



FertilityMealPlan2025

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 thought you might like as well as keeping in mind your health goal - 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.





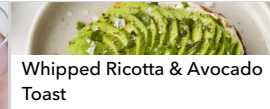


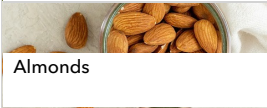

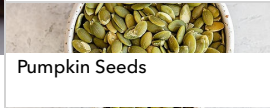

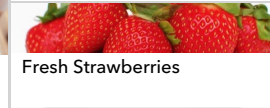
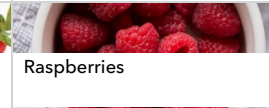
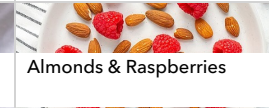
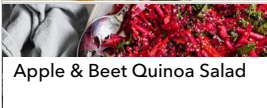

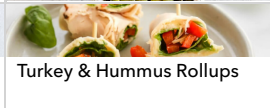


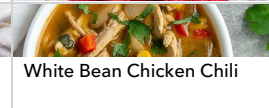
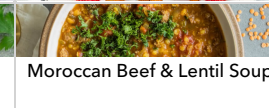
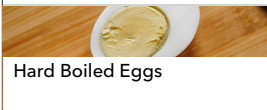


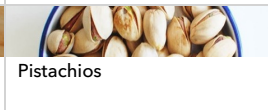



















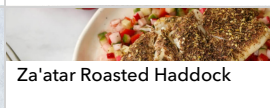

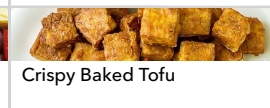





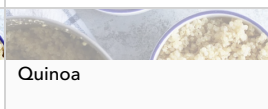
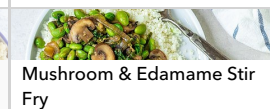

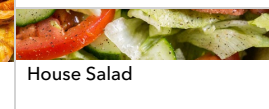
BIG BENEFITS TO DIET PLAN

- 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 simple carbohydrates and added sugars
- Increased healthy fats
- Adequate daily protein



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Pineapple Spinach Smoothie	 Carrot Cake Chia Pudding	 Yogurt & Berries	 Chocolate Cauliflower Protein Shake	 Whipped Ricotta & Avocado Toast	 Kale & Eggs	 Asparagus & Mushroom Frittata
	 Almonds	 Carrot Cake Chia Pudding	 Pumpkin Seeds	 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
	 Hard Boiled Eggs	 Nori & Seed Crackers	 Grapes & Almonds	 Pistachios	 Marinated Mixed Bean Salad	 Hummus Dippers	 Grain-Free Flax Bread
Snack 2	 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
	 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	 Chicken Thighs with Sweet Potato & Cauliflower	 Sheet Pan Shrimp & Edamame Rice	 Quinoa	 Quinoa	 Mushroom & Edamame Stir Fry	 Ginger Turmeric Salmon & Potatoes	 House Salad
	 Chicken Thighs with Sweet Potato & Cauliflower	 Sheet Pan Shrimp & Edamame Rice	 Quinoa	 Quinoa	 Mushroom & Edamame Stir Fry	 Ginger Turmeric Salmon & Potatoes	 House Salad



**Fruits**

- 1 Apple
- 3 Avocado
- 3 Banana
- 1/2 cup Blueberries
- 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

- 2 1/4 cups Almonds
- 1/4 cup Brazil Nuts
- 2/3 cup Chia Seeds
- 3 tbsps Chili Powder
- 1 tbsp Cinnamon
- 1 1/2 tbsps Cumin
- 1/4 tsp Garlic Powder
- 2 cups Ground Flax Seed
- 1 1/2 tpsps 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 1/2 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 cup Sesame Seeds
- 3/4 tsp Smoked Paprika

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 tpsps Avocado Oil
- 3/4 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
- 1/4 cup Tahini
- 1/4 cup Tamari

Cold

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

Other

- 1/2 cup Chocolate Protein Powder
- 1 1/3 tpsps Maca Powder
- 4 Nori Sheets
- 1 3/4 cups Vanilla Protein Powder



- 1/4 cup 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 Berries
- 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

- 3 1/4 cups Water

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
- 1/3 cup 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
- 3 tbsps Raw Honey
- 1 tsp Stevia Powder
- 2 tbsps Unsweetened Coconut Flakes
- 1/3 cup Unsweetened Shredded Coconut
- 1 1/2 tsps Vanilla Extract



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.



Almonds

2 servings

2 minutes

Ingredients

1/2 cup Almonds (raw)

Directions

- 1 Place in a bowl and enjoy!

Notes

Leftovers: Store in an airtight container in the pantry.

More Flavor: Roast, toast and/or season with salt.



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.



Yogurt & Berries

2 servings

5 minutes

Ingredients

- 2 cups Plain Greek Yogurt
- 2 cups Frozen Berries (thawed)

Directions

- 1 Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

Notes

Dairy-Free: Use a dairy-free yogurt like coconut, almond or cashew.

No Frozen Berries: Use any type of fresh fruit instead.



Pumpkin Seeds

2 servings

1 minute

Ingredients

1/2 cup Pumpkin Seeds

Directions

- 1 Place in a bowl and enjoy!

Notes

Leftovers: Store in an airtight container in the pantry.



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

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

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

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

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

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

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 tsps 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

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 tsps Sesame Oil
- 10 Cremini Mushrooms (sliced)
- 1/2 Yellow Onion (small, sliced)
- 1 cup Kale Leaves (finely chopped)
- 2 cups Frozen Edamame (thawed)
- 2 tsps Vegetable Broth
- 2 tsps 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.