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SERVINGS: 1 PREP TIME: 5 MINUTES COOKING TIME: 0 MINUTES

INGREDIENTS

- coconut milk 240 g, not from a can
- 30 g raspberries
- 1 date pitted
- 1 tbsp 12 g chia seeds
- 1/2 a medium size banana
- 1 scoop paleo protein powder
- ice

DIRECTIONS

- 1.In a blender, combine coconut milk, raspberries, date, chia seeds, banana, and ice
- 2. Blend until smooth

NUTRITION INFO

Calories: 388, Carbohydrate: 50 grams, Protein: 28 grams, Fat: 10 grams





SERVINGS: 1 PREP TIME: 5 MINUTES COOKING TIME: 5 MINUTES

INGREDIENTS

- 1/2 tbsp 7 g avocado oil
- 5 kalamata olives, halved
- 20 g baby spinach, chopped
- 22 g broccoli, chopped
- Salt and pepper to taste
- 3 eggs, beaten
- 1/2 small avocado
- 1 peach

DIRECTIONS

- Heat avocado oil in a medium frying pan over medium heat. Add olives, baby spinach, broccoli, salt, and pepper. Cook 2-3 minutes, turning occasionally.
- 2. Add eggs and cook 2-3 minutes, or until eggs are at desired consistency, scraping from the frying pan occasionally with a soft spatula.
- 3. Top with avocado and serve with a peach or fruit of choice.

NUTRITION INFO

Calories: 483, Carbohydrate: 23 grams, Protein: 21 grams, Fat: 36 grams





SERVINGS: 1 PREP TIME: 2 MINUTES COOKING TIME: 0 MINUTES

INGREDIENTS

- 240 g almond milk
- 1 medium banana
- 83 g sliced strawberries
- 1 tbsp 16 g almond butter
- 1 scoop paleo friendly protein powder

DIRECTIONS

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

NUTRITION INFO

Calories: 410, Carbohydrate: 47 grams, Protein: 30 grams, Fat: 13 grams





SERVINGS: 4

PREP TIME: 8 MINIUTES

COOKING TIME: 15 - 20

MINUTES

INGREDIENTS

Muffins

- 2 ripe bananas, mashed
- 2 large eggs
- 1/2 tbsp vanilla extract
- 1 tbsp real maple syrup
- 1 almond flour
- 1/2 tablespoon ground cinnamon
- Dash of salt
- 1/2 teaspoon baking soda

On the Side

- raspberries for two servings
- blueberries for two servings

DIRECTIONS

- 1. Preheat oven to 350 F degrees 175 C degrees.
- 2. Fill a muffin tin with muffin liners or grease the inside of the muffin tins with coconut oil.
- 3. Mix together all wet ingredients in a large bowl, until well blended.
- 4. Gradually add dry ingredients until smooth.
- 5. Fill muffin tins with batter makes 8-10 muffins.
- 6. Bake for 15-20 minutes, until lightly browned on top.

NUTRITION INFO

Calories: 386, Carbohydrate: 34 grams, Protein: 14 grams, Fat: 23 grams

Paleo Pumpkin Pancakes



SERVINGS: 2 PREP TIME: 10 MINUTES COOKING TIME: 10 MINUTES

INGREDIENTS

- almond flour
- coconut flour
- 1/2 tsp pumpkin spice
- 1/4 tsp baking soda
- Dash of salt
- 2 large eggs, beaten
- 3 tbsp almond milk
- pumpkin puree
- 1/2 tbsp maple syrup
- 1/2 tsp apple cider vinegar
- 1 tsp vanilla extract
- 1 tbsp coconut oil
- 3 tbsp almond butter, warmed
- raspberries

DIRECTIONS

- 1. Mix all ingredients together until well blended.
- 2. Heat oil in a large frying pan over medium heat. Pour pancake batter into the frying pan making 3 inch circles. When pancake lifts easily from the frying pan using a spatula, flip the pancake and cook until center is no longer gooey.
- 3. Top pancakes with warm almond butter.

