


















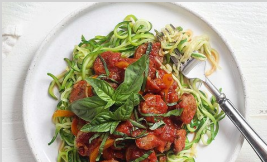


















This is a general program that is designed to give you some ideas about some meals and recipes that have ingredients in them that can really help with skin health.

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	 Creamy Blueberry Smoothie	 Creamy Blueberry Smoothie	 Mashed Sweet Potato with Coconut & Blueberries	 Orange Turmeric Overnight Oats	 Beef, Sweet Potato & Rapini Skillet	 Coconut Chia Seed Yogurt	 Mushroom & Cauliflower Rice Bowl
Snack 1	 Tuna Salad Plate	 Basil Pesto Hummus	 Yogurt & Peaches	 Tuna Salad Lettuce Wraps	 Bell Peppers with Guacamole	 Oatmeal with Raspberries	 Sea Salted Coconut Kale Chips
Lunch	 One Pan Lemon & Chive Salmon	 Zucchini Noodles with Sausage & Tomato Sauce	 Chicken, Asparagus & Sweet Potato	 Pressure Cooker Beef & Veggie Stew	 Zucchini Noodles with Salmon	 One Pan Steak, Asparagus & Mushrooms	 Moroccan Lamb Meatballs
Snack 2	 Chia Oats with Kiwi	 Simple Spiced Avocado	 Applesauce & Yogurt	 Jicama Fries with Guacamole	 Tuna Salad Lettuce Wraps	 Bell Peppers with Guacamole	 Chocolate Layered Chia Pudding
Dinner	 Cuban Beef Picadillo	 Beef Kafta	 Taco Salad with Beef	 Spiced Cauliflower Rice Bowl	 One Pan Steak, Asparagus & Mushrooms	 Arugula Salad with Salmon	 One Pan Sausage & Peppers

Fruits

- ☐ 13 Avocado
- ☐ 3/4 cup Blueberries
- ☐ 2 Fig
- ☐ 1 1/2 Kiwi
- ☐ 3 Lemon
- ☐ 2/3 cup Lemon Juice
- ☐ 1/4 Lime
- ☐ 1/3 cup Lime Juice
- ☐ 1 Navel Orange
- ☐ 2 Peach
- ☐ 1 cup Raspberries
- ☐ 1 1/4 cups Strawberries

Seeds, Nuts & Spices

- ☐ 1/4 tsp Cayenne Pepper
- ☐ 1 1/8 cups Chia Seeds
- ☐ 1 1/8 tbsps Chili Powder
- ☐ 2 1/2 tsps Cinnamon
- ☐ 1/2 tsp Coriander
- ☐ 1 tbsp Cumin
- ☐ 3/4 tsp Italian Seasoning
- ☐ 1 tbsp Lebanese 7 Spice Blend
- ☐ 1 3/4 tsps Paprika
- ☐ 2 2/3 tbsps Sea Salt
- ☐ 1 tsp Sesame Seeds
- ☐ 1 3/4 tsps Turmeric

Frozen

- ☐ 2 cups Frozen Blueberries
- ☐ 2 cups Frozen Cauliflower

Vegetables

- ☐ 6 cups Arugula
- ☐ 8 1/4 cups Asparagus
- ☐ 4 cups Baby Spinach
- ☐ 1 1/2 cups Basil Leaves
- ☐ 1/2 head Cauliflower
- ☐ 3 cups Cauliflower Rice
- ☐ 1/2 cup Cherry Tomatoes
- ☐ 3 tbsps Chives
- ☐ 2/3 cup Cilantro
- ☐ 36 Cremini Mushrooms
- ☐ 1 1/4 Cucumber
- ☐ 4 1/2 Garlic
- ☐ 2 1/4 tsps Ginger
- ☐ 7 stalks Green Onion
- ☐ 1/2 Jalapeno Pepper
- ☐ 2 cups Jicama
- ☐ 3 cups Kale Leaves
- ☐ 1/2 cup Parsley
- ☐ 1 Parsnip
- ☐ 4 1/2 cups Purple Cabbage
- ☐ 3/4 bunch Rapini
- ☐ 8 Red Bell Pepper
- ☐ 3/4 cup Red Onion
- ☐ 8 leaves Romaine
- ☐ 1 head Romaine Hearts
- ☐ 6 3/4 Sweet Potato
- ☐ 1 tsp Thyme
- ☐ 10 1/2 White Button Mushrooms
- ☐ 1 3/4 Yellow Bell Pepper
- ☐ 2 1/4 Yellow Onion
- ☐ 3 Zucchini

