



Family Friendly

Cheap and Easy Eats

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ABOUT THE MEAL PLAN

Welcome to the Family Friendly: Cheap and Easy Eats meal plan!

This meal plan was developed by JM Nutrition with the goal of providing families quick and easy meals that are kid friendly, while being easy on the wallet. This family-friendly meal plan offers a balanced approach to eating that supports both your family's health and your budget, while still prioritizing whole foods.

We know that kids can be picky eaters (and sometimes adults too!), and no one wants to follow a meal plan with ingredients they don't like, just because it's cheap or easy to make. You'll see that a lot of the time, we say "of your choice" after an ingredient or in the grocery list. Take time to experiment with different fruit and vegetables, as well as your protein choices! This way, your family can still enjoy the foods they love, while slowly introducing new ingredients in a way that's manageable for everyone.

Engaging children in the meal planning process will also help to encourage them to try new foods. Take a look at the suggested meal plan, and create a grocery list together. Encourage children to help in the kitchen with easy tasks like washing the vegetables, or ask them to choose what fruit and vegetables they'd like to have as a side dish.

We hope Family Friendly: Cheap and Easy Eats can help you and your family find joy in planning meals together that everyone can enjoy!



ABOUT THE MEAL PLAN



LYNDSAY HALL, R.D., JM NUTRITION

As a Registered Dietitian, Lyndsay offers highly personalized and client-centred nutrition counselling from an evidence-based perspective.

Lyndsay prides herself on being thorough and detail-oriented. At the same time, she has a realistic, down-to-earth and supportive approach. As a result, her clients highly appreciate and value her counselling methods.

As an added bonus, Lyndsay has a solid knowledge base of various international foods, placing her in a prime position to help people from various cultural backgrounds adjust their eating habits.

[Learn more about Lyndsay](#)

SHIRLEY KHUONG, R.D., JM NUTRITION

Shirley is a registered dietitian licensed with the College of Dietitians of British Columbia.

Shirley has many areas of expertise. Her goal is to build connections with patients and empower them to continue to make behaviour changes. She provides encouragement and empathy as patients undergo their nutrition journey.

Shirley provides evidence-based and client-centred care to help you create sustainable changes in your nutritional goals.

[Learn more about Shirley](#)



HOW TO USE THIS MEAL PLAN

THE BENEFITS OF MEAL PLANNING AND THE POWER OF LEFTOVERS

When you're busy juggling life's responsibilities, meal planning can be an easy way to stay well-nourished even when duty calls. An hour or two every weekend is all you need to set up a grocery list and pre-cut some extra vegetables for snacks and sides for the week.

This meal plan focuses on healthy, pre-prepared ingredients and recipes that can easily be doubled and frozen for later. You'll notice that many of the recipes will say "vegetables (or fruit, or protein) of your choice" - use what you currently have on hand in the fridge, or simply choose your preference and/or what's in season.

TIPS TO USE THIS MEAL PLAN

- Take time to note which recipes need to be doubled (or tripled) depending on your family's size. Most lunches and dinners are repeated throughout the week, and batch cooking will save you time on busy nights.
- Look for simple ingredients you can use in multiple ways.
- Don't be afraid to substitute ingredients. Whether you prefer a different protein source, or simply aren't a fan of a certain green veggie, feel free to experiment.





MEAL PLAN

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

Baking Powder	☐
Brown Sugar	☐
Chocolate Chips	☐
Cornstarch	☐
Flour	☐
Sugar	☐
Vanilla Extract	☐

CANNED GOODS

Chicken Broth*	☐
Corn Kernels	☐
Fire-roasted Tomatoes	☐
Lite Coconut Milk	☐
Marinara Sauce	☐
Tomatoes (crushed)	☐
Tomato Paste	☐
Tuna	☐
Vegetable Broth*	☐

SAUCES & CONDIMENTS

Honey	☐
Maple Syrup	☐
Mayonnaise (optional)	☐
Red Curry Paste	☐
Worcestershire Sauce	☐

PASTA, GRAINS & LEGUMES

Lasagna Noodles	☐
Lentils (green or brown)	☐
Panko Breadcrumbs	☐
Old-fashioned Oats	☐
Quick Cooking Oats	☐
Quinoa	☐

