





Creamy Broccoli Salad

4 servings

20 minutes

Ingredients

- 8 cups Broccoli (chopped into florets)
- 1/4 cup Red Onion (finely sliced)
- 1/4 cup Tahini
- 1 Lemon (juiced)
- 2 tbsps Extra Virgin Olive Oil
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 2 tbsps Water
- 1/3 cup Sunflower Seeds

Nutrition

Amount per serving	
Calories	280
Fat	21g
Saturated	3g
Polyunsaturated	8g
Monounsaturated	9g
Carbs	20g
Fiber	8g
Protein	10g
Vitamin A	1147IU
Vitamin C	168mg
Calcium	162mg
Vitamin D	0IU
Vitamin K	190µg
Riboflavin	0.3mg
Vitamin B6	0.4mg
Folate	159µg
Vitamin B12	0µg
Magnesium	68mg
Zinc	2mg

Directions

- 1 Bring a large pot of water to a boil and drop in your broccoli florets. Cover with a lid and boil for 2 - 3 minutes, or just until slightly tender. Strain and run under cold water.
- 2 Roughly chop the florets into pieces and add them to a large mixing bowl. Add in the red onion.
- 3 In a small jar, add the tahini, lemon juice, olive oil, sea salt, black pepper and water. Shake vigorously until well combined. Pour over the salad and toss well.
- 4 Sprinkle sunflower seeds over top of the salad and serve. Enjoy!

Notes

Likes it Sweet: Add dried cranberries or diced apple.

Meat Lover: Add bacon.



Raw Cauliflower Salad

6 servings

25 minutes

Ingredients

- 1 head Cauliflower (sliced into thin pieces)
- 1 cup Radishes (thinly sliced)
- 2 Carrot (thinly sliced)
- 1/4 cup Almond Butter
- 2 tbsps Lime Juice
- 1 Garlic (clove, minced)
- 1/4 cup Water
- 1 1/2 tsps Sesame Oil
- 1 tbsp Tamari
- 1 tsp Coconut Sugar
- 2 stalks Green Onion (chopped)
- 1/4 cup Mint Leaves (chopped)

Nutrition

Amount per serving	
Calories	117
Fat	7g
Saturated	1g
Polyunsaturated	2g
Monounsaturated	4g
Carbs	11g
Fiber	4g
Protein	5g
Vitamin A	3606IU
Vitamin C	54mg
Calcium	77mg
Vitamin D	0IU
Vitamin K	25µg
Riboflavin	0.2mg
Vitamin B6	0.2mg

Directions

- 1 Place the chopped cauliflower, radishes and carrots in a large bowl.
- 2 Add the almond butter, lime juice, garlic, water, sesame oil, tamari and coconut sugar to a blender. Blend until smooth and creamy.
- 3 Toss the sauce with the veggies and coat well. Top with green onion and mint. Serve and enjoy!

Notes

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

Nut-Free: Use sunflower seed butter instead of almond butter.

More Flavor: Add chili flakes or hot sauce.

Additional Toppings: Top with extra chopped almonds, roasted chickpeas, shredded chicken or tofu.

Folate	74µg
Vitamin B12	0µg
Magnesium	52mg
Zinc	1mg



Strawberry Quinoa Arugula Salad

4 servings

40 minutes

Ingredients

- 1/2 cup Quinoa (uncooked)
- 2 tbsps Tahini
- 1 tbsp Maple Syrup
- 1 1/2 tsps Lemon Juice
- 1 tbsp Water (warm)
- 1/8 tsp Sea Salt
- 6 cups Arugula
- 1/4 cup Sunflower Seeds
- 1 cup Strawberries (chopped)

Nutrition

Amount per serving	
Calories	202
Fat	10g
Saturated	1g
Polyunsaturated	5g
Monounsaturated	3g
Carbs	25g
Fiber	4g
Protein	7g
Vitamin A	725IU
Vitamin C	27mg
Calcium	107mg
Vitamin D	0IU
Vitamin K	34µg
Riboflavin	0.2mg
Vitamin B6	0.2mg
Folate	104µg
Vitamin B12	0µg
Magnesium	79mg
Zinc	2mg

Directions

- 1 Cook the quinoa according to package directions. Let cool.
- 2 In a large mixing bowl whisk together the tahini, maple syrup, lemon juice, water and salt. Season the dressing with additional salt or lemon juice if needed.
- 3 Pour the dressing over the arugula and toss to coat evenly. Fold in the cooked quinoa, sunflower seeds and strawberries. Transfer to plates and serve immediately. Enjoy!

Notes

Meal Prep: For best results, store all items separately in the fridge and assemble the salad just before serving.

No Arugula: Use baby spinach instead.

