





Sweet Potato Noodles with Spinach & Corn

2 servings

15 minutes

Ingredients

- 2 Sweet Potato (small, spiralized)
- 1 cup Frozen Corn
- 2 cups Baby Spinach
- 1/4 cup Pumpkin Seeds
- 1/4 cup Extra Virgin Olive Oil
- 1 tbsp Water
- 1 tsp Chili Powder
- 1 Garlic (clove, minced)
- 1/4 cup Orange Juice
- 2 tbsps Lime Juice
- 1/4 tsp Sea Salt
- 1/4 cup Cilantro (chopped)

Nutrition

Amount per serving	
Calories	523
Fat	35g
Saturated	5g
Polyunsaturated	5g
Monounsaturated	23g
Carbs	51g
Fiber	9g
Protein	9g
Vitamin A	22020IU
Vitamin C	35mg
Calcium	96mg
Vitamin D	0IU
Vitamin K	171µg
Riboflavin	0.2mg
Vitamin B6	0.5mg
Folate	114µg

Directions

- 1 In a pan over medium heat, add the sweet potato noodles and cook for 5 to 7 minutes or until cooked through. Remove and set aside. In the same pan, add the corn and cook for 2 to 3 minutes. Remove and set aside.
- 2 To the same pan, add the spinach and cook until just wilted and then set aside. Next, add the pumpkin seeds and toast them for 2 to 3 minutes.
- 3 In a blender or food processor, add the extra virgin olive oil, water, chili powder, garlic, orange juice, lime juice and sea salt. Blend until combined.
- 4 Add the sweet potato noodles, corn and spinach back to the same pan. Add the dressing on top and toss to coat. Divide between plates and top with chopped cilantro. Enjoy!

Notes

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

More Flavor: For more heat, chop up canned chipotle peppers in adobo sauce or top with red pepper flakes.

Additional Toppings: Add cooked protein such as shredded chicken, tofu or smoked salmon.

No Blender or Food Processor: Whisk the sauce ingredients in a small bowl or shake vigorously in a mason jar.



Cucumber & Carrot Sesame Salad

2 servings

15 minutes

Ingredients

- 1 Cucumber (large)
- 2 Carrot
- 1 tbsp Sesame Oil
- 1 tbsp Rice Vinegar
- 1 1/2 tsps Tamari
- 1 tsp Raw Honey
- 1 tbsp Sesame Seeds

Nutrition

Amount per serving	
Calories	146
Fat	9g
Saturated	1g
Polyunsaturated	4g
Monounsaturated	4g
Carbs	15g
Fiber	3g
Protein	3g
Vitamin A	10349IU
Vitamin C	8mg
Calcium	89mg
Vitamin D	0IU
Vitamin K	34µg
Riboflavin	0.1mg
Vitamin B6	0.2mg
Folate	27µg
Vitamin B12	0µg
Magnesium	44mg
Zinc	1mg

Directions

- 1 Spiralize the cucumber and the carrots into noodles. Place in a bowl and set aside.
- 2 Whisk together the sesame oil, vinegar, tamari and honey in a small bowl.
- 3 Drizzle the dressing over the noodles and top with sesame seeds. Enjoy!

Notes

Leftovers: Store the noodles and dressing separately to prevent the cucumber noodles from giving off too much water. Keep refrigerated in an airtight container for up to two days.

