



**3000 calories, paleo**

## MON



**BREAKFAST**  
2 Berry Avocado Smoothie

**SNACK 1**  
Peach, Blackberry & Basil Smoothie

**LUNCH**  
Warm Parsley Tomato Plantain Wrap,  
BBQ Ribs

**SNACK 2**  
Strawberry Blueberry Smoothie

**DINNER**  
Asparagus & Mushroom Frittata, Green  
Poutine

**SNACK 3**  
Banana Cinnamon Smoothie

## TUE



**BREAKFAST**  
2 Berry Avocado Smoothie

**SNACK 1**  
Peach, Blackberry & Basil Smoothie

**LUNCH**  
Asparagus & Mushroom Frittata, Green  
Poutine

**SNACK 2**  
Strawberry Blueberry Smoothie

**DINNER**  
Baked Cod with Green Beans & Carrots,  
Mexican-Style Fries Supreme

**SNACK 3**  
Banana Cinnamon Smoothie

## WED



**BREAKFAST**  
2 Berry Avocado Smoothie

**SNACK 1**  
Peach, Blackberry & Basil Smoothie

**LUNCH**  
Baked Cod with Green Beans & Carrots,  
Mexican-Style Fries Supreme

**SNACK 2**  
Strawberry Blueberry Smoothie

**DINNER**  
One Pan Teriyaki Chicken, Aloo Gobi

**SNACK 3**  
Banana Cinnamon Smoothie

## THU



**BREAKFAST**  
2 Turkey Apple Breakfast Hash

**SNACK 1**  
Strawberry Banana Chia Pudding, Carrot  
Sticks

**LUNCH**  
One Pan Teriyaki Chicken, Aloo Gobi

**SNACK 2**  
Hot Chocolate Smoothie

**DINNER**  
Slow Cooker Crispy Pork Hock with  
Chinese Broccoli, Roasted Potatoes wit...

**SNACK 3**  
Prosciutto Wrapped Apricots

## FRI



**BREAKFAST**  
2 Turkey Apple Breakfast Hash

**SNACK 1**  
Strawberry Banana Chia Pudding, Carrot  
Sticks

**LUNCH**  
Slow Cooker Crispy Pork Hock with  
Chinese Broccoli, Roasted Potatoes wit...

**SNACK 2**  
Hot Chocolate Smoothie

**DINNER**  
Pressure Cooker Chicken Breast, Stuffed  
Plantains

**SNACK 3**  
Prosciutto Wrapped Apricots

## SAT



**BREAKFAST**  
Blueberry Melon Smoothie, Sardine &  
Avocado Endive Wraps

**SNACK 1**  
Strawberry Banana Chia Pudding, Carrot  
Sticks

**LUNCH**  
Pressure Cooker Chicken Breast, Stuffed  
Plantains

**SNACK 2**  
Hot Chocolate Smoothie

**DINNER**  
Pressure Cooker Jackfruit Curry,  
Pineapple Coconut Shrimp

**SNACK 3**  
Prosciutto Wrapped Apricots

## SUN



**BREAKFAST**  
Blueberry Melon Smoothie, Sardine &  
Avocado Endive Wraps

**SNACK 1**  
Strawberry Banana Chia Pudding, Carrot  
Sticks

**LUNCH**  
Pressure Cooker Jackfruit Curry,  
Pineapple Coconut Shrimp

**SNACK 2**  
Hot Chocolate Smoothie

**DINNER**  
Slow Cooker Maple Ginger Ribs with  
Purple Yam, Baingan Bharta

**SNACK 3**  
Prosciutto Wrapped Apricots

## MON

**FAT 34%**   **CARBS 39%**   **PROTEIN 27%**

Calories 3151      Fiber 74g  
Fat 123g            Sugar 147g  
Carbs 316g         Protein 221g

## TUE

**FAT 33%**   **CARBS 40%**   **PROTEIN 27%**

Calories 3046      Fiber 82g  
Fat 116g            Sugar 117g  
Carbs 312g         Protein 214g

## WED

**FAT 33%**   **CARBS 40%**   **PROTEIN 27%**

Calories 3074      Fiber 78g  
Fat 118g            Sugar 142g  
Carbs 319g         Protein 210g

## THU

**FAT 35%**   **CARBS 37%**   **PROTEIN 28%**

Calories 3065      Fiber 65g  
Fat 123g            Sugar 106g  
Carbs 295g         Protein 228g

## FRI

**FAT 30%**   **CARBS 39%**   **PROTEIN 31%**

Calories 3040      Fiber 62g  
Fat 108g            Sugar 118g  
Carbs 310g         Protein 244g

## SAT

**FAT 32%**   **CARBS 40%**   **PROTEIN 28%**

Calories 2985      Fiber 69g  
Fat 113g            Sugar 164g  
Carbs 315g         Protein 217g

## SUN

**FAT 37%**   **CARBS 36%**   **PROTEIN 27%**

Calories 2918      Fiber 74g  
Fat 124g            Sugar 139g  
Carbs 274g         Protein 210g

## FRUITS

- 2 Apple
- 2 1/2 Avocado
- 6 Banana
- 1 cup Blackberries
- 1/2 Honeydew Melon
- 1 cup Jackfruit
- 1/2 Lemon
- 1/2 tsp Lemon Juice
- 1 1/2 tsps Lime Juice
- 1/2 Navel Orange
- 2 cups Pineapple
- 2 1/2 Plantain
- 2 1/2 cups Strawberries

