

INTUITION DIETITIAN CO. PRESENTS

AN UN-RECIPE BOOK

A GUIDE TO CREATING MEALS WITH YOUR CHOICE
OF INGREDIENTS AND FLAVORS



A DIFFERENT WAY OF COOKING

Welcome!

We hope you enjoy creating recipes based on the templates in this booklet. The meal ideas included allow you to experiment in the kitchen, taste new things, and make delicious food to enjoy alongside loved ones.

The template recipes are designed for ease and pleasure. From the novice cook to the experienced cook, you can use what you have on hand and tailor each idea to your food preferences.

Included in here you will find;

- 2 types of breakfast ideas
- 2 lunches that you will look forward to
- 2 dinners that the whole family will love
- 3 snacks to nourish your body with
- 5 different sauces, dips, & marinades to up the satisfaction factor



Table of Contents

A Bit about Intuitive Eating : 4

Gentle Nutrition: 5

Breakfast: 9

Lunch: 13

Dinner: 17

Snacks: 21

Dips, etc: 25

Substitutions: 33

Sample Recipes: 34

About the Authors: 46



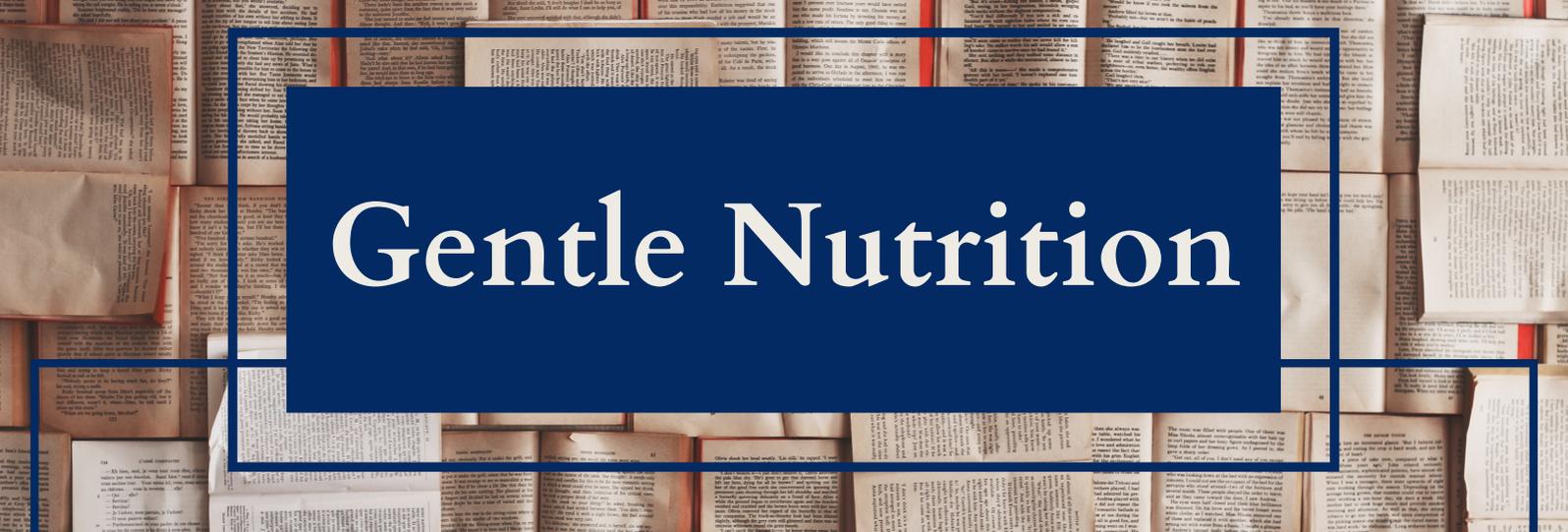
A Bit About Intuitive Eating

Intuitive Eating

Intuitive eating is an approach to food, your mind, and your body that guides you to becoming the expert of yourself. Unlike weight loss diets, there are no guidelines or rules. Intuitive eating is a personal journey to honoring health by tuning into and responding to your body signals to meet your needs -both physically and psychologically. If you feel your relationship with food, mind, and body is not in a good place, the next part about gentle nutrition may trigger some weight loss diet thinking. Feel free to skip over. To learn more about intuitive eating, visit www.intuitiveeating.org

Gentle Nutrition

Gentle nutrition is about eating food that makes you feel good while honoring your health and preferences for what tastes good. Aiming for a wide variety of foods will help you to nourish your body with many different vitamins, minerals, and antioxidants. Noticing how food makes you feel helps you gain respect, love, and appreciation for everything your body does for you. Aiming for balance will give you structure to help with energy levels, satiety, and satisfaction.



Gentle Nutrition

Balance

When aiming to have a good balance in our food choices, it is important to try to include all of the macronutrients. These are your carbohydrates, proteins, and fats. Aiming to include all three at every meal with help with increased energy levels throughout the day, satiety between meals, and full-body satisfaction. In reality, not every single meal you will ever eat will have all three of these options, and that is ok. This is where gentle nutrition comes in. Practicing curiosity and self-care can be greatly beneficial. Another way to ensure a balanced plate is to add as many colors as possible. Think about the rainbow and try to include a few different colors with each meal and snack.



