



Energy Enhancing Diet

Created by Michal Ofer Lifestyle & Wellness for www.calmparent.net



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Pumpkin Pie B... A small white bowl filled with granola, with a wooden spoon resting in it. In the background, there's a small orange pumpkin and a white plate with some granola.	Pumpkin Pie B... A small white bowl filled with granola, with a wooden spoon resting in it. In the background, there's a small orange pumpkin and a white plate with some granola.	Pumpkin Pie B... A small white bowl filled with granola, with a wooden spoon resting in it. In the background, there's a small orange pumpkin and a white plate with some granola.	Zucchini Bread... A clear glass jar filled with a moist, yellowish-brown zucchini bread mixture. A wooden spoon is visible inside the jar. A whole zucchini is in the background.	Zucchini Bread... A clear glass jar filled with a moist, yellowish-brown zucchini bread mixture. A wooden spoon is visible inside the jar. A whole zucchini is in the background.	Zucchini Bread... A clear glass jar filled with a moist, yellowish-brown zucchini bread mixture. A wooden spoon is visible inside the jar. A whole zucchini is in the background.	Zucchini Bread... A clear glass jar filled with a moist, yellowish-brown zucchini bread mixture. A wooden spoon is visible inside the jar. A whole zucchini is in the background.
Snack 1	Sea Salt & Garl... A close-up of several dark, textured, and slightly crumbly snacks, possibly energy bites or cookies, arranged on a surface.	Sea Salt & Garl... A close-up of several dark, textured, and slightly crumbly snacks, possibly energy bites or cookies, arranged on a surface.	Sea Salt & Garl... A close-up of several dark, textured, and slightly crumbly snacks, possibly energy bites or cookies, arranged on a surface.	Pumpkin Break.. A stack of four round, golden-brown pumpkin oatmeal cookies.	Pumpkin Break.. A stack of four round, golden-brown pumpkin oatmeal cookies.	Pumpkin Break.. A stack of four round, golden-brown pumpkin oatmeal cookies.	Pumpkin Break.. A stack of four round, golden-brown pumpkin oatmeal cookies.
Lunch	Lentil Masala S... Two bowls of lentil masala soup, garnished with fresh cilantro and a sprinkle of cheese.	Lentil Masala S... Two bowls of lentil masala soup, garnished with fresh cilantro and a sprinkle of cheese.	Lentil Masala S... Two bowls of lentil masala soup, garnished with fresh cilantro and a sprinkle of cheese.	Lentil Masala S... Two bowls of lentil masala soup, garnished with fresh cilantro and a sprinkle of cheese.	Tomato & Egg... A bowl of tomato and egg soup with some bread on the side.	Tomato & Egg... A bowl of tomato and egg soup with some bread on the side.	One Pan Chick... A plate of one-pan chicken and vegetables.
Snack 2	Banana with A... Slices of banana with almond butter spread on them.	Apple with Alm... Slices of apple with almond butter spread on them.	Banana with Al... Slices of banana with almond butter spread on them.	Apple with Alm... Slices of apple with almond butter spread on them.	Banana with Al... Slices of banana with almond butter spread on them.	Apple with Alm... Slices of apple with almond butter spread on them.	Banana with Al... Slices of banana with almond butter spread on them.
Dinner	Tomato & Egg... A bowl of tomato and egg soup with some bread on the side.	Tomato & Egg... A bowl of tomato and egg soup with some bread on the side.	Slow Cooker H... A wooden tray with several pieces of slow-cooked meat, possibly chicken or beef, with some vegetables.	Slow Cooker H... A wooden tray with several pieces of slow-cooked meat, possibly chicken or beef, with some vegetables.	One Pan Salmo... A tray with baked salmon fillets, cherry tomatoes, and broccoli.	One Pan Chick... A plate with one-pan chicken and vegetables.	One Pan Salmo.. A tray with baked salmon fillets, cherry tomatoes, and broccoli.

Energy Enhancing Diet

 58 items

Fruits

- 3** Apple
- 6** Banana
- 1/2** Navel Orange

Breakfast

- 1 cup** Almond Butter
- 1/3 cup** Maple Syrup

Seeds, Nuts & Spices

- 3/4 tsp** Black Pepper
- 1/2 cup** Chia Seeds
- 1 1/2 tsps** Chili Powder
- 1 1/2 tsps** Cinnamon
- 1 tsp** Dried Thyme
- 1 tbsp** Garam Masala
- 1 3/4 tsps** Garlic Powder
- 1/4 cup** Ground Flax Seed
- 1/4 cup** Hemp Seeds
- 1/2 tsp** Nutmeg
- 1/4 tsp** Onion Powder
- 1 tbsp** Oregano
- 1 cup** Pumpkin Seeds
- 1 1/8 tsps** Sea Salt
- Sea Salt & Black Pepper
- 3/4 cup** Sunflower Seeds
- 2 tsps** Turmeric

