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## 21-Day Tune Up Program, Week 1

Created by Georgia Limmer, Naturopathy & Nutrition



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Georgia Limmer, Naturopathy & Nutrition

Hi,

Welcome to your meal plan! On the next pages, you will find the customized plan I have created for you, along with an itemized grocery list and delicious recipes.

## Grocery List Tips

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I have included a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

## Shopping Tips

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The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

## Recipe Tips

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Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

## Leftovers

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You'll notice that some meals on the plan are shaded out. This means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!

# 21-Day Tune Up Program, Week 1

5 days

	Mon	Tue	Wed	Thu	Fri
Breakfast	Baked Strawberry Rhubarb Oatmeal	Baked Strawberry Rhubarb Oatmeal	Mango Oat Smoothie	Liquid Gold Green Smoothie	Liquid Gold Green Smoothie
Lunch	Cream of Celery & Asparagus Soup	Pan Seared Haddock with Pineapple Salsa	Chicken, Broccoli & Cashew Stir Fry	Grilled Chicken Caesar Lettuce Wraps	Quinoa Kale Fritters
Snack 1	Pineapple	Pineapple	Dark Chocolate & Pistachios	Dark Chocolate & Pistachios	Celery with Peanut Butter
Dinner	Pan Seared Haddock with Pineapple Salsa	Chicken, Broccoli & Cashew Stir Fry	Grilled Chicken Caesar Lettuce Wraps	Quinoa Kale Fritters	Bruschetta Flatbread
Snack 2	Chocolate Almond Butter Pudding	Chocolate Almond Butter Pudding	Chocolate Almond Butter Pudding	Brown Rice Chips with Salsa	Brown Rice Chips with Salsa

# 21-Day Tune Up Program, Week 1

5 days

Mon		Tue		Wed		Thu		Fri	
<b>Calories</b>	1346	<b>Calories</b>	1523	<b>Calories</b>	1838	<b>Calories</b>	1490	<b>Calories</b>	1282
<b>Fat</b>	71g	<b>Fat</b>	69g	<b>Fat</b>	110g	<b>Fat</b>	89g	<b>Fat</b>	66g
Saturated	15g	Saturated	13g	Saturated	23g	Saturated	19g	Saturated	13g
Polyunsaturated	18g	Polyunsaturated	13g	Polyunsaturated	15g	Polyunsaturated	7g	Polyunsaturated	10g
<b>Carbs</b>	137g	<b>Carbs</b>	169g	<b>Carbs</b>	157g	<b>Carbs</b>	134g	<b>Carbs</b>	146g
Fiber	34g	Fiber	35g	Fiber	35g	Fiber	33g	Fiber	31g
Sugar	68g	Sugar	72g	Sugar	68g	Sugar	42g	Sugar	39g
<b>Protein</b>	60g	<b>Protein</b>	74g	<b>Protein</b>	80g	<b>Protein</b>	58g	<b>Protein</b>	42g
Cholesterol	151mg	Cholesterol	192mg	Cholesterol	124mg	Cholesterol	145mg	Cholesterol	108mg
Sodium	1215mg	Sodium	1115mg	Sodium	1387mg	Sodium	1998mg	Sodium	1888mg
Potassium	3579mg	Potassium	3711mg	Potassium	3183mg	Potassium	2539mg	Potassium	2659mg
Vitamin A	6146IU	Vitamin A	3341IU	Vitamin A	3899IU	Vitamin A	4991IU	Vitamin A	7035IU
Vitamin C	269mg	Vitamin C	422mg	Vitamin C	259mg	Vitamin C	54mg	Vitamin C	67mg
Calcium	609mg	Calcium	580mg	Calcium	854mg	Calcium	804mg	Calcium	888mg
Iron	13mg	Iron	11mg	Iron	14mg	Iron	12mg	Iron	9mg
Vitamin E	14mg	Vitamin E	14mg	Vitamin E	15mg	Vitamin E	9mg	Vitamin E	10mg
Vitamin K	267µg	Vitamin K	175µg	Vitamin K	160µg	Vitamin K	220µg	Vitamin K	252µg
Folate	457µg	Folate	462µg	Folate	394µg	Folate	261µg	Folate	337µg



