



1800 calories, paleo

MON



BREAKFAST
Chocolate Cauliflower Shake



SNACK 1
Olives & Cucumber, Turkey & Cabbage Rolls



LUNCH
Ground Turkey, Broccoli & Sweet Potato



SNACK 2
Pepper & Onion Mini Egg White Bites, Cinnamon Toast Crunch Pumpkin Seeds



DINNER
Pork Roast with Potatoes & Green Beans



SNACK 3
Decadent Chocolate Peppermint Truffles

TUE



BREAKFAST
Chocolate Cauliflower Shake



SNACK 1
Olives & Cucumber, Turkey & Cabbage Rolls



LUNCH
Pork Roast with Potatoes & Green Beans



SNACK 2
Pepper & Onion Mini Egg White Bites, Cinnamon Toast Crunch Pumpkin Seeds



DINNER
Paprika Beef with Mashed Potatoes

WED



BREAKFAST
Chocolate Cauliflower Shake



SNACK 1
Olives & Cucumber, Turkey & Cabbage Rolls



LUNCH
Paprika Beef with Mashed Potatoes



SNACK 2
Pepper & Onion Mini Egg White Bites, Cinnamon Toast Crunch Pumpkin Seeds



DINNER
Beef Kafta Casserole



SNACK 3
Decadent Chocolate Peppermint Truffles, Pickled Green Tomatoes &...

THU



BREAKFAST
Cucumber, Mango & Banana Smoothie



SNACK 1
Lemon Blueberry Chia Jam, Turmeric Egg Drop Soup



LUNCH
Beef Kafta Casserole



SNACK 2
Gingerbread Protein Cookies, Deli Beef Wraps



DINNER
Ginger Beef Sweet Potato Noodles



SNACK 3
Decadent Chocolate Peppermint Truffles

FRI



BREAKFAST
Cucumber, Mango & Banana Smoothie



SNACK 1
Lemon Blueberry Chia Jam, Turmeric Egg Drop Soup



LUNCH
Ginger Beef Sweet Potato Noodles



SNACK 2
Gingerbread Protein Cookies, Deli Beef Wraps



DINNER
Sheet Pan Pesto Chicken, Potatoes & Veggies



SNACK 3
Decadent Chocolate Peppermint Truffles

SAT



BREAKFAST
Strawberry Almond Protein Smoothie



SNACK 1
Lemon Blueberry Chia Jam, Turmeric Egg Drop Soup



LUNCH
Sheet Pan Pesto Chicken, Potatoes & Veggies



SNACK 2
Gingerbread Protein Cookies, Deli Beef Wraps



DINNER
One Pan Teriyaki Chicken

SUN



BREAKFAST
Strawberry Almond Protein Smoothie



SNACK 1
Lemon Blueberry Chia Jam, Turmeric Egg Drop Soup



LUNCH
One Pan Teriyaki Chicken



SNACK 2
Gingerbread Protein Cookies, Deli Beef Wraps



DINNER
Maple Roasted Carrots & Chicken

MON

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

Calories 1872 Fiber 40g
Fat 74g Sugar 63g
Carbs 187g Protein 129g

TUE

FAT 33% **CARBS 39%** **PROTEIN 28%**

Calories 1752 Fiber 36g
Fat 65g Sugar 45g
Carbs 174g Protein 128g

WED

FAT 31% **CARBS 41%** **PROTEIN 28%**

Calories 1752 Fiber 37g
Fat 62g Sugar 59g
Carbs 183g Protein 125g

THU

FAT 36% **CARBS 39%** **PROTEIN 25%**

Calories 1783 Fiber 30g
Fat 74g Sugar 74g
Carbs 177g Protein 114g

FRI

FAT 39% **CARBS 36%** **PROTEIN 25%**

Calories 1895 Fiber 31g
Fat 85g Sugar 74g
Carbs 177g Protein 120g

SAT

FAT 38% **CARBS 35%** **PROTEIN 27%**

Calories 1810 Fiber 32g
Fat 78g Sugar 74g
Carbs 166g Protein 128g

SUN

FAT 33% **CARBS 36%** **PROTEIN 31%**

Calories 1790 Fiber 33g
Fat 67g Sugar 89g
Carbs 168g Protein 142g

FRUITS

- 5 Banana
- 1 tbsp Lemon Juice
- 2 2/3 tbsps Lime Juice
- 1/2 Navel Orange
- 3 cups Strawberries

