

# Transition in the Kitchen

Simple Recipe Guide  
for College and University Students



**DHF** DIABETES  
HOPE  
FOUNDATION

*Let's Get  
Cooking!*

Quick, easy, delicious, healthy, and diabetes  
friendly recipes that can be adapted for special  
and restrictive diets

# MESSAGE FROM THE CHAIR

*Barbara Pasternak*



Diabetes Hope Foundation holds a very unique position within the diabetes community; we have adopted virtual platforms of all our programs to be able to continue to help support more people during these trying times.

Through our Wellness Wednesday Webinars we discovered how resilient our community has been throughout the Covid pandemic by adapting various activities and discovering new hobbies. Many of today's youth have taken up cooking as a new hobby, making it the #1 activity during Covid.

Recognizing the need for providing a tool for students to take charge of their nutritional needs and requirements, Diabetes Hope Foundation, along with their alumni spearheaded a supplementary guide to accompany our "Guide for Successful Transition to College and Universities" to provide youth in transition with easy, healthy recipes and tips for managing their diet and diabetes while living away from home and on campus.

Focusing on restrictive dietary needs associated diabetes, celiac disease, lactose, tolerance, gluten free and vegan requirements etc., the recipe guide features favorite healthy recipes for study snacks, breakfast, lunch, dinner and dessert.

The final alumni recipe guide has been reviewed and tested by a diabetes educator and registered dietitian to ensure that the recipes will help students achieve balanced diets to thrive while they are at school.

Wishing you all success and health as you embark on your post-secondary journey and remember that we are always here for you to help provide the support and resources you need to transition and live within and beyond diabetes.



**Eat Well  
Feel Well**



FOR  
**COLLEGE** and **UNIVERSITY**  
STUDENTS



# Thank You!

*VERY MUCH*

**To our Sponsor and especially to our DHF Alumni for the compilation, testing and reviews of each recipe, to help make the publishing of this guide possible.**

Debora Sloan - 2001 DHF Scholarship Recipient  
Ravjot Samra - 2013 DHF Scholarship Recipient  
Clara Thaysen - 2013 DHF Scholarship Recipient  
Rajitha Gunselaan - 2019 DHF Scholarship Recipient

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When it comes to eating healthy, **keep it simple**. Stocking your fridge with staples to build a healthy plate along with some basic prep to ensure your staples are easy to grab, will ensure your food doesn't go to waste, AND helps make the healthy choice the easy choice. From there, pick a variety of colourful, whole, foods that you love and don't be afraid to experiment with new grocery items to keep it interesting.



### Here are some quick TIPS FOR SUCCESS:

**Tip 1:** Avoid grocery shopping when hungry.

**Tip 2:** Make a grocery list. Assess your week first; have a loose plan for meals, snacks and recipes that coincide with your schedule and activities.

**Tip 3:** Stick to the outer aisles for 90% of your groceries. Ever notice outer aisles are denser in whole foods versus processed, packaged foods?

**Tip 4:** Use labels to compare options. Generally, opt for ones with **more** fiber, protein, and key nutrients, and **less** added sugars, preservatives and sodium.

**Tip 5:** After your weekly shop, organize your fridge. Examples include washing and chopping your favourite fruits and veggies. When it's cooking time, consider batch cooking to save time and mess. Whole grains like rice, oatmeal, barley and quinoa reheat well. Basic proteins and roasted veggies can be repurposed to make things easy for the week. *If you don't have good air tight containers and large ziplock bags, add those to your list!*

**Tip 6:** Don't forget to scour the grocery store for convenient pre packs, like veggie trays, bagged salads, stemmed beans, pre washed snap peas, baby or grated carrots, cherry tomatoes, rotisserie chicken, tofu blocks, edamame, frozen fruits and veg. Many of these items are great options for quick meal additions.

**Designing a balanced meal?** Recipes are great but you don't need a recipe to create a nutrient dense plate that meets your needs and tastes great!

Consider building your plate with the "**basic components checklist**" of a balanced plate and incorporate recipes as you get more comfy in the kitchen.



## Designing a balanced meal?

Recipes are great but you don't need a recipe to create a nutrient dense plate that meets your needs and tastes great!

Consider building your plate with the “**basic components checklist**” of a balanced plate and incorporate recipes as you get more comfy in the kitchen.

### Here's your checklist:

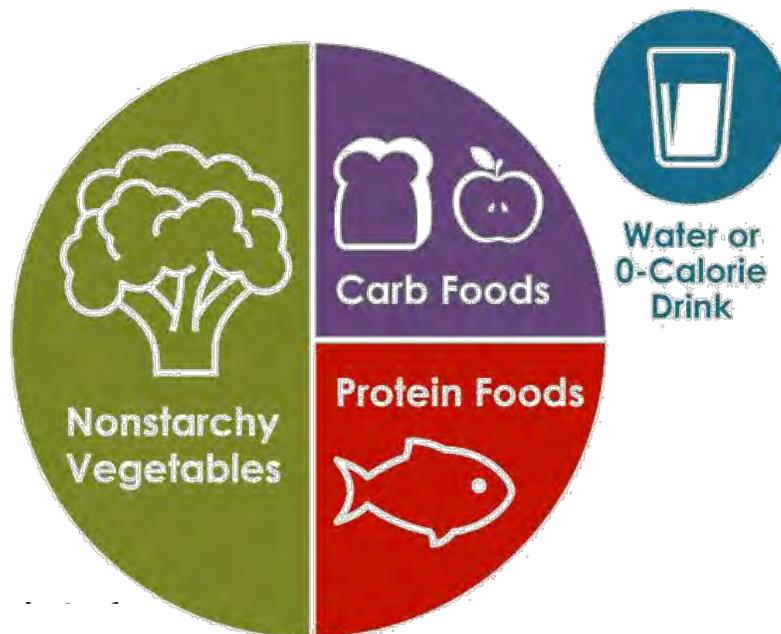
- ✔ Protein Source: Meat, chicken, turkey, fish and canned fish, seafood, eggs, egg whites, cottage cheese, Greek yogurt/Skyr, legumes, tofu, tempeh, seitan, canned fish, edamame, protein powder, skim milk powder.
- ✔ Carbohydrate Source: Whole grain or lentil pasta, quinoa, brown rice, barley, farro, sprouted whole grain or gluten free high fiber breads and wraps, corn, oats and oatmeal, legumes, all fruits, plantains, potatoes, sweet potatoes, butternut squash/pumpkin.
- ✔ Colourful Veggies/Fruits: Bok choy, broccoli, asparagus, bean sprouts, tomatoes, eggplant, zucchini, leafy greens, cabbages, green beans, frozen mixed veggies, peppers, carrots, beets, celery, cucumber, onions, mushrooms, all fruits.
- ✔ Healthy fat source: Plant based oils, coconut, avocado, nuts/seeds, cheeses, fatty fish like salmon or sardines.



## Have you heard of the plate method?

The plate method is a fool proof way for most people to meet their needs, including those with type 1 diabetes.

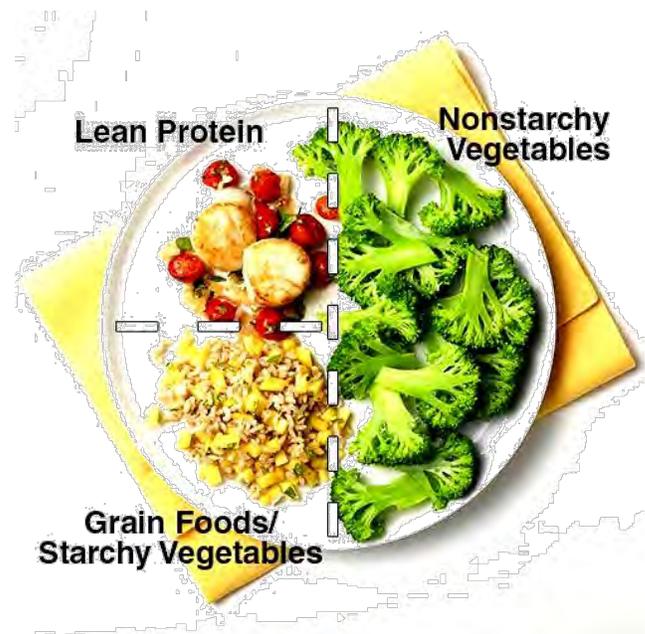
It's a perfect place to start. The new Canada's Food Guide plate is a good example of the basics.



# How to use the Plate Method

The PLATE METHOD encourages you to fill:

- $\frac{1}{2}$  your plate with colourful fruits and veggies
- $\frac{1}{4}$  of your plate with protein rich foods including meat, poultry, fish/seafood, tofu, eggs, dairy, and legumes
- $\frac{1}{4}$  of your plate from fiber-full carbohydrate foods, such as whole grains or starchy fruits and vegetables
- Add a thumb size portion of fats; focus on heart healthy fats, including nuts, seeds, avocado, olive oil
- Make your beverage of choice water or milk (plant-based or other alternatives)



**The diabetes plate? Is the plate method different for diabetes?** The diabetes plate looks the same as the regular plate! Keep in mind that fruits, some veggies like potatoes, sweet potatoes, squash, corn and legumes contain higher carbohydrate content and will impact blood sugars, compared to leafy greens and other non starchy vegetables which have minimal impact on blood sugar. For this reason starchy vegetables should be portioned according to the yellow  $\frac{1}{4}$  portion of the plate shown above.

