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SERVINGS: 1 PREP TIME: 2 MINUTES COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 cup (226 g) cottage cheese, 2% milk fat
- 2 tbsp chopped walnuts
- 1/4 cup (31 g) raspberries
- 1/4 cup (36 g) blackberries
- 1 tbsp hemp hearts

DIRECTIONS

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

NUTRITION INFO

Calories: 368, Carbohydrate: 20 grams, Protein: 32 grams, Fat: 19 grams





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

INGREDIENTS

- 1/2 green apple, sliced
- 1/4 cup (200 g) frozen avocado
- 1/2 cup (85 g) honeydew melon, chopped
- 1 scoop collagen peptides
- 1 tbsp (10 g) hemp hearts
- 1/4 cup (60 g) plain greek yogurt
- 1/2 cup water (more if desired)

DIRECTIONS

1. Blend all together and enjoy!

NUTRITION INFO

Calories: 407, Carbohydrate: 28 grams, Protein: 20 grams, Fat: 25 grams





SERVINGS: X

PREP TIME: X

COOKING TIME: X

INGREDIENTS

DIRECTIONS

- 3 hard boiled eggs
- 1 cup strawberries
- Matcha latte (1 scoop matcha powder with 12 oz non-dairy milk)

1. Serve all together and get on the road!

NUTRITION INFO

Calories: 356, Carbohydrate: 25 grams, Protein: 21 grams, Fat: 18 grams

Pan Fried Spinach and Eggs



SERVINGS: 1 PREP TIME: 2 MINUTES COOKING TIME: 8 MINUTES

INGREDIENTS

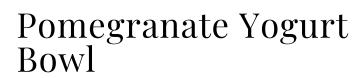
- 2 cups (60 g) baby spinach
- 1 tbsp (14 g) olive oil
- 2 eggs
- 2 tbsp (19 g) feta cheese, crumbled
- 1/2 avocado, sliced
- Dash of cumin
- Salt and pepper to taste

DIRECTIONS

- 1. Heat olive oil over medium heat in a medium skillet.
- 2. Add spinach and cook 2-3 minutes, until wilted. Using a paper towel, pat spinach to sop up extra liquid.
- Push spinach to the side creating divots for each egg. Crack eggs into the divots.
 Add salt, pepper, and cumin. Cook for 4-5 minutes until eggs are desired consistency.
- 4. Top with sliced avocado and feta before serving.

NUTRITION INFO

Calories: 430, Carbohydrate: 10 grams, Protein: 17 grams, Fat: 37 grams





SERVINGS: 1 PREP TIME: 2 MINUTES COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 cup full fat vanilla yogurt
- 1/4 cup (31 g) raspberries, mashed
- 2 tbsp (56 g) pomegranate arils
- 2 tbsp (16 g) chopped walnuts

DIRECTIONS

1. Top yogurt with all other ingredients and enjoy!

NUTRITION INFO

Calories: 487, Carbohydrate: 22 grams, Protein: 25 grams, Fat: 33 grams

Protein Banana Pancakes



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 10 - 15

MINUTES

INGREDIENTS

- 1 egg
- 1/2 cup cottage cheese (small curd)
- 1/2 cup almond flour
- 2 tbsp water (optional)
- Non-stick oil spray
- 1/2 of one banana, sliced
- 1/2 tbsp chia seeds
- 1/2 cup blueberries

DIRECTIONS

- 1. Combine the egg, cottage cheese, and flour in a mixing bowl
- 2. Stir until fully combined
- 3. If too thick, slowly add in water to reach desired batter consistency
- 4. Heat a flat pan to medium heat
- 5. Spray the pan with a non-stick oil spray
- 6. Spoon 1/4 cup at a time of mix into the pan
- 7. Once the edges are browned, flip the pancake over
- 8. Once fully cooked (soft to touch), remove from heat onto a plate
- 9. Continue steps 6-8 until all the batter is cooked (6-8 pancakes)
- Serve warm topped with banana, chia seeds, and blueberries

NUTRITION INFO

Calories: 378, Carbohydrate: 20 grams, Protein: 17 grams, Fat: 26 grams





SERVINGS: 1 PREP TIME: 3 MINUTES COOKING TIME: 4 MINUTES

INGREDIENTS

- 1/2 tbsp (7 g) olive oil
- 5 kalamata olives, halved
- 5 cherry tomatoes, halved
- Salt to taste
- 3 eggs, beaten
- 1/2 tsp Italian seasoning
- 1 tbsp (28 g) feta cheese
- 1 cup (20 g) arugula
- 1 cup (156 g) cantaloupe,
 chopped

