



Summer is that time for light eating and quick meal preparation. I hope these recipes can add some change to your palette.

Remember when you can buy "organic" when it comes to the "Dirty Dozen."

Dirty Dozen™

- Strawberries
- Spinach
- Kale
- Nectarines
- Apples
- Grapes
- Peaches
- Cherries
- Pears
- Tomatoes
- Celery
- Potatoes
- + Hot Peppers

The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. None of my services shall be used to diagnose or treat any health problem or disease. I cannot and do not provide medical advice. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet. The information and recipes provided in this plan should not be used in place of a consultation with your physician or other health care provider. I do not recommend the self-management of health problems. Should you have any healthcare-related questions, please consult your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of the information provided in this plan.

Enjoy and Happy Summertime!

| | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----------|---|---|---|--|--|---|--|
| Breakfast |  Peanut Butter & Jam Overnight Oats |  Peanut Butter & Jam Overnight Oats |  Peanut Butter & Jam Overnight Oats |  Strawberry Banana Smoothie |  Strawberry Banana Smoothie |  Blueberry Overnight Oats |  Blueberry Overnight Oats |
| Snack 1 |  Blueberry Agua Fresca |  Blueberry Agua Fresca |  Blueberry Agua Fresca |  Pineapple |  Pineapple |  Pineapple |  Pineapple |
| Lunch |  Simple Tuna Salad |  Simple Tuna Salad |  Spiced Salmon Kabobs |  Pineapple Coconut Shrimp |  Grilled Honey Dijon Salmon with Zucchini & Quinoa |  Grilled Shrimp Salad |  Grilled Pineapple & Chicken Salad |
| Snack 2 |  Fresh Strawberries |  Fresh Strawberries |  Fresh Strawberries |  Banana with Peanut Butter |  Banana with Peanut Butter |  Key Lime Mousse |  Key Lime Mousse |
| Dinner |  Spiced Salmon Kabobs |  Spiced Salmon Kabobs |  Pineapple Coconut Shrimp |  Grilled Honey Dijon Salmon with Zucchini & Quinoa |  Grilled Shrimp Salad |  Grilled Pineapple & Chicken Salad |  Grilled Shrimp Salad |
| Snack 3 |  Coconut Banana Ice Cream |  Coconut Banana Ice Cream |  Coconut Banana Ice Cream |  Mango Coconut Popsicles |  Mango Coconut Popsicles |  Mango Coconut Popsicles |  Mango Coconut Popsicles |

Fruits

- ☐ 2 1/4 Avocado
- ☐ 5 1/2 Banana
- ☐ 2 1/2 cups Blueberries
- ☐ 1 Green Apple
- ☐ 1 1/2 Lemon
- ☐ 4 Lime
- ☐ 9 1/2 cups Pineapple
- ☐ 8 cups Strawberries

Breakfast

- ☐ 3/4 cup All Natural Peanut Butter
- ☐ 2/3 cup Maple Syrup

Seeds, Nuts & Spices

- ☐ 1/3 tsp Black Pepper
- ☐ 2 1/2 tbsps Chia Seeds
- ☐ 1 1/8 tsp Chili Powder
- ☐ 1/2 tsp Cinnamon
- ☐ 2 tbsps Hemp Seeds
- ☐ 1/3 tsp Red Pepper Flakes
- ☐ 1 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 2 1/4 tps Sesame Seeds
- ☐ 1/2 cup Slivered Almonds

Frozen

- ☐ 2 cups Frozen Mango

Vegetables

- ☐ 4 1/2 cups Asparagus
- ☐ 3 cups Baby Spinach
- ☐ 3/4 cup Cherry Tomatoes
- ☐ 3 cups Coleslaw Mix
- ☐ 2 ears Corn On The Cob
- ☐ 1 1/2 Garlic
- ☐ 2 stalks Green Onion
- ☐ 1/2 cup Parsley
- ☐ 1/4 cup Red Onion
- ☐ 2 Zucchini

Boxed & Canned

- ☐ 1 3/4 cups Canned Coconut Milk
- ☐ 1/2 cup Quinoa
- ☐ 2 cans Tuna

Baking

- ☐ 2 1/2 cups Oats
- ☐ 1 tbsp Raw Honey
- ☐ 1 tbsp Unsweetened Coconut Flakes
- ☐ 1/2 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- ☐ 8 ozs Chicken Breast
- ☐ 1/4 cup Feta Cheese
- ☐ 1 1/2 lbs Salmon Fillet
- ☐ 2 1/2 lbs Shrimp