VINEGARS & OILS

Coconut Oil	☐
Olive Oil	☐
Soy Sauce	☐

NUTS, SEEDS, BUTTERS & DRIED FRUITS

Dried Cranberries (optional)	☐
Flax Seed	☐
Nuts or Seeds of Choice	☐
Walnuts	☐

SPICES

Bay Leaf	☐
Beef Bouillon Powder	☐
Cinnamon	☐
Dill	☐
Ginger	☐
Garlic Powder	☐
Nutmeg	☐
Italian Seasoning	☐
Onion Powder	☐
Oregano	☐
Pepper	☐
Red Pepper Flakes	☐
Salt	☐
Smoked Paprika	☐
Thyme	☐

OTHER

Lemon Juice	☐
Sun-dried Tomatoes	☐
Whole Grain Crackers	☐

*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

The amount of ingredients you will need to buy will depend on the size of your family, as well as individual preferences for items such as fruit or veggies for snacks. Check the recipes to see if you need to double (or triple) a recipe for your family - most of our breakfast recipes make between 1-3 servings, while lunch and most dinner recipes serve 4 but will not have leftovers to use later in the week.

Please use the coloured column to indicate how many of each item you need to buy - this is a great way to engage children in helping plan meals and get them interested in nutrition and cooking.

FRUIT

☐	Apples	☐
☐	Avocados	☐
☐	Bananas	☐
☐	Berries of Choice	☐
☐	Lime	☐
☐	Melon	☐
☐	Fruit of Choice	☐

VEGETABLES

☐	Bell Peppers	☐
☐	Broccoli	☐
☐	Carrots	☐
☐	Celery	☐
☐	Cucumbers	☐
☐	Kale	☐
☐	Onions	☐
☐	Potatoes	☐
☐	Red Onions	☐
☐	Shallots	☐
☐	Spaghetti Squash	☐
☐	Spinach	☐
☐	Sweet Potatoes	☐
☐	Tomatoes	☐
☐	Zucchini	☐
☐	Extra Vegetables of Choice (for snacks and sides)	☐

FROZEN

☐	Strawberries	☐
☐	Peas	☐
☐	Riced Cauliflower	☐

BREADS

☐	Tortillas (large)	☐
☐	Whole Grain Bagels	☐
☐	Whole Grain Pitas	☐

REFRIGERATED

☐	Butter (unsalted)	☐
☐	Cheddar Cheese	☐
☐	Cottage Cheese	☐
☐	Cream Cheese	☐
☐	Eggs	☐
☐	Feta	☐
☐	Hummus	☐
☐	Greek Yogurt	☐
☐	Milk (or Milk Alternative)	☐
☐	Mozzarella	☐
☐	Parmesan	☐
☐	Tofu (extra-firm)	☐

MEATS

☐	Ground Beef	☐
☐	Ground Turkey	☐
☐	Italian Sausages	☐
☐	Pre-cooked Chicken	☐
☐	Smoked Salmon	☐

FRESH HERBS & SPICES

☐	Basil	☐
☐	Chives	☐
☐	Garlic	☐
☐	Rosemary	☐
☐	Thai Basil	☐

DAY-TO-DAY GUIDE

Check the recipes to see if you need to double (or triple) a recipe for your family - most of our breakfast recipes make between 1-3 servings, while lunch and most dinner recipes serve 4 but will not have leftovers to use later in the week.

MONDAY

Breakfast - 2 Apple Cinnamon Breakfast Cookies (p.13) & 2 Cottage Cheese Egg Bites (p.14)

Snack - Greek Yogurt Popsicle (p.27)

Lunch - Chicken & Veggie Quesadilla (p.18)

Snack - Whole Grain Pita with Hummus

Dinner - Thai Red Curry & Quinoa (p.21)

CALORIES: 1612 PROTEIN: 79g FAT: 84.6g
FIBER: 27.3g

TUESDAY

Breakfast - 2 Apple Cinnamon Breakfast Cookies (p.13) & 2 Cottage Cheese Egg Bites (p.14)

Snack - Greek Yogurt Popsicle (p.27)

Lunch - Tuna Lunch Box Set (p.19)

Snack - Sliced Tomato & Avocado

Dinner - Sweet Potato Shepard's Pie (p.22)

CALORIES: 1566 PROTEIN: 84.3g FAT: 75.3g
FIBER: 35.1g

WEDNESDAY

Breakfast - 2 Apple Cinnamon Breakfast Cookies (p.13) & 2 Cottage Cheese Egg Bites (p.14)

Snack - Greek Yogurt Popsicle (p.27)

