





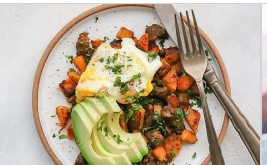
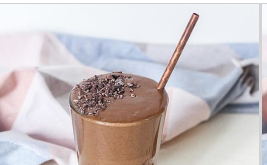
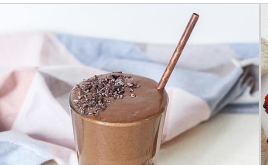











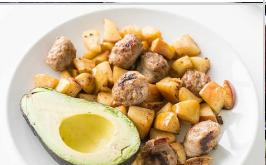








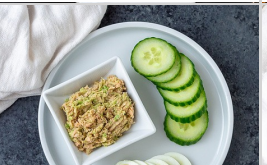
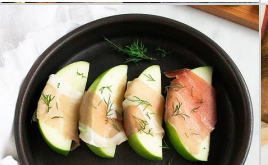








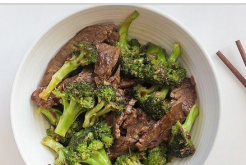
This is a general program that is designed to give you some ideas about some meals and recipes that have ingredients in them that can really help with the health of your luteal phase - that is the second part of your cycle after ovulation.

This is not designed to be followed exactly every single day but rather to start your creative juices and give you a place to start with food planning.

You might notice that on some of the recipes that there will be more than one serve that the recipe makes, feel free to use those as leftovers!

I hope this gives you some inspiration - feel free to share with your friends!

Much love
Wendy

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Cauliflower Rice Breakfast Hash	 Paleo Carrot Cake Porridge	 Chorizo & Squash Breakfast Hash	 Chocolate Zucchini Bread Smoothie	 Chocolate Zucchini Bread Smoothie	 Cauliflower Rice Breakfast Bowl	 Mashed Cauliflower Breakfast Bowl
Snack 1	 Homemade Coconut Yogurt	 Chocolate Coconut Fat Bombs	 Melon with Cinnamon Yogurt Dip	 Snap Peas, Peppers & Hummus	 Vanilla Chia Pudding with Berries	 Lemon Raspberry Coconut Muffins	 Tuna Salad Plate
	 Sesame & Sunflower Seed Mixture						
Lunch	 Turmeric Chicken Salad	 Skillet Sausage & Apples with Avocado	 Slow Cooker Black Bean Soup	 Pressure Cooker Sweet Potato & Peanut Soup	 Roasted Sweet Potato & Brussels Sprouts Salad	 Spicy Chicken & Broccoli Casserole	 Spiced Lentils & Broccolini with Lemon
Snack 2	 Tuna Salad Plate	 Cinnamon Toasted Pecans	 Turkey Kale Wraps	 Salmon & Avocado Snack Plate	 Prosciutto-Wrapped Apples	 Apple with Almond Butter	 Strawberry Rhubarb Crisp
Dinner	 Walnut Crusted Salmon with Asparagus	 Pasta with Spinach & Turkey	 Lemon Cilantro Cod with Peppers	 Shrimp Fried Cauliflower Rice	 Steak, Butternut Squash & Broccoli	 Turmeric Chicken Salad	 Beef & Broccoli

Fruits

- ☐ 8 1/2 Apple
- ☐ 5 Avocado
- ☐ 1 Banana
- ☐ 2/3 cup Blueberries
- ☐ 1/2 Honeydew Melon
- ☐ 1/2 Lemon
- ☐ 1/2 cup Lemon Juice
- ☐ 2/3 Lime
- ☐ 1/8 Navel Orange
- ☐ 2 2/3 tbsps Raspberries
- ☐ 1 3/4 cups Strawberries

Breakfast

- ☐ 2 tbsps All Natural Peanut Butter
- ☐ 1/2 cup Almond Butter
- ☐ 1/2 cup Maple Syrup

Seeds, Nuts & Spices

- ☐ 1/3 tsp Cayenne Pepper
- ☐ 2/3 cup Chia Seeds
- ☐ 1/2 tsp Chili Flakes
- ☐ 1/4 tsp Chili Powder
- ☐ 1 1/4 tbsps Cinnamon
- ☐ 1/2 tsp Coriander
- ☐ 1 tsp Cumin
- ☐ 1/2 tsp Fennel Seed
- ☐ 1/3 tsp Garlic Powder
- ☐ 3/4 tsp Ground Ginger
- ☐ 1 tsp Italian Seasoning
- ☐ 1 cup Pecans
- ☐ 1/4 cup Raw Peanuts
- ☐ 1 2/3 tbsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1/3 cup Sesame Seeds
- ☐ 2 1/2 tbsps Smoked Paprika
- ☐ 1/3 cup Sunflower Seeds
- ☐ 1 3/4 tbsps Turmeric
- ☐ 1/4 cup Walnuts

Vegetables

- ☐ 2 2/3 cups Arugula
- ☐ 2 cups Asparagus
- ☐ 10 cups Baby Spinach
- ☐ 10 1/2 cups Broccoli
- ☐ 2/3 bunch Broccolini
- ☐ 2 cups Brussels Sprouts
- ☐ 9 cups Butternut Squash
- ☐ 3 1/3 Carrot
- ☐ 2/3 head Cauliflower
- ☐ 10 cups Cauliflower Rice
- ☐ 2/3 stalk Celery
- ☐ 1 1/2 cups Cherry Tomatoes
- ☐ 1 1/2 tbsps Chives
- ☐ 1 1/8 cups Cilantro
- ☐ 2 Cucumber
- ☐ 2 1/4 tps Fresh Dill
- ☐ 6 2/3 Garlic
- ☐ 1 1/2 tps Ginger
- ☐ 4 1/2 stalks Green Onion
- ☐ 1 1/2 cups Kale Leaves
- ☐ 2 1/4 cups Mini Potatoes
- ☐ 2 2/3 tbsps Mint Leaves
- ☐ 170 grams Portobello Mushroom Caps
- ☐ 1/4 cup Radishes
- ☐ 2 Red Bell Pepper
- ☐ 1 1/8 cups Rhubarb
- ☐ 1 cup Snap Peas
- ☐ 2 Sweet Potato
- ☐ 1 1/2 tps Thyme
- ☐ 1 Tomato
- ☐ 8 White Button Mushrooms
- ☐ 2 1/2 Yellow Bell Pepper
- ☐ 2 1/2 Yellow Onion
- ☐ 1 Zucchini

