



Sugar Detox Recipe Bundle

ELIMINATE THE SUGAR CRASHES
WITH THIS CLEAN, YET
SATISFYING SUGAR DETOX PLAN.

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Sugar Detox Breakfast

KICKSTART YOUR DAY

Cottage Cheese Breakfast Bowl



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **1 cup** [225 g] 1% Low Fat Cottage Cheese
- **2 tbsp** [14 g] Chopped Walnuts
- **0.25 cup** [30.75 g] Raspberries
- **0.25 cup** [36 g] Blackberries
- **1 tbsp** [10 g] Hemp Hearts

DIRECTIONS

1. Top cottage cheese with all other ingredients and enjoy!

NUTRITION INFO

Energy : 345 kcal

Fat : 16.6 g

Carbs : 19.5 g

Protein : 32 g

Fiber : 5.2 g

Sugar : 13.6 g

Green For Glow Smoothie



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **0.25 apple** [0.25 154] Green Apple
- **0.5 avocado** [68 g] Avocado (*Frozen*)
- **0.5 cup, chopped** [88.5 g] Honeydew Melon
- **1 scoop** [20 g] Collagen Powder
- **1 tbsp** [10 g] Hemp Hearts
- **0.25 cup** [56.75 g] Whole Milk Greek Yogurt Plain
- **0.25 cup** [59.25 g] Water (*More if you would like a thinner consistency*)

DIRECTIONS

1. Blend all together and enjoy!

NUTRITION INFO

Energy : 338 kcal

Fat : 18.8 g

Carbs : 22.1 g

Protein : 22.8 g

Fiber : 7.3 g

Sugar : 13 g

No Time To Waste Breakfast Plate



SERVINGS: 1

PREP TIME: 3 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **3 large** [150 g] Egg (*Hard boiled*)
- **1 cup, halves** [152 g] Strawberries
- **1.5 cup** [367.5 g] Almond Milk
- **1.5 tsp** [3 g] Matcha Tea Powder (*Or 1-2 packets*)

DIRECTIONS

1. Warm almond milk and blend well with matcha powder.
2. Serve all other and hit the road!

NUTRITION INFO

Energy : 339 kcal Fat : 20.7 g Carbs : 16.4 g Protein : 22.2 g Fiber : 5.7 g Sugar : 8.7 g

Pan Fried Spinach and Eggs



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 8 MINUTES

INGREDIENTS

- **2 cup** [60 g] Baby Spinach
- **1 tbsp** [14 g] Olive Oil
- **2 large** [100 g] Egg
- **2 tbsp (packed)** [30 g] Feta Cheese
- **0.5 avocado** [68 g] Avocado
- **0.25 tsp** [0.53 g] Cumin
- **1 dash** [0.4 g] Salt
- **1 dash** [0.1 g] Black Pepper

DIRECTIONS

1. Heat olive oil over medium heat in a medium skillet.
2. Add spinach and cook 2-3 minutes, until wilted. Using a paper towel, pat spinach to sop up extra liquid.
3. Push spinach to the side creating divots for each egg. Crack eggs into the divots. Add salt, pepper, and cumin. Cook for 4-5 minutes until eggs are desired consistency.
4. Top with sliced avocado and feta before serving.

NUTRITION INFO

Energy : 487 kcal

Fat : 41.2 g

Carbs : 10.9 g

Protein : 20.2 g

Fiber : 7.7 g

Sugar : 2.5 g

Pomegranate Yogurt Bowl



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **1 cup** [227 g] Whole Milk Greek Yogurt - Vanilla
- **0.5 cup** [61.5 g] Raspberries (*mashed*)
- **2 tbsp** [22 g] Pomegranate arils
- **2 tbsp** [14 g] Chopped Walnuts

DIRECTIONS

1. Mix mashed raspberries into yogurt.
2. Top yogurt with all other ingredients and enjoy!

NUTRITION INFO

Energy : 400 kcal Fat : 20.2 g Carbs : 24.6 g Protein : 31.8 g Fiber : 5.8 g Sugar : 13.7 g

Protein Banana Pancakes



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- **2 large** [100 g] Egg
- **0.5 cup** [113 g] Cottage Cheese (4% milk fat)
- **0.5 cup** [56 g] Almond Flour
- **2 tbsp** [29.6 g] Water
- **0.5 medium (7" to 7-7/8" long)** [59 g] Banana (*Sliced*)
- **0.5 tbsp** [7 g] Chia Seeds
- **0.5 cup** [72.5 g] Blueberries

DIRECTIONS

1. Combine the eggs, cottage cheese, and flour in a mixing bowl.
2. Stir until fully combined.
3. If too thick, slowly add in water to reach desired batter consistency.
4. Heat a flat pan to medium heat.
5. Spray the pan with a non-stick oil spray.
6. Spoon 1/4 cup at a time of mix into the pan.
7. Once the edges are browned, flip the pancake over.
8. Once fully cooked (soft to touch), remove from heat onto a plate.
9. Continue steps 6-8 until all the batter is cooked (6-8 pancakes).
10. Serve warm topped with banana, chia seeds, and blueberries.

