



Cozy, Healthy, Homemade

AUTUMN RECIPE BOOK

Fit Nutrition Canada

Bridget Fauteux



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Homemade Harvest Breakfasts

Pumpkin Spice Latte

1 SERVING 10 MINUTES



INGREDIENTS

1/2 cup Organic Coffee
2 tbsps Pureed Pumpkin
1 1/2 tbsps Maple Syrup
1/2 tsp Pumpkin Pie Spice
3/4 cup Unsweetened Almond Milk
1/2 tsp Vanilla Extract

NUTRITION

AMOUNT PER SERVING

Calories	120	Calcium	385mg
Fat	2g	Iron	1mg
Saturated	0g	Vitamin D	76IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	5µg
Monouns...	1g	Thiamine	0mg
Carbs	24g	Riboflavin	0.5mg
Fiber	2g	Niacin	0mg
Sugar	19g	Vitamin B6	0mg
Protein	1g	Folate	6µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	129mg	Phosphoro...	16mg
Potassium	220mg	Magnesium	31mg
Vitamin A	5143IU	Zinc	1mg
Vitamin C	1mg	Selenium	0µg

DIRECTIONS

- 01 Brew your coffee and set aside.
- 02 In a saucepan over medium heat, stir the pumpkin, maple syrup and pumpkin pie spice until combined. Slowly whisk in almond milk. Bring mixture to a low simmer, stirring occasionally and remove from heat. Stir in vanilla extract.
- 03 Transfer milk mixture to a blender and pulse several times until foamy and frothy. (You can also use a hand-held immersion blender instead.)
- 04 Add milk mixture to your hot coffee. You may want to use a spoon to gently hold back the frothy top layer while pouring. Top your latte with this remaining froth.
- 05 Top with a dollop of homemade organic whipped cream or coconut whipped cream (optional) and sprinkle with additional pumpkin pie spice. Enjoy!

NOTES

NO ALMOND MILK

Use coconut milk instead.

NO BLENDER

Whisk vigorously by hand when the milk mixture starts to simmer on the stove. FYI, this will not create the same froth as a blender or immersion blender but still tasty!

PUMPKIN LOVER

Add an extra 1 tbsp of pureed pumpkin per serving.

HOMEMADE PUMPKIN SPICE

Mix 1/4 cup ground cinnamon, 4 tsp ground nutmeg, 4 tsp ground ginger and 1 tbsp ground allspice. Store in an air-tight container.

CAFFIENE FREE

Replace coffee with additional almond milk.

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 tbs 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



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Pumpkin Pie Protein Smoothie

2 SERVINGS 10 MINUTES



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

NUTRITION

AMOUNT PER SERVING

Calories	270	Calcium	609mg
Fat	4g	Iron	3mg
Saturated	1g	Vitamin D	101IU
Trans	0g	Vitamin E	1mg
Polyunsa...	1g	Vitamin K	20µg
Monouns...	2g	Thiamine	0.2mg
Carbs	40g	Riboflavin	0.7mg
Fiber	8g	Niacin	2mg
Sugar	19g	Vitamin B6	0.6mg
Protein	23g	Folate	47µg
Cholester...	4mg	Vitamin B12	0.6µg
Sodium	207mg	Phosphoro...	390mg
Potassium	841mg	Magnesium	126mg
Vitamin A	19642IU	Zinc	2mg
Vitamin C	16mg	Selenium	8µg

DIRECTIONS

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

NOTES

NO PUMPKIN PIE SPICE

Use cinnamon instead.

TOPPINGS

Sprinkle with extra cinnamon or pumpkin spice if desired, and top with raw pumpkin seeds if you like some crunch.

WARM IT UP

To serve this warm, whisk together the almond milk, pureed pumpkin, and vanilla in a small sauce pan over medium heat and bring to a gentle simmer before adding it to the blender with the remaining ingredients.

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.

Pumpkin Pie Overnight Oats

4 SERVINGS 8 HOURS



INGREDIENTS

2 cups Oats (quick or traditional)
2 cups Unsweetened Almond Milk
2 cups Pureed Pumpkin
2 tbsps Chia Seeds
1/4 cup Maple Syrup
1 tbsps Pumpkin Pie Spice
1/2 cup Pecans (toasted and chopped)

NUTRITION

AMOUNT PER SERVING

Calories	381	Calcium	350mg
Fat	15g	Iron	5mg
Saturated	1g	Vitamin D	50IU
Trans	0g	Vitamin E	2mg
Polyunsa...	4g	Vitamin K	21µg
Monouns...	7g	Thiamine	0.3mg
Carbs	56g	Riboflavin	0.4mg
Fiber	11g	Niacin	1mg
Sugar	17g	Vitamin B6	0.1mg
Protein	9g	Folate	31µg
Cholester...	0mg	Vitamin B12	0µg
Sodium	92mg	Phosphoro...	245mg
Potassium	562mg	Magnesium	131mg
Vitamin A	19325IU	Zinc	3mg
Vitamin C	6mg	Selenium	13µg

DIRECTIONS

- 01 In a large bowl, combine the oats, almond milk, pumpkin puree, chia seeds, maple syrup and pumpkin pie spice. Mix well. Cover and store in the fridge overnight or until set.
- 02 Once set, divide into jars and top with toasted pecans. Enjoy cold or warm in the microwave for a minute before eating.

