



Boost Your Microbiome Meal Plan

Created by Swan Integrative Health and Wellness



Boost Your Microbiome Meal Plan

Swan Integrative Health and Wellness

This meal plan provides six days of microbiome boosting, gut healing recipes to re-boot your belly!

Adjust portion sizes and snacks to support your nutritional needs.

Contact my office if you need more help with your gut health - I'm taking new patients and love helping people heal their guts!
860-325-2679 or email info@amandaswanaprn.com

Enjoy!

Boost Your Microbiome Meal Plan

6 days

	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast	Gut Healing Green Smoothie	Gut Healing Green Smoothie	Gut Healing Green Smoothie	Paleo Sweet Potato Porridge	Paleo Sweet Potato Porridge	Paleo Sweet Potato Porridge
Lunch	Tuna Salad Stuffed Avocado with Hot Sauce	Slow Cooker Rotisserie Chicken	One Pan Honey Garlic Salmon with Bok Choy	Kimchi Fried Cauliflower Rice	Roasted Brussels Sprouts Caesar Salad	Sausage & Sauerkraut Skillet
Snack 1	Jicama and Hummus	Immunity Boosting Bone Broth	Immunity Boosting Bone Broth	Golden Turmeric Latte	Golden Turmeric Latte	Jicama and Hummus
Dinner	Slow Cooker Rotisserie Chicken	One Pan Honey Garlic Salmon with Bok Choy	Kimchi Fried Cauliflower Rice	Roasted Brussels Sprouts Caesar Salad	Sausage & Sauerkraut Skillet	Sausage, Broccoli & Cabbage Stir Fry
Snack 2	Plantain Chips	Plantain Chips	Strawberry Ice Cream	Strawberry Ice Cream	Broiled Pineapple with Cinnamon	Broiled Pineapple with Cinnamon

Boost Your Microbiome Meal Plan

6 days

Mon	Tue	Wed	Thu	Fri	Sat
Calories 1629	Calories 1443	Calories 1069	Calories 1382	Calories 1350	Calories 1054
Fat 68g	Fat 51g	Fat 48g	Fat 92g	Fat 91g	Fat 55g
Saturated 15g	Saturated 12g	Saturated 9g	Saturated 48g	Saturated 49g	Saturated 28g
Carbs 191g	Carbs 172g	Carbs 117g	Carbs 106g	Carbs 100g	Carbs 117g
Fiber 40g	Fiber 25g	Fiber 26g	Fiber 26g	Fiber 23g	Fiber 32g
Sugar 80g	Sugar 85g	Sugar 58g	Sugar 44g	Sugar 50g	Sugar 49g
Protein 87g	Protein 95g	Protein 60g	Protein 48g	Protein 45g	Protein 36g
Cholesterol 166mg	Cholesterol 214mg	Cholesterol 264mg	Cholesterol 284mg	Cholesterol 183mg	Cholesterol 170mg
Sodium 2657mg	Sodium 3339mg	Sodium 2366mg	Sodium 1298mg	Sodium 1557mg	Sodium 2395mg
Potassium 4338mg	Potassium 4280mg	Potassium 3168mg	Potassium 3006mg	Potassium 2416mg	Potassium 2246mg
Vitamin A 21365IU	Vitamin A 27786IU	Vitamin A 15757IU	Vitamin A 11745IU	Vitamin A 12441IU	Vitamin A 13217IU
Vitamin C 194mg	Vitamin C 203mg	Vitamin C 208mg	Vitamin C 248mg	Vitamin C 224mg	Vitamin C 294mg
Calcium 374mg	Calcium 477mg	Calcium 543mg	Calcium 315mg	Calcium 306mg	Calcium 426mg
Iron 15mg	Iron 13mg	Iron 13mg	Iron 13mg	Iron 13mg	Iron 15mg
Vitamin D 39IU	Vitamin D 0IU	Vitamin D 41IU	Vitamin D 41IU	Vitamin D 0IU	Vitamin D 0IU
Vitamin B6 3.2mg	Vitamin B6 3.9mg	Vitamin B6 3.1mg	Vitamin B6 2.1mg	Vitamin B6 1.5mg	Vitamin B6 1.4mg
Folate 369µg	Folate 329µg	Folate 414µg	Folate 317µg	Folate 154µg	Folate 205µg
Vitamin B12 2.9µg	Vitamin B12 5.3µg	Vitamin B12 5.0µg	Vitamin B12 1.1µg	Vitamin B12 1.7µg	Vitamin B12 2.2µg

