


Asian Turkey Lettuce Wraps

#dinner #lunch #eggfree #glutenfree #appetizer #dairyfree #ketogenic

 13 ingredients  25 minutes  4 servings

Directions

1. Heat coconut oil in a large skillet over medium heat. Add in the onions, ginger, sea salt and pepper and saute for about 5 minutes or until the onion is translucent. Add in the garlic and saute for another minute.
2. Add in the ground turkey and break it up as it cooks. Once it is cooked through and browned, add in the tamari. Continue to saute until it is absorbed. Remove from heat.
3. Spoon the turkey mixture into the centre of a lettuce leaf and top with green onion, carrots and peanuts. Squeeze a lime wedge overtop, wrap and enjoy!

Notes

No Ground Turkey Use any type of ground meat.

Vegan and Vegetarian Use lentils instead of ground meat.

Nut-Free Garnish with sesame seeds instead of peanuts.

Likes it Spicy Add hot sauce or chili flakes.

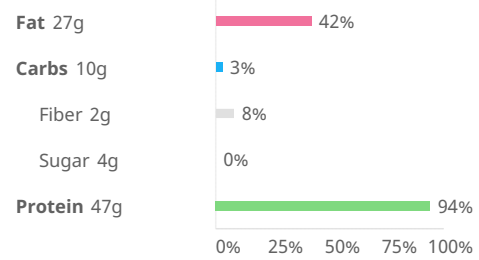
Ingredients

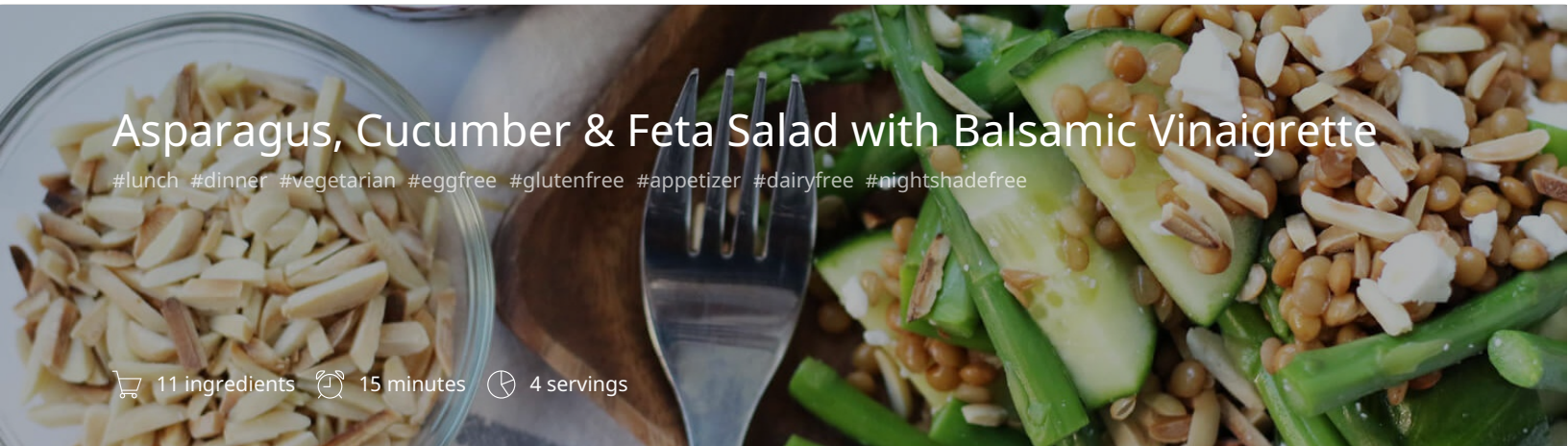
- **1 tbsp** Coconut Oil
- **1** White Onion (diced)
- **1 tbsp** Ginger (peeled and grated)
- **1/4 tsp** Sea Salt
- **1/4 tsp** Black Pepper
- **2** Garlic (cloves, minced)
- **2 lbs** Extra Lean Ground Turkey
- **2 tbsps** Tamari
- **2 heads** Boston Lettuce (peeled apart into leaves and washed)
- **3 stalks** Green Onion (chopped)
- **1 cup** Matchstick Carrots
- **1/4 cup** Raw Peanuts (chopped)
- **1** Lime (sliced into wedges)