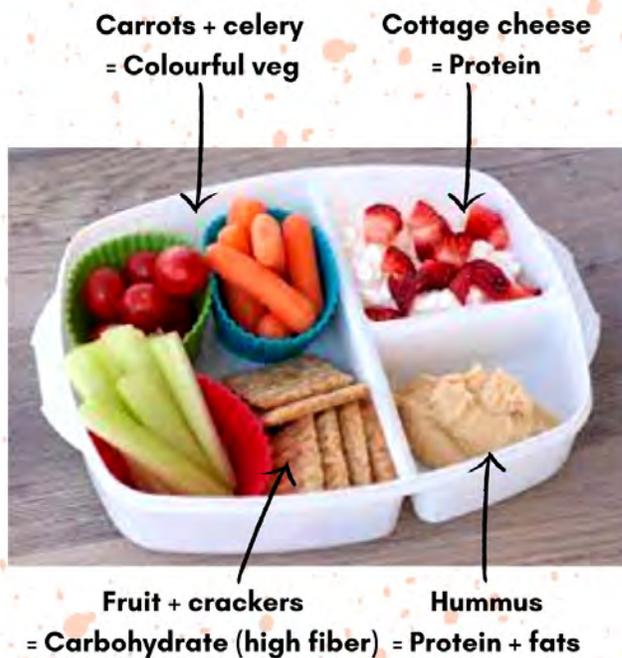
If you're an athlete, have dietary restrictions, or need to lower your carbohydrate intake for better blood sugar control, there may be some modifications. Having a registered dietitian check in with you is a great idea!

**What about variety?** Sticking with your favourite staples is a perfect for your key meals and snacks. But a bit of variety is good. Changing it up allows you to better meet your nutrient needs. This means micro nutrients that support your health and metabolism including vitamins and minerals. Iron, potassium, magnesium, zinc, vitamin C, B vitamins are just a few examples. Did you know colourful foods provide more nutrients? Think yellows, greens, purples, reds and oranges. In addition, the less processed your foods are, the more nutrients they retain and the more filling they are. All good reasons to get cooking and stick to the outer aisles!

# Simple Breakfast



# Grab & Go Lunch Box



# Easy Dinner or Batch Cook Lunch

# I N D E X

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# I N D E X

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### Recipe Measurement Abbreviations

Tablespoon tbsp.	Teaspoon tsp.	Ounce oz.
Pound lb.	Grams g.	Degrees °F

### Recipe Variation Options

<b>DF</b>	<b>GF</b>	<b>NF</b>	<b>MF</b>	<b>VG</b>	<b>HP</b>
Dairy Free	Gluten Free	Nut Free	Meat Free	Vegetarian	High Protein

# Recipe Nutritional Value Matrix

Nutrition information can vary for a recipe based on factors such as precision of measurements, brands, ingredient substitutions, or the source of nutrition data. We strive to keep the information as accurate as possible, but make no warranties regarding its accuracy.

Index	Page	Recipe	Recipe Servings	Per Serving				
				Calories	Carbs	Fiber	Sugar	Protein
Breakfast	1	High Protein Oatmeal Banana Pancakes	4	402	50	7	11	20
	2	One Bowl Egg White Soufflé	2	168	1	0	1	12
	3	Veggie Pesto Spinach Frittata	2	334	4	2	2	23
	4	Harley's Baked Apple Cinnamon Frittata	2	381	66	10	13	17
	5	Tofu Scramble	4	181	7	2	2	13
	6	Seasoned Tofu Breakfast Sandwich	5	85	9	1	1	7
Light Lunches	7	Grilled Turkey Pesto Veggie Panini	1	288	22	4	1	18
	8	Ham & Cheese Quesadilla with Guacamole	1 1	512 553	37 46	11 15	8 8	20 21
	9	Homemade Flatbread Pizza	1	362	15	12	4	21
	10	Tuna Salad Wraps	2	346	30	7	3	20
Soups Sides Salads	11	Cabbage & Carrot Slaw with Orange Slices	1	302	43	15	26	5
	12	Greek Salad with a Twist	1	687	67	4	37	14
	13	Sweet Potato Toast	2	40	5	1	0	1
	14	High Protein Homemade Tzatziki	2	118	8	1	4	9
	15	Classic Roasted Veggies	4	59	6	0	4	3
	16	Vegetable Minestrone Soup	8	179	30	6	8	8
	17	Mexican Tortilla Soup	5	251	34	6	7	22
	18	Sheet Pan Cauliflower Fried Rice	4	141	8	4	3	4
	19	Roasted Cauliflower and Kale Salad	4	239	10	4	4	5
	20	Garlic Kale and White Bean Stew	4	88	10	2	4	3
	21	Mexican Quinoa Salad	6	307	35	8	4	9
22	5-Minute Salmon Salad	4	232	3	0	0	31	
Fuel Up Favourites	23	Sweet Potato Fuel Cakes	12	11	20	3	10	4
	24	All in One PB Banana Green Smoothie	1	411	57	12	40	21
	25	Tofu Yogurt	2	259	43	2	22	16
	26	Chocolate Zucchini Muffins	12	197	35	2	16	1
	27	PB & J High Protein Overnight Oats	2	328	29	8	12	14
	28	Easy Oatmeal Banana Muffins	6	196	37	3	22	6
	29	Cottage Cheese with Applesauce and Cinnamon	1	169	19	7	12	19
	30	High Protein Hot Chocolate	1	269	35	4	29	20
	31	Crepes	8	121	16	0	3	5
	32	Sheet Pan Blueberry Pancakes	2	43	4	2	0	4
	33	Turkey Meatballs	5	473	16	1	1	41
34	Mini Meatloaf Muffins	12	140	13	0	3	12	
Mains	35	Greek Chicken Thighs	2	391	11	0	0	46
	36	Turkey Vegetable Chili	6	285	31	7	7	20
	37	Vegetable Loaded Chili	6	320	52	14	8	4
	38	Crispy Sheet Pan Gnocchi	4	383	55	4	4	7
	39	One Pot Spicy Pesto Cheese Baked Rigatoni	8	700	60	6	10	34
	40	Chicken Enchilada Casserole	6	561	55	11	6	29
	41	Zucchini Pasta with Lentil Bolognese	2	515	85	28	22	22
45	Whole Wheat Pasta with White Beans and Spinach	6	445	79	13	4	20	

# Nutrient Data and Recipe Analysis

The recipes in this book have been created, adapted and hand selected by a team of Diabetes alumni and a registered dietitian, to help you identify quick and easy recipes for nutrient dense, healthful, and balanced, meals and snacks that also taste great.

Make sure to check out the TIPS section on each page. This will help you identify easy substitutions and modifications to suit a variety of health conditions, dietary restrictions, and food preferences. We encourage you get inspired and to make these your own!

## What about calorie information, recipe and nutrient analysis?

Appropriate serving sizes are so individualized (ex. size, age, activity level, appetite, health) and nutrient data will depend on so many variables. This includes preparation methods, accuracy of ingredient measurements, recipe modifications and substitutions, all which can dramatically change the calorie and macro nutrient content of a recipe.

If you would like to learn more about reading food labels, or require more detailed nutrition information about any of your favourite recipes, or the recipes in this guide, check out these links and tips.

Work with a dietitian to learn more about your food, and practical skills to guide your nutrition choices based on your needs and goals. Speak to your diabetes team, or To find a dietitian in your area go to “find a dietitian” at <https://www.dietitians.ca/>

Check out these links for reading and understanding nutrition labels of your staple grocery food items:

<https://www.unlockfood.ca/en/Articles/Nutrition-Labelling/Understanding-Food-Labels-in-Canada.aspx>

<https://www.canada.ca/en/health-canada/services/understanding-food-labels.html>

To do your own recipe analysis or food tracking here are some great free sites

<https://www.myfitnesspal.com/>

<https://cronometer.com/>

<https://www.carbmanager.com/>

Other great Apps

<https://figwee.com/>

<https://www.verywellfit.com/recipe-nutrition-analyzer-4157076>



All attempts have been made to provide current, accurate, authoritative, and verifiable information.

This recipe guide is provided for general informational purposes only, and is not intended to constitute health or medical advice or be used as a substitute for advice of a physician or other healthcare professional.

All decision making concerning dietary changes, medical diagnosis, or courses of treatment should be based in partnership with your physician or other health care professional.

Any statements or claims about the possible health benefits, conferred by any foods, preparation, techniques, or supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure or prevent disease.



COOK



RECIPES



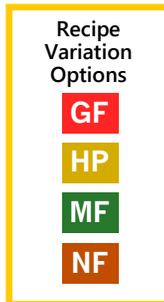


## HIGH PROTEIN OATMEAL BANANA PANCAKES

For Nutritional Values - refer to matrix following the Index pages in guide

Ingredients: (makes 12-15 pancakes)

- 2 cups flaked oats or oat flour (use GF if necessary)
- 2 ripe bananas
- 1 cup cottage cheese
- 2 tsp. baking powder
- 4 eggs
- Butter, coconut oil or spray oil for frying
- Optional: nutmeg, vanilla extract, cinnamon, chocolate chips, blueberries



Instructions:

- If using oats grind them to a flour in your blender first.
- Then, add all ingredients to a high power blender.
- Blend until all the ingredients are well combined.
- Add oil or butter to your pan on medium heat.
- Add batter to pan.
- When you see the batter bubbling, give them a flip.
- When both sides are golden brown, they are ready to serve.



*Toppings could include nut/seed butter, maple syrup, raspberry sauce, or yogurt .*

Tip 1: If you only have small smoothie size blender, you may need to mix batter in a bowl first and blend in small batches to ensure a smooth product.



## ONE BOWL EGG WHITE SOUFFLÉ



Tip 1: Serve with your choice of fruits, toast, GF bread or roll up in a wrap and make an egg burrito.

Tip 2: Adding cheese is optional. For an added punch, add parmesan, or old cheddar for extra flavour.

Tip 3: Try with a side of sweet potato toast and avocado slices (slice a sweet potato in 1 inch slices, drizzle with olive oil and bake at 400°F until tender crisp ~15-20 min. Reheats well in toaster).

