



MONTH 5: MEAL PLAN

Nutritious, 30 Day Meal Plan With Shopping List Included



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30 Day Meal Plan

	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	Raspberry Lemon Fruit Dip	Tomato Egg Cups	Raspberry Hemp Heart Smoothie	Huevos Rancheros	Sweet Potato & Asparagus Egg Cups
Lunch	Avocado Tuna Salad	Cajun Shrimp & Avocado Caesar	Bacon Squash Soup (freeze/ store second portion for later in the week)	Turkey Roll Ups	Bacon Squash Soup
Snack	Kale Chips	Peach Boats	Spicy Soy Beans	Apples & Almonds	Lime & Honey Coconut Yogurt
Dinner	Mushroom Basil Chicken & Beans	Beef & Broccoli Stuffed Potatoes	Collard Greens	Arugula & Prosciutto Pizza	Basic Veggie Pizza

30 Day Meal Plan

	Day 6	Day 7	Day 8	Day 9	Day 10
Breakfast	Apple Muffins	Raspberry Lemon Fruit Dip	Tomato Egg Cups	Banana Cocoa Pudding	Baked Apple Granola Cups
Lunch	Pepperoni Pizza Bites	BLT Salad Bowl	Avocado Tuna Salad	Mexican Super Bowl	Cauliflower Shepherd's Pie LEFTOVER
Snack	Spicy Soy Beans	Kale Chips	Peach Boats	Apples & Almonds	Lime & Honey Coconut Yogurt
Dinner	Puerto Rican Style Beef Dish	Pineapple & Chicken Fried Rice	Steak Skewers	Cauliflower Shepherd's Pie	Turkey Veggie Meatballs

30 Day Meal Plan

	Day 11	Day 12	Day 13	Day 14	Day 15
Breakfast	Tomato Egg Cups	Raspberry Hemp Heart Smoothie	Huevos Rancheros	Pumpkin Pie Pudding	Apple Muffins
Lunch	Turkey Veggie Meatball Wrap	Pepperoni Pizza Bites	Turkey Roll Ups	Cajun Shrimp & Avocado Caesar	BLT Salad Bowl
Snack	Apples & Almonds	Peach Boats	Lime & Honey Coconut Yogurt	Peach Boats	Spicy Soy Beans
Dinner	Cauliflower Shepherd's Pie LEFTOVER	Beef Broccolini & Mushroom Stir-fry	Cherry Chicken & Cauliflower Mash	Mushroom Basil Chicken & Beans	Butternut Squash Risotto

30 Day Meal Plan

	Day 16	Day 17	Day 18	Day 19	Day 20
Breakfast	Huevos Rancheros	Bacon & Onion Scramble	Apple Muffins	Raspberry Lemon Fruit Dip	Tomato Egg Cups
Lunch	Pepperoni Pizza Bites	Turkey Roll Ups	Mexican Super Bowl	Cashew Turkey Wraps	Avocado Tuna Salad
Snack	Lime & Honey Coconut Yogurt	Apples & Almonds	Peach Boats	Spicy Soy Beans	Kale Chips
Dinner	Collard Greens	Steak Skewers	Cashew Turkey Bowl	Arugula & Prosciutto Pizza	Basic Veggie Pizza

30 Day Meal Plan

	Day 21	Day 22	Day 23	Day 24	Day 25
Breakfast	Raspberry Lemon Fruit Dip	Tomato Egg Cups	Baked Apple Granola Cups	Banana Cocoa Pudding	Sweet Potato & Asparagus Egg Cups
Lunch	BLT Salad Bowl	Bacon Squash Soup	Bacon Squash Soup LEFTOVER	Cajun Shrimp & Avocado Caesar	Avocado Tuna Salad
Snack	Kale Chips	Spicy Soy Beans	Lime & Honey Coconut Yogurt	Apples & Almonds	Peach Boats
Dinner	Puerto Rican Style Beef Dish	Mushroom Basil Chicken & Beans	Paleo Spaghetti	Cherry Chicken & Cauliflower Mash	Turkey Veggie Meatballs

30 Day Meal Plan

	Day 26	Day 27	Day 28	Day 29	Day 30
Breakfast	Apple Muffins	Raspberry Hemp Heart Smoothie	Tomato Egg Cups	Bacon & Onion Scramble	Banana Cocoa Pudding
Lunch	Turkey Veggie Meatball Wrap	BLT Salad Bowl	Cashew Turkey Wraps	Avocado Tuna Salad	Mexican Super Bowl
Snack	Peach Boats	Kale Chips	Spicy Soy Beans	Apples & Almonds	Lime & Honey Coconut Yogurt
Dinner	Beef Broccolini & Mushroom Stir-fry	Cashew Turkey Bowl	Pineapple & Chicken Fried Rice	Collard Greens	Steak Skewers

