


































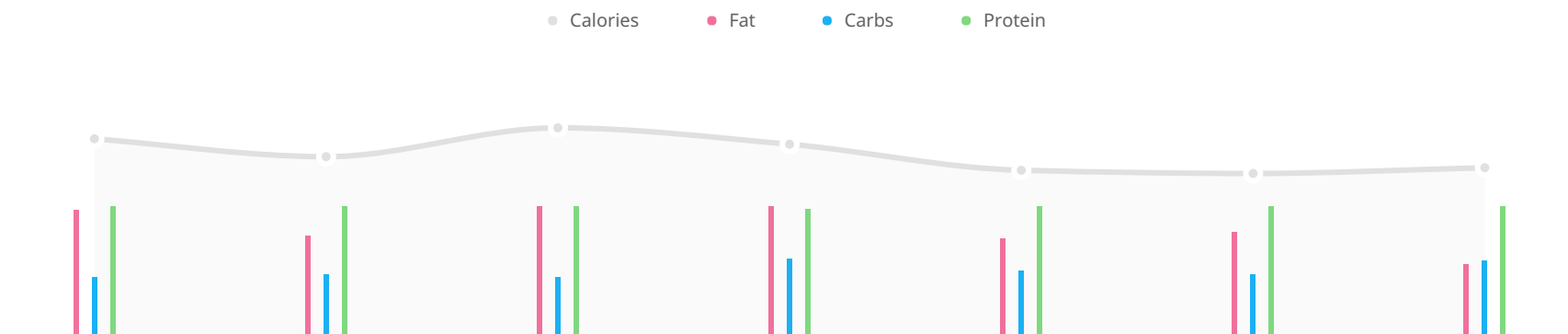


	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Berry Beet Sm... 	Berry Beet Sm... 	Berry Beet Sm... 	Peaches & Cre... 	Peaches & Cre... 	Peaches & Cre... 	Peaches & Cre... 
Snack 1	Blackberries 	Blackberries 	Kiwi 	Kiwi 	Grapefruit 	Grapefruit 	Grapefruit 
Lunch	Chicken & Bro... 	Chicken & Bro... 	Chicken & Bro... 	Grilled Corn, N... 	Grilled Corn, N... 	Vegan Cheese... 	Vegan Sloppy... 
Snack 2	Brownie Batte... 	Brownie Batte... 	Apple with Pea... 	Apple with Pea... 	Apple with Pea... 	Marinated Chi... 	Marinated Chi... 
Dinner	One Pan Shrim... 	Slow Cooker H... 	Salmon Nicois... 	Chicken Piccat... 	Herbed Pork R... 	Ginger Beef St... 	Ginger Beef St... 



Mon

Tue

Wed

Thu

Fri

Sat

Sun

1528
Calories

1389
Calories

1614
Calories

1486
Calories

1283
Calories

1258
Calories

1303
Calories

Fat 63g

Carbs 134g

Fiber 30g

Sugar 53g

Protein 120g

Cholesterol 498mg

Sodium 3060mg

Vitamin A 8854IU

Vitamin C 208mg

Calcium 651mg

Iron 16mg

Fat 50g

Carbs 140g

Fiber 34g

Sugar 63g

Protein 105g

Cholesterol 218mg

Sodium 1280mg

Vitamin A 11560IU

Vitamin C 308mg

Calcium 493mg

Iron 14mg

Fat 85g

Carbs 135g

Fiber 30g

Sugar 66g

Protein 96g

Cholesterol 385mg

Sodium 1376mg

Vitamin A 10785IU

Vitamin C 349mg

Calcium 525mg

Iron 9mg

Fat 72g

Carbs 177g

Fiber 29g

Sugar 60g

Protein 49g

Cholesterol 64mg

Sodium 1728mg

Vitamin A 2558IU

Vitamin C 179mg

Calcium 759mg

Iron 9mg

Fat 49g

Carbs 151g

Fiber 27g

Sugar 68g

Protein 70g

Cholesterol 122mg

Sodium 881mg

Vitamin A 17436IU

Vitamin C 118mg

Calcium 793mg

Iron 9mg

Fat 52g

Carbs 141g

Fiber 29g

Sugar 47g

Protein 66g

Cholesterol 105mg

Sodium 2145mg

Vitamin A 4354IU

Vitamin C 119mg

Calcium 804mg

Iron 15mg

Fat 36g

Carbs 173g

Fiber 44g

Sugar 70g

Protein 85g

Cholesterol 105mg

Sodium 2147mg

Vitamin A 7876IU

Vitamin C 160mg

Calcium 861mg

Iron 21mg

Fruits

<input type="checkbox"/>	12	Apple
<input type="checkbox"/>	1/2	Avocado
<input type="checkbox"/>	2 cups	Blackberries
<input type="checkbox"/>	3	Grapefruit
<input type="checkbox"/>	4	Kiwi
<input type="checkbox"/>	4	Lemon
<input type="checkbox"/>	3	Lime
<input type="checkbox"/>	4	Nectarine
<input type="checkbox"/>	2	Peach

Vegetables

<input type="checkbox"/>	2 cups	Baby Spinach
<input type="checkbox"/>	1 cup	Basil Leaves
<input type="checkbox"/>	1	Beet
<input type="checkbox"/>	12 cups	Broccoli Slaw
<input type="checkbox"/>	6 stalks	Celery
<input type="checkbox"/>	2 cups	Cherry Tomatoes
<input type="checkbox"/>	1 3/4 cups	Cilantro
<input type="checkbox"/>	7 ears	Corn on the Cob
<input type="checkbox"/>	1	Cucumber
<input type="checkbox"/>	2 tbsps	Fresh Dill
<input type="checkbox"/>	2 tbsps	Fresh Oregano
<input type="checkbox"/>	24	Garlic
<input type="checkbox"/>	1/3 cup	Ginger
<input type="checkbox"/>	4 cups	Green Beans
<input type="checkbox"/>	1	Green Bell Pepper
<input type="checkbox"/>	9 stalks	Green Onion
<input type="checkbox"/>	1 cup	Matchstick Carrots
<input type="checkbox"/>	4 cups	Mini Potatoes
<input type="checkbox"/>	1 cup	Mint Leaves
<input type="checkbox"/>	8 cups	Mushrooms
<input type="checkbox"/>	1/2 cup	Parsley
<input type="checkbox"/>	8	Portobello Mushroom Caps
<input type="checkbox"/>	6	Red Bell Pepper
<input type="checkbox"/>	1 1/2 cups	Red Onion
<input type="checkbox"/>	1 1/2 tsps	Rosemary
<input type="checkbox"/>	6 cups	Snap Peas
<input type="checkbox"/>	1/2	Sweet Onion
<input type="checkbox"/>	3	Sweet Potato

