

# Clean Eating Guide

**14 DAYS**

**MEAL PLANS | SHOPPING LISTS | RECIPES**



# THE CLEAN EATING GUIDE

The Clean Eating Guide is a program that includes whole and fresh fruits and vegetables, lean protein, healthy fat. Recipes are dairy-free and gluten-free.



## How to Follow This Plan

During the Clean Eating Guide, you will be prompted to follow a diet that includes whole, fresh fruits and vegetables, lean protein (organic/wild-caught poultry and fish) and plenty of fluids.

There are meal plans, recipes and shopping lists to get you started. You don't need to follow the meal plans exactly. You may substitute any plan-appropriate recipe for the suggested meal to suit your taste, or make substitutions with ingredients from the "What to Eat" list. Make sure you exclude the foods on the "What Not to Eat" list.

Calories are not counted on the Clean Eating Guide. There is no need to be hungry! If you need more food than is on the meal plans, increase the portions or have an additional snack. Similarly, you do not need to eat all the food on the meal plan. If you are not so hungry, it is okay to have smaller portions.

Remember to aim for 4-5 small meals daily (per plan recommendations) along with plenty of fluids. Your goal should be 64-80 oz (2-2 liters) of fluids each day, primarily water but tea and broth count too.



# DOWNLOAD THE APP



## The Well World App

Well World is a mobile app that provides you with all the information you need to follow your personalized health and wellness plan — recipes, meal plans, shopping lists, daily guidance and recommended supplements.

The Well World app allows you to track your progress in key areas, and your practitioner will be able to follow along. The more you track, the more your practitioner will understand how the plan is working for you, where it needs to be adjusted and how best to support you.

- Check your email program for an email from Well World with an app download link and your login information.
- Follow the link to download the app from the App Store or Google Play.
- Enter your login information, and the app will automatically update with the plan your practitioner would like you to start.
- If supplements are recommended as part of your plan, you will be able to order them directly from the link in the email.

When you first log in, you will be prompted to personalize your app profile and app settings, before being provided with a short guided tour of the app.

Follow the guides to upload your photo, set your goals and notification settings, and order your supplements right away.



# WHAT TO EAT



There are many, many delicious foods to consume. Look for recipes that are full of the following:

**Whole fruits:** but limit to 2-3 servings daily

**Vegetables:** all are included

**Grains:** gluten free (quinoa, brown and wild rice, buckwheat, teff, millet, amaranth, brown rice pasta, pure buckwheat noodles, gluten-free oats). Make sure they are unprocessed, whole grains (bulgar, farrow, wheat berries). Limit to 2 times daily at the very most

**Poultry:** organic or free-range chicken, turkey and duck

**Fish:** wild salmon, black cod (sablefish), trout, anchovies, herring, sardines (fresh and canned), tuna, whitefish

**Beans and legumes:** including all beans, split peas and lentils. Limit to a maximum of 2 servings per day.

**Healthy fats:** avocado, nuts and seeds

**Oils:** cold-pressed/extra virgin oils: olive oil, walnut oil, coconut oil, avocado oil

**Caffeine:** in moderation

**Vinegar and condiments:** apple cider, white wine, red wine, balsamic

**Fresh green juices:** fresh-pressed, cold-pressed

**Dark chocolate:** raw 70% cacao or higher

**Fermented foods:** including kimchee and sauerkraut

**Dairy substitutes:** plain and unsweetened almond and coconut milks, yogurts, and cheeses

**Sweeteners:** honey and maple syrup used very sparingly, if at all.

**Herbs and spices:** all herbs and spices are included

**Other:** almond butter, shredded coconut



# WHAT NOT TO EAT



The following foods should be avoided:

**Alcohol:** all wine, beer and spirits

**Refined grains:** such as white breads and white flours

**Dairy:** cow and goat milk, butter, cheese and yogurt, cottage cheese.

**Processed and packaged foods:** chips, pastas, frozen dinners, white breads, energy bars. If it has a food label, it is likely on the out list. (These foods are high in refined carbohydrates and sugars in addition to added chemicals.)

**Soda, carbonated and other sweetened beverages:** teas, sodas and other processed beverages (sodium-free sparkling water is okay)

**Sweeteners:** processed sugars (white, brown, beet, coconut), corn syrup, agave, stevia and all artificial sweeteners (including Equal, Splenda and Sweet 'n Low)

**Processed fruit juices**

**Factory-farmed and processed meats:** including chicken, turkey, pork, beef, veal, cold cuts, canned meats, hot dogs, sausages

**Candies and sweets:** all candy including milk chocolate

**Fats & oils:** processed and refined oils including canola oil, vegetable oil

# DAILY MENU — WEEK 1

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Wake up</b>	8 oz (250 ml) hot water with lemon & ginger	8 oz (250 ml) hot water with lemon & ginger	8 oz (250 ml) hot water with lemon & ginger	8 oz (250 ml) hot water with lemon & ginger	8 oz (250 ml) hot water with lemon & ginger	8 oz (250 ml) hot water with lemon & ginger	8 oz (250 ml) hot water with lemon & ginger
<b>Breakfast</b>	2 scrambled eggs	Overnight Oats	Smoothie	2 scrambled eggs + ½ avocado	Overnight Oats	Paleo Waffles (or Pancakes) Or Overnight Oats	Omelet with vegetables +1/2 avocado
<b>Morning Snack</b>	1 apple	1 cup veggies + 2 Tbsps Hummus (optional)	1 6 oz. serving almond or coconut yogurt	18-20 almonds	1 6 oz. serving almond or coconut yogurt	1 apple with 1-2 tsp almond butter (if needed)	1 cup veggies + 2 Tbsps Hummus (optional)
<b>Lunch</b>	1 protein (chicken, fish) + 2 (or more) veggies + 1 starch (sweet potato or grain)	1 protein (chicken, fish) + 2 (or more) veggies + 1 starch (sweet potato or grain)	1 protein (chicken, fish) + 2 (or more) veggies + 1 starch (sweet potato or grain)	1 protein (chicken, fish) + 2 (or more) veggies + 1 starch (sweet potato or grain)	1 protein (chicken, fish) + 2 (or more) veggies + 1 starch (sweet potato or grain)	Salad with chicken or fish Or omelet with vegetables	Salad with chicken or fish
<b>Afternoon snack</b>	1 6 oz. serving almond or coconut milk	18-20 almonds	1 apple with 1 packet almond butter	1 cup veggies + 2 Tbsps Hummus (optional)	1 apple with 1 packet almond butter	½ avocado	1 apple with 1 packet almond butter
<b>Dinner</b>	Salad (non-starchy veggies) + chicken or fish	Roasted fish or chicken + vegetables (2 or more) + 1 starch (sweet potato or quinoa)	Salad (non-starchy veggies) + chicken or fish	Roasted fish or chicken + vegetables (2 or more) + 1 starch (sweet potato or quinoa)	Salad (non-starchy veggies) + chicken or fish	Roasted fish or chicken + vegetables (2 or more) + 1 starch (sweet potato or quinoa)	Salad (non-starchy veggies) + chicken or fish
<b>Dessert</b>	1-2 squares dark chocolate	½ cup fruit (berries)	1-2 squares dark chocolate	½ cup fruit (berries)	1-2 squares dark chocolate	½ cup fruit (berries)	1-2 squares dark chocolate

