



TLIG Autumn recipes - Omnivore Edition - Vol. 1

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Hello!

Welcome to your personal (omnivore) recipe collection! In this recipe collection, you will find a selection of delicious **meat, fish, and plant-based recipes** I think you'll love! These recipes will keep you inspired and help you eat food that truly nourishes and satisfies you.

Each collection includes:

- a selection of **meat, fish, and plant-based recipes**
- a sample meal plan to give you an idea of how you can incorporate the recipes into your week
- a blank meal planning template that you can use to create your own personalized meal plan for the week
- a shopping list

How to Use

Use the blank meal planning template to create your personalized meal plan. Start with trusted and tried recipes you know and love, and then incorporate a few new ones from this collection. Adding 1 or 2 new recipes from this collection into your regular meal rotation is a good place to start!

Recipe Tips

On each recipe, you'll see the total time, the number of servings, ingredients, and directions. Before you start, check the ingredients list to see if anything needs to be prepped in advance, like dicing vegetables. It's also helpful to read through the directions before you start cooking so you have an idea of what to expect.

Leftovers

Cook once, eat multiple times! Most leftovers can last about three days in the fridge, so maximize your time in the kitchen. Make enough dinner to take for lunch the next day or double a recipe to last for a few days. This is a great habit that will save you time and money.

I hope you love these recipes as much as I do! Remember - when you choose foods that truly nourish and satisfy you, eating becomes an act of self-respect and joy!

You have one life. Make it GOOD!

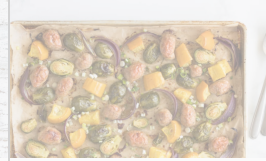
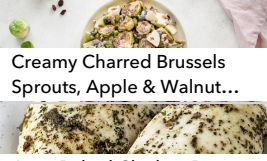
DISCLAIMER

- The information provided in this recipe collection is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions.
- None of my services shall be used to diagnose or treat any health problem or disease.



- I cannot and do not provide medical advice. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet.
- The information and recipes provided in this recipes collection should not be used in place of a consultation with your physician or other health care provider.
- I do not recommend the self-management of health problems.
- Should you have any healthcare-related questions, please consult your physician or other health care provider promptly.
- You should never disregard medical advice or delay in seeking it because of the information provided in this recipe collection.



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Sweet Potato & Sausage Hash	 Sweet Potato & Sausage Hash	 Pear Spice Overnight Oats	 Pear Spice Overnight Oats	 Pear Spice Overnight Oats	 Butternut Squash, Sage & Kale Frittata	 Butternut Squash, Sage & Kale Frittata
Snack 1	 Bell Peppers with Hummus	 Coconut Yogurt with Apple & Hemp Seeds	 Bell Peppers with Hummus	 Roasted Chickpeas	 Roasted Chickpeas	 Coconut Yogurt with Apple & Hemp Seeds	 Bell Peppers with Hummus
Lunch	 Honey Mustard Fall Harvest Salad with Crunchy...	 Creamy Charred Brussels Sprouts, Apple & Walnut...	 Honey Mustard Fall Harvest Salad with Crunchy...	 Sheet Pan Turkey Sausage & Veggies with Honey Mustard...	 Butternut Squash Chili	 Chicken Harvest Salad with Honey Mustard Dressing	 Chicken Harvest Salad with Honey Mustard Dressing
Snack 2	 Super Simple Peanut Butter Oat Bars	 Super Simple Peanut Butter Oat Bars	 Super Simple Peanut Butter Oat Bars	 Super Simple Peanut Butter Oat Bars	 Peanut Butter Stuffed Dates with Walnuts	 Peanut Butter Stuffed Dates with Walnuts	 Peanut Butter Stuffed Dates with Walnuts
Dinner	 Juicy Baked Chicken Breast	 Honey Mustard Fall Harvest Salad with Crunchy...	 Sheet Pan Turkey Sausage & Veggies with Honey Mustard...	 Butternut Squash Chili	 Lime Coconut Shrimp & Quinoa	 Butternut Squash Chili	 Lime Coconut Shrimp & Quinoa



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Snack 1							
Lunch							
Snack 2							
Dinner							
Snack 3							



