



Dairy & Grain Free
Recipe Bundle

EAT CLEAN AND FEEL
ENERGIZED

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A top-down view of a glass bowl filled with a light-colored, frothy smoothie. A single fresh strawberry is placed on top of the smoothie. To the left of the bowl, there are several pink carnations with green leaves. A silver spoon is partially visible on the right side of the bowl. The background is a light-colored, speckled surface.

Dairy & Grain Free
Breakfast

START YOUR DAY RIGHT

Banana Nut Breakfast Cookies



SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 20 - 25
MINUTES

INGREDIENTS

- 2 large ripe bananas, mashed
- 2 eggs, beaten
- 2 tbsp (40 g) real maple syrup
- 2 tsp (4 g) vanilla extract
- 1 cup (240 g) almond or coconut milk
- 1 scoop (30 g) protein powder or collagen peptides
- 1 cup (120 g) almond flour
- 1 cup (112 g) coconut flour
- 1 tsp (4.5 g) baking powder
- 1 tsp (2.5 g) cinnamon
- Dash of sea salt
- 1/4 cup (30 g) chopped walnuts
- 1/4 cup (36 g) chopped dates
- Green or matcha tea

DIRECTIONS

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a large bowl mix together bananas, eggs, maple syrup, vanilla extract, and almond milk. When well mixed, stir in almond flour, coconut flour, baking powder, cinnamon, sea salt, walnuts, and dates.
3. Once well combined, form 12 circles with dough and press lightly onto a greased cooking sheet (or use parchment paper).
4. Bake for 20 - 25 minutes until lightly browned.
5. Serve three cookies with green or matcha tea.

NUTRITION INFO (3 COOKIES)

Calories: 547, Carbohydrate: 55 grams, Protein: 26 grams, Fat: 26 grams

Blueberry Protein Pancakes



SERVINGS: 2

PREP TIME: 3 MINUTES

COOKING TIME: 6 MINUTES

INGREDIENTS

- 1/2 cup (60 g) almond flour
- 1/2 banana
- 2 eggs
- 1/2 (2.5 g) teaspoon baking powder
- Dash of salt
- Dash of cinnamon
- 1 scoop (30 g) protein powder
- 1 tbsp (12 g) chia seeds
- 1 tbsp (14 g) coconut oil, divided
- 1/2 cup (74 g) blueberries

DIRECTIONS

1. Add all ingredients except for coconut oil and blueberries to a blender. Blend until smooth.
2. Warm 1/2 tbsp coconut oil in a large skillet. Make sure skillet is coated with the oil, then small circles of batter to the pan (approximately 1/8 cup) making sure there is some space between pancakes. Sprinkle with blueberries.
3. When edges start to crisp up and the pancake easily lifts from the pan, approximately 3 minutes, flip the pancakes.
4. Cook for an additional 2-3 minutes. Remove from heat and repeat with remaining batter.

NUTRITION INFO

Calories: 448, Carbohydrate: 22 grams, Protein: 27 grams, Fat: 29 grams

Chocolate Covered Cherry Smoothie



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 scoop (30 g) chocolate protein powder
- 1 tbsp (16 g) almond butter
- 1 tbsp (12 g) chia seeds
- 1 tbsp (10 g) hemp hearts
- 1/2 cup (15 g) spinach or mixed salad greens
- 1/2 cup (38 g) frozen cherries
- 1 cup (240 g) almond milk

DIRECTIONS

1. Add all ingredients to a blender and blend until smooth. Enjoy!

NUTRITION INFO

Calories: 512, Carbohydrate: 49 grams, Protein: 36 grams, Fat: 21 grams

Grab n' Go Yogurt



SERVINGS: 1

PREP TIME: 1 MINUTE

COOKING TIME: 0 MINUTES

INGREDIENTS

- 3/4 cup (150 g) dairy free vanilla yogurt
 - Brand recommendation:
Siggi's brand is low sugar and high protein
- 3 medium strawberries
- 1 tbsp (12 g) sliced almonds
- 1/4 cup (28 g) paleo grain free granola
 - Brand recommendation:
Purely Elizabeth brand, Grain-Free Vanilla Almond Butter

