

Prenatal Diet

Created by The Gestational Diabetic



Prenatal Diet

The Gestational Diabetic

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Eat Your Meter

It's not expected that you follow ANY meal plan exactly. Allow your body to guide you. If you're still hungry, eat more.

Portioning for Grab & Go

When it comes to portioning the snacks, I like to use these [stackable plastic containers](#) for the snacks that don't need to be separated. I really like that they have measurements on them! I also REALLY like these [vertical plastic containers](#) for snacks that have different components, like crunchy granola and yogurt.

Another GREAT, inexpensive option are these [containers](#). We used these in culinary school every single day to prep ingredients. They're SUPER handy!

If you stay away from plastic, check out these [glass containers](#) for snacks.

For full meals, these [glass containers](#) are the same, but larger, and these [plastic containers](#) are awesome!

Shopping Tips

The grocery list is organized into categories based on how a typical grocery store is laid out. It'll help you save time at the store! But if you're in an approved area, try [Amazon's](#) delivery or Wal-Mart's pick up service! Definitely check out [ShipIt!](#)

Before you head out to do your shopping, take some time to go through the list and check off any items you already have, or ingredients you want to swap.

Commonly Swapped Ingredients

Because there are many authors to these recipes, combining them into a meal plan can produce extra, unnecessary ingredients on your shopping list. Check out these swappable ingredients so you can cross out what you don't need.

- Tamari, Coconut Aminos and Soy Sauce - Often swapped for one another. Recommend getting low sodium versions.
- Coconut Oil, Avocado Oil and Olive Oil - Most oils and butter are interchangeable. The 3 mentioned can be swapped for one another easily. The only exception is if you want your meal to have a coconut flavor, or the aroma of extra virgin olive oil. Refined coconut oil has no scent or flavor. Avocado oil is the most versatile and has the highest smoke point.
- Proteins - Any meat can replace tofu. Ground chicken and ground turkey are easily swapped. Ground beef can also swap easily, but it will add more fat inherently, even if you get 93% lean.
- Yellow squash and zucchini
- Pre-made Proteins - With recipes that have shredded meats, consider buying the store-roasted or canned versions to save you the time and dishes. Examples are canned tuna or chicken for tuna/chicken salad or rotisserie chicken for soups, salads, etc.)
- Greek yogurt is great because of the nutrition but it lacks the round and deep flavor of mayonnaise. Greek yogurt also has a tang that mayonnaise doesn't have. The two can normally be swapped, but the flavor of the overall dish will change. To maintain flavor, use half of each, but to purchase both isn't necessary.
- Strawberries, blueberries, blackberries and raspberries can be easily swapped. They all have very similar nutrition facts by the cup.
- Red, yellow and orange bell peppers are all sweet and will generally yield the same flavor. Green bell peppers, however, are earthy and give a distinct flavor.
- Broccoli and cauliflower
- Kale, collard greens and other leafy greens

Do NOT Swap

- Coconut flour and almond flour are NOT swapped 1 for 1. Coconut flour is very absorbent, about 3 times more than almond, but simply increasing or decreasing one flour WON'T give you the same end product.
- Salt - Iodized, sea, pink Himalayan, etc. have different effects. It's not recommended to swap any of them 1 for 1. Unless you're familiar with the salt you're using, it's recommended to only use iodized salt in baking.

Prenatal Vitamins

See the [best prenatal vitamins](#).

Prenatal Diet

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Banana Coconut Steel Cut Oats	Banana Coconut Steel Cut Oats	Peanut Butter Banana Oat Smoothie	Peanut Butter Banana Oat Smoothie	Blueberry Beet Chia Pudding	Blueberry Beet Chia Pudding	Blueberry Beet Chia Pudding
Snack 1	Yogurt & Berries	Yogurt & Berries	Salt n' Vinegar Hard Boiled Eggs	Salt n' Vinegar Hard Boiled Eggs	Trail Mix With Banana	Trail Mix With Banana	Trail Mix With Banana
Lunch	Slow Cooker Black Bean Soup	Thai Turkey Burgers with Almond Carrot Slaw	Slow Cooker Hawaiian Beef	Creamy Garlic Kale with Crispy Chickpeas & Sweet Potato	Creamy Garlic Kale with Crispy Chickpeas & Sweet Potato	Slow Cooker Black Bean Soup	Slow Cooker Black Bean Soup
Snack 2	Peanut Butter & Jelly Banana Rolls	Peanut Butter & Jelly Banana Rolls	Peanut Butter & Jelly Banana Rolls	Brownie Batter Protein Balls	Brownie Batter Protein Balls	Brownie Batter Protein Balls	Brownie Batter Protein Balls
Dinner	Thai Turkey Burgers with Almond Carrot Slaw	Slow Cooker Hawaiian Beef	Creamy Garlic Kale with Crispy Chickpeas & Sweet Potato	Baked Salmon with Broccoli & Quinoa	Mexican Black Bean Omelette	Kale Greek Salad with Steak	Kale Greek Salad with Steak

