



# *Happy Hormones* Recipe Bundle

FEEL, LOOK, AND BE YOUR  
BEST SELF.

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# *Template* Breakfast

START YOUR DAY RIGHT

# Chocolate Nut Butter Overnight Oats



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 2/3 cup (160 g) unsweetened milk of choice
- 1/2 cup (40 g) rolled oats
- 1/3 cup (80 g) plain Kefir (or Greek yogurt)
- 1 tbsp (7 g) ground flaxseed
- 1/2 tsp (2 g) vanilla extract
- 2 tbsp (32 g) almond butter
- 1 tbsp (6 g) cocoa powder
- Dash of sea salt (optional)

## DIRECTIONS

1. Mix all ingredients together and store in a closed container in the refrigerator overnight.

## NUTRITION INFO

Calories: 464, Carbohydrate: 53 grams, Protein: 18 grams, Fat: 25 grams

# Complete Smoothie



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

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## INGREDIENTS

- 1/2 cup (60 g) full fat coconut milk
- Handful baby spinach
- 1/4 cup (30 g) raspberries
- 1/2 banana
- 1/2 avocado
- Dash of ground cinnamon
- 1 scoop collagen peptide powder
- 1 tbsp (9 g) sunflower seeds
- Water for desired consistency of smoothie

## DIRECTIONS

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

### NUTRITION INFO

Calories: 458, Carbohydrate: 32 grams, Protein: 16 grams, Fat: 34 grams

# Greek Omelette w/ Avocado



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

## INGREDIENTS

- 1/2 tbsp (7 g) ghee
- 1/4 cup (38 g) diced red peppers
- 2 oz (57 g) ground lamb
- Dash of dried parsley, dried dill, dried thyme, garlic powder, and onion powder
- 1/8 cup (22 g) chopped olives
- 2 eggs
- 1/4 of an avocado
- Salt and pepper to taste

## DIRECTIONS

1. Melt the ghee in a small skillet over medium heat.
2. Add the diced red peppers and sauté for 3-5 minutes.
3. Add the ground lamb to the red peppers and season with parsley, dill, thyme, garlic powder, and onion powder.
4. Once the lamb is cooked, add the olives and stir to combine.
5. In a separate bowl, scramble the two eggs together.
6. Add the scrambled raw eggs to the skillet
7. Cook for 5-8 minutes, (without stirring) until the edges set and the center is still a bit soft.
8. Flip the omelette, cook for another 2-3 minutes and season with salt and pepper.
9. Fold in half and serve on a plate with sliced avocado.

## NUTRITION INFO

Calories: 483, Carbohydrate: 9 grams, Protein: 23 grams, Fat: 40 grams

# Hearty Eggs and Broccoli



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 8 MINUTES

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## INGREDIENTS

- 1/2 tbsp (7 g) avocado oil
- 1 cup (91 g) broccoli, chopped
- 1/4 small yellow onion, diced
- 3 eggs, beaten
- 2 tbsp (18 g) feta cheese
- Dash of black pepper
- Dash of turmeric
- 1 orange

## DIRECTIONS

1. Heat avocado oil over medium heat in a medium skillet.
2. Sauté broccoli and onion for 5 minutes.
3. Add eggs, feta cheese, black pepper, and turmeric. Cook for approximately 3 minutes or until eggs cook through, scraping from the pan with a soft spatula as you go.
4. Serve warm with an orange.

## NUTRITION INFO

Calories: 407, Carbohydrate: 26 grams, Protein: 23 grams, Fat: 24 grams

# Mushroom Omelette



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 6-8 MINUTES

## INGREDIENTS

- 1/2 tbsp (7 g) olive oil
- 1 clove garlic
- 3 eggs, beaten
- 1/4 cup (22 g) sliced mushrooms
- 1/4 cup (30 g) sliced red onion
- 1/4 tsp (0.25 g) oregano
- Salt to taste
- 1 cup (156 g) cantaloupe, chopped

## DIRECTIONS

1. Heat olive oil over medium heat in a medium skillet. Add garlic and cook 1 minute or until fragrant.
2. Add mushrooms, onions, and oregano and cook until mushrooms and onions are soft.
3. Pour eggs into the skillet over the mushroom mixture. Cook 1-2 minutes, until the eggs are firm, on the bottom, then flip and cook on the opposite side for 1-2 minutes.
4. Enjoy with a side of cantaloupe.

