



Paleo Recipes

Created by Amanda Swan



Paleo Recipes

Amanda Swan

Here is a great assortment of paleo recipes to inspire you! All are gluten, dairy, and grain free, but full of flavor and great nutrition. Mix and match them for lunches and dinners, and have fun exploring...and eating!

Bon Appetit,

Amanda

Moroccan Sausage and Eggs

8 ingredients · 20 minutes · 4 servings



Directions

1. Heat coconut oil in a large skillet over medium heat. Cook the sausage until brown on all sides, about 5 minutes.
2. Drain any excess fat and add the tomatoes, olives, salt, half the cumin and 3/4 of the cilantro. Cook for another 5 minutes, stirring occasionally.
3. Pour the eggs over the sausage and tomatoes. Break the yolks and let simmer until the eggs have set. Lift the edges and tip the pan as needed to help the eggs cook evenly.
4. Garnish with the remaining cumin and cilantro. Divide onto plates and enjoy!

Notes

Serve it With

Brown rice tortilla chips or crusty bread.

No Cilantro

Use parsley instead.

Make it Spicy

Add cayenne, black pepper, red pepper flakes, hot sauce and/or jalapeno slices.

No Lamb Sausage

Use beef, pork, chicken or turkey sausage, vegan chorizo or chickpeas instead.

Leftovers

Refrigerate in an airtight container up to 3 days.

Ingredients

| | |
|---------|---------------------------------------|
| 1 tbsp | Coconut Oil |
| 10 ozs | Lamb Sausage |
| 2 | Tomato (medium, diced) |
| 1/4 cup | Green Olives (pitted and sliced) |
| 1/2 tsp | Sea Salt |
| 1 tsp | Cumin (divided) |
| 1/2 cup | Cilantro (finely chopped and divided) |
| 6 | Egg (cracked into a bowl) |

Nutrition

| | | | |
|----------|-----|-------------|--------|
| Calories | 375 | Cholesterol | 336mg |
| Fat | 27g | Sodium | 634mg |
| Carbs | 4g | Vitamin A | 1468IU |
| Fiber | 1g | Vitamin C | 10mg |
| Sugar | 0g | Calcium | 71mg |
| Protein | 23g | Iron | 3mg |

Chicken, Asparagus & Mashed Cauliflower

5 ingredients · 20 minutes · 4 servings



Directions

1. Preheat your oven to 425 degrees F and line a baking sheet with parchment paper. Toss the asparagus with half the olive oil and lay on the baking sheet. Sprinkle with sea salt and roast in the oven for about 12 minutes, flipping halfway through cooking time.
2. While the asparagus is roasting, bring a large pot of water to a boil under a steamer. Steam the cauliflower for 10 to 12 minutes, or until soft. Remove from heat and mash with the remaining olive oil. Season with salt to taste and divide between containers.
3. Add the asparagus to the containers along with the roasted chicken meat. Enjoy!

Notes

Storage

Keeps well in the fridge for 3 to 4 days.

More Carbs

Replace the cauliflower with potatoes, sweet potatoes, quinoa or rice.

Ingredients

| | |
|----------------|---|
| 3 cups | Asparagus (ends trimmed) |
| 3 tbsps | Extra Virgin Olive Oil (divided) |
| 1/4 tsp | Sea Salt |
| 1 head | Cauliflower (chopped into florets) |
| 16 ozs | Whole Rotisserie Chicken (cooked, meat only, bones removed) |

Nutrition

| | | | |
|-----------------|-----|--------------------|-------|
| Calories | 374 | Cholesterol | 113mg |
| Fat | 25g | Sodium | 841mg |
| Carbs | 11g | Vitamin A | 760IU |
| Fiber | 5g | Vitamin C | 76mg |
| Sugar | 5g | Calcium | 110mg |
| Protein | 29g | Iron | 4mg |

Turmeric Turkey, Zucchini & Sweet Potato

8 ingredients · 35 minutes · 4 servings



Directions

1. Preheat the oven to 425 degrees F. Line a baking sheet with parchment paper.
2. Toss the sweet potato rounds in half of the olive oil. Toss the zucchini sticks in the other half. Spread the sweet potato rounds across the baking sheet and bake for 15 minutes.
3. At the 15 minute mark, remove the sweet potato from the oven, flip, and move to one side of the sheet. Put the zucchini sticks on the other side of the baking sheet and bake for an additional 15 minutes, or until sweet potato is crispy and zucchini is tender.
4. Meanwhile, heat the coconut oil in a skillet over medium heat. Add the ground turkey, breaking it up as it cooks. Once it is cooked through, add the sea salt, turmeric and water and mix well. Turn off the heat.
5. Remove the sweet potato and zucchini from the oven. Season with any spices you'd like to taste. Divide between plates or containers along with the turmeric turkey. Enjoy!

Notes

Leftovers

Keeps well in the fridge for 3 to 4 days. Reheat in a skillet or the microwave.

No Ground Turkey

Use any type of ground meat instead.

Vegan & Vegetarian

Use lentils instead of ground meat.

No Zucchini

Use green beans instead.

Ingredients

| | |
|-----------|---|
| 2 | Sweet Potato (medium, sliced into rounds) |
| 1 tbsp | Extra Virgin Olive Oil (divided) |
| 2 | Zucchini (medium, sliced into sticks) |
| 1 1/2 tps | Coconut Oil |
| 1 lb | Extra Lean Ground Turkey |
| 1/2 tsp | Sea Salt |
| 2 tps | Turmeric |
| 1/4 cup | Water |

Nutrition

| | | | |
|----------|-----|-------------|--------|
| Calories | 292 | Cholesterol | 84mg |
| Fat | 15g | Sodium | 418mg |
| Carbs | 17g | Vitamin A | 9500IU |
| Fiber | 3g | Vitamin C | 19mg |
| Sugar | 5g | Calcium | 63mg |
| Protein | 24g | Iron | 3mg |

Turkey Cranberry Squash Bowls

8 ingredients · 40 minutes · 4 servings



Directions

1. Preheat the oven to 350F and line a baking sheet with parchment paper.
2. Rinse the outside of the squash and slice in half lengthwise. Brush the flesh with a small amount of olive oil and place face-down on the baking sheet. Bake for 30 minutes.
3. Meanwhile, heat the remaining oil in a large skillet over medium heat. Add the turkey and saute until cooked through and browned. Break it up into tiny pieces as it cooks.
4. Once the turkey is cooked through, stir in the poultry seasoning, sea salt and cranberries. Turn the heat to the lowest setting to keep warm until your squash is cooked.
5. Remove squash from oven and stuff each half with the turkey/cranberry mix. Serve with microgreens and a drizzle of balsamic vinegar. Enjoy!

Notes

Vegan & Vegetarian

Use lentils or chickpeas instead of ground meat.

No Microgreens

Use any leafy green like baby spinach, kale, or arugula.

Leftovers

Keeps well in the fridge up to 3 days.

Ingredients

| | |
|---------|---|
| 2 | Delicata Squash (small) |
| 2 tbsps | Extra Virgin Olive Oil |
| 1 lb | Extra Lean Ground Turkey |
| 1 tbsp | Poultry Seasoning |
| 1 tsp | Sea Salt |
| 1/2 cup | Frozen Cranberries (thawed, or use fresh) |
| 4 cups | Microgreens |
| 2 tbsps | Balsamic Vinegar |

Nutrition

| | | | |
|----------|-----|-------------|-------|
| Calories | 363 | Cholesterol | 84mg |
| Fat | 17g | Sodium | 677mg |
| Carbs | 32g | Vitamin A | 911IU |
| Fiber | 6g | Vitamin C | 38mg |
| Sugar | 5g | Calcium | 129mg |
| Protein | 25g | Iron | 4mg |

Slow Cooker Swedish Meatballs

8 ingredients · 4 hours 30 minutes · 4 servings



Directions

1. In a bowl, mix together the ground turkey, half of the parsley, onion powder and salt. Form meatballs about 1-inch in diameter.
2. Place mushrooms, onion, coconut milk and coconut aminos into the bottom of the slow cooker. Set meatballs on top. Cover with lid and cook on low for 6 to 8 hours, or on high for 4 hours (or until meatballs are cooked through).
3. Once meatballs are cooked through, use a slotted spoon to lift them out of the slow cooker into a serving dish. Set aside.
4. Transfer the cooked mushrooms, onion and coconut milk from the bottom of the slow cooker into a blender and puree into a gravy. Once smooth, pour it over top of the meatballs. Garnish with remaining parsley. Enjoy!

