



Family-Friendly Meal Plan

TAMMIE DUGGAR



Family-Friendly Meal Plan

DUGGAR WELLNESS

On the following pages, you will find the customized plan I have created for you, including an itemized grocery list and delicious recipes.

THE PLAN

The menu plan has been laid out for you day by day and meal by meal. I have included breakfast, lunch, dinner, and one snack option for each day. You are welcome to rearrange the recipe ideas in any order throughout the week.

Additional Smoothie Options

I have also included several recipes for smoothies. These can be a great replacement for any meal on any day.

GROCERY LIST TIPS

I have included 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 way starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

RECIPE TIPS AND NOTES

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.

The time it takes to prepare the recipe can be greatly reduced if you spend some time before the week starts doing some meal prep. This means that you would prepare any of the ingredients ahead of time, like chopping up all the vegetables, preparing a sauce or dressing, etc.

Most recipes will take less than 30 minutes, especially if you are doing some meal prep. Follow the included

meal plan guide to help you make the most of your time.

Before you do your grocery shopping make sure that the recipe will serve the number of people you plan on having for that meal. Make necessary changes to the recipe and grocery list.

Many recipes contain a notes section that will offer you some substitution ideas, so check this out before you make your shopping list.

Before you start cooking, assemble all ingredients, and prep them according to the ingredients list.

ONLY 5 DAYS OF RECIPES?

Often there are leftovers that you can use for dinner meals on days 6 or 7. Almost every week in our home we have "Leftover Night" and we eat up all the leftovers in the fridge, it's like a buffet-style meal.

I also want you to get creative and incorporate family favorite recipes into those nights.

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!

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MON



BREAKFAST
Berry Baked Oatmeal



LUNCH
Deli Snack Box



SNACK
Hummus & Veggies Snack Box



DINNER
Herbed Chicken Tenders with Honey Dijon



SMOOTHIE OPTION
Chocolate Almond Butter Smoothie Bowl

TUE



BREAKFAST
Berry Baked Oatmeal



LUNCH
Herbed Chicken Tenders with Honey Dijon



SNACK
Apple with Sunflower Seed Butter



DINNER
One Pot Taco Pasta



SMOOTHIE OPTION
Avocado Mango Green Smoothie Bowl

WED



BREAKFAST
Kale & Red Pepper Frittata



LUNCH
One Pot Taco Pasta



SNACK
Hummus Dippers, Turmeric Hummus



DINNER
Honey Chili Meatballs, Broccoli & Rice



SMOOTHIE OPTION
Chocolate Cauliflower Shake

THU



BREAKFAST
Sweet Potato Pancakes, Soft Scramble with Chives



LUNCH
Honey Chili Meatballs, Broccoli & Rice



SNACK
Yogurt with Pear



DINNER
Penne with Red Lentil Bolognese Sauce



SMOOTHIE OPTION
Strawberry Almond Protein Smoothie

FRI



BREAKFAST
Breakfast Protein Bowl



LUNCH
Penne with Red Lentil Bolognese Sauce



SNACK
Turmeric Hummus, Hummus & Veggies Snack Box



DINNER
Classic Tacos



SMOOTHIE OPTION
Mango Coconut Green Smoothie

FRUITS

- 4 Apple
- 3 Avocado
- 4 1/2 Banana
- 4 cups Blueberries
- 1 Kiwi
- 4 Pear
- 1/2 cup Raspberries
- 1 1/2 cups Strawberries

BREAKFAST

- 1/3 cup Almond Butter
- 1/4 cup Granola
- 3/4 cup Maple Syrup

SEEDS, NUTS & SPICES

- 1 tsp Black Pepper
- 1/3 cup Chia Seeds
- 1 1/2 tbsps Chili Powder
- 1 1/3 tbsps Cinnamon
- 1 3/4 tsps Cumin
- 1/2 tsp Garlic Powder
- 1 tbsp Ground Flax Seed
- 1/2 tsp Ground Mustard
- 2 tbsps Hemp Seeds
- 2 tbsps Italian Seasoning
- 1 tsp Onion Powder
- 2 tpsps Oregano
- 1/2 tsp Paprika
- 3 cups Pumpkin Seeds
- 1/3 tsp Red Pepper Flakes
- 2 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 cup Sliced Almonds
- 1/2 tsp Turmeric

