

A white ceramic plate sits on a light-colored wooden surface. The plate contains a small portion of food, including what appears to be scrambled eggs and broccoli. A silver fork is placed on the right side of the plate. Overlaid on the center of the plate is a semi-transparent orange rectangle containing text.

Blood Sugar Regulation Recipe Bundle

KEEP YOUR BLOOD SUGAR IN
CHECK FOR ENHANCED ENERGY!

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Blood Sugar Regulation Breakfast

KICKSTART YOUR DAY

Almond Herb Quinoa and Chicken Bowl



SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- **1.5 cup** [255 g] Quinoa (uncooked)
- **3 cup** [720 ml] Organic Chicken Bone Broth
- **12 oz** [340.8 g] Ground Chicken
- **1 tbsp, ground** [1.8 g] Oregano
- **1 tbsp** [2.1 g] Basil (Dried)
- **1 cup sprigs** [8.9 g] Dill (*Chopped and divided*)
- **1 tbsp** [18 g] Sea Salt
- **1 tsp** [4.67 g] Avocado Oil (*divided*)
- **4 tbsp** [12 g] Mint (*Chopped*)
- **0.25 cup** [30 g] Slivered Almonds (*Chopped*)
- **1 small lemon** [30 g] Lemon Juice (*More per taste*)

DIRECTIONS

1. Add quinoa and bone broth to a pot and bring to a boil. Once boiling, reduce the heat and simmer for approximately 15 minutes.
2. While the quinoa is cooking, add the ground chicken, oregano, basil, half of the fresh dill, and salt to a large bowl. Mix well using your hands until fully combined.
3. Heat avocado oil in a large skillet over medium heat. Add the chicken mixture and cook for approximately 7 minutes, crumbling and flipping the chicken as it cooks.
4. Once the chicken and quinoa are cooked through, remove them from heat and allow to cool.
5. Once cooled, combine the chicken and quinoa in a bowl. Add the remaining fresh dill, mint, and lemon juice, and mix well.
6. When ready to serve, top with silvered almonds.

NUTRITION INFO

Energy : 448 kcal

Fat : 14.9 g

Carbs : 46.7 g

Protein : 31.9 g

Fiber : 5 g

Sugar : 0.3 g

Green Egg Scramble



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- **1 large** [50 g] Egg
- **0.75 cup** [182.25 g] Egg White
- **0.25 cup, florets** [17.75 g] Broccoli
- **0.5 cup** [15 g] Spinach
- **0.5 avocado** [68 g] Avocado
- **1 tsp** [4.8 g] Olive Oil
- **0.5 cup** [72.5 g] Blueberries

DIRECTIONS

1. Add the olive oil to a small pan and add the broccoli. Cook for about five minutes.
2. Add the spinach to the pan and cook until wilted.
3. Add the egg and egg whites to the pan and mix well with the broccoli and spinach. Cook for 3–5 minutes until cooked throughout.
4. Top the eggs and vegetable scramble with half an avocado. Serve with a side of berries.

NUTRITION INFO

Energy : 383 kcal

Fat : 21.2 g

Carbs : 20.1 g

Protein : 29.1 g

Fiber : 7.5 g

Sugar : 9.2 g

Omelet Stuffed Pepper



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- **1 medium** [119 g] Green Bell Pepper
- **2 large** [100 g] Egg
- **2 large** [66 g] Egg White
- **0.5 tsp** [0.6 g] Kosher Salt
- **2 tbsp, chopped** [10 g] Red Onions
- **2 tbsp.** [296 g] Tomatoes (Roma)
(Chopped)
- **2 pumps** [2 g] Avocado Oil Cooking Spray
- **0.5 avocado** [68 g] Avocado

DIRECTIONS

1. Pre-heat oven to 350 degrees F (175 degrees C).
2. Cut the bell pepper in half and remove the stem and seeds. Place on a baking sheet sprayed with avocado oil cooking spray.
3. Add the eggs, egg whites, red onions, tomatoes, and salt to a bowl. Mix until all ingredients are combined.
4. Using a spoon, carefully spoon the egg mixture into each pepper half until each half is full.
5. Bake for 20-25 minutes until the eggs are fully cooked. Serve with a side of avocado.

NOTES

1. **Cooking tip** : It is ok to leave the pepper whole. Cut off the top, remove the stem and seeds, fill with egg mixture, and bake until eggs are fully cooked.

NUTRITION INFO

Energy : 436 kcal

Fat : 23.9 g

Carbs : 22.8 g

Protein : 24.6 g

Fiber : 8.1 g

Sugar : 10 g

Lemon Ricotta Pancakes



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- **1 cup** [246 g] Ricotta Cheese (Part Skim Milk)
- **1 cup** [112 g] Almond Flour
- **0.25 cup** [60 ml] Organic Unsweetened Almond Milk
- **1 tbsp** [13 g] Vanilla Extract
- **1 medium** Lemon (*Zested*)
- **0.5 tsp** [2.3 g] Baking Soda
- **2 medium** [88 g] Egg
- **1 tsp** [1.2 g] Kosher Salt

DIRECTIONS

1. Add ricotta cheese, almond flour, almond milk, vanilla extract, lemon zest, baking soda, and salt to a medium bowl. Mix until all ingredients are combined.
2. Add an egg to the bowl and mix until combined. Repeat this step for all eggs.
3. To form the pancakes, pour batter to a non-stick griddle. Form a pancake the size of your palm. Cook on medium-low heat until the batter starts to bubble on top. Gently flip each pancake and cook on the other side until firm.

