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SERVINGS: 1 PREP TIME: 3 MINUTES COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 medium banana
- 1 tbsp (16 g) almond butter
- 1/2 cup (123 g) plain Greek yogurt
- 1 cup (240 g) unsweetened almond milk
- 1/4 cup (17 g) chopped kale

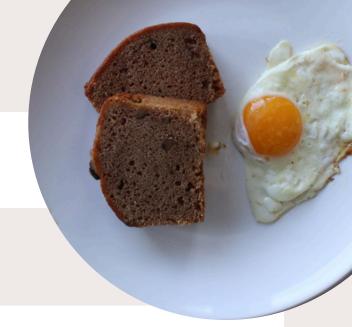
DIRECTIONS

1. Blend all ingredients together in a blender until smooth.

NUTRITION INFO

Calories: 429, Carbohydrate: 43 grams, Protein: 16 grams, Fat: 24 grams





SERVINGS: 4 PREP TIME: 10 MINUTES COOKING TIME: 80-90 MINUTES

INGREDIENTS

- 2 cups (450 g) mashed ripe bananas
- 1/3 cup (107 g) maple syrup
- 1 tsp (4 g) vanilla extract
- 1 tsp (2.5 g) ground cinnamon
- 1 tbsp (13 g) baking powder
- 1/2 cup (46 g) chickpea flour
- 1/2 cup (63 g) walnuts
- Non-stick avocado oil spray
- 4 eggs

DIRECTIONS

- 1. Preheat oven to 350 degrees F (175 degrees C).
- 2. In a large bowl, combine the bananas, maple syrup, vanilla extract, cinnamon, and baking powder.
- 3. Slowly stir in the chickpea flour and mix until the batter is smooth and there is no lumps.
- 4. Stir in walnuts.
- 5. Spray a 9" x 5" loaf pan with non-stick avocado spray and pour the batter into the loaf pan.
- 6. Bake for 45-60 minutes or until a knife is inserted and comes out clean.
- 7. Allow the banana nut bread to rest for 10-20 minutes before removing from the pan.
- 8. Slice into 10-12 "toast" like pieces.
- 9. Serve two slices with a fried egg.
- 10. Enjoy!

NUTRITION INFO

Calories: 390, Carbohydrate: 54 grams, Protein: 13 grams, Fat: 16 grams

Beef and Cheese Breakfast Quesadilla



SERVINGS: 4 PREP TIME: 5 MINUTES COOKING TIME: 20-30 MINUTES

INGREDIENTS

- 1/2 lb (227 g) ground beef,
 95% lean
- 1 tbsp (9 g) fajita seasoning
- 8 large eggs
- Salt and pepper to taste
- 8 small 100% corn tortillas
- 1 cup (113 g) shredded sharp cheddar cheese
- 1/2 cup (8 g) chopped cilantro
- 1 avocado (optional)

DIRECTIONS

- 1. In a sauté pan, cook ground beef until cooked through.
- 2. Add fajita seasoning and 1/4 cup water to cooked beef and stir until combined, set aside.
- 3. In a large bowl, whisk together the eggs. In a sauté pan, scramble the eggs, season with salt and pepper to taste, and set aside.
- 4. Wipe out the sauté pan and turn the heat up to medium heat.
- 5. Place a tortilla in the pan, then add 1/8 cup of cheese, 1oz ground beef, 1/8 of the scrambled eggs, and top it with another tortilla shell.
- 6. Cook for 1-2 minutes or until the cheese begins to melt and then flip the quesadilla over to brown the other side.
- 7. Repeat for all quesadillas.
- 8. Slice the quesadillas in quarters and top with avocado (if desired)
- 9. Serve warm and enjoy!

NUTRITION INFO

Calories: 610, Carbohydrate: 49 grams, Protein: 35 grams, Fat: 32 grams





SERVINGS: 1 PREP TIME: 3 MINUTES COOKING TIME: 0 MINUTES

INGREDIENTS

- 3/4 cup (124 g) mango, diced
- 1/4 cup (27 g) slivered almonds
- 1/2 tbsp (10 g) honey
- 1 cup (226 g) 4% milk fat cottage cheese

DIRECTIONS

1. Top cottage cheese with all other ingredients and enjoy.

NUTRITION INFO

Calories: 484, Carbohydrate: 42 grams, Protein: 33 grams, Fat: 23 grams





SERVINGS: 1 PREP TIME: 2 MINUTES COOKING TIME: 2 MINUTES

INGREDIENTS

- 3/4 cup (60 g) rolled oats
- 1 1/4 cup (300 g) almond milk
- 1 tbsp (15 g) pure organic maple syrup
- 1 tbsp (10 g) hemp hearts
- 2 tbsp (15 g) chopped walnuts

DIRECTIONS

- 1. In a small-medium bowl, mix together rolled oats and almond milk. Heat in microwave 1.5 2 minutes, then allow 2 minutes to cool (option to cook over stovetop if desired).
- 2. Mix in maple syrup and top with chopped walnuts and hemp hearts.

