



# *Family Friendly* Recipe Bundle

NO NEED TO MAKE  
INDIVIDUAL MEALS FOR  
EACH MEMBER OF THE  
FAMILY WITH THESE CLEAN  
EATING, FAMILY FRIENDLY  
RECIPES.

# Table Of Contents

## Breakfast

- Banana Almond Smoothie.....3
- Banana Walnut "Toast" and Eggs.....4
- Beef and Cheese Breakfast Quesadilla .....5
- Mango Cottage Cheese Bowl.....6
- Maple Walnut Oatmeal.....7
- Nova Breakfast Sandwich .....8
- Pumpkin Muffins.....9
- Scrambled Eggs & Fruit.....10
- Traditional Shakshuka Skillet .....11
- Yogurt Parfait .....12

## Lunch

- Black Bean Veggie Burger w/ Sweet Potato Fries.....14
- Chicken with Cucumber Melon Salad.....15
- Chocolate Cherry Yogurt Bowl.....16
- Ground Chicken Kofta with Side Salad.....17
- Homestyle Pot Roast w/ Potatoes & Carrots.....18
- Hummus Platter.....19
- Mason Jar Chopped Greek Salad.....20
- More Than Crackers & Cheese.....21
- Pesto Pasta Salad.....22
- Tuna and Such.....23

## Dinner

- Baked Chicken Strips & Sweet Potato Fries.....25
- Chicken and Caprese Salad.....26
- Chicken Fajitas.....27
- Classic Tacos.....28
- Honey Sesame Chicken w/ White Rice & Broccoli .....29
- Mild Beef & Bean Chili .....30
- Pasta and Turkey Meatballs.....31
- Pesto Chicken & Burrata Cauliflower Pizza.....32
- Simple Salmon Dinner.....33
- Slow-Cooker Chicken Tortilla Soup.....34



# *Family Friendly* Breakfast

START YOUR DAY RIGHT



# Banana Almond Smoothie



SERVINGS: 1

PREP TIME: 3 MINUTES

COOKING TIME: 0 MINUTES

---

## INGREDIENTS

- 1 medium banana
- 1 tbsp (16 g) almond butter
- 1/2 cup (123 g) plain Greek yogurt
- 1 cup (240 g) unsweetened almond milk
- 1/4 cup (17 g) chopped kale

## DIRECTIONS

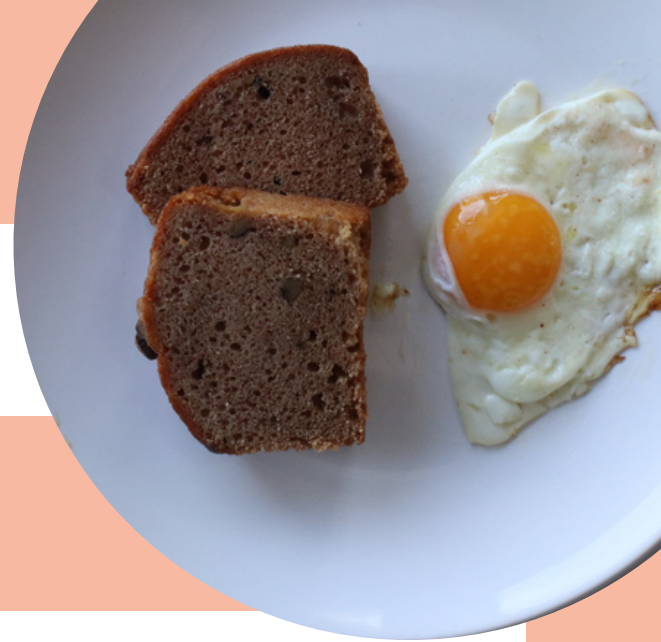
1. Blend all ingredients together in a blender until smooth.

### NUTRITION INFO

Calories: 429, Carbohydrate: 43 grams, Protein: 16 grams, Fat: 24 grams



# Banana Walnut "Toast" and Eggs



SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 80-90 MINUTES

## INGREDIENTS

- 2 cups (450 g) mashed ripe bananas
- 1/3 cup (107 g) maple syrup
- 1 tsp (4 g) vanilla extract
- 1 tsp (2.5 g) ground cinnamon
- 1 tbsp (13 g) baking powder
- 1/2 cup (46 g) chickpea flour
- 1/2 cup (63 g) walnuts
- Non-stick avocado oil spray
- 4 eggs

## DIRECTIONS

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a large bowl, combine the bananas, maple syrup, vanilla extract, cinnamon, and baking powder.
3. Slowly stir in the chickpea flour and mix until the batter is smooth and there is no lumps.
4. Stir in walnuts.
5. Spray a 9" x 5" loaf pan with non-stick avocado spray and pour the batter into the loaf pan.
6. Bake for 45-60 minutes or until a knife is inserted and comes out clean.
7. Allow the banana nut bread to rest for 10-20 minutes before removing from the pan.
8. Slice into 10-12 "toast" like pieces.
9. Serve two slices with a fried egg.
10. Enjoy!