NOTES

1. **Cooking tip #1:** This recipe is best cooked low and slow. Cooking over medium-low heat will prevent burning and ensure the batter is fully cooked.
2. **Cooking tip #2:** Making smaller pancakes is best with this recipe, as they will be easier to flip without falling apart.
3. **Cooking tip #3:** Do not grease the griddle or saucepan with butter or cooking spray. These will burn before the pancakes are done. It is best to use a quality non-stick cooking surface.

4. **Equipment option:** A non-stick saucepan can be substituted for the griddle.

NUTRITION INFO

Energy : 587 kcal Fat : 38.6 g Carbs : 22.4 g Protein : 35.5 g Fiber : 8.7 g Sugar : 6.3 g

Sausage Egg Wraps



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- **1 links** [19.6 g] Savory Turkey Breakfast Sausage
- **0.5 tsp** [0.6 g] Kosher Salt
- **0.25 tsp** [0.53 g] Black Pepper
- **2 large** [100 g] Egg
- **1 large** [33 g] Egg White
- **1 oz** [28.35 g] Romano Cheese (*Shredded*)
- **6 pumps** [6 g] Avocado Oil Cooking Spray
- **0.75 cup, halves** [114 g] Strawberries

DIRECTIONS

1. Add eggs, egg whites, salt, and pepper to a small bowl and beat until combined. Set aside.
2. Cut turkey sausage link in half lengthwise.
3. Add half of the avocado oil cooking spray to a small saucepan. Add the turkey sausage halves and cook on medium-high heat until fully cooked.
4. Place the fully cooked sausage on a clean kitchen towel or paper towel to drain any excess fat it may have released during cooking. Set aside.
5. Add half of the avocado oil cooking spray to a small, non-stick saucepan. Add the mixed eggs and cook over medium heat. Do not scramble the eggs or move them around.
6. Once the eggs are fully cooked, add the sausage and romano cheese to one end of the pan. Roll the sausage in the eggs until a wrap forms.
7. Serve with a side of berries.

NUTRITION INFO

Energy : 363 kcal

Fat : 21.6 g

Carbs : 11.5 g

Protein : 29.6 g

Fiber : 2.4 g

Sugar : 6.5 g

Sausage and Peppers Scramble



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- **2 large** [100 g] Egg
- **2 link (2.3 oz)** [136 g] Organic Chicken Sausage (*sugar free links*)
- **0.25 cup, chopped** [37.25 g] Sweet Red Peppers
- **0.25 medium** [27.5 g] Yellow Onions
- **0.5 tbsp** [7 g] Avocado Oil
- **1 stalk** [15 g] Green Onions (*optional for garnish*)

DIRECTIONS

1. In a large skillet, heat oil on medium heat.
2. Cook onions and peppers for 10 minutes.
3. Add chicken sausage to skillet to cook for 5 minutes.
4. Push peppers, onion and sausage and aside in skillet. Add eggs and cook to desired liking (recommendation to cook scrambled).
5. Serve warm.

NUTRITION INFO

Energy : 396 kcal

Fat : 23.1 g

Carbs : 8.8 g

Protein : 39.5 g

Fiber : 1.5 g

Sugar : 5 g

Eggs and Broccoli Slaw Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- **3 large** [150 g] Egg
- **0.5 tbsp** [7 g] Avocado Oil
- **1 cup** [85 g] Broccoli Slaw
- **2 tbsp** [30 g] Apple Cider Vinegar
- **1 Dash** [1 g] Himalayan Pink Salt
- **1 tbsp** [8.8 g] Dry Roasted Sunflower Seeds (with Salt Added)

DIRECTIONS

1. Heat avocado oil in skillet on medium high heat.
2. Cook eggs over easy or al dente.
3. While eggs are cooking, mix apple cider vinegar and salt, then mix in the broccoli slaw.
4. Top veggie slaw with eggs and sunflower seeds. Serve warm.

NUTRITION INFO

Energy : 360 kcal

Fat : 26.3 g

Carbs : 8.3 g

Protein : 22.6 g

Fiber : 3 g

Sugar : 4 g

Easy Za'atar, Avo, and Cottage Cheese Toast



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **1 medium slice (4-3/4" x 4" x 1/2")** [25 g] Sour Dough Bread
- **0.5 avocado** [68 g] Avocado (*Mashed*)
- **0.5 cup** [112.5 g] 1% Low Fat Cottage Cheese
- **1 tbsp, chopped** [5 g] Red Onions
- **0.5 tsp** [2 g] Za'atar Seasoning
- **0.5 tbsp** [5 g] Hemp Seeds

DIRECTIONS

1. Toast sourdough to desired crispness (or omit this step for untoasted bread).
2. Top sourdough with mashed avocado, then cottage cheese, followed by all other ingredients.