*By using a combo of eggs and egg whites, the yolks provide great nutrition and flavor, making the texture of egg dishes more appealing.*

### Recipe Variation Options

DF

GF

HP

MF

NF

For Nutritional Values - refer to matrix following the Index Pages in guide

### Ingredients:

- 1-2 whole eggs
- ½ cup egg whites
- 1 oz. cheese (optional)
- Salt and pepper to taste
- Sprinkle of dry thyme or oregano or fresh Herbs
- drizzle olive oil
- 2 cherry tomatoes sliced

### Instructions:

- Use a medium sized microwave safe bowl
- Drizzle a small amount of olive oil in your bowl and spread **around the bowl with your fingers so the egg doesn't stick.**
- Crack 1-2 whole eggs then pour in ½ cup egg whites ( use cartons for ease and less waste).
- Add pinch of salt, pepper, herbs and a couple of sliced cherry tomatoes (any vegetable works).
- Whip it up with a fork and microwave for 1 min blasts with a quick mix in-between until the egg is set completely.
- Usually takes a total of three 1-minute blasts. Make sure to **do blasts with stirring intervals or it won't cook evenly and you might get a bit of an egg white explosion.**



## QUICK VEGGIE FRITTATA WITH PESTO

For Nutritional Values - refer to matrix following the Index Pages in guide

### Ingredients:

- 4 whole eggs
- ½ cup egg whites (optional)
- ½ cup vegetable choice chopped small
- 2 oz. cheese grated or sliced (optional for DF)
- 1 tbsp. pesto (vegan if desired)
- ½ tbsp. olive oil or butter for the pan



### Instructions:

- Mix your eggs or a combo of eggs and carton egg whites into a bowl.
- Add your frittata fixings to the bowl (ie. cheese, ham, veggies, salt, pepper, herbs, pesto) and whisk with a fork. If your vegetables are raw and you prefer your fixings soft/cooked, sauté in the pan first then add to your egg mixture.
- Use an OVEN-SAFE pan and heat to medium heat on the stove top. Once hot, add a bit of olive oil or butter to your pan (should be sizzling).
- Pour in egg mixture and let the thin layer of egg set, swirl the pan and pull-in the edges in to allow some of the raw egg mixture to make contact with the bottom pan.
- Then, pop it in the oven with your oven set to BROIL. If you like it cheesy, add a few extra cheese slices to the top, let it broil for 2 min. until all the egg is set and cheese is oozy.



- Tip 1: Any veg raw, or pre-cooked works. Leftover veg works great! Make extra broccoli, cauliflower or steamed spinach for dinner and use up in Omelettes.
- Tip 2: Use a wider pan so you can keep it thin. This is a time-saver as it cooks faster. Keep heat low-medium to avoid burning.
- Tip 3: DO NOT fuss with the gentle pushing, folding and flipping part of making perfect French-style Omelettes. This is very time consuming and takes precision. The bottom often burns, before the top gets cooked. The stove to broiler method allows the bottom to set and the top to crisp quickly, and perfectly every time.
- Tip 4: Carton egg whites are a quick and easy way to boost protein. I like a mix of whole eggs and egg whites for texture in my egg dishes. I even use egg whites cooked into oatmeal, or raw in smoothies.

*Did you know carton egg whites are pasteurized and food safe raw or cooked!*



## HARLEY'S BAKED APPLE CINNAMON FRITTATA

For Nutritional Values - refer to matrix following the Index Pages in guide



Tip 1: Top with applesauce for garnish.

Tip 2: Adding more fresh cut apples as a topper is also an option.

Tip 3: Try with a side of mixed berries or nuts for added flavor.

<https://www.recipesfordiet.com/popular-diets/dr-oz.-s-recipes/dr-oz.-apple-cinnamon-frittata-oatmeal-recipe-by-harley-pasternak/>

Recipe  
Variation  
Options

HP

MF

NF

### Ingredients:

- 4 egg whites (from carton)
- 2 cups rolled oats
- 1 oz. cheese (optional)
- 2-3 tbsp. diced dried or fresh apples
- 1 tsp. cinnamon
- 2 tbsp. unsweetened, natural applesauce (for garnish)

### Instructions Stovetop:

- Heat up a pan on medium and coat with non-stick cooking **spray when it's hot.**
- In a separate bowl, mix together the egg whites, oats, cinnamon, and dried or fresh apples.
- Pour the mixture into the pan. Flip the pancake when the top starts to bubble. Cook until golden brown on each side.

### Microwave:

- Spray a non-stick baking spray on the inside of a microwave safe bowl.
- Put the egg whites in the bowl and mix in the oats, cinnamon, and dried or fresh apples.
- Cover the bowl with plastic wrap, but leave a small vent on one side, or poke holes in it with a fork so that the steam can come out. Microwave for 3-4 minutes.



## TOFU SCRAMBLE

Ingredients: For Nutritional Values - refer to matrix following the Index Pages in guide

- 1½ tbsp. olive oil (divided into 2 portions – one ½ tbsp. and 1 tbsp.)
- ½ onion, chopped
- ¼ red bell pepper, chopped
- 16 oz. extra firm tofu (one block)
- ½ tsp. garlic powder
- 2 tbsp. nutritional yeast flakes (or parmesan cheese if not vegan)
- 2 tbsp. of any seasoning
- ⅛ tsp. turmeric**
- salt to taste



### Instructions:

- Before getting started remove all water from your tofu. Chop onions and bell peppers while the tofu is draining.
- Heat ½ tbsp. oil in skillet for about 20 seconds. Then place chopped onion and chopped bell pepper in pan.
- Sauté for 3-4 minutes, or until onion is nearly clear. Move around onion and pepper while it cooks. When cooked, place onion and bell pepper in a separate dish and set aside.
- Crumble tofu with fork or fingers into a bowl, and mix with garlic powder, your seasoning, nutritional flakes/parmesan, turmeric, and salt. Add 1 tbsp. of olive oil to your mixture, and then add to hot skillet, stirring every 30 seconds or so, for 6-7 minutes, or until edges of tofu become a golden yellow.
- Add onion and bell pepper to tofu mixture in pan, mix for 30 seconds, and serve hot. Add your tofu mixture to the wrap of your choice to make a breakfast burrito.



- Tip 1: You can remove the water from the tofu by wrapping your tofu block in a clean kitchen towel or paper towel and then placing something heavy on top such as a cast-iron frying pan or some heavy books (if using books, place a barrier like a cutting board or sheet pan between your tofu and books so that the books do not get wet).
- Tip 2: For your seasoning consider taco seasoning, steak seasoning, etc. for added flavour.
- Tip 3: If this is a side dish, recipe yields 4 servings, 2 if this is your main breakfast.

<https://veganyumminess.com/veggie-tofu-scramble/>



## SEASONED TOFU BREAKFAST SANDWICH



Tip 1: You can also add taco seasoning, steak seasoning, etc. for added flavour.

Tip 2: If you want your cheese melted on the patty, add it while in the pan, after you flip it. Once added, cover the pan with a pot lid until melted.

<https://www.hotforfoodblog.com/recipes/2014/10/25/the-vegan-breakfast-sandwich/>

### Recipe Variation Options

DF

HP

MF

NF

VG

For Nutritional Values - refer to matrix following the Index Pages in guide

### Ingredients:

- 1 cup medium firm tofu
- 1/3 cup nondairy milk (e.g., oat milk; or use regular milk)
- 2 tbsp. nutritional yeast (or parmesan cheese)
- 2 tbsp. tapioca flour (or regular wheat flour)
- 1/4 tsp. turmeric
- 1/2 tsp. garlic powder
- Sea salt and ground black pepper, to taste
- English Muffin

### Instructions:

- Add all ingredients to a blender and then combine until smooth.
- Heat a pan over medium heat with a small amount of olive oil.
- Scoop 1/4 cup of batter into the pan. Let it cook on one side for 3 minutes or until small bubbles start to appear.
- Flip, and cook for another 3 minutes.
- To make into a sandwich, toast an English muffin and prepare any toppings such as lettuce, tomato, or cheese.



## GRILLED TURKEY, PESTO & VEGGIE PANINI

For Nutritional Values - refer to matrix following the Index Pages in guide

### Ingredients:

- 1 slice whole grain bread (or grain free)
- 4 slices low sodium deli turkey or ham
- 2 slices tomato
- 1 tbsp. pesto
- ½ cup pre washed raw baby spinach or arugula
- 1 oz. shredded mozzarella or soft cheese of choice



### Instructions:

- Spread your pesto onto your bread.
- Pile your ingredients on one slice of your bread, with the cheese last.
- Using a sandwich press or George Foreman Grill, press your sandwich until your bread is crisped and sandwich is warmed through.
- **If you don't have these appliances, toast your sandwich open faced in a toaster oven and then PRESS together.**
- Eat with a side salad or some cut up veggies and hummus dip.



Tip 1: This will also work with a whole grain pita, naan, or focaccia of choice.

Tip 2: For GF use a GF bread or bun.

Tip 3: For meat and meat alternative options try extra firm tofu, tempeh, shredded rotisserie chicken/leftover sliced chicken breast.



## HAM & CHEESE QUESADILLA WITH GUACAMOLE



Tip 1: To keep this vegetarian, swap out the meat and add more black beans. Add some easy veggies to the side of your plate to boost your veggie intake and dip into your guacamole. Things like baby carrots, cherry tomatoes and bell peppers require no prep.

*Did you know? Plain Greek yogurt or Skyr is a great creamy substitute for sour cream or mayo. It is a high protein, low fat and nutrient dense food that not only can be eaten on its own or with fruits, but can be used in savory ways for dressings, and dips, and tangy toppings.*

For Nutritional Values - refer to matrix following the Index Pages in guide



### Ingredients:

#### Quesadilla

- 1 large whole grain tortilla or 2 small corn tortillas
- 3 slices low sodium deli meat or
- ½ cup black beans
- 1 oz. Cheddar cheese
- Top with 2 tbsp. plain greek yogurt

#### 1 minute Salsa Guacamole

(makes 2 servings)

- 1 avocado
- 2 tbsp. Salsa
- 1 squeeze lime juice
- 1 tbsp. chopped cilantro (optional)
- salt to taste

### Instructions:

- Layer your ingredients on a tortilla and fold in half.
- Using a sandwich press or George Foreman grill, press your quesadilla until golden brown and the ingredients are warmed through.
- **If you don't have these appliances, toast your quesadilla in a toaster oven.** Flip to ensure both sides are golden brown and all the ingredients are warmed.