Boxed & Canned

- ☐ 2 cups Black Beans
- ☐ 119 milliliters Bone Broth
- ☐ 2 1/3 cups Canned Coconut Milk
- ☐ 200 grams Canned Wild Salmon

Bread, Fish, Meat & Cheese

- ☐ 14 1/16 slices Bacon
- ☐ 893 grams Chicken Breast
- ☐ 2 Cod Fillet
- ☐ 227 grams Extra Lean Ground Turkey
- ☐ 425 grams Flank Steak
- ☐ 1 1/8 cups Hummus
- ☐ 227 grams Lamb Sausage
- ☐ 680 grams Ny Striploin Steak
- ☐ 106 grams Prosciutto
- ☐ 227 grams Salmon Fillet
- ☐ 227 grams Shrimp
- ☐ 240 grams Sliced Turkey Breast

Condiments & Oils

- ☐ 1/2 cup Avocado Oil
- ☐ 1/2 cup Coconut Aminos
- ☐ 1/2 cup Coconut Oil
- ☐ 1/2 cup Extra Virgin Olive Oil
- ☐ 2 1/4 tps Hot Sauce
- ☐ 2 tbsps Sun Dried Tomatoes
- ☐ 2 tbsps Tahini

Cold

- ☐ 16 Egg
- ☐ 1 1/3 tbsps Plain Coconut Milk
- ☐ 2 cups Unsweetened Almond Milk
- ☐ 1 1/4 cups Unsweetened Coconut Yogurt

Other

- ☐ 1/2 cup Chocolate Protein Powder
- ☐ 340 grams Chorizo
- ☐ 454 grams Coconut Meat
- ☐ 2 Probiotic Capsules
- ☐ 4 1/16 cups Water

-
- ☐ 113 grams Chickpea Pasta
 - ☐ 1 cup Diced Tomatoes
 - ☐ 1 1/4 cups Fire Roasted Diced Tomatoes
 - ☐ 2/3 cup Green Lentils
 - ☐ 1 cup Lentils
 - ☐ 1 cup Lite Coconut Milk
 - ☐ 3 cans Tuna

Baking

- ☐ 1/4 cup Almond Flour
- ☐ 1 1/2 tbsps Arrowroot Powder
- ☐ 2 tsps Cacao Nibs
- ☐ 1/3 cup Cacao Powder
- ☐ 2 3/4 tbsps Coconut Flour
- ☐ 1 tbsp Monk Fruit Sweetener
- ☐ 1 1/2 tbsps Nutritional Yeast
- ☐ 3 tbsps Unsweetened Shredded Coconut
- ☐ 2 3/4 tsps Vanilla Extract



Cauliflower Rice Breakfast Hash

3 servings

25 minutes

Ingredients

6 slices Bacon
1 1/2 Yellow Onion (chopped, small)
1 1/2 Yellow Bell Pepper (chopped)
4 1/2 cups Cauliflower Rice
6 Egg
Sea Salt & Black Pepper (to taste)
1 1/2 tbsps Chives (optional, chopped)

Directions

- 1 In a skillet over medium heat, add the bacon and cook for 5 to 7 minutes or until cooked through. Remove, chop into small pieces and set aside, leaving some of the rendered fat in the pan.
- 2 Add the onion and bell pepper and cook for 3 to 4 minutes, stirring as needed. Add the cauliflower rice and stir to combine. Cook for an additional 2 to 3 minutes. Make space for the eggs and crack one egg into each hole. Cook the eggs until the whites are set and the yolk is done to your liking.
- 3 Remove from the pan and divide onto plates. Top with bacon, sea salt, pepper and chives, if using. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. For best results, enjoy the eggs when served and reheat leftover hash in a pan.

More Flavor: Top the hash with Everything Bagel Seasoning or chili flakes.

Additional Toppings: Serve with avocado.

No Chives: Use another fresh herb such as parsley.



Paleo Carrot Cake Porridge

3 servings
25 minutes

Ingredients

3 cups Butternut Squash (peeled)
3 Apple (cored)
3 Carrot (small, peeled)
2 1/4 cups Water
1 1/2 cups Canned Coconut Milk (full fat)
1 1/2 tbsps Maple Syrup
2 1/4 tsps Cinnamon
1 1/2 tsps Vanilla Extract
3/4 tsp Ground Ginger

Directions

- 1 Using the coarse shred side of a box grater, grate the butternut squash and apple. Using the fine shred side of the box grater, grate the carrot.
- 2 Transfer the shredded vegetables to a pot with the water and coconut milk over medium heat. Bring to a gentle boil and cook for 10 to 12 minutes or until the squash is tender.
- 3 Add in the maple syrup, cinnamon, vanilla and ginger and stir to combine. Continue to cook for 3 to 5 minutes more or until the porridge becomes thick and creamy. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is approximately 2 cups.

More Flavor: Add nutmeg, clove or a pinch of salt.

Additional Toppings: Top with additional maple syrup or cinnamon, raisins, chopped walnuts or chopped pecans.

No Squash: Use sweet potato instead.

No Maple: Use another liquid sweetener instead.



