



Prove It Challenge Bonus Kit
Post-Cleanse Meal Plan

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
	Bacon & Heirloom Tomato Frittata	Overnight Vanilla Protein Oats	Quinoa & Egg Breakfast Plate	Sweet Potato Toast with Yogurt & Blueberries	Fruit Kabobs	Chocolate Protein Pancakes	Crustless Broccoli Cheddar Quiche
Snack 1							
	Chocolate Cherry Chia Pudding	Apple with Sunflower Seed Butter	Green Goddess Cashew Dip	Chopped Bell Peppers	Protein Berry Oatmeal Cups	Lemon Maple Chickpea Salad	Cherry Balsamic Glazed Yogurt
Lunch							
	Potato & Egg Salad	Mango Coconut Green Smoothie	Creamy Apple Pie Smoothie	Lamb Skewers with Avocado Sauce	Creamy Pasta with Kale	Berry Avocado Smoothie	Turkey Taco Lettuce Wraps
Snack 2							
	Olive & Tahini Plate	Potato & Egg Salad	Fudgey Protein Brownies	Mango Green Smoothie Bowl	Cucumber Slices	Protein Berry Oatmeal Cups	Fudgey Protein Brownies
Dinner							
	Chicken & Bok Choy Stir Fry	Zucchini Noodles with Pesto & Tomatoes	Lamb Skewers with Avocado Sauce	Creamy Pasta with Kale	Quinoa Greek Salad	Spring Vegetable Pasta Salad	Parchment Baked Haddock with Veggies
Snack 3							
	Green Coconut Ginger Juice	Detox Chia Lemon Water	Turmeric Lemonade	Golden Turmeric Hot Chocolate	Grapefruit & Thyme Sparkling Water	Homemade Chai Tea	Blueberry Ginger Lime Sparkling Water



Bacon & Heirloom Tomato Frittata

2 servings

30 minutes

Ingredients

- 5 Egg
- 1 tbsp Basil Leaves (chopped)
- 1/8 tsp Sea Salt
- 4 slices Organic Bacon (chopped)
- 3/4 cup Red Onion (thinly sliced)
- 2 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

2 servings

8 hours

Ingredients

- 1 cup Oats (quick or traditional)
- 1 tbsp Chia Seeds
- 1 1/4 cups Unsweetened Almond Milk
- 1/4 serving Shaklee Vanilla Life Shake Protein Powder
- 1/4 cup Raspberries
- 1/4 cup Blueberries
- 1 tbsp 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

2 servings

20 minutes

Ingredients

- 1/2 cup Quinoa (uncooked, rinsed)
- 2 Egg
- 4 Tomato (small, chopped)
- 1/4 cup Pitted Kalamata Olives
- 1 Avocado (sliced)
- 2 tbsps Parsley (chopped)
- 1/4 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

2 servings

15 minutes

Ingredients

- 1 Sweet Potato (large)
- 1/4 cup Plain Greek Yogurt
- 1/2 cup Blueberries
- 2 tbsps Almond Butter
- 1/8 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

6 servings

40 minutes

Ingredients

- 1 1/2 tsps Extra Virgin Olive Oil
- 2 cups Broccoli (finely chopped)
- 4 1/3 ozs Cheddar Cheese (shredded)
- 6 Egg
- 1/2 cup Unsweetened Almond Milk
- 1/2 tsp Sea Salt
- 1/2 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

2 servings

15 minutes

Ingredients

2 Banana (ripe)
4 Egg
1/2 cup Shaklee Chocolate Life Shake
Protein Powder (chocolate)
1 tbsp 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

2 servings

30 minutes

Ingredients

1/4 cup Chia Seeds
1 cup Plain Coconut Milk
(unsweetened, from the carton)
1/4 cup Shaklee Chocolate Life Shake
Protein Powder
3/4 cup Cherries (pitted)
1 tbsp 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.



