

# HOLISTIC NUTRITION WEIGHT LOSS GUIDE + RECIPES



Please note this document is for informational purposes only. Persons who are of good health, suspect of their health or are aware of any conditions, physical deficiencies or diseases should always consult a physician before undertaking any eating or exercise program.

# HOLISTIC NUTRITION WEIGHT LOSS HABITS OVERVIEW

Forget obsessing over every morsel! With a few small shifts to how you approach your nutrition, you can start to see huge results.

To help you get FIERCE and build healthy habits that support weight loss holistically for the long haul, add the following each day

- Focus your diet around 80% “quality”
- Make balanced meals of protein, healthy fat, and carb/fiber
- Eat satisfying full meals 3x per day vs snacking & grazing all-day
- Drink a min 3 L of water/day
- Watch your portion sizes – too big or too small can disturb your hunger signaling.
- Try not to eat when stressed or on the go! Try to be calm when you feed your body for optimal digestion



Please note this document is for informational purposes only. Persons who are of good health, suspect of their health or are aware of any conditions, physical deficiencies or diseases should always consult a physician before undertaking any eating or exercise program.

# HOLISTIC NUTRITION WEIGHT LOSS TIP #1

## FOCUS ON THE 80/20 QUALITY RATIO

The first step in shifting your nutrition is thinking about the QUALITY of the foods you are eating. Follow the food philosophy of focusing nutrition around 80% of your diet from “Real, whole food”. This helps guide us to make more nutritionally dense choices easily!

**“Real, whole foods” are foods that are unrefined and unprocessed.**

Foods that either grow, run, swim, or fly. Foods that your great-grandmother would recognize and that your body knows how to process!

Whether you are cooking it yourself from scratch OR purchasing pre-made from somewhere else, we want to make sure it is in its most natural form - in other words, make sure you are reading those labels.

It doesn't matter if you are a carnivore, a vegan, or anything in between, EVERYONE should be eating a diet focusing on whole foods here is a basic list:

**VEGETABLES AND FRUITS**

**FISH, MEAT AND POULTRY**

**NUTS AND SEEDS**

**BEANS AND LEGUMES**

**REAL WHOLE GRAINS (NOT THE PACKAGED “WHOLE GRAIN” PRODUCTS, BUT IN THEIR NATURAL STATE)**

**OILS – OLIVE OIL, COCONUT OIL, AVOCADO OIL – THINK NATURAL.**

**MINIMALLY PROCESSED DAIRY PRODUCTS (IF YOU CAN TOLERATE THEM)**

The 20% flexibility allows for foods that are “not-so” nutritionally dense like your favorite candy or chips. This balance helps prevent feeling like foods are off limits and helps promote a mindset of fueling our body the majority of the time with the most nutrition possible (hence the 80% of real whole food!) to promote health & weight loss.

**Just remember, there are no “magic” foods but the quality does matter when it comes to your health and goals!**

Please note this document is for informational purposes only. Persons who are of good health, suspect of their health or are aware of any conditions, physical deficiencies or diseases should always consult a physician before undertaking any eating or exercise program.

# HOLISTIC NUTRITION WEIGHT LOSS TIP #2

## BALANCE YOUR MEALS WITH PROTEIN, FIBER AND FAT

**So you may be thinking what the heck does balancing your meals have to do with weight loss?**

When you know how to create and eat balanced meals with whole foods, it means AUTOMATIC LOW GLYCEMIC EATING. Low glycemic eating is all about keeping your insulin and blood sugar levels under control. It ensures you do not get the highs and lows of unbalanced eating. We want to avoid spikes in blood sugar to regulate weight, hormones, moods & more — it is SO IMPORTANT for optimal health! It will also help to keep your cravings at bay during your weight loss journey and will show you how awesome you feel when your blood sugar is balanced and you are getting the nutrition you need.

How do you build a balanced meal? It is easy - every meal or snack you eat should include the following 3 things:



**Example: Eggs (protein) with salad (fiber) and some nuts (fat).**

It really is that simple! Just look at your plate and think “Do I have these 3 things: protein, fiber, and fat?” If you had chicken, white rice, and olive oil this is NOT a “Complete in 3” meal. Why? It has the protein from the chicken, and healthy fat from olive oil BUT the white rice is processed with little to no fiber. Swap that for some high-fiber “cauliflower rice” brown rice or add some roasted veggies and you are good to go (aka it becomes balanced.)

# HOLISTIC NUTRITION WEIGHT LOSS TIP #3

## EAT MORE VOLUME WITH LESS CALORIES

**To lose weight, we have to be at a caloric deficit. That means eating less than our body needs.** With a Holistic Nutrition Weight Loss Approach, it is all about supporting your body with the most nutrition, reducing cravings, and balancing hormones—all while reaching your goals.

