



High Energy Diet

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	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	 One Pan Bacon, Eggs & Brussels Sprouts	 Savoury Pesto Oatmeal Bowl	 One Pan Bacon, Eggs & Brussels Sprouts	 Savoury Pesto Oatmeal Bowl	 Kale & Eggs	 Savoury Pesto Oatmeal Bowl	 Kale & Eggs
Snack 1	 Peanut Butter Cup Overnight Oats	 Peanut Butter & Jelly Banana Rolls	 Peanut Butter Cup Overnight Oats	 Peanut Butter & Jelly Banana Rolls	 Peanut Butter Banana Oat Smoothie	 Chocolate Almond Butter Pudding	 Peanut Butter & Jelly Banana Rolls
Lunch	 Cajun Chicken, Sweet Potatoes & Kale	 Baked Salmon with Broccoli & Quinoa	 One Pan Roasted Chicken, Broccoli & Sweet Potato	 Turkey Pineapple Quinoa Bowl	 Chicken & Broccoli Slaw with Peanut Sauce	 Ginger Beef Stir Fry	 Baked Salmon with Broccoli & Quinoa
Snack 2	 Peanut Butter & Jelly Banana Rolls	 Peanut Butter Cup Overnight Oats	 Peanut Butter & Jelly Banana Rolls	 Peanut Butter Banana Oat Smoothie	 Chocolate Almond Butter Pudding	 Peanut Butter & Jelly Banana Rolls	 Chocolate Almond Butter Pudding
Dinner	 Baked Salmon with Broccoli & Quinoa	 One Pan Roasted Chicken, Broccoli & Sweet Potato	 Turkey Pineapple Quinoa Bowl	 Chicken & Broccoli Slaw with Peanut Sauce	 Ginger Beef Stir Fry	 Baked Salmon with Broccoli & Quinoa	 Chicken & Broccoli Slaw with Peanut Sauce

Fruits

- 8 1/4 Avocado
- 40 Banana
- 6 Lemon
- 2 1/4 Lime
- 1 cup Pineapple
- 9 cups Strawberries

Breakfast

- 6 1/3 cups All Natural Peanut Butter
- 3/4 cup Almond Butter
- 1 3/4 cups Maple Syrup

Seeds, Nuts & Spices

- 1 tbsp Cajun Spice
- 1/3 tsp Cayenne Pepper
- 1 1/4 cups Chia Seeds
- 1 tbsp Curry Powder
- 1/2 cup Raw Peanuts
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 cup Sunflower Seeds

Frozen

- 36 Brown Rice Tortillas

Vegetables

- 1 cup Baby Spinach
- 2 1/4 cups Basil Leaves
- 30 cups Broccoli
- 9 cups Broccoli Slaw
- 8 cups Brussels Sprouts
- 1 Carrot
- 3 stalks Celery
- 1/2 cup Cilantro
- 8 3/4 Garlic
- 1/4 cup Ginger
- 6 3/4 stalks Green Onion
- 25 cups Kale Leaves
- 3 cups Mushrooms
- 2 1/4 Red Bell Pepper
- 3 cups Snap Peas
- 3 Sweet Potato
- 1/2 Yellow Onion
- 8 Yellow Potato
- 1 Zucchini

Boxed & Canned

- 13 1/2 cups Organic Vegetable Broth
- 3 1/2 cups Quinoa

Baking

- 2/3 cup Cocoa Powder
- 1/4 cup Nutritional Yeast
- 12 1/4 cups Oats

Bread, Fish, Meat & Cheese

- 454 grams Beef Tenderloin
- 1.8 kilograms Chicken Breast
- 227 grams Extra Lean Ground Chicken
- 454 grams Extra Lean Ground Turkey
- 8 slices Organic Bacon
- 1.7 kilograms Salmon Fillet

Condiments & Oils

- 1/4 cup Avocado Oil
- 1 1/2 tbsps Coconut Oil
- 1 1/3 cups Extra Virgin Olive Oil
- 1/2 cup Pitted Kalamata Olives
- 1/4 cup Tahini
- 1/2 cup Tamari

Cold

- 33 Egg
- 2 tsps Ghee
- 8 cups Unsweetened Almond Milk

Other

- 7 3/4 cups Water



One Pan Bacon, Eggs & Brussels Sprouts

4 servings

1 hour

Ingredients

4 Yellow Potato (medium, diced)
4 cups Brussels Sprouts (halved)
2 tbsps Avocado Oil
Sea Salt & Black Pepper (to taste)
4 slices Organic Bacon (cut into 1 inch pieces)
8 Egg

Directions

- 1 Preheat oven to 390°F (200°C) and brush a sheet pan with some oil.
- 2 Toss the potatoes and brussels sprouts with the avocado oil, sea salt and pepper. Mix in the bacon and transfer to the sheet pan. Bake for 30 minutes.
- 3 Remove the pan from the oven and toss the vegetables gently. Form small 'wells' in the veggies and crack the eggs into them. Return to the oven and bake for 10 more minutes or until eggs are cooked to your liking.
- 4 To serve, use a spatula to lift the eggs and veggies from the pan and divide between plates. Enjoy!