Lunch - Chicken & Veggie Quesadilla (p.18)

Snack - Whole Grain Pita with Hummus

Dinner - Thai Red Curry & Quinoa (p.21)

CALORIES: 1612 PROTEIN: 79g FAT: 84.6g
FIBER: 27.3g

THURSDAY

Breakfast - 2 Apple Cinnamon
Breakfast Cookies (p.13) & 2
Cottage Cheese Egg Bites (p.14)

Snack - Greek Yogurt Popsicle
(p.27)

Lunch - Tuna Lunch Box Set
(p.19)

Snack - Sliced Tomato & Avocado

Dinner - Sweet Potato Shepard's
Pie (p.22)

CALORIES: 1566 PROTEIN: 84.3g FAT: 75.3g
FIBER: 35.1g

FRIDAY

Breakfast - High Protein
Strawberry Banana Smoothie
Bowl (p. 15)

Snack - Melon

Lunch - Chicken & Veggie
Quesadilla (p.18)

Snack - Whole Grain Crackers
with Cheese

Dinner - Lasagna Soup (p.23)

CALORIES: 1530 PROTEIN: 104.4g FAT: 71.8g
FIBER: 21.3g

SATURDAY

Breakfast - Bagels & Salmon
(p.16)

Snack - Melon

Lunch - Lentil Soup (p.20)

Snack - 3 Banana Oatmeal
Cookies (p.28) with Milk

Dinner - Mediterranean Turkey
Burgers (p.24)

CALORIES: 1576 PROTEIN: 89.2g FAT: 44.8g
FIBER: 29.9g

SUNDAY

Breakfast - High Protein
Strawberry Banana Smoothie
Bowl (p. 15)

Snack - Whole Grain Crackers
with Cheese

Lunch - Lentil Soup (p.20)

Snack - 3 Banana Oatmeal
Cookies (p.28) with Milk

Dinner - Spaghetti Squash
with Meatballs (p.25)

CALORIES: 1828 PROTEIN: 102.6g FAT: 63.5g
FIBER: 34.4g



BREAKFAST

APPLE CINNAMON BREAKFAST COOKIES

Makes: 10 cookies

INGREDIENTS

- 1 ¼ cups Old-fashioned Oats
- ¾ cup Quick-cooking Oats
- 2 tbsp Flax seed, ground
- ¾ tsp Cinnamon
- ¼ tsp Nutmeg
- ¼ tsp Ginger
- ½ tsp Baking Powder
- ½ tsp Salt
- 2 Eggs
- ⅓ cup Greek Yogurt
- ¼ cup Unsalted Butter, softened
- 3 tbsp Maple Syrup
- 1 tsp Vanilla Extract
- 1 cup Apple, finely diced
- ⅓ cup Dried Cranberries (optional)
- ¼ cup Walnuts, chopped



DIRECTIONS

1. Preheat oven to 350°F. Line a baking sheet with parchment paper and set aside.
2. In a large bowl, mix together the oats, ground flax, cinnamon, nutmeg, ginger, baking powder, salt, eggs, yogurt, butter, maple syrup, and vanilla. Stir until well combined.
3. Fold in apples, dried cranberries, and walnuts.
4. Scoop the cookie dough with a ¼ cup measuring cup and place onto the baking sheet. Flatten to until they're a ½-inch thick.
5. Bake for 15-18 minutes or until cooked through and the edges are golden brown and slightly crisp. Transfer to a wire rack to cool.

NUTRITIONAL INFORMATION

per cookie

Calories 146
Protein 5.5g
Fat 8.5g
Fibre 2.9g
Carbohydrates 17.9g

COTTAGE CHEESE EGG BITES

Serves: 12 egg bites

INGREDIENTS

- 8 Eggs
- 1 cup Cottage Cheese
- ½ cup Cheddar Cheese, shredded
- ¼ tsp Salt
- Pepper, to taste
- ¼ cup Chives, roughly chopped

NUTRITIONAL INFORMATION

per egg bite

Calories 84
Protein 7.3g
Fat 5.5g
Fibre 0g
Carbohydrates 0.9g



DIRECTIONS

1. Lightly spray a muffin pan with cooking spray. Preheat the oven to 350°F.
2. In a blender, blend together the eggs, cottage cheese, cheddar, salt, and pepper until smooth.
3. Divide the egg mixture into the cups of the muffin pan, filling each about half full. Sprinkle with chopped chives.
4. Bake for 20-22 minutes or until the egg bites are slightly firm to touch in the center.
5. Let the egg bites cool slightly before removing them from the pan.

