



WEIGHT GAIN MEAL PLAN TO BOOST FERTILITY

Created by GINSEN-LONDON



WEIGHT GAIN MEAL PLAN TO BOOST FERTILITY

GINSEN-LONDON

Hello Ladies!

Thank you for trusting us with your journey to fertility.

In this meal plan, we have included foods to boost fertility, while helping you gain weight in a healthy way.

Please note these foods or based on general recommendations for fertility. It is not intended to treat or correct any underlying conditions.

Here is a list of general food to boost fertility in women:

- Foods rich in antioxidants - fruits and vegetables
- Pineapple
- Citrus fruit
- Berries
- Salmon
- Liver
- Oysters
- Egg yolk
- Full-fat milk and yogurt
- Mature cheese
- Beans - edamame, kidney beans
- Leafy greens
- Asparagus
- Walnuts
- Sunflower seeds
- Hempseeds and flaxseeds
- Cinnamon
- Seaweed and algae

We trust you will love this meal plan we have put together for you.

Please reach out if you have any questions.

Much love,

The Ginsen-London team

WEIGHT GAIN MEAL PLAN TO BOOST FERTILITY

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Chocolate Avocado Smoothie	Mushroom & Chive Omelette	Avocado Toast with a Poached Egg	Chocolate Avocado Smoothie	Mushroom & Chive Omelette	Avocado Toast with a Poached Egg	Chocolate Avocado Smoothie
Snack 1	Eggs & Avocado Snack Box	Berry & Nut Breakfast Bowl	Dill Pickles with Cheese & Almonds	Eggs & Avocado Snack Box	Dill Pickles with Cheese & Almonds	Berry & Nut Breakfast Bowl	Eggs & Avocado Snack Box
Lunch	Quick Teriyaki Chicken Rice Bowls	Meal Prep Spaghetti with Chicken, Spinach & Tomatoes	Roasted Vegetable Quinoa Salad	Quick Teriyaki Chicken Rice Bowls	Meal Prep Spaghetti with Chicken, Spinach & Tomatoes	Roasted Vegetable Quinoa Salad	Quick Teriyaki Chicken Rice Bowls
Snack 2	Spinach & Sweet Potato Egg Muffins	Strawberry Almond Protein Smoothie	2 Spinach & Sweet Potato Egg Muffins	Brazil Nuts & Blueberries	Spinach & Sweet Potato Egg Muffins	Strawberry Almond Protein Smoothie	Brazil Nuts & Blueberries
Dinner	Thai Chicken & Vegetable Green Curry	Easy Salmon Poke Bowl	One Pan Roasted Veggies & Chicken	Thai Chicken & Vegetable Green Curry	Easy Salmon Poke Bowl	One Pan Roasted Veggies & Chicken	Thai Chicken & Vegetable Green Curry
	Brown Rice		Steamed Corn on the Cob	Brown Rice		Steamed Corn on the Cob	Brown Rice
Snack 3	Greek Yogurt	Kiwi	Orange & Dark Chocolate	Greek Yogurt	Orange & Dark Chocolate	Grapes & Walnuts	Greek Yogurt

WEIGHT GAIN MEAL PLAN TO BOOST FERTILITY

7 days

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Calories 2284	Calories 2374	Calories 2131	Calories 2317	Calories 2189	Calories 2262	Calories 2317
Fat 127g	Fat 116g	Fat 124g	Fat 135g	Fat 116g	Fat 128g	Fat 135g
Carbs 159g	Carbs 216g	Carbs 163g	Carbs 165g	Carbs 169g	Carbs 201g	Carbs 165g
Fiber 25g	Fiber 41g	Fiber 34g	Fiber 27g	Fiber 26g	Fiber 46g	Fiber 27g
Protein 132g	Protein 138g	Protein 104g	Protein 123g	Protein 124g	Protein 107g	Protein 123g
Sodium 3185mg	Sodium 2331mg	Sodium 2749mg	Sodium 2696mg	Sodium 2887mg	Sodium 1700mg	Sodium 2696mg
Vitamin A 17502IU	Vitamin A 7024IU	Vitamin A 29965IU	Vitamin A 8170IU	Vitamin A 15820IU	Vitamin A 11769IU	Vitamin A 8170IU
Calcium 1630mg	Calcium 1302mg	Calcium 775mg	Calcium 1575mg	Calcium 614mg	Calcium 1345mg	Calcium 1575mg
Iron 12mg	Iron 18mg	Iron 19mg	Iron 10mg	Iron 18mg	Iron 17mg	Iron 10mg
Folate 511µg	Folate 520µg	Folate 674µg	Folate 385µg	Folate 522µg	Folate 532µg	Folate 385µg
Vitamin B12 3.2µg	Vitamin B12 6.3µg	Vitamin B12 5.4µg	Vitamin B12 2.3µg	Vitamin B12 6.7µg	Vitamin B12 4.1µg	Vitamin B12 2.3µg
Zinc 11mg	Zinc 13mg	Zinc 12mg	Zinc 10mg	Zinc 12mg	Zinc 12mg	Zinc 10mg

