



1900 Calorie, Paleo

MON



BREAKFAST
Hard Boiled Eggs with Apricots, Protein Packed Deviled Eggs



SNACK 1
Olives & Cucumber, Pickled Green Tomatoes & Tuna Lettuce Wraps



LUNCH
Chicken Mango Cabbage Wraps



SNACK 2
2 Cantaloupe with Prosciutto



DINNER
One Pan Teriyaki Chicken



SNACK 3
Tuna Nori Wraps

TUE



BREAKFAST
Hard Boiled Eggs with Apricots, Protein Packed Deviled Eggs



SNACK 1
Olives & Cucumber, Pickled Green Tomatoes & Tuna Lettuce Wraps



LUNCH
One Pan Teriyaki Chicken



SNACK 2
Cantaloupe with Prosciutto



DINNER
Steak, Butternut Squash & Zoodles



SNACK 3
Tuna Nori Wraps

WED



BREAKFAST
Hard Boiled Eggs with Apricots, Protein Packed Deviled Eggs



SNACK 1
Olives & Cucumber, Pickled Green Tomatoes & Tuna Lettuce Wraps



LUNCH
Steak, Butternut Squash & Zoodles



SNACK 2
Cantaloupe with Prosciutto



DINNER
Steak, Butternut Squash & Broccoli



SNACK 3
Tuna Nori Wraps

THU



BREAKFAST
Strawberry Papaya Smoothie, Korean-Style Rolled Omelette



SNACK 1
Chicken & Bok Choy Stir Fry



LUNCH
Steak, Butternut Squash & Broccoli



SNACK 2
Deli Roast Beef & Carrots, Juicy Jicama Sticks



DINNER
Air Fryer Salmon & Potatoes



SNACK 3
Sweet Potato & Turkey Breakfast Patties, Pico De Gallo

FRI



BREAKFAST
Strawberry Papaya Smoothie, Korean-Style Rolled Omelette



SNACK 1
1.5 Chicken & Bok Choy Stir Fry



LUNCH
Air Fryer Salmon & Potatoes



SNACK 2
Deli Roast Beef & Carrots, Juicy Jicama Sticks



DINNER
Slow Cooker Cod & Sea Veggie Soup



SNACK 3
Sweet Potato & Turkey Breakfast Patties, Pico De Gallo

SAT



BREAKFAST
2 Zucchini Breakfast Boats



SNACK 1
1.5 Chicken & Bok Choy Stir Fry



LUNCH
Slow Cooker Cod & Sea Veggie Soup



SNACK 2
Deli Roast Beef & Carrots, Juicy Jicama Sticks



DINNER
Curried Chicken with Broccoli & Sweet Potato



SNACK 3
Sweet Potato & Turkey Breakfast Patties, Pico De Gallo

SUN



BREAKFAST
2 Zucchini Breakfast Boats



SNACK 1
Chicken & Bok Choy Stir Fry



LUNCH
Curried Chicken with Broccoli & Sweet Potato



SNACK 2
Deli Roast Beef & Carrots, Juicy Jicama Sticks



DINNER
One Pan Pork Chops with Potatoes & Green Beans



SNACK 3
Sweet Potato & Turkey Breakfast Patties, Pico De Gallo

MON

FAT 37% **CARBS 29%** **PROTEIN 34%**

Calories 1842 Fiber 31g
Fat 80g Sugar 89g
Carbs 139g Protein 162g

TUE

FAT 37% **CARBS 28%** **PROTEIN 35%**

Calories 1892 Fiber 30g
Fat 82g Sugar 73g
Carbs 137g Protein 171g

WED

FAT 38% **CARBS 25%** **PROTEIN 37%**

Calories 1929 Fiber 30g
Fat 85g Sugar 49g
Carbs 124g Protein 187g

THU

FAT 35% **CARBS 26%** **PROTEIN 39%**

Calories 1921 Fiber 30g
Fat 77g Sugar 39g
Carbs 128g Protein 190g

FRI

FAT 32% **CARBS 27%** **PROTEIN 41%**

Calories 1886 Fiber 30g
Fat 69g Sugar 45g
Carbs 127g Protein 196g

SAT

FAT 31% **CARBS 29%** **PROTEIN 40%**

Calories 1935 Fiber 40g
Fat 69g Sugar 59g
Carbs 142g Protein 200g

SUN

FAT 34% **CARBS 29%** **PROTEIN 37%**

Calories 1905 Fiber 38g
Fat 74g Sugar 52g
Carbs 143g Protein 181g

FRUITS

- 1 1/2 Avocado
- 1/2 Cantaloupe
- 3 Lime
- 1/3 Mango
- 1/2 Navel Orange
- 2 cups Papaya
- 1 cup Strawberries

