



The goals of this short recipe are simple

1. Provide simple ideas for quick-to-prepare (or grab) meals and snacks
2. Nothing fancy or complicated
3. Focusing on Vitamin A, C and zinc where we can
4. Include recipes containing phytochemicals such as naringenin or to boost your immune system

As you browse, know that this recipe is set is more about IDEAS to get you thinking. You'll see simple "stuff."

Don't forget to check your Vitamin D levels and supplement if you need to, to keep them at a healthy level.

Enjoy!



Mango Oat Smoothie

2 servings

5 minutes

Ingredients

2 cups Frozen Mango
1 Banana
1/4 cup Oats
2 cups Unsweetened Almond Milk
2 tbsps Hemp Seeds
1/4 Lemon (juiced)

Nutrition

Amount per serving	
Calories	275
Fat	9g
Saturated	1g
Polyunsaturated	5g
Monounsaturated	2g
Carbs	47g
Fiber	7g
Protein	8g
Vitamin A	2324IU
Vitamin C	68mg
Calcium	485mg
Vitamin D	101IU
Riboflavin	0.2mg
Niacin	3mg
Vitamin B6	0.5mg
Folate	98µg
Vitamin B12	0µg
Magnesium	134mg
Zinc	2mg

Directions

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

Notes

No Banana: Sweeten with raw honey, maple syrup or soaked dates instead.

Storage: Refrigerate in a mason jar or other air-tight container up to 48 hours.

More Protein: Add more hemp seeds, a scoop of protein powder or spoonful of nut butter.

More Fibre: Add ground flax seed.

More Like Mango Lassi: Reduce almond milk and add greek yogurt.



Bell Pepper Egg Cups

1 serving
20 minutes

Ingredients

1 Red Bell Pepper
2 Egg
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	174
Fat	10g
Saturated	3g
Polyunsaturated	2g
Monounsaturated	4g
Carbs	8g
Fiber	3g
Protein	14g
Vitamin A	4266IU
Vitamin C	152mg
Calcium	64mg
Vitamin D	82IU
Riboflavin	0.6mg
Niacin	1mg
Vitamin B6	0.5mg
Folate	102µg
Vitamin B12	0.9µg
Magnesium	26mg
Zinc	2mg

Directions

- 1 Preheat oven to 425°F (218°C).
- 2 Slice pepper in half and carve out the seeds.
- 3 Crack an egg into the cavity of each half and bake on a baking sheet for 10 to 15 minutes, depending on how you like your eggs. Remove from oven and season with sea salt and black pepper to taste. Enjoy!

Notes

More Flavour: Roast the red pepper in the oven before cracking the egg into them.

Added Touch: Sprinkle with cheese during the last 2 minutes.

Serve it With: Toast for dipping or our Grain-Free Flax Bread.

More Protein: If it is a large bell pepper, fill remaining space with egg whites for added protein.



Sweet Potato Toast with Avocado & Sauerkraut

2 servings

15 minutes

Ingredients

- 2 Sweet Potato (small, ends trimmed, sliced lengthwise)
- 1 Avocado (peeled and mashed)
- 1/3 cup Sauerkraut
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	277
Fat	15g
Saturated	2g
Polyunsaturated	2g
Monounsaturated	10g
Carbs	36g
Fiber	11g
Protein	4g
Vitamin A	18594IU
Vitamin C	17mg
Calcium	58mg
Vitamin D	0IU
Riboflavin	0.2mg
Niacin	2mg
Vitamin B6	0.6mg
Folate	101µg
Vitamin B12	0µg
Magnesium	65mg
Zinc	1mg

Directions

- 1 Pop the sweet potato slices into the toaster and toast two to three times. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 to 6 minutes per side, or until golden brown.
- 2 Top the sweet potato toasts with mashed avocado and sauerkraut. Season with sea salt. Enjoy!

Notes

Add Greens: Add a layer of baby spinach before you spread on the avocado.

Guacamole Lover: Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.

No Sweet Potato: Use bread, crackers, crispbread, pita or tortillas instead.

Storage: Best enjoyed immediately but can be refrigerated in an airtight container up to 3 days.