## BREAKFAST

- 1 1/8 tsps Maple Syrup

## SEEDS, NUTS & SPICES

- 1/4 cup Cashews
- 1 1/2 cups Chia Seeds
- 2 1/4 tsps Cinnamon
- 1 3/4 tsps Cumin
- 1 1/2 tsps Dried Rosemary
- 2 tsps Dried Thyme
- 1 3/4 tsps Garam Masala
- 1/4 tsp Garlic Powder
- 1/4 cup Ground Flax Seed
- 1/4 tsp Ground Ginger
- 1/4 tsp Onion Powder
- 1/2 tsp Oregano
- 1 1/2 tsps Paprika
- 2 tsps Poultry Seasoning
- 2 1/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsp Sesame Seeds
- 2 1/16 tsps Smoked Paprika
- 1 1/3 tsps Taco Seasoning

## VEGETABLES

- 4 cups Asparagus
- 2 1/2 cups Baby Spinach
- 3 tbsps Basil Leaves
- 2 cups Broccoli
- 2 cups Brussels Sprouts
- 3 cups Butternut Squash
- 8 Carrot
- 1/2 head Cauliflower
- 1/3 cup Cherry Tomatoes
- 4 1/2 ozs Chinese Broccoli
- 3 tbsps Cilantro
- 3/4 Eggplant
- 1 head Endive
- 1/4 cup Fresh Dill
- 12 Garlic
- 2 tbsps Ginger
- 2 cups Green Beans
- 2/3 Green Bell Pepper
- 1/16 head Green Lettuce
- 1 1/4 stalks Green Onion
- 1/4 Jalapeno Pepper
- 3 cups Mushrooms
- 1/2 cup Parsley
- 1/2 cup Purple Yam
- 1 Red Bell Pepper
- 1 cup Red Onion
- 1 1/2 Russet Potato
- 2 cups Snap Peas
- 5 Sweet Potato
- 3 1/3 ozs Thyme Sprigs
- 3/4 Tomato
- 1/16 White Onion
- 1 1/4 Yellow Onion
- 5 Yellow Potato
- 3 Zucchini

## BOXED & CANNED

## BREAD, FISH, MEAT & CHEESE

- 1 1/3 lbs Chicken Breast
- 2 Cod Fillet
- 5 1/3 ozs Extra Lean Ground Beef
- 1 lb Extra Lean Ground Turkey
- 1 1/2 lbs Pork Hock
- 1 lb Pork Ribs
- 7 3/4 ozs Prosciutto
- 1 lb Shrimp

## CONDIMENTS & OILS

- 2 1/8 tbsps Avocado Oil
- 1/4 cup Barbecue Sauce
- 2 1/2 tbsps Coconut Aminos
- 1 1/8 tbsps Coconut Oil
- 1/2 cup Extra Virgin Olive Oil
- 3/4 tsp Fish Sauce
- 2/3 oz Pickled Red Onions
- 1 tbsp Red Wine Vinegar
- 2 tbsps Rice Vinegar
- 2 tbsps Sesame Oil
- 1 1/2 tbsps Tahini
- 1/3 cup Tomato Sauce

## COLD

- 4 1/2 Egg
- 2 2/3 tbsps Ghee
- 13 3/4 cups Plain Coconut Milk
- 7 3/4 cups Unsweetened Almond Milk
- 1/2 cup Unsweetened Coconut Yogurt

## OTHER

- 6 Barbecue Skewers
- 1 cup Chocolate Protein Powder
- 2 ozs Collagen Powder
- 1 cup Dried Apricots
- 4 cups Vanilla Protein Powder
- 6 1/16 cups Water

■ 1 3/4 tsps Turmeric

## FROZEN

■ 3 cups Frozen Berries

■ 3 1/2 cups Frozen Blueberries

■ 3 1/2 cups Frozen Cauliflower

■ 3 cups Frozen Peaches

■ 6 Ice Cubes

■ 1 cup Canned Coconut Milk

■ 1 1/2 cups Chicken Broth

■ 6 ozs Sardines

■ 1/2 cup Vegetable Broth

## BAKING

■ 1 tsp Arrowroot Powder

■ 1/2 cup Cocoa Powder

■ 1/2 cup Nutritional Yeast

■ 2 tsps Raw Honey

■ 1 tbsp Unsweetened Coconut Flakes

# Berry Avocado Smoothie

6 SERVINGS 5 MINUTES



## INGREDIENTS

6 cups Plain Coconut Milk (unsweetened, from the box)  
3 Zucchini (chopped, frozen)  
1 1/2 cups Frozen Cauliflower  
3 cups Frozen Berries  
1 1/2 Avocado  
1/3 cup Chia Seeds  
1 1/2 cups Vanilla Protein Powder

## NUTRITION

### AMOUNT PER SERVING

Calories	370	Fiber	12g
Fat	17g	Sugar	18g
Carbs	33g	Protein	25g

## DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

## NOTES

### NO CHIA SEEDS

Use flax seeds instead.

### NO AVOCADO

Use almond butter or sunflower seed butter instead.

