

Gluten-free recipes to nourish

MAMA CAN COOK

Recipes for thriving children & families



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Welcome to the Mama Can Cook eBook!

I'm so happy you're here. I created Mama Can Cook as a practical guide for moms who want to make nourishing, homemade food for their families without making mealtime more complicated than it needs to be.



As a mom myself, I know how challenging it can be to figure out what to feed your kids day after day. You want them to eat well, but you also want food they'll actually enjoy. Some days they'll happily eat a meal you made from scratch, and other days the same child who loved it yesterday suddenly wants nothing to do with it. If you know, you know! And when you're dealing with celiac disease, food allergies, sensitivities, or dietary restrictions, figuring out family meals can feel even more overwhelming. My hope is that this ebook gives you simple ideas, helpful information, and recipes you'll actually want to make again and again.

The recipes in this book are designed to be approachable and family-friendly, with real, nourishing ingredients. They're not about perfection or spending hours in the kitchen. They're about making good food at home and finding a way of eating that works for your family.

I also encourage you to get your kids involved whenever you can. Let them wash the vegetables, stir the batter, crack the eggs, measure ingredients, or simply sit beside you and watch. Yes, it can be messy. Yes, it can take longer. But those little moments in the kitchen can become some of their favourite memories. More importantly, involving children in preparing food gives them an opportunity to become comfortable around different ingredients and learn where their food comes from.

My goal for you, mama, is to feel more confident in the kitchen and inspired to make nourishing food your whole family can enjoy.

I hope these recipes become part of your family's table, your busy weeknights, and maybe even a few special memories along the way. Remember, mama, you CAN cook!

In good (gut) health,

Jayde MacLean

Meet Jayde MacLean



Hi, I'm Jayde!

I'm a Certified Nutritional Practitioner, recipe developer, food photographer, and the creator behind Reclaimed Health.

My journey with food and nutrition started long before I ever created a recipe for the internet. I was diagnosed with celiac disease at 13, which completely changed the way I looked at food. I suddenly had to learn how to navigate a gluten-free lifestyle and find alternatives to many of the foods I grew up eating.

Instead of letting that diagnosis keep me from enjoying food, I started learning how to make my own versions from scratch.

I quickly discovered that gluten-free food didn't have to be bland, complicated, or something you had to miss out on. With the right ingredients and a little creativity, you can make food that is both nourishing and genuinely delicious.

That passion eventually led me to study holistic nutrition and create Reclaimed Health.

Through Reclaimed Health, I develop recipes and create food and wellness content, while working with brands that align with my passion for nourishing food, wellness, and a healthier way of living.

I love taking wholesome ingredients and turning them into recipes that people are actually excited to make and eat from simple family meals to gluten-free baking, fermentation, and healthier takes on classic favourites.

As a mom, I also understand that feeding a family is about so much more than nutrition. It's about busy mornings, picky eaters, grocery budgets, packed schedules, and finding meals everyone can enjoy.

Thanks for being here and letting me share a little piece of my kitchen with you.

Jayde

What Should I Feed My Child?



If you've ever stood in your kitchen wondering, "What am I supposed to feed my kids?" you're definitely not alone.

Feeding children can feel like a full-time job. One day they love something, the next day they won't touch it. One child eats everything on their plate while the other survives on berries and buttered toast. And somehow, you still have to come up with dinner tomorrow.

The good news is that healthy eating doesn't have to be complicated.

Instead of worrying about making every meal perfectly balanced, focus on offering a variety of nourishing foods throughout the day. Think of meals as an opportunity to include different foods that provide protein, carbohydrates, healthy fats, fibre, vitamins, and minerals.



The Balanced Kids' Plate

One of the questions I hear most often is, “What should I actually put on my child's plate?”

It can be easy to overthink it, especially when you're trying to make sure your kids are getting a variety of foods.

My approach is simple: instead of worrying about making every meal perfect, try to include a few different components when you can.

Think:

PROTEIN + CARBOHYDRATE + FRUIT OR VEGETABLE + HEALTHY FAT

You don't have to measure anything or make every plate look like a picture-perfect Instagram meal. This is simply a little framework to help you put together satisfying meals using foods your family enjoys. Focus on protein, carbohydrates, fruits & vegetables, and healthy fats.

WHAT DOES THIS LOOK LIKE?

Breakfast: Scrambled eggs + toast made with simple ingredients + avocado + berries

Lunch: Chicken + rice + cucumber + avocado

Snack: Greek yogurt + berries + nut or seed butter

Dinner: Ground beef + roasted potatoes + broccoli + olive oil

Easy lunchbox:

Turkey roll-ups + simple-ingredient crackers + cucumber + strawberries + cheese

And sometimes your child's plate won't have all four components and that's completely okay.

Maybe they eat the chicken and strawberries and leave everything else. Maybe they only want toast that day. Maybe dinner is a little more balanced than breakfast.

Look at the bigger picture rather than one meal.

Your job is to offer a variety of nourishing foods. Your child's job is to decide what and how much they want to eat from what you've offered.

Keep it simple, keep offering variety, and don't let the pursuit of a “perfect plate” take the joy out of feeding your family.

What Should I Feed My Child?



Protein

Protein plays an important role in children's growth and development and is found in a wide variety of foods.

Some family-friendly sources include:

- Eggs
- Chicken and turkey
- Beef and other meats
- Fish and seafood
- Greek yogurt
- Cottage cheese
- Cheese
- Beans and lentils
- Nuts and seeds, when appropriate for your child
- Nut and seed butters

You don't need to serve the same protein every day. Variety is a great way to expose your child to different foods and flavours.

Protein is an important part of everyday meals for growing kids and can come from many different foods. Including a source of protein at meals and snacks can also make it easier to create a more balanced, satisfying meal. You don't need to overthink it eggs at breakfast, yogurt with fruit, chicken in a wrap, or beans added to dinner are all simple ways to include protein throughout the day. The key is variety and finding options your child enjoys.

What Should I Feed My Child?



Fruits & Vegetables

Fruits and vegetables provide fibre and a variety of vitamins, minerals, and other beneficial plant compounds.

Try offering different colours and textures throughout the week:

- Berries
- Apples and pears
- Bananas
- Carrots
- Cucumbers
- Broccoli
- Peppers
- Sweet potatoes
- Avocado
- Leafy greens

Don't worry if your child doesn't eat everything you offer. Exposure matters too. A child may need to see, smell, touch, and taste a food many times before they decide they like it.

Fruits and vegetables don't have to look the same every day. One day it might be berries and cucumber, and another day it could be roasted carrots and applesauce. Try serving them in different colours, shapes, textures, and preparations to keep things interesting. A child who refuses steamed broccoli might happily eat it roasted, blended into a soup, or tucked into a favourite meal. Don't be afraid to experiment and keep offering foods even if they aren't eaten right away. Sometimes simply seeing a food on the table is part of the process.

Try the Rainbow Challenge!

Make eating a variety of fruits and vegetables a fun family challenge. See how many different colours you can eat throughout the week red strawberries, orange carrots, yellow peppers, green cucumber, blue or purple blueberries, and so on. Let the kids help choose a new fruit or vegetable at the grocery store or farmers' market each week. You can even keep a simple rainbow chart on the fridge and let everyone add a checkmark or draw the foods they've tried.

There doesn't need to be a prize or a perfect score. The goal is simply to make trying new foods fun and take the pressure out of mealtimes. You might be surprised by what your kids are willing to try when they get to be part of the adventure!

What Should I Feed My Child?



Don't Forget Healthy Fats

Healthy fats are an important part of a child's diet and can easily be incorporated into everyday meals.

Try adding foods such as:

- Avocado
- Extra-virgin olive oil
- Butter or ghee
- Eggs
- Full-fat yogurt
- Nuts and seeds
- Nut and seed butters
- Fatty fish

A drizzle of olive oil over vegetables, avocado with eggs, or nut butter spread on toast can be simple ways to add nourishing fats to a meal.

Healthy fats are easy to work into meals and snacks without much extra effort. Try adding avocado to toast or eggs, spreading nut or seed butter on fruit or gluten-free toast, using olive oil when cooking vegetables, or adding seeds to yogurt, oatmeal, or smoothies. You can also let your child choose which healthy fat they want to add to a meal sometimes giving them a little bit of choice is all it takes to make a new food more exciting. Don't worry about making every meal perfect; simply look for small opportunities to include nourishing fats throughout the day.

Choose Nourishing Carbohydrates

Carbohydrates are an important source of energy for growing, active kids. For gluten-free families, some options include:

- Potatoes and sweet potatoes
- Rice
- Gluten-free oats
- Quinoa
- Corn
- Buckwheat
- Simple ingredient breads and wraps
- Simple ingredient pasta
- Fruit

Whenever possible, choose foods that offer more than just quick energy by pairing carbohydrates with protein, fat, or fibre.

What To Do With A Picky Eater?

If you have a picky eater, first of all you're not alone!

And if you've ever spent 45 minutes making a meal only to have your child look at it and say, “I don't like it,” before they've even taken a bite...welcome to motherhood. I have lived this one myself.

My daughter can be a picky eater, and there have definitely been seasons where I've wondered how on earth she is going to survive on the five foods she seems willing to eat!

But I've learned that feeding a picky eater isn't about finding the one magical recipe that suddenly makes them love every vegetable.

It's about patience, exposure, and taking the pressure off.

Don't Turn Mealtime Into a Battle

This one can be really hard.

