



**Low Histamine**

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## Rosemary & Sea Salt Oat Crackers

4 servings

25 minutes

### Ingredients

- 120 grams Oat Flour
- 1/4 tsp Baking Powder
- 1 tsp Sea Salt (divided)
- 1 1/2 tsps Dried Rosemary (divided)
- 75 milliliters Water (plus more if needed)
- 2 tsps Coconut Oil (melted)

### Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 In a medium bowl, stir together the oat flour, baking powder, half of the salt and two-thirds of the dried rosemary. Mix in the water and knead a few times with your hands, adding additional water if needed to form a cohesive dough.
- 3 Place the dough between two sheets of parchment paper and roll it out until the dough is approximately one to two millimeters thick.
- 4 Cut the dough into approximately two-inch squares and transfer them to the prepared baking sheet. Poke each cracker with a fork, brush with the oil, and top with the remaining salt and dried rosemary.
- 5 Bake the crackers for 15 minutes until crispy and golden around the edges. Let cool completely on the baking sheet. Enjoy!

### Notes

**Leftovers:** Store in an airtight container at room temperature for two to three days.

**Serving Size:** One serving is equal to six two-inch crackers.

**Homemade Oat Flour:** Pulse oats in the blender or food processor until finely ground.

One cup of oats yields approximately one cup of flour.

**More Flavor:** Switch up the herbs or use your spice of choice.

**Kid-Friendly:** Use cookie cutters to make fun-shaped crackers.



## Apple Quinoa Salad with Roasted Chicken

2 servings

40 minutes

### Ingredients

1/2 tsp Sesame Oil  
1 tsp Smoked Paprika  
Sea Salt & Black Pepper (to taste)  
170 grams Chicken Breast  
85 grams Quinoa  
3 tbsps Tahini  
2 tbsps Water  
1 tsp Honey  
40 grams Arugula  
1 Green Apple (sliced)  
2 tbsps Mint Leaves (optional)

### Directions

- 1 Preheat the oven to 425°F (215°C) and line a baking tray with parchment paper.
- 2 Add sesame oil, paprika, salt, and pepper to the chicken. Bake in the oven for 22 to 25 minutes, or until the chicken is cooked through.
- 3 Meanwhile, cook the quinoa according to the package directions. Once cooked, fluff with a fork and let it cool.
- 4 Make the dressing by whisking the tahini, water, and honey together. Season with salt and pepper.
- 5 Thinly slice the cooked chicken. Divide the quinoa, arugula, apple, and chicken evenly between plates. Top with the dressing and mint, if using. Enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately three cups.

**More Flavor:** Add red onion.

**Make it Vegan:** Omit the chicken or use chickpeas, tofu, or tempeh instead.

**No Arugula:** Use mixed greens instead.



## Pork & Cabbage Rice Paper Dumplings

4 servings

45 minutes

### Ingredients

- 1 tbsp Coconut Oil (divided)
- 3 Garlic (cloves, minced)
- 455 grams Lean Ground Pork
- 180 grams Purple Cabbage (thinly sliced)
- 220 grams Grated Carrot
- 1 tbsp Ginger (grated)
- Sea Salt & Black Pepper (to taste)
- 5 stalks Green Onion (chopped)
- 8 Rice Paper Wraps

### Directions

- 1 Warm 1/3 of the oil in a pan over medium heat. Add the garlic and cook for one minute, stirring frequently. Add the ground pork and continue to cook for five minutes, until starting to brown.
- 2 Add the cabbage and cook for another 10 minutes, or until tender-crisp. Add the grated carrot, ginger, salt, and pepper and continue to cook for five more minutes, or until the carrot is softened. Add the green onion and cook for one minute, then turn off the heat.
- 3 Soften a sheet of rice paper underwater by submerging it in a shallow dish for five seconds. Transfer to a plate.
- 4 Scoop 1/3 cup of the pork and veggie mixture into the center of the rice paper wrap and fold the sides in. Allow them to stick together to create a pocket, and roll to create a dumpling. Repeat for the remaining wraps.
- 5 Warm the remaining oil in the pan and cook the wraps for five minutes on each side or until they start to brown and get crispy. Enjoy!

