



Foods for Healthy Living

A Medpoint Cookbook



MEDPOINT
HEALTH CARE CENTRE
Presents

Foods for Healthy Living
A Medpoint Cookbook

Brought to you by,
Medpoint Health Care's staff of
Kinesiologists, Dietitians & Sports Nutritionists

We would like to dedicate this cookbook to all of our valued clients!

Table of Contents

Introduction	Page 1 - 4
Breakfast	Page 5 - 12
• Chocolate, Peanut Butter, Banana Parfait.....	Page 6
• Vanilla, Raspberry, Walnut Parfait.....	Page 6
• Pumpkin Pie Crock-Pot Oats.....	Page 7
• Quinoa Apple Porridge.....	Page 8
• Morning Miracle Overnight Oats.....	Page 9
• Complete Smoothie.....	Page 10
• Mini Omelettes.....	Page 11
• Sweet Potato and Egg Hash.....	Page 12
Soups, Salads & Sandwiches	Page 13 -31
<i>Dips & Dressings</i>	Page 14 - 17
• Honey Lime Vinaigrette.....	Page 15
• Kate's Balsamic Vinaigrette.....	Page 15
• Lemon Dill Dressing.....	Page 16
• Sesame Ginger Dressing.....	Page 16
• Classic Hummus.....	Page 17
• Greek Yogurt Veggie Dip.....	Page 17
<i>Soups</i>	Page 18 - 20
• Tomato Cauliflower Soup.....	Page 19
• Summer Fresh Vegetable Soup.....	Page 20
<i>Salads</i>	Page 21-27
• Red Cabbage Salad.....	Page 22
• Fall Harvest Salad.....	Page 23
• Strawberry, Walnut, Spinach Salad.....	Page 23
• Warm Beet & Arugula Salad.....	Page 24
• Roasted Sweet Potato, Brussel Sprouts and Beet Medley.....	Page 25-26
• Marinated Veggies and Quinoa.....	Page 27
<i>Sandwiches</i>	Page 28-31
• Cajun Chicken Wraps.....	Page 29
• Tex-Mex Tuna Salad.....	Page 30
• Everything Goes on Chicken Salad	Page 31

Entrees..... Page 32 - 45

- Ground Turkey Mini Meatloaves..... Page 33
- Maple Soya Glazed Salmon with Mashed Sweet Potato..... Page 34
- Stuffed Mexican Chicken..... Page 35-36
- Spaghetti Squash, Tomato Basil Pasta..... Page 37
- Pork Tenderloin with Baked Cinnamon Apple Slices..... Page 38
- Spicy Orange Beef Stir Fry..... Page 39
- Savoury Trout and Zucchini Sit Fry..... Page 40
- Stuffed Peppers: 2 Ways, 1 Meal..... Page 41-42
- Ground Turkey Taco Salad..... Page 43-44
- Super Simple Mediterranean Pasta..... Page 45

Desserts..... Page 46 - 54

- Sweet Chai Chia Seed Pudding..... Page 47-48
- Homemade Apple Sauce..... Page 49
- Lemon Coconut Protein Balls..... Page 50
- Nutty Chocolate Balls..... Page 51
- Spiced Carrot Apple Muffins..... Page 52
- Chocolate Peanut Butter Overnight Spelt Oats..... Page 53
- Sweet and Salty Popcorn..... Page 54

Appendix..... Page 55 - 56

- Carbohydrates..... Page 55
- Protein..... Page 56-57
- Fats..... Page 57

What You Need to Know For Healthy Living

Balance – it’s the key to a healthy lifestyle. So what if you could have the most delicious tasting food and still stay on track with your health goals? Well, that’s exactly what this cookbook was made to do. Here at Medpoint, we are committed to helping our clients, and community reach their optimal level of health from the young ages of childhood, through the years of retirement. One of the main components to living a healthy, balanced lifestyle at any age is proper nutrition.

For us, proper nutrition means eating real, whole foods, and reducing one’s intake of processed foods with added sugar and salt. It means eating every 2-3 hours in order to keep your metabolism functioning optimally, and to help regulate blood sugar levels throughout the day. Including a protein source, a healthy fat, and a complex carbohydrate at each meal is the best way to achieve balanced nutrition. Between your three traditional daily meals, it is best to have a snack in order to keep your body fueled. A well-balanced snack consists of a fruit, or vegetable with a protein source, or healthy fat. Following simple, daily nutritional habits like these, will prove to have a huge impact on your family’s health.

Breakfast	Snack	Lunch	Snack	Dinner	Snack
Protein Carbohydrate Healthy Fat	Fruit or Vegetable + Protein or Healthy Fat	Protein Carbohydrate Healthy Fat Plate should be ½ Vegetables	Fruit or Vegetable + Protein or Healthy Fat	Protein Carbohydrate Healthy Fat Plate should be ½ Vegetables	Fruit or Vegetable + Protein or Healthy Fat

We believe that whole foods are the best choice for healthy eating. Choosing whole fruit, fresh vegetables, complex carbohydrates, healthy fats, and quality sources of protein is a great first step. Another consideration to make while grocery shopping is whether or not to choose *organic*.

There are some pros and cons to choosing organic. Some of the important benefits include:

- Reducing your consumption of additional chemicals added to produce and avoiding additional hormones, anti-biotics and drugs that are added to our meat and dairy.
- Organic produce promotes a reduction of pollution and aides in preserving our agricultural diversity.
- Organic produce is often more nutrient dense and has stronger flavours, as these have not been altered by herbicides, insecticides and other chemicals.
- Organic farms are often much smaller and even local. Purchasing their food often supports the community.

- Organic produce that is also local and is harvested when the food has ripened to its full potential. This means we consume the complete vitamin and mineral profile that the food was intended to have. Food that has travelled far distances to reach your plate is often picked early and ripens on route, thus we miss out on consuming this full spectrum of nutrients.

Lastly, choosing fruits and vegetables that are an array of colour is the best way to ensure you are fulfilling your daily nutritional needs. Different coloured produce is an indicator of different vitamins and minerals present in that food. Be sure to choose a variety of colours daily; get your fix of greens, purples, whites, reds, yellows and oranges! Filling half of your plate with vegetables is also a great habit to ensure you are getting all of your daily required nutrients.



Making the right food choices can be difficult, but the real struggle associated with proper nutrition resides in forming healthy habits and ensuring consistency. Those living the healthiest lives have great exercise and nutritional habits that are embedded in their daily life. Making one change for one day will show no progress, but making that one change every day can make the world of difference. Start with small changes, perhaps cutting back to one sugar in your coffee instead of two, or having a salad for lunch instead of fast food. These changes may seem daunting or difficult, but remember why you considered the change and why you have goals. It is all for a healthier you, for a longer, more vibrant life. Choose to make a change – choose you.

*Small Choices = **Big Difference***

In closing, the balance aspect of proper nutrition means never restricting yourself entirely from the foods you love. Having your favourite food or meal once a week is a great way to stay on track and still enjoy feeling healthy. The benefit to eating real, whole foods also means that for most people, the unhealthy, processed foods you once loved will no longer taste all that great once your taste buds develop and learn to enjoy real foods. You may learn to love the taste of off-the-vine fresh strawberries, or maybe mashed sweet potato will become what you crave for dinner! Eating healthy and making smart nutritional choices doesn't have to be bland, boring, or tasteless. In fact, eating healthy will bring a whole new pallet of colour and flavour to your plate that you would have never imagined!





A Note from the Authors

Medpoint's team of Kinesiologists, Nutritionists & Dietitians collaborated to create a recipe book full of nutritious and delicious recipes! We made these recipes while keeping in mind the importance of having a fat, a complex carbohydrate and a protein at every meal. These recipes have no added artificial sugars or sweeteners and focus on real, whole foods. Enjoy our recipes and feel free to be creative with different ingredients during different seasons. We hope you find the balance of a healthy lifestyle that revolves around making the right food choices, staying active and finding peace and happiness in your everyday life.