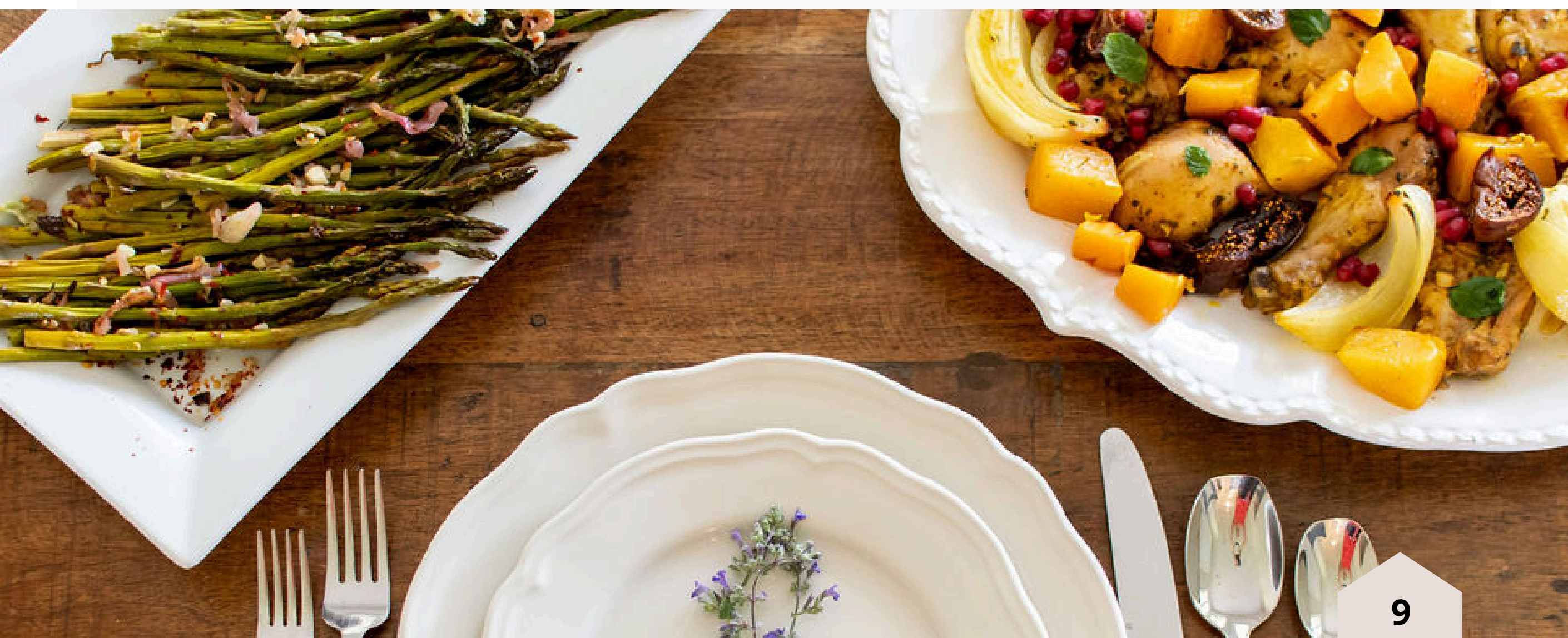
When you've spent time preparing a meal, it's natural to want your child to eat it. But the more pressure we put on them to take bites, clean their plate, or eat “just one more,” the more stressful mealtimes can become.

Instead, offer the food and let your child decide whether and how much they want to eat.

Always Include Something Familiar

If I'm serving my daughter something new, I like to include at least one food I know she is comfortable eating.

If we're having chicken, vegetables, and rice, maybe I know she'll eat the rice. That's okay!



What To Do With A Picky Eater?

The goal isn't to make her eat everything on the plate. It's to give her the opportunity to explore the other foods without feeling like her entire meal depends on eating something unfamiliar.

Keep Offering It

Just because your child refuses something today doesn't mean they'll refuse it forever. Children's tastes change. Foods they once loved can suddenly become “gross,” and foods they wouldn't touch six months ago can suddenly become favourites. Keep putting different foods on the table without making a big deal about whether they eat them.

Change the Way You Serve It

Sometimes it's not the food it's the presentation.

A child who doesn't like cooked carrots might happily eat raw carrot sticks.

Maybe broccoli isn't a hit, but broccoli roasted with a little olive oil is.

Maybe they don't want a whole apple but will eat apple slices with nut or seed butter.

Keep experimenting with different shapes, textures, temperatures, and ways of preparing the same food. Let Them Have Some Control. Give your child small choices. “Would you like cucumber or carrots?” “Do you want strawberries or blueberries?” “Do you want your eggs scrambled or cooked sunny-side up?” You're still deciding what foods are available, but your child gets to have some say in what goes on their plate.

Get Them Involved

This is one of my favourite strategies.

Take them grocery shopping. Let them pick a fruit. Let them wash vegetables. Let them stir the pancake batter. Grow something in the garden together.

Sometimes children are much more interested in trying something when they have been part of the process.

Don't Label Them

Try not to constantly call your child a “picky eater” in front of them.

Instead of saying, “She won't eat vegetables,” try saying, “She's still learning to like vegetables.” It may seem like a small difference, but I love the idea of leaving room for our kids' tastes to grow and change.

And Mama, Give Yourself Some Grace. There have been plenty of meals in our house where my daughter has eaten something completely different from what I imagined she would. I've learned that I don't have to win every meal. I don't need to convince her to love every food. I just need to keep offering nourishing options, keep exposing her to different foods, and keep mealtimes as positive as I can.

Snacks That Actually Satisfy

“Mom, I'm hungry!”

If you have kids, you probably hear this approximately 47 times a day.

Snacks are a big part of family life, and I don't think they need to be complicated. Instead of reaching for a snack that is mostly one ingredient, I like to think about combining a couple of foods together especially a source of protein or fat with a carbohydrate or fruit.

This can make snacks feel a little more substantial and gives you more variety throughout the day.

Try This Simple Formula:

PROTEIN OR HEALTHY FAT + FRUIT, VEGETABLE, OR CARBOHYDRATE

Here are some easy combinations:

Greek yogurt + berries + seeds

Apple slices + peanut or almond butter

Banana + nut or seed butter

Hard-boiled egg + fruit

Cheese + simple-ingredient crackers + cucumber

Hummus + vegetables + crackers

Cottage cheese + berries

Gluten-free toast + avocado + a sprinkle of sea salt

Homemade muffin + Greek yogurt

Smoothie + a boiled egg

Overnight oats + berries + nut or seed butter

Popcorn + cheese + fruit

Rice cakes + avocado + turkey

Homemade energy bites + fruit

Leftover chicken + cucumber + crackers

Make Snacks Easy to Grab

If you want your kids to make better snack choices, make those choices easy for them to find.

Keep washed fruit in a bowl where they can see it. Have yogurt ready in the fridge. Pre-cut vegetables when you have time. Keep homemade muffins or energy bites in the freezer. Portion nuts or seeds into small containers.

You don't need to meal prep every snack for the week.

Even having a few simple options ready can make those “I'm starving!” moments a whole lot easier.

Snacks That Actually Satisfy



Let Your Kids Build Their Own Snack

Put a few options on the counter and let your child choose.

For example:

Choose one: yogurt, cheese, egg or hummus

Choose one: berries, apple, cucumber or carrots

Choose one: crackers, toast, muffin or fruit

This gives kids some independence while still giving you a chance to offer a variety of foods.

Don't Forget the Fun Foods

Snacks don't have to be perfectly nutritious all the time.

Sometimes it's popcorn for movie night. Sometimes it's a homemade cookie.

Sometimes it's ice cream on a hot summer afternoon.

Food is also about enjoyment, celebration, and making memories.

The goal isn't to make every snack “healthy.”

It's to create a home where nourishing foods are readily available and where kids can enjoy all kinds of food without guilt.

My Favourite Mom Hack

Make two snacks at once.

If you're already cutting apples, cut a few extra for tomorrow. If you're making muffins, double the batch and freeze some. If you're boiling eggs for breakfast, cook a few extra for the week.

A little extra effort now can save you when you're standing in the kitchen at 4:00 p.m. with hungry kids asking what they can eat!

Keep it simple.

Keep a few family favourites on hand.

And remember you don't need Pinterest-worthy snacks to nourish your kids. Sometimes the best snack is simply an apple and a spoonful of peanut butter.

Supporting Kids' Everyday Health

We can't keep our kids from every cold, cough, or bug that comes their way and honestly, that's part of being a kid. But there are plenty of simple things we can do at home to create healthy routines and give their growing bodies the nourishment, rest, movement, and care they need.

Supporting your child's health doesn't have to mean doing something complicated or buying a cabinet full of supplements. Some of the most meaningful habits are also the simplest: serving a variety of nourishing foods, getting outside, moving their bodies, getting enough rest, and creating a home environment that feels calm and supportive.

Here are some of my favourite simple ways to support your child's overall health and well-being.

1. Build Meals Around Real Food

One of the simplest places to start is with the food you bring into your home. You don't have to make every meal from scratch or eliminate every packaged food. Instead, aim to build a foundation around foods that are nourishing, satisfying, and made with ingredients you recognize.

Think eggs, meat, fish, yogurt, fruits, vegetables, potatoes, rice, oats, beans, nuts and seeds, along with breads, wraps, and pastas made with simple ingredients. And don't forget variety! Your child doesn't need to eat perfectly at every meal. Look at what they eat over the course of a day or week and keep offering different foods, flavours, colours, and textures.

2. Make Sleep a Priority

Kids need plenty of rest, and having a predictable bedtime routine can make evenings a little easier for the whole family.

Try creating a simple rhythm that your child can count on each night. This might include a bath, putting on pajamas, reading a book, dimming the lights, and having some quiet time together before bed.

Keeping the bedroom comfortable, dark, and quiet can also help create an environment that's ready for sleep.

And don't underestimate the importance of slowing down. Children have busy little lives too. Giving them time to transition from the activity of the day to a calmer evening can make bedtime feel much less like a battle.

Supporting Kids' Everyday Health

3. Get Outside Every Day

Whenever you can, get your kids outside! Go for a walk, explore the backyard, visit a park, ride bikes, collect leaves, look for bugs, garden, or simply let them run around and play. Being outdoors gives kids space to move, explore, use their imagination, and take a break from screens and structured activities. It doesn't have to be an elaborate outing. Ten minutes in the backyard can turn into an afternoon adventure when you let kids take the lead.

4. Let Them Play in the Dirt

This one is easy: let kids get dirty!

Digging in the garden, making mud pies, playing in a sandbox, exploring the woods, or helping you plant vegetables are all wonderful ways for children to connect with the outdoors.

We don't need to make childhood completely germ-free. Normal outdoor play comes with a little dirt, grass stains, and muddy hands and that's okay.

Just teach children simple habits like washing their hands before eating and after using the bathroom or coming in from particularly messy activities.

5. Keep Their Bodies Moving

Kids are naturally meant to move. Give them plenty of opportunities to run, jump, climb, dance, swim, bike, play sports, or simply make up their own games. It doesn't need to look like a workout. A family walk, a kitchen dance party, a game of tag, or a trip to the playground all count.