NUTRITION INFO

Energy : 351 kcal

Fat : 20.9 g

Carbs : 22.1 g

Protein : 21.6 g

Fiber : 6.9 g

Sugar : 11.6 g

Simple Scramble



SERVINGS: 1

PREP TIME: 3 MINUTES

COOKING TIME: 4 MINUTES

INGREDIENTS

- **0.5 tbsp** [7 g] Olive Oil
- **1 tbsp** [14 g] Kalamata Olives (*Halved*)
- **0.5 cup** [74.5 g] Cherry Tomatoes (*Halved*)
- **1 dash** [0.4 g] Salt (*To taste*)
- **3 large** [150 g] Egg (*Beaten*)
- **0.5 tsp** [0.9 g] Italian Seasoning
- **1 tbsp (packed)** [15 g] Feta Cheese
- **1 cup** [20 g] Arugula (*Rocket*)
- **1 cup, cubes** [160 g] Cantaloupe Melons

DIRECTIONS

1. Heat olive oil in a medium skillet over medium heat.
2. Add olives, tomatoes, and salt. Cooked for 1-2 minutes.
3. Add eggs, Italian seasoning, and feta cheese. Cook approximately 2 minutes, scrapping eggs intermittently from the pan.
4. Just before removing from heat, add arugula.
5. Serve warm with side of cantaloupe.

NUTRITION INFO

Energy : 418 kcal Fat : 26.9 g Carbs : 20.5 g Protein : 24.5 g Fiber : 3.3 g Sugar : 16.7 g

Strawberry Banana Smoothie



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **1 cup** [245 g] Almond Milk
- **1 scoop** [20 g] Protein Powder - Vanilla
- **1 tbsp** [16 g] Almond Butter
- **1 cup** [30 g] Baby Spinach
- **1 medium (7" to 7-7/8" long)** [118 g] Banana
- **0.25 cup, sliced** [41.5 g] Strawberries
(Frozen)

DIRECTIONS

1. Combine all together in a blender and blend until smooth.

NUTRITION INFO

Energy : 361 kcal

Fat : 14.2 g

Carbs : 36 g

Protein : 28.3 g

Fiber : 7 g

Sugar : 18.6 g

Sweet Potato Breakfast Skillet



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- **1 sweetpotato, 5" long** [130 g] Sweet Potato (*Peeled and chopped*)
- **0.5 tsp, ground** [0.3 g] Oregano
- **1 dash** [0.4 g] Salt
- **1 dash** [0.1 g] Black Pepper
- **2 tbsp** [29.6 g] Water
- **1 cup** [20 g] Arugula (Rocket)
- **1 tbsp** [14 g] Avocado Oil
- **1 stalk** [15 g] Green Onions (*Chopped*)
- **3 slice** [45 g] Uncured Bacon (*No sugar added*)
- **0.5 tbsp** [5 g] Hemp Hearts

DIRECTIONS

1. Heat avocado oil in a medium skillet. Add sweet potato, oregano, salt, pepper, and water.
2. Cover and cook approximately 10 minutes, flipping potatoes occasionally.
3. In the meantime add bacon to a medium skillet and cook over medium heat for approximately 8 minutes, flipping once.
4. Remove bacon onto a paper towel to soak up extra fat.
5. Once potatoes are soft and easily pierced with a fork add arugula/rocket and green onion and cook for 1 additional minute.
6. Sprinkle hemp hearts on top. Serve potatoes with bacon.