Vitamin B12	3.6µg	Vitamin B12	3.7µg	Vitamin B12	0.4µg	Vitamin B12	0.5µg	Vitamin B12	0.6µg
Magnesium	497mg	Magnesium	467mg	Magnesium	515mg	Magnesium	317mg	Magnesium	313mg
Zinc	8mg	Zinc	8mg	Zinc	9mg	Zinc	4mg	Zinc	4mg

# 21-Day Tune Up Program, Week 1

63 items

## Fruits

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- 8 Avocado
- 5 Banana
- 2 1/4 Lemon
- 2 Lime
- 1.2 kilograms Pineapple
- 288 grams Strawberries

## Breakfast

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- 65 grams All Natural Peanut Butter
- 125 grams Almond Butter
- 260 grams Maple Syrup

## Seeds, Nuts & Spices

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- 3 grams Black Pepper
- 69 grams Cashews
- 5 grams Cinnamon
- 2 grams Garlic Powder
- 100 grams Hemp Seeds
- 1 gram Onion Powder
- 1 gram Paprika
- 33 grams Pecans
- 224 grams Pistachios, In Shell
- 9 grams Sea Salt
- 0 Sea Salt & Black Pepper

## Frozen

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- 6 Brown Rice Tortilla
- 330 grams Frozen Mango

## Vegetables

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- 402 grams Asparagus
- 240 grams Baby Spinach
- 11 grams Basil Leaves
- 1 head Boston Lettuce
- 364 grams Broccoli
- 9 stalks Celery
- 1/2 Cucumber
- 11 1/2 Garlic
- 6 grams Ginger
- 3 stalks Green Onion
- 42 grams Kale Leaves
- 6 grams Mint Leaves
- 113 grams Mixed Greens
- 1 Red Bell Pepper
- 40 grams Red Onion
- 122 grams Rhubarb
- 1 Sweet Onion
- 3 Tomato
- 1 Yellow Bell Pepper
- 1 Yellow Onion

## Boxed & Canned

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- 213 grams Quinoa
- 520 grams Salsa

## Baking

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- 37 grams Almond Flour
- 50 grams Cocoa Powder
- 100 grams Dark Chocolate
- 169 grams Oats
- 21 grams Raw Honey

## Bread, Fish, Meat & Cheese

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- 680 grams Chicken Breast
- 57 grams Chicken Breast, Cooked
- 38 grams Feta Cheese
- 4 Haddock Fillet

## Condiments & Oils

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- 15 milliliters Apple Cider Vinegar
- 7 milliliters Balsamic Vinegar
- 67 milliliters Coconut Oil
- 15 grams Dijon Mustard
- 81 milliliters Extra Virgin Olive Oil
- 36 grams Tamari
- 15 grams Yellow Mustard

## Cold

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- 3 Egg
- 2.1 liters Unsweetened Almond Milk

## Other

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- 1.5 liters Water

# Baked Strawberry Rhubarb Oatmeal

8 ingredients · 50 minutes · 4 servings



## Directions

1. Preheat the oven to 375°F (191°C). Place strawberries, rhubarb and half your maple syrup in a mixing bowl. Toss well and spread across the bottom of a lightly greased square baking pan.
2. In another mixing bowl, whisk together the milk, egg and remaining maple syrup. Stir in the oats and cinnamon. Stir until well mixed.
3. Pour the oat mixture evenly across the strawberry and rhubarb in the pan. Sprinkle chopped pecans across the top and bake in the oven for 40 minutes. Enjoy while it's hot!

## Ingredients

- 288 grams** Strawberries (sliced)
- 122 grams** Rhubarb (diced)
- 60 grams** Maple Syrup (divided)
- 180 milliliters** Unsweetened Almond Milk
- 1** Egg
- 122 grams** Oats
- 5 grams** Cinnamon
- 33 grams** Pecans (chopped)

## Nutrition

Amount per serving

<b>Calories</b>	267	Vitamin A	209IU
<b>Fat</b>	10g	Vitamin C	45mg
Saturated	1g	Calcium	179mg
Polyunsaturated	3g	Iron	2mg
<b>Carbs</b>	40g	Vitamin E	1mg
Fiber	7g	Vitamin K	12µg
Sugar	14g	Folate	37µg
<b>Protein</b>	7g	Vitamin B12	0.1µg
Cholesterol	47mg	Magnesium	74mg
Sodium	54mg	Zinc	2mg
Potassium	403mg		

# Mango Oat Smoothie

6 ingredients · 5 minutes · 2 servings



## Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

## Notes

### No Banana

Sweeten with raw honey, maple syrup or soaked dates instead.

