




Beef, Sweet Potato & Rapini Skillet

#breakfast #dinner #lunch #paleo #eggfree #glutenfree #nutfree #dairyfree #anticandida #autoimmune #nightshade-free

 7 ingredients  25 minutes  4 servings

Directions

1. Heat a large skillet over medium/high heat and add the beef, onion, ginger, garlic and sweet potatoes. Cover and cook for 10-15 minutes, stirring occasionally until the beef is cooked through and the sweet potatoes are soft.
2. Add the rapini and cook for about 5 more minutes or until greens are wilted and stalks are soft.
3. Divide into bowls. Season with sea salt and enjoy

Notes

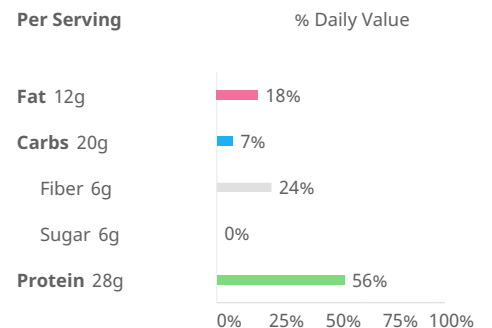
Vegan and Vegetarian Skip the beef. Saute the veggies in olive oil then add cooked lentils.

No Rapini Use kale or broccoli instead.

Ingredients



- **1 lb** Extra Lean Ground Beef
- **1** Yellow Onion (sliced)
- **1 tbsp** Ginger (peeled and grated)
- **2** Garlic (cloves, minced)
- **2** Sweet Potato (medium sized, grated)
- **1 bunch** Rapini (chopped)
- **1/2 tsp** Sea Salt (to taste)

306 Calories



Blueberry Overnight Oats

#breakfast #eggfree #vegetarian #vegan #glutenfree #dairyfree #lowfodmap #nightshadefree

 8 ingredients  8 hours  4 servings

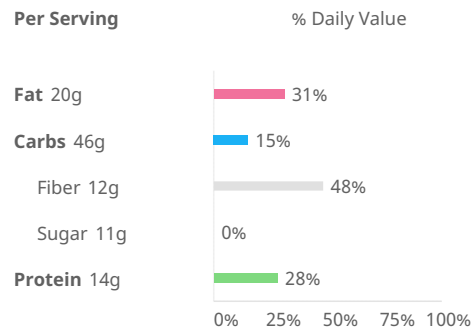
Directions

1. Combine oats, almond milk, chia seeds, maple syrup, cinnamon and water together in a large tupperware container. Stir well to mix. Seal and place in the fridge overnight (or for at least 8 hours).
2. Remove oats from fridge. Use single-serving size mason jars and place a large spoonful of the oat mix in the bottom of each, then a layer of blueberries followed by a layer of slivered almonds. Repeat until all ingredients are used up. Store in the fridge until ready to eat. Enjoy hot or cold!

Ingredients




- **1 1/2 cups** Oats
- **1 1/2 cups** Unsweetened Almond Milk
- **2 tbsps** Chia Seeds
- **2 tbsps** Maple Syrup
- **1 tsp** Cinnamon
- **1/2 cup** Water
- **1 cup** Blueberries
- **1 cup** Slivered Almonds

402 Calories



Avocado Sweet Potato Toast with Poached Egg

#breakfast #snack #vegetarian #paleo #glutenfree #nutfree #dairyfree

 4 ingredients  15 minutes  2 servings

Directions

1. Trim the pointy ends off the sweet potato then lay it on its side on a cutting board. Slice it lengthwise into 1/4 inch slices.
2. Pop the sweet potato slices into the toaster and toast twice. You may need to toast a third time depending on your toaster. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 - 6 minutes per side, or until golden brown.
3. While the sweet potato toasts, carve the flesh of the avocado out into a bowl. Season with a pinch of sea salt and black pepper and mash with a fork until smooth and creamy.
4. Poach, fry or hardboil the eggs.
5. Spread the mashed avocado over the sweet potato toasts and top with cooked eggs. Season with sea salt, black pepper and/or red pepper flakes. Enjoy!

