



























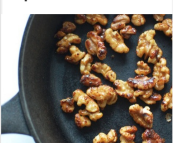




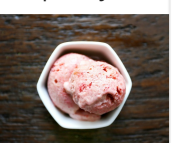
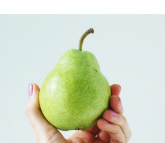
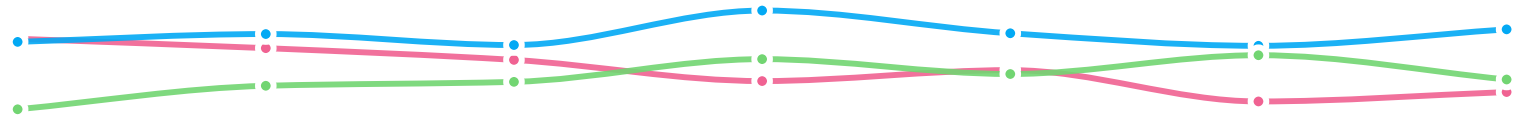
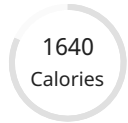


	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Bloat-Fightin... 	Matcha Chia ... 	Orange Imm... 	Sweet Potato... 	Chocolate Ch... 	Blueberry Pro.. 	Paleo Sweet ... 
Lunch	Flax Bread Av.. 	Chicken Curr... 	Thai Turkey B... 	Lentil, Sweet ... 	Smoked Salm... 	Slow Cooker ... 	Sausage, Bro... 
Snack 1	Pumpkin Tah... 	Celery with S... 	Blueberry Ba... 	Chocolate Ca... 	Apple with Al... 	Carrots & Gu... 	Crackers & H... 
Dinner	Roasted Swe... 	Thai Turkey B... 	One Pan Salm.. 	One Pan Chic... 	Spaghetti Sq... 	Shrimp & Ma... 	Slow Cooker ... 
Snack 2	Spiced Walnu.. 	Grapes & Cas... 	Dark Chocola... 	Chocolate Stu.. 	Double Choc... 	Raspberry Ice.. 	Pear 

● Fat ● Carbs ● Protein



Mon



Fat 125g

Carbs 121g

Fiber 45g

Sugar 49g

Protein 35g

Cholesterol 93mg

Sodium 1647mg

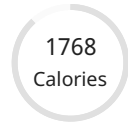
Vitamin...16093IU

Vitamin C 178mg

Calcium 825mg

Iron 12mg

Tue



Fat 113g

Carbs 131g

Fiber 19g

Sugar 45g

Protein 65g

Choleste... 167mg

Sodium 4603mg

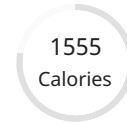
Vitamin A 8473IU

Vitamin C 111mg

Calcium 491mg

Iron 11mg

Wed



Fat 98g

Carbs 117g

Fiber 28g

Sugar 59g

Protein 70g

Choleste... 205mg

Sodium 1654mg

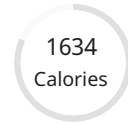
Vitamin...24081IU

Vitamin C 408mg

Calcium 531mg

Iron 10mg

Thu



Fat 71g

Carbs 161g

Fiber 43g

Sugar 61g

Protein 99g

Choleste... 493mg

Sodium 660mg

Vitamin...39559IU

Vitamin C 185mg

Calcium 1075mg

Iron 30mg

Fri



Fat 85g

Carbs 132g

Fiber 38g

Sugar 53g

Protein 80g

Choleste... 286mg

Sodium 1927mg

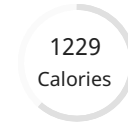
Vitamin...13133IU

Vitamin C 221mg

Calcium 1259mg

Iron 15mg

Sat



Fat 45g

Carbs 116g

Fiber 31g

Sugar 57g

Protein 104g

Choleste... 365mg

Sodium 741mg

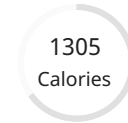
Vitamin...26233IU

Vitamin C 196mg

Calcium 453mg

Iron 10mg

Sun



Fat 57g

Carbs 137g

Fiber 29g

Sugar 43g

Protein 73g

Choleste... 221mg

Sodium 3588mg

Vitamin...21521IU

Vitamin C 238mg

Calcium 349mg

Iron 14mg

Meal Plan Example

 112 items

Fruits

- ☐ 2 Apple
- ☐ 7 Avocado
- ☐ 11 1/2 Banana
- ☐ 1 cup Blueberries
- ☐ 2 cups Cherries
- ☐ 6 cups Grapes
- ☐ 3/4 Lemon
- ☐ 5 1/3 Lime
- ☐ 1 1/2 Mango
- ☐ 3 1/2 Navel Orange
- ☐ 1 1/2 cups Papaya
- ☐ 1 Pear
- ☐ 1 1/2 cups Pineapple
- ☐ 3 cups Raspberries

Breakfast

- ☐ 2 tbsps All Natural Peanut Butter
- ☐ 2/3 cup Almond Butter
- ☐ 2 tsps Green Tea Powder
- ☐ 1 1/4 cups Maple Syrup

Seeds, Nuts & Spices

- ☐ 2 tsps Black Pepper
- ☐ 1 1/2 cups Cashews
- ☐ 1 tsp Cayenne Pepper
- ☐ 1/2 cup Chia Seeds
- ☐ 3 tbsps Chili Powder
- ☐ 2 2/3 tbsps Cinnamon
- ☐ 3 1/2 tbsps Cumin
- ☐ 1 1/2 tbsps Dried Thyme
- ☐ 1 1/2 tbsps Garam Masala
- ☐ 1 tbsps Garlic Powder

