



Pre/Post Workout Recipes

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Add The Fat Coffee

5 ingredients · 15 minutes · 1 serving



Directions

1. Pour your brewed coffee into a blender all the ingredients together. Blend on high for 15-30 seconds or until frothy. Pour into a mug and enjoy!

Notes

No Ghee

Use coconut oil or butter.

More Fuel

Add 1 tablespoon MCT oil per cup.

No Coffee

Use your favourite tea instead.

Ingredients

1 cup Organic Coffee (brewed)

1 1/2 tsps Ghee (or grass-fed butter)

1 cup Unsweetened Almond Milk

1 tbsp Mct Oil (go easy on this in the beginning or use coconut oil)

1 tbsp Collagen Protein

Simple Protein Banana Pancakes

4 ingredients · 20 minutes · 1 serving



Directions

1. In a bowl, mash the banana very well until quite smooth. Add the eggs and ground flax and beat gently with a fork for about 30 seconds.
2. Heat coconut oil in a skillet over medium heat. Add 1/4 cup of the batter at a time to form pancakes, cooking for about 1-2 minutes per side.
3. Serve with a sprinkle of cinnamon or a drizzle of maple syrup if desired.

Notes

Likes it Sweet

Add blueberries or chocolate chips into the batter.

Ingredients

- 1/2 Banana (smashed)
- 2 Egg (can also use 3 eggs)
- 1 **tbsp** Coconut Oil
- 1 **tbsp** Ground Flax Seed

Protein Overnight Paleo N'Oats

10 ingredients · 5 minutes · 3 servings



Directions

1. Add the almonds, pumpkin seeds and flax seeds to a blender and process until almost ground. Transfer to a large glass jar along with the chia seeds, almond milk and cinnamon. Place in the fridge overnight or for at least 4 hours.
2. In the morning, divide into jars and top with pomegranate seeds, cacao nibs, and almond butter. Enjoy hot or cold!

Notes

Reheating

Reheat on the stovetop in a pot over low heat until warmed through.

Leftovers

Store in an airtight jar in the fridge up to 5 days.

More Toppings

Serve with any fresh or frozen fruits, nut/seed butter, unsweetened coconut or nut butter.

Likes it Sweet

Drizzle with maple syrup or honey.

No Almond Milk

Use any other type of milk instead.

Ingredients

- 1 cup Almonds (raw)
- 1/2 cup Pumpkin Seeds (raw)
- 1 tbsp Ground Flax Seed
- 2 tbsps Chia Seeds
- 1 1/2 cups Unsweetened Almond Milk
- 1/4 tsp Cinnamon (ground)
- 3 tbsps Pomegranate Seeds
- 3 tbsps Cacao Nibs
- 3 tbsps Almond Butter
- 1/4 cup Chocolate Protein Powder

Biosteel Blueberry Overnight Oats

9 ingredients · 8 hours · 4 servings



Directions

1. Combine oats, almond milk, chia seeds, maple syrup, cinnamon, protein powder and water together in a large tupperware container. Stir well to mix. Seal and place in the fridge overnight (or for at least 8 hours).
2. Remove oats from fridge. Use single-serving size mason jars and place a large spoonful of the oat mix in the bottom of each, then a layer of blueberries followed by a layer of slivered almonds. Repeat until all ingredients are used up. Store in the fridge until ready to eat. Enjoy hot or cold!

Ingredients

- 1 1/2 cups Oats
- 1 1/2 cups Unsweetened Almond Milk
- 2 tbsps Chia Seeds
- 1 tbsps Maple Syrup
- 1 tsp Cinnamon
- 1/2 cup Water
- 1 cup Blueberries
- 1 cup Slivered Almonds
- 1/4 cup Vanilla Protein Powder (Biosteel Plant Based or Whey Isoalte)

Biosteel Chocolate Protein Balls

6 ingredients · 15 minutes · 14 servings



Directions

1. Combine all dry ingredients and half of the shredded coconut together in a food processor. Process into a fine powder.
2. Add in the soaked dates. Pulse until a dough-like consistency forms. Add water and or more oats based on desired consistency (should be a little sticky and be able to be rolled into balls)
3. Roll batter into small bite-sized balls. Then roll balls through a bowl with the remaining coconut flakes to coat.

Ingredients

- 1/4 cup** Cacao Powder
- 1/2 cup** Unsweetened Coconut Flakes (divided)
- 2 cups** Pitted Dates (soaked and drained)
- 1 1/2 cups** Oats
- 1/2 cup** Pumpkin Seed Butter
- 1/2 cup** Chocolate Protein Powder (Biosteel Plant Based or Whey Isolate)

Almond Protein Balls N

6 ingredients · 30 minutes · 24 servings



Directions

1. Soak dates overnight in water to soften. Mix all ingredients (except 1/2 cup shredded coconut) together in a food processor or high-speed blender.*** You may need to add a little water if they are too dry.

Ingredients

- 3 cups** Almonds
- 1 cup** Unsweetened Shredded Coconut
- 1/2 cup** Coconut Oil (Melted)
- 1 cup** Pitted Dates (soaked overnight)
- 1 tsp** Sea Salt
- 1 cup** Vanilla Protein Powder (Biosteel Sports Nutrition)

Raspberry Jam Chia Pudding

4 ingredients · 1 hour · 1 serving



Directions

1. Mix chia and coconut milk together in a bowl and place in fridge for at least an hour (overnight preferred). Mash raspberries until jam forms. Add solid chia pudding to a mason jar and fill half way and add half raspberry jam. top with more chia pudding and raspberry jam.

Ingredients

- 1 cup** Organic Coconut Milk
- 3 tbsps** Chia Seeds
- 3/4 cup** Raspberries
- 1 tbsp** Raw Honey

Tropical Green Smoothie

8 ingredients · 5 minutes · 2 servings



Directions

1. Add all ingredients to blender and blend until smooth. Pour into a glass and enjoy!

Notes

More Protein

Add hemp seeds or a scoop of vanilla protein powder.

Ingredients

- 1/4 cup** Pineapple (or papaya)
- 1/4 cup** Frozen Banana (chopped)
- 1/2 cup** Coconut Water
- 2 cups** Baby Spinach
- 2 tbsps** Hemp Seeds
- 1/4 cup** Vanilla Protein Powder
- 1 tbsp** Coconut Oil
- 1 cup** Unsweetened Almond Milk

Everyday Green Smoothie 2

7 ingredients · 5 minutes · 2 servings



Directions

1. Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Notes

No Spinach

Use kale instead.

