



Dairy and Grain Free Recipe Bundle

EAT CLEAN AND FEEL ENERGIZED
WHILE AVOIDING DAIRY AND
GRAINS.

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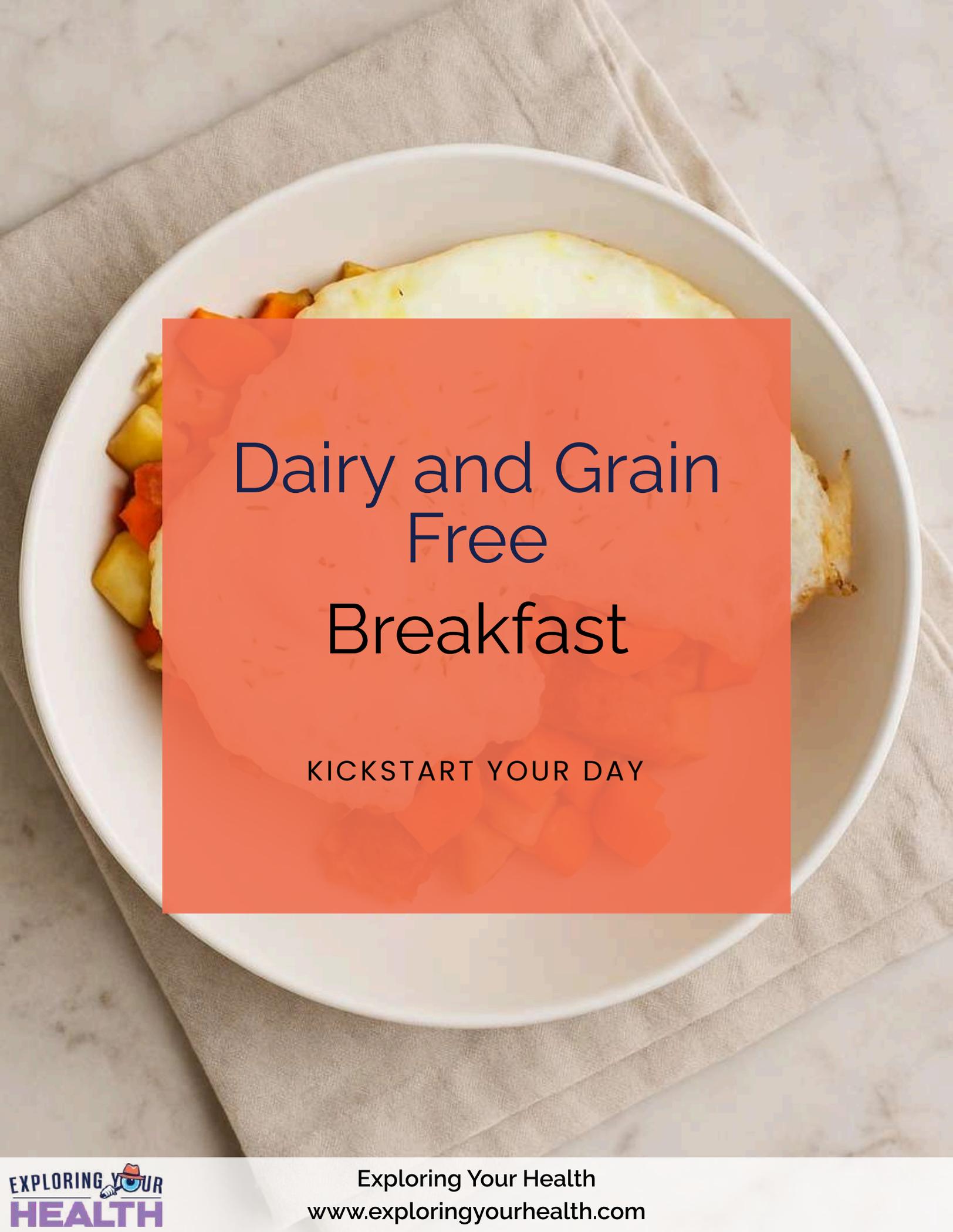
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Dairy and Grain Free Breakfast

KICKSTART YOUR DAY

Banana Nut Breakfast Cookies



SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- **2 medium (7" to 7-7/8" long)** [236 g] Banana (*Ripe and mashed*)
- **2 large** [100 g] Egg (*Beaten*)
- **2 tbsp** [40 g] Maple Syrup
- **2 tsp** [8.4 g] Vanilla Extract
- **1 cup** [245 g] Almond Milk
- **1.5 scoop** [30 g] Protein Powder – Vanilla
- **1 cup** [112 g] Almond Flour
- **0.75 cup** [105 g] Organic Coconut Flour
- **1 tsp** [5 g] Baking Powder (Low Sodium)
- **1 tsp** [2.3 g] Cinnamon
- **1 dash** [0.4 g] Sea Salt
- **3 tbsp** [21 g] Chopped Walnuts
- **5 date, pitted** [120 g] Medjool Dates (*Chopped*)

DIRECTIONS

1. Preheat oven to 350 degrees F (175degrees C).
2. In a large bowl mix together bananas, eggs, maple syrup, vanilla extract, and almond milk. When well mixed, stir in almond flour, coconut flour, baking powder, cinnamon, sea salt, walnuts, and dates.
3. Once well combined, form 12 circles with dough and press lightly onto a greased cooking sheet (or use parchment paper).
4. Bake for 20 - 25 minutes until lightly browned.
5. Serve three cookies with green or matcha tea.

NOTES

1. **Serve With::** Green tea or matcha.

