potato & Cauliflower	Sheet Pan Shrimp & Edamame Rice	Za'atar Roasted Haddock	One Pan Mediterranean Trout	Crispy Baked Tofu	Ginger Turmeric Salmon & Potatoes	Bison Pumpkin Chili
Dinner							
	House Salad		Quinoa	Quinoa	Mushroom & Edamame Stir Fry		House Salad





## Fruits

- ☐ 1 Apple
- ☐ 3 Avocado
- ☐ 3 Banana
- ☐ 1/2 cup Blueberries
- ☐ 1 cup Cherries
- ☐ 1 cup Grapes
- ☐ 3 Kiwi
- ☐ 2 1/2 Lemon
- ☐ 2 1/2 tbsps Lemon Juice
- ☐ 2 Lime
- ☐ 1 Pear
- ☐ 2 cups Pineapple
- ☐ 4 cups Raspberries
- ☐ 2 cups Strawberries

## Breakfast

- ☐ 1/2 cup All Natural Peanut Butter
- ☐ 2/3 cup Almond Butter
- ☐ 3/4 cup Maple Syrup

## Seeds, Nuts & Spices

- ☐ 1 3/4 cups Almonds
- ☐ 1/4 cup Brazil Nuts
- ☐ 2/3 cup Chia Seeds
- ☐ 3 tbsps Chili Powder
- ☐ 1 1/3 tbsps Cinnamon
- ☐ 1 1/2 tbsps Cumin
- ☐ 1/4 tsp Garlic Powder
- ☐ 2 1/4 cups Ground Flax Seed
- ☐ 1 1/2 tps Ground Ginger
- ☐ 1 tbsp Ground Sumac
- ☐ 1/3 cup Hemp Seeds
- ☐ 1 tbsp Italian Seasoning
- ☐ 2 tbsps Moroccan Spice Blend
- ☐ 1 tsp Paprika
- ☐ 1 cup Pistachios, In Shell
- ☐ 3/4 cup Pumpkin Seeds
- ☐ 1 2/3 tbsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1/2 cup Sesame Seeds

## Vegetables

- ☐ 1 cup Asparagus
- ☐ 6 cups Baby Spinach
- ☐ 2 cups Basil Leaves
- ☐ 2 Beet
- ☐ 6 Carrot
- ☐ 1 head Cauliflower
- ☐ 6 stalks Celery
- ☐ 1/2 cup Cherry Tomatoes
- ☐ 1/2 cup Cilantro
- ☐ 4 cups Coleslaw Mix
- ☐ 10 Cremini Mushrooms
- ☐ 3/4 Cucumber
- ☐ 9 Garlic
- ☐ 2 tbsps Ginger
- ☐ 4 cups Green Beans
- ☐ 1/4 head Green Lettuce
- ☐ 2 stalks Green Onion
- ☐ 1 Jalapeno Pepper
- ☐ 12 cups Kale Leaves
- ☐ 1 tsp Mint Leaves
- ☐ 2 cups Mushrooms
- ☐ 1/2 cup Parsley
- ☐ 1 cup Radishes
- ☐ 2 3/4 Red Bell Pepper
- ☐ 4 cups Snap Peas
- ☐ 1 Sweet Onion
- ☐ 4 Sweet Potato
- ☐ 6 Tomato
- ☐ 1 Yellow Bell Pepper
- ☐ 3 1/2 Yellow Onion

## Boxed & Canned

- ☐ 4 1/2 cups Basmati Rice, Cooked
- ☐ 1.7 liters Bone Broth
- ☐ 3 cups Canned Whole Tomatoes
- ☐ 213 grams Canned Wild Salmon
- ☐ 3 cups Chicken Broth
- ☐ 1 cup Crushed Tomatoes
- ☐ 1 cup Dry Red Lentils
- ☐ 5 cups Mixed Beans

## Bread, Fish, Meat & Cheese

- ☐ 907 grams Chicken Thighs
- ☐ 454 grams Ground Bison
- ☐ 2 Haddock Fillet
- ☐ 454 grams Lean Ground Beef
- ☐ 4 Rainbow Trout Fillet
- ☐ 1/2 cup Ricotta Cheese
- ☐ 567 grams Salmon Fillet
- ☐ 340 grams Shrimp
- ☐ 482 grams Sliced Turkey Breast
- ☐ 99 grams Sourdough Bread
- ☐ 350 grams Tofu

## Condiments & Oils

- ☐ 1/4 cup Apple Cider Vinegar
- ☐ 1 1/2 cups Artichoke Hearts
- ☐ 2 tps Avocado Oil
- ☐ 1 cup Coconut Oil
- ☐ 2 tbsps Dijon Mustard
- ☐ 1 1/8 cups Extra Virgin Olive Oil
- ☐ 3/4 cup Pitted Kalamata Olives
- ☐ 1/4 cup Red Wine Vinegar
- ☐ 3 1/2 tbsps Sesame Oil
- ☐ 3 tbsps Soy Sauce
- ☐ 1/2 cup Sunflower Seed Butter
- ☐ 1/4 cup Tahini
- ☐ 1/4 cup Tamari

## Cold

- ☐ 21 Egg
- ☐ 1 tsp Ghee
- ☐ 2 1/3 cups Hummus
- ☐ 1/4 cup Orange Juice
- ☐ 1 cup Plain Greek Yogurt
- ☐ 8 cups Unsweetened Almond Milk
- ☐ 1 cup Unsweetened Coconut Yogurt

## Other

- ☐ 1/2 cup Chocolate Protein Powder
- ☐ 1 1/3 tbsps Maca Powder
- ☐ 4 Nori Sheets





- ☐ 1 cup Slivered Almonds
- ☐ 3/4 tsp Smoked Paprika
- ☐ 1 1/4 cups Sunflower Seeds
- ☐ 1 tsp Turmeric
- ☐ 1 cup Walnuts
- ☐ 2 tbsps Whole Flax Seeds
- ☐ 1 tbsp Za'atar Spice

