



Apple Ideas

BRIDGET FAUTEUX

Apple Ideas

FIT NUTRITION CANADA

An apple a day keeps your nutritionist away!

If you're like me and have extra apples around the house why not try a new recipe?

I gave you inspiration for breakfast, lunch, dinner and snacks. Included are the nutrient breakdowns, notes for intolerances and substitutions, and serving sizes so you can adjust for your personal needs :)

Enjoy!

-Bridget

@fitnutritioncanada



MON



BREAKFAST
Apple Crisp Yogurt Bowls

SNACK 1
Apple Slices with Tuna

LUNCH
Pressure Cooker Squash Bowl

DINNER
Raspberry Apple Crisp

TUE



BREAKFAST
Apple Coconut Breakfast Crisp

SNACK 1
Prosciutto-Wrapped Apples

LUNCH
Smashed Chickpea Salad with Tahini Dressing

DINNER
Pork & Veggie Meatballs

WED



BREAKFAST
Butternut Squash & Apple Breakfast Hash

SNACK 1
Creamy Apple Pie Smoothie

LUNCH
Apple, Beet & Carrot Slaw

DINNER
Chicken & Apple Sausage Patties

THU



BREAKFAST
Overnight Bircher Muesli

SNACK 1
Apple Cinnamon Chips

LUNCH
Curried Chickpea Salad

DINNER
Slow Cooker Apple Cinnamon Pork Tenderloin

FRI



BREAKFAST
Apple Cinnamon Overnight Oats

SNACK 1
Glowing Green Mango Energy Smoothie

LUNCH
Beet & Arugula Salad

DINNER
Apple Turkey Burgers with Caramelized Onions & Brie

SAT



BREAKFAST
Apple Quinoa Breakfast Bake

SNACK 1
Almond Butter Apple Sandwiches

LUNCH
Shredded Creamy Brussels Sprouts Salad

DINNER
Sausage & Sauerkraut Skillet

SUN



BREAKFAST
Green Apple Cinnamon Smoothie

SNACK 1
Apple Slices & Nori Crisps

LUNCH
Roasted Butternut Squash Soup with Kale Chips

DINNER
Chicken Salad Cabbage Wraps



MON**FAT 37%** **CARBS 52%** **PROTEIN 11%**

Calories 1234 Calcium 790mg
Fat 54g Iron 8mg
Saturated 19g Vitamin D 40IU
Trans 0g Vitamin E 6mg
Polyunsaturated 11g Vitamin K 44µg
Monounsaturated 14g Thiamine 0.6mg
Carbs 168g Riboflavin 0.9mg
Fiber 31g Niacin 12mg
Sugar 79g Vitamin B6 0.9mg
Protein 37g Folate 87µg
Cholesterol 36mg Vitamin B12 4.8µg
Sodium 512mg Phosphorous 577mg
Potassium 1719mg Magnesium 288mg
Vitamin A 903IU Zinc 5mg
Vitamin C 48mg Selenium 75µg

TUE**FAT 45%** **CARBS 40%** **PROTEIN 15%**

Calories 1226 Calcium 309mg
Fat 66g Iron 11mg
Saturated 36g Vitamin D 19IU
Trans 0g Vitamin E 3mg
Polyunsaturated 8g Vitamin K 474µg
Monounsaturated 12g Thiamine 0.9mg
Carbs 133g Riboflavin 1.0mg
Fiber 32g Niacin 10mg
Sugar 62g Vitamin B6 1.4mg
Protein 48g Folate 429µg
Cholesterol 92mg Vitamin B12 0.8µg
Sodium 1527mg Phosphorous 634mg
Potassium 1984mg Magnesium 201mg
Vitamin A 12628IU Zinc 6mg
Vitamin C 68mg Selenium 46µg

WED**FAT 37%** **CARBS 49%** **PROTEIN 14%**

Calories 823 Calcium 818mg
Fat 36g Iron 6mg
Saturated 7g Vitamin D 101IU
Trans 0g Vitamin E 9mg
Polyunsaturated 6g Vitamin K 246µg
Monounsaturated 19g Thiamine 0.6mg
Carbs 109g Riboflavin 0.9mg
Fiber 24g Niacin 7mg
Sugar 57g Vitamin B6 1.1mg
Protein 31g Folate 186µg
Cholesterol 51mg Vitamin B12 0.6µg
Sodium 861mg Phosphorous 555mg
Potassium 2196mg Magnesium 231mg
Vitamin A 24578IU Zinc 3mg
Vitamin C 108mg Selenium 15µg

THU**FAT 32%** **CARBS 52%** **PROTEIN 16%**

Calories 1118 Calcium 580mg
Fat 42g Iron 10mg
Saturated 11g Vitamin D 34IU
Trans 0g Vitamin E 4mg
Polyunsaturated 9g Vitamin K 37µg
Monounsaturated 14g Thiamine 1.6mg
Carbs 152g Riboflavin 0.7mg
Fiber 30g Niacin 11mg
Sugar 74g Vitamin B6 1.4mg
Protein 47g Folate 195µg
Cholesterol 74mg Vitamin B12 2.0µg
Sodium 186mg Phosphorous 835mg
Potassium 1729mg Magnesium 241mg
Vitamin A 8114IU Zinc 7mg
Vitamin C 23mg Selenium 51µg

FRI**FAT 47%** **CARBS 38%** **PROTEIN 15%**

Calories 1158 Calcium 556mg
Fat 64g Iron 11mg
Saturated 16g Vitamin D 60IU
Trans 0g Vitamin E 5mg
Polyunsaturated 20g Vitamin K 355µg
Monounsaturated 19g Thiamine 0.5mg
Carbs 117g Riboflavin 0.9mg
Fiber 23g Niacin 8mg
Sugar 66g Vitamin B6 1.2mg
Protein 48g Folate 368µg
Cholesterol 117mg Vitamin B12 1.8µg
Sodium 1138mg Phosphorous 647mg
Potassium 2038mg Magnesium 267mg
Vitamin A 8601IU Zinc 7mg
Vitamin C 101mg Selenium 39µg

SAT**FAT 47%** **CARBS 43%** **PROTEIN 10%**

Calories 1100 Calcium 409mg
Fat 61g Iron 13mg
Saturated 16g Vitamin D 6IU
Trans 0g Vitamin E 12mg
Polyunsaturated 11g Vitamin K 729µg
Monounsaturated 28g Thiamine 0.4mg
Carbs 125g Riboflavin 0.9mg
Fiber 28g Niacin 5mg
Sugar 69g Vitamin B6 0.8mg
Protein 31g Folate 176µg
Cholesterol 87mg Vitamin B12 1.1µg
Sodium 1360mg Phosphorous 543mg
Potassium 1880mg Magnesium 250mg
Vitamin A 4522IU Zinc 5mg
Vitamin C 141mg Selenium 19µg

SUN**FAT 27%** **CARBS 59%** **PROTEIN 14%**

Calories 809 Calcium 861mg
Fat 26g Iron 8mg
Saturated 3g Vitamin D 110IU
Trans 0g Vitamin E 8mg
Polyunsaturated 9g Vitamin K 481µg
Monounsaturated 12g Thiamine 0.5mg
Carbs 128g Riboflavin 0.8mg
Fiber 29g Niacin 10mg
Sugar 74g Vitamin B6 1.5mg
Protein 31g Folate 257µg

