



## Quick n' Easy Program

Created by Fit Nutrition Canada



# Quick n' Easy Program

6 days

	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast	Blueberry Overnight Oats	Blueberry Overnight Oats	Lucky Green Smoothie	Lucky Green Smoothie	Spinach & Goat Cheese Omelette	Spinach & Goat Cheese Omelette
Lunch	Avocado Egg Salad Collard Wraps	Cream of Broccoli Soup	Chickpea, Avocado & Feta Salad	Chicken, Spinach & Mushroom Pasta	Spinach, Tomato & Goat Cheese Pizza	Fish Tacos with Pineapple Salsa
Snack 1	Celery with Sunflower Seed Butter	Cashews & Clementines	Organic Popcorn	Organic Popcorn	Almond Butter Apple Sandwiches	Almond Butter Apple Sandwiches
Dinner	Cream of Broccoli Soup	Chickpea, Avocado & Feta Salad	Chicken, Spinach & Mushroom Pasta	Spinach, Tomato & Goat Cheese Pizza	Fish Tacos with Pineapple Salsa	Grilled Portobello Mushroom Pizzas
Snack 2	Cashews & Clementines	Celery with Sunflower Seed Butter	Strawberry Ice Cream	Strawberry Ice Cream	Maple Roasted Almonds	Maple Roasted Almonds



# Quick n' Easy Program

6 days

Mon	Tue	Wed	Thu	Fri	Sat
<b>Calories</b> 1576	<b>Calories</b> 1552	<b>Calories</b> 1153	<b>Calories</b> 1459	<b>Calories</b> 1848	<b>Calories</b> 1410
<b>Fat</b> 96g	<b>Fat</b> 87g	<b>Fat</b> 50g	<b>Fat</b> 83g	<b>Fat</b> 126g	<b>Fat</b> 87g
<b>Carbs</b> 142g	<b>Carbs</b> 160g	<b>Carbs</b> 145g	<b>Carbs</b> 149g	<b>Carbs</b> 130g	<b>Carbs</b> 111g
Fiber 39g	Fiber 41g	Fiber 26g	Fiber 22g	Fiber 33g	Fiber 30g
Sugar 44g	Sugar 48g	Sugar 45g	Sugar 44g	Sugar 42g	Sugar 45g
<b>Protein</b> 59g	<b>Protein</b> 56g	<b>Protein</b> 47g	<b>Protein</b> 47g	<b>Protein</b> 68g	<b>Protein</b> 65g
Cholesterol 279mg	Cholesterol 8mg	Cholesterol 67mg	Cholesterol 64mg	Cholesterol 602mg	Cholesterol 602mg
Vitamin A 8353IU	Vitamin A 6374IU	Vitamin A 6802IU	Vitamin A 9507IU	Vitamin A 9970IU	Vitamin A 8313IU
Vitamin C 219mg	Vitamin C 209mg	Vitamin C 150mg	Vitamin C 153mg	Vitamin C 116mg	Vitamin C 116mg
Calcium 769mg	Calcium 734mg	Calcium 279mg	Calcium 252mg	Calcium 510mg	Calcium 479mg
Iron 16mg	Iron 17mg	Iron 10mg	Iron 10mg	Iron 11mg	Iron 9mg
Vitamin D 100IU	Vitamin D 40IU	Vitamin D 11IU	Vitamin D 9IU	Vitamin D 195IU	Vitamin D 195IU
Folate 682µg	Folate 711µg	Folate 426µg	Folate 321µg	Folate 407µg	Folate 373µg



# Quick n' Easy Program

63 items

## Fruits

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- 4 Apple
- 4 Avocado
- 4 Banana
- 1 cup Blueberries
- 8 Clementines
- 3 1/4 Lemon
- 6 Lime
- 1/2 cup Pineapple

## Breakfast

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- 1/2 cup Almond Butter
- 3 tbsps Maple Syrup

## Seeds, Nuts & Spices

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- 1 cup Almonds
- 2 1/2 tsps Black Pepper
- 2 cups Cashews
- 2 tbsps Chia Seeds
- 2 tsps Cinnamon
- 1 tsp Dried Basil
- 1/4 cup Ground Flax Seed
- 1/2 cup Hemp Seeds
- 1/2 tsp Red Pepper Flakes
- 2 1/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 cup Slivered Almonds
- 2/3 cup Walnuts

