

# Tempah Taco Bowl

Give It  
A Try

**A quick and easy  
plant-packed meal.**

This bowl is loaded with nutrients, but it also contains a ton of flavour and colour. It doesn't take long to prepare, so it's a great option for those busy days!



## Recipe inspiration:

Our Tempah Taco Bowl is similar to a regular taco salad but it contains no meat and is dairy free!



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# Tempeh Taco Bowl



Serves 4 (2  $\frac{3}{4}$  cups per serving)



## Ingredients:

- 1 tbsp canola oil
- 1 pkg (8 oz.) tempeh, crumbled
- $\frac{1}{2}$  tsp chili powder
- $\frac{1}{2}$  tsp onion powder
- $\frac{1}{2}$  tsp garlic powder
- $\frac{1}{2}$  tsp oregano
- $\frac{1}{2}$  tsp cayenne (optional)
- 1 tbsp water
- 8 cups chopped romaine lettuce
- 1 cup halved cherry tomatoes
- $\frac{1}{4}$  cup diced red onion
- 2 tbsp fresh chopped cilantro
- $\frac{3}{4}$  cup black beans, no salt added, drained and rinsed
- $\frac{1}{2}$  cup corn kernels
- 1 avocado, sliced

## Preparation:

1. Heat oil in a fry pan over medium heat. Add tempeh, chili powder, onion powder, garlic powder, oregano and cayenne and cook, stirring frequently, for 5 minutes.
2. Add water and stir until almost evaporated. Remove from heat.
3. Divide lettuce, tomatoes, onion, cilantro, black beans and corn equally into 4 bowls.
4. Add tempeh and top with  $\frac{1}{4}$  of the avocado per serving.
5. Serve and Enjoy!

**Did You Know?** Avocados are high in antioxidants, which may help reduce vascular damage and the buildup of bad cholesterol, therefore contributing to our cardiovascular health!

For more great recipes, visit [www.myvivainc.com](http://www.myvivainc.com)

# Chicken Fajitas

Give It  
A Try

A quick and  
easy meal full  
of flavour.



## Nutritional analysis per serving:

320 calories, 7 g fat, 29 g protein, 35 g carbohydrate (29 g available carbohydrate), 6 g fibre, 368 mg sodium



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# Chicken Fajitas



Serves 6 (1 tortilla per serving)



## Ingredients:

- 1½ tsp cumin
- 1 tbsp chili powder
- 2 tsp paprika
- 1 tbsp oregano
- 1 lb boneless skinless chicken breast, sliced
- 5 cups bell peppers (red, orange and green), sliced
- 1 cup sliced onion
- 1 tbsp canola oil
- 1 lime
- 6 flour tortillas (8 inch)

## Preparation:

1. Preheat oven to 400°F.
2. Combine all of the spices in a small bowl and mix well.
3. In a large bowl, combine chicken, peppers, onion and canola oil. Toss to coat.
4. Sprinkle spice mixture over the chicken, peppers and onions and mix until well coated.
5. Place mixture on a parchment paper-lined rimmed baking sheet.
6. Bake until chicken is cooked and vegetables are tender, about 20 minutes.
7. Remove from heat and drizzle lime juice over the chicken and vegetables.
8. Garnish with cilantro, sour cream or avocado.
9. Serve and enjoy!

**Did You Know?** This recipe may be prepared up to step 4 and frozen for up to 3 months. Thaw in the refrigerator before cooking as directed in step 6.

For more great recipes, visit [www.myvivainc.com](http://www.myvivainc.com)

# Lemon Lentil Salmon Salad

Give It  
A Try

This quick and refreshing salad is not only packed with protein from both the lentils and the salmon, but also provides some beneficial heart-healthy omega-3 fatty acids!



## Did You Know?

Salmon is an excellent source of selenium. Selenium is important for heart health, antioxidant function, fertility, mood, and preventing illness.