Gentle Nutrition

Protein

Protein is an important part of a healthy diet. Proteins are made up of chemical building blocks called amino acids that are used in the body to help build and repair muscle and bones. They also help to make hormones and enzymes. To meet daily protein requirements, include some of the following foods.

Examples of *Protein Rich Foods*:

- Lean meats, poultry, fish & seafood, greek yogurt, cottage cheese, tofu, tempeh
- Nuts & seeds such as pumpkin, chia, almonds, hemp, walnuts, hazelnuts, sunflower seeds
- Legumes and beans such as black, white or brown beans, chickpeas, lentils, split peas



Gentle Nutrition

Carbohydrates

Carbohydrates are the body's main source of fuel and energy. When we eat carbohydrates, they break down into sugar (glucose) before being absorbed into the blood to help with insulin regulation and proper brain function. Fiber is also found in carbohydrates and is necessary for digestion, satisfaction, and maintaining healthy blood cholesterol levels. To meet daily carbohydrate requirements, include the following types of foods throughout your day.

Examples of Carbohydrate Rich Foods:

- Grains such as quinoa, rice, buckwheat, wheat berries
- All Fruits
- All Vegetables
- Bread
- Dairy products



Gentle Nutrition

Fats

Consuming fats in the diet is needed for a variety of reasons including sourcing essential fatty acids (things we cannot make on our own). Fat also helps the body absorb vitamins, provide energy, increase flavour in food, and protect vital organs. To meet daily fat requirements, enjoy some of the following foods.

Examples of Fat Rich Foods:

- Avocados
- Dark Chocolate
- Flax Seed
- Fatty fish such as salmon, trout, mackerel
- Cheese
- Nuts
- Extra Virgin Olive Oil



Breakfast

The "Anything Batter" gets the job done. Period.

Not sure what you are in the mood for? Sweet or salty? Pancakes or waffles? Well, here is a batter that can do it all. If the kids want chocolate chip pancakes and you want waffles, this one batter can be mixed & matched and customized to all your needs and liking.

The Anything Batter



Serves 8 | Prep Time 5 | Cook Time 15

Ingredients

- 1 1/2 Cups All Purpose or Whole Wheat Flour
- 3 1/2 Tsp Baking Powder
- 1 Tsp Salt
- 1 Tbsp Sugar of Choice
- 1 1/4 Milk of Choice
- 1 Egg
- 3 Tbsp Butter of Choice, Melted

Alternatives

- For Waffles: add 1 tsp of vanilla extract & warm the milk before combining
- For Crepes: lessen the flour by about half a cup, add an extra egg, and only 1/2 cup of milk
- For Muffins: keep it the same just add an extra egg
- To make it vegan: sub your favourite plant based butter & milk and sub the egg for flax egg

Procedure

- In a large bowl, sift together the flour, baking powder, salt & sugar
- Make a well in the bottom of the bowl. Pour in the milk, egg & butter
- Mix until smooth
- Heat a lightly oiled pan or griddle on medium heat
- Pour a scoop of batter onto the griddle using ~1/4 cup for each pancake
- Flip once the bubbles form on the top of the pancake, or it is golden brown
- Serve once both sides are golden brown

*TIP: Preheat the oven or warming drawer to its lowest setting. Keep a plate or baking sheet ready to put the cooked pancakes on to keep them all warm while the others cook.



Breakfast

Overnight Oats

Whether you need breakfast or a snack in a pinch, these overnight oats will get the job done. Eaten hot or cold, overnight oats are easily prepared ahead of time.

Nourishing, customizable, and delicious- these oats will keep you fueled until lunch or get you through a busy afternoon until dinner.

Overnight Oats



Serves 1 | Prep Time 5 | Cook Time N/A



Ingredients

- 1/2 Cup Rolled Oats or Quick Oats
- 1/2 Cup Milk of Choice
- 1/2 Cup yogurt, cottage cheese, or additional liquid (milk of choice or water)
- Pinch of Salt
- Optional: Sweetener of Choice
 - Maple syrup, chopped date, honey, brown sugar, etc)
- Optional: Nut Butter
 - Almond, peanut, cashew, etc
- Optional: Nuts & Seeds
 - 1 tbsp of chia seeds, hemp seeds, flax seeds, or your favourite type of nut (chopped up)

Procedure

- Combine all ingredients into a bowl & mix well
- Pour into a mason jar, or other airtight container
- Seal with a lid and store in the fridge for up to 4 days

*TIP: if you are making these to eat warm, be sure to put it in a container that is microwavable safe

** Top with your favourite nuts, seeds, and sliced fruit



Lunch

Not-so-Plain Sandwiches

Sandwiches are the best. Not only for their customization factor so that everyone is happy, but because you can pack them full of your favourite vegetables, meats, and sauces. Every day can be a sandwich day with some simple ingredients and a bit of imagination.



