

Fruits

- 2 Apple
- 9 1/2 Avocado
- 2 Banana
- 1/2 cup Blackberries
- 1/3 cup Blueberries
- 1/4 cup Lemon Juice
- 2 Lime
- 2 1/4 cups Raspberries
- 4 3/4 cups Strawberries

Breakfast

- 2 cups Almond Butter
- 1 tbsp Cashew Butter
- 1/4 cup Granola
- 3/4 cup Maple Syrup
- 2 Plain Rice Cake

Seeds, Nuts & Spices

- 1 cup Almonds
- 1/4 tsp Black Pepper
- 1/4 cup Cashews
- 1 2/3 cups Chia Seeds
- 1 1/8 tbsps Cinnamon
- 1/2 tsp Garlic Powder
- 1/4 cup Ground Flax Seed
- 1/3 cup Hemp Seeds
- 1 1/2 cups Macadamia Nuts
- 1 tbsp Pumpkin Seeds
- 2 1/4 tsps Sea Salt
- 1/2 tsp Sesame Seeds
- 2 tbsps Walnuts

Frozen

- 1/2 cup Frozen Strawberries

Vegetables

- 3/4 cup Baby Carrots
- 4 Carrot
- 4 stalks Celery
- 3 tbsps Cilantro
- 3 1/4 Cucumber
- 1 1/2 tsps Fresh Dill
- 3 Garlic
- 1 Jalapeno Pepper
- 2 Red Bell Pepper
- 1/4 cup Red Onion
- 4 1/4 ozs Roasted Red Peppers
- 1 tsp Thyme
- 2 Tomato

Boxed & Canned

- 2 cups Black Beans
- 1/2 cup Dry Red Lentils
- 7 1/16 ozs Seed Crackers
- 2 cups White Navy Beans

Baking

- 1 tbsp Cacao Powder
- 2/3 cup Cocoa Powder
- 3/4 cup Coconut Flour
- 1/2 cup Dark Chocolate Chips
- 3 tbsps Monk Fruit Sweetener
- 1/4 cup Oat Flour
- 1/3 cup Oats
- 1/2 cup Organic Dark Chocolate Chips
- 1/3 cup Pitted Dates
- 3/4 tsp Pumpkin Pie Spice
- 3/4 cup Pureed Pumpkin
- 1 tbsp Vanilla Extract

Bread, Fish, Meat & Cheese

- 1/2 cup Hummus
- 1 1/2 ozs Prosciutto
- 12 ozs Smoked Salmon

Condiments & Oils

- 1 tsp Capers
- 1 tbsp Coconut Butter
- 2 tbsps Coconut Oil
- 1/3 cup Extra Virgin Olive Oil
- 2 tbsps Mayonnaise
- 2 tbsps Pitted Kalamata Olives
- 1/2 cup Sauerkraut
- 1/4 cup Sunflower Seed Butter
- 1 tbsp Tahini

Cold

- 1 tbsp Oat Milk
- 2 cups Plain Coconut Milk
- 3 1/3 cups Unsweetened Almond Milk
- 3 1/3 cups Unsweetened Coconut Yogurt

Other

- 1/2 cup Arbonne Chocolate Protein Powder
- 1/4 cup Chocolate Protein Powder
- 6 Nori Sheets
- 1 cup Vanilla Protein Powder
- 2 cups Water



Strawberry Banana Chia Pudding

2 servings

3 hours

Ingredients

- 1 cup Plain Coconut Milk (unsweetened, from the carton)
- 1/4 cup Vanilla Protein Powder
- 1/4 cup Chia Seeds
- 1/2 cup Strawberries (chopped)
- 1/2 Banana (sliced)

Nutrition

Amount per serving	
Calories	240
Fat	11g
Carbs	24g
Fiber	8g
Sugar	9g
Protein	14g
Cholesterol	2mg
Sodium	38mg
Potassium	416mg
Vitamin A	273IU
Vitamin C	24mg
Calcium	424mg
Iron	3mg
Vitamin D	50IU
Vitamin E	0mg
Vitamin B6	0.2mg
Folate	19µg
Vitamin B12	1.8µg
Magnesium	106mg
Zinc	1mg
Selenium	4µg

Directions

- 1 Combine the milk, protein powder, and chia seeds in a bowl or container. Refrigerate for at least three hours or until chia seeds have set and pudding has chilled.
- 2 To serve, stir well and top with strawberries and banana. Top with extra milk if needed and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Cut fruit just before serving.

More Flavor: Add cinnamon or liquid sweetener of choice.

Additional Toppings: Add other fresh berries or chopped fruit.

More Protein: Top with a dollop of greek yogurt.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.



Bell Peppers with Guacamole

1 serving
5 minutes

Ingredients

- 1/2 Avocado (medium)
- 2 tsps Lemon Juice
- 1/8 tsp Sea Salt (or more to taste)
- 1 Red Bell Pepper (medium, sliced)

Nutrition

Amount per serving	
Calories	194
Fat	15g
Carbs	16g
Fiber	9g
Sugar	6g
Protein	3g
Cholesterol	0mg
Sodium	307mg
Potassium	749mg
Vitamin A	3873IU
Vitamin C	166mg
Calcium	21mg
Iron	1mg
Vitamin D	0IU
Vitamin E	4mg
Vitamin B6	0.6mg
Folate	138µg
Vitamin B12	0µg
Magnesium	44mg
Zinc	1mg
Selenium	1µg

Directions

- 1 In a small bowl, mash the avocado and combine with the lemon juice and sea salt. Adjust flavors as needed.
- 2 Serve the guacamole with red bell pepper slices and enjoy!

