

NATALIE ZISES

Easy, Delicious Meals for Mom, Dad, and Baby

Created by Natalie Zises



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These recipes are super easy, delicious, and a hit with both kids and parents alike! There's just enough "spice" for every age! The components can easily be made into a meal for baby or toddler, while the composed dish is exciting for anyone a bit older :) The recipes are free from most allergens (gluten, dairy, soy) and all refined sugars. Use the attached grocery sheet to shop, then meal prep away.

1) Lucky Green Smoothie

Add individual portions to plastic bags and freeze for an easy morning!

2) Pear Blackberry Smoothie

* see above

3) Cardamom Pear Baked Oatmeal

Make a big batch on Monday, then reheat and add more berries, nut butter, or your favorite toppings fresh each day.

4) Simple Banana Pancakes

Pre make the batter and keep in air-tight container in the fridge (up to 3 days) or freezer (forever!) for future use.

5) Zesty Lemon Chia Pudding

Make a large batch and add toppings as desired.

6) Maple Roasted Rutabaga

Great to make ahead and throw with any protein, or even with a little greek yoghurt and cashew butter!

7) Zucchini Noodle Bolognese

Make ahead. Spiralize a large back of zucchini and add it to the bolognese each day to heat through.

8) Cream of Broccoli Soup

This freezes beautifully.

9) Spaghetti Squash With Tomato Sauce

Wonderful with eggs for breakfast!

10) Quinoa Crusted Chicken Parm

If you make ahead, re-crisp in a 375 degree oven or toaster oven.

11) Miso Ginger Chicken With Bok Choy

Delicious over noodles, rice, or cauliflower rice!

12) Chocolate Dessert Hummus

Sounds weird, is delish! Kids love this, and they love anything they can "dip" :) Sometimes I even call this frosting!

13) Chocolate Chip Cookie Pie

Need I say more? This healthy version is epic, especially with a scoop of cold, creamy yoghurt! Healthy enough to have as a midmorning snack (or even breakfast!) Feel free to cut down on the sugar to make it even more breakfast-friendly, and add in berries for a nice summer treat.

Easy, Delicious Meals for Mom, Dad, and Baby

65 items

Fruits

- 2 Banana
- 1 cup Blackberries
- 1/2 Lemon
- 1/2 cup Lemon Juice
- 1 Lime
- 2 Pear

Breakfast

- 2/3 cup Maple Syrup

Seeds, Nuts & Spices

- 1/4 tsp Black Pepper
- 1 tsp Cardamom
- 1 cup Cashews
- 1 cup Chia Seeds
- 1/2 tsp Cinnamon
- 2 tps Dried Basil
- 1 tsp Garlic Powder
- 1/2 cup Ground Flax Seed
- 2 tbsps Hemp Seeds
- 1 tsp Onion Powder
- 2 1/2 tps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tbsps Sesame Seeds
- 1 tsp Turmeric

Frozen

- 3/4 cup Frozen Mango

Vegetables

- 6 cups Baby Spinach
- 2 cups Bok Choy
- 5 cups Broccoli
- 19 Carrot
- 6 stalks Celery
- 6 Garlic
- 1 tbsp Ginger
- 4 cups Rutabaga
- 1 Spaghetti Squash
- 1 Sweet Onion
- 1 Yellow Onion
- 4 Zucchini

Boxed & Canned

- 2 cups Chickpeas
- 2 cups Crushed Tomatoes
- 2 cups Green Lentils
- 2 cups Lentils
- 1/2 cup Organic Salsa
- 4 cups Organic Vegetable Broth
- 1/3 cup Quinoa
- 4 cups White Navy Beans

Baking

- 1 1/2 tps Baking Powder
- 1/2 tsp Baking Soda
- 1/4 cup Cocoa Powder
- 1 tbsp Nutritional Yeast
- 3 cups Oats
- 1 cup Organic Dark Chocolate Chips
- 1/2 cup Pitted Dates
- 1/2 cup Pureed Pumpkin
- 1/2 cup Unsweetened Applesauce
- 1 1/3 tbsps Vanilla Extract

Bread, Fish, Meat & Cheese

- 20 ozs Chicken Breast
- 1 lb Extra Lean Ground Chicken

Condiments & Oils

- 2 tbsps Coconut Oil
- 1/3 cup Extra Virgin Olive Oil
- 1 tbsp Miso Paste
- 1 tbsp Rice Vinegar
- 2 tbsps Sesame Oil
- 1/2 cup Tahini
- 2 1/2 cups Tomato Sauce

Cold

- 4 Egg
- 4 1/4 cups Unsweetened Almond Milk

Other

- 6 Ice Cubes
- 11 1/16 cups Water

Lucky Green Smoothie

6 ingredients · 10 minutes · 1 serving



Directions

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

Notes

No Mango

Add frozen pineapple or banana instead.

