

Spinach Egg Muffins



Spinach egg muffins are a perfect breakfast on the go. They are filling, nutritious, and can be added to any salad dish!

Wild Rice & Bean Salad



This wild rice and bean salad is the perfect staple for your busy work week, or a fantastic dish to take to a pot luck.

Sweet Potato Coconut Soup



This coconut sweet potato soup is perfect for those cool days. Simple, flavourful, and filling.

Coconut Cauliflower Rice



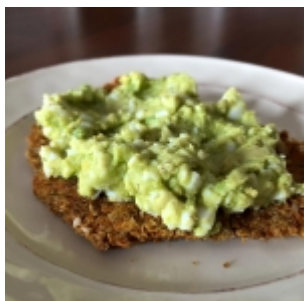
This coconut cauliflower rice is an excellent alternative to traditional rice.

Thai Coconut Soup



This thai coconut soup is perfect soup to compliment any meal.

Avocado Egg Salad



This recipe is ridiculously simple and so tasty.

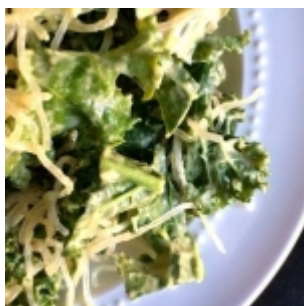
Hearty Borsch Soup



Nothing beats a fall, garden vegetable soup like borsch. Clean, hearty, and full of flavor.

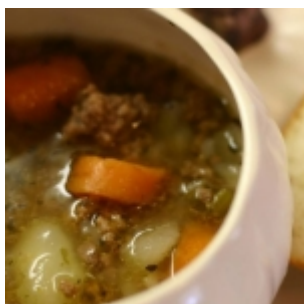
Kelp Noodle Salad with Almond

Miso Dressing



This salad will have your taste buds jumping and non-salad eaters coming back for seconds.

Hearty Hamburger Soup



This hearty hamburger soup will satisfy even the hungriest of men, while keeping it clean!

Kale Salad with Pecan Parmesan and Cranberries



A beautiful array colors and flavors, this summertime salad is a treat to the eyes and the tummy!