



FOOD IS FUEL

PREPARED BY

The Musket Transport Ltd.

USING FOOD AS FUEL

What to Include in your meals:

- Whole food meals.
- Plenty of fruits & vegetables.
- Plan ahead and meal prep meals and snacks for the road (blank meal planning template found on the last page of this booklet).
- Focus on creating well-balanced meals containing greens, fiber, protein, and good fats (see "The Balanced Plate" guide on next page).
- Drink plenty of water - oftentimes you may think you're hungry when actually you're dehydrated.

What to Avoid in your meals:

- Deep-fried, "fast food" - a lot of calories without much nutrient value. When you're on the road and not getting a lot of physical activity, those calories will turn into fat in the body.
- Refined sugary foods.
- Refined complex carbs (wheat-pasta, white wheat breads).

THE BALANCED PLATE

Try to incorporate these 4 food groups at each meal, if possible:

GREENS, PROTEIN, FIBRE & HEALTHY FATS

1

GREENS

1-3 cups

- Lettuce
- Spinach
- Zucchini
- Cucumber
- Kale
- Sprouts
- Leafy Greens
- Celery
- Fresh Herbs
- Cabbage

2

PROTEIN

1 serving

- Tofu - 1 cup
- Chicken & Beef - 4oz.
- Fish - 4oz.
- Beans & Legumes - 1 cup
- Eggs - 2 large
- Edamame - 1 cup
- Collagen - 2 Tbsp
- Protein Powder - 2 scoops
- Chickpeas & Lentils - 1 cup
- Hummus - 1/4 cup

3

FIBRE

1 piece, or 1/2 - 1 cup

- Fruit
- Vegetables
- Root Vegetables
- Gluten-free pasta & grains
- Rice, Quinoa, Oats
- Beans, Lentils, Legumes
- Berries

*Note: Fruits are high in natural sugars, so it's often best to pair them with a healthy fat to balance blood sugar, such as a nut butter.

4

HEALTHY FATS

1 - 2 tablespoons

- Avocado
- Nuts & Seeds
- Healthy Oils (extra virgin olive oil, coconut oil, avocado oil, sesame oil)
- Coconut
- Olives
- Ghee

HEALTHY FOODS LIST

This list is just a basic guide. There are more foods in each category that are healthy beyond this list.

Vegetables

- Lettuce
- Spinach
- Collard Greens
- Swiss Chard
- Kale
- Zucchini
- Eggplant
- Squash
- Cucumber
- Celery
- Tomato
- Radish
- Asparagus
- Broccoli
- Cauliflower
- Mushrooms
- Beets
- Green Beans
- Peas
- Sweet Potato
- Carrots
- Cabbage
- Pumpkin
- Fresh Herbs
- Sprouts
- Garlic
- Ginger
- Onions
- Sauerkraut & Kimchi

Fruits

- Apples
- Bananas
- Apricots
- Pears
- Berries
- Peaches
- Nectarines
- Grapes
- Plums
- Papaya
- Mango
- Pineapple
- Kiwi
- Cherries
- Oranges
- Lemons
- Limes
- Avocados

Nuts & Seeds

Meat, Poultry, Fish & Vegan Protein

- Chicken
- Turkey
- Beef
- Eggs
- Tofu
- Tempeh
- Fish
- Eggs

Grains

- Quinoa
- Rice
- Oats
- Buckwheat
- Amaranth

Beans & Legumes

- Lentils
- Black Beans
- White Beans
- Navy Beans
- Pinto Beans
- Kidney Beans

Condiments/Other

- Extra Virgin Olive Oil
- Avocado Oil
- Sesame Oil
- Coconut oil
- Apple Cider Vinegar
- Rice Vinegar
- Tamari
- Ghee
- Nut & Seed Butters (except for peanut butter)
- Maple Syrup
- Raw Honey
- Olives
- Protein Powder (avoid Whey)

COST EFFICIENT PLACES TO SHOP

- Food Basics, No Frills, or Walmart.
- Farmer's Markets.
- Most grocery stores will have a stand that has fruit/vegetables that are very ripe and are being sold at a discounted price.
- Bulk Barn – great to buy bulk dry ingredients for your recipes.
- Look at flyers for deals.
- Flipp App – this is a great app to have on your phone. You can look up any ingredient, and it will show you where it might be on sale in your area.

HANDY ITEMS TO HAVE ON THE ROAD:

- Cooler.
- Smoothie shaker cup (plastic with wire whisk metal ball inside).
- Reusable insulated water bottle - such as the 28 oz. Yeti Rambler.
- Large water container - such as the 1 gallon Yeti Rambler.
- Glass or stainless steel food containers.
- Mason jars, 250mL and 500mL are handy to have.
- Portable smoothie blender such as the Nutribullet, if you have a power outlet.
- Small cutting board & cutting knife.
- Reusable knife, spoon & fork set.
- Reusable plate.
- Garbage bags for food waste.

FAST FOOD GUIDE

If you weren't able to make meals and you must grab food on the go, try to make smart choices based on the guidelines we have given you. Skip the fries and soda.

Avoid:

- Deep-fried foods (fries, breaded chicken strips, etc.).
- Dairy (cheese, creamy dressings, ice cream).
- High-sugar foods/drinks (soda, pastries, etc.).
- High-sodium foods (fast food soups are often very high in salt).

TIM HORTONS:

- Chili, no cheese
- Turkey Wrap
- Egg Sandwich

MCDONALD'S:

- Grilled Chicken Wrap

WENDY'S:

- Salad with grilled chicken - opt for vinaigrette over creamy dressing, and ask for no cheese.
- Baked potato
- Grilled Chicken Wrap

HARVEY'S:

- Salad with grilled chicken - opt for vinaigrette over creamy dressing, and ask for no cheese.
- Grilled Chicken Wrap

PITA PIT:

- Wrap, Rice Bowl, or Salad (the wraps have more calories) - opt for vinaigrette over calorie-dense dressings. Avocado and/or hummus can be added and can mimic creamier dressings when you mix it in the salad.