NUTRITION INFO

Calories: 487, Carbohydrate: 68 grams, Protein: 15 grams, Fat: 19 grams





SERVINGS: 1 PREP TIME: 10 MINUTES COOKING TIME: 10

INGREDIENTS

- 2 large eggs
- 1/2 tbsp (7 g) plain greek yogurt
- 1/2 tbsp (7 g) ghee
- Salt and pepper to taste
- 1/2 whole avocados
- 3oz (85 g) nova or smoked salmon
- 2 slices gluten free bread

DIRECTIONS

- 1. In a large bowl, whisk together the eggs and plain Greek yogurt.
- 2. Over medium heat, heat the ghee in a medium size skillet.
- 3. Cook the eggs thoroughly, season with salt and pepper and set aside.
- 4. Slice avocado into thin slices and separate salmon into thin slices and set both aside.
- 5. Toast sprouted bread to desired toast texture.
- 6. Build the sandwich: lay the egg on the bottom piece of toast, then the salmon, then the avocado
- 7. Slice the sandwich and enjoy!

NUTRITION INFO

Calories: 628, Carbohydrate: 38 grams, Protein: 35 grams, Fat: 39 grams





SERVINGS: 4 PREP TIME: 10 MINUTES COOKING TIME: 22 - 24 MINUTES

INGREDIENTS

- 1 1/2 cups (180 g) almond flour
- 1 tsp (4.5 g) baking soda
- 1 tsp (2.5 g) cinnamon
- 1/2 tsp (1 g) ground cloves
- 1/4 tsp (0.5 g) nutmeg
- 4 eggs, beaten
- 3/4 cup (184 g) pumpkin puree
- 1/4 cup (81 g) maple syrup
- 1 tsp (4 g) vanilla extract
- Dash salt
- 4 tbsp almond butter (for serving)

DIRECTIONS

- 1. Preheat oven to 350 degrees F (175 degrees C).
- 2. Lightly grease 8 muffin tins (or line with paper liners),
- 3. Mix all ingredients (except for the almond butter) together in a large bowl until well blended.
- 4. Divide mixture into 8 muffin tins.
- 5. Bake for 22 24 minutes (when pierced with a fork, the fork comes out clean).
- 6. Serve warm with almond butter.
- 7. Option to store left overs in the freezer and reheat in the microwave when ready to eat.

NUTRITION INFO

Calories: 505, Carbohydrate: 29 grams, Protein: 20 grams, Fat: 37 grams

Scrambled Eggs & Fruit



SERVINGS: 1 PREP TIME: 5 MINUTES COOKING TIME: 5 MINUTES

INGREDIENTS

- 3 eggs, beaten
- Salt and pepper to taste
- 1/2 tbsp (7g) olive oil
- 1/2 small avocado
- 1/2 cup (82 g) mango, chopped
- Option to add 1 slice gluten free toast

DIRECTIONS

- 1. In a medium skillet, heat olive oil over medium heat.
- 2. Add eggs, salt, and pepper to the skillet. Using a soft spatula, scrape from the pan and flip as the eggs cook for approximately 3-4 minutes.
- 3. Once eggs are at desired consistency, serve warm with avocado, mango, and toast (if you choose to add toast).

NUTRITION INFO

Calories: 437, Carbohydrate: 19 grams, Protein: 21 grams, Fat: 32 grams

Traditional Shakshuka Skillet



SERVINGS: 2 PREP TIME: 10 MINUTES COOKING TIME: 30-35 MINUTES

INGREDIENTS

- 2 tbsp (28 g) olive oil
- 1 medium white onion (chopped)
- 1 red bell pepper (chopped)
- 1 tbsp (9 g) chopped garlic
- 1 tbsp (7 g) paprika
- 1 tsp (3 g) cumin
- 1/2 tsp (1 g) chili powder
- Salt and pepper to taste
- 1-28oz (793 g) can whole tomatoes
- 4 large eggs
- Fresh cilantro as garnish (optional)