Sandwiches



Serves 1 | Prep Time 15 | Cook Time N/A

Protein

- Sliced chicken, turkey, roast beef
- Marinated tofu (see pg. 40)
- Tempeh
- Ham
- Mashed lentils or chickpeas

Crunch

- Sliced bell pepper
- Greens: lettuce, spinach, arugula
- Cucumber
- Radish
- Onion
- Sprouts

Acid

- Tomato
- Pickle
- Sauerkraut
- Pickled beets or tomatoes

Texture

- Avocado
- Cheese of choice

Spice

- Banana peppers
- Jalapenos
- Gochujang/Sriracha

Spread

- Mayo
- Mustard
- Horseradish
- Green goddess

Procedure

- Toast your bread if you choose
- Spread your condiment(s) of choice onto the inside of each side of the bread
- Place your toppings on choice on one side of the bread in the order of heaviest (first) to lightest (last)
- Top with the second piece of bread, slice & enjoy!



Lunch

Power Bowls

Power bowls are great for using up leftovers, meal prepping, or throwing together a nutritious meal in a small amount of time. All you need are foods that cover 4 main food categories and you are set up for a well-balanced meal.

Power bowls can be mixed and matched. If you have beginner eaters at home or are planning a dinner party, try cooking more than one grain to have on hand or pre-chopping the veggies to pop in the oven for the next day.

Power Bowls



Serves 1 | Prep Time 15 | Cook Time 10



Roasted Veggies

- Sweet Potatoes or Regular Potatoes
- Brussels Sprouts
- Cauliflower
- Red or White Onion
- Bell Pepper

Toppings

- Seeds or Nuts
- Cooked beans or lentils
- Hummus or Pesto
- Feta or other cheese
- Olives
- Balsamic Dressing

Fresh Veggies

- Cucumber
- Radish
- Cherry Tomatoes
- Green Onions or Chives
- Chopped Greens: Spinach, Kale, Arugula,
- Sliced Avocado

Grains/Legumes

- Quinoa
- Brown or White or Wild Rice
- Pasta
- Couscous
- Barley
- Lentils
- Chickpeas

Procedure

- Roast your veggies to liking
- Cook grain of choice
- Combine everything into a bowl or tupperware and enjoy!



Dinner

Bliss Bowls

A close cousin to the lunch addition of power bowls, dinner bowls have a very similar recipe format. Here we will focus a bit more on protein choices.

Dinner Bowls allow for many different combinations and are easy to customize with vegan, gluten-free, and other allergens or dietary requirements.



Bliss Bowls



Serves 2-4 | Prep Time 15 | Cook Time 30

Protein

- Animal Based:
Chicken, Pork,
Salmon, Steak
- Plant Based: Tofu,
Lentils, Tempeh

Vegetables

- Tomatoes
- Cucumber
- Squash
- Sweet Potato
- Mushrooms
- Spinach

Procedure

- Take ingredients of choice and prepare to liking, combine all in a bowl, garnish with toppings and sauce & enjoy!
- *See pg 35 for sauce recipes

Grain

- Quinoa
- Barley
- Brown Rice
- Teff
- Wild Rice
- Couscous
- Pasta of
Choice

Fat

- Avocado
- Hummus
- Olives

Sauce & Garnish

- Tahini
- Green Goddess
- Cashew Miso
Ginger*



Dinner

Sheet Pan Meals

Sheet pan dinners are one way to make a weekday go as smoothly as possible. All of these meals can be customized and adapted to fit your family's needs. Try thinking out of the box to mix things up: these meals can be made into bowls, tacos, mixed into pasta, or just eaten as is off the pan! Mix and match your favourite proteins, vegetables, and toppings into the next family favourite under 30-minute weeknight dinner.

Sheet Pan Meals



Serves 4 | Prep Time 15 | Cook Time 30



Ingredients

- 1/4 cup marinade or spices of choice
- 1 lb protein of choice
- 2 cups vegetables of choice

Procedure

- Add all ingredients to a parchment-lined sheet pan, then bake for about 20 minutes
- Specific instructions will vary depending on type of protein, oven temperature, and vegetable choice
- **The Ins & Outs of Cooking Protein in the Oven:**
 - Salmon: 450°F for 12-15 minutes
 - White Fish: 350°F for 15-20 minutes
 - Pork Chops: 400°F, boneless pork chops need to cook for 7 minutes per 1/2 inch of thickness. If you are using bone-in pork chops, add an extra minute for each 1/2 inch.
 - Pork Tenderloin: 400°F for 25-35 minutes
 - Chicken: 425°F for ~18 minutes
 - Steak: broil on high for 10 to 12 minutes, flipping halfway through. Internal temperature of steak should be 125° for rare, 135° for medium rare, and 145° for medium
 - Sausage: Place links on foil-lined baking sheet then place in a cold oven and turn heat to 350°F. Cook for 25-35 minutes or until internal temperature registers 160°F.



Snacks

Bento Box

An easy, quick way to keep energy up throughout the day. These adult lunchables can be packed right alongside the kid' lunches in your own bento-box style snack. These lunchables are the perfect combination of sweet, salty, and protein packed fuel to keep you powered through even the longest Mondays.