NUTRITION INFO

Energy : 559 kcal Fat : 23.1 g Carbs : 66.8 g Protein : 22.2 g Fiber : 18.6 g Sugar : 37.7 g

Chocolate Covered Cherry Smoothie



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **30 g** Chocolate Protein Powder
- **1 tbsp** [16 g] Almond Butter
- **1 tbsp** [14 g] Chia Seeds
- **1 tbsp** [10 g] Hemp Hearts
- **0.5 cup** [15 g] Baby Spinach
- **0.5 cup** [77.5 g] Frozen Cherries
- **1 cup** [245 g] Almond Milk

DIRECTIONS

1. Add all ingredients to a blender and blend until smooth. Enjoy!

NUTRITION INFO

Energy : 431 kcal

Fat : 24.5 g

Carbs : 22 g

Protein : 36.2 g

Fiber : 9.6 g

Sugar : 8.2 g

Blueberry Protein Pancakes



SERVINGS: 2

PREP TIME: 3 MINUTES

COOKING TIME: 6 MINUTES

INGREDIENTS

- **0.5 cup** [56 g] Almond Flour
- **2 large** [100 g] Egg
- **0.5 medium (7" to 7-7/8" long)** [59 g] Banana
- **0.5 tsp** [2.5 g] Baking Powder (Low Sodium)
- **1 dash** [0.4 g] Salt
- **0.25 tsp** [0.57 g] Cinnamon
- **1.5 scoop** [30 g] Protein Powder
- **1 tbsp** [14 g] Chia Seed
- **1 tbsp** [13.6 g] Coconut Oil
- **0.5 cup** [72.5 g] Blueberries

DIRECTIONS

1. Add all ingredients except for coconut oil and blueberries to a blender. Blend until smooth.
2. Warm 1/2 tbsp coconut oil in a large skillet. Make sure skillet is coated with the oil, then small circles of batter to the pan (approximately 1/8 cup) making sure there is some space between pancakes. Sprinkle with blueberries.
3. When edges start to crisp up and the pancake easily lifts from the pan, approximately 3 minutes, flip the pancakes.
4. Cook for an additional 2-3 minutes. Remove from heat and repeat with remaining batter.

NUTRITION INFO

Energy : 439 kcal Fat : 26.9 g Carbs : 21.7 g Protein : 32.1 g Fiber : 9.1 g Sugar : 10.4 g

Grab n' Go Yogurt



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **0.75 cup** [169.95 g] Vanilla Almond Milk Yogurt
- **3 g** Strawberries (*Sliced*)
- **1 tbsp** [7.5 g] Slivered Almonds
- **0.25 cup** [28 g] Paleo Mix Granola

DIRECTIONS

1. Top yogurt with berries, almonds, and granola.

NUTRITION INFO

Energy : 388 kcal

Fat : 25.5 g

Carbs : 31.2 g

Protein : 10.7 g

Fiber : 6 g

Sugar : 21 g

Grain-Free Berry Porridge



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 1 MINUTES

INGREDIENTS

- **0.75 cup** [177.75 g] Water
- **1 tbsp** [19 g] Coconut Cream (Canned)
- **3 tbsp** [21 g] Almond Flour
- **3 tbsp** [18 g] Unsweetened Shredded Coconut
- **1 tbsp** [10 g] Hemp Hearts
- **0.5 tbsp** [7 g] Chia Seed
- **0.25 tsp** [1.05 g] Vanilla Extract
- **0.25 tsp** [0.57 g] Cinnamon
- **0.25 cup** [36 g] Berries
- **1 tbsp** [16 g] Almond Butter

DIRECTIONS

1. Combine water, coconut cream, almond flour, shredded coconut, hemp seeds, chia seeds, vanilla extract, and cinnamon in jar, cover and shake to mix. Store in the refrigerator overnight.
2. When ready to eat, microwave for 30seconds then top with mixed berries and almond butter.

NUTRITION INFO

Energy : 464 kcal Fat : 39.3 g Carbs : 19.4 g Protein : 14.5 g Fiber : 10.3 g Sugar : 6.3 g

Matcha Smoothie & Side of Eggs



SERVINGS: 1

PREP TIME: 3 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **0.5 cup** [122.5 g] Almond Milk
- **0.25 cup** [56.5 g] Coconut Milk (*From a can*)
- **1 cup** [30 g] Baby Spinach
- **0.5 medium (7" to 7-7/8" long)** [59 g] Banana
- **1 tbsp** [16 g] Almond Butter
- **1.5 tsp** [3 g] Matcha Tea Powder
- **1 tsp** [7.1 g] Honey
- **2 large** [100 g] Egg (*Hard boiled*)

DIRECTIONS

1. In a blend add almond milk, coconut milk, baby spinach, banana, almond butter, matcha, and honey. Blend until smooth. Add ice or water to achieve desired consistency.
2. Serve with a side of hard boiled eggs.

NUTRITION INFO

Energy : 474 kcal

Fat : 33.6 g

Carbs : 28 g

Protein : 18.4 g

Fiber : 5.5 g

Sugar : 15.3 g

Mushroom Omelette with Fruit



SERVINGS: 1

PREP TIME: 3 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- **1 tbsp** [14 g] Avocado Oil
- **0.5 cup, chopped** [35 g] Mushrooms
- **0.25 small** [37 g] Red Onions (*Thinly sliced*)
- **1 clove** [3 g] Garlic (*Minced*)
- **1 dash** [0.4 g] Salt
- **1 dash** [0.1 g] Black Pepper
- **1 cup** [30 g] Baby Spinach
- **3 large** [150 g] Egg (*Beaten*)
- **0.5 avocado** [68 g] Avocado (*Sliced*)
- **0.25 cup, sliced** [41.5 g] Strawberries
- **0.25 cup, cubes** [40 g] Cantaloupe Melons

DIRECTIONS

1. Heat avocado oil in a medium skillet over medium heat. Add mushrooms, onion, garlic, salt and pepper. Cook for 4-5 minutes or until mushrooms and onion are browned.
2. Add spinach just before removing from heat and mix all together. Transfer vegetable mixture to a plate.
3. In the same skillet add eggs and cook until firm enough to flip. Flip eggs and top with cooked vegetables. Cook for another minute then fold omelette to cover vegetables.
4. Serve with a side of avocado and fruit.

