

# Lentil, Roasted Sweet Potato & Brussels Sprouts Salad

11 ingredients · 30 minutes · 4 servings



## Directions

1. Preheat the oven to 425°F (218°C). Line a large baking sheet with parchment paper.
2. Combine the diced sweet potato and brussels sprouts in a bowl. Add olive oil and season with sea salt and black pepper to taste. Toss well then spread across the baking sheet. Bake in the oven for 30 minutes or until both vegetables are cooked through and starting to brown.
3. While the vegetables roast, combine the tahini, maple syrup, water, cayenne pepper and sea salt in a jar. Seal with a lid and shake well to mix. Set aside.
4. Remove the roasted vegetables from the oven and place back in the mixing bowl. Add in the lentils. Mix well.
5. Divide spinach between bowls. Top with lentils and roasted vegetable mix. Drizzle with desired amount of dressing. Enjoy!

## Notes

### No Brussels Sprouts

Use broccoli instead.

### No Lentils

Use chickpeas, tempeh, or tofu instead.

## Ingredients

- 2 Sweet Potato (medium. sliced into 1 inch cubes)
- 4 cups Brussels Sprouts (washed and halved)
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Tahini
- 1 tbsp Maple Syrup
- 1/4 cup Water (warm)
- 1/4 tsp Cayenne Pepper (less if you don't like it spicy)
- 1/8 tsp Sea Salt
- 2 cups Green Lentils (cooked, drained and rinsed)
- 8 cups Baby Spinach (chopped)

## Nutrition

Amount per serving

Calories	355	Fiber	16g
Fat	12g	Protein	17g
Carbs	50g		

# Roasted Butternut Squash Harvest Bowl

9 ingredients · 40 minutes · 4 servings



## Directions

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

## Notes

### No Butternut Squash

Use sweet potato, carrots or beets instead.

### Save Time

Use frozen bagged butternut squash.

### Leftovers

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

### Extra Flavour

Toss the butternut squash in cinnamon before roasting.

## Ingredients

- 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

## Nutrition

Amount per serving

Calories	394	Fiber	8g
Fat	18g	Protein	12g
Carbs	52g		

# Salmon & Roasted Root Veggie Salad

10 ingredients · 35 minutes · 2 servings



## Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Place the diced sweet potato on one side of the baking sheet and the diced beet on the other. Drizzle with a third of the oil and season with salt and pepper to taste. Bake for 15 minutes.
3. Remove the baking sheet from the oven and stir the sweet potatoes and the beets. Pat the salmon dry then carefully place the salmon in the center of the baking sheet. Season with salt and pepper to taste. Return the baking sheet to the oven and continue to bake for 15 to 18 minutes or until the salmon is cooked through and the vegetables are tender.
4. Meanwhile, make the dressing by combining the lemon juice, Dijon mustard, turmeric, and the remaining oil in a small bowl or jar. Season with salt and pepper to taste.
5. To assemble the salad, divide the spinach between bowls and top with the sweet potato, beet, and salmon. Sprinkle with the pumpkin seeds and drizzle with the dressing. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days. Assemble and/or dress the salad just before serving.

### Serving Size

One serving is approximately 3/4 cup roasted veggies, five ounces of salmon, and 1 1/2 tablespoons of dressing.

### Additional Toppings

Cooked quinoa or wild rice, avocado, lentils or chickpeas, sliced cucumber, bell pepper, or hemp seeds.

### No Salmon

Use chicken or tofu instead.

## Ingredients

- 1 Sweet Potato (medium, peeled and diced)
- 1 Beet (medium, peeled, and diced)
- 3 tbsps Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 10 ozs Salmon Fillet
- 1 tbsp Lemon Juice
- 1 tsp Dijon Mustard
- 1/8 tsp Turmeric
- 3 cups Baby Spinach
- 2 tbsps Pumpkin Seeds

## Nutrition

Amount per serving

<b>Calories</b>	514	<b>Fiber</b>	5g
<b>Fat</b>	33g	<b>Protein</b>	34g
<b>Carbs</b>	20g		