WEIGHT GAIN MEAL PLAN TO BOOST FERTILITY

81 items

Fruits

- ☐ 4 1/4 Avocado
- ☐ 2 Banana
- ☐ 1 cup Blackberries
- ☐ 1 cup Blueberries
- ☐ 1 cup Grapes
- ☐ 2 Kiwi
- ☐ 1 Lemon
- ☐ 2 Navel Orange
- ☐ 4 cups Strawberries

Breakfast

- ☐ 1/3 cup Almond Butter

Seeds, Nuts & Spices

- ☐ 3/4 cup Almonds
- ☐ 1/2 tsp Black Pepper
- ☐ 1/2 cup Brazil Nuts
- ☐ 1 tsp Garlic Powder
- ☐ 2 tbsps Ground Flax Seed
- ☐ 1/3 tsp Ground Ginger
- ☐ 2 tbsps Hemp Seeds
- ☐ 1 tbsp Italian Seasoning
- ☐ 1 tsp Onion Powder
- ☐ 1 tsp Paprika
- ☐ 2 tbsps Pumpkin Seeds
- ☐ 1 tsp Red Pepper Flakes
- ☐ 1 3/4 tps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1/2 cup Walnuts

Vegetables

- ☐ 2 cups Arugula
- ☐ 11 cups Baby Spinach
- ☐ 3 1/3 cups Bok Choy
- ☐ 1/3 head Cauliflower
- ☐ 2 cups Cherry Tomatoes
- ☐ 2 tbsps Chives
- ☐ 2 ears Corn On The Cob
- ☐ 2 Cucumber
- ☐ 1 1/2 cloves Garlic
- ☐ 2 Garlic
- ☐ 1 cup Green Beans
- ☐ 1 Jalapeno Pepper
- ☐ 3 Leeks
- ☐ 1/4 cup Mint Leaves
- ☐ 4 cups Mushrooms
- ☐ 1/2 cup Radishes
- ☐ 2 Red Bell Pepper
- ☐ 1 cup Red Onion
- ☐ 3/4 cup Steamed Broccoli
- ☐ 2 Sweet Potato
- ☐ 1 Yellow Potato
- ☐ 1 Zucchini

Boxed & Canned

- ☐ 3 3/4 cups Brown Rice
- ☐ 1/2 cup Brown Rice Spaghetti
- ☐ 2 2/3 cups Canned Coconut Milk
- ☐ 1/2 cup Quinoa

Baking

- ☐ 2 1/4 tps Corn Starch
- ☐ 50 grams Dark Chocolate
- ☐ 3 tbsps Packed Light Brown Sugar

Bread, Fish, Meat & Cheese

- ☐ 341 grams Boneless, Skinless Chicken Breast
- ☐ 2 slices Bread
- ☐ 168 grams Cheddar Cheese
- ☐ 227 grams Chicken Breast
- ☐ 302 grams Chicken Breast, Cooked
- ☐ 227 grams Chicken Drumsticks
- ☐ 1/4 cup Feta Cheese
- ☐ 57 grams Mozzarella Cheese
- ☐ 737 grams Salmon Fillet

