



FREE Quick n' Easy Program

ENLIGHTEN FREDERICTON

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ENLIGHTEN

Thanks for downloading your FREE meal plan!

Here you will find a general 7-day plan, along with an itemized grocery list and delicious recipes.

GROCERY LIST TIPS

This plan includes a full grocery list that outlines the ingredients you will need to follow this meal plan. You can find it by clicking the “List” tab from your planner. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

SHOPPING TIPS

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

RECIPE TIPS

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

LEFTOVERS

If meals on the plan appear to be grey or shaded out, this means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!

If you love what you see, and you'd like a PERSONALIZED plan, BOOK a consultation.

MON



BREAKFAST
Blueberry Overnight Oats



LUNCH
Eggs & Sauerkraut



SNACK 1
Celery with Sunflower Seed Butter



DINNER
Cream of Broccoli Soup



SNACK 2
Cashews & Clementines

TUE



BREAKFAST
Blueberry Overnight Oats



LUNCH
Cream of Broccoli Soup



SNACK 1
Cashews & Clementines



DINNER
Chickpea, Avocado & Feta Salad



SNACK 2
Celery with Sunflower Seed Butter

WED



BREAKFAST
Lucky Green Smoothie



LUNCH
Chickpea, Avocado & Feta Salad



SNACK 1
Popcorn



DINNER
Chicken, Spinach & Mushroom Pasta



SNACK 2
Strawberry Ice Cream

THU



BREAKFAST
Lucky Green Smoothie



LUNCH
Chicken, Spinach & Mushroom Pasta



SNACK 1
Popcorn



DINNER
Spinach, Tomato & Goat Cheese Pizza



SNACK 2
Strawberry Ice Cream

FRI



BREAKFAST
Korean-Style Rolled Omelette



LUNCH
Spinach, Tomato & Goat Cheese Pizza



SNACK 1
Almond Butter Apple Sandwiches



DINNER
Fish Tacos with Pineapple Salsa



SNACK 2
Maple Roasted Almonds

SAT



BREAKFAST
Spinach & Goat Cheese Omelette



LUNCH
Fish Tacos with Pineapple Salsa



SNACK 1
Almond Butter Apple Sandwiches



DINNER
Portobello Mushroom Pizzas



SNACK 2
Maple Roasted Almonds

SUN



BREAKFAST
Strawberries & Cottage Cheese



LUNCH
Korean-Style Rolled Omelette



SNACK 1
Carrot Sticks, Avocado



DINNER
Flax Bread Avocado Toast



SNACK 2
Fresh Figs & Brazil Nuts

FRUITS

- 2 Apple
- 2 3/4 Avocado
- 2 Banana
- 1/2 cup Blueberries
- 4 Clementines
- 2 Fig
- 1 1/2 Lemon
- 3 Lime
- 1/4 cup Pineapple
- 1/2 cup Strawberries

BREAKFAST

- 1/4 cup Almond Butter
- 1 1/2 tbsps Maple Syrup

SEEDS, NUTS & SPICES

- 1/2 cup Almonds
- 3/4 tsp Black Pepper
- 2 tbsps Brazil Nuts
- 1 cup Cashews
- 1 tbsp Chia Seeds
- 1 tsp Cinnamon
- 1/2 tsp Dried Basil
- 2 tbsps Ground Flax Seed
- 1/4 cup Hemp Seeds
- 1/3 tsp Red Pepper Flakes
- 1 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 cup Slivered Almonds
- 1/3 cup Walnuts

FROZEN

- 4 Brown Rice Tortilla
- 1 1/2 cups Frozen Mango
- 1 cup Frozen Strawberries

VEGETABLES

- 8 cups Baby Spinach
- 1/2 cup Basil Leaves
- 2 1/2 cups Broccoli
- 2 Carrot
- 5 1/2 stalks Celery
- 1 cup Cherry Tomatoes
- 1/4 Cucumber
- 3 Garlic
- 4 stalks Green Onion
- 1/2 Jalapeno Pepper
- 2 tbsps Parsley
- 1 cup Portobello Mushroom
- 3 ozs Portobello Mushroom Caps
- 1/2 Red Bell Pepper
- 1/4 cup Red Onion
- 3/4 Sweet Onion
- 1/2 Tomato

