



## Budget Friendly Meals

Created by Fit Nutrition Canada



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Fit Nutrition Canada

All recipes cost under \$2.48 per serving to prepare! Happy ballin on a budget!

If you make any of these recipes be sure to tag @fitnutritioncanada in them.

Thank you & enjoy,  
Bridget

# Warm Peas with Eggs

5 ingredients · 15 minutes · 4 servings



## Directions

1. In a pan over medium-high heat, sauté the onions with the water. Cook until browned, stirring frequently and adding more water as needed to prevent the onions from sticking.
2. Add the peas and stir until warmed through. Season with salt.
3. Crack the eggs over the peas, spacing them out evenly. Cover the pan with a lid and bring down the heat to low. Cook for 3 to 5 minutes or until the egg whites have cooked through and the yolk is set to your liking.
4. Remove from heat and serve immediately. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving equals approximately two eggs with 1 1/2 cups of the pea and onion mixture.

### More Flavor

Use broth or oil instead of water.

### Additional Toppings

Top with avocado, diced tomatoes, salsa, olives and/or feta cheese. Serve with toast, rice cakes, toasted sweet potato slices or as is.

## Ingredients

1 White Onion (diced)

1/3 cup Water

6 cups Frozen Peas

1/2 tsp Sea Salt

8 Egg

## Nutrition

Amount per serving

<b>Calories</b>	341	Vitamin A	5581IU
<b>Fat</b>	10g	Vitamin C	26mg
<b>Carbs</b>	38g	Calcium	122mg
Fiber	11g	Iron	5mg
Sugar	12g	Vitamin D	82IU
<b>Protein</b>	25g	Folate	194µg
Cholesterol	372mg		



# Mango, Edamame & Cabbage Salad with Peanut Sauce

9 ingredients · 15 minutes · 4 servings



## Directions

1. In a large salad bowl, whisk together the peanut butter, olive oil, rice vinegar, tamari and honey until well combined.
2. Add remaining ingredients and toss until evenly coated. Enjoy immediately or let marinate overnight.

## Notes

### Nut-Free

Use tahini instead of peanut butter. Top with sesame seeds or hemp hearts instead of peanuts.

### No Cabbage

Use coleslaw mix, mixed greens, kale or spinach instead.

### No Rice Vinegar

Use apple cider vinegar instead.

### Extra Flavour

Add lime juice, red pepper flakes, minced garlic, grated ginger, sliced carrots and/or chopped cilantro.

### Leftovers

Refrigerate in an air-tight container up to 3 to 4 days.

## Ingredients

- 1/4 cup All Natural Peanut Butter
- 1/4 cup Extra Virgin Olive Oil
- 2 tbsps Rice Vinegar
- 1 tbsp Tamari
- 1/4 cup Raw Honey
- 4 cups Purple Cabbage (finely sliced)
- 2 cups Frozen Edamame (thawed)
- 2 cups Frozen Mango (thawed)
- 1/2 cup Raw Peanuts (roughly chopped)

## Nutrition

Amount per serving

Calories	553	Vitamin A	2117IU
Fat	35g	Vitamin C	85mg
Carbs	50g	Calcium	124mg
Fiber	10g	Iron	4mg
Sugar	35g	Vitamin D	0IU
Protein	20g	Folate	351µg
Cholesterol	0mg		

# Slow Cooker Black Bean Soup

11 ingredients · 4 hours · 6 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!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days. Freeze for up to two months.

### Serving Size

One serving equals approximately 1.5 cups.

### Toppings

Cilantro, avocado, sour cream, yogurt, cheese, salsa and/or tortilla chips.

### Stove Top

If you don't have a slow cooker, or if you need to increase the servings above 6 and your slow cooker is too small, make it on the stove top in a large stock pot instead. Add all ingredients to the pot and bring to a boil. Once boiling, reduce to a simmer. Cover and let simmer on low for an hour before blending.

## Ingredients

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

## Nutrition

Amount per serving

<b>Calories</b>	318	<b>Vitamin A</b>	2352IU
<b>Fat</b>	6g	<b>Vitamin C</b>	19mg
<b>Carbs</b>	51g	<b>Calcium</b>	108mg
<b>Fiber</b>	17g	<b>Iron</b>	6mg
<b>Sugar</b>	6g	<b>Vitamin D</b>	0IU
<b>Protein</b>	17g	<b>Folate</b>	265µg
<b>Cholesterol</b>	0mg		



# Chickpea Edamame Salad with Lemon & Dill

8 ingredients · 10 minutes · 4 servings



## Directions

1. In a large mixing bowl, whisk together the lemon juice, avocado oil, dijon, maple syrup and dill.
2. Toss in the spinach, chickpeas and edamame until well combined. Enjoy!