## Frozen

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- 8 Brown Rice Tortillas
- 3 cups Frozen Mango
- 2 cups Frozen Strawberries

## Vegetables

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- 18 cups Baby Spinach
- 1 cup Basil Leaves
- 5 cups Broccoli
- 1 Carrot
- 11 stalks Celery
- 2 cups Cherry Tomatoes
- 2 cups Collard Greens
- 1/2 Cucumber
- 6 Garlic
- 6 1/2 stalks Green Onion
- 1 Jalapeno Pepper
- 1/4 cup Parsley
- 2 cups Portobello Mushroom
- 6 ozs Portobello Mushroom Caps
- 1 Red Bell Pepper
- 1/2 cup Red Onion
- 1 1/2 Sweet Onion
- 1 Tomato

## Boxed & Canned

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- 1 1/2 cups Brown Rice Penne
- 2 cups Chickpeas
- 2 cups Green Lentils
- 8 cups Organic Popcorn
- 1 cup Organic Salsa

## Baking

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- 1 1/2 cups Oats

## Bread, Fish, Meat & Cheese

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- 8 ozs Chicken Breast, Cooked
- 1/4 cup Feta Cheese
- 1 3/4 cups Goat Cheese
- 2 Tilapia Fillet

## Condiments & Oils

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- 2 1/4 tsps Balsamic Vinegar
- 1 tbsp Coconut Oil
- 1 tbsp Dijon Mustard
- 3/4 cup Extra Virgin Olive Oil
- 1/2 cup Sunflower Seed Butter
- 1 1/2 tsps Tamari

## Cold

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- 15 Egg
- 1 1/2 cups Unsweetened Almond Milk

## Other

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- 13 1/2 cups Water

# Blueberry Overnight Oats

8 ingredients · 8 hours · 4 servings



## Directions

1. Combine oats, almond milk, chia seeds, maple syrup, cinnamon and water together in a large tupperware container. Stir well to mix. Seal and place in the fridge overnight (or for at least 8 hours).
2. Remove oats from fridge. Use single-serving size mason jars and place a large spoonful of the oat mix in the bottom of each, then a layer of blueberries followed by a layer of slivered almonds. Repeat until all ingredients are used up. Store in the fridge until ready to eat. Enjoy hot or cold!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

## Ingredients

- 1 1/2 cups Oats
- 1 1/2 cups Unsweetened Almond Milk
- 2 tbsps Chia Seeds
- 2 tbsps Maple Syrup
- 1 tsp Cinnamon
- 1/2 cup Water
- 1 cup Blueberries
- 1 cup Slivered Almonds

## Nutrition

Amount per serving

<b>Calories</b>	416	Vitamin A	209IU
<b>Fat</b>	23g	Vitamin C	4mg
<b>Carbs</b>	43g	Calcium	331mg
Fiber	10g	Iron	4mg
Sugar	12g	Vitamin D	38IU
<b>Protein</b>	14g	Folate	12µg
Cholesterol	0mg		



# Lucky Green Smoothie

6 ingredients · 10 minutes · 2 servings



## Directions

1. Throw all ingredients into a blender. Blend well until smooth. Divide into glasses and enjoy!

## Notes

### No Mango

Add frozen pineapple or banana instead.

### More Protein

Add a scoop of your favourite clean protein powder.

## Ingredients

- 1 1/2 cups Frozen Mango
- 2 Lime (juiced)
- 2 cups Baby Spinach (packed)
- 2 tbsps Ground Flax Seed
- 1/4 cup Hemp Seeds
- 3 1/2 cups Water

## Nutrition

Amount per serving

Calories	238	Vitamin A	4176IU
Fat	13g	Vitamin C	67mg
Carbs	27g	Calcium	115mg
Fiber	5g	Iron	3mg
Sugar	18g	Vitamin D	0IU
Protein	10g	Folate	138µg
Cholesterol	0mg		

# Spinach & Goat Cheese Omelette

7 ingredients · 20 minutes · 2 servings



## Directions

1. Heat coconut oil in medium-sized frying pan over medium heat.
2. In a bowl, mix together eggs, sea salt and black pepper. Whisk until frothy. Divide into portions.
3. Pour 1 portion of the egg mixture into the frying pan and let cook until almost set. Place some spinach and goat cheese on one half of the omelette and then fold the other half over on top. Remove from heat and transfer onto a plate. Top with salsa.
4. Repeat with remaining ingredients. Enjoy!