FROZEN

- 4 cups Frozen Berries
- 1/2 cup Frozen Broccoli

VEGETABLES

- 10 cups Baby Spinach
- 8 cups Broccoli
- 16 Carrot
- 34 stalks Celery
- 8 1/3 cups Cherry Tomatoes
- 1 tbsp Chives
- 13 Garlic
- 1/2 head Green Lettuce
- 5 1/4 stalks Green Onion
- 2 cups Kale Leaves
- 6 3/4 Red Bell Pepper
- 8 Sweet Potato
- 3 1/3 Tomato
- 4 Yellow Bell Pepper
- 1 2/3 Yellow Onion
- 1 Zucchini

BOXED & CANNED

- 2/3 cup Black Beans
- 2 2/3 cups Brown Rice Pasta Shells
- 6 2/3 cups Brown Rice Penne
- 2 cups Chickpeas
- 1 1/3 cups Dry Red Lentils
- 2 cups Jasmine Rice
- 4 1/3 cups Organic Chicken Broth
- 1/2 cup Organic Coconut Milk
- 1 1/3 cups Organic Salsa
- 4 cups Organic Vegetable Broth
- 1 cup Quinoa
- 3/4 cup Tomato Paste
- 1 1/3 lbs Whole Grain Crackers

BAKING

- 1/2 cup Cacao Powder
- 2 2/3 tbsps Nutritional Yeast
- 5 cups Oats
- 3/4 cup Raw Honey

BREAD, FISH, MEAT & CHEESE

- 10 1/2 ozs Cheddar Cheese
- 2 lbs Chicken Breast
- 8 Corn Tortilla
- 2 1/3 lbs Extra Lean Ground Beef
- 2 lbs Extra Lean Ground Chicken
- 6 1/4 cups Hummus
- 2 2/3 lbs Sliced Turkey Breast

CONDIMENTS & OILS

- 1/3 cup Apple Cider Vinegar
- 1/3 cup Avocado Oil
- 2 2/3 tbsps Balsamic Vinegar
- 1/2 cup Coconut Oil
- 1/2 cup Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 1/2 cup Sunflower Seed Butter
- 1 tbsp Tahini
- 1 1/3 cups Tomato Sauce

COLD

- 1/2 tsp Butter
- 2 tbsps Coconut Butter
- 50 Egg
- 8 cups Plain Greek Yogurt
- 13 1/4 cups Unsweetened Almond Milk

OTHER

- 1/2 cup Chocolate Protein Powder
- 1/2 cup Collagen Powder
- 4 ozs Collagen Powder
- 1 tbsp Maca Powder, Optional
- 3 1/3 cups Water

■ 3 cups Frozen Cauliflower

■ 2/3 cup Frozen Corn

■ 3 cups Frozen Mango

■ 1 cup Unsweetened Applesauce

Berry Baked Oatmeal

12 SERVINGS 45 MINUTES



INGREDIENTS

4 cups Oats (quick or traditional)
4 cups Unsweetened Almond Milk
1/4 cup Maple Syrup
1 cup Unsweetened Applesauce
2 tsps Cinnamon
1/4 cup Chia Seeds
4 cups Frozen Berries
1/2 cup Sliced Almonds

DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Grease an 11"x13" baking pan with coconut oil.
- 02 Add all ingredients except the sliced almonds to a mixing bowl and stir until thoroughly combined.
- 03 Transfer to baking pan and bake for about 45 minutes or until a toothpick comes out clean. Sprinkle with sliced almonds before serving. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an air-tight container up to 3-5 days. Freeze if longer.

NO APPLESAUCE

Use mashed banana instead.

NO ALMONDS

Replace with pecans, walnuts, pumpkin seeds or sunflower seeds.

