

RECIPES

Nourished Pregnancy



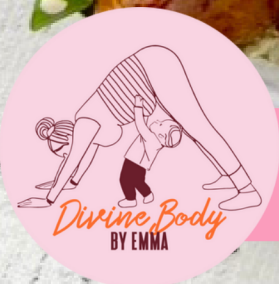
prep time:
XX minutes



cook time:
XX minutes



servings:
feeds XX



DIVINEBODYBYEMMA.COM

Meal Plan

	MON	TUE	WED	THU	FRI	SAT	SUN
BREAKFAST	 Cottage Cheese Strawberry Crepes	 Cottage Cheese Strawberry Crepes	 Creamy Orange Vanilla Smoothie	 Creamy Orange Vanilla Smoothie	 Creamy Orange Vanilla Smoothie	 Cheesy Egg Pepper Boats	 Cheesy Egg Pepper Boats
MORNING SNACK	 Mini Almond Butter Cups	 Mini Almond Butter Cups	 Mini Almond Butter Cups	 Mini Almond Butter Cups	 Mini Almond Butter Cups	 Mini Almond Butter Cups	 Mini Almond Butter Cups
LUNCH	 Scrambled Egg Wrap	 Lemon Garlic Shrimp with Spaghetti Squash	 Cajun Chicken With Black Rice	 Grilled Tofu Kebabs With Citrus Quinoa Salad	 Maple Spinach Turkey Burger & Seasoned Sweet Potato Fries	 Air Fryer Salmon & Salad Bowl With Balsamic Dressing	 Air Fryer Salmon & Salad Bowl With Balsamic Dressing
AFTERNOON SNACK	 Raspberry & Pomegranate Snack Chia Pudding	 Raspberry & Pomegranate Snack Chia Pudding	 Raspberry & Pomegranate Snack Chia Pudding	 Raspberry & Pomegranate Snack Chia Pudding	 Carrot Cake Protein Balls	 Carrot Cake Protein Balls	 Carrot Cake Protein Balls
DINNER	 Lemon Garlic Shrimp with Spaghetti Squash	 Cajun Chicken With Black Rice	 Grilled Tofu Kebabs With Citrus Quinoa Salad	 Maple Spinach Turkey Burger & Seasoned Sweet Potato Fries	 Scrambled Egg Wrap	 Chicken Butternut Squash Stir Fry	 Chicken Butternut Squash Stir Fry

Shopping List

FRUITS

- 2 1/2 Avocados
- 1 1/2 Bananas
- 5 1/2 Lemons
- 4 Naval Oranges
- 3/4 cup Pomegranate Seeds
- 1 cup Raspberries
- 1/2 cup Strawberries

VEGETABLES

- 4 cups Arugula
- 6 cups Baby Spinach
- 3/4 cup Basil Leaves
- 2 cups Broccoli
- 3 cups Butternut Squash
- 4 1/2 cups Cherry Tomatoes
- 1 Cucumber
- 12 Garlic Cloves
- 1 tbsp Ginger (fresh)
- 1 cup Grated Carrot
- 2 Green Bell Peppers
- 16 stalks Green Onion
- 8 cups Mixed Greens
- 1 Orange Bell Pepper
- 1/4 cup Parsley
- 3 Red Bell Pepper
- 2 Spaghetti Squash
- 2 cups Sugar Snap Peas
- 1 Sweet Potato
- 1 Zucchini

BREAD

- 4 Brown Rice Tortillas

NUTS & SEEDS

- 1/2 cup All Natural Peanut Butter
- 1/2 cup Almond Butter
- 1/2 cup Chia Seeds
- 1/3 cup Ground Flax Seeds
- 1 cup Hemp Seeds
- 1 tbsp Sesame Seeds
- 1/2 cup Sliced Almonds
- 1/2 cup Walnuts

SPICES & HERBS

- 1 1/4 tsp Black Pepper
- 1/2 tsp Cajun Seasoning
- 2 tsp Cinnamon
- 1 tsp Cumin
- 1 tbsp Garlic powder
- 1/4 tsp Ground Ginger
- 1 tsp Ground Sage
- 2 tsp Onion Powder
- 1 tbsp Paprika
- 1 1/2 tsp Sea Salt

BOXED & CANNED

- 1/2 cups Black Beans
- 1/2 cup Black Rice
- 1 1/2 cups Canned Coconut Milk
- 4 cups Quinoa
- 3 servings Collagen Powder

BAKING

- 1 1/2 tsp Baking Powder
- 1/4 cup Brown Sugar
- 1 cup Dark Chocolate Chips
- 2 1/4 cup Oats
- 1/2 cup Raisins
- 2 2/3 tbsp Vanilla Extract

FISH & MEAT, TEMPEH, TOFU

- 1 1/2 lb Chicken Breast
- 1 1/4 lb Extra Lean Ground Turkey
- 1 lb Salmon Fillet
- 1 1/2 lbs Shrimp
- 17 ozs Tofu

CONDIMENTS & OILS

- 1 cup Avocado Oil
- 1/2 cup Balsamic Vinegar
- 1 tsp Coconut Oil
- 2/3 tbsp Extra Virgin Olive Oil
- 1/2 cup Tamari

COLD

- 1/4 cup Cheddar Cheese
- 1 cup Cottage Cheese
- 1/4 cup 2 % Cow's Milk
- 18 Eggs
- 1 2/3 cup Plain Greek Yoghurt
- 3 cups Unsweetened Almond Milk

FROZEN

- 2 1/4 cups Frozen Cauliflower

NOTES



Cottage Cheese Strawberry Crepes

SERVINGS: 2

PREPPING TIME: 10

COOKING TIME: 20

YOU WILL NEED

- 1 cup Cottage Cheese
- 4 Eggs
- 3/4 cup Oats
- 1 tsp Vanilla Extract
- 1 1/2 tsp Baking Powder
- 1 tbsp Maple Syrup (optional)
- 1 tbsp Avocado Oil
- 1/2 cup Strawberries
- 1 tbsp Plain Greek Yoghurt (topping)

NUTRITION:

Amount per serving	
Calories	480
Protein	30g
Total Carbs	36g
Net Carbs	32g
Fat	23g
Fiber	4g
Sugar	12g
Iron	4mg

DIRECTIONS:

- 1 Place the cottage cheese, eggs, oats, vanilla extract, baking powder, and maple syrup (if using) into a blender. Blend on high until the batter is smooth. This will be a fairly thin consistency.
- 2 Heat a non-stick pan or griddle over medium-high heat and lightly grease it with some avocado oil. Pour about 1/3 cup of the batter into the centre of the pan. Immediately tilt and swirl the pan to spread the batter thinly and evenly across the pan's surface.
- 3 Cook the crepe until the edges slightly brown and the surface appears bubbly, about 30-60 seconds. Gently flip the crepe with a spatula, and cook the other side for an additional 30-60 seconds.
- 4 Carefully remove the crepe from the pan and place it on a serving plate. Repeat with the remaining batter.
- 5 This should make 6-7 crepes to divide into two servings. Serve your crepes rolled up or folded with your favourite toppings or fillings, such as fresh berries, or Greek yoghurt.

PRO TIPS

Eggs in Pregnancy: This recipe is a great source of protein and choline from the eggs, which can be easily added without being noticed. This is especially helpful for pregnant women who may have developed aversions to eggs.

