



Making Habits Stick wk 3



Winter Yogurt Bowl

2 SERVINGS 30 MINUTES



INGREDIENTS

- 1 Delicata Squash (small, seeds removed and sliced into rings)
- 1 1/2 tps Ghee (melted)
- 1/4 tsp Cinnamon (ground)
- 2 cups Plain Greek Yogurt
- 1/4 cup Pomegranate Seeds
- 2 tbsps Pumpkin Seeds
- 2 tbsps Almond Butter

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and add the squash to a baking sheet lined with parchment paper. Toss the squash with melted ghee and cinnamon. Bake for 15 to 20 minutes or until tender.
- 02 Divide the yogurt into bowls and top with the roasted squash, pomegranate seeds, pumpkin seeds and almond butter. Enjoy!

NOTES

DAIRY-FREE

Use plain coconut yogurt instead of Greek yogurt.

NO DELICATA SQUASH

Use butternut squash or sweet potato instead.

NO GHEE

Use melted coconut oil instead.

NUT-FREE

Use sunflower seed butter instead of almond butter.

STORAGE

Assemble bowls, cover and store in the refrigerator for up to 3 days.

Chocolate Cherry Green Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Cherries (fresh and pitted, or frozen)

1/2 cup Chocolate Protein Powder

2 cups Baby Spinach

2 cups Unsweetened Almond Milk

DIRECTIONS

01 Add all ingredients in a blender and blend very well until smooth. Divide into glasses and enjoy!

NOTES

LIKES IT SWEET

Add more cherries.

EXTRA CHOCOLATE

Add some cacao or cocoa powder.

EXTRA THICK

Add ground flax seeds or chia seeds.

NO PROTEIN POWDER

Use a blend of hemp seeds and cocoa powder instead.

Eggvocado

1 SERVING 15 MINUTES



INGREDIENTS

1 Avocado
2 Egg

DIRECTIONS

- 01 Preheat oven to 350°F (177°C).
- 02 Slice the avocado in half and scoop out a little flesh from each half to make room for the eggs. Place face-up on a baking sheet.
- 03 Crack an egg in each half of the avocado and bake for 10 to 15 minutes, depending on how runny you like your eggs. Enjoy!

NOTES

ON THE GO

Hardboil the eggs, mash with a fork then stuff them into the avocado halves for a more portable meal.

Slow Cooker Energy Bars

8 SERVINGS 4 HOURS



INGREDIENTS

- 1 tsp Coconut Oil
- 2 tbsps Tahini
- 2 tbsps Maple Syrup
- 3/4 cup Unsweetened Almond Milk
- 1/2 tsp Cinnamon
- 1/4 tsp Sea Salt
- 2 Egg
- 1/3 cup Quinoa (dry)
- 1/2 cup Dried Unsweetened Cranberries
- 1/3 cup Pumpkin Seeds
- 1/3 cup Unsweetened Coconut Flakes
- 2 tbsps Chia Seeds

DIRECTIONS

- 01 Line the bottom of your slow cooker with parchment paper. Do this by tracing the shape of the slow cooker onto parchment, cutting it out and placing it into the bottom of the slow cooker. Brush the parchment with coconut oil.
- 02 In a medium sized mixing bowl, combine the tahini and maple syrup. Whisk together until smooth.
- 03 Add in the almond milk, cinnamon and salt. Continue to whisk until well combined.
- 04 Whisk in the eggs until combined, then stir in quinoa, cranberries, pumpkin seeds, coconut, and chia seeds.
- 05 Pour the mixture into your slow cooker and cook on low setting for 3.5 hours.
- 06 Run a knife around the outside perimeter of the slow cooker bowl. Carefully, turn the bowl over onto a large plate to release the bars. Place plate into the refrigerator to cool completely before cutting into individual bars. Enjoy!

NOTES

STORAGE

Store in an airtight container in the freezer up to 6 months.