Vegetables

- ☐ 10 cups Arugula
- ☐ 3 cups Baby Spinach
- ☐ 1/2 cup Basil Leaves
- ☐ 3 Beet
- ☐ 2 heads Boston Lettuce
- ☐ 12 cups Broccoli
- ☐ 6 cups Brussels Sprouts
- ☐ 14 Carrot
- ☐ 1 1/2 heads Cauliflower
- ☐ 8 stalks Celery
- ☐ 2 cups Cherry Tomatoes
- ☐ 1 1/4 cups Cilantro
- ☐ 1 1/2 Cucumber
- ☐ 13 Garlic
- ☐ 1/3 cup Ginger
- ☐ 4 stalks Green Onion
- ☐ 3/4 cup Mint Leaves
- ☐ 10 1/2 cups Mixed Greens
- ☐ 4 cups Purple Cabbage
- ☐ 4 Red Bell Pepper
- ☐ 1 1/4 cups Red Onion
- ☐ 3 Spaghetti Squash
- ☐ 1 1/2 Sweet Onion
- ☐ 11 Sweet Potato
- ☐ 6 Tomato
- ☐ 1 Yellow Bell Pepper
- ☐ 1 Yellow Onion

Boxed & Canned

- ☐ 2 cups Black Beans
- ☐ 2 cups Lentils
- ☐ 3 cups Organic Chicken Broth
- ☐ 5 1/4 cups Organic Coconut Milk

Bread, Fish, Meat & Cheese

- ☐ 44 ozs Chicken Breast
- ☐ 1/4 lb Chicken Thighs
- ☐ 2 slices Grain Free Flax Bread
- ☐ 1/4 cup Hummus
- ☐ 10 ozs Organic Chicken Sausage
- ☐ 10 ozs Salmon Fillet
- ☐ 1 1/2 lbs Shrimp
- ☐ 100 grams Smoked Salmon
- ☐ 6 lbs Whole Roasting Chicken
- ☐ 2 1/2 Extra Lean Ground Beef

Condiments & Oils

- ☐ 2 tbsps Avocado Oil
- ☐ 1 1/2 tsps Coconut Aminos
- ☐ 1/2 cup Coconut Oil
- ☐ 2 cups Extra Virgin Olive Oil
- ☐ 1/2 cup Sunflower Seed Butter
- ☐ 1/2 cup Tahini
- ☐ 1/4 cup Tamari
- ☐ 1/4 cup Yellow Curry Paste

Cold

- ☐ 9 Egg
- ☐ 6 1/4 cups Unsweetened Almond Milk

Other

- ☐ 1 cup Chocolate Protein Powder
- ☐ 7 1/2 Ice Cubes
- ☐ 1 tbsps Maca Powder
- ☐ 1/4 cup Vanilla Protein Powder
- ☐ 3 1/4 cups Water

☐ **3 1/2 tbsps** Ground Flax Seed

☐ **1 tbsp** Hemp Seeds

☐ **1 1/8 tbsps** Italian Seasoning

☐ **1 1/2 tsps** Onion Powder

☐ **1 1/2 tbsps** Oregano

☐ **1 tbsp** Paprika

☐ **1 1/2 cups** Pecans

☐ **1/8 tsp** Red Pepper Flakes

☐ **2 1/2 tbsps** Sea Salt

☐ Sea Salt & Black Pepper

☐ **1/4 cup** Sesame Seeds

☐ **1 1/2 tbsps** Turmeric

☐ **4 cups** Walnuts

Frozen

☐ **1 cup** Frozen Blueberries

☐ **2 cups** Frozen Cauliflower

☐ **3 cups** Frozen Raspberries

☐ **1/2 cup** Organic Salsa

☐ **92 grams** Pho Noodles

☐ **50 grams** Whole Grain Crackers

Baking

☐ **1 cup** Almond Flour

☐ **1 tsp** Baking Soda

☐ **1/2 cup** Cacao Powder

☐ **1 cup** Coconut Flour

☐ **100 grams** Dark Organic Chocolate




☐ **1/2 cup** Organic Dark Chocolate
Chips

☐ **2 cups** Pureed Pumpkin

☐ **1/2 cup** Raw Honey

☐ **1 tbsp** Unsweetened Coconut
Flakes

Bloat-Fighting Tropical Smoothie (with Papaya) copy

 8 ingredients  5 minutes  3 servings

Directions

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

Notes

Likes it Sweet Add raw honey.

More Protein Add hemp seeds or a scoop of vanilla protein powder.




Ingredients

1 1/2 cups	Papaya (chopped)
1 1/2 cups	Pineapple (chopped)
1 1/2	Cucumber (chopped)
7 1/2	Ice Cubes
3/4 cup	Mint Leaves
1 1/2 cups	Mixed Greens
3 tbsps	Chia Seeds
1 1/2 cups	Water

174 Calories

Per Serving	% Daily Value
Fat 4g	6%
Carbs 33g	11%
Fiber 11g	44%
Sugar 16g	0%
Protein 6g	12%

Matcha Chia Pudding

 6 ingredients  15 minutes  3 servings

Directions

1. Scrape the coconut cream from the top of the can into a bowl and set aside (aim for about 1 cup if you are making 3 servings). The cream should have separated from the coconut juice after being refrigerated overnight.
2. Add the remaining coconut milk from the can into a blender with almond milk, green tea powder, chia, avocado and maple syrup. Blend until smooth. Place in fridge to thicken about 10 to 15 minutes.
3. Once it has thickened up, layer chia pudding into mason jars or containers. Follow with a layer of coconut cream. Repeat layers until all ingredients are used up. Add toppings if you wish, and enjoy!