DIRECTIONS

1. Top yogurt with berries, almonds, and granola.

NUTRITION INFO

Calories: 370, Carbohydrate: 32 grams, Protein: 19 grams, Fat: 19 grams

Grain-Free Berry Porridge



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 1 MINUTE

INGREDIENTS

- 3/4 cup water
- 1 tbsp coconut cream (top layer when you open a can of full fat coconut milk)
- 3 tbsp almond flour
- 3 tbsp shredded coconut
- 1 tbsp hemp hearts
- 1/2 tbsp chia seeds
- 1/4 tsp vanilla extract
- 1/4 tsp cinnamon
- 1/4 cup mixed berries
- 1 tbsp almond butter

DIRECTIONS

1. Combine water, coconut cream, almond flour, shredded coconut, hemp seeds, chia seeds, vanilla extract, and cinnamon in jar, cover and shake to mix. Store in the refrigerator overnight.
2. When ready to eat, microwave for 30 seconds then top with mixed berries and almond butter.

NUTRITION INFO

Calories: 473, Carbohydrate: 28 grams, Protein: 14 grams, Fat: 35 grams

Matcha Smoothie & Side of Eggs



SERVINGS: 1

PREP TIME: 3 MINUTES

COOKING TIME: 0 MINUTES
(PRE-BOIL THE EGGS)

INGREDIENTS

- 1/2 cup ice
- 1/2 cup unsweetened almond milk
- 1/4 cup coconut milk (full fat from a can)
- 1 cup baby spinach
- 1/2 banana
- 1 tbsp almond butter
- 1/2 tbsp matcha green tea powder
- 1 tsp honey
- 2 hard boiled eggs

DIRECTIONS

1. Add all ingredients to a blender except for the eggs and blend until smooth. Serve with hard boiled eggs.

NUTRITION INFO

Calories: 467, Carbohydrate: 26 grams, Protein: 23 grams, Fat: 32 grams

Mushroom Omelette with Fruit



SERVINGS: 1

PREP TIME: 3 MINUTES

COOKING TIME: 8-10
MINUTES

INGREDIENTS

- 1 tbsp (14 g) avocado oil
- 1/2 cup (35 g) mushrooms, sliced
- 1/4 cup (75 g) red onion, thinly sliced
- 1 clove garlic, minced or pressed
- Salt and pepper to taste
- 1 cup (21 g) baby spinach
- 3 large eggs, lightly beaten
- 1/2 small avocado
- 1/4 cup (42 g) strawberries, sliced
- 1/4 cup (39 g) cantaloupe, chopped

DIRECTIONS

1. Heat avocado oil in a medium skillet over medium heat. Add mushrooms, onion, garlic, salt and pepper. Cook for 4-5 minutes or until mushrooms and onion are browned.
2. Add spinach just before removing from heat and mix all together. Transfer vegetable mixture to a plate.
3. In the same skillet add eggs and cook until firm enough to flip. Flip eggs and top with cooked vegetables. Cook for another minute then fold omelette to cover vegetables.
4. Serve with a side of avocado and fruit.

NUTRITION INFO

Calories: 528, Carbohydrate: 24 grams, Protein: 23 grams, Fat: 39 grams

Pumpkin Pie Smoothie



SERVINGS: 1

PREP TIME: 3 MINUTES

COOKING TIME: 0 MINUTES

DIRECTIONS

- 1/3 cup (82 g) pumpkin purée
- 1 small banana
- 1 tbsp (8 g) ground flaxseed
- 1/4 tsp (0.5 g) pumpkin pie spice
- 1/2 cup (120 g) almond milk
- 1 container (150 g) almond milk yogurt
- 1/4 tsp (1 g) vanilla extract
- 1 tbsp (16 g) almond butter
- 1/2 tsp (3.5 g) honey

1. Blend all ingredients together in a blender and enjoy!

NUTRITION INFO

Calories: 486, Carbohydrate: 58 grams, Protein: 12 grams, Fat: 26 grams

Sausage & Veggie Scramble



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 5 - 7
MINUTES

INGREDIENTS

- 1 tbsp avocado oil
- 1/4 cup (28 g) summer squash, sliced thin
- 1/4 cup (28 g) zucchini, sliced thin
- 1/4 small red onion, sliced thin
- 1 tsp (2 g) oregano, dried
- Salt and pepper to taste
- 1 organic chicken sausage link, sliced thin
- 2 large eggs, lightly beaten.
- 1 cup (20 g) arugula
- 1 apple

