



# Living Well Cookbook

A healthy nutrient-dense diet will serve to balance blood sugar, reduce inflammation and optimize your energy levels. Eat well to live well with our assortment of nourishing meals.



CREATED BY LEAGUE MARKETPLACE

# Grocery List



72 ingredients

## FRUITS

- 4 1/2 Avocado
- 3/4 cup Blueberries
- 3 Lemon
- 1 tbsp Lemon Juice
- 1 Lime
- 1 Mango
- 1/2 cup Strawberries

## BREAKFAST

- 1 tbsp Maple Syrup
- 1 cup Steel Cut Oats

## SEEDS, NUTS & SPICES

- 1 1/2 tsps Black Pepper
- 1/2 tsp Cayenne Pepper
- 2 tsps Chia Seeds
- 1 tbsp Chili Powder
- 1 tbsp Cumin
- 2 tsps Greek Seasoning
- 1 1/2 tsps Italian Seasoning
- 2 1/2 tsps Paprika
- 3/4 tsp Red Pepper Flakes
- 1 2/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tsps Sesame Seeds
- 2 tsps Walnuts

## VEGETABLES

- 4 cups Baby Spinach
- 4 Beet
- 1 Carrot
- 1 head Cauliflower
- 1 1/2 cups Cauliflower Rice
- 4 stalks Celery
- 3 cups Cherry Tomatoes
- 1/4 cup Cilantro
- 4 cups Coleslaw Mix
- 1 Cucumber
- 7 Garlic
- 1 tbsp Ginger
- 1/2 Green Bell Pepper
- 2 stalks Green Onion
- 15 cups Kale Leaves
- 1 1/2 cups Purple Cabbage
- 1/4 cup Radishes
- 1 Red Bell Pepper
- 1/2 cup Red Onion
- 1 head Romaine Hearts
- 1 Spaghetti Squash
- 1/2 Sweet Onion
- 4 White Button Mushrooms
- 1 Yellow Onion

## BOXED & CANNED

- 2 cups Black Beans
- 10 ozs Canned Wild Salmon
- 1/2 cup Organic Salsa
- 1/2 cup Quinoa

## BREAD, FISH, MEAT AND CHEESE

- 1 1/4 lbs Chicken Breast
- 1 lb Extra Lean Ground Chicken
- 1/2 cup Goat Cheese
- 2 slices Grain Free Flax Bread
- 14 1/16 ozs Shrimp
- 2 Tilapia Fillet

## CONDIMENTS & OILS

- 3 tsps Apple Cider Vinegar
- 1/2 tsp Avocado Oil
- 3 tsps Balsamic Vinegar
- 1/4 cup Coconut Aminos
- 2 tsps Coconut Oil
- 3/4 cup Extra Virgin Olive Oil
- 1 cup Pitted Kalamata Olives
- 2 tsps Sesame Oil
- 1 tbsp Yellow Mustard

## COLD

- 8 Egg
- 2 cups Unsweetened Almond Milk
- 1 cup Unsweetened Coconut Yogurt

## OTHER

- 4 1/2 cups Water

## BAKING

- 1/3 cup Almond Flour
- 1/3 cup Oats
- 1/2 tsp Raw Honey



# Flax Bread Avocado Toast



4 ingredients



5 minutes



2 servings

## DIRECTIONS

1. Toast flax bread in toaster, or broil on high for about 3 minutes per side.
2. Mash avocado on bread. Sprinkle red pepper flakes and sea salt. Enjoy!

## NOTES

### More Protein

Top with a poached egg.

