






















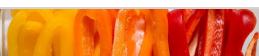










	Mon	Tue	Wed
Breakfast	 Kale & Red Pepper Frittata	 Grain-Free Coconut Almond Porridge	 Apple Turkey Sausage Patties with Sauteed Greens
	 Crispy Roasted Sweet Potato	 Grain-Free Coconut Almond Porridge	 Fried Plantains
Snack 1	 Dried Mango & Brazil Nuts	 Apple with Almond Butter	 Celery with Sunflower Seed Butter
	 BLT Salad Bowls	 Parchment Baked Haddock with Veggies	 Beef Burrito Bowl with Cauliflower Rice
Lunch	 BLT Salad Bowls	 Parchment Baked Haddock with Veggies	 Beef Burrito Bowl with Cauliflower Rice
	 Banana with Almond Butter	 Carrots & Guacamole	 Baba Ganoush
Snack 2	 Banana with Almond Butter	 Carrots & Guacamole	 Chopped Bell Peppers
	 Parchment Baked Haddock with Veggies	 Oven Baked Potato Wedges	 Pan Fried Turmeric Ginger Tilapia
Dinner	 Parchment Baked Haddock with Veggies	 Oven Baked Potato Wedges	 Pan Fried Turmeric Ginger Tilapia
	 Oven Baked Potato Wedges	 Beef Burrito Bowl with Cauliflower Rice	 Roasted Veggies

MonFat  49%Carbs  33%Protein  18%

Calories	1759
Fat	101g
Saturated	19g
Trans	0g
Polyunsaturated	19g
Monounsaturated	52g
Carbs	153g
Fiber	29g
Sugar	66g
Protein	84g
Cholesterol	675mg
Sodium	1989mg
Potassium	4138mg
Calcium	577mg
Iron	11mg
Vitamin B12	4.7µg

TueFat  53%Carbs  29%Protein  18%

Calories	1773
Fat	109g
Saturated	26g
Trans	1g
Polyunsaturated	12g
Monounsaturated	49g
Carbs	137g
Fiber	46g
Sugar	43g
Protein	86g
Cholesterol	173mg
Sodium	2382mg
Potassium	4336mg
Calcium	800mg
Iron	13mg
Vitamin B12	5.7µg

WedFat  56%Carbs  24%Protein  20%

Calories	1737
Fat	113g
Saturated	31g
Trans	1g
Polyunsaturated	15g
Monounsaturated	59g
Carbs	111g
Fiber	30g
Sugar	51g
Protein	90g
Cholesterol	216mg
Sodium	2354mg
Potassium	4319mg
Calcium	378mg
Iron	14mg
Vitamin B12	5.7µg

Fruits

- ☐ 1 1/4 Apple
- ☐ 1 3/4 Avocado
- ☐ 1 Banana
- ☐ 3/4 Lemon
- ☐ 1 1/4 Lime
- ☐ 1 Plantain

Breakfast

- ☐ 1/4 cup Almond Butter
- ☐ 5 pieces Dried Unsweetened Mango

Seeds, Nuts & Spices

- ☐ 1/2 tsp Black Pepper
- ☐ 1/4 cup Brazil Nuts
- ☐ 1/4 tsp Chili Powder
- ☐ 3/4 tsp Cinnamon
- ☐ 1 1/2 tsps Coriander
- ☐ 1 3/4 tsps Cumin
- ☐ 1 tbsp Ground Flax Seed
- ☐ 1 tsp Italian Seasoning
- ☐ 2 tsps Oregano
- ☐ 2 tsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1/2 tsp Turmeric

Vegetables

- ☐ 2 cups Arugula
- ☐ 2 cups Baby Spinach
- ☐ 3 Carrot
- ☐ 2 cups Cauliflower Rice
- ☐ 2 stalks Celery
- ☐ 3/4 cup Cherry Tomatoes
- ☐ 1/4 Eggplant
- ☐ 1 1/2 tsps Fresh Dill
- ☐ 2 1/2 Garlic
- ☐ 1 1/2 tsps Ginger
- ☐ 2 cups Green Beans
- ☐ 1/4 Green Bell Pepper
- ☐ 1 1/2 stalks Green Onion
- ☐ 1/2 cup Kale Leaves
- ☐ 1 cup Mushrooms
- ☐ 1 1/2 tsps Parsley
- ☐ 1 Red Bell Pepper
- ☐ 1 Russet Potato
- ☐ 3/4 Sweet Potato
- ☐ 1/4 Yellow Bell Pepper
- ☐ 1/2 Yellow Onion
- ☐ 1 Zucchini