From our kitchen to yours,

The Medpoint Fitness Staff

Breakfast

Start your healthy day right!

Begin your day with one of these delicious and nutritious breakfast recipes. Having a well-balanced breakfast helps jump start your metabolism, and provides you with energy for your day. Whether you are a morning person or not, we have created options that are quick and easy to prepare either the evening ahead, or the morning of. Eating is a habit and it begins with breakfast! Having breakfast on a regular basis can help lower your LDL “bad” cholesterol levels and decrease your risk of heart disease, diabetes and obesity.

Breakfast Greek Yogurt Parfait

Chocolate Peanut Butter, Banana Parfait

Makes 1 serving

Ingredients:

- $\frac{3}{4}$ cup 0% plain Greek yogurt
- $\frac{1}{3}$ cup large flaked oats
- 1 small-medium banana (diced)
- 1 tablespoon natural peanut butter
- $\frac{1}{2}$ teaspoon raw cocoa powder
- $\frac{1}{2}$ teaspoon ground cinnamon
- Optional: 1 tablespoon unsweetened shredded coconut



Directions:

- Mix together plain Greek yogurt with cocoa powder.
- Once cocoa is blended in nicely add in dry large flaked oats and banana.
- Mix in thoroughly to soften the oats and naturally sweeten the yogurt with the diced banana.
- Top the parfait with natural peanut butter drizzle and cinnamon.
- Feel free to also add shredded coconut as a topper in you want.

Vanilla, Raspberry, Walnut Parfait

Makes 1 serving

Ingredients:

- $\frac{3}{4}$ cup 0% plain Greek yogurt
- $\frac{1}{3}$ cup large flaked oats
- $\frac{3}{4}$ cup fresh or frozen raspberries
- 1 teaspoon vanilla extract
- $\frac{1}{2}$ ounce (14 halves) raw/unsalted walnuts
- $\frac{1}{2}$ teaspoon ground cinnamon



Directions:

- Mix together plain Greek yogurt with vanilla extract.
- Once vanilla is blended in nicely add in you dry large flaked oats and raspberries.
- Mix in thoroughly to soften the oats and naturally sweeten the yogurt with the berries.
- Top the parfait with walnuts and cinnamon.

Pumpkin Pie Crock-Pot Oats

Makes 4-6 servings

Ingredients:

- 1 cup steel cut oats
- 3 ½ cups water, milk or favourite non-dairy, sugar free alternative of your choosing
- 1 ½ cups canned pure pumpkin puree
- 1 teaspoon vanilla extract
- 2 teaspoon pumpkin pie spice
- 1 teaspoon cinnamon
- Optional additions: ¼ cup of honey, or substitute pumpkin puree for apple sauce
- Toppings: ½ cup of seasonal fruit or 1 ounce of your favourite nuts or seeds

Directions:

- Combine all ingredients, excluding the toppings, in crock pot and turn on low for 3 ½-4 hours, stirring hourly. If the oats are still firm after 4 hours, simply leave for longer.
- Ladle into bowls and add in your desired toppings.

Notes: Recipe can be made ahead of time and stored in an air tight container in the fridge for 3-5 days.

Quinoa Apple Porridge

Make 2 servings

Ingredients:

- 1 cup unsweetened almond milk
- 1 cup water
- 2 apples, chopped (with peel)
- ½ cup dry quinoa
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- 2 tablespoons ground flaxseed or chia seed

Directions:

- In a strainer rinse quinoa under cold tap water.
- Combine quinoa with 1 cup water in a pot and bring to a boil.
- Reduce the heat, cover and cook for 10 minutes until soft.
- Add almond milk, apple, cinnamon, chia or flax seeds and vanilla.
- Cook for 5-10 minutes until creamy. Add more milk if needed for a creamier texture.
- Spoon into serving bowls and enjoy.



Morning Miracle Overnight Oats

Makes 1 serving

Ingredients:

- ½ cup quick oats
- ½ cup milk or non-dairy, sugar free alternative of your choosing
- 1 teaspoon chia seeds
- Pinch of ground cinnamon
- 1 tablespoon natural almond butter, or natural nut butter of your choice
- 1 tablespoon pecan pieces, or broken up nut of your choice
- ½ cup fresh, seasonal fruit of your choice

Directions:

- Add oats, milk, chia seeds and cinnamon to a medium, single serving, sealable container and mix.
- Top the mixture with nut butter, nuts and fruit without stirring. Refrigerate for a minimum of 30 minutes or overnight.

Notes: Be sure to use quick oats and not instant oats.

Recipe can be made up to 5 days ahead of time and left refrigerated. Simply exclude the fruit and add it to the mixture the night before or at the time of consumption.

Complete Smoothie

Makes 1 smoothie

Ingredients:

- 1-2 cups Liquid
- 2 cups of greens
- ½ cup of fruit
- 1 tablespoon healthy fat
- Protein source
- Special additions



Liquids: water, milk, non-dairy sugar free alternative, cooled green tea

Greens: spinach, kale, watercress, cucumber, green leaf lettuce, Swiss chard, collards

Fruit: endless choices; berries, banana, apple, mango, pear, pineapple, orange, kiwi, melon etc.

Protein: 1 scoop protein powder (whey, casein or vegan options), ½ cup pasteurised egg whites, ¾ cup plain Greek yogurt

Healthy fats: avocado, chia seeds, hemp seeds, flax seed, sesame seeds, coconut oil (1 teaspoon)

Special Additions: 1 teaspoon matcha, maca, spirulina or chlorella powder, 1 nub fresh peeled ginger, cinnamon or acai powder

Directions:

- Add all ingredients to a blender and combine until smooth.
- Ice may need to be added to the mixture before combining to cool. Using frozen fruit and cold liquids is also a great way to cool your smoothie.

Medpoint's Tropical Twist Smoothie

- 3 cubes Mango
- ¼ medium banana
- ½ scoop vanilla protein powder
- ½ cup spinach
- ¼ medium avocado
- ½ cup coconut water
- 1 medium cube of ice

Perfect Post Workout! You might think that our Tropical Twist Smoothie seems a bit on the small size, but it was created as the perfect post workout snack! We aimed for a refueling balance that included fat, carbohydrate and protein, and was the perfect serving size for a snack in between meals.

Mini Omelettes

Makes 12 mini omelettes

Ingredients:

- 3 ½ cups of liquid egg whites
- 2 cups chopped spinach
- ½ cup diced pepper
- ½ cup diced onion
- Seasoning: ¼ teaspoon salt, pinch of pepper and 1 teaspoon Italian seasoning
- Optional additions: 1 egg, 2 ounces shredded cheese, hot sauce, salsa, avocado or any of your favourite vegetables

Directions:

- Preheat oven to 350° F.
- Either spray a 12 muffin baking tin with non-stick spray OR use muffin liners to line the tin OR use a silicone muffin tin.
- Evenly distribute the vegetables among the 12 tins.
- Pour the egg whites into a large measuring cup. Mix in desired seasonings and additions.
- Pour egg mixture over vegetables and fill each muffin tin.
- Bake for 17-22 minutes or until egg is cooked.

Notes: Can be made in advance and stored in the fridge for up to 5 days. Great reheated for 45 seconds in the microwave in the morning with dark rye toast!

Sweet Potato and Egg Hash

Makes 2 servings

Ingredients:

- 1 ½ cups cubed sweet potato
- 2 cups raw spinach
- 3 large “free range” eggs
- 1 tablespoon coconut oil
- 2 tablespoons prepared salsa
- ¼ cup of water (for steaming sweet potato)

Directions:

- Add sweet potato to a medium sized frying pan with water. Cover with lid and allow to steam for 5 minutes. When the sweet potato starts to soften, and can be easily pierced with a fork, add coconut oil and spinach. Sautee for 1-2 minutes.
- In a small mixing bowl scramble your eggs. Add eggs over the sweet potato and spinach mixture and with a spatula continuously stir the mixture so that the eggs cook evenly into the sweet potato, veggie hash.
- Remove from heat as soon as eggs are cooked all the way through. Top with salsa and serve.

