





Vanilla Protein Yogurt Parfait

1 serving

5 minutes

Ingredients

- 1 cup Unsweetened Coconut Yogurt
- 2 tbsps Vanilla Protein Powder
- 1/2 cup Frozen Strawberries
- 1/4 cup Granola
- 1 tbsp Cashew Butter

Directions

- 1 In a bowl, mix together the coconut yogurt and protein powder.
- 2 In a jar, layer the strawberries on the bottom. Top with coconut yogurt, more strawberries, granola, and cashew butter. Enjoy!

Notes

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

Nut-Free: Omit the cashew butter or use tahini or sunflower seed butter instead.

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

No Protein Powder: Use collagen powder instead or omit.



Sunbutter Pumpkin Protein Balls

10 servings

10 minutes

Ingredients

1/4 cup Coconut Flour
2 tbsps Vanilla Protein Powder
1/4 cup Sunflower Seed Butter
1/4 cup Pureed Pumpkin
1 tbsp Oat Milk (unsweetened, plain)
1/4 cup Hemp Seeds (for coating, optional)

Directions

- 1 In a mixing bowl, combine the coconut flour, protein powder, sunflower seed butter, pumpkin, and oat milk. Mix well until a firm batter forms. Add more oat milk one tablespoon at a time if the mixture is too dry/crumby.
- 2 Form the dough into one-inch balls. Repeat until all the dough is used up. Firmly roll each ball in a small bowl of hemp seeds to form a coating (optional). Store in the fridge or freezer until ready to enjoy.

Notes

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

Serving Size: One serving equals one ball, about one inch in diameter.

More Flavor: Add pumpkin pie spice, maple syrup and/or vanilla extract.

No Hemp Seeds: Roll in crushed nuts, cocoa powder, pumpkin seeds or sunflower seeds.

No Sunflower Seed Butter: Use almond butter, tahini or pumpkin seed butter instead.

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.

Coconut Flour: This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using another type of coconut flour, note that results may vary.



Lightly Salted Plantain Chips

4 servings

30 minutes

Ingredients

- 2 Plantain (medium, slightly ripe)
- 1 tbsp Avocado Oil
- 1/4 tsp Sea Salt (to taste)

Directions

- 1 Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper.
- 2 Peel the plantains then slice as thinly as possible with a mandolin or knife. Do your best to keep the thickness consistent. Slice on the bias for bigger chips. Gently toss the slices in oil and season with salt. Arrange in an even layer on the baking sheet then bake for 20 to 30 minutes, flipping at the halfway point. (Note: chips are done when they start to brown around the edges.)
- 3 Remove from the oven and let cool on a baking rack lined with a towel to soak up any excess oil. Enjoy!

Notes

Leftovers: Store in an airtight container at room temperature for one to two days. If they get soggy, crisp them back up by placing them in the oven at 350°F (177°C) for five to 10 minutes.

More Flavor: Add cinnamon or nutmeg.

Additional Toppings: Serve as is or with guacamole, hummus, salsa, or baba ganoush.

No Avocado Oil: Use ghee or coconut oil instead.

Plantain: Use green plantains that are just starting to turn yellow for the best results.



Sweet & Salty Kale Chips

2 servings

30 minutes

Ingredients

- 4 cups Kale Leaves (packed, torn into pieces)
- 1 tsp Sea Salt
- 2 tbsps Maple Syrup
- 1 tbsp Extra Virgin Olive Oil

Directions

- 1 Preheat the oven to 350°F (177°C). Line a baking sheet with parchment paper.
- 2 Place kale leaves in a large bowl and add the salt, maple syrup, and oil on top. Massage lightly to coat the leaves.
- 3 Arrange the kale across the baking sheet. Bake in the oven for 10 to 15 minutes or until crispy. Serve and enjoy!

Notes

Leftovers: Store in the freezer in an airtight container to keep crunchy for up to one month. If leftovers need more crunch, reheat in the oven for 4 to 5 minutes at 350°F (177°C).

Serving Size: One serving is equal to one cup of kale chips.

More Flavor: Add cinnamon.



Coconut Macaroons

24 servings

30 minutes

Ingredients

2 1/2 cups Unsweetened Shredded Coconut
4 Egg (medium, whites only)
2 tbsps Maple Syrup

Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a bowl, mix together the shredded coconut, egg whites and maple syrup until well combined.
- 3 Pack the coconut mixture into a tablespoon and transfer to the baking sheet. Tap gently until the mound slides off. Repeat until all the coconut mixture is used up.
- 4 Bake for 20 minutes or until golden brown. Let cool slightly before serving. Enjoy!

Notes

Likes it Sweet: Use sweetened shredded coconut instead of unsweetened.

Serving Size: One serving is equal to one macaroon.

Storage: Store in an airtight container in a cool, dry place up to 5 days. Freeze for up to 3 months.



Chocolate Coconut Fat Bombs

8 servings

30 minutes

Ingredients

3/4 cup Coconut Oil
1/3 cup Cacao Powder
2 tbsps Monk Fruit Sweetener
1/8 tsp Sea Salt

Directions

- 1 Melt the coconut oil in a pot over low heat. Add the cacao powder and sweetener. Stir to combine. Add all ingredients to a high-speed blender and blend for 1 to 2 minutes until everything is well combined.
- 2 Ladle the mix into a mini square silicone mold and sprinkle sea salt on top. Place in the freezer to set for about 30 minutes. Remove from the mold and enjoy!

Notes

No Monk Fruit Sweetener: Sweeten with stevia, honey or coconut sugar instead.