NUTRITION INFO

Energy : 485 kcal

Fat : 37.7 g

Carbs : 28.9 g

Protein : 10.6 g

Fiber : 4.9 g

Sugar : 6.2 g

Turkey, Egg & Cheese Muffins



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- **4 large** [200 g] Egg
- **6 large** [198 g] Egg White
- **0.5 medium (approx 2-3/4" long, 2-1/2" dia)** [57 g] Red Bell Pepper
- **0.5 small** [35 g] Onions
- **2.5 oz** [70.88 g] Mozzarella Cheese (Whole Milk)
- **2 tbsp chopped** [6 g] Chives
- **1 5 pumps** [1 g] Avocado Oil Cooking Spray (PAM)
- **3 oz** [85.2 g] Organic Roast Turkey Meat

DIRECTIONS

1. Preheat oven to 350 degrees F (175 C).
2. In a large mixing bowl, whisk together whole eggs and egg whites.
3. Chop the deli turkey, red pepper, small white onions, and chives into small pieces, and set aside.
4. Spray the muffin tin with non-stick spray. Place about 1 tbsp each of turkey, red peppers, and onions into each muffin tin.
5. Pour the egg mix into each muffin tin. Sprinkle the top with cheese and chives.
6. Bake for 20-25 minutes.
7. Remove from the oven and let the bites cool before removing from the muffin tin. Serve warm.

NUTRITION INFO

Energy : 389 kcal

Fat : 19.6 g

Carbs : 6 g

Protein : 44.8 g

Fiber : 1.6 g

Sugar : 3.9 g



Sugar Detox Lunch

RE-FUEL AND RE-ENERGIZE

Broccoli Salad with Salmon



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **1 tbsp** [15 g] Mayonnaise (made with avocado oil)
- **0.5 tbsp** [7.5 g] Apple Cider Vinegar
- **0.5 tbsp** [0.65 g] Parsley (Dried)
- **1 dash** [0.4 g] Salt
- **1 dash** [0.1 g] Black Pepper
- **0.18 cup** [19.8 g] Dried Cranberries
- **2 cup chopped** [182 g] Broccoli
- **3 tbsp, chopped** [15 g] Red Onions
- **2 tbsp** [15 g] Slivered Almonds
- **3 oz, boneless** [85.05 g] Smoked Salmon

DIRECTIONS

1. In small bowl mix together mayonnaise, apple cider vinegar, dried parsley, salt, and pepper.
2. Mix mayonnaise mixture with broccoli, cranberries, red onion, and almonds.
3. Top with smoked salmon.

NUTRITION INFO

Energy : 437 kcal

Fat : 23.8 g

Carbs : 38.1 g

Protein : 24.3 g

Fiber : 9 g

Sugar : 18.7 g

Chickpea Pasta Salad



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- **0.5 cup** [74.5 g] Cherry Tomatoes
- **0.5 cup, sliced** [59.5 g] Cucumber
- **0.25 medium** [29.75 g] Green Bell Pepper
- **0.25 cup, slices** [29 g] Radish
- **2 tbsp (packed)** [30 g] Feta Cheese
- **1 tbsp** [15 g] Balsamic Vinegar
- **1 tbsp** [14 g] Olive Oil
- **1 dash** [0.4 g] Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)
- **8 oz** [224 g] Chickpea Pasta

DIRECTIONS

1. Boil a pot of water and cook the chickpea pasta until al dente.
2. Strain pasta and set aside to cool. Slice the cherry tomatoes in half and set aside.
3. Chop the cucumber and green peppers into small pieces and set aside.
4. Slice the radishes and set aside. In a large bowl, combine the al dente pasta, tomatoes, green peppers, cucumbers, radish and feta cheese.
5. Drizzle with olive oil and balsamic vinegar. Add salt and pepper to taste. Enjoy cold!

NUTRITION INFO

Energy : 502 kcal

Fat : 16.1 g

Carbs : 75.4 g

Protein : 24.9 g

Fiber : 11.7 g

Sugar : 5.8 g

Grape Chicken Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **1 can (5 oz) yields** [125 g] Canned Chicken (Meat Only) (*Drained*)
- **1 tbsp** [15 g] Mayonnaise (made with avocado oil)
- **0.25 tsp** [0.07 g] Parsley (Dried)
- **0.25 cup, seedless** [40 g] Grapes (*Halved*)
- **1 stalk, medium (7-1/2" - 8" long)** [40 g] Celery (*Chopped*)
- **2 tbsp** [14 g] Chopped Walnuts
- **0.25 small** [37 g] Red Onions (*Chopped*)
- **2 cup, shredded or chopped** [110 g] Mixed Salad Greens

DIRECTIONS

1. Mix together chicken, mayonnaise, parsley, grapes, celery, walnuts, and red onion.
2. Top salad greens with chicken mixture and enjoy!