DIRECTIONS

- 1. Heat olive oil in a medium skillet over medium heat.
- 2. Add olives, tomatoes, and salt. Cooked for 1-2 minutes.
- 3. Add eggs, Italian seasoning, and feta cheese. Cook approximately 2 minutes, scrapping eggs intermittently from the pan.
- 4. Just before removing from heat, add arugula.
- 5. Serve warm with side of cantaloupe

NUTRITION INFO

Calories: 467, Carbohydrate: 18 grams, Protein: 27 grams, Fat: 32 grams

Strawberry Banana Smoothie



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

INGREDIENTS

- 1 cup (240 g) almond or coconut milk
- 1 scoop vanilla protein powder
- 1 tbsp (16 g) almond butter
- Handful spinach
- 1/2 banana
- 1/4 cup (37 g) sliced frozen strawberries

DIRECTIONS

1. Combine all together in a blender and blend until smooth.

NUTRITION INFO

Calories: 338, Carbohydrate: 29 grams, Protein: 33 grams, Fat: 12 grams

Sweet Potato Breakfast Skillet



SERVINGS: 1 PREP TIME: 5 MINUTES COOKING TIME: 10 MINUTES

INGREDIENTS

- 1 medium sweet potato, peeled and cut into 1/2 inch pieces.
- 1/2 tsp (1 g) dried oregano
- Salt and pepper to taste
- 1 tbsp (14 g) avocado oil
- 1 cups (20 g) arugula or rocket
- 1 green onions, chopped
- 3 slices bacon
- 1 tbsp (10 g) hemp hearts

DIRECTIONS

- Heat avocado oil in a medium skillet. Add sweet potato, oregano, salt, pepper, and 2 tbsp water. Cover and cook approximately 10 minutes, flipping potatoes occasionally.
- In the meantime add bacon to a medium skillet and cook over medium heat for approximately 8 minutes, flipping once.
 Remove bacon onto a paper towel to soak up extra fat.
- 3. Once potatoes are soft and easily pierced with a fork add arugula/rocket and green onion and cook for 1 additional minute. Sprinkle hemp hearts on top.
- 4. Serve potatoes with bacon.

NUTRITION INFO

Calories: 406, Carbohydrate: 27 grams, Protein: 14 grams, Fat: 27 grams

Turkey, Egg & Cheese Muffins



SERVINGS: 3 PREP TIME: 10 MINUTES COOKING TIME: 20 - 25

MINUTES

INGREDIENTS

- 4 whole eggs
- 6 egg whites
- 3 oz organic sliced turkey
- 1/2 of a red pepper
- 1/2 of a small white onion
- 3/4 cup fresh mozzarella, chopped
- 2 tbsp chives
- Non-stick spray

DIRECTIONS

- 1. Preheat oven to 350 degrees F (175 C).
- 2. In a large mixing bowl, whisk together whole eggs and egg whites
- 3. Chop the deli turkey, red pepper, small white onions, and chives into small pieces, and set aside
- 4. Spray the muffin tin with non-stick spray
- 5. Place about 1 tbsp each of turkey, red peppers, and onions into each muffin tin
- 6. Pour the egg mix into each muffin tin
- 7. Sprinkle the top with cheese and chives
- 8. Bake for 20-25 minutes
- 9. Remove from the oven and let the bites cool before removing from the muffin tin
- 10. Serve warm

NUTRITION INFO

Calories: 394, Carbohydrate: 7 grams, Protein: 42 grams, Fat: 21 grams



Broccoli Salad with Salmon



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

INGREDIENTS

- 1 tbsp (13 g) avocado oil mayonnaise
- 1/2 tbsp (7 g) apple cider vinegar
- 1/2 tbsp (0.8 g) dried parsley
- Salt and pepper to taste
- 2 tbsp (16 g) dried unsweetened cranberries
- 2 cups (182 g) broccoli, chopped
- 1/4 cup (40 g) red onion, chopped
- 1/4 cup (23 g) slivered almonds
- 3 oz (85 g) smoked salmon

DIRECTIONS

- 1. In small bowl mix together mayonnaise, apple cider vinegar, dried parsley, salt, and pepper.
- 2. Mix mayonnaise mixture with broccoli, cranberries, red onion, and almonds.
- 3. Top with smoked salmon.