Lemon Maple Chickpea Salad

2 servings

15 minutes

Ingredients

2 tbsps Lemon Juice
1 1/3 tbsps Maple Syrup
2 tps Dijon Mustard
1/3 tsp Sea Salt
2/3 Red Bell Pepper (chopped)
2/3 Zucchini (small, chopped)
2 2/3 tbsps Red Onion (finely chopped)
1 1/3 cups Chickpeas (cooked)

Directions

- 1 In a large mixing bowl, whisk the lemon juice, maple syrup, mustard and salt together.
- 2 Add the bell pepper, zucchini, red onion and chickpeas to the mixing bowl with the dressing. Fold everything together. Season with additional salt or lemon juice, if needed.
- 3 Divide between plates and enjoy! For best flavor, serve chilled.

Notes

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

More Flavor, Add in baby arugula, chopped basil or parsley, fresh ground pepper or dried dill.

Serve it With, Enjoy alone or serve over leafy greens like baby spinach, mixed greens or romaine lettuce.



Cherry Balsamic Glazed Yogurt

2 servings

15 minutes

Ingredients

- 1 cup Cherries (pitted)
- 2 tbsps Maple Syrup
- 1/4 cup Balsamic Vinegar
- 1 1/2 cups Unsweetened Coconut Yogurt
- 2 tbsps 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.



Potato & Egg Salad

4 servings

25 minutes

Ingredients

3 cups Mini Potatoes (chopped)
2 Egg
1/4 cup Extra Virgin Olive Oil
1 1/2 tbsps Apple Cider Vinegar
1 1/2 tsps Dijon Mustard
1/2 tsp Sea Salt
1/2 cup Parsley (finely chopped)
2 stalks Green Onion (green part only, chopped)

Directions

- 1 Bring a pot of salted water to a boil. Add the potatoes and cook for about 8 minutes until tender. Drain and let them cool slightly.
- 2 Meanwhile, bring a second pot of water to a boil. Hard boil the eggs. Cool, peel and separate the yolks from the egg whites. Finely chop the cooked egg whites.
- 3 In a large mixing bowl whisk together olive oil, vinegar, dijon mustard, salt, and cooked egg yolk. Fold in parsley, cooked potatoes, chopped egg whites, and green onion. Season with additional salt if needed. Serve chilled and enjoy!

Notes

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

More Flavor, Add garlic, lemon juice, freshly ground black pepper, mint, basil or cilantro.

Additional Toppings, Top the salad with arugula, diced avocado, sunflower seeds or hemp seeds.

Make it Vegan, Omit the egg.



Mango Coconut Green Smoothie

2 servings

10 minutes

Ingredients

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



Creamy Apple Pie Smoothie

2 servings

5 minutes

Ingredients

2 Apple (medium, peeled and chopped)
1 Banana (frozen)
8 Ice Cubes
2 servings Shaklee Vanilla Life Shake Protein Powder
1/4 cup Oats
2 tbsps Almond Butter
1 1/2 tsps Cinnamon (ground)
2 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

2 servings

5 minutes

Ingredients

2 cups Plain Coconut Milk
(unsweetened, from the box)
1 Zucchini (chopped, frozen)
1/2 cup Frozen Cauliflower
1 cup Frozen Berries
1/2 Avocado
2 tbsps Chia Seeds
2 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 tsps 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

1 serving

5 minutes

Ingredients

- 2 tbsps Tahini
- 2 tbsps Water
- 1/8 tsp Sea Salt
- 1/2 Tomato (cut into wedges)
- 1/4 Cucumber (sliced)
- 1/3 cup 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.



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

1 serving

5 minutes

Ingredients

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



Chicken & Bok Choy Stir Fry

2 servings

25 minutes

Ingredients

- 1/4 tsp Avocado Oil
- 5 ozs Chicken Breast (skinless, boneless, cut into strips)
- 1 Garlic (cloves, minced)
- 4 cups Bok Choy (baby, halved)
- 2 cups Mushrooms (sliced)
- 1 1/2 tbsps Coconut Aminos
- 1/2 tsp Sesame Oil (toasted)
- 1 1/2 stalks Green Onion (sliced)
- 1 1/2 tsps Sesame Seeds (optional)

Directions

- 1 In a large skillet over medium heat, add the avocado oil and the chicken and cook for 7 to 8 minutes or until cooked through. Remove the chicken from the pan and set aside.
- 2 In the same skillet, add the minced garlic and sauté for 1 minute. Add the bok choy and cook for 1 minute. Add the mushrooms. Stir and cook for 4 to 5 minutes until everything is cooked. Add the coconut aminos and return the chicken to the pan. Add the sesame oil and stir to incorporate.
- 3 Divide between bowls. Top with green onions and sesame seeds, if using. Enjoy!

