

YOGAMAMAS

MADE FOR MAMAS: 10 DAY

Meal Plan

(PRENATAL & POSTNATAL)

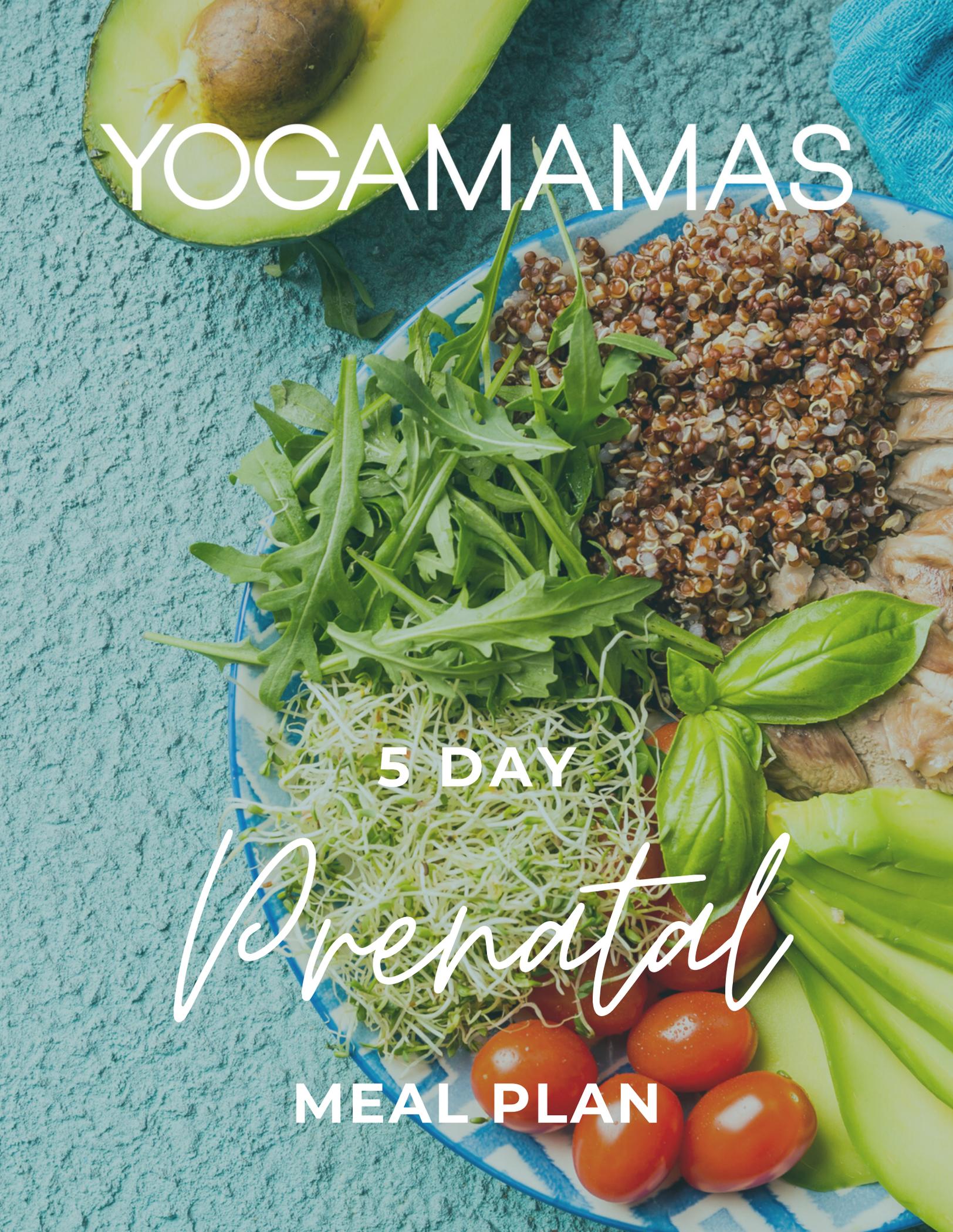
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YOGAMAMAS

5 DAY

Prenatal

MEAL PLAN



Perfect Prenatal Smoothie

1 serving
5 minutes

Ingredients

- 1 Frozen Banana
- 1 cup Baby Spinach
- 1/2 Avocado
- 1 tbsp Ground Flax Seed
- 1 tsp Ground Ginger (use fresh if preferred)
- 1 tbsp Vanilla Protein Powder (or unflavoured)
- 1 cup Organic Coconut Milk

Directions

- Blend all ingredients together in a high speed blender until smooth.
- Add more coconut milk or water to thin out as needed.