Prenatal Diet

7 days

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Calories 1852	Calories 1962	Calories 1942	Calories 1850	Calories 2018	Calories 1952	Calories 1952
Fat 82g	Fat 87g	Fat 91g	Fat 93g	Fat 113g	Fat 110g	Fat 110g
Carbs 210g	Carbs 209g	Carbs 215g	Carbs 169g	Carbs 195g	Carbs 182g	Carbs 182g
Fiber 41g	Fiber 30g	Fiber 36g	Fiber 36g	Fiber 52g	Fiber 45g	Fiber 45g
Sugar 66g	Sugar 77g	Sugar 70g	Sugar 45g	Sugar 51g	Sugar 52g	Sugar 52g
Protein 84g	Protein 99g	Protein 82g	Protein 93g	Protein 70g	Protein 71g	Protein 71g
Cholesterol 118mg	Cholesterol 188mg	Cholesterol 442mg	Cholesterol 451mg	Cholesterol 373mg	Cholesterol 78mg	Cholesterol 78mg
Sodium 996mg	Sodium 1559mg	Sodium 2054mg	Sodium 1643mg	Sodium 1193mg	Sodium 1109mg	Sodium 1109mg
Potassium 2674mg	Potassium 2902mg	Potassium 3247mg	Potassium 3433mg	Potassium 3306mg	Potassium 3058mg	Potassium 3058mg
Vitamin A 9361IU	Vitamin A 9810IU	Vitamin A 13793IU	Vitamin A 12112IU	Vitamin A 12488IU	Vitamin A 5314IU	Vitamin A 5314IU
Vitamin C 121mg	Vitamin C 225mg	Vitamin C 229mg	Vitamin C 236mg	Vitamin C 106mg	Vitamin C 108mg	Vitamin C 108mg
Calcium 796mg	Calcium 741mg	Calcium 645mg	Calcium 732mg	Calcium 1118mg	Calcium 1034mg	Calcium 1034mg
Iron 13mg	Iron 13mg	Iron 16mg	Iron 17mg	Iron 21mg	Iron 20mg	Iron 20mg
Vitamin D 115IU	Vitamin D 115IU	Vitamin D 133IU	Vitamin D 133IU	Vitamin D 172IU	Vitamin D 79IU	Vitamin D 79IU
Vitamin E 7mg	Vitamin E 8mg	Vitamin E 15mg	Vitamin E 13mg	Vitamin E 10mg	Vitamin E 7mg	Vitamin E 7mg
Thiamine 0.7mg	Thiamine 0.6mg	Thiamine 0.8mg	Thiamine 1.2mg	Thiamine 1.0mg	Thiamine 1.1mg	Thiamine 1.1mg
Vitamin B6 1.5mg	Vitamin B6 2.3mg	Vitamin B6 2.8mg	Vitamin B6 3.0mg	Vitamin B6 1.6mg	Vitamin B6 1.5mg	Vitamin B6 1.5mg
Folate 365µg	Folate 234µg	Folate 533µg	Folate 658µg	Folate 631µg	Folate 494µg	Folate 494µg

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<https://thegestationaldiabetic.com>



Vitamin B12	1.4µg	Vitamin B12	4.2µg	Vitamin B12	3.7µg	Vitamin B12	5.6µg	Vitamin B12	1.1µg	Vitamin B12	2.7µg	Vitamin B12	2.7µg
Magnesium	323mg	Magnesium	321mg	Magnesium	457mg	Magnesium	512mg	Magnesium	584mg	Magnesium	573mg	Magnesium	573mg
Zinc	7mg	Zinc	12mg	Zinc	13mg	Zinc	10mg	Zinc	9mg	Zinc	10mg	Zinc	10mg
Selenium	29µg	Selenium	49µg	Selenium	71µg	Selenium	108µg	Selenium	44µg	Selenium	25µg	Selenium	25µg

Prenatal Diet

75 items

Fruits

- ☐ 1/4 Avocado
- ☐ 9 Banana
- ☐ 1 cup Blueberries
- ☐ 1 2/3 Lemon
- ☐ 1 1/2 Lime
- ☐ 3/4 cup Strawberries

Breakfast

- ☐ 2/3 cup All Natural Peanut Butter
- ☐ 1 tbsp Almond Butter
- ☐ 2 3/4 tbsps Maple Syrup
- ☐ 3 1/2 tbsps Pumpkin Seed Butter
- ☐ 1/2 cup Steel Cut Oats