SUBWAY:

- Opt for rotisserie chicken instead of cold cut meats (as they can be high in sodium, fat, and contain nitrates).
- Leave out the cheese and avoid the creamy dressings and mayo.
- Add avocado if you like

GROCERY STORES:

- Most grocery stores will have a grab and go section with pre-cut fruits, veggies, sandwiches, and wraps. Some will have a hot grab and go section where you can get grilled chicken to pair with a salad, or soup.

HEALTHY RECIPE IDEAS

BREAKFAST IDEAS

- Boiled Eggs on a salad, or mashed in a wrap with sautéed onion & peppers - [pg. 9](#)
- Egg frittata cups - [pg. 10](#)
- Overnight Oats - [pg. 11](#)
- Muesli - [pg. 11](#)
- Smoothie - [pg. 12](#)
- Protein Pancakes - [pg. 13](#)
- Blueberry Oatmeal Protein Muffins - [pg. 14](#)
- Breakfast Cookies - [pg. 15](#)

LUNCH/DINNER IDEAS

- Build a Protein Salad - [pg. 16](#)
- Salad dressings - [pg. 17](#)
- Creamy Kale Salad - [pg. 18](#)
- Sandwiches / Wraps - [pg. 19](#)
- Boiled Egg, turkey bacon, with salad or steamed veggies - [pg. 9](#)
- Chili (beef, chicken, turkey, or lentil) - [pg. 20](#)
- Lemon lentil soup - [pg. 21](#)
- Chicken Rice Soup - [pg. 22](#)
- Mixed Bean Salad - [pg. 23](#)
- Avocado Egg Salad - [pg. 23](#)
- Tuna Salad - [pg. 24](#)
- Chickpea “tuna” salad - [pg. 24](#)
- Maple Sesame & Shiitake Salmon - [pg. 25](#)
- Roasted Lentil Bowl - [pg. 26](#)
- Curry Chicken - [pg. 27](#)
- Tofu Stir Fry - [pg. 28](#)
- Spaghetti - [pg. 29](#)

SNACK IDEAS

- Smoothie - [pg. 12](#)
- Hummus - [pg. 30](#)
- Guacamole - [pg. 31](#)
- Loaded Rice Cakes - [pg. 32](#)
- Apples, Cinnamon & Almond Butter - [pg. 32](#)
- Chocolate Chip Banana Bread - [pg. 33](#)
- Cinnamon Trail Mix - [pg. 34](#)
- Popcorn - [pg. 34](#)
- Chia Pudding - [pg. 35](#)
- Energy Balls - [pg. 36](#)
- Protein Balls - [pg. 36](#)

DRINK IDEAS

- Clean Water - bottled water isn't the best option as the plastic can leach into the water. It's great to invest in a good water bottle and water canteen so you can bring fresh water with you on the road.
- Flavored Water - [pg. 37](#)
- Coconut Water - very hydrating
- Herbal Teas - full of health benefits, count towards your daily water intake and can be enjoyed warm or cold
- Protein Shake - [pg. 37](#)



RECIPES

HARD-BOILED EGGS

You can make a larger batch of boiled eggs at once, and eat them within 5 days.

Ingredients

- eggs (as many as you'd like) - try to find organic, free-range, pastured
- 1/2 tsp salt



Directions

1. Fill a saucepan about 1/4 of the way with cold water. Place the eggs in a single layer at the bottom of the saucepan. Add more water so the eggs are covered by at least an inch or two of water (the more eggs that are in the pan, the more water you need covering the top of them)
2. Add salt to the water, turn the heat on high and bring water to a rolling boil.
3. Turn off the heat, cover the pan, but keep it on the hot burner for 10-12 minutes. Depending on your stove, and where you live, your eggs should be done in this amount of time.
4. Strain the water from the pan and run cold water over the eggs.
5. Peel the eggs, and store them in the fridge in a covered container for 5 days.

Notes

- Enjoy a boiled egg on its own as a snack with a sprinkle of salt & pepper, sliced on top of a salad or rice cake, or sliced/mashed inside of a wrap or sandwich.

EGG FRITATTA CUPS

Adapted from: Cook Nourish Bliss
<https://cooknourishbliss.com/2020/01/15/dairy-free-frittata/>

Ingredients

- 1 tbsp olive oil
- 1/2 medium red onion, chopped
- 1 large red bell pepper, chopped
- 1/4 tsp sea salt
- 3 cloves garlic, minced
- 1 (5 ounce) package fresh baby spinach leaves
- 1/3 cup sun-dried tomatoes in oil, patted dry and chopped OR 1/3 cup fresh tomato diced (your taste preference)

Egg Base:

- 12 large eggs
- 1/3 cup unsweetened almond milk
- 1/2 tsp sea salt
- 1/4 tsp pepper

Directions

1. Preheat oven to 350 F. Grease a 9x13 inch baking dish or muffin pan with some olive oil or coconut oil.

For the veggies:

1. Add the 1 tbsp olive oil to a large skillet over medium heat. When hot, add the onion, bell pepper, and salt, and cook for about 5 to 7 minutes, until tender. Stir in the garlic and cook for 30 seconds until fragrant.
2. Slowly add in handfuls of spinach, until wilted. Remove from heat. Stir in the tomatoes. Taste and season with salt if needed.

For the egg base:

1. In a medium-large bowl, whisk together the eggs, almond milk, salt, and pepper until well combined.
2. Transfer the veggie mixture to the prepared baking dish, or divide evenly among the muffin tins, and pour the egg mixture on top.
3. Bake for about 25-30 minutes, until the eggs are cooked through, set, and appear puffed - the center should only jiggle a little bit if you gently shake it (if using the muffin tin, it should bake a lot quicker so keep checking it).
4. Remove from the oven and let cool for 10 minutes before cutting into squares or removing the cups.
5. Store in an air-tight container in the fridge for up to 4 days.