## HOMEMADE FLATBREAD PIZZA

For Nutritional Values - refer to matrix following the Index Pages in guide

### Ingredients:

- 1 large whole grain wrap or pre made Naan bread (use GF tortilla wrap)
- 2 tbsp. canned pizza sauce or canned marinara sauce
- 4 mushrooms sliced
- ¼ onion sliced
- ½ cup arugula
- 3 oz. crumbled feta or cheese of choice



### Instructions:

- Lay your tortilla or Naan crust flat on a parchment lined baking sheet.
- Top your tortilla or Naan with your sauce, spread evenly to the edges.
- Add your cheese and then your toppings.
- Broil in the oven or a toaster oven for 2-3 minutes until warmed or until your cheese looks oozy and a bit crispy.
- **Watch that your tortilla doesn't burn.**



Tip 1: If you love cheese but want a lower fat option, check for lower milk fat % on your cheese selections.

Tip 2: Additional topping can include pepperoni slices, chicken, ham, basil, olives, pesto, cooked broccoli, etc.

Tip 3: To boost protein add extra protein toppers like ham or chicken (use up any protein leftovers you may have from other meals).

Tip 4: While looking at the labels on your tortilla wraps, opt for high protein, higher fiber wraps!



## TUNA SALAD WRAPS



Tip 1: You can also change the tuna to chopped chicken breast for a change and alternate lunch option.

Tip 2: Keep the extras for later as a snack or make 2 servings and share with a friend.

Tip 3: While looking at the labels on your tortilla wraps, opt for high protein, higher fiber wraps!

Recipe  
Variation  
Options

DF

HP

NF

For Nutritional Values - refer to matrix following the Index Pages in guide

### Ingredients:

- 1 can tuna
- 1 tbsp. extra virgin olive oil
- 1 tbsp. lemon juice
- 1 dash black pepper
- 1 tortilla (75g), whole wheat tortilla wrap
- ½ cup diced tomato
- ¼ cup chopped red onion
- ½ cup cucumber
- ¼ tsp. salt
- 1 dash paprika
- ½ cup shredded carrots
- ¼ cup mashed avocado

### Instructions:

- Mix all the ingredients to create the filling of wrap.
- Use half of the filling mixture in the center of a large whole wheat tortilla.
- Spread approximately 1½ cups of the mixture across the bottom half of the tortilla.
- Fold over ¼ the bottom then each ends and roll tightly from the bottom to the top.
- Leftover mixture can be served as a side salad.



## CABBAGE & CARROT SLAW WITH ORANGE SLICES

For Nutritional Values - refer to matrix following the Index Pages in guide

### Ingredients:

#### Salad:

- 1 large grated carrot
- 1 cup thinly sliced radish
- 2 cups thinly sliced Napa cabbage
- 1 whole naval orange (½ cut in segments, use other ½ for juice in dressing)
- Garnish with Cilantro or mint (optional)

#### Dressing:

- Juice and zest of ½ naval orange
- 2 tbsp. apple cider vinegar
- 1 tbsp. olive oil
- 1 tsp. liquid honey
- Pinch of sea salt

### Instructions:

- Prepare and slice all salad ingredients.
- Mix ingredients in a large bowl (or separate for 2 servings). If you like some crunch, a handful of pumpkin seeds or sliced almonds would be great.
- Mix dressing ingredients in a small container or bowl.
- Drizzle dressing on salad mix to desired taste.



Tip 1: Try this bright and easy slaw. **Only 4 fresh ingredients** this dish. It's budget friendly, high in vitamin C, potassium and betacarotene, and full of heart healthy fiber.

Tip 2: Store extra slaw mixture and dressing for later as a snack.

Tip 3: Napa cabbage is inexpensive, lasts forever in the fridge and is also less bitter and more tender than other raw cabbages. It takes to dressing really well!

In a pinch, you can easily make this salad using conveniently pre washed bagged cabbage or slaw mixes and add other ingredients yourself.



## GREEK SALAD WITH A TWIST

For Nutritional Values - refer to matrix following the Index Pages in guide

### Ingredients:

#### Salad:

- 1 cup cherry tomatoes (whole or sliced)
- ½ regular or 2 mini cucumbers chopped
- ½ cup pitted kalamata olives (or olives of choice)
- ½ bell pepper chopped
- ½ cup purple grapes halved
- ¼ red onion chopped if desired
- 2 oz. low fat feta sprinkled on top

#### Dressing:

- 2 tbsp. olive oil
- 2 tbsp. red wine or balsamic vinegar
- 1 tsp. dijon or grainy mustard
- ½ lemon squeezed for juice
- 1 tsp. honey
- Pinch of dry or fresh herbs like oregano or thyme
- Salt and pepper to taste

### Instructions:

- Prepare and slice all salad ingredients.
- Mix ingredients in a large bowl (or separate for 2 servings). Mix dressing ingredients in a small container or bowl.
- Drizzle dressing on salad mix to desired taste.



Tip 1: If the serving size is too large, you can share or save half the (undressed) ingredients for later.

*Did you know? The bulk of a Greek salad is made up of the peppers, tomatoes, onions and cucumbers. These are low-calorie, nutrient-dense foods to include in your daily diet.*





## SWEET POTATO TOAST

For Nutritional Values - refer to matrix following the Index Pages in guide

### Ingredients:

- 1 medium sweet potato
- 1 tbsp. olive oil
- Salt to taste (if desired)



### Instructions:

- Opt for larger, rounder more uniform shaped potatoes for easy slicing (peel can be left on).
- Slice into vertical planks (thickness preference is personal but thinner cooks faster and gets crispier).
- Rub each side with a bit of olive oil/coconut oil.
- **Place in the oven on parchment at 400°F until medium soft.**
- When ready to eat crisp up your slices under the broiler for 5 mins.



Tip 1: If the serving size is too large, you can store in refrigerator for up to 1 week.

Tip 2: To reheat, warm slices in a toaster or toaster oven until crisp.

**Sweet potato “toast” is delicious** with eggs, avocado and tomato, smeared with almond butter and a sprinkle of hemp seeds, as a grain free replacement for bread or simply use as a starchy side dish for lunch or dinner!



## HOMEMADE HIGH PROTEIN TZATZIKI

For Nutritional Values - refer to matrix following the Index Pages in guide



Tip 1: If you love dip for veggies, pita or as a creamy topping, why not take your whole container of plain greek yogurt and convert into a homemade savoury dip or tzatziki to have for the week.

This saves time, and makes a large batch of healthy and high protein dip! You can add flavours to suit your tastes. Think ranch, chipotle, dill and chives - so many options!

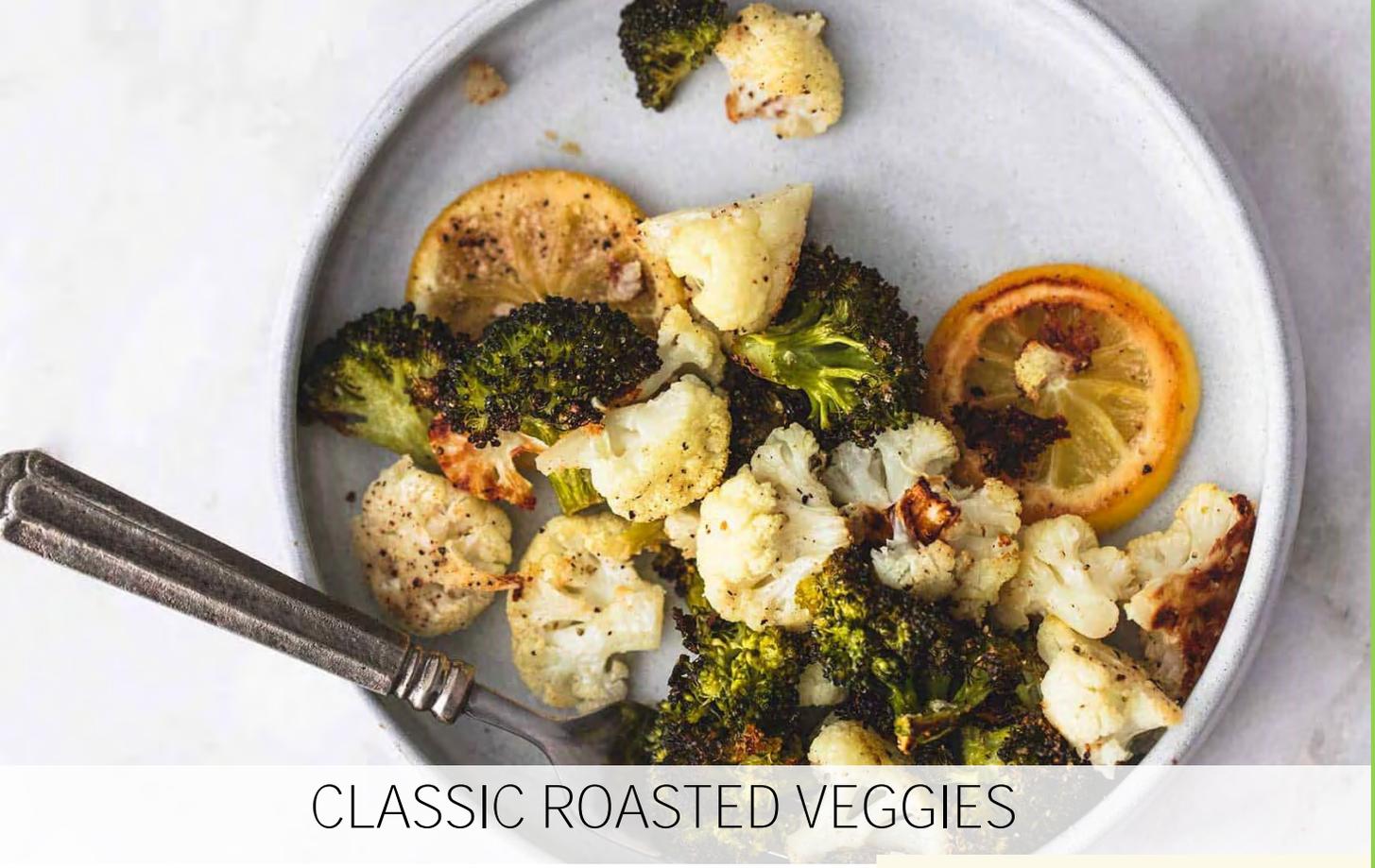


### Ingredients:

- 3/4 cup plain greek yogurt (0-2%)
- 1/2 cucumber grated or finely minced
- 1/2 tsp. onion powder
- 1/2 tsp. garlic powder or 1/2 clove fresh garlic minced
- 1 tsp. olive oil
- 1 squeeze lemon
- Salt and pepper to taste
- Chives, dill, chipotle, other dry herbs as desired

### Instructions:

- Stir together yogurt, grated cucumber, onion powder, garlic, lemon juice, and olive oil in a bowl.
- Add salt and pepper whisk until smooth.
- Add chopped chives, dill, chipotle or other herbs and whisk again.
- Cover lightly and refrigerate for a few hours for best results.



