



AIP Meat Recipes

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Cauliflower Shepherd's Pie

4 servings

50 minutes

Ingredients

- 1 head Cauliflower (chopped into florets)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 Yellow Onion (diced)
- 2 Garlic (cloves, minced)
- 455 grams Extra Lean Ground Turkey
- 290 grams Mushrooms (sliced)
- 2 Carrot (diced)
- 2 stalks Celery (diced)
- 1 tbsp Italian Seasoning
- 1/4 tsp Sea Salt

Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Place cauliflower florets in a medium sized saucepan, cover with water and bring to a boil. Let the florets boil until they are soft, about 15 minutes.
- 3 While the cauliflower is boiling, heat half of the olive oil in a large frying pan over medium heat. Add the onions and garlic, cook for 5 minutes or until onions are translucent.
- 4 Add the meat, and cook until browned.
- 5 Add the mushrooms, carrots, celery, Italian seasoning, and salt. Continue to cook for a few minutes, until the meat is cooked through. Remove from heat.
- 6 Drain the cauliflower and discard cooking water. Return the cauliflower to the pot and add the other half of the olive oil and a sprinkle of salt. Mash well until the cauliflower becomes almost like a puree.
- 7 Transfer the meat mixture to a casserole or pie dish and distribute into an even layer. Top with the cauliflower mash and spread it evenly across the top.
- 8 Place in the oven and bake for 20 minutes. Turn the oven to a low broil and broil for 10 minutes or until golden. Remove from oven and serve. Enjoy!

Notes

Vegan and Vegetarian: Use cooked lentils instead of ground meat.



Slow Cooker Beef & Butternut Squash Soup

4 servings

8 hours

Ingredients

455 grams Stewing Beef (chunks)
840 grams Butternut Squash (peeled
and cubed)
945 milliliters Beef Broth
1/4 tsp Sea Salt (to taste)

Directions

- 1 Heat a skillet over medium heat. Add the beef and cook for 2-3 minutes, to brown.
- 2 Add the beef, butternut squash and broth to your slow cooker and cook on low for 8 hours or on high for 4 hours.
- 3 Season with sea salt to taste. Divide into bowls and enjoy!

Notes

Vegan & Vegetarians: Use vegetable broth and chickpeas instead of beef.

Leftovers: Refrigerate in an airtight container up to 3 days.



Green Chicken Sliders

4 servings

30 minutes

Ingredients

455 grams Extra Lean Ground Chicken
1 tsp Oregano (dried)
3/4 tsp Sea Salt
40 grams Kale Leaves (very finely chopped)
180 grams Broccoli (very finely chopped)
1 tbsp Extra Virgin Olive Oil
1 head Boston Lettuce

Directions

- 1 Combine all ingredients except the lettuce in a bowl and mix well. Form the mixture into even sliders, about 3 inches in diameter, and set aside.
- 2 Preheat grill to medium heat.
- 3 Cook the sliders for about 8 to 10 minutes per side, or until cooked through.
- 4 Serve patties in a lettuce wrap with your toppings of choice. Enjoy!

Notes

Serving Size: One serving is equal to two sliders.

More Carbs: Serve on a bun or on top of rice.

Topping Ideas: Mustard, cheese, pickles, tomato, lettuce, onion, avocado, sour cream or plain Greek yogurt.

Leftovers: These keep well in an airtight container in the fridge up to three days or freeze for up to three months.



Lemon Chicken Salad with Cucumber Ribbons

2 servings

1 hour

Ingredients

225 grams Chicken Breast
1 1/2 tsps Avocado Oil
1/4 tsp Italian Seasoning
1/4 tsp Sea Salt (divided)
1/2 Cucumber (large)
2 tsps Extra Virgin Olive Oil
1 tbsp Lemon Juice
1 tbsp Fresh Dill
1/2 Garlic (clove, minced)
1/2 stalk Celery (finely chopped)
2 tsps Red Onion (finely chopped)

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking dish with parchment paper. Place the chicken breasts in the prepared baking dish and drizzle with avocado oil. Season with Italian seasoning and half the salt. Bake for 25 minutes, or until the chicken is cooked through. Remove from the oven and immediately cover with a piece of aluminium foil for at least 10 minutes. Carefully remove the foil and let chicken cool before chopping into cubes.
- 2 Spiralize the cucumber using the ribbon blade. If you do not have a spiralizer, use a vegetable peeler or mandoline to create ribbons instead.
- 3 In a mixing bowl, whisk the olive oil, lemon juice, fresh dill, garlic and the remaining salt together. Add the chopped chicken, celery and onion to the dressing and mix well to combine. Season with additional salt if needed.
- 4 To serve, divide cucumber ribbons between plates and top with chicken salad. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. Store the chicken salad and cucumber ribbons separately until ready to serve.

More Flavor: Add other chopped veggies to the salad like radish, peppers or tomatoes.

Make it Vegan: Use white beans or chickpeas instead of chicken.

Meal Prep Option: Cook the chicken ahead of time or use leftover cooked chicken instead.

No Fresh Dill: Use other fresh herbs like parsley or chives instead.

No Avocado Oil: Use extra virgin olive oil instead.



Beef & Broccoli

2 servings

15 minutes

Ingredients

80 milliliters Bone Broth
2 tbsps Coconut Aminos
2 Garlic (cloves, minced)
1 tsp Ginger (fresh, minced)
1 tbsp Arrowroot Powder
1/2 tsp Avocado Oil
285 grams Flank Steak (sliced against the grain)
275 grams Broccoli (florets, chopped)

Directions

- 1 In a small bowl, whisk together the broth, coconut aminos, garlic, ginger and arrowroot powder until no clumps remain.
- 2 Heat a skillet over medium heat and add the avocado oil. Once it is hot, add the steak slices and cook for 3 to 4 minutes. Add the sauce to the pan and cook for an additional minute. Add the broccoli, stir and then cover and cook for an additional 3 minutes. Serve and enjoy!

Notes

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

More Flavor: Add toasted sesame oil once finished cooking.

Additional Toppings: Serve on top of rice or cauliflower rice. Top with sliced green onion and/or sesame seeds.

No Coconut Aminos: Use tamari instead.

No Arrowroot Powder: Use cornstarch or tapioca flour instead.

No Bone Broth: Use chicken, beef or vegetable broth instead.



Chicken, Kale & Avocado Bowl

4 servings

20 minutes

Ingredients

1 tsp Avocado Oil
12 White Button Mushrooms (sliced)
170 grams Kale Leaves (chopped)
1/4 tsp Sea Salt (divided)
455 grams Extra Lean Ground Chicken
1/2 tsp Dried Thyme
1/2 tsp Onion Powder
1/4 tsp Oregano
1/4 tsp Garlic Powder
2 Avocado (sliced)

Directions

- 1 Heat a large skillet over medium heat and add the avocado oil and then the mushrooms. Cook for 8 to 10 minutes, until cooked through. Add the kale leaves and stir, cooking until just wilted. Season with half of the sea salt. Remove from the skillet and set aside.
- 2 In the same skillet, over medium heat, add the chicken, thyme, onion powder, oregano, garlic and the remaining sea salt. Cook for 10 to 12 minutes or until cooked through.
- 3 Add the mushrooms, kale and chicken to a bowl and top with sliced avocado. Serve and enjoy!

Notes

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

More Flavor: Season the mushrooms and kale with additional spices or herbs.

Additional Toppings: Top with fresh herbs such as parsley.

No Avocado Oil: Use olive or coconut oil instead.



Pork & Veggie Meatballs

4 servings

30 minutes

Ingredients

1 Apple (medium, cored, grated)
1 Zucchini (medium, grated)
455 grams Lean Ground Pork
1 Sweet Potato (small, grated)
20 grams Parsley (finely chopped)
2 Garlic (cloves, minced)
1/2 tsp Sea Salt
300 grams Baby Spinach

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Using a paper towel or a kitchen towel, squeeze as much moisture out of the grated apple and zucchini as possible. Set aside into a large bowl.
- 3 To the same bowl, add ground pork, sweet potato, parsley, garlic and sea salt. Mix well. Roll the mixture into 1.5-inch balls.
- 4 Place the meatballs on the baking sheet and place in the oven for 15 to 16 minutes.
- 5 In a non-stick skillet over medium-low heat, add the spinach and cook until just wilted. Divide the spinach between plates and top with the meatballs. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze the meatballs for up to two months.

