

Optimal Health Week 6

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Meal Prep Coconut Flour Pancakes	Meal Prep Coconut Flour Pancakes	Bacon & Eggs Breakfast Jar	Bacon & Eggs Breakfast Jar	Banana Coconut Steel Cut Oats	Banana Coconut Steel Cut Oats	Banana Coconut Steel Cut Oats
Snack 1	Blueberry Banana Bread	Blueberry Banana Bread	Blueberry Banana Bread	Blueberry Banana Bread	Blueberry Banana Bread	Almond Butter Apple Sandwiches	Almond Butter Apple Sandwiches
Lunch	Lemon Garlic Shrimp Spaghetti Squash	Lemon Garlic Shrimp Spaghetti Squash	Garlicky Kale	Garlicky Kale	Turkey Breakfast Sausage	Turkey Breakfast Sausage	Roasted Butternut Squash Harvest Bowl
			Turkey Breakfast Sausage	Turkey Breakfast Sausage	House Salad	House Salad	
Snack 2	Apple	Apple	Almond Butter Apple Sandwiches	Almond Butter Apple Sandwiches	Apple	Carrots & Guacamole	Carrots & Guacamole
Dinner	Unstuffed Cabbage Rolls	Butter Chicken and Cauliflower Rice	Butter Chicken and Cauliflower Rice	Meal Prep Beef Fajitas	Meal Prep Beef Fajitas	Slow Cooker Moroccan Lentils	Slow Cooker Moroccan Lentils

Optimal Health Week 6

68 items

Fruits

- 13 Apple
- 2 Avocado
- 5 Banana
- 1 2/3 cups Blueberries
- 2 Lemon
- 2 1/2 Lime
- 2/3 cup Strawberries

Breakfast

- 1 cup Almond Butter
- 1/4 cup Maple Syrup
- 1 1/2 cups Steel Cut Oats

Seeds, Nuts & Spices

- 1 tbsp Chili Powder
- 1 tsp Cinnamon
- 1 tbsp Cumin
- 1 tbsp Curry Powder
- 2 tsps Dried Thyme
- 2 tsps Garam Masala
- 1/4 tsp Garlic Powder
- 1 tbsp Ground Flax Seed
- 2 tsps Ground Sage
- 2 1/3 tsps Hemp Seeds
- 1 3/4 tsps Paprika
- 3/4 cup Pecans
- 3/4 cup Pumpkin Seeds
- 1 2/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper

Vegetables

- 4 cups Arugula
- 6 cups Butternut Squash
- 8 Carrot
- 1 head Cauliflower
- 1 Cucumber
- 12 Garlic
- 2 tsps Ginger
- 1 Green Bell Pepper
- 1/2 head Green Lettuce
- 20 cups Kale Leaves
- 2 cups Mini Potatoes
- 3/4 cup Parsley
- 2 Spaghetti Squash
- 4 Tomato
- 1 Yellow Bell Pepper
- 4 Yellow Onion

Boxed & Canned

- 2 cups Dry Lentils
- 3 1/4 cups Organic Coconut Milk
- 1 1/2 cups Organic Salsa
- 1 1/8 cups Quinoa
- 1/4 cup Tomato Paste

Baking

- 1 cup Almond Flour
- 1 tsp Baking Soda
- 1 1/2 cups Coconut Flour
- 3/4 cup Dried Unsweetened Cranberries
- 1/4 cup Nutritional Yeast
- 3/4 cup Unsweetened Coconut Flakes

Bread, Fish, Meat & Cheese

- 16 ozs Beef Tenderloin
- 12 ozs Chicken Breast
- 8 Corn Tortilla
- 1 lb Extra Lean Ground Turkey
- 8 slices Organic Bacon
- 1 lb Shrimp

Condiments & Oils

- 3 tsps Apple Cider Vinegar
- 1 tsp Avocado Oil
- 1 1/2 tsps Balsamic Vinegar
- 3 1/3 tsps Coconut Oil
- 1 1/8 cups Extra Virgin Olive Oil
- 2 tsps Red Wine Vinegar
- 2 tsps Tahini
- 1 tbsp Tamari

Cold

- 21 2/3 Egg

Other

- 4 1/3 cups Water

Meal Prep Coconut Flour Pancakes

7 ingredients · 20 minutes · 4 servings



Directions

1. Melt the coconut oil in a large skillet over medium heat.
2. In a bowl, combine the coconut flour, eggs, and avocado oil. Mix well. The dough will be stiff, thick and fluffy, not like typical pancake batter.
3. Scoop out 1/4 cup servings of the dough and form it into small balls. Drop them into the pan and press down gently to form pancakes. Cook for 2 to 3 minutes per side, flipping gently.
4. Top with fresh berries, hemp seeds and any other toppings you'd like. Enjoy!