Fruits

- ☐ 4 Apple
- ☐ 1 Green Apple
- ☐ 1 Lemon
- ☐ 1 Lime
- ☐ 3 Pear

Breakfast

- ☐ 1 1/4 cups All Natural Peanut Butter
- ☐ 3/4 cup Maple Syrup

Seeds, Nuts & Spices

- ☐ 2 tbsps Chia Seeds
- ☐ 2 1/2 tsps Chili Powder
- ☐ 1 1/8 tsps Cinnamon
- ☐ 1/2 tsp Cumin
- ☐ 1/2 tsp Ground Allspice
- ☐ 2 tbsps Hemp Seeds
- ☐ 1/2 tsp Italian Seasoning
- ☐ 1 1/4 tsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 1/2 tsps Smoked Paprika
- ☐ 1/2 cup Walnuts

Vegetables

- ☐ 2 cups Baby Kale
- ☐ 4 cups Brussels Sprouts
- ☐ 5 1/2 cups Butternut Squash
- ☐ 1 1/2 tsps Fresh Sage
- ☐ 1 Garlic
- ☐ 4 stalks Green Onion
- ☐ 10 cups Kale Leaves
- ☐ 5 Red Bell Pepper
- ☐ 1 1/4 cups Red Onion
- ☐ 3 Sweet Potato
- ☐ 2 Zucchini

Boxed & Canned

- ☐ 2 cups Black Beans
- ☐ 1/2 cup Canned Coconut Milk
- ☐ 3 1/2 cups Chickpeas
- ☐ 1 1/2 cups Diced Tomatoes
- ☐ 2/3 cup Quinoa
- ☐ 3/4 cup Vegetable Broth

Baking

- ☐ 4 1/2 cups Oats
- ☐ 3/4 cup Pitted Dates
- ☐ 1/3 cup Raisins
- ☐ 2 tsps Vanilla Extract

Bread, Fish, Meat & Cheese

- ☐ 1 1/8 lbs Chicken Breast
- ☐ 10 ozs Shrimp
- ☐ 16 ozs Turkey Sausage

Condiments & Oils

- ☐ 1/3 cup Extra Virgin Olive Oil
- ☐ 1/2 cup Honey Mustard Dressing
- ☐ 1/3 cup Tahini

Cold

- ☐ 4 Egg
- ☐ 3/4 cup Hummus
- ☐ 3 1/2 cups Unsweetened Coconut Yogurt

Other

- ☐ 1 cup Water



Sweet Potato & Sausage Hash

2 servings
 30 minutes

Ingredients

6 ozs Turkey Sausage (casings removed)
 1 Sweet Potato (medium, diced into cubes)
 3 cups Kale Leaves (chopped)
 1 Apple (medium, diced)
 1/8 tsp Cinnamon
 1/4 tsp Sea Salt

Directions

- 1 Cook the sausage over medium heat, breaking it up into crumbles with the back of a spoon as it cooks. Once it is cooked, remove and set aside on a plate.
- 2 In the same skillet, add the diced sweet potato and cook over medium-high for 1 to 2 minutes or until brown on one side. Lower the heat to medium, stir and cook for 7 to 8 more minutes or until tender and cooked through.
- 3 Add the kale and the apple to the sweet potato with the cinnamon and cover with a lid. Cook over medium for 1 to 2 minutes, or until the kale is wilted. Then add the sausage back to the skillet and mix until warmed through. Add sea salt to taste. Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
No Kale: Use another hearty green such as dandelion or shaved brussels sprouts.
No Turkey Sausage: Use chicken sausage, pork sausage or ground meat instead.
Vegans & Vegetarians: Use lentils instead of sausage.



Pear Spice Overnight Oats

3 servings

8 hours

Ingredients

- 1 1/2 cups Unsweetened Coconut Yogurt
- 3/4 cup Water
- 1 1/2 cups Oats (rolled)
- 1 1/2 tbsps Maple Syrup
- 1 tsp Cinnamon
- 1/2 tsp Ground Allspice
- 2 tbsps Chia Seeds
- 2 Pear (sliced and divided)
- 3 tbsps Tahini

Directions

- 1 In a large bowl, combine the yogurt, water, oats, honey, cinnamon, allspice, chia and half of the sliced pear. Cover and refrigerate overnight.
- 2 In the morning, divide into bowls or individual containers and top with tahini and the remaining pear. Enjoy!

Notes

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

More Toppings: Add your favourite toppings such as walnuts, pecans, nutmeg, hemp seeds, ground flax, sesame seeds, pumpkin seeds or shredded coconut.

No Coconut Yogurt: Use kefir or any alternative milk instead.

No Pears: Use apples instead.

