



*Gluten & Dairy Free*  
Recipe Bundle

TRANSFORM YOUR HEALTH  
AND LOVE YOUR BODY

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*Gluten & Dairy Free*  
**Breakfast**

START YOUR DAY RIGHT



# 3-Ingredient Waffles w/ Fresh Berries

SERVINGS: 2

PREP TIME: 5 MINUTES

COOK TIME: 5-10 MINUTES

## INGREDIENTS

- 1 medium sized ripe banana
- 1 egg
- 3/4 cup (100 g) gluten free oat flour
- Non-stick avocado oil spray
- 1/4 cup (35 g) strawberries (chopped)
- 1/4 cup (30 g) raspberries
- 1 tbs (16 g) almond butter

## DIRECTIONS

1. In a small bowl, mash the banana and then mix in the egg.
2. Stir in the oat flour a little at a time until fully combined and the batter is thick.
3. Spray the waffle maker with non-stick spray.
4. Pour the dough into the waffle maker and cook.
  - If you do not have a waffle maker, this can be made as a pancake in a skillet!
5. Top with almond butter, fresh strawberries, and raspberries.
6. Serve and enjoy!

### NUTRITION INFO

Calories: 375, Carbohydrate: 53 grams, Protein: 13 grams, Fat: 14 grams



# Blueberry Pancakes

SERVINGS: 4

PREP TIME: 5 MINUTES

COOKING TIME: 20 MINUTES

(MAKES 12 PANCAKES)

## INGREDIENTS

- 3/4 cup (92 g) cornmeal
- 1 1/3 cup (160 g) almond flour
- 1 1/3 cup (320 g) unsweetened almond milk
- 1 whole egg
- 1 tsp (5 g) apple cider vinegar
- 2 tbsp (42 g) honey
- 4 tsp (18 g) baking powder
- 1/4 tsp (1 g) baking soda
- 1 tsp (4.5 g) olive oil
- 1 cup (150 g) blueberries (frozen or fresh)

## DIRECTIONS

1. Add Cornmeal, almond flour, unsweetened almond milk, apple cider vinegar, honey, baking powder, and baking soda to a blender.
2. Blend the mixture for one minute.
3. Let the mixture sit for five minutes; this will allow the mixture to thicken.
4. Very lightly grease a non-stick pan on medium-low heat with the olive oil.
5. Add 1/4 cup of the mixture to the pan to form silver dollar-sized pancakes.
6. Let the mixture cook for 3-5 minutes on each side until golden brown.
7. Add blueberries to the top of each pancake before flipping.
8. Top with blueberries and an (optional) drizzle of honey.
9. Enjoy warm or store in refrigerator for later!

### NUTRITION INFO

Calories: 424, Carbohydrate: 42 grams, Protein: 13 grams, Fat: 24 grams

# Chocolate Overnight Oats Recipe



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 12 HOURS

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## INGREDIENTS

- 3/4 cup (180 g) unsweetened almond milk
- 2 tbsp (42 g) honey
- 1 tbsp (5.5 g) cocoa powder
- 1 tsp (4 g) vanilla extract
- 3/4 cup (115 g) old-fashioned oats
- 1/2 scoop (15 g) plant based protein powder
- 1/2 cup raspberries

## DIRECTIONS

1. In a large bowl, whisk together all the listed ingredients, minus the oats.
2. Add oats and stir to combine.
3. Pour mixture in two glass jars with lids.
4. Secure lids and place in the fridge overnight.
5. Top with raspberries.

### NUTRITION INFO

Calories: 356, Carbohydrate: 62 grams, Protein: 17 grams, Fat: 7 grams



# Grape, Walnut, Banana Breakfast Bowl

SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 2 HOURS

## INGREDIENTS

- 1/4 cup (48 g) chia seeds
- 1 cup (240 g) plant-based milk of choice
- 1 tsp (7 g) honey
- 1/4 tbsp (3 g) vanilla extract
- 1 banana
- 1/2 (75 g) grapes
- 1/2 cup (62 g) walnuts, chopped
- 1 tsp (4.5 g) avocado oil
- 1 tbsp (20 g) honey
- 1/2 tsp (1.5 g) cinnamon

## DIRECTIONS

1. In a jar with a lid, stir together chia seeds, non-dairy milk, none, and vanilla.
2. Put the lid on the jar and shake.
3. Wait 5 minutes and give it another shake.
4. Place in the fridge to set for 1 to 2 hours or overnight.
5. When ready to serve, take a skillet and add oil. Heat up slightly.
6. slice bananas and place cut side down in skillet.
7. Cook for 2 minutes and flip.
8. Place bananas in bowl.
9. In same pan, add the grapes, walnuts, honey, and cinnamon. Sautee for 2 minutes.
10. Divide chia pudding into two bowls and top with cooked fruit.

