

FALL MEAL PLAN & RECIPES



WEEK 7

Fruits

- 1 Avocado
- 1 Banana
- 1 Lemon
- 1 Peach
- 1 carton Blueberries
- 1 bunch Grapes

Breakfast

- 1 container All Natural Peanut Butter
- 1 container Almond Butter
- 1 bag Hemp Seeds
- 1 container Maple Syrup

Seeds, Nuts & Spices

- 1/2 tsp Black Pepper
- 1 2/3 tbsps Cinnamon
- 2 tsps Cumin
- 1 1/2 tsps Dried Thyme
- 1/8 tsp Garlic Powder
- 1/2 tsp Onion Powder
- 1/4 tsp Oregano
- 2 3/4 tsps Sea Salt
- 1 bag Chia Seeds
- 1 bag Ground Flax Seed
- 1 bag Hemp Seeds
- 1 12 oz bag Walnuts

Frozen

- 1 box Gluten-Free Waffle

Vegetables

- 3 Carrot
- 1 head Cauliflower
- 1 stalk Celery
- 1 Eggplant
- 6 Garlic
- 1 Sweet Onion
- 2 Sweet Potato
- 6 Zucchini
- 1 Acorn Squash
- 1 bag Baby Carrots
- 1 bag Spinach
- 1 Broccoli
- 1 bag Brussels Sprouts
- 1 Butternut Squash
- 1 bag Green Beans
- 1 carton Mushrooms
- 1 Onion
- 1 container Fresh Thyme
- 2 bags Mixed Greens
- 1 container Fresh Parsley
- 1 Purple Cabbage

Boxed & Canned

- 1 box Chickpea Pasta
- 1 carton Beef Broth
- 2 carton Vegetable Broth
- 2 15.5 oz can Mixed Beans
- 2 14.5-oz can Diced Tomatoes

Baking

- 1 bag Almond Flour
- 1 container Baking Powder
- 1 bag Brown Rice Flour
- 1 bag Cacao Nibs
- 1 bag Cacao Powder
- 1 bag Coconut Flour
- 1 bag Oat Flour
- 1 container Oats

Bread, Fish, Meat & Cheese

- 3 ozs Cheddar Cheese
- 8 ozs Chicken Breast
- 1 lb Chicken Breast, Cooked
- 1 lb Chicken Drumsticks
- 1 1/2 lbs Extra Lean Ground Beef
- 12 ozs Salmon Fillet
- 2 lbs Stewing Beef
- 2 Whole Wheat Tortilla

Condiments & Oils

- 1 bottle Coconut Oil
- 1 bottle Coconut Aminos
- 1 bottle Extra Virgin Olive Oil
- 1 container Pesto
- 1 bottle Red Wine Vinegar

Cold

- 1 carton Eggs
- 1 carton Almond Milk
- 1 5.3-oz container Plain Greek Yogurt

Other

- 1 container Chocolate Protein Powder
- 1 container Vanilla Protein Powder
- 1 bag Pearl Barley



Chocolate Zucchini Bread Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Unsweetened Almond Milk
- 1/2 Zucchini (chopped, frozen)
- 1/4 cup Chocolate Protein Powder
- 1/2 Banana (frozen)
- 1 tbsp Chia Seeds
- 1 tbsp Almond Butter
- 1 tbsp Cacao Powder
- 1 tsp Cacao Nibs (optional)

Directions

- 1 Add all ingredients except the cacao nibs into a high-speed blender and blend until smooth.
- 2 Pour into a glass and top with cacao nibs (optional). Enjoy!

Notes

Nut-Free: Use sunflower seed butter instead of almond butter and coconut milk or hemp seed milk instead of almond milk.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.



Waffles with Blueberries & Peanut Butter

1 serving
10 minutes

Ingredients

3 1/3 ozs Gluten-Free Waffle (toasted)
1 tbsp All Natural Peanut Butter
1/4 cup Blueberries
1 tsp Hemp Seeds
1 tbsp Maple Syrup (Monkfruit & Allulose-Based)

Directions

- 1 Onto each waffle, evenly spread on the peanut butter.
- 2 Top with blueberries, hemp seeds, and syrup (optional). Enjoy!

Notes

Serving Size: One serving is equal to two waffles.

Leftovers: This is best enjoyed immediately after making.

Waffle Brands: Some waffle brands recommended are Kodiak Cakes or Birch Benders.

Syrups: Lower/no sugar syrup brand examples include Lakanto or RxSugar



Peach Yogurt Parfait

1 serving

5 minutes

Ingredients

- 1/2 cup Plain Greek Yogurt
- 1/4 cup Hemp Seeds
- 1/2 Peach (pit removed, diced)
- 1/2 tsp Cinnamon

Directions

- 1 Layer the yogurt, hemp seeds, and peach in a jar. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Additional Toppings: Add shredded coconut, hemp seeds, chia seeds, sliced almonds, or crushed pistachios.



Hard Boiled Eggs

1 serving
15 minutes

Ingredients

2 Egg

Directions

- 1 Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
- 2 Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 3 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!

Notes

Leftovers: Refrigerate in a covered container with the shell on for up to 7 days.

Easier to Peel: Add salt to the water while boiling.



Pesto Zucchini Quesadilla

2 servings

15 minutes

Ingredients

- 2 Whole Wheat Tortilla (large)
- 3 ozs Cheddar Cheese (shredded)
- 1 Zucchini (small, sliced)
- 1 Avocado (sliced)
- 3 tbsps Pesto

Directions

- 1 Heat a large nonstick skillet over medium heat. Add the tortilla to the skillet and top with grated cheese, leaving a small border around the edges. Cover with a lid and let it cook for one to two minutes until the cheese is melted.
- 2 Arrange the zucchini, avocado, and pesto to half the tortilla. Fold the tortilla in half and gently press down.
- 3 Cook for two to three minutes per side or until browned and crispy. Let the quesadilla cool slightly and then cut into wedges. Enjoy!

Notes

Leftovers: For best results, enjoy immediately. Refrigerate in an airtight container for three to four days.

Serving Size: One serving is equal to one quesadilla.

Gluten-Free: Use brown rice tortilla instead of whole wheat tortilla.

Dairy-Free: Use dairy-free cheese instead of cheddar cheese.

More Flavor: Season with chili powder, smoked paprika, and/or salt.

Additional Toppings: Add green onions, jalapeño, bell peppers, and beans. Serve it with yogurt or salsa.



Roasted Veggie & Chicken Pesto Pasta

6 servings

30 minutes

Ingredients

- 1 head Cauliflower (small, chopped into florets)
- 1 Eggplant (medium, chopped)
- 2 Carrot (medium, chopped)
- 1 Zucchini (medium, chopped)
- 3 tbsps Extra Virgin Olive Oil
- 1 1/2 ozs Chickpea Pasta
- 2 cups Mixed Beans (cooked, rinsed)
- 1/3 cup Pesto (to taste)
- Sea Salt & Black Pepper (to taste)
- 1 lb Chicken Breast, Cooked (cooked & diced)

Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 Add the cauliflower, eggplant, carrot, and zucchini to a large baking sheet and toss with oil until evenly coated. Spread everything out evenly and roast for 20 minutes. Remove from oven to stir, then cook for another 10 minutes, or until tender and the edges are browned.
- 3 Meanwhile, cook the pasta according to package directions. Drain and set aside.
- 4 In a large serving bowl, combine the pasta, roasted vegetables, mixed beans, diced chicken, and pesto. Season with salt and pepper before serving. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately 2 1/2 cups.

Gluten-Free: Use gluten-free pasta or veggie noodles instead.

More Flavor: Add parmesan, nutritional yeast, feta, or burrata cheese.

Additional Toppings: Sliced green onions, fresh herbs, and lemon juice.