## Notes

### Storage

Refrigerate in an airtight container up to 3 to 5 days.

### No Spinach

Use mixed greens, arugula, kale or romaine lettuce instead.

### Soy-Free

Use green peas instead of edamame.

### No Chickpeas

Use lentils or black beans instead.

## Ingredients

- 1 Lemon (juiced)
- 2 tbsps Avocado Oil
- 2 tsps Dijon Mustard
- 2 tsps Maple Syrup
- 1/4 cup Fresh Dill (chopped)
- 4 cups Baby Spinach (chopped)
- 2 cups Chickpeas (cooked)
- 2 cups Frozen Edamame (thawed)

## Nutrition

Amount per serving

Calories	311	Vitamin A	3110IU
Fat	13g	Vitamin C	19mg
Carbs	34g	Calcium	124mg
Fiber	11g	Iron	5mg
Sugar	8g	Vitamin D	0IU
Protein	17g	Folate	443µg
Cholesterol	0mg		

# Spiced Lentils & Broccolini with Lemon

10 ingredients · 30 minutes · 4 servings



## Directions

1. Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. Add the broccolini and lemon and toss with the avocado oil and half the sea salt. Roast for 8 to 10 minutes, until the broccolini is slightly browned in spots. Remove and set aside.
2. In a skillet over medium-low heat, add the extra virgin olive oil, garlic, coriander and fennel. Sauté until the garlic is lightly browned, stirring frequently to prevent burning, about 3 to 4 minutes.
3. Drizzle half of the oil mixture into the cooked lentils and stir. Divide onto plates and top with the broccolini and lemon and then drizzle the remaining oil on top. Finish with mint leaves, serve and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Additional Toppings

Top with chili flakes and fresh herbs.

### More Flavor

Use whole coriander and fennel seeds and grind to release the spices.

### Warmed Lentils

If needed, you can add the cooked lentils to the garlic, spice mixture and heat through for 2 to 3 minutes until warmed.

## Ingredients

- 1 1/3 bunches Broccolini (trimmed)
- 2/3 Lemon (sliced thin)
- 1 1/3 tbsps Avocado Oil
- 2/3 tsp Sea Salt (divided)
- 1/4 cup Extra Virgin Olive Oil
- 1 1/3 Garlic (clove, thinly sliced)
- 1 tsp Coriander
- 1 tsp Fennel Seed (ground)
- 1 1/3 cups Green Lentils (cooked, drained and rinsed)
- 1/3 cup Mint Leaves (chopped)

## Nutrition

Amount per serving

Calories	281	Vitamin A	6700IU
Fat	19g	Vitamin C	59mg
Carbs	20g	Calcium	201mg
Fiber	10g	Iron	4mg
Sugar	2g	Vitamin D	0IU
Protein	12g	Folate	227µg
Cholesterol	0mg		



# Chopped Salad Pitas

6 ingredients · 10 minutes · 4 servings



## Directions

1. In a bowl, combine the chickpeas, tomatoes, cucumber and salt. Adjust salt as needed.
2. Gently open each pita half to create a pocket. Evenly spread a thin layer of yogurt inside each pita pocket.
3. Stuff the pita pockets with the chickpea mixture. Enjoy!

## Notes

### Leftovers

Refrigerate the chickpea mixture in an airtight container for up to five days. Assemble the pita with yogurt just before serving.

### Serving Size

Each serving equals one pita half stuffed with the chickpea mixture.

### Gluten-Free

Use lettuce wraps, collard greens, brown rice tortillas or gluten-free flatbread instead.

### More Flavor

Add lime juice, fresh herbs or spices.

### Additional Toppings

Bell peppers, feta cheese, red onions and/or black olives.

### No Chickpeas

Use marinated tofu, white beans, lentils, chicken breast or turkey instead.