## NUTRITION INFO

Calories: 390, Carbohydrate: 54 grams, Protein: 13 grams, Fat: 16 grams

# Beef and Cheese Breakfast Quesadilla



SERVINGS: 4

PREP TIME: 5 MINUTES

COOKING TIME: 20-30 MINUTES

## INGREDIENTS

- 1/2 lb (227 g) ground beef, 95% lean
- 1 tbsp (9 g) fajita seasoning
- 8 large eggs
- Salt and pepper to taste
- 8 small 100% corn tortillas
- 1 cup (113 g) shredded sharp cheddar cheese
- 1/2 cup (8 g) chopped cilantro
- 1 avocado (optional)

## DIRECTIONS

1. In a sauté pan, cook ground beef until cooked through.
2. Add fajita seasoning and 1/4 cup water to cooked beef and stir until combined, set aside.
3. In a large bowl, whisk together the eggs. In a sauté pan, scramble the eggs, season with salt and pepper to taste, and set aside.
4. Wipe out the sauté pan and turn the heat up to medium heat.
5. Place a tortilla in the pan, then add 1/8 cup of cheese, 1oz ground beef, 1/8 of the scrambled eggs, and top it with another tortilla shell.
6. Cook for 1-2 minutes or until the cheese begins to melt and then flip the quesadilla over to brown the other side.
7. Repeat for all quesadillas.
8. Slice the quesadillas in quarters and top with avocado (if desired)
9. Serve warm and enjoy!

## NUTRITION INFO

Calories: 610, Carbohydrate: 49 grams, Protein: 35 grams, Fat: 32 grams

# Mango Cottage Cheese Bowl



SERVINGS: 1

PREP TIME: 3 MINUTES

COOKING TIME: 0 MINUTES

---

## INGREDIENTS

- 3/4 cup (124 g) mango, diced
- 1/4 cup (27 g) slivered almonds
- 1/2 tbsp (10 g) honey
- 1 cup (226 g) 4% milk fat cottage cheese

## DIRECTIONS

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

### NUTRITION INFO

Calories: 484, Carbohydrate: 42 grams, Protein: 33 grams, Fat: 23 grams



# Maple Walnut Oatmeal



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 2 MINUTES

## INGREDIENTS

- 3/4 cup (60 g) rolled oats
- 1 1/4 cup (300 g) almond milk
- 1 tbsp (15 g) pure organic maple syrup
- 1 tbsp (10 g) hemp hearts
- 2 tbsp (15 g) chopped walnuts

## DIRECTIONS

1. In a small-medium bowl, mix together rolled oats and almond milk. Heat in microwave 1.5 - 2 minutes, then allow 2 minutes to cool (option to cook over stovetop if desired).
2. Mix in maple syrup and top with chopped walnuts and hemp hearts.

## NUTRITION INFO

Calories: 487, Carbohydrate: 68 grams, Protein: 15 grams, Fat: 19 grams

# Nova Breakfast Sandwich



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 10 MIN

## INGREDIENTS

- 2 large eggs
- 1/2 tbsp (7 g) plain greek yogurt
- 1/2 tbsp (7 g) ghee
- Salt and pepper to taste
- 1/2 whole avocados
- 3oz (85 g) nova or smoked salmon
- 2 slices gluten free bread

## DIRECTIONS

1. In a large bowl, whisk together the eggs and plain Greek yogurt.
2. Over medium heat, heat the ghee in a medium size skillet.
3. Cook the eggs thoroughly, season with salt and pepper and set aside.
4. Slice avocado into thin slices and separate salmon into thin slices and set both aside.
5. Toast sprouted bread to desired toast texture.
6. Build the sandwich: lay the egg on the bottom piece of toast, then the salmon, then the avocado
7. Slice the sandwich and enjoy!

