



Anti-Oxidant Rich Meals

These meals are plant-based, vitamin-packed, and full of natural antioxidants that will help keep free radicals in balance, your body nourished, and your hunger fully satisfied.



CREATED BY LEAGUE MARKETPLACE

Grocery List



67 ingredients

FRUITS

☐ 1 Lime

BREAKFAST

☐ 2 tbsps Maple Syrup

☐ 3/4 cup Old Fashioned Grits

SEEDS, NUTS & SPICES

☐ 1 tsp Chili Powder

☐ 1 1/3 tbsps Cumin

☐ 2 1/2 tbsps Curry Powder

☐ 1 tsp Garam Masala

☐ 1/2 cup Ground Flax Seed

☐ 1/4 tsp Red Pepper Flakes

☐ 2 tbsps Sea Salt

☐ 1 tsp Smoked Paprika

FROZEN

☐ 3/4 cup Frozen Corn

VEGETABLES

☐ 14 cups Baby Spinach

☐ 4 Beets

☐ 4 cups Cilantro

☐ 5 Cremini Mushrooms

☐ 1 stalk Garlic

☐ 1/4 cup Ginger

☐ 1 Jalapeno Pepper

☐ 1 bulb Kale Leaves

☐ 2 tbsps Radishes

☐ 2 Red Bell Pepper

☐ 1 tsp Yellow Onion

BOXED & CANNED

☐ 1 3/4 cups Black Beans

☐ 1 cup Brown Rice

☐ 2 cups Canned Coconut Milk

☐ 10 ozs Canned Wild Salmon

☐ 2 cups Chickpeas

☐ 2 cups Corn Tortilla Chips

☐ 1 cup Jasmine Rice

☐ 2 cups Lentils

☐ 3/4 cup Salsa

☐ 2 tbsps Tomato Paste

☐ 3 1/2 cups Vegetable Broth

BAKING

☐ 1/2 tsp Raw Honey

☐ 1/2 cup Tapioca Flour

BREAD, FISH, MEAT & CHEESE

☐ 4 ozs Cheddar Cheese

CONDIMENTS & OILS

☐ 1 tbsp Apple Cider Vinegar

☐ 1 tsp Avocado Oil

☐ 2 tbsps Coconut Oil

☐ 1/4 cup Extra Virgin Olive Oil

OTHER

☐ 1/4 cup Water



Mushroom Kale Grits



6 ingredients



20 minutes



4 servings

DIRECTIONS

1. In a pot, bring the broth to a boil. Add half the salt and slowly whisk in the grits. Reduce the heat to medium-low and cook for about 15 minutes, or until thickened. Set aside.
2. Meanwhile, heat the oil in a large pan over medium heat. Cook the kale and mushrooms until soft, about five minutes. Season with the remaining salt.
3. Divide the grits onto plates and top with the kale and mushrooms. Enjoy!

NOTES

Leftovers

Refrigerate in an airtight container up to 3 days.

Serving Size

One serving equals approximately 1 1/2 to 2 cups.

More Flavor

Add cayenne, parmesan or cheddar cheese to the grits. Substitute half the broth with dairy or alternative milk.

Additional Toppings

Black pepper, hemp hearts or red pepper flakes.

INGREDIENTS

3 cups	Vegetable Broth
1/2 tsp	Sea Salt (divided)
3/4 cup	Old Fashioned Grits (uncooked)
1 tbsp	Extra Virgin Olive Oil
4 cups	Kale Leaves (thick stems removed, finely chopped)
8	Cremini Mushrooms (sliced)

NUTRITION

		Amount per serving	
Calories	162	Cholesterol	0mg
Fat	4g	Sodium	799mg
Carbs	27g	Vitamin A	1406IU
Fiber	3g	Vitamin C	21mg
Sugar	2g	Calcium	61mg
Protein	4g	Iron	2mg



Kale, Salmon & Beet Salad



8 ingredients



50 minutes



4 servings

DIRECTIONS

1. Preheat the oven to 425°F (218°C). Wrap the beets in foil and bake for 40 to 45 minutes, or until cooked through. Remove the beets from the oven and let them cool. Once cooled, peel and slice into quarters.
2. While the beets cook, make the dressing in a small bowl by whisking together the olive oil, apple cider vinegar, honey and sea salt. Set aside.
3. Add the kale to a bowl and add half of the dressing, using your hands to massage it into the kale leaves. Then add the radishes, salmon and beets. Drizzle the remaining dressing on top. Serve and enjoy!