Greek Yoghurt benefits: Additional protein and contains probiotics which are beneficial for gut health. Replace with plain coconut yoghurt for a dairy-free option.



prep time:
10 minutes



cook time:
20 minutes



servings:
feeds 2

Cottage Cheese *Strawberry* Crepes

WHAT YOU'LL NEED:

- 1 cup Cottage Cheese
- 4 Eggs
- 3/4 cup Oats
- 1 tsp Vanilla Extract
- 1 1/2 tsp Baking Powder
- 1 tbsp Maple Syrup (optional)
- 1 tbsp Avocado Oil
- 1/2 cup Strawberries
- 1 tbsp Plain Greek Yoghurt (topping)

LET'S GET COOKING:

- 1 Place the cottage cheese, eggs, oats, vanilla extract, baking powder, and maple syrup (if using) into a blender. Blend on high until the batter is smooth. This will be a fairly thin consistency.
- 2 Heat a non-stick pan or griddle over medium-high heat and lightly grease it with some avocado oil. Pour about 1/3 cup of the batter into the centre of the pan. Immediately tilt and swirl the pan to spread the batter thinly and evenly across the pan's surface.
- 3 Cook the crepe until the edges slightly brown and the surface appears bubbly, about 30-60 seconds. Gently flip the crepe with a spatula, and cook the other side for an additional 30-60 seconds.
- 4 Carefully remove the crepe from the pan and place it on a serving plate. Repeat with the remaining batter.
- 6 This should make 6-7 crepes to divide into two servings. Serve your crepes rolled up or folded with your favourite toppings or fillings, such as fresh berries, or Greek yoghurt.

PRO TIPS:

- **Eggs in Pregnancy:** This recipe is a great source of protein and choline from the eggs, which can be easily added without being noticed. This is especially helpful for pregnant women who may have developed aversions to eggs.
- **Greek Yoghurt benefits:** Additional protein and contains probiotics which are beneficial for gut health. Replace with plain coconut yoghurt for a dairy-free option.



Creamy Orange *Vanilla* Smoothie

SERVINGS: 1

PREPPING TIME: 5

COOKING TIME: 5

YOU WILL NEED

- 1/2 cup Plain Greek Yogurt
- 1 cup Unsweetened Almond Milk
- 1/2 Banana (Frozen)
- 1 Navel Orange (Peeled and seeds removed)
- 2 tsp Vanilla Extract
- 2 tbsp Hemp Seeds Frozen Cauliflower
- 1 1/2 tsp Maple Syrup (Optional)

DIRECTIONS:

1

Place all of the ingredients into a high-speed blender and blend on high until smooth.

NUTRITION:

Amount per serving	
Calories	427
Protein	22g
Total Carbs	53g
Net Carbs	43g
Fat	15g
Fiber	10g
Sugar	31g
Iron	3mg

PRO TIPS

Greek yoghurt Benefits: Rich in protein. It's also a great source of calcium, supporting the development of your baby's bones and teeth. In addition, Greek yoghurt contains probiotics, beneficial bacteria that can support digestive health.

Bananas: Rich in potassium, which helps maintain fluid and electrolyte balance in the body's cells. They're also a good source of vitamin B6, which can help ease nausea and vomiting, typical symptoms in the first trimester of pregnancy.

Milk Choice: Replace the almond milk with cow or soy for additional protein.



prep time:
5 minutes



cook time:
5 minutes



servings:
feeds 1

Creamy Orange *Vanilla Smoothie*

WHAT YOU'LL NEED:

- 1/2 cup Plain Greek Yogurt
- 1 cup Unsweetened Almond Milk
- 1/2 Banana (Frozen)
- 1 Navel Orange (Peeled and seeds removed)
- 2 tsp Vanilla Extract
- 2 tbsp Hemp Seeds Frozen Cauliflower
- 1 1/2 tsp Maple Syrup (Optional)

LET'S GET COOKING:

1

Place all of the ingredients into a high-speed blender and blend on high until smooth.

PRO TIPS:

- **Greek yoghurt Benefits:** Rich in protein. It's also a great source of calcium, supporting the development of your baby's bones and teeth. In addition, Greek yoghurt contains probiotics, beneficial bacteria that can support digestive health.
- **Bananas:** Rich in potassium, which helps maintain fluid and electrolyte balance in the body's cells. They're also a good source of vitamin B6, which can help ease nausea and vomiting, typical symptoms in the first trimester of pregnancy.
- **Milk Choice:** Replace the almond milk with cow or soy for additional protein.



Cheesy *Egg-Pepper* Boats

SERVINGS: 2

PREPPING TIME: 10

COOKING TIME: 1 hr

YOU WILL NEED

- 2 Green Bell Pepper (Large, halved and seeds removed)
- 4 Egg
- 2 Stalks Green Onion (Chopped)
- 1/4 cup 2% Cow's Milk
- 1 cup Baby Spinach (Finely chopped)
- 8 Cherry Tomatoes (Quartered)
- Sea Salt And Pepper (To taste)
- 1/4 cup Cheddar Cheese (Shredded/grated)
- 1/2 cup Mushrooms (Chopped)
- 1/2 cup Quinoa (Cooked)

NUTRITION:

Amount per serving	
Calories	425
Protein	26g
Total Carbs	41g
Net Carbs	34g
Fat	18g
Fiber	7g
Sugar	10g
Iron	4mg

DIRECTIONS:

1

Preheat your oven to 400°F (205°C). Line a baking sheet with parchment paper or grease with cooking spray. Place the halved and deseeded bell pepper halves, cut side up, on the prepared baking sheet.

2

In a medium bowl, whisk together the eggs, green onion, milk, chopped spinach, cooked quinoa, tomatoes, mushrooms, salt, and pepper until well combined.

3

Pour the egg mixture into the pepper halves, pepper halves. and top with shredded cheese. Place the baking sheet in the preheated oven and bake for 40 minutes, or until the eggs are set, and the cheese is melted and golden.

4

Once fully cooked, remove from the oven and let cool for a few minutes. Serve and enjoy your delicious Cheesy Egg Pepper Bowls!

PRO TIPS

Bell Peppers: Use any colour of bell pepper for this recipe. The red and orange peppers will give a sweeter flavour.

Third Trimester: This is an excellent recipe for the third trimester, with choline, calcium, and iron needs increasing.

Quinoa: A complete protein, meaning it contains all of the essential amino acids. It's a low glycemic index, meaning it has a slow, gradual effect on blood sugar levels and can help regulate energy levels.



prep time:
10 minutes



cook time:
1 hour



servings:
feeds 2

Cheesy Egg-Pepper Boats

WHAT YOU'LL NEED:

- 2 Green Bell Pepper (Large, halved and seeds removed)
- 4 Egg
- 2 Stalks Green Onion (Chopped)
- 1/4 cup 2% Cow's Milk
- 1 cup Baby Spinach (Finely chopped)
- 8 Cherry Tomatoes (Quartered)
- Sea Salt And Pepper (To taste)
- 1/4 cup Cheddar Cheese (Shredded/grated)
- 1/2 cup Mushrooms (Chopped)
- 1/2 cup Quinoa (Cooked)

LET'S GET COOKING:

- 1 Preheat your oven to 400°F (205°C). Line a baking sheet with parchment paper or grease with cooking spray. Place the halved and deseeded bell pepper halves, cut side up, on the prepared baking sheet.
- 2 In a medium bowl, whisk together the eggs, green onion, milk, chopped spinach, cooked quinoa, tomatoes, mushrooms, salt, and pepper until well combined.
- 3 Pour the egg mixture into the pepper halves, pepper halves. and top with shredded cheese. Place the baking sheet in the preheated oven and bake for 40 minutes, or until the eggs are set, and the cheese is melted and golden.
- 4 Once fully cooked, remove from the oven and let cool for a few minutes. Serve and enjoy your delicious Cheesy Egg Pepper Bowls!