## NUTRITION INFO

Calories: 628, Carbohydrate: 38 grams, Protein: 35 grams, Fat: 39 grams

# Pumpkin Muffins



SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 22 - 24 MINUTES

---

## INGREDIENTS

- 1 1/2 cups (180 g) almond flour
- 1 tsp (4.5 g) baking soda
- 1 tsp (2.5 g) cinnamon
- 1/2 tsp (1 g) ground cloves
- 1/4 tsp (0.5 g) nutmeg
- 4 eggs, beaten
- 3/4 cup (184 g) pumpkin puree
- 1/4 cup (81 g) maple syrup
- 1 tsp (4 g) vanilla extract
- Dash salt
- 4 tbsp almond butter (for serving)

## DIRECTIONS

1. Preheat oven to 350 degrees F (175 degrees C).
2. Lightly grease 8 muffin tins (or line with paper liners),
3. Mix all ingredients (except for the almond butter) together in a large bowl until well blended.
4. Divide mixture into 8 muffin tins.
5. Bake for 22 - 24 minutes (when pierced with a fork, the fork comes out clean).
6. Serve warm with almond butter.
7. Option to store left overs in the freezer and reheat in the microwave when ready to eat.

## NUTRITION INFO

Calories: 505, Carbohydrate: 29 grams, Protein: 20 grams, Fat: 37 grams



# Scrambled Eggs & Fruit



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 5 MINUTES

---

## INGREDIENTS

- 3 eggs, beaten
- Salt and pepper to taste
- 1/2 tbsp (7g) olive oil
- 1/2 small avocado
- 1/2 cup (82 g) mango, chopped
- Option to add 1 slice gluten free toast

## DIRECTIONS

1. In a medium skillet, heat olive oil over medium heat.
2. Add eggs, salt, and pepper to the skillet. Using a soft spatula, scrape from the pan and flip as the eggs cook for approximately 3-4 minutes.
3. Once eggs are at desired consistency, serve warm with avocado, mango, and toast (if you choose to add toast).

## NUTRITION INFO

Calories: 437, Carbohydrate: 19 grams, Protein: 21 grams, Fat: 32 grams

# Traditional Shakshuka Skillet



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 30-35 MINUTES

## INGREDIENTS

- 2 tbsp (28 g) olive oil
- 1 medium white onion (chopped)
- 1 red bell pepper (chopped)
- 1 tbsp (9 g) chopped garlic
- 1 tbsp (7 g) paprika
- 1 tsp (3 g) cumin
- 1/2 tsp (1 g) chili powder
- Salt and pepper to taste
- 1-28oz (793 g) can whole tomatoes
- 4 large eggs
- Fresh cilantro as garnish (optional)

## DIRECTIONS

1. In a large skillet, heat olive oil over medium heat.
2. Add chopped white onion and chopped bell peppers and cook for 5-7 minutes or until the onions begin to turn clear.
3. Add garlic, paprika, cumin, chili powder, salt and pepper. Stir, and cook for another 2-3 minutes or until garlic begins to brown.
4. Pour the tomatoes into the skillet, breaking up the whole tomatoes, and stir everything together.
5. Lower the heat and allow the vegetables to simmer for 10 minutes.
6. Create 4 small wells in the sauce and crack an egg into each well.
7. Cover the skillet with a lid and cook the eggs to desired doneness.
8. Garnish with fresh cilantro (if desired).
9. Serve warm and enjoy!

## NUTRITION INFO

Calories: 432, Carbohydrate: 32 grams, Protein: 19 grams, Fat: 24 grams

# Yogurt Parfait



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

---

## INGREDIENTS

- 1 cup (233 g) vanilla Greek yogurt (low fat)
- 1/3 cup (30 g) paleo granola
- 1/4 cup (42 g) sliced strawberries
- 1/2 medium banana

## DIRECTIONS

1. Layer all ingredients in a mason jar or bowl, alternating between yogurt, strawberries, banana, and granola.
2. Enjoy!

### NUTRITION INFO

Calories: 478, Carbohydrate: 50 grams, Protein: 26 grams, Fat: 20 grams



The background of the image is a collage of four glass containers filled with different foods. The top-left container holds several slices of cantaloupe. The top-right container is filled with rectangular, golden-brown crackers. The bottom-right container contains several bright red cherry tomatoes. The bottom-left container is filled with a chunky tuna salad. A semi-transparent orange rectangle is overlaid in the center, containing the text.

# *Family Friendly* Lunch

GET THE BOOST YOU NEED.



# Black Bean Veggie Burger w/ Sweet Potato Fries



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 55-65 MINUTES

## INGREDIENTS

- 1,15oz (425 g) can black beans
- 2 tbsp (27 g) olive oil, divided
- 1 tbsp (8 g) minced garlic
- 1/4 cup (40 g) yellow onion (diced)
- 1/4 cup (37 g) red pepper (diced)
- 1/2 cup (40 g) old fashioned rolled oats
- 1 egg
- 1 tsp (2.5 g) chili powder
- 1 tsp (2 g) paprika
- 1/2 tsp (1.5 g) cumin
- 1 tbsp (18 g) tamari sauce
- 1 tbsp (15 g) red wine vinegar
- 2 large sweet potatoes
- Salt and pepper to taste

