



The

DELICIOUS DECADE

Cookbook

Revive
REVIVE WELLNESS INC

The **DELICIOUS DECADE** Cookbook

Celebrating 10-years of health, nutrition & recipes



To celebrate 10 years in business, we have put together a cookbook of our top 10 breakfasts, lunches and dinners—plus a bonus birthday cake dessert!

These are some of our favourite recipes and we are happy to share them with you!

Complete with nutritional analysis, Revive Servings and tips on how to make each recipe a complete meal, this cookbook will give you the tools you need to eat balanced—every meal of the day!

Enjoy!

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TOP 10 **BREAKFASTS**

Peanut Butter Banana Smoothie

1 Serving

Ingredients:

- 1/2 frozen banana, large
- 1/2 cup plain 0% Greek yogurt
- 1 cup 1% milk
- 1 1/2 tsp cocoa powder
- 1 Tbsp peanut butter (for easy blending: soften in microwave before adding to blender)
- 1 Tbsp psyllium husk

Preparation:

1. Whiz all ingredients together in a high-powered blender. (Add in a shot of espresso if you wish.)

To complete this meal: Nothing. This is a complete meal!

Revive Servings: 0 grain/starch, 2 protein, 0 vegetable, 1 fruit, 0 fat, 1 dairy

Nutritional analysis per serving: 332calories, 11.2g fat, 24.7g protein, 39.8g carbohydrates, 6.7g fibre and 214mg sodium.

Rise and Shine Smoothie

1 Serving

Ingredients:

- 1 cup skim milk
- ½ cup 0% Greek yogurt
- 1 cup fruit of your choice
- ½ cup ice
- 1 Tbsp psyllium husk
- 1 cup fresh spinach (optional)

Preparation:

1. Put all ingredients in blender and mix well.

To complete this meal: Nothing. This is a complete meal!

Revive Servings: 0 grain/starch, 1.5 protein, 1 vegetable, 2 fruit, 0 fat, 1 dairy

Nutritional analysis per serving: 241 calories, 0.9g fat, 22.4g protein, 42.1g carbohydrates, 15.6g fibre and 195mg sodium

Baked Banana Oatmeal

12 Servings

Ingredients:

- 2 cups quick cook oats
- 1 cup bran (wheat or oat)
- 1 ½ tsp baking powder
- 1 tsp cinnamon
- ½ tsp salt
- 3 bananas
- 2 eggs
- 1 ½ cups skim milk (or soy milk)
- 2 tsp vanilla
- 1 Tbsp brown sugar

Preparation:

1. Preheat oven to 375°C.
2. In a large mixing bowl mix together oats, bran, baking powder, cinnamon and salt.
3. In another bowl mash bananas with a fork. Once a paste like consistency is reached, add eggs, milk and vanilla. Mix well.
4. Mix the wet ingredients into the dry ingredients.
5. Lightly grease 12x6 baking dish and pour mixture in.
6. Bake for 25-30 minutes.
7. Once cooked, take pan out of oven and sprinkle 1 Tbsp of brown sugar over oatmeal.
8. Place pan back in oven on broil for 3-5 minutes to allow the sugar to caramelize.

To complete this meal: Serve warm with ½ cup of 0% vanilla Greek yogurt mixed with ½ cup of 0% plain yogurt and topped with fresh berries.

Revive Servings: 0.6 grain/starch, 0 protein, 0 vegetable, 0.5 fruit, 0 fat, 0 dairy

Nutritional analysis per serving: 128 calories, 1.9g fat, 5.1g protein, 24.6g carbohydrates, 4.3g fibre and 199mg sodium

Baked Pumpkin Oatmeal

10-12 Servings

Ingredients:

- 1 apple, blended
- 1 ½ cups pureed pumpkin (from can, no sugar added)
- 1 ½ cups milk (or fortified milk alternative)
- 3 cups old fashioned, quick or gluten-free oats
- ½ cup bran (wheat or oat) (or add extra ½ cup of oats)
- 2 tsp baking powder
- ¼ tsp salt
- 2 Tbsp melted butter or coconut oil
- 2 eggs
- ¼ cup skim milk powder (optional)
- 2 tsp vanilla extract
- 1 Tbsp cinnamon
- ¼ tsp all spice
- ½ tsp nutmeg
- 1 tsp ginger spice
- 2 Tbsp brown sugar (for the top)

Preparation:

1. Preheat oven to 350°F.
2. Blend apple with pumpkin puree and milk in blender.
3. In a large mixing bowl, mix all ingredients except for the brown sugar.
4. Spread mixture into a greased 9×13 pan.
5. Sprinkle brown sugar over top.
6. Bake for 20-25 minutes.

To complete this meal:

Option 1: Serve warm with nut butter on top.

Option 2: Serve with ½ cup of 0% vanilla Greek yogurt mixed with ½ cup of 0% plain yogurt and topped with fresh berries.

Revive Servings: 0.85 grain/starch, 0.2 protein, 0 vegetable, 0 fruit, 0.6 fat, 0.175 dairy

Nutritional analysis per serving (with skim milk powder): 177 calories, 5.2g fat, 6.9g protein, 28g carbohydrate, 4.4g fibre and 176mg sodium

Eggless Carrot Zucchini Muffins

12 Muffins

Ingredients:

- 2 large carrots, peeled and chopped (about 2 cups)
- 1 small-medium zucchini, ends cut off and chopped
- ½ large ripe banana
- 1 cup 0% plain Greek yogurt
- 2 Tbsp coconut oil
- ¼ cup honey
- 1 ½ cups whole wheat flour
- 1 tsp baking soda
- ½ tsp baking powder
- 1 ½ tsp cinnamon
- ½ tsp ginger spice
- ¼ tsp nutmeg
- ¼ tsp salt
- ¼ cup chopped pecans or walnuts

Preparation:

1. Preheat oven to 400°F and grease or line muffin tins.
2. Blend first 6 ingredients in food processor or blender.
3. In large bowl, mix together dry ingredients then add blended wet ingredients.
4. Fold ingredients together until just combined and scoop evenly into greased or lined muffin tins.
5. Bake in oven for 18-20 minutes or until toothpick comes out clean.