PRO TIPS:

- **Bell Peppers:** Use any colour of bell pepper for this recipe. The red and orange peppers will give a sweeter flavour.
- **Third Trimester:** This is an excellent recipe for the third trimester, with choline, calcium, and iron needs increasing.
- **Quinoa:** A complete protein, meaning it contains all of the essential amino acids. It's a low glycemic index, meaning it has a slow, gradual effect on blood sugar levels and can help regulate energy levels.



Mini Almond Butter Cups

SERVINGS: 24

PREPPING TIME: 15

COOKING TIME: 50

DIRECTIONS:

YOU WILL NEED

- 1/2 cup Oats
- 3 tbsp Hemp Seeds (Plus extra for topping)
- 1/2 cup Sliced Almonds (Plus extra for topping (crushed))
- 2 tbsp Maple Syrup
- 1/2 cup Almond Butter (Smooth)
- 1 cup Dark Chocolate Chips
- 1 tsp Coconut Oil
- 1 tsp Sea Salt (For topping)

NUTRITION:

Amount per serving (one cup)	
Calories	128
Protein	3g
Total Carbs	9g
Net Carbs	8g
Fat	9g
Fiber	1g
Sugar	6g
Iron	1mg

1

Arrange mini cupcake liners in a mini muffin tin or baking tray. **Create The Crunchy Base:** In a food processor, combine the rolled oats, hemp seeds, and almonds. Pulse until the mixture is finely ground but still has some texture (you still want a bit of crunch).

2

Transfer the mixture to a medium-sized bowl and mix in the maple syrup to create a sticky base. Press a small spoonful (about 1 tsp) of the oat mixture into the bottom of each mini muffin liner. Make sure you press it down to form a firm, even layer. Wet the spoon slightly if it becomes too sticky.

3

Place the almond butter into a small bowl and stir it until it's smooth. Carefully spoon a layer of almond butter (about 3/4 tsp per cup) over the crunchy base in each mould, spreading it out to cover the base.

4

Melt the chocolate: Combine dark chocolate chips and coconut oil in a microwave-safe bowl. Microwave in 30-second intervals, stirring in between, until the chocolate is fully melted and smooth. Be careful not to overheat. Spoon the melted chocolate over the almond butter (about 3/4 tsp per cup), ensuring it's covered entirely. Sprinkle each cup with sea salt, hemp seeds, or crushed almonds.

5

Chill the cups: Place the filled moulds in the fridge for at least an hour or until the chocolate has set and hardened. Once the almond butter cups are set, remove them from the fridge. They can be served immediately or stored in an airtight container in the fridge for up to a week.

PRO TIPS

Serving Size: Use 2 mini cups per serving.



prep time:
15 minutes



cook time:
50 minutes



servings:
feeds 24



Mini Almond *Butter* Cups

WHAT YOU'LL NEED:

- 1/2 cup Oats
- 3 tbsp Hemp Seeds (Plus extra for topping)
- 1/2 cup Sliced Almonds (Plus extra for topping (crushed))
- 2 tbsp Maple Syrup
- 1/2 cup Almond Butter (Smooth)
- 1 cup Dark Chocolate Chips
- 1 tsp Coconut Oil
- 1 tsp Sea Salt (For topping)

LET'S GET COOKING:

- 1 Arrange mini cupcake liners in a mini muffin tin or baking tray.
Create The Crunchy Base: In a food processor, combine the rolled oats, hemp seeds, and almonds. Pulse until the mixture is finely ground but still has some texture (you still want a bit of crunch).
- 2 Transfer the mixture to a medium-sized bowl and mix in the maple syrup to create a sticky base. Press a small spoonful (about 1 tsp) of the oat mixture into the bottom of each mini muffin liner. Make sure you press it down to form a firm, even layer. Wet the spoon slightly if it becomes too sticky.
- 3 Place the almond butter into a small bowl and stir it until it's smooth. Carefully spoon a layer of almond butter (about 3/4 tsp per cup) over the crunchy base in each mould, spreading it out to cover the base.
- 4 **Melt the chocolate:** Combine dark chocolate chips and coconut oil in a microwave-safe bowl. Microwave in 30-second intervals, stirring in between, until the chocolate is fully melted and smooth. Be careful not to overheat. Spoon the melted chocolate over the almond butter (about 3/4 tsp per cup), ensuring it's covered entirely. Sprinkle each cup with sea salt, hemp seeds, or crushed almonds.
- 5 **Chill the cups:** Place the filled moulds in the fridge for at least an hour or until the chocolate has set and hardened. Once the almond butter cups are set, remove them from the fridge. They can be served immediately or stored in an airtight container in the fridge for up to a week.

PRO TIPS:

- **Serving Size:** Use 2 mini cups per serving.



Scrambled Egg Wrap

SERVINGS: 2

PREPPING TIME: 5

COOKING TIME: 20

YOU WILL NEED

- 1 tbsp Avocado Oil
- 5 Eggs
- 1 Red Bell Pepper (Chopped)
- 1/4 cup Black Beans (Cooked, washed & drained)
- 1/2 tsp Garlic Powder
- 1/2 tsp Paprika
- Sea Salt And Pepper (To taste)
- 3 stalks Green Onion (Chopped. Both green & white parts)
- 1 cups Baby Spinach (Roughly chopped)
- 2 Brown Rice Tortilla Avocado (Diced)
- 1/4 cup Cherry Tomatoes (Halved to serve)

DIRECTIONS:

- 1 Heat a large frying pan with avocado oil (or your preferred cooking oil). Sauté the red pepper and black beans over medium heat ((3-4 minutes). When soft, transfer them to a bowl.
- 2 Place the eggs into a bowl with the turmeric, garlic powder, paprika, and garlic powder, then whisk everything together. Add more oil to the same pan and stir in the egg mixture.
- 3 Let the eggs cook over low-medium heat for 4-5 minutes, stirring frequently. Season with salt and black pepper, then add the black beans and red pepper and stir in the spinach and green onions.
- 4 Divide the egg mixture between the two tortillas, add the diced avocado, and wrap it up to enjoy with the tomatoes as a side.

NUTRITION:

Amount per serving (2 cups)	
Calories	494
Protein	23g
Total Carbs	42g
Net Carbs	33g
Fat	26g
Fiber	9g
Sugar	8g
Iron	5mg

PRO TIPS

Can't Stomach Eggs in Pregnancy: Replace with cooked chicken, silken tofu, tempeh or black beans.
The Benefit of Eggs in Pregnancy: Excellent source of choline. Good protein content.



prep time:
5 minutes



cook time:
20 minutes



servings:
feeds 2



Scrambled Egg Wrap

WHAT YOU'LL NEED:

- 1 tbsp Avocado Oil
- 5 Eggs
- 1 Red Bell Pepper (Chopped)
- 1/4 cup Black Beans (Cooked, washed & drained)
- 1/2 tsp Garlic Powder
- 1/2 tsp Paprika
- Sea Salt And Pepper (To taste)
- 3 stalks Green Onion (Chopped. Both green & white parts)
- 1 cups Baby Spinach (Roughly chopped)
- 2 Brown Rice Tortilla Avocado (Diced)
- 1/4 cup Cherry Tomatoes (Halved to serve)

LET'S GET COOKING:

- 1 Heat a large frying pan with avocado oil (or your preferred cooking oil). Sauté the red pepper and black beans over medium heat ((3-4 minutes). When soft, transfer them to a bowl.
- 2 Place the eggs into a bowl with the turmeric, garlic powder, paprika, and garlic powder, then whisk everything together. Add more oil to the same pan and stir in the egg mixture.
- 3 Let the eggs cook over low-medium heat for 4-5 minutes, stirring frequently. Season with salt and black pepper, then add the black beans and red pepper and stir in the spinach and green onions.
- 4 Divide the egg mixture between the two tortillas, add the diced avocado, and wrap it up to enjoy with the tomatoes as a side.