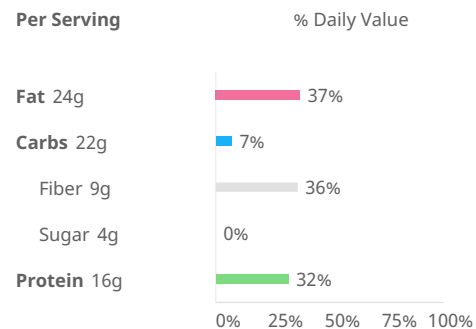
Notes

- Add Greens** Add a layer of baby spinach after you spread on the avocado.
- Guacamole Lover** Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.
- Egg-Free** Skip the eggs and top with hemp seeds instead.

Ingredients




- 1 Sweet Potato (large)
- 4 Egg
- 1 Avocado
- Sea Salt & Black Pepper (to taste)

361 Calories



Sweet Cherry Steel Cut Oats

#breakfast #vegetarian #vegan #eggfree #nutfree #glutenfree #dairyfree #lowfodmap #nightshade-free

 4 ingredients  20 minutes  4 servings

Directions

1. In a saucepan, combine your steel cut oats with the water. Bring to a boil. Reduce heat and let simmer for 10 to 20 minutes, depending on how crunchy you like your oats.
2. Defrost your cherries in the microwave. 40 to 60 seconds usually does the trick.
3. Spoon your cooked steel cut oats into bowl and top with 1/2 cup cherries. Sprinkle on 2 tbsp of hemp hearts per serving. Enjoy!

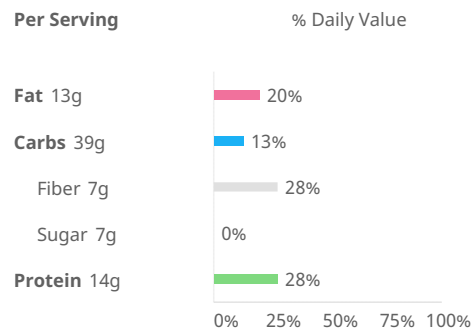
Notes

No Cherries Any fruit will work.

Ingredients

- **1 cup** Steel Cut Oats
- **3 cups** Water
- **2 cups** Frozen Cherries
- **1/2 cup** Hemp Seeds

316 Calories



Kale & Mushroom Egg Muffins

#breakfast #paleo #vegetarian #glutenfree #dairyfree #anticandida #ketogenic #nightshade-free

🛒 8 ingredients ⌚ 40 minutes 🍽️ 12 servings

Directions

1. Preheat oven to 350. Whisk together eggs, almond milk and sea salt in a mixing bowl and set aside.
2. Heat olive oil in a frying pan over medium heat. Add onion and mushroom and saute for 5 minutes or until onions are translucent.
3. Add garlic and kale and continue to saute just until kale is wilted. Remove from heat and add to mixing bowl with eggs. Mix well.
4. Line a muffin tray with liners (parchment paper cups work best). Evenly distribute the egg/kale mixture across the muffin tin leaving some room at the top as the egg will rise. Bake in the oven for 20 minutes.
5. Remove from oven and let cool before removing the liners. Enjoy!

Notes

More Add roasted tomatoes.

Vegetables

Make it Spicy Add clean hot sauce.

Ingredients

- 9 Egg
- 2 tbsps Unsweetened Almond Milk
- 1/2 tsp Sea Salt
- 1 1/2 tpsps Extra Virgin Olive Oil
- 1/2 Yellow Onion (diced)
- 1 cup Mushrooms
- 2 Garlic (cloves, minced)
- 2 cups Kale Leaves (packed and finely sliced)

69 Calories

Per Serving

% Daily Value

Fat 4g

6%

Carbs 2g

1%

Fiber 1g

4%

Sugar 1g

0%




Protein 5g

10%

0% 25% 50% 75% 100%

Triple Berry Protein Bowl

#breakfast #snack #paleo #vegetarian #vegan #eggfree #glutenfree #dairyfree #nightshade-free

 7 ingredients  10 minutes  2 servings

Directions

1. Wash berries and place in bowl(s). Sprinkle berries with hemp seeds and slivered almonds. Top with almond butter and pour almond milk over top. Enjoy!

Ingredients

- **1 cup** Strawberries (sliced)
- **1 cup** Blueberries
- **1 cup** Blackberries
- **2 tbsps** Almond Butter
- **2 tbsps** Hemp Seeds
- **1/4 cup** Slivered Almonds
- **1/2 cup** Unsweetened Almond Milk

341 Calories

