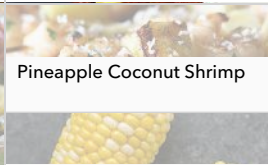
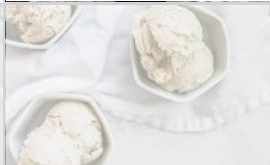




Splendid Summer Program

Nancy Hall

<http://www.nancyleehall.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Banana Mango Chia Pudding	 Avocado Toast with a Poached Egg	 Gut Healing Green Smoothie	 Gut Healing Green Smoothie	 Strawberry Almond Protein Smoothie	 Bell Pepper Egg Cups	 Zucchini Carrot Souffle Muffins
Snack 1	 Blueberry Agua Fresca	 Blueberry Agua Fresca	 Blueberry Agua Fresca	 Pineapple	 Pineapple	 Apple Slices & Hummus	 Pickled Green Tomatoes & Tuna Lettuce Wraps
Lunch	 Simple Tuna Salad	 Simple Tuna Salad	 Spiced Salmon Kabobs	 Pineapple Coconut Shrimp	 Grilled Honey Dijon Salmon with Zucchini & Quinoa	 Grilled Shrimp Salad	 Grilled Pineapple & Chicken Salad
Snack 2	 Fresh Strawberries	 Fresh Strawberries	 Fresh Strawberries	 Banana with Peanut Butter	 Banana with Peanut Butter	 Key Lime Mousse	 Key Lime Mousse
Dinner	 Spiced Salmon Kabobs	 Spiced Salmon Kabobs	 Pineapple Coconut Shrimp	 Grilled Honey Dijon Salmon with Zucchini & Quinoa	 Grilled Shrimp Salad	 Grilled Pineapple & Chicken Salad	 Grilled Shrimp Salad
Snack 3	 Coconut Banana Ice Cream	 Coconut Banana Ice Cream	 Coconut Banana Ice Cream	 Mango Coconut Popsicles	 Mango Coconut Popsicles	 Mango Coconut Popsicles	 Mango Coconut Popsicles

Fruits

- ☐ 2 Apple
- ☐ 6 Avocado
- ☐ 13 1/2 Banana
- ☐ 4 cups Blueberries
- ☐ 2 Green Apple
- ☐ 3 Lemon
- ☐ 8 Lime
- ☐ 1 1/2 Mango
- ☐ 19 cups Pineapple
- ☐ 7 1/2 cups Strawberries

Breakfast

- ☐ 1/2 cup All Natural Peanut Butter
- ☐ 1 1/2 tbsps Almond Butter
- ☐ 1 1/16 cups Maple Syrup

Seeds, Nuts & Spices

- ☐ 3/4 tsp Black Pepper
- ☐ 2/3 cup Chia Seeds
- ☐ 2 1/4 tsps Chili Powder
- ☐ 1/3 cup Ground Flax Seed
- ☐ 1/2 cup Hemp Seeds
- ☐ 3/4 tsp Red Pepper Flakes
- ☐ 2 1/8 tsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 1/2 tbsps Sesame Seeds

Frozen

- ☐ 4 cups Frozen Mango

Vegetables

- ☐ 9 cups Asparagus
- ☐ 6 cups Baby Spinach
- ☐ 1 Carrot
- ☐ 1 1/2 cups Cherry Tomatoes
- ☐ 6 cups Coleslaw Mix
- ☐ 4 ears Corn On The Cob
- ☐ 3 Garlic
- ☐ 1/4 head Green Lettuce
- ☐ 4 stalks Green Onion
- ☐ 4 cups Kale Leaves
- ☐ 1 1/16 cups Parsley
- ☐ 1 Red Bell Pepper
- ☐ 1/2 cup Red Onion
- ☐ 5 Zucchini

Boxed & Canned

- ☐ 6 1/4 cups Canned Coconut Milk
- ☐ 1 cup Quinoa
- ☐ 4 1/2 cans Tuna

Baking

- ☐ 1 cup Almond Flour
- ☐ 1 1/2 tsps Baking Powder
- ☐ 1/4 cup Coconut Flour
- ☐ 1/3 cup Raw Honey
- ☐ 2 tbsps Unsweetened Coconut Flakes
- ☐ 1 3/4 tbsps Vanilla Extract