### Storage

Refrigerate in a mason jar or other air-tight container up to 48 hours.

### More Protein

Add more hemp seeds, a scoop of protein powder or spoonful of nut butter.

### More Fibre

Add ground flax seed.

### More Like Mango Lassi

Reduce almond milk and add greek yogurt.

## Ingredients

**330 grams** Frozen Mango

**1** Banana

**20 grams** Oats

**480 milliliters** Unsweetened Almond Milk

**20 grams** Hemp Seeds

**1/4** Lemon (juiced)

## Nutrition

Amount per serving

<b>Calories</b>	275	Vitamin A	2324IU
<b>Fat</b>	9g	Vitamin C	68mg
Saturated	1g	Calcium	485mg
Polyunsaturated	5g	Iron	2mg
<b>Carbs</b>	47g	Vitamin E	2mg
Fiber	7g	Vitamin K	7µg
Sugar	30g	Folate	98µg
<b>Protein</b>	8g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	134mg
Sodium	164mg	Zinc	2mg
Potassium	687mg		



# Liquid Gold Green Smoothie

6 ingredients · 5 minutes · 2 servings



## Directions

1. Place all ingredients into your blender. Blend very well until completely smooth. Divide into glasses and enjoy!

## Notes

### More Protein

Add a scoop of protein powder or hemp seeds.

## Ingredients

- 1 Avocado (peeled and pitted)
- 2 Banana (frozen)
- 11 grams Cocoa Powder
- 600 milliliters Unsweetened Almond Milk
- 20 grams Maple Syrup
- 60 grams Baby Spinach

## Nutrition

Amount per serving

<b>Calories</b>	347	Vitamin A	3659IU
<b>Fat</b>	19g	Vitamin C	29mg
Saturated	3g	Calcium	629mg
Polyunsaturated	3g	Iron	3mg
<b>Carbs</b>	48g	Vitamin E	3mg
Fiber	14g	Vitamin K	167µg
Sugar	21g	Folate	165µg
<b>Protein</b>	6g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	135mg
Sodium	235mg	Zinc	1mg
Potassium	1225mg		

# Cream of Celery & Asparagus Soup

10 ingredients · 25 minutes · 4 servings



## Directions

1. Heat coconut oil in a large stock pot over medium heat. Add yellow onion and celery. Saute for 5 minutes or until veggies are slightly softened. Add minced garlic and saute for another minute.
2. Add water, sea salt and black pepper to the stock pot. Cover and bring to a boil then reduce to a simmer. Remove lid and set asparagus on top. Cover and let steam for 5 minutes or until bright green.
3. Add hemp seeds and baby spinach to your blender. Pour soup over top and puree. Ladle into bowls. Enjoy!

## Notes

### Leftovers

Store in an airtight container in the fridge for up to four days. Freeze in a freezer-safe container for up to three months.

### Serving Size

One serving is approximately 2 cups.

### No Hemp Seeds

Use cashews.

### Add Some Crunch

Set aside a few spears of asparagus, roast before serving and use as a garnish.

### No Spinach

Use kale, swiss chard or any leafy green.

## Ingredients

- 30 milliliters** Coconut Oil
- 1** Yellow Onion (chopped)
- 6 stalks** Celery (chopped)
- 3** Garlic (cloves, minced)
- 948 milliliters** Water
- 6 grams** Sea Salt
- 1 gram** Black Pepper
- 402 grams** Asparagus (woody ends snapped off)
- 80 grams** Hemp Seeds
- 120 grams** Baby Spinach

## Nutrition

Amount per serving

<b>Calories</b>	222	Vitamin A	3847IU
<b>Fat</b>	17g	Vitamin C	17mg
Saturated	7g	Calcium	131mg
Polyunsaturated	8g	Iron	6mg
<b>Carbs</b>	12g	Vitamin E	2mg
Fiber	5g	Vitamin K	205µg
Sugar	5g	Folate	154µg
<b>Protein</b>	10g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	190mg
Sodium	671mg	Zinc	3mg
Potassium	820mg		



# Pineapple

1 ingredient · 5 minutes · 4 servings



## Directions

1. Slice into cubes and divide into bowls. Enjoy!

## Notes

### Extra Sweet

Grill or broil your pineapple and sprinkle with cinnamon.

