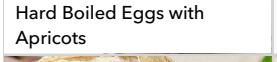
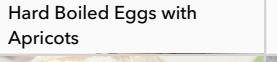
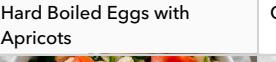
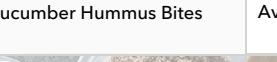
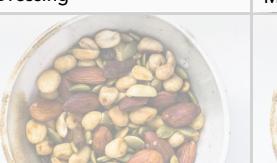
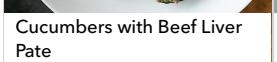
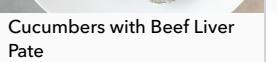
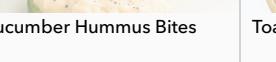
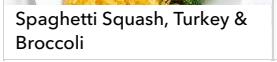
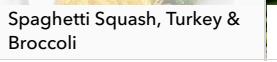
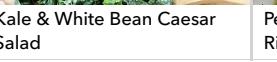
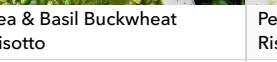
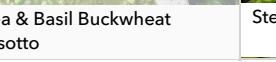
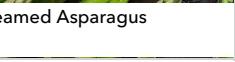


Stress & Anxiety Support Program

Dr. Jacqueline Robertson

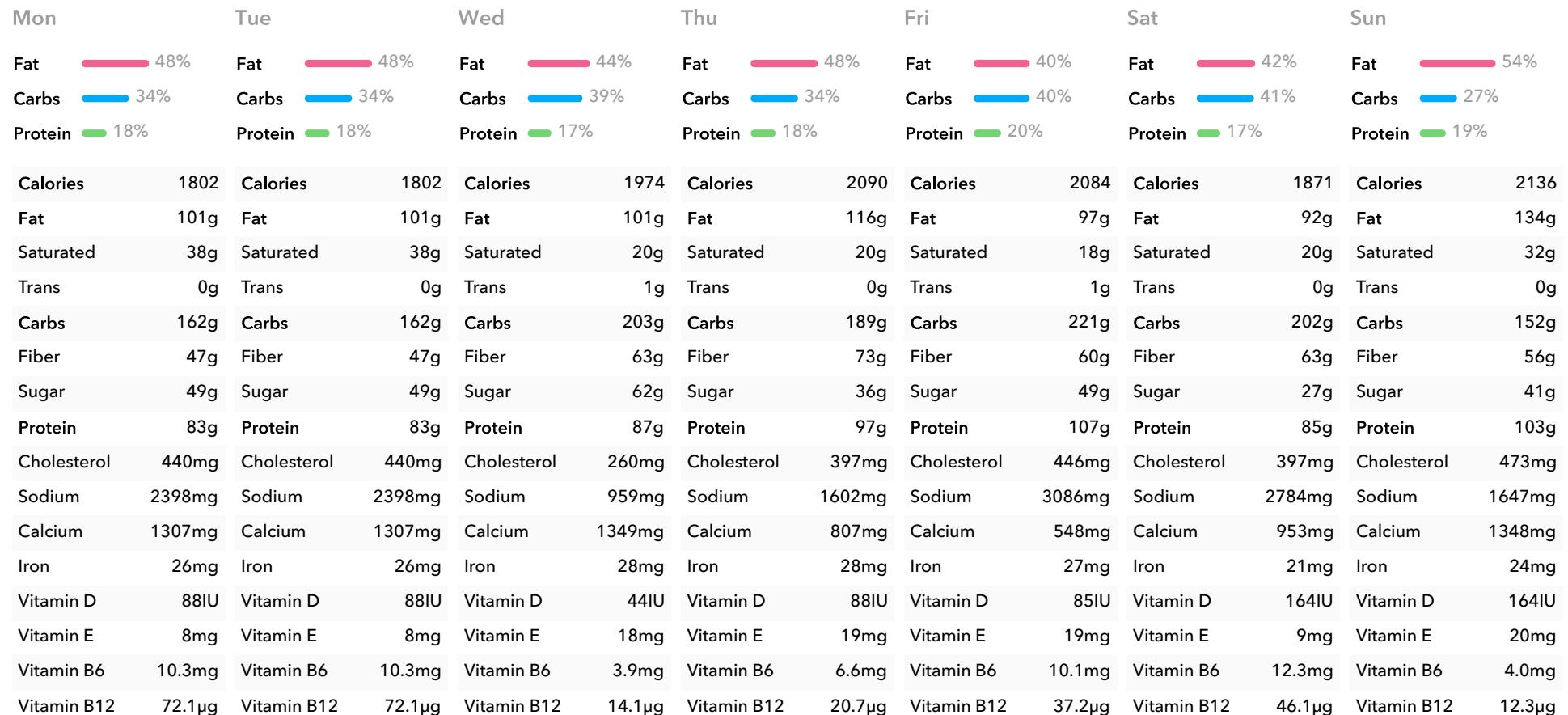
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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
							