## DIRECTIONS

1. Preheat the oven to 325 F (165 C).
2. Spread the black beans on a non-stick baking sheet and bake for 10 minutes, to dry out the beans (turn up the oven to 375 F, 190 C, afterwards).
3. In a medium sauté pan, heat 1 tbsp of olive oil.
4. Sauté the minced garlic, yellow onion, and red pepper for 5-8 minutes, or until soft.
5. In a food processor, add the vegetable mix, rolled oats, egg, chili powder, paprika, cumin, tamari, and red wine vinegar. Pulse until combined.
6. Add in the black beans and pulse until the beans are incorporated into the mix.
7. Form into 4 evenly sized patties.
8. Bake at 375 F (190 C for 8-10 minutes on each side.
9. Slice the sweet potatoes into a "fry" shape.
10. Drizzle with olive oil, salt, and pepper and bake at 375 F (190 C) for 30-40 minutes or until the edges begin to crisp.
11. Serve and enjoy!

## NUTRITION INFO

Calories: 543, Carbohydrate: 80 grams, Protein: 21 grams, Fat: 17 grams

# Chicken with Cucumber Melon Salad



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 1 small cucumber, diced
- 1/2 cup (85 g) honeydew melon, diced
- 1 oz (28 g) feta cheese
- 1 tbsp (3 g) fresh mint, minced
- Salt and pepper to taste
- Juice of 1 lemon, divided
- 5 oz (125 g) canned organic chicken, drained
- 1 tbsp (14 g) avocado oil mayonnaise

## DIRECTIONS

1. In a medium bowl, toss together cucumber, honeydew melon, feta cheese, mint, salt, pepper, and juice from 1/2 lemon.
2. In a separate bowl, combine chicken, avocado oil mayonnaise, juice of 1/2 lemon, salt, and pepper. Mix well.
3. Serve chicken mixture with cucumber salad and enjoy!

## NUTRITION INFO

Calories: 447, Carbohydrate: 27 grams, Protein: 38 grams, Fat: 23 grams



# Chocolate Cherry Yogurt Bowl



SERVINGS: 1

PREP TIME: 3 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 1 cup (234 g) Greek vanilla yogurt
  - clean brands include Siggis and Fage
- 1/3 cup (52 g) pitted cherries (option to purchase frozen)
- 1 1/2 (22 g) tbsp dark chocolate chips
- 1 tbsp (10 g) hemp hearts

## DIRECTIONS

1. Top Greek yogurt with all other ingredients and enjoy!

### NUTRITION INFO

Calories: 434, Carbohydrate: 47 grams, Protein: 25 grams, Fat: 18 grams

# Ground Chicken Kofta with Side Salad



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 10 MINUTES

## INGREDIENTS

- 3/4 lb (336 g) ground chicken
- 1/3 cup (30 g) chopped fresh parsley
- 1/2 medium onion, diced
- 2 cloves garlic, minced or pressed
- 1/2 tsp (3 g) salt
- 1/2 tsp (1 g) pepper
- 4 tbsp (64 g) pico de gallo
- 1 head romaine lettuce, chopped
- 1/4 cup (28 g) carrots, shredded
- 1/2 avocado, diced
- 2 tbsp (28 g) olive oil, divided
- Juice of 1/2 lemon

## DIRECTIONS

1. In a large bowl, mix together ground chicken, parsley, onion, garlic, salt, and pepper.
2. Warm 1 tbsp olive oil over medium heat in a large skillet.
3. Form 2 inch patties with ground chicken mixture and cook in skillet for approximately 10 minutes, flipping once. (option to cook on the grill)
4. In the meantime, toss together lettuce, carrots, avocado, 1 tbsp olive oil, and lemon.
5. Serve turkey patties warm or cold topped with pico de gallo and with side salad.

### NUTRITION INFO

Calories: 544, Carbohydrate: 27 grams, Protein: 36 grams, Fat: 36 grams

# Homestyle Pot Roast w/ Potatoes & Carrots



SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 8.5 HOURS

## INGREDIENTS

- 1 tbsp (14 g) ghee
- 1 1/2 lb (680 g) chuck roast
- Salt and pepper to taste
- 1/2 medium yellow onion
- 3 medium carrots (peeled)
- 1lb (480 g) white potatoes
- 2 cups (448 g) beef broth
- 1 sprig of thyme
- 1 sprig of rosemary
- 2 bay leaves

## DIRECTIONS

1. Over medium-high heat, melt ghee in a large skillet pan.
2. Season the chuck roast with salt and pepper, covering the entire chuck roast.
3. In the skillet pan with ghee, sear the chuck roast until browned on all sides.
4. Place the seared chuck roast in the slow cooker.
5. Chop the onion, carrots, and potatoes into 1-2 inch pieces and place inside the slow cooker around the chuck roast.
6. Pour the beef broth into the slow cooker and add the thyme, rosemary, and bay leaves.
7. Season with more salt and pepper.
8. Cover the slow cooker and cook on low heat for 8 hours.
9. Remove roast and vegetables.
10. Serve hot and enjoy!

