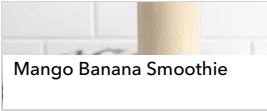
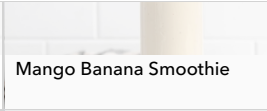
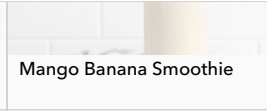

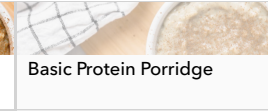


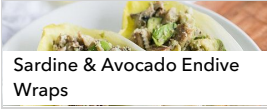
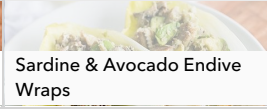
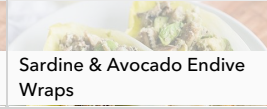
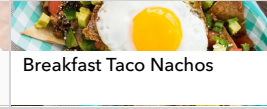
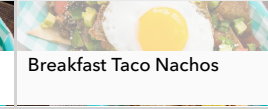


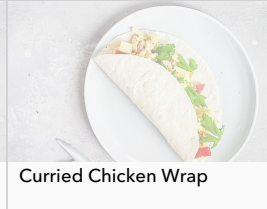
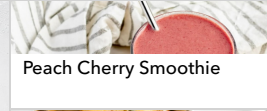
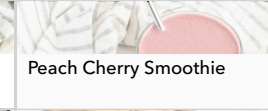
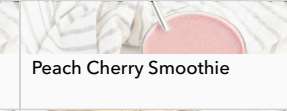
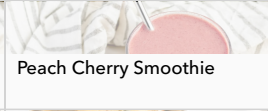
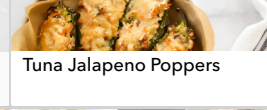
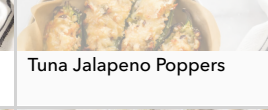
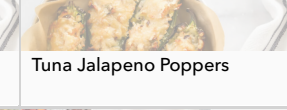
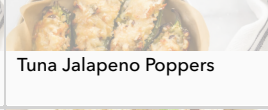


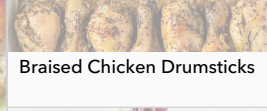
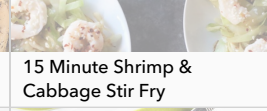

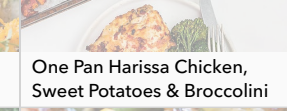
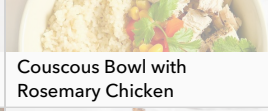
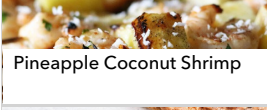



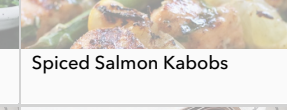
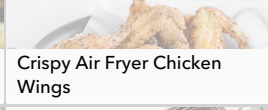








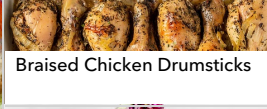



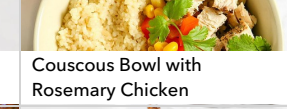
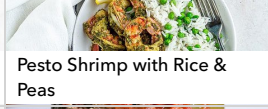































	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Mango Banana Smoothie	 Mango Banana Smoothie	 Mango Banana Smoothie	 Basic Protein Porridge	 Basic Protein Porridge	 1.5 Vanilla Protein Pancakes	 1.5 Vanilla Protein Pancakes
	 Sardine & Avocado Endive Wraps	 Sardine & Avocado Endive Wraps	 Sardine & Avocado Endive Wraps	 Breakfast Taco Nachos	 Breakfast Taco Nachos		
Snack 1	 Curried Chicken Wrap	 Curried Chicken Wrap	 Curried Chicken Wrap	 Peach Cherry Smoothie	 Peach Cherry Smoothie	 Peach Cherry Smoothie	 Peach Cherry Smoothie
				 Tuna Jalapeno Poppers	 Tuna Jalapeno Poppers	 Tuna Jalapeno Poppers	 Tuna Jalapeno Poppers
Lunch	 Tempeh & Coleslaw Wrap	 Honey Garlic Chicken Thighs	 Braised Chicken Drumsticks	 15 Minute Shrimp & Cabbage Stir Fry	 Herbed Pork Roast with Sweet Potato Mash	 One Pan Harissa Chicken, Sweet Potatoes & Broccoli	 Couscous Bowl with Rosemary Chicken
	 Pineapple Coconut Shrimp		 Tofu Veggie Summer Rolls	 Creamy Roasted Garlic & Kale Soup with Cauliflower	 0.5 Middle Eastern Lentils & Rice with Crispy Onions	 Spiced Salmon Kabobs	 Crispy Air Fryer Chicken Wings
Snack 2	 Salmon Salad on Crackers	 Salmon Salad on Crackers	 Salmon Salad on Crackers	 Turkey & Egg Snack Box	 Turkey & Egg Snack Box	 Turkey & Egg Snack Box	 Turkey & Egg Snack Box
Dinner	 Honey Garlic Chicken Thighs	 Braised Chicken Drumsticks	 15 Minute Shrimp & Cabbage Stir Fry	 Herbed Pork Roast with Sweet Potato Mash	 One Pan Harissa Chicken, Sweet Potatoes & Broccoli	 Couscous Bowl with Rosemary Chicken	 Pesto Shrimp with Rice & Peas
		 Tofu Veggie Summer Rolls	 Creamy Roasted Garlic & Kale Soup with Cauliflower	 0.5 Middle Eastern Lentils & Rice with Crispy Onions	 Spiced Salmon Kabobs	 Crispy Air Fryer Chicken Wings	 Slow Cooker Stuffed Peppers