Notes

Serve it With

Spaghetti squash, pasta, cauliflower rice or zucchini noodles. These are also great served alone as an appetizer!

Leftovers

Keeps well in the fridge up to 3 days. Freeze for longer.

Ingredients

| | |
|----------------|-------------------------------|
| 1 lb | Extra Lean Ground Turkey |
| 1/2 cup | Parsley (chopped and divided) |
| 1 tsp | Onion Powder |
| 3/4 tsp | Sea Salt |
| 3 cups | Mushrooms (sliced) |
| 1 | White Onion (chopped) |
| 1/2 cup | Organic Coconut Milk (canned) |
| 3 tbsps | Coconut Aminos (or tamari) |

Nutrition

| | | | |
|-----------------|-----|--------------------|-------|
| Calories | 261 | Cholesterol | 84mg |
| Fat | 15g | Sodium | 740mg |
| Carbs | 8g | Vitamin A | 715IU |
| Fiber | 1g | Vitamin C | 13mg |
| Sugar | 5g | Calcium | 45mg |
| Protein | 24g | Iron | 3mg |

Paleo Tabbouleh

9 ingredients · 15 minutes · 4 servings



Directions

1. Rice the cauliflower by adding the florets to your food processor or blender, and pulsing until a rice-like texture is achieved.
2. Add the riced cauliflower to a large salad bowl along with the minced parsley, mint, cucumber, tomatoes, and hemp seeds. Add the lemon juice and olive oil and toss until everything is well combined.
3. Season with sea salt and black pepper to taste and enjoy alone or as a side dish!

Notes

More Protein

Serve with chicken breast or chickpeas.

Save Time

Buy cauliflower that has already been riced. You may find it with the pre-chopped vegetables in your produce aisle, or in the frozen vegetables section.

Ingredients

| | |
|----------------|--|
| 1 head | Cauliflower (small, sliced into florets) |
| 3 cups | Parsley (finely chopped) |
| 1 cup | Mint Leaves (finely chopped) |
| 1 | Cucumber (diced) |
| 2 | Tomato (medium, diced) |
| 1/4 cup | Hemp Seeds |
| 1 | Lemon (juiced) |
| 2 tbsps | Extra Virgin Olive Oil |
| | Sea Salt & Black Pepper (to taste) |

Nutrition

| | | | |
|-----------------|-----|--------------------|--------|
| Calories | 196 | Cholesterol | 0mg |
| Fat | 13g | Sodium | 97mg |
| Carbs | 17g | Vitamin A | 4974IU |
| Fiber | 6g | Vitamin C | 148mg |
| Sugar | 5g | Calcium | 133mg |
| Protein | 9g | Iron | 5mg |

Green Egg Scramble

4 ingredients · 10 minutes · 1 serving



Directions

1. Place eggs, spinach and salt in a blender and blend until well combined.
2. Heat coconut oil in a large skillet over medium heat. Pour the mixture into the skillet and continuously stir to scramble the eggs while they cook.
3. Divide onto plates and enjoy!

Notes

No Coconut Oil

Use butter, ghee or avocado oil.

Serve it With

Bacon, toast, whole grain crackers, or our Grain-Free Flax Bread recipe.

Ingredients

| | |
|------------------|--------------|
| 2 | Egg |
| 1 cup | Baby Spinach |
| 1/4 tsp | Sea Salt |
| 1 1/2 tps | Coconut Oil |

Nutrition

| | | | |
|-----------------|-----|--------------------|--------|
| Calories | 212 | Cholesterol | 372mg |
| Fat | 16g | Sodium | 756mg |
| Carbs | 2g | Vitamin A | 3353IU |
| Fiber | 1g | Vitamin C | 8mg |
| Sugar | 0g | Calcium | 86mg |
| Protein | 13g | Iron | 3mg |

Slow Cooker Salsa Chicken

2 ingredients · 4 hours · 4 servings



Directions

1. Place chicken breasts in the slow cooker and cover them with salsa. Cover with lid and cook on high for 4 hours, or on low for 6 to 8 hours.
2. Remove lid and shred the chicken breasts using two forks. Stir and let the shredded chicken marinate in the salsa for another 10 minutes or more.
3. Remove the chicken from the slow cooker and enjoy!

Notes

Serve it With

Tacos, our Turmeric Chili Rice, Simple Avocado Salad, Vegan Corn Bread and/or House Salad.

Leftovers

Refrigerate in an airtight container up to 3 days or freeze for up to 6 months.

Too Dry

If you are finding the chicken is too dry after shredding it, stir in extra salsa.

Ingredients

| | |
|----------------|-------------------------------------|
| 20 ozs | Chicken Breast (boneless, skinless) |
| 1/2 cup | Organic Salsa |

Nutrition

| | | | |
|-----------------|-----|--------------------|-------|
| Calories | 223 | Cholesterol | 147mg |
| Fat | 5g | Sodium | 304mg |
| Carbs | 2g | Vitamin A | 195IU |
| Fiber | 1g | Vitamin C | 1mg |
| Sugar | 1g | Calcium | 16mg |
| Protein | 44g | Iron | 1mg |

Salmon Stuffed Avocado Boats

3 ingredients · 10 minutes · 1 serving



Directions

1. Slice the avocado in half and remove the pit. Use a spoon to scoop out enough avocado to create a bigger hole that the salmon will fit into. Transfer scooped out avocado to a small bowl.
2. Drain the salmon and add it to the bowl with the scooped out avocado. Add lemon juice and mash until well mixed.
3. Fill the hollowed out avocado halves with the mashed salmon mixture. Enjoy!

Notes

Likes it Spicy

Add hot sauce.

No Canned Salmon

Use smoked salmon, cooked salmon fillet or tuna instead.

Ingredients

| | |
|-------|--------------------|
| 1 | Avocado |
| 4 ozs | Canned Wild Salmon |
| 1/4 | Lemon (juiced) |

Nutrition

| | | | |
|----------|-----|-------------|-------|
| Calories | 503 | Cholesterol | 75mg |
| Fat | 36g | Sodium | 451mg |
| Carbs | 18g | Vitamin A | 506IU |
| Fiber | 14g | Vitamin C | 25mg |
| Sugar | 2g | Calcium | 66mg |
| Protein | 34g | Iron | 2mg |

One Pan Steak, Potatoes and Broccoli

7 ingredients · 40 minutes · 2 servings



Directions

1. Preheat oven to 375F.
2. Toss the potatoes, cherry tomatoes and broccoli with the olive oil and sprinkle with Italian seasoning. Spread across the baking sheet and roast for 20 minutes.
3. After 20 minutes, heat a skillet over medium/high heat. Brown the steak on both sides for 1 to 2 minutes. Remove the steak from the skillet and add to the pan with veggies. Return to oven for an additional 10 minutes, or until steak is cooked to your liking.
4. Remove the pan from the oven, divide onto plates and enjoy!

Notes

Leftovers

Keeps well in the fridge for 2 to 3 days.

Ingredients

| | |
|-------------------|------------------------------------|
| 4 cups | Mini Potatoes |
| 1 1/2 cups | Cherry Tomatoes |
| 4 cups | Broccoli (chopped into florets) |
| 2 tbsps | Extra Virgin Olive Oil |
| 1 tbsp | Italian Seasoning |
| 1/2 lb | Top Sirloin Steak |
| | Sea Salt & Black Pepper (to taste) |

Nutrition

| | | | |
|-----------------|-----|--------------------|--------|
| Calories | 677 | Cholesterol | 89mg |
| Fat | 31g | Sodium | 319mg |
| Carbs | 69g | Vitamin A | 2073IU |
| Fiber | 13g | Vitamin C | 237mg |
| Sugar | 8g | Calcium | 162mg |
| Protein | 35g | Iron | 6mg |

Creamy Spinach & Sun Dried Tomato Chicken

7 ingredients · 25 minutes · 4 servings



Directions

1. Heat olive oil in a large skillet over medium heat. Add the chicken thighs and let cook for about 5 minutes per side. Remove from pan and set aside on a small plate.
2. Add spinach to the pan along with the coconut milk. Stir for a few minutes until wilted, then add the chicken thighs back to the pan. Sprinkle with sundried tomatoes, dried rosemary, salt and pepper. Cover and let simmer for 5 to 7 minutes, or until chicken is cooked through.
3. Divide chicken and creamy spinach between plates and enjoy!