## Ingredients

- 2 cups Chickpeas (cooked)
- 2 cups Cherry Tomatoes (sliced into quarters)
- 1/2 Cucumber (chopped)
- 1/2 tsp Sea Salt
- 2 Whole Wheat Pita (halved)
- 1/2 cup Unsweetened Coconut Yogurt

## Nutrition

Amount per serving

Calories	251	Vitamin A	682IU
Fat	4g	Vitamin C	12mg
Carbs	46g	Calcium	121mg
Fiber	10g	Iron	4mg
Sugar	8g	Vitamin D	0IU
Protein	11g	Folate	166µg
Cholesterol	0mg		



# Apple Crisp Yogurt Bowls

5 ingredients · 20 minutes · 4 servings



## Directions

1. In a saucepan over medium heat, add the apples, rolled oats, maple syrup and cinnamon. Cook for 6 to 8 minutes, stirring often.
2. Divide the yogurt into bowls. Top with the apple crisp mixture. Enjoy!

## Notes

### Leftovers

Refrigerate separately in an airtight container for up to three days.

### Serving Size

One serving is equal to 1 cup of coconut yogurt and 1/2 cup of apple crisp mixture.

### Additional Toppings

Top with additional cinnamon, sea salt, shredded coconut flakes or slivered almonds.

## Ingredients

- 2 Apple (cored, chopped)
- 2 cups Oats (rolled)
- 1/4 cup Maple Syrup
- 2 tsps Cinnamon
- 4 cups Unsweetened Coconut Yogurt

## Nutrition

Amount per serving

Calories	368	Vitamin A	53IU
Fat	10g	Vitamin C	4mg
Carbs	67g	Calcium	560mg
Fiber	10g	Iron	2mg
Sugar	23g	Vitamin D	0IU
Protein	7g	Folate	16µg
Cholesterol	0mg		

# Slow Cooker Lentil Chili

15 ingredients · 5 hours · 6 servings



## Directions

1. Add lentils, onion, bell pepper, carrot, garlic, chili powder, cumin, paprika, tomatoes, tomato paste, vegetable broth, sea salt and pepper to your slow cooker. Stir well to combine.
2. Cover and cook on low for 6 to 7 hours, depending on the strength of your slow cooker. Once it is cooked through, add the kidney beans and stir to combine.
3. Ladle into bowls and top with avocado and cilantro (optional). Enjoy!

## Notes

### Serving Size

One serving is equal to approximately 1.5 to 2 cups of chili.

### Likes it Spicy

Add one chopped jalapeno pepper.

### More Flavor

Add the juice of one lime to the slow cooker just before serving.

### No Beans

Use lentils only.

### Leftovers

Store leftovers in the fridge for up to five days, or freeze for longer.

## Ingredients

- 1 cup** Dry Red Lentils (rinsed, uncooked)
- 1** Yellow Onion (medium, diced)
- 1** Red Bell Pepper (chopped)
- 1** Carrot (chopped)
- 3** Garlic (cloves, minced)
- 1 tbsp** Chili Powder
- 1 tsp** Cumin
- 1 tsp** Smoked Paprika
- 3 1/2 cups** Diced Tomatoes (from the can with juices)
- 2 tbsps** Tomato Paste
- 2 cups** Organic Vegetable Broth
- Sea Salt & Black Pepper (to taste)
- 1 3/4 cups** Red Kidney Beans (from the can, drained and rinsed)
- 1** Avocado (optional, sliced)
- 1/4 cup** Cilantro (optional, chopped)

## Nutrition

Amount per serving

<b>Calories</b>	307	<b>Vitamin A</b>	3843IU
<b>Fat</b>	6g	<b>Vitamin C</b>	46mg
<b>Carbs</b>	49g	<b>Calcium</b>	97mg
<b>Fiber</b>	15g	<b>Iron</b>	7mg



Sugar	8g	Vitamin D	0IU
<b>Protein</b>	16g	Folate	78µg
Cholesterol	0mg		



# Black Bean Dip

6 ingredients · 15 minutes · 6 servings



## Directions

1. Add all ingredients to the jar of your food processor and process until very smooth.
2. Transfer into a bowl and enjoy!

## Notes

### Serve it With

Brown rice tortilla chips, veggie sticks or as a spread.

### Leftovers

Store in an airtight container in the fridge for 5 days, or freeze for two months or more.