Condiments & Oils

- ☐ 2 tbsps Apple Cider Vinegar
- ☐ 1 1/2 tps Avocado Oil
- ☐ 56 grams Baby Pickles
- ☐ 1/3 cup Extra Virgin Olive Oil
- ☐ 1/3 cup Green Curry Paste
- ☐ 3 tbsps Low Sodium Soy Sauce
- ☐ 1 1/2 tbsps Rice Or Apple Cider Vinegar
- ☐ 2 tps Rice Vinegar
- ☐ 1 1/3 tbsps Sesame Oil
- ☐ 1/4 cup Tamari

Cold

- ☐ 2 tbsps Butter
- ☐ 24 Egg
- ☐ 1 1/2 cups Plain Greek Yogurt
- ☐ 6 cups Unsweetened Almond Milk

Other

- ☐ 3/4 cup Chocolate Protein Powder
- ☐ 3 grams Salt And Pepper
- ☐ 1/2 cup Vanilla Protein Powder
- ☐ 4 1/4 cups Water

Chocolate Avocado Smoothie

5 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Chocolate Protein Powder

Use vanilla protein powder or hemp seeds and add cococa powder.

Likes it Sweet

Add frozen banana.

Nut-Free Version

Use coconut milk instead of almond milk and sunflower seed butter instead of almond butter.

Ingredients

1/4 Avocado

1 cup Unsweetened Almond Milk

1 tbsp Almond Butter

1 cup Baby Spinach

1/4 cup Chocolate Protein Powder

Nutrition

Amount per serving

Calories	297	Vitamin A	3386IU
Fat	19g	Calcium	655mg
Carbs	11g	Iron	2mg
Fiber	7g	Folate	115µg
Protein	25g	Vitamin B12	0.6µg
Sodium	227mg	Zinc	2mg

Mushroom & Chive Omelette

4 ingredients · 15 minutes · 1 serving



Directions

1. Heat half of the butter in a pan over medium heat. Add the mushrooms and cook for five to seven minutes until the mushrooms have softened. Add the chives and transfer to a plate to set aside.
2. Whisk the eggs in a small bowl.
3. Heat the remaining butter in the pan. Add the eggs and cook until almost set. Place the mushrooms on one half of the omelette and fold the other half over top. Remove from heat and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Dairy-Free

Use oil instead of butter.

More Flavor

Add garlic, onions, red pepper flakes, hot sauce, and/or salt.

Additional Toppings

Add cheese and/or fresh herbs.

Make it Fluffy

For a fluffier omelette, whisk the eggs with milk or water.

More Veggies

Add spinach or kale.

Ingredients

- 1 **tb**sp Butter (divided)
- 2 **cups** Mushrooms (sliced)
- 1 **tb**sp Chives (chopped)
- 4 Egg

Nutrition

Amount per serving

Calories	431	Vitamin A	1565IU
Fat	31g	Calcium	124mg
Carbs	8g	Iron	5mg
Fiber	2g	Folate	130µg
Protein	31g	Vitamin B12	1.9µg
Sodium	295mg	Zinc	4mg

Avocado Toast with a Poached Egg

6 ingredients · 15 minutes · 1 serving



Directions

1. Toast bread.
2. Cut avocado in half, remove the pit and cut into fine slices. Layer avocado on the toast, mash with a fork and season with a bit of sea salt and black pepper.
3. Crack your egg into a bowl.
4. Bring a pot of water to a rolling boil on your stovetop. Add sea salt and vinegar. Begin stirring your water with a spoon to create a whirlpool. Carefully add your egg into the whirlpool. Cook for 3 to 4 minutes then use a slotted spoon to carefully remove from the poached egg onto a plate lined with paper towel to soak up the excess liquid.
5. Transfer the egg to the top of your toast and season again with sea salt and pepper. Enjoy!

Ingredients

- 1 slice Bread
- 1/2 Avocado
- Sea Salt & Black Pepper (to taste)
- 1 Egg
- 1 tbsp Apple Cider Vinegar
- 1/8 tsp Sea Salt

Nutrition

Amount per serving

Calories	313	Vitamin A	417IU
Fat	22g	Calcium	56mg
Carbs	21g	Iron	2mg
Fiber	8g	Folate	105µg
Protein	10g	Vitamin B12	0.5µg
Sodium	501mg	Zinc	1mg

Eggs & Avocado Snack Box

4 ingredients · 15 minutes · 1 serving



Directions

1. Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
2. Strain the water and fill the saucepan with cold water. Peel the eggs when cool enough to handle and slice into halves.
3. Arrange the boiled eggs, avocado, cucumber slices and cheese in a container. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

Top the eggs with paprika, salt, pepper, everything bagel seasoning, dill or chives.