Notes

More Carbs

Serve over a bed of whole grains like rice or quinoa, or with bread to scoop up the sauce.

Ingredients

| | |
|-------------------|---|
| 2 tbsps | Extra Virgin Olive Oil |
| 1 lb | Chicken Thighs |
| 8 cups | Baby Spinach (chopped) |
| 1 1/2 cups | Organic Coconut Milk (canned, full-fat) |
| 1/4 cup | Sun Dried Tomatoes (chopped) |
| 1 tbsp | Dried Rosemary |
| | Sea Salt & Black Pepper (to taste) |

Nutrition

| | | | |
|-----------------|-----|--------------------|--------|
| Calories | 448 | Cholesterol | 151mg |
| Fat | 32g | Sodium | 195mg |
| Carbs | 7g | Vitamin A | 5715IU |
| Fiber | 2g | Vitamin C | 19mg |
| Sugar | 3g | Calcium | 89mg |
| Protein | 31g | Iron | 5mg |

Simple Banana Pancakes

3 ingredients · 20 minutes · 2 servings



Directions

1. In a bowl, mash the bananas very well until quite smooth. Add the eggs and beat gently with a fork for about 30 seconds.
2. Heat coconut oil in a skillet over medium heat. Add 1/4 cup of the batter at a time to form pancakes, cooking for about 1-2 minutes per side.
3. Serve with a sprinkle of cinnamon or a drizzle of maple syrup if desired.

Notes

Likes it Sweet

Add blueberries or chocolate chips into the batter.

Ingredients

| | |
|--------|---------------|
| 2 | Banana (ripe) |
| 4 | Egg |
| 1 tbsp | Coconut Oil |

Nutrition

| | | | |
|----------|-----|-------------|-------|
| Calories | 310 | Cholesterol | 372mg |
| Fat | 17g | Sodium | 143mg |
| Carbs | 28g | Vitamin A | 616IU |
| Fiber | 3g | Vitamin C | 10mg |
| Sugar | 15g | Calcium | 62mg |
| Protein | 14g | Iron | 2mg |

Red Thai Coconut Curry Chicken

5 ingredients · 20 minutes · 6 servings



Directions

1. Preheat your oven to 400 degrees F.
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

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 | Organic Coconut Milk (canned, full fat) |

Nutrition

| | | | |
|-----------------|-----|--------------------|--------|
| Calories | 398 | Cholesterol | 201mg |
| Fat | 24g | Sodium | 447mg |
| Carbs | 5g | Vitamin A | 6708IU |
| Fiber | 0g | Vitamin C | 4mg |
| Sugar | 1g | Calcium | 19mg |
| Protein | 39g | Iron | 2mg |

Turkey Apple Breakfast Hash

10 ingredients · 35 minutes · 4 servings



Directions

1. Heat a large skillet over medium heat. Add the ground turkey, cinnamon and poultry seasoning. Cook for 5 to 7 minutes, until thoroughly browned, breaking up into little pieces as it cooks. Drain off the fat, transfer to a bowl and set aside.
2. In the same skillet, heat the oil over medium heat. Add the onion and garlic, sauteeing until translucent. Next add the brussels sprouts, butternut squash, and apples. Cover and cook for about 10 minutes, stirring occasionally, until all veggies are soft.
3. Add the ground turkey back into the skillet and stir to combine. Season to taste with sea salt. Divide into bowls and enjoy!

Notes

Vegan & Vegetarians

Use lentils instead of ground turkey.

Leftovers

Store covered in the fridge up to 3 days.

Ingredients

| | |
|---------|---------------------------------------|
| 1 lb | Extra Lean Ground Turkey |
| 1 tsp | Cinnamon |
| 2 tbsps | Poultry Seasoning |
| 1 tbsp | Avocado Oil |
| 1 cup | Red Onion (diced) |
| 2 | Garlic (cloves, minced) |
| 2 cups | Brussels Sprouts (trimmed and halved) |
| 2 cups | Butternut Squash (peeled and cubed) |
| 2 | Apple (cored and diced) |
| 1/4 tsp | Sea Salt (to taste) |

Nutrition

| | | | |
|----------|-----|-------------|--------|
| Calories | 326 | Cholesterol | 84mg |
| Fat | 14g | Sodium | 243mg |
| Carbs | 31g | Vitamin A | 7966IU |
| Fiber | 7g | Vitamin C | 60mg |
| Sugar | 14g | Calcium | 122mg |
| Protein | 24g | Iron | 3mg |

One Pan Olive Pesto Pork Chops

8 ingredients · 30 minutes · 2 servings



Directions

1. Preheat oven to 400 degrees F and line a baking sheet with foil.
2. In a food processor, combine black olives, garlic, olive oil and nutritional yeast until a paste forms. Set aside.
3. Add remaining ingredients to a large mixing bowl. Using your hands, generously coat the pork chops and veggies with your desired amount of olive pesto.
4. Transfer the pork chops and veggies onto the baking sheet in an even layer and bake for 25 minutes, or until pork is cooked through. Divide onto plates and enjoy!

Notes

Leftover Pesto

If you don't use all the pesto, you can add it to pasta, omelettes, sandwiches, or use as a dip for veggie sticks and crackers.

Storage

Refrigerate in an airtight container up to 3 days.

Ingredients

| | |
|---------|--|
| 1 cup | Black Olives (pitted, rinsed and patted dry) |
| 1 | Garlic (clove) |
| 1/4 cup | Extra Virgin Olive Oil |
| 2 tbsps | Nutritional Yeast |
| 8 ozs | Pork Chop |
| 1 cup | Green Beans (stems removed, chopped) |
| 1 cup | Cherry Tomatoes |
| 1 | Leeks (chopped into 1/2 inch medallions) |

Nutrition

| | | | |
|----------|-----|-------------|--------|
| Calories | 590 | Cholesterol | 78mg |
| Fat | 45g | Sodium | 584mg |
| Carbs | 19g | Vitamin A | 1939IU |
| Fiber | 5g | Vitamin C | 23mg |
| Sugar | 5g | Calcium | 132mg |
| Protein | 28g | Iron | 10mg |

Slow Cooker Beef & Butternut Squash Soup

4 ingredients · 8 hours · 4 servings



Directions

1. Heat a skillet over medium heat. Add the beef and cook for 2-3 minutes, to brown.
2. Add the beef, butternut squash and broth to your slow cooker and cook on low for 8 hours or on high for 4 hours.
3. Season with sea salt to taste. Divide into bowls and enjoy!

Notes

Vegan & Vegetarians

Use vegetable broth and chickpeas instead of beef.

Leftovers

Refrigerate in an airtight container up to 3 days.

Ingredients

| | |
|----------------|-------------------------------------|
| 16 ozs | Stewing Beef (chunks) |
| 6 cups | Butternut Squash (peeled and cubed) |
| 4 cups | Beef Broth |
| 1/4 tsp | Sea Salt (to taste) |

Nutrition

| | | | |
|-----------------|-----|--------------------|---------|
| Calories | 328 | Cholesterol | 109mg |
| Fat | 8g | Sodium | 723mg |
| Carbs | 25g | Vitamin A | 22328IU |
| Fiber | 4g | Vitamin C | 44mg |
| Sugar | 5g | Calcium | 126mg |
| Protein | 41g | Iron | 5mg |

Cauliflower Mash

5 ingredients · 30 minutes · 4 servings



Directions

1. Place cauliflower florets in a large steamer basket on the stove. Cover, bring to a boil and steam for 10-15 minutes, or until very soft.
2. Transfer steamed cauliflower to a food processor or blender along with the garlic, butter, thyme, salt and pepper. Process until desired texture. (If you like a chunkier mash, you can use a hand masher for this step.)
3. Divide between plates and top with extra butter if desired. Enjoy!

Notes

More Carbs

Make with half cauliflower and half mashed potatoes.

Dairy-Free

Replace butter with olive oil.

Make it Cheesy

Add nutritional yeast or parmesan cheese to the mash (about 1 tbsp per serving).