BOXED & CANNED

- 3/4 cup Brown Rice Penne
- 1 cup Chickpeas
- 1 cup Green Lentils
- 4 cups Popcorn
- 1/4 cup Salsa

BAKING

- 3/4 cup Oats

BREAD, FISH, MEAT & CHEESE

- 4 ozs Chicken Breast, Cooked
- 2 tbsps Feta Cheese
- 2/3 cup Goat Cheese
- 1 slice Grain-Free Flax Bread
- 1 Tilapia Fillet

CONDIMENTS & OILS

- 1 1/2 tpsps Avocado Oil
- 1 1/8 tpsps Balsamic Vinegar
- 3/4 tsp Coconut Oil
- 1/2 cup Extra Virgin Olive Oil
- 1/3 cup Sauerkraut
- 1/4 cup Sunflower Seed Butter
- 3/4 tsp Tamari

COLD

- 1 cup Cottage Cheese
- 11 Egg
- 3/4 cup Unsweetened Almond Milk

OTHER

- 6 3/4 cups Water

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

- 01 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).
- 02 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.

Lucky Green Smoothie

1 SERVING 10 MINUTES



INGREDIENTS

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

DIRECTIONS

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

NOTES

NO MANGO

Add frozen pineapple or banana instead.

MORE PROTEIN

Add a scoop of your favorite protein powder.

Korean-Style Rolled Omelette

1 SERVING 10 MINUTES



INGREDIENTS

- 3 Egg
- Sea Salt & Black Pepper (to taste)
- 1 stalk Green Onion (sliced)
- 1/4 Carrot (finely chopped)
- 3/4 tsp Avocado Oil

DIRECTIONS

- 01 In a small bowl, whisk the eggs with salt and pepper. Add the green onion and carrot and stir to combine.
- 02 Heat a medium sized skillet over medium heat and add the oil. Once warm, add about half of the egg mixture (just enough for a thin layer) and swirl to cover the base of the skillet. Let it cook until the top is almost just set, but still a little wet. Reduce the heat to low.
- 03 Use a spatula to lift one end of the egg and fold it over until about halfway through the omelette. Increase the heat to medium, and carefully pull the omelette back to the halfway point of your pan. Pour more of the egg mixture to cover the open spot where you just pulled the omelette from (do not pour the egg mixture on the part of the pan beyond the rolled part). Reduce the heat to low and cook for one to two minutes more.
- 04 Repeat the same process, folding the omelette over again and pour more of the egg mixture until the egg mixture is finished. Once it is fully rolled, let it sit on low heat for three to four minutes to finish cooking through. Remove from the skillet and let cool slightly before slicing. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is equal to about six small pieces of sliced omelette.

ADDITIONAL TOPPINGS

Add chopped cooked ham to the omelette.

Spinach & Goat Cheese Omelette

1 SERVING 20 MINUTES



INGREDIENTS

- 3/4 tsp Coconut Oil
- 3 Egg
- 1/4 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 cup Baby Spinach
- 1/4 cup Goat Cheese (crumbled)
- 1/4 cup Salsa

DIRECTIONS

- 01 Heat coconut oil in medium-sized frying pan over medium heat.
- 02 In a bowl, mix together eggs, sea salt and black pepper. Whisk until frothy. Divide into portions.
- 03 Pour 1 portion of the egg mixture into the frying pan and let cook until almost set. Place some spinach and goat cheese on one half of the omelette and then fold the other half over on top. Remove from heat and transfer onto a plate. Top with salsa.
- 04 Repeat with remaining ingredients. Enjoy!

NOTES

NO GOAT CHEESE

Use feta cheese instead

Strawberries & Cottage Cheese

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Cottage Cheese
1/2 cup Strawberries (sliced)

DIRECTIONS

01 Add the cottage cheese to a bowl and top with the strawberries. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is one cup cottage cheese and 1/2 cup strawberries.

ADDITIONAL TOPPINGS

Hemp seeds, chia seeds, shredded coconut, and/or honey.

