

High Energy Diet

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	One Pan Bacon, Eggs & Brussels Sprouts	One Pan Bacon, Eggs & Brussels Sprouts	One Pan Bacon, Eggs & Brussels Sprouts	One Pan Bacon, Eggs & Brussels Sprouts	Savoury Pesto Oatmeal Bowl	Savoury Pesto Oatmeal Bowl	Savoury Pesto Oatmeal Bowl
Snack 1	Peanut Butter Cup Overnight Oats	Peanut Butter Cup Overnight Oats	Peanut Butter Cup Overnight Oats	Peanut Butter Banana Oat Smoothie	Peanut Butter Banana Oat Smoothie	Peanut Butter & Jelly Banana Rolls	Peanut Butter & Jelly Banana Rolls
Lunch	Cajun Chicken, Sweet Potatoes & Kale	Cajun Chicken, Sweet Potatoes & Kale	Baked Salmon with Broccoli & Quinoa	One Pan Roasted Chicken, Broccoli & Sweet Potato	Turkey Pineapple Quinoa Bowl	Chicken & Broccoli Slaw with Peanut Sauce	Ginger Beef Stir Fry
Snack 2	Peanut Butter & Jelly Banana Rolls	Peanut Butter & Jelly Banana Rolls	Peanut Butter & Jelly Banana Rolls	Peanut Butter & Jelly Banana Rolls	Chocolate Almond Butter Pudding	Chocolate Almond Butter Pudding	Chocolate Almond Butter Pudding
Dinner	Baked Salmon with Broccoli & Quinoa	Baked Salmon with Broccoli & Quinoa	One Pan Roasted Chicken, Broccoli & Sweet Potato	Turkey Pineapple Quinoa Bowl	Chicken & Broccoli Slaw with Peanut Sauce	Ginger Beef Stir Fry	Chicken & Broccoli Slaw with Peanut Sauce

High Energy Diet

54 items

Fruits

- ☐ 2 3/4 Avocado
- ☐ 8 Banana
- ☐ 2 Lemon
- ☐ 3/4 Lime
- ☐ 1/2 cup Pineapple
- ☐ 1 1/2 cups Strawberries

Breakfast

- ☐ 1 1/2 cups All Natural Peanut Butter
- ☐ 1/4 cup Almond Butter
- ☐ 1/2 cup Maple Syrup

Seeds, Nuts & Spices

- ☐ 1 tbsp Cajun Spice
- ☐ 1/8 tsp Cayenne Pepper
- ☐ 1/3 cup Chia Seeds
- ☐ 1 1/2 tsp Curry Powder
- ☐ 3 tbsps Raw Peanuts
- ☐ 0 Sea Salt & Black Pepper
- ☐ 3 tbsps Sunflower Seeds

Frozen

- ☐ 6 Brown Rice Tortillas

Vegetables

- ☐ 1/2 cup Baby Spinach
- ☐ 3/4 cup Basil Leaves
- ☐ 9 cups Broccoli
- ☐ 3 cups Broccoli Slaw
- ☐ 4 cups Brussels Sprouts
- ☐ 1/2 Carrot
- ☐ 1 1/2 stalks Celery
- ☐ 3 tbsps Cilantro
- ☐ 3 1/4 Garlic
- ☐ 1 3/4 tbsps Ginger
- ☐ 2 1/4 stalks Green Onion
- ☐ 7 cups Kale Leaves
- ☐ 1 1/2 cups Mushrooms
- ☐ 3/4 Red Bell Pepper
- ☐ 1 1/2 cups Snap Peas
- ☐ 2 Sweet Potato
- ☐ 1/4 Yellow Onion
- ☐ 4 Yellow Potato
- ☐ 1/2 Zucchini

Boxed & Canned

- ☐ 4 1/2 cups Organic Vegetable Broth
- ☐ 1 cup Quinoa

Baking

- ☐ 3 2/3 tbsps Cocoa Powder
- ☐ 4 1/4 cups Oats

Bread, Fish, Meat & Cheese

- ☐ 8 ozs Beef Tenderloin
- ☐ 1 1/2 lbs Chicken Breast
- ☐ 8 ozs Extra Lean Ground Chicken
- ☐ 8 ozs Extra Lean Ground Turkey
- ☐ 4 slices Organic Bacon
- ☐ 15 ozs Salmon Fillet

Condiments & Oils

- ☐ 2 tbsps Avocado Oil
- ☐ 1 tbsp Coconut Oil
- ☐ 1/2 cup Extra Virgin Olive Oil
- ☐ 2 tbsps Tahini
- ☐ 3 1/4 tbsps Tamari