Ingredients

2 Egg

1/2 Avocado (medium, peeled)

1/3 Cucumber (sliced)

56 grams Cheddar Cheese (cubed)

Nutrition

Amount per serving

Calories	545	Vitamin A	1488IU
Fat	43g	Calcium	482mg
Carbs	15g	Iron	3mg
Fiber	7g	Folate	151µg
Protein	28g	Vitamin B12	1.5µg
Sodium	517mg	Zinc	4mg

Berry & Nut Breakfast Bowl

7 ingredients · 10 minutes · 1 serving



Directions

1. Add strawberries and blackberries to a bowl. Top with the nuts and seeds.
2. Pour the almond milk over top and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days. Keep the almond milk, berries and nuts separately until ready to serve.

Additional Toppings

Add a pinch of cinnamon, shredded coconut, additional nuts and seeds, a dollop of yogurt or a drizzle of honey.

No Berries

Use peaches, mango, pineapple or banana instead.

No Almond Milk

Use another non-dairy milk instead.

Ingredients

- 1/2 cup Strawberries (chopped)
- 1/2 cup Blackberries (cut in half)
- 2 tbsps Walnuts (chopped)
- 2 tbsps Almonds (chopped)
- 1 tbsp Pumpkin Seeds
- 1 tbsp Hemp Seeds
- 1/4 cup Unsweetened Almond Milk

Nutrition

Amount per serving

Calories	356	Vitamin A	289IU
Fat	28g	Calcium	220mg
Carbs	21g	Iron	4mg
Fiber	10g	Folate	69µg
Protein	13g	Vitamin B12	0µg
Sodium	44mg	Zinc	2mg

Dill Pickles with Cheese & Almonds

3 ingredients · 5 minutes · 1 serving



Directions

1. Serve and enjoy!

Notes

Leftovers

Refrigerate the cheese and pickles in an airtight container for up to five days.

Dairy-Free

Use hummus or a vegan cheese instead.

Nut-Free

Use seeds or another vegetable instead of almonds.

Ingredients

28 grams Mozzarella Cheese (sliced)

28 grams Baby Pickles

1/4 cup Almonds

Nutrition

Amount per serving

Calories	283	Vitamin A	203IU
Fat	23g	Calcium	197mg
Carbs	9g	Iron	1mg
Fiber	4g	Folate	16µg
Protein	13g	Vitamin B12	0µg
Sodium	351mg	Zinc	1mg

Quick Teriyaki Chicken Rice Bowls

10 ingredients · 20 minutes · 3 servings



Directions

1. Cook rice according to instructions on packaging.
2. Steam broccoli.
3. Season chicken pieces with salt and pepper and place in large non stick skillet.
4. Cook until done, stirring often.
5. In a small bowl or a measuring cup, combine brown sugar, soy sauce, ginger, garlic, vinegar and cornstarch. Whisk together until there are no cornstarch lumps. Add sauce to chicken and cook stirring constantly, until it thickens into shiny glaze.
6. Remove from heat and serve immediately with rice and steamed broccoli.

Ingredients

341 grams Boneless, Skinless Chicken Breast
(cut into bite size pieces)

3 grams Salt And Pepper

3 tbsps Packed Light Brown Sugar

3 tbsps Low Sodium Soy Sauce

1 1/2 tbsps Rice Or Apple Cider Vinegar

1/3 tsp Ground Ginger

1 1/2 cloves Garlic (minced)

2 1/4 tsps Corn Starch

3/4 cup Brown Rice

3/4 cup Steamed Broccoli

Nutrition

Amount per serving

Calories	504	Vitamin A	0IU
Fat	14g	Calcium	32mg
Carbs	71g	Iron	2mg
Fiber	4g	Folate	30µg
Protein	24g	Vitamin B12	0µg
Sodium	1223mg	Zinc	1mg

