



Included in this package is your meal plan. There is also a calendar to follow for breakfast, lunch, dinner and snacks, along with detailed recipes, nutrition facts and a grocery list.

Here are some reminders about your meal plan:



















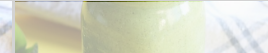
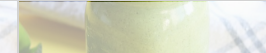
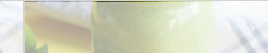










































Leftovers: Days where leftovers will be used are shown by "grayed out" text.






















Recipes and Servings: Each recipe will show the servings at the top. You will follow the recipe exactly and make the full number of servings shown. All of the servings will be eaten by you either the day you make it, or in the following days as leftovers.

Following the Calendar: Some days may have a meal/snack with the number 2 in front. This number 2 means that you will eat two servings.

Misc Notes:

- Don't forget to read the "Notes" section of the meal plan for additional "thoughts" such as substitutions or leftover care. Also, you can eat a side as a snack or a snack as a side
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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Pineapple Spinach Smoothie	 Pineapple Spinach Smoothie	 Pineapple Spinach Smoothie	 2 Gingerbread Smoothie	 2 Gingerbread Smoothie	 Beef Shank & Mashed Potatoes	 Beef Shank & Mashed Potatoes
	 Protein Packed Deviled Eggs	 Protein Packed Deviled Eggs	 Protein Packed Deviled Eggs	 2 Gingerbread Smoothie	 2 Gingerbread Smoothie	 Crunchy Cabbage Salad with Chicken	 Crunchy Cabbage Salad with Chicken
Snack 1	 Orange	 Orange	 Orange	 Kiwi Green Smoothie	 Kiwi Green Smoothie	 Kiwi Green Smoothie	 Kiwi Green Smoothie
	 Ahi Tuna Avocado Ceviche	 Ahi Tuna Avocado Ceviche	 Ahi Tuna Avocado Ceviche	 Crispy Prosciutto-Wrapped Asparagus	 Crispy Prosciutto-Wrapped Asparagus	 Crispy Prosciutto-Wrapped Asparagus	 Crispy Prosciutto-Wrapped Asparagus
Lunch	 Chicken, Rapini & Kale	 Ground Turkey, Broccoli & Sweet Potato	 Curried Chicken with Broccoli & Sweet Potato	 Air Fryer Salmon & Potatoes	 Shrimp & Mango Coconut Curry	 Chicken, Kale & Rutabaga	 Borscht
	 Cheesy Cauliflower & Broccoli Casserole	 Slow Cooker Stuffed Peppers	 Turkey Mushroom Lettuce Wraps	 Tuna Salad Lettuce Wraps	 Cumin Chicken Skewers	 Crispy Air Fryer Chicken Wings	 Pineapple Coconut Shrimp
Snack 2	 1.5 Raspberry Zinger Smoothie	 Raspberry Zinger Smoothie	 1.5 Raspberry Zinger Smoothie	 1.5 Tuna Nori Wraps	 1.5 Tuna Nori Wraps	 Tuna Nori Wraps	 Tuna Nori Wraps
	 Ground Turkey, Broccoli & Sweet Potato	 Curried Chicken with Broccoli & Sweet Potato	 Air Fryer Salmon & Potatoes	 Shrimp & Mango Coconut Curry	 Chicken, Kale & Rutabaga	 Borscht	 Zucchini Noodle Bolognese
Dinner	 Slow Cooker Stuffed Peppers	 Turkey Mushroom Lettuce Wraps	 Tuna Salad Lettuce Wraps	 Cumin Chicken Skewers	 Crispy Air Fryer Chicken Wings	 Pineapple Coconut Shrimp	 Steamed Mussels in Spicy Tomato Sauce

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  34%	Fat  35%	Fat  36%	Fat  37%	Fat  37%	Fat  33%	Fat  32%
Carbs  33%	Carbs  31%	Carbs  30%	Carbs  29%	Carbs  29%	Carbs  30%	Carbs  29%
Protein  33%	Protein  34%	Protein  34%	Protein  34%	Protein  34%	Protein  37%	Protein  39%
Calories 2663	Calories 2566	Calories 2653	Calories 2653	Calories 2651	Calories 2578	Calories 2682
Fat 107g	Fat 105g	Fat 112g	Fat 115g	Fat 113g	Fat 98g	Fat 99g
Carbs 235g	Carbs 210g	Carbs 204g	Carbs 199g	Carbs 197g	Carbs 198g	Carbs 198g
Fiber 82g	Fiber 64g	Fiber 67g	Fiber 61g	Fiber 60g	Fiber 48g	Fiber 43g
Sugar 85g	Sugar 77g	Sugar 64g	Sugar 71g	Sugar 87g	Sugar 77g	Sugar 72g
Protein 231g	Protein 226g	Protein 238g	Protein 236g	Protein 238g	Protein 243g	Protein 265g