## INGREDIENTS

- 2 slices Grain-Free Flax Bread
- 1/2 Avocado
- 1/8 tsp Red Pepper Flakes
- 1/8 tsp Sea Salt

## NUTRITION

Amount per serving

<b>Calories</b>	290	<b>Cholesterol</b>	93mg
<b>Fat</b>	23g	<b>Sodium</b>	510mg
<b>Carbs</b>	11g	<b>Vitamin A</b>	255IU
<b>Fiber</b>	8g	<b>Vitamin C</b>	5mg
<b>Sugar</b>	0g	<b>Calcium</b>	134mg
<b>Protein</b>	9g	<b>Iron</b>	5mg



# Blueberry Overnight Steel Cut Oats



5 ingredients



8 hours



3 servings

## DIRECTIONS

1. Place the steel cut oats in a large bowl and cover with boiling water. Let it sit for 10 to 15 minutes.
2. Drain and rinse the oats. Add to a large container along with the almond milk and chia seeds. Stir and place in the fridge overnight or for at least 8 hours.
3. When ready to eat, top with blueberries. Serve and enjoy!

## NOTES

### Leftovers

Overnight steel cut oats taste better the longer they sit, so make a big batch and keep it in the fridge for up to 3 days.

### Nut-Free

Use coconut milk or hemp milk instead of almond milk.

### More Flavour

Add cinnamon or maple syrup if you like it sweeter.

### Additional Toppings

Top with coconut flakes, strawberries, raspberries or banana.

### More Protein

Stir in your favorite protein powder when adding the milk.

## INGREDIENTS

- 1 cup Steel Cut Oats
- 3 cups Water (boiling)
- 2 cups Unsweetened Almond Milk
- 2 tbsps Chia Seeds
- 3/4 cup Blueberries

## NUTRITION

Amount per serving

<b>Calories</b>	307	<b>Cholesterol</b>	0mg
<b>Fat</b>	9g	<b>Sodium</b>	113mg
<b>Carbs</b>	51g	<b>Vitamin A</b>	353IU
<b>Fiber</b>	9g	<b>Vitamin C</b>	4mg
<b>Sugar</b>	5g	<b>Calcium</b>	390mg
<b>Protein</b>	8g	<b>Iron</b>	2mg



# Spinach & Goat Cheese Omelette



7 ingredients



20 minutes



2 servings

## DIRECTIONS

1. Heat coconut oil in medium-sized frying pan over medium heat.
2. In a bowl, mix together eggs, sea salt and black pepper. Whisk until frothy. Divide into portions.
3. Pour 1 portion of the egg mixture into the frying pan and let cook until almost set. Place some spinach and goat cheese on one half of the omelette and then fold the other half over on top. Remove from heat and transfer onto a plate. Top with salsa.
4. Repeat with remaining ingredients. Enjoy!

## NOTES

### No Goat Cheese

Use feta cheese instead.

## INGREDIENTS

- 1 1/2 **tsps** Coconut Oil
- 6 Egg
- 1/2 **tsp** Sea Salt
- 1 **tsp** Black Pepper
- 2 **cups** Baby Spinach
- 1/2 **cup** Goat Cheese (crumbled)
- 1/2 **cup** Organic Salsa

## NUTRITION

Amount per serving

<b>Calories</b>	345	<b>Cholesterol</b>	568mg
<b>Fat</b>	24g	<b>Sodium</b>	1419mg
<b>Carbs</b>	8g	<b>Vitamin A</b>	3929IU
<b>Fiber</b>	2g	<b>Vitamin C</b>	10mg
<b>Sugar</b>	4g	<b>Calcium</b>	159mg
<b>Protein</b>	25g	<b>Iron</b>	4mg



# Coconut Yogurt Parfait



3 ingredients



5 minutes



1 serving

## DIRECTIONS

1. Place half the coconut yogurt in a glass jar or bowl. Top with half the walnuts and half the strawberries. Add the remaining coconut yogurt, walnuts and strawberries. Serve and enjoy!

## NOTES

### Leftovers

Refrigerate in an airtight container for up to 2 days.

### Nut-Free

Use sunflower seeds instead of walnuts.

### Additional Toppings

Add nut or seed butter, chia seeds, cinnamon or shredded coconut on top.