BREAKFAST

- 2/3 cup Almond Butter
- 3 tbsps Maple Syrup

SEEDS, NUTS & SPICES

- 1/8 tsp Black Pepper
- 1 tsp Chia Seeds
- 1 2/3 tpsps Cinnamon
- 1/3 tsp Cumin
- 2 tbsps Ground Flax Seed
- 1 tsp Italian Seasoning
- 2 1/4 tpsps Lebanese Seven Spice Blend
- 1/16 tsp Nutmeg
- 3/4 cup Pumpkin Seeds, In Shell
- 2 1/8 tpsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsp Sesame Seeds
- 1 tbsp Smoked Paprika
- 1/2 tsp Turmeric

FROZEN

- 1 cup Frozen Banana
- 1/2 cup Frozen Blueberries
- 3 cups Frozen Cauliflower
- 1 cup Frozen Mango

VEGETABLES

- 2 cups Baby Spinach
- 7 1/2 cups Broccoli
- 7 Carrot
- 1 stalk Celery
- 3 1/4 tbsps Cilantro
- 3 3/4 Cucumber
- 11 1/4 Garlic
- 2 2/3 tbsps Ginger
- 2 cups Green Beans
- 1 Green Bell Pepper
- 1 head Green Lettuce
- 2 cups Mini Potatoes
- 2 1/3 tpsps Mint Leaves
- 1/4 cup Parsley
- 1 1/2 cups Purple Cabbage
- 1/3 Red Bell Pepper
- 2/3 cup Red Onion
- 2 Russet Potato
- 1/4 cup Shallot
- 2 cups Snap Peas
- 3 Sweet Potato
- 1 1/2 Tomato
- 1 1/8 Yellow Onion
- 3 1/2 Yellow Potato

BOXED & CANNED

- 2 tbsps Chicken Broth
- 4 cups Chicken Broth, Low Sodium
- 2 1/4 tpsps Tomato Paste
- 2 cans Tuna
- 1 cup Vegetable Broth

BAKING

- 1/3 cup Almond Flour
- 3 tbsps Arrowroot Powder
- 1/3 tsp Baking Powder
- 1/3 cup Cacao Powder

BREAD, FISH, MEAT & CHEESE

- 1 1/8 lbs Chicken Breast
- 8 ozs Chicken Thighs
- 6 ozs Deli Roast Beef
- 1 1/2 lbs Extra Lean Ground Beef
- 4 ozs Extra Lean Ground Turkey
- 12 3/4 ozs Pork Shoulder, Boneless
- 6 ozs Sliced Turkey Breast

CONDIMENTS & OILS

- 3/4 tsp Avocado Oil
- 1/3 cup Coconut Aminos
- 2 1/4 tbsps Coconut Oil
- 1/3 cup Extra Virgin Olive Oil
- 1 1/2 tpsps Mayonnaise
- 3 tbsps Pesto
- 3/4 cup Pitted Kalamata Olives
- 2 tbsps Rice Vinegar
- 2 1/8 tbsps Sesame Oil

COLD

- 4 1/3 Egg
- 3/4 cup Egg Whites
- 2 1/3 tbsps Orange Juice
- 7 1/2 cups Unsweetened Almond Milk

OTHER

- 3/4 cup Chocolate Protein Powder
- 1 1/2 tbsps Maca Powder
- 3/4 cup Pickled Green Tomato
- 1 1/8 cups Vanilla Protein Powder
- 1 2/3 cups Water

- 2 1/8 tbsps Cocoa Powder
- 3 tps Coconut Sugar
- 2 1/8 tbsps Dark Chocolate Chips
- 2 tps Fancy Molasses
- 1/4 tsp Peppermint Extract
- 1/3 cup Pitted Dates
- 2 tbsps Raw Honey
- 1 1/3 tbsps Tapioca Flour

Chocolate Cauliflower Shake

3 SERVINGS 5 MINUTES



INGREDIENTS

3 cups Frozen Cauliflower
3 Banana (frozen)
3 tbsps Almond Butter
1/3 cup Cacao Powder
3/4 cup Chocolate Protein Powder
3 cups Unsweetened Almond Milk
1 1/2 tbsps Maca Powder

NUTRITION

AMOUNT PER SERVING

Calories	449	Fiber	17g
Fat	16g	Sugar	20g
Carbs	50g	Protein	31g

DIRECTIONS

01 In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

NOTES

MAKE IT MOCHA

Replace half of the almond milk with chilled coffee.