#### Frozen

- ☐ 2 cups Cauliflower Rice
- ☐ 2 cups Frozen Cauliflower
- ☐ 1/2 cup Frozen Corn
- ☐ 4 cups Frozen Edamame
- ☐ 8 Ice Cubes

- ☐ 1 3/4 cups Quinoa
- ☐ 1 can Tuna
- ☐ 2 tbsps Vegetable Broth
- ☐ 3 cups White Navy Beans

#### Baking

- ☐ 1/2 cup Almond Flour
- ☐ 2 tbsps Arrowroot Powder
- ☐ 1 1/3 tbsps Baking Powder
- ☐ 1/4 cup Cacao Powder
- ☐ 1/2 cup Coconut Flour
- ☐ 1 tbsp Coconut Sugar
- ☐ 1 cup Dark Chocolate Chips
- ☐ 1 1/3 cups Dried Unsweetened Cranberries
- ☐ 1/8 tsp Ground Cloves
- ☐ 2 tbsps Nutritional Yeast
- ☐ 1 cup Oats
- ☐ 3/4 cup Pitted Dates
- ☐ 1 1/2 cups Pureed Pumpkin
- ☐ 1/2 cup Raw Honey
- ☐ 1 tsp Stevia Powder
- ☐ 1 1/8 cups Unsweetened Coconut Flakes
- ☐ 1/3 cup Unsweetened Shredded Coconut
- ☐ 1 1/2 tsps Vanilla Extract

- ☐ 1 3/4 cups Vanilla Protein Powder
- ☐ 3 1/4 cups Water



## Pineapple Spinach Smoothie

2 servings

5 minutes

### Ingredients

2 cups Pineapple (fresh or frozen)  
2 cups Baby Spinach  
8 Ice Cubes  
1 cup Unsweetened Coconut Yogurt  
2 cups Unsweetened Almond Milk  
1/2 cup Vanilla Protein Powder

### Directions

- 1 Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately.

**Serving Size:** One serving is approximately 2 1/2 cups.

**More Fiber:** Add flaxseeds, chia seeds, or hemp seeds.

**Protein Powder:** This recipe was created and tested using vegan protein powder.

**Nut-Free:** Use nut-free milk such as oat milk or coconut milk.

**Ice Cubes:** Four ice cubes are roughly equal to 1/2 cup.



## Carrot Cake Chia Pudding

2 servings

3 hours

### Ingredients

1 Carrot (medium, grated)  
1/2 tsp Cinnamon  
1/8 tsp Ground Cloves  
1/4 tsp Ground Ginger  
1 tsp Stevia Powder (to taste)  
2 cups Unsweetened Almond Milk  
1/2 cup Chia Seeds  
1/4 cup Walnuts (chopped)  
2 tbsps Unsweetened Coconut Flakes

### Directions

- 1 In a medium sized mixing bowl, combine the shredded carrot, cinnamon, cloves, ginger and stevia. Add the almond milk, then whisk in the chia seeds. Let sit for 5 minutes, then stir again to redistribute the chia seeds. Cover the bowl and refrigerate for 3 hours or overnight.
- 2 Divide into bowls or mason jars and garnish with shredded coconut and chopped walnuts. Enjoy!

### Notes

**Storage:** Keeps well in the fridge for 3 to 4 days.

**Extra Creamy:** Replace half of the almond milk with full-fat canned coconut milk.





## Paleo Granola

8 servings

40 minutes

### Ingredients

- 1 cup Slivered Almonds
- 1 cup Sunflower Seeds
- 1/2 cup Pumpkin Seeds
- 1 cup Unsweetened Coconut Flakes
- 1/4 cup Ground Flax Seed
- 1/4 cup Coconut Oil (melted)
- 1/2 cup Sunflower Seed Butter
- 1/4 cup Raw Honey
- 1/2 tsp Sea Salt
- 1 tsp Cinnamon
- 1 cup Dried Unsweetened Cranberries
- 2 cups Unsweetened Almond Milk

### Directions

- 1 Preheat the oven to 300°F (149°C). Line a large baking sheet with parchment paper.
- 2 Combine all ingredients except the dried cranberries and almond milk together in a large mixing bowl. Mix very well until all ingredients are evenly distributed. Using your hands works best! Spread the mixture evenly across the baking sheet.
- 3 Bake for 30 minutes, giving a stir at the 15 minute mark.
- 4 Remove from oven and let cool completely. Once cool, transfer into a mixing bowl and add dried cranberries. Toss well to evenly distribute.
- 5 Add to a bowl and serve with a bit of almond milk for breakfast or eat dry as a snack. Enjoy!

### Notes

**Storage:** Store in a mason jar or airtight container in the fridge for up to 1 week.

**Serving Size:** One serving is roughly 3/4 cup of granola.

**Nut Allergy:** Use sesame seeds instead of slivered almonds.

**No Dried Cranberries:** Use raisins.



## Cherries & Greek Yogurt

2 servings

5 minutes

### Ingredients

- 1 cup Plain Greek Yogurt
- 1 cup Cherries (pitted)

### Directions

- 1 Serve the yogurt with the cherries. Enjoy!