Snack 1							
							
Lunch							
							
Snack 2							
							
Dinner							
							



Dr. Jacqueline Robertson

<https://poweredonpurpose.wixsite.com/pop-ed>





Fruits

- 2 Avocado
- 4 Banana
- 1/2 Lemon
- 2 tbsps Lemon Juice
- 3/4 cup Strawberries

Breakfast

- 1/4 cup All Natural Peanut Butter
- 1 1/4 cups Buckwheat Groats

Seeds, Nuts & Spices

- 1 cup Almonds
- 2/3 tsp Black Pepper
- 1 cup Chia Seeds
- 1 tbsp Cinnamon
- 1 1/2 tsps Dried Thyme
- 1/16 tsp Garlic Powder
- 1/2 cup Hemp Seeds
- 1/8 tsp Oregano
- 1/2 cup Pumpkin Seeds
- 1 cup Raw Peanuts
- 1/16 tsp Red Pepper Flakes
- 2 3/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper

Frozen

- 3 cups Frozen Peas

Vegetables

- 4 1/2 cups Asparagus
- 6 cups Baby Spinach
- 2 1/16 cups Basil Leaves
- 2 cups Broccoli
- 2 cups Cauliflower Rice
- 3 stalks Celery
- 1 1/2 Cucumber
- 2 cups Fresh Peas
- 6 1/2 Garlic
- 6 cups Kale Leaves
- 1/2 Red Bell Pepper
- 4 leaves Romaine
- 1/4 cup Shallot
- 1/2 Spaghetti Squash
- 1 1/2 Sweet Potato
- 1 Tomato
- 1/2 White Onion
- 3/4 Yellow Onion

Boxed & Canned

- 3 cups Organic Vegetable Broth
- 4 cups White Navy Beans

Baking

- 2 tbsps Cacao Nibs
- 2 tbsps Cacao Powder
- 1/2 cup Chickpea Flour
- 1/3 cup Nutritional Yeast
- 1/2 cup Organic Raisins

Bread, Fish, Meat & Cheese

- 4 1/16 ozs Beef Liver
- 8 ozs Extra Lean Ground Beef
- 8 ozs Extra Lean Ground Turkey
- 1 1/4 cups Hummus
- 3 ozs Mozzarella Cheese
- 5 1/2 slices Organic Bacon
- 2 Whole Wheat Tortilla

Condiments & Oils

- 1 1/4 tbsps Avocado Oil
- 3 tbsps Coconut Oil
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Tahini
- 2 2/3 tbsps Tomato Sauce

Cold

- 11 Egg
- 1 1/2 cups Unsweetened Almond Milk
- 3 cups Unsweetened Coconut Yogurt

Other

- 3/4 cup Dried Apricots
- 4 cups Water



Coconut Chia Seed Yogurt

3 servings

30 minutes

Ingredients

3 cups Unsweetened Coconut Yogurt

3/4 cup Chia Seeds

1 tbsp Cinnamon

3/4 cup Strawberries (chopped)

Directions

1

Combine the yogurt, chia seeds and cinnamon in a small bowl. Mix well and refrigerate for at least 30 minutes up to overnight.

2

Top with strawberries and enjoy!

Nutrition

Amount per serving

Calories	368
Fat	23g
Saturated	6g
Trans	0g
Carbs	37g
Fiber	17g
Sugar	3g
Protein	9g
Cholesterol	0mg
Sodium	50mg
Calcium	799mg
Iron	5mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin B6	0mg
Vitamin B12	2.7µg



Banana

1 serving

1 minute

Ingredients

1 Banana

Directions

1

Peel and enjoy!