Chorizo & Squash Breakfast Hash

3 servings

30 minutes

Ingredients

340 grams Chorizo (casing removed)
1 1/2 cups Butternut Squash (chopped
into small cubes)
1/3 tsp Sea Salt
3 Egg
1/3 cup Cilantro (roughly chopped)
1 1/2 Avocado (sliced)

Directions

- 1 In a large cast iron skillet over medium heat, add the chorizo and break it apart with the back of a spoon until crumbled. Cook for about 5 to 7 minutes, until cooked through. Remove with a slotted spoon and set aside, leaving the fat in the pan.
- 2 Add the butternut squash and salt to the same pan. Cook for about 18 to 20 minutes, stirring every few minutes, until cooked through and crispy. Move to the sides of the pan, and crack the eggs. Cook until the whites are set and the yolks are done to your liking.
- 3 Add the chorizo back to the pan to heat it up slightly. Divide the hash between plates and top with the eggs. Add cilantro and avocado over top and enjoy!

Notes

Leftovers: Refrigerate the squash and chorizo in an airtight container for up to four days. The eggs are best enjoyed the same day.

More Flavor: Add sliced onion or garlic to the chorizo while cooking.

Meal Prep Option: Hard boil the eggs. Cook the butternut squash and chorizo ahead of time and store in airtight containers for an easy on-the-go meal.



Chocolate Zucchini Bread Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Unsweetened Almond Milk
- 1/2 Zucchini (chopped, frozen)
- 1/4 cup Chocolate Protein Powder
- 1/2 Banana (frozen)
- 1 tbsp Chia Seeds
- 1 tbsp Almond Butter
- 1 tbsp Cacao Powder
- 1 tsp Cacao Nibs (optional)

Directions

- 1 Add all ingredients except the cacao nibs into a high-speed blender and blend until smooth.
- 2 Pour into a glass and top with cacao nibs (optional). Enjoy!

Notes

Nut-Free: Use sunflower seed butter instead of almond butter and coconut milk or hemp seed milk instead of almond milk.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.



Cauliflower Rice Breakfast Bowl

2 servings

25 minutes

Ingredients

4 slices Bacon
8 White Button Mushrooms (sliced)
1 tbsp Coconut Aminos
3 cups Cauliflower Rice
2 Egg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add the bacon and cook for 15 to 18 minutes or until the bacon is cooked to your preference. Remove and set aside.
- 2 Meanwhile, in a pan over medium heat, add the mushrooms and cook for 3 to 4 minutes. Add the coconut aminos to the pan and stir. Then add the cauliflower rice and cook for 2 to 3 minutes. Remove and set aside.
- 3 Crack the eggs into the pan and cook until the whites are set and the yolk is done to your preference. Place the egg on top of the cauliflower rice and add the bacon on the side. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. For best results, consume the eggs the same day they were cooked.

More Flavor: Add chili flakes, sea salt or hot sauce.

Additional Toppings: Add sliced avocado or extra greens on the side.

No Pork: Use turkey bacon instead.

No Coconut Aminos: Use tamari or soy sauce instead.



Mashed Cauliflower Breakfast Bowl

2 servings

30 minutes

Ingredients

2/3 head Cauliflower (large, sliced into florets)
1 1/3 tbsps Plain Coconut Milk (unsweetened, from the carton)
1/8 tsp Sea Salt
1/3 tsp Garlic Powder
4 slices Bacon
170 grams Portobello Mushroom Caps (sliced)
1 1/3 tbsps Coconut Aminos
1 1/3 tbsps Extra Virgin Olive Oil
2 tpsps Lemon Juice
2 2/3 cups Arugula

Directions

- 1 Place the cauliflower florets in a large steamer basket on the stove. Cover, bring to a boil and steam for 10 to 15 minutes, or until very soft. Transfer steamed cauliflower to a food processor or blender along with the coconut milk, sea salt and garlic powder. Process until smooth.
- 2 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add bacon and cook for 15 to 18 minutes or until the bacon is cooked to your preference. Remove and set aside.
- 3 In a pan over medium heat, add the sliced mushrooms and cook for 5 to 7 minutes. Add the coconut aminos to deglaze the pan and turn the heat off.
- 4 In a small bowl, add extra virgin olive oil and lemon to the arugula. Add the mashed cauliflower to a bowl, top with bacon, mushrooms and arugula. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Meal Prep: Save time by making the mashed cauliflower and bacon ahead of time. For best results, reheat before enjoying.

More Flavor: Add nutritional yeast, garlic, basil, ghee or butter to the cauliflower mash.

Additional Toppings: Top with a fried or soft-boiled egg.

Make it Vegan: Omit the bacon or use coconut bacon or tempeh bacon.

No Coconut Milk: Use almond or hemp milk instead.

No Coconut Aminos: Use tamari or soy sauce instead.



Homemade Coconut Yogurt

4 servings

24 hours

Ingredients

454 grams Coconut Meat (thawed)
1/2 cup Water
2 tbsps Lemon Juice
2 Probiotic Capsules

Directions

- 1 In a blender add the coconut meat, water and lemon juice. Blend on high until smooth and creamy. Remove from the blender and add to a large glass container such as a mason jar.
- 2 Open up the probiotic capsules and empty the contents into the coconut meat mixture. Stir with a wooden or plastic spoon until incorporated.
- 3 Place a piece of cheesecloth over top of the jar and tie loosely with an elastic band. Place the jar in a warm spot, such as your oven with the light on and let it sit. Taste test after 18 hours. If it isn't tangy enough, allow the mixture to ferment up to 36 hours. Once fermented, put a tight lid on in place of the cheesecloth and store in the fridge.

Notes

Leftovers: Refrigerate in an airtight container for up to seven days.

Probiotic Sensitivity: Due to the sensitivity of the probiotics, do not use a metal spoon to mix the probiotic in.

More Flavor: Use coconut water instead of water.



Sesame & Sunflower Seed Mixture

6 servings
10 minutes

Ingredients

1/3 cup Sesame Seeds (white or black)
1/3 cup Sunflower Seeds
3 tbsps Unsweetened Shredded Coconut
3 tbsps Chia Seeds

Directions

- 1 Add all ingredients to a food processor or blender and pulse until a fine crumb forms. Do not overmix.
- 2 Transfer to an airtight container. Enjoy!