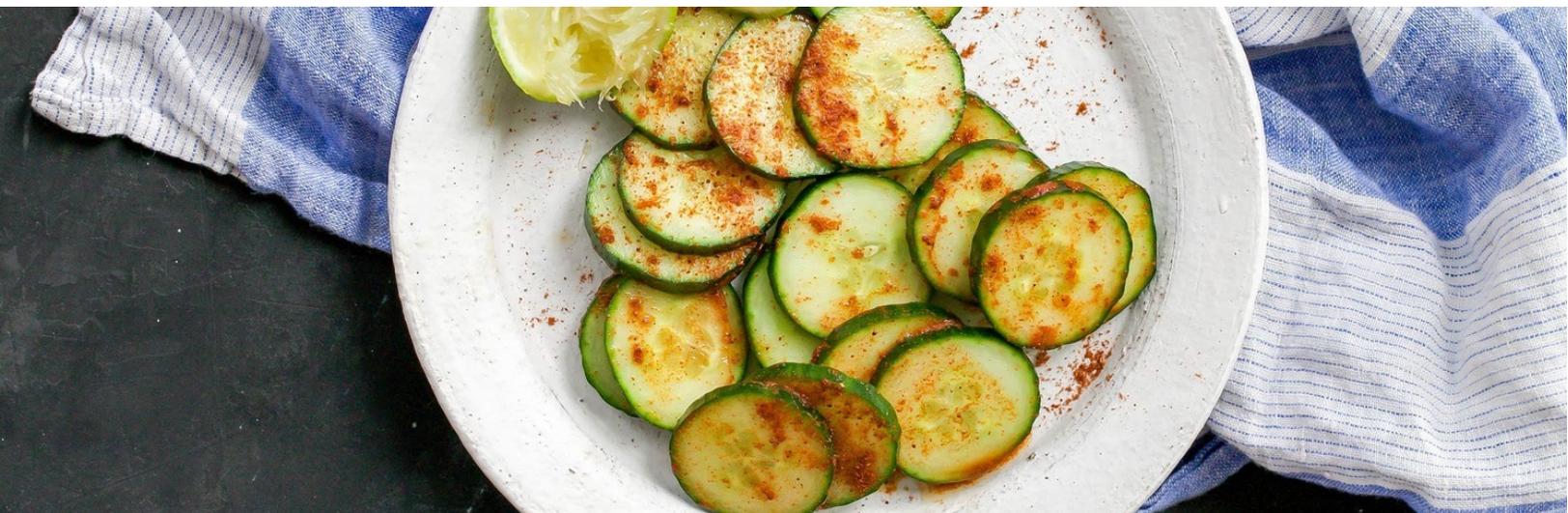
No Coconut Oil: Use coconut butter instead.

Likes it Sweet: Add more sweetener as desired.

No Silicone Mold: Use parchment-lined mini muffin molds.

Serving Size: One serving is equal to one fat bomb, or approximately 35 grams (1.2 ounces).

Storage: Refrigerate in an air-tight container for up to 7 days. Freeze for up to 3 months.



Chili & Lime Cucumbers

1 serving

5 minutes

Ingredients

1/2 Cucumber (sliced)

1/4 tsp Chili Powder

1 1/2 tsps Lime Juice

Directions

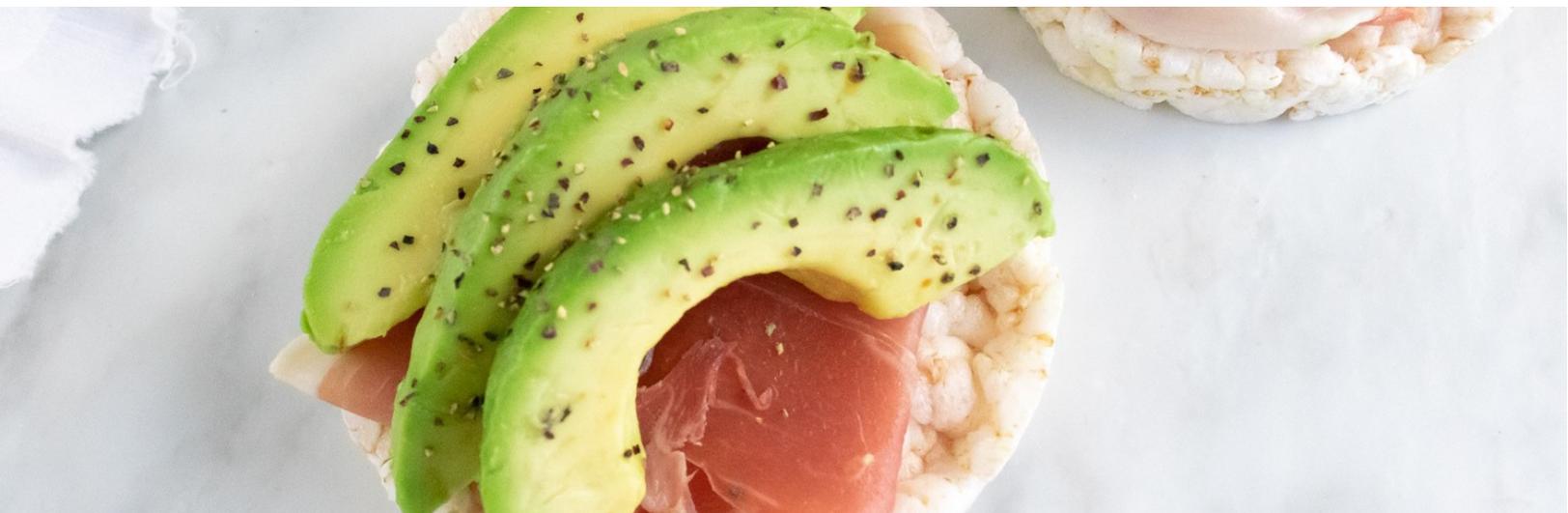
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In a small bowl, add the cucumber. Toss with the chili powder and lime juice. Enjoy!

Notes

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

More Flavor: Add chili flakes or cayenne for extra heat.



Prosciutto & Avocado Rice Cake

1 serving

5 minutes

Ingredients

1/2 oz Prosciutto
1/2 Avocado (pit removed, sliced)
1 Brown Rice Cake
Sea Salt & Black Pepper (to taste)

Directions

1

Add the prosciutto and sliced avocado to the rice cakes. Season with salt and pepper. Enjoy!

Notes

Leftovers: Best enjoyed the same day.

More Flavor: Mash the avocado with garlic and spread on the rice cake.



