







Kid-Friendly Program

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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Banana Coconut Granola	 Banana Coconut Granola	 Banana Coconut Granola	 Lucky Green Smoothie	 Lucky Green Smoothie	 Simple Banana Pancakes	 Simple Banana Pancakes
Snack 1	 Celery with Sunflower Seed Butter	 Celery with Sunflower Seed Butter	 Hummus Dippers	 Hummus Dippers	 Hummus Dippers	 Yogurt & Berries	 Yogurt & Berries
Lunch	 Apple Slices & Hummus	 Apple Slices & Hummus	 Apple Slices & Hummus	 Savory Roasted Chickpeas	 Savory Roasted Chickpeas	 Turkey Hummus Sandwich	 Turkey Hummus Sandwich
	 Hard Boiled Eggs	 Hard Boiled Eggs	 Hard Boiled Eggs	 Roasted Sweet Potato Rounds	 Roasted Sweet Potato Rounds		
Snack 2	 Strawberry Coconut Oatmeal Muffins	 Strawberry Coconut Oatmeal Muffins	 Strawberry Coconut Oatmeal Muffins	 Strawberry Coconut Oatmeal Muffins	 Strawberry Coconut Oatmeal Muffins	 Carrots & Guacamole	 Carrots & Guacamole
Dinner	 Herbed Chicken Tenders with Honey Dijon	 Herbed Chicken Tenders with Honey Dijon	 Penne with Bursting Cherry Tomato Sauce	 Penne with Bursting Cherry Tomato Sauce	 Slow Cooker Spaghetti Squash & Meatballs	 Slow Cooker Spaghetti Squash & Meatballs	 One Pan Chicken, Golden Cauliflower & Carrot Fries
	 Mango Coconut Popsicles	 Mango Coconut Popsicles	 Mango Coconut Popsicles	 Warm Apples with Cinnamon	 Warm Apples with Cinnamon	 Pear	



Fruits

- 5 Apple
- 1 Avocado
- 2 1/2 Banana
- 3 Lime
- 2 Pear
- 1/2 cup Strawberries

Breakfast

- 2 tbsps Maple Syrup

Seeds, Nuts & Spices

- 3/4 tsp Black Pepper
- 1 1/4 tps Cinnamon
- 1 tsp Dried Thyme
- 3 tbsps Ground Flax Seed
- 1/4 cup Hemp Seeds
- 1 1/2 tps Italian Seasoning
- 1 1/2 tps Oregano
- 1 tbsps Poultry Seasoning
- 1/4 cup Pumpkin Seeds
- 1 3/4 tps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Turmeric

Frozen

- 2 cups Frozen Berries
- 3 1/2 cups Frozen Mango

Vegetables

- 2 cups Baby Spinach
- 1 cup Basil Leaves
- 9 3/4 Carrot
- 1/2 head Cauliflower
- 7 stalks Celery
- 3 cups Cherry Tomatoes
- 2 Garlic
- 1 cup Mixed Greens
- 1/2 Spaghetti Squash
- 1 Sweet Potato
- 3/4 Yellow Bell Pepper

Boxed & Canned

- 2 cups Canned Coconut Milk
- 4 ozs Chickpea Pasta
- 3 cups Chickpeas
- 1 1/2 cups Crushed Tomatoes

Baking

- 1/2 tsp Baking Powder
- 2 tbsps Brown Rice Flour
- 1 tbsps Nutritional Yeast
- 2 1/4 cups Oats
- 1 1/2 tbsps Raw Honey
- 1/2 cup Unsweetened Coconut Flakes
- 1/4 cup Unsweetened Shredded Coconut
- 3/4 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- 4 slices Bread
- 1 lb Chicken Breast
- 8 ozs Extra Lean Ground Turkey
- 1 2/3 cups Hummus
- 8 ozs Turkey Breast, Cooked

Condiments & Oils

- 1 tbsps Avocado Oil
- 3 1/4 tbsps Coconut Oil
- 3 tbsps Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil
- 1/4 cup Sunflower Seed Butter