NUTRITION INFO

Calories: 454, Carbohydrate: 33 grams, Protein: 26 grams, Fat: 27 grams





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

INGREDIENTS

- 8 ounces (227 g) chickpea pasta
- 1/2 cup (75 g) cherry tomatoes
- 1/2 cup (52 g) cucumber
- 1/4 cup (38 g) green peppers
- 1/4 cup (29 g) radishes
- 2 tbsp (19 g) feta cheese
- 1 tbsp (16 g) balsamic vinegar
- 1 tbsp (14 g) olive oil
- Salt and pepper to taste

DIRECTIONS

- 1. Boil a pot of water and cook the chickpea pasta until al dente
- 2. Strain pasta and set aside to cool
- 3. Slice the cherry tomatoes in half and set aside
- 4. Chop the cucumber and green peppers into small pieces and set aside
- 5. Slice the radishes and set aside
- 6. In a large bowl, combine the al dente pasta, tomatoes, green peppers, cucumbers, radish and feta cheese
- 7. Drizzle with olive oil and balsamic vinegar
- 8. Add salt and pepper to taste
- 9. Enjoy cold!

NUTRITION INFO

Calories: 487, Carbohydrate: 86 grams, Protein: 21 grams, Fat: 13 grams





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

INGREDIENTS

- 1 5 oz (125 g) tin canned organic chicken, drained
- 1 tbsp (13 g) avocado oil mayonnaise
- 1/4 tsp (0.3 g) dried parsley
- 1/2 cup (75 g) red seedless grapes, chopped
- 1 stalk celery, chopped
- 2 tbsp (15 g) walnuts, chopped
- 1/4 cup (40 g) red onion, chopped
- 2 cups (114 g) mixed salad greens

DIRECTIONS

- 1. Mix together chicken, mayonnaise, parsley, grapes, celery, walnuts, and red onion.
- 2. Top salad greens with chicken mixture and enjoy!

NUTRITION INFO

Calories: 484, Carbohydrate: 26 grams, Protein: 39 grams, Fat: 25 grams

Hearty Herb and Sun-Dried Tomato Salad



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

INGREDIENTS

DIRECTIONS

- 2 cups (40 g) baby arugula or rocket
- 1 tbsp (8 g) pine nuts
- 1/4 cup (50 g) canned chickpeas, drained and rinsed
- 1/2 tsp ground oregano
- 1/2 tsp dried dill
- 2 tbsp sun-dried tomatoes, jarred in olive oil
- 1/4 cup (37 g) feta cheese, crumbled
- 1/2 medium avocado
- 1/2 tbsp (7 g) apple cider vinegar
- 1 tbsp lemon juice
- Salt and pepper to taste

NUTRITION INFO

Calories: 565, Carbohydrate: 54 grams, Protein: 23 grams, Fat: 33 grams

• 2 cups (40 g) baby arugula or 1. Toss all ingredients together and enjoy!

Herbed Chicken Patty Salad



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

INGREDIENTS

- 1/2 lb (454 g) ground chicken
- 1/4 cup (6 g) fresh parsley,
 chopped
- 2 garlic cloves, minced
- 1/2 small yellow onion, minced
- 1 tbsp (14 g) avocado oil
- 4 cups (80 g) arugula or rocket
- 1 medium avocado, diced
- 1/2 cup (57 g) shredded carrots
- 2 tbsp (27 g) olive oil
- 2 tbsp (30 g) lemon juice
- Salt and pepper to taste

DIRECTIONS

- 1. In a large bowl, combine ground chicken, parsley, garlic, onion, and salt. Using you hands, mix all ingredients well, then separate into six patties.
- Heat avocado oil in a large skilled over medium heat. Add the patties and cook 4-5 minutes per side, until internal temperature reaches 165 degrees.
- 3. In the meantime, in two separate salad bowls, add arugula, avocado, shredded carrots, olive oil, lemon juice, salt, and pepper. Top salad with cooked chicken patties.