Brussels Sprouts Slaw with Chicken

2 servings

20 minutes

Ingredients

- 8 ozs Chicken Breast (cut into cubes)
- 1/4 tsp Oregano (dried)
- 1/8 tsp Garlic Powder
- 1/4 tsp Sea Salt (divided)
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 3 cups Brussels Sprouts (shredded)
- 2 cups Purple Cabbage (sliced thin)
- 1 1/2 tbsps Lemon Juice
- 1 tsp Coconut Aminos

Directions

- 1 Add the cubed chicken to a small bowl with the oregano, garlic powder and half the salt. Toss to combine.
- 2 Heat a skillet over medium heat and add 1/3 of the oil. Once hot, add the chicken and cook for 10 to 12 minutes or until cooked through. Remove and set aside.
- 3 Add the brussels sprouts and cabbage to a bowl. Add the lemon juice, coconut aminos, remaining oil and remaining salt. Mix well with your hands to combine.
- 4 Divide the slaw evenly between plates. Top with chicken and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add additional spices and/or herbs to the dressing or chicken.

Additional Toppings: Sliced onion, avocado, slivered almonds, sesame or sunflower seeds.

Make it Vegan: Omit the chicken and use grilled tofu.

No Coconut Aminos: Use tamari instead.



Cinnamon Protein Energy Bites

14 servings

35 minutes

Ingredients

1/3 cup Oats (quick)
1/4 cup Oat Flour
1/4 cup Vanilla Protein Powder
1/4 cup Ground Flax Seed
2 tbsps Chia Seeds
1 1/2 tsps Cinnamon
1/2 cup Almond Butter
1/4 cup Maple Syrup
1 tbsp Unsweetened Almond Milk
(optional; if needed)

Directions

- 1 In a large mixing bowl combine quick oats, oat flour, protein powder, ground flax, chia seeds and cinnamon. Fold in the almond butter and maple syrup until a thick dough forms. If it is too thick to work with, add the almond milk.
- 2 Use a tablespoon to scoop out dough and roll into balls, approximately 1-inch in diameter. Chill in the fridge for at least 20 minutes before serving. Enjoy!

Notes

Storage: Keep energy bites in the fridge for up to seven days or freezer for up to three months. Always serve chilled.

Serving Size: One serving is equal to one ball.

Nut-Free: Use sunflower seed butter or pumpkin seed butter instead of almond butter. Use coconut milk instead of almond milk.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.

No Maple Syrup: Use honey instead.

Gluten-Free: Use certified gluten-free quick oats.

No Quick Oats: For best results, these balls need a smaller oat-texture. If you substitute with rolled oats, pulse a few times in a food processor to chop them into a quick oats texture.

No Protein Powder: Use more oat flour instead.



Toasted Walnuts

5 servings

15 minutes

Ingredients

1 1/2 cups Walnuts (shelled)

Directions

- 1 Preheat oven to 350°F (177°C) and spread the walnuts across a baking sheet lined with parchment paper. Toast in the oven for 5 to 10 minutes, tossing at the halfway point.
- 2 Remove from oven, let cool and enjoy!

Notes

Extra Flavour: Sprinkle with sea salt or spices of your choice.



One Pan Chicken, Grapes & Veggies

2 servings

30 minutes

Ingredients

- 1 lb Chicken Drumsticks
- 1/2 Acorn Squash (seeds removed, chopped)
- 4 cups Green Beans (trimmed)
- 1 cup Grapes (seedless, stems removed)
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Thyme (fresh)
- 1/4 tsp Sea Salt

Directions

- 1 Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 2 Place chicken, squash, green beans and grapes onto the baking sheet. Drizzle the olive oil ovetop and season with thyme and salt. Roast for 25 to 30 minutes or until the chicken is cooked through. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container up to three days.

Serving Size: One serving equals approximately two chicken drumsticks, 1/4 acorn squash, 1/2 cup grapes, and 2 cups green beans.

More Flavor: Add your choice of herbs and spices, or balsamic vinegar.



Zucchini & Ground Beef Skillet

6 servings

25 minutes

Ingredients

- 1 1/2 lbs Extra Lean Ground Beef
- 3 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- 3 1/2 cups Diced Tomatoes (with juices)
- 2 Zucchini (medium, chopped)
- 2 tsps Cumin
- 1/2 tsp Onion Powder

Directions

- 1 Heat a nonstick pan over medium heat. Add the beef, garlic, salt, and pepper and cook for five to eight minutes, breaking it up as it cooks. Drain extra fat if needed.
- 2 Add the diced tomatoes, zucchini, cumin, and onion powder. Cover and let simmer for 15 minutes. Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately 1 1/2 cups.

More Flavor: Add chili powder and/or green chilis.

Additional Toppings: Add red pepper flakes.

Make it Vegan: Use extra firm tofu instead of ground beef.



Mixed Greens with Lemon & Olive Oil

2 servings

5 minutes

Ingredients

4 cups Mixed Greens
2 tbsps Extra Virgin Olive Oil
1/2 Lemon (juiced)
2 tbsps Hemp Seeds

Directions

- 1 Add all ingredients to a bowl and toss well. Divide into bowls and enjoy!

Notes

On-the-Go: Keep dressing in a separate container on the side. Add just before serving.
No Mixed Greens: Use spinach, kale or romaine instead.



Slow Cooker Beef Stew

6 servings

4 hours

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 2 lbs Stewing Beef (sliced into bite-size pieces)
- 1/4 cup Red Wine Vinegar
- 2 cups Baby Carrots
- 1 Sweet Onion (diced)
- 2 1/2 cups Mushrooms (sliced)
- 1 cup Beef Broth
- 1/2 tsp Dried Thyme
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1/4 cup Brown Rice Flour

Directions

- 1 Add all ingredients except the brown rice flour to the slow cooker and mix well. Cover and cook on low for 4 to 6 hours, or until beef is tender.
- 2 Remove lid and stir in brown rice flour. Continue to stir until liquid thickens.
- 3 Ladle into bowls and enjoy!

Notes

Leftovers: Store in the fridge up to 3 days or freeze.

More Carbs: Serve it with roasted potatoes, rice or quinoa.

Add Greens: Stir in chopped kale or baby spinach just before serving.



Lower Carb Biscuits

8 servings

30 minutes

Ingredients

- 3/4 cup Almond Flour
- 1/4 cup Coconut Flour
- 1 tsp Baking Powder
- 1 1/2 tbsps Coconut Oil (chilled)
- 6 Egg (whites only)

Directions

- 1 Preheat oven to 400°F (204°C). Line baking sheet with parchment paper.
- 2 Mix together almond flour, coconut flour and baking powder. Add coconut oil and use your hands to break it up until crumbly. Set aside in the fridge.
- 3 Use a hand mixer to whip the egg whites until stiff peaks form. Fold the whites into your chilled flour mixture.
- 4 Scoop the mixture onto the baking sheet using an ice cream scoop and gently flatten the top. Bake for 20 minutes or until golden brown.
- 5 Remove from oven. Let cool then enjoy!

Notes

Serving Size: One biscuit per serving.

Serve Them With: Soup, butter, ghee or our Turkey Gravy.

Coconut Flour: This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using another type of coconut flour, note that results may vary.



Lemon Garlic Salmon, Broccoli & Sweet Potatoes

2 servings

30 minutes

Ingredients

- 2 Sweet Potato (small, cut into cubes)
- 2 cups Broccoli (cut into florets)
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 1/4 tsp Sea Salt
- 1 tbsp Lemon Juice
- 1 Garlic (clove, minced)
- 1 tbsp Parsley (finely chopped)
- 12 ozs Salmon Fillet

Directions

- 1 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 2 Add the sweet potato and broccoli to the pan and drizzle with 2/3 of the oil and season with half of the salt. Stir to evenly coat the vegetables and bake for 10 minutes.
- 3 Meanwhile, in a small bowl combine the remaining oil, lemon juice, garlic, and parsley.
- 4 Remove the pan from the oven. Stir the vegetables and make room for the salmon in the centre of the pan.
- 5 Place the salmon on the pan and season with the remaining salt. Spoon the lemon garlic sauce over top of the fillets. Continue to bake for 15 minutes or until the salmon is cooked through and the vegetables are tender. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately six ounces of salmon, two cups of sweet potatoes, and one cup of broccoli.