# DAILY MENU — WEEK 2

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Wake up</b>	8 oz (250 ml) hot water with lemon & ginger	8 oz (250 ml) hot water with lemon & ginger	8 oz (250 ml) hot water with lemon & ginger	8 oz (250 ml) hot water with lemon & ginger	8 oz (250 ml) hot water with lemon & ginger	8 oz (250 ml) hot water with lemon & ginger	8 oz (250 ml) hot water with lemon & ginger
<b>Breakfast</b>	2 scrambled eggs	Overnight Oats	Smoothie	2 scrambled eggs + ½ avocado	Overnight Oats	Paleo Waffles (or Pancakes) Or Overnight Oats	Omelet with vegetables +1/2 avocado
<b>Morning Snack</b>	1 apple	1 cup veggies + 2 Tbsps Hummus (optional)	1 6 oz. serving almond or coconut yogurt	18-20 almonds	1 6 oz. serving almond or coconut yogurt	1 apple with 1-2 tsp almond butter (if needed)	1 cup veggies + 2 Tbsps Hummus (optional)
<b>Lunch</b>	1 protein (chicken, fish) + 2 (or more) veggies + 1 starch (sweet potato or grain)	1 protein (chicken, fish) + 2 (or more) veggies + 1 starch (sweet potato or grain)	1 protein (chicken, fish) + 2 (or more) veggies + 1 starch (sweet potato or grain)	1 protein (chicken, fish) + 2 (or more) veggies + 1 starch (sweet potato or grain)	1 protein (chicken, fish) + 2 (or more) veggies + 1 starch (sweet potato or grain)	Salad with chicken or fish Or omelet with vegetables	Salad with chicken or fish
<b>Afternoon snack</b>	1 6 oz. serving almond or coconut milk	18-20 almonds	1 apple with 1 packet almond butter	1 cup veggies + 2 Tbsps Hummus (optional)	1 apple with 1 packet almond butter	½ avocado	1 apple with 1 packet almond butter
<b>Dinner</b>	Salad (non-starchy veggies) + chicken or fish	Roasted fish or chicken + vegetables (2 or more) + 1 starch (sweet potato or quinoa)	Salad (non-starchy veggies) + chicken or fish	Roasted fish or chicken + vegetables (2 or more) + 1 starch (sweet potato or quinoa)	Salad (non-starchy veggies) + chicken or fish	Roasted fish or chicken + vegetables (2 or more) + 1 starch (sweet potato or quinoa)	Salad (non-starchy veggies) + chicken or fish
<b>Dessert</b>	1-2 squares dark chocolate	½ cup fruit (berries)	1-2 squares dark chocolate	½ cup fruit (berries)	1-2 squares dark chocolate	½ cup fruit (berries)	1-2 squares dark chocolate

# RECIPES



## Starting the Day

Start every morning with a cup of hot water. Adding fresh lemon and/or ginger to it helps get the digestive tract going and provides a warm, soothing way to ease into the day with immune-supportive phytonutrients that can aid digestion and metabolism.

### HOT WATER WITH LEMON AND/OR GINGER

Makes 1 serving

#### Ingredients

- 1 cup (250 ml) water
- 1-inch (2.5 cm) fresh root ginger, thinly sliced
- ½ lemon, juiced

#### Directions

1. Boil water.
2. Place ginger slices in a mug and pour in hot water. Add lemon juice.
3. Steep 3–5 minutes, depending on the strength of flavor desired. Strain if you like, and enjoy.



## Breakfast

### AVOCADO DEVEILED EGG

Makes 1 serving

#### Nutrition

489 kcal; 2046 kJ; 14 g protein; 7 g carbohydrates; 2 g net carbs; 5 g dietary fiber; 1 g total sugars; 0 g added sugars; 46 g total fat; 8 g saturated fat

#### Ingredients

- 2 eggs, hard-boiled
- 1/2 avocado
- 1/2 lime, juiced
- 1 teaspoon chili powder
- 2 tablespoons (30 ml) olive oil
- Salt and pepper to taste

#### Directions

1. Peel boiled eggs and cut in half.
2. Remove yolks without breaking the whites. Add yolks to a small bowl.
3. Mix yolks with oil, chili and lime juice until a smooth cream is formed.
4. Using a spoon, scoop out the avocado.
5. Gently mix avocado with the egg cream.
6. Fill egg whites with the avocado mixture. Serve and enjoy.
7. Optional: Add cilantro to garnish!

