
























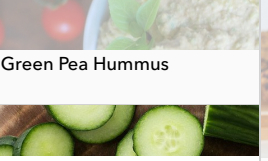





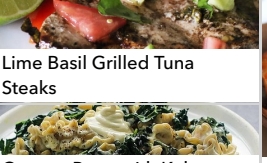


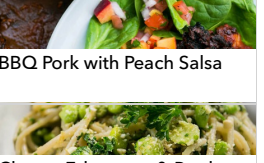

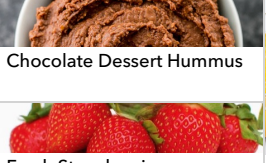









Prove It Challenge Bonus Kit
Post-Cleanse Family Edition
Meal Plan

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Bacon & Heirloom Tomato Frittata	 Overnight Vanilla Protein Oats	 Quinoa & Egg Breakfast Plate	 Blueberry Turkey Breakfast Sausages	 Crustless Broccoli Cheddar Quiche	 Chocolate Protein Pancakes	 Chicken & Apple Sausage Patties
Snack 1	 Chocolate Cherry Chia Pudding	 Apple with Sunflower Seed Butter	 Green Goddess Cashew Dip	 Green Pea Hummus	 Protein Berry Oatmeal Cups	 Coconut Zucchini Fries	 Cherry Balsamic Glazed Yogurt
Lunch	 Mini Eggplant Pizzas	 Mango Coconut Green Smoothie	 Fully Loaded Toast	 BLT Salad Bowls	 Creamy Apple Pie Smoothie	 Berry Avocado Smoothie	 Turkey Taco Lettuce Wraps
Snack 2	 Olive & Tahini Plate	 Sunbutter Oat Cookies	 Fudgey Protein Brownies	 Mango Green Smoothie Bowl	 Green Pea Hummus	 Protein Berry Oatmeal Cups	 Fudgey Protein Brownies
Dinner	 Slow Cooker Burrito Soup	 Creamy Cauliflower Soup	 Zucchini Noodle Lasagna	 Lime Basil Grilled Tuna Steaks	 Healthy Fish n Chips	 Slow Cooker Spaghetti Squash & Meatballs	 BBQ Pork with Peach Salsa
Snack 3	 Peach Ice Cream	 Chocolate Dessert Hummus	 Turmeric Lemonade	 Golden Turmeric Hot Chocolate	 Grapefruit & Thyme Sparkling Water	 Blueberry Ice Cream Floats	 Blueberry Ginger Lime Sparkling Water



Bacon & Heirloom Tomato Frittata

4 servings

30 minutes

Ingredients

10 Egg
2 tbsps Basil Leaves (chopped)
1/4 tsp Sea Salt
8 slices Organic Bacon (chopped)
1 1/2 cups Red Onion (thinly sliced)
4 Tomato (heirloom, sliced)

Directions

- 1 Preheat the oven to 350°F (177°C).
- 2 In a small bowl, whisk the eggs together and add the basil and sea salt. Set aside.
- 3 Heat a small cast iron pan over medium heat and add the bacon. Cook until the fat renders off, about 5 minutes. Remove the bacon and set aside. Add the onion and cook for 2 to 3 minutes.
- 4 Add the bacon back to the pan along with the eggs. Cook over medium heat for about 4 to 5 minutes, careful not to disturb the setting egg. Add the tomato slices on top and place in the oven to cook for 20 minutes.
- 5 Remove from the oven and garnish with extra basil if desired. Let it cool slightly, serve and enjoy!

Notes

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

More Flavor, Add minced garlic and/or chili flakes.

No Pork, Use turkey bacon instead.



Overnight Vanilla Protein Oats

4 servings

8 hours

Ingredients

2 cups Oats (quick or traditional)
2 tbsps Chia Seeds
2 1/2 cups Unsweetened Almond Milk
1/2 serving Shaklee Vanilla Life Shake Protein Powder
1/2 cup Raspberries
1/2 cup Blueberries
2 tbsps Almond Butter

Directions

- 1 In a large bowl or container combine the oats, chia seeds and milk. Stir to combine. Place in the fridge for 8 hours, or overnight.
- 2 After the oats have set, remove from the fridge and add the protein powder. Mix well. Add extra almond milk 1 tbsp at a time if the oats are too thick.
- 3 Divide the oats into bowls or containers and top with raspberries, blueberries and almond butter. Enjoy!

Notes

Extra Garnish, Add cacao nibs, chocolate chips, seeds or nuts.

Leftovers, Keep well in the fridge for 3 to 4 days.

No Almond Butter, Omit, or use peanut butter or sunflower seed butter instead.

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



Quinoa & Egg Breakfast Plate

4 servings

20 minutes

Ingredients

1 cup Quinoa (uncooked, rinsed)
4 Egg
8 Tomato (small, chopped)
1/2 cup Pitted Kalamata Olives
2 Avocado (sliced)
1/4 cup Parsley (chopped)
1/2 tsp Sea Salt

Directions

- 1 Cook the quinoa according to package directions. Let it cool slightly.
- 2 In a pan over medium heat, cook the egg until your whites are set and the yolks are your desired doneness.
- 3 Place the quinoa on a plate, and top with the egg, tomatoes, olives, avocado and parsley. Season with sea salt and enjoy!

Notes

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

More Flavor, Cook your quinoa in broth instead of water. Add chili flakes or hot sauce before serving.

Make it Vegan, Omit the egg and serve with tofu or chickpeas instead.

Meal Prep, Make a large batch of quinoa and/or hard-boiled eggs to save time.



