



Bone Health Support Program

Created by living heirloom project | dirty nutrition series



Bone Health Support Program

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Chocolate Cherry Green Smoothie	Chocolate Cherry Green Smoothie	Chocolate Cherry Green Smoothie	Chocolate Avocado Smoothie	Chocolate Avocado Smoothie	Savory Crêpes with Creamy Mushrooms & Kale	Savory Crêpes with Creamy Mushrooms & Kale
	Rice Cakes with Almond Butter	Rice Cakes with Almond Butter	Rice Cakes with Almond Butter	Banana	Banana		
Snack 1	Banana	Banana	Banana	Apple with Almond Butter	Apple with Almond Butter	Yogurt & Berries	Yogurt & Berries
Lunch	Edamame, Cranberry & Feta Salad	Crispy Broiled Haddock & Broccolini	15 Minute Shrimp & Cabbage Stir Fry	Sesame Trout, Bok Choy & Quinoa	Sausage, Kale & Acorn Squash Mash	Sardine & Avocado Salad	Sardine & Avocado Salad
		Quinoa					
Snack 2	Dark Chocolate	Dark Chocolate	Dark Chocolate	Greek Yogurt	Greek Yogurt	Banana with Almond Butter	Banana with Almond Butter
Dinner	Crispy Broiled Haddock & Broccolini	15 Minute Shrimp & Cabbage Stir Fry	Sesame Trout, Bok Choy & Quinoa	Sausage, Kale & Acorn Squash Mash	Edamame, Cranberry & Feta Salad	Quinoa Chickpea Stuffed Squash	Quinoa Chickpea Stuffed Squash
	Quinoa						



Bone Health Support Program

48 items

Fruits

- ☐ 2 Apple
- ☐ 1 1/2 Avocado
- ☐ 7 Banana
- ☐ 3 cups Cherries
- ☐ 1 1/2 Lemon
- ☐ 1 tbsp Lemon Juice

Breakfast

- ☐ 1 cup Almond Butter
- ☐ 6 Plain Rice Cake

Seeds, Nuts & Spices

- ☐ 1 tsp Dried Thyme
- ☐ 1/2 tsp Oregano
- ☐ 1/2 tsp Red Pepper Flakes
- ☐ 1 1/2 tsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 2 1/2 tsps Sesame Seeds

Frozen

- ☐ 2 cups Frozen Berries
- ☐ 3 cups Frozen Edamame

Vegetables

- ☐ 2 Acorn Squash
- ☐ 10 cups Baby Spinach
- ☐ 4 cups Bok Choy
- ☐ 1 bunch Broccolini
- ☐ 12 Cremini Mushrooms
- ☐ 5 Garlic
- ☐ 8 cups Green Cabbage
- ☐ 4 stalks Green Onion
- ☐ 9 cups Kale Leaves
- ☐ 1 tbsp Parsley
- ☐ 1/4 cup Radishes

Boxed & Canned

- ☐ 1/4 cup Canned Coconut Milk
- ☐ 3/4 cup Chickpeas
- ☐ 1 1/3 cups Quinoa
- ☐ 3 1/2 ozs Sardines

Baking

- ☐ 1/2 cup Almond Flour
- ☐ 5 1/4 ozs Dark Chocolate
- ☐ 1/2 cup Dried Unsweetened Cranberries
- ☐ 1/2 tsp Nutritional Yeast

Bread, Fish, Meat & Cheese

- ☐ 3/4 cup Feta Cheese
- ☐ 2 Haddock Fillet
- ☐ 8 ozs Pork Sausage
- ☐ 2 Rainbow Trout Fillet
- ☐ 1 lb Shrimp

Condiments & Oils

- ☐ 3 tsps Avocado Oil
- ☐ 1/4 cup Coconut Oil
- ☐ 1/4 cup Extra Virgin Olive Oil

Cold

- ☐ 3 Egg
- ☐ 3 cups Plain Greek Yogurt
- ☐ 5 cups Unsweetened Almond Milk

Other

- ☐ 1 1/4 cups Chocolate Protein Powder
- ☐ 1 3/4 cups Water



Chocolate Cherry Green Smoothie

4 ingredients · 5 minutes · 1 serving



Directions

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

Notes

Likes it Sweet

Add more cherries.