Notes

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

More Flavor: Add garlic, red onion, tomatoes, jalapeño and/or cilantro to the guacamole.

No Red Bell Pepper: Use cucumber slices, carrot sticks, or crackers instead.



Almonds & Raspberries

1 serving
5 minutes

Ingredients

1/4 cup Almonds
1 cup Raspberries

Nutrition

Amount per serving	
Calories	271
Fat	19g
Carbs	22g
Fiber	12g
Sugar	7g
Protein	9g
Cholesterol	0mg
Sodium	2mg
Potassium	448mg
Vitamin A	411U
Vitamin C	32mg
Calcium	127mg
Iron	2mg
Vitamin D	0IU
Vitamin E	10mg
Vitamin B6	0.1mg
Folate	42µg
Vitamin B12	0µg
Magnesium	124mg
Zinc	2mg
Selenium	2µg

Directions

- 1 Add the almonds and raspberries to a plate or bowl and enjoy!

Notes

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

Nut-Free: Use pumpkin seeds or sunflower seeds instead of almonds.



Sunbutter Pumpkin Protein Balls

10 servings

10 minutes

Ingredients

- 1/4 cup Coconut Flour
- 2 tbsps Vanilla Protein Powder
- 1/4 cup Sunflower Seed Butter
- 1/4 cup Pureed Pumpkin
- 1 tbsp Oat Milk (unsweetened, plain)
- 1/4 cup Hemp Seeds (for coating, optional)

Nutrition

Amount per serving	
Calories	81
Fat	6g
Carbs	4g
Fiber	2g
Sugar	1g
Protein	4g
Cholesterol	0mg
Sodium	9mg
Potassium	106mg
Vitamin A	957IU
Vitamin C	0mg
Calcium	16mg
Iron	1mg
Vitamin D	0IU
Vitamin E	2mg
Vitamin B6	0.1mg
Folate	21µg
Vitamin B12	0µg
Magnesium	52mg
Zinc	1mg
Selenium	7µg

Directions

- 1 In a mixing bowl, combine the coconut flour, protein powder, sunflower seed butter, pumpkin, and oat milk. Mix well until a firm batter forms. Add more oat milk one tablespoon at a time if the mixture is too dry/crumblly.
- 2 Form the dough into one-inch balls. Repeat until all the dough is used up. Firmly roll each ball in a small bowl of hemp seeds to form a coating (optional). Store in the fridge or freezer until ready to enjoy.

Notes

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

Serving Size: One serving equals one ball, about one inch in diameter.

More Flavor: Add pumpkin pie spice, maple syrup and/or vanilla extract.

No Hemp Seeds: Roll in crushed nuts, cocoa powder, pumpkin seeds or sunflower seeds.

No Sunflower Seed Butter: Use almond butter, tahini or pumpkin seed butter instead.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.

Coconut Flour: This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using another type of coconut flour, note that results may vary.



Vanilla Protein Yogurt Parfait

1 serving

5 minutes

Ingredients

- 1 cup Unsweetened Coconut Yogurt
- 2 tbsps Vanilla Protein Powder
- 1/2 cup Frozen Strawberries
- 1/4 cup Granola
- 1 tbsp Cashew Butter

Nutrition

Amount per serving	
Calories	435
Fat	23g
Carbs	44g
Fiber	9g
Sugar	12g
Protein	18g
Cholesterol	2mg
Sodium	81mg
Potassium	476mg
Vitamin A	56IU
Vitamin C	46mg
Calcium	604mg
Iron	3mg
Vitamin D	0IU
Vitamin E	4mg
Vitamin B6	0.3mg
Folate	59µg
Vitamin B12	3.0µg
Magnesium	128mg
Zinc	3mg
Selenium	14µg

Directions

- 1 In a bowl, mix together the coconut yogurt and protein powder.
- 2 In a jar, layer the strawberries on the bottom. Top with coconut yogurt, more strawberries, granola, and cashew butter. Enjoy!

Notes

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

Nut-Free: Omit the cashew butter or use tahini or sunflower seed butter instead.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.

No Protein Powder: Use collagen powder instead or omit.



Chocolate Strawberry Chia Pudding

2 servings

30 minutes

Ingredients

- 1/4 cup Chia Seeds
- 1 cup Plain Coconut Milk
(unsweetened, from the carton)
- 1/4 cup Chocolate Protein Powder
- 1 cup Strawberries (halved)

Nutrition

Amount per serving	
Calories	225
Fat	11g
Carbs	20g
Fiber	8g
Sugar	7g
Protein	14g
Cholesterol	2mg
Sodium	38mg
Potassium	365mg
Vitamin A	258IU
Vitamin C	42mg
Calcium	428mg
Iron	3mg
Vitamin D	50IU
Vitamin E	0mg
Vitamin B6	0.1mg
Folate	21µg
Vitamin B12	1.8µg
Magnesium	103mg
Zinc	1mg
Selenium	4µg

Directions

- 1 In a large bowl, combine the chia seeds with the coconut milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 Top the chia pudding with the strawberries and enjoy!

Notes

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

No Protein Powder: Use raw cacao powder or cocoa powder instead of protein powder, using half the amount.