Notes

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

Serve it With, Use rice, quinoa or cauliflower rice as your stir fry base.

No Coconut Aminos, Use tamari or soy sauce instead.

More Flavor, Add chili flakes to taste.

Make it Vegan, Omit the chicken and use tofu instead.



Zucchini Noodles with Pesto & Tomatoes

2 servings

5 minutes

Ingredients

- 2 Zucchini (medium)
- 2 cups Cherry Tomatoes (halved)
- 2 tbsps Pesto

Directions

- 1 Trim the ends off of the zucchini. Use a spiralizer or a vegetable peeler to turn into noodles.
- 2 In a bowl, combine the zucchini noodles, cherry tomatoes and pesto. Enjoy!

Notes

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

Additional Toppings, Top with feta cheese, seeds, nuts, nutritional yeast, chickpeas, chicken breast, turkey, marinated tofu or hemp hearts.



Eggplant & Crispy Chickpeas with Tahini

4 servings

40 minutes

Ingredients

4 Eggplant (cut in half lengthwise)
1/4 cup Avocado Oil (divided)
3 1/2 cups Chickpeas (cooked)
1 tsp Sea Salt (divided)
1 tsp Cumin
3 tbsps Tahini
2 tsps Lemon Juice
1/2 cup Parsley (chopped)

Directions

- 1 Preheat the oven to 425F (218°C) and line a baking sheet with parchment paper. Place the eggplant on the sheet, cut side facing up and brush with half the avocado oil.
- 2 Lightly dry the chickpeas with paper towel and add to a medium-sized bowl. Toss with half the sea salt and cumin. Add the chickpeas to the baking sheet alongside the eggplant. Bake for 15 minutes. Remove, gently shake the baking sheet and flip the eggplant. Bake for 15 minutes more.
- 3 Make the tahini dressing by adding the remaining avocado oil, remaining sea salt, tahini and lemon juice to a mason jar. Shake vigorously until all ingredients are combined. If the dressing is too thick, thin with a splash of water.
- 4 Once the eggplant and chickpeas are finished cooking, add to a plate. Top with tahini dressing and parsley. Serve and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days. For best results, store the tahini dressing separately. Reheat the eggplant and chickpeas in the oven or microwave.

More Flavor, Add spices to the chickpeas such as paprika, or add garlic to the tahini sauce.



Lamb Skewers with Avocado Sauce

4 servings

15 minutes

Ingredients

- 1 1/2 lbs Lamb Loin (fat trimmed, chopped into 1-inch cubes)
- 3 tbsps Extra Virgin Olive Oil (divided)
- 4 Barbecue Skewers
- 1 1/2 tsps Sea Salt (divided)
- 1/2 Lemon (juiced)
- 1 Avocado (peeled, pitted)

Directions

- 1 Preheat the oven to 400°F (204°C). Line a baking sheet with foil.
- 2 Toss the lamb in 1/3 of the oil and thread onto the skewers. Season with 1/3 of the salt. Transfer to the baking sheet and cook for 8 to 10 minutes or until cooked through.
- 3 Meanwhile, combine the remaining oil, salt, lemon juice and avocado in a food processor or blender. If needed, add a bit of water until your desired consistency is reached.
- 4 Divide the lamb skewers onto plates. Drizzle with avocado sauce and enjoy!

Notes

Leftovers, Refrigerate the lamb and avocado sauce in separate airtight containers for up to three days.

Serving Size, One serving is equal to approximately one large lamb skewer and two tablespoons of avocado sauce.

No Lemon Juice, Use apple cider vinegar instead.

No Lamb Loin, Use beef, chicken or shrimp instead.