Chocolate Avocado Pudding

3 servings

10 minutes

Ingredients

- 2 Avocado
- 1/2 cup Pitted Dates (chopped, soaked and drained)
- 2 tbsps Maple Syrup
- 1/2 cup Plain Coconut Milk (from the carton)
- 1/3 cup Cocoa Powder

Directions

- 1 Add the avocado, soaked dates and maple syrup to the food processor and pulse to combine. Add the coconut milk and blend until the avocado mixture is smooth, scraping down the sides of the bowl as needed.
- 2 Add the cocoa powder and blend again until combined.
- 3 Serve chilled. Enjoy!

Notes

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

Serving Size: One serving is approximately 1/2 cup of pudding.

More Flavor: Add vanilla extract. Adjust maple syrup to taste for a sweeter pudding.

Additional Toppings: Fresh berries or toasted coconut.

Dates: Medjool dates were used to create this recipe.

No Coconut Milk: Use another non-dairy or dairy milk instead.

No Food Processor: Use a blender instead.



Sunflower Seed Butter Stuffed Dates

1 serving

5 minutes

Ingredients

1/4 cup Pitted Dates
2 tbsps Sunflower Seed Butter

Directions

- 1 Use a knife to make a slit in each date and open the date slightly.
- 2 Spoon an even amount of sunflower seed butter into the center of each date.
Enjoy!

Notes

Serving Size: One serving is equal to approximately four to five stuffed dates.

Additional Toppings: Sprinkle with coconut flakes, cacao nibs, or hemp seeds.





Raspberry Zinger Smoothie

1 serving

10 minutes

Ingredients

- 1 cup Frozen Cauliflower
- 1 cup Frozen Raspberries
- 1 Lemon (juiced)
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Chia Seeds
- 1 1/2 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.



Cherry Lemon Smoothie

1 serving

5 minutes

Ingredients

1/2 cup Cherries (pitted, fresh or frozen)

1/2 cup Frozen Cauliflower

1 Banana

1 1/2 cups Water

1 tbsp Lemon Juice

Directions

- 1 Place all ingredients in your blender and blend until smooth. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one day. Stir well before drinking.

More Flavor: Add honey, maple syrup, stevia, avocado, spinach, or kale. Use rice milk, oat milk, almond milk, or coconut milk instead of water.

More Protein: Add hemp seeds, chia seeds, a scoop of protein powder, or a spoonful of nut butter.

More Fiber: Add ground flax seed.



Green Lemonade Smoothie

1 serving

5 minutes

Ingredients

- 1/2 Banana (frozen)
- 1 cup Frozen Pineapple
- 1 cup Kale Leaves (chopped)
- 3/4 cup Water
- 1/4 cup Lemon Juice (freshly squeezed)

Directions

1

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

Notes

More Flavor: Add a pinch of salt, fresh ginger, or maple syrup to taste.

More Vegetables: Add frozen cauliflower or zucchini.

No Kale: Use spinach instead.

More Fiber: Add chia seeds or ground flaxseed.



Blueberry Energy Smoothie

2 servings

10 minutes

Ingredients

- 1/2 cup Cashews
- 1/4 cup Hemp Seeds
- 2 cups Water
- 2 cups Baby Spinach
- 1 1/2 cups Frozen Blueberries

Directions

- 1 Combine cashews, hemp seeds and water in a blender. Blend until very smooth.
- 2 Add in baby spinach and frozen blueberries. Blend again until smooth. Divide into glasses and enjoy!

Notes

Make it Sweeter: Add in a few soaked dates to sweeten it up.



Post Workout Green Smoothie

2 servings

5 minutes

Ingredients

1/4 cup Protein Powder (vanilla)
2 cups Water (cold)
1/2 Avocado
1 Banana (frozen)
2 cups Baby Spinach

Directions

1

Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Notes

No Spinach: Use kale instead.

No Protein Powder: Add a few spoonfuls of hemp seeds.



Strawberry Banana Smoothie

2 servings

5 minutes

Ingredients

- 2 cups Strawberries
- 1 Banana
- 1/4 cup Oats (quick or rolled)
- 2 cups Unsweetened Almond Milk
- 2 tbsps Hemp Seeds

Directions

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

Notes

No Banana: Sweeten with raw honey, maple syrup or soaked dates instead.

Storage: Refrigerate in a sealed mason jar up to 48 hours.

More Protein: Add more hemp seeds, a scoop of protein powder, or a spoonful of nut butter.

More Fibre: Add ground flax seeds.



Pineapple Turmeric Smoothie

2 servings

5 minutes

Ingredients

- 2 cups Unsweetened Almond Milk
- 2 cups Pineapple (diced into chunks)
- 1 tbsp Ginger (peeled and grated)
- 1/2 cup Vanilla Protein Powder
- 1 tsp Turmeric (powder)

Directions

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

Notes

Storage: Refrigerate in a sealed jar overnight. Shake before drinking.

No Pineapple: Use mango, peaches or banana instead.



Strawberry Almond Protein Smoothie

1 serving

5 minutes

Ingredients

- 1 1/2 cups Strawberries (frozen)
- 1 Banana (small, frozen)
- 1/4 cup Vanilla Protein Powder
- 1 1/2 tbsps Almond Butter
- 1 tbsp Ground Flax Seed
- 1 1/4 cups Unsweetened Almond Milk

Directions

1

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.



Banana Orange Green Smoothie

1 serving

5 minutes

Ingredients

1 Banana (medium, frozen)
1/2 Apple (medium, peeled and chopped)
1 cup Baby Spinach
1/2 cup Frozen Cauliflower
1/2 cup Orange Juice (freshly squeezed)
1/2 cup Water

Directions

1

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

Notes

No Spinach: Use kale instead.

No Frozen Cauliflower: Omit or use zucchini or more apple instead.

Orange Juice: Two to three small oranges yields approximately 1/2 cup of freshly squeezed orange juice.



Mango Lime Smoothie

1 serving

5 minutes

Ingredients

1 cup Frozen Mango
1 cup Frozen Cauliflower
1 Lime (large, zest and juice)
1/4 cup Vanilla Protein Powder
1 1/2 cups Plain Coconut Milk
(unsweetened, from the carton)

Directions

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

Notes

Additional Toppings: Add spinach, avocado, kale, pineapple, or chia seeds to your smoothie.