### Notes

**Leftovers:** Best enjoyed immediately. Refrigerate in an airtight container for up to two days. Separate the rolls with a damp cloth or lettuce leaves to prevent sticking.

**Serving Size:** One serving is equal to two dumplings.

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

**More Flavor:** Add tamari or coconut aminos and red pepper flakes.

**Serve it With:** Plum sauce, peanut sauce, hoisin sauce, or ponzu.



## Grilled Chicken Tacos with Mango Slaw

2 servings

25 minutes

### Ingredients

- 1 tsp Coconut Oil
- 280 grams Chicken Thighs (boneless, skinless)
- 1/2 tsp Cumin
- 1/2 tsp Paprika
- 1/2 tsp Sea Salt (divided)
- 180 grams Green Cabbage (finely sliced)
- 1/2 Mango (diced)
- 1 tbsp Cilantro (minced)
- 4 Corn Tortilla (medium)

### Directions

- 1 Heat the oil in a skillet over medium-high heat. Season both sides of the chicken with the cumin, paprika, and half of the salt.
- 2 Add the chicken to the skillet and cook for seven to eight minutes per side. When fully cooked, remove the chicken from the skillet and set aside to rest for five minutes before slicing.
- 3 Meanwhile, in a mixing bowl combine the sliced cabbage, mango, cilantro, and the remaining salt. Mix well.
- 4 Fill each tortilla with the sliced chicken and mango slaw. Enjoy!

### Notes

**Leftovers:** Store the taco components separately. The chicken will keep well in the refrigerator for three to four days. The mango slaw is best enjoyed within one to two days.

**Serving Size:** One serving size is equal to two tacos.

**No Chicken Thighs:** Substitute chicken breast or ground chicken.

**Save Time:** Use bagged coleslaw mix and frozen mango chunks.

**More Flavor:** Top with red onions and additional cilantro.

**Make It Spicy:** Add sliced jalapenos.



## Chicken & Pea Soba Noodles

2 servings

35 minutes

### Ingredients

225 grams Chicken Breast  
80 milliliters Water (divided)  
85 grams Buckwheat Soba Noodles  
1/2 Yellow Bell Pepper (sliced)  
80 grams Frozen Peas (thawed)  
2 tbsps Sunflower Seed Butter  
2 Garlic (cloves, minced)  
1/2 tsp Onion Powder  
1/2 tsp Sea Salt

### Directions

- 1 Warm a non-stick pan over medium heat. Add the chicken breasts and half of the water, then cover with a lid. Cook for seven to 10 minutes on each side.
- 2 Meanwhile, cook the soba noodles according to the package directions.
- 3 Once the chicken is nearly done, add the peppers and peas to the pan with the chicken, and return the lid. Cook until the chicken is cooked through. Remove the chicken breasts and slice into pieces.
- 4 In a small bowl, combine the sunflower seed butter, garlic, onion powder, salt, and remaining water. Whisk until smooth.
- 5 Divide the soba noodles, chicken, vegetables, and sauce evenly between bowls. 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.

**Make it Vegan:** Use tofu or tempeh in place of the chicken.

**More Flavor:** For the sauce, use lime juice and tamari in place of water and add maple syrup, ginger, and red pepper flakes.

**Additional Toppings:** Cilantro and sesame seeds.

**No Sunflower Seed Butter:** Use peanut butter or almond butter 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.



## Coconut Shortbread Cookies

8 servings

20 minutes

### Ingredients

55 grams Coconut Flour  
2 tbsps Arrowroot Powder  
35 grams Coconut Sugar  
60 milliliters Coconut Oil (melted)

### Directions

- 1 Preheat the oven to 350°F (177°C). Line a baking sheet with parchment paper or a silicone baking mat.
- 2 In a mixing bowl, stir the coconut flour, arrowroot and coconut sugar together. Fold in the coconut oil until evenly combined.
- 3 Gently squeeze and shape a tablespoonful of the dough into a ball. Transfer to the baking sheet and use your fingers to flatten each ball slightly. Repeat until all the dough is used.
- 4 Bake for five minutes or until golden brown. Let cool completely before serving to allow the cookies to firm up, at least 15 minutes. If the cookies are too crumbly, freeze them before serving.