Fruits

- 4 1/4 Avocado
- 4 Banana
- 4 Kiwi
- 4 Lemon
- 1 tbsp Lemon Juice
- 3 1/8 Lime
- 2 tbsps Lime Juice
- 1/2 Mango
- 3 Navel Orange
- 5 cups Pineapple

Breakfast

- 1/4 cup Almond Butter

Seeds, Nuts & Spices

- 1/3 tsp Black Pepper
- 1/3 cup Cashews
- 3/4 cup Chia Seeds
- 1 1/2 tsps Chili Powder
- 1 tsp Cinnamon
- 1 3/4 tsps Cumin
- 1 tbsp Cumin Seed
- 1 1/2 tsps Curry Powder
- 1/4 tsp Dried Basil
- 1 tsp Fennel Seed
- 1 1/2 tsps Garam Masala
- 1 1/16 tsps Garlic Powder
- 1 tsp Italian Seasoning
- 1 tsp Onion Powder
- 1 tsp Oregano
- 1 1/3 tsps Paprika
- 1/8 tsp Red Pepper Flakes
- 1 1/3 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Sesame Seeds
- 3/4 tsp Smoked Paprika
- 1/4 tsp Turmeric

Frozen

- 4 cups Frozen Cauliflower

Vegetables

- 4 cups Arugula
- 3 cups Asparagus
- 8 1/2 cups Baby Spinach
- 1 1/3 Beet
- 1/2 head Boston Lettuce
- 9 cups Broccoli
- 1/2 cup Butternut Squash
- 4 1/8 Carrot
- 3/4 head Cauliflower
- 2/3 stalk Celery
- 1/3 cup Cilantro
- 2 Cucumber
- 2 tsps Fresh Dill
- 11 1/8 Garlic
- 1 1/2 tbsps Ginger
- 2 Green Bell Pepper
- 3 1/2 stalks Green Onion
- 4 3/4 cups Kale Leaves
- 2 cups Mini Potatoes
- 3 tbsps Parsley
- 1 1/2 cups Purple Cabbage
- 1/3 bunch Rapini
- 1 Red Bell Pepper
- 1/3 cup Red Onion
- 4 leaves Romaine
- 2 Russet Potato
- 6 cups Rutabaga
- 2/3 Sweet Onion
- 4 Sweet Potato
- 1 Tomato
- 6 White Button Mushrooms
- 1/2 White Onion
- 1/2 Yellow Onion
- 2/3 Yellow Potato
- 1 Zucchini

Boxed & Canned

- 3/4 cup Canned Coconut Milk
- 1/4 cup Chicken Broth
- 2 1/8 cups Diced Tomatoes

Bread, Fish, Meat & Cheese

- 10 1/2 ozs Ahi Tuna
- 10 2/3 ozs Beef Shanks
- 2 1/8 lbs Chicken Breast
- 10 2/3 ozs Chicken Wings
- 9 1/3 ozs Extra Lean Ground Chicken
- 1 1/2 lbs Extra Lean Ground Turkey
- 1 lb Mussels
- 5 1/3 ozs Pork Ribs
- 5 1/16 ozs Prosciutto
- 12 ozs Salmon Fillet
- 1 1/2 lbs Shrimp

Condiments & Oils

- 2 1/2 tsps Avocado Oil
- 1/16 oz Avocado Oil Spray
- 1 tbsp Coconut Aminos
- 2 1/4 tsps Coconut Oil
- 1/2 cup Extra Virgin Olive Oil
- 1 tbsp Red Wine Vinegar
- 1 tsp Rice Vinegar
- 1 tsp Sesame Oil
- 2/3 cup Tomato Sauce

Cold

- 6 1/2 Egg
- 13 cups Unsweetened Almond Milk
- 1 1/2 cups Unsweetened Coconut Yogurt

Other

- 10 Barbecue Skewers
- 12 Nori Sheets
- 3 3/4 cups Vanilla Protein Powder
- 4 1/8 cups Water

- 4 cups Frozen Raspberries
- 20 Ice Cubes

- 1 cup Salsa
- 2 tsps Tomato Paste
- 4 1/2 cans Tuna
- 2 cups Vegetable Broth

Baking

- 1/3 tsp Baking Powder
- 2 tbsps Blackstrap Molasses
- 1 tbsp Coconut Flour
- 3/4 tsp Coconut Sugar
- 1/2 tsp Ground Cloves
- 2 tbsps Nutritional Yeast
- 1 tbsp Unsweetened Coconut Flakes



Pineapple Spinach Smoothie

3 servings

5 minutes

Ingredients

3 cups Pineapple (fresh or frozen)
3 cups Baby Spinach
12 Ice Cubes
1 1/2 cups Unsweetened Coconut
Yogurt
3 cups Unsweetened Almond Milk
3/4 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	259
Fat	7g
Carbs	31g
Fiber	6g
Sugar	17g
Protein	22g

Directions

- 1 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 2 1/2 cups.