No Protein Powder

Add a few spoonfuls of hemp seeds.

Ingredients

- 1/4 cup Protein Powder (vanilla)
- 2 cups Unsweetened Almond Milk (cold)
- 1/2 Avocado
- 1/4 Banana (frozen)
- 2 cups Baby Spinach
- 1 tbsp All Natural Peanut Butter
- 1/4 cup Frozen Blueberries

Blueberry Protein Smoothie

6 ingredients · 5 minutes · 1 serving



Directions

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

Notes

No Blueberries

Use any type of frozen berry instead.

No Protein Powder

Use hemp seeds instead

Ingredients

1/4 cup Vanilla Protein Powder

1 tbsp Ground Flax Seed

1/2 cup Frozen Blueberries

1 cup Baby Spinach

1 cup Unsweetened Almond Milk (cold)

1 tbsp All Natural Peanut Butter

Chocolate Cauliflower Smoothie N

7 ingredients · 5 minutes · 2 servings



Directions

1. In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

Notes

Make it Mocha

Replace half of the almond milk with chilled coffee.

Likes it Sweeter

Add pitted medjool dates.

No Maca Powder

Leave it out or use cinnamon instead.

Ingredients

- 2 cups** Frozen Cauliflower
- 1** Banana (frozen)
- 2 tbsps** Almond Butter
- 1/4 cup** Cacao Powder
- 1/2 cup** Chocolate Protein Powder
- 2 cups** Unsweetened Almond Milk
- 1 tbsp** Maca Powder

Protein Yogurt Bowl

8 ingredients · 10 minutes · 1 serving



Directions

1. Mix yogurt and protein powder in a bowl (make sure to get out all chunks) 2. Add toppings 3. Enjoy

Ingredients

- 1 cup** Unsweetened Coconut Yogurt (You can also use other yogurt for this *** I recommend buffalo, goat or sheeps)
- 1/4 cup** Vanilla Protein Powder
- 2 tbsps** Almonds (** you can use any chopped nuts/seeds)
- 1 1/2 tsps** Chia Seeds (** you can use any chopped nuts/seeds)
- 1 1/2 tsps** Hemp Seeds (** you can use any chopped nuts/seeds)
- 1 tbsp** Pumpkin Seeds (** you can use any chopped nuts/seeds)
- 1 tbsp** Almond Butter (** you can use other all natural nut or seed butter)
- 1/4 cup** Frozen Raspberries (** you can use any frozen or fresh berries)

Spinach and Sweet Potato Egg Muffins

8 ingredients · 35 minutes · 4 servings



Directions

1. Preheat oven to 350°F (177°C). Lightly grease a muffin pan with avocado oil.
2. Steam sweet potato in a double boiler for 8 to 10 minutes, or until tender when pierced with a fork. Let cool slightly.
3. While the sweet potato is steaming, heat extra virgin olive oil in a large pan over medium heat. Sauté the spinach until wilted and tender. Let cool slightly.
4. When spinach and sweet potatoes are cool enough to handle, divide evenly into the muffin cups of the prepared pan.
5. In a mixing bowl whisk eggs until well scrambled. Whisk in water and salt and pepper.
6. Pour the whisked eggs into the muffin cups to cover the sweet potato and spinach.
7. Bake for 15 to 18 minutes or just until the egg is cooked through and no longer liquid on top. Remove from oven, let cool and enjoy!

Notes

Serving Size

One serving is equal to three egg cups.

Leftovers

Store in the fridge in an airtight container up to three days. Due to the moisture in the sweet potato and spinach, these egg cups do not freeze well.

No Baby Spinach

Use finely sliced kale or swiss chard instead.

Ingredients

- 1 1/2 **tsp** Avocado Oil
- 1 Sweet Potato (medium, peeled and chopped into cubes)
- 1 **tbsp** Extra Virgin Olive Oil
- 6 **cups** Baby Spinach
- 8 Egg
- 1/4 **cup** Water
- 1/2 **tsp** Sea Salt
- 1/2 **tsp** Black Pepper

Scrambled Eggs with Peppers and Kale

5 ingredients · 15 minutes · 2 servings



Directions

1. Heat the olive oil in a skillet over medium heat. Add the red bell pepper and kale leaves and saute until softened, about 5 to 7 minutes.
2. While the veggies are cooking, crack the eggs into a bowl and season with salt and pepper. Beat gently with a fork until well combined.
3. Push the veggies to one side of the pan, and pour the beaten eggs into the empty side. Use a spatula to scramble, slowly incorporating the veggies once the eggs are no longer very wet.
4. Divide between plates and enjoy!

Notes

More Carbs

Serve with toast, roasted potatoes, or sweet potatoes.

Egg-Free

Use mashed tofu instead of eggs.

Ingredients

- 1 1/2 **tsps** Extra Virgin Olive Oil
- 1 Red Bell Pepper (sliced)
- 2 **cups** Kale Leaves (chopped)
- 6 Egg
- Sea Salt & Black Pepper (to taste)

Turkey Breakfast Hash

9 ingredients · 35 minutes · 4 servings



Directions

1. Heat a large skillet over medium heat. Add the ground turkey, cinnamon and poultry seasoning. Cook for 5 to 7 minutes, until thoroughly browned, breaking up into little pieces as it cooks. Drain off the fat, transfer to a bowl and set aside.
2. In the same skillet, heat the oil over medium heat. Add the onion and garlic, sauteeing until translucent. Next add the brussels sprouts, butternut squash. Cover and cook for about 10 minutes, stirring occasionally, until all veggies are soft.
3. Add the ground turkey back into the skillet and stir to combine. Season to taste with sea salt. Divide into bowls and enjoy!

Notes

Vegan & Vegetarians

Use lentils instead of ground turkey.

Leftovers

Store covered in the fridge up to 3 days.

Ingredients

- 1 lb Extra Lean Ground Turkey
- 1 tsp Cinnamon
- 2 tbsps Poultry Seasoning
- 1 tbsps Avocado Oil
- 1 cup Red Onion (diced)
- 2 Garlic (cloves, minced)
- 2 cups Brussels Sprouts (trimmed and halved)
- 2 cups Butternut Squash (peeled and cubed)
- 1/4 tsp Sea Salt (to taste)

Grain-Free Coconut Almond Porridge

5 ingredients · 10 minutes · 1 serving



Directions

1. Add all of the ingredients to a saucepan over medium heat. Whisk continuously until your desired thickness is reached, about 3 to 5 minutes.
2. Divide into bowls and enjoy!

