

Renew

THE
ANTI-AGING
JUMPSTART



OMNIVORE RECIPES

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Apple Cinnamon Overnight Oats	 Apple Cinnamon Overnight Oats	 Blueberry Zucchini Breakfast Cookies	 Blueberry Zucchini Breakfast Cookies	 Blueberry Beet Chia Pudding	 Blueberry Beet Chia Pudding	 Dark Chocolate Berry Chia Pudding
Lunch	 Strawberry Balsamic Salad with Maple Walnuts	 Quinoa-Crusted Chicken 'Parm' with Salsa	 Grilled Honey Dijon Salmon with Zucchini & Quinoa	 Moroccan Chicken Stew	 Salmon Chowder	 One Pan Olive Pesto Pork Chops	 Egg Roll in a Bowl
Dinner	 Quinoa-Crusted Chicken 'Parm' with Salsa	 Grilled Honey Dijon Salmon with Zucchini & Quinoa	 Moroccan Chicken Stew	 Salmon Chowder	 One Pan Olive Pesto Pork Chops	 Egg Roll in a Bowl	 One Pan Mediterranean Trout

Fruits

- 1 Apple
- 1 Banana
- 2 cups Blueberries
- 1/2 Lemon
- 1/2 cup Raspberries
- 1 cup Strawberries

Breakfast

- 1/3 cup Maple Syrup

Seeds, Nuts & Spices

- 1/2 tsp Cardamom
- 1/4 tsp Cayenne Pepper
- 1 1/3 cups Chia Seeds
- 2 1/2 tsps Cinnamon
- 1 tsp Garlic Powder
- 1/4 cup Ground Flax Seed
- 1/3 cup Hemp Seeds
- 1/4 tsp Nutmeg
- 1 tsp Onion Powder
- 1 1/8 tsps Sea Salt
- 1 tsp Turmeric
- 1 1/2 cups Walnuts

Vegetables

- 4 cups Baby Spinach
- 2 cups Basil Leaves
- 2 cups Bean Sprouts
- 1 Beet
- 2 cups Celery Root
- 1 cup Cherry Tomatoes
- 6 cups Coleslaw Mix
- 1 bulb Fennel
- 6 Garlic
- 1 tbsp Ginger
- 1 cup Green Beans
- 5 stalks Green Onion
- 1 Leeks
- 3/4 cup Parsley
- 2 cups Rutabaga
- 7 Tomato
- 3 Yellow Onion
- 5 Zucchini

Boxed & Canned

- 2 cups Organic Chicken Broth
- 2 cups Organic Coconut Milk
- 1/2 cup Organic Salsa
- 1 1/3 cups Quinoa

Baking

- 1 tsp Baking Powder
- 1 tbsp Cocoa Powder
- 3 tsps Nutritional Yeast
- 3/4 cup Oat Flour
- 2 1/2 cups Oats
- 1/3 cup Organic Raisins
- 1/4 cup Raw Honey
- 3/4 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- 20 ozs Chicken Breast
- 1/4 cup Goat Cheese
- 1 lb Lean Ground Pork
- 8 ozs Pork Chop
- 4 Rainbow Trout Fillet
- 28 ozs Salmon Fillet

Condiments & Oils

- 1 1/2 cups Artichoke Hearts
- 2 tsps Avocado Oil
- 1 1/2 tsps Balsamic Vinegar
- 1 cup Black Olives
- 1/4 cup Coconut Aminos
- 2/3 cup Coconut Oil
- 1/4 cup Dijon Mustard
- 2/3 cup Extra Virgin Olive Oil
- 1/2 cup Pitted Kalamata Olives

Cold

- 1 Egg
- 5 1/2 cups Unsweetened Almond Milk

Other

- 3/4 cup Water



Apple Cinnamon Overnight Oats

4 servings

8 hours

Ingredients

- 1 1/2 cups Oats (quick oats work best)
- 1 1/2 cups Unsweetened Almond Milk
- 2 tbsps Chia Seeds
- 1 tbsp Maple Syrup
- 1 tsp Cinnamon
- 1/4 tsp Nutmeg
- 1/2 tsp Vanilla Extract
- 1/2 cup Water
- 1 Apple (cored and diced)
- 1 cup Walnuts (chopped)

Directions

- 1 Combine oats, almond milk, chia seeds, maple syrup, cinnamon, nutmeg, vanilla extract and water in a large glass container. Stir well to evenly mix. Cover and store in the fridge overnight.
- 2 Remove from fridge. Use single-serving size jars (250 mL or 500 mL in size) and place a few spoonfuls of the oat mixture in the bottom of each. Then add a layer of diced apple followed by a layer of chopped walnuts. Repeat until all ingredients are used up.
- 3 Store in the fridge up to 4 days or until ready to eat. Add an extra splash of almond milk and/or a drizzle of honey (optional).

