Increase Performance

FREE RECIPE BOOK

CONQUERING THE CRAVES & MAKING THE SAVES

A RECIPE BOOK FOR INCREASE PERFORMANCE ATHLETES

WITH COACH WAPPS



01

BREAKFAST

Quick & Easy Morning Options



BREAKFAST TACO SCRAMBLE

A healthy meal-prep breakfast scramble with potatoes, turkey taco meat, scrambled eggs and salsa (cheese optional!) — perfect to make ahead for the week.



INGREDIENTS

- 8 large eggs, beaten
- 1/4 tsp adobo seasoning salt
- 1/2 cup reduced-fat Mexican blend shredded cheese
- 1 lb lean ground turkey
- 2 tbsp taco seasoning
- 1/2 small onion, minced
- 2 tbsp bell pepper, minced
- 4 oz can tomato sauce
- 1/4 cup water
- 1/4 cup chopped scallions or cilantro, for topping
- Salsa, for serving

FOR THE POTATOES:

- 1 lb baby potatoes, quartered
- 4 tsp olive oil
- 3/4 tsp salt
- 1/2 tsp garlic powder
- Fresh black pepper, to taste

DIRECTIONS

1. Beat the eggs in a large bowl, season with seasoning salt and add the cheese.
2. Preheat the oven to 425°F. Spray a 9×12 or large oval casserole dish with oil.
3. Toss the potatoes with 1 tbsp oil, 3/4 tsp salt, garlic powder and black pepper. Bake until tender, tossing every 15 minutes, about 45 minutes to 1 hour.
4. Meanwhile, brown the turkey in a large skillet over medium heat, breaking it up as it cooks. When no longer pink, add the spices and mix well.
5. Add the onion, bell pepper, tomato sauce and water. Stir, cover and simmer on low for about 20 minutes.
6. Spray another skillet with nonstick spray, add the eggs and 1/4 tsp salt and scramble until just set, about 2 to 3 minutes.
7. To serve, place 3/4 cup turkey and 2/3 cup eggs in each bowl, divide the potatoes and top with cheese, scallions or cilantro. Serve with salsa on the side.

EGG BITES

Perfect for breakfast on the go, or as a post-game or post-workout snack.



INGREDIENTS

- 2 eggs
- 1 cup ricotta cheese
- Salt
- Pepper
- Everything Bagel seasoning (optional)
- Veggies of your choice

DIRECTIONS

1. Preheat the oven to 375°F.
2. Add veggies such as peppers, mushrooms, green onion, black olives, sun-dried tomatoes or spinach to a bowl.
3. Whisk together the eggs and ricotta cheese, salt, pepper and everything bagel seasoning.
4. Pour over the veggie mixture.
5. Fill greased muffin tins half full.
6. Bake for 20 minutes, or until set.
7. Makes 6. Enjoy!

OVERNIGHT OATS

An easy, healthy breakfast you can make ahead for busy mornings and customize with endless add-ins and toppings.



INGREDIENTS

- 3/4 cup quick oats
- 2/3 cup unsweetened milk (almond or cashew)
- 1 tsp honey
- 1/2 tsp vanilla extract
- 1/4 cup berries of choice (fresh or frozen)
- 1 tbsp almonds or nut of choice, sliced

DIRECTIONS

1. In a mason jar, combine and stir the oats, milk, honey and vanilla.
2. Top with fruit and nuts.
3. Close the jar and refrigerate 2-3 hours or overnight.

BREAKFAST BANANA SPLIT

Dessert for breakfast, anyone? A quick, protein-packed way to start the day.



INGREDIENTS

- 1 medium banana
- 1/2 cup Greek yogurt
- 1/2 cup chopped strawberries (or other berries)
- 1/4 cup chopped nuts, granola or unsweetened coconut

DIRECTIONS

1. Peel and cut the banana in half lengthwise.
2. Place in a shallow bowl.
3. Top with yogurt, berries, and nuts or other toppings of choice.

BREAKFAST PIZZA

A healthy breakfast pizza you can enjoy often — a few simple ingredients and a few minutes to make. Nutritious and delicious!



INGREDIENTS

- 3 pitas
- 3 oz bacon
- 6 slices light Swiss cheese (or mozzarella)
- 6 large eggs
- 10 oz tomato sauce
- Optional: vegetables of choice

DIRECTIONS

1. Cut the pita bread in half.
2. Spread with pizza sauce.
3. Top with cheese, bacon and vegetables.
4. Bake at 450°F for 8–10 minutes.
5. Fry the eggs on a nonstick pan until the whites start to set.
6. Top each pizza with an egg and broil for 30 seconds or more, until the egg sets to your liking.