More Protein

Add a scoop of your favourite clean protein powder.

Ingredients

3/4 cup	Frozen Mango
1	Lime (juiced)
1 cup	Baby Spinach (packed)
1 tbsp	Ground Flax Seed
2 tbsps	Hemp Seeds
1 3/4 cups	Water

Pear Blackberry Smoothie

7 ingredients · 10 minutes · 1 serving



Directions

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

Notes

No Ground Flax Seed

Use chia seeds instead.

No Blackberries

Use blueberries instead.

Ingredients

1	Pear
1 cup	Blackberries
2 tbsps	Ground Flax Seed
1/2 tsp	Cinnamon
1 cup	Baby Spinach
1 cup	Water
6	Ice Cubes

Cardamom Pear Baked Oatmeal

8 ingredients · 45 minutes · 6 servings



Directions

1. Preheat oven to 350 F. Grease a baking pan with coconut oil or line with parchment paper.
2. Add all ingredients except the pear slices in a mixing bowl and stir until thoroughly combined.
3. Transfer to baking pan and top with pear slices. Bake for about 45 minutes or until a toothpick comes out clean. Enjoy!

Notes

Storage

Refrigerate in an air-tight container up to 3-5 days. Freeze if longer.

No Pumpkin

Use unsweetened applesauce, pureed butternut squash or sweet potato instead.

Ingredients

2 cups	Oats (quick or traditional)
2 cups	Water
2 tbsps	Maple Syrup
1/2 cup	Pureed Pumpkin (canned)
1/4 cup	Tahini
1 tsp	Cardamom
2 tbsps	Ground Flax Seed
1	Pear (half sliced, half diced)

Simple Banana Pancakes

3 ingredients · 20 minutes · 2 servings



Directions

1. In a bowl, mash the bananas very well until quite smooth. Add the eggs and beat gently with a fork for about 30 seconds.
2. Heat coconut oil in a skillet over medium heat. Add 1/4 cup of the batter at a time to form pancakes, cooking for about 1-2 minutes per side.
3. Serve with a sprinkle of cinnamon or a drizzle of maple syrup if desired.

Ingredients

2	Banana (ripe)
4	Egg
1 tbsp	Coconut Oil

Notes

Likes it Sweet

Add blueberries or chocolate chips into the batter.

Zesty Lemon Chia Pudding

5 ingredients · 4 hours · 4 servings



Directions

1. In a large bowl, combine the almond milk, lemon juice, maple syrup and vanilla extract. Whisk in the seeds and mix well. Let sit in the fridge overnight or for at least 4 hours.
2. To serve, divide between bowls or mason jars. Enjoy!

Notes

Optional Toppings

Fresh berries, sliced kiwi, coconut, pumpkin seeds, hemp seeds, almonds, sliced banana or bee pollen.

Leftovers

Keeps well in the fridge for 3 to 4 days.

Ingredients

3 1/2 cups	Unsweetened Almond Milk
1/2 cup	Lemon Juice
2 tbsps	Maple Syrup (or honey)
2 tsps	Vanilla Extract
1 cup	Chia Seeds

Maple Roasted Rutabaga

3 ingredients · 1 hour · 4 servings



Directions

1. Preheat oven to 415F.
2. Combine rutabaga, olive oil and maple syrup in a glass baking dish. Toss until evenly coated.
3. Roast for 45 minutes or until soft and slightly browned. Flip the rutabaga about halfway through roasting.
4. Remove from the oven and enjoy!

Notes

Leftovers

Refrigerate in an airtight container up to 3 to 5 days, or freeze if longer.

Sugar-Free

Use your choice of fresh or dried herbs instead of maple syrup.

Rutabaga Tip

We recommend purchasing multiple small or medium rutabagas instead of a single large rutabaga as they can be very difficult to cut.

