



THE
WHOLE TULIP
INTEGRATIVE NUTRITION HEALTH COACHES

Hilliard Studio Method Plan

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<http://thewholetulip.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 HSM Signature Smoothie	 Scrambled Eggs with Peppers and Kale	 HSM Signature Smoothie	 Sweet Potato Toast with Avocado & Sauerkraut	 HSM Signature Smoothie	 Blueberry Overnight Oats	
Snack 1	 Carrots & Guacamole	 Rice Cake with Sunflower Seed Butter & Raspberries	 Hummus Dippers	 Cashews & Clementines	 Peanut Butter & Banana Sweet Potato Toast	 Grapes & Pistachios	
Lunch	 Cauliflower, Kale & Lentil Detox Soup	 Cauliflower, Kale & Lentil Detox Soup	 Meal Prep Veggie Bowls	 Mediterranean Buddha Bowl	 Meal Prep Veggie Bowls		
Dinner	 Ginger Chicken Stir Fry	 15 Minute Halibut with Dill Pesto	 Zucchini Alfredo with Turmeric Chicken	 One Pan Salmon with Rainbow Veggies			 Slow Cooker Stuffed Peppers
Snack 3					 Cacao Maca Smoothie		

Fruits

- 2 3/4 Avocado
- 1 1/2 Banana
- 1/4 cup Blueberries
- 2 Clementines
- 1 cup Grapes
- 1 Lemon
- 2 Lime
- 1/2 Navel Orange
- 3 cups Organic Mixed Berries
- 1/4 cup Raspberries

Breakfast

- 2 tbsps All Natural Peanut Butter
- 1 tbsp Almond Butter
- 1 1/2 tsps Maple Syrup
- 1 Plain Rice Cake

Seeds, Nuts & Spices

- 1/2 tsp Black Pepper
- 1/4 cup Cashews
- 1 1/2 tsps Chia Seeds
- 1 1/2 tsps Chili Powder
- 1/4 tsp Cinnamon
- 1/4 tsp Cumin
- 1/4 tsp Dried Basil
- 1 1/4 tsps Italian Seasoning
- 1 tsp Oregano
- 1/4 cup Pistachios
- 1 1/16 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/3 cup Slivered Almonds
- 1 tsp Turmeric

Frozen

- 2 cups Frozen Cauliflower

Vegetables

- 1/2 cup Baby Spinach
- 3 cups Broccoli
- 5 Carrot
- 3 scoops Catie's Organic Greens Powder
- 3/4 head Cauliflower
- 3 1/8 stalks Celery
- 2 cups Cherry Tomatoes
- 1/2 Cucumber
- 2 tbsps Fresh Dill
- 3 3/4 Garlic
- 1 1/2 tsps Ginger
- 2 cups Green Beans
- 2 Green Bell Pepper
- 4 1/3 cups Kale Leaves
- 4 cups Mixed Greens
- 2 cups Mushrooms
- 1/2 cup Parsley
- 1 1/2 Red Bell Pepper
- 3/4 cup Red Onion
- 1/2 head Romaine Hearts
- 1 1/2 Sweet Potato
- 1 1/4 Yellow Bell Pepper
- 3/4 Yellow Onion
- 4 Zucchini

Boxed & Canned

- 1/2 cup Chickpeas
- 3/4 cup Lentils
- 1 cup Organic Coconut Milk
- 1 cup Organic Salsa
- 2 cups Organic Vegetable Broth
- 1/2 cup Quinoa

Baking

- 1/4 cup Cacao Powder
- 1 tbsp Coconut Flour
- 1/3 cup Oats

Bread, Fish, Meat & Cheese

- 1 1/8 lbs Chicken Breast
- 8 ozs Extra Lean Ground Turkey
- 10 ozs Halibut Fillet
- 1/2 cup Hummus
- 10 ozs Salmon Fillet