### NUTRITION INFO

Calories: 488, Carbohydrate: 50 grams, Protein: 13 grams, Fat: 30 grams



# Mushroom & Spinach Egg Muffins

SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 30 MINUTES

## INGREDIENTS

- 6 eggs
- 1 small portobello mushroom
- 2 tbsp (20 g) diced onion
- 1/4 cup (5 g) baby spinach
- 1 tbsp (15 g) almond milk or nut milk of your choice
- 1 tbsp (14 g) olive oil
- Salt to taste
- Pepper to taste
- 1 cup (150 g) halved strawberries

## DIRECTIONS

1. Set oven to 350 F (176 C). While oven is preheating, cut your portobello mushrooms and onion.
2. Heat 1 tbsp olive oil in a small pan and sauté mushrooms and onion for 7 minutes.
3. Crack eggs in a small bowl and add milk. Whisk until combined and season with salt and pepper.
4. Add the mushroom and onion mixture along with the spinach.
5. In a muffin tin add the egg mixture, should make 4-5 muffins.
6. Bake for 30 minutes.
7. Serve with a side of strawberries.

### NUTRITION INFO

Calories: 289, Carbohydrate: 10 grams, Protein: 18 grams, Fat: 20 grams



# Omelette with Apple Kale Salad

SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

## INGREDIENTS

- 4 leaves of kale, thinly chopped
- 1/2 apple, cut into matchsticks
- 1 tomato, seeded and diced
- 6 eggs
- 1 tbsp (14 g) avocado oil
- 1 cup (150 g) grapes

## DIRECTIONS

1. In a large bowl, combine the kale, tomato, and apple.
2. In a separate bowl, break two eggs and beat slightly.
3. Add half of the oil to a skillet, then add eggs.
4. Cook eggs until they are solid. Slide onto plate and top with one half of the salad.
5. Repeat the process with the other two eggs and remaining salad.
  - Optional: dress salad with a salad dressing of your choice

### NUTRITION INFO

Calories: 347, Carbohydrate: 24 grams, Protein: 19 grams, Fat: 20 grams



# Pumpkin Pancakes

SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

## INGREDIENTS

- 1 egg
- 1/3 cup (82 g) pumpkin puree
- 2 tbsp (22 g) dairy free protein powder
- 1/4 cup (60 g) nut milk
- 1 tsp (4.5 g) baking powder
- 1 tsp (1.7 g) pumpkin spice
- Pinch salt
- 1/2 cup (60 g) almond flour
- 2 tbsp (42 g) honey
- 1 tbsp (14 g) coconut oil
- 1 banana

## DIRECTIONS

1. Add the flour, baking powder, pumpkin spice, protein powder, and salt in a bowl. Mix or sift the dry ingredients thoroughly.
2. In a separate bowl, crack an egg and add milk, honey and pumpkin puree. Combine until wet ingredients are well mixed.
3. Slowly add the dry ingredients to the wet ingredients. Mix thoroughly to create batter.
4. Heat coconut oil in a skillet on medium-low heat. Pour pancake mix onto the skillet (approximately 1/4 cup at a time) and cook on each side for 4-5 minutes.
5. Top with sliced banana.

### NUTRITION INFO

Calories: 457, Carbohydrate: 44 grams, Protein: 16 grams, Fat: 27 grams



# Satiating Yogurt Bowl

SERVINGS: 1

PREP TIME: 3 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 3/4 cup (175 g) almond milk yogurt (dairy free)
- 1/2 tbsp (4.5 g) sunflower seeds
- 1 tbsp (16 g) almond butter
- 1/4 cup (30 g) raspberries

## DIRECTIONS

1. Top yogurt with sunflower seeds, almond butter, and raspberries. Enjoy!
  - Option to warm almond butter in the microwave for 30 seconds and drizzle warm almond butter over yogurt.

### NUTRITION INFO

Calories: 420, Carbohydrate: 38 grams, Protein: 19 grams, Fat: 23 grams



# Savory Oatmeal Bowl

SERVINGS: 1

PREP TIME: 5 MINUTES

COOK TIME: 10-15 MINUTES

## INGREDIENTS

- 3/4 cup (60 g) dry rolled oats
- 1 1/2 cups (360 g) almond milk
- 1 tsp (6 g) salt
- 1/2 tbsp (7 g) olive oil
- 1/4 cup (37 g) diced red bell pepper
- 1/4 cup (37 g) halved cherry tomatoes
- 1 egg

## DIRECTIONS

1. In a sauce pan, combine rolled oats, almond milk, and salt. Cook over medium heat until the milk is absorbed and the oatmeal is at the preferred consistency. Set aside.
2. In a medium-sized skillet, heat olive oil over medium-high heat.
3. Cook the diced red peppers and cherry tomatoes until blistering, about 5-8 minutes.
4. Crack the egg into the skillet with the vegetables and fry to desired temperature.
5. Place oatmeal in a bowl and top with peppers, tomatoes, and egg.
6. Serve warm and enjoy!

