

IMPACT GROCERY COOKING TIPS



WWW.IMPACTKITCHEN.CA/GROCERY



ZESTY MEXICAN POWER BOWL KIT

GF

DF

V

SERVES 2

Ingredients Included

- | | |
|--------------------------|---|
| 1 kale | 9 salsa (tomatoes, jalapeño, shallot, garlic, cilantro) |
| 2 sweet potatoes | 10 cashew sour cream |
| 3 rice | 11 lime |
| 4 avocado | 12 tostada crumble (contains nuts) |
| 5 lemon juice | |
| 6 red bell peppers | |
| 7 black bean mole | |
| 8 jalapeño lime dressing | |



What You'll Need

- olive oil
- salt + pepper

Directions

- Preheat the oven to 400F and line a baking sheet with parchment paper.
- Spread out sweet potatoes on a parchment-lined baking sheet and toss with 2 tsp olive oil, salt and pepper to taste. Roast for 25 - 30 minutes until cooked through.
- Meanwhile, pour rice into a small pot. Top with 1 cup of water, cover and bring to a boil. Simmer for 15 minutes.
- For the avocado smash: cut avocado in half and remove the pit. Scoop out the filling and place into a small bowl. Add 1 tbsp lemon juice, salt and pepper to taste. Mash with a fork until well combined.
- For the salsa: finely dice the tomatoes. Mince the jalapeño, shallot, garlic and cilantro. Combine all ingredients into a bowl with 1 tbsp lemon juice, salt and pepper to taste.
- Cut lime into wedges.
- For the bowls: divide the kale, roasted sweet potatoes and rice amongst two bowls. Drizzle with cashew sour cream.
- Top with avocado smash, salsa, black bean mole, tostada crumble and red bell peppers.
- Drizzle with jalapeño cilantro dressing and garnish with a lime wedge.

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WARRIOR POWER BOWL KIT

GF VG

SERVES 2

Ingredients Included

- | | |
|-----------------------|---------------------------------|
| 1 rice | 6 feta |
| 2 arugula | 7 hummus |
| 3 pickled onions | 8 balsamic & olive oil dressing |
| 4 sprouts | |
| 5 black pitted olives | |

Directions

- In a small pot, add rice and 1 cup of water, cover and bring to a boil. Simmer for 15 minutes. Fluff with a fork.
- To assemble: divide rice between two bowls. Top with arugula and drizzle with balsamic & olive oil dressing.
- Add on hummus, olives, feta, pickled onions and sprouts.



HARVEST POWER BOWL KIT

GF DF

SERVES 2

Ingredients

- | | |
|--------------------|------------------------|
| 1 arugula | 7 pickled celery root |
| 2 quinoa | 8 honey lemon dressing |
| 3 bacon | 9 pickled onions |
| 4 apple | 10 hemp seeds |
| 5 Brussels sprouts | 11 candied walnuts |
| 6 hard boiled eggs | |

What You'll Need

- olive oil
- salt + pepper

Directions

- Preheat the oven to 400F and line a baking sheet with parchment paper.
- Pour quinoa into a small pot. Top with 1 1/4 cup water, cover and bring to a boil. Simmer for 12 minutes and fluff with a fork.
- Place bacon on a baking sheet and bake for 15 - 18 minutes, until bacon is crispy.
- In a medium pan, add 2 tsp olive oil. Add Brussels sprouts and sauté on medium heat for 5 - 7 minutes, until it is cooked through and the edges are crispy. Add salt and pepper to taste.
- Slice the apple.
- Halve the hard boiled eggs.
- For the bowls: divide the arugula between two plates. Top with quinoa down the centre. Add the Brussels sprouts to one side. Drizzle with honey lemon dressing.
- Add pickled onions, pickled celery root, bacon, apple slices, egg halves, candied walnuts and hemp seeds.





CHOCOLATE SEA SALT COOKIE

GF

VG

6 PCS / FROZEN / READY TO BAKE

Ingredients

almond flour, semi sweet chocolate, unsalted butter, cacao powder, tapioca starch, baking soda, sea salt, coconut sugar, egg, vanilla extract, apple cider vinegar.

What You'll Need

- baking sheet
- parchment paper

Directions

- Preheat oven to 350F.
- Once thawed, place cookie dough on baking sheet lined with parchment paper.
- Bake for 15 minutes or until cookies have flattened.
- While cooling, sprinkle sea salt on top.



BREAKFAST COOKIE

GF

DF

VG

6 PCS / FROZEN / READY TO BAKE

Ingredients

rolled oats, oat flour, hemp hearts, pumpkin seeds, cranberries, walnuts, egg, coconut oil, almond butter, carrots, maple syrup, vanilla extract, cinnamon, nutmeg, ground ginger, baking powder, dates, baking soda, sea salt.