Ingredients

| | |
|----------------|--|
| 1 head | Cauliflower (large, sliced into florets) |
| 2 | Garlic (cloves, minced) |
| 2 tbsps | Butter |
| 1 tbsp | Thyme |
| | Sea Salt & Black Pepper (to taste) |

Nutrition

| | | | |
|-----------------|----|--------------------|-------|
| Calories | 91 | Cholesterol | 16mg |
| Fat | 6g | Sodium | 46mg |
| Carbs | 8g | Vitamin A | 206IU |
| Fiber | 3g | Vitamin C | 72mg |
| Sugar | 3g | Calcium | 39mg |
| Protein | 3g | Iron | 1mg |

Cauliflower, Kale & Sausage Bowl

7 ingredients · 40 minutes · 2 servings



Directions

1. Preheat oven to 350 degrees F and line baking sheet with parchment paper.
2. Toss the cauliflower florets with half of the avocado oil, lay in a single layer on the baking sheet, and sprinkle with salt and pepper to taste. Roast for 30 minutes, or until golden brown, tossing halfway through.
3. While the cauliflower is roasting, heat the remaining avocado oil in a small skillet over high heat. Add the kale and saute for 1 to 2 minutes until crispy. Sprinkle with sea salt to taste, and transfer to bowl.
4. Add sausages to the skillet and cook for 5 to 10 minutes, turning frequently. While the sausages are cooking, bring a small saucepan of water to a boil and poach the eggs.
5. To assemble, divide cauliflower and kale between bowls. Slice and add sausages, avocado, and top with an egg. Enjoy!

Notes

Plant-Based

Use chickpeas or tempeh instead of sausage, and skip the egg.

Ingredients

| | |
|----------|------------------------------------|
| 1/2 head | Cauliflower (chopped into florets) |
| 2 tbsps | Avocado Oil (divided) |
| | Sea Salt & Black Pepper (to taste) |
| 3 cups | Kale Leaves (chopped) |
| 8 ozs | Organic Chicken Sausage |
| 2 | Egg |
| 1 | Avocado |

Nutrition

| | | | |
|----------|-----|-------------|---------|
| Calories | 691 | Cholesterol | 322mg |
| Fat | 50g | Sodium | 1377mg |
| Carbs | 34g | Vitamin A | 10282IU |
| Fiber | 13g | Vitamin C | 95mg |
| Sugar | 6g | Calcium | 306mg |
| Protein | 30g | Iron | 10mg |

Turkey Breakfast Sausage

7 ingredients · 15 minutes · 12 servings



Directions

1. In a large mixing bowl, combine all ingredients with a spatula. Form the mixture into even patties. (Note: the patties will shrink with cooking.)
2. Melt the coconut oil in a large skillet over medium-high heat. Cook the patties about 1-2 minutes per side, or until cooked through. Let cool before serving. Enjoy!

Notes

Serve Them With

Eggs, our Cleaned Up Biscuits recipe, in lettuce wraps or brown rice tortillas with veggies.

Leftovers

Store in an air-tight container up to 3 days in the fridge, or in a freezer-safe bag divided by parchment or wax paper in the freezer for up to 3 months.

No Turkey

Use ground pork, chicken, bison or beef instead.

Ingredients

| | |
|---------|--------------------------|
| 1 lb | Extra Lean Ground Turkey |
| 2 tsps | Ground Sage |
| 2 tsps | Dried Thyme |
| 1/4 tsp | Garlic Powder |
| 1/4 tsp | Paprika |
| 1/2 tsp | Sea Salt |
| 1 tbsp | Coconut Oil |

Nutrition

| | | | |
|----------|----|-------------|-------|
| Calories | 68 | Cholesterol | 28mg |
| Fat | 4g | Sodium | 125mg |
| Carbs | 0g | Vitamin A | 64IU |
| Fiber | 0g | Vitamin C | 0mg |
| Sugar | 0g | Calcium | 13mg |
| Protein | 7g | Iron | 1mg |

One Pot Poached Chicken with Broccoli and Sweet Potato

6 ingredients · 20 minutes · 2 servings



Directions

1. In a pot over medium-high heat, add chicken followed by the remaining ingredients. Bring to a boil, reduce heat to a simmer and close the pan. Let simmer until chicken is cooked through, about 15-20 minutes.
2. Using a slotted spoon, scoop out the chicken and veggies. Shred the chicken, season with sea salt and black pepper, and drizzle with broth. Save the leftover broth for future use. Enjoy!

Notes

More Flavour

Use chicken or vegetable broth instead of water, add herbs, garlic cloves and/or onion wedges.

No Broccoli or Sweet Potato

Use carrots, celery or cauliflower instead.

Leftovers

Refrigerate chicken in an air-tight container up to 3 days, and the broth up to 2 days, or freeze for up to 2 months.

Ingredients

| | |
|---------------|-------------------------------------|
| 10 ozs | Chicken Breast (skinless, boneless) |
| 1 tbsp | Apple Cider Vinegar |
| 2 cups | Water |
| 1 | Sweet Potato (medium, diced) |
| 2 cups | Broccoli (chopped into florets) |
| | Sea Salt & Black Pepper (to taste) |

Nutrition

| | | | |
|-----------------|-----|--------------------|--------|
| Calories | 303 | Cholesterol | 147mg |
| Fat | 5g | Sodium | 144mg |
| Carbs | 20g | Vitamin A | 9834IU |
| Fiber | 4g | Vitamin C | 83mg |
| Sugar | 5g | Calcium | 93mg |
| Protein | 47g | Iron | 2mg |

Bison Pumpkin Chili

13 ingredients · 30 minutes · 4 servings



Directions

1. Heat olive oil in a large skillet over medium-high heat. Add the ground bison, onion and garlic, and saute for about 5 to 7 minutes, or until the meat is cooked through. Drain off the fat.
2. Add the chili powder, cumin and paprika. Stir about 1 minute, until fragrant. Add crushed tomatoes, pumpkin, water, maple syrup and salt. Let simmer about 10 minutes.
3. Divide coleslaw into bowls. Top with chili and enjoy!

Notes

Optional Toppings

Garnish with toasted tortillas, chopped green onion, avocado, jalapeno slices, cheddar cheese or greek yogurt.

More Veggies

Add bell peppers, corn, peas or any leftovers on hand. Stir in spinach, kale or watercress just before serving.

No Bison

Use extra lean ground beef, chicken, turkey, lamb or venison.

Vegan or Vegetarian

Use mixed beans and/or tofu instead of ground meat.

Leftovers

Refrigerate in an air-tight container for 3 to 5 days or freeze up to 2 months.

Ingredients

| | |
|------------|-------------------------|
| 1 tbsp | Extra Virgin Olive Oil |
| 1 lb | Ground Bison |
| 1 | Yellow Onion (diced) |
| 3 | Garlic (cloves, minced) |
| 2 tbsps | Chili Powder |
| 1 tbsp | Cumin |
| 1 tsp | Paprika |
| 1 cup | Crushed Tomatoes |
| 1 cup | Pureed Pumpkin |
| 1 cup | Water |
| 1 1/2 tsps | Maple Syrup |
| 1 tsp | Sea Salt |
| 4 cups | Coleslaw Mix |

Nutrition

| | | | |
|----------|-----|-------------|---------|
| Calories | 300 | Cholesterol | 62mg |
| Fat | 13g | Sodium | 936mg |
| Carbs | 23g | Vitamin A | 14061IU |
| Fiber | 8g | Vitamin C | 68mg |
| Sugar | 12g | Calcium | 134mg |
| Protein | 27g | Iron | 7mg |

One Pan Teriyaki Chicken

12 ingredients · 40 minutes · 2 servings



Directions

1. Preheat oven to 375 degrees F and line a baking sheet with parchment paper.
2. Place the chicken breasts on the baking sheet, surrounded with the broccoli, carrots and snap peas.
3. In a small bowl, whisk together the coconut aminos, sesame oil, orange juice, honey, rice vinegar, garlic and ginger. Pour half the sauce over the chicken and drizzle the rest over the veggies.
4. Bake for 30 minutes, or until chicken is fully cooked. Remove the pan from the oven and sprinkle with sesame seeds. Divide between plates and enjoy!

Notes

Serve it With

Our Crispy Smashed Potatoes, Mushroom Garlic Quinoa or plain rice.

Likes it Spicy

Whisk hot sauce or chili flakes into the teriyaki sauce.

Leftovers

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

No Coconut Aminos

Use tamari instead.