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  35%	Fat  36%	Fat  38%	Fat  35%	Fat  33%	Fat  35%	Fat  35%
Carbs  31%	Carbs  30%	Carbs  28%	Carbs  31%	Carbs  31%	Carbs  28%	Carbs  31%
Protein  34%	Protein  34%	Protein  34%	Protein  34%	Protein  36%	Protein  37%	Protein  34%
Calories 2891	Calories 2818	Calories 2792	Calories 2753	Calories 2889	Calories 2800	Calories 2870
Fat 116g	Fat 116g	Fat 121g	Fat 108g	Fat 107g	Fat 112g	Fat 114g
Carbs 233g	Carbs 219g	Carbs 206g	Carbs 220g	Carbs 227g	Carbs 198g	Carbs 224g
Fiber 51g	Fiber 46g	Fiber 53g	Fiber 50g	Fiber 49g	Fiber 40g	Fiber 38g
Sugar 90g	Sugar 88g	Sugar 87g	Sugar 69g	Sugar 67g	Sugar 81g	Sugar 81g
Protein 253g	Protein 244g	Protein 245g	Protein 237g	Protein 262g	Protein 261g	Protein 248g

## Fruits

- 3/4 Apple
- 2 Avocado
- 4 1/2 Banana
- 2 cups Cherries
- 2 1/8 Lemon
- 1 tbsp Lemon Juice
- 1 tbsp Lime Juice
- 4 Navel Orange
- 4 Peach
- 1 cup Pineapple

## Breakfast

- 1 tbsp Maple Syrup

## Seeds, Nuts & Spices

- 1 2/3 tsps Black Pepper
- 1/4 cup Chia Seeds
- 1 3/4 tsps Chili Powder
- 1/2 tsp Cinnamon
- 3/4 tsp Cumin
- 3/4 tsp Curry Powder
- 1/8 tsp Dried Basil
- 1 tsp Dried Rosemary
- 1/3 tsp Garlic Powder
- 2 tsps Harissa
- 1 1/8 tsps Italian Seasoning
- 1/2 tsp Oregano
- 3/4 tsp Red Pepper Flakes
- 1 1/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 1/2 tsps Sesame Seeds

## Frozen

- 3 Brown Rice Tortilla
- 3 cups Frozen Cauliflower
- 2 1/4 cups Frozen Mango
- 1/4 cup Frozen Peas

## Vegetables

- 6 cups Asparagus
- 1/4 cup Baby Spinach
- 1 bunch Broccolini
- 3/4 head Cauliflower
- 1 cup Cherry Tomatoes
- 1/4 cup Cilantro
- 1 1/2 cups Coleslaw Mix
- 1/4 Cucumber
- 1 1/2 heads Endive
- 18 1/4 Garlic
- 1 1/2 Green Bell Pepper
- 8 cups Green Cabbage
- 1 1/3 stalks Green Onion
- 8 Jalapeno Pepper
- 4 cups Kale Leaves
- 1/3 cup Parsley
- 1 cup Purple Cabbage
- 1 Red Bell Pepper
- 3/4 tsp Rosemary
- 3 1/2 Sweet Potato
- 3/4 tsp Thyme
- 1/2 Tomato
- 1 1/3 Yellow Onion

## Boxed & Canned

- 1/4 cup Basmati Rice
- 12 ozs Canned Wild Salmon
- 1/2 cup Corn
- 1/2 cup Couscous
- 2 tsps Dry Lentils
- 1/4 cup Jasmine Rice
- 3 1/8 ozs Oat Crackers
- 2/3 cup Quick Oats
- 1/2 cup Quinoa
- 1/2 cup Salsa
- 9 ozs Sardines
- 1 1/3 cans Tuna
- 2 cups Vegetable Broth

## Baking

## Bread, Fish, Meat & Cheese

- 1 1/4 lbs Chicken Breast
- 9 ozs Chicken Breast, Cooked
- 1 lb Chicken Drumsticks
- 1 lb Chicken Thighs
- 10 2/3 ozs Chicken Wings
- 12 ozs Extra Lean Ground Turkey
- 2 2/3 ozs Mozzarella Cheese
- 1 lb Pork Tenderloin
- 10 ozs Salmon Fillet
- 1 3/4 lbs Shrimp
- 16 ozs Sliced Turkey Breast
- 3 ozs Tempeh
- 12 ozs Tofu
- 4 Whole Wheat Tortilla

## Condiments & Oils

- 2 1/8 tsps Avocado Oil
- 1/16 oz Avocado Oil Spray
- 3 1/2 tsps Coconut Oil
- 1/2 cup Extra Virgin Olive Oil
- 1 tbsp Fish Sauce
- 1 cup Kimchi
- 2 3/4 tsps Mayonnaise
- 2 tsps Pesto
- 1 1/2 tsps Red Wine Vinegar
- 4 Rice Paper Wraps
- 1 tbsp Vegan Mayonnaise