No Coconut Milk: Use almond or oat milk.

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.



Breakfast



Zucchini Turkey Breakfast Skillet

3 servings

20 minutes

Ingredients

- 1 1/2 tsps Coconut Oil
- 1 lb Extra Lean Ground Turkey
- 2 Zucchini (large, finely diced)
- 1 cup Salsa
- 3 Egg
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Add the coconut oil to a large skillet and place over medium heat.
- 2 Cook the ground turkey, breaking it up as it cooks through. Once it starts to brown, stir in the zucchini. Continue to saute until the zucchini has softened (about 3 - 5 minutes).
- 3 Add the salsa to the skillet and stir well to mix.
- 4 Use a spoon to create pockets for the eggs. Crack an egg into each pocket and cover the skillet with a lid. Let the eggs cook until done to your liking (3 to 5 minutes).
- 5 Divide onto plates and season with sea salt and black pepper to taste. Add hot sauce if you'd like some heat. Enjoy!

Notes

Leftovers: For best results, refrigerate the turkey/zucchini mixture separate from the eggs in an airtight container for up to three days. When reheating, add the eggs just before serving.

More Protein: Add extra eggs.

Vegetarian: Use lentils instead of ground turkey.

More Greens: Stir in baby spinach or kale right after you add the salsa. Stir until wilted.

No Salsa: Use crushed tomatoes instead.



Sweet Potato Pancakes

2 servings

20 minutes

Ingredients

2 Sweet Potato (small)
4 Egg (whisked)
1 tbsp Coconut Oil
1/2 tsp Cinnamon
2 tbsps Maple Syrup

Directions

- 1 Peel sweet potato and dice into small cubes. Fill a saucepan with 2 inches of water and bring to a boil. Drop the sweet potato in and steam for 7 minutes or until tender when pierced with a fork. Drain off the liquid and transfer the steamed sweet potato to a bowl and mash with a fork.
- 2 Measure out about 1/2 cup of mashed sweet potato per serving and add it to a bowl. Add in the eggs and mix well.
- 3 Melt coconut oil in a large skillet over medium heat. Once hot, pour pancakes in the skillet, no more than 1/8-1/4 cup of batter at a time. Cook each side about 3-5 minutes or until browned. Divide pancakes onto plates and top with cinnamon and maple syrup. Enjoy!

Notes

Spice it Up: Add nutmeg and/or ginger spice.

Toppings: Top with banana slices, fresh fruit, pureed fruit sauce, chocolate chips or chopped nuts.



Chicken & Apple Sausage Patties

8 servings

30 minutes

Ingredients

- 1 lb Extra Lean Ground Chicken
- 1 Apple (medium, cored, finely chopped or grated)
- 1 tsp Ground Sage
- 1/2 tsp Cinnamon
- 1/2 tsp Sea Salt
- 2 tbsps Coconut Oil

Directions

- 1 In a mixing bowl, combine the ground chicken, apple, sage, cinnamon and salt.
- 2 Divide and form the mixture into half-inch thick patties. Place on a parchment-lined tray and chill in the freezer for approximately 10 minutes.
- 3 Heat coconut oil in a large cast-iron pan over medium heat. Fry each sausage patty until cooked through, about 3 to 5 minutes per side.
- 4 Set aside to cool slightly. Enjoy!

Notes

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

Serving Size: Each serving equals approximately one sausage patty.

More Flavor: Add garlic powder and/or onion powder.

Additional Toppings: Top with an egg, sauerkraut and/or mustard.



Coconut Plantain Pancakes

3 servings

20 minutes

Ingredients

2 Plantain (ripe, peeled)
2 Egg
1/2 tsp Sea Salt
1/2 cup All Purpose Gluten-Free Flour
2 tbsps Coconut Oil

Directions

- 1 In a blender, combine the plantain, eggs and salt. Slowly add the flour until everything is well combined.
- 2 Heat coconut oil in a skillet over medium heat. Add 1/4 cup of the batter at a time to form pancakes, cooking for about 1 to 2 minutes per side.
- 3 Serve pancakes with your choice of toppings and enjoy!

Notes

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

Serving Size: One serving equals approximately four pancakes.

Additional Toppings: Top with maple syrup, honey, cinnamon, fresh fruit, chia jam, cottage cheese, nut butter, coconut chips or crushed nuts.

No All Purpose Gluten-Free Flour: Use all purpose flour or cassava flour instead.



Vanilla Protein Pancakes

2 servings

15 minutes

Ingredients

2 Banana (plus extra for topping)
4 Egg
1/2 cup Vanilla Protein Powder
1 tbsp Coconut Oil

Directions

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

Notes

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

Serving Size: One serving is approximately two pancakes.

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



Chicken, Lettuce & Tomato Egg Wrap

4 servings

15 minutes

Ingredients

- 4 Egg
- 1/4 tsp Sea Salt
- 1 tsp Extra Virgin Olive Oil (divided)
- 4 leaves Romaine (large, whole)
- 1 Tomato (sliced)
- 7 ozs Chicken Breast, Cooked (thinly sliced)

Directions

- 1 In a mixing bowl, whisk the eggs and salt together until well combined.
- 2 Heat a small non-stick pan over medium heat. Add enough oil to the pan to evenly coat it.
- 3 Add a 1/4 cup of the egg to the oiled pan and tilt the pan in a circular motion to distribute the egg evenly. Cook for 60 to 90 seconds or until just set and the egg releases easily from the pan then flip the egg and continue cooking for 30 to 60 seconds until cooked through. Repeat with remaining egg.
- 4 To serve, layer the lettuce, tomato and cooked chicken on the egg wrap and roll or fold altogether. Enjoy!

Notes

Leftovers: Refrigerate the egg wraps in an airtight container for up to three days or freeze for up to one month. Assemble wraps just before serving.

Pan Size: This recipe was tested in a 8-inch non-stick pan.

Serving Size: One serving is approximately one egg wrap with topping evenly divided.

