



Shine On



FUEL YOUR ***STRENGTH***

CREATED BY BRIANNA GORMAN, RD

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WELCOME

Welcome to the Fuel Your Strength meal plan.

If you're trying to build or maintain muscle mass, you may have considered a high protein meal plan. High protein foods help to maintain and repair your muscles after they've been damaged, making it especially beneficial for regular exercisers, or if you're recovering from an injury.

Well-balanced, high-protein diets offer many health benefits, including supported muscle growth, a higher metabolic rate, and better appetite control. However, the key word here is balanced. High protein meal plans can't just be steak and cheese.

Fuel Your Strength features high protein, fibre-rich recipes, to keep your palate and your body healthy and happy. You'll find a wide variety of proteins and ingredients including plant-based options such as beans, lentils and tofu, along with traditional lean protein sources, where each source brings a unique blend of amino acids and nutrients, providing a well-rounded, nutritious plan featuring 110-125 grams of protein a day.

This ensures you're not only meeting your protein needs, but also the other nutrients your body needs to stay healthy. Whether you're looking to gain or maintain muscle, this meal plan has everything you need to fuel your strength while keeping things easy and delicious in the kitchen!



ABOUT THE MEAL PLAN

ABOUT BRIANNA GORMAN, MSC., RD

Brianna Gorman is a Sports Dietitian with a passion to empower clients to make lasting, meaningful changes to their nutrition and lifestyle habits.

Brianna works with a wide variety of clients, including those focused on body recomposition, managing digestive concerns, and enhancing athletic performance, as well as individuals preparing for game or race day nutrition strategies.

She delivers evidence-based, client-centred care, supporting clients with empathy while helping them achieve sustainable, long-term results.



ABOUT THE MEAL PLAN

THE IMPORTANCE OF PROTEIN

Protein is important for everyone, but it is especially valuable for those who exercise regularly, older adults wanting to preserve muscle, individuals trying to lose weight, and anyone recovering from injury or surgery. It provides the amino acids needed to repair and build muscle after workouts, supports in their recovery, and helps prevent injury.

While protein is essential, it's only one piece of the nutrition puzzle. Carbohydrates provide training fuel, healthy fats support hormones and recovery, and a variety of whole foods ensure you're getting the vitamins and minerals your body needs. Fuel Your Strength ensures you're not only meeting your protein requirements, but also your carbohydrate and healthy fat needs.

HOW MUCH PROTEIN SHOULD YOU EAT

For the general population, it's recommended to consume around 0.8 grams of protein per kilogram of body weight. But for those training regularly in the gym, requirements are higher—typically 1.4–2.0 grams/kilogram—to support muscle repair, recovery, and growth. Most active individuals benefit from 1.4–2.0 grams of protein per kilogram of body weight per day, spread evenly across meals. Good choices include lean meats, fish, eggs, dairy, beans, tofu, and tempeh.

Include protein at every meal, and refuel with around 20 grams within 30 minutes post-workout. Combined with an overall healthy diet, this approach maximizes strength, performance, and long-term health.



MEAL PLAN

FUEL YOUR **STRENGTH**

MASTER PANTRY LIST

Check your supplies before grocery shopping to avoid unnecessary waste and cost. Determine quantities required for the week ahead based on this week's recipes and your ingredient preferences.

BAKING

All-Purpose Flour	☐
Baking Powder	☐
Cocoa Powder	☐
Coconut Flour	☐
Dark Chocolate Chips	☐
Sugar	☐
Vanilla Extract	☐

CANNED GOODS

Black Beans	☐
Chickpeas	☐
Coconut Milk	☐
Green Lentils	☐
Pumpkin	☐
Tomato Purée	☐
Vegetable Stock*	☐

NUTS, SEEDS, BUTTERS & DRIED FRUITS

Hemp Seeds	☐
Peanut Butter	☐
Pumpkin Seeds	☐
Sunflower Seed Butter	☐
Tahini	☐

PASTA, GRAINS & LEGUMES

Chickpea Pasta	☐
Granola	☐
Jasmine Rice	☐
Quinoa	☐
Rice Puff Cereal	☐
Rolled Oats	☐

SAUCES & CONDIMENTS

Enchilada Sauce	☐
Maple Syrup	☐
Mayonnaise	☐
Pesto	☐
Soy Sauce or Tamari	☐

OTHER

Chocolate Protein Powder	☐
Coffee	☐
Vanilla Protein Powder	☐

SPICES

Chili Powder	☐
Cinnamon	☐
Cumin	☐
Curry Powder	☐
Italian Seasoning	☐
Nutmeg	☐
Oregano	☐
Paprika	☐
Pepper	☐
Red Pepper Flakes	☐
Salt	☐
Smoked Paprika	☐
Taco Seasoning	☐
Turmeric	☐

VINEGARS & OILS

Apple Cider Vinegar	☐
Balsamic Vinegar	☐
Coconut Oil	☐
Olive Oil	☐
Rice Vinegar	☐
Sesame Oil	☐

*Most economical to use bouillon cubes or paste but could use prepared stock in tetra pak cartons or cans. Use low sodium if added salt is a concern

SHOPPING LIST

Check your supplies before grocery shopping to avoid unnecessary waste and cost. Determine quantities required for the week ahead based on this week's recipes and your ingredient preferences.