# Beet & Carrot Turkey Bites with Kale

9 ingredients · 25 minutes · 2 servings



## Directions

1. In a large mixing bowl, use your hands or a spatula to combine all the ingredients except the oil, lemon juice, and kale.
2. Divide the mixture and form patties about four inches wide. The patties will shrink after cooking.
3. Heat half of the oil in a large skillet over medium heat (or grill on the barbecue instead). Cook the patties for about four to five minutes on each side, or until cooked through. Cut into one of the burgers to confirm doneness, as it may be hard to tell because of the beet juices.
4. Meanwhile, add the remaining oil and lemon juice to the kale.
5. Transfer the burger patties a plate lined with paper towel and serve immediately over the kale. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days. Freeze in an airtight container up to six months.

### Serve it With

Salad, quinoa or sweet potato fries.

### Serving Size

One serving is equal to about four small patties.

## Ingredients

- 8 ozs Extra Lean Ground Turkey
- 1/2 Carrot (medium, peeled and grated)
- 1/2 Beet (medium, peeled and grated)
- 1/4 tsp Sea Salt
- 1/4 tsp Dried Thyme
- 1 1/2 tsps Dijon Mustard
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 tbsp Lemon Juice
- 3 cups Kale Leaves (chopped, massaged)

## Nutrition

Amount per serving

Calories	321	Fiber	2g
Fat	23g	Protein	23g
Carbs	5g		

# One Pan Brussels Sprouts & Sausage with Honey Mustard

7 ingredients · 40 minutes · 4 servings



## Directions

1. Preheat the oven to 425°F (220°C) and line a large baking sheet with parchment paper.
2. Scatter the brussels sprouts and potatoes in an even layer on the baking sheet. Toss with 3/4 of the oil and season with salt and pepper. Add the sausage to the baking sheet. Place in the oven for 20 minutes.
3. Meanwhile, in a small bowl, whisk together the mustard, honey, and remaining oil.
4. Remove the baking sheet and drizzle the honey mustard dressing over everything. Return the baking sheet to the oven and bake for 15 minutes more, until everything is cooked through. Divide onto plates and enjoy!

## Notes

### Leftovers

Store in an airtight container in the fridge for up to 3 days.

### Serving Size

One serving is approximately one cup of brussels sprouts, one yellow potato, and four ounces of sausage.

### Gluten-Free

Use a gluten-free sausage.

### More Flavor

Use a mix of dijon mustard and a grainy mustard.

## Ingredients

- 4 cups Brussels Sprouts (trimmed, halved)
- 4 Yellow Potato (quartered)
- 3 tbsps Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper
- 1 lb Pork Sausage (scored)
- 2 1/2 tbsps Dijon Mustard
- 1 1/2 tbsps Honey

## Nutrition

Amount per serving

Calories	686	Fiber	8g
Fat	43g	Protein	21g
Carbs	54g		

# Pumpkin Pie Protein Smoothie

6 ingredients · 10 minutes · 2 servings



## Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

## Notes

### No Pumpkin Pie Spice

Use cinnamon instead.

### Toppings

Sprinkle with extra cinnamon or pumpkin spice if desired, and top with raw pumpkin seeds if you like some crunch.

### Warm it Up

To serve this warm, whisk together the almond milk, pureed pumpkin, and vanilla in a small sauce pan over medium heat and bring to a gentle simmer before adding it to the blender with the remaining ingredients.

## Ingredients

**2 cups** Unsweetened Almond Milk

**1 cup** Pureed Pumpkin

**2** Banana (frozen)

**1 tsp** Vanilla Extract

**1 tsp** Pumpkin Pie Spice

**1/2 cup** Vanilla Protein Powder

## Nutrition

Amount per serving

<b>Calories</b>	270	<b>Fiber</b>	8g
<b>Fat</b>	4g	<b>Protein</b>	23g
<b>Carbs</b>	40g		

# One Pan Sausage with Parsnips & Apples

9 ingredients · 25 minutes · 4 servings



## Directions

1. Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
2. Toss the parsnip and onion with the oil, thyme and salt. Transfer to the baking sheet along with the sliced sausage and arrange into a single layer. Bake for about 20 minutes, or until the sausage is cooked through and the parsnip is just tender.
3. Turn the oven to broil. Mix the apple into the sausage and vegetables and broil for 5 to 6 minutes until the apple is just soft and vegetables start to caramelize.
4. Drizzle the lemon juice over top. If using, mix in the parsley, and season with additional salt if needed. Divide between plates and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### More Flavor

Add garlic powder and/or black pepper. Choose spicy or honey garlic sausage instead.