Condiments & Oils

- 1 1/2 tbsps Apple Cider Vinegar
- 2 tbsps Balsamic Vinegar
- 1 1/2 tsps Coconut Aminos
- 2 1/4 tsps Coconut Oil
- 1/2 cup Extra Virgin Olive Oil
- 1/4 cup Pitted Kalamata Olives
- 2 2/3 tbsps Sauerkraut
- 1 tbsp Sunflower Seed Butter
- 3 tbsps Tamari

Cold

- 3 1/2 Egg
- 2 1/3 cups Unsweetened Almond Milk

Other

- 3 scoops Catie's Organic Vitamin C
- 2 cups Coconut Water
- 3 cups Ice Cubes
- 1 tbsp Maca Powder
- 6 scoops Protein Powder
- 2 tbsps Water



HSM Signature Smoothie

1 serving

5 minutes

Ingredients

1/4 Avocado
1/2 Lime (juice of)
1 cup Organic Mixed Berries
2 scoops Protein Powder (Plain Whey or Pea Protein)
1 scoop Catie's Organic Greens Powder
1 scoop Catie's Organic Vitamin C
1 cup Ice Cubes
2/3 cup Coconut Water

Directions

1 Blend ingredients, pop in a reusable straw, and enjoy an energy-filled morning!

Notes

Tips, Try a dash of cinnamon or spice for added flavor and nutrition. For added anti-inflammatory add turmeric root or ginger root (soothes the tummy, too!)



Scrambled Eggs with Peppers and Kale

1 serving
15 minutes

Ingredients

3/4 tsp Extra Virgin Olive Oil
1/2 Red Bell Pepper (sliced)
1 cup Kale Leaves (chopped)
3 Egg
Sea Salt & Black Pepper (to taste)

Directions

- 1 Heat the olive oil in a skillet over medium heat. Add the red bell pepper and kale leaves and saute until softened, about 5 to 7 minutes.
- 2 While the veggies are cooking, crack the eggs into a bowl and season with salt and pepper. Beat gently with a fork until well combined.
- 3 Push the veggies to one side of the pan, and pour the beaten eggs into the empty side. Use a spatula to scramble, slowly incorporating the veggies once the eggs are no longer very wet.
- 4 Divide between plates and enjoy!

Notes

More Carbs, Serve with toast, roasted potatoes, or sweet potatoes.

Egg-Free, Use mashed tofu instead of eggs.



Sweet Potato Toast with Avocado & Sauerkraut

1 serving
15 minutes

Ingredients

- 1 Sweet Potato (small, ends trimmed, sliced lengthwise)
- 1/2 Avocado (peeled and mashed)
- 2 2/3 tbsps Sauerkraut
- 1/8 tsp Sea Salt

Directions

- 1 Pop the sweet potato slices into the toaster and toast two to three times. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 to 6 minutes per side, or until golden brown.
- 2 Top the sweet potato toasts with mashed avocado and sauerkraut. Season with sea salt. Enjoy!

Notes

Add Greens, Add a layer of baby spinach before you spread on the avocado.

Guacamole Lover, Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.

No Sweet Potato, Use bread, crackers, crispbread, pita or tortillas instead.

Storage, Best enjoyed immediately but can be refrigerated in an airtight container up to 3 days.



Blueberry Overnight Oats

1 serving

8 hours

Ingredients

1/3 cup Oats
1/3 cup Unsweetened Almond Milk
1 1/2 tsps Chia Seeds
1 1/2 tsps Maple Syrup
1/4 tsp Cinnamon
2 tsps Water
1/4 cup Blueberries
1/4 cup Slivered Almonds

Directions

- 1 Combine oats, almond milk, chia seeds, maple syrup, cinnamon and water together in a large tupperware container. Stir well to mix. Seal and place in the fridge overnight (or for at least 8 hours).
- 2 Remove oats from fridge. Use single-serving size mason jars and place a large spoonful of the oat mix in the bottom of each, then a layer of blueberries followed by a layer of slivered almonds. Repeat until all ingredients are used up. Store in the fridge until ready to eat. Enjoy hot or cold!