FRUIT

3	Apples	☐
2	Avocados	☐
9	Bananas	☐
1 package	Blueberries	☐
1 package	Cherries	☐
5	Clementines	☐
2	Lemon	☐
1	Lime	☐

VEGETABLES

1 package	Baby Spinach	☐
2	Bell Peppers	☐
3 heads	Broccoli	☐
2	Carrots	☐
1 head	Cauliflower	☐
3 packages	Cherry Tomatoes	☐
1 package	Coleslaw Mix	☐
2	Cucumbers	☐
1	Eggplant	☐
1	Jalapeno	☐
1 bunch	Kale	☐
1 package	Mini Peppers	☐
1	Red Onion	☐
1	Shallot	☐
2	Sweet Potato	☐
2	Tomato	☐
1	Yellow Onion	☐
1	Zucchini	☐

FRESH HERBS & SPICES

1 bunch	Basil	☐
1 bunch	Chives	☐
1 bunch	Dill	☐
1 bulb	Garlic	☐
1	Ginger	☐
1 bunch	Parsley	☐

BREADS

1 package	Puff Pastry (frozen)	☐
1 package	Rice Cakes	☐
1 package	Whole Grain Buns	☐
1 package	Whole Wheat Tortillas	☐

REFRIDGERATED

0.5 litre	Almond Milk (unsweetened)	☐
1 package	Cottage Cheese	☐
1 package	Cream Cheese	☐
13	Eggs	☐
1 package	Greek Yogurt	☐
1 package	Guacamole	☐
1 package	Hummus	☐
1	Mozzarella Cheese (ball)	☐
1 package	Mozzarella Cheese (shredded)	☐
1 package	Ricotta Cheese	☐

MEATS

1.8 lbs	Chicken Breast	☐
8 oz	Ground Beef (extra-lean)	☐
8 oz	Ground Turkey	☐
7 oz	Flank Steak	☐
14 oz	Salmon Fillet	☐
5 oz	Smoked Salmon	☐

DAY-TO-DAY GUIDE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
BREAKFAST	Yogurt with Granola & Banana (p. 13)	Creamy Apple Pie Oatmeal (p. 14)	Banana Zucchini Protein Oatmeal Bake (p. 15)	Apple Peanut Butter Smoothie (p. 16)
SNACK	Crunchy Sunbutter Balls (p. 31)	Apple	Crunchy Sunbutter Balls (p. 31)	Roasted Chickpeas
LUNCH	Tomato Lentils & Roasted Eggplant (p. 19)	Tomato Lentils & Roasted Eggplant (p. 19)	Sweet Potato Soup (p. 20) & Caprese Sandwich (p. 21)	Sweet Potato Soup (p. 20) & Caprese Sandwich (p. 21)
SNACK	Clementines	Greek Yogurt with Clementines (p. 34)	Hardboiled Eggs	Cherry Banana Cottage Cheese (p. 35)
DINNER	Air Fryer Salmon (p. 27)	Air Fryer Salmon (p. 27)	Steak & Black Bean Burritos (p. 24)	Chicken Pasta Salad (p. 25)
SNACK	Cherry Banana Cottage Cheese (p. 35)	Pumpkin Loaf (p. 36)	Whipped Peanut Butter Yogurt Bowl (p. 37)	Pumpkin Loaf (p. 36)
NUTRITION	Calories: 2075 Fat: 67g Carbohydrates: 206g Fibre: 51g Protein: 126g	Calories: 2067 Fat: 73 Carbohydrates: 237g Fibre: 49g Protein: 140g	Calories: 2240 Fat: 102g Carbohydrates: 217g Fibre: 47g Protein: 125g	Calories: 2031 Fat: 68g Carbohydrates: 252g Fibre: 47g Protein: 124g

DAY-TO-DAY GUIDE

	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Banana Zucchini Protein Oatmeal Bake (p. 15)	Taco Breakfast Bowl (p. 17)	Taco Breakfast Bowl (p. 17)
SNACK	Hummus Stuffed Mini Peppers (p. 32)	Roasted Chickpeas	Mocha Smoothie (p. 33)
LUNCH	Chicken Pasta Salad (p. 25)	Ricotta, Pesto & Tomato Tart (p. 22) with Cucumber Salad (p. 23)	Coconut Chickpea Curry (p. 26)
SNACK	Rice Cakes with Cream Cheese & Cucumber	Hummus Stuffed Mini Peppers (p. 32)	Rice Cakes with Cream Cheese & Cucumber
DINNER	Coconut Chickpea Curry (p. 26)	Sesame Ginger Beef & Kale (p. 28)	Enchiladas (p. 29)
SNACK	Whipped Ricotta & Tomato Toast (p. 38)	Boiled Eggs with Smoked Salmon	Chocolate Protein Mug Cake (p. 39)
NUTRITION	Calories: 1992 Fat: 82g Carbohydrates: 212g Fibre: 35g Protein: 112g	Calories: 1931 Fat: 103g Carbohydrates: 144g Fibre: 27g Protein: 114g	Calories: 2193 Fat: 95g Carbohydrates: 233g Fibre: 48g Protein: 118g



