

HBD NUTRITION

THE SPRING PLAN

MENU WEEK 1	B-FAST	LUNCH	DINNER
DAY 1	Eggie Oats & Berries	Smashed Sardine Spread with Raw Veggies & Crackers	Roasted Pork Loin with Roasted Grapes & Parsnips & Spring Salsa
DAY 2	Grain-free Banana Bread with Liver Support Smoothie*	Creamy Potato and Asparagus Soup	Yellow Curried Tuna Steaks with Melon Cucumber Salad
DAY 3	Berrylicious Banana Vanilla Pancakes	Braised Cabbage and Pork with Asparagus	Big-Bang Burger with Sweet Potato & Parsnip Fries
DAY 4	Grain-free Banana Bread with Apples	Burger in a Bowl	Veggie Protein Crepes

Recipes are scaled to serve 4. * Star marked recipes serve 1.

WEEK 1

RECIPES & PREP GUIDE

These are suggested prep ideas to make your week easier and cooking more efficient during the week. Items that have been **bolded** are strongly encouraged to be prepped ahead. The rest is a matter of preference.

DAY 1

- 3 carrots, peeled and cut into sticks
- ¼ head of green cabbage cut into bite size chunks
- 3 large parsnips, peeled and diced into small cubes
- 1 red bell pepper, diced

DAY 2

- **Make Grain-free Banana Bread and store in the fridge until Day 2**
- 12 strips bacon, cooked and crumbled
- ½ ripe cantaloupe, skin removed and cut into bite size pieces

DAY 3

- 1 large white onion, finely chopped
- ½ head of green cabbage
- 1 medium sweet potato, scrubbed and diced into ½ inch cubes
- 2 large parsnips, peeled and diced into ½ inch cubes

DAY 4

- 3 cups cooked quinoa (cook according to package directions)
- 2 red onion, sliced thin
- 1 red bell pepper, diced or sliced

DAY 1

EGGY OATS & BERRIES (SERVES 4)

INGREDIENTS

- 2 cups rolled oats
- 1 cup almond milk + 2 cups additional water
- pinch of sea salt
- 4 eggs
- 2 tsp cinnamon
- 2-3 Tbsp flax seed or hemp seed, ground
- 2 ripe bananas, sliced
- 1 cup berries
- Drizzle of maple syrup

METHOD

1. Boil water and almond milk in a medium sauce with pinch of salt. Once boiling, stir in dried oats. Reduce heat and simmer, uncovered, for 5 minutes or until liquid is absorbed.
2. Meanwhile, whisk eggs together in a separate bowl. After oats have cooked and soaked up the liquid, pour and gently stir eggs and cinnamon. Keep heat on lowest setting while eggs cook into oats (about 2-3 minutes).
3. Remove from heat and dish into serving bowls. Top with flax/hemp seeds, bananas, berries and drizzle with a sweet touch of maple syrup.

** Femfusion signature recipe*

SMASHED SARDINE SPREAD & VEGGIES (SERVES 4)

INGREDIENTS

- 2, 4-5oz cans sardines, packed in olive oil or water (can sub tuna)
- 2 very ripe avocados, cut in half, pit removed
- juice of ½ lemon
- 1 Tbsp fresh or dried dill
- sea salt and pepper to taste
- 3 carrots, peeled and cut into sticks
- 2 stalks celery, cut into sticks
- ¼ head of green cabbage, cut into bite size chunks
- gluten-free crackers (we like [Mary's Gone Crackers](#))

METHOD

1. Scoop avocado into a medium bowl and cover with lemon juice. Mash well with a fork.
2. Add sardines with oil and mash until combined.
3. Season with dill, salt and pepper. Enjoy with cut up veggies and gluten-free crackers.

** FemFusion signature recipe*

ROASTED PORK LOIN WITH ROASTED GRAPES, PARSNIPS & AVOCADO CUPS (SERVES 4)

INGREDIENTS (PORK LOIN)

- 2 pounds pork loin
- 1 Tbsp coconut oil
- 1 tsp sea salt
- ½ tsp black pepper
- 1 tsp Herbes de Provence

INGREDIENTS (ROASTED GRAPES & PARSNIPS)

- 1 Tbsp coconut oil
- 1 onion, diced
- 5 cloves garlic, minced or thinly sliced
- 3 large parsnips, peeled and diced into small cubes
- 3 cups red grapes, seedless
- ½ cup chicken stock or broth
- 1 Tbsp pure maple syrup
- 1 Tbsp extra virgin olive oil

INGREDIENTS (SPRING SALSA)

- 2 avocados, flesh diced and removed (reserve shells)
- 1 red bell pepper, diced
- 2 radishes, thinly sliced
- ½ cup cilantro, chopped (about ½ bunch)
- juice of ½ lime
- pinch of sea salt