NUTRITION INFO

Calories: 516, Carbohydrate: 33 grams, Protein: 19 grams, Fat: 36 grams

Red Pepper Egg Boats w/ Avocado



SERVINGS: 2 PREP TIME: 5 MINUTES COOKING TIME: 10 MINUTES

INGREDIENTS

- 1 red pepper
- 1 tbsp 14 g olive oil
- 4 eggs
- 1 avocado
- Salt and pepper to taste
- 2 pears

DIRECTIONS

- 1. Slice the red pepper into rings about 1cm in height.
- 2. Heat a sauté pan over medium heat
- 3. Once hot, add olive oil.
- 4. Place the red pepper rings in the hot olive oil
- 5. Sauté for 1-2 minutes and flip them over
- 6. Crack an egg into the center of each red pepper ring.
- 7. Cover with a lid for 5-7 minutes, or until eggs are cooked to desired temperature.
- 8. Slice an avocado in half.
- 9. Peel the skin off the avocado and slice into thin pieces.
- 10. Se

ason the eggs and avocado with salt and pepper if desired.

11. En joy with a pear.

NUTRITION INFO

Calories: 419, Carbohydrate: 37 grams, Protein: 14 grams, Fat: 26 grams





SERVINGS: 1 PREP TIME: 10 MINUTES COOKING TIME: 12 - 15

MINUTES

INGREDIENTS

- 1 tbsp 14 g avocado oil
- 1 medium sweet potato, diced
- 4 oz 113 g organic, sugar free sausage links, sliced into 1/2 inch pieces
- 1 medium red bell pepper, diced
- 1/2 small yellow onion, diced
- Dash of garlic powder
- Salt and pepper to taste

DIRECTIONS

- 1. Warm avocado oil over medium heat in a large frying pan. Add diced sweet potato and 1 tbsp water. Cook covered until sweet potato begins to soften.
- Add sliced sausage, bell pepper, onion, garlic powder, salt, and pepper. Cook uncovered 8-10 minutes, mixing and flipping occasionally.
- 3. Serve warm.

NUTRITION INFO

Calories: 485, Carbohydrate: 49 grams, Protein: 20 grams, Fat: 24 grams





SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 12 MINUTES OR COOK EGGS AHEAD OF TIME

INGREDIENTS

- 3 eggs, hard boiled
- 74 g blueberries
- 170 g honeydew melon, chopped
- 18 g raw or dry roasted almonds

DIRECTIONS

- 1. Boil the eggs for 12 minutes, then cool in ice water and peel off shell.
- 2. Serve all together and get on with your day!

NUTRITION INFO

Calories: 421, Carbohydrate: 31 grams, Protein: 24 grams, Fat: 24 grams





SERVINGS: 1 PREP TIME: 5 MINUTES COOKING TIME: 5 MINUTES

INGREDIENTS

- 180 g almond milk
- 20 g unsweetened coconut shreds
- 3 tbsp 21 g almond flour
- 1 tbsp 7 g flax meal
- 1/2 teaspoon 2 g vanilla extract
- Dash of cinnamon
- 2 dates, chopped
- 1 tbsp 8 g chopped pecans
- 1 pear, sliced

DIRECTIONS

- 1. Mix together milk, coconut shreds, almond flour, flax meal, vanilla extract, and cinnamon. Warm in the microwave for 1.5 2 minutes or heat over medium heat in a sauce pan for approximately 5 minutes until creamy.
- 2. Top with chopped dates, pecans, and pear.

NUTRITION INFO

Calories: 516, Carbohydrate: 70 grams, Protein: 11 grams, Fat: 24 grams

Sweet Potato, Broccoli, & Sage Frittata



PREP TIME: 15 MINUTES COOKING TIME: 45 MINUTES

INGREDIENTS

- 1 small white onion
- 1 sweet potato
- 90 g broccoli
- 1 tbsp 14 g olive oil
- 4 sage leaves
- 8 whole eggs
- 122 g egg whites
- Salt and pepper to taste
- 312 g cantaloupe, chopped
- 3 scoop matcha powder 1 scoop for each serving
- 720 g almond milk