## Cold

- 1 tsp Butter
- 3 cups Cow's Milk, Reduced Fat
- 16 1/4 Egg
- 1 1/3 cups Plain Greek Yogurt
- 4 1/4 cups Unsweetened Almond Milk

## Other

- 7 Barbecue Skewers
- 2 ozs Collagen Powder
- 2 1/4 cups Vanilla Protein Powder
- 4 2/3 cups Water

- 
- 1/3 tsp Baking Powder
  - 1 1/2 tsps Coconut Flour
  - 1 1/2 tbsps Honey
  - 2 tbsps Raw Honey
  - 1 1/2 tsps Unsweetened Coconut Flakes



## Mango Banana Smoothie

3 servings

5 minutes

### Ingredients

3 cups Cow's Milk, Reduced Fat  
3 cups Frozen Cauliflower  
2 1/4 cups Frozen Mango  
1 1/2 Banana (frozen)  
1 cup Plain Greek Yogurt  
2 ozs Collagen Powder

### Nutrition

Amount per serving	
Calories	407
Fat	8g
Carbs	54g
Fiber	8g
Sugar	40g
Protein	36g

### Directions

- 1 Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately.

**Serving Size:** One serving is equal to approximately 1 1/2 cups.

**Dairy-Free:** Use dairy-free milk such as almond, cashew, coconut, or oat.

**No Frozen Fruit:** Use fresh instead.

**No Collagen:** Omit or use a vanilla protein powder instead.

**Make it Vegan:** Omit the collagen and use dairy-free milk.



## Sardine & Avocado Endive Wraps

3 servings

5 minutes

### Ingredients

- 9 ozs Sardines (packed in oil, drained)
- 1 1/2 Avocado (cubed)
- 1 1/2 heads Endive (leaves separated)

### Nutrition

Amount per serving	
Calories	381
Fat	25g
Carbs	17g
Fiber	15g
Sugar	1g
Protein	26g

### Directions

- 1 In a bowl, gently break the sardines into chunks. Add avocado and toss until just combined.
- 2 Fill each endive leaf with the sardine avocado mixture. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is equal to approximately three endive-filled leaves.

**Additional Toppings:** Add green onions, chives, red onions, fresh or dried herbs and/or mayonnaise.

**No Endive:** Use lettuce leaves, radicchio leaves, sweet potato toast, crackers or bread instead.



## Basic Protein Porridge

2 servings

5 minutes

### Ingredients

- 3 cups Water
- 2/3 cup Quick Oats
- 1/2 cup Vanilla Protein Powder
- 1/2 tsp Cinnamon (optional)

### Nutrition

Amount per serving	
Calories	189
Fat	2g
Carbs	20g
Fiber	4g
Sugar	0g
Protein	23g

### Directions

- 1 Bring the water to a boil in a small saucepan. Add the quick oats and cook for one minute, or until cooked to your liking.
- 2 Stir in the protein powder and cinnamon until well combined. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Additional Toppings:** Add nuts, fresh or dried fruit, shredded coconut, bee pollen, nut butter, or hemp seeds.



## Breakfast Taco Nachos

2 servings

30 minutes

### Ingredients

- 3 Brown Rice Tortilla (thawed)
- 3/4 tsp Extra Virgin Olive Oil
- 8 ozs Extra Lean Ground Turkey
- 1 1/2 tsps Chili Powder
- 1/2 tsp Oregano
- 1/2 tsp Cumin
- 1/2 tsp Black Pepper
- 1/2 tsp Sea Salt
- 1/4 cup Water
- 2 Egg (fried)
- 1/2 Green Bell Pepper (diced)
- 1/2 Tomato (diced)
- 1/2 Avocado (diced)

### Nutrition

Amount per serving	
Calories	582
Fat	28g
Carbs	49g
Fiber	10g
Sugar	6g
Protein	34g

### Directions

- 1 Preheat oven to 415°F (213°C). Slice tortillas into 1/8's using a pizza cutter. Place on a baking sheet and bake for 6 minutes. Remove from oven.
- 2 Meanwhile, heat a skillet over medium heat. Add olive oil. Add the ground turkey and saute to cook through. Break up the meat as it is cooking. Once it is cooked through add the chili powder, oregano, cumin, black pepper and sea salt. Add the water and saute for another minute as you mix well. Reduce heat to the lowest setting and let simmer while you prepare the rest or until all water has been absorbed.
- 3 Fry your eggs and set aside.
- 4 Divide tortilla chips into bowls and top with diced green pepper, tomato, avocado, turkey and fried egg. Enjoy!

### Notes

**Make it Vegan:** Use quinoa or lentils instead of ground meat and omit the fried egg.

**Additional Toppings:** Add or replace with other toppings such as crumbled feta, salsa, red onion, greek yogurt, red pepper flakes, or green onion.



## Vanilla Protein Pancakes

3 servings

15 minutes

### Ingredients

- 3 Banana (plus extra for topping)
- 6 Egg
- 3/4 cup Vanilla Protein Powder
- 1 1/2 tbsps Coconut Oil

### Nutrition

Amount per serving	
Calories	394
Fat	17g
Carbs	29g
Fiber	4g
Sugar	15g
Protein	33g

### Directions

- 1 In a large bowl, mash the bananas. Add the eggs and protein powder. Mix well until a batter forms.
- 2 Melt the coconut oil in a large skillet over medium heat. Once hot, pour the batter into the skillet, roughly 1/4 cup at a time. Cook for 3 minutes, or until the top starts to bubble slightly, and flip. Repeat the process until all the batter is used up.
- 3 Transfer to a plate and top with additional banana slices. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Freeze for up to one month.