DIRECTIONS

- 1. In a large skillet, heat olive oil over medium heat.
- 2. Add chopped white onion and chopped bell peppers and cook for 5-7 minutes or until the onions begin to turn clear.
- 3. Add garlic, paprika, cumin, chili powder, salt and pepper. Stir, and cook for another 2-3 minutes or until garlic begins to brown.
- 4. Pour the tomatoes into the skillet, breaking up the whole tomatoes, and stir everything together.
- 5. Lower the heat and allow the vegetables to simmer for 10 minutes.
- 6. Create 4 small wells in the sauce and crack an egg into each well.
- 7. Cover the skillet with a lid and cook the eggs to desired doneness.
- 8. Garnish with fresh cilantro (if desired).
- 9. Serve warm and enjoy!

NUTRITION INFO

Calories: 432, Carbohydrate: 32 grams, Protein: 19 grams, Fat: 24 grams



Yogurt Parfait

SERVINGS: 1 PREP TIME: 5 MINUTES COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 cup (233 g) vanilla Greek yogurt (low fat)
- 1/3 cup (30 g) paleo granola
- 1/4 cup (42 g) sliced strawberries
- 1/2 medium banana

DIRECTIONS

- 1. Layer all ingredients in a mason jar or bowl, alternating between yogurt, strawberries, banana, and granola.
- 2. Enjoy!

NUTRITION INFO

Calories: 478, Carbohydrate: 50 grams, Protein: 26 grams, Fat: 20 grams



Black Bean Veggie Burger w/ Sweet Potato Fries



SERVINGS: 2 PREP TIME: 15 MINUTES COOKING TIME: 55-65 MINUTES

INGREDIENTS

- 1,15oz (425 g) can black beans
- 2 tbsp (27 g) olive oil, divided
- 1 tbsp (8 g) minced garlic
- 1/4 cup (40 g) yellow onion (diced)
- 1/4 cup (37 g) red pepper (diced)
- 1/2 cup (40 g) old fashioned rolled oats
- 1 egg
- 1 tsp (2.5 g) chili powder
- 1 tsp (2 g) paprika
- 1/2 tsp (1.5 g) cumin
- 1 tbsp (18 g) tamari sauce
- 1 tbsp (15 g) red wine vinegar
- 2 large sweet potatoes
- Salt and pepper to taste

DIRECTIONS

- 1. Preheat the oven to 325 F (165 C).
- 2. Spread the black beans on a non-stick baking sheet and bake for 10 minutes, to dry out the beans (turn up the oven to 375 F, 190 C, afterwards).
- 3. In a medium sauté pan, heat 1 tbsp of olive oil.
- 4. Sauté the minced garlic, yellow onion, and red pepper for 5-8 minutes, or until soft.
- 5. In a food processor, add the vegetable mix, rolled oats, egg, chili powder, paprika, cumin, tamari, and red wine vinegar. Pulse until combined.
- 6. Add in the black beans and pulse until the beans are incorporated into the mix.
- 7. Form into 4 evenly sized patties.
- 8. Bake at 375 F (190 C for 8-10 minutes on each side.
- 9. Slice the sweet potatoes into a "fry" shape.
- 10. Drizzle with olive oil, salt, and pepper and bake at 375 F (190 C) for 30-40 minutes or until the edges begin to crisp.
- 11. Serve and enjoy!

NUTRITION INFO

Calories: 543, Carbohydrate: 80 grams, Protein: 21 grams, Fat: 17 grams

Chicken with Cucumber Melon Salad



SERVINGS: 1 PREP TIME: 10 MINUTES COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 small cucumber, diced
- 1/2 cup (85 g) honeydew melon, diced
- 1 oz (28 g) feta cheese
- 1 tbsp (3 g) fresh mint, minced
- Salt and pepper to taste
- Juice of 1 lemon, divided
- 5 oz (125 g) canned organic chicken, drained
- 1 tbsp (14 g) avocado oil mayonnaise

DIRECTIONS

- 1. In a medium bowl, toss together cucumber, honeydew melon, feta cheese, mint, salt, pepper, and juice from 1/2 lemon.
- 2. In a separate bowl, combine chicken, avocado oil mayonnaise, juice of 1/2 lemon, salt, and pepper. Mix well.
- 3. Serve chicken mixture with cucumber salad and enjoy!