Bento Box



Serves 1 | Prep Time 15 | Cook Time N/A

Protein

- Sliced Deli Meat
- Hard boiled egg(s)
- Vegan Deli Meat
- Marinated Tofu Slices
- Beans or Chickpeas or Lentils

Sweet

- Grapes, Apple Slices or other fruit of choice
- Piece or two of chocolate
- Dried fruit
- Granola or Trail Mix

Salty

- Almonds, Cashews, Pistachios or other nuts
- Pickles, pickled onions, sauerkraut
- Salsa or Pico de Gallo
- Guacamole

Texture

- Cucumber
- Bell Pepper
- Celery
- Carrot Sticks
- Radish
- Broccoli

Grain

- Crackers of choice
- Homemade Lentil Crackers
- Bread or Wrap
- Corn Chips, Pita or Bagel

Extras

- Sliced Cheese
- Almond, Peanut or Other Nut Butter
- Yogurt of Choice
- Queso, hummus, tzatziki, or other dip

Procedure

- Combine all ingredients of choice into a lunch box, tupperware, or bento box. Make a 'Main Dish' if you would like to make this lunch friendly and enjoy!



Snacks

Trail Mix

Whether you prefer sweet or salty there is always a new trail mix recipe to make your new favourite.

From a no-nut mix for those with allergies to a super spicy mix for those to turn up the heat, there are many customizable combinations to trail mix that never allow you to get bored!

Trail Mix



Serves 1 | Prep Time 15 | Cook Time N/A



Nuts (1 1/2 cups)

- Feel free to use any kind of nut here!
 - Cashews
 - Peanuts
 - Pistachios

Seeds (1 cup)

- Chia
- Pumpkin
- Hemp
- Sunflower
- Flax

Dried Fruit (1 cup)

- Cherries
- Apricots
- Raisins/Craisins
- Apples
- Prunes/Dates
- Blueberries

Extras (your choice!)

- Chocolate
- Popcorn
- Pretzels
- Peanut Butter Chips
- Etc

Sweet & Spicy

- Sea Salt
- Nutmeg
- Cinnamon
- Maple Syrup or Honey

Procedure

- Combine all ingredients in a large bowl and mix well.
- Store in a ziploc bag or mason jar.
- Will keep for up to 1 month.



Sauces, Dips, Marinades & Dressings

Blender Caesar Salad
Cashew Miso Ginger
Pesto

Protein Marinade
White Bean & Kale Dip
Vegan Russian Dressing

For salads, bowls, pasta, or snacks, these sauces, dips, and dressings are a staple for all types of meals and snacks.

Caesar Salad Dressing



Makes 2 cups | Prep Time 5 | Cook Time N/A



Ingredients

- 1/4 Cup Soaked Cashews or other nut of choice
- 1/2 Cup Roasted Garlic Hummus
 - Try any other flavour of hummus for a personalized touch to this creamy dressing
- 1/4 Cup Nutritional Yeast (Or Parmesan for non-vegan)
- 1 Tbsp Each Capers and Brine
 - Can sub green olives, pickles, or anchovies
- 1 Tsp each Soy Sauce and Maple Syrup
 - Can sub honey, agave or regular sugar for the maple syrup
- 1/2 Cup Water or Milk for consistency
 - You may need more or less depending on how thick you like your dressings
- Optional: 1 Tbsp white miso
- Juice from 2 medium lemons
- 1 Tsp spicy or grainy dijon mustard
- 5 Cloves of Garlic
- 2 Tbsp oil of choice
- Healthy Pinch of Both Salt & Pepper
- 1 Tbsp of Apple Cider any other Vinegar

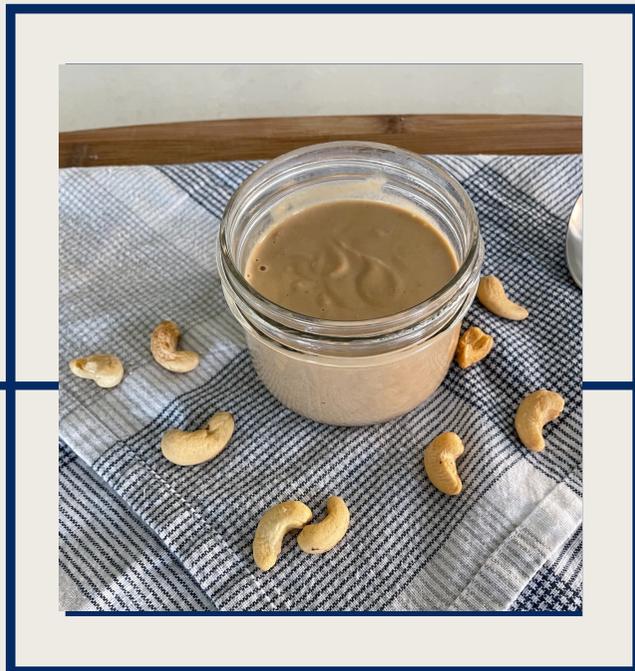
Procedure

- Combine all ingredients into a high speed blender and blend until completely smooth (~1 min depending on the strength of your blender)
- This dressing can be frozen in a freezer safe container for up to 3 months