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# Lemon Lentil Salmon Salad



Makes 4 servings (1 ½ cups per serving)



## Ingredients:

- 3 tbsp fresh lemon juice
- 1 tbsp fresh chopped dill
- 1 tsp Dijon mustard
- 1 tsp garlic powder
- 1 tsp freshly ground pepper
- 1 tbsp olive oil
- 1 cup diced red bell pepper
- 1 cup diced cucumber
- ½ cup finely chopped red onion
- 2 cups canned lentils, drained and rinsed
- 8 oz salmon fillet, cooked (or 1 can (213 g) salmon, drained and flaked)

## Preparation:

1. In a large bowl, whisk together lemon juice, dill, mustard, garlic powder and pepper. Slowly add olive oil and whisk to combine.
2. Add bell pepper, cucumber, onion, lentils and salmon. Toss to coat. Serve and enjoy!

**Nutritional analysis per serving:** 272 calories, 9 g fat, 23 g protein, 27 g carbohydrates, (18 g available carbohydrate), 9 g fiber, 81 mg sodium

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# Chimichurri Sauce

Give It  
A Try

Chimichurri is an Argentine Herb Sauce containing fresh parsley, oregano, garlic, vinegar and olive oil. It is typically served as an accompaniment for grilled meats or proteins, but this flavourful condiment can be used in a variety of ways.



## Did You Know?

Chimichurri Sauce is an excellent way to add flavour to your food without added salt. It is great on flatbreads, pasta, with grilled vegetables or potatoes!



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# Chimichurri Sauce



Makes 4 servings (2 tbsp per serving)



## Ingredients:

- ½ bunch of parsley
- 2 tbsp finely chopped oregano
- 4 cloves crushed garlic
- ½ cup minced onions
- 1 small red chili pepper (seeds, veins and pith removed), finely chopped
- 2 tbsp red wine vinegar
- 1/3 cup olive oil
- Salt and pepper, to taste

## Preparation:

1. Combine all ingredients except oil in a food processor. Pulse mixture until almost smooth.
2. With machine running, slowly add oil through pouring spout. Process until smooth.
3. Serve and Enjoy!

**Nutritional analysis per serving:** 38 calories, 4 g fat, 1 g carbohydrate (1 g available carbohydrate), 20 mg sodium

For more great recipes, visit [www.myvivainc.com](http://www.myvivainc.com)

# Carrot Cake Oatmeal

Give It  
A Try



This easy oatmeal recipe is packed with many of the delicious ingredients you'd typically find in a carrot cake. Not only does it taste great, it is also high in fibre to help keep you feeling full and energized throughout the morning. Try making a larger batch at the beginning of the week – individual portions can easily be reheated for a few days.

## Nutritional Analysis per serving:

275 calories, 10 g fat, 8 g protein, 41 g carbohydrate (36 g available carbohydrate), 5 g fibre, 160 mg sodium

**My Viva Servings:** 2 grains, 1 protein, 1 fat



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# Carrot Cake Oatmeal



Serves 4 (3/4 cup per serving)



## Ingredients:

- 1 cup coarsely grated carrots
- 1 cup old-fashioned large flake oats
- 3 tbsp maple syrup
- ¼ cup raisins or dried cranberries
- 1 tsp cinnamon
- ¼ tsp ground ginger
- ¼ tsp ground cloves
- ¼ tsp salt
- 1 tsp vanilla
- ½ cup milk (1%)
- ½ cup nonfat vanilla Greek yogurt
- ¼ cup chopped pecans
- ¼ cup unsweetened flaked coconut (optional)

## Preparation:

1. In a medium saucepan, bring 3 cups water to a boil over medium-high heat.
2. Add grated carrots and cook, stirring occasionally, until tender, about 5 minutes.
3. Reduce heat to medium-low and add oats, maple syrup, raisins, cinnamon, ginger, cloves, salt and vanilla. Cook, stirring occasionally, until oats are tender and mixture is thickened, about 8 – 10 minutes.
4. Stir in milk and cook until thickened and creamy, about 3 minutes.
5. Remove from heat and divide mixture into four portions. Top each portion with yogurt, chopped pecans and coconut, dividing equally.
6. Serve and enjoy!