## NUTRITION INFO

Calories: 567, Carbohydrate: 28 grams, Protein: 37 grams, Fat: 34 grams

# Hummus Platter



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

---

## INGREDIENTS

- 3 tbsp (60 g) hummus
- 1/2 cup (123 g) baby carrots
- 1/2 cucumber, sliced
- 6 kalamata olives
- 1/2 cup (54 g) cauliflower florets
- 1 oz (28 g) feta cheese
- 2 medjool dates
- 2 tbsp (15 g) pistachios

## DIRECTIONS

1. Serve all together with hummus for dipping and enjoy.

### NUTRITION INFO

Calories: 509, Carbohydrate: 67 grams, Protein: 14 grams, Fat: 23 grams



# Mason Jar Chopped Greek Salad



SERVINGS: 2

PREP TIME: 10-15 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

### Salad:

- 2 cups (60 g) chopped spinach
- 3/4 cup (180 g) canned chickpeas, drained and rinsed
- 1/4 cup (34 g) black olives
- 1/2 cup (66 g) chopped cucumber
- 1/2 cup (80 g) diced tomato
- 2 tbsp (20 g) chopped red onion
- 1/4 cup (38 g) feta cheese (optional)
- 1 breast cooked grilled chicken

### Dressing:

- 3 tbsp (40 g) olive oil
- 1 tbsp (15 g) dijon mustard
- 1/4 cup (60 g) red wine vinegar
- 1/2 tbsp (1.5 g) dried oregano
- 1/2 tbsp (1 g) dried basil
- Salt and pepper to taste
- 1/2 tbsp (5 g) garlic powder
- Juice from 1 lemon

## DIRECTIONS

1. Gather 2, 32oz mason jars.
2. In a small bowl, whisk together all the ingredients for the dressing.
3. Pour half the dressing in the bottom of each mason jar.
4. Then add the chopped chicken to the mason jar.
5. Then add half the red onion, diced tomato, cucumber, black olives and chick peas to each mason jars.
6. Add the chopped spinach to the top of each mason jar and then the feta cheese (if desired).
7. Place the lid on the mason jar and refrigerate until ready to serve.
8. To serve, pour the salad contents into a large bowl and toss.
9. Serve cold and enjoy!

## NUTRITION INFO

Calories: 452, Carbohydrate: 24 grams, Protein: 23 grams, Fat: 30 grams

# More Than Crackers & Cheese



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 4 slices of organic sliced turkey breast
- 1 small head bibb (or romaine) lettuce
- 1/2 tbsp (7 g) avocado oil mayonnaise
- 3/4 cup (113 g) grapes
- 1 serving gluten free crackers
  - clean brands include Simple Mills and Marys Gone
- 1 oz (28 g) cheddar cheese

## DIRECTIONS

1. Wash four leaves of lettuce and pat dry. Spread avocado oil mayonnaise lightly inside the lettuce leaves. Add one slice of turkey breast to each leaf.
2. Serve with a side of grapes, gluten free crackers, and cheese.

## NUTRITION INFO

Calories: 491, Carbohydrate: 45 grams, Protein: 35 grams, Fat: 22 grams

# Pesto Pasta Salad



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

## INGREDIENTS

- 7 oz (200 g) gluten free pasta, uncooked
- 3 oz (85 g) mozzarella, chopped
- 1/2 medium yellow bell pepper, diced
- 1/2 medium cucumber, peeled and chopped
- 1 1/2 tbsp (23 g) pesto (made with olive oil)

## DIRECTIONS

1. Cook pasta as directed on package. Rinse and drain. Add pesto and allow to cool.
2. Once cooled, toss together with all other ingredients.

## NUTRITION INFO

Calories: 481, Carbohydrate: 74 grams, Protein: 28 grams, Fat: 14 grams

# Tuna and Such



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 5 oz (142 g) canned tuna, drained
- 1 tbsp (15 g) avocado oil mayonnaise
- 1 tbsp (0.5 g) fresh dill, chopped
- Salt and pepper to taste
- 6 cherry tomatoes
- 1 cup (170 g) honeydew melon, chopped
- 1 serving gluten free crackers
  - Clean brands include Simple Mills and Marys Gone

## DIRECTIONS

1. Mix together tuna, avocado oil mayonnaise, dill, salt and pepper.
2. Serve with a side of crackers, tomatoes, and melon.