BREAKFAST

FUEL YOUR **STRENGTH**

YOGURT WITH GRANOLA & BANANA

Serves: 1

INGREDIENTS

- 1 cup Greek Yogurt, plain
- 1 Banana, sliced
- ½ cup Granola

NUTRITIONAL INFORMATION

Calories 485
Protein 29g
Fat 15g
Fibre 7g
Carbohydrates 61g



DIRECTIONS

1. Add the yogurt, banana, and granola to a bowl, and enjoy!

CREAMY APPLE PIE PROTEIN OATMEAL

Serves: 1

INGREDIENTS

- ½ Apple, diced
- 1 tbsp Water
- 1 tbsp Maple Syrup
- ½ tsp Cinnamon
- ½ cup Rolled Oats
- 2 tbsp Vanilla Protein Powder
- 1 cup Greek Yogurt, plain
- 1 tbsp Hemp Seeds

NUTRITIONAL INFORMATION

Calories 535
Protein 40g
Fat 13g
Fibre 8g
Carbohydrates 68g



DIRECTIONS

1. Combine apples, water, maple syrup, and cinnamon in a saucepan. Cover and cook over low heat until the apples are soft, about 10-12 minutes.
2. Meanwhile, cook the oats according to the package directions.
3. Stir the protein powder into the yogurt.
4. Top the oatmeal with yogurt mixture, warm apples, and hemp seeds. Add extra cinnamon and maple syrup, if desired. Enjoy!

BANANA ZUCCHINI PROTEIN OATMEAL BAKE

Serves: 4

INGREDIENTS

- 1 Zucchini, medium, shredded
- 2 cups Rolled Oats
- 1 cup Vanilla Protein Powder
- 2 Eggs
- 1 cup Coconut Milk, canned
- 2 tbsp Maple Syrup
- 1 ½ tsp Baking Powder
- ½ tsp Salt
- 4 Bananas, divided

NUTRITIONAL INFORMATION

Calories 521
Protein 30g
Fat 17g
Fibre 8g
Carbohydrates 66g



DIRECTIONS

1. Preheat the oven to 350°F. Line a baking dish with parchment paper and set aside.
2. Wrap the shredded zucchini in a paper towel or a clean cloth and squeeze until all of the excess liquid comes out.
3. Add the oats, protein powder, eggs, milk, maple syrup, baking powder, salt, and two bananas to a blender. Blend until smooth.
4. Stir in the shredded zucchini and scoop the batter into the baking dish. Slice the remaining bananas and place the pieces on top.
5. Bake for 60 minutes or until golden-brown. Remove from the oven and allow it to cool for 15 minutes before slicing. Enjoy!

APPLE PEANUT BUTTER SMOOTHIE

Serves: 1

INGREDIENTS

- 1 Apple, peeled and chopped
- 1 Banana, frozen
- 4 Ice Cubes
- 2 tbsp Vanilla Protein Powder
- 2 tbsp Rolled Oats
- 1 tbsp Peanut Butter
- $\frac{3}{4}$ tsp Cinnamon
- 1 cup Almond Milk, unsweetened

NUTRITIONAL INFORMATION

Calories 411
Protein 17g
Fat 12g
Fibre 12g
Carbohydrates 66g



DIRECTIONS

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

TACO BREAKFAST BOWL

Serves: 4

INGREDIENTS

- 1 ½ tsp Olive Oil
- 1 lb Ground Turkey
- 2 tbsp Chili Powder
- 1 tsp Oregano
- 1 tsp Cumin
- 1 tsp Pepper
- 1 tsp Salt
- ½ cup Water
- 4 Eggs
- 4 cups Baby Spinach, chopped
- 1 Bell Pepper, diced
- 1 Tomato, diced
- 1 Avocado, mashed