## INGREDIENTS

- 1 Unsweetened Coconut Yogurt (divided)
- 1 tbsp Walnuts (roughly chopped, divided)
- 1 tbsp Strawberries (chopped, divided)

## NUTRITION

Amount per serving

<b>Calories</b>	230	<b>Cholesterol</b>	0mg
<b>Fat</b>	17g	<b>Sodium</b>	51mg
<b>Carbs</b>	20g	<b>Vitamin A</b>	12IU
<b>Fiber</b>	5g	<b>Vitamin C</b>	45mg
<b>Sugar</b>	5g	<b>Calcium</b>	526mg
<b>Protein</b>	4g	<b>Iron</b>	1mg



# Blackened Fish Taco Bowls



16 ingredients



30 minutes



4 servings

## DIRECTIONS

1. To create cauliflower rice, chop cauliflower into florets and add to a food processor. Process until it reaches a rice-like consistency. (Note: If you don't have a food processor, you can grate the cauliflower with a box grater to create rice.) Transfer into a bowl and set aside.
2. Create your avocado dressing by combining your avocado, olive oil, lemon juice and water together in a food processor or blender and blend until smooth. Transfer into a jar and set aside.
3. Combine chili powder, cumin, cayenne, paprika, sea salt and black pepper in a bowl and mix well. Sprinkle over both sides of the tilapia fillets.
4. Grease a large cast iron skillet with a bit of olive oil and place it over medium high heat. Add your tilapia fillets two at a time. Let sear for 3 to 4 minutes per side, flip and let sear for another 3 minutes or until fish is completely cooked through. (Note: Fish is done when it flakes with a fork.) Remove from heat and chop into pieces. Set aside.
5. Divide cauliflower rice in between bowls and top with red onion, green pepper and black beans. Add blackened tilapia, drizzle with desired amount of avocado dressing and serve with lime wedges. Enjoy!

## NOTES

### Work Ahead

Prepare your vegetables, cauliflower rice and avocado dressing ahead of time. Cook tilapia and assemble when ready to eat!

### More Carbs

Serve on brown rice instead of cauliflower rice.

### No Tilapia

Use any fish fillet of your choice.

## INGREDIENTS

- 1 head Cauliflower
- 1/2 Avocado (pit removed and peeled)
- 1/4 cup Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 1/4 cup Water
- 1 tbsp Chili Powder
- 1 tbsp Cumin
- 1/2 tsp Cayenne Pepper
- 1 tsp Paprika
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 2 Tilapia Fillet
- 1/4 cup Red Onion (finely diced)
- 1/2 Green Bell Pepper (finely diced)
- 2 cups Black Beans (cooked, drained and rinsed)
- 1 Lime (cut into wedges)

## NUTRITION

Amount per serving

<b>Calories</b>	393	<b>Cholesterol</b>	29mg
<b>Fat</b>	20g	<b>Sodium</b>	434mg
<b>Carbs</b>	36g	<b>Vitamin A</b>	1095IU
<b>Fiber</b>	14g	<b>Vitamin C</b>	94mg
<b>Sugar</b>	5g	<b>Calcium</b>	96mg
<b>Protein</b>	24g	<b>Iron</b>	5mg



# Mushroom & Cauliflower Rice Bowl



6 ingredients



15 minutes



1 serving

## DIRECTIONS

1. Heat a skillet over medium heat. Add the avocado oil and then the riced cauliflower. Sauté for 5 to 7 minutes, then remove and set aside.
2. In the same pan, over medium heat, add the mushrooms and cook for 4 to 5 minutes. Next, add the spinach and cook for 1 to 2 minutes or until wilted. Add the coconut aminos and stir to combine.
3. Add the cauliflower rice to a bowl and top with mushrooms, spinach and the sliced avocado. Enjoy!

## NOTES

### Leftovers

Refrigerate in an airtight container for up to 3 days.

### No Coconut Aminos

Use tamari or soy sauce instead.