Seeds, Nuts & Spices

- ☐ 1/2 tsp Black Pepper
- ☐ 1/4 tsp Cayenne Pepper
- ☐ 1 1/16 cups Chia Seeds
- ☐ 1 1/4 tbsps Chili Powder
- ☐ 1 tsp Cinnamon
- ☐ 1 cup Clean Trail Mix
- ☐ 1 1/2 tbsps Cumin
- ☐ 1 1/2 tbsps Curry Powder
- ☐ 1 tsp Garam Masala
- ☐ 1/2 tsp Nutmeg
- ☐ 1/4 tsp Oregano
- ☐ 1 1/2 tbsps Paprika
- ☐ 1/4 cup Pecans
- ☐ 1 1/4 tbsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper

Frozen

- ☐ 3 Brown Rice Tortillas
- ☐ 2 cups Frozen Berries

Vegetables

- ☐ 2 tbsps Basil Leaves
- ☐ 1 Beet
- ☐ 1/2 head Boston Lettuce
- ☐ 2 cups Broccoli
- ☐ 1 1/2 Carrot
- ☐ 1 stalk Celery
- ☐ 1/2 cup Cherry Tomatoes
- ☐ 2 tbsps Cilantro
- ☐ 1/2 Cucumber
- ☐ 6 Garlic
- ☐ 1 1/2 tbsps Ginger
- ☐ 1/4 Green Bell Pepper
- ☐ 1 stalk Green Onion
- ☐ 10 cups Kale Leaves
- ☐ 1/4 cup Mushrooms
- ☐ 2 Red Bell Pepper
- ☐ 1/2 cup Red Onion
- ☐ 1 Sweet Potato
- ☐ 1/2 Yellow Onion

Boxed & Canned

- ☐ 4 3/4 cups Black Beans
- ☐ 2 cups Chickpeas
- ☐ 3/4 cup Crushed Pineapple
- ☐ 1 1/2 cups Diced Tomatoes
- ☐ 1 3/4 cups Organic Coconut Milk
- ☐ 3/4 cup Quinoa

Baking

- ☐ 2 tbsps Cacao Powder
- ☐ 1/2 cup Oats
- ☐ 1/3 cup Organic Dark Chocolate Chips
- ☐ 3 1/2 tbsps Pitted Dates
- ☐ 1/4 cup Unsweetened Coconut Flakes

Bread, Fish, Meat & Cheese

- ☐ 8 ozs Beef Brisket
- ☐ 6 ozs Beef Tenderloin
- ☐ 8 ozs Extra Lean Ground Turkey
- ☐ 1/4 cup Feta Cheese
- ☐ 5 ozs Salmon Fillet

Condiments & Oils

- ☐ 3 tbsps Apple Cider Vinegar
- ☐ 2 tbsps Coconut Oil
- ☐ 2 tbsps Dijon Mustard
- ☐ 1/2 cup Extra Virgin Olive Oil
- ☐ 1/4 cup Pitted Kalamata Olives
- ☐ 1 1/2 tbsps Red Wine Vinegar
- ☐ 2 tbsps Tamari

Cold

- ☐ 6 Egg
- ☐ 2 cups Plain Greek Yogurt
- ☐ 4 1/8 cups Unsweetened Almond Milk

Other

- ☐ 1/3 cup Chocolate Protein Powder
- ☐ 3 1/8 cups Water

Banana Coconut Steel Cut Oats

6 ingredients · 25 minutes · 2 servings



Directions

1. In a pot, combine your coconut milk, water and steel cut oats. Stir and place over medium-high heat and bring to a boil. Reduce heat to medium-low and let oats cook for 10 to 20 minutes depending on how crunchy you like your cereal. Stir occasionally.
2. Remove oats from heat. Add banana to the pot and mash into the cooked oats with a fork or potato masher.
3. Divide banana coconut oats between bowls. Top with your toasted pecans and coconut. Enjoy!

Notes

Make it Sweeter

Top with sliced banana or a drizzle of maple syrup.

On-the-Go

Pack the oats into mason jars and reheat before eating.

No Coconut Milk

Use unsweetened almond milk.