NUTRITIONAL INFORMATION

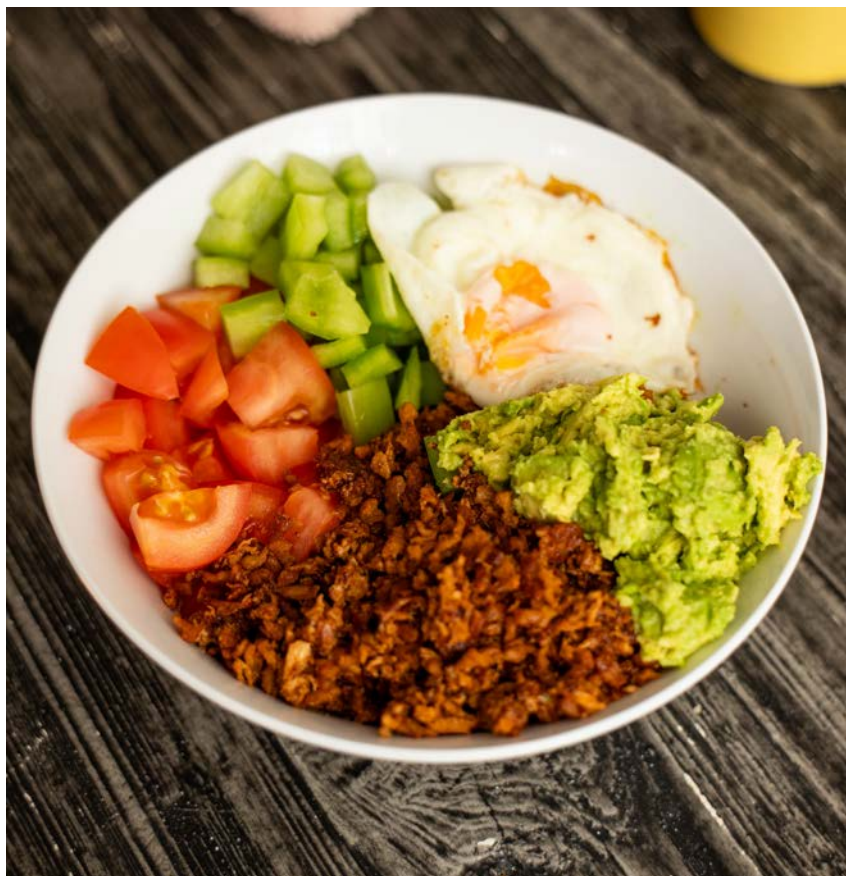
Calories 370

Protein 31g

Fat 24g

Fibre 7g

Carbohydrates 11g



DIRECTIONS

1. Heat a skillet with olive oil over medium heat. Add the ground turkey and saute to cook through, breaking up the meat as it cooks. Once it's cooked through, add the chili powder, oregano, cumin, black pepper and sea salt.
2. Add the water and saute for another minute, then reduce the heat and let simmer until all the water has been absorbed.
3. Fry your eggs and set aside.
4. Divide the spinach between bowls. Top with diced green pepper, tomato, mashed avocado, taco meat and fried egg. Enjoy!



LUNCH & DINNER

TOMATO LENTILS & ROASTED EGGPLANT

Serves: 2

INGREDIENTS

- 1 Eggplant, sliced lengthwise
- 1 tbsp Olive Oil, divided
- Salt, to taste
- Pepper, to taste
- 1 clove Garlic, minced
- ½ tsp Paprika
- 1 ½ cups Green Lentils, cooked
- 1 cup Tomato Purée
- ½ cup Vegetable Broth
- 2 tbsp Parsley



DIRECTIONS

1. Preheat the oven to 375°F and line a baking sheet with parchment paper. Brush the eggplant slices with half the oil, then season with salt and pepper.
2. Bake the eggplant slices in the oven for 35-40 minutes, or until cooked through and browned, flipping halfway.
3. Meanwhile, heat the remaining oil in a pot over medium heat. Add the garlic and paprika and cook for 1 minute until fragrant. Add the lentils, tomato purée, and broth, stirring to combine.
4. Season with salt and pepper. Cover with a lid and simmer on low heat for 15 minutes or until the sauce has thickened.
5. Divide the eggplant evenly onto plates. Top with lentils and garnish with parsley. Enjoy!

NUTRITIONAL INFORMATION

Calories 356
Protein 19g
Fat 8g
Fibre 23g
Carbohydrates 59g

SWEET POTATO SOUP

Serves: 4

INGREDIENTS

- ½ Onion, large, chopped
- 3 cloves Garlic, minced
- 1 ½ tbsp Ginger, minced or grated
- 7 cups Water, divided
- 1 tsp Salt
- 1 ½ tsp Turmeric
- 2 Sweet Potatoes, cubed
- ½ head Cauliflower, cut into florets
- 2 Carrots, chopped



DIRECTIONS

1. Heat a large pot over medium-high heat. Add the onion, garlic, and ginger along with enough water to cover the bottom of the pot. Cook for 5-6 minutes until the onions begin to soften. Stir in the salt and turmeric, and continue to cook for another minute.
2. Add the sweet potato, cauliflower, carrot, and remaining water to the pot, stirring to combine. Increase the heat to bring the soup to a gentle boil, then reduce the heat and simmer for 25-30 minutes or until the vegetables are very tender.
3. Remove the pot from the heat and use an immersion blender to blend until smooth.
4. Season the soup with additional salt if needed. Divide between bowls and enjoy!