NO MAPLE SYRUP

Use honey instead

Kale & Red Pepper Frittata

4 SERVINGS 30 MINUTES



INGREDIENTS

- 8 Egg
- 1/2 cup Unsweetened Almond Milk
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 tbsp Extra Virgin Olive Oil
- 2 cups Kale Leaves (chopped)
- 1 Red Bell Pepper (chopped)
- 1 cup Cherry Tomatoes (halved)

DIRECTIONS

- 01 Preheat oven to 400°F (204°C).
- 02 Whisk the eggs, almond milk, salt and pepper together in a mixing bowl. Set aside.
- 03 Heat the oil in a cast iron skillet over medium heat. Add the kale, pepper, and tomatoes. Cook for 5 to 7 minutes, or until the kale is wilted and peppers are tender.
- 04 Pour the whisked eggs into the pan with the vegetables and let the eggs begin to set for about 30 seconds, before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven and bake for 12 to 15 minutes, or until the eggs have set.
- 05 Remove the skillet from the oven and let sit for about 5 minutes before cutting into wedges. Serve and enjoy!

NOTES

NO KALE

Use spinach instead.

NO RED BELL PEPPER

Use a bell pepper of another color instead.

LEFTOVERS

Keep in the fridge for up to 3 days.

DON'T HAVE A CAST IRON SKILLET

Use an 11"x13" baking dish instead.

Sweet Potato Pancakes

8 SERVINGS 20 MINUTES



INGREDIENTS

- 8 Sweet Potato (small)
- 16 Egg (whisked)
- 1/4 cup Coconut Oil
- 2 tsp Cinnamon
- 1/2 cup Maple Syrup

DIRECTIONS

- 01 Peel sweet potato and dice into small cubes. Fill a saucepan with 2 inches of water and bring to a boil. Drop the sweet potato in and steam for 7 minutes or until tender when pierced with a fork. Drain off the liquid and transfer the steamed sweet potato to a bowl and mash with a fork.
- 02 Measure out about 1/2 cup of mashed sweet potato per serving and add it to a bowl. Add in the eggs and mix well.
- 03 Melt coconut oil in a large skillet over medium heat. Once hot, pour pancakes in the skillet, no more than 1/8-1/4 cup of batter at a time. Cook each side about 3-5 minutes or until browned. Divide pancakes onto plates and top with cinnamon and maple syrup. Enjoy!

NOTES

NO SWEET POTATO

Use 1 cup pumpkin puree instead

SPICE IT UP

Add nutmeg and/or ginger spice.

TOPPINGS

Top with banana slices, fresh fruit, pureed fruit sauce, or chopped nuts.

SAVE LEFTOVERS

Save leftovers in the freezer. Thaw and reheat in the toaster.

Soft Scramble with Chives

2 SERVINGS 5 MINUTES



INGREDIENTS

4 Egg
1/2 tsp Butter
1 tbsp Chives (chopped)
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Crack the eggs into a bowl and whisk well.
- 02 Heat a skillet over medium-low heat and once hot, add the butter. Once melted, add the eggs to the pan and move them around with a spatula continuously. Keep pushing the eggs around the skillet until fluffy and barely set, about 2 minutes. They should still look slightly runny on top.
- 03 Divide onto plates and top with chives, salt and pepper. Enjoy!

NOTES

LEFTOVERS

For best results, enjoy freshly made.

ADDITIONAL TOPPINGS

Chili flakes and/or fresh herbs like parsley and dill.

NO BUTTER

Use ghee or another cooking oil.

Breakfast Protein Bowl

4 SERVINGS 25 MINUTES



INGREDIENTS

1 cup Quinoa (dry, uncooked)
3 cups Water
8 Egg
8 cups Baby Spinach
1 1/3 cups Cherry Tomatoes (halved)
2 Avocado (mashed)
1/2 tsp Sea Salt (or more to taste)

DIRECTIONS

- 01** Add quinoa and water to a pot and bring to a low boil. Once boiling, reduce heat to a simmer, cover and let cook for about 12 to 15 minutes. When done, remove the pot from the heat and fluff the quinoa with a fork.
- 02** Heat a pan over medium-low heat and make scrambled eggs. Remove and place on a plate.
- 03** Add the spinach to the same pan and heat over low until wilted. Remove from heat.
- 04** Add quinoa to a bowl and add the eggs, greens, cherry tomatoes and mashed avocado. Season to taste with salt. Enjoy!

NOTES

PREP AHEAD

Make the quinoa in advance and used hard boiled eggs to save time.

EXTRA NUTRIENTS

Top with sprouts or microgreens.