## Notes

### No Goat Cheese

Use feta cheese instead

## Ingredients

- 1 1/2 **tsps** Coconut Oil
- 6 **Egg**
- 1/2 **tsp** Sea Salt
- 1 **tsp** Black Pepper
- 2 **cups** Baby Spinach
- 1/2 **cup** Goat Cheese (crumbled)
- 1/2 **cup** Organic Salsa

## Nutrition

Amount per serving

<b>Calories</b>	344	Vitamin A	3930IU
<b>Fat</b>	24g	Vitamin C	10mg
<b>Carbs</b>	8g	Calcium	159mg
Fiber	2g	Iron	4mg
Sugar	4g	Vitamin D	123IU
<b>Protein</b>	25g	Folate	132µg
Cholesterol	568mg		

# Avocado Egg Salad Collard Wraps

7 ingredients · 20 minutes · 2 servings



## Directions

1. In a mixing bowl, combine chopped eggs, avocado, lemon juice, green onions, dijon mustard and season with sea salt and pepper to taste. Mash with fork until creamy.
2. Wrap up in collard greens and enjoy!

## Notes

### More Carbs

Wrap in a brown rice tortilla.

### Make it Spicy

Add clean hot sauce.

## Ingredients

- 2 cups Collard Greens (washed and stems cut off)
- 3 Egg (hard boiled and chopped)
- 1 Avocado (peeled and pits removed)
- 1/4 Lemon (juiced)
- 2 1/2 stalks Green Onion (chopped)
- 1 tbsp Dijon Mustard
- Sea Salt & Black Pepper (to taste)

## Nutrition

Amount per serving

<b>Calories</b>	292	Vitamin A	2959IU
<b>Fat</b>	22g	Vitamin C	27mg
<b>Carbs</b>	12g	Calcium	146mg
Fiber	8g	Iron	2mg
Sugar	2g	Vitamin D	62IU
<b>Protein</b>	13g	Folate	169µg
Cholesterol	279mg		



# Celery with Sunflower Seed Butter

2 ingredients · 5 minutes · 4 servings



## Directions

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1. Spread sunflower seed butter across celery sticks (about 1 tbsp per celery stalk). Happy munching!

## Notes

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### No Celery

Use cucumber instead

## Ingredients

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**8 stalks** Celery (sliced into sticks)

**1/2 cup** Sunflower Seed Butter

## Nutrition

Amount per serving

<b>Calories</b>	209	Vitamin A	376IU
<b>Fat</b>	18g	Vitamin C	3mg
<b>Carbs</b>	10g	Calcium	52mg
Fiber	3g	Iron	1mg
Sugar	4g	Vitamin D	0IU
<b>Protein</b>	6g	Folate	105µg
Cholesterol	0mg		

# Cashews & Clementines

2 ingredients · 5 minutes · 2 servings



## Directions

1. Divide into bowls and enjoy!

## Ingredients

1/2 cup Cashews

4 Clementines

## Nutrition

Amount per serving

<b>Calories</b>	267	Vitamin A	0IU
<b>Fat</b>	16g	Vitamin C	72mg
<b>Carbs</b>	29g	Calcium	60mg
Fiber	4g	Iron	2mg
Sugar	15g	Vitamin D	0IU
<b>Protein</b>	7g	Folate	59µg
Cholesterol	0mg		

# Organic Popcorn

1 ingredient · 2 minutes · 4 servings



## Directions

1. Pour into bowls and enjoy!

## Ingredients

8 cups Organic Popcorn

## Nutrition

Amount per serving

<b>Calories</b>	110	Vitamin A	2IU
<b>Fat</b>	6g	Vitamin C	0mg
<b>Carbs</b>	13g	Calcium	2mg
Fiber	2g	Iron	1mg
Sugar	0g	Vitamin D	0IU
<b>Protein</b>	2g	Folate	4µg
Cholesterol	0mg		



# Almond Butter Apple Sandwiches

2 ingredients · 10 minutes · 2 servings



## Directions

1. Slice the top and bottom off of each apple and discard. Then slice the entire apple in half so you are left with two rounds. Now cut each half in half to make 8 rounds. Cut the center core out of each round.
2. Spread 1 tbsp of almond butter on one apple round. Set another round on top. Repeat, plate and enjoy!