Sweet Potato Crostini with Pomegranate & Goat Cheese

8 servings

35 minutes

Ingredients

- 2 Sweet Potato (medium, sliced into even rounds)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/8 tsp Sea Salt
- 1/2 cup Goat Cheese (crumbled)
- 1/2 cup Walnuts (toasted and chopped)
- 1/4 cup Pomegranate Seeds
- 1 1/2 tsps Thyme (fresh, removed from the stem)
- 1 tbsp Raw Honey

Nutrition

Amount per serving	
Calories	113
Fat	7g
Saturated	2g
Polyunsaturated	4g
Monounsaturated	1g
Carbs	11g
Fiber	2g
Protein	3g
Vitamin A	4618IU
Vitamin C	2mg
Calcium	23mg
Vitamin D	0IU
Riboflavin	0mg
Niacin	0mg
Vitamin B6	0.1mg
Folate	11µg
Vitamin B12	0µg
Magnesium	20mg

Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Add the sweet potato slices to a bowl and drizzle the extra virgin olive oil and sea salt over top. Mix well. Place them in a single layer on the sheet and bake for 15 minutes. Flip and roast for 5 to 10 minutes more.
- 3 Remove the sweet potato slices from the oven and top with goat cheese, walnuts, pomegranate, thyme and drizzle with honey. Serve immediately. Enjoy!

Notes

Serving Size: There are approximately two sweet potato crostini per serving.

Dairy-Free: Use a cashew cheese instead of goat cheese.

Nut-Free: Use toasted pumpkin seeds instead of walnuts.

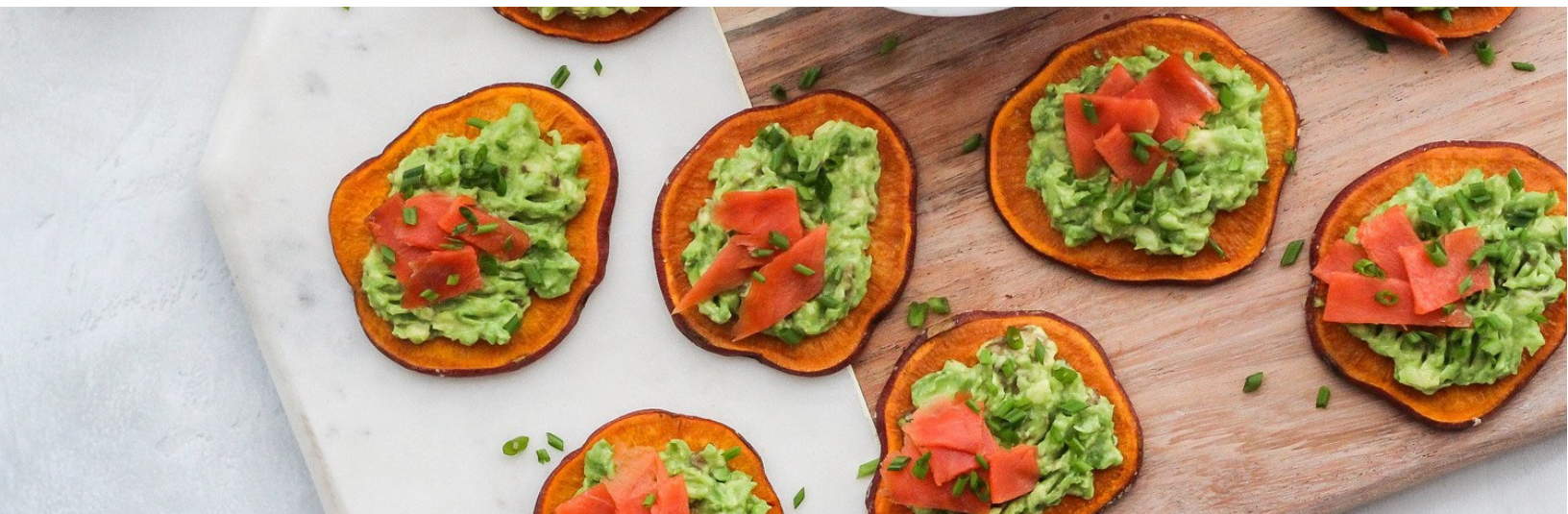
No Pomegranate Seeds: Use dried cranberries instead.