Bread, Fish, Meat & Cheese

- ☐ 1 slice Bread
- ☐ 1 lb Chicken Breast
- ☐ 1/2 cup Feta Cheese
- ☐ 1/2 cup Hummus
- ☐ 3 lbs Salmon Fillet
- ☐ 5 lbs Shrimp

Condiments & Oils

- ☐ 2 tbsps Apple Cider Vinegar
- ☐ 1/4 cup Coconut Oil
- ☐ 1/4 cup Dijon Mustard
- ☐ 1 cup Extra Virgin Olive Oil
- ☐ 1/4 cup Mayonnaise
- ☐ 2 tbsps Red Wine Vinegar

Cold

- ☐ 7 Egg
- ☐ 1 1/4 cups Unsweetened Almond Milk

Other

- ☐ 24 Barbecue Skewers
- ☐ 12 Ice Cubes
- ☐ 3 tbsps Pickled Green Tomato
- ☐ 1/4 cup Vanilla Protein Powder
- ☐ 11 cups Water



Banana Mango Chia Pudding

6 servings

30 minutes

Ingredients

- 1/2 cup Chia Seeds
- 2 2/3 cups Canned Coconut Milk
- 3 3/4 tbsps Maple Syrup
- 1 1/2 tsps Vanilla Extract
- 1 1/2 Mango (cubed)
- 1 1/2 Banana (sliced)

Directions

- 1 In a large bowl, combine the chia seeds with coconut milk, maple syrup, and vanilla. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 Top the chia pudding with mango and banana. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Additional Toppings: Top with coconut flakes.



Avocado Toast with a Poached Egg

1 serving

15 minutes

Ingredients

1 slice Bread
1/2 Avocado
Sea Salt & Black Pepper (to taste)
1 Egg
1 tbsp Apple Cider Vinegar
1/8 tsp Sea Salt

Directions

- 1 Toast bread.
- 2 Cut avocado in half, remove the pit and cut into fine slices. Layer avocado on the toast, mash with a fork and season with a bit of sea salt and black pepper.
- 3 Crack your egg into a bowl.
- 4 Bring a pot of water to a rolling boil on your stovetop. Add sea salt and vinegar. Begin stirring your water with a spoon to create a whirlpool. Carefully add your egg into the whirlpool. Cook for 3 to 4 minutes then use a slotted spoon to carefully remove from the poached egg onto a plate lined with paper towel to soak up the excess liquid.
- 5 Transfer the egg to the top of your toast and season again with sea salt and pepper. Enjoy!



Gut Healing Green Smoothie

2 servings

5 minutes

Ingredients

2 1/2 cups Water (cold)
2 cups Kale Leaves
1/2 Avocado (peeled and pit removed)
1 Banana (frozen)
1 tbsp Chia Seeds
2 tbsps Ground Flax Seed
1/4 cup Hemp Seeds
2 tbsps Raw Honey

Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Kale: Use spinach instead.

No Honey: Use maple syrup, dates or extra banana to sweeten instead.

Likes it Creamy: Use almond milk instead of water for extra creaminess.

Storage: Make ahead and store in a sealed mason jar. Shake well before drinking. Keeps well in the fridge for 1 - 2 days.



Strawberry Almond Protein Smoothie

1 serving

5 minutes

Ingredients

- 1 1/2 cups Strawberries (frozen)
- 1 Banana (small, frozen)
- 1/4 cup Vanilla Protein Powder
- 1 1/2 tbsps Almond Butter
- 1 tbsp Ground Flax Seed
- 1 1/4 cups Unsweetened Almond Milk

Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

Nut-Free: Use sunflower seed butter instead of almond butter and coconut milk instead of almond milk.

No Almond Milk: Use coconut milk or cashew milk instead.

Smoothie Consistency: If the smoothie is too thick, thin with more almond milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.

More Fiber: Add in some chopped leafy greens like spinach or kale.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.



Bell Pepper Egg Cups

1 serving

20 minutes

Ingredients

1 Red Bell Pepper
2 Egg
Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat oven to 425°F (218°C).
- 2 Slice pepper in half and carve out the seeds.
- 3 Crack an egg into the cavity of each half and bake on a baking sheet for 10 to 15 minutes, depending on how you like your eggs. Remove from oven and season with sea salt and black pepper to taste. Enjoy!