Notes

No Coconut Milk. Sub with any other milk of choice



Banana Coconut Steel Cut Oats

2 servings
25 minutes

Ingredients

- 3/4 cup Organic Coconut Milk (canned)
- 3/4 cup Water
- 1/2 cup Steel Cut Oats (uncooked)
- 1 Banana (very ripe)
- 1/4 cup Pecans (toasted)
- 1/4 cup Unsweetened Coconut Flakes (toasted)

Directions

- In a pot, combine your coconut milk, water and steel cut oats. Stir and place
- over medium-high heat and bring to a boil. Reduce heat to medium-low and let
- oats cook for 10 to 20 minutes depending on how crunchy you like your cereal.
- Stir occasionally.
- Remove oats from heat. Add banana to the pot and mash into the cooked oats
- with a fork or potato masher.
- Divide banana coconut oats between bowls. Top with your toasted pecans and
- coconut. Enjoy!

Notes

Make It Sweeter. Top with sliced banana or a drizzle of maple syrup.
On-The-Go. Pack the oats into mason jars and reheat before eating.
No Coconut Milk. Use unsweetened almond milk



Yogurt & Berries

1 serving
5 minutes

Ingredients

- 1 cup Plain Greek Yogurt
- 1 cup Frozen Berries (thawed)

Directions

- Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

Notes

Dairy free. Use a dairy-free yogurt like coconut, almond or cashew.
No frozen berries. Use any type of fresh fruit instead.



Cucumber Hummus Bites

4 servings
10 minutes

Ingredients

- 1 Cucumber (large)
- 1 cup Hummus
- 1/2 tsp Black Pepper

Directions

- Slice cucumber into 1/4-inch thick rounds.
- Top each round with 1 to 2 teaspoons of hummus and a pinch of black pepper.
- Serve immediately. Enjoy!

Notes

More Flavour. Top each cucumber hummus bite with a pitted olive, chopped roasted red pepper, some roasted garlic or spicy red pepper flakes.



Slow Cooker Black Bean Soup

6 servings
4 hours

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 1 Yellow Onion (finely diced)
- 2 stalks Celery (diced)
- 1 Carrot (large, chopped)
- 6 Garlic (cloves, minced)
- 1 tbsp Cumin
- 1/2 tsp Cayenne Pepper
- 6 cups Black Beans (cooked, drained and rinsed)
- 3 cups Diced Tomatoes
- 2 cups Water
- 2 Lime (juiced)

Directions

- Combine all ingredients together in your slow cooker. Cook on high for 4 hours, or on low for 6 hours.
- Pour approximately half the soup into a blender (or use an immersion blender)
- and blend into a smooth puree. Be sure to leave a spot for the steam to escape.
- Add the pureed soup back into the slow cooker and mix everything well.
- Ladle into bowls, top with desired toppings and enjoy!

Notes

Toppings. Cilantro, avocado, sour cream, yogurt, cheese, salsa and/or tortilla chips.

Stove Top. If you don't have a slow cooker, or if you need to increase the servings above 6 and your slow cooker is too small, make it on the stove top in a large stock pot instead. Add all ingredients to the pot and bring to a boil. Once boiling, reduce to a simmer. Cover and let simmer on low for an hour before blending.