More Flavor: Use other fresh herbs like chives or basil.

Additional Toppings: Fresh herbs or lemon wedges.

No Broccoli: Use cauliflower, Brussels sprouts, cabbage, zucchini, or bell pepper instead.



Vegetable Barley Soup

6 servings

1 hour

Ingredients

1 tbsp Extra Virgin Olive Oil
1/2 Yellow Onion (chopped)
1 Carrot (peeled, chopped)
1 stalk Celery (chopped)
2 1/2 cups Butternut Squash (peeled, chopped)
2 Garlic (clove, minced)
1 Zucchini (chopped)
1/2 cup Pearl Barley
1 tsp Sea Salt
1 tsp Dried Thyme
6 cups Vegetable Broth
2 cups Baby Spinach

Directions

- 1 Heat the oil over medium-high heat in a large pot. Add the onion and cook for about 5 minutes until it begins to soften. Add the carrot, celery, squash and garlic and cook for 2 to 3 minutes more.
- 2 Add the zucchini, barley, salt and thyme. Stir to combine then add the vegetable broth. Bring to a boil then reduce heat to medium-low and cover with a lid. Let the soup simmer for 35 to 40 minutes or until the barley is tender.
- 3 Stir in the baby spinach and season with additional salt if needed.
- 4 Divide between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days or freeze for up to two months.

Serving Size: One serving is approximately 1 1/2 cups.

Additional Toppings: Top with chopped parsley, sliced green onion or red pepper flakes.

WEEK 2

Fruits

- 1 Avocado
- 3 Peach
- 5 Pear
- 1 Lemon

Breakfast

- 1 container All Natural Peanut Butter
- 1 container Coffee
- 1 container Maple Syrup

Seeds, Nuts & Spices

- 2 tbsps Chili Powder
- 1 tbsp Cumin
- 1 tsp Dried Basil
- 2 tsps Sea Salt
- 1 bag Almonds
- 1 bag Ground Flax Seed
- 1 bag Pistachios
- 1 bag Pumpkin Seeds

Vegetables

- 3 stalks Celery
- 6 Cremini Mushrooms
- 1 bulb Fennel
- 4 Garlic
- 2 stalks Green Onion
- 1 Red Bell Pepper
- 2 Sweet Potato
- 1 Tomato
- 1 Yellow Onion
- 1 bunch Asparagus
- 1 bag Arugula
- 2 heads Cauliflower
- 1 container Fresh Dill
- 1 Green Cabbage
- 4 bunches Kale Leaves
- 1 carton Mushrooms
- 1 container Parsley
- 1 Red Onion
- 1 container Thyme

Boxed & Canned

- 1 can Black Beans
- 1 carton Chicken Broth
- 1 6-oz can Tomato Paste
- 1 carton Beef Broth

Baking

- 1 bag Unsweetened Shredded Coconut
- 1 container Baking Powder
- 1 container Pumpkin Pie Spice
- 3 15-oz cans Pureed Pumpkin
- 1 bag Dark Chocolate Chips
- 1 container Oats
- 1 container Vanilla Extract
- 1 bag Monk Fruit Sweetener

Bread, Fish, Meat & Cheese

- 8 ozs Cheddar Cheese
- 8 ozs Chicken Breast, Cooked
- 8 ozs Chicken Sausage
- 2 1/2 lbs Extra Lean Ground Beef
- 12 ozs Ribeye Steak, Bone-In
- 8 ozs Salmon Fillet

Condiments & Oils

- 1 bottle Avocado Oil
- 1 bottle Extra Virgin Olive Oil
- 1 jar Pickle
- 1 bottle Apple Cider Vinegar
- 1 bottle Dijon Mustard

Cold

- 1 container Ghee
- 1 carton Unsweetened Almond Milk
- 1 carton Oat Milk
- 2 dozen Eggs

Other

- 1/4 cup Water
- 1 container Collagen Powder



Asparagus & Mushroom Frittata

4 servings

25 minutes

Ingredients

- 8 Egg
- 1/4 cup Water
- 1 tbsp Extra Virgin Olive Oil
- 2 cups Mushrooms (sliced)
- 1 cup Asparagus (sliced)
- 2 stalks Green Onion (chopped)
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Add the eggs and water to a bowl and whisk well. Set aside.
- 3 Heat the oil in a cast-iron skillet, or another oven-proof skillet, over medium heat. Add the mushrooms and asparagus and cook until the mushrooms have softened and the asparagus is fork-tender, five to seven minutes. Stir in the green onion, salt, and pepper, and continue to cook for another minute until the green onions have softened.
- 4 Pour the whisked eggs into the skillet with the vegetables and let the eggs cook for about 30 seconds or until they just begin to set, before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven.
- 5 Bake for 12 to 15 minutes or until eggs have set and are firm to the touch in the center of the pan. Let sit for five minutes before cutting into wedges. Season with additional salt and pepper if needed and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: A 10-inch cast-iron pan was used for four servings.

More Flavor: Use milk of choice instead of water. Add fresh or dried herbs, garlic, or red pepper flakes.



Pear

1 serving

5 minutes

Ingredients

1 Pear

Directions

1

Cut pear in half lengthwise. Cut each half in half again and use a knife to remove the core. Place all pieces in a bowl and enjoy!



Pumpkin Pie Baked Oatmeal

8 servings

45 minutes

Ingredients

- 2 cups Pureed Pumpkin
- 2 Egg
- 1/4 cup Maple Syrup
- 1 tbsp Pumpkin Pie Spice
- 1 tsp Vanilla Extract
- 3/4 tsp Baking Powder
- 1/2 tsp Sea Salt
- 1 cup Unsweetened Almond Milk
- 2 1/2 cups Oats (rolled or quick)
- 1/4 cup Ground Flax Seed
- 1/4 cup Pumpkin Seeds

Directions

- 1 Preheat oven to 375°F (191°C). Grease a baking dish with a little coconut oil. (Use a 9 x 13-inch dish for 6 servings.)
- 2 In a large bowl, whisk together the pumpkin, eggs, maple syrup, pumpkin pie spice, vanilla, baking powder, salt and milk until smooth. Stir the oats and ground flax into the pumpkin mixture. Pour into the baking dish and sprinkle pumpkin seeds over top.
- 3 Bake in the preheated oven for 40 minutes or until the centre feels set and the edges are slightly golden.

Notes

Storage: Store covered in the fridge up to 4 - 5 days, or freeze in individual portions for easy grab-and-go breakfasts down the road.

Egg-Free: Replace the eggs with flax eggs. For every egg, mix together 1 tbsp of ground flax seed with 3 tbsp of water.

Muffins: Divide the batter into a muffin tray instead of a baking pan. Bake at the same temperature as listed for 20 to 25 minutes, or until muffins are cooked through.



Pumpkin Spice Collagen Latte

1 serving

10 minutes

Ingredients

- 1/2 cup Coffee
- 2 tbsps Pureed Pumpkin
- 1 tsp Monk Fruit Sweetener
- 1/2 tsp Pumpkin Pie Spice
- 3/4 cup Unsweetened Almond Milk
- 1/2 tsp Vanilla Extract
- 1/3 oz Collagen Powder (collagen creamer if available)

Directions

- 1 Brew your coffee and set aside.
- 2 In a saucepan over medium heat, stir the pumpkin, monk fruit and pumpkin pie spice until combined. Slowly whisk in almond milk. Bring mixture to a low simmer, stirring occasionally and remove from heat. Stir in vanilla extract and collagen.
- 3 Transfer milk mixture to a blender and pulse several times until foamy and frothy. (You can also use a hand-held immersion blender instead.)
- 4 Add milk mixture to your hot coffee. You may want to use a spoon to gently hold back the frothy top layer while pouring. Top your latte with this remaining froth.
- 5 Top with a dollop of homemade whipped cream or coconut whipped cream (optional) and sprinkle with additional pumpkin pie spice. Enjoy!

