

# Callanetics®

Countdown

30

DAY

Recipe  
Guide





## Welcome to your Callanetics Countdown 30 Day Recipe Guide

This simple 30-day guide is designed to help you achieve your health goals by providing simple recipes and easy-to-follow guidelines. We've designed it specifically to improve your chances of adjusting to and sticking to a healthy way of eating. Follow these recipes for just 30 days, and you may be shocked about how great you feel in such a short period of time. We're betting you'll feel so good and so satisfied that you won't want to stop. Let your transformation begin!

### HOW IT WORKS

For each of the 30 days we have provided suggestions for breakfast, lunch and dinner. And if you need a snack there are suggestions for those too. All the recipes are in the second section of the guide.

Our focus is on whole foods. Simply put, whole foods are generally unprocessed and unrefined before they are consumed. They typically do not contain added ingredients, such as sugar, salt, or fat. Such foods are produced in nature, ready to eat. A natural, whole foods diet provides our bodies with all the vitamins, minerals, amino acids (protein), fatty acids, anti-oxidants, and enzymes to function at 100%. Just as nature intended. Such a way of eating is sustainable, easy, nourishing, and energising. Your body is going to thank you!

## A FEW TIPS

### BREAKFAST:

- Play around here. If you feel like having a smoothie for breakfast instead of the other options, go ahead.
- If you want to consume less dairy or are lactose intolerant, great alternatives to milk include, milks made from almond, rice, and coconut.
- Bread: Try to find a whole grain loaf that you like. Even better are gluten-free loaves or sprouted varieties. Bread keeps well in the freezer!
- When frying eggs, use coconut oil. It can withstand high heats and gives a nice flavour.

### LUNCH:

- It is all about the quality of ingredients. Natural, nutrient-packed, and good-quality ingredients!
- For salads, buy pre-washed mixed greens or spinach in large containers for convenience. Alternatively, wash more greens than you need and store extras in a bag in the fridge. It's great to have greens handy to throw in your smoothie too!

### DINNER:

- Try all the different salad dressing recipes and choose your favorite. Then make a big batch of it, so it is on hand for the week. Most dressings will keep in the fridge for 5 to 7 days.
- For dinner salads, make a larger salad than you would for lunch.
- The more greens you can get into your day the better!
- Make a large batch of quinoa or brown rice, so you can have it on hand for stir fry's or to put on top of a salad throughout the week. Don't forget to rinse quinoa and rice before cooking to get rid of grittiness

## YOUR DAILY MENUS

Upon waking each morning: drink ½ litre of water with the juice of ½ a lemon squeezed into it. Lemon water gets the digestive system moving and starts cleansing the liver. A great start to your day!

Note: When an item is "of your choice," choose from the recipes provided in the next section of this guide.

### DAY 1

Breakfast: Smoothie of your choice  
Lunch: Chicken Vegetable Soup with brown rice crackers  
Dinner: Caesar Salad with Chicken (make extra dressing)  
Snack: Fruit salad, Organic snack bar

### DAY 2

Breakfast: Green smoothie  
Lunch: Brown Rice Wrap with Veggies and Chicken  
Dinner: Quinoa Bowl with your choice of protein and vegetables  
Snack: Protein power balls, vegetables with hummus

### DAY 3

Breakfast: Green smoothie  
Lunch: Spinach Salad with hard boiled eggs  
Dinner: Buddha bowl  
Snack: Organic snack bar, coconut yogurt with granola

### DAY 4

Breakfast: Overnight oats  
Lunch: Salad of your choice  
Dinner: Pad Thai  
Snack: Vegetables with hummus, fruit salad

### DAY 5

Breakfast: Smashed Avo and Egg on toast  
Lunch: Honey Mustard Spinach Salad with tuna  
Dinner: Spaghetti Squash with Marinara (optional add beef)  
Snack: Organic snack bar, Kale chips

### DAY 6

Breakfast: Chia Pudding  
Lunch: Salad of your choice  
Dinner: Taco salad (Make extra for tomorrow's lunch)  
Snack: Protein power balls, vegetables with hummus

### DAY 7

Breakfast: Veggie Scramble  
Lunch: Burrito on brown rice wrap (use leftovers/extra from last night's dinner)  
Dinner: Baked Salmon on your choice of salad  
Snack: Trail Mix, a piece of fruit

### DAY 8

Breakfast: Smoothie of your choice  
Lunch: Klassy Kale Salad with tofu (make extra sauce)  
Dinner: Rice bowl with roasted veg and kale sauce on top  
Snack: Protein power balls, piece of fruit

### DAY 9

Breakfast: Smoothie of your choice  
Lunch: Pasta Salad  
Dinner: Butter lettuce wraps with tuna salad  
Snack: Fruit salad, banana bread

### DAY 10

Breakfast: Smoothie of your choice  
Lunch: Broccoli Salad  
Dinner: Portobello Mushroom Fajitas  
Snack: Organic snack bar, roasted chickpeas

### DAY 11

Breakfast: Chia pudding with blueberries  
Lunch: Butter lettuce wraps with egg salad  
Dinner: Mac and "Uncheese" pasta  
Snack: Apple with almond butter, veggies and hummus



### DAY 12

Breakfast: Oatmeal with fresh fruit  
Lunch: Butternut Squash soup with a side of brown rice crackers  
Dinner: Salad of your choice  
Snack: Veggies with dill dip, trail mix

### DAY 13

Breakfast: Smoothie of your choice  
Lunch: Veggie Wrap with hummus  
Dinner: Chili (make extra for the week and to freeze)  
Snack: Cookie dough balls, piece of fruit

### DAY 14

Breakfast: Overnight oats with fruit  
Lunch: Chili over quinoa  
Dinner: Roasted Veggies with Caesar Salad  
Snack: Organic snack bar, veggies with dill dip

### DAY 15

Breakfast: Chia Pudding  
Lunch: Broccoli Salad  
Dinner: Avo Creamy Pasta Sauce over Spaghetti Squash or quinoa pasta  
Snack: Cookie dough balls, veggies with hummus

### DAY 16

Breakfast: Smoothie of your choice  
Lunch: Grilled Avo Sandwich  
Dinner: Mexican Quinoa Salad (make extra for tomorrow's lunch)  
Snack: Coconut yogurt with granola