More Fiber: Add flaxseeds, chia seeds, or hemp seeds.

Protein Powder: This recipe was created and tested using vegan protein powder.

Nut-Free: Use nut-free milk such as oat milk or coconut milk.

Ice Cubes: Four ice cubes are roughly equal to 1/2 cup.



Protein Packed Deviled Eggs

3 servings

20 minutes

Ingredients

- 6 Egg (hard boiled)
- 1 1/2 cans Tuna (drained)
- 3/4 Avocado
- 1 1/2 stalks Green Onion (chopped)
- Sea Salt & Black Pepper (to taste)
- 3/4 tsp Paprika
- 3/4 Cucumber (sliced)

Nutrition

Amount per serving	
Calories	309
Fat	18g
Carbs	8g
Fiber	4g
Sugar	2g
Protein	30g

Directions

- 1 Hard boil your eggs.
- 2 Once cool, peel the eggs and slice them in half. Remove the yolk and add it to a bowl. Add in the tuna, avocado and green onion. Season with sea salt and black pepper to taste. Mix and mash very well and then stuff the mixture back into the eggs. Sprinkle with paprika and enjoy with cucumber slices on the side.

Notes

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

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



Gingerbread Smoothie

4 servings

5 minutes

Ingredients

- 4 cups Unsweetened Almond Milk
- 1 cup Vanilla Protein Powder
- 2 Banana (frozen)
- 1/4 cup Chia Seeds
- 1/4 cup Almond Butter
- 2 tbsps Blackstrap Molasses
- 2 tsps Ginger (fresh, minced)
- 1 tsp Cinnamon (ground)
- 1/2 tsp Ground Cloves

Nutrition

Amount per serving	
Calories	352
Fat	15g
Carbs	32g
Fiber	9g
Sugar	13g
Protein	26g

Directions

- 1 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 Blackstrap Molasses: Use maple syrup instead.

Nut-Free: Use coconut milk instead of almond milk. Omit the almond butter or use coconut butter or sunflower seed butter instead.

More Veggies: Add frozen cauliflower.



Beef Shank & Mashed Potatoes

2 servings

4 hours

Ingredients

- 1 1/2 tps Extra Virgin Olive Oil (Divided)
- 10 2/3 ozs Beef Shanks (cut into 3-inch pieces)
- 1 Garlic (cloves, minced)
- 1/8 White Onion (large, sliced)
- 1 cup Diced Tomatoes
- Sea Salt & Black Pepper (to taste)
- 2 Russet Potato (medium, peeled and chopped)
- 4 cups Arugula

Nutrition

Amount per serving	
Calories	429
Fat	10g
Carbs	44g
Fiber	6g
Sugar	6g
Protein	40g

Directions

- 1 Heat half the oil in a large pan over medium-high heat. Fry the beef shanks until browned on all sides, about five minutes. Transfer to the slow cooker and set to high.
- 2 Meanwhile, heat the remaining oil in the same pan over medium heat. Add the garlic and onions. Cook until the onions are tender, about five to eight minutes. Add a bit of liquid from the diced tomatoes to deglaze the pan.
- 3 Transfer the onions, diced tomatoes, salt, and pepper to the slow cooker. Cook for four hours on high, or six to eight hours on low, or until the beef shanks are tender and fall off the bone easily. Season with more salt and pepper if needed.
- 4 Meanwhile, 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 pepper.
- 5 Divide the beef shank, mashed potatoes, and arugula onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days or freeze if longer.

Serving Size: One serving equals 1 1/2 to two cups of beef shank stew, half cup of mashed potatoes, and two cups of arugula.

More Flavor: Add thyme, rosemary, chives, or parsley. Deglaze the pan with wine instead of tomato juice.

Additional Toppings: Add carrots, celery, peas, or mushrooms to the stew.