Bread, Fish, Meat & Cheese

<input type="checkbox"/>	1 lb	Beef Brisket
<input type="checkbox"/>	32 ozs	Beef Tenderloin
<input type="checkbox"/>	64 ozs	Chicken Breast
<input type="checkbox"/>	16 ozs	Organic Chicken Sausage
<input type="checkbox"/>	2 lbs	Pork Tenderloin
<input type="checkbox"/>	8 slices	Rye Bread
<input type="checkbox"/>	16 ozs	Salmon Fillet
<input type="checkbox"/>	1 lb	Shrimp

- ☐ **1 1/2 tsps** Thyme
- ☐ **1** Tomato
- ☐ **1** Yellow Onion
- ☐ **3** Yellow Potato

Breakfast

- ☐ **2 1/4 cups** All Natural Peanut Butter
- ☐ **1/2 cup** Maple Syrup
- ☐ **2/3 cup** Pumpkin Seed Butter

Boxed & Canned

- ☐ **4 cups** Black Beans
- ☐ **1/2 cup** Brown Rice Spaghetti
- ☐ **4 1/2 cups** Chickpeas
- ☐ **1 1/2 cups** Crushed Pineapple
- ☐ **2 cups** Crushed Tomatoes
- ☐ **4 cups** Lentils
- ☐ **2 cups** Organic Chicken Broth
- ☐ **2 cups** Quinoa

Condiments & Oils

- ☐ **1/2 cup** Apple Cider Vinegar
- ☐ **1 1/2 tsps** Capers
- ☐ **2 tsps** Coconut Oil
- ☐ **1 tbsp** Dijon Mustard
- ☐ **1 2/3 cups** Extra Virgin Olive Oil
- ☐ **1 cup** Pitted Kalamata Olives
- ☐ **3/4 cup** Tamari
- ☐ **3 tsps** Yellow Mustard

Seeds, Nuts & Spices

- ☐ **1 1/4 tsps** Black Pepper
- ☐ **1/2 cup** Cashews
- ☐ **1/8 tsp** Cayenne Pepper
- ☐ **1 tbsp** Celery Salt
- ☐ **1/4 cup** Chia Seeds
- ☐ **1 tsp** Cinnamon
- ☐ **1 1/4 tsps** Garlic Powder
- ☐ **1 tsp** Italian Seasoning
- ☐ **1/4 tsp** Paprika
- ☐ **2 tsps** Pine Nuts
- ☐ **3/4 cup** Raw Peanuts
- ☐ **1 1/2 tsps** Sea Salt
- ☐ Sea Salt & Black Pepper

Baking

- ☐ **2 tsps** Almond Flour
- ☐ **2 tsps** Cacao Powder
- ☐ **1 tbsp** Nutritional Yeast
- ☐ **1 cup** Oats
- ☐ **1 cup** Organic Dark Chocolate Chips
- ☐ **3/4 cup** Pitted Dates
- ☐ **2 1/2 tsps** Tapioca Flour
- ☐ **2 tsps** Vanilla Extract

Cold

- ☐ **4** Egg
- ☐ **3 1/2 cups** Unsweetened Almond Milk
- ☐ **2 cups** Unsweetened Coconut Yogurt

Frozen

- ☐ **1 cup** Frozen Mango
- ☐ **1 cup** Frozen Raspberries

Other

- ☐ **1 cup** Chocolate Protein Powder
- ☐ **1 tsp** Schisandra Berry Powder

- ☐ **5 3/4 cups** Water

Vegan Cheese Melt with Tomato & Basil Pesto

#breakfast #lunch #vegan #vegetarian #dairyfree #eggfree

 13 ingredients  15 minutes  4 servings

Directions

1. Combine cashews, hot water, 1/2 of the vinegar, nutritional yeast, garlic powder, tapioca flour and half the salt in a blender until smooth. The mixture will be watery at this point.
2. Transfer to a saucepan over medium-high heat. Whisk until creamy and sticky, about 1 minute.
3. In a food processor, make the pesto. Combine basil, avocado, pine nuts, garlic and remainder of the vinegar and salt.
4. Spread basil pesto on toast and top with tomato, vegan cheese and another slice of toast to create the sandwich. Enjoy!

Notes

No Pine Nuts Use sunflower seeds or walnuts instead.

Leftovers Refrigerate leftover pesto and vegan cheese separately in air-tight containers up to 5-7 days.

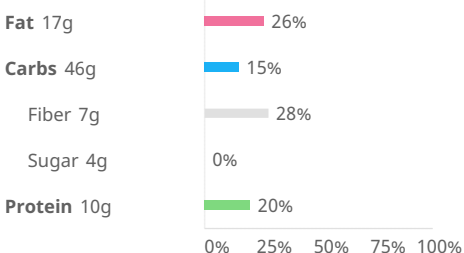
Ingredients

- **1/2 cup** Cashews (soaked for 1 hour then drained)
- **1 cup** Water (hot)
- **1 1/2 tbsps** Apple Cider Vinegar (divided)
- **1 tbsp** Nutritional Yeast
- **1/4 tsp** Garlic Powder
- **2 1/2 tbsps** Tapioca Flour
- **1 tsp** Sea Salt (divided)
- **1 cup** Basil Leaves
- **1/2** Avocado
- **2 tbsps** Pine Nuts
- **2** Garlic (cloves)
- **1** Tomato (medium, sliced)
- **8 slices** Rye Bread (toasted)

364 Calories




Per Serving

% Daily Value



Blackberries

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

 1 ingredients  5 minutes  1 servings

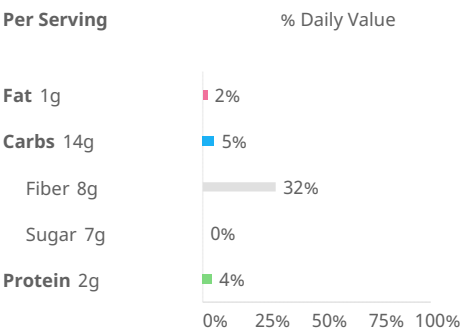
Directions

- 1. Wash and enjoy!