### DAY 17

Breakfast: Protein pancakes  
Lunch: Mexican Quinoa Salad wrap  
Dinner: Sweet Potato Lasagna (make extra for tomorrow's lunch)  
Snack: Brown rice cakes with hummus, fruit salad

### DAY 18

Breakfast: Smoothie of your choice  
Lunch: Leftover Lasagna  
Dinner: Pizza (homemade)  
Snack: Fudge balls, apple with almond butter

### DAY 19

Breakfast: 2 hard-boiled eggs and a bowl of fruit  
Lunch: Rice bowl with vegetables of choice  
Dinner: Spaghetti Squash with Pesto  
Snack: Vegetables with hummus, fresh fruit

### DAY 20

Breakfast: Smoothie of your choice  
Lunch: Klassy Kale Salad with baked tofu  
Dinner: Buddha bowl  
Snack: Fudge balls, steamed vegetables

### DAY 21

Breakfast: Oatmeal with fresh fruit  
Lunch: Salad of your choice  
Dinner: Vegetable Stir Fry with tofu or chicken  
Snack: Protein power up balls

### DAY 22

Breakfast: Fresh Fruit Salad with hard-boiled egg on side  
Lunch: Beef Barley Vegetable Soup  
Dinner: Mexican Lasagna  
Snack: Vegetables and hummus, trail mix

### DAY 23

Breakfast: Protein pancakes  
Lunch: Leftover Mexican Lasagna  
Dinner: Salad of your choice  
Snack: Fruit salad, hard-boiled egg

### DAY 24

Breakfast: Smashed Avo and Egg on sprouted toast  
Lunch: Lettuce wraps with egg salad or tuna salad  
Dinner: Roasted Chicken with vegetables (Make extra chicken for tomorrow's lunch)  
Snack: Protein power up balls, vegetables with hummus

### DAY 25

Breakfast: Smoothie of your choice  
Lunch: Leftover roasted chicken in wrap or on lettuce wraps  
Dinner: Sweet Potato Zoodle dish  
Snack: Piece of fruit, organic snack bar

### DAY 26

Breakfast: Overnight oats  
Lunch: Salad of your choice  
Dinner: Taco bowl  
Snack: Coconut yogurt with granola, veggies with hummus

### DAY 27

Breakfast: Veggie Scramble  
Lunch: Caesar Salad with chicken or salmon  
Dinner: Portobello Mushroom Fajitas  
Snack: Cookie dough balls, vegetables and dill dip

### DAY 28

Breakfast: Coconut yogurt with granola  
Lunch: Barley Soup with crackers  
Dinner: Buddha bowl  
Snack: Smoothie, piece of fruit

### DAY 29

Breakfast: Smoothie of choice  
Lunch: Spinach salad with hard-boiled egg  
Dinner: Mexican Lasagna (make extra for tomorrow's lunch)  
Snack: Cookie dough ball, trail mix

### DAY 30

Breakfast: Chia pudding with strawberries  
Lunch: Leftover Mexican Lasagna or veggie wrap  
Dinner: Choose your dinner favorite recipe from the past 30 days!  
Snack: Smoothie, vegetables and dip

## CONGRATULATIONS, YOU HAVE COMPLETED THE 30-DAY CALLANETICS COUNTDOWN!

Chances are, you won't want to stop now! Eating whole foods is an ongoing lifestyle choice, and our hope is that the past 30-days inspired you to keep at it. We hope that this challenge was just the start of an incredible journey for your mind and body.



# Smoothies

Smoothies are a tasty, easy way to kick start your journey to health and make a great snack or meal replacement. When you make a smoothie with natural ingredients, you fill your body with an easy-to-digest source of energy and nutrition. Integrating a smoothie into your day will accelerate your journey to health. All you need is a good quality blender.

## Directions:

Start with a base. The base is key when creating your tasty and delicious smoothie. Want more of creamier texture? Go for a nut or coconut milk. Want to keep it on the fruity side? Stick with orange juice or coconut water.

- Coconut Water
- Organic Orange juice or blend 1 orange with water
- Coconut Milk
- Almond Milk: 1 cup soaked almonds to 4 cups water
- Hemp Milk: 1 tsp. of hemp seeds to one cup water
- Cashew Milk: 1 cup soaked cashews to 4 cups water

Next up, fruit. This is where the creativity kicks in. Whatever you are craving, throw it in the blender. Remember, fruit tastes better when it is in season. If you're a long way from summer, frozen fruit might be your best option.

- Frozen bananas are key to getting a thick smoothie
- Frozen berries are a great way to get your daily dose of antioxidants
- Mango and pineapple make more of a tropical flavour
- Want a bit more sweetness? Add a pitted date.

Most important, add your greens. This is a no brainer when wanting to increase your vegetable intake for the day. The best part? With a good blender, you can't even taste them!

- Spinach and kale take on the flavour of the fruit
- Romaine will make a smoothie a bit bitter
- Arugula adds some spice

## Optional – add superfoods:

- Wheat Grass Powder
- Cacao
- Maca
- Goji Berry Powder
- Chlorophyll
- Bee Pollen
- Chia Seeds
- Plants based protein powder
- Plant based green powder

Place all ingredients into a blender and blend on high for at least 60 seconds.





### CHOCOLATE MILKSHAKE

1 cup almond milk  
 1 tbsp. of almond butter  
 1-2 frozen bananas  
 1 ½ tbsp. cacao  
 1 tsp. of cinnamon

### RAZZMATAZZ

1 cup orange juice  
 ½ cup raspberries  
 1 date  
 1 frozen banana  
 (This is really good with a handful of spinach or kale)

### PEACHY KEEN

1 cup of coconut water  
 1 cup of peaches  
 1 date  
 Handful of spinach  
 1 banana

### PROTEIN POWER UP

1 cup almond milk  
 1 ½ frozen bananas  
 1 tbsp. almond butter or peanut butter  
 1 tbs. hemp hearts  
 Handful of spinach or kale

### PROTEIN SMOOTHIE

1 cup chosen liquid (coconut water, nut milk, water, juice)  
 1 ½ frozen banana  
 2 cups spinach or kale  
 Plant based/brown rice protein/hemp hearts (small sprinkles)  
 1 tbsp. of peanut or almond butter