2 WEEK 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	Fruits & Veggies	Down The Aisles
<ul style="list-style-type: none"> • Eggs: 4 ½ dozen (54) • Bacon: ~7 packages (80 strips) • Beef (cut in strips): 1lb • Chicken breasts: 19 • Cod (wild): 6 fillets • Ground Beef: 4 ¾ lb • Ground Turkey: 3 ½ lbs • Pepperoni/ Salami (nitrate free): 3 dozen thick slices • Prosciutto: 10-12 slices • Shrimp (precooked): 3 cups • Sirloin Steak: 2-3lbs • Turkey: 30 slices, nitrate free (buy this as you need them so they don't go bad, 10 at a time) 	<ul style="list-style-type: none"> • Apples: 17 • Arugula: 2 cups • Asparagus: 6 spears • Avocado (ripe): 22 • Banana: 7 (ripe) • Basil: bunch • Bok Choy: 1 cup • Broccoli: ¾ cup • Brocolini: 12-16 stalks • Butternut Squash: 4 • Carrots: 4 • Cauliflower: 5 heads • Celery: 12 stalks (individual ribs), 2 stalks needed • Cherries (unsweetened): 1 cup • Chives: 1 bunch • Cilantro: ~3 bunches • Collard Leaves: 6 + • Cucumber: 4 • Dill: 1 bunch • Garlic: ~ 3 bulbs (31cloves) • Ginger: 5 inch piece • Green beans: 1 ½ cup/ 8oz • Green Onion: 8 • Jalapeno: 5 • Kale/ Baby Kale: 4-6 bunches (kale chips- you may use ~ ½ bunch each time) • Lemons: 2 • Lemons (juice): 1 cup, 2 tbsp, zest • Limes: 9 • Mixed Fruit: 4-8 cups (for Raspberry 	<ul style="list-style-type: none"> • Spices (in your cupboard- try to always have on hand): cinnamon, turmeric, cloves, curry powder, cumin, cayenne, Cajun seasoning, paprika, basil, oregano, garlic powder, chipotle powder, chilli seasoning, curry, cayenne, coconut oil & olive oil • Almonds: 3 1/3 cup • Almonds (slivered): as topping • Almond Flour: 1 cup • Apple Cider Vinegar: 1 bottle • Baking soda on hand: 1/2tsp • Balsamic Vinegar: 1 bottle • Broth (bone, beef, chicken): ½ cup • Cashews: 2 ½ cup • Chia Seeds: 6 tbsp • Chicken Broth: 2 cups • Cocoa Powder: 3 tbsp • Coconut Aminos: 1 bottle • Coconut Oil: large container • Coconut Shredded (unsweetened): added to smoothie, ¼ cup • Coconut Milk Can: 9-10 • Cranberries (dried): 1/3 cup • Gluten Free Flour: coconut flour, almond flour, arrowroot powder on hand: 2 ½ cups • Granola: added to smoothie/ topping • Hemp Hearts: 20 tbsp • Honey (raw): 1 cup • Nut Butter (almond, cashew): ½ cup
<p>Cold Section/ Frozen Section</p>		

MISC		
<ul style="list-style-type: none"> • Chilli Paste: ~ 1 cup • Flour: coconut • Green Curry Paste: • Ketchup (organic, sugar free): 2 tbsp • Medjool Dates: 6 • Olives: 1 cup (sliced) • Olives (pimento stuffed): 1 cup • Pizza sauce: ¾ cup, + enough to cover 4 nights pizza (purchase 1 bottle and another if needed) • Probiotics: 12 capsules • Red Wine: 2 tbsp <p>You need cheesecloth for the yogurt recipe.</p>	<p>Lemon Fruit Dip)</p> <ul style="list-style-type: none"> • Mixed Greens: 9 cups • Mixed Green (Kale & green leaf lettuce): 8 cups • Mushrooms: 10 cups • Onion (red): 6 • Onion (yellow): 8-9 • Oranges: 1-3 • Oregano (fresh): bunch • Parsley: 2 bunches • Peaches: 14 • Pineapple: 2 cups chunks • Rosemary: fresh sprigs • Shallot: 7 • Soy Beans: 6-9 cups (can be frozen portions) • Spinach: 9 cups • Sweet Pepper: 67yellow, 1 green, 4 red • Sweet Potato: 9 • Thyme: 1 bunch • Tomatoes: 20 • Tomato (grape): 4 ¼ cups • Zucchini: 9 	<p>either one, 1 ¾ cup cashew</p> <ul style="list-style-type: none"> • Oil: coconut oil, olive oil • Pumpkin Pie Puree (can): 1, all natural, no sugar added • Pumpkin Seeds: ¼ cup, and some for topping • Sesame Seeds: as topping • Tuna (can in olive oil): 6-10 • Vanilla extract: 6 tsp • Vegetable Stock:

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TOMATO EGG CUPS

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. Set tomatoes on sheet. Carefully crack egg within tomato.
- Place in oven and bake for 25-30 minutes.
- While baking, cook the bacon up 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.



HUEVOS RANCHEROS

4 Servings

Ingredients

- 6-8 eggs
- 1 garlic clove, minced
- ½ bunch fresh cilantro, finely chopped
- 1 shallot, finely chopped
- 3 tbsp extra virgin olive oil
- Juice from 1 lime
- 10 -12 smaller red tomatoes, grape tomatoes, or tomatillos
- 1 jalapeno
- 2 avocados, sliced to serve on the side

Instructions

- In a medium-sized pan, heat 2 tbsp oil over medium heat.
- Place garlic, tomatoes, shallot, and jalapeno in the pan and cook until soft and start to blacken. Around 10-12 minutes.
- Remove mixture from heat. Then combine in blender/ food processor with cilantro, lime juice, and salt and pepper. Pulse until smooth.
- Use the last of the oil and heat over medium heat in another pan. Fry eggs to desired consistency.
- Prep plates by adding a few slices of avocado to each. When eggs are done, plate and cover with sauce. Serve immediately.



CHRISTMAS APPLE MUFFINS

14-16 Muffins

Ingredients

- 1 ripe banana
- 4 eggs
- 1/3 cup water
- 1 apple, diced finely
- 2¼ cups almond meal, or gluten free flour
- ½ tsp baking soda
- 1 tsp cinnamon
- ¼ tsp nutmeg
- ¼ cup coconut oil, melted

Instructions

- Preheat oven to 350F.
- In a large mixing bowl, mash the large banana.
- Add eggs, water, and apples and mix well. Add in the melted coconut oil and mix well.
- In a separate medium-sized bowl, add dry ingredients and mix well.
- Pour dry ingredients into the large mixing bowl, a small portion at a time, making sure to mix well.
- Prep a muffin tin by greasing pan with coconut oil.
- Fill tins with mixture $\frac{3}{4}$ full and bake for 15-20 minutes. Make sure muffins are done by poking with a toothpick in the middle and it comes out clean.
- Serve hot. Save the rest for later. You can also freeze these.