Magnesium	504mg	Magnesium	466mg	Magnesium	392mg	Magnesium	203mg	Magnesium	164mg	Magnesium	214mg
Zinc	8mg	Zinc	7mg	Zinc	5mg	Zinc	4mg	Zinc	4mg	Zinc	5mg
Selenium	105µg	Selenium	95µg	Selenium	75µg	Selenium	36µg	Selenium	30µg	Selenium	37µg

Boost Your Microbiome Meal Plan

65 items

Fruits

- ☐ 2 Apple
- ☐ 2 1/2 Avocado
- ☐ 7 Banana
- ☐ 3/4 Lemon
- ☐ 4 cups Pineapple
- ☐ 4 Plantain
- ☐ 3 cups Raspberries

Seeds, Nuts & Spices

- ☐ 1 1/2 tsps Black Pepper
- ☐ 1/2 tsp Cayenne Pepper
- ☐ 3 tbsps Chia Seeds
- ☐ 1 1/2 tsps Chili Powder
- ☐ 1 3/4 tbsps Cinnamon
- ☐ 1 tsp Dried Thyme
- ☐ 1/3 cup Ground Flax Seed
- ☐ 3/4 cup Hemp Seeds
- ☐ 2 tsps Italian Seasoning
- ☐ 1 tsp Onion Powder
- ☐ 2 tsps Paprika
- ☐ 1/2 cup Pumpkin Seeds
- ☐ 1/2 tsp Red Pepper Flakes
- ☐ 1 1/3 tbsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 2 1/2 tbsps Sesame Seeds
- ☐ 2 tsps Turmeric

Frozen

- ☐ 1 cup Frozen Peas
- ☐ 2 cups Frozen Strawberries

Vegetables

- ☐ 1/2 cup Baby Spinach
- ☐ 4 cups Bok Choy
- ☐ 2 cups Broccoli
- ☐ 9 cups Brussels Sprouts
- ☐ 1 Carrot
- ☐ 1 head Cauliflower
- ☐ 3 stalks Celery
- ☐ 10 Garlic
- ☐ 2 tbsps Ginger
- ☐ 3 stalks Green Onion
- ☐ 6 cups Kale Leaves
- ☐ 1 cup Parsley
- ☐ 2 cups Purple Cabbage
- ☐ 1/2 cup Radishes
- ☐ 5 Sweet Potato
- ☐ 4 cups Swiss Chard
- ☐ 1 bulb Yambean (Jicama)
- ☐ 2 1/2 Yellow Onion

Boxed & Canned

- ☐ 3 1/2 cups Organic Coconut Milk
- ☐ 1 can Tuna

Baking

- ☐ 1/2 cup Raw Honey
- ☐ 3 tbsps Unsweetened Coconut Flakes

Bread, Fish, Meat & Cheese

- ☐ 1 lb Extra Lean Ground Chicken
- ☐ 1 cup Hummus
- ☐ 15 ozs Organic Chicken Sausage
- ☐ 1 1/4 lbs Salmon Fillet
- ☐ 1 Whole Chicken Carcass
- ☐ 4 lbs Whole Roasting Chicken

Condiments & Oils

- ☐ 2 tbsps Apple Cider Vinegar
- ☐ 1/2 cup Coconut Oil
- ☐ 3 tbsps Dijon Mustard
- ☐ 1/3 cup Extra Virgin Olive Oil
- ☐ 2 cups Kimchi
- ☐ 2 cups Sauerkraut
- ☐ 1 tbsp Sesame Oil
- ☐ 1/2 tsp Tabasco Sauce
- ☐ 1/4 cup Tamari

Cold

- ☐ 4 Egg

Other

- ☐ 17 cups Water

Gut Healing Green Smoothie

8 ingredients · 5 minutes · 2 servings



Directions

1. Throw all ingredients into a blender and blend until very smooth and creamy. Divide into glasses and enjoy!

Notes

No Kale

Use spinach instead.