## NUTRITION INFO

Calories: 324, Carbohydrate: 18 grams, Protein: 20 grams, Fat: 20 grams

# Pumpkin Chia Pudding



SERVINGS: 1

PREP TIME: 2+ HOURS

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 1 cup (240 g) Greek yogurt
- 2 tbsp (24 g) chia seeds
- 1 tsp (4 g) vanilla extract
- 1/4 cup (60 g) pumpkin puree
- 2 tbsp (7 g) pecans

## DIRECTIONS

1. In a bowl, combine the greek yogurt, chia seeds, and vanilla extract.
2. Stir everything together, cover with a lid, and refrigerate for at least 2 hours (or overnight).
3. Once the chia seeds are fully combined with the yogurt, build your glass.
4. Add 1/2 cup of chia pudding to a glass, then 1/8 cup of pumpkin puree, 1/4 cup chia pudding, 1/8 cup of pumpkin puree, 1/4 cup of chia pudding.
5. Top it with 1 tablespoon of chopped pecans.
6. Serve cold and enjoy!

## NUTRITION INFO

Calories: 345, Carbohydrate: 26 grams, Protein: 30 grams, Fat: 13 grams

# Pretty in Pink Smoothie



SERVINGS: 1

PREP TIME: 3 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 1/4 cup (14 g) beet juice
- 1 small peach, pitted and sliced
- 1/2 small banana
- 1 scoop collagen peptide powder
- 1 tbsp (12 g) hemp hearts
- 1/4 cup (34 g) macadamia nuts
- Water for desired consistency of smoothie

## DIRECTIONS

1. Blend beet juice, peach slices, banana, collagen powder, and hemp hearts together in a blender until smooth.
2. Serve with macadamia nuts.

## NUTRITION INFO

Calories: 482, Carbohydrate: 39 grams, Protein: 20 grams, Fat: 30 grams

# Pumpkin Muffins



SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 20 - 22  
MINUTES

## INGREDIENTS

- 3/4 cup (90 g) almond flour
- 1/2 tsp (2.2 g) baking soda
- 1 tsp (2.5 g) cinnamon
- 1/4 tsp (0.5 g) ground cloves
- 1/4 tsp (0.5 g) ground nutmeg
- Dash of salt
- 2 eggs
- 3 tbsp (60 g) maple syrup
- 1/2 cup (113 g) pumpkin puree
- 4 tbsp (64 g) almond butter (to spread on muffins)
- 1 cup (148 g) blueberries (enough had on the side for four servings)

## DIRECTIONS

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a large bowl mix together almond flour, baking soda, cinnamon, ground cloves, nutmeg, and salt.
3. In a separate bowl whisk together eggs, maple syrup, and pumpkin puree.
4. Combine wet and dry ingredients until well blended.
5. Coat muffin pan with oil or paper liners.
6. Fill muffin tins (each cup half full). Bake in the oven for 20 - 22 minutes or fork that pierces the center comes out clean.

## NUTRITION INFO

Calories: 345, Carbohydrate: 25 grams, Protein: 13 grams, Fat: 23 grams

# Smoked Salmon Avocado Toast



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 5 MINUTES

## INGREDIENTS

- 1 slice of seeded bread
- 1/2 an avocado
- 1/4 cup (40 g) sliced red onion
- 1/4 cup (30 g) sliced cucumber
- 3 oz (85 g) smoked salmon
- Salt and pepper to taste

## DIRECTIONS

1. Toast the bread to your desired level.
2. Thinly slice the avocado and spread it on top of the toast.
3. Add the sliced red onion and cucumber on top of the avocado.
4. Sprinkle with salt and pepper to taste.
5. Lay the smoked salmon on top.
6. Enjoy!