Deli Snack Box

12 SERVINGS 5 MINUTES



INGREDIENTS

- 3 cups Pumpkin Seeds
- 1 1/3 lbs Whole Grain Crackers
- 6 cups Cherry Tomatoes
- 10 1/2 ozs Cheddar Cheese (cubed or sliced)
- 2 2/3 lbs Sliced Turkey Breast
- 12 Egg (hard boiled)

DIRECTIONS

- 01 Place pumpkin seeds in a small container, and wrap the turkey slices into rolls. Assemble all ingredients into a storage container and refrigerate until ready to eat.

NOTES

STORAGE

Refrigerate up to 3 days.

MODIFICATIONS

Swap any ingredient out for chickpeas, assorted beans, baked chicken, deli meat, or our Marinated Baked Tofu recipe instead.

Hummus & Veggies Snack Box

8 SERVINGS 5 MINUTES



INGREDIENTS

- 4 Red Bell Pepper (sliced)
- 16 stalks Celery (cut into small stalks)
- 2 2/3 cups Blueberries
- 2 cups Hummus

DIRECTIONS

- 01 Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

NOTES

STORAGE

Refrigerate in an airtight container up to 3 days.

NO HUMMUS

Use guacamole or a ready-made dip instead.

Apple with Sunflower Seed Butter

4 SERVINGS 5 MINUTES



INGREDIENTS

4 Apple (medium, cored and sliced)
1/2 cup Sunflower Seed Butter

DIRECTIONS

01 Arrange the apple slices on a plate with sunflower seed butter. Dip and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up four days.

Hummus Dippers

16 SERVINGS 15 MINUTES



INGREDIENTS

4 Yellow Bell Pepper
4 Carrot
16 stalks Celery
4 cups Hummus

DIRECTIONS

- 01 Slice your pepper, carrot and celery into sticks.
- 02 Line up 4 small mason jars (we like to use size 250 ml). Fill the bottom of each with $\frac{1}{4}$ 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.

NOTES

HOMEMADE

Make your own hummus! Check out our Sweet Potato Hummus or Green Pea Hummus recipes.

MIX IT UP

Substitute in different veggies like cucumber or zucchini.

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

DIRECTIONS

01 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.

Yogurt with Pear

8 SERVINGS 5 MINUTES



INGREDIENTS

4 Pear (halved and cored)
8 cups Plain Greek Yogurt

DIRECTIONS

01 Divide yogurt into bowls. Top with pear and enjoy!

NOTES

DAIRY-FREE

Use coconut or almond yogurt instead of Greek yogurt.

NO PEAR

Use any type of fresh fruit instead.

LIKES IT SWEET

Drizzle with honey or maple syrup.

Herbed Chicken Tenders with Honey Dijon

8 SERVINGS 40 MINUTES



INGREDIENTS

- 2 lbs Chicken Breast (skinless, boneless, sliced into strips)
- 1/4 cup Avocado Oil (divided)
- 1 cup Oats (quick)
- 2 tbsps Italian Seasoning
- 1 tsp Sea Salt
- 12 Carrot (medium, peeled and sliced into fries)
- 1/2 cup Dijon Mustard
- 1/3 cup Raw Honey

DIRECTIONS

- 01 Preheat oven to 400°F (204°C) and line two baking sheets with parchment paper. Brush chicken strips with half of the avocado oil.
- 02 Combine the oats, Italian seasoning, and sea salt and spread over a small plate. Press both sides of the chicken strips into the oat/spice mixture to coat, then lay on baking sheet.
- 03 Toss the carrot sticks in remaining avocado oil. Spread across the other baking sheet.
- 04 Place both pans in the oven and bake for 30 minutes, flipping the chicken and tossing the carrot fries halfway through.
- 05 Meanwhile, combine the Dijon and raw honey in a small bowl to make the sauce. Mix well and set aside.
- 06 To serve, divide the chicken tenders and carrot fries between plates and serve with honey Dijon dipping sauce. Enjoy!

NOTES

NO QUICK OATS

Place rolled oats in your blender or food processor. Pulse a few times to break them up. Or use almond flour

NO CARROTS

Use sweet potatoes instead

LEFTOVERS

Keeps well in the fridge up to 3 days.

