



Body Building Meals





Prep	Cook	Ready in	Servings
5 min	1 min	6 min	1

Pineapple Smoothie with Mint, Ginger & Cucumber

Ingredients

1/2 cup	Pineapple (chunks fresh or frozen)
1/2 cup	Cucumber (peeled and diced seedless)
1/4 piece, 1-inch	Ginger root (1/4 inch peeled fresh)
1/4 cup	Mint, fresh (fresh)
3/4 cup	Coconut water (liquid from coconut)
1 scoop	Pea Protein Powder (or alternate protein powder of choice)

Instructions

1. In a food processor or blender, pulse the pineapple, cucumber, ginger, and mint until finely chopped.
2. Add the coconut water and puree until very smooth. Add more coconut water if you like a thinner smoothie.
3. Add protein powder and continue to blend.
4. Pour into glasses and garnish with sliced ginger and cucumber.



Prep	Cook	Ready in	Servings
5 min	5 min	10 min	1

Egg white

Ingredients

1/2 cup	Egg white
1/4 medium	Yellow onion
1 1/5 second spray	Cooking Spray, canola oil (you can use other sprays too)
1/2 tsp	Oregano, dried
1 dash	Salt and pepper
1/4 tsp	Cayenne pepper

Instructions

1. Spray pan.
2. Chop onion and tomato and saute for a minute.
3. Add egg whites, season and scramble until done.
4. Remove from pan and place into a serving bowl.



Prep	Cook	Ready in	Servings
5 min	5 min	10 min	1

Carrot Cake Oatmeal

Ingredients

1 small	Carrots (peeled, grated)
1/3 cup	Rolled oats, dry
1/2 cup	Almond milk, unsweetened (for oats)
1/2 cup	Almond milk, unsweetened (cooking)
1/2 tsp	Vanilla extract, pure
1/4 tsp	Cinnamon
1 tsp	Honey
10 almond	Almonds, raw (chopped)
1/2 cup	Unsweetened Almond and Cashew Yogurt
1 tbsp	Raisins, seedless (sultana)

Instructions

1. Stir together grated carrot, rolled oats, raisins, and almond milk for oats and store in an airtight container in the fridge overnight.
2. Combine the carrot-oat mixture, almond milk for cooking, vanilla, cinnamon, and honey in a small pot over medium heat. Bring the mixture to a simmer and cook, stirring occasionally, until the mixture is thick and the oats are cooked for 4 to 5 minutes.
3. Serve immediately, with almonds, Greek yogurt, and raisins.



Prep	Cook	Ready in	Servings
5 min	0 min	5 min	2

Papaya Avocado Salad

Ingredients

1 small	Papaya (half)
1 avocado(s)	Avocado
1 tbsp	Olive Oil, Extra Virgin
1/2 medium	Lemon (juiced)
1 tsp	Honey
1 tbsp hulled	Sunflower seeds
1 pinch	Salt
1 dash	Black pepper
1 tbsp, ground	Basil, dried

Instructions

1. Remove the seeds, peel and slice the papaya.
2. Cut avocado in half and remove the pit, then scoop out avocado and dice.
3. Arrange sliced papaya and cubed avocado on a plate.
4. Toss with olive oil, lemon juice and honey.
5. Sprinkle with sunflower seeds.
6. Season with salt and pepper.
7. Garnish with basil leaves.
8. Divide in two servings, save or share.



Prep	Cook	Ready in	Servings
5 min	30 min	35 min	4

Perfectly Roasted Jerusalem Artichokes

Ingredients

2 can (13.5 oz) Artichoke hearts, canned (sliced)
1 tsp Grape seed oil (coconut oil - AIP)
1 pinch Sea Salt
1 dash Black pepper (omit - AIP)

Instructions

1. Preheat oven to 400.
2. Scrub the Jerusalem artichokes clean and pat dry. Slice into rounds 1/3 inch thick.
3. Line a baking sheet with parchment paper and spray with grapeseed oil. Place the artichokes in one layer on the sheet. Spray with grapeseed oil so that they are all coated. Season with salt and pepper. If you do not have grapeseed oil you can use other spray.
4. Place in the oven and roast for 25-30 minutes, flipping halfway through, until they are crispy on the outside and tender on the inside.



Prep	Cook	Ready in	Servings
5 min	10 min	15 min	1

TNT Green Beans with Toasted Pine Nuts

Ingredients

- 1/2 lb Green/yellow string beans, raw
- 1/3 tbsp Extra virgin olive oil
- 1 dash Salt and pepper (freshly ground; to taste - sea salt)
- 1/4 tsp Thyme, dried (to taste)
- 1/3 tsp Oregano, dried (to taste)

Instructions

1. Steam the green beans for 5-7 minutes or until cooked.
2. Dress with olive oil, salt, pepper, thyme and oregano.
3. Serve with the baked sweet potato and chicken breast.