## NUTRITION INFO

Calories: 381, Carbohydrate: 33 grams, Protein: 21 grams, Fat: 19 grams

# Spinach & Mushroom Egg Bake



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 25 MINUTES

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## INGREDIENTS

- 1 tbsp (14 g) ghee
- 1/2 cup (27 g) mushrooms
- 2 cups (60 g) raw baby spinach
- 2 eggs
- Salt and pepper to taste
- 1/2 cup (31 g) raspberries
- 1/2 cup (72 g) blackberries

## DIRECTIONS

1. Preheat the oven to 350 degrees F (175 degrees C).
2. In a sauté pan, melt the ghee over medium heat.
3. Add the mushrooms and cook for 5-8 minutes or until soft.
4. Add the spinach and cook until wilted.
5. Season with salt and pepper.
6. Transfer the mushroom/spinach mixture into a small/mini skillet or oven-safe 6-8oz ramekin.
7. Make a small pocket in the center of the dish and crack the eggs inside the pocket.
8. Bake in the oven for 8-10 minutes, or until the egg white is fully cooked.
9. Remove from the oven, season with salt and pepper to taste.
10. Serve warm with side of berries and enjoy!

## NUTRITION INFO

Calories: 317, Carbohydrate: 15 grams, Protein: 15 grams, Fat: 23 grams

A top-down view of a white ceramic plate filled with a pasta salad. The salad consists of orange-colored fusilli (spiral) pasta, halved cherry tomatoes, and fresh green basil leaves. A semi-transparent rectangular box is centered over the plate, containing text.

# *Happy Hormones* Lunch

GET THE BOOST YOU NEED.

# Avocado Quinoa Bowl



SERVINGS: 1

PREP TIME: 5 MINUTES

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

## INGREDIENTS

- 1 cup (185 g) cooked quinoa
- 1/2 cup (114 g) shredded carrots
- 1/4 cup (30 g) cooked edamame
- 1 tbsp (9 g) sesame seeds
- 2 tsp (11 g) coconut aminos
- Dash of turmeric
- Black pepper to taste
- 1/2 avocado
- 1/4 (57 g) cup sauerkraut or kimchi

## DIRECTIONS

1. Mix together quinoa, shredded carrots, edamame, sesame seeds, coconut aminos, turmeric, and black pepper.
2. Top with avocado and sauerkraut/kimchi and enjoy!

## NUTRITION INFO

Calories: 543, Carbohydrate: 70 grams, Protein: 24 grams, Fat: 17 grams

# Berry Sexy Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES  
(PRECOOK EGGS)

## INGREDIENTS

- 2 cups (114 g) mixed salad greens
- 2 hard boiled eggs, halved
- 1/4 cup (37 g) blueberries
- 1/4 cup (31 g) raspberries
- 1/4 cup (42 g) sliced strawberries
- 1/4 cup (25 g) pecans, chopped
- 1 tbsp (14 g) olive oil
- 1 tbsp (15 g) lemon juice
- 1/2 tbsp (8 g) apple cider vinegar

## DIRECTIONS

1. Top salad greens with eggs, berries, and pecans.
2. Mix together olive oil, lemon juice, and apple cider vinegar. Pour over salad and enjoy!

