

# TRANSFORMATION SUCCESS GUIDE

**Nutrition for the 6 Week Challenge**



**SVELTE** **6 WEEK**  
**CHALLENGE**

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# Welcome to your 6 Week Transformation Challenge!

This eBook provides you the tools you need to help you transform your eating habits, your digestion, your body's response to stress, and the results you feel from your workouts.

This program will walk you through and explain the benefits of 3 different eating strategies, when it comes to supporting you overall health and wellness. The first 2 weeks in Phase 1 focus on an anti-inflammatory-based diet. This eating plan will help you naturally cleanse and support your body's detox pathways, by making small changes and smart choices with the foods you feed your body. Phase 2 will incorporate the Paleo diet. By focussing on health fats and protein, you can help ramp up any weight loss or training goals you may have. Phase 3 will introduce a ketogenic diet.

These 6 weeks challenge, understand, and appreciate the added importance of lifestyle changes, in addition to any dietary changes you may make. We have given you the following additional bonus sections, to support your preparation.

- Tips and Tricks to support Weight Loss & Weight Management
- The Veggie and Vegan Swap
- What to keep in your cupboard
- Allergies and Sensitivities
- Coffee Substitutes

We have also paired this dietary program with a healing herbal section. By using blended teas and herbal preparations, your body will further be supported in your transformational challenge.

Check out the tea section to learn the added benefit of pairing your food plan program with daily and nightly tea blends. These teas use blends of herbs traditionally used to support the body's natural detoxification pathways, digestion pathways, and stress management pathways in the body.

# In the Beginning...

Making habit changes can be difficult in the beginning. It is important to mentally prepare yourself for the challenges ahead. You will need to PREPARE so when challenges or obstacles arise, you have the tools to overcome them. Here are some tips to prepare yourself for your cleanse program:

## 1. Find Your Tribe

This means build and find your support network. Whether it is a friend, co-worker, your partner, anyone who will provide support for you in the coming weeks. They could also be doing the program with you, which is an added help. Try to check in daily or every couple of days with each other to make sure you are both on track!

## 2. Clear Out the Old

This means de-clutter and clear out all the unnecessary and unhealthy foods from your cupboards. This includes any tempting food, alcohol, snacks, or sweets that you may have a hard time resisting.

## 3. Prepare the Healthy Replacements

Improve your chances of success by finding healthy replacements for some of your old bad habits. This means finding healthy snack replacements, so you don't feel like you are giving up your comforts. Instead of a chocolate bar after dinner, you could replace this with a healthier sweet tooth option, or cup of tea with a bit of raw honey.

## Weeks 1-2: The Anti-Inflammatory Challenge

**Inflammation** in the body can be caused by a number of different factors. **Stress, poor sleep, or a poor diet** can all contribute to high levels of inflammation. Symptoms you may experience can be **joint pain and swelling, bloating, indigestion, fatigue**, and some may even experience **autoimmune and chronic conditions**. The anti-inflammatory weeks of the challenge will focus on minor tweaks and restrictions that will teach you how you can be eating on a regular basis. An inflammatory “diet” can truly be a way to eat long term, as there are many health benefits to reducing our overall inflammation.

This 2-week challenge section will focus on encouraging you to choose a **variety of foods, lots of colored fruits and vegetables**, and preparing as much fresh foods as you can. It will keep you **away from processed foods, high sugar foods, and dairy and gluten** options as these have been shown to increase inflammation. Even if you don't have an overt “allergy” to these foods, they still can cause inflammation in your body, and disrupt normal bowel function.

Below is an overview of the guidelines for the anti-inflammatory 2-week challenge.

### ANTI-INFLAMMATORY BREAKDOWN

Things to INCLUDE		Things to AVOID	
++ Veggies	++ Water	Sugar	Gluten
+ Protein	Detox Foods	Dairy	Alcohol
Anti-Oxidants	Mindful Eating	Caffeine	Processed Foods

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## Weeks 3-4: The Paleo Challenge

Once you have incorporated the anti-inflammatory diet regime, it is now time to step it up a notch and switch the focus onto a **Paleo diet**.

The basis of a Paleo diet stems from mimicking the diets of our **hunter-gatherer ancestors**. Of course, we have far more amenities than was previously available to cavemen, so it will look a lot different than scavenging for food, but the basics still remain. At the most basic level eating Paleo means to stick to **whole foods**, while **eliminating refined foods**. There is a focus on nutrient dense foods to help improve energy and avoiding foods that cause unnecessary spikes and drops in your blood sugar.

Foods that are avoided in a Paleo diet include dairy, grains, legumes & beans, and starchy vegetables. Below is a more comprehensive list of foods to include, avoid, and eat in moderation.

### PALEO BREAKDOWN

Things to INCLUDE		Things to AVOID		Moderation	
Lean Meats	Fruits & Veggies	Dairy	Grains	Oils	Coffee & Tea
Bone Broth	Fermented Foods	Grain-Like Seeds (Buckwheat, Quinoa)	Beans & Legumes	Wine & Spirits	Dried Fruits
++ Protein	Dairy-Free Milk	Vegetable Oils (Sunflower, Soybean)	++ Salt & Sugar	+ Fatty Meats	Starchy Veggies (Potatoes, Yams, Sweet Potatoes)
Fresh Herbs	Superfoods	Soft Drinks & Juices	Processed Foods	-	-

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## Weeks 5-6: The Keto Challenge

A Ketogenic diet is a diet focussed on putting the body into a metabolic process called ketosis. **Ketosis** is where the **body burns fats** instead of carbohydrates as a source of energy. When the body is on a very low carbohydrate diet, the body then must use its fat stores for energy. Ketogenic diets are **high in fats and protein**, and **very low in carbs**. In fact, the first few days up to a week of a Ketogenic diet recommended eating as little as 30g of carbohydrates per day, to get your body into the Ketogenic metabolic process faster. Although this section includes ketogenic meals, it will be up to you to determine how committed you are to reducing your carbs for the first couple weeks. If your aim is to restrict yourself to 30-40g of carbs, you will need to make sure to choose portion sizes that allow you to achieve this.

The added benefits of this diet are that it claims to help with **controlling & regulating blood sugar** (good for diabetics), **controlling hunger, improves mental focus, improve cholesterol and blood pressure, and help improve energy** in addition to the **weight loss** benefits. Of course, with any dietary protocol, this still needs to be paired with an activity protocol or work out schedule.

Below is an overview of a Ketogenic diet.

### KETOGENIC BREAKDOWN

Things to INCLUDE		Things to AVOID	
++ Green Leaf Veggies	++ Meats & Protein	Sugar, even honey & maple syrup	Grains: wheat, corn, rice, whole grains
++ Brassicas: broccoli, cauliflower	++ Fats: high-fat dairy, butter, avocado	Starchy veggies: potatoes, sweet potatoes, yams	Fruits
Nuts & Seeds	++ Anti-Oxidant, low-glycemic fruits (berries)	Legumes	Processed Foods

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## The Calorie Talk

You will notice that in no part of the sections do we talk about calories.

This is because **no two calories are the same** in terms of the value they can bring to your body. It is best to get out of your head the idea of calorie restriction.

For example, 500 calories of sugary pastries have a completely different effect on the body than 500 calories of fruits and veggies.

The nutritional content of the pastries, in terms of the vitamins and nutrients they offer your body, is far lower when compared to the 500 calories that veggies can provide you with.

In many cases, calorie counting can be a dangerous game and distract from the goal of healthy living and eating.

## Unique to Us

In addition to including 6 weeks of recipes with the three main dietary plans mentioned above, we also include some extra info to help support you along this journey.

Here we discuss a few features of the program, and discuss the benefits of adding in botanical teas as part of your program.

In this section you will find info on:

- 10 Tips to Weight Loss
- Weekly Reset
- What to keep in your cupboard
- Veggie and Vegan Swap
- Allergies & Sensitivities
- Coffee Substitutes
- It's Tea Time!

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# 10 Tips to Weight Loss

## 1. **Healthy Fats**

Increasing the amount of healthy fats, while decreasing the amount of bad fats can be an important step for losing weight. Healthy fats can reduce inflammation in the body and help you stay full longer.

## 2. **Eliminate Sugars**

Extra sugars in your diet make it hard to lose weight. Sugars create insulin spikes that quickly drop leading to fatigue and low energy. Although they are a quick source of energy, they are burned quickly meaning you are hungry faster.

## 3. **Water**

Start EVERYDAY with ONE GLASS of water. Even try adding lemon to it. This helps you have normal bowel movements and cleanse the toxins from your system. You should be having 8-10 glasses per day.

## 4. **Eat Only When You Are Hungry**

## 5. **Stop Before You Feel Full**

Practice eating until you are 60% full. Even if this means leaving food on your plate. By the time you “feel full,” you have already eaten too much.

## 6. **12 Hour Rule**

Practicing a 12-hour fast or stopping to eat before 8pm. This means if you stop eating at 8pm you don't start until 8am the next day. Fasting or intermittent fasting can be helpful with losing weight.

## 7. **Portion Size**

Be selective about portion size and use smaller plates and bowls. Try to only take one serving of food and not going back for seconds. If you absolutely are still hungry after waiting 15-20 minutes, go back and have more veggies with little to no sauce.

## **8. Eating Mindfully**

Simply put this means don't do anything else when you are eating. Also, pay attention to EVERYTHING about your food: the taste, the smell, the texture, the color, etc. Try to avoid eating in front of the TV, computer screen, and don't text while eating. This will help you to notice when you are full a lot faster!

## **9. Balancing Meals**

Make sure ONE HALF of the plate is green vegetables, ONE QUARTER complex carbohydrates (such as sweet potato, brown rice, quinoa, etc.) and ONE QUARTER protein.

## **10. Notice How You Feel**

Take the time after each meal to NOTICE how you feel. This will not only help you to identify foods that cause you discomfort, but also will help to teach mindful eating.

## Weekly Reset – Intermittent Fasting

Intermittent fasting is a pattern of eating that involves cycling between periods of time when you eat and when you fast. There are several different fasting cycles that you can adhere to.

In the “10 Tips” listed above, the 12:12 fast is briefly explained. In the 12:12 fasting cycle there is a focus on having at least 12 hours of the day where you fast. This is a great starting point for individuals trying it out because they can usually have the “eating window” open throughout the main hours of the day. As explained, in the 12:12 fast, if you stopped eating at 8pm at night, you wouldn’t eat until 8am the next morning. There is also a 16:8 option in which only 8 hours of the day are open for the “eating window”.

Some benefits to intermittent fasting are that it can help to regulate blood sugar levels, help to improve hormone functioning in the body, helps with weight loss, and can help to reduce overall inflammation in the body.

In addition to the 12:12 fast, we have incorporated a total fasting day called the **Weekly Reset**. This can help enhance the weight loss effects of the program. This is one day a week of fasting in addition to the 12 hours overnight you aim to fast. During this day you can still drink herbal teas, and prepare the drink as shown below to sip throughout the day. You can choose the day in which you do the weekly reset, and the day can change from week to week as long as you don’t do this two days in a row.

## WEEKLY RESET

### Morning

1 cup Daily Detox Tea or other Herbal Tea blend

### Morning Prep

1L water & mix: can be hot or cold  
8 tbsp lemon freshly squeezed  
8 tbsp maple syrup  
½ tsp cayenne pepper  
Sip throughout day

### Afternoon/Lunch

1 cup Daily Detox Tea/ Herbal Tea

### Before Bed

1 cup TranquiliTea or Herbal Night time blend

### HELP!!!

If you find yourself extremely hungry you can have ONE of the following: 4 celery sticks, ½ cucumber, ½ pear, 4 wedges watermelon, 1-2 cups herbal tea

## What you need on hand or in your cupboard

There are some things that will be used in many of the recipes below, and you should make an effort to always have these on hand, as they can be some great staples for cooking and dressing up your food.

Ingredients			
Fresh Herbs: dill, basil, oregano, chives	Balsamic Vinegar or Apple Cider Vinegar	Coconut Aminos, Gluten-Free Soy Sauce	Gluten Free Flours (almond, coconut, buckwheat, rice) & Grains (quinoa, brown or wild rice, amaranth, oats)
Garlic	Extra Virgin Olive Oil	Gluten-Free Spices and Sauces	
Lemons & Limes	Coconut Oil	Natural Sweeteners (Maple Syrup, Raw Honey)	Dried Spices (cinnamon, nutmeg, cumin, turmeric, curry, red chilli flakes)
Salt (Himalayan or Sea Salt) & Pepper	Ghee	Nut Butter (Cashew, Almond)	

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## The Veggie Swap

These recipes can be made vegan or vegetarian friendly by switching out the animal protein for a different protein source. Bone broths or chicken stock can be substituted for vegetable stock.

The important thing you need to consider with vegetarian or vegan meal planning is that plant protein sources are not all complete sources of protein. A *“complete source of protein”* means a type of food that contains all the essential amino acids we need in our diet. Animal sources of protein are complete sources, but vegetable sources are not. This means food combining is important to make sure all your essential amino acids are covered in your diet.

Grains and legumes are called *“complementary proteins”*, because combining them with other vegetarian sources will make sure you get all the amino acids you need in your diet. However, in the Paleo section, they are eliminated from the diet, so it is important to stick to other vegetarian protein combinations. Nuts are another source of protein that can be complementary and can be added to meals and as snacks to ensure you get all the amino acids in your diet.

Soy is one vegetarian source that is in fact a complete protein. Although this won't be your only source for protein, it could be eaten on occasion as a complete protein source. Things to ensure with soy are that source is a quality source as there are many highly processed soy products on the market and it is recommended not to eat these in high amounts.

Some food combinations to consider:

- Rice and beans
- Whole wheat pasta with peas
- Whole wheat bread and nut butter
- Hummus containing chick peas and tahini
- Lentils and nuts

## Allergies & Sensitivities?

No matter what the recipes call for, make sure to avoid all foods that you have an allergy or sensitivity to. Even though it may be healthy, it still may not be healthy for your body. Listen to your body and the information it is telling you. If you experience cramping, bloating, or irritable bowels, you may be experiencing sensitivities to the foods you are eating. Try to pay attention to how the food you eat make your feel. Ultimately your body will be your guide.

## Making the Schedule Flexible

The dietary plans and included recipes are made in a way to give you options for meals and snacks. If you have favourite recipe that you normally make that fits within the guidelines, feel free to incorporate that in. If you look over the recipes and there are things you aren't open to trying, then double up on another recipe. This plan is meant to be informative but flexible if needed. Make it work for you, but make sure to try things that may be out of your comfort zone at least once.

## Coffee Substitutes

Here are two substitutes to a regular coffee with cream and milk.

### Anti-Inflammatory Hot Chocolate

1 serving

#### Ingredients

- 1 tbsp raw cacao powder
- ½ tsp cinnamon
- ¼ tsp dried ginger
- ½ tsp turmeric
- 1 tsp raw honey
- pinch of cayenne, sea salt, and pepper
- ½ cup coconut milk, warmed up
- ½ cup water, boiled
- Optional: 1 tsp mushroom extract blend, ½ tbsp coconut oil

#### Instructions

- In a large mug add spices, honey and cacao.
- Then add in ½ cup boiling water and dissolve.
- Pour in warm coconut milk, stir and serve.
- Option: you can also add ½ coconut oil and blend in blender.

### Keto Coffee

1 serving

#### Ingredients

- 8 ounces coffee
- 1 tbsp grass fed butter
- 1 tbsp coconut oil (MCT oil)
- Optional: 1 scoop collagen powder
- dash of cinnamon

#### Instructions:

- Add all ingredients in blender, and blend until smooth.
- Serve and enjoy.

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## It's Tea Time!

Teas are optional and not required for the challenge.

Adding supplements and herbal preparations are an option with the 6-week transformational challenge. Ultimately any supplements and herbs should be first recommended by a health care professional, however our team of health professionals has chosen these herbs to help support you and your body through this program.

Caution: some people may experience a sensitivity to some of the herbs used in our tea preparations. Always discontinue use if you feel this is you and seek medical care if needed. These are made in a location that prepares other herbal products, and if you have any severe allergy to foods or herbs, this product may not be for you.

### Daily Detox Tea

This blended tea combines herbs traditionally used to support detox, digestive, and stress supporting pathways in the body. It can be consumed as a hot or cold tea, and is intended to consume twice daily during the first two weeks, or throughout your 6 week challenge program.