NUTRITION INFO

Energy : 322 kcal

Fat : 16 g

Carbs : 27.2 g

Protein : 18 g

Fiber : 7 g

Sugar : 6.3 g

Kiwi Yogurt Bowl



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **1 fruit** [76 g] Kiwi Fruit (*Peeled and Sliced*)
- **1 cup** [227 g] Whole Milk Greek Yogurt Plain
- **1 tbsp** [6 g] Unsweetened Shredded Coconut
- **1 tbsp** [8.8 g] Dry Roasted Sunflower Seeds (with Salt Added)
- **1 tsp** [3.2 g] Cacao Nibs

DIRECTIONS

1. Top yogurt with all other ingredients and enjoy!

NUTRITION INFO

Energy : 404 kcal

Fat : 20 g

Carbs : 27.1 g

Protein : 29.8 g

Fiber : 5.1 g

Sugar : 14.9 g

Vibrant Ground Turkey Skillet



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- **12 oz** [336 g] Ground Turkey
- **1 tbsp** [12.8 g] Clarified Butter Ghee
- **2 cup, chopped** [42 g] Kale
- **3 medium** [183 g] Carrots (*Peeled and chopped*)
- **2 cup** [200 g] Cauliflower (*Florets chopped*)
- **1.5 tbsp** [11.25 g] Slivered Almonds
- **0.25 tsp** [0.55 g] Turmeric (Ground)
- **1 dash** [0.1 g] Black Pepper
- **1 dash** [0.4 g] Salt
- **0.5 tsp** [1.4 g] Garlic Powder

DIRECTIONS

1. Melt half of the ghee over medium/high heat in a large skillet.
2. Add the ground turkey and cook for approximately 7 minutes, crumbling as it cooks. Once cooked through, transfer a plate and remove from heat.
3. Add the remaining ghee to the skillet to melt. Then add the kale, chopped carrots, chopped cauliflower, slivered almonds, turmeric, garlic powder, salt, and pepper.
4. Mix all together and cook for 5-10 minutes, stirring occasionally, until vegetables reach desired consistency.
5. Add the turkey back to the skillet for 1-2 minutes and serve warm.

NUTRITION INFO

Energy : 400 kcal

Fat : 21.4 g

Carbs : 17.3 g

Protein : 37.6 g

Fiber : 5.7 g

Sugar : 6.9 g



Blood Sugar Regulation Lunch

RE-FUEL AND RE-ENERGIZE

Spicy Turkey Lettuce Wraps



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- **1 tbsp** [13.6 g] Sesame Oil
- **0.5 tbsp, minced** [4.25 g] Garlic
- **1 tsp** [2 g] Ginger (*Grated*)
- **12 oz** [336 g] Ground Turkey
- **1 tbsp** [14 g] Coconut Aminos
- **2 tbsp** [30 g] Orange Juice
- **6 leaf, medium medium** [45 g] Butterhead Lettuce (Includes Boston and Bibb Types)
- **0.5 avocado** [68 g] Avocado (*Chopped*)
- **1 stalk** [15 g] Green Onions (*Chopped*)
- **1 tbsp** [7.5 g] Slivered Almonds
- **2 tsp** [10 g] Sriracha Sauce

DIRECTIONS

1. In a large skillet, heat sesame oil over medium heat.
2. Add minced garlic and grated ginger to the skillet and cook 1-2 minutes until fragrant.
3. Add ground turkey to the skillet and cook 6-8 minutes crumbling and flipping as you cook, until browned all the way through.
4. Add coconut aminos, slivered almonds, and orange juice. Cook for an additional 1-2 minutes.
5. Serve turkey mixture warm in a lettuce leaf topped with chopped avocado, cilantro, green onion, and sriracha.

NUTRITION INFO

Energy : 416 kcal

Fat : 26.2 g

Carbs : 11.6 g

Protein : 35.2 g

Fiber : 4 g

Sugar : 6.4 g

Chicken & Broccoli Crunch Salad



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- **12 oz** [339 g] Boneless Skinless Chicken Thighs (raw)
- **1 tbsp** [14 g] Avocado Oil
- **1 dash** [0.4 g] Sea Salt
- **1 dash** [0.1 g] Black Pepper
- **0.5 tsp** [1.4 g] Garlic Powder
- **3 cup, florets** [213 g] Broccoli (*Chopped*)
- **0.25 cup, chopped** [31.5 g] Red Onions
- **1.5 tbsp** [13.2 g] Dry Roasted Sunflower Seeds (with Salt Added)
- **0.25 cup** [4 g] Cilantro (*Coriander*) (*Chopped*)
- **1.5 tbsp** [22.5 g] Mayonnaise (made with avocado oil)
- **0.5 tbsp** [8.25 g] Dijon Mustard
- **0.5 tbsp** [7.5 g] Apple Cider Vinegar
- **0.5 fruit** [33.5 g] Lime (*Juice and zest*)

DIRECTIONS

1. Preheat oven to 375 degrees F (190 degrees F).
2. Trim excess fat from the chicken thighs and place on a baking sheet.
3. Coat the chicken thighs in avocado oil, garlic powder, salt, and pepper.
4. Bake chicken thighs for 20–25 minutes, until internal temperature reaches 165 degrees F (74 degrees C).
5. In the meantime, add the chopped broccoli, chopped red onion, sunflower seeds, and chopped cilantro to a large bowl.
6. In a small bowl, mix together the mayonnaise, dijon mustard, apple cider vinegar, lime juice, and lime zest. Pour over broccoli salad and toss until well coated.
7. Serve the broccoli salad with the cooked chicken thighs.

NOTES

1. **Storage Tip!:** The broccoli salad stores well for 2–3 day in the refrigerator in an airtight container.