### Notes

**Serving Size:** One serving is equal to 1/2 cup of yogurt and 1/2 cup of cherries.

**More Flavor:** Use vanilla yogurt.

**Additional Toppings:** Chocolate chips or cacao nibs.

**Dairy-Free:** Use dairy-free yogurt.



## Chocolate Cauliflower Protein Shake

2 servings

5 minutes

### Ingredients

2 cups Frozen Cauliflower  
1 Avocado  
2 tbsps Almond Butter  
1/4 cup Cacao Powder  
1/2 cup Chocolate Protein Powder  
2 cups Unsweetened Almond Milk  
1 tbsp Maca Powder (optional)

### Directions

- 1 In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

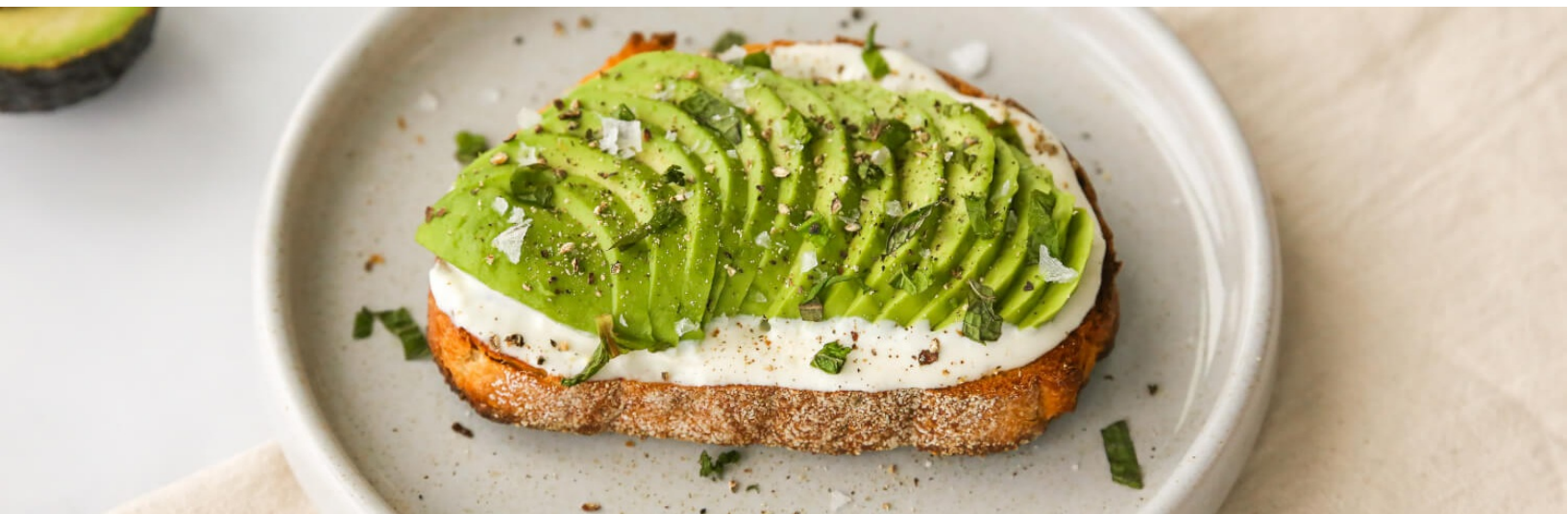
### Notes

**Make it Mocha:** Replace half of the almond milk with chilled (decaf) coffee.

**Likes it Sweeter:** Add pitted medjool dates.

**No Maca Powder:** Leave it out or use cinnamon instead.





## Whipped Ricotta & Avocado Toast

2 servings

10 minutes

### Ingredients

1/2 cup Ricotta Cheese  
1 Lemon (juice and zested)  
99 grams Sourdough Bread (toasted)  
1 Avocado (sliced)  
1 tsp Mint Leaves (chopped)  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 In a food processor, whip together the ricotta cheese, lemon juice, and zest until smooth.
- 2 Spread the whipped ricotta over the toasted bread. Slice the avocado and place it on top. Sprinkle with chopped mint, sea salt, and black pepper. Enjoy!

### Notes

**Leftovers:** Refrigerate the whipped ricotta in an airtight container for up to four days.

**Gluten-Free:** Use gluten free bread.

**Dairy-Free:** Use soft vegan cheese instead of ricotta.

**Additional Toppings:** Cherry tomatoes, chili flakes, and/or jalapeno.

**Sourdough Bread:** One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.



## Fresh Strawberries

2 servings

5 minutes

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### Ingredients

2 cups Strawberries

### Directions

1

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.



## Kale & Eggs

2 servings

10 minutes

### Ingredients

1 tsp Ghee  
6 cups Kale Leaves (roughly chopped)  
4 Egg  
1/4 cup Pitted Kalamata Olives  
2 tbsps Nutritional Yeast  
1/4 tsp Sea Salt

### Directions

- 1 Heat a skillet over medium heat and add the ghee. Once the skillet is hot, add the kale and cook for 2 to 3 minutes, until just wilted, stirring as needed.
- 2 Make two spaces in the kale and crack eggs into each space. Add the olives and season everything with nutritional yeast and sea salt. Cover with a lid and cook for 3 to 4 minutes or until the eggs are cooked to your preference.
- 3 Add the kale, olives and eggs to a plate. Serve and enjoy!

### Notes

**No Kale:** Use another leafy green, such as collards, Swiss chard, beet greens or rapini.

**No Ghee:** Use butter, avocado oil, or olive oil.

**More Flavor:** Add extra seasonings such as garlic.





## Raspberries

2 servings

3 minutes

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### Ingredients

2 cups Raspberries

### Directions

- 1 Wash berries and enjoy!

### Notes

Tip: Do not wash until ready to eat, as washed berries spoil more quickly.



## Asparagus & Mushroom Frittata

4 servings  
25 minutes

### Ingredients

8 Egg  
1/4 cup Water  
1 tbsp Extra Virgin Olive Oil  
2 cups Mushrooms (sliced)  
1 cup Asparagus (sliced)  
2 stalks Green Onion (chopped)  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Add the eggs and water to a bowl and whisk well. Set aside.
- 3 Heat the oil in a cast-iron skillet, or another oven-proof skillet, over medium heat. Add the mushrooms and asparagus and cook until the mushrooms have softened and the asparagus is fork-tender, five to seven minutes. Stir in the green onion, salt, and pepper, and continue to cook for another minute until the green onions have softened.
- 4 Pour the whisked eggs into the skillet with the vegetables and let the eggs cook for about 30 seconds or until they just begin to set, before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven.
- 5 Bake for 12 to 15 minutes or until eggs have set and are firm to the touch in the center of the pan. Let sit for five minutes before cutting into wedges. Season with additional salt and pepper if needed and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** A 10-inch cast-iron pan was used for four servings.

