

The Stonegate Cooking Club Collection
FROM OUR KITCHEN TO YOURS



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20+ recipes helping you bring Cooking Club skills home
— — — — —



FORWARD

This cookbook was created by Toronto Metropolitan University, MHSc nutrition students in collaboration with Kasia Tupta and the Stonegate Community Health Centre Cooking Club.

It provides users with three weeks worth of recipes. Each week includes seven different delicious recipes that are perfect for lunches, dinners and sides for two people. Each week's recipes share some common ingredients to minimize food waste. An ingredient list has also been included for each week to help simplify the grocery shopping process. Some additional resources have been included at the end to further support your cooking experience. We hope that you enjoy this cookbook and all of the amazing recipes that you make from it!

If you enjoyed this resource please take the time to respond to this short 10 question survey. You can respond by scanning the QR below, clicking [here](#) or copying this link into your browser to access the survey.

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TABLE OF CONENTS

ADDITIONAL RESOURCES	P.4-10
Measurement Conversion Charts	p.5
How to Store Produce	p.6-8
Pantry Essentials	p.9
How to Read a Nutrition Facts Table	p.10
WEEK 1	P.11-19
Grocery List	p.12
Beet and Chickpea Salad	p.13
Olive-oil Braised Chickpeas	p.14
Fried Rice	p.15
Mediterranean Roasted Vegetables And Barley Salad	p.16
Lentil Coconut Curry	p.17
Cabbage Rolls	p.18
Couscous Salad	p.19
WEEK 2	P.20-28
Grocery List	p.21
Strawberry Quinoa Salad	p.22
Baked Tomato and Feta Pasta	p.23
Beet Salad with Goat Cheese and Balsamic	p.24
Turkey Meatball Soup	p.25
Curried Butternut Squash Soup	p.26
Nutritious Burger	p.27
Leek and Tuna Pasta	p.28
WEEK 3	P.29-38
Grocery List	p.30
Sun-Dried Tomato Chicken	p.31
Chicken and Asparagus Stir Fry	p.32
Nutritious Chicken Pad Thai	p.33
Whole Grain Bowl with Sweet Chilli Tofu	p.34
Thai Mango Salad	p.35
Grilled' Vegetable Salad and Herby Lemon Vinaigrette	p.36-37
Creamy Asparagus Soup	p.38



Extra Resources

Measurement Conversion Charts

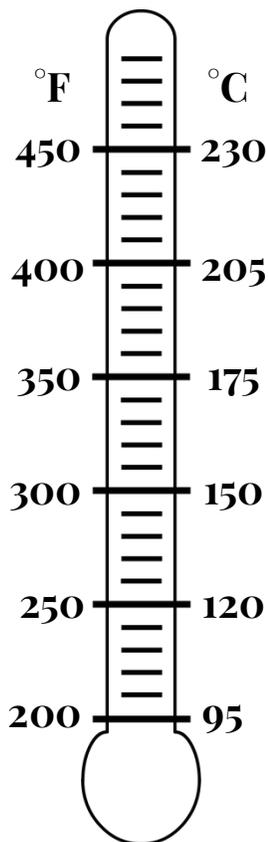
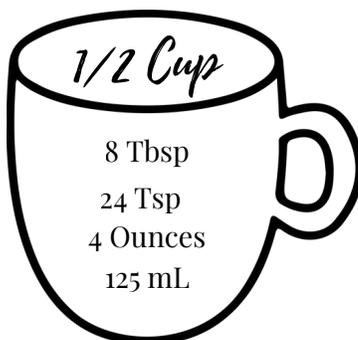
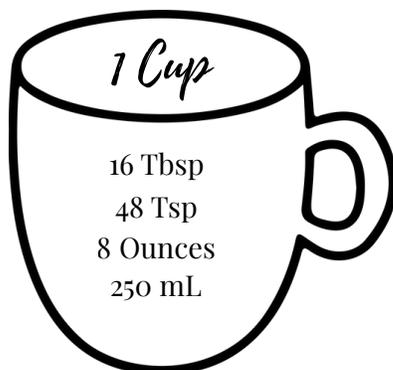
How to Store Produce

Pantry Essentials

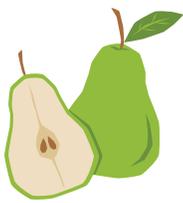
How to Read a Nutrition Facts Table



Measurement Conversions



CUP	TBSP	TSP	OUNCE	GRAM	ML
2	32	96	16	454	500
1	16	48	8	227	250
3/4	12	36	6	171	175
2/3	10	32	5	152	160
1/2	8	24	4	115	120
3/8	6	18	3	85	90
1/3	5.5	16.5	2.5	75	80
1/4	4	12	2	57	60
1/8	2	6	1	28	30
1/16	1	3	1/2	15	15



How to Store Produce



Proper storage helps food stay fresh longer, reduces food waste, and keeps nutrients intact. Here are some tips you can use at home to keep your fruits and vegetables fresher for longer.

Washing Produce

Don't rinse most fruits and vegetables before storing since moisture speeds up spoilage. Wash only before preparing, freezing, or eating. Never use soap or cleaning products on produce as they can leave harmful residues.

Freezer Storage

Vegetables: Blanch (boil briefly, then cool) before freezing to help retain colour, texture, and nutrients. Avoid freezing watery veggies like lettuce or cucumber as they become mushy.

Fruits: Freeze whole or sliced, depending on how you'll use them.

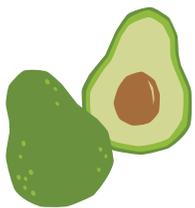
Stored at Room Temperature

- Bananas: store on counter top
- Potatoes/Sweet Potatoes: store in a cool, dry place
- Onions and garlic: store in a ventilated area
- Tomatoes, Avocados, Peaches, Pears, Mangoes: Ripen on counter, refrigerate once ripe

Stored in the Refrigerator

- Leafy Greens
- Carrots, Beets, Radishes
- Broccoli, Cauliflower, Cabbage
- Peppers, Cucumbers
- Green Beans
- Asparagus
- Apples
- Grapes
- Berries
- Apricots
- Nectarines
- Citrus

Remember to keep your refrigerator temperature between 0°C and 4°C and use first in, first out rule to use older produce first.



Avocados

Store whole avocados at room temperature to ripen, and refrigerate once ripe. If you want them to ripen faster, place them in a paper bag with an apple or banana. For cut avocados, leave the seed in, wrap tightly in cling wrap or place in an airtight container and store in the fridge.



Bananas

Bananas should be kept out of the fridge and away from other fruits. Ethylene gas, released by foods such as apples and pears, causes bananas to ripen faster. Once bananas are ripe, they produce ethylene gas, which ripens other fruit.



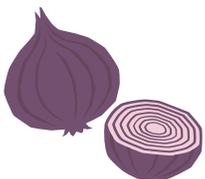
Broccoli

Store broccoli in a plastic bag in the fridge, if you are going to eat it within a couple of days. If you need your broccoli to last longer, sprinkle the head of the broccoli with water, wrap it in paper towels and place it in a resealable bag in the fridge.



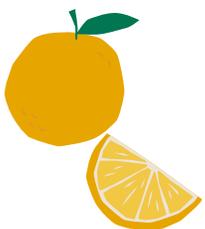
Carrots

Store carrots in an airtight container lined with a paper towel to stop them going limp and black. If you don't have an airtight container that's large enough to fit all of your carrots, wrap your bundle of carrots in a paper towel and store them in a resealable bag. If your carrots have gone limp, they can easily be revived by soaking them in water.



Onions

Onions should be stored in a cool, dry, dark place away from potatoes. If potatoes and onions are stored next to each other, they will cause each other to sprout. Cut onions can be stored in the fridge, but they can transfer their taste to other foods, such as milk, cheese and butter, so make sure they're in an airtight container.



Oranges

Store oranges loose in the fridge as they will last much longer. Put them in your fruit bowl before eating, so they can come to room temperature.



Potatoes

Potatoes should be stored in a cool, dry, dark place. They should be stored away from onions, as they both release moisture which causes them to sprout faster. Unwashed potatoes last longer than clean potatoes. If your potatoes have sprouted, they are still good to eat, just chop the sprouts off. If your potatoes are going green, you need to cut off the green areas. If they have large green areas, discard the potatoes, because the green can indicate natural toxins that may not be destroyed by cooking.