LIKES IT SWEETER

Add pitted medjool dates.

NO MACA POWDER

Leave it out or use cinnamon instead.

Cucumber, Mango & Banana Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Unsweetened Almond Milk
1 cup Frozen Banana
1 cup Frozen Mango
1/2 Cucumber (medium, chopped)
2 cups Baby Spinach
1/4 cup Almond Butter
1 tsp Cinnamon
1/2 cup Vanilla Protein Powder

NUTRITION

AMOUNT PER SERVING

Calories	477	Fiber	11g
Fat	21g	Sugar	28g
Carbs	51g	Protein	30g

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 cashew or oat.

NO ALMOND BUTTER

Use cashew butter or sunflower seed butter.

ADDITIONAL TOPPINGS

Add chia seeds or hemp seeds.

PROTEIN POWDER

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

Strawberry Almond Protein Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

3 cups Strawberries (frozen)
2 Banana (small, frozen)
1/2 cup Vanilla Protein Powder
3 tbsps Almond Butter
2 tbsps Ground Flax Seed
2 1/2 cups Unsweetened Almond Milk

NUTRITION

AMOUNT PER SERVING

Calories	474	Fiber	13g
Fat	20g	Sugar	26g
Carbs	53g	Protein	29g

DIRECTIONS

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

NOTES

NUT-FREE

Use sunflower seed butter instead of almond butter and coconut milk instead of almond milk.

NO ALMOND MILK

Use coconut milk or cashew milk instead.

SMOOTHIE CONSISTENCY

If the smoothie is too thick, thin with more almond milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.

MORE FIBER

Add in some chopped leafy greens like spinach or kale.

PROTEIN POWDER

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

Olives & Cucumber

3 SERVINGS 5 MINUTES



INGREDIENTS

1 1/2 Cucumber (medium, sliced)
3/4 cup Pitted Kalamata Olives

NUTRITION

AMOUNT PER SERVING

Calories	62	Fiber	1g
Fat	4g	Sugar	3g
Carbs	8g	Protein	1g

DIRECTIONS

01 Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

NO CUCUMBER

Use celery, carrots, or bell pepper instead.

NO KALAMATA OLIVES

Use green olives instead.

Turkey & Cabbage Rolls

3 SERVINGS 10 MINUTES



INGREDIENTS

1 1/2 cups Purple Cabbage (leaves pulled apart)
6 ozs Sliced Turkey Breast
3/4 Cucumber (medium, sliced)
1 1/2 tsps Mayonnaise

NUTRITION

AMOUNT PER SERVING

Calories	101	Fiber	1g
Fat	4g	Sugar	3g
Carbs	7g	Protein	10g

DIRECTIONS

01 Layer the cabbage, sliced turkey, and cucumber on top of each other. Spread some of the mayo on top and wrap tightly into a roll. Repeat until all ingredients are used up. Use a toothpick to help secure the rolls if needed. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving equals approximately two small rolls.

ADDITIONAL TOPPINGS

Add sprouts or arugula.

Lemon Blueberry Chia Jam

4 SERVINGS 25 MINUTES



INGREDIENTS

1/2 cup Frozen Blueberries
1 tbsp Lemon Juice
2 tps Maple Syrup
1 tsp Chia Seeds

NUTRITION

AMOUNT PER SERVING

Calories	24	Fiber	1g
Fat	0g	Sugar	4g
Carbs	5g	Protein	0g

DIRECTIONS

- 01 Add the blueberries, lemon juice and maple syrup to a small saucepan over medium-low heat. When the blueberries begin to release their juices, let the mixture simmer for about 15 minutes. The blueberries will start to break down.
- 02 Stir in the chia seeds and continue to simmer for about 5 minutes more until the blueberry mixture starts to thicken.
- 03 Remove from the heat and let it cool. The jam will continue to thicken as it cools. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to seven days or freeze for up to two months.

MORE FLAVOR

Add vanilla extract.

NO BLUEBERRIES

Use strawberries or raspberries instead.

NO MAPLE SYRUP

Use honey instead. Or substitute stevia or monk fruit sweetener to taste.

HOW TO USE

Spread on toast, muffins, rice cakes or crackers. Use on top of oats, or in any recipe that calls for jam.

