



## Menopause Support Program

---

Natural Menopause Support

<https://natural-menopause-support.teachable.com/>



Welcome to your 1 week, Menopause Support Meal Plan. Providing targeted nutrition to address menopausal concerns including weight gain, bone health, and hot flashes.

Our Menopause Support Program focuses on incorporating nutrients like calcium and magnesium for healthy bones, protein to support a healthy weight, and phytoestrogens to reduce hot flashes.

For optimal health, we recommend eating a wide variety of fresh and seasonal produce. Aim to eat the rainbow for maximum nutrient exposure.

**Don't forget to tag us in your photos on [instagram](#) and [facebook](#) and use the tag #NMSrecipe so we can see your creations.**

If you know someone who would love this meal plan, please send them a link to our website so they can purchase their own copy.

---

On the next pages, you will find Meal Plan, along with an itemised grocery list and delicious recipes.

## Grocery List Tips

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

## Shopping Tips

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

## Recipe Tips

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

## Leftovers

You'll notice that some meals on the plan are shaded out. This means that the meal has been marked as a leftover.

---










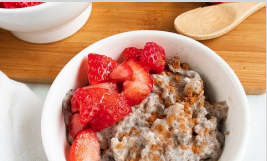
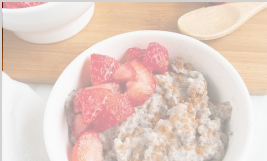
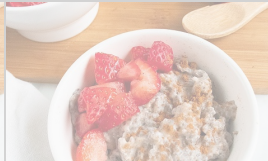





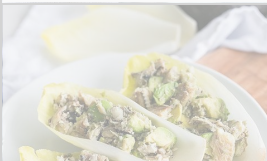
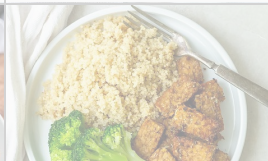


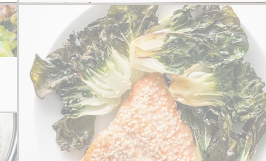






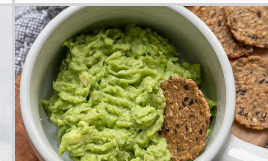

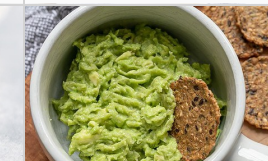




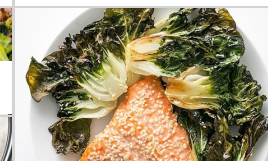



You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!

---

The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet. The information and recipes provided in this plan should not be used in place of a consultation with your physician or other health care provider.





|           | Mon  | Tue  | Wed  | Thu   | Fri   | Sat   | Sun  |  |
|-----------|--|--|--|---|---|---|--|--|
| Breakfast | <br>Zucchini Turkey Breakfast Skillet     | <br>Zucchini Turkey Breakfast Skillet | <br>Salmon Stuffed Avocado Boats          | <br>Salmon Stuffed Avocado Boats              | <br>Egg & Beef Breakfast Bowl                | <br>Egg & Beef Breakfast Bowl        | <br>Egg & Beef Breakfast Bowl             |  |
| Snack 1   | <br>Coconut Chia Seed Yogurt              | <br>Coconut Chia Seed Yogurt          | <br>Coconut Chia Seed Yogurt              | <br>Coconut Chia Seed Yogurt                  | <br>Dark Chocolate Almond Mousse             | <br>Dark Chocolate Almond Mousse     | <br>Dark Chocolate Almond Mousse          |  |
| Lunch     | <br>Sardine & Avocado Endive Wraps        | <br>Sardine & Avocado Endive Wraps    | <br>Tempeh, Quinoa & Broccoli             | <br>Crispy Broiled Haddock & Broccolini       | <br>One Pan Roasted Edamame & Broccoli Salad | <br>Ground Chicken                   | <br>One Pan Sesame Trout & Bok Choy       | <br>Steak, Butternut Squash & Zoodles |
| Snack 2   | <br>Sauerkraut Avocado Mash with Crackers | <br>Brazil Nuts                       | <br>Sauerkraut Avocado Mash with Crackers | <br>Brazil Nuts                               | <br>Sauerkraut Avocado Mash with Crackers    | <br>Brazil Nuts                      | <br>Sauerkraut Avocado Mash with Crackers |  |
| Dinner    | <br>Chicken, Carrots & Broccolini        | <br>Tempeh, Quinoa & Broccoli        | <br>Crispy Broiled Haddock & Broccolini  | <br>One Pan Roasted Edamame & Broccoli Salad | <br>Ground Chicken                          | <br>One Pan Sesame Trout & Bok Choy | <br>Steak, Butternut Squash & Zoodles    | <br>Chicken, Carrots & Broccolini    |