HIGH PROTEIN STRAWBERRY BANANA SMOOTHIE BOWL

Serves: 1

INGREDIENTS

- ¼ cup Milk
- ¾ cup Greek Yogurt
- 1 Banana, frozen
- 1 cup Strawberries, frozen
- 1 cup Riced Cauliflower, frozen
- Fruit of Choice, for topping

NUTRITIONAL INFORMATION

Calories 312
Protein 24.2g
Fat 3g
Fibre 8.1g
Carbohydrates 52.6g



DIRECTIONS

1. To a blender add the milk, yogurt, banana, strawberries, and cauliflower.
2. Blend until smooth, using the tamper or a spatula to scrape down the sides if needed. If it won't blend, add more milk 1 tablespoon at a time to get it moving again. Be careful not to add too much or you'll lose the thick smoothie bowl consistency.
3. Pour into a bowl and top with extra fruit!

BAGELS AND SALMON

Serves: 1

INGREDIENTS

- 1 Whole Grain Bagel
- 2 tbsp Cream Cheese
- 3 slices Smoked Salmon
- 10 slices Cucumber
- 1 tbsp Red Onion, diced

NUTRITIONAL INFORMATION

Calories 504
Protein 32.1g
Fat 14.6g
Fibre 6.4g
Carbohydrates 60.9g



DIRECTIONS

1. Cut the bagel in half and toast.
2. Spread with cream cheese on each bagel half. Top with salmon, cucumber and red onion.



LUNCH & DINNER

CHICKEN & VEGGIE QUESADILLA

Serves: 1

INGREDIENTS

- 2 tsp Olive Oil
- ¼ cup Onion, chopped
- ¼ cup Bell Pepper, diced
- ¼ cup Zucchini, diced
- 2 oz Chicken, pre-cooked & shredded
- 2 tbsp Corn Kernels, rinsed
- 1 Whole Wheat Tortilla
- 3 tbsp Cheddar Cheese, shredded



NUTRITIONAL INFORMATION

Calories 410
Protein 26.2g
Fat 22.5g
Fibre 5g
Carbohydrates 26.2g

DIRECTIONS

1. Heat oil in a skillet over medium heat. Add onion, bell pepper, and zucchini. Cook until the vegetables are tender, 3-4 minutes.
2. Add chicken and corn and cook until heated through, about 1 minute. Transfer to a small bowl and wash and dry the skillet for later.
3. Sprinkle 1 tablespoon of cheese over half the tortilla and top with the vegetable mixture. Top with the remaining cheese and fold the tortilla in half to make a quesadilla.
4. Heat the skillet over medium heat again. Add the quesadilla and cook until the tortilla is browned and the cheese has started to melt, about 2 minutes per side. Cut into wedges to serve.

TUNA LUNCH BOX SET

Serves: 1

INGREDIENTS

- ½ can Tuna
- 1 tbsp Mayonnaise OR ¼ Avocado
- 6 Whole Grain Crackers
- Fruit of Choice
- 2 tbsp Nuts or Seeds of Choice



NUTRITIONAL INFORMATION

Calories 438
Protein 23g
Fat 17.4g
Fibre 11.6g
Carbohydrates 54g

DIRECTIONS

1. Mix the tuna with mayonnaise if using. Pack fruit, crackers and nuts separately to prevent the crackers from becoming soggy.
2. Once ready to eat, spread the tuna mixture on the crackers.

ONE POT LENTIL SOUP

Serves: 4

INGREDIENTS

- 2 tbsp Water
- 2 cloves Garlic, minced
- 2 Shallots, chopped
- 4 Carrots, sliced
- 4 stalks Celery, sliced
- ¼ tsp Salt
- ¼ tsp Pepper
- 3 cups Potatoes, diced
- 4 cups Vegetable Broth
- 2 sprigs Rosemary
- 1 tsp Thyme
- 1 cup Green or Brown Lentils, dry
- 2 cups Kale, chopped



DIRECTIONS

1. Heat a large pot over medium heat. Once hot, add water, garlic, shallots, carrots, and celery. Season with salt and pepper.
2. Sauté for 4-5 minutes or until slightly tender and golden brown. Be careful not to burn the garlic.
3. Stir in the potatoes and cook for 2 minutes more.
4. Add vegetable broth, rosemary and thyme. Increase the heat to medium high and bring the soup to a simmer. In the meantime, rinse and drain your lentils.
5. Stir in the lentils and once simmering again, reduce the heat to low and simmer uncovered for 15-20 minutes, or until the lentils and potatoes are tender.
6. Add the chopped kale, stir, and cover. Cook for 3-4 minutes more or until the kale has wilted. Taste and adjust the flavor as needed, and add more broth or water to thin out to your liking.
7. Divide into bowls and serve.