Serving Size: One serving is equal to approximately five meatballs.

Making the Meatballs: Ensure that the zucchini and apple are well squeezed of excess moisture, otherwise, the mix will be too wet to hold together.

More Flavor: Serve over top of rice, cauliflower rice or alongside roasted vegetables.



Teriyaki Chicken Meatballs & Parsnip Rice

4 servings

35 minutes

Ingredients

455 grams Extra Lean Ground Chicken
2 Garlic (clove, minced, divided)
2 tsps Ginger (fresh, minced, divided)
1 tbsp Coconut Flour
1/2 tsp Sea Salt
4 grams Cilantro (chopped)
2 Parsnip (peeled, chopped)
1/2 tsp Avocado Oil
3 tbsps Coconut Aminos
2 tbsps Orange Juice
1 tsp Arrowroot Powder
1 tbsp Water

Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 In a large bowl add the ground chicken, half the garlic, half the ginger, coconut flour, sea salt and cilantro. Mix well until combined. Roll into balls, roughly the size of golf-balls, and place on the baking sheet. Cook for 22 to 25 minutes, until cooked through.
- 3 While the meatballs cook, add the chopped parsnips to a blender or food processor and process until it resembles rice, about 30 seconds.
- 4 In a skillet over medium-low heat add the avocado oil and the riced parsnip to the skillet. Cook for about 5 to 7 minutes, until cooked through.
- 5 In a small pot over medium-low heat, add the coconut aminos, the remaining garlic, remaining ginger and orange juice. Whisk the ingredients and bring to a low simmer. Whisk in the arrowroot powder and water. Cook for 2 to 3 minutes, until thickened.
- 6 Divide the parsnip rice between plates. Top with chicken meatballs and pour the teriyaki sauce over top. Enjoy!

Notes

Leftovers: Refrigerate the sauce and chicken meatballs separately in an airtight container for up to three days.

Serving Size: One serving is equal to about 4 chicken meatballs and 1/2 cup of parsnip rice.

Additional Toppings: Top with sesame seeds or additional cilantro.

No Arrowroot Powder: Use tapioca flour or cornstarch to thicken.



Chicken & Broccoli Casserole

4 servings

50 minutes

Ingredients

455 grams Chicken Thighs (boneless, skinless)
1/4 tsp Sea Salt (divided)
1 tsp Avocado Oil
455 grams Broccoli (cut into florets)
1/2 Yellow Onion (thinly sliced)
305 milliliters Canned Coconut Milk (full fat)
1 tbsp Nutritional Yeast
1 tbsp Tapioca Flour
1/2 tsp Garlic Powder
175 milliliters Chicken Broth

Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Season the chicken thighs with half of the sea salt. Heat a skillet over medium heat and add the avocado oil. Working in batches, add the chicken and cook for 6 to 7 minutes per side or until cooked through. Remove the chicken and set aside to cool. Once cool, shred the chicken with two forks.
- 3 In the same skillet, using the fat from the chicken, add the broccoli and yellow onion and cook for 3 to 4 minutes until the broccoli is bright green. Remove from the pan.
- 4 Meanwhile, in a saucepan over medium-low heat, add the coconut milk, nutritional yeast, tapioca flour, garlic powder and remaining sea salt. Whisk to combine. Bring to a simmer, then turn off the heat and add the chicken broth.
- 5 Add the chicken thighs to an oven-safe dish and top with the broccoli and onions. Add the coconut milk sauce on top and give it a stir. Place it in the oven and bake for 20 to 25 minutes. Remove, let it cool slightly and then serve. Enjoy!

Notes

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

More Flavor: Add chopped bacon or mushrooms to the dish. Season with your favorite dried herbs.

Additional Toppings: Serve with rice or cauliflower rice.

No Tapioca Flour: Use arrowroot flour or corn starch.



One Pan Chicken, Cabbage & Broccoli

2 servings

25 minutes

Ingredients

60 milliliters Coconut Aminos
2 tbsps Extra Virgin Olive Oil
3 Garlic (clove, minced)
1 1/2 tsps Ginger (fresh, grated or minced)
1/8 tsp Sea Salt
180 grams Broccoli (cut into small florets)
180 grams Purple Cabbage (cut into thin strips)
12 Cremini Mushrooms (medium, quartered)
285 grams Chicken Breast (boneless, skinless, cut into strips)
2 stalks Green Onion (chopped, optional for garnish)

Directions

- 1 Preheat your oven to 400°F (204°C).
- 2 Combine the coconut aminos, olive oil, garlic, ginger, and salt into a mixing bowl. Add the broccoli, cabbage, and mushrooms to the bowl and toss to combine. Using a slotted spoon, transfer the veggies to the baking sheet, leaving the leftover marinade in the bowl.
- 3 Add the chicken to the bowl with the leftover marinade. Allow the chicken to marinate while the oven preheats, then transfer it to the baking sheet with the veggies.
- 4 Place the baking sheet in the oven. Cook for 15 minutes or until the chicken is cooked through and the vegetables are fork-tender. Divide between plates and top with green onions. Enjoy!

Notes

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

More Flavor: Add sesame oil, hot sauce, or red pepper flakes to the marinade.

Serve it With: Rice, quinoa, or cauliflower rice.



Ginger Beef Lettuce Wraps

2 servings

20 minutes

Ingredients

60 milliliters Coconut Aminos
1 1/2 tbsps Ginger (fresh, grated or minced)
1 Garlic (clove, minced)
4 stalks Green Onion (sliced, divided)
340 grams Flank Steak (thinly sliced)
1/8 tsp Sea Salt
1 tbsp Coconut Oil
1/2 head Romaine Hearts (separated into leaves)

Directions

- 1 In a small mixing bowl combine the coconut aminos, ginger, garlic, and half of the green onion. Set aside.
- 2 Season the sliced beef on both sides with salt. Heat the coconut oil in a pan over medium-high heat. In batches, add the beef to the pan and cook for two to three minutes per side until browned and cooked through. Transfer to a plate.
- 3 To the same pan with the drippings, add the sauce and stir well, scraping any browned bits off the bottom of the pan. Let the sauce bubble for about 30-seconds or until thickened slightly. Add the cooked beef strips back to the pan and stir well to coat in the sauce.
- 4 To serve, divide the beef between lettuce leaves and top with the remaining green onion. Enjoy!

Notes

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

Serving Size: One serving is approximately three lettuce wraps.

More Flavor: Add sesame oil or red pepper flakes to the sauce.

Additional Toppings: Grated carrots, thinly sliced peppers, cabbage, and sesame seeds.



Savory Mushroom Stew

4 servings

35 minutes

Ingredients

475 milliliters Vegetable Broth
1 Yellow Onion (medium, diced)
2 Carrot (medium, diced)
2 Garlic (cloves, minced)
20 Cremini Mushrooms (sliced)
1 tsp Thyme
2 tbsps Arrowroot Powder
60 milliliters Water
1 tbsp Apple Cider Vinegar

Directions

- 1 In a large pot, heat a large splash of vegetable broth over medium heat. Cook the onion, carrot, and garlic for about five to seven minutes, or until the onions are soft. Add additional broth if it begins to stick to the bottom of the pot.
- 2 Stir in the mushrooms and thyme. Cook for another five minutes, stirring occasionally.
- 3 Meanwhile, whisk together the arrowroot powder and water in a small bowl to create a slurry. Add the slurry to the pot and stir until the vegetables are well coated.
- 4 Add the remaining broth and apple cider vinegar. Lower the heat to a simmer, close the lid and cook for 15 minutes. If needed, add salt to taste or more arrowroot powder for a thicker stew. Divide into bowls and enjoy!

Notes

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

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

More Flavor: Sauté the vegetables in oil instead of broth. Add more spices of your choice.

Additional Toppings: Add lentils or chickpeas for more protein. Serve with brown rice, mashed potatoes, mashed cauliflower, quinoa, or barley. Garnish with cilantro or chives.

No Arrowroot Powder: Use tapioca flour or cornstarch instead.