Grill Lover, Grill the lamb skewers over medium heat, rotating frequently for 7 to 8 minutes for medium-rare to medium.

Barbecue Skewers, If your barbecue skewers are wooden, be sure to soak them before using.



Creamy Pasta with Kale

6 servings

40 minutes

Ingredients

12 ozs Chickpea Pasta
8 cups Kale Leaves (sliced thin into ribbons)
2 Garlic (clove, minced)
1 1/2 cups Cashews (soaked for 30 minutes and drained)
1 cup Water
2 tbsps Nutritional Yeast (optional)
2 tbsps Lemon Juice
1/4 cup 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.



Lime Basil Grilled Tuna Steaks

2 servings

20 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil (plus extra for drizzling)
- 1 Lime (juiced)
- 1/4 cup Basil Leaves (chopped, plus extra for garnish)
- 1 Garlic (clove, minced)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 12 ozs Tuna Steak
- 1 Tomato (large, chopped)
- 1 Cucumber (chopped)
- 1/4 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.



Quinoa Greek Salad

2 servings

45 minutes

Ingredients

1/2 cup Quinoa (dry)
1 Tomato (large, diced)
1/2 Cucumber (diced)
1/4 cup Red Onion (diced)
1/2 cup Feta Cheese (cubed or crumbled)
2 tbsps Red Wine Vinegar
1 1/2 tsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
2 cups Arugula

Directions

- 1 Cook the quinoa according to the directions on the package. Once the quinoa is cooked, fluff it with a fork and place it in the fridge for about 20 minutes, stirring occasionally to help it cool down faster.
- 2 While the quinoa is cooling, chop your vegetables and feta. Add everything to a large bowl or container. Add the cooled quinoa, red wine vinegar, olive oil, and season with sea salt and black pepper. This mixture can marinate in the fridge for up to 3 days.
- 3 Before serving, add the arugula and toss well. Enjoy!

Notes

Dairy-Free, Replace feta cheese with kalamata olives.

Low-Carb, Use cauliflower rice instead of quinoa.

Leftovers, Keeps well in the fridge for 3 days.



BBQ Pork with Peach Salsa

2 servings

4 hours

Ingredients

- 10 2/3 ozs Pork Tenderloin
- 1 1/3 servings Cleaned Up BBQ Sauce
- 1 1/3 Peach (pitted and diced)
- 2 2/3 tbsps Red Onion (finely diced)
- 2/3 Tomato (diced)
- 1/8 Lemon (juiced)
- 1/3 cup Cilantro (chopped)
- Sea Salt & Black Pepper (to taste)
- 2 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.



Spring Vegetable Pasta Salad

2 servings

30 minutes

Ingredients

- 1/2 cup Basil Leaves (chopped)
- 1 cup Kale Leaves
- 1/2 Lemon (juiced)
- 1/2 Garlic (clove, chopped)
- 1/4 cup Extra Virgin Olive Oil
- 1/4 tsp Sea Salt
- 1/4 cup Sunflower Seeds
- 1 cup Asparagus
- 1/2 cup Frozen Peas (thawed)
- 1/2 cup Radishes (sliced into rounds)
- 2 cups Brown Rice Fusilli (cooked)

Directions

- 1 Create your pesto by combining basil, kale, lemon juice, garlic, olive oil sea salt and sunflower seeds together in a blender or food processor. Blend until smooth.
- 2 Trim the woody ends from the asparagus. Fill a pot with 2 cups water and a pinch of sea salt. Place on the stove and bring to a boil. Once boiling, reduce to a simmer, add the asparagus and cover. Let cook for 3 minutes. Transfer asparagus out of the water and slice into 1 inch pieces.
- 3 Bring another pot of water to a boil and cook brown rice fusilli as per the instructions on the package. Once cooked, strain and transfer to a bowl. Add in the asparagus, peas and radishes. Toss well with desired amount of pesto. Divide into bowls and enjoy!

Notes

More Protein, Add grilled chicken or roasted chickpeas.