#### Ingredients

- **Liver/ Detox Supporting Herbs:** milk thistle, dandelion, nettle, ginger
- **Digestive Supporting Herbs:** lemongrass, lemon verbena, ginger, spearmint (also a herb traditionally used to support hormonal acne)
- **Additional Herbs:** Hibiscus

### TranquiliTea

This blended tea combines herbs traditionally used to help support sleep and stress management. It can be consumed nightly, 20-30 minutes before bed for the first 2 weeks, or throughout your 6 week challenge. Good quality sleep is crucial for energy improvement and weight loss and weight management. That's why we have added a calming tea blend to help with sleep.

#### Ingredients

- **Sleep Supporting Herbs:** marigold, lemon balm, lavender
- **Stress Supportive Herbs:** licorice, withania
- **Liver and Detox Supporting Herbs:** lemon balm

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### **Your Tea Kit Includes**

- Daily Detox Tea - enough for 2 teas daily, for 14 days or the full 6 weeks
- TranquiliTea - enough for 1 tea, before bed, for 14 nights or the full 6 weeks of nights

Your tea comes in the loose-leaf form. This means you will use the tea ball, or empty tea filters to prep your tea.

1. Use 1 ½ tsp scoop of tea per 1 cup (250mL or 8oz serving) hot water
2. Pour boiling water over tea in mug
3. Let steep 4-5 minutes, then remove tea bag
4. Ensure tea is drinkable temperature and ENJOY!

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# Week 1 | Anti-Inflammatory

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Before Breakfast</b>	1 cup lemon water	1 cup lemon water	1 cup lemon water	1 cup lemon water	1 cup lemon water	1 cup lemon water	1 cup lemon water
	1 cup Daily Detox Tea	1 cup Daily Detox Tea	1 cup Daily Detox Tea	1 cup Daily Detox Tea	1 cup Daily Detox Tea	1 cup Daily Detox Tea	1 cup Daily Detox Tea
<b>Breakfast</b>	Sweet Potato Pancakes	Avocado Blast Smoothie	Coconut Quinoa Porridge	Beet Berry Smoothie	Turmeric & Black Pepper Egg in a Jar	Turmeric Egg Muffins	-
	1 cup Daytime Tea	1 cup Daytime Tea	1 cup Daytime Tea	1 cup Daytime Tea	1 cup Daytime Tea	1 cup Daytime Tea	1 cup Daytime Tea
<b>Lunch</b>	Tuna Turmeric Salad	Butternut Squash & Ginger Coconut Soup	Butternut Squash & Ginger Coconut Soup Leftover	Kale & Beet Salad Leftover	Caribbean Stew Leftover	Spicy Shrimp & Avocado Salad	Meal Prep for following week
<b>Snack</b>	Citrus Chia Energy Balls	Citrus Chia Energy Balls	Green Detox Pop	Turmeric Roasted Chickpeas	Citrus Coconut Yogurt	Citrus Coconut Yogurt	-
<b>Dinner</b>	Zucchini Pesto Pasta	Prosciutto & Veggie Cauliflower Pizza	Kale & Beet Salad	Caribbean Stew	Chicken Meatballs & Simple Salad*	Chicken & Root Veggie Bake	-
<b>Before Bed</b>	1 cup TranquiliTea	1 cup TranquiliTea	1 cup TranquiliTea	1 cup TranquiliTea	1 cup TranquiliTea	1 cup TranquiliTea	1 cup TranquiliTea

\*Recipe found in APPENDIX

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## Week 2 | Anti-Inflammatory

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Before Breakfast</b>	1 cup lemon water	1 cup lemon water	1 cup lemon water	1 cup lemon water	1 cup lemon water	1 cup lemon water	1 cup lemon water
	1 cup Daily Detox Tea	1 cup Daily Detox Tea	1 cup Daily Detox Tea	1 cup Daily Detox Tea	1 cup Daily Detox Tea	1 cup Daily Detox Tea	1 cup Daily Detox Tea
<b>Breakfast</b>	Turmeric Smoothie Bowl	Avocado Blast Smoothie	Coconut Quinoa Porridge	Berry Chia Smoothie	Quinoa Breakfast Bowl	Curry & Turmeric Scramble Over Spinach	-
	1 cup Daytime Tea	1 cup Daytime Tea	1 cup Daytime Tea	1 cup Daytime Tea	1 cup Daytime Tea	1 cup Daytime Tea	1 cup Daytime Tea
<b>Lunch</b>	Anti-Inflammatory Salad & Turmeric Dressing	Asian Style Lettuce Wraps	Turmeric Coconut Soup	Veggie Taco Salad	Spicy Chicken Lettuce Wrap- Leftover	Cauliflower Curry Soup LEFTOVER	Meal Prep for following week.
<b>Snack</b>	Turmeric Coconut Protein Balls	Turmeric Coconut Protein Balls	Spicy Soy Beans	Pear & Cashews	Green Detox Pop	Turmeric Roasted Chickpeas	-
<b>Dinner</b>	Meatballs & Zucchini Pasta	Bok Choy & Shrimp Udon Soup	Cajun Whitefish & Simple Salad*	Spicy Chicken & Simple Salad*	Cauliflower Curry Soup	Kale & Chicken Mushroom Burger	-
<b>Before Bed</b>	1 cup TranquiliTea	1 cup TranquiliTea	1 cup TranquiliTea	1 cup TranquiliTea	1 cup TranquiliTea	1 cup TranquiliTea	1 cup TranquiliTea

\*Recipe found in APPENDIX

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## TURMERIC CHIA PUDDING

2-3 Servings

### Ingredients

- 1 can unsweetened coconut milk
- 3-4 Tbsp chia seeds depending on desired consistency
- 1 tsp vanilla natural extract
- 1 tsp turmeric
- ½ tsp cinnamon
- 1 tbsp raw honey
- Topping: blueberries or other berries

### Instructions

- In large bowl mix ingredients together. Make sure to coat chia seeds, and thoroughly mix in spices.
- Let sit overnight in fridge. It may need to be stirred 1-2 times while it sits.
- Separate equally into 125mL mason jars and use a dash of cinnamon to top. You can add fruit and other nuts as desired.



## AVOCADO BLAST SMOOTHIE

2 Servings

### Ingredients

- 2 cups baby kale
- 1 cup coconut milk
- 1 cup pineapple
- 1 banana
- ½ avocado
- ½ inch piece ginger
- Topping: 1 tbsp hemp hearts

### Instructions

- Combine all ingredients except topping in a blender. Pulse until smooth.
- Serve into 2-3 glasses and top with hemp hearts. Serve and enjoy!



## BEET BERRY SMOOTHIE

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2-3 Servings

### Ingredients

- 1½ cup baby kale
- 1 small beet, cooked or peeled and chopped
- 1 cup coconut water
- ¾ cup mixed berries
- ¾ cup pineapple, chopped
- ½ mango
- ½ inch piece ginger, peeled
- 2 tbsp coconut oil

### Instructions

- In a blender add in kale, beet, coconut water, pineapple, mango (all fresh ingredients), ginger and coconut oil and mix until smooth.
- Add remaining ingredients along (frozen berries and other frozen fruit) and mix well.
- Serve and enjoy.



## TURMERIC EGG MUFFINS

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3-4 Servings

### Ingredients

- 1 tbsp extra virgin olive oil
- 6 eggs
- ½ cup cooked spinach (remove excess water)
- 1/3 cup cooked bacon
- ½ cup mushrooms
- ¼ cup green onions, sliced
- 1 tsp black pepper
- 2 tsp turmeric

### Instructions

- Preheat oven to 375F, and lightly grease 6 muffin tins or muffin tray with olive oil.
- In a large bowl crack eggs, turmeric and black pepper and whisk until smooth.
- Add in spinach, bacon, mushrooms and onion to eggs. Mix thoroughly.
- Divide mixture evenly into muffin pan/tins. Bake for 15-18 minutes and serve.

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## TURMERIC EGG IN A JAR

2 Servings

### Ingredients

- 3-4 large eggs
- ½ cup mushrooms, thinly sliced
- 1 green onion, chopped
- 1 tbsp cilantro
- ½ cup quinoa, cooked
- 1 tsp turmeric
- ½ tsp black pepper
- Garnish: thinly chopped chives, salt, and pepper

### Instructions

- Assemble jars x 2 and grease inside with extra virgin olive oil.
- In a large mixing bowl mix cooked quinoa, cilantro, onion, mushrooms and spices.
- Start by adding equal portions of the quinoa mixture to the jars. Then crack 1-2 eggs in each jar. Add salt and pepper.
- Then place jars in a large pot and fill with water (in pot) until the level reaches the middle of the jar. Heat water over medium to high heat and cook for 12-15 minutes, depending on desired consistency of eggs.



## CURRY & TURMERIC SCRAMBLE

2 Servings

### Ingredients

- ½ tbsp extra virgin olive oil
- 1 red onion, sliced thinly in strips
- 4 eggs, whisked
- 1 clove garlic, minced
- 1 tsp curry powder
- 1 tsp turmeric
- ¼ tsp cumin
- 2 cups spinach leaves
- 1 tbsp lime juice
- ½ tsp black pepper
- Garnish: red pepper slices

### Instructions

- In large skillet, heat oil over medium-high heat. Add garlic and heat for 30 seconds to 1 minute, stirring occasionally to ensure it doesn't burn.
- Add onions and seasonings and cook 2-3 minutes until starting to brown.
- Pour in whisked eggs when onions are cooked and stir continuously.
- Prep plates by adding spinach and drizzling lemon juice and a bit of olive oil over spinach. When eggs are ready, divide and serve on plates. Garnish with red pepper slices as desired.

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## COCONUT QUINOA PORRIDGE

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2 Servings

### Ingredients

- 2 cups cooked quinoa
- 1 cup coconut milk
- 1 cup mixed fresh berries (raspberries, blackberries, blueberries)
- ¼ cup sliced almonds
- ½ tsp cinnamon
- 2 tbsp raw honey
- Topping: 2 tbsp hemp hearts

### Instructions

- In a medium pot, combine cooked quinoa and coconut milk and heat over low to medium heat. Make sure to stir consistently so mixture does not burn, and it heats evenly.
- Once started to steam and is heated, remove from heat. Stir in honey and cinnamon. Then portion into two bowls.
- Top with sliced almonds and hemp hearts and serve alongside mixed berries. You can also mix berries into porridge if desired.



## TURMERIC SMOOTHIE BOWL

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2 Servings

### Ingredients

- 1 cup fresh squeezed orange juice
- 1 cup pineapple chunks, frozen
- ½ inch piece ginger
- 1 cup mango chunks, frozen
- ½ avocado
- 1 tsp turmeric
- 1 cup coconut water/milk
- Topping: slices of strawberries, unsweetened coconut flakes, sliced almonds

### Instructions

- Place all ingredients except for toppings in a blender. Pulse and blend until smooth.
- Serve in two bowls and add toppings. Serve and enjoy.

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# SWEET POTATO PANCAKES

2 Servings

## Ingredients

- ½ cup mashed sweet potato (steam until soft and mash)  
1-2 sweet potatoes
- 2-3 eggs
- 1 tbsp gluten free flour (coconut flour)
- ½ tsp cinnamon
- ½ tsp turmeric
- ¼ tsp baking soda
- 1 tbsp coconut oil
- Salt and pepper

## Instructions

- In a large mixing bowl, beat the eggs adding in the coconut flour, baking soda, and salt and pepper and other spices.
- In a medium sized skillet heat coconut oil over medium heat.
- Use a large scoop to make round pancake sized portions. (try to use ¼ mixture per pancake)
- Fry 2-3 minutes per side until golden brown. Make sure not to flip until they are holding their shape.
- Serve alongside bacon or other protein if desired. Makes about 4 pancakes



# BERRY CHIA SMOOTHIE

2 Servings

## Ingredients

- 1 cup frozen or fresh blueberries
- ½ cup blackberries
- 2 cups unsweetened coconut milk
- 1 cup fresh spinach
- 4 tbsp chia seeds, ground
- 1 tsp vanilla extract
- 1 tbsp honey/maple syrup

## Garnish

- Cinnamon/cocoa powder
- 2 tbsp granola

## Instructions

- Combine blueberries, milk, spinach, chia seeds, vanilla, and honey in a blender. Pulse and mix well until smooth.
- Top with granola and spices as desired.
- Option: add 1 scoop protein powder per smoothie if desired.

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# QUINOA BREAKFAST BOWL

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2 Servings

## Ingredients

- 2 cups unsweetened almond milk
- 1 cup quinoa, rinsed
- 3 tbsp honey or raw sugar
- ½ tsp ground cinnamon
- ¼ tsp ground cloves
- 1 cup fresh blueberries & blackberries

## Instructions

- Heat milk in saucepan, simmer bring to slight boil
- Add quinoa to saucepan and bring to slight boil.
- Reduce heat to low and simmer, covered until  $\frac{3}{4}$  of milk is absorbed. It will take about 15min.
- Stir in sugar/honey, cloves, and cinnamon and cook until the rest of the almond milk has been absorbed.
- Serve into bowls and use fruit to top. You can also choose to add a bit of almond milk to serve.

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## TURMERIC TUNA SALAD

2 Servings

### Ingredients

- 1 avocado
- Juice of ½ lemon
- 1-2 regular size cans of tuna in olive oil, drained
- 1 tbsp green onion, chopped
- 1 celery stalk, chopped
- 1 tbsp cilantro, chopped
- 1tsp turmeric
- Salt and pepper to taste
- 4-6 cups organic mixed greens

### Dressing

- 3 tbsp extra virgin olive oil
- Juice from ½ lemon
- 1 tbsp apple cider vinegar

### Instructions

- In a large mixing bowl using fork mash avocado with juice from ½ lemon.
- Once mashed, add in tuna, onions, celery, cilantro, turmeric and mix thoroughly. Add salt and pepper to taste.
- In a separate small mixing bowl, mix dressing ingredients.
- Prep bowls by dividing mixed greens on plate. Divide dressing and drizzle ovetop greens. Then divide tuna avocado mix ovetop the greens.



## ANTI-INFLAMMATORY SALAD

2 Servings

### Ingredients

- 1 cup cooked & peeled beets
- ¾ cup blueberries
- 2 cups mixed greens
- Pumpkin seeds- topping

### Dressing

- 4 tbsp cup extra virgin olive oil
- 2 tbsp apple cider vinegar
- 2 tbsp lemon juice
- 2 tbsp raw honey
- 2 tsp turmeric
- Salt and pepper

### Instructions

- Start by prepping dressing. Place ingredients in blender or shaker bottle and shake well.
- Then In a large salad bowl, combine beets, blueberries and mixed greens. Portion out and drizzle over dressing and lightly toss.
- Then top with pumpkin seeds.



## SPICY SHRIMP & AVOCADO SALAD

2 Servings

### Ingredients

- 1 ripe avocado, cubed
- 1 cup precooked shrimp, thawed if using frozen
- 1 garlic clove, minced
- 2 tbsp coconut oil
- ½ tsp cayenne pepper
- ½ Cajun seasoning
- 3 cups mixed greens
- 1 tbsp raw honey
- 1 tbsp apple cider vinegar
- 2 lemon wedges, zest from lemon

### Instructions

- In a medium-sized saucepan, heat oil over medium heat. Add garlic and cook 1-2 minutes, stirring frequently to not burn garlic.
- Add cooked shrimp and stir. Add spices and cook for 2-3 minutes to warm the shrimp and spread the seasoning.
- In a small mixing bowl, mix lemon zest, raw honey, and apple cider vinegar.
- In medium-sized mixing bowl, toss lettuce mixture, avocado cubes, and dressing. Add salt and pepper to taste.
- Serve in individual bowls and add shrimp overtop. Serve with lemon wedge.

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# BUTTERNUT & GINGER SOUP

4 Servings + 2 Leftovers

## Ingredients

- ¼ cup coconut oil, melted
- 1 large onion, finely chopped
- 1 large butternut squash, peeled and cut into chunks
- 1 medium sweet potato, peeled and cut into chunks
- 3 cloves garlic, chopped
- 4-6 cups organic chicken/vegetable broth
- 1 can unsweetened coconut milk
- 2-3 inch slice of fresh ginger, peeled
- 2 tsp turmeric
- ¼ tsp cinnamon
- Salt and pepper to taste

## Instructions

- In a large pot, add oil and onions. Cook and stir until translucent.
- Add in butternut squash, sweet potato, garlic, and broth and bring to boil, stirring occasionally for 15 minutes.
- Add ginger and let cook another 5 minutes, making sure sweet potato and squash are cooked (should be able to pierce with a fork).
- Next, puree the soup. Use immersion blender, or use a regular blender by blending soup in batches. Make sure to add in ginger when blending.
- Return to pot once blended and add in can of coconut milk. Stir well and add salt and pepper to taste.