## Notes

### Nut-Free

Use sunflower seed butter, tahini or pumpkin seed butter instead of nut butter.

## Ingredients

- 2 Apple
- 1/4 cup Almond Butter

## Nutrition

Amount per serving

<b>Calories</b>	287	Vitamin A	99IU
<b>Fat</b>	18g	Vitamin C	8mg
<b>Carbs</b>	31g	Calcium	119mg
Fiber	8g	Iron	1mg
Sugar	20g	Vitamin D	0IU
<b>Protein</b>	7g	Folate	22µg
Cholesterol	0mg		



# Cream of Broccoli Soup

10 ingredients · 30 minutes · 4 servings



## Directions

1. Throw your chopped onion, carrot, celery and broccoli in a large pot. Pour in water and add the dried basil and sea salt. Place over high heat and bring to a boil. Once boiling, cover the pot and reduce to a simmer. Let simmer for 15 to 20 minutes or until broccoli is tender.
2. In a blender, create your cashew cream by blending together 1 cup of cashews with 1 cup water. (If you alter the serving size, just keep the cashew to water ratio 1:1.) Pour the cashew cream in with your veggies and stir. Now add your green lentils and stir again.
3. Place spinach in the bottom of the blender. Then carefully transfer soup to the blender and blend to a puree. Ladle into bowls and drizzle with a bit of olive oil if you fancy. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving is approximately 2 cups.

## Ingredients

- 1 Sweet Onion (chopped)
- 1 Carrot (chopped)
- 3 stalks Celery (chopped)
- 5 cups Broccoli (chopped, incl. stalks)
- 6 cups Water
- 1 tsp Dried Basil
- 1 tsp Sea Salt
- 1 cup Cashews
- 2 cups Green Lentils (cooked, drained and rinsed)
- 2 cups Baby Spinach (packed)

## Nutrition

Amount per serving

<b>Calories</b>	392	Vitamin A	4809IU
<b>Fat</b>	17g	Vitamin C	113mg
<b>Carbs</b>	48g	Calcium	180mg
Fiber	14g	Iron	7mg
Sugar	11g	Vitamin D	0IU
<b>Protein</b>	19g	Folate	337µg
Cholesterol	0mg		

# Chickpea, Avocado & Feta Salad

9 ingredients · 15 minutes · 4 servings



## Directions

1. Combine all ingredients except avocado together in a large mixing bowl. Mix well with a spatula. Top with avocado when ready to serve. Enjoy!

## Ingredients

- 2 cups Chickpeas (cooked, drained and rinsed)
- 1/2 Cucumber (diced)
- 4 stalks Green Onion (chopped)
- 1/4 cup Parsley (chopped)
- 1 Lime (juiced)
- 1/4 cup Feta Cheese (crumbled)
- 1 1/2 tsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1 Avocado (diced)

## Nutrition

Amount per serving

Calories	268	Vitamin A	980IU
Fat	13g	Vitamin C	17mg
Carbs	30g	Calcium	111mg
Fiber	10g	Iron	3mg
Sugar	6g	Vitamin D	2IU
Protein	10g	Folate	198µg
Cholesterol	8mg		



# Chicken, Spinach & Mushroom Pasta

10 ingredients · 25 minutes · 4 servings



## Directions

1. In a frying pan, add one quarter of your olive oil and all the tamari. Place over medium heat. Add mushrooms and saute for 5 minutes. Then add spinach and stir just until spinach is wilted. Remove from heat and set aside.
2. Heat remaining olive oil, garlic, red pepper flakes and salt in a separate skillet over medium-low heat. Stir frequently for about 5 minutes or until garlic is golden. Remove pan from heat.
3. Fill a large pot with water and bring to a boil. Add penne. Cook for 7 - 10 minutes. Remove from heat and dump pasta into a strainer. Immediately run cold water over the pasta to prevent it from cooking any further.
4. Add pasta to a large bowl. Pour in desired amount of oil and garlic mixture, then toss in mushrooms and spinach. Sprinkle with salt and pepper to taste. Mix well.
5. Plate pasta and top with strips of baked chicken (optional). Squeeze a lemon wedge on top of the pasta. Enjoy!