RASPBERRY LEMON FRUIT DIP

2 Servings

Ingredients

- ¼ cup sliced almonds
- ¼ cup unsweetened shredded coconut
- 2 bananas, frozen
- 2 scoops protein powder of your choice (vanilla or chocolate flavor)
- 2 tbsp. chia seeds
- 1 tbsp. unsweetened cacao powder
- 1 tbsp. maple syrup
- 2 cups almond (or coconut milk, if you prefer)

Instructions

- Place ingredients in blender, saving a small amount of almonds and coconut for topping. Then pulse or blend until smooth
- Drizzle maple syrup on top and sprinkle a small amount of leftover coconut and almonds.



BANANA COCOA PUDDING

4 Servings

Ingredients

- 1 sweet potato, cooked, and mashed
- 2 eggs
- ¼ tsp. cinnamon
- 1tbsp. coconut oil
- Maple Syrup
- Topping: nut butter (almond, hazelnut)

Instructions

- In large mixing bowl, whisk eggs and sweet potato mash until well mixed. Add ginger and cinnamon and mix well.
- Add coconut oil to medium-sized frying pan and heat over medium-high heat.
- Use tablespoon to portion mixture and drop into pan. Cook for 3-5 minutes each side. They should be light golden brown on each side.
- Serve with nut butter and chopped fruit as desired.



RASPBERRY HEMP HEART SMOOTHIE

2 Servings

Ingredients

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

Instructions

- Cut bacon strips in half and cook. 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 mushrooms are cooked, layer with lettuce, sliced tomato, avocado, and bacon. Salt and pepper to taste.
- Option: add a fried egg for added protein.



BACON & ONION SCRAMBLE

2 Servings

Ingredients

- 4 eggs, 2 egg yolks, whisked
- 6 pieces of bacon, chopped, slightly cooked
- 1 green onion, chopped
- Red pepper flakes, salt, and pepper to taste
- 1 tbsp extra virgin olive oil

*Serve on sweet potato toast (recipe below)

Instructions

- Prep Sweet Potato Toast to serve with eggs.
- Use a medium-sized mixing bowl to whisk eggs, add slightly cooked bacon, green onion and stir well. Then add a pinch of red pepper flakes, salt and pepper and mix well.
- In a medium-sized skillet, heat olive oil over medium-high heat.
- Then add egg mixture to pan and mix occasionally until eggs are completely cooked.



SWEET POTATO TOAST

2 Servings

Ingredients

- 1 large sweet potato

Instructions

- Prepare by slicing large sweet potato into $\frac{1}{4}$ inch 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.



BAKED APPLE GRANOLA CUPS

2 Servings

Ingredients

- 1 ½ cup frozen or fresh blueberries (frozen for nicer texture)
- 2 cups unsweetened coconut milk
- 1 cup fresh spinach
- 4 tbsp. chia seeds, ground
- 1 tsp. vanilla extract
- 1 tbsp. honey or maple syrup
- Cinnamon or cocoa powder to garnish
- 2 tbsp. granola to garnish

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 per smoothie if desired.



PUMPKIN PIE PUDDING

2 Servings

Ingredients

- 4 eggs, 2 egg yolks, whisked
- 4 pieces of smoked salmon
- 1 tbsp. fresh dill, chopped finely
- 1 green onion, chopped
- Red pepper flakes, salt, and pepper to taste
- 1 tbsp. extra virgin olive oil
- Serve over top sweet potato toast

Instructions

- Prep Sweet potato toast to serve with eggs.
- Use a medium-sized mixing bowl to whisk eggs, add salmon, green onion, and dill and stir well. Then add a pinch of red pepper flakes, salt and pepper and mix well.
- In a medium-sized skillet, heat olive oil over medium-high heat. Then add eggs to pan and mix occasionally until eggs are completely cooked.
- Prep plates by adding 1-2 slices of sweet potato toast and serve eggs on top. Garnish with fresh dill or green onion if desired.



SWEET POTATO & ASPARAGUS EGG CUPS

6 Servings

Ingredients

- 6-12 eggs (1-2 per person)
- 12 strips bacon, slightly cooked (still soft, not crispy)
- 1 small sweet potato, diced and cooked
- 6 asparagus spears, diced
- 1 tbsp olive oil or coconut oil
- Salt and pepper to taste

Instructions

- Preheat oven to 400F.
- Make sure to cook bacon prior. Bacon should still be soft to place in pan. Crispy bacon will have to be broken and spread into pan.
- Cook diced sweet potatoes by tossing in pan with oil until soft.
- Use oil to spread in muffin tins. Distribute bacon into muffin tins, 1 piece per muffin tin.
- Then add a few pieces of the asparagus and sweet potato to each tin.
- Crack 1 egg in each muffin tin.
- Bake on 500F for 12-15 minutes for soft eggs, and 5 minutes extra for hard eggs.
- Serve and enjoy!



CAJUN SHRIMP & AVOCADO CAESAR

2 Servings

Ingredients

- 1 ripe avocado, cubed
- 1 cup precooked shrimp, thawed if using frozen
- 1 garlic clove, minced
- 2 tbsp coconut oil
- ¼ tsp cayenne pepper
- 3 cups mixed greens: kale and iceberg lettuce
- 2-3 tbsp Greek yogurt Caesar dressing

Toppings

- Shredded parmesan, if desired
- 2 lemon wedges

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 just to warm the shrimp and spread the seasoning.
- In medium size mixing bowl, toss lettuce mixture, avocado cubes, followed by the dressing. Add salt and pepper to taste.
- Serve into individual bowls and add shrimp otop. Sprinkle parmesan if desired and serve with lemon wedge.



TURKEY ROLL UPS – 2 WAYS

2-3 Servings

Ingredients

- 10 slices of nitrate free turkey slices

Toppings

- 1 avocado, sliced & ¾ cup grape tomatoes, halved
- ¾ cup shredded cabbage & 1-2 apples thinly slice or shredded

Instructions

- Lay out slices of turkey and stuff with desired toppings. Roll and serve.



