

Recipe: Spinach Salad with Strawberries

PREP TIME



Spinach Salad with Strawberries

Salad

5 minutes

INGREDIENTS

DIRECTIONS

COOK TIME

Salad Ingredients

- 1 Pound Fresh Spinach
- 1 Pint Strawberries
- 1/2 cup Slivered Almonds

Place spinach in serving bowl, slice strawberries in half and arrange over spinach.

Combine dressing ingredients in food processor and blend until smooth.

Just before serving, pour dressing over salad. Garnish with slivered almonds.

Dressing

- 1/4 cup Honey
- 2 tbsp Poppy Seeds
- 1 tbsp Onion, Finely Chopped
- 1/4 tsp Worcestershire Sauce
- 1/4 tsp Paprika
- 1/2 cup Olive Oil
- 1/4 cup Cider Vinegar
- 1/4 tsp Salt
- 1/4 tsp Dry Mustard

*To make salad into a full meal, add cooked chicken breast seasoned with salt and pepper.

N/A minutes

YIELD

4 servings

NUTRITION REPORT CARD (amount per serving)



34 grams total fat

13 grams protien

200 milligrams sodium

7 grams carbs

RECIPE TAGS

Suggested Serving Size 2 cups

Recipe: Spaghetti Squash Bolognese

PREP TIME



Spaghetti Squash Bolognese

Main Course

15 minutes

INGREDIENTS

- 1 Spaghetti Squash
- Sea Salt and Black Pepper to taste
- 2 tsp Butter
- 1 Onion, finely diced
- 1 Carrot, finely diced
- 1 Stalk Celery, finely diced
- 1 Clove Garlic, grated or finely diced
- 1/2 pound ground beef
- 1/2 pound ground pork
- 4 Slices of Bacon, chopped
- 1/2 cup full-fat coconut milk
- 1/2 can tomato paste
- 1/2 cup dry white wine

DIRECTIONS

Preheat the oven to 375 degrees

Slice the spaghetti squash in half lengthwise so that two shallow halves remain. Scoop out the seeds and inner portion of the squash, and then sprinkle with sea salt and black pepper. Place both halves face down on a baking sheet. Roast for 34-45 minutes - until the flesh of the squash becomes translucent on color and the skin begins to soften and easily separate from the "noodles" that make up the inside.

Allow the squash to cool enough so that you can handle it, and then scoop the flesh out from the inside of the skin into a large serving bowl. Set aside until the sauce is finished.

While the squash bakes: In a large skillet over medium-high heat, melt the butter, and saute the onions, carrots, and celery until they become translucent. Add the garlic and cook for an additional minute.

Add the ground beef, pork and bacon and cook until browned through. Once the meat is done, add the coconut milk, tomato paste, and white wine and simmer over medium-low heat for 20-30 minutes or until the sauce is well combined and any alcohol is cooked out.

Add sea salt and black pepper to taste before removing the sauce from the heat. Serve over the roasted spaghetti squash.

COOK TIME

60 minutes

YIELD

4 servings

NUTRITION REPORT CARD (amount per serving)



15	grams total fat
24	grams protein
7	grams sugar
18	grams carbs

RECIPE TAGS

Suggested Serving Size: 1 Cup of Sauce and 2 cups of Squash

Recipe: Avocado Pudding

PREP TIME



Avocado Pudding

Dessert

5
minutes

INGREDIENTS

- 1 Ripe Small or Medium Avocado
- ¼ cup Cocoa Powder
- ⅓ cup Honey
- ¼ cup Coconut Milk or Almond Milk

DIRECTIONS

Combine all ingredients by mixing well or using the hand mixer.
Serve in small ramekins and top with your favourite nuts, seeds or berries.

COOK TIME

N/A
minutes

YIELD

2
servings

NUTRITION REPORT CARD (amount per serving)



14	grams total fat
2	grams protein
1	grams sugar
9	grams carbs

RECIPE TAGS

Serving Size: 1/2 of pudding