DIRECTIONS

- 1. Preheat the oven to 375 F
- 2. Chop the onion, sweet potato, and broccoli into small pieces
- 3. Heat a cast iron frying pan or any oven-safe frying pan on the stove to medium heat
- 4. Add olive oil to frying pan and, once hot, add the onion, sweet potato, broccoli and sage leaves
- 5. Sauté the vegetables until about 50% cooked
- 6. While the vegetables are cooking, whisk the whole eggs and egg whites together
- 7. Remove the sage leaves from the frying pan
- 8. Pour the egg mixture over the vegetables
- 9. Season with salt and pepper
- 10. Ba

ke in the oven for 30-35 minutes

11. Re move from the oven

12. Se

NUTRITION INFO

rve warm with a side of cantaloupe, and a

Calories: 407, Carbohydrate: 31 grams, Prometic haglatte Flus coopenatcha powder mixed with warmed almond milk.



Avocado Chicken Salad Lettuce Wraps



SERVINGS: 2 PREP TIME: 10 MINUTES COOKING TIME: 0 MINUTES

INGREDIENTS

- 1/2 lb 227 g chicken breast cooked, but weighted uncooked
- 1/2 red onion
- 1 garlic clove
- 30 g parsley
- 1 lemon
- 2 small avocados
- Salt and pepper to taste
- 6 romaine lettuce leaves
- 2 medium red apples

DIRECTIONS

- 1. Chop the red onions, garlic, and parsley and place them in a large mixing bowl.
- 2. Squeeze the juice of the lemon into the mixing bowl.
- 3. Scoop the two avocados into the bowl and mash them to your desired texture.
- 4. Chop the cooked chicken breast into small pieces.
- 5. Add the chicken to the mixing bowl of ingredients.
- 6. Mix everything together until combined evenly.
- 7. Season with salt and pepper to your preference.
- 8. Scoop the avocado chicken salad evenly into the lettuce s.
- 9. Top with parsley optional.
- 10. Serve cold with a red apple.

NUTRITION INFO

Calories: 418, Carbohydrate: 46 grams, Protein: 32 grams, Fat: 15 grams

BBQ Chicken and Potato



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES BAKE POTATO AHEAD OF TIME AND USE PRECOOKED ROTISSERIE CHICKEN

INGREDIENTS

1 baked sweet potato, halved

- 4 oz 113 g shredded chicken option to boil and shred chicken breast or use a rotisserie chicken
- 1 1/2 23 g tbsp Paleo BBQ sauce
 - Brand recommendation: Noble
 Made, Primal Kitchen
- 1 small cucumber, sliced
- 1 medium apple

DIRECTIONS

- 1. Mix BBQ sauce with shredded chicken and serve over sweet potato.
- 2. Serve with a side of cucumbers and an apple.

NUTRITION INFO

Calories: 416, Carbohydrate: 54 grams, Protein: 33 grams, Fat: 10 grams

Chopped Salad with Dijon Dressing



SERVINGS: 1 PREP TIME: 5 MINUTES COOKING TIME: 0 MINUTES

INGREDIENTS

- 2 hard boiled eggs, chopped
- romain lettuce, chopped
- 1/4 small red onion, chopped
- 1 medium cucumber, chopped
- 1/2 avocado, diced
- 1 tbsp hemp hearts
- 2 tbsp fresh parsley, chopped
- 1 tbsp olive oil
- 1/2 tbsp dijon mustard
- 1 tsp oregano
- Salt and pepper to taste

DIRECTIONS

- 1. Toss together eggs, lettuce, red onion, cucumber, hemp hearts, and avocado.
- 2. In a small bowl mix together olive oil, dijon mustard, oregano, salt, and pepper. Toss dressing with salad and enjoy!

NUTRITION INFO

Calories: 476, Carbohydrate: 18 grams, Protein: 19 grams, Fat: 38 grams

Mandarin Chicken Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES COOK
CHICKEN AHEAD OF TIME

INGREDIENTS

- 5 oz measured raw 141 g chicken thighs skinless and boneless, cooked with salt and pepper
- 1 1/100 g coleslaw mix no dressing
- 70 g mandarin oranges, drained if from a jar
- 3 stalks green onion
- 4 g fresh coriander, chopped
- 1 tbsp 9 g chopped cashews
- 1 tbsp 14 g olive oil
- 1/2 tbsp 8 g apple cider vinegar
- Salt and pepper to taste

DIRECTIONS

- 1. Slice chicken thighs into 1/2 inch slices.
- 2. Top coleslaw mix with oranges, green onion, coriander, and cashews.
- 3. Mix together olive oil, apple cider vinegar, salt, and pepper. Drizzle over salad and enjoy.