Soup Lover: Turn this stew into a soup by adding more broth and adjusting the seasoning to taste. Puree with a hand blender, if preferred.



Steak & Mushroom Kabobs

2 servings

50 minutes

Ingredients

- 2 tbsps Coconut Aminos
- 2 tbsps Balsamic Vinegar
- 1 tbsp Avocado Oil
- 2 Garlic (clove, minced)
- 1/4 tsp Italian Seasoning
- 225 grams Top Sirloin Steak (cut into cubes)
- 12 Cremini Mushrooms (medium, whole)
- 40 grams Red Onion (cut into chunks)
- 4 Barbecue Skewers

Directions

- 1 In a zipper-lock bag or shallow bowl, combine the coconut aminos, balsamic vinegar, oil, garlic, and Italian seasoning. Add the steak and marinate for at least 30 minutes or up to overnight.
- 2 Assemble the skewers by piercing the steak, mushrooms, and red onions onto the barbecue skewers. Brush the skewers with some of the excess marinade to evenly coat the vegetables.
- 3 Grill over medium-high heat, rotating occasionally for about eight to 10 minutes or until the steak is cooked to your liking and the vegetables are soft. Divide the skewers between plates and enjoy!

Notes

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

Serving Size: One serving is approximately two 12-inch skewers.

More Flavor: Add other dried herbs and spices.

Serve it With: Salad, rice, cauliflower rice or other roasted or grilled vegetables.

Make it Vegan: Use tofu instead of steak.

Barbecue Skewers: If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.



Steak Bites with Chimichurri

4 servings

40 minutes

Ingredients

- 3 tbsps Lime Juice
- 2 tbsps Coconut Aminos
- 3 Garlic (clove, minced, divided)
- 455 grams Top Sirloin Steak (cut into cubes)
- 15 grams Cilantro (packed, tough-stems removed)
- 1/4 tsp Sea Salt
- 60 milliliters Extra Virgin Olive Oil
- 2 tbsps Red Wine Vinegar
- 1 1/2 tsps Avocado Oil

Directions

- 1 In a zipper-lock bag or shallow bowl, combine the lime juice, coconut aminos, and 2/3 of the garlic. Add the steak and marinate for at least 30 minutes.
- 2 Meanwhile, add the cilantro, salt, and the remaining garlic to the bowl of a food processor. Pulse to finely chop the cilantro. With the food processor running, stream in the olive oil and red wine vinegar. Blend for about a minute, scraping down the sides of the bowl as needed. Transfer to a bowl and set aside.
- 3 Heat the avocado oil in a cast-iron skillet over medium-high heat. Shake off any excess marinade then add the steak cubes to the pan. Cook for four to six minutes flipping once or until the steak is seared and cooked to your liking.
- 4 Transfer the steak bites to a plate to rest for about five minutes before serving the chimichurri sauce. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Store steak and sauce separately.

Serve it With: Over salad greens or with roasted vegetables and rice or cauliflower rice.

No Avocado Oil: Use extra virgin olive oil or coconut oil.



Beef Bone Broth

6 servings

8 hours 20 minutes

Ingredients

- 1.8 kilograms Beef Bones
- 2 Carrot (medium, roughly chopped)
- 1 Yellow Onion (cut into quarters)
- 10 Garlic (cloves)
- 2.8 liters Water
- 3 stalks Celery (roughly chopped)
- 2 Bay Leaf
- 1 tbsp Apple Cider Vinegar
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat the oven to 450°F (230°C). Roast the beef bones, carrots, onion, and garlic in a large roasting pan for 20 minutes, or until browned. Stir occasionally.
- 2 In a large pot over high heat, add the water, celery, bay leaves, apple cider vinegar, salt and pepper. Add the roasted bones and vegetables including any juices. Add more water if needed, until all contents are covered.
- 3 Bring to a boil, then lower to a simmer. Cook with the lid slightly open for at least eight hours. Skim any foam or fat from the surface and discard. Add more water as needed.
- 4 Remove from heat and let cool a bit. Strain the broth and remove the bones and vegetables. Transfer to storage containers and refrigerate or freeze until ready to use. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days or freeze if longer.

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

More Flavor: The longer the broth cooks, the more flavor it will develop.

Slow Cooker: After roasting the bones and vegetables in step 1, add all the ingredients to a slow cooker instead of using the stovetop.



Sheet Pan Roasted Chicken & Veggies

2 servings

30 minutes

Ingredients

175 grams Brussels Sprouts (halved or quartered)
90 grams Broccoli (cut into small florets)
1 Carrot (peeled, thinly sliced)
1 Yellow Onion (medium, cut into wedges)
225 grams Chicken Breast
1 tbsp Extra Virgin Olive Oil
1 tsp Italian Seasoning
1/2 tsp Garlic Powder
1/4 tsp Sea Salt

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Add the veggies and the chicken to the baking sheet then drizzle with the oil and season with the Italian seasoning, garlic powder, and salt.
- 3 Bake for 25 minutes or until the chicken is cooked through and the veggies are tender. Season with additional salt if needed. 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.

No Chicken Breast: Use chicken thighs or drumsticks instead.

Serve it With: Cauliflower rice, quinoa, brown rice, roasted potatoes, or mashed sweet potato.



Curried Chicken with Broccoli & Sweet Potato

2 servings

35 minutes

Ingredients

- 2 Sweet Potato (small, peeled and cubed)
- 275 grams Broccoli (cut into florets)
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 285 grams Chicken Breast
- 1 1/2 tsps Curry Powder

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 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.
- 3 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.
- 4 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.



Coconut Yogurt Chicken

4 servings

2 hours 15 minutes

Ingredients

455 grams Chicken Breast (sliced into long strips)
170 grams Unsweetened Coconut Yogurt
2 tsps Curry Powder
Sea Salt & Black Pepper (to taste)
1 1/2 tbsps Extra Virgin Olive Oil
180 grams Baby Spinach

Directions

- 1 In a large bowl, combine the chicken with the coconut yogurt, curry powder, and salt and pepper. Place in the fridge to marinate for two hours, or longer.
- 2 Heat a skillet over medium heat and add the oil. Once hot, add the chicken strips and cook for five to six minutes. Flip the strips over and cook for an additional five to six minutes, until browned slightly.
- 3 Add the remaining coconut yogurt marinade to the skillet and cook for two to three minutes, until bubbling. Toss in the spinach and stir to combine and cook until wilted, another two minutes.
- 4 Divide the chicken and spinach onto plates. Serve and enjoy!

Notes

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

No Coconut Yogurt: Use another type of yogurt, such as dairy yogurt.

More Flavor: Add chili flakes.

Additional Toppings: Serve with toasted pita, naan, or rice.



Beef Chow Mein

4 servings

20 minutes

Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 1 Sweet Onion (large, diced)
- 3 Garlic (cloves, minced)
- 455 grams Stewing Beef (sliced or cubed)
- 1 tsp Ginger (peeled, grated)
- 1/2 tsp Sea Salt (to taste)
- 3 tbsps Coconut Aminos (to taste)
- 425 grams Broccoli Slaw

Directions

- 1 Heat the oil in a large pan over medium-high heat. Cook the onions and garlic for two to three minutes. Add the beef, ginger, and salt. Cook for six to eight minutes, or until cooked through.
- 2 Stir in the coconut aminos and broccoli slaw. Cook for two minutes, or until warmed through. Divide onto plates and enjoy!

Notes

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

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

Stewing Beef: This recipe was tested with stewing beef sliced into 1/2 cm pieces. Adjust the cooking time as needed based on the thickness of the beef slices/cubes.

More Flavor: Add a splash of orange juice and/or fish sauce.

Additional Toppings: Top with roasted cashews or peanuts.

Make it Vegan: Use crumbled tofu or tempeh instead of beef.

No Coconut Aminos: Use tamari or soy sauce instead.



Chicken Kale Salad with Avocado Dressing

2 servings

10 minutes

Ingredients

- 1 Avocado (medium)
- 30 grams Parsley (stems removed)
- 1 stalk Green Onion (trimmed, chopped)
- 1/4 tsp Sea Salt (to taste)
- 180 milliliters Water (divided)
- 85 grams Kale Leaves (tough stems removed, finely chopped)
- 225 grams Chicken Breast, Cooked (chopped)
- 1 Cucumber (medium, chopped)

Directions

- 1 Add the avocado, parsley, green onion, salt, and half the water into a food processor. Blend until smooth, scraping down the sides as needed. Add more water, one tablespoon at a time until your desired consistency is reached.
- 2 Divide the kale, chicken, and cucumber into bowls. Top with avocado dressing and enjoy!