Notes

No Almond Milk: Use coconut milk instead.

No Blender: Whisk vigorously by hand when the milk mixture starts to simmer on the stove. FYI, this will not create the same froth as a blender or immersion blender but still tasty!

Pumpkin Lover: Add an extra 1 tbsp of pureed pumpkin per serving.

Homemade Pumpkin Spice: Mix 1/4 cup ground cinnamon, 4 tsp ground nutmeg, 4 tsp ground ginger and 1 tbsp ground allspice. Store in an air-tight container.

Caffeine Free: Replace coffee with additional almond milk.



Fennel & Arugula Salad with Chicken

2 servings

10 minutes

Ingredients

- 3 tbsps Extra Virgin Olive Oil
- 3 tbsps Lemon Juice
- 1 tsp Dijon Mustard
- 1 Garlic (clove, small)
- 1 bulb Fennel (thinly sliced)
- 2 tbsps Red Onion (thinly sliced)
- 2 tbsps Parsley (finely chopped)
- 4 cups Arugula
- 8 ozs Chicken Breast, Cooked
- 3 tbsps Pistachios (chopped)

Directions

- 1 In a mixing bowl combine the oil, lemon juice, mustard, and garlic. Add the fennel, red onion, and parsley and stir to coat with the dressing.
- 2 Divide the arugula between plates and top with the fennel mixture and any excess dressing. Add the cooked chicken and sprinkle with the chopped pistachios. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to a day. Store ingredients separate from the dressing for longer.

Nut-Free: Omit the pistachios or use sunflower or pumpkin seeds instead.

Make it Vegan: Omit the chicken or use white beans, chickpeas, lentils, or tofu instead.

No Arugula: Use baby spinach or mixed greens instead.



Cheeseburger Soup

10 servings

4 hours

Ingredients

4 cups Beef Broth
1 1/2 cups Oat Milk (unsweetened, plain)
3 stalks Celery (diced)
1 tsp Dried Basil
3/4 head Cauliflower (chopped)
1 cup Pickle (diced)
Sea Salt & Black Pepper (to taste)
1 1/2 lbs Extra Lean Ground Beef
8 ozs Cheddar Cheese (shredded)

Directions

- 1 Turn on the slow cooker and add the beef broth, oat milk, celery, basil, cauliflower, pickles, salt, and pepper.
- 2 Meanwhile, heat a large nonstick pan over medium-high heat. Cook the ground beef for five to eight minutes, breaking it up as it cooks. Drain extra fat if needed. Add the ground beef to the slow cooker and cook on low for six to eight hours.
- 3 Divide the soup into bowls and top with cheddar cheese. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately 1 1/2 cups.

Dairy-Free: Use vegan cheese instead of cheddar cheese.

More Flavor: Add sautéed garlic and onions.

Additional Toppings: Add greek yogurt and sliced green onions.



Peach & Almonds

1 serving

5 minutes

Ingredients

1 Peach (whole, halved or sliced)

1/4 cup Almonds

Directions

- 1 Serve the peach with the almonds and enjoy!

Notes

Leftovers: Store peach and almonds separately until ready to serve.

Nut-Free: Use pumpkin seeds or sunflower seeds instead.



Peanut Butter Pear Bites

2 servings

10 minutes

Ingredients

- 2 tbsps All Natural Peanut Butter
- 1 Pear (sliced into circles, seeds removed)
- 1 1/2 tbsps Dark Chocolate Chips (or chunks)
- 1 tsp Unsweetened Shredded Coconut

Directions

- 1 Spread the peanut butter over each pear slice. Top with chocolate chips and shredded coconut. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Nut-Free: Use tahini, pumpkin seed butter, or sunflower seed butter instead of peanut butter.



Pressure Cooker Chili

4 servings

50 minutes

Ingredients

- 1 lb Extra Lean Ground Beef
- 1 tbsp Ghee
- 1 Yellow Onion (chopped)
- 1 Red Bell Pepper (chopped)
- 3 Garlic (clove, minced)
- 2 tbsps Tomato Paste
- 2 tbsps Chili Powder
- 1 tbsp Cumin
- 1/2 tsp Sea Salt
- 1 Tomato (chopped)
- 1 cup Chicken Broth
- 1/2 cup Black Beans

Directions

- 1 Turn your pressure cooker onto sauté mode. Cook the beef, breaking it up as it cooks until it's no longer pink. Remove the meat from the pot and drain any excess drippings.
- 2 Add ghee to the pressure cooker and when melted add the onion, pepper and garlic. Saute for 5 minutes or until the onions are translucent. Add the tomato paste, chili powder, cumin and salt. Cook for another minute. Add the tomatoes, broth and cooked meat to the pressure cooker and stir to combine.
- 3 Put the lid on the pressure cooker and change to pressure cooker mode. Cook for 20 minutes and let the steam release naturally for 5 to 10 minutes. Release the rest of the steam manually.
- 4 Stir in black beans and let sit 1-2 minutes to warm. Divide between bowls and enjoy!

Notes

Optional Toppings: Diced avocado, sliced jalapenos, fresh lime juice, sliced green onion and/or chopped cilantro.

No Ground Beef: Use ground turkey or chicken instead.

More Flavor: Add smoked paprika, chipotle chili powder, ground cayenne, ground coriander, black pepper or dried oregano.

Tomato Options: Use cherry tomatoes, Roma tomato, field tomatoes or drained diced tomatoes from the can.

No Ghee: Use extra virgin olive oil or avocado oil instead.

Leftovers: Store in an airtight container in the fridge for up to three days. Freeze for up to three months.

Serving Size: One serving is equal to approximately one cup of chili.



Cauliflower, Kale & Sausage Bowl

2 servings

40 minutes

Ingredients

1/2 head Cauliflower (chopped into florets)
1 tbsp Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
3 cups Kale Leaves (chopped)
8 ozs Chicken Sausage
2 Egg
1 Avocado

Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Toss the cauliflower florets with half of the avocado oil, lay in a single layer on the baking sheet, and sprinkle with salt and pepper to taste. Roast for 30 minutes, or until golden brown, tossing halfway through.
- 3 While the cauliflower is roasting, heat the remaining avocado oil in a small skillet over high heat. Add the kale and saute for 1 to 2 minutes until crispy. Sprinkle with sea salt to taste, and transfer to bowl.
- 4 Add sausages to the skillet and cook for 5 to 10 minutes, turning frequently. While the sausages are cooking, bring a small saucepan of water to a boil and poach the eggs.
- 5 To assemble, divide cauliflower and kale between bowls. Slice and add sausages, avocado, and top with an egg. Enjoy!

Notes

Plant-Based: Use chickpeas or tempeh instead of sausage, and skip the egg.



One Pan Salmon, Kale & Cabbage

2 servings

20 minutes

Ingredients

- 6 cups Green Cabbage (roughly chopped)
- 4 cups Kale Leaves (roughly chopped)
- 3 tbsps Avocado Oil
- 8 ozs Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Fresh Dill (finely chopped)
- 2 tbsps Apple Cider Vinegar
- 1 tsp Dijon Mustard

Directions

- 1 Preheat oven to 450°F (232°C) and line a baking pan with foil.
- 2 Add cabbage and kale to the baking pan and toss with 1/3 of the avocado oil. Bake for 6 minutes. Remove from oven and stir.
- 3 Pat the salmon fillets dry and season with salt and pepper. Lay the salmon over the cabbage and kale. Bake together for 10 minutes, or until salmon is cooked through.
- 4 Meanwhile, add the remaining avocado oil, dill, vinegar, mustard, salt and pepper to a small mason jar. Cover with the lid and shake before serving.
- 5 Divide salmon, cabbage and kale onto plates. Drizzle with your desired amount of dressing. Enjoy!