Ingredients

| | |
|---------|---|
| 10 ozs | Chicken Breast |
| 2 cups | Broccoli (chopped into florets) |
| 2 | Carrot (medium, sliced on the diagonal) |
| 2 cups | Snap Peas |
| 2 tbsps | Coconut Aminos |
| 2 tbsps | Sesame Oil |
| 1/2 | Navel Orange (juiced) |
| 2 tbsps | Raw Honey |
| 2 tbsps | Rice Vinegar |
| 4 | Garlic (cloves, minced) |
| 1 tbsp | Ginger (peeled and grated) |
| 1 tbsp | Sesame Seeds |

Nutrition

| | | | |
|----------|-----|-------------|---------|
| Calories | 550 | Cholesterol | 147mg |
| Fat | 21g | Sodium | 424mg |
| Carbs | 47g | Vitamin A | 11580IU |
| Fiber | 8g | Vitamin C | 120mg |
| Sugar | 30g | Calcium | 176mg |
| Protein | 50g | Iron | 3mg |

Grilled Bruschetta Chicken

8 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the grill to medium heat. Add the chicken breasts, season with sea salt and black pepper, and cook for about 10 to 15 minutes per side, or until cooked through.
2. In a small bowl, combine the tomatoes, red onion, garlic, basil, olive oil, and balsamic vinegar. Season with sea salt and black pepper to taste.
3. To serve, top the chicken breasts with the bruschetta mix. Enjoy!

Notes

Serve it With

Our Grilled Asparagus or Pan Fried Zucchini Slices. Add rice, pasta, flatbread or quinoa for more carbs.

Cheese Lover

Sprinkle with feta, goat cheese or shredded mozzarella before serving.

No Grill

Bake the chicken breasts in the oven at 350 degrees F for 30 minutes.

Ingredients

| | |
|---------|------------------------------------|
| 16 ozs | Chicken Breast |
| | Sea Salt & Black Pepper (to taste) |
| 3 | Tomato (medium, diced) |
| 1/2 cup | Red Onion (finely diced) |
| 2 | Garlic (cloves, minced) |
| 1/4 cup | Basil Leaves (chopped) |
| 1 tbsp | Extra Virgin Olive Oil |
| 1 tbsp | Balsamic Vinegar |

Nutrition

| | | | |
|----------|-----|-------------|--------|
| Calories | 228 | Cholesterol | 117mg |
| Fat | 7g | Sodium | 96mg |
| Carbs | 6g | Vitamin A | 1361IU |
| Fiber | 1g | Vitamin C | 16mg |
| Sugar | 1g | Calcium | 21mg |
| Protein | 36g | Iron | 1mg |

Coconut Banana Ice Cream

2 ingredients · 1 hour 30 minutes · 6 servings



Directions

1. Add all ingredients into a blender and blend until smooth. Occasionally turn the blender off and scrape down the sides if needed.
2. Scoop into bowls and enjoy immediately as soft serve or for firmer ice cream, transfer to a baking pan and freeze for at least 1.5 hours before scooping.

Notes

Chocolate Lover

Add cocoa powder while blending.

Topping Ideas

Nut butter, jam, chocolate chips, granola, crushed nuts, melted dark chocolate or fresh fruit.

Ingredients

| | |
|------------|---|
| 1 1/2 cups | Organic Coconut Milk (full-fat, canned) |
| 5 | Banana (sliced and frozen) |

Nutrition

| | | | |
|----------|-----|-------------|------|
| Calories | 194 | Cholesterol | 0mg |
| Fat | 11g | Sodium | 16mg |
| Carbs | 24g | Vitamin A | 63IU |
| Fiber | 3g | Vitamin C | 9mg |
| Sugar | 13g | Calcium | 7mg |
| Protein | 2g | Iron | 1mg |

Chocolate Cauliflower Shake

7 ingredients · 5 minutes · 2 servings



Directions

1. In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

Notes

Make it Mocha

Replace half of the almond milk with chilled coffee.

Likes it Sweeter

Add pitted medjool dates.

No Maca Powder

Leave it out or use cinnamon instead.

Ingredients

| | |
|----------------|--------------------------|
| 2 cups | Frozen Cauliflower |
| 2 | Banana (frozen) |
| 2 tbsps | Almond Butter |
| 1/4 cup | Cacao Powder |
| 1/2 cup | Chocolate Protein Powder |
| 2 cups | Unsweetened Almond Milk |
| 1 tbsp | Maca Powder |

Nutrition

| | | | |
|-----------------|-----|--------------------|-------|
| Calories | 450 | Cholesterol | 4mg |
| Fat | 16g | Sodium | 235mg |
| Carbs | 50g | Vitamin A | 593IU |
| Fiber | 17g | Vitamin C | 85mg |
| Sugar | 20g | Calcium | 695mg |
| Protein | 31g | Iron | 11mg |

Egg Roll in a Bowl

9 ingredients · 30 minutes · 4 servings



Directions

1. Heat the avocado oil in a pan over medium-high heat. Add the yellow onion, green onion, garlic, and ginger. Cook for 3-5 minutes, stirring frequently, until soft.
2. Add the pork and break it up as it cooks. Cook for about 7-10 minutes, or until cooked through.
3. Stir in the coleslaw mix, bean sprouts, and coconut aminos. Stir for 5 minutes, or until veggies have softened. Transfer to bowls and enjoy!

Notes

No Coconut Aminos

Use tamari or soy sauce instead.

Meat-Free

Replace the ground meat with scrambled eggs or tofu.

Ingredients

| | |
|----------|------------------------------|
| 2 tbsps | Avocado Oil |
| 1 | Yellow Onion (medium, diced) |
| 5 stalks | Green Onion (diced) |
| 4 | Garlic (cloves, minced) |
| 1 tbsp | Ginger (peeled and grated) |
| 1 lb | Lean Ground Pork |
| 6 cups | Coleslaw Mix |
| 2 cups | Bean Sprouts |
| 1/4 cup | Coconut Aminos |

Nutrition

| | | | |
|----------|-----|-------------|--------|
| Calories | 407 | Cholesterol | 77mg |
| Fat | 26g | Sodium | 667mg |
| Carbs | 21g | Vitamin A | 8012IU |
| Fiber | 6g | Vitamin C | 95mg |
| Sugar | 10g | Calcium | 100mg |
| Protein | 26g | Iron | 3mg |

One Pan Bacon, Eggs & Brussels Sprouts

6 ingredients · 1 hour · 4 servings



Directions

1. Preheat oven to 390 degrees F and brush a sheet pan with some oil.
2. Toss the potatoes and brussels sprouts with the avocado oil, sea salt and pepper. Mix in the bacon and transfer to the sheet pan. Bake for 30 minutes.
3. Remove the pan from the oven and toss the vegetables gently. Form small 'wells' in the veggies and crack the eggs into them. Return to the oven and bake for 10 more minutes or until eggs are cooked to your liking.
4. To serve, use a spatula to lift the eggs and veggies from the pan and divide between plates. Enjoy!

Notes

Vegetarian

Omit the bacon.

Ingredients

| | |
|----------|--|
| 4 | Yellow Potato (medium, diced) |
| 4 cups | Brussels Sprouts (halved) |
| 2 tbsps | Avocado Oil |
| | Sea Salt & Black Pepper (to taste) |
| 4 slices | Organic Bacon (cut into 1 inch pieces) |
| 8 | Egg |

Nutrition

| | | | |
|----------|-----|-------------|--------|
| Calories | 398 | Cholesterol | 381mg |
| Fat | 20g | Sodium | 342mg |
| Carbs | 35g | Vitamin A | 1207IU |
| Fiber | 5g | Vitamin C | 95mg |
| Sugar | 3g | Calcium | 115mg |
| Protein | 21g | Iron | 4mg |

One Pan Salmon with Rainbow Veggies

9 ingredients · 40 minutes · 2 servings



Directions

1. Preheat oven to 375 degrees F and line a baking sheet with parchment paper.
2. Place the cherry tomatoes, salmon, bell pepper, broccoli, and red onion on the sheet pan. Drizzle the vegetables with olive oil. Brush the salmon with the coconut aminos, orange juice and zest. Sprinkle everything with salt and pepper to taste.
3. Place in the oven and bake for 30 minutes, or until salmon is fully cooked.
4. Divide between plates and enjoy!

Notes

More Carbs

Serve with rice or quinoa.

Vegan

Use tofu steaks or roasted chickpeas instead of salmon.

Leftovers

Keeps well in the fridge for 2 to 3 days.