**Here are 4 simple ways to eat fewer calories while still feeling full and satisfied during your weight loss journey:**

*(Note: Before getting started, it is recommended to calculate your macros for your personal weight loss goals to make sure your intake is in line with your goals.)*

- **Focus on volume by adding lots of low-glycemic vegetables and fruits** giving you more food with fewer calories.
- **Aim to get 7-10g of fiber per meal** to feel satisfied.
- **Drink zero to low-calorie beverages** such as water, herbal tea, sparkling water, and unsweetened almond milk (avoid aspartame).
- **Use the meal plan template below** for a starter idea for portion sizes.



# BUILD YOUR OWN COMPLETE IN 3 MEALS TEMPLATE

Building your own meals? Use this cheat sheet to help you be able to build them in a pinch!



1

## **PROTEIN: SUGGESTIONS**

1 SCOOP PROTEIN POWDER, 100-150G OF LEAN MEATS, 100G PORTION OF FISH, 3 EGGS. DAIRY PRODUCTS.

2

## **FIBER: SUGGESTIONS**

2 CUPS OF LOW GLYCEMIC VEGGIES, 1 CUP CHOPPED FRUIT HIGH FIBRE BREAD, BROWN RICE/PASTA.

3

## **FAT SUGGESTIONS**

1 - 2 TBSP NUT BUTTERS, BUTTER, CHEESE, OILS.

4

## **(OPTIONAL) ADDITIONAL FIBER**

1/2 CUP OF COMPLEX CARB OR LOW SUGAR FRUIT

### **Don't want to make your own?**

Below are 40 amazing recipes that are made including these to get you started on your journey!



*Breakfast*



## BASIC PROTEIN POWER JAR

### INGREDIENTS

- 2 tbsp** Chia Seeds
- 1/2 cup** Unsweetened Almond Milk
- 1/2 cup** 0% Greek Yogurt

### INSTRUCTIONS

Add all ingredients in a jar or bowl and refrigerate overnight.

This is your basic recipe. From here you can add some fruit, nut butter, or toppings...the list is endless! You also can try some of our other power jar recipes!

## RASPBERRY VANILLA PROTEIN POWER JAR

- **2 tbsp chia seeds**
- **1/2 cup unsweetened almond milk**
- **1/2 cup 0% Greek yogurt**
- **1/2 cup of frozen or fresh raspberries**
- **1/2 teaspoon of vanilla**
- **1/2 teaspoon of slivered almonds**

In a mason jar, mix almond milk, Greek yogurt, chia seeds, and vanilla. Layer raspberries and top with slivered almonds. Leave overnight to set.

## COZY COCOA & BLUEBERRY PROTEIN POWER JAR

- **2 tbsp chia seeds**
- **1/2 cup unsweetened almond milk**
- **1/2 cup 0% Greek yogurt**
- **1 tbsp cocoa or raw cacao**
- **1 tbsp shredded unsweetened coconut**
- **1/2 cup blueberries**

Add all ingredients except blueberries to a jar or bowl and refrigerate overnight. Top with blueberries in the morning!

## CREAMY AVOCADO PROTEIN POWER JAR

- **2 tbsp chia seeds**
- **1/2 cup unsweetened almond milk**
- **1/2 cup 0% Greek yogurt**
- **1/2 cup frozen avocado**
- **1 tbsp Almond Butter**
- **1/2 tsp vanilla**

In a mason jar, mix almond milk, Greek yogurt, chia seeds, avocado and vanilla. Leave overnight to set.

Drizzle with almond butter before eating.



# PUMPKIN PROTEIN PANCAKES

## INGREDIENTS

4 egg whites  
1-2 scoops of vanilla protein powder  
1/2 cup pumpkin puree  
1/2 tsp pumpkin pie spice  
1/2 teaspoon baking powder  
1 tbsp. butter

Optional toppings: Nut butter,  
pumpkin seeds, coconut oil, hemp  
seeds, shredded coconut)

## DIRECTIONS

Heat butter in a frying pan.  
  
Pour batter into 4 pancakes  
(you may have to do it in batches)  
  
Flip when golden brown on one  
side.  
  
Serve with toppings of choice



## OMELET MUFFINS

6 eggs + 3 egg whites  
1/2 cup cooked spinach  
1/2 cup mushrooms  
1/4 cup green onions  
1/4 cup goat cheese

Preheat oven to 350 degrees.  
Grease 6 muffin cups.  
Mix all ingredients in a bowl and spoon into muffin cups.  
Bake for approx 18–20 min or until set & serve.