Cholesterol 57mg	Vitamin B12 0.2µg
Sodium 2198mg	Phosphorous 388mg
Potassium 2435mg	Magnesium 208mg
Vitamin A 2445IU	Zinc 3mg
Vitamin C 254mg	Selenium 19µg

FRUITS

- 42 1/8 Apple
- 1/2 Banana
- 2 Kiwi
- 1 Lemon
- 1/4 cup Lemon Juice
- 1 Lime
- 1 1/2 tbsps Lime Juice
- 1/2 cup Raspberries

BREAKFAST

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

SEEDS, NUTS & SPICES

- 1/4 cup Almonds
- 1/4 tsp Black Pepper
- 1/4 cup Cashews
- 2 tbsps Chia Seeds
- 1/3 cup Cinnamon
- 2 tbsps Curry Powder
- 1/2 tsp Dried Thyme
- 3 tbsps Ground Flax Seed
- 1 1/2 tpsps Ground Sage
- 1/4 cup Hemp Seeds
- 1/4 tsp Nutmeg
- 1/2 tsp Oregano
- 1/4 cup Pecans
- 3/4 cup Pumpkin Seeds
- 1 2/3 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/4 cup Sliced Almonds
- 1 cup Walnuts

FROZEN

- 1 1/2 cups Frozen Mango

VEGETABLES

- 4 cups Arugula
- 16 cups Baby Spinach
- 6 Beet
- 4 cups Brussels Sprouts
- 6 cups Butternut Squash
- 5 Carrot
- 5 stalks Celery
- 1/4 cup Cilantro
- 1/2 Cucumber
- 1 1/3 Delicata Squash
- 1 tbsp Fresh Dill
- 5 Garlic
- 1 tbsp Ginger
- 1 head Green Lettuce
- 8 cups Kale Leaves
- 1 tbsp Mint Leaves
- 1 1/2 cups Parsley
- 2 cups Purple Cabbage
- 1 cup Red Onion
- 1 Sweet Onion
- 1 Sweet Potato
- 4 cups Swiss Chard
- 1/2 tsp Thyme
- 4 Yellow Onion
- 1 Zucchini

BOXED & CANNED

- 3 1/2 cups Chickpeas
- 4 cups Organic Vegetable Broth
- 1/4 cup Quinoa
- 1 can Tuna

BAKING

- 3 tbsps Almond Flour
- 1 tbsp Coconut Flour
- 1/4 cup Dried Unsweetened Cranberries
- 1/3 oz Gelatin

BREAD, FISH, MEAT & CHEESE

- 4 ozs Brie Cheese
- 10 ozs Chicken Breast
- 1 lb Extra Lean Ground Chicken
- 1 lb Extra Lean Ground Turkey
- 1/2 cup Goat Cheese
- 1 lb Lean Ground Pork
- 10 ozs Organic Chicken Sausage
- 1 lb Pork Tenderloin
- 3 ozs Prosciutto

CONDIMENTS & OILS

- 1 tbsp Apple Cider Vinegar
- 1/2 tsp Avocado Oil
- 1 1/2 tbsps Balsamic Vinegar
- 1/2 cup Coconut Oil
- 1 1/3 tbsps Dijon Mustard
- 3/4 cup Extra Virgin Olive Oil
- 1/4 cup Mayonnaise
- 2 cups Sauerkraut
- 2 tbsps Tahini

COLD

- 2 2/3 tbsps Coconut Butter
- 3 tbsps Orange Juice
- 2/3 cup Plain Greek Yogurt
- 4 1/2 cups Unsweetened Almond Milk
- 4 cups Unsweetened Coconut Yogurt

OTHER

- 4 Ice Cubes
- 4 Nori Sheets
- 2 tbsps Vanilla Protein Powder
- 3 3/4 cups Water

- 4 2/3 cups Oats
- 1/4 cup Organic Raisins
- 3 1/2 tbsps Raw Honey
- 1 tbsp Tapioca Flour
- 1/4 cup Unsweetened Coconut Flakes
- 3/4 cup Unsweetened Shredded Coconut
- 1/2 tsp Vanilla Extract

Apple Crisp Yogurt Bowls

2 SERVINGS 20 MINUTES



INGREDIENTS

- 1 Apple (cored, chopped)
- 1 cup Oats (rolled)
- 2 tbsps Maple Syrup
- 1 tsp Cinnamon
- 2 cups Unsweetened Coconut Yogurt

NUTRITION

AMOUNT PER SERVING

Calories	366	Calcium	559mg
Fat	10g	Iron	2mg
Saturated	6g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	1g	Vitamin K	3µg
Monouns...	1g	Thiamine	0.2mg
Carbs	66g	Riboflavin	0.3mg
Fiber	10g	Niacin	1mg
Sugar	23g	Vitamin B6	0.1mg
Protein	7g	Folate	16µg
Cholesterol	0mg	Vitamin B12	2.7µg
Sodium	55mg	Phosphoro...	177mg
Potassium	292mg	Magnesium	65mg
Vitamin A	53IU	Zinc	2mg
Vitamin C	4mg	Selenium	12µg

DIRECTIONS

- 01 In a saucepan over medium heat, add the apples, rolled oats, maple syrup and cinnamon. Cook for 6 to 8 minutes, stirring often.
- 02 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.

Apple Coconut Breakfast Crisp

2 SERVINGS 40 MINUTES



INGREDIENTS

2 Apple (peeled, cored and chopped)
1 tbsp Tapioca Flour (divided)
3/4 tsp Cinnamon
1/2 cup Unsweetened Shredded Coconut
1 tbsp Coconut Flour
2 2/3 tbsps Coconut Butter (softened)
1 tbsp Maple Syrup
1 1/2 tsps Coconut Oil (melted)

NUTRITION

AMOUNT PER SERVING

Calories	454	Calcium	31mg
Fat	32g	Iron	2mg
Saturated	27g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	4µg
Monouns...	0g	Thiamine	0mg
Carbs	49g	Riboflavin	0.2mg
Fiber	12g	Niacin	0mg
Sugar	28g	Vitamin B6	0.1mg
Protein	4g	Folate	6µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	24mg	Phosphoro...	21mg
Potassium	220mg	Magnesium	12mg
Vitamin A	101IU	Zinc	0mg
Vitamin C	8mg	Selenium	0µg

DIRECTIONS

- 01 Preheat the oven to 350°F (176°C).
- 02 In a mixing bowl combine the apples, half of the tapioca flour and the cinnamon. Transfer the apple mixture to a baking dish and bake for 20 minutes until the apples begin to soften.
- 03 Meanwhile, in the same mixing bowl combine the shredded coconut, coconut flour and the remaining tapioca flour. Stir in the coconut butter, maple syrup and coconut oil until a coarse meal forms.
- 04 Remove the apples from the oven and spoon the coconut mixture over top in an even layer. Return to the oven and continue to bake for 15 minutes or until the coconut crumble is golden brown. Enjoy!

NOTES

LEFTOVERS

Store leftovers partially covered at room temperature for up to two days or refrigerate in an airtight container for up to five days. Serve warmed or at room temperature.

SERVING DISH SIZE

An 8 x 8-inch baking dish was used for 4 servings.

MORE FLAVOR

Add vanilla, nutmeg, allspice or maple syrup to the apple mixture.