### NUTRITION INFO

Calories: 431, Carbohydrate: 60 grams, Protein: 14 grams, Fat: 16 grams



# Sweet Potato Egg Hash

SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 20 MINUTES

## INGREDIENTS

- 1 sweet potato, chopped
- 1 tbsp avocado oil
- 2 cups organic baby spinach
- 3 large eggs
- 1/4 tsp cajun seasoning (optional)

## DIRECTIONS

1. Heat 1 tbsp avocado oil in a skillet on medium low heat.
2. Chop sweet potatoes into cubes and add 1/4 tsp cajun seasoning (optional). Add to skillet, and cook for about 15 minutes
3. Once sweet potatoes are soft to touch, mix in 2 cups of spinach into sweet potatoes.
4. Move potato and spinach mixture to the side of the skillet to continue cooking. Add eggs to the skillet (option to use egg whites only) and cook thoroughly or until desired doneness.
5. Enjoy!

### NUTRITION INFO

Calories: 460, Carbohydrate: 29 grams, Protein: 22 grams, Fat: 28 grams

A top-down view of a white bowl filled with a fresh salad. The salad includes pieces of pink salmon, sliced cucumbers, halved cherry tomatoes, sliced red onions, and green leafy vegetables. The bowl is placed on a light-colored woven placemat. A semi-transparent text box is overlaid in the center of the bowl.

*Gluten & Dairy Free*  
**Lunch**

GET THE BOOST YOU NEED



# Avocado Fresh Rolls & Almond Dipping Sauce

SERVINGS: 2

PREP TIME: 25 MINUTES

COOKING TIME: 0

## INGREDIENTS

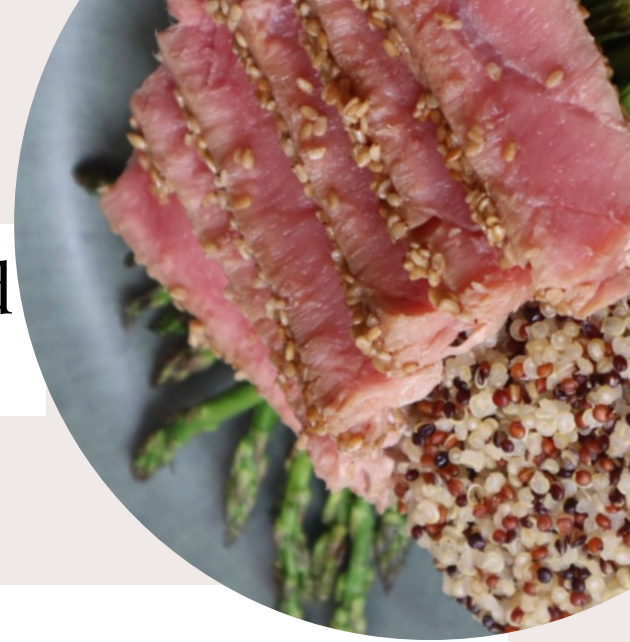
- 1/4 cup (62 g) almond butter
- 1 tsp (5 g) sesame seed oil
- 2 tbsp (30 g) coconut aminos
- 1/2 tsp (1.5 g) minced garlic
- 1 tbsp (15 g) lime juice
- 3 tbsp (44 g) water
- 1 small avocado
- 1 carrot
- 1/4 red onion
- 1 cucumber
- 1 head of lettuce
- 4 rice paper wrappers

## DIRECTIONS

1. To make your dipping sauce, whisk almond butter, sesame seed oil, coconut aminos, minced garlic, lime juice, and water until combined. Refrigerate until you are ready to eat.
2. Slice avocado, carrot, red onion, cucumber, and lettuce.
3. Soak 1 rice paper wrapper in lukewarm water until it is malleable or until you can no longer see the pattern.
4. Add a small amount of each sliced vegetable to the center of the wrapper.
5. Fold 1 end of the wrapper over the vegetables, fold the sides in, and fold the other end of the wrapper over the folded sides.
6. Serve over a bed of lettuce to avoid sticking, with almond dipping sauce on the side.

### NUTRITION INFO

Calories: 554, Carbohydrate: 62 grams, Protein: 15 grams, Fat: 33 grams



# Ahi Tuna Steak w/ Roasted Asparagus & Quinoa

SERVINGS: 1

PREP TIME: 5-10 MINUTES

COOKING TIME: 10 MINUTES

## INGREDIENTS

- 5 oz (140 g) ahi tuna steak
- 2 tbsp (30 g) coconut aminos
- 1 tbsp (9 g) white sesame seeds
- Avocado oil spray
- 3 oz (85 g) asparagus spears
- 1/4 tsp (0.5 g) paprika
- 1/4 tsp (0.75 g) garlic powder
- 3/4 cup (140 g) cooked quinoa

## DIRECTIONS

1. In a bowl, marinate the tuna steak in coconut aminos for 30 minutes in the refrigerator.
2. Once marinated, sprinkle sesame seeds on each side of the tuna steak.
3. Spray avocado oil spray on a medium-sized skillet over high heat and allow to heat up.
4. Add the tuna steak and sear for 2 minutes. Flip and sear for another 2 minutes. Remove from heat and set aside to cool.
5. In the same skillet, add asparagus spears and season with paprika and garlic powder.
6. Cook over medium-high heat until bright green, about 5-7 minutes.
7. Slice the cooled tuna steak and serve over cooked quinoa and asparagus.
8. Serve and enjoy!