## CLASSIC ROASTED VEGGIES

For Nutritional Values - refer to matrix following the Index Pages in guide

### Ingredients:

- 1 head each of broccoli and cauliflower (chopped into medium florets)
- 2-3 tbsp. olive
- ½ tsp. garlic powder
- Salt, pepper to taste
- Dry herbs, grated parmesan if desired



### Instructions:

- Wash and dry your veggies.
- Line a large sheet pan or 2 sheet pans with parchment and set oven to 450 C. Keeping your veg more spread out will help with crisping versus steaming.
- Drizzle your oil on your veggies somewhat generously. For best results, rub and massage the oil into the veggies well. This gives them more crispy outsides, more even cooking and more flavor.
- Roast for 30 mins or until desired browning and crispiness. You can give them toss halfway through. If you want them browned more, you can broil for 3 mins.
- Salt, seasonings and the garlic powder go on at the end once removed from the oven.



Tip 1: Drying your veggies well gives the best results; as does fresh versus frozen. Excess water makes results a soggy product so save the frozen veg for stir fry and steaming. This roasting technique works well for almost any vegetable, including root veggies like potatoes or squash, but these take a bit longer to cook.

Tip 2: In general, the smaller you chop your veggies, the shorter the cook time, this is a **great tip if you're short on time but make sure if you're roasting multiple kinds of veggies on the same sheet, that they're of similar size and cook time or some might burn while the others aren't cooked through.**

Tip 3: Roasted veggies reheat well or enjoy cold as leftovers! Eat on their own or add to salads, with kale, tomatoes, seeds and bake feta.



## VEGETABLE MINESTRONE SOUP



Tip 1: You can sub macaroni with GF pasta if desired.

*Did you know? This is a low calorie, yet filling dish that packs a punch and **is easy to make. Eaten on it's own as a light lunch or as a veggie side dish this dish is packed with fiber, and loads of micro nutrients. This soup is a great way to boost the variety of vegetables in your diet, and to use up left over veggies in your fridge!***

<https://www.twopeasandtheirpod.com/easy-minestrone-soup/>

For Nutritional Values - refer to matrix following the Index Pages in guide

### Ingredients:

- 2 tbsp. of olive oil
- 1 small onion, chopped
- 4 cloves of garlic, minced
- 2 carrots, peeled and diced
- 2 stalks of celery, diced
- 1 medium zucchini, diced
- 1 cup of green beans, fresh or frozen
- 28 oz. of diced tomatoes
- 6 cups of vegetable broth
- 14 ounce can of cannellini beans, rinsed and drained
- 1 tsp. of dried basil
- ½ tsp. of dried oregano
- ½ tsp. of dried thyme
- 1 cup of elbow macaroni
- Salt and black pepper, to taste



### Instructions:

- Take a large pot and heat up olive oil in it.
- Add chopped onion, minced garlic, peeled and diced carrots, and diced celery to the pot. Cook for five minutes, or until lightly brown.
- Add in diced zucchini, green beans and diced tomatoes.
- Stir in the vegetable broth, beans, basil, oregano and thyme.
- Reduce heat to low. Let the contents simmer for 20 minutes.
- Add in the pasta and cook for 12 to 15 minutes, or until tender.
- Add salt and pepper (to taste).



## MEXICAN TORTILLA SOUP

For Nutritional Values - refer to matrix following the Index Pages in guide

### Ingredients:

2 cups (no salt added), drained and rinsed, separate the two portions

15½ oz. of salsa (mild, medium, or hot)

4 cups of chicken broth (no salt added)

1 tsp. of cumin powder

1 tsp. of chili powder

2 tbsp. of tomato paste

Juice of 1 lime

2 bell peppers, diced

2 zucchinis, diced

1 cup of frozen corn

½ of a rotisserie chicken, shredded

Salt and pepper to taste

Recipe  
Variation  
Options

DF

HP

NF



Tip 1: Jarred salsa is easy and works great for this soup. If you want to make your own Pico de Gallo with fresh tomatoes, onions and herbs, that works too. Note that depending on the flavour and spice level of your salsa, you may need to adjust your spices, amount of tomato paste, and lime to taste. Make it your own!

<https://www.abbeyskitchen.com/easy-mexican-chicken-tortilla-soup/>

### Instructions:

- Add one can of black beans, salsa, chicken stock, cumin, chili, lime, and tomato paste to a standard blender. Puree the mix and add it to a large pot.
- Heat the large pot over medium heat until it begins simmering.
- Add in the bell peppers, zucchini, corn, chicken and remaining black beans.
- Add salt and pepper accordingly.
- Cook for 10 minutes (make sure the vegetables have softened and the soup is hot).



## SHEET PAN CAULIFLOWER FRIED RICE

For Nutritional Values - refer to matrix following the Index Pages in guide

### Ingredients:

#### Recipe Variation Options

DF

GF

- 4 cups riced cauliflower, uncooked
- 2 medium eggs, lightly beaten
- 2 small carrots, peeled and cut
- 1 cup of frozen snap peas
- 2 cloves of garlic, minced
- 1½ tbsp. of tamari
- 1½ tbsp. of water
- 1 tbsp. of olive oil
- 1½ tsp. of sesame oil
- 2 green onions, thinly sliced and separate the white and green parts

### Instructions:

- Preheat the oven to 375°F.
- Line a large baking sheet with parchment paper.
- Evenly place the riced cauliflower onto baking sheet
- Add carrots, snow peas, the white part of the onions, garlic to the riced cauliflower on the pan.
- Using a small bowl, whisk together the tamari, water, olive oil and sesame oil.
- Pour the mixture over the veggies and riced cauliflower and mix.
- Place the pan in the oven and bake the mixture for 15 min.
- Whisk your two eggs in a separate bowl.
- Remove the pan from the oven and drizzle the whisked eggs over the mixtures and toss pan lightly.
- Place pan back in the oven for an additional 5 to 8 minutes, or until the egg is fully cooked and the veggies are soft.
- Remove the pan from the oven and stir in green parts of the onion.



Tip 1: You can add in 8 to 12 oz. of cooked chicken, turkey, ham or shrimp (nutritional info will change).

Tip 2: To keep this vegan, omit the egg and consider a tofu addition. Silken tofu would scramble up well, or add in chunks of firm tofu to boost the protein!

<https://therealfoodrds.com/sheet-pan-cauliflower-fried-rice/>



## ROASTED CAULIFLOWER & KALE SALAD

Ingredients: [For Nutritional Values - refer to matrix following the Index Pages in guide](#)

- 1 head of cauliflower (remove leaves and cut off the bottom stem)
- 1 tbsp. of olive oil
- ½ tsp. of salt
- ¼ tsp. of black pepper
- ¼ tsp. of red pepper flakes
- 1 large bunch of lacinato kale, leaves roughly chopped (remove stems)
- 2 scallions, thinly sliced
- ½ cup of chopped roasted tomatoes
- ½ cup of chopped pitted Kalamata olives
- 1 tbsp. of chopped parsley
- ¼ cup of crumbled feta (optional)
- 2 tbsp. of balsamic vinegar
- ¼ cup of olive oil
- ¼ tsp. of salt
- ¼ tsp. of black pepper



Tip 1: If the serving size is too large, you can share or save half the (undressed) ingredients for later.

Tip 2: The feta adds flavour but can be omitted to keep this Dairy free and vegan.

### Instructions:

- Preheat the oven to 425°F.
- Cut the cauliflower lengthwise into 3/4-inch slices.
- Place the cauliflower onto a sheet pan.
- Toss cauliflower with the olive oil, salt, black pepper and red pepper flakes.
- Position cauliflower in a single layer, and roast for 20 to 25 min.
- Flip the cauliflower halfway through cooking, until browned.
- Take a large bowl, mix the cauliflower, kale, scallions, tomatoes, olives, parsley and feta.
- In a bowl whisk the balsamic vinegar, olive oil, salt and pepper
- Drizzle over the salad.

<https://www.lastingredient.com/roasted-cauliflower-kale-salad/>



## GARLIC KALE & WHITE BEAN STEW



Tip 1: Add the kale 5 to 10 minutes before serving if you are going to let the stew simmer. This will help the kale preserve more of its nutritional value.

<https://www.mynewroots.org/site/2012/12/meatless-monday-with-martha-stewart-garlicky-kale-and-white-bean-stew/>

For Nutritional Values - refer to matrix following the Index Pages in guide

### Ingredients:

#### Recipe Variation Options

DF

GF

MF

NF

VG

- 1 tbsp. of coconut oil
- 2 medium onions, diced
- 6 cloves of garlic, minced
- 1 tsp. of paprika
- 5 bay leaves
- Pinch of chili flakes
- Salt, to taste
- Black pepper, to taste
- 2 cups of cooked white beans
- 2 cups of kale leaves, shredded
- 2 cups of vegetable broth
- 1 can of whole tomatoes

### Instructions:

- Add coconut oil to large pot on medium heat.
- Add onions, with salt, chili, bay leaves and paprika. Cook until the onions have softened and then add minced garlic.
- Add the remaining ingredients and bring it to a boil.
- Season to taste.



