



# Bye Bye Bloat Winter

TESSA RICKARD

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TESSA RICKARD NUTRITIONIST

Are you ready to say Goodbye to bloating?

Here are a few other tips to get the most out of your two person meal plan:

- Sit down to eat in a peaceful environment
- Take a moment as you sit to look at and smell your meal, bringing awareness to your stomach and hunger sensations
- Chew your food well
- Don't eat in a hurry
- Stop when you feel full
- Don't eat when you're stressed
- Try to eat meals at roughly the same time each day
- Ensure you have some Tummy Tea on hand each day and drink a cup in between meals
- Avoid drinking water while eating
- Taking the time to go for a walk, stretch and strengthen your body aid good digestion and a reduction of bloating
- Meals in grey indicate a pre-prepared or leftover meal

Although this meal plan doesn't contain foods generally thought to cause bloating, please remember we are all individuals. Some foods included in this meal plan may not be right for you. Through trial and error you can substitute ingredients and find the right balance for you. There are some conditions like SIBO, that can cause bloating no matter how well you eat. If you think this might be you, please get in touch and we can talk about your symptoms and the options you have to finally find relief from bloating.

If you want to know more about improving your digestion and beating the bloat check out my website [www.tessarickardnutritionist.com](http://www.tessarickardnutritionist.com)

Tessa x

## MON



**BREAKFAST**  
Bacon & Heirloom Tomato Frittata



**SNACK 1**  
Tummy Tea



**LUNCH**  
Creamy Cauliflower & Carrot Soup



**SNACK 2**  
Brazil Nuts



**DINNER**  
Ginger & Coriander Salmon Patties,  
Mixed Greens with Lemon & Olive Oil

## TUE



**BREAKFAST**  
Caramelized Banana & Almond Oatmeal



**SNACK 1**  
Tummy Tea



**LUNCH**  
Ginger & Coriander Salmon Patties, Cos  
Lettuce Leaf Wrap



**SNACK 2**  
Berries & Yoghurt



**DINNER**  
One Pan Steak & Veg with Chive Butter  
Sauce

## WED



**BREAKFAST**  
Avocado Sweet Potato Toast with  
Poached Egg



**SNACK 1**  
Tummy Tea



**LUNCH**  
Taco Salad with Beef



**SNACK 2**  
Spiced Walnuts



**DINNER**  
Chicken Shawarma Salad Bowls

## THU



**BREAKFAST**  
Blueberry Breakfast Crisp, Coconut  
yoghurt



**SNACK 1**  
Tummy Tea



**LUNCH**  
Chicken Shawarma Salad Bowls



**SNACK 2**  
Kiwi



**DINNER**  
Baked Chicken & Carrots with Cilantro  
Lime Sauce, Baby Bok Choy & Quinoa



**SNACK 3**  
Chocolate Stuffed Raspberries

## FRUITS

- 2 Avocado
- 1 Banana
- 1 cup Blackberries
- 1 1/4 cups Blueberries
- 4 Kiwi
- 3/4 Lemon
- 1/3 cup Lemon Juice
- 2 2/3 tbsps Lime Juice
- 1 cup Raspberries

## BREAKFAST

- 2 tbsps Almond Butter
- 2 tbsps Maple Syrup

## SEEDS, NUTS & SPICES

- 1/4 cup Almonds
- 1/4 tsp Black Pepper
- 1/2 cup Brazil Nuts
- 1/16 tsp Cayenne Pepper
- 1 tbsps Chili Powder
- 1 tsp Cinnamon
- 1 1/8 tbsps Cumin
- 2 tpsps Dried Thyme
- 2 tbsps Ground Flax Seed
- 1/4 cup Hemp Seeds
- 4 Peppermint Tea Bag
- 2 1/8 tpsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/4 tsp Turmeric
- 1 cup Walnuts

## VEGETABLES

- 1 tbsps Basil Leaves
- 4 cups Bok Choy
- 1 head Broccoli
- 6 1/2 Carrot
- 1 head Cauliflower
- 1/2 cup Cherry Tomatoes
- 1 tbsps Chives
- 1 1/4 cups Cilantro
- 1 cup Cold Mashed Potato
- 1/2 Cucumber
- 1/2 cup Ginger
- 7 stalks Green Onion
- 1/2 Jalapeno Pepper
- 2 cups Mini Potatoes
- 4 cups Mixed Greens
- 2/3 cup Parsley
- 1 Red Bell Pepper
- 3/4 cup Red Onion
- 8 leaves Romaine
- 1 head Romaine Hearts
- 1 Sweet Potato
- 3 Tomato