Notes

Serve it With: Oats, cereals, yogurt, smoothies, pancakes, energy bites or sprinkle on top of salads

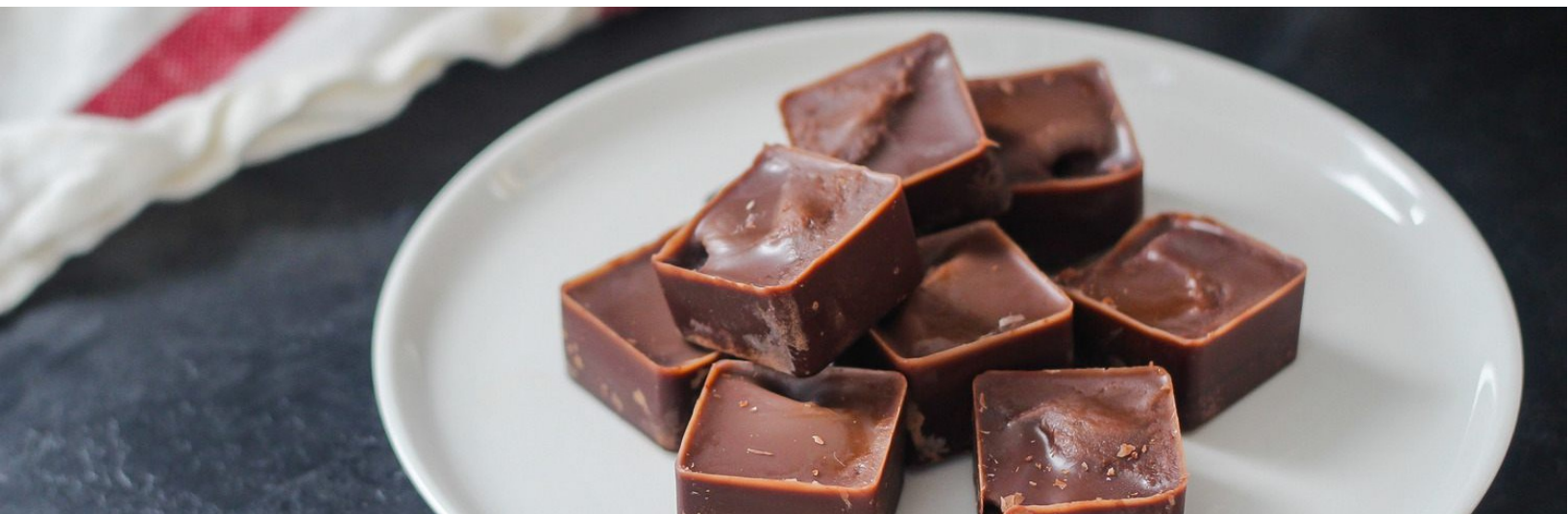
Leftovers: Keep refrigerated or freeze until ready to use.

Serving Size: One serving is about 3 tablespoons of the seed mixture.

No Chia Seeds: Use hemp seeds instead.

No Coconut: Omit or use a chopped nut, like almonds or walnuts, instead.

No Food Processor: Use a coffee grinder or personal blender with a milling blade.



Chocolate Coconut Fat Bombs

4 servings

30 minutes

Ingredients

1/3 cup Coconut Oil
2 2/3 tbsps Cacao Powder
1 tbsp Monk Fruit Sweetener
1/16 tsp Sea Salt

Directions

- 1 Melt the coconut oil in a pot over low heat. Add the cacao powder and sweetener. Stir to combine. Add all ingredients to a high-speed blender and blend for 1 to 2 minutes until everything is well combined.
- 2 Ladle the mix into a mini square silicone mold and sprinkle sea salt on top. Place in the freezer to set for about 30 minutes. Remove from the mold and enjoy!

Notes

No Monk Fruit Sweetener: Sweeten with stevia, honey or coconut sugar instead.

No Coconut Oil: Use coconut butter instead.

Likes it Sweet: Add more sweetener as desired.

No Silicone Mold: Use parchment-lined mini muffin molds.

Serving Size: One serving is equal to one fat bomb, or approximately 35 grams (1.2 ounces).

Storage: Refrigerate in an air-tight container for up to 7 days. Freeze for up to 3 months.



Melon with Cinnamon Yogurt Dip

2 servings

5 minutes

Ingredients

1/2 cup Unsweetened Coconut Yogurt
1/4 tsp Cinnamon
1/2 Honeydew Melon (small, peeled,
seeds removed and chopped)

Directions

- 1 In a small bowl combine the yogurt and cinnamon. Dip the melon and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Store melon and yogurt dip separately.

Serving Size: One serving is approximately 1 1/2 cups of melon and 1/4 cup of yogurt.

More Flavor: Add maple syrup or honey to the yogurt dip for extra sweetness.

No Coconut Yogurt: Use Greek yogurt instead.



Snap Peas, Peppers & Hummus

2 servings

10 minutes

Ingredients

1/2 Red Bell Pepper (medium, sliced)
1/2 Yellow Bell Pepper (medium, sliced)
1 cup Snap Peas (trimmed)
1/2 cup Hummus

Directions

- 1 Divide the bell peppers and snap peas onto plates and serve with hummus. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

No Hummus: Use baba ganoush or tzatziki instead.



Vanilla Chia Pudding with Berries

2 servings

3 hours

Ingredients

- 1 cup Lite Coconut Milk (canned)
- 2 tps Maple Syrup
- 1 1/3 tps Vanilla Extract
- 1/3 cup Chia Seeds
- 2/3 cup Blueberries
- 2/3 cup Strawberries

Directions

- 1 In a medium-sized bowl, whisk together the coconut milk, maple syrup, and vanilla extract. Then whisk in the chia seeds. Place in the refrigerator for 3 hours or overnight.
- 2 Divide the chia pudding between bowls or containers and top with blueberries and strawberries. Enjoy!