NUTRITION INFO

Calories: 503, Carbohydrate: 42 grams, Protein: 36 grams, Fat: 24 grams

Mediterranean Salmon Salad



SERVINGS: 1 PREP TIME: 10 MINUTES COOKING TIME: 15 MINUTES

INGREDIENTS

- 4 oz 113 g wild caught salmon
- Salt and pepper to taste
- 114 g mixed salad greens
- 1 cucumber, chopped
- 5 cherry tomatoes, halved
- 8 kalamata olives, halved
- 15 g fresh parsley, chopped
- 1 tbsp 14 g olive oil
- Juice of 1/2 lemon
- 1/4 tsp 0.25 g dried oregano

DIRECTIONS

- 1. Preheat oven to 400 degrees F 205 degrees C.
- 2. Place salmon in an oven safe dish and season with salt and pepper. Cook for 15 minutes or until internal temperature reaches 135 degrees F 57 degrees C.
- 3. In the meantime, add salad greens, cucumber, kalamata olives, and parsley to a salad bowl.
- 4. Mix together olive oil, lemon, and oregano in a small bowl, then toss this dressing with the salad. Top salad with cooked salmon and enjoy!

NUTRITION INFO

Calories: 501, Carbohydrate: 43 grams, Protein: 29 grams, Fat: 27 grams





SERVINGS: 1

PREP TIME: 0 MINUTES

COOKING TIME: 0 MINUTES

PRE-COOK EGGS

INGREDIENTS

DIRECTIONS

• 2 hard boiled eggs

- 123 g baby carrots
- 2 tbsp 17 g dry roasted mixed nuts
- 1, 4 oz 114 g plain coconut milk yogurt
 - Brand recommendation:
 Cocojune and Cocoyo

1. Pack in your lunch bag and go!

NUTRITION INFO

Calories: 478, Carbohydrate: 21 grams, Protein: 18 grams, Fat: 36 grams

Roasted Garlic Veggies & Chicken



SERVINGS: 2 PREP TIME: 10 MINUTES COOKING TIME: 25 MINUTES

INGREDIENTS

- broccoli, chopped
- 1 small red onion, cut into
 1/2 inch pieces
- 8 garlic cloves
- 1 courgette, cut into 1/2 inch pieces
- 2 medium sweet potatoes, peeled and cut into 1/2 inch pieces
- 12 oz chicken thighs, skinless and boneless
- 2 tbsp avocado oil
- 1 tbsp dried oregano
- Juice of 1/2 lemon
- Salt and pepper to taste

DIRECTIONS

- 1. Preheat oven to 400 degrees F 205 degrees C.
- 2. Mix together oil, dried oregano, lemon juice, salt, and pepper. Coat vegetables and chicken with oil mixture.
- 3. Spread veggies and chicken evenly on a baking sheet. Bake for 25 minutes, until internal temperature of chicken reaches 165 degrees F 74 degrees C.
- 4. Serve warm or cooled.

NUTRITION INFO

Calories: 524, Carbohydrate: 46 grams, Protein: 40 grams, Fat: 22 grams





SERVINGS: 1 PREP TIME: 10 MINUTES COOKING TIME: 0 MINUTES

INGREDIENTS

- 4 oz 113 g cooked cocktail prawn
- 1.5 tbsp 21 g paleo mayonnaise made with avocado oil or olive oil.
 - Brand recommendations: Chosen Foods or Primal Kitchen
- 1/2 tbsp 7 g apple cider vinegar
- 1/2 tbsp 7 g lemon juice
- 1/4 tsp 1.5 g paleo dijon mustard
 - Brand recommendations: Primal Kitchen and Organicville
- Salt and pepper to taste
- 1 stalk celery, diced
- 1.5 tbsp 20 g minced red onion
- 1/2 avocado, chopped
- 40 g arugula

DIRECTIONS

- Mix together mayonnaise, apple cider vinegar, lemon juice, dijon mustard, salt, and pepper.
- 2. Toss dressing with prawn, celery, and red onion.
- 3. Top arugula with prawn mixture and avocado.