MAPLE LIME TRIPLE BERRY QUINOA SALAD

A healthy, delicious triple berry quinoa salad that comes together in under 10 minutes with only 7 ingredients — naturally gluten-free and vegan!



INGREDIENTS

- 2 cups cooked red quinoa (from 1/2 cup uncooked)
- 1 cup sliced strawberries
- 1 cup blueberries
- 1 cup blackberries
- Juice of 2 limes
- 3 tbsp maple syrup
- 1/2 tsp ground ginger

DIRECTIONS

1. Add the quinoa and berries to a large mixing bowl and set aside.
2. In a separate bowl, whisk together the lime juice, maple syrup and ginger.
3. Pour the dressing over the salad and toss to combine.
4. Serve immediately (with lime zest to garnish) or store in the fridge for up to 3 days.

QUINOA COOKIES

Amazingly simple, and they taste delicious!



INGREDIENTS

- 1 cup oat flour
- 1 cup whole rolled oats
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp cinnamon
- 1/2 tsp sea salt
- 1/2 cup cooked quinoa
- 1 cup finely shredded carrots
- 2 tbsp ground flaxseed + 5 tbsp warm water
- 1/2 cup almond butter
- 1/4 cup coconut oil, melted
- 1/2 cup maple syrup
- 1/2 cup nuts and/or seeds
- 1/2 cup dried cranberries

DIRECTIONS

1. Mix everything together in a large bowl.
2. Bake at 350°F for about 15 minutes, or until golden.

BANANA BREAD OATMEAL

Gluten-free, vegan banana bread oatmeal that's super simple to whip up and tastes like the real deal.



INGREDIENTS

- 1/2 cup gluten-free rolled oats
- 1 cup water
- 1/2 tsp cinnamon
- 1/2 tsp vanilla
- Pinch of sea salt
- 1 banana, sliced (divided)
- 1 tbsp chopped walnuts
- 2 tsp coconut oil
- 2 tsp maple syrup (plus more for serving)

DIRECTIONS

1. Add the oats, cinnamon, vanilla, sea salt and half the banana slices to a medium pot. Add the water and stir to combine.
2. Heat over medium-high for 8–10 minutes, stirring often so the banana melts into the oats and they don't stick.
3. The oatmeal is done when the liquid is absorbed and the oats are thick and fluffy.
4. While the oats cook, heat a skillet over medium with the coconut oil and maple syrup. Add the remaining banana and walnuts.
5. Cook the banana 2 minutes per side, until golden, and toast the walnuts until just toasted. Remove from heat.
6. Place the cooked oats in a bowl and top with the caramelized banana and walnuts. Drizzle with extra maple syrup for sweeter oats.

BELL PEPPER & POTATO FRITTATA

Egg frittatas are an easy, inexpensive meal solution — whether for breakfast, lunch or dinner.



INGREDIENTS

- 4 thin slices green bell pepper, cut crosswise into 1/4-inch slices
- 4 large eggs
- 4 large egg whites
- Kosher salt and pepper, to taste
- 1 tsp olive oil
- 1/4 cup minced shallots
- 1 (7 oz) Yukon Gold potato, peeled and diced into 1/2-inch pieces
- 1/4 tsp garlic powder
- 1/4 tsp paprika

DIRECTIONS

1. Preheat the oven to 400°F.
2. Crack the eggs and egg whites into a large bowl. Add salt and pepper and beat until blended.
3. Heat a 10-inch nonstick oven-safe skillet over medium. Add the oil and shallots and cook until golden, 2–3 minutes.
4. Add the potatoes; season with salt, garlic powder, paprika and pepper. Cover and cook over medium-low, stirring occasionally, until crisp and tender, 12–15 minutes.
5. Pour in the egg mixture and arrange the bell peppers on top. Reduce heat to low and cook until the edges are set, 6–8 minutes.
6. Transfer the skillet to the oven and bake until completely set, 8–10 minutes.
7. Transfer onto a large plate, cut into 4 wedges and serve.

02

LUNCH

Protein-Packed & Ready for the Road



POWER-PACKED CHICKEN SALAD

Chicken salad made healthy.



INGREDIENTS

- 9 oz grilled chicken, chopped or shredded
- 1 cup celery, diced
- 1/4 cup red onion, diced
- 1 cup red grapes, quartered
- 1/2 cup bell pepper, diced
- 2 green onions, finely chopped
- 1/2 cup low-fat cottage cheese
- 1/4 cup non-fat Greek yogurt
- 2 tsp Dijon or yellow mustard
- Juice of 1/2 a lemon
- Salt and pepper, to taste

DIRECTIONS

1. Whisk together all the wet ingredients in a large bowl.
2. Add the remaining ingredients and stir to combine.
3. Serve on toast, bread, in a lettuce wrap, on a rice cake, or with your favourite crackers.