PRO TIPS:

- **Can't Stomach Eggs in Pregnancy:** Replace with cooked chicken, silken tofu, tempeh or black beans.
- **The benefit of Eggs in Pregnancy:** Excellent source of choline. Good protein content.



Lemon Garlic Shrimp with *Spaghetti* Squash

SERVINGS: 4

PREPPING TIME: 5

COOKING TIME: 45

YOU WILL NEED

- 2 Spaghetti Squash (Cut into 4 halves lengthwise, seeds removed)
- 3 tbsp Avocado Oil
- 6 Garlic (cloves, minced)
- 1 1/2 lb Shrimp (Raw, deveined, peeled)
- 2 Lemons (juiced)
- 1/2 tsp Sea Salt (or more to taste)
- 1/4 cup Parsley (chopped to garnish)
- 1/4 tsp Black Pepper
- 1 tsp Paprika
- 1 tsp Cumin

NUTRITION:

Amount per serving	
Calories	363
Protein	36g
Total Carbs	27g
Net Carbs	23g
Fat	11g
Fiber	4g
Sugar	1g
Iron	3mg

PRO TIPS

Side Dish: Add a green salad for additional nourishment if desired.

Shrimp in Pregnancy: Know the source, and to eliminate any health concerns in pregnancy, always ensure they're cooked to an internal temperature of 145°F before eating them. **Never eat them raw.**

No Spaghetti Squash: Use spiral zucchini or brown rice spaghetti instead.

DIRECTIONS:

1

Preheat oven to 350 degrees F and line a baking sheet with parchment paper.

2

Slice spaghetti squash in half lengthwise, drizzle flesh side with 1 tbs of olive oil and season with salt and pepper. Place cut-side down on the baking sheet. Bake for 45 minutes or until cooked through, then remove from the oven and let cool slightly while you prepare the shrimp.

3

Over medium-high heat, add the shrimp and the mixture to a cast iron pan. Saute for 5-7 minutes or until they start turning pink. Flip them over and cook for another 5-7 minutes. Make sure that the shrimp reach an internal temperature of 145°F.

4

Prepare the Spaghetti Squash: Using a fork, shred the squash into "spaghetti" and divide it between bowls. Top with the shrimp, drizzle with the sauce from the pan, and a sprinkle of parsley. Enjoy!



prep time:
5 minutes



cook time:
45 minutes



servings:
feeds 4



Lemon Garlic Shrimp with *Spaghetti* Squash

WHAT YOU'LL NEED:

- 2 Spaghetti Squash (Cut into 4 halves lengthwise, seeds removed)
- 3 tbsp Avocado Oil
- 6 Garlic (cloves, minced)
- 1 1/2 lb Shrimp (Raw, deveined, peeled)
- 2 Lemons (juiced)
- 1/2 tsp Sea Salt (or more to taste)
- 1/4 cup Parsley (chopped to garnish)
- 1/4 tsp Black Pepper
- 1 tsp Paprika
- 1 tsp Cumin

LET'S GET COOKING:

- 1** Preheat oven to 350 degrees F and line a baking sheet with parchment paper.
- 2** Slice spaghetti squash in half lengthwise, drizzle flesh side with 1 tbs of olive oil and season with salt and pepper. Place cut-side down on the baking sheet. Bake for 45 minutes or until cooked through, then remove from the oven and let cool slightly while you prepare the shrimp.
- 3** Over medium-high heat, add the shrimp and the mixture to a cast iron pan. Saute for 5-7 minutes or until they start turning pink. Flip them over and cook for another 5-7 minutes. Make sure that the shrimp reach an internal temperature of 145°F.
- 4** **Prepare the Spaghetti Squash:** Using a fork, shred the squash into "spaghetti" and divide it between bowls. Top with the shrimp, drizzle with the sauce from the pan, and a sprinkle of parsley. Enjoy!

PRO TIPS:

- **Side Dish:** Add a green salad for additional nourishment if desired.
- **Shrimp in Pregnancy:** Know the source, and to eliminate any health concerns in pregnancy, always ensure they're cooked to an internal temperature of 145°F before eating them. Never eat them raw.
- **No Spaghetti Squash:** Use spiral zucchini or brown rice spaghetti instead.



Cajun Chicken with *Black Rice*

SERVINGS: 2

PREPPING TIME: 10

COOKING TIME: 30

YOU WILL NEED

- 1/2 cup Black Rice (Dry)
- 8 ozs Chicken Breast
- 1 tbsp Cajun Seasoning (See notes to make your own)
- 1 1/2 tsp Avocado Oil
- 2 cups Sugar Snap Peas
- 1/2 Lemon (Sliced. For topping)

NUTRITION:

Amount per serving	
Calories	354
Protein	31g
Total Carbs	39g
Net Carbs	36g
Fat	8g
Fiber	3g
Sugar	3g
Iron	3mg

DIRECTIONS:

- 1 Cook the rice according to the directions on the packet, then prepare the chicken.
- 2 Begin by slicing the chicken breast in half lengthwise. Then, evenly sprinkle the cajun seasoning on both sides of the chicken pieces, adjusting the amounts according to your taste preferences.
- 3 Warm the oil in a cast iron pan over medium heat. Place the seasoned chicken into the skillet and allow it to cook for approximately four to five minutes on each side or until fully cooked and golden brown. If the chicken starts to brown too quickly, turn down the heat.
- 4 Once the chicken is cooked through, remove it from the heat and allow to rest. Now place the sugar snap peas in a steaming basket above boiling water, steaming them for roughly 3-4 minutes or until they reach your preferred level of tenderness. Ideally, they should retain a slightly crisp texture.
- 5 For serving, divide the black rice, chicken, and sugar snap peas into two servings, and squeeze the lemon slices over the chicken. Savour your delicious balanced flavourful meal!

PRO TIPS

Replace Black Rice: Use brown, wild or white rice, quinoa or mashed potatoes instead.

Benefits of Black Rice: Its antioxidant content, fibre, and essential nutrients provide a range of health benefits. It's naturally gluten-free with a low glycaemic index.

Homemade Cajun Spice: 1 tbsp paprika, 1/4 tsp cayenne pepper, 1/2 tsp garlic powder, 1/2 tsp onion powder, 1 tsp thyme, 1/2 tsp salt, 1/4 tsp black pepper. Reduce or omit the cayenne pepper for less spice.



prep time:
10 minutes



cook time:
30 minutes



servings:
feeds 4

Cajun Chicken with *Black Rice*

WHAT YOU'LL NEED:

- 1/2 cup Black Rice (Dry)
- 8 ozs Chicken Breast
- 1 tbsp Cajun Seasoning (See notes to make your own)
- 1 1/2 tsp Avocado Oil
- 2 cups Sugar Snap Peas
- 1/2 Lemon (Sliced. For topping)

LET'S GET COOKING:

- 1 Cook the rice according to the directions on the packet, then prepare the chicken.
- 2 Begin by slicing the chicken breast in half lengthwise. Then, evenly sprinkle the cajun seasoning on both sides of the chicken pieces, adjusting the amounts according to your taste preferences.
- 3 Warm the oil in a cast iron pan over medium heat. Place the seasoned chicken into the skillet and allow it to cook for approximately four to five minutes on each side or until fully cooked and golden brown. If the chicken starts to brown too quickly, turn down the heat.
- 4 Once the chicken is cooked through, remove it from the heat and allow to rest. Now place the sugar snap peas in a steaming basket above boiling water, steaming them for roughly 3-4 minutes or until they reach your preferred level of tenderness. Ideally, they should retain a slightly crisp texture.
- 5 For serving, divide the black rice, chicken, and sugar snap peas into two servings, and squeeze the lemon slices over the chicken. Savour your delicious balanced, flavourful meal!