## BOXED & CANNED

- 1/2 cup Quinoa
- 415 grams Wild Alaskan Pink Salmon

## BAKING

- 2 tbsps Almond Flour
- 1 tsp Arrowroot Powder
- 1 1/2 cups Oats
- 2 tbsps Organic Dark Chocolate Chips
- 1 2/3 tbsps Raw Honey
- 1/4 tsp Vanilla Extract

## BREAD, FISH, MEAT & CHEESE

- 510 grams Chicken Breast
- 227 grams Extra Lean Ground Beef
- 4 slices Organic Bacon
- 227 grams Top Sirloin Steak

## CONDIMENTS & OILS

- 1 1/3 tbsps Apple Cider Vinegar
- 3 tbsps Avocado Oil
- 1 tbsps Coconut Aminos
- 2 3/4 tbsps Coconut Oil
- 1/2 cup Extra Virgin Olive Oil
- 2 tpsps Sesame Oil
- 2 tbsps Tahini

## COLD

- 2 tbsps Butter
- 2 cups Coconut Yoghurt
- 10 Egg
- 2 cups Unsweetened Almond Milk

## OTHER

- 1.5 liters Boiling Water
- 7 1/16 cups Water



# Bacon & Heirloom Tomato Frittata

2 SERVINGS 30 MINUTES



## INGREDIENTS

- 5 Egg
- 1 tbsp Basil Leaves (chopped)
- 1/8 tsp Sea Salt
- 4 slices Organic Bacon (chopped)
- 3/4 cup Red Onion (thinly sliced)
- 2 Tomato (heirloom, sliced)

## DIRECTIONS

- 01 Preheat the oven to 350°F (177°C).
- 02 In a small bowl, whisk the eggs together and add the basil and sea salt. Set aside.
- 03 Heat a small cast iron pan over medium heat and add the bacon. Cook until the fat renders off, about 5 minutes. Remove the bacon and set aside. Add the onion and cook for 2 to 3 minutes.
- 04 Add the bacon back to the pan along with the eggs. Cook over medium heat for about 4 to 5 minutes, careful not to disturb the setting egg. Add the tomato slices on top and place in the oven to cook for 20 minutes.
- 05 Remove from the oven and garnish with extra basil if desired. Let it cool slightly, serve and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days.

### MORE FLAVOR

Add minced garlic and/or chili flakes.

### NO PORK

Use turkey bacon instead.

# Caramelized Banana & Almond Oatmeal

2 SERVINGS 10 MINUTES



## INGREDIENTS

- 1 cup Oats (rolled or old-fashioned)
- 2 cups Unsweetened Almond Milk
- 1/2 tsp Cinnamon (divided)
- 1 tsp Coconut Oil
- 1 Banana (sliced lengthwise down the middle)
- 1/4 cup Almonds (chopped)
- 2 tbsps Hemp Seeds
- 2 tbsps Almond Butter

## DIRECTIONS

- 01 Add oats, almond milk and half of the cinnamon to a small saucepan. Bring to a low boil then reduce to a steady simmer. Cook, stirring occasionally, for about 5 minutes or until the oats are tender and most of the liquid is absorbed.
- 02 Meanwhile, in a small pan, heat the coconut oil over medium-high heat. Add the remaining cinnamon and the banana cut side down. Cook for 1 to 2 minutes until slightly browned and caramelized.
- 03 Transfer the cooked oats to a bowl and top with caramelized banana, almonds, hemp hearts, and almond butter. Enjoy!

## NOTES

### LIKES IT SWEET

Add a drizzle of maple syrup.

### NO COCONUT OIL

Use ghee, organic butter or other oil.

### NO ROLLED OATS

Use steel cut oats instead. Cook times will vary.

### NUT-FREE

Use a nut-free milk, seed butter and seeds for the toppings.

