

One Pan Sausage, Potatoes & Peppers

7 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Place the potatoes and peppers on the baking sheet and season with the oil, paprika, oregano, and salt. Toss to combine and bake for 10 minutes.
3. Add the sliced sausage to the same baking sheet and stir to combine with the potatoes and peppers. Continue to bake for 15 to 18 minutes, or until the sausage is cooked through and the potatoes are tender. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add your favorite dried herbs or spices.

No Red Bell Pepper

Use yellow or orange bell pepper instead.

No Turkey Sausage

Use pork or chicken sausage instead.

No Mini Potatoes

Use diced yellow or white potatoes instead.

Ingredients

4 cups Mini Potatoes (halved)
2 Red Bell Pepper (chopped)
1 1/2 tbsps Extra Virgin Olive Oil
1 1/2 tsps Paprika
1 tsp Oregano
1/2 tsp Sea Salt
1 1/8 lbs Turkey Sausage (sliced)

Sausage & Cauliflower Rice Stuffed Peppers

9 ingredients · 1 hour 5 minutes · 4 servings



Directions

1. Preheat the oven to 350°F (176°C). Add the water to the bottom of a baking dish.
2. Cut off the tops of the peppers and discard the seeds and ribs.
3. Heat a pan over medium-high heat. Add the sausage to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, about 8 minutes, drain any excess drippings from the pan.
4. Add the onion, garlic, Italian seasoning and salt to the pan with the sausage. Cook for 3 to 5 minutes until the onions have softened. Remove the pan from the heat and stir in the cauliflower rice and tomato sauce until well combined.
5. Stuff the peppers with the sausage and cauliflower rice filling. Place the peppers so that they are standing up right in the prepared baking dish. Cover with foil or a lid and bake for 45 to 50 minutes or until the peppers are very tender.
6. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is 1 stuffed pepper.

More Flavor

Add red pepper flakes for more spice. Use your favorite pasta or marinara sauce instead of plain tomato sauce. Use hot or mild Italian-spiced sausages or honey garlic sausages instead.

Additional Toppings

Top with cheese, fresh herbs or serve with extra tomato sauce.

Peppers

Use any colour of bell pepper. If your bell peppers are tipsy and do not stand upright on their own, try thinly slicing the bottom of them to create a flat surface.

Ingredients

- 1/3 cup Water
- 4 Yellow Bell Pepper
- 1 lb Pork Sausage (casing removed)
- 1/2 Yellow Onion (chopped)
- 2 Garlic (clove, minced)
- 1 1/2 tsp Italian Seasoning
- 1/4 tsp Sea Salt
- 1 1/2 cups Cauliflower Rice
- 1 cup Tomato Sauce

No Pork

Use turkey or chicken sausage instead.

Cauliflower Tacos with Lime Crema

13 ingredients · 50 minutes · 4 servings



Directions

1. Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. In a small bowl stir together the oil, cumin, paprika, garlic powder and half the salt. Add the cauliflower to the sheet and pour the oil mixture on top. Toss with your hands. Bake for 20 minutes. Remove, flip the cauliflower around and roast for an additional 15 minutes.
2. Meanwhile, add the soaked and rinsed cashews to a blender along with the lime juice, water and remaining sea salt. Blend on high until smooth and creamy.
3. Divide the tortillas between plates. Add the cabbage, roasted cauliflower and avocado to each tortilla. Drizzle the cashew lime sauce over each taco and garnish with cilantro, if using. Enjoy!

Notes

Leftovers

This recipe is best stored with ingredients kept separately. Store everything in their own airtight container for up to three days.

Serving Size

One serving is two tacos.

More Flavor

Season the cabbage with extra lime juice and sea salt.

Additional Toppings

Top with thinly sliced radish and/or chili flakes.

Nut-Free

Use plain coconut yogurt mixed with lime juice instead of cashew cream.

Ingredients

- 1 1/2 tbsps Avocado Oil
- 1 tsp Cumin
- 1 tsp Smoked Paprika
- 1/2 tsp Garlic Powder
- 1/2 tsp Sea Salt (divided)
- 1 head Cauliflower (medium sized, chopped into florets)
- 1/3 cup Cashews (soaked, drained and rinsed)
- 1 1/2 Lime (juiced)
- 1/4 cup Water
- 8 Corn Tortilla
- 1 cup Purple Cabbage (thinly sliced)
- 1 Avocado (sliced)
- 1/4 cup Cilantro (chopped, for garnish, optional)

Chili Lime Baked Cod with Rice

9 ingredients · 35 minutes · 2 servings



Directions

1. Cook the rice according to package directions.
2. In a zipper-lock bag or shallow bowl, combine the oil, maple syrup, lime juice, chili powder, salt, cayenne pepper and cumin. Mix to combine then add the cod fillets. Gently massage the sauce into the fillets and let it marinate for at least 15 minutes or up to an hour.
3. Meanwhile, preheat the oven to 400°F (204°C).
4. Transfer the fillets and the marinade to a baking dish. Bake for 12 to 15 minutes or until the fish is cooked through and flakes easily.
5. Divide the rice between plates. Top with the cod and any excess sauce from the baking dish. Serve with extra lime wedges, if using. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Fillet Size

One fillet is equal to 231 grams or 8 ounces.

More Flavor

Add garlic or smoked paprika to the marinade.

Additional Toppings

Top with cilantro or red pepper flakes.

No Maple Syrup

Use honey instead.

No Brown Rice

Use quinoa or cauliflower rice instead.

Ingredients

1/2 cup Brown Rice

1 tbsp Avocado Oil

1 tbsp Maple Syrup

1/2 Lime (juiced, plus additional slices for garnish)

1/2 tsp Chili Powder

1/8 tsp Sea Salt

1/8 tsp Cayenne Pepper

1/8 tsp Cumin

2 Cod Fillet

Juicy Fillets

Cooking time will vary depending on the thickness of the fillets. To ensure a moist fillet, spoon some of the excess marinade from the bottom of the baking dish over the fish at about halfway through cooking.

Vegetable Barley Soup

12 ingredients · 1 hour · 6 servings



Directions

1. Heat the oil over medium-high heat in a large pot. Add the onion and cook for about 5 minutes until it begins to soften. Add the carrot, celery, squash and garlic and cook for 2 to 3 minutes more.
2. Add the zucchini, barley, salt and thyme. Stir to combine then add the vegetable broth. Bring to a boil then reduce heat to medium-low and cover with a lid. Let the soup simmer for 35 to 40 minutes or until the barley is tender.
3. Stir in the baby spinach and season with additional salt if needed.
4. Divide between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days or freeze for up to two months.

Serving Size

One serving is approximately 1 1/2 cups.

Additional Toppings

Top with chopped parsley, sliced green onion or red pepper flakes.

Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1/2 Yellow Onion (chopped)
- 1 Carrot (peeled, chopped)
- 1 **stalk** Celery (chopped)
- 2 1/2 **cups** Butternut Squash (peeled, chopped)
- 2 Garlic (clove, minced)
- 1 Zucchini (chopped)
- 1/2 **cup** Pearl Barley
- 1 **tsp** Sea Salt
- 1 **tsp** Dried Thyme
- 6 **cups** Vegetable Broth
- 2 **cups** Baby Spinach

Tahini Honey Chicken Salad

11 ingredients · 25 minutes · 4 servings



Directions

1. Mix the tahini with half of the honey in a small bowl.
2. Rub the chicken thighs with olive oil and sea salt and heat a skillet over medium heat. Cook the chicken for 5 to 6 minutes per side or until cooked through. Brush the tahini mixture on both sides of the chicken and cook for an additional 1 minute per side. Remove and set aside. Once cool, chop into cubes.
3. Mix the sesame oil, coconut aminos, lime juice and the remaining honey together.
4. Add the cabbage and bell pepper to a large bowl and toss with the sesame oil dressing. Top with the chicken and cilantro, if using. Divide evenly between bowls and enjoy!

Notes

Leftovers

For best results, refrigerate the salad, chicken and dressing in separate containers. Refrigerate for up to three days.

Additional Toppings

Sesame seeds, slivered onions, peanuts, cashews, sunflower seeds, hemp seeds and/or pumpkin seeds.

No Coconut Aminos

Use tamari or soy sauce instead.

Ingredients

- 2 **tbps** Tahini
- 1 **tbps** Raw Honey (divided)
- 1 **lb** Chicken Thighs (boneless, skinless)
- 1 **tbps** Extra Virgin Olive Oil
- 1/8 **tsp** Sea Salt
- 2 **tbps** Sesame Oil
- 2 **tbps** Coconut Aminos
- 1 **tsp** Lime Juice
- 4 **cups** Green Cabbage (chopped)
- 1 Red Bell Pepper (thinly sliced)
- 1/4 **cup** Cilantro (optional, chopped)

Walnut Crusted Salmon with Asparagus

8 ingredients · 20 minutes · 2 servings



Directions

1. Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
2. Combine the walnuts, green onion, salt and Italian seasoning. Add the lemon juice and 1/3 of the oil and stir to mix.
3. Rub another 1/3 of the oil over all sides of the salmon fillets and place the salmon on the prepared baking sheet, skin side down. Spoon the walnut mixture on the top side of the fillets and gently press it down with the back of the spoon so the walnut mixture stays in place.
4. Toss the asparagus in the remaining oil and season with sea salt to taste. Place the seasoned asparagus in an even layer on the baking sheet with the salmon
5. Bake for 12 to 15 minutes or until the salmon is cooked through and flakes easily and asparagus is tender. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Season the salmon with salt, pepper and garlic powder to taste before spooning the walnut mixture on top.