Baking

- ☐ 1/4 cup Almond Flour
- ☐ 1/4 cup Unsweetened Shredded Coconut

Bread, Fish, Meat & Cheese

- ☐ 8 ozs Extra Lean Ground Beef
- ☐ 4 ozs Extra Lean Ground Turkey
- ☐ 1 Haddock Fillet
- ☐ 2 slices Organic Bacon
- ☐ 1 Tilapia Fillet

Condiments & Oils

- ☐ 1/4 tsp Apple Cider Vinegar
- ☐ 2 1/4 tsps Avocado Oil
- ☐ 1 tbsp Balsamic Vinegar
- ☐ 2 1/4 tsps Coconut Oil
- ☐ 1/4 cup Extra Virgin Olive Oil
- ☐ 2 tsps Sunflower Seed Butter
- ☐ 1 1/2 tsps Tahini

Cold

- ☐ 3 Egg
- ☐ 1 cup Unsweetened Almond Milk

Other

- ☐ 3/4 tsp Water



Kale & Red Pepper Frittata

1 serving
30 minutes

Ingredients

2 Egg
2 tbsps Unsweetened Almond Milk
1/8 tsp Sea Salt
1/8 tsp Black Pepper
3/4 tsp Extra Virgin Olive Oil
1/2 cup Kale Leaves (chopped)
1/4 Red Bell Pepper (chopped)
1/4 cup Cherry Tomatoes (halved)

Nutrition

Amount per serving	
Calories	196
Fat	14g
Saturated	4g
Trans	0g
Polyunsaturated	2g
Monounsaturated	6g
Carbs	5g
Fiber	2g
Sugar	3g
Protein	14g
Cholesterol	372mg
Sodium	466mg
Potassium	334mg
Calcium	146mg
Iron	2mg
Vitamin B12	0.9µg

Directions

- 1 Preheat oven to 400°F (204°C).
- 2 Whisk the eggs, almond milk, salt and pepper together in a mixing bowl. Set aside.
- 3 Heat the oil in a cast iron skillet over medium heat. Add the kale, pepper, and tomatoes. Cook for 5 to 7 minutes, or until the kale is wilted and peppers are tender.
- 4 Pour the whisked eggs into the pan with the vegetables and let the eggs begin to set for about 30 seconds, before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven and bake for 12 to 15 minutes, or until the eggs have set.
- 5 Remove the skillet from the oven and let sit for about 5 minutes before cutting into wedges. Serve and enjoy!

Notes

No Kale, Use spinach instead.

No Red Bell Pepper, Use a bell pepper of another color instead.

Leftovers, Keep in the fridge for up to 3 days.



Crispy Roasted Sweet Potato

1 serving
35 minutes

Ingredients

3/4 Sweet Potato (medium, diced into
1/2 inch pieces)
1/3 tsp Extra Virgin Olive Oil
1/16 tsp Sea Salt (or more to taste)

Nutrition

Amount per serving	
Calories	99
Fat	2g
Saturated	0g
Trans	0g
Polyunsaturated	0g
Monounsaturated	1g
Carbs	20g
Fiber	3g
Sugar	4g
Protein	2g
Cholesterol	0mg
Sodium	202mg
Potassium	329mg
Calcium	29mg
Iron	1mg
Vitamin B12	0µg

Directions

- 1 Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 2 Toss diced sweet potato in olive oil and spread across the baking sheet. Bake in the oven for 30 minutes, tossing at the halfway mark.
- 3 Remove from oven and season with sea salt. Enjoy!

Notes

Likes it Spicy, Toss in our Cajun Spice or chili powder after baking.



