








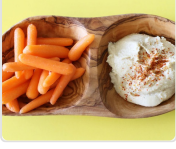

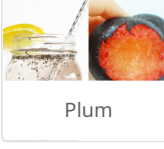











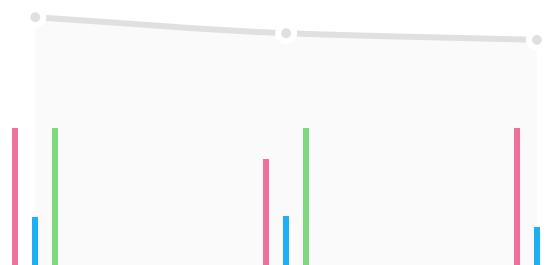


	Mon	Tue	Wed
<b>Breakfast</b>	Carrot Cake C... 	Chocolate Cau... 	Lucky Green S... 
<b>Snack 1</b>	Grapes & Waln.. 	Hummus Dipp... 	Celery with Su... 
<b>Lunch</b>	Creamy Brocc... 	One Pan Paleo.. 	Cauliflower Sh... 
<b>Snack 2</b>	Baby Carrots &.. 	Golden Turme... 	Detox Chia Le...  Plum
<b>Dinner</b>	One Pan Paleo... 	Cauliflower Sh... 	Butter Chicke... 

Day		Task	Notes
0 Sun		Grocery shop.	Grab the grocery list for your Program and get to it! Adjust serving sizes if necessary and mark off any items you already have.
		Freeze the chicken.	We'll remind you later in the week when to set them out to thaw.
		Make Cauliflower Shepherd's Pie.	Divide into containers and let cool. Store two portions in the fridge for Tuesday and Wednesday, and freeze the leftovers. Move onto other prep tasks while it bakes.
		Make Carrot Cake Chia Pudding.	Follow the recipe to make the Carrot Cake Chia Pudding. Divide into containers or mason jars and refrigerate.
		Make Creamy Broccoli Salad.	Follow the recipe to make the salad. Divide into containers or layer in mason jars and store in the fridge.
		Make Baby Carrots & Hummus snacks.	Divide hummus into small containers and carrots in small baggies or containers. Store in the fridge.
		Make Grapes & Walnuts snacks.	Divide into containers or ziplock baggies and store in the fridge.

<b>1 Mon</b>		Add toppings to Carrot Cake Chia Pudding.	Top each portion with shredded coconut and chopped walnuts.
		Pack your meals if you are on-the-go.	Carrot Cake Chia Pudding, Grapes & Walnuts, Creamy Broccoli Salad, Baby Carrots & Hummus.
		Make One Pan Paleo Plate for dinner.	Divide leftovers into containers. Let cool then cover and store in the fridge for tomorrow's lunch.
<b>2 Tue</b>		Make Chocolate Cauliflower Shake	Enjoy!
		Pack your meals if you are on-the-go.	Chocolate Cauliflower Shake, Golden Turmeric Milk, One Pan Paleo Plate, Hummus Dippers.
		Enjoy Cauliflower Shepherd's Pie for dinner.	Reheat in the oven or toaster oven.
<b>3 Wed</b>		Make Lucky Green Smoothie	Enjoy!
		Pack your meals if you are on-the-go.	Lucky Green Smoothie, Chia Lemon Water with a Plum, Cauliflower Shepherd's Pie, Celery and Sunflower Seed Butter.
		Make Butter Chicken with Cauliflower Rice for dinner.	Divide leftovers into containers for tomorrow's lunch.

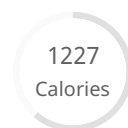
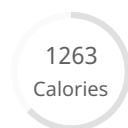
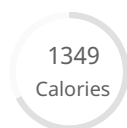
● Calories ● Fat ● Carbs ● Protein