One of my favourite things to do is put on music and dance around the kitchen together. It's simple, it gets everyone moving, and usually ends with a lot of laughing.

6. Include Fermented Foods

If your family enjoys fermented foods, they can be a fun way to add variety to meals. Try small amounts of foods such as sauerkraut, fermented vegetables, yogurt, kefir, or other traditionally fermented foods that your family enjoys. Start with what your child is comfortable with. A little sauerkraut alongside dinner or yogurt with berries can be an easy place to begin.

Eating Well On A Budget



Let's be honest, mama feeding a family can get expensive!

When you're buying quality ingredients, fresh produce, meat, pantry staples, and everything else that comes with feeding a family, that grocery bill can add up quickly.

But eating well doesn't have to mean buying everything organic, shopping exclusively at specialty stores, or filling your cart with expensive health foods.

Some of the best ways to save money are actually pretty simple: plan ahead, cook at home, use what you have, buy foods that are in season, and don't be afraid of the freezer.

You don't have to completely overhaul the way you shop. Start with a few small changes and find what works for your family.

Here are my top go-to tips:

Cook at home

One of the easiest ways to stretch your grocery budget is to cook more meals at home. You don't need complicated recipes or fancy ingredients. Simple meals like roasted chicken and potatoes, tacos, soup, eggs and toast, or a big batch of pasta can feed the whole family without costing a fortune.

Cooking at home also gives you more control over the ingredients you're using and makes it easier to use up what you already have.

And don't worry if dinner isn't homemade every night. Keep a few easy options on hand for those busy days!



Eating Well On A Budget

Plan your meals & shop with a list

Before heading to the grocery store, take a quick look through your fridge, freezer, and pantry. What do you already have? What needs to be used up?

Then make a simple plan for the week and write down what you actually need.

I like to plan meals around ingredients that can be used more than once. For example, roast a whole chicken one night and use the leftovers for wraps, soup, or a rice bowl the next day. Check your grocery store's weekly specials and build some of your meals around what's on sale. A little planning can go a long way toward reducing food waste and unnecessary trips to the store.

Buy in bulk when it makes sense

Buying in bulk can be a great way to save, especially for ingredients your family uses regularly.

Think oats, rice, beans, nuts, seeds, spices, dried fruit, and baking ingredients. Just make sure you're actually saving money and that you'll use the food before it goes stale. Buying a giant bag of something your family doesn't enjoy isn't a bargain! Bulk stores can also be a great way to buy smaller quantities of ingredients you want to try without committing to a large package.

Save on protein

Meat can be one of the more expensive items on your grocery list, but there are plenty of ways to make it stretch further.

Watch for sales and stock up on family favourites when the price is right. Divide larger packages into meal-sized portions and freeze what you won't use right away. Ground meat is especially versatile and can be used for tacos, burgers, meatballs, pasta sauces, soups, and casseroles.

You can also stretch meals by combining meat with other ingredients such as beans, lentils, rice, potatoes, or vegetables.

Eggs, canned fish, beans, lentils, Greek yogurt, and cottage cheese can also be budget-friendly options to keep in your regular rotation.



Eating Well On A Budget

Shop in season

Buying fruits and vegetables when they're in season can be a great way to save money. Visit your local farmers' market, farm stand, or grocery store and see what's plentiful and reasonably priced. Seasonal produce is also a great opportunity to try something new! If berries are inexpensive in the summer, buy extra and freeze them. If apples are plentiful in the fall, make applesauce, muffins, or an apple crisp.

You can also use frozen fruits and vegetables throughout the year. They're convenient, reduce food waste, and make it easy to keep produce on hand.

Choose where to spend your organic dollars

Buying organic is a personal choice, and it doesn't have to be all or nothing. If buying everything organic isn't realistic for your budget, prioritize the foods that matter most to you and buy conventional options for others.

I'd much rather see a family enjoying a variety of fruits and vegetables than feeling like they can't afford to buy produce because everything has to be organic.

Do what works for your family and your budget.

Don't overlook the freezer

Your freezer is one of your best friends when it comes to saving money. Freeze extra bread, ripe bananas, berries, cooked meat, homemade muffins, broth, soups, sauces, and leftovers before they go to waste.

If you find a good deal on something your family regularly eats, buy extra and freeze it when appropriate.

You can also cook larger batches of meals and freeze portions for another day. Future-you will be very thankful!



Eating Well On A Budget

Use the whole food

Before throwing something away, ask yourself if you can use it another way.

Overripe bananas can become muffins.

Vegetable scraps can be saved for broth.

Leftover roasted vegetables can go into eggs or a soup. Extra herbs can be frozen. Stale bread can become breadcrumbs.

Getting creative with leftovers can save money and make cooking feel a lot less wasteful.

Grow something

You don't need a huge backyard to grow some of your own food.

Start small with herbs like basil, parsley, mint, chives, or cilantro. If you have more space, try lettuce, tomatoes, cucumbers, peas, or whatever grows well in your area.

Gardening is also a wonderful activity to do with your kids. Let them plant the seeds, water the garden, pick the vegetables, and help decide what to make with them.

There is something pretty special about watching your kids get excited about food they've helped grow.

Remember: Healthy Eating Doesn't Have to Be Perfect

You don't need a perfect grocery cart to feed your family well.

Buy the foods you can afford. Cook when you have the time. Use leftovers. Freeze what you can. Take advantage of sales. Buy seasonal produce. Keep simple staples on hand. And give yourself some grace.

The goal isn't perfection. It's simply to build a home where nourishing food is available, cooking is enjoyable, and your family can sit down and share a meal together.



Kids in The Kitchen

Get Your Kids Involved In the Kitchen

The kitchen can be one of the best places for kids to learn, explore, and spend time with you. You don't need to wait until they're old enough to actually cook. Even little ones can get involved in simple ways. They can wash fruits and vegetables, stir ingredients, tear lettuce, mash bananas, measure ingredients, help set the table, or simply sit nearby while you cook. Yes, it might take a little longer. Yes, there may be a little more mess. But that's part of the fun! When children are involved in preparing food, they get to see the ingredients that go into their meals and become more familiar with different foods, colours, smells, and textures. It can also turn mealtime into something they feel connected to rather than something that is simply put in front of them.

Use this time to talk about food without pressure. Ask your child what fruits and vegetables they like, what they would like to try, or what recipe they think you should make together.

You can even sit down as a family and choose a few meals for the week. Let the kids help make the grocery list and pick out some of the ingredients when you're shopping.

Give Them a Job

Kids love having an important job to do! Depending on their age, they can:

- Wash fruits and vegetables
- Stir pancake or muffin batter
- Measure ingredients
- Tear lettuce or herbs
- Mash potatoes or bananas
- Sprinkle toppings
- Help prepare simple snacks
- Crack eggs with supervision
- Set the table
- Put away ingredients
- Choose between two vegetables for dinner

Always choose age-appropriate tasks and supervise children around knives, heat, appliances, and other kitchen hazards. The goal isn't to create a perfect little chef. It's to create positive experiences around food and give your child the confidence to say, "I helped make this!"



Gut Health

Our digestive system is home to a huge community of microorganisms, including bacteria, that make up what we commonly call the gut microbiome.

The gut microbiome is influenced by many things, including the foods we eat, our environment, our routines, and everyday life. It also changes throughout childhood as kids grow and develop.

Rather than worrying about having a “perfect” gut, I like to focus on the simple things we can do every day to create nourishing habits for the whole family.

And the best part? Many of these habits can be made fun for kids!

Kids don't need a complicated lesson about the microbiome.

You can simply call the bacteria that live in their digestive system their “tummy buddies.” Explain that our bodies are home to trillions of tiny microorganisms and that taking care of ourselves includes taking care of our tummy buddies too.

You can make it into a fun conversation at the dinner table:

“What do you think our tummy buddies would like us to eat today?”

It turns a topic that can sound complicated into something kids can understand and enjoy.

Include Fermented Foods

Fermented foods are a fun way to introduce new flavours and traditional foods into your family's meals.

Some examples include: Sauerkraut, Kimchi, Kefir, Yogurt, Fermented vegetables, Kombucha, and Miso.

You don't need to serve large amounts. Start with small portions and see what your family enjoys.

Try adding a little sauerkraut alongside dinner, berries and yogurt for breakfast, or a small serving of fermented vegetables with a favourite meal.



A Note To Mama

If you've made it all the way here, I hope you feel a little more confident about feeding your family and maybe a little less pressure to do it perfectly.

There is so much information out there about what our kids should and shouldn't eat. It can be overwhelming, especially when you're already trying to keep up with school, activities, work, laundry, groceries, and everything else that comes with being a mom.

You don't need to make every meal from scratch. You don't need to buy every ingredient organic.

You don't need to convince your child to eat every vegetable on their plate. And you definitely don't need to feel guilty when you order pizza on a busy Friday night. What matters is the bigger picture.

Keep nourishing your family with a variety of foods. Keep introducing your kids to new flavours and ingredients. Let them help in the kitchen. Get outside together. Sit around the table when you can. Make the muffins. Grow the garden. Have the ice cream. Dance in the kitchen.

Some days will feel like you've got it all together, and other days dinner might be whatever you can throw together before bedtime. That's motherhood.

My hope is that Mama Can Cook gives you recipes you'll actually want to make, ideas that make feeding your family a little easier, and the confidence to trust yourself in the kitchen.

You know your family better than anyone.

Take what works for you, leave what doesn't, make these recipes your own, and don't be afraid to experiment.

Most of all, remember that some of the best memories we create with our kids happen around food not because the meal was perfect, but because we were together.

So grab your apron, get those little hands in the kitchen, and have some fun.

You've got this, mama.

