



Plant-Based Specific Carbohydrate Diet

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Plant-Based Specific Carbohydrate Diet

HEAVY METAL FITNESS

THIS MEAL PLAN INCLUDES: RECIPES, GROCERY LIST, NUTRITION BREAKDOWN, EVIDENCE, MEAL PLAN TIPS, & PREP GUIDE

Plant-Based Specific Carbohydrate Diet - A well-balanced introduction plan to support plant-based clients with Inflammatory Bowel Disease. This program is based on the framework and Legal/Illegal List from Elaine Gottschall's book, "Breaking the Vicious Cycle: Intestinal Health Through Diet". This diet allows carbohydrate foods consisting of monosaccharides only and uses recipes made with "legal" ingredients.

The plan is designed to help your clients maintain their daily recommended fiber intake and avoid common nutrient deficiencies in the Specific Carbohydrate Diet such as vitamin C, vitamin A, B vitamins, iron and potassium. The plan can be modified based on your client's unique response to foods.

This program was created by a Registered Dietician with the following key considerations:

FIBER

As the diet is extremely specific about the types of carbohydrates allowed, it is important to choose higher fiber foods. Adequate dietary fiber intake is associated with several health benefits including better digestive health and reduced inflammation. This program is grain-free, gluten-free, and uses low glycemic foods. The plan provides up to 55 grams of fiber daily from fruits, vegetables, lentils, peas, and nuts.

ANTIOXIDANTS

Vitamin A and vitamin C support various cellular functions of our immune system, reduce oxidative stress in cells, and are useful in the treatment of inflammatory diseases. They are also commonly deficient in the Specific Carbohydrate Diet. This meal plan is packed with vitamin A sources like red peppers, pistachios, and squash, and incorporates vitamin C through citrus fruits and tomatoes.

IRON

Iron is an important mineral that helps produce red blood cells and transports oxygen throughout the body, and is a common nutrient deficiency in plant-based diets. This program incorporates iron-rich foods like lentils and spinach, and these iron sources are paired with foods that have vitamin C to enhance iron absorption.

B VITAMINS



Research shows a decrease in B vitamins, such as folate, thiamine, and vitamin B6 in the Specific Carbohydrate Diet. These vitamins help enzymes release energy from carbohydrates and fat, break down amino acids, and transport oxygen and energy-containing nutrients around the body. This meal plan provides B vitamins from green leafy vegetables, lentils, and nuts.

GROCERY LIST TIPS

Included is a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

SHOPPING TIPS

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

RECIPE TIPS

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

HOW TO USE

All of these recipes have been selected based on your health needs, but you don't need to make them all at once. Start by adding a couple of new recipes into your regular meal rotation. If you like to write out your own weekly meal plan to stay organized, you can print a blank meal plan template [here](#).

LEFTOVERS

You'll notice that some meals on the plan are shaded out. This means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!