Mon

Tue

Wed



**Fat** 77g

**Carbs** 108g

Fiber 46g

Sugar 33g

**Protein** 74g

Cholesterol 117mg

Sodium 860mg

Vitamin A 34037IU

Vitamin C 259mg

Calcium 1147mg

Iron 14mg

**Fat** 51g

**Carbs** 112g

Fiber 33g

Sugar 42g

**Protein** 103g

Cholesterol 205mg

Sodium 1114mg

Vitamin A 18874IU

Vitamin C 308mg

Calcium 1122mg

Iron 12mg

**Fat** 71g

**Carbs** 88g

Fiber 27g

Sugar 44g

**Protein** 77g

Cholesterol 172mg

Sodium 1280mg

Vitamin A 11268IU

Vitamin C 233mg

Calcium 477mg

Iron 11mg

## Sample Diet

### Fruits

- ☐ 1 Banana
- ☐ 1 cup Grapes
- ☐ 1/2 Lemon
- ☐ 1 1/8 Lime
- ☐ 1 Plum

### Vegetables

- ☐ 3/4 cup Baby Carrots
- ☐ 1 cup Baby Spinach
- ☐ 2 cups Broccoli
- ☐ 5 cups Brussels Sprouts
- ☐ 1 3/4 Carrot
- ☐ 3/4 head Cauliflower
- ☐ 4 stalks Celery
- ☐ 1 1/2 Garlic
- ☐ 1 tbsp Ginger
- ☐ 1 1/2 cups Mushrooms
- ☐ 1 tbsp Red Onion
- ☐ 2 1/2 Sweet Potato
- ☐ 1/4 Yellow Bell Pepper
- ☐ 1 Yellow Onion

### Bread, Fish, Meat & Cheese

- ☐ 23 ozs Chicken Breast
- ☐ 1/2 lb Extra Lean Ground Turkey
- ☐ 1/2 cup Hummus

### Breakfast

- ☐ 1 tbsp Almond Butter

### Boxed & Canned

- ☐ 1/4 cup Organic Coconut Milk
- ☐ 1 tbsp Tomato Paste

### Condiments & Oils

- ☐ 3/4 tsp Coconut Oil
- ☐ 3 1/4 tbsps Extra Virgin Olive Oil
- ☐ 2 tbsps Sunflower Seed Butter
- ☐ 1 tbsp Tahini

### Seeds, Nuts & Spices

- ☐ 1/16 tsp Black Pepper
- ☐ 1/3 cup Chia Seeds
- ☐ 3/4 tsp Chili Powder
- ☐ 1/2 tsp Cinnamon
- ☐ 3/4 tsp Curry Powder

### Baking

- ☐ 2 tbsps Cacao Powder
- ☐ 1/16 tsp Ground Cloves
- ☐ 1 1/2 tsps Raw Honey
- ☐ 1/2 tsp Stevia Powder
- ☐ 1 tbsp Unsweetened Coconut Flakes

### Cold

- ☐ 2 1/2 cups Unsweetened Almond Milk

- ☐ **1/2 tsp** Garam Masala
- ☐ **1 tbsp** Ground Flax Seed
- ☐ **1/8 tsp** Ground Ginger
- ☐ **2 tbsps** Hemp Seeds
- ☐ **1 1/2 tsps** Italian Seasoning
- ☐ **1/2 tsp** Paprika
- ☐ **1/2 tsp** Sea Salt
- ☐ Sea Salt & Black Pepper
- ☐ **1 1/3 tbsps** Sunflower Seeds
- ☐ **1/2 tsp** Turmeric
- ☐ **1/3 cup** Walnuts

### Frozen




- ☐ **1 cup** Frozen Cauliflower
- ☐ **3/4 cup** Frozen Mango

### Other

- ☐ **1/4 cup** Chocolate Protein Powder
- ☐ **1 1/2 tsps** Maca Powder
- ☐ **4 1/3 cups** Water

# Chocolate Cauliflower Shake

#breakfast #snack #smoothie #paleo #vegetarian #vegan #glutenfree #dairyfree #eggfree #nightshade-free

 7 ingredients  5 minutes  1 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.

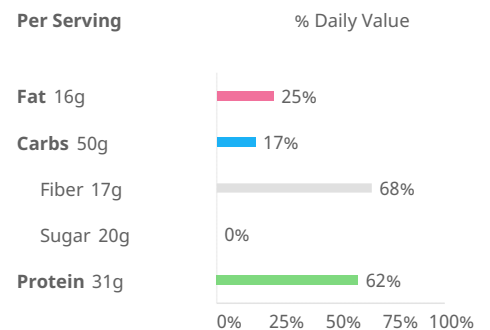
**Likes it** Add pitted medjool dates.  
**Sweeter**

**No Maca Powder** Leave it out or use cinnamon instead.

## Ingredients

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

## 450 Calories



# Cauliflower Shepherd's Pie

#dinner #paleo #eggfree #glutenfree #dairyfree #anticandida #elimination #autoimmune #ketogenic #nightshade-free

 10 ingredients  50 minutes  1 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!