Notes

No Rice Milk

Use an alternative milk of your choice.

Likes it Sweet

Add raisins, dates, maple syrup, honey or your sweetener of choice.

Leftovers

Refrigerate in an airtight container up to 3 to 5 days.

Ingredients

3/4 cup Unsweetened Almond Milk

1/4 cup Almond Flour

1/4 cup Unsweetened Shredded Coconut

1 tbsp Ground Flax Seed

1/2 tsp Cinnamon

Cinnamon Flax Muffins

7 ingredients · 30 minutes · 12 servings



Directions

1. Preheat your oven to 350°F (177°C) and line a muffin tin with paper liners.
2. In a medium bowl, mix together ground flax seed, baking powder, salt, and cinnamon. Use a whisk to stir until well combined.
3. In another bowl, beat eggs with a whisk for 30 to 60 seconds. Add coconut oil and water, mixing until combined.
4. Add wet ingredients to dry and stir until combined. Let the batter sit for 1 to 2 minutes to thicken slightly.
5. Divide the batter between muffin cups and bake for 20 minutes, or until a toothpick inserted into the centre comes out clean.
6. Let cool and enjoy!

Notes

Likes it Sweet

If you want these muffins to be sweet, use 1/3 cup coconut sugar, or granulated stevia.

Storage

Store in an airtight container in the fridge for up to 5 days, or in the freezer for longer.

Ingredients

- 2 cups** Ground Flax Seed
- 1 tbsp** Baking Powder
- 1/4 tsp** Sea Salt
- 2 tbsps** Cinnamon
- 6** Egg (room temperature)
- 1/3 cup** Coconut Oil (melted)
- 1/2 cup** Water (warm)

Balsamic Roasted Tempeh Bowls

12 ingredients · 1 hour · 6 servings



Directions

1. Preheat oven to 350°F (177°C).
2. Combine the olive oil, balsamic vinegar, garlic, sea salt, black pepper and Italian seasoning in a bowl and mix well. Place the tempeh, red onion, carrot, mushrooms and zucchini together in a large bowl and toss with the balsamic dressing to coat.
3. Transfer the veggies and tempeh to a large baking sheet and roast in the oven for 45 minutes, stirring halfway.
4. While the veggies and tempeh roast, make the quinoa. Bring the water to a boil in a small saucepan, add the quinoa, cover and simmer for 15 minutes. Remove from heat and fluff with a fork.
5. To serve, divide the quinoa between bowls and top with roasted veggies and tempeh. Garnish with additional balsamic vinegar if you'd like, and enjoy!

Notes

Leftovers

Keeps well in the fridge up to 4 days.

Ingredients

- 1/4 cup Extra Virgin Olive Oil
- 1/4 cup Balsamic Vinegar
- 3 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Italian Seasoning
- 1 1/8 lbs Tempeh
- 1 cup Red Onion (medium, sliced)
- 6 Carrot (medium, peeled and chopped)
- 4 cups Mushrooms (quartered)
- 3 Zucchini (sliced)
- 1 1/2 cups Quinoa (dry)
- 2 1/2 cups Water

Lemon Thyme Salmon Bowl

10 ingredients · 40 minutes · 2 servings



Directions

1. Preheat oven to 375F 2. Make roasted veggies: chop sweet potato into wedges and sprinkle with olive oil and salt and pepper. Chop cauliflower into florets and season with turmeric, garlic powder, sea salt and pepper. 3. Roast veggies for 20 minutes, flip and then bake for another 20-25 minutes 4. In the meantime prep the salmon with fresh thyme, lemon, olive oil, salt, and pepper. Put salmon in for the last 15 minutes of the baking time for the veggies. 5. While the salmon is baking, steam Brussel sprouts and spiralize zucchini and pan fry zucchini until soft. 6. Serve with Extra Virgin Olive Oil and squeezed lemon or lemon tahini dressing.

Ingredients

- 6 ozs** Salmon Fillet
- 1 head** Cauliflower
- 1 tsp** Turmeric
- 1 tsp** Garlic Powder
- 1/4 tsp** Black Pepper
- 2 cups** Brussels Sprouts
- 2** Zucchini
- 2 cups** Sweet Potato
- 1/2** Lemon
- 1 leave** Thyme Sprigs

Healthy Chicken Strip Bowl

14 ingredients · 45 minutes · 1 serving



Directions

1. Preheat the oven to 375 F 2. Slice sweet potato into wedges, cut cauliflower into florets Sprinkle sweet potato with cinnamon. Sprinkle cauliflower with EVOO + curry powder and garlic powder. Place in oven, set timer to 20 mins, flip, cook for another 20-25 minutes until tender. Cauliflower will probably take a little less time than the sweet potato. 3. Chop chicken thighs (or chicken breast) into strips. Season with cumin, paprika, coriander and sea salt and pepper. With 15 minutes left on the timer, fry chicken in coconut, EVOO or avocado oil 6 to 8 minutes on each side. 4. Meanwhile set up a steamer with Brussel sprouts. Steam for 8 minutes until tender (but not overcooked) 4. Set up a small pan and sautee spinach in EVOO and 1/2 lemon juice. 5. Optional to serve with preferred dressing (pictured lemon tahini dressing)

Ingredients

- 1 cup** Chicken Thighs
- 1/4 tsp** Cumin
- 1/2 tsp** Smoked Paprika
- 1/4 tsp** Coriander
- 1/4 tsp** Sea Salt & Black Pepper
- 1 head** Cauliflower (***) Make the whole head to save for meal prep)
- 1 tbsp** Curry Powder
- 1/2 tsp** Garlic Powder
- 1/4 tsp** Black Pepper
- 1 cup** Brussels Sprouts
- 1 tbsp** Ghee
- 2 cups** Baby Spinach
- 2 cups** Sweet Potato (***) Slice into wedges and make this larger batch for meal prep))
- 1 tsp** Cinnamon

Hummus Snack Bowl

10 ingredients · 10 minutes · 1 serving



Directions

1. Bring a medium pot to boil, add egg (or eggs for meal prep). Simmer for 6-8 minutes
2. Slice carrots, cucumber, and pepper (or other desired veg). 3. Transfer cooked egg to bowl with cold water, crack and slice.
4. Assemble bowl. 5. Serve with Extra Virgin Olive Oil and fresh lemon or tahini dressing.