**More Flavor:** Use milk of choice instead of water. Add fresh or dried herbs, garlic, or red pepper flakes.



## Almonds & Raspberries

2 servings

5 minutes

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### Ingredients

1/2 cup Almonds  
2 cups Raspberries

### Directions

- 1 Add the almonds and raspberries to a plate or bowl and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three to four days.

**Nut-Free:** Use pumpkin seeds or sunflower seeds instead of almonds.





## Apple & Beet Quinoa Salad

4 servings  
25 minutes

### Ingredients

1/2 cup Quinoa (uncooked)  
1 Apple (julienned)  
2 Beet (small, peeled, grated)  
2 Carrot (small, peeled, grated)  
1 cup Kale Leaves (chopped)  
1/3 cup Dried Unsweetened Cranberries  
1/4 cup Orange Juice  
2 tbsps Apple Cider Vinegar  
1 tbsp Dijon Mustard  
2 tbsps Hemp Seeds  
1/2 tsp Sea Salt

### Directions

- 1 Cook the quinoa according to package directions. Once it has finished cooking, set it aside to cool.
- 2 Combine the cooled quinoa and all remaining ingredients in a large bowl and mix until well combined. Divide evenly between plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving is equal to approximately one cup.

**Make it a Meal:** Serve with your favorite protein on top.



## Hard Boiled Eggs

2 servings

15 minutes

### Ingredients

4 Egg

### Directions

- 1 Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
- 2 Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 3 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!

### Notes

**Leftovers:** Refrigerate in a covered container with the shell on for up to 7 days.

**Easier to Peel:** Add salt to the water while boiling.



## Tuna Bean Salad

3 servings  
10 minutes

### Ingredients

3 tbsps Extra Virgin Olive Oil  
3 tbsps Red Wine Vinegar  
1 tbsp Dijon Mustard  
2 cups Green Beans (trimmed, chopped, and blanched)  
1 cup Mixed Beans (cooked, rinsed well)  
1/2 cup Cherry Tomatoes (halved or quartered)  
1/2 Red Bell Pepper (diced)  
1 can Tuna (drained, flaked with a fork)  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 In a large mixing bowl combine the oil, red wine vinegar, and Dijon mustard. Add the green beans, mixed beans, cherry tomatoes, bell pepper, and tuna, and mix well. Season with salt and pepper to taste.
- 2 Divide between plates or bowls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately 1 1/2 cups.

**More Flavor:** Add fresh herbs, garlic, red or green onion, or other veggies.

**No Mixed Beans:** Use chickpeas, lentils, or white beans instead.

**No Tuna:** Omit or use canned salmon instead.

**Canned Tuna:** One can of tuna is equal to 165 grams or 5.8 ounces, drained.





## Nori & Seed Crackers

10 servings

1 hour

### Ingredients

4 Nori Sheets (raw or roasted, crushed)  
1/4 cup Pumpkin Seeds (raw)  
1/4 cup Sunflower Seeds (raw)  
2 tbsps Whole Flax Seeds  
2 tbsps Chia Seeds  
1/4 cup Sesame Seeds  
1/4 cup Maple Syrup

### Directions

- 1 Preheat oven to 250°F (121°C) and line a baking sheet with parchment paper.
- 2 Mix all ingredients in a bowl until well combined. Spread the mix onto the parchment paper and gently press down into an even layer. Bake for 45 minutes, rotating the pan about every 15 minutes.
- 3 Let the crackers cool completely before slicing them into 1" x 3" bars. Enjoy!

### Notes

**Storage:** Refrigerate in an airtight container up to 5 days, or freeze if longer.

**Serving Size:** One serving is equal to one 1" x 3" cracker.





## Turkey & Hummus Rollups

2 servings

5 minutes

### Ingredients

2/3 cup Hummus  
241 grams Sliced Turkey Breast  
2 cups Baby Spinach  
2/3 Red Bell Pepper (medium, sliced)

### Directions

- 1 Spread the hummus on the turkey slices.
- 2 Place the spinach and bell pepper on top. Wrap tightly into a roll and secure with a toothpick. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days.

**Serving Size:** One serving is equal to approximately three rolls.

**More Flavor:** Sprinkle with paprika or chili flakes and a squeeze of lemon juice. Add sliced cucumber and carrot to the roll.

**No Spinach:** Use arugula or lettuce instead.



## Grapes & Almonds

1 serving  
5 minutes

### Ingredients

1 cup Grapes  
1/4 cup Almonds

### Directions

- 1 Combine grapes and almonds together in a bowl.
- 2 Happy snacking!



## Pistachios

2 servings

1 minute

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### Ingredients

1 cup Pistachios, In Shell

### Directions

- 1 Divide into bowls, peel and enjoy!



## Salmon & Avocado Salad

2 servings

5 minutes

### Ingredients

1 Avocado  
213 grams Canned Wild Salmon  
(drained)  
2 tbsps Lemon Juice  
Sea Salt & Black Pepper (to taste)

### Directions

1

In a bowl, mash together the avocado, salmon, and lemon juice. Season with salt and pepper to taste. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days.

**Serving Size:** One serving equals approximately 3/4 cup.

**Additional Toppings:** Add sliced celery, minced garlic, red onion, and/or fresh herbs.

**No Canned Salmon:** Use tuna instead.





## Marinated Mixed Bean Salad

4 servings

15 minutes

### Ingredients

2 cups Green Beans (fresh or frozen)  
4 cups Mixed Beans (cooked)  
1/4 cup Extra Virgin Olive Oil  
2 tbsps Apple Cider Vinegar  
1 tbsp Italian Seasoning  
1 Garlic (clove, minced)  
1 Lemon (juiced)  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 Bring a medium-sized pot of salted water to a boil. Drop in the green beans and simmer for 3 to 5 minutes. Drain and rinse with cold water until cool.
- 2 Combine all ingredients together in a large mixing bowl. Toss well and enjoy right away, or let marinate in the fridge overnight for more flavour.