NUTRITION INFO

Calories: 501, Carbohydrate: 16 grams, Protein: 23 grams, Fat: 41 grams

Lemony Mediterranean Salad



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES (COOK CHICKEN AHEAD OF TIME)

INGREDIENTS

- 1 cooked chicken breast, sliced
- 2 cups (80 g) mixed salad greens
- 1/4 cup (38 g) cherry tomatoes, halved
- 1/2 medium cucumber, peeled and chopped
- 1/4 cup (32 g) kalamata olives, halved
- 1/8 cup (20 g) red onion, chopped
- 1 tbsp (14 g) olive oil
- 2 tbsp (30 g) lemon juice
- 1 tsp (1 g) dried oregano
- 1/2 tsp (0.5 g) dried dill
- 2 tbsp (17 g) dry roasted mixed nuts

DIRECTIONS

- 1. Mix together olive oil, lemon juice, oregano, dill, salt, and pepper and in a small bowl.
- 2. In a salad bowl top mixed salad greens with all other ingredients and drizzle with olive oil dressing.

NUTRITION INFO

Calories: 464, Carbohydrate: 19 grams, Protein: 33 grams, Fat: 30 grams



On The Go Lunch Box

SERVINGS: 1

PREP TIME: 2 MINTUES

COOKING TIME: 0 MINUTES (COOK EGGS AND EDAMAME AHEAD OF TIME)

INGREDIENTS

DIRECTIONS

- 2 hard boiled eggs
- 1/4 (37 g) cup blueberries
- 1/4 cup (31 g) raspberries
- 1 cup (155 g) cooked edamame
- 2 oz (57 g) mozzarella cheese

1. Pack together and enjoy a healthy lunch!

NUTRITION INFO

Calories: 525, Carbohydrate: 27 grams, Protein: 44 grams, Fat: 28 grams





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

INGREDIENTS

- 2 carrots
- 1 cucumber
- 1 red pepper
- 1 avocado
- 1/2 lb (227 g) cooked (cocktail) shrimp
- 6 pieces rice paper
- 4 tbsp (34 g) dry roasted mixed nuts

DIRECTIONS

- 1. Wash the carrots, cucumber, and red pepper
- 2. Slice the carrots, cucumber, red pepper, and avocado into long thin strips
- 3. Dip the rice paper in warm water for 5-10 seconds until soft and place it on a wet, flat surface
- 4. At the bottom of the paper stack 2-3 slices of carrot, cucumber, red pepper, and avocado
- 5. In the middle of the paper, lay the shrimp face down
- 6. Fold the rice paper over from the bottom over the vegetables, then fold in the sides, and then roll over the shrimp
- 7. Continue rolling until it's folded into a roll
- 8. Repeat until all rice paper is rolled
- 9. Serve chilled

NUTRITION INFO

Calories: 511, Carbohydrate: 54 grams, Protein: 23 grams, Fat: 25 grams





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

INGREDIENTS

- 1, 5 oz can tuna, drained
 - Brand recommendations:
 Safe Catch, Wild Planet
- 1 tbsp (14 g) avocado oil mayonnaise
- 1 celery stalk, chopped
- 2 tbsp (20 g) red onion, chopped
- 1/2 tsp (0.5 g) dried dill
- Salt and pepper to taste
- 10 Mary's Gone original crackers
- 1 orange

DIRECTIONS

- 1. In a medium bowl mix together the tuna, mayonnaise, celery, red onion, dill, salt, and pepper.
- 2. Serve with crackers and an orange.

NUTRITION INFO

Calories: 445, Carbohydrate: 29 grams, Protein: 37 grams, Fat: 20 grams

Turkey Bacon Lettuce Wraps



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 8 MINUTES

INGREDIENTS

- 3 strips bacon
- 1 small head of bibb, iceberg, or butterhead lettuce
- 3 oz (85 g) sliced organic turkey
- 1 small vine ripe tomatoes, sliced
- 1/4 avocado, sliced
- 1/2 tbsp avocado oil mayonnaise
- 1 oz (28 g) mozzarella cheese, sliced

DIRECTIONS

- 1. Cook bacon in medium skillet over medium heat for 4-5 minutes on each side. Pat dry with a paper towel.
- 2. Spread mayo on 2-3 pieces of lettuce and fill with all other ingredients.