### ADDITIONAL TOPPINGS

Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

### PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder.

# Turkey Apple Breakfast Hash

4 SERVINGS 35 MINUTES



## INGREDIENTS

- 1 lb Extra Lean Ground Turkey
- 1 tsp Cinnamon
- 2 tbsps Poultry Seasoning
- 1 tbsp Avocado Oil
- 1 cup Red Onion (diced)
- 2 Garlic (cloves, minced)
- 2 cups Brussels Sprouts (trimmed and halved)
- 2 cups Butternut Squash (peeled and cubed)
- 2 Apple (cored and diced)
- 1/4 tsp Sea Salt (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	325	Fiber	7g
Fat	14g	Sugar	14g
Carbs	31g	Protein	24g

## DIRECTIONS

- 01 Heat a large skillet over medium heat. Add the ground turkey, cinnamon and poultry seasoning. Cook for 5 to 7 minutes, until thoroughly browned, breaking up into little pieces as it cooks. Drain off the fat, transfer to a bowl and set aside.
- 02 In the same skillet, heat the oil over medium heat. Add the onion and garlic, sauteeing until translucent. Next add the brussels sprouts, butternut squash, and apples. Cover and cook for about 10 minutes, stirring occasionally, until all veggies are soft.
- 03 Add the ground turkey back into the skillet and stir to combine. Season to taste with sea salt. Divide into bowls and enjoy!

## NOTES

### VEGAN & VEGETARIANS

Use lentils instead of ground turkey.

### LEFTOVERS

Store covered in the fridge up to 3 days.

# Blueberry Melon Smoothie

2 SERVINGS 2 MINUTES



## INGREDIENTS

2 cups Frozen Blueberries  
1/2 Honeydew Melon (small, peeled, seeds removed, and chopped)  
2 cups Plain Coconut Milk (unsweetened, from the carton)  
1 tbsp Ground Flax Seed  
1/2 cup Vanilla Protein Powder

## NUTRITION

### AMOUNT PER SERVING

Calories	351	Fiber	8g
Fat	8g	Sugar	40g
Carbs	51g	Protein	22g

## DIRECTIONS

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

## NOTES

### LEFTOVERS

Best enjoyed immediately.

### SERVING SIZE

One serving is approximately two cups.

### NO PROTEIN POWDER

Omit or use a few tablespoons of hemp seeds instead.

### MELON

1/4 small honeydew melon is approximately equal to one cup.

# Sardine & Avocado Endive Wraps

2 SERVINGS 5 MINUTES



## INGREDIENTS

6 ozs Sardines (packed in oil, drained)  
1 Avocado (cubed)  
1 head Endive (leaves separated)

## NUTRITION

### AMOUNT PER SERVING

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

## DIRECTIONS

- 01 In a bowl, gently break the sardines into chunks. Add avocado and toss until just combined.
- 02 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.

# Peach, Blackberry & Basil Smoothie

3 SERVINGS 5 MINUTES



## INGREDIENTS

3 3/4 cups Plain Coconut Milk (unsweetened, from the carton)  
3 cups Frozen Peaches  
1 cup Blackberries (fresh or frozen)  
3 tbsps Basil Leaves  
2 ozs Collagen Powder

## NUTRITION

### AMOUNT PER SERVING

Calories	244	Fiber	5g
Fat	7g	Sugar	24g
Carbs	28g	Protein	18g

## DIRECTIONS

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

## NOTES

### LEFTOVERS

Best enjoyed immediately.

### MORE FLAVOR

Add a pitted date before blending.

### MAKE IT VEGAN

Omit collagen powder and use plant-based protein powder.

# Strawberry Banana Chia Pudding

4 SERVINGS 3 HOURS



## INGREDIENTS

2 cups Plain Coconut Milk (unsweetened, from the carton)  
1/2 cup Vanilla Protein Powder  
1/2 cup Chia Seeds  
1 cup Strawberries (chopped)  
1 Banana (sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	240	Fiber	8g
Fat	11g	Sugar	9g
Carbs	24g	Protein	14g

## DIRECTIONS

- 01 Combine the milk, protein powder, and chia seeds in a bowl or container. Refrigerate for at least three hours or until chia seeds have set and pudding has chilled.
- 02 To serve, stir well and top with strawberries and banana. Top with extra milk if needed and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days. Cut fruit just before serving.

### MORE FLAVOR

Add cinnamon or liquid sweetener of choice.

### ADDITIONAL TOPPINGS

Add other fresh berries or chopped fruit.

### MORE PROTEIN

Top with a dollop of greek yogurt.

### PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.

# Carrot Sticks

4 SERVINGS 5 MINUTES



## INGREDIENTS

4 Carrot (medium)

## NUTRITION

### AMOUNT PER SERVING

Calories	25	Fiber	2g
Fat	0g	Sugar	3g
Carbs	6g	Protein	1g

## DIRECTIONS

01 Peel the carrot and slice it into sticks. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days. Add water to prevent them from drying out.

### MORE FLAVOR

Season with salt.

### SERVE IT WITH

Hummus, guacamole or your favorite dip.