Cold

- 10 1/2 Egg
- 2 cups Plain Greek Yogurt

Other

- 3 1/2 cups Water



Banana Coconut Granola

3 servings

1 hour 15 minutes

Ingredients

- 1 cup Oats (rolled or old fashioned)
- 1/2 cup Unsweetened Coconut Flakes
- 1/4 cup Pumpkin Seeds
- 1/4 tsp Cinnamon
- 1/8 tsp Sea Salt
- 1/2 Banana (ripe, mashed)
- 1 tbs Coconut Oil (melted)

Directions

- 1 Preheat oven to 300°F (149°C).
- 2 In a large bowl, combine the oats, coconut flakes, pumpkin seeds, cinnamon and sea salt.
- 3 Add the mashed banana and coconut oil into the bowl with the oat mixture. Use a spoon to stir until all is very well combined. The mixture should be evenly coated.
- 4 Spread mixture in an even layer on a large baking sheet. Press down slightly and place in oven.
- 5 Bake for 45 to 55 minutes, checking and tossing every 15 minutes. Break up large clusters as necessary. Once the granola is evenly browned and no longer feels damp, remove from oven. As it cools it will crisp up even more, so do not over-bake.
- 6 Once cooled, store in an airtight container at room temperature for up to one week. Or store in the freezer for a few months.

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is roughly 1/2 cup of granola.

Serve it With: Yogurt, oatmeal, parfaits, almond milk and/or fresh fruit.



Lucky Green Smoothie

1 serving
10 minutes

Ingredients

3/4 cup Frozen Mango
1 Lime (juiced)
1 cup Baby Spinach (packed)
1 tbsp Ground Flax Seed
2 tbsps Hemp Seeds
1 3/4 cups Water

Directions

1

Place all ingredients into a blender. Blend well until smooth. Divide into glasses and enjoy!

Notes

No Mango: Add frozen pineapple or banana instead.

More Protein: Add a scoop of your favorite protein powder.



Simple Banana Pancakes

2 servings

20 minutes

Ingredients

- 2 Banana (ripe)
- 4 Egg
- 1 tbsp Coconut Oil

Directions

- 1 In a bowl, mash the bananas very well until quite smooth. Add the eggs and beat gently with a fork for about 30 seconds.
- 2 Heat coconut oil in a skillet over medium heat. Add 1/4 cup of the batter at a time to form pancakes, cooking for about 1-2 minutes per side.
- 3 Serve with a sprinkle of cinnamon or a drizzle of maple syrup if desired.

Notes

Serving Size: One serving is approximately two pancakes.

Likes it Sweet: Add blueberries or chocolate chips into the batter.



Celery with Sunflower Seed Butter

2 servings

5 minutes

Ingredients

4 stalks Celery (sliced into sticks)

1/4 cup Sunflower Seed Butter

Directions

1

Spread sunflower seed butter across celery sticks (about 1 tbsp per celery stalk). Happy munching!

Notes

No Celery: Use cucumber instead



Hummus Dippers

3 servings

15 minutes

Ingredients

- 3/4 Yellow Bell Pepper
- 3/4 Carrot
- 3 stalks Celery
- 3/4 cup Hummus

Directions

- 1 Slice your pepper, carrot and celery into sticks.
- 2 Line up 4 small mason jars (we like to use size 250 ml). Fill the bottom of each with ¼ cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat.

Notes

Mix it Up: Substitute in different veggies like cucumber or zucchini.



Yogurt & Berries

2 servings

5 minutes

Ingredients

- 2 cups Plain Greek Yogurt
- 2 cups Frozen Berries (thawed)

Directions

- 1 Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

Notes

Dairy-Free: Use a dairy-free yogurt like coconut, almond or cashew.

No Frozen Berries: Use any type of fresh fruit instead.



Apple Slices & Hummus

3 servings

5 minutes

Ingredients

3 Apple
3/4 cup Hummus

Directions

- 1 Slice apples and cut out the core. Serve with hummus for dipping. Enjoy!