Ingredients

4 cups	Rutabaga (peeled and diced)
2 tbsps	Extra Virgin Olive Oil
2 tbsps	Maple Syrup

Zucchini Noodle Bolognese

4 ingredients · 20 minutes · 4 servings



Directions

1. Heat the olive oil in a non-stick skillet. Add the ground chicken, stirring to break it up as it cooks. After about 5 minutes, add the tomato sauce. Cover and let the sauce simmer for 10 minutes.
2. While the sauce is simmering, spiralize the zucchinis and divide between plates or containers.
3. Top the zucchini noodles with the bolognese and enjoy!

Notes

Zucchini Noodles

Can be enjoyed raw or sauteed. If sauteeing, we recommend doing so right before serving, as cooking the noodles will release more moisture.

Leftovers

Keeps well in the fridge for about 3 days. To reheat, add the noodles and sauce together in a pan and heat through.

Vegetarian/Vegan

Use lentils instead of ground chicken.

Ingredients

1 tbsp	Extra Virgin Olive Oil
1 lb	Extra Lean Ground Chicken
2 1/2 cups	Tomato Sauce
4	Zucchini (large)

Cream of Broccoli Soup

10 ingredients · 30 minutes · 4 servings



Directions

1. Throw your chopped onion, carrot, celery and broccoli in a large pot. Pour in water and add the dried basil and sea salt. Place over high heat and bring to a boil. Once boiling, cover the pot and reduce to a simmer. Let simmer for 15 to 20 minutes or until broccoli is tender.
2. In a blender, create your cashew cream by blending together 1 cup of cashews with 1 cup water. (If you alter the serving size, just keep the cashew to water ratio 1:1.) Pour the cashew cream in with your veggies and stir. Now add your green lentils and stir again.
3. Place spinach in the bottom of the blender. Then carefully transfer soup to the blender and blend to a puree. Ladle into bowls and drizzle with a bit of olive oil if you fancy. Enjoy!

Notes

Make it Paleo

Omit the lentils.

Ingredients

1	Sweet Onion (chopped)
1	Carrot (chopped)
3 stalks	Celery (chopped)
5 cups	Broccoli (chopped, incl. stalks)
6 cups	Water
1 tsp	Dried Basil
1 tsp	Sea Salt
1 cup	Cashews
2 cups	Green Lentils (cooked, drained and rinsed)
2 cups	Baby Spinach (packed)

Spaghetti Squash with Veggie Tomato Sauce

10 ingredients · 1 hour · 4 servings



Directions

1. Preheat the oven to 400 degrees F and line a baking sheet with parchment paper.
2. Carefully slice the spaghetti squash in half through its belly and discard the seeds. Place the two halves onto the baking sheet, then brush the flesh with olive oil, and season with sea salt and black pepper to taste. Turn the squash flesh side down onto the baking sheet and bake for 40 minutes.
3. Meanwhile, combine the crushed tomatoes, lentils, garlic, sea salt, black pepper and dried basil in a pot over medium heat. Bring to a simmer. Once simmering, add the spinach and stir just until wilted. Turn off the heat.
4. Remove the spaghetti squash from the oven. Let cool slightly before carving out the flesh into noodles into a strainer so that the liquid can drain off.
5. Divide the spaghetti squash into containers and spoon vegetable tomato sauce over top. Enjoy right away, or let cool completely before covering and storing in the fridge.

Notes

Meat Lovers

Use ground meat instead of lentils.

More Veggies

Add diced zucchini, mushrooms, bell peppers and/or eggplant to the sauce.

No Spaghetti Squash

Use zucchini noodles or regular pasta instead.

Ingredients

1	Spaghetti Squash (large)
1 1/2 tsps	Extra Virgin Olive Oil
	Sea Salt & Black Pepper (to taste)
2 cups	Crushed Tomatoes (canned)
2 cups	Lentils (canned)
1	Garlic (clove, minced)
1/4 tsp	Sea Salt
1/4 tsp	Black Pepper
1 tsp	Dried Basil
2 cups	Baby Spinach (chopped)

Quinoa-Crusted Chicken 'Parm' with Salsa

9 ingredients · 30 minutes · 2 servings



Directions

1. Preheat oven to 400F and line a baking sheet with parchment paper.
2. In a shallow bowl, combine flax, water, garlic powder, onion powder and salt. Set aside.
3. Cook the quinoa according to the directions on the package, then stir in the nutritional yeast.
4. Pat the chicken dry and coat in the flax mixture. Let the excess drip off, then transfer the chicken to the quinoa mixture. Press the quinoa into the chicken with your hands until completely coated. Transfer to a baking sheet and repeat for remaining chicken.
5. Bake for 20 minutes, or until golden brown. Remove from oven, spread salsa overtop and bake for 5 more minutes or until cooked through. Enjoy!

