



RECIPES FOR A *Zesty Life*

MEAL PLANNER



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ZESTY MEAL PLAN

Utilizing recipes from *Recipes for a Zesty Life* you can create a weekly meal plan that fuels your adventures, and keeps your mind and body performing at their best.

WEEK PREP *Set yourself up for success!*

- › Grocery Shop

- › Bake 1 Zestful Energy Loaf

- › Cook 1 batch of *Curry Up Soup* or *Broccstar Soup* (fill mason jars)

- › **TIME-SAVER TIP** Bake a batch of yams for your week of zest life bowls

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	GINJA NINJA SMOOTHIE	AVOCADO TOAST	BEET THE BLUES SMOOTHIE	GINJA NINJA SMOOTHIE	GINJA NINJA SMOOTHIE	AVOCADO TOAST	COCONUTS FOR YOU BOWL
SNACK	1/3 C ALMONDS	1 APPLE	1/3 C WALNUTS	1 APPLE 1/4 C NUTS	1 PIECE ZESTFUL ENERGY LOAF	1 PIECE ZESTFUL ENERGY LOAF	1 PIECE ZESTFUL ENERGY LOAF
LUNCH	ZESTY LIFE BOWL	CURRY UP SOUP	ZESTY FRESHIES SOUP	CURRY UP SOUP	ZESTY LIFE BOWL	CURRY UP SOUP	PUCKER UP SALAD
SNACK	1 APPLE	1 PIECE ZESTFUL ENERGY LOAF	TRAIL BITE	1 APPLE	1 BANANA	1 APPLE 1/4 C NUTS	1/4 C NUTS
DINNER	CURRY UP SOUP	ZESTY LIFE BOWL	CURRY UP SOUP WITH RICE	SO YUMMY BOWL	VEGAN TACOS	SO YUMMY BOWL	ZESTY LIFE BOWL

DON'T FORGET TO HYDRATE!

ZESTY GROCERY LIST

A Zesty grocery list is one that contains unprocessed, whole and mostly plant-based foods. Here are a few of my top picks for what to buy:

FRUIT

APPLES
BANANAS
BLUEBERRIES
DRIED CRANBERRIES
NECTARINE/PEACH
LEMONS
AVOCADO
1 CARTON PUMKIN PUREE

VEGGIES

SPINACH
KALE
YAMS
GINGER
BEETS
ARUGULA
PEA SHOOTS
CARROTS
PURPLE CABBAGE
BROCCOLI
CAULIFLOWER
CILANTRO

ANCIENT GRAINS

QUINOA
WILD RICE
SUGAR-FREE ANCIENT GRAIN BREAD

NUTS & SEEDS

ALMONDS
WALNUTS
SUNFLOWER SEEDS
PUMPKIN SEEDS
FLAX SEEDS
HEMP SEEDS
CHIA SEEDS
SESAME SEEDS

LEGUMES

KIDNEY BEANS
BLACK BEANS
CHICKPEAS

SPICES & PASTES

TURMERIC
CINNAMON
CUMIN
MISO PASTE
PAPRIKA
NUTMEG
PINK HIMALAYAN SALT
PEPPER
VANILLA

NUT BUTTERS & OILS

COCONUT OIL
EXTRA-VIRGIN OLIVE OIL
PUMPKIN SEED BUTTER
SUNFLOWER SEED BUTTER
SESAME OIL

SWEETENERS

DATES
100% MAPLE SYRUP

FLOURS

ALMOND FLOUR
RICE FLOUR
SPELT FLOUR

NUT MILK

SUGAR-FREE ALMOND, CASHEW OR SOYMILK
COCONUT MILK

OTHER

SAUERKRAUT
BRAGG'S LIQUID SOY
SPIRULINA POWDER
MATCHA POWDER
EPSOM BATH SALTS
NATURAL DISH SOAP
NATURAL LAUNDRY SOAP
NATURAL CLEANING PRODUCTS



ZESTY *BREAKFAST BOWL*

Mix & match
to create your
Zesty Life Bowl!

1/3 CUP NUT MILK

Coconut Milk	<input type="checkbox"/>
Cashew Milk	<input type="checkbox"/>
Almond Milk	<input type="checkbox"/>
Soy Milk	<input type="checkbox"/>

1/3 CUP NUTS & SEEDS

Almonds	<input type="checkbox"/>
Walnuts	<input type="checkbox"/>
Pumpkin Seeds	<input type="checkbox"/>
Pecans	<input type="checkbox"/>
Sunflower Seeds	<input type="checkbox"/>

1 TBSP NUT BUTTER

Almond Butter	<input type="checkbox"/>
Sunflower Butter	<input type="checkbox"/>
Pumpkin Seed Butter	<input type="checkbox"/>
Hazelnut Butter	<input type="checkbox"/>
Cashew Butter	<input type="checkbox"/>

1/4 CUP COOKED GRAINS

Quinoa	<input type="checkbox"/>
Gluten-free oats	<input type="checkbox"/>
Brown Rice	<input type="checkbox"/>
Wild Rice	<input type="checkbox"/>
Millet	<input type="checkbox"/>
Farrow	<input type="checkbox"/>
Buckwheat	<input type="checkbox"/>