NUTRITIONAL INFORMATION

Calories 101
Protein 3g
Fat 0g
Fibre 5g
Carbohydrates 23g

CAPRESE SANDWICH

Serves: 1

INGREDIENTS

- ½ Tomato, sliced
- 1 oz Mozzarella Ball, sliced
- ¼ cup Basil Leaves
- 1 Whole Wheat Bun, toasted
- ¼ tsp Salt
- 2 tbsp Balsamic Vinegar
- 1 ½ tsp Olive Oil



NUTRITIONAL INFORMATION

Calories 283
Protein 14g
Fat 12g
Fibre 4g
Carbohydrates 31g

DIRECTIONS

1. Place the tomato, mozzarella, and basil leaves between the buns and season with salt.
2. Drizzle with balsamic vinegar and oil. Enjoy!

RICOTTA, PESTO & TOMATO TART

Serves: 6

INGREDIENTS

- $\frac{2}{3}$ cup Ricotta
- $\frac{1}{4}$ cup Pesto, divided
- Salt, to taste
- Pepper, to taste
- 10 oz Puff Pastry, thawed
- 1 Egg Yolk, whisked
- 2 cups Cherry Tomatoes, halved
- Flour, for dusting



NUTRITIONAL INFORMATION

Calories 382
Protein 8g
Fat 27g
Fibre 2g
Carbohydrates 29g

DIRECTIONS

1. Preheat the oven to 400°F and line a baking sheet with parchment paper. In a bowl, mix the ricotta with half the pesto. Season with salt and pepper.
2. Lightly dust a flat surface with flour. Roll the puff pastry into a rectangle about a $\frac{1}{2}$ -inch thick. Using a knife, lightly score (don't cut all the way through) a 1-inch border around the edges of the pastry.
3. Brush the edges with egg yolk. Spread the ricotta mixture evenly over the pastry, leaving the edges bare. Then, arrange the cherry tomatoes cut-side up on top. Season with salt and pepper.
4. Bake for 20-25 minutes until the tomatoes are cooked and the pastry is golden brown.
5. Remove from the oven and spoon the remaining pesto on top. Slice into pieces and serve with cucumber salad!

CUCUMBER SALAD

Serves: 3

INGREDIENTS

- ¼ cup Greek Yogurt, plain
- 2 tbsp Mayonnaise
- 2 tbsp Dill, chopped
- 1 ½ tbsp Apple Cider Vinegar
- ½ clove Garlic, minced
- Salt, to taste
- Pepper, to taste
- 1 Cucumber, thinly sliced
- ¼ cup Shallots, thinly sliced



NUTRITIONAL INFORMATION

Calories 105
Protein 3g
Fat 7g
Fibre 1g
Carbohydrates 7g

DIRECTIONS

1. In a bowl, whisk together yogurt, mayonnaise, dill, vinegar, garlic, salt, and pepper until well combined. Add the cucumber slices and shallots, stirring gently to coat evenly.
2. Enjoy!

STEAK & BLACK BEAN BURRITO

Serves: 2

INGREDIENTS

- 7 oz Flank Steak
- Salt, to taste
- Pepper, to taste
- 2 tsp Olive Oil
- ½ cup Black Beans, cooked
- ½ Lime, juiced
- 2 Whole Wheat Tortillas, large
- ½ cup Guacamole
- 2 oz Mozzarella, shredded



NUTRITIONAL INFORMATION

Calories 552

Protein 35g

Fat 30g

Fibre 12g

Carbohydrates 35g

DIRECTIONS

1. Pat the steak dry and season with salt and pepper.
2. Heat the oil in a cast-iron pan over medium-high heat. Place the steak in the pan and cook for 8-10 minutes, or until it reaches your desired doneness, flipping halfway through.
3. Once cooked, remove the steak from the pan and let rest for five minutes before slicing.
4. Meanwhile, combine the beans, lime juice, salt, and pepper. Lightly mash together with a fork.
5. Lay a tortilla on a flat surface and divide the mashed beans, sliced steak, guacamole, and cheese evenly between the tortillas. Roll them tightly into a burrito, tucking in the sides as you go.
6. If you'd like it toasted, heat a nonstick pan over medium-low heat. Place the burrito(s) in the pan and cook for 3-4 minutes, until lightly browned on all sides. Remove from the pan, slice in half, and enjoy!

CHICKEN PASTA SALAD

Serves: 3

INGREDIENTS

- 4.5 oz Chickpea Pasta, dry
- 1 tbsp Olive Oil
- 1 lb Chicken Breast, cubed
- 1 tsp Italian Seasoning
- $\frac{1}{4}$ tsp Salt
- 1 cup Cherry Tomatoes, halved
- $\frac{1}{2}$ Cucumber, quartered
- 2 tbsp Red Onion, thinly sliced
- $\frac{1}{2}$ Lemon, zested & juiced



NUTRITIONAL INFORMATION

Calories 383
Protein 45g
Fat 11g
Fibre 7g
Carbohydrates 29g

DIRECTIONS

1. Cook the pasta according to the package directions. Drain and set aside.
2. Heat a skillet over medium heat and add the oil. Add the chicken and season with the Italian seasoning and salt. Cook for 5-7 minutes or until cooked through.
3. In a bowl, combine the pasta, chicken with its juices, tomatoes, cucumber, and red onion. Top with lemon juice and zest, tossing well to coat. Enjoy!