NUTRITION INFO

Calories: 557, Carbohydrate: 20 grams, Protein: 27 grams, Fat: 43 grams



Beef and Broccoli Stir Fry



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

INGREDIENTS

- 1/2 cup (93 g) white rice, uncooked
- 3/4 lb (340 g) flank steak, sliced thin
- 1 tbsp (8 g) arrowroot flour, divided
- 1 tbsp (14 g) avocado oil
- 2 cloves garlic, minced or pressed
- 1 red bell pepper, sliced thin
- 2 cups (182 g) broccoli, chopped
- 3/4 cup (180 g) chicken broth
- 2 tbsp (30 g) coconut aminos
- 2 stalks green onion

DIRECTIONS

- 1. Cook rice according to package.
- 2. In a medium bowl, toss together steak and 1/2 tbsp arrowroot flour.
- 3. In a large skillet heat 1/2 tbsp avocado oil and add steak. Cook for 2-3 minutes, until cooked through. Remove steak from the skillet and set aside.
- 4. Add remaining oil, garlic, bell pepper, and broccoli to the skillet and cook 5-7 minutes, until softened.
- 5. In the meantime, mix together chicken broth, coconut aminos, and 1/2 tbsp arrowroot flour.
- 6. Return steak to skillet and mix with vegetables. Pour chicken broth mixture with into the skillet and stir to coat steak and vegetables. Once sauce begins to bubble, stir well and remove from heat.
- 7. Serve warm over rice topped with green onion.

NUTRITION INFO

Calories: 576, Carbohydrate: 55 grams, Protein: 45 grams, Fat: 19 grams





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

INGREDIENTS

- 1/2 lb (227 g) grass-fed ground beef, 90-95% lean
- 1/2 tbsp (7 g) ghee or grass fed butter
- 1 small yellow onion, sliced thin
- 1 vine ripened tomato, sliced
- 1 dill pickle, sliced thin
- 1 small head iceberg
 lettuce, leaves separated
- 2 tsp (10 g) dijon mustard
- 2 tsp (9 g) avocado oil mayonnaise
- 1 avocado

DIRECTIONS

- 1. Heat a large skillet over medium heat or warm the grill.
- 2. Make four patties with the ground beef and cook in the skillet (or grill) until preferred doneness, flipping once. Internal temperature should read 150 degrees F (65 degrees C) or more.
- In a small skillet, warm the ghee or butter and add onion. Cook for approximately 10 minutes over medium heat, occasionally flipping.
- 4. Mix together dijon mustard and mayonnaise.
- 5. Place the cooked beef patty on two leaves of iceberg lettuce. Top with cooked onions, tomato slices, pickle slices, and mustard mix. Serve with a side of avocado.

NUTRITION INFO

Calories: 461, Carbohydrate: 20 grams, Protein: 26 grams, Fat: 33 grams

Caprese Chicken Skewers



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

INGREDIENTS

- 1 tbsp (14 g) extra virgin olive
 oil
- 1/4 cup (62 g) basil pesto
- 2 tbsp (32 g) balsamic vinegar, divided
- 1 tbsp (15 g) lemon juice
- Salt and pepper to taste
- 3/4 lb (340 g) boneless skinless chicken breasts, cut into 1 inch pieces
- 1 cup (149 g) cherry tomatoes
- 1 cup (66 g) mozzarella balls
- 1/2 cup (12 g) fresh basil leaves, sliced thin
- 6 grilling skewers

DIRECTIONS

- 1. Turn on grill to medium heat. You can also bake these in the oven on 400 degrees F (205 C) for 20 minutes.
- 2. In a medium bowl mix together olive oil, pesto, 1 tbsp balsamic vinegar, lemon juice, salt, and pepper. Add cut chicken to coat evenly.
- 3. Thread grilling skewers alternating between chicken and cherry tomatoes.
- 4. Cook the skewers on the grill, occasionally flipping, for 10 15 minutes or until chicken reaches an internal temperature of 165 degrees F (74 degrees C).
- 5. Serve skewers for with fresh basil and mozzarella drizzled with remaining balsamic vinegar.