NUTRITION INFO

Calories: 447, Carbohydrate: 27 grams, Protein: 38 grams, Fat: 23 grams





SERVINGS: 1 PREP TIME: 3 MINUTES COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 cup (234 g) Greek vanilla yogurt
 - clean brands includeSiggi's and Fage
- 1/3 cup (52 g) pitted cherries (option to purchase frozen)
- 1 1/2 (22 g) tbsp dark chocolate chips
- 1 tbsp (10 g) hemp hearts

DIRECTIONS

1. Top Greek yogurt with all other ingredients and enjoy!

NUTRITION INFO

Calories: 434, Carbohydrate: 47 grams, Protein: 25 grams, Fat: 18 grams

Ground Chicken Kofta with Side Salad



SERVINGS: 2 PREP TIME: 15 MINUTES COOKING TIME: 10 MINUTES

INGREDIENTS

- 3/4 lb (336 g) ground chicken
- 1/3 cup (30 g) chopped fresh parsley
- 1/2 medium onion, diced
- 2 cloves garlic, minced or pressed
- 1/2 tsp (3 g) salt
- 1/2 tsp (1 g) pepper
- 4 tbsp (64 g) pico de gallo
- 1 head romaine lettuce, chopped
- 1/4 cup (28 g) carrots, shredded
- 1/2 avocado, diced
- 2 tbsp (28 g) olive oil, divided
- Juice of 1/2 lemon

DIRECTIONS

- 1. In a large bowl, mix together ground chicken, parsley, onion, garlic, salt, and pepper.
- 2. Warm 1 tbsp olive oil over medium heat in a large skillet.
- 3. Form 2 inch patties with ground chicken mixture and cook in skillet for approximately 10 minutes, flipping once. (option to cook on the grill)
- 4. In the meantime, toss together lettuce, carrots, avocado, 1 tbsp olive oil, and lemon.
- 5. Serve turkey patties warm or cold topped with pico de gallo and with side salad.

NUTRITION INFO

Calories: 544, Carbohydrate: 27 grams, Protein: 36 grams, Fat: 36 grams

Homestyle Pot Roast w/ Potatoes & Carrots



SERVINGS: 4 PREP TIME: 10 MINUTES COOKING TIME: 8.5 HOURS

INGREDIENTS

- 1 tbsp (14 g) ghee
- 1 1/2 lb (680 g) chuck roast
- Salt and pepper to taste
- 1/2 medium yellow onion
- 3 medium carrots (peeled)
- 1lb (480 g) white potatoes
- 2 cups (448 g) beef broth
- 1 sprig of thyme
- 1 sprig of rosemary
- 2 bay leaves

DIRECTIONS

- 1. Over medium-high heat, melt ghee in a large skillet pan.
- 2. Season the chuck roast with salt and pepper, covering the entire chuck roast.
- 3. In the skillet pan with ghee, sear the chuck roast until browned on all sides.
- 4. Place the seared chuck roast in the slow cooker.
- 5. Chop the onion, carrots, and potatoes into 1-2 inch pieces and place inside the slow cooker around the chuck roast.
- 6. Pour the beef broth into the slow cooker and add the thyme, rosemary, and bay leaves.
- 7. Season with more salt and pepper.
- 8. Cover the slow cooker and cook on low heat for 8 hours.
- 9. Remove roast and vegetables.
- 10. Serve hot and enjoy!

NUTRITION INFO

Calories: 567, Carbohydrate: 28 grams, Protein: 37 grams, Fat: 34 grams





SERVINGS: 1 PREP TIME: 5 MINUTES COOKING TIME: 0 MINUTES

INGREDIENTS

- 3 tbsp (60 g) hummus
- 1/2 cup (123 g) baby carrots
- 1/2 cucumber, sliced
- 6 kalamata olives
- 1/2 cup (54 g) cauliflower florets
- 1 oz (28 g) feta cheese
- 2 medjool dates
- 2 tbsp (15 g) pistachios

DIRECTIONS

1. Serve all together with hummus for dipping and enjoy.

NUTRITION INFO

Calories: 509, Carbohydrate: 67 grams, Protein: 14 grams, Fat: 23 grams

Mason Jar Chopped Greek Salad



SERVINGS: 2 PREP TIME: 10-15 MINUTES COOKING TIME: 0 MINUTES

INGREDIENTS

Salad:

- 2 cups (60 g) chopped spinach
- 3/4 cup (180 g) canned chickpeas, drained and rinsed
- 1/4 cup (34 g) black olives
- 1/2 cup (66 g) chopped cucumber
- 1/2 cup (80 g) diced tomato
- 2 tbsp (20 g) chopped red onion
- 1/4 cup (38 g) feta cheese (optional)
- 1 breast cooked grilled chicken