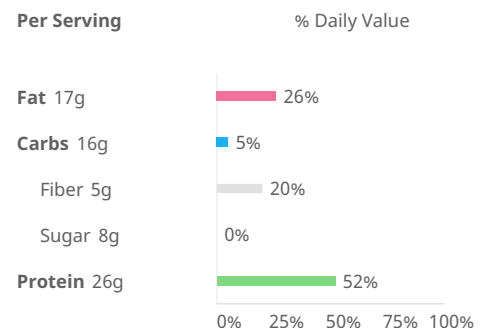
## Notes

**Vegan and Vegetarian** Use cooked lentils instead of ground meat.

## Ingredients

- **1/4 head** Cauliflower (chopped into florets)
- **1 1/2 tsps** Extra Virgin Olive Oil (divided)
- **1/4** Yellow Onion (diced)
- **1/2** Garlic (cloves, minced)
- **1/4 lb** Extra Lean Ground Turkey
- **3/4 cup** Mushrooms (sliced)
- **1/2** Carrot (diced)
- **1/2 stalk** Celery (diced)
- **3/4 tsp** Italian Seasoning
- **1/16 tsp** Sea Salt




## 307 Calories





# Carrot Cake Chia Pudding

#breakfast #snack #vegetarian #vegan #paleo #eggfree #glutenfree #dairyfree #lowfodmap #anticandida #elimination #nightshade-free

 9 ingredients  3 hours  1 servings

## Directions

1. In a medium sized mixing bowl, combine the shredded carrot, cinnamon, cloves, ginger and stevia. Add the almond milk, then whisk in the chia seeds. Let sit for 5 minutes, then stir again to redistribute the chia seeds. Cover the bowl and refrigerate for 3 hours or overnight.
2. Divide into bowls or mason jars and garnish with shredded coconut and chopped walnuts. Enjoy!

## Notes

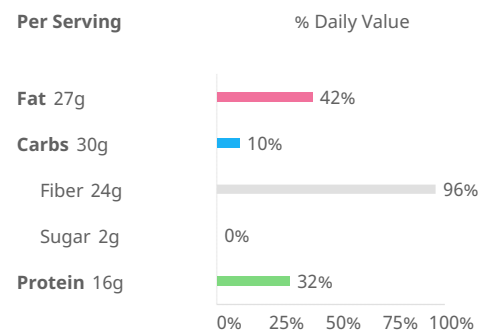
**Storage** Keeps well in the fridge for 3 to 4 days.

**Extra Creamy** Replace half of the almond milk with full-fat canned coconut milk.

## Ingredients




- **1/2** Carrot (medium, grated)
- **1/4 tsp** Cinnamon
- **1/16 tsp** Ground Cloves
- **1/8 tsp** Ground Ginger
- **1/2 tsp** Stevia Powder (to taste)
- **1 cup** Unsweetened Almond Milk
- **1/4 cup** Chia Seeds
- **2 tbsps** Walnuts (chopped)
- **1 tbsp** Unsweetened Coconut Flakes

## 413 Calories



# Baby Carrots & Hummus

#snack #vegetarian #vegan #eggfree #glutenfree #nutfree #appetizer #dairyfree #anticandida #elimination #nightshade-free

 2 ingredients  5 minutes  1 servings

## Directions

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

## Notes

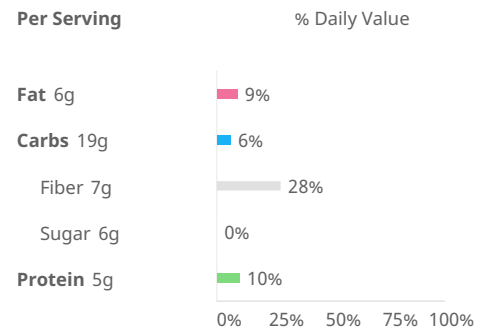
**No Baby Carrots** Use celery sticks, cucumber slices or sliced bell peppers instead..

**Like it Spicy** Top with a pinch of cayenne pepper or chili powder.

## Ingredients




- **3/4 cup** Baby Carrots
- **1/4 cup** Hummus

## 147 Calories



# Detox Chia Lemon Water

#snack #vegetarian #paleo #vegan #eggfree #glutenfree #nutfree #dessert #dairyfree #lowfodmap #anticandida #elimination  
#autoimmune #ketogenic #nightshade-free

 3 ingredients  5 minutes  1 servings

## Directions

1. Stir together all ingredients in a tall glass or mason jar. Let sit for 5 minutes or until chia seeds swell. Enjoy!

## Notes

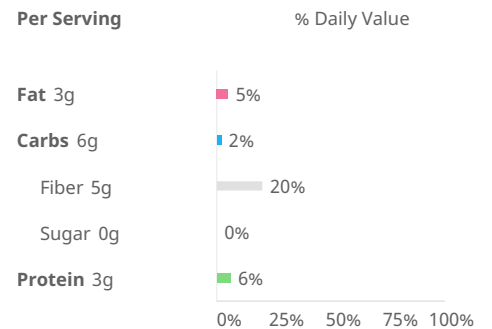
**Make it Sweet** Add maple syrup.