BLT SALAD BOWL

2 Servings

Ingredients

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

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 and pumpkin seeds.

Topping

- Sprinkle feta chunks and pumpkin seeds

Salad Dressing

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



MEXICAN SUPER BOWL

2 Servings

Ingredients

- Use the basic protein recipe and cook 2 chicken breasts, cut into strips.
- 1 cup spinach/ green leaf lettuce, washed and chopped
- 1 avocado, sliced
- 2 wedges of lemon

Pico de Gallo

- 2 tomatoes, diced
- Juice from 1-2 limes
- Salt and pepper to taste
- 1 tsp chili flakes
- 3 tbsp fresh cilantro, chopped
- 1 small red onion, chopped finely
- 1 thick orange wedge or 1 tbsp fresh squeezed orange juice

Instructions

- Start by prepping Pico de Gallo. Mix all ingredients in a medium sized mixing bowl. Adjust taste by adding desired salt and pepper. Start prepping plate, set aside equal portions of Pico de Gallo for each plate served. The plate is intended to be served sectioned.
- This can be a cold or hot dish, so if your chicken is prepped and chilled serve it cold, otherwise plate equal portions of chicken strips on the plate. About 4-5 strips per person.
- Serve 3-4 slices avocado per person, then plate the salad, served with a wedge of lemon.
- Serve and enjoy!



BACON SQUASH SOUP

4 Servings

Ingredients

- 2 large butternut squash, cut in half
- 1 large onion, diced
- 2 tbsp coconut oil
- 2 cloves garlic, minced
- ¼ cinnamon
- 4 strips of bacon, chopped and cooked
- 1 tbsp chive, chopped
- Salt and pepper to taste

Instructions

- Preheat at 375F.
- Place butternut squash halves on parchment paper on a pan in the oven for 50-60 minutes until they are cooked thoroughly.
- In a large pot, heat 2½ cups homemade or organic beef/chicken stock.
- In a large saucepan, heat oil over medium heat. Add onions & garlic and cook for 2-3 minutes until translucent.
- Once cooked in saucepan remove from heat.
- Then add garlic/onion mixture along with butternut squash to pot.
- Cook for 5 minutes and add salt and pepper to taste along with cinnamon.
- Then use food processor or blender to mix well.
- Serve, adding cooked bacon and chives to bowl.



PEPPERONI PIZZA BITES

4 Servings

Ingredients

- 2 dozen slices (thick cut) of pepperoni/ salami
- 1 sweet yellow pepper, thinly diced
- 1 large tomato, diced into small pieces
- 1 small zucchini, or ½ regular size, diced into small pieces
- ½ cup natural pizza sauce
- 1 tbsp extra virgin olive oil
- 2 tbsp fresh basil, chopped
- 1 tsp fresh oregano, chopped
- 1/3 cup feta
- Salt and pepper to taste
- Chili flakes - sprinkle

Instructions

- Preheat oven to 375F.
- You will need a muffin tin tray, with small muffin tins (24 count).
- Place 1 piece of pepperoni in each tin, press to the bottom to form a bowl in the muffin tin.
- In a large mixing bowl, add tomato, peppers, zucchini, olive oil, and fresh herbs. Mix well.
- Then start filling muffin tins by adding a small spoonful of pizza sauce to each pepperoni cup. Then evenly distribute vegetable and herb mixture.
- Then evenly distribute feta (as desired) to each pepperoni cup.
- Sprinkle salt, pepper, and chili flakes over tray.
- Place in oven and bake for 8-12 minutes until pepperoni is crisp.
- Serve hot and enjoy.



AVOCADO TUNA SALAD

1-2 Servings

Ingredients

- 1-2 ripe avocados
- 3/4 cup or 1 can cooked wild tuna
- 1 tbsp chopped red onion
- 1 celery stalk, chopped finely
- 1 tbsp extra-virgin olive oil
- 2 tbsp lemon juice
- Salt and pepper to taste
- 1 tbsp cilantro, chopped finely

Instructions

- Slice avocados in half, pit, and scoop out center of avocado leaving about ¼ inch thick shell.
- In medium sized mixing bowl, add cooked tuna, avocado, oil, and lemon juice. Mix well.
- Then add celery and mix well. Add salt and pepper to taste.
- Scoop into avocado halves/ shell. Top with cilantro to serve.



CASHEW TURKEY WRAPS

2 Servings

Ingredients

- Leftovers from Cashew Turkey Bowl
- 2 large lettuce leaves or gluten-free wrap

Instructions

- Using large lettuce leaf or gluten-free wrap, fill with leftovers from cashew turkey bowl.
- Add extra spices as desired.



CAULIFLOWER SHEPHERD'S PIE

2 Servings

Ingredients

- Two portions will be left for leftovers.

Instructions

- You can decide to either microwave leftovers, or if you are at home, put a bit of olive oil in a pan and heat the mixture. Stir and it will be more of a mash, but save you using the microwave to heat it. You can also put it back in the oven to bake, but this will take a bit longer to heat it.



TURKEY VEGGIE MEATBALL WRAP

2 Servings

Ingredients

- 4-6 butter leaf lettuce
- Leftover turkey veggie meatballs

Instructions

- Use butter leaf lettuce to wrap around meatballs. These make a quick and easy lunch as they are easy to reheat.



STEAK SKEWERS

You can serve this alongside a green leaf lettuce with lemon and olive oil dressing. Also, consider marinating steak for 1 hour, so add this to your prep time.