Ingredients

3/4 cup Organic Coconut Milk (canned)

3/4 cup Water

1/2 cup Steel Cut Oats (uncooked)

1 Banana (very ripe)

1/4 cup Pecans (toasted)

1/4 cup Unsweetened Coconut Flakes (toasted)

Nutrition

Amount per serving

Calories	542	Calcium	39mg
Fat	36g	Iron	2mg
Carbs	51g	Vitamin D	0IU
Fiber	8g	Vitamin E	0mg
Sugar	11g	Thiamine	0.1mg
Protein	8g	Vitamin B6	0.2mg
Cholesterol	0mg	Folate	15µg
Sodium	28mg	Vitamin B12	0µg
Potassium	565mg	Magnesium	34mg
Vitamin A	46IU	Zinc	1mg
Vitamin C	5mg	Selenium	1µg

Peanut Butter Banana Oat Smoothie

4 ingredients · 5 minutes · 2 servings



Directions

1. Throw all ingredients into a blender and blend well until smooth. Divide into glasses and enjoy! (Note: This smoothie will thicken if not had right away. Just add a splash of almond milk until you reach your desired consistency.)

Notes

No Banana

Sweeten with raw honey, maple syrup or a few soaked dates.

No Peanut Butter

Use any nut or seed butter.

Storage

Store in a mason jar with lid in the fridge up to 48 hours.

More Protein

Add hemp seeds or a scoop of protein powder.

More Fibre

Add ground flax seed.

Ingredients

1/2 cup Oats (quick or traditional)

1/4 cup All Natural Peanut Butter

2 Banana

1 cup Unsweetened Almond Milk

Nutrition

Amount per serving

Calories	389	Calcium	258mg
Fat	20g	Iron	2mg
Carbs	48g	Vitamin D	51IU
Fiber	7g	Vitamin E	3mg
Sugar	18g	Thiamine	0.2mg
Protein	12g	Vitamin B6	0.6mg
Cholesterol	0mg	Folate	59µg
Sodium	88mg	Vitamin B12	0µg
Potassium	693mg	Magnesium	123mg
Vitamin A	326IU	Zinc	2mg
Vitamin C	10mg	Selenium	8µg

Blueberry Beet Chia Pudding

7 ingredients · 3 hours · 4 servings



Directions

1. Place the beets in a small steamer basket and steam for about 10 minutes, or until soft.
2. Add the steamed beets to a blender with the almond milk, coconut milk, blueberries, cinnamon and maple syrup. Blend until smooth.
3. Pour the beet mixture into a bowl and whisk in the chia seeds. Let stand for 10 minutes to thicken slightly then divide between jars/containers. Refrigerate for about 3 hours, or until set.
4. Remove chia pudding from fridge. Add desired toppings and enjoy!

Notes

Save Time

Buy canned beets. Make sure they are not pickled!

Topping Ideas

Fresh berries, sliced kiwi, coconut, pumpkin seeds, hemp seeds, almonds or bee pollen.

Ingredients

- 1 Beet (medium)
- 3 cups Unsweetened Almond Milk
- 1 cup Organic Coconut Milk
- 1 cup Blueberries (fresh or frozen)
- 1 tsp Cinnamon
- 2 tbsps Maple Syrup
- 1 cup Chia Seeds

Nutrition

Amount per serving

Calories	425	Calcium	631mg
Fat	29g	Iron	5mg
Carbs	37g	Vitamin D	76IU
Fiber	15g	Vitamin E	0mg
Sugar	12g	Thiamine	0mg
Protein	10g	Vitamin B6	0mg
Cholesterol	0mg	Folate	25µg
Sodium	153mg	Vitamin B12	0µg
Potassium	585mg	Magnesium	162mg
Vitamin A	403IU	Zinc	0mg
Vitamin C	5mg	Selenium	0µg

Yogurt & Berries

2 ingredients · 5 minutes · 2 servings



Directions

1. Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

Notes

Dairy-Free

Use a dairy-free yogurt like coconut, almond or cashew.

No Frozen Berries

Use any type of fresh fruit instead.

Ingredients

2 cups Plain Greek Yogurt

2 cups Frozen Berries (thawed)

Nutrition

Amount per serving

Calories	261	Calcium	526mg
Fat	5g	Iron	2mg
Carbs	32g	Vitamin D	99IU
Fiber	5g	Vitamin E	0mg
Sugar	21g	Thiamine	0mg
Protein	23g	Vitamin B6	0mg
Cholesterol	34mg	Folate	0µg
Sodium	140mg	Vitamin B12	0µg
Potassium	225mg	Magnesium	0mg
Vitamin A	1250IU	Zinc	0mg
Vitamin C	55mg	Selenium	0µg

Salt n' Vinegar Hard Boiled Eggs

3 ingredients · 35 minutes · 2 servings



Directions

1. Bring a large pot of water to a boil. Gently place eggs into the boiling water and turn the heat down to medium high. Set your timer for 14 minutes.
2. After 14 minutes, use a spoon to lift the eggs out of the water. Place on a plate and let cool for at least 20 minutes.
3. When ready to eat, peel the eggs and cut them into halves or quarters. Season with sea salt and drizzle with apple cider vinegar. Enjoy!