No Honey

Use maple syrup, dates or extra banana to sweeten instead.

Likes it Creamy

Use almond milk instead of water for extra creaminess.

Storage

Make ahead and store in a sealed mason jar. Shake well before drinking. Keeps well in the fridge for 1 - 2 days.

Ingredients

- 2 1/2 cups Water (cold)
- 2 cups Kale Leaves
- 1/2 Avocado (peeled and pit removed)
- 1 Banana (frozen)
- 1 tbsp Chia Seeds
- 2 tbsps Ground Flax Seed
- 1/4 cup Hemp Seeds
- 2 tbsps Raw Honey

Nutrition

Amount per serving

Calories	404	Vitamin C	19mg
Fat	22g	Calcium	177mg
Saturated	2g	Iron	4mg
Carbs	47g	Vitamin D	0IU
Fiber	11g	Vitamin B6	0.5mg
Sugar	24g	Folate	75µg
Protein	12g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	194mg
Sodium	67mg	Zinc	2mg
Potassium	738mg	Selenium	1µg
Vitamin A	6613IU		

Paleo Sweet Potato Porridge

7 ingredients · 20 minutes · 2 servings



Directions

1. Peel and shred the sweet potato using a hand grater or the shredding attachment on your food processor.
2. Place shredded sweet potato in a medium sized saucepan, add the coconut milk and water.
3. Cover and cook the sweet potato in the liquid over medium-high heat for about 15 minutes, stirring every couple minutes to prevent the bottom from burning. It will seem dry at first, but as it steams, the sweet potato will soften and release liquid. After about 15 minutes, your sweet potato should be a very soft, porridge-like texture.
4. Divide the sweet potato porridge between bowls and top with berries, coconut oil, cinnamon, and shredded coconut. Enjoy!

Notes

Other Toppings

Dried fruit, nut butter, chia seeds, hemp seeds or fresh fruit.

Leftovers

Store in an airtight container in the fridge up to 3 to 4 days.

Ingredients

- 1 Sweet Potato
- 1/2 cup Organic Coconut Milk (canned)
- 1/2 cup Water
- 1 cup Raspberries
- 1 tbsp Coconut Oil
- 1/2 tsp Cinnamon
- 1 tbsp Unsweetened Coconut Flakes

Nutrition

Amount per serving

Calories	273	Vitamin C	18mg
Fat	19g	Calcium	50mg
Saturated	16g	Iron	1mg
Carbs	23g	Vitamin D	0IU
Fiber	7g	Vitamin B6	0.2mg
Sugar	6g	Folate	20µg
Protein	3g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	31mg
Sodium	54mg	Zinc	0mg
Potassium	406mg	Selenium	1µg
Vitamin A	9244IU		

Tuna Salad Stuffed Avocado with Hot Sauce

10 ingredients · 20 minutes · 2 servings



Directions

1. Cut your avocados in half and discard the pits. Scoop about 3/4 of the avocado flesh out of each avocado half so that just a bit of avocado remains in the shell. Place the avocado flesh you carved out in a large mixing bowl and mash with a fork.
2. Add tuna, celery, baby spinach, minced garlic, mustard, extra virgin olive oil and lemon juice. Season with sea salt and pepper to taste and mix well.
3. Use a spoon to pack the tuna salad back into the avocado halves. Drizzle with desired amount of tabasco. Enjoy!

Notes

More Protein & Crunch

Add 1/4 cup sunflower seeds.

Don't Like Avocados

Use halved bell peppers or carved out tomatoes instead. Roast them first for some extra yum.

Don't Eat Fish

Use a can of white beans instead.