Blueberry Turkey Breakfast Sausages

4 servings

25 minutes

Ingredients

- 1 lb Extra Lean Ground Turkey
- 1 Garlic (clove, minced)
- 1 tbsp Italian Seasoning
- 1 tsp Ginger (peeled and minced)
- 3/4 tsp Sea Salt
- 1/2 cup Blueberries
- 1 tbsp Coconut Oil

Directions

- 1 In a large mixing bowl combine the turkey, garlic, Italian seasoning, ginger and salt. Mix until combined. Gently fold in the blueberries. Form the meat mixture into thin, even patties, about 4-inches in diameter.
- 2 Heat the coconut oil in a large frying pan over medium-high heat. Cook the sausage patties for 4 to 5 minutes per side until cooked through. Serve and enjoy!

Notes

Leftovers, Keep refrigerated in an airtight container for up to three days. Freeze for up to three months.

Serving Size, One serving is equal to approximately two sausage patties.

More Flavor, Add ground allspice, black pepper, thyme, cinnamon or cayenne to the turkey mixture before cooking.



Sweet Potato Toast with Yogurt & Blueberries

4 servings

15 minutes

Ingredients

2 Sweet Potato (large)
1/2 cup Plain Greek Yogurt
1 cup Blueberries
1/4 cup Almond Butter
1/4 tsp Cinnamon

Directions

- 1 Trim the pointy ends off of the sweet potato then lay it on its side on a cutting board. Slice it lengthwise into 1/4 inch slices.
- 2 Place the sweet potato slices into the toaster and toast twice or until golden brown. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 to 6 minutes per side, or until golden brown.
- 3 Once the sweet potato has cooled slightly, add the yogurt to each slice. Top with blueberries, almond butter, and cinnamon. Enjoy!

Notes

Leftovers, Refrigerate leftover slices separate from the toppings in an airtight container for up to three days. To reheat, toast each slice until warm, or set the oven to broil for roughly 3 minutes per side.

Dairy-Free, Use coconut or cashew yogurt instead of Greek yogurt.

Nut-Free, Use coconut butter, tahini or sunflower seed butter instead of almond butter.

Additional Toppings, Add hemp seeds, flax seeds or chia seeds on top.



Crustless Broccoli Cheddar Quiche

8 servings

40 minutes

Ingredients

2 tsps Extra Virgin Olive Oil
2 2/3 cups Broccoli (finely chopped)
6 ozs Cheddar Cheese (shredded)
8 Egg
2/3 cup Unsweetened Almond Milk
2/3 tsp Sea Salt
2/3 tsp Garlic Powder

Directions

- 1 Preheat the oven to 350°F (176°C) and grease a pie pan with the oil.
- 2 Arrange the broccoli and cheese in a single layer in the prepared pie pan.
- 3 In a mixing bowl whisk the eggs, milk, salt and garlic powder together. Pour the egg mixture over the broccoli and cheese. Bake for 30 to 35 minutes or until the egg has set and is firm to the touch.
- 4 Slice the quiche into wedges and enjoy!

Notes

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

Dairy-Free, Omit the cheese or use a dairy-free cheese instead.

More Flavor, Add finely chopped onions and red pepper flakes.

No Almond Milk , Use dairy, coconut, or cashew milk instead. For an extra creamy quiche use half and half cream instead.

Pie Pan, This recipe was developed using a standard 9-inch glass pie pan.



Chocolate Protein Pancakes

4 servings

15 minutes

Ingredients

4 Banana (ripe)
8 Egg
1 cup Shaklee Chocolate Life Shake
Protein Powder (chocolate)
2 tbsps Coconut Oil

Directions

- 1 In a large bowl, mash the bananas. Then add in the eggs and protein powder. Mix well until a batter forms.
- 2 Melt coconut oil in a large skillet over medium heat. Once hot, pour pancake batter into the skillet, about 1/4 cup at a time. Cook each side about 2-3 minutes or until browned. Enjoy!

Notes

Toppings, Top with honey, maple syrup, banana slices, fresh fruit, pureed fruit sauce, chocolate chips or chopped nuts.



Chicken & Apple Sausage Patties

8 servings

30 minutes

Ingredients

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

Directions

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

Notes

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

Serving Size, Each serving equals approximately one sausage patty.

More Flavor, Add garlic powder and/or onion powder.

Additional Toppings, Top with an egg, sauerkraut and/or mustard.



Chocolate Cherry Chia Pudding

4 servings

30 minutes

Ingredients

1/2 cup Chia Seeds
2 cups Plain Coconut Milk
(unsweetened, from the carton)
1/2 cup Shaklee Chocolate Life Shake
Protein Powder
1 1/2 cups Cherries (pitted)
2 tbsps Unsweetened Shredded
Coconut

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 cherries and the coconut. Serve and enjoy!

Notes

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

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

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

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.



Green Goddess Cashew Dip

4 servings

35 minutes

Ingredients

1/4 cup Cashews (raw, soaked for 30 minutes and drained)
1/3 cup Unsweetened Almond Milk
1/2 cup Basil Leaves (roughly chopped)
1/4 cup Parsley (roughly chopped)
2 1/2 tbsps Lemon Juice
1 Garlic (small clove, minced)
2 tbsps Red Onion (finely chopped)
1/4 tsp Sea Salt
1 Cucumber (sliced)

Directions

- 1 Add the soaked cashews, almond milk, basil, parsley, lemon juice, garlic, onion and salt to a food processor. Blend until creamy and smooth, about 3 minutes. Season with additional lemon juice or salt if needed.
- 2 Serve with cucumber slices and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to five days. Add extra lemon juice to leftover dip if needed to brighten up the flavor.