4 Servings

Ingredients

- 2lbs sirloin steak cut into 1 inch chunks
- 3-4 tbsp extra virgin olive oil
- 1 tbsp apple cider vinegar
- 1 tbsp balsamic vinegar
- 2 cloves garlic, minced
- 1 tbsp fresh basil, chopped
- 1 sprigs of thyme
- Pinch of cayenne pepper
- Salt and pepper
- 2-3 zucchini, cut into 1 inch chunks
- 3 cups mushrooms
- 1 red/yellow pepper, cut into chunks
- 1 red onion, chopped into larger chunks

Instructions

- In a small mixing bowl, mix together olive oil, apple cider vinegar, balsamic vinegar, garlic, and other herbs. Add salt and pepper.
- Place the chunks of steak into a mixing bowl and coat with marinade made in small bowl. You can chill this and let marinade for about an hour if desired.
- Use metal or bamboo skewers and build by alternating steak with vegetables. Note- bamboo skewers need to be prepped by soaking in water for 30 minutes, and so metal ones are often easier.
- Then preheat grill to medium-high temperature. Grill skewers for 8-10 minutes making sure to turn often, especially if it is a one-sided grill.
- Plate and serve next to a basic salad, or avocado slices.



ASIAN-STYLE FISH DISH

2-3 Servings

Ingredients

- 2-3 white fish fillets
- 2-3 baby Bok Choy
- 1 tbsp coconut oil- for pan
- 1 tbsp sesame oil
- 1 tbsp fish sauce
- ½ tsp chili paste/ oil
- 1 tbsp honey
- 1 clove garlic, minced
- 1 tbsp fresh ginger, chopped
- ½ cup roasted cashews
- 1 green onion, diced finely

Instructions

- In a large mixing bowl, combine fish sauce, oils, and honey. Coat each fillet with mixture and set aside to marinate.
- Remove ends of Bok Choy to prep and set aside.
- In a large skillet, heat coconut oil over medium heat. Place in fish and cook about 2-3 minutes per side. Then remove from heat.
- Then place Bok Choy and any remaining sauce from fish marinade. Cook the Bok Choy again about 2-3 minutes per side until they are tender.
- Then place fish in with Bok Choy to heat. Plate and serve immediately. Top with green onions and cashews.



MUSHROOM BASIL CHICKEN & BEANS

4 Servings

Ingredients

- 4 large chicken breasts
- 2 tbsp coconut oil
- 1 clove garlic, minced
- 2 tbsp fresh basil, chopped
- 1 can coconut milk
- 2 tbsp organic chicken broth
- 1 ½ cups mushrooms, chopped
- 2 green onions, chopped
- 8 oz green beans
- Salt and pepper to taste

Instructions

- Prep chicken by pounding to ¼ inch thick with meat pounder.
- In a large skillet, heat 2 tbsp coconut oil over medium heat.
- Season chicken with salt and pepper and place in pan along with garlic. Cook until chicken is browned on both sides. Then remove and set aside.
- Then add mushrooms, chick broth, mushrooms basil, and coconut milk to pan. Mix well and simmer to thicken the sauce. You can season this with salt and pepper to taste. Meanwhile cook green beans in step 4.
- Use a medium sized pot and vegetable steamer to stem green beans until tender but crisp.
- Once sauce is thickened and beans are cooked, plate by adding a portion of green beans, topped with chicken and then lastly the sauce. Sprinkle with green onions and serve.



COLLARD COD

4 Servings

Ingredients

- 4 wild cod fillets (or comparable white fish)
- 2 tbsp coconut aminos
- 1 tbsp melted coconut oil
- 1 tsp chili paste
- 1 tbsp apple cider vinegar
- 4 collard leaves
- Salt and pepper to taste

Instructions

- Preheat oven to 375F.
- In a small bowl, combine chili paste, coconut aminos, coconut oil, and apple cider vinegar. Stir well.
- Then coat fish fillets with sauce and set aside.
- Prep collard greens by blanching in boiling water for only a few seconds. Remove from water and lay flat
- Lay one piece of fish on collard greens. Make sure to remove tough stems from greens. Season with salt and pepper.
- Wrap fish with collard greens and place in baking pan. Place in oven and bake for 20 minutes. Make sure that the fish is cooked through before serving. Plate and serve. You can always add a lemon or lime wedge if desired.



TURKEY VEGGIE MEATBALLS

4 Servings + Leftovers

Ingredients

- 1½lbs ground turkey
- 1lb ground beef
- 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. Then add to the zucchini and sweet potato mixture.
- Add the rest of the ingredients to the bowl and mix well using hands.
- For 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.



CAULIFLOWER PIZZA CRUST

Use for the next 2 pizza recipes.

2-4 Servings

Ingredients

- 1 head cauliflower, remove stalk and chopped
- 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 chili flakes for added spice)
- ½ tsp garlic powder
- 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 (1/2-1 tsp each). Mix thoroughly.
- Then take mixture and place over pizza baking sheet and shape into form of pizza sheet.
- Bake in over for 15-17min.
- Refer to Arugula & Prosciutto Pizza OR Basic Veggie recipe. Spread pizza sauce and desired toppings and bake for another 8-10 minutes, or until desired.



ARUGULA & PROSCIUTTO PIZZA

2 Servings

Ingredients

- Pizza sauce to coat pizza crust
- 1 cup arugula
- 4-6 slices prosciutto
- ¼ cup olives (green/black/kalamata), sliced
- 1 tbsp honey to drizzle
- Parmesan, if desired

Instructions

- Prep Cauliflower Crust.
- Add sauce and desired toppings and bake another 8-10 minutes.
- Start by adding sauce, then arugula, followed by prosciutto. Add olives, if desired.
- The honey can be saved for serving it and you can drizzle a little over if desired.



BASIC VEGGIE PIZZA

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
- Sprinkle with dairy-free or other cheese option, if desired

Instructions

- Prep Cauliflower Crust.
- Add sauce and desired toppings and bake another 8-10 minutes.
- Start by adding sauce, then veggies. Add olives, if desired.
- The honey can be saved for serving it and you can drizzle a little over if desired.