Ingredients

- 4 Egg
- 1/2 tsp Sea Salt (divided)
- 2 tbsps Apple Cider Vinegar (divided)

Nutrition

Amount per serving

Calories	149	Calcium	56mg
Fat	10g	Iron	2mg
Carbs	2g	Vitamin D	82IU
Fiber	0g	Vitamin E	1mg
Sugar	1g	Thiamine	0mg
Protein	13g	Vitamin B6	0.2mg
Cholesterol	372mg	Folate	48µg
Sodium	732mg	Vitamin B12	0.9µg
Potassium	138mg	Magnesium	12mg
Vitamin A	540IU	Zinc	1mg
Vitamin C	0mg	Selenium	31µg

Trail Mix With Banana

2 ingredients · 5 minutes · 1 serving



Directions

1. Divide trail mix into bowls or containers, and serve with a banana on the side. Happy snacking!

Ingredients

1/3 cup Clean Trail Mix

1 Banana

Nutrition

Amount per serving

Calories	336	Calcium	45mg
Fat	15g	Iron	2mg
Carbs	49g	Vitamin D	0IU
Fiber	3g	Vitamin E	0mg
Sugar	14g	Thiamine	0.3mg
Protein	8g	Vitamin B6	0.6mg
Cholesterol	0mg	Folate	59µg
Sodium	116mg	Vitamin B12	0µg
Potassium	765mg	Magnesium	111mg
Vitamin A	85IU	Zinc	2mg
Vitamin C	11mg	Selenium	1µg

Slow Cooker Black Bean Soup

11 ingredients · 4 hours · 3 servings



Directions

1. Combine all ingredients together in your slow cooker. Cook on high for 4 hours, or on low for 6 hours.
2. Pour approximately half the soup into a blender (or use an immersion blender) and blend into a smooth puree. Be sure to leave a spot for the steam to escape. Add the pureed soup back into the slow cooker and mix everything well. Ladle into bowls, top with desired toppings and enjoy!

Notes

Toppings

Cilantro, avocado, sour cream, yogurt, cheese, salsa and/or tortilla chips.

Stove Top

If you don't have a slow cooker, or if you need to increase the servings above 6 and your slow cooker is too small, make it on the stove top in a large stock pot instead. Add all ingredients to the pot and bring to a boil. Once boiling, reduce to a simmer. Cover and let simmer on low for an hour before blending.

Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1/2 Yellow Onion (finely diced)
- 1 **stalk** Celery (diced)
- 1/2 Carrot (large, chopped)
- 3 Garlic (cloves, minced)
- 1 1/2 **tsps** Cumin
- 1/4 **tsp** Cayenne Pepper
- 3 **cups** Black Beans (cooked, drained and rinsed)
- 1 1/2 **cups** Diced Tomatoes
- 1 **cup** Water
- 1 Lime (juiced)

Nutrition

Amount per serving

Calories	318	Calcium	108mg
Fat	6g	Iron	5mg
Carbs	51g	Vitamin D	0IU
Fiber	17g	Vitamin E	2mg
Sugar	6g	Thiamine	0.4mg
Protein	17g	Vitamin B6	0.2mg
Cholesterol	0mg	Folate	264µg
Sodium	46mg	Vitamin B12	0µg
Potassium	729mg	Magnesium	131mg

Vitamin A	2352IU	Zinc	2mg
Vitamin C	21mg	Selenium	3µg

Peanut Butter & Jelly Banana Rolls

6 ingredients · 1 hour · 3 servings



Directions

1. Start by preparing your Strawberry Chia Jam. Add the strawberries, maple syrup and chia seeds to a food processor. Pulse lightly until a chunky, jam-like consistency forms. Be careful not to over process.
2. Transfer jam into a saucepan and place on the stove over medium heat. Stir until it begins to bubble. Reduce heat to low and let simmer for 10 to 15 minutes or until jam begins to thicken.
3. Remove from heat and pour into a mason jar. Place in the fridge to thicken and cool for at least 30 minutes.
4. Once the jam has cooled, spread the peanut butter and jam across tortillas. Place a banana in the centre and roll it up. Enjoy as is, or slice into rounds.

Notes

No Strawberries

Use any type of berry instead.