Ingredients

- 1 Egg (hard boiled)
- 1/2 stalk Carrot
- 1/4 serving Cucumber
- 1/2 serving Red Bell Pepper
- 2 cups Mixed Greens
- 2 tbsps Hummus
- 1 tbsp Bean Sprouts
- 2 slices Goat Cheese (goat cheddar)
- 1 tbsp Sauerkraut
- 1/4 serving Avocado (or guacamole)

Mediterranean Buddha Bowl

12 ingredients · 10 minutes · 4 servings



Directions

1. Cook the quinoa according to the directions on the package, and set aside.
2. Divide the chopped romaine equally between serving bowls or plates. Top with equal amounts of quinoa, chickpeas, cucumber, red bell pepper, red onion, hummus and olives.
3. Add the olive oil, apple cider vinegar, Italian seasoning and sea salt to a jar. Seal and shake well to combine.
4. Drizzle the dressing over top of the assembled buddha bowls and serve immediately. Enjoy!

Notes

No Hummus

Use tzatziki instead.

More Protein

Top with crumbled feta cheese or cooked chicken breast.

Prep Ahead

All ingredients can be chopped and prepared in advance. Assemble bowls when ready to eat.

More Flavour

Serve with a lemon wedge and black pepper.

Ingredients

- 1 cup Quinoa (dry, uncooked)
- 1 head Romaine Hearts (chopped)
- 1 cup Chickpeas (cooked, from the can)
- 1 Cucumber (chopped)
- 1 Red Bell Pepper (chopped)
- 1/2 cup Red Onion (finely chopped)
- 1/2 cup Hummus
- 1/2 cup Pitted Kalamata Olives
- 1/4 cup Extra Virgin Olive Oil
- 3 tbsps Apple Cider Vinegar
- 1/2 tsp Italian Seasoning
- 1/8 tsp Sea Salt

Paleo Falafel Salad with Mint Tahini Sauce

18 ingredients · 45 minutes · 4 servings



Directions

1. Make a flax egg by combining the ground flax with water in a small bowl and set aside.
2. Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
3. Add the hemp seeds, half of the sunflower seeds, parsley and the flax egg into a food processor and pulse until combined. Remove and add to a medium size bowl and add the remaining sunflower seeds, half of the lemon juice, tapioca flour, cumin, turmeric and garlic. Season with sea salt and pepper and mix well.
4. Using your hands, form balls with the falafel mix and flatten with your hands. Add sesame seeds to a plate and roll the flattened balls in the seeds then place them on the baking sheet. Bake for 25 to 30 minutes, flipping at the halfway point.
5. Meanwhile, make the mint tahini sauce by adding the tahini, olive oil, mint leaves, sea salt and remaining lemon juice to a food processor or blender. Blend until smooth and transfer to a jar.
6. Add mixed greens to your plate, with roasted carrots and falafels. Drizzle with tahini sauce. Enjoy!

Notes

Meal Prep

Make the falafels ahead and freeze for quick and easy meals down the road.

No Tapioca Flour

Use coconut flour instead.

Wet Falafels

If the falafel mix is a little too wet, add ½ tsp more flour to thicken.

Serving Size

One serving is equal to 3 falafels.

Ingredients

- 1 **tbsp** Ground Flax Seed
- 3 **tbsps** Water
- 1/2 **cup** Hemp Seeds
- 2/3 **cup** Sunflower Seeds (divided)
- 1/3 **cup** Parsley (packed)
- 3 **tbsps** Lemon Juice (divided)
- 1 **tbsp** Tapioca Flour
- 1 **tsp** Cumin
- 1/8 **tsp** Turmeric
- 1 **Garlic** (clove, minced)
- Sea Salt & Black Pepper (to taste)
- 2 **tbsps** Sesame Seeds (optional)
- 1 1/2 **tbsps** Tahini
- 3 **tbsps** Extra Virgin Olive Oil
- 1/4 **cup** Mint Leaves (packed)
- 1/8 **tsp** Sea Salt (or more to taste)
- 8 **cups** Mixed Greens
- 12 **Heirloom Carrots** (roasted)

Turmeric Beef Stew

14 ingredients · 55 minutes · 4 servings



Directions

1. Cut steak into 1-inch cubes. Transfer to a mixing bowl with tapioca flour, salt and pepper. Toss until the steak is well coated.
2. Heat oil in a dutch oven or large pot over medium-high heat. Add the beef and brown it on all sides. Remove the beef from the pot and set aside. (Adjust the heat as necessary when browning the steak to prevent the bottom of the pot from burning. You may need to do the browning in batches.)
3. Add the carrots and potatoes to the pot along with the turmeric, coriander, cumin and ginger. Stir frequently for 2 to 3 minutes. If the spices start sticking to the bottom of the pot add two tablespoons of water to help them along. Add the browned beef back to the pan.
4. Add the broth to the pot, being sure to scrape the browned bits off the bottom. Cover with a tight-fitting lid, reduce heat to medium-low and let simmer for 20 minutes.
5. Remove the lid and stir in the green onions and cilantro. Continue to simmer uncovered for 10 minutes. Taste and season with additional salt and pepper, if needed.
6. Divide into bowls and enjoy!

Notes

Too Thick

If the stew thickens too much or if it's looking a little bit dry, add extra broth or water one tablespoon at a time until desired consistency is reached.

Leftovers

Store in an airtight container in the fridge up to 3 days. Freeze for longer.