Notes: Why free range eggs? Birds that are allowed to roam freely to eat varied insects and plants have a more nutrient varied diet and often pass this along to their eggs. These eggs are often higher in omega-3 fatty acids, have more vitamin E and reduced cholesterol.



Soups, Salads & Sandwiches

Be prepared to take on the day!

Make up one or two of these delicious recipes to take with you for your day at work or on the go. Choosing one day per week to meal plan and prepare your lunches is a great habit to build. Build that habit and be prepared to eat amazing lunches that taste way better than fast-food!

Dips & Dressings



Honey Lime Vinaigrette

Makes 1 cup

Ingredients:

- ¼ cup extra virgin olive oil
- ½ cup freshly squeezed lime juice
- ⅓ cup liquid honey
- Pinch of salt

Directions:

- In a measuring cup combine all ingredients and mix together.
- Pour into a sealable jar to keep for salads throughout the week.
- Let vinaigrette come to room temperature before serving. Shake well before drizzling onto salads.

Kate's Balsamic Vinaigrette

Makes 1 cup

Ingredients:

- ⅔ cup extra virgin olive oil
- ⅓ cup balsamic vinegar
- 1 teaspoon sea salt
- 1 teaspoon raw honey
- 1 teaspoon dry oregano
- ¼ teaspoon dry mustard
- ¼ - ½ teaspoon red pepper flakes
- ½ teaspoon dry curry powder
- ½ teaspoon paprika
- 2 garlic cloves minced or crushed

Directions:

- In a measuring cup combine all ingredients and mix together.
- Pour into a sealable jar to keep for salads throughout the week.
- Let vinaigrette come to room temperature before serving. Shake well before drizzling onto salads.

Why raw honey? This honey is pure, unheated, unpasteurized and unprocessed. Omitting these processes helps to preserve the natural vitamins, phytonutrients and enzymes present in honey!

Lemon Dill Dressing

Makes 1 ¼ cup

Ingredients:

- ⅔ cup extra virgin olive oil
- ⅓ cup balsamic vinegar
- 1 teaspoon sea salt
- 1 teaspoon raw honey
- ½ teaspoon dry mustard
- 1 teaspoon dry OR fresh dill weed
- ¼ cup fresh squeeze lemon juice
- 2 garlic cloves minced or crushed

Directions:

- In a measuring cup combine all ingredients and mix together.
- Pour into a sealable jar to keep for salads throughout the week.
- Let dressing come to room temperature before serving. Shake well before drizzling onto salads.

A little goes a long way. When it comes to using healthy oil-based dressings, using 1-2 tablespoons on your salad is the perfect amount. Using too much dressing can quickly turn your side salad into a high calorie meal, but too little will exclude some great flavours and essential healthy fats!

Sesame Ginger Dressing

Makes 1 cup

Ingredients:

- 2 tablespoons finely minced or grated ginger root
- 3 tablespoons sesame oil
- 3 tablespoons extra virgin olive oil
- 3 tablespoons raw honey
- ½ tablespoon fresh squeezed lime juice
- ¼ cup apple cider vinegar
- ¼ cup sodium reduced soya sauce
- ½ tablespoon grainy Dijon mustard
- ¼- ½ teaspoon hot sauce, depending on spice preference

Directions:

- In a measuring cup combine all ingredients and mix together.
- Pour into a sealable jar to keep for salads throughout the week.
- Let dressing come to room temperature before serving. Shake well before drizzling onto salads.

Classic Hummus

Makes 2 cups

Ingredients:

- 14 ounce no sodium, canned chickpeas
- ½ cup tahini
- ¼ cup fresh lemon juice (approx. 1 medium lemon squeezed)
- ¼ cup water
- 3-5 cloves of garlic
- 1 teaspoon sea salt



Directions:

- Rinse chickpeas in a strainer under cold water.
- Remove the excess skin of the chickpeas for a smooth consistency.
- Mix in tahini, fresh squeezed lemon juice, water, crushed garlic and sea salt.
- Mash or blend all ingredients together until you have a smooth consistency.

Notes: 1 serving of classic hummus is about a ¼ cup and goes great with sliced veggies or rye crackers. Hummus can also be used as a condiment for all of your favourite wraps, sandwiches and burgers!

Greek Yogurt Veggie Dip

Makes 1cup

Ingredients:

- 1 cup plain 0% Greek yogurt
- 2 crushed or diced garlic cloves
- 1 tablespoons finely diced red onion
- 1 tablespoon dry dill weed OR chives

Directions:

- Mix crushed garlic, finely diced onion and dill weed into plain Greek yogurt. Serve.

Notes: 1 serving of Greek yogurt veggie dip is about a ½ cup and goes great with sliced veggies. Veggie dip can also be used as a condiment for all of your favourite wraps, sandwiches and burgers!

Soups



Tomato Cauliflower Soup

See recipe on next page

Tomato Cauliflower Soup

Makes 6-8 servings

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 medium yellow onion, diced
- 1 red bell pepper, roughly chopped
- 2, 28-ounce cans whole peeled tomatoes in juice
- 1 small head cauliflower, roughly chopped
- 2 cups vegetable broth
- 1 teaspoon dried oregano and dried basil each
- ½-1 teaspoon red pepper flakes (optional)
- ½ teaspoon salt and ground pepper each
- 1 tablespoon raw honey
- 3 tablespoons nutritional yeast flakes
- Additional 1-2 cups vegetable broth or water (if you prefer a thinner soup)
- Garnish: sliced fresh basil, roasted pine nuts

Directions:

- Add olive oil to a large stock pot and heat over medium heat. Add in onion and cook for 3-5 minutes until tender. Add in the red bell pepper and cook for another 2 minutes.
- Add in canned tomatoes, cauliflower, 2 cups of broth, oregano, basil and red pepper flakes. Be sure to submerge the cauliflower chunks in the tomato liquid as much as possible.
- Bring the mixture to a boil. Reduce heat, cover, and allow the mixture to simmer vigorously for 25-30 minutes or until cauliflower is very tender when forked.
- Remove the mixture from the heat and purée mixture with an immersion blender until the mixture is very smooth. If you do not have an immersion blender, you can add the mixture to a blender in batches.
- Return the soup to the pot and add in salt, pepper, nutritional yeast, honey and extra liquid if you desire a thinner soup. Simmer the soup on low for an additional 5-10 minutes, stirring occasionally. Ladle soup into bowls and garnish.

Notes: Chopping up the head of cauliflower into florets and allowing it to soak in a bowl of cold water for 5-10 minutes will help to remove grit and debris in the cauliflower.

Summer Fresh Vegetable Soup

Makes 6-8 servings

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 1 small sweet onion, diced
- 2-3 garlic cloves, minced
- 1 medium bunch kale, leaves and stems removed
- 3 cups low sodium chicken/vegetable broth (or home-made)
- 2 cups water
- 1 cup carrots, sliced
- 1-2 cups broccoli, cut into 2-inch slices
- 1 cup zucchini (yellow and green), sliced
- ½ cup green beans, chopped
- ½ cup tomatoes, chopped
- ½ cup red potato, diced or ½ cup uncooked pearled barley/ buckwheat/quinoa (or grain of choice, rinsed)
- 1 can cannellini or navy beans, rinsed well and drained
- ¼ teaspoon ground black pepper
- 1 tablespoon Italian seasoning
- 1 tablespoon dried parsley

Directions for Soup:

- Add oil to a large pot or saucepan, sauté garlic and onion until tender.
- Stir in kale until cooked and wilted.
- Add broth, water, vegetables, beans and seasonings. Stir and then bring to boil. Reduce heat, cover and simmer for 20-30 minutes or until vegetables are tender and potatoes/grains are cooked.
- Season with pepper to taste.
- Cover and leave for 5 minutes before serving.