Banana Oat Chocolate Chip Cookies

12 SERVINGS 25 MINUTES



INGREDIENTS

3 Banana (large, ripe, mashed)
1/2 cup Sunflower Seed Butter
1/4 cup Coconut Oil
1 tsp Vanilla Extract
2 cups Oats (large flake)
1/3 cup Unsweetened Shredded Coconut
1 tsp Baking Powder
1/4 tsp Cinnamon
1/4 tsp Sea Salt
1/2 cup Organic Dark Chocolate Chips

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 In a large mixing bowl, combine the mashed bananas, sunflower seed butter, coconut oil and vanilla. Mix well, then add the oats, shredded coconut, baking powder, cinnamon, sea salt and chocolate chips. Mix again until all ingredients are evenly distributed.
- 03 Drop spoonfuls of the dough onto the baking sheet and flatten them gently with a fork. Bake for 15 to 17 minutes.
- 04 Remove the cookies from the oven and let them cool on the baking sheet. Enjoy!

NOTES

SERVING SIZE

One serving is equal to one large cookie.

NO CHOCOLATE CHIPS

Use raisins, dried cranberries, chopped figs or cacao nibs instead.

NO SUNFLOWER SEED BUTTER

Use tahini, peanut butter or almond butter instead.

LEFTOVERS

Store in an airtight container in the fridge up to five days, or in the freezer for up to three months.



Almond Butter Coconut Whip with Blueberries

3 SERVINGS 5 MINUTES



INGREDIENTS

- 1 cup Organic Coconut Milk (canned, full fat, refrigerated overnight)
- 1 1/2 tbsps Almond Butter
- 2 tbsps Maple Syrup
- 1/2 cup Blueberries (fresh or frozen)

DIRECTIONS

- 01 Scoop out the thickened cream from the can of coconut milk that has been refrigerated overnight into the mixing bowl, and set aside the remaining coconut juice for other uses.
- 02 Add the almond butter and maple syrup. Use a hand mixer to whip until fluffy.
- 03 Divide the almond butter coconut whip into small bowls and top with blueberries. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container up to 5 days.

NO MAPLE SYRUP

Use honey or your sweetener of choice.

NO ALMOND BUTTER

Use hazelnut, peanut, cashew or sunflower seed butter instead.

CAKE FROSTING

This whip makes a great cake frosting. Simply double or triple the recipe (depending on cake size) to make enough whip to ice a cake.

SERVING SIZE

Each serving yields approximately 1/3 cup of almond butter coconut whip.



Balsamic Roasted Tomatoes

4 SERVINGS 20 MINUTES



INGREDIENTS

8 Tomato (medium, halved)
1 tbsp Extra Virgin Olive Oil
1 tbsp Balsamic Vinegar
1 tsp Dried Basil
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Preheat oven to 400°F (204°C). Line a baking sheet with foil or parchment paper.
- 02 Place tomato halves on the baking sheet. Drizzle with olive oil and balsamic dressing, then top with basil, salt and pepper. Roast for 15 minutes. Enjoy!

NOTES

SERVE IT WITH

Our Bacon, Eggs, Avocado & Sauerkraut, Swiss Chard, Lentil & Rice Bowl or Flax Bread Avocado Toast.

NO OVEN

Do them on the grill instead.

Apple with Peanut Butter

4 SERVINGS 3 MINUTES



INGREDIENTS

4 Apple
1/2 cup All Natural Peanut Butter

DIRECTIONS

01 Cut apple into slices and remove the core. Dip into peanut butter and enjoy!

NOTES

KEEP IT FRESH

To avoid brown apple slices, assemble the slices back into the shape of the apple and tie an elastic band around it.

Hot Chocolate

2 SERVINGS 10 MINUTES



INGREDIENTS

2 cups Unsweetened Almond Milk
2 tbsps Cocoa Powder
1 tbsp Maple Syrup
1 3/4 ozs Dark Organic Chocolate (at least 70% cacao)

DIRECTIONS

- 01 Add almond milk to a saucepan and heat it over medium-low heat. Once it is warmed through (not boiling), add the cocoa powder, maple syrup and dark chocolate. Whisk well to combine.
- 02 Continue to whisk until all ingredients are evenly distributed and it has reached your preferred temperature. Taste, and add more maple syrup if needed. Divide into mugs and enjoy!

NOTES

MINT HOT CHOCOLATE

Add peppermint extract.

CAFE MOCHA

Add coffee and blend until a froth starts to form.