With love from my kitchen to yours,

Jayde



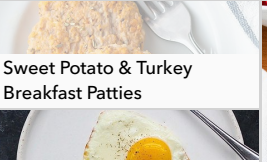
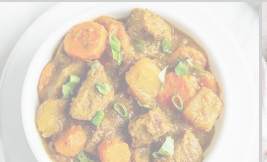
Holistic Resources



Reclaimed Health
BY JAYDE MACLEAN

Mama Can Cook Meal Plan
Week One

Jayde MacLean
<https://reclaimedhealth.ca/>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Coconut Chia Seed Yogurt	 Sweet Potato & Turkey Breakfast Patties	 Coconut Chia Seed Yogurt	 Fried Egg	 Coconut Chia Seed Yogurt	 Strawberry Coconut Collagen Smoothie	 Strawberry Coconut Collagen Smoothie
Snack 1	 Green Goddess Cashew Dip	 Apple with Sunflower Seed Butter	 Green Goddess Cashew Dip	 Apple with Sunflower Seed Butter	 Peaches with Cinnamon	 Apple with Sunflower Seed Butter	 Peaches with Cinnamon
Lunch	 Burgers with Tomato Mayo & Roasted Cabbage	 Burgers with Tomato Mayo & Roasted Cabbage	 Chicken Guacamole	 Egg Salad Bites	 Chicken Guacamole	 Sausage & Plantain	 Sausage & Plantain
Snack 2	 Pressure Cooker Bone Broth	 Pressure Cooker Bone Broth	 Pressure Cooker Bone Broth	 Pressure Cooker Bone Broth	 Pressure Cooker Bone Broth	 Pressure Cooker Bone Broth	 Pressure Cooker Bone Broth
Dinner	 Penne with Bursted Cherry Tomato Sauce	 Turmeric Beef Stew	 Penne with Bursted Cherry Tomato Sauce	 Turmeric Beef Stew	 Pressure Cooker Roast Beef & Vegetables	 One Pan Teriyaki Chicken	 Pressure Cooker Roast Beef & Vegetables
Snack 3	 Mini Banana Muffins	 Pumpkin Muffins	 Mini Banana Muffins	 Pumpkin Muffins	 Mini Banana Muffins	 Pumpkin Muffins	 Pumpkin Muffins

Fruits

- ☐ 3 Apple
- ☐ 4 Avocado
- ☐ 4 Banana
- ☐ 1/3 cup Lemon Juice
- ☐ 1/2 Navel Orange
- ☐ 2 Peach
- ☐ 5 Plantain
- ☐ 1/2 cup Strawberries

Breakfast

- ☐ 1/2 cup Maple Syrup

Seeds, Nuts & Spices

- ☐ 1/2 tsp Black Pepper
- ☐ 1/4 cup Cashews
- ☐ 1/2 cup Chia Seeds
- ☐ 1 2/3 tbsps Cinnamon
- ☐ 1 tsp Coriander
- ☐ 1 tsp Cumin
- ☐ 2 tbsps Ground Flax Seed
- ☐ 1 tsp Ground Ginger
- ☐ 1 1/2 tpsps Italian Seasoning
- ☐ 2 2/3 tbsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 tbsps Sesame Seeds
- ☐ 1 tsp Turmeric
- ☐ 1/2 cup Walnuts

Frozen

- ☐ 2 cups Frozen Strawberries

Vegetables

- ☐ 1 1/2 cups Basil Leaves
- ☐ 2 cups Broccoli
- ☐ 11 1/2 Carrot
- ☐ 1/4 stalk Celery
- ☐ 3 cups Celery Root
- ☐ 3 cups Cherry Tomatoes
- ☐ 1/2 cup Cilantro
- ☐ 3 Cucumber
- ☐ 14 Garlic
- ☐ 1 tbsp Ginger
- ☐ 4 1/4 stalks Green Onion
- ☐ 8 cups Kale Leaves
- ☐ 16 cups Napa Cabbage
- ☐ 1/4 cup Parsley
- ☐ 2 tbsps Red Onion
- ☐ 2 cups Snap Peas
- ☐ 1 Sweet Potato
- ☐ 2 3/4 Yellow Onion
- ☐ 1 Yellow Potato

Boxed & Canned

- ☐ 3 1/2 cups Beef Broth
- ☐ 1/2 cup Brown Rice Penne
- ☐ 1 cup Organic Coconut Milk
- ☐ 1/3 cup Tomato Paste
- ☐ 4 ozs Whole Grain Crackers (Mary's Crackers)

Baking

- ☐ 3 cups Almond Flour
- ☐ 2 tpsps Arrowroot Powder
- ☐ 2 1/2 tpsps Baking Powder
- ☐ 1 tsp Baking Soda
- ☐ 1 tbsps Nutritional Yeast
- ☐ 1 1/2 cups Oat Flour
- ☐ 1 tsp Pumpkin Pie Spice
- ☐ 1 cup Pureed Pumpkin
- ☐ 2 tbsps Raw Honey
- ☐ 1 tbsps Tapioca Flour
- ☐ 2 tbsps Unsweetened Shredded Coconut
- ☐ 1/2 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- ☐ 10 ozs Chicken Breast
- ☐ 8 3/4 ozs Chicken Breast, Cooked
- ☐ 2 lbs Extra Lean Ground Beef
- ☐ 1 lb Extra Lean Ground Turkey
- ☐ 8 ozs Organic Chicken Sausage
- ☐ 2 1/4 lbs Top Sirloin Beef Roast
- ☐ 1 lb Top Sirloin Steak
- ☐ 1 3/4 Whole Chicken Carcass

Condiments & Oils

- ☐ 2 1/16 tbsps Apple Cider Vinegar
- ☐ 1 1/2 tbsps Avocado Oil
- ☐ 3 tbsps Coconut Aminos
- ☐ 1/4 cup Coconut Oil
- ☐ 1 1/2 tpsps Dijon Mustard
- ☐ 1 cup Extra Virgin Olive Oil
- ☐ 2/3 cup Mayonnaise (Chosen Foods Mayo)
- ☐ 2 tbsps Rice Vinegar
- ☐ 2 tbsps Sesame Oil
- ☐ 1/3 cup Sunflower Seed Butter

Cold

- ☐ 10 Egg
- ☐ 1 1/8 cups Unsweetened Almond Milk
- ☐ 2 cups Unsweetened Coconut Yogurt

Other

- ☐ 2/3 oz Collagen Powder
- ☐ 10 1/4 cups Water



Coconut Chia Seed Yogurt

1 serving
30 minutes

Ingredients

1 cup Unsweetened Coconut Yogurt
1/4 cup Chia Seeds
1 tsp Cinnamon
1/4 cup Strawberries (chopped)

Directions

- 1 Combine the yogurt, chia seeds and cinnamon in a small bowl. Mix well and refrigerate for at least 30 minutes up to overnight.
- 2 Top with strawberries and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

More Flavor: Add maple syrup, honey, monk fruit sweetener or cardamom.

Additional Toppings: Top with blueberries, sunflower seeds, pumpkin seeds or chopped pecans.



Sweet Potato & Turkey Breakfast Patties

5 servings

1 hour

Ingredients

- 1 Sweet Potato (medium, peeled, chopped)
- 1 lb Extra Lean Ground Turkey
- 1 Garlic (large clove, minced)
- 1 1/2 tsps Italian Seasoning
- 1 tsp Sea Salt

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Bring a pot of water to a boil. Place the sweet potato in a steamer over the boiling water and cover for 7 to 10 minutes, or until tender. Transfer the sweet potato to a large mixing bowl and mash it well. Allow it to cool.
- 3 Using a paper towel, gently pat the turkey to remove excess moisture.
- 4 Add the garlic, Italian seasoning and salt to the cooled mashed sweet potato and mix well. Add the turkey and gently mix to combine. Form the sweet potato mixture into thin patties, approximately 4 inches in diameter and place on the prepared baking sheet.
- 5 Bake the patties for 20 to 25 minutes or until cooked through. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days or freeze for up to two months.

Serving Size: One serving is approximately two patties.

More Flavor: Add black pepper, onion powder or red pepper flakes.

Sweet Potato: One medium sweet potato is approximately 1 1/4 cups of mashed sweet potato. If using a larger sweet potato set any extra mashed sweet potato aside to use in another meal.



Hard Boiled Eggs

1 serving
15 minutes

Ingredients

2 Egg

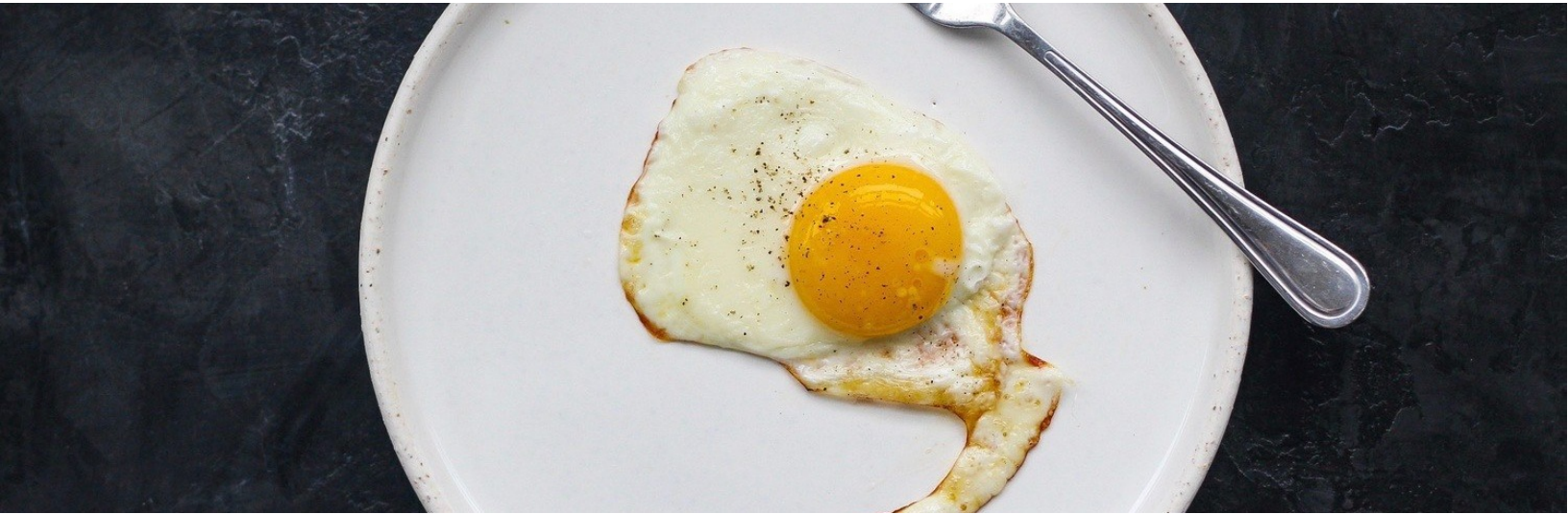
Directions

- 1 Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
- 2 Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 3 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!