More Flavor: Add garlic powder or dried herbs to the eggs.

Additional Toppings: Add cheese or avocado slices.

No Chicken: Use cooked turkey or additional vegetables and/or avocado instead.



Bacon & Egg Cups

3 servings

25 minutes

Ingredients

6 slices Bacon
1/2 tsp Avocado Oil
6 Egg
Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Cook the bacon in a large pan over medium heat for 4 to 6 minutes until cooked through but still bendable. You don't want it to be crispy. Transfer to a paper towel-lined plate and let cool slightly.
- 3 Lightly oil the cups of a muffin pan with the oil.
- 4 Line the muffins cups with a ring of the cooked bacon. Crack an egg into the center of the bacon ring. Season with sea salt and pepper.
- 5 Bake for 11 to 13 minutes or until the egg yolk has set.
- 6 Remove from the muffin tin and let cool slightly on a cooling rack. Enjoy!

Notes

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

Serving Size: One serving is two egg cups.

Additional Toppings: Fresh herbs, shredded cheese, red pepper flakes, hot sauce.



Beef & Salsa Breakfast Skillet

4 servings

20 minutes

Ingredients

12 ozs Extra Lean Ground Beef
1 1/2 cups Salsa
4 Egg

Directions

- 1 Add the ground beef to a large skillet over medium heat. Stir occasionally until cooked through, about eight minutes. Stir in the salsa.
- 2 Gently form a pocket for each egg in the beef salsa mixture. Crack an egg into each pocket and cover the skillet. Cook for five to eight minutes, or until the eggs are cooked to your liking. Scoop into bowls and enjoy!

Notes

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

Serving Size: One serving equals approximately 1 1/2 cups of the mixture with one egg.

Make it Vegan: Use lentils or black beans instead of ground beef.



Chicken Breakfast Sausages

4 servings

20 minutes

Ingredients

- 1 lb Extra Lean Ground Chicken
- 1/4 cup Parsley (very finely chopped)
- 3 Garlic (cloves, minced)
- 1/4 tsp Sea Salt
- 1 tbsp Extra Virgin Olive Oil

Directions

- 1 In a mixing bowl combine the chicken, parsley, garlic, and salt. Mix well.
;
- 2 Heat the oil in a non-stick pan over medium heat.
;
- 3 Form the mixture into thin patties approximately four inches (10-centimeters) in diameter. In batches, cook for four to five minutes per side or until cooked through. Serve and enjoy!

Notes

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

Serving Size: One serving is equal to two patties.

More Flavor: Add other fresh or dried herbs and spices to taste.

No Extra Virgin Olive Oil: Use avocado or coconut oil instead.

No Chicken: Use ground turkey or pork instead.



Smoked Salmon & Quinoa Breakfast Bowl

2 servings

20 minutes

Ingredients

1/4 cup Quinoa (uncooked)
4 Egg
2 tbsps Cilantro (chopped)
1 tsp Lime Juice (to taste)
2 cups Arugula (packed)
6 ozs Smoked Salmon (sliced)

Directions

- 1 Cook the quinoa according to the package directions and let cool.
- 2 Meanwhile, place the eggs in a saucepan and cover with water. Bring to a boil, then turn off the heat, cover with a lid and let sit for 10 to 12 minutes. Transfer the eggs to an ice bath. Peel and slice the eggs when cool enough to handle.
- 3 Toss the quinoa with cilantro and lime juice. Divide the arugula, quinoa, smoked salmon, and eggs between bowls. Enjoy!

Notes

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

More Flavor: Season the quinoa with salt and pepper. Add sliced red onion, capers, or avocado to the finished bowl.





Baba Ganoush Chicken Wrap

1 serving

10 minutes

Ingredients

- 1 Brown Rice Tortilla
- 1/4 head Green Lettuce (leaves separated)
- 1/2 Tomato (sliced)
- 1/4 Cucumber (julienned)
- 4 ozs Chicken Breast, Cooked (sliced)
- 1/4 cup Baba Ganoush

Directions

1

Place the tortilla flat and layer on the lettuce, tomato slices, cucumber, chicken breast and baba ganoush. Roll up the wrap tightly and enjoy!

Notes

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

Additional Toppings: Avocado, fresh herbs, mushrooms, or bell peppers.

Make it Vegan: Use edamame, tofu or tempeh instead of chicken.

No Baba Ganoush: Use hummus, mayonnaise, pesto or tzatziki instead.

No Brown Rice Tortillas: Use whole-wheat tortillas or pita bread instead.



Shrimp, Mango & Avocado Salad

3 servings

15 minutes

Ingredients

- 1 Cucumber (diced)
- 1 Mango (cubed)
- 1 Avocado (cubed)
- 12 ozs Shrimp, Cooked (tails removed)
- 1 Lime (juiced)
- 1/8 tsp Sea Salt (or more to taste)

Directions

- 1 In a large bowl, combine all ingredients and toss gently to mix. Divide between bowls and enjoy!

Notes

Leftovers: If you're planning on keeping this for a few days, leave out the avocado to prevent browning. You can add it in before serving. The salad without avocado will last 2-3 days in the fridge.



Salmon with Coconut Kale

2 servings

20 minutes

Ingredients

- 8 ozs Salmon Fillet
- 3 tbsps Coconut Oil (divided)
- 1/2 tsp Sea Salt
- 8 cups Kale Leaves (roughly chopped)

Directions

- 1 Preheat oven to 320°F (160°C).
- 2 Place the salmon fillets on a baking sheet lined with parchment paper. Rub with 1/4 of the coconut oil and season with salt.
- 3 Wrap the parchment around the salmon, folding the seams and tucking them so that steam doesn't escape. Bake until medium-rare, about 18 minutes.
- 4 Meanwhile, place kale in a steamer over boiling water for about 3 minutes or until wilted. Drain any excess water. Toss kale with remaining coconut oil and season with salt to taste. Divide onto plates and top with the salmon. Enjoy!

Notes

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

No Kale: Use collard greens, cabbage, broccolini or bok choy instead.

More Carbs: Serve it with quinoa, brown rice, or potatoes.

