

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Snack 1	Pear	Broiled Pineapple with Cinnamon	Raspberry Coconut Ice Cream	Fruit Kabobs	Virgin Raspberry Mojito	Grilled Cherry Stuffed Peaches	Fresh Strawberries
Snack 2	Hummus Dippers	Celery with Peanut Butter	Sour Cream n' Onion Kale Chips	Spicy Sweet Potato Hummus	Sweet Potato & Lime Chips	Pumpkin Hummus	Protein Packed Deviled Eggs

Virgin Raspberry Mojito

#snack #vegetarian #vegan #eggfree #glutenfree #nutfree #appetizer #dessert #lowfodmap #autoimmune #nightshade-free

 7 ingredients  15 minutes  2 servings

Directions

1. In a small saucepan over medium heat, add the raspberries, water and maple syrup. Cook until thick, about 5 minutes. Use an immersion blender or add the mixture to your blender to puree until smooth. Chill in fridge at least 10 minutes.
2. Divide mint and 1/2 the lime wedges into drinking glasses. Use a muddler or the end of a wooden spoon to mash them together. Divide raspberry puree, ice cubes and sparkling water between the glasses. Stir to combine and garnish with remaining lime wedges. Sprinkle a pinch of sea salt if desired. Enjoy!

Notes

It's 5 O'Clock Somewhere Add 2 oz of white rum to each serving.

No Maple Syrup Use honey instead.

Make it Smooth Strain your raspberry puree and use the juices only.

Ingredients

- **1/4 cup** Raspberries
- **3/4 cup** Water
- **1/4 cup** Maple Syrup
- **1/4 cup** Mint Leaves
- **1** Lime (sliced into wedges)
- **4** Ice Cubes
- **3 cups** Sparkling Water

120 Calories

Per Serving	% Daily Value
Fat 0g	0%
Carbs 31g	10%
Fiber 1g	4%
Sugar 25g	0%
Protein 0g	0%

Grilled Cherry Stuffed Peaches

#snack #dessert #vegetarian #vegan #paleo #eggfree #glutenfree #nutfree #dairyfree #barbecue #lowfodmap #elimination #autoimmune #nightshade-free

 2 ingredients  10 minutes  2 servings

Directions

1. Preheat grill to medium heat.
2. Cut the peaches in half and remove the pits. Cut the cherries in half and remove the pits.
3. Place the peaches and cherries face down on the grill and grill for 5 to 8 minutes, or until slightly charred. (Note: Use a basket to grill the cherries if the grates of the grill are too far apart.)
4. Remove everything from the grill and let cool. When cool enough to handle, roughly chop the cherries and stuff them into the centre of each peach. Enjoy!

Notes

Serve it With For an added touch, serve it with coconut whipped cream or banana ice cream.

Ingredients

- 2 Peach (large)
- 1 cup Cherries

102 Calories

Per Serving	% Daily Value
Fat 1g	2%
Carbs 25g	8%
Fiber 4g	16%
Sugar 21g	0%
Protein 2g	4%

Protein Packed Deviled Eggs

#snack #breakfast #lunch #appetizer #vegetarian #paleo #glutenfree #nutfree #dairyfree #lowfodmap #anticandida #ketogenic

 7 ingredients  20 minutes  2 servings

Directions

1. Hard boil your eggs.
2. Once cool, peel the eggs and slice them in half. Remove the yolk and add it to a bowl. Add in the tuna, avocado and green onion. Season with sea salt and black pepper to taste. Mix and mash very well and then stuff the mixture back into the eggs. Sprinkle with paprika and enjoy with cucumber slices on the side.