Cashew Miso Ginger Sauce



Makes 1 cup | Prep Time 10 | Cook Time N/A



Ingredients

- 1/2 Cup Soaked Cashews
 - Any other nut of choice will work here as well
- 2 Tbsp White Miso
 - Can sub: fish sauce, soy sauce, tamari, vegetable stock with a dash of soy sauce, tahini
- 2 Tbsp Grated Ginger
- 2-3 Cloves of Garlic
- 1 Tsp Toasted Sesame Oil
- 1 Tsp Maple Syrup or other sweetener of choice (honey, agave, sugar)
- Tbsp Water or Milk of Choice
 - Adjust for consistency of liking
- Healthy Pinch of Salt

Procedure

- Add all ingredients into your blender and blend on high for 1-2 minutes or until the sauce is very smooth (no cashew chunks left)
- Serve over top of your favourite bowls, salads, or on the side as a veggie or cracker dip



Pesto



Makes 1 cup | Prep Time 15 | Cook Time N/A



Ingredients

- 2 Cups of Fresh Basil
 - For a veggie packed pesto, sub 2 cups of the basil leaves for 1 cup of leafy green such as spinach, kale, arugula, watercress or even seaweed, or herbs, such as parsley, cilantro, mint, sage or tarragon, carrot tops can also be a great choice!
- 1/2 Cup of Walnuts or Other Nut of Choice
- 4 Tbsp Nutritional Yeast or Fresh Parmesan
- 1/2 Cup Extra Virgin Olive Oil
- 5 Cloves of Garlic (can be roasted)
- Healthy Pinch of Salt and Pepper

Procedure

- Pulse the basil & the nuts in a food processor until the leaves have broken down to small pieces
- Add in garlic and cheese (or nutritional yeast) and pulse again, scraping down the sides with a spatula if need be
- Season with salt and pepper and then slowly add in the olive oil while the mixture is going
- Stop once you get the consistency you prefer

*TIP: this pesto can be frozen. Simply double batch this recipe, or split it into two separate freezer safe containers and you can enjoy fresh pesto at all months of the year!

Russian Dressing



Makes 1 1/4 cup | Prep Time 10 | Cook Time N/A



(Vegan Option Available)

Ingredients

- 1 cup mayonnaise of choice
- 1/4 cup hot sauce of choice
- 3 tablespoons white or red onion, minced
- 1 tablespoon prepared horseradish
 - Can substitute dijon mustard
- 2 teaspoons cream cheese or sour cream of choice
- 1 teaspoon Worcestershire sauce
 - Can substitute a vegan worcestershire sauce
- 1 teaspoon apple cider vinegar or other vinegar
- Salt and pepper, to taste

Procedure

- In a small bowl, whisk all the ingredients together until well combined.
- Use immediately or store in an airtight container in the refrigerator for up to 2 weeks.

Protein Marinade



Acid

- Wine
 - Red or white
- Vinegars
 - Apple cider vinegar
 - White vinegar
 - Balsamic vinegar
- Citrus
 - Lemon
 - Lime
 - Orange

Fat

- Olive Oil
- Coconut Milk
- Full Fat Yogurt
- Guacamole or Avocado
- Vegetable Oils
- Butter
- Mayonnaise
- Cream Cheese

- Buttermilk
 - Or vegan buttermilk: mix 1 cup non-dairy milk to 1 tbsp acid, then mix and let stand for at least 10 minutes
- Enzyme Rich Fruits
 - Papaya
 - Pineapple
 - Mango

Seasoning

- Jerk Mixture
- Italian Mixture
- Greek Mixture
- Chipotle Mixture
- Ginger Soy Mixture
- Garlic & Herb Mixture

Procedure

- Mix all ingredients into a bowl, freezer safe Tupperware, or Ziplock type freezer safe bag. Add your protein of choice and let sit for as long as your recipe calls for, or freeze for later!

White Bean & Kale Dip



Serves 8 | Prep Time 10 | Cook Time 10



Ingredients

- 1 15 oz Can of White Beans or Navy Beans or Chickpeas
- 1/2 cup cashews, soaked
 - Can also sub any other nut like shelled sunflower seeds or hemp heart seeds
- Splash of oil of choice
- ~1/2 cup milk of choice
- 1/4 cup nutritional yeast or parmesan
- 2 cups canned and chopped artichoke hearts
 - Can sub chayote or kohlrabi
- 4 cups chopped kale or other leafy green
- 4 cloves of garlic
- 1/2 onion of choice, sliced roughly and sauteed until golden brown
- Hearty pinch of salt and pepper



White Bean & Kale Dip

Procedure

- Soak cashews (or nut of choice) in hot water for maximum 8 hours or pour boiling water on top in a safe bowl and soak them for ~15 minutes. Drain & set aside.
- In a blender, add the following ingredients:
 - 1/2 the can of white beans
 - All of the drained nuts
 - Olive oil, milk, nutritional yeast, garlic, sauteed onions, salt & pepper.
- Blend until smooth.
- In a pan on medium heat, add in the kale to sautee for ~3-4 minutes with a pinch of salt and a dash of olive oil.
- Next, add in the artichoke hearts and the contents of the blender.
- Mix, heat, and serve hot with your favourite bread or crackers or veggies.
- *TIP: serve with crusty sliced bread



Substitutions

Things Google could tell you but all in one spot instead.