No Sunflower Seeds: Use pumpkin seeds, hemp seeds or chopped walnuts instead.



Roasted Sweet Potato & Brussels Sprouts Salad

4 servings

30 minutes

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 Lentils (cooked, drained and rinsed)
- 8 cups Baby Spinach (chopped)

Nutrition

Amount per serving	
Calories	355
Fat	12g
Saturated	2g
Polyunsaturated	4g
Monounsaturated	6g
Carbs	50g
Fiber	16g
Protein	17g
Vitamin A	15576IU
Vitamin C	95mg
Calcium	205mg
Vitamin D	0IU
Vitamin K	450µg

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 your choice of protein. Chickpeas, grilled chicken or ground meat work well.

Riboflavin	0.4mg
Vitamin B6	0.6mg
Folate	371µg
Vitamin B12	0µg
Magnesium	135mg
Zinc	3mg



Brussels Sprouts Salad with Grainy Mustard Dressing

4 servings

10 minutes

Ingredients

5 cups Brussels Sprouts (trimmed, thinly sliced)

1 1/3 tbsps Whole Grain Mustard

2 tbsps Apple Cider Vinegar

Nutrition

Amount per serving	
Calories	51
Fat	0g
Saturated	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	10g
Fiber	4g
Protein	4g
Vitamin A	829IU
Vitamin C	94mg
Calcium	47mg
Vitamin D	0IU
Vitamin K	195µg
Riboflavin	0.1mg
Vitamin B6	0.2mg
Folate	67µg
Vitamin B12	0µg
Magnesium	26mg
Zinc	0mg

Directions

- 1 Gently toss all ingredients in a mixing bowl until well combined. Divide onto plates and enjoy!

Notes

Storage: Refrigerate in an airtight container up to 5 days.

Warm It Up: Lightly steam all of the ingredients in a large pan with some water until tender then serve.



Mango, Edamame & Cabbage Salad with Peanut Sauce

2 servings

15 minutes

Ingredients

- 2 tbsps All Natural Peanut Butter
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Rice Vinegar
- 1 1/2 tsps Tamari
- 2 tbsps Raw Honey
- 2 cups Purple Cabbage (finely sliced)
- 1 cup Frozen Edamame (thawed)
- 1 cup Frozen Mango (thawed)
- 1/4 cup Raw Peanuts (roughly chopped)

Nutrition

Amount per serving	
Calories	553
Fat	35g
Saturated	5g
Polyunsaturated	8g
Monounsaturated	20g
Carbs	50g
Fiber	10g
Protein	20g
Vitamin A	2117IU
Vitamin C	85mg
Calcium	124mg
Vitamin D	0IU
Vitamin K	66µg
Riboflavin	0.3mg
Vitamin B6	0.5mg
Folate	351µg
Vitamin B12	0µg
Magnesium	132mg
Zinc	2mg

Directions

- 1 In a large salad bowl, whisk together the peanut butter, olive oil, rice vinegar, tamari and honey until well combined.
- 2 Add remaining ingredients and toss until evenly coated. Enjoy immediately or let marinate overnight.

Notes

Nut-Free: Use tahini instead of peanut butter. Top with sesame seeds or hemp hearts instead of peanuts.

No Cabbage: Use coleslaw mix, mixed greens, kale or spinach instead.

No Rice Vinegar: Use apple cider vinegar instead.

Extra Flavour: Add lime juice, red pepper flakes, minced garlic, grated ginger, sliced carrots and/or chopped cilantro.

Leftovers: Refrigerate in an air-tight container up to 3 to 4 days.



Crunchy Cabbage Salad with Chicken

4 servings

20 minutes

Ingredients

340 grams Chicken Breast (skinless and boneless)
 2 tsps Onion Powder
 2 tsps Sesame Seeds
 1/2 tsp Sea Salt (divided)
 1 tsp Avocado Oil
 2 tsps Extra Virgin Olive Oil
 2 tsps Rice Vinegar
 2 tsps Sesame Oil
 1 1/2 tsps Coconut Sugar
 3 cups Purple Cabbage (chopped)
 3 cups Kale Leaves (de-stemmed and shredded)
 3 Carrot (thinly sliced)
 1/3 cup Cashews (roughly chopped)

Nutrition

Amount per serving	
Calories	319
Fat	19g
Saturated	3g
Polyunsaturated	4g
Monounsaturated	11g
Carbs	16g
Fiber	4g
Protein	23g
Vitamin A	9171IU
Vitamin C	56mg
Calcium	114mg
Vitamin D	1IU
Vitamin K	101µg

Directions

- 1 Coat the chicken with the onion powder, sesame seeds and sea salt. Heat a skillet over medium heat. Add the avocado oil and chicken. Cook for 6 to 7 minutes and then flip. Continue to cook until the chicken is cooked through. Remove and let cool, and then slice and set aside.
- 2 Whisk the extra virgin olive oil, rice vinegar, sesame oil and coconut sugar in a small bowl.
- 3 Add the cabbage, kale and carrots to a large bowl. Add the dressing and massage it in. Top the salad with chicken and cashews and lightly toss. Divide between bowls and enjoy!