To complete this meal:

Option 1: Serve with nut butter on top and a piece of fruit.

Option 2: Serve with Greek yogurt and berries on the side.

Revive Servings: 1 grain/starch, 0 protein, 0.5 vegetable, 0 fruit, 0.5 fat, 0 dairy

Nutritional analysis per serving: 133 calories, 4.3g fat, 4.6 g protein, 21.1g carbohydrate, 2.9g fibre and 187mg sodium

Revive's Famous Granola

40 Servings

(1 serving = ¼ cup)

Ingredients:

- 4 cups quick oats
- 1 cup unsweetened coconut
- 1 cup walnuts (preferably whole)
- 1 cup almonds (preferably whole)
- 1 cup pecans (halves)
- 2 Tbsp chia seeds (optional)
- 2 Tbsp hemp hearts (optional)
- 2 Tbsp flax seeds (optional)
- 2 Tbsp buckwheat seeds (optional)
- 1 tsp cinnamon
- ½ cup brown sugar
- 2/3 cup honey
- 1 cup dried fruit of your choice

Preparation:

1. Preheat oven to 300° F.
2. In a large mixing bowl, mix together all ingredients except for brown sugar, honey and dried fruit.
3. In a sauce pan, combine brown sugar and honey and bring to a boil.
4. Pour over granola mixture and toss together.
5. Spread mixture onto a baking sheet lined with parchment paper and bake for 30 minutes.
6. Stir in 1 cup of chopped dried fruit after the granola cools a bit.

To complete this meal: Serve on top of ½ cup flavoured Greek yogurt mixed with ½ cup plain yogurt and fresh berries.

Revive Servings: 1 grain/starch, 0 protein, 0 vegetable, 0 fruit, 1.5 fat, 0 dairy

Nutrient analysis per serving: 144 calories, 7.9 fat, 3.4g protein, 17g carbohydrates, 3g fibre and 3mg sodium

Egg Sandwiches

12 Servings

Ingredients:

- 12 English muffins
- 18 eggs
- 500 g thinly sliced ham (try for low sodium and nitrate-free)
- ½ cup cheddar cheese, shredded

Preparation:

1. Cut English muffins in half and toast them in toaster or broil in oven.
2. In a bowl, crack 12 eggs and beat them with a fork. Cook in frying pan over medium-high heat until fully cooked.
3. Divide cooked eggs and place on the bottom half of the 12 toasted English muffins.
4. Divide sliced ham among the 12 English muffins and place on top of the eggs.
5. Sprinkle cheese over top of each sandwich.
6. Place the top half of the English muffin on top of the sandwich.

To complete this meal: Add some tomato slices or a piece of fruit.

Individually wrap them for a quick breakfast on-the-go, or freeze them for another day – Just thaw and reheat in the oven.

Revive Servings: 1.5 grain/starch, 3 protein, 0 vegetable, 0 fruit, 0 fat, 0 dairy

Nutritional analysis per serving: 324 calories, 12.8g fat, 24.8g protein, 26g carbohydrates, 2g fibre and 753mg sodium

Sundried Tomato and Spinach Egg Muffins

10 Servings

Ingredients:

- Extra virgin olive oil (for skillet)
- ¼ cup onion, diced
- 1 clove garlic, minced
- ½ cup peppers, diced
- ½ tsp salt
- ¼ tsp pepper
- 4 cups baby spinach, chopped
- 10 eggs
- 2 tsp fresh basil, finely chopped (or 1 tsp dried)
- ½ cup sundried tomato, finely chopped
- ¼ cup feta cheese

Preparation:

1. Preheat oven to 350°F. Grease 12 muffin tins, or for easier removal, line with paper baking cups.
2. Heat up olive oil in a skillet over medium heat. Add onions. Cook until translucent. Stirring occasionally (about 4-5 minutes).
3. Add garlic, peppers, salt and pepper. Continue cooking until fragrant (about 1 minute).
4. Add spinach and stir gently until completely wilted (about 1 minute). Remove from heat and set aside.
5. In a large bowl, beat the eggs. Add basil and stir to combine. Add spinach mixture and sundried tomato.
6. Spoon or scoop into the muffin cups and fill ¾ of the way up. Sprinkle cheese on top.
7. Bake for 20-25 minutes until eggs are set or until toothpick comes out almost clean. (The omelets will continue to cook for a minute or two after removed from the oven so let cool once taking them out of the oven.)
8. Remove the omelets from the muffin cups and serve, or cool completely to store for another day.

To complete this meal: Serve 2-3 egg muffins in wrap or on the side of high fiber toast with a piece of fresh fruit.