Notes

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

Serving Size: One serving equals approximately two cups of kale, four ounces of chicken, one cup of cucumber, and half a cup of dressing.

More Flavor: Add lemon juice, garlic powder, onion powder, black pepper, or cilantro to the dressing. Substitute some of the water with extra virgin olive oil.



Beef & Cauliflower Skillet

2 servings

20 minutes

Ingredients

- 285 grams Extra Lean Ground Beef
- 1/2 Yellow Onion (chopped)
- 1 Zucchini (halved lengthwise, seeds removed, and diced)
- 170 grams Cauliflower Rice
- 1 tsp Italian Seasoning
- 1/2 tsp Garlic Powder
- 1/2 tsp Sea Salt
- 1 1/2 tsps Lemon Juice (optional)

Directions

- 1 Heat a large skillet over medium heat. Add the beef to the pan, breaking it up as it cooks. Once it is cooked through and no longer pink, transfer to a bowl and drain any excess drippings from the pan if needed, leaving behind a small splash of beef fat to keep the pan greased.
- 2 Add the onion to the pan and cook for two to three minutes until just translucent. Add the zucchini and continue to cook for three to five minutes until the zucchini has softened. (Add a few drops of water to the pan if the zucchini or onions begin to stick.)
- 3 Add the beef and cauliflower rice to the pan and stir to combine with the zucchini and onion. Season with Italian seasoning, garlic powder, and salt. Continue to cook for two to three minutes or until the beef is warmed through and the cauliflower is cooked to the desired doneness.
- 4 Remove the pan from the heat and stir in the lemon juice (if using) and season with additional salt to taste. Divide between plates and enjoy!

Notes

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

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

More Flavor: Add other dried herbs and spices to taste.

Additional Toppings: Green onion, fresh herbs, or red pepper flakes.

No Beef: Use ground chicken, turkey, or pork instead.

No Zucchini: Use red pepper or mushrooms instead.



Sweet Potato Shepherd's Pie

4 servings

35 minutes

Ingredients

2 Sweet Potato (medium, peeled and roughly chopped)
1 tbsp Extra Virgin Olive Oil (divided)
1 tsp Sea Salt (divided)
455 grams Extra Lean Ground Beef
1 Yellow Onion (medium, finely chopped)
1 Carrot (medium, finely chopped)
1 tbsp Italian Seasoning
1 tsp Garlic Powder

Directions

- 1 Place the sweet potatoes in a medium pot with just enough water to cover. Bring to a boil and cook until fork-tender, about 10 minutes. Drain the potatoes then mash with the oil and half of the salt. Set aside.
- 2 Meanwhile, add the beef, onion, carrot, Italian seasoning, garlic powder, and remaining salt to a skillet over medium-high heat. Cook for six to eight minutes until the beef is fully browned and the vegetables have softened. Drain any excess liquid.
- 3 Set oven broiler to high or 550°F (290°C).
- 4 Spread the beef filling in a baking dish. Spoon the mashed potatoes on top and smooth them into an even layer. Brush with the remaining oil and broil for 10 to 15 minutes until browned. Divide onto plates and enjoy!

Notes

Leftovers: Store in the refrigerator for up to three days or freeze for up to two months.

Baking Dish: An 8 x 8-inch baking dish was used to create four servings.

No Ground Beef: Use lean ground turkey, chicken, lamb, or pork.

More Flavor: Add other spices or top with fresh herbs. Add chopped mushrooms or cauliflower to the beef filling.

Save Time: Use frozen pre-chopped vegetables.

Serve It With: Green salad or roasted vegetables.



Ginger Chicken Bowl

2 servings

20 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil (divided)
- 255 grams Cauliflower Rice
- 455 grams Extra Lean Ground Chicken
- 2 tbsps Coconut Aminos
- 1 tsp Ground Ginger
- 1 tsp Garlic Powder
- 1/2 Cucumber (sliced)
- 1 Carrot (medium, peeled, and grated)
- 4 grams Cilantro (chopped)

Directions

- 1 Heat a skillet over medium heat. Add half the oil and then the cauliflower rice. Sauté for five to seven minutes, then remove and set aside.
- 2 In the same pan, over medium-high heat, add the remaining oil and ground chicken and cook for five minutes, breaking apart into smaller pieces.
- 3 Add in coconut aminos, ginger, and garlic. Cook for another five minutes, until cooked through and golden.
- 4 Divide the cauliflower rice onto plates. Top with the ground chicken, cucumber, carrots, and cilantro. Enjoy!

Notes

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

More Flavor: Use fresh ginger and garlic in place of ground ginger and garlic powder.

Additional Toppings: Swap cilantro out for mint for a fresh twist.



Chicken, Kale & Sweet Potato Skillet

2 servings

20 minutes

Ingredients

225 grams Extra Lean Ground Chicken
1 tsp Dried Chives
1/2 tsp Garlic Powder
1/4 tsp Sea Salt (divided)
1 tbsp Coconut Oil
1 Sweet Potato (medium, peeled and diced)
20 grams Kale Leaves (finely chopped)

Directions

- 1 Heat a skillet or pan over medium heat. Add the chicken to the pan, breaking it up as it cooks. Once it is cooked through and no longer pink, season with the chives, garlic powder, and half of the salt. Transfer to a bowl and set aside.
- 2 Add the coconut oil to the pan. Add the sweet potatoes and cook for eight to 10 minutes, stirring often, until the sweet potatoes are tender and browned.
- 3 Add the kale and the cooked chicken to the pan with the sweet potatoes and continue to cook for one to two minutes until the kale has wilted and the chicken has warmed through. Season with the remaining salt.
- 4 Divide between plates and enjoy!

Notes

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

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

More Flavor: Add other dried herbs and spices to taste.

No Chicken: Use turkey or pork instead.

No Coconut Oil: Use avocado oil or extra virgin olive oil instead.

No Chives: Use another dried herb instead.

Sweet Potato: One medium sweet potato is approximately equal to two cups diced.



Creamy Mushroom & Parsnip Skillet

2 servings

25 minutes

Ingredients

1 Parsnip (large, roughly chopped)
225 grams Lean Ground Beef
1 1/2 tsps Extra Virgin Olive Oil
1/2 Yellow Onion (chopped)
8 Cremini Mushrooms (medium, sliced thin)
1/2 tsp Sea Salt (divided)
120 milliliters Bone Broth
120 milliliters Canned Coconut Milk
15 grams Parsley (chopped, plus more for serving)

Directions

- 1 Add the chopped parsnip to a blender or food processor and process until it resembles a rice-like texture. Set aside.
- 2 Heat a skillet over medium heat. Add the beef to the pan, breaking it up as it cooks. Once it is cooked through and no longer pink, transfer to a bowl and set aside. Drain any excess drippings from the pan.
- 3 Add the oil to the pan. Add the mushrooms and onion and cook for five to seven minutes or until the mushrooms have softened and onions are translucent. Season with half of the salt.
- 4 Add the parsnip rice and cooked beef to the pan. Stir in the bone broth and coconut milk. Bring the mixture to a simmer and continue to cook for eight to 10 minutes or until the parsnip rice is tender and most of the liquid has evaporated. Stir in the parsley and season with the remaining salt.
- 5 Divide between plates, top with additional parsley if desired and season with additional salt to taste. Enjoy!

Notes

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

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

More Flavor: Add fresh garlic or other dried herbs and spices to taste.

No Beef: Use chicken, turkey, or pork instead.

No Parsnip: Use cauliflower or carrot instead.

No Bone Broth: Use beef or vegetable broth instead.