Note: Oatmeal can be prepared ahead (without toppings) and refrigerated. It can be served reheated with some added milk or water, or served chilled if desired.

**Did You Know?** Oats are an incredible source of carbs and fiber, including the beta-glucan fiber that may help reduce cholesterol and blood sugar levels, and improve gut bacteria.

For more great recipes, visit [www.myvivainc.com](http://www.myvivainc.com)

# Southwest Shrimp Salad

Give It  
A Try

Travel to the Southwest from the comfort of your home! This simple recipe involves minimal stove use and is perfect to battle the summer heat! Not to mention, this meal is packed with nutrients and flavour sure to win the hearts of everybody at the dinner table!



## Nutritional Analysis per serving:

226 calories, 7 g fat, 19 g protein, 30 g carbohydrate (20 g available carbohydrate), 10 g fibre, 398 mg sodium

**My Viva Servings:** 1 grain, 2 proteins, 4 vegetables, 1 fat



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# Southwest Shrimp Salad



2 servings (4 cups per serving)



## Ingredients:

- 340 g frozen peeled raw shrimp, thawed
- 1 tbsp fresh chopped cilantro
- 1 tsp fresh lime juice
- Dash salt
- 6 cups baby spinach
- ½ cup canned black beans, drained and rinsed
- ½ cup corn kernels
- 2 tbsp minced red onion
- 1 cup diced red bell pepper
- ¼ cup fresh chopped cilantro
- 2 tsp fresh lime juice
- ½ ripe medium avocado
- 1 tbsp balsamic vinegar
- 1 tsp chili powder

## Preparation:

1. Cook shrimp in boiling water until pink and opaque. Transfer shrimp to a bowl of ice water. Drain and pat dry with paper towels.
2. In a medium bowl, combine cooked shrimp, cilantro, lime juice and salt. Stir to combine and set aside.
3. In a food processor or blender, combine all dressing ingredients. Blend well, adding water if necessary to achieve desired consistency. Set aside.
4. In a large bowl, toss together spinach, black beans, corn, red onion, red pepper, and dressing. Toss to coat.
5. Divide salad between two plates and top with shrimp.
6. Serve and enjoy!

**Did You Know?** Shrimp is protein-rich and is packed with key nutrients!

For more great recipes, visit [www.myvivainc.com](http://www.myvivainc.com)

# Carrot Ginger Soup

Give It  
A Try

With a smooth and creamy texture, this Carrot Ginger Soup recipe provides a perfect package of warm, healthy, and hearty ingredients sure to give your taste buds some flavour!



## Nutritional Analysis per serving:

136 calories, 3 g fat, 2 g protein, 26 g carbohydrate (21 g available carbohydrate), 5 g fibre, 572 mg sodium

**My Viva Servings:** 3 vegetables



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# Carrot Ginger Soup



Serves 4 (1½ cups per serving)



## Ingredients:

- 1 tbsp salted butter
- 1 ½ cups chopped onions
- 3 cloves roughly chopped garlic
- 1 tbsp grated fresh ginger
- ¾ tsp salt
- ½ tsp fresh ground pepper
- ¼ tsp dried thyme
- 1 bay leaf
- ¼ tsp chili flakes
- 4 cups sliced peeled carrots (1 lb)
- 4 cups no-salt-added vegetable broth, divided
- 2 tsp cider vinegar

## Preparation:

1. Heat butter in a medium pot over medium-low heat.
2. Add onions, garlic, ginger, salt, pepper, thyme, bay leaf and chili flakes. Cook, stirring occasionally, until onions are softened and starting to caramelize, about 5 – 7 minutes.
3. Increase heat to medium-high and add carrots and 3 cups broth. Bring to a boil, then reduce heat to medium-low and simmer until carrots are very tender, about 15 – 20 minutes.
4. Remove from heat. Discard bay leaf.
5. Working in batches, purée soup in a blender until smooth (alternatively, carefully purée using an immersion blender). Transfer puréed soup back to pot and return to medium-low heat. Add cider vinegar and remaining 1 cup broth and stir to combine. Bring to a simmer and cook just until heated through.