| Mon   | Tue   | Wed   | Thu  | Fri   | Sat   | Sun   |
|---|---|---|--|---|---|---|
| Fat  50%     | Fat  52%     | Fat  48%     | Fat  62%     | Fat  60%     | Fat  55%     | Fat  48%     |
| Carbs  25%   | Carbs  25%   | Carbs  29%   | Carbs  15%   | Carbs  17%   | Carbs  15%   | Carbs  24%   |
| Protein  25% | Protein  23% | Protein  23% | Protein  23% | Protein  23% | Protein  30% | Protein  28% |
| Calories 1777   | Calories 1707   | Calories 1954   | Calories 2036  | Calories 2041   | Calories 1776   | Calories 1884   |
| Fat 102g  | Fat 102g  | Fat 110g  | Fat 148g   | Fat 143g  | Fat 114g  | Fat 106g  |
| Carbs 118g  | Carbs 112g  | Carbs 147g  | Carbs 82g  | Carbs 92g   | Carbs 71g   | Carbs 118g  |
| Fiber 58g   | Fiber 42g   | Fiber 57g   | Fiber 46g  | Fiber 39g   | Fiber 25g   | Fiber 45g   |
| Sugar 16g   | Sugar 17g   | Sugar 12g   | Sugar 11g  | Sugar 9g  | Sugar 15g   | Sugar 17g   |
| Protein 114g  | Protein 103g  | Protein 117g  | Protein 121g   | Protein 124g  | Protein 140g  | Protein 142g  |
| Sodium 1809mg   | Sodium 1670mg   | Sodium 2537mg   | Sodium 2179mg  | Sodium 1881mg   | Sodium 2222mg   | Sodium 2419mg   |
| Vitamin A 27129IU   | Vitamin A 7467IU  | Vitamin A 11319IU   | Vitamin A 11376IU  | Vitamin A 8164IU  | Vitamin A 29998IU   | Vitamin A 43923IU   |
| Vitamin C 170mg   | Vitamin C 155mg   | Vitamin C 222mg   | Vitamin C 231mg  | Vitamin C 198mg   | Vitamin C 160mg   | Vitamin C 190mg   |
| Calcium 1789mg  | Calcium 1596mg  | Calcium 1451mg  | Calcium 1336mg   | Calcium 927mg   | Calcium 864mg   | Calcium 963mg   |
| Iron 19mg   | Iron 20mg   | Iron 18mg   | Iron 16mg  | Iron 16mg   | Iron 17mg   | Iron 19mg   |
| Vitamin B12 12.8µg  | Vitamin B12 12.7µg  | Vitamin B12 12.6µg  | Vitamin B12 13.1µg   | Vitamin B12 33.9µg  | Vitamin B12 34.9µg  | Vitamin B12 28.0µg  |
| Magnesium 549mg   | Magnesium 621mg   | Magnesium 638mg   | Magnesium 589mg  | Magnesium 538mg   | Magnesium 554mg   | Magnesium 578mg   |
| Zinc 13mg   | Zinc 13mg   | Zinc 9mg  | Zinc 9mg   | Zinc 17mg   | Zinc 19mg   | Zinc 20mg   |
| Selenium 130µg  | Selenium 734µg  | Selenium 109µg  | Selenium 747µg   | Selenium 87µg   | Selenium 705µg  | Selenium 86µg   |