Leftovers: Store covered in the fridge up to 3 days.



Hummus-Crusted Chicken with Turmeric Rice

4 servings

30 minutes

Ingredients

- 1 lb Chicken Thighs (skinless, boneless)
- 1/4 cup Hummus
- 1 cup Jasmine Rice (dry, uncooked)
- 1 tsp Turmeric
- 1 Tomato (large, diced)
- 4 cups Baby Spinach

Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Place chicken thighs on the baking sheet and coat with hummus. Bake for 30 minutes or until cooked through.
- 3 Meanwhile, make the rice according to the directions on the package, adding in the turmeric and chopped tomato while cooking.
- 4 Divide the chicken, rice and spinach onto plates or into meal prep containers. Enjoy!

Notes

Use a Rice Cooker: Add the turmeric and tomatoes into the rice cooker along with the rice and water.

Leftovers: Refrigerate in an airtight container up to 3 days.



Ground Beef, Asparagus & Mashed Sweet Potatoes

4 servings

30 minutes

Ingredients

- 3 Sweet Potato (medium, peeled and chopped)
- 4 cups Asparagus (woody ends trimmed, chopped in half)
- 1/2 tsp Sea Salt (divided)
- 1 tbsp Avocado Oil
- 1 lb Extra Lean Ground Beef

Directions

- 1 Set the sweet potatoes in a steaming basket over boiling water and cover. Steam for about 15 minutes, or until tender. Transfer the sweet potatoes to a bowl.
- 2 In the same steaming basket, steam the asparagus for about 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus. Set aside.
- 3 Add half the salt to the sweet potatoes and mash until creamy.
- 4 Heat the oil in a large pan over medium heat. Cook the beef, breaking it up as it cooks. Season with the remaining salt and drain any excess liquid.
- 5 Divide the mashed sweet potato, asparagus and beef onto plates or into containers. Enjoy!

Notes

No Sweet Potatoes: Use regular potatoes, eddo, jicama or kohlrabi instead.

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

Storage: Refrigerate in an airtight container up to 3 days.

Serving Size: One serving is equal to approximately 3/4 cup of mashed sweet potatoes, 1 cup of asparagus and 1/2 cup of ground beef.

Vegan & Vegetarian: Omit the ground beef and use cooked lentils instead.

Extra Creamy Potatoes: Add a splash of water, broth or milk while mashing the sweet potatoes for extra creaminess.



One Pan Steak, Mushrooms & Green Beans

2 servings

15 minutes

Ingredients

- 1 1/2 tps Extra Virgin Olive Oil (divided)
- 12 ozs Top Sirloin Steak
- 1/4 tsp Sea Salt (divided)
- 2 cups Green Beans (trimmed)
- 12 Cremini Mushrooms (sliced)

Directions

- 1 Heat half of the oil in a skillet over medium-high heat. Season both sides of the steak with half of the sea salt.
- 2 Add the steak to the skillet and cook for about two minutes per side, or until it has reached your desired doneness. Set aside and let rest for at least five minutes before cutting into slices.
- 3 Reduce the heat to medium and add the remaining oil to the skillet. Cook the green beans and mushrooms for about five to seven minutes, or until cooked through. Season with the remaining salt.
- 4 Divide the green beans, mushrooms, and steak onto plates. Enjoy!

Notes

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

More Flavor: Grill on the barbecue. Season with your choice of herbs and spices.

Additional Toppings: Serve with garlic butter sauce, chimichurri, salsa, or caramelized onions.



Crispy Broiled Haddock & Broccolini

2 servings

15 minutes

Ingredients

- 2 Haddock Fillet (5 ounces each)
- 1 bunch Broccolini (trimmed)
- 2 tbsps Avocado Oil
- 1 tsp Dried Thyme
- 1/2 tsp Sea Salt

Directions

- 1 Adjust the top rack of the oven approximately 6 inches from the top, and preheat the broiler. Line a baking tray with parchment or a silicone mat.
- 2 Place the haddock fillets and broccolini on the tray and evenly coat in avocado oil. Season with thyme and salt.
- 3 Broil in the preheated oven until fish is easily flaked with a fork, approximately 6 to 8 minutes. Enjoy!

Notes

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

More Flavor: Add a squeeze of lemon juice and/or red pepper flakes.

No Haddock: Use cod or tilapia instead.

Fillet Size: Each haddock fillet is equal to 150 grams or 5.3 ounces.



Cajun Turkey with Green Beans & Rice

4 servings

30 minutes

Ingredients

- 1 cup Jasmine Rice (dry)
- 1 lb Turkey Breast
- 1 tbsp Coconut Oil (divided)
- 2 tbsps Cajun Spice
- 8 cups Frozen Green Beans (thawed)
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Cook the rice according to the instructions on the package and set aside.
- 2 While the rice cooks, dice your turkey breast into 1 inch cubes. Add half the coconut oil to a large skillet and warm over medium heat. Add the diced turkey breast and saute for 7 to 10 minutes, or until browned and cooked through. Add the cajun seasoning and continue to saute until the turkey is well coated. Transfer to a small plate.
- 3 Place the skillet back over medium heat and add the remaining coconut oil. Add the frozen green beans and cover. Saute for 4 to 5 minutes or until tender and crisp. Turn off the heat.
- 4 Divide rice, turkey and green beans between bowls. Season with sea salt and black pepper to taste. Enjoy!

Notes

No Rice: Use quinoa or roasted potatoes instead.

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

Low Carb: Use cauliflower rice instead of jasmine rice.

No Turkey Breast: Use chicken breast or ground meat instead.

Reheating Leftovers: Saute in a skillet until warmed through.

Vegan & Vegetarian: Replace the turkey breast with roasted chickpeas or warm lentils seasoned with cajun spice.