NUTRITION INFO

Energy : 519 kcal

Fat : 40.4 g

Carbs : 17.8 g

Protein : 22.7 g

Fiber : 7.5 g

Sugar : 7.4 g

Pumpkin Pie Smoothie



SERVINGS: 1

PREP TIME: 3 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **0.33 cup** [82.5 g] Pumpkin Puree
- **1 small (6" to 6-7/8" long)** [101 g] Banana
- **1 tbsp, ground** [6.5 g] Flaxseeds
- **0.25 tsp** [0.42 g] Pumpkin Pie Spice
- **1 cup** [245 g] Almond Milk
- **0.5 cup** [112.5 g] Almond Milk Yogurt Plain
- **0.25 tsp** [1.05 g] Vanilla Extract
- **1 tbsp** [16 g] Almond Butter
- **0.5 tsp** [3.55 g] Honey

DIRECTIONS

1. Blend all ingredients together in a blender and enjoy!

NUTRITION INFO

Energy : 450 kcal

Fat : 27.4 g

Carbs : 47.1 g

Protein : 11.4 g

Fiber : 10 g

Sugar : 24.4 g

Sausage & Veggie Scramble



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 7 MINUTES

INGREDIENTS

- **1 tsp** [4.67 g] Avocado Oil
- **0.25 cup, sliced** [28.25 g] Summer Squash (*Chopped*)
- **0.25 cup, chopped** [31 g] Zucchini
- **0.25 small** [37 g] Red Onions (*Sliced thin*)
- **1 tsp, ground** [0.6 g] Oregano
- **1 dash** [0.4 g] Salt
- **1 dash** [0.1 g] Black Pepper
- **1.5 link (2.3 oz)** [102 g] Organic Chicken Sausage (*Sliced thin*)
- **2 large** [100 g] Egg (*Beaten*)
- **1 cup** [20 g] Arugula (Rocket)
- **1 apple** Apples

DIRECTIONS

1. Heat oil in a medium skillet over medium heat.
2. Add in summer squash, zucchini, red onion, oregano, salt, pepper, and sausage. Cook, flipping occasionally, until vegetables have softened and sausage has browned on both sides.
3. Push vegetables and sausage to the side of the pan and add eggs, mixing as they cook. Once eggs are mostly cooked through, approximately 2 minutes, mix all ingredients together in the skillet.
4. Serve warm with an apple.

NUTRITION INFO

Energy : 427 kcal

Fat : 18.1 g

Carbs : 31.8 g

Protein : 34 g

Fiber : 6.1 g

Sugar : 21.7 g

Sweet and Savory Skillet



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- **3 slice** [45 g] Uncured Bacon
- **1 tbsp** [14 g] Avocado Oil
- **1 tbsp** [14.8 g] Water
- **1 sweetpotato, 5" long** [130 g] Sweet Potato (*Peeled and copped into small cubes*)
- **1 apple** [1154] Green Apple (*Peeled and chopped into small cubes*)
- **1 tsp, ground** [1.4 g] Thyme (Dried)
- **1 dash** [0.4 g] Sea Salt
- **1 dash** [0.1 g] Black Pepper
- **4 large** [200 g] Egg

DIRECTIONS

1. Cook bacon in a skillet or on a griddle over medium heat, for approximately 5 - 10 minutes, turning once.
2. While bacon is cooking, heat avocado oil in a skillet over medium heat. Add sweet potato and water. Cover and cook until sweet potato is easily pierced with a fork, approximately 10 minutes.
3. Transfer bacon to a plate lined with a paper towel. When cooled crumble bacon over sweet potato.
4. Add apple, thyme, salt, and pepper. Cook for an additional 3-4 minutes.
5. Drain bacon fat from the skillet in which the bacon was cooked. Heat this skillet again over medium heat and add eggs. Cover and cook until eggs are at desired consistency.
6. Top sweet potato hash with eggs and serve warm

NUTRITION INFO

Energy : 409 kcal Fat : 27.5 g Carbs : 23.3 g Protein : 16.7 g Fiber : 4.7 g Sugar : 11.5 g



Dairy and Grain Free Lunch

RE-FUEL AND RE-ENERGIZE

Avocado Egg Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **0.5 avocado** [68 g] Avocado (*Peeled and chopped*)
- **2 large** [100 g] Egg (*Hard boiled*)
- **1 tbsp** [10 g] Hemp Hearts
- **2 cup, shredded or chopped** [110 g] Mixed Salad Greens
- **1 small (6-3/8" long)** [158 g] Cucumber (*Peeled and sliced*)
- **1 tbsp** [15 g] Tahini
- **1 tbsp** [14 g] Lemon Juice
- **0.5 tbsp** [7.5 g] Apple Cider Vinegar
- **0.5 tsp** [0.5 g] Dill (Dried)
- **1 dash** [0.4 g] Salt
- **1 dash** [0.1 g] Black Pepper

DIRECTIONS

1. Add avocado, chopped hard boiled eggs, hemp hearts, mixed salad greens, and cucumber together in a large salad bowl.
2. Mix together tahini, lemon juice, apple cider vinegar, dried dill, salt, and pepper until well blended. Toss dressing with salad and enjoy!