No Thyme: Use rosemary, or another herb of your choice instead.

Prep Ahead: Bake the sweet potatoes ahead of time and then reheat before topping and serving them.

Zinc

0mg



Smoked Salmon Sweet Potato Crostini

4 servings

30 minutes

Ingredients

- 2 Sweet Potato (large, sliced into even rounds)
- 1/2 tsp Avocado Oil
- 1/8 tsp Sea Salt
- 2 Avocado
- 2 1/2 ozs Smoked Salmon (roughly chopped or sliced)
- 1 tbsp Chives (finely chopped)

Nutrition

Amount per serving	
Calories	243
Fat	16g
Saturated	2g
Polyunsaturated	2g
Monounsaturated	11g
Carbs	22g
Fiber	9g
Protein	6g
Vitamin A	9416IU
Vitamin C	12mg
Calcium	34mg
Vitamin D	122IU
Riboflavin	0.2mg
Niacin	3mg
Vitamin B6	0.4mg
Folate	90µg
Vitamin B12	0.6µg
Magnesium	49mg
Zinc	1mg

Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 2 In a bowl, add the sweet potato rounds along with avocado oil and sea salt. Toss to combine. Place the rounds on the baking sheet, ensuring they are spread out evenly. Bake for 12 minutes, flip and bake for 10 minutes more. Remove and set aside.
- 3 In a bowl, add the avocado and mash with a fork. Add the mashed avocado to the sweet potato crostini and top with smoked salmon and chives. Serve and enjoy!

Notes

Leftovers: Best enjoyed within the same day.

Serving Size: One serving is approximately four crostinis.

No Chives: Use dill instead.

Sweet Potato: For an extra-crispy crostini, broil for 2 minutes after baking.



Veggie Goat Cheese Omelette

2 servings

15 minutes

Ingredients

- 1 tbsp Tamari
- 1 tbsp Extra Virgin Olive Oil
- 1 cup Mushrooms (sliced)
- 1/4 cup Red Onion (diced)
- 2 Garlic (cloves, minced)
- 2 cups Baby Spinach
- 5 Egg
- 1/3 cup Goat Cheese (crumbled)
- 1/4 cup Parsley (chopped)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	323
Fat	23g
Saturated	8g
Polyunsaturated	3g
Monounsaturated	10g
Carbs	8g
Fiber	2g
Protein	22g
Vitamin A	4129IU
Vitamin C	22mg
Calcium	137mg
Vitamin D	106IU
Riboflavin	0.8mg
Niacin	3mg
Vitamin B6	0.4mg
Folate	142µg
Vitamin B12	1.1µg
Magnesium	53mg
Zinc	2mg

Directions

- 1 Heat a skillet over medium heat and add olive oil and tamari. Saute mushrooms and red onion for 5 minutes or until soft. Add in garlic and saute for another minute. Add in spinach and saute just until wilted. Remove from heat and transfer into a bowl.
- 2 Whisk eggs together in a mixing bowl.
- 3 Place your skillet back over medium heat and add another splash of olive oil to coat the pan. Pour in half the egg mixture. Let sit until egg is cooked most of the way through and then flip. Add half of the sauteed vegetables and half of the goat cheese to one side of the omelette and fold the other half over top. Transfer to a plate and garnish with a bit of chopped parsley, sea salt and pepper.
- 4 Repeat with remaining ingredients to create another omelette. Enjoy!



Blood Orange & Pistachio Chia Pudding

2 servings

25 minutes

Ingredients

- 2 Blood Orange (small)
- 1/4 cup Chia Seeds
- 1/2 cup Unsweetened Coconut Yogurt
- 1 tbsp Pistachios (roughly chopped)

Nutrition

Amount per serving	
Calories	238
Fat	12g
Saturated	2g
Polyunsaturated	1g
Monounsaturated	1g
Carbs	32g
Fiber	10g
Protein	6g
Vitamin A	366IU
Vitamin C	83mg
Calcium	323mg
Vitamin D	0IU
Riboflavin	0.1mg
Niacin	1mg
Vitamin B6	0.2mg
Folate	50µg
Vitamin B12	0.7µg
Magnesium	90mg
Zinc	0mg

Directions

- 1 Peel half of the blood oranges and chop them. Set aside for garnish. Juice the other half. Set the juice aside and discard the juiced orange.
- 2 In a medium bowl, combine the chia seeds with the coconut yogurt and orange juice. Whisk well to combine. Refrigerate for at least 20 minutes or overnight to thicken.
- 3 Divide evenly between bowls or containers. Top with the chopped orange and pistachios. Enjoy!