Notes

More Protein, Add hemp seeds or a spoonful of nut butter.

Warm it Up, Heat in the microwave for 30 to 60 seconds before eating.

No Maple Syrup, Use honey to sweeten instead.



Blueberry Zucchini Breakfast Cookies

8 servings

45 minutes

Ingredients

- 1 Banana
- 1 Egg (large, room temperature)
- 1/4 cup Coconut Oil (melted)
- 1 tbsp Maple Syrup
- 1 Zucchini (small, shredded)
- 3/4 cup Oat Flour
- 1 cup Oats (quick or traditional)
- 1 tsp Baking Powder
- 2 tbsps Hemp Seeds
- 1 tbsp Ground Flax Seed
- 1/2 cup Blueberries (fresh or frozen)

Directions

- 1 Preheat the oven to 350F. Line a baking sheet with parchment paper.
- 2 In a bowl, mash the banana using the back of a fork. Then whisk in the egg, coconut oil, maple syrup and zucchini.
- 3 In a separate bowl, mix together the oat flour, oats, baking powder, hemp seeds and flax. Add to the wet mixture until thoroughly combined. Gently fold in the blueberries.
- 4 Scoop the batter onto the baking sheet, making cookies of about 4 to 5 inches wide. Bake for 35 to 40 minutes or until golden brown. Enjoy!

Notes

Serving Size, One serving is equal to one cookie.

Storage, Refrigerate in an airtight container up to 3 to 5 days. Enjoy cold, reheat in the microwave or bake in the oven if you prefer it a bit crispier.

Muffin Lover, Bake in a muffin tin for about the same time, or a mini-muffin tray for about 20 to 25 minutes.

No Zucchini, Use grated carrot instead.

No Coconut Oil, Use butter instead.

No Oat Flour, Use spelt flour or all-purpose flour (gluten-free optional) instead.



Blueberry Beet Chia Pudding

4 servings

3 hours

Ingredients

- 1 Beet (medium)
- 3 cups Unsweetened Almond Milk
- 1 cup Organic Coconut Milk
- 1 cup Blueberries (fresh or frozen)
- 1 tsp Cinnamon
- 2 tbsps Maple Syrup
- 1 cup Chia Seeds

Directions

- 1 Place the beets in a small steamer basket and steam for about 10 minutes, or until soft.
- 2 Add the steamed beets to a blender with the almond milk, coconut milk, blueberries, cinnamon and maple syrup. Blend until smooth.
- 3 Pour the beet mixture into a bowl and whisk in the chia seeds. Let stand for 10 minutes to thicken slightly then divide between jars/containers. Refrigerate for about 3 hours, or until set.
- 4 Remove chia pudding from fridge. Add desired toppings and enjoy!

Notes

Save Time, Buy canned beets. Make sure they are not pickled!

Topping Ideas, Fresh berries, sliced kiwi, coconut, pumpkin seeds, hemp seeds, almonds or bee pollen.



Dark Chocolate Berry Chia Pudding

2 servings

3 hours

Ingredients

- 1/4 cup Chia Seeds
- 1 tbsp Cocoa Powder
- 1 cup Unsweetened Almond Milk
- 1 tbsp Maple Syrup
- 1/4 tsp Vanilla Extract
- 1/2 cup Blueberries
- 1/2 cup Raspberries

Directions

- 1 In a mixing bowl combine the chia seeds and cocoa powder. Whisk to combine. Then slowly whisk in almond milk until all the cocoa powder is dissolved. Next, whisk in the maple syrup and vanilla.
- 2 Cover the bowl and refrigerate for at least 3 hours, or overnight.
- 3 For serving, divide chia pudding equally between bowls and top with berries. Enjoy!

Notes

No Berries, Use any type of chopped fruit instead.

Storage, Keeps well in the fridge up to 5 days.



Strawberry Balsamic Salad with Maple Walnuts

2 servings

15 minutes

Ingredients

- 1/2 cup Walnuts
- 1 tbsp Maple Syrup
- 4 cups Baby Spinach
- 1 cup Strawberries (sliced)
- 1/4 cup Goat Cheese (crumbled)
- 1 1/2 tsps Balsamic Vinegar
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/8 tsp Sea Salt

Directions

- 1 Toast walnuts in a pan over medium heat. When slightly browned, coat with maple syrup. Turn heat to low and stir until sticky (about 2 minutes). Remove from heat.
- 2 Divide spinach into bowls. Top with strawberries, goat cheese and toasted walnuts.
- 3 Whisk together the balsamic vinegar, olive oil and salt. Drizzle desired amount of dressing over your salad and enjoy!