# Avocado Sweet Potato Toast with Poached Egg

2 SERVINGS 15 MINUTES



## INGREDIENTS

- 1 Sweet Potato (large)
- 4 Egg
- 1 Avocado
- Sea Salt & Black Pepper (to taste)

## DIRECTIONS

- 01 Trim the pointy ends off the sweet potato then lay it on its side on a cutting board. Slice it lengthwise into 1/4 inch slices.
- 02 Pop the sweet potato slices into the toaster and toast twice. You may need to toast a third time depending on your toaster. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 - 6 minutes per side, or until golden brown.
- 03 While the sweet potato toasts, carve the flesh of the avocado out into a bowl. Season with a pinch of sea salt and black pepper and mash with a fork until smooth and creamy.
- 04 Poach, fry or hardboil the eggs.
- 05 Spread the mashed avocado over the sweet potato toasts and top with cooked eggs. Season with sea salt, black pepper and/or red pepper flakes. Enjoy!

## NOTES

### ADD GREENS

Add a layer of baby spinach after you spread on the avocado.

### GUACAMOLE LOVER

Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.

### EGG-FREE

Skip the eggs and top with hemp seeds instead.



# Blueberry Breakfast Crisp

2 SERVINGS 50 MINUTES



## INGREDIENTS

- 1 1/4 cups Blueberries (fresh or frozen)
- 1 tbsp Lemon Juice
- 1/4 tsp Vanilla Extract
- 1 tsp Arrowroot Powder
- 2 tbsps Maple Syrup (divided)
- 1/2 cup Oats (rolled)
- 2 tbsps Ground Flax Seed
- 2 tbsps Almond Flour
- 1/4 tsp Cinnamon
- 2 1/2 tbsps Coconut Oil (melted)

## DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and grease a pie plate or baking dish.
- 02 In a mixing bowl add the blueberries, lemon juice, vanilla, arrowroot powder and half of the maple syrup. Stir to coat the blueberries evenly. Add the blueberry mixture to the prepared pie plate. Set aside.
- 03 In a second mixing bowl, add the oats, ground flax, almond flour, and cinnamon. Stir to combine.
- 04 Whisk the melted coconut oil with the remaining maple syrup and add to the oat mixture stirring until oats are evenly coated.
- 05 Spoon the oat mixture over top of the blueberries in the pie plate and smooth into an even layer.
- 06 Bake for 40 to 45 minutes until the blueberries are bubbly and the oats are golden brown. (The oats may seem a bit soft but they will crisp up as it cools.)
- 07 Remove from oven, let cool and enjoy!

## NOTES

### SERVING DISH SIZE

Use a 9-inch pie plate or 9 x 9-inch baking dish for 4 servings.

### MEAL PREP

You can make this breakfast ahead and store in the fridge. Enjoy cold or reheat before serving.

### MORE PROTEIN

Serve with Greek yogurt.

### LEFTOVERS

Keeps in the fridge for up to 3 days. The oats will lose their crispiness overtime.



# Coconut yoghurt

2 SERVINGS 2 MINUTES



## INGREDIENTS

1 cup Coconut Yoghurt ((Nakula Passionfruit))

## DIRECTIONS

01 Serve as a side to dessert or breakfast. It makes a great cream or ice cream replacement.

# Tummy Tea

1 SERVING 6 MINUTES



## INGREDIENTS

- 1 Peppermint Tea Bag (or Green Tea bag)
- 1 tbsp Ginger (Freshly grated or thinly sliced)
- 1 tbsp Lemon Juice
- 1 tsp Apple Cider Vinegar
- 375 milliliters Boiling Water
- 1/2 tsp Raw Honey

## DIRECTIONS

- 01 Add ginger, lemon juice, tea bag & apple cider vinegar to a large mug and pour boiling water over the top.
- 02 Steep for 3 minutes and then remove the peppermint or green teabag.
- 03 Stir in honey and enjoy!

## NOTES

### HISTAMINE SENSITIVE?

Some people don't tolerate apple cider vinegar. That's ok, just omit.

### EXTRA KICK?

Add a dash (or two) of cayenne pepper to spice things up. Spicy foods can trigger some IBS sufferers so take it easy.

### FRUCTOSE MALABSORPTION

Replace honey with maple syrup or just omit.

### BATCH

Make a double or triple batch and sip throughout the day. You can reheat on the stove or chill in summer.

### ALL ROUNDER

This tea is great for pre and post digestion. It will stimulate stomach acid & bile, improving digestion, and act as a soothing de-bloating drink after meals too.