### Fruits

- 6 Avocado
- 1/2 Lemon
- 144 grams Strawberries

### Breakfast

- 45 grams Almond Butter

### Seeds, Nuts & Spices

- 100 grams Brazil Nuts
- 250 grams Chia Seeds
- 10 grams Cinnamon
- 1 gram Dried Thyme
- 660 milligrams Italian Seasoning
- 17 grams Sea Salt
- 0 Sea Salt & Black Pepper
- 2 grams Sesame Seeds
- 60 grams Walnuts

### Frozen

- 78 grams Frozen Edamame

### Vegetables

- 280 grams Bok Choy
- 408 grams Broccoli
- 2 bunches Broccolini
- 420 grams Butternut Squash
- 2 Carrot
- 1 head Endive
- 1 1/3 Garlic
- 21 grams Kale Leaves
- 48 grams Mushrooms
- 3 1/3 Zucchini

### Boxed & Canned

- 227 grams Canned Wild Salmon
- 84 grams Quinoa
- 172 grams Salsa
- 170 grams Sardines
- 200 grams Seed Crackers
- 39 milliliters Vegetable Broth

### Baking

- 26 grams Cocoa Powder
- 22 grams Monk Fruit Sweetener
- 18 grams Nutritional Yeast
- 3 milliliters Vanilla Extract

### Bread, Fish, Meat & Cheese

- 227 grams Chicken Breast
- 454 grams Extra Lean Ground Beef
- 227 grams Extra Lean Ground Chicken
- 299 grams Extra Lean Ground Turkey
- 2 Haddock Fillet
- 454 grams Ny Striploin Steak
- 2 Rainbow Trout Fillet
- 168 grams Tempeh

### Condiments & Oils

- 7 milliliters Apple Cider Vinegar
- 98 milliliters Avocado Oil
- 39 milliliters Balsamic Vinegar
- 20 milliliters Coconut Oil
- 30 milliliters Extra Virgin Olive Oil
- 71 grams Sauerkraut

### Cold

- 4 Egg
- 288 milliliters Unsweetened Almond Milk
- 900 grams Unsweetened Coconut Yogurt





## Zucchini Turkey Breakfast Skillet

2 servings

20 minutes

### Ingredients

- 5 milliliters Coconut Oil
- 302 grams Extra Lean Ground Turkey
- 1 1/3 Zucchini (large, finely diced)
- 173 grams Salsa
- 2 Egg
- Sea Salt & Black Pepper (to taste)

### Nutrition

| Amount per serving |        |
|--------------------|--------|
| Calories           | 366    |
| Fat                | 20g    |
| Carbs              | 10g    |
| Fiber              | 3g     |
| Sugar              | 7g     |
| Protein            | 37g    |
| Sodium             | 802mg  |
| Vitamin A          | 1041IU |
| Vitamin C          | 25mg   |
| Calcium            | 107mg  |
| Iron               | 4mg    |
| Vitamin B12        | 2.3µg  |
| Magnesium          | 74mg   |
| Zinc               | 5mg    |
| Selenium           | 45µg   |

### Directions

- 1 Add the coconut oil to a large skillet and place over medium heat.
- 2 Cook the ground turkey, breaking it up as it cooks through. Once it starts to brown, stir in the zucchini. Continue to saute until the zucchini has softened (about 3 - 5 minutes).
- 3 Add the salsa to the skillet and stir well to mix.
- 4 Use a spoon to create pockets for the eggs. Crack an egg into each pocket and cover the skillet with a lid. Let the eggs cook until done to your liking (3 to 5 minutes).
- 5 Divide onto plates and season with sea salt and black pepper to taste. Add hot sauce if you'd like some heat. Enjoy!

### Notes

**Leftovers:** For best results, refrigerate the turkey/zucchini mixture separate from the eggs in an airtight container for up to three days. When reheating, add the eggs just before serving.