Eggs & Sauerkraut

1 SERVING 15 MINUTES



INGREDIENTS

2 Egg
1/2 Avocado (small)
1/3 cup Sauerkraut

DIRECTIONS

- 01 Bring a pot of water to a boil. Once boiling, reduce the heat slightly and add the eggs. Cook for 10 minutes, or to your preference. Once the eggs are done, add them to a bowl of ice water. Once they're cool enough to handle, peel and slice.
- 02 Serve the eggs with avocado and sauerkraut. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVE IT WITH

Toast, tomatoes, olives, or fresh fruit.

Celery with Sunflower Seed Butter

2 SERVINGS 5 MINUTES



INGREDIENTS

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

DIRECTIONS

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

NOTES

NO CELERY
Use cucumber instead

Cashews & Clementines

1 SERVING 5 MINUTES



INGREDIENTS

1/4 cup Cashews
2 Clementines

DIRECTIONS

01 Divide into bowls and enjoy!

Popcorn

2 SERVINGS 2 MINUTES



INGREDIENTS

4 cups Popcorn

DIRECTIONS

01 Pour into bowls and enjoy!

Almond Butter Apple Sandwiches

1 SERVING 10 MINUTES



INGREDIENTS

1 Apple
2 tbsps Almond Butter

DIRECTIONS

- 01 Slice the top and bottom off of each apple and discard. Then slice the entire apple in half so you are left with two rounds. Now cut each half in half to make 8 rounds. Cut the center core out of each round.
- 02 Spread 1 tbsp of almond butter on one apple round. Set another round on top. Repeat, plate and enjoy!

NOTES

NUT-FREE

Use sunflower seed butter, tahini or pumpkin seed butter instead of nut butter.

Carrot Sticks

1 SERVING 5 MINUTES



INGREDIENTS

1 Carrot (medium)

DIRECTIONS

01 Peel the carrot and slice it into sticks. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. Add water to prevent them from drying out.

MORE FLAVOR

Season with salt.

SERVE IT WITH

Hummus, guacamole or your favorite dip.

Avocado

1 SERVING 5 MINUTES



INGREDIENTS

1/2 Avocado

DIRECTIONS

01 Cut avocado into slices or chunks. Enjoy!

NOTES

SERVE IT WITH

Salads, soups, chilli, on toast, or in a wrap with leftovers.

SAVOURY SNACK

Top with salt, pepper, lemon juice, paprika and/or red pepper flakes.

SWEET SNACK

Top with maple syrup, honey, maple butter and/or cinnamon.

Cream of Broccoli Soup

2 SERVINGS 30 MINUTES



INGREDIENTS

- 1/2 Sweet Onion (chopped)
- 1/2 Carrot (chopped)
- 1 1/2 stalks Celery (chopped)
- 2 1/2 cups Broccoli (chopped, incl. stalks)
- 3 cups Water
- 1/2 tsp Dried Basil
- 1/2 tsp Sea Salt
- 1/2 cup Cashews
- 1 cup Green Lentils (cooked, drained and rinsed)
- 1 cup Baby Spinach (packed)

DIRECTIONS

- 01 Throw your chopped onion, carrot, celery and broccoli in a large pot. Pour in water and add the dried basil and sea salt. Place over high heat and bring to a boil. Once boiling, cover the pot and reduce to a simmer. Let simmer for 15 to 20 minutes or until broccoli is tender.
- 02 In a blender, create your cashew cream by blending together 1 cup of cashews with 1 cup water. (If you alter the serving size, just keep the cashew to water ratio 1:1.) Pour the cashew cream in with your veggies and stir. Now add your green lentils and stir again.
- 03 Place spinach in the bottom of the blender. Then carefully transfer soup to the blender and blend to a puree. Ladle into bowls and drizzle with a bit of olive oil if you fancy. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is equal to approximately 3 to 3.5 cups of soup, depending on how much liquid simmers off.

Chickpea, Avocado & Feta Salad

2 SERVINGS 15 MINUTES



INGREDIENTS

- 1 cup Chickpeas (cooked, drained and rinsed)
- 1/4 Cucumber (diced)
- 2 stalks Green Onion (chopped)
- 2 tbsps Parsley (chopped)
- 1/2 Lime (juiced)
- 2 tbsps Feta Cheese (crumbled)
- 3/4 tsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1/2 Avocado (diced)

DIRECTIONS

- 01 Combine all ingredients except avocado together in a large mixing bowl. Mix well with a spatula. Top with avocado when ready to serve. Enjoy!