462 Calories

Per Serving

% Daily Value





Asparagus, Cucumber & Feta Salad with Balsamic Vinaigrette

#lunch #dinner #vegetarian #eggfree #glutenfree #appetizer #dairyfree #nightshade-free

11 ingredients 15 minutes 4 servings

Directions

1. Bring a large pot of water to a boil. Add the asparagus and boil for about 3 to 4 minutes or until tender. Strain the water off of the asparagus then place them in a bowl full of cold water. Set aside while you prepare the rest. (Note: You could also grill or roast the asparagus.)
2. Combine balsamic vinegar, olive oil, dijon mustard, maple syrup and minced garlic in a jar. Season with a pinch of sea salt and black pepper. Seal with a lid, shake rigorously and set aside.
3. In a large salad bowl combine asparagus, cucumber, lentils, slivered almonds and feta cheese. Add desired amount of dressing and toss well to combine. Divide into bowls and enjoy!

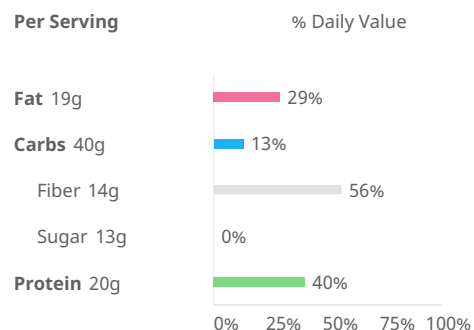
Notes

- Dairy-Free** Skip the feta.
- Nut-Free** Use sunflower seeds instead of slivered almonds.
- No Lentils** Use chickpeas or beans instead.
- Storage** Stores well in the fridge up to 3 days.

Ingredients

- **6 cups** Asparagus (trimmed and sliced in half lengthwise)
- **3 tbsps** Balsamic Vinegar
- **2 tbsps** Extra Virgin Olive Oil
- **1 tbsp** Dijon Mustard
- **1 tbsp** Maple Syrup
- **1** Garlic (clove, minced)
- Sea Salt & Black Pepper (to taste)
- **1** Cucumber (large, diced)
- **2 cups** Lentils (cooked, drained and rinsed)
- **1/2 cup** Slivered Almonds (toasted)
- **1/2 cup** Feta Cheese (crumbled)

390 Calories



Roasted Sweet Potato & Brussels Sprouts Salad

#lunch #dinner #vegetarian #vegan #eggfree #glutenfree #nutfree #dairyfree

 11 ingredients  30 minutes  4 servings

Directions

1. Preheat the oven to 425 degrees F. Line a large baking sheet with parchment paper.
2. Combine the diced sweet potato and brussels sprouts in a bowl. Add olive oil and season with sea salt and black pepper to taste. Toss well then spread across the baking sheet. Bake in the oven for 30 minutes or until both vegetables are cooked through and starting to brown.
3. While the vegetables roast, combine the tahini, maple syrup, water, cayenne pepper and sea salt in a jar. Seal with a lid and shake well to mix. Set aside.
4. Remove the roasted vegetables from the oven and place back in the mixing bowl. Add in the lentils. Mix well.
5. Divide spinach between bowls. Top with lentils and roasted vegetable mix. Drizzle with desired amount of dressing. Enjoy!

Notes

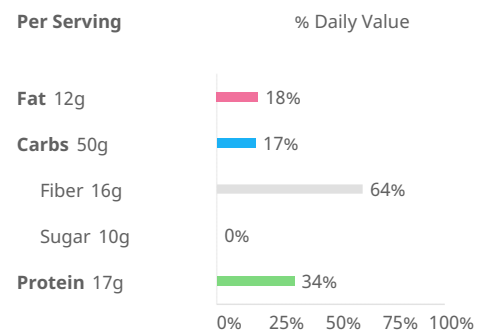
No Brussels Sprouts Use broccoli instead.

No Lentils Use your choice of protein. Chickpeas, grilled chicken or ground meat work well.