### BANANA NUT OATMEAL

Makes 1 serving

#### Nutrition

541 kcal; 2264 kJ; 17 g protein; 76 g carbohydrates; 62 g net carbs; 14 g dietary fiber; 17 g total sugars; 0 g added sugars; 22 g total fat; 2 g saturated fat

#### Ingredients

- 3/4 cup (65 g) gluten-free rolled oats
- 1 cup (240 ml) water
- 1 banana, sliced
- 1/4 cup (40 g) sliced almonds
- Dash of cinnamon
- Optional: almond milk

#### Directions

1. Add water to a medium stock pot and bring to a boil.
2. Once water is boiling, add the oats and lower temperature to medium/low. Stir every 1-2 minutes.
3. After about 10 minutes, when oats are mostly cooked, add banana slices (save a few slices for garnish), nuts (save a few for garnish) and cinnamon. Stir thoroughly.
4. After another 1-2 minutes, remove pot from heat, pour into a bowl, and top with banana slices, extra cinnamon, and nuts. Add almond milk, if using.
5. Garnish, serve and enjoy!



## CHIA PUDDING

Makes 3 servings

### Nutrition

222 kcal; 929 kJ; 6 g protein; 19 g carbohydrates; 6 g net carbs; 13 g dietary fiber; 3 g total sugars; 2 g added sugars; 15 g total fat; 4 g saturated fat

### Ingredients

- 2 cups (475 ml) unsweetened coconut milk (or hemp, flax or rice milk)
- 1/2 cup (80 g) chia seeds
- 1 teaspoon (5 ml) maple syrup
- 1 teaspoon (5 ml) vanilla

### Directions

1. Add ingredients to a blender and blend for 1-2 minutes on high.
2. Pour mixture into a jar or glass container and place in the refrigerator for at least 3 hours or overnight to gel.
3. Serve and enjoy!

## HEALTHY BREAKFAST SCRAMBLE

Makes 1 serving

### Nutrition

285 kcal; 1192 kJ; 16 g protein; 17 g carbohydrates; 14 g net carbs; 3 g dietary fiber; 8 g total sugars; 0 g added sugars; 18 g total fat; 13 g saturated fat

### Ingredients

- 1 tablespoon (15 ml) coconut oil
- 1 clove garlic, chopped
- 1 onion, chopped
- 1/2 package button mushrooms
- 1 whole egg (organic)
- 2 egg whites
- 1 handful spinach
- Sea salt and pepper to taste

### Directions

1. Warm a medium-sized skillet over medium heat and add oil, allowing it to warm and melt for about 1 minute.
2. Once skillet is hot add the garlic, onion, and mushrooms and sauté for 2-3 minutes or until slightly browned.
3. While veggies are cooking in the skillet, prepare the egg mixture: add egg and egg whites to a small bowl and whisk with a fork until well combined, then add salt, pepper and herbs/spices.
4. Add the egg mixture to the skillet and cook, stirring regularly for about 3-4 minutes.
5. Add spinach and continue to cook, stirring every 2 minutes.
6. Once cooked, remove the eggs, plate them and top with sliced avocado. Enjoy!

## OVERNIGHT OATS

Makes 1 serving

### Nutrition

683 kcal; 2857 kJ; 13 g protein; 61 g carbohydrates; 53 g net carbs; 8 g dietary fiber; 23 g total sugars; 18 g added sugars; 41 g total fat; 31 g saturated fat

### Ingredients

- 1/3 cup coconut yogurt (or almond yogurt)
- 1/2 cup rolled oats (gluten-free)
- 2/3 cup unsweetened coconut milk (or almond milk)
- 1 tablespoon chia seeds (or ground flaxseed meal)
- 1/2 teaspoon (2.5 ml) vanilla extract
- Pinch of salt
- Optional: 1-2 tablespoons honey or maple syrup
- Optional: unsweetened coconut, nuts, cinnamon, berries

### Directions

1. Whisk together all ingredients in a medium-sized mixing bowl. Spoon into a jar with a tight-fitting lid.
2. Place in refrigerator with a lid on for at least 4 hours, but preferably overnight, before eating.
3. Enjoy!

## PALEO WAFFLES (OR PANCAKES)

Makes 1 serving

### Nutrition

437 kcal; 1828 kJ; 19 g protein; 32 g carbohydrates; 29 g net carbs; 3 g dietary fiber; 15 g total sugars; 0 g added sugars; 27 g total fat; 16 g saturated fat

### Ingredients

- 3 eggs
- 1 banana, mashed
- 1 tablespoon almond flour
- Dash of salt
- Dash of cinnamon
- 1 tablespoon (15 ml) coconut oil

### Directions

1. Rub coconut oil on a waffle iron's grills. Heat waffle iron.
2. While the waffle iron is heating, whisk together ingredients in a bowl until smooth (or use a blender).
3. Once waffle iron is hot, add a scoop of batter and cook until done.
4. Serve and enjoy!

\*If you do not have a waffle iron, you can also make these as pancakes. Coat a skillet with coconut oil and heat over medium/high heat. Add a scoop of batter to the pan. Cook about 3-5 minutes, until edges begin to brown, then flip and continue cooking until heated through.

## QUINOA BREAKFAST CEREAL

Makes 1 serving

### Nutrition

355 kcal; 1485 kJ; 12 g protein; 63 g carbohydrates;  
54 g net carbs; 9 g dietary fiber; 9 g total sugars;  
3 g added sugars; 6 g total fat; 1 g saturated fat

### Ingredients

- 1/3 cup (56 g) dry quinoa
- 1/2 cup (125 ml) coconut milk
- 1 cup (250 ml) water
- 1/4 cup (40 g) blueberries
- Optional: hemp seeds, almonds

### Directions

5. Combine quinoa and water in saucepan and turn to medium/high heat. Bring to a boil.
6. Once quinoa reaches a boil, stir and lower heat. Simmer for 10 minutes.
7. Add almond milk and blueberries.
8. Simmer for another 3-5 minutes, stirring occasionally.
9. Remove from heat. Garnish with almonds and hemp seeds, if using, before serving.



## Smoothies

### BLUEBERRY SPINACH SMOOTHIE

Makes 1 serving

#### Nutrition

214 kcal; 1561 kJ; 6 g protein; 48 g carbohydrates; 37 g net carbs; 11 g dietary fiber; 30 g total sugars; 0 g added sugars; 2 g total fat; 1 g saturated fat

#### Ingredients

- 2 handfuls (about 2 cups/85 g) spinach
- 1 cup (150 g) blueberries, frozen or fresh
- 1/2 banana
- 1 teaspoon cinnamon
- 1 1/2 cup (360 ml) coconut waters

#### Directions

1. Wash and prepare ingredients.
2. Add ingredients to a blender and blend on high for 45-60 seconds. Add more coconut water as needed.
3. Serve and enjoy.