### NUTRITION INFO

Calories: 463, Carbohydrate: 41 grams, Protein: 44 grams, Fat: 13 grams



# Chicken Caesar Salad

SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

## INGREDIENTS

- 1 chicken breast
- 1 head romaine lettuce
- 1 tbsp (14 g) Primal Kitchen caesar dressing (or other gluten & dairy free caesar dressing)
- 6 gluten free croutons
- 1 tbsp (9 g) sunflower seeds
- Salt to taste
- Pepper to taste

## DIRECTIONS

1. Cook chicken breast on a medium heat skillet with olive oil until thoroughly cooked. Season salt and pepper to taste and cook 10-15 minutes per side.
2. In the meantime, chop romaine and add to bowl with gluten free croutons and Caesar dressing.
3. Once the chicken is cooked, dice chicken and add to the salad bowl.

### NUTRITION INFO

Calories: 436, Carbohydrate: 35 grams, Protein: 37 grams, Fat: 18 grams



# Curry Tofu Grain Bowl

SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10-15 MINUTES

## INGREDIENTS

- 1/2 tbsp (7 g) olive oil
- 3 oz (85 g) tofu (pressed and cubed)
- 1/2 tbsp (3 g) curry powder
- Salt to taste
- Pepper to taste
- 1 cup (20 g) arugula
- 3/4 cup (140 g) cooked quinoa
- 1 sliced radish
- 1/4 cup (30 g) cucumbers (diced)
- 1/4 cup (38 g) cherry tomatoes (halved)

## DIRECTIONS

1. In a medium skillet, heat olive oil over medium-high heat.
2. Season tofu with curry powder, salt, and pepper and place in the hot skillet.
3. Cook tofu for 5-8 minutes, stirring frequently to cook evenly on all sides. Once cooked, set aside.
4. Begin to build your bowl. Place arugula on the bottom and top with cooked quinoa.
5. Add sliced radish, diced cucumbers, cherry tomatoes, and the curry tofu.
6. Serve and enjoy!

### NUTRITION INFO

Calories: 376, Carbohydrate: 38 grams, Protein: 21 grams, Fat: 18 grams



# Dijon Mustard Roasted Root and Chicken Slaw

SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 20 - 25 MINUTES

## INGREDIENTS

- 2 cups (170 g) broccoli slaw (or coleslaw mix without dressing)
- 1/2 tbsp (7.5 g) dijon mustard
- 1/2 tbsp (7.5 g) tahini
- 1/2 tbsp (7.5 g) apple cider vinegar
- 1/2 tbsp (7.5 g) lemon juice
- 1 tbsp (15 g) water
- 1 beet, chopped
- 1 small sweet potato, peeled and chopped
- 4 oz (112 g) thin sliced chicken breast
- 1 tbsp (14 g) avocado oil
- Salt to taste
- Pepper to taste

## DIRECTIONS

1. Preheat oven to 400 degrees F (205 degrees C).
2. Coat chopped beets, chopped sweet potato, and chicken with avocado oil, salt, and pepper.
3. Bake beets, sweet potato and chicken for 20 - 25 minutes.
4. While that cooks, in a medium bowl mix together dijon mustard, tahini, apple cider vinegar, lemon juice, and water.
5. Once root veggies and chicken are cooked, chop the chicken. Add cooked vegetables, chopped chicken, and broccoli slaw to the bowl with the dijon mustard dressing and toss all together.
6. Enjoy warm or cooled.

### NUTRITION INFO

Calories: 483, Carbohydrate: 46 grams, Protein: 33 grams, Fat: 20 grams

# Ground Turkey Spring Rolls



SERVINGS: 2

PREP TIME: 10-15 MINUTES

COOKING TIME: 20 MINUTES

## INGREDIENTS

- 8 oz (228 g) ground turkey
- 2 tbsp (30 g) coconut aminos
- 1/2 tbsp (7 g) minced ginger
- 4 large rice paper rolls
- 1/2 red bell pepper (sliced thin)
- 1 medium carrot (sliced thin)
- 1/2 avocado (sliced thin)
- 1/2 tbsp (7 g) avocado oil

## DIRECTIONS

1. In a large skillet over medium heat, combine ground turkey, soy sauce, and minced ginger. Cook until turkey is cooked through and reaches 165 F (73 C) and set aside.
2. To build the spring rolls, place a piece of rice paper into water for 10-15 seconds and lay on a flat surface.
3. Fill with 1/4 of the ground turkey, red pepper, sliced carrots, and avocado.
4. Fold opposite sides in and roll tightly. Repeat for the other pieces of rice paper.
5. Re-heat the large skillet with avocado oil. Once hot, place the 4 spring rolls in the skillet and cook for 2-3 minutes or until it begins to crisp. Flip the spring rolls and cook another 2-3 minutes.
6. Serve warm and enjoy!