### Notes

**No Mixed Beans:** Use equal parts chickpeas, kidney beans, white beans, lima beans, pinto beans, romano beans, or any combination of beans.

**Leftovers:** Keeps well covered in the fridge up to 4 to 5 days.



## White Bean Chicken Chili

6 servings  
40 minutes

### Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Sweet Onion (medium, chopped)
- 1 Jalapeno Pepper (seeded and chopped)
- 1 Red Bell Pepper (chopped)
- 2 Garlic (cloves, minced)
- 1 1/2 tsps Cumin
- 1 tbsp Chili Powder
- 1/2 tsp Sea Salt
- 3 cups Chicken Broth (divided)
- 3 cups White Navy Beans (cooked and divided)
- 454 grams Chicken Thighs (boneless, skinless)
- 1/2 cup Frozen Corn
- 1/2 cup Cilantro (chopped)
- 1 Lime (sliced into wedges)

### Directions

- 1 Heat oil in a large pot with a lid over medium-high heat. Add onion, jalapeno and bell pepper and cook for about 5 minutes or until onion is soft. Add garlic, cumin, chili powder and salt and cook for another minute until fragrant.
- 2 While vegetables are cooking, add a third of the stock and half of the beans to a food processor or blender and blend to puree the beans.
- 3 Add the remaining stock and pureed beans to the pot and stir to combine. Place the chicken in the pot, cover with lid and reduce heat to medium-low. Cook at a gentle boil for 20 minutes or until the chicken is cooked through.
- 4 Remove the cooked chicken thighs from the pot and carefully shred the chicken with two forks. Return the chicken and any juices back to the pot with the remaining beans, frozen corn kernels and cilantro. Stir to combine and season with additional salt if needed. Allow soup to cook for an additional 5 to 10 minutes.
- 5 Divide the chili into bowls and serve with a lime wedge. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Freeze for up to three months.

**Additional Toppings:** Corn chips, sour cream and/or shredded cheese.

**No Chicken Thighs:** Use chicken breast instead.

**Vegetarian:** Omit the chicken and use extra beans.

**Serving Size:** One serving is equal to approximately one cup of chili.

**Save Time:** Use cooked beans from the can.



## Hummus Dippers

4 servings

15 minutes

### Ingredients

- 1 Yellow Bell Pepper
- 1 Carrot
- 4 stalks Celery
- 1 cup Hummus

### Directions

- 1 Slice your pepper, carrot and celery into sticks.
- 2 Line up one small mason jar per serving (we like to use size 250 ml). Fill the bottom of each with 1/4 cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat. Enjoy!

### Notes

**Leftovers:** Refrigerate for up to four days.

**Mix it Up:** Substitute in different veggies like cucumber or zucchini.





## Moroccan Beef & Lentil Soup

6 servings  
30 minutes

### Ingredients

2 Yellow Onion (medium, chopped)  
2 stalks Celery (diced)  
2 tbsps Extra Virgin Olive Oil (divided)  
454 grams Lean Ground Beef  
1/2 cup Parsley (chopped, plus more for garnish)  
2 tbsps Moroccan Spice Blend  
3 cups Canned Whole Tomatoes (with juices)  
1.7 liters Bone Broth  
1/4 cup Quinoa (dry, rinsed)  
1 cup Dry Red Lentils (rinsed and drained)

### Directions

- 1 Heat the oil in a large pot over medium-high heat. Sauté the onions and celery for five minutes in the oil. Add the ground beef and cook until no longer pink, about another five minutes.
- 2 Add the parsley and the Moroccan spice blend. Mix well and cook for one more minute.
- 3 Add the tomatoes, breaking them up with a wooden spoon. Add the broth and quinoa. Bring to a boil then reduce to a simmer and cook for five minutes on low heat.
- 4 Add the lentils and cook for another 15 minutes or until the lentils are tender.
- 5 Divide evenly between bowls and garnish with parsley. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days or freeze for up to three months.

**Serving Size:** One serving is equal to approximately 1 2/3 cups.

**Make it Vegan:** Use plant-based protein in place of ground beef. Use vegetable broth instead of bone broth.

**More Flavor:** Season with salt and black pepper, fresh garlic, and lime juice. Use rice and chickpeas in place of quinoa and lentils.

**Additional Toppings:** Green onions and cilantro.





## Grain-Free Flax Bread

10 servings

1 hour

### Ingredients

2 cups Ground Flax Seed  
1 tbsp Baking Powder  
3/4 tsp Sea Salt  
5 Egg (room temp)  
1/2 cup Water (room temp)  
1/3 cup Coconut Oil (melted)

### Directions

- 1 Preheat oven to 350°F (177°C). Grease the inside of a loaf pan or line it with parchment paper.
- 2 In a medium size bowl, mix together flax, baking powder, and salt. Use a whisk to stir until well combined.
- 3 In another bowl, beat eggs with a whisk for 30 to 60 seconds. Add water and coconut oil, mixing until combined.
- 4 Add wet ingredients to dry and stir until combined. Let the batter sit for 1 to 2 minutes to thicken slightly.
- 5 Pour batter into loaf pan and smooth out the top with a spoon. Bake for about 50 minutes, or until the top feels set and the loaf is browned.
- 6 Once cooled, slice and store in the fridge or freezer.

### Notes

**Leftovers:** Refrigerate in an airtight container or food wrap for up to five days. Freeze for up to two months.

**Serving Size:** One serving is one slice of bread.



## Pear & Walnuts

1 serving  
5 minutes

### Ingredients

1 Pear  
1/4 cup Walnuts

### Directions

- 1 Slice the pear and serve with walnuts. Enjoy!