### DAILY GREENS SMOOTHIE

Makes 1 serving

#### Nutrition

124 kcal; 518 kJ; 4 g protein; 28 g carbohydrates; 22 g net carbs; 6 g dietary fiber; 19 g total sugars; 0 g added sugars; 1 g total fat; 0 g saturated fat

#### Ingredients

- 1 cup (225 g) frozen pineapple
- 2 large handfuls (2 cups/85 g) spinach
- 1/2 cucumber
- 2 cups (480 ml) coconut water

#### Directions

1. Wash and prepare ingredients.
2. Add ingredients to a blender and blend on high for 45-60 seconds. Add more coconut water as needed.
3. Pour into a glass and enjoy.

## STRAWBERRY AVOCADO SMOOTHIE

Makes 1 serving

### Nutrition

311 kcal; 1301 kJ; 6 g protein; 26 g carbohydrates; 13 g net carbs; 13 g dietary fiber; 11 g total sugars; 6 g added sugars; 23 g total fat; 3 g saturated fat

### Ingredients

- 6 strawberries, tops removed
- 2 handfuls (about 2 cups/85 g) fresh spinach
- 1/2 avocado, peeled and pitted
- 8 oz (250 ml) unsweetened almond milk
- Water as needed
- Optional: 1 scoop (30 g) plain, gluten-free, vegan protein powder

### Directions

1. Wash and prepare ingredients.
2. Add ingredients to a blender and blend on high for 45-60 seconds or until well blended.
3. Pour into a glass and enjoy.

## SWEET & SPICY GREEN SMOOTHIE

Makes 1 serving

### Nutrition

167 kcal; 698 kJ; 3 g protein; 40 g carbohydrates; 36 g net carbs; 4 g dietary fiber; 31 g total sugars; 0 g added sugars; 1 g total fat; 1 g saturated fat

### Ingredients

- 1 cup (225 ml) coconut water
- 1 cup (160 g) red grapes
- 2 handfuls spinach or any other leafy greens
- 1 inch (2.5 cm) ginger, peeled

### Directions

1. Wash and prepare ingredients.
2. Add ingredients to a blender and blend on high for 45-60 seconds. Add more coconut water as needed.
3. Pour into a glass and enjoy.





## Salads

### AVOCADO & OLIVE SALAD

Makes 1 serving

#### Nutrition

339 kcal; 1418 kJ; 5 g protein; 19 g carbohydrates;  
6 g net carbs; 13 g dietary fiber; 3 g total sugars;  
0 g added sugars; 30 g total fat; 4 g saturated fat

#### Ingredients

- 2 1/2 cups (105 g) spring mix salad greens
- 10 Kalamata olives
- 1 avocado, diced
- 1/4 cup (15 g) cilantro (coriander), chopped
- 2 tablespoons (30 ml) lemon juice
- 1/2 tablespoon (8 ml) olive oil
- 1 teaspoon dried rosemary

#### Directions

1. Place salad greens in a large bowl.
2. Add olives, avocado and cilantro to greens.
3. Add lemon juice and olive oil.
4. Sprinkle with rosemary.
5. Toss to combine all ingredients and serve.

### BLUEBERRY & STEAK SALAD

Makes 2 servings

#### Nutrition

411 kcal; 1720 kJ; 35 g protein; 10 g carbohydrates;  
8 g net carbs; 2 g dietary fiber; 7 g total sugars;  
0 g added sugars; 27 g total fat; 10 g saturated fat

#### Ingredients

##### *For the salad*

- 8 oz. (225 g) grass-fed skirt steak, thinly sliced
- 1 tablespoon (15 ml) coconut oil
- 2 cups (85 g) arugula (rocket)
- 3/4 cup (110 g) blueberries
- 2 cups (85 g) watercress
- 1 large avocado, diced

##### *For the dressing*

- 2 tablespoons (30 ml) olive oil
- 1 tablespoon (15 ml) lemon juice
- Pinch of sea salt

#### Directions

1. Heat oil in a skillet over medium/high heat. Add steak and sauté to your preference. Remove from heat and let cool.
2. Add steak and remaining salad ingredients into a large bowl.
3. In a small bowl, whisk dressing ingredients together. Pour over salad and toss. Serve.

## GRAPEFRUIT ALMOND SALAD

Makes 2 servings

### Ingredients

*For the salad*

- 1 head romaine lettuce, chopped
- 1 grapefruit, peeled and cut into pieces (save one segment for the dressing)
- 2 green onions (spring onions), chopped
- 1 avocado, sliced
- 1/4 cup (40 g) sliced almonds

*For the dressing*

- 1/4 cup (60 ml) olive oil
- 1 teaspoon (5 ml) Dijon mustard
- 1 grapefruit segment
- Pinch of sea salt and pepper

### Directions

1. Squeeze juice from the grapefruit segment into a small mixing bowl. Add remaining dressing ingredients and whisk until well combined.
2. Add all salad ingredients to a large bowl. Add salad dressing and toss well. Serve and enjoy.

## HONEY-LIME CHICKEN & STRAWBERRY SALAD

Makes 2 servings

### Ingredients

*For the salad*

- 2 chicken breasts, cut into 3/4-inch (2 cm) pieces
- 1 tablespoon (15 ml) coconut oil
- 1/2 lime, juiced
- 1 tablespoon (15 ml) honey
- 6 strawberries, sliced
- 1/2 avocado, diced
- 1/2 cucumber, peeled and chopped
- 4 cups (170 g) romaine lettuce, shredded
- Salt

*For the dressing*

- 1/4 cup (60 ml) olive oil
- 6 strawberries
- 1 tablespoon (15 ml) lime juice
- 1/4 teaspoon ground ginger
- Salt to taste

### Directions

1. Blend all dressing ingredients together until smooth. Set aside.
2. Heat coconut oil in a skillet over medium/high heat. Add chopped chicken and sauté until chicken is nearly cooked, about 10 minutes.
3. Add lime juice and honey to pan. Stir to coat chicken.
4. Cover pan, lower heat to medium and let chicken finish cooking, about 5 minutes. Set aside.
5. To a separate bowl, add other salad ingredients and toss.
6. Place chicken over salad greens, drizzle with dressing, and serve.