Ingredients

- 3/4 cup Strawberries (halved)
- 2 1/4 tsps Maple Syrup
- 2 1/4 tsps Chia Seeds
- 3 Brown Rice Tortillas
- 3 Banana (peeled)
- 1/3 cup All Natural Peanut Butter

Nutrition

Amount per serving

Calories	488	Calcium	50mg
Fat	21g	Iron	2mg
Carbs	69g	Vitamin D	0IU
Fiber	9g	Vitamin E	3mg
Sugar	26g	Thiamine	0.1mg
Protein	12g	Vitamin B6	0.6mg
Cholesterol	0mg	Folate	61µg
Sodium	178mg	Vitamin B12	0µg
Potassium	693mg	Magnesium	101mg
Vitamin A	81IU	Zinc	1mg
Vitamin C	33mg	Selenium	3µg

Brownie Batter Protein Balls

7 ingredients · 40 minutes · 4 servings



Directions

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

Notes

Serving Size

Nutrition information is calculated based on 3 balls per serving.

Storage

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

No Pumpkin Seed Butter

Use tahini, sunflower butter, almond butter or peanut butter instead.

Preferred Protein Powder

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

Ingredients

- 3 1/2 tbsps** Pitted Dates (packed)
- 1 1/3 cups** Black Beans (cooked)
- 1/3 cup** Chocolate Protein Powder
- 3 1/2 tbsps** Pumpkin Seed Butter
- 1/3 tsp** Sea Salt
- 2 tsps** Cacao Powder
- 1/3 cup** Organic Dark Chocolate Chips (optional)

Nutrition

Amount per serving

Calories	342	Calcium	58mg
Fat	15g	Iron	4mg
Carbs	33g	Vitamin D	0IU
Fiber	7g	Vitamin E	1mg
Sugar	15g	Thiamine	0.2mg
Protein	16g	Vitamin B6	0.1mg
Cholesterol	1mg	Folate	90µg
Sodium	250mg	Vitamin B12	0.2µg
Potassium	321mg	Magnesium	119mg
Vitamin A	4IU	Zinc	2mg
Vitamin C	0mg	Selenium	3µg

Thai Turkey Burgers with Almond Carrot Slaw

12 ingredients · 30 minutes · 2 servings



Directions

1. In a large bowl, combine the turkey, green onion, cilantro, basil, garlic, and ginger. Season with salt and pepper, and mix until well combined. Form the meat mixture into equal-sized patties and set aside.
2. Heat a grill or pan to medium heat and cook the patties for 10 to 15 minutes per side, or until cooked through.
3. While the burgers are cooking, make the almond carrot slaw by combining the grated carrots, lime juice, almond butter, and tamari. Season with sea salt and black pepper to taste, and stir in some extra chopped cilantro (optional).
4. To serve, wrap patties in lettuce leaves and top with the almond carrot slaw. Enjoy!

Notes

More Carbs

Serve on burger buns or sweet potato toast.

Make Ahead

Prepare patties in advance and store in the fridge overnight, or freeze up to 3 months.

No Boston Lettuce

Use cabbages leaves instead.

Oven Version

Bake the patties in the oven at 350 degrees F for 30 minutes or until cooked through, flipping halfway.

Ingredients

- 8 ozs Extra Lean Ground Turkey
- 1 stalk Green Onion (sliced)
- 2 tbsps Cilantro (chopped)
- 2 tbsps Basil Leaves (chopped)
- 1/2 Garlic (clove, minced)
- 1 1/2 tsps Ginger (peeled and grated)
- Sea Salt & Black Pepper (to taste)
- 1 Carrot (medium, grated)
- 1/2 Lime (juiced)
- 1 tbsp Almond Butter
- 1 tbsp Tamari (or Coconut Aminos)
- 1/2 head Boston Lettuce (peeled apart into leaves)

Nutrition

Amount per serving

Calories	243	Calcium	73mg
Fat	14g	Iron	2mg
Carbs	7g	Vitamin D	16IU
Fiber	2g	Vitamin E	2mg
Sugar	2g	Thiamine	0.1mg
Protein	24g	Vitamin B6	0.5mg
Cholesterol	84mg	Folate	25µg
Sodium	604mg	Vitamin B12	1.4µg



Potassium	462mg	Magnesium	57mg
Vitamin A	5632IU	Zinc	3mg
Vitamin C	7mg	Selenium	22µg

Slow Cooker Hawaiian Beef

10 ingredients · 6 hours · 2 servings



Directions

1. Place beef in the slow cooker surrounded by sliced red peppers.
2. Drain the juice from the pineapple into a small bowl. Pour the pineapple on top of the beef and sprinkle red onion over top.
3. Mix the pineapple juice with the apple cider vinegar, tamari, garlic, sea salt and pepper. Whisk and pour over the beef and peppers.
4. Slow cook on high for 3-4 hours, or low for 6-8 hours.
5. Before serving, make the quinoa by bringing the water to a boil. Add the quinoa, reduce to a simmer, cover and cook for 15 minutes. Remove from the heat and let stand for 5 minutes before fluffing with a fork.
6. To serve, divide quinoa and red peppers between plates. Top with shredded beef. Enjoy!