Whether you don't have a certain ingredient, have an allergy, or a disliking for certain foods this substitution list will tell you everything you need to know.

Nuts

- A recipe that calls for a specific type of nuts can be replaced with any other nut you prefer
- Hemp, pumpkin, or sunflower seeds
- Rolled oats
- Crispy rice cereal
- Nut butters
- Beans
- Pretzels

Onions & Garlic

- Onions:
 - Leeks, chives, green onion tops, onion flakes or onion powder, fennel, shallots, celery, asafoetida powder
- Garlic:
 - Garlic infused olive oil, shallots, garlic chives, other herbs or spices that you like to enjoy, asafoetida powder

Leafy Greens

- A recipe calling for any type of leafy green can be exchanged for a different type of leafy green (kale, spinach, arugula, etc)
- Carrot, radish, or turnip tops
- Swiss chard
- Mustard greens
- Chinese broccoli

Eggs & Dairy

- Eggs can easily be replaced with:
 - Apple sauce or mashed banana
 - Ground flax or chia seeds mixed with warm water
 - Silken tofu
 - Yogurt
- Dairy is easily replaced by:
 - Vegan options of whatever you were wanting (cheese, milks, yogurts, etc)



Ideas

Stuck on what to put together for each meal? Below is a list of specific compiled recipe ideas for each meal. Take a look to see what sounds satisfying to you!

The "Anything Batter" Ideas

- **Cinnamon Roll Pancakes:**

- Create a filling & a glaze that you can fill & top the pancakes with.
 - Filling: stir together 4 tbsp melted butter, 1/2 cup brown sugar, and 2 tsp ground cinnamon
 - Glaze: combine 3 tbsp of melted butter, 2 oz of cream cheese, 3/4 cup powdered sugar and 1/2 tsp vanilla extract in a bowl and stir to combine
 - Once small bubbles start to appear on the surface of the cooking pancake, spoon over some of the cinnamon swirl
 - Once the pancakes are finished cooking, top with the glaze & enjoy!

- **Fruity Pancakes:**

- While one side of the pancake is cooking, add your favourite fresh or frozen fruit into the batter side, flip once it starts to bubble, & enjoy!

- **Breakfast Crepes:**

- Sweet: fruit of choice, syrup, nutella, whipped cream, honey, chocolate sauce
- Savoury: spinach, eggs, ham, peppers, tomato, onions or scallions, cheese, mushrooms, chicken

- **Chocolate Waffles with Peanut Butter Sauce:**

- Add 1/4 cup unsweetened cocoa powder to the batter mix
- Combine 1/4 cup plain yogurt of choice, 2 tbsp creamy peanut butter, 1 tbsp maple syrup, and 1-2 tbsp of milk to make the sauce



Overnight Oats Ideas

- **High Protein:**

- Add a scoop of your favourite protein powder
- Add a tbsp of chia seeds
- Use soy milk
 - *TIP: if you add protein powder or chia seeds, you may need to add extra liquid to compensate

- **Strawberry Shortcake**

- Use strawberry yogurt and use coconut milk as your milk of choice
- Top with fresh or frozen sliced strawberries or strawberry jam!

- **Peanut Butter**

- Add 2 tbsp peanut butter to the recipe
- Throw in a handful of mini chocolate chips if desired

- **Banana Bread**

- Add 1/4 tsp of cinnamon and 2 tbsp of crushed walnuts or pecans
- Top with sliced banana

- **Cinnamon Apple**

- Add 1/4 tsp of cinnamon or apple pie spice
- Dice up a 1/4 of a small apple
- Add 2 tbsp of raisins and some crushed walnuts

- **Pina Colada**

- Use a coconut based yogurt and coconut milk
- 1 tsp of vanilla extract
- Dice up fresh or frozen pineapple as your topping
- Optional: shredded coconut to top



Sandwich Ideas

- **Mediterranean Grilled Chicken:**

- Cooked, shredded or sliced chicken or other protein of choice
 - Pressed, firm tofu sliced into rectangles then grilled would also be great on this sandwich
- Crumbled feta
- Roasted red pepper
- Sliced cherry tomatoes
- Arugula
- Mayonnaise or hummus (or both!)

- **Pesto & Chicken**

- Cooked chicken breast, sliced
- Pesto (see page 28)
- Mozzarella
- Sliced tomato

- **Tofu Banh Mi**

- Matchstick carrots & daikon radish
- Sriracha mayo
- Lime juice, fish sauce, cucumber & jalapeno
- French baguette



More Sandwich Ideas

- **Tempeh Reuben**

- Marinated tempeh (veggie broth, balsamic vinegar, liquid smoke, spices of choice)
- Rye bread
- Sauerkraut (see page _ for a 10 minute homemade recipe!)
- Vegan russian dressing (see page 29)
- Vegan swiss cheese

- **BLT or TLT (Tempeh Lettuce Tomato)**

- 4 slices bacon or tempeh
- Lettuce
- Tomato
- Bread of choice
- Mayonnaise and and other condiment you like