## STRAWBERRY-LIME DRESSING

Makes 1 serving

### Ingredients

- 1/4 cup (60 ml) olive oil
- 6 strawberries
- 1 tablespoon (15 ml) lime juice
- 1/4 teaspoon ground ginger
- Salt to taste

### Directions

1. Blend all ingredients together until smooth. Refrigerate until ready to use.

## SWEET & SOUR THAI CARROT SALAD

Makes 2 servings

### Nutrition

658 kcal; 2753 kJ; 18 g protein; 81 g carbohydrates; 63 g net carbs; 18 g dietary fiber; 32 g total sugars; 16 g added sugars; 28 g total fat; 4 g saturated fat

### Ingredients

- 3 tablespoons (45 ml) lemon juice
- 3 tablespoons (45 ml) olive oil
- 4 tablespoons (60 ml) rice wine vinegar, divided
- 1/8 teaspoon dill, dried
- 1/8 teaspoon garlic powder
- 1/2 teaspoon garlic, minced
- 1 BPA-free can (300 g) chickpeas
- 1/4 red onion, minced
- 1/4 cup (15 g) cilantro (coriander), chopped
- 2 cucumbers, spiralized or cut into matchsticks
- 2 large carrots, spiralized or cut into matchsticks
- 2 tablespoons (30 ml) honey
- 1 tablespoon sesame seeds

### Directions

1. In a small bowl, whisk together lemon juice, olive oil, 2 tablespoons (30 ml) vinegar, garlic powder, dill and garlic.
2. To a separate bowl, add chickpeas, onion, cilantro, cucumbers and carrots.
3. Add dressing and toss. Allow to marinate 20 minutes for more flavor.
4. Combine honey with remaining 2 tablespoons (30 ml) rice wine vinegar and pour over salad.
5. Garnish with sesame seeds and serve.



## Sides

### BAKED ACORN SQUASH

Makes 2 servings

#### Nutrition

137 kcal; 573 kJ; 2 g protein; 22 g carbohydrates; 19 g net carbs; 3 g dietary fiber; 0 g total sugars; 0 g added sugars; 6 g total fat; 4 g saturated fat

#### Ingredients

- 1 acorn squash, halved and seeded
- 1 tablespoon organic butter or ghee
- 1 tablespoon (15 ml) maple syrup
- Sea salt and pepper to taste

#### Directions

1. Pre-heat oven to 350 F (177 C).
2. Place squash cut side down in a baking dish. Add a small amount of water to cover the bottom of the pan. Place in the oven and bake until the outside is soft, about 45 minutes.
3. Remove from oven, turn squash face up and season with butter, syrup, salt and pepper.
4. Serve and enjoy..



## PAN SEARED ARTICHOKE HEARTS

Makes 1 serving

### Ingredients

- 1 artichoke
- 1 teaspoon (5 ml) coconut oil

### Directions

1. Lay artichoke on its side and cut off the top quarter to remove all the sharp stems.
2. Pour enough water into a pot to submerge artichoke and add the artichoke. Bring to a boil over medium heat. Reduce heat and simmer for 10 minutes or until fork tender.
3. Remove artichoke from water and let cool. Once cool, peel off the remaining leaves. You will now be left with the heart and stem; cut it in half. Using a knife or a spoon remove the choke (the hairy filaments at the center). Slice the heart into bite sized pieces.
4. Heat coconut oil in a small skillet, over medium/high heat. Add artichoke hearts and cook until hot, about 2 minutes.
5. Serve and enjoy!

## ROASTED ASPARAGUS

Makes 1 serving

### Nutrition

153 kcal; 640 kJ; 2 g protein; 6 g carbohydrates;  
4 g net carbs; 2 g dietary fiber; 4 g total sugars;  
0 g added sugars; 14 g total fat; 2 g saturated fat

### Ingredients

- 1/2 lb. (100 g) asparagus (about 6 large stems) trimmed and peeled
- Olive oil
- Freshly ground black pepper
- Aged balsamic vinegar

### Directions

1. Preheat oven to 400° F (200° C).
2. Arrange asparagus spears in a single layer on a baking sheet. Drizzle oil over asparagus and turn to coat.
3. Roast in oven for 8-10 minutes.
4. Transfer to a platter and drizzle with vinegar. Serve.

## ROASTED VEGETABLES

Makes 2 servings

### Nutrition

189 kcal; 791 kJ; 4 g protein; 15 g carbohydrates;  
9 g net carbs; 6 g dietary fiber; 5 g total sugars;  
0 g added sugars; 14 g total fat; 2 g saturated fat

### Ingredients

- 1 cup (150 g) Brussels sprouts, halved
- 3 carrots, peeled and sliced
- 1 cup (150 g) cauliflower florets
- 2 tablespoons (30 ml) olive oil

### Directions

1. Preheat oven to 450° F (230° C) and line a baking sheet with parchment paper.
2. Lay ingredients onto the baking sheet.
3. Drizzle oil over the raw vegetables and then mix together with your hands until well coated.
4. Put the baking sheet into the oven and allow to cook for 10-15 minutes, stirring occasionally.
5. Continue to cook for another 10-15 minutes or until vegetables are slightly brown and soft.
6. Remove from heat, serve and enjoy!