BREAKFAST

- 2 1/16 tsp Maple Syrup

SEEDS, NUTS & SPICES

- 1/8 tsp Cumin
- 1 1/2 tsp Curry Powder
- 3/4 tsp Garlic Powder
- 1 1/4 tsp Italian Seasoning
- 1/3 tsp Oregano
- 3/4 tsp Paprika
- 1 2/3 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 1/4 tbsps Sesame Seeds
- 1 tsp Smoked Paprika

FROZEN

- 10 Ice Cubes

VEGETABLES

- 10 cups Bok Choy
- 5 cups Broccoli
- 6 cups Butternut Squash
- 8 Carrot
- 1/2 cup Cilantro
- 3 Cucumber
- 8 3/4 Garlic
- 2 tbsps Ginger
- 3/4 cup Grated Carrot
- 1 cup Green Beans
- 2/3 cup Green Cabbage
- 3/4 head Green Lettuce
- 7 1/4 stalks Green Onion
- 2 2/3 cups Jicama
- 3 cups Mini Potatoes
- 7 cups Mushrooms
- 1/2 cup Parsley
- 2 Red Bell Pepper
- 1/3 cup Red Onion
- 2 cups Snap Peas
- 3 3/4 Sweet Potato
- 5 Tomato
- 16 White Button Mushrooms
- 1 1/2 Yellow Onion
- 8 Zucchini

BOXED & CANNED

- 4 1/2 cans Tuna
- 4 cups Vegetable Broth

BAKING

- 1 1/3 tbsps Nutritional Yeast
- 2 tbsps Raw Honey

BREAD, FISH, MEAT & CHEESE

- 2 1/16 lbs Chicken Breast
- 4 ozs Chicken Breast, Cooked
- 2 Cod Fillet
- 12 ozs Deli Roast Beef
- 12 3/4 ozs Extra Lean Ground Turkey
- 2 lbs Ny Striploin Steak
- 6 1/8 ozs Pork Chop
- 3 ozs Prosciutto
- 12 ozs Salmon Fillet

CONDIMENTS & OILS

- 2 1/16 tsp Apple Cider Vinegar
- 2 1/8 tsp Avocado Oil
- 1/3 cup Coconut Aminos
- 1 1/2 tbsps Coconut Oil
- 1/4 cup Extra Virgin Olive Oil
- 3/4 cup Pitted Kalamata Olives
- 2 tbsps Rice Vinegar
- 3 1/3 tbsps Sesame Oil

COLD

- 23 Egg
- 2 cups Unsweetened Almond Milk

OTHER

- 1 1/3 ozs Collagen Powder
- 3/4 cup Dried Apricots
- 2/3 oz Dulse
- 9 Nori Sheets
- 1/2 cup Pickled Green Tomato
- 1 tbsp Water

Hard Boiled Eggs with Apricots

3 SERVINGS 15 MINUTES



INGREDIENTS

3 Egg
3/4 cup Dried Apricots

NUTRITION

AMOUNT PER SERVING

Calories	150	Fiber	2g
Fat	5g	Sugar	18g
Carbs	21g	Protein	7g

DIRECTIONS

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

NOTES

STORAGE

Refrigerate in an airtight container for up to 7 days if the eggshell is kept intact.

EASIER TO PEEL

Add salt to the water while boiling.

Protein Packed Deviled Eggs

3 SERVINGS 20 MINUTES



INGREDIENTS

6 Egg (hard boiled)
1 1/2 cans Tuna (drained)
3/4 Avocado
1 1/2 stalks Green Onion (chopped)
Sea Salt & Black Pepper (to taste)
3/4 tsp Paprika
3/4 Cucumber (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	309	Fiber	4g
Fat	18g	Sugar	2g
Carbs	8g	Protein	30g

DIRECTIONS

- 01 Hard boil your eggs.
- 02 Once cool, peel the eggs and slice them in half. Remove the yolk and add it to a bowl. Add in the tuna, avocado and green onion. Season with sea salt and black pepper to taste. Mix and mash very well and then stuff the mixture back into the eggs. Sprinkle with paprika and enjoy with cucumber slices on the side.