## Ingredients

- 2 1/4 cups Black Beans (cooked, from the can)
- 2 tsps Cumin
- 1/2 tsp Smoked Paprika
- 2 tbsps Extra Virgin Olive Oil
- 1 Lime (juiced)
- 1 tsp Sea Salt

## Nutrition

Amount per serving

Calories	130	Vitamin A	111IU
Fat	5g	Vitamin C	2mg
Carbs	16g	Calcium	25mg
Fiber	6g	Iron	2mg
Sugar	0g	Vitamin D	0IU
Protein	6g	Folate	97µg
Cholesterol	0mg		



# Fried Chickpeas & Spinach Yogurt Bowl

5 ingredients · 15 minutes · 4 servings



## Directions

1. Heat olive oil in a large pan over medium heat.
2. Add the chickpeas and salt, stirring occasionally until heated through, about 8 to 10 minutes. If the chickpeas begin to stick to the pan, add more olive oil or a bit of water, as needed.
3. Stir in the chopped spinach and cook until wilted, about one minute.
4. Divide the yogurt into bowls. Top with chickpea and spinach mixture. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days.

### Serving Size

Each serving equals approximately one cup of chickpeas and 1/2 cup of yogurt.

### More Flavor

Add pesto, chimichurri, or dried herbs to the chickpea mixture.

### Additional Toppings

Top with feta cheese, cherry tomatoes, basil, parsley or cilantro.

## Ingredients

**1/4 cup** Extra Virgin Olive Oil

**4 cups** Chickpeas (cooked, patted dry)

**1 tsp** Sea Salt

**4 cups** Baby Spinach (chopped)

**2 cups** Unsweetened Coconut Yogurt

## Nutrition

Amount per serving

<b>Calories</b>	450	Vitamin A	2857IU
<b>Fat</b>	21g	Vitamin C	11mg
<b>Carbs</b>	52g	Calcium	360mg
Fiber	15g	Iron	6mg
Sugar	8g	Vitamin D	0IU
<b>Protein</b>	16g	Folate	340µg
Cholesterol	0mg		

# Slow Cooker Purple Cabbage with Apples

4 ingredients · 4 hours · 10 servings



## Directions

1. Toss all ingredients in the slow cooker. Cook on high for 4-6 hours, or low for up to 12 hours.
2. Divide into bowls or onto plates and enjoy!

## Notes

### More Flavour

Add caraway seeds, cinnamon, cardamom, nutmeg and/or ground cloves.

### No Red Wine Vinegar

Use balsamic vinegar or apple cider vinegar instead.

### No Apples

Use pears instead.

### Serve it With

Chicken, pork, sausage, potatoes and bacon bits, seitan, marinated tofu, goat cheese or feta. Try it with our Rotisserie Chicken, Apple Turkey Burgers (replacing the caramelized onions), Herbed Pork Roast, Olive Pesto Pork, or Turkey Breakfast Sausage recipe.

### Turn it Into a Salad

Mix with quinoa, spinach, walnuts and goat cheese.

### Storage

Refrigerate within 2 hours of cooking in an air-tight container up to 3-5 days. Freeze up to 10 months. Once thawed, refrigerate up to 3-4 days and eat immediately after reheating.

## Ingredients

**8 cups** Purple Cabbage (finely sliced)

**4** Apple (diced)

**1** Yellow Onion (finely diced)

**1/4 cup** Red Wine Vinegar

## Nutrition

Amount per serving

<b>Calories</b>	66	Vitamin A	834IU
<b>Fat</b>	0g	Vitamin C	44mg
<b>Carbs</b>	16g	Calcium	41mg
Fiber	4g	Iron	1mg
Sugar	11g	Vitamin D	0IU
<b>Protein</b>	1g	Folate	15µg
Cholesterol	0mg		



# Blueberry Overnight Steel Cut Oats

5 ingredients · 8 hours · 4 servings



## Directions

1. Place the steel cut oats in a large bowl and cover with boiling water. Let it sit for 10 to 15 minutes.
2. Drain and rinse the oats. Add to a large container along with the almond milk and chia seeds. Stir and place in the fridge overnight or for at least 8 hours.
3. When ready to eat, top with blueberries. Serve and enjoy!

## Notes

### Leftovers

Overnight steel cut oats taste better the longer they sit, so make a big batch and keep it in the fridge for up to three days.

### Nut-Free

Use coconut milk or hemp milk instead of almond milk.