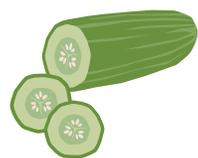
Stone Fruit

Includes peaches, plums, apricots, nectarines, and cherries. Store at room temperature to ripen and place in the fridge once ripe. Cherries should be ripe when you purchase them, so put them in the fridge right away.



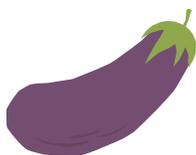
Tomatoes

Store tomatoes at room temperature as refrigerating them may affect their texture and flavour. If they have gone soft, use them for cooking.



Cucumbers

Cucumbers can either be stored in the fridge or at room temperature, though will last in the fridge much longer. If wrapped in plastic, keep the wrapping on the cucumber as it protects the soft skin and prevents dehydration.



Eggplant

Keep eggplant in a cool place that isn't the fridge. Refrigeration can affect the eggplant's flavour and lead to browning.



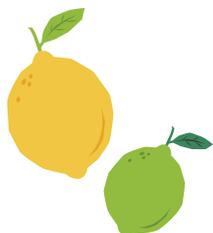
Lettuce

Crispers are the best way to store iceberg lettuce. If you don't have a crisper in your fridge, wrapping your lettuce in paper towels and placing it in a resealable bag works just as well. For loose salad greens like mesclun or baby spinach, take them out of the bag and store them in an airtight container in the fridge. This will stop them going slimy and help them to last longer. If your iceberg lettuce has gone limp, place it in iced water for a couple of minutes to revive it.



Berries

These include strawberries, raspberries, blueberries, and black berries. Place unwashed whole berries in the fridge in a breathable container as too much moisture will cause them to mold. You can also place a paper towel at the bottom of the container to absorb excess moisture. Wash right before eating.



Lemons & Limes

If you are going to use lemons and limes within a week, store them in your fruit bowl. If you want to keep them for longer, store them loose in the fridge. If you have an abundance of lemons, freeze the excess. You can freeze them whole, which means you can grate them for zest when needed and then return them immediately to the freezer. You can also juice them and freeze the juice in an ice cube tray.



Pantry Essentials

A well-stocked pantry makes healthy cooking easier and saves time and money. Focus on a variety of ingredients that last long and can be used in many recipes.

Grains

Why: Versatile and long-lasting items that can add fibre to your meal.

Examples: Brown rice, quinoa, oats, barley, farro, bulgur, whole-grain pasta, or couscous.

Tip: Cook and freeze extra portions of grains for quick and easy meals.

Cans

Why: Long-lasting, ready-to-use ingredients for quick meals.

Examples: Legumes (black beans, chickpeas, kidney beans, lentils), canned tuna or salmon, tomato sauce, canned vegetables, or broth.

Tip: Buy low sodium or no salt added varieties, or try rinsing canned beans to lower sodium.

Nuts & Seeds

Why: Easy additional source of protein, healthy fats, and fibre.

Examples: Almonds, walnuts, cashews, peanuts, chia seeds, sunflower seeds, pumpkin seeds, and nut butters.

Tip: Store in airtight containers to stay fresh longer.

Spices & Condiments

Why: Add flavour to your meal and versatility to your kitchen.

Examples: Dried herbs (basil, oregano, thyme), spices (cinnamon, cumin, paprika), olive oil, vinegar, or mustard.

Tip: Create your own spice blends at home with your favourite seasonings.

Common Pantry Staples Used in This Cookbook

- Rice
- Quinoa
- Lentils
- Chicken broth
- Olive oil
- Garlic powder
- Barley
- Pasta
- Chickpeas
- Canned Tuna
- Vinegar
- Paprika
- Couscous
- Oats
- Raisins
- Pumpkin seeds
- Thyme
- Curry Powder

How to Read a Nutrition Facts Table

The Nutrition Facts label helps you make smarter, healthier food choices by showing what's inside your food.

Nutrition Facts Valeur nutritive	
Per 1 cup (250 mL) pour 1 tasse (250 mL)	
Calories 110	% Daily Value* % valeur quotidienne*
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Carbohydrate / Glucides 26 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 22 g	22 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0 %
Potassium 450 mg	13 %
Calcium 30 mg	2 %
Iron / Fer 0 mg	0 %
*5% or less is a little , 15% or more is a lot *5 % ou moins c'est peu , 15 % ou plus c'est beaucoup	

Serving Size: The information on the Nutrition Facts Table is related to the serving size. If you eat more or less than 1 serving, multiply total calories and all nutrients accordingly.

Calories: How much energy you get per serving.

% Daily Value (%DV): The %DV tells you how much of a nutrient one serving provides based on a 2,000-calorie diet. If the %DV is 5% or less, the item is low in that nutrient. If it is 15% or higher, the item is high in that nutrient.

Limit These Nutrients: Eating too much saturated and trans fats, added sugars, and sodium can increase your risk of chronic disease. Note that not all labels separate added sugar from total sugar.

Increase These Nutrients: Eating enough fibre, and nutrients like potassium, calcium, vitamin D, and iron can help improve your overall health.



You can also look for this warning label on the front package of an item to see if it is high in saturated fat, sugars, or sodium.

Week 1

MENU

Beet and Chickpea Salad

Olive-oil Braised Chickpeas

Fried Rice

Mediterranean Roasted Vegetables And Barley Salad

Lentil Coconut Curry

Cabbage Rolls

Couscous Salad



Week 1 Grocery List

Produce

- 1 Pack of arugula
- 2 Beets
- 2 Medium red onions
- 2 Medium white onions
- 1 Bunch of green onions
- 2 Medium lemons
- 1 Medium carrot
- 1 Head of garlic
- 1 Green zucchini
- 1 Red bell pepper
- 1 Yellow bell pepper
- 1 Bunch of Italian parsley
- 1 Pack of snow peas
- 1 Medium Head of green cabbage
- 1 Large english cucumber
- 1 Medium tomato
- 2-3 Limes

Grains

- 1 Pack of demi baguettes
- 1 Bag of rice (2kg)*
- 1 Bag of pearl barley (450g)*
- 1 Bag of green lentils (900g)*
- 1 Bag of couscous (340g)*

Protein

- 1 Pack of eggs (includes 12)*
- 1 Pack of ground pork (500g)*

Condiments

- 1 Bottle of red wine vinegar
- 1 Bottle of dijon mustard
- 1 Bottle of maple syrup
- 1 Bottle of extra-virgin olive oil
- 1 Bottle of low sodium soy sauce
- 1 Bottle of oyster sauce
- 1 Bottle of sesame oil

Cans/ Jars

- 3 Cans of chickpeas (540ml)*
- 1 Small jar of capers (90ml)*
- 1 Small jar of black olives (375ml)*
- 1 Jar of passata (680ml)*
- 1 Can of corn (341ml)*

Packaged foods

- 1 Bag of raisins (375g)*
- 1 Bag of dry roasted pumpkin seeds (200g)*
- 1 Bag of pine nuts (100g)*

Dairy

- 1 Pack of goat cheese (140g)*
- 1 Pack of feta cheese (200g)
- 1 Stick of butter (250g)*
- 1 Carton of full-fat coconut milk (946ml)*

Seasonings

- Thyme
- Garlic powder
- Salt
- Pepper
- Sugar
- Onion powder
- Chilli flakes
- Paprika
- Curry powder

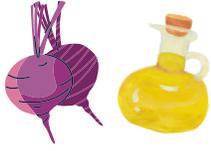
Frozen

- 1 Bag of frozen peas (750g)*

*These items come in different package sizes so the weight is listed to help you identify the amount you need. Check the packaging on the item to ensure the weight matches or is close to the listed weight.