### Notes

**Nut-Free:** Use sunflower seeds instead of walnuts.

**More Flavor:** Season the pear with cinnamon.



## Kiwi & Almonds

3 servings

5 minutes

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### Ingredients

3 Kiwi (halved)  
3/4 cup Almonds

### Directions

- 1 Add the kiwi and almonds to a plate and enjoy!

### Notes

**Leftovers:** Store kiwi and almonds separately until ready to serve.

**Nut-Free:** Use pumpkin seeds or sunflower seeds instead.





## Brazil Nuts & Blueberries

1 serving

5 minutes

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### Ingredients

1/4 cup Brazil Nuts  
1/2 cup Blueberries

### Directions

- 1 Divide the Brazil nuts and blueberries onto a plate and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Nut-Free:** Use pumpkin seeds or sunflower seeds instead of Brazil nuts.



## "For The GUYS" Fertility Balls

12 servings

15 minutes

### Ingredients

3/4 cup Pitted Dates  
1/4 cup Almonds (raw)  
1/2 cup Walnuts (raw)  
1/2 tsp Cinnamon (ground)  
1/4 tsp Ground Ginger  
1/2 tsp Vanilla Extract  
1/4 tsp Sea Salt  
1 tsp Maca Powder

### Directions

- 1 Add the dates, almonds, walnuts, cinnamon, ginger, vanilla, sea salt and maca to a food processor and blend until well mixed and sticky.
- 2 Transfer to a medium-size mixing bowl. Form into even balls with your hands and store in the fridge or freezer until ready to enjoy.

### Notes

**Serving Size:** One serving is equal to one ball.

**Leftovers:** Store in an airtight container in the fridge up to one week. Store in the freezer for longer.



## No Bake Chocolate Almond Protein Bars

8 servings

1 hour 15 minutes

### Ingredients

1/2 cup Almond Butter (smooth and drippy)  
3 tbsps Coconut Oil  
1/3 cup Maple Syrup  
1 tsp Vanilla Extract  
1/2 cup Vanilla Protein Powder  
1 cup Oats  
1 tbsp Chia Seeds  
1/3 cup Unsweetened Shredded Coconut  
1/4 tsp Sea Salt  
3 tbsps Dark Chocolate Chips

### Directions

- 1 Line the pan with parchment paper.
- 2 Add the almond butter, coconut oil, and maple syrup to a small saucepan. Heat over low, stirring with a spatula until smooth and well combined. Remove from heat and stir in the vanilla. Transfer to a large bowl.
- 3 To the same bowl, add the protein powder, oats, chia seeds, shredded coconut, and salt. Stir well to combine. Transfer the mixture to the prepared pan.
- 4 In a small bowl, add the chocolate chips and microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to fully combine.
- 5 Drizzle the melted chocolate over the top of the bars and place them in the fridge to set for one hour. Remove the bars from the pan and slice. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to one week or freeze for longer.

**Serving Size:** One serving is equal to one two-inch bar. An 8 x 4-inch pan was used to make eight servings.

**Nut-Free:** Use tahini or sunflower seed butter.

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder. Please note that if using a different type of protein powder, results may vary.





## Chocolate Chip Protein Muffins

8 servings  
30 minutes

### Ingredients

3/4 cup Vanilla Protein Powder  
1/2 cup Almond Flour  
1 tsp Baking Powder  
1/4 tsp Sea Salt  
1/2 cup All Natural Peanut Butter  
3 Banana (mashed)  
2 tbsps Maple Syrup  
3/4 cup Dark Chocolate Chips

### Directions

- 1 Preheat the oven to 350°F (175°C) and line a muffin tray with liners or use a silicone muffin tray.
- 2 In a large bowl, whisk together the protein powder, almond flour, baking powder, and salt.
- 3 Add the peanut butter, banana, and maple syrup and stir with a spatula until combined. Fold in the chocolate chips.
- 4 Divide the batter evenly between muffin cups. Bake for 13 to 15 minutes or until firm to the touch and a toothpick inserted comes out clean. Let the muffins cool in the pan for 10 to 15 minutes before removing and transferring to a cooling rack to cool completely. Enjoy!

### Notes

**Leftovers:** Store in an airtight container at room temperature for the first day and then transfer to the fridge in a sealed container for up to one week.

**Serving Size:** One serving is one muffin.

**Protein Powder:** This recipe was developed and tested using a blended whey protein powder. Avoid using whey protein isolate as this will soak up moisture and yield very dense muffins. Brown rice plant-based protein powder will also work. If using a different type of protein powder, results may vary.

**No Peanut Butter:** Use another nut or seed butter instead.

**Additional Toppings:** Add chopped walnuts.

**No Banana:** Use unsweetened applesauce instead.



## "Implantation GIRL Power" Balls

15 servings

15 minutes

### Ingredients

1/2 cup Coconut Flour (Bob's Red Mill)  
2 tbsps Coconut Oil (melted)  
1/2 cup Pureed Pumpkin  
1/4 cup Tahini  
3 tbsps Raw Honey  
2 tsp Cinnamon  
1/4 cup Sesame Seeds

### Directions

- 1 In a medium sized mixing bowl, combine the coconut flour, coconut oil and pureed pumpkin. Mix thoroughly.
- 2 Add tahini, honey and cinnamon. Continue to mix until well combined. The mixture should be very doughy and stiff.
- 3 Roll dough into small balls. Pour sesame seeds onto a small plate and roll each ball in the seeds to coat.
- 4 Cover and store in the fridge up to 5 days, or the freezer for a month.

### Notes

**No Tahini:** Use any type of nut or seed butter.

**No Sesame Seeds:** Roll them in crushed pumpkin seeds or hemp seeds instead.

**Best Results:** This recipe was developed and tested using Bob's Red Mill coconut flour. Results may vary with other brands.