PRO TIPS:

- **Replace Black Rice:** Use brown, wild or white rice, quinoa or mashed potatoes instead.
- **Benefits of Black Rice:** Its antioxidant content, fibre, and essential nutrients provide a range of health benefits. It's naturally gluten-free with a low glycaemic index.
- **Homemade Cajun Spice:** 1 tbsp paprika, 1/4 tsp cayenne pepper, 1/2 tsp garlic powder, 1/2 tsp onion powder, 1 tsp thyme, 1/2 tsp salt, 1/4 tsp black pepper. Reduce or omit the cayenne pepper for less spice.



Grilled *Tofu* Kebabs

SERVINGS: 4

PREPPING TIME: 10

COOKING TIME: 45

YOU WILL NEED

- 17 ozs Tofu (Firm)
- 1 Zucchini (Thickly sliced)
- 1 Red Bell Pepper (Cut into squares or rectangles)
- 1 cups Cherry Tomatoes (About 10 tomatoes)
- 1/4 cup Extra Virgin Olive Oil Lemon (Juice)
- 2 Garlic (Cloves, minced)
- 1/2 cup Basil Leaves (Finely chopped)

NUTRITION:

Amount per serving	
Calories	255
Protein	14g
Total Carbs	9g
Net Carbs	6g
Fat	20g
Fiber	3g
Sugar	6g
Iron	3mg

DIRECTIONS:

- 1 If you're using wooden skewers, soak them in water for at least 30 minutes before grilling to prevent them from burning. Drain the tofu and press it to remove excess water. Cut it into large cubes.
- 2 Add olive oil, lemon juice, minced garlic, chopped basil, salt, and pepper to create the marinade in a bowl. Add the tofu cubes to the marinade and gently stir until all the tofu is coated. Let it marinate for at least 30 minutes or up to a few hours in the refrigerator for more flavour.
- 3 While the tofu is marinating, cut the zucchini and bell pepper into pieces that are roughly the same size as the tofu cubes. Store in the fridge until you're ready to use them.
- 4 When ready to grill, thread the tofu cubes onto the skewers, alternating with the zucchini, bell pepper, and cherry tomatoes. Heat the grill to medium heat. Place the skewers on the grill and cook for 3-4 minutes per side until the vegetables are tender and the tofu is cooked.
- 5 Remove from the grill and serve with the Citrus Quinoa Salad (see separate recipe). Enjoy!

PRO TIPS

Protein: Tofu is a source of vegan protein. Be sure to squeeze out the excess moisture before marinating.



prep time:
10 minutes



cook time:
45 minutes



servings:
feeds 4



Grilled Tofu Kebabs

WHAT YOU'LL NEED:

- 17 ozs Tofu (Firm)
- 1 Zucchini (Thickly sliced)
- 1 Red Bell Pepper (Cut into squares or rectangles)
- 1 cups Cherry Tomatoes (About 10 tomatoes)
- 1/4 cup Extra Virgin Olive Oil
- 1/4 cup Lemon (Juice)
- 2 Garlic (Cloves, minced)
- 1/2 cup Basil Leaves (Finely chopped)

LET'S GET COOKING:

- 1** If you're using wooden skewers, soak them in water for at least 30 minutes before grilling to prevent them from burning. Drain the tofu and press it to remove excess water. Cut it into large cubes.
- 2** Add olive oil, lemon juice, minced garlic, chopped basil, salt, and pepper to create the marinade in a bowl. Add the tofu cubes to the marinade and gently stir until all the tofu is coated. Let it marinate for at least 30 minutes, or up to a few hours in the refrigerator for more flavour.
- 3** While the tofu is marinating, cut the zucchini and bell pepper into pieces that are roughly the same size as the tofu cubes. Store in the fridge until you're ready to use them.
- 4** When ready to grill, thread the tofu cubes onto the skewers, alternating with the zucchini, bell pepper, and cherry tomatoes. Heat the grill to medium heat. Place the skewers on the grill and cook for 3-4 minutes per side until the vegetables are tender and the tofu is cooked.
- 6** Remove from the grill and serve with the Citrus Quinoa Salad (see separate recipe). Enjoy!

PRO TIPS:

- **Protein:** Tofu is a source of vegan protein. Be sure to squeeze out the excess moisture before marinating.



Citrus Quinoa Salad

SERVINGS: 4

PREPPING TIME: 15

COOKING TIME: 15

YOU WILL NEED

- 1 1/2 cups Quinoa (Cooked)
- 1/4 cup Extra Virgin Olive Oil
- 1 Lemon (Zest and juice)
- 1 Navel Orange (Zest and juice)
- Sea Salt And Pepper (To taste)
- 1 cup cherry Tomatoes (Halved)
- 1 Cucumber (Diced)
- 1 Orange Bell Pepper (Diced)
- 1/4 cup Basil Leaves (Fresh, roughly chopped)

NUTRITION:

Amount per serving	
Calories	405
Protein	11g
Total Carbs	53g
Net Carbs	46g
Fat	18g
Fiber	7g
Sugar	6g
Iron	4mg

DIRECTIONS:

- 1 Fluff the cooked quinoa with a fork in a large bowl. Make the dressing: Combine the olive oil, lemon zest and juice, orange zest and juice, salt, and pepper in a small bowl. Whisk until well combined.
- 2 Add the cherry tomatoes, cucumber, orange pepper and basil to the bowl with the quinoa and toss well to combine everything.
- 3 Pour over the dressing and toss it again until everything is well coated. You can serve the salad immediately or let it chill in the refrigerator for an hour to let the flavours meld together.
- 4 This Citrus Quinoa Salad is light, refreshing, and packed with nutrients. The citrusy dressing complements the earthy quinoa and fresh vegetables, making it a great side dish for the Grilled Tofu Kebabs. Enjoy your meal!

PRO TIPS

Quinoa Benefits: A complete protein, meaning it contains all of the essential amino acids, making it an excellent protein source for vegetarians and vegans. It's naturally gluten-free and is an excellent source of fibre & antioxidants. It's a low glycemic index food, which has a slow, gradual effect on blood sugar levels and can help regulate energy levels.



prep time:
15 minutes



cook time:
15 minutes



servings:
feeds 4



Citrus Quinoa Salad

WHAT YOU'LL NEED:

- 1 1/2 cups Quinoa (Cooked)
- 1/4 cup Extra Virgin Olive Oil
- 1 Lemon (Zest and juice)
- 1 Navel Orange (Zest and juice)
- Sea Salt And Pepper (To taste)
- 1 cup cherry Tomatoes (Halved)
- 1 Cucumber (Diced)
- 1 Orange Bell Pepper (Diced)
- 1/4 cup Basil Leaves (Fresh, roughly chopped)

LET'S GET COOKING:

- 1 Fluff the cooked quinoa with a fork in a large bowl. Make the dressing: Combine the olive oil, lemon zest and juice, orange zest and juice, salt, and pepper in a small bowl. Whisk until well combined.
- 2 Add the cherry tomatoes, cucumber, orange pepper and basil to the bowl with the quinoa and toss well to combine everything.
- 3 Pour over the dressing and toss it again until everything is well coated. You can serve the salad immediately or let it chill in the refrigerator for an hour to let the flavours meld together.
- 4 This Citrus Quinoa Salad is light, refreshing, and packed with nutrients. The citrusy dressing complements the earthy quinoa and fresh vegetables, making it a great side dish for the Grilled Tofu Kebabs. Enjoy your meal!