Carrots & Guacamole

1 serving

5 minutes

Ingredients

- 2 Carrot (medium)
- 1/2 Avocado
- 1/2 Lime (juiced)
- 1/8 tsp Sea Salt (or more to taste)

Directions

- 1 Peel and slice carrots into sticks.
- 2 Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.
- 3 Dip the carrots into the guac & enjoy!

Notes

Leftovers, Store the guacamole in an airtight container in the refrigerator for up to two days. Sliced carrots can be stored in the refrigerator for up to four days.

Spice it Up, Add chili flakes, salsa and/or chopped cilantro to the guacamole.



Rice Cake with Sunflower Seed Butter & Raspberries

1 serving
5 minutes

Ingredients

1 Plain Rice Cake
1 tbsp Sunflower Seed Butter
1/4 cup Raspberries

Directions

- 1 Spread sunflower seed butter onto the rice cake and top with raspberries. Enjoy!

Notes

No Sunflower Seed Butter, Use any nut or seed butter instead.

More Flavor, Top each rice cake with a drizzle of maple syrup, honey or a pinch of cinnamon.

More Fiber, Garnish with hemp seeds, chia seeds or ground flax seeds.

No Raspberries, Use blueberries, blackberries or sliced strawberries instead.



Hummus Dippers

1 serving
15 minutes

Ingredients

1/4 Yellow Bell Pepper
1/4 Carrot
1 stalk Celery
1/4 cup Hummus

Directions

- 1 Slice your pepper, carrot and celery into sticks.
- 2 Line up 4 small mason jars (we like to use size 250 ml). Fill the bottom of each with ¼ cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat.

Notes

Homemade, Make your own hummus! Check out our Sweet Potato Hummus or Green Pea Hummus recipes.

Mix it Up, Substitute in different veggies like cucumber or zucchini.



Cashews & Clementines

1 serving
5 minutes

Ingredients

1/4 cup Cashews
2 Clementines

Directions

- 1 Divide into bowls and enjoy!



Peanut Butter & Banana Sweet Potato Toast

1 serving
10 minutes

Ingredients

1/2 Sweet Potato (large)
2 tbsps All Natural Peanut Butter
1/2 Banana (sliced)

Directions

- 1 Trim the pointy ends off the sweet potato then lay it on its side on a cutting board. Slice it lengthwise into 1/4 inch slices.
- 2 Pop the sweet potato slices into the toaster and toast twice. You may need to toast a third time depending on your toaster. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 to 6 minutes per side.
- 3 Place toasted sweet potato on a plate and spread with peanut butter then top with sliced banana. Sprinkle with cinnamon for some extra flavour. Enjoy!

Notes

No Peanut Butter, Use any nut or seed butter.

No Banana, Use any type of fruit like strawberries or mango.

Next Level Deliciousness, Add our Strawberry Chia Jam.



Grapes & Pistachios

1 serving
5 minutes

Ingredients

1 cup Grapes
1/4 cup Pistachios (shells removed)

Directions

1 Divide into bowls and enjoy!



Cauliflower, Kale & Lentil Detox Soup

2 servings
40 minutes

Ingredients

2 tps Extra Virgin Olive Oil
1/3 Yellow Onion (diced)
2/3 stalk Celery (diced)
2/3 Carrot (medium, peeled and diced)
1 1/3 Garlic (cloves, minced)
1/3 head Cauliflower (chopped into florets)
1 1/3 cups Kale Leaves (chopped)
2 cups Organic Vegetable Broth
3/4 cup Lentils (cooked)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Heat the olive oil in a large pot. Add the onion, celery, and carrots. Cook for about 10 minutes, or until veggies are softened. Add the garlic and cook for 2-3 more minutes.
- 2 Add the cauliflower, kale, and vegetable broth. Bring to a boil then reduce heat to a simmer. Let simmer for 20 minutes.
- 3 Stir in the cooked lentils and season to taste with sea salt and black pepper. Divide between bowls. Enjoy!