Condiments & Oils

- ☐ 1 1/2 tps Apple Cider Vinegar
- ☐ 2 tbsps Dijon Mustard
- ☐ 1/2 cup Extra Virgin Olive Oil
- ☐ 2 tbsps Mayonnaise
- ☐ 1 tbsp Red Wine Vinegar

Cold

- ☐ 4 2/3 cups Unsweetened Almond Milk

Other

- ☐ 12 Barbecue Skewers
- ☐ 6 Ice Cubes
- ☐ 3 1/4 cups Water



Peanut Butter & Jam Overnight Oats

3 servings

8 hours

Ingredients

1/2 cup All Natural Peanut Butter (divided)
1/4 cup Maple Syrup (divided)
2 cups Unsweetened Almond Milk
1 1/2 cups Oats (quick)
1 1/2 tbsps Chia Seeds
3 cups Strawberries (finely chopped)

Directions

- 1 Add half of the peanut butter and half of the maple syrup to a mixing bowl. Slowly whisk in almond milk until combined.
- 2 Stir in the oats and chia seeds until combined. Cover and let sit for at least 3 hours or overnight.
- 3 To prepare the strawberries, add chopped strawberries to a bowl with remaining maple syrup. Stir to coat the strawberries in the syrup then cover and let rest in the fridge until oats are ready.
- 4 To serve, divide the peanut butter oats evenly between jars. Top with equal amounts of the sweetened strawberries (and their juices) and remaining peanut butter. Enjoy!

Notes

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

No Peanut Butter: Use almond butter, cashew butter or sunflower seed butter instead.



Strawberry Banana Smoothie

1 serving

5 minutes

Ingredients

1 cup Strawberries
1/2 Banana
2 tbsps Oats (quick or rolled)
1 cup Unsweetened Almond Milk
1 tbsp Hemp Seeds

Directions

1

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

Notes

No Banana: Sweeten with raw honey, maple syrup or soaked dates instead.

Storage: Refrigerate in a sealed mason jar up to 48 hours.

More Protein: Add more hemp seeds, a scoop of protein powder, or a spoonful of nut butter.

More Fibre: Add ground flax seeds.



Blueberry Overnight Oats

2 servings

8 hours

Ingredients

- 3/4 cup Oats
- 3/4 cup Unsweetened Almond Milk
- 1 tbsp Chia Seeds
- 1 tbsp Maple Syrup
- 1/2 tsp Cinnamon
- 1/4 cup Water
- 1/2 cup Blueberries
- 1/2 cup Slivered Almonds

Directions

- 1 Combine oats, almond milk, chia seeds, maple syrup, cinnamon and water together in a large tupperware container. Stir well to mix. Seal and place in the fridge overnight (or for at least 8 hours).
- 2 Remove oats from fridge. Use single-serving size mason jars and place a large spoonful of the oat mix in the bottom of each, then a layer of blueberries followed by a layer of slivered almonds. Repeat until all ingredients are used up. Store in the fridge until ready to eat. Enjoy hot or cold!

Notes

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



Blueberry Agua Fresca

1 serving

5 minutes

Ingredients

1/2 cup Blueberries
1/4 Lime (juiced)
1 1/2 tsps Maple Syrup
1 cup Water
2 Ice Cubes (optional)

Directions

- 1 Combine all ingredients except ice in a blender. Blend well until smooth.
- 2 Divide ice into glasses, pour in the Blueberry Agua Fresca and enjoy!

Notes

Make it Smooth: Strain after blending.

Make it Fancy: Serve it over frozen blueberries instead of ice.

Make it Fizzy: Use sparkling water instead of flat water.

No Maple Syrup: Use honey instead.



Pineapple

4 servings

5 minutes

Ingredients

6 cups Pineapple

Directions

- 1 Slice into cubes and divide into bowls. Enjoy!

Notes

Extra Sweet: Grill or broil your pineapple and sprinkle with cinnamon.



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.



Fresh Strawberries

3 servings

5 minutes

Ingredients

3 cups Strawberries

Directions

1

Wash strawberries under cold water and remove the stems. Dry well. Slice and divide into bowls. Enjoy!

Notes

Make Them Last: Once strawberries are washed, they tend not to last as long. So do not wash until you are ready to eat.



Banana with Peanut Butter

1 serving

5 minutes

Ingredients

- 1 Banana (peeled and sliced)
- 2 tbsps All Natural Peanut Butter

Directions

- 1 Spread peanut butter across banana slices. Happy snacking!