Photo Cred.: The Recipe Rebel

OVERNIGHT OATS

Source: Nourished Body Inspired Soul
<https://nourishedbodyinspiredsoul.com/classic-chickpea-hummus/>

Ingredients

- 1/3 cup homemade muesli ([recipe below](#)) or 1/3 cup gluten-free oats
- 1 tbsp chia seeds
- 1 tbsp almond butter (or other nut butter)
- 1/2 cup plant-based milk of choice
- optional toppings: berries, dried fruit, granola, nuts/seeds,
- optional: drizzle of maple syrup or honey



Photo Cred.: Simple Veganista

Directions

1. In a container or a few mason jars, divide up or pour in the muesli/oats, chia seeds, and almond butter.
2. Add the milk until just covered about a half-inch above the ingredients, and then stir to combine.
3. Let this sit overnight. Serve with any of the optional toppings.

MUESLI

Ingredients

- 3 cups gluten-free rolled oats
- 1 cup unsulfured raisins or other dried fruit like cranberries, goji berries, etc.
- 1 cup raw nuts and seeds of choice (ex. almonds, walnuts, sunflower seeds, pumpkin seeds, sesame seeds, shredded coconut)

Directions

1. Combine ingredients together and store in an airtight jar.
2. To eat: Add a half cup to a bowl and cover with water or plant milk. Let sit overnight and enjoy in the morning with a drizzle of honey

SMOOTHIES

**You can mix these at home ahead of time, or bring a travel blender with you on the road: Pack your ingredients in a mason jar, bring your liquid separate. Blend on the go!*

Directions for each recipe:

Blend & Enjoy!

Blueberry Energizer Smoothie

- 1 banana or 1 cup peaches
- 1 cup blueberries
- 1 cup spinach
- 2 tbsp chia seeds
- 1 scoop protein powder
- 1 cup almond milk, or other plant-based milk of choice) - add more liquid if needed

Gut Healing Green Smoothie

- 1 1/4 cups water
- 1 cup kale leaves
- 1/4 avocado (peeled and pit removed)
- 1/2 banana
- 1 1/2 tsp chia seeds
- 1 tbsp ground flax
- 2 tbsp hemp seeds
- 1 tbsp raw honey

Green Mango Smoothie

- 1 cup water (or more liquid as needed)
- 1-2 handfuls spinach
- 1 cup frozen mango
- a few sprigs of parsley
- 1 scoop protein powder



Choco-Banana Smoothie

- 1 1/4 cups almond milk (or other plant-based milk)
- 1 banana
- 1 scoop chocolate protein powder
- 1 tbsp. raw cacao powder
- 1 tbsp almond butter
- 1 tsp chia seeds or 1 tbsp ground flax
- optional: 1 tbsp raw honey

Tropical Healing Smoothie

- 1 cup coconut milk (or other plant-based milk)
- 1/2 banana
- 1/2 cup frozen pineapple
- 1/2 cup frozen mango
- 1 tsp turmeric
- 1 tsp raw honey
- 1 scoop vanilla protein powder

PROTEIN PANCAKES

Ingredients

- 2 bananas
- 4 eggs
- 1/2 cup vanilla protein powder
- 1 tbsp coconut oil
- optional toppings: honey, maple syrup, pureed fruit sauce, nut butter, berries



Directions

1. In a large bowl, mash the bananas. Add the eggs and protein powder. Mix well until a batter forms.
2. Melt the coconut oil in a large skillet over medium heat. Once hot, pour the batter into the skillet, roughly 1/4 cup at a time. Cook for 3 minutes, or until the top starts to bubble slightly, and flip. Repeat the process until all the batter is used up.
3. Refrigerate in an airtight container for up to 3 days., and freeze for up to 1 month.

BLUEBERRY OATMEAL PROTEIN MUFFINS

Source: Skinny Fitalicious
<https://skinnyfitalicious.com/blueberry-protein-oatmeal-muffins/>

Ingredients

- 1 cup blueberries
- 2 large eggs
- 1/2 cup applesauce
- 1 cup almond milk (or other plant-based milk of your choice)
- 1 tsp vanilla extract
- 2 tbsp freshly ground flax seeds (I used a coffee grinder)
- 2 tbsp vanilla protein powder
- 3 cups gluten-free rolled oats
- pinch of sea salt



Photo Cred.: Skinny Fitalicious

Directions

1. Preheat the oven to 350 degrees F. Lightly grease a muffin tin with extra virgin olive oil. In a bowl whisk together the eggs with the applesauce, almond milk, and vanilla until smooth.
2. In a separate bowl, combine the flax, protein powder, oats, and salt.
3. Add the liquid to the oat mixture to combine until all the oats are covered. The mixture should be wet and heavy. If the mix is very dry, this may be due to the protein powder you are using. Add more milk as needed.
4. Fold the blueberries into the batter carefully.
5. Transfer the batter to the prepared muffin tins filling each cavity about 3/4 of the way.
6. Bake at 350 F for 20 minutes until the tops of the muffins look slightly brown.
7. Remove from the oven and nudge the muffins out of the cavities using a butter knife. Transfer to a wire baking rack to cool.
8. Store in the fridge for 1 1/2 weeks or in the freezer for up to 1 month.

BREAKFAST COOKIES

Source: Rainbow Plant Life
<https://rainbowplantlife.com/healthy-vegan-breakfast-cookies/>

Ingredients

- 2 tbsp freshly ground flaxseed (I use a coffee grinder)
- 2 cups gluten-free rolled oats
- 1/2 cup unsweetened shredded coconut
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp sea salt
- 3/4 cup smooth almond butter (or other nut/seed butter of your choice)
- 1/2 cup maple syrup
- 1 1/2 tsp pure vanilla extract

Mix-ins:

- 1/2 cup dried fruit such as cranberries, currants, raisins, goji berries, or chopped apricots
- 1/2 cup raw pumpkin seeds and/or sunflower seeds, slightly chopped
- 1/3 cup hemp seeds (aka hemp hearts)



Photo Cred.: Rainbow Plant Life

Directions

1. Prepare the flax eggs: Combine the ground flaxseed meal with 5 tablespoons water. Stir and let sit for 15 minutes to gel together.
2. Preheat the oven to 350°F/175°C. Line two large baking sheets with parchment paper.
3. In a large bowl, mix together the dry ingredients: oats, coconut, baking powder, baking soda, and salt.
4. In a medium bowl, mix together the wet ingredients: almond butter, maple syrup, vanilla, and prepared flax eggs. Whisk until smooth and thick.
5. Pour the wet mixture into the dry ingredients, using a silicone spatula to mix everything until the mixture resembles a cookie dough. Fold in your desired mix-ins.
6. If the dough is too sticky to handle, refrigerate it for 10-15 minutes to firm up slightly. Scoop about 3 tbsp of dough to form a cookie, and place them on cookie sheet about 1/2 inch apart. Lightly flatten the top of each cookie with your hands or a fork.
7. Bake the cookies for about 18-20 minutes. After 5 minutes, use a spatula to carefully transfer them to a cooling rack. Store leftover cookies in an airtight container on the counter for 5 to 7 days.

