

TERESSA  
*Todd*

## Shape Up Menu Plan AU

Created by Teressa Todd



# Blueberry Detox Smoothie

5 ingredients · 5 minutes · 2 servings



## Directions

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1. Place all ingredients into a blender. Blend well until smooth. Divide into glasses and enjoy!

## Notes

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### More Protein

Add protein powder, hemp seeds or nut butter.

### Storage

Refrigerate in a mason jar or other air-tight container up to 48 hours. Drink within 24 hours for maximum freshness, nutrition and taste.

### Prep Ahead

Portion out all ingredients except almond milk into a ziplock baggie. Store in the freezer until ready to blend with almond milk.

## Ingredients

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**310 grams** Frozen Blueberries

**60 grams** Baby Spinach

**2** Banana (peeled, chopped and frozen)

**24 grams** Chia Seeds

**480 milliliters** Unsweetened Almond Milk

# Banana & Nut Quinoa Bowl

6 ingredients · 5 minutes · 2 servings



## Directions

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1. In a small saucepan, over medium heat, combine the quinoa flakes, almond milk, cinnamon, and vanilla. Add half the banana and mash with a fork to incorporate.
2. Bring to a boil and then reduce the heat to low and simmer for three minutes.
3. Divide into bowls and top with sliced banana and walnuts. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Likes it Sweet

Add some maple syrup.

### Nut-Free

Use pumpkin seeds instead of walnuts.

### More Protein

Add vanilla protein powder.

## Ingredients

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- 52 grams** Quinoa Flakes
- 240 milliliters** Unsweetened Almond Milk
- 650 milligrams** Cinnamon
- 2 milliliters** Vanilla Extract
- 1** Banana (divided)
- 30 grams** Walnuts (roughly chopped)

# Collagen Green Smoothie

5 ingredients · 5 minutes · 4 servings



## Directions

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

## Notes

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### No Collagen Powder

Omit or use protein powder instead.

### No Spinach

Use kale or romaine lettuce instead.

### Make it Vegan/Vegetarian

Omit the collagen and use a plant-based protein powder instead.

### Leftovers

Best enjoyed immediately.

## Ingredients

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**948 milliliters** Water

**240 grams** Baby Spinach

**2** Avocado

**2** Banana (frozen)

**56 grams** Collagen Powder

# Mango Chia Coconut Pudding

6 ingredients · 35 minutes · 1 serving



## Directions

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1. Add the coconut milk, mango, and vanilla to a small blender or food processor and blend well until combined.
2. Pour the mango mixture into a medium-sized bowl and add the chia seeds. Stir well to combine. Refrigerate for at least 30 minutes or overnight to thicken.
3. Divide evenly between bowls or add into to-go containers. Top with extra mango (if using), flax, and sunflower seeds. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving is equal to approximately 1 1/3 cups of chia pudding.

### Likes it Sweet

Add maple syrup or honey.

## Ingredients

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- 120 milliliters** Plain Coconut Milk
- 1/4** Mango (plus extra for garnish)
- 2 milliliters** Vanilla Extract
- 24 grams** Chia Seeds
- 2 grams** Ground Flax Seed
- 3 grams** Sunflower Seeds

# Spiralized Veggie Hummus Wraps

8 ingredients · 20 minutes · 2 servings



## Directions

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1. Spiralize your beet, zucchini and sweet potato and transfer to a large mixing bowl. If you do not have a spiralizer, just use a box grater. Toss with extra virgin olive oil and sea salt and black pepper to taste.
2. Lay your collard green wraps across a clean counter. Spread a large spoonful of hummus across each. Next add the sprouts and top with spiralized veggies. Wrap and secure with a toothpick if needed. Enjoy!

## Notes

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### More Protein

Cook up some quinoa ahead of time and add to each wrap.

### More Carbs

Wrap in a gluten-free tortilla.

### No Spiralizer

Use a box grater to grate your veggies.

### Storage

These keep well in the fridge for 2 days.

## Ingredients

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- 1/2 Beet
- 1/2 Zucchini
- 1/2 Sweet Potato
- 7 milliliters Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 72 grams Collard Greens (washed and stems removed)
- 123 grams Hummus
- 17 grams Alfalfa Sprouts

# Mediterranean Goddess Bowl Aus

14 ingredients · 25 minutes · 4 servings



## Directions

1. Combine quinoa and water in a saucepan and place over high heat. Bring to a boil. Once boiling, reduce to a simmer. Cover and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from the heat, fluff with a fork and set aside.
2. Optional Step: Place a frying pan over medium heat and add a splash of oil. Add spinach and saute just until wilted. Remove from heat and set aside. (Note: You can skip this step and add the spinach in raw if you prefer.)
3. In a jar, combine tahini, olive oil, oregano, black pepper and lemon juice. Shake well to mix and set aside.
4. Divide quinoa between bowls, top with sauteed spinach, tomato, red onion, cucumber and parsley. Top with a large spoonful of hummus and sprinkle the hommus with chilli powder. Drizzle with desired amount of dressing. Enjoy!