Beet and Chickpea Salad

Per serving: 15g protein - 12g fibre (44%DV)



INGREDIENTS

Salad Base

- 2 handfuls of arugula
- 2 medium beets
- 1 15 oz can/425g of chickpeas
 - 2 tbsp/30mL extra-virgin olive oil
 - ½ tsp/2.5mL dried thyme
 - ½ tsp/3g garlic powder
 - pinch of salt & pepper
- ¼ cup/30g of cheese (goat, feta, mozzarella are all great choices!)
- 2 tbsp/20g cranberries or raisins
- 2 tbsp/8g pumpkin seeds/sunflower seeds/almonds/pecans

Pickled Red Onion

- ¼ cup/62mL red wine vinegar
- 1 ½/7g tsp sugar
- ½ medium red onion, thinly sliced
- ½ tsp/6g salt
- ½ cup/125 mL water

Salad Dressing

- ½ cup/125mL olive oil
- 1 tbsp/14mL vinegar/lemon juice
- 1 tsp/5mL dijon mustard
- 2 tsp/10mL maple syrup
- 1 pinch of salt & pepper
- 1 clove of garlic, minced

DIRECTIONS

1. Preheat your oven to 400 degrees F. Wash the beets and wrap them in tin foil. Roast on a cookie sheet for 45-60 min. Once done, remove, and let cool. Once cool enough to be handled, peel under running water to prevent staining. Quarter and cut into half inch slices.
2. Rinse the chickpeas, pat dry, and transfer to a bowl. Add olive oil, thyme, garlic powder, salt and pepper, toss together and spread the chickpeas on a cookie sheet lined with parchment paper. Roast for 20 min.
3. Meanwhile, bring vinegar, sugar, salt, and water to a boil in a saucepan. Remove from the heat, and stir in the thinly sliced red onion. Let cool.
4. To make the salad dressing, place all ingredients in a jar and shake. Alternatively, whisk together all ingredients in a bowl.
5. To assemble the salad, divide arugula between 2 plates, and then layer other ingredients on top starting with the beets, pickled red onion, chickpeas and cheese, followed by cranberries and nuts/seeds on top.



Olive-Oil Braised Chickpeas

Per serving: 13g protein - 9g fibre (33%DV)



INGREDIENTS

- 6 tbsp/90mL extra-virgin olive oil
- 1 tsp/5g onion powder
- 1 150z can chickpeas/425g drained and rinsed
- 2 tbsp/15g capers, drained
- big pinch of sea salt and freshly cracked black pepper
- 2 sprigs fresh thyme (rosemary or sage is good, too!)*
- ½ tsp/1g chili flakes
- 2 tbsp/20g cured black olives, pitted and torn (and/or another olive you love, like Castelvetrano)
- ½ lemon, sliced into thin wheels
- ¼ cup/35g crumbled feta (ricotta cheese is also highly recommended)
- Smoky paprika, for serving
- Demi baguettes, for serving

DIRECTIONS

1. Preheat your oven to 375° F.
2. In a small skillet, over medium heat, add a splash of the olive oil. When the oil is hot, add the onions and sauté until they begin to soften and brown, about 5 minutes. Remove from the heat and scrape into your baking dish: Use an 8 x 8 or 9 x 9 if you want softer chickpeas and a 9 x 13 if you want crispier chickpeas.
3. Add the remaining olive oil, chickpeas, capers, salt, pepper, thyme, chile flakes, olives, and lemon slices to the dish, then stir to combine. Cover tightly with foil and bake for 35 to 45 minutes, until the mixture is bubbling and the chickpeas are soft.
4. Remove the foil, add the crumbled feta and paprika, and allow to cool for 15 minutes before serving with (or on top of) bread.

RECIPE NOTES

- Use ¼ - ½ tsp of dried thyme in place of fresh for an easy swap that stores well!

Fried Rice

Per serving: 15g protein - 7g fibre (24%DV)



INGREDIENTS

- 1 ½ tbsp/15g butter, divided
- 2 large eggs, whisked
- 1 medium carrot, peeled and diced
- ½ small white onion, diced
- ¼ cup/40g frozen peas
- 1 cloves garlic, minced
- salt and black pepper
- 2 cups/400g cooked and chilled rice (any kind will do!)
- 1 green onions, thinly sliced
- 1–2 tbsp/15–30mL low sodium soy sauce, or more to taste
- 1 tsp/5mL oyster sauce (optional)
- ¼ tsp/1.5mL toasted sesame oil

DIRECTIONS

1. Heat ½ tablespoon of butter in a large sauté pan over medium-high heat until melted. Add egg, and cook until scrambled, stirring occasionally. Remove egg, and transfer to a separate plate.
2. Add an additional 1/2 tablespoon of butter to the pan and heat until melted. Add carrots, onion, peas and garlic, and season with a generous pinch of salt and pepper. Sauté for about 5 minutes or until the onion and carrots are soft. Increase the heat to high, add in the remaining 1/2 tablespoon of butter, and stir until melted. Once the butter is melted, add the rice, green onions, soy sauce and oyster sauce immediately, and stir until combined. Continue sautéing for an additional 3 minutes to fry the rice, stirring occasionally. Then add in the eggs and stir to combine. Remove from heat, and stir in the sesame oil until combined. Taste and season with extra soy sauce, if needed.
3. Serve immediately, or refrigerate in a sealed container for up to 3 days.

HELPFUL HINT

- This recipe is a great way to use left over rice! Consider adding in other vegetables on hand for a quick and easy meal “refresh”.



Mediterranean Roasted Vegetables

WITH BARLEY SALAD

Per serving: 7g protein - 8g fibre (27%DV)



INGREDIENTS



- ½ cup/75g dry pearl barley, washed
- 1 ½ cups/375mL of water
- 1 whole zucchini squash, diced
- ½ red bell pepper, cored, diced
- ½ yellow bell pepper, cored, diced
- ½ medium red onion, diced
- ½ 15-oz can/215g of chickpeas, rinsed and drained
- salt and pepper to taste
- ½ tsp/2g smoked paprika, divided
- 1 tbsp/15mL extra virgin olive oil
- 1 green onion
- 1 garlic clove, minced
- 2 tbsp/25 g chopped fresh parsley
- 1 tbsp/15mL fresh squeezed lemon juice (1/2 lemon)
- feta cheese, to taste (optional)
- toasted pine nuts, to taste (optional)

DIRECTIONS

1. Preheat your oven to 425 degrees F.
2. Place pearl barley and 2 ½ cups of water in a sauce pan. Bring to a boil, then turn the heat down to low. Cover and cook anywhere from 30 to 45 minutes or until the barley is cooked through (should be tender but maintains some chew.)
3. While barley is cooking, place diced vegetables (zucchini, bell peppers, and red onion) and chickpeas on a large baking sheet. Season with salt, pepper and ½ portion of the smoked paprika. Drizzle with extra virgin olive oil. Toss to coat. Spread evenly in one layer on the baking sheet. Roast in the preheated oven for 25 minutes.
4. Drain the cooked barley of any excess water. Season with salt, pepper, ½ a teaspoon of harissa spice and a ¼ teaspoon smoked paprika. Toss to combine.
5. Transfer the cooked barley to a large mixing bowl. Add roasted veggies. Add chopped scallions, garlic, and fresh parsley. Dress with lemon juice and a good drizzle of extra virgin olive oil. Toss. Top with crumbled feta and toasted pine nuts (optional).
6. Serve warm, at room temperature, or cold.



Lentil Coconut Curry

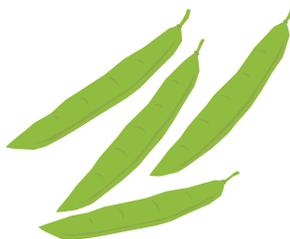


2 servings



30 minutes

Per serving: 16g protein - 12g fibre (43%DV)



INGREDIENTS

- ½ tbsp/7mL vegetable oil
- ½ medium white onion, chopped
- 1 cup/160g snow peas
- 1 tbsp/5g curry powder
- pinch pepper, to taste
- pinch salt, to taste
- 1 15 oz can/425g of lentils or 140g dry lentils, drained and rinsed
- ¾ cup/82mL full-fat coconut milk
- ¾ cups/150g uncooked rice

DIRECTIONS

1. Cook the rice according to package instructions or in a rice cooker. Then remove from the heat and cover with a lid until ready to serve.
2. Add the oil and onion to a sauté pan on medium-high heat. Cook for 4 minutes or until translucent.
3. Add the peas and cook for another 5 minutes, or until peas are cooked to your liking.
4. Then add in the curry powder. Stir for 30 - 60 seconds to toast the spices.
5. Mix in the lentils.
6. Add the coconut milk and cook until heated through. Add salt and pepper to taste.
7. Serve the rice alongside the curry. Garnish as desired.