## NUTRITION INFO

Calories: 511, Carbohydrate: 22 grams, Protein: 17 grams, Fat: 42 grams

# Cauliflower Taco Bowl



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

## INGREDIENTS

- 2 tsp (10 g) ghee
- 2 cups (170 g) cauliflower rice
- 1 cup (260 g) canned or precooked black beans (strained and rinsed)
- 1/2 lb (340 g) lean ground beef
- 1 tsp (2.5 g) chili powder
- 1/8 tsp (0.25 g) cayenne pepper
- 1/2 tsp (1.5 g) garlic powder
- Salt and pepper to taste
- 1/4 cup (18 g) chopped red onion
- 1/4 cup (40 g) chopped tomato
- 1/2 cup (14 g) shredded lettuce
- 4 tbsp (60 g) Greek yogurt

## DIRECTIONS

1. Heat ghee in a medium sauté pan over medium heat.
2. Add the cauliflower rice and black beans and cook until the cauliflower rice is to your desired texture, remove from the pan and set aside.
3. While still on medium heat, add the ground beef, chili powder, cayenne pepper, garlic powder, salt, and pepper to the sauté pan.
4. Remove from heat once the ground beef is cooked through.
5. Place the cauliflower rice/black bean mix into a bowl with the ground beef.
6. Top with red onion, tomato, lettuce, and Greek yogurt.
7. Serve and enjoy!

## NUTRITION INFO

Calories: 462, Carbohydrate: 29 grams, Protein: 49 grams, Fat: 17 grams

# Chicken Bowl



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 6- 8  
MINUTES

## INGREDIENTS

- 1 tbsp (14 g) avocado oil
- 8 oz (224 g) ground chicken
- 1 tbsp (2.5 g) organic premixed taco seasoning
- 1 cup (240 g) chickpeas
- 1 medium cucumber, chopped
- 1/2 cup (30 g) parsley chopped
- 1 cup (150 g) cherry tomatoes, chopped
- 1/2 cup (45 g) kalamata olives, halved
- Sea salt to taste

## DIRECTIONS

1. Heat olive oil in a large skillet over medium heat. Add ground chicken. Once slightly browned, add taco seasoning, and 1-2 tbsp water. Cook until browned all the way through, crumbling and flipping as it cooks.
2. In a salad bowl add cooked chicken and all other ingredients. Enjoy warm or cold.

## NUTRITION INFO

Calories: 417, Carbohydrate: 23 grams, Protein: 28 grams, Fat: 25 grams

# Coco Banana Yogurt Bowl



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

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## INGREDIENTS

- 6 oz (170 g) full fat yogurt
- 1 tbsp (11 g) cacao nibs
- Dash of cinnamon
- 1/2 medium banana
- 1/2 tbsp (4 g) pumpkin seeds
- 1/4 cup (44 g) raspberries

## DIRECTIONS

1. Top yogurt with all other ingredients and enjoy!

### NUTRITION INFO

Calories: 427, Carbohydrate: 34 grams, Protein: 18 grams, Fat: 25 grams

# Cucumber Beet Salad w/ Shrimp



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 24-35 MINUTES  
(OR NO COOKING TIME IF YOU  
CHOOSE OPTION TO PURCHASE  
BEETS PRECOOKED)

## INGREDIENTS

- 2 large red beets (option to purchase pickled or precooked if you do not have time to bake)
- 1 large cucumber
- 1 tbsp (14 g) sliced almonds
- 8 oz (227 g) cooked shrimp cocktail
- 2 tbsp (27 g) olive oil
- 1 tbsp (15 g) red wine vinegar
- Salt and pepper to taste
- 2 red apples (one for each serving)

## DIRECTIONS

1. Preheat the oven to 425 degrees F (220 degrees C).
2. Peel the beets, chop into 1-2 inch cubes, and place on a non-stick baking sheet.
3. Drizzle 1 tbsp olive oil over the beets, season with salt and pepper, and bake for 20-30 minutes (until the beets are soft).
4. While the beets are baking, slice the cucumbers into slices and place in a mixing bowl.
5. Once cooked, remove the beets from the oven and add to the mixing bowl with the cucumbers.
6. Add the sliced almonds, shrimp, tablespoon of olive oil, red wine vinegar, salt, and pepper.
7. Serve cold with an apple on the side and enjoy!