**Serving Size:** One serving is approximately two pancakes.

**Additional Toppings:** Honey, maple syrup, pureed fruit sauce, nut butter, chocolate chips and/or chopped nuts



## Curried Chicken Wrap

3 servings

10 minutes

### Ingredients

- 9 ozs Chicken Breast, Cooked (shredded or chopped)
- 1 1/2 tbsps Mayonnaise
- 3/4 tsp Curry Powder
- 3/4 Apple (chopped)
- 3 Whole Wheat Tortilla
- 3 tbsps Parsley (optional)

### Nutrition

Amount per serving	
Calories	329
Fat	12g
Carbs	26g
Fiber	6g
Sugar	6g
Protein	30g

### Directions

- 1 In a bowl, mix together the chicken, mayonnaise, curry powder, and apple until combined.
- 2 Lay the tortilla flat and add the chicken mixture. Top with parsley, roll the tortilla tightly and enjoy!

### Notes

**Leftovers:** For best results, enjoy the day of.

**Egg-Free:** Use vegan mayonnaise instead.

**Additional Toppings:** Top with sprouts, additional herbs of choice, or feta cheese.



## Peach Cherry Smoothie

4 servings

5 minutes

### Ingredients

- 4 cups Unsweetened Almond Milk
- 4 Peach (medium, pitted)
- 2 cups Cherries (pitted)
- 1/4 cup Chia Seeds
- 1 cup Vanilla Protein Powder

### Nutrition

Amount per serving	
Calories	278
Fat	7g
Carbs	34g
Fiber	10g
Sugar	22g
Protein	24g

### Directions

- 1 Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately.

**No Almond Milk:** Use cow's milk or any other milk alternative.

**More Fiber:** Add spinach, kale, or ground flax.

**No Fresh Peaches or Cherries:** Use frozen instead.



## Tuna Jalapeno Poppers

4 servings

20 minutes

### Ingredients

- 1 1/3 cans Tuna (drained)
- 1 1/3 tbsps Mayonnaise
- 1 1/3 stalks Green Onion (sliced)
- Sea Salt & Black Pepper (to taste)
- 8 Jalapeno Pepper
- 2 2/3 ozs Mozzarella Cheese (shredded)

### Nutrition

Amount per serving	
Calories	135
Fat	7g
Carbs	2g
Fiber	1g
Sugar	1g
Protein	14g

### Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In a small bowl, mix together the tuna, mayonnaise, and green onion. Season with salt and pepper.
- 3 Cut the jalapenos in half lengthwise and remove the seeds. Stuff each half with the tuna mixture, about one tablespoon per half. Top with mozzarella cheese.
- 4 Place the stuffed jalapenos on the baking sheet. Bake in the oven for 13 to 15 minutes or until the cheese has melted and is golden brown. Enjoy!

### Notes

**Leftovers:** Best enjoyed immediately after baking. Refrigerate in an airtight container for up to two days.

**Serving Size:** One serving is four poppers.

**More Flavor:** Add dill.

**Canned Tuna:** One can of tuna is equal to 165 grams or 5.8 ounces, drained.



## Tempeh & Coleslaw Wrap

1 serving  
10 minutes

### Ingredients

- 1 1/2 cups Coleslaw Mix
- 1 tbsp Vegan Mayonnaise
- Sea Salt & Black Pepper (to taste)
- 3 ozs Tempeh (sliced into strips)
- 1 Whole Wheat Tortilla (large)

### Nutrition

Amount per serving	
Calories	417
Fat	23g
Carbs	35g
Fiber	7g
Sugar	6g
Protein	23g

### Directions

- 1 In a bowl, combine the coleslaw mix, mayonnaise, salt and black pepper. Spread the creamy coleslaw down the middle of the tortilla.
- 2 Top with the tempeh slices and roll tightly into a wrap. Enjoy!

### Notes

**Leftovers:** For best results, assemble the wrap just before eating.

**Gluten-Free:** Use gluten-free tortilla, gluten-free bread, or lettuce wraps instead.

**More Flavor:** Use marinated tempeh.

**Additional Toppings:** Add bell peppers, shredded carrot, chopped broccoli, or red onions.

**No Mayonnaise:** Use tzatziki, baba ganoush, hummus, or your choice of dressing.



## Pineapple Coconut Shrimp

1 serving  
25 minutes

### Ingredients

- 3/4 Garlic (cloves, minced)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 1/2 tsps Red Wine Vinegar
- 1 1/2 tsps Parsley (chopped)
- 1/8 tsp Sea Salt
- 8 ozs Shrimp (raw, peeled and deveined)
- 1 cup Pineapple (diced into chunks)
- 1 1/2 tsps Unsweetened Coconut Flakes
- 3 Barbecue Skewers

### Nutrition

Amount per serving	
Calories	357
Fat	10g
Carbs	23g
Fiber	3g
Sugar	16g
Protein	47g

### Directions

- 1 In a large bowl, stir together the garlic, olive oil, red wine vinegar, parsley and sea salt. Mix well. Add shrimp and toss well to coat.
- 2 Preheat grill to medium heat.
- 3 Slide a shrimp onto a skewer, followed by a pineapple chunk. Repeat until all ingredients are used up.
- 4 Transfer skewers to the grill and cook for 3 to 4 minutes per side or until shrimp is pink. Remove from grill and sprinkle with coconut flakes. Serve over a bed of greens or with your favourite side dishes. Enjoy!