BUILD A PROTEIN SALAD

Use what you have on hand, try different combinations, and have fun with it! Here are a few ideas of what you can add into your salad

Leafy Greens

- spinach, romaine lettuce, kale, arugula, dandelion greens, spring mix, leaf lettuce

Raw Veggies

- cucumber, tomato, bell peppers, carrots, celery, cabbage, basil, mint, parsley, cilantro, onion, sprouts, radish

Steamed or Roasted Veggies

- broccoli, cauliflower, asparagus, sweet potato, squash, carrots, Brussels sprouts, beets

Protein

- chicken breast, fish, boiled egg, lentils, legumes, tofu, tempeh

Additional Toppings

- avocado, hummus, quinoa, nuts, seeds, hemp hearts, raisins, dried cranberries, grapes, sauerkraut, kimchi, pickles, olives

Directions

1. When preparing salad for the road, don't add your dressing until it's time to eat. Put all of your salad ingredients in your to-go container, and pack dressing in a separate jar (small mason jars are handy for this. Wrap the jar in a plastic bag in case it leaks).
2. Add any ingredients that you like together, starting with some leafy greens. There are plenty of combinations you can try, but you really can't go wrong with this.
3. The next page has healthy dressing suggestions.



SALAD DRESSINGS

Simple Vinaigrette

- 1/4 cup white or balsamic vinegar
- 1/3 cup extra virgin olive oil
- dash of salt and pepper

1. Add to a mason jar and shake well to combine.

Apple Cider Vinaigrette

- 1/4 cup apple cider vinegar
- 1/3 cup extra virgin olive oil
- 1 garlic clove minced
- few dashes of salt and pepper
- optional: 1 tsp dijon or honey mustard

1. Add to a mason jar and shake well to combine.

Creamy Hemp Ranch Dressing

- 1/2 cup hemp hearts
- 1/3 cup water, plus more if needed
- 2 lemons, juiced
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/4 tsp sea salt
- fresh chives, a few strands broken into pieces
- fresh dill, a few sprigs
- fresh cilantro or parsley, a few sprigs

1. Add to a blender and combine.



Creamy Tahini Dressing

- 1/4 cup smooth tahini
- 3 tbsp water, plus more if needed
- 2 tbsp lemon juice
- 2 tbsp powder extra virgin olive oil
- 1 tbsp maple syrup or honey
- 1 tsp toasted sesame oil
- 1 garlic clove, minced
- 1/4 tsp sea salt

1. Add to a blender and combine.

Sesame Vinaigrette

- 1/4 cup rice vinegar
- 3/4 cup extra virgin olive oil
- 1 tbsp toasted sesame oil
- 1/2 tbsp freshly grated ginger
- 1/2 garlic clove minced
- dash of salt and pepper

1. Add to a mason jar and shake well to combine.

CREAMY KALE SALAD

Source: Nourished Body Inspired Soul
<https://nourishedbodyinspiredsoul.com/creamy-kale-salad/>

The nice thing about this salad is it keeps well for several days, even with the dressing mixed on.

Ingredients

- 1 head kale, cut into thin strips
- 2-3 tbsp extra virgin olive oil
- 2 tbsp lemon juice
- 1/4 tsp sea salt
- 1/2 cup red pepper, thinly sliced
- 3 tbsp hemp hearts
- 2 tbsp raisins
- 1/4 cup walnuts, chopped
- 1 avocado, cubed into small pieces

Dressing:

- 1/2 cup tahini
- 1/4 cup lemon juice
- 3/4 cup water
- 2 tbsp olive oil
- 1 tbsp tamari
- 1 tsp dry dill
- 1/4 tsp sea salt
- 1 garlic clove

Directions

1. Remove the stem from the kale, and slice it into thin strips.
2. In a bowl, toss kale with oil, lemon juice, and salt until well combined. Massage the kale for about a minute to break down the leaves a bit, and then set aside for 10 minutes.
3. Add red peppers, hemp hearts, raisins, walnuts, and avocado to the salad, and toss to combine.
4. Dressing - Add all ingredients to a blender and combine until smooth.
5. Add dressing to the salad, toss to combine.



Photo Cred.: Nourished Body
Inspired Soul

SANDWICHES / WRAPS

Use what you have on hand, try different combinations, and have fun with it! Here are a few ideas of what you can use to create a healthy sandwich or wrap

Leafy Greens

- spinach, romaine lettuce, kale, arugula, dandelion greens, spring mix, leaf lettuce

Veggies

- cucumber, tomato, bell peppers, fresh herbs, onion, sprouts, stir-fried peppers and onions

Protein

- chicken breast, fish, egg, veggie patty, hummus, chickpea tuna
- high-quality, nitrate-free, deli meats (speak to the deli for best option)

Additional Toppings

- avocado, pickles

Dressings

- hummus, guacamole, mustard, honey mustard, dijon mustard, creamy tahini dressing (recipe in salad dressings), creamy hemp ranch dressing (recipe in salad dressings)

Bread or Wrap

- gluten-free bread is best, or look for a whole grain option
- there are gluten-free wraps, coconut flour wraps, as well you can choose a wheat option. There are also recipes online to make lentil wraps with just lentils and water.

Directions

1. When preparing a sandwich or wrap for the road, keep the bread/wrap and dressing separate, and then assemble when you're ready to eat.