Extra Chocolate

Add some cacao or cocoa powder.

Extra Thick

Add ground flax seeds or chia seeds.

No Protein Powder

Use a blend of hemp seeds and cocoa powder instead.

Ingredients

1 cup Cherries (fresh and pitted, or frozen)

1/4 cup Chocolate Protein Powder

1 cup Baby Spinach

1 cup Unsweetened Almond Milk

Rice Cakes with Almond Butter

2 ingredients · 5 minutes · 1 serving



Directions

1. Spread almond butter across the rice cakes and enjoy!

Notes

No Almond Butter

Use any type of nut or seed butter instead.

Likes it Sweet

Add honey, jam, sliced bananas or berries.

Ingredients

2 Plain Rice Cake

2 tbsps Almond Butter



Chocolate Avocado Smoothie

5 ingredients · 5 minutes · 1 serving



Directions

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

Notes

No Chocolate Protein Powder

Use vanilla protein powder or hemp seeds and add cocoa powder.

Likes it Sweet

Add frozen banana.

Nut-Free Version

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

Ingredients

1/4 Avocado

1 cup Unsweetened Almond Milk

1 tbsp Almond Butter

1 cup Baby Spinach

1/4 cup Chocolate Protein Powder

Banana

1 ingredient · 1 minute · 1 serving



Directions

1. Peel and enjoy!

Notes

More protein

Dip in almond butter.

Ingredients

1 Banana

Savory Crêpes with Creamy Mushrooms & Kale

11 ingredients · 25 minutes · 2 servings



Directions

1. Heat 2/3 of the oil in a large frying pan over medium-high heat. Add the mushrooms, green onion and kale and cook until the mushrooms are tender and the kale has wilted, 5 to 8 minutes.
2. Add the garlic and half of the salt to the pan and cook for another minute. Stir in the coconut milk. Reduce heat to low to keep warm.
3. In a mixing bowl, whisk the eggs. Stir in the almond flour, oregano, nutritional yeast and the remaining salt.
4. Heat a small non-stick pan over medium heat. Add just enough oil to evenly coat the bottom of the pan. This won't be all of the remaining oil.
5. Add about 1/4 cup of the crêpe batter to the oiled pan and tilt the pan in a circular motion to distribute the batter evenly. Cook for 60 to 90 seconds or until just golden brown and the crêpe releases easily from the pan. Flip and continue cooking for 30 to 60 seconds. Repeat the process with the remaining oil and batter.
6. To serve, divide the creamy mushrooms and kale between the crêpes then fold or roll. Enjoy!

Notes

Leftovers

Store creamy mushrooms and kale separate from crêpes. Refrigerate the crêpes in an airtight container or zipper-lock bag for one day or freeze for up to two months. Reheat the crêpes in a dry pan until warmed through. Reheat the creamy mushrooms and kale with additional coconut milk if needed.

Serving Size

One serving is approximately two crêpes.

More Flavor

Add garlic powder, onion powder or other dried herbs to the batter.

Additional Toppings

Fresh herbs like dill, parsley or chopped green onion.

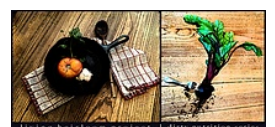
Ingredients

- 1 1/2 **tbsps** Extra Virgin Olive Oil (divided)
- 12 Cremini Mushrooms (sliced)
- 4 **stalks** Green Onion (chopped)
- 3 **cups** Kale Leaves (chopped)
- 2 Garlic (clove, minced)
- 1/2 **tsp** Sea Salt (divided)
- 1/4 **cup** Canned Coconut Milk (full fat)
- 3 Egg
- 1/2 **cup** Almond Flour
- 1/2 **tsp** Oregano
- 1/2 **tsp** Nutritional Yeast



Pan Size

This recipe was tested with a small 8-inch pan to make the crêpes.



Apple with Almond Butter

2 ingredients · 5 minutes · 1 serving



Directions

1. Slice apple and cut away the core.
2. Dip into almond butter.
3. Yummmmm.

Notes

Nut-Free

Use sunflower seed butter instead of almond butter.