### Notes

**No Pineapple:** Use sliced lemon instead.

**Likes it Spicy:** Add cayenne pepper to the shrimp spice.



## Salmon Salad on Crackers

3 servings

5 minutes

### Ingredients

12 ozs Canned Wild Salmon  
1/3 cup Plain Greek Yogurt  
3 1/8 ozs Oat Crackers

### Nutrition

Amount per serving	
Calories	330
Fat	12g
Carbs	22g
Fiber	3g
Sugar	1g
Protein	35g

### Directions

- 1 In a bowl, mash together the wild salmon and greek yogurt until well combined. Spread the mixture evenly ovetop each cracker and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days.

**Dairy-Free:** Use mayonnaise or coconut yogurt instead of greek yogurt.

**More Flavor:** Season with salt, pepper, fresh dill, red pepper flakes, and/or lemon juice.

**No Salmon:** Use tuna instead.

**No Oat Crackers:** Use toast, rice crackers, or cucumber slices instead.



## Turkey & Egg Snack Box

4 servings

5 minutes

### Ingredients

- 2 tsp Avocado Oil
- 8 Egg
- 1 cup Kimchi
- 16 oz Sliced Turkey Breast
- 1 cup Cherry Tomatoes
- 4 Navel Orange

### Nutrition

Amount per serving	
Calories	364
Fat	17g
Carbs	23g
Fiber	4g
Sugar	15g
Protein	31g

### Directions

- 1 Heat the avocado oil in a skillet over medium-low heat. Add the eggs to the pan and move around with a spatula continuously until fluffy, about two minutes.
- 2 Arrange the scrambled eggs, kimchi, turkey breast, tomatoes, and orange in a container and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Additional Toppings:** Add sliced green onions, avocado, nuts, cheese, or crackers.

**No Kimchi:** Use sauerkraut, pickles, salsa, or olives instead.



## Honey Garlic Chicken Thighs

2 servings

30 minutes

### Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Raw Honey
- 3 Garlic (cloves, minced)
- 1 tbsp Chili Powder
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 lb Chicken Thighs
- 3 cups Asparagus (woody ends snapped off)
- 1/2 cup Quinoa (uncooked)
- 3/4 cup Water

### Nutrition

Amount per serving	
Calories	670
Fat	26g
Carbs	56g
Fiber	9g
Sugar	20g
Protein	56g

### Directions

- 1 Combine olive oil, honey, minced garlic, chili powder, sea salt and black pepper together in a bowl. Whisk well. Pour into a ziploc bag and add the chicken thighs. Shake well and place in the fridge to marinate.
- 2 Trim the ends from the asparagus. Toss in a splash of extra virgin olive oil and season with sea salt and pepper. Place on a plate until ready to grill.
- 3 Combine your quinoa and water in a sauce pan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer. Cover with a lid and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from heat and fluff with a fork.
- 4 Preheat your grill over medium heat.
- 5 Transfer chicken thighs to the grill and cook for 7 to 10 minutes per side or until cooked through. When you flip the chicken, place the asparagus directly on the grill. Grill just until tender (about 5 to 7 minutes). Remove chicken and asparagus from grill and plate over a few spoonfuls of quinoa. Enjoy!

### Notes

**No Chicken Thighs:** Use chicken breast or chicken wings. Grill time will vary.

**No Asparagus:** Use any grilled vegetable.



## Braised Chicken Drumsticks

2 servings

1 hour 40 minutes

### Ingredients

- 1 lb Chicken Drumsticks
- 1/2 Yellow Onion (sliced)
- 3 Garlic (cloves, peeled, cut in half)
- 1 tbsp Lemon Juice
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 1/2 tsps Italian Seasoning
- 1/4 tsp Sea Salt
- 2 tsps Water

### Nutrition

Amount per serving	
Calories	415
Fat	24g
Carbs	5g
Fiber	1g
Sugar	2g
Protein	42g

### Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 In a large mixing bowl combine the drumsticks, onion and garlic. Add in the lemon juice, oil, Italian seasoning and salt. Mix until the chicken is well coated.
- 3 Transfer the seasoned chicken to a rimmed baking dish. Arrange the drumsticks into a single layer on top of the onions and garlic. Add the water to the dish and cover with a tight-fitting lid or foil. Bake covered for 75 minutes then remove the lid and continue baking for 20 minutes or until the chicken has browned and sauce has thickened.
- 4 Remove the chicken from the baking dish and gently mash the garlic cloves into a chunky paste then stir to mix with the rest of the sauce.
- 5 To serve, divide the chicken between plates and top with the garlic and onion sauce. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately 2 chicken drumsticks and 2 tablespoons of sauce.