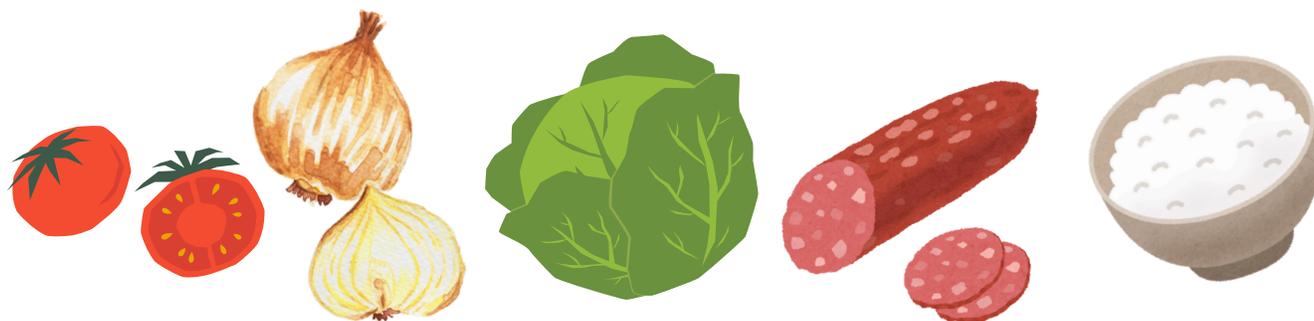
RECIPE NOTES

- You can swap the peas for other vegetables like carrot, cauliflower, cherry tomatoes, mushrooms, or eggplant.
- If using dry lentils, cook as normal before adding them to the sauté pan.
- Squeeze some lime or lemon juice on the curry for extra flavor, and to help absorb more iron from the lentils!

Cabbage Rolls

 6 servings  1.5 hours

Per serving: 25g protein - 4g fibre (14%DV)



INGREDIENTS

- 1 cup/300g uncooked rice or pearl barley
- 1 head green cabbage
- 1-2 pounds/500g ground pork
- 1 medium white onion diced
- 2 cups/250mL of passata*
- salt & pepper to taste

DIRECTIONS

1. Cook the rice al dente, then let it cool.
2. Cut out the core of the cabbage, and gently place the cabbage in a large pot of boiling water (cold water is fine, but will take more time). Boil the cabbage leaves for about 2 minutes and remove them as they soften. Remove more leaves every 2 minutes until you're left with the leaves that are too small. Set aside to cool.
3. In the meantime sauté the onions.
4. In a large bowl, mix the rice, ground pork, sautéed onions and salt and pepper.
5. Take the smallest leaves that won't be used for cabbage rolls and place at the bottom of a large pot. Pour some passata over them (about 1 cup).
6. With a small knife thin any thick stems on your cabbage leaves. Place a leaf on your hand with the stem in your palm to form a little bowl. Fill it with a couple of spoonfuls of the rice and meat filling. Fold in the side closest to you, then the side hanging at your fingers. Then twist and push in the other end into the cabbage roll to tuck the leaf. Place the cabbage roll in the pot. Repeat with the other leaves.
7. Pour the rest of the passata over the cabbage rolls. Cover with the leftover leaves and bring to a boil. Once boiling, reduce the heat to medium low and cook for 1 hr.
8. Additional portions can be stored in the fridge for 2-3 days for a later meal, or frozen for a later date.

RECIPE NOTES

- Passata is a smooth tomato puree that is unseasoned. It can be replicated by mixing one part tomato paste with two parts water, or substitute with crushed tomatoes.

Couscous Salad

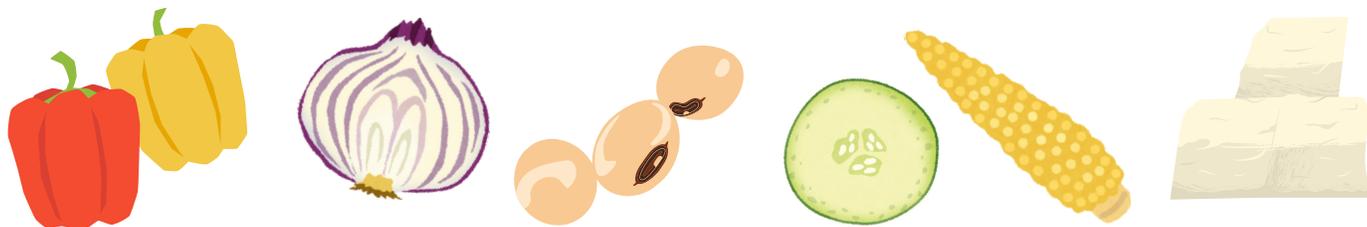


2 servings



25 minutes

Per serving: 16g protein - 9g fibre (30%DV)



INGREDIENTS

- ½ cup/85g couscous (prepare according to package instructions)
- ½ 15 oz can/215g chickpeas
- ½ red bell pepper, finely chopped
- ½ red onion, chopped
- ½ English cucumber, chopped
- ½ tomato, chopped
- 2 tbsp/5g fresh parsley leaves, chopped*
- ½ 341 mL can of corn, optional
- ¼ cup/60g crumbled feta cheese, optional
- salt and black pepper to taste
- 2 tbsp/30mL extra-virgin olive oil
- 2-4 tbsp/30-60mL lime juice

DIRECTIONS

1. Cook couscous according to package instructions.
2. Drain and rinse chickpeas and chop your vegetables; bell pepper, cucumber, tomato, onion and parsley leaves.
3. In a large bowl, toss all the ingredients with the olive oil and lime juice, to taste.
4. Add your protein of choice (ie. tofu, chicken, fish etc.) on top if desired

RECIPE NOTES

- Use 2 tsp of dried parsley in place of fresh for an easy swap that stores well!

Week 2

MENU

Strawberry Quinoa Salad

Baked Tomato and Feta Pasta

Beet Salad with Goat Cheese and Balsamic

Turkey Meatball Soup

Curried Butternut Squash Soup

Nutritious Burger

Leek and Tuna Pasta



Week 2 Grocery List

Produce

- 1 Medium tomato
- 1 Medium red onion
- 1 Head of garlic
- 1 Bunch of Italian parsley
- 1 Small white onion
- 2 Large carrots
- 2 Beets
- 1 Bunch of green onion
- 1 Pack of strawberries
- 1 Pack of fresh mint (28g)*
- 1 Pack of salad greens (300g)*
- 1 Pack of bean sprouts (454g)*
- 1 Small pack of cherry tomatoes
- 1 Pack of fresh basil (28g)*
- 2 Shallots
- 1 Medium green apple
- 1 Small pack of celery
- 2 Large potatoes
- 1 Medium butternut squash
- 1 Pack of medium-size mushrooms (227g)*
- 1 Head of green-leaf lettuce
- 1 Leek
- 1 Medium lemon

Grains

- 1 Bag of quinoa (500g)*
- 1 Bag of whole wheat, penne OR rotini pasta (900g)*
- 1 pack of spaghetti (410g)*
- 1 Bag of old-fashioned rolled oats (1kg)
- 1 Bag of whole wheat burger buns (8 buns)

Protein

- 1 Pack of eggs (12 eggs)
- 1 Pack of ground turkey (450g)
- 1 Pack of ground beef (450g)
- 1 Can of tuna (80g)

Condiments

- 1 Bottle of extra-virgin olive oil
- 1 Bottle of maple syrup
- 1 Bottle of dijon mustard
- 1 Bottle of vinegar
- 1 Bottle of honey
- 1 Bottle of balsamic vinegar
- 1 Carton of low sodium chicken broth (900ml)*
- 1 Bottle of mayonnaise
- 1 Bottle of ketchup

Cans/Jars

- 1 Can of black beans (540ml)*
- 1 Can of plum tomato (796ml)*
- 1 Jar of unsalted almond butter (365g)*

Packaged foods

- 1 Bag of dry-roasted pumpkin seeds (200g)*
- 1 Bag of walnuts (100g)*

Dairy

- 1 Pack of goat cheese (140g)*
- 1 Carton of light coconut milk (946ml)*
- 1 Pack of feta cheese (200g)*
- 1 Pack of cheese slices
- 1 Pack of parmesan cheese (250g)*

Seasonings

- Salt
- Pepper
- Curry powder
- Paprika
- Garlic powder
- Bay leaves
- Ground cinnamon

Underlined items are from the previous grocery list. Check to see if you have left overs from these items as you may not need to purchase again.

*These items come in different package sizes so the weight is listed to help you identify the amount you need. Check the packaging on the item to ensure the weight matches or is close to the listed weight.