Notes

Storage: Keeps well in an airtight container in the fridge for up to 5 days.



Lemon Raspberry Coconut Muffins

2 servings

40 minutes

Ingredients

1 1/3 tbsps Coconut Flour
1 tbsp Maple Syrup
1 Egg
1 tbsp Coconut Oil (melted)
1/8 Lemon (zested then juiced)
2 2/3 tbsps Raspberries (plus extra for garnish)

Directions

- 1 Preheat oven to 350°F (177°C) and line a muffin tray with papers. (Note: The original recipe yields 12 snack size muffins or 6 to 8 breakfast size muffins.)
- 2 Mix all ingredients except the raspberries together in a large mixing bowl. Stir very well until combined.
- 3 Gently fold in the raspberries.
- 4 Divide batter evenly across the muffin tray. Press in some extra raspberries into the tops of the muffins (optional). Bake for 35 to 40 minutes.
- 5 Let cool and enjoy!

Notes

Leftovers: Store in an air-tight container at room temperature for up to three days or freeze for up to three months.

No Raspberries: Use blueberries, blackberries or chopped strawberries.

Budget-Friendly: Use frozen berries instead of fresh. The coconut oil will harden as you mix them in but will soften again when baked.

Serve it With: A drizzle of raw honey, maple syrup or a pat of butter.

No Maple Syrup: Sweeten with raw honey instead.

Short on Time: Throw all ingredients into a blender and puree until smooth. Pour into muffin tin and bake.

Not a Coconut Fan: Swap out the coconut flour and coconut oil and use almond flour and extra virgin olive oil instead. Note: You may need to add more almond flour to reach a muffin batter consistency since the consistency of coconut flour is very dry and absorbent.



Tuna Salad Plate

2 servings

5 minutes

Ingredients

2 cans Tuna (drained, broken into chunks)
1 Avocado (pit removed)
1/2 cup Unsweetened Coconut Yogurt
1/2 Cucumber (sliced)
1/2 tsp Sea Salt

Directions

1

Assemble all the ingredients onto a plate or into a container if on-the-go.
Season with salt and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

More Flavor: Add pepper, paprika and/or lemon juice.

Additional Toppings: Top with sliced green onions, red onion or red pepper flakes.

No Tuna: Use sardines or salmon instead.

No Coconut Yogurt: Use mayonnaise or Greek yogurt instead.



Turmeric Chicken Salad

1 serving
30 minutes

Ingredients

227 grams Chicken Breast (skinless, boneless)
1 1/2 tsps Avocado Oil
1/2 tsp Turmeric
Sea Salt & Black Pepper (to taste)
1 cup Baby Spinach
1/2 cup Cherry Tomatoes
1/4 Cucumber (sliced)

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Toss the chicken breast in the avocado oil, turmeric, salt and pepper. Transfer to the baking sheet and cook for 25 to 30 minutes or until the chicken is cooked through.
- 3 Divide the spinach, cherry tomatoes, and cucumber between plates. Top with the chicken and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Top with your favorite dressing, a scoop of guacamole, some hummus, or additional vegetables.



Skillet Sausage & Apples with Avocado

2 servings

15 minutes

Ingredients

227 grams Lamb Sausage (sliced)
1 Apple (cored, chopped)
1/2 tsp Cinnamon
1 Avocado (pitted, halved)

Directions

- 1 Place a large skillet over medium heat. Add the sausage, apples, and cinnamon. Cook for 8 to 10 minutes, or until the sausage is cooked through and apples are soft.
- 2 Divide the sausage, apples, and avocado onto plates or into containers. Enjoy!

Notes

No Apple: Use pear or plantain instead.

No Lamb Sausage: Use chorizo, chicken, pork or vegan sausage.

Leftovers: Refrigerate in an airtight container for up to 3 days.



Slow Cooker Black Bean Soup

2 servings

4 hours

Ingredients

2 tps Extra Virgin Olive Oil
1/3 Yellow Onion (finely diced)
2/3 stalk Celery (diced)
1/3 Carrot (large, chopped)
2 Garlic (cloves, minced)
1 tsp Cumin
1/8 tsp Cayenne Pepper
2 cups Black Beans (cooked, drained and rinsed)
1 cup Diced Tomatoes
2/3 cup Water
2/3 Lime (juiced)

Directions

- 1 Combine all ingredients together in your slow cooker. Cook on high for 4 hours, or on low for 6 hours.
- 2 Pour approximately half the soup into a blender (or use an immersion blender) and blend into a smooth puree. Be sure to leave a spot for the steam to escape. Add the pureed soup back into the slow cooker and mix everything well. Ladle into bowls, top with desired toppings and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Freeze for up to two months.

Serving Size: One serving equals approximately 1.5 cups.

Toppings: Cilantro, avocado, sour cream, yogurt, cheese, salsa and/or tortilla chips.

Stove Top: If you don't have a slow cooker, or if you need to increase the servings above 6 and your slow cooker is too small, make it on the stove top in a large stock pot instead. Add all ingredients to the pot and bring to a boil. Once boiling, reduce to a simmer. Cover and let simmer on low for an hour before blending.