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# ASIAN-STYLE LETTUCE WRAPS

3-4 Servings

## Ingredients

- 1lb ground chicken
- 2 tbsp coconut oil
- 2 tbsp coconut aminos
- 1 tbsp nut butter
- 1 tbsp tahini
- 1 tbsp melted coconut oil
- 2 cloves garlic, minced
- ¼ inch ginger piece, chopped
- 1 head butter lettuce
- ¼ cup cilantro, chopped
- ½ cup yellow bell pepper, diced
- ½ cup cucumber, chopped
- ½ cup carrots, shredded,
- ¼ cup red cabbage, shredded
- ¼ cup crushed cashews
- Sesame seeds, salt and pepper

## Instructions

- In a small mixing bowl combine coconut aminos, nut butter, tahini, and melted coconut. Mix well and set aside as the sauce.
- Then in a large skillet heat coconut oil over medium heat. Add onions and garlic and cook for 2-3 minutes stirring constantly.
- Then add chicken and start to brown, breaking up into small chunks.
- Then add salt and pepper to season and continue to cook until cooked throughout, and until chicken is broken up into small little chunks.
- Prepare plates by placing 2-3 leaves per plate of butter lettuce.
- Fill lettuce wraps with chicken and veggies. Drizzle sauce over and top with sesame seeds/cashews/lime wedge.

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# TURMERIC COCONUT SOUP

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2 Servings

## Ingredients

- 1 tbsp coconut oil
- 1 large onion, chopped
- 2 zucchinis, chopped
- 2 garlic cloves, minced
- ½ inch section of ginger, minced
- 2 tsp turmeric powder
- 1 tsp curry powder
- ½ tsp pepper and salt
- ¾-1 cup vegetable stock
- 1 can unsweetened coconut milk
- Juice from 1 lime
- 1 tbsp cilantro, chopped for garnish

## Instructions

- In a large pot heat coconut oil over high heat. Add in onions and cook until translucent.
- Then add zucchini ginger, and garlic and mix well.
- Add salt and pepper, turmeric, and curry and mix well.
- Then add vegetable stock and coconut milk and bring to boil. Then reduce heat and let simmer for 10 minutes.
- Just before serving add lime juice, and garnish with cilantro when served.

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## VEGGIE TACO SALAD

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2 Servings

### Ingredients

- 1 tbsp extra virgin olive oil
- Romaine lettuce leaves
- ½ cup tomatoes, diced
- 1 red pepper, cubed
- ¼ onion, chopped
- 1 avocado, chopped
- ¼ cup cilantro, chopped
- 3-4 tbsp organic salsa
- ¾ cup corn tortilla chips, crushed
- ½ cup black beans
- ½ cup mushrooms
- Salt and pepper to taste
- Optional - chilli peppers for spice
- Lime wedges

### Instructions

- Wash and chop all veggies.
- In large saucepan add oil, onions, red peppers and mushrooms. Cook over med to high heat for 2-3 minutes until they are soft. Add salt and pepper to taste.
- In separate bowl layer starting with corn chips, lettuce, cold veggies, cilantro, then add the warmed veggie mixture. Top with salsa and lime wedge.



## SPICY CHICKEN LETTUCE WRAPS

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2 Servings

### Ingredients

- 1 head of butter lettuce
- Chicken leftovers from night before (Spicy Chicken & Simple Salad)
- 1 avocado, sliced
- 1 roma tomato, diced
- 2 tbsp red onion, chopped
- Hot sauce, if desired

### Instructions

- Wash and prepare 4-6 pieces of lettuce.
- Use chilled chicken to stuff lettuce cups along with portions of veggies.
- Add extra hot sauce if desired, serve and enjoy.

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## ZUCCHINI PESTO PASTA

2-4 Servings

### Ingredients

#### Paleo Pesto Sauce

- 2 cups fresh basil, packed, washed
- 2 cloves garlic
- ¼ cup pine nuts
- 2/3 cup extra virgin olive oil
- 1 lemon, juiced
- Salt and pepper to taste, other added spices as desired.

#### Noodles

- 2-4 zucchinis, peeled (depending on size and amount desired)
- 1 tbsp Extra virgin olive oil
- ¼ cup water
- 1 tsp salt and pepper (to taste)

Use basic protein prep to add protein to the side or on top of pasta.

### Instructions

- For Zucchini Noodles, use instructions in appendix.
- For sauce, combine basil, garlic, and nuts in food processor. Pulse until everything is chopped and mixed.
- Then add in oil and pulse until mixture is smooth.
- Add salt and pepper to taste, and other fresh/dried spices as desired.

Saving it for later: add portions to ice cube trays and freeze. Then transfer into freezer safe container for use at a later date.



# CAULIFLOWER PIZZA CRUST

2-4 Servings

## Ingredients

- 1 head cauliflower, remove stalk and chop
- 2 eggs beaten
- ¼ cup almond flour (or other gluten-free flour)
- 1 tsp fresh/dried oregano, basil and other desired spices (try adding 1 tsp chilli flakes for added spice)
- ½ tsp garlic powder
- Pizza sauce (store-bought organic, or home-made)
- Salt and pepper to taste

## Instructions

- Preheat oven to 400F.
- Add cauliflower to food processor and pulse until fine.
- Place cauliflower in steamer and cook 3-4 minutes. Remove excess water with strainer.
- In a large mixing bowl, add cauliflower, eggs, fresh/dried spices, and salt and pepper (½-1 tsp each). Mix thoroughly.
- Take mixture and place over pizza baking sheet and shape into form of pizza sheet.
- Bake for 15-17 minutes.
- Spread pizza sauce and desired toppings and bake for another 8-10 minutes, or until desired doneness.
- See "Prosciutto & Veggie Pizza" below for topping suggestions.

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# PROSCIUTTO & VEGGIE PIZZA

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2 Servings

## Ingredients

- Pizza sauce to coat pizza crust
- ½ cup mushrooms, sliced
- ½ small red onion, sliced
- 1 red pepper, diced
- 2 kale leaves, stems removed, cut into small pieces (Optional, this recipe is packed with veggies, you can always omit one, but this is intended to give you some ideas).
- ¼ cup olives (green/black/Kalamata), sliced
- 1 tbsp honey to drizzle
- Additional toppings as desired: dairy-free or other cheese option

## Instructions

- Prep Cauliflower Crust.
- Add sauce and desired toppings. Start with veggie toppings and cover with prosciutto. Then place in oven and bake for another 8-10 minutes.
- The honey can be saved for serving it and you can drizzle a little over if desired.

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# KALE & BEET SALAD

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2 Servings + 2 Leftovers

## Ingredients

- Large bag of mixed kale/ greens salad
- 1½ cups blueberries
- 2 cups beets, cooked, peeled, and diced
- ¼ cup pumpkin seeds as topping

## Dressing

- 1/3 cup extra virgin olive oil
- 2 tbsp apple cider vinegar
- 1 tbsp raw honey
- 1 tbsp lemon juice
- 1 tsp turmeric
- ½" piece of ginger, minced/chopped
- Salt and pepper

## Instructions

- Prep basic protein to go along with this salad.
- Prep dressing by adding all ingredients in a blender or by stirring it together. You can also use a shaker bottle. Mix and shake well and set aside.
- In a large bowl, combine all salad dressing and gently toss as to not break the blueberries.
- Drizzle dressing ovetop and gently mix in. Top with pumpkin seeds on individual plates and serve alongside your favourite "basic protein".

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# CARIBBEAN STEW

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2-3 Servings + 2 Leftovers

## Ingredients

- 1 tbsp coconut oil
- 1 yucca, peeled and cubed
- 1 yellow yam, peeled and cubed
- 1 large sweet potato, peeled and cubed
- 1 large plantain, peeled and chopped into larger chunks
- 2 carrots, peeled and sliced
- 1 onion, diced
- 4 cloves garlic, minced
- 1 tbsp ginger, minced
- 1 tbsp curry powder
- 2 tsp turmeric
- 1 small hot pepper (jalapeno or red pepper), minced, seedless
- 1 can unsweetened coconut milk
- Salt and pepper to taste

## Instructions

- Heat oil in a large pot over medium-high heat. Add in onions and cook until translucent.
- Then add garlic and ginger and cook for 1 minute, stirring so as to not burn.
- Then add chicken and spices and cook thoroughly. Once cooked, add in 1 cup of water, coconut milk and vegetables. Everything should be covered so adjust water portion if necessary.
- Reduce heat to medium-low and cook for another 10-20 minutes until desired consistency, and until vegetables are soft and tender.
- Salt and pepper to taste, serve and enjoy.

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# CHICKEN & ROOT VEGGIE BAKE

2 Servings + 2 Leftovers

## Ingredients

- 8 chicken thighs
- 4 tbsp extra virgin olive oil
- 2 cloves garlic, chopped
- ¼" slice of ginger, chopped
- 1 sweet potato
- 1 beet, sliced and halved
- 1lb Brussels sprouts, halved
- 2 apples, cut into slices
- 1 tbsp rosemary
- 4 sprigs of thyme
- Salt and pepper to taste

## Instructions

- Preheat oven to 400F.
- Prep chicken thighs by marinating in half of require olive oil and a bit of salt and pepper (you can also add a bit of thyme and rosemary ahead of time if you like, or just wait until baking in the pan). Set aside and keep chilled.
- In a large mixing bowl add sweet potato, beets, Brussels sprouts and apples. Pour in the rest of olive oil and coat mixture, mixing well. Then transfer and spread out on pan.
- Add chicken thighs on top of mixture. Sprinkle over ginger, garlic, thyme sprigs, and rosemary evenly.
- Bake mixture for 30 minutes. Once finished, pierce chicken and check to make sure it is cooked through. You can always broil to brown the top for another 5 minutes.
- Serve on plates in equal portions and enjoy.

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# CHICKEN MEATBALLS

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4-6 Servings

## Ingredients

- 1½ lbs ground chicken
- 2 cloves garlic, minced
- 2 small zucchinis, grated
- 1 small sweet potato, peeled and grated
- 4 cups spinach
- 2 eggs, whisked
- ¼ cup almond meal or flour alternative
- Salt and pepper to taste

## Instructions

- Preheat oven to 375F.
- In a large mixing bowl, mix sweet potato and zucchini
- Using a food processor or blender, mince spinach and garlic. Add to the zucchini and sweet potato mixture.
- Add the rest of the ingredients to the bowl and mix well using hands.
- Form mixture into meatballs just larger than golf ball size, and place on baking sheet with parchment paper. Cover with aluminum foil and bake for 30 minutes.
- Then remove foil and bake for an additional 10-15 minutes. This recipe should make about 20-25 meatballs. Use this for dinner and as leftovers the next day to make into a wrap.
- Serve alongside "Simple Salad" recipe and sauces if desired.

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# MEATBALLS & ZUCCHINI PASTA

4 Servings

## Ingredients

- 1lb ground lamb (or beef)
- 2 cloves garlic, minced
- 1 onion, chopped finely
- 1 tsp chilli flakes
- 1 tbsp fresh basil, chopped
- 2 tbsp olive oil
- 1 large egg
- Salt and pepper to taste
- 1 tsp arrowroot powder

## Sauce

- 1 can diced tomatoes OR 3-4 tomatoes diced
- 1 can tomato paste
- Salt and pepper to taste
- 1 tsp oregano, basil
- 1 clove garlic, sliced

## Zucchini Noodles

- 2-4 zucchinis, peeled (depending on size and amount desired)
- 1 tbsp Extra virgin olive oil
- ¼ cup water
- 1 tsp salt and pepper (to taste)

## Instructions

- Mix all ingredients in large mixing bowl for meatballs. Portion into 16-20 meatballs.
- Then in a large saucepan, heat ½ tbsp. olive oil over medium-high heat. Add in ingredients for sauce and heat for 2-3 minutes. Then add meatballs and cook for about 10 minutes. This will depend on size of meatballs but make sure to cook thoroughly. During this time that the meatballs are simmering/cooking. Prep zucchini noodles.
- Prep plates by adding portion of zucchini noodles. Then top with 4-5 meatballs and sauce.
- See instructions in appendix for Zucchini Noodles.

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# BOK CHOY & SHRIMP UDON

4-6 Servings

## Ingredients

- 1lb shrimp, peeled
- 6 cups bone broth
- 5 heads baby Bok Choy, bottoms chopped off
- 1½ cups Shitake Mushrooms (or small container at grocery store), stems removed, sliced into ½" pieces
- 4-5 cloves garlic, minced
- ½" piece of ginger, minced
- 1 yellow onion, diced
- 1 large carrot, diced
- 1 tbsp olive oil
- 1 tbsp coconut aminos
- 1 tsp turmeric
- 1 tsp black pepper
- 1tsp salt

Topping: 1 green onion, chopped

Optional topping: slices of hard boiled egg

Noodles: gluten free option, if desired

## Instructions

- In a large stock pot heat oil over medium heat. Then add garlic and onions and sauté for 3-4 minutes or until onions become translucent.
- Add in salt, pepper, turmeric, ginger, carrots, mushrooms, coconut aminos, and bone broth/chicken stock and bring to a boil.
- Reduce heat and let simmer covered for 15-20 minutes.
- Add Bok Choy and shrimp and cook for another 5-8 minutes. You could also add in noodles at this time.
- Add salt and pepper to taste, serve and enjoy.

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## SPICY WHITEFISH & SALAD

3-4 Servings

### Ingredients

- 1lb whitefish
- 1 tbsp olive oil
- ½ yellow onion
- ½ cup white wine
- 3 tbsp fresh lemon juice
- 1 tbsp fresh dill
- ½ tbsp fresh basil
- 1 tsp turmeric
- 1 tsp Cajun spice
- Lemon zest

### Instructions

- Preheat oven to 375F.
- Prepare fish and place in shallow baking pan.
- Pour over white wine, spread onions over fish evenly. Then sprinkle with fresh herbs, spices, and lemon zest, and finally drizzle with olive oil.
- Cover with foil and bake for 20 minutes, or until flaky. Serve and enjoy.
- Pair with Simple Salad Recipe found in Appendix.



## SPICY CHICKEN & SALAD

2 Servings + 2 Leftovers

### Ingredients

- 1lb chicken thighs cut into strips
- 2 tbsp extra virgin olive oil
- 1 tbsp coconut oil
- 2 cloves garlic, chopped
- 1 tsp Cajun spice
- 1 tsp chipotle powder
- Salt and pepper to taste
- Simple salad recipe for 2

### Instructions

- Prep chicken thighs by marinating in half of required olive oil and a bit of salt and pepper along with spices.
- Prep simple salad recipe found in Appendix.
- In a medium-sized skillet, heat coconut oil over medium heat. Place chicken in skillet and cook about 5-10 minutes flipping chicken so the pieces cook evenly.
- Once cooked, let cool and serve on top or alongside Simple Salad. You can also add another portion of cooked greens to this meal.

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# CAULIFLOWER CURRY SOUP

2 Servings + 2 Leftovers

## Ingredients

- 1 head cauliflower, chopped
- 1 onion, chopped
- 1 small sweet potato
- 1 clove garlic, minced
- 1 can coconut milk
- 1½ cup organic chicken or vegetable broth
- 2 Tbsp curry powder
- ¼ tsp cumin
- 1 tbsp honey
- ¼ tsp cinnamon
- Salt and pepper to taste

Garnish: raw pumpkin seeds

## Instructions

- To prep steam cauliflower and sweet potatoes until they are tender.
- In a large pot, heat olive oil over medium-high heat. Add onions and cook until translucent. Then add garlic and cook for another minute stirring constantly.
- Then add in cooked cauliflower and sweet potato, followed by the chicken broth and coconut milk. Heat, add spices, and then honey.
- Simmer for about 5 minutes until all flavors have mixed, and then add in immersion blender (or blend portions of soup in blender). Pulse until smooth.
- Serve and garnish with raw pumpkin seeds.

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# KALE & CHICKEN MUSHROOM BURGERS

4 Servings

## Ingredients

Use 1 mushroom cap per burger for open face, 2 mushroom caps for closed burger.