What You'll Need

- baking sheet
- parchment paper

Directions

- Thaw cookies in the fridge overnight.
- Preheat oven to 350F and line a baking sheet with parchment paper.
- Bake cookies for 12 minutes. Cookies should be golden on the edges and set in the centre.

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WARM UP BOX

VENISON AND BEEF STEW

GF DF P

1 LITRE X2 / FROZEN

Ingredients

stewed venison, beef, carrot, celery, mushroom, red pepper, garlic, tomato, red wine, smoked paprika, chili powder, salt, pepper.



CHICKEN NOODLE SOUP

GF DF P

1 LITRE X2 / FROZEN

Ingredients

chicken, chicken bone broth, sweet potato noodles, celery, carrots, onion, ginger, garlic, turmeric powder, olive oil, sea salt, black pepper.



CHICKEN BONE BROTH

GF DF P

1 LITRE X2 / FROZEN

Ingredients

antibiotic free chicken bones, onions, carrots, apple cider vinegar, garlic, thyme, celery, peppercorns.

Recipe Idea: Cauliflower Mash

Ingredients

- | | |
|----------------------------|----------------------------|
| 1 2 cups / 16oz Bone Broth | 3 3 cloves of garlic |
| 2 1 head cauliflower | 4 salt and pepper to taste |

Directions

- In a large pot, add broth, cauliflower and garlic. Bring to a boil.
- Simmer for 20 minutes, until cauliflower is cooked through. Remove from heat.
- Mash together cauliflower, garlic and reserved broth. Drizzle with olive oil and season with salt and pepper.

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VEGAN BOX

THAI BUTTERNUT SQUASH SOUP

GF

DF

V

P

1 LITRE / FROZEN

Ingredients

butternut squash, onion, apple, ginger, maple syrup, vegan red Thai curry paste, garlic, olive oil, lime juice, sea salt, black pepper, coconut milk, water.



PROTEIN FORCE BAR

GF

DF

V

6 PCS / FROZEN

Ingredients

chia seeds, rolled oats, Medjool dates, cinnamon, banana, pumpkin seeds, vegan protein, coconut flakes, sea salt, maple syrup, coconut oil.

Directions

- Defrost in fridge and enjoy as is.

ORGANIC MARINATED TEMPEH

GF

DF

V

8 OZ / NON-GMO / VACUUM PACKED

Ingredients

tempeh, tamari, maple syrup, apple cider vinegar.

Directions

- Preheat the oven to 400F and line a baking sheet with parchment paper.
- Spread out tempeh evenly on parchment paper and bake for 25 minutes.



VEGAN BROTH

GF

DF

V

P

1 LITRE / FROZEN

Ingredients

seaweed (kombu), mushroom blend, onions, carrots, garlic, celery, tomatoes, ginger, turmeric, lemongrass, apple cider vinegar, thyme, parsley, black peppercorn, coconut oil.

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ZESTY MEXICAN POWER BOWL

GF

DF

V

SERVES 2

Ingredients Included

- | | |
|--------------------------|---|
| 1 kale | 9 salsa (tomatoes, jalapeño, shallot, garlic, cilantro) |
| 2 sweet potatoes | 10 cashew sour cream |
| 3 rice | 11 lime |
| 4 avocado | 12 tostada crumble (contains nuts) |
| 5 lemon juice | |
| 6 red bell peppers | |
| 7 black bean mole | |
| 8 jalapeño lime dressing | |



What You'll Need

- olive oil
- salt + pepper

Directions

- Preheat the oven to 400F and line a baking sheet with parchment paper.
- Spread out sweet potatoes on a parchment-lined baking sheet and toss with 2 tsp olive oil, salt and pepper to taste. Roast for 25 - 30 minutes until cooked through.
- Meanwhile, pour rice into a small pot. Top with 1 cup of water, cover and bring to a boil. Simmer for 15 minutes.
- For the avocado smash: cut avocado in half and remove the pit. Scoop out the filling and place into a small bowl. Add 1 tbsp lemon juice, salt and pepper to taste. Mash with a fork until well combined.
- For the salsa: finely dice the tomatoes. Mince the jalapeño, shallot, garlic and cilantro. Combine all ingredients into a bowl with 1 tbsp lemon juice, salt and pepper to taste.
- Cut lime into wedges.
- For the bowls: divide the kale, roasted sweet potatoes and rice amongst two bowls. Drizzle with cashew sour cream.
- Top with avocado smash, salsa, black bean mole, tostada crumble and red bell peppers.
- Drizzle with jalapeño cilantro dressing and garnish with a lime wedge.