Notes

Make it Paleo

Replace the tamari with coconut aminos. Skip the quinoa and serve with roasted sweet potatoes instead.

Storage

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

Save Time

Cook the quinoa in advance and reheat before serving.

Ingredients

- 8 ozs Beef Brisket
- 1 1/2 Red Bell Pepper (sliced)
- 3/4 cup Crushed Pineapple (canned, packed in pineapple juice)
- 1/4 cup Red Onion (finely diced)
- 1 tbsp Apple Cider Vinegar
- 1 tbsp Tamari
- 1 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- 1 cup Water
- 1/2 cup Quinoa (dry)

Nutrition

Amount per serving

Calories	428	Calcium	53mg
Fat	11g	Iron	5mg
Carbs	50g	Vitamin D	0IU
Fiber	6g	Vitamin E	3mg
Sugar	17g	Thiamine	0.3mg
Protein	32g	Vitamin B6	1.0mg
Cholesterol	70mg	Folate	133µg
Sodium	609mg	Vitamin B12	2.8µg
Potassium	957mg	Magnesium	129mg
Vitamin A	2801IU	Zinc	7mg

Vitamin C 125mg Selenium 23µg

Creamy Garlic Kale with Crispy Chickpeas & Sweet Potato

14 ingredients · 40 minutes · 3 servings



Directions

1. Preheat the oven to 400°F (204°C). Line a large baking sheet with parchment paper. Peel apart the garlic cloves, leaving the skin on. Place them on one edge of the baking sheet.
2. Place your chickpeas and diced sweet potato in a mixing bowl. Add in the coconut oil, curry powder, garam masala, chilli powder and paprika. Mix well and transfer to your baking sheet with the garlic. Bake in the oven for 25 to 30 minutes or until chickpeas are golden brown. Remove from oven and set aside.
3. Take your garlic cloves and peel away the skin. Add the remaining garlic flesh into your food processor or blender. Add the olive oil, lemon juice, dijon mustard, black pepper and sea salt. Blend until smooth and creamy.
4. Place your kale leaves in a large salad bowl, drizzle desired amount of dressing over top and mix well. Divide into bowls and top with the roasted chickpeas and sweet potato. Enjoy!

Notes

Save Time

Used pre-washed and sliced bagged kale.

No Kale

Use spinach, romaine or any leafy green.

No Sweet Potato

Use diced carrot or beet instead.

Make it Ahead

The dressing and roasted veggies can be made up in advance. Toss the kale in the dressing when ready to eat.

Ingredients

- 1 Garlic (whole bulb)
- 2 cups Chickpeas (cooked, drained and rinsed)
- 1 Sweet Potato (diced into half inch cubes)
- 1 1/2 tbsps Coconut Oil (melted)
- 1 1/2 tsps Curry Powder
- 1 tsp Garam Masala
- 1 tbsp Chili Powder
- 1 tsp Paprika
- 1/4 cup Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 2 tbsps Dijon Mustard
- 1/2 tsp Black Pepper
- 1/4 tsp Sea Salt
- 8 cups Kale Leaves (chopped)

Nutrition

Amount per serving

Calories	488	Calcium	228mg
Fat	29g	Iron	5mg
Carbs	46g	Vitamin D	0IU
Fiber	14g	Vitamin E	5mg
Sugar	8g	Thiamine	0.2mg
Protein	13g	Vitamin B6	0.4mg
Cholesterol	0mg	Folate	232µg



Sodium	447mg	Vitamin B12	0µg
Potassium	766mg	Magnesium	92mg
Vitamin A	10045IU	Zinc	2mg
Vitamin C	61mg	Selenium	6µg

Baked Salmon with Broccoli & Quinoa

7 ingredients · 20 minutes · 1 serving



Directions

1. Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.
2. Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
3. Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
4. While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
5. Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

Notes

Leftovers

Store covered in the fridge up to 2 days.

Speed it Up

Cook the quinoa ahead of time.

Vegan

Use tofu steaks instead of salmon fillets.