NUTRITION INFO

Energy : 484 kcal Fat : 31.7 g Carbs : 15.5 g Protein : 37.8 g Fiber : 4.5 g Sugar : 8.8 g

Hearty Herb and Sun-Dried Tomato Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **2 cup** [40 g] Arugula (Rocket)
- **1 tbsp** [8.6 g] Pine Nuts
- **0.5 cup** [125 g] Chickpeas (canned and drained)
- **0.5 tsp, ground** [0.3 g] Oregano
- **0.5 tsp** [0.5 g] Dill (Dried)
- **5 piece** [15 g] Sun-Dried Tomatoes (In Oil, Drained) (*Chopped*)
- **0.25 cup, crumbled** [37.5 g] Feta Cheese
- **0.5 avocado** [68 g] Avocado
- **0.5 tbsp** [7.5 g] Apple Cider Vinegar
- **1 tbsp** [14 g] Lemon Juice
- **1 dash** [0.4 g] Salt
- **1 dash** [0.1 g] Black Pepper
- **1 tbsp** [10 g] Hemp Hearts

DIRECTIONS

1. Toss all ingredients together and enjoy!

NUTRITION INFO

Energy : 526 kcal

Fat : 33.7 g

Carbs : 43.7 g

Protein : 19.2 g

Fiber : 13 g

Sugar : 2.9 g

Herbed Chicken Patty Salad



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **8 oz** [227.2 g] Ground Chicken
- **0.25 cup** [15 g] Parsley (*chopped*)
- **2 clove** [6 g] Garlic (*Minced*)
- **0.5 medium** [55 g] Yellow Onions (*Minced*)
- **1 tbsp** [14 g] Avocado Oil
- **4 cup** [80 g] Arugula (*Rocket*)
- **1 avocado** [136 g] Avocado (*Diced*)
- **0.5 cup** [56.5 g] Shredded Carrots
- **2 tbsp** [28 g] Olive Oil
- **2 tbsp** [28 g] Lemon Juice
- **1 dash** [0.4 g] Salt
- **1 dash** [0.1 g] Black Pepper

DIRECTIONS

1. In a large bowl, combine ground chicken, parsley, garlic, onion, and salt. Using your hands, mix all ingredients well, then separate into six patties.
2. Heat avocado oil in a large skillet over medium heat. Add the patties and cook 4-5 minutes per side, until internal temperature reaches 165 degrees.
3. In the meantime, in two separate salad bowls, add arugula, avocado, shredded carrots, olive oil, lemon juice, salt, and pepper.
4. Top salad with cooked chicken patties.

NUTRITION INFO

Energy : 499 kcal

Fat : 39.9 g

Carbs : 14.9 g

Protein : 23.5 g

Fiber : 7.8 g

Sugar : 4.4 g

Lemony Mediterranean Salad



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **4 oz** [112 g] Skinless Chicken Breast (*Pre-cooked*)
- **2 cup, shredded or chopped** [110 g] Mixed Salad Greens
- **0.25 cup** [37.25 g] Cherry Tomatoes (*Halved*)
- **0.5 medium (7" long)** [100.5 g] Cucumber (*Chopped*)
- **2 tbsp** [28 g] Kalamata Olives (*Halved*)
- **0.25 small** [37 g] Red Onions (*Sliced thin*)
- **1 tbsp** [14 g] Olive Oil
- **2 tbsp** [28 g] Lemon Juice
- **1 tsp, ground** [0.6 g] Oregano
- **0.5 tsp** [0.5 g] Dill (*Dried*)
- **1 serving (28g)** [28 g] Dry Roasted Mixed Nuts

DIRECTIONS

1. Mix together olive oil, lemon juice, oregano, dill, salt, and pepper and in a small bowl.
2. In a salad bowl top mixed salad greens with all other ingredients and drizzle with olive oil dressing.

NUTRITION INFO

Energy : 512 kcal

Fat : 33.1 g

Carbs : 22.2 g

Protein : 35.7 g

Fiber : 6.7 g

Sugar : 5.1 g

On The Go Lunch Box



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **2 large** [100 g] Egg (*Hard boiled*)
- **0.25 cup** [36.25 g] Blueberries
- **0.5 cup** [61.5 g] Raspberries
- **1 cup** [85 g] Whole Pod Edamame
- **2 oz** [56.7 g] Mozzarella Cheese (Whole Milk)

DIRECTIONS

1. "Pack together and enjoy a healthy lunch!"
2. easy, mediterranean, grain free, gluten free, corn free, family friendly, vegetarian, nut free, easy, high protein, low carb, hormone healthy, lunch

NUTRITION INFO

Energy : 471 kcal

Fat : 27.6 g

Carbs : 22.6 g

Protein : 36.2 g

Fiber : 8.9 g

Sugar : 9.7 g

Shrimp Summer Rolls



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **2 medium** [122 g] Carrots
- **1 medium (7" long)** [201 g] Cucumber
- **1 medium (approx 2-3/4" long, 2-1/2" dia)** [114 g] Red Bell Pepper
- **1 avocado** [136 g] Avocado
- **8 oz, without shell, cooked** [224 g] Steamed or Boiled Shrimp
- **6 medium paper (8-5/8" dia)** [85.2 g] Rice Paper
- **1 serving (28g)** [28 g] Dry Roasted Mixed Nuts