Notes

No Avocado Oil: Use olive oil instead.

No Apple Cider Vinegar: Use lemon juice instead.

Leftovers: Keep covered in the fridge up to two days.



Steak, Mushrooms & Sweet Potato

2 servings

50 minutes

Ingredients

- 2 Sweet Potato (Japanese or regular)
- 12 ozs Ribeye Steak, Bone-in (room temperature)
- 1/2 tsp Sea Salt
- 2 1/2 tbsps Avocado Oil (divided)
- 2 tsp Thyme (fresh, chopped fine)
- 6 Cremini Mushrooms (sliced)

Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. Poke the sweet potatoes with a fork a few times to vent them and place them on the baking sheet. Cook for 45 to 50 minutes, until cooked through.
- 2 Pat the steak very dry with paper towel. Season with 3/4 of the salt.
- 3 Heat a cast-iron skillet over medium heat until hot. Add half of the oil. Place the steak in the middle of the skillet and cook for 13 to 15 minutes, flipping and turning every two to three minutes, until a dark crust has formed on both sides. Reduce the heat and add half of the thyme and spoon over top of the steak. Remove and let rest for at least 10 minutes before slicing.
- 4 In the same skillet, add the remaining oil and then the mushrooms and cook until browned and cooked through, about five to seven minutes. Add the remaining thyme during the last minute and stir to incorporate. Season with the remaining salt. Divide the sweet potato, steak, and mushrooms onto plates. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Spoon the steak with butter or ghee near the end of cooking.

Additional Toppings: Add sliced or crushed garlic cloves to the steak near the end of cooking.

Steak Size: This recipe was tested with a 2-inch (5 cm) steak. Adjust the cook time as needed based on the thickness of your steak.

WEEK 3

Fruits

- 2 Apple
- 2 Banana
- 1 Lemon
- 1 Lime
- 2 Navel Orange
- 3 Peach

Breakfast

- 1 container Almond Butter

Seeds, Nuts & Spices

- 1/2 tsp Black Pepper
- 1 1/2 tsp Cinnamon
- 1 tbsp Poultry Seasoning
- 1 1/2 tbsps Sea Salt
- 1 tsp Turmeric
- 1 bag Almonds
- 1 bag Ground Flax Seeds
- 1 bag Pumpkin Seeds
- 1 bag Walnuts

Frozen

- 1 bag Frozen Banana
- 1 bag Frozen Cranberries

Vegetables

- 1 head Boston Lettuce
- 2 Carrot
- 2 Delicata Squash
- 4 cups Microgreens
- 2 Sweet Potato
- 1 Tomato
- 2 Zucchini
- 1 bag Arugula
- 1 Radicchio
- 1 container Fresh Dill
- 1 bag Mini Potatoes
- 1 container Thyme
- 2 bunches Asparagus
- 2 bags Baby Spinach
- 3 12-oz bag Brussels Sprouts
- 1 Butternut Squash
- 1 Red Onion
- 1 Romaine

Baking

- 1 bag Dried Unsweetened Cranberries
- 1 jar Honey
- 1 container Oats
- 1 container Vanilla Extract

Bread, Fish, Meat & Cheese

- 1 lb Chicken Breast
- 14 ozs Chicken Breast, Cooked
- 1 lb Extra Lean Ground Beef
- 1 lb Extra Lean Ground Turkey
- 1 lb Ny Striploin Steak
- 12 ozs Shrimp
- 6 1/8 ozs Sliced Turkey Breast
- 2 1/8 ozs Swiss Cheese
- 4 1/16 ozs Turkey Sausage
- 1 package Bacon
- 1 loaf Whole Grain Bread

Condiments & Oils

- 1 bottle Extra Virgin Olive Oil
- 1 bottle Balsamic Vinegar
- 1 bottle Apple Cider Vinegar
- 1 bottle Avocado Oil
- 1 bottle Coconut Oil
- 1 bottle Dijon Mustard

Cold

- 1 carton Eggs
- 1 carton Unsweetened Almond Milk

Other

- 1 container Vanilla Protein Powder



One Pan Breakfast Hash

2 servings

40 minutes

Ingredients

4 cups Brussels Sprouts (halved)
1/2 cup Red Onion (chopped)
1 tsp Avocado Oil
Sea Salt & Black Pepper (to taste)
5 slices Bacon (chopped)
4 Egg

Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 2 Add the brussels sprouts and onion to the baking sheet. Drizzle with avocado oil, sea salt, and pepper. Add the chopped bacon on top and place in the oven for 15 minutes. Remove from the oven, stir and bake for 10 minutes more.
- 3 Remove the sheet from the oven and use a spoon to push ingredients aside to make divots for the eggs. Carefully crack the eggs into the divots. Bake for 6 to 8 minutes, or until the eggs are cooked to your liking. Divide between plates and enjoy!

Notes

No Bacon: Use prosciutto, ham or turkey bacon.

More Vegetables: Use additional vegetables such as peppers, potatoes or mushrooms.

More Flavor: Use garlic powder, onion powder, chili flakes, or everything bagel seasoning.

Leftovers: Refrigerate leftover vegetables in an airtight container for up to 4 days. Reheat the vegetables and cook additional eggs as needed.



Carrot Cake Protein Smoothie

1 serving

5 minutes

Ingredients

- 1 Carrot (medium, chopped)
- 1/2 cup Frozen Banana
- 3/4 cup Unsweetened Almond Milk
- 1/4 tsp Cinnamon
- 1/4 cup Vanilla Protein Powder
- 1/8 tsp Vanilla Extract (optional)
- 1 tbsp Ground Flax Seed

Directions

- 1 Add all of the ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight jar for up to two days.

Serving Size: One serving is equal to approximately 1 1/2 cups.

More Flavor: Add ginger and vanilla.



Turkey Sausage Scramble

1 serving

10 minutes

Ingredients

- 4 1/16 ozs Turkey Sausage (casing removed)
- 1 cup Baby Spinach (chopped)
- 2 Egg (whisked)
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Heat a pan over medium heat then add the sausage to the pan. Brown for five to six minutes or until cooked through, breaking it up as it cooks. Add the spinach to the pan and move it around until it's wilted.
- 2 Move the sausage and spinach to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the spinach and sausage into the egg once the eggs are cooked through. Season with salt and pepper if needed and enjoy!

Notes

Leftovers: Best enjoyed immediately. Sausage can be cooked ahead of time and reheated in the pan to save time.

More Flavor: Add onion, mushrooms, or bell pepper.

Additional Toppings: Hot sauce, ketchup, avocado, or salsa.

No Spinach: Use kale instead.

No Turkey Sausage: Use pork, chicken, or beef sausage instead. Use crumbled tofu to make it vegetarian.



Apple

1 serving

2 minutes

Ingredients

1 Apple

Directions

- 1 Slice into wedges, or enjoy whole.



Turkey & Swiss Sandwich

1 serving

5 minutes

Ingredients

- 1 tsp Dijon Mustard
- 2 slices Whole Grain Bread
- 2 leaves Romaine
- 1/2 Tomato (medium, thinly sliced)
- 1 1/16 ozs Swiss Cheese (sliced)
- 3 1/16 ozs Sliced Turkey Breast

Directions

- 1 Spread the mustard on the bread. Add the remaining sandwich toppings. Close the sandwich and enjoy!

Notes

Leftovers: Refrigerate in an airtight container and enjoy within a day.

Dairy-Free: Omit the cheese or use dairy-free cheese slices instead.

Additional Toppings: Cucumber, pickles, onion, bell pepper, mayonnaise, or avocado.

No Turkey: Use sliced ham, chicken, or roast beef instead.