Revive Servings: 0 grain/starch, 1 protein, 0.5 vegetable, 0 fruit, 0 fat, 0 dairy

Nutritional analysis per serving: 103 calories, 6.5g fat, 7.9g protein, 3.7g carbohydrates, 1.2g fibre and 262mg sodium

Spinach Frittata

3 Servings

Ingredients:

- 1 brick frozen spinach, chopped and thawed (about 300 g)
- 6 large eggs
- 1 Tbsp milk
- ¼ cup Parmesan cheese, grated
- 2 Tbsp sun-dried tomatoes, coarsely chopped
- Salt and pepper to taste
- 5 mushrooms, chopped
- 1 Tbsp olive oil
- 1 small onion, chopped (about 1 cup)
- 1 large clove garlic, minced (about 1Tbsp)

Preparation:

1. Preheat oven to 400°F.
2. Drain spinach and set aside.
3. In a mixing bowl, whisk together eggs, milk and parmesan cheese. Once combined, add in sun-dried tomatoes and salt and pepper.
4. In a skillet (or oven proof frying pan), sauté mushrooms in olive oil on medium heat (about 10 minutes) add onions and continue to sauté (about 2 minutes, or until translucent), add minced garlic and sauté for one more minute. Add spinach. Remove from heat.
5. Pour egg mixture over the top and put pan in oven to broil for 3-5 min to finish cooking.

To complete this meal: Add high fiber toast or roasted potatoes with a piece of fresh fruit.

Feel free to add more vegetables (some ideas include: tomatoes, mushrooms and asparagus).

Revive Servings: 0 grain/starch, 2 protein, 2 vegetable, 0 fruit, 1 fat, 0 dairy

Nutritional analysis per serving: 278 calories, 17.3g fat, 20.8g protein, 11.7g carbohydrates, 4.1g fibre and 544mg sodium

Chicken Apple Hash

2-3 Servings

Ingredients:

- 2 tsp olive oil
- 6-8 oz. cooked and shredded chicken (or rotisserie chicken, skin removed)
- 1 granny smith apple, grated
- 2 tsp cinnamon

Preparation:

1. Heat the saucepan over medium heat and add olive oil.
2. Add the shredded chicken.
3. Grate the apple, and then add to the pan with the cinnamon.
4. Cover and cook on medium-low, stirring frequently. Continue cooking until the apple has cooked down and become soft. Serve warm.

To complete this meal: Add a cup of milk or soy milk, high fiber toast or roasted potatoes with a piece of fresh fruit.

Revive Servings: 0 grain/starch, 2.5 protein, 0 vegetable, 0.5 fruit, 1 fat, 0 dairy

Nutritional analysis per serving: 173 calories, 7.4g fat, 18.5g protein, 9.6g carbohydrates, 2.3g fiber and 256mg sodium

TOP 10 **LUNCHES**

Greek Salad and Quinoa

4 Servings

Ingredients:

- 2 cups quinoa
- ½ medium cucumber, sliced
- 16 cherry tomatoes, halved
- 1 medium red, yellow or orange bell pepper, seeded and chunked
- 1 medium green bell pepper, seeded and chunked
- 1 medium red onion, chunked
- 12 olives (jumbo, black or Kalamata)
- ½ cup feta cheese, cow or goats milk, crumbled
- ¼ cup olive oil
- 3 Tbsp lemon juice (or juice of 1 lemon)
- 1 Tbsp lemon zest
- 3 cloves garlic, minced
- 1 tsp oregano, ground, dried, crushed
- Salt and pepper to taste

Preparation:

1. Cook quinoa as per instructions on the box and let cool.
2. In large bowl, combine vegetables and olives. Mix in quinoa.
3. Sprinkle feta cheese on top of vegetables.
4. Combine oil, lemon juice, lemon zest, garlic and oregano in a small plastic container with a lid. Shake vigorously to combine oil and vinegar and pour over salad and cheese.
5. Season with salt and pepper and let the salad marinate in refrigerator until ready to serve.

To complete this meal: Add a grilled chicken breast.

Revive Servings: 1.5 grain/starch, 0.5 protein, 2 vegetable, 0 fruit, 3 fat, 0 dairy

Nutritional analysis per serving: 351 calories, 21.2g fat, 8.8g protein, 34g carbohydrates, 5.8g fibre and 361mg sodium

Avocado Chicken Salad

4-5 Servings

Ingredients:

- 2-3 cooked chicken breasts (seasoned with your favourite rub)
- 1 medium ripe avocado
- ¼ red onion, minced
- Juice of ½ a lime
- 2 Tbsp fresh herbs (cilantro or basil)
- Salt and pepper to taste

Preparation:

1. In a large bowl, mix together shredded cooked chicken breasts, mashed avocado, minced onion, juice of ½ a lime, fresh minced herbs and salt and pepper.
2. Serve this creamy chicken salad in between 2 slices of toasted whole grain bread with tomatoes and lettuce, or over a large spinach salad for a quick and healthy lunch.

To complete this meal: Add a delicious homemade bun.

Revive Servings: 0 grain/starch, 3.5 protein, 0 vegetable, 0 fruit, 1 fat, 0 dairy

Nutritional analysis per serving: 194 calories, 7.5g fat, 27.4g protein, 3.6g carbohydrates, 2.2g fibre and 67mg sodium

Zucchini Almond Fritters

4-6 Servings

Ingredients:

- 2 medium-large zucchinis, grated and squeezed to drain
- 1 handful fresh mint leaves, chopped
- 1 green onion, chopped
- ¼ cup feta cheese (<20% M.F. or milk fat)
- ¾ cup almond flour
- 2 Tbsp ground flaxseed + 2 Tbsp flour
- 1 egg
- Salt and pepper to taste
- 2 Tbsp olive oil

Preparation:

1. In a food processor (or using a grater) grate down 2 medium-large zucchinis and squeeze out excess water.
2. Combine remaining ingredients together.
3. Heat oil in pan on medium heat. Spoon mixture into pan (about ¼ cup scoops). Cook on each side for about 3-4 minutes until crisp on the outside and soft on the inside.
4. Broil in the oven for a few minutes to crisp even more if desired.