# Creamy Cauliflower & Carrot Soup

4 SERVINGS 30 MINUTES



## INGREDIENTS

2 tbsps Extra Virgin Olive Oil  
6 stalks Green Onion (chopped)  
5 Carrot (medium size, chopped)  
1 head Cauliflower (chopped into florets)  
6 cups Water  
2 tsps Dried Thyme  
1/2 tsp Sea Salt  
1/2 cup Parsley

## DIRECTIONS

- 01 Heat the olive oil in a large stock pot over medium-low heat. Add the green onions and saute until softened. Add the carrot, cauliflower, water, thyme and salt. Cover the pot and bring to a boil. Once boiling, reduce to a simmer. Let simmer for 20 minutes then add in the parsley and stir until wilted. Turn off the heat.
- 02 Puree the soup using a blender or handheld immersion blender. (Note: If using a regular blender, be careful. Ensure you leave a space for the steam to escape.) Taste and adjust seasoning if needed. Ladle into bowls and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days. Freeze for up to three months.

### SERVING SIZE

One serving is roughly 2 1/2 cups.

### MAKE IT FANCY

Roast up some leftover carrots and cauliflower and use as a garnish with pumpkin seeds.

### ANTH-INFLAMMATORY

Add turmeric powder.

### MAKE IT A MEAL

Stir in lentils, chickpeas or chicken.

### GUT-HEALING

Make with bone broth instead of water. Adjust sea salt accordingly if the broth is salted.



# Cos Lettuce Leaf Wrap

2 SERVINGS 3 MINUTES



## INGREDIENTS

4 leaves Romaine

## DIRECTIONS

- 01 Wash large outer leaves of Cos (Romaine) lettuce leaf.
- 02 Lay them flat on a plate and use them as a wrap for your leftover dinner. Asian dishes work particularly well.

# Taco Salad with Beef

2 SERVINGS 25 MINUTES



## INGREDIENTS

227 grams Extra Lean Ground Beef  
1 tbsp Chili Powder  
1 1/2 tsps Cumin  
1/4 tsp Sea Salt  
1/2 cup Cherry Tomatoes (chopped)  
1/2 Jalapeno Pepper (chopped)  
1 stalk Green Onion (chopped)  
1 1/2 tsps Lime Juice (divided)  
1 head Romaine Hearts (chopped)  
1 tbsp Extra Virgin Olive Oil  
1 Avocado (sliced)

## DIRECTIONS

- 01 In a pan over medium-high heat, brown the beef. Break the meat into very small pieces with a spatula and cook until no longer pink, about 5 minutes. Drain any excess drippings, but keep the beef in the pan.
- 02 Add the chili powder, cumin, salt, tomatoes, jalapeno and green onion to the beef. Stir to combine. Cook for another 5 minutes until tomatoes are very soft. Remove from heat and stir in half of the lime juice. Season with additional salt if needed.
- 03 In a large mixing bowl toss the chopped romaine lettuce with olive oil and remaining lime juice.
- 04 To assemble the salad, divide lettuce between plates and top evenly with beef and avocado. Serve immediately and enjoy.

## NOTES

### STORAGE

Refrigerate beef and lettuce separately in airtight containers for up to 3 days. Assemble salad just before serving.

### MORE FLAVOR

Top salad with additional tomatoes, sliced jalapenos, green onions, salsa, cilantro, lime juice or hot sauce.

### MAKE IT VEGAN

Use black beans instead of ground beef.

# Brazil Nuts

2 SERVINGS 5 MINUTES



## INGREDIENTS

1/2 cup Brazil Nuts

## DIRECTIONS

01 Divide into bowls and enjoy!



# Berries & Yoghurt

2 SERVINGS 2 MINUTES



## INGREDIENTS

1 cup Blackberries (Or any dark berry)  
1 cup Coconut Yoghurt

## DIRECTIONS

01 Combine and enjoy!

## NOTES

### NO CHIA SEEDS?

You can substitute chia with milled flax, pepita seeds, sunflower seeds, hemp, buckwheat or chopped nuts.

### DAIRY FREE

Use coconut, almond or sheeps yoghurt as an alternative to cows milk yoghurt.