Crunchy Cabbage Salad with Chicken

2 servings

20 minutes

Ingredients

6 ozs Chicken Breast (skinless and boneless)
 1 tsp Onion Powder
 1 tsp Sesame Seeds
 1/4 tsp Sea Salt (divided)
 1/2 tsp Avocado Oil
 1 tbsp Extra Virgin Olive Oil
 1 tsp Rice Vinegar
 1 tsp Sesame Oil
 3/4 tsp Coconut Sugar
 1 1/2 cups Purple Cabbage (chopped)
 1 1/2 cups Kale Leaves (de-stemmed and shredded)
 1 1/2 Carrot (thinly sliced)
 2 2/3 tbsps Cashews (roughly chopped)

Nutrition

Amount per serving	
Calories	319
Fat	19g
Carbs	16g
Fiber	4g
Sugar	7g
Protein	23g

Directions

- 1 Coat the chicken with the onion powder, sesame seeds and sea salt. Heat a skillet over medium heat. Add the avocado oil and chicken. Cook for 6 to 7 minutes and then flip. Continue to cook until the chicken is cooked through. Remove and let cool, and then slice and set aside.
- 2 Whisk the extra virgin olive oil, rice vinegar, sesame oil and coconut sugar in a small bowl.
- 3 Add the cabbage, kale and carrots to a large bowl. Add the dressing and massage it in. Top the salad with chicken and cashews and lightly toss. Divide between bowls and enjoy!

Notes

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

Nut-Free: Omit the cashews or use pumpkin seeds instead.

Make it Vegan: Top with tofu or chickpeas instead of chicken.

No Avocado Oil : Use extra virgin olive oil instead.

No Coconut Sugar: Use brown sugar or maple syrup instead.



Orange

3 servings

2 minutes

Ingredients

3 Navel Orange

Nutrition

Amount per serving	
Calories	69
Fat	0g
Carbs	18g
Fiber	3g
Sugar	12g
Protein	1g

Directions

- 1 Slice into wedges or peel and section. Enjoy!



Ahi Tuna Avocado Ceviche

3 servings

15 minutes

Ingredients

- 10 1/2 ozs Ahi Tuna (sushi-grade, cubed)
- 1 1/2 Avocado (cubed)
- 3 Lime (juiced)
- 3 tbsps Cilantro (chopped)
- 3/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	277
Fat	15g
Carbs	12g
Fiber	7g
Sugar	1g
Protein	27g

Directions

- 1 Combine all ingredients in a bowl and refrigerate for 10 minutes before serving. Enjoy immediately!

Notes

- No Ahi Tuna:** Use sushi-grade salmon, crab meat or chopped grilled tofu instead.
- More Flavor:** Add finely chopped red chile, red onion, and/or paprika.



Kiwi Green Smoothie

4 servings

5 minutes

Ingredients

- 4 Kiwi (small, peeled)
- 2 Banana (frozen)
- 1 cup Vanilla Protein Powder
- 1/4 cup Chia Seeds
- 5 cups Baby Spinach
- 4 cups Water
- 8 Ice Cubes

Nutrition

Amount per serving	
Calories	245
Fat	5g
Carbs	31g
Fiber	9g
Sugar	14g
Protein	23g

Directions

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

Notes

- No Chia Seeds:** Use flax seed instead.
- No Protein Powder:** Use hemp seeds instead.



Crispy Prosciutto-Wrapped Asparagus

4 servings
15 minutes

Ingredients

- 3 cups Asparagus (woody ends trimmed)
- 5 1/16 ozs Prosciutto (thinly sliced strips)

Nutrition

Amount per serving	
Calories	96
Fat	5g
Carbs	4g
Fiber	2g
Sugar	2g
Protein	11g

Directions

- 1 Preheat oven to 450°F (232°C). Line a baking sheet with foil.
- 2 Wrap each asparagus spear in prosciutto. Transfer to your baking sheet and bake for 10 minutes, flipping halfway.
- 3 Divide onto plates and enjoy!

Notes

No Prosciutto: Use bacon instead. Baking times may increase depending on the thickness of the bacon.

Storage: Best enjoyed immediately but can be refrigerated in an airtight container up to 3 days. The asparagus may also be wrapped ahead of time and refrigerated up to 3 days until ready to bake.

Serving Size: One serving is equal to approximately 3 to 4 wrapped asparagus spears.

BBQ Lover: Brush your prosciutto-wrapped asparagus with oil and grill them over medium-high heat until slightly charred, turning frequently.