ADDITIONAL TOPPINGS

Top with a dollop of coconut yogurt.

APPLES

This recipe was created using McIntosh apples.

Butternut Squash & Apple Breakfast Hash

2 SERVINGS 20 MINUTES



INGREDIENTS

2 tbsps Extra Virgin Olive Oil
2 cups Butternut Squash (peeled,
chopped into 1 cm cubes)
1/2 cup Red Onion (chopped)
1/4 tsp Sea Salt
1 Apple (small, finely chopped)
2 cups Kale Leaves (chopped)
1/4 tsp Cinnamon

NUTRITION

AMOUNT PER SERVING

Calories	254	Calcium	139mg
Fat	14g	Iron	2mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	4mg
Polyunsat...	2g	Vitamin K	94µg
Monouns...	10g	Thiamine	0.2mg
Carbs	34g	Riboflavin	0.1mg
Fiber	7g	Niacin	2mg
Sugar	14g	Vitamin B6	0.3mg
Protein	3g	Folate	61µg
Cholester...	0mg	Vitamin B12	0µg
Sodium	315mg	Phosphoro...	80mg
Potassium	723mg	Magnesium	63mg
Vitamin A	15943IU	Zinc	0mg
Vitamin C	56mg	Selenium	1µg

DIRECTIONS

- 01 Heat the oil in a skillet over medium heat. Add the butternut squash and onion and cook, stirring often, for 10 to 12 minutes until the squash is tender. Season with salt.
- 02 Add the apple and kale leaves and continue to cook until the kale wilts down and the apple is warmed through and just tender, about 3 to 5 minutes. Add the cinnamon and stir to combine. Season with additional salt if needed.
- 03 Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is approximately 1 cup.

MORE PROTEIN

Serve with an egg or add in cooked sausage, chicken, bacon, lentils or tofu.

NO RED ONION

Use a yellow or sweet onion instead.

APPLE

This recipe was created and tested using Spartan apples.

CONSISTENCY

Chop the butternut squash and apples into similar size cubes to ensure even cooking.

Overnight Bircher Muesli

4 SERVINGS 8 HOURS



INGREDIENTS

2 cups Oats (rolled)
1/4 cup Unsweetened Shredded Coconut
1/4 cup Sliced Almonds
2 tbsps Ground Flax Seed
1/4 cup Organic Raisins
1/4 cup Hemp Seeds
1/2 tsp Cinnamon
1 cup Unsweetened Almond Milk
2 cups Unsweetened Coconut Yogurt
1 Apple (medium, grated)

NUTRITION

AMOUNT PER SERVING

Calories	430	Calcium	430mg
Fat	21g	Iron	4mg
Saturated	7g	Vitamin D	25IU
Trans	0g	Vitamin E	0mg
Polyunsat...	6g	Vitamin K	2µg
Monouns...	2g	Thiamine	0.3mg
Carbs	53g	Riboflavin	0.1mg
Fiber	10g	Niacin	2mg
Sugar	13g	Vitamin B6	0.1mg
Protein	13g	Folate	26µg
Cholesterol	0mg	Vitamin B12	1.4µg
Sodium	73mg	Phosphoro...	346mg
Potassium	402mg	Magnesium	136mg

DIRECTIONS

- 01 In a large bowl, combine the oats, shredded coconut, almonds, flax seeds, raisins, hemp seeds, and cinnamon.
- 02 Stir in the almond milk, yogurt, and grated apple. Mix well. Cover and let soak in the fridge overnight.
- 03 Divide into bowls or jars in the morning, and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

PREP AHEAD

The dry muesli mix can be scaled up and stored in a jar in your cupboard for up to 2 months.

LIKES IT SWEET

Serve with fresh berries and/or a drizzle of maple syrup or honey.

MORE PROTEIN

Make with Greek yogurt instead of coconut yogurt.

Vitamin A 151IU Zinc 3mg
Vitamin C 2mg Selenium 12µg

Apple Cinnamon Overnight Oats

4 SERVINGS 8 HOURS



INGREDIENTS

1 1/2 cups Oats (quick oats work best)
1 1/2 cups Unsweetened Almond Milk
2 tbsps Chia Seeds
1 tbsp Maple Syrup
1 tsp Cinnamon
1/4 tsp Nutmeg
1/2 tsp Vanilla Extract
1/2 cup Water
1 Apple (cored and diced)
1 cup Walnuts (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	393	Calcium	265mg
Fat	25g	Iron	3mg
Saturated	2g	Vitamin D	38IU
Trans	0g	Vitamin E	0mg
Polyunsat...	15g	Vitamin K	3µg
Monouns...	4g	Thiamine	0.3mg
Carbs	38g	Riboflavin	0.2mg
Fiber	8g	Niacin	1mg
Sugar	9g	Vitamin B6	0.2mg
Protein	10g	Folate	41µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	65mg	Phosphoro...	234mg
Potassium	363mg	Magnesium	118mg

DIRECTIONS

- 01 Combine oats, almond milk, chia seeds, maple syrup, cinnamon, nutmeg, vanilla extract and water in a large glass container. Stir well to evenly mix. Cover and store in the fridge overnight.
- 02 Remove from fridge. Use single-serving size jars (250 mL or 500 mL in size) and place a few spoonfuls of the oat mixture in the bottom of each. Then add a layer of diced apple followed by a layer of chopped walnuts. Repeat until all ingredients are used up.
- 03 Store in the fridge up to 4 days or until ready to eat. Add an extra splash of almond milk and/or a drizzle of honey (optional).

NOTES

MORE PROTEIN

Add hemp seeds or a spoonful of nut butter.

WARM IT UP

Heat in the microwave for 30 to 60 seconds before eating.

NO MAPLE SYRUP

Use honey to sweeten instead.

LEFTOVERS

Refrigerate in an airtight container for up to four days.

Vitamin A	214IU	Zinc	2mg
Vitamin C	3mg	Selenium	10µg

Apple Quinoa Breakfast Bake

2 SERVINGS 50 MINUTES



INGREDIENTS

1/4 cup Quinoa
1/2 cup Water
1 tbsp Maple Syrup
1 tsp Cinnamon
2 Apple (cored and diced)
1/4 cup Pecans (chopped)
1 tbsp Coconut Oil (melted)

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and lightly grease a pie plate or small casserole dish with coconut oil. In a mixing bowl, combine quinoa, water, maple syrup, cinnamon, and apples. Pour into a pie plate and cover with foil. Cook for 35 minutes (or until water is absorbed) and remove from oven.
- 02 In a small bowl, mix the melted coconut oil with pecans and sprinkle with cinnamon. Mix until evenly coated.
- 03 Divide the apple/quinoa bake into bowls and top with the pecan mixture. Enjoy it while it's hot!