NUTRITION INFO

Calories: 493, Carbohydrate: 9 grams, Protein: 49 grams, Fat: 28 grams





SERVINGS: 2 PREP TIME: 5 MINUTES COOKING TIME: 15 MINUTES

INGREDIENTS

- 1 tbsp (14 g) ghee or grass fed butter
- 3 cloves garlic, minced or pressed
- 1/2 yellow onion, diced
- 2, 5 oz (142 g) salmon fillets, skin removed
- 1/2 cup (119 g) heavy cream (or use 1/2 cup canned full fat coconut milk with half cream on top)
- 1/4 cup (30 g) sun dried tomatoes
- Salt and pepper to taste
- 1 cup (21 g) baby spinach
- 2 tbsp (3 g) fresh parsley, chopped
- 1 head of broccoli, chopped

DIRECTIONS

- 1. In a medium skillet, melt ghee or butter.
- 2. Add garlic and onions and cook 1-2 minutes until fragrant.
- 3. Add salmon and cook approximately 3 minutes on each side.
- 4. Add heavy cream, sun dried tomatoes, salt, and pepper. Lower heat and cook until cream begins to bubble. Add spinach and cook one additional minute.
- 5. In the meantime, steam broccoli until desired consistency.
- 6. Top salmon with parsley and serve with steamed broccoli.

NUTRITION INFO

Calories: 580, Carbohydrate: 28 grams, Protein: 33 grams, Fat: 38 grams





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

INGREDIENTS

- 1 tbsp (14 g) avocado oil
- 2 tbsp (30 g) lemon juice
- 2 clove garlic, minced or pressed
- 1 tsp (1.4 g) dried thyme
- 1 tsp (1 g) dried dill
- Salt and pepper to taste
- 4 chicken thighs (228 g)
 bone removed and skin on
- 2 medium sweet potatoes
- 2 cups (40 g) arugula or rocket
- 1 tbsp olive oil

DIRECTIONS

- 1. Preheat oven to 425 degrees F (215 C).
- 2. In a medium bowl, mix together avocado oil, lemon juice, garlic, thyme, dill, salt, and pepper. Coat chicken thighs with avocado oil mixture and place in an over safe dish.
- 3. Bake chicken in the oven for 35-40 minutes, until crispy on the outside. At the same time, bake potatoes in an oven safe dish for 40 minutes on until easily pierced with fork.
- 4. Serve chicken thighs with sweet potato and arugula/rocket drizzled with olive oil.

NUTRITION INFO

Calories: 492, Carbohydrate: 27 grams, Protein: 22 grams, Fat: 33 grams

Easy Crockpot Pulled Pork with Brussels



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 3-6 HOURS (CROCKPOT MEAL)

INGREDIENTS

- 1/2 lb (227 g) pork shoulder
- 1/2 cup bone broth (120 g), or use chicken broth
- 1/4 1/2 cup (124 g) non sugar
 added BBQ sauce
 - Brand recommendations: Yo
 Mama's and Primal Kitchen
- 3 cloves garlic, minced or pressed
- 3 cups (264 g) brussel sprouts,
 trimmed and halved
- 1 tbsp (14 g) avocado oil
- 1/2 (1.5 g) tbsp dried basil
- Salt and pepper to taste

DIRECTIONS

- 1. Mix together broth, BBQ sauce, and garlic cloves and pour over pork shoulder in a crock pot. Set crockpot to cook on low for 5-6 hours or high for 3-4 hours.
- Before pulled pork is finished, make brussels sprouts by heating avocado oil in a large skillet over medium heat. Add brussels sprouts and 2 tbsp water. Cover and cook, approximately 10 minutes.
- 3. Removd cover and add basil, salt, and pepper. Cook for an additional 5-10 minutes, flipping occasionally.

NUTRITION INFO

Calories: 447, Carbohydrate: 20 grams, Protein: 27 grams, Fat: 29 grams





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

INGREDIENTS

- 3/4 lbs (336 g) thin sliced chicken breasts
- 1/2 cup (40 g) fresh Parmesan, grated
- Salt and pepper to taste
- 1/2 tsp (1.5 g) garlic powder
- 1 tsp (2 g) paprika
- 1 tsp (1.8 g) oregano
- 2 tbsp (28 g) ghee or grass fed butter
- 1/2 yellow onion, chopped
- 2 large cloves garlic, minced or pressed
- 2 cups (264 g) riced cauliflower
- 1 tbsp (15 g) lemon juice
- 1 avocado, sliced (optional)

DIRECTIONS

- 1. In a medium bowl, mix together parmesan, salt, pepper, garlic powder, paprika, and oregano. Coat chicken with parmesan mixture.
- 2. In a medium skillet, melt ghee and add chicken breasts. Cook chicken approximately 5 minutes per side, until internal temperature reaches 165 degrees F (74 degrees C). Remove chicken from the skillet.
- 3. Add onion and minced garlic to the skillet and cook 2-3 minutes, until fragrant. Add riced cauliflower and lemon juice and cook 2-3 minutes.
- 4. Serve chicken with cauliflower rice and avocado.