1 TBSP PER TOPPING

Pick what you like and add approx
1 Tbsp of each

Dried Coconut Flakes	<input type="checkbox"/>
Hemp Hearts	<input type="checkbox"/>
Chia Seeds	<input type="checkbox"/>
Cacao Nibs	<input type="checkbox"/>

1/2 CUP FRUIT

Blueberries	<input type="checkbox"/>
Banana	<input type="checkbox"/>
Raspberries	<input type="checkbox"/>
Mixed Berries	<input type="checkbox"/>
Dates	<input type="checkbox"/>
Dried Goji Berries	<input type="checkbox"/>
Organic Strawberries	<input type="checkbox"/>
Peaches	<input type="checkbox"/>
Nectarines	<input type="checkbox"/>
Apples	<input type="checkbox"/>
Pear	<input type="checkbox"/>
Blackberries	<input type="checkbox"/>
Mango	<input type="checkbox"/>

OPTIONAL Warm up your ingredients in a saucepan



ZESTY LIFE BOWL

Mix & match to create your Zesty Life Bowl!

1 CUP GREENS

Spinach	<input type="checkbox"/>
Kale	<input type="checkbox"/>
Arugula	<input type="checkbox"/>
Swiss Chard	<input type="checkbox"/>
Watercress	<input type="checkbox"/>
Mixed Lettuce	<input type="checkbox"/>

3 TBSP NUTS & SEEDS

Almonds	<input type="checkbox"/>
Walnuts	<input type="checkbox"/>
Pistachios	<input type="checkbox"/>
Pumpkin Seeds	<input type="checkbox"/>
Hemp Hearts	<input type="checkbox"/>
Sunflower Seeds	<input type="checkbox"/>

2 TBSP ZESTY LIFE SAUCE

Turmeric up the zen	<input type="checkbox"/>
No guts, no glory	<input type="checkbox"/>
Miso Brave	<input type="checkbox"/>
Simple Apple Cider	<input type="checkbox"/>
Sublime Sauce	<input type="checkbox"/>
Feisty Red Curry	<input type="checkbox"/>

1/4 CUP GRAINS

Quinoa	<input type="checkbox"/>
Volcano Rice	<input type="checkbox"/>
Black Rice	<input type="checkbox"/>
Brown Rice	<input type="checkbox"/>
Wild Rice	<input type="checkbox"/>
Millet	<input type="checkbox"/>
Farrow	<input type="checkbox"/>
Kelp Noodles	<input type="checkbox"/>

1/8C FERMENTED TOPPING

Sauerkraut	<input type="checkbox"/>
Kimchi	<input type="checkbox"/>
Fermented Beets	<input type="checkbox"/>

1 CUP VEGGIES

Roasted Yams	<input type="checkbox"/>
Avocados	<input type="checkbox"/>
Pea Shoots	<input type="checkbox"/>
Red Cabbage	<input type="checkbox"/>
Cilantro	<input type="checkbox"/>
Beets (all colours)	<input type="checkbox"/>
Carrots (all colours)	<input type="checkbox"/>
Broccoli	<input type="checkbox"/>
Cauliflower	<input type="checkbox"/>
Radish	<input type="checkbox"/>
Roasted Brussels Sprouts	<input type="checkbox"/>
Roasted Butternut Squash	<input type="checkbox"/>
Cucumber	<input type="checkbox"/>
Edamame Beans	<input type="checkbox"/>
Bean Sprouts	<input type="checkbox"/>
Green Onion	<input type="checkbox"/>



ZESTY LIFE SMOOTHIE

Mix & match to create your Zesty Life Smoothie!

STEP 1: Add 2 Cups of water to your blender or Vitamix

STEP 2: Mix & Match from the ingredients below:

2 CUPS GREENS

Spinach	<input type="checkbox"/>
Kale	<input type="checkbox"/>
Beet Greens	<input type="checkbox"/>
Swiss Chard	<input type="checkbox"/>

1 TBSP SEEDS

Chia Seeds	<input type="checkbox"/>
Pumpkin Seeds	<input type="checkbox"/>
Hemp Hearts	<input type="checkbox"/>
Sunflower Seeds	<input type="checkbox"/>

1 TSP PER SUPERFOOD

Pick what you like and add approx 1 Tsp of each

Fresh Ginger	<input type="checkbox"/>
Turmeric Root or Powder	<input type="checkbox"/>
Spirulina	<input type="checkbox"/>
Matcha Powder	<input type="checkbox"/>
Vegan Omega Oil	<input type="checkbox"/>

1/4 C VEGGIES

Avocado	<input type="checkbox"/>
Beets	<input type="checkbox"/>
Carrot	<input type="checkbox"/>

1 C FRUIT

Frozen Blueberries	<input type="checkbox"/>
Frozen Banana	<input type="checkbox"/>
Frozen Raspberries	<input type="checkbox"/>
Frozen Mixed Berries	<input type="checkbox"/>
Frozen Organic Strawberries	<input type="checkbox"/>

ZESTY TIP: FREEZE YOUR FRUIT

Smoothies taste better with frozen fruit, so toss your bananas, berries or avocados in a freezer bag.