Ingredients




- 1 cup Blackberries

62 Calories



Kiwi

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

 1 ingredients  5 minutes  1 servings

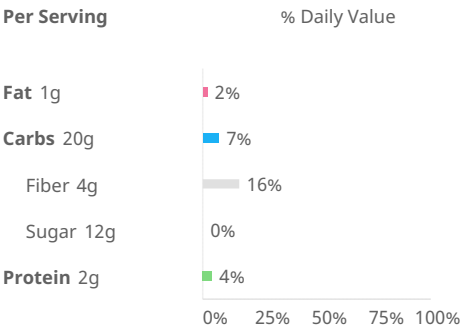
Directions

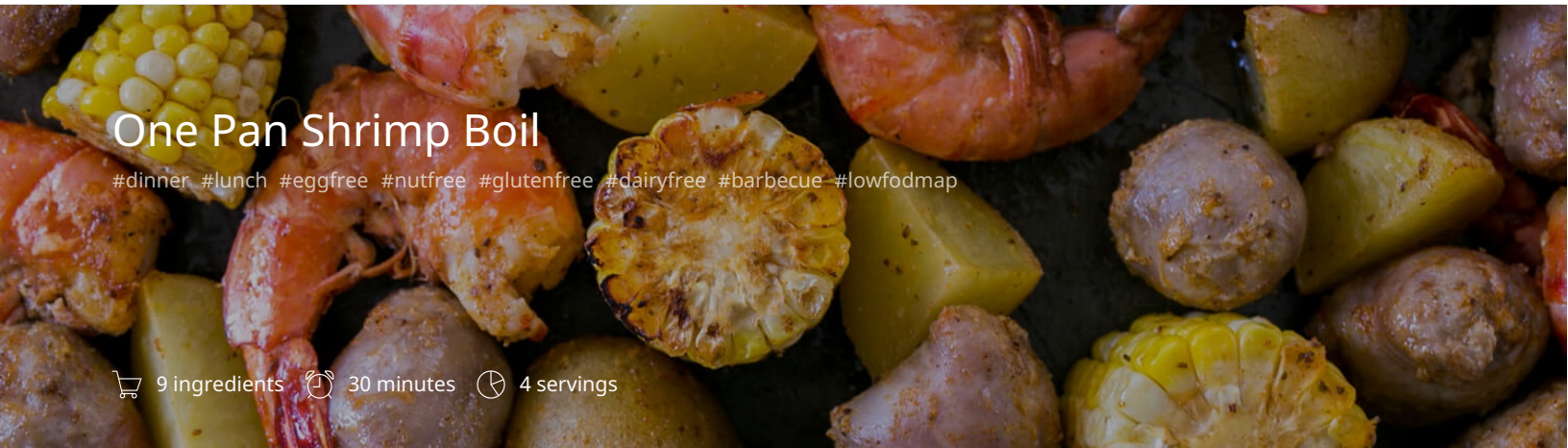
1. Peel and slice. Enjoy!

Ingredients

- 2 Kiwi

84 Calories





One Pan Shrimp Boil

#dinner #lunch #eggfree #nutfree #glutenfree #dairyfree #barbecue #lowfodmap

 9 ingredients  30 minutes  4 servings

Directions

1. Preheat oven to 400 degrees F and line your baking sheet with parchment paper.
2. Place all ingredients in a large bowl and toss well. Spread everything across the baking sheet in an even layer. Bake in the oven for 25 minutes, or until cooked through.
3. Remove from the oven and divide onto plates. Enjoy!

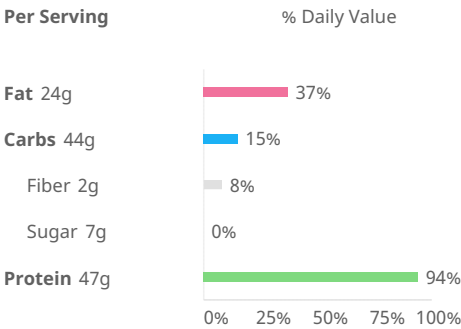
Notes

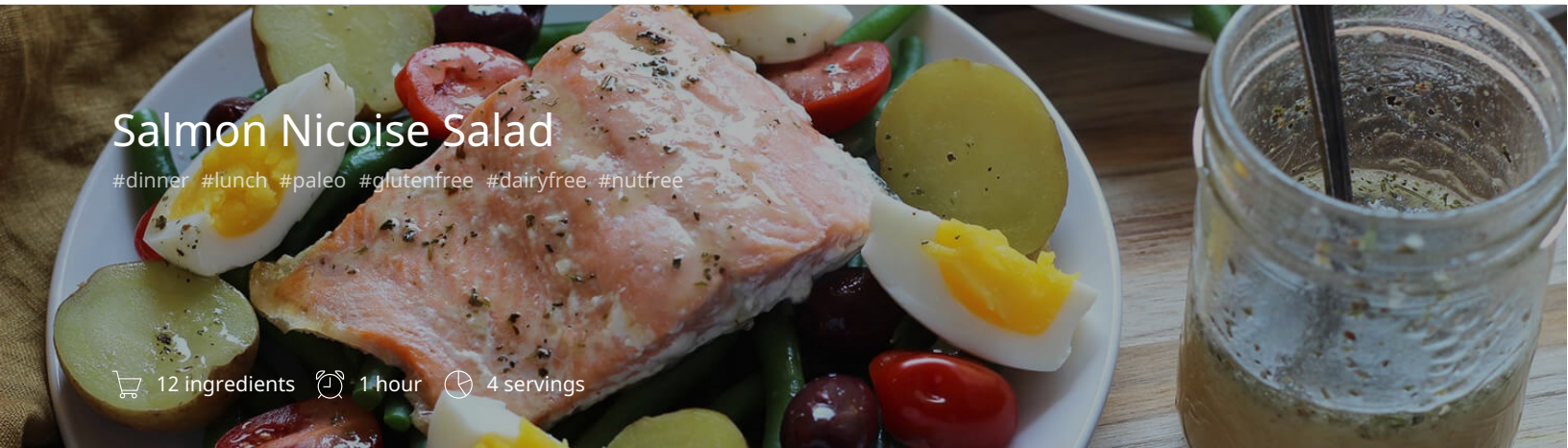
- Grill It** Place all ingredients in a foil packet and grill over medium-high heat, flipping halfway, for 30-35 minutes or until cooked through.
- Leftovers** Keeps well in the fridge for 2 to 3 days.