### No Avocado Oil

Use olive oil or coconut oil instead.

### More Flavour

Season with chili flakes and/or garlic.

### Additional Toppings

Add sliced nori and/or sesame seeds on top.

## INGREDIENTS

- 1/2 tsp Avocado Oil
- 1 1/2 cups Cauliflower Rice
- 4 White Button Mushrooms (sliced)
- 2 cups Baby Spinach
- 1 1/2 tsps Coconut Aminos
- 1/2 Avocado (sliced)

## NUTRITION

Amount per serving

<b>Calories</b>	249	<b>Cholesterol</b>	0mg
<b>Fat</b>	18g	<b>Sodium</b>	224mg
<b>Carbs</b>	21g	<b>Vitamin A</b>	5773IU
<b>Fiber</b>	12g	<b>Vitamin C</b>	28mg
<b>Sugar</b>	7g	<b>Calcium</b>	105mg
<b>Protein</b>	9g	<b>Iron</b>	3mg





# 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 3 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

<b>Calories</b>	226	<b>Cholesterol</b>	47mg
<b>Fat</b>	12g	<b>Sodium</b>	436mg
<b>Carbs</b>	11g	<b>Vitamin A</b>	2182IU
<b>Fiber</b>	4g	<b>Vitamin C</b>	44mg
<b>Sugar</b>	7g	<b>Calcium</b>	147mg
<b>Protein</b>	21g	<b>Iron</b>	2mg



# Rainbow Lettuce Wraps with Spicy Mango Dressing



14 ingredients



15 minutes



4 servings

## DIRECTIONS

1. In a large mixing bowl combine the cabbage, bell pepper, carrot and green onions. Toss to combine and set aside.
2. Add the mango, water, apple cider vinegar, garlic, red pepper flakes and sea salt to a food processor and blend until smooth.
3. To assemble the lettuce wraps, divide the cabbage mixture between the romaine leaves and garnish with avocado, sesame seeds, cilantro and spicy mango dressing. Serve immediately and enjoy!

## NOTES

### Leftovers

Refrigerate veggies, dressing and toppings in separate airtight containers for up to 5 days. Assemble lettuce wraps just before serving.

### Serving Size

One serving is approximately two lettuce wraps. Each lettuce wrap is approximately 2/3 cup veggie filling and 2 tablespoons of dressing.

### Additional Toppings

For extra crunch add sliced almonds or pumpkin seeds.

### More Protein

Add cooked chicken, shrimp or tofu.

## INGREDIENTS

- 1 1/2 cups** Purple Cabbage (thinly sliced)
- 1** Red Bell Pepper (thinly sliced)
- 1** Carrot (medium, grated)
- 2 stalks** Green Onion (thinly sliced)
- 1** Mango (small, chopped)
- 3 tbsps** Water
- 2 tbsps** Apple Cider Vinegar
- 1 clove** Garlic (small, minced)
- 1/2 tsp** Red Pepper Flakes
- 1/8 tsp** Sea Salt
- 1 head** Romaine Hearts (large leaves, separated, washed and dried)
- 2** Avocado (diced)
- 2 tsps** Sesame Seeds
- 1/4 cup** Cilantro

## NUTRITION

Amount per serving

<b>Calories</b>	252	<b>Cholesterol</b>	0mg
<b>Fat</b>	16g	<b>Sodium</b>	105mg
<b>Carbs</b>	29g	<b>Vitamin A</b>	5918IU
<b>Fiber</b>	10g	<b>Vitamin C</b>	100mg
<b>Sugar</b>	16g	<b>Calcium</b>	67mg
<b>Protein</b>	4g	<b>Iron</b>	1mg