Home-Made Stock:

- Fill large pot with water, onions, carrots, celery (including leaves) OR meat bones (chicken, turkey, beef or fish). Add in peppercorns, bay leaves, fresh parsley, thyme and garlic cloves.
- Bring mixture to boil, then simmer according to the stock you are making, skimming foam and excess fat from the top of the pot as it rises.
 - Vegetable= 1-1.5 hours Chicken= 3-4 hours Beef= 6-8 hours
- Remove bones, vegetables and herbs using a fine strainer or sieve. Place in fridge to cool then remove solid fat.

Salads



Red Cabbage Salad

See recipe on next page

Red Cabbage Salad

Makes 1 Serving

Ingredients for Salad:

- 1 cup chopped red cabbage
- ⅓ cup chopped red onion
- ½-⅔ cup shredded carrots
- ¼ cup chopped red pepper
- ¼ of a medium avocado
- Optional additions;
 - 1 tablespoon chopped feta cheese
 - 1 tablespoon diced olives
 - 1 tablespoon crushed walnuts

See page 15 for Kate's Balsamic Vinaigrette Dressing.

Directions:

- In a medium salad bowl add chopped red cabbage, onion, shredded carrot, red pepper and avocado.
- Top with feta cheese, diced olives and/or crushed walnuts if you desire.
- Add all dressing ingredients to mixing cup. Stir well.
- Top salad with 1-2 tablespoons of dressing and enjoy!

Notes: Goes great with a dollop of hummus dip found on page 17. Also goes well with the Pork Tenderloin recipe on page 38.

Fall Harvest Salad

Makes 2-4 servings

Ingredients for Salad:

- 2 large handfuls of baby spinach
- 2 large handfuls of baby kale
- ½ cup pecans (broken, or roughly chopped)
- ½ large seasonal apple
- ½ large red pepper, thinly sliced

See page 16 for sesame ginger dressing.

Directions:

- Add broken pecans to large baking sheet, well spread out. Roast in 350 degree oven for 2-4 minutes or until slightly brown. Set pecans aside and allow to cool before adding to salad.
- Add remaining salad ingredients to large serving bowl. Top with cooled pecans.
- Add all dressing ingredients to sealable jar and shake well to combine.
- Top salad with desired amount of dressing and enjoy!

Strawberry Walnut Spinach Salad

Makes 2 servings

Ingredients for Salad:

- 4 large handfuls baby spinach
- 6-8 large strawberries, thinly sliced
- ⅓ cup roughly chopped walnuts
- 3 baby cucumbers chopped into half moons

See page 15 for honey lime vinaigrette.

Directions:

- Add chopped walnuts to large baking sheet, well spread out. Roast in 350 degree oven for 2-4 minutes or until slightly brown. Set walnuts aside and allow to cool before adding to salad.
- Add remaining salad ingredients to large serving bowl. Top with cooled walnuts.
- Add all dressing ingredients to sealable jar and shake well to combine.
- Top salad with desired amount of dressing and enjoy!

Warm Beet & Arugula Salad

Makes 1 serving

Ingredients for Salad:

- 2 cup fresh arugula
- ¼ cup chopped cucumber
- 1 medium beet (sliced)
- 1 tablespoon slivered almonds
- Optional additions;
 - 1 tablespoon chopped feta cheese
 - 1 tablespoon diced olives

See page 16 for lemon dill dressing

Directions:

- In a medium sized pot bring 4cups of water to a boil. Place medium beet in boiling water and cook for 30 minutes or until soft enough to pierce with fork.
- Once cooked replace hot water with cool water and let stand for 1 minute.
- Peel the outside layer off of beet and slice.
- In a medium salad bowl add arugula, cucumber and slivered almonds. Top with warm beet slices and optional additions, if you desire.
- Prepare salad dressing and drizzle on top.





Roasted Sweet Potato, Brussel Sprouts & Beet Medley

See recipe on next page

Roasted Sweet Potato, Brussel Sprouts & Beet Medley

Makes 6-8 servings

Ingredients:

- 2 medium sweet potatoes
- 2 medium beets
- 2 ½ - 3 cups Brussel sprouts (after rinsed and peeled)
- 2-3 minced or crushed garlic cloves
- 1 teaspoon cracked pepper
- Pinch of ground sea salt
- 1 tablespoon chili powder
- 1 tablespoon coconut oil

Instructions:

- Preheat the oven to 400°F.
- Thoroughly wash the sweet potato, beets and Brussels sprouts.
- Chop up sweet potato and beets into similar sized, 3 cm thick cubes and place in a large ceramic dish.
- Chop the ends off of the Brussels sprouts and peel the top layer off. Add to the beets and sweet potato mixture.
- Mix together sweet potato, beets, garlic, cracked pepper, sea salt, chili powder and coconut oil.
- Cover and bake in the oven for 50-60 minutes until the sweet potato, Brussel sprouts and beets soften.

Notes: Goes great with ground turkey mini meatloaves found on page 33.

Marinated Veggies and Quinoa

Makes 1 serving

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 tablespoon balsamic vinegar
- 1 tablespoon garlic, minced
- 1 tablespoon oregano and basil
- ½ medium red onion, sliced
- ½ medium red and yellow bell pepper each, sliced
- 1 Portobello mushroom, sliced
- 4 asparagus spears, cut into 5 cm pieces
- 4 broccoli spears, stem removed
- ½ medium zucchini (green or yellow), sliced into 5cm coins
- ½ cup quinoa, cooked
- ½ cup canned chickpeas, rinsed and drained
- Optional: 2-3 ounces lean protein (chicken, marinated tofu, turkey)

Directions:

- Mix olive oil, vinegar, garlic and spices. Place veggies in marinade for 5 minutes.
- Grill veggies over medium heat, on BBQ or hot skillet, until tender.
- Combine with quinoa and chickpeas, and optionally lean protein.
- Serve warm

Note: Make a large batch for vegetables side dish and snack throughout the week!

Sandwiches & Wraps



Cajun Chicken Wrap

See recipe on next page

Cajun Chicken Wraps

Makes 4-6 Servings

Ingredients for Chicken:

- 4, 6 ounce- 8 ounce chicken breasts
- ½ teaspoon sea salt
- 2 ½ teaspoon paprika
- 1 teaspoon cracked black pepper
- 1 teaspoon cayenne pepper
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- ½ teaspoon red pepper flakes
- 3 minced or crushed garlic cloves
- ⅓ cup chopped red onion

Ingredients for Wraps:

- 4-6, 6 inch- 10 inch whole grain wraps
- 4 cups romaine lettuce
- ½ cup sliced red or white onion
- 1 medium red bell pepper, sliced
- 1 teaspoon grapeseed OR coconut oil
- 4 tablespoons salsa
- 4 tablespoons plain 0% Greek yogurt
- 4 tablespoons shredded cheddar cheese

Directions:

- Preheat oven to 400°F.
- Mix together Cajun spices. Sprinkle minced onion and garlic over chicken breasts and then top with spices.
- Bake for 30-35 minutes or until cooked all the way through.
- While the chicken is baking, add oil to a medium sauce pan and sauté onion and bell pepper until tender. Set aside.
- Rinse and chop lettuce. Set aside.
- Once the chicken is cooked, allow it to rest for 5 minutes. Then slice the chicken and portion out 4-6 ounces of chicken for each wrap.
- Top wraps with chicken, lettuce and sautéed or raw onion and pepper. Add 1 tablespoon each of salsa, plain Greek yogurt and shredded cheese.

Notes: Freeze extra chicken for lunches if you have left-overs.

Tex-Mex Tuna Salad

Makes 1-2 servings

Ingredients:

- ½ medium ripe avocado
- 1, 170 gram can flaked light tuna in water, drained
- ¼- ½ teaspoon ground chipotle chili pepper
- Dash of paprika
- ⅛ teaspoon fresh cracked black pepper

Directions:

- Halve and pit the avocado then mash in a medium bowl.
- Add in drained tuna and spices. Combine until well mixed. Enjoy!