One Pot Taco Pasta

8 SERVINGS 40 MINUTES



INGREDIENTS

1 1/3 tbsps Extra Virgin Olive Oil
1 1/3 lbs Extra Lean Ground Beef
5 1/3 stalks Green Onion (finely chopped)
2 2/3 Garlic (cloves, minced)
1 1/3 tsps Cumin (ground)
1 1/3 tsps Chili Powder
1/3 tsp Sea Salt
1 1/3 Tomato (large, diced)
2/3 cup Frozen Corn (thawed)
2/3 cup Black Beans (cooked, from the can)
1 1/3 Red Bell Pepper (diced)
3 1/3 cups Organic Chicken Broth
1 1/3 cups Organic Salsa
2 2/3 cups Brown Rice Pasta Shells (dry, uncooked)

DIRECTIONS

- 01 Heat oil in a large skillet with a tight-fitting lid over medium-high heat. Add the beef, and break it up with a wooden spoon or spatula as it cooks. Once it is cooked through and no longer pink, drain any excess drippings.
- 02 Add onions and garlic to the pan with the beef and cook for 3 to 5 minutes or until onions are translucent.
- 03 Add cumin, chili powder, salt, diced tomato, corn, black beans and bell pepper to the pot and stir to incorporate with the meat. Cook the vegetables for 2 to 3 minutes.
- 04 Stir in the broth, salsa and pasta. Bring everything to a boil, then cover and reduce heat to medium-low. Let simmer for 12 to 15 minutes or until pasta is cooked through and tender. Stir every 3 to 4 minutes as it cooks, to ensure the pasta isn't sticking to the bottom of the pan.
- 05 Remove from heat, divide into bowls and serve immediately. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

NO GROUND BEEF

Use ground chicken or turkey instead.

VEGAN & VEGETARIAN

Swap the ground meat out for cooked lentils.

OPTIONAL TOPPINGS

Grated cheese, sour cream, avocado, fresh lime, cilantro or extra salsa.

LIKES IT SPICY

Stir in a chopped jalapeno and a pinch of cayenne with the other vegetables and spices.

NO BROWN RICE PASTA SHELLS

Use any other type of pasta or pasta shell instead like whole wheat penne or chickpea fusilli.

Honey Chili Meatballs

8 SERVINGS 30 MINUTES



INGREDIENTS

2 lbs Extra Lean Ground Chicken
1 Yellow Onion (medium, chopped)
4 Garlic (cloves, minced)
2 Egg
2 tsps Sea Salt (divided)
1/2 tsp Black Pepper
1/4 cup Coconut Oil
1 cup Organic Chicken Broth
2/3 cup Tomato Paste
1/2 cup Raw Honey
2 tbsps Apple Cider Vinegar
1 tbsps Chili Powder
1/2 tsp Paprika
1/2 tsp Ground Mustard

DIRECTIONS

- 01 Preheat oven to 350°F (177°C).
- 02 In a large bowl, combine ground chicken, onion, garlic, egg, half the salt, and black pepper. Form mixture into meatballs, about 1 1/2 inches thick.
- 03 Melt coconut oil in a large oven-safe pan or skillet over medium-high heat. Add meatballs and cook until browned, about 5 minutes. Transfer to oven and bake for an additional 20 minutes or until cooked through.
- 04 Meanwhile in a medium saucepan, combine chicken broth, tomato paste, honey, apple cider vinegar, chili powder, paprika, ground mustard and remaining salt. Bring to a boil then reduce heat and simmer for 5 minutes, stirring occasionally. Adjust seasoning if needed.
- 05 Remove meatballs from the oven. Evenly coat meatballs with sauce and divide into bowls. Top with chopped green onions (optional). Enjoy!

NOTES

LIKES IT SPICY

Add more chili powder to the tomato sauce or sprinkle with red pepper flakes.

SERVE THEM WITH

Brown rice pasta, quinoa, couscous, rice or rye bread to make it a meal. Or serve them alone as an appetizer.

LEFTOVERS

Refrigerate in an air-tight container up to 3 days or freeze up to 2-4 months (cooked or uncooked).

SLOW COOKER VERSION

Add formed meatballs with sauce and cook on low for 6-8 hours.

SERVING SIZE

A 4-serving recipe yields about 16 meatballs. This can be stretched to 8 servings if using as an appetizer.