## EGG & VEGGIE SCRAMBLE

2 eggs + 1/2 cup egg whites  
1/4 cup diced onion  
1/2 cup mushrooms  
1/2 cup diced red pepper  
1.5 oz feta cheese

Saute veggies until onions are soft  
Scramble in eggs and egg whites until cooked  
Sprinkle with feta cheese



## EVERYDAY EGG & VEGGIE BAKE

12 eggs  
1 zucchini spiralized or julienned  
1 carrot spiralized or julienned  
1 cup yellow pepper julienned  
1 cup red onion diced  
Seasonings, like basil, oregano, salt & pepper  
crumbled goat cheese, optional

Preheat oven to 350 degrees.  
In a large bowl, whisk the eggs and add salt & pepper or seasonings of choice. Sauté veggies until carrots are soft. Add veggies to a greased baking pan, and add the egg mixture. Bake for 30 mins or until edges are set. Top with crumbled goat cheese before serving.

# EGG DISHES



## GREEN GOODNESS EGG SCRAMBLE

1 egg + 1/2 cup egg whites  
1 cup spinach  
1 cup kale  
1/2 medium avocado  
1/4 cup white onion  
1/4 cup vegetable broth  
Herbs (dill, basil, parsley, chives)  
Salt & pepper to taste

Sauté onion until translucent. Pour in veggie broth and add spinach and kale until wilted. Set aside  
Poach egg including egg white. Place spinach, kale, and onions on a plate. Top with poached egg & sliced avocado.  
Sprinkle herbs and season with salt and pepper

## CHOCOLATE RASPBERRY SMOOTHIE

### INGREDIENTS

- 1 cup** almond milk (unsweetened)
- 2 handfuls** of spinach
- 1/2** avocado
- 1 cup** frozen raspberries
- 1 tbsp** cocoa powder
- 1 scoop** protein powder

## PEANUT BUTTER & JELLY SMOOTHIE

### INGREDIENTS

- 1 cup** almond milk (unsweetened)
- 2 handfuls** of spinach
- 3/4 cup** frozen strawberries
- 1.5 tbsp** natural peanut butter
- 1 scoop** protein powder

## DIRECTIONS

place all ingredients in a blender, and blend until smooth



## CASHEW CREAMSICLE SMOOTHIE

### INGREDIENTS

- 1 cup** cashew milk (unsweetened)
- 2 handfuls** of baby kale
- 1 tbsp** cashew butter
- 1 tsp** vanilla
- 1 tsp** orange extract
- 1 scoop** protein powder

## VERRY BERRY SMOOTHIE

### INGREDIENTS

- 1 cup** cashew milk (unsweetened)
- 2 handfuls** baby romaine
- 1/4 cup** each of blackberries, raspberries and strawberries
- 1 tbsp** flax seed
- 1 scoop** protein powder





*Lunch &  
Dinner*

## PRETTY IN PINK LIVER DETOX SALAD

SERVES 4

### INGREDIENTS

- 5** cooked beets
- 4-6 cups** riced cauliflower
- 1** diced red apple
- 4** green onions, chopped
- 2 tbsp** chopped parsley
- 2 tbsp** chopped mint

### DRESSING

- 2 tbsp** apple cider vinegar
- 2 tbsp** olive oil
- salt & pepper

### DIRECTIONS

Make the dressing in a mason jar ahead and set aside.

Chop the beets and apples into small cubes. You want all ingredients to be about the same size. Put all ingredients in a large glass salad bowl.

Pour dressing and toss.



## SIMPLE CHICKEN SALAD

SERVES 1

### INGREDIENTS

- 4-6 oz** grilled or shredded chicken breast
- 3 cups** spring mix
- 1/2 cup** chopped strawberries
- 1 oz** goat cheese
- 1 oz** walnuts

### DRESSING

- 1 tbsp** olive oil
- 1 tbsp** white wine vinegar
- 1 pinch** stevia to sweeten

### DIRECTIONS

Top mixed greens with sliced or shredded chicken, strawberries, goat cheese, and walnuts.

Drizzle with dressing.



# BEST EVER KALE SALAD

SERVES 4

## INGREDIENTS

- 1 bunch** purple kale (or green or dinosaur)
- 1 pint** cherry tomatoes, cut in half
- 1** orange or yellow pepper cut in chunks
- 3** baby cucumbers, cut in circles
- 4** spring onions, chopped
- 1 can** artichokes (packed in water)
- 1/2 cup** goat feta cheese, cut into chunks

## DRESSING

- 3 tbsp** extra virgin olive oil
- 4-5 tbsp** lemon juice
- 2 cloves** finely minced garlic
- 1/2 pack** stevia
- salt & pepper to taste

## DIRECTIONS

Rip kale leaves off of center stems (the stems are bitter!) Roll into a cigar shape and chop into thin ribbons. Wash and massage at the same time to break down the kale.