Notes: Goes great with dark rye crackers, or on top of a salad as a snack or quick lunch!

Anything Goes on Chicken Salad

Makes 1 serving

Ingredients for Chicken Salad:

- 4 ounces grilled chicken breast
- 1-2 tablespoons Greek Yogurt
- 1 teaspoon Mayonnaise
- ¼ small red onion, diced
- ½ -1 cup mixture of diced celery, carrots, apple and grapes
- 1 teaspoon freshly squeezed lemon juice
- Ground black pepper to taste

Ingredients for Pita or Lettuce Wraps:

- 1 Whole grain Pita or wrap **or** ½ of a head of romaine or butter lettuce
- ¼ avocado, sliced thin
- Optional additions:
 - ½ Cup mixed greens
 - ½ Cup quinoa or chickpeas

Directions:

- Shred or slice cooked chicken.
- Mix with Greek yogurt and mayonnaise until desired consistency. Add onion, fruit and vegetable mixture, lemon juice and black pepper.
- *For Lettuce wraps:* remove lettuce from stem, wash and dry. Place on plate. When serving, transfer chicken mixture in middle of the leaves, and add avocado, quinoa, chickpeas or greens if you desire. Serve promptly.
- *For Pita:* place salad mixture onto pita or wrap. Add avocado, quinoa, chickpeas or greens if you desire.

Entrees

It's all about balance!

Balance- this is the key ingredient to all of the entrees we offer in this recipe book. Having a balance of protein, carbohydrates and healthy fat helps you digest your food properly and provides the building blocks to increase strength and energy. You will also find a variety of colourful vegetables in all of these meals to optimize your nutrient intake.

Ground Turkey Mini Meatloaves

Makes 6-8 Mini Meatloaves

Ingredients:

- 1lb ground turkey
- 2-3 minced or crushed garlic cloves
- ½ cup red onion, diced
- 1 teaspoon cracked black pepper
- 3 tablespoons medium salsa

Directions:

- Preheat the oven to 350°F.
- Mix together ground turkey with garlic, red onion, cracked pepper and salsa.
- Using a muffin tin, distribute the turkey mixture between 6-8 of the muffin holes.
- Bake for 20-25 minutes, or until cooked all the way through.

Note: Goes great with the red cabbage salad recipe on page 22 and the baked sweet potato and beets recipe on page 26.



Maple Soya Glazed Salmon with Mashed Sweet Potato

Makes 4-6 servings

Ingredients for Salmon Glaze:

- Large Salmon Fillet, 2-3lb
- ¼ cup pure maple syrup
- ¼ cup low sodium soya sauce
- 2 tablespoons grainy Dijon mustard
- ½ lime, freshly squeezed
- Pinch of freshly ground Black Pepper

Ingredients for Sweet Potato:

- 2 large sweet potatoes, peeled and diced
- 3 tablespoons milk or dairy free alternative
- 1 teaspoon extra virgin olive oil
- ¼ teaspoon cinnamon
- Pinch of Salt

Directions:

- Preheat oven to 375°F.
- Add maple syrup, soya sauce, mustard, lime and black pepper to a small bowl and whisk. Set aside ¼ of the mixture for glazing later.
- Marinate fillet of fish in remainder of glaze. Note that the fish can either be cut into 4cm fillets or can be marinated and baked as a whole. Fish can be marinated for a minimum of 15 minutes or up to 3 hours prior to baking.
- Bake for 22-30 minutes depending on the thickness and weight of fish. The fish is baked when it is pale pink and flakey. The internal temperature should be 145°F.
- Top fish with remaining marinade while warm.
- For the sweet potato, steam or boil sweet potato until very tender. This usually takes between 10-20 minutes depending on your selected method. Once tender, mash well. Add in milk, oil, cinnamon and salt and combine. Serve warm next to salmon.

Stuffed Mexican Chicken

Makes 4 servings

Ingredients:

- 4 boneless, skinless chicken breasts
- 1 tablespoon extra-virgin olive oil
- ½ medium onion, diced
- ½ large bell pepper (red, yellow or green), diced
- ⅔ cup grated medium cheddar cheese
- 1 cup + 4 tablespoons of your favourite prepared salsa (mild, medium and hot are all great!)
- Mexican spice rub:
 - 1 tablespoon chilli powder
 - 2 teaspoons ground cumin
 - 1 teaspoon paprika
 - ½ teaspoon dried oregano
 - ½ teaspoon sea salt
 - ½ teaspoon ground black pepper
 - ¼ teaspoon garlic powder
 - ¼ teaspoon red pepper flakes
- 2 tablespoons freshly chopped cilantro for garnishing

Directions:

- Line a large baking sheet with aluminum foil and preheat oven to 350°F.
- Combine all ingredients for Mexican spice rub and set aside.
- Add olive oil to a large skillet over medium heat. Add in diced onion and sauté for 1-3 minutes, or until onion is translucent. Add in diced pepper and sauté for another 2-5 minutes or until softened. Divide mixture into 4 portions and set mixture aside.
- Butterfly each chicken breast, then using a rolling pin or meat tenderizer, beat chicken to a uniform 2.5cm in thickness (this does not need to be perfect).
- Season both sides of all of the breasts with the Mexican spice rub.
- Add 1 tablespoon of salsa and ¼ of the onion pepper mixture to one end of each chicken breast. Top with about 1 tablespoon of the grated cheese.
- Roll the end of the stuffed chicken breast towards the unstuffed end. This will create a “burrito-like” shape with the chicken surrounding the stuffing.

- Pierce 2-3 toothpicks through each chicken breast to hold the roll firmly together.
- Top each breast with ¼ cup of your favourite salsa and sprinkle the remaining cheese evenly between the 4 breasts.
- Bake for 22-30 minutes or until chicken is cooked through (internal temperature of chicken should be 165°F or 75°C).
- Allow chicken to rest for a minimum of 5 minutes before removing toothpicks. Garnish with fresh cilantro and serve beside your favourite complex carbohydrate and green vegetable.



Note: Goes great with steamed broccoli and the baked sweet potato and beets recipe on page 26.

Spaghetti Squash, Tomato Basil Pasta

Makes 4-6 servings

Ingredients for Spaghetti Sauce:

- 1lb ground turkey
- 1 tablespoon virgin coconut oil
- 2-3 minced or crushed garlic cloves
- 1 medium red pepper
- ½ cup red onion, diced
- 2 cans of no sodium canned diced tomatoes
- 2 cups fresh broccoli
- 2 tablespoons dry or fresh basil
- 1 tablespoon dry or fresh oregano
- ¼ cup diced olives (optional)



Ingredients Spaghetti Squash:

- 1 medium spaghetti squash
- 1 tablespoon coconut oil
- Cracked pepper to taste

Directions:

- Preheat the oven to 375°F.
- Cut the squash length wise, and brush the inside with coconut oil and cracked pepper. Place face down in an oven safe dish or tray and bake in the oven for 40 minutes.
- Cook ground turkey in a medium sized frying pan
- Sauté chopped red pepper, red onion and chopped garlic in coconut oil in another large frying pan.
- Once the ground turkey browns add it in with the sautéed veggies and mix in diced tomatoes, broccoli, basil and oregano.
- Cover and let simmer for 15-30min.
- Once the spaghetti squash is cooked and softened, use a fork to pull the squash into strings.
- Serve pasta sauce over 1-2 cups of spaghetti squash.

Pork Tenderloin with Cinnamon Baked Apple Slices

Makes 6-8 servings

Ingredients for Pork Tenderloin:

- 1.5lb pork tenderloin
- 1 tablespoon dry rosemary leaves
- 1 teaspoon cracked black pepper
- 2 tablespoons whole grain Dijon mustard
- 3 garlic cloves, minced



Ingredients for Baked Apples:

- 3 medium royal gala apples
- 1 tablespoon ground cinnamon
- 1 tablespoon coconut oil

Directions for Pork Tenderloin:

- Pre-heat the oven to 425°F.
- Rub the pork tenderloin with ground pepper, rosemary, minced garlic and whole grain mustard.
- In a medium-large frying pan sear the pork at medium high heat for 3 minutes per side. This means you are frying the pork tenderloin for 6 minutes total.
- Place pork into an oven safe dish and bake for 15-20 minutes.
- Remove pork from dish and let stand on a cutting board for approximately 5 minutes, slice and enjoy!