NUTRITION INFO

Calories: 478, Carbohydrate: 18 grams, Protein: 30 grams, Fat: 34 grams





SERVINGS: 2 PREP TIME: 10 MINUTES COOKING TIME: 15 MINUTES

INGREDIENTS

- 3/4 lb 336 g ground turkey
- 10 g fresh coriander, chopped
- 1/4 tbsp 4.5 g garlic powder
- 1/4 tbsp 3.5 g onion powder
- 1/4 tsp 0.5 g cayenne pepper
- Salt to taste
- 1/2 tbsp avocado oil
- 1 avocado, mashed
- 40 g arugula
- 4 tbsp 34 g mixed dry roasted nuts

DIRECTIONS

- 1. In a large bowl add ground chicken, coriander, garlic powder, onion powder, cayenne pepper, salt, and pepper. Mix together well using your hands, and create 4-6 circular patties, approximately 2-3 inches in diameter.
- 2. Warm avocado oil in a large frying pan over medium heat and add turkey patties. Cook 5-8 minutes per side, or until internal temperature reaches 165 degrees F 74 degrees C.
- 3. Serve turkey patties over arugula, topped with mashed avocado and with a side of mixed nuts.

NUTRITION INFO

Calories: 530, Carbohydrate: 17 grams, Protein: 39 grams, Fat: 37 grams



Steak Salad

SERVINGS: 1 PREP TIME: 10 MINUTES COOKING TIME: 5 MINUTES

INGREDIENTS

- 4 oz 112 g skirt steak, trimmed
- 85 g mixed salad greens
- 10 green olives, halved
- 5 cherry tomatoes, halved
- 1 small cucumber, chopped
- 1/4 red onion, thinly sliced
- 1/2 avocado
- 1 tbsp 14 g olive oil
- Juice of 1/2 lemon
- 1/4 tsp 0.25 g dried dill
- Salt and pepper to taste
- 7 g broccoli sprouts

DIRECTIONS

- Heat medium frying pan over medium heat. Add skirt steak and cook for 2-4 minutes per side, or until internal temperature of steak reaches 145 degrees F 62 degrees C
- 2. Combine salad greens, olives, cucumber, cherry tomatoes, red onion, and avocado.
- 3. In a separate bowl mix together olive oil, lemon, dill, salt, and pepper. Then toss with the salad.
- 4. Top salad with cooked steak and broccoli sprouts.

NUTRITION INFO

Calories: 570, Carbohydrate: 26 grams, Protein: 29 grams, Fat: 43 grams



Beef Tenderloin w/ Parsley Lime Rice



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 15-20 MINUTES

INGREDIENTS

- 2 5oz 284 g total pieces of beef tenderloin
- 2 tbsp 27 g olive oil
- 1 tbsp 8.5 g minced garlic
- Salt and pepper to taste
- 170 g cauliflower rice
- 1 lime
- 2 tbsp 8 g fresh chopped parsley

DIRECTIONS

- 1. In a cast iron frying pan, heat 1 tbsp olive oil
- 2. Once hot, add the garlic
- 3. Season both sides of the beef tenderloin with salt and pepper
- 4. Place the beef tenderloin in the cast iron frying pan and do not touch it for 3-4 minutes
- 5. Flip it over and cook for another 3-4 minutes and set aside once cooked
- 6. While the beef is cooking, in a medium size saute pan, heat 1 tbsp olive oil
- 7. Add cauliflower rice and cook to desired wellness
- Juice the lime over the cooked cauliflower rice, add chopped parsley, and stir everything together
- 9. Season with salt and pepper to taste
- 10. En

NUTRITION INFO

joy!