To complete this meal: Pair fritters with a dollop of fresh tzatziki dip and fresh mint to garnish. Add 1 cup of marinated bean and legumes salad on top of fritter.

Revive Servings: 0 grain/starch, 0.5 protein, 1 vegetable, 0 fruit, 2.5 fat, 0 dairy

Nutritional analysis per serving: 192 calories, 15.3g fat, 6.9g protein, 9g carbohydrates, 3.7g fibre and 134mg sodium

Honey Orange Salmon and Asparagus

2 Servings

Ingredients:

- 2 salmon fillets or halibut steaks , about 6 oz. (180 g) each
- 2 Tbsp honey (1 Tbsp on each fillet)
- ½ freshly squeezed orange
- 1 tsp orange zest
- 3 cloves fresh garlic
- 1 bunch asparagus (15-20 spears)
- 1 tsp dark sesame oil
- Salt and pepper to taste

Preparation:

1. Preheat oven to 425°F (220°C). Line half a baking sheet with foil and place salmon overtop. Using the tip of a sharp knife, make several ½ inch (2 cm) slits in the top of the salmon. In a small bowl, stir honey, juice of orange, orange zest and garlic. Spoon ½ of sauce over salmon.
2. Trim ends from asparagus. Rinse under running water to remove any grit. Pat dry. Place in centre of a piece of foil large enough to generously wrap around it. Drizzle with sesame oil and sprinkle with salt and pepper. Form a package with the foil and seal edges. Place on baking sheet beside salmon.
3. Bake in centre of oven for 4 minutes. Drizzle remaining sauce over salmon. Continue roasting until the tip of a knife inserted in salmon and held there for 5 seconds comes out warm. If the knife does not come out warm, cook for an additional 5 minutes. Remove to dinner plates and place asparagus alongside.

To complete this meal: Add some basmati or wild rice.

Revive Servings: 0.75 grain/starch, 5.5 protein, 2 vegetable, 0 fruit, 0.5 fat, 0 dairy

Nutritional analysis per serving: 327 calories, 10.4g fat, 40.6 g protein, 18.2g carbohydrates, 3.3g fibre and 217mg sodium

Hearty Spiced Carrot and Lentil Soup (Slow Cooker Recipe)

8-10 Servings

Ingredients:

- 3 cups carrots, diced
- 1 cup yam, diced
- 1 cup onion, diced
- 2 celery ribs
- $\frac{3}{4}$ cup green lentils, dried
- 2 cloves garlic, minced
- 1 Tbsp fresh ginger, minced
- 1 tsp ground cumin
- 1 tsp chili powder
- 2 bay leaves
- 3 $\frac{1}{2}$ cups vegetable or chicken broth
- 3 cups water
- $\frac{1}{4}$ cup fresh cilantro, chopped for garnish

Preparation:

1. In slow cooker, combine carrots, yam, onion, celery, lentils, garlic, ginger, cumin and chili powder.
2. Add broth and water.
3. Add bay leaves.
4. Cover and cook on low for 5-8 hours.
5. Discard bay leaves. Transfer 3 cups of the soup to blender and puree until smooth. Return back to slow cooker and stir back into rest of the soup.
6. Ladle soup into bowls and sprinkle fresh cilantro to garnish.

To complete this meal: Serve with crisp tossed salad and a glass of milk.

Revive Servings: 1 grain/starch, 0 protein, 1.33 vegetable, 0 fruit, 0 fat, 0 dairy

Nutritional analysis per serving: 95 calories, 0.4g fat, 4.4g protein, 19.1g carbohydrates, 5.7g fibre and 88mg sodium

Southwest Black Bean Chili (Courtesy of Allium Food Works)

6 Servings

Ingredients:

- 3 x 400 ml canned black beans (no salt added), drained & rinsed (if using organic, no need to drain)
- 1 large onion, diced
- 400 ml canned tomatoes (no salt added), diced
- 400 ml canned tomatoes (no salt added), crushed
- 1 tsp chili powder
- 2 chipotle chilies
- 2 red bell peppers, diced
- 2 green bell peppers, diced
- Salt and pepper
- 250 g corn, frozen
- ½ cilantro bunch, chopped

Preparation:

1. Pour everything except cilantro into a slow cooker, stir well and cook on low for about 8 hours. (Can also be done in pot, simmering for 2-4 hours.)
2. Near the end of cooking, season with salt and pepper.
3. Stir in the cilantro and enjoy with sour cream, grated cheese, biscuits and a green salad.

To complete this meal: Top chili with some avocado and add a crisp tossed salad or raw vegetables.

Revive Servings: 2.5 grain/starch, 1.5 protein, 3 vegetable, 0 fruit, 0 fat, 0 dairy

Nutritional analysis per serving: 293 calories, 1.5g fat, 15.7g protein, 57.7g carbohydrates, 12.7g fibre and 243mg sodium

Lazy Day Cabbage Rolls

10 Servings

Ingredients:

- 1 large head of cabbage
- 1 lb ground beef
- 1 lb ground turkey
- 1 onion, chopped fine
- 3 cloves of garlic, minced
- 2 tomatoes, diced
- 3/4 cup cooked rice
- 1 large egg
- ¼ tsp salt
- 1 can (19 oz.) tomato sauce, low sodium
- ½ tsp cinnamon
- ½ tsp paprika
- ½ tsp black pepper

Preparation:

1. Chop cabbage into bite sized shreds and set aside.
2. Break apart and partially cook ground beef and turkey in pan on medium heat. Transfer into a separate pot.
3. In same pan meat was in, sauté chopped onion until translucent. Add garlic and tomatoes. Cook down into an aromatic paste.
4. Add all remaining ingredients and chopped cabbage into the slow cooker with the meat and stir.
5. Cover and cook on low for 4-5 hours.