Boxed & Canned

- ☐ 1 Anchovy
- ☐ 237 milliliters Bone Broth
- ☐ 1 1/8 cups Brown Rice
- ☐ 1 cup Chickpeas
- ☐ 3/4 cup Diced Tomatoes
- ☐ 4 cans Tuna

Baking

Bread, Fish, Meat & Cheese

- ☐ 425 grams Chicken Breast
- ☐ 1.2 kilograms Extra Lean Ground Beef
- ☐ 200 grams Ground Lamb
- ☐ 567 grams Pork Sausage
- ☐ 936 grams Salmon Fillet
- ☐ 227 grams Stewing Beef
- ☐ 1.4 kilograms Top Sirloin Steak

Condiments & Oils

- ☐ 1 1/2 tsps Apple Cider Vinegar
- ☐ 2 1/4 tbsps Avocado Oil
- ☐ 1 tbsp Coconut Aminos
- ☐ 1 1/2 tbsps Coconut Oil
- ☐ 1 1/16 cups Extra Virgin Olive Oil
- ☐ 1/4 cup Green Olives
- ☐ 2 tbsps Tahini
- ☐ 1 cup Tomato Sauce

Cold

- ☐ 1 1/4 cups Oat Milk
- ☐ 3/4 cup Plain Coconut Milk
- ☐ 9 1/4 cups Unsweetened Coconut Yogurt

Other

- ☐ 9 Barbecue Skewers
- ☐ 1/2 cup Vanilla Protein Powder
- ☐ 5 3/4 cups Water

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- ☐ 1 tbsp Cocoa Powder
 - ☐ 3 1/2 cups Oats
 - ☐ 1/4 cup Pureed Pumpkin
 - ☐ 3/4 cup Unsweetened Applesauce
 - ☐ 1/3 cup Unsweetened Coconut Flakes



Creamy Blueberry Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Frozen Blueberries
- 1 cup Frozen Cauliflower
- 1/2 cup Unsweetened Coconut Yogurt
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Chia Seeds
- 1 Lemon (small, juiced)
- 1 cup Water

Directions

1

Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Additional Toppings: Add spinach, avocado, kale, or other berries to your smoothie.

Extra Creamy: Use almond milk or oat milk instead of water.

Lemon: One lemon yields approximately 1/4 cup of lemon juice.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.



Mashed Sweet Potato with Coconut & Blueberries

3 servings
45 minutes

Ingredients

3 Sweet Potato (purple or orange, small, halved)
3/4 cup Blueberries (fresh or frozen)
1/3 cup Unsweetened Coconut Flakes

Directions

- 1 Boil the sweet potato for 30 minutes, or until fork-tender and the peel removes easily. Drain and submerge in cold water until cool enough to handle. Remove from the water and peel the sweet potato.
- 2 Transfer to a plate and mash with a fork. Top with blueberries and coconut flakes. Enjoy!

Notes

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

Additional Toppings: Maple syrup, honey, hemp seeds, crushed nuts or other fresh or frozen fruit.

Meal Prep: Boil a large batch of sweet potatoes ahead of time and keep refrigerated for up to five days, or freeze for up to ten months.



Orange Turmeric Overnight Oats

2 servings

2 hours

Ingredients

- 1 cup Oats (rolled)
- 1 1/4 cups Oat Milk (unsweetened)
- 3/4 tsp Turmeric
- 1/4 tsp Cinnamon
- 1 tbsp Chia Seeds
- 1 Navel Orange (divided)

Directions

- 1 Add the oats, oat milk, turmeric, cinnamon, and chia seeds in a large container. Zest and squeeze the juice of half the orange. Stir well to combine. Seal and place in the fridge overnight or for at least six hours.
- 2 Peel and chop the remaining orange. Divide the overnight oats into bowls and top with the chopped orange. Enjoy!

Notes

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

More Flavor: Add maple syrup, honey or a pinch of sea salt.

Additional Toppings: Crushed nuts, hemp seeds, coconut flakes, or nut butter.