Orange Chicken Salad

2 servings

10 minutes

Ingredients

- 1 Navel Orange (large)
- 1/2 Lime (juiced)
- 1 tsp Honey
- 1 tbsp Extra Virgin Olive Oil
- 1/2 tsp Sea Salt
- 2 cups Arugula
- 1 1/2 cups Radicchio (thinly sliced)
- 7 ozs Chicken Breast, Cooked (chopped)

Directions

- 1 Supreme the navel orange by using a sharp knife to slice the rind and peel off. Then cut the segments out from in between the membranes. Set the leftovers from the oranges aside.
- 2 Squeeze the juice from the set-aside leftover orange into a small bowl. Mix in the lime juice, honey, oil, and salt.
- 3 Add the arugula, radicchio, oranges, and chicken to a serving bowl and top with the dressing. Divide evenly between bowls and enjoy!

Notes

Leftovers: Refrigerate the salad and the dressing in separate containers for up to three days. Mix together before serving.

Serving Size: One serving is equal to approximately two cups.

More Flavor: Add shallot and dill to the dressing.

Additional Toppings: Fresh cilantro and mint.

Make it Vegan: Omit the chicken and add tofu or chickpeas instead.



Pumpkin Seeds

1 serving

1 minute

Ingredients

1/4 cup Pumpkin Seeds

Directions

- 1 Place in a bowl and enjoy!

Notes

Leftovers: Store in an airtight container in the pantry.



Peach & Almonds

1 serving

5 minutes

Ingredients

1 Peach (whole, halved or sliced)

1/4 cup Almonds

Directions

- 1 Serve the peach with the almonds and enjoy!

Notes

Leftovers: Store peach and almonds separately until ready to serve.

Nut-Free: Use pumpkin seeds or sunflower seeds instead.



Cranberry Protein Cookies

8 servings

20 minutes

Ingredients

1 Banana (mashed)
1/4 cup Vanilla Protein Powder
1 cup Oats
1 cup Almond Butter
1/2 tsp Cinnamon
1/4 cup Dried Unsweetened
Cranberries

Directions

- 1 Preheat oven to 350°F (177°C). Mash bananas in a bowl with a fork. Add protein powder and mix well.
- 2 Mix in the oats, almond butter, cinnamon and dried cranberries. Roll into balls and place on a baking sheet lined with parchment paper. Press down gently with a fork to flatten. Bake for 20 minutes or until golden brown. Enjoy!

Notes

Serving Size: One serving is equal to one cookie.

Leftovers: Store in the fridge for up to four days or in the freezer for up to three months.

Protein Powder: This recipe was tested using plant-based vanilla protein powder.



Chicken Fingers & Fries

4 servings

40 minutes

Ingredients

- 1 cup Walnuts
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1/3 tsp Thyme (optional)
- 1 lb Chicken Breast (boneless, skinless)
- 2 Sweet Potato (large)
- Sea Salt & Black Pepper (to taste)
- 4 cups Baby Spinach (or mixed greens)
- 1 1/2 tsps Apple Cider Vinegar (or balsamic)
- 1 tbsp Extra Virgin Olive Oil

Directions

- 1 Preheat oven to 420°F (216°C) and line a baking sheet with parchment paper.
- 2 In a food processor, combine walnuts, sea salt, black pepper and thyme. Pulse until it reaches a coarse, sand-like consistency. Add this mixture to a large ziplock bag.
- 3 Cut your chicken breasts into long pieces and add them to the bag. Shake until the chicken is well coated. Transfer chicken to one side of your baking sheet. Press any extra walnut mix from the bag into the top of the chicken fingers.
- 4 Slice your sweet potatoes into thin fry-like pieces. Add to a large mixing bowl with a splash of olive oil and season with sea salt and black pepper to taste. Toss until well coated. Transfer them to the baking sheet beside the chicken. Place the baking sheet in the oven and bake for 30 to 40 minutes or until chicken is cooked through and fries are golden brown. Flip the fries at the halfway point.
- 5 Meanwhile, toss your mixed greens in vinegar and olive oil.
- 6 Remove chicken and fries from the oven. Plate with a scoop of greens. Enjoy!

Notes

No Walnuts: Use any nut instead. Pistachios, almonds or shredded coconut all work well!

No Sweet Potato: Make fries from another root vegetable like carrots, beets or parsnips.



Turkey Cranberry Squash Bowls

4 servings

40 minutes

Ingredients

- 2 Delicata Squash (small)
- 2 tbsps Extra Virgin Olive Oil
- 1 lb Extra Lean Ground Turkey
- 1 tbsp Poultry Seasoning
- 1 tsp Sea Salt
- 1/2 cup Frozen Cranberries (thawed, or use fresh)
- 4 cups Microgreens
- 2 tbsps Balsamic Vinegar

Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Rinse the outside of the squash and slice in half lengthwise. Brush the flesh with a small amount of olive oil and place face-down on the baking sheet. Bake for 30 minutes.
- 3 Meanwhile, heat the remaining oil in a large skillet over medium heat. Add the turkey and saute until cooked through and browned. Break it up into tiny pieces as it cooks.
- 4 Once the turkey is cooked through, stir in the poultry seasoning, sea salt and cranberries. Turn the heat to the lowest setting to keep warm until your squash is cooked.
- 5 Remove squash from oven and stuff each half with the turkey/cranberry mix. Serve with microgreens and a drizzle of balsamic vinegar. Enjoy!

Notes

Vegan & Vegetarian: Use lentils or chickpeas instead of ground meat.

No Microgreens: Use any leafy green like baby spinach, kale, or arugula.

Leftovers: Keeps well in the fridge up to 3 days.



One Pan Lemon Shrimp & Asparagus

2 servings

30 minutes

Ingredients

3 cups Asparagus (woody ends trimmed)
12 ozs Shrimp (uncooked, shells on)
2 tbsps Extra Virgin Olive Oil
1/8 tsp Sea Salt (or more, to taste)
1 Lemon (sliced)

Directions

- 1 Preheat oven to 400°F (204°C).
- 2 Lay the asparagus and shrimp on a baking sheet. Drizzle with olive oil and toss gently to coat. Sprinkle with sea salt and top with lemon slices.
- 3 Bake for 15 to 18 minutes, or until shrimp are fully cooked and have turned pink. Remove from oven and divide between plates. Enjoy!

Notes

More Carbs: Serve with pasta, rice, or quinoa.

Leftovers: Keeps well in the fridge for 2-3 days.



Turmeric Baked Potatoes

4 servings

45 minutes

Ingredients

- 4 cups Mini Potatoes (halved)
- 1/3 cup Coconut Oil (melted)
- 1 tsp Turmeric
- 1 tsp Sea Salt
- 1 tbsp Fresh Dill (chopped)

Directions

- 1 Preheat the oven to 425°F (218°C). Prepare a cast iron skillet or line a baking sheet with parchment paper.
- 2 In a large bowl, add the potatoes, coconut oil, turmeric and sea salt. Toss to coat and add them to the cast iron skillet or baking sheet. Cook in the oven for 20 minutes, remove, flip the potatoes and bake for 10 minutes more or until they are crispy and cooked through.
- 3 Remove from the oven, let them cool slightly and top with dill. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

More Flavor: Add minced garlic.

No Dill : Top with parsley or cilantro instead.



Steak, Butternut Squash & Zoodles

2 servings

40 minutes

Ingredients

- 3 cups Butternut Squash (peeled, seeds removed, chopped)
- 1 tbsp Extra Virgin Olive Oil
- 1 tsp Sea Salt
- 1 lb NY Striploin Steak
- 2 Zucchini (spiralized)

Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Toss the butternut squash in olive oil and sea salt. Spread the squash evenly across the baking sheet and cook for 20 minutes.
- 3 Heat a skillet over medium-high heat. Brown the steak on both sides for 1 to 2 minutes. Remove the steak from the skillet and add to the baking sheet with the butternut squash. Return to the oven for an additional 10 minutes, or until the steak is cooked to your liking.
- 4 In the same skillet you browned the steak, add the zucchini noodles and cook over medium heat for 2 to 3 minutes.
- 5 Remove the squash and steak from the oven and divide onto plates with the zucchini noodles. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add garlic and your favorite herbs to the steak.