Ingredients

- 1 Avocado
- 1 can Tuna (drained and flaked)
- 1 stalk Celery (finely diced)
- 1/2 cup Baby Spinach (finely chopped)
- 1/2 Garlic (clove, minced)
- 1 tbsp Dijon Mustard
- 3/4 tsp Extra Virgin Olive Oil
- 1/4 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp Tabasco Sauce

Nutrition

Amount per serving

Calories	262	Vitamin C	15mg
Fat	17g	Calcium	43mg
Saturated	3g	Iron	2mg
Carbs	10g	Vitamin D	39IU
Fiber	7g	Vitamin B6	0.6mg
Sugar	1g	Folate	108µg
Protein	18g	Vitamin B12	2.1µg
Cholesterol	30mg	Magnesium	57mg
Sodium	323mg	Zinc	1mg
Potassium	739mg	Selenium	59µg
Vitamin A	1006IU		

Jicama and Hummus

2 ingredients · 5 minutes · 2 servings



Directions

1. Divide carrots between bowls. Serve with hummus on the side for dipping. Enjoy!

Notes

No Baby Carrots

Use celery sticks, cucumber slices or sliced bell peppers instead..

Like it Spicy

Top with a pinch of cayenne pepper or chili powder.

Ingredients

1/2 bulb Yambean (Jicama) (Peeled and cut into sticks)

1/2 cup Hummus

Nutrition

Amount per serving

Calories	208	Vitamin C	33mg
Fat	11g	Calcium	49mg
Saturated	2g	Iron	3mg
Carbs	24g	Vitamin D	0IU
Fiber	11g	Vitamin B6	0.2mg
Sugar	3g	Folate	49µg
Protein	6g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	66mg
Sodium	269mg	Zinc	1mg
Potassium	439mg	Selenium	4µg
Vitamin A	49IU		

Immunity Boosting Bone Broth

9 ingredients · 12 hours · 4 servings



Directions

1. Place the bones in the slow cooker. Add all remaining ingredients. Set slow cooker to low and let cook for at least 12 hours.
2. After 12 hours, strain the broth through a strainer or mesh sack. Discard the vegetables that you strained out. Allow broth to cool. Once cool, remove the layer of fat that forms on the top and discard or save it for future cooking. Freeze broth until ready to use.

Notes

Low FODMAP

Omit garlic and onions.

Ingredients

- 1 Whole Chicken Carcass (about 2 lbs of bones)
- 1 Carrot (peeled and chopped)
- 1 Yellow Onion (diced)
- 2 stalks Celery (chopped)
- 3 Garlic (cloves, halved)
- 1 tbsp Apple Cider Vinegar
- 1 tsp Sea Salt
- 1 cup Parsley (chopped)
- 6 cups Water

Nutrition

Amount per serving

Calories	30	Vitamin C	25mg
Fat	0g	Calcium	84mg
Saturated	0g	Iron	1mg
Carbs	7g	Vitamin D	0IU
Fiber	2g	Vitamin B6	0.1mg
Sugar	4g	Folate	33µg
Protein	1g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	20mg
Sodium	634mg	Zinc	0mg
Potassium	193mg	Selenium	0µg
Vitamin A	3901IU		

Golden Turmeric Latte

7 ingredients · 10 minutes · 2 servings



Directions

1. Grate the ginger then squeeze the juice out of it into a saucepan. Discard the pulp. Add the remaining ingredients to the saucepan and place over medium heat. Heat through for about 3 to 5 minutes, not letting it come to a boil. Whisk continuously.
2. Carefully transfer into a mason jar and seal with a lid. Shake vigorously for about 30 seconds, or until a foam starts to form. (Note: You can also use a blender for this step, but the turmeric can stain the blender cup.) Pour into glasses through a sieve and enjoy!

Notes

Use Fresh Turmeric Root

Skip the turmeric powder and use fresh turmeric root instead. Peel turmeric root and grate. Measure out about 1 tbsp grated turmeric root per serving.

Avoid a Mess

Rinse all glasses and mugs out right after use to avoid turmeric stains. Use baking soda on turmeric stains if they do happen.

On-the-Go

Add all ingredients except water to a mason jar. When ready to drink, just add hot water from the kettle and shake up for a warming, anti-inflammatory snack.