### More Flavor

Add cinnamon or maple syrup if you like it sweeter.

### Additional Toppings

Top with coconut flakes, strawberries, raspberries or banana.

### More Protein

Stir in your favorite protein powder when adding the milk.

## Ingredients

- 1 1/3 cups Steel Cut Oats
- 4 cups Water (boiling)
- 2 2/3 cups Unsweetened Almond Milk
- 2 2/3 tbsps Chia Seeds
- 1 cup Blueberries

## Nutrition

Amount per serving

Calories	307	Vitamin A	353IU
Fat	9g	Vitamin C	4mg
Carbs	51g	Calcium	390mg
Fiber	9g	Iron	2mg
Sugar	5g	Vitamin D	67IU
Protein	8g	Folate	2µg
Cholesterol	0mg		

# Slow Cooker Moroccan Lentils

9 ingredients · 8 hours · 8 servings



## Directions

1. Combine lentils, tomatoes, onion, garlic, half the parsley, cumin, paprika, salt and water in the slow cooker. Cook on high for at least 4 hours, or on low for 8-12 hours.
2. Garnish with remaining parsley and enjoy!

## Notes

### Serve it With

Greek yogurt, crusty bread, rice, quinoa, brown rice tortilla chips, and/or fried eggs.

### Leftovers

Refrigerate in an airtight container up to 5 days. Freeze if longer.

## Ingredients

- 2 cups** Dry Lentils (brown or green, uncooked)
- 2** Tomato (medium, diced)
- 1** Yellow Onion (medium, diced)
- 3** Garlic (cloves, minced)
- 1/2 cup** Parsley (chopped and divided)
- 1 tbsp** Cumin
- 1 tbsp** Paprika
- 2 tsps** Sea Salt
- 8 cups** Water

## Nutrition

Amount per serving

<b>Calories</b>	187	Vitamin A	1189IU
<b>Fat</b>	1g	Vitamin C	12mg
<b>Carbs</b>	34g	Calcium	64mg
Fiber	6g	Iron	5mg
Sugar	2g	Vitamin D	0IU
<b>Protein</b>	13g	Folate	244µg
Cholesterol	0mg		



# Lemon Maple Chickpea Salad

8 ingredients · 15 minutes · 4 servings



## Directions

1. In a large mixing bowl, whisk the lemon juice, maple syrup, mustard and salt together.
2. Add the bell pepper, zucchini, red onion and chickpeas to the mixing bowl with the dressing. Fold everything together. Season with additional salt or lemon juice, if needed.
3. Divide between plates and enjoy! For best flavor, serve chilled.

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### More Flavor

Add in baby arugula, chopped basil or parsley, fresh ground pepper or dried dill.

### Serve it With

Enjoy alone or serve over leafy greens like baby spinach, mixed greens or romaine lettuce.

## Ingredients

- 1/4 cup Lemon Juice
- 2 2/3 tbsps Maple Syrup
- 1 1/3 tbsps Dijon Mustard
- 2/3 tsp Sea Salt
- 1 1/3 Red Bell Pepper (chopped)
- 1 1/3 Zucchini (small, chopped)
- 1/3 cup Red Onion (finely chopped)
- 2 2/3 cups Chickpeas (cooked)

## Nutrition

Amount per serving

Calories	249	Vitamin A	1403IU
Fat	3g	Vitamin C	71mg
Carbs	46g	Calcium	84mg
Fiber	10g	Iron	4mg
Sugar	18g	Vitamin D	0IU
Protein	11g	Folate	228µg
Cholesterol	0mg		

# Pressure Cooker Red Lentil & Vegetable Soup

12 ingredients · 20 minutes · 6 servings



## Directions

1. Add all ingredients except for the lemon juice to the pot of your pressure cooker.
2. Put the lid on and set to "sealing" then press manual/pressure cooker and cook for 5 minutes on high pressure. Once finished, release the pressure manually. Stir in the lemon juice and season with additional salt if needed.
3. Divide between bowls and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days.

### Serving Size

One serving is approximately 1 1/2 cups of soup.

### Additional Toppings

Serve with additional lemon wedges and fresh parsley.

### Consistency

If the soup is too thick, thin with additional broth until desired consistency is reached.

### More Veggies

Add bell pepper and/or tomato.