DIRECTIONS

1. Wash the carrots, cucumber, and red pepper.
2. Slice the carrots, cucumber, red pepper, and avocado into long thin strips.
3. Dip the rice paper in warm water for 5-10seconds until soft and place it on a wet, flat surface.
4. At the bottom of the paper stack 2-3slices of carrot, cucumber, red pepper, and avocado.
5. In the middle of the paper, lay the shrimp face down.
6. Fold the rice paper over from the bottom over the vegetables, then fold in the sides, and then roll over the shrimp.
7. Continue rolling until it's folded into a roll.
8. Repeat until all rice paper is rolled. Serve chilled.
9. Serve with a side of mixed nuts.

NUTRITION INFO

Energy : 558 kcal

Fat : 21.8 g

Carbs : 53.8 g

Protein : 37.5 g

Fiber : 12.1 g

Sugar : 7.7 g

Tuna Salad Crunch



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **5 oz** [141.75 g] Tuna in Water (Canned) (*Drained*)
- **1 tbsp** [15 g] Mayonnaise (made with avocado oil)
- **1 stalk, medium (7-1/2" - 8" long)** [40 g] Celery (*Chopped*)
- **2 tbsp, chopped** [10 g] Red Onions
- **0.5 tsp** [0.5 g] Dill (Dried)
- **1 dash** [0.4 g] Salt
- **1 dash** [0.1 g] Black Pepper
- **0.5 serving (17 crackers)** [17.5 g] Gluten Free Crackers
- **1 fruit (2-5/8" dia)** [131 g] Oranges

DIRECTIONS

1. In a medium bowl mix together the tuna, mayonnaise, celery, red onion, dill, salt, and pepper.
2. Serve with crackers and an orange.

NUTRITION INFO

Energy : 442 kcal Fat : 19.5 g Carbs : 27.6 g Protein : 39.6 g Fiber : 4.8 g Sugar : 14.5 g

Turkey Bacon Lettuce Wraps



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 8 MINUTES

INGREDIENTS

- **3 slice** [45 g] Uncured Bacon (*No sugar added*)
- **4 leaf, medium medium** [60 g] Butterhead Lettuce
- **3 oz** [85.2 g] Organic Roast Turkey Meat
- **1 small whole (2-2/5" dia)** [91 g] Tomatoes (*Sliced*)
- **0.25 avocado** [34 g] Avocado
- **0.5 tbsp** [7.5 g] Mayonnaise (made with avocado oil)
- **1 oz** [28.35 g] Mozzarella Cheese (Whole Milk) (*Sliced*)

DIRECTIONS

1. Cook bacon in medium skillet over medium heat for 4-5 minutes on each side. Pat dry with a paper towel.
2. Spread mayo on 2-3 pieces of lettuce and fill with all other ingredients.

NUTRITION INFO

Energy : 550 kcal

Fat : 40.9 g

Carbs : 7.6 g

Protein : 40 g

Fiber : 3.7 g

Sugar : 2.9 g



Sugar Detox Dinner

FINISH STRONG

Beef and Broccoli Stir Fry



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- **0.5 cup** [92.5 g] White Rice (Uncooked)
- **1 tbsp** [9 g] Arrowroot Starch (*Divided*)
- **1 tbsp** [14 g] Avocado Oil
- **2 clove** [6 g] Garlic (*Minced*)
- **1 medium (approx 2-3/4" long, 2-1/2" dia)** [114 g] Red Bell Pepper (*Sliced thin*)
- **2 cup, florets** [142 g] Broccoli
- **0.75 cup** [182.25 g] Chicken Stock
- **2 tbsp** [28 g] Coconut Aminos
- **2 stalk** [30 g] Green Onions (*Chopped*)
- **12 oz** [340.2 g] Beef Flank (Trimmed to 0" Fat) (*Sliced thin*)

DIRECTIONS

1. Cook rice according to package.
2. In a medium bowl, toss together steak and half of the arrowroot flour.
3. In a large skillet heat 1/2 tbsp avocado oil and add steak. Cook for 2-3 minutes, until cooked through. Remove steak from the skillet and set aside.
4. Add remaining oil, garlic, bell pepper, and broccoli to the skillet and cook 5-7 minutes, until softened.
5. In the meantime, mix together chicken broth, coconut aminos, and the remaining arrowroot flour.
6. Return steak to skillet and mix with vegetables. Pour chicken broth mixture with into the skillet and stir to coat steak and vegetables. Once sauce begins to bubble, stir well and remove from heat.
7. Serve warm over rice topped with green onion.