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

CANNED TUNA

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

Strawberry Papaya Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Papaya
1 cup Strawberries (stems removed)
1 Lime (juiced)
2 cups Unsweetened Almond Milk
1 1/3 ozs Collagen Powder
10 Ice Cubes

NUTRITION

AMOUNT PER SERVING

Calories	181	Fiber	5g
Fat	3g	Sugar	15g
Carbs	24g	Protein	18g

DIRECTIONS

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

NOTES

LEFTOVERS

Best enjoyed immediately.

NUT-FREE

Use coconut milk, cow's milk, or other nut-free milk.

ADDITIONAL TOPPINGS

Add chia seeds or hemp seeds before blending.

MAKE IT VEGAN

Omit collagen powder and use plant-based protein powder.

Korean-Style Rolled Omelette

2 SERVINGS 10 MINUTES



INGREDIENTS

6 Egg
Sea Salt & Black Pepper (to taste)
2 stalks Green Onion (sliced)
1/2 Carrot (finely chopped)
1 1/2 tsps Avocado Oil

NUTRITION

AMOUNT PER SERVING

Calories	255	Fiber	1g
Fat	18g	Sugar	2g
Carbs	3g	Protein	19g

DIRECTIONS

- 01 In a small bowl, whisk the eggs with salt and pepper. Add the green onion and carrot and stir to combine.
- 02 Heat a medium sized skillet over medium heat and add the oil. Once warm, add about half of the egg mixture (just enough for a thin layer) and swirl to cover the base of the skillet. Let it cook until the top is almost just set, but still a little wet. Reduce the heat to low.
- 03 Use a spatula to lift one end of the egg and fold it over until about halfway through the omelette. Increase the heat to medium, and carefully pull the omelette back to the halfway point of your pan. Pour more of the egg mixture to cover the open spot where you just pulled the omelette from (do not pour the egg mixture on the part of the pan beyond the rolled part). Reduce the heat to low and cook for one to two minutes more.
- 04 Repeat the same process, folding the omelette over again and pour more of the egg mixture until the egg mixture is finished. Once it is fully rolled, let it sit on low heat for three to four minutes to finish cooking through. Remove from the skillet and let cool slightly before slicing. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is equal to about six small pieces of sliced omelette.

ADDITIONAL TOPPING

Add chopped cooked ham to the omelette.

Zucchini Breakfast Boats

4 SERVINGS 30 MINUTES



INGREDIENTS

- 4 Zucchini (large, sliced in half lengthwise)
- 2 Red Bell Pepper (chopped)
- 1 Yellow Onion (chopped)
- 16 White Button Mushrooms (chopped)
- 8 Egg
- 1/2 tsp Sea Salt
- 1/2 cup Parsley (chopped)
- 1 1/3 tbsps Nutritional Yeast (optional, for topping)

NUTRITION

AMOUNT PER SERVING

Calories	233	Fiber	6g
Fat	11g	Sugar	12g
Carbs	17g	Protein	20g

DIRECTIONS

- 01 Preheat the oven to 375°F (191°C). Scoop out the middle flesh of the zucchini and place flesh side up, in an oven-safe dish. Bake for 15 minutes.
- 02 Meanwhile, heat a skillet over medium heat and add the bell pepper, onion and mushrooms. Cook for 5 to 7 minutes, until cooked through. Whisk the eggs in a small bowl and add to the vegetables along with the sea salt. Cook for 3 to 4 minutes, until cooked through.
- 03 Transfer the egg and vegetable mixture to the scooped out part of the zucchini and place in the oven to cook for 5 more minutes. Remove and top with parsley and nutritional yeast, if using. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. For best results, reheat in the oven.

SERVING SIZE

One serving size is equal to two zucchini boats.

MORE FLAVOR

Add additional seasonings and herbs.