## Ingredients

- 1/4 cup** Extra Virgin Olive Oil (divided)
- 1 1/2 tsps** Tamari
- 2 cups** Portobello Mushroom (diced)
- 2 cups** Baby Spinach
- 4** Garlic (cloves, minced)
- 1/2 tsp** Red Pepper Flakes
- 1 1/2 cups** Brown Rice Penne (uncooked)
- Sea Salt & Black Pepper (to taste)
- 8 ozs** Chicken Breast, Cooked (sliced)
- 1** Lemon (cut into wedges)

## Nutrition

Amount per serving

<b>Calories</b>	393	Vitamin A	1519IU
<b>Fat</b>	17g	Vitamin C	10mg
<b>Carbs</b>	38g	Calcium	27mg
Fiber	4g	Iron	2mg
Sugar	2g	Vitamin D	9IU
<b>Protein</b>	23g	Folate	44µg
Cholesterol	59mg		

# Spinach, Tomato & Goat Cheese Pizza

10 ingredients · 20 minutes · 4 servings



## Directions

1. Preheat oven to 410°F (210°C) and line a baking sheet with parchment paper.
2. Create your pesto in a food processor or blender by combining walnuts, olive oil, lemon juice, half of the baby spinach, basil, sea salt and black pepper. Blend until smooth. Transfer into a jar.
3. Take the remaining baby spinach and finely chop.
4. Lay your brown rice tortillas on a flat surface. Use a spoon to add desired amount of pesto and spread evenly across the tortillas. Now top with cherry tomatoes, goat cheese and chopped baby spinach.
5. Place on baking sheet and bake in the oven for 10 minutes.
6. After 10 minutes, remove and slice using a pizza cutter. Enjoy!

## Notes

### More protein

Add diced chicken, lentils or chickpeas.

## Ingredients

- 2/3 cup Walnuts
- 1/2 cup Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 4 cups Baby Spinach (divided)
- 1 cup Basil Leaves
- 1/4 tsp Sea Salt
- 1/2 tsp Black Pepper
- 4 Brown Rice Tortillas
- 1 cup Cherry Tomatoes (halved)
- 1/2 cup Goat Cheese (crumbled)

## Nutrition

Amount per serving

<b>Calories</b>	574	Vitamin A	3685IU
<b>Fat</b>	46g	Vitamin C	20mg
<b>Carbs</b>	34g	Calcium	84mg
Fiber	6g	Iron	3mg
Sugar	5g	Vitamin D	0IU
<b>Protein</b>	10g	Folate	93µg
Cholesterol	5mg		



# Fish Tacos with Pineapple Salsa

14 ingredients · 30 minutes · 4 servings



## Directions

1. Preheat the oven to 500°F (260°C) and move the rack to the top setting. Cover a large baking sheet with parchment paper and lightly grease with some olive oil. Lightly rub white fish with extra virgin olive oil, a splash of lemon juice and season with sea salt and pepper. Cook in the oven on top rack for 8 minutes or until fish flakes with a fork.
2. Remove fish from oven and chop with a knife. Place in a bowl and toss with a bit of lemon juice.
3. Prepare all ingredients for the salsa and mix together in a large mixing bowl. (Pineapple, red onion, jalapeno, red bell pepper, and lime juice).
4. Prepare all ingredients for the guacamole and mix together in a separate mixing bowl. (Avocado, tomato, garlic and splash of lemon juice).
5. Warm your tortillas and place on a plate. Put your salsa, guacamole, spinach and fish out in separate bowls with a spoon/fork in each. Happy fish taco night!