**More Flavor:** Use chicken broth instead of water.

**Additional Toppings:** Garnish with fresh herbs like parsley or thyme.

**No Drumsticks:** Use bone-in chicken thighs instead.



## Tofu Veggie Summer Rolls

2 servings

15 minutes

### Ingredients

- 1 1/2 tbsps Honey
- 1 tbsp Fish Sauce
- 1 tbsp Water (hot)
- 1 tbsp Lime Juice
- 4 Rice Paper Wraps
- 1 cup Purple Cabbage (thinly sliced)
- 1/2 Red Bell Pepper (medium, sliced)
- 1/4 Cucumber (sliced)
- 12 ozs Tofu (extra firm, pressed, sliced)

### Nutrition

Amount per serving	
Calories	286
Fat	9g
Carbs	39g
Fiber	4g
Sugar	18g
Protein	19g

### Directions

- 1 In a bowl, whisk together the honey, fish sauce, water, and lime juice. Adjust to taste as needed.
- 2 Soften a sheet of rice paper underwater by submerging it in a shallow dish for five seconds. Transfer to a plate. Arrange the cabbage, bell pepper, cucumber, and tofu near the bottom of the wrap. Fold the bottom over the filling, then fold the sides. Tightly roll the rice paper until it is completely wrapped. Transfer to a separate plate and repeat this process until all ingredients are used up.
- 3 Dip into the sauce and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately. Refrigerate in an airtight container for up to two days. Separate the rolls with a damp cloth or lettuce leaves to prevent sticking.

**Serving Size:** One serving equals approximately two rolls.

**Additional Toppings:** Add bean sprouts, crushed peanuts, vermicelli, cilantro, Thai basil, mint, shrimp, or sliced cooked pork.

**No Honey:** Use sugar, maple syrup, or your sweetener of choice instead.

**Hoisin Lover:** Instead of the fish sauce, make a hoisin dipping sauce by mixing equal parts of peanut butter and hoisin sauce. Dilute with water to your preferred consistency.



## 15 Minute Shrimp & Cabbage Stir Fry

2 servings

15 minutes

### 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

### Nutrition

Amount per serving	
Calories	468
Fat	20g
Carbs	26g
Fiber	10g
Sugar	12g
Protein	52g

### 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.



## Creamy Roasted Garlic & Kale Soup with Cauliflower

2 servings  
1 hour 15 minutes

### Ingredients

- 6 Garlic (cloves, peeled and trimmed)
- 1/2 Yellow Onion (large, roughly chopped)
- 1/2 head Cauliflower (sliced into florets)
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 2 tps Italian Seasoning
- 1/2 tsp Sea Salt
- 4 cups Kale Leaves (packed)
- 2 cups Vegetable Broth (divided)

### Nutrition

Amount per serving	
Calories	176
Fat	11g
Carbs	17g
Fiber	6g
Sugar	7g
Protein	5g

### Directions

- 1 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Arrange the garlic cloves, onion and cauliflower on the baking sheet. Drizzle with half of the olive oil, Italian seasoning and salt. Using your hand or a spatula, toss until vegetables are evenly coated in the spices. Roast for about 40 minutes or until very tender and caramelized, flipping halfway through.
- 3 When vegetables are just about done, heat remaining olive oil in a large soup pot over medium heat. Add the kale and 1/2 of the vegetable broth to the pot and cover. Let steam for 2 minutes, or until kale is wilted and tender.
- 4 Add the roasted vegetables and remaining vegetable stock in with the wilted kale. Bring soup to a gentle boil then remove from heat.
- 5 Puree soup in batches in a high-speed blender until smooth and creamy. Divide into bowls and enjoy!

### Notes

**Leftovers:** Store in an air-tight container in the fridge for up to 5 days, or in the freezer for up to 3 months.

**Serve it With:** An extra drizzle of olive oil, fresh herbs or a pinch of red chili flakes.

**Too Thick:** If soup is too thick in consistency, use water or more stock (1/2 cup at a time) to thin until desired consistency is reached.



## Herbed Pork Roast with Sweet Potato Mash

2 servings

1 hour

### Ingredients

- 3/4 tsp Rosemary (fresh or dried)
- 3/4 tsp Thyme (fresh or dried)
- 2 Garlic (cloves, minced)
- 1/2 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1 lb Pork Tenderloin
- 1 tbsp Extra Virgin Olive Oil
- 1 1/2 Sweet Potato (medium, peeled)
- 1/4 cup Unsweetened Almond Milk (optional)
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	400
Fat	12g
Carbs	21g
Fiber	3g
Sugar	4g
Protein	49g

### Directions

- 1 Preheat oven to 400°F (204°C).
- 2 Mash together rosemary, thyme, garlic, sea salt and black pepper into a paste.
- 3 Cut slits into the pork tenderloin and stuff with the garlic herb paste. Rub pork tenderloin with the remaining paste and olive oil until evenly coated.
- 4 Place in a baking pan and bake for 45 minutes, or until a meat thermometer reads 145°F (63°C). Cover with tinfoil and let sit for 10 minutes before slicing.
- 5 Meanwhile, chop sweet potato into 1/2 inch slices. Fill a pot with water and bring to a boil. Place sweet potato in a steaming basket and steam for 7 to 10 minutes. Transfer into a bowl and mash with a fork. Add almond milk for a creamier consistency (optional) and season with salt and pepper to taste.
- 6 Slice pork into servings and enjoy with sweet potato mash.

### Notes

**No Rosemary or Thyme:** Replace with any fresh or dried herbs on hand. You can also use just rosemary or just thyme, or a mixture of multiple herbs.