MON



BREAKFAST
Golden Smoothie



SNACK 1
Grapes & Pistachios



LUNCH
Red Lentil Dahl



SNACK 2
Apple with Almond Butter



DINNER
Lentil & Mushroom Lettuce Wraps,
Avocado

TUE



BREAKFAST
Golden Smoothie



SNACK 1
Apple with Almond Butter



LUNCH
Lentil & Mushroom Lettuce Wraps,
Avocado



SNACK 2
Grapes & Pistachios



DINNER
Red Lentil Dahl

WED



BREAKFAST
Carrot & Banana N'Oatmeal Bake



SNACK 1
Grapes & Pistachios



LUNCH
Red Lentil Dahl



SNACK 2
Apple with Almond Butter



DINNER
Kale Salad with Roasted Red Pepper
Dressing

THU



BREAKFAST
Carrot & Banana N'Oatmeal Bake



SNACK 1
Simple Spiced Avocado



LUNCH
Kale Salad with Roasted Red Pepper
Dressing



SNACK 2
Pistachios



DINNER
Cozy Slow Cooker Split Pea & Kale Stew

FRI



BREAKFAST
Carrot & Banana N'Oatmeal Bake



SNACK 1
Pistachios



LUNCH
Cozy Slow Cooker Split Pea & Kale Stew



SNACK 2
Simple Spiced Avocado



DINNER
Spiced Lentils & Broccoli with Lemon,
Roasted Delicata Squash

SAT



BREAKFAST
Mushroom & Cauliflower Rice Bowl



SNACK 1
Strawberry Rhubarb with Banana
Cashew Cream



LUNCH
Spiced Lentils & Broccoli with Lemon,
Roasted Delicata Squash



SNACK 2
Apples & Almonds



DINNER
Cream of Broccoli Soup

SUN



BREAKFAST
Mushroom & Cauliflower Rice Bowl



SNACK 1
Apples & Almonds



LUNCH
Cream of Broccoli Soup



SNACK 2
Strawberry Rhubarb with Banana
Cashew Cream



DINNER
Spiced Lentils & Broccoli with Lemon,
Roasted Delicata Squash

MON

FAT 42% **CARBS 45%** **PROTEIN 13%**

Calories 1777 Cholesterol 0mg
Fat 88g Sodium 1923mg
Carbs 214g Vitamin A 1949IU
Fiber 48g Vitamin C 139mg
Sugar 79g Calcium 343mg
Protein 62g Iron 19mg

TUE

FAT 42% **CARBS 45%** **PROTEIN 13%**

Calories 1777 Cholesterol 0mg
Fat 88g Sodium 1923mg
Carbs 214g Vitamin A 1949IU
Fiber 48g Vitamin C 139mg
Sugar 79g Calcium 343mg
Protein 62g Iron 19mg

WED

FAT 53% **CARBS 36%** **PROTEIN 11%**

Calories 1824 Cholesterol 0mg
Fat 113g Sodium 1936mg
Carbs 173g Vitamin A 16377IU
Fiber 41g Vitamin C 137mg
Sugar 70g Calcium 541mg
Protein 53g Iron 14mg

THU

FAT 60% **CARBS 30%** **PROTEIN 10%**

Calories 1647 Cholesterol 0mg
Fat 116g Sodium 2443mg
Carbs 131g Vitamin A 21383IU
Fiber 50g Vitamin C 156mg
Sugar 37g Calcium 482mg
Protein 44g Iron 12mg

FRI

FAT 53% **CARBS 36%** **PROTEIN 11%**

Calories 1677 Cholesterol 0mg
Fat 105g Sodium 2268mg
Carbs 161g Vitamin A 23441IU
Fiber 57g Vitamin C 130mg
Sugar 34g Calcium 479mg
Protein 51g Iron 15mg

SAT

FAT 49% **CARBS 38%** **PROTEIN 13%**

Calories 1755 Cholesterol 0mg
Fat 103g Sodium 1566mg
Carbs 183g Vitamin A 18280IU
Fiber 54g Vitamin C 284mg
Sugar 54g Calcium 753mg
Protein 60g Iron 22mg

SUN

FAT 49% **CARBS 38%** **PROTEIN 13%**

Calories 1755 Cholesterol 0mg
Fat 103g Sodium 1566mg
Carbs 183g Vitamin A 18280IU
Fiber 54g Vitamin C 284mg
Sugar 54g Calcium 753mg
Protein 60g Iron 22mg



FRUITS

- 5 Apple
- 4 Avocado
- 3 1/2 Banana
- 3 cups Grapes
- 1/2 Lemon
- 2 tbsps Lemon Juice
- 1 1/8 tbsps Lime Juice
- 1 cup Strawberries

BREAKFAST

- 1/3 cup Almond Butter

SEEDS, NUTS & SPICES

- 1/2 cup Almonds
- 1 1/4 cups Cashews
- 1/2 tsp Chili Powder
- 3/4 tsp Coriander
- 2 tsps Cumin
- 1 1/8 tbsps Curry Powder
- 1/2 tsp Dried Basil
- 1 tsp Dried Thyme
- 3/4 tsp Fennel Seed
- 1/2 tsp Paprika
- 2 1/2 cups Pistachios, In Shell
- 1/8 tsp Red Pepper Flakes
- 1 1/16 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/4 cup Sliced Almonds
- 1 tsp Smoked Paprika
- 2 tsps Turmeric