## NUTRITION INFO

Calories: 396, Carbohydrate: 31 grams, Protein: 25 grams, Fat: 20 grams



# High Protein Bento Box

SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 2 hardboiled eggs
- Salt and pepper to taste
- 3 oz (85 g) smoked salmon (thinly sliced)
- 1 small cucumber (thinly sliced horizontally)
- 1/2 cup (76 g) strawberries, halved
- 1/4 cup (36 g) almonds

## DIRECTIONS

1. Slice the hardboiled eggs in half and season with salt and pepper.
2. Lay one ribbon of cucumber slice on a flat surface, top with 1oz of smoked salmon, and roll into a pinwheel. Repeat 2 more times with the remaining cucumber and smoked salmon.
3. Slice strawberries into small pieces.
4. Assemble bento box with hardboiled eggs, smoked salmon pinwheels, strawberries, and almonds.
5. Serve cold and enjoy!

### NUTRITION INFO

Calories: 476, Carbohydrate: 18 grams, Protein: 36 grams, Fat: 30 grams



# Lively Lox Salad

SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 4 oz (113 g) smoked salmon
- 2 cups (110 g) mixed salad greens
- 5 cherry tomatoes, halved
- 1/2 cucumber, peeled and diced
- 1/4 small red onion, chopped
- 1 green onion or scallion, chopped
- 1 large nori sheet, crumbled
- 1 tbsp (9 g) sesame seeds
- 1/2 tbsp (7 g) sesame oil
- 1/2 tbsp (7.5 g) apple cider vinegar
- Dash of ground ginger
- Salt to taste
- Pepper to taste
- 1 pear

## DIRECTIONS

1. In a large salad bowl, add mixed salad greens and top with smoked salmon, cherry tomatoes, cucumber, red onion, green onion, nori, and sesame seeds.
2. In a small bowl, mix together sesame oil, apple cider vinegar, ginger, salt, and pepper.
3. Pour dressing over salad and enjoy. Serve with a pear on the side.

### NUTRITION INFO

Calories: 425, Carbohydrate: 43 grams, Protein: 28 grams, Fat: 17 grams



# Mediterranean Chicken Salad

SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

(COOK CHICKEN AHEAD OF TIME)

## INGREDIENTS

- 5 oz (140 g) chicken breast, cooked and shredded
- 1/4 cup (30 g) kalamata olives
- 1/4 cup (42 g) artichoke hearts
- salt and pepper
- 1 cup (60 g) mixed salad greens
- 15 gluten free crackers
- 1 apple

## DIRECTIONS

1. Boil 4 oz of chicken in water until chicken is cooked thoroughly and tender to shred.
2. In a blender or food processor, add chicken, olives, artichoke hearts and salt and pepper to taste.
3. Pulse in mixer to blend together.
4. Serve over salad greens with gluten free crackers and an apple on the side.

### NUTRITION INFO

Calories: 388, Carbohydrate: 44 grams, Protein: 27 grams, Fat: 15 grams



# Savory Tuna Bliss

SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 5 oz (142 g) canned tuna, drained
- 1/2 tbsp (7 g) avocado oil mayonnaise
- Salt to taste
- Pepper to taste
- 2 cups (60 g) baby spinach
- 1/4 small red onion, sliced thin
- 5 cherry tomatoes
- 1/2 medium cucumber, peeled and diced
- 1/2 avocado
- 1/2 tbsp (7 g) olive oil
- Juice or 1/2 lemon
- Chopped parsley for garnish (optional)

## DIRECTIONS

1. In a medium bowl, mix together canned tuna, avocado oil, salt, and pepper.
2. In a separate, large salad bowl, add spinach, red onion, tomatoes, cucumber, and avocado. Top with tuna and parsley.
3. Drizzle salad with lemon juice, olive oil, salt, and pepper.

### NUTRITION INFO

Calories: 591, Carbohydrate: 24 grams, Protein: 49 grams, Fat: 36 grams

A close-up photograph of a healthy meal. At the top, there are several slices of roasted potatoes, some with a golden-brown crust and others with a purple skin. Below the potatoes are several stalks of roasted asparagus, showing a slight char. At the bottom, a large piece of cooked salmon is visible, with a pinkish-orange hue and a white sear.