## NUTRITION INFO

Calories: 391, Carbohydrate: 37 grams, Protein: 20 grams, Fat: 19 grams

# High-Protein Butternut Squash Soup



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 60 MINUTES

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## INGREDIENTS

- 1 tbsp (14 g) olive oil
- 1 small white onion
- 1 tbsp (8 g) minced garlic
- 3 cups (420 g) butternut squash (cubed)
- 24 oz (744 g) bone broth (chicken or beef)
- 2 sage leaves
- 1/2 tbsp (3.4 g) turmeric
- Salt and pepper to taste

## DIRECTIONS

1. In a large sauce pan, heat the olive oil over medium heat.
2. Dice the onion and sauté in the olive oil until the onion start to brown.
3. Once the onions begin to brown, add the garlic and sauté for another 1-2 minutes.
4. Add the butternut squash and sauté until the butternut squash begins to crisp on the edges.
5. Turn the stove down to medium-low heat and add the bone broth, sage, turmeric, salt, and pepper.
6. Simmer on low for 25-30 minutes or until the butternut squash is soft.
7. Transfer all ingredients into a blender or food processor and blend until smooth.
8. Serve warm and enjoy!

### NUTRITION INFO

Calories: 536, Carbohydrate: 92 grams, Protein: 23 grams, Fat: 20 grams

# Lemon Dill Chicken Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 5 oz (125 g) shredded chicken (or organic canned chicken, drained)
- Juice of 1/2 lemon
- 1/2 tsp (0.1 g) dried dill
- Salt and pepper to taste
- 2-3 leaf bibb lettuce
- 1/2 avocado, sliced
- 1 handful broccoli sprouts
- 2 tbsp (18 g) almonds

## DIRECTIONS

1. Mix chicken with lemon juice, dill, salt, and pepper.
2. Top bibb lettuce leaves with chicken mixture, avocado, and broccoli sprouts.
3. Serve with a side of almonds.

## NUTRITION INFO

Calories: 546, Carbohydrate: 21 grams, Protein: 41 grams, Fat: 35 grams

# Pomegranate Quinoa Salad w/ Grilled Chicken



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

## INGREDIENTS

### Salad:

- 4 cups (80 g) arugula
- 3/4 cup (128 g) cooked quinoa
- 1/2 cup (87 g) pomegranate seeds
- 8 oz (227 g) chicken breast
- Salt and pepper to taste

### Dressing:

- 2 tbsp (30 g) red wine vinegar
- 2 tbsp (27 g) olive oil
- 1 tbsp (15 g) apple cider vinegar
- 1 tbsp (15 g) tahini
- 1/2 tbsp (7 g) dijon mustard
- 1/2 lemon (juiced)
- Salt and pepper to taste

## DIRECTIONS

1. In a large bowl, combine arugula, cooked quinoa, and pomegranate seeds, and set aside.
2. Season the chicken breasts with salt and pepper and grill on both sides until cooked to 165 degrees F (74 degrees C).
3. Slice into thin pieces.
4. While the chicken is cooking, make the dressing.
5. In a small bowl, combine red wine vinegar, olive oil, apple cider vinegar, tahini, dijon mustard, lemon juice, salt and pepper.
6. Whisk together until all the ingredients are fully combined.
7. Pour the dressing over the arugula mix.
8. Top each serving with grilled chicken.
9. Serve and enjoy!

## NUTRITION INFO

Calories: 580, Carbohydrate: 54 grams, Protein: 39 grams, Fat: 25 grams

# Summer Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

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## INGREDIENTS

- 2 cups (204 g) watermelon, cubed
- 1/2 cup (66 g) cucumber chopped
- 2 oz (56 g) goat cheese, crumbled
- 4 basil leaves, chopped
- Juice of 1/2 lemon
- Dash of salt and pepper
- 1/2 tbsp (7 g) apple cider vinegar

## DIRECTIONS

1. Mix together lemon juice, salt, pepper, and apple cider vinegar.
2. Toss together with all other ingredients and enjoy!

### NUTRITION INFO

Calories: 365, Carbohydrate: 28 grams, Protein: 20 grams, Fat: 21 grams



*Happy Hormones*  
Dinner

END THE DAY FEELING  
GOOD.