Seared Cod with Bacon & Kale

1 serving
20 minutes

Ingredients

- 2 slices Bacon (chopped)
- 1 Cod Fillet
- 1/2 Red Bell Pepper (sliced)
- 2 cups Kale Leaves (roughly chopped)
- 1 tsp Lemon Juice
- 1/8 tsp Sea Salt

Directions

- 1 In a skillet over medium heat, add the bacon and cook for 5 to 7 minutes or until cooked through. Remove and set aside, leaving the rendered fat in the pan.
- 2 Add the cod fillet to the pan and cook for 4 minutes, and then remove and set aside. It won't be fully cooked at this point. Add the red pepper to the pan and cook for 2 to 3 minutes, then add the kale. Add the cod back to the pan and cover with a lid. Cook for 6 to 8 minutes, until the cod is cooked through and flaky.
- 3 Add the fillet to a plate along with the kale, peppers and bacon. Squeeze the lemon juice on top and season with sea salt. Enjoy!

Notes

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

More Flavor: Add minced garlic to the veggies.

No Pork: Use turkey bacon instead.

Fillet Size: One fillet is equal to 231 grams or 8 ounces.



Red Thai Coconut Curry Chicken

6 servings

20 minutes

Ingredients

2 lbs Chicken Thighs (skinless, boneless)
1/4 cup Thai Red Curry Paste (divided)
1 tbsp Coconut Oil
1/2 cup Red Onion (finely diced)
1 1/4 cups Canned Coconut Milk (full fat)

Directions

- 1 Preheat your oven to 400°F (204°C).
- 2 Rub the chicken thighs with half of the Thai red curry paste.
- 3 Heat the coconut oil in a cast iron or oven safe skillet on the stovetop over medium heat. Saute the red onions in the remaining Thai red curry paste for about 3 to 5 minutes.
- 4 Add the chicken thighs to the skillet and sear for 3 minutes per side. Add the coconut milk and bring it to a simmer.
- 5 Once the coconut milk is simmering, transfer the skillet to the oven and bake for 15 minutes.
- 6 Remove from the oven, divide the chicken onto plates and enjoy!

Notes

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

Optional Garnishes: Sea salt, pepper, lime juice and/or chopped cilantro.

Serve it With: Rice, quinoa or cauliflower rice.

Add Veggies: Serve it with wilted kale, roasted asparagus or green peas.



Smoked Salmon Salad

2 servings

15 minutes

Ingredients

- 2 Egg
- 3 cups Mixed Greens
- 3 1/2 ozs Smoked Salmon (sliced)
- 1/2 Avocado (sliced)
- 2 tbsps Avocado Oil
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Hard boil the eggs by placing them in a small pot of cold water. Bring to a boil over high heat. Once boiling, remove them from heat. Cover and let stand for 12 minutes. Transfer to a bowl of ice water to cool. Once cool, peel and slice into halves.
- 2 Combine all ingredients into a large bowl and toss gently before serving. Enjoy!

Notes

Extra Topping Suggestions: Cucumber, tomato, capers, hemp hearts, feta, pumpkin seeds or sunflower seeds.

No Smoked Salmon: Replace with the protein of your choice.

No Avocado Oil: Use Extra Virgin Olive Oil instead.



Roasted Garlic Chicken Thighs

2 servings

30 minutes

Ingredients

8 ozs Chicken Thighs with Skin
2 Garlic (cloves, sliced)
1 tbsp Extra Virgin Olive Oil
1/8 tsp Sea Salt

Directions

- 1 Preheat oven to 375°F (191°C).
- 2 Gently separate the skin from the flesh of the chicken thighs to create a pocket. Stuff garlic slices under the skin of each chicken thigh. Coat with olive oil and sea salt.
- 3 Set chicken thighs skin side down on a rack over a baking sheet. Cook for 20 minutes. Flip over and cook for 10 more minutes.
- 4 Transfer to plates and enjoy!

Notes

Serve it With: Our Pesto Cauliflower Rice and Steamed Green Beans.

Leftovers: Keeps well in the fridge, up to 3 days. Or freeze for up to 6 months.



Massaged Kale Salad with Salmon

1 serving
20 minutes

Ingredients

3 cups Kale Leaves (chopped)
1/2 Lemon (juiced)
1 tbsp Hemp Seeds
Sea Salt & Black Pepper (to taste)
2 tbsps Extra Virgin Olive Oil (divided)
4 ozs Salmon Fillet

Directions

- 1 Add kale leaves to a large bowl with the lemon juice, hemp seeds, salt and pepper and half the olive oil. Massage the dressing into the kale with your hands for 2 to 3 minutes, until it is softened. Set aside.
- 2 Heat a skillet over medium heat and brush with the remaining olive oil. Season the salmon with salt and pepper, then add it to the pan skin-side down, cooking for about 3 minutes. Flip and cook for an additional 1 to 2 minutes, until the flesh is opaque throughout.
- 3 Divide the massaged kale between plates and top with the salmon. Add an extra squeeze of lemon if desired. Enjoy!



Ground Beef, Potatoes & Rapini

4 servings

30 minutes

Ingredients

- 4 cups Mini Potatoes (halved)
- 1 bunch Rapini (chopped, divided)
- 1 lb Extra Lean Ground Beef
- 1/4 tsp Sea Salt

Directions

- 1 Set the potatoes in a steaming basket over boiling water and cover. Steam for 15 minutes, or until tender. Set aside.
- 2 Meanwhile, add the rapini stems to a large pan. Add enough water to cover halfway. Bring to a simmer and boil for 1 minute. Add the leaves and florets and cook for 3 to 4 more minutes or until just tender. Transfer the rapini to a plate and drain any excess liquid from the pan.
- 3 Add the beef to the same pan and cook over medium heat, breaking it up as it cooks. Season with salt. Once cooked through, drain any excess liquid.
- 4 Divide the beef, rapini, and potatoes onto plates or into containers. Enjoy!

Notes

No Rapini: Use broccoli, broccolini or green beans instead.

Less Bitter Rapini: Cook the rapini in oil and season after boiling.

Leftovers: Refrigerate in an airtight container up to 3 days.

Serving Size: One serving is equal to approximately 1/2 cup of ground beef, 1 cup of potatoes and 1 cup of rapini.