No Beef Broth

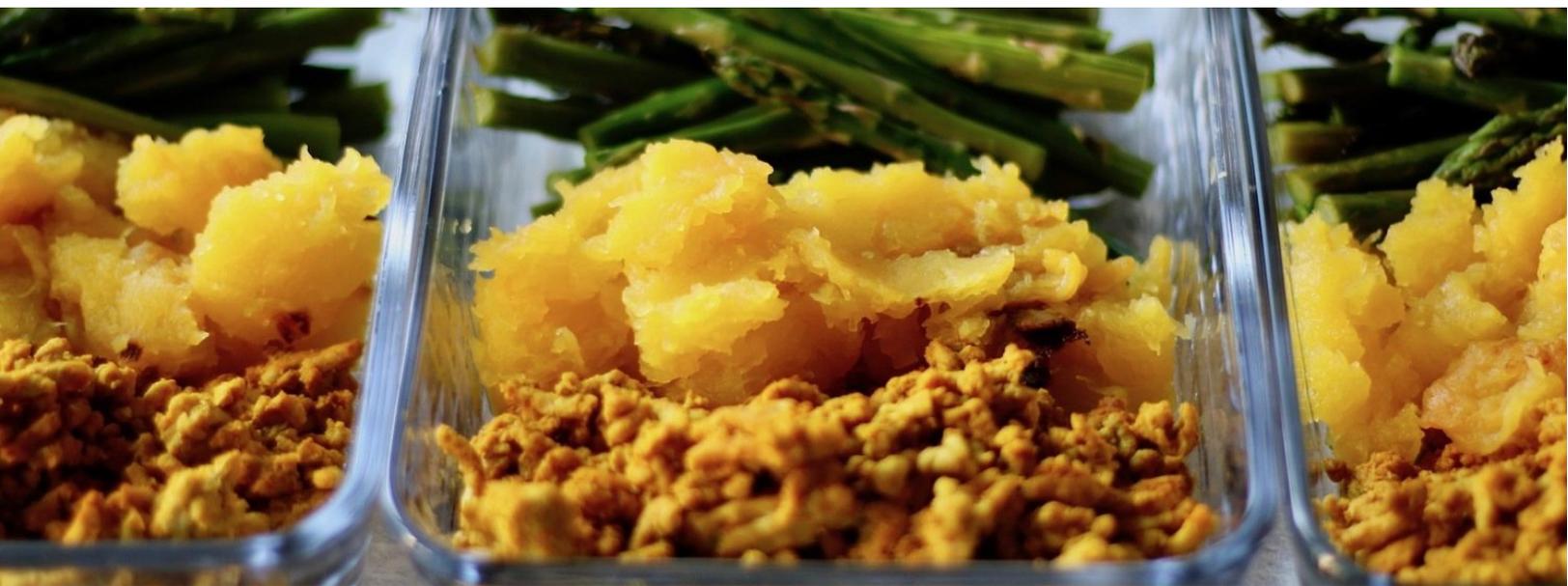
Use vegetable or chicken broth instead.

Ingredients

- 1 lb Top Sirloin Steak
- 1 **tbsp** Tapioca Flour
- 1 **tsp** Sea Salt
- 1/2 **tsp** Black Pepper
- 1 1/2 **tbsps** Extra Virgin Olive Oil
- 2 Carrot (medium, chopped)
- 1 Yellow Potato (large, chopped)
- 1 **tsp** Turmeric (ground)
- 1 **tsp** Coriander (ground)
- 1 **tsp** Cumin (ground)
- 1 **tsp** Ground Ginger
- 2 **cups** Beef Broth
- 4 **stalks** Green Onion (green parts only, chopped)
- 1/2 **cup** Cilantro (chopped)

Turmeric Chicken, Squash & Asparagus

7 ingredients · 45 minutes · 4 servings



Directions

1. Preheat oven to 425°F (218°C).
2. Slice the acorn squash in half, and place flesh-side down on a baking sheet. Bake in the oven for 30 minutes.
3. Meanwhile, heat the coconut oil in a large skillet over medium heat. Add the ground chicken, breaking it up as it cooks. Once it is cooked through, add the turmeric and half of the sea salt. Turn off the heat, mix well and set aside.
4. Toss the asparagus with olive oil, and season with remaining sea salt.
5. Remove the acorn squash from the oven and push to the side of the baking sheet. Add the asparagus to the sheet, and bake for another 10 to 15 minutes, or until asparagus is tender and squash is cooked through. Remove from the oven.
6. Divide the squash, asparagus and chicken between plates or containers. Enjoy!

Notes

Leftovers

Keeps well in the fridge up to three days.

No Ground Chicken

Use ground turkey, beef, pork, lamb or bison instead.

Vegan & Vegetarian

Use roasted chickpeas instead of ground chicken.

Ingredients

- 1 Acorn Squash (large)
- 1 **tbsp** Coconut Oil
- 1 **lb** Extra Lean Ground Chicken
- 2 **tsp** Turmeric
- 1/2 **tsp** Sea Salt (divided)
- 4 **cups** Asparagus (woody ends trimmed)
- 1 **tbsp** Extra Virgin Olive Oil

Pesto Chicken Stuffed Peppers

8 ingredients · 50 minutes · 4 servings



Directions

1. Bring a pot of water to a boil. Reduce to a gentle simmer, add chicken and cover. Let simmer until chicken is cooked through, about 15 to 20 minutes. Remove chicken and shred into pieces using two forks.
2. While your chicken cooks, cook your quinoa according to the directions on the package. Fluff with a fork and set aside.
3. Preheat your oven to 375°F (191°C).
4. Cut the tops off of the peppers and discard the seeds and ribs. Place peppers upside down in baking dish and add water. Cover with foil and bake for 25 minutes.
5. While peppers are baking, combine the cooked quinoa, shredded chicken, green onion, pesto, lemon juice and sea salt. Mix well and set aside.
6. Remove the peppers from the oven. Carefully remove the foil and turn right-side up. Drain any excess water from the baking dish.
7. With the peppers sitting upright, spoon equal amounts of the pesto chicken filling into each. Cover with foil again, then bake for an additional 20 minutes, or until filling is warmed through and peppers are very tender.
8. Remove the stuffed peppers from the oven and enjoy!

Ingredients

- 8 ozs Chicken Breast
- 1/2 cup Quinoa (dry, uncooked)
- 4 Yellow Bell Pepper (large)
- 2 tbsps Water
- 2 stalks Green Onion
- 1/2 cup Pesto
- 3 tbsps Lemon Juice
- 1/8 tsp Sea Salt

Notes

Additional Toppings

Parmesan cheese, nutritional yeast, fresh herbs, a pinch of red chili flakes or more pesto.

Tipsy Bell Peppers

If your bell peppers are tipsy and do not stand upright on their own, try slicing the bottom of them to create a flat surface.

More Carbs

Serve over a bed of rice or quinoa.

Make it Vegetarian

Swap out the chicken for cooked lentils.

Sausage & Mushroom Stuffed Squash

11 ingredients · 1 hour · 4 servings



Directions

1. Preheat the oven to 425°F (218°C). Drizzle the oil on the squash and place cut side down on a baking sheet lined with parchment paper. Bake for 20 to 30 minutes, or until tender when pierced with a fork.
2. While the squash bakes, add the rice to a medium pot with the water and cook according to the directions on the package.
3. In a pan, over medium heat, add the sausage and cook for 3 to 4 minutes, breaking it up as it cooks. Add the celery and cook for 2 to 3 minutes, then add the mushrooms and cook for 4 to 5 minutes. Add the spinach and stir until it has wilted and the sausage is completely cooked through.
4. Remove the pan from the heat and add the wild rice to the pan along with the lemon juice and sea salt. Mix well.
5. Spoon the rice/sausage mixture into the baked squash and garnish with parsley (optional). Enjoy!