CHILI

Adapted from: For the Love of Cooking

<https://fortheloveofcooking.net/2019/04/beef-chili-with-kidney-beans.html>

Ingredients

- 1 tbsp extra virgin olive oil
- 1 medium yellow onion, diced
- 1/2 red bell pepper, diced
- 2 tbsp chili powder
- 1/2 tbsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp dried oregano
- 1/2 tsp crushed red pepper flakes
- 1/4 tsp cayenne pepper
- 1 lb ground beef (or ground chicken, ground turkey, or cooked lentils)
- 1 15 oz. can of diced tomatoes
- 1 15 oz. can of tomato puree
- 1 15 oz. can of red kidney beans, drained & rinsed
- sea salt and pepper
- optional toppings when serving: avocado, cilantro, lime wedges



Directions

1. Heat the oil in a large pot over medium heat until simmering.
2. Add the onion, bell pepper, chili powder, cumin, coriander, oregano, crushed pepper flakes, and cayenne and cook, stirring occasionally, until the vegetables are softened, about 10 minutes.
3. Increase the heat to medium-high heat and add half the ground beef or protein of choice. Cook, breaking up the beef with a spoon, until no longer pink and starting to brown, about 3-4 minutes.
4. Add the remaining ground beef along with the minced garlic and cook, breaking up the beef with a spoon, until no longer pink and starting to brown, about 3-4 minutes.
5. Add the diced tomatoes, tomato puree, kidney beans, and season with a bit of sea salt and freshly cracked pepper, to taste; stir until well combined.
6. Bring to a boil, then reduce the heat to low and simmer, covered, and stirring occasionally, for 1 hour.
7. Remove the cover and continue to simmer for 1 hour longer, stirring occasionally, until the beef is tender and the chili is dark, rich, and slightly thickened. Taste and season with sea salt and freshly cracked pepper, if needed.
8. Side Note: If the chili begins to stick on the bottom of the pot during the second hour of cooking, stir in 1/2 cup water and continue to simmer.

LEMON LENTIL SOUP

Source: Meghan Telpner

<https://www.meghantelpner.com/blog/hiding-the-veggies-soupy-style/>

Ingredients

- 2 tbsp extra virgin olive oil
- 1 small onion chopped
- 3 carrots, diced
- 4 celery stalks, diced
- 1 cup broccoli, diced
- 3/4 cup red lentils (dried not canned)
- 3/4 cup green lentils (dried not canned)
- 3 tbsp fresh lemon juice
- 6 cups water
- 2 tsp sea salt
- 3 cups green kale sliced into thin strips
- 1/4 cup Italian parsley



Directions

1. In a large pot, heat oil and lightly sauté onion until translucent (about 5 mins).
2. Rinse red and green lentils until the water runs clear.
3. Add chopped carrots, celery, broccoli, lemon juice, water, lentils, and salt.
4. Bring to boil and then reduce to simmer.
5. Cook covered for 20 minutes.
6. Add in kale and parsley and remove from heat.
7. Leave covered for ten minutes.

Notes

Option: leave soup chunky as it is, or puree in a blender for a thick, creamy soup. A nice touch is to blend half of the soup and leave the rest chunky- mixing the textures together, Once cooled, this soup can be frozen in 1/5 litre mason jars to be enjoyed as a single serving at a later time.

CHICKEN RICE SOUP

Source: Two Peas and Their Pod

<https://www.twopeasandtheirpod.com/easy-chicken-and-rice-soup-recipe/>

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 medium yellow onion, chopped
- 2 garlic cloves, minced
- 2 medium carrots, chopped
- 2 celery stalks, cut into 1/2-inch-thick slices
- 4 fresh thyme sprigs
- 1 bay leaf
- 8 cups chicken stock or broth
- 1 cup of water
- 1 cup long-grain white rice, uncooked, rinsed well
- 2 cups shredded cooked chicken, you can use rotisserie chicken
- sea salt and pepper, to taste



Directions

1. Place a large pot over medium heat and add the olive oil. Add the onion, garlic, carrots, celery, thyme, and bay leaf. Cook and stir for about 6 minutes, until the vegetables are softened but not browned.
2. Pour in the chicken broth and water and bring the liquid to a boil. Add in the rice and chicken; season with salt and pepper.
3. Cook on medium-low until the rice is tender, about 25-30 minutes. Serve warm.

Notes

If you don't use rotisserie chicken, this is how to cook chicken for the soup: Bring a pot of water on the stove and add two chicken breast, that has been cut into large pieces. Boil the chicken until it is cooked all the way through and there is no pink left. This will take about 7 minutes or so. Drain the water and shred the chicken once it is cooled. I use 2 forks to shred the chicken.

MIXED BEAN SALAD

Ingredients

- 1 can of lentils, drained and rinsed well
- 1 can of chickpeas, drained and rinsed well
- 1 can of beans (any kind or a mix), drained and rinsed well
- 1/2 cucumber, peeled and diced small
- 2 bell peppers, any color, diced small
- 4-5 green onion stalks, chopped small
- optional: chopped fresh herbs like parsley, cilantro, dill, or basil
- 1/3 cup extra virgin olive oil
- 1/4 cup apple cider vinegar
- 1 tsp garlic powder
- dash salt, to taste



Directions

1. Add all ingredients to a bowl. Mix well to combine.
2. Keeps in the fridge for up to 5 days. The beans soak up the dressing, so you may need to add a bit more apple cider vinegar after it's been sitting for a couple of days.

AVOCADO EGG SALAD

Ingredients

- 1 avocado, peeled, pitted, and finely diced
- 3 hard-boiled eggs, roughly chopped
- 2 tbsp red onion, chopped
- 2 tbsp mayonnaise
- 1 tbsp chives, chopped
- 1 tbsp parsley, chopped
- 1 tsp lemon juice
- salt & pepper



Directions

1. Add all ingredients to a bowl. Mix well to combine.
2. Serve chilled or at room temperature on a leaf of lettuce, piece of gluten-free bread, rice cake, or a dollop on top of your salad.