Apple Turkey Burgers with Caramelized Onions and Brie 4 servings

45 minutes

Ingredients

- 1 tbsp Coconut Oil
- 2 Yellow Onion (peeled and finely sliced)
- 2 Apple (green, divided)
- 1 lb Extra Lean Ground Turkey
- 2 tsps Dijon Mustard
- 1/2 tsp Ground Sage
- 1/2 tsp Dried Thyme
- 1 tsp Sea Salt
- 1/4 tsp Black Pepper
- 4 ozs Brie Cheese
- 1 head Green Lettuce (separated into leaves and washed)

Directions

- Heat coconut oil in a frying pan over medium heat. Add yellow onion and saute for 30 minutes or until fried and crispy, stirring occasionally. When onion bits get stuck to the bottom, add 1 to 2 tbsp of water at a time to deglaze the pan. Set aside.
- Take half your apple servings and shred into a bowl. Squeeze and remove excess juice (drink it or add it to a smoothie later!).
- In a mixing bowl, combine the turkey, shredded apple, dijon, sage, thyme, salt and pepper. Form into patties.
- Preheat grill over medium heat. Transfer burgers onto the grill and cook for about 7 to 8 minutes per side or until burger is cooked through and juices run clear. Remove from grill.
- Cut the remaining apple into slices. Plate burger over a bed of lettuce and top with brie, apple slices and caramelized onion.

Notes

BBQ Lover. Grill your apple slices too.

No Grill. Cook burgers in the oven at 350 for 15 minutes per side.

More Carbs. Serve on a bed of brown rice or in a brown rice tortilla wrap.

Leftovers. Can be frozen up to 6 months in an airtight container.



Kale Greek Salad with Steak

4 servings
40 minutes

Ingredients

- 1 Red Bell Pepper (de-seeded and cut into slices)
- 1/2 cup Red Onion (finely sliced)
- 1 Cucumber (diced)
- 4 cups Kale Leaves (finely chopped)
- 1 cup Cherry Tomatoes (halved)
- 1/2 cup Pitted Kalamata Olives (diced)
- 1/2 cup Feta Cheese (crumbled)
- 1/3 cup Extra Virgin Olive Oil
- 3 tbsps Red Wine Vinegar
- 1/2 tsp Oregano
- 1 Lemon (juiced)
- 1 Garlic (clove, minced)
- 1/2 tsp Sea Salt
- 1/8 tsp Black Pepper
- 12 ozs Beef Tenderloin

Directions

- Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper.
- Place red peppers in a large mixing bowl and toss with a splash of extra virgin olive oil and sea salt. Spread the red peppers across the baking sheet and bake in the oven on the middle rack for 20 minutes while you prepare the rest.
- Place red onion, cucumber, kale, cherry tomatoes, olives and feta cheese together in a large salad bowl and set aside.
- Create dressing by combining olive oil, vinegar, oregano, lemon juice, minced garlic, sea salt and pepper together in a small bowl. Whisk well and set aside.
- Remove roasted red peppers from oven and let cool. Once cool, add to bowl with salad ingredients.

CONTINUED...



Kale Greek Salad with Steak

4 servings
40 minutes

CONTINUED...

Directions

- Increase the oven temperature to 500°F (260°C) and move the rack to the top setting.
- Remove roasted red peppers from oven and let cool. Once cool, add to bowl with salad ingredients.
- Increase the oven temperature to 500°F (260°C) and move the rack to the top setting.
- Season steak with sea salt and pepper on both sides. Place on the baking sheet with the parchment paper you used for the peppers. Place in the oven on the top rack and bake for 5 to 8 minutes per side depending on thickness and how you like your steak done.
- Remove steak from the oven and cut into thin strips. Add dressing to salad and toss well. Plate salad and add strips of steak over top. Enjoy!

Notes

Vegan & Vegetarians. Skip the steak and add roasted chickpeas.



Trail Mix With Banana

2 servings
5 minutes

Ingredients

- 2/3 cup Clean Trail Mix
- 2 Bananas

Directions

- Divide trail mix into bowls or containers, and serve with a banana on the side. Happy snacking!



Pumpkin Tahini Energy Balls

15 servings
15 minutes

Ingredients

- 1/2 cup Coconut Flour (Bob's Red Mill)
- 2 tbsps Coconut Oil (melted)
- 1/2 cup Pureed Pumpkin
- 1/4 cup Tahini
- 3 tbsps Maple Syrup
- 2 tsps Cinnamon
- 1/4 cup Sesame Seeds

Directions

- In a medium sized mixing bowl, combine the coconut flour, coconut oil and pureed pumpkin. Mix thoroughly.
- Add tahini, maple syrup and cinnamon. Continue to mix until well combined.
- The mixture should be very doughy and stiff.
- Roll dough into small balls. Pour sesame seeds onto a small plate and roll each ball in the seeds to coat.
- Cover and store in the fridge up to 5 days, or the freezer for a month.