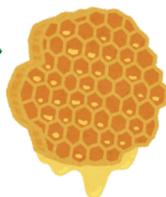
2 servings



20 minutes

Strawberry Quinoa Salad

Per serving: 18g protein - 7g fibre (25%DV)



INGREDIENTS

Honey Lemon Vinaigrette

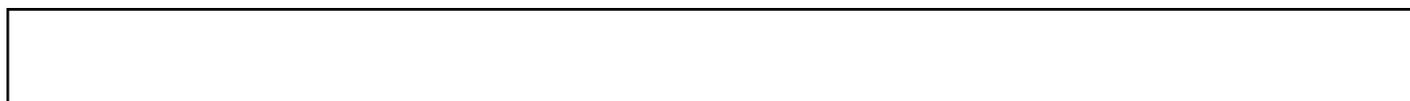
- 2 tbsp/30mL extra-virgin olive oil, plus more for drizzling
- 2 tbsp/30mL lemon juice, plus more for serving
- 1 tbsp/15mL vinegar
- 1 garlic clove, minced
- ½ tsp/2.5mL honey
- salt and black pepper to taste

Salad base

- 1½ cups/275g cooked quinoa
- 1 cup sliced strawberries (about 5-6 large strawberries)
- ½ cup/75g chopped or crumbled feta
- ¼ cup/20g chopped mint
- ¼ cup/15g chopped green onion
- ⅓ cup/40g chopped walnuts, toasted
- 2 cups/60g salad greens
- ¼ cup sprouts (optional)

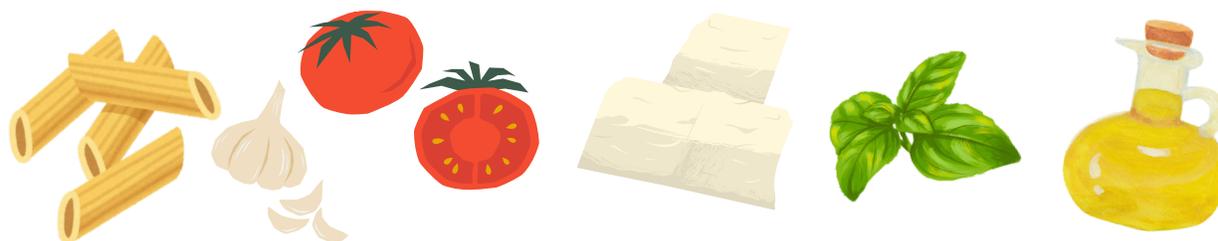
DIRECTIONS

1. Make the lemon honey vinaigrette: In a small bowl, whisk together the olive oil, lemon juice, vinegar, garlic, and honey with pinches of salt and pepper. Alternatively, add all ingredients to a jar and shake well to combine. Taste and adjust seasoning.
2. In a large bowl, toss together the quinoa, strawberries, feta, mint, scallions, walnuts, greens, and sprouts. Pour in the dressing and toss. Taste and adjust seasonings to your liking. Add a final squeeze of lemon juice and a drizzle of olive oil on top (optional).
3. For the best flavour, chill for 15-20 minutes in the fridge before serving.



Baked Tomato and Feta Pasta

Per serving: 18g protein - 7g fibre (26%DV)



INGREDIENTS

- 2 cups/400g dry whole grain penne or rotini pasta
- 1 cups fresh cherry tomatoes
- $\frac{1}{4}$ cup feta cheese
- 1 tbsp/15mL extra virgin olive oil
- 2 gloves garlic, minced
- 2 tbsp fresh basil leaves chopped*
- salt and black pepper to taste

DIRECTIONS

1. Preheat your oven to 400 degrees F. Place the feta cheese in the center of a 9x13-inch baking dish.
2. Bring a large pot of water to a boil over high heat.
3. Pour the cherry tomatoes around the cheese and drizzle the olive oil over the tomatoes and cheese, toss to ensure the tomatoes have been coated with oil.
4. Sprinkle the top of the mixture with minced garlic, fresh basil, salt and pepper. Bake uncovered in the preheated oven for 30 minutes.
5. Meanwhile, add the pasta to the boiling water and cook it to al dente per the package directions. Reserve $\frac{1}{3}$ cup of the pasta cooking water to add into the feta tomato mixture at the end.
6. Once your pasta is cooked, drain and set it aside.
7. While the cheese is baking and the noodles are cooking, rip or chop the basil so it's ready to garnish.
8. Once the feta is done, use a large fork to mash the cheese and tomatoes, turning it into a sauce.
9. Add the cooked pasta and then the pasta water 1 tablespoon at a time until all the noodles are coated. Stir the ingredients until they are well combined. Garnish with fresh basil

RECIPE NOTES

- Use 2 tsp of dried basil in place of fresh for an easy swap that stores well!

Beet Salad

 2 servings  35 minutes

WITH GOAT CHEESE AND BALSAMIC

Per serving: 5g protein - 2g fibre (8%DV)



INGREDIENTS

Salad Base

- 2 medium beets
- 1 cup/30g salad greens
- ½ shallot, thinly sliced
- ½ green apple, thinly sliced
- 1 ½ tbsp/30g goat cheese, torn
- salt and pepper to taste
- extra-virgin olive oil, for drizzling

- microgreens, optional
- 2 tbsp/15g toasted walnuts, optional

Balsamic Vinaigrette

- 1 tbsp/15mL balsamic vinegar
- 1 tbsp/15mL extra-virgin olive oil
- ¼ tsp/1.5mL honey or maple syrup
- ½ tsp/2.5mL dijon mustard
- garlic powder, salt, and pepper to taste

DIRECTIONS

1. Preheat your oven to 400°F.
2. Drizzle each beet generously with olive oil and season with salt and pepper before wrapping each one in a piece of aluminum foil. Place the beets on a baking sheet and roast for 40 to 90 minutes, or until soft and fork-tender. The time will depend on the size and freshness of the beets. Remove the beets from the oven, remove the foil, and set aside to cool. When they are cool to the touch, peel the skins under running water.
3. Chill the beets in the fridge until ready to use.
4. Combine all vinaigrette ingredients together, stir to combine.
5. Slice the beets into ¼-inch-thick rounds. Assemble the salad with the greens, shallots, apples, beets, walnuts, cheese, and microgreens. Drizzle with balsamic vinaigrette. Season with flaky sea salt and pepper and serve.

Turkey Meatball Soup



6 servings



50 minutes

UKRANIAN RECIPE



Per serving: 17g protein - 2g fibre (6%DV)



INGREDIENTS



Meatballs

- 1 lb/450g ground turkey extra lean
- 1 small white onion
- 1 large egg
- ¼/1.5g tsp salt
- 2 tbsp/30mL olive oil for frying
- ground black pepper to taste

Soup

- 2 large carrots chopped
- 2 large celery stalks chopped

- 2 cups potato, cubed (roughly 2 large potatoes)
- 8 cups/660mL low sodium vegetable or chicken stock
- 2 tsp/10mL olive oil for frying
- 2 cups/400g short pasta (uncooked)
- 3 bay leaf
- ½ tsp/4g salt
- black pepper to taste
- ⅓ cup fresh parsley*

DIRECTIONS

Meatballs

1. In a food processor or blender, puree onion, egg, salt and pepper to taste. Alternatively, you can use a grater to grate the onion and mix with other meatball ingredients.
2. Transfer to a medium bowl along with ground turkey and mix well with your hands.
3. Preheat 5-6 quart Dutch oven or skillet on medium heat and swirl 2/3 tbsp of oil to coat. Alternatively you can use a skillet for frying and then a large pot for the soup.
4. Using a small scoop or tablespoon, form golf ball size meatballs and add in a single layer to the pot with oil, leaving some room between balls for easy flipping.
5. Fry for a minute or so or until browned, carefully flip and fry for another minute on the other side. Transfer to a plate and repeat this step with remaining meatballs and adding more oil. Set meatballs aside.

Soup

1. Add ⅔ tsp oil, carrots and celery; saute for 3 minutes, stirring occasionally.
2. Add stock, cover and bring to a boil.
3. Add potatoes, meatballs, pasta*, bay leaves, ¼ tsp salt and pepper. Bring to a boil, cover, reduce heat to low and cook for 12 minutes.
4. Turn off heat and let the soup sit for 10 minutes covered.
5. Add parsley, stir and serve hot.

RECIPE NOTES

- Use 2 tsp of dried parsley in place of fresh for an easy swap that stores well!
- If eating soup at a later date, cook the noodles separately and add in as needed. This prevents the noodles from soaking up too much broth while stored in the fridge.