Chicken, Rapini & Kale

1 serving

20 minutes

Ingredients

- 5 1/3 ozs Extra Lean Ground Chicken
- 1/8 Sweet Onion (diced)
- 1 tsp Ginger (peeled, grated)
- 1 Garlic (cloves, minced)
- 1/8 tsp Sea Salt (to taste, divided)
- 1/3 bunch Rapini (chopped)
- 1 1/3 cups Kale Leaves (tough stems removed, chopped)

Nutrition

Amount per serving	
Calories	286
Fat	14g
Carbs	11g
Fiber	6g
Sugar	4g
Protein	33g

Directions

- 1 Heat a large skillet over medium-high heat. Add the chicken, onion, ginger, garlic, and half the salt. Cook for about 10 minutes, stirring occasionally until the chicken is cooked through.
- 2 Add the rapini, kale and the remaining salt. Cook for five more minutes or until the greens are wilted and stalks are soft. Divide between containers and enjoy!

Notes

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

More Flavor: Add lemon juice and red pepper flakes.

Additional Toppings: Serve it with sweet potatoes, cauliflower mash, brown rice, or lettuce wraps.

Make it Vegan: Use lentils instead of chicken.

No Rapini: Add broccoli, yu choy, or broccolini instead.



Cheesy Cauliflower & Broccoli Casserole

1 serving

1 hour

Ingredients

- 1/2 cup Butternut Squash (peeled, seeded and cubed)
- 1/4 Yellow Onion (medium, diced)
- 1/2 Garlic (cloves, minced)
- 2 tbsps Water
- 1/4 head Cauliflower (medium, chopped into florets)
- 1 cup Broccoli (chopped into florets)
- 2 tbsps Cashews
- 2 tbsps Nutritional Yeast
- 1/8 tsp Sea Salt
- 1/16 tsp Paprika

Nutrition

Amount per serving	
Calories	280
Fat	9g
Carbs	36g
Fiber	12g
Sugar	9g
Protein	19g

Directions

- 1 Preheat oven to 375°F (191°C).
- 2 In a small saucepan, combine the butternut squash, onion, garlic and water. Cover the pot and bring to a boil over high heat for about 5 minutes or until everything is soft. Remove from heat when done.
- 3 While the squash is cooking, place cauliflower and broccoli in a steamer. Steam for 3 minutes or until tender.
- 4 To make the "cheese" sauce, add the cashews, nutritional yeast, salt and paprika to your blender. Pour in the softened butternut squash, onion, garlic and water. Blend on high for about 1 minute or until smooth. (Note: If you do not have a high powered blender, you might need to add a little extra water to get it going. Add 1 tbsp at a time.)
- 5 Place the steamed cauliflower and broccoli into a baking dish. Pour the cheese sauce over the veggies and stir gently to mix.
- 6 Bake for 40 minutes. Serve immediately. Enjoy!

Notes

Save Time: Buy frozen, pre-sliced butternut squash cubes.

More Carbs: Serve with brown rice macaroni or quinoa.



Raspberry Zinger Smoothie

4 servings
10 minutes

Ingredients

4 cups Frozen Cauliflower
4 cups Frozen Raspberries
4 Lemon (juiced)
1 cup Vanilla Protein Powder
1/4 cup Chia Seeds
6 cups Unsweetened Almond Milk

Directions

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

Notes

No Protein Powder: Use 1/4 cup hemp seeds per serving instead.

Nutrition

Amount per serving	
Calories	308
Fat	9g
Carbs	36g
Fiber	17g
Sugar	12g
Protein	27g



Tuna Nori Wraps

4 servings

15 minutes

Ingredients

- 2 cans Tuna (drained and flaked)
- 2 Carrot (smaller, julienned)
- 1 Cucumber (julienned)
- 1 Avocado (peeled and sliced)
- 12 Nori Sheets (snack size)

Nutrition

Amount per serving	
Calories	190
Fat	8g
Carbs	13g
Fiber	8g
Sugar	3g
Protein	21g

Directions

- 1 Divide the tuna, carrot, cucumber and avocado onto each nori sheet.
- 2 Roll or wrap the tuna-stuffed nori and enjoy immediately.

Notes

Leftovers: Refrigerate all ingredients (except nori sheets) individually up to 3 days. Assemble and wrap before ready to eat.

Serving Size: Each serving size will yield approximately 3 small rolls.

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



Ground Turkey, Broccoli & Sweet Potato

2 servings
25 minutes

Ingredients

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

Nutrition

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

Directions

- 1 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.
- 2 Meanwhile, steam the broccoli for five to seven minutes until tender. Drain and set aside.
- 3 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.
- 4 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.