### BEET IT

1 cup coconut water  
 1 peeled beetroot  
 1 cup strawberries  
 1 celery stalk  
 ½ apple  
 Juice of ½ lemon  
 2 dates

### APPLE PIE SMOOTHIE

2 apples (with peel)  
 ½ teaspoon ground cinnamon  
 ¼ teaspoon ground nutmeg  
 2 frozen bananas, peeled and sliced  
 3 whole pecans (optional)  
 1 cup water  
 1 cup nut milk

### GO 2 GREEN SMOOTHIE

1 cup orange juice  
 Handful of frozen pineapple  
 Handful of frozen mango  
 ½ banana  
 1 date  
 A handful of kale or spinach

### EXTREME GREENS

1 cup water or coconut water  
 Handful of spinach  
 1 celery stalk  
 ½ apple  
 ½ pear  
 ½ banana  
 ½ cup of mango  
 ½ lemon peeled

### TROPICAL SMOOTHIE

¼ cup organic coconut milk  
 ¾ cup water  
 1 frozen bananas  
 1 orange  
 1 ½ cups water  
 1 cup frozen mango  
 1 cup spinach



# Breakfast Recipes



## OVERNIGHT OATS

½ cup of organic rolled oats  
½-½ cup of hemp or coconut milk  
(try chocolate or vanilla)  
Shredded apple  
Dash of cinnamon  
A drizzle of honey or maple syrup

Directions: Put everything in a bowl, mix, and let sit in the fridge overnight. Eat in the morning topped with fresh berries or some granola.

## COOKED OATS

½ cup uncooked quick oats  
1 cup boiling water  
Cinnamon to taste  
Pure maple syrup to taste  
Coconut or almond milk  
Add a small handful of raisins if desired

Directions: Pour boiling water over oats and let the oats absorb the liquid. Once the water is absorbed, add cinnamon, milk, and syrup.

## CHIA PUDDING

1 cup chocolate or vanilla soy milk,  
almond milk or coconut milk  
¼ cup of chia seeds  
1 tsp of maple syrup  
Blueberries to garnish

Directions: Place all ingredients except for the blueberries in a jar. Mix and let it sit for at least 3 hours or do it the night before. Garnish with blueberries and enjoy.

## SMASHED AVO AND EGG

Sprouted or gluten-free bread  
½ an avocado  
1-2 hard-boiled eggs  
Dash of sea salt

Directions: Boil pot of water. Once boiling, add eggs and boil for 8 minutes. Take off heat and let cool. Peel off egg shells. Cut in 4. Toast sprouted bread and spread the avocado on. Place egg halves on top and enjoy.

## PROTEIN PANCAKES

2-3 eggs  
2 scoops of vanilla protein powder (we recommend a plant based protein powder)  
1 tsp of cinnamon  
1 banana mashed up  
1 tsp of baking powder  
1 tsp of coconut oil for the pan  
Topping options: good quality maple syrup or fresh fruit

Directions: Mix all ingredients together. Heat pan and coat with coconut oil. Drop some of the mixture into the pan and wait till bubbles form (about 5 mins). Flip and let it sit for about the same amount of time. Top with your favorite toppers.

## VEGGIE SCRAMBLE

3 eggs  
¼ diced red peppers  
¼ diced onions  
½ fresh spinach, cut up  
Dash of pepper  
Option: Hot sauce on the side

Directions: Mix together all ingredients. Place mixture in a non-stick frying pan over medium heat. As egg mixture begins to cook, mix with a spatula. Cook until thick and no liquid is left. Enjoy with a side of hot sauce.

# Lunch Recipes



## BEEF BARLEY VEGETABLE SOUP

3 ½ cups of vegetable or beef stock, low sodium and organic  
¾ cup of tomato sauce  
¾ cup of dried soup mix (lentil, pea, barley etc.)  
1 carrot diced  
1 sweet potato diced  
1 red pepper diced  
½ cup celery diced  
2 tsp. dried basil  
Dash of salt  
Dash of pepper  
½ cup of cubed cooked beef or bison

Directions: In a large pot, combine vegetable stock, tomato sauce, soup mix, carrots, potato, red pepper, celery and spices. Bring to boil. Reduce to simmer, cover and cook for an hour. Add cooked beef to mixture and cook for 30 minutes more.

## CHICKEN VEGETABLE SOUP

4 cups vegetable or chicken stock, low sodium organic  
½ cup chopped potatoes  
1 cup chopped carrot  
½ cup chopped celery  
1 cup chopped turnip  
½ cup chopped onion  
1 can of tomatoes  
1 can of kidney beans  
1 tsp. oregano  
1 tbsp. minced garlic  
¼ tsp. garlic powder  
½ tsp. paprika  
Dash of salt and pepper  
½ cup cooked, diced chicken

Directions: In a large pot, combine vegetable stock, vegetables, beans and seasoning. Bring to a boil, reduce heat, cover and put on low heat for about an hour. Add cooked diced chicken in the last 20 minutes of cook time.

## BUTTERNUT SQUASH SOUP

1 tbsp. of olive oil  
1 small yellow onion, chopped  
1 can of butternut squash soup  
1 pear, peeled and chopped  
Dash of salt and pepper  
½ can of coconut milk  
1-2 cups of water, depending on consistency  
Dash of Greek yogurt for garnish (optional)

Directions: Heat oil in a pot over medium heat. Place oil and onions and cook all the way through. Add chopped pear and 1 cup of water and bring to a boil. Take off heat.

In a high speed blender, place 1 can of butternut squash soup and some of the liquid mixture. Add coconut milk. Blend. Add the rest of the mixture and blend again. May need to add more water here for desired consistency. Place back in pot, add salt and pepper, heat and serve with dollop of Greek yogurt.

## MISO SOUP

4 cups water  
½ cup organic brown miso  
3 green onions (scallions), chopped  
1 tbsp. shredded nori or wakame seaweed  
Directions: Bring water to a slow simmer and add seaweed. Allow to simmer at least 5-6 minutes. The longer you simmer the seaweed, the less of a salty fishy flavour it will have. Reduce heat to very low and add the rest of the ingredients. Stir until miso is well dissolved. It's best not to boil the miso, as this will ruin some of its healthy properties and will change the flavour of the soup.