Notes

Recommended Coconut Flour

This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using a different brand of coconut flour, results may vary.

Leftovers

Keeps well in the fridge for 3 days.

Flavoured Pancakes

Mix blueberries, raspberries or chocolate chips into the dough before cooking.

Additional Toppings

Butter, ghee, coconut oil, maple syrup, honey, fruit or nut butter.

Ingredients

1 1/3 tbsps	Coconut Oil
1 1/3 cups	Coconut Flour
10 2/3	Egg
1 tsp	Avocado Oil
2/3 cup	Blueberries
2/3 cup	Strawberries (sliced)
1 1/3 tbsps	Hemp Seeds

Bacon & Eggs Breakfast Jar

7 ingredients · 20 minutes · 4 servings



Directions

1. Cook the bacon and wrap in paper towel while you prepare the rest.
2. Add half the coconut oil to a frying pan and heat over medium. Add the diced potato and cover with a lid. Saute periodically until browned (about 10 minutes). Transfer the potato to a dish, season with a bit of sea salt and black pepper and set aside.
3. Add the remaining coconut oil to the pan and scramble the eggs until cooked through (add a splash of almond milk for fluffier eggs). Transfer to a dish and set aside.
4. Add a few spoonfuls of salsa to the bottom of the jars (500 mL in size). Add in a layer of potato and top with a layer of scrambled eggs then chopped bacon. Finish off with a layer of arugula and seal the jar. When ready to eat, dump into a bowl, toss well and enjoy!

Ingredients

8 slices	Organic Bacon
1 tbsp	Coconut Oil (divided)
2 cups	Mini Potatoes (quartered)
	Sea Salt & Black Pepper (to taste)
8	Egg (whisked)
1 cup	Organic Salsa
4 cups	Arugula

Notes

Vegetarian

Replace the bacon with roasted chickpeas.

Leftovers

Store covered in the fridge up to 4 days.

The Best Bacon

Read the label. Look for quality bacon with no sugar added. Check out your local butcher.

Banana Coconut Steel Cut Oats

6 ingredients · 25 minutes · 6 servings



Directions

1. In a pot, combine your coconut milk, water and steel cut oats. Stir and place over medium-high heat and bring to a boil. Reduce heat to medium-low and let oats cook for 10 to 20 minutes depending on how crunchy you like your cereal. Stir occasionally.
2. Remove oats from heat. Add banana to the pot and mash into the cooked oats with a fork or potato masher.
3. Divide banana coconut oats between bowls. Top with your toasted pecans and coconut. Enjoy!

Notes

Make it Sweeter

Top with sliced banana or a drizzle of maple syrup.

On-the-Go

Pack the oats into mason jars and reheat before eating.

No Coconut Milk

Use unsweetened almond milk.

Ingredients

2 1/4 cups	Organic Coconut Milk (canned)
2 1/4 cups	Water
1 1/2 cups	Steel Cut Oats (uncooked)
3	Banana (very ripe)
3/4 cup	Pecans (toasted)
3/4 cup	Unsweetened Coconut Flakes (toasted)

Blueberry Banana Bread

12 ingredients · 1 hour · 10 servings



Directions

1. Preheat oven to 350.
2. Combine the dry ingredients in a mixing bowl and mix well. In a separate mixing bowl, mash the bananas with a fork until a creamy consistency forms. Add in the oil, eggs and maple syrup and mix well. Pour the dry ingredients in with the wet ingredients and mix well.
3. Gently fold in your fresh or frozen blueberries with a spatula. Distribute the blueberries evenly throughout the batter, but be careful not to over mix as this will break the berries and cause your bread to turn purple. (It will still taste just as good but may not look as pretty!)
4. Line a loaf pan with parchment paper and pour in the batter. Bake in oven for 45 - 50 minutes. Test if it is cooked through by sticking a toothpick in the middle. If it comes out clean, the bread is done. When fully cooked, lift the parchment paper out of the pan and let cool before slicing. Enjoy!

Notes

Make it Portable

These can easily be made into muffins by baking in a muffin tin instead of a loaf pan.