Ingredients

- **1 lb** Shrimp (raw)
- **16 ozs** Organic Chicken Sausage (sliced into chunks)
- **3** Yellow Potato (medium, diced)
- **3 ears** Corn on the Cob (sliced into 2 inch chunks)
- **1/2** Lemon (juiced)
- **2 tbsps** Extra Virgin Olive Oil
- **1 tbsps** Celery Salt
- **1/4 tsp** Paprika
- **1/8 tsp** Cayenne Pepper

569 Calories





Salmon Nicoise Salad

#dinner #lunch #paleo #glutenfree #dairyfree #nutfree

12 ingredients 1 hour 4 servings

Directions

1. Hard boil the eggs by placing them in a small pot of cold water. Bring to a boil over high heat. Once boiling, remove them from heat. Cover and let stand for 12 minutes. Transfer to a bowl of ice water to cool. Once cool, peel and slice into quarters.
2. Preheat oven to 400 degrees F and line a baking sheet with parchment.
3. Toss the mini potatoes with a little olive oil to coat, and season with salt and pepper. Spread across the baking sheet and bake for 20 minutes.
4. While the potatoes are roasting, bring a medium saucepan of water to a boil and add the green beans. Boil for about 5 minutes, then drain and transfer the beans to a bowl of cold water to cool. Once cooled, drain and pat dry.
5. After the potatoes have been in the oven for 20 minutes, remove the baking sheet from the oven and move the potatoes to one side. Add the salmon fillets on the other side. Return to the oven for 15 - 20 more minutes, or until the salmon is cooked and the potatoes are tender.
6. To make the dressing, combine the dijon mustard, olive oil, apple cider vinegar, garlic, Italian seasoning, sea salt and black pepper in a small mason jar. Put the lid on and shake well.
7. To serve, divide the roasted potatoes, quartered eggs, green beans, cherry tomatoes and olives between plates. Top with salmon and drizzle with desired amount of dressing. Enjoy!

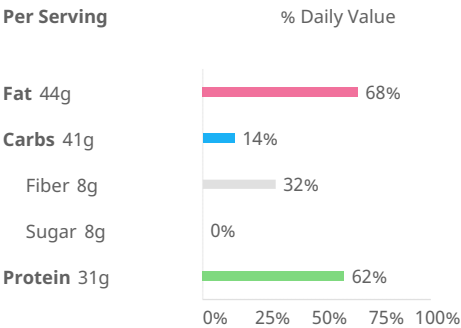
Notes

- Leftovers** Store leftovers in an airtight container in the fridge for 2 to 3 days.
- Save Time** Hard boil the eggs in advance, or just leave them out.

Ingredients

- 4 Egg
- 4 cups Mini Potatoes (halved)
- 4 cups Green Beans (trimmed)
- 16 ozs Salmon Fillet
- 1 tbsp Dijon Mustard
- 1/4 cup Extra Virgin Olive Oil
- 1/4 cup Apple Cider Vinegar
- 2 Garlic (cloves, minced)
- 1 tsp Italian Seasoning
- Sea Salt & Black Pepper (to taste)
- 2 cups Cherry Tomatoes (halved)
- 1 cup Pitted Kalamata Olives

674 Calories



Slow Cooker Hawaiian Beef

#dinner #lunch #glutenfree #dairyfree #eggfree #nutfree #slowcooker

 10 ingredients  6 hours  4 servings

Directions

1. Place beef in the slow cooker surrounded by sliced red peppers.
2. Drain the juice from the pineapple into a small bowl. Pour the pineapple on top of the beef and sprinkle red onion over top.
3. Mix the pineapple juice with the apple cider vinegar, tamari, garlic, sea salt and pepper. Whisk and pour over the beef and peppers.
4. Slow cook on high for 3-4 hours, or low for 6-8 hours.
5. Before serving, make the quinoa by bringing 2 cups of water to a boil. Add the quinoa, reduce to a simmer, cover and cook for 15 minutes. Remove from the heat and let stand for 5 minutes before fluffing with a fork.
6. To serve, divide quinoa and red peppers between plates. Top with shredded beef. Enjoy!

Notes

Make it Paleo Replace the tamari with coconut aminos. Skip the quinoa and serve with roasted sweet potatoes instead.

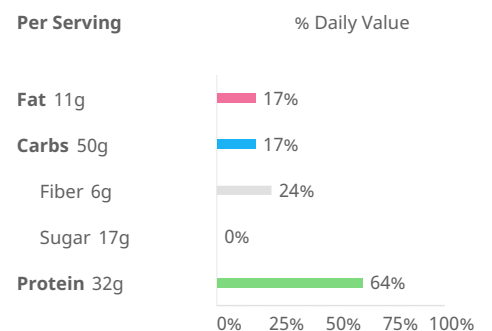
Storage Store in an airtight container in the fridge up to 3 days.

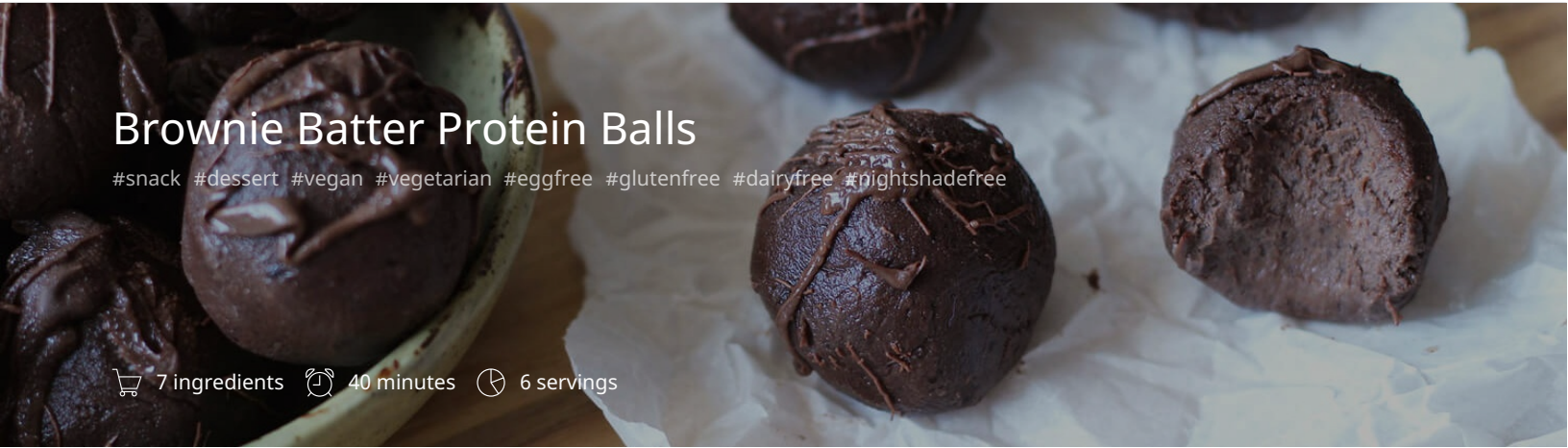
Save Time Cook the quinoa in advance and reheat before serving.

