

Sample Whole Food Plan

3 days

	Mon	Tue	Wed
Breakfast	Pumpkin Pie Baked Oatmeal	Pumpkin Pie Protein Smoothie	Turkey Apple Breakfast Hash
Snack 1	Cranberry Protein Cookies	Cranberry Protein Cookies	Cashews & Clementines
Lunch	Slow Cooker Black Bean Soup	Slow Cooker Black Bean Soup	Marinated Veggie Salad Mushroom Garlic Quinoa
Snack 2	Celery & Hummus	Apple with Almond Butter	Banana with Almond Butter
Dinner	Roasted Chicken Marinated Veggie Salad	Roasted Chicken Mushroom Garlic Quinoa	Roasted Sweet Potato & Brussels Sprouts Salad

Sample Whole Food Plan

53 items

Fruits

- 3 Apple
- 5 Banana
- 4 Clementines
- 1 1/3 Lime

Breakfast

- 1 1/2 cups Almond Butter
- 1/2 cup Maple Syrup

Seeds, Nuts & Spices

- 1/2 tsp Black Pepper
- 1/2 cup Cashews
- 1 tsp Cayenne Pepper
- 1 tsp Cinnamon
- 2 tsps Cumin
- 1/4 cup Ground Flax Seed
- 2 1/2 tsps Paprika
- 2 tsps Poultry Seasoning
- 1/4 cup Pumpkin Seeds
- 2 1/8 tsps Sea Salt
- 0 Sea Salt & Black Pepper

Vegetables

- 4 cups Baby Spinach
- 2 cups Broccoli
- 3 cups Brussels Sprouts
- 1 cup Butternut Squash
- 2/3 Carrot
- 5 1/3 stalks Celery
- 1 cup Cherry Tomatoes
- 1/2 Cucumber
- 7 Garlic
- 1 cup Matchstick Carrots
- 3 cups Mushrooms
- 3/4 cup Red Onion
- 1 Sweet Potato
- 1 Yellow Bell Pepper
- 2/3 Yellow Onion

Boxed & Canned

- 4 cups Black Beans
- 2 cups Diced Tomatoes
- 3 cups Lentils
- 1 cup Quinoa

Baking

- 3/4 tsp Baking Powder
- 1/4 cup Dried Unsweetened Cranberries
- 3 1/2 cups Oats
- 1 1/3 tsps Pumpkin Pie Spice
- 3 cups Pureed Pumpkin
- 2 tsps Vanilla Extract

Bread, Fish, Meat & Cheese

- 1/2 lb Extra Lean Ground Turkey
- 1/2 cup Hummus
- 4 lbs Whole Roasting Chicken

Condiments & Oils

- 1/4 cup Apple Cider Vinegar
- 1 1/2 tsps Avocado Oil
- 1/3 cup Extra Virgin Olive Oil
- 2 tsps Tahini

Cold

- 2 Egg
- 3 cups Unsweetened Almond Milk

Other

- 3/4 cup Vanilla Protein Powder
- 3 1/4 cups Water

Pumpkin Pie Baked Oatmeal

11 ingredients · 45 minutes · 6 servings



Directions

1. Preheat oven to 375F. Grease a baking dish with a little coconut oil. (Use a 9 x 13 inch dish for 6 servings.)
2. In a large bowl, whisk together the pumpkin, eggs, maple syrup, pumpkin pie spice, vanilla, baking powder, salt and milk until smooth. Stir the oats and ground flax into the pumpkin mixture. Pour into the baking dish and sprinkle pumpkin seeds over top.
3. Bake in the preheated oven for 40 minutes or until the centre feels set and the edges are slightly golden.

Ingredients

- 2 cups** Pureed Pumpkin
- 2** Egg
- 1/2 cup** Maple Syrup
- 1 tbsp** Pumpkin Pie Spice
- 1 tsp** Vanilla Extract
- 3/4 tsp** Baking Powder
- 1/2 tsp** Sea Salt
- 1 cup** Unsweetened Almond Milk
- 2 1/2 cups** Oats (rolled or quick)
- 1/4 cup** Ground Flax Seed
- 1/4 cup** Pumpkin Seeds

Pumpkin Pie Protein Smoothie

6 ingredients · 10 minutes · 2 servings



Directions

1. Combine all ingredients together in a blender and blend very well until smooth. Pour into glasses and enjoy!

Ingredients

- 2 cups** Unsweetened Almond Milk
- 1 cup** Pureed Pumpkin
- 2** Banana (frozen)
- 1 tsp** Vanilla Extract
- 1 tsp** Pumpkin Pie Spice
- 1/2 cup** Vanilla Protein Powder

Turkey Apple Breakfast Hash

10 ingredients · 35 minutes · 2 servings



Directions

1. Heat a large skillet over medium heat. Add the ground turkey, cinnamon and poultry seasoning. Cook for 5 to 7 minutes, until thoroughly browned, breaking up into little pieces as it cooks. Drain off the fat, transfer to a bowl and set aside.
2. In the same skillet, heat the oil over medium heat. Add the onion and garlic, sauteeing until translucent. Next add the brussels sprouts, butternut squash, and apples. Cover and cook for about 10 minutes, stirring occasionally, until all veggies are soft.
3. Add the ground turkey back into the skillet and stir to combine. Season to taste with sea salt. Divide into bowls and enjoy!