Ingredients

| | |
|-------------------|---------------------------------------|
| 2 cups | Cherry Tomatoes |
| 10 ozs | Salmon Fillet |
| 1 | Yellow Bell Pepper (sliced) |
| 2 cups | Broccoli (chopped into small florets) |
| 1/2 cup | Red Onion (sliced into chunks) |
| 2 tbsps | Extra Virgin Olive Oil |
| 1 1/2 tsps | Coconut Aminos |
| 1/2 | Navel Orange (zested and juiced) |
| | Sea Salt & Black Pepper (to taste) |

Nutrition

| | | | |
|-----------------|-----|--------------------|--------|
| Calories | 579 | Cholesterol | 65mg |
| Fat | 41g | Sodium | 728mg |
| Carbs | 28g | Vitamin A | 2468IU |
| Fiber | 7g | Vitamin C | 303mg |
| Sugar | 11g | Calcium | 112mg |
| Protein | 29g | Iron | 2mg |

Spaghetti Squash Chow Mein

10 ingredients · 1 hour 30 minutes · 4 servings



Directions

1. Preheat oven to 350 degrees F and slice the spaghetti squash in half. Place cut-side down on a baking sheet and bake in the oven for about 60 minutes or until it can be easily pierced with a fork. When done, remove from oven. Turn over and let cool slightly.
2. While the spaghetti squash is cooling, heat the sesame oil over medium heat in a large skillet or wok. Add the onion, celery, coleslaw mix, garlic and ginger, stirring to combine. Cover and cook for about 10 minutes, stirring occasionally.
3. In a separate pan, melt the coconut oil and brown the ground chicken.
4. Carefully scoop the flesh out of the spaghetti squash. Add the spaghetti squash and the chicken to the pan with the sauteed veggies. Pour the coconut aminos over everything and mix well. Divide between bowls. Enjoy!

Notes

No Coconut Aminos

Use tamari instead.

Vegan and Vegetarian

Replace the ground chicken with scrambled eggs or tofu.

Likes it Spicy

Serve with hot sauce.

Leftovers

Refrigerate up to 3 days.

Ingredients

| | |
|------------|------------------------------|
| 1 | Spaghetti Squash |
| 2 tbsps | Sesame Oil |
| 1 | Yellow Onion (medium, diced) |
| 4 stalks | Celery (sliced diagonally) |
| 4 cups | Coleslaw Mix |
| 3 | Garlic (cloves, minced) |
| 1 tbsp | Ginger (peeled and grated) |
| 1 1/2 tsps | Coconut Oil |
| 1 lb | Extra Lean Ground Chicken |
| 1/4 cup | Coconut Aminos |

Nutrition

| | | | |
|----------|-----|-------------|--------|
| Calories | 342 | Cholesterol | 98mg |
| Fat | 18g | Sodium | 405mg |
| Carbs | 25g | Vitamin A | 5517IU |
| Fiber | 5g | Vitamin C | 75mg |
| Sugar | 9g | Calcium | 112mg |
| Protein | 22g | Iron | 3mg |

Cajun Chicken, Sweet Potatoes & Kale

7 ingredients · 35 minutes · 4 servings



Directions

1. Preheat the oven to 430 degrees F. Line a baking sheet with parchment paper.
2. Place the diced sweet potatoes in a mixing bowl. Drizzle with olive oil and add half of the cajun spice. Toss well. Spread across the baking sheet and bake for 30 minutes, tossing at the half way mark.
3. Meanwhile, heat half the coconut oil in a skillet over medium heat. Add the ground chicken. Saute for 10 minutes or until completely cooked through, breaking it up as it cooks. Add in the remaining cajun spice. Continue to saute until the spice is evenly distributed. Transfer the ground chicken to a bowl and cover to keep warm.
4. Place the skillet back over medium heat and add the remaining coconut oil. Add in the kale, season with sea salt and black pepper then saute just until wilted. Turn off the heat.
5. Divide cajun chicken, sweet potatoes and sauteed kale between plates. Enjoy!

Notes

No Ground Chicken

Use any type of ground meat.

Vegan & Vegetarian

Use lentils or chickpeas instead of chicken.

Storage

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

Ingredients

- 2 Sweet Potato (medium, diced into 1/2 inch thick pieces)
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Cajun Spice (divided)
- 1 tbsp Coconut Oil (divided)
- 1 lb Extra Lean Ground Chicken
- 8 cups Kale Leaves (sliced)
- Sea Salt & Black Pepper (to taste)

Nutrition

| | | | |
|----------|-----|-------------|---------|
| Calories | 348 | Cholesterol | 98mg |
| Fat | 16g | Sodium | 544mg |
| Carbs | 25g | Vitamin A | 22376IU |
| Fiber | 6g | Vitamin C | 20mg |
| Sugar | 3g | Calcium | 186mg |
| Protein | 25g | Iron | 4mg |

One Pan Roasted Chicken, Broccoli & Sweet Potato

9 ingredients · 30 minutes · 4 servings



Directions

1. Preheat oven to 410 degrees F and line a large baking sheet with parchment paper.
2. Place chicken breasts on the baking sheet and season with sea salt and black pepper.
3. Place the diced sweet potato in a mixing bowl and toss with half of the olive oil. Season with sea salt and black pepper to taste. Spread across the baking sheet around the chicken breasts. Place in the oven and set timer for 30 minutes.
4. Meanwhile, toss the broccoli florets in remaining olive oil and season with sea salt and black pepper. When your chicken and potatoes have about 15 minutes left, pull the baking sheet out of the oven, flip the sweet potatoes and spread the broccoli florets overtop. Place back in the oven and roast for the remaining time, about 15 minutes or until chicken is cooked through.
5. Combine the tahini, maple syrup, water and cayenne pepper together in a small mason jar. Shake vigorously until well combined. Set aside.
6. Remove baking sheet from the oven and divide evenly onto plates. Drizzle with tahini maple dressing. Enjoy!

Notes

Storage

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

Vegan & Vegetarian

Replace the chicken breast with black beans.

Ingredients

| | |
|----------------|---------------------------------------|
| 20 ozs | Chicken Breast |
| | Sea Salt & Black Pepper (to taste) |
| 2 | Sweet Potato (medium, diced) |
| 2 tbsps | Extra Virgin Olive Oil (divided) |
| 6 cups | Broccoli (chopped into small florets) |
| 1/4 cup | Tahini |
| 1 tbsp | Maple Syrup |
| 1/4 cup | Water |
| 1/4 tsp | Cayenne Pepper |

Nutrition

| | | | |
|-----------------|-----|--------------------|---------|
| Calories | 478 | Cholesterol | 147mg |
| Fat | 20g | Sodium | 172mg |
| Carbs | 29g | Vitamin A | 10174IU |
| Fiber | 7g | Vitamin C | 123mg |
| Sugar | 8g | Calcium | 161mg |
| Protein | 51g | Iron | 3mg |

Avocado Sweet Potato Toast with Poached Egg

4 ingredients · 15 minutes · 2 servings



Directions

1. Trim the pointy ends off the sweet potato then lay it on its side on a cutting board. Slice it lengthwise into 1/4 inch slices.
2. Pop the sweet potato slices into the toaster and toast twice. You may need to toast a third time depending on your toaster. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 - 6 minutes per side, or until golden brown.
3. While the sweet potato toasts, carve the flesh of the avocado out into a bowl. Season with a pinch of sea salt and black pepper and mash with a fork until smooth and creamy.
4. Poach, fry or hardboil the eggs.
5. Spread the mashed avocado over the sweet potato toasts and top with cooked eggs. Season with sea salt, black pepper and/or red pepper flakes. Enjoy!

Notes

Add Greens

Add a layer of baby spinach after you spread on the avocado.

Guacamole Lover

Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.

Egg-Free

Skip the eggs and top with hemp seeds instead.