### Notes

**Leftovers:** Freeze in an airtight container or freezer bag. Serve from frozen for best results.

**Serving Size:** Each serving equals one cookie.

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





## Turmeric Baked Potatoes

4 servings

45 minutes

### Ingredients

600 grams Mini Potatoes (halved)  
80 milliliters Coconut Oil (melted)  
1 tsp Turmeric  
1 tsp Sea Salt  
1 tbsp Fresh Dill (chopped)

### Directions

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

### Notes

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

**More Flavor:** Add minced garlic.

**No Dill :** Top with parsley or cilantro instead.



## Coconut Turmeric Cauliflower

4 servings

30 minutes

### Ingredients

- 480 milliliters Plain Coconut Milk (from the carton)
- 1 tbsp Turmeric
- 1 tsp Sea Salt
- 1 tsp Black Pepper
- 1 head Cauliflower (chopped into florets)
- 4 grams Cilantro (chopped)

### Directions

- 1 Heat a skillet over medium heat and add the coconut milk, turmeric, salt and black pepper. Whisk together and let simmer on low.
- 2 Once bubbles start to appear in the sauce, add the cauliflower florets and reduce the heat slightly. Cook covered with a lid for 15 to 20 minutes, or until your desired consistency is reached.
- 3 Divide the cauliflower mixture between bowls. Top with cilantro and enjoy!

### Notes

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

**More Flavor:** Add garlic powder or chilli flakes to the sauce.

**Additional Toppings:** Top with sesame seeds.



## Easy Peach Crumble

3 servings

30 minutes

### Ingredients

1 1/2 tps Coconut Oil  
80 grams Oats (rolled, divided)  
60 grams Unsweetened Applesauce  
2 tbsps Maple Syrup  
2 Peach (pit removed, sliced)

### Directions

- 1 Preheat the oven to 375°F (190°C). Grease a cast-iron pan or baking dish with the coconut oil.
- 2 Add 1/3 of the oats to a food processor or blender and blend into a fine powder to create oat flour. Transfer the oat flour to a mixing bowl and combine with the remaining rolled oats, applesauce and maple syrup.
- 3 Gently stir in the peaches and transfer to the cast-iron pan or baking dish. Bake for 20 to 25 minutes, or until the peaches are tender and the crumb is slightly golden.
- 4 Divide into bowls and enjoy!

### Notes

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

**Serving Size:** One serving equals approximately 1 cup.

**More Flavor:** Add cinnamon, nutmeg, lemon juice and/or lemon zest.

**Additional Toppings:** Ice cream, yogurt, whipped coconut cream or crushed nuts.

**No Oat Flour:** Use any flour on hand.

**No Applesauce:** Use mashed banana instead with a few tablespoons of water as needed.



## Peas & Carrots

4 servings

15 minutes

### Ingredients

4 Carrot (peeled, sliced)  
1/4 tsp Sea Salt (optional)  
240 grams Frozen Peas

### Directions

- 1 Add the carrots to a pot. Add enough water to cover the carrots and add the salt, if using. Bring the water to a boil over medium-high heat and cook for 5 to 8 minutes, or until just tender.
- 2 Add the peas and continue to cook for 2 to 3 minutes until the peas are tender.
- 3 Drain and serve. Enjoy!

### Notes

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

**Additional Toppings:** Serve with butter, ghee or olive oil and salt and pepper.

**No Frozen Peas:** Use fresh peas instead.



## Green Beans, Broccoli & Carrots

3 servings

18 minutes

### Ingredients

- 1/4 tsp Sea Salt (optional)
- 2 Carrot (peeled, chopped)
- 180 grams Broccoli (cut into florets)
- 100 grams Green Beans (trimmed)

### Directions

- 1 Bring a pot of water to a boil and add the salt, if using.
- 2 Add the carrots and cook for 5 minutes. Add the broccoli to the pot and continue cooking for 3 minutes then add the beans and cook for 3 to 5 minutes more or until the vegetables are tender.
- 3 Drain and serve. Enjoy!