Olives & Cucumber

3 SERVINGS 5 MINUTES



INGREDIENTS

1 1/2 Cucumber (medium, sliced)
3/4 cup Pitted Kalamata Olives

NUTRITION

AMOUNT PER SERVING

Calories	62	Fiber	1g
Fat	4g	Sugar	3g
Carbs	8g	Protein	1g

DIRECTIONS

01 Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

NO CUCUMBER

Use celery, carrots, or bell pepper instead.

NO KALAMATA OLIVES

Use green olives instead.

Pickled Green Tomatoes & Tuna Lettuce Wraps

3 SERVINGS 5 MINUTES



INGREDIENTS

3/4 head Green Lettuce (leaves separated)
1 1/2 cans Tuna (drained and flaked)
1/2 cup Pickled Green Tomato

NUTRITION

AMOUNT PER SERVING

Calories	81	Fiber	0g
Fat	1g	Sugar	2g
Carbs	2g	Protein	16g

DIRECTIONS

01 Layer the tuna and pickled green tomatoes on top of each lettuce leaf.
Repeat until all the ingredients are used. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately three stuffed lettuce wraps

CANNED TUNA

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

MORE FLAVOR

Season with sea salt and black pepper to taste.

NO PICKLED GREEN TOMATOES

Use sauerkraut instead.

Chicken & Bok Choy Stir Fry

5 SERVINGS 25 MINUTES



INGREDIENTS

- 2/3 tsp Avocado Oil
- 12 1/2 ozs Chicken Breast (skinless, boneless, cut into strips)
- 2 1/2 Garlic (cloves, minced)
- 10 cups Bok Choy (baby, halved)
- 5 cups Mushrooms (sliced)
- 3 3/4 tbsps Coconut Aminos
- 1 1/4 tsps Sesame Oil (toasted)
- 3 3/4 stalks Green Onion (sliced)
- 1 1/4 tbsps Sesame Seeds (optional)

NUTRITION

AMOUNT PER SERVING

Calories	168	Fiber	3g
Fat	5g	Sugar	6g
Carbs	10g	Protein	22g

DIRECTIONS

- 01 In a large skillet over medium heat, add the avocado oil and the chicken and cook for 7 to 8 minutes or until cooked through. Remove the chicken from the pan and set aside.
- 02 In the same skillet, add the minced garlic and sauté for 1 minute. Add the bok choy and cook for 1 minute. Add the mushrooms. Stir and cook for 4 to 5 minutes until everything is cooked. Add the coconut aminos and return the chicken to the pan. Add the sesame oil and stir to incorporate.
- 03 Divide between bowls. Top with green onions and sesame seeds, if using. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVE IT WITH

Use rice, quinoa or cauliflower rice as your stir fry base.

NO COCONUT AMINOS

Use tamari or soy sauce instead.

MORE FLAVOR

Add chili flakes to taste.

MAKE IT VEGAN

Omit the chicken and use tofu instead.

Chicken Mango Cabbage Wraps

1 SERVING 20 MINUTES



INGREDIENTS

1/3 Mango
1 tbsp Sesame Oil
3 tbsps Cilantro (tightly packed, divided, chopped)
1 tbsp Water
1/4 tsp Sea Salt
4 ozs Chicken Breast, Cooked (shredded)
3/4 cup Grated Carrot
2/3 cup Green Cabbage (pulled apart into leaves)

NUTRITION

AMOUNT PER SERVING

Calories	407	Fiber	6g
Fat	18g	Sugar	21g
Carbs	28g	Protein	37g

DIRECTIONS

- 01 Add the mango, oil, 1/3 of the cilantro, water, and salt to a blender or immersion blender and blend for 20 to 30 seconds, until a smooth consistency is achieved. Set aside.
- 02 Add the chicken, carrot, and remaining cilantro to the cabbage leaves. Top with the mango cilantro sauce. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately three wraps.

MORE FLAVOR

Season the chicken with paprika, red pepper flakes, chili powder, or cayenne.

ADDITIONAL TOPPINGS

Red pepper or cucumber.

MAKE IT VEGAN

Use tofu, tempeh, or any legume in place of chicken.

Cantaloupe with Prosciutto

4 SERVINGS 10 MINUTES



INGREDIENTS

1/2 Cantaloupe (skin and seeds removed, sliced)

3 ozs Prosciutto (thinly sliced)

NUTRITION

AMOUNT PER SERVING

Calories	69	Fiber	1g
Fat	3g	Sugar	5g
Carbs	6g	Protein	6g

DIRECTIONS

01 Gently wrap the cantaloupe slices with prosciutto. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

Each serving equals approximately two slices of prosciutto-wrapped cantaloupe.