COCONUT CHICKPEA CURRY

Serves: 2

INGREDIENTS

- ½ cup Quinoa, dry
- ¾ cup Water
- 1 ½ tsp Olive Oil
- ¼ cup Onion, diced
- 1 ½ cloves Garlic, minced
- 1 ½ tsp Ginger, grated
- 1 cup Broccoli, chopped
- ½ cup Coleslaw Mix
- ½ Red Bell Pepper, sliced
- Salt, to taste
- Pepper, to taste
- 2 ¼ tsp Curry Powder
- ¼ tsp Red Pepper Flakes, optional
- 1 cup Coconut Milk, canned
- ½ cup Vegetable Broth
- 1 cup Chickpeas, cooked



DIRECTIONS

1. Combine quinoa and water in a sauce pan and bring to a boil. Once boiling, reduce to a simmer and cover for 12-15 minutes, or until all the water is absorbed. Remove the lid, fluff with a fork and set aside.
2. Heat a sauce pan over medium heat and add oil. Add onion, garlic, ginger, broccoli, slaw mix and red pepper. Season with salt and pepper to taste. Saute for 5 minutes or until veggies are slightly softened.
3. Stir in curry powder, red pepper flakes, coconut milk, vegetable broth and chickpeas. Bring to a boil then reduce to a simmer. Let simmer for 10 minutes. Taste and adjust seasoning as needed.
4. Serve over quinoa and enjoy!

NUTRITIONAL INFORMATION

Calories 583
Protein 18g
Fat 30g
Fibre 13g
Carbohydrates 64g

AIR-FRYER SALMON

Serves: 3

INGREDIENTS

- $\frac{3}{4}$ cup Quinoa, dry
- 1 $\frac{1}{2}$ tbsp Olive Oil
- Salt, to taste
- Pepper, to taste
- 14 oz Salmon Fillet
- 6 cups Broccoli, chopped
- $\frac{1}{2}$ Lemon, wedged



NUTRITIONAL INFORMATION

Calories 537
Protein 46g
Fat 18g
Fibre 5g
Carbohydrates 47g

DIRECTIONS

1. Cook the quinoa according to the package directions.
2. Set the air fryer to 400°F.
3. Rub the salmon with salt and pepper and place in the air fryer. Cook for 7-9 minutes or until flaky and cooked through to your liking. The timing will depend on the thickness of your fillets.
4. Meanwhile, place the broccoli in a steamer basket over boiling water and cover. Steam for 3-5 minutes or until soft.
5. Divide the salmon, quinoa, and broccoli evenly between plates and serve with lemon wedges. Enjoy!

SESAME GINGER BEEF & KALE

Serves: 2

INGREDIENTS

- ½ cup Jasmine Rice, dry
- 1 tbsp Sesame Oil, divided
- 1 tsp Ginger, minced
- 8 oz Extra Lean Ground Beef
- 1 cup Kale, chopped
- ½ Orange Bell Pepper, chopped
- 1 ½ tbsp Tamari
- 1 tbsp Rice Vinegar
- 2 tbsp Chives, finely chopped



DIRECTIONS

1. Cook the rice according to package directions.
2. Heat ⅓ of the oil in a pan over medium heat. Add the ginger and beef. Cook for 5-6 minutes or until browned and fully cooked, making sure to break it up as it cooks.
3. Add kale and bell pepper, sauteing for 5-6 minutes until tender.
4. Add the tamari, vinegar, and remaining oil. Cook for another minute and stir together.
5. Divide the rice and beef mixture evenly between bowls or plates. Garnish with chives and enjoy!

NUTRITIONAL INFORMATION

Calories 445
Protein 28g
Fat 18g
Fibre 2g
Carbohydrates 42g

ENCHILADAS

Serves: 6

INGREDIENTS

- 1 tbsp Olive Oil
- ½ cup Onion, chopped
- 1 Jalapeno Pepper, minced
- 3 cloves Garlic, minced
- 1¾ cups Black Beans, cooked
- 12 oz Chicken Breast,
- 2 cups Enchilada Sauce, divided
- Salt, to taste
- Pepper, to taste
- 6 Whole Wheat Tortillas
- 1 Avocado, sliced



DIRECTIONS

1. Preheat the oven to 375°F.
2. Heat oil in a large skillet over medium heat. Once hot, add the chicken and cook until no longer pink in the middle. Remove the chicken and set aside. Shred once cooled.
3. Add the onion and jalapeno into the skillet. Cook for 5 minutes, until soft and reduce the heat to medium-low. Add the garlic and cook for another 1-2 minutes. Set aside.
4. Add the beans, chicken, and ⅓ of the enchilada sauce to the skillet and season with salt and pepper. Stir to combine.
5. Pour another ⅓ of the enchilada sauce on the bottom of a baking dish.
6. Place a tortilla on a flat surface and scoop the chicken and bean mixture onto the tortilla in a line down the center. Roll tightly and transfer to the prepared baking dish, seam side down. Repeat with the remaining tortillas.
7. Pour the remaining enchilada sauce on top of the tortillas. Place in the oven and bake for 20 minutes. Remove, let cool slightly before serving. Top with avocado and enjoy!