Notes

- Toppings** Top with chopped fruit, hemp seeds, crushed nuts, dried fruit, shredded coconut or coconut chips.
- Leftovers** Refrigerate chia pudding in an air-tight container for 3-5 days.
- No Maple Syrup** Use honey or dates to sweeten instead.


Ingredients

- 1 1/2 cups** Organic Coconut Milk (canned, full fat, refrigerated overnight)
- 1 cup** Unsweetened Almond Milk
- 2 tsps** Green Tea Powder
- 1/4 cup** Chia Seeds
- 1/2** Avocado
- 3 tbsps** Maple Syrup

417 Calories

Per Serving	% Daily Value
Fat 31g	48%
Carbs 28g	9%
Fiber 10g	40%
Sugar 14g	0%
Protein 7g	14%

Orange Immunity Booster Smoothie

 9 ingredients  10 minutes  3 servings

Directions

1. Throw all ingredients into your blender and blend very well until creamy. Pour into glasses and enjoy!

Notes

- No Pureed Pumpkin** Use steamed sweet potato instead.
- More Protein** Add protein powder, hemp seeds or nut butter.
- No Maple Syrup** Sweeten with raw honey or soaked dates instead.




Ingredients

- 1 1/2 cups** Pureed Pumpkin
- 1 1/2** Banana (frozen)
- 3/4 tsp** Turmeric
- 1/3 tsp** Cinnamon
- 2 1/4 tps** Ginger
- 1 1/2 tbsps** Ground Flax Seed
- 1 1/8 cups** Unsweetened Almond Milk
- 3** Navel Orange (peeled and sectioned)
- 1 1/2 tbsps** Maple Syrup

218 Calories

Per Serving	% Daily Value
Fat 3g	5%
Carbs 49g	16%
Fiber 11g	44%
Sugar 29g	0%
Protein 5g	10%

Sweet Potato Pancakes

 5 ingredients  20 minutes  2 servings

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.




Ingredients

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

370 Calories

Per Serving	% Daily Value
Fat 16g	25%
Carbs 41g	14%
Fiber 4g	16%
Sugar 18g	0%
Protein 15g	30%

Chocolate Cherry Green Smoothie

 4 ingredients  5 minutes  2 servings

Directions

1. Add all ingredients in a blender and blend very well until smooth. Divide into glasses and enjoy!

Notes

Likes it Sweet Add more cherries.

Extra Chocolate Add some cacao or cocoa powder.

Extra Thick Add ground flax seeds or chia seeds.

No Protein Powder Use a blend of hemp seeds and cocoa powder instead.




Ingredients

- 2 cups** Cherries (fresh and pitted, or frozen)
- 1/2 cup** Chocolate Protein Powder
- 2 cups** Baby Spinach
- 2 cups** Unsweetened Almond Milk

209 Calories

Per Serving	% Daily Value
Fat 3g	5%
Carbs 26g	9%
Fiber 5g	20%
Sugar 18g	0%
Protein 22g	44%

Blueberry Protein Smoothie

 5 ingredients  5 minutes  1 serving

Directions

1. Throw all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Blueberries Use any type of frozen berry instead.

No Protein Powder Use hemp seeds instead




Ingredients

1/4 cup	Vanilla Protein Powder
1 tbsp	Ground Flax Seed
1 cup	Frozen Blueberries
1 cup	Baby Spinach
1 cup	Water (cold)

207 Calories

Per Serving	% Daily Value
Fat 4g	6%
Carbs 23g	8%
Fiber 7g	28%
Sugar 13g	0%
Protein 22g	44%

Paleo Sweet Potato Porridge

 7 ingredients  20 minutes  2 servings

Directions

1. Peel and shred the sweet potato using a hand grater or the shredding attachment on your food processor.
2. Place shredded sweet potato in a medium sized saucepan, add the coconut milk and water.
3. Cover and cook the sweet potato in the liquid over medium-high heat for about 15 minutes, stirring every couple minutes to prevent the bottom from burning. It will seem dry at first, but as it steams, the sweet potato will soften and release liquid. After about 15 minutes, your sweet potato should be a very soft, porridge-like texture.
4. Divide the sweet potato porridge between bowls and top with berries, coconut oil, cinnamon, and shredded coconut. Enjoy!

Notes

Other Dried fruit, nut butter, chia seeds, hemp seeds or fresh fruit.

Toppings

Leftovers Store in an airtight container in the fridge up to 3 to 4 days.




Ingredients

1	Sweet Potato
1/2 cup	Organic Coconut Milk (canned)
1/2 cup	Water
1 cup	Raspberries
1 tbsp	Coconut Oil
1/2 tsp	Cinnamon
1 tbsp	Unsweetened Coconut Flakes

273 Calories

Per Serving	% Daily Value
Fat 20g	31%
Carbs 23g	8%
Fiber 7g	28%
Sugar 6g	0%
Protein 3g	6%

Flax Bread Avocado Toast

 4 ingredients  5 minutes  2 servings

Directions

1. Toast flax bread in toaster, or broil on high for about 3 minutes per side.
2. Mash avocado on bread. Sprinkle red pepper flakes and sea salt. Enjoy!

Notes

More Protein Top with a poached egg.

Make Your Own Bread See our Grain-Free Flax Bread recipe.