ADDITIONAL TOPPINGS

Add in bocconcini cheese and/or arugula.

EXTRA SWEETNESS

Drizzle with a bit of raw honey.

Deli Roast Beef & Carrots

4 SERVINGS 5 MINUTES



INGREDIENTS

12 ozs Deli Roast Beef (sliced)
4 Carrot (medium, peeled, chopped)

NUTRITION

AMOUNT PER SERVING

Calories	137	Fiber	2g
Fat	4g	Sugar	3g
Carbs	6g	Protein	20g

DIRECTIONS

01 Serve the deli roast beef with the chopped carrots. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

ADDITIONAL TOPPINGS

Add pickles, cheese, crackers or nuts.

Juicy Jicama Sticks

4 SERVINGS 45 MINUTES



INGREDIENTS

2 2/3 cups Jicama (peeled, sliced into 1/4-inch strips)
1 Lime (juiced)
2 tsps Maple Syrup
2 tsps Apple Cider Vinegar
2/3 tsp Sea Salt
1 tsp Cilantro (roughly chopped)

NUTRITION

AMOUNT PER SERVING

Calories	45	Fiber	4g
Fat	0g	Sugar	4g
Carbs	11g	Protein	1g

DIRECTIONS

- 01 Boil the jicama strips in a pot on the stovetop for 10 minutes, or microwave them in a bowl with a few tablespoons of water for 15 minutes. Remove and drain any excess water.
- 02 Combine the jicama strips with the remaining ingredients in a large bowl. Refrigerate for at least 30 minutes.
- 03 Divide into cups and enjoy!

NOTES

JICAMA

One medium jicama equals approximately 5 cups.

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving equals approximately 2/3 cup of marinated jicama sticks.

LIKES IT SPICY

Add chili powder or red pepper flakes to the marinade, or skip the first step and enjoy the jicama sticks raw.

NO MAPLE SYRUP

Use orange juice instead.

One Pan Teriyaki Chicken

2 SERVINGS 40 MINUTES



INGREDIENTS

- 10 ozs Chicken Breast
- 2 cups Broccoli (chopped into florets)
- 2 Carrot (medium, sliced on the diagonal)
- 2 cups Snap Peas
- 2 tbsps Coconut Aminos
- 2 tbsps Sesame Oil
- 1/2 Navel Orange (juiced)
- 2 tbsps Raw Honey
- 2 tbsps Rice Vinegar
- 4 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 1 tbsp Sesame Seeds

NUTRITION

AMOUNT PER SERVING

Calories	505	Fiber	8g
Fat	20g	Sugar	30g
Carbs	47g	Protein	38g

DIRECTIONS

- 01 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 Place the chicken breasts on the baking sheet, surrounded with the broccoli, carrots and snap peas.
- 03 In a small bowl, whisk together the coconut aminos, sesame oil, orange juice, honey, rice vinegar, garlic and ginger. Pour half the sauce over the chicken and drizzle the rest over the veggies.
- 04 Bake for 30 minutes, or until chicken is fully cooked. Remove the pan from the oven and sprinkle with sesame seeds. Divide between plates and enjoy!

NOTES

SERVE IT WITH

Our Crispy Smashed Potatoes, Mushroom Garlic Quinoa or plain rice.

LIKES IT SPICY

Whisk hot sauce or chili flakes into the teriyaki sauce.

LEFTOVERS

Store in an airtight container in the fridge up to 3 days.

NO COCONUT AMINOS

Use tamari instead.

Steak, Butternut Squash & Zoodles

4 SERVINGS 40 MINUTES



INGREDIENTS

6 cups Butternut Squash (peeled, seeds removed, chopped)
2 tbsps Extra Virgin Olive Oil
2 tsps Sea Salt
2 lbs NY Striploin Steak
4 Zucchini (spiralized)

NUTRITION

AMOUNT PER SERVING

Calories	526	Fiber	6g
Fat	23g	Sugar	10g
Carbs	32g	Protein	52g

DIRECTIONS

- 01 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 Toss the butternut squash in olive oil and sea salt. Spread the squash evenly across the baking sheet and cook for 20 minutes.
- 03 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.
- 04 In the same skillet you browned the steak, add the zucchini noodles and cook over medium heat for 2 to 3 minutes.
- 05 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.