## BROWN RICE WRAP WITH VEGGIES AND CHICKEN

1 brown rice wrap  
½ red pepper diced  
1 chopped leaf of romaine  
¼ shredded carrot  
1 tbsp. of hummus or tzatziki  
Any other vegetables you love  
1 cooked chicken breast, diced

Directions: Prep vegetables and chicken. Spread good quality organic tzatziki or hummus on brown rice wrap. Place all other ingredients on top and roll into wrap.

## SOBA TOFU PAD THAI

1 courgette spiralized  
1 carrot spiralized  
1 pack of soba noodles (cooked, follow package directions)  
1 pack of firm tofu  
1 red pepper  
Dash of coriander  
1 tbsp. of green onions

### Tofu marinade

1 package of extra firm tofu  
2 tbsp. of tahini  
2 tbsp. of maple syrup or agave  
2 tbsp. of olive oil  
2 cloves of garlic  
1 nub of ginger  
2 tbsp. of olive oil

### Pad Thai Dressing

2 tbsp. of almond butter  
2 tbsp. of tahini  
1 nub of ginger  
1 clove of garlic  
½ lemon  
1 tbsp. of sesame oil

Directions: Drain tofu and chop into cubes. Set oven to 180°C/350°F. Blend tofu marinade and place on tofu. Put on baking sheet and cook for 15-20 minutes until golden brown. In a bowl mix carrot, courgette, and soba noodles together. Once tofu is baked, place on top of mixture. Blend together dressing ingredients and pour over Pad Thai. Garnish with green onion and coriander.

## GRILLED AVOCADO SANDWICH

2 pieces of whole grain or sprouted grain bread  
½ an avocado  
Desired amount of onion or tomatoes  
1 tbsp. of Dijon mustard  
1 tbsp. of coconut oil for pan

Directions: Assemble sandwich. Heat pan with coconut oil. Grill on both sides until brown. Serve with organic ketchup (optional).

## HONEY MUSTARD SPINACH SALAD (1-2 SERVINGS)

1 large bunch fresh spinach  
2 tbsp. fresh chopped purple onion  
2 tbsp. fresh chopped red pepper  
5 button mushroom thinly sliced  
2 hard-boiled farm fresh eggs or ¼ cup almonds (optional)

Directions: Layer a plate with a bed of spinach. Top with rest of ingredients.

### Honey Mustard Dressing

Juice of one lemon  
1 tbsp. honey  
1 tsp. agave nectar or 5 drops stevia  
½ Dijon mustard  
2 tbsp. cold pressed olive oil  
Dash garlic powder  
Pepper to taste  
1 tbsp. hemp seeds (to thicken)

Directions: Blend all ingredients. Top salad with dressing. Dressing can also be used as a dip.

## BROWN RICE PASTA SALAD

3 cups of cooked pasta  
½ cup of diced red peppers  
¼ cup of diced cauliflower  
¼ cup of diced celery  
2 diced green onions

### Dressing

½ cup white vinegar  
1 tsp of Dijon mustard  
Dash of fresh garlic  
3 tbsp. of olive oil  
1 tsp of thyme

Directions: Bring pot of water to a boil. Place brown rice pasta in and let it cook for 12 minutes (read the back of packaging, cook times do vary depending on the brand). Strain and rinse in cold water. Let the pasta sit in the fridge to cool off. Once pasta is cold, combine vegetables and mix. Whisk dressing ingredients together. Pour over the mixture and let it sit in the fridge for an hour or eat right away.

## BROCCOLI SALAD

1 small chopped cup of broccoli  
4 grated carrots  
½ cup of chopped purple cabbage  
½ cup of sunflower seeds  
½ cup of dried cranberries  
1 green onion chopped

### Dressing

1 cup of plain, low fat yogurt  
¼ cup of honey  
½ lemon juiced

Directions: In a large bowl, mix together broccoli, carrots, cabbage, sunflower seeds, dried cranberries and onions. Combine dressing ingredients and toss in large bowl until everything is mixed. Let it sit in the fridge for an hour.



# Salad Making Machine

## 1. PICK YOUR GREENS:

- Romaine for a refreshing crunch
- Kale for a fuller feeling
- Mixed greens for a mouthful of flavour
- Spinach for a blander base and a great texture

## 2. ADD YOUR TOPPERS:

- A variety of vegetables with different textures: shred raw beets or carrots, spiralized courgette, or dice tomatoes into small pieces
- Brown Rice or Quinoa
- Tempeh or Tofu
- Grilled Chicken or Salmon
- Organic Goat Cheese
- Dried fruit (No added sugar)
- Steamed spinach or collards
- Cooked sweet potatoes or regular potatoes
- Roasted, boiled, or shredded beets

## THE SALAD TOPPERS:

Baking Sweet Potatoes and Regular Potatoes  
Wrap in foil to retain moisture and make sure to poke holes in the potato with a fork. Preheat oven to 200°C/400°F and cook for approx. 45 minutes, depending on the size of the potatoes.

### BOILING THE PERFECT EGG

Boil water. Place eggs carefully in boiling water. Leave in for 8 minutes. Rinse with cold water, take off shells, and slice. Enjoy on top of your favorite salad.

### BAKED CHICKEN

4 chicken breasts  
½ bottle of Italian dressing  
(Organic, minimal ingredients)

Place chicken and Italian dressing in deep dish pan. Let it sit in the fridge for an hour. Preheat oven to 220°C/425°F. Season with salt and pepper. Bake for 20 minutes or until middle is cooked all the way through.

### BAKED SALMON

1 salmon fillet  
1 tbsp. of olive oil  
½ lemon (circular lemon slices)  
1 tomato cut up into pieces  
1 tsp. of salt  
1 tsp. of pepper

Preheat oven to 230°C/450°F. Place salmon on tin foil. Drizzle olive oil and season with salt and pepper. Place lemon and tomato slices on top of salmon. Cover with tin foil and bake for 12-15 minutes or cooked all the way through.

### BAKED TOFU

1 package of extra firm tofu  
2 tbsp. tahini  
2 tbsp. maple syrup or agave  
2 tbsp. olive oil  
2 cloves of garlic  
1 nub of ginger  
2 tbsp. olive oil

Preheat oven to 180°C/350°F. Blend all ingredients except for tofu. Set aside. Drain tofu and chop into cubes. In a bowl coat tofu with sauce. Spread evenly over non-stick baking sheet. Place in oven and bake for 20 minutes, or until golden brown.