FROZEN

- 2 cups Frozen Pineapple

VEGETABLES

- 5 cups Baby Spinach
- 1/4 cup Basil Leaves
- 1 head Boston Lettuce
- 2 1/2 cups Broccoli
- 1 bunch Broccoli
- 4 1/8 Carrot
- 3 cups Cauliflower Rice
- 2 1/8 stalks Celery
- 1/2 cup Cherry Tomatoes
- 1/3 cup Cilantro
- 8 Cremini Mushrooms
- 1 1/2 Delicata Squash
- 5 Garlic
- 1 3/4 tbsps Ginger
- 1/2 Jalapeno Pepper
- 9 1/3 cups Kale Leaves
- 1/4 cup Mint Leaves
- 3/4 cup Red Onion
- 1 cup Rhubarb
- 4 1/4 ozs Roasted Red Peppers
- 1/2 Sweet Onion
- 8 White Button Mushrooms
- 3/4 Yellow Onion
- 1 Zucchini

BOXED & CANNED

- 1 2/3 cups Canned Coconut Milk
- 1/2 cup Dry Green Lentils
- 1 1/8 cups Dry Red Lentils
- 2 cups Green Lentils
- 2 cups Lite Coconut Milk
- 4 1/2 cups Vegetable Broth
- 2/3 cup Yellow Split Peas

BAKING

- 1/4 tsp Baking Soda
- 2 tbsps Coconut Flour

CONDIMENTS & OILS

- 1 1/3 tbsps Avocado Oil
- 1 tbsp Coconut Aminos
- 1/2 cup Extra Virgin Olive Oil

OTHER

- 4 2/3 cups Water



- 1/4 cup Raisins
- 1/3 cup Unsweetened Shredded Coconut

Golden Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

- 1 cup Lite Coconut Milk
- 1 cup Frozen Pineapple
- 1/2 Banana (frozen)
- 1/2 Zucchini (chopped and peeled, frozen)
- 1 1/2 tsps Ginger (fresh, minced)
- 1 tsp Turmeric

NUTRITION

AMOUNT PER SERVING

Calories	314	Cholesterol	0mg
Fat	16g	Sodium	72mg
Carbs	44g	Vitamin A	329IU
Fiber	6g	Vitamin C	102mg
Sugar	29g	Calcium	46mg
Protein	3g	Iron	3mg

DIRECTIONS

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

NOTES

NO ZUCCHINI

Omit or replace with frozen cauliflower or diced avocado.

NO FRESH GINGER

Use powdered ginger instead, reduce to 1/2 tsp per serving.

Carrot & Banana N'Oatmeal Bake

3 SERVINGS 1 HOUR



INGREDIENTS

1 cup Canned Coconut Milk
1 1/2 Banana (medium, ripe, mashed)
2 tbsps Coconut Flour
1/4 tsp Baking Soda
3 Carrot (medium, shredded)
1/3 cup Unsweetened Shredded Coconut
(plus more for garnish)
1/4 cup Raisins

NUTRITION

AMOUNT PER SERVING

Calories	329	Cholesterol	0mg
Fat	20g	Sodium	182mg
Carbs	37g	Vitamin A	10228...
Fiber	7g	Vitamin C	9mg
Sugar	21g	Calcium	34mg
Protein	4g	Iron	1mg

DIRECTIONS

- 01 Preheat the oven to 350°F (175°C). Line a baking dish with parchment paper.
- 02 In a large mixing bowl, stir together all the ingredients until well combined. Transfer to the baking dish and spread evenly. Bake for 55 minutes.
- 03 Garnish with shredded coconut (optional). Slice and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for one week, or freeze in individual portions if longer.

SERVING SIZE

One serving equals one square. A 9 by 13-inch baking dish was used to make six servings.

MORE FLAVOR

Add cinnamon, nutmeg, vanilla extract, your sweetener of choice and/or a pinch of salt.

ADDITIONAL TOPPINGS

Walnuts, whipped coconut cream, yogurt, or ice cream.

COCONUT FLOUR

This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using another type of coconut flour, note that results may vary.