Serving Size, One serving is approximately two tablespoons of dip and 1/4 of a cucumber.

More Flavor, Add other fresh herbs like cilantro, tarragon or chives.

No Almond Milk, Use cashew milk or boxed coconut milk instead.

No Cucumber, Serve with your favorite raw veggies or whole grain crackers instead.



Green Pea Hummus

8 servings

10 minutes

Ingredients

2 cups Chickpeas (cooked, drained and rinsed)
1 1/2 cups Frozen Peas
1 Garlic (clove, minced)
1 Lemon (juiced)
3 tbsps Tahini
2 tbsps Extra Virgin Olive Oil
1 tsp Paprika
1 Sea Salt & Black Pepper (to taste)

Directions

- 1 Add all ingredients together in a food processor. Blend until a creamy consistency forms. If mixture is too thick, add 1 tbsp warm water at a time to loosen it up.
- 2 Serve with veggie sticks for dipping. Store in an airtight container in the fridge up to 1 week.



Protein Berry Oatmeal Cups

12 servings

35 minutes

Ingredients

- 1 Banana (mashed)
- 2 Egg
- 1/4 cup Maple Syrup
- 1/2 cup Unsweetened Almond Milk
- 1/2 cup Oat Flour
- 2 cups Oats (rolled)
- 1/4 serving Shaklee Vanilla Life Shake Protein Powder
- 1 tsp Baking Powder
- 1 tsp Cinnamon
- 1/4 tsp Sea Salt
- 1 tbsp Coconut Oil (melted)
- 1 1/2 cups Frozen Berries (thawed)

Directions

- 1 Preheat the oven to 350F (177°C). Line a muffin tin with liners.
- 2 Add mashed banana, eggs, maple syrup and almond milk to a medium-sized bowl. Mix well.
- 3 In a large bowl, whisk the oat flour, rolled oats, protein powder, baking powder, cinnamon and sea salt. Combine the wet ingredients into the dry then add the melted coconut oil. Mix again until combined.
- 4 Fold the thawed berries into the mixture. Once combined, scoop into the muffin tin and bake for 18 to 20 minutes. Remove, let cool and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to four days. Freeze in a storage bag for up to three months.

Serving Size, One serving size is equal to one oatmeal cup.

Nut-Free, Use boxed coconut milk instead of almond milk.

No Frozen Berries, Use fresh berries instead.

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

No Protein Powder, Omit or use collagen instead.



Coconut Zucchini Fries

4 servings

20 minutes

Ingredients

- 1 tbsp Coconut Oil
- 1/4 cup Organic Coconut Milk (canned, full fat)
- 1/4 cup Coconut Flour
- 1/2 tsp Sea Salt
- 2 Zucchini (medium, sliced into strips)

Directions

- 1 Preheat the oven to 400°F (204°C). Line a baking sheet with foil and coat with oil.
- 2 Pour the coconut milk into a small bowl. In a separate bowl, combine the coconut flour and salt.
- 3 Dip each zucchini strip in the coconut milk, letting the excess liquid drip off. Transfer to the bowl of salted coconut flour and coat well, shaking off any excess flour. Place onto the baking sheet. Bake for 12 to 15 minutes or until golden brown, gently flipping halfway.
- 4 Remove from oven and enjoy!

Notes

No Coconut Milk, Use eggs instead.

Leftovers, Refrigerate in an airtight container for up to five days. Reheat in the oven for best results.

Additional Toppings, Add paprika, chili powder or spices of your choice to the coconut flour.

Extra Crispy, Substitute half of the coconut flour with breadcrumbs or shredded coconut. Drizzle the zucchini fries with oil prior to baking.



Cherry Balsamic Glazed Yogurt

4 servings

15 minutes

Ingredients

2 cups Cherries (pitted)
1/4 cup Maple Syrup
1/2 cup Balsamic Vinegar
3 cups Unsweetened Coconut Yogurt
1/4 cup Hemp Seeds

Directions

- 1 In a small saucepan, combine the cherries, maple syrup and balsamic vinegar over medium heat. Let simmer for approximately 10 to 12 minutes or until the liquid has reduced by almost half. Let cool.
- 2 Divide the yogurt into bowls or containers. Top with the cherry balsamic glaze and hemp seeds. Enjoy!

Notes

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

Serving Size, One serving is equal to approximately 3/4 cup of yogurt with 1/3 cup of cherry balsamic glaze.

Additional Toppings, Top with blueberries, blackberries, coconut flakes, almond slices, crushed pistachios, bee pollen or sunflower seeds.

No Coconut Yogurt, Use sheep yogurt, dairy yogurt, oatmeal or ice cream instead of coconut yogurt.



Mini Eggplant Pizzas

4 servings

30 minutes

Ingredients

1 Eggplant (medium)
1/4 cup Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
3/4 cup Tomato Sauce
1/2 tsp Oregano
4 1/3 ozs Mozzarella Ball (grated)
1/2 tsp Red Pepper Flakes (Optional)
2 tbsps Basil Leaves (finely chopped)

Directions

- 1 Cut the eggplant into equal slices about 1/2 inch thick. Generously brush each side of the eggplant with the oil and season with sea salt and black pepper.
- 2 Heat a large non-stick pan over medium heat. Cook eggplant in batches until tender and browned about 3 to 5 minutes per side.
- 3 Meanwhile, turn the broiler on high.
- 4 Transfer the browned eggplant slices to a baking sheet and top each with tomato sauce, dried oregano and shredded cheese. Broil the eggplant pizzas for 3 to 5 minutes until the cheese is melted, bubbly and browned.
- 5 Top with red pepper flakes and fresh basil. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to two days. Reheat in the microwave or oven until warmed through.