Lemon & Asparagus Chicken Skillet

4 servings

25 minutes

Ingredients

- 4 slices Bacon
- 455 grams Chicken Breast (skinless, boneless, cubed)
- 1/2 tsp Sea Salt (divided, to taste)
- 280 grams Butternut Squash (peeled, cubed)
- 270 grams Asparagus (trimmed, chopped)
- 2 tbsps Water
- 1 tbsp Lemon Juice (to taste)

Directions

- 1 Heat a large skillet over medium heat. Cook the bacon until browned and crispy, about six to seven minutes. Transfer to a paper towel lined plate.
- 2 Add the chicken to the same skillet. Cook for seven to eight minutes, or until cooked through. Season with half of the salt. Set aside with the bacon.
- 3 Add the squash and remaining salt. Cook, stirring occasionally for five minutes. Add the asparagus and water, cover with a lid and let steam for five minutes. Add more water if needed.
- 4 Chop the bacon and return to the skillet along with the chicken. Stir and heat for one minute. Divide onto plates, squeeze lemon juice over top and enjoy!

Notes

- Leftovers:** Refrigerate in an airtight container for up to two days.
- Serving Size:** One serving equals approximately 1 1/2 to two cups.
- More Flavor:** Add garlic and your choice of dried herbs.
- Additional Toppings:** Top with fresh herbs or red pepper flakes.



Chicken with Mushroom Garlic Sauce

2 servings

25 minutes

Ingredients

2 tbsps Extra Virgin Olive Oil (divided)
6 Cremini Mushrooms (large, sliced)
340 grams Chicken Breast
2 tbsps Arrowroot Powder
1/4 tsp Sea Salt (divided)
2 Garlic (clove, minced)
235 milliliters Chicken Broth
1 1/2 tpsps Lemon Juice
1 tbsp Parsley (finely chopped, optional)

Directions

- 1 Heat half of the oil in a skillet over medium heat. Add the mushrooms and cook for five to seven minutes or until the mushrooms have softened and browned. Remove from the pan and set aside.
- 2 Meanwhile, pat the chicken breast dry with a paper towel. Combine the arrowroot powder and half of the salt on a plate. Dip the chicken in the arrowroot powder and shake off the excess. Discard any leftover arrowroot powder.
- 3 Carefully wipe out the pan or skillet then add the remaining oil. Add the coated chicken to the pan and cook for six to eight minutes per side or until browned and cooked through. (Reduce heat slightly if needed to prevent burning.) Remove the chicken from the pan and set aside.
- 4 Deglaze the pan with a splash of the chicken broth and scrape any browned bits off the bottom. Add the garlic and the remaining salt and cook for a minute. Stir in the remaining chicken broth, increase the heat to medium-high and bring to a gentle boil to reduce for five to six minutes.
- 5 Add the lemon juice, parsley (if using), and the cooked mushrooms and stir to combine then place the cooked chicken back in the pan. Cook for another two to three minutes or until the chicken has warmed through again and the sauce has thickened slightly. Season with additional salt if needed.
- 6 Divide between plates and enjoy!

Notes

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

More Flavor: Season the chicken with other dried herbs and spices.

Chicken Breast: For best results use chicken breast no more than one inch thick. Cut large

pieces of chicken in half for more even cooking.

No Cremini Mushrooms: Use another type of mushroom instead.

No Fresh Parsley: Use another fresh herb like basil or chives instead or use dried herbs.

No Chicken Breast: Use boneless, skinless chicken thighs instead.



Roasted Chicken & Sweet Potato With Spinach

2 servings

25 minutes

Ingredients

- 1 Sweet Potato (medium, cut into cubes)
- 285 grams Chicken Breast (skinless, boneless)
- 1 tsp Thyme (fresh)
- 1 tsp Garlic Powder
- Sea Salt & Black Pepper (to taste)
- 90 grams Baby Spinach

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Place the sweet potatoes and chicken breast on the baking sheet. Season with thyme, garlic powder, salt, and pepper. Bake for 18 to 20 minutes or until the chicken is cooked through and the sweet potatoes are golden.
- 3 Divide the spinach between plates. Top with the sweet potatoes and chicken. Enjoy!

Notes

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

More Flavor: Add za'atar and/or paprika to the chicken.

Additional Toppings: Add roasted bell pepper, zucchini, and/or your choice of dressing.

No Fresh Thyme: Use dried thyme or rosemary instead.



Crispy Air Fryer Chicken Wings

3 servings

20 minutes

Ingredients

455 grams Chicken Wings
1/2 tsp Baking Powder
1/2 tsp Sea Salt
1/2 tsp Garlic Powder
2 grams Avocado Oil Spray

Directions

- 1 Preheat the air fryer to 400°F (205°C).
- 2 Pat the chicken wings dry and place them in a large bowl. Add the baking powder, salt, and garlic powder and toss well to coat the wings.
- 3 Place the wings in the air fryer in a single layer. Spray with oil. Bake for 16 to 18 minutes, flipping once, until they are crispy. Serve and enjoy!

Notes

Leftovers: Best enjoyed immediately after baking. Refrigerate in an airtight container for up to two days.

Serving Size: One serving is about two to three whole chicken wings.

More Flavor: Add extra seasonings such as lemon pepper, herbs, or smoked paprika.

No Air Fryer: Bake at 425°F (220°C) for about 35 minutes, flipping halfway through until crispy.

Avocado Oil Spray: One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.



Lamb & Guacamole Sliders

4 servings

30 minutes

Ingredients

- 1/2 Sweet Potato (large, cut into 1/2-inch rounds)
- 2 tsp Avocado Oil
- 455 grams Ground Lamb
- 3 Garlic (cloves, finely chopped, divided)
- Sea Salt & Black Pepper (to taste)
- 1 Avocado (medium)
- 2 tbsps Red Onion (diced)
- 1/2 Lime (juiced)
- 1/2 head Boston Lettuce (leaves separated)
- 4 grams Cilantro (finely chopped)

Directions

- 1 Turn on your grill to medium-low heat on one side and to medium heat on the other side.
- 2 Brush the sweet potato rounds with oil. Add the sweet potato to the medium-low side of the grill and cook for approximately 20 minutes, flipping halfway through.
- 3 While the sweet potato is cooking, add the ground lamb, half of the garlic, salt, and pepper to taste into a bowl. Mix together with your hands and create even-sized patties, approximately the size of your palm.
- 4 Add the lamb patties to the medium heat side of the grill and cook for approximately 10 minutes, flipping once.
- 5 Meanwhile, make your guacamole by mashing the avocado with the red onion, lime juice, the remaining garlic, and salt and pepper to taste.
- 6 Remove the sweet potato rounds and lamb patties from the grill. Create your sliders by stacking guacamole, lettuce, cilantro, and a lamb patty onto the sweet potato rounds. Enjoy!

Notes

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

Serving Size: One serving is one slider.

Additional Toppings: Add cucumber, tomato, or more red onion.

No Boston Lettuce: Use butter lettuce, mixed greens, or iceberg lettuce instead.

No Lamb: Use ground beef or any other type of meat or a vegetarian patty.



Steak, Squash, & Bok Choy

4 servings

35 minutes

Ingredients

1 Acorn Squash (medium, sliced)
420 grams Bok Choy (chopped)
2 tbsps Extra Virgin Olive Oil (divided)
455 grams Flank Steak
Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat the oven to 400°F (205°C). Place the squash and bok choy on a baking sheet and toss to coat in half of the oil. Bake in the oven for 30 minutes or until the squash is fork-tender.
- 2 Heat the remaining oil in a pan over medium heat. Add the steak to the pan and cook for seven to 10 minutes on each side, or until desired doneness.
- 3 Divide the steak, squash, and bok choy evenly between plates. Season with salt and pepper. Enjoy!

Notes

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

More Flavor: Add spices and herbs like garlic powder, onion powder, sage, and/or paprika.



Meatball Lettuce Wraps

2 servings

40 minutes

Ingredients

215 grams Extra Lean Ground Beef
Sea Salt & Black Pepper (to taste)
85 grams Grated Carrot
15 grams Parsley
1 head Boston Lettuce (peeled apart into leaves and washed)
1/2 Lime (cut into wedges)

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In a large bowl mix together the ground beef, salt, and pepper. Roll the beef into roughly one-inch balls and place them on the baking sheet. Bake in the oven for 20 to 25 minutes or until cooked through.
- 3 Divide the cooked meatballs, carrot, and parsley between lettuce leaves. Squeeze lime juice on top and enjoy!