# Beef and Broccoli



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 50 MINUTES (OR  
15 MINUTES IF YOU BAKE  
POTATOES AHEAD OF TIME)

## INGREDIENTS

- 3/4 lb (340 g) 90% lean ground beef
- 1 large head of broccoli, florets chopped
- 3 tbsp (45 g) coconut aminos
- 1/2 tbsp (4.5 g) garlic powder
- 1/2 tsp (1 g) ground ginger
- 1 tbsp (9g) sesame seeds
- 2 tbsp (18 g) sliced almonds
- 2 medium sweet potatoes

## DIRECTIONS

1. Preheat oven to 400 degrees F (205 C) and bake sweet potatoes on a baking sheet for approximately 50 minutes, or until potato is soft all the way through when pierced with a fork.
2. Add ground beef to a large skillet and cook over medium heat, crumbling and breaking apart as you go along.
3. Once beef is mostly browned through, drain excess liquid from the skillet. Add broccoli, coconut aminos, garlic powder, ground ginger, and sesame seeds. Mix well until beef and broccoli are evenly coated.
4. Cook for approximately 5 more minutes, until beef and broccoli are of desired consistency.
5. Top beef and broccoli with sliced almonds and serve with a baked sweet potato.

## NUTRITION INFO

Calories: 456, Carbohydrate: 38 grams, Protein: 44 grams, Fat: 16 grams

# Chicken Stew



SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

## INGREDIENTS

- 2 skinless chicken breasts
- 2 tbsp (27 g) olive oil
- Salt and pepper to taste
- 3 garlic cloves, minced
- 1/2 tsp (1 g) dried ginger
- 1/2 tsp (1 g) turmeric
- 3 stalks celery
- 1/2 yellow onion
- 1 cup (110 g) shredded carrots
- 3/4 cup (128 g) super grains (or quinoa)
- 4 cups (824 g) bone broth

## DIRECTIONS

1. Heat olive oil in a large pot over medium to high heat. Season chicken breast with salt and pepper and add to pot. Cook approximately 5 minutes on one side.
2. Add garlic, ginger, turmeric, celery, and onion. Flip chicken and cook 5 more minutes.
3. Add shredded carrots, super grains, and bone broth.

## NUTRITION INFO

Calories: 356, Carbohydrate: 28 grams, Protein: 21 grams, Fat: 17 grams

# Crispy Chicken and Asparagus



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

## INGREDIENTS

- 3/4 lb (340 g) skinless boneless chicken thighs, trimmed
- 1/2 tsp (1.5 g) garlic powder
- Salt and pepper to taste
- 1 tbsp (14 g) ghee
- 1/4 cup (56 g) bone broth
- 1/4 cup (15 g) chopped parsley
- 1 bundle asparagus
- 1/2 cup (92 g) brown rice, uncooked

## DIRECTIONS

1. Cook rice according to package.
2. Season both sides of chicken thighs with garlic powder, salt, and pepper.
3. Heat ghee in a medium skillet over medium heat. Add chicken and cook 5-6 minutes on one side.
4. Flip chicken and add bone broth and asparagus to the skillet.
5. Cook for approximately 6-8 minutes until chicken is cooked through and asparagus is at desired consistency. Serve over brown rice.

## NUTRITION INFO

Calories: 528, Carbohydrate: 43 grams, Protein: 49 grams, Fat: 18 grams

# Detox Soup



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 35 MINUTES

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## INGREDIENTS

- 1 tbsp (14 g) olive oil
- 2 cloves garlic, minced
- 1/2 medium onion, diced
- 1/2 tsp (1 g) dried ginger
- 1/2 tsp (1 g) ground turmeric
- 4 cups (1 quarts) bone broth
- 1 cups (133 g) sweet potato, diced
- 3/4 cup (144 g) dried lentils (sprouted are best)
- Salt and pepper to taste

## DIRECTIONS

1. Heat olive oil in a large pot over medium heat. Add garlic and onions. Cook 1-2 minutes, until fragrant.
2. Add remaining ingredients. Bring to a boil, then reduce heat to a simmer and cook covered for approximately 35 minutes (until lentils are soft).