- **Tuna Salad Sandwich (Can be made Vegan)**

- 1 Can of tuna packed in water *or sub a can of chickpeas for vegan, smash them with a potato masher or a fork*
- Mayonnaise & dijon mustard
- Red onion, finely diced
- Celery, chopped
- Capers, chopped
- Lemon juice & fresh dill & parsley
- Bread of choice & toppings such as lettuce and tomato

Power Bowl Ideas

- **Greek Chicken Power Bowls**

- *Can be made vegan by subbing chicken for chickpeas or tofu*
- **Check out this one from:**
<https://www.lecremedelacrumb.com/greek-chicken-power-bowls/>
- **Or this vegan one from:**
<https://www.fitmittenkitchen.com/vegan-greek-power-bowl-tzatziki-dressing/>

- **Thai Tempeh Buddha Bowl**

- <https://www.fitmittenkitchen.com/thai-tempeh-buddha-bowl/>

- **Hawaiian BBQ Tofu Bowls**

- <https://www.emilieeats.com/hawaiian-bbq-tofu-bowls-fit-mitten-kitchen/>

- **Terriyaki Salmon Bowls**

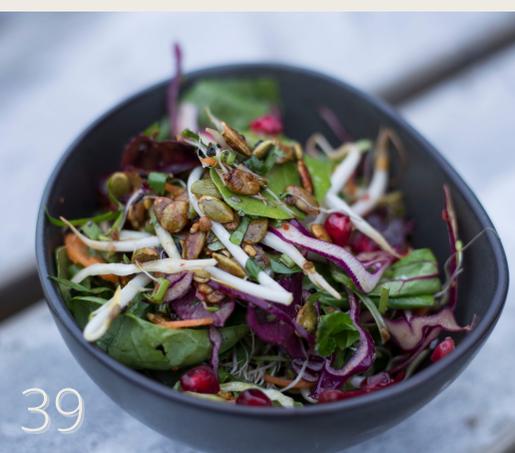
- <https://www.eatingbirdfood.com/teriyaki-salmon-bowls/#wprm-recipe-container-34195>

- **Slow Cooker BBQ Chicken Quinoa Bowls**

- <https://mountainmamacooks.com/slow-cooker-bbq-chicken-quinoa-bowls/>

- **Egg & Veggie Breakfast Bowl**

- <https://www.fitmittenkitchen.com/quinoa-egg-veggie-breakfast-bowl/#tasty-recipes-14500>



Dinner Bowl Ideas

- **Broccoli Pesto Pasta with Chicken**
 - <https://gimmedelicious.com/pesto-chicken-and-broccoli-pasta/#wprm-recipe-container-12911>
- **Chicken Enchilada Bowl**
 - <https://www.thewholesomedish.com/one-pot-wonder-chicken-enchilada-bowls/#recipe>
 - Sub soy curls to make this recipe vegetarian
- **Vietnamese BBQ Shrimp Noodle Bowl**
 - <https://www.mjandhungryman.com/vietnamese-bbq-shrimp-noodle-bowl/>
- **Flaky Cod Rice Bowl**
 - <https://www.bonappetit.com/recipe/rice-bowls-with-flaky-cod>
- **Dinner Scramble**
 - <https://www.bonappetit.com/recipe/soy-ginger-dinner-scramble>
- **Peruvian Steak and Roasted Sweet Potato Bowl**
 - <https://www.myrecipes.com/recipe/peruvian-steak-roasted-sweet-potato-bowl>
 - Try this recipe with tempeh for a great meatless monday alternative
- **California Burger Bowls**
 - <https://www.tasteofhome.com/recipes/california-burger-bowls/>
 - Easily make this recipe vegan or vegetarian by substituting the turkey for Beyond Meat or another meat substitute, and swap out non-vegan condiments for vegan ones



Sheet Pan Dinner Ideas

- **Szechuan Salmon with Scallion Green Beans**
 - <https://www.feastingathome.com/szechuan-salmon/>
- **Peri Peri Chicken**
 - <https://www.feastingathome.com/portuguese-chicken-and-potatoes/>
- **Vegan Coconut Millet Bowl with Berbere Spiced Squash**
 - <https://www.feastingathome.com/coconut-millet-bowl-with-berbere-spiced-squash/>
- **Tandoori Chicken or Tofu with Veggies**
 - <https://www.feastingathome.com/sheet-pan-tandoori-bake/>
- **Fajita Bowls**
 - <https://www.feastingathome.com/veggie-fajita-bowl-with-cauliflower-cilantro-rice/>
- **Roasted Vegetable Chili with Cornbread Biscuits**
 - <https://www.foodnetwork.com/recipes/food-network-kitchen/roasted-vegetable-chili-with-cornbread-biscuits-3812231>
- **Breakfast Bake**
 - <https://www.foodnetwork.com/recipes/food-network-kitchen/sheet-pan-breakfast-bake-6563050>
- **Crispy Gnocchi with Sausage and Peppers**
 - <https://www.foodnetwork.com/recipes/food-network-kitchen/crispy-sheet-pan-gnocchi-with-sausage-and-peppers-4548271>