PRO TIPS:

- **Quinoa Benefits:** A complete protein, meaning it contains all of the essential amino acids, making it an excellent protein source for vegetarians and vegans. It's naturally gluten-free and is an excellent source of fibre & antioxidants. It's a low glycemic index food, which has a slow, gradual effect on blood sugar levels and can help regulate energy levels.



Maple Spinach Turkey Burgers

SERVINGS: 4

PREPPING TIME: 20

COOKING TIME: 45

YOU WILL NEED

- 2 tbsp Avocado Oil
- 1 1/4 lb Extra Lean Ground Turkey
- 3 tbsp Ground Flaxseed
- 2 tbsp Maple Syrup
- 1/2 tsp Sea Salt & Black Pepper (1/2 tsp of each)
- 1 cup Baby Spinach (Chopped)
- 1 tsp Ground Sage

NUTRITION:

Amount per serving	
Calories	328
Protein	28g
Total Carbs	9g
Net Carbs	8g
Fat	21g
Fiber	1g
Sugar	6g
Iron	2mg

DIRECTIONS:

- 1 Preheat the oven to 400°F. Add all the ingredients (except the avocado oil) to a large bowl and, using a fork, mix everything together.
- 2 Use 1/2 cup to scoop out the mixture and form 4 equal-sized patties. Add the avocado oil to a cast iron pan and cook the burgers for 5 minutes on each side to brown.
- 3 Now place the pan (with burgers) into the preheated oven. Cook for 15 minutes or until cooked through. If you don't have a cast iron pan, use a frying pan and then transfer the burgers to an ovenproof dish to place into the oven to bake.
- 4 Serve with 1 cup of cooked broccoli and Seasoned Sweet Potato Fries (**see separate recipe**).

PRO TIPS

No Turkey Mince: Replace with lean ground beef or chicken.

Benefits of Flaxseeds: Rich in Omega-3s to support reproductive health, including hormones and egg & sperm quality. Phytoestrogens, an excellent source of fibre, are rich in antioxidants and have anti-inflammatory benefits.



prep time:
20 minutes



cook time:
45 minutes



servings:
feeds 4

Maple Spinach Turkey Burger

WHAT YOU'LL NEED:

- 2 tbsp Avocado Oil
- 1 1/4 lb Extra Lean Ground Turkey
- 3 tbsp Ground Flaxseed
- 2 tbsp Maple Syrup
- 1/2 tsp Sea Salt & Black Pepper (1/2 tsp of each)
- 1 cup Baby Spinach (Chopped)
- 1 tsp Ground Sage

LET'S GET COOKING:

- 1 Preheat the oven to 400°F. Add all the ingredients (except the avocado oil) to a large bowl and, using a fork, mix everything together.
- 2 Use 1/2 cup to scoop out the mixture and form 4 equal-sized patties. Add the avocado oil to a cast iron pan and cook the burgers for 5 minutes on each side to brown.
- 3 Now place the pan (with burgers) into the preheated oven. Cook for 15 minutes or until cooked through. If you don't have a cast iron pan, use a frying pan and then transfer the burgers to an ovenproof dish to place into the oven to bake.
- 4 Serve with 1 cup of cooked broccoli and Seasoned Sweet Potato Fries (**see separate recipe**).

PRO TIPS:

- **No Turkey Mince:** Replace with lean ground beef or chicken.
- **Benefits of Flaxseeds:** Rich in Omega-3s to support reproductive health, including hormones and egg & sperm quality. Phytoestrogens, an excellent source of fibre, are rich in antioxidants and have anti-inflammatory benefits.



Seasoned Sweet Potato Fries

SERVINGS: 2

PREPPING TIME: 10

COOKING TIME: 50

YOU WILL NEED

- 1 Sweet Potato (Large)
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- 1 tsp Paprika
- 1/2 tsp Sea Salt & Black Pepper (1/2 tsp of each)
- 2 tbsp Avocado Oil

NUTRITION:

Amount per serving	
Calories	192
Protein	2g
Total Carbs	16g
Net Carbs	13g
Fat	14g
Fiber	3g
Sugar	3g
Iron	1mg

DIRECTIONS:

- 1 Preheat the oven to 400°F and line a baking sheet with parchment paper.
- 2 Wash the sweet potato thoroughly under cold running water, then cut it into thin "French fries" (about 1/2 to 1 inch thickness) strips. Place them into a large bowl with the ingredients and toss them until they are covered with spices and oil.
- 3 Place them onto the baking tray and spread them out so they're not touching. This will help to cook them evenly.
- 4 Place into the oven and bake for 30-40 minutes, turning halfway. Be careful to watch them to prevent them from burning.

PRO TIPS

Sweet Potato Pregnancy Benefits: Helpful for morning sickness, regulating blood pressure, fetal development, inflammation and constipation.

Benefits When TTC: Contains beta-carotene that helps boost progesterone production and is important for embryo development. Sweet potatoes are also rich in iron, which is an essential vitamin for mamas-to-be when trying to get pregnant & throughout pregnancy.

Dill Pickle Mayonnaise: Mix 1 cup mayonnaise with 1/2 of finely chopped fermented dill pickles and store in a glass container in the fridge. Use 2 tbsp as a fermented dipping sauce for the fries. Store in the fridge for up to 3 days. Buy fermented foods from the fridge section.



prep time:
10 minutes



cook time:
50 minutes



servings:
feeds 2

Seasoned Sweet *Potato Fries*

WHAT YOU'LL NEED:

- 1 Sweet Potato (Large)
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- 1 tsp Paprika
- 1/2 tsp Sea Salt & Black Pepper (1/2 tsp of each)
- 2 tbsp Avocado Oil

LET'S GET COOKING:

- 1 Preheat the oven to 400°F and line a baking sheet with parchment paper.
- 2 Wash the sweet potato thoroughly under cold running water, then cut it into thin "French fries" (about 1/2 to 1 inch thickness) strips. Place them into a large bowl with the ingredients and toss them until they are covered with spices and oil.
- 3 Place them onto the baking tray and spread them out so they're not touching. This will help to cook them evenly.
- 4 Place into the oven and bake for 30-40 minutes, turning halfway. Be careful to watch them to prevent them from burning.

PRO TIPS:

- **Avocado Benefits When Trying to Conceive:** Did you know that avocados are a great source of folate? This essential vitamin, also known as vitamin B9, is important for both men and women who are trying to conceive. For women, folate can help lower the risk of neural tube defects in the baby's brain and spine. Men can also benefit from folate as it supports healthy sperm production and may improve sperm count, motility, and morphology.
- **Benefits of Chicken When TTC:** Chicken: An excellent source of lean protein and Vitamin B12.
- **Quinoa:** Good source of plant-based protein and is also high in dietary fibre, which can help regulate blood sugar levels, aid in digestion, and promote a feeling of fullness - This can be beneficial in maintaining a healthy weight.