MEXICAN WHOLE BOWL

Easy, delicious Mexican bowls made in just 30 minutes.



INGREDIENTS

- 2 cups romaine lettuce
- 5 cherry tomatoes
- 1/4 cup basmati or wild rice (cooked)
- 2 oz ground beef (cooked with taco seasoning)
- 2 tbsp salsa
- 3–4 tbsp plain Greek yogurt
- 1 tbsp feta, crumbled

DIRECTIONS

1. Mix the cooked rice with the cooked beef.
2. In a bowl, add the lettuce and top with the rice mixture.
3. Top with tomatoes, salsa, Greek yogurt and feta.
4. To meal prep: place the rice mixture in a zip-lock bag; in an airtight container add lettuce, tomatoes and feta; in two small containers add the salsa and yogurt. When ready, microwave the rice mixture and combine everything in a bowl.

BUFFALO CHICKEN LETTUCE WRAPS

A set-it-and-forget-it slow cooker recipe.



INGREDIENTS

- 3–4 chicken breasts
- 1 celery stalk, diced
- 1/2 onion, diced
- 1 clove garlic, chopped
- 16 oz chicken broth
- 1/2 cup Frank's RedHot sauce
- Lettuce leaves (iceberg or romaine)
- Shredded carrot
- Matchstick-cut celery
- Plain Greek yogurt (optional)

DIRECTIONS

1. Put the chicken, onion, celery and garlic in a slow cooker. Cover with broth, adding water if needed.
2. Cover and cook on high for 4 hours or low for 6–7 hours.
3. Remove the chicken, reserving 1/2–3/4 of the liquid.
4. Shred the chicken with two forks, return it to the slow cooker with the broth, and add the hot sauce — moist but not too liquidy.
5. Cook on high for 30 more minutes.
6. Fill the lettuce leaves with chicken, carrot, celery and yogurt.

KALE, EDAMAME & QUINOA SALAD

Packed with juicy mango, tomatoes, heart-healthy avocado, nutty quinoa and crunchy kale — perfect for parties or packing for lunch.



INGREDIENTS

- 3/4 cup uncooked quinoa
- 1 1/2 cups water
- 1 1/2 cups frozen edamame, thawed
- 1 bunch kale, stems removed and finely diced
- 1 cup sliced grape tomatoes
- 1/3 cup diced red onion
- 1 large mango, pitted and diced
- 1 avocado, sliced

FOR THE LEMON BASIL VINAIGRETTE:

- 1/4 cup freshly squeezed lemon juice
- 1/4 cup olive oil
- 1 garlic clove, minced
- 1 tsp Dijon mustard
- 1 tsp honey (or agave)
- 4–6 large basil leaves, finely diced
- Salt and black pepper, to taste

TO GARNISH:

- 1/4 cup toasted sliced almonds

DIRECTIONS

1. Cook the quinoa: add the quinoa and water to a medium pot over high heat; bring to a boil, cover, reduce to low and cook 15 minutes. Fluff and transfer to a large bowl to cool.
2. Make the dressing: blend the olive oil, lemon juice, garlic, Dijon, honey, basil, salt and pepper for 10–15 seconds (or whisk by hand with finely chopped basil).
3. Add the kale to a large bowl and pour over half the dressing. Massage with clean hands about 3 minutes, until it breaks down.
4. Add the quinoa, edamame, red onion and remaining vinaigrette; toss to coat.
5. Before serving, toss again and add the tomatoes, mango and avocado. Sprinkle with toasted almonds. Serves 4.

SPIRALIZED GREEK CUCUMBER SALAD

The perfect light dish, finished with lemon and feta.



INGREDIENTS

- 1/2 seedless English cucumber (about 7 oz)
- 1/4 green bell pepper, chopped
- 1/3 cup grape tomatoes, halved
- 5 pitted kalamata olives
- 1 tbsp red onion, sliced
- 1/2 fresh lemon
- 1 oz fresh feta, sliced thick
- 1/2 tbsp extra-virgin olive oil
- Kosher salt and black pepper
- 1/2 tsp fresh oregano leaves, minced

DIRECTIONS

1. Spiralize the cucumber (or dice into small cubes if you don't have a spiralizer).
2. Cut the strands into smaller pieces, about 5–6 inches long, so they're easier to eat.
3. Place the cucumber in a large bowl with the bell pepper, tomatoes, olives and red onion.
4. Squeeze over half the lemon, drizzle with half the olive oil, and toss with the oregano, salt and pepper.
5. Plate, top with a slice of feta, and finish with the remaining olive oil.

BEEF VEGETABLE SOUP

Soup isn't just for chilly days. This one is a great way to use up summer veggies, and the tender beef adds delicious flavour.