Meal Prep Spaghetti with Chicken, Spinach & Tomatoes

8 ingredients · 30 minutes · 2 servings



Directions

1. Preheat oven to 450°F (232°C) and line baking sheets with foil.
2. In a bowl, toss tomatoes in 1/3 of the olive oil and transfer to a baking sheet.
3. Combine garlic powder, onion powder and salt in a small bowl. Coat the chicken with the remaining olive oil and half the garlic-onion seasoning. Transfer to a separate baking sheet.
4. Bake the chicken and tomatoes for about 15 minutes, or until chicken is cooked through and tomatoes have slightly charred and burst. Remove from oven and slice the chicken.
5. Meanwhile, lightly saute the spinach in a large pan with a bit of water just until wilted. Remove from heat.
6. Cook pasta according to the directions on the package. Once cooked, toss the noodles in the remaining garlic-onion seasoning and wilted spinach until evenly distributed.
7. Divide the pasta, sliced chicken and tomatoes into separate containers and let cool before refrigerating.

Notes

No Chicken

Use beef strips, turkey breast, our Marinated Baked Tofu, or Savoury Roasted Chickpeas recipe instead.

No Brown Rice Spaghetti

Use rice, quinoa or any type of pasta instead.

Make it Cheesy

Add parmesan or nutritional yeast to the pasta.

Spice it Up

Add red pepper flakes to the pasta, and/or chili powder to the seasoning.

Storage

Refrigerate in an airtight container up to 3 to 4 days.

Ingredients

- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 2 cups Cherry Tomatoes
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- 1/2 tsp Sea Salt
- 227 grams Chicken Breast (sliced in halves)
- 2 cups Baby Spinach
- 1/2 cup Brown Rice Spaghetti (dry)

Nutrition

Amount per serving

Calories	468	Vitamin A	4088IU
Fat	15g	Calcium	56mg
Carbs	52g	Iron	3mg
Fiber	5g	Folate	92µg
Protein	32g	Vitamin B12	0.2µg
Sodium	674mg	Zinc	1mg

Roasted Vegetable Quinoa Salad

15 ingredients · 1 hour · 2 servings



Directions

1. If you are using salmon, cook your fillets up ahead of time in the oven seasoned with a bit of oil, salt, pepper and lemon juice.
2. Preheat oven to 415°F (213°C). Combine sweet potato, red bell pepper, red onion, leeks and garlic cloves in a large mixing bowl. Toss well with red pepper flakes and olive oil. Place veggies on a foil-lined baking sheet and cook for about 30 minutes or until golden. (Note: Veggies can also be done on the barbecue in a grilling basket.)
3. In the mean time, add quinoa and water to a small sauce pan. Bring to a boil over medium-high heat. Cover pot and reduce heat to a simmer. Let simmer for 12 minutes. Remove from heat and fluff with fork.
4. When your veggies are finished roasting, put them in a large mixing bowl. Add quinoa, mint, feta and arugula. Sprinkle with lemon juice and season with salt and pepper. Serve alone or with an oven-baked salmon fillet on the side. Enjoy!

Ingredients

142 grams Salmon Fillet (oven baked)
1/2 Sweet Potato (diced into 1 inch cubes)
1/2 Red Bell Pepper (diced)
1/2 cup Red Onion (diced)
1 1/2 Leeks (chopped)
1 Garlic (cloves, peeled and halved)
1 1/2 tsps Extra Virgin Olive Oil
1/2 tsp Red Pepper Flakes
1/4 cup Quinoa (uncooked)
1/2 cup Water
1 cup Arugula
2 tsps Mint Leaves
2 tsps Feta Cheese (crumbled)
1/2 Lemon (juiced)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	336	Vitamin A	7220IU
Fat	12g	Calcium	155mg
Carbs	38g	Iron	4mg
Fiber	5g	Folate	142µg
Protein	21g	Vitamin B12	2.4µg
Sodium	178mg	Zinc	2mg

Spinach & 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 **tsps** 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

Nutrition

Amount per serving

Calories	228	Vitamin A	9372IU
Fat	15g	Calcium	113mg
Carbs	9g	Iron	3mg
Fiber	2g	Folate	138µg
Protein	14g	Vitamin B12	0.9µg
Sodium	491mg	Zinc	2mg

Strawberry Almond Protein Smoothie

6 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

Nut-Free

Use sunflower seed butter instead of almond butter and coconut milk instead of almond milk.