Ingredients

2 slices Grain-Free Flax Bread
1/2 Avocado
1/8 tsp Red Pepper Flakes
1/8 tsp Sea Salt

274 Calories

Per Serving	% Daily Value
Fat 22g	34%
Carbs 13g	4%
Fiber 9g	36%
Sugar 0g	0%
Protein 9g	18%

Chicken Curry Noodle Soup

 11 ingredients  25 minutes  2 servings

Directions

1. Bring a pot of water to a boil and cook noodles according to instructions on package. Drain, rinse under cold water and set aside.
2. Heat coconut oil in a saucepan over medium-high heat. Cook ginger and garlic until fragrant, about 1-2 minutes. Add bell pepper slices and chicken, and cook for about 3-5 minutes each side.
3. Add curry paste, coconut milk and broth. Scrape any bits at the bottom of the pan. Bring to a simmer and cook for an additional 10 to 15 minutes, or until chicken is cooked through.
4. Season with salt and pepper to taste. Divide noodles and curry soup into bowls. Squeeze lime juice overtop and enjoy!

Notes

- No Curry Paste** Use your desired amount of curry powder instead.
- Leftovers** Refrigerate in an airtight container up to 3 days or freeze.
- No Chicken Broth** Use vegetable or beef broth instead.
- Vegan & Vegetarian** Use vegetable broth instead of chicken broth. Use cooked chickpeas instead of chicken thighs.




Ingredients

- 92 grams** Pho Noodles
- 1 tbsp** Coconut Oil
- 1 tbsp** Ginger (peeled and grated)
- 4** Garlic (cloves, minced)
- 1** Red Bell Pepper (sliced)
- 1/4 lb** Chicken Thighs (skinless, boneless)
- 1/4 cup** Yellow Curry Paste
- 1 cup** Organic Coconut Milk (full fat, canned)
- 3 cups** Organic Chicken Broth
- Sea Salt & Black Pepper (to taste)
- 1/2** Lime (juiced)

639 Calories

Per Serving	% Daily Value
Fat 34g	52%
Carbs 59g	20%
Fiber 2g	8%
Sugar 8g	0%
Protein 22g	44%

Thai Turkey Burgers with Almond Carrot Slaw

 12 ingredients  30 minutes  4 servings

Directions

1. In a large bowl, combine the turkey, green onion, cilantro, basil, garlic, and ginger. Season with salt and pepper, and mix until well combined. Form the meat mixture into equal-sized patties and set aside.
2. Heat a grill or pan to medium heat and cook the patties for 10-15 minutes per side, or until cooked through.
3. While the burgers are cooking, make the almond carrot slaw by combining the grated carrots, lime juice, almond butter, and tamari. Season with sea salt and black pepper to taste, and stir in some extra chopped cilantro (optional).
4. To serve, wrap patties in lettuce leaves and top with the almond carrot slaw. Enjoy!

Notes

More Carbs Serve on burger buns or sweet potato toast.

Make Ahead Prepare patties in advance and store in the fridge overnight, or freeze up to 3 months.

No Boston Lettuce Use cabbages leaves instead.

Oven Version Bake the patties in the oven at 350 degrees F for 30 minutes or until cooked through, flipping halfway.




Ingredients

1 lb	Extra Lean Ground Turkey
2 stalks	Green Onion (sliced)
1/4 cup	Cilantro (chopped)
1/4 cup	Basil Leaves (chopped)
1	Garlic (clove, minced)
1 tbsp	Ginger (peeled and grated)
	Sea Salt & Black Pepper (to taste)
2	Carrot (medium, grated)
1	Lime (juiced)
2 tbsps	Almond Butter
2 tbsps	Tamari (or Coconut Aminos)
1 head	Boston Lettuce (peeled apart into leaves)

243 Calories

Per Serving	% Daily Value
Fat 14g	22%
Carbs 7g	2%
Fiber 2g	8%
Sugar 2g	0%
Protein 24g	48%

Lentil, Sweet Potato & Arugula Salad

 8 ingredients  35 minutes  4 servings

Directions

1. Preheat oven to 425 degrees F and line a baking sheet with parchment paper.
2. Toss diced sweet potato in olive oil and spread across the baking sheet. Bake in the oven for 30 minutes, stirring at the halfway point.
3. Meanwhile, prepare the dressing by combining the tahini, water and maple syrup in a jar. Season with a pinch of sea salt and black pepper to taste. Seal with a lid and shake well to mix. Set aside.
4. Divide arugula into bowls and divide the lentils on top. Next, divide the roasted sweet potato between bowls. Drizzle with tahini dressing and enjoy!

Notes

- No Lentils** Use chickpeas or ground meat instead.
- No Tahini** Use sunflower seed butter instead.
- No Arugula** Use baby spinach, kale or mixed greens instead.
- Likes it Spicy** Add cajun spice or hot sauce into the tahini dressing.

Ingredients




- | | |
|-----------|------------------------------------|
| 2 | Sweet Potato (medium, diced) |
| 1 1/2 tps | Extra Virgin Olive Oil |
| 1/4 cup | Tahini |
| 1/4 cup | Water |
| 1 tbs | Maple Syrup |
| | Sea Salt & Black Pepper (to taste) |
| 4 cups | Arugula |
| 2 cups | Lentils (cooked) |

292 Calories

Per Serving	% Daily Value
Fat 10g	15%
Carbs 40g	13%
Fiber 12g	48%
Sugar 8g	0%
Protein 13g	26%

Smoked Salmon Salad



 6 ingredients  15 minutes  2 servings

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.


Ingredients

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

380 Calories

Per Serving	% Daily Value
Fat 28g	43%
Carbs 14g	5%
Fiber 9g	36%
Sugar 1g	0%
Protein 19g	38%

Slow Cooker Salsa Chicken

 2 ingredients  4 hours  4 servings

Directions

1. Place chicken breasts in the slow cooker and cover them with salsa. Cover with lid and cook on high for 4 hours, or on low for 6 to 8 hours.
2. Remove lid and shred the chicken breasts using two forks. Stir and let the shredded chicken marinate in the salsa for another 10 minutes or more.
3. Remove the chicken from the slow cooker and enjoy!