Parchment Baked Haddock with Veggies

2 servings

35 minutes

Ingredients

- 2 cups Green Beans (trimmed)
- 1 Red Bell Pepper (thinly sliced)
- 3 stalks Green Onion (green parts only, chopped)
- 2 Haddock Fillet (5 ounces each)
- 1 tbsp Extra Virgin Olive Oil
- 1 Lemon (zested and juiced)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1 tbsp Fresh Dill

Directions

- 1 Preheat your oven to 400°F (204°C). Cut pieces of parchment paper, about 18-inches long. You'll need one per fillet of fish. Fold each piece of parchment in half then unfold.
- 2 Divide the green beans, peppers and green onion equally between parchment pieces, placing the vegetables neatly on the right side of the parchment paper. Place one haddock fillet on top of each portion of vegetables.
- 3 Drizzle the olive oil, lemon juice and lemon zest over top of each fillet. Season each portion equally with salt, pepper and dill.
- 4 Fold the other side of the parchment paper over the fish and the veggies. Starting at one side, crimp and fold the edges of the parchment together to tightly seal the packets. Carefully transfer the parchment packets to a baking sheet.
- 5 Bake for 16 to 19 minutes, or until haddock flakes easily and is cooked through. (To check doneness, very carefully unfold one side of the parchment packet and check to see if the fish flakes with a fork. If it isn't done yet, fold it back up and continue baking.)
- 6 To serve, transfer the parchment to a plate and very carefully cut into the top of the packet. Enjoy!

Notes

No Haddock, Use cod fillets instead.

Safety First, The parchment packets will puff up with steam as they bake. Be very careful of escaping steam when cutting into the packets.

Leftovers, Keeps well in the fridge for 2 to 3 days.



Green Coconut Ginger Juice

2 servings

5 minutes

Ingredients

2/3 cup Organic Coconut Milk (from the can or carton)
1 1/3 cups Water
1/2 Lime (juiced)
2 cups Baby Spinach
1 1/3 tbsps Ginger (grated)

Directions

- 1 Combine all ingredients in a high-speed blender. Blend for 30 seconds or until very smooth.
- 2 Enjoy immediately as is, or strain through a fine mesh sieve to remove the pulp.

Notes

Make it Sweeter, Add maple syrup, honey or monk fruit sweetener.

Make it Thicker, Add avocado, greek yogurt or frozen cauliflower.



Detox Chia Lemon Water

2 servings

5 minutes

Ingredients

4 cups Water
2 tbsps Chia Seeds
1/2 Lemon (juiced)

Directions

- 1 Stir together all ingredients in a tall glass or mason jar. Let sit for 5 minutes or until chia seeds swell. Enjoy!

Notes

Make it Sweet, Add maple syrup.

Make it Spicy, Add a pinch of cayenne pepper.



Turmeric Lemonade

2 servings

5 minutes

Ingredients

2/3 Lemon (juiced)
1/3 tsp Turmeric
2 tbsps Maple Syrup
2 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

2 servings

5 minutes

Ingredients

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

2 servings

10 minutes

Ingredients

2 Grapefruit
1/8 oz Thyme Sprigs
4 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.



Homemade Chai Tea

2 servings

20 minutes

Ingredients

- 4 cups Water
- 2 1/2 servings Cinnamon Stick
- 1 tbsp Cardamom Seeds
- 1 tbsp Whole Cloves
- 3/4 tsp Black Peppercorns
- 1 tbsp Ginger (peeled and thinly sliced)

Directions

- 1 Combine all ingredients together in a large pot. Bring to a boil then reduce to a simmer. Let simmer for 15 minutes and then strain. Serve as is, or with almond milk and honey. Enjoy!

Notes

Serve it With, A slice of our Blueberry Banana Bread or Pumpkin Loaf.

Leftovers, Store sealed in a mason jar in the fridge up to 5 days. Re-warm or enjoy as iced tea.



Blueberry Ginger Lime Sparkling Water

2 servings

5 minutes

Ingredients

- 1/2 cup Blueberries
- 1 Lime (sliced into rounds)
- 1 tbsp Ginger (peeled and sliced)
- 6 Ice Cubes
- 3 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.