**More Protein:** Add extra eggs.

**Vegetarian:** Use lentils instead of ground turkey.

**More Greens:** Stir in baby spinach or kale right after you add the salsa. Stir until wilted.

**No Salsa:** Use crushed tomatoes instead.



## Salmon Stuffed Avocado Boats

1 serving

10 minutes

### Ingredients

- 1 Avocado
- 113 grams Canned Wild Salmon
- 1/4 Lemon (juiced)

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 503   |
| Fat                | 36g   |
| Carbs              | 18g   |
| Fiber              | 14g   |
| Sugar              | 2g    |
| Protein            | 34g   |
| Sodium             | 452mg |
| Vitamin A          | 506IU |
| Vitamin C          | 25mg  |
| Calcium            | 67mg  |
| Iron               | 2mg   |
| Vitamin B12        | 6.3µg |
| Magnesium          | 86mg  |
| Zinc               | 2mg   |
| Selenium           | 40µg  |

### Directions

- 1 Slice the avocado in half and remove the pit. Use a spoon to scoop out enough avocado to create a bigger hole that the salmon will fit into. Transfer scooped out avocado to a small bowl.
- 2 Drain the salmon and add it to the bowl with the scooped out avocado. Add lemon juice and mash until well mixed.
- 3 Fill the hollowed out avocado halves with the mashed salmon mixture. Enjoy!

### Notes

**Likes it Spicy:** Add hot sauce.

**No Canned Salmon:** Use smoked salmon, cooked salmon fillet or tuna instead.





## Egg & Beef Breakfast Bowl

3 servings

25 minutes

### Ingredients

- 15 milliliters Coconut Oil
- 454 grams Extra Lean Ground Beef
- 48 grams Mushrooms (sliced)
- 21 grams Kale Leaves (chopped)
- 2 Egg
- 1 Avocado (cubed)
- 18 grams Nutritional Yeast

### Nutrition

| Amount per serving |        |
|--------------------|--------|
| Calories           | 490    |
| Fat                | 33g    |
| Carbs              | 9g     |
| Fiber              | 6g     |
| Sugar              | 1g     |
| Protein            | 40g    |
| Sodium             | 173mg  |
| Vitamin A          | 636IU  |
| Vitamin C          | 14mg   |
| Calcium            | 67mg   |
| Iron               | 5mg    |
| Vitamin B12        | 26.2µg |
| Magnesium          | 57mg   |
| Zinc               | 8mg    |
| Selenium           | 37µg   |

### Directions

- 1 In a pan, heat the coconut oil over medium heat. Add the beef and break it up as it cooks. Cook for 10 minutes, or until the beef is cooked through. Drain the fat from the pan and return to the stove.
- 2 Add the mushrooms and kale in with the beef. Crack the eggs over the mixture and stir to combine. Cook for 5 minutes, or until mushrooms are soft, stirring often to ensure the eggs are cooked.
- 3 Divide between bowls and top with the avocado and nutritional yeast. Enjoy!

### Notes

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

**Serving Size:** One serving is roughly 2 cups of the beef mixture.

**More Flavor:** Add sea salt, pepper, garlic, onions and/or chili flakes.

**Additional Toppings:** Top with sliced cherry tomatoes.



## Coconut Chia Seed Yogurt

4 servings

30 minutes

### Ingredients

- 900 grams Unsweetened Coconut Yogurt
- 192 grams Chia Seeds
- 10 grams Cinnamon
- 144 grams Strawberries (chopped)

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 368   |
| Fat                | 23g   |
| Carbs              | 37g   |
| Fiber              | 17g   |
| Sugar              | 3g    |
| Protein            | 9g    |
| Sodium             | 50mg  |
| Vitamin A          | 12IU  |
| Vitamin C          | 21mg  |
| Calcium            | 799mg |
| Iron               | 5mg   |
| Vitamin B12        | 2.7µg |
| Magnesium          | 146mg |
| Zinc               | 0mg   |
| Selenium           | 0µg   |

### Directions

- 1 Combine the yogurt, chia seeds and cinnamon in a small bowl. Mix well and refrigerate for at least 30 minutes up to overnight.
- 2 Top with strawberries and enjoy!