Chicken, Spinach & Mushroom Pasta

2 SERVINGS 25 MINUTES



INGREDIENTS

2 tbsps Extra Virgin Olive Oil (divided)
3/4 tsp Tamari
1 cup Portobello Mushroom (diced)
1 cup Baby Spinach
2 Garlic (cloves, minced)
1/4 tsp Red Pepper Flakes
3/4 cup Brown Rice Penne (uncooked)
Sea Salt & Black Pepper (to taste)
4 ozs Chicken Breast, Cooked (sliced)
1/2 Lemon (cut into wedges)

DIRECTIONS

- 01 In a frying pan, add one quarter of your olive oil and all the tamari. Place over medium heat. Add mushrooms and saute for 5 minutes. Then add spinach and stir just until spinach is wilted. Remove from heat and set aside.
- 02 Heat remaining olive oil, garlic, red pepper flakes and salt in a separate skillet over medium-low heat. Stir frequently for about 5 minutes or until garlic is golden. Remove pan from heat.
- 03 Fill a large pot with water and bring to a boil. Add penne. Cook for 7 - 10 minutes. Remove from heat and dump pasta into a strainer. Immediately run cold water over the pasta to prevent it from cooking any further.
- 04 Add pasta to a large bowl. Pour in desired amount of oil and garlic mixture, then toss in mushrooms and spinach. Sprinkle with salt and pepper to taste. Mix well.
- 05 Plate pasta and top with strips of baked chicken (optional). Squeeze a lemon wedge on top of the pasta. Enjoy!

Spinach, Tomato & Goat Cheese Pizza

2 SERVINGS 20 MINUTES



INGREDIENTS

- 1/3 cup Walnuts
- 1/4 cup Extra Virgin Olive Oil
- 1/2 Lemon (juiced)
- 2 cups Baby Spinach (divided)
- 1/2 cup Basil Leaves
- 1/8 tsp Sea Salt
- 1/4 tsp Black Pepper
- 2 Brown Rice Tortilla
- 1/2 cup Cherry Tomatoes (halved)
- 1/4 cup Goat Cheese (crumbled)

DIRECTIONS

- 01 Preheat oven to 410°F (210°C) and line a baking sheet with parchment paper.
- 02 Create your pesto in a food processor or blender by combining walnuts, olive oil, lemon juice, half of the baby spinach, basil, sea salt and black pepper. Blend until smooth. Transfer into a jar.
- 03 Take the remaining baby spinach and finely chop.
- 04 Lay your brown rice tortillas on a flat surface. Use a spoon to add desired amount of pesto and spread evenly across the tortillas. Now top with cherry tomatoes, goat cheese and chopped baby spinach.
- 05 Place on baking sheet and bake in the oven for 10 minutes.
- 06 After 10 minutes, remove and slice using a pizza cutter. Enjoy!

NOTES

MORE PROTEIN

Add diced chicken, lentils or chickpeas.

Fish Tacos with Pineapple Salsa

2 SERVINGS 30 MINUTES



INGREDIENTS

2 Brown Rice Tortilla (thawed)
1 Tilapia Fillet
3/4 tsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1/2 Lemon (juiced)
1/2 cup Baby Spinach
1/4 cup Pineapple (diced)
1/4 cup Red Onion (finely diced)
1/2 Jalapeno Pepper (deseeded and chopped)
1/2 Garlic (clove, minced)
1/2 Red Bell Pepper (diced)
1/2 Lime (juiced)
1 Avocado (peeled and mashed)
1/2 Tomato (diced)

DIRECTIONS

- 01 Preheat the oven to 500°F (260°C) and move the rack to the top setting. Cover a large baking sheet with parchment paper and lightly grease with some olive oil. Lightly rub white fish with extra virgin olive oil, a splash of lemon juice and season with sea salt and pepper. Cook in the oven on top rack for 8 minutes or until fish flakes with a fork.
- 02 Remove fish from oven and chop with a knife. Place in a bowl and toss with a bit of lemon juice.
- 03 Prepare all ingredients for the salsa and mix together in a large mixing bowl. (Pineapple, red onion, jalapeno, red bell pepper, and lime juice).
- 04 Prepare all ingredients for the guacamole and mix together in a separate mixing bowl. (Avocado, tomato, garlic and splash of lemon juice).
- 05 Warm your tortillas and place on a plate. Put your salsa, guacamole, spinach and fish out in separate bowls with a spoon/fork in each. Happy fish taco night!