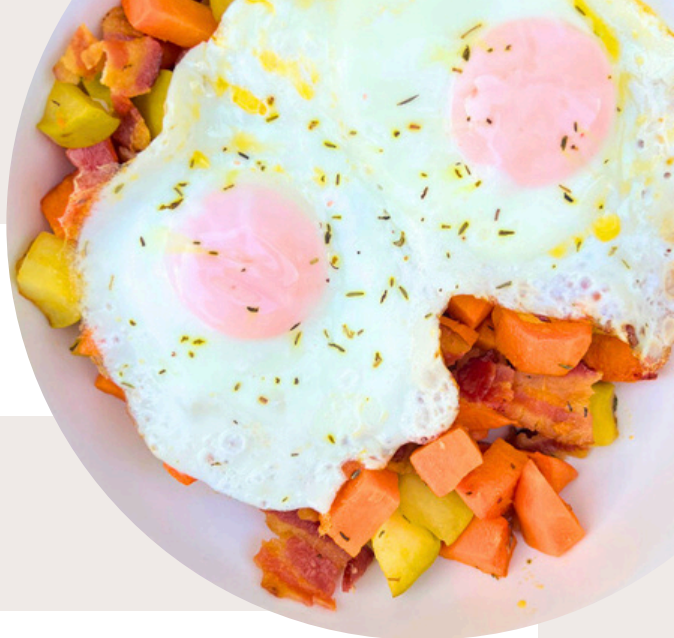
DIRECTIONS

1. Heat oil in a medium skillet over medium heat.
2. Add in summer squash, zucchini, red onion, oregano, salt, pepper, and sausage. Cook, flipping occasionally, until vegetables have softened and sausage has browned on both sides.
3. Push vegetables and sausage to the side of the pan and add eggs, mixing as they cook. Once eggs are mostly cooked through, approximately 2 minutes, mix all ingredients together in the skillet.
4. Serve warm with an apple.

NUTRITION INFO

Calories: 500, Carbohydrate: 33 grams, Protein: 28 grams, Fat: 30 grams

Sweet and Savory Skillet



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 4 slices organic thick cut bacon
- 1 tbsp (14 g) avocado oil
- 1 tbsp water
- 1 medium sweet potato, peeled and chopped into 1/2 inch pieces
- 1 granny smith apple, chopped into 1/2 inch pieces
- 1 tsp (1.5 g) thyme
- Sea salt and pepper to taste
- 4 eggs

DIRECTIONS

1. Cook bacon in a skillet or on a griddle over medium heat, for approximately 5 minutes, turning once.
2. While bacon is cooking, heat avocado oil in a skillet over medium heat. Add sweet potato and water. Cover and cook until sweet potato is easily pierced with a fork, approximately 10 minutes.
3. Transfer bacon to a plate lined with a paper towel. When cooled crumble bacon over sweet potato. Add apple, thyme, salt, and pepper. Cook for an additional 3-4 minutes.
4. Drain bacon fat from the skillet in which the bacon was cooked. Heat this skillet again over medium heat and add eggs. Cover and cook until eggs are at desired consistency.
5. Top sweet potato hash with eggs and serve warm.

NUTRITION INFO

Calories: 373, Carbohydrate: 24 grams, Protein: 19 grams, Fat: 22 grams



Dairy & Grain Free
Lunch

GET THE BOOST YOU NEED

Avocado Egg Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

Salad

- 1/2 avocado, chopped
- 2 hard boiled eggs, chopped
- 1 tbsp hemp hearts
- 2 cups mixed salad greens
- 1 small cucumber, peeled and sliced

Dressing

- 1 tbsp tahini
- 1 tbsp lemon juice
- 1/2 tbsp apple cider vinegar
- 1/2 tsp dried dill
- Salt and pepper to taste

DIRECTIONS

1. Add all salad ingredients to a large salad bowl.
2. Mix together all dressing ingredients until well blended. Toss dressing with salad.