Pressure Cooker Sweet Potato & Peanut Soup

2 servings

25 minutes

Ingredients

1/2 tsp Avocado Oil
1/4 Yellow Onion (diced)
1 Sweet Potato (medium-sized, peeled and cut into cubes)
1 Garlic (cloves, minced)
1 tsp Smoked Paprika
1/4 tsp Turmeric
1/2 tsp Chili Flakes (optional)
1 1/4 cups Fire Roasted Diced Tomatoes (from the can with juices)
2 tbsps Sun Dried Tomatoes (drained)
1/4 cup Raw Peanuts
1/4 tsp Sea Salt
1 cup Canned Coconut Milk
1/2 cup Water
2 tbsps All Natural Peanut Butter
1 cup Baby Spinach

Directions

- 1 Turn your pressure cooker to sauté mode and add the avocado oil. Add the onion and sweet potato and cook for 4 to 5 minutes. Then add the garlic and sauté for 1 minute more. Turn the sauté mode off and add the smoked paprika, turmeric and chili flakes, if using. Stir to combine.
- 2 Add the canned tomatoes, sun dried tomatoes, peanuts, salt, coconut milk and water. Put the lid on and set to "sealing" then press manual/pressure cooker and cook for 4 minutes on high pressure. Once finished, let the pressure release naturally for 5 minutes, then do a quick release.
- 3 Carefully remove the lid, and add the peanut butter and spinach and stir to combine. Divide between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is equal to about 1 1/4 cups soup.

No Peanuts: Use sunflower seed butter and sunflower seeds, or almond butter and almonds instead.

No Fire Roasted Tomatoes: Use diced tomatoes instead.

Additional Toppings: Top with additional peanuts.



Roasted Sweet Potato & Brussels Sprouts Salad

2 servings

30 minutes

Ingredients

- 1 Sweet Potato (medium. sliced into 1 inch cubes)
- 2 cups Brussels Sprouts (washed and halved)
- 1 1/2 tsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Tahini
- 1 1/2 tsps Maple Syrup
- 2 tbsps Water (warm)
- 1/8 tsp Cayenne Pepper (less if you don't like it spicy)
- 1/16 tsp Sea Salt
- 1 cup Lentils (cooked, drained and rinsed)
- 4 cups Baby Spinach (chopped)

Directions

- 1 Preheat the oven to 425°F (218°C). Line a large baking sheet with parchment paper.
- 2 Combine the diced sweet potato and brussels sprouts in a bowl. Add olive oil and season with sea salt and black pepper to taste. Toss well then spread across the baking sheet. Bake in the oven for 30 minutes or until both vegetables are cooked through and starting to brown.
- 3 While the vegetables roast, combine the tahini, maple syrup, water, cayenne pepper and sea salt in a jar. Seal with a lid and shake well to mix. Set aside.
- 4 Remove the roasted vegetables from the oven and place back in the mixing bowl. Add in the lentils. Mix well.
- 5 Divide spinach between bowls. Top with lentils and roasted vegetable mix. Drizzle with desired amount of dressing. Enjoy!

Notes

No Brussels Sprouts: Use broccoli instead.

No Lentils: Use your choice of protein. Chickpeas, grilled chicken or ground meat work well.



Spicy Chicken & Broccoli Casserole

3 servings

45 minutes

Ingredients

- 2 1/4 cups Mini Potatoes (halved)
- 1/3 Yellow Onion (chopped)
- 3 tbsps Avocado Oil
- 2 1/4 tsps Hot Sauce
- 1 1/2 tsps Smoked Paprika
- 1/8 tsp Sea Salt
- 213 grams Chicken Breast (skinless, boneless, cubed)
- 3 cups Broccoli (cut into florets)
- 42 grams Prosciutto (sliced into small pieces)
- 1 1/2 stalks Green Onion (sliced)

Directions

- 1 Preheat the oven to 400°F (204°C). Add the halved potatoes and chopped onion to a casserole dish.
- 2 In a large bowl, make the sauce by adding the avocado oil, hot sauce, smoked paprika and sea salt together and stir. Pour half of the dressing over the potatoes and onion and set the rest aside. Place the potatoes and onion in the oven and bake for 25 to 30 minutes.
- 3 While the potatoes are baking, lightly brown the chicken in a pan on the stovetop. Once browned, add the chicken to the bowl with the remaining sauce and broccoli. Mix well.
- 4 Remove the potatoes from the oven and add the chicken/broccoli mix on top along with the prosciutto. Place back into the oven and bake for 12 to 14 minutes, or until the chicken is cooked through. Remove from the oven, top with sliced green onion, serve and enjoy!

Notes

No Avocado Oil: Use olive oil instead.

No Prosciutto: Omit or use cooked bacon instead.

Less Spicy: Omit the hot sauce.

Leftovers: Store in the fridge in a sealed container for up to three days.

Vegan & Vegetarian: Use cubed tofu instead of chicken and omit the prosciutto.



Spiced Lentils & Broccolini with Lemon

2 servings

30 minutes

Ingredients

2/3 bunch Broccolini (trimmed)
1/3 Lemon (sliced thin)
2 tsps Avocado Oil
1/3 tsp Sea Salt (divided)
2 tsps Extra Virgin Olive Oil
2/3 Garlic (clove, thinly sliced)
1/2 tsp Coriander
1/2 tsp Fennel Seed (ground)
2/3 cup Green Lentils (cooked, drained and rinsed)
2 2/3 tsps Mint Leaves (chopped)

Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. Add the broccolini and lemon and toss with the avocado oil and half the sea salt. Roast for 8 to 10 minutes, until the broccolini is slightly browned in spots. Remove and set aside.
- 2 In a skillet over medium-low heat, add the extra virgin olive oil, garlic, coriander and fennel. Sauté until the garlic is lightly browned, stirring frequently to prevent burning, about 3 to 4 minutes.
- 3 Drizzle half of the oil mixture into the cooked lentils and stir. Divide onto plates and top with the broccolini and lemon and then drizzle the remaining oil on top. Finish with mint leaves, serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Additional Toppings: Top with chili flakes and fresh herbs.

More Flavor: Use whole coriander and fennel seeds and grind to release the spices.

Warmed Lentils: If needed, you can add the cooked lentils to the garlic, spice mixture and heat through for 2 to 3 minutes until warmed.



Cinnamon Toasted Pecans

2 servings

15 minutes

Ingredients

1/2 cup Pecans
1 1/2 tps Maple Syrup
1/2 tsp Cinnamon

Directions

- 1 Place nuts in a frying pan over medium heat stirring occasionally for 5 minutes or until pecans are toasted.
- 2 Drizzle maple syrup over pecans and add in cinnamon. Stir well with a wooden spoon until pecans are evenly coated. Continue stirring until pecans become sticky.
- 3 Remove from heat and spread pecans over a piece of wax paper. Let dry for 10 minutes and break apart into individual pieces. Store in a mason jar. Enjoy!