Calories: 507, Carbohydrate: 9 grams, Protein: 30 grams, Fat: 39 grams

Cashew Crusted Mahi-Mahi with Sweet Potato



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 10 - 15 MINUTES

INGREDIENTS

- 3/4 lb 454 g mahi-mahi filets
- 68 g cashews
- 30 g parsley
- 1 whole egg
- Salt and pepper to taste
- 2 medium sweet potatoes

DIRECTIONS

- 1. Preheat the oven to 350 F.
- 2. Finely chop the cashews and parsley and mix together in a bowl
- 3. In a separate bowl, whisk the egg, salt, and pepper together
- 4. Dip the mahi-mahi filet in the egg wash followed by the cashew/parsley mixture
- 5. Add extra parsley and cashews to the top if any fall off
- 6. Lay flat on a non-stick baking sheet
- 7. Bake for 10-12 minutes
- 8. Serve warm with a sweet potato

Alternative Cooking Method

Air-fry for 10 minutes at 360 F

NUTRITION INFO

Calories: 491, Carbohydrate: 38 grams, Protein: 44 grams, Fat: 19 grams



Healthy Stroganoff

SERVINGS: 2 PREP TIME: 10 MINUTES COOKING TIME: 15 MINUTES

INGREDIENTS

- 1/2 lb 227 g sirloin steak, cut into 1/2 inch slices
- 1 1/2 tbsp 21 g avocado oil, divided
- 1 tbsp 15 g coconut cream
- 1 small onion, sliced thin
- 140 g button mushrooms, sliced
- 1 tbsp 15 g coconut aminos
- 186 g beef broth
- 1 tsp 5 g dijon mustard
- 1 tsp 2.5 g arrowroot starch
- 225 g broccoli slaw shredded broccoli and carrots
- 3 stalks green onion

DIRECTIONS

- 1. Heat 1 tbsp 14 g oil in a large frying pan over medium heat. Add steak slices evenly across frying pan and cook approximately 2 minutes on each side. Remove steak from heat.
- 2. To the frying pan add 1/2 tbsp 7 g oil, coconut cream, onion, and mushrooms. Cook 5 minutes.
- 3. Mix together coconut aminos, broth, dijon mustard, and arrowroot starch. Add this mixture to the frying pan. Cook for an additional 5-6 minutes, until sauce begins to thicken. Remove from heat and allow to rest for 5 minutes.
- 4. Serve warm over broccoli slaw and top with green onions.

NUTRITION INFO

Calories: 493, Carbohydrate: 30 grams, Protein: 34 grams, Fat: 28 grams

Hearty Vegetable Chili



SERVINGS: 4 PREP TIME: 10 MINUTES COOKING TIME: 45 MINUTES

INGREDIENTS

- 1 tbsp olive oil
- 1 white onion
- 1 green pepper
- 2 carrots
- 1 lb 453 g ground beef
- 1 28oz 794 g canned diced tomatoes
- 3 tsp 8 g chili powder
- 1 tsp garlic 3 g powder
- 1 tsp 2 g smoked paprika
- 1/4 tsp 0.5 g cayenne pepper
- 1/2 tsp 1.5 g ground cumin
- Salt and pepper to taste
- coriander to garnish optional

DIRECTIONS

- 1. Heat a large pot to medium heat
- 2. Add the olive oil
- 3. While the pot is heating up, chop the onion, pepper, and carrots into small pieces
- 4. Add the chopped vegetables to the hot oil and sauté until the vegetables begin to soften
- 5. Add the ground beef and stir everything together
- 6. Once the beef is cooked, scoop out any additional fat/oil leftover from the meat
- 7. Add the diced tomatoes, chili powder, garlic powder, smoked paprika, cayenne pepper, cumin, salt, and pepper
- 8. Combine all ingredients, cover the pot with a lid and simmer for 30 minutes
- 9. Remove from heat, and sprinkle with coriander
- 10. En

joy!