Ingredients

- **1 lb** Beef Brisket
- **3** Red Bell Pepper (sliced)
- **1 1/2 cups** Crushed Pineapple (canned, packed in pineapple juice)
- **1/2 cup** Red Onion (finely diced)
- **2 tbsps** Apple Cider Vinegar
- **2 tbsps** Tamari
- **2** Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- **2 cups** Water
- **1 cup** Quinoa (dry)

430 Calories





Brownie Batter Protein Balls

#snack #dessert #vegan #vegetarian #eggfree #glutenfree #dairyfree #paleoshadeefree

7 ingredients 40 minutes 6 servings

Directions

1. Line a baking sheet with parchment paper.
2. Combine dates, black beans, chocolate protein powder, pumpkin seed butter, sea salt, and cacao powder in the bowl of your food processor. Process until smooth, scraping down the sides as necessary.
3. Roll the dough into 1-inch balls and place on the covered baking sheet. You should have about 3 balls per serving.
4. To make the optional chocolate drizzle: melt the chocolate chips in a double boiler and drizzle over balls.
5. Refrigerate at least 1 hour to set. Enjoy!

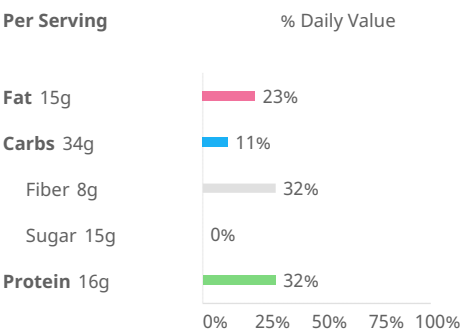
Notes

- Serving Size** Nutrition information is calculated based on 3 balls per serving.
- Storage** Store in an airtight container in the fridge up to 1 week, or in the freezer for up to 1 month.
- No Pumpkin Seed Butter** Use tahini, sunflower butter, almond butter or peanut butter instead.
- Preferred Protein Powder** This recipe was developed and tested using Genuine Health Vegan Fermented Protein Powder in Chocolate. For best results, use this or a plant-based protein powder.

Ingredients

- **1/3 cup** Pitted Dates (packed)
- **2 cups** Black Beans (cooked)
- **1/2 cup** Chocolate Protein Powder
- **1/3 cup** Pumpkin Seed Butter
- **1/2 tsp** Sea Salt
- **1 tbsp** Cacao Powder
- **1/2 cup** Organic Dark Chocolate Chips (optional)

329 Calories



Peaches & Cream Overnight Oats

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

 8 ingredients  8 hours  4 servings

Directions

1. In a large bowl, combine the oats, cinnamon, and chia seeds. Stir to combine.
2. Add the coconut yogurt, almond milk, vanilla extract and maple syrup. Stir well and let stand to thicken, about 20 minutes.
3. Divide between jars or containers and top with fresh peaches. Refrigerate overnight, or for a few hours. Enjoy!

Notes

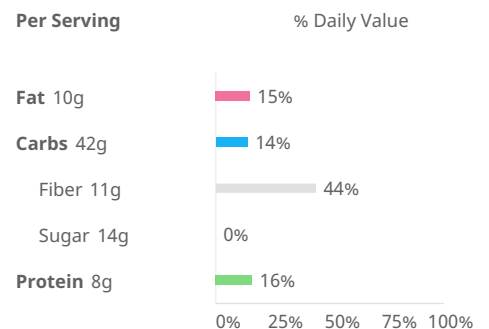
Storage Store in jars in the fridge up to 4 days.

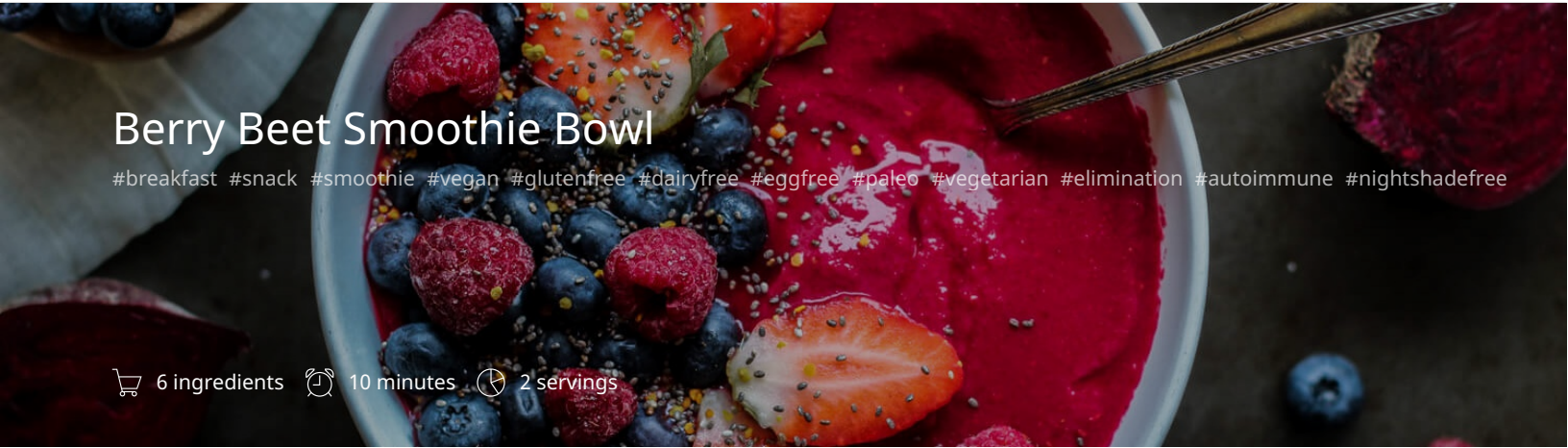
No Coconut Yogurt Use plain Greek yogurt instead.

Ingredients

- **1 cup** Oats (quick or traditional)
- **1 tsp** Cinnamon
- **1/4 cup** Chia Seeds
- **2 cups** Unsweetened Coconut Yogurt
- **2 cups** Unsweetened Almond Milk
- **2 tsps** Vanilla Extract
- **2 tbsps** Maple Syrup
- **2** Peach (medium, diced)

287 Calories





Berry Beet Smoothie Bowl

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

6 ingredients 10 minutes 2 servings

Directions

1. In your blender or food processor, combine the beet, frozen mango, frozen raspberries, dates, schisandra berry powder and milk. Blend until smooth and thick.
2. Transfer to a bowl and add toppings. Enjoy!

Notes

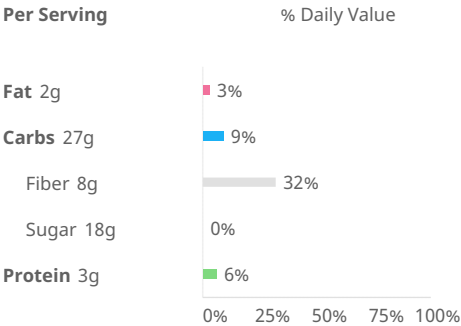
Topping Ideas Blueberries, raspberries, strawberries, mango, chia seeds, bee pollen, or shredded coconut.