Notes

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

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

More Flavor: Add garlic, sesame seeds, ginger, smoked paprika, or chili powder the meatballs.

Additional Toppings: Crushed peanuts, peanut sauce, salsa, tahini dressing, or mashed avocado.



Sheet Pan Dijon Chicken Thighs & Broccoli

4 servings

40 minutes

Ingredients

680 grams Chicken Thighs (boneless, skinless)
2 tbsps Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
2 tsps Dijon Mustard
730 grams Broccoli (florets, chopped)

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet(s) with parchment paper.
- 2 In a large bowl, combine the chicken with half the oil, salt, pepper, and dijon mustard. Transfer to the prepared baking sheet and bake for 20 minutes.
- 3 Remove the baking sheet and add the broccoli. Toss with the remaining oil. Return to the oven and bake for 12 to 15 minutes longer, until cooked through.
- 4 Divide evenly between plates. Season with additional salt and pepper if needed. Enjoy!

Notes

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

Serving Size: One serving is about three cups.

More Flavor: Add maple syrup and/or honey to the chicken.



Greek Chicken & Veggies with Coconut Tzatziki

4 servings

45 minutes

Ingredients

455 grams Chicken Breast
1 Lemon (juiced and zested, divided)
1 tbsp Extra Virgin Olive Oil (divided)
4 Garlic (cloves, minced, divided)
Sea Salt & Black Pepper (to taste)
1 Zucchini (large, chopped)
120 grams Red Onion (chopped)
65 grams Black Olives
225 grams Unsweetened Coconut Yogurt
1/4 Cucumber (medium, finely shredded)
2 tbsps Parsley (finely chopped, divided)

Directions

- 1 Preheat the oven to 375°F (190°C). Place the chicken breast and half of the following ingredients into a sealable container: lemon juice, lemon zest, oil, garlic, salt, and pepper. Cover with a lid, shake, and let it marinate for at least 10 minutes while you prepare the rest of the ingredients.
- 2 Add the zucchini, red onion, black olives, and marinated chicken breasts to a baking sheet. Toss the vegetables with the remaining oil, salt, and pepper to taste. Bake in the oven for 30 minutes.
- 3 Meanwhile, prepare the tzatziki by combining the coconut yogurt, shredded cucumber, remaining lemon juice, remaining garlic, half of the parsley, and salt to taste. Whisk until well mixed.
- 4 Divide the chicken breasts and vegetables evenly between plates. Top with tzatziki and remaining parsley. Enjoy!

Notes

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

More Flavor: Add cooked potatoes, bell peppers, or serve with a pita.

No Coconut Yogurt: Use Greek yogurt or sour cream instead.



Steak with Pineapple & Avocado Salsa

2 servings

20 minutes

Ingredients

- 1/2 tsp Extra Virgin Olive Oil
- 225 grams Flank Steak
- 1/2 tsp Sea Salt (divided)
- 85 grams Pineapple (chopped)
- 1/2 Avocado (diced)
- 1/4 Yellow Onion (chopped)
- 1/2 Lime (juiced)
- 1 tsp Cilantro (finely chopped)

Directions

- 1 Warm the oil in a pan over medium-high heat. Season both sides of the steak with half of the salt. Add the steak to the pan and cook for five to six minutes on each side, or until desired doneness.
- 2 Meanwhile, in a small bowl mix the remaining ingredients together.
- 3 Remove the steak from the heat and allow it to rest for about five minutes before slicing into it.
- 4 Divide the steak evenly between plates. Top with the pineapple salsa and enjoy!

Notes

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

Additional Toppings: Green onions.

No Lime: Use lemon instead.

No Fresh Pineapple: Use canned or frozen pineapple instead.



One Pan Steak, Root Veggies & Broccoli

4 servings

35 minutes

Ingredients

150 grams Jerusalem Artichokes (chopped)
1 Sweet Potato (medium, chopped)
275 grams Broccoli (chopped)
1 tbsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
455 grams Top Sirloin Steak

Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 Toss the Jerusalem artichokes, sweet potatoes, and broccoli with the oil, salt, and pepper until well coated. Add everything to a large baking sheet.
- 3 Add the steaks to the pan and season with salt and pepper to taste. Bake in the oven for 30 minutes, or until vegetables are browning and steak is cooked to desired doneness.
- 4 Evenly divide the steak and veggies between plates. Enjoy!

Notes

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

More Flavor: Add dried parsley, sage, or oregano.



Ground Beef, Cabbage & Carrot Skillet

2 servings

25 minutes

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1/3 Yellow Onion (diced)
- 1 Garlic (clove, minced)
- 225 grams Extra Lean Ground Beef
- 180 grams Green Cabbage (thinly sliced)
- 1 Carrot (medium, julienned)
- Sea Salt & Black Pepper (to taste)
- 1/2 Lime (juiced)
- 2 tbsps Cilantro (chopped)

Directions

- 1 Warm the oil in a large pan over medium heat. Add the onion and sauté for three to four minutes or until soft. Add the garlic and cook for another minute.
- 2 Add the beef, breaking it up as it cooks. Cook for five to seven minutes, stirring occasionally. Add the cabbage and carrot to the pan. Season with salt and pepper and cook for 10 to 12 minutes or until everything is cooked through. Stir occasionally.
- 3 Drizzle with lime juice and top with cilantro before serving. Enjoy!

Notes

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

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

More Flavor: Add mushrooms.

No Lime: Use lemon instead.



Sheet Pan Greek Chicken with Sweet Potato

2 servings

45 minutes

Ingredients

- 340 grams Chicken Thighs (bone-in, skin-on, trimmed)
- 1 Sweet Potato (Japanese, large, peeled, cut into wedges)
- 160 grams Red Onion (chopped)
- 35 grams Assorted Olives
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1 tbsp Lemon Juice
- 1/2 tsp Sea Salt
- 1 tbsp Greek Seasoning
- 1/2 Lemon (sliced)

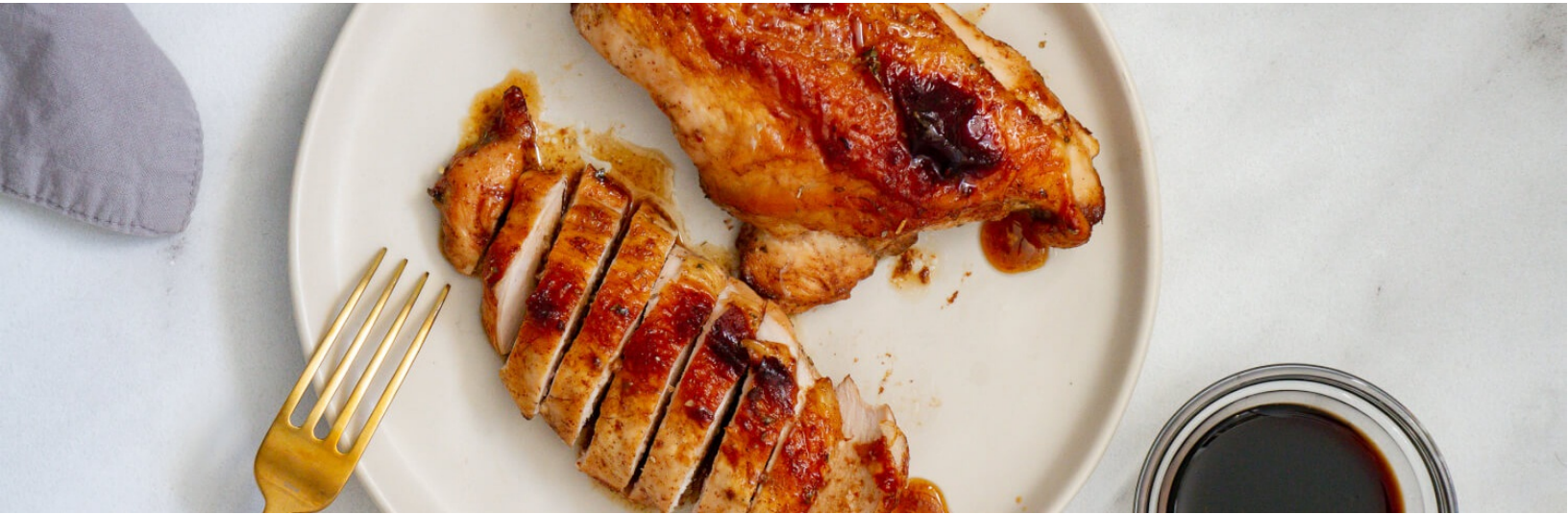
Directions

- 1 Preheat the oven to 425°F (220°C). Line a large rimmed baking sheet with parchment paper.
- 2 Add the chicken thighs to the baking sheet. Place the sweet potato and the onion around the chicken thighs, then add the olives.
- 3 Drizzle with the oil and lemon juice, stirring to coat the vegetables. Season with salt, tossing gently to coat with your hands. Garnish with lemon slices.
- 4 Cook in the oven for 30 minutes or until the chicken is cooked through. Divide the chicken and vegetables evenly between plates and enjoy!