### Notes

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

**Additional Toppings:** Serve with butter, ghee or olive oil and salt and pepper.

**Vegetables:** Use fresh or frozen vegetables.



## Steamed Broccoli, Cauliflower & Carrots

4 servings

25 minutes

### Ingredients

- 2 Carrot (peeled, chopped)
- 1/2 head Cauliflower (cut into florets)
- 180 grams Broccoli (chopped)

### Directions

- 1 Set the carrots, cauliflower and broccoli in a steaming basket over boiling water and cover. Steam for 7 to 10 minutes or until cooked through. Remove from the basket and divide between plates. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately 1 cup of steamed vegetables.

**More Flavor:** Add salt and pepper.



## Steak with Garlic Butter

2 servings

20 minutes

### Ingredients

- 2 tbsps Butter (room temperature, divided)
- 1 Garlic (clove, minced)
- 1 tsp Parsley
- 2 tsps Sea Salt (divided)
- 455 grams Flat Iron Steak

### Directions

- 1 Mix half of the butter with the garlic, parsley and half of the sea salt. Set aside.
- 2 Heat a cast-iron pan over medium-high heat. Once hot, add the remaining butter. Once the butter is melted, add the steak. Cook for at least 4 minutes before flipping. Cook for at least 4 minutes per side, but up to 10 depending on preference. In the final few minutes, tilt the pan towards you and carefully spoon the butter over top of the steak.
- 3 Remove the steak from the pan and let it rest for 5 minutes. Serve with the garlic butter and enjoy!

### Notes

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

**More Flavor:** Add pepper or red pepper flakes to the butter mixture.

**Additional Toppings:** Caramelized onions and mushrooms.

**Serve it With:** Add to a bed of greens, roasted potatoes or alongside roasted vegetables.



## Broccoli Potato Bites

4 servings

1 hour

### Ingredients

2 Russet Potato (medium, peeled and cut in half)  
180 grams Broccoli (cut into small florets)  
1/2 tsp Onion Powder  
1/2 tsp Garlic Powder  
1/4 tsp Sea Salt

### Directions

- 1 Add the potatoes to salted water and bring to a boil. Cook for 10 to 12 minutes or until just fork tender (do not overcook). Drain the potatoes and set aside to cool until they are comfortable to handle.
- 2 Meanwhile, steam the broccoli for five to seven minutes until tender. Let the broccoli cool slightly. Finely chop the cooked broccoli and place on a clean kitchen towel (or use a nut milk bag). Squeeze as much liquid as possible from the broccoli. Transfer the broccoli to a mixing bowl.
- 3 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 4 While the potatoes are still warm, grate on the large side of a box grater and add to the mixing bowl with the broccoli. Season with the onion powder, garlic powder and salt. Mix until the potato and broccoli are very well combined.
- 5 Form the potato mixture into tightly-packed flat discs and place on the baking sheet. Bake for 30 minutes, flipping halfway through. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days for freeze for up to three months. Reheat in the oven or microwave until warmed through.

**Serving Size:** One serving is approximately four potato broccoli bites.

**More Flavor:** Use fresh garlic instead or add other herbs and spices. Dip in your favorite sauce.





## Cumin Chicken Skewers

4 servings

20 minutes

### Ingredients

- 2 tbsps Cumin Seed
- 2 tps Fennel Seed
- 1 tsp Sea Salt
- 565 grams Chicken Breast (skinless, boneless, cut into one-inch cubes)
- 1 1/2 tbsps Coconut Oil (melted)
- 2 Red Bell Pepper (medium, chopped)
- 8 Barbecue Skewers

### Directions

- 1 Coarsely grind the cumin and fennel seeds in a spice grinder or with a mortar and pestle. Combine with sea salt and set aside.
- 2 In a large bowl, toss the chicken in coconut oil. Add the spices and mix until well coated. Pierce the chicken and red bell peppers onto the barbecue skewers.
- 3 Grill over medium heat for about five to seven minutes per side, or until browned and cooked through. Sprinkle additional cumin just before serving (optional). Enjoy!

### Notes

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

**Serving Size:** One serving equals two skewers.

**More Flavor:** Add chili powder and garlic to your spice mix. Use a charcoal grill.

**Additional Toppings:** Serve with tabbouleh, pita, plain yogurt, brown rice, lettuce wraps, pickled or grilled vegetables.

