
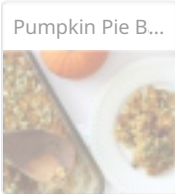
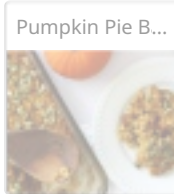
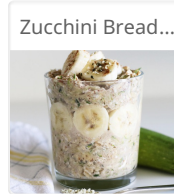
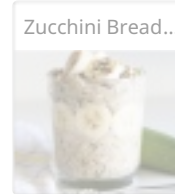
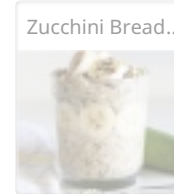
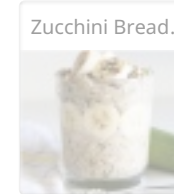

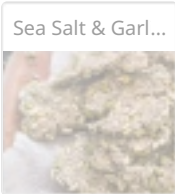
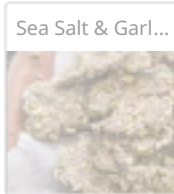

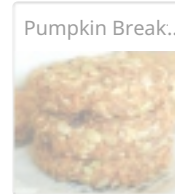
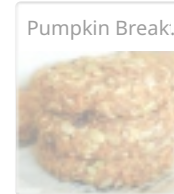
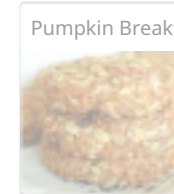


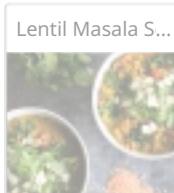
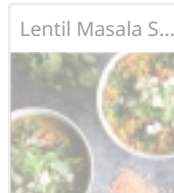
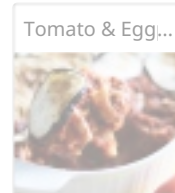
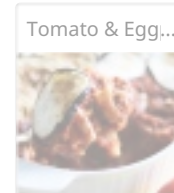
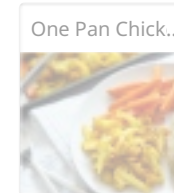
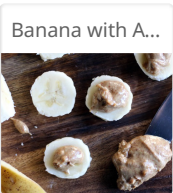
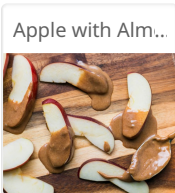
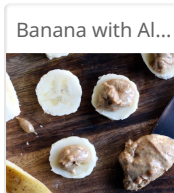
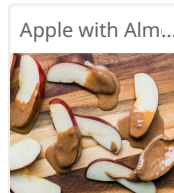
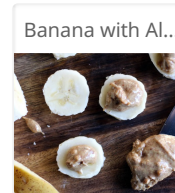
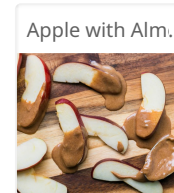
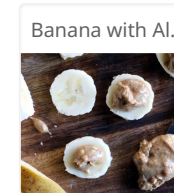

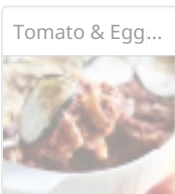
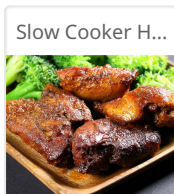
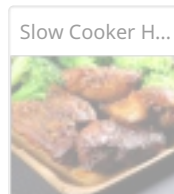
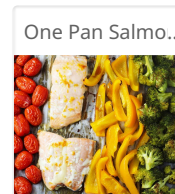
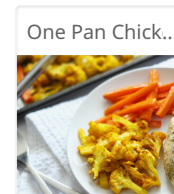
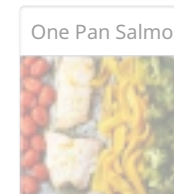




## Energy Enhancing Diet

Created by Michal Ofer Lifestyle & Wellness for [www.calmparent.net](http://www.calmparent.net)



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Breakfast</b>	Pumpkin Pie B... 	Pumpkin Pie B... 	Pumpkin Pie B... 	Zucchini Bread... 	Zucchini Bread... 	Zucchini Bread... 	Zucchini Bread... 
<b>Snack 1</b>	Sea Salt & Garl... 	Sea Salt & Garl... 	Sea Salt & Garl... 	Pumpkin Break... 	Pumpkin Break... 	Pumpkin Break... 	Pumpkin Break... 
<b>Lunch</b>	Lentil Masala S... 	Lentil Masala S... 	Lentil Masala S... 	Lentil Masala S... 	Tomato & Egg... 	Tomato & Egg... 	One Pan Chick... 
<b>Snack 2</b>	Banana with A... 	Apple with Alm... 	Banana with Al... 	Apple with Alm... 	Banana with Al... 	Apple with Alm... 	Banana with Al... 
<b>Dinner</b>	Tomato & Egg... 	Tomato & Egg... 	Slow Cooker H... 	Slow Cooker H... 	One Pan Salmo... 	One Pan Chick... 	One Pan Salmo... 

# 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 tsps 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 tsps 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

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

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

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

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

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

## Ingredients

- |                |               |
|----------------|---------------|
| <b>1</b>       | Apple         |
| <b>2 tbsps</b> | 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

- |                   |   |
|-------------------|---|
| <b>3 cups</b>     | Crushed Tomatoes                                    |
| <b>1 cup</b>      | Lentils (cooked, drained and rinsed)                |
| <b>1/4 cup</b>    | Water   |
| <b>2 tbsps</b>    | Extra Virgin Olive Oil                              |
| <b>1/2 cup</b>    | Basil Leaves (chopped)                              |
| <b>1 tbsp</b>     | Oregano   |
| <b>1/4 tsp</b>    | Garlic Powder                                       |
| <b>1/4 tsp</b>    | Onion Powder  |
| <b>1 tsp</b>      | Sea Salt  |
| <b>1/2 tsp</b>    | Black Pepper  |
| <b>2 1/2 cups</b> | Brown Rice Penne (dry)                              |
| <b>1/2</b>        | 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** 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

<b>2 cups</b>	Cherry Tomatoes
<b>10 ozs</b>	Salmon Fillet
<b>1</b>	Yellow Bell Pepper (sliced)
<b>2 cups</b>	Broccoli (chopped into small florets)
<b>1/2 cup</b>	Red Onion (sliced into chunks)
<b>2 tbsps</b>	Extra Virgin Olive Oil
<b>1 1/2 tsps</b>	Coconut Aminos
<b>1/2</b>	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

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