Notes

No Tahini. Use any type of nut or seed butter.

No Sesame Seeds. Roll them in crushed pumpkin seeds or hemp seeds instead.

Best Results. This recipe was developed and tested using Bob's Red Mill coconut flour. Results may vary with other brands.



Baked Salmon with Broccoli & Quinoa

2 servings
20 minutes

Ingredients

- 10 ozs Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 4 cups Broccoli (sliced into small florets)
- 1 tbsp Extra Virgin Olive Oil
- 1/2 cup Quinoa (uncooked)
- 3/4 cup Water
- 1/4 Lemon (sliced into wedges)

Directions

- Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.
- Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
- 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.
- 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.
- 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.



Mexican Black Bean Omelette

1 serving
15 minutes

Ingredients

- 1 1/2 tsps Coconut Oil
- 2 Eggs (whisked)
- 2 tbsps Unsweetened Almond Milk
- 1/4 Green Bell Pepper (finely diced)
- 1/2 cup Black Beans (cooked, drained and rinsed)
- 1/4 cup Mushrooms (diced)
- 3/4 tsp Chili Powder
- 1/2 tsp Nutmeg
- 1/2 tsp Paprika
- Sea Salt & Black Pepper (to taste)
- 1/4 Avocado (diced)

Directions

- Preheat oven to 425°F (218°C) and line a baking sheet with parchment. Place coconut oil in a frying pan and place on medium-low heat.
- Mix eggs, almond milk, green pepper, mushrooms, half the black beans, chili powder, nutmeg and paprika in a mixing bowl. Beat with a fork.
- Pour egg mixture into frying pan and let cook for about 3 minutes. Fold in half when underside of omelette begins to brown and let cook for another 3
- minutes. (Note: If you are making more than 1 serving, you will have to divide the egg mixture and cook it in portions.)
- Top with diced avocado and the remaining black beans. Sprinkle with sea salt and pepper to taste. Enjoy!



One Pan Crispy Chicken with Potatoes & Greens

2 servings
35 minutes

Ingredients

- 8 ozs Chicken Thighs with Skin
- 2 cups Mini Potatoes (halved)
- 1/8 tsp Sea Salt
- 1 tbsp Rosemary (chopped)
- 2 cups Kale Leaves (chopped)

Directions

- Preheat the oven to 425°F (218°C).
- Heat a cast iron pan over medium heat and season the chicken and potatoes with sea salt. Place the chicken skin side down on the pan and arrange the potatoes around the chicken. Add the chopped rosemary. Cook for 15 minutes without moving the chicken and occasionally tossing the potatoes.
- After 15 minutes, flip the chicken over and place the pan in the oven for 10 to 12 minutes.
- Remove the chicken and potatoes from the oven and transfer to a plate, leaving the drippings in the pan. Add the kale to the pan, and saute over medium heat for 1 to 2 minutes or until wilted. Turn off the heat.
- Divide the chicken, potatoes and kale onto plates and enjoy!

Notes

No Rosemary. Use thyme or another herb instead.

No Kale. Use another green such as Swiss chard or spinach.