Notes

Vegetarian, Omit the bacon.



Savoury Pesto Oatmeal Bowl

3 servings

20 minutes

Ingredients

- 3 Egg
- 3 cups Kale Leaves
- 3/4 cup Basil Leaves
- 3 tbsps Sunflower Seeds
- 1 1/2 Garlic (clove)
- 3 tbsps Extra Virgin Olive Oil
- 1 1/2 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)
- 2 1/4 cups Oats (rolled)
- 4 1/2 cups Organic Vegetable Broth
- 3/4 Avocado (sliced)
- 1 1/2 tbsps Chia Seeds

Directions

- 1 Hard boil the eggs then put them in a bowl of ice water to cool.
- 2 Make the pesto by combining the kale, basil, sunflower seeds, garlic, olive oil, lemon juice, salt and pepper in a food processor. Process until smooth, and set aside.
- 3 In a small saucepan, combine the oats and vegetable broth. Place on high heat and bring to a boil. Once boiling, reduce to a simmer. Stir and cook until thickened. (Note: If your broth is low sodium, add extra salt to the oats to taste.)
- 4 Divide the oatmeal between bowls and top with avocado and pesto.
- 5 Peel the eggs, slice in half and add them to the bowls. Sprinkle with chia seeds. Enjoy!

Notes

Vegan, Omit the egg and add some chopped tofu.

Save Time, Hard boil eggs in advance or do fried eggs.



Kale & Eggs

2 servings

10 minutes

Ingredients

1 tsp Ghee
6 cups Kale Leaves (roughly chopped)
4 Egg
1/4 cup Pitted Kalamata Olives
2 tbsps Nutritional Yeast
1/4 tsp Sea Salt

Directions

- 1 Heat a skillet over medium heat and add the ghee. Once the skillet is hot, add the kale and cook for 2 to 3 minutes, until just wilted, stirring as needed.
- 2 Make two spaces in the kale and crack eggs into each space. Add the olives and season everything with nutritional yeast and sea salt. Cover with a lid and cook for 3 to 4 minutes or until the eggs are cooked to your preference.
- 3 Add the kale, olives and eggs to a plate. Serve and enjoy!

Notes

No Kale, Use another leafy green, such as collards, Swiss chard, beet greens or rapini.

No Ghee, Use organic butter, avocado oil or olive oil.

More Flavor, Add extra seasonings such as garlic.



Peanut Butter Cup Overnight Oats

3 servings

8 hours

Ingredients

1 1/2 cups Oats (quick or rolled)
1 1/2 cups Unsweetened Almond Milk
1/4 cup All Natural Peanut Butter
2 tbsps Chia Seeds
2 tbsps Maple Syrup
1 tbsp Cocoa Powder
1/2 cup Water

Directions

- 1 Combine oats, almond milk, peanut butter, chia seeds, maple syrup, cocoa powder and water in a large glass container. Stir well to evenly mix. Cover and store in the fridge overnight.
- 2 Remove from fridge. Divide into single-serving size jars or containers. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to four days. Add an extra splash of almond milk and/or a drizzle of honey (optional).

Toppings, Banana slices, peanuts, shredded coconut, hemp hearts or chocolate chips.

Warm it Up, Heat in microwave for 30 to 60 seconds before eating.

No Maple Syrup, Use honey instead.

More Fiber, Add ground flaxseed.



Peanut Butter & Jelly Banana Rolls

6 servings

1 hour

Ingredients

- 1 1/2 cups Strawberries (halved)
- 1 1/2 tbsps Maple Syrup
- 1 1/2 tbsps Chia Seeds
- 6 Brown Rice Tortillas
- 6 Banana (peeled)
- 3/4 cup All Natural Peanut Butter

Directions

- 1 Start by preparing your Strawberry Chia Jam. Add the strawberries, maple syrup and chia seeds to a food processor. Pulse lightly until a chunky, jam-like consistency forms. Be careful not to over process.
- 2 Transfer jam into a saucepan and place on the stove over medium heat. Stir until it begins to bubble. Reduce heat to low and let simmer for 10 to 15 minutes or until jam begins to thicken.
- 3 Remove from heat and pour into a mason jar. Place in the fridge to thicken and cool for at least 30 minutes.
- 4 Once the jam has cooled, spread the peanut butter and jam across tortillas. Place a banana in the centre and roll it up. Enjoy as is, or slice into rounds.

Notes

No Strawberries, Use any type of berry instead.