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

**No Coconut Oil:** Use olive oil, butter, or ghee instead.



## Pork Chop, Roasted Potatoes & Steamed Greens

4 servings

45 minutes

### Ingredients

- 2 Yellow Potato (medium, cubed)
- 3 tbsps Ghee (divided)
- Sea Salt & Black Pepper (to taste)
- 735 grams Pork Chop (bone-in)
- 290 grams Collard Greens (sliced into small pieces)

### Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 2 Add the potatoes to the baking sheet with 1/3 of the ghee, melted. Add salt and pepper and toss to coat. Bake for 30 to 35 minutes, until crispy and browned.
- 3 Pat the pork chops dry with a paper towel. Season well with salt and pepper.
- 4 Heat a cast-iron skillet over medium heat and add the remaining ghee. Once hot, add the pork chops and cook for about five to six minutes, or until one side is golden and has developed a golden crust. Flip and cook for five to six minutes, or until cooked to your liking. This will depend on the thickness of your pork chop. Remove the pork chops from the pan and set aside with any remaining juices from the pan. Let rest for five minutes and then cut away from the bone into slices.
- 5 Meanwhile, bring a pot of water to a boil. Place the collard greens in a steamer basket over boiling water and cover. Steam for two to three minutes, or until just tender. Move to a bowl and season with salt and pepper.
- 6 Divide the potatoes, pork chop and collard greens onto plates. Serve and enjoy!

### Notes

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

**Dairy-Free:** Use extra virgin olive oil or avocado oil instead.

**More Flavor:** Add sliced garlic and herbs to the pork chop.



## Pan Fried Haddock with Broccoli & Green Beans

2 servings

20 minutes

### Ingredients

200 grams Green Beans (trimmed)  
135 grams Broccoli (cut into florets)  
1/2 tsp Turmeric  
1/2 tsp Cumin  
1/4 tsp Coriander  
1/4 tsp Ground Ginger  
1/8 tsp Sea Salt  
1 1/2 tps Coconut Oil  
2 Haddock Fillet

### Directions

- 1 Add the green beans and broccoli to a steamer basket over boiling water. Steam for seven to nine minutes or until the vegetables are tender.
- 2 Meanwhile, in a small bowl combine the turmeric, cumin, coriander, ginger, and salt. Add the coconut oil to a large non-stick pan over medium heat.
- 3 Rub the seasoning on both sides of the fillets until evenly coated. Place a seasoned fillet in the pan and cook for two to three minutes per side or until the fillet is just browned and flakes easily. Transfer to a plate lined with paper towels and season with additional salt if needed.
- 4 Add more oil to the pan if needed and continue to cook the remaining fillets. (Fish cooks more evenly and is easier to flip if the pan is not overcrowded.) To serve, divide the fish and vegetables between plates. Enjoy!

### Notes

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

**More Flavor:** Add other dried herbs and spices or use a yellow curry powder instead. Serve with fresh lime or lemon wedges.

**No Green Beans:** Use cauliflower, carrots or peas instead.

**No Haddock:** Use sole or tilapia instead.

**Fillet Size:** Each haddock fillet is equal to 150 grams or 5.3 ounces. Cooking time will vary depending on the thickness of the fillet.



## Baked Cod with Green Beans & Carrots

2 servings

35 minutes

### Ingredients

2 Carrot (large, peeled and thinly sliced)  
200 grams Green Beans (trimmed)  
1 tbsp Coconut Oil (melted, divided)  
1/4 tsp Sea Salt (divided)  
1/2 tsp Paprika  
1/4 tsp Turmeric  
1/4 tsp Cumin  
1/4 tsp Ground Ginger  
2 Cod Fillet

### Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Add the carrots and green beans to the baking sheet and season with half of the coconut oil and half of the salt. Toss to evenly coat, arrange in a single layer, and bake for 15 minutes.
- 3 Meanwhile, in a small bowl combine the paprika, turmeric, cumin, ginger, and remaining salt.
- 4 Remove the vegetables from the oven and flip. Make space for the cod fillets in the center of the baking sheet. Add the fillets and drizzle with the remaining coconut oil and the spice blend. Rub to coat all sides evenly. Continue to bake for 15 to 18 minutes or until the fish is cooked through and flakes easily and the vegetables are tender. 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. Serve with lime or lemon wedges.