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

Mon

Tue

Wed

Thu

Fri

Breakfast

PERFECT PRENATAL SMOOTHIE



PERFECT PRENATAL SMOOTHIE



PERFECT PRENATAL SMOOTHIE



BANANA COCONUT STEEL CUT OATS



BANANA COCONUT STEEL CUT OATS



Snack 1

YOGURT & BERRIES



YOGURT & BERRIES



CUCUMBER HUMMUS BITES



CUCUMBER HUMMUS BITES



CUCUMBER HUMMUS BITES



Lunch

SLOW COOKER BLACK BEAN SOUP



SLOW COOKER BLACK BEAN SOUP



APPLE TURKEY BURGERS



KALE GREEK SALAD WITH STEAK



SLOW COOKER BLACK BEAN SOUP



Snack 2

TRAIL MIX WITH BANANA



TRAIL MIX WITH BANANA



PUMPKIN TAHINI ENERGY BALLS



PUMPKIN TAHINI ENERGY BALLS



PUMPKIN TAHINI ENERGY BALLS



Dinner

BAKED SALMON WITH BROCCOLI & QUINOA



APPLE TURKEY BURGERS



KALE GREEK SALAD WITH STEAK



MEXICAN BLACK BEAN OMELETTE



ONE PAN CRISPY CHICKEN

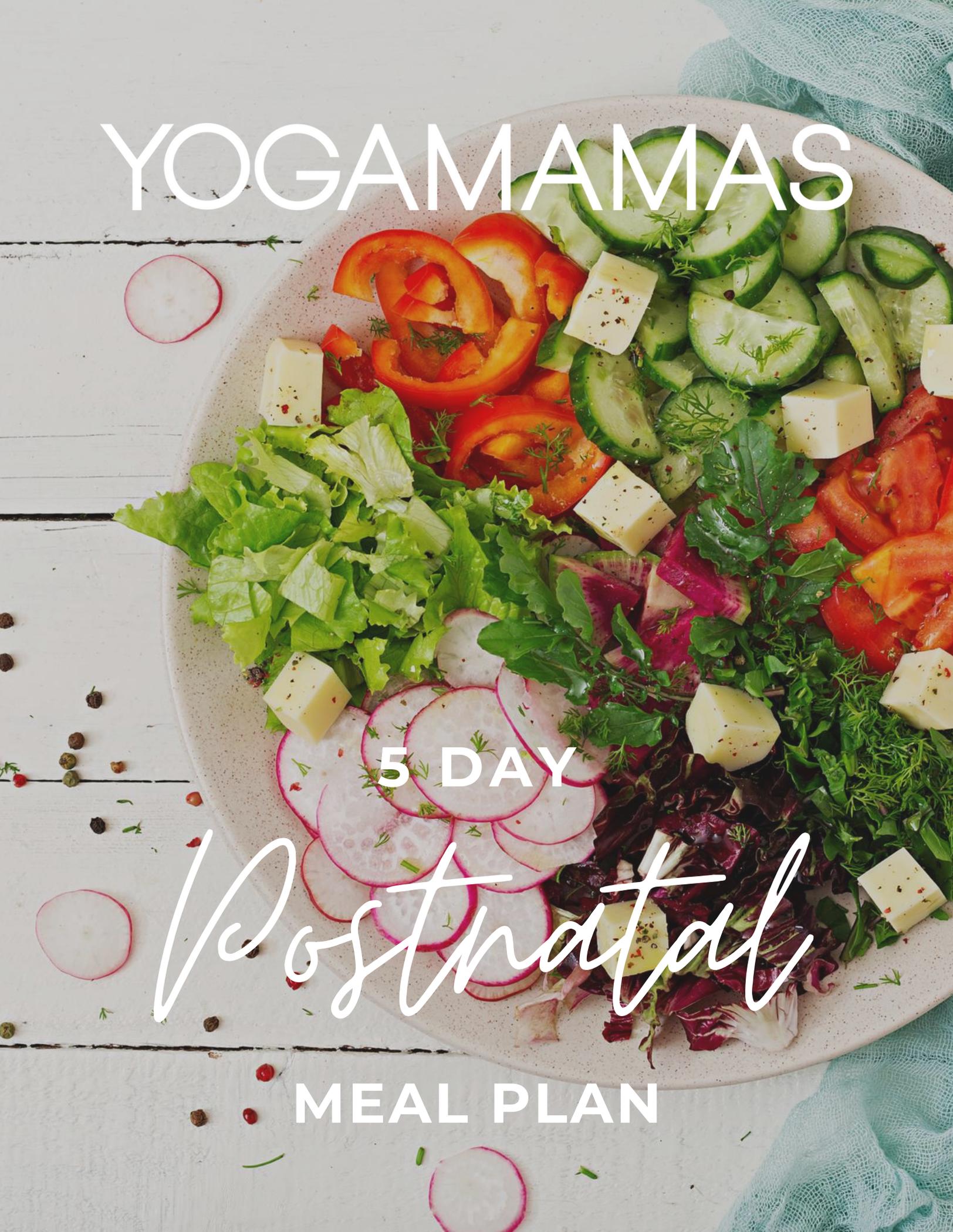


YOGAMAMAS

5 DAY

Postnatal

MEAL PLAN





Pumpkin Pie Baked Oatmeal

6 servings
45 minutes

Ingredients

- 2 cups Pureed Pumpkin
- 2 Eggs
- 1/2 cup Maple Syrup
- 1 tbsp Pumpkin Pie Spice
- 1 tsp Vanilla Extract
- 3/4 tsp Baking Powder
- 1/2 tsp Sea Salt
- 1 cup Unsweetened Almond Milk
- 2 1/2 cups Oats (rolled or quick)
- 1/4 cup Ground Flax Seed
- 1/4 cup Pumpkin Seeds

Directions

- Preheat oven to 375°F (191°C). Grease a baking dish with a little coconut oil.
- (Use a 9 x 13-inch dish for 6 servings.)
- In a large bowl, whisk together the pumpkin, eggs, maple syrup, pumpkin pie spice, vanilla, baking powder, salt and milk until smooth. Stir the oats and ground flax into the pumpkin mixture. Pour into the baking dish and sprinkle pumpkin seeds over top.
- Bake in the preheated oven for 40 minutes or until the centre feels set and the edges are slightly golden.

Notes

Storage. Store covered in the fridge up to 4 - 5 days, or freeze in individual portions for easy grab-and-go breakfasts down the road.

Egg Free. Replace the eggs with flax eggs. For every egg, mix together 1 tbsp of ground flax seed with 3 tbsp of water.

Muffins. Divide the batter into a muffin tray instead of a baking pan. Bake at the same temperature as listed for 20 to 25 minutes, or until muffins are cooked through.