**Add Greens:** Serve with a side of salad or steamed veggies.

**No Sweet Potato:** Use regular potatoes or serve with rice or quinoa.

**AIP-Friendly:** Omit the black pepper.



## Middle Eastern Lentils & Rice with Crispy Onions

1 serving  
35 minutes

### Ingredients

- 2 tbsps Dry Lentils (green, uncooked and rinsed)
- 1/2 cup Water
- 1/8 tsp Sea Salt
- 1/4 cup Jasmine Rice (dry, uncooked)
- 1/8 tsp Cumin
- 1 1/2 tps Avocado Oil
- 1/4 Yellow Onion (medium, peeled, thinly sliced)
- 1 tbsp Parsley (stems removed, finely chopped)

### Nutrition

Amount per serving	
Calories	321
Fat	7g
Carbs	56g
Fiber	4g
Sugar	3g
Protein	9g

### Directions

- 1 Add lentils, water, and salt to a large saucepan or pot. Bring to a boil. Lower the heat to a simmer and cook for 7 minutes.
- 2 Stir in the rice and cumin. Close the lid and cook for 15 to 18 minutes, or until the rice is tender and the water has absorbed.
- 3 Meanwhile, heat the oil over medium-high heat in a large pan. Fry the onions until golden brown, stirring frequently. Transfer to a plate lined with paper towel.
- 4 Divide the lentils and rice into bowls. Top with the crispy onions and parsley. Enjoy!

### Notes

**More Toppings:** Add yogurt, pomegranate seeds, slivered almonds, crushed pistachios or raisins.

**No Jasmine Rice:** Use any type of long grain rice instead.

**No Onions:** Use fried garlic or crushed vegetable chips instead.

**Serving Size:** One serving is equal to approximately one cup.

**Storage:** Refrigerate in an airtight container up to 5 days or freeze if longer.



## One Pan Harissa Chicken, Sweet Potatoes & Broccolini

2 servings

40 minutes

### Ingredients

- 2 Sweet Potato (medium, cubed)
- 1 bunch Broccolini
- 12 ozs Chicken Breast (skinless, boneless)
- 1 tbsp Avocado Oil
- 2 tbsps Harissa
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	432
Fat	13g
Carbs	33g
Fiber	10g
Sugar	7g
Protein	49g

### Directions

- 1 Preheat the oven to 425°F (215°C) and line a baking sheet with parchment paper.
- 2 Add the sweet potato, broccolini, and chicken breast to the baking sheet. Drizzle the oil and harissa evenly over top of all ingredients. Season everything with salt and pepper and toss well to coat. Place the baking sheet in the oven and bake for 15 minutes.
- 3 Remove the sheet from the oven. Flip the chicken and potatoes. Remove the broccolini from the sheet and set it aside on a plate. Place the baking sheet back into the oven and bake for another 15 minutes or until the chicken is cooked through.
- 4 Remove the baking sheet from the oven and divide the chicken, sweet potato, and broccolini onto plates. Enjoy!

### Notes

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

**No Broccolini:** Use regular broccoli instead. Adjust bake time accordingly.



## Spiced Salmon Kabobs

2 servings

20 minutes

### Ingredients

- 1 tbsp Parsley (chopped)
- 1 1/2 tsps Sesame Seeds
- 1/4 tsp Black Pepper
- 1/4 tsp Sea Salt
- 1/4 tsp Red Pepper Flakes
- 1 tbsp Maple Syrup
- 1 tbsp Extra Virgin Olive Oil (plus extra for asparagus)
- 10 ozs Salmon Fillet (sliced into 1 inch cubes)
- 1 Lemon (sliced into thin rounds)
- 4 Barbecue Skewers
- 3 cups Asparagus (woody ends trimmed off)
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	348
Fat	17g
Carbs	17g
Fiber	5g
Sugar	10g
Protein	33g

### Directions

- 1 Preheat grill to medium heat.
- 2 In a mixing bowl, mix the parsley, sesame seeds, black pepper, sea salt, red pepper flakes, maple syrup and olive oil. Mix well. Add the salmon pieces and toss well to coat.
- 3 Grab your BBQ skewers and slide on a piece of salmon, followed by a folded lemon slice. Repeat until all ingredients are used up and several kabobs are made.
- 4 Toss asparagus in a splash of olive oil and season with sea salt and black pepper to taste.
- 5 Place kabobs on one side of the grill and asparagus on the other. Grill both for about 3 - 4 minutes per side, or until salmon flakes with a fork. Remove from the grill and divide between plates. Enjoy!

### Notes

**Add Carbs:** Serve with quinoa, brown rice or sweet potato.

**Time Saver:** Chop the salmon and add it to a zip lock baggie with the marinade. Store in the fridge up to 1 day.



## Couscous Bowl with Rosemary Chicken

2 servings

30 minutes

### Ingredients

- 8 ozs Chicken Breast
- Sea Salt & Black Pepper (to taste)
- 1 tsp Dried Rosemary
- 1/2 cup Couscous (dry)
- 1 tsp Butter (unsalted)
- 1/2 Red Bell Pepper (medium, diced)
- 1/2 cup Corn (cooked)
- 1/4 cup Cilantro (optional, chopped)

### Nutrition

Amount per serving	
Calories	361
Fat	6g
Carbs	44g
Fiber	4g
Sugar	3g
Protein	33g

### Directions

- 1 Preheat the oven to 400°F (205°C). Season the chicken breast with salt, pepper and dried rosemary. Place the chicken on a tray lined with parchment paper. Bake it in the oven for 20 minutes or until the chicken is cooked through.
- 2 Meanwhile, cook the couscous according to the package directions. Once cooked, add the butter and mix well. Season with salt and pepper to taste.
- 3 Cut the cooked chicken into 1/2 inch cubes.
- 4 Divide the couscous, chicken cubes, corn, and bell pepper between serving bowls. Garnish with chopped cilantro (optional). Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is equal to approximately 1 1/2 cups.