Cold

- ☐ 11 Egg
- ☐ 3 cups Unsweetened Almond Milk

Other

- ☐ 2 1/2 cups Water

One Pan Bacon, Eggs & Brussels Sprouts

6 ingredients · 1 hour · 4 servings



Directions

1. Preheat oven to 390°F (200°C) and brush a sheet pan with some oil.
2. Toss the potatoes and brussels sprouts with the avocado oil, sea salt and pepper. Mix in the bacon and transfer to the sheet pan. Bake for 30 minutes.
3. Remove the pan from the oven and toss the vegetables gently. Form small 'wells' in the veggies and crack the eggs into them. Return to the oven and bake for 10 more minutes or until eggs are cooked to your liking.
4. To serve, use a spatula to lift the eggs and veggies from the pan and divide between plates. Enjoy!

Notes

Vegetarian

Omit the bacon.

Ingredients

- 4 Yellow Potato (medium, diced)
- 4 cups Brussels Sprouts (halved)
- 2 tbsps Avocado Oil
- Sea Salt & Black Pepper (to taste)
- 4 slices Organic Bacon (cut into 1 inch pieces)
- 8 Egg

Savoury Pesto Oatmeal Bowl

12 ingredients · 20 minutes · 3 servings



Directions

1. Hard boil the eggs then put them in a bowl of ice water to cool.
2. Make the pesto by combining the kale, basil, sunflower seeds, garlic, olive oil, lemon juice, salt and pepper in a food processor. Process until smooth, and set aside.
3. In a small saucepan, combine the oats and vegetable broth. Place on high heat and bring to a boil. Once boiling, reduce to a simmer. Stir and cook until thickened. (Note: If your broth is low sodium, add extra salt to the oats to taste.)
4. Divide the oatmeal between bowls and top with avocado and pesto.
5. Peel the eggs, slice in half and add them to the bowls. Sprinkle with chia seeds. Enjoy!

Notes

Vegan

Omit the egg and add some chopped tofu.

Save Time

Hard boil eggs in advance or do fried eggs.

Ingredients

- 3 Egg
- 3 cups Kale Leaves
- 3/4 cup Basil Leaves
- 3 tbsps Sunflower Seeds
- 1 1/2 Garlic (clove)
- 3 tbsps Extra Virgin Olive Oil
- 1 1/2 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)
- 2 1/4 cups Oats (rolled)
- 4 1/2 cups Organic Vegetable Broth
- 3/4 Avocado (sliced)
- 1 1/2 tbsps Chia Seeds

Peanut Butter Cup Overnight Oats

7 ingredients · 8 hours · 3 servings



Directions

1. Combine oats, almond milk, peanut butter, chia seeds, maple syrup, cocoa powder and water in a large glass container. Stir well to evenly mix. Cover and store in the fridge overnight.
2. Remove from fridge. Divide into single-serving size jars or containers. Enjoy!

Notes

Storage

Refrigerate up to 4 days or until ready to eat. Add an extra splash of almond milk and/or a drizzle of honey (optional).

Toppings

Banana slices, peanuts, shredded coconut, hemp hearts or chocolate chips.

Warm it Up

Heat in microwave for 30 to 60 seconds before eating.

No Maple Syrup

Use honey instead.

More Fiber

Add ground flaxseed.

Ingredients

- 1 1/2 cups Oats (quick or rolled)
- 1 1/2 cups Unsweetened Almond Milk
- 1/4 cup All Natural Peanut Butter
- 2 tbsps Chia Seeds
- 2 tbsps Maple Syrup
- 1 tbspc Cocoa Powder
- 1/2 cup Water

Peanut Butter Banana Oat Smoothie

4 ingredients · 5 minutes · 2 servings



Directions

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

Notes

No Banana

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

No Peanut Butter

Use any nut or seed butter.

Storage

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

More Protein

Add hemp seeds or a scoop of protein powder.

More Fibre

Add ground flax seed.