*Gluten & Dairy Free*  
**Dinner**

END THE DAY FEELING GOOD



# Artichoke Lemon Chicken Skillet

SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 20 MINUTES

## INGREDIENTS

- 2 boneless skinless chicken breast
- 1 tbsp (7.7 g) cornstarch or arrowroot starch
- 1/2 tsp (3 g) salt
- 1 tsp (2 g) pepper
- 2 lemons
- 1 tbsp (27 g) olive oil
- 2 cups (300 g) marinated artichoke hearts
- 1/2 cup (120 g) chicken broth
- Fresh parsley for garnish
- 1/2 cup (85 g) quinoa

## DIRECTIONS

1. Cut chicken breasts into thin slices.
2. Combine cornstarch/arrowroot starch, salt and pepper in small bowl.
3. Toss chicken in starch and seasoning mixture until evenly coated.
4. Heat olive oil over medium heat in large skillet. Once oil is warm, add chicken. Cook for 6 minutes and then set aside.
5. Cut one lemon in half and juice until you have 1 tbsp. Cut the other lemon into slices.
6. Add the lemon juice, broth, lemon slices and artichokes hearts to the skillet. Bring to simmer and cook for 5 minutes.
7. Rinse quinoa and place in saucepan with 1 cup of water. Bring to boil and cook for 15 minutes.
8. Serve quinoa as a side with the chicken and artichoke mixture, and enjoy!

### NUTRITION INFO

Calories: 531, Carbohydrate: 48 grams, Protein: 34 grams, Fat: 23 grams



# Coconut Shrimp Curry with Peas

SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

## INGREDIENTS

- 4 oz (113 g) of shrimp, peeled and deveined
- 1 tbsp (14 g) olive oil
- 1 shallot, sliced
- 1 clove of garlic, minced
- 1 cup (226 g) coconut milk from a can
- 1 tomato, sliced
- 1/2 tbsp (3 g) of curry powder
- 1/2 tbsp (8 g) of tomato paste
- 1 tsp (7 g) honey
- 1/2 tsp (1.5 g) chili powder
- 1/2 cup (67 g) of frozen green peas
- Salt and pepper to taste
- 1 cup (185 g) cooked quinoa

## DIRECTIONS

1. In a large pan, heat olive oil and add curry powder. Cook for 2 minutes.
2. Stir in garlic and shallot. Cook for one minute.
3. Add coconut milk to pan.
4. Add shrimp, diced tomato, tomato paste, honey, and chili powder. Cover and simmer for 30 minutes, stirring occasionally.
5. Add frozen peas and cook for 5 minutes.
6. Season with salt and ground black pepper to taste.
7. Serve with a side of quinoa.

### NUTRITION INFO

Calories: 509, Carbohydrate: 39 grams, Protein: 34 grams, Fat: 18 grams



# Easy Salmon Sheet Pan Dinner

SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 25 - 35 MINUTES

## INGREDIENTS

- 10 oz (285 g) salmon filet
- 1 bundle asparagus, ends trimmed
- 1 lb (455 g) fingerling potatoes, halved or quartered for larger potatoes
- 1 tbsp (14 g) avocado oil
- 1/2 tbsp (1.5 ) dried oregano
- 1/2 tbsp (0.25 g) dried dill
- Salt to taste
- Pepper to taste
- Juice of 1 lemon

## DIRECTIONS

1. Preheat oven to 400 degrees F (205 degrees C).
2. In a small bowl, mix together avocado oil, oregano, dill, salt, pepper, and lemon juice.
3. Coat potatoes, and asparagus with olive oil mixture.
4. Spread potatoes and asparagus in a single layer on a sheet pan, along with the salmon. Brush any remaining olive oil mixture onto the salmon.
5. Bake for 25 - 35 minutes, until salmon reaches internal temperature of 145 degrees F (63 degrees C).

### NUTRITION INFO

Calories: 468, Carbohydrate: 47 grams, Protein: 35 grams, Fat: 16 grams



# Filet Mignon w/ Sauteed Garlic Spinach

SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 20-30 MINUTES

## INGREDIENTS

- 1 tbsp (14 g) olive oil
- 1 sprig of thyme
- 5 oz (142 g) filet mignon (3-4 inches thick)
- Salt to taste
- Pepper to taste
- 3 cups (90 g) raw spinach
- 1 garlic clove (thinly sliced)
- 1 tbsp (15 g) slivered almonds

## DIRECTIONS

1. In a cast iron skillet, over medium heat, add 1/2 tbsp of olive oil and the whole sprig of thyme.
2. Season the filet mignon with salt and pepper and place in the cast iron skillet.
3. Cook for 3-4 minutes on one side, flip and cook for another 3-4 minutes for a medium-rare temperature (cook longer for a more well-done steak).
4. Keep the thyme in the cast iron skillet, but remove the filet mignon from heat and set aside to rest.
5. Add the garlic and remaining olive oil to the cast iron skillet and once it begins to brown, add the spinach and almonds. Stir while cooking until the spinach is wilted.
6. Slice the filet mignon and plate with spinach.
7. Serve warm and enjoy!

