

Healthy Eating Recipe Collection

Discover 15 easy, healthy and tasty recipes, including breakfast, lunch, dinner, treat and smoothie options.

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13	3 INGREDIENT PB COOKIES
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15	POST-WORKOUT STRAWBERRY SMOOTHIE



RECIPE KEY

Look for these helpful icons throughout the file.

- GF Gluten Free
- Dairy Free
- Low Carb (under 20g serving)
- MP Meal Prep/Freezer Friendly
- HP High Protein (over 20g per serving)
- V Vegetarian
- Quick (under 30 mins)
- N Contains Nuts



WEEKLY MEAL PLANNER

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MONDAY	TUESDAY	WEDNESDAY	AY THURSDAY FRIDAY		SATURDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Roasted Broccoli Toast with Pepper Hummus	Chocolate Overnight Oats	Sweet Potato & Avo Breakfast Bowl	Sweet Potato & Avo Breakfast Bowl	Fireman's Breakfast Casserole	Fireman's Breakfast Casserole
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Roasted Vegetable & Quinoa Salad	Roasted Vegetable & Quinoa Salad	Leftover Turkey Stuffed Peppers	Avocado & Tuna Salad	Avocado & Tuna Salad	Mediterranean Chickpea Salad
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
E.g. PB Cookies, Lemon, Coconut & Chia Seed Muffins, Post-Workout Strawberry Smoothie					

DINNER

Salmon Avocado Rice Bowl

DINNER

Turkey Stuffed Peppers

DINNER

Honey Garlic Drumsticks with favorite sides

DINNER

Honey Garlic Drumsticks with favorite sides

DINNER

Egg Fried Rice

DINNER

Meal Out -

Enjoy!

E.g. PB Cookies, Lemon, Coconut & Chia Seed Muffins, Post-Workout Strawberry Smoothie

SNACK

SUNDAY

BREAKFAST

Roasted Broccoli Toast with Pepper Hummus

LUNCH

Mediterranean Chickpea Salad

DINNER

Egg Fried Rice

WEEKLY SHOPPING LIST

FRUIT & VEGETABLES

MEAT, DAIRY & SPICES

GRAINS, SEEDS & BAKING

CANS, CONDIMENTS & MISC

Fresh		Meats
2x broccoli		1 lb. (450g) ground pork
2x sweet potato		8x chicken drumsticks
6x white onion		1 lb. (450g) ground turkey breast
8x bell pepper		Fish & Seafood
cherry tomatoes	C	2x salmon fillets
3x avocado	C	14 oz. (400g) raw prawns
8 oz. (230g) mushrooms		Dairy
1x garlic	C	Greek yogurt
6x lemons	C	cheddar cheese
1x lime	C) feta cheese
bunch kale	C) mozzarella
1x apple		Non-Dairy
celery	C	almond milk
2x red onion	C	24x eggs
2x tomatoes	C	oat or soy single cream
1x cucumber	C	coconut milk
ginger		Spices
2x carrots		garlic powder
garlic) hot paprika
5 oz. (150g) green beans) paprika
Herbs		cumin
2x parsley		chili flakes
mint) mixed herbs
coriander)
Frozen		
strawberries)

Grains
orolled oats
O quinoa
O Jasmin rice
O brown rice
O oat flour
O coconut flour
Nuts & Seeds
sunflower seeds
chia seeds
O ground flax seeds
Baking
O vanilla extract
O cocoa powder
baking soda
0
0
0
0
0
0
0
0
0
0

Oils					
○ olive oil					
ococonut oil					
o sesame oil					
Cans & Condiments					
○ 4x can chickpeas					
○ tahini					
O apple cider vinegar					
O 2x can tuna in brine					
○ tamari					
O tomato paste					
O natural smooth peanut butt	er				
Sweeteners					
honey					
O maple syrup					
Other					
sourdough					
ovanilla protein powder					
0					
0					
0					
0					
0					
0					
0					
0					
0					