Place washed kale into a large salad bowl. Chop all remaining veggies into the size you prefer and place in the bowl.

Drain artichokes, chop, and add to salad.

Pour dressing over the salad and make sure it is all coated. Allow to marinate for 2 – 24 hours.

The dressing helps to soften the kale.

Before serving, add goat feta cheese & enjoy!



# TOMATO BASIL QUINOA SALAD

SERVES 4

## INGREDIENTS

- 1/2 cup** quinoa
- 1 pint** cherry tomatoes, cut in half
- 1 cup** fresh basil
- 60 grams** feta cheese

## DRESSING

- 1 tbsp** olive oil
- 2 tbsp** lemon juice
- salt & pepper

## DIRECTIONS

Cook 1/2 cup of quinoa in 1 cup of water. Bring to boil then turn to low and cook covered until all water is absorbed and tender. Approx 20 min. Let cool.

In a bowl, stir lemon juice, olive oil, salt and pepper together. Cut tomatoes in half and marinate in mixture for at least 30 min.

Cut basil into ribbons and feta into small squares.

Add quinoa, basil, and feta to the tomato mixture and stir. Serve cold.



# CRAZY CURRIED TURKEY BURGERS

## INGREDIENTS

**1 lb** ground turkey  
**1/2 cup** sliced green onion  
**1 tbsp** grated ginger  
**1 tbsp** grated garlic  
**1 1/2 tbsp** mild curry powder  
**1 tsp** salt  
**1 head** of lettuce  
(Romaine or Boston Leaf Lettuce)

## DIRECTIONS

Mix all ingredients in a bowl and form 4 patties.

Brush patties with olive oil and cook in a hot skillet to an internal temp of 165f. (approx. 6 min per side).

Serve in a lettuce wrap

# ASIAN SENSATION POWER BOWL

SERVES 1

## INGREDIENTS

- 4 oz** salmon or lean red meat
- 1-2 cups** shredded cabbage
- 2 cups** mix of snow peas, carrots, bok choy, red onion, bamboo shoots
- 1 tbsp** tamari sauce
- 1 tsp** grated ginger
- 1 tsp** grated garlic

## DIRECTIONS

Blend tamari, ginger, and garlic. Set aside.

Sauté veggies to soften (approx. 3 min).

Add cooked protein and shredded cabbage, continue cooking for 1 minute.

Pour tamari mixture and heat (approx. 1 min)

Top with optional sesame seeds.



# TEXY MEXY POWER BOWL

SERVES 1

## INGREDIENTS

- 4 oz** cooked chicken breast
- 1-2 cups** cauliflower rice, sautéed
- 1/2 cup** black beans
- 2 cups** red/yellow peppers, red onion
- 1/4** sliced avocado
- 1/2 tsp** chili powder
- 1 tsp** lime juice

## DIRECTIONS

Sauté peppers & onions to soften.

Add cooked chicken, cauliflower rice, black beans, and chili powder.

Stir until heated

Top with chopped cilantro, avocado, and lime juice





## BUILD YOUR OWN POWER BOWL

### INGREDIENTS

- 4 oz** protein (chicken, turkey, lean red meat, fish, beans)
- 1/2 cup** cauliflower rice, shredded cabbage or zucchini noodles
- 2 cups** veggies
- 1 tbsp** healthy fat  
spices to flavour

Power bowls are easy, delicious, and inexpensive to make.

Make a batch at the beginning of the week and portion out so you are all set for healthy, happy eating success.

# TURKEY MEATBALL MUFFINS

MAKES 6 MEATBALLS

## INGREDIENTS

- 1 lb** extra lean ground turkey
- 1 cup** zucchini, grated
- 1/3** onion, grated
- 1-2** cloves of garlic, grated
- 2 tbsp** psyllium husk
- salt & pepper
- tomato paste (for topping only)

## DIRECTIONS

Preheat your oven to 350 degrees.

Place turkey in a mixing bowl and grate in the zucchini, onions and garlic.

Add psyllium husk, salt & pepper and any additional spices you might like at this point.

Roll into 6 even muffins and place into a non stick muffin tray.

Top with a dollop of tomato sauce or paste.

Cook for approx. 30 -35 minutes and let cool before eating.