Notes

No Apple: Use pear slices instead.



Hard Boiled Eggs

3 servings

15 minutes

Ingredients

6 Egg

Directions

- 1 Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
- 2 Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 3 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!

Notes

Leftovers: Refrigerate in a covered container with the shell on for up to 7 days.

Easier to Peel: Add salt to the water while boiling.



Savory Roasted Chickpeas

2 servings

30 minutes

Ingredients

3 cups Chickpeas (canned, or cooked and drained)
1 tbsp Extra Virgin Olive Oil
1 tbsp Poultry Seasoning
1/2 tsp Sea Salt
1/4 tsp Black Pepper

Directions

- 1 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Pat chickpeas dry with a paper towel. Place chickpeas in a mixing bowl and add olive oil, poultry seasoning, sea salt, and black pepper. Mix until chickpeas are evenly coated.
- 3 Spread the chickpeas across the baking sheet. Bake for 20 minutes, tossing halfway through.
- 4 Let cool before storing in an airtight container in the fridge.

Notes

Leftovers: They keep well in an airtight container in the fridge for up to 5 days. They will lose their crunchiness with time, so throw them back into the oven before eating if you want to crisp them back up.

Make Them Crispy: Bake for longer if you like them really crispy.



Roasted Sweet Potato Rounds

2 servings

35 minutes

Ingredients

1 Sweet Potato (medium, washed and scrubbed)

3/4 tsp Coconut Oil

Directions

- 1 Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 2 Slice the sweet potatoes into 1/2 inch rounds and place them on the baking sheet.
- 3 Brush the slices with melted coconut oil, then flip them over and repeat.
- 4 Place in the oven and bake for 30 to 35 minutes, flipping them at the halfway point. The rounds should be starting to brown on each side.
- 5 Remove from oven. Season them with your favourite spices (we like sea salt and cinnamon) and enjoy!

Notes

Serve it With : A side dish, with guacamole, or with your favorite dressing for dipping. You can also use them as a burger bun replacement!



Turkey Hummus Sandwich

2 servings

5 minutes

Ingredients

4 slices Bread
8 ozs Turkey Breast, Cooked
2 tbsps Hummus
1 tbsp Dijon Mustard
1 cup Mixed Greens

Directions

- 1 Lightly toast the bread.
- 2 Spread one slice of the bread with hummus and mustard. Layer on the turkey and mixed greens. Place the second slice of bread over top. Slice and enjoy!

Notes

No Turkey: Use chicken breast instead.

Vegan & Vegetarian: Use smashed chickpeas instead of turkey.

Gluten-Free: Use gluten-free bread instead or make it as a lettuce wrap.



Strawberry Coconut Oatmeal Muffins

6 servings

40 minutes

Ingredients

- 1 cup Canned Coconut Milk (full fat)
- 2 tbsps Maple Syrup
- 3/4 tsp Vanilla Extract
- 1 tbsp Ground Flax Seed
- 1 cup Oats (rolled)
- 1/4 cup Unsweetened Shredded Coconut
- 1/2 tsp Baking Powder
- 1/2 cup Strawberries (fresh, chopped)

Directions

- 1 Preheat the oven to 375°F (190°C) and line a muffin tray with liners or use a silicone muffin tray.
- 2 In a small mixing bowl combine the coconut milk, maple syrup, vanilla extract, and ground flax. Stir to combine and let it sit for at least five minutes.
- 3 In a second mixing bowl combine the oats, shredded coconut and baking powder. Add the coconut milk mixture to the oats and mix well. Fold in the chopped strawberries.
- 4 Divide the oatmeal batter between the muffin cups and bake for 24 to 28 minutes or until the muffins are golden brown around the edges and just firm to the touch. Let the muffins cool in the tray for five minutes before transferring to a cooling rack to cool completely. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days or freeze for up to one month.

Serving Size: One serving is equal to one muffin.

More Flavor: Add cinnamon or a pinch of salt.