## Ingredients

- 1 Carrot (peeled, chopped)
- 1 Yellow Onion (chopped)
- 1 stalk Celery (chopped)
- 1 Zucchini (chopped)
- 3 Garlic (cloves, minced)
- 5 cups Organic Vegetable Broth
- 1 cup Dry Red Lentils (rinsed)
- 1 cup Parsley (chopped)
- 1 cup Kale Leaves (finely chopped)
- 1 tsp Oregano
- 1/2 tsp Sea Salt
- 1 Lemon (juiced)

## Nutrition

Amount per serving

Calories	164	Vitamin A	3260IU
Fat	1g	Vitamin C	28mg
Carbs	30g	Calcium	62mg
Fiber	7g	Iron	4mg
Sugar	5g	Vitamin D	0IU
Protein	10g	Folate	32µg
Cholesterol	0mg		



# Cabbage Egg Nests

4 ingredients · 15 minutes · 4 servings



## Directions

1. Heat a skillet over medium heat and add the avocado oil. Once the pan is hot, add the cabbage and cook for 3 to 4 minutes, until softened.
2. Make two spaces in the cabbage and crack the eggs into each space. Season with sea salt and cover with a lid. Cook for 3 to 4 minutes or until the whites are set and the yolks are cooked to your preference. Serve and enjoy!

## Notes

### Leftovers

The eggs are best enjoyed the same day. Refrigerate the cabbage in an airtight container for up to four days.

### No Avocado Oil

Use olive oil or coconut oil.

### More Flavor

Add nutritional yeast, everything bagel seasoning and/or cook with ghee.

### Additional Toppings

Top with sliced avocado.

## Ingredients

- 2 **tsps** Avocado Oil
- 8 **cups** Purple Cabbage (shredded)
- 8 Egg
- 1/2 **tsp** Sea Salt

## Nutrition

Amount per serving

<b>Calories</b>	219	Vitamin A	2526IU
<b>Fat</b>	12g	Vitamin C	101mg
<b>Carbs</b>	14g	Calcium	136mg
Fiber	4g	Iron	3mg
Sugar	7g	Vitamin D	82IU
<b>Protein</b>	15g	Folate	79µg
Cholesterol	372mg		



# Mexican Black Bean Salad

8 ingredients · 15 minutes · 4 servings



## Directions

1. In a large mixing bowl combine the black beans, pepper, onion and avocado.
2. Add the lime juice, chili powder, cumin, and salt to a mason jar. Seal with a lid and shake until combined. Pour dressing over the black bean mixture and stir until evenly coated.
3. Serve chilled and enjoy.

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately 1 cup.

### More Flavor

Add cilantro, tomato, corn or hot sauce.

### No Black Beans

Use cooked lentils or chickpeas instead.

## Ingredients

**2 cups** Black Beans (cooked)

**1** Red Bell Pepper (chopped)

**1/4 cup** Red Onion (chopped)

**1** Avocado (diced)

**1/4 cup** Lime Juice

**1/4 tsp** Chili Powder

**1/4 tsp** Cumin

**1/8 tsp** Sea Salt

## Nutrition

Amount per serving

<b>Calories</b>	210	Vitamin A	1069IU
<b>Fat</b>	8g	Vitamin C	48mg
<b>Carbs</b>	29g	Calcium	38mg
Fiber	12g	Iron	2mg
Sugar	3g	Vitamin D	0IU
<b>Protein</b>	9g	Folate	186µg
Cholesterol	0mg		

# Blood Orange Tahini Overnight Oats

5 ingredients · 8 hours · 4 servings



## Directions

1. Add the oats, coconut milk, chia seeds, and chopped oranges to a mixing bowl. Mix well. Cover and place in the fridge overnight, or for at least 8 hours.
2. Remove the oats from the fridge and divide them into jars. Top with tahini. Enjoy!

## Notes

### Leftovers

Store in an airtight container in the fridge for up to three days.

### Gluten-Free

Use certified gluten-free oats.

### More Flavor

Add maple syrup or cinnamon.

### Hot or Cold

These oats can be enjoyed hot or cold. Reheat cold oats in the microwave or on the stove top.

### No Blood Oranges

Use regular navel oranges instead.