NUTRITION INFO

Calories: 478, Carbohydrate: 18 grams, Protein: 25 grams, Fat: 35 grams

Berry Satisfying Chicken Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

Salad:

- 2 cups (40 g) mixed salad greens
- 1/4 cup (34 g) mixed raspberries and blueberries
- 2 strawberries sliced
- 1/2 avocado, chopped
- 2 tbsp (8 g) walnuts, chopped
- 1 chicken breast, cooked

Dressing

- 1/2 tbsp (8 g) apple cider vinegar
- 1 tbsp (14 g) olive oil
- 1 tsp (5 g) dijon mustard
- Salt and pepper to taste

DIRECTIONS

1. In a large salad bowl, add all salad ingredients.
2. In a separate bowl, mix together all dressing ingredients until well blended. Top salad with salad dressing and enjoy!

NUTRITION INFO

Calories: 478, Carbohydrate: 17 grams, Protein: 33 grams, Fat: 32 grams

Chinese Chicken Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

Salad:

- 1 cup (90 g) green cabbage, sliced thin
- 1/2 cup (56 g) shredded carrots
- 1 green onion, chopped
- 1 tbsp (15 g) slivered almonds
- 1 tbsp (1 g) fresh cilantro, chopped
- 8 mandarin orange slices, canned in water
- 1 cooked chicken breast, chopped

Dressing:

- 1/2 tbsp (8 g) almond butter
- 1 tbsp (15 g) coconut aminos
- 1/2 tsp (4 g) apple cider vinegar
- Dash of onion powder
- Dash of garlic powder
- Dash of black pepper
- 1 apple

DIRECTIONS

1. In a large salad bowl, add all salad ingredients.
2. In a separate bowl, mix together all dressing ingredients until well blended. Top salad with salad dressing and enjoy!

NUTRITION INFO

Calories: 454, Carbohydrate: 49 grams, Protein: 35 grams, Fat: 16 grams

Go Time Lunch Box



SERVINGS: 1

PREP TIME: 3 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 hard boiled egg
- 3 slices organic turkey breast
- 2 tbsp dry roasted mixed nuts
- 1 orange
- 1/2 cup cherry tomatoes
- 2 tbsp hummus

DIRECTIONS

1. Pack all ingredients in a lunch box to go!

NUTRITION INFO

Calories: 440, Carbohydrate: 46 grams, Protein: 30 grams, Fat: 16 grams

Hearty Broccoli & Chickpea Salad



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

Salad

- 1 cup (85 g) broccoli florets, finely chopped.
- 1/2 cup (57 g) carrots, shredded
- 1/2 cup (120 g) canned chickpeas, drained
- 2 tbsp (12 g) sliced almonds
- 2 tbsp (12 g) unsweetened dried cranberries
- 1 green onion, chopped
- 1 tbsp (1 g) fresh cilantro, chopped
- 1 cooked chicken breast, shredded

Dressing

- 1 tbsp (15 g) tahini
- 1/2 tbsp (7 g) apple cider vinegar
- 1/2 tbsp (7 g) lemon juice
- 1 tbsp warm water
- Dash of garlic powder
- Salt and pepper to taste

DIRECTIONS

1. Mix together all salad ingredients.
2. Blend together all dressing ingredients and pour over salad. Toss well to coat.

NUTRITION INFO

Calories: 452, Carbohydrate: 35 grams, Protein: 40 grams, Fat: 18 grams

Lentil Stew



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 70 MINUTES

INGREDIENTS

Beef:

- 2 tbsp (27 g) olive oil
- 1 small onion, chopped
- 2 medium carrots, chopped
- 2 stalks celery, chopped
- 1/2 tbsp (5 g) garlic powder
- 1 bay leaf
- 1 tsp (2 g) dried oregano
- 1 cup (192 g) dry lentils, rinsed
- 4 cups bone broth or chicken broth
- 1/2 a 14.5 oz can (213 g) crushed tomatoes
- 1 tbsp (15 g) apple cider vinegar
- Salt and pepper to taste
- 1/4 cup (6 g) fresh basil, chopped

DIRECTIONS

1. In a stock pot, heat olive oil over medium heat. Add onion, carrots, celery, and garlic powder. Cook 3-4 minutes, until vegetables soften.
2. Add remaining ingredients except for basil. Bring to a boil, then reduce to a simmer and cook until lentils are soft (approximately 1 hour).
3. Enjoy warm, topped with basil.