NOTES

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

Add pickled onions or your favorite nuts and seeds.

No Salmon

Use canned tuna or sardines instead.

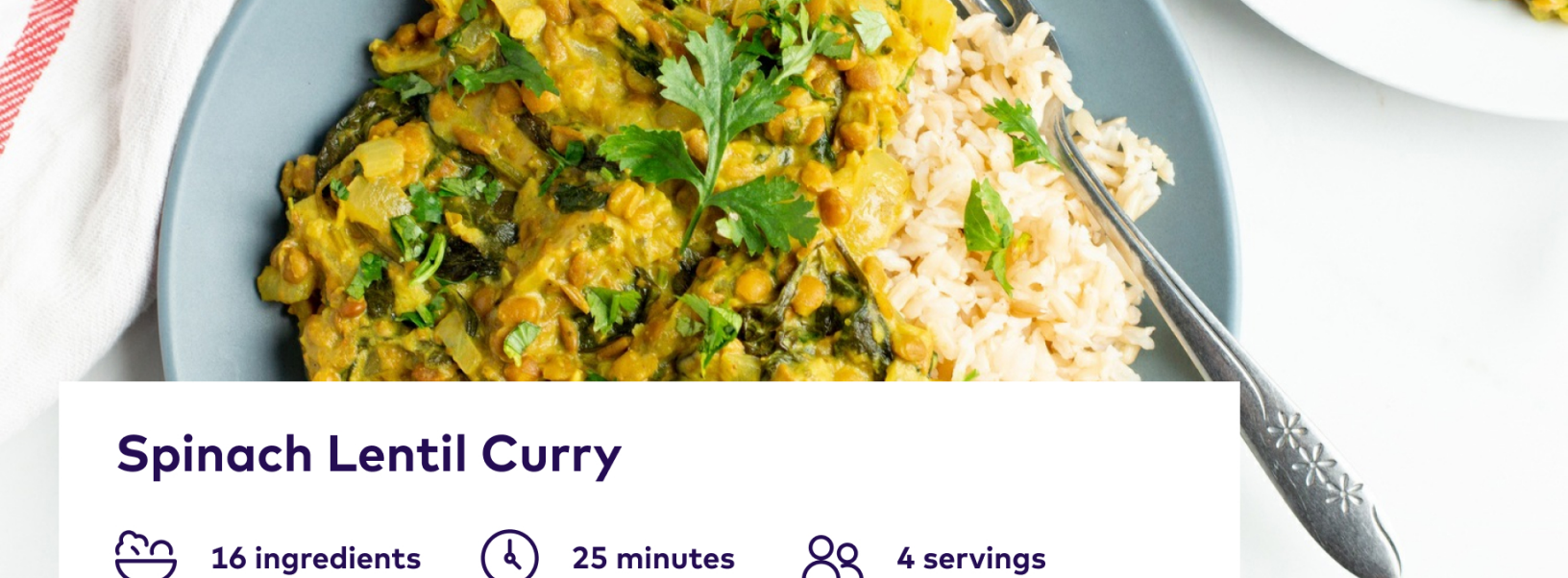
INGREDIENTS

- 4 Beet (skin on, washed)
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Apple Cider Vinegar
- 1/2 tsp Raw Honey
- 1/8 tsp Sea Salt
- 8 cups Kale Leaves (finely shredded)
- 1/4 cup Radishes (thinly sliced)
- 10 ozs Canned Wild Salmon

NUTRITION

Amount per serving

Calories	226	Cholesterol	47mg
Fat	12g	Sodium	437mg
Carbs	11g	Vitamin A	2181IU
Fiber	4g	Vitamin C	44mg
Sugar	7g	Calcium	148mg
Protein	21g	Iron	2mg



Spinach Lentil Curry

 16 ingredients

 25 minutes

 4 servings

DIRECTIONS

1. In a large skillet, heat oil over medium heat. Add the onions, garlic and ginger to the pot, stirring and sautéing for 3 to 5 minutes until the onions begin to soften.
2. Stir in all of the curry powder, cumin, salt and red pepper flakes and continue to cook for a minute until the spices become fragrant.
3. Add the lime juice and vegetable stock. Scrape any browned bits off the bottom of the pan. Then add the coconut milk, lentils and cilantro and stir to combine. Wilt in the spinach 2 cups at a time.
4. Bring the curry to a gentle boil then reduce heat and simmer for 15 minutes. Meanwhile, cook your rice according to the instructions on the package.
5. When the curry has thickened slightly, stir in the maple syrup. Divide the cooked rice onto plates and top it with the curry. Enjoy!