**Make it Spicy** Add a pinch of cayenne pepper.

## Ingredients




- **2 cups** Water
- **1 tbsp** Chia Seeds
- **1/4** Lemon (juiced)

## 63 Calories



# Creamy Broccoli Salad

#lunch #dinner #vegetarian #vegan #paleo #nutfree #eggfree #glutenfree #appetizer #dairyfree #anticandida #elimination  
#nightshade-free #ketogenic

 9 ingredients  20 minutes  1 servings

## Directions

1. Bring a large pot of water to a boil and drop in your broccoli florets. Cover with a lid and boil for 2 - 3 minutes, or just until slightly tender. Strain and run under cold water.
2. Roughly chop the florets into pieces and add them to a large mixing bowl. Add in the red onion.
3. In a small jar, add the tahini, lemon juice, olive oil, sea salt, black pepper and water. Shake vigorously until well combined. Pour over the salad and toss well.
4. Sprinkle sunflower seeds over top of the salad and serve. Enjoy!

## Notes

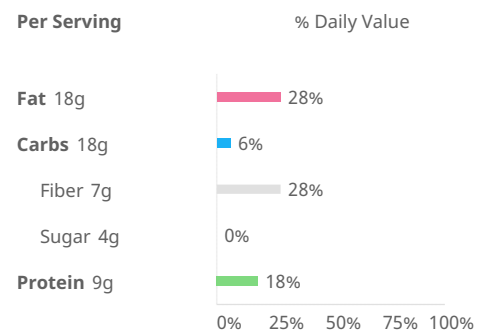
**Likes it Sweet** Add dried cranberries or diced apple.

**Meat Lover** Add bacon.

## Ingredients

- **2 cups** Broccoli (chopped into florets)
- **1 tbsp** Red Onion (finely sliced)
- **1 tbsp** Tahini
- **1/4** Lemon (juiced)
- **1 1/2 tsps** Extra Virgin Olive Oil
- **1/16 tsp** Sea Salt
- **1/16 tsp** Black Pepper
- **1 1/2 tsps** Water
- **1 1/3 tsps** Sunflower Seeds




## 241 Calories





# One Pan Paleo Plate

#dinner #paleo #nutfree #eggfree #glutenfree #dairyfree #elimination #autoimmune #nightshadefree

 5 ingredients  35 minutes  1 servings

## Directions

1. Preheat oven to 375 and line a baking sheet with parchment paper.
2. Brush both sides of the chicken breast with olive oil and season with sea salt, black pepper and any other spices you like. Place on the baking sheet.
3. Toss your brussels sprouts in olive oil and season with sea salt and black pepper. Place on the baking sheet with the chicken.
4. Slice your sweet potatoes in half lengthwise and pierce the flesh multiple times with a fork all over to create holes. Brush the flesh of each half with olive oil. Season with sea salt and black pepper. Place these on the baking sheet with the flesh facing up.
5. Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through. (Note: Sweet potato may need longer depending on size.)
6. Remove baking sheet from the oven and divide onto plates. Enjoy!

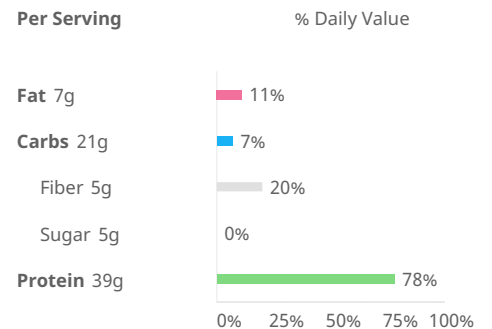
## Notes

- No Brussels Sprouts** Use broccoli, cauliflower or green beans instead. Roasting times will vary.
- No Chicken Breast** Use turkey breast.
- Vegans and Vegetarians** Replace chicken with roasted chickpeas.
- Extra Time** Slice sweet potato into cubes or fries.