NUTRITION INFO

Calories: 481, Carbohydrate: 14 grams, Protein: 20 grams, Fat: 38 grams

Orange Chicken & Broccoli



SERVINGS: 2 PREP TIME: 65 MINUTES COOKING TIME: 20 - 25 MINUTES

INGREDIENTS

- 1/2 lb 227 boneless,
 skinless chicken thighs
- 125 g orange juice
- 54 g coconut aminos
- 59 g rice vinegar
- 1 tbsp 15 g scallions, chopped
- 1 tbsp 8 g garlic, minced
- Salt and pepper to taste
- 182 g broccoli
- Scallions for garnish optional
- 2 small avocados, sliced

DIRECTIONS

- 1. Chop the chicken thighs into small pieces about 1 inch
- 2. In a large bowl, combine orange juice, coconut aminos, rice vinegar, scallions, garlic, salt and pepper
- 3. Place the chicken in the orange juice marinade, cover with a lid, and refrigerate for at least 60 minutes
- 4. Heat a sauté pan to medium heat
- 5. Add the marinated chicken to the pan
- 6. About halfway through cooking, add the broccoli and sesame seeds to the sauté pan and cover with a lid for 5-10 minutes or until the broccoli is steamed
- 7. Top with scallions optional
- 8. Serve warm with avocado on the side.

NUTRITION INFO

Calories: 494, Carbohydrate: 34 grams, Protein: 33 grams, Fat: 27 grams



Paleo Beef Stew

SERVINGS: 2 PREP TIME: 10 MINUTES COOKING TIME: 35 MINUTES

INGREDIENTS

- 1/2 lb 227 g stew beef, cut into 1 inch pieces
- 1 tbsp 14 g olive oil
- 1/2 lb 85 g baby carrots
- 1 small onion, chopped small
- 2 cloves garlic, minced
- 1 1/225 g russet potatoes, chopped into 1/2 inch pieces
- 744 g beef broth
- 2 tbsp 30 g coconut aminos
- 1 bay leaf

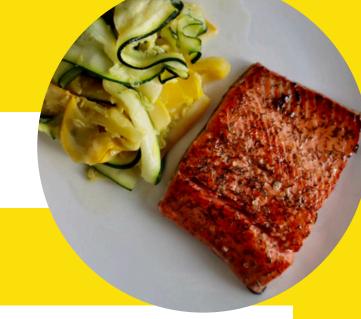
DIRECTIONS

- 1. Heat oil in a large pot and add stew beef. Cook for 5-7 minutes, until browned on all sides.
- 2. Remove beef from pot and set aside. Add carrots, onion, and garlic. Cook 5 minutes until vegetables begin to soften.
- 3. Add beef back to the pot along with, potatoes, broth, coconut aminos, and bay leaf.
- 4. Bring stew to a boil then reduce heat to a simmer and cook covered for 20 minutes.
- 5. Enjoy warm.

NUTRITION INFO

Calories: 587, Carbohydrate: 37 grams, Protein: 30 grams, Fat: 35 grams

Sauteed Salmon with courgette Ribbons



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 20 MINUTES
BAKE POTATOES AHEAD OF TIME

INGREDIENTS

- 1 courgette
- 1 yellow squash
- 1 tbsp 14 g ghee or avocado oil
- 1 clove garlic, chopped
- Salt and pepper to taste
- 2 6oz 340 g total filets of salmon
- 1/2 tbsp 0.25 fresh or dried dill
- 1/2 lemon, juiced
- 2 medium russet potatoes, pre-baked

DIRECTIONS

- 1. Using a mandolin, slice the courgette and yellow squash into 1/8" slices OR use a peeler and peel the courgette and squash into ribbons.
- 2. In a large saucepan, heat the ghee over mediumhigh heat.
- 3. Once the ghee is hot, add the garlic.
- 4. Once the garlic begins to brown, add the courgette and squash ribbons and sauté for 5-7 minutes or until the veggies begin to brown.
- 5. Season with salt and pepper, remove from heat, and set aside.
- 6. In a small dish, combine the lemon juice and the dill. Drizzle over the salmon.
- 7. In the same large saucepan, over medium heat, place the salmon face down for 2-3 minutes.
- 8. Flip over and lower the heat to low-medium and cook until desired temperature.
- 9. Serve with courgette and squash ribbons and with a baked potato.