Grain-Free Coconut Almond Porridge

1 serving
10 minutes

Ingredients

3/4 cup Unsweetened Almond Milk
1/4 cup Almond Flour
1/4 cup Unsweetened Shredded Coconut
1 tbsp Ground Flax Seed
1/2 tsp Cinnamon

Nutrition

Amount per serving	
Calories	353
Fat	31g
Saturated	13g
Trans	0g
Polyunsaturated	2g
Monounsaturated	2g
Carbs	15g
Fiber	9g
Sugar	2g
Protein	10g
Cholesterol	0mg
Sodium	127mg
Potassium	33mg
Calcium	421mg
Iron	2mg
Vitamin B12	0µg

Directions

- 1 Add all of the ingredients to a saucepan over medium heat. Whisk continuously until your desired thickness is reached, about 3 to 5 minutes.
- 2 Divide into bowls and enjoy!

Notes

No Rice Milk, Use an alternative milk of your choice.

Likes it Sweet, Add raisins, dates, maple syrup, honey or your sweetener of choice.

Leftovers, Refrigerate in an airtight container up to 3 to 5 days.

Serving Size, One serving is equal to approximately 1 1/4 cup of porridge.



Apple Turkey Sausage Patties with Sauteed Greens

1 serving
30 minutes

Ingredients

4 ozs Extra Lean Ground Turkey
1/4 Apple
3/4 tsp Ginger (peeled and grated)
3/4 tsp Italian Seasoning
1/4 tsp Apple Cider Vinegar
1/8 tsp Sea Salt
1 1/2 tps Extra Virgin Olive Oil
(divided)
2 cups Baby Spinach
3/4 tsp Water

Nutrition

Amount per serving	
Calories	270
Fat	17g
Saturated	3g
Trans	0g
Polyunsaturated	4g
Monounsaturated	8g
Carbs	9g
Fiber	3g
Sugar	5g
Protein	23g
Cholesterol	84mg
Sodium	422mg
Potassium	630mg
Calcium	87mg
Iron	3mg
Vitamin B12	1.4µg

Directions

- 1 Place the ground turkey in a large mixing bowl. Pat it with a paper towel to remove any excess moisture.
- 2 Peel, core and grate the apple using a box grater. Squeeze out the excess juice from the apple and discard. Add the apple to the turkey along with the ginger, Italian seasoning, apple cider vinegar and salt. Gently mix to combine then form the meat mixture into thin patties, approximately 4 inches in diameter.
- 3 In a large skillet or frying pan, heat half of the oil over medium-high heat. In batches, cook the sausage patties for about 2 to 3 minutes per side or until golden brown and cooked through. Wipe the pan out and add more oil in between batches.
- 4 When you are finished cooking the patties, use the same skillet to wilt the spinach with water.
- 5 To serve, divide spinach and sausage patties between plates and season with additional salt if needed. Enjoy!

Notes

Serving Size, There are approximately three thin patties per serving.

Leftovers, Refrigerate in an airtight container for up to three days. The patties can be frozen for up to three months.

Best Flavor, A tart apple like a Granny Smith or Honeycrisp works best for this recipe.

No Spinach, Use another leafy green like kale, Swiss chard or collard greens.

No Ground Turkey, Use ground chicken, lamb, beef, pork or bison instead.



Fried Plantains

2 servings

15 minutes

Ingredients

- 1 Plantain (large)
- 2 tbsps Coconut Oil
- 1/4 tsp Cinnamon
- 1/8 tsp Sea Salt (or to taste)

Nutrition

Amount per serving	
Calories	286
Fat	14g
Saturated	11g
Trans	0g
Polyunsaturated	0g
Monounsaturated	1g
Carbs	43g
Fiber	2g
Sugar	24g
Protein	2g
Cholesterol	0mg
Sodium	153mg
Potassium	659mg
Calcium	7mg
Iron	1mg
Vitamin B12	0µg

Directions

- 1 Using a knife, peel the plantain and cut it into thick slices. Using a fork, gently smash them to slightly increase surface area, while keeping the slices whole.
- 2 Heat the coconut oil in a large skillet and add the plantains, cooking 2-3 minutes per side or until caramelized.
- 3 Sprinkle with cinnamon and sea salt before serving. Enjoy!