### Notes

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

**More Flavor:** Add maple syrup, honey, monk fruit sweetener or cardamom.

**Additional Toppings:** Top with blueberries, sunflower seeds, pumpkin seeds or chopped pecans.



## Dark Chocolate Almond Mousse

3 servings  
3 hours 5 minutes

### Ingredients

288 milliliters Unsweetened Almond Milk  
58 grams Chia Seeds  
26 grams Cocoa Powder  
38 grams Almond Butter  
22 grams Monk Fruit Sweetener  
3 milliliters Vanilla Extract  
2 grams Sea Salt

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 206   |
| Fat                | 16g   |
| Carbs              | 23g   |
| Fiber              | 10g   |
| Sugar              | 1g    |
| Protein            | 8g    |
| Sodium             | 303mg |
| Vitamin A          | 200IU |
| Vitamin C          | 0mg   |
| Calcium            | 342mg |
| Iron               | 3mg   |
| Vitamin B12        | 0µg   |
| Magnesium          | 141mg |
| Zinc               | 1mg   |
| Selenium           | 2µg   |

### Directions

- 1 Add all the ingredients to a high-speed blender and blend for 2 to 3 minutes until thickened, smooth and creamy.
- 2 Transfer to a bowl and refrigerate until chilled, about 3 hours. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days. Stir well before serving.

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

**Additional Toppings:** Extra cocoa powder, chopped nuts, fresh berries and/or shredded coconut.

**No Almond Butter:** Use another nut or seed butter instead.





## Sardine & Avocado Endive Wraps

2 servings

5 minutes

### Ingredients

- 170 grams Sardines (packed in oil, drained)
- 1 Avocado (cubed)
- 1 head Endive (leaves separated)

### Nutrition

| Amount per serving |        |
|--------------------|--------|
| Calories           | 381    |
| Fat                | 25g    |
| Carbs              | 17g    |
| Fiber              | 15g    |
| Sugar              | 1g     |
| Protein            | 26g    |
| Sodium             | 324mg  |
| Vitamin A          | 5797IU |
| Vitamin C          | 27mg   |
| Calcium            | 470mg  |
| Iron               | 5mg    |
| Vitamin B12        | 7.6µg  |
| Magnesium          | 101mg  |
| Zinc               | 4mg    |
| Selenium           | 46µg   |

### Directions

- 1 In a bowl, gently break the sardines into chunks. Add avocado and toss until just combined.
- 2 Fill each endive leaf with the sardine avocado mixture. Enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately three endive-filled leaves.

**Additional Toppings:** Add green onions, chives, red onions, fresh or dried herbs and/or mayonnaise.

**No Endive:** Use lettuce leaves, radicchio leaves, sweet potato toast, crackers or bread instead.



## Sauerkraut Avocado Mash with Crackers

1 serving

5 minutes

### Ingredients

- 1/2 Avocado (peeled, pit removed)
- 18 grams Sauerkraut (roughly chopped)
- 50 grams Seed Crackers

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 387   |
| Fat                | 23g   |
| Carbs              | 41g   |
| Fiber              | 15g   |
| Sugar              | 1g    |
| Protein            | 8g    |
| Sodium             | 418mg |
| Vitamin A          | 150IU |
| Vitamin C          | 13mg  |
| Calcium            | 129mg |
| Iron               | 2mg   |
| Vitamin B12        | 0µg   |
| Magnesium          | 130mg |
| Zinc               | 2mg   |
| Selenium           | 10µg  |

### Directions

- 1 Use the back of a fork to mash together the avocado and sauerkraut in a bowl. Serve with crackers and enjoy!