NUTRITION INFO

Energy : 461 kcal

Fat : 34.5 g

Carbs : 19.6 g

Protein : 22.7 g

Fiber : 9.5 g

Sugar : 4.2 g

Berry Satisfying Chicken Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **2 cup, shredded or chopped** [110 g] Mixed Salad Greens
- **0.25 cup** [30.75 g] Raspberries (*And/or blueberries*)
- **0.25 cup, sliced** [41.5 g] Strawberries
- **0.5 avocado** [68 g] Avocado (*Peeled and chopped*)
- **1 tbsp** [7 g] Chopped Walnuts
- **4 oz** [112 g] Skinless Chicken Breast (*Cooked, measured raw*)
- **0.5 tbsp** [7.5 g] Apple Cider Vinegar
- **2 tbsp** [28 g] Olive Oil
- **1 tsp** [5.5 g] Dijon Mustard
- **1 dash** [0.4 g] Salt
- **1 dash** [0.1 g] Black Pepper

DIRECTIONS

1. In a large salad bowl, add mixed salad greens, berries, avocado, walnuts, and chopped cooked chicken breast.
2. In a small bowl whisk together apple cider vinegar, olive oil, dijon mustard, salt, and pepper. Toss with salad and enjoy!

NUTRITION INFO

Energy : 586 kcal

Fat : 45 g

Carbs : 18 g

Protein : 32 g

Fiber : 10.8 g

Sugar : 4.9 g

Tangerine Chicken Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **1 cup** [56.7 g] Shredded Green Cabbage
- **0.5 cup** [56.5 g] Shredded Carrots
- **1 stalk** [15 g] Green Onions (*Chopped*)
- **1 tbsp** [7.5 g] Slivered Almonds
- **1 tbsp** [1 g] Cilantro (Coriander) (*Chopped*)
- **1 small (2-1/4" dia)** [70 g] Tangerines (Mandarin Oranges) (*Peeled and divided*)
- **5 oz** [140 g] Skinless Chicken Breast (*Cooked and chopped, measured raw*)
- **0.5 tbsp** [8 g] Almond Butter
- **1 tbsp** [14 g] Coconut Aminos
- **1 tsp** [4.79 g] Apple Cider Vinegar
- **0.25 tsp** [0.6 g] Onion Powder
- **0.25 tsp** [0.7 g] Garlic Powder
- **1 dash** [0.1 g] Black Pepper
- **1 apple** Apples

DIRECTIONS

1. In a large salad bowl add shredded cabbage, shredded carrots, chopped green onion, slivered almonds, chopped cilantro, mandarin orange slices, and chopped cooked chicken breast.
2. In a small bowl mix together almond butter, coconut aminos, apple cider vinegar, onion powder, garlic powder, and black pepper until well blended.
3. Pour almond butter dressing over salad mixture and toss together. Enjoy!

NUTRITION INFO

Energy : 451 kcal Fat : 10.9 g Carbs : 53.9 g Protein : 38.4 g Fiber : 11.7 g Sugar : 37.8 g

Go Time Lunch Box



SERVINGS: 1

PREP TIME: 3 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **1 large** [50 g] Egg (*Hard boiled*)
- **2 slice** [110 g] Organic Oven Roasted Turkey Breast
- **1 oz** [28.35 g] Dry Roasted Mixed Nuts
- **1 small (2-3/8" dia)** [96 g] Oranges (*Peeled*)
- **0.5 cup** [74.5 g] Cherry Tomatoes
- **2 tbsp** [30 g] Hummus

DIRECTIONS

1. Pack all ingredients in a lunch box to go!

NUTRITION INFO

Energy : 481 kcal Fat : 25.8 g Carbs : 25.8 g Protein : 36.7 g Fiber : 5.8 g Sugar : 12.6 g

Hearty Broccoli & Chickpea Salad



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **2 cup, chopped** [176 g] Broccoli
- **1 cup** [113 g] Shredded Carrots
- **0.75 cup** [187.5 g] Chickpeas (canned and drained) (*Rinsed*)
- **0.25 cup** [10 g] Unsweetened Dried Cranberries
- **0.25 cup** [30 g] Slivered Almonds
- **2 stalk** [30 g] Green Onions (*Chopped*)
- **2 tbsp** [2 g] Cilantro (*Coriander*) (*Chopped*)
- **8 oz** [224 g] Skinless Chicken Breast (*Cooked and shredded*)
- **2 tbsp** [30 g] Tahini
- **1 tbsp** [15 g] Apple Cider Vinegar
- **1 tbsp** [14 g] Lemon Juice
- **2 tbsp** [29.6 g] Water (*Warm*)
- **0.5 tsp** [1.4 g] Garlic Powder
- **1 dash** [0.4 g] Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)

DIRECTIONS

1. Mix together broccoli, carrots, chickpeas, almonds, dried cranberries, green onion, cilantro, and shredded chicken.
2. Whisk together tahini, apple cider vinegar, lemon juice, warm water, garlic powder, salt, and pepper. Toss well to coat and enjoy!