METHOD

1. Preheat oven to 425 degrees F.
2. Heat a large Dutch oven (or other oven proof pot) over medium high heat. Add oil. Season pork with spices ensuring to coat all sides.
3. Sear all sides of the pork loin in hot oil. This will take about 8-10 minutes for all sides to brown. Remove loin and set aside.
4. Add 1 more Tbsp of coconut oil to same pot and let heat up. Add onions, garlic, parsnips, and grapes to pot and cook for 2-3 minutes. Add chicken stock, maple syrup and olive oil.
5. Place pork loin on top of veggies and cover with lid. Place in oven for approximately 25 minutes. Then, remove lid, flip loin and cook an additional 5 minutes uncovered. Pork is done when internal temp is 150 degrees.
6. Let meal rest for about 5 minutes to ensure doneness of pork, then slice in half. Reserve half of pork for Day 3. Slice remaining half into 4 equal portions.
7. While pork is cooking, mix together ingredients for the avocado cups in a separate bowl. For presentation, you can use the reserved avocado shells and fill them with the salsa as a decorative serving option.

**adapted from www.thefresh20.com*

DAY 2

GRAIN FREE BANANA BREAD WITH LIVER SUPPORT SMOOTHIE (SERVES 1 W/ LEFTOVER BREAD)

INGREDIENTS (BANANA BREAD)

- 3 ripe bananas
- 4 Tbsp organic butter, melted (Kerrygold used here)
- 2 Tbsp raw honey
- 1 tsp pure vanilla
- 6 eggs, organic, pastured
- 1/2 cup coconut flour
- 1 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp salt
- 1 Tbsp cinnamon
- 1/2 cup walnuts, optional
- 1/2 cup dairy-free, soy-free chocolate chips, optional (Enjoylife brand recommended)

METHOD (BANANA BREAD)

1. Preheat oven to 350 degrees F.
2. Mash bananas and mix well with melted butter.
3. Add honey, vanilla and eggs and whisk together until well blended.
4. In a separate bowl, combine dry ingredients. Add to mixture and stir to combine.
5. Add walnuts (or any other nut) and chocolate chips if desired. Pour batter into parchment paper lined or greased loaf pan. Bake for 40-50 minutes until inserted toothpick comes out clean.
7. Enjoy warm with a small slab of organic, whole cream butter! Save leftovers for snacks and breakfast on Day 4.

INGREDIENTS (SMOOTHIE)

- 2 cups water (or 1.5 cups water + 1/2 cup ice if you like it icy)
- 1 cup roughly chopped kale
- 1/2 banana, 1/2 avocado
- 1/2 inch piece of fresh ginger, peeled
- 1/2 lemon, peeled
- 5-10 fresh mint leaves

METHOD (SMOOTHIE)

1. Blend all ingredients until smooth.
2. Enjoy with a delicious slice of banana bread.

**banana bread inspired by www.sparkpeople.com, smoothie is a FemFusion signature recipe*

CREAMY POTATO AND ASPARAGUS SOUP (6-7 SERVINGS)

INGREDIENTS

- 2 medium potatoes, scrubbed clean and diced
- 1 pound fresh asparagus, chopped
- 1 small onion, chopped
- 2 celery ribs, chopped
- 6 cups chicken or vegetable stock
- ¼ cup grass-fed butter or coconut oil
- 1 tsp sea salt
- 1 tsp black pepper
- ½ cup organic heavy cream (optional)
- 12 strips of bacon, cooked and crumbled (optional)

METHOD

1. Combine the potatoes, asparagus, onion, celery and stock in a large saucepan or pot. Bring to a boil, then reduce heat and simmer for 15 minutes or until vegetables are fork tender. Stir in butter/coconut oil, salt/pepper, and heavy cream (optional).
2. Garnish with crumbled bacon and a drizzle of olive oil.

**FemFusion signature recipe*

YELLOW CURRIED TUNA STEAKS & MELON CUCUMBER SALAD (SERVES 4)

INGREDIENTS (TUNA STEAKS)

- 4 tuna steaks, about 1.5 pounds (sub with 1 lb chicken if desired)
- 1 Tbsp olive oil
- 2 tsp yellow curry powder
- 1 tsp cumin
- ½ tsp paprika
- 1 tsp sea salt
- ½ tsp black pepper
- 1 Tbsp coconut oil

INGREDIENTS (MELON CUCK SALAD)