Notes

Serve it With Tacos, our Turmeric Chili Rice, Simple Avocado Salad, Vegan Corn Bread and/or House Salad.

Leftovers Refrigerate in an airtight container up to 3 days or freeze for up to 6 months.

Too Dry If you are finding the chicken is too dry after shredding it, stir in extra salsa.




Ingredients

20 ozs Chicken Breast (boneless, skinless)
1/2 cup Organic Salsa

223 Calories

Per Serving	% Daily Value
Fat 4g	6%
Carbs 2g	1%
Fiber 0g	0%
Sugar 1g	0%
Protein 43g	86%

Sausage, Broccoli & Cabbage Stir Fry

 6 ingredients  25 minutes  4 servings

Directions

1. Remove casings from the sausage and discard. Heat a large skillet over medium-high heat. Add the sausage meat, onion, and garlic. Saute for about 5 to 10 minutes, or until fragrant.
2. Add the broccoli, cabbage and italian seasoning. Cover and cook for 10 to 15 minutes, stirring occasionally, until the vegetables are wilted and the sausage is cooked through. Divide onto plates and enjoy!

Notes

- Leftovers** Keeps well in the fridge up to 3 days.
- No Sausage** Use ground meat instead.
- Make it Quick** Use bagged coleslaw mix to save time on slicing cabbage.




Ingredients

- 10 ozs** Organic Chicken Sausage
- 1** Yellow Onion (small, diced)
- 1** Garlic (clove, minced)
- 4 cups** Broccoli (chopped into small florets)
- 4 cups** Purple Cabbage (finely sliced)
- 2 tsps** Italian Seasoning

224 Calories

Per Serving	% Daily Value
Fat 11g	17%
Carbs 21g	7%
Fiber 5g	20%
Sugar 9g	0%
Protein 14g	28%

Pumpkin Tahini Energy Balls

 7 ingredients  15 minutes  15 servings

Directions

1. In a medium sized mixing bowl, combine the coconut flour, coconut oil and pureed pumpkin. Mix thoroughly.
2. Add tahini, maple syrup and cinnamon. Continue to mix until well combined. The mixture should be very doughy and stiff.
3. Roll dough into small balls. Pour sesame seeds onto a small plate and roll each ball in the seeds to coat.
4. Cover and store in the fridge up to 5 days, or the freezer for a month.

Notes

- No Tahini** Use any type of nut or seed butter.
- No Sesame Seeds** Roll them in crushed pumpkin seeds or hemp seeds instead.
- Best Results** This recipe was developed and tested using Bob's Red Mill coconut flour. Results may vary with other brands.




Ingredients

- 1/2 cup** Coconut Flour (Bob's Red Mill)
- 2 tbsps** Coconut Oil (melted)
- 1/2 cup** Pureed Pumpkin
- 1/4 cup** Tahini
- 3 tbsps** Maple Syrup
- 2 tsps** Cinnamon
- 1/4 cup** Sesame Seeds

84 Calories

Per Serving	% Daily Value
Fat 6g	9%
Carbs 7g	2%
Fiber 3g	12%
Sugar 3g	0%
Protein 2g	4%

Celery with Sunflower Seed Butter

 2 ingredients  5 minutes  4 servings

Directions

1. Spread sunflower seed butter across celery sticks (about 1 tbsp per celery stalk).
Happy munching!

Notes

No Celery Use cucumber instead

Ingredients

8 stalks Celery (sliced into sticks)
1/2 cup Sunflower Seed Butter

210 Calories

Per Serving	% Daily Value
Fat 18g	28%
Carbs 10g	3%
Fiber 3g	12%
Sugar 4g	0%
Protein 6g	12%

Blueberry Banana Bread

 12 ingredients  1 hour  10 servings

Directions

1. Preheat oven to 350.
2. Combine the dry ingredients in a mixing bowl and mix well. In a separate mixing bowl, mash the bananas with a fork until a creamy consistency forms. Add in the oil, eggs and maple syrup and mix well. Pour the dry ingredients in with the wet ingredients and mix well.
3. Gently fold in your fresh or frozen blueberries with a spatula. Distribute the blueberries evenly throughout the batter, but be careful not to over mix as this will break the berries and cause your bread to turn purple. (It will still taste just as good but may not look as pretty!)
4. Line a loaf pan with parchment paper and pour in the batter. Bake in oven for 45 - 50 minutes. Test if it is cooked through by sticking a toothpick in the middle. If it comes out clean, the bread is done. When fully cooked, lift the parchment paper out of the pan and let cool before slicing. Enjoy!

Notes

Make it These can easily be made into muffins by baking in a muffin tin
Portable instead of a loaf pan.




Ingredients

1 cup	Almond Flour
1/4 cup	Coconut Flour
1 tsp	Baking Soda
1/2 tsp	Sea Salt
1 tsp	Cinnamon
1 tbsps	Ground Flax Seed
1 tbsps	Hemp Seeds
2	Banana (mashed)
2 tbsps	Extra Virgin Olive Oil
3	Egg (whisked)
1/4 cup	Maple Syrup
1 cup	Blueberries

181 Calories

Per Serving	% Daily Value
Fat 11g	17%
Carbs 18g	6%
Fiber 4g	16%
Sugar 10g	0%
Protein 6g	12%

Chocolate Cauliflower Shake

 7 ingredients  5 minutes  2 servings

Directions

1. 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 Add pitted medjool dates.

Sweeter

No Maca Powder Leave it out or use cinnamon instead.