Notes

Likes it Spicy, Add chili flakes instead of cinnamon.

Plantain Tip, The plantain should have some black spots on it to indicate that it is ripe. Green plantains are almost impossible to peel.



Dried Mango & Brazil Nuts

1 serving

3 minutes

Ingredients

5 pieces Dried Unsweetened Mango
(large)
1/4 cup Brazil Nuts

Directions

- 1 Divide dried mango and brazil nuts between bowls. Enjoy!

Nutrition

Amount per serving	
Calories	339
Fat	22g
Saturated	5g
Trans	0g
Polyunsaturated	8g
Monounsaturated	8g
Carbs	36g
Fiber	5g
Sugar	31g
Protein	7g
Cholesterol	0mg
Sodium	1mg
Potassium	219mg
Calcium	73mg
Iron	1mg
Vitamin B12	0µg



Apple with Almond Butter

1 serving

5 minutes

Ingredients

1 Apple
2 tbsps Almond Butter

Nutrition

Amount per serving	
Calories	287
Fat	18g
Saturated	1g
Trans	0g
Polyunsaturated	4g
Monounsaturated	10g
Carbs	31g
Fiber	8g
Sugar	20g
Protein	7g
Cholesterol	0mg
Sodium	4mg
Potassium	429mg
Calcium	120mg
Iron	1mg
Vitamin B12	0µg

Directions

- 1 Slice apple and cut away the core.
- 2 Dip into almond butter.
- 3 Yummmmm.



Celery with Sunflower Seed Butter

1 serving

5 minutes

Ingredients

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

Nutrition

Amount per serving	
Calories	210
Fat	18g
Saturated	2g
Trans	0g
Polyunsaturated	3g
Monounsaturated	13g
Carbs	10g
Fiber	3g
Sugar	4g
Protein	6g
Cholesterol	0mg
Sodium	64mg
Potassium	392mg
Calcium	52mg
Iron	1mg
Vitamin B12	0µg

Directions

1

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

Notes

No Celery, Use cucumber instead



BLT Salad Bowls

1 serving
15 minutes

Ingredients

1 Egg
2 slices Organic Bacon
2 cups Arugula
1/2 cup Cherry Tomatoes (halved)
1/4 Avocado (sliced)
1 tbsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	382
Fat	33g
Saturated	7g
Trans	0g
Polyunsaturated	4g
Monounsaturated	20g
Carbs	9g
Fiber	5g
Sugar	3g
Protein	15g
Cholesterol	204mg
Sodium	446mg
Potassium	725mg
Calcium	108mg
Iron	2mg
Vitamin B12	0.6µg

Directions

- 1 Hard boil your eggs by placing them in a small pot and fill with enough cold water to cover them by 1-inch. Bring to a boil over medium-high heat. Once boiling, cover the pot and remove it from the heat. Let stand for 12 minutes then drain. Place eggs in a bowl of ice-cold water for 10 minutes.
- 2 While the eggs are cooling, cook your bacon in a pan over medium heat until crispy. Remove from pan and pat excess oil away with paper towel. Once cool, chop it up.
- 3 To assemble the salads: divide arugula between bowls and top with cherry tomatoes, avocado, chopped bacon and hard-boiled egg. Drizzle with olive oil and season with salt and pepper, to taste. Enjoy!

Notes

Leftovers, These salads make great meal prep and last for 3 to 4 days in the fridge. Add the avocado and olive oil before serving.

Vegan, Use smokey tempeh slices instead of bacon and omit the egg.

More Carbs, Serve with toast or quinoa.



Banana with Almond Butter

1 serving
2 minutes

Ingredients

- 1 Banana
- 2 tbsps Almond Butter

Nutrition

Amount per serving	
Calories	297
Fat	18g
Saturated	1g
Trans	0g
Polyunsaturated	4g
Monounsaturated	10g
Carbs	33g
Fiber	6g
Sugar	16g
Protein	8g
Cholesterol	0mg
Sodium	3mg
Potassium	656mg
Calcium	115mg
Iron	1mg
Vitamin B12	0µg

Directions

- 1 Slice banana.
- 2 Dip in almond butter.
- 3 Bam.