- 1lb ground chicken
- 1 cup baby kale, sliced and chopped into small pieces
- ¾ cup mushrooms, chopped
- 2 cloves garlic, chopped
- 2 tbsp coconut oil
- 1 tbsp fresh rosemary, chopped
- Salt and pepper

## Instructions

### Portobello Mushroom Cap Buns

- Preheat oven to 450F. Prep baking sheet with aluminum foil.
- Remove stems of mushrooms and place on baking sheet, cap down/gill side up.
- Place in oven and bake until lightly brown, about 10-12 minutes.
- Remove from oven and they are ready to be used as burger buns.

### Kale & Chicken Burger

- In a large pan, heat coconut oil over medium heat. Add garlic, mushrooms and kale and sauté until cooked and tender.
- In a large mixing bowl, add ground chicken, rosemary, and cooked veggies. Mix well.
- Divide into 8-10 portions, roll into balls, and then slightly flatten to form patties.
- Return to pan. Melt 1 tbsp coconut oil over medium heat. Add patties to pan and fry until browned on each side. Make sure to check center of each patty to ensure chicken is cooked through.
- Then add to mushroom caps. Use one patty per mushroom cap for an open face burger, or use two mushroom caps per patty for a closed burger. Add fixings as desired.

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## TURMERIC COCONUT BALLS

10 Servings

### Ingredients

- $\frac{3}{4}$  cup raw cashews
- 4-6 Medjool Dates, pitted
- 1 tbsp protein powder (vanilla would work best, although chocolate can be used as well).
- $\frac{1}{2}$  cup shredded coconut
- 1 tbsp raw honey
- 1 tbsp coconut oil, melted
- 1 tsp turmeric powder

### Instructions

- In a food processor add all ingredients except the chocolate and  $\frac{1}{2}$  the coconut. Pulse on high until the mixture is smooth.
- Then use a tablespoon to scoop dough and roll to form balls.
- Roll in shredded coconut for topping.
- Prep baking sheet by placing parchment paper on the baking sheet. Then transfer the protein balls to the sheet. Freeze for 30 minutes. Store in fridge or freezer. Depending on size: approx. 2 per serving.



# GREEN DETOX POP

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6 Servings

## Ingredients

- 1 cucumber
- 4 kale leaves, stems removed
- 1 banana
- ¼-½ cup pineapple chunks, small
- ½ cup coconut water or coconut milk
- 1 tbsp raw honey

## Instructions

- In a blender, pulse all ingredients except for pineapple chunks until smooth.
- Place a few pineapple chunks evenly in each mould. Evenly pour mixture into Popsicle moulds. At this point you can arrange pineapple chunks within moulds or keep it at the bottom of the mould.
- Insert popsicle sticks and freeze 4-6 hours. Serve and enjoy.

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# TURMERIC ROASTED CHICKPEAS

2-3 Servings

## Ingredients

- 1 can chickpeas
- 2 tbsp olive oil
- 1 tsp turmeric
- ½ tsp paprika
- 1-2 lime wedges
- Salt and pepper

## Instructions

- Preheat oven to 425F.
- Prep chickpeas by rinsing and straining them. Then in a small mixing bowl, coat chickpeas with olive oil.
- Then line a baking sheet with parchment paper. Then transfer chickpeas to baking sheet and spread evenly over baking sheet.
- Then sprinkle with paprika, turmeric, salt, pepper, and squeeze lime wedge over top. You can move them around a bit so all sides are coated, and use extra spices if needed or desired.
- Place in oven and bake for 20 minutes. Then remove from oven and move around so that you can place back in the oven for another 20 minutes to bake other side.
- Watch nearing the end as they don't burn.
- Remove from oven and let cool for a couple minutes. Serve and enjoy.
- These can also be used as a salad topper if there is some left over.

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# CITRUS COCONUT YOGURT

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**Has to set for 24-48 hours, so make this one ahead of time.**

2 Servings

## Ingredients

- 1 can full fat coconut milk
- 2 capsules probiotics
- 2 tbsp orange juice, freshly squeezed
- 1 tbsp honey
- Cheesecloth

## Instructions

- In glass jar empty 1 can full-fat coconut milk (shake well).
- Open probiotic capsules and mix into coconut milk using wooden spoon.
- Cover with cheesecloth and elastic band, keep in warm place and let sit 24-48 hours. You may need to test for desired consistency and taste.
- Once it is set, add in orange juice and honey and serve. Serve with fruit if desired.

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# CITRUS CHIA ENERGY BALLS

15 Servings

## Ingredients

- 1 cup raw almond/cashew butter
- 1 cup unsweetened shredded coconut
- 8-10 pitted dates
- 2 tbsp raw honey/maple syrup
- 2 tbsp plain/vanilla protein powder or hemp hearts as desired
- 3 tbsp ground chia seeds
- 2 tbsp lemon juice
- 1 tsp lemon zest
- 1 tsp orange zest
- 1 tsp natural vanilla extract

## Topping

- 1 tsp coconut flour
- 1 tsp lemon zest
- 1 tsp unsweetened shredded coconut
- 2 tsp chia seeds

## Instructions

Optional Over-Night Prep. You may find letting dates sit overnight in a small amount of water may help with blending your ingredients together.

- Combined all ingredients in food processor and pulse until completely blended.
- Place in fridge to harden for 15-20 minutes.
- Lay out cookie sheet with a piece of wax paper on top.
- Use a tablespoon to divide into 14-16 portions. Form portioned ingredients into balls by rolling with hands, and place on wax paper/cookie sheet.
- Mix together ingredients for topping.
- Roll each energy ball in topping to lightly coat each portion. If you find you need more topping, mix equal parts of topping. Store in the fridge.

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## SPICY SOY BEANS

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2 Servings

### Ingredients

- 1-1½ cups soy beans in pods (these can be frozen)
- 1 tbsp coconut oil
- ¼ cup coconut aminos
- 1 tsp chilli flakes
- Sesame seeds as a topping

### Instructions

- In a medium-sized saucepan, add oil and heat over medium heat.
- Then add soybeans, coconut aminos, and chilli flakes. Cook for 3-4 minutes. This time may vary depending on if you are using frozen beans, and you may need to cook a bit longer.
- Once cooked through, remove from heat and serve. Sprinkle sesame seeds overtop and enjoy.



## PEARS & CASHEWS

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2 Servings

### Ingredients

- 2 pears, sliced
- ½ cup Cashews or Almonds (raw or roasted)

### Instructions

- Divide into bowls and serve.

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# Week 1 & 2 Shopping List

REMEMBER: Listed are the amounts for all servings, all portions, you may not need all of it, in some sections you may need extra. With things that go bad easily, buy only half and plan to do shopping between weeks. Adjust your next week shopping accordingly to what you have in your fridge or on stock.

## MEAT & PROTEIN

- 2 dozen eggs (22 called for)
- 1lb package of bacon
- 2lb pre-cooked shrimp package
- 3-4lb ground chicken
- 1lb lamb or beef
- 3½ lb chicken thighs
- 1lb whitefish

If you have any meals with basic protein prep, you will need to add 1lb meat/protein for 4 servings.

## COLD & FROZEN SECTION

- Almond Milk 2 cups
- Berries (mixed & frozen) 1 cup
- Coconut milk 6 cups
- Coconut Water 2 cups
- Mango chunks frozen 1 cup
- Pineapple (frozen) 1 cup
- Soy Beans (frozen) 2 cups

## FRUITS & VEGGIES

- Apples 2
- Avocado (ripe) 4 ½
- Baby Bok Choy 5 heads
- Banana 3
- Basil 2 cups + 2 tbsp
- Beets about 6, may need extra
- Berries enough for 3 ¼ cups blueberries, raspberries, blackberries
- Blueberries 2 ¼ cups
- Butter Lettuce 1 head
- Butternut Squash 1

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- Cabbage (red) ¼ cup
- Carrots 4
- Cauliflower 2 heads
- Celery 1-2 stalks called for, can purchase a head and use throughout challenge.
- Chives 1 bunch
- Cilantro 2 bunches
- Cucumber about 2 (use 1½)
- Dates 14
- Dill fresh bunch
- Garlic always have on hand, buy 3-4 per 2 weeks
- Ginger 5" piece
- Green Onion 1 bunch
- Jalapeno 1
- Kale/Baby Kale 6½ cups worth, because this can wilt, buy 1-2 bunches to start
- Lemons lots of them, grab a bag and you may need to restock.
- Lettuce (romaine) 1 head
- Limes 3
- Mango 1
- Mixed Greens 10+ cups, buy a large mixed bag to start as lettuce can wilt and go bad quickly
- Mushroom 3 cups worth
- Mushrooms (shitake) 1 container
- Onion (yellow) 7
- Oranges 5-6
- Pears 2
- Pineapple 3¼ cups
- Plantain 1
- Red Onion 2
- Rosemary fresh
- Spinach 7½ cup
- Strawberries a few slices, optional
- Sweet Pepper 1 yellow, 2 red
- Sweet Potato 7
- Thyme 4 sprigs
- Tomatoes ½ cup
- Yam (yellow) 1
- Yucca 1
- Zucchini 10+

Consider that you have 3-4 meals requiring a simple salad.

### **DOWN THE AISLES**

- Spices (try to always have on hand): cinnamon, turmeric, cloves, curry powder, cumin, cayenne, Cajun seasoning, paprika, basil, oregano, garlic powder, chipotle powder, curry, cayenne
- Almonds sliced:  $\frac{3}{4}$  cup
- Apple Cider Vinegar 1 bottle on hand
- Baking soda on hand
- Bone Broth 6 cups
- Black Beans 1 can
- Cashews 2 cups
- Chia Seeds 7 tbsp
- Chicken Broth 8 cups
- Chickpeas 1-2 cans
- Coconut Aminos
- Coconut Flakes (unsweetened) 1-2 packages
- Coconut Milk 5 cans
- Corn Tortilla Chips
- Diced Tomatoes 1 can
- Gluten Free Flour: coconut flour, almond flour, arrowroot powder on hand
- Hemp Hearts 8 tbsp
- Honey (raw) 10 tbsp
- Nut Butter (almond, cashew) 1 jar
- Oil: coconut oil, olive oil
- Kalamata Olives
- Pine Nuts  $\frac{1}{4}$  cup
- Pizza Sauce 1 can
- Pumpkin Seeds ~  $\frac{1}{2}$  cup
- Quinoa  $5\frac{1}{2}$  cups
- Salsa (organic) 1 jar
- Sesame Seeds  $\frac{1}{4}$  cup
- Tahini 1 jar/container
- Tomato paste 1 can
- Tuna (can in olive oil) 2
- Vanilla extract 1 bottle on hand
- Vegetable Stock 1 cup

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## MISCELLANEOUS

- Bone Broth (may need to source this from another store or make. Replace with chicken stock if desired.)
- Cheesecloth
- Dairy free cheese, optional
- Gluten Free Noodles for Udon soup, optional
- Probiotic capsules (need only a couple capsules for yogurt. Consider buying a container and using in program to help gut health.)
- Protein powder (your choice on flavour, great for adding to smoothies, especially in next Paleo section)
- Pizza sauce (try to find organic and no sugar added)
- White Wine

## Week 3 | Paleo

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Before Breakfast</b>	1 cup lemon water	1 cup lemon water	1 cup lemon water	1 cup lemon water	1 cup lemon water	1 cup lemon water	1 cup lemon water
	1 cup Daily Detox Tea	1 cup Daily Detox Tea	1 cup Daily Detox Tea	1 cup Daily Detox Tea	1 cup Daily Detox Tea	1 cup Daily Detox Tea	1 cup Daily Detox Tea
<b>Breakfast</b>	Tomato Egg Cups	Cashew Coconut Power Bar	Cashew Coconut Power Bar	Paleo Eggs	Mushroom Breakfast Sandwich	Raspberry Protein Smoothie	-
	1 cup Daytime Tea	1 cup Daytime Tea	1 cup Daytime Tea	1 cup Daytime Tea	1 cup Daytime Tea	1 cup Daytime Tea	1 cup Daytime Tea
<b>Lunch</b>	Cashew Paleo Smoothie	Chicken & Root Veggie Leftovers	Thai Lettuce Wraps	Beef Spaghetti Squash Leftovers	Tuna Bacon Salad	Shrimp Ceviche Leftover	Meal Prep for following week
<b>Snack</b>	Apple & 2 tbsp Nut Butter	Hard Boiled Egg	Paleo Trail Mix	Pears & Almonds	Guacamole & Veggies	Chocolate Avocado Pudding	-
<b>Dinner</b>	Chicken & Root Veggie Bake	Avocado Turkey Burger	Beef Spaghetti Squash	Coconut Cinnamon Squash	Shrimp Ceviche	Salmon Rolls	-
<b>Before Bed</b>	1 cup TranquiliTea	1 cup TranquiliTea	1 cup TranquiliTea	1 cup TranquiliTea	1 cup TranquiliTea	1 cup TranquiliTea	1 cup TranquiliTea

\*Recipe found in APPENDIX

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## Week 4 | Paleo

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Before Breakfast</b>	1 cup lemon water	1 cup lemon water	1 cup lemon water	1 cup lemon water	1 cup lemon water	1 cup lemon water	1 cup lemon water
	1 cup Daily Detox Tea	1 cup Daily Detox Tea	1 cup Daily Detox Tea	1 cup Daily Detox Tea	1 cup Daily Detox Tea	1 cup Daily Detox Tea	1 cup Daily Detox Tea
<b>Breakfast</b>	Kale & Eggs	Cashew Coconut Power Bar	Cashew Coconut Power Bar	Zucchini Pancakes	Sweet Potato Toast #1	Bacon & Egg Breakfast Sandwich	-
	1 cup Daytime Tea	1 cup Daytime Tea	1 cup Daytime Tea	1 cup Daytime Tea	1 cup Daytime Tea	1 cup Daytime Tea	1 cup Daytime Tea
<b>Lunch</b>	Chicken & Pear Salad	Tuna Rolls	Paleo Spaghetti Leftovers	Steak & Eggs	Peach Paleo Tropical Smoothie	Coconut Chicken Curry Leftover	Meal Prep for following week.
<b>Snack</b>	Guacamole & Veggies	Hard Boiled Egg	Peach Boats	Berries & Coconut Cream	Berries & Coconut Cream	Hard Boiled Egg	-
<b>Dinner</b>	Turkey Stuffed Red Pepper	Paleo Spaghetti	Sausage Stuffed Mushrooms	Tuscan Chicken	Coconut Chicken Curry	Chicken Zucchini Noodle Dish	-
<b>Before Bed</b>	1 cup TranquiliTea	1 cup TranquiliTea	1 cup TranquiliTea	1 cup TranquiliTea	1 cup TranquiliTea	1 cup TranquiliTea	1 cup TranquiliTea

\*Recipe found in APPENDIX

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## TOMATO EGG CUPS

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4 Servings

### Ingredients

- 4 tomatoes
- 4 eggs
- 2 strips bacon, cooked crispy and crushed
- 1 green onion, diced
- ½ jalapeno, sliced finely
- Salt and pepper to taste

### Instructions

- Prep tomatoes by cutting off very top and scooping out the insides. Be careful not to break the tomato in the process.
- Preheat oven to 425F
- Line baking sheet with parchment paper. Then set tomatoes on sheet. Carefully crack egg within tomato.
- Place in oven and bake for 25-30 minutes
- During this time you can cook the bacon into crispy chunks, and prep the green onion and jalapeno topping.
- When eggs are done, remove from oven and top with toppings. Serve and enjoy.



## CASHEW COCONUT POWER BAR

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12 Bars

### Ingredients

- 1¼ cup packed pitted dates
- 1 cup unsweetened coconut
- 1 cup hemp hearts
- 1/3 cup cashews
- 1/3 cup almonds
- 4 tbsp melted coconut oil

### Instructions

- In a blender/food processor, blend ingredients until smooth.
- Line a square baking pan with parchment paper.
- Then press in mixture evenly and let sit in fridge or freezer for a couple hours.
- Remove and cut into 12 bars. Keep in fridge or freezer until serving.



## PALEO EGGS

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2 Servings

### Ingredients

- 4 strips bacon, cooked and crumbled
- 2 large slices of tomato
- 1 avocado, sliced
- 2 eggs, fried
- 1 tbsp coconut oil
- Lemon wedges
- Salt and pepper

### Instructions

- In a small skillet, heat coconut oil over medium heat.
- Crack eggs over skillet and fry to desired texture.
- Prepare plate by placing tomato slice. Sprinkle salt and pepper overtop.
- Then place egg on top with crumbled bacon. Serve alongside avocado slices. Use lemon wedge overtop.