Ingredients

| | |
|---|------------------------------------|
| 1 | Sweet Potato (large) |
| 4 | Egg |
| 1 | Avocado |
| | Sea Salt & Black Pepper (to taste) |

Nutrition

| | | | |
|-----------------|-----|--------------------|--------|
| Calories | 361 | Cholesterol | 372mg |
| Fat | 24g | Sodium | 185mg |
| Carbs | 22g | Vitamin A | 9908IU |
| Fiber | 9g | Vitamin C | 12mg |
| Sugar | 4g | Calcium | 88mg |
| Protein | 16g | Iron | 3mg |

Zucchini Alfredo with Turmeric Chicken

9 ingredients · 20 minutes · 2 servings



Directions

1. Spiralize the zucchini or use a julienne peeler to create noodles. Set aside.
2. In a large frying pan, heat the olive oil over medium heat. Add the chicken to the pan and sprinkle it with the turmeric, Italian seasoning and sea salt and pepper to taste. Saute for 7-10 minutes, or until cooked through.
3. While the chicken is cooking, make the avocado cream sauce by combining the avocado, coconut milk, lemon juice and sea salt and black pepper to taste in a blender or food processor. Blend until smooth and creamy.
4. Once the chicken is cooked through, transfer it to a plate then add the zucchini noodles back into the pan. Saute the noodles for 1-2 minutes or until soft and warmed through. Add the avocado cream sauce into the pan and stir until well mixed and warmed through.
5. Divide the creamy zoodles between plates, and top with chicken. Enjoy!

Notes

More Carbs

Use brown rice pasta instead of zucchini noodles.

Vegan or Vegetarian

Use chickpeas or white beans instead of chicken.

Ingredients

| | |
|--------|---|
| 2 | Zucchini |
| 1 tbsp | Extra Virgin Olive Oil |
| 8 ozs | Chicken Breast (sliced) |
| 1 tsp | Turmeric |
| 1 tsp | Italian Seasoning |
| | Sea Salt & Black Pepper (to taste) |
| 1 | Avocado (peeled and pit removed) |
| 1 cup | Organic Coconut Milk (canned, full-fat) |
| 1/2 | Lemon (juiced) |

Nutrition

| | | | |
|----------|-----|-------------|-------|
| Calories | 644 | Cholesterol | 117mg |
| Fat | 47g | Sodium | 172mg |
| Carbs | 20g | Vitamin A | 575IU |
| Fiber | 9g | Vitamin C | 50mg |
| Sugar | 7g | Calcium | 56mg |
| Protein | 41g | Iron | 4mg |

Sausage, Broccoli & Cabbage Stir Fry

6 ingredients · 25 minutes · 4 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

| | |
|---------------|---------------------------------------|
| 10 ozs | Organic Chicken Sausage |
| 1 | Yellow Onion (small, diced) |
| 1 | Garlic (clove, minced) |
| 4 cups | Broccoli (chopped into small florets) |
| 4 cups | Purple Cabbage (finely sliced) |
| 2 tsps | Italian Seasoning |

Nutrition

| | | | |
|-----------------|-----|--------------------|--------|
| Calories | 224 | Cholesterol | 85mg |
| Fat | 11g | Sodium | 848mg |
| Carbs | 21g | Vitamin A | 1560IU |
| Fiber | 5g | Vitamin C | 134mg |
| Sugar | 9g | Calcium | 165mg |
| Protein | 14g | Iron | 5mg |

One Pan Sausage with Roasted Garlic Veggies

10 ingredients · 35 minutes · 4 servings



Directions

1. Preheat oven to 400 degrees F and line a baking sheet with parchment paper.
2. Place the red bell pepper, zucchini, sweet potato and celery in a large bowl. Add in the minced garlic, balsamic vinegar, dried basil and olive oil. Season with sea salt and black pepper. Toss well and then spread the veggies across the baking sheet in an even layer. Set the sausage on top. Bake in the oven for 30 minutes, or until cooked through, flipping the sausage at the halfway point.
3. Remove the pan from the oven and divide onto plates. Enjoy!

Notes

Leftovers

Keeps well in the fridge up to 3 days.

Vegan and Vegetarian

Use roasted chickpeas instead.

Ingredients

| | |
|----------|--|
| 1 | Red Bell Pepper (de-seeded and sliced) |
| 1 | Zucchini (diced into rounds) |
| 1 | Sweet Potato (medium, diced) |
| 4 stalks | Celery (sliced diagonally) |
| 2 | Garlic (cloves, minced) |
| 2 tbsps | Balsamic Vinegar |
| 1 tsp | Dried Basil |
| 2 tbsps | Extra Virgin Olive Oil |
| | Sea Salt & Black Pepper (to taste) |
| 10 ozs | Organic Chicken Sausage |

Nutrition

| | | | |
|----------|-----|-------------|--------|
| Calories | 273 | Cholesterol | 85mg |
| Fat | 17g | Sodium | 791mg |
| Carbs | 19g | Vitamin A | 5822IU |
| Fiber | 3g | Vitamin C | 49mg |
| Sugar | 7g | Calcium | 115mg |
| Protein | 11g | Iron | 4mg |

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

| | | | |
|----------|-----|-------------|--------|
| Calories | 273 | Cholesterol | 0mg |
| Fat | 19g | Sodium | 54mg |
| Carbs | 23g | Vitamin A | 9244IU |
| Fiber | 7g | Vitamin C | 18mg |
| Sugar | 6g | Calcium | 50mg |
| Protein | 3g | Iron | 2mg |

Cauliflower Shepherd's Pie

10 ingredients · 50 minutes · 4 servings



Directions

1. Preheat oven to 350F.
2. Place cauliflower florets in a medium sized saucepan, cover with water and bring to a boil. Let the florets boil until they are soft, about 15 minutes.
3. While the cauliflower is boiling, heat half of the olive oil in a large frying pan over medium heat. Add the onions and garlic, cook for 5 minutes or until onions are translucent.
4. Add the meat, and cook until browned.
5. Add the mushrooms, carrots, celery, Italian seasoning, and salt. Continue to cook for a few minutes, until the meat is cooked through. Remove from heat.
6. Drain the cauliflower and discard cooking water. Return the cauliflower to the pot and add the other half of the olive oil and a sprinkle of salt. Mash well until the cauliflower becomes almost like a puree.
7. Transfer the meat mixture to a casserole or pie dish and distribute into an even layer. Top with the cauliflower mash and spread it evenly across the top.
8. Place in the oven and bake for 20 minutes. Turn the oven to a low broil and broil for 10 minutes or until golden. Remove from oven and serve. Enjoy!

Notes

Vegan and Vegetarian

Use cooked lentils instead of ground meat.

Ingredients

| | |
|-----------------|------------------------------------|
| 1 head | Cauliflower (chopped into florets) |
| 2 tbsps | Extra Virgin Olive Oil (divided) |
| 1 | Yellow Onion (diced) |
| 2 | Garlic (cloves, minced) |
| 1 lb | Extra Lean Ground Turkey |
| 3 cups | Mushrooms (sliced) |
| 2 | Carrot (diced) |
| 2 stalks | Celery (diced) |
| 1 tbsp | Italian Seasoning |
| 1/4 tsp | Sea Salt |

Nutrition

| | | | |
|-----------------|-----|--------------------|--------|
| Calories | 307 | Cholesterol | 84mg |
| Fat | 17g | Sodium | 401mg |
| Carbs | 16g | Vitamin A | 5268IU |
| Fiber | 5g | Vitamin C | 77mg |
| Sugar | 8g | Calcium | 88mg |
| Protein | 26g | Iron | 3mg |

15 Minute Shrimp & Cabbage Stir Fry

8 ingredients · 15 minutes · 2 servings



Directions

1. Heat half the coconut oil in a large skillet over medium heat. Add the shrimp, minced garlic, lemon juice and red pepper flakes. Saute until shrimp is pink and cooked through (about 2 to 3 minutes). Transfer the shrimp and juices into a bowl and cover to keep warm. Set aside.
2. Place the skillet back over medium heat and add the remaining coconut oil. Add the green cabbage and season with sea salt and black pepper to taste. Saute for about 8 to 10 minutes, stirring occasionally. The cabbage is done when it is softened and starting to brown.
3. Add the shrimp and marinade back into the skillet and mix well. Divide onto plates and garnish with sesame seeds. Add extra red pepper flakes or hot sauce if you like it spicy. Enjoy!

Notes

More Carbs

Serve with brown rice or quinoa.

Leftovers

Store in an airtight container in the fridge up to 2 days.