Air Fryer Salmon & Potatoes

2 SERVINGS 30 MINUTES



INGREDIENTS

2 cups Mini Potatoes (halved)
2 tsps Extra Virgin Olive Oil (divided)
3/4 tsp Smoked Paprika (divided)
3/4 tsp Garlic Powder (divided)
1/2 tsp Sea Salt (divided)
12 ozs Salmon Fillet

NUTRITION

AMOUNT PER SERVING

Calories	403	Fiber	4g
Fat	16g	Sugar	1g
Carbs	28g	Protein	37g

DIRECTIONS

- 01 Preheat the air fryer to 400°F (205°C).
- 02 In a medium-sized bowl, toss the potatoes with half the oil, 3/4 of the smoked paprika, 3/4 of the garlic powder, and half the salt.
- 03 Add the potatoes to the air fryer and bake for 10 minutes, remove and flip and bake for eight to nine minutes longer, until cooked through and crispy. Remove and set aside.
- 04 Meanwhile, season the salmon with the remaining oil, smoked paprika, garlic powder, and salt.
- 05 Place the salmon in the air fryer and bake for seven to nine minutes, depending on thickness, until flaky and cooked through to your liking.
- 06 Divide the salmon and potatoes onto plates. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

ADDITIONAL TOPPINGS

Top with chopped cilantro.

Slow Cooker Cod & Sea Veggie Soup

2 SERVINGS 6 HOURS



INGREDIENTS

- 1 1/2 tbsps Coconut Oil
- 1/2 Yellow Onion (medium, diced)
- 2 cups Mushrooms (sliced)
- 1 1/2 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 2/3 oz Dulse (torn apart into small pieces)
- 1 Sweet Potato (medium, diced)
- 2 Cod Fillet (cubed)
- 4 cups Vegetable Broth (or bone broth)

NUTRITION

AMOUNT PER SERVING

Calories	423	Fiber	6g
Fat	12g	Sugar	9g
Carbs	28g	Protein	49g

DIRECTIONS

- 01 Heat the coconut oil in a frying pan over medium heat. Add the onion and mushrooms. Saute for about 3 minutes or until onions are translucent. Add garlic and ginger. Cook for a 1 to 2 minutes until fragrant.
- 02 Transfer the contents of the pan to your slow cooker. Add the dulse (ripped into bite-sized pieces), diced sweet potato, cod and broth. Do not add salt, as the dulse is naturally very salty and should flavour the soup.
- 03 Cook on high for 4 hours, or low for 6 to 8 hours. Taste, and add sea salt if necessary.
- 04 Divide between bowls and enjoy!

NOTES

LEFTOVERS

Store in an airtight container up to 3 days or freeze.

FILLET SIZE

One fillet is equal to 231 grams or 8 ounces.

Curried Chicken with Broccoli & Sweet Potato

2 SERVINGS 35 MINUTES



INGREDIENTS

2 Sweet Potato (small, peeled and cubed)
3 cups Broccoli (cut into florets)
1 1/2 tbsps Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
10 ozs Chicken Breast
1 1/2 tps Curry Powder

NUTRITION

AMOUNT PER SERVING

Calories	422	Fiber	8g
Fat	15g	Sugar	8g
Carbs	36g	Protein	38g

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Place the broccoli and sweet potatoes on the baking sheet and season with 2/3 of the oil and salt and pepper. Bake for 10 minutes.
- 03 Remove the baking sheet from the oven. Place the chicken on the baking sheet and drizzle with the remaining oil. Season all sides of the chicken with curry powder and salt and pepper. Continue to bake for 22 to 25 minutes, or until the chicken is cooked through.
- 04 Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add other dried herbs and spices, like cumin or garlic powder.

NO BROCCOLI

Use cauliflower or Brussels sprouts instead.