## Notes

### On-the-Go

Layer all ingredients into a mason jar with the hommus and dressing on the bottom to create a portable mason jar salad.

## Ingredients

- 170 grams** Quinoa (uncooked)
- 356 milliliters** Water
- 120 grams** Baby Spinach
- 15 grams** Tahini
- 59 milliliters** Extra Virgin Olive Oil
- 500 milligrams** Oregano
- 1 gram** Black Pepper
- 1/2** Lemon (juiced)
- 1** Tomato (diced)
- 40 grams** Red Onion (finely diced)
- 1** Cucumber (diced)
- 30 grams** Parsley (finely chopped)
- 246 grams** Hommus
- 8 grams** Chilli Powder

# Chocolate Almond Butter Smoothie Bowl

10 ingredients · 5 minutes · 4 servings



## Directions

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1. Add almond milk, protein powder, cauliflower, zucchini, half the banana, almond butter, cacao powder and chia seeds into a high-speed blender and blend until smooth.
2. Pour into a bowl and top with remaining banana, raspberries and granola, if using. Serve and enjoy!

## Notes

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### Nut-Free

Use sunflower seed butter instead of almond butter and coconut milk or hemp seed milk instead of almond milk.

### More Flavor

Add cinnamon to your smoothie base.

### Protein Powder

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

### No Smoothie Bowl

Drink as a regular smoothie instead.

### Smoothie Consistency

For a creamier texture, use a frozen banana.

## Ingredients

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**960 milliliters** Unsweetened Almond Milk

**97 grams** Chocolate Protein Powder

**180 grams** Frozen Cauliflower

**2** Zucchini (chopped, frozen)

**4** Banana (divided)

**63 grams** Almond Butter

**40 grams** Cacao Powder

**48 grams** Chia Seeds

**123 grams** Raspberries

**61 grams** Granola (for topping, optional)



# White Bean, Spinach & Tomato Salad

7 ingredients · 10 minutes · 4 servings



## Directions

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1. Heat olive oil in a large pan over medium heat. Add shallots and garlic and saute for 1 to 2 minutes.
2. Add white beans, spinach and tomato. Stir until warm and spinach has wilted, about 5 minutes. Season with salt and pepper to taste. Enjoy!

## Notes

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### No White Beans

Use chickpeas or lentils instead.

### Extra Flavour

Add avocado, lemon juice and/or feta cheese.

### Leftovers

Refrigerate in an airtight container up to 3-5 days. Leftovers can be eaten warm or cold.

## Ingredients

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**30 milliliters** Extra Virgin Olive Oil

**80 grams** Shallot (diced)

**4** Garlic (cloves, minced)

**728 grams** White Navy Beans (cooked, drained and rinsed)

**240 grams** Baby Spinach (chopped)

**2** Tomato (medium, diced)

Sea Salt & Black Pepper (to taste)

# Greek Chickpea Mason Jar Salad Aus

8 ingredients · 10 minutes · 2 servings



## Directions

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1. In a small bowl combine the lemon juice, oil, and greek seasoning then divide between jars. Add the chickpeas to the dressing in the bottom of the jar.
2. Add the cucumber, tomatoes, and red onion to the jars followed by the romaine lettuce. When ready to eat, shake well and dump into a bowl. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

473 mL mason jars were used for this recipe. One serving is one mason jar.

### More Flavor

Add olives or feta cheese.

### No Romaine

Use baby spinach instead.

### No Greek Seasoning

Use a combination of dried herbs and spices.

## Ingredients

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- 60 milliliters** Lemon Juice
- 45 milliliters** Extra Virgin Olive Oil
- 3 grams** Greek Seasoning
- 165 grams** Chickpeas (cooked, rinsed well)
- 1/2** Cucumber (medium, chopped)
- 75 grams** Cherry Tomatoes (halved or quartered)
- 20 grams** Red Onion (finely chopped)
- 2 leaves** Romaine (chopped)

## Clean Trail Mix

1 ingredient · 2 minutes · 4 servings



### Directions

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1. This is meant to be a quick and easy snack. Find a clean trail mix in any health food store or in the healthy food section of your grocery store. Read the ingredients to make sure there are no additives. We recommend checking out brands such as Prana or Central Roast.
2. Pour into bowl and snack away!

### Ingredients

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**300 grams** Clean Trail Mix

# Creamy Pesto Dip Snack Plate

5 ingredients · 5 minutes · 2 servings



## Directions

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1. In a small bowl combine the yogurt and pesto. Serve with the remaining ingredients and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days. Store crackers separately.

### Pesto

Use store-bought or homemade pesto.