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

NO PUMPKIN PIE SPICE

Use cinnamon instead.

NO PECANS

Use any type of crushed nuts or hemp seeds instead.

Pumpkin Breakfast Cookies

8 SERVINGS 45 MINUTES



INGREDIENTS

1 1/4 cups Oats (quick or rolled)
1 1/2 tsps Ground Flax Seed
2 tsps Cinnamon
1 tsp Nutmeg
1/4 tsp Sea Salt
1 1/2 tsps Baking Powder
1/2 cup Pumpkin Seeds
1/2 cup Sunflower Seeds
1 cup Pitted Dates (chopped)
1 Egg
3/4 cup Pureed Pumpkin
1/4 cup Raw Honey
1 tbsp Coconut Oil (melted)
1 Carrot (grated)

NUTRITION

AMOUNT PER SERVING

Calories	255	Calcium	95mg
Fat	11g	Iron	3mg
Saturated	3g	Vitamin D	5IU
Trans	0g	Vitamin E	3mg
Polyunsat...	4g	Vitamin K	6µg
Monouns...	3g	Thiamine	0.1mg
Carbs	38g	Riboflavin	0.1mg
Fiber	6g	Niacin	1mg
Sugar	21g	Vitamin B6	0.1mg

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 Combine oats, flax seed, cinnamon, nutmeg, sea salt, baking powder, pumpkin seeds, sunflower seeds and chopped dates together in a bowl. Mix well to combine.
- 03 Whisk egg in a separate mixing bowl. Add pumpkin, honey, coconut oil and grated carrot. Mix well to combine.
- 04 Add dry ingredients in with the wet and mix well until a dough-like consistency forms.
- 05 Form cookies with the dough and transfer to the baking sheet. (Tip: Use a lid from a large-mouth mason jar as a mould.)
- 06 Place in the oven and bake for 30 to 40 minutes depending on how crispy you like your cookies. Remove from oven and let cool. Enjoy!

NOTES

MAKE IT SWEETER

Add in a handful of dark organic chocolate chips.

VEGAN

Use maple syrup instead of honey and a chia egg instead of an egg.

STORAGE

Store in the freezer in a zip-loc bag up to 1 month.

Pumpkin Energy Balls

12 SERVINGS 25 MINUTES



INGREDIENTS

1/2 cup Coconut Butter (melted)
1/2 cup Pureed Pumpkin
1 tsp Pumpkin Pie Spice
1 1/2 tsps Monk Fruit Sweetener
1/8 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	74	Calcium	4mg
Fat	7g	Iron	1mg
Saturated	6g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	2µg
Monounsat...	0g	Thiamine	0mg
Carbs	4g	Riboflavin	0mg
Fiber	2g	Niacin	0mg
Sugar	1g	Vitamin B6	0mg
Protein	1g	Folate	1µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	28mg	Phosphoro...	4mg
Potassium	22mg	Magnesium	3mg
Vitamin A	1589IU	Zinc	0mg
Vitamin C	0mg	Selenium	0µg

DIRECTIONS

- 01 In a blender or food processor add all ingredients and process until the mixture comes together.
- 02 Remove the mixture from the blender or food processor and place in a bowl. Set the bowl in the freezer for 15 to 20 minutes. Once the mixture is set, roll into balls. Store in the fridge or freezer until ready to eat. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is equal to approximately one ball.

COCONUT BUTTER

Ensure the coconut butter is melted, otherwise the mixture will not hold together.

NO MONK FRUIT SWEETENER

Use maple syrup and increase the amount to taste.



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Pumpkin Loaf

12 SERVINGS 1 HOUR



INGREDIENTS

3 Egg
3/4 cup Sunflower Seed Butter
1/3 cup Maple Syrup
1/2 cup Pureed Pumpkin
3 tbsps Coconut Oil
1/2 Lemon (juiced)
1/4 cup Coconut Flour
2 tsps Cinnamon
1 tsp Nutmeg
1/3 tsp Baking Powder
1 1/2 tsps Ginger (grated)
1/4 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	185	Calcium	42mg
Fat	14g	Iron	1mg
Saturated	4g	Vitamin D	10IU
Trans	0g	Vitamin E	4mg
Polyunsat...	2g	Vitamin K	2µg
Monouns...	7g	Thiamine	0mg
Carbs	12g	Riboflavin	0.2mg
Fiber	2g	Niacin	1mg
Sugar	7g	Vitamin B6	0.1mg
Protein	5g	Folate	46µg
Cholesterol	47mg	Vitamin B12	0.1µg

DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Lightly grease a loaf pan or line it with parchment paper.
- 02 In a food processor, combine your eggs, sunflower seed butter, maple syrup, pumpkin puree, coconut oil and lemon juice. Blend until smooth and creamy. (Note: You can also mix by hand if you prefer.)
- 03 Add the coconut flour, cinnamon, nutmeg, baking powder, ginger and sea salt. Blend again until smooth.
- 04 Transfer the batter into the loaf pan. Bake for 40 to 45 minutes. (You can test if it is done by inserting a toothpick. It will come out clean when the loaf is finished.)
- 05 Remove the loaf from the oven and allow to cool in the pan for at least 15 minutes. Remove from the pan and let cool entirely before slicing. Enjoy!

NOTES

STORAGE

Store in an airtight container in the fridge for 4 to 5 days. If not eating right away, wrap and store in the freezer.

MUFFINS

Bake in a muffin tin instead of a loaf pan. Baking time will decrease to 30 to 40 minutes.

MAKE IT SWEET

Stir in a handful of dark organic chocolate chips to the batter before baking.

SERVE IT WITH

A cup of herbal tea or our Pumpkin Spice Latte.



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Pumpkin Muffins

12 SERVINGS 40 MINUTES



INGREDIENTS

2 tbsps Ground Flax Seed
1/3 cup Water
1/3 cup Unsweetened Almond Milk
1 tsp Apple Cider Vinegar
1 1/2 cups Oat Flour
1 cup Almond Flour
1 tsp Baking Soda
1/2 tsp Baking Powder
1 tsp Pumpkin Pie Spice
1/4 tsp Sea Salt
1 cup Pureed Pumpkin
1/2 cup Maple Syrup
2 tbsps Coconut Oil (melted)
1/2 cup Walnuts (roughly chopped)

NUTRITION

AMOUNT PER SERVING

Calories	216	Calcium	78mg
Fat	12g	Iron	2mg
Saturated	3g	Vitamin D	3IU
Trans	0g	Vitamin E	0mg
Polyunsat...	3g	Vitamin K	3µg
Monouns...	1g	Thiamine	0mg
Carbs	24g	Riboflavin	0.2mg
Fiber	4g	Niacin	0mg
Sugar	9g	Vitamin B6	0mg

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C) and line a muffin tin with liners.
- 02 In a small bowl mix the ground flax seed with water and set aside. In another small bowl add the almond milk and apple cider vinegar and set aside.
- 03 In a medium-sized bowl add the oat flour, almond flour, baking soda, baking powder, pumpkin pie spice and sea salt. Whisk to combine. In a separate large bowl add the pureed pumpkin, maple syrup, coconut oil, almond milk mixture and flax mixture. Whisk until combined.
- 04 Add the dry ingredients to the wet and stir to combine. Fold in the chopped walnuts. Fill each muffin liner about 3/4 full and place in the oven to bake for 30 minutes.
- 05 Remove from oven and let cool before serving or storing. Enjoy!

NOTES

LEFTOVERS

Store in an airtight container in the fridge for up to five days. Place in an airtight freezer bag for up to two months.

SERVING SIZE

One serving is equal to one muffin.

NO WALNUTS

Use chocolate chips instead of walnuts.



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Pumpkin Pie Baked Oatmeal

6 SERVINGS 45 MINUTES



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

NUTRITION

AMOUNT PER SERVING

Calories	307	Calcium	200mg
Fat	8g	Iron	4mg
Saturated	1g	Vitamin D	30IU
Trans	0g	Vitamin E	1mg
Polyunsat...	3g	Vitamin K	14µg
Monouns...	3g	Thiamine	0.2mg
Carbs	51g	Riboflavin	0.5mg
Fiber	8g	Niacin	1mg
Sugar	19g	Vitamin B6	0.1mg
Protein	10g	Folate	29µg
Cholester...	62mg	Vitamin B12	0.2µg
Sodium	319mg	Phosphoro...	214mg

DIRECTIONS

- 01 Preheat oven to 375°F (191°C). Grease a baking dish with a little coconut oil. (Use a 9 x 13-inch dish for 6 servings.)
- 02 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.
- 03 Bake in the preheated oven for 40 minutes or until the centre feels set and the edges are slightly golden.

NOTES

STORAGE

Store covered in the fridge up to 4 - 5 days, or freeze in individual portions for easy grab-and-go breakfasts down the road.

EGG-FREE

Replace the eggs with flax eggs. For every egg, mix together 1 tbsp of ground flax seed with 3 tbsp of water.

MUFFINS

Divide the batter into a muffin tray instead of a baking pan. Bake at the same temperature as listed for 20 to 25 minutes, or until muffins are cooked through.