No Strawberries: Use blueberries or raspberries instead. Fresh berries are best instead of frozen.

No Maple Syrup: Use honey or agave instead.

No Rolled Oats: Use quick oats instead.

No Muffin Liners: Use a non-stick muffin pan or grease pan with coconut oil.



Carrots & Guacamole

2 servings

5 minutes

Ingredients

4 Carrot (medium)
1 Avocado
1 Lime (juiced)
1/4 tsp Sea Salt (or more to taste)

Directions

- 1 Peel and slice carrots into sticks.
- 2 Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.
- 3 Dip the carrots into the guac & enjoy!

Notes

Leftovers: Store the guacamole in an airtight container in the refrigerator for up to two days. Sliced carrots can be stored in the refrigerator for up to four days.

Spice it Up: Add chili flakes, salsa and/or chopped cilantro to the guacamole.



Herbed Chicken Tenders with Honey Dijon

2 servings

40 minutes

Ingredients

- 8 ozs Chicken Breast (skinless, boneless, sliced into strips)
- 1 tbsp Avocado Oil (divided)
- 1/4 cup Oats (quick)
- 1 1/2 tsps Italian Seasoning
- 1/4 tsp Sea Salt
- 3 Carrot (medium, peeled and sliced into fries)
- 2 tbsps Dijon Mustard
- 1 1/2 tbsps Raw Honey

Directions

- 1 Preheat oven to 400°F (204°C) and line two baking sheets with parchment paper. Brush chicken strips with half of the avocado oil.
- 2 Combine the oats, Italian seasoning, and sea salt and spread over a small plate. Press both sides of the chicken strips into the oat/spice mixture to coat, then lay on baking sheet.
- 3 Toss the carrot sticks in remaining avocado oil. Spread across the other baking sheet.
- 4 Place both pans in the oven and bake for 30 minutes, flipping the chicken and tossing the carrot fries halfway through.
- 5 Meanwhile, combine the Dijon and raw honey in a small bowl to make the sauce. Mix well and set aside.
- 6 To serve, divide the chicken tenders and carrot fries between plates and serve with honey Dijon dipping sauce. Enjoy!

Notes

No Quick Oats: Place rolled oats in your blender or food processor. Pulse a few times to break them up.

Vegan and Vegetarian: Use tofu strips instead of chicken.

Leftovers: Keeps well in the fridge up to 3 days.



Penne with Bursted Cherry Tomato Sauce

2 servings

30 minutes

Ingredients

4 ozs Chickpea Pasta (dry)
1/4 cup Extra Virgin Olive Oil
3 cups Cherry Tomatoes
2 Garlic (cloves, minced)
Sea Salt & Black Pepper (to taste)
1 cup Basil Leaves (chopped)
1 tbsp Nutritional Yeast

Directions

- 1 Cook pasta according to the directions on the package. Run under cold water once cooked to prevent from over cooking.
- 2 In a large sauce pan, heat olive oil over medium-high heat. Add tomatoes, garlic, salt and pepper. Stir occasionally and cook until all the tomatoes have burst, about 15 to 20 minutes.
- 3 Toss pasta with the chopped basil and divide onto plates. Top each serving with the tomato sauce and nutritional yeast. Enjoy!

Notes

No Chickpea Pasta: Use any other high-fibre, high-protein pasta such as lentil or black bean pasta. If using brown rice, quinoa, or regular whole grain pasta, add in extra protein like crumbled tofu, chickpeas, or hemp seeds.

No Nutritional Yeast: Use parmesan or omit completely.