Ingredients

- **4** Egg (hard boiled)
- **1 can** Tuna (drained)
- **1/2** Avocado
- **1 stalk** Green Onion (chopped)
- Sea Salt & Black Pepper (to taste)
- **1/2 tsp** Paprika
- **1/2** Cucumber (sliced)

310 Calories

Per Serving	% Daily Value
Fat 18g	28%
Carbs 8g	3%
Fiber 4g	16%
Sugar 2g	0%
Protein 30g	60%

Raspberry Coconut Ice Cream

#snack #dessert #vegetarian #vegan #paleo #eggfree #glutenfree #dairyfree #lowfodmap #autoimmune #nightshade-free

 3 ingredients  5 minutes  2 servings

Directions

1. Scrape the coconut cream from the top of the can into a blender or food processor. The cream should have separated from the coconut juice after being refrigerated.
2. Add raspberries and maple syrup to blender and blend until very smooth and creamy, occasionally scraping down the sides. You may add 1 tbsp of coconut water at a time (leftover from your can) if the blender/processor gets stuck. Do not add more than 1/3 cup.
3. Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

Notes

Make it Chunky Chop and add fresh or thawed raspberries to the final mixture.

No Coconut Milk Use frozen banana slices instead.

Ingredients

- **3/4 cup** Frozen Raspberries
- **1 1/2 tsps** Maple Syrup
- **3/4 cup** Organic Coconut Milk (full fat, refrigerated overnight)

199 Calories

Per Serving	% Daily Value
Fat 17g	26%
Carbs 12g	4%
Fiber 3g	12%
Sugar 5g	0%
Protein 2g	4%

Fruit Kabobs

#snack #vegan #vegetarian #paleo #eggfree #nutfree #glutenfree #dairyfree #dessert #autoimmune #nightshade-free

 7 ingredients  15 minutes  8 servings

Directions

1. Wash fruit.
2. Slide one piece of each type of fruit onto the skewer and set aside.
3. Repeat using the same pattern until all ingredients are used up. Cover and store in the fridge until ready to serve. Enjoy!

Notes

Added Touch Drizzle with melted dark organic chocolate.

Mix it Up Use whatever fruit you have on hand. Watermelon, honeydew, banana and orange slices all work great!

Ingredients

- **1 cup** Strawberries (halved)
- **1 cup** Pineapple (cubed)
- **1 cup** Blackberries
- **1/2** Cantaloupe (cubed)
- **1 cup** Blueberries
- **1 cup** Raspberries
- **16** Barbecue Skewers

54 Calories

Per Serving	% Daily Value
Fat 0g	0%
Carbs 13g	4%
Fiber 3g	12%
Sugar 9g	0%
Protein 1g	2%

Broiled Pineapple with Cinnamon

#snack #dessert #vegan #vegetarian #paleo #eggfree #nutfree #glutenfree #dairyfree #lowfodmap #elimination #autoimmune #nightshade-free

 2 ingredients  10 minutes  2 servings

Directions

1. Adjust oven rack to the top, closest to the broiler. Set oven to high broil.
2. Place pineapple slices on a foil-lined baking sheet and sprinkle both sides with cinnamon.
3. Broil in oven for about 10 minutes, flipping halfway. Watch closely for burning as oven temperatures may vary.
4. Remove from oven and enjoy!

Notes

Serve it With Our one-ingredient banana ice cream, organic coconut ice cream, Paleo Granola or over oatmeal.

Ingredients

- **2 cups** Pineapple (cored and sliced into rounds)
- **1 tsp** Cinnamon

85 Calories

Per Serving	% Daily Value
Fat 0g	0%
Carbs 23g	8%
Fiber 3g	12%
Sugar 16g	0%
Protein 1g	2%

Celery with Peanut Butter

#snack #eggfree #vegan #vegetarian #paleo #glutenfree #dairyfree #lowfodmap #nightshade-free

 2 ingredients  5 minutes  4 servings

Directions

1. Spread peanut butter across celery sticks. Happy munching!

Notes

Nut-Free Use sunflower seed butter or hummus instead.