Notes

No Peanut Butter: Use any nut or seed butter.

More Protein: Sprinkle with hemp seeds.



Key Lime Mousse

2 servings

10 minutes

Ingredients

- 1 Avocado (peeled and pitted)
- 1 Lime (zested and juiced)
- 1 tbsp Maple Syrup
- 1 tbsp Canned Coconut Milk
- 1/2 tsp Vanilla Extract

Directions

1

In a food processor or blender, combine the avocados, lime juice, lime zest, maple syrup, canned coconut milk, and vanilla extract. Process until smooth, scraping down sides if necessary. Divide into bowls and enjoy!

Notes

Toppings: Kiwi slices, hemp seeds, or shredded coconut.

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



Spiced Salmon Kabobs

3 servings

20 minutes

Ingredients

- 1 1/2 tbsps Parsley (chopped)
- 2 1/4 tps Sesame Seeds
- 1/3 tsp Black Pepper
- 1/3 tsp Sea Salt
- 1/3 tsp Red Pepper Flakes
- 1 1/2 tbsps Maple Syrup
- 1 1/2 tbsps Extra Virgin Olive Oil (plus extra for asparagus)
- 15 ozs Salmon Fillet (sliced into 1 inch cubes)
- 1 1/2 Lemon (sliced into thin rounds)
- 6 Barbecue Skewers
- 4 1/2 cups Asparagus (woody ends trimmed off)
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat grill to medium heat.
- 2 In a mixing bowl, mix the parsley, sesame seeds, black pepper, sea salt, red pepper flakes, maple syrup and olive oil. Mix well. Add the salmon pieces and toss well to coat.
- 3 Grab your BBQ skewers and slide on a piece of salmon, followed by a folded lemon slice. Repeat until all ingredients are used up and several kabobs are made.
- 4 Toss asparagus in a splash of olive oil and season with sea salt and black pepper to taste.
- 5 Place kabobs on one side of the grill and asparagus on the other. Grill both for about 3 - 4 minutes per side, or until salmon flakes with a fork. Remove from the grill and divide between plates. Enjoy!

Notes

Add Carbs: Serve with quinoa, brown rice or sweet potato.

Time Saver: Chop the salmon and add it to a zip lock baggie with the marinade. Store in the fridge up to 1 day.



Pineapple Coconut Shrimp

2 servings

25 minutes

Ingredients

- 1 1/2 Garlic (cloves, minced)
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Red Wine Vinegar
- 1 tbsp Parsley (chopped)
- 1/4 tsp Sea Salt
- 1 lb Shrimp (raw, peeled and deveined)
- 2 cups Pineapple (diced into chunks)
- 1 tbsp Unsweetened Coconut Flakes
- 6 Barbecue Skewers

Directions

- 1 In a large bowl, stir together the garlic, olive oil, red wine vinegar, parsley and sea salt. Mix well. Add shrimp and toss well to coat.
- 2 Preheat grill to medium heat.
- 3 Slide a shrimp onto a skewer, followed by a pineapple chunk. Repeat until all ingredients are used up.
- 4 Transfer skewers to the grill and cook for 3 to 4 minutes per side or until shrimp is pink. Remove from grill and sprinkle with coconut flakes. Serve over a bed of greens or with your favourite side dishes. Enjoy!

Notes

No Pineapple: Use sliced lemon instead.

Likes it Spicy: Add cayenne pepper to the shrimp spice.



Steamed Corn on the Cob

2 servings
15 minutes

Ingredients

2 ears Corn on the Cob (husk removed and halved)

Directions

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

Notes

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

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



Grilled Honey Dijon Salmon with Zucchini & Quinoa

2 servings

30 minutes

Ingredients

1/2 cup Quinoa (dry, uncooked)
2 tbsps Dijon Mustard (grainy or regular)
1 tbsp Raw Honey
8 ozs Salmon Fillet
2 Zucchini (sliced in half lengthwise)
3/4 tsp Extra Virgin Olive Oil
1/4 tsp Sea Salt

Directions

- 1 Cook the quinoa according to the directions on the package and set aside. While the quinoa cooks, combine the dijon mustard and honey in a jar. Mix well and set aside.
- 2 Preheat the grill to medium heat.
- 3 Place the salmon on a grill pan or mat and brush with 2/3 of the dijon glaze. Slice the zucchinis, brush them with olive oil and add them to the grill pan/mat too. Season everything with sea salt.
- 4 Place the salmon and zucchini on the grill, close the lid and grill for 10 to 15 minutes, or until salmon flakes with a fork and zucchini is tender. Flip the zucchini at the halfway point.
- 5 Remove everything from the grill and brush the salmon with the remaining dijon glaze. Divide the salmon, zucchini and quinoa onto plates and enjoy!