Air Fryer Sticky Salmon

SERVINGS: 4

PREPPING TIME: 10

COOKING TIME: 30

YOU WILL NEED

- 1 lb Salmon Fillet (Cut into cubes)
- 1/4 cup Brown Sugar
- 1/4 cup Tamari
- 1/4 cup Water
- 2 tbsp Avocado Oil
- 1 tsp Garlic Powder
- 1 tsp Onion Powder

NUTRITION:

Amount per serving	
Calories	291
Protein	25g
Total Carbs	416g
Net Carbs	16g
Fat	14g
Fiber	0g
Sugar	14g
Iron	1mg

DIRECTIONS:

- 1 Add the brown sugar, tamari, water, avocado oil, garlic powder and onion powder to a bowl to blend into a marinade.
- 2 Cut the salmon into 1-2 inch cubes and place in the mixture, cover and marinate in the fridge for 2-3 hours.
- 3 Preheat the air fryer to 400°F and once heated, line the bottom with parchment paper and place the salmon on top.
- 4 Cook for 8-9 minutes, stirring halfway through cooking.
- 6 Once fully cooked to an internal temperature of 145°F remove from the air fryer and place on top of the salad bowl to enjoy.

PRO TIPS

Salmon Benefits for Pregnancy: Good source of omega-3 fatty acids, which are important for a baby's brain development. Omega-3 fatty acids have also been shown to improve mood and cognitive function in pregnant women. Salmon is also a good source of protein and vitamin D. Cutting the salmon into cubes to air-fry stops the fish from flaking.



prep time:
10 minutes



cook time:
30 minutes



servings:
feeds 4

Air Fryer Sticky Salmon

WHAT YOU'LL NEED:

- 1 lb Salmon Fillet (Cut into cubes)
- 1/4 cup Brown Sugar
- 1/4 cup Tamari
- 1/4 cup Water
- 2 tbsp Avocado Oil
- 1 tsp Garlic Powder
- 1 tsp Onion Powder

LET'S GET COOKING:

- 1 Add the brown sugar, tamari, water, avocado oil, garlic powder and onion powder to a bowl to blend into a marinade.
- 2 Cut the salmon into 1-2 inch cubes and place in the mixture, cover and marinate in the fridge for 2-3 hours.
- 3 Preheat the air fryer to 400°F and once heated, line the bottom with parchment paper and place the salmon on top.
- 4 Cook for 8-9 minutes, stirring halfway through cooking.
- 5 Once fully cooked to an internal temperature of 145°F remove from the air fryer and place on top of the salad bowl to enjoy.

PRO TIPS:

- **Salmon Benefits for Pregnancy:** Good source of omega-3 fatty acids, which are important for a baby's brain development. Omega-3 fatty acids have also been shown to improve mood and cognitive function in pregnant women. Salmon is also a good source of protein and vitamin D. Cutting the salmon into cubes to air-fry stops the fish from flaking.



Salad Bowl With *Balsamic Dressing*

SERVINGS: 2

PREPPING TIME: 5

COOKING TIME: 5

YOU WILL NEED

- 4 cups Mixed Greens
- 2 cups Arugula
- 1/2 cup Cherry Tomatoes
- 1/2 cup Quinoa (Cooked)
- 4 stalks Green Onion (Chopped)
- 1/4 cup Balsamic Vinegar
- 1 tbsp Extra Virgin Olive Oil
- 1 Garlic (Minced)
- Sea Salt And Pepper (To taste)

DIRECTIONS:

1

Add the balsamic, olive oil, minced garlic, salt and pepper to a small bowl to blend into a salad dressing.

2

Arrange the rest of the ingredients into bowls and pour the dressing over.

NUTRITION:

Amount per serving	
Calories	278
Protein	9g
Total Carbs	39g
Net Carbs	34g
Fat	10g
Fiber	5g
Sugar	7g
Iron	3mg

PRO TIPS

Serving Suggestion: Serve alongside the Air Fryer Sticky Salmon for an amazing flavour & Nutrient combination.



prep time:
5 minutes



cook time:
5 minutes



servings:
feeds 2

Salad Bowl With *Balsamic Dressing*

WHAT YOU'LL NEED:

- 4 cups Mixed Greens
- 2 cups Arugula
- 1/2 cup Cherry Tomatoes
- 1/2 cup Quinoa (Cooked)

- 4 stalks Green Onion (Chopped)
- 1/4 cup Balsamic Vinegar
- 1 tbsp Extra Virgin Olive Oil
- 1 Garlic (Minced)
- Sea Salt And Pepper (To taste)

LET'S GET COOKING:

- 1 Add the balsamic, olive oil, minced garlic, salt and pepper to a small bowl to blend into a salad dressing.
- 2 Arrange the rest of the ingredients into bowls and pour the dressing over.

PRO TIPS:

- **Serving Suggestion:** Serve alongside the Air Fryer Sticky Salmon for an amazing flavour & Nutrient combination.



Raspberry & Pomegranate *Snack Chia Pudding*

SERVINGS: 8

PREPPING TIME: 10

COOKING TIME: 2-3 hrs

YOU WILL NEED

- 1 1/2 cups Canned Coconut Milk
- 1/2 cup Chia Seeds
- 1 tsp Vanilla Extract
- 1 tbsp Maple Syrup
- 1 Lemon (Zest and juice)
- 1/3 cup Hemp Seeds
- 1 cup Raspberries (Divided)
- 3/4 cup Pomegranate Seeds (Divided for topping)

NUTRITION:

Amount per serving	
Calories	206
Protein	5g
Total Carbs	16g
Net Carbs	11g
Fat	16g
Fiber	5g
Sugar	5g
Iron	2mg

DIRECTIONS:

- 1 Place the milk, chia seeds, vanilla extract, maple syrup, lemon zest and juice, and hemp seeds into a large glass dish and whisk to a smooth consistency.
- 2 Cover and place into the fridge for 2-3 hours to set.
- 3 Once set, place raspberries in the bottom of mason jars, a layer of chia pudding and top with more raspberries, pomegranate seeds and maple syrup.
- 4 Either enjoy straight away or cover and place them in the fridge.

PRO TIPS

Berries: Replace with strawberries, raspberries or blackberries.

Thinner Consistency: If you want a thinner consistency, replace the coconut milk with a milk of your choice. Be mindful that this will alter the nutritional content.

Mason Jars: The small glass mason jars used to develop this recipe are from the Dollar Store. Start replacing any plastic containers with glass without spending too much \$\$\$\$

Additional Toppings: Additional berries, maple syrup and lemon zest!



prep time:
10 minutes



cook time:
2-3 hours



servings:
feeds 8

Raspberry & Pomegranate *Snack Chia Pudding*

WHAT YOU'LL NEED:

- 1 1/2 cups Canned Coconut Milk
- 1/2 cup Chia Seeds
- 1 tsp Vanilla Extract
- 1 tbsp Maple Syrup
- 1 Lemon (Zest and juice)
- 1/3 cup Hemp Seeds
- 1 cup Raspberries (Divided)
- 3/4 cup Pomegranate Seeds (Divided for topping)

LET'S GET COOKING:

- 1 Place the milk, chia seeds, vanilla extract, maple syrup, lemon zest and juice, and hemp seeds into a large glass dish and whisk to a smooth consistency.
- 2 Cover and place into the fridge for 2-3 hours to set.
- 3 Once set, place raspberries in the bottom of mason jars, a layer of chia pudding and top with more raspberries, pomegranate seeds and maple syrup.
- 4 Either enjoy straight away or cover and place them in the fridge.