To complete this meal: Serve with a nice crisp salad.

Revive Servings: 0.25 grain/starch, 4 protein, 3.5 vegetable, 0 fruit, 0 fat, 0 dairy

Nutritional analysis per serving: 377 calories, 15.7g fat, 40g protein, 19.1g carbohydrates, 5.6g fibre and 480mg sodium

Barbecue Chicken Pita Pizza

1 Serving

Ingredients:

- 75 g chicken breast, boneless, skinless (raw weight) – or use a rotisserie chicken
- 1 Tbsp barbecue sauce
- 1 pita bread, whole wheat
- 30 g mozzarella cheese, partially skim
- 2 Tbsp pineapple, chopped
- 1 Tbsp bell pepper, red, yellow or orange, chopped

Preparation:

1. Cut chicken into pieces. Grill or pan-fry on medium-high heat until chicken reaches an internal temperature of 165°F.
2. Preheat oven to 350°F.
3. Spread barbecue sauce evenly over pita bread.
4. Spread cheese over sauce and then top with cooked chicken, pineapple and peppers.
5. Bake on a cookie sheet until cheese is melted and edges are golden brown.
6. Let stand for 5 minutes before enjoying.

To complete this meal: *Serve with a crisp salad or some raw vegetables.*

Revive Servings: 3 grain/starch, 4.5 protein, 0 vegetable, 0 fruit, 1 fat, 0 dairy

Nutritional analysis per serving: 449 calories, 13.8g fat, 35.4g protein, 47g carbohydrates, 5.5g fibre and 782mg sodium

Vegetable Lentil Soup

8 Servings

Ingredients:

- 1 lb lentils
- 4 litres water (about 17 cups)
- 2 onions, chopped
- 2-3 carrots, sliced
- 2 stalks celery, sliced
- ¼ tsp salt
- ¼ tsp pepper

Preparation:

1. Bring lentils to boil in water and simmer for 1 hour with onions.
2. After 1 hour, add carrots and celery (add leftover roasted potatoes if you like). Simmer until carrots and celery are at preferred tenderness.
3. Add salt and pepper. Add more water if soup gets too thick.

To complete this meal: Serve with a garden salad or a plate of fresh cut vegetables.

Revive Servings: 2 grain/starch, 2 protein, 1 vegetable, 0 fruit, 0 fat, 0 dairy

Nutritional analysis per serving: 223 calories, 0.7g fat, 15.3 g protein, 39.3 g carbohydrates, 18.7 g fibre and 106 mg sodium

Pita Stuffed with Pickled Ginger Tuna Salad

1 Serving

Ingredients:

- 1 Tbsp pickled ginger, finely chopped
- ½ Tbsp rice wine vinegar
- ½ Tbsp mirin (Japanese sweet rice wine)
- ½ Tbsp olive oil or canola oil
- 1 x 170 g can light tuna, packed in water, drained
- 1 tsp sesame seeds
- 1 regular pita (preferably whole wheat)
- 1 handful sprouts
- 1 handful lettuce
- ½ cup cucumber, sliced
- ½ cup tomato, sliced

Preparation:

1. Make vinaigrette by whisking together pickled ginger, rice wine vinegar and mirin. Slowly add oil until combined.
2. Mix vinaigrette with tuna and sesame seeds to desired consistency.
3. Stuff pita halves with tuna mixture and top with sprouts, lettuce, tomato and cucumber.

To complete this meal: Nothing. This is a complete meal.

Revive Servings: 2 grain/starch, 3.5 protein, 3 vegetable, 0 fruit, 1.5 fat, 0 dairy

Nutritional analysis per serving: 356 calories, 10.7g fat, 27.7g protein, 37.8g carbohydrates, 6.5g fibre and 721mg sodium

TOP 10 **DINNERS**

Spanish Stew

4-6 Servings

Ingredients:

- 6 slices bacon (preferably nitrate-free)
- 1 cup low sodium chicken broth
- 1 cup low sodium tomato sauce
- 2 onions, diced
- 2 tomatoes, diced
- 2 green bell peppers, diced
- 8 mushrooms, diced
- 1 head of cauliflower, chopped into small pieces (can make cauliflower rice if you prefer)
- 1 lb cooked meat (meatballs, leftover chicken or nitrate-free Italian sausage)
- ½ tsp chili powder
- Salt and pepper to taste

Preparation:

1. In a large pot over medium heat, cook bacon until evenly brown.
2. While bacon is cooking, combine chicken broth and tomato sauce in a small saucepan and bring to a boil over medium heat.
3. Once bacon is cooked, remove from pot and place bacon on paper towel to cool. Using reserve bacon fat, add onions to pot and sauté until tender.
4. Pour boiling chicken broth and tomato sauce into pot.
5. Add diced tomatoes, green peppers, mushrooms, cauliflower, chopped bacon and cooked meat. Season with chili powder, salt and pepper. Cover and simmer for 30-40 minutes.

To complete this meal: Serve over rice.

Revive Servings: 0 grain/starch, 3.5 protein, 3 vegetable, 0 fruit, 1 fat, 0 dairy

Nutritional analysis per serving: 328 calories, 14.7g fat, 28.7g protein, 21.7g carbohydrates, 6.2g fibre and 423mg sodium

Delicious Easy Meatballs

4-6 Servings

Ingredients:

- 2 Tbsp olive oil
- 1 clove garlic, minced
- 1 (20 oz.) package of ground turkey or bison
- 1 egg
- 1/3 cup Italian seasoned bread crumbs

Preparation:

1. Grease a 9x13 inch baking dish with the olive oil and place in oven. Preheat oven to 350°F (175° C).
2. In a medium bowl, mix together remaining ingredients with your hands.
3. Use an ice cream scoop to mold golf ball size meat balls. Place 1 inch apart in the hot baking dish.
4. Bake for 15 minutes, turn over and continue baking for 5 more minutes or until crisp on the outside.