- ½ ripe cantaloupe, seeded, skin removed and cut into bite size pieces
- 1 cucumber, skin removed if non-organic, cut into medium dice
- 1 lime, juiced
- 1 Tbsp raw honey or pure maple syrup
- 1 Tbsp extra virgin olive oil
- 5-8 mint leaves, cut into thin slices (roll together lengthwise and slice)
- 5-8 basil leaves, cut into thin slices (roll together lengthwise and slice)
- sea salt, pinch
- ½ cup slivered or sliced almonds

METHOD

1. Mix together the oil, curry, cumin, paprika, salt and pepper in a small bowl. Rinse tuna steaks with cold water and pat with paper towel to dry.
2. Brush tuna with oil mixture ensuring that both sides are covered.
3. Heat a large, non-stick pan over medium. Add coconut oil and let heat. Add tuna steaks and cook for 3-4 minutes on each side until done. Cooking time will depend on thickness of tuna and desired doneness. We recommended medium-rare with a pink center for tuna. Chicken needs to be cooked all the way through. This step can also be done on the outdoor grill if preferred.
4. Meanwhile, combine all of the salad ingredients, except almonds, in a large bowl. Once combined sprinkle with almonds. Serve cold with tuna steaks for a refreshing side dish.

**inspired by www.thefresh20.com*

DAY 3

BERRYLICIOUS BANANA VANILLA PANCAKES

INGREDIENTS

- 5 large, ripe bananas
- 4 organic, pastured eggs
- 1 tsp pure vanilla extract
- ½ tsp cinnamon
- ¼ tsp baking powder
- 2 cups fresh berries
- 1 cup coconut cream (optional – just skim fat off the top of a can of regular, whole fat coconut milk to get the cream)
- 2 Tbsp pure maple syrup (optional)

METHOD

1. Whisk eggs together in a bowl.
2. In a separate bowl, mash the bananas with a fork or other mashing kitchen tool, like a potato masher.
3. Pour eggs over bananas and add the vanilla, cinnamon and baking powder.
4. Heat a non-stick skillet over medium-high heat.
5. Pour ¼ cup batter onto skillet and cook until bottom appears to be set (about 1-2 minutes). Flip and cook through. Repeat until all pancakes are made.
6. Pour coconut cream and maple syrup into a blender. Run on high for 30 seconds to 1 minute until mixture is fluffy and soft.
7. Serve pancakes with coconut maple sauce and berries.

**FemFusion signature recipe*

BRAISED CABBAGE & PORK WITH ASPARAGUS (4 SERVINGS)

INGREDIENTS

- 1 Tbsp bacon fat, butter or coconut oil
- 1 large onion, thinly sliced
- ½ small head of green cabbage, thinly sliced
- ½ tsp sea salt
- ¼ tsp celery seed
- 1 tsp caraway seed
- ½ cup organic chicken or vegetable stock (or water)
- 1 Tbsp mustard, preferably Dijon
- 1 Tbsp apple cider vinegar
- ground black pepper, to taste
- Remaining pork loin from Day 1, diced into bite size pieces
- 1 bunch asparagus, trimmed (about 1-1.5 pounds)

METHOD

1. Heat fat in a large sauté pan over medium-high heat. Add onion and sauté until onions begin to brown (about 5 minutes). Sprinkle salt over onions.
2. Add sliced cabbage and toss to combine. After 1-2 minutes add celery, caraway and stock. Cover, reduce heat to low and let simmer for 10 minutes.
3. Meanwhile, clean asparagus shoots and trim ends. Steam for 8 minutes or until done. Set aside.
4. After the cabbage has been cooking 10 minutes, throw the cubed pork into pan then turn off the heat and recover pan for additional 5 minutes (pork will warm up this way). Then, mix mustard and vinegar, salt and pepper (to taste) in and toss well to coat.
5. Serve pork and cabbage with a side of freshly steamed asparagus.

BIG-BANG BURGER WITH SWEET POTATO AND PARSNIP FRIES (SERVES 8)

INGREDIENTS (BURGERS)

- 3 garlic cloves, minced
- 1 tsp yellow curry powder
- 1 tsp cumin
- ¼ tsp cayenne pepper + additional per taste
- 2 Tbsp yellow or Dijon mustard
- 1 cup almond flour OR finely ground almonds (unsalted)
- 2 tsp sea salt
- 1 tsp pepper
- 2 pounds lean ground turkey, chicken or grass-fed beef
- 4 roasted Portobello mushroom caps
- 1 ripe tomato, sliced thin
- 4 whole romaine lettuce leaves

INGREDIENTS (SWEET POTATO AND PARSNIP FRIES)

- 1 medium sweet potato, scrubbed and diced into ½ inch cubes
- 2 large parsnips, peeled and diced into ½ inch cubes
- 1 Tbsp coconut oil, melted
- 1 tsp cumin
- 1 tsp nutmeg
- ½ tsp cayenne pepper
- ½ tsp sea salt
- 1 tsp black pepper