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## MUSHROOM BREAKFAST SANDWICH

---

2 Servings

### Ingredients

- 2 eggs, fried
- Olive oil for frying egg
- 1 avocado
- Lettuce
- 1 small tomato, sliced
- 4 Portobello mushrooms
- Salt and pepper to taste

### Instructions

- In a small skillet, heat oil over medium heat. Proceed to fry egg as desired. Set aside covered.
- Take Portobello mushrooms and cut stem so they are flat on one side. Then cook mushrooms in same pan that was used for egg for 2 minutes over medium-high heat.
- Once Portobello mushrooms are all cooked, layer on top lettuce, sliced tomato, avocado, and egg. Salt and pepper to taste.



## RASPBERRY PROTEIN SMOOTHIE

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2 Servings

### Ingredients

- 1½ cup frozen raspberries
- 2 cups unsweetened coconut milk
- 1 cup fresh spinach
- 2 scoops protein powder
- 2 tbsp hemp hearts
- 1 tsp vanilla extract
- 1 tbsp honey/maple syrup
- Shredded coconut to garnish

### Instructions

- Combine raspberries, milk, spinach, hemp hearts, protein powder, vanilla, and honey in a blender. Pulse and mix well until smooth.
- Top with shredded coconut as desired.

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# KALE & EGGS

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2 Servings

## Ingredients

- 2-4 eggs
- ½ cup baby kale, washed and stems removed
- 1 clove garlic, chopped
- 2 tbsp coconut oil
- salt and pepper
- Garnish with cilantro or parsley (fresh and chopped)
- 1 tomato, sliced

## Instructions

- In a small skillet, heat 1 tbsp coconut oil. Add garlic and cook stirring for 30 seconds. Add kale. Stir into garlic and oil mixture and cover to cook for 5 minutes. Remove lid 2-3 times to stir. Then remove kale from skillet and set aside, covering to keep warm.
- Fry egg as desired, over easy or sunny side up.
- Prepare plates by adding ½ the kale to each plate. Then top with cooked eggs and garnish with fresh herbs as desired.
- Serve alongside fresh tomato slices with salt and pepper otop.

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# ZUCCHINI PANCAKES

---

2 Servings

## Ingredients

- 2 cups shredded zucchini
- 3 eggs
- 1 tbsp gluten free flour (coconut flour)
- 1 green onion, chopped
- 1 tbsp coconut oil
- Salt and pepper

## Instructions

- In a large mixing bowl, beat the eggs adding in the coconut flour and salt and pepper. Then add in green onions and mix well.
- In a medium-sized skillet heat coconut oil over medium heat.
- Use a large scoop to make round pancake sized portions.
- Fry 2-3 minutes per side until golden brown. Make sure not to flip until they are holding their shape.
- Serve alongside bacon or other protein if desired.

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# SWEET POTATO TOAST 1

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2-4 Servings

## Ingredients

- 1 large sweet potato

## Topping

- 2-4 eggs (fried/poached)
- Avocado
- Lime Juice
- Sea Salt & Black Pepper
- Cilantro
- 1-2 Tomatoes, sliced

## Instructions

- Prepare by slicing large sweet potato into ¼" slices, lengthwise.
- Switch toaster to high setting. Will need to double toast sweet potato slices. Sweet potato should be light to golden brown in areas, and so you may need to toast a third time, depending on toaster and thickness of slices.
- Divide onto plates and add toppings.

## Topping

- Peel and mash avocado with lime juice and salt and pepper
- Prep egg as desired (poached/fried)
- Spread avocado over sweet potato portion. Add 1-2 slices of tomato, then place egg overtop and sprinkle with chopped cilantro.

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# MUSHROOM BACON BREAKFAST

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2 Servings

## Ingredients

- ½lb bacon
- 1 avocado
- Lettuce
- 1 small tomato, sliced
- 4 Portobello mushrooms
- Salt and pepper to taste

## Instructions

- In a small skillet, heat oil over medium heat. Proceed to fry egg as desired. Set aside covered.
- Cut bacon strips in half and cook them. Remove excess fat and pat dry with paper towel. Set aside.
- Take Portobello mushrooms and cut stem so they are flat on one side. Then cook mushrooms in same pan that was used for bacon for 2 minutes over medium-high heat.
- Once Portobello mushrooms are cooked, layer on top lettuce, sliced tomato, avocado, egg and bacon. Salt and pepper to taste.

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## CASHEW PALEO SMOOTHIE

2 Servings

### Ingredients

- 2 bananas, frozen
- ¼ cup cashew butter
- 2 tbsp hemp hearts
- 2 cups coconut milk
- ½ -1 ripe avocado
- 2 scoops protein powder optional

### Instructions

- In a blender pulse until smooth. Serve and enjoy.



## TUNA BACON SALAD

2 Servings

### Ingredients

- 6 slices of bacon cut into small pieces, cooked
- 2 cans of tuna in olive oil
- 1 head of lettuce, chopped
- ½ red onion, diced
- 2 tomatoes, diced
- 1 large cucumber, diced
- 1 avocado, diced
- 4 tbsp extra virgin olive oil
- 1 lemon, juice
- 1 tbsp apple cider vinegar
- 2 tbsp fresh dill, chopped
- Salt and pepper to taste

### Instructions

- Drain most of the oil if desired from tuna, you can also use this to add to the dressing for the salad. In a medium-sized mixing bowl, mix tuna, lemon juice, olive oil, and salt and pepper to taste.
- In another bowl, mix tomatoes, avocado, and cucumbers. Then add this mixture to the tuna. Then add dill & chopped bacon.
- Prep bowls by adding about 1 cup chopped lettuce to each bowl. Then top with tuna mixture and toss salad. Serve and enjoy.



# SHRIMP CEVICHE

2 Servings + 2 Leftovers

## Ingredients

- 1-1½ lb shrimp, cooked and deveined, chopped
- 1 orange pepper, diced finely
- ¼ red onion, chopped finely
- ½ jalapeno, diced finely
- 3 tbsps fresh cilantro, chopped
- 2-3 limes, juice
- 1 lemon, juice
- salt and pepper

## Serve alongside

- 1 cucumber, sliced
- 1 avocado, sliced

You can make this into mini wraps by using some butter leaf lettuce if desired.

## Instructions

- In a medium-sized bowl, combine shrimp, onion, peppers, cilantro, and juice from lemon and limes. Season with salt and pepper. The juice from the limes/lemons ideally will come to the top of the level of the veggies and shrimp. You may need to add a bit more lime juice if it is not enough from the 3 called for in the recipe.
- Let sit in fridge and chill for at least 30 minutes (this is best prepped up to a day in advance).
- Serve alongside sliced veggies, or in a wrap. Use half the portion and save the other half for the next day.

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# THAI LETTUCE WRAPS

4 Servings

## Ingredients

- Butter or large leaf lettuce pieces
- Basic protein prep- 1lb chicken thighs. Cut into small portions/ cubes.
- ¼ cups carrots, shredded
- 1 orange sweet pepper, thinly sliced
- 1 Tbsp coconut oil
- 1-2 ripe avocado, sliced
- ¼ cup green onions, chopped to garnish

## Sauce

- 1 tbsp sesame oil
- 1 tbsp tahini
- 2 tbsp coconut aminos
- 1 tbsp honey

## Instructions

- Prep quinoa and chicken as stated in separate instructions. Set aside.
- In a medium-sized mixing bowl, mix ingredients for sauce and set aside.
- Add coconut oil to skillet and heat over high med-high heat. Add carrots and sweet pepper and cook for 2-3 minutes, or until desired texture.
- Add in sauce mixture, along with chick and let simmer 2-3 minutes. Let mixture reduce so sauce is thick and not much liquid remains, if any.
- Build your wraps: Place 1-2 slices of large leaf lettuce on plates. Add chicken followed by veggies. Top with sauce.
- Garnish with green onion and hot sauce as desired. Serve alongside avocado.

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## CHICKEN & PEAR SALAD

---

2 Servings

### Ingredients

- 3-4 cups mixed greens
- 2 chicken breasts, cooked and sliced
- 1 yellow pear, sliced
- ¼ red onion, chopped finely
- 1 cup cherry tomatoes, halved
- ½ cup strawberries, halved
- 3 tbsp olive oil
- 2 tbsp apple cider vinegar
- 1 tbsp fresh lemon juice, or squeeze 2 lemon wedges
- Salt and pepper

### Instructions

- In a small mixing bowl or shaker bottle mix olive oil, lemon juice, and apple cider vinegar and set aside.
- In a large salad bowl mix ingredients (except chicken). Then divide into two portions.
- When serving drizzle over salad dressing and sliced chicken otop.



## TUNA OR SALMON PALEO ROLLS

---

2 Servings

### Ingredients

- 2 cans salmon/ tuna (in olive oil)
- 1/3-½ cup paleo mayo
- 1 clove garlic, minced
- 1 tbsp chives, chopped
- 1 green onion, chopped
- 1 tbsp olive oil
- 1-2 zucchinis, halved lengthwise
- Salt and pepper

### Instructions

- Prep zucchinis by using a peeler to peel long lengthwise strips of zucchini for the wraps. Depending on the size of the zucchini, you may need 1-2 zucchinis.
- In a small mixing bowl mix fish, garlic, chives, paleo mayo, chives, onions, olive oil and salt and pepper.
- Using a spoon, put a chunk on each zucchini and roll. These can be eaten alone or alongside a snack.

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## STEAK & EGGS

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2 Servings

### Ingredients

- 1 tbsp ghee
- 2-4 eggs
- ½lb sirloin, sliced
- 1 clove garlic, chopped
- 1 large tomato, sliced
- 1 avocado, sliced
- Salt and pepper

### Instructions

- Start by heating oil in a frying pan. Add garlic and cook for a minute or 2, stirring as to not burn.
- Add in sirloin strips and cook over medium heat.
- In another pan, heat oil over medium heat. Crack eggs over and season with salt and pepper. Fry until desired texture.
- Once eggs and sirloin are cooked serve on two plates alongside slices of tomatoes and avocado.



## PALEO PEACH SMOOTHIE

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2 Servings

### Ingredients

- 1¼ cup coconut milk
- ¾ cup frozen pineapple
- 1 fresh peaches, pitted and peeled
- 2 scoops vanilla or plain protein powder
- 2 tbsp hemp hearts
- 2 tbsp cashews
- Unsweetened shredded coconut to top

### Instructions

- In a blender pulse until smooth.
- Serve and top with coconut flakes. Serve and enjoy.

Smoothies can make a quick and easy lunch option and are especially great when you have weight loss goals. Try to incorporate other smoothies as you desire.

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## CHICKEN & ROOT VEGGIE BAKE

2 Servings + 2 Leftovers

### Ingredients

- 8 chicken thighs
- 4 tbsp extra virgin olive oil
- 2 cloves garlic, chopped
- ¼" slice of ginger, chopped
- 1 sweet potato
- 1 beet, sliced and halved
- 1lb Brussels sprouts, halved
- 2 apples, cut into slices
- 1 tbsp rosemary
- 4 sprigs of thyme
- Salt and pepper to taste

### Instructions

- Preheat oven to 400F.
- Prep chicken thighs by marinating in half of require olive oil and a bit of salt and pepper (you can also add a bit of thyme and rosemary ahead of time if you like, or just wait until baking in the pan). Set aside and keep chilled.
- In a large mixing bowl add sweet potato, beets, Brussels sprouts and apples. Pour in the rest of olive oil and coat mixture, mixing well. Then transfer and spread out on pan.
- Then add chicken thighs on top of mixture. Sprinkle over ginger, garlic, thyme sprigs, and rosemary evenly.
- Bake mixture for 30 minutes. Once finished pierce chicken and check to make sure it is cooked through, you can always broil to brown the top for another 5 minutes. Serve & enjoy.



# COCONUT CINNAMON SQUASH

4 Servings

## Ingredients

- 1 acorn squash, halved lengthwise
- 1 tbsp coconut oil
- 1 tsp cinnamon
- ¼ tsp ground cloves
- 3 tbsp sliced almonds
- Dash of salt
- Serve with Basic Protein Prep

## Instructions

- Prep basic protein to serve alongside.
- Preheat oven to 375F. Prep baking sheet with a piece of parchment paper.
- Remove seeds and center of squash. Brush the inside with coconut oil. Then place open side down on baking sheet and bake for 35-40 minutes. Make sure squash is tender before removing from oven.
- Then fill the center sections with a bit more coconut oil and season with cinnamon and a pinch of clove seasoning.
- Then top with a bit of salt and almonds overtop. Serve alongside protein.

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# TUNA OR SALMON PALEO ROLLS

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2 Servings

## Ingredients

- 2 cans salmon or tuna (in olive oil)
- 1/3-1/2 cup paleo mayo
- 1 clove garlic, minced
- 1 tbsp chives, chopped
- 1 green onion, chopped
- 1 tbsp olive oil
- 1-2 zucchinis, halved lengthwise
- Salt and pepper

## Instructions

- Prep zucchinis by using a peeler to peel long lengthwise strips of zucchini for the wraps. Depending on the size of the zucchini you may need 1-2 zucchinis.
- Then in a small mixing bowl mix fish, garlic, chives, paleo mayo, chives, onions, olive oil and salt and pepper.
- Then using spoon put a chunk on each zucchini and roll. These can be eaten alone or alongside a snack.

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# AVOCADO TURKEY MUSHROOM BURGER

4 Servings

## Ingredients

Use 1 mushroom cap per burger for open face, 2 mushroom caps for closed burger.

- 1lb ground turkey
- 1 avocado, sliced
- ¾ cup mushrooms, chopped
- 2 cloves garlic, chopped
- 2 tbsp coconut oil
- 1 tbsp fresh rosemary, chopped
- Salt and pepper

## Instructions

### Mushroom Cap Buns

- Preheat oven to 450F. Prep baking sheet with aluminum foil.
- Remove stems of mushrooms and place on baking sheet, cap down/gill side up.
- Place in oven and bake until they are lightly brown, this should take about 10-12 minutes to cook.
- Remove from oven and they are ready to be used as burger buns.

### Burgers

- In a large pan, heat coconut oil over medium heat. Add garlic, and mushrooms and sauté until cooked and tender.
- In a large mixing bowl, add ground turkey, rosemary, and cooked veggies. Mix well.
- Divide into 8-10 portions, roll into balls, and then slightly flatten to form patties.
- Then return to skillet/frying pan. Melt 1 tbsp coconut oil over medium heat. Add patties to pan and fry until browned on each side. Make sure to check center of each patty to ensure it is cooked through.
- Use one patty per mushroom cap for an open face burger or two mushroom caps per patty for a closed burger. Add fixings as desired and sliced avocado.

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# SHRIMP CEVICHE

2 Servings + 2 Leftovers

## Ingredients

- 1-1½ lb shrimp, cooked and deveined, chopped
- 1 orange pepper, diced finely
- ¼ red onion, chopped finely
- ½ jalapeno, diced finely
- 3 tbsp fresh cilantro, chopped
- 2-3 limes, juice
- 1 lemon, juice
- Salt and pepper

## Serve alongside

- 1 cucumber, sliced
- 1 avocado, sliced

You can make this into mini wraps by using some butter leaf lettuce, if desired.

## Instructions

- In a medium-sized bowl, combine shrimp, onion, peppers, cilantro, and juice from lemon and limes.
- Season with salt and pepper. The juice from the limes/lemons ideally will come to the top of the level of the veggies and shrimp. You may need to add a bit more lime juice if it is not enough from the 3 called in the recipe.
- Let sit in fridge and chill for at least 30 minutes (this is best prepped up to a day in advance although not necessary if shrimp is cooked).
- Serve alongside sliced veggies, or in a wrap. Use half the portion and save the other half for the next day.

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# BEEF SPAGHETTI SQUASH

2 Servings + 2 Leftovers

## Ingredients

- 1lb ground beef
- ½ cup full fat coconut milk
- Small can tomato paste
- ½ cup dry white wine
- 1 spaghetti squash, cut in half lengthwise, seeds removed
- 2 tbsp coconut oil
- 1 onion, finely chopped
- 1 carrot, finely diced
- 1 celery stalk, sliced
- 2 cloves garlic, minced
- ½" piece of ginger, chopped finely
- 2-3 basil leaves
- 2 tsp fresh oregano, chopped
- Salt and pepper to taste

## Instructions

- Preheat oven to 375F. Prepare baking sheet with parchment paper.
- Sprinkle salt and pepper over open face of spaghetti squash, place "face down" on baking sheet in oven and bake for 35-40 minutes, until the center is tender and can be forked out.
- In a large skillet heat coconut oil over medium heat. Then add in onions, celery, carrots, garlic and ginger and cook until onions are translucent.
- Add in ground beef and start to brown. Break into small chunks as it cooks.
- Once meat is browned, add in spices, salt and pepper, coconut milk and wine. Stir together well and let simmer slightly covered for 20-25 minutes.
- Once spaghetti squash is cooked, fork out and portion out. Serve meat sauce otop and enjoy.