No Almond Milk

Use coconut milk or cashew milk instead.

Smoothie Consistency

If the smoothie is too thick, thin with more almond milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.

More Fiber

Add in some chopped leafy greens like spinach or kale.

Protein Powder

This recipe was developed and tested using a plant-based protein powder.

Ingredients

1 1/2 cups Strawberries (frozen)

1 Banana (small, frozen)

1/4 cup Vanilla Protein Powder

1 1/2 tbsps Almond Butter

1 tbsp Ground Flax Seed

1 1/4 cups Unsweetened Almond Milk

Nutrition

Amount per serving

Calories	474	Vitamin A	726IU
Fat	20g	Calcium	809mg
Carbs	53g	Iron	3mg
Fiber	13g	Folate	96µg
Protein	29g	Vitamin B12	0.6µg
Sodium	244mg	Zinc	3mg

Brazil Nuts & Blueberries

2 ingredients · 5 minutes · 1 serving



Directions

1. Divide the Brazil nuts and blueberries onto a plate and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Nut-Free

Use pumpkin seeds or sunflower seeds instead of Brazil nuts.

Ingredients

1/4 cup Brazil Nuts

1/2 cup Blueberries

Nutrition

Amount per serving

Calories	261	Vitamin A	40IU
Fat	23g	Calcium	58mg
Carbs	15g	Iron	1mg
Fiber	4g	Folate	12µg
Protein	5g	Vitamin B12	0µg
Sodium	2mg	Zinc	1mg

Thai Chicken & Vegetable Green Curry

5 ingredients · 15 minutes · 3 servings



Directions

1. Add the curry paste and coconut milk in a pot over medium heat. Stir to combine then bring to a simmer.
2. Add the cauliflower to the pot and cook uncovered for about five minutes or until the cauliflower is just tender. Stir in the bok choy and cooked chicken breast and continue to cook until the bok choy has wilted and the chicken has warmed through. Divide between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/3 cups.

Curry Paste

This recipe was created using Thai Kitchen Green Curry Paste. Brands of curry paste may differ so start with less curry paste and adjust to taste if needed.

More Flavor

Add fresh ginger, garlic, lime juice, cilantro, and/or basil.

Consistency

For a thinner curry add chicken broth.

Vegetables

Use broccoli, bell pepper, carrots, kale or spinach instead.

Make it Vegan

Use chickpeas, tofu, or tempeh instead of chicken.

Ingredients

1/4 cup Green Curry Paste (or to taste)

2 cups Canned Coconut Milk

1/4 head Cauliflower (small, cut into florets)

2 1/2 cups Bok Choy (chopped)

227 grams Chicken Breast, Cooked (thinly sliced)

Nutrition

Amount per serving

Calories	450	Vitamin A	2631IU
Fat	33g	Calcium	82mg
Carbs	12g	Iron	1mg
Fiber	3g	Folate	66µg
Protein	27g	Vitamin B12	0.2µg
Sodium	652mg	Zinc	1mg

Brown Rice

2 ingredients · 45 minutes · 3 servings



Directions

1. Combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 40 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

Ingredients

3/4 cup Brown Rice (uncooked)