Nutrition

Amount per serving	
Calories	105
Fat	0g
Saturated	0g
Trans	0g
Carbs	27g
Fiber	3g
Sugar	14g
Protein	1g
Cholesterol	0mg
Sodium	1mg
Calcium	6mg
Iron	0mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin B6	0.4mg
Vitamin B12	0µg



Warm Peas with Eggs

1 serving

15 minutes

Ingredients

1/4 White Onion (diced)
1 1/2 tbsps Water
1 1/2 cups Frozen Peas
1/8 tsp Sea Salt
2 Egg

Nutrition

Amount per serving	
Calories	341
Fat	10g
Saturated	3g
Trans	0g
Carbs	38g
Fiber	11g
Sugar	12g
Protein	25g
Cholesterol	372mg
Sodium	611mg
Calcium	122mg
Iron	5mg
Vitamin D	82IU
Vitamin E	1mg
Vitamin B6	0.5mg
Vitamin B12	0.9µg

Directions

- 1 In a pan over medium-high heat, sauté the onions with the water. Cook until browned, stirring frequently and adding more water as needed to prevent the onions from sticking.
- 2 Add the peas and stir until warmed through. Season with salt.
- 3 Crack the eggs over the peas, spacing them out evenly. Cover the pan with a lid and bring down the heat to low. Cook for 3 to 5 minutes or until the egg whites have cooked through and the yolk is set to your liking.
- 4 Remove from heat and serve immediately. Enjoy!



Avocado

1 serving

5 minutes

Ingredients

1/2 Avocado

Directions

1

Cut avocado into slices or chunks. Enjoy!

Nutrition

Amount per serving	
Calories	161
Fat	15g
Saturated	2g
Trans	0g
Carbs	9g
Fiber	7g
Sugar	1g
Protein	2g
Cholesterol	0mg
Sodium	7mg
Calcium	12mg
Iron	1mg
Vitamin D	0IU
Vitamin E	2mg
Vitamin B6	0.3mg
Vitamin B12	0µg



Chocolate Banana Cauliflower N' Oats

1 serving

20 minutes

Ingredients

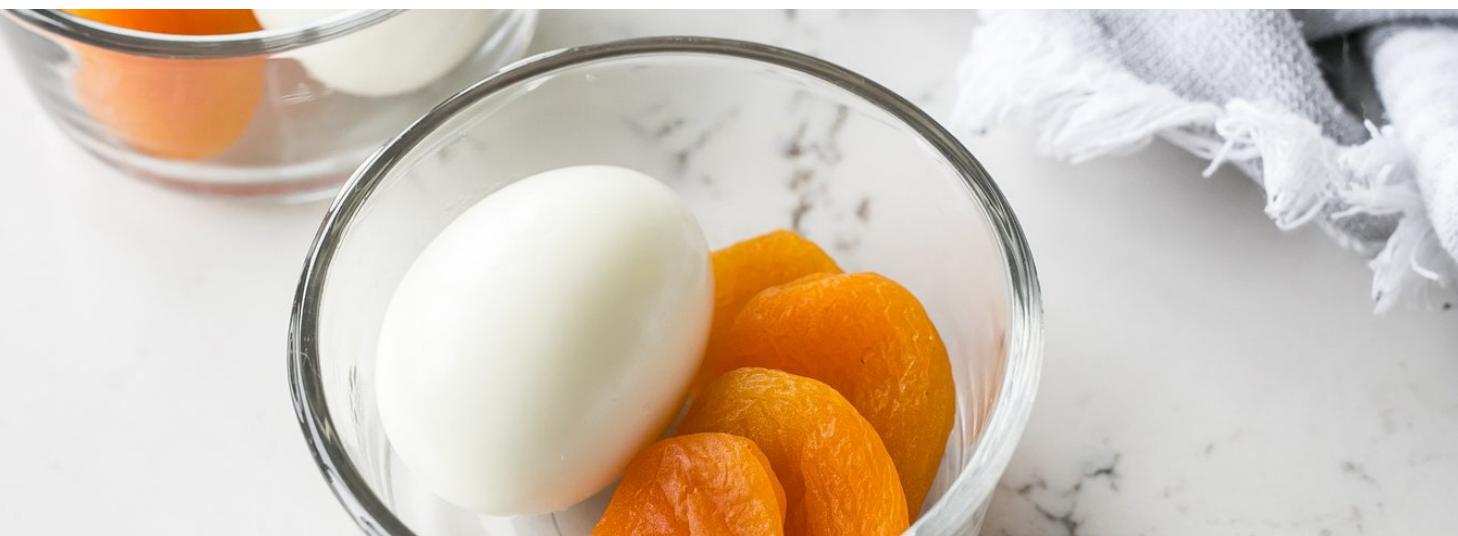
1 cup Cauliflower Rice
3/4 cup Unsweetened Almond Milk
1 1/2 tbsps Chia Seeds
1 tbsp Cacao Powder
2 tbsps All Natural Peanut Butter (divided)
1/8 tsp Sea Salt
1/2 Banana (sliced)
1 tbsp Cacao Nibs