## 3. TOSS ON SOME OF YOUR FAVOURITE DRESSING:

- Straight up balsamic and a bit of oil
- Almond butter, miso, splash of apple cider, fresh garlic, honey and a bit of water
- Tahini, half a lemon, maple syrup and Dijon mustard
- Balsamic, Dijon mustard, garlic, maple syrup, oil

## THE SALAD DRESSINGS:

### SIMPLE SALAD DRESSING

1 part oil  
1 part balsamic vinegar  
⅔ cloves of minced garlic  
1-2 tbsp. of honey or maple syrup  
Dash of Dijon mustard

Put all ingredients together in a jar and shake

### TAHINI LEMON DRESSING

2 tbsp. of tahini  
1 lemon squeezed  
2 tsp of maple syrup or honey  
1 tsp of Dijon mustard  
1 tsp of miso

Put all ingredients in a dish and whisk

### DIJON VINAIGRETTE

1 tbsp. of finely chopped shallot  
1 tbsp. of Dijon mustard  
¼ cup of red wine vinegar or apple cider vinegar  
⅔ cup of extra virgin olive oil  
Salt and freshly ground pepper

Put all ingredients in a dish and whisk.

# Dinner Recipes



## TACO SALAD WITH MINCED BEEF

1 head of romaine, chopped  
½ can of black beans, rinsed  
½ cup diced red peppers  
1 tbsp. organic salsa  
1 tbsp. organic Greek yogurt  
1 tbsp. guacamole or diced avocado  
1 tsp. chopped coriander  
1 tbsp. olive oil  
½ pack of organic taco seasoning

### Dressing

3 tbsp. olive oil  
1 tbsp. balsamic  
1 tsp. Dijon  
1 tsp. maple syrup  
1 tsp. taco seasoning

Directions: In a frying pan on medium heat, place 1 tbsp. of olive oil and minced beef. Cook until pink disappears all the way through. Sprinkle with taco seasoning and mix. Take off heat and set aside. Place romaine, beans, and peppers in bowl and mix. Plate and put meat on top. Garnish with salsa, Greek yogurt, guacamole, and coriander. Drizzle with dressing and enjoy.

\*Make extra and enjoy in a brown rice wrap for lunch the next day.

## LETTUCE WRAPS WITH EGG OR TUNA SALAD

Butter lettuce is best to use for the wraps.

### Tuna Salad

1 can of drained tuna  
2 tsbp. plain Greek yogurt or organic mayo  
1 tsp. of Dijon mustard  
2 celery stalks diced  
Dash of salt and pepper

Directions: Mix Greek yogurt or mayo with Dijon mustard. Add tuna and the rest of the ingredients. Mix together and serve on butter lettuce or in brown rice wrap.

### Egg Salad

3 hard boiled eggs, peeled and chopped  
2 tsbp. of plain Greek yogurt or mayo  
1 tsp. of Dijon mustard  
¼ cup of green onion  
A dash of paprika

Directions: In a bowl mix Greek yogurt/mayo and Dijon mustard. Add egg and the rest of the ingredients. Mix together and serve on butter lettuce or in brown rice wrap.

## SPAGHETTI SQUASH WITH MARINARA SAUCE

1 spaghetti squash  
Your favorite tomato based pasta sauce

Directions: Cut spaghetti squash in half, remove seeds. Place cut side down on pan. Add ¾ cup of water to the pan. Bake at 200°C/400°F for 30 minutes, or until middle is soft. Scrape cooked squash with a fork until you reach the leave skin. Dump scraped squash into a bowl.

Put your favorite marinara sauce on top and add some cooked ground beef if you crave the extra protein.

## KLASSY KALE SALAD

1 large bunch of green kale  
1 tsp. sea salt  
Drizzle of olive oil or sesame oil

Directions: Tear kale into bite size pieces. Add sea salt and oil. Massage vigorously until soft (about 2 minutes). Remember, massaging the kale is key to a great kale salad! It softens the kale, making it a nicer texture to chew on, and makes the kale easier for your body to digest.

### Spicy Tahini Almond Dressing

4 tsbp. raw almond butter  
2 tsbp. raw tahini  
½ cup water (to thin)  
Juice of ½ a lemon  
2 tsbp. maple syrup  
2 tsbp. Nama Shoyu Soy Sauce or other soy sauce of choice  
2 tsp. Sesame oil  
1 clove garlic  
1 thumb ginger  
¼ tsp. cayenne pepper

Directions: Blend all ingredients. Mix with kale before serving.

## DAIRY-FREE CAESAR SALAD

1-2 heads romaine lettuce, chopped coarsely

### Caesar Dressing #1

¼ cup organic cold pressed olive oil  
2 tbsp. apple cider vinegar  
3 tbsp. hemp seeds  
1-2 fresh clove of garlic  
1 tsp. miso (use chick pea miso if available)  
2 tbsp. nutritional yeast (optional)  
1 tsp. sweetener of choice  
(omit if you want a tangier dressing)  
Salt and pepper to taste

Directions: Add all ingredients to your blender until mixed. May need to add a little water if it is too thick.

### Caesar Dressing #2

1 egg  
½ lemon juiced  
Dash of pepper  
1 clove of garlic  
1 tbsp. Worcestershire  
½ cup olive oil

Directions: In a blender, blend egg, garlic, pepper, and lemon juice together until combined. Slowly add the oil in small batches. Blend until consistency becomes thick. Place in a jar with lid and enjoy over salads or in your wraps.

## ROASTED CHICKEN

1 small whole chicken  
1 tbsp. olive oil  
1 tsp. salt  
1 tsp. pepper  
1 tsp. garlic  
4 carrots cut in slices  
½ onion cut in cubes  
1 lemon  
Fresh thyme  
Fresh rosemary

Directions: Preheat oven to 220°C/425°F . Pat dry chicken. Put lemon cut in half, fresh rosemary and thyme inside the chicken cavity. Place on deep dish baking pan and on the exterior, coat with olive oil, salt and pepper. Place carrots and onions around the chicken. Cook in oven for an hour and half or until the meat is cooked all the way through.