Serving Size, One serving is approximately three eggplant pizzas.

Dairy-Free, Use a dairy-free shredded cheese instead.

More Flavor, Add minced garlic and Italian seasoning to the tomato sauce.

Additional Toppings, Top eggplant pizza with your favorite pizza toppings like pepperoni, bacon, olives, bell peppers or mushrooms.



Mango Coconut Green Smoothie

4 servings

10 minutes

Ingredients

1 cup Frozen Cauliflower
1 cup Frozen Broccoli
2 cups Frozen Mango
4 cups Unsweetened Almond Milk
1 cup Organic Coconut Milk (full fat)
4 servings Shaklee Vanilla Life Shake Protein Powder
1/4 cup Coconut Butter

Directions

1

Place all ingredients in a high-powered blender and blend until smooth. Pour into a glass and enjoy!

Notes

Coconut Butter, Also called "Coconut Manna". Coconut butter is the ground meat of the whole coconut. If you do not have it on hand, you can use cashew butter instead.

No Protein Powder, Use hemp seeds instead.



Fully Loaded Toast

4 servings

25 minutes

Ingredients

4 slices Organic Bread (toasted)
2 Avocado (mashed)
2 Lemon (juiced)
2 tbsps Extra Virgin Olive Oil
4 Egg
1/2 cup Unsweetened Almond Milk
2 cups Cherry Tomatoes (halved)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat oven to 450. Place halved cherry tomatoes on a piece of parchment paper and place in oven for 20 minutes or until roasted.
- 2 In the mean time, take a fork and mash your avocado in a bowl. Add lemon juice and season with sea salt and pepper. Mix well and set aside.
- 3 Put oil in frying pan and place over medium heat. Whisk egg and almond milk together in a small bowl and pour into pan. Scramble eggs until cooked.
- 4 Toast bread. Spread on avocado mix and add scrambled eggs on top. Finish with roasted cherry tomatoes and season with a bit of salt and pepper. Enjoy!



BLT Salad Bowls

4 servings

15 minutes

Ingredients

4 Egg
8 slices Organic Bacon
8 cups Arugula
2 cups Cherry Tomatoes (halved)
1 Avocado (sliced)
1/4 cup Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

Directions

- 1 Hard boil your eggs by placing them in a small pot and fill with enough cold water to cover them by 1-inch. Bring to a boil over medium-high heat. Once boiling, cover the pot and remove it from the heat. Let stand for 12 minutes then drain. Place eggs in a bowl of ice-cold water for 10 minutes.
- 2 While the eggs are cooling, cook your bacon in a pan over medium heat until crispy. Remove from pan and pat excess oil away with paper towel. Once cool, chop it up.
- 3 To assemble the salads: divide arugula between bowls and top with cherry tomatoes, avocado, chopped bacon and hard-boiled egg. Drizzle with olive oil and season with salt and pepper, to taste. Enjoy!

Notes

Leftovers, These salads make great meal prep and last for 3 to 4 days in the fridge. Add the avocado and olive oil before serving.

Vegan, Use smokey tempeh slices instead of bacon and omit the egg.

More Carbs, Serve with toast or quinoa.



Creamy Apple Pie Smoothie

4 servings

5 minutes

Ingredients

4 Apple (medium, peeled and chopped)

2 Banana (frozen)

16 Ice Cubes

4 servings Shaklee Vanilla Life Shake Protein Powder

1/2 cup Oats

1/4 cup Almond Butter

1 tbsp Cinnamon (ground)

4 cups Unsweetened Almond Milk

Directions

1

Add all ingredients to a high-speed 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.



Berry Avocado Smoothie

4 servings

5 minutes

Ingredients

4 cups Plain Coconut Milk
(unsweetened, from the box)
2 Zucchini (chopped, frozen)
1 cup Frozen Cauliflower
2 cups Frozen Berries
1 Avocado
1/4 cup Chia Seeds
4 servings Shaklee Vanilla Life Shake
Protein Powder

Directions

1

Combine all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Chia Seeds, Use flax seeds instead.

No Avocado, Use almond butter or sunflower seed butter instead.

Additional Toppings, Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

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



Turkey Taco Lettuce Wraps

4 servings

25 minutes

Ingredients

- 1 tbsp Avocado Oil
- 1 Yellow Onion (diced)
- 1 lb Extra Lean Ground Turkey
- 2 tbsps Chili Powder
- 1 tbsp Cumin
- 2 tps Smoked Paprika
- 1 tsp Garlic Powder
- 1 tsp Sea Salt
- 1/2 tsp Red Pepper Flakes
- 1 Lime (juiced)
- 3 Tomato (finely chopped and divided)
- 1 Jalapeno Pepper (seeds removed and chopped)
- 1 head Iceberg Lettuce (leaves pulled apart and washed)
- 2 Avocado (diced)

Directions

- 1 Heat oil over medium-high heat. Add onion and cook for about 5 minutes until translucent.
- 2 Add ground turkey to the pan and break into very small pieces with a spatula and cook until no longer pink. Drain any excess drippings if necessary.
- 3 Add the chili powder, cumin, smoked paprika, garlic powder, salt, red pepper flakes and lime juice and stir until the meat is coated evenly. Add half the chopped tomatoes and the jalapeno. Stir to combine and cook for another 5 minutes until tomatoes are very soft. Remove from heat.
- 4 To assemble the tacos, divide the turkey into the lettuce leaves, and top with remaining tomatoes and diced avocado. Enjoy!