# ZUCCHINI NOODLE SPAGHETTI & MEATBALLS

## INGREDIENTS

- 2** turkey meatball muffins, sliced
- 1 jar** no sugar added tomato sauce
- 2 cups** mixed vegetables: mushrooms, celery, carrots, onion
- 1 cup** zucchini noodles
- parmesan cheese

## DIRECTIONS

Lightly sauté veggies in a pot. When soft, pour in no sugar-added tomato sauce and simmer for 15 min.

Add pre-cooked sliced meatballs to heat.

Heat zucchini noodles for 1 minute in a frying pan (just to warm). Serve sauce over zucchini noodles. Sprinkle with parmesan, chili oil and fresh basil (optional)



## EASY TACO SALAD

- **4 oz of ground turkey or beef**
- **3 cups of romaine lettuce**
- **1/4 cup black beans**
- **1/4 cup no sugar added salsa**
- **1 tbsp sour cream**
- **1 tsp of taco seasoning**

Cook meat with taco seasoning. Add black beans. Top greens with meat and bean mixture, and add salsa and sour cream.

You can top it with optional ingredients such as jalapenos, cilantro, cheese, fresh lime, and jicama.

## TUNA BOATS

- **1/2 can tuna**
- **4 endive leaves**
- **1/4 cup chopped cucumber**
- **1/4 cup sharp cheddar**
- **1 tbsp chopped onion**
- **1 tbsp mayonnaise**

Drain tuna and mix with chopped cucumber, onion & mayonnaise. Season with salt and pepper.

Fill the endive leaves with the mixture. Sprinkle shredded cheddar on the top & broil until lightly browned.

## VEGGIE WRAP

- **1 flat-out wrap or Food for life gluten free wrap**
- **1/4 cup hummus**
- **1/2 cup shredded carrots**
- **1/2 cup chopped cilantro**
- **1/2 cup red pepper slices**
- **Handful of spinach**

Spread hummus on the wrap and stuff with all the veggies! Feel free to add more veggies and change them up if you want!



# 5 INGREDIENT TURKEY CHILI

## INGREDIENTS

1 lb of lean ground turkey or chicken  
1 can of diced tomatoes  
1 can of kidney beans, undrained  
1 large white onion  
Mixed peppers (choose from green, yellow, and orange for color)

**EXTRA:** Seasonings including Chili powder, salt and pepper

## DIRECTIONS

Chop onions and peppers in large chunks. Set peppers aside. In a large pot, lightly pan-fry onions over medium heat until slightly soft. Stir in ground turkey or chicken and cook until brown. Drain excess fat or water and add back to the pot.

Stir in a can of tomatoes, kidney beans, chopped peppers, and 1 tbsp. of chili powder (play with the amount of chili powder based on personal taste and amount of tomatoes)

Bring to a boil then reduce heat to low, cover, and lightly simmer for a min of 10 min. Season with salt and pepper to taste. Serve and enjoy!

## SLOW COOKER ROASTED CHICKEN

### INGREDIENTS

1 whole chicken  
1 tablespoon garlic powder  
1/2 tablespoon pepper  
1/2 teaspoon cayenne pepper  
1/2 teaspoon salt

### DIRECTIONS

Rub seasoning on the chicken

Place 4 tin foil balls under the chicken to prop up in cooker to keep skin crisp.

Cook in the slow cooker on low for 6 - 8 hours

## 3 INGREDIENT BUFFALO CHICKEN

### INGREDIENTS

2 pounds of boneless skinless chicken breast  
1 packet of organic ranch seasoning  
1 cup hot sauce

### DIRECTIONS

Place all ingredients in the slow cooker

Toss in hot sauce to evenly coat the chicken

cook on high for 3-4 hours or low for 6-8 hours

shred chicken and use it in salads, wraps, etc.

# SLOW COOKER PROTEIN RECIPES

## 2 INGREDIENT SALSA PORK TENDERLOIN

### INGREDIENTS

1 pork tenderloin  
1 jar of organic salsa (look for one with no sugar added)

### DIRECTIONS

Place pork in slow cooker and top with salsa

cook on high for 3-4 hours or low for 6-8 hours

shred pork and use it in salads, wraps, etc.