Ingredients

- **2** Sweet Potato (medium, sliced into 1 inch cubes)
- **4 cups** Brussels Sprouts (washed and halved)
- **1 tbsp** Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- **1/4 cup** Tahini
- **1 tbsp** Maple Syrup
- **1/4 cup** Water (warm)
- **1/4 tsp** Cayenne Pepper (less if you don't like it spicy)
- **1/8 tsp** Sea Salt
- **2 cups** Lentils (cooked, drained and rinsed)
- **8 cups** Baby Spinach (chopped)

355 Calories



Grilled Chickpea Stuffed Avocados

#lunch #dinner #vegetarian #vegan #nutfree #eggfree #glutenfree #appetizer #dairyfree #barbecue #lowfodmap

🛒 11 ingredients ⌚ 30 minutes 🕒 4 servings

Directions

1. Preheat grill to medium heat.
2. Combine the peas, corn and cherry tomatoes in a bowl. Set aside.
3. Combine the lemon and tahini together in a small jar. Seal and shake well. Set aside. (Tip: Add extra water 1 tbsp at a time if the dressing is too thick.)
4. In a small bowl, toss your chickpeas with olive oil and chili powder. Season with sea salt and black pepper to taste. Toss well until coated and transfer into a grilling basket. Grill for 15 - 20 minutes or until crispy. Toss with tongs periodically to prevent burning.
5. Brush the flesh of the avocado with a bit of olive oil then place face down on the grill. Grill for 5 minutes.
6. Remove the avocados from the grill. Stuff with the peas, corn and tomato mix. Add chickpeas on top then drizzle with tahini sauce. Garnish with chopped parsley and enjoy!

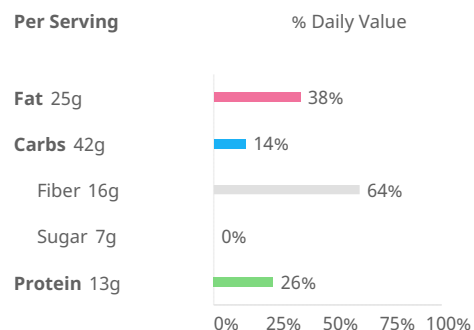
Notes

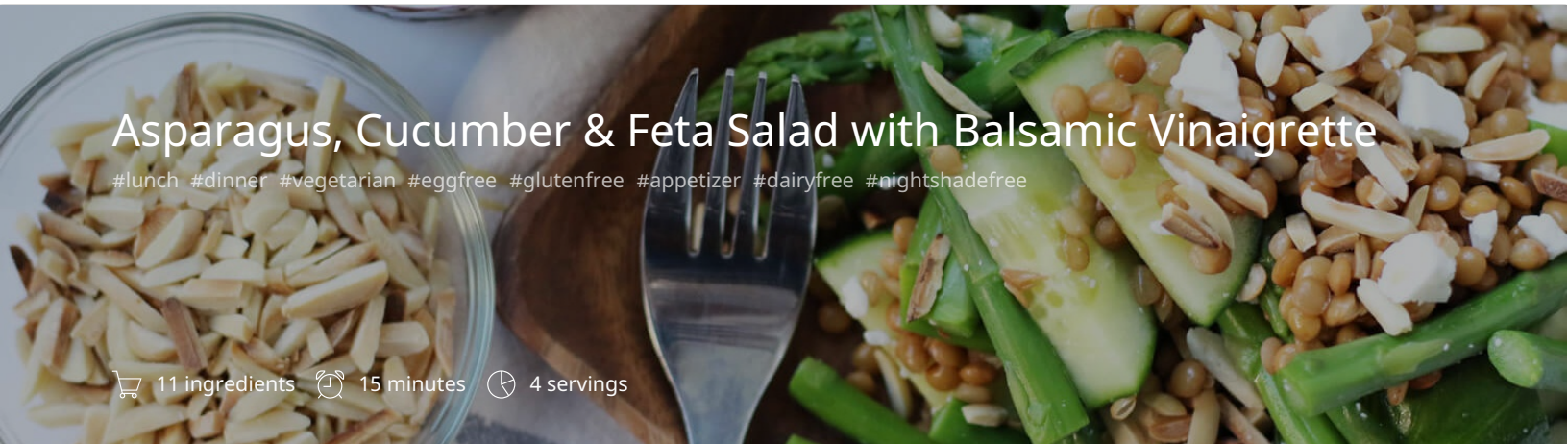
Extra Grilled Chickpea Mix Not all of the grilled chickpea and veggie mix will fit inside the avocados, so serve it as a salad on the side.