**No Cod Fillets:** Use another white fish instead.

**Vegetables:** Use any vegetables you have on hand, like broccoli, cauliflower, or bell pepper.

**Fillet Size:** One cod fillet is equal to 231 grams or 8 ounces.



## Herb & Garlic Roasted Vegetables

2 servings

45 minutes

### Ingredients

- 1/2 head Cauliflower (small, cut into florets)
- 1 Beet (large, peeled and chopped)
- 180 grams Broccoli (cut into florets)
- 140 grams Butternut Squash (cut into cubes)
- 1 tbsp Coconut Oil (melted)
- 1 tsp Dried Parsley
- 1/2 tsp Garlic Powder
- 1/4 tsp Sea Salt

### Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Add the cauliflower, beet, broccoli, and squash to the baking sheet. Drizzle with coconut oil and season with parsley, garlic powder, and salt.
- 3 Bake for 35 to 40 minutes or until browned and tender. Season with additional salt if needed. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately two cups.

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

**Vegetables:** Use Brussels sprouts, sweet potato, carrots, or bell peppers instead.



## 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.



## Honey Garlic Chicken & Potatoes

4 servings

45 minutes

### Ingredients

680 grams Chicken Thighs (boneless, skinless)  
Sea Salt & Black Pepper (to taste)  
70 grams Butter (divided)  
2 Garlic (cloves, minced)  
110 grams Honey  
2 tsps Rosemary (fresh, chopped)  
600 grams Mini Potatoes (halved)

### Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper. Season the chicken thighs with salt and pepper and set aside in a large bowl.
- 2 In a medium sized pot over medium-low heat, melt half of the butter. Add the garlic and cook for one to two minutes, until fragrant. Remove from the heat and whisk in the honey.
- 3 Pour the honey butter mixture over the chicken and toss to coat. Place on the prepared baking sheet.
- 4 In the same pot, melt the remaining butter over low heat and add the rosemary. Toss in the potatoes and coat with the butter. Transfer to the baking sheet and season generously with salt and pepper.
- 5 Bake in the oven for 30 to 35 minutes, until the chicken is cooked through and the potatoes are tender. Divide onto plates and enjoy!

### Notes

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

**Serving Size:** One serving is about two chicken thighs and one cup of potatoes.

**More Flavor:** Add hot sauce to the honey-butter mixture.



## Creamy Basil Spaghetti

2 servings

20 minutes

### Ingredients

110 grams Brown Rice Spaghetti  
180 milliliters Canned Coconut Milk  
20 grams Basil Leaves (plus more for serving)  
1 Garlic (large clove, minced)  
1/4 tsp Sea Salt  
2 tbsps Water  
1/4 Sweet Onion (diced)

### Directions

- 1 Cook the spaghetti according to package directions. Drain and rinse the pasta under water to remove the excess starch from the noodles.
- 2 Meanwhile, add the coconut milk, basil leaves, garlic, and salt to a blender and blend until just combined. (Separate may occur with the coconut milk in the blender. This will not affect the taste or texture of the recipe.)
- 3 Heat a pan over medium heat. Add the water and onion and cook for three to five minutes until the onions begin to soften and the water evaporates. Add the coconut basil sauce to the pan with the onions. Bring the sauce to a simmer and continue to cook for eight to 10 minutes until the sauce begins to reduce and thicken slightly.
- 4 Add the cooked spaghetti to the pan with the coconut basil sauce and toss to coat the noodles in the sauce and continue to cook for another minute or until the noodles have warmed through. Season with additional salt if needed and top with additional basil if desired. Enjoy!

### Notes

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

**More Flavor:** Add lemon juice, nutritional yeast, red pepper flakes, black pepper, or additional garlic to the sauce. Sauté the onions in extra virgin olive oil or butter instead of water.