NUTRITION INFO

Energy : 430 kcal

Fat : 26.6 g

Carbs : 14 g

Protein : 38.9 g

Fiber : 5.5 g

Sugar : 1.9 g

Lettuce Wrapped Turkey Burger



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- **5 oz** [140 g] Ground Turkey
- **1 leaf, medium medium** [15 g] Butterhead Lettuce
- **1 cup, shredded or chopped** [55 g] Mixed Salad Greens
- **2 tbsp** [14 g] Pumpkin Seeds
- **1 tsp** [4.8 g] Olive Oil
- **1 tsp** [4.79 g] Apple Cider Vinegar
- **0.25 tsp** [0.7 g] Garlic Powder
- **0.25 avocado** [34 g] Avocado

DIRECTIONS

1. Shape the ground turkey into a burger. Season with salt and pepper.
2. Cook the turkey burger in a pan on medium heat for about 5 minutes, then flip and cook for another 3-5 minutes until cooked throughout.
3. To prepare the salad dressing, mix together the olive oil, apple cider vinegar, a dash of salt, pepper and garlic powder. Whisk or shake well.
4. Toss the mixed greens with the salad dressing and top with pepitas.
5. Wrap the turkey burger in the lettuce leaf and top with avocado.

NUTRITION INFO

Energy : 410 kcal

Fat : 28.2 g

Carbs : 6 g

Protein : 34.2 g

Fiber : 4.2 g

Sugar : 0.8 g

Burrata Basil Tomato Salad



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **4 oz** [112 g] Burrata Cheese
- **4 leaves** [2 g] Basil
- **1 medium whole (2-3/5" dia)** [123 g] Tomatoes (*Heirloom*)
- **0.25 tbsp, chopped** [1.25 g] Red Onions
- **0.5 tsp** [0.6 g] Kosher Salt
- **0.5 tbsp** [7.5 g] Balsamic Glaze
- **2 large** [100 g] Egg (*Hard boiled*)

DIRECTIONS

1. Thinly slice tomato and red onion. Set aside.
2. Stack basil leaves on top of each other, loosely roll them together, and chop into smaller pieces.
3. Layer tomato and onion slices. Top with basil, salt, and a balsamic glaze drizzle.
4. Serve with burrata cheese and hard-boiled eggs on the side.

NUTRITION INFO

Energy : 471 kcal

Fat : 34.2 g

Carbs : 12.2 g

Protein : 25.7 g

Fiber : 3.2 g

Sugar : 5.7 g

Carrot Shrimp Salad



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- **12 oz** [340.8 g] Shrimp (Prawns)
- **1 medium** Lemon
- **1 tbsp** [16.5 g] Dijon Mustard
- **1 tsp** [4.79 g] Apple Cider Vinegar
- **0.25 tbsp** [3.5 g] Olive Oil
- **1 tsp** [1.2 g] Kosher Salt
- **0.5 tsp** [1.05 g] Black Pepper
- **1 cup** [113 g] Shredded Carrots
- **1 medium (7" long)** [201 g] Cucumber
- **1 avocado** [136 g] Avocado
- **4 tbsp, chopped** [20 g] Red Onions
- **1 serving (17 crackers)** [35 g] Gluten Free Crackers

DIRECTIONS

1. Cut the lemon in half and juice it. Set the lemon juice aside, and save the lemon halves.
2. In a small bowl, combine the lemon juice, salt, black pepper, apple cider vinegar, olive oil, and Dijon mustard. Mix until well blended to form a dressing. Refrigerate until ready to use.
3. Add six cups of water and two lemon halves to a large saucepan and bring to a boil.
4. Add shrimp to boiling water and cook until pink.
5. Add six cups of water and four cups of ice to a large bowl to create an icewater bath.
6. Submerge cooked shrimp in the icewater bath to stop the cooking process.
7. Remove shrimp from the icewater bath and pat dry using a paper towel or clean kitchen towel. Set aside.
8. Dice cucumber into one-inch pieces. Peel and dice avocado into one-inch pieces.

9. Add shrimp, red onions, avocado, cucumber, carrots, and dressing to a large bowl. Gently toss until all ingredients are coated in the dressing. Refrigerate until ready to eat.
10. Serve with crackers.

NOTES

1. **Shellfish free option:** This recipe also works great using cold, shredded chicken instead of shrimp. Skip the ice bath step when using shredded chicken.

NUTRITION INFO

Energy : 424 kcal Fat : 22.1 g Carbs : 28.6 g Protein : 29.7 g Fiber : 9.9 g Sugar : 6.1 g

Chicken Salad Stuffed Avocado



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **1 avocado** [136 g] Avocado
- **1 can (5 oz) yields** [140 g] Canned Organic Chicken
- **1 tbsp** [15 g] Mayonnaise (made with avocado oil)
- **0.5 tsp** [0.6 g] Kosher Salt
- **0.25 tsp** [0.53 g] Black Pepper
- **1 tsp** [4.7 g] Lemon Juice
- **1 tbsp, chopped** [5 g] Red Onions
- **1 strip (4" long)** [4 g] Celery (*Chopped*)

DIRECTIONS

1. Mix chicken, mayonnaise, lemon juice, salt, black pepper, red onions, and celery in a small bowl until combined. Refrigerate until ready to eat.
2. Cut an avocado in half and remove the peel. Fill the avocado's center with the chicken salad. Refrigerate until ready to eat.

NOTES

1. **Protein options**: This recipe also works great using shredded rotisserie chicken or canned tuna.