### NUTRITION INFO

Calories: 429, Carbohydrate: 65 grams, Protein: 21 grams, Fat: 11 grams

# Fish Tacos



SERVINGS: 2

PREP TIME: 5 MIUNUTES

COOKING TIME: 10 MINUTES

## INGREDIENTS

- 3/4 lb (340 g) cod
- 1 tbsp (14 g) olive oil
- Juice 1/2 lemon
- Salt and pepper to taste
- 1 cup (70 g) shredded purple cabbage
- 1 avocado, diced
- 1/4 cup (40 g) red onion, sliced thin
- 1/4 cup (4 g) cilantro
- 4 sprouted grain or grain free tortillas

## DIRECTIONS

1. Warm olive oil over medium heat in a medium skillet. Add cod, lemon juice, salt, and pepper. Cook for approximately 5 minutes on each side (until internal temperature reaches 145 degrees F or 63 degrees C).
2. Remove cod from heat and break apart into small pieces. Warm tortillas in the oven or microwave (only takes 10 seconds in the microwave).
3. Fill tortillas with cod, cabbage, avocado, red onion, and cilantro.

## NUTRITION INFO

Calories: 442, Carbohydrate: 33 grams, Protein: 35 grams, Fat: 20 grams

# Flaxseed Meatballs & Spaghetti Squash



SERVINGS: 3

PREP TIME: 15 MINUTES

COOKING TIME: 60 MINUTES

## INGREDIENTS

- 1 large spaghetti squash
- 1 tbsp (14 g) olive oil
- salt and pepper
- 1lb 90-95% lean ground beef
- 1 egg
- 2 tbsp (14 g) ground flaxseeds or flaxseed meal
- 2 tsp (2 g) oregano
- 1 tsp (3 g) garlic powder
- 1 tsp (2.5 g) onion powder
- 1 cup tomato sauce (no sugar added. Rao's is a clean brand)

## DIRECTIONS

1. Preheat the oven to 400 F (204 C).
2. Slice the spaghetti squash in half and scoop out the seeds.
3. Drizzle 1 tbsp olive oil onto both halves and season with salt and pepper.
4. Place face down onto a baking sheet or shallow oven-safe dish.
5. Bake for 30-40 minutes (it is ready once you can easily stab a fork through the skin), once cooked through, remove from the oven and set aside to cool.
6. In a large mixing bowl, combine ground beef, egg, ground flaxseeds, oregano, garlic powder, onion powder, salt and pepper.
7. Heat tomato sauce in a large sauté pan.
8. Roll the meat mixture into meatballs and place in the pan.
9. Cook for 8 minutes, then flip and cook for another 8 minutes.
10. Serve the meatballs and sauce over the spaghetti squash.
11. Serve hot and enjoy!

## NUTRITION INFO

Calories: 509, Carbohydrate: 43 grams, Protein: 39 grams, Fat: 23 grams

# Honey Dijon Salmon & Roasted Tri-Color Carrots



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 30 - 35 MINUTES

## INGREDIENTS

- 2-5 oz (284 g total) filets of wild salmon
- 2 tbsp (30 g) dijon mustard
- 3 tbsp (63 g) raw honey
- 1 tbsp (15 g) lemon juice
- 1 tsp (3 g) garlic powder
- salt and pepper to taste
- 2 cups (256 g) tri-color carrots

## DIRECTIONS

1. Preheat the oven to 375 F (162 C).
2. In a small bowl, combine Dijon mustard, raw honey, lemon juice, garlic powder, salt, and pepper
3. Stir until combined into a sauce.
4. Place the salmon on a non-stick baking sheet.
5. Brush the Dijon honey sauce over the salmon filets.
6. Mix the carrots with the remaining Dijon honey sauce and place the carrots on the baking sheet.
7. Place the baking sheet in the oven for 10-15 minutes.
8. Remove the cooked salmon from the oven, stir the carrots, and place the carrots back in the oven for another 15 minutes.
9. Serve and enjoy!