NOTES

LEFTOVERS

Best enjoyed same day.

FILLET SIZE

One tilapia fillet is equal to 116 grams or 4.1 ounces.

Portobello Mushroom Pizzas

1 SERVING 30 MINUTES



INGREDIENTS

3/4 tsp Extra Virgin Olive Oil
1/4 Sweet Onion (diced)
1/2 Garlic (cloves, minced)
1/2 cup Cherry Tomatoes
1 1/8 tsps Balsamic Vinegar
1/2 cup Baby Spinach
Sea Salt & Black Pepper (to taste)
3 ozs Portobello Mushroom Caps
2 tbsps Goat Cheese (crumbled)

DIRECTIONS

- 01 Preheat oven to 420°F (216°C).
- 02 Add olive oil to a large skillet and heat over medium heat. Add onion and saute for about 5 minutes or until translucent. Add garlic, cherry tomatoes and balsamic vinegar and saute for another 5 minutes or until tomatoes start to burst.
- 03 Turn off heat and add baby spinach. Stir just until spinach is wilted. Season the mix with sea salt and pepper to taste.
- 04 Line a baking sheet with parchment paper. Sprinkle the inside of each mushroom cap with goat cheese and top with a few spoonfuls of the tomato mix. Place on baking sheet and bake for 10 to 12 minutes.
- 05 Remove from oven and slice into halves or quarters with a pizza cutter. Serve immediately alone or over a plate of baby spinach drizzled with olive oil and lemon juice. Enjoy!

Flax Bread Avocado Toast

1 SERVING 5 MINUTES



INGREDIENTS

1 slice Grain-Free Flax Bread
1/4 Avocado
1/16 tsp Red Pepper Flakes
1/16 tsp Sea Salt

DIRECTIONS

01 Toast flax bread in toaster, or broil on high for about 3 minutes per side.
02 Mash avocado on bread. Sprinkle red pepper flakes and sea salt. Enjoy!

NOTES

ADDITIONAL TOPPINGS

Tofu scramble, tomatoes, sauerkraut, fresh herbs, and/or hot sauce.

Strawberry Ice Cream

1 SERVING 5 MINUTES



INGREDIENTS

1 Banana (sliced and frozen)
1/2 cup Frozen Strawberries

DIRECTIONS

- 01 Add frozen bananas and strawberries to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
- 02 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

NOTES

MORE CREAMY

Add 2 tbsp coconut milk.

MORE SCOOPABLE

Add 1 tbsp vodka to prevent hard freeze.

MAKE IT CHUNKY

Set aside 1/4 cup of the strawberries before blending and add them to the processor after blending. Pulse until roughly chopped.

Maple Roasted Almonds

2 SERVINGS 10 MINUTES



INGREDIENTS

1/2 cup Almonds
1 1/2 tps Maple Syrup
1/2 tsp Cinnamon

DIRECTIONS

- 01 Place almonds in a frying pan and toast over medium heat. When slightly browned, add maple syrup and cinnamon and stir well. Turn heat back to low. Continuously stir almonds until they become sticky (about 2 minutes).
- 02 Remove from heat and spread almonds onto a piece of parchment paper. Let dry for 10 minutes. When cool, break apart and place single portions in snack-sized baggies for an easy grab-and-go snack.

Fresh Figs & Brazil Nuts

1 SERVING 2 MINUTES



INGREDIENTS

2 Fig (halved)
2 tbsps Brazil Nuts

DIRECTIONS

01 Add the figs and Brazil nuts to a bowl and enjoy!

NOTES

LEFTOVERS

Refrigerate the fig(s) in an airtight container and consume within one day.

SERVING SIZE

One serving is two figs and approximately three Brazil nuts.