NUTRITION INFO

Energy : 594 kcal Fat : 44.3 g Carbs : 16.7 g Protein : 34.9 g Fiber : 10.9 g Sugar : 1.3 g

Nashville Hot Chicken Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **1 can (5 oz) yields** [140 g] Canned Organic Chicken
- **1 tsp** [2.1 g] Paprika
- **0.5 tsp** [0.9 g] Red Pepper Flakes
- **0.5 tsp** [1.2 g] Onion Powder
- **1 Dash** [1 g] Himalayan Pink Salt
- **1 tsp** [2.6 g] Chili Powder
- **1 slice** [6 g] Pickles (*chopped*)
- **0.5 tbsp** [7.5 g] Mayonnaise (made with avocado oil)
- **1 cup** [47 g] Romaine Lettuce (*chopped*)
- **0.25 cup** [36.25 g] Blueberries
- **1 oz** [28.35 g] Almonds

DIRECTIONS

1. Drain canned chicken and place in bowl.
2. Add spices, pickles and mayonnaise to the bowl and mix well.
3. Place chicken mix on a bed of romaine lettuce.
4. Serve with a side of blueberries and almonds. Enjoy!

NUTRITION INFO

Energy : 491 kcal

Fat : 31.3 g

Carbs : 16.2 g

Protein : 39.2 g

Fiber : 6.3 g

Sugar : 6 g

Grilled Chicken Kidney Bean Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- **4 oz** [112 g] Skinless Chicken Breast
- **1 tbsp** [15 g] Apple Cider Vinegar
- **0.5 tbsp** [7 g] Avocado Oil
- **0.25 cup** [46 g] Kidney Beans
- **1 tbsp** [10 g] Hemp Seeds
- **1 cup** [20 g] Arugula (Rocket)
- **1 medium** Lemon (*juice*)
- **1 Dash** [1 g] Himalayan Pink Salt

DIRECTIONS

1. Marinate chicken in apple cider vinegar and oil overnight or a minimum of 30 minutes.
2. On a grill or on a skillet, heat on medium heat.
3. Add chicken to grill or pan and cook until internal temperature reaches 165 degrees F (74 degrees C).
4. Drain beans and set aside.
5. Top arugula with beans and salt. Squeeze lemon over salad.
6. Slice chicken into bite sized pieces.
7. Serve warm or chilled.

NUTRITION INFO

Energy : 420 kcal

Fat : 14.5 g

Carbs : 34.1 g

Protein : 41.3 g

Fiber : 13.5 g

Sugar : 3.4 g

Savory Mushroom and Chicken Soup



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 40 MINUTES

INGREDIENTS

- **8 oz** [224 g] Skinless Chicken Breast
- **1 tbsp** [14 g] Avocado Oil
- **0.5 tbsp, minced** [4.25 g] Garlic
- **1 tsp** [2 g] Ginger (*Grated*)
- **3 cup** [720 ml] Organic Chicken Bone Broth
- **2 cup** [474 g] Water
- **0.5 tsp** [1.05 g] Black Pepper
- **0.5 tsp** [3 g] Salt
- **0.25 cup** [40 g] Wild Rice, uncooked
- **1 medium** [61 g] Carrot (*Sliced thin horizontally*)
- **1 cup, chopped** [70 g] Mushrooms
- **2 cup, chopped** [42 g] Kale
- **0.25 cup** [60 ml] Coconut Milk (from a can)

DIRECTIONS

1. In a large pot, heat oil over medium heat. Add garlic and ginger and cook for 1 minute until fragrant.
2. Add bone broth, water, salt, and pepper. Bring to a boil.
3. Add chicken breast and cook 15-20 minutes until cooked through.
4. Remove chicken from the broth.
5. Add rice, carrots, mushrooms, and kale to the broth and reduce to a simmer. Cook for 15-20 minutes, until rice is al dente.
6. While the rice cooks, shred the chicken with two forks.
7. Add the shredded chicken and coconut milk to soup and remove from heat.
8. Allow soup to cool for at least 10 minutes before serving. The soup will thicken and the rice will soften.

NUTRITION INFO

Energy : 399 kcal

Fat : 14.3 g

Carbs : 21.5 g

Protein : 44.3 g

Fiber : 2.9 g

Sugar : 2.8 g

Blueberry Shrimp Salad



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 5 MINUTES

INGREDIENTS

- **1 tbsp** [14 g] Olive Oil
- **1 tbsp** [14 g] Lemon Juice
- **1 tsp** [7.1 g] Honey
- **1 dash** [0.4 g] Salt
- **1 dash** [0.1 g] Black Pepper
- **5 oz** [142 g] Shrimp (Prawns) (*Cooked*)
- **2 cup** [40 g] Arugula (Rocket)
- **0.5 cup, shredded** [35 g] Red Cabbage
- **0.25 cup** [36.25 g] Blueberries
- **2 tbsp** [2 g] Cilantro (*Chopped*)
- **1.5 tbsp** [15 g] Hemp Hearts

DIRECTIONS

1. In a small bowl, combine olive oil, lemon juice, honey, salt, and pepper and mix well.
2. Add all other ingredients to a salad bowl, then toss with olive oil dressing.

NUTRITION INFO

Energy : 380 kcal

Fat : 23.7 g

Carbs : 18.7 g

Protein : 27.3 g

Fiber : 3 g

Sugar : 11.3 g



Blood Sugar Regulation Dinner

FINISH STRONG

Baked Tilapia with Sweet Potatoes and Asparagus



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- **6 oz** [170.1 g] Tilapia (Fish)
- **0.5 sweetpotato, 5" long** [65 g] Sweet Potato
- **0.25 bundle** [25 g] Asparagus
- **1.5 tbsp** [21 g] Olive Oil
- **1 dash** [0.4 g] Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)
- **0.25 tsp** [0.7 g] Garlic Powder

DIRECTIONS

1. Preheat your oven to 350 degrees F (175 degrees C).
2. Dice the sweet potato and asparagus. Toss in a bowl with the olive oil, salt, pepper and garlic powder. Place on a baking sheet and bake for about 15 minutes (flipping about halfway through) or until the sweet potatoes are soft.
3. Place the tilapia on a baking sheet and season with salt, pepper and garlic powder. Cook for about 8 minutes until cooked throughout.