No Green Onion

Use yellow or red onion instead.

Salmon

Wild salmon was used to create this recipe. For thicker fillets of salmon adjust cooking time to ensure salmon is cooked through and flakes easily.

Asparagus

Choose asparagus that are roughly the same size. Adjust cooking time for thicker asparagus spears.

Ingredients

- 1/4 cup Walnuts (very finely chopped)
- 1 stalk Green Onion (very finely chopped)
- 1/4 tsp Sea Salt
- 1/2 tsp Italian Seasoning
- 1/2 tsp Lemon Juice
- 1 tbsp Extra Virgin Olive Oil (divided)
- 8 ozs Salmon Fillet
- 2 cups Asparagus (trimmed)

Chickpeas with Sweet & Spicy Peanut Sauce

12 ingredients · 35 minutes · 4 servings



Directions

1. Cook the brown rice according to package directions.
2. Meanwhile, in a small pot over medium-low heat add the peanut butter, coconut milk, lime juice, coconut aminos, maple syrup, red pepper flakes, garlic and half of the water. Whisk until combined. Continue to heat until just warmed through, stirring often to prevent burning. Season with salt or additional lime juice if needed.
3. Heat a large skillet or pan with a lid over medium-high heat. Add the spinach, chickpeas and onion to the pan along with the remaining water and cover with the lid. Steam for about 5 minutes or until the onions have softened and most of the water has evaporated.
4. Remove from the heat and add the warm peanut sauce to the pan with the chickpeas and stir to combine.
5. To serve, divide the rice between plates and top with the peanut chickpea mixture. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add fresh ginger to the peanut sauce.

Additional Toppings

Serve with lime wedges, hot sauce and/or freshly chopped cilantro.

No Coconut Aminos

Use tamari or other soy sauce instead.

Ingredients

- 1 cup** Brown Rice
- 1/2 cup** All Natural Peanut Butter
- 1/4 cup** Canned Coconut Milk
- 2 tbsps** Lime Juice
- 1 1/2 tbsps** Coconut Aminos
- 1 tbsps** Maple Syrup
- 1/2 tsp** Red Pepper Flakes
- 2** Garlic (clove, minced)
- 1/2 cup** Water (divided)
- 4 cups** Baby Spinach (chopped)
- 1 1/2 cups** Chickpeas (cooked, rinsed)
- 1/2** Yellow Onion (chopped)

Baked Sweet Potato with Walnuts

5 ingredients · 40 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Rub the sweet potatoes with oil and place cut side down. Bake for 35 to 40 minutes, until slightly caramelized and soft.
3. Place the walnuts in the oven with the sweet potato during the remaining 8 minutes of cooking. Then remove, let cool slightly and roughly chop.
4. Season the sweet potatoes with salt. Top with chopped walnuts and nutritional yeast, if using. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is one medium sweet potato.

Nut-Free

Use sesame seeds or pumpkin seeds instead.

More Flavor

Add fresh herbs such as thyme on top.

No Coconut Oil

Use olive oil or avocado oil instead.

Ingredients

2 Sweet Potato (medium sized, halved)

1 tsp Coconut Oil

1/3 cup Walnuts

1/4 tsp Sea Salt

1 tsp Nutritional Yeast (optional)

Vegan Minestrone Soup

12 ingredients · 1 hour · 4 servings



Directions

1. Heat the oil in a large pot over medium heat. Cook the onion for 3 to 5 minutes or until softened. Add the carrot, garlic, Italian seasoning, and salt and stir to combine. Cook for 2 to 3 minutes more. Stir in the tomato paste and continue to cook for another minute.
2. Add the diced tomatoes, vegetable broth, and kidney beans and stir until combined.
3. Add the green beans. Bring to a gentle boil and continue to cook for 30 to 35 minutes or until the vegetables are tender. Season with additional salt if needed.
4. Meanwhile, cook the pasta according to package directions. Drain, rinse well, and set aside.
5. To serve, divide the soup between bowls and stir in the cooked pasta. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days. Freeze for up to three months.

Serving Size

One serving is approximately 2 cups of soup.

Grain-Free

Omit the pasta or use chickpea pasta instead.

Additional Toppings

Fresh herbs, red pepper flakes, nutritional yeast, parmesan cheese or fresh ground pepper.

More Flavor

Add or substitute potato, zucchini, swiss chard, celery, bell pepper, peas, corn kernels, kale, or spinach.

Consistency

Make sure the vegetables are chopped to be approximately the same time for even cooking. Add more broth to thin the soup as needed.

Ingredients

- 1 **tsp** Extra Virgin Olive Oil
- 1 Yellow Onion (finely chopped)
- 1 Carrot (peeled, chopped)
- 4 Garlic (cloves, minced)
- 1 **tbsp** Italian Seasoning
- 1 **tsp** Sea Salt
- 1/4 **cup** Tomato Paste
- 3 1/2 **cups** Diced Tomatoes (from the can)
- 4 **cups** Vegetable Broth
- 2 **cups** Red Kidney Beans (cooked, rinsed)
- 1 **cup** Frozen Green Beans (chopped)
- 1 1/2 **cups** Brown Rice Pasta Shells (dry)

Honey Dijon Chicken

5 ingredients · 45 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Season both sides of the chicken with salt. Place the chicken skin-side up on the baking sheet. Season the top side of the chicken with the oregano.
3. Bake for 30 to 35 minutes until just cooked through.
4. Meanwhile, combine the honey and Dijon mustard in a small bowl.
5. Remove the chicken from the oven and brush the top side generously with the honey mustard sauce. Return to the oven and continue to bake for about 5 more minutes until the honey has just started to bubble. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add fresh garlic or black pepper to the honey Dijon sauce.

No Chicken Legs

Use chicken thighs or drumsticks instead.

No Honey

Use maple syrup instead.

Ingredients

1 1/2 lbs Chicken Leg, Bone-in (skin on)

1/2 tsp Sea Salt

1/2 tsp Oregano (dried)

2 tbsps Honey

1 1/2 tbsps Dijon Mustard

Cajun Jambalaya

13 ingredients · 45 minutes · 8 servings



Directions

1. Preheat the oven to 350°F (177°C). In two separate bowls, add the chicken and the shrimp. Add the sea salt to each bowl and half of the cajun seasoning. Mix well to cover and set aside.
2. In a large dutch oven, over medium heat, add the oil. Once hot, add the chicken and sear on all sides, about 3 to 4 minutes per side, until browned in color. Remove and set aside, leaving the oil.
3. In the same dutch oven, add the celery, onion, bell pepper and the remaining cajun seasoning and cook for about 3 minutes, or until softened. Add the garlic for the last 30 seconds of cooking. Add the rice and stir to combine for one minute longer.
4. Add the tomatoes, chicken broth and sausage as well as the chicken and shrimp. Bring to a boil. Place in the oven with a lid on for 30 to 35 minutes, until the chicken and rice are cooked through. Let it cool for 5 minutes. Divide evenly between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add more spices such as cayenne, chili flakes or more cajun seasoning.

Additional Toppings

Add more vegetables such as okra.

No Fire Roasted Tomatoes

Use regular diced tomato.

No Jasmine Rice

Use another type of rice such as brown. Cook time may increase slightly.

No Cajun Andouille Sausage

Use another type of smoked sausage.

Ingredients

2 lbs Chicken Leg, Bone-in (skin on, thighs and legs separated)

8 ozs Shrimp (large, peeled, deveined)

1/4 tsp Sea Salt

2 tbsps Cajun Seasoning (divided)

1 1/2 tbsps Avocado Oil

3 stalks Celery (chopped)

1 Yellow Onion (medium, chopped)

1 Yellow Bell Pepper (chopped)

2 Garlic (cloves, minced)

2 cups Jasmine Rice

1 1/4 cups Fire Roasted Diced Tomatoes

2 1/2 cups Chicken Broth

8 ozs Cajun Smoked Andouille Sausage (thinly sliced)

Maple Glazed Chicken Wings

6 ingredients · 30 minutes · 4 servings



Directions

1. In a bowl, combine the chicken with oil until well coated. Season with salt.
2. In a separate bowl, whisk together the maple syrup and tamari.
3. Grill the chicken over medium-high heat, turning frequently until golden brown, about 20 minutes.
4. Brush the maple tamari mixture onto the chicken and grill for 1 to 2 minutes per side. Divide onto plates, top with green onions and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. For best results, reheat in the oven at 350°F (177°C) for 8 to 10 minutes.

Serving Size

One serving is equal to approximately seven chicken wings.

More Flavor

Add some chili flakes for spice. Use garlic-infused oil.

No Tamari

Use coconut aminos or soy sauce instead.

No BBQ

Cover the chicken wings in oil and bake in the oven at 400°F (200°C) for 35 minutes or until cooked. Glaze and broil the wings for 1 to 2 minutes per side.