Notes

Optional Toppings, Salsa, cheese, cilantro, black beans, sour cream or guacamole.

No Iceberg Lettuce, Use romaine leaves, green lettuce or Boston lettuce instead.

Vegans & Vegetarians, Omit the ground meat and use cooked lentils instead.



Olive & Tahini Plate

4 servings

5 minutes

Ingredients

- 1/2 cup Tahini
- 1/2 cup Water
- 1/2 tsp Sea Salt
- 2 Tomato (cut into wedges)
- 1 Cucumber (sliced)
- 1 1/3 cups Black Olives

Directions

- 1 In a small bowl, whisk together the tahini, water and sea salt.
- 2 Arrange the tomatoes, cucumbers and black olives around the tahini, and enjoy!

Notes

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

More Flavor, Add your choice of spices to the tahini spread, such as cumin, paprika or garlic.

Additional Toppings, Top with chives, black pepper, feta cheese, red onion, garlic or bell peppers.



Sunbutter Oat Cookies

8 servings

15 minutes

Ingredients

1 cup Sunflower Seed Butter
1 Egg
1/4 cup Coconut Sugar
3/4 cup Oats (large flake)

Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a bowl, mix the sunflower seed butter and egg together. Then add sugar and oats until thoroughly combined.
- 3 For each cookie, scoop one tablespoonful of the dough onto the baking sheet and flatten gently with a fork. Bake for 10 minutes. Let cool slightly before serving.

Notes

No Sunflower Seed Butter, Use tahini, peanut butter, almond butter or any alternative nut or seed butter instead.

No Coconut Sugar, Substitute 1:1 with brown sugar, date sugar, white sugar or stevia instead.

Storage, Refrigerate in an airtight container up to five days, or in the freezer for up to three months.

Serving Size, One serving is equal to approximately two cookies.



Fudgey Protein Brownies

9 servings

30 minutes

Ingredients

1 cup All Natural Peanut Butter
4 Banana
1/2 cup Cocoa Powder
1/2 cup Shaklee Chocolate Life Shake Protein Powder
1/2 cup Organic Dark Chocolate Chips
1/2 cup Walnuts (chopped)

Directions

- 1 Preheat oven to 350°F (177°C). Line a cake or loaf pan with parchment paper.
- 2 In a small saucepan over low-medium heat, melt the peanut butter.
- 3 In a mixing bowl, mash the bananas, cocoa powder, protein powder and nut butter until combined. Stir in chocolate chips.
- 4 Pour into pan, sprinkle with walnuts and bake for 25 minutes. Remove from oven and let cool completely before serving.

Notes

No Walnuts, Omit walnuts or use any preferred type of nuts instead.

No Peanut Butter, Use any nut or seed butter instead.



Mango Green Smoothie Bowl

4 servings

5 minutes

Ingredients

- 4 Banana (frozen)
- 4 cups Frozen Mango
- 4 cups Baby Spinach
- 1 cup Shaklee Life Shake Vanilla Protein Powder
- 3 cups Unsweetened Almond Milk
- 2 Kiwi (peeled and sliced)
- 2 cups Blueberries (fresh or frozen)
- 1/4 cup Hemp Seeds

Directions

- 1 Throw the banana, frozen mango, baby spinach, protein powder and almond milk into a blender. Blend well until smooth.
- 2 Pour into a bowl and top with kiwi, blueberries, hemp seeds and any other favourite toppings. Enjoy!

Notes

Topping Ideas, Fruit, nuts, fresh herbs, coconut, hemp hearts, granola, ground flax or chia seeds.

Turn It Into a Smoothie, Add more almond milk for a thinner consistency.



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!



Creamy Cauliflower Soup

4 servings

1 hour

Ingredients

- 1 tbsp Coconut Oil
- 1/2 Sweet Onion (chopped)
- 1 Carrot (chopped)
- 1 head Cauliflower (cut into florets)
- 2 cups Organic Vegetable Broth
- 1 cup Water
- 1 cup Organic Coconut Milk
- 1/4 tsp Sea Salt (or more to taste)
- 1 tsp Nutmeg
- 1 Avocado (peeled and sliced)
- 2 stalks Green Onion (chopped)

Directions

- 1 Add coconut oil to a large pot and place over medium heat. Saute the onions and carrots for about 5 minutes or until soft and golden.
- 2 Add the cauliflower and cook until it browns (about 5 minutes).
- 3 Add the broth and water. Bring to a boil. Reduce heat to simmer and cover. Let simmer for 30 minutes.
- 4 Add in coconut milk, sea salt and nutmeg. Stir well until milk is heated through and remove from heat.
- 5 With caution, puree your soup using a blender. Ensure lid is on tightly. (NOTE: If using a regular blender, ensure to remove the centerpiece of the lid and cover with a tea towel to allow a place for the steam to escape. Otherwise the steam will cause the lid to pop off, creating a mess and potentially burning yourself.)
- 6 Pour into bowl and top with sliced avocado and green onion. Sprinkle with fresh ground pepper and serve!