NUTRITIONAL INFORMATION

Calories 407
Protein 26g
Fat 13g
Fibre 10g
Carbohydrates 47g

The background image shows a loaf of golden-brown bread on a wooden cutting board. Two cinnamon sticks are placed to the left of the loaf. A single slice of the bread is also on the cutting board. In the foreground, a white plate with a decorative border of small black squares holds another slice of the bread. The word "SNACKS" is centered over the image, flanked by two horizontal red lines.

SNACKS

CRUNCHY SUNBUTTER BALLS

Serves: 5

INGREDIENTS

- 1 cup Rolled Oats
- ½ cup Rice Puffs Cereal
- 2 tbsp Hemp Seeds
- 1 tsp Cinnamon
- ⅛ tsp Salt
- ½ cup Sunflower Seed Butter
- ⅓ cup Maple Syrup
- 1 tsp Vanilla Extract

NUTRITIONAL INFORMATION

Calories 306

Protein 8g

Fat 17g

Fibre 4g

Carbohydrates 33g



DIRECTIONS

1. In a bowl, combine the oats, rice puffs, hemp seeds, cinnamon, and salt.
2. In a second bowl, combine sunflower seed butter, maple syrup, and vanilla.
3. Add the dry ingredients to the wet ingredients and mix to combine. Refrigerate for 25-30 minutes to set.
4. Use a 1-inch cookie scoop or spoon to form the mixture into balls.
5. Chill in the fridge for 15 minutes to set into shape. Enjoy!

HUMMUS STUFFED MINI PEPPERS

Serves: 2

INGREDIENTS

- 3 Mini Peppers, halved lengthwise
- ¼ cup Hummus
- ½ tsp Smoked Paprika

NUTRITIONAL INFORMATION

Calories 94
Protein 3g
Fat 5g
Fibre 3g
Carbohydrates 9g



DIRECTIONS

1. Fill each pepper half evenly with hummus. Top with paprika and enjoy!

MOCHA SMOOTHIE

Serves: 1

INGREDIENTS

- 1 cup Almond Milk, unsweetened
- ¼ cup Coffee
- 1 Banana
- ¼ cup Vanilla Protein Powder
- 1 tbsp Cocoa Powder
- 1 tsp Vanilla Extract

NUTRITIONAL INFORMATION

Calories 244
Protein 22g
Fat 4g
Fibre 7g
Carbohydrates 33g



DIRECTIONS

1. Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

GREEK YOGURT WITH CLEMENTINES

Serves: 1

INGREDIENTS

- 1 cup Greek Yogurt, plain
- 2 Clementines
- ¼ cup Pumpkin Seeds

NUTRITIONAL INFORMATION

Calories 431
Protein 33g
Fat 21g
Fibre 4g
Carbohydrates 3g



DIRECTIONS

1. Combine the yogurt, clementines, and pumpkin seeds in a bowl. Enjoy!

CHERRY BANANA COTTAGE CHEESE

Serves: 1

INGREDIENTS

- 1 cup Cottage Cheese
- 1 Banana, sliced
- ½ cup Cherries, fresh or frozen

NUTRITIONAL INFORMATION

Calories 359
Protein 25g
Fat 10g
Fibre 5g
Carbohydrates 46g



DIRECTIONS

1. Top the cottage cheese with banana slices and pitted cherries. Enjoy!

PUMPKIN LOAF

Serves: 8

INGREDIENTS

- 2 Eggs
- ½ cup Sunflower Seed Butter
- 3 ½ tbsp Maple Syrup
- ½ cup Pureed Pumpkin
- 2 tbsp Coconut Oil
- ½ Lemon, juiced
- 2 ⅔ tbsp Coconut Flour
- 1 ½ tsp Cinnamon
- ⅔ tsp Nutmeg
- ¼ tsp Baking Powder
- 1 tsp Ginger, grated
- ⅛ tsp Salt

NUTRITIONAL INFORMATION

Calories 359

Protein 25g

Fat 10g

Fibre 5g

Carbohydrates 46g



DIRECTIONS

1. Preheat oven to 350°F. Lightly grease a loaf pan or line it with parchment paper.
2. In a food processor, combine your eggs, sunflower seed butter, maple syrup, pumpkin puree, coconut oil and lemon juice. Blend (or mix by hand) until smooth and creamy.
3. Add coconut flour, cinnamon, nutmeg, baking powder, ginger and salt. Blend or mix again until smooth.
4. Transfer the batter into the loaf pan. Bake for 40-45 minutes. (You can test if it is done by inserting a toothpick. It will come out clean when the loaf is finished.)
5. Remove the loaf from the oven and allow to cool in the pan for at least 15 minutes. Remove from the pan and let cool entirely before slicing. Enjoy!