### NUTRITION INFO

Calories: 468, Carbohydrate: 8 grams, Protein: 37 grams, Fat: 32 grams



# Shrimp Ceviche Tostadas

SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 35 MINUTES

## INGREDIENTS

- 16 oz (454 g) peeled and deveined shrimp
- 1/4 red onion
- 1/4 bell pepper
- 1/4 cilantro bunch
- 1 red chili pepper
- 1 scallion
- 1 cup (242 g) lime juice
- 2 tbsp (31 g) orange juice
- 1/2 tbsp (9 g) salt
- 8 gluten free corn tostadas

## DIRECTIONS

1. Fill a medium-sized bowl with iced water and set it aside.
2. Fill a medium saucepan with water and bring it to a boil.
3. Add the shrimp and cook until pink. Around 1 minute.
4. Add the shrimp to the bowl of ice water to stop the cooking process. Let sit.
5. Mix lime juice, orange juice, and kosher salt in a bowl. Set aside.
6. Slice the red onion, bell pepper, and red chili pepper into thin strips or rounds.
7. Slice the shrimp in half.
8. Add the sliced red onion, bell pepper, red chili pepper, and shrimp to the lime juice mixture and mix well. Refrigerate for 25 minutes before serving.
9. Top gluten free corn tostadas with shrimp ceviche, sliced scallions, and cilantro.

### NUTRITION INFO

Calories: 456, Carbohydrate: 51 grams, Protein: 36 grams, Fat: 14 grams



# Slow Cooker Pulled Pork & Avocado Cucumber Salad

SERVINGS: 4

PREP TIME: 15 MINUTES

COOKING TIME: 4.5 HOURS

## INGREDIENTS

- 2 lb (900 g) pork loin
- 1 carrot
- 1 tbsp (21 g) honey
- 1/2 tbsp (3.5 g) paprika
- 1/2 tbsp (3.5 g) onion powder
- 1/2 tbsp (5 g) garlic powder
- 1 tsp (6 g) salt
- 1/4 cup (62 g) gluten free BBQ sauce
- 1 cup water
- 1 avocado
- 1/4 red onion
- 2 cucumbers
- 2 tbsp (30 g) lime juice
- 1 tbsp (14 g) olive oil
- 1/2 tbsp salt
- 1/4 tbsp black pepper
- 1 tbsp hot sauce

## DIRECTIONS

1. Trim all the fat off the pork loin and cut it into 4 pieces.
2. Cut carrots in half.
3. Add pork loin, carrots, brown sugar, paprika, onion powder, garlic powder, kosher salt, bbq sauce, and water to slow cooker and mix.
4. Cook on high heat for 4 hours or low heat for 8 hours.
5. Shred the pork and carrots and let them sit in the sauce for 20 minutes before serving.
6. Dice avocado. Slice red onion and cucumber. Add to a large bowl.
7. Whisk lime juice, olive oil, kosher salt, black pepper, and hot sauce.
8. Toss vegetables in the dressing. Refrigerate until ready to eat.

### NUTRITION INFO

Calories: 449, Carbohydrate: 21 grams, Protein: 50 grams, Fat: 20 grams



# Stuffed Peppers With Ground Beef

SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 1.5 HOUR

## INGREDIENTS

- 1/2 lb (227 g) grass fed organic ground beef
- 4 bell peppers (your choice of color)
- 1/2 medium white onion
- 2 garlic cloves
- 1/3 cup (33 g) rice
- 1/3 cup water
- 1/3 cup (82 g) tomato sauce
- 4 mint leaves
- 3 tbsp (40 g) olive oil
- Salt to taste
- Pepper to taste

## DIRECTIONS

1. Allow meat to rest outside of the fridge for at least 30 minutes before cooking.
2. Chop onion, garlic and mint and set aside. Cut the top of the pepper and save as this will be the "hat" remove seeds and white membrane, set inside baking dish.
3. Wash and drain rice and set aside.
4. Heat oven to 350 F (176 C) and grease a 8x9 baking dish.
5. Heat a large skillet to medium high heat with 2 tbsp olive oil and cook meat for 10 minutes. Add onions and garlic cook another 4 minutes.
6. Add tomato sauce, rice, mint and water and cook for 10 minutes to par cook the rice. Season with salt and pepper.
7. Fill the peppers with the mixture and add the "hat" of the pepper. Add another 1 tbsp to the peppers and season outside with salt and pepper. Bake for 1.5 hours in the oven.