Beef, Sweet Potato & Rapini Skillet

3 servings
25 minutes

Ingredients

340 grams Extra Lean Ground Beef
3/4 Yellow Onion (sliced)
2 1/4 tsps Ginger (peeled and grated)
1 1/2 Garlic (cloves, minced)
1 1/2 Sweet Potato (medium sized, grated)
3/4 bunch Rapini (chopped)
1/3 tsp Sea Salt (to taste)

Directions

- 1 Heat a large skillet over medium/high heat and add the beef, onion, ginger, garlic and sweet potatoes. Cover and cook for 10-15 minutes, stirring occasionally until the beef is cooked through and the sweet potatoes are soft.
- 2 Add the rapini and cook for about 5 more minutes or until greens are wilted and stalks are soft.
- 3 Divide into bowls. Season with sea salt and enjoy

Notes

Vegan and Vegetarian: Skip the beef. Saute the veggies in olive oil then add cooked lentils.

No Rapini: Use kale or broccoli instead.

Leftovers: Store leftovers in an airtight container in the fridge for up to three days.



Coconut Chia Seed Yogurt

2 servings
30 minutes

Ingredients

2 cups Unsweetened Coconut Yogurt
1/2 cup Chia Seeds
2 tsp Cinnamon
1/2 cup Strawberries (chopped)

Directions

- 1 Combine the yogurt, chia seeds and cinnamon in a small bowl. Mix well and refrigerate for at least 30 minutes up to overnight.
- 2 Top with strawberries and enjoy!

Notes

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

More Flavor: Add maple syrup, honey, monk fruit sweetener or cardamom.

Additional Toppings: Top with blueberries, sunflower seeds, pumpkin seeds or chopped pecans.



Mushroom & Cauliflower Rice Bowl

2 servings

15 minutes

Ingredients

- 1 tsp Avocado Oil
- 3 cups Cauliflower Rice
- 8 White Button Mushrooms (sliced)
- 4 cups Baby Spinach
- 1 tbsp Coconut Aminos
- 1 Avocado (sliced)

Directions

- 1 Heat a skillet over medium heat. Add the avocado oil and then the riced cauliflower. Sauté for 5 to 7 minutes, then remove and set aside.
- 2 In the same pan, over medium heat, add the mushrooms and cook for 4 to 5 minutes. Next, add the spinach and cook for 1 to 2 minutes or until wilted. Add the coconut aminos and stir to combine.
- 3 Add the cauliflower rice to a bowl and top with mushrooms, spinach and the sliced avocado. Enjoy!

Notes

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

No Coconut Aminos: Use tamari or soy sauce instead.

No Avocado Oil: Use olive oil or coconut oil instead.

More Flavor: Season with chili flakes and/or garlic.

Additional Toppings: Add sliced nori and/or sesame seeds on top.



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.



Basil Pesto Hummus

3 servings

10 minutes

Ingredients

1 cup Chickpeas (cooked)
1/4 cup Basil Leaves (roughly chopped)
1/2 Lemon (juiced)
1/4 cup Water
1/2 tsp Sea Salt

Directions

1

Add all ingredients together in a food processor or high-speed blender. Blend until a creamy consistency forms, scraping the sides down as needed. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days, or freeze for up to six months.

Serve it With: Veggie sticks, brown rice tortilla chips, on a salad, in a wrap or as a sandwich spread.

More Flavor: Use olive oil, avocado oil, broth and/or leftover liquid from the chickpeas instead of water.

Consistency: If hummus is too thick, add one tablespoon of cold water at a time.



Yogurt & Peaches

2 servings

5 minutes

Ingredients

2 cups Unsweetened Coconut Yogurt
2 Peach (sliced, fresh or frozen and thawed)

Directions

- 1 Add the yogurt to a bowl and top with the peach slices. Enjoy!

Notes

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

Additional Toppings: Granola, hemp seeds, bee pollen, crushed nuts, nut butter, honey or maple syrup.

No Coconut Yogurt: Use Greek yogurt instead.



Tuna Salad Lettuce Wraps

2 servings

15 minutes

Ingredients

- 1 Avocado
- 2 tbsps Lime Juice
- 1/4 tsp Sea Salt
- 1 can Tuna (flaked)
- 2 stalks Green Onion (sliced)
- 1/8 Cucumber (deseeded and finely chopped)
- 4 leaves Romaine

Directions

- 1 In a mixing bowl mash the avocado together with lime juice and salt. Stir in the tuna until well combined.
- 2 Fold in the green onion and cucumber. Season with additional salt and lime if needed. Divide the tuna salad between the romaine leaves and enjoy!

Notes

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

Serving Size: One serving is approximately two lettuce wraps with 1/4 cup tuna salad in each wrap.

More Flavor: Add fresh herbs like parsley or cilantro, dried dill, red pepper flakes or black pepper to taste.

Additional Toppings: Top with sunflower seeds, pumpkin seeds or hemp seeds.