Ingredients

1 cup	Almond Flour
1/4 cup	Coconut Flour
1 tsp	Baking Soda
1/2 tsp	Sea Salt
1 tsp	Cinnamon
1 tbsp	Ground Flax Seed
1 tbsp	Hemp Seeds
2	Banana (mashed)
2 tbsps	Extra Virgin Olive Oil
3	Egg (whisked)
1/4 cup	Maple Syrup
1 cup	Blueberries

Lemon Garlic Shrimp Spaghetti Squash

7 ingredients · 45 minutes · 4 servings



Directions

1. Preheat oven to 350F and line a baking sheet with parchment paper.
2. Slice the spaghetti squash in half through its belly, and place cut-side down on the baking sheet. Bake for 30 minutes, remove from the oven and let cool slightly.
3. While the squash is cooling, heat the olive oil in a skillet over medium heat. Add the garlic and shrimp. Saute for 5-7 minutes, or until the shrimp is cooked through. Squeeze the lemon juice into the pan, and season with sea salt.
4. Scoop out the spaghetti squash into noodles and divide them between bowls. Top with the shrimp, drizzle with the sauce from the pan, a little extra olive oil, and a sprinkle of parsley. Enjoy!

Notes

No Shrimp

Use chickpeas or white beans instead.

Leftovers

Keeps well in the fridge for 2 to 3 days.

Ingredients

2	Spaghetti Squash
1/4 cup	Extra Virgin Olive Oil
4	Garlic (cloves, minced)
1 lb	Shrimp (uncooked, peeled)
2	Lemon (juiced)
1/2 tsp	Sea Salt (or more to taste)
1/4 cup	Parsley (chopped, to garnish)

Garlicky Kale

6 ingredients · 15 minutes · 4 servings



Directions

1. Tear kale into bite-size pieces and place in a large bowl.
2. Puree all the remaining ingredients in a food processor until smooth.
3. Add the dressing to the kale and massage with your hands until well coated. Serve immediately or let marinate for 1 hour in the fridge for more flavour.

Notes

Serve it With

Our Healthy Fish n' Chips, Savoury Roasted Chickpeas, Ginger Steamed Cod Fillets, Sweet and Crunchy Chickpeas, Roasted Garlic Chicken Thighs, or in a buddha bowl with quinoa, roasted veggies and hardboiled eggs.

No Tahini

Use a nut butter or sunflower seed butter instead.

Leftovers

Refrigerate in an airtight container up to 3 days.

Ingredients

8 cups	Kale Leaves (stems removed)
2 tbsps	Tahini
3 tbsps	Apple Cider Vinegar
1 tbsp	Tamari
1/4 cup	Nutritional Yeast
3	Garlic (cloves, minced)

Turkey Breakfast Sausage

7 ingredients · 15 minutes · 12 servings



Directions

1. In a large mixing bowl, combine all ingredients with a spatula. Form the mixture into even patties. (Note: the patties will shrink with cooking.)
2. Melt the coconut oil in a large skillet over medium-high heat. Cook the patties about 1-2 minutes per side, or until cooked through. Let cool before serving. Enjoy!

Notes

Serve Them With

Eggs, our Cleaned Up Biscuits recipe, in lettuce wraps or brown rice tortillas with veggies.

Leftovers

Store in an air-tight container up to 3 days in the fridge, or in a freezer-safe bag divided by parchment or wax paper in the freezer for up to 3 months.

No Turkey

Use ground pork, chicken, bison or beef instead.

Ingredients

1 lb	Extra Lean Ground Turkey
2 tsps	Ground Sage
2 tsps	Dried Thyme
1/4 tsp	Garlic Powder
1/4 tsp	Paprika
1/2 tsp	Sea Salt
1 tbsp	Coconut Oil

House Salad

5 ingredients · 10 minutes · 4 servings



Directions

1. In a small bowl, whisk together the olive oil and vinegar.
2. Add remaining ingredients to a large bowl and drizzle the dressing over top. Toss until well coated. Divide onto plates and enjoy!

Notes

No Red Wine Vinegar

Use apple cider vinegar or white vinegar instead.

No Lettuce

Use spinach, kale or mixed greens instead.

More Toppings

Add sliced red onion, olives, crumbled feta, bell peppers and/or avocado.

Serve it With

Our Roasted Chicken, Marinated Baked Tofu, 15-Minute Grilled Steak, or any of our burger recipes.

On-the-Go

Keep dressing in a separate container on the side. Add just before serving.

Ingredients

1/4 cup	Extra Virgin Olive Oil
2 tbsps	Red Wine Vinegar
1/2 head	Green Lettuce (roughly chopped)
2	Tomato (medium, sliced)
1	Cucumber (sliced)

Roasted Butternut Squash Harvest Bowl

9 ingredients · 40 minutes · 6 servings



Directions

1. Preheat oven to 420 degrees F and line a baking sheet with parchment paper. Toss the butternut squash in half the olive oil and spread across the sheet. Bake in the oven for 20 to 25 minutes, or until lightly browned.
2. Combine the quinoa and water in a sauce pan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer. Cover with a lid and let simmer for 12 to 15 minutes, or until all water is absorbed. Fluff with a fork and set aside.
3. Heat remaining olive oil in a large skillet over medium-low heat. Add kale and saute until wilted (about 3 - 5 minutes). Turn off the heat.
4. Add the quinoa, roasted butternut squash and balsamic vinegar to the skillet then toss until well mixed. Season with sea salt and black pepper to taste.
5. Divide into bowls and top with pumpkin seeds and dried cranberries. Enjoy!