INGREDIENTS

- 1 1/2 lbs beef stew meat
- 2 1/2 tbsp olive oil, divided
- Salt and black pepper
- 1 3/4 cups chopped yellow onion (1 large)
- 1 1/4 cups peeled, chopped carrots (3 medium)
- 1 cup chopped celery (3 medium)
- 1 1/2 tbsp minced garlic (4 cloves)
- 8 cups low-sodium beef or chicken broth
- 2 (14 oz) cans diced tomatoes
- 1 1/2 tsp dried basil
- 1 tsp dried oregano
- 1/2 tsp dried thyme
- 1 lb red or yellow potatoes, cut into 3/4-inch cubes
- 1 1/2 cups (5 oz) chopped green beans
- 1 1/2 cups frozen corn
- 1 cup frozen peas
- 1/3 cup chopped fresh parsley

DIRECTIONS

1. Heat 1 tbsp oil in a large pot over medium-high. Pat the beef dry, season with salt and pepper, and brown half the beef about 4 minutes, turning halfway. Transfer to a plate and repeat with 1/2 tbsp oil and the rest.
2. Add 1 tbsp oil to the empty pot, then the onion, carrots and celery; sauté 3 minutes. Add the garlic and sauté 1 minute more.
3. Pour in the broth, tomatoes, browned beef, basil, oregano and thyme; season with salt and pepper. Bring to a boil, reduce to low, cover and simmer 30 minutes, stirring occasionally.
4. Add the potatoes and simmer, covered, 20 minutes.
5. Stir in the green beans and simmer 15 minutes more, until the veggies and beef are tender.
6. Add the corn and peas and simmer until heated through, about 5 minutes. Stir in the parsley and serve warm.

STEAK TACO LETTUCE WRAPS

Grilled sirloin steak "flaco" tacos that use lettuce wraps instead of tortillas!



INGREDIENTS

FOR THE GUACAMOLE:

- 4 oz (1 small) Haas avocado
- 1/4 cup diced tomato
- 2 tbsp diced red onion
- 2 tsp lime juice
- 2 tsp chopped cilantro
- 1/2 tsp kosher salt
- Fresh black pepper, to taste

FOR THE PICO DE GALLO:

- 1/2 cup diced tomato
- 1/4 cup chopped onion
- 1 tbsp minced jalapeño
- 1 tsp lime juice
- 1/4 tsp kosher salt

FOR THE STEAK:

- 1 lb thin sirloin steaks
- 1 tsp kosher salt
- 1 tsp ground cumin
- 1/2 tsp garlic powder
- 1/8 tsp dried oregano
- Pinch of fresh ground pepper
- 8 lettuce shells (from 1 head)

DIRECTIONS

1. Combine the salt, cumin, garlic powder, oregano and black pepper. Rub over the steak.
2. Mash the avocado with the tomato, red onion, cilantro, lime juice, salt and pepper. Set aside.
3. Combine the pico de gallo ingredients; set aside.
4. Heat a grill over high. Clean and oil the grates. Cook the steaks 2-3 minutes per side, until cooked to your liking. Rest 5 minutes, then slice into thin strips.
5. To serve, fill each lettuce cup with 1 1/2 tbsp guacamole and top with steak and pico de gallo.

03

SUPPER

Fuel for Pre-Game & Post-Game



GRILLED CHICKEN — 2 WAYS

Two easy marinades — Balsamic Herbed and Spicy Honey Lime.



INGREDIENTS

BALSAMIC HERBED:

- 1/4 cup balsamic vinegar
- 1/4 cup soy sauce
- Juice of 1 lemon (or 3 tbsp)
- 2 tbsp minced garlic
- 1 tbsp olive oil
- 2 tbsp maple syrup
- 2 tbsp yellow mustard
- 1 tbsp dried rosemary
- 1/2 tbsp dried parsley
- 1 tsp dried basil
- 1/2 tsp black pepper

SPICY HONEY LIME:

- 2 tbsp minced garlic
- 1 1/2 tbsp minced ginger
- 1 tsp lime zest
- 6 tbsp honey or maple syrup
- 3 tbsp lime juice (1–2 limes)
- 3 tbsp soy sauce
- 2 tbsp sriracha
- 1 tbsp olive oil

DIRECTIONS

1. Whisk all the marinade ingredients (except the chicken) together in a bowl.
2. Place the chicken and marinade in a large zip-seal bag or airtight container.
3. Refrigerate for 30 minutes to 12 hours.
4. When ready, grill, bake or air-fry.

AMAZING EASY TURKEY TACOS

The title says it all.