NUTRITION INFO

Energy : 487 kcal

Fat : 19.1 g

Carbs : 43.4 g

Protein : 40 g

Fiber : 13 g

Sugar : 6.1 g

Lentil Stew



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 70 MINUTES

INGREDIENTS

- **2 tbsp** [28 g] Olive Oil
- **1 small** [70 g] Onions (*Chopped*)
- **2 medium** [122 g] Carrots (*Chopped*)
- **2 stalk, medium (7-1/2" - 8" long)** [80 g] Celery (*Chopped*)
- **0.5 tbsp** [4.2 g] Garlic Powder
- **1 leaf** [0.6 g] Bay Leaf
- **1 tsp, ground** [0.6 g] Oregano
- **1 cup, dry** [200 g] Brown Lentils
- **4 cup** [960 g] Beef Bone Broth
- **1.25 cup** [76.25 g] Crushed Tomatoes
- **1 tbsp** [15 g] Apple Cider Vinegar
- **1 dash** [0.4 g] Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)
- **8 leaves** [4 g] Basil (*Chopped*)

DIRECTIONS

1. In a stock pot, heat olive oil over medium heat. Add onion, carrots, celery, and garlic powder. Cook 3-4 minutes, until vegetables soften.
2. Add remaining ingredients except for basil. Bring to a boil, then reduce to a simmer and cook until lentils are soft (approximately 1 hour).
3. Enjoy warm, topped with basil.

NUTRITION INFO

Energy : 642 kcal Fat : 15.3 g Carbs : 83.7 g Protein : 48.1 g Fiber : 32.8 g Sugar : 11.5 g

Savory Salmon Salad



SERVINGS: 1

PREP TIME: 3 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **4 oz, boneless** [113.4 g] Smoked Salmon (Wild Caught)
- **2 cup, shredded or chopped** [110 g] Mixed Salad Greens
- **0.5 avocado** [68 g] Avocado (*Peeled and chopped*)
- **1 small (6-3/8" long)** [158 g] Cucumber (*Peeled and sliced*)
- **3 sprigs** [0.6 g] Dill (*Chopped*)
- **5 -** [85 g] Cherry Tomatoes
- **2 tbsp, chopped** [10 g] Red Onions
- **1 tbsp** [14 g] Olive Oil
- **1 tbsp** [14 g] Lemon Juice
- **1 dash** [0.4 g] Sea Salt
- **1 dash** [0.1 g] Black Pepper

DIRECTIONS

1. Top salad greens with salmon, avocado, cucumber, dill, cherry tomatoes, and red onion.
2. Mix together olive oil, lemon juice, salt, and pepper. Toss salad ingredients with dressing.

NUTRITION INFO

Energy : 455 kcal

Fat : 27.3 g

Carbs : 22 g

Protein : 34.5 g

Fiber : 10.4 g

Sugar : 7.1 g

Tuna Pasta Salad



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- **4 oz** [112 g] Chickpea Pasta
- **3 tbsp** [45 g] Mayonnaise (made with avocado oil)
- **1 tbsp** [15 g] Apple Cider Vinegar
- **0.5 tsp** [0.5 g] Dill (Dried)
- **1 dash** [0.4 g] Sea Salt (*To taste*)
- **5 oz** [141.75 g] Tuna in Water (Canned) (*Drained*)
- **1 cup** [144 g] Green Peas (Frozen) (*Thawed*)
- **2 stalk** [30 g] Green Onions (*Chopped*)
- **0.5 small** [74 g] Red Onions (*Diced*)

DIRECTIONS

1. Cook pasta as directed on package and allow to cool.
2. In the meantime, mix together mayonnaise, apple cider vinegar, dried dill, salt, and tuna.
3. Toss the pasta, tuna mixture, and remaining ingredients together and enjoy!

NUTRITION INFO

Energy : 490 kcal Fat : 21.9 g Carbs : 47.3 g Protein : 33.3 g Fiber : 8.7 g Sugar : 5.7 g

Veggie Slaw & Chicken Salad



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **1 cup** [56.7 g] Shredded Green Cabbage
- **0.5 cup** [56.5 g] Shredded Carrots
- **1 apple** Apples (*Shredded or grated*)
- **0.5 tsp** [2.4 g] Celery Salt
- **0.5 tbsp** [7 g] Avocado Oil
- **0.5 tbsp** [7.5 g] Apple Cider Vinegar
- **1 tsp** [7.1 g] Honey
- **1 can (5 oz) yields** [140 g] Canned Organic Chicken (*Drained*)
- **0.5 tbsp** [7.5 g] Mayonnaise (made with avocado oil)
- **0.5 tsp** [0.5 g] Dill (Dried)
- **1 dash** [0.4 g] Salt (*To taste*)

DIRECTIONS

1. Mix together shredded cabbage, shredded carrots, apple, celery salt, avocado oil, apple cider vinegar, and honey until well coated. Massage with hands to soften slaw (optional).
2. Mix together chicken, avocado oil mayonnaise, dried dill, and salt. Top slaw mix with chicken salad mix and garnish with optional apple slices.

NUTRITION INFO

Energy : 493 kcal Fat : 23.4 g Carbs : 39.2 g Protein : 33.4 g Fiber : 8.5 g Sugar : 28.4 g

White Bean Soup



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- **1 tbsp** [14 g] Olive Oil
- **0.5 small** [35 g] Onions (*Diced*)
- **2 clove** [6 g] Garlic (*Minced*)
- **2 medium** [122 g] Carrots (*Chopped*)
- **1 stalk, medium (7-1/2" - 8" long)** [40 g] Celery (*Chopped*)
- **1.25 cup** [312.5 g] Cannellini Beans (*Canned*) (*Drained and rinsed*)
- **1 leaf** [0.6 g] Bay Leaf
- **0.5 tbsp, ground** [0.9 g] Oregano
- **0.5 tbsp, ground** [2.15 g] Thyme (*Dried*)
- **1 tsp** [1 g] Dill (*Dried*)
- **3 cup** [720 g] Beef Bone Broth
- **1 dash** [0.4 g] Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)
- **1 tbsp** [5 g] Nutritional Yeast
- **1.5 serving (28g)** [42 g] Dry Roasted Mixed Nuts
- **2 apple** Apples

DIRECTIONS

1. In a medium stockpot, heat olive oil over medium heat. Add onion and garlic. Cook 2-3 minutes or until onions soften.
2. Add carrots and celery and cook approximately 5 minutes, until vegetables soften.
3. Add beans, bay leaf, oregano, thyme, dill, broth, salt, pepper, and nutritional yeast and reduce heat to a simmer. Cook for 20 minutes.
4. Serve warm with a side of nuts and an apple.