NUTRITIONAL INFORMATION

Calories 310

Protein 16

Fat 1.2g

Fibre 10.6g

Carbohydrates 61.4g

THAI RED CURRY

Serves: 8

INGREDIENTS

Tofu Marinade

- 1 (16 ounce) block Tofu, extra-firm
- 3 tbsp Lite Coconut Milk
- 1 tsp Red Curry Paste
- Salt, to taste
- Pepper, to taste
- 2 tsp Cornstarch
- 1 tbsp Coconut Oil

Curry

- 2 tbsp Coconut Oil
- 2 tbsp Red Curry Paste
- 1 Onion, chopped
- 4 cloves Garlic, minced
- 1 head Broccoli, chopped
- 2 Bell Peppers, sliced
- 3 Carrots, sliced
- $\frac{3}{4}$ tsp Salt
- $\frac{1}{2}$ tsp Pepper
- 1 tbsp Sugar
- 1 tbsp Soy Sauce
- 1 can Lite Coconut Milk
- 1 Lime, juiced
- 1 bunch Thai Basil, (optional)
- 2 cups Quinoa, dry



DIRECTIONS

1. Press the tofu for 30 minutes. In the meantime, mix the coconut milk, curry paste, salt, pepper and cornstarch together in a bowl. Cut the tofu into cubes and add to the bowl, tossing to combine. Set aside and marinate for at least 15 minutes.
2. Cook the quinoa according to package directions.
3. In a pan over medium-high heat, heat the coconut oil. Once hot, add in the tofu cubes, browning each side until crisp. Set aside and cook the quinoa according to package directions.
4. In the same pan over medium heat, add 1 more tablespoon of coconut oil.
5. Add in the curry paste and fry for 1 minute. Add in the chopped onion and cook until slightly translucent.
6. Add in the garlic and second tablespoon of coconut oil, then add the broccoli, bell peppers and carrots.
7. Add the sea salt, black pepper, sugar, and soy sauce, stirring everything together. Reduce the heat to medium and cook for 10-15 minutes.
8. Add in the coconut milk and stir. Add in the crispy tofu, then let it simmer for about 5 minutes. Squeeze the lime over, stir, and then remove from heat.
9. Serve over quinoa.

NUTRITIONAL INFORMATION

Calories 482
Protein 19.7g
Fat 26.8g
Fibre 10.1g
Carbohydrates 47.5g

SWEET POTATO SHEPHERD'S PIE

Serves: 4

INGREDIENTS

Mashed Sweet Potatoes

- 2 Sweet Potatoes, peeled & diced
- 3 tbsp Greek Yogurt
- ¼ cup Parmesan, grated
- ½ tsp Garlic Powder
- ½ tsp Salt
- ½ tsp Pepper

Filling

- 1 lb Ground Turkey
- 1 tbsp Olive Oil
- 1 Onion, diced
- 3 Carrots, chopped
- 3 cloves Garlic, minced
- 2 tbsp Flour
- 1 tbsp Tomato Paste
- 2 tbsp Worcestershire Sauce
- 3 tsp Smoked Paprika
- 1 tsp Thyme
- 1 cup Vegetable Broth
- 1 cup Peas, frozen
- 4 cups Spinach, chopped

NUTRITIONAL INFORMATION

Calories 407
Protein 30.8g
Fat 13.6g
Fibre 7.9g
Carbohydrates 42.6g



DIRECTIONS

1. Preheat the oven to 400°F and lightly oil a Dutch oven or baking dish.
2. In a large pot, add diced sweet potatoes and cover with water. Bring to a boil, then reduce to a simmer and cook for 8-14 minutes or until the potatoes are tender. Drain and mash together with Greek yogurt, Parmesan, garlic powder, salt, and pepper.
3. In the Dutch oven or a frying pan, heat olive oil over medium heat. Add the diced onion and carrots, cooking for 7 minutes until softened. Stir in the garlic and cook for another minute. Add the flour and stir.
4. Add the ground turkey, cooking until browned and broken apart. Stir in tomato paste, Worcestershire sauce, smoked paprika, thyme, salt, and pepper. Continue cooking for 6-8 minutes. Add broth, frozen peas, and chopped spinach. Simmer for another 5-8 minutes to thicken.
5. Transfer the filling to a baking dish if using. Spread the mashed sweet potatoes evenly on top. Bake for 25-30 minutes until the top starts to brown. For extra crispiness, broil for a few minutes, making sure to watch it so it doesn't burn.
6. Allow the shepherd's pie to cool for 5-10 minutes before serving. If desired, serve with extra vegetables.