Carrots & Guacamole

1 serving

5 minutes

Ingredients

- 2 Carrot (medium)
- 1/2 Avocado
- 1/2 Lime (juiced)
- 1/8 tsp Sea Salt (or more to taste)

Nutrition

Amount per serving	
Calories	217
Fat	15g
Saturated	2g
Trans	0g
Polyunsaturated	2g
Monounsaturated	10g
Carbs	22g
Fiber	10g
Sugar	7g
Protein	3g
Cholesterol	0mg
Sodium	387mg
Potassium	903mg
Calcium	55mg
Iron	1mg
Vitamin B12	0µg

Directions

- 1 Peel and slice carrots into sticks.
- 2 Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.
- 3 Dip the carrots into the guac & enjoy!

Notes

Leftovers, Store the guacamole in an airtight container in the refrigerator for up to two days. Sliced carrots can be stored in the refrigerator for up to four days.

Spice it Up, Add chili flakes, salsa and/or chopped cilantro to the guacamole.



Baba Ganoush

1 serving
20 minutes

Ingredients

1/4 Eggplant (medium, trimmed, sliced into 1/4 inch strips)
 2 1/4 tsps Avocado Oil
 1 1/2 tsps Tahini
 1 1/2 tsps Parsley (fresh, chopped)
 1/4 Lemon (juiced)
 1/16 tsp Sea Salt

Nutrition

Amount per serving	
Calories	169
Fat	15g
Saturated	2g
Trans	0g
Polyunsaturated	3g
Monounsaturated	9g
Carbs	9g
Fiber	4g
Sugar	4g
Protein	2g
Cholesterol	0mg
Sodium	159mg
Potassium	316mg
Calcium	46mg
Iron	1mg
Vitamin B12	0µg

Directions

- 1 Adjust oven rack closest to the broiler. Set oven to high broil. Place eggplant on a foil-lined baking sheet and toss in oil. Roast for 10 minutes or until tender and golden brown. Remove from oven.
- 2 Wrap the eggplant in the foil and let rest for 5 minutes.
- 3 Remove the skin from the eggplant and discard. Then add the flesh of the eggplant to a food processor or blender. Add the remaining ingredients and blend until creamy. Adjust seasoning as needed.
- 4 Transfer to a bowl and enjoy!

Notes

No Parsley, Use cilantro or basil instead. Can also omit completely.

No Avocado Oil, Use olive oil instead.

No Lemon, Use apple cider vinegar to taste.

Leftovers, Refrigerate in an airtight container up to 3 days.

Serve it With, Crackers, veggie sticks, with burgers or on salad.



Chopped Bell Peppers

1 serving**5 minutes**

Ingredients

1/4 Yellow Bell Pepper

1/4 Green Bell Pepper

1/4 Red Bell Pepper

Nutrition

Amount per serving	
Calories	26
Fat	0g
Saturated	0g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	6g
Fiber	2g
Sugar	2g
Protein	1g
Cholesterol	0mg
Sodium	3mg
Potassium	213mg
Calcium	10mg
Iron	0mg
Vitamin B12	0µg

Directions

- 1 Remove stems and seeds of each bell pepper and cut into slices. Enjoy!

Notes

Storage, Refrigerate in an airtight container up to 3 to 4 days.



Parchment Baked Haddock with Veggies

1 serving
35 minutes

Ingredients

- 1 cup Green Beans (trimmed)
- 1/2 Red Bell Pepper (thinly sliced)
- 1 1/2 stalks Green Onion (green parts only, chopped)
- 1 Haddock Fillet (5 ounces each)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/2 Lemon (zested and juiced)
- 1/8 tsp Sea Salt
- 1/8 tsp Black Pepper
- 1 1/2 tsps Fresh Dill

Nutrition

Amount per serving	
Calories	252
Fat	8g
Saturated	1g
Trans	0g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	13g
Fiber	4g
Sugar	7g
Protein	33g
Cholesterol	99mg
Sodium	699mg
Potassium	921mg
Calcium	74mg
Iron	2mg
Vitamin B12	3.2µg