Notes

Leftovers: Refrigerate in a covered container with the shell on for up to 7 days.

Easier to Peel: Add salt to the water while boiling.



Fried Egg

1 serving

5 minutes

Ingredients

1/4 tsp Coconut Oil
1 Egg
Sea Salt & Black Pepper (to taste)

Directions

- 1 In a medium pan, heat the coconut oil over medium heat.
- 2 Crack the egg in the pan and cook until the whites are set and the yolk is cooked to your liking. Transfer to a plate and enjoy!

Notes

No Coconut Oil: Use butter or ghee instead.



Strawberry Coconut Collagen Smoothie

1 serving

5 minutes

Ingredients

1/2 cup Organic Coconut Milk (full-fat, from the can)
1/2 cup Water
1 Banana (frozen)
1 cup Frozen Strawberries
1/3 oz Collagen Powder
1 tbsp Unsweetened Shredded Coconut
1/4 tsp Vanilla Extract

Directions

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

Notes

Leftovers: Refrigerate in an airtight container for up to one day or freeze into popsicles to enjoy later.

More Flavor: Add honey or maple syrup to taste. Garnish with more shredded coconut.

Make it Vegan: Omit the collagen powder.

More Veggies: Add spinach, kale, frozen cauliflower or zucchini.

No Collagen: Use protein powder instead.



Green Goddess Cashew Dip

4 servings

35 minutes

Ingredients

1/4 cup Cashews (raw, soaked for 30 minutes and drained)
1/3 cup Unsweetened Almond Milk
1/2 cup Basil Leaves (roughly chopped)
1/4 cup Parsley (roughly chopped)
2 1/2 tbsps Lemon Juice
1 Garlic (small clove, minced)
2 tbsps Red Onion (finely chopped)
1/4 tsp Sea Salt
1 Cucumber (sliced)

Directions

- 1 Add the soaked cashews, almond milk, basil, parsley, lemon juice, garlic, onion and salt to a food processor. Blend until creamy and smooth, about 3 minutes. Season with additional lemon juice or salt if needed.
- 2 Serve with cucumber slices and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Add extra lemon juice to leftover dip if needed to brighten up the flavor.

Serving Size: One serving is approximately two tablespoons of dip and 1/4 of a cucumber.

More Flavor: Add other fresh herbs like cilantro, tarragon or chives.

No Almond Milk: Use cashew milk or boxed coconut milk instead.

No Cucumber: Serve with your favorite raw veggies or whole grain crackers instead.



Apple with Sunflower Seed Butter

1 serving

5 minutes

Ingredients

- 1 Apple (medium, cored and sliced)
- 2 tbsps Sunflower Seed Butter

Directions

- 1 Arrange the apple slices on a plate with sunflower seed butter. Dip and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up four days.



Peaches with Cinnamon

1 serving

5 minutes

Ingredients

- 1 tsp Cinnamon
- 1 Peach (sliced, pit removed)

Directions

- 1 In a small bowl or container, sprinkle the cinnamon over the peach slices. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. To prevent browning, squeeze lemon juice over the peaches before refrigerating.

Additional Toppings: Top with yogurt, coconut cream, whipped aquafaba, shredded coconut or hemp seeds.



Burgers with Tomato Mayo & Roasted Cabbage

3 servings
30 minutes

Ingredients

1 lb Extra Lean Ground Beef
1 tsp Sea Salt (divided)
8 cups Napa Cabbage (chopped)
3 tbsps Extra Virgin Olive Oil
3 tbsps Tomato Paste
1/3 cup Mayonnaise (Chosen Foods Mayo)

Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with foil.
- 2 In a mixing bowl, use your hands to combine the ground beef and half the salt. Divide and form into patties approximately 5 to 6 inches wide. Transfer to the baking sheet.
- 3 In a separate baking dish, combine the cabbage, olive oil and remaining salt. Add the beef patties and cabbage to the oven. Cook until the beef reaches an internal temperature of 160°F (71°C), about 20 minutes.
- 4 Meanwhile, combine the tomato paste and mayonnaise in a small bowl. Mix well.
- 5 Divide the burgers and cabbage onto plates. Top the burgers with tomato mayo and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add breadcrumbs, egg, Dijon mustard, smoked paprika, basil, parsley or thyme to the beef mixture.

Make it on the Grill: Grill the beef patties over medium-high heat for about 6 minutes, flipping halfway. Slice your cabbage into wedges for easy grilling.

No Cabbage: Use bell peppers, zucchini, eggplant or mushrooms instead.

Make it Egg-Free: Use vegan mayonnaise, guacamole or salsa instead.



Chicken Guacamole

4 servings

10 minutes

Ingredients

4 1/3 ozs Chicken Breast, Cooked
2 Avocado
2 tbsps Lemon Juice
1 Garlic (clove, minced)
1/4 tsp Sea Salt
1 Cucumber (sliced)

Directions

- 1 Shred the cooked chicken breast until no large pieces remain. Set aside.
- 2 In a mixing bowl, mash the avocado then stir in the lemon juice, garlic and sea salt. Fold in the shredded chicken. Season with additional salt or lemon juice if needed.
- 3 Serve with cucumber slices and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add cilantro, tomato, onion or jalapeno.

No Lemon: Use lime juice instead.

No Cucumbers: Serve with carrot sticks or crackers instead.



Plantain Chips

2 servings

30 minutes

Ingredients

2 Plantain (medium size)
1 tbsp Coconut Oil (melted)
1/2 tsp Cinnamon

Directions

- 1 Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper.
- 2 Peel the plantains then slice as thinly as possible with a mandolin or knife. Do your best to keep the thickness consistent. Slice on the diagonal for bigger chips. Gently toss the slices in coconut oil and cinnamon. Arrange in an even layer on the baking sheet then bake for 30 to 35 minutes, flipping at the halfway point. (Note: Chips are done when they start to brown around the edges.)
- 3 Remove from oven and let cool on a baking rack lined with paper towel to soak up any excess oil. Enjoy!

Notes

Storage: Store in an airtight container at room temperature.

Make Them Crispy: Plantain chips last 1 - 2 days. If they get soggy, crisp them back up by placing them in the oven at 350 degrees F for 5 to 10 minutes.



Egg Salad Bites

2 servings

30 minutes

Ingredients

4 Egg (hard-boiled)
1/4 stalk Celery (finely chopped)
1/4 stalk Green Onion (finely chopped)
1 1/2 tsps Dijon Mustard
2 tsps Extra Virgin Olive Oil
1 tbsp Water
1/8 tsp Sea Salt
4 ozs Whole Grain Crackers (Mary's Crackers)

Directions

- 1 Peel the hard-boiled eggs and slice in half. Separate the whites from the yolk. Finely chop the egg whites and keep the yolks set aside for later.
- 2 In a mixing bowl combine the chopped egg whites, celery and green onion.
- 3 In a second mixing bowl, add the egg yolks and mash with a fork until smooth. Stir in the Dijon mustard, olive oil, water, and salt. Add the egg white mixture to the egg yolk mixture and gently stir to combine.
- 4 Spoon the egg salad onto the crackers and serve immediately. Enjoy!

Notes

How to Hard-Boil Eggs: Bring a small pot of salted water to a boil and carefully place the eggs in the pot. Cover the pot with a lid. Turn off the heat but keep the pot on the hot burner. Let stand for 12 minutes then drain. Let cool completely before peeling.

Meal Prep: Hard-boil the eggs ahead of time and keep them in the fridge with the shells on until ready to use.

Oil-Free: Omit the olive oil and use additional water instead.

Grain-Free: Use cucumber slices instead of crackers.

Leftovers: Leftover egg salad will keep in the fridge for up to two days.

Serving Size: One serving is equal to 8 crackers with egg salad.



Sausage & Plantain

2 servings

20 minutes

Ingredients

- 1 1/2 tsps Avocado Oil
- 1 Plantain (large, peeled, sliced)
- 8 ozs Organic Chicken Sausage (sliced)

Directions

- 1 Heat the avocado oil in a large skillet over medium-high heat. Add the plantain and sausage, cooking for about 8 to 10 minutes or until golden brown and cooked through.
- 2 Divide onto plates and enjoy!

Notes

Serve It With: Avocado slices, sauerkraut, spinach, sauteed greens, fried or scrambled eggs.

No Avocado Oil: Use coconut oil, olive oil, butter or ghee instead.

Storage: Refrigerate in an airtight container up to 3 days.



Oven-Roasted Kale

2 servings

25 minutes

Ingredients

8 cups Kale Leaves (roughly chopped)
1 tbsp Extra Virgin Olive Oil
1/4 tsp Sea Salt (or more to taste)

Directions

- 1 Preheat oven to 375°F (191°C). Line a baking pan with foil or parchment paper.
- 2 In a large bowl, toss kale with olive oil and salt. Add to the baking pan. The kale does not need to be in a single layer.
- 3 Bake for 15 to 20 minutes, stirring every 5 minutes or until edges are crispy.
- 4 Remove from oven, plate and enjoy!

Notes

No Kale: Use collard greens instead.

Likes it Spicy: Sprinkle kale with black pepper and/or red pepper flakes after you remove it from the oven.



Pressure Cooker Bone Broth

7 servings

3 hours

Ingredients

1 3/4 Whole Chicken Carcass
3 1/2 Carrot (medium, chopped)
1 3/4 Yellow Onion (chopped)
1 3/4 tbsps Apple Cider Vinegar
1 3/4 tsps Sea Salt
8 3/4 cups Water

Directions

- 1 Add the cooked chicken carcass/bones to the pressure cooker along with the carrots, onion, apple cider vinegar and sea salt.
- 2 Add the water to the pressure cooker. Lock the lid on and make sure the knob is set to the "sealing" position. Select the "manual" or "pressure cook" (on newer models) setting and set for two hours.
- 3 Once the two hours are up, allow the pressure to release naturally. Then open the lid carefully and strain the broth through a sieve or strainer. Discard the veggies and bones then transfer the broth into jars. Enjoy!

Notes

Chicken Carcass: One whole chicken carcass is equal to about 2 lbs. of bones.

Layer of Fat: A layer of fat may form on the top of the broth once it cools. You can keep it or skim it off once it has hardened.

Storage: Store broth in the fridge for up to 3 to 4 days or freeze until ready to use. For easy freezing, pour into an ice cube tray and freeze, then remove and place in a bag in the freezer.