**Did You Know?** Carrots are rich in beta-carotene (which converts to vitamin A), fiber, antioxidants, and potassium!

For more great recipes, visit [www.myvivainc.com](http://www.myvivainc.com)

# Asian Salad Rolls with Shrimp

Give It  
A Try

Served as an appetizer or a main course and are easily customizable so you can use your favourite fillings! These light and refreshing salad rolls are perfect for warmer months and still great throughout the year.



## Nutritional Analysis per serving:

198 calories, 6 g fat, 8 g protein, 32 g carbohydrate (30 g available carbohydrate), 2 g fibre, 257 mg sodium

**My Viva Servings:** 2 grains, 1 protein



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# Asian Salad Rolls with Shrimp



Serves 6 (2 salad rolls per serving) as an appetizer



## Ingredients:

- 18 large shrimp, peeled and deveined, cooked and cooled
- 12 round rice paper wrappers
- 3 cups cooked rice vermicelli, rinsed under cold water
- ¾ cup julienned carrots
- ¾ cup julienned cucumbers (seeds removed)
- ½ cup fresh mint leaves, torn
- ½ cup fresh cilantro leaves
- ½ cup fresh basil leaves, torn
- 2 rice paper wrappers

## Peanut Sauce:

- ¼ cup peanut butter
- 2 tsp sambal oelek, or 1 tsp sriracha sauce
- 2 tsp low sodium soy sauce
- 1 tsp hoisin sauce
- 1 clove garlic, grated
- ¼ tsp sesame oil
- 1-2 tbsp hot water

## Preparation:

1. To make peanut sauce, combine peanut butter, sambal oelek, soy sauce, hoisin sauce, garlic and sesame oil in a medium bowl. Whisk to combine. If sauce is too thick, whisk in 1-2 tbsp hot water until sauce reaches desired consistency.
2. Cut shrimp in half lengthwise and set aside.
3. Dip rice paper wrappers briefly in cold water. Rice paper will still be slightly firm to the touch.
4. Carefully transfer to a cutting board or clean work surface.
5. Place ¼ cup rice noodles on rice paper wrapper on lower third of the wrapper (closest to you), leaving a ½ inch margin on each side. Add 1 tbsp carrots and cucumbers, followed by fresh herbs.

**Did You Know?** There are omega 3 fatty acids in shrimp that can improve your heart health.

For more great recipes, visit [www.myvivainc.com](http://www.myvivainc.com)

# Chickpea Energy Bites

Give It  
A Try

These Chickpea Energy bites are packed full of protein and fibre to keep you feeling energized throughout your day. These portable snacks are perfect to pack in your kids' lunch box, as a mid-day work snack or after a workout!



## Nutritional Analysis per serving:

202 calories, 10 g fat, 7 g protein, 24 g carbohydrate (20 g available carbohydrate), 4 g fibre, 4 mg sodium

**My Viva Servings:** 2 grains and starch, 1 protein



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# Chickpea Energy Bites



Makes 12 servings (3 energy bites per serving)



## Ingredients:

- ½ cup dried cranberries (see note)
- 3 tbsp maple syrup
- 1 cup chickpeas, rinsed and drained
- 1¼ cups rolled oats
- ¾ cup peanut butter, or alternative nut/seed butter
- ¼ cup mini chocolate chips (optional)

## Method:

1. Add dried cranberries, chocolate chips and maple syrup to food processor and pulse until finely chopped.
2. Add chickpeas and process until mixture is finely chopped.
3. Add rolled oats, peanut butter and chocolate chips. Continue blending until you get a dough-like consistency.
4. Roll into 1 tbsp balls. Refrigerate or freeze energy bites in a sealed container.