NUTRITION

AMOUNT PER SERVING

Calories	348	Calcium	59mg
Fat	17g	Iron	2mg
Saturated	7g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	4g	Vitamin K	5µg
Monouns...	6g	Thiamine	0.2mg
Carbs	48g	Riboflavin	0.3mg
Fiber	8g	Niacin	1mg
Sugar	25g	Vitamin B6	0.2mg
Protein	5g	Folate	47µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	5mg	Phosphoro...	152mg
Potassium	392mg	Magnesium	70mg
Vitamin A	112IU	Zinc	1mg
Vitamin C	9mg	Selenium	2µg

Green Apple Cinnamon Smoothie

1 SERVING 10 MINUTES



INGREDIENTS

1 Apple (peeled, cored and chopped)
2 Kiwi (peeled and sliced)
1 tbsp Ground Flax Seed
1/2 tsp Cinnamon
1 cup Unsweetened Almond Milk
2 cups Baby Spinach

DIRECTIONS

01 Place apple, kiwi, ground flax, cinnamon and almond milk in a blender and blend well. Then add in baby spinach and blend again. Pour and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	260	Calcium	591mg
Fat	6g	Iron	3mg
Saturated	0g	Vitamin D	101IU
Trans	0g	Vitamin E	4mg
Polyunsat...	3g	Vitamin K	350µg
Monouns...	2g	Thiamine	0.1mg
Carbs	52g	Riboflavin	0.3mg
Fiber	13g	Niacin	1mg
Sugar	32g	Vitamin B6	0.3mg
Protein	6g	Folate	156µg
Cholester...	0mg	Vitamin B12	0µg
Sodium	214mg	Phosphoro...	97mg
Potassium	1002mg	Magnesium	98mg
Vitamin A	6348IU	Zinc	1mg
Vitamin C	153mg	Selenium	1µg

Apple Slices with Tuna

2 SERVINGS 10 MINUTES



INGREDIENTS

1 can Tuna
1/4 cup Red Onion (diced)
2 tbsps Mayonnaise
1/8 tsp Sea Salt
2 Apple (cored, sliced)

NUTRITION

AMOUNT PER SERVING

Calories	267	Calcium	31mg
Fat	11g	Iron	2mg
Saturated	2g	Vitamin D	40IU
Trans	0g	Vitamin E	1mg
Polyunsat...	6g	Vitamin K	27µg
Monouns...	2g	Thiamine	0.1mg
Carbs	27g	Riboflavin	0.1mg
Fiber	5g	Niacin	9mg
Sugar	20g	Vitamin B6	0.4mg
Protein	17g	Folate	13µg
Cholesterol	36mg	Vitamin B12	2.1µg
Sodium	442mg	Phosphoro...	143mg
Potassium	374mg	Magnesium	30mg
Vitamin A	155IU	Zinc	1mg
Vitamin C	10mg	Selenium	59µg

DIRECTIONS

- 01 In a bowl, add the tuna, red onion, mayonnaise and sea salt. Mix well.
- 02 Add the tuna on top of the sliced apple. Serve and enjoy!

NOTES

LEFTOVERS

The apple is best cut on the same day you'll enjoy it. Refrigerate the leftover tuna mix in an airtight container for up to three days.

ADDITIONAL TOPPINGS

Add chopped nuts or sesame seeds on top.

NO MAYONNAISE

Use greek yogurt instead.

Prosciutto-Wrapped Apples

4 SERVINGS 10 MINUTES



INGREDIENTS

2 Apple (cored and sliced)
3 ozs Prosciutto (cut in half)
1 tbsp Fresh Dill (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	93	Calcium	6mg
Fat	3g	Iron	0mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	2µg
Monouns...	0g	Thiamine	0mg
Carbs	13g	Riboflavin	0mg
Fiber	2g	Niacin	0mg
Sugar	9g	Vitamin B6	0mg
Protein	6g	Folate	3µg
Cholesterol	15mg	Vitamin B12	0µg
Sodium	396mg	Phosphoro...	10mg
Potassium	98mg	Magnesium	5mg
Vitamin A	60IU	Zinc	0mg
Vitamin C	4mg	Selenium	0µg

DIRECTIONS

01 Gently wrap the apple slices with prosciutto and top with dill. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days. Add lemon juice to the apples to keep them fresh longer, or slice just before enjoying.

SERVING SIZE

One serving is roughly four pieces.

ADDITIONAL TOPPINGS

Ricotta or parmesan cheese.

Creamy Apple Pie Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 Apple (medium, peeled and chopped)
1/2 Banana (frozen)
4 Ice Cubes
2 tbsps Vanilla Protein Powder
2 tbsps Oats
1 tbspd Almond Butter
3/4 tsp Cinnamon (ground)
1 cup Unsweetened Almond Milk

DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

NOTES

APPLE TYPE

For a distinct apple flavour, use a tart variety of apple like a Granny Smith or a McIntosh.

NO ALMOND MILK

Use any other type of milk instead.

NUTRITION

AMOUNT PER SERVING

Calories	358	Calcium	601mg
Fat	13g	Iron	2mg
Saturated	1g	Vitamin D	101IU
Trans	0g	Vitamin E	4mg
Polyunsat...	3g	Vitamin K	5µg
Monouns...	7g	Thiamine	0.2mg
Carbs	52g	Riboflavin	0.6mg
Fiber	11g	Niacin	1mg
Sugar	27g	Vitamin B6	0.4mg
Protein	16g	Folate	33µg
Cholesterol	2mg	Vitamin B12	0.3µg
Sodium	184mg	Phosphoro...	315mg
Potassium	665mg	Magnesium	124mg
Vitamin A	641IU	Zinc	2mg
Vitamin C	14mg	Selenium	7µg

Apple Cinnamon Chips

4 SERVINGS 1 HOUR



INGREDIENTS

4 Apple
2 tsp Cinnamon
1 1/2 tsp Coconut Oil

NUTRITION

AMOUNT PER SERVING

Calories	113	Calcium	24mg
Fat	2g	Iron	0mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	4µg
Monouns...	0g	Thiamine	0mg
Carbs	26g	Riboflavin	0.1mg
Fiber	5g	Niacin	0mg
Sugar	19g	Vitamin B6	0.1mg
Protein	1g	Folate	6µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	2mg	Phosphoro...	21mg
Potassium	200mg	Magnesium	10mg
Vitamin A	102IU	Zinc	0mg
Vitamin C	8mg	Selenium	0µg

DIRECTIONS

- 01 Preheat oven to 230°F (110°C). Use a sharp knife to thinly slice apples into even chip-like pieces. Place sliced apples in a mixing bowl. Add cinnamon and toss well.
- 02 Line a large baking sheet with foil and grease lightly with coconut oil. Spread apple chips evenly across the baking sheet making sure not to overlap (you might need to bake in batches if your sheet isn't big enough). Place in oven and bake for 1 hour, turning at the 30 minute mark. Remove from oven and let cool completely. Store your apple chips in an airtight container. Enjoy!

NOTES

KEEP THEM CRISPY

If chips get soggy over time, throw in the oven at 350 for 5 to 8 minutes to crisp them back up.