## Chicken Thighs with Sweet Potato & Cauliflower

4 servings  
45 minutes

### Ingredients

2 Sweet Potato (medium, cut in half lengthwise)  
2 tsps Avocado Oil (divided)  
Sea Salt & Black Pepper (to taste)  
454 grams Chicken Thighs (boneless, skinless & trimmed)  
3/4 tsp Smoked Paprika  
1/4 tsp Garlic Powder  
1 head Cauliflower (small, cut into florets)

### Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Drizzle the cut sides of the sweet potatoes with half of the oil and season with salt and pepper. Place the potatoes cut side down on the baking sheet and bake for 25 minutes.
- 3 Remove the baking sheet from the oven and carefully flip the sweet potatoes over so they are cut side up. Place the chicken on the baking sheet and toss with the remaining oil. Add the smoked paprika and garlic powder and season generously with salt and pepper.
- 4 Continue to bake for 15 to 18 minutes or until the chicken thighs are cooked through and the sweet potatoes are soft when poked with a fork.
- 5 Meanwhile, add the cauliflower to a steamer basket over boiling water. Steam for about five minutes or until desired doneness is reached.
- 6 To serve, divide the chicken, sweet potato, and cauliflower evenly between plates or meal prep containers and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**More Flavor:** Season the chicken and/or sweet potato with other dried herbs and spices to taste, like cumin, coriander, chili powder, or cinnamon.

**No Chicken Thighs:** Use chicken breast instead.





## Sheet Pan Shrimp & Edamame Rice

4 servings  
25 minutes

### Ingredients

3 tbsps Soy Sauce ((Or sub Tamari/Coconut Aminos))  
1 tbsp Coconut Sugar  
3 tbsps Sesame Oil (divided)  
2 Carrot (large, peeled, diced)  
1 tbsp Ginger (fresh, chopped)  
340 grams Shrimp (peeled, deveined)  
2 cups Frozen Edamame (thawed)  
4 cups Kale Leaves (chopped)  
4 1/2 cups Basmati Rice, Cooked  
1 Lime (quartered, optional)

### Directions

- 1 With the rack in the middle position, preheat the oven to 425°F (220°C).
- 2 In a small bowl, combine the soy sauce, sugar and 1/3 of the oil. Set aside.
- 3 On a baking sheet lined with parchment paper, combine the carrot with the ginger and 1/3 of the oil. Bake for five minutes or until starting to brown.
- 4 Remove from the oven. Add the shrimp, edamame, kale, and the remaining oil. Mix well. Bake for another five to seven minutes.
- 5 Remove from the oven. Add the cooked rice and soy sauce mixture. Mix well. Bake for another five to seven minutes. Remove from the oven.
- 6 Divide the rice mixture evenly between plates and serve with a lime slice. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving equals approximately 1 3/4 cups.

**Cooked Rice Quantity:** 1 1/2 cups of uncooked rice should equal to approximately 4 1/2 cups of cooked rice.

**No Shrimp:** Use cubed chicken or tofu instead.

**More Flavor:** Top with chopped fresh cilantro. Swap the kale for spinach.



## Za'atar Roasted Haddock

2 servings

14 minutes

### Ingredients

2 Haddock Fillet  
Sea Salt & Black Pepper (to taste)  
1 tbsp Za'atar Spice  
1 tbsp Ground Sumac (divided)  
1/3 Cucumber (large, diced)  
1 Tomato (large, diced)  
1 cup Radishes (diced)  
1 1/2 tsps Lemon Juice

### Directions

- 1 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 2 Season the haddock with salt and pepper. Mix together the za'atar spice and half of the sumac and add it to the fish fillet.
- 3 Bake for eight to 10 minutes or until the haddock fillets are cooked through and flake easily with a fork.
- 4 As your fish cooks, mix together the cucumber, tomato, and radishes. Add lemon juice and remaining of the sumac. Season with salt and pepper.
- 5 Divide the salad evenly between plates, top with the haddock and enjoy!

### Notes

**Leftovers:** Refrigerate the haddock and salad separately in airtight containers for up to three days.

**Serving Size:** One serving is equal to approximately 1 1/3 cup salad and one fish fillet.

**Fillet Size:** One haddock fillet is equal to 150 grams or 5.3 ounces.

**Make it Spicy:** Sprinkle chili flakes on the fish.

**Additional Toppings:** Add chopped parsley to the salad.





## Quinoa

4 servings

15 minutes

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### Ingredients

1 cup Quinoa (uncooked)

1 1/2 cups Water

### Directions

1

Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**Serving Size:** One serving is approximately 3/4 cup.





## One Pan Mediterranean Trout

4 servings  
25 minutes

### Ingredients

- 2 cups Basil Leaves
- 1/2 Lemon (juiced)
- 1 Garlic (clove)
- 1/4 tsp Sea Salt
- 1/4 cup Hemp Seeds
- 1/4 cup Extra Virgin Olive Oil
- 4 Rainbow Trout Fillet (about 5 oz. each)
- 1 1/2 cups Artichoke Hearts
- 1/2 cup Pitted Kalamata Olives
- 4 Tomato (large, quartered)

### Directions

- 1 Preheat oven to 450°F (232°C) and line a baking sheet with parchment.
- 2 Make pesto by combining basil, lemon juice, garlic, sea salt, hemp seeds and olive oil together in a small food processor. Pulse until smooth.
- 3 Lay rainbow trout on baking sheet and arrange the artichokes, olives and tomatoes on the baking dish around the fillets. Top each piece of trout with a generous spoonful of pesto.
- 4 Bake for 15 minutes or until fish is cooked through. Divide onto plates and enjoy!

### Notes

**Serving Size:** One serving equals approximately five ounces of Rainbow Trout and two cups of roasted vegetables.

**No Trout:** Use salmon fillets instead.

**More Carbs:** Serve with rice or quinoa.



## Crispy Baked Tofu

3 servings  
40 minutes

### Ingredients

350 grams Tofu (extra-firm, pressed and cubed)  
2 tbsps Tamari  
2 tbsps Arrowroot Powder

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Add the tofu cubes to a bowl and gently toss with the tamari. Then add the arrowroot powder and gently toss until the tofu cubes are well coated.
- 3 Arrange the coated tofu cubes on the prepared baking sheet. Bake for 28 to 30 minutes, flipping halfway through. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Reheat in the oven until warmed through.