Ingredients

- **6 stalks** Celery (sliced into sticks)
- **1/2 cup** All Natural Peanut Butter

202 Calories

Per Serving	% Daily Value
Fat 17g	26%
Carbs 9g	3%
Fiber 3g	12%
Sugar 4g	0%
Protein 8g	16%

Pumpkin Hummus

#snack #vegetarian #vegan #eggfree #nutfree #appetizer #glutenfree #dairyfree #anticandida #elimination

 6 ingredients  10 minutes  2 servings

Directions

1. Add all ingredients together in a food processor. Blend until a creamy consistency forms. Enjoy!

Notes

Make it Spicy Add chili powder, cayenne pepper or chili flakes.

Extra Toppings Top with a drizzle of olive oil, cinnamon, cayenne pepper, pumpkin seeds or hemp seeds.

Serve it With Veggie sticks, brown rice tortilla chips, on a salad, in a wrap or as a sandwich spread!

Storage Store in an air-tight container in the fridge up to 3-5 days, or in the freezer up to 6 months.

Ingredients

- **1/4 cup** Pureed Pumpkin
- **1 cup** Chickpeas (cooked, drained and rinsed)
- **1** Garlic (clove)
- **1/4** Lemon (juiced)
- **2 tbsps** Extra Virgin Olive Oil
- **1/4 tsp** Sea Salt

268 Calories

Per Serving	% Daily Value
Fat 16g	25%
Carbs 26g	9%
Fiber 8g	32%
Sugar 5g	0%
Protein 8g	16%

Hummus Dippers

#snack #nutfree #eggfree #vegetarian #vegan #glutenfree #dairyfree #anticandida

 4 ingredients  15 minutes  4 servings

Directions

1. Slice your pepper, carrot and celery into sticks.
2. Line up 4 small mason jars (we like to use size 250 ml). Fill the bottom of each with $\frac{1}{4}$ cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat.

Notes

Homemade Make your own hummus! Check out our Sweet Potato Hummus or Green Pea Hummus recipes.

Mix it Up Substitute in different veggies like cucumber or zucchini.

Ingredients

- **1** Yellow Bell Pepper
- **1** Carrot
- **4 stalks** Celery
- **1 cup** Hummus

127 Calories

Per Serving	% Daily Value
Fat 6g	9%
Carbs 14g	5%
Fiber 5g	20%
Sugar 1g	0%
Protein 6g	12%

Fresh Strawberries

#vegan #vegetarian #eggfree #snack #nutfree #dessert #glutenfree #dairyfree #lowfodmap #autoimmune #nightshade-free

 1 ingredients  5 minutes  4 servings

Directions

1. Wash strawberries under cold water and remove the stems. Dry well. Slice and divide into bowls. Enjoy!

Notes

Make Them Last Once strawberries are washed, they tend not to last as long. So do not wash until you are ready to eat.

Ingredients

- **4 cups** Strawberries

49 Calories

Per Serving	% Daily Value
Fat 0g	0%
Carbs 12g	4%
Fiber 3g	12%
Sugar 7g	0%
Protein 1g	2%

Pear

#snack #eggfree #paleo #nutfree #vegetarian #vegan #glutenfree #dairyfree #elimination #autoimmune #nightshade-free

 1 ingredients  5 minutes  1 servings

Directions

1. Cut pear in half lengthwise. Cut each half in half again and use a knife to remove the core. Place all pieces in a bowl and enjoy!

Ingredients

- 1 Pear

101 Calories

Per Serving	% Daily Value
Fat 0g	0%
Carbs 27g	9%
Fiber 6g	24%
Sugar 17g	0%
Protein 1g	2%

Sour Cream n' Onion Kale Chips

#snack #appetizer #vegetarian #vegan #eggfree #glutenfree #dairyfree #nightshade-free

 6 ingredients  30 minutes  4 servings

Directions

1. Preheat oven to 350. Line a baking sheet with foil, shiny side facing down. Lightly grease with a splash of extra virgin olive oil.
2. Place apple cider vinegar, onion, cashews, sea salt and water together in a blender or food processor. Blend until a creamy consistency forms.
3. Place kale leaves in a large bowl and pour cashew mixture over top. Massage the mixture into the kale leaves.
4. Arrange kale leaves across the foil in a single layer. Don't overcrowd. You will need to bake in a few batches.
5. Bake in the oven for 10 to 15 minutes or until crispy. Keep a close eye after the 10 minute mark so you don't burn them. You may need to remove some and give others a bit more time to crisp up.
6. Throw into a bowl and enjoy!