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# TURKEY-STUFFED RED PEPPER

3-4 Servings

## Ingredients

- 1lb ground turkey
- 3 red bell peppers, chopped in half lengthwise, seeds removed
- 2 Roma tomatoes
- 2 tbsp olive oil
- 4-6 basil leaves
- ½ yellow onion
- ½ cup frozen chopped spinach, thawed and squeezed
- 1 tsp oregano spice
- 1 tbsp fresh basil, chopped
- 2 + 1 cloves garlic, minced
- Salt and pepper

## Instructions

- Preheat oven to 450F and line baking sheet with foil or parchment paper.
- In a large skillet, heat oil over medium heat. Add in garlic and cook for 2-3 minutes.
- Then add turkey and cook, breaking up the ground turkey and stirring constantly.
- In the meantime, add tomatoes, 1 tbsp olive oil, basil leaves, oregano, onions and garlic clove in a blender. Pulse until blended thoroughly.
- Then transfer blended mixture to chicken along with spinach and continue to cook and blend together.
- Once cooked, scoop mixture into red pepper halves. Bake for 15-20 minutes. At this point, check texture of red pepper. Should be soft but still firm enough to stand upright with toppings inside. Remove from oven and let cool. Serve and enjoy.

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# PALEO SPAGHETTI

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2 Servings + 2 Leftovers

## Ingredients

- 1½ lbs ground beef
- 1 small yellow onion
- ½ cup parsley, finely chopped
- 3 cloves garlic, minced
- 1 tbsp fresh rosemary, finely chopped
- 1 tbsp fresh oregano, finely chopped
- 2 tbsp fresh basil, finely chopped
- 3 large tomatoes, diced
- 1 cup mushrooms, chopped
- 2 tbsp extra virgin olive oil
- 2 tbsp red wine
- Salt and pepper to taste
- 4 portions of zucchini noodles (recipe in Appendix)

## Instructions

- In a large skillet heat oil over medium heat.
- Add in garlic and onions and cook 2-3 minutes until onions are translucent.
- Add in ground beef and cook until browned.
- Then add spices (basil, oregano, rosemary) and mix well.
- Use a food processor/blender to pulse mixture for 20 seconds.
- Then add tomatoes to blender/food processor and pulse again until well blended.
- Return to skillet and add in wine, salt, and pepper to taste.
- Portion out zucchini noodles and meat sauce. Then sprinkle and garnish with parsley.

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# SAUSAGE-STUFFED MUSHROOMS

4 Servings

## Ingredients

- 1lb ground sausage meat
- 12 Portobello mushroom caps
- 1½ cup baby spinach, washed
- 1 tbsp ghee
- 1 clove garlic, minced
- ½ red pepper, diced finely
- 1 tsp chilli flakes (optional)

## Instructions

- Preheat oven to 450F. Prepare baking sheet with parchment paper.
- Prep mushroom caps for stuffing by first removing gills. Then place on baking sheet, gill side down and bake for 10 minutes. Remove from heat and set aside.
- In a large skillet, heat ghee over medium heat. Then add in sausage meat and break up while cooking. This should take about 5-8 minutes, make sure no pink is left.
- Add garlic and red pepper and a few chilli flakes if desired. Season with salt and pepper and cook for another couple minutes. Add spinach and cook until it begins to wilt.
- Remove from heat and begin to stuff mushrooms. Place back in oven for 15-20 minutes. Serve and enjoy.

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# TUSCAN CHICKEN OVER ZOODLES

4 Servings

## Ingredients

- 1lb skinless, boneless chicken breast, sliced thinly
- 2 tbsp olive oil
- 1 cup coconut milk
- ½ cup bone broth
- 1 clove garlic, minced
- 1 shallot, chopped
- 1 tsp oregano spice
- 4-6 basil leaves, chopped
- 1 cup baby spinach, stems removed
- 2 Roma tomatoes, diced
- Salt and pepper
- Zucchini noodles (recipe in Appendix)

## Instructions

- In a large skillet, heat oil over medium heat.
- Add in shallot and cook for 1-2 minutes until starts to turn translucent.
- Add garlic and chicken and cook until chicken browns on all sides.
- Add in coconut milk, bone broth, and all spices. Simmer for 10 minutes making sure not to burn.
- Check chicken slices to ensure they are cooked throughout. Then add spinach and cook until starts to wilt. Remove from heat and set aside.
- Set aside, covered, while prepping zucchini noodles or prepare those while chicken is simmering.
- Serve chicken otop zucchini noodles.

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# COCONUT CHICKEN CURRY

2 Servings + 2 Leftovers

## Ingredients

- 6-8 grass fed chicken thighs (boneless, skinless), chopped
- 1 zucchini, diced
- 2 tbsp Green Curry Paste
- 1 regular sized can unsweetened coconut milk
- Juice and zest from 1 lime
- 1 large onion, chopped finely
- 2 garlic cloves, minced
- ½" piece of ginger
- 1 tbsp coconut oil
- 1 tbsp crushed cashews

## Optional

- 2 portions of quinoa

## Instructions

- In a large skillet or saucepan add 1 tbsp coconut oil and heat over med-high heat
- Add in chopped chicken and cook thoroughly.
- Add garlic cloves, ginger and onions and cook at side of chicken. Then stir in once onions are translucent.
- Push chicken to side of pan and add green curry paste. Cook paste for about 1 minute.
- Add coconut milk (shake well before adding) to pan and let bring to a boil and turn down to simmer. Once simmering, add lime juice.
- Steam veggies in a separate pan, then add to the mixture at this time, otherwise add them in and simmer until veggies are tender.
- Let curry mixture simmer down to desired consistency of sauce.
- Serve over quinoa if desired.

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# CHICKEN TOMATO ZUCCHINI NOODLES

3-4 Servings

## Ingredients

- 1lb chicken thighs/ fillets
- 3 zucchinis
- 2 cloves garlic, minced
- 1 can crushed tomatoes
- 10 cherry tomatoes, halved
- 1 onion, diced
- 1 tbsp coconut oil
- 1 tsp turmeric
- ½ tsp paprika
- Salt and pepper
- Basil leaves to garnish

## Instructions

- In a large skillet, heat oil over medium heat.
- Add onions and garlic and cook for 2 minutes until becomes fragrant.
- Then add chicken to skillet and cook turning so all sides of chicken cook. Cook for about 5-8 minutes, until all sides are browned.
- Then add seasonings and mix well.
- Meanwhile, use spiralizer to spiral zucchinis. Add crushed and fresh tomatoes to skillet.
- Then add zucchini noodles and cook until they are tender.
- Serve with basil leaves to garnish.

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## GUACAMOLE & CRACKERS

2 Servings

### Ingredients

- 1 avocado, diced
- Juice from ½ lime (use more if desired)
- ¼ red onion, chopped finely
- 2 tbsp fresh cilantro, chopped
- Salt and pepper to taste

### Instructions

- First, add avocado to medium sized mixing bowl and mash.
- Add in lime and mash/stir well. Next add red onion, cilantro, and salt and pepper to taste.
- You can add ¼ tsp chilli flakes for some extra heat. Set aside.
- Serve alongside flaxseed crackers or mixed veggies.



## AVOCADO COCOA PUDDING

2-3 Servings

### Ingredients

- 1 large, ripe avocado (2 cups)
- 3 tbsp unsweetened raw cocoa powder
- 2 tbsp raw honey/ pure maple syrup
- ¼ cup coconut milk
- Pinch sea salt
- If desired, add 1 tbsp nut butter

### Instructions

- Mix together ingredients in a blender and food processor. Start with only half the coconut milk and add a bit more if desired. Store in fridge.



## PEACH BOATS

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2 Servings

### Ingredients

- 2 peaches, pitted and halved
- 4 tbsp cashew butter

### Instructions

- Portion 1 tbsp cashew butter per peach half and serve.



## BERRIES & COCONUT CREAM

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2 Servings + 2 Leftovers

### Ingredients

- 1 can coconut milk
- ½ cup blackberries
- ½ cup raspberries
- 1 cup blueberries
- 1 tbsp honey
- 1 tsp cinnamon
- Mint leaves to garnish

### Instructions

Only prepare ½ at a time, if you are not going to eat the other half later that day, or the next day.

- In a medium-sized mixing bowl, combine coconut milk, honey, and cinnamon and mix well.
- Then mix in berries, lightly coating them with the coconut cream.
- Garnish and top with mint leaves either whole or chopped. Serve and enjoy.

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# PALEO TRAIL MIX

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3 Cups

## Ingredients

- ¾ cup raw pumpkin seeds
- ½ cup almond, chopped
- 1/3 cup walnuts
- 1/3 cup pecans
- 1/3 cup pistachios
- 1/3 cup Medjool dates, chopped (pits removed)
- ½ cup shredded coconut/ coconut flakes, unsweetened
- 1 tbsp coconut oil
- 2 tbsp honey/ maple syrup
- 1½ tsp cinnamon
- ¼ tsp sea salt

## Instructions

- Preheat oven to 325F. Line 2 baking sheets with parchment paper and set aside.
- In a large mixing bowl, combine pumpkin seeds, almonds, walnuts, pecans, and shelled pistachios with coconut oil, maple syrup, cinnamon, and sea salt. The spread the mixture over the baking sheets in a single layer so they evenly cook.
- Bake 30 minutes until golden brown, stirring and turning occasionally.
- Coconut flakes if you have them can be baked separately for 10-15 minutes. If you have coconut flakes, add them in the end with no baking necessary.
- One serving equals about 1/3 cup.

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# Week 3 & 4 Shopping List

REMEMBER: Listed are the amounts for all servings, all portions, you may not need all of it, in some sections you may need extra. With things that go bad easily, buy only half and plan to do shopping between weeks. Adjust your next week shopping accordingly to what you have in your fridge or on stock.

## MEAT & PROTEIN

- 2-3 dozen eggs (recipes call for 31 eggs)
- 2lbs bacon
- 5lbs chicken thighs
- 1½ lbs chicken breasts
- 1lb sirloin
- 1½lb shrimp - cooked and frozen
- 1lb ground sausage meat
- 2½lbs ground beef
- 2lbs ground turkey

If you have any meals with basic protein prep, you will need to add 1lb meat/protein for 4 servings.

## COLD & FROZEN SECTION

- Berries/Raspberries (mixed & frozen) 1½ cups
- Coconut milk 7 cups
- Pineapple (frozen) 1 cup
- Spinach (frozen) 1 package, need about ½ cup

## FRUITS & VEGGIES

- Acorn Squash 1
- Apples 5
- Avocado (ripe) 10+
- Banana 2 frozen
- Basil fresh 12-15 leaves
- Beet 1
- Berries 1 cup worth of blackberries and raspberries
- Blueberries 1 cup
- Brussels sprouts 1lb
- Butter Lettuce 1 head
- Carrots 2

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- Celery 1 stalk
- Chives 1 bunch
- Cilantro 1-2 bunches
- Cucumber 2
- Dates 1/3 cup
- Dill fresh
- Garlic need continuously, so buy about 3-4 each 2 weeks
- Ginger 2" piece
- Green Onion 4
- Jalapeno 1
- Kale/Baby Kale ½ cup worth
- Lemons (lots of them, grab a bag and you may need to restock)
- Lettuce (romaine) 3 heads
- Limes 5-6
- Mint Leaves fresh bunch
- Mixed Greens 3-4 cups
- Mushroom 2 cups worth
- Mushroom (Portobello) 20-15 (just make sure to count how many you actually need for the amount of people you are cooking each meal)
- Onion (yellow) 5
- Oregano fresh
- Parsley 1-2 bunches
- Peaches 3
- Pears 3
- Red Onion 2
- Rosemary fresh
- Shallot 1
- Spinach 4 cups
- Squash (spaghetti) 1
- Strawberries ½ cup
- Sweet Pepper orange-2, red 4
- Sweet Potato 2
- Thyme 2-4 sprigs
- Tomatoes 15-20
- Tomatoes (cherry) 20-25
- Zucchini 10-15

Consider that you have 2-3 meals requiring a simple salad.

## **DOWN THE AISLES**

- Spices (try to always have on hand): cinnamon, turmeric, cloves, curry powder, cumin, cayenne, Cajun seasoning, paprika, basil, oregano, garlic powder, chipotle powder, curry, cayenne
- Almonds sliced 1 cup
- Almonds (whole) 1 1/3 cup
- Apple Cider Vinegar 1 bottle on hand
- Cashews 1 cup
- Chia Seeds
- Coconut Aminos on hand
- Coconut Flakes (unsweetened) 1 package
- Coconut Milk Cans 3
- Gluten Free Flour: coconut flour, almond flour, arrowroot powder
- Hemp Hearts 1-2 cups
- Honey (raw) 2 tbsp
- Nut Butter (almond, cashew): 1 jar on hand
- Oil: coconut oil, olive oil, sesame oil
- Pecans 1/3 cup
- Pistachios 1/3 cup
- Pumpkin Seeds 3/4 cup
- Quinoa 1-2 cups
- Salmon (canned in olive oil) 4
- Tahini 1 jar/ container on hand
- Tomatoes (crushed) 1 can
- Tomato (paste) 1 can
- Tuna (canned in olive oil) 2
- Vanilla extract 1 bottle on hand
- Walnuts 1/3 cup

## **MISCELLANEOUS**

- Curry Paste (jar)
- Ghee
- Bone Broth
- Raw cacao
- Red Wine/White Wine
- Paleo Mayo
- Protein Powder

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## Week 5 | Keto

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Before Breakfast</b>	1 cup lemon water	1 cup lemon water	1 cup lemon water	1 cup lemon water	1 cup lemon water	1 cup lemon water	1 cup lemon water
	1 cup Daily Detox Tea	1 cup Daily Detox Tea	1 cup Daily Detox Tea	1 cup Daily Detox Tea	1 cup Daily Detox Tea	1 cup Daily Detox Tea	1 cup Daily Detox Tea
<b>Breakfast</b>	Keto Bacon & Eggs Plate	Steak & Cheesy Eggs	Cocoa Chia Keto Smoothie	Salmon Avocado Boats	Keto Eggs	Avocado Breakfast Sandwich	-
	1 cup Daytime Tea	1 cup Daytime Tea	1 cup Daytime Tea	1 cup Daytime Tea	1 cup Daytime Tea	1 cup Daytime Tea	1 cup Daytime Tea
<b>Lunch</b>	Avocado Tuna Boats	Keto Tuna Rolls	BLT Bowl	Green Keto Smoothie	Ricotta & Mushroom Stuffed Chicken Leftover	Creamy Butter Chicken Leftover	Meal Prep for following week
<b>Snack</b>	Zucchini Chips	Hard Boiled Egg & Cheese	Avocado Egg Boats	Avocado Egg Boats	Guacamole & Cheese Crisps	Berries & Coconut Cream	-
<b>Dinner</b>	Cheesy Turkey Stuffed Mushrooms	Creamy Roasted Red Pepper Soup	Creamy Roasted Red Pepper Soup Leftover	Ricotta & Mushroom Stuffed Chicken	Creamy Butter Chicken	Chicken Stuffed Red Pepper	-
<b>Before Bed</b>	1 cup TranquiliTea	1 cup TranquiliTea	1 cup TranquiliTea	1 cup TranquiliTea	1 cup TranquiliTea	1 cup TranquiliTea	1 cup TranquiliTea

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## Week 6 | Keto

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Before Breakfast</b>	1 cup lemon water	1 cup lemon water	1 cup lemon water	1 cup lemon water	1 cup lemon water	1 cup lemon water	1 cup lemon water
	1 cup Daily Detox Tea	1 cup Daily Detox Tea	1 cup Daily Detox Tea	1 cup Daily Detox Tea	1 cup Daily Detox Tea	1 cup Daily Detox Tea	1 cup Daily Detox Tea
<b>Breakfast</b>	Chocolate Almond Protein Shake	Cocoa Chia Keto Smoothie	Cheesy Veggie Scramble	Avocado Breakfast Sandwich	Bacon Wrapped Avocado Eggs	Keto Eggs	-
	1 cup Daytime Tea	1 cup Daytime Tea	1 cup Daytime Tea	1 cup Daytime Tea	1 cup Daytime Tea	1 cup Daytime Tea	1 cup Daytime Tea
<b>Lunch</b>	Egg Hash	Creamy Tuscan Keto Chicken Leftover	Ricotta & Spinach Stuffed Chicken Leftover	Avocado Tuna Boats	Chocolate Keto Smoothie	Taco Avocados Leftover	Meal Prep for following week.
<b>Snack</b>	Guacamole & Cheese Crisps	Hard Boiled Eggs	Zucchini Chips	Zucchini Chips	Chocolate Avocado Pudding-Keto Style	Chocolate Avocado Pudding-Keto Style	-
<b>Dinner</b>	Creamy Tuscan Keto Chicken	Ricotta & Spinach Stuffed Chicken	Keto Salmon Rolls	Turkey Stuffed Red Pepper	Taco Avocados	Greek Tuna Spinach Salad	-
<b>Before Bed</b>	1 cup TranquiliTea	1 cup TranquiliTea	1 cup TranquiliTea	1 cup TranquiliTea	1 cup TranquiliTea	1 cup TranquiliTea	1 cup TranquiliTea

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## KETO BACON & EGGS PLATE

2 Servings

### Ingredients

- 4 strips bacon
- 2-3 eggs, scrambled
- ¼ cup onion
- Avocado, halved and sliced
- ¼ cup almonds
- 1 cup arugula
- 1 tbsp chives, chopped

### Instructions

- Cook bacon in pan until crispy. Scrape pan and use oil to cook onions. Then add eggs to make scrambled eggs and onion.
- Next start to prepare the plates by placing into sections. Place some arugula with eggs ovetop, bacon, avocado, and nuts. Sprinkle over chives and salt and pepper.