Turmeric Egg Drop Soup

4 SERVINGS 15 MINUTES



INGREDIENTS

4 cups Chicken Broth, Low Sodium
1/2 tsp Sesame Oil
1/2 tsp Sea Salt (to taste)
1/2 tsp Turmeric (to taste)
3 tbsps Arrowroot Powder
1/3 cup Water
4 Egg (lightly whisked)

NUTRITION

AMOUNT PER SERVING

Calories	137	Fiber	0g
Fat	7g	Sugar	1g
Carbs	9g	Protein	11g

DIRECTIONS

- 01 Heat the broth, sesame oil, salt, and turmeric in a pot over medium heat. Bring to a gentle simmer.
- 02 Meanwhile, combine the arrowroot powder and water in a small bowl. Stir the slurry into the pot until well incorporated.
- 03 While stirring the soup, slowly add the whisked eggs. Allow the streaks of egg to set, about two minutes. Divide into bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately 1 1/4 cup.

MORE FLAVOR

Add ginger or white pepper.

ADDITIONAL TOPPINGS

Add shredded chicken, corn, cilantro, and/or green onions.

Ground Turkey, Broccoli & Sweet Potato

1 SERVING 25 MINUTES



INGREDIENTS

- 1 Sweet Potato (small, peeled and cubed)
- 2 tbsps Chicken Broth
- 3/4 tsp Avocado Oil
- 1 1/2 cups Broccoli (cut into florets)
- 4 ozs Extra Lean Ground Turkey
- 2 tbsps Red Onion (finely chopped)
- 1 Garlic (clove, minced)
- 1/2 tsp Italian Seasoning

NUTRITION

AMOUNT PER SERVING

Calories	373	Fiber	8g
Fat	14g	Sugar	9g
Carbs	38g	Protein	28g

DIRECTIONS

- 01 Boil the sweet potatoes for seven to 10 minutes or until fork-tender. Drain the sweet potato and place them back in the pot. Add the chicken broth and avocado oil and mash until smooth.
- 02 Meanwhile, steam the broccoli for five to seven minutes until tender. Drain and set aside.
- 03 While the broccoli cooks, heat a pan over medium-high heat. Add the turkey to the pan, breaking it up as it cooks. Once it is cooked through, add the onion and garlic and cook for three to five minutes until the onions soften. Add the Italian seasoning and cook for another minute.
- 04 To serve, divide the sweet potato, broccoli, and turkey between plates or meal prep containers. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add salt and other dried herbs and spices to the turkey. Add a pinch of cinnamon to the sweet potato.

NO TURKEY

Use ground chicken, ground pork, or ground beef instead.

NO BROCCOLI

Use another vegetable instead.

Pepper & Onion Mini Egg White Bites

3 SERVINGS 25 MINUTES



INGREDIENTS

3/4 cup Egg Whites
1/3 Red Bell Pepper (medium, finely diced)
1/3 Yellow Onion (small, finely diced)
1/3 tsp Italian Seasoning
1/8 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	41	Fiber	1g
Fat	0g	Sugar	2g
Carbs	3g	Protein	7g

DIRECTIONS

- 01 Preheat the oven to 350°F (175°C).
- 02 In a bowl, combine the egg whites, red bell pepper, onion, Italian seasoning, and salt.
- 03 Scoop the mixture into lined (or greased) mini muffin cups. Bake for 20 minutes or until cooked through. Let cool before serving. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately four mini egg muffins.

MORE FLAVOR

Add a splash of tamari or soy sauce. Use whole eggs or a mixture of egg whites and whole eggs.

ADDITIONAL TOPPINGS

Add goat cheese or feta cheese.

Cinnamon Toast Crunch Pumpkin Seeds

3 SERVINGS 50 MINUTES



INGREDIENTS

3/4 cup Pumpkin Seeds, In Shell (rinsed and dried)
2 1/4 tsps Extra Virgin Olive Oil
1 1/2 tbsps Maple Syrup
1/3 tsp Sea Salt
1/3 tsp Cinnamon

NUTRITION

AMOUNT PER SERVING

Calories	128	Fiber	3g
Fat	6g	Sugar	6g
Carbs	16g	Protein	3g

DIRECTIONS

- 01 Preheat oven to 300°F (149°C) and line a baking sheet with parchment paper.
- 02 Add all ingredients to a mixing bowl and mix well. Spread seeds across the baking sheet. Place in the oven and bake for 40 to 50 minutes or until golden brown. Stir at the halfway point.
- 03 Remove pumpkin seeds from the oven and let cool. Break into pieces and enjoy!