Mushroom & Cauliflower Rice Bowl

2 SERVINGS 15 MINUTES



INGREDIENTS

- 1 tsp Avocado Oil
- 3 cups Cauliflower Rice
- 8 White Button Mushrooms (sliced)
- 4 cups Baby Spinach
- 1 tbsp Coconut Aminos
- 1 Avocado (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	249	Cholesterol	0mg
Fat	18g	Sodium	224mg
Carbs	21g	Vitamin A	5773IU
Fiber	12g	Vitamin C	28mg
Sugar	7g	Calcium	102mg
Protein	9g	Iron	3mg

DIRECTIONS

- 01 Heat a skillet over medium heat. Add the avocado oil and then the riced cauliflower. Sauté for 5 to 7 minutes, then remove and set aside.
- 02 In the same pan, over medium heat, add the mushrooms and cook for 4 to 5 minutes. Next, add the spinach and cook for 1 to 2 minutes or until wilted. Add the coconut aminos and stir to combine.
- 03 Add the cauliflower rice to a bowl and top with mushrooms, spinach and the sliced avocado. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

NO COCONUT AMINOS

Use tamari or soy sauce instead.

NO AVOCADO OIL

Use olive oil or coconut oil instead.

MORE FLAVOR

Season with chili flakes and/or garlic.

ADDITIONAL TOPPINGS

Add sliced nori and/or sesame seeds on top.

Grapes & Pistachios

3 SERVINGS 5 MINUTES



INGREDIENTS

3 cups Grapes
1 1/2 cups Pistachios, In Shell

DIRECTIONS

01 Divide into bowls and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	380	Cholesterol	0mg
Fat	26g	Sodium	218mg
Carbs	32g	Vitamin A	92IU
Fiber	7g	Vitamin C	4mg
Sugar	19g	Calcium	53mg
Protein	13g	Iron	2mg

Simple Spiced Avocado

1 SERVING 5 MINUTES



INGREDIENTS

1 Avocado (halved)
1/4 tsp Paprika
1/4 tsp Chili Powder
1/8 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	325	Cholesterol	0mg
Fat	30g	Sodium	329mg
Carbs	18g	Vitamin A	774IU
Fiber	14g	Vitamin C	20mg
Sugar	1g	Calcium	28mg
Protein	4g	Iron	1mg

DIRECTIONS

01 Roughly scoop out the avocado flesh. Sprinkle with paprika, chili powder and sea salt. Enjoy!

NOTES

LEFTOVERS

Best enjoyed the same day. For best results, slice and serve the avocado just before enjoying.

ADDITIONAL TOPPINGS

Extra virgin olive oil, hemp seeds, sesame seeds, red pepper flakes or nutritional yeast.

Strawberry Rhubarb with Banana Cashew Cream

2 SERVINGS 15 MINUTES



INGREDIENTS

- 1 cup Rhubarb (chopped)
- 1 cup Strawberries (sliced)
- 3/4 cup Cashews (soaked for 1 hour and drained)
- 1/2 cup Water
- 1 Banana (large, ripe)

NUTRITION

AMOUNT PER SERVING

Calories	385	Cholesterol	0mg
Fat	24g	Sodium	13mg
Carbs	39g	Vitamin A	109IU
Fiber	6g	Vitamin C	52mg
Sugar	14g	Calcium	96mg
Protein	10g	Iron	4mg

DIRECTIONS

- 01 Place rhubarb and strawberries in a sauce pan over medium heat. Stir occasionally for about 10 minutes or until rhubarb starts to break down and a sauce starts to form. Turn off the heat and set aside to cool while you prepare the rest.
- 02 Combine cashews, water and banana in a blender. Blend very well until smooth and creamy.
- 03 Divide the stewed strawberry rhubarb in between small glasses or jars and spoon the cashew banana cream over top. Garnish with extra fruit or nuts. Enjoy!

NOTES

TOPPINGS

Sprinkle with shredded coconut, pistachios, slivered almonds or extra fruit.

MORE PROTEIN

Add protein powder or hemp seeds into the blender before blending the banana cashew cream.

CHOCOLATE LOVER

Add cocoa powder into the blender before blending the banana cashew cream.