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PALEO CHICKEN TENDERS

GF DF P

5-6 PCS / 10 OZ / FROZEN

Ingredients

tapioca starch, eggs, almond flour, smoked paprika, garlic powder, black pepper, sea salt.

Directions

- Defrost in fridge and enjoy as is, or bake on a parchment-lined baking sheet at 350F for 5-7 minutes to warm.



CHIA PUDDING GF DF V P

350 ML

Ingredients

chia seeds, coconut milk, maple syrup, vanilla extract.

FREE RUN CHICKEN BREAST

2 x 10 OZ / FROZEN

Marinade Ingredients

Impact chicken bone broth, salt, pepper.

Cooking Tip

Make an easy one-pan meal by placing the chicken breast on a prepared baking sheet, along with some veggies tossed in oil. Bake at 400F for 25-30 minutes.



GRASS FED FLANK STEAK

8 OZ / FROZEN

Steak Spice Ingredients

chili powder, paprika, cumin, coriander, ginger, oregano, salt, pepper.

Cooking Tip

Perfect for the bbq, grill the steak 3-4 minutes per side and serve thinly sliced.

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PICKLED CELERY ROOT

GF DF VG P

150 GR

Ingredients

celery root, turmeric, apple cider vinegar, honey, sea salt, water.



PICKLED RED CABBAGE

GF DF V P

150 GR

Ingredients

red cabbage, apple cider vinegar, coconut sugar, sea salt, water.

FREE RUN EGGS

1 DOZEN

CHICKEN BONE BROTH

GF DF P

2 LITRES / FROZEN

Ingredients

antibiotic free chicken bones, onions, carrots, apple cider vinegar, garlic, thyme, celery, peppercorns.

Recipe Idea: Cauliflower Mash

Ingredients

- 1 2 cups / 16oz bone broth
- 2 1 head cauliflower
- 3 3 cloves of garlic
- 4 salt and pepper to taste

Directions

- In a large pot, add broth, cauliflower and garlic. Bring to a boil.
- Simmer for 20 minutes, until cauliflower is cooked through. Remove from heat.
- Mash together cauliflower, garlic and reserved broth. Drizzle with olive oil and season with salt and pepper.



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PALEO BOX

PALEO WAFFLE / PANCAKE KIT

GF

P

SERVES 2 WAFFLES / 6 PANCAKES

Dry Mix Ingredients

almond flour, tapioca starch, coconut sugar, baking powder, sea salt.

Included Ingredients

- ① 1 bag dry mix
- ② 2 eggs
- ③ 1 tbsp coconut oil, to be melted



Directions

- In a medium bowl, whisk together dry ingredients to combine.
- Whisk in 1/2 cup water (or milk of choice), eggs and melted coconut oil.
- Heat a pan with oil or butter on the stove over medium heat.
- For pancakes: scoop 1/4 of batter into the pan and cook for 3-4 minutes on each side. Makes 6 pancakes.
- For waffles: scoop 2/3 cup batter into a hot greased waffle iron for 3-4 minutes, until golden and cooked through. Makes 2 waffles.

PALEO POWER COOKIE

GF

DF

P

6 PCS / FROZEN

Ingredients

almond butter, vanilla extract, cranberry, flax meal, eggs, coconut sugar, coconut flour, hemp hearts, baking soda.

Directions

- Thaw cookies in the fridge overnight.
- Preheat the oven to 350F and line a baking sheet with parchment paper.
- Bake cookies for 10 minutes. Cookies should be golden on the edges.



VENISON AND BEEF STEW

GF

DF

P

1 LITRE / FROZEN

Ingredients

stewed venison, beef, carrot, celery, mushroom, red pepper, garlic, tomato, red wine, smoked paprika, chili powder, salt, pepper.

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CHICKEN BONE BROTH

GF

DF

P

2 LITRES / FROZEN

Ingredients

antibiotic free chicken bones, onions, carrots, apple cider vinegar, garlic, thyme, celery, peppercorns.

Recipe Idea: Cauliflower Mash

Ingredients

- 1 2 cups / 16oz Bone Broth
- 2 1 head cauliflower
- 3 3 cloves of garlic
- 4 salt and pepper to taste

Directions

- In a large pot, add broth, cauliflower and garlic. Bring to a boil.
- Simmer for 20 minutes, until cauliflower is cooked through. Remove from heat.
- Mash together cauliflower, garlic and reserved broth. Drizzle with olive oil and season with salt and pepper.