Notes

No Pork Sausage

Use chicken sausage or beef sausage instead.

Vegan and Vegetarian

Use cooked lentils instead of sausage.

Meal Prep

Cook the squash and the rice ahead of time and warm through before serving.

Leftovers

Keeps well in the fridge up to three days.

Ingredients

- 1 tsp Avocado Oil
- 2 Acorn Squash (halved and seeds removed)
- 1/3 cup Wild Rice (dry, uncooked)
- 3/4 cup Water
- 12 ozs Pork Sausage (casings removed)
- 2 stalks Celery (chopped)
- 1 1/2 cups Shiitake Mushrooms (chopped)
- 3 cups Baby Spinach
- 1/4 Lemon (juiced)
- 1/4 tsp Sea Salt
- 1/4 cup Parsley (optional, finely chopped)

Parchment Baked Haddock with Veggies

9 ingredients · 35 minutes · 2 servings



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.

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

Hummus-Crusted Chicken with Turmeric Rice

6 ingredients · 30 minutes · 4 servings



Directions

1. Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Place chicken thighs on the baking sheet and coat with hummus. Bake for 30 minutes or until cooked through.
3. Meanwhile, make the rice according to the directions on the package, adding in the turmeric and chopped tomato while cooking.
4. Divide the chicken, rice and spinach onto plates or into meal prep containers. Enjoy!

Notes

Use a Rice Cooker

Add the turmeric and tomatoes into the rice cooker along with the rice and water.

Leftovers

Refrigerate in an airtight container up to 3 days.

Ingredients

- 1 lb** Chicken Thighs (skinless, boneless)
- 1/4 cup** Hummus
- 1 cup** Jasmine Rice (dry, uncooked)
- 1 tsp** Turmeric
- 1** Tomato (large, diced)
- 4 cups** Baby Spinach

Sweet Potato & Sausage Hash

6 ingredients · 30 minutes · 2 servings



Directions

1. Cook the sausage over medium heat, breaking it up into crumbles with the back of a spoon as it cooks. Once it is cooked, remove and set aside on a plate.
2. In the same skillet, add the diced sweet potato and cook over medium-high for 1 to 2 minutes or until brown on one side. Lower the heat to medium, stir and cook for 7 to 8 more minutes or until tender and cooked through.
3. Add the kale and the apple to the sweet potato with the cinnamon and cover with a lid. Cook over medium for 1 to 2 minutes, or until the kale is wilted. Then add the sausage back to the skillet and mix until warmed through. Add sea salt to taste. Divide into bowls and enjoy!

Notes

Prep Ahead

Cook the sweet potato in advance to save time.

No Kale

Use another hearty green such as dandelion or shaved brussels sprouts.

No Pork

Use turkey sausage, chicken sausage or ground meat instead.

Vegans & Vegetarians

Use lentils instead of sausage.

Ingredients

- 6 ozs Pork Sausage (casings removed)
- 1 Sweet Potato (medium, diced into cubes)
- 3 cups Kale Leaves (chopped)
- 1 Apple (medium, diced)
- 1/8 tsp Cinnamon
- 1/4 tsp Sea Salt

Spicy Shrimp with Pesto Noodles

16 ingredients · 25 minutes · 4 servings



Directions

1. In a large mixing bowl add the shrimp, chili powder, garlic powder, thyme, half the sea salt, cayenne and avocado oil. Stir to coat the shrimp evenly. Set aside.
2. To the bowl of a food processor, add the basil, spinach, almonds, water, garlic, lemon juice, extra virgin olive oil and remaining sea salt. Turn the food processor on and blend until mostly smooth, scraping down the sides of the bowl if needed. Set aside.
3. Heat a large pan over medium-high heat. Add the seasoned shrimp to the pan, being sure to scrape all the spices and oil into the pan with the shrimp. Depending on the size of your shrimp cook 1 to 3 minutes per side or until the shrimp are no longer translucent. Remove from pan.
4. In the same pan that the shrimp were cooked, add the zucchini noodles and cook for about 1 minute, or just until warmed through. Toss the noodles with the pesto.
5. Divide the pesto zucchini noodles into bowls then top with cooked shrimp and cherry tomatoes. Enjoy!

Notes

Likes it Spicy

Add more cayenne.

Leftovers

This recipe is best served immediately. Store leftover ingredients separately in the fridge and assemble before cooking.

Less Watery

To help prevent watery zucchini noodles, remove any noodles that contain fragments of the zucchini seeds. Using smaller-sized zucchini are best to keep seed fragments and water content low.

Cold Version

This recipe can also be served cold with raw zucchini noodles instead of warm zucchini noodles. Just skip step 5.

Ingredients

- 1 lb Shrimp (peeled, deveined)
- 2 1/2 tps Chili Powder
- 1 tsp Garlic Powder
- 1 tsp Dried Thyme
- 1 tsp Sea Salt (divided)
- 1/8 tsp Cayenne Pepper
- 1 tbsp Avocado Oil
- 2 cups Basil Leaves
- 1 cup Baby Spinach
- 1/4 cup Almonds
- 2 tbsps Water
- 1 Garlic (clove)
- 3 tbsps Lemon Juice
- 1/3 cup Extra Virgin Olive Oil (divided)
- 4 Zucchini (small, spiralized into noodles)
- 1/2 cup Cherry Tomatoes (halved)

Turmeric Turkey, Zucchini & Sweet Potato

8 ingredients · 35 minutes · 4 servings



Directions

1. Preheat the oven to 425°F (218°C). Line a baking sheet with parchment paper.
2. Toss the sweet potato rounds in half of the olive oil. Toss the zucchini sticks in the other half. Spread the sweet potato rounds across the baking sheet and bake for 15 minutes.
3. At the 15 minute mark, remove the sweet potato from the oven, flip, and move to one side of the sheet. Put the zucchini sticks on the other side of the baking sheet and bake for an additional 15 minutes, or until sweet potato is crispy and zucchini is tender.
4. Meanwhile, heat the coconut oil in a skillet over medium heat. Add the ground turkey, breaking it up as it cooks. Once it is cooked through, add the sea salt, turmeric and water and mix well. Turn off the heat.
5. Remove the sweet potato and zucchini from the oven. Season with any spices you'd like to taste. Divide between plates or containers along with the turmeric turkey. Enjoy!