Ingredients

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

442 Calories

Per Serving	% Daily Value
Fat 16g	25%
Carbs 50g	17%
Fiber 17g	68%
Sugar 19g	0%
Protein 31g	62%

Apple with Almond Butter

 2 ingredients  5 minutes  2 servings

Directions

1. Slice apple and cut away the core.
2. Dip into almond butter.
3. Yummmmm.




Ingredients

2 Apple
1/4 cup Almond Butter

287 Calories

Per Serving	% Daily Value
Fat 18g	28%
Carbs 31g	10%
Fiber 8g	32%
Sugar 20g	0%
Protein 7g	14%

Carrots & Guacamole

 4 ingredients  5 minutes  2 servings

Directions

1. Peel and slice carrots into sticks.
2. Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.
3. Dip the carrots into the guac & enjoy!

Notes

Spice it Up Add chili flakes, salsa and/or chopped cilantro to the guacamole.




Ingredients

- 4 Carrot (medium)
- 1 Avocado
- 1 Lime (juiced)
- 1/4 tsp Sea Salt (or more to taste)

217 Calories

Per Serving	% Daily Value
Fat 15g	23%
Carbs 22g	7%
Fiber 10g	40%
Sugar 7g	0%
Protein 3g	6%

Crackers & Hummus

 2 ingredients  5 minutes  1 serving

Directions

1. Dip the crackers into the hummus and enjoy!

Notes

Crackers Choose whole grain or gluten-free crackers, rice crackers, sprouted grain, almond flour, or your own homemade crackers!




Ingredients

50 grams Whole Grain Crackers
1/4 cup Hummus

343 Calories

Per Serving	% Daily Value
Fat 16g	25%
Carbs 43g	14%
Fiber 5g	20%
Sugar 6g	0%
Protein 8g	16%

Roasted Sweet Potato & Beet Salad copy

 11 ingredients  50 minutes  6 servings

Directions

1. Preheat the oven to 375 degrees.
2. Line a cookie sheet with parchment paper. Toss sweet potato and beet sticks with half the olive oil, half the maple syrup, cinnamon, sea salt and pepper. Bake for 40 to 45 minutes until slightly browned.
3. In the mean time, make the dressing by combining the remaining olive oil with the lemon juice. Set aside.
4. Put pecans in a frying pan over medium heat and stir until toasted. Add remaining maple syrup. Stir until pecans are well coated. Continue to stir until pecans become very sticky. Remove from heat and spread across a piece of wax paper. Break apart into pieces when dry.
5. When sweet potato and beets are finished, toss spinach in lemon & oil dressing and put a handful on each plate. Top with roasted beets and sweet potatoes. Garnish with avocado and maple pecans.


Ingredients

3	Beet (sliced into 1 inch sticks)
3	Sweet Potato (sliced into 1 inch sticks)
1/3 cup	Extra Virgin Olive Oil (divided)
1/3 cup	Maple Syrup (divided)
1 tbsp	Cinnamon
	Sea Salt & Black Pepper (to taste)
3/4	Lemon (juiced)
1 1/2 cups	Pecans
6 cups	Arugula
3	Avocado (sliced)
6 cups	Mixed Greens

633 Calories

Per Serving	% Daily Value
Fat 48g	74%
Carbs 51g	17%
Fiber 18g	72%
Sugar 20g	0%
Protein 9g	18%

One Pan Salmon with Rainbow Veggies

 9 ingredients  40 minutes  2 servings

Directions

1. Preheat oven to 375 degrees F and line a baking sheet with parchment paper.
2. Place the cherry tomatoes, salmon, bell pepper, broccoli, and red onion on the sheet pan. Drizzle the vegetables with olive oil. Brush the salmon with the coconut aminos, orange juice and zest. Sprinkle everything with salt and pepper to taste.
3. Place in the oven and bake for 30 minutes, or until salmon is fully cooked.
4. Divide between plates and enjoy!

Notes

- More Carbs** Serve with rice or quinoa.
- Vegan** Use tofu steaks or roasted chickpeas instead of salmon.
- Leftovers** Keeps well in the fridge for 2 to 3 days.




Ingredients

- | | |
|-------------------|---------------------------------------|
| 2 cups | Cherry Tomatoes |
| 10 ozs | Salmon Fillet |
| 1 | Yellow Bell Pepper (sliced) |
| 2 cups | Broccoli (chopped into small florets) |
| 1/2 cup | Red Onion (sliced into chunks) |
| 2 tbsps | Extra Virgin Olive Oil |
| 1 1/2 tsps | Coconut Aminos |
| 1/2 | Navel Orange (zested and juiced) |
| | Sea Salt & Black Pepper (to taste) |

579 Calories

Per Serving	% Daily Value
Fat 41g	63%
Carbs 28g	9%
Fiber 7g	28%
Sugar 11g	0%
Protein 29g	58%

One Pan Chicken, Golden Cauliflower & Carrot Fries

 7 ingredients  40 minutes  6 servings

Directions

1. Preheat oven to 375F and line a large baking sheet with parchment paper.
2. Peel and slice carrots into sticks. Wash and chop cauliflower into florets.
3. Brush chicken breast with 1/3 of the olive oil. Season with thyme and sea salt and black pepper to taste. Place on the baking sheet.
4. Toss carrot sticks in 1/3 of the olive oil and season with salt and pepper to taste. Place on the baking sheet next to chicken.
5. Toss cauliflower with the remaining olive oil, turmeric and salt and pepper to taste. Mix until cauliflower is evenly yellow then transfer to the baking sheet.
6. Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through.
7. Remove baking sheet from the oven and divide onto plates. Enjoy!

Notes

Low FODMAP Use zucchini instead of cauliflower.