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.



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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

Raspberry Apple Crisp

2 SERVINGS 30 MINUTES



INGREDIENTS

1/2 cup Raspberries
1 Apple (chopped)
2 tsps Cinnamon (divided)
1 tbsp Coconut Oil
1/4 cup Cashews (chopped)
1/4 cup Almonds (chopped)
3 tsps 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.

Pumpkin Spice Granola

12 SERVINGS 40 MINUTES



INGREDIENTS

3 cups Oats (rolled)
1 cup Walnuts (chopped)
1/2 cup Pumpkin Seeds
1/4 cup Ground Flax Seed
1/4 tsp Sea Salt
3/4 tsp Pumpkin Pie Spice
1/2 tsp Cinnamon
1/4 cup Coconut Oil
1/3 cup Maple Syrup
1/3 cup Pureed Pumpkin

NUTRITION

AMOUNT PER SERVING

Calories	244	Calcium	39mg
Fat	15g	Iron	2mg
Saturated	5g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	6g	Vitamin K	2µg
Monouns...	3g	Thiamine	0.1mg
Carbs	23g	Riboflavin	0.2mg
Fiber	4g	Niacin	0mg
Sugar	6g	Vitamin B6	0.1mg
Protein	6g	Folate	17µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	53mg	Phosphoro...	120mg
Potassium	150mg	Magnesium	47mg

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 Mix the oats, walnuts, pumpkin seeds, ground flax seed, sea salt, pumpkin pie spice and cinnamon together in a large bowl. Stir well to mix.
- 03 In a pot, combine the coconut oil, maple syrup and pureed pumpkin. Place over medium-low heat and whisk until all ingredients are well distributed and it is warmed through (about 2 to 5 minutes). Pour it over the dry ingredients and mix with a spatula. Spread across the baking sheet and bake for 25 to 30 minutes, or until golden brown. Rotate the pan at the halfway point. (Note: Don't stir as this will break up the clusters.)
- 04 Remove the granola from the oven and let cool completely. It may seem wet, but it will crisp up as it cools.
- 05 Divide into bowls or store sealed in a jar until ready to use. Enjoy!

NOTES

LEFTOVERS

Stores well in an airtight container up to a week. Freezes well for longer.

NO WALNUTS

Use pecans or slivered almonds instead.

NUT-FREE

Skip the nuts and add extra pumpkin seeds.

SERVE IT WITH

Oatmeal, yogurt, almond milk and/or chopped apples with cinnamon.

OPTIONAL ADD-INS

Raisins, dried cranberries, berries or coconut flakes.

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.



Potato & Turkey Breakfast Casserole

6 servings

45 minutes

Ingredients

2 Yellow Potato (chopped into small cubes)
225 grams Turkey Sausage (casing removed)
2 cups Kale Leaves (finely chopped)
1/2 cup Cherry Tomatoes
8 Egg
1/2 cup Unsweetened Almond Milk
3/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	215
Fat	10g
Saturated	3g
Trans	0g
Polyunsaturated	2g
Monounsaturated	4g
Carbs	14g
Fiber	2g
Sugar	1g
Protein	17g
Cholesterol	276mg
Sodium	634mg
Potassium	549mg
Vitamin A	871IU
Vitamin C	23mg
Calcium	110mg
Iron	2mg
Vitamin D	63IU
Vitamin E	1mg
Vitamin K	30µg

Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Bring a pot of water to a boil. Place the potatoes into the water and cook until tender.
- 3 Meanwhile, in a pan over medium heat, brown the sausage, breaking it into small pieces as it cooks. When the sausage is no longer pink, add the chopped kale to the pan and cook until just wilted.
- 4 Add the cooked potatoes and sausage mixture to a baking dish. Then add the tomatoes. In a mixing bowl, whisk together the eggs, milk and salt. Pour the egg mixture into the baking dish making sure the potatoes, sausage mixture and tomatoes are equally covered with eggs.
- 5 Bake for 25 to 28 minutes or until eggs are set and firm to the touch. Cut into squares and serve immediately. Enjoy!

Notes

Baking Dish: For six servings, use an 8.5 x 11.5-inch or 9 x 9-inch baking dish.

Leftovers: Refrigerate in an airtight container for up to 3 days.

Vegetarian Option: Omit the sausage completely or substitute it for additional vegetables like bell pepper and mushrooms.

No Kale: Use spinach or Swiss chard instead.

No Tomato: Use chopped bell pepper instead.

No Sausage: Use bacon or ground pork instead.

A top-down view of a rustic wooden bowl filled with a vibrant orange soup. The soup is garnished with several green pumpkin seeds and fresh green herbs. A wooden spoon rests against the bowl. To the right, a slice of rustic bread with a porous texture is visible, along with some scattered crumbs. The background is a dark, textured surface.