Likes it Sweet: Add a drizzle of maple syrup or honey.

Likes it Thicker: Use full fat coconut milk instead.

Additional Toppings: Add granola or cacao nibs on top for crunch.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.



Carrots, Celery & Olives Snack Box

1 serving
5 minutes

Ingredients

- 2 stalks Celery (cut into sticks)
- 3/4 cup Baby Carrots
- 1/4 cup Hummus
- 2 tbsps Pitted Kalamata Olives

Nutrition

Amount per serving	
Calories	221
Fat	13g
Carbs	23g
Fiber	8g
Sugar	7g
Protein	5g
Cholesterol	0mg
Sodium	546mg
Potassium	401mg
Vitamin A	17678IU
Vitamin C	12mg
Calcium	136mg
Iron	4mg
Vitamin D	0IU
Vitamin E	1mg
Vitamin B6	0.2mg
Folate	58µg
Vitamin B12	0µg
Magnesium	56mg
Zinc	1mg
Selenium	3µg

Directions

- 1 Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

Notes

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



Chocolate Coconut Yogurt

4 servings
10 minutes

Ingredients

- 2 cups Unsweetened Coconut Yogurt
- 1 tsp Vanilla Extract
- 1/4 cup Maple Syrup
- 3 tbsps Cocoa Powder
- 1 tsp Cinnamon
- 1/3 cup Strawberries (sliced)
- 1/4 cup Almonds (chopped)

Nutrition

Amount per serving	
Calories	177
Fat	9g
Carbs	25g
Fiber	5g
Sugar	14g
Protein	3g
Cholesterol	0mg
Sodium	28mg
Potassium	192mg
Vitamin A	4IU
Vitamin C	7mg
Calcium	308mg
Iron	1mg
Vitamin D	0IU
Vitamin E	2mg
Vitamin B6	0mg
Folate	8µg
Vitamin B12	1.4µg
Magnesium	51mg
Zinc	1mg
Selenium	1µg

Directions

- 1 In a bowl, combine the coconut yogurt, vanilla extract, maple syrup, cocoa powder and cinnamon. Whisk together until evenly combined.
- 2 Divide evenly into bowls and top with strawberries and almonds. Enjoy!

Notes

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

Serving Size: One serving is equal to 1/2 cup of yogurt.

Nut-Free: Use pumpkin seeds, sunflower seeds or shredded coconut instead of almonds.

Additional Toppings: Top with blueberries or raspberries.



Sauerkraut Avocado Mash with Crackers

4 servings

5 minutes

Ingredients

- 2 Avocado (peeled, pit removed)
- 1/2 cup Sauerkraut (roughly chopped)
- 7 1/16 ozs Seed Crackers

Nutrition

Amount per serving	
Calories	387
Fat	23g
Carbs	41g
Fiber	15g
Sugar	1g
Protein	8g
Cholesterol	0mg
Sodium	418mg
Potassium	756mg
Vitamin A	150IU
Vitamin C	13mg
Calcium	129mg
Iron	2mg
Vitamin D	0IU
Vitamin E	2mg
Vitamin B6	0.3mg
Folate	86µg
Vitamin B12	0µg
Magnesium	130mg
Zinc	2mg
Selenium	10µg

Directions

- 1 Use the back of a fork to mash together the avocado and sauerkraut in a bowl. Serve with crackers and enjoy!

Notes

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

No Crackers: Dip with veggies or pretzels. Spread on toast or wrap in a tortilla.



Prosciutto-Wrapped Apples

2 servings
10 minutes

Ingredients

- 1 Apple (cored and sliced)
- 1 1/2 ozs Prosciutto (cut in half)
- 1 1/2 tsps Fresh Dill (chopped)

Nutrition

Amount per serving	
Calories	93
Fat	3g
Carbs	13g
Fiber	2g
Sugar	9g
Protein	6g
Cholesterol	15mg
Sodium	396mg
Potassium	98mg
Vitamin A	60IU
Vitamin C	4mg
Calcium	6mg
Iron	0mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin B6	0mg
Folate	3µg
Vitamin B12	0µg
Magnesium	5mg
Zinc	0mg
Selenium	0µg

Directions

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

Notes

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

Serving Size: One serving is roughly four pieces.

Additional Toppings: Ricotta or parmesan cheese.



Dark Chocolate Almond Mousse

5 servings
3 hours 5 minutes

Ingredients

2 cups Unsweetened Almond Milk
1/2 cup Chia Seeds
1/2 cup Cocoa Powder
1/4 cup Almond Butter
3 tbsps Monk Fruit Sweetener
1 tsp Vanilla Extract
1/2 tsp Sea Salt

Nutrition

Amount per serving	
Calories	206
Fat	16g
Carbs	23g
Fiber	10g
Sugar	1g
Protein	8g
Cholesterol	0mg
Sodium	303mg
Potassium	379mg
Vitamin A	200IU
Vitamin C	0mg
Calcium	342mg
Iron	3mg
Vitamin D	40IU
Vitamin E	3mg
Vitamin B6	0mg
Folate	9µg
Vitamin B12	0µg
Magnesium	141mg
Zinc	1mg
Selenium	2µg

Directions

- 1 Add all the ingredients to a high-speed blender and blend for 2 to 3 minutes until thickened, smooth and creamy.
- 2 Transfer to a bowl and refrigerate until chilled, about 3 hours. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Stir well before serving.