1 1/2 cups Water

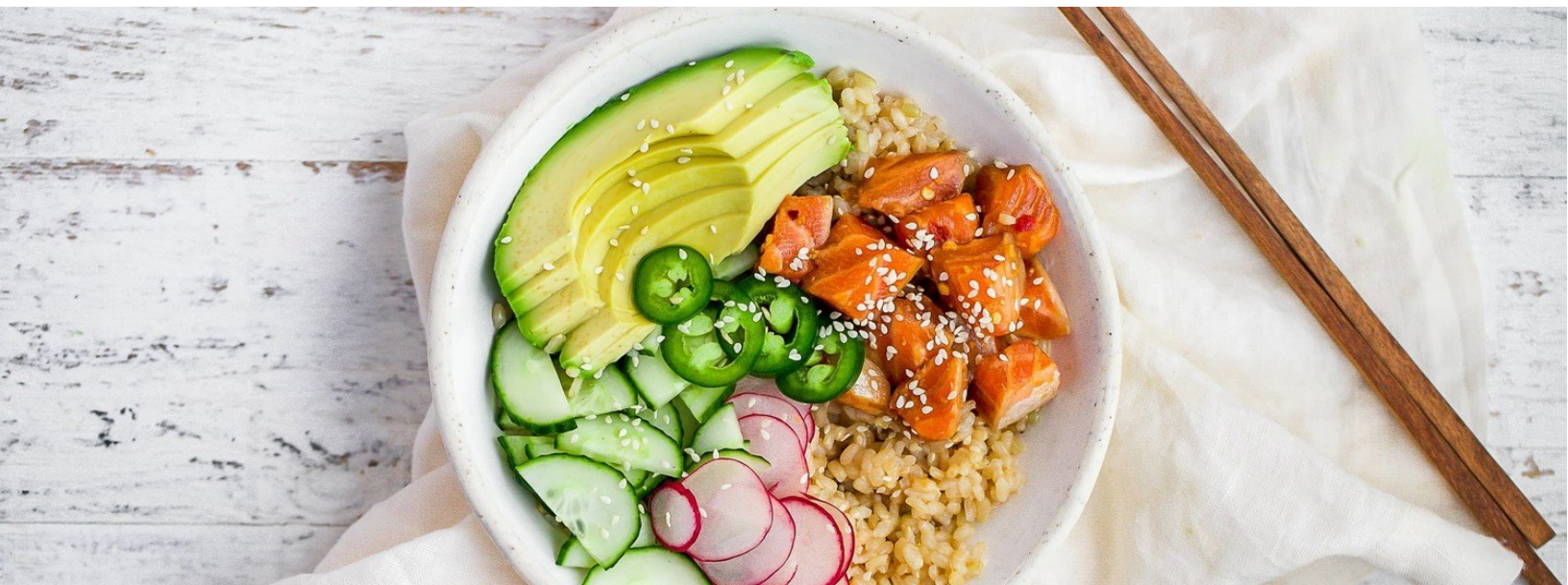
Nutrition

Amount per serving

Calories	170	Vitamin A	0IU
Fat	1g	Calcium	16mg
Carbs	35g	Iron	1mg
Fiber	2g	Folate	11µg
Protein	3g	Vitamin B12	0µg
Sodium	5mg	Zinc	1mg

Easy Salmon Poke Bowl

9 ingredients · 30 minutes · 2 servings



Directions

1. Cook the brown rice according to the directions on the package. Once it has finished cooking, drizzle half the sesame oil over top and mix to combine.
2. Meanwhile, in a medium-sized bowl, add the salmon, tamari, rice vinegar, and the remaining sesame oil. Place in the fridge to marinate for 10 minutes.
3. Assemble your bowl by adding brown rice to the bottom. Top it with salmon, cucumber, radishes, avocado, and jalapeno. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to one day.

More Flavor

Add minced ginger and chili flakes to the salmon while it's marinating.

Additional Toppings

Sesame seeds, cilantro and/or a spicy mayo.

Make it Vegan

Use tofu or tempeh instead of salmon.

Ingredients

3/4 cup Brown Rice

2 tsps Sesame Oil (divided)

227 grams Salmon Fillet (sushi-grade, skinless, diced)

2 tbsps Tamari

1 tsp Rice Vinegar

1/2 Cucumber (sliced)

1/4 cup Radishes (thinly sliced)

1/2 Avocado (sliced)

1/2 Jalapeno Pepper (thinly sliced)

Nutrition

Amount per serving

Calories	561	Vitamin A	236IU
Fat	21g	Calcium	46mg
Carbs	62g	Iron	3mg
Fiber	7g	Folate	98µg
Protein	31g	Vitamin B12	3.6µg
Sodium	1070mg	Zinc	3mg

One Pan Roasted Veggies & Chicken

9 ingredients · 35 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Place the chicken in the center of the baking sheet and arrange the chopped potatoes, zucchini, bell pepper, and green beans in a single layer around the chicken. Drizzle oil over chicken and veggies then add the Italian seasoning, paprika and sea salt. Using your hands, toss or rub the spices evenly all over the veggies and the chicken.
3. Bake for 25 minutes or until the chicken is cooked through and the veggies are tender. Divide equally between plates and serve.