No Avocado: Use mayonnaise instead.



Bell Peppers with Guacamole

3 servings

5 minutes

Ingredients

- 1 1/2 Avocado (medium)
- 2 tbsps Lemon Juice
- 1/3 tsp Sea Salt (or more to taste)
- 3 Red Bell Pepper (medium, sliced)

Directions

- 1 In a small bowl, mash the avocado and combine with the lemon juice and sea salt. Adjust flavors as needed.
- 2 Serve the guacamole with red bell pepper slices and enjoy!

Notes

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

More Flavor: Add garlic, red onion, tomatoes, jalapeño and/or cilantro to the guacamole.

No Red Bell Pepper: Use cucumber slices, carrot sticks, or crackers instead.



Oatmeal with Raspberries

2 servings

10 minutes

Ingredients

- 2 cups Water
- 1 cup Oats (quick or rolled)
- 1 cup Raspberries (fresh or frozen)

Directions

- 1 Bring water to a boil in a small saucepan. Add the oats. Reduce to a steady simmer and cook, stirring occasionally for about five minutes or until the oats are tender and most of the water is absorbed.
- 2 Transfer the cooked oats to a bowl and top with raspberries. Enjoy!

Notes

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

More Flavor: Add cinnamon, vanilla extract and/or a pinch of salt.

Additional Toppings: Almond butter, sunflower seed butter, almond milk, nuts, seeds, yogurt, honey, maple syrup or granola.

No Raspberries: Top with blueberries, strawberries, peaches or bananas.

No Stove Top: Cook oats in the microwave instead.



Sea Salted Coconut Kale Chips

3 servings

20 minutes

Ingredients

3 cups Kale Leaves
1 1/2 tbsps Coconut Oil (melted)
3/4 tsp Sea Salt
1/3 Lemon (juiced)

Directions

- 1 Preheat oven to 350°F (177°C). Use a sharp knife to cut your kale leaves into large pieces. They shrink up in the oven, so don't cut them too small!
- 2 Place kale in a large bowl. Drizzle with lemon juice and melted coconut oil. Season with desired amount of sea salt. Use clean hands to massage all ingredients into kale.
- 3 Line a large baking sheet with parchment paper. Place kale leaves on foil in a single layer. Don't over crowd. You will have to bake in batches for the perfect chips.
- 4 Cook in oven for 10 to 15 minutes (12 minutes was the perfect number for me). Remove from oven when crisp. Enjoy!



One Pan Lemon & Chive Salmon

3 servings

15 minutes

Ingredients

1/3 cup Extra Virgin Olive Oil (divided)
4 1/2 cups Purple Cabbage (sliced into thick wedges)
1/8 tsp Sea Salt (divided)
425 grams Salmon Fillet
3 tbsps Chives (finely chopped)
2 1/4 tbsps Lemon Juice

Directions

- 1 Heat a cast-iron skillet over medium heat and add 1/4 of the oil. Once hot, add the cabbage and sear on all sides, until charred, about five minutes total. Remove, set aside, and season with half the salt.
- 2 In the same skillet over medium heat add 1/4 of the oil. Season the salmon with the remaining salt, then add it to the pan skin-side down, cooking for about three minutes. Flip and cook for an additional one to two minutes, until the flesh is opaque throughout. Remove and set aside.
- 3 Meanwhile, in a small bowl, add the remaining oil, chives, and lemon juice. Mix to combine.
- 4 Divide the cabbage and salmon onto plates and top with the chive mixture. Enjoy!

Notes

Leftovers: For best results, store the salmon and chive mixture separately in sealed containers. Refrigerate the fish for up to three days.

More Flavor: Add red pepper flakes and black pepper to the chive mixture.



Zucchini Noodles with Sausage & Tomato Sauce

2 servings

20 minutes

Ingredients

227 grams Pork Sausage (Italian)
1 Yellow Bell Pepper (thinly sliced)
1 cup Tomato Sauce
2 Zucchini (medium size, spiralized into noodles)
1/4 cup Basil Leaves (chopped)

Directions

- 1 In a pan over medium heat, add the sausage and sliced pepper. Cook for 7 to 8 minutes. Remove the sausage, slice and return to the pan for 1 minute or until cooked through. Add the tomato sauce to the pan and stir to combine. Remove everything from the pan and set aside.
- 2 Wipe the pan free of any remaining sauce. Add the zucchini noodles and cook for 1 minute or just until softened.
- 3 Divide the zucchini noodles between plates and top with sauce, sausage and peppers. Sprinkle with basil, serve and enjoy!

