
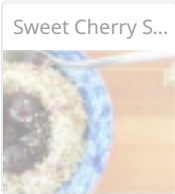
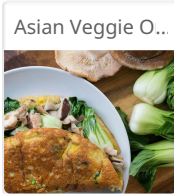
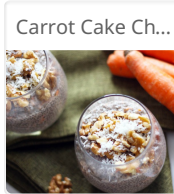
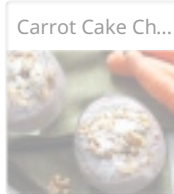
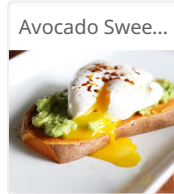
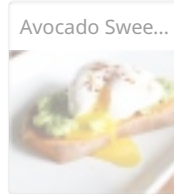
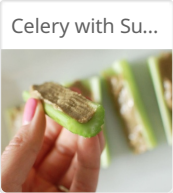
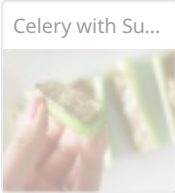
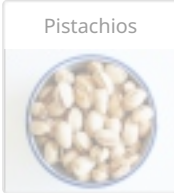
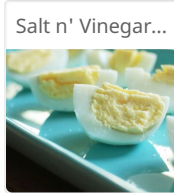
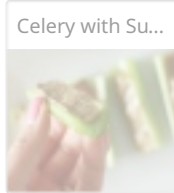
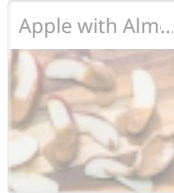
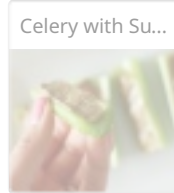
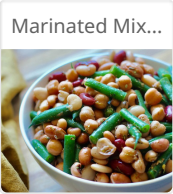
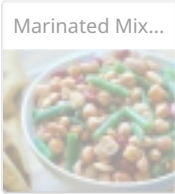
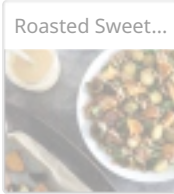
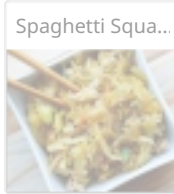
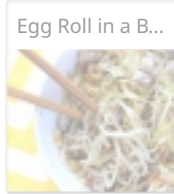
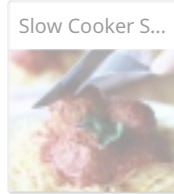
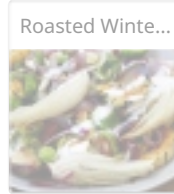

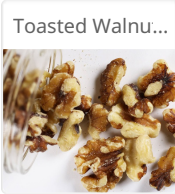
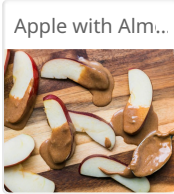
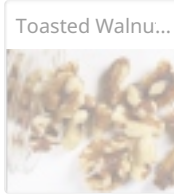

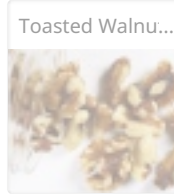
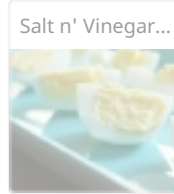

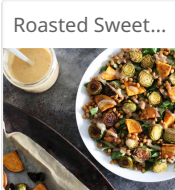



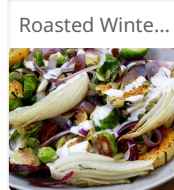
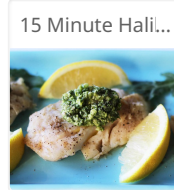


Calm Parent

Strong & Healthy Meal Plan



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Sweet Cherry S... 	Sweet Cherry S... 	Asian Veggie O... 	Carrot Cake Ch... 	Carrot Cake Ch... 	Avocado Swee... 	Avocado Swee... 
Snack 1	Celery with Su... 	Celery with Su... 	Pistachios 	Salt n' Vinegar... 	Celery with Su... 	Apple with Alm... 	Celery with Su... 
Lunch	Marinated Mix... 	Marinated Mix... 	Roasted Sweet... 	Spaghetti Squa... 	Egg Roll in a B... 	Slow Cooker S... 	Roasted Winte... 
Snack 2	Pistachios 	Toasted Walnu... 	Apple with Alm... 	Toasted Walnu... 	Salt n' Vinegar... 	Toasted Walnu... 	Salt n' Vinegar... 
Dinner	One Pan Salm... 	Roasted Sweet... 	Spaghetti Squa... 	Egg Roll in a B... 	Slow Cooker S... 	Roasted Winte... 	15 Minute Halil... 