Notes

Vegetable Prep

To ensure your vegetables cook evenly, be sure to slice them into roughly the same sized pieces.

Leftovers

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

Ingredients

227 grams Chicken Drumsticks
1 Yellow Potato (medium, chopped)
1 Zucchini (medium, chopped)
1 Red Bell Pepper (chopped)
1 cup Green Beans
2 tbsps Extra Virgin Olive Oil
1 tbsp Italian Seasoning
1 tsp Paprika
1/2 tsp Sea Salt

Nutrition

Amount per serving

Calories	435	Vitamin A	3025IU
Fat	25g	Calcium	63mg
Carbs	29g	Iron	3mg
Fiber	6g	Folate	87µg
Protein	26g	Vitamin B12	0.6µg
Sodium	731mg	Zinc	3mg

Steamed Corn on the Cob

1 ingredient · 15 minutes · 1 serving



Directions

1. Fill a pot with a few inches of water and bring to a boil.
2. Place the corn in a steaming basket over boiling water. Close the lid and steam for 10 to 15 minutes. Let cool slightly before serving.

Notes

Cook it in the Microwave

Keep the corn on the cob whole and leave the husks on. For 1 to 2 cobs, microwave on high for 3 minutes. For 3 to 4 cobs, microwave for 4 minutes. Let cool before removing husks.

Spreads

Spread the steamed corn with butter, ghee, oil, sour cream or your favourite spices.

Ingredients

1 ear Corn on the Cob (husk removed and halved)

Nutrition

Amount per serving

Calories	90	Vitamin A	0IU
Fat	1g	Calcium	0mg
Carbs	19g	Iron	0mg
Fiber	1g	Folate	0µg
Protein	3g	Vitamin B12	0µg
Sodium	0mg	Zinc	0mg

Greek Yogurt

1 ingredient · 5 minutes · 1 serving



Directions

1. Scoop into a bowl and enjoy!

Notes

Toppings

Fresh or frozen fruit, granola, bee pollen, nuts, coconut, honey or maple syrup.

Dairy-Free

Use coconut, almond or cashew yogurt instead.

Ingredients

1/2 cup Plain Greek Yogurt

Nutrition

Amount per serving

Calories	90	Vitamin A	625IU
Fat	2g	Calcium	250mg
Carbs	6g	Iron	0mg
Fiber	0g	Folate	0µg
Protein	11g	Vitamin B12	0µg
Sodium	70mg	Zinc	0mg

Kiwi

1 ingredient · 5 minutes · 1 serving



Directions

1. Peel and slice. Enjoy!

Ingredients

2 Kiwi

Nutrition

Amount per serving

Calories	84	Vitamin A	120IU
Fat	1g	Calcium	47mg
Carbs	20g	Iron	0mg
Fiber	4g	Folate	35µg
Protein	2g	Vitamin B12	0µg
Sodium	4mg	Zinc	0mg

Orange & Dark Chocolate

2 ingredients · 3 minutes · 1 serving



Directions

1. Peel and section oranges or slice into wedges. Divide into bowl and top with dark chocolate. Enjoy!

Notes

No Oranges

Substitute grapefruit instead.

Ingredients

1 Navel Orange (peeled or sliced)

25 grams Dark Chocolate (broken into pieces)

Nutrition

Amount per serving

Calories	218	Vitamin A	356IU
Fat	11g	Calcium	78mg
Carbs	29g	Iron	3mg
Fiber	6g	Folate	48µg
Protein	3g	Vitamin B12	0.1µg
Sodium	6mg	Zinc	1mg

Grapes & Walnuts

2 ingredients · 3 minutes · 1 serving



Directions

1. Wash grapes and divide into bowls or baggies. Mix in walnuts and enjoy!

Notes

No Walnuts

Mix in any other seed or nut. Pumpkin seeds, cashews and pistachios are all delicious!

Ingredients

1 cup Grapes (washed)

1/4 cup Walnuts

Nutrition

Amount per serving

Calories	258	Vitamin A	92IU
Fat	20g	Calcium	42mg
Carbs	20g	Iron	1mg
Fiber	3g	Folate	33µg
Protein	5g	Vitamin B12	0µg
Sodium	2mg	Zinc	1mg