Notes

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

Additional Toppings: Fresh herbs like parsley and chives.



Balsamic Dijon Chicken

2 servings

30 minutes

Ingredients

60 milliliters Balsamic Vinegar
1 tsp Dijon Mustard
1 tsp Oregano (dried)
225 grams Chicken Breast (boneless,
skin-on)

Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 Mix the balsamic vinegar, mustard, and oregano together and spread it onto the chicken.
- 3 Cook the chicken in the oven for 25 to 30 minutes or until cooked through. Enjoy!

Notes

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

More Flavor: Add minced garlic and/or shallots to the marinade.

Additional Toppings: Garnish with chopped parsley, thyme, and/or cilantro.

No Skin-On Chicken: Use any cut of chicken available or use turkey breast instead.



Chicken Stroganoff & Cauliflower Mash

2 servings

30 minutes

Ingredients

1/2 head Cauliflower (medium, chopped into florets)
120 milliliters Chicken Broth (divided)
225 grams Chicken Thighs (boneless, skinless, sliced)
1 tbsp Arrowroot Powder
1 tbsp Avocado Oil (divided)
190 grams Mushrooms (sliced)
2 Garlic (cloves, minced)
1 tsp Apple Cider Vinegar
1 tbsp Coconut Aminos
60 milliliters Coconut Cream (optional)

Directions

- 1 Place the cauliflower in a steamer basket over boiling water and cover. Steam for 10 to 15 minutes or until very tender. Transfer the steamed cauliflower and 1/4 of the broth to a food processor or blender and process until desired texture. Set aside and keep warm.
- 2 Toss the chicken in a bowl with the arrowroot powder making sure each piece of meat is completely covered. Set aside.
- 3 Warm half of the oil in a large pan over medium-high heat. Add the chicken and cook for four to six minutes, stirring occasionally, or until the chicken is cooked through. Set aside.
- 4 Using the same pan, add the remaining oil and mushrooms. Cook for four to six minutes, continuously stirring. Add the garlic and sauté for one more minute.
- 5 Add the remaining broth, apple cider vinegar, coconut aminos, and coconut cream, if using. Add the cooked chicken and stir to combine. Simmer for two minutes, or until slightly thickened.
- 6 Divide the cauliflower mash evenly between bowls. Top with the chicken and mushroom mixture and enjoy!

Notes

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

Serving Size: One serving is approximately two cups.

More Flavor: Add thyme, Worcestershire sauce, white wine, and/or salt and pepper. Use Greek yogurt or sour cream instead of coconut cream.

Additional Toppings: Fresh parsley.



Chicken & Cauliflower Squash Gratin

4 servings

50 minutes

Ingredients

280 grams Butternut Squash (peeled and cubed)
1 head Cauliflower (cut into florets then thinly sliced)
455 grams Chicken Breast (sliced)
240 milliliters Canned Coconut Milk
70 grams Nutritional Yeast (divided)
3 Garlic (cloves, large)
1 tsp Onion Powder
1 tbsp Arrowroot Powder
1 tsp Sea Salt

Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 Add the butternut squash to a steaming basket and steam, covered, for 10 minutes. While the squash is cooking, add the cauliflower and chicken to a casserole dish. Set aside.
- 3 Transfer the steamed squash to a blender along with the coconut milk, half of the nutritional yeast, garlic, onion powder, arrowroot powder, and sea salt. Blend on high for at least one minute, until smooth and creamy.
- 4 Pour the squash sauce over the cauliflower and chicken. Mix well to combine. Add the remaining nutritional yeast on top. Transfer the casserole dish to the oven to bake for 35 minutes, or until the top is starting to brown. Enjoy!

Notes

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

Serving Size: An 8 x 11-inch casserole dish was used to make four servings. One serving is approximately 1 1/4 cups.

Make it Vegan: Use tempeh or textured soy in place of the chicken.

More Flavor: Add smoked paprika and red pepper flakes.

Additional Toppings: Shredded cheese, breadcrumbs.



Creamy Mushrooms & Meatballs with Cauliflower Rice

4 servings

45 minutes

Ingredients

- 1 tbsp Coconut Oil
- 4 Garlic (cloves, minced)
- 575 grams Mushrooms (sliced)
- 175 milliliters Bone Broth
- 455 grams Extra Lean Ground Beef
- 1 1/2 tbsps Arrowroot Powder
- 3 tbsps Tarragon (fresh, chopped, divided)
- 1 tsp Sea Salt (divided)
- 425 milliliters Canned Coconut Milk (full fat)
- 340 grams Cauliflower Rice

Directions

- 1 Melt the oil in a large pan over medium heat. Add the garlic and cook for one minute. Add the mushrooms and broth and cook for 10 minutes, stirring frequently.
- 2 In a bowl, combine the ground beef, arrowroot powder, half of the tarragon, and half of the salt. Mash together with your hands until well mixed. Form into two-inch meatballs and add them to the pan with the mushrooms.
- 3 Add the coconut milk and remaining sea salt. Stir, then cover and simmer for 20 to 30 minutes, stirring occasionally.
- 4 Meanwhile, cook the cauliflower rice in a pan over medium heat for five to 10 minutes, until warmed through. Alternatively, cook it in the microwave for one to three minutes.
- 5 Divide the cauliflower rice, meatballs, mushrooms, and sauce onto plates. Top with the remaining tarragon. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately one cup of cauliflower rice with three meatballs and mushroom sauce.

More Flavor: Add fresh or dried sage and white pepper. Serve alongside asparagus and/or green beans.

No Cauliflower Rice: Use brown rice, white rice, or quinoa instead.

No Fresh Tarragon: Use parsley, cilantro, or oregano instead.



Sweet Potato, Kale & Chicken Soup

6 servings

1 hour

Ingredients

- 1 Yellow Onion (small, roughly chopped)
- 2 Garlic (cloves, roughly chopped)
- 2 tbsps Extra Virgin Olive Oil
- 680 grams Chicken Thighs (boneless, skinless)
- 1/2 tsp Sea Salt
- 2 Carrot (large, chopped)
- 2 stalks Celery (chopped)
- 1 Sweet Potato (Japanese, large, cubed)
- 1.4 liters Chicken Broth, Low Sodium (Low Sodium)
- 40 grams Kale Leaves (chopped)

Directions

- 1 In a small blender or a food processor, purée the onion and garlic. Set aside.
- 2 In a large pot or dutch oven, heat the oil over medium-low heat. Add the chicken thighs and season with salt. Cook for three to five minutes per side or until they are browned and cooked through. Remove and set aside.
- 3 Add the onion and garlic mixture, carrots, celery, and sweet potato to the large pot. Sauté for four to five minutes or until the vegetables have softened. Add a splash of broth or water if needed.
- 4 Add the chicken back in along with the broth. Bring to a boil and then reduce the heat and simmer, partially covered for 25 to 30 minutes or until the chicken is tender and the potatoes are cooked through.
- 5 Remove the chicken and place it in a bowl or on a plate. Shred it with two forks then put it back into the soup. Add the kale and cook for a few more minutes, until wilted.
- 6 Divide evenly between bowls and enjoy!

Notes

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

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

More Flavor: Add lemon while the soup is cooking.

No Kale: Use Swiss chard, spinach, or other leafy greens.