Glowing Green Mango Energy Smoothie

2 SERVINGS 10 MINUTES



INGREDIENTS

4 cups Baby Spinach
1/2 Cucumber
1 Lime (juiced)
1 Lemon (juiced)
1 Apple (skin removed and diced)
1 1/2 cups Frozen Mango
2 cups Water

DIRECTIONS

01 Place all ingredients together in a blender. Blend until smooth. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	157	Calcium	119mg
Fat	1g	Iron	2mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsat...	0g	Vitamin K	309µg
Monouns...	0g	Thiamine	0.1mg
Carbs	40g	Riboflavin	0.2mg
Fiber	6g	Niacin	1mg
Sugar	29g	Vitamin B6	0.4mg
Protein	4g	Folate	185µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	56mg	Phosphoro...	80mg
Potassium	801mg	Magnesium	82mg
Vitamin A	7106IU	Zinc	1mg
Vitamin C	84mg	Selenium	2µg

Almond Butter Apple Sandwiches

2 SERVINGS 10 MINUTES



INGREDIENTS

2 Apple
1/4 cup Almond Butter

NUTRITION

AMOUNT PER SERVING

Calories	287	Calcium	119mg
Fat	18g	Iron	1mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	8mg
Polyunsat...	4g	Vitamin K	4µg
Monouns...	10g	Thiamine	0mg
Carbs	31g	Riboflavin	0.3mg
Fiber	8g	Niacin	1mg
Sugar	20g	Vitamin B6	0.1mg
Protein	7g	Folate	22µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	4mg	Phosphoro...	179mg
Potassium	428mg	Magnesium	96mg
Vitamin A	99IU	Zinc	1mg
Vitamin C	8mg	Selenium	1µg

DIRECTIONS

- 01 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.
- 02 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.

Apple Slices & Nori Crisps

2 SERVINGS 5 MINUTES



INGREDIENTS

4 Nori Sheets
1/3 tsp Extra Virgin Olive Oil
2 Apple (medium)

NUTRITION

AMOUNT PER SERVING

Calories	112	Calcium	31mg
Fat	1g	Iron	1mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	5µg
Monouns...	1g	Thiamine	0mg
Carbs	27g	Riboflavin	0.1mg
Fiber	6g	Niacin	0mg
Sugar	19g	Vitamin B6	0.1mg
Protein	2g	Folate	5µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	8mg	Phosphoro...	20mg
Potassium	195mg	Magnesium	9mg
Vitamin A	898IU	Zinc	0mg
Vitamin C	14mg	Selenium	0µg

DIRECTIONS

- 01 Cut nori sheets into quarters with scissors. Brush sheets very lightly with olive oil. Heat a large pan over medium heat and toast the nori sheets about 30 seconds per side.
- 02 Slice apples and divide onto plates with nori crisps. Enjoy!

NOTES

SAVE TIME

Buy pre-toasted nori sheets.

Pressure Cooker Squash Bowl

4 SERVINGS 40 MINUTES



INGREDIENTS

1 1/3 Delicata Squash (washed, whole)
2 2/3 Apple (cored, cubed)
2/3 cup Water
2/3 tsp Cinnamon
1/3 oz Gelatin
1 1/3 tbsps Maple Syrup
1/4 cup Unsweetened Coconut Flakes
(optional, for topping)

NUTRITION

AMOUNT PER SERVING

Calories	182	Calcium	70mg
Fat	4g	Iron	1mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polysat...	0g	Vitamin K	3µg
Monouns...	0g	Thiamine	0.2mg
Carbs	38g	Riboflavin	0.1mg
Fiber	6g	Niacin	1mg
Sugar	17g	Vitamin B6	0.3mg
Protein	4g	Folate	28µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	9mg	Phosphoro...	65mg
Potassium	644mg	Magnesium	54mg
Vitamin A	594IU	Zinc	0mg
Vitamin C	21mg	Selenium	1µg

DIRECTIONS

- 01 Add the delicata squash, apple, water and cinnamon to the pressure cooker. Put the lid on and set to "sealing" then press manual/pressure cooker and cook for 8 minutes on high pressure. Once finished, let the pressure release naturally.
- 02 Carefully remove the lid, and remove the squash. Let it cool slightly, then cut it in half, and remove the seeds. Add the squash and all of the contents from the pressure cooker to a blender along with the gelatin and maple syrup. Blend on high until smooth.
- 03 Pour into a bowl and top with coconut flakes, if using. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to about 1 1/2 cups.

STORAGE

Alternatively, you can store this in the fridge and eat it cold. It will thicken more in the fridge and become similar to a pudding/jello texture.

MORE FLAVOR

Add additional spices such as ginger.

ADDITIONAL TOPPINGS

Top with fruit, slivered almonds, sunflower seeds or pumpkin seeds.

Smashed Chickpea Salad with Tahini Dressing

2 SERVINGS 10 MINUTES



INGREDIENTS

- 1 1/2 cups Chickpeas (cooked, rinsed)
- 1 Apple (finely chopped)
- 2 stalks Celery (finely chopped)
- 2 tbsps Tahini
- 2 tbsps Water
- 3 tbsps Lemon Juice
- 1/2 tsp Sea Salt
- 1 Garlic (clove, small, minced)

NUTRITION

AMOUNT PER SERVING

Calories	351	Calcium	151mg
Fat	12g	Iron	5mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polysat...	5g	Vitamin K	19µg
Monouns...	4g	Thiamine	0.4mg
Carbs	53g	Riboflavin	0.2mg
Fiber	14g	Niacin	2mg
Sugar	17g	Vitamin B6	0.3mg
Protein	14g	Folate	248µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	650mg	Phosphoro...	340mg
Potassium	651mg	Magnesium	84mg
Vitamin A	274IU	Zinc	3mg
Vitamin C	16mg	Selenium	10µg

DIRECTIONS

- 01 In a mixing bowl, mash the chickpeas with a fork until a fine crumb texture forms. If you'd like more texture, leave some chickpeas whole. Add in the apple and celery.
- 02 In a second small mixing bowl, make the dressing. Combine the tahini and water and stir to combine. Then stir in the lemon juice, salt and garlic.
- 03 Add the dressing to the chickpea mixture and stir to combine. Season with additional salt or lemon if needed. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is approximately 1 1/2 cups.

MORE FLAVOR

Add Dijon mustard or maple syrup to the dressing. Stir in fresh parsley or green onion.

APPLE

This recipe was created using Granny Smith apples.

SERVE IT WITH

Cucumber slices, whole grain crackers, as a sandwich filling or on top of baby greens.

Apple, Beet & Carrot Slaw

3 SERVINGS 10 MINUTES



INGREDIENTS

2 Beet (medium-size, peeled, julienned)
2 Carrot (julienned)
2 cups Kale Leaves (shredded)
1 Apple (julienned)
3 tbsps Orange Juice
1 tbsp Lemon Juice
1/8 tsp Sea Salt
1/4 cup Parsley (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	87	Calcium	70mg
Fat	1g	Iron	1mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	0g	Vitamin K	144µg
Monouns...	0g	Thiamine	0.1mg
Carbs	20g	Riboflavin	0.1mg
Fiber	5g	Niacin	1mg
Sugar	14g	Vitamin B6	0.1mg
Protein	2g	Folate	91µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	180mg	Phosphoro...	56mg
Potassium	486mg	Magnesium	30mg
Vitamin A	7976IU	Zinc	0mg
Vitamin C	37mg	Selenium	1µg

DIRECTIONS

- 01 In a large bowl add the beets, carrots, kale and apple.
- 02 In a small bowl, whisk together the orange juice, lemon juice and sea salt.
- 03 Add the dressing to the salad and toss to combine. Top with parsley and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to about 3/4 cup salad.

MORE FLAVOR

Add some dijon or honey mustard to the dressing.

ADDITIONAL TOPPINGS

Top with pumpkin seeds.