Notes

No Butternut Squash

Use sweet potato, carrots or beets instead.

Save Time

Use frozen bagged butternut squash.

Leftovers

Keeps well in the fridge up to 3 - 4 days.

Extra Flavour

Toss the butternut squash in cinnamon before roasting.

Ingredients

6 cups	Butternut Squash (diced into cubes)
3 tbsps	Extra Virgin Olive Oil (divided)
1 1/8 cups	Quinoa (uncooked)
2 cups	Water
12 cups	Kale Leaves (finely chopped)
1 1/2 tbsps	Balsamic Vinegar
	Sea Salt & Black Pepper (to taste)
3/4 cup	Pumpkin Seeds
3/4 cup	Dried Unsweetened Cranberries

Apple

1 ingredient · 2 minutes · 6 servings



Directions

1. Slice into wedges, or enjoy whole.

Ingredients

6 Apple

Almond Butter Apple Sandwiches

2 ingredients · 10 minutes · 7 servings



Directions

1. Slice the top and bottom off of each apple and discard. Then slice the entire apple in half so you are left with two rounds. Now cut each half in half to make 8 rounds. Cut the center core out of each round.
2. Spread 1 tbsp of almond butter on one apple round. Set another round on top. Repeat, plate and enjoy!

Notes

Nut-Free

Use sunflower seed butter, tahini or pumpkin seed butter instead of nut butter.

Ingredients

7	Apple
1 cup	Almond Butter

Carrots & Guacamole

4 ingredients · 5 minutes · 4 servings



Directions

1. Peel and slice carrots into sticks.
2. Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.
3. Dip the carrots into the guac & enjoy!

Notes

Spice it Up

Add chili flakes, salsa and/or chopped cilantro to the guacamole.

Ingredients

8	Carrot (medium)
2	Avocado
2	Lime (juiced)
1/2 tsp	Sea Salt (or more to taste)

Butter Chicken and Cauliflower Rice

15 ingredients · 30 minutes · 4 servings



Directions

1. Dice your chicken into cubes and set aside.
2. Heat olive oil in a large skillet over medium heat. Saute your onion, garlic and ginger. Stir in tomato paste, paprika, curry, garam masala, sea salt and chilli powder. Cook for 1-2 minute or until fragrant.
3. Add diced chicken and stir until cooked through, about 5-7 minutes. Add in the water and loosen the paste.
4. Stir in coconut milk and reduce to simmer for about 5 minutes.
5. Meanwhile, create your cauliflower rice by adding the florets to the food processor. Process until the cauliflower has a rice-like consistency.
6. Squeeze lime juice on cauliflower rice and transfer into a bowl.
7. Remove from heat and ladle butter chicken over cauliflower rice. Enjoy!

Notes

Vegan or Budget-Friendly

Skip the chicken breast and replace with chickpeas, lentils or beans.

No Coconut Milk

Use Greek yogurt instead.

No Cauliflower Rice

Serve over brown rice or quinoa instead.

More Veggies

Add chopped cauliflower, sweet potatoes, peas, broccoli, baby spinach or chopped kale. Or serve it with a side salad.

Storage

Refrigerate in an air-tight container for up to 2 - 3 days.

Ingredients

12 ozs	Chicken Breast
2 tbsps	Extra Virgin Olive Oil
2	Yellow Onion (diced)
2	Garlic (cloves, minced)
2 tbsps	Ginger (grated)
1/4 cup	Tomato Paste
2 tsp	Paprika
1 tbsp	Curry Powder
2 tsp	Garam Masala
1 tsp	Sea Salt
1 tbsp	Chili Powder
1/4 cup	Water
1 cup	Organic Coconut Milk (full fat)
1 head	Cauliflower
1/2	Lime (juiced)

Meal Prep Beef Fajitas

8 ingredients · 20 minutes · 4 servings



Directions

1. Divide the sliced beef, bell peppers and onions into containers and cover with lids. Store in the fridge.
2. When ready to eat, heat 1/4 of the olive oil in a skillet over medium heat. Add the peppers and onion from one container and saute until soft (about 5 minutes). Add the beef and cook to your desired level of doneness. Season everything with sea salt and black pepper to taste.
3. Add the cooked beef, peppers and onions to tortillas and top with salsa. Enjoy!