Notes

Keep Them Crunchy Store in the freezer to keep crunchy.

Crunch Them Back Up If chips lose their crispness over time, throw them in the oven at 350 for 2 to 5 minutes to crisp them back up.

Ingredients

- **2 tbsps** Apple Cider Vinegar
- **1/4** Sweet Onion (finely diced, about 1/4 cup)
- **2/3 cup** Cashews
- **1/2 tsp** Sea Salt
- **1/3 cup** Water
- **8 cups** Kale Leaves (cut into large pieces, about 1 bunch of kale)

210 Calories

Per Serving	% Daily Value
Fat 11g	17%
Carbs 22g	7%
Fiber 5g	20%
Sugar 3g	0%
Protein 8g	16%

Spicy Sweet Potato Hummus

#snack #vegetarian #vegan #eggfree #nutfree #appetizer #glutenfree #dairyfree #elimination

 11 ingredients  1 hour  6 servings

Directions

1. Preheat oven to 400. Pierce both sweet potatoes several times with a fork. Place on baking sheet in oven and let bake for 45 minutes. Remove potatoes from oven and make a slit in the top. Let cool. Use a spoon to carve the flesh out into a bowl. (Throw away the skin unless you are using it as a chili bowl!)
2. Place all ingredients including sweet potato flesh together in a food processor and pulse until smooth. Serve with cucumber slices sprinkled with paprika.

Notes

No Cucumber Serve with any veggie sticks (carrots, celery, etc.).

Make it Spicy Add more cayenne pepper.

Ingredients

- 2 Sweet Potato
- 2 tbsps Extra Virgin Olive Oil
- 2 cups Chickpeas (cooked, drained and rinsed)
- 3 tbsps Tahini
- 3 Garlic (cloves, peeled)
- 1 Lemon (juiced)
- 1 tsp Sea Salt
- 1/2 tsp Cayenne Pepper
- 1/2 tsp Paprika
- 1/2 tsp Cumin
- 1 Cucumber

225 Calories

Per Serving	% Daily Value
Fat 10g	15%
Carbs 28g	9%
Fiber 7g	28%
Sugar 6g	0%
Protein 7g	14%

Sweet Potato & Lime Chips

#snack #paleo #vegetarian #vegan #nutfree #eggfree #appetizer #glutenfree #dairyfree #elimination #autoimmune #nightshade-free

 4 ingredients  50 minutes  3 servings

Directions

1. Preheat oven to 375.
2. Wash sweet potatoes and lay them on a cutting board lengthwise. Starting at one end, slice sweet potato as thinly as possible into rounds. Try to be consistent in how thin you slice so the chips bake evenly. (Use a mandolin slicer if you have one.)
3. In a mixing bowl, toss the sweet potato rounds with olive oil and season with sea salt.
4. Line a baking sheet with parchment paper. Place the sweet potato rounds on the baking sheet in a single layer. Bake in oven on middle rack for 20 minutes. Flip the sweet potato and bake for another 10 to 20 minutes or until golden-brown (depending on the thickness of the rounds).
5. Let cool. Drizzle a lime wedge over the chips and serve. If chips aren't crispy enough, stick them back in the oven for another 10 minutes.

Ingredients

- 3 Sweet Potato
- 1 tbsp Extra Virgin Olive Oil
- 1/2 tsp Sea Salt
- 1/2 Lime (sliced into wedges)

154 Calories

Per Serving	% Daily Value
Fat 5g	8%
Carbs 27g	9%
Fiber 4g	16%
Sugar 6g	0%
Protein 2g	4%