Turkey Kale Wraps

2 servings

10 minutes

Ingredients

1 1/2 cups Kale Leaves (whole, lacinato, washed and dried)
2/3 cup Hummus
240 grams Sliced Turkey Breast
1/4 cup Radishes (thinly sliced)

Directions

- 1 Divide the hummus between kale leaves and use a knife to spread it across the leaves evenly. Place the turkey and sliced radish on top.
- 2 Roll the leaves into a wrap. Enjoy!

Notes

No Kale: Use another large leafy green such as collard or lettuce.

No Turkey: Use sliced chicken breast instead.

Leftovers: Store the leftovers in a container in the fridge for up to three days. Pierce the wraps with a toothpick to hold them together during storage.

No Hummus: Use a different type of spread as a condiment, such as mustard, mayonnaise or yogurt.

More Flavor: Sprinkle with sea salt, black pepper, paprika or your favorite spices.



Salmon & Avocado Snack Plate

2 servings

20 minutes

Ingredients

2 Egg
1 Avocado
200 grams Canned Wild Salmon
2 tbsps Lemon Juice
Sea Salt & Black Pepper (to taste)
1/2 Cucumber (sliced)

Directions

- 1 Hard boil the eggs by placing them in a saucepan and covering with water. Bring to a boil over high heat. Once boiling, turn off the heat, cover, and let sit for 10 to 12 minutes. Transfer the eggs to a bowl of cold water and let the eggs sit until cool. Peel then slice the eggs.
- 2 Add the avocado, salmon, and lemon juice to a bowl and mash. Season with salt and pepper to taste.
- 3 Assemble all the ingredients onto a plate. Season the cucumber and egg with additional salt and pepper. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

No Canned Salmon: Use tuna instead.

On-the-Go: Divide the ingredients into a bento box or container instead of a plate.



Prosciutto-Wrapped Apples

3 servings
10 minutes

Ingredients

1 1/2 Apple (cored and sliced)
64 grams Prosciutto (cut in half)
2 1/4 tsps Fresh Dill (chopped)

Directions

1 Gently wrap the apple slices with prosciutto and top with dill. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. Add lemon juice to the apples to keep them fresh longer, or slice just before enjoying.

Serving Size: One serving is roughly four pieces.

Additional Toppings: Ricotta or parmesan cheese.



Apple with Almond Butter

3 servings

5 minutes

Ingredients

3 Apple
1/3 cup Almond Butter

Directions

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



Strawberry Rhubarb Crisp

3 servings
40 minutes

Ingredients

- 1 1/8 cups Rhubarb (diced)
- 1 1/8 cups Strawberries (sliced)
- 1/8 Navel Orange (juiced)
- 3 tbsps Maple Syrup (divided)
- 1 1/2 tbsps Coconut Flour (divided)
- 1/3 cup Pecans (chopped)
- 1/4 cup Almond Flour
- 1/3 tsp Cinnamon
- 1/16 tsp Sea Salt
- 1 1/2 tbsps Coconut Oil (melted)

Directions

- 1 Preheat the oven to 350°F (177°C). Combine the rhubarb, strawberries, orange juice, half of the maple syrup and half of the coconut flour in a bowl and mix well until well combined.
- 2 In a separate bowl, mix together the chopped pecans, almond flour, cinnamon, sea salt and coconut oil with the remaining maple syrup and coconut flour. Mix well to combine.
- 3 Lightly grease ramekins, then divide the fruit mix into them. Crumble the pecan topping evenly over top. Bake for 20 to 25 minutes or until topping is golden brown and bubbling.
- 4 Remove from oven and let cool for about 5 minutes before serving. Enjoy!

Notes

No Ramekins: Bake in an oven-proof dish, pan or pie plate instead.

No Rhubarb: Use blueberries, cherries, raspberries or peaches instead.

Serve it With: Coconut whipped cream or coconut ice cream.



Walnut Crusted Salmon with Asparagus

2 servings

20 minutes

Ingredients

- 1/4 cup Walnuts (very finely chopped)
- 1 stalk Green Onion (very finely chopped)
- 1/4 tsp Sea Salt
- 1/2 tsp Italian Seasoning
- 1/2 tsp Lemon Juice
- 1 tbsp Extra Virgin Olive Oil (divided)
- 227 grams Salmon Fillet
- 2 cups Asparagus (trimmed)

Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Combine the walnuts, green onion, salt and Italian seasoning. Add the lemon juice and 1/3 of the oil and stir to mix.
- 3 Rub another 1/3 of the oil over all sides of the salmon fillets and place the salmon on the prepared baking sheet, skin side down. Spoon the walnut mixture on the top side of the fillets and gently press it down with the back of the spoon so the walnut mixture stays in place.
- 4 Toss the asparagus in the remaining oil and season with sea salt to taste. Place the seasoned asparagus in an even layer on the baking sheet with the salmon
- 5 Bake for 12 to 15 minutes or until the salmon is cooked through and flakes easily and asparagus is tender. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Season the salmon with salt, pepper and garlic powder to taste before spooning the walnut mixture on top.

No Green Onion: Use yellow or red onion instead.

Salmon: Wild salmon was used to create this recipe. For thicker fillets of salmon adjust cooking time to ensure salmon is cooked through and flakes easily.

Asparagus: Choose asparagus that are roughly the same size. Adjust cooking time for thicker asparagus spears.