NUTRITION INFO

Energy : 405 kcal

Fat : 24.1 g

Carbs : 13.8 g

Protein : 36 g

Fiber : 2.5 g

Sugar : 3 g

Chicken Burrito Bowl



SERVINGS: 1

PREP TIME: 15 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- **5 oz** [140 g] Skinless Chicken Breast
- **1 tsp** [4.79 g] Apple Cider Vinegar
- **1.5 tsp** [7.2 g] Olive Oil
- **0.25 tsp** [0.45 g] Italian Seasoning
- **1 cup** [100 g] Riced Cauliflower
- **2 leaf, medium medium** [30 g] Butterhead Lettuce
- **0.5 medium (approx 2-3/4" long, 2-1/2" dia)** [57 g] Red Bell Pepper
- **0.5 medium** [57 g] Yellow Bell Pepper
- **0.5 avocado** [68 g] Avocado
- **0.5 tbsp, chopped** [2.5 g] Red Onions
- **0.25 tbsp** [0.25 g] Cilantro
- **0.25 tsp** [0.53 g] Paprika
- **0.5 fruit** [33.5 g] Lime

DIRECTIONS

1. Create your marinade by mixing the apple cider vinegar, olive oil, Italian seasoning and a dash of salt and pepper in a bowl or large freezer bag. Add the chicken breast and turn until fully covered. Allow to marinate for at least 10 minutes or overnight.
2. While the chicken marinates, dice the bell peppers, chop the onion and the lettuce. Set aside.
3. Cook the riced cauliflower according to the package.
4. Grill the chicken until cooked to 165 degrees F (74 degrees C). Option to bake in the oven at 400 degrees F (205 degrees C) until cooked through.
5. Heat a pan with olive oil and cook the bell pepper until soft. Add salt and pepper to taste.
6. In a medium bowl, add the avocado, onions, paprika, cilantro, juice from the lime and a dash of salt and pepper. Mix well.
7. Serve the cauliflower rice, lettuce, bell peppers and chicken in a bowl and top with the guacamole.

NUTRITION INFO

Energy : 418 kcal

Fat : 20.4 g

Carbs : 26.1 g

Protein : 37.9 g

Fiber : 13.1 g

Sugar : 8.8 g

Seared Steak with Lemon Broccolini and Tomato Salad



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- **10 oz** [283.5 g] Beef Skirt Steak (Lean Only, Trimmed to 1/4" Fat)
- **1 tbsp** [18 g] Salt
- **0.5 tbsp** [3.2 g] Black Pepper
- **10 stalks** [100 g] Broccolini
- **1 tbsp** [12.8 g] Clarified Butter Ghee
- **1 medium** Lemon (*Zest and juice lemon, set aside in separate bowls*)
- **1.5 tbsp** [21 g] Olive Oil
- **20 -** [340 g] Cherry Tomatoes (*Cut each cherry tomato into fourths*)
- **0.25 small** [37 g] Red Onions (*Thinly sliced*)

DIRECTIONS

1. Add cherry tomato quarters, sliced red onions, half of the lemon juice, a third of the salt, a third of the black pepper, and a third of the olive oil to a medium bowl. Mix until all ingredients are combined. Refrigerate until ready to eat.
2. Season skirt steak with a third of the salt and a third of the black pepper. Make sure that both sides of the steak are seasoned. Set aside at room temperature.
3. Sear steak using two-thirds of the olive oil over medium heat until it reaches your preferred doneness. Flip steak every 5 minutes to ensure an even sear on both sides.
4. Remove the steak from the pan and set it aside to rest for 10 minutes before slicing.
5. Add broccolini to a saucepan over medium heat. Let the broccolini cook on each side for a two minutes; this may slightly char the broccolini.

6. Add ghee, lemon zest, half the lemon juice, a third of the salt, and a third of the black pepper to the pan with the broccolini. Toss all ingredients together until the broccolini is fully coated. Continue to cook the broccolini, stirring occasionally, until tender.

NOTES

1. **Broccolini Substitution** : Broccolini can be substituted for fresh broccoli florets.

NUTRITION INFO

Energy : 444 kcal

Fat : 28.6 g

Carbs : 15 g

Protein : 33.9 g

Fiber : 4.1 g

Sugar : 6.7 g

Green Bean Bundles with Lemon Roasted Chicken



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- **2 cup** [220 g] Green String Beans
- **4 slice** [60 g] Uncured Bacon
- **1 tsp** [2.8 g] Garlic Powder
- **1 tsp** [2.4 g] Onion Powder
- **1 tsp** [2.1 g] Paprika
- **0.5 tsp** [0.9 g] Red Pepper Flakes
- **1 tsp** [1.2 g] Kosher Salt
- **1 tbsp** [14 g] Olive Oil
- **10 oz** [280 g] Skinless Chicken Breast
(Approximately 4 oz per chicken breast)
- **1 medium** Lemon (*Thinly sliced*)
- **2 tsp** [8 g] Green Goddess Seasoning Blend
- **4 pumps** [4 g] Avocado Oil Cooking Spray

DIRECTIONS

1. Pre-heat oven to 350 degrees F (175 degrees C).
2. Cut the chicken breast in half and pound using a meat mallet until thin. Place the chicken on a baking sheet sprayed with avocado cooking oil spray.
3. Season both sides of the chicken breasts with the green goddess seasoning blend and top with lemon slices. Bake for 20-25 minutes until the chicken is fully cooked.
4. Add the green string beans, onion powder, garlic powder, red pepper flakes, paprika, salt, and olive oil to a large bowl. Toss until the green beans are well coated in the seasonings.
5. Place a slice of the uncured bacon horizontally on a cutting board. Add a half cup of the seasoned green string beans to the top of the left end of the bacon slice. Roll the bacon slice, ensuring the green string beans stay inside until the slice of bacon is completely wrapped around the green string beans. Repeat this step until all the green string beans are wrapped in bacon.