Ingredients

2 lbs Chicken Wings
2 tbsps Extra Virgin Olive Oil
1/4 tsp Sea Salt
1/4 cup Maple Syrup
1/4 cup Tamari
4 stalks Green Onion (sliced)

One Pan Chicken & Radishes

9 ingredients · 45 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C).
2. Season the chicken with half the sumac, ground fennel seed, salt and pepper. Heat a cast-iron pan over medium heat, and add the oil. Add the chicken, skin side down, and sear for 8 to 10 minutes, until lightly browned and crispy.
3. Add the lemon zest to the chicken. Add the radishes, garlic cloves and lemon slices to the pan. Season the radishes with salt, pepper, half the oregano and remaining sumac. Place in the oven and cook for 30 minutes, turning the chicken halfway.
4. Remove the skillet from the oven and take the chicken out. Add the radish tops and place back in the oven for 2 to 3 minutes, until just wilted.
5. Divide everything evenly between plates. Garnish with the remaining oregano. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

No Sumac

Omit or replace with another herb.

No Fresh Oregano

Use dried and reduce the amount or use another fresh herb such as rosemary.

Radish Tops

If using fresh radishes, the tops should be nice and green. Simply cut them from the radishes, wash and dry them. If they don't look fresh or they aren't attached, omit or use another green such as kale, spinach or arugula.

Ingredients

10 ozs Chicken Leg, Bone-in (skin on)
1/4 tsp Ground Sumac (divided)
1/2 tsp Fennel Seed (ground)
Sea Salt & Black Pepper (to taste)
1 tsp Extra Virgin Olive Oil
1 Lemon (sliced, zest from half the lemon reserved)
2 cups Radishes (trimmed, halved, tops removed and washed/dried)
4 Garlic (cloves, skin on)
2 tbsps Fresh Oregano (divided)

BBQ Jerk Chicken

8 ingredients · 18 hours · 6 servings



Directions

1. In a blender or food processor add the shallot, green onion, habanero, jerk seasoning, tamari, avocado oil and water. Blend until smooth.
2. In a baking dish or large bowl, add the chicken and then pour the marinade on top, ensuring all pieces are coated well. Store in the fridge overnight, up to 18 hours.
3. When ready to grill, remove the chicken and blot off excess marinade from the chicken and let it sit at room temperature for about 15 to 20 minutes.
4. Preheat the grill over medium heat and oil the grill if necessary. Grill the chicken, turning occasionally, until well browned and cooked through, about 35 to 40 minutes. Brush with any remaining marinade while cooking during the last 5 to 10 minutes. Transfer the chicken to a platter and let rest for 5 to 10 minutes. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to 1 to 2 pieces of chicken.

No Habanero Pepper

Use scotch bonnet peppers instead. Remove the seeds for less heat.

More Flavor

Use Chinese Five Spice Powder in addition to the jerk seasoning. Add salt and pepper to taste.

Ingredients

1/2 cup Shallot (roughly chopped)

3 stalks Green Onion (chopped)

3 Habanero Pepper (roughly chopped)

3 tbsps Jerk Seasoning

3 tbsps Tamari

1 tbsp Avocado Oil

2 tbsps Water

2 1/2 lbs Chicken Leg, Bone-in (skin on, thighs and legs separated)

Simple Cast-Iron Steak

2 ingredients · 1 hour 15 minutes · 2 servings



Directions

1. Add half of the salt to the steak on all sides. Allow it to sit at room temperature for 45 to 60 minutes. This will allow the steak to cook more evenly.
2. When your steak is ready to cook, heat a cast-iron skillet over medium-high heat for 4 to 5 minutes or until very hot. Pat your steak dry and sprinkle the remaining sea salt into the pan.
3. Place the steak into the pan. It should sear loudly. Leave it in the pan until it is easy to move, about one minute. Flip the steak and cook for 30 seconds, occasionally pushing it down.
4. Continue flipping the steak until it has reached your desired doneness, approximately 5 total minutes for medium-rare. The steak shouldn't feel too spongy.
5. Remove the steak and place it on a plate. Cover it with tinfoil and allow it to rest for 10 minutes before cutting into it. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Top with your favorite pesto or chimichurri. Add a pat of butter to the steak as it rests on the plate.

Serve it With

Add to a bed of greens, roasted potatoes or alongside roasted vegetables.

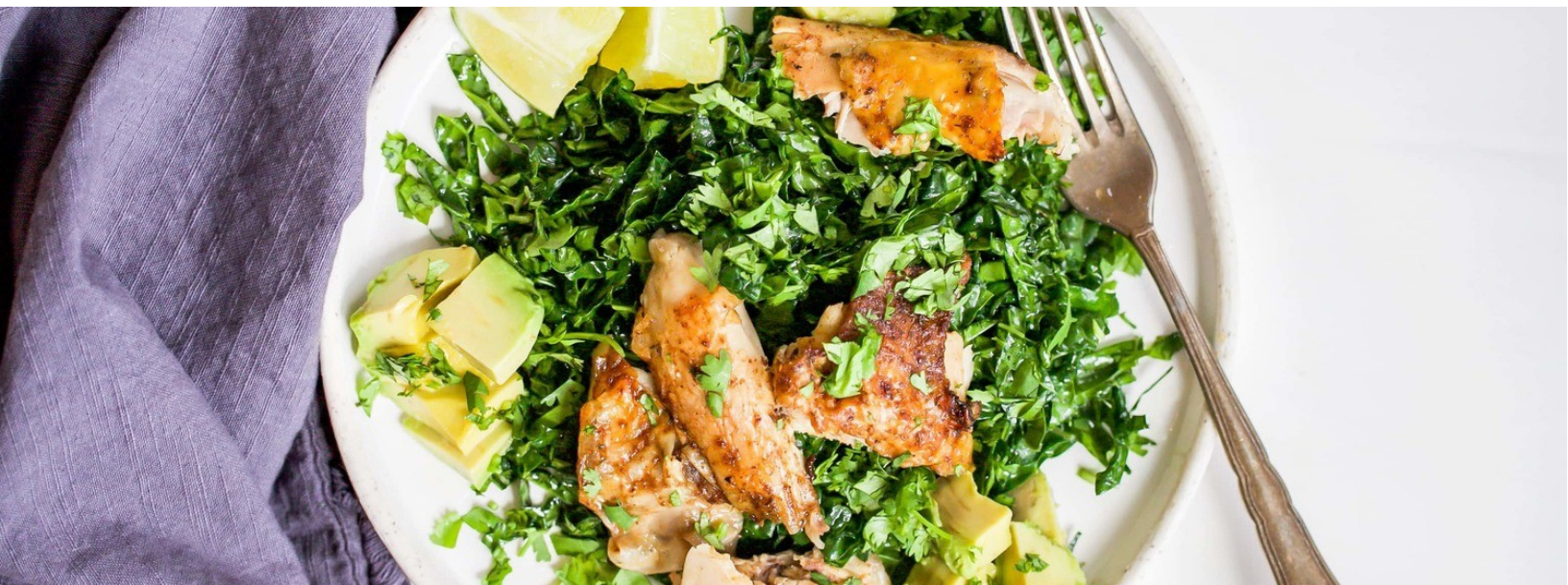
Ingredients

1 tsp Sea Salt (divided)

1 lb NY Striploin Steak

Jerk Chicken & Kale Salad

8 ingredients · 45 minutes · 2 servings



Directions

1. Preheat the oven to 425°F (218°C).
2. In a baking dish, add the chicken. Coat with 1/3 of the oil and the jerk seasoning. Rub the seasoning into the chicken to coat it. Place in the oven to cook for 40 to 45 minutes or until the chicken is cooked through and juices run clear. Allow it to rest for 5 minutes.
3. Meanwhile make the dressing by adding the remaining oil, lime juice and honey in a small jar and shake to combine.
4. Add the kale to a salad bowl and add the dressing. Use your hands to massage the dressing into the kale until soft and fully coated.
5. Divide the kale salad evenly between plates. Top with the chicken pieces, avocado and cilantro. Enjoy!

Notes

Leftovers

Refrigerate the chicken in an airtight container for up to three days. Refrigerate the dressing in an airtight container for up to seven days.

Jerk Seasoning

Use your own jerk seasoning blend if desired. If jerk seasoning doesn't have salt and pepper, add those to taste.

Grilling

Preheat the grill over medium heat and oil the grill if necessary. Grill the chicken, turning occasionally, until well browned and cooked through, about 35 to 40 minutes. Transfer the chicken to a platter and allow to rest.

No Kale

Use another green such as spinach or arugula.

Ingredients

8 ozs Chicken Leg, Bone-in (skin on, thighs and legs separated)

3 tbsps Extra Virgin Olive Oil (divided)

2 tbsps Jerk Seasoning

1 tbsp Lime Juice

1/2 tsp Honey

4 cups Kale Leaves (stem removed, thinly sliced into ribbons)

1 Avocado (cubed)

1/4 cup Cilantro (chopped)

Beef Kafta

6 ingredients · 45 minutes · 3 servings



Directions

1. Add all ingredients to a large mixing bowl and mix until combined.
2. Tightly pack the meat mixture into balls then form the balls into long, thin kebabs, 4 to 5 inches in length, around each of the barbecue skewers.
3. Grill over medium heat for 12 to 15 minutes, or until cooked through. Be sure to flip often so that all sides are cooked and contain grill marks. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately three skewers.