### Notes

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

**No Crackers:** Dip with veggies or pretzels. Spread on toast or wrap in a tortilla.



## Brazil Nuts

1 serving

5 minutes

### Ingredients

33 grams Brazil Nuts

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 219   |
| Fat                | 22g   |
| Carbs              | 4g    |
| Fiber              | 2g    |
| Sugar              | 1g    |
| Protein            | 5g    |
| Sodium             | 1mg   |
| Vitamin A          | 0IU   |
| Vitamin C          | 0mg   |
| Calcium            | 53mg  |
| Iron               | 1mg   |
| Vitamin B12        | 0µg   |
| Magnesium          | 125mg |
| Zinc               | 1mg   |
| Selenium           | 637µg |

### Directions

- 1 Divide into bowls and enjoy!





## Chicken, Carrots & Broccolini

1 serving  
30 minutes

### Ingredients

- 1/2 bunch Broccolini (trimmed)
- 1 Carrot (large, sliced into rounds)
- 7 milliliters Extra Virgin Olive Oil
- 113 grams Chicken Breast (boneless, skinless)

### Nutrition

| Amount per serving |         |
|--------------------|---------|
| Calories           | 275     |
| Fat                | 11g     |
| Carbs              | 13g     |
| Fiber              | 8g      |
| Sugar              | 4g      |
| Protein            | 34g     |
| Sodium             | 215mg   |
| Vitamin A          | 20129IU |
| Vitamin C          | 84mg    |
| Calcium            | 284mg   |
| Iron               | 3mg     |
| Vitamin B12        | 0.2µg   |
| Magnesium          | 98mg    |
| Zinc               | 2mg     |
| Selenium           | 29µg    |

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Place the broccolini and carrots on the baking sheet and drizzle with olive oil. Toss well to coat. Place in the oven, and bake for 15 to 20 minutes, or until veggies are tender.
- 3 Meanwhile, bring a pot of salted water to a boil, then reduce to a gentle simmer. Add the chicken breasts and cover. Let simmer for 15 to 20 minutes, or until chicken is cooked through.
- 4 Remove the chicken and shred into pieces using two forks.
- 5 Remove the pan from the oven, and divide the shredded chicken and veggies between plates. Add your seasonings of choice, and enjoy!

### Notes

**No Broccolini:** Use regular broccoli or cauliflower instead.



## Tempeh, Quinoa & Broccoli

2 servings

55 minutes

### Ingredients

- 40 milliliters Vegetable Broth
- 40 milliliters Balsamic Vinegar
- 667 milligrams Italian Seasoning
- 2 grams Sea Salt
- 1 1/3 Garlic (clove, minced)
- 170 grams Tempeh (cut into thin pieces)
- 85 grams Quinoa (uncooked)
- 182 grams Broccoli (cut into florets)

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 373   |
| Fat                | 12g   |
| Carbs              | 44g   |
| Fiber              | 5g    |
| Sugar              | 5g    |
| Protein            | 26g   |
| Sodium             | 493mg |
| Vitamin A          | 617IU |
| Vitamin C          | 82mg  |
| Calcium            | 167mg |
| Iron               | 5mg   |
| Vitamin B12        | 0.1µg |
| Magnesium          | 175mg |
| Zinc               | 3mg   |
| Selenium           | 6µg   |

### Directions

- 1 In a shallow bowl or zipper-lock bag combine the vegetable broth, balsamic vinegar, Italian seasoning, salt and garlic. Add the tempeh and gently toss to coat it in the marinade. Let the tempeh marinate for at least 20 minutes.
- 2 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 3 Arrange the marinated tempeh evenly on the baking sheet. Ensure the tempeh pieces are not overlapping or touching. Bake for 24 to 26 minutes, flipping halfway through. Season with additional salt if needed.
- 4 Meanwhile, cook the quinoa according to the package directions.
- 5 While the quinoa cooks, add the broccoli florets to a steaming basket over boiling water and cover. Steam for about 5 minutes, or until tender. Divide the tempeh, quinoa and broccoli between plates and enjoy!