CHERRY CHICKEN & CAULIFLOWER MASH

4 Servings

Ingredients

- 4 chicken breasts
- 1 tbsp coconut oil
- 1 cup organic chicken broth
- ¼ cup balsamic vinegar
- 1 cup unsweetened cherries
- 1 sprig rosemary
- 1 cauliflower
- Salt and pepper to taste

Instructions

- Prep chicken by pounding to ¼ inch thick with meat pounder.
- Prep cauliflower by steaming with vegetable steamer until tender and set aside.
- In a large skillet, heat 2 tbsp coconut oil over medium heat.
- Season chicken with salt and pepper and place in pan. Cook until chicken is browned on both sides.
- Add chicken broth, vinegar, dried cherries, and rosemary to pan. Cover and simmer on low heat for another 5 minutes while making cauliflower mash. Make sure to turn occasionally.
- Mash with potato masher, or pulse in food processor until cauliflower is mashed, and set aside. Add a tbsp of coconut oil and mix in it well.
- Remove chicken and let sit, covered. Then reduce the sauce by turning the heat up slightly, making sure to constantly stir and not to burn the sauce.
- Start plating by adding a portion of cauliflower mash to plate. Slice chicken and place over mash, then use balsamic reduction to drizzle over chicken.
- Serve and enjoy!



PUERTO RICAN STYLE BEEF DISH

2-3 Servings

Ingredients

- 1lb ground beef
- 2 large sweet potatoes
- 1 red and 1 yellow bell pepper
- 1 yellow onion, diced
- 1 clove garlic, minced
- 2 tbsp coconut oil
- 1 tbsp coconut oil
- ½ tsp cumin
- ¼ tsp turmeric powder
- 1 tbsp oregano
- 1 bunch of kale, stems removed, diced
- ½ cup pimento-stuffed green olives, halved/ sliced
- Salt and pepper to taste
- 1 tbsp freshly chopped cilantro

Instructions

- Prep sweet potato by wrapping in tinfoil, and baking at 375F for 35-40 minutes. When tender, flake or cut into chunks.
- In a large skillet, heat oil over medium heat. Add garlic and onions and cook for 2-3 minutes or until onions become translucent.
- Add ground beef to brown.
- Add peppers and cook until they become tender.
- Add spices and mix well. Let simmer while prepping mashed sweet potatoes.
- In a large mixing bowl, add in sweet potatoes, start to mash, and add 1 tbsp coconut oil to make sweet potatoes a bit creamy.
- Before serving, mix in olives and kale. Stir well and cook until kale is tender, but not mushy. Be careful not to overcook. It should take about 5 minutes.
- Plate and serve beef mixture over, or on the side of the mashed sweet potatoes.



BEEF BROCCOLINI & MUSHROOM STIR-FRY

4-6 Servings

Ingredients

- 1lb strips of beef (can use sirloin or various cuts). Marinate in olive oil, salt, and pepper to make it more tender.
- Broccolini: depending on size, each person will need about 3-4 stalks
- 2 cups mushrooms, sliced
- 1 onion, chopped
- 2 stalks celery, sliced
- 2 tbsp coconut oil
- 2 cloves garlic, minced
- 1 tbsp fresh ginger, minced
- ¼ cup coconut aminos
- Salt and pepper to taste
- Sesame seeds as a topping

Instructions

- In a large saucepan, heat oil over medium heat.
- Add in garlic and onions and cook for 2-3 minutes until onions are translucent.
- Next add broccolini and a bit of water. Cover and let broccolini steam as to speed up the cooking time.
- Add ginger and cook 1 minute. Add celery and cook until celery starts to become tender.
- Add strips of beef and brown.
- Lastly, add mushrooms and let cook for 2-3 minutes. Add aminos and let simmer for 5-8 minutes.
- Add a bit of salt and pepper to taste, if desired.
- Serve and sprinkle sesame seeds overtop.



BEEF & BROCCOLI STUFFED POTATOES

4 Servings

Ingredients

- 1lb grass-fed ground beef
- 4 Sweet potatoes
- 1½ cup broccoli, florets chopped into smaller pieces
- 3 tbsp coconut oil
- 1 clove garlic, minced
- 1 tbsp fresh ginger, minced
- 1 small white onion, chopped
- 2 tsp chili paste
- 2 tbsp coconut aminos
- Salt and pepper to taste

Instructions

- Preheat oven to 375F.
- Prep sweet potatoes by scrubbing and patting dry. Pierce potatoes several times with a fork and place in oven to bake. They should take about 45 minutes to cook and should be soft.
- In a large skillet, heat oil over med-high heat.
- Add onions and cook until translucent. Then add garlic and cook for 1-2 minutes stirring as to not burn the garlic.
- Then add broccoli and cook for 3-5 minutes until they start to become tender. You may try adding a bit of water and covering to steam broccoli so that it may cook a little quicker.
- Add ground beef and cook until browned. Remove excess oil before adding in chili paste and coconut aminos. Add these and stir. You may choose not to do this step if you don't want it to be spicy. Just add salt and pepper to taste.
- Make slits in cooked potatoes and use a fork to fluff potato.
- Using fork, create a space to put ingredients. Fill potato with layers of beef and broccoli mixture.



PINEAPPLE & CHICKEN FRIED RICE

4 Servings

Ingredients

- Prepare “basic protein prep” as found in appendix. Use 3 chicken breasts, cooked, and chopped into small pieces.
- ¼ cup coconut oil
- 2 cloves garlic, minced
- 1 tbsp fresh ginger, minced
- 1 cauliflower head
- 2 cups pineapple chunks, again try and use smaller pieces
- 1 yellow bell pepper, chopped into small pieces
- 2 carrots, chopped
- 2 celery stalks, chopped
- 4 shallots, chopped
- 4 eggs
- ¼ cup coconut aminos
- 2 tsp chili paste
- 1 cup roasted cashews
- 1 tbsp cilantro, chopped finely
- Salt and pepper to taste

Instructions

- Prep cauliflower by grating it and setting aside in a bowl. Also prep eggs by whisking in a small bowl and setting aside.
- In another small bowl whisk together the coconut aminos and chili paste for the sauce.
- In a large skillet, heat 1 Tbsp coconut oil over medium heat. Add pineapples and cook for 2-3 minutes until they start to caramelize. Then add cashews and cook for another minute or two. Remove from heat and set aside.
- Then add the remaining coconut oil and heat. Then add in shallots, garlic, and ginger and cook for 1-2 minutes until onions are fragrant. Then add the yellow pepper, carrots, and celery and cook for 3-4 minutes or until they begin to become tender.
- Then add cauliflower and cook for about 1-2 minutes. Then add eggs and cook stirring so the eggs scramble and mix with the veggies.
- Then add the sauce and chicken to the pan and cook for another 1-2 minutes so everything is blended.
- Remove from heat and stir in pineapple and cashew mixture. Plate and top with chopped cilantro as desired.