## Ingredients

- 4 Brown Rice Tortillas (thawed)
- 2 Tilapia Fillet
- 1 1/2 **tsps** Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1 Lemon (juiced)
- 1 **cup** Baby Spinach
- 1/2 **cup** Pineapple (diced)
- 1/2 **cup** Red Onion (finely diced)
- 1 Jalapeno Pepper (deseeded and chopped)
- 1 Garlic (clove, minced)
- 1 Red Bell Pepper (diced)
- 1 Lime (juiced)
- 2 Avocado (peeled and mashed)
- 1 Tomato (diced)

## Nutrition

Amount per serving

<b>Calories</b>	421	Vitamin A	2253IU
<b>Fat</b>	20g	Vitamin C	78mg
<b>Carbs</b>	45g	Calcium	40mg
Fiber	12g	Iron	2mg
Sugar	8g	Vitamin D	72IU
<b>Protein</b>	18g	Folate	144µg
Cholesterol	29mg		

# Grilled Portobello Mushroom Pizzas

9 ingredients · 30 minutes · 2 servings



## Directions

1. Preheat oven to 420°F (216°C).
2. Add olive oil to a large skillet and heat over medium heat. Add onion and saute for about 5 minutes or until translucent. Add garlic, cherry tomatoes and balsamic vinegar and saute for another 5 minutes or until tomatoes start to burst.
3. Turn off heat and add baby spinach. Stir just until spinach is wilted. Season the mix with sea salt and pepper to taste.
4. Line a baking sheet with parchment paper. Sprinkle the inside of each mushroom cap with goat cheese and top with a few spoonfuls of the tomato mix. Place on baking sheet and bake for 10 to 12 minutes.
5. Remove from oven and slice into halves or quarters with a pizza cutter. Serve immediately alone or over a plate of baby spinach drizzled with olive oil and lemon juice. Enjoy!

## Ingredients

- 1 1/2 **tsps** Extra Virgin Olive Oil
- 1/2 Sweet Onion (diced)
- 1 Garlic (cloves, minced)
- 1 **cup** Cherry Tomatoes
- 2 1/4 **tsps** Balsamic Vinegar
- 1 **cup** Baby Spinach
- Sea Salt & Black Pepper (to taste)
- 6 **ozs** Portobello Mushroom Caps
- 1/4 **cup** Goat Cheese (crumbled)

## Nutrition

Amount per serving

<b>Calories</b>	136	Vitamin A	2028IU
<b>Fat</b>	7g	Vitamin C	20mg
<b>Carbs</b>	15g	Calcium	53mg
Fiber	3g	Iron	1mg
Sugar	8g	Vitamin D	0IU
<b>Protein</b>	7g	Folate	59µg
Cholesterol	5mg		



# Strawberry Ice Cream

2 ingredients · 5 minutes · 2 servings



## Directions

1. Add frozen bananas and strawberries to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
2. 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

### More Creamy

Add 2 tbsp coconut milk.

### More Scoopable

Add 1 tbsp vodka to prevent hard freeze.

### Make it Chunky

Set aside 1/4 cup of the strawberries before blending and add them to the processor after blending. Pulse until roughly chopped.

## Ingredients

2 Banana (sliced and frozen)

1 cup Frozen Strawberries

## Nutrition

Amount per serving

<b>Calories</b>	144	Vitamin A	125IU
<b>Fat</b>	1g	Vitamin C	56mg
<b>Carbs</b>	37g	Calcium	24mg
Fiber	5g	Iron	1mg
Sugar	19g	Vitamin D	0IU
<b>Protein</b>	2g	Folate	42µg
Cholesterol	0mg		

# Maple Roasted Almonds

3 ingredients · 10 minutes · 4 servings



## Directions

1. Place almonds in a frying pan and toast over medium heat. When slightly browned, add maple syrup and cinnamon and stir well. Turn heat back to low. Continuously stir almonds until they become sticky (about 2 minutes).
2. Remove from heat and spread almonds onto a piece of parchment paper. Let dry for 10 minutes. When cool, break apart and place single portions in snack-sized baggies for an easy grab-and-go snack.

## Ingredients

- 1 cup Almonds
- 1 tbsp Maple Syrup
- 1 tsp Cinnamon

## Nutrition

Amount per serving

<b>Calories</b>	222	Vitamin A	3IU
<b>Fat</b>	18g	Vitamin C	0mg
<b>Carbs</b>	12g	Calcium	108mg
Fiber	5g	Iron	1mg
Sugar	5g	Vitamin D	0IU
<b>Protein</b>	8g	Folate	16µg
Cholesterol	0mg		