INGREDIENTS

FOR THE TACO MEAT:

- 1 tsp olive oil
- 1 white onion, diced
- 1 lb 94% lean ground turkey
- 3 garlic cloves, minced
- 1 (8 oz) can tomato sauce
- 1/4 cup water (stovetop only)
- 2 1/2 tsp cumin
- 2 1/2 tsp chili powder
- 1 tsp dried oregano
- 1/2 tsp paprika
- 1/8 tsp cayenne (optional)
- 3/4 tsp salt

OPTIONAL TOPPINGS:

- 8 soft corn or flour tortillas
- 3/4 cup grape tomatoes, quartered
- 1/2 cup shredded cheddar
- 1 avocado, diced (or guacamole)
- Shredded lettuce
- Sliced fresh or pickled jalapeños

DIRECTIONS

1. Add the oil to a large skillet over medium-high. Add the onion and turkey; brown and break up the meat until nicely browned, about 5 minutes.
2. Stovetop: add the garlic, tomato sauce, water, cumin, chili powder, oregano, paprika, cayenne and salt. Stir and simmer over medium-low 10-15 minutes, until thickened.
3. Slow cooker: transfer to the slow cooker with the garlic, tomato sauce, cumin, chili powder, oregano, paprika, cayenne and salt. Stir and cook on high 2-3 hours or low 6-7 hours.
4. Divide the meat between 8 tortillas and add your toppings. Serves 4. Optional: serve with Greek yogurt.

PIZZA MEATBALLS

These cute little pizza meatball bites are an amazing weekend treat the whole family will love.



INGREDIENTS

- 2 lbs ground beef or turkey
- 1/3 cup almond flour
- 1 egg
- 1/2 cup pepperoni, chopped
- 1 cup pizza sauce
- 1 tsp garlic powder
- 1/4 cup onion, diced
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/2 tsp onion powder
- 1/2 tbsp oregano

DIRECTIONS

1. Preheat the oven to 400°F and line a baking sheet with parchment.
2. In a large bowl, add all the ingredients and mix until completely combined.
3. Using a cookie scoop or large spoon, form meatballs about 1 1/2 inches. Place on the sheet 1 inch apart.
4. Bake for 20–25 minutes. Use any extra sauce for dipping and serve with a salad.

30-MINUTE HEALTHIER CARBONARA

Healthier pasta carbonara made with turkey bacon, angel hair pasta, plenty of pecorino or parmesan for a creamy sauce, and peas.



INGREDIENTS

- 2 large eggs
- 1/2 cup grated pecorino romano or parmesan
- 1/2 tsp garlic powder
- 8 oz turkey bacon (or regular)
- 10 oz dry angel hair or spaghetti
- 1/4 cup reserved pasta water
- 1/4 tsp salt, plus more to taste
- Lots of freshly ground black pepper
- 1-1 1/2 cups frozen peas, thawed

DIRECTIONS

1. Whisk the eggs, cheese and garlic powder in a medium bowl. Set aside.
2. Cook the bacon in a large skillet over medium until golden on both sides, lowering the heat if it smokes. Blot, chop and set aside (drain all but 1-3 tsp grease if using pork bacon). Remove the pan from heat.
3. Meanwhile, bring a large pot of generously salted water to a boil. Cook the angel hair until al dente, about 6-8 minutes.
4. Reserve 1/4 cup pasta water, then drain. Immediately transfer the pasta to the off-heat bacon pan.
5. Slowly stir in the egg-cheese mixture, tossing with tongs so the pasta's warmth cooks the eggs into a creamy (not curdled) sauce. Add a little pasta water to loosen if needed.
6. Add 1/4 tsp salt, lots of black pepper, the bacon and peas. Toss to coat, taste and adjust. Garnish with extra cheese and serve. Serves 4.

GREEK TURKEY BURGERS

These Greek turkey burgers combine all our favourite Greek flavours, and can be served with or without the bun.



INGREDIENTS

- 1 1/2 lbs 93% lean ground turkey
- 1 tbsp minced garlic
- 1 tsp ground cumin
- 2 tsp dried oregano
- 1/3 cup Kalamata olives, finely chopped
- 3 oz crumbled feta
- 1 cup finely chopped, packed fresh spinach
- Pinch each of sea salt and black pepper
- Olive oil spray

DIRECTIONS

1. Preheat the oven to 420°F.
2. Add all the ingredients to a large bowl and mix thoroughly.
3. Form into 5 equal patties about 1 1/2 inches thick. Press a shallow thumb indent into the middle of each to keep them from doming.
4. Set a large oven-safe nonstick skillet over medium-high and spray with oil. When hot, add the patties.
5. Cook 3-4 minutes, until the edges are seared, then flip.
6. Cook 1 minute more, then transfer the skillet to the oven until the internal temperature reaches 165°F, 9-11 minutes. (Or bake on a lined sheet 8-10 minutes.)
7. Serve on a toasted whole-wheat bun with lettuce, cucumber, red onion, tomato and Greek yogurt — or with salad, rice, quinoa or roasted veggies.