No Onion: Omit or use celery for extra flavour instead.

Save Your Bones: Anytime you have extra bones from a meal, freeze them for when you are ready to make broth.

Use it With: You can use this broth in soups, stews, curries, quinoa or simply sip it on its own.



Penne with Bursted Cherry Tomato Sauce

2 servings

30 minutes

Ingredients

1/2 cup Brown Rice Penne (dry)
1/4 cup Extra Virgin Olive Oil
3 cups Cherry Tomatoes
2 Garlic (cloves, minced)
Sea Salt & Black Pepper (to taste)
1 cup Basil Leaves (chopped)
1 tbsp Nutritional Yeast

Directions

- 1 Cook pasta according to the directions on the package. Run under cold water once cooked to prevent from over cooking.
- 2 In a large sauce pan, heat olive oil over medium-high heat. Add tomatoes, garlic, salt and pepper. Stir occasionally and cook until all the tomatoes have burst, about 15 to 20 minutes.
- 3 Toss pasta with the chopped basil and divide onto plates. Top each serving with the tomato sauce and nutritional yeast. Enjoy!

Notes

No Chickpea Pasta: Use any other high-fibre, high-protein pasta such as lentil or black bean pasta. If using brown rice, quinoa, or regular whole grain pasta, add in extra protein like chicken or, chickpeas, hemp seeds.

No Nutritional Yeast: Use parmesan or omit completely.



Turmeric Beef Stew

4 servings

55 minutes

Ingredients

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

Directions

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

Notes

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

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

No Beef Broth: Use vegetable or chicken broth instead.



Pressure Cooker Roast Beef & Vegetables

6 servings
1 hour 45 minutes

Ingredients

2 1/4 lbs Top Sirloin Beef Roast
1 tsp Sea Salt
1 tbsp Avocado Oil
1 Yellow Onion (chopped)
4 Garlic (clove, minced)
1 1/2 cups Beef Broth
1 tbsp Coconut Aminos
4 Carrot (peeled, chopped)
3 cups Celery Root (peeled, cut into cubes)
2 tsps Arrowroot Powder
1 1/3 tbsps Water

Directions

- 1 Cut the roast into 4 to 5 equal size pieces and season all sides with the salt.
- 2 Turn your pressure cooker to sauté mode and add the avocado oil. Sear the beef 2 to 3 minutes per side, working in batches if needed. Transfer the beef to a plate and set aside.
- 3 Add the onions and garlic to the pot along with a splash of the beef broth. Cook the onions and garlic for 3 to 5 minutes until the onions have softened. Add the remaining beef broth and the coconut aminos and stir to combine. Place the beef in the pot in a single even layer. Close the lid.
- 4 Set to "sealing", then press manual/pressure cooker and cook for 40 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully.
- 5 Add the carrots and celery root to the pot. Close the lid. Set to "sealing", then press manual/pressure cooker and continue to cook for another 15 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully. Using a slotted spoon, remove the beef and vegetables to a plate and keep warm.
- 6 In a small bowl combine the arrowroot powder and water until a slurry forms. Turn the pressure cooker to sauté mode. Bring the sauce to a simmer then add in the arrowroot powder mixture and stir well to combine. Let the sauce simmer for 3 to 5 minutes or until glossy and thickened slightly. Season with additional salt if needed.
- 7 To serve, shred the beef with a fork. Divide the meat and vegetables between plates and top generously with the sauce. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Additional Toppings: Season with black pepper or add fresh herbs like rosemary or thyme.

No Coconut Aminos: Use tamari instead.

No Celery Root: Use yellow potatoes instead.

No Top Sirloin Roast: Use another cut of beef instead.



One Pan Teriyaki Chicken

2 servings

40 minutes

Ingredients

- 10 ozs Chicken Breast
- 2 cups Broccoli (chopped into florets)
- 2 Carrot (medium, sliced on the diagonal)
- 2 cups Snap Peas
- 2 tbsps Coconut Aminos
- 2 tbsps Sesame Oil
- 1/2 Navel Orange (juiced)
- 2 tbsps Raw Honey
- 2 tbsps Rice Vinegar
- 4 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 1 tbsp Sesame Seeds

Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Place the chicken breasts on the baking sheet, surrounded with the broccoli, carrots and snap peas.
- 3 In a small bowl, whisk together the coconut aminos, sesame oil, orange juice, honey, rice vinegar, garlic and ginger. Pour half the sauce over the chicken and drizzle the rest over the veggies.
- 4 Bake for 30 minutes, or until chicken is fully cooked. Remove the pan from the oven and sprinkle with sesame seeds. Divide between plates and enjoy!

Notes

Serve it With: Our Crispy Smashed Potatoes, Mushroom Garlic Quinoa or plain rice.

Likes it Spicy: Whisk hot sauce or chili flakes into the teriyaki sauce.

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

No Coconut Aminos: Use tamari instead.



Mini Banana Muffins

15 servings

30 minutes

Ingredients

2 Banana
1/2 cup Unsweetened Almond Milk
2 cups Almond Flour
3 Egg
2 tsp Baking Powder

Directions

- 1 Preheat oven to 350°F (177°C). Prepare silicone mini muffin cups on a tray, or use a mini silicone muffin tray.
- 2 In a mixing bowl, mash the bananas with a fork and combine with the remaining ingredients. Pour the batter into the cups and bake for 20 to 25 minutes or until a toothpick comes out clean.
- 3 Remove from oven and let cool. Enjoy!

Notes

Almond Flour: This recipe was tested using Bob's Red Mill Almond Flour. Please note that if using another brand of almond flour, results may vary.

Extra Toppings: Top with chia seeds, walnuts, dried banana slices or hemp seeds.

Storage: Refrigerate in an airtight container up to 3 to 5 days and reheat in the microwave for 10 to 12 seconds.

Serving Size: One serving is equal to one mini muffin.



Pumpkin Muffins

12 servings

40 minutes

Ingredients

2 tbsps Ground Flax Seed
1/3 cup Water
1/3 cup Unsweetened Almond Milk
1 tsp Apple Cider Vinegar
1 1/2 cups Oat Flour
1 cup Almond Flour
1 tsp Baking Soda
1/2 tsp Baking Powder
1 tsp Pumpkin Pie Spice
1/4 tsp Sea Salt
1 cup Pureed Pumpkin
1/2 cup Maple Syrup
2 tbsps Coconut Oil (melted)
1/2 cup Walnuts (roughly chopped)

Directions

- 1 Preheat the oven to 350°F (177°C) and line a muffin tin with liners.
- 2 In a small bowl mix the ground flax seed with water and set aside. In another small bowl add the almond milk and apple cider vinegar and set aside.
- 3 In a medium-sized bowl add the oat flour, almond flour, baking soda, baking powder, pumpkin pie spice and sea salt. Whisk to combine. In a separate large bowl add the pureed pumpkin, maple syrup, coconut oil, almond milk mixture and flax mixture. Whisk until combined.
- 4 Add the dry ingredients to the wet and stir to combine. Fold in the chopped walnuts. Fill each muffin liner about 3/4 full and place in the oven to bake for 30 minutes.
- 5 Remove from oven and let cool before serving or storing. Enjoy!

Notes

Leftovers: Store in an airtight container in the fridge for up to five days. Place in an airtight freezer bag for up to two months.

Serving Size: One serving is equal to one muffin.

No Walnuts: Use chocolate chips instead of walnuts.

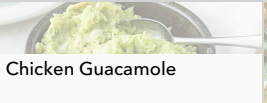
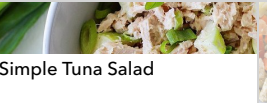


Reclaimed Health
BY JAYDE MACLEAN

Mama Can Cook Meal Plan
Week Two

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<https://reclaimedhealth.ca/>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Banana Coconut Granola	 Banana Coconut Granola	 Banana Coconut Granola	 Lucky Green Smoothie	 Lucky Green Smoothie	 Simple Banana Pancakes	 Simple Banana Pancakes
Snack 1	 Celery with Sunflower Seed Butter	 Celery with Sunflower Seed Butter	 Chocolate Zucchini Muffins	 Warm Apples with Cinnamon	 Chocolate Zucchini Muffins	 Warm Apples with Cinnamon	 Chocolate Zucchini Muffins
Lunch	 Chicken Guacamole	 Cheesy Cauliflower & Broccoli Casserole	 Chicken Guacamole	 Cheesy Cauliflower & Broccoli Casserole	 Shepherd's Pie Bowls	 Simple Tuna Salad	 Shepherd's Pie Bowls
	 Cucumber Slices		 Cucumber Slices			 Plantain Chips	
Snack 2	 Grain-Free Flax Bread	 Mango Coconut Popsicles	 Grain-Free Flax Bread	 Mango Coconut Popsicles	 Grain-Free Flax Bread	 Carrots & Guacamole	 Carrots & Guacamole
	 Strawberry Chia Jam		 Strawberry Chia Jam	 Strawberry Chia Jam	 Strawberry Chia Jam		
Dinner	 Meatloaf Muffins with Mashed Cauliflower Frosting	 Herbed Chicken Tenders with Honey Dijon	 Meatloaf Muffins with Mashed Cauliflower Frosting	 Herbed Chicken Tenders with Honey Dijon	 Slow Cooker Spaghetti Squash & Meatballs	 Slow Cooker Spaghetti Squash & Meatballs	 One Pan Chicken, Golden Cauliflower & Carrot Fries
Snack 3	 Immunity Boosting Bone Broth	 Immunity Boosting Bone Broth	 Immunity Boosting Bone Broth	 Immunity Boosting Bone Broth	 Immunity Boosting Bone Broth	 Immunity Boosting Bone Broth	 Immunity Boosting Bone Broth

Fruits

- ☐ 2 Apple
- ☐ 3 Avocado
- ☐ 2 1/2 Banana
- ☐ 1 Green Apple
- ☐ 2 tbsps Lemon Juice
- ☐ 3 Lime
- ☐ 2 Plantain
- ☐ 2 cups Strawberries