More Flavor

Add fresh garlic.

Additional Toppings

Drizzle with yogurt or a tahini-based sauce.

Serve it With

Hummus, Lebanese rice, salad or on a pita.

No Beef

Use ground lamb instead.

Wooden Skewers

Be sure to soak the skewers in water prior to use.

Ingredients

1 lb Extra Lean Ground Beef

1 Yellow Onion (small, very finely chopped)

1/2 cup Parsley (very finely chopped)

1 tbsp Lebanese 7 Spice Blend

1 tsp Sea Salt

9 Barbecue Skewers

Cajun Cauliflower Rice with Chicken Livers

8 ingredients · 20 minutes · 2 servings



Directions

1. Heat a large pan or dutch oven over medium-high heat. Once warm, add the beef and chicken liver to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
2. Add the onion, celery, garlic, cajun seasoning and salt. Stir occasionally and cook for 5 to 7 minutes until the onions and celery are soft.
3. Add the cauliflower rice and stir to combine everything. Cook until the cauliflower meets your desired texture. Divide between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 2 cups.

More Flavor

Add cayenne pepper or red chili flakes to taste.

Additional Toppings

Top with sliced green onions, cilantro and/or parsley or fresh lime juice.

Chicken Livers

Freeze your chicken livers for about an hour to make for easier chopping.

More Veggies

Add mushrooms and/or bell peppers.

No Cauliflower Rice

Use cooked rice instead.

Ingredients

8 ozs Extra Lean Ground Beef

4 ozs Chicken Liver (finely chopped)

1/2 Yellow Onion (diced)

1 stalk Celery (chopped)

2 Garlic (large cloves, minced)

1 tsp Cajun Seasoning

1/2 tsp Sea Salt

2 cups Cauliflower Rice

Creamy Turmeric Pumpkin Soup

9 ingredients · 1 hour 15 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Cut the pumpkin in half and scoop out the seeds. Rub the inside and coat the edges with 1/3 of the oil. Place cut side down on the prepared baking sheet and roast for about 40 minutes or until the pumpkin is easily pierced with a fork. Remove from the oven and let cool slightly. Scoop the flesh of the pumpkin away from the skin, measure out the amount needed in cups, and set aside. Store any leftover pumpkin in the fridge or freezer.
3. Heat the remaining oil in a pot over medium heat. Add the onion and cook for 3 to 5 minutes until just softened. Add the garlic, turmeric, sea salt and cinnamon. Stir to combine and cook for another minute more. Add the vegetable broth and then stir in the roasted pumpkin.
4. Bring the soup to a gentle boil and then let simmer for 5 to 10 minutes to allow the flavors to come together. Stir in the coconut milk.
5. Transfer the soup to a blender and blend until smooth. Add more vegetable broth to the blender until desired consistency is reached. Season with additional salt if needed.
6. Divide soup between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately 1 1/4 cups of soup.

Pumpkin

A 2 lb pie pumpkin yields approximately 2 1/2 cups.

More Flavor

Black pepper, fresh ginger or a drizzle of maple syrup or other liquid sweetener.

Additional Toppings

Extra coconut milk or fresh herbs like cilantro.

Ingredients

- 2 1/2 cups Pie Pumpkin
- 3 tbsps Extra Virgin Olive Oil (divided)
- 1 Yellow Onion (chopped)
- 2 Garlic (clove, minced)
- 2 tsps Turmeric
- 1/2 tsp Sea Salt
- 1/2 tsp Cinnamon
- 2 1/2 cups Vegetable Broth (plus more if needed)
- 1/2 cup Canned Coconut Milk (full fat)

No Olive Oil

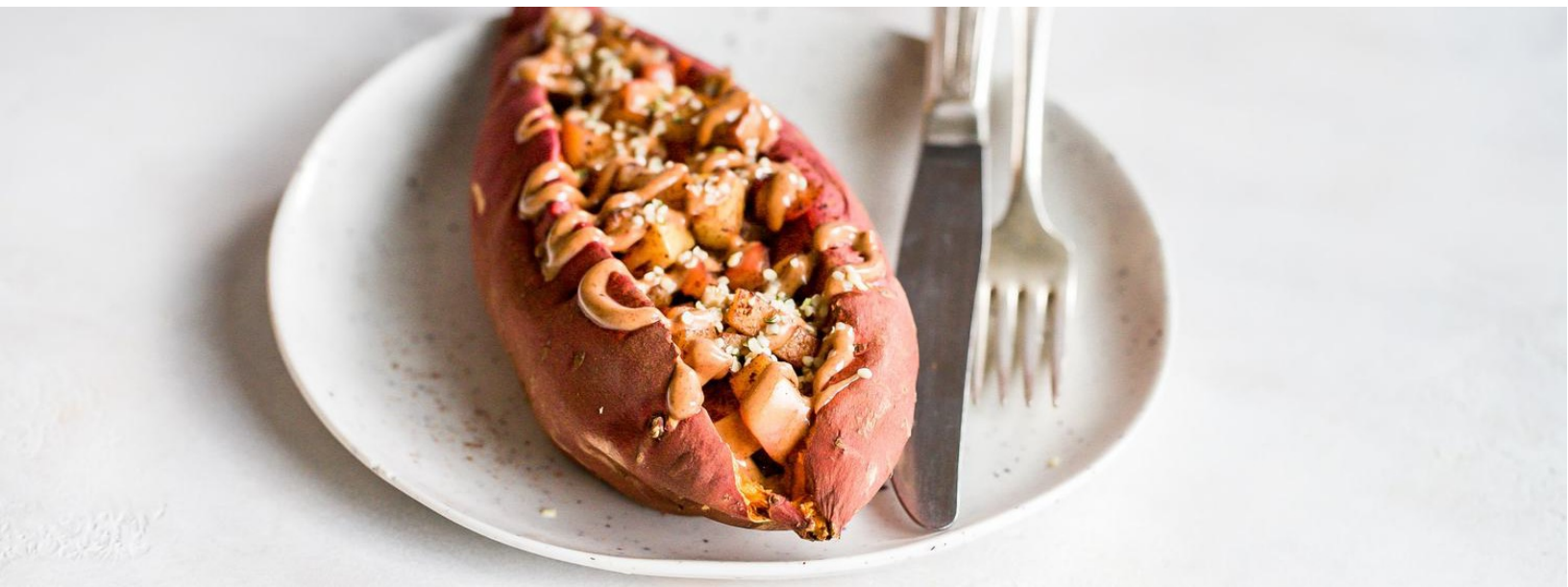
Use butter, ghee or avocado oil instead.

No Pumpkin

Use a butternut squash instead.

Apple Cinnamon Stuffed Sweet Potato

6 ingredients · 55 minutes · 1 serving



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Place the sweet potato on the baking sheet and pierce a few times all over with a fork. Place in the oven to bake for 45 to 50 minutes, until cooked through.
2. Meanwhile, heat a small saucepan over medium-low heat. Add the coconut oil and then the apple and cinnamon and sauté, stirring often until softened, about 8 to 10 minutes.
3. Slice the sweet potato open down the middle and add the apple. Add the almond butter and hemp seeds, if using. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Nut-Free

Use sunflower seed butter or tahini instead.

Additional Toppings

Coconut yogurt, flax, sunflower or pumpkin seeds.

Ingredients

- 1 Sweet Potato (medium)
- 1/2 tsp Coconut Oil
- 1/2 Apple (medium, chopped)
- 1/4 tsp Cinnamon
- 1 tbsp Almond Butter
- 2 tsp Hemp Seeds (optional)

Pressure Cooker Orange Chicken

9 ingredients · 20 minutes · 4 servings



Directions

1. Turn your pressure cooker to sauté mode and add the oil. Then add the chicken and sear on all sides, just until no longer pink, about 1 to 2 minutes. Turn off sauté mode.
2. In a small bowl, add the orange juice, zest, coconut aminos, apple cider vinegar, ginger, and garlic and whisk well. Pour into the pressure cooker. Put the lid on and set to “sealing” then press manual/pressure cooker and cook for 3 minutes on high pressure. Once finished, do a quick release.
3. Carefully open the lid and remove the chicken with a slotted spoon and set aside on a plate.
4. Add the arrowroot powder and some of the sauce to a small bowl and whisk well to create a slurry. Add this to the pressure cooker and turn the sauté mode on. Heat through until thickened, whisking often, for about 7 to 8 minutes.
5. Add the chicken back to the thickened sauce and let it reheat for 1 to 2 minutes. Divide evenly between plates and top with cilantro, if using. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to about 1/2 cup of chicken.

Serve it With

Serve with cauliflower rice, brown rice, noodles, or quinoa.

More Flavor

Add toasted sesame oil as a garnish. Top with sesame seeds.

No Apple Cider Vinegar

Use rice vinegar instead.