### No Seed Crackers

Use another cracker instead.

### No Bell Pepper

Use cucumber, tomatoes, carrots, or celery instead.

### No Kalamata Olives

Use another kind of olive instead.

## Ingredients

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**42 grams** Unsweetened Coconut Yogurt

**47 grams** Pesto

**50 grams** Seed Crackers

**1** Red Bell Pepper (medium, cut into strips)

**34 grams** Pitted Kalamata Olives

# Celery & Hummus

3 ingredients · 5 minutes · 4 servings



## Directions

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1. Sprinkle hummus with paprika for some added flavour (optional). Dip, dunk and enjoy!

## Ingredients

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- 8 stalks** Celery (cut into sticks)
- 246 grams** Hummus
- 2 grams** Paprika (optional)

# Strawberry Vanilla Protein Yogurt Parfait

4 ingredients · 10 minutes · 4 servings



## Directions

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1. Mix the protein powder into the coconut yogurt.
2. Place half the coconut yogurt in a glass jar or bowl. Top with half the strawberries and half the almond butter. Add the remaining coconut yogurt, strawberries, and almond butter. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to two days.

### Serving Size

One serving is approximately two cups.

### More Flavor

Add berries of your choice.

### Additional Toppings

Add chia seeds, cinnamon, or chopped fresh mint.

### Nut-Free

Use pumpkin or sunflower seed butter instead of almond butter.

## Ingredients

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**97 grams** Vanilla Protein Powder

**1.4 kilograms** Unsweetened Coconut Yogurt

**576 grams** Strawberries (chopped, divided)

**63 grams** Almond Butter (divided)

# Peanut Thai Zucchini Noodles AU

11 ingredients · 20 minutes · 4 servings



## Directions

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1. To create the pesto, combine basil, peanuts, half of the peas, ginger, lime juice, lime zest, tamari, olive oil and sesame oil in a food processor. Add water, blend until smooth and set aside. (Note: You may need to add extra warm water 1 tablespoon at a time to reach desired consistency.)
2. Use a spiralizer to turn the zucchini into noodles. (If you don't have a spiralizer, you can use a box grater to create noodles.)
3. Toss the noodles in desired amount of pesto, add the remaining peas and then divide into bowls. Garnish with chopped peanuts, red pepper flakes and left over basil leaves. Enjoy!

## Notes

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### Warm it Up

Saute noodles in a frying pan with a bit of olive oil before serving.

### No peanuts

Substitute for cashews, other nuts or seeds

## Ingredients

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- 40 grams** Basil Leaves
- 140 grams** Raw Peanuts
- 290 grams** Fresh Peas (divided)
- 6 grams** Ginger (grated)
- 1** Lime (zested and juiced)
- 30 milliliters** Tamari
- 60 milliliters** Extra Virgin Olive Oil
- 5 milliliters** Sesame Oil
- 60 milliliters** Water
- 4** Zucchini
- 2 grams** Red Pepper Flakes (to taste)

# Mango Chickpea Salad with Grilled Chicken Kabab AU

11 ingredients · 30 minutes · 4 servings



## Directions

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1. Dice your chicken into cubes then slide them onto skewers for grilling. Season both sides of the kababs with sea salt and pepper.
2. In a large bowl, combine the chickpeas, edamame, cucumber, mango and rocket. Set aside.
3. In a blender, combine the tahini, lemon juice, black pepper and minced garlic. Add water and blend well until smooth. Add more water 1 tbsp at a time if needed to reach desired consistency. Set dressing aside.
4. Preheat your grill over medium heat. Grill your kababs for about 8 minutes per side or until cooked through.
5. Plate your salad and lay kababs over top. Drizzle with desired amount of tahini dressing. Enjoy!

## Notes

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### Vegans & Vegetarians

Skip the chicken. This is a complete meal without it! Roast the chickpeas before hand if you like it hot.

### No Mango

Use diced pineapple or fresh blueberries instead.

### No Rocket

Use baby spinach, kale or mixed greens instead.

## Ingredients

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- 450 grams** Chicken Breast
- 320 grams** Chickpeas (cooked, drained and rinsed)
- 150 grams** Frozen Edamame (thawed)
- 1/2** Cucumber (diced)
- 1** Mango (diced)
- 80 grams** Rocket Lettuce
- 120 grams** Tahini
- 2** Lemon (juiced)
- 1 gram** Black Pepper
- 1** Garlic (clove, minced)
- 120 milliliters** Water



# Fish Taco Salad Bowls AU

11 ingredients · 20 minutes · 3 servings



## Directions

1. Pat the cod dry with a paper towel. Add 1/5 of the oil, turmeric, garlic powder, and 1/2 of the salt to the cod. Rub the spices into the cod and set it aside.
2. Heat a skillet over medium heat and then add the cod. Cook for four minutes per side, or until cooked through. Remove and let cool and then flake and set aside.
3. Using a blender or immersion blender, blend the remaining oil, lime juice, coriander and remaining salt until smooth.
4. Divide the romaine evenly between bowls and top with the fish, tomatoes, mango, and avocado. Add the dressing and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to two days.