BUTTERNUT SQUASH RISOTTO

4 Servings

Ingredients

- 3 cups butternut squash, cubed
- 1 cup/1 small sweet potato, peeled and cubed
- 2 cloves garlic, minced
- 1 small onion, chopped finely
- 1 cup mushrooms, chopped
- 1 tbsp ghee
- 1 tsp apple cider vinegar
- ¾ cups organic chicken stock
- 2 tbsp parsley, chopped finely
- Salt and pepper to taste

Instructions

- In a food processor or blender, pulse the butternut squash and sweet potato until consistency of rice.
- In a large skillet, heat the ghee over medium heat.
- Add mushrooms, garlic, and ginger and cook for 1-2 minutes.
- Then add mushrooms and mix well and cook for another 2-3 minutes.
- Add the apple cider vinegar and stir. Then add the butternut squash and sweet potato mixture along with chicken stock and mix well. Cook for another 10-15 minutes stirring occasionally so the chicken stock is well absorbed. You will know it is finished, when all the liquid is absorbed.
- Serve and enjoy.



HONEY GINGER CHICKEN & GREEN BEANS

4 Servings

Ingredients

- 6 boneless, skinless chicken breasts
- 1 garlic clove, minced
- 2 tbsp raw honey
- 1 tbsp ginger, minced
- 1 tbsp fresh lemon juice
- Sesame seeds for topping

Green Beans

- 1/8 cup sliced almonds, roasted
- 1 tsp fresh dill, chopped finely
- 2 tbsp coconut oil
- 2 handfuls green beans (enough for 4 portions)

Instructions

- Preheat oven to 350F and line baking sheet with parchment paper.
- In a small mixing bowl, combine honey, garlic, lemon juice and garlic. Stir well.
- You can choose to coat chicken and marinade for a couple hours, or just spread over chicken breast to bake.
- Place chicken breast on parchment paper and put in oven to bake for 15-20 minutes, until chicken is cooked through.
- In a large saucepan, heat coconut oil over medium heat.
- If using raw almonds, you can place almonds in pan to roast prior to cooking beans. Otherwise, place beans in pan and cover and cook 5-10 minutes until desired texture.
- Once chicken and beans are cooked, portion and serve into 4 plates. Sprinkle baked almond slices over beans, and sprinkle sesame seeds over chicken.



CAULIFLOWER SHEPHERD'S PIE

4 Servings + Leftovers

Ingredients

- 1lb ground beef
- 1 head cauliflower, chopped into florets
- 3 tbsp coconut oil
- 2 cloves garlic, minced
- 1 medium-sized onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 1 cup frozen peas
- ½ cup organic beef broth
- 2 tbsp sugar-free, natural ketchup
- 2 tbsp chopped parsley
- salt and pepper to taste

Instructions

- Preheat oven to 400F.
- Prepare a large casserole dish by greasing it with a small portion of coconut oil and set aside.
- In large pot, steam cauliflower until tender. You should be able to pierce easily with a fork. Set aside.
- In large saucepan, heat ½ coconut oil over medium heat. Add onions and garlic and cook for 1-2 minutes.
- When onions are translucent, add celery and carrots and cook for another 5 minutes, making sure to stir frequently so that they don't burn.
- When vegetables start to become tender, add ground beef and cook until brown.
- Add beef broth in small portions to keep mixture moist, but not too watery. You may not need all the broth called for in the recipe.
- Add natural ketchup and season with salt and pepper. Let sit while preparing cauliflower topping.
- Blend cauliflower and mash mixture with a blender (hand held or otherwise). The texture should be smooth.
- Add the other half of the coconut oil (or ghee) and stir in salt and pepper.
- In the saucepan, peas and parsley can now be added and cooked for another 1-2 minutes. The peas don't need much time, otherwise they will get mushy.
- Once mixture is ready, pour into bottom of casserole dish and spread evenly. Add cauliflower topping and spread evenly.
- Place in oven and bake for 25-30 minutes, or until the topping appears browned and the meat mixture is bubbling. Be sure the center is cooked through before taking out. Remove from oven and serve.



CASHEW TURKEY BOWL

4-6 Servings + Leftovers

Ingredients

- 1½-2lbs ground turkey
- 1 cup whole raw cashews
- 2 tbsp coconut oil
- 2 tbsp ginger, minced or finely chopped
- 2 cloves garlic, minced or finely chopped
- ¼ cup coconut aminos
- 1 green & yellow pepper, sliced
- 1 large onion, chopped
- 1 cup Bok Choy, chopped
- Salt and pepper to taste

Instructions

- In a large wok or saucepan heat oil over medium heat.
- Place in raw cashews and roast. Make sure to stir so they do not burn. Remove from pan when roasted and set aside.
- Then add onions and garlic and cook over medium heat for 1-2 minutes, making sure to stir and not burn them.
- Then add ground turkey and brown. Cook for about 5 minutes.
- Then add ginger and coconut amino and stir well. Cook for another 1-2 minutes.
- Then add remaining vegetables and cook until they become tender. You can cover to cook so they will also lightly steam.
- Add salt and pepper to taste.
- Remove from heat and stir in cashews. Serve and enjoy.