NUTRITION INFO

Calories: 557, Carbohydrate: 20 grams, Protein: 50 grams, Fat: 34 grams

Sheet-Pan Chicken Fajitas



SERVINGS: 2 PREP TIME: 10 MINUTES COOKING TIME: 25-30

MINUTES

INGREDIENTS

- 12 oz (340 g) chicken breast
- 1 red pepper
- 1 yellow pepper
- 1 green pepper
- 1 white onion
- 1 tbsp (14 g) olive oil
- 1 tsp (2 g) smoked paprika
- 1/4 tsp (0.5 g) cayenne pepper
- 1 tsp (3 g) garlic powder
- 2 tsp (5 g) chili powder
- 1 tsp (3 g) cumin
- Salt and pepper to taste
- 6 organic corn tortillas
- 1/4 cup (4 g) cilantro, chopped (optional)

DIRECTIONS

- 1. Preheat oven to 425 degrees F (220 C).
- 2. Slice chicken, peppers, and onions into thin strips and combine in a mixing bowl.
- 3. Drizzle olive oil over everything.
- 4. Add smoked paprika, cayenne pepper, garlic powder, chili powder, cumin, salt, and pepper to the mixing bowl.
- 5. Mix everything together until the chicken and peppers are evenly coated.
- 6. Spread the chicken and vegetables evenly out onto a large baking pan.
- 7. Bake in the oven for 15 minutes, stir everything around, and cook for another 10 minutes until the chicken is cooked (165 degrees F or 74 degrees C).
- 8. Remove from oven and spoon ingredients into tortillas.
- 9. Sprinkle with cilantro.
- 10. Enjoy!

NUTRITION INFO

Calories: 520, Carbohydrate: 53 grams, Protein: 46 grams, Fat: 15 grams

Shrimp and Quinoa Bowl



SERVINGS: 2 PREP TIME: 5 MINUTES COOKING TIME: 5 MINUTES

INGREDIENTS

- 2 cups (370 g) cooked quinoa
- 1 tbsp (50 g) olive oil, divided
- 1/2 lb (227 g) shrimp,
 peeled and deveined
- 1 tbsp (15 g) lime juice
- 2 cloves garlic, minced or pressed
- 1/4 tsp (1 g) dried ginger
- 1/2 cup (128 g) pico de gallo

DIRECTIONS

- 1. In a medium skillet, heat 1 tbsp olive oil over medium/low heat.
- 2. Toss shrimp with lime juice, garlic, and ginger. Add shrimp to the skillet and cook1-2 minutes per side.
- 3. Serve shrimp with quinoa and pico de gallo. Drizzle 1 tbsp olive oil over each serving.

NUTRITION INFO

Calories: 509, Carbohydrate: 48 grams, Protein: 24 grams, Fat: 25 grams





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

INGREDIENTS

- 1 tbsp (14 g) avocado oil
- 1/2 lb (228 g) ground turkey
- 1/2 cup (130 g) canned black beans, drained and rinsed
- 1 tbsp (3 g) garlic powder
- Salt and pepper to taste
- 1 avocado, diced
- 1/4 small red onion, diced
- 4 tbsp (4 g) fresh cilantro, diced
- 1/2 cup (75 g) cherry tomatoes, chopped
- 1/2 cup (92 g) brown rice, uncooked
- 2 tbsp (28 g) chipotle sauce
 - Brand recommendations: Primal Kitchen and Siete

DIRECTIONS

- 1. Cook rice as instructed on the package.
- 2. In the meantime, heat 1 tbsp avocado oil over medium heat. Add ground turkey and cook until no longer pink all the way through, crumbling the meat as you go along.
- 3. Add black beans, garlic powder, salt, and pepper and cook for 2-3 minutes.
- 4. Once rice is cooked, add to a dinner bowl and top with ground turkey/beans, avocado, red onion, cilantro, cherry tomatoes, and chipotle sauce. Enjoy!

NUTRITION INFO

Calories: 573, Carbohydrate: 57 grams, Protein: 33 grams, Fat: 25 grams