Curried Butternut Squash Soup

Per serving: 9g protein - 14g fibre (51%DV)



INGREDIENTS

- ½ tbsp/7mL extra-virgin olive oil
- 1 ½ medium shallot (thinly diced)
- 1 clove garlic, minced
- 3 cups/615g fresh or frozen, cubed butternut squash*
- salt and black pepper to taste
- ¾ tbsp/5g curry powder
- ground cinnamon to taste
- ¾ cup/175mL light coconut milk
- 1 cup/250mL chicken broth
- 1-2 tbsp/15-30mL maple syrup
- ½ cup/90g cooked quinoa
- toasted pumpkin seeds for serving (optional)

DIRECTIONS

1. Heat a large pot over medium heat.
2. Once hot, add oil, shallots, and garlic. Sauté for 2 minutes, stirring frequently.
3. Add cubed butternut squash and season with salt, pepper, curry powder, and ground cinnamon. Stir to coat. Then cover and cook for 4 minutes, stirring occasionally.
4. Add coconut milk, chicken broth, maple syrup or coconut sugar, and chili garlic paste (optional - for spice).
5. Bring to a low boil over medium heat and then reduce heat to low, cover, and simmer for 15 minutes or until butternut squash is fork tender.
6. Use an immersion blender or transfer soup to a blender and purée on high until creamy and smooth. If using a blender, return soup back to the pot. Add cooked quinoa.
7. Taste and adjust seasonings, adding more curry powder, salt, or sweetener as needed. Continue cooking for a few more minutes over medium heat.
8. Serve as is or with garnishes of choice (options above). Store leftovers covered in the refrigerator for 3-4 days or in the freezer up to 1 month. Best when fresh.

RECIPE NOTES

- If using fresh butternut squash, note that 1 butternut squash yields about 6 cups.

Nutritious Burger

 8 servings  45 minutes

Per serving: 18g protein - 4g fibre (12%DV) *nutrition facts only represent burger patty*

INGREDIENTS



Burger Patty

- 1 lb/450g of ground beef
- 4 medium mushroom, roughly chopped
- 1 cup/172g black beans
- 2 tbsp/30mL unsalted creamy almond butter
- 1 tbsp/15mL mayonnaise
- 1 tsp/5g ground pepper
- 1 tsp/5g smoked paprika
- 1 tsp/5g garlic powder, divided
- ½ tsp/3g salt
- ½ cup/92g cooked quinoa
- ½ cup/45g cup old-fashioned rolled oats

Sauce

- 2 tbsp/30mL mayo
- 1 tbsp/15mL ketchup
- 1 tsp/5mL dijon mustard
- 1 tbsp/15mL extra-virgin olive oil



Topping Suggestions

- whole-wheat hamburger buns, toasted
- leaves green-leaf lettuce, halved
- slices tomato
- thin slices red onion
- cheese slices

DIRECTIONS

1. For patties, place mushrooms, black beans, almond butter, ¼ tablespoon of mayonnaise, pepper, paprika, 1/8 teaspoon garlic powder and salt in a food processor. Pulse, stopping once or twice to scrape down the sides, until a coarse mixture forms that holds together when pressed. Transfer to a bowl and add quinoa, oats and meat; stir well to combine. Form patties, cover and refrigerate for at least 30 min.
2. Meanwhile, whisk ketchup, mustard, the remaining mayonnaise and 1/8 teaspoon of garlic powder in a small bowl until smooth.
3. Heat oil in a large grill pan or nonstick skillet over medium-high heat. Add the patties and cook until golden and beginning to crisp, 4 to 5 minutes. Carefully flip and cook until golden brown, 2 to 4 minutes more.
4. Serve the burgers on buns with the special sauce, and desired toppings.

RECIPE NOTES:

- Easily make this recipe ahead of time by preparing the sauce and burger patties through step 2, then cover and store in the refrigerator for up to 24 hours. You can also freeze uncooked burger patties, just place a piece of wax paper between each patty keep in mind this will add in extra cook time to the recipe!

Leek & Tuna Pasta



2 servings



35 minutes

Per serving: 16g protein - 4g fibre (14%DV)



INGREDIENTS

- 1 leek
- 1 fresh chilli , optional
- 1 clove of garlic
- 1 can/790ml plum tomatoes
- 1 can/80g tuna
- 1 cup/130g dried spaghetti
- 1 tbsp/2 sprigs of fresh basil*
- 1/2tbsp/7mL of olive oil
- salt and pepper to taste
- parmesan cheese, to serve

DIRECTIONS

1. Halve, wash and finely slice the white part of the leek (save the green leafy part for making stock or soup). Halve, deseed and finely chop the chilli (if using), and peel and finely chop the garlic.
2. Place a large non-stick frying pan on medium heat with $\frac{1}{2}$ a tablespoon of olive oil. Add the chopped veg to the pan and cook for 5 minutes, or until softened, stirring regularly.
3. Add in the tomatoes (break them up with a wooden spoon). Quarter-fill the tin with water and swirl it around to pick up the last bits of tomato then pour it into the pan.
4. Drain and flake in the tuna, then add a pinch of black pepper and a tiny pinch of sea salt. Bring to a boil, then turn the heat down and leave to simmer, stirring regularly, while you cook your pasta.
5. Cook the pasta in a large pot of boiling salted water according to the package instructions, then drain, reserving a cup of the starchy pasta water.
6. Add the pasta to the sauce, pour in a little of the reserved pasta water to help the sauce stick, then stir well over the heat.
7. Use tongs to divide the pasta between your bowls. Pick and finely slice the basil leaves, then scatter over the top, and serve with a good grating of Parmesan cheese.

RECIPE NOTES

- Use 1 tsp of dried basil in place of fresh for an easy swap that stores well!

Week 3

MENU

Sun-Dried Tomato Chicken

Chicken and Asparagus Stir Fry

Nutritious Chicken Pad Thai

Whole Grain Bowl with Sweet Chilli Tofu

Thai Mango Salad

'Grilled' Vegetable Salad and Herby Lemon Vinaigrette

Creamy Asparagus Soup



Week 3 Grocery List

Produce

- 1 Bunch of Italian parsley
- 2 Medium white onions
- 1 Head of garlic
- 1 Large red onion
- 1 Bunch of green onion (7 stalks)
- 1 Small pack of cherry tomatoes
- 3 Large carrots
- 1 Pack of bean sprouts (454g)*
- 1 Large head of broccoli
- 2 Bunches of asparagus (~15 stalks/bunch)
- 1 Medium orange
- 1 Medium ginger root
- 1 Bag of broccoli slaw (180g)*
- 1 Medium head of red or green cabbage
- 2 Large red bell pepper
- 2 Limes
- 1 Bunch of cilantro
- 1 Large mango
- 1 Large english cucumber
- 1 Medium avocado
- 1 Pack or bunch of radishes
- 1 Large ear of sweet corn
- 1 Yellow squash
- 1 Green zucchini
- 1 Medium lemon
- 1 Large potato
- 1 Shallot
- 1 Pack of thyme (7g)*
- 1 Pack of rosemary (7g)*

Grains

- 1 Bag of quinoa (225g)*
- 1 Bag of rice (2kg)*
- 1 Pack of rice noodles (250g)*

Proteins

- 1 Pack of eggs (6 pack)
- 1 Pack of chicken thighs (9-10)*
- 1 Pack of extra-firm tofu (350g)*

Condiments

- 1 Bottle of extra-virgin olive oil
- 1 Bottle of low sodium soy sauce
- 1 Bottle of sesame oil
- 1 Bottle of honey
- 1 Bottle of maple syrup
- 1 Bottle of dijon mustard
- 1 Bottle of rice vinegar

Cans/Jars

- 1 Jar of almond butter (365g)*
- 1 Jar of sun-dried tomato (270ml)*
- 1 Jar of thai sweet chilli sauce (340ml)*
- 1 Jar of tahini (454g)*

Packaged foods

- Cornstarch (454g)*
- Sesame seeds (150g)*
- Cashews (100g)*
- Peanuts (400g)*
- Vegetable broth (900ml)*

Dairy

- 1 Pack of parmesan cheese (250g)*
- 1 Carton of coconut milk (946ml)*
- 1 Carton of half&half (237ml)*
- 1 Tub of greek yoghurt (750g)*