## Ingredients

990 grams Pineapple

## Nutrition

Amount per serving

<b>Calories</b>	124	Vitamin A	144IU
<b>Fat</b>	0g	Vitamin C	118mg
Saturated	0g	Calcium	32mg
Polyunsaturated	0g	Iron	1mg
<b>Carbs</b>	32g	Vitamin E	0mg
Fiber	3g	Vitamin K	2µg
Sugar	24g	Folate	45µg
<b>Protein</b>	1g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	30mg
Sodium	2mg	Zinc	0mg
Potassium	270mg		

# Dark Chocolate & Pistachios

2 ingredients · 5 minutes · 4 servings



## Directions

1. Divide into bowls and enjoy!

## Ingredients

**100 grams** Dark Chocolate (at least 70% cacao)

**224 grams** Pistachios, In Shell

## Nutrition

Amount per serving

<b>Calories</b>	468	Vitamin A	10IU
<b>Fat</b>	37g	Vitamin C	0mg
Saturated	10g	Calcium	58mg
Polyunsaturated	0g	Iron	5mg
<b>Carbs</b>	27g	Vitamin E	0mg
Fiber	9g	Vitamin K	2µg
Sugar	10g	Folate	0µg
<b>Protein</b>	14g	Vitamin B12	0.1µg
Cholesterol	1mg	Magnesium	57mg
Sodium	221mg	Zinc	1mg
Potassium	179mg		

# Celery with Peanut Butter

2 ingredients · 5 minutes · 2 servings



## Directions

1. Spread peanut butter across celery sticks. Happy munching!

## Notes

### Nut-Free

Use sunflower seed butter or hummus instead.

## Ingredients

- 3 stalks** Celery (sliced into sticks)  
**65 grams** All Natural Peanut Butter

## Nutrition

Amount per serving

<b>Calories</b>	201	Vitamin A	269IU
<b>Fat</b>	17g	Vitamin C	2mg
Saturated	3g	Calcium	40mg
Polyunsaturated	4g	Iron	1mg
<b>Carbs</b>	9g	Vitamin E	3mg
Fiber	3g	Vitamin K	18µg
Sugar	4g	Folate	50µg
<b>Protein</b>	8g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	61mg
Sodium	53mg	Zinc	1mg
Potassium	336mg		

# Pan Seared Haddock with Pineapple Salsa

13 ingredients · 30 minutes · 4 servings



## Directions

1. Combine pineapple, avocado, tomato, red pepper, cucumber, red onion, mint, lime juice and olive oil in a bowl. Season with sea salt and black pepper to taste. Toss well and set aside.
2. Heat coconut oil over medium heat in a large skillet. Pan fry the haddock fillets 3 - 4 minutes per side or until fish flakes with a fork.
3. Divide greens and cod fillets between plates. Top with a large spoonful or two of pineapple avocado salsa. Enjoy!

## Notes

### BBQ Version

Grill pineapple, tomato, red pepper and red onion on the grill before chopping for the salsa. Grill the fish afterwards.

### No Haddock

Any type of white fish will do.

### No Fish

Use chicken breast or steak instead.

### Vegan

Skip the fish and use a veggie burger instead.

### More Carbs

Serve with brown rice or quinoa.

### Fillet Size

Each haddock fillet is equal to 150 grams or 5.3 ounces.