Notes

Leftovers, Refrigerate in a covered container up to 4 days. Freeze up to 6 months.
Serving Size, One serving is equal to approximately 2 cups of soup.



Mediterranean Buddha Bowl

2 servings

10 minutes

Ingredients

1/2 cup Quinoa (dry, uncooked)
1/2 head Romaine Hearts (chopped)
1/2 cup Chickpeas (cooked, from the can)
1/2 Cucumber (chopped)
1/2 Red Bell Pepper (chopped)
1/4 cup Red Onion (finely chopped)
1/4 cup Hummus
1/4 cup Pitted Kalamata Olives
2 tbsps Extra Virgin Olive Oil
1 1/2 tbsps Apple Cider Vinegar
1/4 tsp Italian Seasoning
1/16 tsp Sea Salt

Directions

- 1 Cook the quinoa according to the directions on the package, and set aside.
- 2 Divide the chopped romaine equally between serving bowls or plates. Top with equal amounts of quinoa, chickpeas, cucumber, red bell pepper, red onion, hummus and olives.
- 3 Add the olive oil, apple cider vinegar, Italian seasoning and sea salt to a jar. Seal and shake well to combine.
- 4 Drizzle the dressing over top of the assembled buddha bowls and serve immediately. Enjoy!

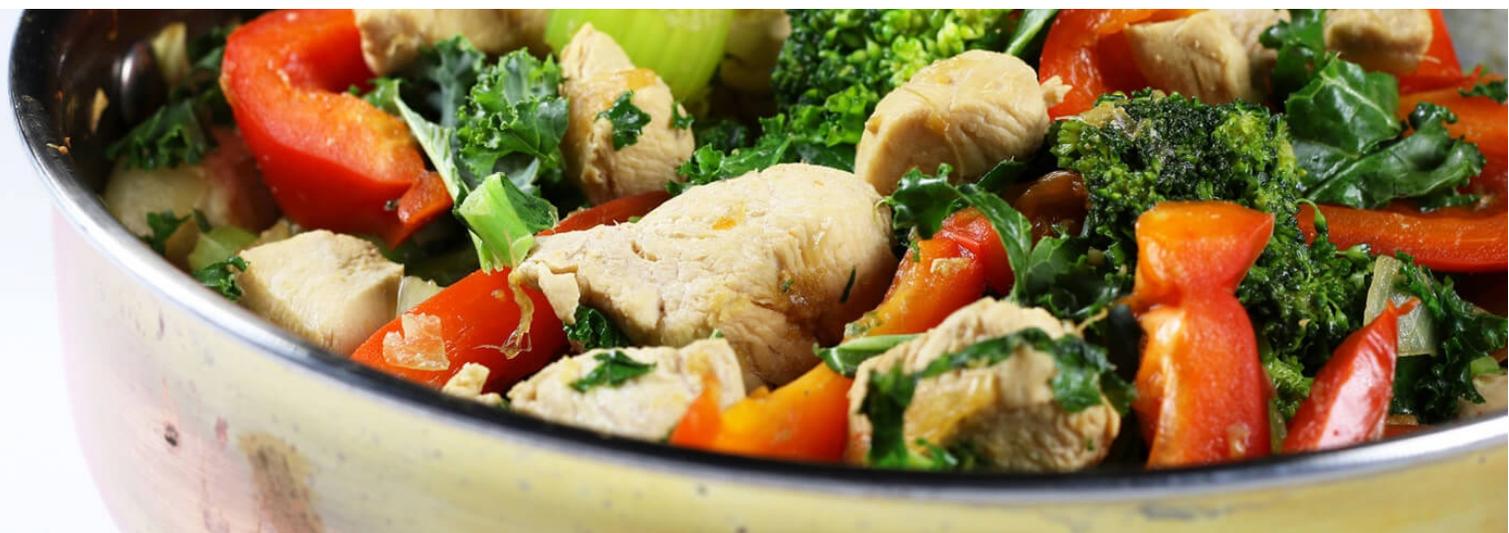
Notes

No Hummus, Use tzatziki instead.