# Spiced Walnuts

2 SERVINGS 10 MINUTES



## INGREDIENTS

- 1 tbsp Raw Honey
- 1 tbsp Extra Virgin Olive Oil
- 1 cup Walnuts
- 1/4 tsp Sea Salt
- 1/2 tsp Cumin
- 1/16 tsp Cayenne Pepper

## DIRECTIONS

- 01 Lay a large piece of wax paper across the counter.
- 02 Heat a large skillet over medium heat. Add honey, oil and 1 tbsp water. Add the walnuts and stir with a wooden spoon until evenly coated.
- 03 Add the sea salt, cumin and cayenne. Continue to stir until walnuts are slightly browned (about 2 to 3 minutes).
- 04 Remove from heat and transfer the walnuts onto the piece of wax paper. Once cool, break apart into pieces. Store in an airtight container in the fridge. Enjoy!

## NOTES

### EXTRA SPICY

Add extra cayenne pepper.

# Kiwi

2 SERVINGS 5 MINUTES



## INGREDIENTS

4 Kiwi

## DIRECTIONS

01 Peel and slice. Enjoy!



# Ginger & Coriander Salmon Patties

2 SERVINGS 30 MINUTES



## INGREDIENTS

415 grams Wild Alaskan Pink Salmon (1 tin)  
1/2 cup Cilantro (finely chopped)  
2 tbsps Ginger (peeled and finely grated)  
1 tbsp Coconut Aminos  
2 tsps Sesame Oil  
2 tsps Lime Juice  
2 tbsps Avocado Oil  
1 cup Cold Mashed Potato (Or sweet potato)  
1 Egg

## DIRECTIONS

- 01 Empty salmon tin into a colander and squeeze any liquid out. Using a fork roughly break apart. Leave the bones, they are packed full of bioavailable calcium and minerals!
- 02 In a large mixing bowl combine the mash potato, salmon, egg, coriander, ginger, coconut aminos, sesame oil and lime juice.
- 03 Form the mixture into patties. If it is too wet, refrigerate for 20 minutes to stiffen before forming into patties that don't fall apart. You should be able to get about 6 patties out of the mixture.
- 04 Heat the avocado oil in a large non-stick pan over medium-high heat. Cook the salmon burgers for 4 to 5 minutes per side, or until cooked through and firm to the touch. Serve immediately and enjoy.

## NOTES

### MORE FLAVOR

Add minced garlic, honey, lime zest, red pepper flakes or hot sauce to the burger mixture.

### SERVE IT WITH

Wrap inside a lettuce leaf with sliced avocado, an extra squeeze of lime juice and chopped cilantro.

### NO COCONUT AMINOS

Use tamari or soy sauce instead.

### NO AVOCADO OIL

Use extra virgin olive oil or coconut oil instead.

### RESISTANT STARCH

The cold mashed potato contains lots of resistant starch, food for your good gut bugs! If you aren't used to eating resistant starch you might get a gurgly tummy and wind, you've been warned! You can always start with one.

# Mixed Greens with Lemon & Olive Oil

2 SERVINGS 5 MINUTES



## INGREDIENTS

4 cups Mixed Greens  
2 tbsps Extra Virgin Olive Oil  
1/2 Lemon (juiced)  
2 tbsps Hemp Seeds

## DIRECTIONS

01 Add all ingredients to a bowl and toss well. Divide into bowls and enjoy!

## NOTES

### ON-THE-GO

Keep dressing in a separate container on the side. Add just before serving.

### NO MIXED GREENS

Use spinach, kale or romaine instead.



# One Pan Steak & Veg with Chive Butter Sauce

2 SERVINGS 30 MINUTES



## INGREDIENTS

2 cups Mini Potatoes (quartered)  
1 Red Bell Pepper (chopped)  
1 head Broccoli  
227 grams Top Sirloin Steak (cut into 1-inch cubes)  
1 tbsp Avocado Oil  
1/2 tsp Sea Salt  
2 tbsps Butter (melted)  
1 tbsp Chives (finely chopped)

## DIRECTIONS

- 01 Preheat oven to 400°F (204°C). Line a baking sheet with baking paper.
- 02 In a large bowl, mix together the potatoes, peppers and avocado oil. Transfer to the baking sheet in a single layer and season with salt & pepper. Bake for 10 minutes.
- 03 Season Steak with salt & pepper and lightly coat in avocado oil.
- 04 Add steak to the pan with the vegetables. Cook the steak for 20 minutes or until cooked to your liking. While the steak is cooking steam the broccoli.
- 05 Divide the steak, potatoes, peppers and steamed broccoli onto plates.
- 06 Combine the melted butter and chives. Drizzle otop the steak and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container up to 3 days. Reheat in the microwave or in a skillet.