Vegan Stuffed Mushrooms

4 SERVINGS 35 MINUTES



INGREDIENTS

- 1 tbsp Extra Virgin Olive Oil
- 1/2 Yellow Onion (finely chopped)
- 1 cup Walnuts (raw, chopped)
- 2 tsp Thyme (fresh)
- 1 Garlic (clove, minced)
- 1/4 tsp Sea Salt
- 1/3 cup Dried Unsweetened Cranberries (roughly chopped)
- 12 Cremini Mushrooms (whole, stems and gills removed)
- 1 tbsp Nutritional Yeast
- 2 tbsps Parsley (chopped)

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Heat a pan over medium heat and add the extra virgin olive oil along with the onion, walnuts, and thyme. Cook until lightly toasted, about 4 to 5 minutes and then add the minced garlic and cook for 30 seconds longer. Add the sea salt and cranberries and remove from heat.
- 03 Use a spoon to add the walnut mixture to the mushrooms and sprinkle the nutritional yeast on top. Transfer to the baking sheet and bake for 16 to 18 minutes.
- 04 Remove the mushrooms from the oven and top with minced parsley. Enjoy immediately.

NOTES

SERVING SIZE

One serving is equal to three stuffed mushrooms.

NO CREMINI MUSHROOMS

Use portobello mushrooms or white button mushrooms instead.

NO THYME

Use another herb like sage or rosemary.

PREP AHEAD

Make the onion/walnut mix ahead of time and then prepare the rest before eating by stuffing the mushrooms and cooking them.



Open-Face Tuna Melt

2 SERVINGS 10 MINUTES



INGREDIENTS

- 1 can Tuna (drained and flaked)
- 2 stalks Celery (thinly sliced)
- 1/2 cup Plain Greek Yogurt
- 1 1/2 tsps Apple Cider Vinegar
- 1 tbsp Dijon Mustard
- 1 1/2 tsps Fresh Dill
- 1 tsp Garlic Powder
- 1 1/3 ozs Swiss Cheese (sliced or shredded)
- 2 slices Organic Bread (or gluten-free)

DIRECTIONS

- 01 Adjust oven rack to the top, closest to the broiler. Set oven to low broil.
- 02 In a bowl, combine tuna, celery, yogurt, apple cider vinegar, dijon, dill and garlic powder.
- 03 Scoop tuna mixture onto bread and spread evenly. Top with Swiss cheese.
- 04 Broil in oven for about 3 to 5 minutes, or until cheese is melted and slightly browned. Watch closely for burning and do not leave unattended.
- 05 Remove from oven and enjoy!

NOTES

LOADED TUNA MELT

Add minced red onion, sliced tomato and avocado.

VEGAN AND VEGETARIAN

Use mashed chickpeas instead of tuna, avocado instead of yogurt and omit the cheese.

Creamy Cauliflower & Carrot Soup

4 SERVINGS 30 MINUTES



INGREDIENTS

2 tbsps Extra Virgin Olive Oil
6 stalks Green Onion (chopped)
5 Carrot (medium size, chopped)
1 head Cauliflower (chopped into florets)
6 cups Water
2 tsps Dried Thyme
1/2 tsp Sea Salt
1/2 cup Parsley

DIRECTIONS

- 01 Heat the olive oil in a large stock pot over medium-low heat. Add the green onions and saute until softened. Add the carrot, cauliflower, water, thyme and salt. Cover the pot and bring to a boil. Once boiling, reduce to a simmer. Let simmer for 20 minutes then add in the parsley and stir until wilted. Turn off the heat.
- 02 Puree the soup using a blender or handheld immersion blender. (Note: If using a regular blender, be careful. Ensure you leave a space for the steam to escape.) Taste and adjust seasoning if needed. Ladle into bowls and enjoy!

NOTES

MAKE IT FANCY

Roast up some leftover carrots and cauliflower and use as a garnish with pumpkin seeds.

ANTI-INFLAMMATORY

Add turmeric powder.

MAKE IT A MEAL

Stir in lentils, chickpeas or chicken.

GUT-HEALING

Make with bone broth instead of water. Adjust sea salt accordingly if the broth is salted.