TURKEY STUFFED MUSHROOMS

4 Servings

Ingredients

- 6-8 Portobello mushrooms caps
- 1lb lean ground turkey (or chicken)
- 1 clove garlic, minced
- 1 large onion, dices
- 6 asparagus spears
- 2 tbsp extra virgin olive oil
- 1 cup baby spinach
- 1 red pepper, diced
- 1 tbsp fresh basil, chopped
- Salt and pepper to taste

Instructions

- In a large pan heat oil over medium heat. Then add Portobello caps and cook about 3 minutes per side until soft. Then set aside.
- Add onions and garlic to skillet and cook over medium heat until translucent. Transfer to a bowl and set aside.
- Add asparagus to pan and cook for roughly 10 minutes until asparagus is tender.
- Add back the garlic onion mixture and add the ground turkey to pan and cook breaking up the turkey until it is cooked thoroughly. Season with salt and pepper to taste.
- Add spinach to pan and stir for 1-2 minutes and remove from heat.
- Add mixture to mushroom cups and serve. Any leftovers can be used the following day added to a wrap.



TUNA TOMATO BURGERS

6 Servings

Ingredients

- 1 cup canned tuna, salmon, or chicken (drained). You can also use 1 cup cooked fish and flake yourself.
- 1 garlic clove, minced
- 1 chili pepper, finely chopped
- 2 shallots, finely chopped
- 1 egg
- 2 tbsp tomato paste - natural, not in a can if available
- 1 tbsp gluten-free flour (coconut flour is a good option)
- Salt and pepper to taste
- You can also use large leaf lettuce or mushroom caps as a bun as desired, or eat them on their own.

Toppings

- Sliced tomato
- Sliced avocado or mashed with a small amount of salt, pepper, and lemon juice

Instructions

- Preheat oven to 350F.
- In a large mixing bowl, combine ingredients for burger, and mix well.
- Portion out into 6 burgers, use hands to round and then flatten into burgers. They should be about ¼-½ inch thick, depending on preference.
- Use a sheet of parchment paper on a baking tray, and place burgers in the oven to cook for about 5-10 minutes.
- Remove from oven and let sit 5 minutes, or until cooked thoroughly. Make sure to check the center.
- Place on large leaf lettuce and add fixings as desired. Try mashing the avocado with lime juice, to give the burger a bit of a sauce.



SWEET POTATO & CHICKEN SKILLET

4 Servings

Ingredients

- 6 boneless chicken thighs
- 2 large sweet potatoes, diced
- 8 pieces nitrate-free thick cut bacon, chopped and cooked
- 1 large red onion, chopped
- 1 tbsp coconut oil or extra-virgin olive oil for pan
- Fresh cut sage and basil for topping
- Salt and pepper to taste

Instructions

- Preheat oven to 400F.
- In a large pan skillet, add coconut oil and diced sweet potato and cook over medium-high heat until tender.
- Remove from pan and set aside.
- Add chicken thighs to large pan and cook 3-4 minutes per side (make sure not to overcooked these as times may vary based on thickness of chicken).
- Add sweet potato to pan and cook together for 3-4 more minutes.
- Add all ingredients to oven skillet and season with salt and pepper. Bake for 10 minutes, until chicken is cooked through.
- Top with bacon and spices to serve.



PALEO SPAGHETTI

4 Servings

Ingredients

- 1½lbs 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 for zucchini noodles - see recipe below (use 4-5 zucchinis)

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.
- Add spices (basil, oregano, rosemary) and mix well.
- Then use a food processor or blender to pulse mixture for 20 seconds.
- Add tomatoes to blender or 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.



ZUCCHINI NOODLES

4 Servings

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.
- Zucchini cooks quite quickly and 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.

BASIC PROTEIN PREP

For chicken, fish, and 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. oil to pan and grill protein until thoroughly cooked. You can also place on portable grill.

SNACKS

PEACH BOATS

2 Servings

Ingredients

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

Instructions

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

SOY BEANS

2 Servings

Ingredients

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

Instructions

- In a small mixing bowl combine coconut aminos and chili paste.
- In a medium-sized saucepan add oil and heat over medium heat.
- Then add soybeans and sauce and cook for 3-4 minutes. Time may vary depending on whether beans are frozen or not.
- Once cooked through remove from heat and serve.
- Sprinkle with sesame seeds and enjoy.



APPLES & ALMONDS

2 Servings

Ingredients

- 1 - 2 apples, sliced
- ½ cup raw and roasted almonds (1/4 cup each)

Instructions

- Divide into bowls and serve.



LIME & HONEY COCONUT YOGHURT

Has to set for 24-48hrs so make this one ahead of time.

2 Servings

Ingredients

- 1 can full-fat coconut milk
- 2 capsules probiotics
- ½ lime, juiced
- 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 lime juice and honey and serve.
- You can also add mixed nuts, fruit, and seeds to this and serve.



KALE CHIPS

2 Servings

Ingredients

- 4-5 leaves of kale, stems removed, and kale chopped or broken into smaller bite size pieces
- 1-2 tbsp extra virgin olive oil
- Salt and pepper
- Chili flakes

Instructions

- Preheat oven to 350F
- In a large mixing bowl toss kale with 1-2 tbsp oil. Kale leaves should be coated, but not drenched in the oil so they will cook nicely.
- Line a baking sheet with parchment paper. Spread out kale leaves as much as you can. They will cook down and you will be able to adjust and move them around as they bake.
- Sprinkle with chili flakes, salt, and pepper. Use your imagination and use flavors you like. Add a sprinkle of other seasonings as desired.
- Place baking sheet in oven. Watch closely because they cook quite quickly. Let bake for 4-5 minutes, open oven and move kale leaves around as they begin to cook down.
- You will probably need another 4-5 minutes, to bake kale is crispy but not burnt.
- Serve and enjoy!