Notes

Leftovers

Keeps well in the fridge for 3 to 4 days. Reheat in a skillet or the microwave.

No Ground Turkey

Use any type of ground meat instead.

Vegan & Vegetarian

Use lentils instead of ground meat.

No Zucchini

Use green beans instead.

Ingredients

- 2 Sweet Potato (medium, sliced into rounds)
- 1 **tbsp** Extra Virgin Olive Oil (divided)
- 2 Zucchini (medium, sliced into sticks)
- 1 **1/2 tpsps** Coconut Oil
- 1 **lb** Extra Lean Ground Turkey
- 1/2 **tsp** Sea Salt
- 2 **tpsps** Turmeric
- 1/4 **cup** Water

Spinach Lentil Curry

16 ingredients · 25 minutes · 4 servings



Directions

1. In a large skillet, heat oil over medium heat. Add the onions, garlic and ginger to the pot, stirring and sautéing for 3 to 5 minutes until the onions begin to soften.
2. Stir in all of the curry powder, cumin, salt and red pepper flakes and continue to cook for a minute until the spices become fragrant.
3. Add the lime juice and vegetable stock. Scrape any browned bits off the bottom of the pan. Then add the coconut milk, lentils and cilantro and stir to combine. Wilt in the spinach 2 cups at a time.
4. Bring the curry to a gentle boil then reduce heat and simmer for 15 minutes. Meanwhile, cook your rice according to the instructions on the package.
5. When the curry has thickened slightly, stir in the maple syrup. Divide the cooked rice onto plates and top it with the curry. Enjoy!

Notes

No Rice

Serve alone or with quinoa, couscous or potatoes instead.

Leftovers

Keep covered in the fridge for up to 4 days or in the freezer for up to 2 to 3 months.

Too Thick

If the curry gets too thick, add extra vegetable broth to thin it.

More Flavour

Add extra cilantro and lime.

Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1 Yellow Onion (large, chopped)
- 3 Garlic (clove, minced)
- 1 **tbsp** Ginger (peeled and grated)
- 2 **tbsps** Curry Powder
- 1 **tsp** Cumin
- 1/2 **tsp** Sea Salt
- 1/4 **tsp** Red Pepper Flakes
- 1 Lime (juiced)
- 1/2 **cup** Organic Vegetable Broth
- 1 **cup** Organic Coconut Milk (from the can)
- 2 **cups** Lentils (cooked)
- 1/2 **cup** Cilantro (optional, roughly chopped)
- 6 **cups** Baby Spinach
- 1 **cup** Jasmine Rice (dry)
- 2 **tsps** Maple Syrup

Bison Pumpkin Chili

13 ingredients · 30 minutes · 4 servings



Directions

1. Heat olive oil in a large skillet over medium-high heat. Add the ground bison, onion and garlic, and saute for about 5 to 7 minutes, or until the meat is cooked through. Drain off the fat.
2. Add the chili powder, cumin and paprika. Stir about 1 minute, until fragrant. Add crushed tomatoes, pumpkin, water, maple syrup and salt. Let simmer about 10 minutes.
3. Divide coleslaw into bowls. Top with chili and enjoy!

Notes

Optional Toppings

Garnish with toasted tortillas, chopped green onion, avocado, jalapeno slices, cheddar cheese or greek yogurt.

More Veggies

Add bell peppers, corn, peas or any leftovers on hand. Stir in spinach, kale or watercress just before serving.

No Bison

Use extra lean ground beef, chicken, turkey, lamb or venison.

Vegan or Vegetarian

Use mixed beans and/or tofu instead of ground meat.

Leftovers

Refrigerate in an air-tight container for 3 to 5 days or freeze up to 2 months.

Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1 **lb** Ground Bison
- 1 Yellow Onion (diced)
- 3 Garlic (cloves, minced)
- 2 **tbsps** Chili Powder
- 1 **tbsp** Cumin
- 1 **tsp** Paprika
- 1 **cup** Crushed Tomatoes
- 1 **cup** Pureed Pumpkin
- 1 **cup** Water
- 1 **1/2 tps** Maple Syrup
- 1 **tsp** Sea Salt
- 4 **cups** Coleslaw Mix

Slow Cooker Moroccan Lentils

9 ingredients · 8 hours · 8 servings



Directions

1. Combine lentils, tomatoes, onion, garlic, half the parsley, cumin, paprika, salt and water in the slow cooker. Cook on high for at least 4 hours, or on low for 8-12 hours.
2. Garnish with remaining parsley and enjoy!

Notes

Serve it With

Greek yogurt, crusty bread, rice, quinoa, brown rice tortilla chips, fried eggs and/or our Paleo Tabbouleh recipe.

Leftovers

Refrigerate in an airtight container up to 5 days. Freeze if longer.

Ingredients

- 2 cups** Dry Lentils (brown or green, uncooked)
- 2** Tomato (medium, diced)
- 1** Yellow Onion (medium, diced)
- 3** Garlic (cloves, minced)
- 1/2 cup** Parsley (chopped and divided)
- 1 tbsp** Cumin
- 1 tbsp** Paprika
- 2 tsps** Sea Salt
- 8 cups** Water

Massaged Kale Salad with Salmon

6 ingredients · 20 minutes · 1 serving



Directions

1. Add kale leaves to a large bowl with the lemon juice, hemp seeds, salt and pepper and half the olive oil. Massage the dressing into the kale with your hands for 2 to 3 minutes, until it is softened. Set aside.
2. Heat a skillet over medium heat and brush with the remaining olive oil. Season the salmon with salt and pepper, then add it to the pan skin-side down, cooking for about 3 minutes. Flip and cook for an additional 1 to 2 minutes, until the flesh is opaque throughout.
3. Divide the massaged kale between plates and top with the salmon. Add an extra squeeze of lemon if desired. Enjoy!

Ingredients

- 3 cups** Kale Leaves (chopped)
- 1/2** Lemon (juiced)
- 1 tbsp** Hemp Seeds
- Sea Salt & Black Pepper (to taste)
- 2 tbsps** Extra Virgin Olive Oil (divided)
- 4 ozs** Salmon Fillet

Chicken, Kale & Cauliflower Bowls

7 ingredients · 45 minutes · 4 servings



Directions

1. Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Toss the cauliflower with half the avocado oil and transfer to a baking sheet along with the chicken breasts. Sprinkle everything with sea salt.
3. Place the baking sheet in the oven for 30 minutes, or until chicken is cooked through. Toss the cauliflower at the halfway point.
4. While the cauliflower and veggies are cooking, massage the kale with lemon juice and remaining oil. Divide between bowls.
5. Remove the chicken and cauliflower from the oven and divide between bowls, on top of the kale. Add avocado slices to each bowl and enjoy!