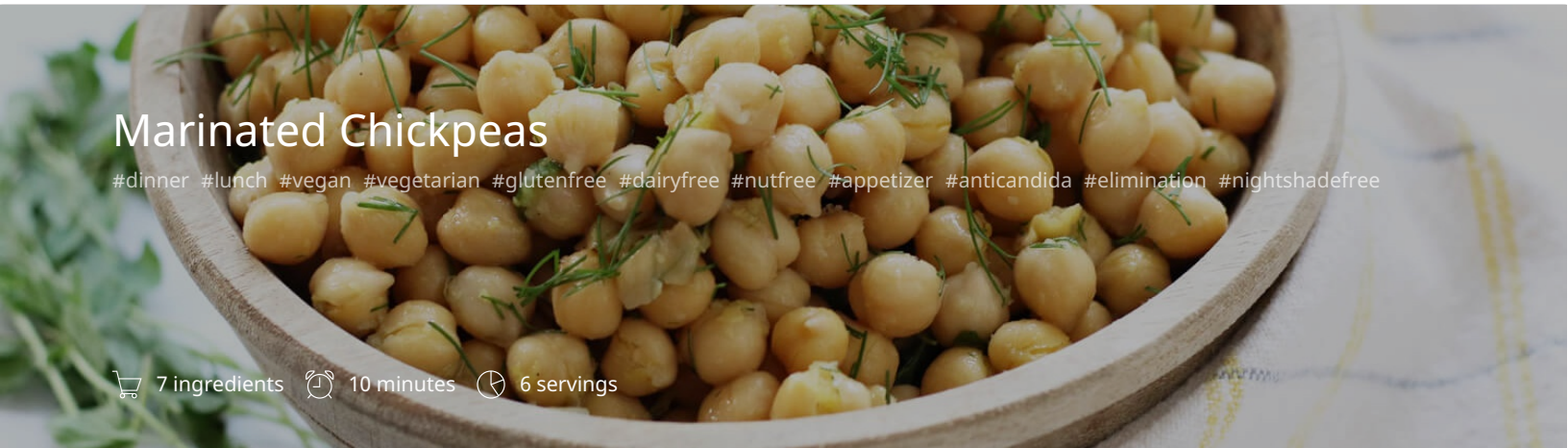
No Schisandra Berry Powder Leave it out, or use acai powder instead.

Ingredients

- 1 Beet (medium, peeled and diced)
- 1 cup Frozen Mango
- 1 cup Frozen Raspberries
- 1 tbsp Pitted Dates
- 1 tsp Schisandra Berry Powder
- 1 cup Unsweetened Almond Milk

127 Calories





Marinated Chickpeas

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

7 ingredients 10 minutes 6 servings

Directions

1. Combine all ingredients together in a large mixing bowl. Toss well and let marinate while you prepare other dishes. Enjoy!

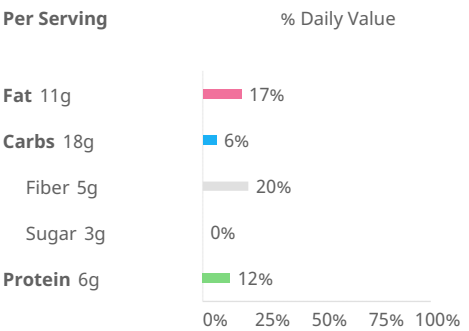
Notes

- No Dill or Oregano** Any herb will work. Try basil, cilantro, mint or parsley.
- No Chickpeas** Use lentils or kidney beans instead.
- No Lemon** Use an orange or lime instead.
- More Flavour** The longer you can let the chickpeas marinate, the better. Try prepping this one the night before for more flavour.

Ingredients




- **2 1/4 cups** Chickpeas (cooked)
- **1/4 cup** Extra Virgin Olive Oil
- **1 tbsp** Fresh Dill (chopped)
- **1 tbsp** Fresh Oregano (chopped)
- **1** Garlic (clove, minced)
- **1** Lemon (zested and juiced)
- Sea Salt & Black Pepper (to taste)

185 Calories



Chicken & Broccoli Slaw with Peanut Sauce

#lunch #dinner #eggfree #glutenfree #dairyfree

 14 ingredients  35 minutes  4 servings

Directions

1. Preheat oven to 350. Line a baking sheet with parchment paper. Place the chicken breasts on the baking sheet and season with sea salt and black pepper. Place in the oven and bake for 30 minutes or until cooked through.
2. In a food processor, combine peanut butter, tamari, lime juice, olive oil, ginger, garlic and water. Blend until smooth and set aside.
3. In a large salad bowl, combine broccoli slaw, red pepper and green onion.
4. Remove chicken from oven. Dice and add it to the salad bowl. Drizzle with desired amount of peanut dressing and toss well. Divide into bowls and garnish with cilantro and chopped peanuts. Serve with hot sauce if you like it spicy. Enjoy!

Notes

Vegan & Vegetarian Use roasted chickpeas instead of diced chicken.

Slow Cooker Version Throw your chicken in a slow cooker with some onion and broth and cook on low for 8 hours. Shred the chicken with a fork before serving and add it to the salad.

Prep Ahead The chicken, peanut sauce, and veggies can all be prepped ahead to save time.

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

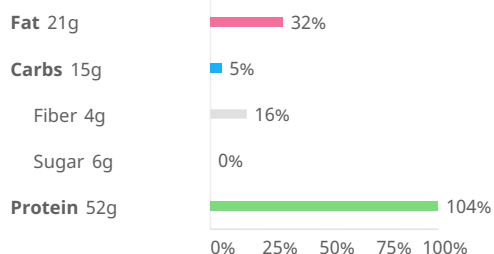
Ingredients

- **20 ozs** Chicken Breast
- Sea Salt & Black Pepper (to taste)
- **1/4 cup** All Natural Peanut Butter
- **1 tbsp** Tamari
- **1** Lime (juiced)
- **1 tbsp** Extra Virgin Olive Oil
- **1 tbsp** Ginger (peeled and grated)
- **1** Garlic (clove, minced)
- **1/4 cup** Water
- **4 cups** Broccoli Slaw
- **1** Red Bell Pepper (sliced)
- **3 stalks** Green Onion (chopped)
- **1/4 cup** Cilantro (chopped, optional)
- **1/4 cup** Raw Peanuts (chopped)

441 Calories

Per Serving

% Daily Value



Ginger Beef Stir Fry

#dinner #lunch #paleo #nightshade-free #egg-free #gluten-free #nut-free #dairy-free

🛒 10 ingredients ⌚ 30 minutes 🕒 4 servings

Directions

1. Mix together tamari, garlic, ginger and maple syrup in a jar. Put on a lid and shake well. Set aside.
2. Add coconut oil to a large frying pan and place over medium heat. Add beef and yellow onion. Saute for 3 to 5 minutes or until beef is cooked rare. Add in celery, snap peas and mushrooms. Saute for another 5 minutes. Pour in sauce from jar. Stir well to mix. Once everything is well combined, turn off the heat.
3. Plate stir fry. Garnish with sesame seeds and hot sauce if you like. Enjoy!