Vegetables

- 1/2 cup** Basil Leaves
- 5 cups** Broccoli
- 2 1/2** Carrot
- 1/2 head** Cauliflower
- 2 cups** Cherry Tomatoes
- 1 cup** Cilantro
- 1/2** Eggplant
- 5 1/2** Garlic
- 4 cups** Kale Leaves
- 1 cup** Red Onion
- 1** Yellow Bell Pepper
- 1** Zucchini

Boxed & Canned

- 2 1/2 cups** Brown Rice Penne
- 3 cups** Crushed Tomatoes
- 3 cups** Diced Tomatoes
- 1 cup** Dry Red Lentils
- 1 cup** Lentils
- 1 cup** Organic Coconut Milk
- 4 cups** Organic Vegetable Broth

Baking

- 1/2 cup** Almond Flour
- 1 1/8 tsps** Baking Powder
- 3 1/3 cups** Oats
- 1/2 cup** Pitted Dates
- 1 1/2 tsps** Pumpkin Pie Spice
- 1 1/3 cups** Pureed Pumpkin
- 3 tbsps** Raw Honey
- 1/2 tsp** Vanilla Extract

Bread, Fish, Meat & Cheese

- 8 ozs** Chicken Breast
- 1 lb** Chicken Thighs
- 10 ozs** Salmon Fillet

Condiments & Oils

- 1 1/2 tsps** Coconut Aminos
- 1 1/2 tbsps** Coconut Oil
- 1/2 cup** Extra Virgin Olive Oil

Cold

- 1 1/2** Egg
- 2 cups** Unsweetened Almond Milk

Other

- 3/4 cup** Water

Pumpkin Pie Baked Oatmeal



11 ingredients 45 minutes 3 servings

Directions

1. Preheat oven to 375F. Grease a baking dish with a little coconut oil. (Use a 9 x 13 inch dish for 6 servings.)
2. In a large bowl, whisk together the pumpkin, eggs, maple syrup, pumpkin pie spice, vanilla, baking powder, salt and milk until smooth. Stir the oats and ground flax into the pumpkin mixture. Pour into the baking dish and sprinkle pumpkin seeds over top.
3. Bake in the preheated oven for 40 minutes or until the centre feels set and the edges are slightly golden.

Notes

Storage Store covered in the fridge up to 4 - 5 days, or freeze in individual portions for easy grab-and-go breakfasts down the road.

Egg-Free Replace the eggs with flax eggs. For every egg, mix together 1 tbsp of ground flax seed with 3 tbsp of water.



Ingredients

1 cup	Pureed Pumpkin
1	Egg
1/4 cup	Maple Syrup
1 1/2 tsps	Pumpkin Pie Spice
1/2 tsp	Vanilla Extract
1/3 tsp	Baking Powder
1/4 tsp	Sea Salt
1/2 cup	Unsweetened Almond Milk
1 1/4 cups	Oats (rolled or quick)
2 tbsps	Ground Flax Seed
2 tbsps	Pumpkin Seeds

Zucchini Bread Overnight Oats

 8 ingredients  8 hours  4 servings

Directions

1. In a large bowl combine the oats, almond milk, ground flax seeds, maple syrup, cinnamon, grated zucchini (aim for about 1/2 cup per serving) and hemp seeds. Stir well to mix and then store covered in the fridge overnight.
2. Add a large spoonful or two of oats into jars (250mL or 500mL). Add a layer of sliced banana, and another layer of oats. Top with more sliced banana, a sprinkle of hemp seeds and cinnamon. Enjoy them cold, or warm them up for a minute in the microwave.

Ingredients

1 1/2 cups	Oats (quick or traditional)
1 1/2 cups	Unsweetened Almond Milk
2 tbsps	Ground Flax Seed
2 tbsps	Maple Syrup
1/2 tsp	Cinnamon
1	Zucchini (grated)
1/4 cup	Hemp Seeds
2	Banana (sliced)

Sea Salt & Garlic Crackers

 7 ingredients  30 minutes  4 servings

Directions

1. Preheat oven to 350 degrees F and line a baking sheet with parchment paper.
2. Combine all ingredients in a bowl and let sit for 1-2 minutes. Transfer to the baking sheet and press down evenly into a thin layer.
3. Bake for 20 minutes. Then use a spatula to carefully flip over and bake for an additional 5 minutes.
4. Let cool completely, then break apart into pieces. (Note: the crackers will harden as they cool.)
5. Enjoy!