Seasonal Soups & Salads

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

Spider Web Pumpkin Soup

6 SERVINGS 20 MINUTES



INGREDIENTS

3 tbsps Coconut Oil
3 1/3 cups Pureed Pumpkin
3 cups Organic Vegetable Broth
3/4 cup Unsweetened Almond Milk
1 1/2 tsps Ground Ginger
1 1/2 tsps Ground Sage
2 1/4 tsps Maple Syrup
3/4 tsp Sea Salt
1/3 tsp Black Pepper
1/3 cup Organic Coconut Milk (optional)
1/3 cup Black Olives (pitted and sliced)

NUTRITION

AMOUNT PER SERVING

Calories	162	Calcium	110mg
Fat	11g	Iron	3mg
Saturated	9g	Vitamin D	13IU
Trans	0g	Vitamin E	2mg
Polyunsat...	0g	Vitamin K	26µg
Monouns...	1g	Thiamine	0.1mg
Carbs	15g	Riboflavin	0.1mg
Fiber	4g	Niacin	1mg
Sugar	7g	Vitamin B6	0.1mg
Protein	2g	Folate	17µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	715mg	Phosphoro...	53mg

DIRECTIONS

- 01 In a large pot, heat coconut oil over medium heat. Stir in pumpkin, broth, almond milk, ginger, sage, maple syrup, salt and pepper.
- 02 Bring to a boil and let simmer for about 10 minutes. Divide the pumpkin soup into separate bowls.
- 03 Meanwhile, slice your black olives and set aside for garnish.
- 04 Put the coconut milk into a squeeze bottle and draw a spiral in each bowl of soup. Use a toothpick to draw straight lines from the center of each spiral to the outer edges.
- 05 Garnish soup with olive slices in the form of spiders. Enjoy!

NOTES

NO COCONUT MILK

Use Greek yogurt.

NO SQUEEZE BOTTLE

Place coconut milk in one end of a small plastic sandwich bag and make a very small cut in the corner. Gently squeeze the milk out of the bag to draw your spiderwebs.

STORAGE

Store in the fridge up to 3-4 days or freezer up to 6 months in an air-tight container. If storing in mason jars, use wide-mouth jars and leave at least 1 inch of space at the top to allow the fluid to expand.

SERVE IT WITH

Toasted organic bread and our Grilled Cherry Salad.



Slow Cooker Burrito Soup

6 servings

4 hours

Ingredients

2 cups Black Beans (cooked, drained and rinsed)
3 cups Diced Tomatoes
1 Sweet Onion (diced)
1 cup Frozen Corn
1/2 Green Bell Pepper (diced)
2 Jalapeno Pepper (de-seeded and diced)
2 tbsps Chili Powder
2 tsps Cumin
1 tsp Oregano
1/2 tsp Black Pepper
2 tsps Sea Salt
1 cup Brown Rice (uncooked)
4 cups Water
4 cups Kale Leaves (chopped)
1 Avocado (peeled and diced)
1/4 cup Organic Salsa

Directions

- 1 Add all ingredients except kale, avocado and salsa to slow cooker. Cover and cook on high for at least 4 hours. Cook up to 8 hours, depending on how thick you like your soup.
- 2 About 10 minutes before serving, remove the lid and set kale leaves on top. Cover with lid and let sit for 10 minutes.
- 3 After 10 minutes, stir to mix in kale evenly throughout. Ladle into bowls and top with a spoonful of organic salsa and avocado. Enjoy!

Nutrition

Amount per serving	
Calories	330
Fat	7g
Saturated	1g
Trans	0g
Polysaturated	1g
Monounsaturated	4g
Carbs	57g
Fiber	13g
Sugar	8g



Slow Cooker Butternut Squash & Ginger Soup

6 servings

4 hours

Ingredients

9 2/3 cups Butternut Squash (peeled, seeds removed and chopped)
1 3/4 tbsps Ginger (peeled and grated)
1 1/4 tbsps Curry Powder
3 2/3 cups Organic Vegetable Broth
2 1/3 tbsps Apple Cider Vinegar
1 1/4 tps Sea Salt

Directions

- 1 Combine all ingredients into the slow cooker. Cook on high for 3 to 4 hours, or on low for 6 hours.
- 2 Using a handheld blender, blend the soup until smooth or until desired consistency is reached. Divide into bowls and adjust salt to taste if needed. Enjoy!

Notes

Serving Size: One serving is equal to approximately 1.5 cups of soup.

Leftovers: Refrigerate in an airtight container up to 5 to 7 days or freeze if longer.

Save Time: Use pre-sliced butternut squash cubes (fresh or frozen).

Optional Toppings: Roasted pumpkin or squash seeds, plain yogurt, coconut cream, or cilantro.

No Curry Powder: Use turmeric instead.

No Vegetable Broth: Use bone broth or almond milk instead.