Beef & Apple Lettuce Wraps

4 servings

15 minutes

Ingredients

- 1 lb Extra Lean Ground Beef
- 1/3 cup Almond Butter
- Sea Salt & Black Pepper (to taste)
- 1 head Boston Lettuce (leaves pulled apart)
- 1 Apple (cored, sliced)

Directions

- 1 Heat a non-stick pan over medium heat. Add the beef to the pan, breaking it up as it browns. Gently stir in the almond butter to combine. Once it is cooked through and no longer pink, drain excess drippings from the pan if necessary. Season with salt and black pepper.
- 2 Scoop the ground beef into each lettuce wrap and top with apple slices. Enjoy!

Notes

Leftovers: Refrigerate all items in separate airtight containers for up to three days. Slice the apples just before serving.

Serving Size: One serving equals approximately two to three lettuce wraps.

More Flavor: Add sauerkraut or other pickled veggies.

WEEK 4

Fruits

- 1 Apple
- 4 Banana
- 1 Navel Orange
- 1 Avocado
- 1 bag Cherries

Breakfast

- 1 container All Natural Peanut Butter
- 1 container Almond Butter
- 1 box Earl Grey Tea
- 1 bottle Syrup

Seeds, Nuts & Spices

- 1/2 cup Chia Seeds
- 1/4 tsp Chili Flakes
- 1 tsp Dried Basil
- 1 tsp Dried Thyme
- 1 1/2 tsps Italian Seasoning
- 2 3/4 cups Pumpkin Seeds
- 2 tbsps Sea Salt
- 1 bag Hemp Seeds
- 1 bag Walnuts
- 1 bag Sliced Almonds
- 1 bag Almonds

Frozen

- 3 Brown Rice Tortilla

Vegetables

- 7 Carrot
- 2 stalks Celery
- 4 Cremini Mushrooms
- 1 Garlic
- 2 Spaghetti Squash
- 1 container Fresh Dill
- 1 Yellow Onion
- 7 bunches Kale Leaves
- 1 bag Arugula
- 1 bag Baby Spinach
- 1 Cucumber
- 1 Green Cabbage
- 1 Sweet Onion

Boxed & Canned

- 1 box Chickpea Pasta
- 1 bag Brown Rice

Baking

- 1 jar Raw Honey
- 1 10-oz bag Dark Chocolate Chips
- 1 container Oats
- 1 container Vanilla Extract

Bread, Fish, Meat & Cheese

- 2 3/4 ozs Cheddar Cheese
- 6 ozs Chicken Sausage
- 1 lb Extra Lean Ground Beef
- 12 ozs Pork Sausage
- 8 ozs Salmon Fillet
- 6 ozs Sliced Ham
- 12 ozs Turkey Breast, Cooked

Condiments & Oils

- 1 bottle Apple Cider Vinegar
- 1 bottle Avocado Oil
- 1 bottle Coconut Oil
- 1 bottle Dijon Mustard
- 1 jar Tomato Sauce

Cold

- 1 tub Plain Greek Yogurt
- 1 carton Unsweetened Almond Milk
- 1 carton Eggs
- 1 container Egg Whites

Other

- 15 1/4 cups Water
- 1 bag Pearl Barley
- 1 container Protein Powder



Egg & Arugula Wrap

1 serving

10 minutes

Ingredients

- 1 1/2 tsps Avocado Oil
- 1 Egg
- 1/3 cup Egg Whites
- 1/4 tsp Sea Salt (to taste)
- 1/2 Avocado (mashed)
- 1 Brown Rice Tortilla
- 1 cup Arugula

Directions

- 1 Heat the oil in a large pan over medium-high heat. Add the egg and egg whites into the pan. Cook for 15 seconds, then shake the pan gently to break the yolk. Rotate the pan to spread and cook the eggs evenly. Season with salt and fold into an omelette.
- 2 Spread the avocado onto the tortilla and top with the arugula and omelette. Roll up the wrap and enjoy!

Notes

Leftovers: This recipe is best enjoyed immediately. Refrigerate in an airtight container for up to one day.

More Flavor: Add sauerkraut, pickled red onion, kimchi, and/or mayonnaise.

Additional Toppings: Add tomatoes, snap peas, fresh dill, cucumber, bell pepper, and/or grated carrot.



Banana & Nut Chia Oats

4 servings

8 hours

Ingredients

2 cups Plain Greek Yogurt
2 cups Unsweetened Almond Milk
1/4 cup Oats (rolled)
1/4 cup Chia Seeds
1 1/3 tbsps All Natural Peanut Butter
1 1/3 tbsps Syrup (monkfruit or allulose based)
2 tsps Vanilla Extract
2 Banana (sliced)
3 tbsps Protein Powder
2 tbsps Hemp Seeds

Directions

- 1 In a medium bowl, mix together the yogurt, almond milk, oats, chia seeds, peanut butter, syrup, and vanilla. Seal and place in the fridge overnight, or for at least eight hours.
- 2 Divide into containers and add the sliced banana & hemp seeds. Serve and enjoy!

Notes

Leftovers: Refrigerate in a sealed container for up to four days.

Nut-Free: Use a nut-free milk such as oat or soy.

More Flavor: Add a pinch of cinnamon.

No Banana: Use mixed berries instead of banana.

Make it Vegan: Use a vegan yogurt.

Consistency: For a thicker consistency, add more chia seeds.

Syrup Brands: Example: Lakanto or RXSugar syrup



Ham & Cheese Rolls with Cucumbers

1 serving
10 minutes

Ingredients

- 1 1/3 ozs Cheddar Cheese (cut into sticks)
- 3 ozs Sliced Ham
- 1/2 Navel Orange (sliced)
- 1/3 Cucumber (large, sliced)

Directions

- 1 Wrap the cheese sticks with ham. Serve alongside the oranges and cucumbers in a container. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Dairy-Free: Use vegan cheese instead of cheddar cheese.



Nutty Dark Chocolate Sea Salt Squares

16 servings

1 hour 30 minutes

Ingredients

- 1/2 cup Raw Honey
- 2 tbsps Coconut Oil
- 1 cup Almonds (chopped or smashed)
- 1 cup Pumpkin Seeds
- 1 cup Walnuts (chopped)
- 5 1/4 ozs Dark Chocolate (at least 70% cacao)
- 1 tsp Sea Salt (coarse ground)

Directions

- 1 Line a 8x8 pan with parchment paper.
- 2 Heat the honey, coconut oil and a pinch of sea salt in a small sauce pan over medium-low heat for about 10 minutes or until it starts to thicken. Then fold in the almonds, pumpkin seeds and walnuts. Stir until well coated then transfer into your paper lined pan. Press it down firmly into the pan. Transfer the pan to the fridge for 1 hour.
- 3 Once your squares have hardened in the fridge, lift the parchment paper from the pan and then cut the hardened nut mix into squares.
- 4 Create a double boiler by filling a large pot with water and placing a smaller pot inside. Bring to a boil then reduce to a simmer. Ensure no water is able to get into the small pot.
- 5 Add the dark chocolate in the smaller pot and stir until melted.
- 6 Line a baking sheet with parchment paper.
- 7 Dip one end of each square into the dark chocolate. Place on the parchment paper. Repeat until all squares are dipped and then place in the fridge until the chocolate is set.
- 8 Once the chocolate is set, sprinkle the chocolate portion of each square with some coarse ground sea salt.
- 9 Arrange on a decorative plate and serve. Enjoy!

Notes

Storage: Refrigerate or freeze in an air-tight container.