Notes

Leftovers: For best results, refrigerate the zucchini noodles and sauce in separate airtight containers for up to three days.

No Pork: Use chicken, turkey, lamb or veggie sausages instead.

Additional Toppings: Top with nutritional yeast or chili flakes.

Make it Vegan: Use a vegan sausage or chickpeas instead.



Chicken, Asparagus & Sweet Potato

3 servings

30 minutes

Ingredients

2 1/4 Sweet Potato (medium, diced)
1 1/8 tbsps Extra Virgin Olive Oil
(divided)
2 1/4 cups Asparagus (woody ends
trimmed)
425 grams Chicken Breast (boneless,
skinless)

Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 2 Toss the diced sweet potato in half of the olive oil and spread across the baking sheet. Roast in the oven for 15 minutes.
- 3 Meanwhile, toss the asparagus in the remaining olive oil. Once the sweet potatoes have been roasting for 15 minutes, remove the pan from the oven, move the sweet potato to one side, and add the asparagus to the other side. Place back in the oven and bake for 12 to 15 more minutes, or until asparagus is tender.
- 4 While the veggies cook, bring a large pot of water to a boil. Drop in the chicken breasts and poach for 15 to 20 minutes, or until cooked through. Remove the chicken from the water and shred them using two forks.
- 5 Divide the chicken between plates or containers and add the roasted sweet potatoes and asparagus. Top with your spices of choice and enjoy!

Notes

No Asparagus: Use zucchini, green beans, broccoli or cauliflower instead.

No Sweet Potato: Use carrots or regular potato instead.

Vegan: Swap out the chicken for roasted chickpeas or marinated lentils.

Leftovers: Keeps well in the fridge up to 3 days.



Pressure Cooker Beef & Veggie Stew

2 servings

1 hour

Ingredients

1/2 tsp Avocado Oil
227 grams Stewing Beef (diced into cubes)
237 milliliters Bone Broth
1/4 tsp Sea Salt (divided)
1/4 cup Pureed Pumpkin
1 1/2 tsps Apple Cider Vinegar
1 Garlic (cloves, minced)
1 Parsnip (peeled, chopped)
2 1/2 White Button Mushrooms (halved)
1/2 Yellow Onion (medium, sliced in large chunks)
1/2 tsp Thyme (dried)

Directions

- 1 Turn your pressure cooker to sauté mode and add the avocado oil. Season the beef with half of the sea salt. Add it to the pressure cooker and brown on all sides, working in batches if necessary.
- 2 Turn off the sauté mode and add all other ingredients, including the remaining salt. Stir to combine. Put the lid on the pressure cooker and change to meat/stew mode. Cook for 35 minutes and then do a quick release. Serve and enjoy!

Notes

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

Serving Size: One serving is approximately 2 cups.

Want it Thicker: After cooking, create a slurry by mixing 1 tbsp arrowroot powder with a little water and add to the stew. Repeat as needed for desired thickness.

No Pumpkin: Use butternut squash purée instead.

Crunchy Veggies: Vegetables can turn soft in the pressure cooker. If you prefer crunchy veggies, steam them on the stove separately, then add them to the meal when it's done.



Zucchini Noodles with Salmon

2 servings

20 minutes

Ingredients

170 grams Salmon Fillet
1 cup Basil Leaves
1/4 cup Extra Virgin Olive Oil
1 Garlic (clove, minced)
1 Anchovy
1/2 tsp Lemon Juice
1/8 tsp Sea Salt
2 cups Arugula
1 Zucchini (large, spiralized into noodles)

Directions

- 1 Place the salmon fillet on a baking sheet. Broil on high for 5 to 6 minutes until cooked through and flaky. Let it cool slightly and then slice into bite-sized pieces.
- 2 In a blender or food processor, add the basil, extra virgin olive oil, garlic, anchovy, lemon juice and sea salt. Blend until smooth.
- 3 In a pan over medium heat, add the arugula and cook until just wilted. Remove and set aside. Add the zucchini noodles and cook for 3 to 4 minutes. Plate the noodles with the arugula and salmon and drizzle the sauce on top. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. For best results, store the noodles and sauce separately.

More Flavor: Add nutritional yeast or chili flakes.

Additional Toppings: Add extra sliced basil leaves on top.

No Anchovy: Omit.