PALEO CHICKEN TENDERS

GF

DF

P

5-6 PCS / 10 OZ / FROZEN

Ingredients

tapioca starch, eggs, almond flour, smoked paprika, garlic powder, black pepper, sea salt.

Directions

- Defrost in fridge and enjoy as is, or bake on a parchment-lined baking sheet at 350F for 5-7 to warm through.

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HOLIDAY ESSENTIALS BOX

PALEO CHICKEN TENDERS

GF DF P

5-6 PCS / 10 OZ / FROZEN

Ingredients

tapioca starch, eggs, almond flour, smoked paprika, garlic powder, black pepper, sea salt.

Directions

- Defrost in fridge and enjoy as is, or bake on a parchment-lined baking sheet at 350F for 5-7 minutes to warm.



BANANA BREAD

GF DF VG P

1 LOAF / FROZEN

Ingredients

banana, egg, coconut milk, maple syrup, almond flour, tapioca starch, vanilla extract, walnuts, baking soda, sea salt.

CHOCOLATE SEA SALT COOKIE

GF VG

6 PCS / FROZEN / READY TO BAKE

Ingredients

almond flour, semi sweet chocolate, unsalted butter, cacao powder, coconut sugar, eggs, tapioca starch, baking soda, vanilla extract, apple cider vinegar, sea salt.

What You'll Need

- baking sheet
- parchment paper

Directions

- Preheat oven to 350F.
- Once thawed, place cookie dough on baking sheet lined with parchment paper.
- Bake for 15 minutes or until cookies have flattened.
- While cooling, sprinkle sea salt on top



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CHICKEN NOODLE SOUP

GF DF P

1 LITRE 1 / FROZEN

Ingredients

chicken, chicken bone broth, sweet potato noodles, celery, carrots, onion, ginger, garlic, turmeric powder, olive oil, sea salt, black pepper.



THAI BUTTERNUT SQUASH SOUP

GF DF V P

1 LITRE / FROZEN

Ingredients

butternut squash, onion, apple, ginger, maple syrup, vegan red Thai curry paste, garlic, olive oil, lime juice, sea salt, black pepper, coconut milk, water.

CHICKEN BONE BROTH

GF DF P

1 LITRE / FROZEN

Ingredients

Antibiotic free chicken bones, onions, apple cider vinegar, carrots, garlic, thyme, celery, black pepper, parsley, bay leaf, water



GERM KICK 2.0

4 BOOSTERS / 60 ML

Ingredients

cayenne, oregano oil, echinacea, raw honey, lemon, lime, ginger, turmeric.



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AT IMPACT KITCHEN **HIGH QUALITY PROTEIN IS A MUST**
ENJOY THE SAME HIGH QUALITY PROTEINS AT HOME

CHORIZO SAUSAGE

5 PCS / FROZEN

Cooking Tip

This chorizo is best served hot: you can slice the sausages and sautee it, or leave it whole and grill it for best results!



FREE RUN CHICKEN BREAST

4 PCS / 50Z / FROZEN

Marinade Ingredients

Impact chicken bone broth, salt, pepper.

Cooking Tip

Make an easy one-pan meal by placing the chicken breast on a prepared baking sheet, along with some veggies tossed in oil. Bake at 400F for 25-30 minutes.

GRASS FED FLANK STEAK

2 PCS / 8 OZ / FROZEN

Steak Spice Ingredients

chili powder, paprika, cumin, coriander, ginger, oregano, salt, pepper.

Cooking Tip

Perfect for the bbq, grill the steak 3-4 minutes per side and serve thinly sliced.



SUSTAINABLY FARMED SALMON

2 PCS / 8 OZ / FROZEN

Cooking Tip

Season with salt and pepper, pan-fry the salmon, skin up, in a little oil until golden. Finish off in the oven at 400F for 8-10 minutes, until cooked through and flakes with a fork.

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GERM KICK 2.0

4 BOOSTERS / 60 ML

Ingredients

cayenne, oregano oil, echinacea, raw honey, lemon, lime, ginger, turmeric.



VIT C + COLLAGEN

4 BOOSTERS / 60 ML

Ingredients

orange, grapefruit, filtered water, lemon, strawberry, collagen, camu camu, lucuma.

CHICKEN BONE BROTH

GF DF P

2 LITRES / FROZEN

Ingredients

antibiotic free chicken bones, onions, carrots, apple cider vinegar, garlic, thyme, celery, peppercorns.



CHICKEN NOODLE SOUP

GF DF P

1 LITRE / FROZEN

Ingredients

chicken, chicken bone broth, sweet potato noodles, celery, carrots, onion, ginger, garlic, turmeric powder, olive oil, sea salt, black pepper.

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