## Entrees

### CHICKEN & GREEN BEANS STIR FRY

Makes 2 servings

#### Nutrition

483 kcal; 2021 kj; 42 g protein; 29 g carbohydrates; 19 g net carbs; 10 g dietary fiber; 7 g total sugars; 0 g added sugars; 23 g total fat; 13 g saturated fat

#### Ingredients

- 1/4 cup (60 ml) tamari
- 2 teaspoons (10 ml) toasted sesame oil
- 1 tablespoon (15 ml) rice wine vinegar
- 3 tablespoons (45 ml) coconut oil
- 1 lb. (450 g) green beans, trimmed
- 1 inch (2.5 cm) ginger, minced
- 2 cloves garlic, minced
- 2 teaspoons green onion (spring onions), chopped
- 2 boneless, skinless chicken breasts, diced into 1-inch (2.5 cm) cubes
- 1 cup (180 g) julienned red bell peppers
- 1/2 cup (70 g) water chestnuts
- Cooked brown rice, for serving

#### Directions

1. In a small bowl, whisk together soy sauce, sesame oil, and rice wine vinegar.
2. Heat 2 tablespoons coconut oil in a large skillet over medium-high heat. Add green beans. Sauté for a few minutes until beans turn dark green and are tender but still crisp (if beans are particularly thick, add two tablespoons of water to pan and cover skillet for a couple of minutes to steam-cook beans). Do not overcook, as beans will go back in the pan briefly later.
3. Remove beans from pan and set aside.
4. Add one more tablespoons coconut oil to pan, along with ginger, garlic, green onions and chicken. Sauté, stirring continuously until chicken is lightly browned and cooked through (turns from pink to white). Add red peppers and sauté for another minute. Add water chestnuts and sauté for another minute. Add soy sauce mixture and green beans. Use a spatula or large wooden spoon to toss the ingredients. Sauté all together for 2-3 minutes.
5. Serve over brown rice, top with a dash of sesame oil and garnish with sesame seeds.

## EASY ASIAN 'STIR FRY'

Makes 2 servings

### Nutrition

229 kcal; 958 kJ; 34 g protein; 15 g carbohydrates; 11 g net carbs; 4 g dietary fiber; 5 g total sugars; 0 g added sugars; 4 g total fat; 1 g saturated fat

### Ingredients

- 6 cups (225 g) stir-fry vegetables (carrots, snow peas, pepper), chopped
- 2 chicken breasts, skinless, boneless, sliced
- 1 cup (240 ml) broth
- 6 tablespoons (90 ml) tamari
- 3/4 teaspoon ground ginger
- 1/2 teaspoon sea salt
- 1/2 teaspoon garlic powder

### Directions

1. Combine all ingredients in a large stock pot over high heat and bring to a boil.
2. Reduce heat, cover and simmer for 15-20 minutes or until veggies are tender and meat is cooked.
3. Serve and enjoy!

## FISH IN FOIL

Makes 2 servings

### Nutrition

205 kcal; 858 kJ; 28 g protein; 0 g carbohydrates; 0 g net carbs; 0 g dietary fiber; 0 g total sugars; 0 g added sugars; 9 g total fat; 1 g saturated fat

### Ingredients

- 2 4-oz. (115 g) wild-caught salmon fillets (or trout)
- 2 teaspoons (10 ml) olive oil
- 1 teaspoon pepper
- 1 lemon, sliced thinly

### Directions

1. Preheat oven to 400° F (200° C).
2. Rub fillets with olive oil and season with black pepper.
3. Place each fillet on a large sheet of foil. Squeeze juice from the remaining ends of the lemons over fish. Arrange lemon slices on top of fillets. Seal edges of the foil to form enclosed packets. Place packets on a baking sheet.
4. Bake 15-20 minutes, depending on the size of fish. Fish is done when it flakes easily with a fork.

## FLANK STEAK & CAULIFLOWER RICE

Makes 2 servings

### Nutrition

515 kcal; 858 kJ; 42 g protein; 18 g carbohydrates; 12 g net carbs; 6 g dietary fiber; 7 g total sugars; 0 g added sugars; 31 g total fat; 18 g saturated fat

### Ingredients

#### *Cauliflower Rice*

- 1 small head cauliflower
- 1 tablespoon (15 ml) coconut oil
- 1/2 medium yellow onion, finely chopped
- 1 clove garlic, minced
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 tablespoon (15 ml) apple cider vinegar
- 1 teaspoon (5 ml) toasted sesame oil

#### *Steak*

- 1 tablespoon (15 ml) coconut oil
- 12 oz. (340 g) grass-fed flank steak
- Sea salt and pepper to taste

### Directions

#### *To make the Cauliflower Rice*

1. Cut cauliflower into small florets and place into a food processor. Pulse until it resembles the texture of rice.
2. Add coconut oil to a large skillet set over medium heat and cook onion, garlic, salt and pepper, about 5 minutes. Do not burn the garlic.
3. Add cauliflower 'rice', sesame oil, and apple cider vinegar. Continue cooking for an additional 5-8 minutes, until cauliflower is al dente.
4. Remove from heat and set aside.

#### *To make the Flank Steak*

1. Season one side of steak with salt and pepper.
2. Melt coconut oil in a skillet over medium/high heat. Place steak in skillet seasoned side down. Season other side with salt and pepper. Cook 4-6 minutes on each side.
3. Remove steak from skillet and let rest.
4. Slice steak. Serve with greens and cauliflower rice.

## GRILLED CHICKEN WITH LEMON & HERBS

Makes 2 servings

### Nutrition

322 kcal; 1347 kJ; 26 g protein; 2 g carbohydrates; 2 g net carbs; 0 g dietary fiber; 1 g total sugars; 0 g added sugars; 24 g total fat; 3 g saturated fat

### Ingredients

- 2 organic chicken breasts
- 1/3 cup (80 ml) olive oil
- 3 cloves garlic, minced
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons parsley
- 1/2 teaspoon fresh thyme
- 1/2 teaspoon oregano
- 1/4 teaspoon rosemary
- 3 tablespoons (45 ml) lemon juice

### Directions

1. Place chicken breasts between 2 sheets of plastic wrap and, using a meat mallet, pound out to an even 1/2-inch (1.25 cm) thickness.
2. Place chicken in a large resealable Ziploc bag. Add all other ingredients and massage to evenly coat. Seal bag and marinate in the refrigerator for at least an hour, but ideally four.
3. Preheat oven to 375 F (190 C).
4. Place chicken on a baking sheet and bake for 25 minutes or until chicken reaches an internal temperature of 160 F (71 C).
5. Transfer to a plate and let rest for a few minutes. Slice and serve!