### Notes

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

**No Quinoa:** Use rice instead.

**No Italian Seasoning:** Use any combination of dried herbs.

**More Flavor:** Drizzle the broccoli with extra virgin olive oil.

**Broccoli:** Use fresh or frozen broccoli or substitute other vegetable instead.



## Crispy Broiled Haddock & Broccolini

2 servings

15 minutes

### Ingredients

- 2 Haddock Fillet (5 ounces each)
- 1 bunch Broccolini (trimmed)
- 30 milliliters Avocado Oil
- 1 gram Dried Thyme
- 3 grams Sea Salt

### Nutrition

| Amount per serving |         |
|--------------------|---------|
| Calories           | 323     |
| Fat                | 16g     |
| Carbs              | 7g      |
| Fiber              | 6g      |
| Sugar              | 1g      |
| Protein            | 40g     |
| Sodium             | 1124mg  |
| Vitamin A          | 10034IU |
| Vitamin C          | 81mg    |
| Calcium            | 289mg   |
| Iron               | 4mg     |
| Vitamin B12        | 3.5µg   |
| Magnesium          | 101mg   |
| Zinc               | 2mg     |
| Selenium           | 53µg    |

### Directions

- 1 Adjust the top rack of the oven approximately 6 inches from the top, and preheat the broiler. Line a baking tray with parchment or a silicone mat.
- 2 Place the haddock fillets and broccolini on the tray and evenly coat in avocado oil. Season with thyme and salt.
- 3 Broil in the preheated oven until fish is easily flaked with a fork, approximately 6 to 8 minutes. Enjoy!

### Notes

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

**More Flavor:** Add a squeeze of lemon juice and/or red pepper flakes.

**No Haddock:** Use cod or tilapia instead.

**Fillet Size:** Each haddock fillet is equal to 150 grams or 5.3 ounces.





## One Pan Roasted Edamame & Broccoli Salad

2 servings

30 minutes

### Ingredients

228 grams Broccoli (chopped into florets)  
78 grams Frozen Edamame (shelled)  
60 grams Walnuts  
30 milliliters Avocado Oil (divided)  
2 grams Sea Salt  
8 grams Almond Butter  
7 milliliters Apple Cider Vinegar

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 430   |
| Fat                | 38g   |
| Carbs              | 16g   |
| Fiber              | 7g    |
| Sugar              | 4g    |
| Protein            | 13g   |
| Sodium             | 336mg |
| Vitamin A          | 824IU |
| Vitamin C          | 104mg |
| Calcium            | 121mg |
| Iron               | 3mg   |
| Vitamin B12        | 0µg   |
| Magnesium          | 107mg |
| Zinc               | 2mg   |
| Selenium           | 5µg   |

### Directions

- 1 Preheat oven to 450°F (232°C) and line baking sheet with foil.
- 2 In a large mixing bowl, toss the broccoli florets, edamame, walnuts, half the avocado oil, and season with salt. Transfer to baking sheet and spread into an even layer. Bake for 25 minutes.
- 3 Meanwhile, in a small jar, combine the remaining avocado oil, almond butter and apple cider vinegar. Shake well. Add more water to thin if necessary.
- 4 Drizzle desired amount of dressing over top of the salad and serve.

### Notes

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

**Serving Size:** One serving is approximately 1 1/2 cups.

**No Walnuts:** Use cashews, almonds or pecans instead.

**Nut-Free:** Use sunflower seeds or pumpkin seeds instead of walnuts. Use sunflower seed butter instead of almond butter.

**No Avocado Oil:** Use extra virgin olive oil or melted coconut oil instead.



## Ground Chicken

2 servings

20 minutes

### Ingredients

8 milliliters Avocado Oil  
227 grams Extra Lean Ground Chicken  
750 milligrams Sea Salt (or more to taste)

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 193   |
| Fat                | 13g   |
| Carbs              | 0g    |
| Fiber              | 0g    |
| Sugar              | 0g    |
| Protein            | 20g   |
| Sodium             | 216mg |
| Vitamin A          | 0IU   |
| Vitamin C          | 0mg   |
| Calcium            | 7mg   |
| Iron               | 1mg   |
| Vitamin B12        | 0.6µg |
| Magnesium          | 24mg  |
| Zinc               | 2mg   |
| Selenium           | 12µg  |

### Directions

- 1 Heat the avocado oil in a skillet over medium heat. Add the ground chicken. Saute for 10 minutes or until completely cooked through, breaking it up as it cooks.
- 2 Once cooked through, season to taste with sea salt and enjoy!