### NO BUTTER

Use ghee, oil or omit completely.

### NO RED BELL PEPPER

Use cherry tomatoes, eggplant or any other veggies instead.

# Chicken Shawarma Salad Bowls

2 SERVINGS 30 MINUTES



## INGREDIENTS

283 grams Chicken Breast (diced into cubes)

1/4 tsp Sea Salt

1/4 tsp Black Pepper

1/4 tsp Cinnamon

1/4 tsp Turmeric

1 1/2 tsp Cumin

1 tbsp Extra Virgin Olive Oil

2 tbsps Tahini

1 tbsp Water

1/4 Lemon (juiced)

4 leaves Romaine (chopped)

1 Tomato (diced)

1/2 Cucumber (diced)

2 tbsps Parsley (chopped)

## DIRECTIONS

- 01 Combine the diced chicken breast, sea salt, black pepper, cinnamon, turmeric, cumin and olive oil in a bowl. Toss well to coat.
- 02 Transfer the chicken into a skillet over medium heat. Cook for about 10 minutes, or until chicken is cooked through.
- 03 Meanwhile, combine the tahini, water and lemon juice together in a jar. Mix well and set aside.
- 04 Divide the romaine, tomatoes and cucumber into bowls and top with the cooked chicken breast. Drizzle tahini dressing over top and sprinkle with chopped parsley. Enjoy!

## NOTES

### GARLIC LOVER

Serve with hummus or add minced garlic to the tahini dressing.

### LEFTOVERS

Store in the fridge for up to three days.

### VEGAN & VEGETARIAN

Omit the chicken and used cooked chickpeas instead.



# Baked Chicken & Carrots with Cilantro Lime Sauce

2 SERVINGS 30 MINUTES



## INGREDIENTS

227 grams Chicken Breast  
1 1/2 Carrot (medium-sized, peeled, roughly chopped)  
2 tbsps Extra Virgin Olive Oil (divided)  
1/4 tsp Sea Salt (divided)  
3/4 cup Cilantro  
2 1/4 tsps Ginger (fresh, grated or minced)  
1 1/2 tsps Lime Juice  
1 1/2 tsps Water (optional)

## DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Arrange the chicken and carrots on the baking sheet. Season with a quarter of the oil and half of the salt. Bake for 25 to 30 minutes or until the chicken is cooked through and the carrots are tender.
- 03 While the chicken is cooking, add the cilantro, ginger, lime and remaining salt to a food processor. With the food processor running, add in the remaining oil. Blend until mostly smooth. Add in the water to thin, if necessary.
- 04 Divide the chicken and carrots between plates and spoon the cilantro lime sauce over top. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is half a chicken breast, 3/4 cup of carrots and 2 tablespoons of the sauce.

### MORE FLAVOR

Season chicken and carrots with black pepper, ground ginger, cumin, paprika, garlic powder or chili powder as well before baking.

### NO CHICKEN BREAST

Use chicken thighs or drumsticks instead.

### MORE VEGGIES

Add in cauliflower, zucchini or potatoes.

# Baby Bok Choy & Quinoa

2 SERVINGS 20 MINUTES



## INGREDIENTS

- 1/2 cup Quinoa (uncooked)
- 1 cup Water
- 4 cups Bok Choy (baby, halved)

## DIRECTIONS

- 01 Combine the quinoa and water together in a pot. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let it simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork.
- 02 Meanwhile, place bok choy in a steamer over boiling water and cover. Let it steam for 2 to 3 minutes, or until just tender.
- 03 Divide quinoa and bok choy into bowls or container. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container up to 4 days.

### SERVING SIZE

One serving is about 3/4 cup of quinoa and 1.5 cups of bok choy.

# Chocolate Stuffed Raspberries

2 SERVINGS 5 MINUTES



## INGREDIENTS

1 cup Raspberries (washed)  
2 tbsps Organic Dark Chocolate Chips

## DIRECTIONS

01 Place a chocolate chip into the centre of each raspberry. Divide into bowls and enjoy!