Notes

Storage Refrigerate in an air-tight container up to 1 week.

Serve Them With Hummus, nut butter, cheese, on top of salad or soup.

Ingredients

1/2 cup	Sunflower Seeds
1/2 cup	Pumpkin Seeds
1/2 cup	Chia Seeds
1/2 cup	Almond Flour
1/2 tsp	Sea Salt
1 1/2 tsps	Garlic Powder
1/2 cup	Water

Pumpkin Breakfast Cookies

 14 ingredients  45 minutes  4 servings

Directions

1. Preheat oven to 350 and line a baking sheet with parchment paper.
2. Combine oats, flax seed, cinnamon, nutmeg, sea salt, baking powder, pumpkin seeds, sunflower seeds and chopped dates together in a bowl. Mix well to combine.
3. Whisk egg in a separate mixing bowl. Add pumpkin, honey, coconut oil and grated carrot. Mix well to combine.
4. Add dry ingredients in with the wet and mix well until a dough-like consistency forms.
5. Form cookies with the dough and transfer to the baking sheet. (Tip: Use a lid from a large-mouth mason jar as a mould.)
6. Place in the oven and bake for 30 to 40 minutes depending on how crispy you like your cookies. Remove from oven and let cool. Enjoy!

Notes

Make it Sweeter Add in a handful of dark organic chocolate chips.

Vegan Use maple syrup instead of honey and a chia egg instead of an egg.

Storage Store in the freezer in a zip-loc bag up to 1 month.

Ingredients

2/3 cup	Oats (quick or rolled)
3/4 tsp	Ground Flax Seed
1 tsp	Cinnamon
1/2 tsp	Nutmeg
1/8 tsp	Sea Salt
3/4 tsp	Baking Powder
1/4 cup	Pumpkin Seeds
1/4 cup	Sunflower Seeds
1/2 cup	Pitted Dates (chopped)
1/2	Egg
1/3 cup	Pureed Pumpkin
2 tbsps	Raw Honey
1 1/2 tsps	Coconut Oil (melted)
1/2	Carrot (grated)

Lentil Masala Soup

 12 ingredients  30 minutes  4 servings

Directions

1. Heat coconut oil in a large stock pot over medium heat. Add the onions and saute for about 4 minutes or until translucent. Add in the minced garlic. Saute for another minute.
2. Add in the turmeric, garam masala and sea salt. Stir for a minute or until spices are well mixed. Add in the cilantro, vegetable broth and diced tomatoes. Bring to a boil then reduce heat to a simmer.
3. Add in the dry lentils, cover and cook for 15 to 20 minutes. Once the lentils are cooked through, add in the coconut milk. Stir well to mix, then add in the kale. Stir again until the kale is wilted. Turn off the heat. Ladle into bowls and enjoy!

Notes

Garnish Top soup with chopped cilantro, sliced almonds and/or a dollop of coconut yogurt.

Ingredients

1 1/2 tsps	Coconut Oil
1/2 cup	Red Onion (finely diced)
4	Garlic (cloves, minced)
1 tsp	Turmeric
1 tbsp	Garam Masala
1 tsp	Sea Salt
1 cup	Cilantro (finely diced)
4 cups	Organic Vegetable Broth
3 cups	Diced Tomatoes
1 cup	Dry Red Lentils
1 cup	Organic Coconut Milk (canned, full-fat)
4 cups	Kale Leaves (finely sliced)

Banana with Almond Butter

 2 ingredients  2 minutes  1 serving

Directions

1. Slice banana.
2. Dip in almond butter.
3. Bam.

Ingredients

1	Banana
2 tbsps	Almond Butter



Apple with Almond Butter

 2 ingredients  5 minutes  1 serving

Directions

1. Slice apple and cut away the core.
2. Dip into almond butter.
3. Yummmmm.

Ingredients

1	Apple
2 tbsps	Almond Butter

Tomato & Eggplant Pasta Casserole

 12 ingredients  1 hour  4 servings

Directions

1. Preheat oven to 450 degrees F.
2. In a large bowl, mix together the crushed tomatoes, lentils, water, olive oil, basil, oregano, garlic powder, onion powder, salt, pepper and dry penne. Stir well to mix, then transfer into the casserole dish. Line the top with a layer of eggplant rounds. Bake in the oven for 40 to 45 minutes. The eggplant should be roasted and golden brown (if it starts to burn, set a piece of foil on top).
3. Remove from oven and let cool for 5 minutes before serving. Enjoy!

Notes

Serve it With Arugula tossed in olive oil and lemon juice.

Likes it Spicy Garnish with red chili flakes.

Cheese Lover Serve with parmesan cheese.