## Ingredients

**2 cups** Oats (rolled)

**2 1/2 cups** Plain Coconut Milk (unsweetened, from the carton)

**2 tbsps** Chia Seeds

**4** Blood Orange (small, peeled and chopped)

**2 tbsps** Tahini

## Nutrition

Amount per serving

<b>Calories</b>	348	Vitamin A	663IU
<b>Fat</b>	12g	Vitamin C	83mg
<b>Carbs</b>	54g	Calcium	429mg
Fiber	9g	Iron	3mg
Sugar	17g	Vitamin D	63IU
<b>Protein</b>	9g	Folate	68µg
Cholesterol	0mg		



# Lentil Salad with Maple Roasted Squash

11 ingredients · 30 minutes · 4 servings



## Directions

1. Preheat oven to 400°F (204°C). Line a baking sheet with parchment paper.
2. Arrange butternut squash cubes on the baking sheet and season with avocado oil and half of the salt. Roast in the oven for 20 minutes then remove from oven and drizzle with maple syrup. Return to the oven for an addition 5 to 10 minutes, or until the butternut squash is tender and maple syrup has started to caramelize. Remove from the oven and let cool slightly.
3. In a large mixing bowl whisk together the extra virgin olive oil, apple cider vinegar, cinnamon and remaining salt. Fold in lentils, green onion, cranberries, parsley and butternut squash. Season with additional salt if needed. Enjoy!

## Notes

### Leftovers

Store in an airtight container in the fridge for up to 5 days.

### No Maple Syrup

Use honey instead.

### No Butternut Squash

Use sweet potato or carrots instead.

### Save Time

Buy pre-sliced butternut squash.

## Ingredients

**2 cups** Butternut Squash (chopped into 1 cm cubes)

**1 1/2 tsps** Avocado Oil

**1/4 tsp** Sea Salt (divided)

**2 tsps** Maple Syrup

**1/4 cup** Extra Virgin Olive Oil

**2 tsps** Apple Cider Vinegar

**1/4 tsp** Cinnamon

**2 cups** Lentils (cooked, from the can)

**4 stalks** Green Onion (chopped)

**1/4 cup** Dried Unsweetened Cranberries

**1/4 cup** Parsley (chopped)

## Nutrition

Amount per serving

<b>Calories</b>	337	Vitamin A	8250IU
<b>Fat</b>	16g	Vitamin C	23mg
<b>Carbs</b>	42g	Calcium	76mg
Fiber	10g	Iron	4mg
Sugar	15g	Vitamin D	0IU
<b>Protein</b>	10g	Folate	207µg
Cholesterol	0mg		



# Slow Cooker Dill Vegetable Soup

10 ingredients · 4 hours · 8 servings



## Directions

1. Pour the vegetable broth into the slow cooker and set to high while you prepare the remaining ingredients.
2. Add the chickpeas, carrot, celery and salt. Continue to cook on high for 4 hours, or set to low for 8 hours.
3. Stir in the kale, dill, coconut milk, apple cider vinegar and nutritional yeast. Adjust the salt as needed and cook for another 10 minutes.
4. Divide into bowls and enjoy!

## Notes

### Serving Size

One serving is equal to approximately 1.25 cups of soup.

### More Carbs

Stir in cooked rice or quinoa before serving.

### No Coconut Milk

Use almond milk, cashew milk, oat milk or cream instead.

### No Chickpeas

Use white navy beans, red kidney beans, black beans, diced chicken or meatballs instead.

### Storage

Refrigerate in an airtight container up to 5 days, or freeze if longer.

## Ingredients

- 6 cups** Organic Vegetable Broth
- 1 1/2 cups** Dry Chickpeas (uncooked, rinsed)
- 2** Carrot (medium, peeled and diced)
- 4 stalks** Celery (diced)
- 1 tsp** Sea Salt
- 4 cups** Kale Leaves (chopped)
- 1/4 cup** Fresh Dill (stems removed, chopped)
- 2 cups** Organic Coconut Milk (canned)
- 2 tbsps** Apple Cider Vinegar
- 2 tbsps** Nutritional Yeast

## Nutrition

Amount per serving

<b>Calories</b>	279	Vitamin A	3584IU
<b>Fat</b>	13g	Vitamin C	14mg
<b>Carbs</b>	30g	Calcium	70mg
Fiber	6g	Iron	2mg
Sugar	7g	Vitamin D	0IU
<b>Protein</b>	11g	Folate	226µg
Cholesterol	0mg		