# Warm Parsley Tomato Plantain Wrap

1 SERVING 15 MINUTES



## INGREDIENTS

- 1/2 Plantain (very ripe, mashed)
- 1/2 Egg
- 1/4 cup Parsley (chopped)
- 1/3 cup Cherry Tomatoes (halved)

## NUTRITION

### AMOUNT PER SERVING

Calories	216	Fiber	3g
Fat	3g	Sugar	25g
Carbs	46g	Protein	6g

## DIRECTIONS

- 01 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper or a silicone baking mat.
- 02 In a bowl, stir together the mashed plantain and egg. Transfer to the baking sheet, spreading thinly to form circles of approximately 4 to 5 inches wide. Bake for 10 minutes or until cooked through and golden brown.
- 03 Transfer each wrap to a plate and fill with the parsley and tomatoes. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### ADDITIONAL TOPPINGS

Top with avocado, cheddar cheese, feta, mixed greens, olives, cucumber or bacon.

# BBQ Ribs

1 SERVING 4 HOURS



## INGREDIENTS

1/4 cup Barbecue Sauce (divided)  
8 ozs Pork Ribs  
1 1/2 cups Asparagus (woody ends snapped off)  
3/4 tsp Extra Virgin Olive Oil (chopped)  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	609	Fiber	5g
Fat	29g	Sugar	26g
Carbs	36g	Protein	51g

## DIRECTIONS

- 01 Brush your ribs with half of the barbecue sauce and place in the slow cooker. Cook on low for 6 to 8 hours, or high for 4.
- 02 When ready to eat, preheat grill over medium heat.
- 03 Toss your asparagus with oil and season with salt and black pepper to taste.
- 04 Carefully remove ribs from the slow cooker onto a plate. Place on the grill and cook for 10 minutes per side, or until slightly charred. Brush with the remaining barbecue sauce while cooking. When you flip the ribs, place the asparagus directly on the grill and cook for 8 to 10 minutes or until bright green.
- 05 Remove ribs and asparagus from grill and divide onto plates. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### NO RIBS

Use wings, chicken breast or drumsticks instead.

# Strawberry Blueberry Smoothie

3 SERVINGS 5 MINUTES



## INGREDIENTS

1 1/2 cups Frozen Blueberries (wild)  
1 1/2 cups Strawberries (stems removed)  
3 3/4 cups Unsweetened Almond Milk  
3 tbsps Chia Seeds  
3/4 cup Vanilla Protein Powder

## NUTRITION

### AMOUNT PER SERVING

Calories	244	Fiber	8g
Fat	8g	Sugar	10g
Carbs	23g	Protein	23g

## DIRECTIONS

01 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 another plant-based milk such as coconut, cashew, or oat.

### NO FRESH STRAWBERRIES

Use frozen instead.

### PROTEIN POWDER

This recipe was tested using plant-based vanilla protein powder.

# Hot Chocolate Smoothie

4 SERVINGS 5 MINUTES



## INGREDIENTS

4 cups Unsweetened Almond Milk  
2 cups Frozen Cauliflower  
2 Banana  
1 cup Chocolate Protein Powder  
1/2 cup Cocoa Powder  
1/4 cup Chia Seeds  
1/2 tsp Sea Salt (optional, for topping)

## NUTRITION

### AMOUNT PER SERVING

Calories	268	Fiber	13g
Fat	9g	Sugar	8g
Carbs	31g	Protein	26g

## DIRECTIONS

- 01 In a small saucepan over medium-low heat, add the almond milk. Bring to a simmer and then add to a blender.
- 02 Add the remaining ingredients. Blend carefully, allowing space for the heat to escape, until smooth and creamy. Serve warm and enjoy!

## NOTES

### NUT-FREE

Use coconut milk or another nut-free milk instead.

### MORE FLAVOR

Add ground cinnamon.

### PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder.

# Asparagus & Mushroom Frittata

2 SERVINGS 25 MINUTES



## INGREDIENTS

4 Egg  
2 tbsps Water  
1 1/2 tpsps Extra Virgin Olive Oil  
1 cup Mushrooms (sliced)  
1/2 cup Asparagus (sliced)  
1 stalk Green Onion (chopped)  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	192	Fiber	1g
Fat	13g	Sugar	2g
Carbs	4g	Protein	15g

## DIRECTIONS

- 01 Preheat the oven to 400°F (204°C).
- 02 Add the eggs and water to a bowl and whisk well. Set aside.
- 03 Heat the oil in a cast-iron skillet, or another oven-proof skillet, over medium heat. Add the mushrooms and asparagus and cook until the mushrooms have softened and the asparagus is fork-tender, five to seven minutes. Stir in the green onion, salt, and pepper, and continue to cook for another minute until the green onions have softened.
- 04 Pour the whisked eggs into the skillet with the vegetables and let the eggs cook for about 30 seconds or until they just begin to set, before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven.
- 05 Bake for 12 to 15 minutes or until eggs have set and are firm to the touch in the center of the pan. Let sit for five minutes before cutting into wedges. Season with additional salt and pepper if needed and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

A 10-inch cast-iron pan was used for four servings.

### MORE FLAVOR

Use milk of choice instead of water. Add fresh or dried herbs, garlic, or red pepper flakes.