More Protein, Top with crumbled feta cheese or cooked chicken breast.

Prep Ahead, All ingredients can be chopped and prepared in advance. Assemble bowls when ready to eat.

More Flavour, Serve with a lemon wedge and black pepper.



Ginger Chicken Stir Fry

2 servings
30 minutes

Ingredients

- 3 tbsps Tamari
- 1 Garlic (cloves, minced)
- 1 1/2 tsps Ginger (peeled and grated)
- 1 1/2 tsps Coconut Oil
- 10 ozs Chicken Breast (sliced into cubes)
- 1/4 Yellow Onion (diced)
- 1 1/2 stalks Celery (sliced)
- 1/2 Red Bell Pepper (diced)
- 1 cup Broccoli (chopped into florets)
- 2 cups Kale Leaves (chopped)

Directions

- 1 Mix together tamari, garlic and ginger in a jar. Put on a lid and shake well. Set aside.
- 2 Add coconut oil to a large frying pan and place over medium heat. Add chicken and yellow onion. Saute for 8 to 10 minutes or until chicken is mostly cooked through. Add in celery, red pepper and broccoli. Saute for another 5 minutes. Pour in sauce from jar. Stir well to mix. Once everything is well combined, turn off the heat and stir in your kale. Continue to stir just until kale is wilted.
- 3 Plate stir fry. Garnish with sesame seeds and hot sauce if you like. Enjoy!

Notes

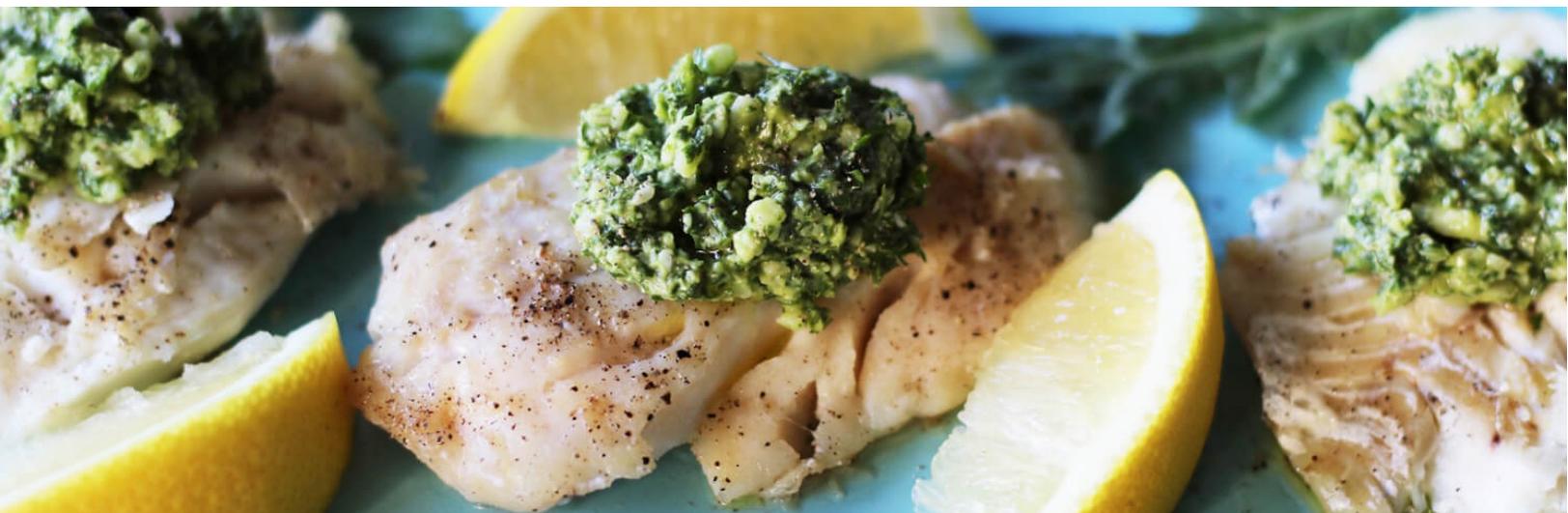
Alternative Veggies, Use mushrooms, snap peas, carrots or any other vegetables you have on hand.