Slow Cooker Stuffed Peppers

2 servings

4 hours

Ingredients

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



Curried Chicken with Broccoli & Sweet Potato

2 servings

35 minutes

Ingredients

- 2 Sweet Potato (small, peeled and cubed)
- 3 cups Broccoli (cut into florets)
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 10 ozs Chicken Breast
- 1 1/2 tsps Curry Powder

Nutrition

Amount per serving	
Calories	422
Fat	15g
Carbs	36g
Fiber	8g
Sugar	8g
Protein	38g

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Place the broccoli and sweet potatoes on the baking sheet and season with 2/3 of the oil and salt and pepper. Bake for 10 minutes.
- 3 Remove the baking sheet from the oven. Place the chicken on the baking sheet and drizzle with the remaining oil. Season all sides of the chicken with curry powder and salt and pepper. Continue to bake for 22 to 25 minutes, or until the chicken is cooked through.
- 4 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, like cumin or garlic powder.

No Broccoli: Use cauliflower or Brussels sprouts instead.



Turkey Mushroom Lettuce Wraps

2 servings

20 minutes

Ingredients

- 1/2 tsp Avocado Oil
- 6 White Button Mushrooms (sliced)
- 1/2 Garlic (clove, minced)
- 8 ozs Extra Lean Ground Turkey
- 1 tbsp Coconut Aminos
- 1/2 head Boston Lettuce
- 2 tbsps Cilantro (chopped)

Nutrition

Amount per serving	
Calories	201
Fat	11g
Carbs	4g
Fiber	1g
Sugar	3g
Protein	23g

Directions

- 1 In a skillet over medium heat, add the avocado oil along with the mushrooms and cook for 5 to 6 minutes. Reduce the heat slightly and add the garlic. Cook for one minute more.
- 2 Add the ground turkey and cook for 8 to 10 minutes, stirring occasionally until it is cooked through. Add the coconut aminos, stir and set aside.
- 3 Scoop the turkey mixture on to lettuce leaves and top with cilantro. Serve and enjoy!

Notes

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

Serving Size: One serving is equal to approximately two lettuce wraps.

No Coconut Aminos: Use tamari instead.

No Ground Turkey: Use ground chicken instead.

More Flavor: Add hot sauce and/or chili flakes.

Additional Toppings: Top with additional vegetables such as carrots, celery or bell pepper.

No Cilantro: Omit, or use basil instead.



Air Fryer Salmon & Potatoes

2 servings

30 minutes

Ingredients

- 2 cups Mini Potatoes (halved)
- 2 tsps Extra Virgin Olive Oil (divided)
- 3/4 tsp Smoked Paprika (divided)
- 3/4 tsp Garlic Powder (divided)
- 1/2 tsp Sea Salt (divided)
- 12 ozs Salmon Fillet

Nutrition

Amount per serving	
Calories	403
Fat	16g
Carbs	28g
Fiber	4g
Sugar	1g
Protein	37g

Directions

- 1 Preheat the air fryer to 400°F (205°C).
- 2 In a medium-sized bowl, toss the potatoes with half the oil, 3/4 of the smoked paprika, 3/4 of the garlic powder, and half the salt.
- 3 Add the potatoes to the air fryer and bake for 10 minutes, remove and flip and bake for eight to nine minutes longer, until cooked through and crispy. Remove and set aside.
- 4 Meanwhile, season the salmon with the remaining oil, smoked paprika, garlic powder, and salt.
- 5 Place the salmon in the air fryer and bake for seven to nine minutes, depending on thickness, until flaky and cooked through to your liking.
- 6 Divide the salmon and potatoes onto plates. Enjoy!

Notes

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

Additional Toppings: Top with chopped cilantro.



Tuna Salad Lettuce Wraps

2 servings

15 minutes

Ingredients

- 1 Avocado
- 2 tbsps Lime Juice
- 1/4 tsp Sea Salt
- 1 can Tuna (flaked)
- 2 stalks Green Onion (sliced)
- 1/8 Cucumber (deseeded and finely chopped)
- 4 leaves Romaine

Nutrition

Amount per serving	
Calories	251
Fat	16g
Carbs	13g
Fiber	8g
Sugar	2g
Protein	19g

Directions

- 1 In a mixing bowl mash the avocado together with lime juice and salt. Stir in the tuna until well combined.
- 2 Fold in the green onion and cucumber. Season with additional salt and lime if needed. Divide the tuna salad between the romaine leaves and enjoy!

Notes

Leftovers: Keep refrigerated in an airtight container for up to two days.

Serving Size: One serving is approximately two lettuce wraps with 1/4 cup tuna salad in each wrap.

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

More Flavor: Add fresh herbs like parsley or cilantro, dried dill, red pepper flakes or black pepper to taste.

Additional Toppings: Top with sunflower seeds, pumpkin seeds or hemp seeds.

No Avocado: Use mayonnaise instead.