Ingredients

1/2 cup Oats (quick or traditional)

1/4 cup All Natural Peanut Butter

2 Banana

1 cup Unsweetened Almond Milk

Cajun Chicken, Sweet Potatoes & Kale

7 ingredients · 35 minutes · 2 servings



Directions

1. Preheat the oven to 430°F (222°C). Line a baking sheet with parchment paper.
2. Place the diced sweet potatoes in a mixing bowl. Drizzle with olive oil and add half of the cajun spice. Toss well. Spread across the baking sheet and bake for 30 minutes, tossing at the half way mark.
3. Meanwhile, heat half the coconut oil in a skillet over medium heat. Add the ground chicken. Saute for 10 minutes or until completely cooked through, breaking it up as it cooks. Add in the remaining cajun spice. Continue to saute until the spice is evenly distributed. Transfer the ground chicken to a bowl and cover to keep warm.
4. Place the skillet back over medium heat and add the remaining coconut oil. Add in the kale, season with sea salt and black pepper then saute just until wilted. Turn off the heat.
5. Divide cajun chicken, sweet potatoes and sauteed kale between plates. Enjoy!

Notes

No Ground Chicken

Use any type of ground meat.

Vegan & Vegetarian

Use lentils or chickpeas instead of chicken.

Storage

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

Ingredients

- 1 Sweet Potato (medium, diced into 1/2 inch thick pieces)
- 1 1/2 **tsps** Extra Virgin Olive Oil
- 1 **tbsp** Cajun Spice (divided)
- 1 1/2 **tsps** Coconut Oil (divided)
- 8 **ozs** Extra Lean Ground Chicken
- 4 **cups** Kale Leaves (sliced)
- Sea Salt & Black Pepper (to taste)

Peanut Butter & Jelly Banana Rolls

6 ingredients · 1 hour · 6 servings



Directions

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

Notes

No Strawberries

Use any type of berry instead.

Ingredients

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

Chocolate Almond Butter Pudding

5 ingredients · 5 minutes · 3 servings



Directions

1. Combine all ingredients in a food processor or blender and blend until smooth and creamy. You may need to occasionally scrape down the sides.
2. Divide into small bowls, add your choice of toppings or enjoy as is!

Notes

No Cocoa Powder

Use cacao powder instead.

No Almond Butter

Use peanut butter or any type of nut butter.

Optional Toppings

Toasted coconut, hemp seeds, crushed nuts, coconut whipped cream or fresh fruit.

More Fibre

Add ground flax seeds before blending.

Ingredients

2 Avocado (peeled and pits removed)

1/4 cup Maple Syrup

1/2 cup Unsweetened Almond Milk

2 2/3 tbsps Cocoa Powder

1/4 cup Almond Butter

Baked Salmon with Broccoli & Quinoa

7 ingredients · 20 minutes · 3 servings



Directions

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

Notes

Leftovers

Store covered in the fridge up to 2 days.

Speed it Up

Cook the quinoa ahead of time.

Vegan

Use tofu steaks instead of salmon fillets.

Ingredients

15 ozs Salmon Fillet

Sea Salt & Black Pepper (to taste)

6 cups Broccoli (sliced into small florets)

1 1/2 tbsps Extra Virgin Olive Oil

3/4 cup Quinoa (uncooked)

1 1/8 cups Water

1/3 Lemon (sliced into wedges)

One Pan Roasted Chicken, Broccoli & Sweet Potato

9 ingredients · 30 minutes · 2 servings



Directions

1. Preheat oven to 410°F (210°C) and line a large baking sheet with parchment paper.
2. Place chicken breasts on the baking sheet and season with sea salt and black pepper.
3. Place the diced sweet potato in a mixing bowl and toss with half of the olive oil. Season with sea salt and black pepper to taste. Spread across the baking sheet around the chicken breasts. Place in the oven and set timer for 30 minutes.
4. Meanwhile, toss the broccoli florets in remaining olive oil and season with sea salt and black pepper. When your chicken and potatoes have about 15 minutes left, pull the baking sheet out of the oven, flip the sweet potatoes and spread the broccoli florets overtop. Place back in the oven and roast for the remaining time, about 15 minutes or until chicken is cooked through.
5. Combine the tahini, maple syrup, water and cayenne pepper together in a small mason jar. Shake vigorously until well combined. Set aside.
6. Remove baking sheet from the oven and divide evenly onto plates. Drizzle with tahini maple dressing. Enjoy!

Notes

Storage

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

Vegan & Vegetarian

Replace the chicken breast with black beans.