NUTRITION INFO

Energy : 584 kcal

Fat : 20 g

Carbs : 57.2 g

Protein : 43 g

Fiber : 5 g

Sugar : 9 g

Bun-less Burger



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- **12 oz** [340.2 g] Ground Beef (95% Lean / 5% Fat)
- **0.5 tbsp** [6.4 g] Clarified Butter Ghee
- **0.5 medium** [55 g] Yellow Onions (*Sliced thin*)
- **1 medium whole (2-3/5" dia)** [123 g] Tomatoes (*Sliced thin*)
- **1 medium (3-3/4" long)** [65 g] Dill Cucumber Pickles (*Sliced thin*)
- **8 leaf, medium medium** [120 g] Butterhead Lettuce
- **2 tsp** [11 g] Dijon Mustard
- **0.5 tbsp** [7.5 g] Mayonnaise (made with avocado oil)
- **1 avocado** [136 g] Avocado (*Sliced*)

DIRECTIONS

1. Heat a large skillet over medium heat or warm the grill.
2. Make four patties with the ground beef and cook in the skillet (or grill) until preferred doneness, flipping once. Internal temperature should read 150 degrees F (65 degrees C) or more.
3. In a small skillet, warm the ghee or butter and add onion. Cook for approximately 10 minutes over medium heat, occasionally flipping.
4. Mix together dijon mustard and mayonnaise.
5. Place the cooked beef patty on two leaves of iceberg lettuce. Top with cooked onions, tomato slices, pickle slices, and mustard mix. Serve with a side of avocado.

NUTRITION INFO

Energy : 446 kcal

Fat : 26.2 g

Carbs : 13.4 g

Protein : 39.3 g

Fiber : 6.9 g

Sugar : 5.5 g

Caprese Chicken Skewers



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- **1 tbsp** [14 g] Olive Oil
- **3 tbsp** [42 g] Pesto Sauce
- **2 tbsp** [30 g] Balsamic Vinegar
- **1 tbsp** [14 g] Lemon Juice
- **1 dash** [0.4 g] Salt
- **1 dash** [0.1 g] Black Pepper
- **12 oz** [336 g] Skinless Chicken Breast
- **1 cup** [149 g] Cherry Tomatoes
- **3 oz** [85.05 g] Mozzarella Cheese (Whole Milk) (*Cubed or balls*)
- **10 leaves** [5 g] Basil

DIRECTIONS

1. Turn on grill to medium heat. You can also bake these in the oven on 400 degrees F (205 C) for 20 minutes.
2. In a medium bowl mix together olive oil, pesto, half of the balsamic vinegar, lemon juice, salt, and pepper. Add cut chicken to coat evenly.
3. Thread grilling skewers alternating between chicken and cherry tomatoes.
4. Cook the skewers on the grill, occasionally flipping, for 10 - 15 minutes or until chicken reaches an internal temperature of 165 degrees F (74 degreesC).
5. Serve skewers for with fresh basil and mozzarella drizzled with remaining balsamic vinegar.

NOTES

1. **Cooking Tools:** You will need grilling skewers.

NUTRITION INFO

Energy : 522 kcal

Fat : 30.1 g

Carbs : 8.2 g

Protein : 53.2 g

Fiber : 1.2 g

Sugar : 4.9 g

Creamy Tuscan Salmon



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- **1 tbsp** [12.8 g] Clarified Butter Ghee
- **3 clove** [9 g] Garlic (*Minced*)
- **0.5 medium** [55 g] Yellow Onions (*Diced*)
- **10 oz, boneless, raw** [283.5 g] Salmon
- **0.5 cup** [119 g] Heavy Cream
- **0.25 cup** [13.5 g] Sun-Dried Tomatoes
- **1 dash** [0.4 g] Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)
- **1 cup** [30 g] Baby Spinach
- **2 tbsp** [7.6 g] Parsley (*Chopped*)
- **2 cup, florets** [142 g] Broccoli

DIRECTIONS

1. In a medium skillet, melt ghee or butter.
2. Add garlic and onions and cook 1-2 minutes until fragrant.
3. Add salmon and cook approximately 3 minutes on each side.
4. Add heavy cream, sun dried tomatoes, salt, and pepper. Lower heat and cook until cream begins to bubble. Add spinach and cook one additional minute.
5. In the meantime, steam broccoli until desired consistency.
6. Top salmon with parsley and serve with steamed broccoli.