NUTRITION INFO

Calories: 616, Carbohydrate: 81 grams, Protein: 35 grams, Fat: 20 grams

Savory Salmon Salad



SERVINGS: 1

PREP TIME: 3 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 4 oz (113 g) smoked salmon
- 2 cups (85 g) mixed salad greens
- 1/2 medium avocado, chopped
- 1 small cucumber, peeled and sliced
- 1 tbsp (0.5 g) fresh dill, chopped
- 5 cherry tomatoes, halved
- 2 tbsp (20 g) red onion, chopped small
- 1 tbsp (14 g) olive oil
- 1 tbsp (14 g) lemon juice
- Salt and pepper to taste

DIRECTIONS

1. Top salad greens with salmon, avocado, cucumber, dill, cherry tomatoes, and red onion.
2. Mix together olive oil, lemon juice, salt, and pepper. Toss salad ingredients with dressing.

NUTRITION INFO

Calories: 471, Carbohydrate: 21 grams, Protein: 26 grams, Fat: 34 grams

Tuna Pasta Salad



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 4 oz (113 g) dry lentil pasta
- 1/4 (60 g) cup avocado oil mayonnaise
- 1 tbsp (15 g) apple cider vinegar
- 1/2 tsp (0.5 g) dried dill
- Sea salt to taste
- 2, 5 oz (142 g) cans tuna
- 1 cup (134 g) peas, canned or frozen and thawed
- 2 green onions chopped
- 1/2 small red onion, minced

DIRECTIONS

1. Cook pasta as directed on package and allow to cool.
2. In the meantime, mix together mayonnaise, apple cider vinegar, dried dill, salt, and tuna.
3. Toss the pasta, tuna mixture, and remaining ingredients together and enjoy!

NUTRITION INFO

Calories: 471, Carbohydrate: 48 grams, Protein: 43 grams, Fat: 15 grams

Veggie Slaw & Chicken Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

Slaw

- 1 cup (70 g) shredded cabbage
- 1/2 cup (56 g) shredded carrots
- 1 apple, shredded or chopped small
- 1/2 tsp (2 g) celery salt
- 1/2 tbsp (7 g) avocado oil
- 1/2 tbsp (8 g) apple cider vinegar
- 1 tsp (7 g) honey

Chicken Salad

- 1, 5 oz can (125 g) organic chicken, drained and shredded.
- 1/2 tbsp (7 g) avocado oil mayonnaise
- Dash of dried dill
- Salt to taste

DIRECTIONS

1. Mix together all slaw ingredients until well coated. Massage with hands to soften slaw (optional).
2. Mix together all chicken salad ingredients and top slaw with chicken salad.

NUTRITION INFO

Calories: 480, Carbohydrate: 42 grams, Protein: 34 grams, Fat: 20 grams

White Bean Soup



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- 1 tbsp olive oil
- 1/2 small onion, diced
- 2 cloves garlic, minced or pressed
- 2 carrots, chopped
- 1 celery stalks, diced
- 1, 15 oz (425 g) can cannellini beans, drained and rinsed
- 1 bay leaf
- 1/2 tbsp dried oregano
- 1/2 tbsp dried thyme
- 1 tsp dried dill
- 3 cups bone broth
- Salt and pepper to taste
- 4 tbsp (34 g) dry roasted mixed nuts, divided for two servings
- 2 apples, for two servings

DIRECTIONS

1. In a medium stockpot, heat olive oil over medium heat. Add onion and garlic. Cook 2-3 minutes or until onions soften.
2. Add carrots and celery and cook approximately 5 minutes, until vegetables soften.
3. Add beans, bay leaf, oregano, thyme, dill, bone broth, salt and pepper and reduce heat to a simmer. Cook for 20 minutes.
4. Serve warm with a side of nuts and an apple.