## 3 INGREDIENT SUPER STUFFED CHICKEN

SERVES 1

### INGREDIENTS

- 4 oz** boneless skinless chicken breast
- 1/4 cup** Mediterranean frozen veggie mix  
(includes roasted red pepper, onions, grilled eggplant and zucchini)
- 30 grams** goat cheese

### DIRECTIONS

Preheat your oven to 350 F

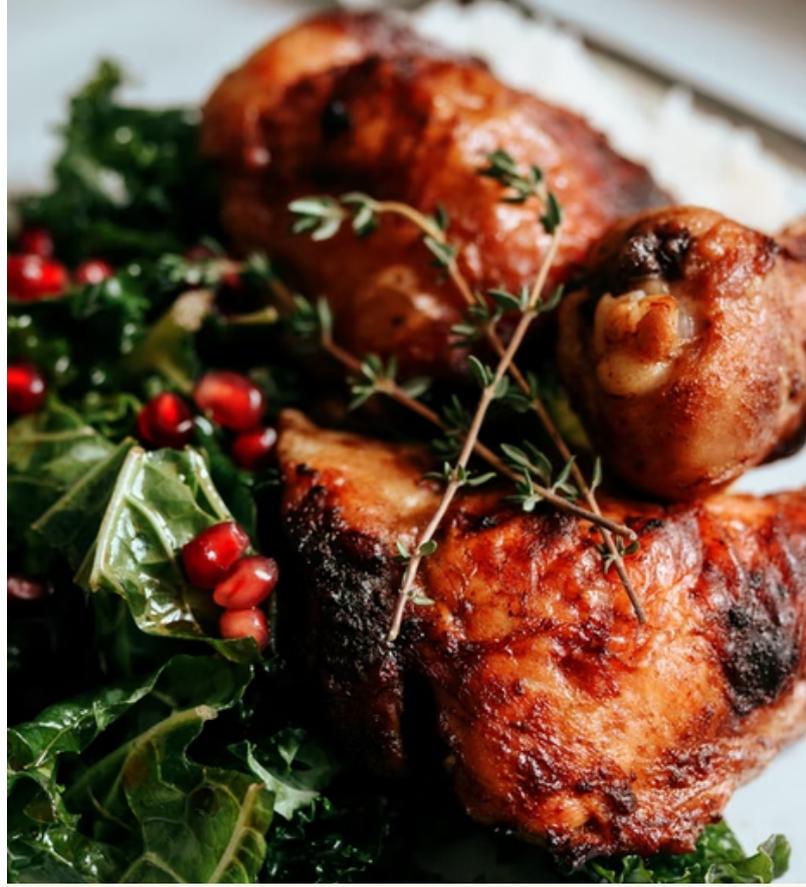
Lightly stir fry the Mediterranean mixed veggies and let sit to cool before handling

Cut a horizontal slit along the thin, long edge of each chicken breast, nearly all the way through to the opposite side, and open like a little pocket

Sprinkle the chicken breast with S&P

Stuff the pocket with the mixed veggies and goat cheese (it's ok if it spills out!)

Bake until the chicken is no longer pink and the thermometer inserted into the thickest part registers 165°F, about 25 – 30 minute



## PAN FRIED SALMON

SERVES 1

### INGREDIENTS

- 6 oz** salmon filet
- 1 tsp** olive oil
- salt & pepper

### DIRECTIONS

Season salmon with salt and pepper.