Pasta with Spinach & Turkey

2 servings

20 minutes

Ingredients

113 grams Chickpea Pasta
1 tbsp Extra Virgin Olive Oil (divided)
227 grams Extra Lean Ground Turkey
1/2 tsp Italian Seasoning
1/4 tsp Sea Salt
2 cups Baby Spinach (packed)

Directions

- 1 Cook the pasta according to the directions on the box.
- 2 Meanwhile, in a large skillet, heat half of the oil over medium heat. Add the turkey to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, add Italian seasoning and salt. Add the spinach and stir until wilted.
- 3 Add the cooked pasta to the skillet with the turkey and spinach along with the remaining olive oil and stir to combine. Season with additional salt or add more oil if needed.
- 4 Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Enjoy cold or reheat on the stovetop with additional olive oil.

Serving Size: One serving is approximately 2 cups.

More Flavor: Add garlic, red pepper flakes or fresh herbs.

No Chickpea Pasta: Use whole grain or gluten-free pasta noodles instead. Short cut noodles work best for this recipe.

No Turkey: Use ground chicken, pork, beef or cooked lentils instead.



Lemon Cilantro Cod with Peppers

2 servings

35 minutes

Ingredients

3 tbsps Lemon Juice
3 tbsps Avocado Oil (divided)
3/4 cup Cilantro (finely chopped, divided)
1/2 tsp Sea Salt (divided)
2 Cod Fillet
1/2 Red Bell Pepper (sliced)
1/2 Yellow Bell Pepper (sliced)
1 Tomato (diced)

Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 In a zipper-lock bag add the lemon juice, 2/3 of the oil, 2/3 of the cilantro and 1/2 of the sea salt. Add the cod and massage the marinade into the fillets. Marinate them for at least 15 minutes or up to an hour.
- 3 Meanwhile, heat the remaining oil over medium heat. Add the bell peppers and tomato and cook for 8 to 10 minutes or until the peppers are just tender and the tomatoes have released their juices. Stir in the remaining cilantro and season with the remaining salt. Remove from heat.
- 4 Place cod fillets to a baking dish and transfer the peppers mixture on top of the cod fillets. Cover the dish with foil, or a tight-fitting lid, and bake for 18 to 20 minutes or until the fish is cooked through and flakes easily.
- 5 Divide the fish and peppers between plates and season with additional salt if needed. Enjoy!

Notes

Fillet Size: Each cod fillet is equal to 231 grams or 8 ounces.

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add more herbs like parsley or oregano. Serve with additional lemon wedges.

No Lemon: Use lime instead.

No Cod: Use another white fish, like haddock, instead.



Shrimp Fried Cauliflower Rice

2 servings

20 minutes

Ingredients

227 grams Shrimp (peeled, deveined)
1/4 tsp Chili Powder
1 tsp Avocado Oil (divided)
2 Egg
2 1/2 cups Cauliflower Rice
1 Red Bell Pepper (diced)
2 tbsps Coconut Aminos
2 stalks Green Onion (sliced)

Directions

- 1 Season the shrimp with the chili powder and heat a skillet over medium heat. Add half of the avocado oil and cook the shrimp for about 3 minutes per side. Remove and set aside.
- 2 In the same pan, add the eggs and scramble. Once cooked, remove and set aside.
- 3 Add the remaining avocado oil to the pan and cook the cauliflower rice and red pepper over medium heat. Let it cook undisturbed for 3 to 4 minutes, allowing the cauliflower rice to get crispy. Then stir and cook for 5 more minutes. Add the coconut aminos and stir.
- 4 Add the shrimp and egg back to the pan and stir. Top with the green onion, serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Season with toasted sesame oil, lime juice, hot sauce and/or chili flakes.

Additional Toppings: Add additional vegetables such as peas or carrots.

Make it Vegan: Use edamame and tofu instead of egg and shrimp.

No Coconut Aminos: Use tamari or soy sauce instead.



Steak, Butternut Squash & Broccoli

3 servings
40 minutes

Ingredients

4 1/2 cups Butternut Squash (peeled, seeds removed, chopped)
1 1/2 tbsps Extra Virgin Olive Oil
1 1/2 tsps Sea Salt
680 grams NY Striploin Steak
1 1/2 tsps Thyme
3 cups Broccoli (chopped into florets)
1 1/2 tbsps Nutritional Yeast

Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Toss the butternut squash in olive oil and sea salt. Spread the squash evenly across the baking sheet and cook for 20 minutes.
- 3 Heat a skillet over medium-high heat. Brown the steak on both sides for 1 to 2 minutes. Remove the steak from the skillet, top with fresh thyme, and add to the baking sheet with the butternut squash. Return to the oven for an additional 10 minutes, or until the steak is cooked to your liking.
- 4 Meanwhile, add the broccoli to a pan with enough water to cover halfway. Steam for about 3 to 5 minutes or until tender. Drain any excess water and transfer to a plate alongside the squash and steak.
- 5 Top the broccoli with nutritional yeast and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add garlic and your favorite herbs to the steak.



Beef & Broccoli

3 servings

15 minutes

Ingredients

119 milliliters Bone Broth
3 tbsps Coconut Aminos
3 Garlic (cloves, minced)
1 1/2 tsps Ginger (fresh, minced)
1 1/2 tbsps Arrowroot Powder
3/4 tsp Avocado Oil
425 grams Flank Steak (sliced against the grain)
4 1/2 cups Broccoli (florets, chopped)

Directions

- 1 In a small bowl, whisk together the broth, coconut aminos, garlic, ginger and arrowroot powder until no clumps remain.
- 2 Heat a skillet over medium heat and add the avocado oil. Once it is hot, add the steak slices and cook for 3 to 4 minutes. Add the sauce to the pan and cook for an additional minute. Add the broccoli, stir and then cover and cook for an additional 3 minutes. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add toasted sesame oil once finished cooking.

Additional Toppings: Serve on top of rice or cauliflower rice. Top with sliced green onion and/or sesame seeds.

No Coconut Aminos: Use tamari instead.

No Arrowroot Powder: Use cornstarch or tapioca flour instead.

No Bone Broth: Use chicken, beef or vegetable broth instead.