Ingredients

- 1 Apple
- 2 **tbsps** Almond Butter

Yogurt & Berries

2 ingredients · 5 minutes · 2 servings



Directions

1. Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

Notes

Dairy-Free

Use a dairy-free yogurt like coconut, almond or cashew.

No Frozen Berries

Use any type of fresh fruit instead.

Ingredients

2 cups Plain Greek Yogurt

2 cups Frozen Berries (thawed)

Edamame, Cranberry & Feta Salad

5 ingredients · 10 minutes · 1 serving



Directions

1. Combine all ingredients in a bowl and enjoy!

Notes

No Cranberries

Use raisins, blueberries or cherries instead.

Leftovers

Refrigerate in an airtight container up to 5-7 days.

No Edamame

Use green peas instead.

Ingredients

1 1/2 cups Frozen Edamame (thawed)

1/4 cup Feta Cheese (crumbled)

1/4 cup Dried Unsweetened Cranberries

1 1/2 tsps Extra Virgin Olive Oil

Sea Salt & Black Pepper (to taste)

Sardine & Avocado Salad

8 ingredients · 20 minutes · 2 servings



Directions

1. Place the sardines on a plate and drizzle with half the lemon juice and parsley. Set aside and let marinate for 15 minutes.
2. Divide the spinach into bowls along with the radishes and sardines. Drizzle with extra virgin olive oil and the rest of the lemon juice. Top with avocado, season with sea salt and enjoy!

Notes

No Sardines

Use tuna instead.

Ingredients

- 3 1/2 ozs** Sardines (packed in oil, drained)
- 1/2** Lemon (juiced and divided)
- 1 tbsp** Parsley (finely chopped)
- 4 cups** Baby Spinach (packed)
- 1/4 cup** Radishes (thinly sliced)
- 1 tbsp** Extra Virgin Olive Oil
- 1** Avocado (sliced)
- 1/8 tsp** Sea Salt



Dark Chocolate

1 ingredient · 1 minute · 1 serving



Directions

1. Break apart chocolate into pieces and divide into bowls. Enjoy!

Notes

Next Level Chocolate

Sprinkle with a bit of coarse sea salt or cayenne pepper for a kick.

Ingredients

1 3/4 ozs Dark Chocolate (at least 70% cacao)

Greek Yogurt

1 ingredient · 5 minutes · 2 servings



Directions

1. Scoop into a bowl and enjoy!

Notes

Toppings

Fresh or frozen fruit, granola, bee pollen, nuts, coconut, honey or maple syrup.

Dairy-Free

Use coconut, almond or cashew yogurt instead.

Ingredients

1 cup Plain Greek Yogurt

Banana with Almond Butter

2 ingredients · 2 minutes · 1 serving



Directions

1. Slice banana.
2. Dip in almond butter.
3. Bam.

Notes

Nut-Free

Use sunflower seed butter instead of almond butter.

Ingredients

- 1 Banana
- 2 tbsps Almond Butter

Crispy Broiled Haddock & Broccolini

5 ingredients · 15 minutes · 2 servings



Directions

1. Adjust the top rack of the oven approximately 6 inches from the top, and preheat the broiler. Line a baking tray with parchment or a silicone mat.
2. Place the haddock fillets and broccolini on the tray and evenly coat in avocado oil. Season with thyme and salt.
3. Broil in the preheated oven until fish is easily flaked with a fork, approximately 6 to 8 minutes. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add a squeeze of lemon juice and/or red pepper flakes.

No Haddock

Use cod or tilapia instead.

Fillet Size

Each haddock fillet is equal to 150 grams or 5.3 ounces.