Vegan

Use maple syrup to sweeten instead of honey.

Ingredients

- 1 **tbsp** Ginger (grated)
- 1 **cup** Organic Coconut Milk (canned)
- 1 **cup** Water
- 1 **tsp** Turmeric (powder)
- 1 **tbsp** Raw Honey
- 1/2 **tsp** Cinnamon
- 1 1/2 **tsps** Coconut Oil

Nutrition

Amount per serving

Calories	281	Vitamin C	0mg
Fat	25g	Calcium	26mg
Saturated	21g	Iron	1mg
Carbs	14g	Vitamin D	0IU
Fiber	1g	Vitamin B6	0mg
Sugar	10g	Folate	1µg
Protein	2g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	8mg
Sodium	33mg	Zinc	0mg
Potassium	228mg	Selenium	0µg
Vitamin A	2IU		

Slow Cooker Rotisserie Chicken

11 ingredients · 4 hours · 4 servings



Directions

1. Rinse chicken and pat dry with paper towels. Remove innards of chicken if not already done. Crumple up sheets of tinfoil to create 6 to 8 round balls (about the size of a golf ball). Place in the bottom of the slow cooker. This helps to prevent the chicken from sticking to the bottom, cook more evenly and keep it moist.
2. Rub the inside of your slow cooker with a bit of olive or coconut oil to make it non-stick.
3. In a bowl, combine the sea salt, paprika, onion powder, thyme, italian seasoning, cayenne pepper and black pepper. Rub this spice mix evenly all over the chicken (inside and out).
4. Place chicken (breast side up) in the slow cooker on top of the foil. Cook 4 to 5 hours on high or 8 to 9 hours on low (aim for 1.5 hours per pound). If you have a meat thermometer, the chicken will be perfect when it has an internal temperature of 165 degrees celsius. Otherwise, you can check that it is cooked through just by making a slit in it and make sure it is no longer pink at the bone.
5. One hour before you are ready to eat, preheat oven to 415. Add chopped sweet potato and brussels sprouts to a large mixing bowl. Add olive oil and season with sea salt and pepper. Toss well. Line a baking sheet with parchment paper and spread the vegetables across evenly. Roast in the oven for 30 minutes.
6. Remove vegetables from oven and increase heat to 450. Line a pan with foil. Ensure chicken is cooked through then transfer it to the foil-lined pan. Place chicken in the oven for 10 minutes to make it crispy.
7. Remove from oven and carve the chicken. Plate chicken with roasted sweet potato and brussels sprouts. Enjoy!

Notes

Save the Carcass

Make our Immunity Boosting Bone Broth.

AIP-Friendly

Omit the black pepper and cayenne.

Ingredients

- 4 lbs Whole Roasting Chicken
- 1 tbsp Sea Salt
- 2 tsps Paprika
- 1 tsp Onion Powder
- 1 tsp Dried Thyme
- 1 tsp Italian Seasoning
- 1/2 tsp Cayenne Pepper
- 1 tsp Black Pepper
- 2 Sweet Potato (diced into 1 inch cubes)
- 4 cups Brussels Sprouts (halved and trimmed)
- 1 tbsp Extra Virgin Olive Oil

Nutrition

Amount per serving

Calories	364	Vitamin C	77mg
Fat	10g	Calcium	90mg
Saturated	2g	Iron	4mg
Carbs	23g	Vitamin D	0IU
Fiber	6g	Vitamin B6	1.2mg
Sugar	5g	Folate	78µg
Protein	47g	Vitamin B12	0.8µg
Cholesterol	136mg	Magnesium	89mg
Sodium	1987mg	Zinc	3mg
Potassium	1104mg	Selenium	37µg