One Pan Steak, Asparagus & Mushrooms

3 servings

10 minutes

Ingredients

2 1/4 tps Extra Virgin Olive Oil
(divided)
680 grams Top Sirloin Steak
1/3 tsp Sea Salt (divided)
3 cups Asparagus (woody ends
trimmed)
18 Cremini Mushrooms (sliced)

Directions

- 1 Heat half the oil in a skillet over medium-high heat. Season both sides of the steak with half of the sea salt.
- 2 Add the steak to the skillet and cook for about two minutes per side, or until it has reached your desired doneness. Set aside and let rest for at least five minutes before cutting into slices.
- 3 Reduce the heat to medium and add the remaining oil to the skillet. Cook the asparagus and mushrooms for about five minutes, or until cooked through seasoning with the remaining salt.
- 4 Divide the asparagus, mushrooms, and steak slices onto plates. Enjoy!

Notes

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

Additional Toppings: Serve with garlic butter sauce, chimichurri, salsa or caramelized onions.



Moroccan Lamb Meatballs

2 servings

25 minutes

Ingredients

200 grams Ground Lamb
2 tbsps Cilantro (finely chopped)
3/4 tsp Cumin
3/4 tsp Turmeric
3/4 tsp Paprika
1/2 tsp Coriander
1/4 tsp Cinnamon
1/4 tsp Cayenne Pepper
1/4 tsp Sea Salt
1 1/2 tps Extra Virgin Olive Oil

Directions

- 1 In a mixing bowl, combine the ground lamb, cilantro, cumin, turmeric, paprika, coriander, cinnamon, cayenne and sea salt. Mix well and roll into 1.5-inch balls.
- 2 Heat the oil in a large frying pan over medium heat. Add the meatballs to the pan and cook for 6 to 8 minutes. Flip the meatballs and continue to cook for an additional 6 to 8 minutes or until cooked through.
- 3 Serve immediately and enjoy!

Notes

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

Serving Size: One serving is approximately three meatballs.

More Flavor: Add minced garlic or onions to the ground lamb mixture.

Additional Toppings: Garnish with fresh herbs like cilantro or parsley. Serve with tzatziki or hummus.

No Extra Virgin Olive Oil: Use avocado oil or coconut oil instead.

Make it a Meal: Serve meatballs on top of a salad, inside a pita or beside cauliflower rice or roasted potatoes.



Chia Oats with Kiwi

3 servings
10 minutes

Ingredients

- 1 1/2 cups Water
- 1 1/2 cups Oats (rolled)
- 3 tbsps Chia Seeds
- 1 1/2 Kiwi (chopped)

Directions

- 1 In a small saucepan, bring the water to a boil and add the oats and chia seeds. Reduce to a simmer and cook for 4 to 5 minutes or until cooked through. Be sure to stir often.
- 2 Divide the oatmeal between bowls and top with kiwi. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. For best results, reheat with additional liquid over the stove or in the microwave.

Serving Size: One serving is equal to half a cup of oatmeal and half of a kiwi.

More Flavor: Add cinnamon or maple syrup.

Additional Toppings: Add nuts, seeds and berries.



Simple Spiced Avocado

2 servings

5 minutes

Ingredients

2 Avocado (halved)
1/2 tsp Paprika
1/2 tsp Chili Powder
1/4 tsp Sea Salt

Directions

1

Roughly scoop out the avocado flesh. Sprinkle with paprika, chili powder and sea salt. Enjoy!

Notes

Leftovers: Best enjoyed the same day. For best results, slice and serve the avocado just before enjoying.

Additional Toppings: Extra virgin olive oil, hemp seeds, sesame seeds, red pepper flakes or nutritional yeast.



Applesauce & Yogurt

3 servings

5 minutes

Ingredients

3 cups Unsweetened Coconut Yogurt
3/4 cup Unsweetened Applesauce

Directions

- 1 Scoop the yogurt into a bowl and top with applesauce. Enjoy!

Notes

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

More Flavor: Add cinnamon.

Additional Toppings: Add chopped fruit, crushed nuts, hemp seeds, granola, or chia seeds.

No Yogurt: Use oatmeal instead.