Roasted Butternut Squash Harvest Bowl

4 SERVINGS 40 MINUTES



INGREDIENTS

- 4 cups Butternut Squash (diced into cubes)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 3/4 cup Quinoa (uncooked)
- 1 1/4 cups Water
- 8 cups Kale Leaves (finely chopped)
- 1 tbsp Balsamic Vinegar
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Pumpkin Seeds
- 1/2 cup Dried Unsweetened Cranberries

DIRECTIONS

- 01 Preheat oven to 420°F (216°C) and line a baking sheet with parchment paper. Toss the butternut squash in half the olive oil and spread across the sheet. Bake in the oven for 20 to 25 minutes, or until lightly browned.
- 02 Combine the quinoa and water in a sauce pan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer. Cover with a lid and let simmer for 12 to 15 minutes, or until all water is absorbed. Fluff with a fork and set aside.
- 03 Heat remaining olive oil in a large skillet over medium-low heat. Add kale and saute until wilted (about 3 to 5 minutes). Turn off the heat.
- 04 Add the quinoa, roasted butternut squash and balsamic vinegar to the skillet then toss until well mixed. Season with sea salt and black pepper to taste.
- 05 Divide into bowls and top with pumpkin seeds and dried cranberries. Enjoy!

NOTES

NO BUTTERNUT SQUASH

Use sweet potato, carrots or beets instead.

SAVE TIME

Use frozen bagged butternut squash.

LEFTOVERS

Keeps well in the fridge up to 3 - 4 days.

EXTRA FLAVOUR

Toss the butternut squash in cinnamon before roasting.



Pressure Cooker Thai Red Curry Beef

4 SERVINGS 1 HOUR



INGREDIENTS

2 tps Coconut Oil (divided)
1 lb Stewing Beef (diced into cubes)
Sea Salt & Black Pepper (to taste)
1 Yellow Onion (small, thinly sliced)
1 tsp Ginger (minced)
2 tbsps Thai Red Curry Paste
2 tbsps Tomato Paste
1 tbsps Fish Sauce
1 tbsps Coconut Sugar
1 Carrot (large, chopped)
2 heads Cauliflower (sliced into florets)
3/4 cup Organic Coconut Milk (from the can)
1 Lime (juiced)
1/2 cup Brown Rice (optional, dry/uncooked)
2 stalks Green Onion (optional, chopped)
1/4 cup Cilantro (optional, chopped)

DIRECTIONS

- 01 Turn your pressure cooker onto sauté mode and add half of the coconut oil. Season the beef with sea salt and pepper. Add to the pressure cooker and brown on all sides. Remove with a slotted spoon and set aside.
- 02 Add the remaining coconut oil and sliced onion to the pressure cooker and sauté for about 3 to 4 minutes. Add the ginger during the last minute, stirring frequently. Then add the curry paste, tomato paste, fish sauce, coconut sugar, carrots, cauliflower and beef. Stir well to combine.
- 03 Put the lid on the pressure cooker and change to pressure cooker mode. Cook for 35 minutes and then let the steam release naturally.
- 04 If making the brown rice, cook according to package directions.
- 05 Remove the lid from the pressure cooker and add the coconut milk and lime juice. Mix well, then serve over rice with optional garnishes like green onion and cilantro.

NOTES

NO PRESSURE COOKER

Make it in the slow cooker on low for about 5 hours.

NO FISH SAUCE

Use soy sauce or tamari instead.

NO COCONUT SUGAR

Use cane sugar instead.

VEGETABLE MODIFICATIONS

Add or substitute any vegetables you have on hand, such as sweet potato, broccoli or peas.

CRUNCHY VEGGIES

Vegetables can turn soft in the pressure cooker. If you prefer crunchy veggies, steam them on the stove separately, then add them to the meal when it's done.



Lemon Turkey Quinoa Skillet

4 SERVINGS 30 MINUTES



INGREDIENTS

- 1 1/2 tbsps Extra Virgin Olive Oil
- 2 Garlic (cloves, minced)
- 1 lb Extra Lean Ground Turkey
- 1 tsp Oregano (dried)
- 1/4 tsp Sea Salt
- 1/4 cup Black Olives (chopped)
- 2 cups Baby Spinach (chopped)
- 3/4 cup Quinoa (dry, uncooked)
- 1 1/2 cups Organic Vegetable Broth
- 1 Lemon (zested and juiced)