One Pan Roasted Tahini Chicken & Sweet Potato

2 servings

30 minutes

Ingredients

455 grams Chicken Thighs (boneless, skin-on)
1 Sweet Potato (large, peeled, cubed)
2 tsps Coconut Oil (melted)
2 tsps Cumin
Sea Salt & Black Pepper
1 tbsp Tahini
1 1/2 tsps Water
1 tbsp Mint Leaves (fresh, chopped)

Directions

- 1 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 2 Place the chicken thighs and sweet potato on the prepared baking sheet. Rub the coconut oil, cumin, salt, and pepper into the chicken and sweet potato to coat well. Cook for 20 minutes, tossing the sweet potato halfway through.
- 3 Meanwhile, mix the tahini with the water until you get a creamy consistency.
- 4 Drizzle the chicken and sweet potato with the tahini sauce and garnish with mint. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for three days.

Serving Size: One serving is approximately two chicken thighs and one cup of sweet potato.

More Flavor: Add minced garlic and shallots to the pan with the sweet potato.



Ginger Sweet Potato Chicken Nuggets

3 servings

35 minutes

Ingredients

225 grams Extra Lean Ground Chicken
1/2 Sweet Potato (large, peeled and grated)
2 stalks Green Onion (chopped)
1 tbsp Cassava Flour
1/4 tsp Ground Ginger
2 Garlic (cloves, minced)
1 tbsp Coconut Aminos
1/4 tsp Sea Salt

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In a large bowl, combine the chicken, sweet potato, onion, flour, ginger, garlic, coconut aminos, and salt. Mix to combine.
- 3 Use your hands to form the mixture into balls, slightly larger than a golf ball, and then flatten them slightly into nugget shapes. Transfer to the baking sheet.
- 4 Bake for 24 to 25 minutes, flipping halfway through. Broil for one to two minutes at the end if you want to brown them more. Enjoy!

Notes

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

Serving Size: Three servings yields 12 nuggets. One serving is four nuggets.

No Cassava Flour: Use coconut, almond, or oat flour instead.

More Flavor: Use ground dark meat instead.

No Ground Chicken: Use ground turkey instead.

No Coconut Aminos: Use tamari or soy sauce instead.



Broccoli & Cabbage Chicken Skillet

2 servings

25 minutes

Ingredients

1 1/2 tps Avocado Oil
80 grams Red Onion (chopped)
340 grams Extra Lean Ground Chicken
1/4 tsp Sea Salt (divided)
1 tbsp Apple Cider Vinegar
1 Garlic (cloves, minced)
1 tbsp Ginger (fresh, grated)
340 grams Coleslaw Mix
90 grams Broccoli (chopped into florets)
10 grams Basil Leaves (chopped, plus extra for garnish)

Directions

- 1 Heat the oil in a large skillet over medium-high heat. Add the onions and sauté for two to three minutes until softened. Add the chicken, breaking it up as it cooks. Cook for five minutes. Season with salt.
- 2 Add the vinegar and cook for one more minute. Add the garlic and the ginger and cook until fragrant, about one minute.
- 3 Add the coleslaw and broccoli. Continue cooking, stirring occasionally, until the coleslaw has cooked down and the broccoli is tender, about five minutes. Add the basil. Divide evenly between plates and enjoy!

Notes

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

Serving Size: One serving is approximately 2 1/4 cup.

More Flavor: Use ground turkey or pork in place of chicken.



One Pan Lemon Chicken with Asparagus

2 servings

30 minutes

Ingredients

1/2 tsp Extra Virgin Olive Oil
285 grams Chicken Breast (boneless, skinless, cubed)
270 grams Asparagus (woody ends trimmed, chopped)
1 Lemon (juiced and zested)
60 milliliters Chicken Broth
1 tsp Tapioca Flour
2 Garlic (cloves, minced)
2 tbsps Parsley (chopped)
1/4 tsp Sea Salt

Directions

- 1 Heat the oil in a pan over medium heat. Add the chicken and cook for about 10 to 12 minutes, stirring occasionally, or until cooked through and browned.
- 2 Add the asparagus to the pan and cook for another four to five minutes.
- 3 In a small bowl, whisk together the lemon juice, lemon zest, broth, and tapioca flour. Add the mixture to the pan along with the garlic and parsley.
- 4 Stir and season with salt. Cook for about a minute or until thickened, stir occasionally. Divide evenly between plates and enjoy!

Notes

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

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

More Flavor: Add onion, bell pepper, and/or broccoli. Serve over rice, cauliflower rice, quinoa, or your grain of choice.



Beef & Mushroom Parsnip Risotto

4 servings

45 minutes

Ingredients

- 2 tsps Extra Virgin Olive Oil
- 1/2 Yellow Onion (medium, diced)
- 2 Garlic (cloves, minced)
- 385 grams Mushrooms (sliced)
- 2 Carrot (large, finely chopped)
- 455 grams Lean Ground Beef
- 2 Parsnip (finely chopped into rice-like texture)
- 710 milliliters Beef Broth
- 1/2 tsp Sea Salt
- 5 grams Cilantro (finely chopped)

Directions

- 1 Heat the oil in a large pan over medium heat. Add the onion and garlic and cook for two to three minutes while stirring.
- 2 Add the mushrooms and cook for five minutes, stirring frequently. Add the carrots and cook for another five minutes.
- 3 Add the ground beef and continue to cook for five to seven minutes, stirring frequently, until starting to brown.
- 4 Add the parsnip rice to the pan along with a splash of broth. Cook for a couple of minutes, stirring frequently, then add another large splash of the broth. Repeat this process until all of the broth has been added and the parsnips have softened quite a bit.
- 5 Season with salt and remove from the heat. Divide evenly between plates. Top with cilantro and enjoy!

Notes

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

Serving Size: One serving is equal to approximately 1 1/4 cups.

Make it Vegan: Use crumbled tempeh instead of ground beef.

More Flavor: Add fresh or dried sage.

No Parsnips: Use cauliflower rice instead.



Creamy Turmeric Pork Chops with Cauliflower Rice

2 servings

25 minutes

Ingredients

225 grams Pork Chop (boneless)
1 tsp Turmeric (divided)
1 tbsp Ginger (fresh, grated, divided)
Sea Salt & Black Pepper (to taste)
1 1/2 tbsps Coconut Oil (divided)
340 grams Cauliflower Rice
160 grams Shallot (chopped)
120 milliliters Water
120 milliliters Coconut Cream
45 grams Baby Kale (chopped)

Directions

- 1 Rub the pork chops with half of the turmeric and half of the ginger. Season with salt and pepper.
- 2 Preheat 1/3 of the oil in a non-stick skillet over medium-high heat. Add the pork chops and cook for three minutes per side, or until they are mostly cooked through. Set aside.
- 3 Add the cauliflower rice and half of the remaining oil to the skillet. Cook for three minutes or until cooked to your desired doneness. Set aside.
- 4 To the same skillet, add the remaining oil and the shallot. Cook for three minutes, until softened. Add the remaining turmeric and ginger and cook for another minute, stirring to combine.
- 5 Add the water and bring to a simmer. Reduce the heat to low. Add the coconut cream and kale and stir until combined. Add the pork chops and coat them with the sauce. Cook for four minutes or until the sauce has reduced and thickened, and the pork is cooked through. Season with salt and pepper to taste.
- 6 Serve with cauliflower rice and enjoy!

Notes

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

Serving Size: One serving is approximately one cup of cauliflower rice topped with pork and sauce.



One Pan Pork & Broccoli

2 servings

30 minutes

Ingredients

340 grams Pork Chop (boneless)
365 grams Broccoli (cut into florets)
2 tbsps Extra Virgin Olive Oil (divided)
2 tbsps Italian Seasoning (divided)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 Add the pork chops to one side of the baking sheet and rub them with half of the oil and half of the Italian seasoning. Add the broccoli to the other side of the baking sheet and coat it with the remaining oil and Italian seasoning.
- 3 Bake for 15 to 20 minutes, turning the pork chops halfway through, or until the pork chops are cooked through and the broccoli is browned. Divide onto plates and season with salt and pepper. Enjoy!

Notes

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

Serving Size: One serving is one pork chop and approximately two cups of broccoli.

More Flavor: Drizzle lemon juice onto the pork chops and broccoli.