Directions for Baked Apples:

- While you are searing the pork in a frying pan, wash apples and chop into thin slices.
- Place in a separate baking dish and coat with coconut oil and cinnamon.
- Bake in the oven, side by side, with pork tenderloin for 15-20 minutes.
- Serve pork over cinnamon apple slices and enjoy!

Spicy Orange Beef Stir Fry

Makes 4 Servings

Ingredients:

- 1lb thinly sliced beef (Skirt or flank steak)
- 1 tablespoon sesame oil
- 2 cloves garlic, minced
- ½ medium onion, thinly sliced
- ½ medium bell pepper, sliced
- 1 cup broccoli florets
- 1 cup Bok choy, sliced
- ½ cup snap peas, ends trimmed
- 1 medium carrot, peeled and sliced into matchsticks
- Salt and pepper to taste
- 2-4 cups cooked brown rice or quinoa
- Garnish: red pepper flakes and scallions

Ingredients for Sauce:

- 1 ¼ cup freshly squeezed orange juice (approximately 2-3 medium oranges)
- 4 tablespoons low sodium soya sauce
- 2-4 tablespoons hot sauce (depending on how spicy you like things)
- 1 teaspoon sesame oil
- 3 tablespoons cold water + 1 ½ tablespoon corn starch

Directions:

- Add sesame oil to a large skillet over medium heat. When hot, add garlic and allow to cook for 1 minute to flavour the oil.
- Add in all vegetables and cook for 3-5 minutes until softened, but not entirely cooked through.
- Push the vegetables to the outside of the pan to form a hole in the middle. Add in beef and brown for 2-3 minutes, not cooking through entirely. Season with salt and pepper.
- In a small bowl, whisk together the orange juice, soya sauce, hot sauce and sesame oil. Add to the pan and allow it to boil. Reduce to a simmer and cook for 7-10 minutes until the beef and vegetables are cooked through.
- In another small bowl, whisk together the cold water and corn starch and then add to the pan. Cook until the sauce has thickened.
- Serve over a bed of ½-1 cup cooked brown rice or quinoa. Enjoy!

Notes: Beef can be substituted with shrimp for a great change-up! Simply add the shrimp in right before you add the corn starch mixture and cook for 3-4 minutes or until shrimp pinks. Be sure to use raw, shelled shrimp in the stir fry.

Savoury Trout and Zucchini Stir Fry

Makes 2 Servings

Ingredients for Trout:

- 0.5lb rainbow trout Fillet
- 2-3 minced or crushed garlic cloves
- 1 tablespoon low sodium soya sauce
- 1 tablespoon coconut oil
- 1 teaspoon ground black pepper
- 1 medium lemon



Ingredients for Stir fry:

- 2 minced or crushed garlic cloves
- 1 tablespoon coconut oil
- 2 cups zucchini, chopped into 1 cm thick halves
- ½ cup sliced red onion, sliced
- 1 medium red pepper, sliced
- 1 tablespoon low sodium soya sauce
- 1 teaspoon pure honey
- ¼ cup dry quinoa
- ½ cup water (for cooking quinoa)

Instructions:

- Preheat oven to 400°F.
- Slice lemon into rounds and leave a small chunk on the end for squeezing onto the top of the trout. Place lemon slices on the bottom of a ceramic dish and lay the trout over top.
- Top the trout with diced garlic, soya sauce, coconut oil and remaining fresh squeezed lemon juice.
- Cover and bake in the oven for 20 minutes.
- While the trout bakes, pre-rinse quinoa under cold water. Pour ½ cup water into a pot and add quinoa. Put on medium heat and cover for 10-15 minutes or until the quinoa softens.
- Chop up zucchini, red pepper and red onion and sauté in garlic and coconut oil.
- When the zucchini begins to soften add in soya sauce, honey & cooked quinoa.
- Serve side by side for a savoury meal.

Stuffed Peppers: Two Ways, One Meal.

Makes 2 Turkey Peppers, 2 Chickpea Peppers

Ingredients for Peppers:

- 1 tablespoon extra-virgin olive oil
- ½ medium yellow onion, diced
- 4 sweet bell peppers (red, yellow or orange)
- ½ cup cooked corn kernels
- ½ of a 28 ounce can of diced tomatoes
- ½ of a jalapeño, seeded and diced (optional)
- 2 tablespoons nutritional yeast plus more for topping
- 250 grams, lean ground turkey or chicken
- ½ of a 19 ounce can of chick peas
- ½ cup of cooked quinoa
- 1 ½ teaspoons ground cumin
- 1 teaspoon ground chipotle chilli pepper
- 1 teaspoon paprika
- ½ teaspoon oregano
- ½ teaspoon salt and cracked black pepper each

Ingredients for Sauce:

- 2 cups passata strained tomatoes
- 2 tablespoons tomato paste
- 1 teaspoon oregano
- 1 teaspoon cumin
- ¼ teaspoon salt
- ¼ teaspoon cracked black pepper

Directions:

- Heat oven to 350°F.
- Prepare quinoa according to package directions or add ¼ cup of quinoa to ½ cup of water or chicken/vegetable broth. Allow to boil and then reduce heat to low and allow to simmer for 15 minutes. Remove from heat and allow to sit for 5 minutes.
- Cut the top off of each pepper and remove the core and seeds. Place the 4 pepper bottoms on a microwave safe plate and microwave on high for 6 minutes to soften the peppers. Set aside.
- From the tops that you have just cut off, separate the stem and core from the ring of pepper. Dice these rings and set aside.
- Add olive oil to a large skillet over medium heat. Once heated, add in diced onion and sauté for 1-3 minutes, or until onion is translucent. Add in diced pepper and jalapeño (if desired) and sauté for another 2-5 minutes or until softened.
- Add in corn, diced tomato, spices and simmer for 5-8 minutes or until liquid is reduced by over half.
- Remove half of the vegetable and spice mixture and transfer it into a medium mixing bowl.
- Add cooked quinoa, chick peas and 1 tablespoon of nutritional yeast to mixture in bowl. Stir and set aside.
- To the remaining mixture in the skillet, add in the ground turkey or chicken. Sauté for 5-10 minutes or until meat is browned and fully cooked through. Add 1 tablespoon of nutritional yeast and combine.
- To prepare the sauce, add all ingredients to a medium pan and warm for 5-10 minutes. Stir the sauce occasionally to combine all ingredients.

Assembly of the peppers:

- Using a glass or porcelain casserole dish that is large enough to hold the standing peppers, pour ½ a cup of sauce in the bottom of the dish and place the peppers on top.
- Add 1-2 tablespoons of sauce to each pepper, coating the sides and floor.
- Split the turkey/chicken mixture between 2 of the peppers.
- Split the quinoa/chick pea mixture between the remaining 2 peppers.
- Sprinkle all peppers with about 1 tablespoon of nutritional yeast.
- Bake for 27-32 minutes or until peppers are soft and the tops of the peppers are slightly browned.
- Serve the peppers warm, topped with 1-2 tablespoons of sauce. Enjoy!

Notes: Nutritional yeast is chalk full of B vitamins and has a great salty, buttery flavour. It acts as a great substitute for the flavour of cheese!

In order to make 4 of the same style of pepper, simply double the meat or quinoa and chickpeas and do not separate the onion and pepper mixture.