Notes

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

No Coconut Yogurt: Use Greek yogurt instead.

Nut-Free: Use sunflower seeds instead of pistachios.

More Flavor: Use vanilla coconut yogurt, or add a dash of vanilla.



Grapes & Walnuts

4 servings

3 minutes

Ingredients

4 cups Grapes (washed)

1 cup Walnuts

Nutrition

Amount per serving	
Calories	258
Fat	20g
Saturated	2g
Polyunsaturated	14g
Monounsaturated	3g
Carbs	20g
Fiber	3g
Protein	5g
Vitamin A	92IU
Vitamin C	4mg
Calcium	42mg
Vitamin D	0IU
Riboflavin	0.1mg
Niacin	1mg
Vitamin B6	0.3mg
Folate	33µg
Vitamin B12	0µg
Magnesium	52mg
Zinc	1mg

Directions

- 1 Wash grapes and divide into bowls or baggies. Mix in walnuts and enjoy!

Notes

No Walnuts: Mix in any other seed or nut. Pumpkin seeds, cashews and pistachios are all delicious!



Pomegranate

2 servings

5 minutes

Ingredients

1 Pomegranate

Nutrition

Amount per serving	
Calories	117
Fat	2g
Saturated	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	26g
Fiber	6g
Protein	2g
Vitamin A	0IU
Vitamin C	14mg
Calcium	14mg
Vitamin D	0IU
Riboflavin	0.1mg
Niacin	0mg
Vitamin B6	0.1mg
Folate	54µg
Vitamin B12	0µg
Magnesium	17mg
Zinc	0mg

Directions

- 1 Slice the top off the pomegranate and score the sides with a knife.
- 2 Submerge the pomegranate into a bowl of water and crack it open with your hands. Remaining in the water, gently peel off the rind and separate the seeds from the white flesh.
- 3 Scoop out all the flesh and rind floating on the surface and then drain your pomegranates in a colander. Transfer to a bowl and enjoy!

Notes

Serve it With: Honey and lemon juice, yogurt, oatmeal or as a salad topping.

Storage: Refrigerate in an airtight container up to 5 days; or freeze pomegranate seeds in a single layer on a baking sheet then transfer to an airtight container.

Save Time: Look for frozen pomegranate seeds in the freezer aisle of your grocery store. No prep required!



Overnight Paleo N'Oats

3 servings

5 minutes

Ingredients

- 1 cup Almonds (raw)
- 1/2 cup Pumpkin Seeds (raw)
- 1 tbsp Ground Flax Seed
- 2 tbsps Chia Seeds
- 1 1/2 cups Unsweetened Almond Milk
- 1/4 tsp Cinnamon (ground)
- 3 tbsps Pomegranate Seeds
- 3 tbsps Cacao Nibs
- 3 tbsps Almond Butter

Nutrition

Amount per serving	
Calories	591
Fat	49g
Saturated	6g
Polyunsaturated	11g
Monounsaturated	25g
Carbs	26g
Fiber	16g
Protein	21g
Vitamin A	251IU
Vitamin C	1mg
Calcium	478mg
Vitamin D	50IU
Riboflavin	0.7mg
Niacin	2mg
Vitamin B6	0.1mg
Folate	29µg
Vitamin B12	0µg
Magnesium	204mg
Zinc	2mg

Directions

- 1 Add the almonds, pumpkin seeds and flax seeds to a blender and process until almost ground. Transfer to a large glass jar along with the chia seeds, almond milk and cinnamon. Place in the fridge overnight or for at least 4 hours.
- 2 In the morning, divide into jars and top with pomegranate seeds, cacao nibs, and almond butter. Enjoy hot or cold!

Notes

Reheating: Reheat on the stovetop in a pot over low heat until warmed through.

Leftovers: Store in an airtight jar in the fridge up to 5 days.