TUNA SALAD

Ingredients

- 2 (5 oz.) can of tuna
- 1/4 cup mayonnaise
- 1 stalk of celery, diced
- 2 tbsp red onion, diced
- 1-2 tbsp chopped parsley
- 1/2 tbsp dijon mustard
- salt & pepper, to taste

Directions

1. Drain liquid from tuna cans. Add all of the ingredients to a bowl and mix well to combine.
2. Serve chilled on a leaf of lettuce, piece of gluten-free bread, rice cake, or a dollop on top of your salad.
3. Keeps in the fridge for 3-4 days.



CHICKPEA "TUNA" SALAD

Ingredients

- 1 can (14 oz.) chickpeas
- 1/2 lemon, juiced + some zest
- 1/4 - 1/3 cup of hummus or white bean hummus + 2-3 tbsp water (or 1/3 cup vegan mayo)
- 1/4 cup celery (about 2 small stalks), chopped
- 1/4 cup red onion, chopped
- 1/4 - 1/2 tsp garlic powder
- sea salt & pepper, to taste
- dash of cayenne, optional
- optional ingredients: crushed nori sheets or dulse, 1 tbsp hemp hearts, sweet or dill pickle diced

Directions

1. Mash chickpeas: drain and rinse chickpeas, place in a medium-size bowl and roughly mash about 3/4 of the chickpeas with the back of a fork or potato masher, until desired consistency
2. Assemble salad: add the rest of the ingredients and mix well, adding any extra ingredients you like.
3. Serve chilled or at room temperature on a leaf of lettuce, piece of gluten-free bread, rice cake, or a dollop on top of your salad.



Photo Cred.: Simple Veganista

MAPLE SESAME & SHIITAKE SALMON

Ingredients

- 3-4 salmon filets
- 15 shiitake mushrooms (or mushrooms of choice), cleaned and dried with a paper towel
- 3 carrots, sliced into thin strips
- 5 baby bok choy, washed and sliced in half
- 2 tbsp extra virgin olive oil, divided
- a pinch of salt and pepper
- 1 tbsp sesame seeds
- Quinoa or rice, cooked (for serving on)

Marinade:

- 1/4 cup maple syrup
- 2 tbsp tamari
- 1 tbsp sesame oil
- 2 cloves garlic, minced
- 1/2 tsp ground ginger
- pinch of pepper

Directions

1. Preheat the oven 450 F.
2. In a small bowl, combine the marinade ingredients.
3. Place the salmon fillets in a shallow dish, and cover with about 1/4 cup of the marinade (reserving the rest). Cover and let marinate in the refrigerator while preparing the rest of the ingredients.
4. Prepare an 18x13 sheet pan with parchment paper.
5. Spread the carrots and mushrooms on the sheet pan. Pour 1 tbsp of the olive oil on top, sprinkle on the salt and pepper, and mix to coat the veggies. Bake for about 10 minutes.
6. Remove the tray from the oven, add salmon and bok choy, and brush with the remaining olive oil. Bake for another 10 minutes, or until salmon flakes when pressed with a fork.
7. Drizzle the reserved marinade on top of the dish, garnishing with green onions and sesame seeds
8. Serve on top of cooked quinoa or rice.



Photo Cred.: Feasting at Home

ROASTED LENTIL BOWL

Ingredients

- 1 (19 oz./540mL) can of green or brown lentils, drained and rinsed
- 1 head broccoli, chopped
- 1 (8 oz/225g) package of cremini mushrooms, chopped
- 3 large carrots, chopped
- 3 beets, peeled and chopped
- 3 tbsp extra virgin olive oil
- 1 tsp garlic powder
- 1 tsp cumin
- 1 tsp pepper
- 1/4 cup fresh parsley or cilantro, finely chopped
- juice of 1/2-1 lemon



Directions

1. Preheat the oven to 425 F, and line an 18x13-inch sheet pan with parchment paper.
2. Add the lentils, broccoli, mushrooms, and carrots to a large bowl, and toss with olive oil, garlic powder, cumin, salt, and pepper.
3. Spread the lentils and veggies on a baking sheet and transfer to the oven.
4. Roast for 15 minutes, and then gently stir and toss the ingredients. Continue to roast for another 10 minutes.
5. Remove from the oven. Let cool a bit and then divide between food storage containers. Top with a bit of lemon juice and fresh herbs.

CURRY CHICKEN

Source: Rain De Caries (Musket Transport Driver)

Chicken

- Chicken (look for Free Range Chicken)

1st Step

1. Wash the meat with vinegar or lemon to clean the meat
2. Chop the legs and thighs into smaller pieces
3. Take the skin off the chicken

Seasoning:

- 1 tsp pimento seeds (add to the washed chicken before adding spices)
- 2 tsp curry powder
- 2 tsp black pepper
- 2 tsp garlic powder
- 2 tsp seasoning salt (or 1 tsp to cut down on salt)
- 2 tsp onion powder
- 2 tsp garlic plus
- 2 tsp all-purpose seasoning
- 2 tsp roasted garlic and pepper seasoning
- 2 fav'o Riz (optional)
- 2 tsp paprika



2nd Step

1. Mix all ingredients together.

Vegetables:

- 3 cloves of garlic, minced
- 1 inch of ginger, minced
- 1 scotch bonnet pepper, minced (or omit if you don't like spice)
- 1 yellow onion
- 1 red pepper, 1 green pepper, 1 yellow pepper, sliced thin
- 4-5 stalks green onions, chopped

3rd Step

1. Mix the seasoning with the chicken, do not add the vegetables

4th Step

1. Add 2 tsp of olive oil to a pot. Heat the pot on medium to high.
2. Add 1 tsp of curry powder, this is called burning the curry.
3. Add the chicken and turn the heat down to low and cover.
4. The chicken and oil will create its own water. Stir and mix for 10 minutes.
5. Add 1 cup of hot water to season mix (spices)
6. Then add it to the pot Cover and let it cook for 10 mins, and stir.
7. Add vegetables.
8. Continue to cook for 20 mins, you can add a little water if needed. The gravy will thicken and then the curry chicken is complete.