Notes

More Protein, Add quinoa, edamame, chickpeas or strips of chicken breast.

Save Time, Leave the walnuts raw and add maple syrup to the dressing.

No Goat Cheese, Use feta or cashew cheese instead.

Storage, Refrigerate in an airtight container with dressing in a separate container up to 2 to 3 days.



Quinoa-Crusted Chicken 'Parm' with Salsa

2 servings

30 minutes

Ingredients

3 tbsps Ground Flax Seed
1/3 cup Water
1 tsp Garlic Powder
1 tsp Onion Powder
3/4 tsp Sea Salt
1/3 cup Quinoa (dry)
1 tbsp Nutritional Yeast
10 ozs Chicken Breast (boneless, skinless, sliced horizontally)
1/2 cup Organic Salsa

Directions

- 1 Preheat oven to 400F and line a baking sheet with parchment paper.
- 2 In a shallow bowl, combine flax, water, garlic powder, onion powder and salt. Set aside.
- 3 Cook the quinoa according to the directions on the package, then stir in the nutritional yeast.
- 4 Pat the chicken dry and coat in the flax mixture. Let the excess drip off, then transfer the chicken to the quinoa mixture. Press the quinoa into the chicken with your hands until completely coated. Transfer to a baking sheet and repeat for remaining chicken.
- 5 Bake for 20 minutes, or until golden brown. Remove from oven, spread salsa otop and bake for 5 more minutes or until cooked through. Enjoy!

Notes

Serve it With, Brown rice spaghetti, garlic bread, roasted veggies or salad.

No Salsa, Use homemade salsa, or a favourite store-bought marinara or pasta sauce instead.

Real Cheese Lover, Place sliced mozzarella over salsa and set oven to high broil for the remaining 3 minutes.

Leftovers, Refrigerate in an air-tight container up to 3 days.



Grilled Honey Dijon Salmon with Zucchini & Quinoa

4 servings

30 minutes

Ingredients

- 1 cup Quinoa (dry, uncooked)
- 1/4 cup Dijon Mustard (grainy or regular)
- 2 tbsps Raw Honey
- 16 ozs Salmon Fillet
- 4 Zucchini (sliced in half lengthwise)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/2 tsp Sea Salt

Directions

- 1 Cook the quinoa according to the directions on the package and set aside. While the quinoa cooks, combine the dijon mustard and honey in a jar. Mix well and set aside.
- 2 Preheat the grill to medium heat.
- 3 Place the salmon on a grill pan or mat and brush with 2/3 of the dijon glaze. Slice the zucchinis, brush them with olive oil and add them to the grill pan/mat too. Season everything with sea salt.
- 4 Place the salmon and zucchini on the grill, close the lid and grill for 10 to 15 minutes, or until salmon flakes with a fork and zucchini is tender. Flip the zucchini at the halfway point.
- 5 Remove everything from the grill and brush the salmon with the remaining dijon glaze. Divide the salmon, zucchini and quinoa onto plates and enjoy!

Notes

No Grill, Bake on a sheet in the oven at 400 degrees for 15 to 20 minutes, or until fish flakes with a fork.

No Zucchini, Use asparagus or green beans instead.

Lower Carb, Omit the quinoa or serve with cauliflower rice instead.

Leftovers, Store leftovers in an airtight container in the fridge up to 2 to 3 days.



Moroccan Chicken Stew

4 servings

30 minutes

Ingredients

1/4 cup Coconut Oil
10 ozs Chicken Breast (skinless, boneless, diced into chunks)
2 Yellow Onion (medium, diced)
1 tsp Turmeric
1/2 tsp Cinnamon
1/2 tsp Cardamom
1/4 tsp Cayenne Pepper
1 1/2 tsps Sea Salt
3 Tomato (large, diced)
1/2 cup Parsley (finely chopped and divided)
2 tbsps Raw Honey
1/3 cup Organic Raisins

Directions

- 1 Heat coconut oil over medium heat in a large pot or saucepan. Add chicken, onion, turmeric, cinnamon, cardamom, cayenne and salt. Cook for 15 minutes, stirring occasionally.
- 2 Stir in tomatoes, half the parsley, honey and raisins. Cover and cook for another 15 minutes, until chicken is cooked through and sauce is thick.
- 3 Uncover and serve immediately. Garnish with remaining parsley. Enjoy!

Notes

Serve it With, Crusty bread, brown or white rice, quinoa, brown rice tortillas, roasted squash, sweet potato, or our Paleo Tabbouleh recipe.

Storage, Refrigerate in an airtight container up to 3 days, or freeze if longer.

Make it Vegan or Vegetarian, Use chickpeas instead of chicken and maple syrup instead of honey.