Serving Size: One serving is roughly 1/2 cup.

Additional Toppings: Extra cocoa powder, chopped nuts, fresh berries and/or shredded coconut.

No Almond Butter: Use another nut or seed butter instead.



Classic Guacamole

5 servings
15 minutes

Ingredients

- 4 Avocado (pit removed)
- 3 tbsps Cilantro (finely chopped)
- 2 Garlic (cloves, minced)
- 1 Jalapeno Pepper (seeds removed, finely chopped)
- 1/4 cup Red Onion (chopped)
- 2 Tomato (diced)
- 1 Lime (juiced)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper

Nutrition

Amount per serving	
Calories	273
Fat	24g
Carbs	17g
Fiber	12g
Sugar	2g
Protein	4g
Cholesterol	0mg
Sodium	149mg
Potassium	913mg
Vitamin A	975IU
Vitamin C	30mg
Calcium	28mg
Iron	1mg
Vitamin D	0IU
Vitamin E	3mg
Vitamin B6	0.5mg
Folate	147µg
Vitamin B12	0µg
Magnesium	53mg

Directions

- 1 Scoop the avocado flesh into a medium-sized bowl. Mash the avocado with a fork until you've reached your desired texture.
- 2 Add the remaining ingredients and fold in everything until well combined. Serve and enjoy!

Notes

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

Serving Size: One serving is roughly 1/4 cup of guacamole.

Additional Toppings: Chilli flakes or cayenne pepper for some heat.

Serve it With: Tortilla chips, on top of tacos, crackers, with vegetables or on top of salad.

Zinc	1mg
Selenium	1µg



Roasted Red Pepper Lentil Dip

6 servings
20 minutes

Ingredients

1/2 cup Dry Red Lentils (rinsed well)
2 cups Water
4 1/4 ozs Roasted Red Peppers (from the jar)
2 tbsps Lemon Juice
1 1/2 tbsps Extra Virgin Olive Oil
1 tbsp Tahini
1 Garlic (small, minced)
1/2 tsp Sea Salt

Nutrition

Amount per serving	
Calories	113
Fat	5g
Carbs	13g
Fiber	3g
Sugar	1g
Protein	5g
Cholesterol	0mg
Sodium	258mg
Potassium	224mg
Vitamin A	270IU
Vitamin C	8mg
Calcium	23mg
Iron	2mg
Vitamin D	0IU
Vitamin E	1mg
Vitamin B6	0mg
Folate	3µg
Vitamin B12	0µg
Magnesium	4mg
Zinc	0mg

Directions

- 1 Add the lentils and water to a pot over medium heat. Bring to a gentle simmer and cook for 12 to 15 minutes or until tender. Drain really well to remove excess water.
- 2 Add the lentils and remaining ingredients to a food processor and blend until very smooth. Season with additional salt and lemon juice if needed.
- 3 Serve chilled and enjoy!

Notes

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

Serving Size: One serving is approximately 1/3 cup of dip.

More Flavor: Add red pepper flakes for a spicier dip.

Serve it With: Veggies, crackers or flatbread.

No Store-Bought Peppers: Roast your own red peppers instead.

Selenium

1µg



Cucumber Slices

2 servings

5 minutes

Ingredients

1 Cucumber

Nutrition

Amount per serving	
Calories	23
Fat	0g
Carbs	5g
Fiber	1g
Sugar	3g
Protein	1g
Cholesterol	0mg
Sodium	3mg
Potassium	221mg
Vitamin A	158IU
Vitamin C	4mg
Calcium	24mg
Iron	0mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin B6	0.1mg
Folate	11µg
Vitamin B12	0µg
Magnesium	20mg
Zinc	0mg
Selenium	0µg

Directions

- 1 Slice the cucumber and enjoy!

Notes

Storage: Cucumber can keep up to one week in the fridge if stored in water.



Berry & Nut Breakfast Bowl

1 serving
10 minutes

Ingredients

- 1/2 cup Strawberries (chopped)
- 1/2 cup Blackberries (cut in half)
- 2 tbsps Walnuts (chopped)
- 2 tbsps Almonds (chopped)
- 1 tbsp Pumpkin Seeds
- 1 tbsp Hemp Seeds
- 1/4 cup Unsweetened Almond Milk

Nutrition

Amount per serving	
Calories	356
Fat	28g
Carbs	21g
Fiber	10g
Sugar	8g
Protein	13g
Cholesterol	0mg
Sodium	44mg
Potassium	553mg
Vitamin A	289IU
Vitamin C	58mg
Calcium	220mg
Iron	4mg
Vitamin D	25IU
Vitamin E	6mg
Vitamin B6	0.2mg
Folate	69µg
Vitamin B12	0µg
Magnesium	170mg
Zinc	2mg
Selenium	2µg

Directions

- 1 Add strawberries and blackberries to a bowl. Top with the nuts and seeds.
- 2 Pour the almond milk over top and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. Keep the almond milk, berries and nuts separately until ready to serve.

Additional Toppings: Add a pinch of cinnamon, shredded coconut, additional nuts and seeds, a dollop of yogurt or a drizzle of honey.

No Berries: Use peaches, mango, pineapple or banana instead.

No Almond Milk: Use another non-dairy milk instead.