## NUTRITION INFO

Calories: 561, Carbohydrate: 39 grams, Protein: 46 grams, Fat: 26 grams



A top-down view of a white ceramic plate with a grey rim. On the left side of the plate are four breaded chicken strips, golden-brown with visible herbs. On the right side are several sweet potato fries, also golden-brown. At the bottom of the plate is a small white bowl filled with a thick, red tomato sauce. A semi-transparent orange rectangular box is centered over the plate, containing the text.

# *Family Friendly* Dinner

END THE DAY FEELING  
GOOD.



# Baked Chicken Strips & Sweet Potato Fries



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 25 MINUTES

## INGREDIENTS

### Chicken Strips:

- 1 chicken breast, sliced into 1/2 inch strips
- 1/4 cup (30 g) almond flour
- 1/2 tsp (1 g) onion powder
- 1/2 tsp (1.5 g) garlic powder
- 1/2 tsp (0.5 g) dried oregano
- 1/2 tsp (0.25 g) dried parsley
- 1/4 tsp (1.5 g) salt
- 1 egg, beaten
- 1 tbsp (14 g) avocado oil

### Sweet Potato French Fries:

- 2 sweet potatoes, cut into 1/4 - 1/2 inch sticks
- 1 tbsp (14 g) avocado oil
- 1/2 tsp (1.5 g) cinnamon
- Salt and pepper to taste
- 2 tbsp (30 g) ketchup (no sugar added)

## DIRECTIONS

1. Preheat oven to 415 degrees F (212 degrees C). Coat a baking sheet with avocado oil.
2. In a bowl, mix together almond flour, onion powder, garlic powder, dried oregano, dried parsley, and salt.
3. In a separate bowl, beat the egg. Dip the chicken strips into the egg mixture. Then coat with the almond flour mixture, placing each one on the baking sheet.
4. Toss the sweet potato sticks with the avocado oil, cinnamon, salt, and pepper. Spread the sweet potato fries onto the baking sheet in a single layer.
5. Bake for approximately 25 minutes, flipping the sweet potatoes half way through.
6. Serve warm with ketchup

## NUTRITION INFO

Calories: 521, Carbohydrate: 34 grams, Protein: 35 grams, Fat: 27 grams

# Chicken and Caprese Salad



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

## INGREDIENTS

- 2 chicken breasts
- 1 tbsp (14 g) avocado oil
- Salt and pepper to taste
- 4 oz (113 g) mozzarella, sliced
- 6-8 basil leaves
- 2 small vine ripe tomatoes, sliced
- 2 tbsp (30 g) balsamic glaze

## DIRECTIONS

1. Preheat oven to 375 degrees F (190 degrees C).
2. Pound chicken breast with meat mallet to tenderize. Brush with olive oil and season with salt and pepper.
3. Bake chicken for approximately 25 minutes, or until internal temperature of chicken reaches 165 degrees F (75 degrees C).
4. In the mean time, layer the tomatoes, mozzarella, and basil leaves, alternating. Drizzle with balsamic glaze and season with salt and pepper.
5. Enjoy chicken warm with caprese salad.

## NUTRITION INFO

Calories: 408, Carbohydrate: 17 grams, Protein: 41 grams, Fat: 19 grams

# Chicken Fajitas



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 20 - 25 MINUTES

## INGREDIENTS

- 1 tbsp avocado oil
- 1/2 tsp (1.5 g) cumin
- 1/2 tsp (1.5 g) garlic powder
- 1/2 tsp (1 g) onion powder
- 1 tsp (2 g) paprika
- 1/2 tsp (3 g) salt
- 12 oz (336 g) thin sliced chicken breast, cut into 1/2 inch slices
- 1 red bell pepper, deseeded and sliced thin
- 1 small onion, sliced thin
- 4 gluten free fajita wraps
- 2 tbsp (30 g) plain greek yogurt
- 4 tbsp (64 g) pico de gallo

## DIRECTIONS

1. Warm avocado oil in a large skillet over medium-high heat.
2. In a medium bowl, mix together cumin, garlic powder, onion powder, and salt. Add sliced chicken to the bowl and coat with spice mixture.
3. Add chicken to the skillet and cook 7-9 minutes, flipping once. Once chicken is cooked through, transfer to a plate.
4. To the same skillet, add bell pepper and onion. Cook 5-10 minutes, until vegetables begin to soften.
5. Return chicken to the skillet along with 1 tbsp water, and toss with veggies. Cook for 3-5 minutes until vegetables are at desired consistency.
6. Allow 2-3 minutes to cool, then fill fajita wraps with chicken mixture, greek yogurt, and pico de gallo. Option to warm wraps before filling.