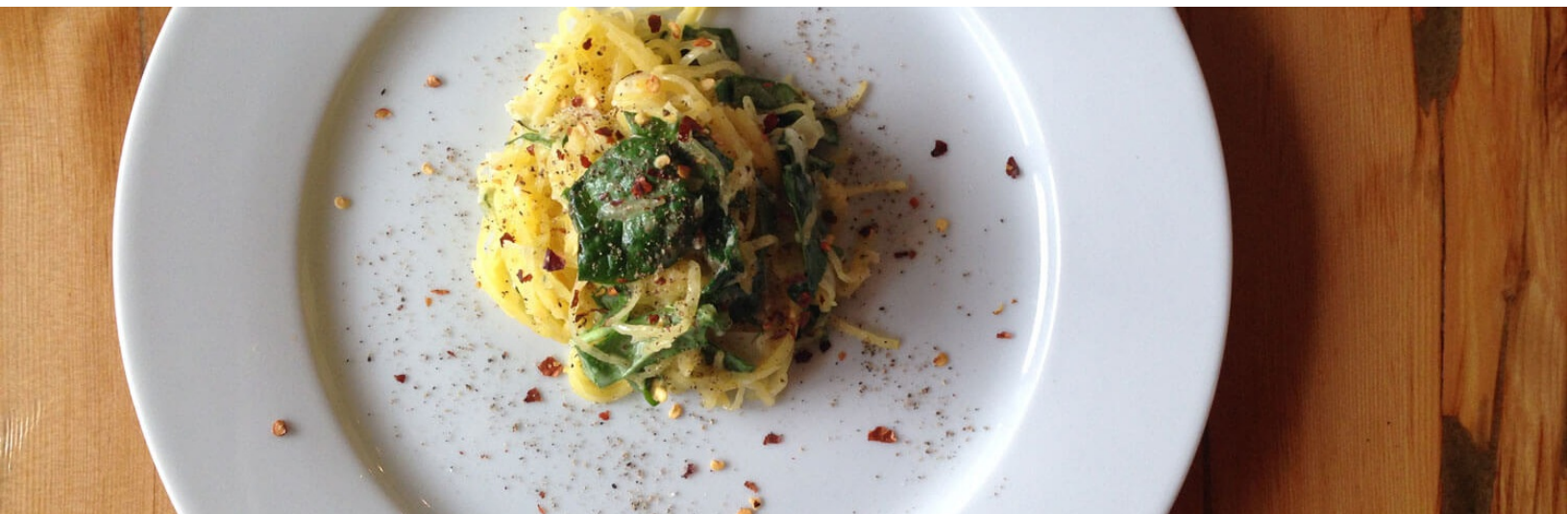
More Flavor: Add chopped peanuts or chili flakes.

Additional Toppings: Top with cooked chicken, tofu or roasted chickpeas to turn it into a full meal.

Make it Vegan: Use maple syrup instead of honey.

Cucumbers: To avoid excess moisture, you can compress and strain the spiralized cucumber in a sieve or tea towel to drain.

Sesame Oil: Use regular or toasted sesame oil.



Creamy Spaghetti Squash

4 servings

1 hour

Ingredients

- 1 Spaghetti Squash
- 1 1/2 tsps Coconut Oil
- 1/2 Sweet Onion (finely diced)
- 3 Garlic (cloves, minced)
- 1/2 cup Canned Coconut Milk
- 2 cups Baby Spinach
- 1 tsp Red Pepper Flakes
- Sea Salt & Black Pepper (to taste)
- 227 grams Chicken Breast, Cooked

Nutrition

Amount per serving	
Calories	218
Fat	9g
Saturated	7g
Polyunsaturated	1g
Monounsaturated	1g
Carbs	17g
Fiber	2g
Protein	20g
Vitamin A	2008IU
Vitamin C	19mg
Calcium	67mg
Vitamin D	1IU
Vitamin K	73µg
Riboflavin	0.2mg
Vitamin B6	0.9mg
Folate	57µg
Vitamin B12	0.1µg
Magnesium	71mg
Zinc	1mg

Directions

- 1 Preheat oven to 375°F (191°C). Carefully cut the spaghetti squash in half lengthwise and carve out the seeds. Place the halves on a parchment paper lined baking sheet flesh side up. Brush with olive oil and sprinkle with sea salt and pepper. Cook the squash in the oven for 45 to 50 minutes.
- 2 In the meantime, in a saucepan heat the coconut oil over medium-low heat. Sautee your finely diced onion until golden. Then add in minced garlic and stir until fragrant (about 2 minutes). Add coconut milk and continue to stir until slightly thickened (5 to 6 minutes).
- 3 Remove your spaghetti squash from oven and let cool for 5 minutes. Stand each half up vertically and scrape out the flesh using a fork. It should come out as string-like noodles.
- 4 In a mixing bowl, toss the spaghetti squash with the cream sauce. Add the shredded baby spinach and mix well. Plate and sprinkle with desired amount of red pepper flakes, sea salt and pepper. Top with your strips of sliced oven baked chicken breast and enjoy!