NUTRITION INFO

Calories: 499, Carbohydrate: 73 grams, Protein: 21 grams, Fat: 20 grams



Dairy & Grain Free
Dinner

END THE DAY FEELING GOOD

Acorn Squash Delight



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 45 MINUTES

INGREDIENTS

- 1 acorn squash
- 1 tbsp (14 g) avocado oil
- 1/2 tsp (1.5 g) ground cinnamon
- 0.75 lb (340 g) ground beef, 90% lean
- 1/2 medium white or yellow onion, minced
- 1/4 cup (15 g) parsley, chopped
- 1 cup (113 g) shredded carrots
- 1/2 tsp (1.5 g) garlic powder
- 1/4 tsp (0.5 g) ground ginger

DIRECTIONS

1. Preheat oven to 400 degrees F (205 degrees C).
2. Cut acorn squash in half lengthwise and also cut a small slice from the back of each side so that the squash rests facing up in baking dish. Remove seeds. Brush acorn squash with avocado oil, sprinkle cinnamon over the top, and place face up on a baking sheet.
3. Bake acorn squash for 20 minutes in the oven.
4. In the meantime, cook ground beef over medium heat in a skillet, crumbling the meat as it cooks. Once browned through, drain excess fat and add all other ingredients with the meat. Remove from heat.
5. Add beef mixture to the center of the acorn squash and return to the oven to bake for 15 - 20 additional minutes.

NUTRITION INFO

Calories: 441, Carbohydrate: 40 grams, Protein: 42 grams, Fat: 16 grams

Balsamic Chicken Sheet Pan Dinner



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 3 tbsp (48 g) balsamic vinegar
- 3 tbsp (42 g) avocado oil
- 1 tsp (3 g) garlic powder
- 1/2 tbsp (1.5 g) dried oregano
- 1/2 tbsp (1.5 g) dried thyme
- Salt and pepper to taste
- 0.75 (336 g) pounds thin cut chicken breast
- 1 head broccoli, chopped
- 1 cup (182 g) purple cabbage, shredded
- 1, 14 oz (398 g) can artichoke hearts

DIRECTIONS

1. Preheat oven to 400 degrees F (205 degrees C).
2. In a small bowl mix together avocado oil, balsamic vinegar, garlic powder, oregano, thyme, salt, and pepper.
3. Spread chicken, broccoli, cabbage, and artichoke hearts onto a large sheet pan. Pour avocado oil mixture over chicken and vegetables. Light toss and turn to coat chicken and vegetables.
4. Bake for 20 minutes or until chicken reaches an internal temperature of 165 degrees F.

NUTRITION INFO

Calories: 461, Carbohydrate: 19 grams, Protein: 43 grams, Fat: 25 grams

Ground Turkey Skillet With Cauliflower Rice



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 1 tbsp (14 g) avocado oil
- 0.75 lbs (340 g) ground turkey
- 1 large head of broccoli, chopped into florets
- 1, 14 oz (400 g) jar of artichoke hearts, drained and chopped
- 1/2 cup (52 g) pitted kalamata olives, chopped.
- 1 small onion, sliced thin
- 1/2 tbsp (1.5 g) dried oregano
- 1/2 tbsp (1.5 g) dried thyme
- Salt and pepper to taste
- 1 avocado, chopped
- 2 cups (264 g) cooked cauliflower rice.

DIRECTIONS

1. Heat avocado oil in a medium skillet over medium heat. Add ground turkey and cook through, crumbling and breaking apart as it cooks (approximately 7 minutes). Drain excess liquid. Transfer ground turkey to a plate.
2. Add broccoli, artichoke hearts, kalamata olives, onion, oregano, thyme, salt, and pepper. Cook for approximately 5 minutes until broccoli and onions soften. Add ground turkey back to skillet and cook for an additional 2 minutes.
3. Remove from heat. Serve with cooked cauliflower rice and top with avocado.

NUTRITION INFO

Calories: 606, Carbohydrate: 28 grams, Protein: 42 grams, Fat: 40 grams

Olive and Tomato Fish Stew



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 2 tbsp (28 g) avocado oil
- 1 small onion, sliced thin
- 1 carrot, chopped
- 2 cloves garlic, minced
- 1/2 tsp (1.5 g) ground cinnamon
- 1/2 tsp (1.5 g) ground coriander
- 1/2 tbsp (8 g) tomato puree
- 1/4 cup (30 g) pitted green olives, halved
- 1, 15 oz (425) can chopped tomatoes
- 1 cup (253 g) bone broth
- 2, 5 oz (142 g) haddock or cod filets
- 2 cups (40 g) arugula or rocket
- 1 baked sweet potato

DIRECTIONS

1. In a medium skillet warm oil over medium heat. Add onion, carrot, garlic, cinnamon, and coriander. Cook 3-4 minutes until vegetables soften.
2. Add remaining ingredients, except for arugula/rocket. Cook uncovered over medium heat, flipping cod once, for approximately 10 minutes (until internal temperature of fish reaches 145 degrees F).
3. Mix in arugula/rocket and cook approximately one additional minute.
4. Serve warm with a baked sweet potato.