To complete this meal:

- *Option 1: Serve with a tomato sauce with added vegetables in the sauce (peppers, onions, mushrooms, spinach and carrots) over pasta and a side salad.*
- *Option 2: Serve in zucchini boats.*
- *Option 3: Serve in a soup or stew.*

These are an easy addition to any meal. They freeze great too so try making a large batch and save some for a later day.

Revive Servings: 0 grain/starch, 4 protein, 0 vegetable, 0 fruit, 1 fat, 0 dairy

Nutritional analysis per serving: 220 calories, 9g fat, 29.1g protein, 5.7g carbohydrates, 0.4g fibre and 212mg sodium

Chicken Pot Pie

6 Servings

Ingredients:

- 2 Tbsp unsalted butter, divided
- 2-3 medium leeks, thinly sliced
- 2-4 large carrots, chopped
- 2-4 stalks celery, thinly sliced
- ½ lb button mushrooms, quartered
- ½ lb shiitake mushrooms, steamed and sliced
- 3 Tbsp all-purpose flour
- 1 ½ cups turkey broth or low-sodium chicken broth
- 2 cups cooked chicken or Rotisserie chicken, chopped
- ½ cup 10% cream, divided
- 1 tsp dried thyme
- Salt and pepper to taste
- 1 cup peas (optional)

Preparation:

1. Preheat oven to 400°F.
2. In a large heavy skillet, melt 1 Tbsp of the butter.
3. Add leeks, carrots and celery and cook over medium heat until softened but not browned (about 10 minutes). Transfer vegetables to a bowl and set aside.
4. Melt remaining 1 Tbsp butter in skillet. Add mushrooms and cook over medium-high heat until they have given off their moisture and are tender (about 10 minutes). Add leek mixture to skillet and toss to combine. Add flour, stir well, and cook for 1 minute.
5. Slowly add broth while stirring constantly. Bring to a simmer and cook. Stirring constantly, until very thick. Add chicken, cream, thyme, salt and pepper and stir well.

To complete this meal: Serve warm with a crisp salad and small bun.

Revive Servings: 0 grain/starch, 1.5 protein, 4 vegetable, 0 fruit, 1.5 fat, 0 dairy

Nutritional analysis per serving: 236 calories, 10.9g fat, 18.9g protein, 17g carbohydrates, 3.2g fibre and 208mg sodium

Vegetables Kabobs (on the BBQ or oven)

6-8 Servings

Ingredients:

- 2 medium red onions, quartered
- 2 medium bell peppers – red, yellow and/or orange cut into 1-inch pieces
- 2 medium zucchini, cut into 1-inch pieces
- 1 medium yellow summer squash
- 12 medium mushrooms
- 1 container (350 g) firm tofu, cubed

Marinade Ingredients:

- 1/3 cup olive oil
- 3 Tbsp lemon juice
- 1 tsp salt
- 1 tsp pepper
- 1 ½ tsp oregano
- 2 cloves garlic, minced

Preparation:

1. In a large bowl, mix marinade ingredients. Stir well to blend.
2. Add prepared vegetables and tofu in bowl and mix well to coat everything. Marinate in the refrigerator 1-4 hours.
3. When ready to cook, remove vegetables and tofu from marinade and thread onto kabob rods, leaving a small space between vegetables.
4. Place kabobs on grill on medium high heat until all vegetables are golden and tender (about 20-25 minutes).

To complete this meal: Serve with roasted potatoes and 1 cup plain Greek yogurt, topped with fresh chives.

Revive Servings: 0.25 grain/starch, 0.5 protein, 2.5 vegetable, 0 fruit, 2 fat, 0 dairy

Nutritional analysis per serving: 153 calories, 10.5g fat, 5.6g protein, 11.5g carbohydrates, 2.2g fibre and 317mg sodium

Chicken and Eggplant Teriyaki

5 Servings

Ingredients:

- 2 Tbsp sesame oil (can also use canola or grapeseed oil)
- 1 lb ground chicken
- Pinch chili pepper flakes
- Pinch salt and pepper
- 2 zucchinis, chopped
- 1 red bell pepper, chopped
- 1 long eggplant, chopped
- 2 large garlic cloves, minced
- ½ Tbsp ginger, minced (can use fresh ginger paste from jar/tube)
- 2 Tbsp raw honey
- 3 Tbsp low sodium soya sauce
- ¼ cup water
- 1 tsp of corn starch
- 2 green onions, sliced

Preparation:

1. Heat 1 Tbsp oil on medium heat in a non-stick pan or cast iron skillet. Add ground chicken seasoned with chili pepper flakes and salt and pepper. Brown meat, breaking up with spatula, and stirring every minute or so. While meat is cooking, chop vegetables. Remove chicken from heat when it is cooked through.
2. Chop zucchini, pepper and eggplant into similar sized pieces.
3. In a separate pan or wok, heat second Tbsp of oil on medium-high heat. Add minced garlic and ginger to release their fragrance and essential oils.
4. Shortly after adding garlic, add diced vegetables and sauté. Stir to cook evenly. If the bottom of the pan seems in danger of drying out and burning, add a bit of water.
5. Cook for about 10 minutes and then add the browned chicken meat. Add honey and stir around in the pan to distribute.
6. In a small bowl, combine soya sauce, water and cornstarch. Pour mixture over your stir-fry and cook for another minute to thicken sauce.
7. Slice green onions and stir into sauce. Reserve some green onion to garnish dish at the end!