Seasonings

- Chilli flakes
- Salt
- Pepper
- Curry powder
- Crushed red pepper

Frozen

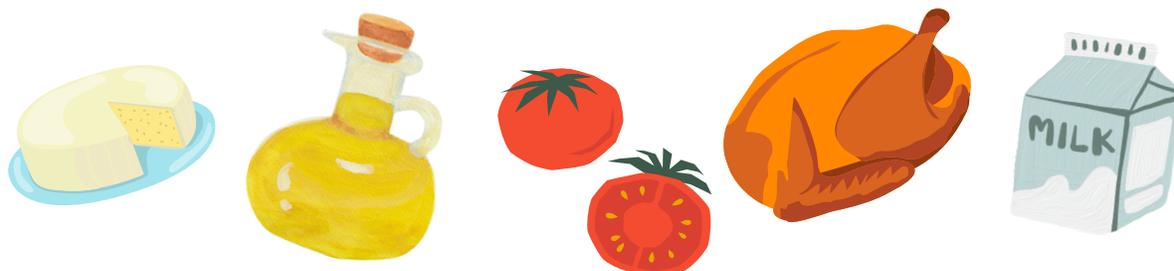
- Edamame (454g)*

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Sun-Dried Tomato Chicken

Per serving: 39g protein - 1g fibre (5%DV)



INGREDIENTS

- ½ cup/40g sun-dried tomatoes
- ⅓ cup/80mL water
- 3 medium chicken thighs, (skin-on, boneless)
- 1 tbsp/15mL olive oil
- ½ cup/120mL half & half
- ½ cup/50g parmesan cheese, shredded
- ¼ tsp/1g red pepper flakes
- ½ tbsp/2g fresh parsley, to garnish
- salt and pepper to taste

DIRECTIONS

1. Place the sun-dried tomatoes and water in a blender and process for 60-90 seconds, until it resembles tomato sauce.
2. Heat the oil in a skillet over medium-high heat. Place the chicken in the skillet, skin side down. Cook for 5 minutes, until deep golden brown and crispy. Flip the chicken and fry for an additional 5 minutes. Reduce the heat to medium-low and remove the chicken from the skillet.
3. To the same skillet, add the sun-dried tomato mixture. Cook for about 3-4 minutes. Add the cream, parmesan cheese, salt, pepper, and red pepper flakes. Stir.
4. Reduce the heat to low, so the sauce is simmering gently. Return the chicken to the skillet and cook it for an additional 10-15 minutes, until cooked through. Add a little water to the sauce, if needed. Garnish with freshly chopped parsley. Serve over rice or pasta

Chicken and Asparagus Stir-Fry

Per serving: 35g protein - 7g fibre (26%DV)



2 servings



40 minutes



Stir-Fry

- ½ tbsp/7mL cooking oil of choice
- ½ small white onion, finely diced
- 3 chicken thighs, trimmed and cut into 1" pieces
- 1 large head of broccoli
- ½ bunch asparagus spears, bases trimmed and cut into 1" pieces
- 1 large carrot, sliced into matchsticks

Marinade

- 2 tbsp/30mL cold water
- 1 tsp/2g corn starch

INGREDIENTS

- zest and juice from 1 medium orange
- 2 tbsp/30mL low sodium soy sauce
- 1 tsp/5mL sesame oil
- ½ tsp/2g fresh ginger, grated*
- 1 ½ garlic cloves, finely minced
- 1 tbsp/15mL honey

Serving/Garnish

- toasted sesame seeds, medium heat 2 minutes, tossing frequently
- ⅔ cups dry rice (2 cups of cooked rice)



DIRECTIONS

1. In a bowl, whisk together the 2 tablespoons of cold water and 1 tsp of corn starch, then add in the rest of the marinade ingredients and whisk to combine.
2. Add a 1/4 of your marinade to your prepared chicken thigh meat, let it marinate while preparing the rest of your veggies (15-30 min).
3. Heat a large wok or heavy-bottomed saute pan over high heat. Add 1/2 cup of water. As soon as it boils, add broccoli, carrot and asparagus. Cover and let it steam for 2 minutes over high heat until the veggies are tender and bright green. Remove veggies to a bowl then rinse and dry your pan.
4. Again, heat the pan over high heat and stir in 1/2 Tbsp oil. Add diced onion and saute for 1 minute, stirring constantly.
5. Add the marinated chicken to the hot skillet in a single layer. Let the chicken sit untouched for 2 minutes until browned, then stir to brown the other side. Once chicken is almost cooked, add the reserved marinade and simmer for 3 minutes or until the sauce thickens. Stir in the vegetables and continue to cook for another minute. Chicken should be fully cooked. Sprinkle with toasted sesame seeds and serve over hot rice.

RECIPE NOTES

- Substitute fresh ginger with 1/4 tsp of dried ginger

Nutritious Chicken Pad Thai



2 servings



45 minutes

Per serving: 44g protein - 8g fibre (28%DV)

INGREDIENTS



Base

- 1 tsp/5mL extra-virgin olive oil or avocado oil
- 2 eggs, whisked
- 2-3 medium chicken thighs, cubed into 1 inch pieces
- ½ bag/90g broccoli slaw
- 1 cup/65g shredded red or green cabbage
- ½ cup/100g shredded carrots (1 carrot)
- ½ red bell pepper, seeded and sliced
- ½ a small white onion
- 3-4 green onion, thinly sliced white/light green parts divide with dark green parts
- 2-3 garlic cloves, minced
- 1 tsp/1g fresh ginger*
- salt and pepper to taste
- rice noodles (optional)
- ½ package/175g extra-firm tofu (optional)

Sauce

- 2 tbsp/30mL almond butter (drizzly creamy almond butter works best; may use tahini or sun butter instead)
- 2 tbsp/30mL low sodium soy sauce
- 1 ½ tbsp/22mL lime juice
- ¼ tsp/1g crushed red pepper
- 1 tbsp/15mL rice vinegar
- ½ tbsp/7mL toasted sesame oil

Toppings

- chopped cilantro
- dry roasted cashews
- sliced green onion
- lime wedges
- sesame seeds

DIRECTIONS

1. If using rice noodles, prepare according to package instructions, set aside.
2. Place a large skillet (at least a 12-inch skillet) over medium heat. Add 1/2 teaspoon of oil (if the skillet is not non-stick, you may need more oil). Once hot, add the whisked eggs and scramble. Remove from the skillet and set aside.
3. To the skillet, add the additional 1/2 teaspoon of oil as well as the cubed chicken. Sauté for about 2 minutes. Next add the remaining skillet ingredients, except for the dark green parts of green onion. Continue to cook for 8-12 minutes carefully stirring occasionally.
4. Meanwhile, combine the sauce ingredients and whisk until well combined and smooth.
5. Once the veggies are tender and cooked down and the chicken is cooked through, add the eggs, the rice noodles, the dark green parts of green onion, and the sauce back to the skillet. Stir to combine and allow to cook for another 1-2 minutes or until heated through.
6. Serve hot topped with cilantro, cashews, sesame seeds, and/or green onion plus a squeeze of fresh lime juice.

RECIPE NOTES

- Substitute fresh ginger with ½ tsp of dried ginger

Whole Grain Bowl



2 servings



25 minutes

WITH SWEET CHILLI TOFU

Per serving: 25g protein - 12g fibre (42%DV)



INGREDIENTS

Base

- ½ package/175g extra-firm tofu*
- salt to taste
- 1 tbsp/5g corn starch
- 1 tbsp/15mL sesame oil for frying
- ¼ cup/60mL Thai sweet chilli sauce
- ½ cup/90g quinoa, cooked according to package instructions
- ½ large mango, cubed
- ½ cucumber, peeled and sliced
- ½ avocado, cubed
- ½ cup/75g edamame, cooked

- 2-3 radishes, sliced
- 1 green onion, chopped
- ½ tbsp/1g sesame seeds

Dressing

- 2 tbsp + 2 tsp/40mL tahini
- ½ lemon, juiced
- ½ - 1 tbsp/7-15mL maple syrup
- salt to taste
- ½ clove of garlic, minced
- ¼ cup/60mL of warm water to thin it out (add little at a time)

DIRECTIONS

Tofu

1. Wrap the tofu in paper towel or a clean dish towel and place on a cutting board. Cover with a plate and let the paper towel absorb the excess moisture.
2. Cut into 1 inch (2.5cm) cubes. Sprinkle the salt on the tofu. Add the corn starch and coat well.
3. In a pan, heat the sesame oil over medium high heat and fry the tofu cubes until crisp and golden. Turn the cubes to get them crisp on all sides.
4. Add the sweet chili sauce to the pan, warm through and let the tofu absorb as much as possible. Remove from heat.

Dressing

1. In a medium bowl add tahini, lemon juice, maple syrup, salt and garlic.
2. Whisk to combine. Then slowly add water until creamy, smooth and pourable.