Salmon Chowder

4 servings

40 minutes

Ingredients

- 2 tbsps Coconut Oil
- 1 bulb Fennel (sliced)
- 2 cups Celery Root (peeled and cubed)
- 2 cups Rutabaga (peeled and cubed)
- 2 cups Organic Chicken Broth
- 12 ozs Salmon Fillet
- 1 cup Organic Coconut Milk
- 1/4 tsp Sea Salt (or more to taste)
- 1/4 cup Parsley (chopped, optional garnish)

Directions

- 1 In a large soup pot, melt the coconut oil over medium-low heat. Add the sliced fennel, celery root, and rutabaga. Cover and let cook for about 15 minutes, or until tender.
- 2 Add the chicken broth to small saucepan and place the salmon skin-side down into the broth. Bring to a simmer and poach the salmon for 5-10 minutes. Remove the salmon and set aside.
- 3 Add the chicken broth to the pot with the softened veggies and bring to a simmer. Let cook for 10 minutes, then use an immersion blender to blend about half the soup so the texture is still chunky.
- 4 Remove the skin from the salmon, and flake the fish into chunks. Add to the soup pot along with the coconut milk. Season to taste with sea salt.
- 5 To serve, divide between bowls and garnish with chopped parsley if desired. Enjoy!

Notes

Vegan & Vegetarians, Skip the salmon and use cooked white beans instead. Use vegetable broth instead of chicken broth.

Leftovers, Store covered in the fridge up to three days, or freeze it.



One Pan Olive Pesto Pork Chops

2 servings

30 minutes

Ingredients

- 1 cup Black Olives (pitted, rinsed and patted dry)
- 1 Garlic (clove)
- 1/4 cup Extra Virgin Olive Oil
- 2 tbsps Nutritional Yeast
- 8 ozs Pork Chop
- 1 cup Green Beans (stems removed, chopped)
- 1 cup Cherry Tomatoes
- 1 Leeks (chopped into 1/2 inch medallions)

Directions

- 1 Preheat oven to 400 degrees F and line a baking sheet with foil.
- 2 In a food processor, combine black olives, garlic, olive oil and nutritional yeast until a paste forms. Set aside.
- 3 Add remaining ingredients to a large mixing bowl. Using your hands, generously coat the pork chops and veggies with your desired amount of olive pesto.
- 4 Transfer the pork chops and veggies onto the baking sheet in an even layer and bake for 25 minutes, or until pork is cooked through. Divide onto plates and enjoy!

Notes

Leftover Pesto, If you don't use all the pesto, you can add it to pasta, omelettes, sandwiches, or use as a dip for veggie sticks and crackers.

Storage, Refrigerate in an airtight container up to 3 days.



Egg Roll in a Bowl

4 servings

30 minutes

Ingredients

- 2 tbsps Avocado Oil
- 1 Yellow Onion (medium, diced)
- 5 stalks Green Onion (diced)
- 4 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 1 lb Lean Ground Pork
- 6 cups Coleslaw Mix
- 2 cups Bean Sprouts
- 1/4 cup Coconut Aminos

Directions

- 1 Heat the avocado oil in a pan over medium-high heat. Add the yellow onion, green onion, garlic, and ginger. Cook for 3-5 minutes, stirring frequently, until soft.
- 2 Add the pork and break it up as it cooks. Cook for about 7-10 minutes, or until cooked through.
- 3 Stir in the coleslaw mix, bean sprouts, and coconut aminos. Stir for 5 minutes, or until veggies have softened. Transfer to bowls and enjoy!

Notes

No Coconut Aminos, Use tamari or soy sauce instead.

Meat-Free, Replace the ground meat with scrambled eggs or tofu.



One Pan Mediterranean Trout

4 servings

25 minutes

Ingredients

- 2 cups Basil Leaves
- 1/2 Lemon (juiced)
- 1 Garlic (clove)
- 1/4 tsp Sea Salt
- 1/4 cup Hemp Seeds
- 1/4 cup Extra Virgin Olive Oil
- 4 Rainbow Trout Fillet (about 5 oz. each)
- 1 1/2 cups Artichoke Hearts
- 1/2 cup Pitted Kalamata Olives
- 4 Tomato (large, quartered)

Directions

- 1 Preheat oven to 450F and line a baking sheet with parchment.
- 2 Make pesto by combining basil, lemon juice, garlic, sea salt, hemp seeds and olive oil together in a small food processor. Pulse until smooth.
- 3 Lay rainbow trout on baking sheet and arrange the artichokes, olives and tomatoes on the baking dish around the fillets. Top each piece of trout with a generous spoonful of pesto.
- 4 Bake for 15 minutes or until fish is cooked through. Divide onto plates and enjoy!

Notes

No Trout, Use salmon fillets instead.

More Carbs, Serve with rice or quinoa.