Amanda Swan

<http://amandaswanaprn.com>



Vitamin A 10652IU

One Pan Honey Garlic Salmon with Bok Choy

10 ingredients · 20 minutes · 4 servings



Directions

1. Preheat oven to 510°F (266°C) and line a baking sheet with parchment paper.
2. In a bowl, whisk together the honey, half of the tamari, minced garlic and chili powder. Stir well to mix.
3. Lay salmon across a baking sheet and season with sea salt and black pepper. Use a brush to paint the honey garlic mix onto the fillets.
4. Add bok choy to a large mixing bowl and drizzle with remaining tamari and sesame oil. Toss well. Transfer bok choy to the baking sheet and organize it around the salmon. Place baking sheet in the oven and bake for 7 to 10 minutes or until salmon flakes with a fork and bok choy is starting to char.
5. Remove from oven and sprinkle bok choy with red pepper flakes and sesame seeds. Divide onto plates. Enjoy!

Notes

No Salmon

Any fish fillet will do. Baking time will vary depending on thickness.

No Bok Choy

Use asparagus, green beans or broccoli instead.

Make it on the Grill

Use a grilling basket for the fish and place the bok choy on the grill face down. Cook over medium-low heat.

Ingredients

- 1 **tbps** Raw Honey
- 2 **tbps** Tamari
- 3 Garlic (cloves, minced)
- 1 **1/2 tsps** Chili Powder
- 1 **1/4 lbs** Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 4 **cups** Bok Choy (halved)
- 1 **tsp** Sesame Oil
- 1/2 **tsp** Red Pepper Flakes
- 1 **1/2 tsps** Sesame Seeds

Nutrition

Amount per serving

Calories	254	Vitamin C	32mg
Fat	11g	Calcium	111mg
Saturated	2g	Iron	2mg
Carbs	8g	Vitamin D	0IU
Fiber	1g	Vitamin B6	1.4mg
Sugar	5g	Folate	84µg
Protein	31g	Vitamin B12	4.5µg
Cholesterol	78mg	Magnesium	65mg
Sodium	640mg	Zinc	1mg
Potassium	927mg	Selenium	53µg
Vitamin A	3575IU		

Kimchi Fried Cauliflower Rice

11 ingredients · 20 minutes · 4 servings



Directions

1. Use a food processor to process your cauliflower florets into a rice-like consistency. Transfer to a bowl and set aside.
2. Heat coconut oil in a large skillet over medium heat. Add kimchi and cauliflower rice then saute for 5 minutes. Add in tamari, apple cider vinegar, black pepper, sesame seeds, sesame oil, green onion and green peas. Stir well to mix and saute for another 2 to 4 minutes or until heated through. Reduce heat to lowest setting.
3. In a separate frying pan, fry your eggs.
4. Divide kimchi fried rice between bowls and top with a fried egg. Enjoy!

Notes

No Cauliflower

Use cooked quinoa or brown rice instead.

Meat Lover

Add chopped bacon.

No Eggs

Use diced chicken breast or roasted chickpeas instead.

Ingredients

1 head Cauliflower (medium, chopped into florets)

1 tbsp Coconut Oil

2 cups Kimchi (liquid drained off)

2 tbsps Tamari

1 tbsp Apple Cider Vinegar

1/2 tsp Black Pepper

2 tbsps Sesame Seeds

2 tsps Sesame Oil

3 stalks Green Onion (chopped)

1 cup Frozen Peas (thawed)

4 Egg

Nutrition

Amount per serving

Calories	237	Vitamin C	76mg
Fat	14g	Calcium	147mg
Saturated	5g	Iron	5mg
Carbs	18g	Vitamin D	41IU
Fiber	7g	Vitamin B6	0.6mg
Sugar	6g	Folate	179µg
Protein	14g	Vitamin B12	0.5µg
Cholesterol	186mg	Magnesium	69mg
Sodium	1022mg	Zinc	2mg