NOTES

BEST RESULTS

This recipe was created and tested using fresh pumpkin seeds. It is a great one to whip up with leftovers seeds from any type of squash.

NO FRESH SEEDS

Use store-bought pumpkin seeds instead. Since they have already been dried, cut the time in the oven down to 30 minutes.

STORAGE

Once completely cooled, store in an air-tight container at room temperature.

Gingerbread Protein Cookies

4 SERVINGS 20 MINUTES



INGREDIENTS

1/3 cup Almond Flour
2 2/3 tbsps Vanilla Protein Powder
1 tbsp Coconut Sugar
1/3 tsp Baking Powder
1/3 tsp Cinnamon
1/16 tsp Nutmeg
2 tsps Fancy Molasses
1 tsp Maple Syrup
1/3 Egg
1 1/3 tbsps Tapioca Flour (or any type of flour, for dusting)

NUTRITION

AMOUNT PER SERVING

Calories	118	Fiber	2g
Fat	6g	Sugar	6g
Carbs	11g	Protein	6g

DIRECTIONS

- 01 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 Combine almond flour, protein powder, coconut sugar, baking powder, cinnamon and nutmeg in a bowl. In a separate bowl, whisk together the molasses, syrup and egg.
- 03 Add wet ingredients to the dry ingredients and mix until a dough forms.
- 04 Generously dust a flat surface, a rolling pin and cookie cutter with tapioca flour. Roll out the dough and cut out shapes.
- 05 Bake for 8 to 10 min. Let cool completely before serving. Enjoy!

NOTES

NO COOKIE CUTTER

Use the rim of a mason jar to cut out circles. Or roll into balls and press down flat with the palm of your hand.

PROTEIN POWDER

This recipe was developed and tested using a whey-based protein powder. If using a different type of protein, results may vary.

SERVING SIZE

One serving is equal to one cookie.

Deli Beef Wraps

4 SERVINGS 10 MINUTES



INGREDIENTS

1 Cucumber (medium, julienned)
1 stalk Celery (julienned)
6 ozs Deli Roast Beef

NUTRITION

AMOUNT PER SERVING

Calories	69	Fiber	1g
Fat	2g	Sugar	1g
Carbs	3g	Protein	10g

DIRECTIONS

01 Divide the cucumber and celery into the middle of each deli roast beef slice.
Roll tightly and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

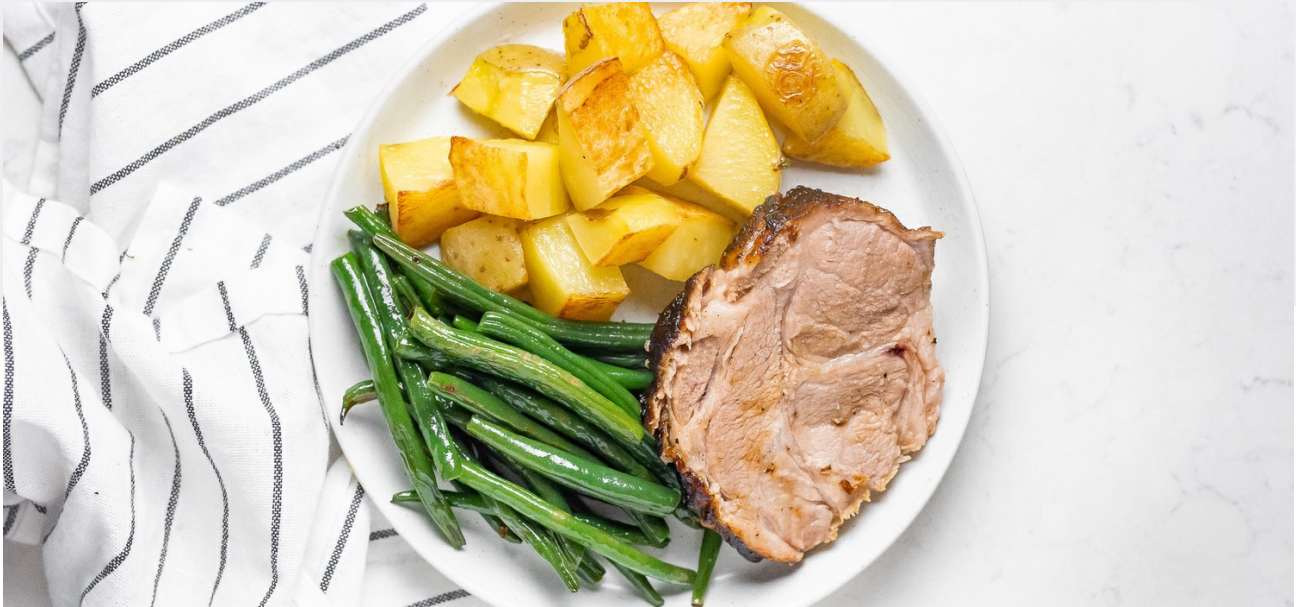
One serving equals approximately two deli beef wraps.