CLASSIC TACOS AL PASTOR

Serve them up with sliced onion, pineapple and cilantro for a fantastic dinner your family will devour.



INGREDIENTS

- 1 (2–3 lb) boneless pork butt or loin
- 1 white onion, roughly chopped
- 1 large pineapple, peeled and cored, divided
- 1/2 cup orange juice
- 1/4 cup distilled white vinegar
- 2 tbsp ancho chili powder
- 4 cloves garlic, minced
- 1 chipotle in adobo
- 1 1/2 tsp salt
- 1 tsp dried Mexican oregano

FOR SERVING:

- 2 large limes, cut into wedges
- 1/2 cup fresh cilantro, chopped
- 1 small red onion, diced
- 12 small corn or flour tortillas

DIRECTIONS

1. Slice the pork thin and place in a large bowl or resealable bag.
2. Cut the pineapple into 2-inch spears. Dice about 1 cup and set the rest aside.
3. Blend the chopped onion with 1 cup of the diced pineapple, orange juice, vinegar, chipotle, chili powder, garlic, salt and oregano until smooth.
4. Pour the marinade over the pork and refrigerate at least 4 hours.
5. Heat a skillet or grill to high. In small batches, sear each slice of pork until cooked through, 2–4 minutes, grilling the pineapple spears alongside until lightly charred. Roughly chop the pork and dice the grilled pineapple.
6. Serve the pork hot on a warmed tortilla, topped with cilantro, grilled pineapple, red onion and a lime wedge.

HASSELBACK SWEET POTATOES

A unique way to serve sweet potatoes — rubbed with oil and roasted into soft slices with crispy golden edges.



INGREDIENTS

- 2 medium sweet potatoes
- 1/2 cup olive oil
- 2 garlic cloves, minced
- Salt and pepper
- Cheddar cheese, thinly sliced
- Bacon, cooked and chopped
- Green onion, thinly sliced

DIRECTIONS

1. Preheat the oven to 400°F and line a baking sheet with parchment.
2. Slice the potatoes into thin horizontal cuts, without cutting all the way through.
3. Whisk together the oil and garlic. Brush over the potatoes and season with salt and pepper.
4. Roast for 45 minutes, or until soft in the centre.
5. Tuck sliced cheese and bacon into the cuts. Return to the oven for 15 minutes, until the cheese melts.
6. Top with green onion. Enjoy with your favourite protein and a side salad.

HEALTHY SPAGHETTI SQUASH FRITTERS

Easy to make, naturally gluten-free, and delicious!



INGREDIENTS

- 1 medium spaghetti squash (about 3 cups cooked)
- 1 cup cooked quinoa
- 1/4 cup quinoa flour
- 1/4 cup nutritional yeast
- 1 tsp chili powder
- 1/2 tsp smoked paprika
- Salt and pepper, to taste
- 1 large egg, lightly beaten
- 1–2 tbsp coconut oil (or oil of choice)

DIRECTIONS

1. Preheat the oven to 400°F. Halve the squash lengthwise and scoop out the seeds. Place cut-side down in a baking dish with 1/4 inch of water. Roast 40–50 minutes, until a knife pierces the skin easily.
2. Flip and let cool. Scoop the flesh into a clean dishtowel and squeeze out as much water as you can. Transfer to a bowl.
3. Add the remaining ingredients and fold to combine into a soft dough.
4. Heat the oil in a skillet over medium-high. Cook the cakes until golden, 2–3 minutes, then flip and cook 1–2 minutes more. Repeat with the rest.
5. Serve immediately with salsa, hummus or tomato sauce.

UN-STUFFED CABBAGE BOWLS

Un-stuffed cabbage bowls — make them on the stove or in the Instant Pot!



INGREDIENTS

- Cooking spray
- 1 lb lean ground beef
- 1 1/4 tsp kosher salt
- 1 cup chopped onion
- 1 clove garlic, minced
- 1 tbsp dried marjoram
- Black pepper, to taste
- 8 oz can tomato sauce
- 1/2 tsp Hungarian paprika
- 1 cup less-sodium beef broth
- 2 tbsp raisins
- 1 cup cooked brown rice
- 1 medium head cabbage, cored and chopped (9 cups)

DIRECTIONS

1. Instant Pot: press Sauté and spray with oil. Add the beef and salt; cook, breaking up the meat, until browned, about 5 minutes. Add the onion, garlic, marjoram and pepper; stir. Add the tomato sauce, paprika, broth and raisins; cover and cook on high pressure 15 minutes. Quick release, add the rice and cabbage, and cook 3 minutes high pressure. Quick release and serve.
2. Stovetop: heat a large pot over medium-high, spray with oil, and cook the beef and salt until browned, about 5 minutes. Add the onion, garlic, marjoram and pepper; stir. Add the tomato sauce, 1/4 cup water, paprika, broth and raisins; cover and cook over medium-low 25 minutes. Add the rice and cabbage and cook 8–10 minutes, until tender. Serve with extra rice if desired.