## CHICKPEA CURRY

½ can of tomato paste  
2-3 cloves of fresh garlic  
1 large can of chickpeas  
(rinsed before cooking)  
1 tsp. turmeric  
1 big spoonful of Patkas curry paste  
Curry spices to taste

Directions: In a large frying pan sauté onions and garlic. Add in the rest of the ingredients and bring it to a simmer.

### Steamed Vegetables

Broccoli  
Cauliflower  
Carrots

Other vegetables of choice

Directions: Chop vegetables into bite size pieces, wash, and steam in a steaming pot or regular pot with ¼ cup water. Steam until desired consistency. Season and option to add Frank's Hot Sauce.

## VEGETABLE STIR FRY WITH TOFU

2 tbsp. of coconut oil  
1 onion chopped  
1 cup chopped carrots  
½ cup chopped celery  
1 red pepper chopped  
¼ red cabbage, shredded  
1 cup sliced mushrooms  
½ package of extra firm tofu, cut into cubes  
½ cup vegetable or chicken stock  
1 tbsp. flour  
1 tsp. chopped ginger  
1 garlic clove diced  
Dash of salt and pepper

Directions: In a large frying pan or skillet, heat coconut oil on high heat. When hot, add onion, carrot, celery, and pepper. Cover and let it steam for 6 minutes. Add cabbage, mushrooms and tofu. Cover and steam for 5 minutes. Mix vegetable broth, flour, ginger, garlic, and pepper and pour over mixture. Stir-fry until sauce thickens. Serve over quinoa or brown rice.



## ZESTY TACO SALAD

1-2 heads romaine lettuce  
1 avocado  
Chopped red onion or green onion  
2 dates  
1 tomato  
Coriander (optional)  
1 cob fresh corn – cut off the cob  
¼ cup chopped red pepper  
¼ cup cucumber, chopped  
1 cup crushed tortilla chips (optional)

Directions: Place all ingredients in salad bowl and toss.

### Dressing

¼ cup extra virgin olive oil  
2 tbsp. balsamic vinegar  
¼ tsp. Dijon mustard  
1 tbsp. maple syrup  
Pinch of salt  
1 ½ tsp. simply natural taco seasoning

Directions: Blend and drizzle over salad ingredients. If you like, pour some natural salsa over your salad for an extra kick!

## PORTABELLA MUSHROOM FAJITAS

2 portabella mushrooms  
6 brown mushrooms  
1 purple onion  
1 red bell pepper  
1 clove crushed garlic

Directions: Sauté vegetables in cast iron pan until tender. Buy organic fajita mix/seasoning and add to sautéed vegetables or make your own seasoning (below).

### Seasoning

1 tbsp. garlic powder  
1 tsp. ginger powder  
2 tsp. powdered sweetener (organic sugar)  
½ tsp. cayenne pepper  
½ tsp. onion powder  
Salt to taste  
Adjust tastes to preference

Directions: Combine ingredients and sprinkle over mushroom mix. Serve on sprouted grain tortillas, or lettuce leaves with toppings of your choice.

## MAC AND UN-CHEESE

1 cup cooked brown rice or quinoa noodles  
½ baked sweet potato  
¼ tsp mustard  
Juice of half a lemon  
1 tbsp. nutritional yeast  
1 tbsp. extra virgin olive oil  
¼ tsp. garlic powder  
Dash of salt  
Dash of freshly ground pepper  
1 tbsp. of nutritional yeast and ½ tsp. of olive oil for crust

Directions: In a medium-sized bowl combine the sweet potato half, juice of half a lemon, mustard, nutritional yeast, garlic powder, olive oil and salt and pepper. Mix until thoroughly combined. Fold in cooked pasta. Sprinkle 1 tablespoon of nutritional yeast over the dish and drizzle with ½ tablespoon of olive oil. Optional: Add vegan cheese on top. Bake in the oven at 200°C/400°F for 10 minutes or until the top begins to brown. Serve and enjoy!

## AVO CREAMY PASTA SAUCE

1 avocado  
½ lemon squeezed  
2 garlic cloves  
Dash of salt  
¼ cup of basil  
2 tbsp. olive oil

Directions: Place all ingredients in mini food processor and process together. Serve over quinoa pasta or courgette noodles.

### Pesto

½ cups of fresh basil  
2 tbsp. of hemp seeds  
¼ cup walnuts  
2 cloves of garlic  
3-4 tbsp. of olive oil, depends on desired consistency  
2 tbsp. of nutritional yeast (optional)  
Dash of salt and pepper

Directions: Place all ingredients in a food processor. Process until desired consistency. Place over cooked spaghetti squash or quinoa or courgette pasta.

## ZOODLES

1-2 courgettes

Place courgette in spiralizer and turn. Or peel fettuccini style noodles with a potato peeler.

## SWEET POTATO ZOODLES WITH TASTY SAUCE

1 sweet potato peeled  
1 tsp. coconut oil  
2 tbsp. almond butter  
1 tbsp. of miso  
1 tsp. sesame oil  
1 tsp. minced ginger  
Red pepper  
Bean Sprouts  
Dash of maple syrup

Directions: Place sweet potato in spiralizer. Turn and create noodles. Place coconut oil in frying pan and place noodles. Fry up until desired consistency. Add red peppers and bean sprouts. Put all other ingredients in magic bullet and pulse. Take noodle mixture off heat and pour sauce over mixture.

## MEXI QUINOA SALAD

Salad Ingredients:  
½ cup dry quinoa  
1 can or ½ cup dried black beans  
½ cup red pepper  
2 green onions, chopped  
¼ cup coriander, chopped  
1 tbsp. jalapeno pepper, chopped  
½ cup frozen corn, defrosted or fresh corn

Directions: Cook the quinoa as per package directions and let cool. Rinse and drain beans. Combine quinoa and beans with chopped vegetables. Refrigerate

### Dressing

¼ cup extra virgin olive oil  
2 tbsp. balsamic vinegar  
¼ tsp. Dijon mustard  
1 tbsp. maple syrup  
Pinch of salt  
1 ½ tsp. simply natural taco seasoning

Directions: Blend all ingredients Mix with salad and refrigerate.