Dressing:

- 3 tbsp (40 g) olive oil
- 1 tbsp (15 g) dijon mustard
- 1/4 cup (60 g) red wine vinegar
- 1/2 tbsp (1.5 g) dried oregano
- 1/2 tbsp (1 g) dried basil
- Salt and pepper to taste
- 1/2 tbsp (5 g) garlic powder
- Juice from 1 lemon

DIRECTIONS

- 1. Gather 2, 32oz mason jars.
- 2. In a small bowl, whisk together all the ingredients for the dressing.
- 3. Pour half the dressing in the bottom of each mason jar.
- 4. Then add the chopped chicken to the mason jar.
- 5. Then add half the red onion, diced tomato, cucumber, black olives and chick peas to each mason jars.
- 6. Add the chopped spinach to the top of each mason jar and then the feta cheese (if desired).
- 7. Place the lid on the mason jar and refrigerate until ready to serve.
- 8. To serve, pour the salad contents into a large bowl and toss.
- 9. Serve cold and enjoy!

NUTRITION INFO

Calories: 452, Carbohydrate: 24 grams, Protein: 23 grams, Fat: 30 grams

More Than Crackers & Cheese



SERVINGS: 1 PREP TIME: 5 MINUTES COOKING TIME: 0 MINUTES

INGREDIENTS

- 4 slices of organic sliced turkey breast
- 1 small head bibb (or romaine) lettuce
- 1/2 tbsp (7 g) avocado oil mayonnaise
- 3/4 cup (113 g) grapes
- 1 serving gluten free crackers
 - clean brands include
 Simple Mills and Marys
 Gone
- 1 oz (28 g) cheddar cheese

DIRECTIONS

- Wash four leaves of lettuce and pat dry.
 Spread avocado oil mayonaise lightly inside the lettuce leaves. Add one slice of turkey breast to each leaf.
- 2. Serve with a side of grapes, gluten free crackers, and cheese.

NUTRITION INFO

Calories: 491, Carbohydrate: 45 grams, Protein: 35 grams, Fat: 22 grams





SERVINGS: 2 PREP TIME: 10 MINUTES COOKING TIME: 10 MINUTES

INGREDIENTS

- 7 oz (200 g) gluten free pasta, uncooked
- 3 oz (85 g) mozzarella, chopped
- 1/2 medium yellow bell pepper, diced
- 1/2 medium cucumber, peeled and chopped
- 1 1/2 tbsp (23 g) pesto (made with olive oil)

DIRECTIONS

- 1. Cook pasta as directed on package. Rinse and drain. Add pesto and allow to cool.
- 2. Once cooled, toss together with all other ingredients.

NUTRITION INFO

Calories: 481, Carbohydrate: 74 grams, Protein: 28 grams, Fat: 14 grams



Tuna and Such

SERVINGS: 1 PREP TIME: 10 MINUTES COOKING TIME: 0 MINUTES

INGREDIENTS

- 5 oz (142 g) canned tuna, drained
- 1 tbsp (15 g) avocado oil mayonnaise
- 1 tbsp (0.5 g) fresh dill, chopped
- Salt and pepper to taste
- 6 cherry tomatoes
- 1 cup (170 g) honeydew melon, chopped
- 1 serving gluten free crackers
 - Clean brands include
 Simple Mills and Marys
 Gone

DIRECTIONS

- 1. Mix together tuna, avocado oil mayonnaise, dill, salt and pepper.
- 2. Serve with a side of crackers, tomatoes, and melon.

NUTRITION INFO

Calories: 561, Carbohydrate: 39 grams, Protein: 46 grams, Fat: 26 grams



Baked Chicken Strips & Sweet Potato Fries



SERVINGS: 2 PREP TIME: 15 MINUTES COOKING TIME: 25 MINUTES

INGREDIENTS

Chicken Strips:

- 1 chicken breast, sliced into 1/2 inch strips
- 1/4 cup (30 g) almond flour
- 1/2 tsp (1 g) onion powder
- 1/2 tsp (1.5 g) garlic powder
- 1/2 tsp (0.5 g) dried oregano
- 1/2 tsp (0.25 g) dried parsley
- 1/4 tsp (1.5 g) salt
- 1 egg, beaten
- 1 tbsp (14 g) avocado oil

Sweet Potato French Fries:

- 2 sweet potatoes, cut into 1/4 1/2 inch sticks
- 1 tbsp (14 g) avocado oil
- 1/2 tsp (1.5 g) cinnamon
- Salt and pepper to taste
- 2 tbsp (30 g) ketchup (no sugar added)

DIRECTIONS

- 1. Preheat oven to 415 degrees F (212 degrees C). Coat a baking sheet with avocado oil.
- 2. In a bowl, mix together almond flour, onion powder, garlic powder, dried oregano, dried parsley, and salt.
- 3. In a separate bowl, beat the egg. Dip the chicken strips into the egg mixture. Then coat with the almond flour mixture, placing each one on the baking sheet.
- 4. Toss the sweet potato sticks with the avocado oil, cinnamon, salt, and pepper. Spread the sweet potato fries onto the baking sheet in a single layer.
- 5. Bake for approximately 25 minutes, flipping the sweet potatoes half way through.
- 6. Serve warm with ketchup

NUTRITION INFO

Calories: 521, Carbohydrate: 34 grams, Protein: 35 grams, Fat: 27 grams





SERVINGS: 2 PREP TIME: 10 MINUTES COOKING TIME: 25 MINUTES

INGREDIENTS

- 2 chicken breasts
- 1 tbsp (14 g) avocado oil
- Salt and pepper to taste
- 4 oz (113 g) mozzarella, sliced
- 6-8 basil leaves
- 2 small vine ripe tomatoes, sliced
- 2 tbsp (30 g) balsamic glaze

DIRECTIONS

- 1. Preheat oven to 375 degrees F (190 degrees C).
- 2. Pound chicken breast with meat mallet to tenderize. Brush with olive oil and season with salt and pepper.
- 3. Bake chicken for approximately 25 minutes, or until internal temperature of chicken reaches 165 degrees F (75 degrees C).
- In the mean time, layer the tomatoes, mozzarella, and basil leaves, alternating. Drizzle with balsamic glaze and season with salt and pepper.
- 5. Enjoy chicken warm with caprese salad.

NUTRITION INFO

Calories: 408, Carbohydrate: 17 grams, Protein: 41 grams, Fat: 19 grams





SERVINGS: 2 PREP TIME: 10 MINUTES COOKING TIME: 20 - 25 MINUTES

INGREDIENTS

- 1 tbsp avocado oil
- 1/2 tsp (1.5 g) cumin
- 1/2 tsp (1.5 g) garlic powder
- 1/2 tsp (1 g) onion powder
- 1 tsp (2 g) paprika
- 1/2 tsp (3 g) salt
- 12 oz (336 g) thin sliced chicken beast, cut into 1/2 inch slices
- 1 red bell pepper,
 deseeded and sliced thin
- 1 small onion, sliced thin
- 4 gluten free fajita wraps
- 2 tbsp (30 g) plain greek yogurt
- 4 tbsp (64 g) pico de gallo

DIRECTIONS

- 1. Warm avocado oil in a large skillet over medium-high heat.
- 2. In a medium bowl, mix together cumin, garlic powder, onion powder, and salt. Add sliced chicken to the bowl and coat with spice mixture.
- 3. Add chicken to the skillet and cook 7-9 minutes, flipping once. Once chicken is cooked through, transfer to a plate.
- 4. To the same skillet, add bell pepper and onion. Cook 5-10 minutes, until vegetables begin to soften.
- 5. Return chicken to the skillet along with 1 tbsp water, and toss with veggies. Cook for 3-5 minutes until vegetables are at desired consistency.
- 6. Allow 2-3 minutes to cool, then fill fajita wraps with chicken mixture, greek yogurt, and pico de gallo. Option to warm wraps before filling.

NUTRITION INFO

Calories: 531, Carbohydrate: 64 grams, Protein: 51 grams, Fat: 19 grams





SERVINGS: 2 PREP TIME: 10 MINUTES COOKING TIME: 10 MINUTES

INGREDIENTS

- 3/4 lb (340 g) ground bison (or 95% ground beef)
- 1/2 tbsp (3.5 g) onion powder
- 1/2 tbsp (5 g) garlic powder
- 1/2 tbsp (3.5 g) paprika
- 1/2 tbsp (3 g) oregano
- Salt and pepper to taste
- 1 vine ripe tomato, chopped
- 1/2 avocado, chopped
- 1/2 small onion, chopped
- 1/4 cup (4 g) cilantro, chopped
- 4 gluten free soft taco shells

DIRECTIONS

- 1. Heat a medium skillet over medium-high heat and add ground bison. Cook 2-3 minutes, crumbling as you cook.
- 2. Mix together onion powder, garlic powder, paprika, oregano, salt, and pepper. Add seasoning to ground bison and continue to cook 3-4 minutes, or until ground meat is browned all the way through.
- 3. Warm taco shells in the microwave for 10 seconds. Fill with ground beef, tomato, avocado, onion, and cilantro.