Potassium	724mg	Selenium	19µg
Vitamin A	1542IU		

Roasted Brussels Sprouts Caesar Salad

9 ingredients • 1 hour • 4 servings



Directions

1. Preheat oven to 400°F (204°C). In a large bowl, toss brussels sprouts with a splash of your olive oil and season with sea salt and pepper. Toss well and place on baking sheet lined with parchment paper or foil.
2. Slice the top off of the head of garlic and peel away the skin so the cloves are showing. Drizzle with olive oil and wrap in foil. Place on the baking sheet with the brussels sprouts. Place in oven and bake for 30 minutes. At the 30 minute mark, remove the brussel sprouts and let the garlic cook for another 15 minutes.
3. Remove garlic from oven and let cool. When cool enough to handle, pinch the cloves out one-by-one into a food processor/blender. Add the remaining olive oil, lemon juice, mustard and season with a bit of salt and pepper. Blend until creamy.
4. Place the brussels sprouts, radish and ground chicken into the large mixing bowl and add desired amount of garlic dressing. Toss well. Place in bowl and garnish with seeds, sea salt and pepper. Enjoy!

Ingredients

1 lb Extra Lean Ground Chicken (cooked)
5 cups Brussels Sprouts (halved)
1/2 cup Radishes (sliced)
1/2 cup Pumpkin Seeds
1/3 cup Extra Virgin Olive Oil
1 Garlic (whole head)
1/2 Lemon (juiced)
2 tbsps Dijon Mustard
Sea Salt & Black Pepper

Nutrition

Amount per serving

Calories	447	Vitamin C	98mg
Fat	33g	Calcium	68mg
Saturated	6g	Iron	5mg
Carbs	14g	Vitamin D	0IU
Fiber	6g	Vitamin B6	0.8mg
Sugar	3g	Folate	74µg
Protein	27g	Vitamin B12	0.6µg
Cholesterol	98mg	Magnesium	51mg
Sodium	186mg	Zinc	2mg
Potassium	1062mg	Selenium	14µg
Vitamin A	831IU		

Sausage & Sauerkraut Skillet

7 ingredients · 40 minutes · 4 servings



Directions

1. Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper. Add sausage and bake for 30 minutes or until cooked through. Remove from oven and cut into 1/4" pieces.
2. Heat coconut oil in a frying pan over medium heat. Add yellow onion and apple. Saute just until onion is translucent (about 5 minutes). Add garlic and saute for another minute.
3. Add swiss chard and continue to saute just until it is wilted. Reduce heat to low and add in chopped sausage and sauerkraut and saute for another minute or until heated through. Remove from heat and divide into bowls. Enjoy!

Notes

Vegan and Vegetarian

Skip the sausage and use cooked lentils instead.

No Swiss Chard

Use kale or spinach instead.

Ingredients

10 ozs Organic Chicken Sausage

1 tbsp Coconut Oil

1 Yellow Onion (diced)

2 Apple (peeled, cored and diced)

2 Garlic (cloves, minced)

4 cups Swiss Chard (washed, stems removed and chopped)

2 cups Sauerkraut (liquid drained off)

Nutrition

Amount per serving

Calories	264	Vitamin C	29mg
Fat	14g	Calcium	128mg
Saturated	6g	Iron	5mg
Carbs	26g	Vitamin D	0IU
Fiber	6g	Vitamin B6	0.3mg
Sugar	15g	Folate	29µg
Protein	12g	Vitamin B12	1.1µg
Cholesterol	85mg	Magnesium	53mg
Sodium	1282mg	Zinc	2mg
Potassium	534mg	Selenium	15µg
Vitamin A	2264IU		

Sausage, Broccoli & Cabbage Stir Fry

6 ingredients · 25 minutes · 2 servings



Directions

1. Remove casings from the sausage and discard. Heat a large skillet over medium-high heat. Add the sausage meat, onion, and garlic. Saute for about 5 to 10 minutes, or until fragrant.
2. Add the broccoli, cabbage and italian seasoning. Cover and cook for 10 to 15 minutes, stirring occasionally, until the vegetables are wilted and the sausage is cooked through. Divide onto plates and enjoy!

Notes

Leftovers

Keeps well in the fridge up to 3 days.

No Sausage

Use ground meat instead.

Make it Quick

Use bagged coleslaw mix to save time on slicing cabbage.