# Green Poutine

2 SERVINGS 45 MINUTES



## INGREDIENTS

2 Yellow Potato (medium)  
2 cups Asparagus  
2 tbsps Extra Virgin Olive Oil (divided)  
2 cups Mushrooms (sliced)  
1/4 Yellow Onion (medium, diced)  
1 Garlic (clove, minced)  
1 1/2 tsps Dried Thyme  
1/2 cup Vegetable Broth  
1 tsp Arrowroot Powder  
1 cup Butternut Squash (peeled and cubed)  
1/2 cup Water  
1/4 cup Cashews  
1/2 cup Nutritional Yeast  
1/2 Lemon (juiced)  
1/2 tsp Paprika  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	619	Fiber	19g
Fat	22g	Sugar	10g
Carbs	77g	Protein	34g

## DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 Slice the potatoes into french fry shapes then slice the woody ends off the asparagus. Cut the asparagus stalks in half, or into to a length similar to the fries.
- 03 Toss both the potatoes and asparagus together with half of the olive oil. Spread across the baking sheet and bake for 30 minutes, flipping at the halfway point.
- 04 Meanwhile, make the gravy by heating the remaining olive oil in a frying pan over medium heat. Add the mushrooms, onion, garlic and thyme and saute for about 10 minutes or until all liquid has released. Now transfer to your blender and add the broth and arrowroot powder. Blend until smooth and return to the pan, over medium heat, let it simmer and whisk periodically until thickened. Add extra broth if a thinner consistency is desired. Season to taste with salt and pepper. Rinse out the blender.
- 05 Now make the cheese sauce. Add the butternut squash and water to a small saucepan. Bring to a boil, cover and simmer for 10 minutes or until soft. Transfer the squash to your blender and add the cashews, nutritional yeast, lemon juice, and paprika. Blend until smooth. Season to taste with salt and pepper.
- 06 To serve, divide the fries and asparagus between plates. Top with gravy and cheese sauce. Enjoy!

# Baked Cod with Green Beans & Carrots

2 SERVINGS 35 MINUTES



## INGREDIENTS

2 Carrot (large, peeled and thinly sliced)  
2 cups Green Beans (trimmed)  
1 tbsp Coconut Oil (melted, divided)  
1/4 tsp Sea Salt (divided)  
1/2 tsp Paprika  
1/4 tsp Turmeric  
1/4 tsp Cumin  
1/4 tsp Ground Ginger  
2 Cod Fillet

## NUTRITION

### AMOUNT PER SERVING

Calories	311	Fiber	5g
Fat	9g	Sugar	6g
Carbs	14g	Protein	44g

## DIRECTIONS

- 01 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 02 Add the carrots and green beans to the baking sheet and season with half of the coconut oil and half of the salt. Toss to evenly coat, arrange in a single layer, and bake for 15 minutes.
- 03 Meanwhile, in a small bowl combine the paprika, turmeric, cumin, ginger, and remaining salt.
- 04 Remove the vegetables from the oven and flip. Make space for the cod fillets in the center of the baking sheet. Add the fillets and drizzle with the remaining coconut oil and the spice blend. Rub to coat all sides evenly. Continue to bake for 15 to 18 minutes or until the fish is cooked through and flakes easily and the vegetables are tender. Divide between plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### MORE FLAVOR

Add other dried herbs and spices. Serve with lime or lemon wedges.

### NO COD FILLETS

Use another white fish instead.

### VEGETABLES

Use any vegetables you have on hand, like broccoli, cauliflower, or bell pepper.

### FILLET SIZE

One cod fillet is equal to 231 grams or 8 ounces.

# Mexican-Style Fries Supreme

2 SERVINGS 30 MINUTES



## INGREDIENTS

4 Sweet Potato (medium, sliced into 1/4-inch strips)  
2 tbsps Extra Virgin Olive Oil  
1 1/3 tbsps Taco Seasoning  
Sea Salt & Black Pepper (to taste)  
1 cup Baby Spinach (thinly sliced)  
1 Red Bell Pepper (medium, diced)  
1/2 cup Unsweetened Coconut Yogurt (optional)

## NUTRITION

### AMOUNT PER SERVING

Calories	409	Fiber	11g
Fat	16g	Sugar	15g
Carbs	64g	Protein	6g

## DIRECTIONS

- 01 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 02 Toss the sweet potato with the oil, taco seasoning, salt and black pepper on the baking sheet and space out the pieces evenly being sure not to crowd the pan. Bake for 25 to 30 minutes, flipping halfway through.
- 03 Transfer the sweet potato fries onto a plate and top with the baby spinach, red bell pepper, and coconut yogurt (optional). Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days. Reheat in the oven for best results.

### ADDITIONAL TOPPINGS

Tomatoes, ground beef, shredded cheese, or green onions.

# One Pan Teriyaki Chicken

2 SERVINGS 40 MINUTES



## INGREDIENTS

- 10 ozs Chicken Breast
- 2 cups Broccoli (chopped into florets)
- 2 Carrot (medium, sliced on the diagonal)
- 2 cups Snap Peas
- 2 tbsps Coconut Aminos
- 2 tbsps Sesame Oil
- 1/2 Navel Orange (juiced)
- 2 tbsps Raw Honey
- 2 tbsps Rice Vinegar
- 4 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 1 tbsp Sesame Seeds

## NUTRITION

### AMOUNT PER SERVING

Calories	505	Fiber	8g
Fat	20g	Sugar	30g
Carbs	47g	Protein	38g

## DIRECTIONS

- 01 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 Place the chicken breasts on the baking sheet, surrounded with the broccoli, carrots and snap peas.
- 03 In a small bowl, whisk together the coconut aminos, sesame oil, orange juice, honey, rice vinegar, garlic and ginger. Pour half the sauce over the chicken and drizzle the rest over the veggies.
- 04 Bake for 30 minutes, or until chicken is fully cooked. Remove the pan from the oven and sprinkle with sesame seeds. Divide between plates and enjoy!