TOFU STIR FRY

Source: Rain De Caries (Musket Transport Driver)

Ingredients

- 1 block GMO-free organic firm tofu
- 1 tbsp olive oil
- 1 yellow onion, sliced into thin strips
- 2 cups vegetables of choice (ex. bell peppers, zucchini, asparagus, broccoli, cauliflower, cabbage)
- cooked rice, quinoa, or rice noodles, to serve on top of

Optional Sauce:

- 2 tbsp tamari
- 1/4 cup tahini
- 2-4 tbsp lime juice
- 2 tbsp maple syrup
- 1 clove garlic, minced
- 1 tbsp ginger, grated
- 1 1/2 - 2 tsp chili garlic sauce (omit if you don't like heat)
- 1-3 tbsp hot water to thin



Directions

1. Cut the tofu into cubes and place on a cutting board lined with paper towels to remove as much moisture as you can out of the tofu
2. Add 1 tbsp olive oil to a pan and fry the tofu cubes on all sides until golden brown.
3. Add onion and sautee until slightly translucent.
4. Add vegetables and fry mixture together until tofu and vegetables are soft.
5. If you want to add a sauce, mix the sauce ingredients together and pour on top to coat.
6. Cook the rice, quinoa, or rice noodles for serving.

SPAGHETTI

Source: Rain De Caries (Musket Transport Driver)

Ingredients

- Rice Pasta (easier to digest than wheat)
- Ground beef, ground chicken, ground turkey, or ground vegetarian meat
- olive oil
- 3/4 tsp black pepper
- 1 clove garlic, minced
- 1 onion, diced
- 3/4 tsp all-purpose seasoning
- 1 cup mushrooms
- 1 cup red, green, yellow peppers (whichever you prefer), diced
- add any other vegetables you like
- 1 jar store-bought Spaghetti sauce of your choice



Directions

1. Dice the vegetables.
2. Add 1 tbsp olive oil to a medium pot and saute onions until translucent. Add in the garlic and cook for just 1 minute. Add the mushrooms, bell peppers, and other veggies of your choice (if any). Stir fry until soft.
3. Add the sauce to the vegetables, along with the all-purpose seasoning and black pepper. Stir to combine and continue to cook on medium heat.
4. In the meantime in a separate frying pan, add a little olive oil and cook the ground protein. If using beef, chicken, or ground turkey, make sure to squeeze the excess oil with a paper towel after it has been cooked. It should take about 20 mins to cook.
5. Add the meat to the sauce and stir. Let simmer on very low heat for a few minutes, and then remove from heat.
6. Cook the noodles according to the directions on their package. Rinse very well once cooked to remove starch.
7. Combine the pasta with the sauce.

HUMMUS

Source: Nourished Body Inspired Soul
<https://nourishedbodyinspiredsoul.com/classic-chickpea-hummus/>

**You can buy hummus pre-made at the store, or make your own*

Ingredients

- 1 can chickpeas
- 1/4 cup tahini
- 1 clove garlic
- 1 large lemon, juiced
- 1 tsp tamari
- 2 tbsp olive oil
- 1/2 tsp sea salt
- 1/4 cup water



Photo Cred.: Nourished Body
Inspired Soul

Directions

Add all ingredients except the olive oil to a food processor, and process until smooth. Add more water as needed until desired consistency. Add olive oil last and blend again. Should be a thick creamy consistency.

Note on Serving:

- Serve with chopped vegetable sticks
- Serve with gluten-free crackers, or veggie chips
- Spread on a sandwich or wrap as your sauce
- Add a dollop to your salad for added protein.
- Mix in to the salad to create a creamy dressing

GUACAMOLE

Source: Nourished Body Inspired Soul
<https://nourishedbodyinspiredsoul.com/basil-guacamole/>

Ingredients

- 2 avocados
- 1 small tomato, diced
- 1 clove garlic, minced
- 2 tbsp white onion, finely diced
- 5-6 large basil leaves, minced
- 1/2 lemon, juiced
- dash sea salt
- dash black pepper



Directions

1. Cut the avocados in half, remove the pit. Carefully slice lines horizontally and vertically through the flesh creating squares. Scoop out the flesh using a spoon.
2. All of the ingredients except the tomatoes. Stir with a spoon, and slightly mash some of the avocados. It's nice to have a creamy texture with some chunks.
3. Mix in the tomatoes.

Note on Serving:

- Serve with crackers or GMO-free corn chips
- Spread on a sandwich or wrap as your sauce
- Add a dollop to your salad for added protein
- Add a dollop to any dish

RICE CAKES WITH VARIOUS TOPPINGS

Rice cakes can be great as a base for a savory or sweet snack/light meal. Here are some topping ideas:

- nut butter
- nut butter & banana slices
- nut butter & fresh fruit or jam
- tuna
- tuna, cucumber & tomato
- avocado, cucumber, tomato

Optional Additional Toppings

- hemp hearts
- chia seeds
- drizzle of toasted sesame oil
- coconut flakes
- slivered almonds
- salt, pepper, or other herbs & spices



APPLES, CINNAMON & ALMOND BUTTER

Ingredients

- 2 apples
- a few dashes of cinnamon
- 2-4 tbsp almond butter

Directions

1. Remove the core of the apples and cut into slices.
2. Add apples to a bowl and toss with a few dashes of cinnamon so they are lightly coated.
3. Enjoy with almond butter spread on.