## MONGOLIAN BEEF OVER CAULIFLOWER RICE

Makes 2 servings

### Nutrition

670 kcal; 2803 kJ; 29 g protein; 68 g carbohydrates; 63 g net carbs; 5 g dietary fiber; 53 g total sugars; 35 g added sugars; 33 g total fat; 22 g saturated fat

### Ingredients

#### *Cauliflower Rice*

- 1 small head cauliflower
- 1 tablespoon (15 ml) coconut oil
- 1/2 medium yellow onion, finely chopped
- 1 clove garlic, minced
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 tablespoon (15 ml) unseasoned rice vinegar
- 1 teaspoon (5 ml) toasted sesame oil

#### *Mongolian Beef*

- 2 tablespoons (30 ml) coconut oil
- 1/2 medium yellow onion, diced
- 1/2 cup (120 ml) coconut aminos
- 1/4 cup (60 ml) honey
- 2 cloves garlic, minced
- 1 in (2.5 cm) fresh ginger, grated
- Salt and pepper to taste
- 1/2 lb. (230 g) flank steak, thinly sliced against the grain
- 1 green onion, sliced, for garnish

### Directions

#### *To make the Cauliflower Rice*

1. Cut cauliflower into small florets and place into a food processor. Pulse until it resembles the texture of rice.
2. Add coconut oil to a large skillet set over medium heat and cook onion, garlic, salt and pepper, about 5 minutes. Do not burn the garlic.
3. Add cauliflower 'rice', sesame oil, and apple cider vinegar. Continue cooking for an additional 5-8 minutes, until cauliflower is al dente.
4. Remove from heat and set aside.

#### *To make the Mongolian Beef*

1. Heat coconut oil in a large pan over medium heat. Add onion and cook until onion is translucent.
2. Mix the coconut aminos, honey, garlic, ginger, and a pinch of salt and pepper in a bowl.
3. Pour the mixture into the pan with the onions and bring to a boil.
4. Add steak pieces to the pan and cook until brown.
5. Once meat is cooked, serve on top of 'rice' and add green onions for garnish. Enjoy!



## ONE PAN CHICKEN & VEGGIES

Makes 2 servings

### Nutrition

785 kcal; 3284 kJ; 68 g protein; 50 g carbohydrates; 35 g net carbs; 15 g dietary fiber; 17 g total sugars; 0 g added sugars; 36 g total fat; 6 g saturated fat

### Ingredients

- 4 tablespoons (60 ml) olive oil, divided, plus more for pan
- 1 tablespoon (15 ml) apple cider vinegar
- 3 cloves garlic, minced
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- Zest of 1 lemon
- Sea salt to taste
- 1 rutabaga, peeled and cut in 1-inch (2.5 cm) chunks
- 2 parsnips, peeled and cut into 1/2-inch (1 cm) rounds
- 1 1/2 cups (150 g) Brussels sprouts, halved
- 2 boneless, skinless chicken breasts

### Directions

1. Preheat oven to 400° F (204° C). Lightly coat a baking dish with olive oil.
2. In a small bowl, whisk together 2 tablespoons olive oil, vinegar, garlic, oregano, basil and lemon zest; season with salt to taste. Set aside.
3. Place rutabaga, parsnips and Brussels sprouts in a single layer into prepared baking dish. Drizzle with remaining 2 tablespoons olive oil and season with salt to taste. Place chicken breasts on top of vegetables and brush each breast with oil & vinegar mixture.
4. Place into oven and roast until chicken is completely cooked through, reaching an internal temperature of 165 F (74 C), and vegetables are soft, about 30-40 minutes. Broil 2-3 minutes, or until browned.
5. Plate, serve & enjoy.

## PALEO TACOS

Makes 2 servings

### Nutrition

417 kcal; 1745 kJ; 32 g protein; 13 g carbohydrates; 6 g net carbs; 7 g dietary fiber; 3 g total sugars; 0 g added sugars; 28 g total fat; 10 g saturated fat

### Ingredients

#### *For the meat*

- 1 tablespoon (15 ml) olive oil
- 1/2 sweet onion, chopped
- 1 lb. (450 g) grass-fed ground turkey
- 1 teaspoon dried basil
- 1 teaspoon oregano
- Salt and pepper to taste

#### *For the taco shells*

- 6-8 large romaine lettuce leaves

#### *Toppings*

- 1/2 cup (120 g) guacamole
- 1 red bell pepper (capsicum), chopped
- 3/4 cup (110 g) romaine lettuce, chopped
- 1 red onion, chopped
- Optional additions: 1/2 cup (75 g) salsa, avocado (sliced), herbs and spices

### Directions

1. In a medium skillet, heat oil over medium heat for about 1 minute.
2. Add onion, basil, oregano, salt and pepper. Sauté until lightly browned, about 2 minutes.
3. Add the turkey and sauté 7-10 minutes or until cooked, stirring every few minutes.
4. While turkey is cooking, wash and chop toppings and lay romaine lettuce leaves out on serving plates.
5. When turkey is done, add 1-2 tablespoons to each lettuce wrap, then add toppings.
6. Serve and enjoy!

## SPAGHETTI SQUASH BOLOGNESE

Makes 2 servings

### Nutrition

353 kcal; 1176 kJ; 25 g protein; 39 g carbohydrates; 29 g net carbs; 8 g dietary fiber; 20 g total sugars; 0 g added sugars; 13 g total fat; 8 g saturated fat

### Ingredients

*For spaghetti squash*

- 1 small/medium spaghetti squash, halved and seeded

*For the Bolognese sauce*

- 2 tablespoons (30 ml) coconut oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1/2 lb. (225 g) grass-fed ground beef
- 1 can (14.5 oz./411 g) can stewed tomatoes
- 2 tablespoons tomato paste
- 2 carrots, peeled and chopped
- 1 cup (150 g) cherry tomatoes, halved
- 2 tablespoons dried basil
- 2 tablespoons dried oregano
- Salt and pepper to taste

### Directions

1. Preheat oven to 400° F (204° C).
2. Place squash on a roasting pan, face down, in a small amount of water and bake for 30-45 minutes, until the shell of the squash is soft.
3. While squash is cooking, heat coconut oil over medium heat in a large stock pot. Add onion and garlic and sauté until soft. Add beef to the stockpot and cook for about 10 minutes until browned, stirring every minute.
4. Add the rest of the Bolognese ingredients to the pot. Bring to a boil, then reduce heat to simmer. Cook for 20 minutes.
5. Remove squash from oven and let cool, then scrape out insides using a fork (consistency should be spaghetti-like).
6. Serve sauce over spaghetti squash pasta. Garnish with extra pepper and fresh basil if desired.