Notes

Alternative Vegetables Use broccoli, carrots, bell peppers or any other vegetables you have on hand.

More Carbs Serve with brown rice or quinoa.

Vegan & Vegetarian Use cooked chickpeas or tofu instead of beef.

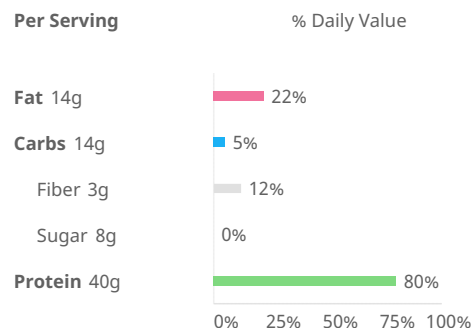
No Beef Use diced chicken breast instead.

More Greens Stir in kale or baby spinach until wilted.

Ingredients

- **1/4 cup** Tamari
- **2** Garlic (cloves, minced)
- **1 tbsp** Ginger (peeled and grated)
- **1 tbsp** Maple Syrup
- **1 tbsp** Coconut Oil
- **16 ozs** Beef Tenderloin (sliced into strips)
- **1/2** Yellow Onion (diced)
- **3 stalks** Celery (chopped)
- **3 cups** Snap Peas
- **3 cups** Mushrooms (sliced)

340 Calories



Herbed Pork Roast with Sweet Potato Mash

#dinner #lunch #paleo #nightshade-free #autoimmune #egg-free #gluten-free #dairy-free

 10 ingredients  1 hour  4 servings

Directions

1. Preheat oven to 400 degrees F.
2. Mash together rosemary, thyme, garlic, sea salt and black pepper into a paste.
3. Cut slits into the pork tenderloin and stuff with the garlic herb paste. Rub pork tenderloin with the remaining paste and olive oil until evenly coated.
4. Place in a baking pan and bake for 45 minutes, or until a meat thermometer reads 145 F. Cover with tinfoil and let sit for 10 minutes before slicing.
5. Meanwhile, chop sweet potato into 1/2 inch slices. Fill a pot with water and bring to a boil. Place sweet potato in a steaming basket and steam for 7 to 10 minutes. Transfer into a bowl and mash with a fork. Add almond milk for a creamier consistency (optional) and season with salt and pepper to taste.
6. Slice pork into servings and enjoy with sweet potato mash.

Notes

No Rosemary or Thyme Replace with any fresh or dried herbs on hand. You can also use just rosemary or just thyme, or a mixture of multiple herbs.

Add Greens Serve with a side of salad or steamed veggies.

No Sweet Potato Use regular potatoes or serve with rice or quinoa.

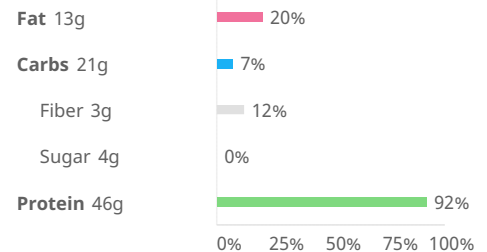
Ingredients

- **1 1/2 tsps** Rosemary (fresh or dried)
- **1 1/2 tsps** Thyme (fresh or dried)
- **4** Garlic (cloves, minced)
- **1 tsp** Sea Salt
- **1/2 tsp** Black Pepper
- **2 lbs** Pork Tenderloin
- **2 tbsps** Extra Virgin Olive Oil
- **3** Sweet Potato (medium, peeled)
- **1/2 cup** Unsweetened Almond Milk (optional)
- Sea Salt & Black Pepper (to taste)

392 Calories




Per Serving

% Daily Value



Apple with Peanut Butter

#snack #vegetarian #vegan #eggfree #glutenfree #dessert #dairyfree #nightshade-free

 2 ingredients  3 minutes  4 servings

Directions

1. Cut apple into slices and remove the core. Dip into peanut butter and enjoy!

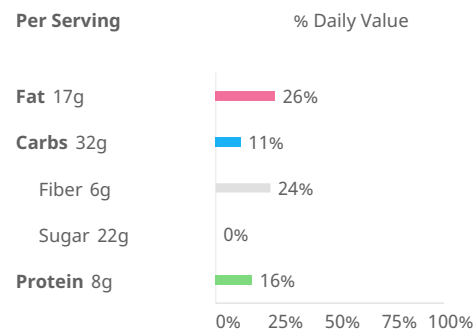
Notes

Keep it Fresh To avoid brown apple slices, assemble the slices back into the shape of the apple and tie an elastic band around it.

Ingredients




- 4 Apple
- 1/2 cup All Natural Peanut Butter

288 Calories



Vegan Sloppy Joes

#dinner #vegetarian #vegan #eggfree #glutenfree #nutfree #slowcooker #dairyfree

 13 ingredients  4 hours  4 servings

Directions

1. Combine the lentils, onion, green pepper, mushrooms, carrots, garlic powder, yellow mustard, maple syrup, crushed tomatoes, sea salt and black pepper in the slow cooker. Use a spatula to mix well. Cover and cook on high for 4 hours or on low for 6 hours.
2. About 20 minutes before you are ready to eat, preheat your oven to 400 and line a baking sheet with parchment paper. Place your portobello mushroom caps on a baking sheet and bake for 10 minutes.
3. Place a portobello mushroom cap on a plate and top with a few large spoonfuls of the sloppy joe mix. Top with baby spinach and set another mushroom cap on top. Enjoy!

Notes

Meat Lover Swap out the lentils for ground meat. Replace 1 can of lentils with 1 lb of extra lean ground meat. Follow step 1 then set the ground meat on top to cook. Before eating, remove the lid and break the ground meat up with a spatula and stir well to mix.

Next Level Sloppy Joes Add cheese, avocado, pickles, onions and/or cashew sour cream.

Repurpose Leftovers Leftovers can be served on brown rice tortilla as a pizza, or with brown rice tortilla chips for dipping, with sweet potato toast or as a bowl with some quinoa and greens.