## NOTES

### SERVE IT WITH

Our Crispy Smashed Potatoes, Mushroom Garlic Quinoa or plain rice.

### LIKES IT SPICY

Whisk hot sauce or chili flakes into the teriyaki sauce.

### LEFTOVERS

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

### NO COCONUT AMINOS

Use tamari instead.

# Aloo Gobi

2 SERVINGS 45 MINUTES



## INGREDIENTS

2 2/3 tbsps Ghee  
1 1/2 tsps Cumin  
1/4 tsp Garam Masala  
1/2 tsp Cinnamon  
1 tsp Turmeric  
1/2 Garlic (clove, minced)  
1 1/2 tsps Ginger (minced)  
1/2 Yellow Onion (chopped)  
1 1/2 Russet Potato (peeled, cut into 1-inch pieces)  
1/2 head Cauliflower (chopped into florets)  
1/4 cup Water  
1 tbsps Cilantro (chopped)  
Sea Salt & Black Pepper

## NUTRITION

### AMOUNT PER SERVING

Calories	334	Fiber	8g
Fat	17g	Sugar	7g
Carbs	41g	Protein	7g

## DIRECTIONS

- 01 Add the ghee to a medium-sized pan over low heat. Once melted, add the cumin, garam masala, cinnamon and turmeric. Stir until fragrant.
- 02 Once mixed together, add the garlic and ginger. Cook for 3 minutes on low.
- 03 Turn the heat to medium and add the onions. Cook for another 5 minutes or until soft. Then add the potatoes, cauliflower and water. Cook covered for 20-25 minutes, or until the potatoes are tender.
- 04 Divide evenly between bowls. Top with cilantro, salt and pepper. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is approximately 1 1/2 cups.

### NO RUSSET POTATOES

Use yellow or sweet potatoes instead.

# Slow Cooker Crispy Pork Hock with Chinese Broccoli

2 SERVINGS 8 HOURS 30 MINUTES



## INGREDIENTS

1 1/2 lbs Pork Hock  
2 cups Water  
1/4 tsp Sea Salt  
4 1/2 ozs Chinese Broccoli

## NUTRITION

### AMOUNT PER SERVING

Calories	479	Fiber	2g
Fat	19g	Sugar	1g
Carbs	3g	Protein	70g

## DIRECTIONS

- 01 Add the pork hock, water and salt to a slow cooker and cook for 6 to 8 hours on high. Strain or skim the fat from the surface.
- 02 Set your oven to broil and move the rack to the top rung. Gently remove the pork hock from the slow cooker and reserve the broth.
- 03 Broil the pork hock in the oven for 5 to 8 minutes or until golden brown and crispy.
- 04 Meanwhile, add the Chinese broccoli to a pan with enough water to cover halfway. Steam for about 3 to 5 minutes or until tender. Drain any excess water and transfer to a plate alongside the crispy pork hock.
- 05 Serve with the broth as a side, or reserve for future cooking. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days. Store the broth separately for up to three days or freeze for up to three months.

### MORE FLAVOR

Add herbs, spices, onion, garlic, carrot and/or celery to the broth for more depth of flavor.

### ADDITIONAL TOPPINGS

Serve with rice, quinoa, couscous, barley or steamed veggies.

### NO PORK HOCK

Use pork shank instead.

# Roasted Potatoes with Tahini Dressing & Herbs

2 SERVINGS 50 MINUTES



## INGREDIENTS

3 Yellow Potato (small, washed and cubed)  
2 1/4 tsps Extra Virgin Olive Oil  
1 1/2 tsps Dried Rosemary  
Sea Salt & Black Pepper (to taste)  
1 1/2 tbsps Tahini  
1/2 tsp Lemon Juice  
1 1/2 tsps Water  
2/3 oz Pickled Red Onions (homemade or store-bought)  
1/4 cup Parsley (washed and dried)  
1/4 cup Fresh Dill (washed and dried)

## NUTRITION

### AMOUNT PER SERVING

Calories	368	Fiber	8g
Fat	12g	Sugar	3g
Carbs	61g	Protein	9g

## DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking tray with parchment paper.
- 02 Place the potatoes on the tray. Toss with olive oil, dried rosemary, salt, and pepper. Place the tray in the middle rack of the oven and cook for 30 to 40 minutes or until golden brown.
- 03 In the meantime, in a small bowl whisk together the tahini, lemon juice, and water until smooth. Season with salt.
- 04 Once the potatoes are cooked, place them on a serving platter. Drizzle with the tahini dressing. Add the pickled onions and spread parsley and dill on top. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate the potatoes and tahini dressing in separate airtight containers for up to three days. Reheat the potatoes in the oven before serving and top with pickled onions and herbs.

### SERVING SIZE

One serving is equal to approximately one cup of roasted potatoes and dressing.