Ingredients

5 ozs Organic Chicken Sausage

1/2 Yellow Onion (small, diced)

1/2 Garlic (clove, minced)

2 cups Broccoli (chopped into small florets)

2 cups Purple Cabbage (finely sliced)

1 tsp Italian Seasoning

Nutrition

Amount per serving

Calories	224	Vitamin C	135mg
Fat	11g	Calcium	165mg
Saturated	4g	Iron	5mg
Carbs	21g	Vitamin D	0IU
Fiber	5g	Vitamin B6	0.5mg
Sugar	9g	Folate	77µg
Protein	14g	Vitamin B12	1.1µg
Cholesterol	85mg	Magnesium	43mg
Sodium	788mg	Zinc	2mg
Potassium	681mg	Selenium	17µg
Vitamin A	1560IU		

Plantain Chips

3 ingredients · 30 minutes · 2 servings



Directions

1. Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper.
2. Peel the plantains then slice as thinly as possible with a mandolin or knife. Do your best to keep the thickness consistent. Slice on the diagonal for bigger chips. Gently toss the slices in coconut oil and cinnamon. Arrange in an even layer on the baking sheet then bake for 30 to 35 minutes, flipping at the halfway point. (Note: Chips are done when they start to brown around the edges.)
3. Remove from oven and let cool on a baking rack lined with paper towel to soak up any excess oil. Enjoy!

Notes

Storage

Store in an airtight container at room temperature.

Make Them Crispy

Plantain chips last 1 - 2 days. If they get soggy, crisp them back up by placing them in the oven at 350 degrees F for 5 to 10 minutes.

Ingredients

2 Plantain (medium size)

1 **tbsp** Coconut Oil (melted)

1/2 **tsp** Cinnamon

Nutrition

Amount per serving

Calories	391	Vitamin C	50mg
Fat	8g	Calcium	15mg
Saturated	6g	Iron	2mg
Carbs	87g	Vitamin D	0IU
Fiber	5g	Vitamin B6	0.7mg
Sugar	47g	Folate	59µg
Protein	4g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	98mg
Sodium	11mg	Zinc	1mg
Potassium	1318mg	Selenium	4µg
Vitamin A	3045IU		

Strawberry Ice Cream

2 ingredients · 5 minutes · 2 servings



Directions

1. Add frozen bananas and strawberries to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
2. Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

Notes

More Creamy

Add 2 tbsp coconut milk.

More Scoopable

Add 1 tbsp vodka to prevent hard freeze.

Make it Chunky

Set aside 1/4 cup of the strawberries before blending and add them to the processor after blending. Pulse until roughly chopped.

Ingredients

2 Banana (sliced and frozen)

1 cup Frozen Strawberries

Nutrition

Amount per serving

Calories	144	Vitamin C	56mg
Fat	1g	Calcium	24mg
Saturated	0g	Iron	1mg
Carbs	37g	Vitamin D	0IU
Fiber	5g	Vitamin B6	0.5mg
Sugar	19g	Folate	43µg
Protein	2g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	44mg
Sodium	3mg	Zinc	0mg
Potassium	586mg	Selenium	2µg
Vitamin A	126IU		

Broiled Pineapple with Cinnamon

2 ingredients · 10 minutes · 2 servings



Directions

1. Adjust oven rack to the top, closest to the broiler. Set oven to high broil.
2. Place pineapple slices on a foil-lined baking sheet and sprinkle both sides with cinnamon.
3. Broil in oven for about 10 minutes, flipping halfway. Watch closely for burning as oven temperatures may vary.
4. Remove from oven and enjoy!

Notes

Serve it With

Our one-ingredient banana ice cream, organic coconut ice cream, Paleo Granola or over oatmeal.

Ingredients

2 cups Pineapple (cored and sliced into rounds)

1 tsp Cinnamon

Nutrition

Amount per serving

Calories	85	Vitamin C	79mg
Fat	0g	Calcium	34mg
Saturated	0g	Iron	1mg
Carbs	23g	Vitamin D	0IU
Fiber	3g	Vitamin B6	0.2mg
Sugar	16g	Folate	30µg
Protein	1g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	21mg
Sodium	2mg	Zinc	0mg
Potassium	186mg	Selenium	0µg
Vitamin A	100IU		