## Ingredients




- **4 ozs** Chicken Breast
- Sea Salt & Black Pepper (to taste)
- **1 cup** Brussels Sprouts (washed, trimmed and halved)
- **3/4 tsp** Extra Virgin Olive Oil (plus extra for brushing)
- **1/2** Sweet Potato (washed and sliced in half)

## 295 Calories



# Grapes & Walnuts

#snack #eggfree #vegan #vegetarian #paleo #glutenfree #dairyfree #lowfodmap #elimination #nightshade-free

 2 ingredients  3 minutes  1 servings

## Directions

1. Wash grapes and divide into bowls or baggies. Mix in walnuts and enjoy!

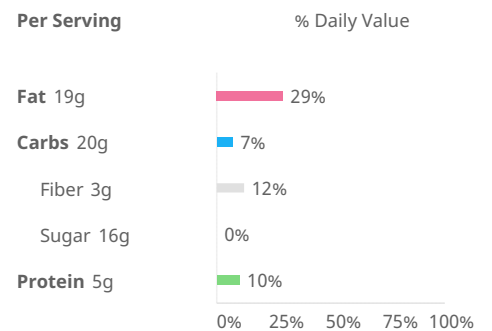
## Notes

**No Walnuts** Mix in any other seed or nut. Pumpkin seeds, cashews and pistachios are all delicious!

## Ingredients



- **1 cup** Grapes (washed)
- **1/4 cup** Walnuts

## 253 Calories



# Butter Chicken and Cauliflower Rice

#dinner #nutfree #eggfree #lunch #glutenfree #dairyfree #anticandida

 15 ingredients  30 minutes  1 servings

## Directions

1. Dice your chicken into cubes and set aside.
2. Heat olive oil in a large skillet over medium heat. Saute your onion, garlic and ginger. Stir in tomato paste, paprika, curry, garam masala, sea salt and chilli powder. Cook for 1-2 minute or until fragrant.
3. Add diced chicken and stir until cooked through, about 5-7 minutes. Add in the water and loosen the paste.
4. Stir in coconut milk and reduce to simmer for about 5 minutes.
5. Meanwhile, create your cauliflower rice by adding the florets to the food processor. Process until the cauliflower has a rice-like consistency.
6. Squeeze lime juice on cauliflower rice and transfer into a bowl.
7. Remove from heat and ladle butter chicken over cauliflower rice. Enjoy!

## Notes

**Vegan or Budget-Friendly** Skip the chicken breast and replace with chickpeas, lentils or beans.

**No Coconut Milk** Use Greek yogurt instead.

**No Cauliflower Rice** Serve over brown rice or quinoa instead.

**More Veggies** Add chopped cauliflower, sweet potatoes, peas, broccoli, baby spinach or chopped kale. Or serve it with a side salad.

**Storage** Refrigerate in an air-tight container for up to 2 - 3 days.

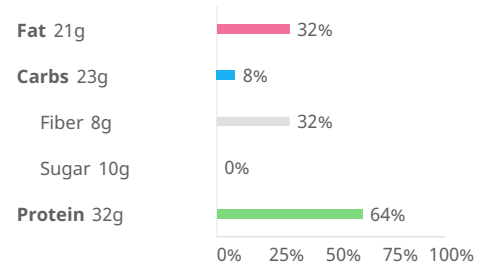
## Ingredients

- **3 ozs** Chicken Breast
- **1 1/2 tsps** Extra Virgin Olive Oil
- **1/2** Yellow Onion (diced)
- **1/2** Garlic (cloves, minced)
- **1 1/2 tsps** Ginger (grated)
- **1 tbsp** Tomato Paste
- **1/2 tsp** Paprika
- **3/4 tsp** Curry Powder
- **1/2 tsp** Garam Masala
- **1/4 tsp** Sea Salt
- **3/4 tsp** Chili Powder
- **1 tbsp** Water
- **1/4 cup** Organic Coconut Milk (full fat)
- **1/4 head** Cauliflower
- **1/8** Lime (juiced)

## 391 Calories

Per Serving




% Daily Value





# Plum

#snack #vegan #vegetarian #paleo #breakfast #eggfree #nutfree #glutenfree #dairyfree #lowfodmap #elimination #autoimmune  
#nightshade-free

 1 ingredients  1 minutes  1 servings

## Directions

1. Wash and eat!

## Ingredients




- 1 Plum

## 30 Calories

Per Serving	% Daily Value
Fat 0g	0%
Carbs 8g	3%
Fiber 1g	4%
Sugar 7g	0%
Protein 0g	0%

# Hummus Dippers

#snack #nutfree #eggfree #vegetarian #vegan #glutenfree #dairyfree #anticandida

 4 ingredients  15 minutes  1 servings

## Directions

1. Slice your pepper, carrot and celery into sticks.
2. Line up 4 small mason jars (we like to use size 250 ml). Fill the bottom of each with  $\frac{1}{4}$  cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat.