Curried Chickpea Salad

4 SERVINGS 15 MINUTES



INGREDIENTS

1/4 cup Extra Virgin Olive Oil
1 1/2 tbsps Lime Juice
2 tbsps Curry Powder
1 1/2 tpsps Maple Syrup
2 cups Chickpeas (cooked)
1 stalk Celery (finely chopped)
1 Apple (small, finely chopped)
1/4 cup Red Onion (chopped)
1/4 cup Dried Unsweetened Cranberries
1/4 cup Cilantro (chopped)
Sea Salt & Black Pepper

NUTRITION

AMOUNT PER SERVING

Calories	324	Calcium	70mg
Fat	16g	Iron	3mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsat...	2g	Vitamin K	22µg
Monouns...	11g	Thiamine	0.1mg
Carbs	39g	Riboflavin	0.1mg
Fiber	10g	Niacin	1mg
Sugar	16g	Vitamin B6	0.2mg
Protein	8g	Folate	151µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	17mg	Phosphoro...	161mg

DIRECTIONS

- 01 In a large mixing bowl, whisk together the oil, lime juice, curry powder, and maple syrup.
- 02 Add the chickpeas, celery, apple, onion, cranberries, and cilantro to the mixing bowl with the dressing. Fold everything together. Season with salt and pepper to taste.
- 03 Serve chilled and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container up to 4 days.

SERVE IT WITH

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

MORE FLAVOR

For best flavor, use a tart apple like a Granny Smith or Macintosh.

Potassium	382mg	Magnesium	53mg
Vitamin A	163IU	Zinc	2mg
Vitamin C	6mg	Selenium	4µg

Beet & Arugula Salad

4 SERVINGS 50 MINUTES



INGREDIENTS

4 Beet (skin on, washed)
3 tbsps Extra Virgin Olive Oil
1 1/2 tbsps Balsamic Vinegar
1 1/2 tsps Raw Honey
Sea Salt & Black Pepper (to taste)
4 cups Arugula (packed)
1 Apple (thinly sliced)
1/2 cup Goat Cheese (crumbled)
1/4 cup Pumpkin Seeds

NUTRITION

AMOUNT PER SERVING

Calories	239	Calcium	64mg
Fat	17g	Iron	2mg
Saturated	4g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	2g	Vitamin K	29µg
Monouns...	9g	Thiamine	0mg
Carbs	20g	Riboflavin	0.1mg
Fiber	5g	Niacin	0mg
Sugar	14g	Vitamin B6	0.1mg
Protein	6g	Folate	110µg
Cholesterol	5mg	Vitamin B12	0µg
Sodium	138mg	Phosphoro...	49mg
Potassium	396mg	Magnesium	31mg
Vitamin A	526IU	Zinc	0mg

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C). Wrap the beets in foil and bake for 40 to 45 minutes, or until cooked through. Remove the beets from the oven, let them cool then peel and slice into quarters.
- 02 While the beets cook, make the dressing in a small bowl by whisking together the olive oil, balsamic, honey salt and pepper. Set aside.
- 03 Add the arugula to a salad bowl and top with the beets, apple, goat cheese, and pumpkin seeds. Drizzle the dressing on top. Toss and enjoy!

NOTES

DAIRY-FREE

Omit the goat cheese, or use a plant-based cheese instead.

NO PUMPKIN SEEDS

Omit or use sunflower seeds instead.

NO APPLE

Use a pear instead.

NO HONEY

Use maple syrup instead.

SAVE TIME

Roast the beets ahead of time.

Vitamin C 9mg Selenium 1µg

Shredded Creamy Brussels Sprouts Salad

4 SERVINGS 15 MINUTES



INGREDIENTS

2 tbsps Extra Virgin Olive Oil
1 tbsp Apple Cider Vinegar
2 tsps Dijon Mustard
1/4 cup Plain Greek Yogurt
2 tsps Maple Syrup
Sea Salt & Black Pepper
4 cups Brussels Sprouts (trimmed and very thinly sliced)
1 cup Parsley (chopped and packed)
1 Apple (cored and thinly sliced)
1/3 cup Pumpkin Seeds (toasted)

NUTRITION

AMOUNT PER SERVING

Calories	200	Calcium	102mg
Fat	12g	Iron	4mg
Saturated	2g	Vitamin D	6IU
Trans	0g	Vitamin E	2mg
Polyunsat...	2g	Vitamin K	410µg
Monouns...	7g	Thiamine	0.1mg
Carbs	20g	Riboflavin	0.1mg
Fiber	6g	Niacin	1mg
Sugar	9g	Vitamin B6	0.2mg
Protein	7g	Folate	78µg
Cholesterol	2mg	Vitamin B12	0µg
Sodium	70mg	Phosphoro...	75mg

DIRECTIONS

- 01 In a bowl, combine the extra virgin olive oil, apple cider vinegar, mustard, yogurt, maple syrup, sea salt and pepper. Mix well and set aside.
- 02 Add the thinly sliced brussels sprouts to a bowl and pour the dressing over top. Add the parsley, apple and pumpkin seeds then toss well to coat. Enjoy!

NOTES

DAIRY-FREE

Use plain coconut yogurt instead of Greek yogurt.

LEFTOVERS

Store in an airtight container in the fridge for up to 3 days.

MORE PROTEIN

Add sliced chicken breast, bacon or toasted chickpeas.

Potassium	485mg	Magnesium	31mg
Vitamin A	2047IU	Zinc	1mg
Vitamin C	98mg	Selenium	1µg

Roasted Butternut Squash Soup with Kale Chips

4 SERVINGS 1 HOUR 30 MINUTES



INGREDIENTS

- 4 cups Butternut Squash
- 1 tsp Cinnamon (plus extra for garnish)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 2 Apple (peeled, cored and sliced)
- 1 Sweet Onion (diced)
- 1 tbsp Ginger (grated)
- 4 cups Organic Vegetable Broth
- 2 tsps Sea Salt (divided)
- 4 cups Kale Leaves (cut into large pieces)

NUTRITION

AMOUNT PER SERVING

Calories	218	Calcium	156mg
Fat	8g	Iron	2mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsat...	1g	Vitamin K	91µg
Monouns...	5g	Thiamine	0.3mg
Carbs	39g	Riboflavin	0.2mg
Fiber	7g	Niacin	2mg
Sugar	18g	Vitamin B6	0.4mg
Protein	3g	Folate	73µg
Cholester...	0mg	Vitamin B12	0µg
Sodium	1859mg	Phosphoro...	98mg
Potassium	813mg	Magnesium	70mg
Vitamin A	16470IU	Zinc	1mg

DIRECTIONS

- 01 Preheat oven to 420°F (216°C). Cut squash in half lengthwise and scoop out the seeds. Place on a baking sheet with the flesh side up. Sprinkle with cinnamon and bake in the oven for 45 minutes or until tender. (Roasting time will depend on the size of your squash.)
- 02 Remove squash from oven and let cool. Use a spoon to carve out the flesh and set aside. Discard the skin.
- 03 Place a large pot over medium heat and add half of your olive oil. Add the apples, onion and ginger and saute for about 5 minutes or until soft.
- 04 Add in the vegetable broth, cooked squash and half of the sea salt. Reduce heat to a simmer. Let simmer while you prepare the kale chips.
- 05 Preheat your oven to 350°F (177°C) again and line a baking sheet with parchment paper. Place your kale in a large bowl and massage it with your remaining olive oil and sea salt. Transfer kale leaves to the baking sheet in a single layer. Don't overcrowd. You will have to bake in a few batches. Place in the oven and bake for 10 to 15 minutes. Remove from oven when crisp and let cool.
- 06 Transfer soup to a blender or use an immersion blender to puree until the soup reaches a smooth, thick consistency. Be patient. It might take a bit of blending to reach a creamy consistency!
- 07 Divide soup between bowls and garnish with a sprinkle of cinnamon. Serve with kale chips for dipping. Enjoy!