Red Lentil Dahl

3 SERVINGS 40 MINUTES



INGREDIENTS

3/4 cup Red Onion (finely chopped)
3 tbsps Water
2 1/4 Garlic (clove, minced)
2 1/4 tsps Ginger (fresh, minced or grated)
1 1/8 tbsps Curry Powder
1 1/8 tsps Cumin
1/3 tsp Sea Salt
1/8 tsp Red Pepper Flakes
1 1/8 cups Dry Red Lentils (rinsed)
2 cups Vegetable Broth
3/4 cup Canned Coconut Milk
1/3 cup Cilantro
1 1/8 tbsps Lime Juice

NUTRITION

AMOUNT PER SERVING

Calories	431	Cholesterol	0mg
Fat	12g	Sodium	725mg
Carbs	61g	Vitamin A	525IU
Fiber	13g	Vitamin C	7mg
Sugar	5g	Calcium	60mg
Protein	22g	Iron	7mg

DIRECTIONS

- 01 Heat a large pot over medium heat. Add the onion, water, garlic and ginger to the pot and cook until the onion softens and the water evaporates, about 5 to 7 minutes. Stir in the curry powder, cumin, salt and red pepper flakes and cook for another minute until very fragrant. Stir in the lentils.
- 02 Add the vegetable broth and coconut milk to the pot and stir to combine. Bring the lentils to a gentle boil then reduce heat to medium-low. Let it simmer for 25 to 30 minutes or until the lentils are tender.
- 03 Remove from the heat and stir in the cilantro and lime juice. Season with additional salt if needed. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is approximately 1 cup of dahl.

MORE FLAVOR

Add chili powder, cayenne or a drizzle of honey.

ADDITIONAL TOPPINGS

Serve with extra cilantro or lime wedges.

SERVE IT WITH

Serve with rice, quinoa, naan, pita and/or sautéed greens.

CONSISTENCY

If the lentils are too thick, add additional vegetable broth until desired consistency is reached.

Apple with Almond Butter

3 SERVINGS 5 MINUTES



INGREDIENTS

3 Apple
1/3 cup Almond Butter

NUTRITION

AMOUNT PER SERVING

Calories	287	Cholesterol	0mg
Fat	18g	Sodium	4mg
Carbs	31g	Vitamin A	99IU
Fiber	8g	Vitamin C	8mg
Sugar	20g	Calcium	119mg
Protein	7g	Iron	1mg

DIRECTIONS

- 01 Slice apple and cut away the core.
- 02 Dip into almond butter.
- 03 Yummmmm.

NOTES

NUT-FREE

Use sunflower seed butter instead of almond butter.

Pistachios

2 SERVINGS 1 MINUTE



INGREDIENTS

1 cup Pistachios, In Shell

DIRECTIONS

01 Divide into bowls, peel and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	318	Cholesterol	0mg
Fat	26g	Sodium	216mg
Carbs	16g	Vitamin A	0IU
Fiber	6g	Vitamin C	0mg
Sugar	4g	Calcium	40mg
Protein	12g	Iron	2mg

Apples & Almonds

2 SERVINGS 5 MINUTES



INGREDIENTS

2 Apple (sliced)
1/2 cup Almonds

DIRECTIONS

01 Core apple and cut it into slices. Serve with almonds.

NUTRITION

AMOUNT PER SERVING

Calories	302	Cholesterol	0mg
Fat	18g	Sodium	2mg
Carbs	33g	Vitamin A	99IU
Fiber	9g	Vitamin C	8mg
Sugar	20g	Calcium	107mg
Protein	8g	Iron	2mg

Lentil & Mushroom Lettuce Wraps

2 SERVINGS 25 MINUTES



INGREDIENTS

1/2 cup Dry Green Lentils
1 cup Water
3/4 tsp Sea Salt (divided)
1/2 Yellow Onion (chopped)
8 Cremini Mushrooms (chopped)
1 tsp Smoked Paprika (divided)
3/4 tsp Cumin (divided)
1/2 Jalapeno Pepper (thinly sliced, optional)
1 head Boston Lettuce

NUTRITION

AMOUNT PER SERVING

Calories	204	Cholesterol	0mg
Fat	1g	Sodium	897mg
Carbs	37g	Vitamin A	757IU
Fiber	7g	Vitamin C	8mg
Sugar	5g	Calcium	53mg
Protein	15g	Iron	5mg