# Spaghetti Chow Mein



10 ingredients



1 hour 30 minutes



4 servings

## DIRECTIONS

1. Preheat oven to 350°F (177°C) and slice the spaghetti squash in half. Place cut-side down on a baking sheet and bake in the oven for about 60 minutes or until it can be easily pierced with a fork. When done, remove from oven. Turn over and let cool slightly.
2. While the spaghetti squash is cooling, heat the sesame oil over medium heat in a large skillet or wok. Add the onion, celery, coleslaw mix, garlic and ginger, stirring to combine. Cover and cook for about 10 minutes, stirring occasionally.
3. In a separate pan, melt the coconut oil and brown the ground chicken.
4. Carefully scoop the flesh out of the spaghetti squash. Add the spaghetti squash and the chicken to the pan with the sauteed veggies. Pour the coconut aminos over everything and mix well. Divide between bowls. Enjoy!

## NOTES

### No Coconut Aminos

Use tamari instead.

### Vegan and Vegetarian

Replace the ground chicken with scrambled eggs or tofu.

### Likes it Spicy

Serve with hot sauce.

### Leftovers

Refrigerate up to 3 days.

## INGREDIENTS

- 1 Spaghetti Squash
- 2 tbsps Sesame Oil
- 1 Yellow Onion (medium, diced)
- 4 stalks Celery (sliced diagonally)
- 4 cups Coleslaw Mix
- 3 cloves Garlic (minced)
- 1 tbsp Ginger (peeled and grated)
- 1 1/2 tsps Coconut Oil
- 1 lb Extra Lean Ground Chicken
- 1/4 cup Coconut Aminos

## NUTRITION

Amount per serving

Calories	342	Cholesterol	98mg
Fat	18g	Sodium	405mg
Carbs	25g	Vitamin A	3576IU
Fiber	5g	Vitamin C	53mg
Sugar	9g	Calcium	112mg
Protein	22g	Iron	2mg



# Lemon Paprika Shrimp with Kale



10 ingredients



20 minutes



3 servings

## DIRECTIONS

1. In a mixing bowl whisk half of the olive oil, maple syrup, paprika, Italian seasoning, salt and red pepper flakes, if using, until combined. Add the shrimp to the sauce and toss until the shrimp are well coated.
2. Heat a large non-stick pan or skillet over medium-high heat.
3. Add the shrimp and all of the sauce to the pan. Let the shrimp cook for 1 to 2 minutes per side, or until cooked through. Add the water and half of the lemon juice and stir to coat the shrimp in the sauce. Let the sauce come to a gentle bubble then remove from heat. Transfer shrimp to a bowl and season with additional salt and lemon juice if needed. Set aside.
4. To the same pan, add the remaining olive oil. Add the kale to the pan and cook until wilted and tender, stirring frequently, for about 5 minutes. Remove from heat and stir in the remaining lemon juice.
5. Divide the shrimp and kale between plates and serve immediately. Enjoy!

## NOTES

### Leftovers

Refrigerate in an airtight container for up to 3 days.

### More Flavour

Serve with extra lemon wedges or fresh ground pepper on top.

## INGREDIENTS

- 3 tbsps Extra Virgin Olive Oil (divided)
- 1 tbsp Maple Syrup
- 1 1/2 tsps Paprika
- 1 1/2 tsps Italian Seasoning
- 1/4 tsp Sea Salt
- 1/8 tsp Red Pepper Flakes (optional)
- 14 1/16 ozs Shrimp (large, peeled, deveined and tails removed)
- 1 1/2 tbsps Water
- 1 tbsp Lemon Juice (divided)
- 5 cups Kale Leaves (finely chopped)

## NUTRITION

Amount per serving

Calories	268	Cholesterol	216mg
Fat	15g	Sodium	377mg
Carbs	7g	Vitamin A	2283IU
Fiber	2g	Vitamin C	35mg
Sugar	5g	Calcium	185mg
Protein	28g	Iron	2mg