More Protein: Add protein powder. You may need to add additional water. Alternatively, add hemp seeds.

No Maple Syrup: Use honey instead.



Butternut Squash, Sage & Kale Frittata

2 servings
 25 minutes

Ingredients

1 tsp Extra Virgin Olive Oil
 1 1/2 cups Butternut Squash (seeds removed, cubed)
 1 cup Kale Leaves (chopped)
 1 Garlic (clove, minced)
 1 1/2 tsps Fresh Sage (chopped)
 Sea Salt & Black Pepper (to taste)
 4 Egg (whisked)

Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 Heat the oil in an oven-safe pan over medium heat. Add the butternut squash and sauté for about five minutes.
- 3 Add the kale, garlic, sage, salt, and pepper. Sauté for another minute and add the whisked egg into the pan.
- 4 Transfer the pan into the oven and bake for 12 to 15 minutes or until cooked through. Slice and enjoy!

Notes

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

Serving Size: A 7-inch (18 cm) round pan was used to make two servings. One serving is roughly half of the frittata.

More Flavor: Add mushrooms and goat cheese.



Bell Peppers with Hummus

1 serving

5 minutes

Ingredients

1 Red Bell Pepper (medium, sliced)
1/4 cup Hummus

Directions

- 1 Divide the red bell pepper slices and hummus onto plates and enjoy!

Notes

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

Additional Toppings: Sprinkle paprika over the hummus.

No Red Bell Pepper: Use cucumber slices, celery, carrots, or rice cakes instead.



Coconut Yogurt with Apple & Hemp Seeds

1 serving

5 minutes

Ingredients

1 cup Unsweetened Coconut Yogurt
1 Apple (small, chopped)
1 tbsp Hemp Seeds

Directions

1 Add the yogurt to a bowl and top with the apple and hemp seeds. Enjoy!

Notes

Leftovers: Best enjoyed fresh.

Serving Size: One serving is approximately 1 1/2 cups.



Roasted Chickpeas

2 servings
 30 minutes

Ingredients

2 cups Chickpeas (cooked, rinsed)
 2 tsps Extra Virgin Olive Oil
 Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Pat the chickpeas dry with a paper towel and transfer them to the prepared baking sheet. Drizzle with the oil and season with salt and pepper to taste. Mix until the chickpeas are evenly coated.
- 3 Bake in the oven for 25 to 28 minutes, tossing halfway through, or until the chickpeas reach your desired crispiness. Season with additional salt and pepper if needed. Let cool slightly and enjoy!

Notes

Leftovers: Store in an airtight container for up to two days. If leftover chickpeas get too chewy, reheat in the oven for five to eight minutes or until crispy again.

Serving Size: One serving is approximately 1/2 cup.

More Flavor: Add other dried herbs and spices to taste.

No Extra Virgin Olive Oil: Use avocado oil instead.



Honey Mustard Fall Harvest Salad with Crunchy Chickpeas

3 servings
 35 minutes

Ingredients

1 1/2 cups Chickpeas (cooked, patted dry)
 2 tsps Extra Virgin Olive Oil
 Sea Salt & Black Pepper (to taste)
 1 1/2 tsps Maple Syrup
 1 1/2 tsps Smoked Paprika
 1 tsp Chili Powder
 6 cups Kale Leaves (finely chopped)
 1/4 cup Honey Mustard Dressing
 1/4 cup Red Onion (small, sliced)
 1 Pear (large, sliced)

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 In a bowl, toss the chickpeas with the oil and season with salt and pepper. Transfer to the prepared baking sheet and bake for 20 to 25 minutes until crispy, shaking halfway through.
- 3 Meanwhile, in the same bowl, whisk together the maple syrup, smoked paprika, and chili powder. Add the chickpeas to the bowl and toss well to combine. Transfer back to the baking sheet and let cool for approximately five minutes so the spices can set.
- 4 Add the kale and dressing to a large bowl. Toss to coat very well. Add the onion, pear, and cooked chickpeas and toss gently to combine.
- 5 Divide the salad evenly between plates and enjoy!

Notes

Leftovers: For best results, refrigerate the chickpeas separately from the salad in an airtight container for up to two days. Reheat the chickpeas in the oven so they're crispy.
Serving Size: One serving is approximately 2 3/4 cups.
Make it Vegan: Use a plant-based dressing instead.
More Flavor: Add garlic powder to the chickpeas.
Additional Toppings: Bacon, crumbled blue cheese, and/or toasted nuts and seeds.