## NUTRITION INFO

Calories: 531, Carbohydrate: 64 grams, Protein: 51 grams, Fat: 19 grams



# Classic Tacos



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

## INGREDIENTS

- 3/4 lb (340 g) ground bison (or 95% ground beef)
- 1/2 tbsp (3.5 g) onion powder
- 1/2 tbsp (5 g) garlic powder
- 1/2 tbsp (3.5 g) paprika
- 1/2 tbsp (3 g) oregano
- Salt and pepper to taste
- 1 vine ripe tomato, chopped
- 1/2 avocado, chopped
- 1/2 small onion, chopped
- 1/4 cup (4 g) cilantro, chopped
- 4 gluten free soft taco shells

## DIRECTIONS

1. Heat a medium skillet over medium-high heat and add ground bison. Cook 2-3 minutes, crumbling as you cook.
2. Mix together onion powder, garlic powder, paprika, oregano, salt, and pepper. Add seasoning to ground bison and continue to cook 3-4 minutes, or until ground meat is browned all the way through.
3. Warm taco shells in the microwave for 10 seconds. Fill with ground beef, tomato, avocado, onion, and cilantro.

## NUTRITION INFO

Calories: 498, Carbohydrate: 31 grams, Protein: 40 grams, Fat: 26 grams

# Honey Sesame Chicken w/ White Rice & Broccoli



SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 6.5 HOURS

## INGREDIENTS

- 1lb (454 g) raw chicken breast
- 1/4 (85 g) cup honey
- 1/8 cup (32 g) coconut aminos or tamari
- 2 tbsp (17g ) chopped garlic
- 1 tbsp (15 g) rice wine vinegar
- 1 tbsp (15g) apple cider vinegar
- 1.5 tbsp (20 g) sesame oil
- 2 cups (182 g) uncooked broccoli
- 2 cups (370 g) cooked white rice
- 1 tbsp (9 g) sesame seeds (optional)

## DIRECTIONS

1. Place the raw chicken in a crockpot.
2. In a small bowl, combine honey, tamari, chopped garlic, rice wine vinegar, apple cider vinegar, and sesame oil.
3. Pour the honey sesame sauce over the chicken and ensure all the chicken is covered in sauce.
4. Cook on low for 5-6 hours or until the chicken shreds easily.
5. While still in the crockpot, shred the chicken.
6. Turn the crockpot on high, add the uncooked broccoli, and cook for another 20-30 minutes or until the broccoli is cooked.
7. Serve over warm white rice.
8. If desired, sprinkle with sesame seeds.
9. Enjoy!

## NUTRITION INFO

Calories: 622, Carbohydrate: 96 grams, Protein: 35 grams, Fat: 10 grams

# Mild Beef & Bean Chili



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 35-40 MINUTES

## INGREDIENTS

- 1 tbsp (14 g) avocado oil
- 3 cloves garlic, minced
- 1/2 small onion, diced
- 1 carrot, diced
- 3/4 lb (340 g) ground beef (95% lean)
- 1/4 tsp (1.5 g) salt and (0.5 g) pepper
- 1/2 tsp (1 g) cumin
- 1/2 tsp (0.5 g) oregano
- 1 tsp (2 g) paprika
- 3/4 cup (119 g) crushed tomatoes
- 1 tsp (5.5 g) tomato paste
- 3/4 cup (195 g) canned black beans, drained and rinsed
- 1 1/2 (170 g) cups bone broth
- 2 pieces gluten free toast (or sourdough for those not needing gluten free)

## DIRECTIONS

1. Heat avocado oil over medium-high heat in a large stock pot. Add garlic, onion, and carrot. Cook for 4-5 minutes, scrapping from the bottom occasionally.
2. Add ground beef, salt, pepper, cumin, oregano, and paprika. Cook 5-7 minutes, crumbling and mixing as it cooks.
3. Add tomatoes, tomato paste, black beans, and bone broth. Bring to a simmer and cook for 25-30 minutes, uncovered. Allow to cool slightly and thicken before serving with gluten free toast.