Notes

More Flavour: Roast the red pepper in the oven before cracking the egg into them.

Added Touch: Sprinkle with cheese during the last 2 minutes.

Serve it With: Toast for dipping or our Grain-Free Flax Bread.

More Protein: If it is a large bell pepper, fill remaining space with egg whites for added protein.



Zucchini Carrot Souffle Muffins

10 servings

45 minutes

Ingredients

1/4 cup Maple Syrup
4 Egg (separated)
1/4 cup Coconut Oil (melted)
1 tbsp Vanilla Extract
1 cup Almond Flour
1/4 cup Coconut Flour
1 1/2 tsps Baking Powder
1 tbsp Ground Flax Seed
1 tbsp Hemp Seeds
1/4 tsp Sea Salt
1 Carrot (grated)
1 Zucchini (grated)

Directions

- 1 Preheat oven to 350°F (177°C). Grease a muffin tin or line with muffin cups.
- 2 In a bowl, whisk together maple syrup, egg yolks, melted coconut oil and vanilla extract.
- 3 Add dry ingredients to the wet mixture and combine thoroughly.
- 4 Add grated carrot and zucchini. (Note: If too wet, add more coconut flour. If too dry, add 1 tbsp of warm water at a time.)
- 5 Using a handheld or stand mixer, whisk egg whites until stiff peaks form. Gently fold egg whites into batter.
- 6 Scoop batter into muffin cups and bake for 35 minutes or until a toothpick comes out clean. Let cool before serving.

Notes

Make it as a Loaf: Line a loaf pan with parchment paper and bake it as a loaf instead of muffins.



Blueberry Agua Fresca

2 servings

5 minutes

Ingredients

1 cup Blueberries
1/2 Lime (juiced)
1 tbsp Maple Syrup
2 cups Water
4 Ice Cubes (optional)

Directions

- 1 Combine all ingredients except ice in a blender. Blend well until smooth.
- 2 Divide ice into glasses, pour in the Blueberry Agua Fresca and enjoy!

Notes

Make it Smooth: Strain after blending.

Make it Fancy: Serve it over frozen blueberries instead of ice.

Make it Fizzy: Use sparkling water instead of flat water.

No Maple Syrup: Use honey instead.



Pineapple

8 servings
5 minutes

Ingredients

12 cups Pineapple

Directions

- 1 Slice into cubes and divide into bowls. Enjoy!

Notes

Extra Sweet: Grill or broil your pineapple and sprinkle with cinnamon.



Apple Slices & Hummus

2 servings

5 minutes

Ingredients

2 Apple
1/2 cup Hummus

Directions

- 1 Slice apples and cut out the core. Serve with hummus for dipping. Enjoy!

Notes

No Apple: Use pear slices instead.



Pickled Green Tomatoes & Tuna Lettuce Wraps

1 serving

5 minutes

Ingredients

1/4 head Green Lettuce (leaves separated)
1/2 can Tuna (drained and flaked)
3 tbsps Pickled Green Tomato

Directions

1

Layer the tuna and pickled green tomatoes on top of each lettuce leaf. Repeat until all the ingredients are used. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately three stuffed lettuce wraps

More Flavor: Season with sea salt and black pepper to taste.

No Pickled Green Tomatoes: Use sauerkraut instead.



Simple Tuna Salad

4 servings

10 minutes

Ingredients

4 cans Tuna (drained)
2 Green Apple (chopped)
4 stalks Green Onion (finely sliced)
1/4 cup Mayonnaise
Sea Salt & Black Pepper (to taste)

Directions

- 1 Add all ingredients to a large bowl and mix until well combined. Enjoy!

Notes

How to Serve: Enjoy alone, on crackers, on a sandwich, or over greens.

Leftovers: Keeps well in the fridge for 2 to 3 days.



Fresh Strawberries

6 servings

5 minutes

Ingredients

6 cups Strawberries

Directions

1

Wash strawberries under cold water and remove the stems. Dry well. Slice and divide into bowls. Enjoy!

Notes

Make Them Last: Once strawberries are washed, they tend not to last as long. So do not wash until you are ready to eat.