Directions

- 1 In a pot over medium-low heat, add the cauliflower rice, almond milk, chia seeds, cacao powder, sea salt and half of the peanut butter. Stir to combine. Bring the mixture to a low simmer and cook for 12 to 14 minutes, stirring as needed.
- 2 Add the cauliflower mixture to a bowl and top with the banana, cacao nibs and remaining peanut butter. Serve and enjoy!

Nutrition

Amount per serving	
Calories	457
Fat	30g
Saturated	6g
Trans	0g
Carbs	38g
Fiber	15g
Sugar	13g
Protein	16g
Cholesterol	0mg
Sodium	443mg
Calcium	491mg
Iron	4mg
Vitamin D	76IU
Vitamin E	3mg
Vitamin B6	0.4mg
Vitamin B12	0µg



Hard Boiled Eggs with Apricots

3 servings

15 minutes

Ingredients

3 Egg
3/4 cup Dried Apricots

Nutrition

Amount per serving	
Calories	150
Fat	5g
Saturated	2g
Trans	0g
Carbs	21g
Fiber	2g
Sugar	18g
Protein	7g
Cholesterol	186mg
Sodium	74mg
Calcium	46mg
Iron	2mg
Vitamin D	41IU
Vitamin E	2mg
Vitamin B6	0.1mg
Vitamin B12	0.5µg

Directions

- 1 Place eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle.
- 3 Peel the eggs and serve with apricots. Enjoy!



Cucumber Hummus Bites

3 servings

10 minutes

Ingredients

3/4 Cucumber (large)

3/4 cup Hummus

1/3 tsp Black Pepper

Nutrition

Amount per serving	
Calories	158
Fat	11g
Saturated	2g
Trans	0g
Carbs	12g
Fiber	4g
Sugar	2g
Protein	5g
Cholesterol	0mg
Sodium	264mg
Calcium	43mg
Iron	2mg
Vitamin D	0IU
Vitamin E	1mg
Vitamin B6	0.1mg
Vitamin B12	0µg

Directions

1

Slice cucumber into 1/4-inch thick rounds.

2

Top each round with 1 to 2 teaspoons of hummus and a pinch of black pepper. Serve immediately. Enjoy!



Hard Boiled Eggs

2 servings

15 minutes

Ingredients

4 Egg

Nutrition

Amount per serving	
Calories	143
Fat	10g
Saturated	3g
Trans	0g
Carbs	1g
Fiber	0g
Sugar	0g
Protein	13g
Cholesterol	372mg
Sodium	142mg
Calcium	56mg
Iron	2mg
Vitamin D	82IU
Vitamin E	1mg
Vitamin B6	0.2mg
Vitamin B12	0.9µg

Directions

- 1 Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
- 2 Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 3 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!



Hummus & Veggie Wrap

2 servings

5 minutes

Ingredients

2 Whole Wheat Tortilla (large)
1/2 cup Hummus
4 leaves Romaine (large, whole)
1/2 Avocado (sliced)
1/2 Cucumber (sliced)
1/2 Red Bell Pepper (sliced)

Directions

- 1 Lay tortillas flat and spread the hummus in the center of each tortilla. Layer the romaine leaves, avocado, cucumber and bell pepper. Roll the tortilla tightly while folding the ends in.
- 2 Serve immediately and enjoy!

Nutrition

Amount per serving	
Calories	382
Fat	23g
Saturated	5g
Trans	0g
Carbs	39g
Fiber	13g
Sugar	5g
Protein	11g
Cholesterol	0mg
Sodium	526mg
Calcium	168mg
Iron	4mg
Vitamin D	0IU
Vitamin E	3mg
Vitamin B6	0.5mg
Vitamin B12	0µg



Cream of Celery & Asparagus Soup

2 servings

25 minutes

Ingredients

1 tbsp Coconut Oil
1/2 Yellow Onion (chopped)
3 stalks Celery (chopped)
1 1/2 Garlic (cloves, minced)
2 cups Water
1/2 tsp Sea Salt
1/4 tsp Black Pepper
1 1/2 cups Asparagus (woody ends snapped off)
1/4 cup Hemp Seeds
2 cups Baby Spinach