Bento Box Ideas

- **BBQ Chickpea Wraps (Chickpea topping is also great on top of a salad base if you want to mix things up over the week)**
 - <https://www.emilieeats.com/vegan-bbq-chickpea-wrap/print/5764/>
- **Breakfast Bento Box**
 - Using the Anything Batter Recipe from breakfast (page 10), do up your favourite breakfast food into a mini-snack version to take on the go with you wherever!
- **DIY Starbucks Protein Bistro Box**
 - https://www.number-2-pencil.com/wprm_print/7364
- **Mini Quiches (freezer friendly!)**
 - https://www.culinaryhill.com/wprm_print/recipe/29153
 - Or these vegan quiches: <https://simple-veganista.com/mini-chickpea-flour-frittatas/print/10814/>
- **Banana Roll Ups or Turkey Roll Ups**
 - (Banana) <https://www.eatingwell.com/recipe/258642/peanut-butter-banana-roll-ups/>
 - (Turkey) https://www.culinaryhill.com/wprm_print/recipe/26867
- **Quesadillas**
 - Vegan Avo-dilla: https://www.thekitchn.com/_/print
 - Cheesy: <https://www.thekitchn.com/how-to-make-crispy-cheesy-quesadillas-on-the-stove-top-cooking-lessons-from-the-kitchn-188645>



Trail Mix Ideas

- **Maple Glazed Mix**
 - https://www.freshoffthegrid.com/wprm_print/11726
- **Sweet & Spicy Mix**
 - https://www.completelydelicious.com/wprm_print/31556
- **Chocolate Banana Mix**
 - <https://www.theendlessmeal.com/homemade-trail-mix/print/36952/>
- **Maple Glazed Nut Free Mix**
 - https://dairyfreeforbaby.com/wprm_print/658
- **Old School Mix**
 - Combine peanuts, raisins, and M&Ms
- **Tropical Mix**
 - Cashews, brazil nuts, dried mango, coconut flakes, banana chips
- **Coffee Shop**
 - Hazelnuts, almonds, raisins, chocolate-covered coffee beans, white chocolate chips



Marinade Ideas

- **Balsamic**

- 1/4 cup olive oil
- 1/4 cup balsamic vinegar
- 1 tbsp Dijon mustard
- 2 cloves garlic, minced
- 1/2 tsp each salt & pepper

- **Teriyaki**

- 1 tbsp sesame oil
- 1/4 cup soy sauce
- 4 cloves garlic, minced
- 1 tbsp minced ginger

- **Fajita**

- 1/4 cup olive oil
- 1/4 cup lime juice
- 1 tbsp homemade fajita seasoning
- 1/2 tsp each salt & pepper

- **Honey Mustard**

- 1/3 cup Dijon mustard
- 1/4 cup honey
- 2 tablespoons olive oil
- 1 tablespoon apple cider vinegar
- 1 teaspoon paprika
- 3/4 teaspoon kosher salt (see note)
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground black pepper

- **Greek**

- 1/2 cup olive oil
- 1/4 cup lemon juice
- 3 cloves garlic, minced
- 2 Tbsp Dijon mustard
- 2 Tbsp dried oregano
- 2 tsp dried parsley
- 1 tsp dried thyme
- 1 tsp black pepper
- 1 tsp dried rosemary
- 1/2 cup greek yogurt

- **Thai**

- 1/4 cup basil leaves
- 1/4 cup cilantro leaves
- 8 peeled garlic cloves
- 2 tbsp sambal oelek or other chile sauce
- 2 tbsp fish sauce
- 1 tsp lemon zest
- 1 tsp lime zest
- 1/2 cup vegetable oil



Marinade Ideas

- **Curry**

- 1/3 cup vegetable oil
- 1 tablespoon grated fresh ginger
- 2 teaspoons curry powder
- 1 teaspoon garam masala
- 1/2 teaspoon paprika
- 2 cloves garlic, grated
- 2 shallots, sliced
- Kosher salt and freshly ground black pepper

- **Sweet & Spicy**

- 1/4 cup olive oil
- 4 1/2 tablespoons honey
- 6-8 cloves garlic, minced
- 1/2 - 1 1/2 teaspoons ground red or cayenne pepper
- 1 1/4 teaspoon sea salt
- 1/3 cup apple cider vinegar
- 2 - 3 1/2 tablespoons sriracha

- **Pesto**

- See page 28

- **Sticky Ginger Soy**

- 1/4 cup brown sugar
- 3 Tbsp soy sauce
- 2 cloves garlic
- 1 Tbsp fresh ginger, grated
- Freshly cracked pepper
- 1 Tbsp cooking oil

- **Lemon Rosemary**

- 3 large lemons
- 1/4 cup rosemary leaves, or 2 tablespoons dried rosemary
- 1/4 cup olive oil
- 2 cloves garlic
- 2 teaspoons salt
- 1/2 teaspoon white pepper

- **BBQ**

- Simply use your favorite BBQ sauce

About the Authors

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Kieran is currently completing her last year of her undergraduate degree in human kinetics, and is hoping to move on to doing her masters in dietetics at UBC. Kieran has a passion for food, wellness, and educating people on body positivity.



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Joelle is the owner and operator of Intuition Dietitian Co., a small nutrition counseling business in Kelowna, BC. She is passionate about helping clients heal their relationship with food and managing medical conditions without restriction.



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