Ground Turkey Taco Salad

See recipe on next page

Ground Turkey Taco Salad

Makes 4 Servings

Ingredients for Taco Meat:

- 1lb lean ground turkey
- 1 pinch sea salt
- 2-3 minced or crushed garlic cloves
- 2 tablespoons paprika
- 1 tablespoon chili powder
- 1 teaspoon cumin
- ¼ cup water

Ingredients for Salad:

- ½ cup dry quinoa
- 1 cup water (for cooking quinoa)
- 6 cups loosely packed romaine lettuce (dark green leaves)
- ¾ cup chopped cucumber
- ½ cup red onion, sliced
- 1 medium red pepper
- 1 medium heirloom tomato
- 1 medium avocado
- ½ cup shredded cheddar cheese
- ¼ cup Kate's balsamic vinaigrette dressing (see recipe on page 15)
- Optional additions:
 - 1 tablespoon salsa
 - 1 tablespoon plain Greek yogurt

Directions:

- Pre-rinse quinoa under cold water. Pour 1cup water into a pot and add quinoa. Put on medium heat and cover for 10 minutes or until the quinoa softens.
- Rinse romaine lettuce, red pepper, cucumber and tomato prior to chopping them up.
- In a large salad bowl mix together lettuce, chopped red pepper, cucumber, tomato, avocado and shredded cheddar cheese.
- Mix together your taco seasoning spices. Fry up the ground turkey in a frying pan with minced or crush garlic. Break up the ground turkey with a spatula as it cooks. Once the ground turkey browns drain excess liquid and leave on low heat. Sprinkle the taco spices on top and mix in to the meat with ¼ cup of water.
- Dress the salad and serve into 4 salad bowls.
- Serve ½ cup – ¾ cup ground turkey taco meat over salad and top with ½ cup cooked quinoa, salsa and plain Greek yogurt.

Super Simple Mediterranean Pasta

Makes 1 serving

Ingredients:

- 3-5 ounces lean protein of your choice (chicken breast, mild fish, shrimp)
- 1 teaspoon extra-virgin olive oil
- 1-2 garlic cloves, minced
- ½ cup (dry) whole wheat pasta or zucchini noodles
- ½ cup fresh cherry tomatoes, sliced
- 4 olives, halved and pitted
- ½-1 cup spinach, cooked
- 1 tablespoon unsalted pine nuts
- 1-2 tablespoons parmesan cheese, shredded
- Pinch of sea salt
- Ground pepper to taste



Directions:

- Heat olive oil and garlic in skillet over medium heat, cook until garlic is browned. Sauté with protein of choice, cook thoroughly, remove from heat.
- Prepare pasta per package instructions until al dente, remove from heat, strain water, place pasta in medium bowl.
 - OR prepare zucchini noodles
- While pasta or zucchini is cooking, chop vegetables. Place spinach in microwave safe bowl for 30 seconds, or until cooked or wilted.
- Once pasta is cooked, mix in 1-2 teaspoons extra virgin olive oil, tomatoes, spinach, olives, pine nuts, parmesan cheese. Add pepper to taste. Serve warm.

Zucchini Noodles

Ingredients:

2 medium zucchini, washed ¼ cup water
1 garlic clove, minced 1-2 teaspoons extra-virgin olive oil
Fresh ground pepper to taste

Directions:

If you have a spiralizer, use it to slice the zucchini. If not, using a vegetable peeler, slice the zucchini lengthwise on each side until you reach the seeds. Slice into thinner strips until similar size to spaghetti.

Heat oil and garlic in a skillet over medium heat, add zucchini and stir for 1 minute. Add water and cook until zucchini softens, about 5-7 minutes. Season with fresh ground pepper.

Desserts

Making good choices when craving sweets!

Curb your sweet tooth with one of these delicious recipes after dinner or as a snack throughout the day. Did you know that cinnamon is not only a great flavour addition, but also acts as a great blood sugar regulator, as it slows gastric emptying. Another great tip for regulating your blood sugar levels when having sweets or fruit is to combine it with a healthy fat such as nuts and seeds. Fats digest slower than carbs therefore slowing down the release of sugar into the blood stream. If your goal is weight loss, focus on regulating your blood sugar levels and try eat these options instead of store bought pastries and treats.



Sweet Chai Chia Seed Pudding

See recipe on next page

Sweet Chai Chia Seed Pudding

Makes 3 servings

Ingredients:

- 2 cups unsweetened coconut milk, not canned
- 1 tablespoon liquid honey
- 7 tablespoons (70 grams) black chia seeds
- 1 tablespoon pure vanilla extract
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- ½ teaspoon ground cardamom
- Pinch of salt
- Fresh seasonal fresh fruit for topping



Directions:

- In a medium glass bowl add in coconut milk and honey. Microwave for approximately 1 minute, stirring every 20 seconds. Remove from microwave once honey is dissolved into milk.
- Add in chia seeds, vanilla, cinnamon, ginger, cardamom and salt into warmed milk and whisk until well combined. Label into 3 separate single serving containers and refrigerate for a minimum of 1 hour until set.
- Top with fresh seasonal fruit and enjoy!

Note: Can be made ahead of time and stored in the fridge for up to 3 days!

Homemade Apple Sauce

Makes about 6 cups

Ingredients:

- 5 lbs peeled and cored apples of your choice (empire or spy varieties are the optimal firmness and tartness)
- $\frac{3}{4}$ cup water
- 2 tablespoons apple cider vinegar
- 1 teaspoon cinnamon
- 1 pinch of nutmeg
- Optional Additions:
 - 1-2 tablespoons maple syrup or honey
 - Unsweetened raisins or cranberries

Directions:

- In a large pot, add all ingredients, except for the additions.
- Cover and simmer for 30 minutes, over medium heat, stirring occasionally.
- Mash or blend to desired texture. Stir in additions, if desired.
- Serve warm or cold, enjoy!

Notes: Can be stored in the fridge in an air-tight container for up to 1 week or in the freezer for up to 3 months.

Applesauce is a great alternative for sugar, and can be substituted in your favourite baking recipes!



Lemon Coconut Protein Balls

Makes 20-30 Balls

Ingredients:

- 4 scoops vanilla protein powder
- 1 cup almond meal
- 1 ½ cups shredded unsweetened coconut
- 1 cup shredded unsweetened coconut (for topping – not added to mixture)
- 3 tablespoons natural peanut butter
- 3 tablespoons raw honey
- ¼ cup unsweetened apple sauce
- 1 lemon, freshly squeezed
- 1 teaspoon pure vanilla
- 1 teaspoon sea salt



Instructions:

- Mix all ingredients together in a large mixing bowl, excluding 1 cup of coconut.
- Mix together thoroughly with clean, dry hands.
- In another small bowl pour your extra unsweetened coconut.
- Using your hands, take a small portion of the dough and gently roll it into a small ball, about 3cm in diameter. Proceed to roll the ball in the extra coconut and set aside. Continue this process until there is no dough remaining.
- Refrigerate for 20 minutes to allow the balls to set.

Nutty Chocolate Balls

Makes approximately 24 Balls

Ingredients:

- 1 cup pitted medjool dates
- 1 cup almonds, walnuts or pecans
- ½ cup pure cacao powder
- 1-2 tablespoons pure maple syrup
- 1 teaspoon vanilla

Directions:

- Add nuts and cacao into food processor and process into fine crumbs.
- Add dates and vanilla and process again, until combined.
- Add 1 tablespoon of maple syrup to the mixture and process together until mixture comes together into a dough-like ball. Add additional maple syrup until this dough-like consistency is reached.
- Transfer mixture from processor into a bowl and refrigerate, covered, for approximately 1 hour. Roll Mixture into approximately 3cm balls.

Notes: Store balls in airtight container in refrigerator or freezer for up to two weeks.