NOTES

MORE PROTEIN

Blend in a 1 can of cooked red lentils or top with some shredded chicken breast

Vitamin C 58mg Selenium 1µg

STORAGE

Divide into 500 mL mason jars leaving at least 1 inch of space at the top. Store in the freezer up to 3 months.

Raspberry Apple Crisp

2 SERVINGS 30 MINUTES



INGREDIENTS

- 1/2 cup Raspberries
- 1 Apple (chopped)
- 2 tps Cinnamon (divided)
- 1 tbsp Coconut Oil
- 1/4 cup Cashews (chopped)
- 1/4 cup Almonds (chopped)
- 3 tbsps Almond Flour
- 1 tbsp Maple Syrup
- 1 tbsp Mint Leaves (optional)

NUTRITION

AMOUNT PER SERVING

Calories	419	Calcium	130mg
Fat	29g	Iron	3mg
Saturated	8g	Vitamin D	0IU
Trans	0g	Vitamin E	5mg
Polyunsat...	4g	Vitamin K	11µg
Monouns...	11g	Thiamine	0.1mg
Carbs	37g	Riboflavin	0.4mg
Fiber	10g	Niacin	1mg
Sugar	19g	Vitamin B6	0.1mg
Protein	9g	Folate	30µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	6mg	Phosphoro...	192mg
Potassium	409mg	Magnesium	139mg
Vitamin A	101IU	Zinc	2mg

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C). Add the raspberries and apple to a small baking dish.
- 02 Mix half of the cinnamon into the raspberries and apples and top with coconut oil.
- 03 In a small bowl add the cashews, almonds, almond flour, maple syrup and the remaining cinnamon. Mix together until evenly combined. Add this crumble over the raspberries and apples and place in the oven.
- 04 Bake for 25 to 30 minutes or until golden brown. Remove from the oven and cool slightly.
- 05 Once cooled, top with mint leaves, if using. Divide evenly between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

NUT-FREE

Use oats, oat flour and seeds instead of almonds, cashews and almond flour.

ADDITIONAL TOPPINGS

Coconut yogurt or coconut whip.

Vitamin C 13mg Selenium 3µg

Pork & Veggie Meatballs

4 SERVINGS 30 MINUTES



INGREDIENTS

- 1 Apple (medium, cored, grated)
- 1 Zucchini (medium, grated)
- 1 lb Lean Ground Pork
- 1 Sweet Potato (small, grated)
- 1/3 cup Parsley (finely chopped)
- 2 Garlic (cloves, minced)
- 1/2 tsp Sea Salt
- 10 cups Baby Spinach

NUTRITION

AMOUNT PER SERVING

Calories	328	Calcium	121mg
Fat	19g	Iron	4mg
Saturated	6g	Vitamin D	19IU
Trans	0g	Vitamin E	2mg
Polyunsat...	3g	Vitamin K	449µg
Monouns...	8g	Thiamine	0.5mg
Carbs	18g	Riboflavin	0.6mg
Fiber	4g	Niacin	8mg
Sugar	8g	Vitamin B6	1.0mg
Protein	24g	Folate	172µg
Cholesterol	77mg	Vitamin B12	0.8µg
Sodium	457mg	Phosphoro...	263mg
Potassium	1015mg	Magnesium	100mg
Vitamin A	12193IU	Zinc	3mg
Vitamin C	40mg	Selenium	36µg

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Using a paper towel or a kitchen towel, squeeze as much moisture out of the grated apple and zucchini as possible. Set aside into a large bowl.
- 03 To the same bowl, add ground pork, sweet potato, parsley, garlic and sea salt. Mix well. Roll the mixture into 1.5-inch balls.
- 04 Place the meatballs on the baking sheet and place in the oven for 15 to 16 minutes.
- 05 In a non-stick skillet over medium-low heat, add the spinach and cook until just wilted. Divide the spinach between plates and top with the meatballs. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Freeze the meatballs for up to two months.

SERVING SIZE

One serving is equal to approximately five meatballs.

MAKING THE MEATBALLS

Ensure that the zucchini and apple are well squeezed of excess moisture, otherwise, the mix will be too wet to hold together.

MORE FLAVOR

Serve over top of rice, cauliflower rice or alongside roasted vegetables.

Chicken & Apple Sausage Patties

8 SERVINGS 30 MINUTES



INGREDIENTS

1 lb Extra Lean Ground Chicken
1 Apple (medium, cored, finely chopped or grated)
1 tsp Ground Sage
1/2 tsp Cinnamon
1/2 tsp Sea Salt
2 tbsps Coconut Oil

NUTRITION

AMOUNT PER SERVING

Calories	124	Calcium	8mg
Fat	8g	Iron	1mg
Saturated	4g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	1g	Vitamin K	3µg
Monouns...	2g	Thiamine	0.1mg
Carbs	3g	Riboflavin	0.1mg
Fiber	1g	Niacin	3mg
Sugar	2g	Vitamin B6	0.3mg
Protein	10g	Folate	1µg
Cholesterol	49mg	Vitamin B12	0.3µg
Sodium	182mg	Phosphoro...	104mg
Potassium	322mg	Magnesium	14mg
Vitamin A	18IU	Zinc	1mg
Vitamin C	1mg	Selenium	6µg

DIRECTIONS

- 01 In a mixing bowl, combine the ground chicken, apple, sage, cinnamon and salt.
- 02 Divide and form the mixture into half-inch thick patties. Place on a parchment-lined tray and chill in the freezer for approximately 10 minutes.
- 03 Heat coconut oil in a large cast-iron pan over medium heat. Fry each sausage patty until cooked through, about 3 to 5 minutes per side.
- 04 Set aside to cool slightly. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

Each serving equals approximately one sausage patty.

MORE FLAVOR

Add garlic powder and/or onion powder.

ADDITIONAL TOPPINGS

Top with an egg, sauerkraut and/or mustard.

Slow Cooker Apple Cinnamon Pork Tenderloin

4 SERVINGS 4 HOURS



INGREDIENTS

- 1 lb Pork Tenderloin
- 2 Apple (sliced and divided)
- 3 Carrot (medium, sliced into rounds)
- 1 Yellow Onion (diced)
- 3 tbsps Raw Honey
- 1 tbspc Cinnamon

NUTRITION

AMOUNT PER SERVING

Calories	251	Calcium	56mg
Fat	3g	Iron	3mg
Saturated	1g	Vitamin D	9IU
Trans	0g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	9µg
Monouns...	1g	Thiamine	1.2mg
Carbs	34g	Riboflavin	0.4mg
Fiber	5g	Niacin	8mg
Sugar	26g	Vitamin B6	1.0mg
Protein	25g	Folate	12µg
Cholesterol	74mg	Vitamin B12	0.6µg
Sodium	94mg	Phosphoro...	307mg
Potassium	745mg	Magnesium	42mg
Vitamin A	7698IU	Zinc	2mg
Vitamin C	7mg	Selenium	35µg

DIRECTIONS

- 01 Cut slits into your pork tenderloin about 3/4 of the way through. Wedge half of the apple slices into the slits.
- 02 Add remaining apple, carrots and onion to the bottom of the slow cooker. Lay the pork tenderloin on top. Drizzle honey and sprinkle cinnamon over everything. Cook on low for 4 hours.
- 03 Remove pork and vegetables from the slow cooker and divide onto plates. Enjoy!