To complete this meal: Serve on a bed of 1/3 – ½ cup cooked rice or quinoa. Add spinach greens for extra veggies.

Revive Servings: 0.5 grain/starch, 3 protein, 2 vegetable, 0 fruit, 1 fat, 0 dairy

Nutritional analysis per serving: 254 calories, 8.4g fat, 25.2g protein, 20.2g carbohydrates, 5.1g fibre and 395mg sodium

Tofu Bok Choy Stir-Fry

4 Servings

Ingredients:

- 1 Tbsp vegetable oil
- Large bunch bok choy
- 3 cups mushrooms, sliced
- 1 package (350 g) extra firm tofu, cubed
- 1 cup chickpeas, thoroughly drained and rinsed

Sauce:

- 2-3 Tbsp soy sauce, low sodium
- 2 tsp honey (optional)
- 2 tsp ginger, minced
- 2 tsp garlic, minced
- 1-2 tsp garlic chili sauce or sambal oelek (Asian style chili garlic sauce)
- 1-2 tsp corn starch to thicken

Preparation:

1. To prepare the stir-fry sauce, thoroughly whisk together all sauce ingredients in a small bowl.
2. Chop up a large bunch of bok choy into bite sized pieces. Rinse with cold water and sauté in an oiled pan until tender. Pour cooked leafy greens from the pan into a large bowl.
3. Cook 3 cups of sliced mushrooms in the same pan until tender. Once tender, combine mushrooms in large bowl with the bok choy.
4. Sauté cubed, extra firm tofu to brown the edges. Once the tofu is warmed through, throw everything back into the pan.

To complete this meal: Serve over 1/3 cup cooked quinoa or rice.

Revive Servings: 0.5 grain/starch, 2 protein, 3.5 vegetable, 0 fruit, 0.75 fat, 0 dairy

Nutritional analysis per serving: 238 calories, 10.1g fat, 17.8g protein, 24g carbohydrates, 6g fibre and 572mg sodium

Tender Turkey Burgers

8 Patties

Ingredients:

- 1 onion, pulsed in food processor
- 1 small zucchini, pulsed in food processor (or finely shredded)
- Vegetable oil (for pan)
- 1 Tbsp garlic, minced
- 1 inch piece fresh ginger, peeled and grated
- ½ bunch fresh cilantro leaves, finely chopped
- 1.5 lb ground turkey
- 2-3 Tbsp psyllium husk or sprouted chia seed (can substitute flour, quick oats or oat bran)
- 2 Tbsp soy sauce
- 1 Tbsp sambal oelek (Asian style chili garlic sauce)

Preparation:

1. In a food processor, pulse together onion and zucchini into an even, coarse consistency.
2. In a non-stick pan, heat vegetable oil on medium heat and sauté onion-zucchini mixture, garlic and ginger until tender and most of the water is evaporated.
3. While the vegetables are cooking, chop ½ a bunch of fresh cilantro leaves (equal to about 1/3 cup).
4. Combine all ingredients together in a medium bowl and form mixture into 8 separate balls.
5. Press each ball onto the sauté pan to form a turkey patty and cook for 5-6 minutes on each side until burger is cooked through.

To complete this meal: Serve on a whole grain bun with a crisp fresh salad.

Revive Servings: 0 grain/starch, 3 protein, 0.75 vegetable, 0 fruit, 0 fat, 0 dairy

Nutritional analysis per serving: 128 calories, 2.7g fat, 21.5g protein, 4.6g carbohydrates, 1.8g fibre and 202mg sodium

Spaghetti Squash and Lentil Sauce

4-6 Servings

Ingredients:

- 1 spaghetti squash
- 2 Tbsp extra virgin olive oil
- 5 mushrooms, thinly sliced
- 1 Tbsp garlic, minced
- ¼ cup fresh parsley, chopped
- 1 large onion, chopped
- 1 can (14 oz.) pinto beans
- 1 can (14 oz.) chickpeas
- Salt and black pepper to taste
- 1 medium can (15 oz.) organic tomato sauce
- 1 tsp dried parsley
- 1 tsp dried oregano
- 1 tsp dried rosemary
- ¼ tsp red pepper flakes (optional)
- 1 red bell pepper, seeded and chunked
- 1 green bell pepper, seeded and chunked

Preparation:

1. Preheat oven to 350°F.
2. Cut your squash in half, lengthwise. Be careful to have a firm grip on your squash – cutting these can be a bit dangerous. Scoop out the seeds. Bake squash, insides facing up, in oven for 30-40 minutes (or microwave it for 7-8 minutes).
3. In a large pan, add ½ Tbsp of olive oil and sauté mushrooms. Once done, place in dish to let cool.
4. In the same pan, sauté the garlic, parsley and onion in the leftover extra virgin olive oil and stir on high heat until nicely golden.
5. Add pinto beans, chickpeas, salt and pepper, and cook on high heat 5 minutes.
6. Add the tomato sauce, parsley, oregano, rosemary, red pepper flakes, sautéed mushrooms and peppers. Stir to mix all ingredients.
7. Taste and correct seasonings if needed.
8. Lower heat and let simmer for 30-45 minutes.
9. Once your squash has cooled, use a fork to remove the squash noodles.
10. Once you have finished your sauce, add on top of removed squash noodles. Serve and enjoy!

To complete this meal: Serve with a cup of milk. For larger appetites, mix spaghetti squash with spaghetti.