NUTRITION INFO

Calories: 498, Carbohydrate: 31 grams, Protein: 40 grams, Fat: 26 grams

Honey Sesame Chicken w/ White Rice & Broccoli



SERVINGS: 4 PREP TIME: 10 MINUTES COOKING TIME: 6.5 HOURS

INGREDIENTS

- 1lb (454 g) raw chicken breast
- 1/4 (85 g) cup honey
- 1/8 cup (32 g) coconut aminos or tamari
- 2 tbsp (17g) chopped garlic
- 1 tbsp (15 g) rice wine vinegar
- 1 tbsp (15g) apple cider vinegar
- 1.5 tbsp (20 g) sesame oil
- 2 cups (182 g) uncooked broccoli
- 2 cups (370 g) cooked white rice
- 1 tbsp (9 g) sesame seeds (optional)

DIRECTIONS

- 1. Place the raw chicken in a crockpot.
- 2. In a small bowl, combine honey, tamari, chopped garlic, rice wine vinegar, apple cider vinegar, and sesame oil.
- 3. Pour the honey sesame sauce over the chicken and ensure all the chicken is covered in sauce.
- 4. Cook on low for 5-6 hours or until the chicken shreds easily.
- 5. While still in the crockpot, shred the chicken.
- 6. Turn the crockpot on high, add the uncooked broccoli, and cook for another 20-30 minutes or until the broccoli is cooked.
- 7. Serve over warm white rice.
- 8. If desired, sprinkle with sesame seeds.
- 9. Enjoy!

NUTRITION INFO

Calories: 622, Carbohydrate: 96 grams, Protein: 35 grams, Fat: 10 grams





SERVINGS: 2 PREP TIME: 10 MINUTES COOKING TIME: 35-40 MINUTES

INGREDIENTS

- 1 tbsp (14 g) avocado oil
- 3 cloves garlic, minced
- 1/2 small onion, diced
- 1 carrot, diced
- 3/4 lb (340 g) ground beef (95% lean)
- 1/4 tsp (1.5 g) salt and (0.5 g) pepper
- 1/2 tsp (1 g) cumin
- 1/2 tsp (0.5 g) oregano
- 1 tsp (2 g) paprika
- 3/4 cup (119 g) crushed tomatoes
- 1 tsp (5.5 g) tomato paste
- 3/4 cup (195 g) canned black beans, drained and rinsed
- 1 1/2 (170 g) cups bone broth
- 2 pieces gluten free toast (or sourdough for those not needing gluten free)

DIRECTIONS

- 1. Heat avocado oil over medium-high heat in a large stock pot. Add garlic, onion, and carrot. Cook for 4-5 minutes, scrapping from the bottom occasionally.
- 2. Add ground beef, salt, pepper, cumin, oregano, and paprika. Cook 5-7 minutes, crumbling and mixing as it cooks.
- 3. Add tomatoes, tomato paste, black beans, and bone broth. Bring to a simmer and cook for 25-30 minutes, uncovered. Allow to cool slightly and thicken before serving with gluten free toast.

NUTRITION INFO

Calories: 525, Carbohydrate: 47 grams, Protein: 48 grams, Fat: 17 grams

Pasta and Turkey Meatballs



SERVINGS: 2 PREP TIME: 12 MINUTES COOKING TIME: 8-10

MINUTES

INGREDIENTS

- 6 oz lentil pasta (gluten free), uncooked
- 1/2 lb ground turkey
- 2 garlic cloves, pressed
- Salt and pepper, to taste
- 2 tbsp almond flour
- 1/2 tsp thyme
- 1/2 tsp oregano
- 1 tbsp ghee
- 3/4 cup tomato sauce (no sugar added)
- 1 cup microgreens or broccoli sprouts

DIRECTIONS

- 1. Cook pasta according to package and drain.
- 2. In a large bowl, mix together turkey, garlic, salt, pepper, almond flour, thyme, and oregano. Using your hands create small meatballs and set aside.
- 3. Heat ghee in a large skillet over medium heat. Add turkey meatballs and cook approximately 4 minutes on each side, until internal temperature reaches 165 degrees F (74 degrees C). When flipping the meatballs, add the tomato sauce to the pan.
- 4. Once meatballs are cooked through the meatballs and sauce with the pasta. Top with microgreens or broccoli sprouts.