## VEGETARIAN CHILLI

1 tbsp. of coconut oil  
2 minced cloves of garlic  
2 chopped red peppers  
1 chopped onion  
2 tbsp. chili powder  
1 tsp. salt  
1 can of black beans  
1 can of kidney beans  
1 can of chickpeas  
1 can of diced tomatoes  
1 can of corn  
1 can of mushrooms  
1 tbsp. of maple syrup

Directions: Add coconut oil in a large pot over medium heat. Sauté garlic, peppers, and onion until it is soft. Add everything else except for the maple syrup. Cook for 35 minutes. Add maple syrup at the end.

## SWEET POTATO LASAGNA

2 big sweet potatoes, baked  
Brown Rice Lasagna noodles  
2 large jars of organic pasta sauce of your choice  
1 large onion  
1 package of mushrooms  
2 red peppers  
1 head of broccoli  
1 can of corn  
1 clove of fresh garlic  
5 roma tomatoes sliced

Directions: Turn oven to 200°C/400°F. Sauté onions and garlic in a frying pan with a little bit of water (nonstick pan). Put the mushrooms in and when all cooked, place in a bowl (without the liquid). In the same pan, sauté the peppers, broccoli and corn until cooked and place with the rest of the vegetables. Add Italian spice if more flavour is desired.

Use a 9x13 inch casserole pan.

1st layer: Pasta sauce  
2nd layer: Layer of uncooked noodles  
3rd layer: Pasta sauce (noodles will cook when baking)  
4th layer: Vegetable mixture  
5th layer: Pasta sauce  
6th layer: Noodles



7th Layer: Pasta Sauce  
8th Layer: Mashed sweet potato

Put in oven for an hour (cover with tin foil).  
Let cool for fifteen minutes.

## HOMEMADE PIZZA

### Crust:

1 cup spelt flour  
½ cup brown rice/ wheat flour  
2 teaspoons baking powder  
½ teaspoon sea salt  
¼-½ cup water (filtered)  
¼ unsweetened apple sauce  
2 teaspoons Italian spices

Directions: Combine dry ingredients. add apple sauce and slowly add water to dry mix. Combine well, form into dough ball with hands. Cover with a warm damp towel while preparing sauce and toppings.

\*Other crust options when in a hurry:  
sprouted grain tortilla wraps, pre-made crusts, or make a pizza salad.

### Pizza Sauce:

6 tbsp. sun dried tomatoes (oil-free)  
1 medium tomato  
2 clove garlic  
½ tbsp. sweetener (pure maple syrup)  
2 teaspoon basil  
2 teaspoon oregano  
1 teaspoon cayenne pepper, or to taste

Directions: Place sun dried tomatoes in tea cup and fill with water. Soak for 10-15 minutes. Drain tomatoes and save soak water. Combine sun dried tomatoes and fresh tomato in blender. Add enough soak water to allow blender to turn freely. Add more water if needed, to achieve the consistency of a thick sauce or paste. Blend in garlic, maple syrup, basil, oregano, salt and cayenne. Play with the amount of sweetener and spices to get the taste right for you.

### Putting the Pizza Together

Topping Ideas:  
Cherry Tomatoes  
Peppers  
Onion  
Mushrooms

Shredded Kale  
Shredded Spinach  
Artichokes  
Olives  
Avocado

Directions: Spread crust on pizza pan, generously spread pizza sauce on top of crust and top with toppings of choice. Bake pizza for 30 minutes at 180°C/350°F.

## CHILLI

1 tbsp. coconut oil or olive oil  
1 pound organic ground beef  
2 minced cloves of garlic  
2 chopped red peppers  
1 chopped onion  
2 tbsp. chili powder  
1 tsp. salt  
1 can of black beans (drained and rinsed)  
1 can of kidney beans (drained and rinsed)  
1 can of chickpeas (drained and rinsed)  
1 can of diced tomatoes  
1 can of corn  
1 can of mushroom  
1 tbsp. brown sugar

Directions: Add olive oil and cook ground beef until pink colour is completely gone. In a different pan sauté garlic, peppers and onions until soft. Add in to the beef mixture and add the rest of the ingredients. Cook for 40 minutes.

## MEXICAN LASAGNA

1 cup diced red onion  
1 cup diced green pepper  
1 cup diced red pepper  
2 tsp. minced garlic  
1 can of black beans (drained and rinsed)  
1 cup diced tomatoes or can of diced tomatoes  
½ cup corn  
1 ½ tsp. chili powder  
1 tsp. cumin  
2 cups of your favorite organic pasta sauce or homemade  
1 cup salsa  
¼ tsp black pepper  
2 tbsp. minced fresh coriander (optional)  
4 large whole wheat tortillas  
¼ cup green onions  
1 cup guacamole (for topping)

Directions: Preheat oven to 190°C/375°F. Coat a 9x13 inch baking pan with coconut oil or olive oil. In a large skillet or pot, add onions, garlic and peppers over medium heat. Add beans, tomatoes, corn, chili powder and cumin. Cook and stir for 2 minutes. Add pasta sauce, salsa and black pepper. Bring to a boil. Reduce heat to low. Cover and simmer for 5 minutes, stirring occasionally. Stir in coriander if using and remove from heat. To assemble lasagna, spread 1/3 of the sauce mixture over the bottom of the pan, followed by tortilla. Repeat until mixture is gone. Cover with foil and bake for 35 minutes. Uncover and bake for another 10 minutes. Let lasagna stand for 10 minutes before slicing to serve. Top each piece with a dollop of guacamole and chopped green onions.

## BUDDHA BOWLS

### Choose your Base:

- Brown rice
- Quinoa
- Millet
- Barley

### Add in Any Combination of:

- Broccoli or cauliflower
- Chopped up greens (kale, spinach, romaine, arugula or your favorite)
- Green onions
- Grated carrot or beet
- Celery
- Garlic
- 1/2 an avocado
- Nam Shoyu
- Favorite spices
- Grilled salmon
- Baked Tofu
- Wild game meats

### Basic Cooking Instructions for Variations:

- 1 cup quinoa or barley
- 2 cups water or vegetable broth

Place grain and water into a pot. Bring to a boil. Turn down the heat and cover for 10 minutes. Voila!

- 1 cup brown rice
- 1.5 cups of water

Place rice and water in a pot. Bring to a boil. Turn down the heat and cover for 20 minutes. Remove from heat and keep covered for another 10 minutes.