Peanut Butter Banana Oat Smoothie

2 servings

5 minutes

Ingredients

1/2 cup Oats (quick or traditional)
1/4 cup All Natural Peanut Butter
2 Banana
1 cup Unsweetened Almond Milk

Directions

1

Throw all ingredients into a blender and blend well until smooth. Divide into glasses and enjoy! (Note: This smoothie will thicken if not had right away. Just add a splash of almond milk until you reach your desired consistency.)

Notes

No Banana, Sweeten with raw honey, maple syrup or a few soaked dates.

No Peanut Butter, Use any nut or seed butter.

Storage, Store in a mason jar with lid in the fridge up to 48 hours.

More Protein, Add hemp seeds or a scoop of protein powder.

More Fibre, Add ground flax seed.



Chocolate Almond Butter Pudding

3 servings

5 minutes

Ingredients

2 Avocado (peeled and pits removed)
1/4 cup Maple Syrup
1/2 cup Unsweetened Almond Milk
2 2/3 tbsps Cocoa Powder
1/4 cup Almond Butter

Directions

- 1 Combine all ingredients in a food processor or blender and blend until smooth and creamy. You may need to occasionally scrape down the sides.
- 2 Divide into small bowls, add your choice of toppings or enjoy as is!

Notes

No Cocoa Powder, Use cacao powder instead.

No Almond Butter, Use peanut butter or any type of nut butter.

Optional Toppings, Toasted coconut, hemp seeds, crushed nuts, coconut whipped cream or fresh fruit.

More Fibre, Add ground flax seeds before blending.



Cajun Chicken, Sweet Potatoes & Kale

2 servings

35 minutes

Ingredients

- 1 Sweet Potato (medium, diced into 1/2 inch thick pieces)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 tbsp Cajun Spice (divided)
- 1 1/2 tsps Coconut Oil (divided)
- 227 grams Extra Lean Ground Chicken
- 4 cups Kale Leaves (sliced)
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat the oven to 430°F (222°C). Line a baking sheet with parchment paper.
- 2 Place the diced sweet potatoes in a mixing bowl. Drizzle with olive oil and add half of the cajun spice. Toss well. Spread across the baking sheet and bake for 30 minutes, tossing at the half way mark.
- 3 Meanwhile, heat half the coconut oil in a skillet over medium heat. Add the ground chicken. Saute for 10 minutes or until completely cooked through, breaking it up as it cooks. Add in the remaining cajun spice. Continue to saute until the spice is evenly distributed. Transfer the ground chicken to a bowl and cover to keep warm.
- 4 Place the skillet back over medium heat and add the remaining coconut oil. Add in the kale, season with sea salt and black pepper then saute just until wilted. Turn off the heat.
- 5 Divide cajun chicken, sweet potatoes and sauteed kale between plates. Enjoy!

Notes

No Ground Chicken, Use any type of ground meat.

Vegan & Vegetarian, Use lentils or chickpeas instead of chicken.

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



Baked Salmon with Broccoli & Quinoa

3 servings

20 minutes

Ingredients

425 grams Salmon Fillet
Sea Salt & Black Pepper (to taste)
6 cups Broccoli (sliced into small florets)
1 1/2 tbsps Extra Virgin Olive Oil
3/4 cup Quinoa (uncooked)
1 1/8 cups Water
1/3 Lemon (sliced into wedges)

Directions

- 1 Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.
- 2 Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
- 3 Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
- 4 While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
- 5 Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

Notes

Leftovers, Store covered in the fridge up to 2 days.

Speed it Up, Cook the quinoa ahead of time.

Vegan, Use tofu steaks instead of salmon fillets.



One Pan Roasted Chicken, Broccoli & Sweet Potato

2 servings

30 minutes

Ingredients

283 grams Chicken Breast
Sea Salt & Black Pepper (to taste)
1 Sweet Potato (medium, diced)
1 tbsp Extra Virgin Olive Oil (divided)
3 cups Broccoli (chopped into small florets)
2 tbsps Tahini
1 1/2 tsps Maple Syrup
2 tbsps Water
1/8 tsp Cayenne Pepper

Directions

- 1 Preheat oven to 410°F (210°C) and line a large baking sheet with parchment paper.
- 2 Place chicken breasts on the baking sheet and season with sea salt and black pepper.
- 3 Place the diced sweet potato in a mixing bowl and toss with half of the olive oil. Season with sea salt and black pepper to taste. Spread across the baking sheet around the chicken breasts. Place in the oven and set timer for 30 minutes.
- 4 Meanwhile, toss the broccoli florets in remaining olive oil and season with sea salt and black pepper. When your chicken and potatoes have about 15 minutes left, pull the baking sheet out of the oven, flip the sweet potatoes and spread the broccoli florets otop. Place back in the oven and roast for the remaining time, about 15 minutes or until chicken is cooked through.
- 5 Combine the tahini, maple syrup, water and cayenne pepper together in a small mason jar. Shake vigorously until well combined. Set aside.
- 6 Remove baking sheet from the oven and divide evenly onto plates. Drizzle with tahini maple dressing. Enjoy!