Ingredients

1 tsp Avocado Oil

1 lb Chicken Breast (skinless, boneless, cut into cubes)

1/4 cup Orange Juice (plus zest from half an orange)

2 1/2 tbsps Coconut Aminos

2 tbsps Apple Cider Vinegar

1 tbsp Ginger (fresh, minced)

1 Garlic (clove, minced)

1 1/2 tps Arrowroot Powder

1/4 cup Cilantro (chopped, optional)

Pressure Cooker Chicken & Bacon Soup

9 ingredients · 30 minutes · 2 servings



Directions

1. Turn the pressure cooker to sauté mode. Add the bacon and cook for 3 to 4 minutes. Drain the fat, leaving a small amount.
2. Add the onions and celery to the bacon and cook for 3 to 5 minutes or until the onions start to soften. If the bacon starts sticking to the bottom of the pot, add a splash of the chicken broth. Stir in the garlic powder, onion powder, chives, and parsley. Cook for another minute. Add all of the chicken broth and stir to combine. Add the chicken and close the lid.
3. Set to "sealing", then press manual/pressure cooker and cook for 10 minutes on high pressure. Once it is done, release the pressure manually.
4. Remove the lid carefully and transfer the cooked chicken to a plate or bowl and use two forks to shred it. Transfer the shredded chicken back to the pot and stir to combine. Taste and season soup with salt if needed. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/2 cups of soup.

More Flavor

Add fresh garlic or dried dill.

No Boneless, Skinless Chicken Thighs

Use bone-in chicken thighs or chicken breast instead.

More Vegetables

Add spinach or kale.

Ingredients

- 2 slices Bacon (chopped)
- 1/2 Yellow Onion (chopped)
- 1 stalk Celery (chopped)
- 3/4 tsp Garlic Powder
- 1/2 tsp Onion Powder
- 1/2 tsp Dried Chives
- 1/2 tsp Dried Parsley
- 2 cups Chicken Broth
- 10 1/2 ozs Chicken Thighs (boneless and skinless, trimmed)

Baked Tofu & Cabbage with Peanut Ginger Sauce

9 ingredients · 40 minutes · 2 servings



Directions

1. Add the tofu and edamame to a mixing bowl with 3/4 of the tamari and toss to coat. Let the tofu marinate while preheating the oven.
2. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
3. Arrange the cabbage on one side of the baking sheet and the marinated tofu and edamame on the other. Bake for 30 minutes stirring halfway through.
4. Meanwhile, in a small mixing bowl combine the peanut butter, ginger, lime juice, and the remaining tamari. Stir in the water to thin the sauce.
5. To serve, divide the cauliflower rice between plates. Top with the baked cabbage and tofu and drizzle with the sauce. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Nut-Free

Use sunflower seed butter instead of peanut butter.

More Flavor

Add garlic, honey, sesame oil, or red pepper flakes to the sauce.

No Tamari

Use coconut aminos instead.

More Carbs

Serve with rice or quinoa instead of cauliflower rice.

Ingredients

- 6 1/8 ozs Tofu (extra firm, cubed)
- 1 cup Frozen Edamame
- 2 tbsps Tamari (divided)
- 4 cups Purple Cabbage (cut into 1-inch strips)
- 1 tbsp All Natural Peanut Butter
- 1 tsp Ginger (fresh, grated)
- 1 1/2 tsps Lime Juice
- 1 1/2 tbsps Water
- 1 cup Cauliflower Rice

One Pan Chicken, Grapes & Veggies

7 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
2. Place chicken, squash, green beans and grapes onto the baking sheet. Drizzle the olive oil overtop and season with thyme and salt. Roast for 25 to 30 minutes or until the chicken is cooked through. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container up to three days.

Serving Size

One serving equals approximately two chicken drumsticks, 1/4 acorn squash, 1/2 cup grapes, and 2 cups green beans.

More Flavor

Add your choice of herbs and spices, or balsamic vinegar.

Ingredients

- 1 lb** Chicken Drumsticks
- 1/2** Acorn Squash (seeds removed, chopped)
- 4 cups** Green Beans (trimmed)
- 1 cup** Grapes (seedless, stems removed)
- 1 tbsp** Extra Virgin Olive Oil
- 2 tbsps** Thyme (fresh)
- 1/4 tsp** Sea Salt

Slow Cooker Chicken & Wild Rice Soup

7 ingredients · 4 hours · 8 servings



Directions

1. Add the chicken, water, carrot, rice, salt, and bay leaves, if using, into the slow cooker. Cook on high for at least 4 hours or on low for approximately 6 hours.
2. Stir in the kale just before serving and adjust seasoning as needed. Remove bay leaves. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days or freeze if longer.

Serving Size

One serving equals approximately 1 1/2 to 2 cups.

More Flavor

Use homemade bone broth or vegetable broth instead of water. Add ginger, garlic, onion, and/or mushrooms.

Make it Vegan

Use black beans instead of chicken.

Ingredients

13 ozs Chicken Breast

10 cups Water

2 Carrot (medium, chopped)

1 1/4 cups Wild Rice (rinsed)

1 tsp Sea Salt

2 Bay Leaf (optional)

1 cup Kale Leaves (stems removed, chopped)

Lemony White Bean & Quinoa Bowl

10 ingredients · 25 minutes · 2 servings



Directions

1. Cook the quinoa according to package directions. Allow the cooked quinoa to cool slightly.
2. Meanwhile, add the beans, red pepper and onion to a mixing bowl. Stir to combine.
3. In a jar or small bowl combine the lemon juice, garlic, parsley, and salt. Pour the dressing over the bean mixture and stir to combine. Season with additional salt or lemon juice if needed.
4. To serve, divide the quinoa and bean mixture between bowls along with the cucumber and tomatoes. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

More lemon juice, fresh herbs, salad greens, olives, capers, or crumbled feta cheese.

No Cannellini Beans

Use another white bean or chickpeas instead.

No Quinoa

Use brown rice or cauliflower rice instead.

More Fat

Add extra virgin olive oil to the dressing.

Ingredients

- 2/3 cup** Quinoa (dry)
- 2 cups** Cannellini Beans (drained, rinsed)
- 1/2** Red Bell Pepper (chopped)
- 1/4 cup** Red Onion (finely chopped)
- 1/4 cup** Lemon Juice
- 1/2** Garlic (clove, minced)
- 1 tsp** Dried Parsley
- 1/4 tsp** Sea Salt
- 1/2** Cucumber (sliced)
- 1 cup** Cherry Tomatoes (chopped)

Spicy Edamame Fried Cauliflower Rice

10 ingredients · 15 minutes · 2 servings



Directions

1. Heat the oil in a large pan or skillet over medium-high heat. Add the onion, bell pepper, and edamame. Cook for 3 to 5 minutes, stirring often until the onions have softened and edamame has warmed through. Add the crumbled tofu and continue to cook for about 3 minutes more until the tofu has warmed through.
2. Meanwhile, combine the tamari, garlic, ginger, and sriracha in a small mixing bowl.
3. Make a well in the middle of the pan. Pour the sauce into the well then slowly start to stir it into the tofu mixture. Continue to cook for another minute.
4. Stir in the cauliflower rice and cook until the cauliflower meets your desired texture. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

Green onion, cilantro, sesame seeds, or red pepper flakes.

More Vegetables

Add carrots, peas, or baby spinach.

No Yellow Bell Pepper

Use any color bell pepper or mushrooms instead.

No Sesame Oil

Use coconut oil or avocado oil instead.

Ingredients

- 1 1/2 **tsps** Sesame Oil
- 1/2 Yellow Onion (finely chopped)
- 1 Yellow Bell Pepper (chopped)
- 1 1/2 **cups** Frozen Edamame
- 6 1/8 **ozs** Tofu (extra firm, crumbled)
- 3 **tbsps** Tamari
- 2 Garlic (clove, minced)
- 1 1/2 **tsps** Ginger (fresh, grated)
- 1 1/2 **tsps** Sriracha
- 1 **cup** Cauliflower Rice

Cucumber, Carrot & Egg Snack Box

4 ingredients · 15 minutes · 1 serving



Directions

1. In a medium-sized pot add the egg(s) and cover with water. Bring to a boil, and then turn off the heat and remove from heat. Cover and let stand for 10 minutes.
2. Remove the egg(s) and let cool, then peel and slice in half. Season with salt and pepper.
3. Assemble the cucumber and carrots into a storage container and refrigerate until ready to eat. Enjoy!

Notes

Leftovers

Keep the egg(s) whole after peeling if saving for later.

Additional Toppings

Serve the cucumber and carrots with hummus, baba ganoush, or a dip of your choice.

Make it Vegan

Replace the egg with nuts & seeds.

Ingredients

- 1 Egg
- Sea Salt & Black Pepper (to taste)
- 1/4 Cucumber (large, sliced)
- 1/2 cup Baby Carrots

Pressure Cooker Pasta with Sausage

8 ingredients · 25 minutes · 2 servings



Directions

1. Turn your pressure cooker to sauté mode and add the pork. Cook for 4 to 5 minutes, until no longer pink. Add the mushrooms and cook for 1 to 2 minutes, until softened. Turn the sauté mode off.
2. Add the water, tomato sauce, and pasta. Put the lid on and set to “sealing” then press manual/pressure cooker and cook for 2 minutes on high pressure. Once finished, let the pressure release naturally for 10 minutes, then do a quick release if there is still pressure remaining.
3. Open the lid, add the kale and stir until the kale is wilted. Divide evenly between plates. Top with salt, pepper, and chilli flakes, if using. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to about 1 1/2 cups of pasta.