## NUTRITION INFO

Calories: 372, Carbohydrate: 41 grams, Protein: 30 grams, Fat: 10 grams

# Lemon Skillet Chicken with Olives



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 30 - 35 MINUTES

## INGREDIENTS

- 1 tbsp (14 g) olive oil
- 2 cloves garlic, minced
- 10 oz (283 g) boneless skinless chicken thighs
- 1 cup (134 g) pitted green olives
- 1 cup (158 g) diced tomatoes
- 1 cup (124 g) bone broth
- 1 1/2 tbsp (24 g) balsamic vinegar
- 1/2 tsp (0.5 g) dried thyme
- 1/2 tsp (0.5 g) rosemary
- Salt and pepper to taste
- 1 small lemon, sliced into 1/4 inch rings
- 1 cup (20 g) arugula
- 1/2 tbsp (7 g) olive oil

## DIRECTIONS

1. In a large skillet, heat olive oil over medium heat.
2. Add garlic and cook 1-2 minutes until fragrant.
3. Add chicken thighs to the skillet and season with salt and pepper. Cook for 2-3 minutes per side.
4. Add olives, diced tomatoes, bone broth, balsamic vinegar, thyme, and rosemary. Top with lemon slices.
5. Bring liquid to a simmer and cook for 20 - 25 minutes or until internal temperature of chicken reaches 165 degrees F (74 degrees C).
6. Allow 5-10 minutes to rest and enjoy warm.

## NUTRITION INFO

Calories: 405, Carbohydrate: 16 grams, Protein: 31 grams, Fat: 28 grams

# Shrimp & Cabbage



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 6 - 8  
MINUTES

## INGREDIENTS

- 3/4 cup (139 g) brown rice, uncooked
- 1 tbsp (14 g) olive oil
- 2 cloves garlic, minced
- 10 oz (284 g) raw shrimp, peeled and deveined
- 2 cups (40 g) shredded green cabbage
- 2 tbsp (28 g) coconut aminos
- 1/2 tsp (1 g) ground ginger
- 1 tsp (7 g) organic honey
- 1 tbsp (10 g) hemp hearts
- 1/4 cup (15 g) chopped parsley

## DIRECTIONS

1. Cook brown rice as directed on package.
2. Warm olive oil in a large skillet. Add garlic and cook 1 minute.
3. In a small bowl mix together coconut aminos, ground ginger, and honey.
4. Add the shrimp to one side of the skillet in a single lay, and the cabbage to the other side. Cook shrimp 2-3 minutes on one side, then flip.
5. Pour coconut aminos mixture over shrimp and cabbage. Cook for another 2-3 minutes. Mix shrimp and cabbage together.
6. In a dinner bowl, add rice, shrimp, and cabbage. Top with hemp hearts and parsley.

## NUTRITION INFO

Calories: 497, Carbohydrate: 67 grams, Protein: 28 grams, Fat: 13 grams

# Weeknight Quick Pasta Dinner



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 12 MINUTES

## INGREDIENTS

- 8 oz (227 g) lentil pasta rotini (Tolerant brand)
- 2 cups (60 g) baby spinach
- 1/2 cup (75 g) cherry tomatoes, halved
- 1/4 cup (70 g) kalamata olives, halved
- 3 tbsp (36 g) basil pesto (made with olive oil)

## DIRECTIONS

1. Cook pasta as directed on package.
2. Drain and rinse pasta then return to pot and toss with pesto sauce and spinach.
3. Warm for 1-2 minutes over medium heat until spinach is wilted.
4. Toss with remaining ingredients and enjoy!

## NUTRITION INFO

Calories: 513, Carbohydrate: 75 grams, Protein: 27 grams, Fat: 15 grams