NUTRITION INFO

Energy : 526 kcal

Fat : 37.3 g

Carbs : 14 g

Protein : 36.1 g

Fiber : 3.4 g

Sugar : 5 g

Crispy Chicken Thighs



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 40 MINUTES

INGREDIENTS

- **1 tsp** [4.67 g] Avocado Oil
- **2 tbsp** [28 g] Lemon Juice (*If following a low histamine diet eliminate this ingredient.*)
- **2 clove** [6 g] Garlic (*Minced*)
- **1 tsp, ground** [1.4 g] Thyme (Dried)
- **1 tsp** [1 g] Dill (Dried)
- **1 dash** [0.4 g] Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)
- **2 sweetpotato, 5" long** [260 g] Sweet Potato
- **2 cup** [40 g] Arugula (Rocket)
- **1 tbsp** [14 g] Olive Oil
- **10 oz, raw** [280 g] Chicken Thighs, boneless with skin

DIRECTIONS

1. Preheat oven to 425 degrees F (215 C).
2. In a medium bowl, mix together avocado oil, lemon juice, garlic, thyme, dill, salt, and pepper. Coat chicken thighs with avocado oil mixture and place in an oven safe dish.
3. Bake chicken in the oven for 35-40 minutes, until crispy on the outside. At the same time, bake potatoes in an oven safe dish for 40 minutes on until easily pierced with fork.
4. Serve chicken thighs with sweet potato and arugula/rocket drizzled with olive oil.

NUTRITION INFO

Energy : 492 kcal

Fat : 31.2 g

Carbs : 29.6 g

Protein : 23.2 g

Fiber : 4.8 g

Sugar : 5.9 g

Easy Crockpot Pulled Pork with Brussels



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 180 MINUTES

INGREDIENTS

- **12 oz** [340.2 g] Pork Shoulder (Whole, Lean Only)
- **0.5 cup (8 fl oz)** [121.5 g] Chicken Stock
- **0.5 cup** [125 g] Barbecue Sauce (*No sugar added*)
- **3 clove** [9 g] Garlic (*Minced or pressed*)
- **3 cup** [264 g] Brussels Sprouts (*Trimmed and halved*)
- **1 tbsp** [14 g] Avocado Oil
- **0.5 tbsp** [1.05 g] Basil (Dried)
- **1 dash** [0.4 g] Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)

DIRECTIONS

1. Mix together broth, BBQ sauce, and garlic cloves and pour over pork shoulder in a crock pot. Set crockpot to cook on low for 5–6 hours or high for 3–4 hours.
2. Before pulled pork is finished, make brussels sprouts by heating avocado oil in a large skillet over medium heat. Add brussels sprouts and 2 tbsp water. Cover and cook, approximately 10 minutes.
3. Remove cover and add basil, salt, and pepper. Cook for an additional 5–10 minutes, flipping occasionally.

NUTRITION INFO

Energy : 428 kcal

Fat : 20.8 g

Carbs : 22 g

Protein : 39.4 g

Fiber : 6.1 g

Sugar : 5.4 g

Parmesan Chicken



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- **12 oz, boneless, cooked, skinless** [336 g] Skinless Chicken Breast (*Thin sliced*)
- **1.5 oz** [42.53 g] Parmesan Cheese (*Shredded*)
- **1 dash** [0.4 g] Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)
- **0.5 tsp** [1.4 g] Garlic Powder
- **1 tsp** [2.1 g] Paprika
- **1 tsp, ground** [0.6 g] Oregano
- **2 tbsp** [25.6 g] Clarified Butter Ghee
- **0.5 g** Onions (*Chopped*)
- **2 clove** [6 g] Garlic (*Minced or pressed*)
- **2 cup** [200 g] Riced Cauliflower
- **1 tbsp** [14 g] Lemon Juice
- **1 avocado** [136 g] Avocado (*Sliced (optional)*)
- **0.5 tbsp, fresh** [1.9 g] Parsley (*Chopped*)

DIRECTIONS

1. In a medium bowl, mix together parmesan, salt, pepper, garlic powder, paprika, and oregano. Coat chicken with parmesan mixture.
2. In a medium skillet, melt ghee and add chicken breasts. Cook chicken approximately 5 minutes per side, until internal temperature reaches 165 degrees F (74 degrees C).
3. Remove chicken from the skillet.
4. Add onion and minced garlic to the skillet and cook 2-3 minutes, until fragrant. Add riced cauliflower and lemon juice and cook 2-3 minutes.
5. Sprinkle chopped parsley on chicken and serve with cauliflower rice and avocado.