Strong & Healthy Diet

 67 items

Fruits

- 2 Apple
- 1 Avocado
- 1 3/4 Lemon

Breakfast

- 1/4 cup Almond Butter
- 1 1/2 tsps Maple Syrup
- 1/2 cup Steel Cut Oats

Seeds, Nuts & Spices

- 2/3 tsp Black Pepper
- 1/8 tsp Cayenne Pepper
- 1/2 cup Chia Seeds
- 1/2 tsp Cinnamon
- 1/4 tsp Ground Ginger
- 1/4 cup Hemp Seeds
- 1 1/2 tsps Italian Seasoning
- 1 1/2 tsps Oregano
- 1 cup Pistachios
- 2 tsps Pumpkin Seeds
- 1 1/2 tsps Sea Salt
- Sea Salt & Black Pepper
- 1 1/3 tsps Slivered Almonds
- 1 1/8 cups Walnuts

Frozen

- 1 cup Frozen Cherries

Vegetables

- 4 cups Baby Spinach
- 1 cup Bean Sprouts
- 1 cup Bok Choy
- 3 1/2 cups Brussels Sprouts
- 1 Carrot
- 10 stalks Celery
- 1/2 cup Cherry Tomatoes
- 5 cups Coleslaw Mix
- 1/2 Delicata Squash
- 1/2 bulb Fennel
- 1 tbsp Fresh Dill
- 4 3/4 Garlic
- 1 tbsp Ginger
- 2 cups Green Beans
- 4 1/2 stalks Green Onion
- 2 cups Mixed Greens
- 1/4 cup Parsley
- 1/4 cup Red Onion
- 1/2 cup Shiitake Mushrooms
- 1 Spaghetti Squash
- 2 Sweet Potato
- 1 Yellow Onion

Boxed & Canned

- 1 1/2 cups Crushed Tomatoes
- 1 cup Lentils
- 2 cups Mixed Beans

Baking

- 2 tsps Brown Rice Flour
- 1/8 tsp Ground Cloves
- 1 tsp Stevia Powder
- 2 tsps Unsweetened Coconut Flakes

Bread, Fish, Meat & Cheese

- 1/2 lb Extra Lean Ground Chicken
- 1/2 lb Extra Lean Ground Turkey
- 5 ozs Halibut Fillet
- 1/2 lb Lean Ground Pork
- 5 ozs Salmon Fillet

Condiments & Oils

- 1/4 cup Apple Cider Vinegar
- 1 tbsp Avocado Oil
- 1/4 cup Coconut Aminos
- 2 2/3 tsps Coconut Oil
- 1/3 cup Extra Virgin Olive Oil
- 1 tbsp Sesame Oil
- 1/2 cup Sunflower Seed Butter
- 1/4 cup Tahini
- 2 1/4 tsps Tamari




Cold

- 13 1/2 Egg
- 2 cups Unsweetened Almond Milk

Other

- 1 3/4 cups Water

Sweet Cherry Steel Cut Oats

 4 ingredients  20 minutes  2 servings

Directions

1. In a saucepan, combine your steel cut oats with the water. Bring to a boil. Reduce heat and let simmer for 10 to 20 minutes, depending on how crunchy you like your oats.
2. Defrost your cherries in the microwave. 40 to 60 seconds usually does the trick.
3. Spoon your cooked steel cut oats into bowl and top with 1/2 cup cherries. Sprinkle on 2 tbsp of hemp hearts per serving. Enjoy!

Notes

No Cherries Any fruit will work.

Ingredients

1/2 cup	Steel Cut Oats
1 1/2 cups	Water
1 cup	Frozen Cherries
1/4 cup	Hemp Seeds

Asian Veggie Omelette

 6 ingredients  20 minutes  1 serving

Directions

1. Heat coconut oil in a medium-sized frying pan over medium heat. Saute the bok choy for 2 minutes. Add mushrooms and cook for 2-3 more minutes or until all veggies are soft. Transfer the veggies to a bowl and set aside.
2. In a bowl, whisk together eggs, tamari and green onion.
3. Pour the egg mixture into the same pan over medium heat, and let cook until almost set. Place the mushrooms and bok choy on one half of the omelette and fold the other half over top. Remove from heat and season with sea salt and black pepper to taste. Enjoy!




Notes

- Make it Fluffy** Whisk unsweetened almond milk into your egg mixture.
- More Flavour** Whisk sesame oil into your egg mixture.
- Mix it Up** Use up whatever vegetables you have on hand. Red onion, bell peppers or baby spinach work well.
- Likes it Spicy** Serve with hot sauce.