Breakfast

- ☐ 1/4 cup Maple Syrup

Seeds, Nuts & Spices

- ☐ 1/2 tsp Black Pepper
- ☐ 1/2 cup Cashews
- ☐ 2 tbsps Chia Seeds
- ☐ 1 3/4 tps Cinnamon
- ☐ 1 tsp Dried Thyme
- ☐ 2 1/8 cups Ground Flax Seed
- ☐ 1 tsp Ground Sage
- ☐ 1/4 cup Hemp Seeds
- ☐ 1 1/2 tps Italian Seasoning
- ☐ 1 1/2 tps Oregano
- ☐ 1/4 tsp Paprika
- ☐ 2 tbsps Poultry Seasoning
- ☐ 1/4 cup Pumpkin Seeds
- ☐ 2 1/8 tbsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 tsp Turmeric

Frozen

- ☐ 3 1/2 cups Frozen Mango

Vegetables

- ☐ 2 cups Baby Spinach
- ☐ 4 cups Broccoli
- ☐ 2 cups Butternut Squash
- ☐ 13 Carrot
- ☐ 3 heads Cauliflower
- ☐ 11 stalks Celery
- ☐ 2 Cucumber
- ☐ 11 Garlic
- ☐ 2 stalks Green Onion
- ☐ 2 cups Parsley
- ☐ 1/2 Spaghetti Squash
- ☐ 5 Yellow Onion
- ☐ 2 Yellow Potato
- ☐ 1 Zucchini

Boxed & Canned

- ☐ 1 1/2 cups Crushed Tomatoes
- ☐ 1 1/2 cups Organic Coconut Milk
- ☐ 2 cans Tuna

Baking

- ☐ 2 cups Almond Flour
- ☐ 1 tbsp Baking Powder
- ☐ 1/4 tsp Baking Soda
- ☐ 2 tbsps Brown Rice Flour
- ☐ 1/4 cup Cocoa Powder
- ☐ 1/2 cup Nutritional Yeast
- ☐ 1 1/4 cups Oats
- ☐ 2 1/2 tbsps Raw Honey
- ☐ 1/2 cup Unsweetened Coconut Flakes

Bread, Fish, Meat & Cheese

- ☐ 1 lb Chicken Breast
- ☐ 4 1/3 ozs Chicken Breast, Cooked
- ☐ 1 1/2 lbs Extra Lean Ground Beef
- ☐ 1 1/2 lbs Extra Lean Ground Turkey
- ☐ 2 Whole Chicken Carcass

Condiments & Oils

- ☐ 2 tbsps Apple Cider Vinegar
- ☐ 1 tbsp Avocado Oil
- ☐ 1/2 cup Coconut Oil
- ☐ 1/4 cup Dijon Mustard
- ☐ 1/2 cup Extra Virgin Olive Oil
- ☐ 2 tbsps Mayonnaise
- ☐ 1/4 cup Sunflower Seed Butter
- ☐ 1/4 cup Tomato Sauce

Cold

- ☐ 12 1/2 Egg
- ☐ 1/3 cup Unsweetened Almond Milk

Other

- ☐ 16 1/2 cups Water



Banana Coconut Granola

3 servings
1 hour 15 minutes

Ingredients

1 cup Oats (rolled or old fashioned)
1/2 cup Unsweetened Coconut Flakes
1/4 cup Pumpkin Seeds
1/4 tsp Cinnamon
1/8 tsp Sea Salt
1/2 Banana (ripe, mashed)
1 tbsp Coconut Oil (melted)

Directions

- 1 Preheat oven to 300°F (149°C).
- 2 In a large bowl, combine the oats, coconut flakes, pumpkin seeds, cinnamon and sea salt.
- 3 Add the mashed banana and coconut oil into the bowl with the oat mixture. Use a spoon to stir until all is very well combined. The mixture should be evenly coated.
- 4 Spread mixture in an even layer on a large baking sheet. Press down slightly and place in oven.
- 5 Bake for 45 to 55 minutes, checking and tossing every 15 minutes. Break up large clusters as necessary. Once the granola is evenly browned and no longer feels damp, remove from oven. As it cools it will crisp up even more, so do not over-bake.
- 6 Once cooled, store in an airtight container at room temperature for up to one week. Or store in the freezer for a few months.

Notes

Serve it With: Yogurt, oatmeal, parfaits, almond milk and/or fresh fruit.



Lucky Green Smoothie

1 serving
10 minutes

Ingredients

3/4 cup Frozen Mango
1 Lime (juiced)
1 cup Baby Spinach (packed)
1 tbsp Ground Flax Seed
2 tbsps Hemp Seeds
1 3/4 cups Water

Directions

- 1 Place all ingredients into a blender. Blend well until smooth. Divide into glasses and enjoy!

Notes

No Mango: Add frozen pineapple or banana instead.

More Protein: Add a scoop of your favourite clean protein powder.



Simple Banana Pancakes

2 servings

20 minutes

Ingredients

2 Banana (ripe)
4 Egg
1 tbsp Coconut Oil

Directions

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

Notes

Likes it Sweet: Add blueberries or chocolate chips into the batter.



Celery with Sunflower Seed Butter

2 servings

5 minutes

Ingredients

4 stalks Celery (sliced into sticks)
1/4 cup Sunflower Seed Butter

Directions

1

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

Notes

No Celery: Use cucumber instead



Chocolate Zucchini Muffins

12 servings

30 minutes

Ingredients

2 cups Almond Flour
1/4 cup Cocoa Powder
1/4 tsp Sea Salt
1/4 tsp Baking Soda
1/4 cup Extra Virgin Olive Oil
1/4 cup Maple Syrup
3 Egg
1 Zucchini (medium, grated)

Directions

- 1 Preheat your oven to 350°F (177°C) and line a muffin tin with muffin liners. Brush each liner with a small amount of coconut oil, to prevent sticking.
- 2 In a large mixing bowl, combine the almond flour, cocoa powder, sea salt, and baking soda. Mix well.
- 3 In a medium-size bowl, whisk together the olive oil, maple syrup, and eggs. Add the wet ingredients to the dry. Mix until combined then stir in the zucchini.
- 4 Spoon the muffin batter between cups, so it's evenly divided then bake for 18 to 20 minutes, or until a toothpick inserted into the centre of a muffin comes out clean.
- 5 Let cool completely before eating, to prevent the muffins from sticking to the liners.

Notes

Serving Size: One serving is equal to one muffin.

Zucchini: One medium zucchini is equal to about 2 cups of grated zucchini.

Storage: Store in the fridge for 5 days or in the freezer for a few months.



Warm Apples with Cinnamon

1 serving
10 minutes

Ingredients

1 1/2 tsps Coconut Oil
1 Apple (cored and sliced)
1/2 tsp Cinnamon

Directions

- 1 In a pan, melt coconut oil over medium heat.
:
- 2 Add apple slices and sauté until soft, about 5 to 8 minutes.
:
- 3 Sprinkle cinnamon over top and stir to coat evenly.
:
- 4 Divide into bowls and enjoy!

Notes

Serve it With: Our banana ice cream, Paleo Granola or on top of oatmeal.

No Apples: Use pears.



Chicken Guacamole

4 servings

10 minutes

Ingredients

4 1/3 ozs Chicken Breast, Cooked
2 Avocado
2 tbsps Lemon Juice
1 Garlic (clove, minced)
1/4 tsp Sea Salt
1 Cucumber (sliced)

Directions

- 1 Shred the cooked chicken breast until no large pieces remain. Set aside.
- 2 In a mixing bowl, mash the avocado then stir in the lemon juice, garlic and sea salt. Fold in the shredded chicken. Season with additional salt or lemon juice if needed.
- 3 Serve with cucumber slices and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add cilantro, tomato, onion or jalapeno.

No Lemon: Use lime juice instead.

No Cucumbers: Serve with carrot sticks or crackers instead.



Cucumber Slices

2 servings

5 minutes

Ingredients

1 Cucumber

Directions

- 1 Slice the cucumber and enjoy!

Notes

Storage: Cucumber can keep up to one week in the fridge if stored in water.



Cheesy Cauliflower & Broccoli Casserole

4 servings

1 hour

Ingredients

2 cups Butternut Squash (peeled, seeded and cubed)
1 Yellow Onion (medium, diced)
2 Garlic (cloves, minced)
1/2 cup Water
1 head Cauliflower (medium, chopped into florets)
4 cups Broccoli (chopped into florets)
1/2 cup Cashews
1/2 cup Nutritional Yeast
1/2 tsp Sea Salt
1/4 tsp Paprika

Directions

- 1 Preheat oven to 375°F (191°C).
- 2 In a small saucepan, combine the butternut squash, onion, garlic and water. Cover the pot and bring to a boil over high heat for about 5 minutes or until everything is soft. Remove from heat when done.
- 3 While the squash is cooking, place cauliflower and broccoli in a steamer. Steam for 3 minutes or until tender.
- 4 To make the "cheese" sauce, add the cashews, nutritional yeast, salt and paprika to your blender. Pour in the softened butternut squash, onion, garlic and water. Blend on high for about 1 minute or until smooth. (Note: If you do not have a high powered blender, you might need to add a little extra water to get it going. Add 1 tbsp at a time.)
- 5 Place the steamed cauliflower and broccoli into a baking dish. Pour the cheese sauce over the veggies and stir gently to mix.
- 6 Bake for 40 minutes. Serve immediately. Enjoy!

Notes

Save Time: Buy frozen, pre-sliced butternut squash cubes.

More Protein: Serve with roasted chicken or top with bacon.

More Carbs: Serve with brown rice macaroni or quinoa.



Shepherd's Pie Bowls

4 servings
45 minutes

Ingredients

2 Yellow Potato (medium, chopped)
1/2 head Cauliflower (chopped into florets)
1 tbsp Extra Virgin Olive Oil
1 Yellow Onion (medium, diced)
2 Carrot (medium, peeled and diced)
3 stalks Celery (diced)
2 Garlic (cloves, minced)
1 lb Extra Lean Ground Turkey
2 tbsps Poultry Seasoning
Sea Salt & Black Pepper (to taste)
1/3 cup Unsweetened Almond Milk

Directions

- 1 Place the yellow potato and cauliflower in a large pot. Fill with enough water to cover them by one inch and cook on high heat until boiling. Once boiling, set a timer for 10 minutes.
- 2 While the cauliflower and potatoes are cooking, heat oil in a large skillet. Add the onion, carrots, celery, and garlic. Cook for 5 to 10 minutes, or until veggies are softened, then add the turkey and poultry seasoning. Stir the turkey around while it cooks to break it into small pieces. After about 10 minutes, or once the meat is cooked through, remove the pan from heat and season to taste with salt and pepper.
- 3 When the potato and cauliflower are tender and easily pierced with a fork, drain them and return to the pot. Add the almond milk and mash with a fork or potato masher. Season to taste with salt and pepper.
- 4 To assemble the bowls, divide the meat and the potato mixture between bowls or containers. Enjoy!