Assemble

1. Divide ingredients between bowls/plates. Pour the dressing over top. Sprinkle with green onions and sesame seeds.

RECIPE NOTES

- Use the full package of tofu if desired for added protein.

Thai Mango Salad



2 servings



15 minutes

Per serving: 3g protein - 3g fibre (12%DV)



INGREDIENTS

Base

- ½ large mango, peeled, and cut into sticks
- 1 Large carrot, peeled and cut into sticks
- ½ -1 red bell pepper, thinly sliced
- ½ cucumber, cut into sticks
- ½ cup bean sprouts
- 1 green onion, thinly sliced
- 2 tbsp fresh cilantro, chopped

Sauce

- 1 tbsp/15mL sesame oil
- ½ tbsp/7mL low sodium soy sauce or tamari sauce
- 1 tbsp/15mL lime juice
- ½ tbsp/7mL honey or maple syrup

Topping

- ¼ cup/35g roasted peanuts, chopped

DIRECTIONS

1. In a large bowl, combine sliced mango, carrots, bell pepper, cucumber and bean sprouts.
2. Add sliced scallions and chopped cilantro to the bowl.
3. In a small bowl, whisk together sesame oil, soy sauce, lime juice, and honey to make the dressing. Alternatively, add all sauce ingredients to a jar and shake well to combine.
4. Pour the dressing over the salad and toss gently to combine.
5. Sprinkle chopped peanuts over the salad.

"Grilled" Vegetable Salad



2 servings



40 minutes

Per serving: 14g protein - 7g fibre (24%DV)



INGREDIENTS



- 1 medium ear sweet corn, husk and silk removed
- 1 medium yellow squash, ends trimmed, quartered lengthwise
- ½ medium zucchini, ends trimmed, quartered lengthwise
- ½ large red bell peppers, stems, seeds and any large ribs removed, and cut into 3 to 4 pieces each
- ½ large red onion, ends and skin removed, sliced into 3 to 4 large intact-rings
- 1 bunch of asparagus
- 1-2tbsp/15-30mL extra-virgin olive oil
- salt and pepper to taste
- 1 cup/180g cherry or grape tomatoes, sliced in half
- herby lemon vinaigrette **recipe on next page*
- ¼ cup/55g crumbled blue cheese or wide-flake parmesan

DIRECTIONS

1. Place prepared/cut corn, yellow zucchini, green zucchini, bell pepper, onion, and asparagus on a large rimmed pan. Drizzle olive oil over all of the vegetables. Keep sliced rings of red onion intact, brushing the olive oil evenly over the cut surfaces. With your hands, gently fold the rest of the vegetables until they are well coated with the olive oil. Sprinkle vegetables generously with salt and freshly ground black pepper, and fold again using your hands. Sprinkle one more time with salt and freshly ground black pepper.
2. Heat a frying pan or two on medium heat and 'grill' your vegetables.
3. You will need to work in batches. Cooking times will vary with each of the vegetables so check them regularly and remove them when they are done to your liking, the asparagus cooks the fastest. Vegetables like corn need to be turned frequently. Once the vegetables have 'grilled' and are cooked/softened to your liking, remove them back to the rimmed pan.
4. Once the vegetables have cooled enough to handle, cut the kernels from the corn and chop the rest of the vegetables into bite-size pieces, about an inch or so in size. Place everything into a large serving vessel. Add the tomatoes and fold everything together. Drizzle with a bit of the herby lemon vinaigrette, and then fold. Add more vinaigrette if needed. Sprinkle with blue cheese and serve just slightly warm or at room temperature.

Herby Lemon Vinaigrette

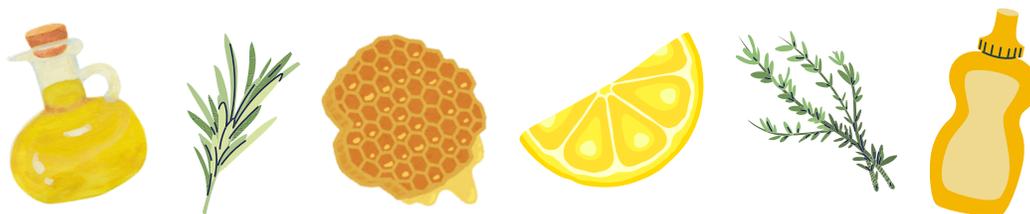


10-15 servings



5 minutes

Per serving: 0.2g protein - 0.2g fibre (1%DV)



INGREDIENTS

- 1 cup/250mL freshly squeezed lemon juice
- 1/2 cup/120mL honey
- 2 tbsp/30mL dijon mustard
- 2/3 cup/160mL extra-virgin olive oil
- 1 minced shallot
- 1 tbsp/2g minced fresh thyme*
- 1/2 tbsp/1g minced fresh rosemary*
- 1/2 tsp/1g salt
- pinch of black pepper

DIRECTIONS

1. In a medium bowl, whisk together lemon juice, honey, and Dijon mustard. Then add the olive and oil and whisk again. Add shallot, thyme, rosemary, salt, and pepper. Whisk to combine. You can also place vinaigrette ingredients in a jar with a tight fitting lid, and then shake to combine.

RECIPE NOTES:

- This recipe makes 10-15 servings, it can be stored in the fridge for up to two weeks. It's also wonderful drizzled over fresh tomatoes or any grilled or roasted vegetables. Think zucchini, broccoli, cauliflower, potatoes, and asparagus. A little splash over a fresh grilled chicken breast is amazing. Fold a hefty drizzle into a bowl of quinoa, and then add some chopped fresh cucumbers and tomatoes for an easy, flavourful salad. And it's quite lovely on fish and shrimp. So versatile!
- 1 tablespoon of fresh herbs can be swapped for 1 teaspoon of dried

Creamy Asparagus Soup

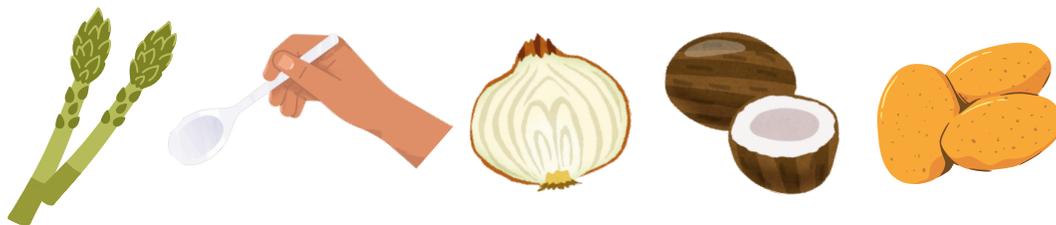


2 servings



35 minutes

Per serving: 8g protein - 5g fibre (17%DV)



INGREDIENTS

- 1 ½ tbsp/22mL extra-virgin olive oil
- 1 small white onion, chopped
- ½ tsp/1g curry powder
- ½ tsp/1g freshly grated ginger, or 1/2 tsp ground ginger
- Zest and juice of ½ lemon, divided
- 1 large potato peeled and diced (about 1 cup)
- 1 ½ cups/370mL vegetable broth
- ½ cup/120mL coconut milk
- ½ bunch asparagus, trimmed and chopped into 1/2-inch (1 cm)
 - Optional: Save a few asparagus tips for garnish—see note
- ¼ cup/60g plain Greek yogurt
- 1 green onion
- salt and pepper to taste

DIRECTIONS

1. Heat olive oil in a Dutch oven or large pot over medium-high heat. Add onion and salt, and cook, stirring often, until golden, about 5 minutes.
2. Add curry powder and ground ginger, stirring to coat onion. Add ginger, lemon zest and potatoes. Cook, stirring occasionally, until potatoes are browned, about 5 minutes.
3. Add broth, coconut milk, and asparagus. Bring soup to a boil. Lower heat and simmer, partially covered, until potatoes are tender, about 15 minutes.
4. Meanwhile, in a small bowl, whisk together Greek yogurt, lemon juice, and green onion. Set aside.
5. Purée soup using an immersion blender, or in batches in a regular blender, until smooth. Season with salt and pepper, to taste. Garnish with yogurt topping before serving.

RECIPE NOTES:

- To use the asparagus as garnish, save a few tips from chopped asparagus. Place in a small bowl with a small amount of water and microwave for 20-30 minutes. Alternatively, you can quickly blanch or steam until the asparagus is a more vibrant green and loses its "raw" taste. Let cool slightly and place on top of the bowl of soup before serving.