**Spaghetti:** 1/2 cup of dry spaghetti is equal to 128 grams/4.5 ounces.

**No Sweet Onion:** Use yellow or red onion instead.





## Sunflower Seed Butter Rice Puff Squares

12 servings

1 hour 20 minutes

### Ingredients

130 grams Sunflower Seed Butter  
170 grams Honey  
2 tbsps Coconut Oil  
2 tsps Vanilla Extract  
35 grams Rice Puffs Cereal

### Directions

- 1 Line a baking dish with parchment paper and set aside.
- 2 Set up a double boiler: Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape. Bring water to a boil then reduce to the lowest heat.
- 3 Add the sunflower seed butter, honey, coconut oil, and vanilla to the smaller pot and stir until well combined and smooth. Remove the pot from the heat. Stir in the rice puffs cereal.
- 4 Transfer to the prepared baking dish and press into an even layer.
- 5 Refrigerate for at least an hour or until firm. Remove from the baking dish and cut into squares. Store in the fridge until ready to enjoy.

### Notes

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

**Serving Size:** One serving is approximately one 2 x 3-inch square.

**No Sunflower Seed Butter:** Use another nut or seed butter instead.

**No Rice Puffs Cereal:** Use crispy rice cereal instead.

**No Coconut Oil:** Use butter instead.

**Baking Dish:** An 8 x 8 baking dish was used for 12 servings.



## Air Fryer Baked Sweet Potato

2 servings

40 minutes

### Ingredients

- 2 Sweet Potato (medium)
- 2 tbsps Butter
- Sea Salt & Black Pepper (to taste)

### Directions

- 1 Pierce the sweet potatoes with a fork on all sides. Place the sweet potatoes in the air fryer and bake at 375°F (190°C) for 35 to 40 minutes, until cooked through.
- 2 Remove the sweet potatoes and top with butter. Season with salt and pepper. Enjoy!

### Notes

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

**Serving Size:** One serving is one medium sweet potato with one tbsp of butter.

**Dairy-Free:** Use dairy-free butter, extra virgin olive oil, or coconut oil instead of butter.



## Blueberry Coconut Chia Pudding

2 servings

35 minutes

### Ingredients

240 milliliters Canned Coconut Milk  
150 grams Blueberries (plus extra for garnish)  
1 tsp Vanilla Extract  
50 grams Chia Seeds  
2 tbsps Unsweetened Shredded Coconut (plus extra for garnish)

### Directions

- 1 Add the coconut milk, blueberries, and vanilla to a blender and blend well until combined.
- 2 Pour the blueberry mixture into a medium-sized bowl and add the chia seeds. Stir well to combine. Refrigerate for at least 30 minutes or overnight to thicken.
- 3 Divide evenly between bowls or in to-go containers. Top with extra blueberries and shredded coconut, if using. Enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately 1 1/3 cups of chia pudding.

**Likes it Sweeter:** Add maple syrup or honey.

**More Flavor:** Add cardamom.



## Honey Garlic Chicken Skewers

2 servings

40 minutes

### Ingredients

285 grams Chicken Thighs (boneless, skinless, cut into 1-inch cubes)

1 1/2 tbsps Honey

1 tbsp Sesame Oil

2 Garlic (clove, minced)

Sea Salt & Black Pepper (to taste)

1/2 Red Bell Pepper (medium, chopped)

55 grams Red Onion (cut into chunks)

6 Barbecue Skewers (small)

1 tbsp Sesame Seeds

### Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with aluminum foil.
- 2 In a shallow bowl, toss together the chicken cubes, honey, sesame oil, garlic, salt, and black pepper.
- 3 Thread the chicken, bell peppers, and onions onto the barbecue skewers. Place the skewers on the baking sheet. Bake for 18 to 20 minutes or until the chicken is cooked through.
- 4 Sprinkle the sesame seeds on top. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately three six-inch skewers.