Directions

- 1 Preheat your oven to 400°F (204°C). Cut pieces of parchment paper, about 18-inches long. You'll need one per fillet of fish. Fold each piece of parchment in half then unfold.
- 2 Divide the green beans, peppers and green onion equally between parchment pieces, placing the vegetables neatly on the right side of the parchment paper. Place one haddock fillet on top of each portion of vegetables.
- 3 Drizzle the olive oil, lemon juice and lemon zest over top of each fillet. Season each portion equally with salt, pepper and dill.
- 4 Fold the other side of the parchment paper over the fish and the veggies. Starting at one side, crimp and fold the edges of the parchment together to tightly seal the packets. Carefully transfer the parchment packets to a baking sheet.
- 5 Bake for 16 to 19 minutes, or until haddock flakes easily and is cooked through. (To check doneness, very carefully unfold one side of the parchment packet and check to see if the fish flakes with a fork. If it isn't done yet, fold it back up and continue baking.)
- 6 To serve, transfer the parchment to a plate and very carefully cut into the top of the packet. Enjoy!

Notes

No Haddock, Use cod fillets instead.

Safety First, The parchment packets will puff up with steam as they bake. Be very careful of escaping steam when cutting into the packets.

Leftovers, Keeps well in the fridge for 2 to 3 days.



Oven Baked Potato Wedges

1 serving
40 minutes

Ingredients

- 1 Russet Potato (medium, cut into wedges)
- 3/4 tsp Extra Virgin Olive Oil
- 1/4 tsp Italian Seasoning
- 1/16 tsp Sea Salt
- 1/16 tsp Black Pepper

Nutrition

Amount per serving	
Calories	194
Fat	4g
Saturated	1g
Trans	0g
Polyunsaturated	0g
Monounsaturated	2g
Carbs	37g
Fiber	4g
Sugar	2g
Protein	5g
Cholesterol	0mg
Sodium	172mg
Potassium	954mg
Calcium	32mg
Iron	2mg
Vitamin B12	0µg

Directions

- 1 Preheat oven to 400°F (204°C) and line a large baking sheet with parchment paper.
- 2 Add the potato wedges to a mixing bowl and season with oil, Italian seasoning, salt and pepper.
- 3 Arrange the seasoned potato wedges on the prepared baking sheet in a single layer. Bake for 20 to 25 minutes until the bottom side is crisp and golden brown then flip each potato wedge over and continue to bake for an additional 10 to 15 minutes.
- 4 Serve immediately and enjoy!

Notes

More Flavor, Add cayenne pepper, chili powder, cumin, paprika or nutritional yeast to the seasoning.

No Olive Oil, Use avocado oil instead.

Leftovers, Extra potato wedges will keep in the fridge for up to 3 days. Reheat in the oven to maintain crispiness.



Beef Burrito Bowl with Cauliflower Rice

2 servings

30 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil (divided)
- 2 Garlic (cloves, minced)
- 1/2 Yellow Onion (small, finely diced)
- 8 ozs Extra Lean Ground Beef
- 1 1/2 tsps Cumin (ground)
- 1 1/2 tsps Coriander (ground)
- 1 1/2 tsps Oregano (dried)
- 3/4 tsp Sea Salt (divided)
- 1/2 Lime (juiced)
- 2 cups Cauliflower Rice
- 1 Avocado (diced)

Nutrition

Amount per serving	
Calories	470
Fat	33g
Saturated	8g
Trans	1g
Polyunsaturated	3g
Monounsaturated	20g
Carbs	19g
Fiber	11g
Sugar	5g
Protein	28g
Cholesterol	74mg
Sodium	993mg
Potassium	1096mg
Calcium	98mg
Iron	5mg
Vitamin B12	2.5µg

Directions

- 1 In a large skillet heat half of the oil over medium. Add garlic and onions and cook for two minutes, or until onions become translucent.
- 2 Add ground beef to the skillet. With a wooden spoon or spatula, break the beef into small pieces as it cooks, stirring occasionally, until no longer pink.
- 3 When meat is cooked through, drain the grease. Place back over medium heat and add the cumin, coriander, oregano, half of the salt and lime juice to the pan. Stir to coat the beef with the spice and continue to cook for another minute until very fragrant. Transfer the meat to a dish and cover to keep warm.
- 4 Place the pan back over heat and add the remaining olive oil. Add the cauliflower rice and season with remaining sea salt. Cook the cauliflower rice, stirring occasionally, until cauliflower is warmed through and just tender.
- 5 Divide the cauliflower rice between bowls and top with seasoned beef and diced avocado. Enjoy!