## Ingredients

- 165 grams** Pineapple (diced)
- 1** Avocado (diced)
- 1** Tomato (diced)
- 1** Red Bell Pepper (diced)
- 1/2** Cucumber (diced)
- 6 grams** Mint Leaves (chopped)
- 40 grams** Red Onion (diced)
- 1** Lime (juiced)
- 7 milliliters** Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 7 milliliters** Coconut Oil
- 4** Haddock Fillet
- 113 grams** Mixed Greens

## Nutrition

Amount per serving

<b>Calories</b>	306	Vitamin A	1667IU
<b>Fat</b>	12g	Vitamin C	76mg
Saturated	3g	Calcium	70mg
Polyunsaturated	2g	Iron	2mg
<b>Carbs</b>	17g	Vitamin E	3mg
Fiber	6g	Vitamin K	20µg
Sugar	7g	Folate	100µg
<b>Protein</b>	34g	Vitamin B12	3.5µg

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Cholesterol	104mg	Magnesium	74mg
Sodium	446mg	Zinc	1mg
Potassium	1145mg		

# Chicken, Broccoli & Cashew Stir Fry

15 ingredients · 45 minutes · 4 servings



## Directions

1. Preheat oven to 350°F (177°C). Sprinkle the chicken with your clean spices of choice. Place on a baking sheet and bake for 30 minutes. Once done, remove from oven and dice into pieces or strips.
2. Meanwhile, add quinoa and water to a medium sized pot. Heat on high until it reaches a boil. Once boiling, cover and reduce to a simmer for 12 to 15 minutes. Once all liquid is absorbed, remove the cooked quinoa from heat, fluff with a fork and set aside.
3. Combine the tamari, honey and vinegar in a bowl and stir until mixed. Set aside.
4. Steam broccoli until bright green (~5 minutes). Do not overcook as this reduces the nutritional value.
5. Heat oil in the skillet. Add the yellow pepper and cook while stirring occasionally for 1 minute. Add the ginger, sweet onion and garlic and cook for another minute. Stir in the broccoli, chicken and tamari mixture. Stir until heated through or until tamari mixture is absorbed.
6. Serve stir fry over a layer of quinoa and garnish with cashews and green onion. Season with sea salt and pepper to taste. Enjoy!

## Ingredients

- 227 grams Chicken Breast
- 128 grams Quinoa
- 356 milliliters Water
- 36 grams Tamari
- 21 grams Raw Honey
- 15 milliliters Apple Cider Vinegar
- 364 grams Broccoli (cut into florets)
- 15 milliliters Coconut Oil
- 1 Yellow Bell Pepper (diced)
- 1/2 Sweet Onion (chopped)
- 6 grams Ginger (grated)
- 3 Garlic (cloves, minced)
- 69 grams Cashews
- 3 stalks Green Onion (chopped)
- Sea Salt & Black Pepper (to taste)

## Nutrition

Amount per serving

Calories	399	Vitamin A	1042IU
Fat	15g	Vitamin C	170mg
Saturated	5g	Calcium	102mg
Polyunsaturated	3g	Iron	4mg
Carbs	44g	Vitamin E	2mg
Fiber	6g	Vitamin K	113µg



Sugar	9g	Folate	159µg
<b>Protein</b>	24g	Vitamin B12	0.1µg
Cholesterol	41mg	Magnesium	160mg
Sodium	571mg	Zinc	3mg
Potassium	952mg		

# Grilled Chicken Caesar Lettuce Wraps

13 ingredients · 40 minutes · 4 servings



## Directions

1. Preheat the grill over medium heat.
2. Slice the head off the garlic bulb and peel away the skin. Drizzle with a splash of extra virgin olive oil and sprinkle with sea salt and black pepper. Wrap tightly with foil and place on the grill for 30 minutes.
3. In a small bowl, combine the paprika, black pepper, onion powder, garlic powder and sea salt. Mix well.
4. Toss the chicken breast in lime juice then coat with your spice mixture on both sides. Place chicken on the grill with the garlic and grill for 10 to 15 minutes per side or until chicken is cooked through.
5. Remove roasted garlic from the grill and carefully open up the foil. Let cool. In a blender or food processor, add your lemon juice, olive oil and dijon mustard and then squeeze the flesh of the roasted garlic in as well. Discard the skin. Season the dressing with sea salt and black pepper and blend well until smooth and creamy.
6. Remove chicken from the grill and dice with a knife.
7. Plate lettuce wraps and top with diced chicken. Drizzle with roasted garlic dressing, wrap and enjoy!