NUTRITION INFO

Calories: 452, Carbohydrate: 39 grams, Protein: 32 grams, Fat: 20 grams

Pork Fried "Rice"



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 1 tbsp (14 g) avocado oil
- 1/2 lb (227 g) pork tenderloin, chopped into 1/2 inch pieces
- 3 garlic cloves, minced
- 1/2 tbsp (3 g) fresh ginger, grated
- 1/2 tbsp (7 g) sesame oil
- 1, 10oz (284 g) bag frozen peas and carrots
- 1, 10oz (284 g) bag frozen cauliflower rice
- 2 large eggs, lightly beaten
- 3 stalks green onion, chopped

DIRECTIONS

1. Heat avocado oil over medium heat. Add chopped pork and cook through, flipping occasionally to each side (approximately 8 minutes).
2. Drain excess liquid and transfer pork to a plate.
3. In the skillet, add garlic, ginger, and sesame oil. Cook 1-2 minutes, until fragrant.
4. Add frozen cauliflower rice, peas, and carrots.
5. Cover and cook until soft, 5-10 minutes. Stir and break apart clumps occasionally.
6. Uncover and push cauliflower mixture to one side. Add eggs and scrape from bottom frequently until eggs are mostly cooked through. Add green onion and pork. Mix all together and serve warm.

NUTRITION INFO

Calories: 421, Carbohydrate: 26 grams, Protein: 38 grams, Fat: 20 grams

Salmon & Crispy Potatoes



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 40 MINUTES

INGREDIENTS

Salmon

- 10 oz (284 g) salmon, cut into 2 fillets
- 1 tbsp (21 g) honey
- 1 tbsp (14 g) warm water
- 1/2 tbsp (7 g) apple cider vinegar
- 1/2 tbsp (14 g) avocado oil
- 2 cloves garlic, minced or pressed
- 1 tbsp (4 g) fresh parsley, chopped
- Salt and pepper to taste

Potatoes

- 1 lb (260 g) fingerling potatoes
- 2 tbsp (28 g) avocado oil
- 1/4 (2.5 g) tbsp garlic powder
- 1/4 tbsp (2 g) onion powder
- Salt and pepper to taste

DIRECTIONS

1. Bring 3 cups of water to a boil. Add potatoes and cook in boiling water until easily pierced with a fork (approximately 20 minutes)
2. In the meantime preheat oven to 400 degrees. Mix together honey, warm water, apple cider vinegar, 1 tbsp avocado oil, minced garlic, parsley, salt, and pepper.
3. Cover a baking sheet pan with parchment paper to avoid sticking (optional). Place salmon fillets on the sheet pan and cover with honey garlic mixture.
4. After potatoes have boiled, drain and place the potatoes on the sheet pan with the salmon. Using a fork, press down on each potato to smash them. Coat the potatoes with avocado oil, garlic powder, onion powder, salt, and pepper.
5. Cook salmon and potatoes in the oven for approximately 20 minutes, or until salmon is cooked through.

NUTRITION INFO

Calories: 530, Carbohydrate: 37 grams, Protein: 32 grams, Fat: 27 grams

Shrimp Tacos



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 6 MINUTES

INGREDIENTS

- 10 oz (284 g) raw medium shrimp, peeled and deveined
- 1 garlic clove, pressed or minced
- 1 tbsp (14 g) avocado oil
- Dash of sea salt
- Dash of black pepper
- 1/4 tsp (0.5 g) ground cumin
- 1/4 tsp (0.5 g) cayenne pepper
- 1 avocado, chopped
- 1/2 small red onion, thinly sliced
- 2 tbsp (2 g) cilantro, chopped
- 6 grain free tortilla wraps (such as cassava flour)
- 1 1/2 cups (360 g) canned black beans, drained

DIRECTIONS

1. In a medium skillet, warm avocado oil. Add garlic, shrimp, salt, pepper, cumin, and cayenne pepper. Cook for 2-3 minutes on each side, flipping once.
2. In the meantime, cook black beans over medium heat in a small sauce pan for 5 minutes.
3. Warm tortillas in microwave for 10 seconds.
4. Fill tortillas with shrimp, avocado, red onion, and cilantro.
5. Serve shrimp tacos with a side of beans.