## NUTRITION INFO

Calories: 525, Carbohydrate: 47 grams, Protein: 48 grams, Fat: 17 grams



# Pasta and Turkey Meatballs



SERVINGS: 2

PREP TIME: 12 MINUTES

COOKING TIME: 8-10  
MINUTES

---

## INGREDIENTS

- 6 oz lentil pasta (gluten free), uncooked
- 1/2 lb ground turkey
- 2 garlic cloves, pressed
- Salt and pepper, to taste
- 2 tbsp almond flour
- 1/2 tsp thyme
- 1/2 tsp oregano
- 1 tbsp ghee
- 3/4 cup tomato sauce (no sugar added)
- 1 cup microgreens or broccoli sprouts

## DIRECTIONS

1. Cook pasta according to package and drain.
2. In a large bowl, mix together turkey, garlic, salt, pepper, almond flour, thyme, and oregano. Using your hands create small meatballs and set aside.
3. Heat ghee in a large skillet over medium heat. Add turkey meatballs and cook approximately 4 minutes on each side, until internal temperature reaches 165 degrees F (74 degrees C). When flipping the meatballs, add the tomato sauce to the pan.
4. Once meatballs are cooked through the meatballs and sauce with the pasta. Top with microgreens or broccoli sprouts.

### NUTRITION INFO

Calories: 557, Carbohydrate: 58 grams, Protein: 43 grams, Fat: 19 grams

# Pesto Chicken & Burrata Cauliflower Pizza



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 15-20 MINUTES

## INGREDIENTS

- 2 individual or 1 large cauliflower pizza crusts
- 2 tbsp (30 g) pesto
- 1 cooked chicken breast (shredded or diced)
- 1/4 cup (14 g) sundried tomatoes
- 1/4 cup (40 g) diced red onion
- 4oz (113 g) fresh burrata
- 1 tbsp (15 g) balsamic glaze
- salt and pepper to taste

## DIRECTIONS

1. Preheat the oven to 350 F (175 C).
2. Lay the crusts on a sheet pan.
3. Spread the pesto evenly between the crusts.
4. Top with the shredded/diced chicken, sundried tomatoes, and red onions.
5. Slice the burrata into quarters and place on top of the pizza.
6. Bake in the oven until the edges of the crust begin to brown and the cheese melts (12-15 minutes)
7. Season with salt and pepper to taste.
8. Drizzle with balsamic glaze.
9. Slice and enjoy!

## NUTRITION INFO

Calories: 528, Carbohydrate: 42 grams, Protein: 29 grams, Fat: 27 grams

# Simple Salmon Dinner



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 20 - 25  
MINUTES

## INGREDIENTS

- 3/4 cups (120 g) wild rice, uncooked
- 2, 5 oz (284 g total) salmon filets
- Juice of 1 lemon
- Salt and pepper to taste
- 1/2 cup (30 g) parsley, chopped
- 1 tbsp ghee

## DIRECTIONS

1. Preheat oven to 400 degrees F (205 degrees C).
2. Cook rice according to package.
3. Season salmon in an oven safe dish with juice of one lemon, salt, and pepper.
4. Bake salmon for 20 - 25 minutes, or until internal temperature reaches 145 degrees F (65 degrees C).
5. Mix ghee into warm rice until melted. Mix parsley with rice once slightly cooled.
6. Serve salmon and rice together warm.

## NUTRITION INFO

Calories: 461, Carbohydrate: 52 grams, Protein: 39 grams, Fat: 13 grams

# Slow-Cooker Chicken Tortilla Soup



SERVINGS: 4

PREP TIME: 15 MINUTES

COOKING TIME: 4-6 HOURS

## INGREDIENTS

- 1lb (454 g) boneless skinless chicken thighs
- 1 tbsp (14 g) olive oil
- 1, 15.5oz (425 g) can black beans
- 1, 15.5oz (274 g) can corn
- 1 small white onion (chopped)
- 1, 28oz (794 g) can diced tomatoes
- 8 cups (1.92 kg) chicken stock/broth
- 2 tbsp (15g) chili powder
- 1 tsp (2 g) cayenne pepper
- 2 tbsp (19 g) garlic powder
- 1 tsp (3 g) cumin
- Salt and pepper to taste
- 4 corn tortillas (for garnish)
- Cilantro (to garnish-optional)

## DIRECTIONS

1. Season the chicken thighs with salt and pepper.
2. Over medium-high heat, heat olive oil in a medium size skillet.
3. Sear chicken thighs on both sides until the outside is golden brown.
4. Place the seared chicken thighs in the crockpot.
5. Add the black beans, corn, white onion, diced tomatoes, chicken stock, chili powder, cayenne pepper, garlic powder, cumin, salt, and pepper to the crockpot.
6. Cook on high for 4-5 hours or until the chicken is easily shredded.
7. Remove the chicken thighs from the crockpot and shred into small pieces.
8. Add the chicken back into the crockpot, stir, taste and add salt and pepper as desired.
9. Chop the corn tortillas into 1-2 inch slices.
10. Sprinkle with tortillas on top of the soup once served.
11. Garnish with cilantro (if desired).
12. Serve in a bowl and enjoy!

## NUTRITION INFO

Calories: 588, Carbohydrate: 65 grams, Protein: 46 grams, Fat: 17 grams