Mango Oat Smoothie

2 servings
5 minutes

Ingredients

- 2 cups Frozen Mango
- 1 Banana
- 1/4 cup Oats
- 2 cups Unsweetened Almond Milk
- 2 tbsps Hemp Seeds
- 1/4 Lemon (juiced)

Directions

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

Notes

More Banana. Sweeten with raw honey, maple syrup or soaked dates instead.

Storage. Refrigerate in a mason jar or other air-tight container up to 48 hours.

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

More Fibre. Add ground flax seed.

More Like Mango Lassi. Reduce almond milk and add greek yogurt.



Carrots & Guacamole

2 servings
5 minutes

Ingredients

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

Directions

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

Notes

Spice It up. Add chili flakes, salsa and/or chopped cilantro to the guacamole.



Banana with Almond Butter

2 servings
2 minutes

Ingredients

- 2 Bananas
- 1/4 cup Almond Butter

Directions

- Slice banana.
- Dip in almond butter.
- Bam.



Lentil Masala Soup

4 servings
30 minutes

Ingredients

- 1 1/2 tsps Coconut Oil
- 1/2 cup Red Onion (finely diced)
- 4 Garlic (cloves, minced)
- 1 tsp Turmeric
- 1 tbsp Garam Masala
- 1 tsp Sea Salt
- 1 cup Cilantro (finely diced)
- 4 cups Organic Vegetable Broth
- 3 cups Diced Tomatoes
- 1 cup Dry Red Lentils
- 1 cup Organic Coconut Milk (canned, full-fat)
- 4 cups Kale Leaves (finely sliced)

Directions

- Heat coconut oil in a large stock pot over medium heat. Add the onions and saute for about 4 minutes or until translucent. Add in the minced garlic. Saute for another minute.
- Add in the turmeric, garam masala and sea salt. Stir for a minute or until spices are well mixed. Add in the cilantro, vegetable broth and diced tomatoes. Bring to a boil then reduce heat to a simmer.
- Add in the dry lentils, cover and cook for 15 to 20 minutes. Once the lentils are cooked through, add in the coconut milk. Stir well to mix, then add in the kale. Stir again until the kale is wilted. Turn off the heat. Ladle into bowls and enjoy!

Notes

Garnish. Top soup with chopped cilantro, sliced almonds and/or a dollop of coconut yogurt.