WHIPPED PEANUT BUTTER YOGURT BOWL

Serves: 1

INGREDIENTS

- $\frac{3}{4}$ cup Greek Yogurt, plain
- 1 tbsp Peanut Butter
- 2 tbsp Granola
- 2 tbsp Blueberries
- 1 tsp Maple Syrup

NUTRITIONAL INFORMATION

Calories 334
Protein 22g
Fat 16g
Fibre 3g
Carbohydrates 28g



DIRECTIONS

1. In a bowl, whisk the yogurt and peanut butter together vigorously.
2. Top with granola, blueberries, and maple syrup. Enjoy!

WHIPPED RICOTTA & TOMATO TOAST

Serves: 1

INGREDIENTS

- ½ cup Ricotta Cheese
- ½ Whole Grain Bun, toasted
- ¼ Tomato, sliced
- 6-8 Basil Leaves
- Salt, to taste
- Pepper, to taste

NUTRITIONAL INFORMATION

Calories 238
Protein 12g
Fat 10g
Fibre 3g
Carbohydrates 25g



DIRECTIONS

1. In a food processor, whip the ricotta until it is creamy, fluffy, and smooth, about 1-2 minutes.
2. Spread the whipped ricotta onto the toast. Top with tomato and basil.
3. Season with salt and pepper. Enjoy!

CHOCOLATE PROTEIN MUG CAKE

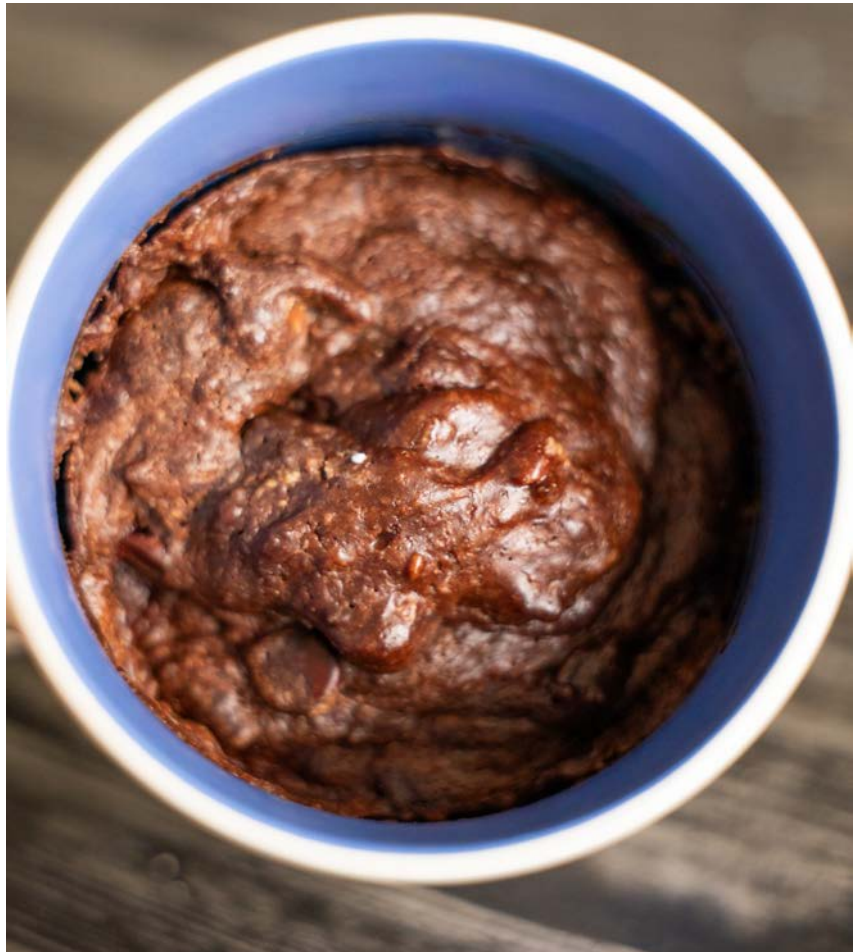
Serves: 1

INGREDIENTS

- 3 ½ tbsp All Purpose Flour
- 2 tbsp Chocolate Protein Powder
- 1 ½ tbsp Cocoa Powder
- 1 ½ tbsp Sugar
- ½ tsp Baking Powder
- ⅛ tsp Salt
- ¼ cup Almond Milk, unsweetened
- 1 tbsp Tahini
- 1 tbsp Dark Chocolate Chips

NUTRITIONAL INFORMATION

Calories 416
Protein 17g
Fat 15g
Fibre 10g
Carbohydrates 59g



DIRECTIONS

1. In a mug whisk together the flour, protein powder, cocoa powder, sugar, baking powder, and salt. Add the milk and tahini. Stir well to combine until no flour remains. Fold in the chocolate chips.
2. Microwave for 90 seconds until the cake is spongy to the touch. Allow the cake to cool slightly and enjoy!