## MEXICAN QUINOA SALAD

Ingredients: [For Nutritional Values - refer to matrix following the Index Pages in guide](#)

### Salad:

- 1 cup quinoa, uncooked
- 2 cups water
- 1 - 15 oz. can of black beans (rinsed)
- 1 - 15 oz. can sweet corn
- 1-pint cherry tomatoes halved
- ¼ large red onion, minced
- 2 large avocados, sliced (for serving)

### Dressing:

- ⅓ cup olive oil
- ¼ cup chopped cilantro, fresh
- 1 tbsp. apple cider vinegar
- 1 lime, juiced (¼ cup lime juice)
- ½ tsp. cumin
- ½ tsp. chili powder
- ½ tsp. garlic powder
- ½ tsp. honey
- Pinch of smoked paprika

Recipe Variation Options

- DF
- GF
- MF
- NF
- VG



Tip 1: If the serving size is too large, you can share or save half the (undressed) ingredients for later.

*Did you know? Quinoa seeds are rich in protein, dietary fiber, B vitamins, and dietary minerals in amounts greater than in many grains.*

<https://fitfoodiefinds.com/chunky-southwestern-quinoa-salad/>

### Instructions:

- In a medium saucepan, bring the quinoa and water to a boil.
- Reduce heat to low, cover, and let simmer for 20 minutes or until all water is absorbed.
- Once quinoa is cooked, place in a large container. Leave it to chill in the refrigerator for 2 hours.
- Prepare dressing by placing all ingredients into a smaller container. Put the lid on and shake until combined.



## 5 MINUTE SALMON SALAD



*Did you know? The salmon bones in canned options literally turn to powder and disappear into the fish. The healthy bonus? The bones are full of bone-building calcium.*

<https://therealfoodrds.com/5-minute-salmon-salad/>

For Nutritional Values - refer to matrix following the Index Pages in guide

Recipe  
Variation  
Options



### Ingredients:

- 3 tbsp. chopped, Onion
- ¼ tsp. ground, Black pepper
- 1 tbsp. Lemon Juice
- 1 tbsp. Spices, dill weed, dried
- 11 oz. canned Salmon
- 1/3 cup, Avocado Oil Mayo
- 1 stalk medium Celery

### Instructions:

- Combine all of the ingredients until mixed well. Add mayo to choice and texture.
- Can be served in a sandwich, wrap, with greens, or just crackers. Store in an airtight container in the fridge for up to 5 days.



## SWEET POTATO FUEL CAKES

Ingredients: For Nutritional Values - refer to matrix following the Index Pages in guide

- 2 cups pre-baked and cooled sweet potato
- 4 eggs
- 65 g rolled oats (2/3 cup)
- 2 tbsp. shredded coconut
- 6 figs or dates
- 3 tbsp. liquid honey
- 1 tsp. vanilla extract
- 1 tsp. cinnamon
- 2 tsp. baking powder
- Zest and juice of 1 lime or 1/2 lemon
- 1/2 tsp. salt
- 1/4 cup and 2 tbsp. melted coconut oil

**Recipe  
Variation  
Options**

- DF
- GF
- MF
- NF
- VG

### Instructions:

- **Pre-bake potatoes if you don't have leftovers.** \*Cut potato into chunks and microwave until soft ~5-10 min in a covered dish with a bit of water, or bake at 400 for ~40-50 min. Cool down before use
- Preheat oven to 350 F.
- Place all the ingredients in a high power blender - except the oil and fruit add-ins.
- Blend until combined. I had small flecks of oat and fig in mine which was fine!
- Stir in coconut oil until well combined.
- Pour into a lightly greased muffin tin or parchment cups - 3/4 full.
- Push a few of your toppers/fruits into each muffin. If using all one fruit, just stir in a heaping handful to the batter, then divi out.
- Bake 25-35 min (until set).



Tip 1: Try adding fresh or frozen raspberries, blueberries, chopped banana and chocolate chips. Or any fruit and nuts/seeds you like!

*Did you know? Sweet potatoes are nutritious, high in fiber, very filling, and delicious. They can be eaten boiled, baked, steamed, or fried.*



## ALL IN ONE PB BANANA GREEN SMOOTHIE



*Did you know? This recipe is :*

- High protein
- Hits all essential amino acids
- Includes complex carb
- High in electrolytes & micronutrients
- Gut friendly (fermented kefir)



For Nutritional Values - refer to matrix following the Index Pages in guide

Ingredients:

- 1 cup water
- 3/4 cup plain kefir (milk or plant milk)
- 1 scoop vanilla protein
- Handful ice
- 1 banana (fresh or frozen)
- 1 handful spinach or kale
- 2 scoops PB powder or
- 1 tbsp. nut or seed butter, or
- 1 tbsp. ground flax/hemp seeds

Instructions:

- In a large blender, prepare and combine ingredients.
- Mix ingredients until smooth.
- Pour into a glass and enjoy.



## TOFU YOGURT

For Nutritional Values - refer to matrix following the Index Pages in guide

### Ingredients:

- 10 oz. silken tofu (about ½ container)
- 1 banana (frozen for creamier texture)
- 2 tbsp. lemon juice
- 2 tbsp. maple syrup
- 2 tbsp. plant milk

Recipe Variation Options

- DF
- GF
- HP
- MF
- NF
- VG

### Instructions:

- Throw ingredients in a blender.
- Blend on high until mixed and thickened.
- Use toppings to build in flavour and to add extra healthy fats, fiber and protein.



Tip 1: Use topping like granola, frozen fruit, flax, hemp, nuts and seeds.

Tip 2: To boost protein add ½ scoop unflavoured protein powder.

Tip 3: If using vanilla protein leave out the maple syrup or it might be too sweet.

*Did you know? Yogurt bowls are a perfect snack anytime of day and work well around workouts. This is a vegan/dairy free alternative. protect your health.*



## CHOCOLATE ZUCCHINI MUFFINS



Tip 1: Homemade, healthy muffins are a good batch-cookable alternative to store bought muffins which are lower in fiber and higher in sugars and fats. These make use of your over-ripe bananas and work well as a grab and go study snack or pre workouts!

Tip 2: To keep them fresh through the week, store in the fridge in an air tight container.

*Did you know? Zucchini is low in saturated fat and sodium, and very low in cholesterol.*

For Nutritional Values - refer to matrix following the Index Pages in guide

### Ingredients:



- 1½ cups oat flour (if using oats grind first to get a fine flour)
- 2 tbsp. potato starch
- ¼ cup + 2 tbsp. unsweetened cocoa powder
- 1 tsp. baking soda
- ½ tsp. salt
- 150g sliced zucchini
- ½ cup + 2 tbsp. (150 g) water
- ½ cup maple syrup or honey
- 1½ tsp. vanilla extract
- ¾ cup semi-sweet chocolate chips (use dairy free if vegan)

### Instructions:

- Slice zucchini and weigh out 150 g.
- Then blend with the ½ cup + 2 tbsp. water until you have a smooth, liquidy purée.
- In a bowl mix together dry ingredients.
- Add the zucchini purée and the other wet ingredients to your bowl and mix until smooth without over mixing.
- Stir in chocolate chips.
- Line muffin tin with parchment cups or lightly grease your tin.
- Spoon batter into 12 muffin cups with an ice-cream scooper or about a ¼ cup each.
- **Bake for 18 minutes at 350°F.**
- Let cool before removing from tin and digging in to ensure the center is fully set.



## PB & J HIGH PROTEIN OVERNIGHT OATS

For Nutritional Values - refer to matrix following the Index Pages in guide

### Ingredients:

- ½ cup dry oats (GF oats optional)
- ½ cup milk/plant milk of choice
- ½ cup plain Greek yogurt
- 1 scoop (¼ cup) unflavoured protein powder
- 1 tbsp. chia (optional)
- 1 tbsp. raspberry jam
- 1 tbsp. nut or seed butter (topping)
- ¼ cup fresh or frozen berries (topping)



### Instructions:

- Combine ingredients in a bowl.
- Mix ingredients well.
- Divide mixture into two 8 oz. air tight containers.
- Top each with 1 tbsp. of your fav nut or seed butter .
- Add handful of fresh or frozen berries.
- Seal and store for a few hours in the fridge or overnight.
- Pop one open and they're #Readytoeat!



Tip 1: If using flavoured protein powder, reduce the jam amount to adjust the sweetness.

Tip 2: You can double or triple batch this recipe or make into larger 16 oz. servings for larger appetites.

*Did you know? Chia seeds are among the healthiest foods on the planet.*

**They're loaded with nutrients that can have important benefits for your body and brain.** Chia seeds have a mild taste and will take on the flavor of whatever food or beverage they are added to.



## EASY OATMEAL BANANA MUFFINS



Tip 1: For Vegan/Dairy free, use plant milk.

Tip 2: Try a flax egg replacement of 2 flax eggs (2 tbsp. ground flax with 6 tbsp. water mix until thickens and add to your batter).

For Nutritional Values - refer to matrix following the Index Pages in guide

### Ingredients:



- 3 medium ripe bananas
- 2 cups oats (use GF if needed)
- 2 eggs
- ¼ cup milk of choice
- ¼ cup honey
- 1 teaspoon baking soda
- 1 teaspoon vanilla
- ⅓ cup blueberries

### Instructions:

- **Preheat oven 350°F.**
- Place all ingredients in a blender except blueberries.
- Blend leaving some texture to the oats.
- Add blueberries and give a stir.
- Fill muffin cups ¾ full or a lightly greased muffin tin.
- Bake 15-25 minutes.



## COTTAGE CHEESE WITH APPLESAUCE & CINNAMON

For Nutritional Values - refer to matrix following the Index Pages in guide

### Ingredients:

- ½- ¾ cup 2% cottage cheese
- ½ cup unsweetened applesauce
- Sprinkle of cinnamon
- Optional toppings could include granola, Nuts/seeds, ground flax, bran cereal



Tip 1: Pour ingredients into a bowl or airtight container for travel and enjoy!