## Quinoa Kale Fritters



13 ingredients



45 minutes



6 servings

### DIRECTIONS

1. Cook quinoa by placing quinoa and water in a sauce pan. Place over medium-high heat and bring to a boil. Once boiling, cover and reduce heat to low. Let simmer for 12 minutes. Remove from heat, fluff with a fork and set aside.
2. In a frying pan, heat half the coconut oil over medium heat. Saute onion until golden (about 5 minutes). Then add kale and stir just until wilted (1 - 2 minutes). Remove from heat.
3. In a large mixing bowl whisk the eggs. Then add in the quinoa, kale/onion mixture, garlic, salt and pepper. Stir well. Let cool for 15 minutes then add in the oats and almond meal. Mix well.
4. With clean hands, form even patties with the mixture and place on a piece of waxed paper.
5. In a large skillet, heat remaining coconut oil over medium heat. Use a lifter to transfer the fritters from the wax paper to the frying pan. Fry the fritters about 6 minutes per side or until golden brown.
6. To make the Tangy Avocado Spread: In a bowl mash avocado with a fork. Add the lemon juice and yellow mustard. Beat with a fork until a creamy consistency forms. Season with a pinch of sea salt and pepper.
7. Serve the fritters on organic bread or on a bed of spinach lightly tossed in olive oil and top with Tangy Avocado Spread.

### INGREDIENTS

- 1/2 cup Quinoa
- 1 cup Water
- 1 tbsp Coconut Oil (divided)
- 2 Egg (whisked)
- 1/2 Sweet Onion (diced)
- 3 cloves Garlic (minced)
- Sea Salt & Black Pepper (to taste)
- 2 cups Kale Leaves
- 1/3 cup Oats
- 1/3 cup Almond Flour
- 1 Avocado (peeled and sliced)
- 1 Lemon (juiced)
- 1 tbsp Yellow Mustard

### NUTRITION

Amount per serving

<b>Calories</b>	218	<b>Cholesterol</b>	62mg
<b>Fat</b>	13g	<b>Sodium</b>	59mg
<b>Carbs</b>	20g	<b>Vitamin A</b>	479IU
<b>Fiber</b>	5g	<b>Vitamin C</b>	15mg
<b>Sugar</b>	2g	<b>Calcium</b>	66mg
<b>Protein</b>	7g	<b>Iron</b>	2mg



# Greek Chicken Salad



10 ingredients



45 minutes



4 servings

## DIRECTIONS

1. Combine the Greek seasoning, lemon juice, and 1/4 of the olive oil in a shallow bowl or ziploc bag. Add the chicken breasts and marinate for 20 minutes or overnight.
2. Preheat a grill or skillet over medium heat. Remove chicken from the marinade and cook for 10 to 15 minutes per side, or until chicken is cooked through.
3. While the chicken is cooking, make the salad by combining the cherry tomatoes, cucumbers, red onion, olives, balsamic vinegar, remaining olive oil, salt, and pepper. Mix well.
4. Divide the salad and chicken between plates. Enjoy!

## NOTES

### More Carbs

Mix quinoa into the salad or serve with roasted potatoes.

### Cheese Lover

Sprinkle with feta cheese.

### No Greek Seasoning

Use Italian seasoning instead.

## INGREDIENTS

- 2 tbsps Greek Seasoning
- 1 Lemon (juiced)
- 1/4 cup Extra Virgin Olive Oil
- 1 1/4 lbs Chicken Breast (boneless, skinless)
- 3 cups Cherry Tomatoes
- 1 Cucumber (diced)
- 1/4 cup Red Onion (finely diced)
- 1 cup Pitted Kalamata Olives (chopped)
- 3 tbsps Balsamic Vinegar
- Sea Salt & Black Pepper (to taste)

## NUTRITION

Amount per serving

Calories	379	Cholesterol	103mg
Fat	21g	Sodium	1282mg
Carbs	13g	Vitamin A	1165IU
Fiber	2g	Vitamin C	23mg
Sugar	7g	Calcium	65mg
Protein	34g	Iron	3mg