## STEAK & CHEESY EGGS

2 Servings

### Ingredients

- 1 tbsp ghee
- 2-4 eggs
- ½lb sirloin, sliced
- 1 clove garlic, chopped
- 1 large tomato, sliced
- 1 avocado, sliced
- Salt and pepper
- ½ cup cheese

### Instructions

- Start by heating oil in a frying pan. Add garlic and cook for a minute or 2, stirring as to not burn.
- Add in sirloin strips and cook over medium heat.
- In another pan, heat oil over medium heat. Crack eggs over and season with salt and pepper. Fry until desired texture.
- Once eggs and sirloin are cooked serve on two plates alongside slices of tomatoes and avocado. Serve cheese on side or grate and place ovetop.



## COCOA CHIA KETO SMOOTHIE

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2 Servings

### Ingredients

- 1 cup coconut milk
- ½ avocado
- 2 tbsp almond butter (or other nut butter)
- 2 tbsp chia seeds - prep by soaking in 3-4 tbsp of water for 10 min
- 2 tbsp natural cacao powder
- 1 tbsp coconut oil
- Cinnamon & cinnamon sticks to top

### Instructions

- Place all ingredients, except for cinnamon, in a blender and pulse until smooth.
- Serve into 2 portion and sprinkle with cinnamon. Place cinnamon stick in, if desired.



## SALMON AVOCADO BOATS

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2 Servings

### Ingredients

- 2 ripe avocados, pitted and cut in half lengthwise
- 4oz smoked salmon
- 2 tbsp goat cheese
- 2 tbsp olive oil
- Juice from 1 lemon
- Salt and pepper
- Capers to top

### Instructions

- In a small bowl, mix salmon, goat cheese, oil, and lemon juice. Mix well and add salt and pepper to taste.
- Fill avocado halves and add capers on top. Serve and enjoy.

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# KETO EGGS

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2 Servings

## Ingredients

- 4 strips bacon, cooked and crumbled
- 2 large slices of tomato
- 1 avocado, sliced
- 2 eggs, fried
- 1 tbsp coconut oil
- Lemon wedges
- Salt and pepper
- Slice of cheese

## Instructions

- In a small skillet, heat coconut oil over medium heat.
- Crack eggs over skillet and fry to desired texture. At end add slice of cheese to heat and slightly melt.
- Prepare plate by placing tomato slice. Transfer cooked egg with cheese overtop. Sprinkle salt and pepper overtop.
- Then place egg on top with crumbled bacon. Serve alongside avocado slices. Use lemon wedge overtop.

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# AVOCADO BREAKFAST SANDWICH

2 Servings

## Ingredients

- 1 avocado, pitted and cut in half width wise
- 2 eggs
- 2-4 strips bacon, cut in half and cooked
- 3-4 sliced of red onion
- 2 tomato slices
- 2 small leaves of lettuce
- Salt and pepper
- Hot sauce

## Instructions

- When avocado is cut in half, scoop out a portion in the middle so egg can fit inside. You can also cut the very tip of the avocado, so it is flat and will rest nicely on the plate.
- Options for cooking the egg: try poaching egg (cooking egg in boiling water) or simply fry with a bit of olive oil.
- After egg is placed in center of avocado add salt and pepper. Then layer lettuce, tomato, onion, and bacon on top of egg. Use sauces as desired. Serve and enjoy!

## Poaching Egg

- Fill pan with 5cm water and put a splash of vinegar in. Bring to a boil and then reduce heat to simmer so no bubbles present. Slowly transfer cracked egg into the water making sure that it does not splash or move around. Cook for about 3-5 minutes until outside is opaque. Use slotted spoon to remove egg and transfer to the avocado center. Make sure all water is drained beforehand.

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## CHOCOLATE ALMOND SHAKE

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2 Servings

### Ingredients

- ¼ cup sliced almonds
- ¼ cup unsweetened shredded coconut
- 1 banana, frozen
- 2 scoops protein powder of your choice (vanilla/ chocolate flavour)
- 2 tbsp chia seeds
- 1 tbsp unsweetened cacao powder
- 1 tbsp liquid sweetener
- 2 cups coconut milk
- 2 tbsp coconut oil

### Instructions

- Place ingredients in blender, saving a small amount of almonds and coconut for topping. Then pulse/blend until smooth.
- Drizzle liquid sweetener on top, if desired, and sprinkle a small amount of leftover coconut and almonds.



## CHEESY VEGGIE SCRAMBLE

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2 Servings

### Ingredients

- 3-4 eggs
- 1 tbsp coconut oil
- ½ cup broccoli, cut into small florets
- ½ yellow onion
- ¼ cup green pepper, diced
- ¼ cup grated cheddar cheese
- ½ cup cherry tomatoes, diced for topping
- Salt and pepper

### Instructions

- In a medium-sized skillet heat oil over medium heat.
- Add in veggies (except tomatoes) and sauté for 3-4 minutes.
- In a small bowl whisk eggs with salt and pepper and cheese.
- Pour egg mixture over veggies and scramble.
- Portion out and top with diced tomatoes, serve and enjoy.

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# BACON-WRAPPED AVOCADO EGGS

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2 Servings

## Ingredients

- 2 ripe avocados
- 2 eggs
- 6 bacon slices
- 1 tbsp olive oil
- Salt and pepper
- 1 tbsp fresh cilantro, chopped
- 1 Roma tomato, sliced

## Instructions

- Poaching egg: fill a pan with 5cm water and put a splash of vinegar in. Bring to a boil and then reduce heat to simmer so no bubbles present. Then slowly transfer a cracked egg into the water making sure that it does not splash or move around. Cook for about 3-5 minutes until outside is opaque. Then use slotted spoon to remove egg and transfer to the avocado center. Make sure all water is drained beforehand.
- If needed, scoop out extra avocado so egg fits in nicely.
- Close avocado and wrap tightly with bacon slices.
- In frying pan heat oil over medium heat. Add in avocado and fry for about 10 minutes. Be sure to turn carefully so avocado doesn't break.
- Once ready, slice open and garnish with salt, pepper, and cilantro. Serve and enjoy.

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## AVOCADO TUNA BOATS

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2 Servings

### Ingredients

- 2 ripe avocados, pitted and halved
- 2 cans of tuna (in olive oil)
- 1 green onion, chopped
- 1 tbsp fresh dill, chopped
- 1 clove garlic, minced
- 1 tbsp lime juice
- ½ cup mayo
- Salt and pepper
- 10 cherry tomatoes, halved as topping
- 1 tbsp chives, chopped as topping

### Instructions

- In a medium-sized mixing bowl mix tuna, mayo and spices. Mix well. Then add in green onion and store well.
- Scoop into avocado halves and top with tomatoes and chives.

Try using lettuce wraps for variety the 2<sup>nd</sup> week.



# KETO TUNA ROLLS

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2 Servings

## Ingredients

- 2 cans salmon or tuna (in olive oil)
- ½ cup cream cheese
- 1 clove garlic, minced
- 1 tbsp chives, chopped
- 1 green onion, chopped
- 1 tbsp olive oil
- 1-2 zucchinis, halved lengthwise
- Salt and pepper

## Instructions

- Prep zucchinis by using a peeler to peel long, lengthwise strips of zucchini for the wraps. Depending on the size of the zucchini you may need 1-2 zucchinis.
- Then in a small mixing bowl mix fish, garlic, chives, cream cheese, chives, onions, olive oil and salt and pepper.
- Then using spoon put a chunk on each zucchini and roll. These can be eaten alone or alongside a snack.

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# BLT BOWL

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2 Servings

## Ingredients

- 2 cups mix of kale and green leaf lettuce
- ¾ cups grape tomatoes, halved
- 1 avocado, cubed
- 6-8 strips of bacon, cubed and cooked to be crispy
- ½ cucumber, ½ cup cubed cucumber
- 1 tbsp fresh cilantro/ dill chopped
- Feta/Goat Cheese Chunks
- 1/8 cup pumpkin seeds

## Dressing

- 2 tbsp extra virgin olive oil
- 1 tbsp apple cider vinegar
- 1 tbsp fresh lemon juice
- Salt and pepper to taste

## Instructions

- In a small mixing bowl, whisk dressing ingredients.
- In a large mixing bowl, combine all ingredients except toppings.
- Then add dressing and toss well.
- Plate and serve topping with crumbled feta/goat cheese and pumpkin seeds.

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## GREEN KETO SMOOTHIE

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2 Servings

### Ingredients

- 1 ripe avocado
- 1¼ cup full fat coconut milk
- 6 mint leaves
- 1 celery stock
- 1 baby cucumber
- 1 tbsp coconut oil- optional
- 1 tbsp lime juice
- 1 cup frozen pineapple
- Natural sweetener (stevia) as desired (add small amounts at a time)

### Instructions

- Blend all ingredients until smooth. Add a bit more frozen fruit as desired for thicker consistency.
- Serve and enjoy.



## EGG HASH

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2 Servings

### Ingredients

- 2 bacon slices, chopped
- 1 medium zucchini, dices
- 2 eggs, fried
- 1 cup chopped mushrooms
- ½ yellow onion
- 1 tbsp ghee
- 1 tbsp fresh cilantro, chopped
- Salt and pepper

### Instructions

- In a large skillet heat ghee over medium heat. Add in onions and bacon and cook until bacon starts to brown.
- Add in zucchini and cook for 10-12 minutes until zucchini is tender.
- Portion out and top with cilantro, salt and pepper, and 1 fried egg each. Serve and enjoy.

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# CHOCOLATE KETO SMOOTHIE

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2 Servings

## Ingredients

- 2 cups full fat coconut milk
- ½ cup ice
- 4 tbsp nut butter
- 2 tbsp cacao
- ½-1 avocado
- 2 tbsp coconut flakes
- 1 tsp vanilla
- Natural sweetener (stevia)  
as desired

## Instructions

- Blend all ingredients until smooth.  
Serve and enjoy.



## CHEESY TURKEY MUSHROOMS

4 Servings

### Ingredients

- 1lb ground turkey
- 12 Portobello mushroom caps
- 1½ cup baby spinach, washed
- 1 tbsp ghee
- 1 clove garlic, minced
- ½ red pepper, diced finely
- 1 tsp chilli flakes- optional for extra heat
- 1/3 cup shredded cheese (cheddar)

### Instructions

- Preheat oven to 450F. Prepare baking sheet with parchment paper.
- Prep mushroom caps for stuffing by first removing gills. Then place on baking sheet, gill side down and bake for 10 minutes. Remove from heat and set aside.
- In a large skillet, heat ghee over medium heat. Then add in sausage meat and break up while cooking. This should take about 5-8 minutes, make sure no pink is left.
- Then add garlic and red pepper and a few chilli flakes if desired. Season with salt and pepper and cook for another couple minutes. Then add spinach and cook until it begins to wilt.
- Then remove from heat and begin to stuff mushrooms. Place back in oven for 15 minutes. Remove from heat and top with cheese. Return to oven for another 5 minutes or until cheese bubbles and browns.
- Let cool slightly. Serve and enjoy.



# ROASTED RED PEPPER SOUP

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2 Servings + 2 Leftovers

## Ingredients

- 4 whole roasted red peppers
- 2 tbsp coconut oil
- ½ small onion, chopped
- 1 tsp chilli pepper flakes
- ½ tsp cayenne
- 2 garlic cloves, minced
- ½" piece of ginger, chopped
- 1 cup cream
- Salt and pepper to taste
- Parmesan cheese as topping (optional)

## Instructions

- Using pre-roasted red peppers, or pepper you roast yourself add to blender and pulse until pureed.
- Then add onions, salt and pepper, ginger and spices and puree again.
- In a large stockpot heat oil over medium heat. Then add garlic and cook for 1-2 minutes stirring constantly as to not burn.
- Then pour in red pepper blended mixture and bring to a boil. Then add in cream, bring to a simmer. Then reduce heat to a simmer.
- Let simmer for about 5 minutes so flavours blend. Then portion out and serve with some Parmesan cheese on top.

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# RICOTTA & MUSHROOM CHICKEN

2 Servings + 2 Leftovers

## Ingredients

- 4-5 chicken breasts
- 5 sliced prosciutto
- 1 tbsp extra virgin olive oil
- 1½ cup cremini mushrooms, chopped
- ¾ cup ricotta
- 2 cloves garlic, minced
- Salt and pepper to taste

## Instructions

- Preheat oven to 350F.
- Prepare chicken by slicing lengthwise through middle, while not cutting all the way through as to allow for chicken to fold open and close for stuffing. You may also choose to leave ends intact.
- In a medium saucepan, add oil and garlic. Cook for about 1 minute and stir as to not burn the garlic. Then add mushrooms and cook 1-2 minutes. Once mushrooms are cooked through salt and pepper.
- Remove from heat and let sit. Once slightly cool, mix in ricotta cheese to finish stuffing.
- Prepare pan for the oven by placing parchment paper overtop.
- Then stuff chicken breasts evenly with stuffing mixture.
- For each chicken wrap around 1 piece of prosciutto to close up chicken and fix with toothpick
- Place stuffed chicken breasts in oven and bake for roughly 20-25 minutes. Chicken should be cooked through with no pink remaining. Remove toothpicks.

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# CREAMY BUTTER CHICKEN

2 Servings + 2 Leftovers

## Ingredients

- 1½ lb skinless, boneless chicken breast, sliced thinly
- 3 tbsp butter chicken curry paste
- 2 shallots, chopped
- ½" slice ginger, minced
- 2 cloves garlic, minced
- 1 cup heavy cream
- 2 tbsp ghee
- 1 large can crushed tomatoes
- 1 tsp chilli powder
- 2 tsp cumin
- 1 tbsp cilantro, chopped

## Serve with Cauliflower Rice

- 1 cauliflower, cut into florets
- 1 tbsp coconut oil
- Salt and pepper to taste

## Instructions

- In a large skillet, heat ghee over medium heat. Then add in shallot, ginger and garlic and cook for 1-2 minutes, stirring consistently as to not burn.
- Then add in chicken and cook until browned on all sides. Once chicken is browned add in curry paste and cook the paste for a minute or two.
- Then add in crushed tomatoes and spices. Simmer for 5-10 minutes.
- Then add cream and let simmer for another 10-15 minutes. Once done add in cilantro and serve over cauliflower rice.
- For cauliflower rice, cook cauliflower in a steamer. Steam until you can pierce with a fork, between 5-10 minutes.
- Use a food processor to pulse cauliflower until it is in fine grains (bigger pieces for more of a rice texture, smooth for more of a mashed texture). You can add a tbsp of oil (coconut) to get a smoother texture. Add salt and pepper to taste and stir.