NUTRITION INFO

Calories: 665, Carbohydrate: 66 grams, Protein: 36 grams, Fat: 31 grams

Sun-dried Tomato Chicken



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 0.75 lbs (340 g) boneless, skinless chicken thighs, fat trimmed
- 1 tbsp (14 g) avocado oil
- Salt and pepper to taste
- 1/4 tbsp (2.5 g) garlic powder
- 1/2 (27 g) cup sun-dried tomatoes, chopped
- 1 cup (250 g) bone broth
- 1/2 cup (113 g) full fat coconut milk (half cream on top)
- 2 tbsp (8 g) fresh parsley, chopped
- 3 stalks green onions, chopped
- 2 cups (200 g) cooked cauliflower rice

DIRECTIONS

1. In a medium skillet heat avocado oil over medium heat.
2. Season chicken breasts with salt, pepper, and garlic powder, and add to skillet.
3. Cook until well browned on one side, approximately 8 minutes, then flip.
4. Add sun-dried tomatoes, bone broth, and coconut milk to the skillet. Cook 8-10 minutes or until chicken is cooked through. Remove from heat and mix in parsley and green onion.
5. Allow 3-5 minutes to sit for sauce to thicken, then serve over cauliflower rice.

NUTRITION INFO

Calories: 476, Carbohydrate: 17 grams, Protein: 41 grams, Fat: 29 grams

Sweet Potato Skillet



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 20-25
MINUTES

INGREDIENTS

- 1 tbsp (14 g) avocado oil
- 2 tbsp water
- 2 medium sweet potatoes, peeled and chopped into 1/2 inch pieces
- 1 tsp (3 g) garlic powder
- 1/2 tsp (1 g) ginger
- 1/2 lb (227 g) flank steak, sliced thin
- 1 small onion, sliced thin
- 1 summer squash sliced thin
- 1 medium head of broccoli, florets only
- 2 tbsp (30 g) coconut aminos
- 1 tbsp (9 g) sesame seeds

DIRECTIONS

1. In a medium skillet, heat avocado oil over medium heat.
2. Add water, sweet potatoes, garlic powder, and ginger. Cover and cook 10 minutes or until sweet potatoes are easily pierced with a fork, flipping occasionally.
3. Add steak and cook 3-5 minutes, flipping once.
4. Add remaining ingredient and cook 5-10 minutes, until vegetables are at desired consistency.
5. Serve warm.

NUTRITION INFO

Calories: 448, Carbohydrate: 42 grams, Protein: 32 grams, Fat: 18 grams

Zucchini Noodles & Meatballs



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 20 - 25
MINUTES

INGREDIENTS

- 0.75 lb (340 g) grass fed ground beef, 90% lean
- 1 large egg
- 1 tbsp (6 g) almond flour
- 1/2 tsp (3 g) sea salt
- 1/4 tsp (0.5 g) black pepper
- 1/2 tsp (1.5 g) onion powder
- 1/2 tsp (1.5 g) garlic powder
- 1 tsp (2 g) dried oregano
- 2 tbsp (8 g) fresh parsley, chopped small
- 1 cup (250 g) marinara sauce
 - Brand recommendation: Rao's or Primal Kitchen
- 3 cups (255 g) spiralized zucchini
- 1/4 cup (90 g) kalamata olives, halved

DIRECTIONS

1. In a large bowl, mix together ground beef, egg, almond flour, salt, pepper, onion powder, garlic, oregano, and parsley.
2. Heat a large skillet over medium heat. Form 1-2 inch diameter balls with the meat mixture and place in the skillet. Cook 2-3 minutes or until browned and then turn each meatball. Continue to cook each side until browned. Discard extra fat from the skillet.
3. Add marinara sauce and cook, covered, for 10 minutes.
4. Add zucchini noodles and olives and cook for 3-4 minutes, uncovered.
5. Serve warm.

NUTRITION INFO

Calories: 443, Carbohydrate: 17 grams, Protein: 41 grams, Fat: 24 grams