Directions

- 1 Heat coconut oil in a large stock pot over medium heat. Add yellow onion and celery. Sauté for 5 minutes or until veggies are slightly softened. Add minced garlic and sauté for another minute.
- 2 Add water, sea salt and black pepper to the stock pot. Cover and bring to a boil then reduce to a simmer. Remove lid and set asparagus on top. Cover and let steam for 5 minutes or until bright green.
- 3 Add hemp seeds and baby spinach to your blender. Pour soup over top and puree. Ladle into bowls. Enjoy!

Nutrition

Amount per serving	
Calories	222
Fat	17g
Saturated	7g
Trans	0g
Carbs	12g
Fiber	5g
Sugar	5g
Protein	10g
Cholesterol	0mg
Sodium	671mg
Calcium	131mg
Iron	6mg
Vitamin D	0IU
Vitamin E	2mg
Vitamin B6	0.3mg
Vitamin B12	0µg



White Bean, Spinach & Tomato Salad

2 servings

10 minutes

Ingredients

1 tbsp Extra Virgin Olive Oil
1/4 cup Shallot (diced)
2 Garlic (cloves, minced)
2 cups White Navy Beans (cooked, drained and rinsed)
4 cups Baby Spinach (chopped)
1 Tomato (medium, diced)
Sea Salt & Black Pepper (to taste)

Directions

1

Heat olive oil in a large pan over medium heat. Add shallots and garlic and saute for 1 to 2 minutes.

2

Add white beans, spinach and tomato. Stir until warm and spinach has wilted, about 5 minutes. Season with salt and pepper to taste. Enjoy!

Nutrition

Amount per serving	
Calories	356
Fat	8g
Saturated	1g
Trans	0g
Carbs	56g
Fiber	22g
Sugar	3g
Protein	18g
Cholesterol	0mg
Sodium	74mg
Calcium	201mg
Iron	7mg
Vitamin D	0IU
Vitamin E	2mg
Vitamin B6	0.5mg
Vitamin B12	0µg



Lemon Garlic Tahini Dressing

2 servings

5 minutes

Ingredients

2 tbsps Tahini
2 tbsps Water (warm)
2 tbsps Lemon Juice
1 Garlic (clove, small, minced)
1 1/2 tsps Nutritional Yeast
1/8 tsp Sea Salt

Directions

1

Whisk all ingredients together in a mixing bowl. Season with additional salt or lemon juice if needed. Transfer to an airtight jar or container and refrigerate until ready to use.

Nutrition

Amount per serving	
Calories	103
Fat	8g
Saturated	1g
Trans	0g
Carbs	5g
Fiber	2g
Sugar	0g
Protein	4g
Cholesterol	0mg
Sodium	172mg
Calcium	70mg
Iron	2mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin B6	2.0mg
Vitamin B12	8.4µg



Cucumbers with Beef Liver Pate

2 servings

15 minutes

Ingredients

1 1/2 slices Organic Bacon
1/4 Yellow Onion (small, minced)
1 Garlic (cloves, minced)
4 1/16 ozs Beef Liver
1 1/2 tsps Dried Thyme
2 tbsps Coconut Oil (melted)
1/8 tsp Sea Salt
1/4 Cucumber (sliced)

Directions

- 1 In a cast iron pan, cook the bacon slices until crispy. Set aside the bacon and reserve the grease.
- 2 Add the onion, garlic, liver and thyme to the pan. Cook over medium heat until the liver is cooked through, about 5 minutes per side.
- 3 Remove from heat and transfer to a blender or food processor along with the bacon. Add the coconut oil and salt and blend until a smooth paste forms.
- 4 Spread onto cucumber slices and enjoy!

Nutrition

Amount per serving	
Calories	297
Fat	23g
Saturated	15g
Trans	0g
Carbs	6g
Fiber	1g
Sugar	2g
Protein	15g
Cholesterol	170mg
Sodium	347mg
Calcium	38mg
Iron	5mg
Vitamin D	31IU
Vitamin E	0mg
Vitamin B6	0.7mg
Vitamin B12	33.8µg



Toasted Trail Mix

4 servings

10 minutes

Ingredients

1 cup Almonds (raw)
1/4 tsp Sea Salt (omit if using salted nuts)
1 cup Raw Peanuts
1/2 cup Pumpkin Seeds
1/2 cup Organic Raisins

Directions

- 1 Toss almonds and salt in a large pan over medium-low heat and toast for 2-3 minutes. Add peanuts and toss occasionally until the sides start to brown and it becomes fragrant. Remove from heat and transfer to a bowl.
- 2 Add pumpkin seeds and raisins. Let cool completely before serving. Enjoy!