Chicken Harvest Salad with Honey Mustard Dressing

2 servings
 45 minutes

Ingredients

2 Sweet Potato (small, peeled and cubed)
 8 ozs Chicken Breast
 1 tbsp Extra Virgin Olive Oil
 Sea Salt & Black Pepper (to taste)
 2 cups Baby Kale
 1 Apple (medium, chopped)
 1 tbsp Raisins
 1 tbsp Walnuts (toasted, crushed)
 2 tbsps Honey Mustard Dressing

Directions

- 1 Preheat oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Spread the sweet potatoes out on the baking sheet. Nestle the chicken breast between the sweet potatoes. Drizzle lightly with oil, season with salt and pepper, then toss the sweet potatoes to coat evenly. Cook in the oven for 15 minutes.
- 3 Toss the sweet potatoes and flip the chicken breast. Place the baking sheet back in the oven for another 10 to 15 minutes, until the sweet potatoes are tender and the chicken is cooked through. Let the chicken rest for five minutes before slicing.
- 4 To assemble the salad, divide the kale, sliced chicken, sweet potatoes, apple, raisins, and walnuts evenly between bowls. Top with dressing and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Add the dressing when ready to serve.

Serving Size: One serving is approximately one cup of kale, half a cup of chicken, 3/4 cup of sweet potatoes, 1/3 cup of toppings, and one tablespoon of dressing.

More Flavor: Add fresh-squeezed lemon juice or extra herbs like parsley.



Super Simple Peanut Butter Oat Bars

9 servings
 40 minutes

Ingredients

1 cup All Natural Peanut Butter
 (smooth, runny)
 2/3 cup Maple Syrup
 2 tsp Vanilla Extract
 3 cups Oats

Directions

- 1 Preheat the oven to 350°F (175°C) and line a baking pan with parchment paper.
- 2 In a small saucepan over low heat, combine the peanut butter, maple syrup, and vanilla. Continuously stir until melted and well combined.
- 3 Add the oats to a large bowl. Pour the melted peanut butter mixture over the oats and stir well until the oats are fully coated.
- 4 Add the oat mixture into the baking pan and use your hands to spread it out and press down into an even layer.
- 5 Bake for 15 minutes. Remove from the oven and let cool for 10 to 15 minutes before cutting into squares. Enjoy!

Notes

Leftovers: Store in an airtight container on the counter for up to three days. Freeze in and airtight container for up to one month.

Serving Size: One serving is equal to one square piece. An 8 x 8-inch (20 x 20-cm) baking dish was used to make nine servings.

No Peanut Butter: Use almond or cashew butter.

More Flavor: Add chocolate chips.



Peanut Butter Stuffed Dates with Walnuts

1 serving

5 minutes

Ingredients

1/4 cup Pitted Dates
1 tbsp All Natural Peanut Butter
1 tbsp Walnuts (chopped)

Directions

1

Open the dates up wide. Spread the peanut butter into the dates and add the walnuts on top. Enjoy!

Notes

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

Serving Size: One serving is three stuffed dates.

Additional Toppings: Flaky sea salt.



Creamy Charred Brussels Sprouts, Apple & Walnut Salad

2 servings
35 minutes

Ingredients

2 cups Brussels Sprouts (halved)
1 tsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
2 tbsps Tahini
2 tbsps Water
1 Lemon (small, juiced)
1 Green Apple (medium, chopped)
1/4 cup Raisins
1/4 cup Walnuts (toasted, crushed)

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 Place the Brussels sprouts on the baking sheet, drizzle with oil, and season with salt and pepper. Toss to coat evenly and spread them out in a single layer. Cook in the oven for 20 to 22 minutes, or until tender and lightly browned, flipping halfway through.
- 3 Meanwhile, in a bowl, whisk together the tahini, water, lemon juice, salt, and pepper. Add the apples, raisins, and walnuts. Mix well.
- 4 Let the Brussels sprouts cool for approximately 10 minutes, then add them to the salad. Toss to mix well. Divide evenly between plates and enjoy!

Notes

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

Serving Size: One serving is approximately 1 1/2 cups.

More Flavor: Add green onion or parsley.