Ingredients

6	Carrot (medium)
1 1/2 heads	Cauliflower
1/2 cup	Extra Virgin Olive Oil (divided three ways)
24 ozs	Chicken Breast
1 tbsp	Dried Thyme
1 tbsp	Turmeric (powder)
	Sea Salt & Black Pepper (to taste)

418 Calories

Per Serving	% Daily Value
Fat 24g	37%
Carbs 14g	5%
Fiber 5g	20%
Sugar 6g	0%
Protein 38g	76%

Spaghetti Squash Burrito Bowls

 14 ingredients  40 minutes  6 servings

Directions

1. Preheat oven to 350F and line a baking sheet with parchment paper.
2. Using a sharp knife, very carefully split the spaghetti squash in half lengthwise and scoop out the seeds with a spoon. Brush the inside surface with half the olive oil, and place face-down on the baking sheet.
3. Bake squash for 40 minutes, until it is easily pierced with a fork.
4. While the squash is baking, heat remaining olive oil in a skillet. Add the turkey and cook until it begins to brown. Break it up with a spatula as it cooks through. Add the diced pepper, spices and salt. Continue cooking for about 10 minutes, or until turkey is thoroughly cooked.
5. Spoon the turkey filling into the each half of the spaghetti squash. Top with diced red onion, tomato, avocado, cilantro and a squeeze of lime juice.

Notes

Vegan & Vegetarian Use black beans instead of ground meat.

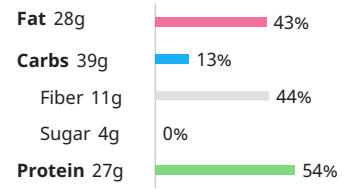
Leftovers Refrigerate in an air-tight container up to 2 days. Reheat before serving.

Ingredients




3	Spaghetti Squash (medium)
1/4 cup	Extra Virgin Olive Oil (divided)
1 1/2 lbs	Extra Lean Ground Turkey
3	Red Bell Pepper (diced)
3 tbsps	Chili Powder
1 1/2 tbsps	Cumin
1 1/2 tbsps	Oregano
1 tbsp	Garlic Powder
3/4 tsp	Sea Salt
3/4 cup	Red Onion (finely diced)
3	Tomato (diced)
1 1/2	Avocado (cubed)
3/4 cup	Cilantro (chopped)
1 1/2	Lime (sliced into wedges)

490 Calories

Per Serving % Daily Value



Shrimp & Mango Coconut Curry

 16 ingredients  30 minutes  6 servings

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 10-15 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

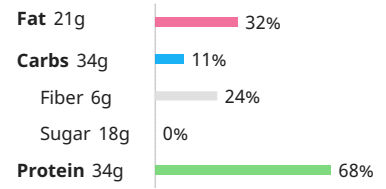
- Garnish With** Chopped cilantro, parsley, red pepper flakes or toasted cashews.
- Serve it With** Quinoa, couscous, brown rice or cauliflower rice.
- No Coconut Milk** Use Greek yogurt or cashew cream instead. Or use almond milk and thicken with arrowroot powder.
- Meat Lover** Swap the shrimp for chicken, beef or pork.
- Make it Vegan** Swap the shrimp for chickpeas, lentils, edamame, peas, eggplant, cauliflower or snap peas.
- Storage** Refrigerate in air-tight container up to 3-5 days; freeze if longer.

Ingredients

- | | |
|--------------------|---------------------------------------|
| 1 1/2 lbs | Shrimp (raw, peeled) |
| 1/3 | Lime (juiced) |
| 1/3 tsp | Sea Salt |
| 1/3 tsp | Black Pepper |
| 1 1/2 tbsps | Extra Virgin Olive Oil |
| 1 1/2 | Sweet Onion (diced) |
| 6 | Garlic (cloves, minced) |
| 1 1/2 tbsps | Ginger (grated) |
| 1 1/2 tbsps | Garam Masala |
| 3/4 tsp | Turmeric |
| 1 1/2 tbsps | Cumin |
| 3 | Tomato (diced) |
| 2 1/4 cups | Organic Coconut Milk |
| 6 cups | Broccoli (chopped into small florets) |
| 1 1/2 | Mango (peeled and sliced into strips) |
| | Sea Salt & Black Pepper (to taste) |

440 Calories

Per Serving % Daily Value



Slow Cooker Rotisserie Chicken copy



 11 ingredients  4 hours  6 servings

Directions

1. Rinse chicken and pat dry with paper towels. Remove innards of chicken if not already done.
2. Rub the inside of your slow cooker with a bit of olive or coconut oil to make it non-stick.
3. In a bowl, combine the sea salt, paprika, onion powder, thyme, italian seasoning, cayenne pepper and black pepper. Rub this spice mix evenly all over the chicken (inside and out).
4. Place chicken (breast side up) in the slow cooker on top of the foil. Cook 4 to 5 hours on high or 8 to 9 hours on low (aim for 1.5 hours per pound). If you have a meat thermometer, the chicken will be perfect when it has an internal temperature of 165 degrees celsius. Otherwise, you can check that it is cooked through just by making a slit in it and make sure it is no longer pink at the bone.
5. One hour before you are ready to eat, preheat oven to 415. Add chopped sweet potato and brussels sprouts to a large mixing bowl. Add olive oil and season with sea salt and pepper. Toss well. Line a baking sheet with parchment paper and spread the vegetables across evenly. Roast in the oven for 30 minutes.
6. Remove vegetables from oven and increase heat to 450. Line a pan with foil. Ensure chicken is cooked through then transfer it to the foil-lined pan. Place chicken in the oven for 10 minutes to make it crispy.
7. Remove from oven and carve the chicken. Plate chicken with roasted sweet potato and brussels sprouts. Enjoy!