SESAME ORANGE GINGER CHICKPEA STIR-FRY

A lip-smacking sesame-ginger orange chickpea stir-fry loaded with veggies — a healthier, vegetarian take on your favourite take-out. Vegan-friendly.



INGREDIENTS

FOR THE SAUCE:

- 3/4 cup freshly squeezed orange juice
- 1 tbsp honey (or agave if vegan)
- 2 tbsp gluten-free soy sauce
- 1 tsp freshly grated ginger
- 1 tbsp cornstarch
- Zest of 1 orange

FOR THE STIR-FRY:

- 1 1/2 tbsp toasted sesame oil, divided
- 1 (15 oz) can chickpeas, rinsed and drained
- 1/2 red onion, coarsely chopped
- 3 garlic cloves, minced
- 1 large red bell pepper, sliced into thin strips
- 8 oz fresh green beans, trimmed and cut into 2-inch pieces
- Green onion, for garnish
- Toasted sesame seeds, for garnish
- Red pepper flakes (optional)
- Cooked quinoa or brown rice, for serving

DIRECTIONS

1. Make the sauce: whisk the orange juice, honey, soy sauce, ginger, cornstarch and orange zest until the cornstarch dissolves. Set aside.
2. Heat 1 tbsp sesame oil in a large skillet over medium-high. Add the chickpeas and cook, stirring often, until lightly golden, about 5 minutes. Transfer to a plate.
3. Add the remaining 1/2 tbsp oil, then the onion; sauté until translucent and golden, 3–4 minutes. Add the garlic and bell pepper; cook 3 minutes. Add the green beans and sauté 3–4 minutes, keeping a little crunch.
4. Pour in the sauce, stirring as it thickens. Add the chickpeas and stir. Reduce to medium-low and simmer 3–4 minutes more.
5. Serve over quinoa or brown rice. Garnish with sesame seeds, green onion and red pepper flakes. Serves 4.

04

SNACKS

Grab-and-Go Fuel



SMOOTHIES — 3 WAYS

Three easy blends: Chocolate Cherry, Kale Mango Pineapple, and Healthy Greens.



INGREDIENTS

CHOCOLATE CHERRY:

- 1/2 cup fresh or frozen cherries
- 2 tbsp cocoa powder
- Generous handful of spinach
- 1 scoop protein powder
- 2/3–1 cup oat milk (or other milk)

KALE MANGO PINEAPPLE:

- 60 g kale or other leafy greens
- 40 g mango chunks
- 40 g pineapple chunks
- 1/2 banana
- 1 tbsp chia or flax seeds
- 1 tbsp oats
- 1 1/2 cups water (to desired consistency)

HEALTHY GREENS:

- 1 cup spinach or kale
- 1/2 cup frozen mango
- 1/2 cup frozen pineapple
- 1/2 banana
- 1 scoop vanilla protein powder

DIRECTIONS

1. Add all the ingredients for your chosen smoothie to a blender.
2. Blend until smooth and enjoy!

COPYCAT STARBUCKS PROTEIN BISTRO BOX

These little bistro boxes are great for kids, athletes and parents on the go.



INGREDIENTS

- 1 or 2 hard-boiled eggs
- 2 tbsp all-natural nut butter or hummus
- Celery sticks, snow peas or carrot sticks
- Cucumber or pepper slices
- Organic green grapes or blueberries
- A small piece of all-natural cheese
- Any other items — make it your own!

DIRECTIONS

1. Pack everything in an airtight container and store in the fridge for an easy grab-and-go snack.

ENERGY BALLS

Make a huge batch and freeze them to build a good stockpile.



INGREDIENTS

- 1 cup oatmeal
- 1/3 cup almonds, chopped
- 1/3 cup sweetened shredded coconut
- 1 tbsp ground flaxseed (optional)
- 1/2 cup nut butter
- 1/4 cup honey
- 1 tbsp chia seeds
- 1/3 cup dried cranberries, roughly chopped

DIRECTIONS

1. Bake the oatmeal, almonds and coconut for 8–10 minutes at 350°F, stirring after 5 minutes. Let cool.
2. In a medium bowl, microwave the nut butter 20–30 seconds until runny. Add the baked mix along with the flaxseed, honey, chia seeds and cranberries.
3. Form into 1 1/2-inch balls and refrigerate.
4. Store in an airtight container in the fridge up to 1 week, or the freezer up to 3 months.