Spiced Carrot Apple Muffins

Makes 12 Muffins

Ingredients:

- 2 large eggs, whisked
- $\frac{3}{4}$ cup applesauce (See page 49 for recipe!)
- $\frac{1}{3}$ cup honey
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon
- $\frac{1}{2}$ teaspoon nutmeg
- 2 teaspoons baking powder
- $\frac{3}{4}$ teaspoon baking soda
- $\frac{1}{4}$ teaspoon salt
- 2 cups grated carrot
- 1 medium apple peeled, cored and grated
- 1, 3cm nub of fresh ginger, grated
- 1 cup Large Flake Oats
- 1 cup whole wheat flour
- $\frac{1}{3}$ cup coarsely chopped nuts (pecans, walnuts or hazelnuts are best)



Directions:

- Preheat oven to 350°F and line a muffin tin with muffin wrappers.
- In a medium bowl mix together flour, oats, cinnamon, nutmeg, baking powder and salt. Set aside.
- In a large bowl mix eggs, applesauce, honey, vanilla. Once mixed, fold in grated carrots, apple and ginger.
- Add dry mixture to wet and fold gently until combined. Fold in nuts of choice.
- Distribute batter evenly among the muffin tin. Bake for 25 minutes or until a toothpick comes out clean.
- Allow the muffins to cool in the tin for a few minutes before transferring them to a wire rack and allowing them to cool completely.

Notes: Store in an air tight container in the fridge for optimal freshness.

Chocolate Peanut Butter Overnight Spelt Oats

Makes 2 servings

Ingredients:

- ½ cup spelt oats or large flaked oats
- ¾ cup 0% plain Greek Yogurt
- ½ -1 tablespoon natural nut butter **or** ½ -1 ounce crushed nuts
- 2 teaspoons cacao powder
- ½ teaspoon cinnamon
- ½ large or 1 small banana
- Additional milk or water for desired consistency

Directions:

- Place all ingredients in a sealable container and mix. Leave overnight.

Notes: Make in bulk and place in individual serving containers for an easy grab-and-go breakfast or snack.

Sweet and Salty Popcorn

Makes 4 servings

Ingredients:

- 2 tablespoons coconut oil, for popping
- ⅓ cup popcorn kernels
- 2 tablespoons coconut oil or butter, for topping
- 2 tablespoons honey
- 1 teaspoon sea salt
- ⅓ cup pecans

Directions:

- Roasting the pecans adds lots of depth to the taste of this sweet treat. In order to do this, add the pecans to a large baking sheet and bake at 350°F for 2-4 minutes, or until pecans are browned. Set aside.
- Add 2 tablespoons of coconut oil to large stock pot, as well as 4 popcorn kernels. Cover the pot, and cook over medium-high heat until all 4 kernels pop.
- Remove the kernels from the pot and add the remaining un-popped kernels.
- Cover the pot again and remove from the heat for about 30 seconds, moving the pot in circular motions, to coat the kernels.
- Put the pot back on the heat and cook, shaking the pot occasionally. After about 2 minutes, the popping will have likely slowed, remove the lid of the pot to allow the steam to escape. Leave on the stove for a few more seconds to allow the remaining kernels to pop. Remove from heat.
- Transfer warm popcorn immediately into a heat safe bowl or paper bag.
- While the popcorn is popping, melt 2 tablespoons of butter or coconut oil and honey in the microwave for 20-30 seconds.
- Drizzle mixture over warmed popcorn and sprinkle with salt and roasted pecans. Mix and enjoy!

A Quick Review

The Three Nutrients Our Bodies Need the Most: Complex Carbohydrate, Protein, and Fat

Healthy eating is about balance and moderation. It's ensuring we get enough of the nutrients our body needs to thrive and feel good. Macronutrients, refer to the nutrients our body needs in the largest quantity, and includes: Carbohydrates, Protein and Fat. Each of them, as we will review below, offer a unique combination of essential nutrients needed for optimal health.

Complex Carbohydrates: Our Body's Main Source of Energy

Carbohydrates come from almost every food we eat. Once consumed, they breakdown into sugar (otherwise known as glucose), providing the primary fuel for our body and brain. If consumed in excess, carbohydrates are converted to glycogen and stored in muscles and liver for later use. The rate at which carbohydrates breakdown and store depends on the amount of fiber and starch in each type. Simple carbohydrates, often referred to as "processed or refined sugars", contain short chains of sugar molecules which breakdown quickest for energy. With the exception of fresh fruit, most simple carbohydrates, such as white bread, cookies, jam, candies and sugar sweetened beverages, provide many calories with very little to no nutritional value.

Complex carbohydrates or "starches" contain longer, more complex chains of sugar molecules. They are generally more nutrient dense than simple carbohydrates, providing more fiber, nutrients and vitamins per serving. Common food sources include: beans, lentils, starchy vegetables (e.g. sweet potato, pumpkin, and peas), 100% whole grain breads, pasta, or grains (e.g. quinoa, rice, barley). As you can see, not all carbohydrates are created equal. These types of complex carbohydrates are naturally high in nutrients and fibre, leading to feelings of fullness and maintaining digestive health.

Carbohydrates are your main source of fuel for exercise, and without it our bodies cannot perform optimally during physical activity. Choosing adequate amounts of complex carbohydrate after exercise will also help with recovery by replenishing muscle glycogen (the stored form of glucose), which is depleted during exercise.

Protein: Builds and Repairs Muscle and Tissue

Protein provides many functions for our body, including, but not limited to: maintaining our lean body mass (muscles and bones) and supporting enzymes and hormones. Since protein's primary role is to provide the above functions, it is only stored in our body for a limited time and is not an efficient source of energy.

Once digested, protein breaks down into amino acids which are distributed to our cells and are used to build and repair new proteins. Proteins provide either a complete or incomplete array of amino acids which our bodies need for growth and repair. Complete proteins can be found in

meat, poultry, fish, eggs and soy, and provide all of the amino acids that our bodies can't make on their own. Plant or incomplete proteins include beans, legumes, nuts, seeds and grains. These do not contain all of the essential amino acids, but when consumed in combination with each other, can produce a complete protein profile.

Since protein cannot be stored like carbohydrates and fat, it is particularly important to balance protein intake throughout our meals and consume adequate amounts daily. It is also satiating, keeping us full longer, which can help prevent overeating.

Fat: Satisfies Hunger and Protects Vital Organs

Fat is the most energy dense nutrient, offering 9 calories per gram- which is double that of protein and carbohydrates. Its main roles include protecting vital organs and absorbing vitamins A, D, E, and K. For some sources of fat, other roles include promoting cardiac health and maintaining healthy cholesterol levels. Just like carbohydrates and protein, the structure of the fat impacts how it is broken down and functions in our body.

Trans fats can be found naturally in meats and synthetically in processed foods, such as mass produced baked goods, donuts, and French fries. These fats contain healthy oils that have been chemically processed, or hydrogenated, to act like saturated fat, in order to increase their shelf life. It is recommended to minimize these oils in our diet, as they have been linked to increasing bad cholesterol (LDL) and reducing good cholesterol (HDL). Saturated fat, found naturally in animal meat, dairy products and plant sources, such as coconuts, are mostly solid at room temperature. Saturated fats coming from animal sources, have been linked to raising LDL cholesterol to a greater extent than their plant based counterparts. Thus, in order to prevent chronic disease, the World Health Organization (WHO) has recommended limiting saturated fat to less than 10% and trans fat to less than 1% of the total calories in our diet. Based on a 2000 calorie diet, this is 22g and 2g per day, respectively.

Mono and polyunsaturated fats are liquid at room temperature and can be found in vegetable oils (canola, olive, grape seed, avocado oil), seeds (flaxseed, chia, hemp), nuts, olives and fatty fish (salmon, rainbow trout, herring and sardines). They offer the most health benefits of all the fats, and when consumed in moderate amounts, can help improve blood cholesterol levels, reduce inflammation, and improve cognition and brain health. Hence, mono and polyunsaturated fats are the preferred source of fat in our diet.

Including small amounts of fats with your meals can help keep you satiated longer. Fat slows down digestion and keeps food longer in your stomach- leading to lasting feelings of fullness after eating.

In Conclusion

Balance is the key to healthy eating habits. Learning how to balance your protein, carbohydrates and fats with each meal will help you digest foods properly, providing your body with all of the nutrients necessary for maintaining a healthy body and mind.




MEDPOINT
HEALTH CARE CENTRE