One Pan Pork Chops with Potatoes & Green Beans

1 SERVING 25 MINUTES



INGREDIENTS

1 cup Mini Potatoes (quartered)
1 cup Green Beans (trimmed and halved)
3/4 tsp Extra Virgin Olive Oil
1/3 tsp Oregano (divided)
1/4 tsp Sea Salt (divided)
6 1/8 ozs Pork Chop (bone-in, 1/2-inch thick)
1/4 tsp Smoked Paprika
1/8 tsp Cumin

NUTRITION

AMOUNT PER SERVING

Calories	477	Fiber	6g
Fat	20g	Sugar	5g
Carbs	34g	Protein	41g

DIRECTIONS

- 01 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 02 Place the potatoes and green beans on the baking sheet. Drizzle with the olive oil and season with two-thirds of the oregano and half of the salt. Toss well to coat. Bake for 15 minutes.
- 03 Meanwhile, season the pork chops on both sides with the smoked paprika, cumin, remaining oregano, and salt.
- 04 Remove the pan from the oven and stir the vegetables. Add the pork chops to the center of the pan. Place the sheet back in the oven and bake for 10 minutes or until the pork chops are cooked through.
- 05 Remove the baking sheet from the oven. Divide the pork chops, green beans, and potatoes between plates. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add garlic powder, onion powder, ground coriander or chili powder to the pork chop seasoning.

NO GREEN BEANS

Use broccoli or sliced carrots instead.

COOKING TIME

Thicker pork chops may require additional cooking time.

Tuna Nori Wraps

3 SERVINGS 15 MINUTES



INGREDIENTS

- 1 1/2 cans Tuna (drained and flaked)
- 1 1/2 Carrot (smaller, julienned)
- 3/4 Cucumber (julienned)
- 3/4 Avocado (peeled and sliced)
- 9 Nori Sheets (snack size)

NUTRITION

AMOUNT PER SERVING

Calories	190	Fiber	8g
Fat	8g	Sugar	3g
Carbs	13g	Protein	21g

DIRECTIONS

- 01 Divide the tuna, carrot, cucumber and avocado onto each nori sheet.
- 02 Roll or wrap the tuna-stuffed nori and enjoy immediately.

NOTES

LEFTOVERS

Refrigerate all ingredients (except nori sheets) individually up to 3 days. Assemble and wrap before ready to eat.

SERVING SIZE

Each serving size will yield approximately 3 small rolls.

CANNED TUNA

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

Sweet Potato & Turkey Breakfast Patties

4 SERVINGS 1 HOUR



INGREDIENTS

- 3/4 Sweet Potato (medium, peeled, chopped)
- 12 3/4 ozs Extra Lean Ground Turkey
- 3/4 Garlic (large clove, minced)
- 1 1/4 tsps Italian Seasoning
- 3/4 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	159	Fiber	1g
Fat	8g	Sugar	1g
Carbs	5g	Protein	17g

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Bring a pot of water to a boil. Place the sweet potato in a steamer over the boiling water and cover for 7 to 10 minutes, or until tender. Transfer the sweet potato to a large mixing bowl and mash it well. Allow it to cool.
- 03 Using a paper towel, gently pat the turkey to remove excess moisture.
- 04 Add the garlic, Italian seasoning and salt to the cooled mashed sweet potato and mix well. Add the turkey and gently mix to combine. Form the sweet potato mixture into thin patties, approximately 4 inches in diameter and place on the prepared baking sheet.
- 05 Bake the patties for 20 to 25 minutes or until cooked through. 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 two patties.

MORE FLAVOR

Add black pepper, onion powder or red pepper flakes.

SWEET POTATO

One medium sweet potato is approximately 1 1/4 cups of mashed sweet potato. If using a larger sweet potato set any extra mashed sweet potato aside to use in another meal.

Pico De Gallo

4 SERVINGS 15 MINUTES



INGREDIENTS

5 Tomato (small, diced)
1/4 cup Cilantro (chopped)
1/3 cup Red Onion (diced)
1 Lime (juiced)
Sea Salt & Black Pepper

NUTRITION

AMOUNT PER SERVING

Calories	31	Fiber	2g
Fat	0g	Sugar	1g
Carbs	7g	Protein	2g

DIRECTIONS

01 Combine all of the ingredients into a bowl. Mix until everything is well combined. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVE IT WITH

Serve with tortilla chips, on top of tacos, as a salad topper or on a sandwich.

SERVING SIZE

One serving is roughly 1/3 cup.

MORE FLAVOR

Add diced jalapeno or chilli flakes.