- 1 cup Millet
- 2 cups water

Place grain and water into a pot. Bring to a boil. Turn down the heat and cover for 10-15 minutes until all the water is absorbed. Ta-Da!

Add some dressing (optional):

Make a large batch of the Spicy Tahini Almond (see: Klassy Kale Salad) dressing to pour on top of rice bowl.



## CHIA PUDDING

¼ cup chia seeds  
¼ cup dried coconut, shredded  
& unsweetened (optional)  
1 cup unsweetened almond, hemp  
or other nut milk  
2 tbsp. sweetener of choice (honey is good)  
1 tbsp. raw cacao powder/ carob (optional)  
¼-1 teaspoon vanilla bean powder/extract  
¼ teaspoon cinnamon (optional)

Directions: Place whole chia and shredded coconut into a bowl. In a wide mouth jar or container and shake in the blender and mix until smooth. Place pudding in the refrigerator for at least 10 minutes but will be soft and smooth the next day. Will store for a few days in the refrigerator. Serve cold or at room temperature.

## ROASTED CHICKPEAS

1 can organic chickpeas or ½ cup soaked chickpeas  
¼ tsp. olive oil  
Seasoning of choice (cumin and curry, organic taco seasoning, salt and pepper, dill)

Directions: Roast chickpeas at 200°C/400°F for about 30 minutes or until roasted.

## KALE CHIPS

1 head of Kale  
1 tbsp of coconut oil  
1 tbsp of nutritional yeast  
Dash of salt

Directions: Preheat oven to 180°C/350°F. De-stem kale and chop into pieces. Coat with coconut oil. Place on non-stick baking sheet and bake for 10-15 minutes or until edges are brown. Take out and sprinkle nutritional yeast and salt. Enjoy. \*Play around with different seasonings.

## HUMMUS

1 can of chick peas, rinse under water  
1 clove of garlic  
½ cup fresh squeezed lemon juice  
2 tbsp. Tahini  
For a change, add cumin

Directions: Put all ingredients in a blender, add salt and pepper to taste, and blend until smooth. Serve with corn chips or fresh veggies. Great to have on hand in the fridge for wraps and sandwiches.

## CREAMY DILL DRESSING OR VEGGIE DIP

3 tbsp. olive or hemp oil  
2 tbsp. fresh squeezed lemon juice  
+ 1 tsp. raw apple cider vinegar  
½ tsp. dried dill or 1 ½ tsp. fresh dill  
1 ½ tbsp. pure maple syrup  
3 tbsp. hemp seeds  
¼ tsp. Dijon mustard  
1 tbsp. raw tahini  
Sea salt and pepper to taste  
2 tbsp. water to thin

Directions: Blend all ingredients in a blender or magic bullet let stand for 2 minutes, drizzle of fish, salad, or use as a dipping sauce.

## PROTEIN POWER BALLS

8 medjool dates  
1 cup walnuts  
1 tbsp. chia seeds  
½ cup flavoured protein powder,  
Vanilla Protein Powder  
1 tsp. pure vanilla extract  
½ cup coconut flakes (unsulfured)

Directions: Place all the ingredients (excluding the coconut flakes) into your food processor and blend until smooth – about 1-2 minutes. Form into 1.5 balls and roll in flaked coconut. Place in freezer for a couple of hours to harden a bit. Remove from freezer and enjoy.

## FUDGE BALLS

1 cup walnuts  
1 and ½ cup pitted dates  
Dash of salt (optional)  
3-4 tablespoons cocoa powder  
(or even Dutch cocoa)

Directions: Put the walnuts in first into a food processor. Pulse until fine. Add the rest of the ingredients. Pulse until a sticky consistency. Roll into balls and let them set in the freezer for an hour.

## COOKIE DOUGH PROTEIN TREATS

½ cup of oats  
⅔ cups of cashews (raw, not salted  
or toasted)  
2 tbsp. maple syrup  
1 tsp. vanilla  
3 tbsp. of vanilla protein powder  
¼ cup of cacao nibs

Directions: In a food processor, process oats and cashews. Once powdery, add in protein powder, maple syrup, and vanilla. Stir in Cacao nibs. Roll into balls and place in freezer.

## VANILLA MACAROONS

1 cup coconut flakes  
¼ cup coconut oil  
6 tbsp. almond meal  
½ tsp. vanilla  
2 tbsp. maple syrup

Directions: Place all ingredients into a food processor until blended together. Roll into balls and place in the fridge to set for at least ten minutes.

## TRAIL MIX

Almonds  
Cashews  
Pumpkin Seeds  
Goji Berries  
Mulberries

## BANANA BREAD

3 large over ripe bananas  
(the more spots, the better)  
½ lemon  
⅓ cup unsweetened organic apple sauce  
½ cup or less of maple syrup  
1 cup spelt flour  
1 cup of Vanilla plant based protein powder  
¾ tsp. baking powder  
¾ tsp. baking soda  
Pinch of salt  
1 cup of blueberries (if frozen, defrost)  
Coconut oil for the pan

Directions: Preheat oven to 180°C/350°F. Wipe loaf pan with coconut oil. In a large bowl, mash bananas, lemon juice, maple syrup. Make sure everything is mixed together.

In a different bowl, combine spelt flour, protein powder, baking powder, baking soda and salt together.

Add the dry to the wet ingredients and mix. Once everything is mixed together, add in the blueberries.

Put the mixture in the loaf pan and make sure it is spread out evenly. Bake until you can put a knife in the middle and it comes out clean, around 50-60 minutes. Cool and serve. Spread a little bit of coconut oil to replace butter on bread if you want to add some moisture.



# Progress Tracker

Keep your Countdown on track by crossing off each day as you complete it

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

**GUIDE COMPILED BY KAITLIN STEPHENS RHN, BA**

Kaitlin is a graduate of the Canadian School of Natural Nutrition as a Registered Holistic Nutritionist, and has her BA in Health Sciences and Counselling from Simon Fraser University. Through her experience with her clients, workshops and programs, Kaitlin knows what it takes to create sustainable and long lasting results that will stick with you well into the future, living a healthy and happy life. Her commitment is to help people achieve their health goals, feel their best and cultivate the most rewarding life.