Additional Toppings

Top with nutritional yeast, parmesan, or parsley.

Make it Vegan

Omit the sausage, use a vegan sausage or add cooked lentils instead.

Pressure Cook Time

This recipe was tested with a chickpea pasta that is shell shaped. Cook time may vary depending on the type of pasta used.

Ingredients

6 ozs Pork Sausage (casing removed)

4 Cremini Mushrooms (roughly torn)

3/4 cup Water

1 cup Tomato Sauce

5 ozs Chickpea Pasta (shells)

2 cups Kale Leaves (roughly chopped)

Sea Salt & Black Pepper (to taste)

1/4 tsp Chili Flakes (optional)

Thai Turkey Burgers with Almond Carrot Slaw

12 ingredients · 30 minutes · 4 servings



Directions

1. In a large bowl, combine the turkey, green onion, cilantro, basil, garlic, and ginger. Season with salt and pepper, and mix until well combined. Form the meat mixture into equal-sized patties and set aside.
2. Heat a grill or pan to medium heat and cook the patties for 10 to 15 minutes per side, or until cooked through.
3. While the burgers are cooking, make the almond carrot slaw by combining the grated carrots, lime juice, almond butter, and tamari. Season with sea salt and black pepper to taste, and stir in some extra chopped cilantro (optional).
4. To serve, wrap patties in lettuce leaves and top with the almond carrot slaw. Enjoy!

Notes

More Carbs

Serve on burger buns or sweet potato toast.

Make Ahead

Prepare patties in advance and store in the fridge overnight, or freeze up to 3 months.

No Boston Lettuce

Use cabbages leaves instead.

Oven Version

Bake the patties in the oven at 350 degrees F for 30 minutes or until cooked through, flipping halfway.

Ingredients

- 1 lb Extra Lean Ground Turkey
- 2 stalks Green Onion (sliced)
- 1/4 cup Cilantro (chopped)
- 1/4 cup Basil Leaves (chopped)
- 1 Garlic (clove, minced)
- 1 tbsp Ginger (peeled and grated)
- Sea Salt & Black Pepper (to taste)
- 2 Carrot (medium, grated)
- 1 Lime (juiced)
- 2 tbsps Almond Butter
- 2 tbsps Tamari (or Coconut Aminos)
- 1 head Boston Lettuce (peeled apart into leaves)

Tomato Chickpea Soup

10 ingredients · 25 minutes · 4 servings



Directions

1. Add a few splashes of the vegetable broth to a large pot. Bring to a gentle boil over medium heat then add the onion, carrot, and garlic. Cook for 3 to 5 minutes or until the onions have softened and the broth has mostly evaporated. Stir in the chickpeas, tomatoes, Italian seasoning, and salt. Continue to cook for 2 to 3 minutes more.
2. Transfer about half of the chickpea and vegetable mixture to a blender along with 1/3 of the remaining vegetable broth. Blend the chickpea and vegetable mixture with the broth until mostly smooth. Transfer it back to the pot, along with the remaining broth, and stir to combine.
3. Bring the soup to a gentle boil and stir in the pasta. Cook the pasta for about 7 minutes or until al dente.
4. Remove the soup from the heat and stir in the spinach until wilted. Season the soup with additional salt if needed. Divide between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freezing leftovers is not recommended.

Serving Size

One serving is approximately 1 1/4 cups.

More Fat

Sauté the vegetables in extra virgin olive oil instead of the broth.

Additional Toppings

Fresh herbs, red pepper flakes, fresh ground pepper, nutritional yeast, extra virgin olive oil.

No Fusilli

Use another short-cut pasta.

No Canned Diced Tomatoes

Use fresh instead.

Ingredients

- 4 cups** Vegetable Broth (divided)
- 1/2** Yellow Onion (finely chopped)
- 1** Carrot (small, peeled, finely chopped)
- 2** Garlic (large cloves, minced)
- 1 cup** Chickpeas (cooked, rinsed)
- 3/4 cup** Diced Tomatoes
- 1 tsp** Italian Seasoning
- 1 tsp** Sea Salt
- 1 cup** Brown Rice Fusilli
- 1 cup** Baby Spinach (chopped)

Pesto Shrimp Pasta

4 ingredients · 20 minutes · 4 servings



Directions

1. Cook the pasta according to the directions on the package. Set aside at least 1/4 cup of pasta water. Strain the pasta and run cold water over it to prevent over-cooking. Add the pasta back to the pot.
2. Meanwhile, heat a few tablespoons of the pasta water in a skillet over medium heat. Add the shrimp and cook for 1 to 3 minutes per side, or until no longer translucent. Add more pasta water if needed. Season with salt.
3. Add the shrimp and pesto to the pasta and gently combine until well coated. Divide onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately two cups.

More Flavor

Cook the shrimp with butter or oil instead of pasta water.

Additional Toppings

Red pepper flakes, fresh herbs, lemon juice.

Ingredients

8 ozs Brown Rice Fettuccine

1 lb Shrimp (peeled, deveined)

1/4 tsp Sea Salt

1/3 cup Pesto

Asian Slaw with Noodles & Peanut Sauce

14 ingredients · 20 minutes · 4 servings



Directions

1. Cook your brown rice spaghetti noodles according to the package. Immediately transfer to a strainer and run under cold water to prevent from over cooking. Leave in the strainer over a tea towel and set aside.
2. Combine peanut butter, tamari, lime juice, olive oil, chili flakes, minced garlic, ginger and warm water in a jar. Cover with a lid and shake well to combine. If dressing is too thick, add warm water 1 tbsp at a time to loosen it up. Set aside.
3. In a large bowl, combine slaw, broccoli, green pepper and spinach. Add your cooked noodles and peanut dressing. Toss well. Divide into bowls and top with chopped peanuts. Enjoy!

Notes

Mix it Up

Use whatever vegetables you have on hand.

Dislike Broccoli?

Use chopped cauliflower florets instead.

Extra Thai Flavour

Garnish with chopped cilantro.

Ingredients

- 1 cup Brown Rice Spaghetti
- 1/4 cup All Natural Peanut Butter
- 1 tbsp Tamari
- 1 Lime (juiced)
- 2 tbsps Extra Virgin Olive Oil
- 1/2 tsp Red Pepper Flakes (optional)
- 1 Garlic (clove, minced)
- 1 tbsp Ginger (grated)
- 2 tbsps Water
- 2 cups Coleslaw Mix
- 3 cups Broccoli (chopped into small florets)
- 1/2 Green Bell Pepper (de-seeded and finely sliced)
- 3 cups Baby Spinach (chopped)
- 1/4 cup Raw Peanuts (chopped)

Creamy Edamame & Mushroom Pasta

12 ingredients · 25 minutes · 2 servings



Directions

1. Bring a large pot of water to a boil and cook brown rice pasta as per the directions on the package. When finished cooking, strain and run under cold water immediately to prevent from overcooking.
2. Meanwhile, heat olive oil in a large skillet over medium heat. Add mushrooms and cook until soft. Set mushrooms aside.
3. In the same saucepan over medium heat, add almond milk, onion powder, garlic powder, arrowroot powder, almond flour and salt. Bring to a boil, whisking occasionally.
4. Reduce heat and let simmer for 15 minutes, stirring occasionally until the sauce becomes thicker.
5. Add mushrooms, peas, edamame and spinach. When sauce is simmering again and spinach has wilted, add pasta and stir until well coated. Divide into bowls and enjoy!

Notes

Storage

Best enjoyed immediately after cooking, but you can refrigerate in an air-tight container up to 3-4 days. Reheat in a skillet with a splash of almond milk.

More Protein

Serve with diced chicken breast, shrimp or add extra edamame.

Likes it Spicy

Add red pepper flakes.

Ingredients

1/2 cup Brown Rice Macaroni
1 tbsp Extra Virgin Olive Oil
1 cup Mushrooms (sliced)
1 cup Unsweetened Almond Milk
2 tsps Onion Powder
1 tsp Garlic Powder
1/2 tsp Arrowroot Powder
2 tbsps Almond Flour
1 tsp Sea Salt
1/2 cup Frozen Peas
1/2 cup Frozen Edamame
2 cups Baby Spinach (chopped)

Chicken Piccata with Pasta

11 ingredients · 30 minutes · 2 servings



Directions

1. Cook brown rice spaghetti according to the directions on the package. Run under cold water once cooked to prevent from over cooking.
2. Spread the chicken breast open, cut in half and pound thin to about 1/4-inch thickness.
3. On a large plate, toss the almond flour, salt and pepper until combined. Press chicken into the flour mixture on both sides and shake off the excess.
4. In a large skillet, heat half the olive oil over medium heat and add the chicken. Cook for 4 to 5 minutes each side until cooked through and golden. Transfer to a plate.
5. Add the remainder of olive oil, garlic and capers (lightly smashed) to the same skillet and cook for 3 minutes.
6. Add broth and lemon juice and bring to a boil. Gently scrape and stir the browned bits at the bottom of the pan. Whisk in the arrowroot powder to thicken the sauce. Add parsley, and adjust salt and pepper to taste.
7. Return chicken to the skillet and cook for 1 to 2 minutes. Serve immediately over brown rice spaghetti.