NUTRITION INFO

Energy : 507 kcal

Fat : 18.2 g

Carbs : 62.1 g

Protein : 29.5 g

Fiber : 21.1 g

Sugar : 25.1 g



Dairy and Grain Free Dinner

FINISH STRONG

Acorn Squash Delight



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 45 MINUTES

INGREDIENTS

- **1 squash (4 inch dia)** [431 g] Acorn Winter Squash
- **1 tbsp** [14 g] Avocado Oil
- **0.5 tsp** [1.15 g] Cinnamon
- **12 oz** [340.2 g] Ground Beef (95% Lean / 5% Fat)
- **0.5 medium (2-1/2" dia)** [55 g] Onions (*Diced*)
- **0.25 cup** [15 g] Parsley (*Chopped*)
- **1 cup** [113 g] Shredded Carrots
- **0.5 tsp** [1.4 g] Garlic Powder
- **0.25 tsp** [0.45 g] Ginger (Ground)

DIRECTIONS

1. Preheat oven to 400 degrees F (205 degrees C).
2. Cut acorn squash in half lengthwise and also cut a small slice from the back of each side so that the squash rests facing up in baking dish. Remove seeds.
3. Brush acorn squash with avocado oil, sprinkle cinnamon over the top, and place face up on a baking sheet. Bake acorn squash for 20 minutes in the oven.
4. In the meantime, cook ground beef over medium heat in a skillet, crumbling the meat as it cooks.
5. Once browned through, drain excess fat and add all other ingredients with the meat. Remove from heat.
6. Add beef mixture to the center of the acorn squash and return to the oven to back for 15 - 20 additional minutes.

NUTRITION INFO

Energy : 418 kcal Fat : 15.9 g Carbs : 30.8 g Protein : 39.3 g Fiber : 6.3 g Sugar : 3.4 g

Balsamic Chicken Sheet Pan Dinner



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- **3 tbsp** [45 g] Balsamic Vinegar
- **2 tbsp** [28 g] Avocado Oil
- **1 tsp** [2.8 g] Garlic Powder
- **0.5 tbsp, ground** [0.9 g] Oregano
- **0.5 tbsp, ground** [2.15 g] Thyme (Dried)
- **1 dash** [0.4 g] Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)
- **12 oz** [336 g] Skinless Chicken Breast (*Thin cut*)
- **3 cup, florets** [213 g] Broccoli
- **2 cup** [113.4 g] Shredded Red Cabbage
- **1.25 cup, hearts** [325 g] Cooked Artichoke (Canned/Jarred)

DIRECTIONS

1. Preheat oven to 400 degrees F (205degrees C).
2. In a small bowl mix together avocado oil, balsamic vinegar, garlic powder, oregano, thyme, salt, and pepper.
3. Spread chicken, broccoli, cabbage, and artichoke hearts onto a large sheet pan. Pour avocado oil mixture over chicken and vegetables. Light toss and turn to coat chicken and vegetables.
4. Bake for 20 minutes or until chicken reaches an internal temperature of 165degrees F.

NUTRITION INFO

Energy : 499 kcal Fat : 17.2 g Carbs : 40.8 g Protein : 50.8 g Fiber : 17.4 g Sugar : 8.9 g

Ground Turkey Skillet With Cauliflower Rice



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- **1 tbsp** [14 g] Avocado Oil
- **12 oz** [336 g] Ground Turkey
- **3 cup, florets** [213 g] Broccoli
- **1 cup, hearts** [260 g] Cooked Artichoke (Canned/Jarred) (*Drained and chopped*)
- **2 tbsp** [28 g] Kalamata Olives
- **1 small** [70 g] Onions (*Sliced thin*)
- **0.5 tbsp, ground** [0.9 g] Oregano
- **0.5 tbsp, ground** [2.15 g] Thyme (Dried)
- **1 dash** [0.4 g] Salt
- **1 dash** [0.1 g] Black Pepper
- **1 avocado** [136 g] Avocado (*Peeled and chopped*)
- **2 cup** [200 g] Riced Cauliflower (*Cooked*)

DIRECTIONS

1. Heat avocado oil in a medium skillet over medium heat. Add ground turkey and cook through, crumbling and breaking apart as it cooks (approximately 7minutes). Drain excess liquid. Transfer ground turkey to a plate.
2. Add broccoli, artichoke hearts, kalamata olives, onion, oregano, thyme, salt, and pepper. Cook for approximately 5minutes until broccoli and onions soften.
3. Add ground turkey back to skillet and cook for an additional 2 minutes.
4. Remove from heat. Serve with cooked cauliflower rice and top with avocado.