Lemon Oregano Chicken

4 servings

30 minutes

Ingredients

- 1 lb Chicken Thighs (bone-in, skin removed)
- 2 Garlic (clove, minced)
- 1 Lemon (zest and juice divided)
- 2 1/2 tsps Oregano
- 1/2 tsp Sea Salt

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Add the chicken to a large bowl with the garlic, lemon zest, half of the lemon juice, oregano and salt. Toss to coat the chicken evenly in the seasonings.
- 3 Transfer the seasoned chicken thighs onto the baking sheet and cook for 25 minutes or until cooked through. Remove from the oven and drizzle with remaining lemon juice. Season with additional salt if needed. Enjoy!

Notes

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

More Flavor: Marinate the chicken for at least 30 minutes up to overnight before cooking.

Serve it With: Salad or wilted leafy greens.



Zucchini Noodles with Sausage & Tomato Sauce

2 servings

20 minutes

Ingredients

- 8 ozs Pork Sausage (Italian)
- 1 Yellow Bell Pepper (thinly sliced)
- 1 cup Tomato Sauce
- 2 Zucchini (medium size, spiralized into noodles)
- 1/4 cup Basil Leaves (chopped)

Directions

- 1 In a pan over medium heat, add the sausage and sliced pepper. Cook for 7 to 8 minutes. Remove the sausage, slice and return to the pan for 1 minute or until cooked through. Add the tomato sauce to the pan and stir to combine. Remove everything from the pan and set aside.
- 2 Wipe the pan free of any remaining sauce. Add the zucchini noodles and cook for 1 minute or just until softened.
- 3 Divide the zucchini noodles between plates and top with sauce, sausage and peppers. Sprinkle with basil, serve and enjoy!

Notes

Leftovers: For best results, refrigerate the zucchini noodles and sauce in separate airtight containers for up to three days.

No Pork: Use chicken, turkey, lamb or veggie sausages instead.

Additional Toppings: Top with nutritional yeast or chili flakes.

Make it Vegan: Use a vegan sausage or chickpeas instead.



Pan Seared Sea Bass with Crispy Capers

1 serving

10 minutes

Ingredients

- 7 ozs Sea Bass Fillet
- 1/8 tsp Sea Salt
- 1 tsp Extra Virgin Olive Oil (divided)
- 1 tsp Capers (drained, patted dry)
- 1 tsp Chives (chopped)
- 1 tsp Lemon Juice

Directions

- 1 Pat the sea bass dry and score the back of the skin about 4 to 5 times to prevent the skin from curling up when cooking. Season with salt.
- 2 In a skillet over medium heat, add half the oil and then add the dried capers. Cook until crispy, about 2 to 3 minutes. Remove and set aside.
- 3 In the same skillet, over medium heat, add the remaining oil and then add the sea bass skin side down. Cook for 3 to 4 minutes, then flip and cook for an additional 1 to 2 minutes or until cooked through.
- 4 Plate the sea bass and top with the capers, chives and lemon juice. Enjoy!

Notes

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

More Flavor: Add butter to the skillet right before the sea bass is finished cooking and spoon it over the fish.



Beef with Cabbage & Mushrooms

4 servings

25 minutes

Ingredients

- 1 cup Jasmine Rice
- 1 lb Extra Lean Ground Beef
- 1 tsp Sea Salt (divided)
- 3 1/2 cups Mushrooms (sliced)
- 3 cups Green Cabbage (thinly sliced)
- 2 tbsps Water

Directions

- 1 Cook the rice according to package directions.
- 2 Heat a large pan over medium-high heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, season with 1/4 of the salt. Transfer the cooked beef to a bowl and set aside.
- 3 Add the mushrooms to the pan and cook for about 5 minutes until browned. Season with 1/4 of the salt.
- 4 Reduce heat to medium then add the cabbage to the pan with the mushrooms and stir to combine. Add the water to the pan and cover with a lid. Stir occasionally for about 5 minutes until the cabbage is tender.
- 5 Add the cooked beef back to the pan and stir to combine with the vegetables. Add the remaining salt and stir to mix well.
- 6 To serve, divide the rice between plates and top with the beef and vegetable mixture. Enjoy!

Notes

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

More Flavor: Add fresh garlic, ginger, tamari, coconut aminos or sesame oil.

Additional Toppings: Top with sesame seeds or sliced green onion.

No Green Cabbage: Use purple cabbage instead.

No Beef: Use ground chicken, ground turkey or ground pork.



Cajun Spiced Salmon Skewers

3 servings

10 minutes

Ingredients

- 10 ozs Salmon Fillet (skinless, cut into cubes)
- 1 tbsp Cajun Seasoning
- 3 Barbecue Skewers (cut in half)
- 1 tsp Extra Virgin Olive Oil

Directions

- 1 In a medium-sized bowl, add the salmon and cajun seasoning. Toss well, ensuring each piece is well coated.
- 2 Pierce the salmon onto the barbecue skewers.
- 3 Heat a cast-iron pan over medium heat. Once hot, add the oil. Add the skewers and cook for two to three minutes per side, or until cooked to your preference. Season with additional cajun seasoning if needed and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one day.

Serving Size: One serving is equal to two skewers with three pieces of salmon on each.



One Pan Steak, Asparagus & Mushrooms

2 servings

10 minutes

Ingredients

- 1 1/2 tps Extra Virgin Olive Oil (divided)
- 1 lb Top Sirloin Steak
- 1/4 tsp Sea Salt (divided)
- 2 cups Asparagus (woody ends trimmed)
- 12 Cremini Mushrooms (sliced)

Directions

- 1 Heat half the oil in a skillet over medium-high heat. Season both sides of the steak with half of the sea salt.
- 2 Add the steak to the skillet and cook for about two minutes per side, or until it has reached your desired doneness. Set aside and let rest for at least five minutes before cutting into slices.
- 3 Reduce the heat to medium and add the remaining oil to the skillet. Cook the asparagus and mushrooms for about five minutes, or until cooked through seasoning with the remaining salt.
- 4 Divide the asparagus, mushrooms, and steak slices onto plates. Enjoy!

Notes

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

Additional Toppings: Serve with garlic butter sauce, chimichurri, salsa or caramelized onions.