Serve it With, Brown rice, pasta or quinoa.

Leftovers, Keeps well in the fridge up to 3 days.

Vegan and Vegetarian, Use chickpeas or tofu instead of chicken.

Make It Faster, Use pre-sliced veggies from the bag.



15 Minute Halibut with Dill Pesto

2 servings

15 minutes

Ingredients

- 1/2 cup Parsley (packed)
- 2 tbsps Fresh Dill (packed)
- 2 2/3 tbsps Slivered Almonds
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1/2 Lemon (juiced)
- 1/2 Garlic (clove)
- Sea Salt & Black Pepper
- 10 ozs Halibut Fillet
- 3/4 tsp Coconut Oil
- 4 cups Mixed Greens (or Arugula)

Directions

- 1 In a food processor, combine the parsley, dill, slivered almonds, olive oil, lemon juice and garlic. Season with sea salt and black pepper to taste and blend well until a thick paste forms. Transfer to a bowl and set aside.
- 2 Season halibut with sea salt and black pepper. Heat coconut oil in a cast iron skillet over medium-high heat. Cook fish for 3 to 4 minutes per side, or until golden. Fish should flake with a fork when finished.
- 3 Divide mixed greens between plates. Set halibut on the greens and top with a large dollop of pesto. Enjoy!

Notes

Nut Free, Use pumpkin seeds or sunflower seeds instead.

Save Time, Blend up the pesto in advance.

More Carbs, Serve it with rice, quinoa or roasted mini potatoes.



Roasted Veggies

4 servings
40 minutes

Ingredients

- 2 Carrot (medium, chopped)
- 2 Zucchini (medium, chopped)
- 2 cups Mushrooms (chopped)
- 2 cups Green Beans (trimmed)
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Balsamic Vinegar
- 1 tsp Oregano (dried)
- 1/2 tsp Sea Salt
- 1/4 tsp Black Pepper

Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Arrange the chopped veggies on the baking sheet. Drizzle with oil, vinegar, oregano, salt and pepper. Toss until everything is well coated.
- 3 Roast in the oven for 25 to 30 minutes, or until very tender, stirring once about halfway through.
- 4 Remove from oven and transfer to a bowl. Enjoy!

Notes

Leftovers, Keeps well in the fridge up to 3 days. Reheat in a skillet or the oven.

No Mushrooms, Swap in bell peppers or broccoli instead.

Even Cooking, Chop your vegetables to be approximately the same size to ensure even cooking.



Zucchini Alfredo with Turmeric Chicken

2 servings
20 minutes

Ingredients

2 Zucchini
1 tbsp Extra Virgin Olive Oil
8 ozs Chicken Breast (sliced)
1 tsp Turmeric
1 tsp Italian Seasoning
Sea Salt & Black Pepper (to taste)
1 Avocado (peeled and pit removed)
1 cup Organic Coconut Milk (canned, full-fat)
1/2 Lemon (juiced)

Directions

- 1 Spiralize the zucchini or use a julienne peeler to create noodles. Set aside.
- 2 In a large frying pan, heat the olive oil over medium heat. Add the chicken to the pan and sprinkle it with the turmeric, Italian seasoning and sea salt and pepper to taste. Saute for 7 to 10 minutes, or until cooked through.
- 3 While the chicken is cooking, make the avocado cream sauce by combining the avocado, coconut milk, lemon juice and sea salt and black pepper to taste in a blender or food processor. Blend until smooth and creamy.
- 4 Once the chicken is cooked through, transfer it to a plate then add the zucchini noodles back into the pan. Saute the noodles for 1 to 2 minutes or until soft and warmed through. Add the avocado cream sauce into the pan and stir until well mixed and warmed through.
- 5 Divide the creamy zoodles between plates, and top with chicken. Enjoy!