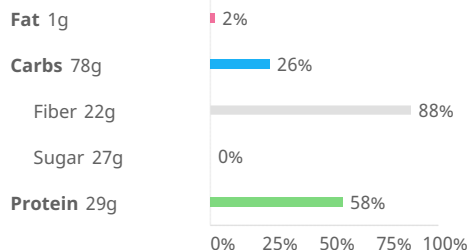
Ingredients

- **4 cups** Lentils (cooked, drained and rinsed)
- **1/2** Sweet Onion (finely diced)
- **1** Green Bell Pepper (finely diced)
- **2 cups** Mushrooms (sliced)
- **1 cup** Matchstick Carrots
- **1 tsp** Garlic Powder
- **3 tbsps** Yellow Mustard
- **1/4 cup** Maple Syrup
- **2 cups** Crushed Tomatoes
- **1 tsp** Sea Salt
- **1/2 tsp** Black Pepper
- **8** Portobello Mushroom Caps
- **2 cups** Baby Spinach (chopped)

409 Calories




Per Serving

% Daily Value



Chicken Piccata with Pasta

#dinner #lunch #eggfree #glutenfree #dairyfree #anticandida #elimination #nightshade-free

 12 ingredients  30 minutes  2 servings

Directions

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

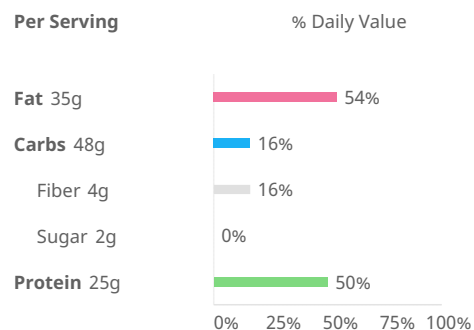
Notes

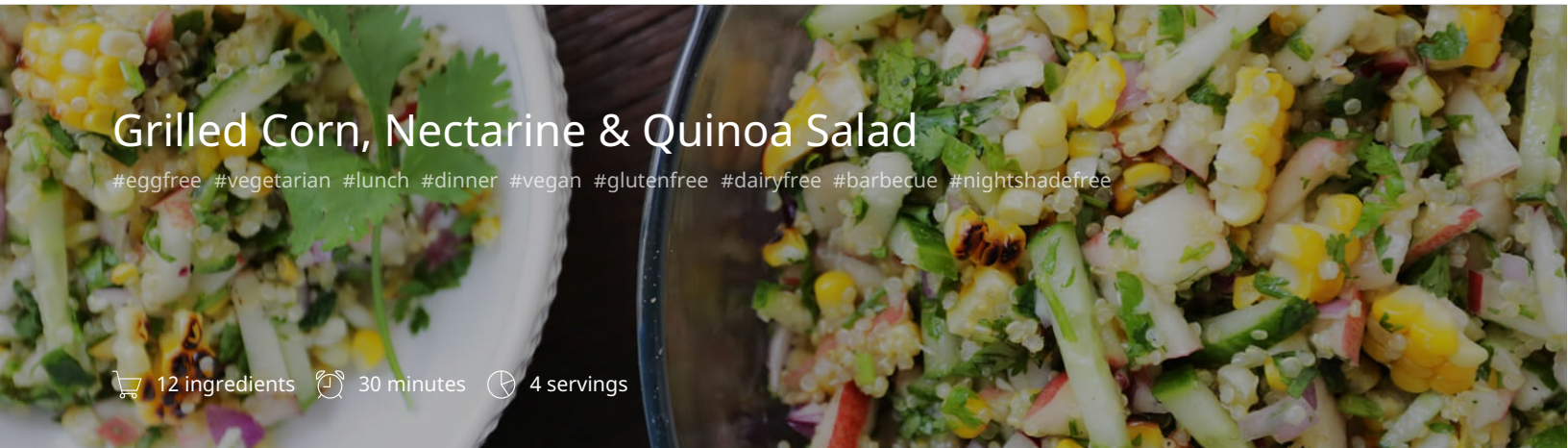
- Make it Spicy** Garnish with red chilli flakes.
- No Chicken Broth** Use veggie broth or water.
- Nut-Free** Use arrowroot or tapioca flour instead of almond flour.
- Storage** Store in an airtight container in the fridge for 2 to 3 days.
- Low Carb** Skip the pasta and serve over cauliflower rice, salad or roasted veggies.

Ingredients

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

593 Calories





Grilled Corn, Nectarine & Quinoa Salad

#eggfree #vegetarian #lunch #dinner #vegan #glutenfree #dairyfree #barbecue #nightshade-free

12 ingredients 30 minutes 4 servings

Directions

1. Place quinoa in a saucepan with water and bring to a boil. Turn down to simmer and cover. Let simmer for 12 minutes. Remove from heat, stir with fork and set aside to cool.
2. Combine grilled corn, nectarine, red onion, cucumber, cilantro and mint in a large bowl. Add quinoa once cooled.
3. Prepare dressing by combining lemon juice, garlic, olive oil, sea salt and pepper.
4. Drizzle salad with desired amount of dressing and serve. Enjoy!

Notes

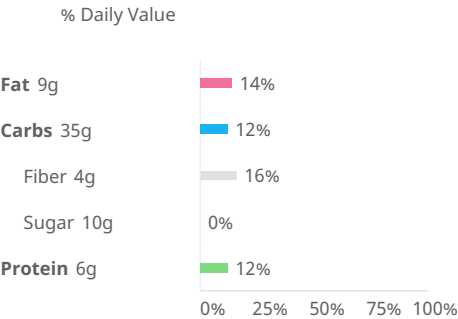
- Meat Lover** Grill up some chicken breast or grass-fed steak with your corn to serve alongside the salad.
- No Nectarines** Used sliced peaches or plums instead.
- Short on Time** Replace 1 ear of corn with about 1 cup of frozen or canned corn.

Ingredients

- **1/2 cup** Quinoa (uncooked)
- **1 cup** Water
- **2 ears** Corn on the Cob (grilled or steamed and kernels removed)
- **2** Nectarine (pitted and cubed)
- **1/2 cup** Red Onion (finely sliced)
- **1/2** Cucumber (diced)
- **1/2 cup** Cilantro (chopped)
- **1/2 cup** Mint Leaves (chopped)
- **1/2** Lemon (juiced)
- **2** Garlic (cloves, minced)
- **2 tbsps** Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)

234 Calories

Per Serving





Grapefruit

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

1 ingredients 5 minutes 1 servings

Directions

1. Cut grapefruit in half and place in a bowl. Use a sharp knife to cut around the circumference. Use a spoon to scoop out individual sections. Enjoy!

Notes

Cut the flavour Sprinkle with a pinch of sea salt.

Ingredients

- 1 Grapefruit

82 Calories