Broccoli & Rice

8 SERVINGS 25 MINUTES



INGREDIENTS

2 cups Jasmine Rice (dry, rinsed)

8 cups Broccoli (chopped into florets)

DIRECTIONS

- 01 Cook the jasmine rice according to the directions on the package.
- 02 Meanwhile, set the broccoli florets in a steaming basket over boiling water and cover. Steam for about 5 minutes, or until tender.
- 03 Divide the rice and broccoli into bowls or containers. Enjoy!

NOTES

NO RICE

Use quinoa, brown rice, couscous, barley or cauliflower rice instead.

STORAGE

Refrigerate in an airtight container up to 4 days.

SERVING SIZE

One serving is equal to approximately 1 cup of broccoli florets, and 1.25 cups of cooked rice.

Penne with Red Lentil Bolognese Sauce

8 SERVINGS 40 MINUTES



INGREDIENTS

- 2/3 Yellow Onion (finely chopped)
- 5 1/3 Garlic (clove, minced)
- 1/3 cup Water
- 2 tsp Oregano
- 2/3 tsp Sea Salt
- 1/3 tsp Red Pepper Flakes
- 1 1/3 cups Dry Red Lentils (rinsed)
- 2 2/3 tbsps Tomato Paste
- 4 cups Organic Vegetable Broth
- 1 1/3 cups Tomato Sauce
- 2 2/3 tbsps Balsamic Vinegar (divided)
- 6 2/3 cups Brown Rice Penne
- 2 2/3 tbsps Nutritional Yeast (optional)

DIRECTIONS

- 01 To a pot over medium heat add the onion, garlic and water. Cook until the onion begins to soften and water evaporates. Add the oregano, salt and red pepper flakes and cook for an additional minute.
- 02 Stir in the lentils and tomato paste. Add the vegetable broth, tomato sauce and half of the balsamic vinegar and stir to mix well. Bring the sauce to a gentle boil then reduce heat and simmer for about 30 minutes or until lentils are tender. Stir in the remaining balsamic vinegar and continue to simmer for 2 to 3 minutes more. Season with additional salt if needed.
- 03 Meanwhile, cook the pasta according to package directions. Reserve some of the starchy cooking liquid before draining the pasta.
- 04 To assemble, set half of the lentil sauce aside. Stir the reserved cooking liquid into the lentil sauce, adding a little at a time until your desired thickness is reached. Toss the cooked penne noodles with the sauce. Divide the pasta between plates and top with the remaining lentil sauce and nutritional yeast, if using. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

MORE FLAVOR

Use your favorite marinara sauce instead of tomato sauce. Add a drizzle of honey or freshly chopped basil or oregano at the end.

ADDITIONAL TOPPINGS

Top with extra red pepper flakes or fresh oregano.

NO PENNE

Use your favorite noodles or spiralized vegetables instead.

Classic Tacos

4 SERVINGS 25 MINUTES



INGREDIENTS

- 8 Corn Tortilla
- 1 tbsp Avocado Oil
- 1 lb Extra Lean Ground Beef
- 1 tsp Onion Powder
- 1/2 tsp Garlic Powder
- 1/2 tsp Sea Salt
- 1/2 tsp Cumin
- 1/2 head Green Lettuce (small, finely chopped)
- 2 Tomato (medium, diced)

DIRECTIONS

- 01 Prepare tortillas according to instructions on the package.
- 02 Heat a large skillet over medium heat. Add the avocado oil and the beef, stirring to break it up as it cooks. Add the onion powder, garlic powder, salt and cumin to the pan. Once the beef is cooked through, remove from heat.
- 03 Add the ground beef, lettuce and tomatoes to the center of each tortilla. Fold in half and enjoy immediately.

NOTES

SERVING SIZE

One serving is equal to two tacos.

STORAGE

Keep all ingredients refrigerated separately. Refrigerate ground beef in an airtight container up to 2 to 3 days.

MORE TOPPINGS

Add shredded cheese, avocado, salsa, plain Greek yogurt, olives, red onions, cilantro or roasted corn.

NO GROUND BEEF

Use ground turkey, chicken, pork or lamb instead.