NUTRITION INFO

Calories: 557, Carbohydrate: 58 grams, Protein: 43 grams, Fat: 19 grams

Pesto Chicken & Burrata Cauliflower Pizza



SERVINGS: 2 PREP TIME: 10 MINUTES COOKING TIME: 15-20 MINUTES

INGREDIENTS

- 2 individual or 1 large cauliflower pizza crusts
- 2 tbsp (30 g) pesto
- 1 cooked chicken breast (shredded or diced)
- 1/4 cup (14 g) sundried tomatoes
- 1/4 cup (40 g) diced red onion
- 4oz (113 g) fresh burrata
- 1 tbsp (15 g) balsamic glaze
- salt and pepper to taste

DIRECTIONS

- 1. Preheat the oven to 350 F (175 C).
- 2. Lay the crusts on a sheet pan.
- 3. Spread the pesto evenly between the crusts.
- 4. Top with the shredded/diced chicken, sundried tomatoes, and red onions.
- 5. Slice the burrata into quarters and place on top of the pizza.
- 6. Bake in the oven until the edges of the crust begin to brown and the cheese melts (12-15 minutes)
- 7. Season with salt and pepper to taste.
- 8. Drizzle with balsamic glaze.
- 9. Slice and enjoy!

NUTRITION INFO

Calories: 528, Carbohydrate: 42 grams, Protein: 29 grams, Fat: 27 grams



Simple Salmon Dinner

SERVINGS: 2 PREP TIME: 5 MINUTES COOKING TIME: 20 - 25 MINUTES

INGREDIENTS

- 3/4 cups (120 g) wild rice, uncooked
- 2, 5 oz (284 g total) salmon filets
- Juice of 1 lemon
- Salt and pepper to taste
- 1/2 cup (30 g) parsley, chopped
- 1 tbsp ghee

DIRECTIONS

- 1. Preheat oven to 400 degrees F (205 degrees C).
- 2. Cook rice according to package.
- 3. Season salmon in an oven safe dish with juice of one lemon, salt, and pepper.
- 4. Bake salmon for 20 25 minutes, or until internal temperature reaches 145 degrees F (65 degrees C).
- 5. Mix ghee into warm rice until melted. Mix parsley with rice once slightly cooled.
- 6. Serve salmon and rice together warm.

NUTRITION INFO

Calories: 461, Carbohydrate: 52 grams, Protein: 39 grams, Fat: 13 grams

Slow-Cooker Chicken Tortilla Soup



SERVINGS: 4 PREP TIME: 15 MINUTES COOKING TIME: 4-6 HOURS

INGREDIENTS

- 1lb (454 g) boneless skinless chicken thighs
- 1 tbsp (14 g) olive oil
- 1, 15.5oz (425 g) can black beans
- 1, 15.5oz (274 g) can corn
- 1 small white onion (chopped)
- 1, 28oz (794 g) can diced tomatoes
- 8 cups (1.92 kg) chicken stock/broth
- 2 tbsp (15g) chili powder
- 1 tsp (2 g) cayenne pepper
- 2 tbsp (19 g) garlic powder
- 1 tsp (3 g) cumin
- Salt and pepper to taste
- 4 corn tortillas (for garnish)
- Cilantro (to garnish-optional)

DIRECTIONS

- 1. Season the chicken thighs with salt and pepper.
- 2. Over medium-high heat, heat olive oil in a medium size skillet.
- 3. Sear chicken thighs on both sides until the outside is golden brown.
- 4. Place the seared chicken thighs in the crockpot.
- 5. Add the black beans, corn, white onion, diced tomatoes, chicken stock, chili powder, cayenne pepper, garlic powder, cumin, salt, and pepper to the crockpot.
- 6. Cook on high for 4-5 hours or until the chicken is easily shredded.
- 7. Remove the chicken thighs from the crockpot and shred into small pieces.
- 8. Add the chicken back into the crockpot, stir, taste and add salt and pepper as desired.
- 9. Chop the corn tortillas into 1-2 inch slices.
- 10. Sprinkle with tortillas on top of the soup once served.
- 11. Garnish with cilantro (if desired).
- 12. Serve in a bowl and enjoy!

NUTRITION INFO

Calories: 588, Carbohydrate: 65 grams, Protein: 46 grams, Fat: 17 grams