Jicama Fries with Guacamole

2 servings
45 minutes

Ingredients

2 cups Jicama (peeled, sliced into 1/4-inch strips)
1 tbsp Avocado Oil
3/4 tsp Sea Salt (divided)
1 Avocado (peeled, pit removed)
1/4 Lime (juiced)

Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with foil or a silicone baking mat.
- 2 Par-boil the jicama strips in a pot on the stovetop for 10 minutes, or microwave them in a bowl with a few tablespoons of water for 15 minutes. Drain and dry with a towel.
- 3 In a mixing bowl, toss the jicama strips in the oil and season with 3/4 of the salt. Transfer to the baking sheet and bake for 30 to 40 minutes, or until browned and tender-crisp.
- 4 Meanwhile, mash the avocado and stir in the lime juice. Season with the remaining salt.
- 5 Serve the jicama fries alongside the guacamole and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. For best results, store the jicama fries and guacamole separately, and re-crisp the fries in the oven before serving.

Jicama: One medium jicama equals approximately 5 cups.

Serving Size: One serving equals approximately one cup of jicama fries with 1/4 cup of guacamole.

More Flavor: Add your choice of spices to the jicama fries before baking.

Additional Toppings: Add tomatoes, cilantro, feta, onion and garlic to the guacamole.



Chocolate Layered Chia Pudding

2 servings

25 minutes

Ingredients

- 1/4 cup Chia Seeds
- 3/4 cup Plain Coconut Milk (from the carton)
- 1 tbsp Cocoa Powder
- 3/4 cup Unsweetened Coconut Yogurt
- 3/4 cup Strawberries (cut in half)

Directions

- 1 In a large bowl, combine the chia seeds, coconut milk and cocoa powder. Whisk thoroughly making sure the seeds are mixed well. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 Divide the chia pudding and coconut yogurt between jars into layers. Top with strawberries and enjoy!

Notes

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

Likes it Sweet: Add a drizzle of maple syrup or honey.

Additional Toppings: Add granola or cacao nibs on top for crunch.

No Coconut Yogurt: Use another type of yogurt instead.



Cuban Beef Picadillo

2 servings

45 minutes

Ingredients

1/2 cup Brown Rice (uncooked)
3/4 tsp Extra Virgin Olive Oil
227 grams Extra Lean Ground Beef
1/2 Red Bell Pepper (chopped)
3/4 cup Diced Tomatoes (from the can with juices)
2 stalks Green Onion (chopped, green part only)
1/4 cup Cilantro (chopped)
1/4 cup Green Olives (sliced)
3/4 tsp Cumin
1/4 tsp Sea Salt

Directions

- 1 Cook the brown rice according to package directions.
- 2 Meanwhile, in a large skillet over medium-high heat, warm the olive oil. Add the beef, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings.
- 3 Add the bell pepper, tomatoes with juices, green onion, cilantro, green olives, cumin and salt to the pan. Stir to combine. Reduce the heat to medium and let it simmer for 15 to 20 minutes until the red pepper is tender.
- 4 Divide the rice and beef mixture between plates and serve immediately. Enjoy!

Notes

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

More Flavor: Stir in a couple of tablespoons of olive brine or add minced garlic.

Additional Toppings: Serve with extra chopped cilantro, green onions or lime juice on top.

Grain-Free: Use roasted potatoes or cauliflower rice instead of rice.



Beef Kafta

3 servings
45 minutes

Ingredients

454 grams Extra Lean Ground Beef
1 Yellow Onion (small, very finely chopped)
1/2 cup Parsley (very finely chopped)
1 tbsp Lebanese 7 Spice Blend
1 tsp Sea Salt
9 Barbecue Skewers

Directions

- 1 Add all ingredients to a large mixing bowl and mix until combined.
- 2 Tightly pack the meat mixture into balls then form the balls into long, thin kebabs, 4 to 5 inches in length, around each of the barbecue skewers.
- 3 Grill over medium heat for 12 to 15 minutes, or until cooked through. Be sure to flip often so that all sides are cooked and contain grill marks. Enjoy!

Notes

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

Serving Size: One serving is approximately three skewers.

More Flavor: Add fresh garlic.

Additional Toppings: Drizzle with yogurt or a tahini-based sauce.

Serve it With: Hummus, Lebanese rice, salad or on a pita.

No Beef: Use ground lamb instead.

Wooden Skewers: Be sure to soak the skewers in water prior to use.