Meat Lover Swap out the lentils for cooked ground meat.

No Eggplant Use tomatoes or zucchini sliced into rounds to cover the top instead.

Ingredients

3 cups	Crushed Tomatoes
1 cup	Lentils (cooked, drained and rinsed)
1/4 cup	Water
2 tbsps	Extra Virgin Olive Oil
1/2 cup	Basil Leaves (chopped)
1 tbsp	Oregano
1/4 tsp	Garlic Powder
1/4 tsp	Onion Powder
1 tsp	Sea Salt
1/2 tsp	Black Pepper
2 1/2 cups	Brown Rice Penne (dry)
1/2	Eggplant (large, sliced into 1/2 inch thick rounds)

Slow Cooker Honey Garlic Chicken

 10 ingredients  4 hours  2 servings

Directions

1. Combine olive oil, raw honey, minced garlic, chili powder, sea salt and black pepper together in a bowl. Mix well.
2. Place chicken thighs in the bottom of your slow cooker. Pour the honey garlic sauce in over top. Use a spatula to toss until all the chicken is well coated. Set on low for 6 to 8 hours or on high for 4 hours (or until chicken is cooked through). Optional: Flip the chicken thighs at the halfway point and use a baster or spoon to coat the chicken with the run off marinade.
3. Before you eat, lightly steam your broccoli just until it is bright green then toss it with coconut oil and season with sea salt and black pepper.
4. Baste the chicken again before removing it from the slow cooker. Serve chicken thighs with broccoli on the side. Enjoy!

Notes

No Chicken Thighs Use chicken wings, drumsticks or breasts.

Thighs

No Slow Cooker Marinade the chicken in advance. Bake in the oven at 350 for 30 minutes or until chicken is cooked through.

More Carbs Serve with rice, potato or quinoa.

Ingredients

1 1/2 tbsps	Extra Virgin Olive Oil
1 tbsp	Raw Honey
1 1/2	Garlic (cloves, minced)
1 1/2 tsps	Chili Powder
1/2 tsp	Sea Salt
1/4 tsp	Black Pepper
1 lb	Chicken Thighs (skinless, boneless)
3 cups	Broccoli (chopped into florets)
1 1/2 tsps	Coconut Oil (or organic butter)
Sea Salt & Black Pepper (to taste)	

One Pan Salmon with Rainbow Veggies

 9 ingredients  40 minutes  2 servings

Directions

1. Preheat oven to 375 degrees F and line a baking sheet with parchment paper.
2. Place the cherry tomatoes, salmon, bell pepper, broccoli, and red onion on the sheet pan. Drizzle the vegetables with olive oil. Brush the salmon with the coconut aminos, orange juice and zest. Sprinkle everything with salt and pepper to taste.
3. Place in the oven and bake for 30 minutes, or until salmon is fully cooked.
4. Divide between plates and enjoy!

Notes

More Carbs Serve with rice or quinoa.

Vegan Use tofu steaks or roasted chickpeas instead of salmon.

Leftovers Keeps well in the fridge for 2 to 3 days.

Ingredients

2 cups	Cherry Tomatoes
10 ozs	Salmon Fillet
1	Yellow Bell Pepper (sliced)
2 cups	Broccoli (chopped into small florets)
1/2 cup	Red Onion (sliced into chunks)
2 tbsps	Extra Virgin Olive Oil
1 1/2 tsps	Coconut Aminos
1/2	Navel Orange (zested and juiced)
	Sea Salt & Black Pepper (to taste)

One Pan Chicken, Golden Cauliflower & Carrot Fries

 7 ingredients  40 minutes  2 servings

Directions

1. Preheat oven to 375F and line a large baking sheet with parchment paper.
2. Peel and slice carrots into sticks. Wash and chop cauliflower into florets.
3. Brush chicken breast with 1/3 of the olive oil. Season with thyme and sea salt and black pepper to taste. Place on the baking sheet.
4. Toss carrot sticks in 1/3 of the olive oil and season with salt and pepper to taste. Place on the baking sheet next to chicken.
5. Toss cauliflower with the remaining olive oil, turmeric and salt and pepper to taste. Mix until cauliflower is evenly yellow then transfer to the baking sheet.
6. Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through.
7. Remove baking sheet from the oven and divide onto plates. Enjoy!

Notes

Low FODMAP Use zucchini instead of cauliflower.

Ingredients

2	Carrot (medium)
1/2 head	Cauliflower
3 tbsps	Extra Virgin Olive Oil (divided three ways)
8 ozs	Chicken Breast
1 tsp	Dried Thyme
1 tsp	Turmeric (powder)
	Sea Salt & Black Pepper (to taste)