## Notes

### Time Saver

Make the roasted garlic dressing up in advance. Store in the fridge up to a week. Chicken can also be grilled in advance.

### No Grill

Use an oven pre-heated to 400°F (204°C) instead.

### More Carbs

Add quinoa to your wraps.

### Vegan

Use roasted chickpeas instead of chicken.

## Ingredients

- 1 Garlic (whole bulb)
- Sea Salt & Black Pepper (to taste)
- 1 gram Paprika
- 1 gram Black Pepper
- 1 gram Onion Powder
- 2 grams Garlic Powder
- 3 grams Sea Salt
- 1 Lime (juiced)
- 454 grams Chicken Breast
- 1 Lemon (juiced)
- 59 milliliters Extra Virgin Olive Oil (plus some extra for roasting garlic)
- 15 grams Dijon Mustard
- 1 head Boston Lettuce (washed and pulled apart into leaves)

## Nutrition

Amount per serving

Calories	269	Vitamin A	244IU
Fat	17g	Vitamin C	8mg
Saturated	3g	Calcium	12mg
Polyunsaturated	2g	Iron	1mg
Carbs	3g	Vitamin E	3mg
Fiber	0g	Vitamin K	10µg

Sugar	1g	Folate	16µg
<b>Protein</b>	26g	Vitamin B12	0.2µg
Cholesterol	82mg	Magnesium	35mg
Sodium	389mg	Zinc	1mg
Potassium	424mg		

# Quinoa Kale Fritters

13 ingredients · 45 minutes · 6 servings



## Directions

1. Cook quinoa by placing quinoa and water in a sauce pan. Place over medium-high heat and bring to a boil. Once boiling, cover and reduce heat to low. Let simmer for 12 minutes. Remove from heat, fluff with a fork and set aside.
2. In a frying pan, heat half the coconut oil over medium heat. Saute onion until golden (about 5 minutes). Then add kale and stir just until wilted (1 - 2 minutes). Remove from heat.
3. In a large mixing bowl whisk the eggs. Then add in the quinoa, kale/onion mixture, garlic, salt and pepper. Stir well. Let cool for 15 minutes then add in the oats and almond meal. Mix well.
4. With clean hands, form even patties with the mixture and place on a piece of waxed paper.
5. In a large skillet, heat remaining coconut oil over medium heat. Use a lifter to transfer the fritters from the wax paper to the frying pan. Fry the fritters about 6 minutes per side or until golden brown.
6. To make the Tangy Avocado Spread: In a bowl mash avocado with a fork. Add the lemon juice and yellow mustard. Beat with a fork until a creamy consistency forms. Season with a pinch of sea salt and pepper.
7. Serve the fritters on bread or on a bed of spinach lightly tossed in olive oil and top with Tangy Avocado Spread.

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days. Freeze for up to three months.

### Serving Size

One serving is equal to approximately one large fritter.

## Ingredients

- 85 grams** Quinoa
- 237 milliliters** Water
- 15 milliliters** Coconut Oil (divided)
- 2** Egg (whisked)
- 1/2** Sweet Onion (diced)
- 3** Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- 42 grams** Kale Leaves
- 27 grams** Oats
- 37 grams** Almond Flour
- 1** Avocado (peeled and sliced)
- 1** Lemon (juiced)
- 15 grams** Yellow Mustard

## Nutrition

Amount per serving

<b>Calories</b>	218	Vitamin A	479IU
<b>Fat</b>	13g	Vitamin C	15mg
Saturated	3g	Calcium	66mg
Polyunsaturated	2g	Iron	2mg
<b>Carbs</b>	20g	Vitamin E	1mg
Fiber	5g	Vitamin K	35µg
Sugar	2g	Folate	75µg
<b>Protein</b>	7g	Vitamin B12	0.2µg



Cholesterol	62mg	Magnesium	70mg
Sodium	59mg	Zinc	1mg
Potassium	353mg		

# Bruschetta Flatbread

9 ingredients · 35 minutes · 2 servings



## Directions

1. Preheat oven to 410°F (210°C). Add the tomatoes, garlic, basil, vinegar, olive oil, feta, salt and pepper to a mixing bowl. Toss well and let sit for 15 minutes to marinate.
2. Spread the mixture over the brown rice tortillas using a slotted spoon to drain the excess liquid (too much liquid will make the tortilla soggy). Top with cooked, diced chicken breast (optional). Place on a piece of foil and bake for 14 minutes.
3. Remove from oven. Run a lifter between the foil and tortilla to detach any parts that might have become stuck while baking. Slide onto a plate and slice with a pizza cutter. Enjoy!