NUTRITION INFO

Calories: 410, Carbohydrate: 32 grams, Protein: 40 grams, Fat: 14 grams





SERVINGS: 2 PREP TIME: 10 MINUTES COOKING TIME: 45-60

MINUTES

INGREDIENTS

- 1 medium size spaghetti squash
- 2 tbsp 27 g olive oil
- Salt and pepper
- 1/2 lb 227 g cherry tomatoes
- 1 garlic clove
- 1 small white onion
- 1/2 lb 227 g ground turkey

NUTRITION INFO

- 25 g chopped cashews
- Parsley if desired

DIRECTIONS

- 1. Preheat the oven to 400 F.
- 2. Slice the spaghetti squash in half and scoop out the
- 3. Drizzle 1 tbsp olive oil onto both halves and season with salt and pepper.
- 4. Place face down onto a baking sheet or shallow oven-
- 5. Bake for 30-40 minutes it is ready once you can easily stab a fork through the skin. Once cooked through, remove from the oven and set aside to cool.
- 6. In a sauté pan, heat 1 tbsp olive oil.
- 7. Chop the garlic, dice onions, and half the cherry tomatoes.
- 8. Add the garlic, onions and tomatoes to the pan and sauté until the onions begin to brown and the tomatoes roast.
- 9. Stir in ground turkey and cook through 165 F.

oop the spaghetti squash out of both sides of the shell save the shell and stir into the ground turkey mixture.

11. Di

vide in half and add everything back into the spaghetti squash shells.

12.Sp

rinkle chopped cashews on top and broil on high for 2-3 minutes or until golden brown.

Calories: 520, Carbohydrate: 37 grams, Protein: 30 grams, Fat: 31 grams, rnish with parsley if desired!

Taco Stuffed Sweet Potato



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 45 MINUTES

INGREDIENTS

- 2 medium sized sweet potatoes
- 1/2 lb 227 g ground beef
- 1 tbsp 7.5 g chili powder
- 1/4 tsp 0.5 g cayenne pepper
- salt and pepper to taste
- 1 tsp 3 g garlic powder
- 45 g diced tomatoes
- 1 avocado, sliced

DIRECTIONS

- 1. Preheat the oven to 400 F.
- 2. Wash and scrub the outside of the sweet potatoes and using a fork, poke holes around the whole potato.
- 3. Place in the oven for 25-30 minutes or until a fork can easily pierce through it.
- 4. Heat a sauté pan to medium heat.
- 5. Add ground beef and break it up into small pieces.
- 6. Once the beef is 75% cooked, add the chili powder, cayenne pepper, garlic powder, and salt and pepper and stir.
- 7. Once the potatoes are cooked, slice them in half while leaving ~0.5 inch on the bottom together.
- 8. Spoon ground beef over the middle of the potato.
- 9. Top with diced tomatoes and avocado 10.Se

NUTRITION INFO

rve and enjoy!

Calories: 536, Carbohydrate: 37 grams, Protein: 34 grams, Fat: 24 grams





SERVINGS: 2 PREP TIME: 5 MINUTES COOKING TIME: 8 MINUTES

INGREDIENTS

- 1/2 lb 227 g lean ground beef
- 1/2 tsp 1.5 g cumin
- 1/2 tsp 1 g cayenne pepper
- 1 tsp 1 g oregano
- 1 tbsp 16 g tomato paste
- 1 tsp 4 g apple cider vinegar
- 1/2 small onion, chopped
- shedded cabbage
- 4 tbsp 64 g pico de gallo
- 4 paleo soft tortilla shells
 - Brand recommendations:
 Siete, Coyotas

DIRECTIONS

- 1. Add ground beef to a medium frying pan and cook over medium heat for 2-3 minutes until starting to brown. Add cumin, cayenne pepper, oregano, tomato paste, and apple cider vinegar. Cook for an additional 5 minutes or until beef is cooked through crumbling and turning beef as it cooks.
- 2. Warm tortilla shells for 10 second in the microwave. Fill tortilla shells with cooked beef and top with onion, shredded cabbage, and pico de gallo.

NUTRITION INFO

Calories: 499, Carbohydrate: 33 grams, Protein: 29 grams, Fat: 29 grams