Ingredients

| | |
|----------------|------------------------------------|
| 2 tbsps | Coconut Oil (divided) |
| 1 lb | Shrimp (raw, peeled and deveined) |
| 3 | Garlic (cloves, minced) |
| 1 | Lemon (juiced) |
| 1/2 tsp | Red Pepper Flakes |
| 8 cups | Green Cabbage (finely sliced) |
| | Sea Salt & Black Pepper (to taste) |
| 2 tbsps | Sesame Seeds |

Nutrition

| | | | |
|-----------------|-----|--------------------|-------|
| Calories | 499 | Cholesterol | 429mg |
| Fat | 19g | Sodium | 318mg |
| Carbs | 27g | Vitamin A | 538IU |
| Fiber | 10g | Vitamin C | 141mg |
| Sugar | 12g | Calcium | 401mg |
| Protein | 61g | Iron | 4mg |

Pumpkin Tahini Energy Balls

7 ingredients · 15 minutes · 15 servings



Directions

1. In a medium sized mixing bowl, combine the coconut flour, coconut oil and pureed pumpkin. Mix thoroughly.
2. Add tahini, maple syrup and cinnamon. Continue to mix until well combined. The mixture should be very doughy and stiff.
3. Roll dough into small balls. Pour sesame seeds onto a small plate and roll each ball in the seeds to coat.
4. Cover and store in the fridge up to 5 days, or the freezer for a month.

Notes

No Tahini

Use any type of nut or seed butter.

No Sesame Seeds

Roll them in crushed pumpkin seeds or hemp seeds instead.

Best Results

This recipe was developed and tested using Bob's Red Mill coconut flour. Results may vary with other brands.

Ingredients

| | |
|---------|--------------------------------|
| 1/2 cup | Coconut Flour (Bob's Red Mill) |
| 2 tbsps | Coconut Oil (melted) |
| 1/2 cup | Pureed Pumpkin |
| 1/4 cup | Tahini |
| 3 tbsps | Maple Syrup |
| 2 tsps | Cinnamon |
| 1/4 cup | Sesame Seeds |

Nutrition

| | | | |
|-----------------|----|--------------------|--------|
| Calories | 84 | Cholesterol | 0mg |
| Fat | 6g | Sodium | 14mg |
| Carbs | 7g | Vitamin A | 1004IU |
| Fiber | 3g | Vitamin C | 0mg |
| Sugar | 3g | Calcium | 49mg |
| Protein | 2g | Iron | 3mg |

Spaghetti Squash Burrito Bowls

14 ingredients · 40 minutes · 2 servings



Directions

1. Preheat oven to 350F and line a baking sheet with parchment paper.
2. Using a sharp knife, very carefully split the spaghetti squash in half lengthwise and scoop out the seeds with a spoon. Brush the inside surface with half the olive oil, and place face-down on the baking sheet.
3. Bake squash for 40 minutes, until it is easily pierced with a fork.
4. While the squash is baking, heat remaining olive oil in a skillet. Add the turkey and cook until it begins to brown. Break it up with a spatula as it cooks through. Add the diced pepper, spices and salt. Continue cooking for about 10 minutes, or until turkey is thoroughly cooked.
5. Spoon the turkey filling into the each half of the spaghetti squash. Top with diced red onion, tomato, avocado, cilantro and a squeeze of lime juice.

Notes

Vegan & Vegetarian

Use black beans instead of ground meat.

Leftovers

Refrigerate in an air-tight container up to 2 days. Reheat before serving.

Ingredients

| | |
|-------------|----------------------------------|
| 1 | Spaghetti Squash (medium) |
| 1 1/2 tbsps | Extra Virgin Olive Oil (divided) |
| 1/2 lb | Extra Lean Ground Turkey |
| 1 | Red Bell Pepper (diced) |
| 1 tbsp | Chili Powder |
| 1 1/2 tpsps | Cumin |
| 1 1/2 tpsps | Oregano |
| 1 tsp | Garlic Powder |
| 1/4 tsp | Sea Salt |
| 1/4 cup | Red Onion (finely diced) |
| 1 | Tomato (diced) |
| 1/2 | Avocado (cubed) |
| 1/4 cup | Cilantro (chopped) |
| 1/2 | Lime (sliced into wedges) |

Nutrition

| | | | |
|----------|-----|-------------|--------|
| Calories | 487 | Cholesterol | 84mg |
| Fat | 28g | Sodium | 530mg |
| Carbs | 39g | Vitamin A | 5000IU |
| Fiber | 11g | Vitamin C | 119mg |
| Sugar | 4g | Calcium | 156mg |
| Protein | 27g | Iron | 6mg |

Spicy Sweet Potato, Turkey & Kale Bowl

10 ingredients · 25 minutes · 4 servings



Directions

1. Preheat oven to 425 and line a large baking sheet with parchment paper.
2. Wash and dice your sweet potato into half inch cubes. Toss in olive oil, chili powder and cayenne pepper. Spread across the baking sheet and bake in the oven for 20 minutes.
3. Meanwhile, heat a large skillet over medium heat. Add the coconut oil. Add the onion, ground turkey, sea salt and black pepper. Use a spatula to stir and break up the turkey as it cooks.
4. Once the turkey is cooked through, drain off any excess liquid and return to heat. Add the kale. Stir and saute just until wilted and remove from the heat immediately. Divide into bowls and top with the roasted sweet potato. Enjoy!

Notes

Save Time

Chop the sweet potato and onion in advance. Store in the fridge until ready to cook.

Vegan & Vegetarian

Skip the ground meat and roast chickpeas on the baking sheet along with the sweet potatoes. Saute the onion on its own in step 3.

Ingredients

| | |
|---------|----------------------------|
| 2 | Sweet Potato (medium) |
| 1 tbsp | Extra Virgin Olive Oil |
| 1 tbsp | Chili Powder |
| 1/2 tsp | Cayenne Pepper (optional) |
| 1 tbsp | Coconut Oil |
| 1 | White Onion (diced) |
| 1 lb | Extra Lean Ground Turkey |
| 1/2 tsp | Sea Salt |
| 1/2 tsp | Black Pepper (optional) |
| 8 cups | Kale Leaves (finely diced) |

Nutrition

| | | | |
|----------|-----|-------------|---------|
| Calories | 375 | Cholesterol | 84mg |
| Fat | 17g | Sodium | 578mg |
| Carbs | 29g | Vitamin A | 23147IU |
| Fiber | 7g | Vitamin C | 22mg |
| Sugar | 4g | Calcium | 218mg |
| Protein | 27g | Iron | 5mg |

Slow Cooker Stuffed Peppers

15 ingredients · 4 hours · 4 servings



Directions

1. Slice the tops off the peppers and carve out the seeds. Set aside.
2. In a large mixing bowl, combine the ground turkey, sea salt, black pepper, chili powder, cumin, dried basil, egg, minced garlic, yellow onion, spinach, olive oil and coconut flour. Mix well and stuff it into the green peppers.
3. Place the peppers in the slow cooker and top each with a spoonful or two of salsa. Cook for 4 hours on high or 6 - 8 on low.
4. Trim your cauliflower into florets. Place the florets in a food processor and pulse into a rice-like consistency. Cover and store in the fridge until ready to eat. (Note: You can eat the cauliflower rice raw or saute it in a bit of coconut oil before serving.)
5. Remove the peppers from the slow cooker and serve over cauliflower rice. Top with remaining salsa. Enjoy!

Notes

Vegans and Vegetarians

Use cooked lentils or beans instead of ground meat.

No Ground Turkey

Use ground chicken or beef instead.

No Slow Cooker

Bake peppers in the oven at 350 for 45 minutes to 1 hour, or until meat is cooked through.

No Cauliflower

Serve over rice, quinoa, greens or sweet potato mash.

Ingredients

| | |
|---------|---------------------------|
| 4 | Green Bell Pepper (large) |
| 1 lb | Extra Lean Ground Turkey |
| 1/2 tsp | Sea Salt |
| 1/2 tsp | Black Pepper |
| 1 tbsp | Chili Powder |
| 1/2 tsp | Cumin |
| 1/2 tsp | Dried Basil |
| 1 | Egg |
| 2 | Garlic (cloves, minced) |
| 1/2 | Yellow Onion (diced) |
| 1 cup | Baby Spinach (chopped) |
| 1 tbsp | Extra Virgin Olive Oil |
| 2 tbsps | Coconut Flour |
| 2 cups | Organic Salsa |
| 1 head | Cauliflower (large) |

Nutrition

| | | | |
|----------|-----|-------------|--------|
| Calories | 349 | Cholesterol | 130mg |
| Fat | 16g | Sodium | 1435mg |
| Carbs | 27g | Vitamin A | 2491IU |
| Fiber | 10g | Vitamin C | 173mg |
| Sugar | 12g | Calcium | 141mg |

| | | | |
|----------------|-----|------|-----|
| Protein | 30g | Iron | 5mg |
|----------------|-----|------|-----|