Ingredients

- | | |
|-------------------|---------------------------------|
| 1 1/2 tsps | Coconut Oil |
| 1/2 cup | Shiitake Mushrooms (sliced) |
| 1 cup | Bok Choy (sliced into quarters) |
| 3 | Egg |
| 2 1/4 tsps | Tamari |
| 2 stalks | Green Onion (sliced) |

Carrot Cake Chia Pudding

 9 ingredients  3 hours  2 servings

Directions

1. In a medium sized mixing bowl, combine the shredded carrot, cinnamon, cloves, ginger and stevia. Add the almond milk, then whisk in the chia seeds. Let sit for 5 minutes, then stir again to redistribute the chia seeds. Cover the bowl and refrigerate for 3 hours or overnight.
2. Divide into bowls or mason jars and garnish with shredded coconut and chopped walnuts. Enjoy!

Notes




Storage Keeps well in the fridge for 3 to 4 days.

Extra Creamy Replace half of the almond milk with full-fat canned coconut milk.

Ingredients

1	Carrot (medium, grated)
1/2 tsp	Cinnamon
1/8 tsp	Ground Cloves
1/4 tsp	Ground Ginger
1 tsp	Stevia Powder (to taste)
2 cups	Unsweetened Almond Milk
1/2 cup	Chia Seeds
1/4 cup	Walnuts (chopped)
2 tbsps	Unsweetened Coconut Flakes

Avocado Sweet Potato Toast with Poached Egg

 4 ingredients  15 minutes  2 servings

Directions

1. Trim the pointy ends off the sweet potato then lay it on its side on a cutting board. Slice it lengthwise into 1/4 inch slices.
2. Pop the sweet potato slices into the toaster and toast twice. You may need to toast a third time depending on your toaster. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 - 6 minutes per side, or until golden brown.
3. While the sweet potato toasts, carve the flesh of the avocado out into a bowl. Season with a pinch of sea salt and black pepper and mash with a fork until smooth and creamy.
4. Poach, fry or hardboil the eggs.
5. Spread the mashed avocado over the sweet potato toasts and top with cooked eggs. Season with sea salt, black pepper and/or red pepper flakes. Enjoy!

Notes

Add Greens Add a layer of baby spinach after you spread on the avocado.




Guacamole Lover Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.

Egg-Free Skip the eggs and top with hemp seeds instead.

Ingredients

- | | |
|---|------------------------------------|
| 1 | Sweet Potato (large) |
| 4 | Egg |
| 1 | Avocado |
| | Sea Salt & Black Pepper (to taste) |

Celery with Sunflower Seed Butter

 2 ingredients  5 minutes  4 servings

Directions

1. Spread sunflower seed butter across celery sticks (about 1 tbsp per celery stalk).
Happy munching!

Notes




No Celery Use cucumber instead

Ingredients

8 stalks Celery (sliced into sticks)

1/2 cup Sunflower Seed Butter

Salt n' Vinegar Hard Boiled Eggs

 3 ingredients  35 minutes  3 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

- | | |
|----------------|-------------------------------|
| 6 | Egg |
| 3/4 tsp | Sea Salt (divided) |
| 3 tbsps | Apple Cider Vinegar (divided) |

Marinated Mixed Bean Salad



 8 ingredients  15 minutes  2 servings

Directions

1. Bring a medium-sized pot of salted water to a boil. Drop in the green beans and simmer for 3 to 5 minutes. Drain and rinse with cold water until cool.
2. Combine all ingredients together in a large mixing bowl. Toss well and enjoy right away, or let marinate in the fridge overnight for more flavour.

Notes

No Mixed Beans Use equal parts chickpeas, kidney beans, white beans, lima beans, pinto beans, romano beans, or any combination of beans.

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

Ingredients

1 cup	Green Beans (fresh or frozen)
2 cups	Mixed Beans (cooked)
2 tbsps	Extra Virgin Olive Oil
1 tbsp	Apple Cider Vinegar
1 1/2 tsps	Italian Seasoning
1/2	Garlic (clove, minced)
1/2	Lemon (juiced)
	Sea Salt & Black Pepper (to taste)

Pistachios



 1 ingredients  1 minute  2 servings




Directions

1. Divide into bowls, peel and enjoy!

Ingredients

1 cup Pistachios (in the shell)

Toasted Walnuts

 1 ingredients  15 minutes  3 servings

Directions

1. Preheat oven to 350F and spread the walnuts across a baking sheet lined with parchment paper. Toast in the oven for 5 to 10 minutes, tossing at the halfway point.
2. Remove from oven, let cool and enjoy!