NUTRITION INFO

Energy : 546 kcal

Fat : 31.9 g

Carbs : 14.1 g

Protein : 50.9 g

Fiber : 7.8 g

Sugar : 2.6 g

Sheet-Pan Chicken Fajitas



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- **12 oz** [336 g] Skinless Chicken Breast
- **1 medium (approx 2-3/4" long, 2-1/2" dia)** [114 g] Red Bell Pepper
- **1 medium** [114 g] Orange Bell Pepper
- **1 medium** [119 g] Green Bell Pepper
- **1 medium (2-1/2" dia)** [110 g] Onions
- **2 tbsp** [28 g] Olive Oil
- **1 tsp** [2.1 g] Paprika (*Smoked*)
- **0.25 tsp** [0.45 g] Red or Cayenne Pepper
- **1 tsp** [2.8 g] Garlic Powder
- **1 tsp** [2.1 g] Cumin
- **1 dash** [0.4 g] Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)
- **6 small tortilla (approx 4" dia)** [64.2 g] Corn Tortilla
- **0.25 cup** [4 g] Cilantro (*Coriander*) (*Chopped (optional)*)

DIRECTIONS

1. Preheat oven to 425 degrees F (220 C).
2. Slice chicken, peppers, and onions into thin strips and combine in a mixing bowl.
3. Drizzle olive oil over everything.
4. Add smoked paprika, cayenne pepper, garlic powder, chili powder, cumin, salt, and pepper to the mixing bowl.
5. Mix everything together until the chicken and peppers are evenly coated.
6. Spread the chicken and vegetables evenly out onto a large baking pan.
7. Bake in the oven for 15 minutes, stir everything around, and cook for another 10 minutes until the chicken is cooked (165 degrees F or 74degrees C).
8. Remove from oven and spoon ingredients into tortillas.
9. Sprinkle with cilantro and enjoy!

NUTRITION INFO

Energy : 465 kcal

Fat : 17.8 g

Carbs : 34.3 g

Protein : 44.5 g

Fiber : 9.5 g

Sugar : 10 g

Shrimp and Quinoa Bowl



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 5 MINUTES

INGREDIENTS

- **0.75 cup** [127.5 g] Quinoa
- **2 tbsp** [28 g] Olive Oil
- **10 oz** [284 g] Shrimp (Prawns) (*Peeled and deveined*)
- **1 fruit** [67 g] Lime (*Juice only*)
- **1 clove** [3 g] Garlic (*Minced or pressed*)
- **0.25 tsp** [0.45 g] Ginger (*Ground*)
- **0.5 cup** [143.5 g] Pico de Gallo

DIRECTIONS

1. Cook quinoa according to package.
2. In a medium skillet, heat half of the olive oil over medium/low heat.
3. Toss shrimp with lime juice, garlic, and ginger. Add shrimp to the skillet and cook 1-2 minutes per side.
4. Serve shrimp with quinoa and pico de gallo. Drizzle remaining olive oil over each serving.

NUTRITION INFO

Energy : 510 kcal

Fat : 19.6 g

Carbs : 58.9 g

Protein : 29.4 g

Fiber : 5.7 g

Sugar : 3.2 g

Turkey Burrito Bowl



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- **1 tbsp** [14 g] Avocado Oil
- **8 oz** [224 g] Ground Turkey
- **0.5 cup** [120 g] Black Beans (Canned)
- **1 tbsp** [8.4 g] Garlic Powder
- **1 dash** [0.4 g] Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)
- **1 avocado** [136 g] Avocado (*Diced*)
- **1 small** [148 g] Red Onions (*Chopped*)
- **4 tbsp** [4 g] Cilantro (Coriander) (*Diced*)
- **0.5 cup** [74.5 g] Cherry Tomatoes (*Chopped*)
- **0.5 cup** [62.5 g] Brown Rice
- **3 tsp** [14.1 g] Pepper or Hot Sauce (*Optional*)

DIRECTIONS

1. Cook rice as instructed on the package.
2. In the meantime, heat 1 tbsp avocado oil over medium heat. Add ground turkey and cook until no longer pink all the way through, crumbling the meat as you go along.
3. Add black beans, garlic powder, salt, and pepper and cook for 2-3 minutes.
4. Once rice is cooked, add to a dinner bowl and top with ground turkey/beans, avocado, red onion, cilantro, cherry tomatoes, and chipotle sauce. Enjoy!

NUTRITION INFO

Energy : 617 kcal

Fat : 28 g

Carbs : 60.3 g

Protein : 33 g

Fiber : 13.5 g

Sugar : 4 g