LASAGNA SOUP

Serves: 6

INGREDIENTS

- 1 tbsp Olive Oil
- 1 lb lean Ground Beef
- 8 oz Italian Sausage
- 6 cloves Garlic, minced
- 1 Onion, diced
- 2 tsp Italian Seasoning
- 1 tsp Salt
- ¼ tsp Red Pepper Flakes
- 1 tbsp Tomato Paste
- 1 can (28 oz) Crushed Tomatoes
- 1 can (15 oz) Fire-roasted Tomatoes
- 4 cups Chicken Broth
- 1 Bay Leaf
- 1 Zucchini, sliced
- 8 Lasagna Noodles, broken in half
- ¾ cups Basil, fresh
- 8 oz Ricotta Cheese
- ½ cups Mozzarella, shredded
- ½ cups Parmesan, grated
- 1 tbsp Lemon Juice
- 2 tbsp Basil, fresh
- 1 tbsp Parsley, fresh
- Pepper, to taste



DIRECTIONS

1. Heat a large pot over medium-high heat. Once hot, add the olive oil, then the ground beef and Italian sausage. Cook and brown the meat, breaking it up as it cooks.
2. Once the meat has browned, add the diced onion and minced garlic. Cook for a few minutes or until the onion begins to become translucent and the garlic is fragrant.
3. Add in Italian seasoning, salt, red pepper flakes, tomato paste, and stir. Add the crushed tomatoes, fire roasted tomatoes, chicken broth, and dried bay leaf. Stir again. Bring the soup to a boil and cover. Do not add the zucchini yet. Reduce the heat to medium-low and let simmer for 20-25 minutes.
4. In the meantime, cook the lasagna noodles according to the package directions.
5. Make the cheese topping by adding the ricotta, mozzarella, and parmesan cheeses, lemon juice, chopped basil, chopped parsley, and a generous pinch of salt and pepper to a mixing bowl. Mix together until well combined. Adjust the seasoning to taste.
6. Once the soup has finished simmering, add in the sliced zucchini and simmer for a minute or so more until it is tender.
7. Stir in the cooked noodles, divide into bowls and top with the cheese mixture to serve.

NUTRITIONAL INFORMATION

Calories 478
Protein 37.7g
Fat 26.7g
Fibre 5.7g
Carbohydrates 32.6g

MEDITERRANEAN TURKEY BURGERS

Serves: 5

INGREDIENTS

- 19 oz. Ground Turkey
- ¼ cup Sun-dried Tomatoes, finely chopped
- ¼ cup Onion, minced
- 2 oz. Frozen Spinach, thawed
- ¼ cup Feta, crumbled
- 1 tsp Oregano
- ¼ tsp Garlic Powder
- ¼ tsp Salt
- 1 tbsp Olive Oil
- 5 Hamburger Buns
- ½ Cucumber, sliced
- ¼ Red Onion, sliced

Lemon Dill Sauce

- ½ cup Greek Yogurt
- ½ tbsp Lemon Juice
- ⅛ tsp Garlic Powder
- ⅛ tsp Dill, dried
- ⅛ tsp Salt

NUTRITIONAL INFORMATION

Calories 334
Protein 27.3g
Fat 14.3g
Fibre 1.8g
Carbohydrates 24.2g



DIRECTIONS

1. Make the lemon dill sauce first. Stir together the Greek yogurt, lemon juice, garlic powder, dried dill, and salt. Refrigerate until ready to use.
2. Prepare the turkey burgers by adding the sun-dried tomatoes, onion, and feta to a bowl. Squeeze the moisture out of the thawed spinach, then add it to the bowl and mix together.
3. Add the ground turkey, dried oregano, garlic powder, and salt. Mix the ingredients together until evenly combined.
4. Divide and shape the turkey mixture into five patties. Make them larger than usual as they'll shrink as they cook.
5. Heat the oil in a skillet over medium. Once hot, add the turkey patty and cook for 5-7 minutes on each side, or until browned and cooked through.
6. To serve, spread the lemon dill yogurt sauce on a bun. Add a turkey patty, sliced cucumber and red onion. Serve with a salad and enjoy.