### No Pork

Use chicken or turkey sausage instead.

### Apple

Use a tart-sweet apple, like Empire or MacIntosh.

## Ingredients

- 3 Parsnip (large, peeled, chopped)
- 1 Yellow Onion (cut into wedges)
- 1 **tbsp** Extra Virgin Olive Oil
- 1/2 **tsp** Dried Thyme
- 1/4 **tsp** Sea Salt
- 1 **lb** Pork Sausage (sliced)
- 1 Apple (chopped)
- 2 **tbsps** Lemon Juice
- 1/4 **cup** Parsley (chopped, optional)

## Nutrition

Amount per serving

<b>Calories</b>	516	<b>Fiber</b>	6g
<b>Fat</b>	36g	<b>Protein</b>	16g
<b>Carbs</b>	33g		

# Apple Walnut Overnight Oats

8 ingredients · 8 hours · 2 servings



## Directions

1. Combine oats, almond milk, chia seeds, maple syrup, cinnamon, and water in a large glass container. Stir well to evenly mix. Cover and store in the fridge overnight.
2. Remove from fridge. Use single-serving size jars (250 mL or 500 mL in size) and place a few spoonfuls of the oat mixture in the bottom of each. Then add a layer of diced apple followed by a layer of chopped walnuts. Repeat until all ingredients are used up. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### More Protein

Add hemp seeds or a spoonful of nut butter.

### Warm it Up

Heat in the microwave for 30 to 60 seconds before eating.

### No Maple Syrup

Use another sweetener instead.

## Ingredients

- 3/4 cup Oats
- 3/4 cup Unsweetened Almond Milk
- 1 tbsp Chia Seeds
- 1 1/2 tps Maple Syrup
- 1/2 tsp Cinnamon
- 1/4 cup Water
- 1/2 Apple (cored and diced)
- 1/2 cup Walnuts (chopped)

## Nutrition

Amount per serving

Calories	390	Fiber	8g
Fat	25g	Protein	10g
Carbs	38g		



# Pumpkin Pie Baked Oatmeal

11 ingredients · 45 minutes · 6 servings



## Directions

1. Preheat oven to 375°F (191°C). Grease a baking dish with a little coconut oil. (Use a 9 x 13-inch dish for 6 servings.)
2. In a large bowl, whisk together the pumpkin, eggs, maple syrup, pumpkin pie spice, vanilla, baking powder, salt and milk until smooth. Stir the oats and ground flax into the pumpkin mixture. Pour into the baking dish and sprinkle pumpkin seeds over top.
3. Bake in the preheated oven for 40 minutes or until the centre feels set and the edges are slightly golden.

## Notes

### Storage

Store covered in the fridge up to 4 - 5 days, or freeze in individual portions for easy grab-and-go breakfasts down the road.

### Egg-Free

Replace the eggs with flax eggs. For every egg, mix together 1 tbsp of ground flax seed with 3 tbsp of water.

### Muffins

Divide the batter into a muffin tray instead of a baking pan. Bake at the same temperature as listed for 20 to 25 minutes, or until muffins are cooked through.

## Ingredients

- 2 cups Pureed Pumpkin
- 2 Egg
- 1/2 cup Maple Syrup
- 1 tbsp Pumpkin Pie Spice
- 1 tsp Vanilla Extract
- 3/4 tsp Baking Powder
- 1/2 tsp Sea Salt
- 1 cup Unsweetened Almond Milk
- 2 1/2 cups Oats (rolled or quick)
- 1/4 cup Ground Flax Seed
- 1/4 cup Pumpkin Seeds

## Nutrition

Amount per serving

<b>Calories</b>	312	<b>Fiber</b>	7g
<b>Fat</b>	9g	<b>Protein</b>	10g
<b>Carbs</b>	50g		