Popcorn Chicken

4 servings

20 minutes

Ingredients

2 cups Plain Greek Yogurt
1 tsp Sea Salt (divided)
1 1/8 lbs Chicken Breast (boneless,
skinless, diced into cubes)
1/2 cup Bread Crumbs

Directions

- 1 Preheat oven to 450°F (232°C) and line a baking sheet with parchment paper.
- 2 Combine the yogurt and half the salt in a large bowl. Add the chicken and toss to coat.
- 3 In a separate bowl, combine the bread crumbs and remaining salt. Transfer the chicken to the bowl of bread crumbs and coat evenly. Add the chicken to the baking sheet and bake for 12 to 15 minutes or until cooked through.
- 4 Remove the chicken from the oven, divide onto plates and enjoy!

Notes

Storage, Refrigerate in an airtight container up to 2 to 3 days. Reheat in the oven or toaster oven.

Make It Gluten-Free, Instead of regular bread crumbs, coat the chicken with gluten-free bread crumbs, shredded coconut, rolled oats, ground nuts or seeds.

No Greek Yogurt, Use mayonnaise or egg instead.

Dipping Sauce, Serve with honey mustard, barbecue sauce, ketchup, mashed avocado or your favorite dressing.



Zucchini Noodle Lasagna

4 servings

20 minutes

Ingredients

1 1/2 tsps Extra Virgin Olive Oil
1 lb Extra Lean Ground Beef
1/2 tsp Sea Salt (divided)
1 1/2 cups Tomato Sauce
1 cup Cashews (soaked, drained and rinsed)
1/2 Lemon (juiced)
1 1/2 tsps Nutritional Yeast
1/3 cup Water
2 Zucchini (medium, ends trimmed)

Directions

- 1 Heat oil in a saucepan over medium-high heat. Cook the ground beef for about 5 minutes and drain any excess liquid. Season with half the salt and add the tomato sauce. Let simmer for about 10 minutes.
- 2 Meanwhile, add the soaked cashews, lemon juice, nutritional yeast, water and remaining salt to a blender. Blend until creamy.
- 3 Slice your zucchini length-wise using a peeler. Divide onto plates and top with the tomato sauce and cashew mixture. Garnish with nutritional yeast (optional). Enjoy!

Notes

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

Vegetarian & Vegan, Use lentils instead of ground beef and adjust tomato sauce as needed.

No Lemon, Use apple cider vinegar instead.

No Cashews, Use macadamia nuts instead.



Lime Basil Grilled Tuna Steaks

4 servings

20 minutes

Ingredients

2 tbsps Extra Virgin Olive Oil (plus extra for drizzling)
2 Lime (juiced)
1/2 cup Basil Leaves (chopped, plus extra for garnish)
2 Garlic (clove, minced)
1/2 tsp Sea Salt
1/2 tsp Black Pepper
1 1/2 lbs Tuna Steak
2 Tomato (large, chopped)
2 Cucumber (chopped)
1/2 Lemon (juiced)
Sea Salt & Black Pepper (to taste)

Directions

- 1 In a small bowl, combine the olive oil, lime juice, basil, garlic, salt and pepper. Mix well to combine.
- 2 Add the tuna steaks to a ziploc bag and pour in the marinade. Shake well then store in the fridge while you prep the rest.
- 3 Combine the diced tomato and cucumber together in a bowl. Drizzle with a bit of olive oil, lemon juice and season with sea salt and black pepper to taste. Set aside.
- 4 Preheat the grill over medium heat.
- 5 Grill the steaks for about 4 minutes per side, or until they are cooked to your liking.
- 6 Remove fish from the grill. Plate on a bed of the cucumber tomato salad and garnish with basil. Enjoy!

Notes

No Tuna, Use marlin, salmon or swordfish steaks instead.

More Flavour, Marinate the tuna steaks up to 24 hours in advance for maximum flavour.

More Carbs, Serve with a side of rice, quinoa or roasted mini potatoes.



Creamy Pasta with Kale

5 servings

40 minutes

Ingredients

10 1/16 ozs Chickpea Pasta
6 2/3 cups Kale Leaves (sliced thin into ribbons)
1 2/3 Garlic (clove, minced)
1 1/4 cups Cashews (soaked for 30 minutes and drained)
3/4 cup Water
1 2/3 tbsps Nutritional Yeast (optional)
1 2/3 tbsps Lemon Juice
3 1/3 tbsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

Directions

- 1 Cook the pasta according to the directions on the package and set aside.
- 2 Heat a pan over medium-low heat. Sauté the kale and garlic for 5 to 7 minutes then mix in the cooked pasta until warmed through. Turn off the heat.
- 3 In a high powered blender, add the drained cashews, water, nutritional yeast, lemon juice, extra virgin olive oil, sea salt and black pepper. Blend on high until smooth.
- 4 Toss the pasta with the cream sauce and enjoy!

Notes

No Kale, Use another green instead such as spinach, collard greens or Swiss chard.

Leftovers, Store leftovers in the fridge in an airtight container for up to three days.

Reheat leftovers in a pan over medium-low heat.

No Chickpea Pasta, Use lentil, quinoa, brown rice or whole wheat pasta instead.