### MORE FLAVOR

Add spices like paprika, garlic powder, and/or chili powder to the potatoes before roasting.

### ADDITIONAL TOPPINGS

Fresh mint and sesame seeds.

### NO PICKLED RED ONIONS

Use thinly sliced fresh red onion instead.

# Pressure Cooker Chicken Breast

2 SERVINGS 20 MINUTES



## INGREDIENTS

- 12 ozs Chicken Breast (skinless and boneless)
- 1/2 tsp Oregano
- 1/2 tsp Dried Thyme
- 1/2 tsp Paprika
- 1/4 tsp Garlic Powder
- 1/4 tsp Onion Powder
- 1/4 tsp Sea Salt
- 2 tsps Avocado Oil
- 1 1/2 cups Chicken Broth
- 3 1/3 ozs Thyme Sprigs (for garnish)

## NUTRITION

### AMOUNT PER SERVING

Calories	310	Fiber	7g
Fat	10g	Sugar	1g
Carbs	14g	Protein	42g

## DIRECTIONS

- 01 Place the chicken in a shallow bowl and add oregano, thyme, paprika, garlic, onion and sea salt. Coat the chicken, ensuring it is fully covered.
- 02 Using the sauté function on your pressure cooker, cook the chicken for 2 minutes per side and then remove. Add the chicken broth to the pressure cooker and place the metal rack inside.
- 03 Place the chicken on top of the metal rack and cook on high pressure for 5 minutes. Let the steam release naturally for 8 minutes and then do a quick release. Remove the chicken and top with thyme sprigs. Serve and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days.

### MAKE IT A MEAL

Serve alongside your favorite sides, like roasted vegetables, potatoes and/or rice.

# Stuffed Plantains

2 SERVINGS 30 MINUTES



## INGREDIENTS

2 Plantain (very ripe, peeled)  
1 1/3 tsps Avocado Oil  
5 1/3 ozs Extra Lean Ground Beef  
2 tsps Smoked Paprika  
2/3 Green Bell Pepper (small, seeds removed, diced)  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	504	Fiber	6g
Fat	12g	Sugar	48g
Carbs	89g	Protein	19g

## DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 02 Arrange the plantain on the baking sheet and brush evenly with avocado oil. Bake for about 30 minutes or until brown and tender. (If the plantain is still firm, flip over and bake for another five to 10 minutes.)
- 03 Meanwhile, heat a pan over medium-high heat. Add the beef, paprika, bell pepper, salt, and pepper. Stir for eight to 10 minutes or until the beef is cooked through.
- 04 Remove the plantains from the oven and cut each one lengthwise about halfway. Stuff each plantain with the beef mixture. Divide onto plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving equals approximately one stuffed plantain.

### MORE FLAVOR

Add sautéed onions, tomato sauce, garlic, cayenne pepper, or chili powder.

### ADDITIONAL TOPPING

Top with cheese, yogurt, and fresh parsley.

# Pressure Cooker Jackfruit Curry

2 SERVINGS 25 MINUTES



## INGREDIENTS

1 cup Jackfruit (young, drained and rinsed)  
1/2 tsp Coconut Oil  
1/4 Yellow Onion (chopped)  
1 tsp Garam Masala  
1/2 tsp Turmeric  
1/2 tsp Sea Salt  
1 1/2 Garlic (cloves, minced)  
2 2/3 tbsps Water  
1 cup Canned Coconut Milk  
1 Sweet Potato (cubed)  
1/3 cup Tomato Sauce  
1 1/2 cups Baby Spinach

## NUTRITION

### AMOUNT PER SERVING

Calories	353	Fiber	5g
Fat	21g	Sugar	21g
Carbs	40g	Protein	5g

## DIRECTIONS

- 01 Pull the pieces of the jackfruit apart so that it is all shredded.
- 02 Turn your pressure cooker to sauté mode. Add the coconut oil and onion. Cook for 1 to 2 minutes, then add the garam masala, turmeric, and salt. Continue cooking until softened, about 3 minutes. Add the garlic and cook for one more minute. Deglaze with the water.
- 03 Add the coconut milk, sweet potato, and pulled jackfruit. Set to “sealing”, then press manual/pressure cooker and cook for 5 minutes on high pressure. Once it is done, let the pressure release naturally for 8 minutes, then release manually. Remove the lid carefully.
- 04 Stir in the tomato sauce and spinach. Divide into bowls and enjoy!

## NOTES

### LEFTOVERS

Store in an airtight container in the fridge for up to 4 days. Freeze for up to two months.

### SERVING SIZE

One serving size is equal to approximately 1 1/2 cups of curry.

### MORE FLAVOR

Add minced ginger.

### SERVE IT WITH

Rice or pita.

# Pineapple Coconut Shrimp

2 SERVINGS 25 MINUTES



## INGREDIENTS

1 1/2 Garlic (cloves, minced)  
1 tbsp Extra Virgin Olive Oil  
1 tbsp Red Wine Vinegar  
1 tbsp Parsley (chopped)  
1/4 tsp Sea Salt  
1 lb Shrimp (raw, peeled and de-veined)  
2 cups Pineapple (diced into chunks)  
1 tbsp Unsweetened Coconut Flakes  
6 Barbecue Skewers

## NUTRITION

### AMOUNT PER SERVING

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

## DIRECTIONS

- 01 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.
- 02 Preheat grill to medium heat.
- 03 Slide a shrimp onto a skewer, followed by a pineapple chunk. Repeat until all ingredients are used up.
- 04 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.