CASHEW COCONUT BARS

These healthy cashew coconut bars are simple to make and filled with ingredients to nourish your body.



INGREDIENTS

- 1/3 cup honey
- 1/4 cup almond flour
- 1 tbsp almond butter (or nut butter of choice)
- 1 1/3 cups unsalted cashews, roughly chopped
- 1/4 tsp salt
- 5-6 pitted dates, chopped (about 1/4 cup)
- 3/4 cup unsweetened coconut
- 1 tbsp chia seeds

DIRECTIONS

1. Preheat the oven to 300°F and line an 8-inch square pan with parchment, leaving an overhang.
2. In a medium bowl, mix the honey, almond flour and nut butter until combined. Fold in the cashews, dates, coconut and chia seeds.
3. Transfer to the pan and press firmly into an even, tightly packed layer.
4. Bake 20 minutes. Cool completely in the pan, then chill in the fridge 1 hour more.
5. Remove from the pan and cut into bars. Store in the fridge up to 2 weeks (they freeze well too).

GINGERBREAD COOKIES

A healthier spin on a holiday classic.



INGREDIENTS

- 1 1/2 cups almond flour
- 1/4 cup tapioca starch
- 2 tsp ground ginger
- 1/2 tsp ground cinnamon
- 1/8 tsp fine sea salt
- 1/2 tsp baking soda
- 2 tbsp melted coconut oil
- 1/4 cup maple syrup
- 1 tbsp blackstrap molasses
- Extra tapioca starch, for rolling

DIRECTIONS

1. Preheat the oven to 350°F and line a baking sheet with parchment.
2. In a large bowl, stir together the almond flour, starch, ginger, cinnamon, salt and baking soda. Add the coconut oil, maple syrup and molasses and stir into a sticky dough.
3. Freeze the dough 30 minutes (or refrigerate overnight) to firm up.
4. Place the dough on parchment, sprinkle with tapioca starch, and roll to 1/4-inch thick. Cut with your favourite cookie cutters (makes about 10).
5. Bake 10 minutes. Let cool before transferring to a rack.

ALMOND FLOUR SUGAR COOKIES

Soft almond flour sugar cookies with a simple coconut-oil frosting.



INGREDIENTS

- 1 1/2 cups almond flour
- 1/4 cup tapioca starch
- 1 tbsp melted coconut oil
- 5 tbsp maple syrup
- 1/2 tsp almond extract
- 1 tsp vanilla
- 1/4 tsp baking soda
- Pinch of sea salt

FOR THE FROSTING:

- 2 tbsp softened coconut oil
- 2 tbsp honey
- 1/2 tsp almond extract
- Pinch of sea salt

DIRECTIONS

1. Preheat the oven to 350°F.
2. In a medium bowl, combine the cookie ingredients into a thick, creamy batter. Chill 30 minutes, then roll to 1/4-inch thick and cut into shapes.
3. Bake on a parchment-lined sheet for 8 minutes, or until the edges turn golden.
4. Cool on the pan 10 minutes, then transfer to a wire rack to cool completely.
5. Make the frosting: cream the coconut oil, honey, almond extract and salt until combined (chill if it melts). Frost the cookies and enjoy!

LEMON BLUEBERRY SHEET-PAN PANCAKES

Sheet-pan pancakes — essentially a giant pancake baked in the oven — are the most genius way to make pancakes!



INGREDIENTS

- Cooking spray
- 1 1/2 cups unbleached all-purpose flour
- 1/2 cup white whole-wheat flour
- 2 tbsp granulated sugar
- 2 tsp baking powder
- 1 tsp baking soda
- 1 tsp kosher salt
- 2 tbsp unsalted butter, melted
- 2 cups low-fat (1%) buttermilk
- 2 large eggs
- Juice and zest of 1 lemon
- 2 tsp vanilla extract
- 1 1/2 cups blueberries
- 1/4 cup water

OPTIONAL TOPPINGS:

- Confectioners' sugar, maple syrup, honey or whipped cream

DIRECTIONS

1. Preheat the oven to 425°F. Spray a rimmed 13×18-inch sheet pan.
2. Line the pan with parchment, then spray the parchment and sides again.
3. In a medium bowl, whisk the flours, sugar, baking powder, baking soda and salt. In another bowl, whisk the butter, buttermilk, eggs, lemon juice and zest, vanilla and 1/4 cup water.
4. Add the wet to the dry and whisk until just combined (a few lumps are fine). Gently fold in the blueberries.
5. Pour the batter into the pan, spread evenly, and tap the pan on the counter to settle.
6. Bake, rotating halfway, until golden and set, about 15 minutes. Cool 5 minutes.
7. Place a cutting board over the pan and flip the pancake onto it. Cut into 16 squares, add toppings and serve.