Banana with Peanut Butter

2 servings

5 minutes

Ingredients

2 Banana (peeled and sliced)
1/4 cup All Natural Peanut Butter

Directions

- 1 Spread peanut butter across banana slices. Happy snacking!

Notes

No Peanut Butter: Use any nut or seed butter.

More Protein: Sprinkle with hemp seeds.



Key Lime Mousse

4 servings

10 minutes

Ingredients

2 Avocado (peeled and pitted)
2 Lime (zested and juiced)
2 tbsps Maple Syrup
2 tbsps Canned Coconut Milk
1 tsp Vanilla Extract

Directions

1

In a food processor or blender, combine the avocados, lime juice, lime zest, maple syrup, canned coconut milk, and vanilla extract. Process until smooth, scraping down sides if necessary. Divide into bowls and enjoy!

Notes

Toppings: Kiwi slices, hemp seeds, or shredded coconut.

No Coconut Milk: Use almond milk or cashew milk instead.



Spiced Salmon Kabobs

6 servings

20 minutes

Ingredients

3 tbsps Parsley (chopped)
1 1/2 tbsps Sesame Seeds
3/4 tsp Black Pepper
3/4 tsp Sea Salt
3/4 tsp Red Pepper Flakes
3 tbsps Maple Syrup
3 tbsps Extra Virgin Olive Oil (plus extra for asparagus)
2 lbs Salmon Fillet (sliced into 1 inch cubes)
3 Lemon (sliced into thin rounds)
12 Barbecue Skewers
9 cups Asparagus (woody ends trimmed off)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat grill to medium heat.
- 2 In a mixing bowl, mix the parsley, sesame seeds, black pepper, sea salt, red pepper flakes, maple syrup and olive oil. Mix well. Add the salmon pieces and toss well to coat.
- 3 Grab your BBQ skewers and slide on a piece of salmon, followed by a folded lemon slice. Repeat until all ingredients are used up and several kabobs are made.
- 4 Toss asparagus in a splash of olive oil and season with sea salt and black pepper to taste.
- 5 Place kabobs on one side of the grill and asparagus on the other. Grill both for about 3 - 4 minutes per side, or until salmon flakes with a fork. Remove from the grill and divide between plates. Enjoy!

Notes

Add Carbs: Serve with quinoa, brown rice or sweet potato.

Time Saver: Chop the salmon and add it to a zip lock baggie with the marinade. Store in the fridge up to 1 day.



Pineapple Coconut Shrimp

4 servings

25 minutes

Ingredients

3 Garlic (cloves, minced)
2 tbsps Extra Virgin Olive Oil
2 tbsps Red Wine Vinegar
2 tbsps Parsley (chopped)
1/2 tsp Sea Salt
2 lbs Shrimp (raw, peeled and deveined)
4 cups Pineapple (diced into chunks)
2 tbsps Unsweetened Coconut Flakes
12 Barbecue Skewers

Directions

- 1 In a large bowl, stir together the garlic, olive oil, red wine vinegar, parsley and sea salt. Mix well. Add shrimp and toss well to coat.
- 2 Preheat grill to medium heat.
- 3 Slide a shrimp onto a skewer, followed by a pineapple chunk. Repeat until all ingredients are used up.
- 4 Transfer skewers to the grill and cook for 3 to 4 minutes per side or until shrimp is pink. Remove from grill and sprinkle with coconut flakes. Serve over a bed of greens or with your favourite side dishes. Enjoy!

Notes

No Pineapple: Use sliced lemon instead.

Likes it Spicy: Add cayenne pepper to the shrimp spice.



Steamed Corn on the Cob

4 servings

15 minutes

Ingredients

4 ears Corn on the Cob (husk removed and halved)

Directions

- 1 Fill a pot with a few inches of water and bring to a boil.
- 2 Place the corn in a steaming basket over boiling water. Close the lid and steam for 10 to 15 minutes. Let cool slightly before serving.

Notes

Cook it in the Microwave: Keep the corn on the cob whole and leave the husks on. For 1 to 2 cobs, microwave on high for 3 minutes. For 3 to 4 cobs, microwave for 4 minutes. Let cool before removing husks.