## Ingredients

- 2 Tomato (finely diced)
- 1 1/2 Garlic (cloves, minced)
- 15 milliliters Extra Virgin Olive Oil
- 11 grams Basil Leaves (chopped)
- 7 milliliters Balsamic Vinegar
- 38 grams Feta Cheese (crumbled)
- Sea Salt & Black Pepper (to taste)
- 2 Brown Rice Tortilla
- 57 grams Chicken Breast, Cooked (diced)

## Nutrition

Amount per serving

<b>Calories</b>	328	Vitamin A	2029IU
<b>Fat</b>	14g	Vitamin C	19mg
Saturated	4g	Calcium	114mg
Polyunsaturated	1g	Iron	2mg
<b>Carbs</b>	33g	Vitamin E	1mg
Fiber	4g	Vitamin K	26µg
Sugar	4g	Folate	42µg
<b>Protein</b>	16g	Vitamin B12	0.4µg
Cholesterol	46mg	Magnesium	27mg
Sodium	447mg	Zinc	1mg
Potassium	387mg		

# Chocolate Almond Butter Pudding

5 ingredients · 5 minutes · 6 servings



## Directions

1. Combine all ingredients in a food processor or blender and blend until smooth and creamy. You may need to occasionally scrape down the sides.
2. Divide into small bowls, add your choice of toppings or enjoy as is!

## Notes

### No Cocoa Powder

Use cacao powder instead.

### No Almond Butter

Use peanut butter or any type of nut butter.

### Optional Toppings

Toasted coconut, hemp seeds, crushed nuts, coconut whipped cream or fresh fruit.

### More Fibre

Add ground flax seeds before blending.

## Ingredients

**4** Avocado (peeled and pits removed)

**160 grams** Maple Syrup

**240 milliliters** Unsweetened Almond Milk

**29 grams** Cocoa Powder

**125 grams** Almond Butter

## Nutrition

Amount per serving

<b>Calories</b>	427	Vitamin A	279IU
<b>Fat</b>	32g	Vitamin C	13mg
Saturated	4g	Calcium	197mg
Polyunsaturated	5g	Iron	2mg
<b>Carbs</b>	36g	Vitamin E	8mg
Fiber	13g	Vitamin K	28µg
Sugar	18g	Folate	121µg
<b>Protein</b>	8g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	129mg
Sodium	42mg	Zinc	2mg
Potassium	941mg		

# Brown Rice Chips with Salsa

2 ingredients · 15 minutes · 4 servings



## Directions

1. Preheat oven to 415°F (213°C). Defrost brown rice tortillas and slice into 1/8's using a pizza cutter. Place on a baking sheet and bake for 6 minutes.
2. Remove chips from oven. Serve with salsa. Enjoy!

## Notes

### Flavoured Chips

Flavour your chips by brushing them with a bit of olive oil and spices before baking. Sea salt, cumin and chili powder all work great!

### Extra Mexican Flavour

Squeeze a lime wedge over the chips after baking.

### Low FODMAP

Ensure the salsa is onion-free.

## Ingredients

4 Brown Rice Tortilla

520 grams Salsa

## Nutrition

Amount per serving

<b>Calories</b>	188	Vitamin A	599IU
<b>Fat</b>	3g	Vitamin C	2mg
Saturated	0g	Calcium	39mg
Polyunsaturated	0g	Iron	1mg
<b>Carbs</b>	36g	Vitamin E	2mg
Fiber	5g	Vitamin K	6µg
Sugar	8g	Folate	5µg
<b>Protein</b>	5g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	20mg
Sodium	1094mg	Zinc	0mg
Potassium	358mg		