Photo Cred.: Tastefully Simple

CHOCOLATE CHIP BANANA BREAD

Source: Joyous Health

<https://www.joyoushealth.com/27442-blog-chocolate-chip-banana-bread>

Ingredients

- 1/2 cup coconut flour
- 1/2 cup brown rice flour
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 2 bananas, mashed (if you can't eat bananas you can sub 1/2 cup applesauce instead)
- 1/4 cup maple syrup
- 1/3 cup melted coconut oil or extra virgin olive oil
- 4 eggs, whisked
- 1/2 cup semi-sweet chocolate chips
- Topping: sliced bananas and shredded coconut



Photo Cred.: Joyous Health

Directions

1. Preheat oven to 350 degrees F. Grease a standard size loaf pan well or line with parchment paper.
2. Combine coconut flour, brown rice flour, baking powder, baking soda, cinnamon, and nutmeg in a large bowl and mix together.
3. In a separate bowl combine the bananas, oil, maple syrup, and eggs together. (Make sure the melted coconut oil isn't too hot otherwise it will cook the egg when you combine everything)
4. Add the banana mixture to the flour mixture and combine well. Fold in the chocolate chips.
5. Pour the mixture into the loaf pan. Sprinkle with coconut and decorate with banana slices. Bake for 35-46 minutes until a fork inserted comes out clean. You may want to cover the bread for the last 10 minutes with some tin foil to prevent it from burning.
6. Refrigerate for up to 5 days or freeze for up to 3 months.

CINNAMON TRAIL MIX

Ingredients

- 3 tbsp coconut oil
- 2 tbsp coconut sugar
- 1 tsp cinnamon
- 1 cup pumpkin seeds
- 3/4 cup goji berries
- 1/2 cup dried mulberries
- 1/2 cup raw almonds
- 1/2 cup walnuts



Directions

1. In a small pot over low heat, melt the coconut oil. Stir in coconut sugar and cinnamon. In a large bowl, stir in the remaining ingredients. Pour oil mixture over top and mix well.
2. Portion size for each serving: 2 tablespoons

POPCORN

Ingredients

- 3 tbsp coconut oil, avocado oil, or extra virgin olive oil
- 1/3 cup GMO-free organic popcorn kernels
- sea salt or other seasonings, to taste

Directions

1. Heat the oil in a medium pot, on medium heat.
2. Put 3 or 4 kernels into the oil. Wait for them to pop.
3. Once they pop, add the rest of the 1/3 cup popcorn kernels in an even layer.
4. Cover the pot, remove from the heat, and wait for 30 seconds.
5. Put the pan back on the heat and the popcorn should begin to start popping all at once. Gently shake the pan by moving it back and forth over the burner while the kernels pop.
6. Once the popping slows, remove from the heat. Remove the lid and transfer the popcorn into a large bowl.
7. Sprinkle with sea salt or seasonings of your choice (some nice seasonings include dill, italian seasoning, cayenne, cinnamon)



OVERNIGHT STRAWBERRY CHIA PUDDING

Ingredients

- 1 banana
- 2 1/2 cups fresh or frozen strawberries
- 1 cup coconut milk or almond milk
- 3/4 cup chia seeds
- 1 tsp pure vanilla extract
- optional: chopped berries to garnish



Photo Cred.: PCRM.org

Directions

1. In a food processor combine banana, strawberries, coconut milk, chia seeds, and vanilla. Process until fully combined.
2. Transfer to a travel container or small mason jars. Add some chopped berries if you wish. Cover with a lid, and refrigerate overnight.
3. Enjoy this within 2-3 days.

RASPBERRY CHIA PROTEIN PUDDING

Ingredients

- 1/4 cup chia seeds
- 1 cup unsweetened almond milk (or other nut milk of choice)
- 1/4 cup vanilla protein powder
- 3/4 raspberries
- 2 tbsp. coconut flakes (optional)



Directions

1. In a large bowl, combine the chia seeds with the almond milk and protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
2. In a small bowl, mash half the raspberries with a fork. Top the chia pudding with the mashed raspberries, remaining whole raspberries, and coconut flakes.
3. Keep in an airtight container for up to 5 days in the fridge.

ENERGY BALLS

Ingredients

- 2 cups Medjool dates, pits removed
- 1 cup mixed, raw, unsalted nuts (almonds, cashews, walnuts, pecans, etc., whatever you like)
- 2 tbsp raw cacao powder
- 1 tbsp chia seeds
- pinch of sea salt



Directions

1. In a food processor using the S-blade, add dates, nuts, cacao powder, chia seeds, and sea salt. Process until well combined and sticking together. It should almost form a dough. You may add a tablespoon of water if you need to (it all depends on how soft or dry your dates are).
2. Scoop a tablespoon of the dough and form it into a ball with your hands.
3. Store them in an airtight container in the fridge for up to 2 weeks, and the freezer for up to a month.
4. Enjoy 1 or 2 per serving.

PROTEIN CHOCOLATE CHIP DOUGH BALLS

Ingredients

- 3 cups rolled oats
- 1 cup almond or cashew butter
- 1/2 cup protein powder (vanilla or chocolate)
- 1/2 cup maple syrup or honey
- 1 - 2 tbsp almond milk (or plant-based milk of choice)
- 1/4 cup dark chocolate chips



Directions

1. In a mixing bowl, stir together the oats, almond butter, and maple syrup.
2. Next add the protein powder, 1/4 cup at a time, stirring well each time. Fold in the chocolate chips.
3. Put the batter in the fridge for 10-15 minutes to chill.
4. Remove from the fridge, and scoop out tablespoon-size portions, and roll into balls with your hands.
5. Chill in the freezer for 15-20 minutes, and then store in a sealed container in the fridge for up to a week, or freezer for up to 6 months.

FLAVORED WATER

If you have a hard time drinking water, or just want to make it a little more exciting, try these additions to your water bottle!

You just need a few slices, pieces, or sprigs of each.

- lemon slices
- lemon & lime slices
- lemon, lime, cucumber & mint
- mint
- strawberry & basil
- lime, pineapple & mint
- frozen sour cherries & lime
- add a pinch of salt to help hold the water in your body for increased hydration



PROTEIN SHAKE

Look for a high-quality protein, and avoid whey unless it comes from a very good source. Purchase from a local health store where you can ask their recommendation.

Ingredients

- 1-2 scoops protein (read the label for serving size).
- water or plant-based milk

Directions

1. Add powder and liquid to a shaker cup with a metal whisk ball. Shake until well combine.
2. This makes for a great drink/snack in between meals to keep you satisfied and full of energy.



Menu Plan

	Day 1	Day 2	DAY 3
Break-fast			
Lunch			
Dinner			
Snacks			

*fill this in to help you plan head on what to make before your dispatch