Prep	Cook	Ready in	Servings
5 min	15 min	20 min	1

Steamed Bok Choy

Ingredients

4 head	Baby bok choy
1 tsp	Extra virgin olive oil
1/4 tsp	Salt
1 lemon wedge	Lemon

Instructions

1. Wash and rinse bok choy.
2. Chop into 3/4 " slices.
3. Steam for 5 minutes or until done.
4. Dress with olive oil, lemon and season with favorite seasonings.



Prep	Cook	Ready in	Servings
15 min	1 h	1 h 15 min	6

Baked Salmon with Lentils and Lemon-Herb Sauce

This baked salmon with lentils, quinoa, and lemon-herb sauce dish is super healthy, high in protein, and bakes all in one big easy dish!

Ingredients

1 cup	Lentils, raw (black lentils)
1 cup	Quinoa, uncooked (red quinoa)
4 cup	Vegetable stock/broth, low sodium (or chicken)
3 cup	Green/yellow string beans, raw (or other vegetables)
1/2 cup	Sunflower oil
1/4 cup	Lemon juice
1 clove(s)	Garlic
1 pinch	Salt (to taste)
1 tsp	Honey (or agave, quick squeeze; to taste)
12 oz	Atlantic salmon, wild
1/4 cup	Parsley, fresh (chopped; optional)

Instructions

1. Preheat the oven to 450°F (230°C). Rinse the lentils and the quinoa. Place in a large oven-safe skillet or casserole dish with the broth. Bake for 45-50 minutes or until almost fully cooked. Remove and fluff with a fork.
2. Meanwhile, prepare the lemon-herb dressing. Blend the oil, lemon juice, garlic, salt, honey, and parsley in a food processor or shake up in a sealed jar. Set about half of the dressing aside.
3. When the lentils and quinoa are done, place the salmon (skin side down) and the green beans (or any other vegetables you want) on top of the lentils and drizzle or brush with half of the lemon-herb dressing. Bake for another 10 minutes. Broil for the last 2 minutes. Depending on how thick the salmon is, if it still needs time, just turn off the oven and let it sit in there for a few minutes to finish.
4. When the salmon is fully cooked, serve with sauce.



Prep	Cook	Ready in	Servings
10 min	45 min	55 min	4

Greek-Inspired Turkey Dill Burgers

Ingredients

1/2 medium	Red onion (chopped)
2 clove(s)	Garlic
4 sprig(s)	Dill, fresh (fresh)
1 lb	Ground turkey, extra lean
1/2 tsp	Sea Salt
1/4 tsp	Black pepper (freshly ground)
1/2 cup	Dill pickles, low sodium (chopped)

Instructions

1. Cut the red onion into thin slices, reserving 4 of them for serving.
2. Finely chop the remaining red onion slices, garlic, dill and pickles.
3. Transfer to a mixing bowl, then add the ground turkey, salt, pepper and feta.
4. Use your hands to gently blend the mixture.
5. Form into 4 equal patties that are 3/4- to 1-inch thick.
6. Barbecue or cook them in the oven or freeze for later.



Prep	Cook	Ready in	Servings
10 min	20 min	30 min	1

Lemon Garlic Broiled Chicken

Ingredients

1/2 medium	Lemon (freshly squeezed)
1 clove(s)	Garlic (minced)
1 tsp	Oregano, dried
1 pinch	Kosher salt
1 dash	Black pepper (freshly ground)
6 oz	Chicken breast, skinless (or chicken breasts)
1 1/5 second spray	Cooking Spray, canola oil (you can use other cooking spray too)

Instructions

1. Turn on the oven broiler and let warm up.
2. Place a pan in the oven safe for broiling 5-10 minutes before you add the chicken so it can begin to warm up.
3. Season the chicken with oregano salt and pepper and any other seasonings of choice.
4. Using an oven mitt remove pan from oven and spray. Place the chicken on the pan. Let cook 6-8 minutes or until done.
5. Chop and mince the garlic and let sit while the chicken is cooking.
6. Remove the chicken from the oven and dress with lemon and garlic. You can add oil if you like.