Notes

No Beef

Use sliced chicken breast instead. Cook entirely through.

Optional Toppings

Add shredded cheese, sour cream, plain yogurt or avocado.

No Tortillas

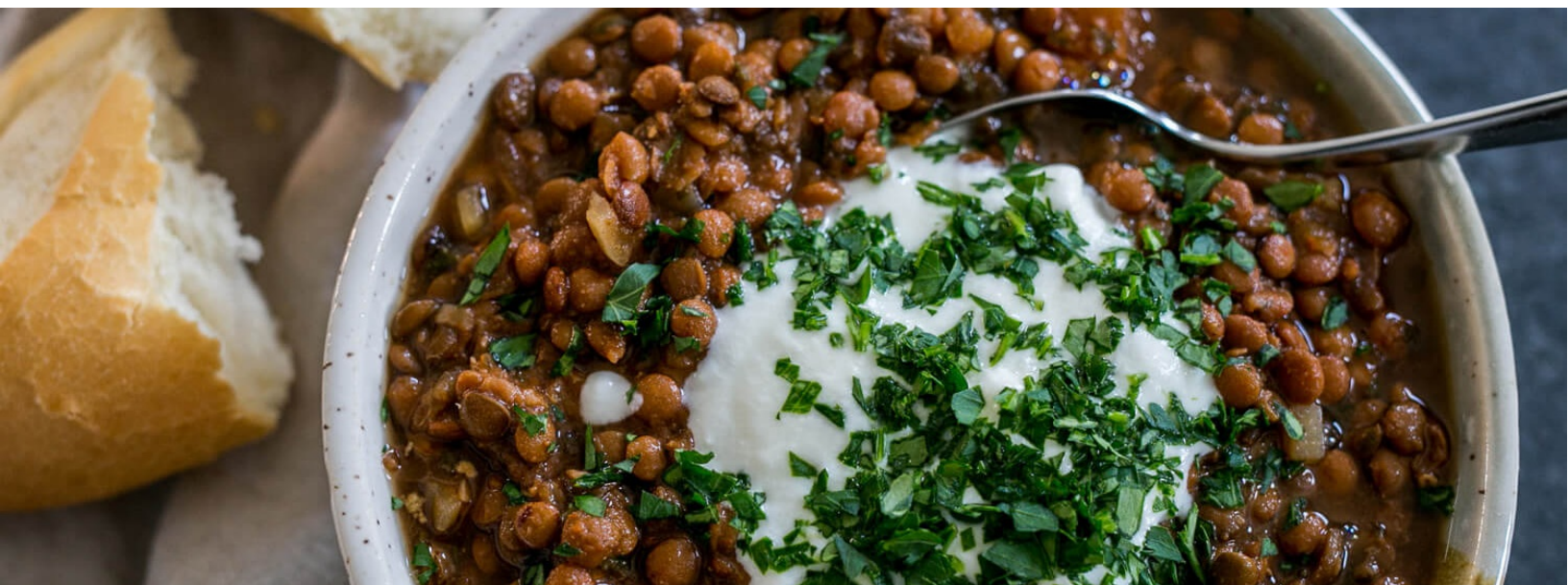
Serve with rice instead.

Ingredients

16 ozs	Beef Tenderloin (sliced into strips)
1	Green Bell Pepper (diced)
1	Yellow Bell Pepper (diced)
1	Yellow Onion (small, diced)
1/4 cup	Extra Virgin Olive Oil
	Sea Salt & Black Pepper (to taste)
8	Corn Tortilla (medium)
1/2 cup	Organic Salsa

Slow Cooker Moroccan Lentils

8 ingredients · 8 hours · 8 servings



Directions

1. Combine lentils, tomatoes, onion, garlic, half the parsley, cumin, paprika and salt in the slow cooker. Cook on high for at least 4 hours, or on low for 8-12 hours.
2. Garnish with remaining parsley and enjoy!

Notes

Serve it With

Greek yogurt, crusty bread, rice, quinoa, brown rice tortilla chips, fried eggs and/or our Paleo Tabbouleh recipe.

Leftovers

Refrigerate in an airtight container up to 5 days. Freeze if longer.

Ingredients

2 cups	Dry Lentils (brown or green, uncooked)
2	Tomato (medium, diced)
1	Yellow Onion (medium, diced)
3	Garlic (cloves, minced)
1/2 cup	Parsley (chopped and divided)
1 tbsp	Cumin
1 tbsp	Paprika
2 tsps	Sea Salt