NOTES

No Rice

Serve alone or with quinoa, couscous or potatoes instead.

Leftovers

Keep covered in the fridge for up to 4 days or in the freezer for up to 2 to 3 months.

Too Thick

If the curry gets too thick, add extra vegetable broth to thin it.

More Flavour

Add extra cilantro and lime.

INGREDIENTS

- 1 tbsp

Extra Virgin Olive Oil
- 1

Yellow Onion (large, chopped)
- 3

Garlic (clove, minced)
- 1 tbsp

Ginger (peeled and grated)
- 2 tsbps

Curry Powder
- 1 tsp

Cumin
- 1/2 tsp

Sea Slat
- 1/4 tsp

Red Pepper Flakes
- 1

Lime (juiced)
- 1/2 cup

Vegetable Broth
- 1 cup

Canned Coconut Milk
- 2 cups

Lentils (cooked)
- 1/2 cup

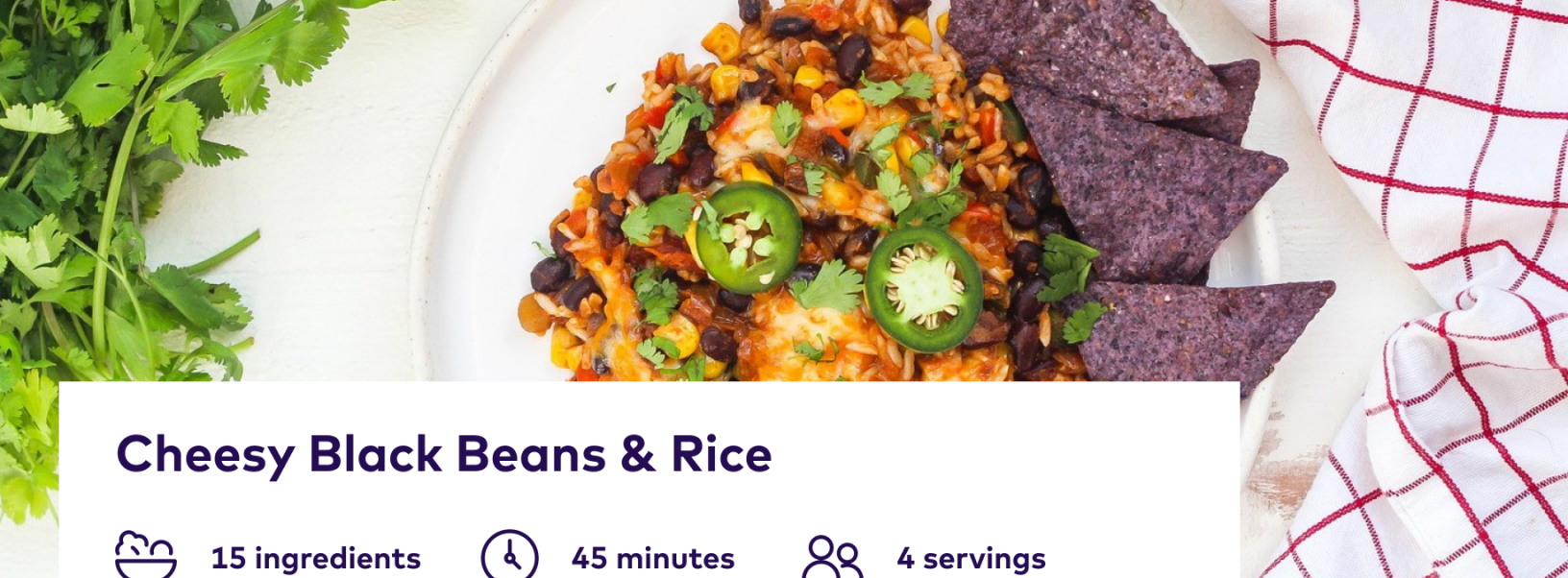
Cilantro (optional, roughly chopped)
- 6 cups