Make as Bars: Slice into bars instead of squares. Use a spoon to drizzle with melted chocolate.

Mix it Up: Use any variety of seeds and chopped nuts. Sunflower seeds, pistachios, macadamia nuts, brazil nuts, cashews and pecans all work beautifully!



Earl Grey Tea

1 serving

5 minutes

Ingredients

1 cup Earl Grey Tea (brewed)

Directions

- 1 Pour tea into a mug and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Enjoy over ice as iced tea.

More Flavor: Add sweetener or milk of choice to taste.



Cherries & Pumpkin Seeds

1 serving

5 minutes

Ingredients

1 cup Cherries

1/4 cup Pumpkin Seeds

Directions

- 1 Serve the cherries with the pumpkin seeds and enjoy!

Notes

Leftovers: Store cherries and pumpkin seeds separately until ready to serve.

No Pumpkin Seeds: Use another nut or seed instead.



Apple Nachos

1 serving

5 minutes

Ingredients

- 1/2 Apple (sliced)
- 1 tbsp Almond Butter
- 1 tbsp Sliced Almonds

Directions

- 1 Arrange apple slices on a serving plate. Drizzle almond butter and sprinkle almonds overtop. Feel free to also sprinkle dark chocolate chips for a occasional treat. Enjoy!

Notes

No Granola: Use any nuts or seeds, raisins, dark chocolate chips or shredded coconut instead.

No Sunflower Seed Butter: Use any nut butter, maple butter, melted coconut butter, melted dark chocolate or caramel instead.

Homemade Granola: Try this recipe with our Paleo Granola, Pumpkin Spice Granola or Banana Coconut Granola.



Pressure Cooker Pasta with Sausage

2 servings

25 minutes

Ingredients

- 6 ozs Chicken Sausage (casing removed)
- 4 Cremini Mushrooms (roughly torn)
- 3/4 cup Water
- 1 cup Tomato Sauce
- 3 ozs Chickpea Pasta (shells)
- 2 cups Kale Leaves (roughly chopped)
- Sea Salt & Black Pepper (to taste)
- 1/4 tsp Chili Flakes (optional)

Directions

- 1 Turn your pressure cooker to sauté mode and add the pork. Cook for 4 to 5 minutes, until no longer pink. Add the mushrooms and cook for 1 to 2 minutes, until softened. Turn the sauté mode off.
- 2 Add the water, tomato sauce, and pasta. Put the lid on and set to “sealing” then press manual/pressure cooker and cook for 2 minutes on high pressure. Once finished, let the pressure release naturally for 10 minutes, then do a quick release if there is still pressure remaining.
- 3 Open the lid, add the kale and stir until the kale is wilted. Divide evenly between plates. Top with salt, pepper, and chilli flakes, if using. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to about 1 1/2 cups of pasta.

Additional Toppings: Top with nutritional yeast, parmesan, or parsley.

Make it Vegan: Omit the sausage, use a vegan sausage or add cooked lentils instead.

Pressure Cook Time: This recipe was tested with a chickpea pasta that is shell shaped. Cook time may vary depending on the type of pasta used.



One Pan Salmon, Kale & Cabbage

2 servings

20 minutes

Ingredients

- 6 cups Green Cabbage (roughly chopped)
- 4 cups Kale Leaves (roughly chopped)
- 3 tbsps Avocado Oil
- 8 ozs Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Fresh Dill (finely chopped)
- 2 tbsps Apple Cider Vinegar
- 1 tsp Dijon Mustard

Directions

- 1 Preheat oven to 450°F (232°C) and line a baking pan with foil.
- 2 Add cabbage and kale to the baking pan and toss with 1/3 of the avocado oil. Bake for 6 minutes. Remove from oven and stir.
- 3 Pat the salmon fillets dry and season with salt and pepper. Lay the salmon over the cabbage and kale. Bake together for 10 minutes, or until salmon is cooked through.
- 4 Meanwhile, add the remaining avocado oil, dill, vinegar, mustard, salt and pepper to a small mason jar. Cover with the lid and shake before serving.
- 5 Divide salmon, cabbage and kale onto plates. Drizzle with your desired amount of dressing. Enjoy!

Notes

No Avocado Oil: Use olive oil instead.

No Apple Cider Vinegar: Use lemon juice instead.

Leftovers: Keep covered in the fridge up to two days.



Turkey & Barley Soup

6 servings

30 minutes

Ingredients

- 6 1/2 cups Water
- 5 Carrot (medium, diced)
- 1/2 Sweet Onion (diced)
- 1 1/2 tsps Italian Seasoning
- 1 tsp Sea Salt (to taste)
- 2/3 cup Pearl Barley (uncooked)
- 12 ozs Turkey Breast, Cooked (roughly chopped)
- 2 cups Baby Spinach

Directions

- 1 In a pot over medium-high heat, add the water, carrots, onions, Italian seasoning, and salt. Once boiling, lower to a simmer and cook until the carrots are tender-crisp, about five to seven minutes.
- 2 Stir in the barley and cook for 15 more minutes.
- 3 Add the turkey and spinach and cook until the turkey is warmed through and spinach is wilted, about three minutes. Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately two cups.

Gluten-Free: Use quinoa, gluten-free pasta, or rice instead of barley and adjust cooking time accordingly.

More Flavor: Sauté the onions and carrots in your choice of cooking oil. Add minced garlic or ginger. Use broth instead of water.

Additional Toppings: Add parsley, sliced green onion, or red pepper flakes.

Make it Vegan: Use tofu, edamame, chickpeas, or lentils instead of turkey breast.



Meatball Spaghetti Squash

4 servings

35 minutes

Ingredients

- 1 lb Extra Lean Ground Beef
- 1/2 Yellow Onion (small, finely diced)
- 1 Garlic (clove, minced)
- 1 tsp Dried Basil
- 1 tsp Dried Thyme
- 1/4 tsp Sea Salt
- 2 Spaghetti Squash (medium, halved lengthwise, seeds removed)
- 1/2 cup Tomato Sauce

Directions

- 1 Preheat the oven to 425°F (220°C). Line two baking sheets with parchment paper.
- 2 In a mixing bowl, combine the ground beef, onion, garlic, basil, thyme, and salt. Form the mixture into meatballs and transfer to one of the baking sheets.
- 3 On a separate baking sheet, place the spaghetti squash flesh-side down. Cook the squash for about 30 to 35 minutes (or until fork tender), and the meatballs for 15 to 20 minutes (or until cooked through).
- 4 Meanwhile, warm up the tomato sauce in a saucepan over low-medium heat.
- 5 When cool enough to handle, use a fork to shred the squash into noodles. Top with the meatballs and tomato sauce. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately three to four meatballs and half of a spaghetti squash.

More Flavor: Add dried oregano, dried rosemary, dried parsley, Worcestershire sauce, breadcrumbs and/or egg to the meatball mixture. Use marinara or spaghetti sauce instead of tomato sauce.

Additional Toppings: Fresh basil, parmesan or nutritional yeast.

Save Time: Use store-bought frozen meatballs instead.

Make it Vegan: Use veggie meatballs or falafels instead.



Slow Cooker Sausage & Kale Soup

8 servings

4 hours

Ingredients

- 12 ozs Pork Sausage (cut into chunks)
- 1 Yellow Onion (medium, diced)
- 2 Carrot (medium, diced)
- 2 stalks Celery (diced)
- 8 cups Kale Leaves (chopped)
- 8 cups Water (or broth)
- 2 tsps Sea Salt
- 3/4 cup Brown Rice (dry, uncooked)

Directions

- 1 Add all ingredients to the slow cooker and cook on high for at least 4 hours, or on low for 8 to 12 hours.
- 2 Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container up to 3 days, or freeze if longer.

Serving Size: One serving is roughly 1 1/2 cups of soup.

No Brown Rice: Use quinoa instead.