Prep	Cook	Ready in	Servings
5 min	10 min	15 min	2

Signature Steak Salad

Ingredients

8 oz	Beef loin steak, lean (trimmed of excess fat, halved crosswise)
1 1/5 second spray	Cooking Spray, canola oil
1 cup	Cherry Tomatoes (halved)
3 cup	Arugula
1/2 cup	Roasted red peppers, canned
1/2 avocado(s)	Avocado
4 tbsp	Balsamic Vinaigrette
1/2 tbsp	Extra virgin olive oil
1/2 tsp	Salt and pepper

Instructions

- For stovetop:
 - Heat a cast-iron skillet on medium-high and add spray. You can use safe cooking oil if you must, 1/2 tbsp.
 - Place steak in skillet and do not move for 5 minutes.
 - Turn it once, and cook for another 3 minutes to medium-rare (or more or less depending on preference).
- On a grill:
 - Prepare a grill for direct-heat cooking over hot charcoal or high heat for gas.
 - Oil grill rack, then grill steak, covered only if using a gas grill, turning once, 4 to 6 minutes total for medium-rare.
- Transfer steak to a cutting board and let rest, loosely covered with foil, for five minutes.
- Arrange arugula on a platter. Thinly slice steak on the diagonal, across the grain.
- Arrange over arugula, then toss remaining ingredients on top. Drizzle with balsamic vinaigrette, olive oil, salt and pepper and serve.



Prep	Cook	Ready in	Servings
5 min	0 min	5 min	1

Avocado Tuna Salad Bowls

Ingredients

1/2 avocado(s)	Avocado
1/2 whole lemon(s)	Lemon juice (to taste)
1/4 tsp	Salt and pepper (to taste)
1 can drained	White tuna, canned in water, drained
0.12 small	Yellow onion (chopped)

Instructions

1. Cut the avocado in half and scoop the middle of the avocado half into a bowl, leaving a shell of avocado flesh about ¼-inch thick on each half.
2. Add lemon juice and onion to the avocado in the bowl and mash together with a fork.
3. Add tuna, salt and pepper to taste.
4. Fill avocado shells with tuna salad, serve and enjoy!

You can eat the remaining tuna with cucumber slices or celery.



Apple Sandwiches with Almond Butter and Granola

A delicious and refreshing snack that the kids will love too!

Ingredients

- 1 medium Apple
- 1 tbsp Almond butter
- 1 tbsp Gluten Free Granola

Instructions

1. Slice the apple in half widthwise. Remove the core. Slice each half to form 1cm wide rings.
2. Generously spread almond butter on one apple slice.
3. Sprinkle granola over almond butter and top with another apple slice.
4. Repeat steps 2 - 4 using remaining apple slices and almond butter.



Prep	Cook	Ready in	Servings
5 min	15 min	20 min	1

Grilled Scallops with Green Peas and Mint

Ingredients

1 cup	Frozen green peas (fresh or frozen)
1 tbsp	Water (as needed)
1 bunch	Mint, fresh
1 dash	Salt and pepper (Kosher; freshly ground)
4 oz	Scallop, raw (large; patted dry and foot muscle removed)

Instructions

1. In a large pot of salted boiling water, blanch the peas until bright green and soft, about 3 minutes.
2. Blend the peas, drizzling in water to reach a creamy consistency.
3. Add the mint leaves, a large pinch of salt, and a pinch of black pepper to the blender, and blend until smooth. Set aside but keep warm.
4. Grill scallops for 3 minutes on each side.



Prep	Cook	Ready in	Servings
5 min	0 min	5 min	1

Almond Butter & Jelly Green Smoothie

A nut butter and jelly smoothie!

Ingredients

1 cup	Almond milk, unsweetened (or alternate milk of choice)
1/2 tbsp	Almond butter
1/2 medium	Banana (s)
1 cup	Spinach
3/4 cup	Red grape
1 scoop	Pea Protein Powder
1 tsp	Maca powder

Instructions

1. Blend spinach and almond milk until smooth.
2. Add almond butter, banana, and grapes to the blender.
3. Blend some more until you have a smooth consistency.

Serve and ENJOY!



Prep	Cook	Ready in	Servings
5 min	0 min	5 min	1

Chocolate Almond Butter Shake

A tasty plant-based, high protein shake!

Ingredients

1 scoop	Pea Protein Powder (or alternate protein powder; optional)
1 cup	Almond milk, unsweetened (or alternate flavored dairy-free or lactose-free milk of choice)
1 tbsp	Cocoa powder, unsweetened
1/2 tbsp	Almond butter
1 cup	Blueberries
1/2 tbsp	Chia seeds
1/2 medium	Frozen banana
2 cube(s)	Ice cubes

Instructions

1. Combine protein powder, almond milk almond butter, blueberries and chia seeds in a high powered blender and blend until smooth and creamy.
2. Add 1-2 ice cubes for more of an 'iced' shake! Serve immediately.



Prep	Cook	Ready in	Servings
5 min	0 min	5 min	1

Green Berry Smoothie

5 nutrient dense ingredients! High antioxidants for immunity!