## SPINACH PESTO PASTA

Makes 2 servings

### Nutrition

656 kcal; 2745 kJ; 11 g protein; 31 g carbohydrates; 23 g net carbs; 8 g dietary fiber; 14 g total sugars; 0 g added sugars; 58 g total fat; 7 g saturated fat

### Ingredients

*Pasta*

- 2 large zucchinis (courgettes)

*Salad*

- 1 cup (150 g) Kalamata olives
- 2 handfuls (about 2 cups/85 g) spinach
- 1/2 red onion, sliced
- 1/2 cup (100 g) black beans (cooked or BPA free canned)
- 1/4 cup (80 g) currants

*Pesto*

- 1 bunch fresh basil leaves
- 1/2 cup (70 g) pine nuts
- 1/2 cup (125 ml) olive oil
- 1 tablespoon (15 ml) lemon juice
- 2 cloves garlic, crushed

### Directions

1. Feed zucchini through a vegetable spiralizer to form zucchini curls or slice thinly with a mandoline or knife into thin strips. Set aside.
2. Place basil, pine nuts, garlic and lemon juice in a high-speed blender or food processor. Blend, adding olive oil slowly until completely smooth.
3. Lightly sauté or dip zucchini fettuccine in boiling water to heat up the noodles.
4. Toss zucchini pasta with salad ingredients, adding pesto to your preference. Serve immediately.



## Soups

### ASPARAGUS SOUP

Makes 3 servings

#### Ingredients

- 1 tablespoon (15 ml) coconut oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 2 lbs. (900 g) asparagus, chopped
- 1 quart (950 ml) organic chicken stock
- Sea salt to taste
- 1 teaspoon chives, chopped, for garnish

#### Directions

1. Sauté onion and garlic in large soup pot.
2. Add asparagus and chicken broth to pot.
3. Bring to a boil, then turn down heat, cover and simmer until asparagus is fork tender, about 8 minutes depending on size of asparagus spears.
4. Pour soup into a blender and puree until smooth.
5. When serving, sprinkle with ground pepper and chives.

## BUTTERNUT SQUASH SOUP

Makes 4 servings

### Nutrition

252 kcal; 1054 kJ; 5 g protein; 49 g carbohydrates; 40 g net carbs; 9 g dietary fiber; 13 g total sugars; 0 g added sugars; 8 g total fat; 6 g saturated fat

### Ingredients

- 1 large butternut squash, peeled, seeded and cubed
- 1 green apple, sliced and cored
- 1 small yellow onion, chopped
- 2 carrots, chopped
- 3 tablespoons (45 ml) olive oil
- 2 teaspoons cinnamon, divided
- 1 1/2 teaspoons salt, divided
- 1/2 teaspoon cumin
- 1 teaspoon chili powder
- 2 tablespoons (30 ml) coconut oil
- 3 cups (700 ml) organic chicken stock

### Directions

1. Preheat oven to 400° F (200° C).
2. In a large bowl, combine butternut squash, olive oil, 1 teaspoon cinnamon, 1/2 teaspoon salt, and cumin. Mix together, coating the squash well. Spread out on a rimmed baking sheet.
3. In the same bowl that the butternut squash was in, toss apple slices, onion, and carrots to coat with oil and spices. Place on a second rimmed baking sheet. Place both baking sheets in the oven and roast for 35-40 minutes until soft, stirring once.
4. Heat coconut oil over medium heat in a large pot on the stove. Add roasted ingredients and chicken stock. Add 1 teaspoon each of salt, cinnamon and chili powder. Bring to a boil, then reduce heat to low and simmer, covered, for 20 minutes.
5. Using an immersion blender, combine all ingredients until smooth, or transfer to a blender to puree. Serve warm.

## CARROT RED LENTIL CHILI

Makes 2 servings

### Nutrition

331 kcal; 1384 kJ; 17 g protein; 49 g carbohydrates; 39 g net carbs; 10 g dietary fiber; 10 g total sugars; 0 g added sugars; 9 g total fat; 1 g saturated fat

### Ingredients

- 2 tablespoons (30 ml) olive oil
- 1 onion, chopped
- 1 cup (200 g) red lentils (brown and green lentils are good too)
- 1 1/4 cup (300 ml) organic chicken stock
- 2 zucchinis (courgettes), chopped
- 5 medium carrots, peeled and chopped
- Sea salt and pepper to taste
- 2 tablespoons basil
- 2 tablespoons oregano

### Directions

1. Rinse lentils thoroughly in cold water, picking out any pebbles.
2. In a medium to large stockpot, heat olive oil over medium heat for 1-2 minutes.
3. Add chopped onion to the stockpot, stirring occasionally for 2-3 minutes or until slightly browned. Once onion is browned, add lentils and continue to cook, stirring occasionally for another 5 minutes.
4. Add broth, zucchini, carrots, herbs, spices, salt and pepper. Continue to cook chili on medium/high heat until soup comes to a boil.
5. Once the soup is boiling, lower heat to medium/low and simmer for 30-45 minutes or until lentils are completely cooked.
6. Remove soup from heat and serve immediately or save for later.





## Snacks & Desserts

### HUMMUS

Makes 4 servings

#### Ingredients

- 1 BPA-free can (439 g) chickpeas, drained, liquid reserved
- 1/2 cup (144 g) tahini
- 1/4 cup (60 ml) olive oil
- 2 cloves garlic, peeled
- 1 lemon, juiced
- Sea salt and pepper to taste
- Optional: parsley, cumin

#### Directions

1. Place chickpeas, tahini, olive oil, garlic and lemon juice into a food processor. While processing, slowly add the reserved liquid (or water) until a smooth consistency is reached. Add salt, pepper and, if using, cumin to taste.
2. To serve, place in a bowl, drizzle with olive oil, sprinkle with cumin and garnish with chopped parsley.