Notes

Extra Flavour Sprinkle with sea salt or spices of your choice.

Ingredients

1 cup Walnuts (shelled)

Apple with Almond Butter

 2 ingredients  5 minutes  2 servings

Directions

1. Slice apple and cut away the core.
2. Dip into almond butter.
3. Yummmm.

Ingredients

- | | |
|---------|---------------|
| 2 | Apple |
| 1/4 cup | Almond Butter |

One Pan Salmon with Green Beans & Roasted Tomato

 5 ingredients  25 minutes  1 serving

Directions

1. Preheat oven to 510. Line a baking sheet with parchment paper.
2. Place green beans and cherry tomatoes in a mixing bowl and toss with olive oil. Season with sea salt and black pepper. Transfer to baking sheet and bake in the oven for 10 minutes.
3. Season your salmon fillets with sea salt and black pepper.
4. Remove veggies from oven and place salmon fillets over top. Place back in the oven and bake for 7 to 10 minutes or until salmon flakes with a fork.
5. Divide veggies between plates and top with salmon. Enjoy!




Notes

- No Salmon** Use any type of fish fillet. Baking times will vary depending on thickness.
- Vegan** Use roasted chickpeas instead of salmon.
- More Carbs** Serve with quinoa or rice.
- Added Touch** Toss the green beans in balsamic vinegar before serving.

Ingredients

- | | |
|----------------|---|
| 1 cup | Green Beans (washed and trimmed) |
| 1/2 cup | Cherry Tomatoes |
| 3/4 tsp | Extra Virgin Olive Oil (or coconut oil) |
| | Sea Salt & Black Pepper (to taste) |
| 5 ozs | Salmon Fillet |

Roasted Sweet Potato & Brussels Sprouts Salad

 11 ingredients  30 minutes  2 servings

Directions

1. Preheat the oven to 425 degrees F. Line a large baking sheet with parchment paper.
2. Combine the diced sweet potato and brussels sprouts in a bowl. Add olive oil and season with sea salt and black pepper to taste. Toss well then spread across the baking sheet. Bake in the oven for 30 minutes or until both vegetables are cooked through and starting to brown.
3. While the vegetables roast, combine the tahini, maple syrup, water, cayenne pepper and sea salt in a jar. Seal with a lid and shake well to mix. Set aside.
4. Remove the roasted vegetables from the oven and place back in the mixing bowl. Add in the lentils. Mix well.
5. Divide spinach between bowls. Top with lentils and roasted vegetable mix. Drizzle with desired amount of dressing. Enjoy!

Notes

No Brussels Sprouts Use broccoli instead.




Sprouts

No Lentils Use your choice of protein. Chickpeas, grilled chicken or ground meat work well.

Ingredients

- 1** Sweet Potato (medium. sliced into 1 inch cubes)
- 2 cups** Brussels Sprouts (washed and halved)
- 1 1/2 tsps** Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 tbsps** Tahini
- 1 1/2 tsps** Maple Syrup
- 2 tbsps** Water (warm)
- 1/8 tsp** Cayenne Pepper (less if you don't like it spicy)
- 1/16 tsp** Sea Salt
- 1 cup** Lentils (cooked, drained and rinsed)
- 4 cups** Baby Spinach (chopped)

Spaghetti Squash Chow Mein

 10 ingredients  1 hour 30 minutes  2 servings

Directions

1. Preheat oven to 350 degrees F and slice the spaghetti squash in half. Place cut-side down on a baking sheet and bake in the oven for about 60 minutes or until it can be easily pierced with a fork. When done, remove from oven. Turn over and let cool slightly.
2. While the spaghetti squash is cooling, heat the sesame oil over medium heat in a large skillet or wok. Add the onion, celery, coleslaw mix, garlic and ginger, stirring to combine. Cover and cook for about 10 minutes, stirring occasionally.
3. In a separate pan, melt the coconut oil and brown the ground chicken.
4. Carefully scoop the flesh out of the spaghetti squash. Add the spaghetti squash and the chicken to the pan with the sauteed veggies. Pour the coconut aminos over everything and mix well. Divide between bowls. Enjoy!

Notes

No Coconut Aminos Use tamari instead.

Vegan and Vegetarian Replace the ground chicken with scrambled eggs or tofu.

Likes it Spicy Serve with hot sauce.

Leftovers Refrigerate up to 3 days.