Nutrition

Amount per serving	
Calories	115
Fat	1g
Saturated	0g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	29g
Fiber	5g
Sugar	6g
Protein	3g
Cholesterol	0mg
Sodium	874mg
Potassium	836mg
Vitamin A	24127IU
Vitamin C	48mg
Calcium	118mg
Iron	2mg
Vitamin D	0IU
Vitamin E	4mg
Vitamin K	5µg
Thiamine	0.3mg
Riboflavin	0.1mg
Niacin	3mg

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.



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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.



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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.



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Comforting Autumn Dinners

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.

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.



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Meatball Spaghetti Squash

2 servings

35 minutes

Ingredients

227 grams Extra Lean Ground Beef
1/4 Yellow Onion (small, finely diced)
1/2 Garlic (clove, minced)
1/2 tsp Dried Basil
1/2 tsp Dried Thyme
1/8 tsp Sea Salt
1 Spaghetti Squash (medium, halved lengthwise, seeds removed)
1/4 cup Tomato Sauce

Nutrition

Amount per serving	
Calories	301
Fat	12g
Trans	1g
Carbs	26g
Fiber	4g
Protein	25g
Cholesterol	74mg
Sodium	233mg
Potassium	1232mg
Vitamin C	26mg
Calcium	104mg
Iron	5mg
Vitamin D	3IU
Vitamin K	9µg
Folate	47µg
Vitamin B12	2.5µg

Directions

- 1 Preheat the oven to 425°F (220°C). Line two baking sheets with parchment paper.
- 2 In a mixing bowl, combine the ground beef, onion, garlic, basil, thyme, and salt. Form the mixture into meatballs and transfer to one of the baking sheets.
- 3 On a separate baking sheet, place the spaghetti squash flesh-side down. Cook the squash for about 30 to 35 minutes (or until fork tender), and the meatballs for 15 to 20 minutes (or until cooked through).
- 4 Meanwhile, warm up the tomato sauce in a saucepan over low-medium heat.
- 5 When cool enough to handle, use a fork to shred the squash into noodles. Top with the meatballs and tomato sauce. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately three to four meatballs and half of a spaghetti squash.

More Flavor: Add dried oregano, dried rosemary, dried parsley, Worcestershire sauce, breadcrumbs and/or egg to the meatball mixture. Use marinara or spaghetti sauce instead of tomato sauce.

Additional Toppings: Fresh basil, parmesan or nutritional yeast.

Save Time: Use store-bought frozen meatballs instead.

Make it Vegan: Use veggie meatballs or falafels instead.



Slow Cooker Apple Cinnamon Pork Tenderloin

2 servings

4 hours

Ingredients

227 grams Pork Tenderloin
1 Apple (sliced and divided)
1 1/2 Carrot (medium, sliced into rounds)
1/2 Yellow Onion (diced)
1 1/2 tbsps Raw Honey
1 1/2 tps Cinnamon

Nutrition

Amount per serving	
Calories	251
Fat	3g
Trans	0g
Carbs	34g
Fiber	5g
Protein	25g
Cholesterol	74mg
Sodium	94mg
Potassium	745mg
Vitamin C	7mg
Calcium	56mg
Iron	3mg
Vitamin D	9IU
Vitamin K	9µg
Folate	12µg
Vitamin B12	0.6µg

Directions

- 1 Cut slits into your pork tenderloin about 3/4 of the way through. Wedge half of the apple slices into the slits.
- 2 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.
- 3 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.



Turkey & White Bean Chili

2 servings

25 minutes

Ingredients

2/3 tsp Extra Virgin Olive Oil
1/3 Sweet Onion (medium, chopped)
1 1/3 Garlic (cloves, minced)
1 1/3 cups Chicken Broth
2/3 tsp Cumin (ground)
1 Green Chili Pepper (seeds removed, optional)
151 grams Turkey Breast, Cooked (roughly chopped)
1 1/3 cups White Navy Beans (cooked)
1/4 cup Cream, Half & Half
2 tsps Arrowroot Powder
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	377
Fat	8g
Trans	0g
Carbs	43g
Fiber	14g
Protein	35g
Cholesterol	67mg
Sodium	728mg
Potassium	929mg
Vitamin C	59mg
Calcium	159mg
Iron	5mg
Vitamin D	8IU
Vitamin K	5µg
Folate	196µg

Directions

- 1 Heat the oil in a pot over medium-high heat. Cook the onions and garlic until soft, about five minutes.
- 2 Stir in the broth, cumin, green chilies (optional), turkey, and white beans. Bring to a boil, then lower to a simmer for 10 minutes.
- 3 In a bowl, stir together the arrowroot with a bit of the cream until dissolved. Stir the arrowroot slurry into the pot along with the remaining cream, salt, and pepper. Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days or freeze if longer.

Serving Size: One serving equals approximately two cups of chili.

Dairy-Free: Use coconut milk instead of cream.

More Flavor: Add oregano, cilantro, or jalapeños.