Healthy Fish n Chips

4 servings

1 hour

Ingredients

1 1/4 lbs Salmon Fillet
2 tbsps Maple Syrup
2 tbsps Tamari
4 Sweet Potato
2 tbsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
4 cups Baby Spinach

Directions

- 1 Preheat oven to 425°F (218°C). Mix maple syrup and tamari in a bowl to make the marinade. Place salmon fillets in a ziplock bag with the marinade and shake well. Leave the fillets in the bag and place in the fridge while you prepare the rest.
- 2 Wash your sweet potato and cut it into even fry-shaped pieces. Toss the fries in olive oil and season with salt and pepper. Place fries on foil-lined baking sheet and bake in oven on the middle rack for 30 minutes or until golden (baking times vary depending on how thin/thick you slice your fries). Flip the fries half way through at the 15 minute mark. Remove from oven. Transfer fries from baking sheet to bowl and cover to keep warm.
- 3 Turn oven up to 500°F (260°C) and move the middle rack to the top. Place salmon fillets on the foil-lined baking sheet. Bake in the oven for 7 to 8 minutes depending on the thickness. The salmon is done when it flakes with a fork.
- 4 Serve salmon on a bed of baby spinach with sweet potato fries on the side. Enjoy!



Slow Cooker Spaghetti Squash & Meatballs

4 servings

4 hours

Ingredients

- 1 lb Extra Lean Ground Turkey
- 1/4 cup Brown Rice Flour
- 1 Egg (whisked)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 tbsp Oregano (divided)
- 3 cups Crushed Tomatoes
- 1 tsp Sea Salt (divided)
- 1 tsp Black Pepper (divided)
- 1 Spaghetti Squash (medium)

Directions

- 1 In a large mixing bowl, combine the extra lean ground turkey, brown rice flour, egg, half of the olive oil and half of the oregano. Mix well. Use your clean hands to roll the turkey mixture into small meatballs, about the size of golf balls. Set on a plate.
- 2 In the bottom of your slow cooker, add the remaining olive oil and oregano. Add in the crushed tomatoes, sea salt and black pepper. Mix well and then submerge your turkey meatballs into the sauce.
- 3 Very carefully cut your spaghetti squash in half lengthwise, and scoop out the seeds. Place it flesh-side up in the tomato sauce. No need to submerge it in the sauce. (Note: If the spaghetti squash is too big to fit into the slow cooker, cut it into quarters.) Set your slow cooker on low for 6 hours or on high for 4 hours.
- 4 Before you are ready to eat, use tongs to lift the spaghetti squash out of the slow cooker. Use a fork to scrape out the flesh into a sieve/strainer (or onto a layer of paper towel) and let the excess fluid drain off.
- 5 Divide the spaghetti squash between plates and top with meatballs and tomato sauce. Enjoy!

Notes

No Ground Turkey, Use any type of ground meat.

Cheese Lover, Sprinkle with parmesan cheese.



Roasted Veggies

4 servings

40 minutes

Ingredients

- 2 Carrot (medium, chopped)
- 2 Zucchini (medium, chopped)
- 2 cups Mushrooms (chopped)
- 2 cups Green Beans (trimmed)
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Balsamic Vinegar
- 1 tsp Oregano (dried)
- 1/2 tsp Sea Salt
- 1/4 tsp Black Pepper

Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Arrange the chopped veggies on the baking sheet. Drizzle with oil, vinegar, oregano, salt and pepper. Toss until everything is well coated.
- 3 Roast in the oven for 25 to 30 minutes, or until very tender, stirring once about halfway through.
- 4 Remove from oven and transfer to a bowl. Enjoy!

Notes

Leftovers, Keeps well in the fridge up to 3 days. Reheat in a skillet or the oven.

No Mushrooms, Swap in bell peppers or broccoli instead.

Even Cooking, Chop your vegetables to be approximately the same size to ensure even cooking.



BBQ Pork with Peach Salsa

4 servings

4 hours

Ingredients

- 1 1/3 lbs Pork Tenderloin
- 2 2/3 servings Cleaned Up BBQ Sauce
- 2 2/3 Peach (pitted and diced)
- 1/3 cup Red Onion (finely diced)
- 1 1/3 Tomato (diced)
- 1/3 Lemon (juiced)
- 2/3 cup Cilantro (chopped)
- Sea Salt & Black Pepper (to taste)
- 4 cups Baby Spinach

Directions

- 1 If you haven't already, prepare your Cleaned Up BBQ Sauce according to our recipe and let cool.
- 2 Place BBQ sauce and pork in a ziplock bag and massage until well coated. Refrigerate overnight or at least 3 hours.
- 3 Meanwhile, make your peach salsa. In a bowl, combine diced peach, red onion, tomato, lemon juice, cilantro, salt and pepper. Refrigerate until ready to serve.
- 4 When ready to cook, preheat grill on medium heat.
- 5 Place pork on the grill and cook for about 20 to 25 minutes. At the halfway mark, flip over and baste generously with leftover marinade.
- 6 Increase the grill to high heat and cook an additional 2 to 3 minutes until pork is a bit charred and completely cooked through. During this time, baste the pork with the leftover marinade 1 to 2 more times. Let rest for at least 10 minutes.
- 7 Slice BBQ pork and serve over spinach. Top with peach salsa and enjoy!

Notes

No BBQ, Roast marinated pork in the oven at 350°F (177°C) and follow the same instructions. Switch to the broiler for the final 2 to 3 minutes.

Make it Spicy, Add more chili powder to your BBQ sauce and/or chopped jalapeno pepper to the salsa.

Chinese BBQ Pork, Mix honey with your leftover marinade and generously baste your pork while it is cooking. Repeat several times.