Notes

Serve it With

Brown rice spaghetti, garlic bread, roasted veggies or salad.

No Salsa

Use homemade salsa, or a favourite store-bought marinara or pasta sauce instead.

Real Cheese Lover

Place sliced mozzarella over salsa and set oven to high broil for the remaining 3 minutes.

Leftovers

Refrigerate in an air-tight container up to 3 days.

Ingredients

3 tbsps	Ground Flax Seed
1/3 cup	Water
1 tsp	Garlic Powder
1 tsp	Onion Powder
3/4 tsp	Sea Salt
1/3 cup	Quinoa (dry)
1 tbsp	Nutritional Yeast
10 ozs	Chicken Breast (boneless, skinless, sliced horizontally)
1/2 cup	Organic Salsa

Miso Ginger Chicken with Bok Choy

9 ingredients · 15 minutes · 2 servings



Directions

1. Bring a pot of water to a boil. Reduce to a simmer, add chicken and cover. Let simmer until chicken is cooked through, about 15 minutes. Add bok choy about 2 to 3 minutes before the chicken is ready.
2. Meanwhile, add the garlic, ginger, maple syrup, miso, vinegar and sesame oil in a small mason jar. Cover with a lid and shake before serving.
3. Remove bok choy with a slotted spoon and transfer to plates. Then remove the chicken into a bowl and shred it using two forks. Transfer to plates. Drizzle the dressing overtop and enjoy!

Notes

No Rice Vinegar

Use apple cider vinegar or lemon juice instead.

No Bok Choy

Use broccoli, broccolini, cauliflower or green beans instead and adjust cooking time accordingly.

Ingredients

10 ozs	Chicken Breast (skinless, boneless)
2 cups	Bok Choy
1	Garlic (clove, minced)
1 tbsp	Ginger (peeled and grated)
1 tsp	Maple Syrup
1 tbsp	Miso Paste
1 tbsp	Rice Vinegar
2 tbsps	Sesame Oil
2 tbsps	Sesame Seeds

Chocolate Dessert Hummus

4 ingredients · 10 minutes · 4 servings



Directions

1. Add all ingredients to a food processor or blender and blend until smooth. Occasionally scrape down the sides as needed.
2. Transfer to a bowl and enjoy!

Notes

Serve it With

Pretzels, crackers, brown rice tortilla chips, rice cakes or spread on toast with sunflower seed butter, nut butter and/or banana slices.

More Toppings

Add chocolate chips, coconut flakes, peanut butter chips and/or crushed hazelnuts.

Leftovers

Refrigerate in an air-tight container up to 5-7 days.

Serving Size

One serving is equal to approximately 1/2 cup.

Ingredients

2 cups	Chickpeas (cooked or canned)
1/4 cup	Cocoa Powder
1/4 cup	Maple Syrup
3/4 cup	Unsweetened Almond Milk

Chocolate Chip Cookie Pie

10 ingredients · 45 minutes · 12 servings



Directions

1. Preheat oven at 350 F and grease your pie pan or springform pan with coconut oil (use a 10-inch pan for 12 servings).
2. Combine beans, oats, applesauce, vanilla, baking soda, baking powder and dates in a food processor until well blended. Stir in 3/4 of the chocolate chips.
3. Transfer the cookie batter to your pan and spread into an even layer. Sprinkle the remaining chocolate chips on top, and bake for 35 minutes or until golden brown.
4. Remove from oven. Sprinkle with salt (optional) and let cool before serving. Enjoy!

Notes

No White Beans

Use chickpeas instead.

Storage

Refrigerate up to 5 days or freeze in individual servings.

Ingredients

1 tbsp	Coconut Oil
2 cups	White Navy Beans (cooked, from the can)
1 cup	Oats (quick or rolled)
1/2 cup	Unsweetened Applesauce
2 tsps	Vanilla Extract
1/2 tsp	Baking Soda
1 1/2 tsps	Baking Powder
1/2 cup	Pitted Dates
1 cup	Organic Dark Chocolate Chips (divided)
1/2 tsp	Sea Salt (coarse, optional)