Notes

No Grill: Bake on a sheet in the oven at 400°F (204°C) degrees for 15 to 20 minutes, or until fish flakes with a fork.

No Zucchini: Use asparagus or green beans instead.

Lower Carb: Omit the quinoa or serve with cauliflower rice instead.

Leftovers: Store leftovers in an airtight container in the fridge up to 2 to 3 days.



Grilled Shrimp Salad

3 servings

25 minutes

Ingredients

- 1/3 cup Parsley (chopped and packed)
- 2 1/4 Lime (juiced)
- 3 tbsps Extra Virgin Olive Oil
- 1 1/8 tsp Chili Powder
- 1 1/2 lbs Shrimp (raw, peeled and deveined)
- 3 cups Coleslaw Mix
- 3/4 cup Cherry Tomatoes (halved)
- 3/4 Avocado (peeled and diced)
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Create dressing by combining the parsley, lime juice, olive oil and chili powder together in a blender or food processor. Process until smooth. Set aside.
- 2 Throw shrimp in a large ziplock baggie. Add half of the dressing and shake well to coat. Set the remaining dressing aside.
- 3 Heat the grill over medium heat. Cook the shrimp for 2 to 3 minutes per side depending on size of shrimp.
- 4 Divide coleslaw mix between plates and top with avocados, tomatoes and grilled shrimp. Season with sea salt and pepper to taste. Drizzle remaining dressing over top. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. For best results, store the dressing separate from the salad contents and cut into the avocado just before serving.

No Grill: Cook shrimp in a cast iron skillet over medium heat on the stove top.

Vegan & Vegetarian: Use portobello mushrooms instead of shrimp. Marinate and grill the same way.



Grilled Pineapple & Chicken Salad

2 servings

20 minutes

Ingredients

2 tbsps Extra Virgin Olive Oil (divided)
1 1/2 tsps Apple Cider Vinegar
1 1/2 tsps Maple Syrup
Sea Salt & Black Pepper (to taste)
8 ozs Chicken Breast
1 1/2 cups Pineapple (sliced into rings)
3 cups Baby Spinach
1/2 cup Blueberries
1/2 Avocado (diced)
1/4 cup Feta Cheese (crumbled)
1/4 cup Red Onion (thinly sliced)

Directions

- 1 Add 3/4 of the olive oil, apple cider vinegar, maple syrup, salt and pepper (to taste) to a small mason jar. Shake and set aside.
- 2 Preheat grill on medium heat. Brush both sides of each chicken breast with the remaining olive oil and season with salt, pepper and any other spices you like.
- 3 Place pineapple slices and chicken breasts on the grill. Grill the chicken about 15 to 20 minutes or until cooked through, flipping halfway. Cook pineapple slices until grill marks appear, about 6 minutes each side.
- 4 Meanwhile, toss together spinach, blueberries, avocado, feta and red onion in a large bowl. Chop pineapple into chunks and chicken into strips. Add to salad. Divide onto plates and coat with desired amount of salad dressing.

Notes

No BBQ: Preheat the oven to 350°F (177°C). Cook chicken for 30 minutes and pineapple slices for 15 to 20 minutes until soft.

Vegetarian: Skip the chicken and grill chickpeas in a grilling basket instead.



Coconut Banana Ice Cream

3 servings
1 hour 30 minutes

Ingredients

3/4 cup Canned Coconut Milk (full fat)
2 1/2 Banana (sliced and frozen)

Directions

- 1 Add all ingredients into a blender and blend until smooth. Occasionally turn the blender off and scrape down the sides if needed.
- 2 Scoop into bowls and enjoy immediately as soft serve or for firmer ice cream, transfer to a baking pan and freeze for at least 1.5 hours before scooping.

Notes

Chocolate Lover: Add cocoa powder while blending.

Topping Ideas: Nut butter, jam, chocolate chips, granola, crushed nuts, melted dark chocolate or fresh fruit.



Mango Coconut Popsicles

4 servings
40 minutes

Ingredients

2 cups Frozen Mango
1 cup Canned 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.