Rice Cake with Yogurt & Berries

1 serving
5 minutes

Ingredients

- 1 Plain Rice Cake
- 1 tbsp Unsweetened Coconut Yogurt
- 1/4 cup Raspberries

Nutrition

Amount per serving	
Calories	58
Fat	1g
Carbs	12g
Fiber	3g
Sugar	2g
Protein	1g
Cholesterol	0mg
Sodium	6mg
Potassium	73mg
Vitamin A	10IU
Vitamin C	8mg
Calcium	40mg
Iron	0mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin B6	0mg
Folate	8µg
Vitamin B12	0.2µg
Magnesium	19mg
Zinc	0mg
Selenium	2µg

Directions

- 1 Spread the coconut yogurt onto the rice cake and top with the raspberries. Enjoy!

Notes

Leftovers: Store all ingredients separately until ready to serve.

More Flavor: Drizzle with honey or maple syrup or garnish with a pinch of cinnamon.

Additional Toppings: Sprinkle with hemp seeds, chia seeds or ground flax seeds.

No Raspberries: Use strawberries or blueberries instead.



Strawberries with Macadamia Dip

6 servings

5 minutes

Ingredients

- 1 1/2 cups Macadamia Nuts (soaked at least 30 minutes)
- 2 tbsps Coconut Oil (melted)
- 2 cups Strawberries

Nutrition

Amount per serving	
Calories	296
Fat	30g
Carbs	8g
Fiber	4g
Sugar	4g
Protein	3g
Cholesterol	0mg
Sodium	2mg
Potassium	197mg
Vitamin A	6IU
Vitamin C	29mg
Calcium	36mg
Iron	1mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin B6	0.1mg
Folate	15µg
Vitamin B12	0µg
Magnesium	50mg
Zinc	1mg
Selenium	1µg

Directions

- 1 Combine the macadamia nuts and coconut oil in a food processor or high-speed blender. Blend until smooth, adding a bit of water if needed until your desired consistency is reached.
- 2 Transfer to a bowl. Serve with strawberries and enjoy!

Notes

Leftovers: Refrigerate the macadamia dip separately in an airtight container for up to two weeks.

Nut-Free: Use sunflower seed butter instead of macadamia nuts.

Additional Toppings: Top with hemp seeds, shredded coconut, dark chocolate chips or crushed nuts.

More Flavor: Use roasted macadamia nuts, and/or combine with cashews or hazelnuts.

Save Time: Use store-bought macadamia nut butter instead, or skip the soaking time and add more water or milk instead.



Garlic White Bean Dip

6 servings

5 minutes

Ingredients

- 2 cups White Navy Beans (cooked, drained and rinsed)
- 2 tbsps Lemon Juice
- 1 tsp Thyme (fresh, torn from the stem)
- 1/2 tsp Garlic Powder
- 1/4 cup Extra Virgin Olive Oil
- 1 Cucumber (sliced)

Nutrition

Amount per serving	
Calories	174
Fat	9g
Carbs	18g
Fiber	7g
Sugar	1g
Protein	5g
Cholesterol	0mg
Sodium	1mg
Potassium	319mg
Vitamin A	59IU
Vitamin C	4mg
Calcium	51mg
Iron	2mg
Vitamin D	0IU
Vitamin E	1mg
Vitamin B6	0.1mg
Folate	90µg
Vitamin B12	0µg
Magnesium	39mg
Zinc	1mg
Selenium	2µg

Directions

- 1 In a food processor or blender, add the white navy beans, lemon juice, thyme and garlic. Blend until the texture is smooth and creamy.
- 2 With the machine running, add the extra virgin olive oil slowly, until incorporated.
- 3 Pour the dip into a bowl and serve with cucumber slices. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately 1/4 cup dip.

More Flavor: Use roasted garlic cloves instead of garlic powder.

Additional Toppings: Add chili flakes or other seasoning if desired.

No Cucumber: Serve with other veggies such as carrots, celery or crackers.



Smoked Salmon & Avocado Cucumber Bites

2 servings

5 minutes

Ingredients

- 1/2 Cucumber (large)
- 1/2 Avocado (mashed)
- 6 ozs Smoked Salmon
- 1 tsp Capers
- 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	191
Fat	11g
Carbs	7g
Fiber	4g
Sugar	2g
Protein	17g
Cholesterol	20mg
Sodium	757mg
Potassium	504mg
Vitamin A	228IU
Vitamin C	7mg
Calcium	28mg
Iron	1mg
Vitamin D	582IU
Vitamin E	2mg
Vitamin B6	0.4mg
Folate	48µg
Vitamin B12	2.8µg
Magnesium	40mg
Zinc	1mg
Selenium	28µg

Directions

- 1 Slice cucumber into 1/4-inch thick rounds.
- 2 In a small bowl, mash the avocado with a fork.
- 3 Top the cucumber with mashed avocado, smoked salmon, capers and sea salt. Serve and enjoy!

Notes

Leftovers: Each of these ingredients spoil quickly when exposed to air. This recipe is best enjoyed the same day.

More Flavor: Add spices like chili flakes, cayenne or black pepper.

Make it Vegan: Omit the smoked salmon and use hemp hearts on top instead.