DIRECTIONS

- 01 Add lentils, water and 1/4 of the salt to a saucepan and bring to a boil. Reduce the heat to a gentle simmer. Cook the lentils uncovered for 20 to 25 minutes or until just tender. Add more water if needed to ensure the lentils remain just barely covered. When cooked, drain the excess liquid and set aside on a plate.
- 02 Meanwhile, heat a skillet over medium heat. Add a splash of water to the skillet and then add the onion. Cook for 2 minutes, until softened. Then add the mushrooms, half of the smoked paprika and half of the cumin. Add the jalapeno and stir, continuing to add water if needed to ensure it isn't sticking. Cook over medium heat for 5 to 6 minutes, until the mushrooms have released water and are cooked.
- 03 Add the remaining smoked paprika and cumin to the plate with the lentils and toss to combine. Add the lentils to the pan with the mushrooms and season with the remaining salt and stir to combine.
- 04 Divide the Boston lettuce evenly between plates and top with the mushroom and lentil mixture. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is approximately 5 lettuce wraps.

NO SMOKED PAPRIKA

Use regular paprika.

MORE FLAVOR

Sauté the vegetables with in vegetable broth or oil instead of water.



ADDITIONAL TOPPINGS

Top the wraps with salsa or guacamole.

NO SPICE

Omit the jalapeno pepper.



Avocado

2 SERVINGS 5 MINUTES



INGREDIENTS

1 Avocado

DIRECTIONS

01 Cut avocado into slices or chunks. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	161	Cholesterol	0mg
Fat	15g	Sodium	7mg
Carbs	9g	Vitamin A	147IU
Fiber	7g	Vitamin C	10mg
Sugar	1g	Calcium	12mg
Protein	2g	Iron	1mg

NOTES

SERVE IT WITH

Salads, soups, chilli, on toast, or in a wrap with leftovers.

SAVOURY SNACK

Top with salt, pepper, lemon juice, paprika and/or red pepper flakes.

SWEET SNACK

Top with maple syrup, honey, maple butter and/or cinnamon.

Kale Salad with Roasted Red Pepper Dressing

2 SERVINGS 15 MINUTES



INGREDIENTS

4 1/4 ozs Roasted Red Peppers (from the jar)
1/4 cup Basil Leaves
1 Garlic (clove, small)
2 tbsps Lemon Juice
1/2 tsp Sea Salt
1/4 cup Extra Virgin Olive Oil (divided)
8 cups Kale Leaves (chopped)
1/2 cup Cherry Tomatoes (halved)
1/4 cup Sliced Almonds

NUTRITION

AMOUNT PER SERVING

Calories	397	Cholesterol	0mg
Fat	37g	Sodium	807mg
Carbs	12g	Vitamin A	5433IU
Fiber	6g	Vitamin C	109mg
Sugar	5g	Calcium	275mg
Protein	7g	Iron	3mg

DIRECTIONS

- 01 To a food processor, add the roasted red pepper, fresh basil, garlic, lemon juice, salt and half of the olive oil. Blend for 15 seconds until mostly smooth. Scrape down the sides of the bowl, then while the food processor is running stream in the remaining olive oil.
- 02 In a large mixing bowl, add the chopped kale. Pour half of the dressing over top of the kale and massage the leaves for about a minute or until the kale is wilted and tender.
- 03 Divide the kale evenly onto plates and top each plate equally with tomatoes and almonds. Drizzle salad with remaining dressing. Enjoy!

NOTES

NUT-FREE

Use sunflower seeds instead of almonds.

LEFTOVERS

Keeps well in the fridge for 2 to 3 days.

Cozy Slow Cooker Split Pea & Kale Stew

2 SERVINGS 8 HOURS



INGREDIENTS

1/3 Yellow Onion (medium, diced)
2/3 Garlic (cloves, minced)
2/3 Carrot (medium, diced)
2/3 stalk Celery (diced)
1 tsp Dried Thyme
2/3 cup Yellow Split Peas (dry/uncooked)
2 2/3 cups Vegetable Broth
1 1/3 cups Kale Leaves (chopped)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	278	Cholesterol	0mg
Fat	3g	Sodium	909mg
Carbs	48g	Vitamin A	4948IU
Fiber	17g	Vitamin C	18mg
Sugar	6g	Calcium	105mg
Protein	17g	Iron	5mg

DIRECTIONS

- 01 In your slow cooker, add the onion, garlic, carrots, celery, thyme and dried split peas. Pour the broth over all ingredients and cook on low for 8 hours. Stir every few hours to prevent the split peas from sticking to the bottom.
- 02 In the last 30 minutes of cooking, add chopped kale. Once the kale is wilted, season to taste with salt and pepper. Enjoy!