ADDITIONAL TOPPINGS

Add pickle, tomato, arugula, and/or micro greens.

Pork Roast with Potatoes & Green Beans

2 SERVINGS 10 HOURS



INGREDIENTS

- 2 1/3 tbsps Extra Virgin Olive Oil (divided)
- 2 1/3 tbsps Orange Juice
- 1 2/3 tbsps Lime Juice
- 3 1/4 tbsps Cilantro
- 2 1/3 tsps Mint Leaves
- 1 1/4 Garlic (cloves)
- 1/3 tsp Cumin (ground)
- Sea Salt & Black Pepper (to taste)
- 12 3/4 ozs Pork Shoulder, Boneless
- 2 Yellow Potato (medium, chopped)
- 2 cups Green Beans (trimmed)

NUTRITION

AMOUNT PER SERVING

Calories	585	Fiber	7g
Fat	23g	Sugar	7g
Carbs	48g	Protein	48g

DIRECTIONS

- 01 Add 2/3 of the olive oil, orange juice, lime juice, cilantro, mint, garlic, cumin, salt, and pepper to a food processor and blend until well combined. Transfer into an airtight storage bag or container along with the pork. Refrigerate overnight.
- 02 Before cooking, bring the marinade and pork to room temperature (about one hour). Preheat the oven to 425°F (200°C).
- 03 Place the marinated pork in a roasting pan and cook for 30 minutes, uncovered. Base with the juices.
- 04 Turn down the heat to 375°F (190°C) and cook for 1 1/2 to two hours, basting every half hour, or until the internal temperature reaches 160°F (70°C). Loosely cover in foil and let rest before slicing.
- 05 Meanwhile, add the potatoes and green beans to a parchment-lined baking sheet. Toss in the remaining oil and season with salt. Bake alongside the pork roast for 20 to 30 minutes or until fork-tender and browned.
- 06 Divide the sliced pork roast, potatoes, and green beans onto plates. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately six ounces of roast pork, one medium potato, and one cup of green beans.

MORE FLAVOR

Add fresh oregano and orange zest to the marinade.

ADDITIONAL TOPPINGS

Serve with rice, quinoa, cauliflower rice, roasted vegetables, or salad.

Paprika Beef with Mashed Potatoes

2 SERVINGS 30 MINUTES



INGREDIENTS

2 Russet Potato (medium, peeled and chopped)

8 ozs Extra Lean Ground Beef

1 tbsp Smoked Paprika

1 Green Bell Pepper (small, seeds removed, diced)

Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	386	Fiber	6g
Fat	12g	Sugar	4g
Carbs	42g	Protein	28g

DIRECTIONS

- 01 Bring a large pot of water to a boil. Add the potatoes to the pot and boil for 15 minutes or until soft. Drain the water and mash with a potato masher until creamy. Season with salt and black pepper.
- 02 Meanwhile, heat a nonstick pan over medium-high heat. Add the beef, paprika, green bell pepper, salt, and black pepper. Stir for eight to 10 minutes or until the beef is cooked through.
- 03 Divide the beef and mashed potatoes and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add sautéed onions, tomato sauce, garlic, cayenne pepper, or chili powder to the beef mixture. Add butter and milk to the mashed potatoes.

ADDITIONAL TOPPINGS

Top with cheese, yogurt, and fresh parsley.