Note: Other dried fruits will work in this recipe as well. Raisins, pitted dates or apricots will work best.

**Did You Know?** Chickpeas are one of the best sources of folate (vitamin B9), which is a vitamin that helps promote red blood cell formation.

For more great recipes, visit [www.myvivainc.com](http://www.myvivainc.com)

# Blueberry Breakfast Cookies

Give It  
A Try



Yes, you can have cookies for breakfast! If you're looking for a quick grab-and-go breakfast option, these fibre-packed Blueberry Breakfast Cookies are a great choice. Perfect to take with you on your way to work or school or for a quick breakfast after your morning workout!

## Nutritional Analysis per serving:

230 calories, 12 g fat, 6 g protein, 27 g carbohydrate (23 g available carbohydrate), 4 g fibre, 14 mg sodium

**My Viva Servings:** 2 grains, 1 protein, 1 fat



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# Blueberry Breakfast Cookies



Makes 16 cookies (1 cookie per serving)



## Ingredients:

- 2 medium ripe bananas, mashed
- 1 cup natural nut butter
- 1/3 cup honey
- 1 tsp vanilla
- 2½ cups large-rolled oats
- 2 tsp cinnamon
- ½ tsp salt
- 1 cup fresh blueberries
- ½ cup chopped pecans

## Preparation:

1. Preheat oven to 325°F.
2. Combine bananas, nut butter, honey and vanilla in a medium bowl and mix well.
3. Add oats, cinnamon and salt and mix well.
4. Gently fold in the blueberries and pecans.
5. Form dough into 16 balls and place on parchment paper lined baking sheets, with 8 placed on each baking sheet. Shape the cookies into the size and shape you want.
6. Bake for 15-20 minutes.
7. Serve and enjoy!

**Did You Know?** Blueberries are packed with dietary fibers and are rich in antioxidants that prevent inflammation.

For more great recipes, visit [www.myvivainc.com](http://www.myvivainc.com)

# *Sweet and Spicy Roasted Nuts*

**Give It  
A Try**

These Sweet and Spicy Roasted Nuts are the perfect holiday snack – the sweet, salty and spicy flavours are sure to satisfy a variety of taste preferences. The recipe can be prepared using a slow cooker or your oven but no matter which method you choose, they are super easy to prepare.



## **Nutritional Analysis per serving:**

166 calories, 6 g protein, 13 g fat, 9 g carbohydrate (5 g of available carbohydrate), 4 g fibre, 92 mg sodium

**My Viva Servings:** 1 protein, 1 fat



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# Sweet and Spicy Roasted Nuts



Makes 12 servings ( $\frac{1}{3}$  cup per serving)



## Ingredients:

- 1 cup whole almonds
- $\frac{1}{2}$  cup walnuts
- $\frac{1}{2}$  cup unsalted cashews
- $\frac{1}{4}$  cup pumpkin seeds
- $\frac{1}{4}$  cup sunflower seeds
- 1 tbsp pure maple syrup
- $\frac{1}{2}$  tsp kosher salt
- $\frac{1}{4}$  -  $\frac{1}{2}$  tsp cayenne pepper

## Preparation:

1. Lightly grease a slow cooker pot with cooking spray, or line with parchment paper.
2. Place all ingredients inside slow cooker, stirring to evenly coat nuts and seeds.
3. Cover and cook on high for 15 minutes. Stir and reduce heat to low.
4. Cook uncovered for  $1\frac{1}{2}$  - 2 hours, stirring every 20 - 30 minutes until nuts are coated with glaze.
5. Store in an airtight container for up to 1 week.

## Oven instructions:

1. Preheat oven to 325°F.
2. Spread nut mixture on a parchment paper-lined rimmed baking sheet in a single layer.
3. Bake for 10 minutes.
4. Stir nuts and continue baking, stirring every 5 minutes, until lightly browned, about 10 – 15 minutes.
5. Cool completely on pan before serving.