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# STUFFED RED PEPPER

3-4 Servings

## Ingredients

- 1lb ground chicken or turkey
- 3 red bell peppers, chopped in half lengthwise, seeds removed
- 2 Roma tomatoes
- 2 tbsp olive oil
- 4-6 basil leaves
- ½ yellow onion
- ½ cup frozen chopped spinach, thawed and squeezed
- 1 tsp oregano spice
- 1 tbsp fresh basil, chopped
- 2 + 1 cloves garlic, minced
- Salt and pepper
- 1/3 cup shredded cheddar cheese to top

## Instructions

- Preheat oven to 450F and line baking sheet with foil or parchment paper.
- In a large skillet, heat oil over medium heat. Add in garlic and cook for 2-3 minutes.
- Add turkey and cook, breaking up the ground turkey and stirring constantly.
- In the meantime, add tomatoes, 1 tbsp olive oil, basil leaves, oregano, onions and garlic clove in a blender. Pulse until blended thoroughly.
- Transfer blended mixture to chicken along with spinach and continue to cook and blend together.
- Once cooked, scoop mixture into red pepper halves. Bake for 15-20 minutes. For the last 5 minutes you will want to add the cheese topping and bake until bubbling. When removing from oven peppers should be soft but still firm enough to stand upright with toppings inside. Remove from oven and let cool. Serve and enjoy.

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# CREAMY TUSCAN KETO CHICKEN

2 Servings + 2 Leftovers

## Ingredients

- 1 lb skinless, boneless chicken breast, sliced thinly
- 2 tbsp olive oil
- 1 cup cream
- ½ cup bone broth
- 1 clove garlic, minced
- 1 shallot, chopped
- 1 tsp oregano spice
- 4-6 basil leaves, chopped
- 1 cup baby spinach, stems removed
- 2 Roma tomatoes, diced
- Salt and pepper
- Zucchini noodles from Appendix

## Instructions

- In a large skillet, heat oil over medium heat.
- Add in shallot and cook for 1-2 minutes until starts to turn translucent.
- Then add garlic and chicken and cook until chicken browns on all sides.
- Then add in cream, bone broth, and all spices. Simmer for 10 minutes making sure to not burn.
- Check chicken slices to ensure they are cooked throughout. Then add spinach and cook until starts to wilt. Remove from heat and set aside, covered. Prep zucchini noodles now, or while chicken is simmering. Serve chicken overtop zucchini noodles.

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# RICOTTA & SPINACH CHICKEN

4 Servings + 2 Leftovers

## Ingredients

- 4- 5 chicken breasts
- 5 sliced prosciutto
- 1 tbsp extra virgin olive oil
- ¾ cup ricotta
- 1½ cups spinach
- 2 cloves garlic, minced
- Salt and pepper to taste

## Instructions

- Preheat oven to 350F.
- Slice chicken lengthwise through middle, while not cutting all the way through as to allow for chicken to fold open and close for stuffing.
- In a medium saucepan, add oil, garlic, salt & pepper. Cook for about 1 minute and stir as to not burn the garlic. Then add in spinach and cook until starts to wilt.
- Remove from heat and let sit. Once slightly cool, mix in ricotta cheese to finish stuffing.
- Prepare pan for the oven by placing parchment paper overtop.
- Then stuff chicken breasts evenly with stuffing mixture.
- For each chicken wrap around 1 piece of prosciutto to close up chicken and fix with toothpick
- Place stuffed chicken breasts in oven and bake for roughly 20-25 minutes. Chicken should be cooked through with no pink remaining. Remove toothpicks and enjoy.

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# GREEK TUNA SPINACH SALAD

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2-3 Servings

## Ingredients

- 2 cans tuna in oil
- 1 cup Greek yogurt
- 2 cups baby spinach, washed and dried
- ½ cucumber, peeled and shredded with a grater
- ¼ cup red onion, finely chopped
- ¼ cup Kalamata olives, chopped
- 1 tbsp lemon juice
- 1 tsp garlic, minced
- 2 tsp fresh dill
- 1 green onion, chopped as a topping
- Salt and pepper to taste
- 1 ripe avocado, sliced

## Instructions

- Prep cucumber by squeezing excess water from shredded cucumber.
- In a medium mixing bowl, combine Greek yogurt, cucumber, red onion, Kalamata olives, lemon juice, garlic and fresh dill. Stir well and add salt and pepper to taste.
- Strain most of the oil from tuna cans and mix into mixture from previous step.
- Serve otopop baby spinach and alongside sliced avocado.

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# KETO SALMON ROLLS

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2 Servings

## Ingredients

- 2 cans salmon or tuna (in olive oil)
- ½ cup cream cheese
- 1 clove garlic, minced
- 1 tbsp chives, chopped
- 1 green onion, chopped
- 1 tbsp olive oil
- 1-2 zucchinis, halved lengthwise
- Salt and pepper

## Instructions

- Prep zucchinis by using a peeler to peel long lengthwise strips of zucchini for the wraps. Depending on the size of the zucchini you may need 1-2 zucchinis.
- Then in a small mixing bowl mix fish, garlic, chives, cream cheese, chives, onions, olive oil and salt and pepper.
- Then using spoon put a chunk on each zucchini and roll. These can be eaten alone or alongside a snack to make a full meal.

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# TACO AVOCADOS

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2 Servings + 2 Leftovers

## Ingredients

- 2-4 avocados, decide if you want a half or full avocado for your meal portion. Only cut and halve the amount you will eat for dinner, save the rest for the next day at lunch.
- 1lb ground beef
- 1 shallot, chopped
- 1 tbsp ghee
- 1 tbsp chilli powder
- 1 tsp cumin
- 1 tsp paprika
- 1 clove garlic, minced
- 1 small can tomato paste/ sauce
- 1 cup shredded cheddar cheese
- 10 cherry tomatoes, halved
- ½ cup chopped lettuce
- Salt and pepper
- Salsa and sour cream, if desired

## Instructions

- In a large skillet, heat ghee over medium heat. Then add shallot and garlic and cook for a minute.
- Then add ground beef to brown. Once browned add in spices and stir well. Let cook for about 3-5 minutes until fully browned and broken up.
- Then add tomato paste/ sauce and stir well. Let simmer for a couple minutes while prepping plates. Add salt and pepper to taste
- On each plate serve up avocado halves, remove some of the center so they can be filled easily.
- Scoop meat in avocado and put a remaining portion on the side (remember, half will be used for lunch the next day).
- Then top with lettuce, tomatoes and cheese and serve with sour cream and salsa as desired.



## ZUCCHINI CRISPS

2 Servings

### Ingredients

- 1 zucchini, thinly sliced
- 1 tbsp extra virgin olive oil
- 1 garlic clove, chopped
- 1 tbsp fresh herb of choice (rosemary, or even 1 tsp chilli flakes)
- Salt and pepper to taste

### Instructions

- Preheat oven to 375F. Prepare baking sheet with parchment paper.
- In a large mixing bowl add in garlic clove and oil. Stir well.
- Then add in zucchini and toss so that zucchini is coated with garlic oil.
- Spread zucchini onto baking tray, then use salt pepper and desired herbs to sprinkle overtop.
- Place in oven for 10 minutes. Remove from heat to turn over and place in again for another 10-15 minutes, or until zucchini is slightly browned.
- Serve and enjoy.



# AVOCADO EGG BOATS

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2 Servings

## Ingredients

- 2-3 hard boiled eggs
- 1 tbsp lime juice
- ½ avocado, mashed
- Dash of chilli powder, cumin
- Sprinkle of paprika
- Salt and pepper to taste
- 1 tbsp cilantro, chopped

## Instructions

- Prepare hard-boiled eggs ahead of time. Remove shell and slice in half lengthwise. Place cooked yolks in separate bowl. Set aside halved cooked egg whites.
- Prep avocado by using fork to mash in small mixing bowl. Add up to 1 tbsp lime juice to make a creamy texture.
- Add yellow centers of egg to avocado and mix well.
- Then add spices and salt & pepper to taste. Mix well.
- Fill egg white halves with mixture evenly. Use a dash of paprika to sprinkle over each egg half, and top with chopped cilantro.

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# GUACAMOLE CHEESE CRISPS

2 Servings

## Ingredients Guacamole

- 1 avocado, diced
- Juice from ½ lime (use more if desired)
- ¼ red onion, chopped finely
- 2 tbsp fresh cilantro, chopped
- Salt and pepper to taste

## Cheese Crisps

- ½ cup grated cheese (parmesan or other)

## Instructions Guacamole

- Add avocado to medium-sized mixing bowl and mash.
- Then add in lime and mash well. Next add red onion, cilantro, and salt and pepper to taste.
- You can add ¼ tsp chilli flakes for some extra heat. Set aside.
- Serve alongside cheese crisps.

## Cheese Crisps

- Heat oven to 350F. Prepare baking sheet by lining with parchment paper.
- Using a tablespoon, scoop out portions of cheese and place on baking sheet leaving room between each portion.
- Place in oven for about 5-8 minutes until cheese crisps are formed and are brown. Be sure to watch so they don't burn. Let cool and serve.

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## BERRIES & COCONUT CREAM

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2 Servings + 2 Leftovers

### Ingredients

- 1 can coconut milk
- ½ cup blackberries
- ½ cup raspberries
- 1 cup blueberries
- Liquid sweetener or natural sweetener to taste
- 1 tsp cinnamon
- Mint leaves to garnish

### Instructions

Only prepare ½ at a time, if you are not going to eat the other half later that day, or the next day.

- In a medium-sized mixing bowl, combine coconut milk, honey, and cinnamon and mix well.
- Then mix in berries, lightly coating them with the coconut cream.
- Garnish and top with mint leaves either whole or chopped. Serve and enjoy.



## AVOCADO COCOA PUDDING

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2-3 Servings

### Ingredients

- 1 large, ripe avocado (2 cups)
- 3 tbsp unsweetened, raw cocoa powder
- 8-10 drops liquid sweetener
- ¼ cup coconut milk
- Pinch sea salt
- If desired, add 1 tbsp nut butter

### Instructions

- Mix together ingredients in a blender or food processor. Start with only half the coconut milk and add a bit more if desired.
- Store in fridge.

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# Week 5 & 6 Shopping List

REMEMBER: Listed are the amounts for all servings, all portions, you may not need all of it, in some sections you may need extra. With things that go bad easily, buy only half and plan to do shopping between weeks. Adjust your next week shopping accordingly to what you have in your fridge or on stock.

## MEAT & PROTEIN

- 28 eggs
- 3lbs bacon
- 4oz smoked salmon
- ½lb sirloin
- 5-6lbs skinless, boneless chicken breast
- 1-2lbs ground turkey
- 1-2lbs ground chicken
- 1lb ground beef
- 10 slices prosciutto

If you have any meals with basic protein prep, you will need to add 1lb meat/protein for 4 servings.

## COLD & FROZEN SECTION

- Coconut milk 6-8 cups
- Cream 3 cups
- Mayo
- Pineapple (frozen) 1 cup
- Spinach (frozen) 1 cup
- Greek Yogurt
- Cheese: parmesan, cheddar (large block), goat (small package), ricotta (2 cups, medium-sized container), cream cheese (small container)
- Sour Cream

## FRUITS & VEGGIES

- Arugula 1 cup
- Avocado (ripe) 15+ avocados (don't buy all these at once, see what you use)
- Banana 1-2 frozen
- Basil 10+ leaves
- Berries 1 cup blackberries, raspberries
- Blueberries 1 cup

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- Broccoli ½ - ¾ cup florets
- Cauliflower 1 head
- Celery 1 stalk
- Chives 1-2 bunches
- Cilantro 2 bunches
- Cucumber 3
- Dill fresh bunch
- Garlic should buy around 3-4 per 2 weeks
- Ginger 2" piece
- Green Onion 5-6
- Kale/Baby Kale 2 cups
- Lemons (lots of them, grab a bag and you may need to restock)
- Lettuce (romaine) 1-2 heads
- Limes 5
- Mint leaves 5-10
- Mixed Greens 2 cups
- Mushroom 1 cup
- Mushrooms (Portobello) up to 12
- Onion (yellow) 5-6
- Red Onion 2-3
- Rosemary fresh
- Shallots 5
- Spinach/baby spinach 5½ cups
- Sweet Pepper green 1, red 6
- Tomatoes 12
- Tomatoes (cherry) 4-5 cups
- Zucchini 8

Consider that you have 3-4 meals requiring a simple salad.

### **DOWN THE AISLES**

- Spices (try to always have on hand): cinnamon, turmeric, cloves, curry powder, cumin, cayenne, Cajun seasoning, paprika, basil, oregano, garlic powder, chipotle powder, curry, cayenne
- Almonds sliced ¼ cup
- Almonds (whole) ¼ cup
- Apple Cider Vinegar bottle
- Chia Seeds up to 1 cup
- Coconut Aminos on hand
- Coconut Flakes (unsweetened) 1 package

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- Coconut Milk 2 Cans
- Gluten Free Flour: coconut flour, almond flour, arrowroot powder
- Hemp Hearts up to ½ cup
- Honey (raw): try to use stevia or liquid calorie free (natural Sweeteners)
- Nut Butter (almond, cashew): 1 jar on hand
- Oil: coconut oil, olive oil
- Pumpkin Seeds ½ cup
- Roasted Red Peppers 1 jar
- Salsa (organic) 1 jar
- Salmon (can) 2-4
- Tahini 1 jar/container on hand
- Tomato paste 1 can
- Tomatoes (crushed) 1 can
- Tuna (can in olive oil) 6 cans
- Vanilla extract 1 bottle on hand

#### **MISCELLANEOUS**

- Bone Broth
- Butter Chicken Curry Paste
- Cacao powder
- Capers
- Ghee
- Liquid Sweetener
- Stevia
- Protein Powder
- Hot Sauce
- Kalamata Olives
- Salsa

# APPENDIX

## **Basic Protein Prep** (chicken, fish, or turkey)

### **Ingredients**

- 3-4 portions of protein, depending on how much recipe calls for
- Desired fresh and dried spices (MSG free).
- 2 Tbsp extra virgin olive oil

### **Instructions**

- Sprinkle oil and spices over protein.
- Let sit in fridge to marinate several hours.
- When ready to prep meal add 1-2 Tbsp to pan and grill protein until thoroughly cooked. You can also place on portable grill.

## **Zucchini Noodles**

### **Ingredients**

- 2-4 zucchinis, peeled (depending on size and amount desired)
- 1 tbsp Extra virgin olive oil
- ¼ cup water
- 1 tsp salt and pepper (to taste)

### **Instructions**

- Use spiralizer to spiral zucchini into noodles.
- In large skillet or pan heat oil. Add zucchini into the oil and heat for 1 minute. Add in water and cook until zucchini is soft, or as desired. Note: zucchini cooked quite quickly, and also shrinks in volume when cooked. Be sure to have enough zucchini and be sure not to cook for too long.
- Season with salt and pepper. Portion and divide onto plates.
- Add sauce and other fixings onto plates.

## **Simple Salad** (Serves 2)

### **Ingredients**

- 1 Roma tomato, diced
- ½ cucumber, diced
- 1½ cup mixed greens
- ¼ red onion, sliced
- Salt and pepper

### **Dressing**

- 1 tbsp olive oil
- 1 tbsp apple cider vinegar
- 1 tsp honey- optional
- 2 lemon wedges

### **Instructions**

- Mix dressing ingredients in a small bowl to start, Set aside. You may find you want to double the recipe, depending on your taste buds.
- In a large mixing bowl combine lettuce and other veggies.
- Drizzle dressing and toss with a few dashes of salt.
- Portion out, serve and enjoy alongside protein dish.

## **Basic Roasted Veggie Recipe**

### **Ingredients**

Mix & Match any combination of the following

- 1 sweet potato, diced
- 1 red/yellow pepper, diced
- 1 red onion, sliced
- 1 cup broccoli florets
- 1 cup cauliflower florets
- 1½ cup brown mushrooms, whole/halved
- 2-3 sprigs of fresh thyme
- 2 tbsp fresh rosemary
- Olive oil
- Salt and pepper

### **Instructions**

- Preheat oven to 450F.
- Line baking sheet with parchment paper.

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- You may choose to drizzle olive oil over the veggies once on the baking pan or coat them in a large mixing bowl. Either way, transfer veggies to baking tray coated with oil. Sprinkle over herbs and add a dash of salt and pepper on top.
- Roast veggies anywhere from 30-40 minutes depending on desired texture and the size of your pieces. Check after 15-20 minutes to stir.