### Notes

**Storage:** Keeps well in fridge for up to 3 days. Freeze for longer.

**Serve it With:** Tacos, salads, stir fries and any time you need to add protein.

**Spice it Up:** Add seasonings like cayenne pepper, chili powder, black pepper, turmeric, paprika, onion powder, garlic powder or dried basil to add more flavour.



## One Pan Sesame Trout & Bok Choy

2 servings

15 minutes

### Ingredients

- 2 Rainbow Trout Fillet
- 280 grams Bok Choy (baby, halved)
- 30 milliliters Avocado Oil
- 2 grams Sea Salt
- 2 grams Sesame Seeds

### Nutrition

| Amount per serving |        |
|--------------------|--------|
| Calories           | 335    |
| Fat                | 20g    |
| Carbs              | 3g     |
| Fiber              | 1g     |
| Sugar              | 2g     |
| Protein            | 35g    |
| Sodium             | 435mg  |
| Vitamin A          | 6354IU |
| Vitamin C          | 67mg   |
| Calcium            | 261mg  |
| Iron               | 2mg    |
| Vitamin B12        | 7.1µg  |
| Magnesium          | 79mg   |
| Zinc               | 2mg    |
| Selenium           | 21µg   |

### Directions

- 1 Preheat the oven to 425°F (218°C). Line a baking sheet with aluminum foil.
- 2 Add the trout and bok choy to your baking sheet and gently coat in oil. Season with salt and sesame seeds. Bake for 10 minutes, or until the trout is cooked through.
- 3 Divide onto plates and enjoy!

### Notes

**Trout Fillets:** Each fillet should be approximately 159 grams or 5.6 ounces in size.

**No Trout:** Use salmon instead.

**Leftovers:** Refrigerate in an airtight container up to 2 to 3 days.





## Steak, Butternut Squash & Zoodles

2 servings  
40 minutes

### Ingredients

- 420 grams Butternut Squash (peeled, seeds removed, chopped)
- 15 milliliters Extra Virgin Olive Oil
- 6 grams Sea Salt
- 454 grams NY Striploin Steak
- 2 Zucchini (spiralized)

### Nutrition

| Amount per serving |         |
|--------------------|---------|
| Calories           | 526     |
| Fat                | 23g     |
| Carbs              | 32g     |
| Fiber              | 6g      |
| Sugar              | 10g     |
| Protein            | 52g     |
| Sodium             | 1310mg  |
| Vitamin A          | 22808IU |
| Vitamin C          | 79mg    |
| Calcium            | 141mg   |
| Iron               | 6mg     |
| Vitamin B12        | 1.6µg   |
| Magnesium          | 152mg   |
| Zinc               | 7mg     |
| Selenium           | 8µg     |

### Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Toss the butternut squash in olive oil and sea salt. Spread the squash evenly across the baking sheet and cook for 20 minutes.
- 3 Heat a skillet over medium-high heat. Brown the steak on both sides for 1 to 2 minutes. Remove the steak from the skillet and add to the baking sheet with the butternut squash. Return to the oven for an additional 10 minutes, or until the steak is cooked to your liking.
- 4 In the same skillet you browned the steak, add the zucchini noodles and cook over medium heat for 2 to 3 minutes.
- 5 Remove the squash and steak from the oven and divide onto plates with the zucchini noodles. Enjoy!

### Notes

- Leftovers:** Refrigerate in an airtight container for up to three days.
- More Flavor:** Add garlic and your favorite herbs to the steak.