Notes

Make it Spicy

Garnish with red chilli flakes.

No Chicken Broth

Use veggie broth or water.

Nut-Free

Use arrowroot or tapica flour instead of almond flour.

Storage

Store in an airtight container in the fridge for 2 to 3 days.

Low Carb

Skip the pasta and serve over cauliflower rice, salad or roasted veggies.

Ingredients

1/2 cup Brown Rice Spaghetti
4 ozs Chicken Breast
2 tbsps Almond Flour
Sea Salt & Black Pepper (to taste)
3 tbsps Extra Virgin Olive Oil (divided)
1 Garlic (clove, minced)
1 1/2 tsps Capers
1 cup Chicken Broth
1 Lemon (juiced)
1 tbsp Arrowroot Powder
1/2 cup Parsley (chopped)

Penne with Bursted Cherry Tomato Sauce

7 ingredients · 30 minutes · 2 servings



Directions

1. Cook pasta according to the directions on the package. Run under cold water once cooked to prevent from over cooking.
2. In a large sauce pan, heat olive oil over medium-high heat. Add tomatoes, garlic, salt and pepper. Stir occasionally and cook until all the tomatoes have burst, about 15 to 20 minutes.
3. Toss pasta with the chopped basil and divide onto plates. Top each serving with the tomato sauce and nutritional yeast. Enjoy!

Notes

No Chickpea Pasta

Use any other high-fibre, high-protein pasta such as lentil or black bean pasta. If using brown rice, quinoa, or regular whole grain pasta, add in extra protein like chicken or, chickpeas, hemp seeds.

No Nutritional Yeast

Use parmesan or omit completely.

Ingredients

4 ozs Chickpea Pasta (dry)
1/4 cup Extra Virgin Olive Oil
3 cups Cherry Tomatoes
2 Garlic (cloves, minced)
Sea Salt & Black Pepper (to taste)
1 cup Basil Leaves (chopped)
1 tbsp Nutritional Yeast

Pumpkin Mac n' Cheese

9 ingredients · 20 minutes · 4 servings



Directions

1. Bring a large pot of water to a boil and cook brown rice macaroni as per the directions on the package. When finished cooking, strain and run under cold water immediately to prevent from overcooking.
2. Meanwhile, heat milk in a saucepan over medium heat. Once the milk is steaming, whisk in the arrowroot until all clumps are gone.
3. Add the remaining ingredients and whisk until thoroughly combined. Turn down to low heat and cook until the sauce has thickened, about 5-6 minutes.
4. Pour the pumpkin sauce over the macaroni and mix well. Divide into bowls and enjoy!

Notes

Leftovers

Store in an air-tight container in the fridge for up to 5 days.

Spice Lover

Add chili flakes, hot sauce, paprika, cayenne, oregano and/or rosemary.

More Protein

Add cooked diced chicken, chickpeas or lentils.

More Vegetables

Add wilted spinach, kale and/or sauteed mushrooms.

Ingredients

2 cups Brown Rice Macaroni (dry)

1 cup Unsweetened Almond Milk

1 tbsp Arrowroot Powder

1 tsp Garlic Powder

1/3 cup Nutritional Yeast

1 1/2 tsp Dijon Mustard

1 cup Pureed Pumpkin

1 tbsp Maple Syrup

Sea Salt & Black Pepper (to taste)

Mediterranean Tuna Pasta Salad

10 ingredients · 15 minutes · 4 servings



Directions

1. Cook the brown rice pasta according to directions on the package.
2. While the pasta is cooking, combine the olive oil, lemon juice, Italian seasoning, salt and pepper in a small bowl and whisk to combine.
3. When the pasta is done cooking, drain it and rinse with cold water until cooled.
4. In a large bowl, toss the pasta, olives, sun dried tomatoes, tuna, arugula, hemp seeds and dressing until well combined. Divide between plates and enjoy!

Notes

Vegan

Use chickpeas or lentils instead of tuna.

Leftovers

Keeps well in the fridge up to 3 days.

Ingredients

2 cups Brown Rice Fusilli, Cooked
1/4 cup Extra Virgin Olive Oil
1 Lemon (juiced)
1 tbsp Italian Seasoning
Sea Salt & Black Pepper (to taste)
1/2 cup Green Olives (sliced)
1/2 cup Sun Dried Tomatoes (sliced)
1 can Tuna (drained and flaked)
8 cups Arugula
1/4 cup Hemp Seeds

Creamy Sun Dried Tomato Pasta

12 ingredients · 20 minutes · 4 servings



Directions

1. Heat avocado oil in a pan over medium-low heat and add garlic. Cook for 1 minute. Add the arrowroot powder and cook for another minute. Then add the almond milk and stir to combine. Stir until the milk has thickened.
2. Pour the almond milk mixture into a blender along with the sun dried tomatoes, nutritional yeast, sea salt and lemon juice. Blend until smooth and creamy. Add more water to thin if needed. Set aside.
3. Meanwhile, cook the pasta according to package directions. Drain and add the pasta back to the pot.
4. In a pan over medium heat, add the asparagus and sauté until cooked through, about 5 to 7 minutes. Once cooked through, add the asparagus in with the pasta. Mix in the sun dried tomato sauce. Divide onto plates and top with parsley and chili flakes, if using. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. For best results, reheat on the stovetop until heated through.

Nut-Free

Use coconut milk, hemp seed milk or oat milk instead of almond milk.

More Flavor

Use reserved water from cooking the pasta to thin the sauce instead.

Ingredients

- 1 tbsp** Avocado Oil
- 2** Garlic (clove, minced)
- 1 tbsp** Arrowroot Powder
- 1 1/2 cups** Unsweetened Almond Milk
- 1/2 cup** Sun Dried Tomatoes (drained)
- 1 tbsp** Nutritional Yeast
- 1/2 tsp** Sea Salt
- 1 tbsp** Lemon Juice
- 8 ozs** Chickpea Pasta
- 1 cup** Asparagus (trimmed, cut into bite-sized pieces)
- 1/4 cup** Parsley (chopped)
- 1/2 tsp** Chili Flakes (optional)

Mediterranean Fettuccine with Kale

7 ingredients · 20 minutes · 2 servings



Directions

1. Cook the pasta according to the directions on the package. Once the pasta is cooked and strained, run cold water over the pasta to prevent from over-cooking. Set aside.
2. In the same pot used for the pasta, add the kale and olives and cook over medium heat for 3 to 4 minutes, until the kale is soft. Add the pasta back to the pot along with the lemon juice, extra virgin olive oil, nutritional yeast and sea salt. Toss to combine. Divide onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

More Flavor

Add minced garlic or chili flakes.

Additional Toppings

Top with your favorite protein like bacon, prosciutto, shredded chicken or an egg.

No Brown Rice Fettuccine

Use your favorite type of noodle instead.

No Nutritional Yeast

Use parmesan or dairy-free cheese instead.

Ingredients

4 ozs Brown Rice Fettuccine

2 cups Kale Leaves (finely chopped)

1/4 cup Pitted Kalamata Olives

1 tbsp Lemon Juice

2 tbsps Extra Virgin Olive Oil

1 tbsp Nutritional Yeast

1/8 tsp Sea Salt

Lemon Poppy Seed Muffins

7 ingredients · 45 minutes · 9 servings



Directions

1. Preheat oven to 350°F (177°C) and line a muffin tray with liners.
2. In a large mixing bowl, combine coconut flour, maple syrup, eggs, coconut oil and salt. Stir well to combine. Add in lemon zest, lemon juice and poppy seeds. Mix well.
3. Use a ¼ measuring cup to ladle the batter into the muffin tray. Place in oven and bake for 35 minutes.
4. Remove from oven and let cool. Enjoy!

Notes

Make it sweeter

Serve with a drizzle of raw honey.

Ingredients

1/2 cup Coconut Flour
1/3 cup Maple Syrup
6 Egg
1/3 cup Coconut Oil (melted)
1/4 tsp Sea Salt
1 Lemon (zested and juiced)
1 tbsp Poppy Seeds

Red Thai Coconut Curry Chicken

5 ingredients · 20 minutes · 6 servings



Directions

1. Preheat your oven to 400°F (204°C).
2. Rub the chicken thighs with half of the Thai red curry paste.
3. Heat the coconut oil in a cast iron or oven safe skillet on the stovetop over medium heat. Sauté the red onions in the remaining Thai red curry paste for about 3 to 5 minutes.
4. Add the chicken thighs to the skillet and sear for 3 minutes per side. Add the coconut milk and bring it to a simmer.
5. Once the coconut milk is simmering, transfer the skillet to the oven and bake for 15 minutes.
6. Remove from the oven, divide the chicken onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to three months.

Optional Garnishes

Sea salt, pepper, lime juice and/or chopped cilantro.

Serve it With

Rice, quinoa or cauliflower rice.

Add Veggies

Serve it with wilted kale, roasted asparagus or green peas.