Ingredients

5 ozs Salmon Fillet

Sea Salt & Black Pepper (to taste)

2 cups Broccoli (sliced into small florets)

1 1/2 tsps Extra Virgin Olive Oil

1/4 cup Quinoa (uncooked)

1/3 cup Water

1/8 Lemon (sliced into wedges)

Nutrition

Amount per serving

Calories	482	Calcium	132mg
Fat	19g	Iron	4mg
Carbs	40g	Vitamin D	0IU
Fiber	8g	Vitamin E	3mg
Sugar	3g	Thiamine	0.6mg
Protein	39g	Vitamin B6	1.7mg
Cholesterol	78mg	Folate	229µg
Sodium	126mg	Vitamin B12	4.5µg
Potassium	1515mg	Magnesium	166mg
Vitamin A	1197IU	Zinc	3mg
Vitamin C	165mg	Selenium	60µg



Mexican Black Bean Omelette

11 ingredients · 15 minutes · 1 serving



Directions

1. Place coconut oil in a frying pan and place on medium-low heat.
2. Mix eggs, almond milk, green pepper, mushrooms, half the black beans, chili powder, nutmeg and paprika in a mixing bowl. Beat with a fork.
3. Pour egg mixture into frying pan and let cook for about 3 minutes. Fold in half when underside of omelette begins to brown and let cook for another 3 minutes. (Note: If you are making more than 1 serving, you will have to divide the egg mixture and cook it in portions.)
4. Top with diced avocado and the remaining black beans. Sprinkle with sea salt and pepper to taste. Enjoy!

Ingredients

1 1/2 tsps Coconut Oil
2 Egg (whisked)
2 tbsps Unsweetened Almond Milk
1/4 Green Bell Pepper (finely diced)
1/2 cup Black Beans (cooked, drained and rinsed)
1/4 cup Mushrooms (diced)
3/4 tsp Chili Powder
1/2 tsp Nutmeg
1/2 tsp Paprika
Sea Salt & Black Pepper (to taste)
1/4 Avocado (diced)

Nutrition

Amount per serving

Calories	427	Calcium	156mg
Fat	25g	Iron	5mg
Carbs	30g	Vitamin D	96IU
Fiber	13g	Vitamin E	4mg
Sugar	2g	Thiamine	0.3mg
Protein	23g	Vitamin B6	0.5mg
Cholesterol	372mg	Folate	225µg
Sodium	227mg	Vitamin B12	0.9µg
Potassium	869mg	Magnesium	100mg

Vitamin A	1951IU	Zinc	3mg
Vitamin C	29mg	Selenium	34µg

Kale Greek Salad with Steak

15 ingredients · 40 minutes · 2 servings



Directions

1. Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper. Place red peppers in a large mixing bowl and toss with a splash of extra virgin olive oil and sea salt. Spread the red peppers across the baking sheet and bake in the oven on the middle rack for 20 minutes while you prepare the rest.
2. Place red onion, cucumber, kale, cherry tomatoes, olives and feta cheese together in a large salad bowl and set aside.
3. Create dressing by combining olive oil, vinegar, oregano, lemon juice, minced garlic, sea salt and pepper together in a small bowl. Whisk well and set aside.
4. Remove roasted red peppers from oven and let cool. Once cool, add to bowl with salad ingredients.
5. Increase the oven temperature to 500°F (260°C) and move the rack to the top setting.
6. Season steak with sea salt and pepper on both sides. Place on the baking sheet with the parchment paper you used for the peppers. Place in the oven on the top rack and bake for 5 to 8 minutes per side depending on thickness and how you like your steak done.
7. Remove steak from the oven and cut into thin strips. Add dressing to salad and toss well. Plate salad and add strips of steak over top. Enjoy!

Notes

Vegan & Vegetarians

Skip the steak and add roasted chickpeas.

Ingredients

1/2 Red Bell Pepper (de-seeded and cut into slices)
1/4 cup Red Onion (finely sliced)
1/2 Cucumber (diced)
2 cups Kale Leaves (finely chopped)
1/2 cup Cherry Tomatoes (halved)
1/4 cup Pitted Kalamata Olives (diced)
1/4 cup Feta Cheese (crumbled)
3 tbsps Extra Virgin Olive Oil
1 1/2 tbsps Red Wine Vinegar
1/4 tsp Oregano
1/2 Lemon (juiced)
1/2 Garlic (clove, minced)
1/8 tsp Sea Salt
1/16 tsp Black Pepper
6 ozs Beef Tenderloin

Nutrition

Amount per serving

Calories	531	Calcium	192mg
Fat	45g	Iron	4mg
Carbs	12g	Vitamin D	3IU
Fiber	3g	Vitamin E	4mg
Sugar	5g	Thiamine	0.2mg



Protein	20g	Vitamin B6	0.6mg
Cholesterol	77mg	Folate	56µg
Sodium	544mg	Vitamin B12	2.5µg
Potassium	658mg	Magnesium	50mg
Vitamin A	2470IU	Zinc	4mg
Vitamin C	71mg	Selenium	18µg