Ingredients

- **1/2 cup** Frozen Peas (thawed)
- **1/2 cup** Frozen Corn (thawed)
- **1/2 cup** Cherry Tomatoes (halved)
- **1** Lemon (juiced)
- **2 tbsps** Tahini
- **2 cups** Chickpeas (cooked, drained and rinsed)
- **1 tbsp** Extra Virgin Olive Oil
- **1 tbsp** Chili Powder
- Sea Salt & Black Pepper (to taste)
- **2** Avocado (halved and pits removed)
- **1/4 cup** Parsley (chopped)

416 Calories





Asparagus, Cucumber & Feta Salad with Balsamic Vinaigrette

#lunch #dinner #vegetarian #eggfree #glutenfree #appetizer #dairyfree #nightshade-free

🛒 11 ingredients ⌚ 15 minutes 🍴 4 servings

Directions

1. Bring a large pot of water to a boil. Add the asparagus and boil for about 3 to 4 minutes or until tender. Strain the water off of the asparagus then place them in a bowl full of cold water. Set aside while you prepare the rest. (Note: You could also grill or roast the asparagus.)
2. Combine balsamic vinegar, olive oil, dijon mustard, maple syrup and minced garlic in a jar. Season with a pinch of sea salt and black pepper. Seal with a lid, shake rigorously and set aside.
3. In a large salad bowl combine asparagus, cucumber, lentils, slivered almonds and feta cheese. Add desired amount of dressing and toss well to combine. Divide into bowls and enjoy!

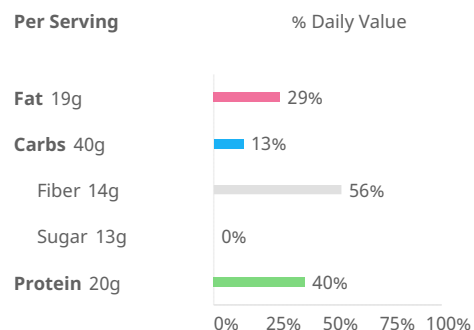
Notes

- Dairy-Free** Skip the feta.
- Nut-Free** Use sunflower seeds instead of slivered almonds.
- No Lentils** Use chickpeas or beans instead.
- Storage** Stores well in the fridge up to 3 days.

Ingredients




- **6 cups** Asparagus (trimmed and sliced in half lengthwise)
- **3 tbsps** Balsamic Vinegar
- **2 tbsps** Extra Virgin Olive Oil
- **1 tbsp** Dijon Mustard
- **1 tbsp** Maple Syrup
- **1** Garlic (clove, minced)
- Sea Salt & Black Pepper (to taste)
- **1** Cucumber (large, diced)
- **2 cups** Lentils (cooked, drained and rinsed)
- **1/2 cup** Slivered Almonds (toasted)
- **1/2 cup** Feta Cheese (crumbled)

390 Calories



Baked Salmon with Broccoli & Quinoa

#dinner #lunch #vegetarian #eggfree #glutenfree #nutfree #dairyfree #lowfodmap #anticandida #elimination #nightshade-free

 7 ingredients  20 minutes  4 servings

Directions

1. Preheat the oven to 450 degrees F and line a baking sheet with parchment paper.
2. Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
3. Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
4. While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
5. Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

Notes

Leftovers Store covered in the fridge up to 2 days.

Speed it Up Cook the quinoa ahead of time.

Ingredients

- **20 ozs** Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- **8 cups** Broccoli (sliced into small florets)
- **2 tbsps** Extra Virgin Olive Oil
- **1 cup** Quinoa (uncooked)
- **1 1/2 cups** Water
- **1/2** Lemon (sliced into wedges)

619 Calories