Notes

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

Vegan & Vegetarian, Replace the chicken breast with black beans.



Turkey Pineapple Quinoa Bowl

2 servings

30 minutes

Ingredients

1/4 cup Quinoa
1/2 cup Water
1 1/2 tsps Extra Virgin Olive Oil
227 grams Extra Lean Ground Turkey
1 1/2 tsps Curry Powder
1/16 tsp Cayenne Pepper
Sea Salt & Black Pepper (to taste)
1 1/2 tsps Ginger (peeled and grated)
1/2 cup Pineapple (cored and sliced into chunks)
1/2 Carrot (grated)
1/2 Zucchini (grated)
1 1/2 tsps Tamari
1/2 cup Baby Spinach

Directions

- 1 Place quinoa and water in a saucepan and bring to a boil. Turn down to simmer and cover. Let simmer for 12 minutes. Remove from heat, stir with fork and set aside.
- 2 In a large skillet, heat olive oil over medium heat. Add ground turkey to skillet and stir in curry powder, pinch of cayenne pepper, sea salt and pepper to taste. Stir until turkey is cooked through (8 - 10 minutes).
- 3 When turkey is cooked stir in ginger, pineapple, quinoa, carrot, zucchini and tamari. Reduce heat to low and stir well. Let heat through for about 5 minutes. Remove from heat and stir in baby spinach until wilted.
- 4 Spoon into bowls and enjoy!



Chicken & Broccoli Slaw with Peanut Sauce

3 servings

35 minutes

Ingredients

425 grams Chicken Breast
Sea Salt & Black Pepper (to taste)
3 tbsps All Natural Peanut Butter
2 1/4 tsps Tamari
3/4 Lime (juiced)
2 1/4 tsps Extra Virgin Olive Oil
2 1/4 tsps Ginger (peeled and grated)
3/4 Garlic (clove, minced)
3 tbsps Water
3 cups Broccoli Slaw
3/4 Red Bell Pepper (sliced)
2 1/4 stalks Green Onion (chopped)
3 tbsps Cilantro (chopped, optional)
3 tbsps Raw Peanuts (chopped)

Directions

- 1 Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper. Place the chicken breasts on the baking sheet and season with sea salt and black pepper. Place in the oven and bake for 30 minutes or until cooked through.
- 2 In a food processor, combine peanut butter, tamari, lime juice, olive oil, ginger, garlic and water. Blend until smooth and set aside.
- 3 In a large salad bowl, combine broccoli slaw, red pepper and green onion.
- 4 Remove chicken from oven. Dice and add it to the salad bowl. Drizzle with desired amount of peanut dressing and toss well. Divide into bowls and garnish with cilantro and chopped peanuts. Serve with hot sauce if you like it spicy. Enjoy!

Notes

Vegan & Vegetarian, Use roasted chickpeas instead of diced chicken.

Slow Cooker Version, Throw your chicken in a slow cooker with some onion and broth and cook on low for 8 hours. Shred the chicken with a fork before serving and add it to the salad.

Prep Ahead, The chicken, peanut sauce, and veggies can all be prepped ahead to save time.

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



Ginger Beef Stir Fry

2 servings

30 minutes

Ingredients

- 2 tbsps Tamari
- 1 Garlic (cloves, minced)
- 1 1/2 tsps Ginger (peeled and grated)
- 1 1/2 tsps Maple Syrup
- 1 1/2 tsps Coconut Oil
- 227 grams Beef Tenderloin (sliced into strips)
- 1/4 Yellow Onion (diced)
- 1 1/2 stalks Celery (chopped)
- 1 1/2 cups Snap Peas
- 1 1/2 cups Mushrooms (sliced)

Directions

- 1 Mix together tamari, garlic, ginger and maple syrup 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 beef and yellow onion. Saute for 3 to 5 minutes or until beef is cooked rare. Add in celery, snap peas and mushrooms. Saute for another 5 minutes. Pour in sauce from jar. Stir well to mix. Once everything is well combined, turn off the heat.
- 3 Plate stir fry. Garnish with sesame seeds and hot sauce if you like. Enjoy!

Notes

Alternative Vegetables, Use broccoli, carrots, bell peppers or any other vegetables you have on hand.

More Carbs, Serve with brown rice or quinoa.

Vegan & Vegetarian, Use cooked chickpeas or tofu instead of beef.

No Beef, Use diced chicken breast instead.

More Greens, Stir in kale or baby spinach until wilted.