NOTES

LEFTOVERS

Store in the fridge up to 4 days or freeze.

SERVING SIZE

One serving is roughly 1 1/2 to 2 cups.

Spiced Lentils & Broccolini with Lemon

3 SERVINGS 30 MINUTES



INGREDIENTS

- 1 bunch Broccolini (trimmed)
- 1/2 Lemon (sliced thin)
- 1 tbsp Avocado Oil
- 1/2 tsp Sea Salt (divided)
- 3 tbsps Extra Virgin Olive Oil
- 1 Garlic (clove, thinly sliced)
- 3/4 tsp Coriander
- 3/4 tsp Fennel Seed (ground)
- 1 cup Green Lentils (cooked, drained and rinsed)
- 1/4 cup Mint Leaves (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	281	Cholesterol	0mg
Fat	19g	Sodium	478mg
Carbs	20g	Vitamin A	6700IU
Fiber	10g	Vitamin C	59mg
Sugar	2g	Calcium	201mg
Protein	12g	Iron	4mg

DIRECTIONS

- 01 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. Add the broccolini and lemon and toss with the avocado oil and half the sea salt. Roast for 8 to 10 minutes, until the broccolini is slightly browned in spots. Remove and set aside.
- 02 In a skillet over medium-low heat, add the extra virgin olive oil, garlic, coriander and fennel. Sauté until the garlic is lightly browned, stirring frequently to prevent burning, about 3 to 4 minutes.
- 03 Drizzle half of the oil mixture into the cooked lentils and stir. Divide onto plates and top with the broccolini and lemon and then drizzle the remaining oil on top. Finish with mint leaves, serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

ADDITIONAL TOPPINGS

Top with chili flakes and fresh herbs.

MORE FLAVOR

Use whole coriander and fennel seeds and grind to release the spices.

WARMED LENTILS

If needed, you can add the cooked lentils to the garlic, spice mixture and heat through for 2 to 3 minutes until warmed.

Roasted Delicata Squash

3 SERVINGS 20 MINUTES



INGREDIENTS

1 1/2 Delicata Squash
1 1/2 tbsps Extra Virgin Olive Oil
1/8 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	146	Cholesterol	0mg
Fat	7g	Sodium	154mg
Carbs	22g	Vitamin A	791IU
Fiber	3g	Vitamin C	24mg
Sugar	0g	Calcium	71mg
Protein	2g	Iron	2mg

DIRECTIONS

- 01 Preheat the oven to 450°F (232°C) and line a baking sheet with foil.
- 02 Trim the ends of the squash and cut into 1/2-inch rings. Use a spoon to scoop out the seeds.
- 03 Coat the squash with olive oil and season with salt. Bake for 20 minutes.
- 04 Remove from the oven and enjoy!

NOTES

LEFTOVERS

Store in an airtight container in the fridge for 3 to 4 days.

SERVING SIZE

One serving is equal to half the squash.

MORE FLAVOR

Season with your favorite herbs and spices like oregano, chili powder, cinnamon or paprika.

Cream of Broccoli Soup

2 SERVINGS 30 MINUTES



INGREDIENTS

- 1/2 Sweet Onion (chopped)
- 1/2 Carrot (chopped)
- 1 1/2 stalks Celery (chopped)
- 2 1/2 cups Broccoli (chopped, incl. stalks)
- 3 cups Water
- 1/2 tsp Dried Basil
- 1/2 tsp Sea Salt
- 1/2 cup Cashews
- 1 cup Green Lentils (cooked, drained and rinsed)
- 1 cup Baby Spinach (packed)

NUTRITION

AMOUNT PER SERVING

Calories	392	Cholesterol	0mg
Fat	17g	Sodium	695mg
Carbs	48g	Vitamin A	4808IU
Fiber	14g	Vitamin C	113mg
Sugar	11g	Calcium	176mg
Protein	19g	Iron	7mg

DIRECTIONS

- 01 Throw your chopped onion, carrot, celery and broccoli in a large pot. Pour in water and add the dried basil and sea salt. Place over high heat and bring to a boil. Once boiling, cover the pot and reduce to a simmer. Let simmer for 15 to 20 minutes or until broccoli is tender.
- 02 In a blender, create your cashew cream by blending together 1 cup of cashews with 1 cup water. (If you alter the serving size, just keep the cashew to water ratio 1:1.) Pour the cashew cream in with your veggies and stir. Now add your green lentils and stir again.
- 03 Place spinach in the bottom of the blender. Then carefully transfer soup to the blender and blend to a puree. Ladle into bowls and drizzle with a bit of olive oil if you fancy. Enjoy!