Notes

Lower Carb: Replace the yellow potato with more cauliflower.

Vegan Version: Replace the ground turkey with lentils or shredded tempeh.

Leftovers: Keeps well in the fridge for up to 4 days.



Simple Tuna Salad

2 servings

10 minutes

Ingredients

2 cans Tuna (drained)
1 Green Apple (chopped)
2 stalks Green Onion (finely sliced)
2 tbsps Mayonnaise
Sea Salt & Black Pepper (to taste)

Directions

- 1 Add all ingredients to a large bowl and mix until well combined. Enjoy!

Notes

How to Serve: Enjoy alone, on crackers, on a sandwich, or over greens.

Leftovers: Keeps well in the fridge for 2 to 3 days.



Plantain Chips

2 servings

30 minutes

Ingredients

2 Plantain (medium size)
1 tbsp Coconut Oil (melted)
1/2 tsp Cinnamon

Directions

- 1 Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper.
- 2 Peel the plantains then slice as thinly as possible with a mandolin or knife. Do your best to keep the thickness consistent. Slice on the diagonal for bigger chips. Gently toss the slices in coconut oil and cinnamon. Arrange in an even layer on the baking sheet then bake for 30 to 35 minutes, flipping at the halfway point. (Note: Chips are done when they start to brown around the edges.)
- 3 Remove from oven and let cool on a baking rack lined with paper towel to soak up any excess oil. Enjoy!

Notes

Storage: Store in an airtight container at room temperature.

Make Them Crispy: Plantain chips last 1 - 2 days. If they get soggy, crisp them back up by placing them in the oven at 350 degrees F for 5 to 10 minutes.



Grain-Free Flax Bread

10 servings

1 hour

Ingredients

2 cups Ground Flax Seed
1 tbsp Baking Powder
3/4 tsp Sea Salt
5 Egg (room temp)
1/2 cup Water (room temp)
1/3 cup Coconut Oil (melted)

Directions

- 1 Preheat oven to 350°F (177°C). Grease the inside of a loaf pan or line it with parchment paper.
- 2 In a medium size bowl, mix together flax, baking powder, and salt. Use a whisk to stir until well combined.
- 3 In another bowl, beat eggs with a whisk for 30 to 60 seconds. Add water and coconut oil, mixing until combined.
- 4 Add wet ingredients to dry and stir until combined. Let the batter sit for 1 to 2 minutes to thicken slightly.
- 5 Pour batter into loaf pan and smooth out the top with a spoon. Bake for about 50 minutes, or until the top feels set and the loaf is browned.
- 6 Once cooled, slice and store in the fridge or freezer.

Notes

Leftovers: Refrigerate in an airtight container or food wrap for up to five days. Freeze for up to two months.

Serving Size: One serving is one slice of bread.



Strawberry Chia Jam

8 servings

20 minutes

Ingredients

2 cups Strawberries
1 tbsp Raw Honey
2 tbsps Chia Seeds

Directions

- 1 Trim the stems from the strawberries and cut in half. Place strawberries, honey and chia seeds in a blender or food processor and pulse until it reaches your preferred jam-consistency.
- 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. Let cool and then store in the fridge for up to 7 days. Freeze if using down the road. Enjoy!

Notes

Get Creative: Try different combinations like strawberry-rhubarb or strawberry-peach!

Storage Tip: If freezing, be sure to leave at least 1 inch of space at the top of the jar to leave room for expansion. Otherwise the jar may shatter.

Vegan: Use maple syrup to sweeten instead of honey.



Mango Coconut Popsicles

4 servings
40 minutes

Ingredients

2 cups Frozen Mango
1 cup Organic Coconut Milk (divided)

Directions

- 1 Blend mango and 3/4 of the coconut milk in a food processor or blender until smooth.
- 2 Roughly scoop mango puree into 3oz. paper cups.
- 3 Spoon remaining coconut milk into each cup to fill in the gaps around the mango. This will create a swirl effect when frozen.
- 4 Insert popsicle sticks in the middle. Place in freezer for 4 hours or until completely frozen.

Notes

No Coconut Milk: Use almond milk or cashew milk instead.



Carrots & Guacamole

2 servings

5 minutes

Ingredients

4 Carrot (medium)
1 Avocado
1 Lime (juiced)
1/4 tsp Sea Salt (or more to taste)

Directions

- 1 Peel and slice carrots into sticks.
:
- 2 Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.
:
- 3 Dip the carrots into the guac & enjoy!

Notes

Leftovers: Store the guacamole in an airtight container in the refrigerator for up to two days. Sliced carrots can be stored in the refrigerator for up to four days.

Spice it Up: Add chili flakes, salsa and/or chopped cilantro to the guacamole.



Meatloaf Muffins with Mashed Cauliflower Frosting

6 servings

30 minutes

Ingredients

1 1/2 lbs Extra Lean Ground Beef
1 Yellow Onion (medium, chopped)
2 tbsps Dijon Mustard
1 tsp Ground Sage
1 1/2 tsps Sea Salt (divided)
1 head Cauliflower (chopped into florets)
1/2 cup Organic Coconut Milk (full fat, from the can)
1/4 cup Tomato Sauce

Directions

- 1 Preheat oven to 350°F (177°C) and grease your muffin tray with oil.
- 2 In a mixing bowl, combine the beef, onion, mustard, sage and half the salt until well combined. Divide evenly into muffin cups and bake for 20 minutes or until cooked through.
- 3 Meanwhile, place cauliflower florets in a steaming basket over boiling water. Steam for 8 minutes or until tender.
- 4 Transfer cauliflower, remaining salt and coconut milk to a blender and blend until smooth.
- 5 When the meatloaf muffins are ready, top each one with about a teaspoon of tomato sauce. Then, top it with cauliflower mash and spread evenly using the back of a spoon. Enjoy!

Notes

Serving Size: Each serving is equal to two muffins.

Leftovers: Refrigerate in an airtight container up to 3 days.

No Cauliflower: Use potato instead.

No Coconut Milk: Use water or any alternative milk.

More Veggies: Add spinach, mushrooms or chopped bell pepper to the meatloaf mixture.



Herbed Chicken Tenders with Honey Dijon

2 servings
40 minutes

Ingredients

8 ozs Chicken Breast (skinless, boneless, sliced into strips)
1 tbsp Avocado Oil (divided)
1/4 cup Oats (quick)
1 1/2 tsps Italian Seasoning
1/4 tsp Sea Salt
3 Carrot (medium, peeled and sliced into fries)
2 tsps Dijon Mustard
1 1/2 tsps Raw Honey

Directions

- 1 Preheat oven to 400°F (204°C) and line two baking sheets with parchment paper. Brush chicken strips with half of the avocado oil.
- 2 Combine the oats, Italian seasoning, and sea salt and spread over a small plate. Press both sides of the chicken strips into the oat/spice mixture to coat, then lay on baking sheet.
- 3 Toss the carrot sticks in remaining avocado oil. Spread across the other baking sheet.
- 4 Place both pans in the oven and bake for 30 minutes, flipping the chicken and tossing the carrot fries halfway through.
- 5 Meanwhile, combine the Dijon and raw honey in a small bowl to make the sauce. Mix well and set aside.
- 6 To serve, divide the chicken tenders and carrot fries between plates and serve with honey Dijon dipping sauce. Enjoy!

Notes

No Quick Oats: Place rolled oats in your blender or food processor. Pulse a few times to break them up.

Vegan and Vegetarian: Use tofu strips instead of chicken.

Leftovers: Keeps well in the fridge up to 3 days.



Slow Cooker Spaghetti Squash & Meatballs

2 servings

4 hours

Ingredients

8 ozs Extra Lean Ground Turkey
2 tbsps Brown Rice Flour
1/2 Egg (whisked)
1 tbsp Extra Virgin Olive Oil (divided)
1 1/2 tsp 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)

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.

Cheese Lover: Sprinkle with parmesan cheese.



One Pan Chicken, Golden Cauliflower & Carrot Fries

2 servings
40 minutes

Ingredients

2 Carrot (medium)
1/2 head Cauliflower
3 tbsps Extra Virgin Olive Oil (divided three ways)
8 ozs Chicken Breast
1 tsp Dried Thyme
1 tsp Turmeric (powder)
1/8 tsp Sea Salt

Directions

- 1 Preheat oven to 375°F (191°C) and line a large baking sheet with parchment paper.
- 2 Peel and slice carrots into sticks. Wash and chop cauliflower into florets.
- 3 Brush chicken breast with 1/3 of the olive oil. Season with thyme and sea salt. Place on the baking sheet.
- 4 Toss carrot sticks in 1/3 of the olive oil. Place on the baking sheet next to chicken.
- 5 Toss cauliflower with the remaining olive oil and turmeric. Mix until cauliflower is evenly yellow then transfer to the baking sheet.
- 6 Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through.
- 7 Remove baking sheet from the oven and divide onto plates. Add more salt to taste if desired. Enjoy!

Notes

Low FODMAP: Use zucchini instead of cauliflower.



Immunity Boosting Bone Broth

4 servings

12 hours

Ingredients

- 1 Whole Chicken Carcass (about 2 lbs of bones)
- 1 Carrot (peeled and chopped)
- 1 Yellow Onion (diced)
- 2 stalks Celery (chopped)
- 3 Garlic (cloves, halved)
- 1 tbsp Apple Cider Vinegar
- 1 tsp Sea Salt
- 1 cup Parsley (chopped)
- 6 cups Water

Directions

- 1 Place the bones in the slow cooker. Add all remaining ingredients. Set slow cooker to low and let cook for at least 12 hours.
- 2 After 12 hours, strain the broth through a strainer or mesh sack. Discard the vegetables that you strained out. Allow broth to cool. Once cool, remove the layer of fat that forms on the top and discard or save it for future cooking. Freeze broth until ready to use.

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Freeze for up to three months.

Serving Size: One serving is approximately 1 to 1 1/2 cups.

Low FODMAP: Omit garlic and onions.