SPAGHETTI SQUASH WITH MEATBALLS

Serves: 4

INGREDIENTS

- 1 Onion, grated
- 1 lb Ground Turkey
- ½ cup Panko Breadcrumbs
- ⅓ cup Parmesan, grated
- 2 tbsp Olive Oil
- ¼ cup Parsley, finely chopped
- ½ tsp Salt
- ½ tsp Pepper
- 1 tsp Beef Bouillon Powder
- 1 tsp Onion Powder
- 1 tsp Garlic Powder
- 1 tsp Italian Seasoning
- 1 Egg
- 2 tsp Worcestershire sauce
- 2 Spaghetti Squash
- Olive oil
- Salt, to taste
- Pepper, to taste
- 3 cups Marinara Sauce
- Parmesan cheese, for topping

NUTRITIONAL INFORMATION

Calories 568
Protein 35.3g
Fat 25.6g
Fibre 10.3g
Carbohydrates 55.8g



DIRECTIONS

1. Preheat oven to 400°F. Line a large sheet pan with parchment paper and set aside.
2. Cut off the stem and base of the spaghetti squash, then cut in half lengthwise. Scoop out the seeds and discard.
3. Drizzle the squash with olive oil and sprinkle with salt and pepper. Place the squash halves on the prepared pan, cut side down. Roast for 40–60 minutes or until fork tender.
4. Keeping the oven at 400°F, oil a large sheet pan and set aside.
5. To prepare the meatballs, grate the onion and add it to a large mixing bowl. Gently knead together the onion, turkey, panko, olive oil, parsley, salt, pepper, beef bouillon powder, onion powder, garlic powder, Italian seasoning, egg and Worcestershire sauce until well combined.
6. Roll a tablespoon of the meat mixture into a ball. Repeat, placing the meatballs on the prepared sheet pan.
7. Bake for 18 minutes. Gently flip the meatballs and bake for another 5–10 minutes, or until nicely golden brown and cooked through.
8. Meanwhile, warm the marinara sauce in a small pot. Once the meatballs are done baking, add them to the marinara sauce.
9. Fluff the interiors of the squash with a fork to make “spaghetti,” and top with sauce, meatballs and extra Parmesan cheese to serve. If desired, serve with extra vegetables.



SNACKS

GREEK YOGURT POPS

Serves: 6

INGREDIENTS

- 2 Bananas
- $\frac{3}{4}$ cup Greek Yogurt
- 1 tsp Vanilla Extract
- 1 $\frac{1}{2}$ cups Berries



DIRECTIONS

1. Add the bananas, Greek yogurt, vanilla extract, and berries to a blender, blending until smooth.
2. Pour the liquid into a popsicle mold and freeze for 4-6 hours, or overnight.

NUTRITIONAL INFORMATION

Calories 77
Protein 1.8g
Fat 1.3g
Fibre 1.9g
Carbohydrates 15.9g

BANANA OATMEAL COOKIES

Makes: 18 cookies

INGREDIENTS

- 3 Bananas, overripe
- 2 tbsp Honey
- 1 Egg
- 1 tsp Vanilla Extract
- 1 ½ cups Quick Cooking Oats
- 1 tsp Cinnamon
- ¼ tsp Salt
- ½ cup Chocolate Chips



DIRECTIONS

1. Preheat the oven to 350°F and line two baking sheets with parchment paper. Set aside
2. In a large mixing bowl, mash the bananas. Stir in the honey, egg and vanilla, ensuring everything is mixed in evenly.
3. Add oats, cinnamon, salt, and chocolate chips, stirring until combined and evenly distributed.
4. Use a tablespoon to scoop the dough into balls, and place them on the prepared baking sheet.
5. Bake for 12-15 minutes, or until the tops are just set and the bottoms lightly browned.
6. Let cool on the baking sheet for 5 minutes, then transfer to a wire rack to finish cooling.

NUTRITIONAL INFORMATION

per cookie

Calories 82
Protein 1.4g
Fat 3.2g
Fibre 1.5g
Carbohydrates 12.4g