### More Flavor

Add jalapeno to the dressing before blending and purée. Add a touch of honey to the dressing to for a bit of sweetness.

### Additional Toppings

Add crushed tortilla chips to the salad for crunch.

### No Blender

Finely chop the coriander and shake the dressing ingredients together in a jar.

### Fillet Size

One cod fillet is equal to 231 grams or eight ounces.

## Ingredients

- 2 Cod Fillet
- 70 milliliters Extra Virgin Olive Oil (divided)
- 1/2 tsp Turmeric (ground)
- 1/2 tsp Garlic Powder
- 3 grams Sea Salt (divided)
- 30 milliliters Lime Juice
- 4 grams Coriander (finely chopped)
- 6 leaves Romaine (large, chopped)
- 150 grams Cherry Tomatoes (halved)
- 1 Mango (peeled and cubed)
- 1 Avocado (sliced)

# Turkey & Quinoa Zucchini Boats AU

13 ingredients · 45 minutes · 2 servings



## Directions

1. Preheat oven to 180°C (350°F).
2. Place quinoa in a saucepan with water and bring to a boil. Turn down to simmer and cover. Let simmer for 12 minutes. Remove from heat, stir with fork and set aside.
3. Trim the ends off zucchini. Cut zucchini in half lengthwise and scoop out pulp using a teaspoon. Finely chop the pulp.
4. In a large skillet, heat olive oil over medium heat. Add onion, ground turkey, zucchini pulp, red capsicum, corn, black pepper and half of the sea salt. Stir until turkey is cooked through (8 to 10 minutes).
5. When turkey is cooked, drain the skillet of excess juice and stir in tamari and cooked quinoa. Remove from heat.
6. Make "breadcrumbs" by combining almond flour, nutritional yeast and remaining sea salt.
7. Spoon turkey quinoa filling into the zucchini shells and top with almond breadcrumbs. Bake in oven for 20 minutes or until zucchini is tender.
8. Remove from oven and let cool for 5 to 10 minutes before serving.

## Notes

### Vegetarian

Skip the ground turkey and use chickpeas or lentils, about 2 cups.

### Leftovers

Refrigerate the zucchini boats or just the turkey quinoa filling up to 3 to 4 days.

## Ingredients

- 45 grams** Quinoa (uncooked)
- 120 milliliters** Water
- 2** Zucchini
- 10 milliliters** Extra Virgin Olive Oil
- 1/2** Yellow Onion (diced)
- 225 grams** Extra Lean Ground Turkey
- 1/2** Red Capsicum (diced)
- 40 grams** Frozen Corn
- 1/3 tsp** Black Pepper
- 6 grams** Sea Salt (divided)
- 10 milliliters** Tamari
- 10 grams** Almond Flour
- 2 grams** Nutritional Yeast

# Thai Cauliflower & Sweet Potato Curry 4 AU

12 ingredients · 35 minutes · 4 servings



## Directions

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1. Heat a large pot over medium heat. Add the onion, garlic, ginger and water and cook until the onions are just tender and water has evaporated, about 3 to 5 minutes.
2. Add the curry paste and stir to combine with the onion mixture. Stir in the broth and coconut milk. Add in the lentils and cook for 8 to 10 minutes until the lentils are just tender, stirring often.
3. Add the cauliflower, broccoli and sweet potato to the pot. Stir to combine then cover with a lid and reduce the heat to medium-low. Cook for 15 to 20 minutes or until the vegetables are tender, stirring often.
4. Season with additional salt if needed and divide between bowls. Top with coriander, if using, and enjoy.

## Notes

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### Leftovers

Refrigerate in an airtight container for up to five days.

### Serving Size

One serving is approximately 1 1/2 cups of curry.

### More Flavor

Stir in lime juice and serve with extra lime wedges and coriander. Add more curry paste or serve with hot sauce for a spicier curry.

### Serve it With

Serve with quinoa, rice noodles, basmati rice or cauliflower rice.

## Ingredients

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- 1/2 Brown Onion (chopped)
- 2 Garlic (clove, minced)
- 1 tsp Ginger (fresh, grated or minced)
- 60 milliliters Water
- 25 grams Thai Red Curry Paste
- 300 milliliters Vegetable Broth
- 120 milliliters Canned Coconut Milk (full fat)
- 100 grams Dry Red Lentils
- 1/2 head Cauliflower (small, chopped into florets)
- 1/2 head Broccoli (chopped into small florets)
- 1 Sweet Potato (medium-sized, peeled and cut into cubes)
- 2 tsps Coriander (chopped, optional for garnish)