Taco Salad with Beef

2 servings

25 minutes

Ingredients

227 grams Extra Lean Ground Beef
1 tbsp Chili Powder
1 1/2 tsps Cumin
1/4 tsp Sea Salt
1/2 cup Cherry Tomatoes (chopped)
1/2 Jalapeno Pepper (chopped)
1 stalk Green Onion (chopped)
1 1/2 tsps Lime Juice (divided)
1 head Romaine Hearts (chopped)
1 tbsp Extra Virgin Olive Oil
1 Avocado (sliced)

Directions

- 1 In a pan over medium-high heat, brown the beef. Break the meat into very small pieces with a spatula and cook until no longer pink, about 5 minutes. Drain any excess drippings, but keep the beef in the pan.
- 2 Add the chili powder, cumin, salt, tomatoes, jalapeno and green onion to the beef. Stir to combine. Cook for another 5 minutes until tomatoes are very soft. Remove from heat and stir in half of the lime juice. Season with additional salt if needed.
- 3 In a large mixing bowl toss the chopped romaine lettuce with olive oil and remaining lime juice.
- 4 To assemble the salad, divide lettuce between plates and top evenly with beef and avocado. Serve immediately and enjoy.

Notes

Storage: Refrigerate beef and lettuce separately in airtight containers for up to 3 days. Assemble salad just before serving.

More Flavor: Top salad with additional tomatoes, sliced jalapenos, green onions, salsa, cilantro, lime juice or hot sauce.

Make it Vegan: Use black beans instead of ground beef.



Spiced Cauliflower Rice Bowl

2 servings
40 minutes

Ingredients

2/3 cup Brown Rice (dry, uncooked)
1/4 tsp Sea Salt
1/2 head Cauliflower (chopped into florets)
1/4 tsp Turmeric
1/2 tsp Paprika
1/2 tsp Thyme (dried)
2 tbsps Tahini
1 Garlic (clove, minced)
1 tbsp Lemon Juice
1 tbsp Water
1 Avocado (sliced)
1/4 cup Cilantro (chopped)
1 tsp Sesame Seeds (for topping)

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Cook the brown rice according to the directions on the package. Once finished cooking, add the sea salt to the rice and mix.
- 3 While the rice cooks, add the cauliflower to a medium-sized bowl and toss with the turmeric, paprika and thyme. Place on the baking sheet and bake for 30 to 35 minutes.
- 4 In a small bowl whisk together the tahini, garlic, lemon juice and water. Set aside.
- 5 Divide the rice between bowls and top with cauliflower, avocado, cilantro and sesame seeds. Drizzle the tahini dressing over top. Enjoy!

Notes

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

Additional Toppings: Add protein to the dish such as baked tofu, chickpeas or grilled chicken.

No Brown Rice: Use jasmine rice, cauliflower rice, quinoa or millet instead.



Arugula Salad with Salmon

2 servings

15 minutes

Ingredients

340 grams Salmon Fillet
1/4 tsp Sea Salt
2 tbsps Extra Virgin Olive Oil
2 tbsps Lemon Juice
4 cups Arugula
1/2 Cucumber (sliced)
1 Avocado (sliced)
2 Fig (optional, quartered)

Directions

- 1 Heat a skillet over medium heat. Season the salmon with salt, then add it to the pan skin-side down, cooking for about 4 to 5 minutes. Flip and cook for an additional 1 to 2 minutes, until the flesh is opaque throughout.
- 2 In a small bowl, mix the oil and lemon juice together.
- 3 Add the arugula to a plate and top with the cucumber, avocado and fig, if using. Drizzle the dressing over top and place the salmon on top. Enjoy!

Notes

Leftovers: For best results, store the salad separate from the dressing. Refrigerate the salad for up to three days and the dressing for up to seven days.

More Flavor: Add additional seasoning to the salmon such as cayenne, chili flakes or other herbs and spices.

Additional Toppings: More vegetables, nuts or seeds.



One Pan Sausage & Peppers

3 servings

35 minutes

Ingredients

1 1/2 Red Bell Pepper (sliced)
3/4 Yellow Bell Pepper (sliced)
3/4 cup Red Onion (sliced)
2 1/4 tps Avocado Oil
3/4 tsp Italian Seasoning
1/8 tsp Sea Salt
340 grams Pork Sausage

Directions

- 1 Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 2 Arrange the sliced peppers and onion on the baking sheet and season with avocado oil, Italian seasoning and sea salt. Place the sausages in the center of the pan. Transfer the pan to the oven and roast for 30 to 35 minutes or until sausages are cooked through.
- 3 Divide between plates and enjoy!

Notes

Meal Prep: Divide between storage containers and store in the fridge for up to 3 days.

Gluten-Free and Paleo: Ensure the pork sausages are gluten-free and do not contain wheat crumbs or other grain products.

More Flavor: Use a spicy Italian or honey garlic flavored sausage.

No Pork: Use chicken, turkey, lamb or veggie sausages instead.

No Avocado Oil: Use olive oil or coconut oil instead.