Baby Spinach
- 1 cup

Jasmine Rice (dry)
- 2 tsps

Maple Syrup

NUTRITION		Amount per serving	
Calories	463	Cholesterol	0mg
Fat	15g	Sodium	435mg
Carbs	70g	Vitamin A	4488IU
Fiber	13g	Vitamin C	19mg
Sugar	8g	Calcium	109mg
Protein	15g	Iron	7mg



Cheesy Black Beans & Rice



15 ingredients



45 minutes



4 servings

DIRECTIONS

1. Cook the brown rice according to the directions on the package.
2. While the rice cooks, heat the avocado oil in a skillet over medium heat and add the onion. Sauté for 2 to 3 minutes and then add the cumin, chili powder, paprika and sea salt. Then add the red pepper and jalapeño. Cook for an additional 2 to 3 minutes.
3. Add the black beans, corn, salsa, and cooked rice. Stir to combine.
4. Turn the oven to broil. Top the skillet with the shredded cheese and place in the oven for 3 to 4 minutes, until the cheese is bubbly on top. Serve with corn tortillas and fresh cilantro. Enjoy!

NOTES

Dairy-Free

Omit the cheddar cheese, or use a dairy-free cheese.

No Smoked Paprika

Use regular paprika instead.

Less Spicy

Omit the jalapeño.

Corn-Free

Omit the corn and tortillas.

No Avocado Oil

Use extra virgin olive oil instead.

Save Time

Cook the brown rice in advance. You can also use jasmine rice or quinoa, which cooks faster.

INGREDIENTS

1 cup	Brown Rice (dry, uncooked)
1 tsp	Avocado Oil
1/2	Yellow Onion (chopped)
2 tsps	Cumin
1 tsp	Chili Powder
1 tsp	Smoked Paprika
1/4 tsp	Sea Salt
1	Red Bell Pepper (chopped)
1	Jalapeno Pepper (seeded and chopped)
1 3/4 cups	Black Beans (cooked)
3/4 cup	Frozen Corn (thawed)
3/4 cup	Salsa
4ozs	Cheddar Cheese (optional, grated)
2 cups	Corn Tortilla Chips (optional)
1/4 cup	Cilantro (optional, chopped)

NUTRITION

Amount per serving

Calories	520	Cholesterol	28mg
Fat	16g	Sodium	707mg
Carbs	76g	Vitamin A	2183IU
Fiber	12g	Vitamin C	45mg
Sugar	6g	Calcium	285mg
Protein	20g	Iron	4mg



Chickpea & Spinach Roti

 14 ingredients  30 minutes  3 servings

DIRECTIONS

1. Heat half of the coconut oil in a large skillet over medium heat. Saute your onion and garlic until soft. Stir in tomato paste, cumin, curry powder, garam masala and sea salt.
2. Stir in half the coconut milk, spinach and chickpeas. Cook until spinach has wilted then set aside.
3. Now make your roti. Whisk together the ground flax, tapioca flour, remaining coconut milk and water. Mix well.
4. Heat the remaining coconut oil in a large skillet over medium heat. Pour the roti batter (about 3/4 cup per roti) and spread evenly into a thin layer using the back of a spoon. Cook for about 2-3 minutes each side. (Note: the batter is sticky so be careful when flipping!)
5. Place each roti on a plate and scoop the chickpea and spinach mixture into the middle. Fold in the sides, then the top and bottom. Enjoy!

NOTES

Likes it Spicy
Add chili powder to taste.

Skip the Roti
Serve the chickpea and spinach mix with naan, rice or cauliflower rice instead.

INGREDIENTS

- 2 tbsps Coconut Oil (divided)
- 1 Yellow Onion (medium, diced)
- 2 Garlic (cloves, minced)
- 2 tbsps Tomato Paste
- 1 tsp Cumin
- 1 1/2 tps Curry Powder
- 1 tsp Garam Masala
- 1/2 tsp Sea Salt
- 1 cup Canned Coconut Milk (divided)
- 2 cups Baby Spinach
- 2 cups Chickpeas
- 1/2 cup Ground Flax Seed
- 1/2 cup Tapioca Flour
- 1/4 cup Water

NUTRITION		Amount per serving	
Calories	602	Cholesterol	0mg
Fat	33g	Sodium	449mg
Carbs	63g	Vitamin A	2077IU
Fiber	15g	Vitamin C	10mg
Sugar	11g	Calcium	138mg
Protein	17g	Iron	7mg