*Did you know? Cottage cheese is a cheese with a mild flavour. Its popularity has grown in the last few decades, and often recommended as part of a healthy diet. Cottage cheese doesn't only offer a lot of protein — it's also packed with essential nutrients.*

### Instructions:

This is an easy one! No prep for this one, just good ingredients placed in a bowl. Filling, healthy, hydrating and awesome for pre or post workout. Super high in protein, easy to digest and an easy breakfast or snack.



## HIGH PROTEIN HOT CHOCOLATE

For Nutritional Values - refer to matrix following the Index Pages in guide



Tip 1: For those needing less calories, use a 1% or skim milk, or drink half a cup. Plant milk will work too, but note that almond milk decreases protein count by 8 grams. Skim milk powder adds thickness and creaminess without a lot of fat and adds 9g protein to this drink!

Tip 2: You can batch make by doubling or tripling the recipe and storing in the fridge. Reheat throughout the week as needed and pour into thermos for a quick and easy post workout recovery snack ready-to-go.



### Ingredients:

- 4 tbsp. skim milk powder
- 2 tbsp. unsweetened cocoa powder
- ¼ tsp. vanilla
- Tiny Pinch salt
- 1 tsp. maple syrup (more or less to taste)
- 1 cup of milk

### Instructions:

- While you can do this right in your mug, for the smooth texture and to avoid clumping, throw all ingredients in a blender.
- Then heat in microwave in a mug for 45 sec-1 min.



## CREPES

For Nutritional Values - refer to matrix following the Index Pages in guide

### Ingredients:

- 1 cup oat flour gluten free
- 1 cup milk of choice
- ½ tsp. vanilla
- 2 tsp. maple syrup
- Pinch salt
- 4 eggs
- Butter or coconut oil for cooking
- Fillings of choice



### Instructions:

- Mix ingredients in a bowl or blender until texture is smooth.
- Lightly grease pan.
- Set for cooking on medium heat.
- Spread a thin layer of batter and swirl the pan around until you have an even layer of batter covering the pan..
- Let it set and then flip.

Tip 1: Non stick pans work well.

Tip 2: Fresh fruit filling and topping options are endless! For example, a serving of Greek yogurt, or cottage cheese will boost the protein of this meal.

Tip 3: You can store uncooked batter in the fridge and make fresh crepes through the week, or use up all your batter, and store leftover crepes in an air tight container. Reheat in the microwave when ready to eat.



## SHEET PAN BLUEBERRY PANCAKES



Tip 1: Cut into small portions for bite size snacking later or taking with you on the go.

*Did you know? Flaxseed's health benefits come from the fact that it's high in fiber and omega-3 fatty acids, as well as phytochemicals called lignans.*

Recipe Variation Options

- DF**
- GF**
- HP**
- NF**
- VG**

For Nutritional Values - refer to matrix following the Index Pages in guide

### Ingredients:

- 1½ cups oat flour (grind oats to flour and use gluten free if needed)
- ¼ cup vanilla protein powder
- 2½ tsp. baking powder
- 1 tsp. cinnamon
- 1 tbsp. ground flax

### Instructions:

- In a bowl, combine all ingredients except blueberries and hemp seeds. Mix together.
- If you have a blender, you can use this also to mix the Ingredients.
- Grease or line a baking pan with parchment paper.
- Gently fold in blueberries and hemp seeds into the mixture.
- Pour mixed ingredients into baking pan and spread out evenly.
- **Bake at 425°F for about 15 minutes**
- Let stand to cool off and enjoy!



## TURKEY MEATBALLS

Ingredients: **For Nutritional Values - refer to matrix following the Index Pages in guide**

- 2 lb. of ground turkey
- 1 cup breadcrumbs (or panko or rolled oats)
- 2/3 cup onion, minced
- 1/2 cup fresh parsley, minced
- 2 large eggs
- 3 cloves garlic, minced
- 2 tsp. Worcestershire or soy sauce
- 1/2 tsp. dried basil
- 1/2 tsp. dried oregano
- Salt and freshly ground black pepper
- 1/4 cup olive oil



### Instructions:

- In a large bowl, combine ground turkey, breadcrumbs, onion, parsley, eggs, garlic, Worcestershire sauce/soy sauce, basil, oregano, 1 teaspoon salt, and 1/2 teaspoon pepper.
- Using a strong spatula or your hands, mix well until all ingredients are combined, and then shape the mixture into 1-inch diameter balls.
- To cook the meatballs, you have the option of baking them, or frying them. Both options are below.

To bake the meatballs:

**Preheat oven to 400 °F. Line a rimmed baking sheet with foil or parchment paper for easy cleanup.** Arrange meatballs on baking sheet, brush with oil, and bake for 15-20 minutes until browned. The edges should be crispy.

To fry the meatballs:

Heat olive oil in a large skillet or frying pan over medium-high heat. Fry the meatballs in the hot oil for 5 to 7 minutes until browned on all. You may need to fry them in batches. Let cooked meatballs sit on paper towel on a plate to absorb some of the extra oils.



Tip 1: To ensure meat is cooked, an internal thermometer should read **165°F for 15 seconds.**

Tip 2: Depending on the size of your frypan you may need to fry in batches. Add more oil between batches if the skillet looks dry.

Tip 3: You can freeze extra the raw meatballs and store in your freezer for up to 1 month. Just arrange in a single layer on a baking sheet. Freeze until solid, about 1 hour, then transfer to a freezer safe baggy or container and store to use later.



## MINI MEATLOAF MUFFINS



Tip 1: No need to line the muffin tin.

Tip 2: You can substitute cinnamon with nutmeg.

Tip 3: You can use ground beef instead of turkey.

<https://tastesbetterfromscratch.com/light-mini-bbq-meatloaf/>



For Nutritional Values - refer to matrix following the Index Pages in guide

### Ingredients:

#### Muffins:

- 1.½ lb. of ground turkey
- ⅔ cup of bread crumbs
- ½ of an onion, chopped
- 1 tbsp. of barbecue sauce
- 1 tbsp. of mustard
- ½ tsp. of garlic powder
- 1½ tsp. of chili powder
- ½ tsp. of salt
- ½ tsp. of black pepper
- 1 large egg

#### Sauce:

- ⅓ cup of brown sugar
- ½ cup of ketchup
- 2 tsp. of mustard
- ¼ tsp. of ground cinnamon

### Instructions:

- Preheat your oven to 350° F.
- Using a large spoon, combine all the ingredients for the mini muffins in a mixing bowl.
- Separate the mixture into 10 cups of a standardized muffin tin. Be sure to push the mixture towards the bottom of the tin. Bake for 15 minutes.
- Mix the ingredients for the sauce in a separate bowl.
- After 15 minutes, take the meatloaf out of the oven and, with a spoon, pour sauce over each mini muffin.
- Place the tin back in the oven for another 10 to 15 minutes, or until the meat is thoroughly cooked.



## GREEK CHICKEN THIGHS

For Nutritional Values - refer to matrix following the Index Pages in guide

### Ingredients:

- 1 lb. raw boneless skinless chicken thighs or chicken breast
- 1 tbsp. olive oil
- 1 tsp. dry oregano
- 1 clove garlic, or 1 tsp. garlic powder
- 2 tsp. honey or brown sugar
- Salt and pepper to taste



### Instructions:

- Mix ingredients in a bowl and toss in chicken.
- Stir around so that the chicken is covered in ingredient mixture. Marinate or apply right before cooking.
- Roast in the oven on parchment lined baking sheet or grill.
- **Chicken is ready when it's browned on the top and cooked through.**
- Depending the size of the chicken pieces, the grilling time should take about 15-20 minutes.
- Pair with brown or basmati rice, or stuff in a whole wheat pita or Naan bread or GF wrap. Serve with your high protein tzatziki and a Greek Salad.

Tip 1: For shorter cook time on chicken breasts, cut chicken into smaller pieces that are all similar in size. This should make enough for leftovers.



## TURKEY VEGETABLE CHILI



Tip 1: Make sure meat is no longer pink before adding seasoning, crushed tomatoes and tomato sauce.

Tip 2: Once you add the tomato sauce, and crushed tomatoes, use the can to measure out your water, save a dish!

Tip 3: For a vegan option, add extra beans and/or swap in a soy ground option like TVP, or tempeh in place of the meat.

<https://therealfoodrds.com/veggie-loaded-turkey-chili/>



For Nutritional Values - refer to matrix following the Index Pages in guide

### Ingredients:

- 1 lb. of lean ground turkey
- 1 tbsp. of olive oil
- 2 garlic cloves (minced)
- ½ of a diced onion
- 1 diced small red bell pepper
- 1 diced small zucchini
- 1 diced medium carrot
- 1 can of tomato sauce
- ½ of that can with water
- 1 can of crushed or diced tomatoes
- 1 can of black beans, rinsed and drained
- 1 cup of corn (frozen or canned – rinsed and drained)
- Taco seasoning, to taste
- Salt and pepper, to taste

### Instructions:

- Rinse and drain the can of beans.
- Take a large pot and place it over medium heat (stovetop). Add the olive oil.
- Add the turkey, garlic, onions, bell pepper, zucchini, carrot to the pot. Sauté the mixture for seven to nine minutes.
- Add your seasonings, tomato sauce, crushed tomatoes, beans, corn and water to the pot. Adjust the heat to medium-high.
- Once the chili is boiling, reduce the heat to low.
- Cover the pot and let the chili simmer for 15 minutes.



## VEGETABLE LOADED CHILI

For Nutritional Values - refer to matrix following the Index Pages in guide

### Ingredients:

1 tbsp. of olive oil  
2 garlic cloves (minced)  
½ of a diced onion  
1 diced small red bell pepper  
1 diced small zucchini  
1 diced medium carrot  
1 can of tomato sauce  
½ of that can with water  
1 can of crushed or diced tomatoes  
1 can of black beans, rinsed and drained  
1 can of chickpeas, rinsed and drained  
1 cup of corn (frozen or canned – rinsed and drained)  
Taco seasoning  
Salt and pepper, to taste



Tip 1: Once you add the tomato sauce, and crushed tomatoes, use the can to measure out your water, save a dish!