Ingredients

1/2 cup	Almond milk, unsweetened (or other dairy free milk)
1/2 cup	Water
1/2 cup slices	Banana (s) (can be frozen)
1 cup	Frozen blueberries (or berry of choice)
1 cup	Baby kale (or spinach)
1/2 tbsp	Flaxseed meal (ground) (you can use chia seeds too)
1 scoop (heaping)	Bone Broth Protein, Ancient Nutrition, Unflavoured
2 tsp	Intestinal Repair Mixed

Instructions

1. Add dairy free milk, banana, blueberries, kale, flax and protein to a blender and blend on high until smooth.
 2. If smoothie turns out too thick, add a splash more water.
- Enjoy!

Grocery List

Snacks & Nuts

- Almond butter 33 gm
- Almonds, raw 12 gm
- Chia seeds 6 gm
- Flaxseed meal (ground) 4 gm
- Sunflower seeds 9 gm

Beverage

- Almond milk, unsweetened 830 ml
- Coconut water (liquid from coconut) 180 ml
- Lemon juice 75 ml
- Water 140 ml

Fruits

- Apple 2 medium
- Avocado 2 avocado(s)
- Banana (s) 140 gm
- Blueberries 150 gm
- Frozen banana 1 medium
- Lemon 2 medium
- Papaya 1 medium
- Pineapple 1 fruit
- Raisins, seedless (sultana) 10 gm
- Red grape 120 gm

Canned Food

- Artichoke hearts, canned 780 gm
- Roasted red peppers, canned 70 gm
- Vegetable stock/broth, low sodium 950 ml
- White tuna, canned in water, drained 170 gm

Vegetables

- Arugula 60 gm
- Baby bok choy 4 head
- Baby kale 1 bunch
- Carrots 1 medium
- Cherry Tomatoes 9 tomato
- Cucumber 1 cucumber(s)
- Dill pickles, low sodium 2 pickle(s)
- Garlic 1 bulb
- Ginger root 1 piece, 2-inch
- Green/yellow string beans, raw 560 gm
- Parsley, fresh 15 gm
- Red onion 50 gm
- Spinach 30 gm
- Yellow onion 1 medium

Seafood

- Atlantic salmon, wild 350 gm
- Scallop, raw 10 medium

Condiments

- Balsamic Vinaigrette 62 ml
- Extra virgin olive oil 18 ml
- Grape seed oil 5 ml
- Olive Oil, Extra Virgin 15 ml
- Sunflower oil 120 ml
- Vanilla extract, pure 3 ml



Spices & Herbs

<input type="checkbox"/>	Basil, dried	5 gm
<input type="checkbox"/>	Black pepper	3 gm
<input type="checkbox"/>	Cayenne pepper	1 gm
<input type="checkbox"/>	Cinnamon	1 gm
<input type="checkbox"/>	Dill, fresh	1 bunch
<input type="checkbox"/>	Kosher salt	1 gm
<input type="checkbox"/>	Mint, fresh	120 gm
<input type="checkbox"/>	Oregano, dried	3 gm
<input type="checkbox"/>	Salt	3 gm
<input type="checkbox"/>	Salt and pepper	6 gm
<input type="checkbox"/>	Sea Salt	4 gm
<input type="checkbox"/>	Thyme, dried	1 gm

Meat

<input type="checkbox"/>	Beef loin steak, lean	230 gm
<input type="checkbox"/>	Chicken breast, skinless	1 breast
<input type="checkbox"/>	Ground turkey, extra lean	460 gm

Various Groceries

<input type="checkbox"/>	Bone Broth Protein, Ancient Nutrition, Unflavoured	1 scoop (heaping)
<input type="checkbox"/>	Lentils, raw	200 gm
<input type="checkbox"/>	Pea Protein Powder	1 scoop
<input type="checkbox"/>	Pea Protein Powder	1 scoop
<input type="checkbox"/>	Pea Protein Powder	1 scoop

Baking

<input type="checkbox"/>	Cocoa powder, unsweetened	6 gm
<input type="checkbox"/>	Honey	22 gm

Other

<input type="checkbox"/>	Cooking Spray, canola oil	2 gm
<input type="checkbox"/>	Gluten Free Granola	3 gm
<input type="checkbox"/>	Maca powder	5 gm

Dairy & Cheese

<input type="checkbox"/>	Egg white	120 ml
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Frozen & Refrigerated Foods

<input type="checkbox"/>	Frozen blueberries	140 gm
<input type="checkbox"/>	Frozen green peas	150 gm
<input type="checkbox"/>	Ice cubes	2 cube(s)

Pasta & Rice

<input type="checkbox"/>	Quinoa, uncooked	170 gm
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Cereals

<input type="checkbox"/>	Rolled oats, dry	29 gm
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