Nutrition

Amount per serving	
Calories	551
Fat	42g
Saturated	5g
Trans	0g
Carbs	32g
Fiber	11g
Sugar	17g
Protein	21g
Cholesterol	0mg
Sodium	162mg
Calcium	152mg
Iron	6mg
Vitamin D	0IU
Vitamin E	12mg
Vitamin B6	0.2mg
Vitamin B12	0µg



Spaghetti Squash, Turkey & Broccoli

2 servings
1 hour

Ingredients

1/2 Spaghetti Squash (medium)
8 ozs Extra Lean Ground Turkey
1 cup Water
2 cups Broccoli (chopped into florets)
2 tbsps Nutritional Yeast
1/2 tsp Sea Salt

Nutrition

Amount per serving	
Calories	278
Fat	10g
Saturated	3g
Trans	0g
Carbs	20g
Fiber	6g
Sugar	2g
Protein	30g
Cholesterol	84mg
Sodium	729mg
Calcium	119mg
Iron	4mg
Vitamin D	16IU
Vitamin E	1mg
Vitamin B6	8.3mg
Vitamin B12	35.1µg

Directions

- 1 Preheat the oven to 425°F (218°C). Cut the spaghetti squash in half through its belly, remove the seeds and place flesh-side down on a baking sheet lined with parchment paper. Cook for 30 to 35 minutes, or until cooked through. Remove from the oven and let it cool slightly.
- 2 While the squash is in the oven, cook the turkey in a pan over medium heat. Break it up with the back of a wooden spoon until crumbled and cooked through. Remove from heat and set aside.
- 3 In a small saucepan, bring the water to a boil and add in the broccoli florets. Cook for 10 minutes or until soft. Drain the broccoli and set aside.
- 4 Scoop out the spaghetti squash into noodles using a fork and divide them between plates. Add the broccoli and ground turkey to the plates and top with nutritional yeast and sea salt. Enjoy!



Ground Beef, Asparagus & Mashed Sweet Potatoes

2 servings

30 minutes

Ingredients

1 1/2 Sweet Potato (medium, peeled and chopped)
2 cups Asparagus (woody ends trimmed, chopped in half)
1/4 tsp Sea Salt (divided)
1 1/2 tsps Avocado Oil
8 ozs Extra Lean Ground Beef

Directions

- 1 Set the sweet potatoes in a steaming basket over boiling water and cover. Steam for about 15 minutes, or until tender. Transfer the sweet potatoes to a bowl.
- 2 In the same steaming basket, steam the asparagus for about 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus. Set aside.
- 3 Add half the salt to the sweet potatoes and mash until creamy.
- 4 Heat the oil in a large pan over medium heat. Cook the beef, breaking it up as it cooks. Season with the remaining salt and drain any excess liquid.
- 5 Divide the mashed sweet potato, asparagus and beef onto plates or into containers. Enjoy!

Nutrition

Amount per serving	
Calories	341
Fat	15g
Saturated	5g
Trans	1g
Carbs	25g
Fiber	6g
Sugar	7g
Protein	27g
Cholesterol	74mg
Sodium	426mg
Calcium	75mg
Iron	6mg
Vitamin D	3IU
Vitamin E	2mg
Vitamin B6	0.7mg
Vitamin B12	2.5µg



Kale & White Bean Caesar Salad

3 servings

25 minutes

Ingredients

4 slices Organic Bacon
1/4 cup Hemp Seeds
2 tbsps Water
1 tbsp Nutritional Yeast
1/2 Lemon (juiced)
1 Garlic (clove, peeled)
6 cups Kale Leaves (chopped)
2 cups White Navy Beans (cooked)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Cook the bacon in a skillet over medium heat. Once cooked, dice it into small pieces.
- 2 While the bacon is cooking, make your dressing. Add the hemp seeds, water, nutritional yeast, lemon juice, and garlic to a small blender or food processor. Process until smooth, adding more water to thin if necessary.
- 3 Place kale in a large salad bowl and pour the dressing over top. Use your hands to massage the dressing into the kale.
- 4 Add the cooked bacon and white beans to the bowl and toss well. Season with sea salt and black pepper to taste. Divide between bowls and enjoy!