Notes

Leftovers

Keeps well in the fridge for 3 to 4 days. Add sliced avocado just before serving.

More Carbs

Serve with roasted sweet potato.

No Avocado Oil

Use coconut oil instead.

Ingredients

- 1 head** Cauliflower (chopped into florets)
- 1/4 cup** Avocado Oil (divided)
- 1 lb** Chicken Breast (skinless, boneless)
- 1/4 tsp** Sea Salt
- 8 cups** Kale Leaves (thinly sliced)
- 1** Lemon (juiced)
- 2** Avocado (sliced)

Meal Prep Maple Dijon Chicken, Mushroom Quinoa & Zucchini

9 ingredients · 40 minutes · 4 servings



Directions

1. Preheat oven to 375°F (191°C) and line baking sheet(s) with foil.
2. Cook quinoa according to directions on the package and set aside.
3. In a mixing bowl, toss zucchini in 1/3 of the olive oil and season with salt. Transfer to a baking sheet.
4. In the same bowl, combine 1/3 of the olive oil, maple syrup, dijon and tamari. Add the chicken thighs and coat in the marinade. Transfer to a baking sheet and bake both the chicken and zucchini for 30 minutes.
5. After 30 minutes, flip the zucchini and return to oven. Set to broil for 3 minutes and remove from oven.
6. Meanwhile, heat the remaining olive oil in a saucepan over medium heat. Saute sliced mushrooms until soft. Mix mushrooms with the cooked quinoa.
7. Divide the mushroom quinoa, zucchini and chicken thighs into separate containers and let cool before refrigerating. Reheat when ready to eat.

Notes

Storage

Refrigerate in an air-tight container up to 3 days after cooking.

More Flavour

Marinate the chicken overnight, and cook the quinoa with broth instead of water.

No Chicken

Use turkey breast, chickpeas or tofu instead.

No Zucchini

Use bell peppers, carrot, eggplant or any vegetables you have on hand.

No Quinoa

Use rice, cauliflower rice or sweet potatoes instead.

Ingredients

- 1 cup** Quinoa (dry)
- 4** Zucchini (sliced lengthwise, then quartered)
- 3 tbsps** Extra Virgin Olive Oil (divided)
- 1/4 tsp** Sea Salt (or more to taste)
- 2 tbsps** Maple Syrup
- 1/4 cup** Dijon Mustard
- 2 tbsps** Tamari
- 1 lb** Chicken Thighs (boneless)
- 4 cups** Mushrooms (sliced)

Zucchini White Bean Roll Ups

5 ingredients · 1 hour · 2 servings



Directions

1. Preheat your oven to 350°F (177°C).
2. Slice the zucchinis in half lengthwise. Using a mandolin, create long, thin slices from the cut-side of each zucchini. If you don't have a mandolin, use a sharp knife to make thin, flexible slices. You should end up with about 12 strips per zucchini.
3. In your food processor or blender, combine the white beans and pesto. Pulse until smooth. Taste and season with sea salt and black pepper as desired.
4. Lay the strips flat on your cutting board and spread each strip with about 1 tbsp of the white bean mixture. Roll them up and place into a casserole dish. When all the zucchini roll-ups are in the dish, cover with the tomato sauce.
5. Bake uncovered for 30 minutes. Remove from the oven, divide between plates and enjoy!

Notes

No White Beans

Use chickpeas instead.

Ingredients

- 2 Zucchini (medium)
- 2 cups White Navy Beans (cooked, from the can)
- 1/4 cup Pesto
- Sea Salt & Black Pepper (to taste)
- 1 cup Tomato Sauce

Simple Bone Broth

9 ingredients · 5 minutes · 1 serving



Directions

1. Add carcass to the bottom of a large pot and chop onion, carrots, and celery. Add veggies and garlic to the large pot, cover the carcass with water and add apple cider vinegar. Bring to a boil and then let simmer for 24 + hours.

Notes

Cook in instant pot

3 hours

More flavour

Add fresh herbs (handful of parsley, thyme, sage etc.)

Leftovers

Fill in mason jars and keep sealed for the week.

Ingredients

- 1 Whole Chicken Carcass (or 1lb beef bones)
- 2 **tbsps** Apple Cider Vinegar
- 3 Garlic
- 1 Yellow Onion (leave skin on)
- 4 Carrot (roughly chopped)
- 3 **stalks** Celery (roughly chopped)
- 8 **cups** Water (fill to the top of veggies and carcass)
- 1 **tbsp** Ginger
- 1 **tsp** Turmeric

Ginger Lime Tahini Dressing

7 ingredients · 5 minutes · 12 servings



Directions

1. Combine all ingredients in a jar, close the lid tightly and shake vigorously until well combined. Refrigerate until ready to use.

Notes

Serve it With

Salad, summer rolls, zucchini noodles or fish (as a marinade).

Storage

Refrigerate in an airtight jar up to one week.

Serving Size

One serving is equal to approximately two tablespoons of dressing.

Ingredients

- 2 Lime (juiced)
- 1/3 cup Tahini
- 1/2 cup Water
- 2 tbsps Extra Virgin Olive Oil
- 1 tsp Ginger (peeled and grated)
- 2 tbsps Tamari
- 2 tbsps Maple Syrup

Vegan Ranch Dressing

10 ingredients · 10 minutes · 8 servings



Directions

1. In a high-powered blender, combine everything except the parsley and chives. Blend until smooth and creamy and transfer into a jar.
2. Stir in the parsley and chives until well distributed. Cover and store in the fridge until ready to use. Enjoy!

Notes

Serving Size

One serving is equal to approximately two tablespoons of dressing.

Serve it With

Veggie sticks for dipping or on any of our burgers or salads.

Leftovers

Keeps well in the fridge up to 4 to 5 days.

Ingredients

- 1 cup** Cashews (raw)
- 1/2 cup** Water
- 1 tbsp** Nutritional Yeast
- 3/4 tsp** Sea Salt
- 1 tbsp** Apple Cider Vinegar
- 3 tbsps** Tahini
- 1 tsp** Garlic Powder
- 1 tsp** Onion Powder
- 1/4 cup** Parsley (finely chopped)
- 1/4 cup** Chives (finely chopped)