**More Flavor:** Season with salt before serving.

**Serve it With:** Stir fry, tacos, veggie and grain bowls or salad. Toss or dip in your favorite sauce to maximize the flavor.

**No Tamari:** Use soy sauce or coconut aminos instead.

**No Arrowroot Powder:** Use corn starch instead.

**Tofu:** This recipe was created and tested using extra firm tofu. To press the tofu to remove moisture, wrap the tofu in paper towel, place a plate or cutting board on top of the block of tofu and then place a heavy pan, book or object of similar weight on the plate or cutting board. Let the tofu rest like this for 15 to 30 minutes.





## Mushroom & Edamame Stir Fry

2 servings  
20 minutes

### Ingredients

- 1 1/2 tps Sesame Oil
- 10 Cremini Mushrooms (sliced)
- 1/2 Yellow Onion (small, sliced)
- 1 cup Kale Leaves (finely chopped)
- 2 cups Frozen Edamame (thawed)
- 2 tbsps Vegetable Broth
- 2 tbsps Tamari
- 1 tbsp Ginger (fresh, finely grated)
- 2 Garlic (clove, minced)
- 2 cups Cauliflower Rice

### Directions

- 1 Heat the sesame oil in a large pan or skillet over medium-high heat.
- 2 Add the mushrooms and onions to the pan and cook for 5 to 8 minutes or until the mushrooms and onions have started to brown.
- 3 Add the kale and stir to combine. Continue to cook until kale has wilted. Add in the edamame and cook for 2 to 3 minutes or until the edamame has warmed through.
- 4 Meanwhile, in a small bowl combine the vegetable broth, tamari, ginger and garlic.
- 5 Add the ginger and garlic sauce to the pan. Stir to combine and cook, stirring often, for 2 to 3 minutes more. Season the stir fry with additional tamari or sea salt if needed.
- 6 To serve, divide the cauliflower rice between plates and top with the mushroom and edamame stir fry. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**More Flavor:** Add rice vinegar, honey or red pepper flakes to the sauce.

**Additional Toppings:** Asian-style hot sauce or sesame seeds.

**No Cauliflower Rice:** Use white rice, brown rice or quinoa instead.

**No Kale :** Use spinach or Swiss chard instead.





## Ginger Turmeric Salmon & Potatoes

4 servings  
25 minutes

### Ingredients

567 grams Salmon Fillet  
2 Sweet Potato (medium, sliced or chopped)  
4 cups Snap Peas (trimmed)  
2 tbsps Coconut Oil (melted)  
1 tsp Turmeric (ground)  
1 tsp Ground Ginger  
1/2 tsp Sea Salt

### Directions

- 1 Preheat the oven to 375°F (190°C) and line a large baking sheet with parchment paper.
- 2 Arrange the salmon fillets, sweet potato, and snap peas onto the baking sheet.
- 3 In a small bowl, stir together the coconut oil, turmeric, ginger, and salt. Coat the salmon fillets and toss the veggies in the mixture.
- 4 Roast for 20 minutes, or until the salmon is cooked through and the veggies are tender. Divide onto plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving equals approximately five ounces of salmon, one cup of sweet potatoes, and one cup of snap peas.

**More Flavor:** Add lemon juice or herbs.



## Bison Pumpkin Chili

4 servings

30 minutes

### Ingredients

1 tbsp Extra Virgin Olive Oil  
454 grams Ground Bison  
1 Yellow Onion (diced)  
3 Garlic (cloves, minced)  
2 tbsps Chili Powder  
1 tbsp Cumin  
1 tsp Paprika  
1 cup Crushed Tomatoes  
1 cup Pureed Pumpkin  
1 cup Water  
1 1/2 tsps Maple Syrup  
1 tsp Sea Salt  
4 cups Coleslaw Mix

### Directions

- 1 Heat olive oil in a large skillet over medium-high heat. Add the ground bison, onion and garlic, and saute for about 5 to 7 minutes, or until the meat is cooked through. Drain off the fat.
- 2 Add the chili powder, cumin and paprika. Stir about 1 minute, until fragrant. Add crushed tomatoes, pumpkin, water, maple syrup and salt. Let simmer about 10 minutes.
- 3 Divide coleslaw into bowls. Top with chili and enjoy!

### Notes

**Optional Toppings:** Garnish with toasted tortillas, chopped green onion, avocado, jalapeno slices, cheddar cheese or greek yogurt.

**More Veggies:** Add bell peppers, corn, peas or any leftovers on hand. Stir in spinach, kale or watercress just before serving.

**No Bison:** Use extra lean ground beef, chicken, turkey, lamb or venison.

**Vegan or Vegetarian:** Use mixed beans and/or tofu instead of ground meat.

**Leftovers:** Refrigerate in an air-tight container for 3 to 5 days or freeze up to 2 months.

**Serving Size:** One serving is approximately 3/4 cup of chili with one cup of coleslaw.





## House Salad

2 servings

10 minutes

### Ingredients

2 tbsps Extra Virgin Olive Oil  
1 tbsp Red Wine Vinegar  
1/4 head Green Lettuce (roughly  
chopped)  
1 Tomato (medium, sliced)  
1/2 Cucumber (sliced)

### Directions

- 1 In a small bowl, whisk together the olive oil and vinegar.
- 2 Add remaining ingredients to a large bowl and drizzle the dressing over top. Toss until well coated. Divide onto plates and enjoy!

### Notes

**No Red Wine Vinegar:** Use apple cider vinegar or white vinegar instead.

**No Lettuce:** Use spinach, kale or mixed greens instead.

**More Toppings:** Add sliced red onion, olives, crumbled feta, bell peppers and/or avocado.

**On-the-Go:** Keep dressing in a separate container on the side. Add just before serving.