Almond Butter & Jam Chia Pudding

2 servings
30 minutes

Ingredients

- 1/4 cup Chia Seeds
- 1 cup Unsweetened Almond Milk
- 1 cup Raspberries
- 2 tbsps Almond Butter

Nutrition

Amount per serving	
Calories	262
Fat	18g
Carbs	21g
Fiber	12g
Sugar	3g
Protein	9g
Cholesterol	0mg
Sodium	82mg
Potassium	402mg
Vitamin A	270IU
Vitamin C	16mg
Calcium	429mg
Iron	3mg
Vitamin D	50IU
Vitamin E	4mg
Vitamin B6	0.1mg
Folate	21µg
Vitamin B12	0µg
Magnesium	136mg
Zinc	1mg
Selenium	1µg

Directions

- 1 In a medium bowl, combine the chia seeds with the almond milk and whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 In a small bowl, mash the raspberries until they resemble jam.
- 3 Layer the chia seed pudding in a jar, top with the raspberry jam and almond butter. Serve and enjoy!

Notes

Leftovers: Refrigerate covered for up to five days.

Nut-Free: Use coconut milk instead of almond milk. Use sunflower seed butter instead of almond butter.

More Protein: Add a scoop of protein powder to the milk mixture before setting. Whisk to fully incorporate with the seeds and milk.

Additional Toppings: Add cacao nibs for crunch.



Avocado, Cucumber & Nori Snack Box

1 serving
5 minutes

Ingredients

- 1/2 Avocado (sliced)
- 1/4 Cucumber (sliced)
- 1/4 cup Cashews
- 4 Nori Sheets
- 1/2 tsp Sesame Seeds (optional)

Nutrition

Amount per serving	
Calories	398
Fat	32g
Carbs	27g
Fiber	12g
Sugar	4g
Protein	12g
Cholesterol	0mg
Sodium	26mg
Potassium	799mg
Vitamin A	1826IU
Vitamin C	24mg
Calcium	94mg
Iron	4mg
Vitamin D	0IU
Vitamin E	2mg
Vitamin B6	0.4mg
Folate	112µg
Vitamin B12	0µg
Magnesium	134mg
Zinc	3mg
Selenium	5µg

Directions

- 1 Assemble all the ingredients into a storage container. Add sesame seeds to the cucumber and avocado. Refrigerate until ready to eat. Enjoy!

Notes

Storage: The avocado is best enjoyed immediately. To keep it from browning, squeeze some lemon juice on top and refrigerate in an airtight container for up to one day.

Nut-Free: Use pumpkin seeds instead of cashews.

More Flavor: Season the avocado with chili flakes, cayenne or everything bagel seasoning.



Cinnamon Protein Energy Bites

14 servings

35 minutes

Ingredients

- 1/3 cup Oats (quick)
- 1/4 cup Oat Flour
- 1/4 cup Vanilla Protein Powder
- 1/4 cup Ground Flax Seed
- 2 tbsps Chia Seeds
- 1 1/2 tps Cinnamon
- 1/2 cup Almond Butter
- 1/4 cup Maple Syrup
- 1 tbsp Unsweetened Almond Milk
(optional; if needed)

Nutrition

Amount per serving	
Calories	111
Fat	7g
Carbs	10g
Fiber	2g
Sugar	4g
Protein	5g
Cholesterol	0mg
Sodium	5mg
Potassium	108mg
Vitamin A	3IU
Vitamin C	0mg
Calcium	64mg
Iron	1mg
Vitamin D	0IU
Vitamin E	2mg
Vitamin B6	0mg
Folate	6µg
Vitamin B12	0µg
Magnesium	37mg

Directions

- 1 In a large mixing bowl combine quick oats, oat flour, protein powder, ground flax, chia seeds and cinnamon. Fold in the almond butter and maple syrup until a thick dough forms. If it is too thick to work with, add the almond milk.
- 2 Use a tablespoon to scoop out dough and roll into balls, approximately 1-inch in diameter. Chill in the fridge for at least 20 minutes before serving. Enjoy!

Notes

Storage: Keep energy bites in the fridge for up to seven days or freezer for up to three months. Always serve chilled.

Serving Size: One serving is equal to one ball.

Nut-Free: Use sunflower seed butter or pumpkin seed butter instead of almond butter. Use coconut milk instead of almond milk.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.

No Maple Syrup: Use honey instead.

Gluten-Free: Use certified gluten-free quick oats.

No Quick Oats: For best results, these balls need a smaller oat-texture. If you substitute with rolled oats, pulse a few times in a food processor to chop them into a quick oats texture.

No Protein Powder: Use more oat flour instead.

Zinc	1mg
Selenium	1µg



Hummus & Veggies Snack Box

1 serving
5 minutes

Ingredients

- 1/2 Red Bell Pepper (sliced)
- 2 stalks Celery (cut into small stalks)
- 1/3 cup Blueberries
- 1/4 cup Hummus

Nutrition

Amount per serving	
Calories	201
Fat	11g
Carbs	22g
Fiber	7g
Sugar	9g
Protein	6g
Cholesterol	0mg
Sodium	329mg
Potassium	563mg
Vitamin A	2263IU
Vitamin C	83mg
Calcium	68mg
Iron	2mg
Vitamin D	0IU
Vitamin E	2mg
Vitamin B6	0.4mg
Folate	89µg
Vitamin B12	0µg
Magnesium	65mg
Zinc	1mg
Selenium	3µg

Directions

- 1 Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

Notes

Storage: Refrigerate in an airtight container up to 3 days.

No Hummus: Use guacamole or a ready-made dip instead.