6. Place the green bean bundles in a non-stick baking pan and bake for 20–25 minutes until the bacon is crispy.

NOTES

1. **Preparation option:** This recipe also works without wrapping the green string beans in bacon. Chop the bacon into small pieces and toss it with the green string beans and seasonings. Place the mixture in a non-stick baking pan and cook for 20–25 minutes until the bacon is crispy.
2. **Protein option:** The chicken in this recipe can be substituted with shrimp. If using shrimp, skip step two. Bake the shrimp in a baking pan sprayed with avocado oil cooking spray for 10–15 minutes until fully cooked.

NUTRITION INFO

Energy : 415 kcal

Fat : 23.8 g

Carbs : 13.1 g

Protein : 39.3 g

Fiber : 5 g

Sugar : 3.1 g

Carrot Parsnip Puree with Grilled Chicken



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- **4 medium** [244 g] Carrot
- **2 cup slices** [266 g] Parsnips
- **0.5 cup** [120 ml] Organic Unsweetened Almond Milk
- **8 oz** [224 g] Skinless Chicken Breast
(Approximately 4oz per individual chicken breast)
- **1 tbsp** [14 g] Olive Oil
- **1 tsp** [2.1 g] Paprika
- **1 tsp** [2.8 g] Garlic Powder
- **1 tsp** [2.4 g] Onion Powder
- **0.5 tsp** [1.05 g] Black Pepper
- **1 tbsp** [18 g] Kosher Salt
- **2 oz** [56.7 g] Parmesan Cheese (Grated)

DIRECTIONS

1. Mix the paprika, onion powder, garlic powder, half of the black pepper, and a third of the salt in a small bowl until combined to create the chicken's seasoning blend. Set aside.
2. Cut the chicken breast in half and pound using a meat mallet until thin.
3. Sprinkle seasoning blend on both sides of each piece of chicken. Cook in a saucepan with olive oil on medium heat until fully done. Flip half way through cooking.
4. Fill half a large, deep saucepan with water and add a third of the salt. Bring to a boil.
5. Peel parsnips and carrots. Cut into even pieces and add to the boiling water. Boil until fork tender.
6. Add almond milk, a third of the salt, and half of the black pepper to a small saucepan. Warm on low heat, mixing constantly to prevent burning. When the mixture is warm, remove it from the heat and add it to a blender.
7. Drain parsnips and carrots and add to the blender. Puree until smooth.
8. Option to top the puree with grated parmesan cheese before serving.

NOTES

1. **Puree cooking tip** : Before draining the vegetables, set aside a cup of the boiling liquid. Add small amounts to the blender for a thinner, smoother, puree consistency.

NUTRITION INFO

Energy : 478 kcal Fat : 18.1 g Carbs : 40.2 g Protein : 40.5 g Fiber : 10.7 g Sugar : 13.1 g

Low Carb Tacos



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- **10 oz** [280 g] Ground Turkey
- **2 tbsp** [18 g] Taco Seasoning
- **0.25 cup** [59.25 g] Water
- **6 leaf** [120 g] Romaine Lettuce
- **2 avocado** [272 g] Avocado (*sliced*)

DIRECTIONS

1. In a large skillet, cook turkey until it is slightly browned.
2. Add in taco seasoning and water and continue to cook until water is evaporated.
3. Add 3 tbsp of turkey to each lettuce leaf and top with avocado.
4. Serve warm.

NUTRITION INFO

Energy : 491 kcal

Fat : 32.1 g

Carbs : 20.6 g

Protein : 31.3 g

Fiber : 10.5 g

Sugar : 0.5 g

Sun Dried Tomatoes and Artichoke Cod



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- **6 oz** [168 g] Cod
- **1 Dash** [1 g] Himalayan Pink Salt
- **1 tbsp** [7 g] Almond Flour
- **1 tbsp** [14 g] Avocado Oil
- **0.5 tbsp** [6.4 g] Clarified Butter Ghee
- **0.25 cup** [13.5 g] Sun-Dried Tomatoes
- **0.5 cup, hearts** [130 g] Cooked Artichoke (Canned/Jarred)
- **2 clove** [6 g] Garlic

DIRECTIONS

1. Pat cod dry and season with salt. Coat with almond flour and sit aside.
2. Add half the oil to a skillet on medium heat.
3. Add garlic to skillet, and cook until fragrant.
4. Add artichoke hearts and cook for 5 minutes.
5. Steam green beans.
6. Add sun dried tomatoes to artichoke hearts and move aside in skillet.
7. Increase skillet to medium-high heat and add in remainder of oil and ghee.
8. Add cod to skillet and cook on each side for 5 minutes.
9. Serve warm.