Ingredients

- 1/2 lb Extra Lean Ground Turkey
- 1/2 tsp Cinnamon
- 1 tbsp Poultry Seasoning
- 1 1/2 tps Avocado Oil
- 1/2 cup Red Onion (diced)
- 1 Garlic (cloves, minced)
- 1 cup Brussels Sprouts (trimmed and halved)
- 1 cup Butternut Squash (peeled and cubed)
- 1 Apple (cored and diced)
- 1/8 tsp Sea Salt (to taste)

Cranberry Protein Cookies

6 ingredients · 20 minutes · 8 servings



Directions

1. Preheat oven to 350. Mash bananas in a bowl with a fork. Add protein powder and mix well.
2. Mix in the oats, almond butter, cinnamon and dried cranberries. Roll into balls and place on a baking sheet lined with parchment paper. Press down gently with a fork to flatten. Bake for 20 minutes or until golden brown. Enjoy!

Ingredients

- 1 Banana (mashed)
- 1/4 cup Vanilla Protein Powder
- 1 cup Oats
- 1 cup Almond Butter
- 1/2 tsp Cinnamon
- 1/4 cup Dried Unsweetened Cranberries

Cashews & Clementines

2 ingredients · 5 minutes · 2 servings



Directions

1. Divide into bowls and enjoy!

Ingredients

- 1/2 cup Cashews
- 4 Clementines

Slow Cooker Black Bean Soup

11 ingredients · 4 hours · 4 servings



Directions

1. Combine all ingredients together in your slow cooker. Cook on high for 4 hours, or on low for 6 hours.
2. Pour approximately half the soup into a blender (or use an immersion blender) and blend into a smooth puree. Be sure to leave a spot for the steam to escape. Add the pureed soup back into the slow cooker and mix everything well. Ladle into bowls, top with desired toppings and enjoy!

Ingredients

- 1 **1/3 tbsps** Extra Virgin Olive Oil
- 2/3** Yellow Onion (finely diced)
- 1 **1/3 stalks** Celery (diced)
- 2/3** Carrot (large, chopped)
- 4 Garlic (cloves, minced)
- 2 tsps** Cumin
- 1/3 tsp** Cayenne Pepper
- 4 cups** Black Beans (cooked, drained and rinsed)
- 2 cups** Diced Tomatoes
- 1 1/3 cups** Water
- 1 1/3** Lime (juiced)

Celery & Hummus

3 ingredients · 5 minutes · 2 servings



Directions

1. Sprinkle hummus with paprika for some added flavour (optional). Dip, dunk and enjoy!

Ingredients

- 4 stalks** Celery (cut into sticks)
- 1/2 cup** Hummus
- 1/2 tsp** Paprika (optional)

Apple with Almond Butter

2 ingredients · 5 minutes · 2 servings



Directions

1. Slice apple and cut away the core.
2. Dip into almond butter.
3. Yummmm.

Ingredients

- 2 Apple
- 1/4 cup Almond Butter

Banana with Almond Butter

2 ingredients · 2 minutes · 2 servings



Directions

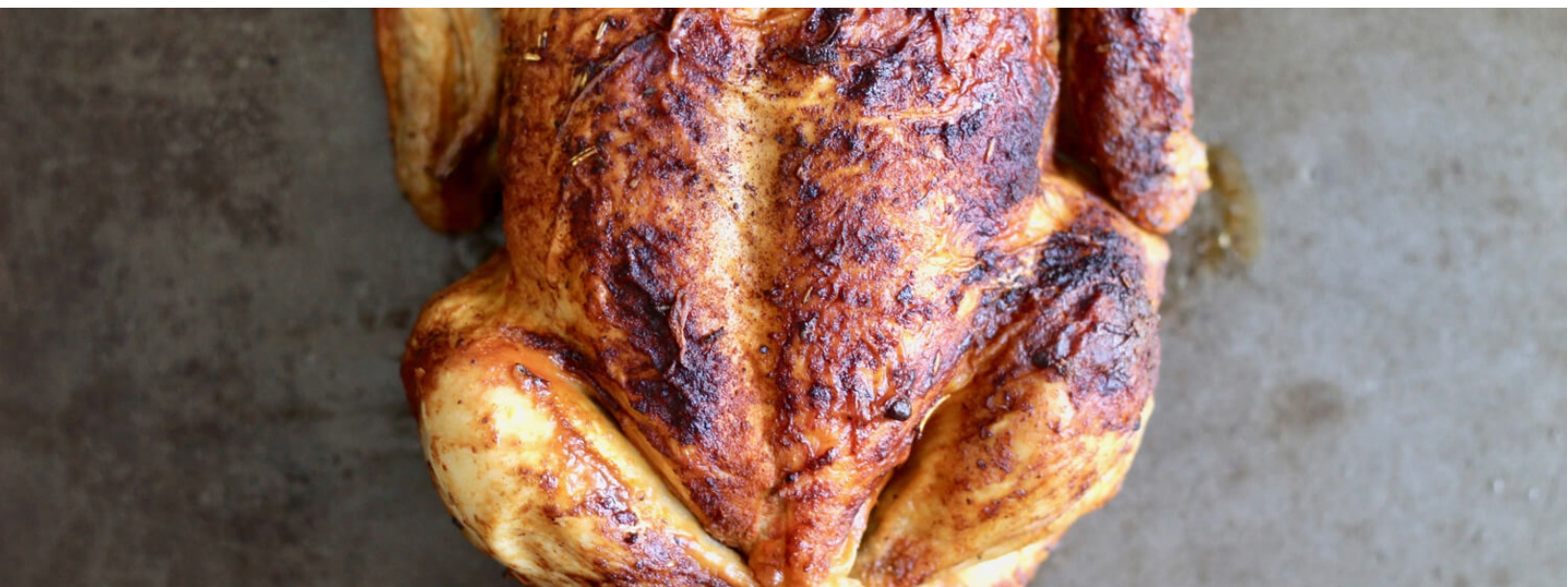
1. Slice banana.
2. Dip in almond butter.
3. Bam.