NOTES

MAKE IT TENDER

Brine your pork tenderloin the night before for more flavour and tenderness.

MORE GREENS

Serve on a bed of spinach or add your choice of veggies to the slow cooker.

MORE CARBS

Serve with rice, quinoa or mini potatoes.

Apple Turkey Burgers with Caramelized Onions & Brie

4 SERVINGS 45 MINUTES



INGREDIENTS

1 tbsp Coconut Oil
2 Yellow Onion (peeled and finely sliced)
2 Apple (green, divided)
1 lb Extra Lean Ground Turkey
2 tsps Dijon Mustard
1/2 tsp Ground Sage
1/2 tsp Dried Thyme
1 tsp Sea Salt
1/4 tsp Black Pepper
4 ozs Brie Cheese
1 head Green Lettuce (separated into leaves and washed)

NUTRITION

AMOUNT PER SERVING

Calories	369	Calcium	108mg
Fat	21g	Iron	4mg
Saturated	10g	Vitamin D	22IU
Trans	0g	Vitamin E	0mg
Polyunsat...	3g	Vitamin K	14µg
Monouns...	6g	Thiamine	0.1mg
Carbs	19g	Riboflavin	0.4mg
Fiber	4g	Niacin	6mg
Sugar	14g	Vitamin B6	0.5mg

DIRECTIONS

- 01 Heat coconut oil in a frying pan over medium heat. Add yellow onion and saute for 30 minutes or until fried and crispy, stirring occasionally. When onion bits get stuck to the bottom, add 1 to 2 tbsp of water at a time to deglaze the pan. Set aside.
- 02 Take half your apple servings and shred into a bowl. Squeeze and remove excess juice (drink it or add it to a smoothie later!).
- 03 In a mixing bowl, combine the turkey, shredded apple, dijon, sage, thyme, salt and pepper. Form into patties.
- 04 Preheat grill over medium heat. Transfer burgers onto the grill and cook for about 7 to 8 minutes per side or until burger is cooked through and juices run clear. Remove from grill.
- 05 Cut the remaining apple into slices. Plate burger over a bed of lettuce and top with brie, apple slices and caramelized onion.

NOTES

BBQ LOVER

Grill your apple slices too.

NO GRILL

Cook burgers in the oven at 350 for 15 minutes per side.

MORE CARBS

Serve on a bed of brown rice or in a brown rice tortilla wrap.

LEFTOVERS

Can be frozen up to 6 months in an airtight container.

Protein	28g	Folate	32µg
Cholesterol	112mg	Vitamin B12	1.8µg
Sodium	879mg	Phosphoro...	284mg
Potassium	478mg	Magnesium	36mg
Vitamin A	755IU	Zinc	4mg
Vitamin C	5mg	Selenium	26µg

Sausage & Sauerkraut Skillet

4 SERVINGS 40 MINUTES



INGREDIENTS

- 10 ozs Organic Chicken Sausage
- 1 tbsp Coconut Oil
- 1 Yellow Onion (diced)
- 2 Apple (peeled, cored and diced)
- 2 Garlic (cloves, minced)
- 4 cups Swiss Chard (washed, stems removed and chopped)
- 2 cups Sauerkraut (liquid drained off)

NUTRITION

AMOUNT PER SERVING

Calories	265	Calcium	129mg
Fat	14g	Iron	6mg
Saturated	6g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	310µg
Monouns...	5g	Thiamine	0.1mg
Carbs	26g	Riboflavin	0.2mg
Fiber	6g	Niacin	2mg
Sugar	15g	Vitamin B6	0.3mg
Protein	12g	Folate	29µg
Cholesterol	85mg	Vitamin B12	1.1µg
Sodium	1281mg	Phosphoro...	137mg
Potassium	575mg	Magnesium	53mg
Vitamin A	2264IU	Zinc	2mg
Vitamin C	26mg	Selenium	15µg

DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper. Add sausage and bake for 30 minutes or until cooked through. Remove from oven and cut into 1/4" pieces.
- 02 Heat coconut oil in a frying pan over medium heat. Add yellow onion and apple. Saute just until onion is translucent (about 5 minutes). Add garlic and saute for another minute.
- 03 Add swiss chard and continue to saute just until it is wilted. Reduce heat to low and add in chopped sausage and sauerkraut and saute for another minute or until heated through. Remove from heat and divide into bowls. Enjoy!

NOTES

LEFTOVERS

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

VEGAN AND VEGETARIAN

Skip the sausage and use cooked lentils instead.

NO SWISS CHARD

Use kale or spinach instead.

Chicken Salad Cabbage Wraps

4 SERVINGS 20 MINUTES



INGREDIENTS

1/2 tsp Avocado Oil
10 ozs Chicken Breast (boneless, skinless, cut into cubes)
1/2 tsp Oregano
1/2 tsp Thyme
2 stalks Celery (chopped)
1/2 Apple (diced)
1/4 cup Pumpkin Seeds
1/3 cup Plain Greek Yogurt
2 tbsps Mayonnaise
1 tsp Lemon Juice
Sea Salt & Black Pepper (to taste)
2 cups Purple Cabbage (pulled apart into leaves)

NUTRITION

AMOUNT PER SERVING

Calories	219	Calcium	83mg
Fat	11g	Iron	2mg
Saturated	2g	Vitamin D	9IU
Trans	0g	Vitamin E	1mg
Polyunsat...	5g	Vitamin K	35µg
Monouns...	4g	Thiamine	0.1mg
Carbs	10g	Riboflavin	0.2mg
Fiber	3g	Niacin	7mg
Sugar	5g	Vitamin B6	0.7mg

DIRECTIONS

- 01 Heat a skillet over medium heat and add the avocado oil. Once heated, add the chicken, oregano and thyme. Cook for 6 to 7 minutes or until cooked through. Add to a bowl and set aside.
- 02 Add the celery, apple and pumpkin seeds to the bowl with the chicken and toss to combine.
- 03 In a small bowl, mix the yogurt, mayonnaise and lemon juice together. Add the yogurt mixture to the chicken and toss to coat. Season with sea salt and pepper. Wrap the chicken mixture in cabbage leaves. Enjoy!

NOTES

DAIRY-FREE

Use a dairy-free yogurt, like coconut yogurt.

NO PURPLE CABBAGE

Use romaine leaves, butter lettuce leaves, kale leaves or a tortilla instead.

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is equal to two wraps.

Protein	20g	Folate	23µg
Cholesterol	57mg	Vitamin B12	0.2µg
Sodium	117mg	Phosphoro...	173mg
Potassium	425mg	Magnesium	31mg
Vitamin A	735IU	Zinc	1mg
Vitamin C	29mg	Selenium	17µg