Spreads: Spread the steamed corn with butter, ghee, oil, sour cream or your favourite spices.



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
1 lb 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°F (204°C) 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.



Grilled Shrimp Salad

6 servings

25 minutes

Ingredients

3/4 cup Parsley (chopped and packed)
4 1/2 Lime (juiced)
1/3 cup Extra Virgin Olive Oil
2 1/4 tsps Chili Powder
3 lbs Shrimp (raw, peeled and deveined)
6 cups Coleslaw Mix
1 1/2 cups Cherry Tomatoes (halved)
1 1/2 Avocado (peeled and diced)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Create dressing by combining the parsley, lime juice, olive oil and chili powder together in a blender or food processor. Process until smooth. Set aside.
- 2 Throw shrimp in a large ziplock baggie. Add half of the dressing and shake well to coat. Set the remaining dressing aside.
- 3 Heat the grill over medium heat. Cook the shrimp for 2 to 3 minutes per side depending on size of shrimp.
- 4 Divide coleslaw mix between plates and top with avocados, tomatoes and grilled shrimp. Season with sea salt and pepper to taste. Drizzle remaining dressing over top. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. For best results, store the dressing separate from the salad contents and cut into the avocado just before serving.

No Grill: Cook shrimp in a cast iron skillet over medium heat on the stove top.

Vegan & Vegetarian: Use portobello mushrooms instead of shrimp. Marinate and grill the same way.



Grilled Pineapple & Chicken Salad

4 servings

20 minutes

Ingredients

1/4 cup Extra Virgin Olive Oil (divided)
1 tbsp Apple Cider Vinegar
1 tbsp Maple Syrup
Sea Salt & Black Pepper (to taste)
1 lb Chicken Breast
3 cups Pineapple (sliced into rings)
6 cups Baby Spinach
1 cup Blueberries
1 Avocado (diced)
1/2 cup Feta Cheese (crumbled)
1/2 cup Red Onion (thinly sliced)

Directions

- 1 Add 3/4 of the olive oil, apple cider vinegar, maple syrup, salt and pepper (to taste) to a small mason jar. Shake and set aside.
- 2 Preheat grill on medium heat. Brush both sides of each chicken breast with the remaining olive oil and season with salt, pepper and any other spices you like.
- 3 Place pineapple slices and chicken breasts on the grill. Grill the chicken about 15 to 20 minutes or until cooked through, flipping halfway. Cook pineapple slices until grill marks appear, about 6 minutes each side.
- 4 Meanwhile, toss together spinach, blueberries, avocado, feta and red onion in a large bowl. Chop pineapple into chunks and chicken into strips. Add to salad. Divide onto plates and coat with desired amount of salad dressing.

Notes

No BBQ: Preheat the oven to 350°F (177°C). Cook chicken for 30 minutes and pineapple slices for 15 to 20 minutes until soft.

Vegetarian: Skip the chicken and grill chickpeas in a grilling basket instead.



Coconut Banana Ice Cream

6 servings

1 hour 30 minutes

Ingredients

- 1 1/2 cups Canned Coconut Milk (full fat)
- 5 Banana (sliced and frozen)

Directions

- 1 Add all ingredients into a blender and blend until smooth. Occasionally turn the blender off and scrape down the sides if needed.
- 2 Scoop into bowls and enjoy immediately as soft serve or for firmer ice cream, transfer to a baking pan and freeze for at least 1.5 hours before scooping.

Notes

Chocolate Lover: Add cocoa powder while blending.

Topping Ideas: Nut butter, jam, chocolate chips, granola, crushed nuts, melted dark chocolate or fresh fruit.



Mango Coconut Popsicles

8 servings

40 minutes

Ingredients

4 cups Frozen Mango
2 cups Canned Coconut Milk (divided)

Directions

- 1 Blend mango and 3/4 of the coconut milk in a food processor or blender until smooth.
- 2 Roughly scoop mango puree into 3oz. paper cups.
- 3 Spoon remaining coconut milk into each cup to fill in the gaps around the mango. This will create a swirl effect when frozen.
- 4 Insert popsicle sticks in the middle. Place in freezer for 4 hours or until completely frozen.

Notes

No Coconut Milk: Use almond milk or cashew milk instead.