Notes

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

Nut-Free: Omit the cashews or use pumpkin seeds instead.

Make it Vegan: Top with tofu or chickpeas instead of chicken.

No Avocado Oil : Use extra virgin olive oil instead.

No Coconut Sugar: Use brown sugar or maple syrup instead.

Riboflavin	0.3mg
Vitamin B6	1.0mg
Folate	48µg
Vitamin B12	0.2µg
Magnesium	82mg
Zinc	2mg



Lemony Kale & Cauliflower Salad

4 servings

15 minutes

Ingredients

- 1/2 cup Lemon Juice
- 1/2 tsp Garlic Powder
- 1/4 tsp Sea Salt
- 3 cups Kale Leaves (finely chopped)
- 1/2 cup Parsley (chopped)
- 1/2 cup Green Olives (pitted, chopped)
- 1/2 head Cauliflower (small, chopped into florets)
- 2 tbsps Extra Virgin Olive Oil

Nutrition

Amount per serving	
Calories	114
Fat	9g
Saturated	1g
Polyunsaturated	1g
Monounsaturated	6g
Carbs	8g
Fiber	3g
Protein	2g
Vitamin A	1455IU
Vitamin C	72mg
Calcium	84mg
Vitamin D	0IU
Vitamin K	202µg
Riboflavin	0.1mg
Vitamin B6	0.2mg
Folate	70µg
Vitamin B12	0µg
Magnesium	23mg
Zinc	0mg

Directions

- 1 In a mixing bowl combine the lemon juice, garlic powder and salt. Add in the kale to the mixing bowl and use your hands to massage the lemon juice into the kale leaves. Mix in the parsley and olives. Set aside.
- 2 Add the cauliflower florets to a food processor and pulse until the cauliflower has a rice-like consistency. Do this in batches, if needed.
- 3 Add the cauliflower and oil to the kale mixture and stir to mix well. Season with additional salt, if needed. Enjoy!

Notes

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

Serving Size: One serving is approximately 1 cup of salad.

More Flavor: Add chopped tomatoes, peppers or black olives. Serve with lemon wedges.

Meal Prep: Make the cauliflower rice head of time or use store-bought cauliflower rice instead.



Roasted Mini Potato & Kale Salad

4 servings

35 minutes

Ingredients

- 2 cups Mini Potatoes (halved)
- 1/2 cup Red Onion (sliced)
- 1/2 tsp Paprika
- 1/2 tsp Chili Powder
- 1 tsp Avocado Oil
- 1/4 tsp Sea Salt (divided)
- 1/4 cup Tahini
- 1/4 cup Lemon Juice (divided)
- 1 tsp Maple Syrup
- 1/3 cup Water
- 1 tbsp Extra Virgin Olive Oil
- 4 cups Kale Leaves (washed, chopped)

Nutrition

Amount per serving	
Calories	212
Fat	13g
Saturated	2g
Polyunsaturated	4g
Monounsaturated	6g
Carbs	22g
Fiber	4g
Protein	5g
Vitamin A	1264IU
Vitamin C	42mg
Calcium	137mg
Vitamin D	0IU
Vitamin K	86µg
Riboflavin	0.2mg
Vitamin B6	0.3mg
Folate	46µg

Directions

- 1 Preheat the oven to 425°F (218°C). Line a baking sheet with parchment paper.
- 2 In a large bowl, add the potatoes, red onion, paprika, chili powder, avocado oil and half the sea salt. Toss to coat and add them to the baking sheet. Cook for 20 minutes, remove, flip the potatoes and bake for 10 minutes more.
- 3 In a blender or a bowl, whisk together the tahini, half the lemon juice, maple syrup, water, extra virgin olive oil and remaining sea salt.
- 4 In a salad bowl, massage the kale with the remaining lemon juice. Top with the potatoes and drizzle the tahini dressing on top. Serve and enjoy!

Notes

Leftovers: For best results, store the salad and dressing separately. Refrigerate the salad in an airtight container for up to two days. Refrigerate the dressing for up to seven days.

More Flavor: Add fresh garlic to the tahini dressing.

Additional Toppings: Top with a protein of your choice to make it a full meal, such as roasted chickpeas, baked tofu, diced chicken or canned tuna.

No Avocado Oil: Use olive oil instead.

Vitamin B12	0µg
Magnesium	43mg
Zinc	1mg