DIRECTIONS

- 01 Heat oil in a large skillet with a tight-fitting lid over medium-high heat.
- 02 Add the garlic to the skillet and cook for a minute until fragrant. Add the turkey, oregano and salt to the skillet and continue to cook for about 5 to 7 minutes or until the turkey is cooked through, breaking it up as it cooks.
- 03 Add the black olives and spinach to the skillet with the turkey and mix well until spinach is wilted.
- 04 Add the quinoa to the skillet, stir to incorporate then add the broth. Bring to a gentle boil, then cover the skillet with the lid and reduce heat to medium-low. Let the skillet simmer for 10 to 12 minutes or until all the liquid has absorbed and the quinoa is tender.
- 05 Stir in the lemon zest and lemon juice. Season with additional salt if needed. Serve immediately and enjoy!

NOTES

MORE FLAVOR

Top with crumbled feta cheese, chopped parsley and/or extra lemon wedges.

LEFTOVERS

Keep in an air-tight container in the fridge for up to 3 days.

NO QUINOA

Use long-grain white rice instead.

NO SPINACH

Use chopped kale or swiss chard instead.

NO GROUND TURKEY

Use ground chicken or ground beef instead.

NO VEGETABLE BROTH

Use any type of broth, or water instead.



VEGAN & VEGETARIAN

Use cooked lentils instead of ground turkey.



Pressure Cooker Cashew Chicken

2 SERVINGS 25 MINUTES



INGREDIENTS

- 2 tsps Avocado Oil (divided)
- 2 tbsps Coconut Aminos
- 1 tbsp Sugar Free Ketchup
- 1 tbsp Rice Vinegar
- 1 1/2 tbsps Orange Juice
- 1 Garlic (clove, minced)
- 8 ozs Chicken Breast (skinless, boneless, cubed)
- 2 tsps Arrowroot Powder (divided)
- 2 tsps Water
- 1/2 cup Cashews
- 1 stalk Green Onion (optional, sliced)

DIRECTIONS

- 01 In a small bowl, add half the avocado oil, coconut aminos, ketchup, rice vinegar, orange juice and garlic. Whisk to combine.
- 02 Toss the cubed chicken breast with half the arrowroot powder. Turn on the pressure cooker to sauté mode. Add the remaining avocado oil and the chicken then sear for 1 to 2 minutes. Press cancel and then pour the sauce on top. Set to “sealing” then press manual/pressure cooker and cook for 10 minutes on high pressure. Once finished, manually release the pressure.
- 03 While the chicken is cooking, whisk the remaining arrowroot powder and water in a small bowl. Remove the lid carefully on the pressure cooker and whisk to combine the arrowroot/water mixture. Add the cashews and stir.
- 04 Divide onto plates and garnish with green onion (optional). Enjoy!

NOTES

SERVE IT WITH

A side of rice, couscous, quinoa or cauliflower rice.

LIKES IT SPICY

Garnish with red pepper flakes.

LEFTOVERS

Keeps well in the fridge for up to three days.



Hemp Seed Crusted Trout

2 SERVINGS 20 MINUTES



INGREDIENTS

- 1/4 cup Hemp Seeds
- 2 tsps Italian Seasoning
- 1 tsp Nutritional Yeast
- 1/4 tsp Sea Salt
- 2 Rainbow Trout Fillet
- 2 tbsps Dijon Mustard
- 1/2 Lemon (sliced into wedges)

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 In a small mixing bowl combine the hemp seeds, Italian seasoning, nutritional yeast and salt.
- 03 Place the trout fillets on the prepared baking sheet and pat dry with a paper towel. Smear the Dijon mustard evenly on to the top of the fillets.
- 04 Spoon the hemp seed mixture on top of the mustard coating and press down with the back of the spoon to ensure the hemp seeds stick to the fish. Bake for about 9 minutes or until fish is cooked through and flakey.
- 05 Serve with fresh lemon wedges and season with additional salt if needed. Enjoy!

NOTES

TROUT FILLETS

One trout fillet is equal to 5.6 ounces or 160 grams.

LIKES IT CRISPY

Turn the oven to broil for the last one to two minutes of cooking for an extra crispy coating.

NO RAINBOW TROUT

Use salmon instead.

LEFTOVERS

Store in the fridge up to two days.

SERVE IT WITH

A side of quinoa, rice or steamed vegetables.