Shrimp & Mango Coconut Curry

2 servings

30 minutes

Ingredients

8 ozs Shrimp (raw, peeled)
 1/8 Lime (juiced)
 1/8 tsp Sea Salt
 1/8 tsp Black Pepper
 1 1/2 tsps Extra Virgin Olive Oil
 1/2 Sweet Onion (diced)
 2 Garlic (cloves, minced)
 1 1/2 tsps Ginger (grated)
 1 1/2 tsps Garam Masala
 1/4 tsp Turmeric
 1 1/2 tsps Cumin
 1 Tomato (diced)
 3/4 cup Canned Coconut Milk
 2 cups Broccoli (chopped into small florets)
 1/2 Mango (peeled and sliced into strips)
 Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	423
Fat	21g
Carbs	33g
Fiber	6g
Sugar	18g
Protein	29g

Directions

- 1 Marinate shrimp in a bowl with lime, salt and pepper. Cover and let sit in the fridge.
- 2 Heat olive oil in a large skillet over medium heat. Saute your onion until soft, about 5 minutes. Stir in garlic and ginger until fragrant.
- 3 Stir in garam masala, turmeric and cumin until everything is coated.
- 4 Add diced tomato and coconut milk. Bring to a simmer and add broccoli. Cook until tender, about 10 to 15 minutes. Add shrimp and simmer until cooked through, about 5 minutes.
- 5 Stir in sliced mango and garnish with optional toppings. Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Freeze if longer.

Garnish With: Chopped cilantro, parsley, red pepper flakes or toasted cashews.

Serve it With: Quinoa, couscous, brown rice or cauliflower rice.

No Coconut Milk: Use Greek yogurt or cashew cream instead. Or use almond milk and thicken with arrowroot powder.

Meat Lover: Swap the shrimp for chicken, beef or pork.

Make it Vegan: Swap the shrimp for chickpeas, lentils, edamame, peas, eggplant, cauliflower or snap peas.

Serving Size: One serving is approximately one cup.



Cumin Chicken Skewers

2 servings

20 minutes

Ingredients

- 1 tbsp Cumin Seed
- 1 tsp Fennel Seed
- 1/2 tsp Sea Salt
- 10 ozs Chicken Breast (skinless, boneless, cut into one-inch cubes)
- 2 1/4 tsps Coconut Oil (melted)
- 1 Red Bell Pepper (medium, chopped)
- 4 Barbecue Skewers

Nutrition

Amount per serving	
Calories	246
Fat	10g
Carbs	6g
Fiber	2g
Sugar	3g
Protein	33g

Directions

- 1 Coarsely grind the cumin and fennel seeds in a spice grinder or with a mortar and pestle. Combine with sea salt and set aside.
- 2 In a large bowl, toss the chicken in coconut oil. Add the spices and mix until well coated. Pierce the chicken and red bell peppers onto the barbecue skewers.
- 3 Grill over medium heat for about five to seven minutes per side, or until browned and cooked through. Sprinkle additional cumin just before serving (optional). Enjoy!

Notes

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

Serving Size: One serving equals two skewers.

More Flavor: Add chili powder and garlic to your spice mix. Use a charcoal grill.

Additional Toppings: Serve with tabbouleh, pita, plain yogurt, brown rice, lettuce wraps, pickled or grilled vegetables.

Barbecue Skewers: If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.

No Coconut Oil: Use olive oil, butter, or ghee instead.



Chicken, Kale & Rutabaga

2 servings

40 minutes

Ingredients

- 6 cups Rutabaga (peeled, cubed)
- 1/8 tsp Sea Salt (to taste)
- 8 ozs Chicken Breast (boneless, skinless)
- 2 cups Kale Leaves (tough stems removed, roughly torn into pieces)
- 1 tbsp Lemon Juice
- 1 tbsp Extra Virgin Olive Oil
- 1 tsp Oregano

Nutrition

Amount per serving	
Calories	361
Fat	11g
Carbs	38g
Fiber	11g
Sugar	19g
Protein	31g

Directions

- 1 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 2 Cover the rutabaga with water in a pot and bring to a boil. Reduce the heat and simmer for about 30 minutes or until soft. Drain the water and mash the rutabaga with a masher or food processor. Season with salt to taste.
- 3 While the rutabaga cooks, place the chicken onto the baking sheet and bake for 25 to 30 minutes or until cooked through. Slice the chicken.
- 4 Meanwhile, massage the kale with lemon juice and olive oil in a bowl.
- 5 Divide the chicken, mashed rutabaga, and kale onto plates or containers-to-go. Sprinkle oregano over top and enjoy!

Notes

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

More Flavor: Add your choice of herbs and spices to the mashed rutabaga and chicken. Roast the rutabaga instead of mashing.