<https://therealfoodrds.com/veggie-loaded-turkey-chili/>

### Instructions:

- Rinse and drain the can of beans and chickpeas.
- Take a large pot and place it over medium heat (stovetop). Add the olive oil.
- Add the garlic, onions, bell pepper, zucchini, carrot to the pot. Sauté the mixture for seven to nine minutes.
- Add your seasonings, tomato sauce, crushed tomatoes, beans, chickpeas, corn and water to the pot.
- Adjust the heat to medium-high.
- Once the chili is boiling, reduce the heat to low.
- Cover the pot and let the chili simmer for 15 minutes.



## CRISPY SHEET PAN GNOCCHI



Tip 1: If you want to add a bit of kick, shake on some chili flakes to spice it up.

<https://www.thekitchn.com/sheet-pan-gnocchi-mushrooms-sausage-squash-22955997>



For Nutritional Values - refer to matrix following the Index Pages in guide

### Ingredients:

- 8 oz. of cremini mushrooms
- 8 oz. Italian sweet or hot sausage
- ½ cup of red onion, chopped
- 2 tbsp. of rosemary leaves
- ¼ cup of olive oil
- ½ tsp. of salt
- ¼ tsp. of black pepper
- 8 oz. of uncooked sweet potatoes
- 1 lb. of potato gnocchetti
- 4 florets of cauliflower

### Instructions:

- Arrange 2 racks and heat the oven to 450°F.
- Quarter 8 oz. of cremini mushrooms and place on a baking sheet.
- Cut medium red onion into 1-inch chunks and place on baking sheet.
- Chop until you have 2 tbsp. fresh rosemary leaves and sprinkle over the vegetables.
- Add cauliflower and potato gnocchetti to the baking sheet.
- Drizzle everything with ¼ cup olive oil, then sprinkle with ½ tsp. salt and ¼ tsp. black pepper. Toss to coat and spread the mixture into an even layer.
- Remove the casings from 8 oz. sweet or hot Italian sausages if necessary. Place the baking sheet on the lower rack. Roast, stirring halfway through, until the gnocchetti are plump, the sausage is browned and cooked through, and the vegetables are tender, about 25 min.
- Move the baking sheet to the upper rack and turn on the broiler.
- Broil until the gnocchetti are lightly browned and crisp, approximately 3 to 5 minutes.
- Garnish grated Parmesan cheese on sheet, if desired.



## ONE POT SPICY PESTO CHEESE BAKED RIGATONI

Ingredients: For Nutritional Values - refer to matrix following the Index Pages in guide

- 2 tbsp. extra virgin olive oil
- 1 shallot chopped
- ¾ lb. ground Italian spicy chicken sausage (optional)
- 4 cloves minced garlic
- 56 oz. canned crushed tomatoes
- ½ cup soup, chicken broth or bouillon, dry, prepared with water
- ¾ cup basil pesto
- 2 tsp. spices, oregano, dried
- 1 tsp. fresh rosemary for serving
- 1 tsp. kosher salt and pepper
- 1 lb. dry rigatoni pasta (GF optional)
- 2 cups chopped kale
- 2 cups shredded fontina cheese
- 8 oz. mozzarella torn

Instructions:

- **Preheat the oven to 350°F.**
- Using a large pot over high heat, add the olive oil, after oil shimmers, add shallots, stir and cook until fragrant.
- Add in the garlic and stir for another minute
- Add the chicken sausage and brown all over (about 5 to 8 minutes).
- Slowly add the tomatoes, chicken broth, ½ cup pesto, oregano, rosemary, and a pinch each of salt and pepper.
- Next add 2 ½ cups water, the pasta, and kale. Cook on medium-high and allow mixture to a boil. Frequently stir until the pasta is al dente, (about 8-10 minutes).
- Transfer pasta to a baking dish. Finish with the fontina cheese and the remaining ¼ cup basil pesto can be drizzled over the mixture. Top with mozzarella.
- Bake for 20-25 minutes or until the cheese melted and slightly brown on top. Cool for 5 minutes.

Recipe  
Variation  
Options

HP

NF



Tip 1: This dish can easily be made vegetarian by leaving out the sausage and using a vegetable broth.

Tip 2: **Don't have Fontina cheese?** Parmesan or feta work well too!

<https://www.halfbakedharvest.com/one-pot-spicy-pesto-cheese-baked-rigatoni/>



## CHICKEN ENCHILADA CASSEROLE



Tip 1: You can freeze freshly prepared casserole and cook at a later time.

Tip 2: You can sub in Greek yogurt for sour cream in lots of dishes, including this one, for a lower fat, higher protein option

Baking from frozen: **bake at 350°F** for 1½ hours or until cheese is melted and the dish's center is warm.

<https://sweetphi.com/freezer-meal-chicken-enchilada-casserole/>

For Nutritional Values - refer to matrix following the Index Pages in guide

### Ingredients:

- 1½ cup, dry brown rice
- 30 oz. canned black beans
- 15 oz. canned green enchilada sauce
- 15 oz. canned tomatoes
- ½ cup sour cream
- ½ tsp. salt
- 1 dash black pepper
- ½ tbsp. ground cumin
- 2 cups shredded cheddar cheese
- 2½ cups shredded chicken

Recipe  
Variation  
Options

HP

NF

### Instructions:

- Use either a 9x13 inch baking dish or two 8x8 inch baking dishes or disposable pan(s), coat with cooking spray.
- Prepare chicken to your liking or use rotisserie chicken or salsa chicken (add chicken breasts with 1 jar of salsa in a slow cooker for 4 hours high, 8 hours low and shred the chicken for recipe).
- Cook rice and shred your cooked chicken
- Mix shredded chicken, enchilada sauce, tomatoes, black beans (drained), sour cream, and seasonings
- In the bottom of the prepared baking dish add rice, add chicken mixture on top of rice and top with cheese.
- **Bake at 350°F for 30-35 minutes**, until the cheese is melted and turning golden brown on top.



## ZUCCHINI PASTA WITH LENTIL BOLOGNESE

Ingredients: For Nutritional Values - refer to matrix following the Index Pages in guide

- ½ tbsp. olive oil
- ½ medium shallot or onion (minced)
- 2 cloves garlic (minced)
- 1-1½ medium carrots (finely shredded)
- ½ pinch sea salt (plus more to taste)
- 1½ cups marinara or any tomato sauce
- ½ pinch red pepper flake
- ½ tsp. dried basil
- ½ tsp. dried oregano
- ¼ cup water
- ⅓ cup dry red lentils (rinsed and drained)
- 1 medium zucchini both ends sliced off
- Parmesan cheese (can also sub vegan cheese)



### Instructions:

- In a large-rimmed skillet or large pot heat olive oil, shallot/onion, and garlic over medium heat. Sauté for 2-3 minutes, stirring frequently, until slightly softened. Turn down heat if browning.
- Add carrots and a pinch of salt and stir. Cook for 3-4 minutes more, then add marinara sauce/tomato sauce and stir up.
- Add red pepper flake, basil, oregano, water, and lentils. Increase heat slightly and bring mixture to a simmer (i.e., so that it is lightly bubbling), then reduce heat to low/medium-low and continue cooking until lentils are tender – stirring occasionally – about 17 to 20 minutes. Add a bit more water if mixture gets too thick.
- While the sauce is cooking, spiralize your zucchini into noodles using a spiralizer, mandolin, or a vegetable peeler.
- Once the lentils are cooked, taste and adjust seasonings as needed: adding more salt to taste, red pepper flake for heat, or herbs to balance the flavour.
- Serve the pasta over noodles and garnish with desired toppings.



Tip 1: You can also sub any kind of pasta if you do not want zucchini pasta.

Tip 2: Sauce will keep in refrigerator up to 3 days or in the freezer 1 month.

*Did you know/ Lentil or bean pastas **don't spike blood sugars as much** as regular pastas? This is due to their high protein and fiber content, making them a great choice for **pasta night**. They're also usually gluten free!*

<https://minimalistbaker.com/zucchini-pasta-with-lentil-bolognese/>



WHOLE WHEAT PASTA WITH WHITE BEANS & SPINACH

For Nutritional Values - refer to matrix following the Index Pages in guide



Tip 1: If the serving size is too large, you can share or save half the (undressed) ingredients for later.

**Did you know? “Al Dente” literally translates from Italian to mean “to the tooth.” It describes the texture of cooked pasta when it’s tender but firm and chewy when you bite into it.**

<https://www.myrecipes.com/recipe/whole-wheat-pasta-with-beans>

Recipe Variation Options

- DF
- HP
- MF
- NF
- VG

Ingredients:

- 1 dash salt
- 1 lb. whole wheat penne
- 2 tbsp. olive oil
- ¼ cup seasoned bread crumbs
- 2 cloves garlic chopped
- 15 oz. white beans canned
- ½ cup chicken broth low sodium
- 5 cups raw baby spinach

Instructions:

- In a large pot, add salt to boil water. Add pasta and cook until al dente (10 minutes or as directed on package).
- In a skillet with medium heat add 1 tbsp. of oil. Add bread crumbs and 1/4 tsp. Salt, stir occasional until crumbs toasted (5 minutes). Set aside in another bowl.
- Take remaining 1 tbsp. of oil in a skillet with medium-high heat. Add garlic, beans, spinach and broth, bring to boil. Then, lower heat until spinach has wilted.
- Add pasta and reserve ½ cup cooking water to be stirred 1 tbsp. at a time until consistency is desired.
- Add salt seasoning.



## Do You Have A Recipe You'd Like To Share?

If you make something that is easy to throw together, wonderfully nutritious and delicious, and you want to share it with other students living with diabetes, let us know!

We would like to add it to the updated version next year.

**TELL  
US WHAT  
YOU THINK...**

Let us know what you like about our guide.

[info@diabeteshopefoundation.com](mailto:info@diabeteshopefoundation.com)



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