Ingredients

- 10 ozs** Chicken Breast
- Sea Salt & Black Pepper (to taste)
- 1** Sweet Potato (medium, diced)
- 1 tbsp** Extra Virgin Olive Oil (divided)
- 3 cups** Broccoli (chopped into small florets)
- 2 tbsps** Tahini
- 1 1/2 tsps** Maple Syrup
- 2 tbsps** Water
- 1/8 tsp** Cayenne Pepper

Turkey Pineapple Quinoa Bowl

13 ingredients · 30 minutes · 2 servings



Directions

1. Place quinoa and water in a saucepan and bring to a boil. Turn down to simmer and cover. Let simmer for 12 minutes. Remove from heat, stir with fork and set aside.
2. In a large skillet, heat olive oil over medium heat. Add ground turkey to skillet and stir in curry powder, pinch of cayenne pepper, sea salt and pepper to taste. Stir until turkey is cooked through (8 - 10 minutes).
3. When turkey is cooked stir in ginger, pineapple, quinoa, carrot, zucchini and tamari. Reduce heat to low and stir well. Let heat through for about 5 minutes. Remove from heat and stir in baby spinach until wilted.
4. Spoon into bowls and enjoy!

Ingredients

1/4 cup Quinoa
1/2 cup Water
1 1/2 tsps Extra Virgin Olive Oil
8 ozs Extra Lean Ground Turkey
1 1/2 tsps Curry Powder
1/16 tsp Cayenne Pepper
Sea Salt & Black Pepper (to taste)
1 1/2 tsps Ginger (peeled and grated)
1/2 cup Pineapple (cored and sliced into chunks)
1/2 Carrot (grated)
1/2 Zucchini (grated)
1 1/2 tsps Tamari
1/2 cup Baby Spinach

Chicken & Broccoli Slaw with Peanut Sauce

14 ingredients · 35 minutes · 3 servings



Directions

1. Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper. Place the chicken breasts on the baking sheet and season with sea salt and black pepper. Place in the oven and bake for 30 minutes or until cooked through.
2. In a food processor, combine peanut butter, tamari, lime juice, olive oil, ginger, garlic and water. Blend until smooth and set aside.
3. In a large salad bowl, combine broccoli slaw, red pepper and green onion.
4. Remove chicken from oven. Dice and add it to the salad bowl. Drizzle with desired amount of peanut dressing and toss well. Divide into bowls and garnish with cilantro and chopped peanuts. Serve with hot sauce if you like it spicy. Enjoy!

Notes

Vegan & Vegetarian

Use roasted chickpeas instead of diced chicken.

Slow Cooker Version

Throw your chicken in a slow cooker with some onion and broth and cook on low for 8 hours. Shred the chicken with a fork before serving and add it to the salad.

Prep Ahead

The chicken, peanut sauce, and veggies can all be prepped ahead to save time.

Leftovers

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

Ingredients

15 ozs Chicken Breast
Sea Salt & Black Pepper (to taste)
3 tbsps All Natural Peanut Butter
2 1/4 tsps Tamari
3/4 Lime (juiced)
2 1/4 tsps Extra Virgin Olive Oil
2 1/4 tsps Ginger (peeled and grated)
3/4 Garlic (clove, minced)
3 tbsps Water
3 cups Broccoli Slaw
3/4 Red Bell Pepper (sliced)
2 1/4 stalks Green Onion (chopped)
3 tbsps Cilantro (chopped, optional)
3 tbsps Raw Peanuts (chopped)

Ginger Beef Stir Fry

10 ingredients · 30 minutes · 2 servings



Directions

1. Mix together tamari, garlic, ginger and maple syrup in a jar. Put on a lid and shake well. Set aside.
2. Add coconut oil to a large frying pan and place over medium heat. Add beef and yellow onion. Saute for 3 to 5 minutes or until beef is cooked rare. Add in celery, snap peas and mushrooms. Saute for another 5 minutes. Pour in sauce from jar. Stir well to mix. Once everything is well combined, turn off the heat.
3. Plate stir fry. Garnish with sesame seeds and hot sauce if you like. Enjoy!

Notes

Alternative Vegetables

Use broccoli, carrots, bell peppers or any other vegetables you have on hand.

More Carbs

Serve with brown rice or quinoa.

Vegan & Vegetarian

Use cooked chickpeas or tofu instead of beef.

No Beef

Use diced chicken breast instead.

More Greens

Stir in kale or baby spinach until wilted.

Ingredients

- 2 **tbps** Tamari
- 1 Garlic (cloves, minced)
- 1 **1/2 tps** Ginger (peeled and grated)
- 1 **1/2 tps** Maple Syrup
- 1 **1/2 tps** Coconut Oil
- 8 **ozs** Beef Tenderloin (sliced into strips)
- 1/4 Yellow Onion (diced)
- 1 **1/2 stalks** Celery (chopped)
- 1 **1/2 cups** Snap Peas
- 1 **1/2 cups** Mushrooms (sliced)