METHOD

1. Preheat oven to 450 degrees F.
2. Toss cubed parsnips and sweet potatoes with melted coconut oil and spices. Spread out on a large, lined baking tray and slide into the oven on bottom rack (mushrooms will go on top). Bake until fork tender, about 30-40 minutes.
3. Wash Portobello caps and arrange on a baking sheet with the bottoms down. Drizzle olive oil over the gills of mushroom and let roast for about 8-10 minutes. Set aside, then turn down oven to 400 degree F while the sweet potatoes and parsnips finish cooking.
4. Meanwhile, break up meat in a medium mixing bowl. Sprinkle with all the spices, almond flour and garlic, and mix thoroughly.
5. Form mince meat into 8 large or 16 small patties. **Pro tip:** Pour small amount of olive oil in hands then rub to cover palm of hands before handling meat.
6. Grill burgers indoors or outdoors. If cooking indoors, heat 1 Tbsp coconut oil in a large non-stick pan and cook 5-7 minutes on each side until burger is no longer pink in the center. Reserve ½ of the burgers for Day 4 lunch.
7. Serve remaining burgers on top of mushroom cap, then top with tomato slice/s and lettuce. As an option, add small amount of homemade mayo or mustard for flavor.

**Burger recipe adapted from www.thefresh20.com, Fries are a FemFusion Signature*

DAY 4

GRAIN-FREE BANANA BREAD & APPLES

METHOD

1. Slice up your bread and an apple. Enjoy!

BURGER IN A BOWL

INGREDIENTS

- ¼ cup extra-virgin olive oil
- juice of ½ lemon (about 2 Tbsp)
- 2 tsp lemon zest
- ¾ cup chopped fresh basil
- 1 Tbsp thyme
- ¼ cup chopped parsley (optional)
- sea salt
- black pepper
- 3 cups cooked quinoa, chilled
- 1 Tbsp coconut oil
- 1 red onion, sliced thin
- 1 red bell pepper, diced or sliced
- Left-over burgers from Day 3
- 6 cups mixed greens of choice (leftover romaine, spinach, arugula, or spring mix will work)

METHOD

1. Whisk olive oil, lemon juice, zest, basil, thyme, parsley, salt and pepper in small dish.
2. Pour half of dressing over quinoa and toss well to combine. Add more dressing as desired and set aside.
3. Heat a medium skillet to medium-high heat and add coconut oil. Sauté onion and bell pepper for 3-5 minutes until lightly golden. Alternatively, you do not have to sauté the veggies and can eat them raw in the salad.
4. Microwave burgers for 1 minute until warm. You can also eat cold if desired.
5. Divide mixed greens among 4 bowls and top with quinoa, onions, peppers and burger. Enjoy!

**FemFusion signature recipe*

VEGGIE PROTEIN CREPES (SERVES 4)

INGREDIENTS (CREPES)

- 4 organic, pastured eggs
- 4 organic, pastured egg whites
- 2 Tbsp flax seed, ground
- 1 cup water or broth
- pinch of sea salt
- 1-2 Tbsp coconut oil
- 1 small onion, diced
- 2-3 cloves of garlic, minced
- 8 oz brown mushrooms, sliced thin
- 1 bell pepper, diced (any color will work)
- ½ tsp sea salt
- ½ tsp black pepper
- ½ tsp cumin
- dash of cayenne pepper
- 2 avocados, diced or mashed
- ½ cup organic, tomato salsa

INGREDIENTS (FRUIT SALAD)

- 2 cups grapes
- 1 orange, pieced into wedges and then diced
- ½ cantaloupe, diced (left over from Day 2)
- 10 mint leaves, chopped
- juice of ½ lemon

METHOD

1. Make the fruit salad by combining all ingredients and storing in refrigerator until dinner is ready.
2. Preheat the oven broiler.
3. Whisk eggs, egg whites, flax seed, water and sea salt together in a dish.
4. Heat a medium skillet over medium heat then add a small amount of coconut oil to coat.
5. Pour ¼ of the egg mix into skillet and swirl so that it spreads into a very thin layer. Let it cook for a couple minutes until egg sets on the bottom of the pan.
6. Do not flip the crepe, instead put the pan under broiler and let it finish cooking until it sets on the top. This might take about 1-2 minutes so keep a close eye on it.
7. Repeat procedure with remaining egg mixture for a total of 4 crepes.
8. Heat another large skillet over medium-high heat and add oil.
9. Saute onion, garlic, mushrooms, pepper and spices for about 5 minutes.
10. Fill the crepes with equal amounts of veggies and then top with ½ avocado flesh (mashed or cubed) and salsa.
11. Serve with fruit salad.

**adapted from www.thefresh20.com*