NUTRITION INFO

Energy : 605 kcal

Fat : 32.3 g

Carbs : 41.2 g

Protein : 46.9 g

Fiber : 19.5 g

Sugar : 5.4 g

Olive and Tomato Fish Stew



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- **2 tbsp** [28 g] Avocado Oil
- **1 small** [70 g] Onions (*Sliced thin*)
- **1 medium** [61 g] Carrots (*Chopped*)
- **2 clove** [6 g] Garlic (*Minced*)
- **0.5 tsp** [1.15 g] Cinnamon
- **0.5 tsp** [0.9 g] Coriander Seed (*Ground*)
- **0.5 tbsp** [8 g] Tomato Paste
- **0.25 cup, sliced** [33.75 g] Greek Olives
- **1.25 cup** [76.25 g] Crushed Tomatoes
- **1 cup** [240 ml] Vegetable Broth
- **10 oz, boneless, cooked** [283.5 g] Haddock
- **2 cup** [40 g] Arugula (*Rocket*)
- **1 sweetpotato, 5" long** [130 g] Sweet Potato (*Baked*)

DIRECTIONS

1. In a medium skillet warm oil over medium heat. Add onion, carrot, garlic, cinnamon, and coriander. Cook 3-4 minutes until vegetables soften.
2. Add remaining ingredients, except for arugula/rocket. Cook uncovered over medium heat, flipping cod once, for approximately 10 minutes (until internal temperature of fish reaches 145 degrees F).
3. Mix in arugula/rocket and cook approximately one additional minute. Serve warm with a baked sweet potato.

NUTRITION INFO

Energy : 459 kcal Fat : 21.3 g Carbs : 34.9 g Protein : 36.5 g Fiber : 7.5 g Sugar : 11.6 g

Pork Fried "Rice"



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- **1 tbsp** [14 g] Avocado Oil
- **8 oz** [226.8 g] Pork Loin (Tenderloin)
(Chopped into small peices)
- **3 clove** [9 g] Garlic *(Minced)*
- **3 tsp** [6 g] Ginger *(Grated)*
- **0.5 tbsp** [6.8 g] Sesame Oil
- **1.5 cup** [247.5 g] Cooked Peas and Carrots (from Frozen)
- **1.5 cup** [150 g] Riced Cauliflower
- **2 large** [100 g] Egg *(Beaten)*
- **3 stalk** [45 g] Green Onions *(Chopped)*

DIRECTIONS

1. Heat avocado oil over medium heat. Add chopped pork and cook through, flipping occasionally to each side (approximately 8 minutes).
2. Drain excess liquid and transfer pork to a plate.
3. In the skillet, add garlic, ginger, and sesame oil. Cook 1-2 minutes, until fragrant.
4. Add frozen cauliflower rice, peas, and carrots.
5. Cover and cook until soft, 5-10 minutes. Stir and break apart clumps occasionally.
6. Uncover and push cauliflower mixture to one side. Add eggs and scrape from bottom frequently until eggs are mostly cooked through. Add green onion and pork. Mix all together and serve warm.

NUTRITION INFO

Energy : 435 kcal

Fat : 24.8 g

Carbs : 19.4 g

Protein : 35.6 g

Fiber : 5.9 g

Sugar : 7.8 g

Salmon & Crispy Potatoes



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 40 MINUTES

INGREDIENTS

- **10 oz, boneless, raw** [283.5 g] Salmon (*Cut into filets*)
- **1 tbsp** [21 g] Honey
- **1 tbsp** [14.8 g] Water (*Warm*)
- **0.5 tbsp** [7.5 g] Apple Cider Vinegar
- **0.5 tbsp** [7 g] Avocado Oil
- **2 clove** [6 g] Garlic (*Minced*)
- **1 tbsp** [3.8 g] Parsley (*Chopped*)
- **1 dash** [0.4 g] Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)
- **2 cup** [330 g] Fingerling Potatoes
- **2 tbsp** [28 g] Olive Oil
- **1 tsp** [2.8 g] Garlic Powder
- **1 tsp** [2.4 g] Onion Powder

DIRECTIONS

1. Preheat oven to 400 degrees.
2. Bring 3 cups of water to a boil. Add potatoes and cook in boiling water until easily pierced with a fork (approximately 20 minutes).
3. Mix together honey, warm water, apple cider vinegar, 1 tbsp avocado oil, minced garlic, parsley, salt, and pepper.
4. Cover a baking sheet pan with parchment paper to avoid sticking (optional). Place salmon filets on the sheet pan and cover with honey garlic mixture.
5. After potatoes have boiled, drain and place the potatoes on the sheet pan with the salmon.
6. Using a fork, press down on each potato to smash them. Coat the potatoes with avocado oil, garlic powder, onion powder, salt, and pepper.
7. Cook salmon and potatoes in the oven for approximately 20 minutes, or until salmon is cooked through.

NUTRITION INFO

Energy : 539 kcal

Fat : 25.5 g

Carbs : 41.6 g

Protein : 35.3 g

Fiber : 5.3 g

Sugar : 9.3 g

Shrimp Tacos



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 6 MINUTES

INGREDIENTS

- **10 oz** [284 g] Shrimp (Prawns) (*Peeled and deveined*)
- **1 clove** [3 g] Garlic (*Minced*)
- **1 tbsp** [14 g] Avocado Oil
- **1 dash** [0.4 g] Salt
- **1 dash** [0.1 g] Black Pepper
- **0.25 tsp** [0.53 g] Cumin
- **0.25 tsp** [0.45 g] Red or Cayenne Pepper
- **1 avocado** [136 g] Avocado (*Peeled and chopped*)
- **3 tbsp, chopped** [15 g] Red Onions (*Thinly sliced*)
- **2 tbsp** [2 g] Cilantro (Coriander) (*Chopped*)
- **6 medium (approx 5" dia)** [79.8 g] Taco Shell (grain free)
- **1.5 cup** [360 g] Black Beans (Canned) (*Drained, rinsed, and warmed*)

DIRECTIONS

1. In a medium skillet, warm avocado oil. Add garlic, shrimp, salt, pepper, cumin, and cayenne pepper. Cook for 2-3 minutes on each side, flipping once.
2. In the meantime, cook black beans over medium heat in a small sauce pan for 5 minutes.
3. Warm tortillas in microwave for 10 seconds.
4. Fill tortillas with shrimp, avocado, red onion, and cilantro.
5. Serve shrimp tacos with a side of beans.