NUTRITION INFO

Energy : 488 kcal

Fat : 25.3 g

Carbs : 29.7 g

Protein : 40.1 g

Fiber : 12.5 g

Sugar : 7.3 g

Curried Chicken Meatballs



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- **14 oz** [397.6 g] Ground Chicken
- **1 tsp** [2 g] Ginger (*Grated*)
- **3 clove** [9 g] Garlic (*Minced or pressed*)
- **3 stalk** [45 g] Green Onions (*Chopped*)
- **0.5 tsp** [3 g] Salt
- **0.5 tbsp** [6.4 g] Clarified Butter Ghee
- **3 cup, florets** [213 g] Broccoli
- **0.5 tbsp** [6.8 g] Sesame Oil
- **0.5 cup** [118.5 g] Water
- **0.5 cup** [120 ml] Coconut Milk (from a can)
- **1 tsp** [2 g] Curry Powder
- **1 tbsp** [9 g] Sesame Seeds

DIRECTIONS

1. Preheat oven to 375 degrees F (190 degrees C).
2. Toss together broccoli, avocado oil, and a dash of salt and spread in an even layer on a baking sheet. Bake for 10 minutes.
3. In a large bowl, add the ground chicken, grated ginger, half of the minced garlic, half of the chopped green onion, and half of the salt.
4. Mix together well using your hands and form into golf ball sized balls.
5. In a large skillet, heat the ghee over medium-high heat. Add the chicken meatballs to the skillet.
6. Cook the chicken meatballs for approximately 5 minutes until browned on one side. Flip and cook for approximately 5 minutes on the opposite side, until cooked through.
7. Remove chicken meatballs from the skillet and set aside.
8. Add the remaining garlic to the skillet and cook one minute until fragrant. Then add the coconut milk, water, remaining salt, and curry powder.

9. Simmer the sauce for 3-5 minutes, then add the chicken meatballs and cook for another 2 minutes.
10. Remove the skillet from the heat and allow the sauce to thicken. Serve over broccoli and sprinkle with sesame seeds and remaining green onion.

NUTRITION INFO

Energy : 488 kcal Fat : 32.3 g Carbs : 11.4 g Protein : 40.5 g Fiber : 3.8 g Sugar : 1.4 g

Ginger and Garlic Tuna Steak with Roasted Broccoli



SERVINGS: 1

PREP TIME: 15 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- **6 oz, boneless, raw** [170.1 g] Tuna (Sushi Grade)
- **1.5 tbsp** [21 g] Coconut Aminos
- **0.5 tbsp** [6.8 g] Sesame Oil
- **0.5 tbsp** [7 g] Rice Vinegar
- **0.5 tsp** [0.9 g] Ginger (Ground)
- **2 clove** [6 g] Garlic
- **1 cup, florets** [71 g] Broccoli
- **1.5 tbsp** [21 g] Olive Oil (*divided*)
- **1 Dash** [1 g] Himalayan Pink Salt

DIRECTIONS

1. Pat the tuna steak dry with a paper towel. In a small bowl, combine coconut aminos, sesame oil, rice vinegar, ground ginger, and minced garlic. Pour the marinade over the tuna and set aside. Meanwhile, prepare the broccoli.
2. Preheat oven to 375°F (190°C).
3. Chop broccoli florets into bite-sized pieces. Toss with 1 tablespoon of olive oil and season with salt to taste. Spread on a baking sheet and roast for 15 minutes.
4. After at least 15 minutes of marinating, heat a skillet over medium-high heat and add the remaining 0.5 tablespoon of olive oil. Sear the tuna steak for 2–3 minutes per side, or until desired doneness is reached.
5. Let the tuna rest for at least 5 minutes. Garnish with sesame seeds and sliced scallions, if desired. Enjoy!

NUTRITION INFO

Energy : 504 kcal

Fat : 29 g

Carbs : 18.3 g

Protein : 42.3 g

Fiber : 1.8 g

Sugar : 12.1 g

Bruschetta Chicken With Roasted Potatoes



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 45 MINUTES

INGREDIENTS

- **10 oz** [280 g] Skinless Chicken Breast
- **1 medium** [213 g] Russet Potatoes
- **1 medium** [148 g] Tomatoes (Roma)
(Chopped)
- **6 leaves** [3 g] Basil
- **1 tbsp, chopped** [5 g] Red Onions
- **1 tbsp** [15 g] Balsamic Glaze
- **3 tbsp** [42 g] Olive Oil (Divided)
- **1 tsp, ground** [1.4 g] Thyme (Dried)

DIRECTIONS

1. Preheat oven to 360 degrees F (182 degrees C). Line a baking sheet with parchment paper or aluminum foil and set aside.
2. Season the chicken breast with salt and pepper to taste. Heat a skillet to medium-high heat and add half of the olive oil. Sear the chicken for 4-5 minutes per side to get a nice crust.
3. Place the chicken on the baking sheet and bake for 30 minutes until chicken is cooked through.
4. Wash the potato and cut into wedges. Season with half of the remaining olive oil, salt and thyme. Bake with the chicken.
5. While the chicken is cooking, chop the tomato, onion and basil and set in a bowl.
6. Season the bruschetta salad with balsamic vinegar, the rest of the olive oil, and salt.
7. Once the chicken and potatoes are cooked, serve with the salad on top and enjoy!

NUTRITION INFO

Energy : 461 kcal

Fat : 22.9 g

Carbs : 23.8 g

Protein : 35.5 g

Fiber : 3.5 g

Sugar : 3.6 g