Notes

Ingredients

6 lbs	Whole Roasting Chicken
1 1/2 tbsps	Sea Salt
1 tbsps	Paprika
1 1/2 tsps	Onion Powder
1 1/2 tsps	Dried Thyme
1 1/2 tsps	Italian Seasoning
3/4 tsp	Cayenne Pepper
1 1/2 tsps	Black Pepper
3	Sweet Potato (diced into 1 inch cubes)
6 cups	Brussels Sprouts (halved and trimmed)
1 1/2 tbsps	Extra Virgin Olive Oil




364 Calories

Per Serving	% Daily Value
Fat 10g	15%
Carbs 23g	8%
Fiber 6g	24%
Sugar 5g	0%
Protein 47g	94%

**Save the
Carcass**

Make our Immunity Boosting Bone Broth.

Spiced Walnuts

 6 ingredients  10 minutes  6 servings

Directions

1. Lay a large piece of wax paper across the counter.
2. Heat a large skillet over medium heat. Add honey, oil and 1 tbsp water. Add the walnuts and stir with a wooden spoon until evenly coated.
3. Add the sea salt, cumin and cayenne. Continue to stir until walnuts are slightly browned (about 2 to 3 minutes).
4. Remove from heat and transfer the walnuts onto the piece of wax paper. Once cool, break apart into pieces. Store in an airtight container in the fridge. Enjoy!

Notes

Extra Spicy Add extra cayenne pepper.




Ingredients

3 tbsps	Raw Honey
3 tbsps	Extra Virgin Olive Oil
3 cups	Walnuts
3/4 tsp	Sea Salt
1 1/2 tps	Cumin
1/8 tsp	Cayenne Pepper

475 Calories

Per Serving	% Daily Value
Fat 45g	69%
Carbs 17g	6%
Fiber 4g	16%
Sugar 10g	0%
Protein 9g	18%

Grapes & Cashews

 2 ingredients  2 minutes  6 servings



Directions

1. Place grapes and cashews together in a bowl.
2. Happy munching!




Ingredients

6 cups Grapes
1 1/2 cups Cashews

259 Calories

Per Serving	% Daily Value
Fat 16g	25%
Carbs 27g	9%
Fiber 2g	8%
Sugar 17g	0%
Protein 6g	12%

Dark Chocolate & Walnuts

 2 ingredients  5 minutes  4 servings

Directions

1. Divide dark chocolate and walnuts between bowls. Enjoy!




Ingredients

- 1 cup** Walnuts
- 100 grams** Dark Organic Chocolate (at least 70% cacao)

334 Calories

Per Serving	% Daily Value
Fat 29g	45%
Carbs 15g	5%
Fiber 4g	16%
Sugar 7g	0%
Protein 6g	12%

Chocolate Stuffed Raspberries

 2 ingredients  5 minutes  4 servings

Directions

1. Place a chocolate chip into the centre of each raspberry. Divide into bowls and enjoy!


Ingredients

2 cups Raspberries (washed)
1/4 cup Organic Dark Chocolate Chips

112 Calories

Per Serving	% Daily Value
Fat 5g	8%
Carbs 16g	5%
Fiber 5g	20%
Sugar 10g	0%
Protein 2g	4%

Double Chocolate Black Bean Cookies

 10 ingredients  25 minutes  10 servings

Directions

1. Preheat oven to 375. Line a baking sheet with parchment paper.
2. Measure out 1.5 cups black beans (or 3 cups if you are doubling the recipe). Combine black beans, almond milk, peanut butter and coconut oil together in a food processor. Blend until smooth.
3. Add in flour, cacao, honey, cinnamon and sea salt. Process again until creamy. Use a rubber spatula to gently stir in the chocolate chips.
4. Measure out even amounts of dough onto the cookie sheet (we use 2 tbsp per cookie) and use your hands to form into cookies. Sprinkle a few chocolate chips on each cookie and press down gently for good measure. Bake in the oven for 15 (chewy) to 20 minutes (crispy).
5. Remove from oven. Let cool and enjoy!

Notes

No Cacao Use cocoa powder instead.

Ingredients




2 cups	Black Beans (cooked, drained and rinsed)
2 tbsps	Unsweetened Almond Milk
2 tbsps	All Natural Peanut Butter
2 tbsps	Coconut Oil (melted)
1/4 cup	Coconut Flour
1/4 cup	Cacao Powder
1/4 cup	Raw Honey
1/2 tsp	Cinnamon
1/8 tsp	Sea Salt
1/4 cup	Organic Dark Chocolate Chips

172 Calories

Per Serving	% Daily Value
Fat 8g	12%
Carbs 22g	7%
Fiber 5g	20%
Sugar 10g	0%
Protein 5g	10%

Raspberry Ice Cream copy



 2 ingredients  5 minutes  6 servings

Directions

1. Add frozen bananas and strawberries to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
2. Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

Notes

More Creamy Add 2 tbsp unsweetened coconut milk.

Make it Chunky Set aside 1/4 cup of the raspberries before blending and add them to the processor after blending. Pulse until roughly chopped.

Ingredients




6 Banana (sliced and frozen)
3 cups Frozen Raspberries

142 Calories

Per Serving	% Daily Value
Fat 1g	2%
Carbs 35g	12%
Fiber 8g	32%
Sugar 18g	0%
Protein 2g	4%

Pear



 1 ingredients  5 minutes  1 serving

Directions

1. Cut pear in half lengthwise. Cut each half in half again and use a knife to remove the core. Place all pieces in a bowl and enjoy!

Ingredients

1 Pear

101 Calories

Per Serving	% Daily Value
Fat 0g	0%
Carbs 27g	9%
Fiber 6g	24%
Sugar 17g	0%
Protein 1g	2%