Rice Cakes with Almond Butter & Banana

1 serving
5 minutes

Ingredients

- 1 Plain Rice Cake
- 1 tbsp Almond Butter
- 1/2 Banana (medium, sliced)

Nutrition

Amount per serving	
Calories	183
Fat	9g
Carbs	24g
Fiber	4g
Sugar	8g
Protein	5g
Cholesterol	0mg
Sodium	4mg
Potassium	354mg
Vitamin A	38IU
Vitamin C	5mg
Calcium	58mg
Iron	1mg
Vitamin D	0IU
Vitamin E	4mg
Vitamin B6	0.2mg
Folate	22µg
Vitamin B12	0µg
Magnesium	71mg
Zinc	1mg
Selenium	3µg

Directions

- 1 Spread almond butter on the rice cake and top with sliced banana. Enjoy!

Notes

No Almond Butter: Use peanut, cashew or sunflower seed butter instead.

More Flavor: Top each rice cake with a drizzle of honey, maple syrup or a pinch of cinnamon.

More Fiber: Add hemp seeds, chia seeds, ground flax seed or fresh berries.



Smoked Salmon & Veggie Nori Rolls

2 servings

10 minutes

Ingredients

- 2 Nori Sheets (large, cut in half down the middle)
- 1 Avocado (small, sliced)
- 1/2 Cucumber (medium, sliced into strips)
- 1/2 Red Bell Pepper (sliced into strips)
- 6 ozs Smoked Salmon
- 2 tbsps Mayonnaise (optional)

Nutrition

Amount per serving	
Calories	378
Fat	29g
Carbs	14g
Fiber	9g
Sugar	3g
Protein	19g
Cholesterol	25mg
Sodium	672mg
Potassium	812mg
Vitamin A	1640IU
Vitamin C	53mg
Calcium	47mg
Iron	2mg
Vitamin D	583IU
Vitamin E	4mg
Vitamin B6	0.6mg
Folate	103µg
Vitamin B12	2.8µg
Magnesium	58mg
Zinc	1mg
Selenium	29µg

Directions

- 1 Place the nori sheets on a flat surface. Add the avocado, cucumber, pepper, smoked salmon and mayonnaise. Wrap and enjoy!

Notes

No Smoked Salmon: Use another protein source instead such as tuna or chicken.

More Veggies: Add microgreens or sprouts to the nori wrap.

No Mayonnaise: Omit or use another condiment such as hot sauce instead.

Leftovers: Leftovers aren't recommended as the nori sheet will get soggy. This recipe is best served right away.



No-Bake Pumpkin Protein Bars

8 servings

15 minutes

Ingredients

- 1/2 cup Coconut Flour
- 1/4 cup Vanilla Protein Powder
- 3/4 tsp Pumpkin Pie Spice
- 1/2 cup Almond Butter
- 1/3 cup Maple Syrup
- 1 tsp Vanilla Extract
- 1/2 cup Pureed Pumpkin
- 1 tbsp Unsweetened Almond Milk
- 1/2 cup Dark Chocolate Chips
- 1 tbsp Coconut Butter (melted)

Nutrition

Amount per serving	
Calories	280
Fat	16g
Carbs	25g
Fiber	5g
Sugar	16g
Protein	8g
Cholesterol	0mg
Sodium	25mg
Potassium	192mg
Vitamin A	2388IU
Vitamin C	1mg
Calcium	90mg
Iron	2mg
Vitamin D	1IU
Vitamin E	4mg
Vitamin B6	0mg
Folate	11µg
Vitamin B12	0.1µg
Magnesium	56mg

Directions

- 1 Line a pan with parchment paper. (Tip: Use an 8x8 inch pan if making 8 servings.)
- 2 Add the coconut flour, protein powder and pumpkin pie spice into a large mixing bowl and whisk to combine.
- 3 Using a small pot over low heat, add the almond butter and maple syrup and whisk until combined and sticky, then add the vanilla extract.
- 4 Add the wet ingredients to the dry ingredients along with the pureed pumpkin. Stir until it is all combined, then add the milk and chocolate chips. Stir again until well combined. The dough will feel very thick.
- 5 Transfer the dough into your pan and flatten with your hands, applying firm pressure to ensure it is packed. Refrigerate for at least 30 minutes.
- 6 Remove the dough from the fridge and slice into even bars. Drizzle the bars with melted coconut butter. Store in the fridge until you are ready to eat. Enjoy!

Notes

Nut-Free: Use tahini or pumpkin seed butter instead of almond butter. Use coconut milk instead of almond milk.

No Coconut Butter: Omit, or use melted chocolate as a drizzle instead.

Storage: Store in the fridge or freezer until ready to eat. They will be too soft at room temperature.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. Please note that if using a different type of protein powder, results may vary.

Zinc	1mg
Selenium	1µg



Almond Butter Fruit Dip and Strawberries

1 serving
10 minutes

Ingredients

2 tbsps Almond Butter
1/4 cup Unsweetened Coconut Yogurt
1/2 cup Strawberries

Nutrition

Amount per serving	
Calories	247
Fat	20g
Carbs	15g
Fiber	5g
Sugar	5g
Protein	7g
Cholesterol	0mg
Sodium	15mg
Potassium	350mg
Vitamin A	9IU
Vitamin C	42mg
Calcium	247mg
Iron	2mg
Vitamin D	0IU
Vitamin E	8mg
Vitamin B6	0.1mg
Folate	34µg
Vitamin B12	0.7µg
Magnesium	99mg
Zinc	1mg
Selenium	1µg

Directions

1 Combine almond butter and yogurt in a bowl and mix well. Enjoy!

Notes

Serving Size: One serving is equal to approximately 3 tbsp of dip.