Revive Servings: 2 grain/starch, 1.33 protein, 3 vegetable, 0 fruit, 1 fat, 0 dairy

Nutritional analysis per serving: 250 calories, 6.4g fat, 10g protein, 41.6g carbohydrates, 11.2g fibre and 469mg sodium

Shepherd's Pie

10 Servings

Ingredients:

- 2 cups cooked turkey/chicken/lean ground beef/pork/veggie ground round
- 1 cup carrots, chopped
- 1 cup celery, chopped
- 1 cup onion, chopped
- 1 cup mushrooms, chopped
- 2 bay leaves
- 1 tsp dried thyme
- 2 cups reduced-sodium chicken broth (look for the one with 6% of daily sodium intake)
- 1 cup frozen green peas
- 1 ½ cups mashed potatoes
- Salt and pepper to taste

Preparation:

1. Preheat oven to 400°F.
2. In a large saucepan, combine cooked meat or tofu, carrots, celery, onion, mushrooms, bay leaves and thyme. Pour chicken broth over vegetables and set pan over high heat. Bring to a boil. Reduce heat to medium and simmer 5 minutes, until liquid reduces slightly. Remove bay leaves. Remove from heat and stir in peas.
3. Transfer mixture to a deep-dish pie plate or shallow casserole dish placed on a baking sheet. Spoon mashed potatoes over top and, using the back of a spoon, make an even layer.
4. Place pie on a baking sheet and bake for 15 minutes until top is golden brown and filling is bubbly.

To complete this meal: Nothing. This is a complete meal (when you have 2 servings). You can increase your vegetables by serving a side salad or a veggie plate (sliced carrots, cucumbers and peppers) with a homemade yogurt dip.

Revive Servings: 0.5 grain/starch, 1 protein, 1 vegetable, 0 fruit, 0 fat, 0 dairy

Nutritional analysis per serving: 115 calories, 3.4g fat, 10.5g protein, 10.6g carbohydrates, 2g fibre and 250mg sodium

Classic Chilli with Kale

12 Servings

Ingredients:

- 1 tsp vegetable oil
- 500 g lean ground beef
- 1 Tbsp vegetable oil
- 1 large onion, diced
- 1 bell pepper, diced
- 1 zucchini squash, diced
- 1 bunch kale, shredded (discard stems)
- 3 cloves garlic, chopped
- 1 Tbsp chili powder
- 1 tsp cumin
- 1 tsp dried oregano
- ½ tsp cayenne
- 2 x 28 oz. can diced tomatoes, no salt added
- 398 ml can kidney beans, no salt added
- 398 ml can garbanzo beans, no salt added

Preparation:

1. Warm a teaspoon of oil in a large, heavy Dutch oven or soup pot over medium heat and brown the meat. Break up ground meat as it browns; get the pieces as small as you can. Transfer the browned meat from the pot to a clean dish.
2. In the same pot, warm a tablespoon of oil over medium to medium-high heat. Add the diced onion and cook until softened and translucent (about 5 minutes). Add the other vegetables and continue to cook until softened (another 5-8 minutes). Add the garlic, stirring it into the vegetables.
3. Add the seasonings to the pan. Stir until the vegetables are coated and the spices are fragrant (another 30 seconds).
4. Add the browned meat back into the pan. Pour in the two cans of diced tomatoes. Bring the chili to a simmer and cook for 25-35 minutes, stirring occasionally.
5. Add the kidney beans and garbanzo beans to the pot. Simmer for another 10 minutes. Taste and add more seasonings or salt to taste.

To complete this meal: Serve with shredded cheese/sour cream/guacamole or other garnishes! Chili will keep for up to a week in the fridge and up to three months in the freezer.

Revive Servings: 1 grain/starch, 2 protein, 1.5 vegetable, 0 fruit, 0 fat, 0 dairy

Nutritional analysis per serving: 229 calories, 8.9 g fat, 17.1g protein, 22.4g carbohydrate, 6.8g fiber and 252 mg sodium

BONUS

DESSERT

Layered Black Bean Birthday Cake

16 Servings

Ingredients:

Cake:

- 2 cans of unsalted black beans (15 oz. each)
- 6 eggs
- 2 Tbsp vanilla extract
- 1 tsp salt
- $\frac{3}{4}$ cup butter or coconut oil
- 1 cup honey
- $\frac{3}{4}$ cup cocoa powder
- 2 tsp baking powder
- 1 tsp baking soda

Filling:

- $\frac{1}{2}$ cup dry red lentils
- 1 cup water
- $\frac{1}{4}$ cup maple syrup
- 1 cup unsweetened coconut
- 1 Tbsp coconut oil

Topping:

- 1 cup dark chocolate chips

Preparation:

1. Preheat oven to 325 °F. Combine beans and eggs into a blender or food processor and blend until smooth.
2. Pour into a bowl and combine with remaining cake ingredients and mix well.
3. Take two cake pans and coat the sides with cocoa. Cut two circles in parchment paper and line the bottom of the pans.
4. Pour the cake batter evenly into each cake pan. Bake for 40 minutes.
5. While letting the cakes cool, combine lentils and water in a pot and bring to a boil. Cover the pot, reduce heat and let simmer for 10-15 minutes. Remove from heat and allow to cool.
6. Combine lentils with the rest of the filling ingredients and blend until smooth.
7. Take one of the cakes and trim the top off, making a smooth, flat surface. Spread the filling over the flat cake, then add the second cake on top.
8. Melt the chocolate chips and drizzle over the cake and enjoy!

Revive Servings: 2 grain/starch, 1 protein, 0 vegetable, 0 fruit, 2 fat, 0 dairy

Nutritional analysis per serving: 297 calories, 15.2 g fat, 7.8 g protein, 36.3 g carbohydrate (31.2 g available carbohydrate), 5.1 g fibre, 370 mg sodium