Ingredients

2 lbs Chicken Thighs (skinless, boneless)

1/4 cup Thai Red Curry Paste (divided)

1 tbsp Coconut Oil

1/2 cup Red Onion (finely diced)

1 1/4 cups Canned Coconut Milk (full fat)

Spiralized Veggie Noodles with Peanut Sauce

12 ingredients · 15 minutes · 3 servings



Directions

1. Spiralize the zucchini and the carrot and transfer to a large mixing bowl with the bell pepper and cabbage. If you do not have a spiralizer, use a box grater or vegetable peeler instead.
2. In a mixing bowl combine the peanut butter, water, lime juice, tamari, maple syrup, garlic and ginger. Mix well to combine.
3. To serve, toss the veggies in the peanut sauce and top with hemp seeds. Serve immediately and enjoy!

Notes

Leftovers

For best results, refrigerate veggies and peanut sauce in separate airtight containers for up to three days.

Serving Size

One serving is equal to approximately 2 cups of veggies and 3 tablespoons of sauce.

Soy-Free

Use coconut aminos instead of tamari.

Nut-Free

Use sunflower seed butter instead of peanut butter.

Additional Toppings

For extra crunch add sliced almonds, chopped peanuts or pumpkin seeds. Serve with lime slices.

More Protein

Add cooked chicken, shrimp or tofu.

Ingredients

- 1 Zucchini (medium)
- 1 Carrot (large, peeled)
- 1 Red Bell Pepper (thinly sliced)
- 1 1/2 cups Purple Cabbage (thinly sliced)
- 1/4 cup All Natural Peanut Butter
- 2 tbsps Water
- 2 tbsps Lime Juice
- 1 tbsp Tamari
- 1 tbsp Maple Syrup
- 1 Garlic (clove, minced)
- 1 tsp Ginger (minced)
- 3 tbsps Hemp Seeds

Lemony Kale & Cauliflower Salad

8 ingredients · 15 minutes · 4 servings



Directions

1. In a mixing bowl combine the lemon juice, garlic powder and salt. Add in the kale to the mixing bowl and use your hands to massage the lemon juice into the kale leaves. Mix in the parsley and olives. Set aside.
2. Add the cauliflower florets to a food processor and pulse until the cauliflower has a rice-like consistency. Do this in batches, if needed.
3. Add the cauliflower and oil to the kale mixture and stir to mix well. Season with additional salt, if needed. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is approximately 1 cup of salad.

More Flavor

Add chopped tomatoes, peppers or black olives. Serve with lemon wedges.

Meal Prep

Make the cauliflower rice head of time or use store-bought cauliflower rice instead.

Ingredients

- 1/2 cup** Lemon Juice
- 1/2 tsp** Garlic Powder
- 1/4 tsp** Sea Salt
- 3 cups** Kale Leaves (finely chopped)
- 1/2 cup** Parsley (chopped)
- 1/2 cup** Green Olives (pitted, chopped)
- 1/2 head** Cauliflower (small, chopped into florets)
- 2 tbsps** Extra Virgin Olive Oil

Charred Kale Salad with Tahini Dressing

10 ingredients · 15 minutes · 2 servings



Directions

1. In a blender or food processor, add the lime juice, tahini, 3/4 of the oil, cilantro, salt and water. Blend until smooth and creamy and the sauce is a nice pale green color.
2. Heat a cast-iron pan over medium heat. Once the pan is hot, add the remaining oil and half the kale. Let it cook undisturbed for about 1 minute. Continue cooking while tossing the kale around until it is lightly charred. Remove and repeat the process until all of the kale is lightly charred.
3. Add the kale to a plate and drizzle with the tahini dressing, top with sesame seeds, orange segments and pumpkin seeds, if using. Enjoy!

Notes

Leftovers

The charred kale is best enjoyed the same day. Refrigerate the leftover dressing in an airtight container for up to five days.

No Blood Orange

Use a regular orange or grapefruit.

Ingredients

- 2 **tbsps** Lime Juice
- 2 **tbsps** Tahini
- 1/4 **cup** Extra Virgin Olive Oil (divided)
- 1/2 **cup** Cilantro (roughly chopped)
- 1/4 **tsp** Sea Salt
- 1 **tbsp** Water
- 4 **cups** Kale Leaves (stem removed, roughly torn)
- 2 **tsp**s Sesame Seeds (toasted)
- 1 Blood Orange (peeled, roughly chopped into segments)
- 2 **tbsps** Pumpkin Seeds (optional)

Berry & Quinoa Salad

8 ingredients · 30 minutes · 4 servings



Directions

1. Cook the quinoa according to the package directions. When the quinoa is cooked, let it cool.
2. Meanwhile, in a mixing bowl combine the strawberries, blueberries and mint, if using.
3. In a jar with a lid, add the balsamic vinegar, maple syrup and dijon mustard and shake until well combined.
4. To assemble the salad, divide the lettuce between bowls and top with the quinoa and then the berries. Drizzle with the balsamic dressing. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days. Assemble the salad just before serving.

More Fat

Add extra virgin olive oil to the dressing or top the salad with avocado or hemp seeds.

More Protein

Add chickpeas, lentils or cooked chicken breast.

More Veggies

Add chopped cucumber or bell pepper.

No Mint

Use basil or parsley instead.

No Romaine

Use baby spinach or other lettuce instead.

Quinoa

Cook the quinoa ahead of time and refrigerate in an airtight container for up to five days. A 1/2 cup uncooked quinoa yields approximately 2 cups of cooked quinoa.

Ingredients

1/2 cup Quinoa (dry, uncooked)

1 cup Strawberries (chopped)

1 cup Blueberries (chopped)

1 tbsps Mint Leaves (chopped, optional)

3 tbsps Balsamic Vinegar

1 1/2 tbsps Maple Syrup

1 1/2 tsps Dijon Mustard

1 head Romaine Hearts

Watermelon & Cucumber Quinoa Salad

7 ingredients · 30 minutes · 4 servings



Directions

1. Cook the quinoa according to the package directions. When the quinoa is cooked, let cool.
2. In a large mixing bowl combine the watermelon, cucumber, red onion, lime juice, mint and salt. Stir in the cooked quinoa and season with additional salt or lime juice if necessary. Chill before serving.
3. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is approximately 1 cup.

More Fat

Add a drizzle of extra virgin olive oil or top the salad with hemp seeds.

No Mint

Use basil or parsley instead.

Quinoa

Cook the quinoa ahead of time and refrigerate in an airtight container for up to five days. 1/2 cup uncooked quinoa yields approximately 2 cups of cooked quinoa.

Ingredients

1/2 cup Quinoa

1/8 Seedless Watermelon (cut into small cubes)

1/2 Cucumber (peeled, diced)

2 tbsps Red Onion (finely chopped)

2 tbsps Lime Juice

1 1/2 tbsps Mint Leaves

1/8 tsp Sea Salt

Creamy Cauliflower & Carrot Soup

8 ingredients · 30 minutes · 4 servings



Directions

1. Heat the olive oil in a large stock pot over medium-low heat. Add the green onions and saute until softened. Add the carrot, cauliflower, water, thyme and salt. Cover the pot and bring to a boil. Once boiling, reduce to a simmer. Let simmer for 20 minutes then add in the parsley and stir until wilted. Turn off the heat.
2. Puree the soup using a blender or handheld immersion blender. (Note: If using a regular blender, be careful. Ensure you leave a space for the steam to escape.) Taste and adjust seasoning if needed. Ladle into bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Freeze for up to three months.

Serving Size

One serving is roughly 2 1/2 cups.

Make it Fancy

Roast up some leftover carrots and cauliflower and use as a garnish with pumpkin seeds.

Anti-Inflammatory

Add turmeric powder.

Make it a Meal

Stir in lentils, chickpeas or chicken.

Gut-Healing

Make with bone broth instead of water. Adjust sea salt accordingly if the broth is salted.

Ingredients

2 tbsps Extra Virgin Olive Oil
6 stalks Green Onion (chopped)
5 Carrot (medium size, chopped)
1 head Cauliflower (chopped into florets)
6 cups Water
2 tsps Dried Thyme
1/2 tsp Sea Salt
1/2 cup Parsley

Egyptian Lentil Soup with Caramelized Onions

7 ingredients · 30 minutes · 10 servings



Directions

1. In a large pot, heat the water over high heat while you prepare the remaining ingredients.
2. Add the lentils, 2/3 of the onion, garlic, cumin and salt. Simmer for 20 minutes.
3. Meanwhile, prepare a separate pan over medium-high heat with a bit of water. Add the remaining onions and cook until soft and golden brown, about 15 to 20 minutes. Stir frequently and add more water as needed. Set aside.
4. Add lemon juice to the soup and adjust the salt to your preference. Use a handheld blender to puree the soup until it reaches a smooth consistency.
5. Divide into bowls and top with the caramelized onions. Enjoy!

Notes

More Toppings

Garnish the soup with yogurt, parsley, cilantro, slivered almonds, crushed pistachios, pomegranate seeds or red pepper flakes.

No Lemon Juice

Use apple cider vinegar instead.

Serving Size

One serving is equal to approximately one cup of soup.

Storage

Refrigerate in an airtight container for up to 5 to 7 days. Freeze for longer.

Ingredients

8 cups Water

2 1/2 cups Dry Red Lentils (rinsed)

3 Yellow Onion (medium, peeled and sliced, divided)

4 Garlic (cloves, minced)

2 tsps Cumin

2 tsps Sea Salt

2 Lemon (juiced)