Additional Toppings: Kimchi, sauerkraut, pickled veggies, or olives.

No Rutabaga: Use sweet potato or cauliflower instead.



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.



Borscht

2 servings

1 hour

Ingredients

2 cups Vegetable Broth
 1 tsp Extra Virgin Olive Oil
 5 1/3 ozs Pork Ribs
 1/3 White Onion (diced)
 2/3 Garlic (minced)
 2/3 Carrot (peeled, chopped)
 2/3 stalk Celery (chopped)
 1 1/3 Beet (medium, peeled, chopped)
 2/3 Yellow Potato (chopped)
 2 tsps Tomato Paste
 2/3 cup Diced Tomatoes
 1/3 tsp Sea Salt
 2 tsps Fresh Dill (chopped)

Nutrition

Amount per serving	
Calories	290
Fat	11g
Carbs	28g
Fiber	5g
Sugar	10g
Protein	20g

Directions

- 1 In a large pot, add the vegetable broth, olive oil, pork ribs, onion and garlic. Turn to medium heat and let the broth simmer for 30 minutes or until the ribs are cooked through.
- 2 Once the pork ribs are cooked, add the carrots, celery, beets, potatoes, tomato paste, diced tomatoes and sea salt. Cook on medium heat for another 20 to 25 minutes, stirring every so often.
- 3 When all of the vegetables are soft, remove the pork ribs from the pot and cut the meat off the ribs. Add the meat back to the soup and stir to combine. Divide the soup into bowls and top with fresh dill. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to two months.

Serving Size: One serving is equal to 1 1/2 cups of soup.

More Flavor: Add pepper or red chilli flakes.

Additional Toppings: Add plain coconut yogurt or sour cream.

Make it Vegan: Use cooked lentils instead of the ribs and add at the same time as the vegetables.



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
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.



Zucchini Noodle Bolognese

1 serving
20 minutes

Ingredients

3/4 tsp Extra Virgin Olive Oil
4 ozs Extra Lean Ground Chicken
2/3 cup Tomato Sauce
1 Zucchini (large)

Nutrition

Amount per serving	
Calories	262
Fat	14g
Carbs	14g
Fiber	4g
Sugar	10g
Protein	24g

Directions

- 1 Heat the olive oil in a non-stick skillet. Add the ground chicken, stirring to break it up as it cooks. After about 5 minutes, add the tomato sauce. Cover and let the sauce simmer for 10 minutes.
- 2 While the sauce is simmering, spiralize the zucchinis and divide between plates or containers.
- 3 Top the zucchini noodles with the bolognese and enjoy!

Notes

Zucchini Noodles: Can be enjoyed raw or sauteed. If sauteeing, we recommend doing so right before serving, as cooking the noodles will release more moisture.

Leftovers: Keeps well in the fridge for about 3 days. To reheat, add the noodles and sauce together in a pan and heat through.

Vegetarian/Vegan: Use lentils instead of ground chicken.



Steamed Mussels in Spicy Tomato Sauce

1 serving
20 minutes

Ingredients

- 1 lb Mussels
- 1 1/2 tsps Extra Virgin Olive Oil
- 2 tsbps Red Onion (finely chopped)
- 1 Garlic (clove, minced)
- 1/2 tsp Paprika
- 1/8 tsp Red Pepper Flakes
- 1/2 cup Diced Tomatoes (from the can with the juices)
- 2 tsbps Parsley (finely chopped, plus more for garnish)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	494
Fat	17g
Carbs	25g
Fiber	2g
Sugar	4g
Protein	56g

Directions

- 1 Place the mussels in a large colander and rinse well with cold water. Discard any broken mussels and remove beards if necessary.
- 2 In a large pot with a lid, heat the oil over medium heat. Add the onion and the garlic and cook for three to five minutes until the onions begin to soften. Stir in the paprika and red pepper flakes.
- 3 Add the tomatoes and parsley and stir to combine. Bring the sauce to a gentle boil and season with salt and pepper to taste.
- 4 Transfer mussels to the pot and cover with the lid. Let them steam for six to eight minutes or until mussels have opened, stirring halfway through. Transfer the opened mussels to a dish and discard any that have not opened. Season the tomato broth with additional salt and pepper, if needed.
- 5 To serve, spoon broth over top of the mussels and enjoy!

Notes

Leftovers: Remove cooked mussels from their shells and place in an airtight container. Cover the mussels completely in the spicy tomato broth and keep refrigerated for one day.

More Flavor: For spicier mussels, add more red pepper flakes or a pinch of cayenne. For mild mussels, omit the red pepper flakes.

Additional Toppings: Fresh herbs and/or lemon wedges.