One Pan Salmon with Rainbow Veggies

2 servings
40 minutes

Ingredients

- 2 cups Cherry Tomatoes
- 10 ozs Salmon Fillet
- 1 Yellow Bell Pepper (sliced)
- 2 cups Broccoli (chopped into small florets)
- 1/2 cup Red Onion (sliced into chunks)
- 2 tbsps Extra Virgin Olive Oil
- 1 1/2 tsps Coconut Aminos
- 1/2 Navel Orange (zested and juiced)
- Sea Salt & Black Pepper (to taste)

Directions

- Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- Place the cherry tomatoes, salmon, bell pepper, broccoli, and red onion on the sheet pan. Drizzle the vegetables with olive oil. Brush the salmon with the coconut aminos, orange juice and zest. Sprinkle everything with salt and pepper to taste.
- Place in the oven and bake for 30 minutes, or until salmon is fully cooked.
- Divide between plates and enjoy!

Notes

More Carbs. Serve with rice or quinoa.

Vegan. Use tofu steaks or roasted chickpeas instead of salmon.

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



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
- 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

- Preheat oven to 375°F (191°C).
- 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.
- While the squash is cooking, place cauliflower and broccoli in a steamer. Steam for 3 minutes or until tender.
- 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.)

CONTINUED...



Cheesy Cauliflower & Broccoli Casserole

4 servings
1 hour

CONTINUED...

Directions

- Place the steamed cauliflower and broccoli into a baking dish. Pour the cheese sauce over the veggies and stir gently to mix.
- 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.



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

- Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- Place the chicken breasts on the baking sheet, surrounded with the broccoli, carrots and snap peas.
- 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.
- 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.



Kale Greek Salad with Steak

4 servings
40 minutes

CONTINUED...

Directions

- Increase the oven temperature to 500°F (260°C) and move the rack to the top setting.
- Remove roasted red peppers from oven and let cool. Once cool, add to bowl with salad ingredients.
- Increase the oven temperature to 500°F (260°C) and move the rack to the top setting.
- Season steak with sea salt and pepper on both sides. Place on the baking sheet with the parchment paper you used for the peppers. Place in the oven on the top rack and bake for 5 to 8 minutes per side depending on thickness and how you like your steak done.
- Remove steak from the oven and cut into thin strips. Add dressing to salad and toss well. Plate salad and add strips of steak over top. Enjoy!

Notes

Vegan & Vegetarians. Skip the steak and add roasted chickpeas.



Kale Greek Salad with Steak

4 servings
40 minutes

Ingredients

- 1 Red Bell Pepper (de-seeded and cut into slices)
- 1/2 cup Red Onion (finely sliced)
- 1 Cucumber (diced)
- 4 cups Kale Leaves (finely chopped)
- 1 cup Cherry Tomatoes (halved)
- 1/2 cup Pitted Kalamata Olives (diced)
- 1/2 cup Feta Cheese (crumbled)
- 1/3 cup Extra Virgin Olive Oil
- 3 tbsps Red Wine Vinegar
- 1/2 tsp Oregano
- 1 Lemon (juiced)
- 1 Garlic (clove, minced)
- 1/2 tsp Sea Salt
- 1/8 tsp Black Pepper
- 12 ozs Beef Tenderloin

Directions

- Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper.
- Place red peppers in a large mixing bowl and toss with a splash of extra virgin olive oil and sea salt. Spread the red peppers across the baking sheet and bake in the oven on the middle rack for 20 minutes while you prepare the rest.
- Place red onion, cucumber, kale, cherry tomatoes, olives and feta cheese together in a large salad bowl and set aside.
- Create dressing by combining olive oil, vinegar, oregano, lemon juice, minced garlic, sea salt and pepper together in a small bowl. Whisk well and set aside.
- Remove roasted red peppers from oven and let cool. Once cool, add to bowl with salad ingredients.