PRO TIPS:

- **Berries:** Replace with strawberries, raspberries or blackberries.
- **Thinner Consistency:** If you want a thinner consistency, replace the coconut milk with a milk of your choice. Be mindful that this will alter the nutritional content.
- **Mason Jars:** The small glass mason jars used to develop this recipe are from the Dollar Store. Start replacing any plastic containers with glass without spending too much \$\$\$\$
- **Additional Toppings:** Additional berries, maple syrup and lemon zest!



Carrot Cake Protein Balls

SERVINGS: 15

PREPPING TIME: 20

COOKING TIME: 40

YOU WILL NEED

- 1 cup Oats
- 1/2 cup Walnuts (Roughly chopped)
- 2 tbsp Ground Flax Seed
- 1/4 tsp Ground Ginger
- 2 tsp Cinnamon
- 1/2 cup Raisins
- 1/2 cup All Natural Peanut Butter
- 1 cup Grated Carrot
- 1 tbsp Maple Syrup
- 3 servings Collagen Powder (optional)

DIRECTIONS:

- 1 Place all ingredients into a food processor and blend into a dough. Place the dough into a glass container and cover. Transfer to the fridge for 30 minutes to chill.
- 2 Once chilled, divide into 15 equal servings and roll into balls.
- 3 If the dough becomes too sticky, **wet your hands slightly** to roll. Store in the fridge. Enjoy 1-2 protein balls per serving.

NUTRITION:

Amount per serving (one protein ball)

Calories	127
Protein	6g
Total Carbs	13g
Net Carbs	11g
Fat	8g
Fiber	2g
Sugar	6g
Iron	1mg

PRO TIPS

The benefit of snacks in pregnancy: Reduced Nausea: -For many mamas-to-be, eating small snacks throughout the day can help manage morning sickness and other pregnancy-related nausea.



prep time:
20 minutes



cook time:
40 minutes



servings:
feeds 15

Carrot Cake Protein Balls

WHAT YOU'LL NEED:

- 1 cup Oats
- 1/2 cup Walnuts (Roughly chopped)
- 2 tbsp Ground Flax Seed
- 1/4 tsp Ground Ginger
- 2 tsp Cinnamon
- 1/2 cup Raisins
- 1/2 cup All Natural Peanut Butter
- 1 cup Grated Carrot
- 1 tbsp Maple Syrup
- 3 servings Collagen Powder (optional)

LET'S GET COOKING:

- 1 Place all ingredients into a food processor and blend into a dough. Place the dough into a glass container and cover. Transfer to the fridge for 30 minutes to chill.
- 2 Once chilled, divide into 15 equal servings and roll into balls.
- 3 If the dough becomes too sticky, **wet your hands slightly** to roll. Store in the fridge. Enjoy 1-2 protein balls per serving.

PRO TIPS:

- **The benefit of snacks in pregnancy:**
Reduced Nausea - For many mamas-to-be, eating small snacks throughout the day can help manage morning sickness and other pregnancy-related nausea.



Chicken *Butternut* *Squash* Stir Fry

SERVINGS: 4

PREPPING TIME: 10

COOKING TIME: 30

YOU WILL NEED

- 3 cups Butternut Squash (Peeled and diced)
- 3 tbsp Avocado Oil
- 1 lb Chicken Breast (Cubed)
- 1 tbsp Ginger (Fresh, grated)
- 2 Garlic (Cloves, minced)
- 3 tbsp Tamari
- 2 cups Broccoli (Florets)
- 1 cup Quinoa (Cooked)
- 1 tbsp Sesame Seeds (For topping)
- Sea Salt & Black Pepper (To taste)

NUTRITION:

Amount per serving	
Calories	472
Protein	36g
Total Carbs	45g
Net Carbs	38g
Fat	17g
Fiber	7g
Sugar	3g
Iron	4mg

DIRECTIONS:

- 1 Peel and cube the butternut squash. Bring a large pot of water to a boil, and add the cubed butternut squash to the boiling water. Boil it for about 5-7 minutes or until the squash is just starting to get tender but is not fully cooked. Drain the butternut squash well in a colander.
- 2 Heat 1 tbsp of the avocado oil in a large skillet or wok over medium heat. Season the cubed chicken breasts with a pinch of salt and pepper, then add to the heated skillet. Stir-fry for about 5-7 minutes, then add the garlic and ginger until the chicken is fully cooked. Once done, remove the chicken mixture from the skillet and set it aside.
- 3 In the same skillet, add the rest of the avocado oil, 2 tbsp of the tamari, and the cubed butternut squash to the skillet. Cover, and cook for about 10-15 minutes until the squash softens.
- 4 Add the broccoli florets to the skillet. Stir-fry for 5 minutes until the broccoli is bright green and tender yet still crisp.
- 5 Return the cooked chicken to the skillet. Add the rest of the tamari and stir well, ensuring everything evenly coats the chicken and vegetables.
- 6 Continue to stir-fry for another 2-3 minutes until everything is well combined and heated through. Adjust the seasoning if needed. Sprinkle the stir-fry with sesame seeds just before serving.

PRO TIPS

Quinoa Benefits: A complete protein which contains all of the essential amino acids, making it an excellent protein source for vegetarians and vegans. It's low GI, naturally gluten-free, and is an excellent source of fibre & antioxidants.

No Tamari: Use soy sauce instead.



prep time:
10 minutes



cook time:
30 minutes



servings:
feeds 4



Chicken *Butternut* *Squash* Stir Fry

WHAT YOU'LL NEED:

- 3 cups Butternut Squash (Peeled and diced)
- 3 tbsp Avocado Oil
- 1 lb Chicken Breast (Cubed)
- 1 tbsp Ginger (Fresh, grated)
- 2 Garlic (Cloves, minced)
- 3 tbsp Tamari
- 2 cups Broccoli (Florets)
- 1 cup Quinoa (Cooked)
- 1 tbsp Sesame Seeds (For topping)
- Sea Salt & Black Pepper (To taste)

LET'S GET COOKING:

- 1 Peel and cube the butternut squash. Bring a large pot of water to a boil, and add the cubed butternut squash to the boiling water. Boil it for about 5-7 minutes or until the squash is just starting to get tender but is not fully cooked. Drain the butternut squash in a colander.
- 2 Heat 1 tbsp of the avocado oil in a large skillet or wok over medium heat. Season the cubed chicken breasts with a pinch of salt and pepper, then add to the heated skillet. Stir-fry for about about 5-7 minutes, then add the garlic and ginger until the chicken is fully cooked. Once done, remove the chicken mixture from the skillet and set it aside.
- 3 In the same skillet, add the rest of the avocado oil, 2 tbsp of the tamari, and the cubed butternut squash to the skillet. Cover, and cook for about 10-15 minutes until the squash softens.
- 4 Add the broccoli florets to the skillet. Stir-fry for 5 minutes until the broccoli is bright green and tender yet still crisp.
- 5 Return the cooked chicken to the skillet. Add the rest of the tamari and stir well, ensuring everything evenly coats the chicken and vegetables.
- 6 Continue to stir-fry for another 2-3 minutes until everything is well combined and heated through. Adjust the seasoning if needed. Sprinkle the stir-fry with sesame seeds just before serving.

PRO TIPS:

- **Quinoa Benefits:** A complete protein which contains all of the essential amino acids, making it an excellent protein source for vegetarians and vegans. It's low GI, naturally gluten-free, and is an excellent source of fibre & antioxidants.
- **No Tamari:** Use soy sauce instead.