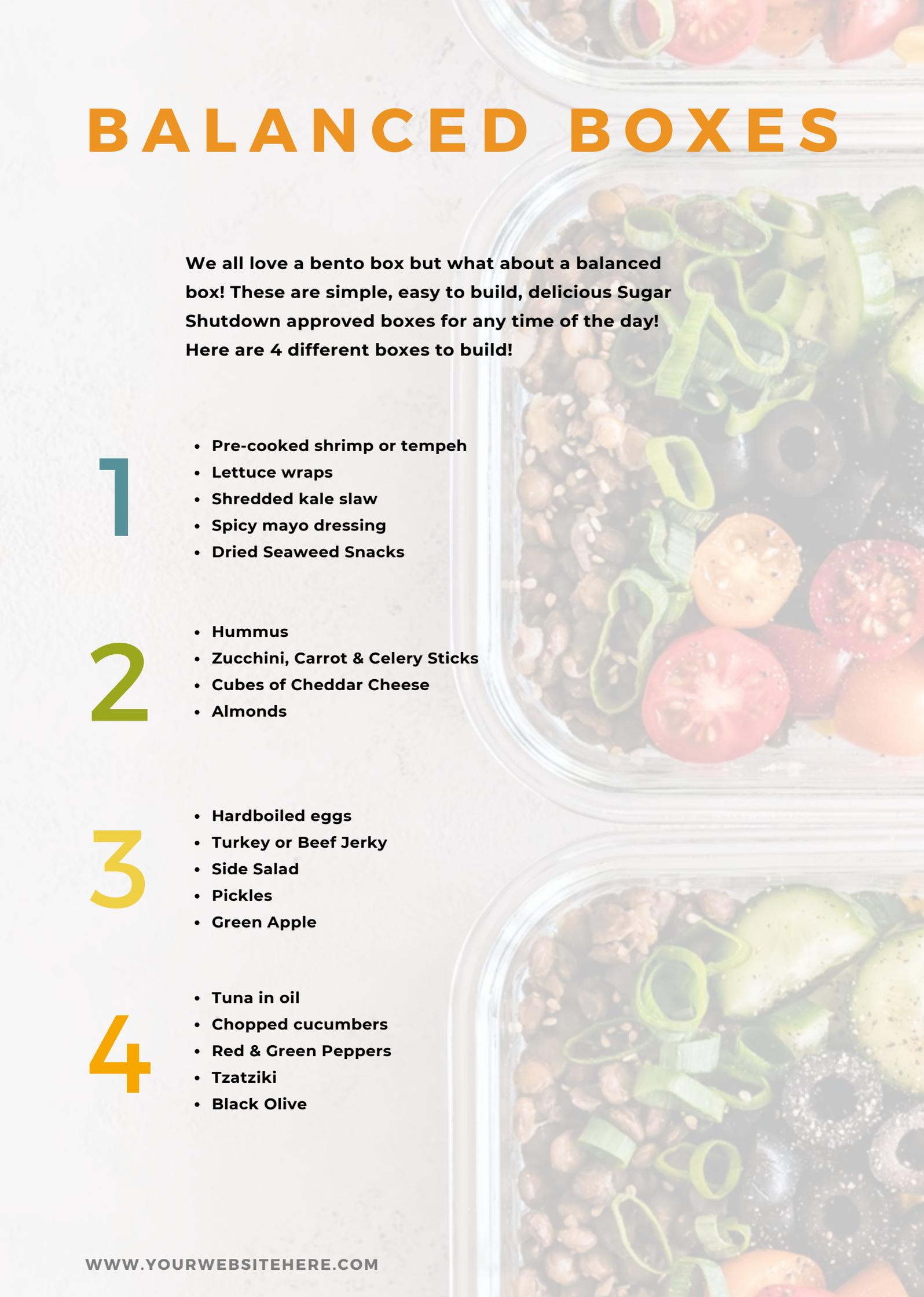
Heat oil in skillet to a medium-high heat.

Cook for 4 minutes with skin side up. Flip & reduce heat to medium and cook for another 4 minutes.

Let rest for 2 minutes before serving.



# BALANCED BOXES



We all love a bento box but what about a balanced box! These are simple, easy to build, delicious Sugar Shutdown approved boxes for any time of the day! Here are 4 different boxes to build!

1

- Pre-cooked shrimp or tempeh
- Lettuce wraps
- Shredded kale slaw
- Spicy mayo dressing
- Dried Seaweed Snacks

2

- Hummus
- Zucchini, Carrot & Celery Sticks
- Cubes of Cheddar Cheese
- Almonds

3

- Hardboiled eggs
- Turkey or Beef Jerky
- Side Salad
- Pickles
- Green Apple

4

- Tuna in oil
- Chopped cucumbers
- Red & Green Peppers
- Tzatziki
- Black Olive

## CAULIFLOWER PARSNIP MASH

### INGREDIENTS

4-6 skinny parsnips  
1 Medium sized head of cauliflower  
4 tablespoons of coconut milk  
1 tablespoon extra virgin olive oil or coconut oil

### DIRECTIONS

Peel and cut parsnips into small strips. Toss in olive oil. Lay on a baking sheet and roast at 400°F for 20 minutes. Cut cauliflower into florets and steam until tender.

Combine parsnips, cauliflower, and coconut milk in a food processor and blend until smooth. You can add more or less coconut milk until you achieve your desired consistency.

## GARLIC ROASTED BROCCOLI

### INGREDIENTS

1 entire large broccoli cut into florets  
2 tbsp olive oil  
1 garlic clove, peeled  
Salt & pepper

### DIRECTIONS

Preheat oven to 450 degrees.

In a large bowl, drizzle the olive oil over the broccoli. Add the garlic, salt, and pepper and toss well with your hands.

Spread the mixture on a large baking sheet, trying not to let any broccoli overlap. Cook for about 20 min. or until the edges of the broccoli are crispy!