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Black Bean Brownies

9 servings
40 minutes

Ingredients

- 2 cups Black Beans (cooked)
- 3 Eggs
- 1/4 cup Coconut Oil (melted)
- 1 tsp Vanilla Extract
- 1/4 tsp Sea Salt
- 3/4 cup Cocoa Powder
- 1/4 cup Coconut Sugar
- 1/4 cup Raw Honey
- 1/2 tsp Baking Powder
- 3 1/2 ozs Dark Organic Chocolate (chopped and divided)
- 1/4 cup Sliced Almonds

Directions

- Preheat oven to 350°F (177°C) and line an 8 x 8 baking dish with parchment paper. (Use a bigger dish if making more than 9 servings.)
- Add the cooked black beans and eggs to a food processor. Turn it on and stream in the coconut oil. Let the food processor blend for about 60 seconds, or until the black beans are very smooth.
- Add vanilla, salt, cocoa powder, coconut sugar, honey and baking powder to the black bean batter. Blend until all incorporated, scraping down the sides of the bowl if needed.
- Add half of the chocolate to the brownie batter and pulse 5 or 6 times until it is mixed in.

CONTINUED...



Black Bean Brownies

9 servings
40 minutes

CONTINUED...

Directions

- Transfer brownie batter to the prepared baking dish and smooth into an even layer.
- Sprinkle the remaining chocolate and the sliced almonds evenly over top of the brownies.
- Bake for 30 to 35 minutes, or until a toothpick inserted into the center comes out with just a few moist crumbs.
- Let the brownies cool completely before transferring to the fridge for at least 4 hours before cutting into squares. Enjoy!

Notes

Less Ingredients. Omit the dark chocolate and almonds if desired.

Leftovers. These brownies keep well in the fridge up to 4 days. Freeze for longer.



Dark Chocolate & Walnuts

4 servings
5 minutes

Ingredients

- 1 cup Walnuts
- 3 1/2 ozs Dark Organic Chocolate (at least 70% cacao)

Directions

- Divide dark chocolate and walnuts between bowls. Enjoy!



Trail Mix With Banana

2 servings
5 minutes

Ingredients

- 2/3 cup Clean Trail Mix
- 2 Bananas

Directions

- Divide trail mix into bowls or containers, and serve with a banana on the side. Happy snacking!



Hard Boiled Eggs with Apricots

2 servings
15 minutes

Ingredients

- 2 Eggs
- 1/2 cup Dried Apricots

Directions

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

Notes

Storage. Refrigerate in an airtight container for up to 7 days if the eggshell is kept intact.

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

Mon

Breakfast

PUMPKIN PIE BAKED OATMEAL



Snack 1

CARROTS & GUACAMOLE



Lunch

LENTIL MASALA SOUP



Snack 2

BLACK BEAN BROWNIES



Dinner

ONE PAN SALMON WITH RAINBOW VEGGIES



Tue

PUMPKIN PIE BAKED OATMEAL



CARROTS & GUACAMOLE



ONE PAN SALMON WITH RAINBOW VEGGIES



BLACK BEAN BROWNIES



CHEESY CAULIFLOWER & BROCCOLI



Wed

PUMPKIN PIE BAKED OATMEAL



CARROTS & GUACAMOLE



CHEESY CAULIFLOWER & BROCCOLI



BLACK BEAN BROWNIES



ONE PAN TERIYAKI CHICKEN



Thu

MANGO OAT SMOOTHIE



BANANA WITH ALMOND BUTTER



ONE PAN TERIYAKI CHICKEN



DARK CHOCOLATE & WALNUTS



KALE GREEK SALAD WITH STEAK



Fri

MANGO OAT SMOOTHIE



BANANA WITH ALMOND BUTTER



KALE GREEK SALAD WITH STEAK



DARK CHOCOLATE & WALNUTS



LENTIL MASALA SOUP



Snack 3

Mon



TRAIL MIX WITH BANANA

Tue



TRAIL MIX WITH BANANA

Wed



TRAIL MIX WITH BANANA

Thu



HARD BOILED EGGS WITH APRICOTS

Fri



HARD BOILED EGGS WITH APRICOTS

YOGAMAMAS

HOLISTIC NUTRITION SERVICES

All Yoga Mamas Holistic Nutrition services are performed by a Certified Holistic Nutrition Practitioner, which may be eligible for coverage under your health care benefits.

60 Minute Initial Consultation and Appointment	\$110
30 Minute Follow Up Appointment	\$70
20 Minute Complimentary Consultation	\$0

MEET OUR HOLISTIC NUTRITIONISTS



ADRIENNE COTE



SARAH ROBINSON

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