VEGAN & VEGETARIAN

Use lentils instead of ground meat.

Chocolate Almond Butter Smoothie Bowl

2 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Unsweetened Almond Milk
1/2 cup Chocolate Protein Powder
1/2 cup Frozen Cauliflower
1 Zucchini (chopped, frozen)
2 Banana (divided)
2 tbsps Almond Butter
1/4 cup Cacao Powder
2 tbsps Chia Seeds
1/2 cup Raspberries
1/4 cup Granola (for topping, optional)

DIRECTIONS

- 01 Add almond milk, protein powder, cauliflower, zucchini, half the banana, almond butter, cacao powder and chia seeds into a high-speed blender and blend until smooth.
- 02 Pour into a bowl and top with remaining banana, raspberries and granola, if using. Serve and enjoy!

NOTES

NUT-FREE

Use sunflower seed butter instead of almond butter and coconut milk or hemp seed milk instead of almond milk.

MORE FLAVOR

Add cinnamon to your smoothie base.

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder.

NO SMOOTHIE BOWL

Drink as a regular smoothie instead.

SMOOTHIE CONSISTENCY

For a creamier texture, use a frozen banana.

Avocado Mango Green Smoothie Bowl

2 SERVINGS 5 MINUTES



INGREDIENTS

- 1 Avocado
- 2 cups Frozen Mango
- 2 cups Baby Spinach
- 1/4 cup Collagen Powder
- 1 1/2 cups Unsweetened Almond Milk
- 1 Kiwi (peeled and sliced)
- 1 cup Blueberries (fresh or frozen)
- 2 tbsps Hemp Seeds

DIRECTIONS

- 01 Throw the avocado, frozen mango, baby spinach, protein powder and almond milk into a blender. Blend well until smooth.
- 02 Pour into a bowl and top with kiwi, blueberries, hemp seeds and any other favourite toppings. Enjoy!

NOTES

TOPPING IDEAS

Fruit, nuts, fresh herbs, coconut, hemp hearts, granola, ground flax or chia seeds.

TURN IT INTO A SMOOTHIE

Add more almond milk for a thinner consistency.

Chocolate Cauliflower Shake

2 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Frozen Cauliflower
2 Banana (frozen)
2 tbsps Almond Butter
1/4 cup Cacao Powder
2 tbsps Collagen Powder
2 cups Unsweetened Almond Milk
1 tbsp Maca Powder, Optional (Maca is a energy and stamina boosting herb.)

DIRECTIONS

01 In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

NOTES

LIKES IT SWEETER

Add a pitted medjool date.

WHAT IS MACA POWDER

Maca powder is an adaptogenic food. This root Maca root has traditionally been used to balance hormones and to improve energy and stamina. This ingredient is optional, you can leave it out or use cinnamon instead.

Strawberry Almond Protein Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

- 1 1/2 cups Strawberries (frozen)
- 1/2 Banana (small, frozen)
- 2 tbsps Collagen Powder
- 1 1/2 tbsps Almond Butter
- 1 tbsp Ground Flax Seed
- 1 1/4 cups Unsweetened Almond Milk

DIRECTIONS

- 01 Add all ingredients to a high speed blender and blend until smooth and creamy. Pour into a glass and enjoy!

NOTES

NUT-FREE

Use sunflower seed butter instead of almond butter and coconut milk instead of almond milk.

NO ALMOND MILK

Use coconut milk or cashew milk instead.

SMOOTHIE CONSISTENCY

If the smoothie is too thick, thin with more almond milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.

MORE FIBER

Add in some chopped leafy greens like spinach or kale.

Mango Coconut Green Smoothie

2 SERVINGS 10 MINUTES



INGREDIENTS

1/2 cup Frozen Cauliflower
1/2 cup Frozen Broccoli
1 cup Frozen Mango
2 cups Unsweetened Almond Milk
1/2 cup Organic Coconut Milk (full fat)
4 ozs Collagen Powder
2 tbsps Coconut Butter

DIRECTIONS

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

NOTES

COCONUT BUTTER

Also called "Coconut Manna". Coconut butter is the ground meat of the whole coconut. If you do not have it on hand, you can use cashew, almond, or sunflower seed butter instead.

NO PROTEIN POWDER

Use hemp seeds instead.