NOTES







LEFTOVERS


Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is equal to approximately 3 to 3.5 cups of soup, depending on how much liquid simmers off.

Day		Task	Notes
0 Sun		Grocery shop.	Grab your grocery list and get to it! Adjust serving sizes if necessary and mark off any items you already have.
		Make Red Lentil Dahl.	Divide between containers and store in the fridge for meals.
		Portion out Grapes, Pistachios, Apples, Almond Butter, and Almonds for the week.	Divide between small containers and store in the fridge for snacks.
1 Mon		Make Golden Smoothie for breakfast.	Pour into a glass or a portable cup if you're on-the-go.
		Pack your meals if you are on-the-go.	Golden Smoothie, Grapes & Pistachios, Red Lentil Dahl, Apple with Almond Butter.
		Make Lentil & Mushroom Lettuce Wraps for dinner. Pair this with Avocado.	Enjoy and store leftovers in the fridge for lunch tomorrow.
2 Tue		Make Golden Smoothie for breakfast.	Pour into a glass or a portable cup if you're on-the-go.
		Pack your meals if you are on-the-go.	Golden Smoothie, Apple with Almond Butter, Lentil & Mushroom Lettuce Wraps with Avocado, Grapes & Pistachios.

		Enjoy leftover Red Lentil Dahl for dinner.	Reheat in the microwave, or in a pan.
		Make Carrot & Banana N'Oatmeal Bake for breakfasts.	Divide between containers and store in the fridge.
3 Wed		Pack your meals if you are on-the-go.	Carrot & Banana N'Oatmeal Bake, Grapes & Pistachios, Red Lentil Dahl, Apple with Almond Butter.
		Make Kale Salad with Roasted Red Pepper Dressing for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
4 Thu		Portion out Simple Spiced Avocado for snack.	For best results, slice and serve the avocado just before enjoying.
		Pack your meals if you are on-the-go.	Carrot & Banana N'Oatmeal Bake, Simple Spiced Avocado, Kale Salad with Roasted Red Pepper Dressing, Pistachios.
		Make Cozy Slow Cooker Split Pea & Kale Stew for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
5 Fri		Portion out Simple Spiced Avocado for snack.	For best results, slice and serve the avocado just before enjoying.
		Pack your meals if you are on-the-go.	Carrot & Banana N'Oatmeal Bake, Pistachios, Cozy Slow Cooker Split Pea & Kale Stew, Simple Spiced Avocado.

		Make Spiced Lentils & Broccoli with Lemon and Roasted Delicata Squash for dinner.	Enjoy and store leftovers in the fridge.
		Make Strawberry Rhubarb with Banana Cashew Cream.	Divide between containers and store in the fridge for snacks.
6 Sat		Make Mushroom & Cauliflower Rice Bowl for breakfast.	Portion into two servings and store one serving in the fridge for breakfast tomorrow.
		Pack your meals if you are on-the-go.	Mushroom & Cauliflower Rice Bowl, Strawberry Rhubarb with Banana Cashew Cream, Spiced Lentils & Broccoli with Lemon and Roasted Delicata Squash, Apples & Almonds.
		Make Cream of Broccoli Soup for dinner.	Store leftovers in the fridge for lunch tomorrow.
7 Sun		Pack your meals if you are on-the-go.	Mushroom & Cauliflower Rice Bowl, Apples & Almonds, Cream of Broccoli Soup, Strawberry Rhubarb with Banana Cashew Cream.
		Shop and prep for next week.	
		Enjoy leftover Spiced Lentils & Broccoli with Lemon and Roasted Delicata Squash for dinner.	Reheat in the microwave or in a pan.

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WAIVER

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