Additional Toppings: Top with avocado slices, green onion, or shredded cheese.

No Arrowroot Powder: Use cornstarch or tapioca starch instead.



Cheesy Cauliflower & Broccoli Casserole

6 servings

1 hour

Ingredients

3 cups Butternut Squash (peeled, seeded and cubed)
1 1/2 Yellow Onion (medium, diced)
3 Garlic (cloves, minced)
3/4 cup Water
1 1/2 heads Cauliflower (medium, chopped into florets)
6 cups Broccoli (chopped into florets)
3/4 cup Cashews
3/4 cup Nutritional Yeast
3/4 tsp Sea Salt
1/3 tsp Paprika

Nutrition

Amount per serving	
Calories	280
Fat	9g
Saturated	2g
Trans	0g
Polyunsaturated	2g
Monounsaturated	5g
Carbs	36g
Fiber	12g
Sugar	9g
Protein	19g
Cholesterol	0mg
Sodium	427mg
Potassium	1498mg
Vitamin A	8079IU
Vitamin C	167mg
Calcium	143mg
Iron	6mg

Directions

- 1 Preheat oven to 375°F (191°C).
- 2 In a small saucepan, combine the butternut squash, onion, garlic and water. Cover the pot and bring to a boil over high heat for about 5 minutes or until everything is soft. Remove from heat when done.
- 3 While the squash is cooking, place cauliflower and broccoli in a steamer. Steam for 3 minutes or until tender.
- 4 To make the "cheese" sauce, add the cashews, nutritional yeast, salt and paprika to your blender. Pour in the softened butternut squash, onion, garlic and water. Blend on high for about 1 minute or until smooth. (Note: If you do not have a high powered blender, you might need to add a little extra water to get it going. Add 1 tbsp at a time.)
- 5 Place the steamed cauliflower and broccoli into a baking dish. Pour the cheese sauce over the veggies and stir gently to mix.
- 6 Bake for 40 minutes. Serve immediately. Enjoy!

Notes

Save Time: Buy frozen, pre-sliced butternut squash cubes.

More Protein: Serve with roasted chicken or top with bacon.

More Carbs: Serve with brown rice macaroni or quinoa.



Unstuffed Cabbage Rolls

6 servings

45 minutes

Ingredients

3/4 cup Brown Rice (uncooked)
1 1/8 cups Water
1 1/2 tbsps Coconut Oil
680 grams Extra Lean Ground Beef
1 1/2 Yellow Onion (small, finely diced)
12 cups Green Cabbage (finely sliced)
4 1/2 cups Diced Tomatoes
3/4 tsp Sea Salt
3/4 tsp Black Pepper

Nutrition

Amount per serving	
Calories	410
Fat	16g
Saturated	7g
Trans	1g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	37g
Fiber	8g
Sugar	13g
Protein	28g
Cholesterol	74mg
Sodium	436mg
Potassium	769mg
Vitamin A	942IU
Vitamin C	83mg
Calcium	134mg
Iron	6mg
Vitamin D	3IU
Vitamin E	1mg
Vitamin K	137µg

Directions

- 1 Combine the rice and water in a sauce pot and lightly salt the water. Bring to a boil over medium-high heat then reduce to a simmer. Cover the pot and let cook for 40 minutes or until rice is tender.
- 2 While the rice cooks, heat the coconut oil in a large stock pot over medium-high heat. Add the ground beef and onions and saute for about 5 to 7 minutes, or until beef is cooked through and browned. Drain off the fat.
- 3 Add the cabbage, diced tomatoes, sea salt and black pepper. Bring to a boil, then reduce to a simmer. Let simmer uncovered for 15 to 20 minutes, or until cabbage is tender.
- 4 Stir in the cooked rice until everything is well mixed. Let sit over low heat for another 5 minutes.
- 5 Divide into bowls and enjoy!

Notes

No Beef: Any type of ground meat will work.

Vegetarian & Vegan: Use lentils instead of ground meat.

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



Egg Roll in a Bowl

6 servings

30 minutes

Ingredients

3 tbsps Avocado Oil
1 1/2 Yellow Onion (medium, diced)
7 1/2 stalks Green Onion (diced)
6 Garlic (cloves, minced)
1 1/2 tbsps Ginger (peeled and grated)
680 grams Lean Ground Pork
9 cups Coleslaw Mix
3 cups Bean Sprouts
1/3 cup Coconut Aminos

Nutrition

Amount per serving	
Calories	407
Fat	26g
Saturated	6g
Trans	0g
Polyunsaturated	3g
Monounsaturated	13g
Carbs	21g
Fiber	6g
Sugar	10g
Protein	26g
Cholesterol	77mg
Sodium	666mg
Potassium	359mg
Vitamin A	5100IU
Vitamin C	58mg
Calcium	101mg
Iron	4mg
Vitamin D	19IU
Vitamin E	1mg
Vitamin K	24µg

Directions

- 1 Heat the avocado oil in a pan over medium-high heat. Add the yellow onion, green onion, garlic, and ginger. Cook for 3 to 5 minutes, stirring frequently, until soft.
- 2 Add the pork and break it up as it cooks. Cook for about 7 to 10 minutes, or until cooked through.
- 3 Stir in the coleslaw mix, bean sprouts, and coconut aminos. Stir for 5 minutes, or until veggies have softened. Transfer to bowls and enjoy!