Notes

Optional Toppings, Chopped cilantro, green onion, extra lime juice, cheese, sour cream or Greek yogurt.

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



Pan Fried Turmeric Ginger Tilapia

1 serving

45 minutes

Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 1/4 Lime (juiced)
- 3/4 tsp Ginger (peeled and grated)
- 1/2 Garlic (cloves, minced)
- 1/2 tsp Turmeric (ground)
- 1/4 tsp Cumin (ground)
- 1/4 tsp Chili Powder
- 1/16 tsp Sea Salt
- 1 Tilapia Fillet (about 6 oz. each)
- 3/4 tsp Coconut Oil

Nutrition

Amount per serving	
Calories	216
Fat	12g
Saturated	4g
Trans	0g
Polyunsaturated	1g
Monounsaturated	6g
Carbs	3g
Fiber	1g
Sugar	0g
Protein	24g
Cholesterol	58mg
Sodium	229mg
Potassium	428mg
Calcium	26mg
Iron	2mg
Vitamin B12	1.8µg

Directions

- 1 In a small mixing bowl whisk together olive oil, lime juice, ginger, garlic, turmeric, cumin, chili powder and sea salt. Transfer the mixture to a zipper-lock bag.
- 2 Place fish fillets in the bag, press out the extra air and seal the bag. Using your hands massage the turmeric-ginger sauce onto each fillet. Let fish marinate for at least 15 minutes or for up to one hour.
- 3 Heat the coconut oil in a large skillet or frying pan over medium-high heat. Transfer the fillets from the bag to the pan and cook for 3 to 4 minutes per side until golden brown and crisp. (Note: You may need to cook the fillets in batches depending on the size of your pan.)
- 4 Transfer the fillets to a plate and season with additional salt if needed. Enjoy!

Notes

Extra Flavour, Serve with lemon, lime or orange wedges.

Likes it Spicy, Add cayenne pepper to the marinade to taste.

No Tilapia, Use any type of white fish fillet instead like cod, haddock, pickerel or orange roughly. Cooking times may vary depending on the thickness of the fillet.

Meal Prep, Combine the marinade and fish together in a bag and freeze for up to three months. Thaw before cooking.



Roasted Veggies

2 servings

40 minutes

Ingredients

- 1 Carrot (medium, chopped)
- 1 Zucchini (medium, chopped)
- 1 cup Mushrooms (chopped)
- 1 cup Green Beans (trimmed)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 tbsp Balsamic Vinegar
- 1/2 tsp Oregano (dried)
- 1/4 tsp Sea Salt
- 1/8 tsp Black Pepper

Nutrition

Amount per serving	
Calories	90
Fat	4g
Saturated	1g
Trans	0g
Polyunsaturated	1g
Monounsaturated	2g
Carbs	12g
Fiber	4g
Sugar	7g
Protein	4g
Cholesterol	0mg
Sodium	331mg
Potassium	585mg
Calcium	52mg
Iron	1mg
Vitamin B12	0µg

Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Arrange the chopped veggies on the baking sheet. Drizzle with oil, vinegar, oregano, salt and pepper. Toss until everything is well coated.
- 3 Roast in the oven for 25 to 30 minutes, or until very tender, stirring once about halfway through.
- 4 Remove from oven and transfer to a bowl. Enjoy!

Notes

Leftovers, Keeps well in the fridge up to 3 days. Reheat in a skillet or the oven.

No Mushrooms, Swap in bell peppers or broccoli instead.

Even Cooking, Chop your vegetables to be approximately the same size to ensure even cooking.