Nutrition

Amount per serving	
Calories	420
Fat	22g
Saturated	6g
Trans	0g
Carbs	37g
Fiber	16g
Sugar	1g
Protein	22g
Cholesterol	25mg
Sodium	312mg
Calcium	207mg
Iron	5mg
Vitamin D	6IU
Vitamin E	1mg
Vitamin B6	3.0mg
Vitamin B12	11.4µg



Pea & Basil Buckwheat Risotto

2 servings

20 minutes

Ingredients

1 1/4 cups Buckwheat Groats (soaked overnight, drained & rinsed)
3 cups Organic Vegetable Broth (divided)
2 cups Fresh Peas (or frozen, divided)
2 cups Basil Leaves (stems removed)
2 tbsps Nutritional Yeast
1/2 tsp Sea Salt

Directions

- 1 In a pot, combine the buckwheat groats with 2/3 of the vegetable broth. Bring to a simmer and cover with a lid until soft, about 18 to 20 minutes.
- 2 Meanwhile, combine the remaining broth, half the peas, basil leaves, nutritional yeast and sea salt in a high-speed blender. Blend until smooth, scraping down the sides as needed.
- 3 When the buckwheat is cooked, stir in the remaining peas and blender mixture. Divide into bowls or containers. Enjoy!

Nutrition

Amount per serving	
Calories	532
Fat	4g
Saturated	1g
Trans	0g
Carbs	105g
Fiber	21g
Sugar	10g
Protein	27g
Cholesterol	0mg
Sodium	1616mg
Calcium	144mg
Iron	7mg
Vitamin D	0IU
Vitamin E	1mg
Vitamin B6	8.3mg
Vitamin B12	33.8µg



Chickpea Flatbread Pizza

1 serving

1 hour 20 minutes

Ingredients

1/2 cup Chickpea Flour
1/2 cup Water
2 1/4 tsps Avocado Oil (divided)
1/8 tsp Sea Salt
2 2/3 tbsps Tomato Sauce
1/8 tsp Oregano
1/16 tsp Garlic Powder
1/16 tsp Red Pepper Flakes
3 ozs Mozzarella Cheese (shredded)
1 tbsp Basil Leaves (finely chopped)

Directions

- 1 In a mixing bowl whisk the chickpea flour, water, two-thirds of the oil and salt together until smooth. Let the batter sit for 1 hour at room temperature.
- 2 About 10 minutes before the batter is done resting preheat the oven to 450°F (232°C) and place a 10-inch cast-iron pan inside the warming oven.
- 3 Remove the pan from the oven and turn the broiler to high. Add the remaining oil to the pan and swirl to coat. Pour the batter into the pan and place it under the broiler for 5 to 7 minutes until the edges have browned and the top of the flatbread is firm. Remove from the oven.
- 4 Reduce the oven temperature to 350°F (176°C).
- 5 Carefully remove the chickpea flatbread from the pan and transfer to a baking sheet. Top it with tomato sauce, spices and shredded cheese. Return to the oven and bake for 10 to 12 minutes until the cheese is bubbly and browned. Top with basil.
- 6 Slice and serve immediately. Enjoy!

Nutrition

Amount per serving	
Calories	538
Fat	30g
Saturated	12g
Trans	0g
Carbs	39g
Fiber	11g
Sugar	7g
Protein	28g
Cholesterol	76mg
Sodium	585mg
Calcium	410mg
Iron	4mg
Vitamin D	0IU
Vitamin E	1mg
Vitamin B6	0.1mg
Vitamin B12	0ug



Steamed Asparagus

1 serving

10 minutes

Ingredients

1 cup Asparagus (woody ends trimmed, chopped in half)

Directions

1

Set the asparagus in a steaming basket over boiling water and cover. Steam for 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus. Enjoy!

Nutrition

Amount per serving	
Calories	27
Fat	0g
Saturated	0g
Trans	0g
Carbs	5g
Fiber	3g
Sugar	3g
Protein	3g
Cholesterol	0mg
Sodium	3mg
Calcium	32mg
Iron	3mg
Vitamin D	0IU
Vitamin E	2mg
Vitamin B6	0.1mg
Vitamin B12	0µg