Notes

No Coconut Aminos: Use tamari or soy sauce instead.

Meat-Free: Replace the ground meat with scrambled eggs or tofu.



Slow Cooker Stuffed Peppers

6 servings

4 hours

Ingredients

6 Green Bell Pepper (large)
680 grams Extra Lean Ground Turkey
3/4 tsp Sea Salt
3/4 tsp Black Pepper
1 1/2 tbsps Chili Powder
3/4 tsp Cumin
3/4 tsp Dried Basil
1 1/2 Egg
3 Garlic (cloves, minced)
3/4 Yellow Onion (diced)
1 1/2 cups Baby Spinach (chopped)
1 1/2 tbsps Extra Virgin Olive Oil
3 tbsps Coconut Flour
3 cups Salsa
1 1/2 heads Cauliflower (large)

Directions

- 1 Slice the tops off the peppers and carve out the seeds. Set aside.
- 2 In a large mixing bowl, combine the ground turkey, sea salt, black pepper, chili powder, cumin, dried basil, egg, minced garlic, yellow onion, spinach, olive oil and coconut flour. Mix well and stuff it into the green peppers.
- 3 Place the peppers in the slow cooker and top each with a spoonful or two of salsa. Cook for 4 hours on high or 6 - 8 on low.
- 4 Trim your cauliflower into florets. Place the florets in a food processor and pulse into a rice-like consistency. Cover and store in the fridge until ready to eat. (Note: You can eat the cauliflower rice raw or saute it in a bit of coconut oil before serving.)
- 5 Remove the peppers from the slow cooker and serve over cauliflower rice. Top with remaining salsa. Enjoy!

Nutrition

Amount per serving	
Calories	348
Fat	16g
Saturated	4g
Trans	0g
Polyunsaturated	4g
Monounsaturated	6g
Carbs	27g
Fiber	10g
Sugar	13g
Protein	30g
Cholesterol	130mg
Sodium	1435mg

Notes

Vegans and Vegetarians: Use cooked lentils or beans instead of ground meat.

No Ground Turkey: Use ground chicken or beef instead.

No Slow Cooker: Bake peppers in the oven at 350 for 45 minutes to 1 hour, or until meat is cooked through.

No Cauliflower: Serve over rice, quinoa, greens or sweet potato mash.

Pumpkin Mac n' Cheese

6 SERVINGS 20 MINUTES



INGREDIENTS

3 cups Brown Rice Macaroni (dry)
1 1/2 cups Unsweetened Almond Milk
1 1/2 tbsps Arrowroot Powder
1 1/2 tsps Garlic Powder
1/2 cup Nutritional Yeast
2 1/4 tsps Dijon Mustard
1 1/2 cups Pureed Pumpkin
1 1/2 tbsps Maple Syrup
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	313	Calcium	142mg
Fat	3g	Iron	3mg
Saturated	0g	Vitamin D	25IU
Trans	0g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	10µg
Monouns...	1g	Thiamine	10.5mg
Carbs	58g	Riboflavin	11.2mg
Fiber	8g	Niacin	62mg
Sugar	5g	Vitamin B6	11.5mg
Protein	13g	Folate	8µg
Cholesterol	0mg	Vitamin B12	50.7µg
Sodium	102mg	Phosphoro...	25mg
Potassium	518mg	Magnesium	20mg
Vitamin A	9657IU	Zinc	0mg

DIRECTIONS

- 01 Bring a large pot of water to a boil and cook brown rice macaroni as per the directions on the package. When finished cooking, strain and run under cold water immediately to prevent from overcooking.
- 02 Meanwhile, heat milk in a saucepan over medium heat. Once the milk is steaming, whisk in the arrowroot until all clumps are gone.
- 03 Add the remaining ingredients and whisk until thoroughly combined. Turn down to low heat and cook until the sauce has thickened, about 5-6 minutes.
- 04 Pour the pumpkin sauce over the macaroni and mix well. Divide into bowls and enjoy!

NOTES

LEFTOVERS

Store in an air-tight container in the fridge for up to 5 days.

SPICE LOVER

Add chili flakes, hot sauce, paprika, cayenne, oregano and/or rosemary.

MORE PROTEIN

Add cooked diced chicken, chickpeas or lentils.

MORE VEGETABLES

Add wilted spinach, kale and/or sauteed mushrooms.



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