More Toppings: Serve with any fresh or frozen fruits, nut/seed butter, unsweetened coconut or nut butter.

Likes it Sweet: Drizzle with maple syrup or honey.

No Almond Milk: Use any other type of milk instead.



Tropical Matcha Smoothie

2 servings

5 minutes

Ingredients

- 1 Zucchini (chopped and frozen)
- 1 cup Pineapple (fresh or frozen)
- 3 cups Baby Spinach
- 2 tsps Green Tea Powder
- 1/4 cup Hemp Seeds
- 2 cups Unsweetened Almond Milk

Nutrition

Amount per serving	
Calories	208
Fat	13g
Saturated	1g
Polyunsaturated	8g
Monounsaturated	3g
Carbs	18g
Fiber	5g
Protein	10g
Vitamin A	4965IU
Vitamin C	70mg
Calcium	546mg
Vitamin D	101IU
Riboflavin	0.3mg
Niacin	3mg
Vitamin B6	0.5mg
Folate	148µg
Vitamin B12	0µg
Magnesium	220mg
Zinc	3mg

Directions

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

Notes

- Likes it Sweet:** Add honey or pitted dates.
- More Protein:** Add vanilla protein powder.



Golden Turmeric Latte

2 servings

10 minutes

Ingredients

- 1 tbsp Ginger (grated)
- 1 cup Canned Coconut Milk
- 1 cup Water
- 1 tsp Turmeric (powder)
- 1 tbsp Raw Honey
- 1/2 tsp Cinnamon
- 1 1/2 tps Coconut Oil

Nutrition

Amount per serving	
Calories	281
Fat	25g
Saturated	23g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	14g
Fiber	1g
Protein	2g
Vitamin A	2IU
Vitamin C	0mg
Calcium	26mg
Vitamin D	0IU
Riboflavin	0mg
Niacin	0mg
Vitamin B6	0mg
Folate	1µg
Vitamin B12	0µg
Magnesium	7mg
Zinc	0mg

Directions

- 1 Grate the ginger then squeeze the juice out of it into a saucepan. Discard the pulp. Add the remaining ingredients to the saucepan and place over medium heat. Heat through for about 3 to 5 minutes, not letting it come to a boil. Whisk continuously.
- 2 Carefully transfer into a mason jar and seal with a lid. Shake vigorously for about 30 seconds, or until a foam starts to form. (Note: You can also use a blender for this step, but the turmeric can stain the blender cup.) Pour into glasses through a sieve and enjoy!

Notes

- Use Fresh Turmeric Root:** Skip the turmeric powder and use fresh turmeric root instead. Peel turmeric root and grate. Measure out about 1 tbsp grated turmeric root per serving.
- Avoid a Mess:** Rinse all glasses and mugs out right after use to avoid turmeric stains. Use baking soda on turmeric stains if they do happen.
- On-the-Go:** Add all ingredients except water to a mason jar. When ready to drink, just add hot water from the kettle and shake up for a warming, anti-inflammatory snack.
- Vegan:** Use maple syrup to sweeten instead of honey.



Turmeric Hummus

4 servings

10 minutes

Ingredients

- 2 cups Chickpeas (cooked)
- 1 Garlic (clove)
- 1 tbsp Tahini
- 3 tbsps Apple Cider Vinegar
- 1/4 cup Extra Virgin Olive Oil
- 1/2 tsp Turmeric
- 1/2 tsp Sea Salt

Nutrition

Amount per serving	
Calories	281
Fat	18g
Saturated	2g
Polyunsaturated	3g
Monounsaturated	11g
Carbs	24g
Fiber	7g
Protein	8g
Vitamin A	25IU
Vitamin C	1mg
Calcium	59mg
Vitamin D	0IU
Riboflavin	0.1mg
Niacin	1mg
Vitamin B6	0.1mg
Folate	145µg
Vitamin B12	0µg
Magnesium	44mg
Zinc	1mg

Directions

- 1 Add all ingredients together in a food processor. Blend until a creamy consistency forms. Enjoy!

Notes

Serve it With: Veggie sticks, brown rice tortilla chips, on a salad, in a wrap or as a sandwich spread.

Leftovers: Store in an air-tight container in the fridge up to 3-5 days, or in the freezer up to 6 months.