Ingredients

- 1/2** Spaghetti Squash
- 1 tbsp** Sesame Oil
- 1/2** Yellow Onion (medium, diced)
- 2 stalks** Celery (sliced diagonally)
- 2 cups** Coleslaw Mix
- 1 1/2** Garlic (cloves, minced)
- 1 1/2 tsps** Ginger (peeled and grated)
- 3/4 tsp** Coconut Oil
- 1/2 lb** Extra Lean Ground Chicken
- 2 tsps** Coconut Aminos

Egg Roll in a Bowl

 9 ingredients  30 minutes  2 servings

Directions

1. Heat the avocado oil in a pan over medium-high heat. Add the yellow onion, green onion, garlic, and ginger. Cook for 3-5 minutes, stirring frequently, until soft.
2. Add the pork and break it up as it cooks. Cook for about 7-10 minutes, or until cooked through.
3. Stir in the coleslaw mix, bean sprouts, and coconut aminos. Stir for 5 minutes, or until veggies have softened. Transfer to bowls and enjoy!

Notes

No Coconut Aminos Use tamari or soy sauce instead.

Meat-Free Replace the ground meat with scrambled eggs or tofu.

Ingredients

1 tbsp	Avocado Oil
1/2	Yellow Onion (medium, diced)
2 1/2 stalks	Green Onion (diced)
2	Garlic (cloves, minced)
1 1/2 tsps	Ginger (peeled and grated)
1/2 lb	Lean Ground Pork
3 cups	Coleslaw Mix
1 cup	Bean Sprouts
2 tsps	Coconut Aminos

Slow Cooker Spaghetti Squash & Meatballs

 9 ingredients  4 hours  2 servings

Directions

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

Notes

No Ground Turkey Use any type of ground meat.

Turkey

Cheese Lover Sprinkle with parmesan cheese.

Ingredients

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

Roasted Winter Vegetables with Tahini Drizzle

 12 ingredients  45 minutes  2 servings

Directions

1. Preheat oven to 375F. Line two baking sheets with parchment paper.
2. Slice delicata squash in half lengthwise and scoop out seeds, then slice into half rounds.
3. Toss the squash, brussels sprouts, fennel and red onion with half of the olive oil, and spread over the baking sheets. Roast vegetables in the oven for 30 minutes, stirring at the halfway point.
4. Meanwhile, prepare the dressing by combining the remaining olive oil, salt, pepper, tahini, garlic, water and lemon juice in a blender. Blend until smooth, adding more water if necessary for consistency.
5. Remove vegetables from oven and divide onto plates. Drizzle with tahini sauce and top with pumpkin seeds. Season with more sea salt and black pepper if you wish. Enjoy!

Notes




More Protein Add lentils, chickpeas or diced chicken.

Leftovers Store covered in the fridge up to 2 - 3 days.

Ingredients

1/2	Delicata Squash (small)
1 1/2 cups	Brussels Sprouts (washed and halved)
1/2 bulb	Fennel (coarsley chopped)
1/4 cup	Red Onion (coarsley chopped)
2 tbsps	Extra Virgin Olive Oil (divided)
1/8 tsp	Sea Salt
1/8 tsp	Black Pepper
2 tbsps	Tahini
1/2	Garlic (clove)
2 tbsps	Water
1	Lemon (small, juiced)
2 tbsps	Pumpkin Seeds

15 Minute Halibut with Dill Pesto

 10 ingredients  15 minutes  1 serving

Directions

1. In a food processor, combine the parsley, dill, slivered almonds, olive oil, lemon juice and garlic. Season with sea salt and black pepper to taste and blend well until a thick paste forms. Transfer to a bowl and set aside.
2. Season halibut with sea salt and black pepper. Heat coconut oil in a cast iron skillet over medium-high heat. Cook fish for 3 - 4 minutes per side, or until golden. Fish should flake with a fork when finished.
3. Divide mixed greens between plates. Set halibut on the greens and top with a large dollop of pesto. Enjoy!

Notes

- Nut Free** Use pumpkin seeds or sunflower seeds instead.
- Save Time** Blend up the pesto in advance.
- More Carbs** Serve it with rice, quinoa or roasted mini potatoes.

Ingredients

- | | |
|--------------------|---------------------------|
| 1/4 cup | Parsley (packed) |
| 1 tbsp | Fresh Dill (packed) |
| 1 1/3 tbsps | Slivered Almonds |
| 2 1/4 tsps | Extra Virgin Olive Oil |
| 1/4 | Lemon (juiced) |
| 1/4 | Garlic (clove) |
| | Sea Salt & Black Pepper |
| 5 ozs | Halibut Fillet |
| 1/3 tsp | Coconut Oil |
| 2 cups | Mixed Greens (or Arugula) |