### NUTRITION INFO

Calories: 476, Carbohydrate: 33 grams, Protein: 29 grams, Fat: 27 grams



# Turmeric Chicken Soup With Coconut Milk

SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 35 MINUTES

## INGREDIENTS

- 3/4 lb (340 g) skinless chicken drumsticks
- 3/4 cup (180 g) canned coconut milk
- 1/2 yellow onion
- 1 large russet potato
- 1/2 tbsp (3.5 g) dried turmeric powder
- 1 tsp (2 g) ginger powder
- 1 tbs (3 g) garlic powder
- 3/4 cup water
- 1 bay leaves
- 1 tbsp (1 g) fresh cilantro (optional)
- Juice of 1/2 lemon (garnish)

## DIRECTIONS

1. Dice 1/2 the sweet onion and set aside.
2. Cube the potato and place in a bowl of water to keep from oxidizing.
3. In a medium pot, turn the heat to medium high and sauté the chopped onions for 5 minutes.
4. Add ginger, turmeric and garlic and cook for 30 seconds, immediately adding the water and coconut milk.
5. Add the chicken drumsticks with the bay leaves and potatoes and cook for 30-35 minutes, until the chicken is cooked through. Reduce the heat to medium-low.
6. Once chicken is fully cooked, add chopped cilantro and fresh squeeze of lemon juice before serving.

### NUTRITION INFO

Calories: 577, Carbohydrate: 45 grams, Protein: 40 grams, Fat: 28 grams



# Vegetable Sauce and Almond Flour Cutlets

SERVINGS: 3

PREP TIME: 30

COOKING TIME: 1HR 15 MIN

## INGREDIENTS

- 1 zucchini
- 6 Roma tomatoes
- 1 yellow onion
- 1 red pepper
- 1 head of garlic
- 2 tbsp (27 g) olive oil
- Salt and pepper to taste
- 1/2 tsp (0.2 g) crushed red pepper
- 1 tbsp (20 g) Italian seasoning
- 4 oz (114 g) chickpea pasta
- 2 tbsp (28 g) avocado oil
- 1 lb (226g) chicken breast (cut into 2oz tenders)
- 1/4 cup (30 g) almond flour
- 1 tbsp (20 g) Italian seasoning

## DIRECTIONS

1. Pre- heat oven to 375 F (190 C). Cut the top of the garlic head off and cut vegetables into quarters and place onto an aluminum foil lined sheet pan.
2. Add 2 tbsp of olive oil, salt and pepper to the garlic and vegetables. Roast vegetables for 1 hour.
3. Boil water for pasta and cook al dente, per package instructions.
4. Add 2 tbsp of avocado oil to a pan on medium-high heat.
5. Pound chicken breasts and season with salt.
6. Add 1/4 cup of almond flour and 1 tbsp of Italian seasoning and mix.
7. Coat chicken with flour and cook for about 7-9 minutes on each side. Set aside.
8. Once vegetables are roasted, let cool for about 5 minutes.
9. Peel garlic and add vegetables to blender or food processor with crushed red pepper and Italian seasoning.
10. Blend to desired consistency and serve over pasta and chicken.

### NUTRITION INFO

Calories: 506, Carbohydrate: 45 grams, Protein: 28 grams, Fat: 24 grams



# Zucchini Boats

SERVINGS: 2

PREP TIME: 30 MINUTES

COOKING TIME: 50 MINUTES

## INGREDIENTS

- 2 medium zucchinis
- 12 oz (342 g) ground turkey
- 1/4 cup (28 g) shredded carrots
- 1/4 diced red onion
- 1 tbsp (14 g) olive oil
- 1/4 tbsp (2 g) minced garlic
- 1/4 tbsp (4.5 g) salt
- 1/4 tbsp (1.5 g) black pepper
- 1 whole egg, beaten
- 8 fingerling potatoes
- 1/2 tbsp (7 g) olive oil
- 1/2 tbsp (3.5 g) paprika
- 1/2 tbsp (4.8 g) garlic powder
- 1/4 tbsp (1.7 g) onion powder
- 1/2 tbsp (9 g) salt
- 1/4 tbsp (1.6 g) black pepper

## DIRECTIONS

1. Preheat oven to 350 F (176 C) degrees.
2. While oven heats, in a skillet, sauté 1/2 tbsp of olive oil and cook carrots and red onions until soft.
3. Add ground turkey, minced garlic, kosher salt, black pepper, and 1/2 tbsp of olive oil to skillet. Cook until turkey is browned.
4. Let turkey filling cool for 20 minutes.
5. Cut zucchini in half. Scrape the center of the zucchini out until no seeds remain.
6. Add egg to the cooled turkey filling and mix well.
7. Place zucchini in a large sheet pan and fill the center with turkey and egg filling.
8. Cut fingerling potatoes into quarters.
9. Toss potatoes with remaining olive oil, paprika, garlic powder, onion powder, kosher salt, and black pepper.
10. Cook in the same sheet pan with zucchini for 40 minutes or until both are soft.

### NUTRITION INFO

Calories: 515, Carbohydrate: 30 grams, Protein: 43 grams, Fat: 26 grams