# Slow Cooker Maple Ginger Ribs with Purple Yam

1 SERVING 4 HOURS 30 MINUTES



## INGREDIENTS

1 1/2 tsps Coconut Aminos  
3/4 tsp Fish Sauce  
1 1/8 tsps Maple Syrup  
1/16 White Onion (chopped)  
1 1/2 tsps Ginger (peeled, chopped)  
2/3 Garlic (cloves, minced)  
1/4 stalk Green Onion (chopped, divided)  
8 ozs Pork Ribs  
1/2 cup Purple Yam (small, halved)  
1/16 head Green Lettuce

## NUTRITION

### AMOUNT PER SERVING

Calories	548	Fiber	3g
Fat	25g	Sugar	7g
Carbs	30g	Protein	48g

## DIRECTIONS

- 01 In a bowl, make your marinade by whisking together the coconut aminos, fish sauce, maple syrup, white onion, ginger, garlic and green onion.
- 02 Place your ribs in the slow cooker and brush the marinade on all sides. Cook on low for 6 to 8 hours, or high for 4 hours.
- 03 About 20 minutes before your ribs are done, bring a pot of water to a boil and place the purple yams into a steaming basket. Cover and steam for about 10 to 15 minutes or until tender. Set aside.
- 04 Divide the lettuce onto plates and top with ribs and steamed yams. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### ADDITIONAL TOPPINGS

Top with black and/or white sesame seeds.

### NO RIBS

Use wings, chicken breast or drumsticks instead.

### NO COCONUT AMINOS

Use soy sauce or tamari instead.

### NO FISH SAUCE

Omit completely or use additional coconut aminos instead.

### BBQ LOVER

Remove ribs from the slow cooker and grill over medium heat for 10 minutes per side, or until slightly charred. Brush with any remaining marinade while cooking.

# Baingan Bharta

1 SERVING 30 MINUTES



## INGREDIENTS

1 1/2 **tsps** Extra Virgin Olive Oil (divided)  
3/4 Eggplant (medium, halved lengthwise)  
1 1/2 **tsps** Lime Juice  
1/4 Yellow Onion (chopped)  
3/4 Garlic (cloves, minced)  
1/4 Jalapeno Pepper (small, seeds removed and finely chopped)  
3/4 Tomato (medium, chopped)  
1/2 **tsp** Garam Masala  
1/8 **tsp** Sea Salt  
2 **tbsps** Cilantro (chopped, plus more for garnish)

## NUTRITION

### AMOUNT PER SERVING

Calories	199	Fiber	15g
Fat	8g	Sugar	17g
Carbs	32g	Protein	6g

## DIRECTIONS

- 01 Use a bit of the oil to lightly grease a baking sheet. Place the eggplant halves flesh down on the sheet and broil for 10 to 12 minutes, or until charred and the flesh is soft.
- 02 When cool enough to handle, scoop out the eggplant flesh. Mash the eggplant into a puree with the lime juice and set aside.
- 03 Heat the remaining oil in a pan over medium-high heat. Cook the onions for about 10 minutes, stirring frequently. Add the garlic, jalapeno, tomato, garam masala, and salt. Cook for another five minutes.
- 04 Add the eggplant and cook for another five minutes. Stir in the cilantro and remove from heat. Divide into bowls, garnish with more cilantro (optional) and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

One serving equals approximately 1 1/2 cups.

### MORE FLAVOR

Add turmeric. Fire roast the eggplants instead of broiling.

### ADDITIONAL TOPPINGS

Serve with roti, rice, or pita.

### NO JALAPENO PEPPER

Use green chili, Serrano chili, or red pepper flakes instead.

# Banana Cinnamon Smoothie

3 SERVINGS 5 MINUTES



## INGREDIENTS

3/4 cup Vanilla Protein Powder  
3 tbsps Ground Flax Seed  
3 tbsps Chia Seeds  
3 Banana (frozen)  
6 Ice Cubes  
3 cups Water  
3/4 tsp Cinnamon

## NUTRITION

### AMOUNT PER SERVING

Calories	287	Fiber	9g
Fat	7g	Sugar	14g
Carbs	36g	Protein	24g

## DIRECTIONS

01 Add all ingredients to blender and blend until smooth. Pour into a glasses and enjoy!

## NOTES

### NO PROTEIN POWDER

Use hemp seeds with vanilla extract instead.

### LEFTOVERS

Store in a mason jar with a lid in the fridge up to 24 hours. Shake well before drinking.

### MAKE IT GREEN

Add spinach.

# Prosciutto Wrapped Apricots

4 SERVINGS 10 MINUTES



## INGREDIENTS

1 cup Dried Apricots  
7 3/4 ozs Prosciutto (cut in half)

## NUTRITION

### AMOUNT PER SERVING

Calories	196	Fiber	2g
Fat	7g	Sugar	17g
Carbs	20g	Protein	15g

## DIRECTIONS

01 Gently wrap each dried apricot with prosciutto. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving equals approximately four to five prosciutto-wrapped apricots.

### ADDITIONAL TOPPINGS

Add goat cheese and walnuts.