Ingredients

2 Haddock Fillet (5 ounces each)

1 bunch Broccolini (trimmed)

2 tbsps Avocado Oil

1 tsp Dried Thyme

1/2 tsp Sea Salt

Quinoa

2 ingredients · 15 minutes · 2 servings



Directions

1. Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

Ingredients

1/2 cup Quinoa (uncooked)

3/4 cup Water

15 Minute Shrimp & Cabbage Stir Fry

8 ingredients · 15 minutes · 2 servings



Directions

1. Heat half the coconut oil in a large skillet over medium heat. Add the shrimp, minced garlic, lemon juice and red pepper flakes. Saute until shrimp is pink and cooked through (about 2 to 3 minutes). Transfer the shrimp and juices into a bowl and cover to keep warm. Set aside.
2. Place the skillet back over medium heat and add the remaining coconut oil. Add the green cabbage and season with sea salt and black pepper to taste. Saute for about 8 to 10 minutes, stirring occasionally. The cabbage is done when it is softened and starting to brown.
3. Add the shrimp and marinade back into the skillet and mix well. Divide onto plates and garnish with sesame seeds. Add extra red pepper flakes or hot sauce if you like it spicy. Enjoy!

Notes

More Carbs

Serve with brown rice or quinoa.

Leftovers

Store in an airtight container in the fridge up to 2 days.

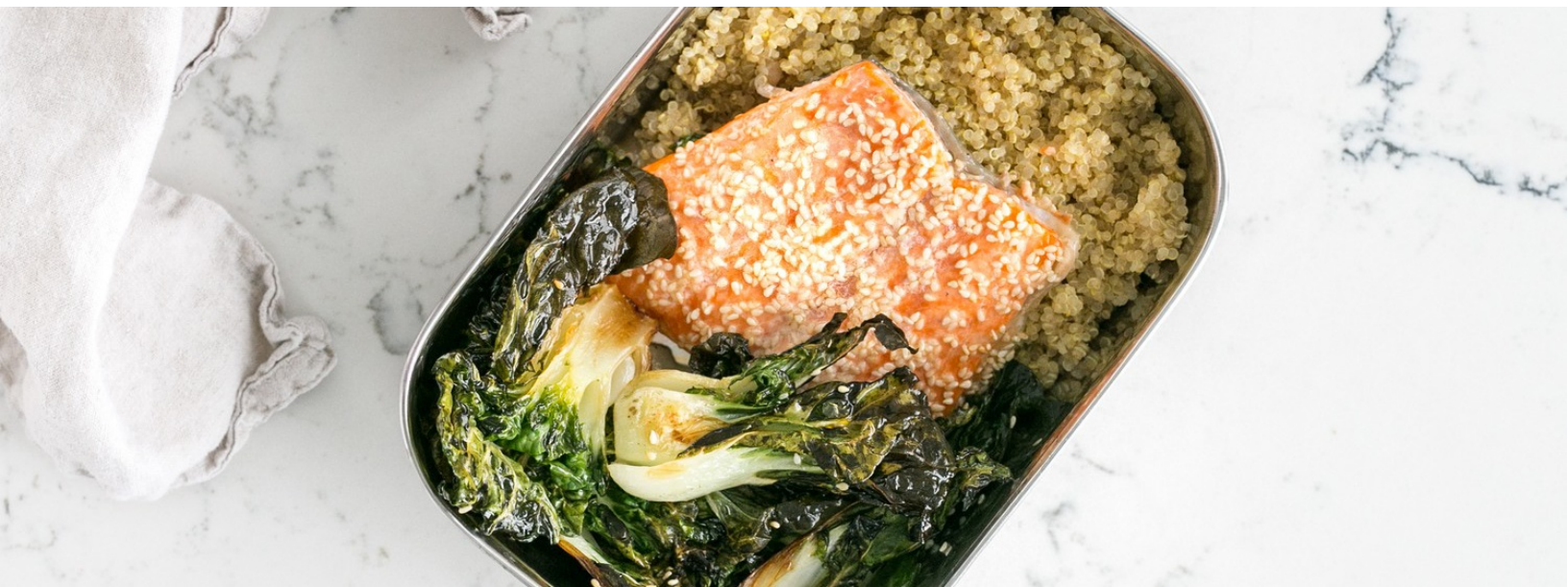
Ingredients

- 2 tbsps** Coconut Oil (divided)
- 1 lb** Shrimp (raw, peeled and deveined)
- 3** Garlic (cloves, minced)
- 1** Lemon (juiced)
- 1/2 tsp** Red Pepper Flakes
- 8 cups** Green Cabbage (finely sliced)
- Sea Salt & Black Pepper (to taste)
- 2 tbsps** Sesame Seeds