NUTRITION INFO

Energy : 672 kcal

Fat : 30.1 g

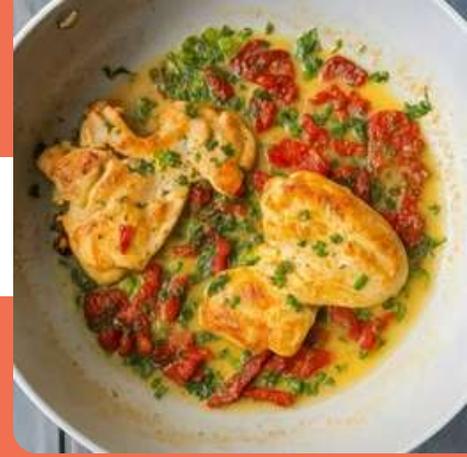
Carbs : 67.1 g

Protein : 36.6 g

Fiber : 22 g

Sugar : 1.8 g

Sun-Dried Tomato Chicken



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- **12 oz** [339 g] Boneless Skinless Chicken Thighs (raw)
- **1 tbsp** [14 g] Avocado Oil
- **1 dash** [0.4 g] Salt
- **1 dash** [0.1 g] Black Pepper
- **0.25 tbsp** [2.1 g] Garlic Powder
- **0.5 cup** [27 g] Sun-Dried Tomatoes (*Chopped*)
- **1 cup** [240 g] Beef Bone Broth
- **0.5 cup** [113 g] Coconut Milk
- **0.25 cup** [15 g] Parsley
- **3 stalk** [45 g] Green Onions (*Chopped*)
- **2 cup** [200 g] Riced Cauliflower (*Cooked*)

DIRECTIONS

1. In a medium skillet heat avocado oil over medium heat.
2. Season chicken breasts with salt, pepper, and garlic powder, and add to skillet.
3. Cook until well browned on one side, approximately 8 minutes, then flip.
4. Add sun-dried tomatoes, bone broth, and coconut milk to the skillet. Cook 8-10 minutes or until chicken is cooked through. Remove from heat and mix in parsley and green onion.
5. Allow 3-5 minutes to sit for sauce to thicken, then serve over cauliflower rice.

NUTRITION INFO

Energy : 457 kcal

Fat : 26.1 g

Carbs : 16.2 g

Protein : 43.9 g

Fiber : 5.2 g

Sugar : 8.7 g

Sweet Potato Skillet



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- **1 tbsp** [14 g] Olive Oil
- **2 tbsp** [29.6 g] Water
- **2 sweetpotato, 5" long** [260 g] Sweet Potato (*Peeled and chopped*)
- **1 tsp** [2.8 g] Garlic Powder
- **0.5 tsp** [1 g] Ginger
- **8 oz** [226.8 g] Beef Flank (Lean Only, Trimmed to 0" Fat, Choice Grade) (*Sliced thin*)
- **1 small** [70 g] Onions (*Sliced thin*)
- **1 medium** [196 g] Summer Squash (*Sliced thin*)
- **3 cup, florets** [213 g] Broccoli
- **2 tbsp** [28 g] Coconut Aminos
- **1 tbsp** [9 g] Sesame Seeds

DIRECTIONS

1. In a medium skillet, heat avocado oil over medium heat.
2. Add water, sweet potatoes, garlic powder, and ginger. Cover and cook 10 minutes or until sweet potatoes are easily pierced with a fork, flipping occasionally.
3. Add steak and cook 3-5 minutes, flipping once.
4. Add remaining ingredient and cook 5-10 minutes, until vegetables are at desired consistency.
5. Serve warm.

NUTRITION INFO

Energy : 455 kcal Fat : 16.7 g Carbs : 46.7 g Protein : 32.4 g Fiber : 8.5 g Sugar : 15.4 g

Zucchini Noodles & Meatballs



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- **12 oz** [340.2 g] Ground Beef (95% Lean / 5% Fat)
- **1 large** [50 g] Egg
- **1 tbsp** [7 g] Almond Flour
- **0.5 tsp** [3 g] Salt
- **0.25 tsp** [0.53 g] Black Pepper
- **0.5 tsp** [1.2 g] Onion Powder
- **0.5 tsp** [1.4 g] Garlic Powder
- **1 tsp, ground** [0.6 g] Oregano
- **2 tbsp** [7.6 g] Parsley (*Chopped*)
- **1 cup** [245 g] Tomato Sauce (no sugar added)
- **2 medium** [392 g] Zucchini (*Spiralized*)
- **4 tbsp** [56 g] Kalamata Olives

DIRECTIONS

1. In a large bowl, mix together ground beef, egg, almond flour, salt, pepper, onion powder, garlic, oregano, and parsley.
2. Heat a large skillet over medium heat. Form 1-2 inch diameter balls with the meat mixture and place in the skillet. Cook 2-3 minutes or until browned and then turn each meatball. Continue to cook each side until browned. Discard extra fat from the skillet.
3. Add marinara sauce and cook, covered, for 10 minutes.
4. Add zucchini noodles and olives and cook for 3-4 minutes, uncovered.
5. Serve warm.

NUTRITION INFO

Energy : 459 kcal

Fat : 20.9 g

Carbs : 19.2 g

Protein : 47.3 g

Fiber : 4.1 g

Sugar : 8.3 g