Beef Kafta Casserole

2 SERVINGS 1 HOUR 25 MINUTES



INGREDIENTS

8 ozs Extra Lean Ground Beef
1/4 Yellow Onion (finely chopped)
1/4 cup Parsley (finely chopped)
2 1/4 tsp Lebanese Seven Spice Blend
3/4 tsp Sea Salt (divided)
1 1/2 Yellow Potato (medium-sized, sliced into 1/4-inch thick rounds)
1 1/2 Tomato (medium-sized, sliced into 1/4-inch thick rounds)
1/2 cup Red Onion (sliced into 1/4-inch thick semi-circles)
1 cup Vegetable Broth
2 1/4 tsp Tomato Paste
1/8 tsp Black Pepper (optional)

NUTRITION

AMOUNT PER SERVING

Calories	371	Fiber	6g
Fat	12g	Sugar	6g
Carbs	38g	Protein	28g

DIRECTIONS

- 01 Preheat the oven to 350°F (176°C).
- 02 Add the beef, onion, parsley, Lebanese 7 Spice and two-thirds of the salt to a large mixing bowl and mix until combined. Form the meat mixture into thin patties, 2 to 3 inches in diameter.
- 03 Heat a pan over medium-high heat. Brown the patties in batches, 2 to 3 minutes per side. Drain the excess drippings from the pan between batches.
- 04 Arrange the browned kafta patties, potato, tomato and red onion slices in a baking dish in any pattern you'd like.
- 05 In a small bowl combine the vegetable broth, tomato paste, remaining salt and black pepper, if using, and pour into the baking dish. Cover with foil or a lid.
- 06 Bake for 60 to 70 minutes or until the potatoes are soft. Let the casserole cool slightly before dividing between bowls. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add fresh garlic to the meat mixture. Add additional Lebanese 7 Spice to the tomato sauce mixture.

NO BEEF

Use ground lamb instead.

SERVE IT WITH

Lebanese rice or a pita.

RED ONION

1 cup of sliced red onion is roughly one medium-sized red onion.

BAKING DISH

An 8.5 x 11.5-inch baking dish was used for four servings.

Ginger Beef Sweet Potato Noodles

2 SERVINGS 25 MINUTES



INGREDIENTS

- 1/4 cup Coconut Aminos
- 2 Garlic (clove, minced)
- 1 1/2 tbsps Ginger (fresh, grated or minced)
- 1 tbsp Lime Juice
- 1 tbsp Coconut Oil
- 2 Sweet Potato (small, peeled and spiralized into noodles)
- 2 cups Broccoli (cut into florets)
- 1/2 Yellow Onion (medium, roughly chopped)
- 2 tbsps Water
- 8 ozs Extra Lean Ground Beef

NUTRITION

AMOUNT PER SERVING

Calories	454	Fiber	7g
Fat	19g	Sugar	15g
Carbs	43g	Protein	28g

DIRECTIONS

- 01 In a small mixing bowl combine the coconut aminos, garlic, ginger, and lime juice. Set aside.
- 02 Heat the coconut oil in a large non-stick pan or skillet with a lid. Add the sweet potato noodles and saute for six to eight minutes or until the noodles are tender. (If the noodles start to stick to the pan, add a couple of drops of water.) Remove the noodles from the pan and set them aside.
- 03 Add the broccoli and onions to the pan. Add the water and cover with a lid. Steam for four to five minutes until the broccoli is tender. Remove from the pan and set aside.
- 04 Add the beef to the pan, breaking it up as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
- 05 Add the steamed broccoli and onions to the pan with the beef then add the coconut aminos sauce and stir to combine. Bring the sauce to a bubble and let it cook for two to three minutes. Add in the sweet potato noodles and stir to combine. Continue to cook until the noodles have warmed through.
- 06 Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add sesame oil, red pepper flakes, hot sauce or maple syrup to the sauce.

ADDITIONAL TOPPINGS

Green onion, cilantro and/or sesame seeds.

SWEET POTATO NOODLES

Two small sweet potatoes are equal to approximately four cups of sweet potato noodles.

NO COCONUT OIL
Use avocado oil instead.

Sheet Pan Pesto Chicken, Potatoes & Veggies

2 SERVINGS 30 MINUTES



INGREDIENTS

8 ozs Chicken Breast (skinless, boneless)
2 cups Mini Potatoes (halved)
2 cups Broccoli (cut into florets)
1 Carrot (medium, sliced)
1 1/2 tbsps Extra Virgin Olive Oil
Sea Salt & Black Pepper
3 tbsps Pesto

NUTRITION

AMOUNT PER SERVING

Calories	483	Fiber	7g
Fat	23g	Sugar	6g
Carbs	38g	Protein	34g

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a large baking sheet with parchment paper.
- 02 Arrange the chicken, potatoes, broccoli, and carrot to the baking sheet. Drizzle with oil and season with salt and pepper. Spread the pesto over top until well coated.
- 03 Bake for 25 to 30 minutes or until the chicken is cooked through and the veggies are tender. Season with additional salt and pepper if needed. Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately four ounces of chicken, one cup of potatoes, one cup of broccoli, and half a cup of carrot.