Leftovers: Keeps well in the fridge up to 3 to 4 days. Stir well before serving.

Serve it With: Sliced fruit such as strawberries, bananas, apples, pears or pineapple.

Nut-Free: Make it with sunflower seed butter instead of peanut butter.

No Coconut Yogurt: Use Greek yogurt or almond yogurt instead.



Apples & Almonds

1 serving
5 minutes

Ingredients

1 Apple (sliced)
1/4 cup Almonds

Directions

- 1 Core apple and cut it into slices. Serve with almonds.

Nutrition

Amount per serving	
Calories	302
Fat	18g
Carbs	33g
Fiber	9g
Sugar	20g
Protein	8g
Cholesterol	0mg
Sodium	2mg
Potassium	457mg
Vitamin A	99IU
Vitamin C	8mg
Calcium	107mg
Iron	2mg
Vitamin D	0IU
Vitamin E	9mg
Vitamin B6	0.1mg
Folate	21µg
Vitamin B12	0µg
Magnesium	106mg
Zinc	1mg
Selenium	1µg



Carrots & Guacamole

2 servings

5 minutes

Ingredients

- 4 Carrot (medium)
- 1 Avocado
- 1 Lime (juiced)
- 1/4 tsp Sea Salt (or more to taste)

Nutrition

Amount per serving	
Calories	216
Fat	15g
Carbs	22g
Fiber	10g
Sugar	7g
Protein	3g
Cholesterol	0mg
Sodium	387mg
Potassium	904mg
Vitamin A	20539IU
Vitamin C	24mg
Calcium	55mg
Iron	1mg
Vitamin D	0IU
Vitamin E	3mg
Vitamin B6	0.4mg
Folate	107µg
Vitamin B12	0µg
Magnesium	46mg
Zinc	1mg
Selenium	1µg

Directions

- 1 Peel and slice carrots into sticks.
- 2 Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.
- 3 Dip the carrots into the guac & enjoy!

Notes

Leftovers: Store the guacamole in an airtight container in the refrigerator for up to two days. Sliced carrots can be stored in the refrigerator for up to four days.

Spice it Up: Add chili flakes, salsa and/or chopped cilantro to the guacamole.



Banana Chia Crisps

1 serving
25 minutes

Ingredients

- 1 Banana (medium, ripe)
- 1/4 cup Chia Seeds
- 1 tsp Cinnamon

Nutrition

Amount per serving	
Calories	351
Fat	16g
Carbs	49g
Fiber	16g
Sugar	14g
Protein	9g
Cholesterol	0mg
Sodium	1mg
Potassium	782mg
Vitamin A	83IU
Vitamin C	10mg
Calcium	300mg
Iron	5mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin B6	0.4mg
Folate	24µg
Vitamin B12	0µg
Magnesium	174mg
Zinc	0mg
Selenium	1µg

Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a small bowl, mash banana with the back of a fork. Mix in chia and cinnamon until combined.
- 3 Transfer small dollops to the baking sheet. Press down gently using your fingers or the back of the fork. Bake for 20 to 25 minutes.
- 4 Remove from oven. Let cool and enjoy!

Notes

Storage: Refrigerate in an air-tight container up to 5 days or freeze.

Serving Size: One serving is equal to approximately 12 small crisps.



Brownie Batter Protein Balls

14 servings

40 minutes

Ingredients

- 1/3 cup Pitted Dates (packed)
- 2 cups Black Beans (cooked)
- 1/2 cup Arbonne Chocolate Protein Powder
- 1/3 cup Almond Butter
- 1/2 tsp Sea Salt
- 1 tbsp Cacao Powder
- 1/2 cup Organic Dark Chocolate Chips (optional)

Nutrition

Amount per serving	
Calories	144
Fat	7g
Carbs	15g
Fiber	4g
Sugar	7g
Protein	6g
Cholesterol	0mg
Sodium	119mg
Potassium	199mg
Vitamin A	15IU
Vitamin C	2mg
Calcium	40mg
Iron	1mg
Vitamin D	0IU
Vitamin E	2mg
Vitamin B6	0.1mg
Folate	49µg
Vitamin B12	0.4µg
Magnesium	43mg
Zinc	1mg

Directions

- 1 Line a baking sheet with parchment paper.
- 2 Combine dates, black beans, chocolate protein powder, pumpkin seed butter, sea salt, and cacao powder in the bowl of your food processor. Process until smooth, scraping down the sides as necessary.
- 3 Roll the dough into 1-inch balls and place on the covered baking sheet. You should have about 2 balls per serving.
- 4 To make the optional chocolate drizzle: melt the chocolate chips in a double boiler and drizzle over balls.
- 5 Refrigerate at least 1 hour to set. Enjoy!

Notes

Serving Size: Nutrition information is calculated based on 2 balls per serving.

Storage: Store in an airtight container in the fridge up to 1 week, or in the freezer for up to 1 month.

No Pumpkin Seed Butter: Use tahini, sunflower butter, almond butter or peanut butter instead.

Preferred Protein Powder: This recipe was developed and tested using Genuine Health Vegan Fermented Protein Powder in Chocolate. For best results, use a plant-based protein powder.

Selenium

2µg