Cheesy Edamame & Parsley Pasta

4 servings

15 minutes

Ingredients

2 cups Brown Rice Spaghetti (cooked)
1/2 cup Cashews
2 tbsps Nutritional Yeast
1/2 tsp Garlic Powder
1/2 tsp Sea Salt
1 1/2 cups Frozen Edamame (thawed)
2 cups Parsley (finely chopped)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Bring a large pot of water to a boil and add brown rice spaghetti. Cook according to the directions on the package. Remove from heat, strain and run cold water over pasta to prevent from over-cooking.
- 2 Meanwhile, make your 'parmesan' seasoning by adding cashews, nutritional yeast, garlic powder and sea salt to your food processor. Blend well until it reaches a spice-like consistency. Set aside.
- 3 In a large bowl, toss pasta with edamame, chopped parsley, salt and pepper to taste, and your desired amount of 'parmesan' seasoning. Divide into bowls and enjoy!

Notes

No Edamame, Use frozen peas or any leftover veggies.

Meat Lover, Replace edamame with cooked chicken breast or shrimp.

Make it Spicy, Garnish with red pepper flakes.



Peach Ice Cream

4 servings

5 minutes

Ingredients

2 2/3 Peach (sliced and frozen)
2/3 cup Macadamia Nut Butter

Directions

- 1 Add frozen peaches and nut butter to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth.
- 2 Scoop into a bowl and enjoy immediately as soft serve. For firmer ice cream, place in an airtight freezer-safe container and freeze for at least 1 hour before scooping.

Notes

Homemade, Make your own macadamia nut butter by blending raw macadamia nuts in the food processor for about 5-8 minutes. Occasionally scrape down the sides. 1 cup of nuts will make 1/2 cup of nut butter.

Nut Allergy, Use sunflower seed butter instead.

Make it Sweeter, Add 1 tbsp of honey or maple syrup when blending, or drizzle on top before serving



Chocolate Dessert Hummus

4 servings

10 minutes

Ingredients

2 cups Chickpeas (cooked or canned)
1/4 cup Cocoa Powder
1/4 cup Maple Syrup
3/4 cup Unsweetened Almond Milk

Directions

- 1 Add all ingredients to a food processor or blender and blend until smooth. Occasionally scrape down the sides as needed.
- 2 Transfer to a bowl and enjoy!

Notes

Serve it With, Pretzels, crackers, brown rice tortilla chips, rice cakes or spread on toast with sunflower seed butter, nut butter and/or banana slices.

More Toppings, Add chocolate chips, coconut flakes, peanut butter chips and/or crushed hazelnuts.

Leftovers, Refrigerate in an air-tight container up to 5-7 days.

Serving Size, One serving is equal to approximately 1/2 cup.



Turmeric Lemonade

4 servings

5 minutes

Ingredients

1 1/3 Lemon (juiced)
2/3 tsp Turmeric
1/4 cup Maple Syrup
4 cups Water

Directions

1

Add all ingredients to a pitcher and stir well until combined. Pour into a glass over ice and enjoy!

Notes

No Maple Syrup, Use honey instead.

Serving Size, One serving is equal to approximately 1 cup.

Likes it Fizzy, Use sparkling water instead of regular water.



Golden Turmeric Hot Chocolate

4 servings

5 minutes

Ingredients

1/4 cup Cacao Powder
1/4 cup Shaklee Chocolate Life Shake Protein Powder
1 tsp Turmeric (dried, ground)
1 tsp Cinnamon
2 tbsps Coconut Butter
2 tsps Honey
4 cups Water (hot)
2 cups Unsweetened Almond Milk

Directions

- 1 Add the cacao powder, chocolate protein, turmeric, cinnamon, coconut butter, honey, hot water and almond milk to a blender. Blend on high until smooth and creamy. Transfer to a mug and enjoy!

Notes

No Cacao Powder, Use cocoa powder instead.

No Honey, Use maple syrup or stevia instead.

Nut-Free, Use oat milk or coconut milk instead.

No Coconut Butter, Use almond, cashew or sunflower seed butter instead.



Grapefruit & Thyme Sparkling Water

4 servings

10 minutes

Ingredients

4 Grapefruit
1/4 oz Thyme Sprigs
8 cups Sparkling Water

Directions

1

Cut your grapefruit in half. Squeeze the juice out of one half. Carve the flesh out of the other half. Add both the juice and flesh to the bottom of a glass along with the thyme sprigs. Pour sparkling water over top. Add a straw, stir and enjoy!

Notes

No Grapefruit, Use another citrus fruit like orange.



Blueberry Ice Cream Floats

4 servings

15 minutes

Ingredients

2 cups Blueberries (fresh or frozen)
1/2 cup Water
1/2 cup Maple Syrup
4 cups Organic Coconut Ice Cream
6 cups Sparkling Water

Directions

- 1 In a small pot, simmer the blueberries, water and syrup for about 5 minutes. Remove from heat.
- 2 Once cooled, divide the blueberry syrup and ice cream into bowls or glasses. Top with sparkling water, and garnish with extra blueberries (optional). Enjoy immediately!

Notes

No Blueberries, Use kombucha instead.

Prep Ahead, Prepare the blueberry syrup ahead of time and refrigerate in an airtight container for up to 3 days.



Blueberry Ginger Lime Sparkling Water

4 servings

5 minutes

Ingredients

1 cup Blueberries
2 Lime (sliced into rounds)
2 tbsps Ginger (peeled and sliced)
12 Ice Cubes
6 cups Sparkling Water

Directions

- 1 Divide blueberries, lime slices, ginger and ice between between mason jars or glasses. Top with sparkling water. Enjoy!

Notes

No Sparkling Water, Use flat water instead.

Extra Flavour, Muddle the berries and limes in the bottom of the jar for extra flavour.

Switch it Up, Swap out the blueberries for blackberries, strawberries or raspberries.

Swap out the lime for lemon or orange.