Slow Cooker Spaghetti Squash & Meatballs

2 servings

4 hours

Ingredients

- 8 ozs Extra Lean Ground Turkey
- 2 tbsps Brown Rice Flour
- 1/2 Egg (whisked)
- 1 tbsp Extra Virgin Olive Oil (divided)
- 1 1/2 tsps Oregano (divided)
- 1 1/2 cups Crushed Tomatoes
- 1/2 tsp Sea Salt (divided)
- 1/2 tsp Black Pepper (divided)
- 1/2 Spaghetti Squash (medium)

Directions

- 1 In a large mixing bowl, combine the extra lean ground turkey, brown rice flour, egg, half of the olive oil and half of the oregano. Mix well. Use your clean hands to roll the turkey mixture into small meatballs, about the size of golf balls. Set on a plate.
- 2 In the bottom of your slow cooker, add the remaining olive oil and oregano. Add in the crushed tomatoes, half the sea salt and half of the black pepper. Mix well and then submerge your turkey meatballs into the sauce.
- 3 Very carefully cut your spaghetti squash in half lengthwise, and scoop out the seeds. Add the remaining salt and pepper. Place it flesh-side up in the tomato sauce. No need to submerge it in the sauce. (Note: If the spaghetti squash is too big to fit into the slow cooker, cut it into quarters.) Set your slow cooker on low for 6 hours or on high for 4 hours.
- 4 Before you are ready to eat, use tongs to lift the spaghetti squash out of the slow cooker. Use a fork to scrape out the flesh into a sieve/strainer (or onto a layer of paper towel) and let the excess fluid drain off.
- 5 Divide the spaghetti squash between plates and top with meatballs and tomato sauce. Enjoy!

Notes

No Ground Turkey: Use any type of ground meat.

Cheese Lover: Sprinkle with parmesan cheese.



One Pan Chicken, Golden Cauliflower & Carrot Fries

2 servings

40 minutes

Ingredients

2 Carrot (medium)
1/2 head Cauliflower
3 tbsps Extra Virgin Olive Oil (divided three ways)
8 ozs Chicken Breast
1 tsp Dried Thyme
1 tsp Turmeric (powder)
1/8 tsp Sea Salt

Directions

- 1 Preheat oven to 375°F (191°C) and line a large baking sheet with parchment paper.
- 2 Peel and slice carrots into sticks. Wash and chop cauliflower into florets.
- 3 Brush chicken breast with 1/3 of the olive oil. Season with thyme and sea salt. Place on the baking sheet.
- 4 Toss carrot sticks in 1/3 of the olive oil. Place on the baking sheet next to chicken.
- 5 Toss cauliflower with the remaining olive oil and turmeric. Mix until cauliflower is evenly yellow then transfer to the baking sheet.
- 6 Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through.
- 7 Remove baking sheet from the oven and divide onto plates. Add more salt to taste if desired. Enjoy!

Notes

Low FODMAP: Use zucchini instead of cauliflower.



Mango Coconut Popsicles

4 servings

40 minutes

Ingredients

- 2 cups Frozen Mango
- 1 cup Canned Coconut Milk (divided)

Directions

- 1 Blend mango and 3/4 of the coconut milk in a food processor or blender until smooth.
- 2 Roughly scoop mango puree into 3oz. paper cups.
- 3 Spoon remaining coconut milk into each cup to fill in the gaps around the mango. This will create a swirl effect when frozen.
- 4 Insert popsicle sticks in the middle. Place in freezer for 4 hours or until completely frozen.

Notes

No Coconut Milk: Use almond milk or cashew milk instead.



Warm Apples with Cinnamon

1 serving
10 minutes

Ingredients

- 1 1/2 tps Coconut Oil
- 1 Apple (cored and sliced)
- 1/2 tsp Cinnamon

Directions

- 1 In a pan, melt coconut oil over medium heat.
;
- 2 Add apple slices and sauté until soft, about 5 to 8 minutes.
;
- 3 Sprinkle cinnamon over top and stir to coat evenly.
;
- 4 Divide into bowls and enjoy!

Notes

Serve it With: Our banana ice cream, Paleo Granola or on top of oatmeal.

No Apples: Use pears.



Pear

1 serving

5 minutes

Ingredients

1 Pear

Directions

1

Cut pear in half lengthwise. Cut each half in half again and use a knife to remove the core. Place all pieces in a bowl and enjoy!