Juicy Baked Chicken Breast

2 servings
35 minutes

Ingredients

10 ozs Chicken Breast (boneless, skinless)
1 tbsp Extra Virgin Olive Oil
1/4 tsp Sea Salt
1/2 tsp Italian Seasoning

Directions

- 1 Preheat oven to 400°F (204°C). Line a baking dish with parchment paper.
- 2 Place chicken breasts in the prepared baking dish. Drizzle with oil and season with salt and Italian seasoning. Rub the seasoning and the oil all over both sides of the chicken. Bake for about 25 to 30 minutes, or until the chicken is cooked through.
- 3 Remove the chicken from the oven and immediately cover with a piece of aluminum foil for at least 10 minutes.
- 4 Carefully remove the foil and slice the chicken before serving. Enjoy!

Notes

Leftovers: Keeps well in the fridge up to 3 days. Store in the freezer for longer.

Meat Thermometer: If using a meat thermometer, the internal temperature of the chicken should be 165°F when cooked through.



Sheet Pan Turkey Sausage & Veggies with Honey Mustard Glaze

2 servings
 35 minutes

Ingredients

- 1 Zucchini (large, chopped)
- 1/2 cup Red Onion (chopped)
- 2 cups Brussels Sprouts (halved)
- 2 tbsps Honey Mustard Dressing
- 10 ozs Turkey Sausage (sliced)
- Sea Salt & Black Pepper (to taste)
- 2 stalks Green Onion (sliced)

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 Add the zucchini, onion, and Brussels sprouts to the baking sheet. Add the dressing and toss until evenly coated. Arrange the sliced sausage between the vegetables and season with salt and pepper.
- 3 Cook in the oven for 25 to 30 minutes, until the vegetables are tender and the sausages are cooked through.
- 4 Remove from the oven and garnish with green onions. Divide evenly between plates and enjoy!

Notes

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

Serving Size: One serving is approximately two cups.

Serve It With: A side of quinoa, rice, or cauliflower rice.

No Honey Mustard Dressing: Use a combination of honey and dijon mustard instead.



Butternut Squash Chili

3 servings
 40 minutes

Ingredients

1 tbsp Extra Virgin Olive Oil
 4 cups Butternut Squash (peeled, chopped into 1/2-inch pieces)
 1/2 cup Red Onion (chopped)
 1 Red Bell Pepper (chopped)
 1/2 tsp Cumin
 1 1/2 tsp Chili Powder
 3/4 tsp Sea Salt
 2 cups Black Beans (drained, rinsed)
 3/4 cup Vegetable Broth
 1 1/2 cups Diced Tomatoes

Directions

- 1 Heat the oil in a large dutch oven or pot over medium heat. Once hot, add in the squash, onion, and bell pepper and saute for five minutes.
- 2 Reduce the heat to medium-low and add the cumin, chili powder, salt, beans, broth, and tomatoes. Simmer covered for 25 to 30 minutes, until the squash is cooked through and some of the liquid has reduced.
- 3 Season with salt to taste and divide into bowls, serve and enjoy!

Notes

Leftovers: Refrigerate in a sealed container for up to four days, or freeze for up to two months.

Serving Size: One serving is equal to about 1 1/2 cups of chili.

More Flavor: Add more spice such as cayenne.



Lime Coconut Shrimp & Quinoa

2 servings
 25 minutes

Ingredients

2/3 cup Quinoa (dry, rinsed)
 1/2 tsp Extra Virgin Olive Oil
 1 Zucchini (large, cut into big chunks)
 1 Red Bell Pepper (medium, sliced)
 10 ozs Shrimp (medium, peeled, deveined)
 1/2 cup Canned Coconut Milk
 Sea Salt & Black Pepper (to taste)
 1 Lime (medium, juiced)
 2 stalks Green Onion (chopped)

Directions

- 1 Cook the quinoa according to the package directions.
- 2 Meanwhile, heat the oil in a pan over medium heat. Add the zucchini and bell pepper, and cook for five to six minutes, stirring occasionally, until tender and lightly browned.
- 3 Add the shrimp, coconut milk, salt, and pepper. Stir to combine and bring to a simmer. Simmer for five minutes or until the shrimp are cooked and the flavors are well combined.
- 4 Remove from the heat and add the lime juice. Divide the quinoa and shrimp mixture evenly between bowls. Top with green onion and enjoy!

Notes

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

Serving Size: One serving is approximately 2/3 cup of quinoa and one cup of shrimp and veggies.

More Flavor: Add chili flakes and broccoli to the shrimp mixture.

Additional Toppings: Sesame seeds and/or cilantro.