Ingredients

- 2 Banana
- 1/4 cup Almond Butter

Roasted Chicken

6 ingredients · 2 hours · 4 servings



Directions

1. Preheat oven to 350 degrees F.
2. Place chicken in a roasting pan, rub with oil, and season generously inside and out with salt, pepper, poultry seasoning, and paprika.
3. Bake uncovered for 1.5 to 2 hours, or until internal temperature reaches 180 degrees F.
4. Remove from oven and let sit for 15 minutes before slicing and serving. Enjoy!

Ingredients

- 4 lbs** Whole Roasting Chicken
- 1 tbsp** Extra Virgin Olive Oil
- 1 tsp** Sea Salt
- 1/2 tsp** Black Pepper
- 1 tbsp** Poultry Seasoning
- 2 tsps** Paprika

Marinated Veggie Salad

12 ingredients · 20 minutes · 4 servings



Directions

1. Combine vinegar, oil, sea salt and cayenne pepper in a mason jar. Seal and shake well. Set aside.
2. Combine all remaining ingredients in a large mixing bowl. Pour dressing in and toss well. Cover and refrigerate until ready to eat. Toss before serving. Enjoy!

Ingredients

- 1/4 cup** Apple Cider Vinegar
- 2 tbsps** Extra Virgin Olive Oil
- 1/2 tsp** Sea Salt
- 1/2 tsp** Cayenne Pepper
- 2 cups** Broccoli (chopped into small florets)
- 1/2** Cucumber (diced)
- 1 cup** Matchstick Carrots
- 1** Yellow Bell Pepper (finely sliced)
- 1/4 cup** Red Onion (finely sliced)
- 1 cup** Cherry Tomatoes (halved)
- 1 cup** Mushrooms (sliced)
- 2 cups** Lentils (cooked, drained and rinsed)

Mushroom Garlic Quinoa

6 ingredients · 20 minutes · 4 servings



Directions

1. Combine the quinoa and water together in a pot. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover. Let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid, fluff with a fork and set aside.
2. While the quinoa cooks, heat olive oil in a saucepan over medium heat. Saute sliced mushrooms until soft. Add garlic and saute for another 1 to 2 more minutes.
3. In a bowl, combine mushrooms with quinoa and season with salt and pepper. Enjoy!

Ingredients

- 1 cup Quinoa (uncooked)
- 1 3/4 cups Water
- 1 1/2 tps Extra Virgin Olive Oil
- 2 cups Mushrooms (thinly sliced)
- 2 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)

Roasted Sweet Potato & Brussels Sprouts Salad

11 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the oven to 425 degrees F. Line a large baking sheet with parchment paper.
2. Combine the diced sweet potato and brussels sprouts in a bowl. Add olive oil and season with sea salt and black pepper to taste. Toss well then spread across the baking sheet. Bake in the oven for 30 minutes or until both vegetables are cooked through and starting to brown.
3. While the vegetables roast, combine the tahini, maple syrup, water, cayenne pepper and sea salt in a jar. Seal with a lid and shake well to mix. Set aside.
4. Remove the roasted vegetables from the oven and place back in the mixing bowl. Add in the lentils. Mix well.
5. Divide spinach between bowls. Top with lentils and roasted vegetable mix. Drizzle with desired amount of dressing. Enjoy!

Ingredients

- 1 Sweet Potato (medium. sliced into 1 inch cubes)
- 2 cups Brussels Sprouts (washed and halved)
- 1 1/2 tpsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Tahini
- 1 1/2 tpsps Maple Syrup
- 2 tbsps Water (warm)
- 1/8 tsp Cayenne Pepper (less if you don't like it spicy)
- 1/16 tsp Sea Salt
- 1 cup Lentils (cooked, drained and rinsed)
- 4 cups Baby Spinach (chopped)