ADDITIONAL TOPPINGS

Add red pepper flakes, parmesan, or nutritional yeast.

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.

Maple Roasted Carrots & Chicken

1 SERVING 40 MINUTES



INGREDIENTS

8 ozs Chicken Thighs (boneless, skinless)
1/4 tsp Sea Salt (divided)
3 Garlic (cloves, still attached to each other)
1/2 tsp Extra Virgin Olive Oil
4 Carrot (chopped roughly)
1/4 cup Shallot (peeled, cut in half)
1/2 tsp Ginger (thinly sliced)
1 1/2 tsps Maple Syrup

NUTRITION

AMOUNT PER SERVING

Calories	463	Fiber	8g
Fat	12g	Sugar	21g
Carbs	40g	Protein	48g

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C). Season the chicken with half the salt. Slice the top off of the head of the garlic and peel away the skin so the cloves are showing.
- 02 In a dutch oven on the stove, over medium heat, add the extra virgin olive oil and the chicken. Cook for 3 to 4 minutes per side. Add the carrots, shallots, ginger, garlic and maple syrup and season the veggies with the remaining salt. Place in the oven and cook for 22 to 25 minutes.
- 03 Remove from the oven and set the chicken aside. Cook the carrots for an additional 10 minutes if needed until they are fork-tender. Divide onto plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add chili flakes.

NO SHALLOTS

Use small pearl onions instead.

Decadent Chocolate Peppermint Truffles

4 SERVINGS 20 MINUTES



INGREDIENTS

1/3 cup Pitted Dates (packed)
1 1/4 cups Water (just boiled)
2 1/8 tbsps Cocoa Powder
1/4 tsp Peppermint Extract
1 1/4 tbsps Coconut Oil
2 1/8 tbsps Dark Chocolate Chips
1/8 tsp Sea Salt (large flakes, for topping)

NUTRITION

AMOUNT PER SERVING

Calories	133	Fiber	2g
Fat	7g	Sugar	13g
Carbs	17g	Protein	1g

DIRECTIONS

- 01 Add the dates to a medium-sized bowl and cover with just-boiled hot water. Let them sit for 8 to 10 minutes.
- 02 Drain the dates and add to a blender or food processor along with cocoa powder, peppermint extract and coconut oil. Process until the mixture comes together.
- 03 Remove the chocolate mixture and scoop into rough teaspoon-sized balls. Don't roll them with your hands just yet as they will be too oily. Place them on a parchment-lined baking sheet and put them in the freezer to set for about 8 to 10 minutes.
- 04 In a small bowl, add the chocolate chips and microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to fully combine.
- 05 Remove the truffles from the freezer and use your hands to smooth them into balls. Take each ball and roll into melted chocolate with a spoon and then place them back on the baking sheet. Top with flaky sea salt and let them sit for 5 to 10 minutes to set or place in the fridge to set faster. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to seven days.

SERVING SIZE

One serving is equal to approximately two truffles.

ADDITIONAL TOPPINGS

Top with crushed up candy cane or shredded coconut flakes.

MORE FLAVOR

For a silkier chocolate coating, melt the chocolate chips with a bit of coconut oil.

Pickled Green Tomatoes & Tuna Lettuce Wraps

4 SERVINGS 5 MINUTES



INGREDIENTS

1 head Green Lettuce (leaves separated)
2 cans Tuna (drained and flaked)
3/4 cup Pickled Green Tomato

NUTRITION

AMOUNT PER SERVING

Calories	81	Fiber	0g
Fat	1g	Sugar	2g
Carbs	2g	Protein	16g

DIRECTIONS

01 Layer the tuna and pickled green tomatoes on top of each lettuce leaf.
Repeat until all the ingredients are used. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately three stuffed lettuce wraps

CANNED TUNA

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

MORE FLAVOR

Season with sea salt and black pepper to taste.

NO PICKLED GREEN TOMATOES

Use sauerkraut instead.