Sesame Trout, Bok Choy & Quinoa

7 ingredients · 20 minutes · 2 servings



Directions

1. Preheat oven to 425°F (218°C).
2. Combine quinoa and water together in a saucepan. Bring to a boil and then reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff the quinoa with a fork. Turn off the heat and set aside.
3. Meanwhile, add the trout and bok choy to a baking sheet and gently coat in oil. Season with salt and sesame seeds. Bake for 10 minutes or until the fish is cooked through.
4. Divide the quinoa, trout and bok choy onto plates. Enjoy!

Notes

Trout Fillets

Each fillet should be approximately 159 grams or 5.6 ounces in size.

No Trout

Use salmon instead.

Save Time

Cook the quinoa ahead of time. Cooked quinoa can be refrigerated up to 7 days, or frozen in individual portions up to 8 months.

Storage

Refrigerate in an airtight container up to 2 to 3 days.

Serving Size

One serving is equal to 1 trout fillet, 3/4 cup of quinoa and 1.5 cups of bok choy.

Ingredients

- 1/2 cup Quinoa (dry, uncooked)
- 1 cup Water
- 2 Rainbow Trout Fillet
- 4 cups Bok Choy (baby, halved)
- 1 tbsp Avocado Oil
- 1/4 tsp Sea Salt
- 1 1/2 tsps Sesame Seeds



Sausage, Kale & Acorn Squash Mash

4 ingredients · 40 minutes · 2 servings



Directions

1. Preheat the oven to 425°F (218°C).
2. Place the acorn squash flesh-side down on a baking sheet. Bake in the oven for 15 minutes.
3. Flip over the squash and move it to the side of the baking sheet. Add the sausage to the sheet and bake for another 20 minutes or until cooked. Remove the squash and sausage from the oven.
4. Combine the kale and coconut oil on a separate baking sheet. Add to the oven for the remaining 10 minutes of cooking, until the edges are crispy.
5. Carefully remove the skin from the acorn squash and mash the flesh using the back of a fork. Slice the sausage.
6. Divide the the kale, sausage and mashed acorn squash onto plates. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately one sausage, one cup of mashed acorn squash and 1 1/2 cups kale.

More Flavor

Add your choice of herbs or spices to the mashed acorn squash.

Make it Vegan

Use marinated chickpeas or tofu instead of sausage.

Ingredients

1 Acorn Squash (large, halved, seeds removed)

8 ozs Pork Sausage

6 cups Kale Leaves (stems removed, roughly chopped)

2 tbsps Coconut Oil (melted)



Quinoa Chickpea Stuffed Squash

8 ingredients · 40 minutes · 2 servings



Directions

1. Preheat your oven to 400°F (204°C).
2. Cut the acorn squash in half and remove the seeds. Place flesh side down on a baking sheet lined with parchment paper and bake for 25 to 30 minutes.
3. While the squash is cooking, cook the quinoa according to the directions on the package.
4. When the quinoa is done, fluff with a fork, add the spinach and cover with a lid allowing it to wilt. Once the spinach has wilted, add the lemon juice, extra virgin olive oil, sea salt and chickpeas. Mix well.
5. Remove the squash from the oven and fill with the quinoa mixture and top with feta cheese. Serve and enjoy!

Notes

Leftovers

Store in an airtight container in the fridge for up to 3 days.

Likes it Spicy

Add hot sauce or chili flakes.

Dairy-Free

Omit the cheese and use sea salt to taste.

No Acorn Squash

Use a different type of squash like butternut or spaghetti.

Ingredients

- 1 Acorn Squash (medium)
- 1/3 cup Quinoa (dry, uncooked)
- 1 cup Baby Spinach (packed)
- 1 tbsp Lemon Juice
- 1 tbsp Extra Virgin Olive Oil
- 1/8 tsp Sea Salt
- 3/4 cup Chickpeas (cooked, from the can)
- 1/4 cup Feta Cheese (crumbled)