Notes

More Carbs, Use brown rice pasta instead of zucchini noodles.

Vegan or Vegetarian, Use chickpeas or white beans instead of chicken.



One Pan Salmon with Rainbow Veggies

2 servings
40 minutes

Ingredients

- 2 cups Cherry Tomatoes
- 10 ozs Salmon Fillet
- 1 Yellow Bell Pepper (sliced)
- 2 cups Broccoli (chopped into small florets)
- 1/2 cup Red Onion (sliced into chunks)
- 2 tbsps Extra Virgin Olive Oil
- 1 1/2 tsps Coconut Aminos
- 1/2 Navel Orange (zested and juiced)
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Place the cherry tomatoes, salmon, bell pepper, broccoli, and red onion on the sheet pan. Drizzle the vegetables with olive oil. Brush the salmon with the coconut aminos, orange juice and zest. Sprinkle everything with salt and pepper to taste.
- 3 Place in the oven and bake for 30 minutes, or until salmon is fully cooked.
- 4 Divide between plates and enjoy!

Notes

More Carbs, Serve with rice or quinoa.

Vegan, Use tofu steaks or roasted chickpeas instead of salmon.

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



Slow Cooker Stuffed Peppers

2 servings

4 hours

Ingredients

2 Green Bell Pepper (large)
8 ozs Extra Lean Ground Turkey
1/4 tsp Sea Salt
1/4 tsp Black Pepper
1 1/2 tsps Chili Powder
1/4 tsp Cumin
1/4 tsp Dried Basil
1/2 Egg
1 Garlic (cloves, minced)
1/4 Yellow Onion (diced)
1/2 cup Baby Spinach (chopped)
1 1/2 tsps Extra Virgin Olive Oil
1 tbsp Coconut Flour
1 cup Organic Salsa
1/2 head Cauliflower (large)

Directions

- 1 Slice the tops off the peppers and carve out the seeds. Set aside.
- 2 In a large mixing bowl, combine the ground turkey, sea salt, black pepper, chili powder, cumin, dried basil, egg, minced garlic, yellow onion, spinach, olive oil and coconut flour. Mix well and stuff it into the green peppers.
- 3 Place the peppers in the slow cooker and top each with a spoonful or two of salsa. Cook for 4 hours on high or 6 - 8 on low.
- 4 Trim your cauliflower into florets. Place the florets in a food processor and pulse into a rice-like consistency. Cover and store in the fridge until ready to eat. (Note: You can eat the cauliflower rice raw or saute it in a bit of coconut oil before serving.)
- 5 Remove the peppers from the slow cooker and serve over cauliflower rice. Top with remaining salsa. Enjoy!

Notes

Vegans and Vegetarians, Use cooked lentils or beans instead of ground meat.

No Ground Turkey, Use ground chicken or beef instead.

No Slow Cooker, Bake peppers in the oven at 350 for 45 minutes to 1 hour, or until meat is cooked through.

No Cauliflower, Serve over rice, quinoa, greens or sweet potato mash.



Cacao Maca Smoothie

2 servings

5 minutes

Ingredients

2 cups Frozen Cauliflower
1 Banana (frozen)
1 tbsp Almond Butter
1/4 cup Cacao Powder
2 cups Unsweetened Almond Milk (or other non-dairy milk)
1 tbsp Maca Powder

Directions

1 In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

Notes

No Maca Powder, Leave it out or use cinnamon instead.