# SIDE DISHES

## SIMPLE ROASTED SQUASH

### INGREDIENTS

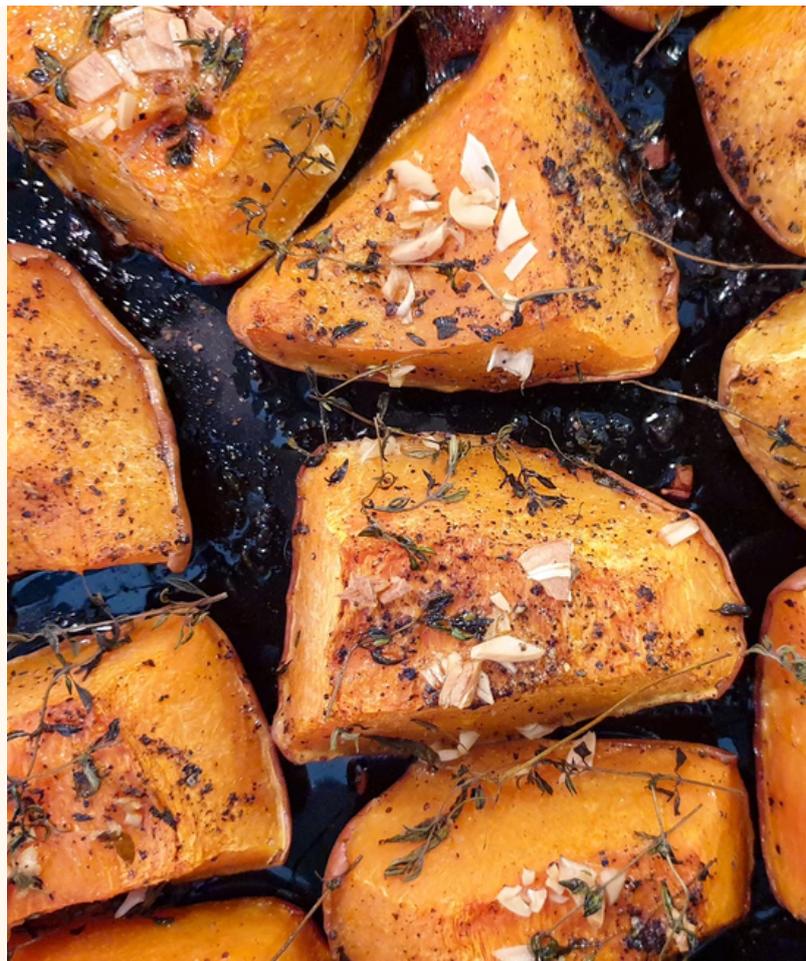
1 small butternut squash, peeled, seeded and cubed  
2 Tbsp olive oil  
Salt & pepper

### DIRECTIONS

Preheat oven to 400 degrees

Toss squash with the olive oil and spread on a baking sheet, making sure none of the cubes are touching each other. Season with salt and pepper.

Roast until lightly browned (about 25-30 minutes.)



# Sweet Treats



## NO BAKE PROTEIN BALLS

MAKES 6 BALLS

### INGREDIENTS

- 1/2 cup** protein powder of choice
- 2 tbsp** nut or seed butter
- 2/3 cup** ground oats
- 2 tbsp** coconut flour
- 1/4 cup** water

### DIRECTIONS

Blend all ingredients. (Start 1/4 cup of water. If needed add a little more until you can roll it. If too wet, add more ground oats\*)

Roll into 6 balls and freeze for 30 min.

NOTE: For ground oats, buy large oats (not instant) and grind them in a coffee grinder. Once you get the basic ball down, mix in your fave additions like cocoa, flavored extract, nuts & more!



## 2 INGREDIENT "ICE CREAM"

### INGREDIENTS

- 1** frozen avocado
- 1 tbsp** nut butter
- Pinch** Stevia or monk fruit

### DIRECTIONS

Simply throw in the blender and blend until ice cream consistency is achieved.

Allergic to nuts? Try sunflower seed butter or tahini.



## SOUR CREAM BERRY BOWL

MAKES 1 BOWL

### INGREDIENTS

- 1/2 cup** Full fat sour cream
- 1 cup** Mixed Berries
- 1 tbsp** Shaved toasted almonds

### DIRECTIONS

Put all ingredients into a bowl

This is a base bowl but spice it up by adding sugar-free dark chocolate chips or cacao nibs, seeds, or spices to make your favourite combos

For a dairy-free option- use cashew yogurt or coconut cream.



## STRAWBERRY VANILLA FROZEN FLUFF

SERVES 1

### INGREDIENTS

- 1 cup** frozen strawberries
- 1 scoop** vanilla whey protein
- 1 splash** almond milk

### DIRECTIONS

Simply throw in the blender and blend until ice cream consistency is achieved.

Don't like strawberries? Sub frozen blueberries, blackberries, mangos or cherries!