**Gluten-Free:** Use quinoa instead.

**More Flavor:** Add onion powder and/or cumin powder to the chicken.

**Additional Toppings:** Add diced red onions.



## Crispy Air Fryer Chicken Wings

2 servings

20 minutes

### Ingredients

- 10 2/3 ozs Chicken Wings
- 1/3 tsp Baking Powder
- 1/3 tsp Sea Salt
- 1/3 tsp Garlic Powder
- 1/16 oz Avocado Oil Spray

### Nutrition

Amount per serving	
Calories	291
Fat	19g
Carbs	1g
Fiber	0g
Sugar	0g
Protein	27g

### Directions

- 1 Preheat the air fryer to 400°F (205°C).
- 2 Pat the chicken wings dry and place them in a large bowl. Add the baking powder, salt, and garlic powder and toss well to coat the wings.
- 3 Place the wings in the air fryer in a single layer. Spray with oil. Bake for 16 to 18 minutes, flipping once, until they are crispy. Serve and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately after baking. Refrigerate in an airtight container for up to two days.

**Serving Size:** One serving is about two to three whole chicken wings.

**More Flavor:** Add extra seasonings such as lemon pepper, herbs, or smoked paprika.

**No Air Fryer:** Bake at 425°F (220°C) for about 35 minutes, flipping halfway through until crispy.



## Pesto Shrimp with Rice & Peas

1 serving  
20 minutes

### Ingredients

- 1/4 cup Basmati Rice
- 1/4 cup Frozen Peas (thawed)
- 3/4 tsp Extra Virgin Olive Oil
- 5 1/4 ozs Shrimp (peeled and deveined)
- 2 tbsps Pesto
- 1/8 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	502
Fat	16g
Carbs	49g
Fiber	3g
Sugar	4g
Protein	39g

### Directions

- 1 Cook the rice according to package directions. In the last two to three minutes of cooking, add the peas to the pot with the rice. Remove the pot from the heat and let rest for three to five minutes.
- 2 Heat the oil in a pan over medium heat. Add the shrimp and cook for one to two minutes per side or until cooked through.
- 3 Add the pesto and lemon juice to the pan and season with salt and pepper. Stir to coat the shrimp in the pesto sauce.
- 4 Divide the rice and shrimp between plates and serve with additional lemon juice if needed. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**More Flavor:** Season the shrimp with dried herbs and spices to taste.

**Additional Toppings:** Fresh herbs or red pepper flakes.

**No Basmati Rice:** Use white rice, brown rice, or cauliflower rice instead.

**No Peas:** Omit or use spinach instead.

**Dairy-Free:** Use a dairy-free pesto.



## Slow Cooker Stuffed Peppers

1 serving

4 hours

### Ingredients

- 1 Green Bell Pepper (large)
- 4 ozs Extra Lean Ground Turkey
- 1/8 tsp Sea Salt
- 1/8 tsp Black Pepper
- 3/4 tsp Chili Powder
- 1/8 tsp Cumin
- 1/8 tsp Dried Basil
- 1/4 Egg
- 1/2 Garlic (cloves, minced)
- 1/8 Yellow Onion (diced)
- 1/4 cup Baby Spinach (chopped)
- 3/4 tsp Extra Virgin Olive Oil
- 1 1/2 tsps Coconut Flour
- 1/2 cup Salsa
- 1/4 head Cauliflower (large)

### Nutrition

Amount per serving	
Calories	348
Fat	16g
Carbs	27g
Fiber	10g
Sugar	13g
Protein	30g

### Directions

- 1 Slice the tops off the peppers and carve out the seeds. Set aside.
- 2 In a large mixing bowl, combine the ground turkey, sea salt, black pepper, chili powder, cumin, dried basil, egg, minced garlic, yellow onion, spinach, olive oil and coconut flour. Mix well and stuff it into the green peppers.
- 3 Place the peppers in the slow cooker and top each with a spoonful or two of salsa. Cook for 4 hours on high or 6 - 8 on low.
- 4 Trim your cauliflower into florets. Place the florets in a food processor and pulse into a rice-like consistency. Cover and store in the fridge until ready to eat. (Note: You can eat the cauliflower rice raw or saute it in a bit of coconut oil before serving.)
- 5 Remove the peppers from the slow cooker and serve over cauliflower rice. Top with remaining salsa. Enjoy!

### Notes

**Vegans and Vegetarians:** Use cooked lentils or beans instead of ground meat.

**No Ground Turkey:** Use ground chicken or beef instead.

**No Slow Cooker:** Bake peppers in the oven at 350 for 45 minutes to 1 hour, or until meat is cooked through.

**No Cauliflower:** Serve over rice, quinoa, greens or sweet potato mash.