Zucchini Noodles with Creamy Avocado Sauce

4 servings

10 minutes

Ingredients

- 1 cup Basil Leaves (plus additional for garnish)
- 1 Avocado
- 1/4 cup Extra Virgin Olive Oil
- 2 tbsps Lemon Juice
- 1/4 cup Pumpkin Seeds (plus additional for garnish)
- 1 tbsp Nutritional Yeast
- 1/4 tsp Sea Salt
- 3 tbsps Water
- 4 Zucchini (large)
- 1 cup Cherry Tomatoes (halved)

Nutrition

Amount per serving	
Calories	290
Fat	25g
Saturated	4g
Polyunsaturated	4g
Monounsaturated	16g
Carbs	15g
Fiber	7g
Protein	7g
Vitamin A	1335IU
Vitamin C	50mg
Calcium	68mg
Vitamin D	0IU
Vitamin K	74µg
Riboflavin	2.1mg
Vitamin B6	2.4mg
Folate	102µg
Vitamin B12	8.4µg

Directions

- 1 In a blender or food processor, add the basil, avocado, extra virgin olive oil, lemon juice, pumpkin seeds, nutritional yeast and sea salt. Blend while slowly adding the water to thin.
- 2 Spiralize the zucchinis and add to a bowl. Toss with the avocado sauce and add the tomatoes, extra pumpkin seeds and basil. Divide between bowls and enjoy!

Notes

Leftovers: Refrigerate sauce separate from the ingredients in an airtight container for up to three days. The sauce will turn brown over time, so this dish is best enjoyed within the same day.

More Flavor: Add garlic and/or chili flakes to the sauce.

Additional Toppings: Serve with a protein of your choice such as fish, chicken or roasted chickpeas.



Spiralized Veggie Noodles with Peanut Sauce

3 servings

15 minutes

Ingredients

- 1 Zucchini (medium)
- 1 Carrot (large, peeled)
- 1 Red Bell Pepper (thinly sliced)
- 1 1/2 cups Purple Cabbage (thinly sliced)
- 1/4 cup All Natural Peanut Butter
- 2 tbsps Water
- 2 tbsps Lime Juice
- 1 tbsp Tamari
- 1 tbsp Maple Syrup
- 1 Garlic (clove, minced)
- 1 tsp Ginger (minced)
- 3 tbsps Hemp Seeds

Nutrition

Amount per serving	
Calories	253
Fat	16g
Saturated	3g
Polyunsaturated	7g
Monounsaturated	6g
Carbs	21g
Fiber	5g
Protein	11g
Vitamin A	5272IU
Vitamin C	92mg
Calcium	70mg
Vitamin D	0IU
Vitamin K	25µg
Riboflavin	0.3mg
Vitamin B6	0.5mg

Directions

- 1 Spiralize the zucchini and the carrot and transfer to a large mixing bowl with the bell pepper and cabbage. If you do not have a spiralizer, use a box grater or vegetable peeler instead.
- 2 In a mixing bowl combine the peanut butter, water, lime juice, tamari, maple syrup, garlic and ginger. Mix well to combine.
- 3 To serve, toss the veggies in the peanut sauce and top with hemp seeds. Serve immediately and enjoy!

Notes

Leftovers: For best results, refrigerate veggies and peanut sauce in separate airtight containers for up to three days.

Serving Size: One serving is equal to approximately 2 cups of veggies and 3 tablespoons of sauce.

Soy-Free: Use coconut aminos instead of tamari.

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

Additional Toppings: For extra crunch add sliced almonds, chopped peanuts or pumpkin seeds. Serve with lime slices.

More Protein: Add cooked chicken, shrimp or tofu.