## Notes

**Homemade** Make your own hummus! Check out our Sweet Potato Hummus or Green Pea Hummus recipes.

**Mix it Up** Substitute in different veggies like cucumber or zucchini.

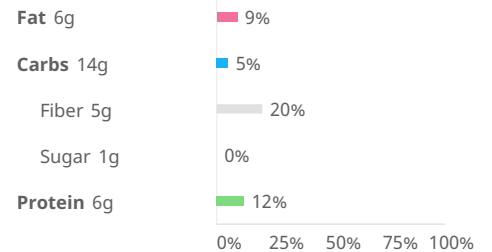
## Ingredients

- **1/4** Yellow Bell Pepper
- **1/4** Carrot
- **1 stalk** Celery
- **1/4 cup** Hummus

## 127 Calories




### Per Serving

% Daily Value



# Celery with Sunflower Seed Butter

#snack #paleo #appetizer #vegetarian #vegan #eggfree #nutfree #glutenfree #dairyfree #lowfodmap #anticandida #elimination  
#ketogenic #nightshade-free

 2 ingredients  5 minutes  1 servings

## Directions

1. Spread sunflower seed butter across celery sticks (about 1 tbsp per celery stalk).  
Happy munching!

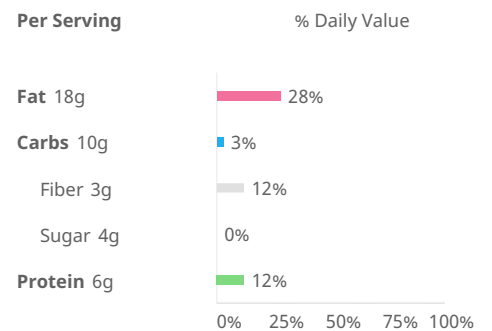
## Notes

**No Celery**      Use cucumber instead

## Ingredients




- **2 stalks**      Celery (sliced into sticks)
- **2 tbsps**      Sunflower Seed Butter

## 210 Calories



# Lucky Green Smoothie

#breakfast #snack #paleo #vegetarian #vegan #nutfree #smoothie #glutenfree #dairyfree #elimination #nightshade-free

 6 ingredients  10 minutes  1 servings

## Directions

1. Throw all ingredients into a blender. Blend well until smooth. Divide into glasses and enjoy!

## Notes

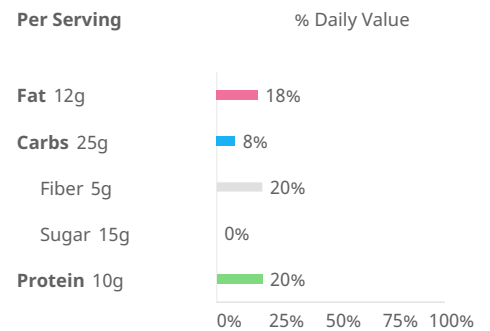
**No Mango** Add frozen pineapple or banana instead.

**More Protein** Add a scoop of your favourite clean protein powder.

## Ingredients




- **3/4 cup** Frozen Mango
- **1** Lime (juiced)
- **1 cup** Baby Spinach (packed)
- **1 tbsp** Ground Flax Seed
- **2 tbsps** Hemp Seeds
- **1 3/4 cups** Water

## 226 Calories



# Golden Turmeric Latte with Almond Milk

#snack #vegetarian #eggfree #glutenfree #nutfree #dairyfree #autoimmune #nightshade-free

 7 ingredients  10 minutes  1 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** 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.
- Turmeric Root**
- 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 1/2 tsps** Ginger (grated)
- **1/2 cup** Unsweetened Almond Milk
- **1/2 cup** Water
- **1/2 tsp** Turmeric (powder)
- **1 1/2 tsps** Raw Honey
- **1/4 tsp** Cinnamon
- **3/4 tsp** Coconut Oil

## 84 Calories

### Per Serving

**Fat** 5g  
**Carbs** 11g  
Fiber 1g  
Sugar 8g  
**Protein** 1g

% Daily Value