**Additional Toppings:** Chopped green onion.

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

**Serve it With:** Salad, rice, cauliflower rice, and/or roasted vegetables.



## Oat Pancakes

5 servings

15 minutes

### Ingredients

- 1 tbsp Ground Flax Seed
- 2 1/2 tbsps Water
- 180 grams Oat Flour
- 1/4 tsp Sea Salt
- 1/2 tsp Baking Powder
- 300 milliliters Oat Milk
- 1 tbsp Coconut Oil
- 105 grams Maple Syrup (for drizzling)

### Directions

- 1 In a small bowl, whisk together the ground flax and water. Set aside to thicken for five minutes.
- 2 In a large bowl, whisk together the oat flour, sea salt, and baking powder. Add the oat milk and flax seed mixture. Allow it to sit for five minutes to thicken.
- 3 Heat a pan over medium-high heat and add some of the coconut oil, enough to coat the pan. Scoop 1/4 cup of batter at a time into the pan, and cook until bubbles start to form. Flip and cook for another one to two minutes. Repeat with the remaining batter.
- 4 Serve the pancakes with a drizzle of maple syrup, if using, and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days. Pancakes can also be frozen and reheated in the toaster.

**Serving Size:** One serving size is equal to approximately two pancakes.

**Helpful Tips:** To make your own oat flour, add rolled oats to a food processor or blender and blend until fine. For thicker pancakes, add less milk, adding it slowly to the batter to reach the desired consistency.

**Additional Toppings:** Top with fresh fruit, nut butter, jam, and/or coconut cream.



## Harissa Spiced Meatballs

4 servings

25 minutes

### Ingredients

455 grams Extra Lean Ground Chicken  
25 grams Harissa  
3 Garlic (cloves, minced)  
20 grams Parsley (chopped)  
2 tbsps Mint Leaves (chopped)  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 2 In a large bowl, mix all of the ingredients until well combined.
- 3 Using slightly damp hands, form into balls approximately two inches in diameter. Transfer to the prepared baking sheet and place in the oven to cook for 12 to 15 minutes. Turn the oven to broil and broil for eight to ten minutes, or until browned on top and cooked through. Watch closely as broilers can vary greatly between ovens.
- 4 Divide evenly between plates and enjoy!

### Notes

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

**Serving Size:** One serving is approximately four meatballs.

**Serve it With:** Enjoy as-is, with hummus, with roasted vegetables, on top of pasta or rice, or on top of a salad.



## Creamy Red Pepper Pasta with Chicken

2 servings

40 minutes

### Ingredients

1/2 tsp Sesame Oil  
1 tsp Smoked Paprika  
Sea Salt & Black Pepper (to taste)  
225 grams Chicken Breast  
110 grams Brown Rice Spaghetti  
10 grams Roasted Red Peppers  
2 Garlic (cloves, minced)  
60 milliliters Cream, Half & Half  
2 tbsps Basil Leaves

### Directions

- 1 Preheat the oven to 425°F (215°C) and line a baking tray with parchment paper.
- 2 Add sesame oil, paprika, salt, and pepper to the chicken. Bake in the oven for 22 to 25 minutes, or until the chicken is cooked through.
- 3 Meanwhile, cook the spaghetti according to the package directions. Drain and rinse the pasta under water to remove the excess starch from the noodles.
- 4 In a food processor, add the red pepper and process it until smooth. Transfer it to a pan and add the garlic. Bring the mixture to a simmer over medium heat and add the cream.
- 5 Add the cooked spaghetti to the pan. Toss to coat the noodles in the sauce and continue to cook for another minute or until the noodles have warmed through.
- 6 Divide the chicken and spaghetti evenly between plates. Top with basil and enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately two cups. 1/2 cup of dry spaghetti is equal to 128 grams or 4.5 ounces.

**Dairy-Free:** Use coconut milk instead.

**More Flavor:** Add zucchini and red onion.

**No Basil:** Use parsley instead.



## Baked Cod & Veggies with Quinoa

3 servings

30 minutes

### Ingredients

85 grams Quinoa (dry)  
145 grams Roasted Red Peppers  
120 milliliters Canned Coconut Milk  
60 milliliters Water  
Sea Salt & Black Pepper (to taste)  
2 Cod Fillet  
1 Zucchini (medium, sliced into strips)  
1 Yellow Bell Pepper (medium, sliced)  
270 grams Asparagus (trimmed, chopped)  
2 tbsps Parsley (chopped)

### Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 Cook the quinoa according to package directions. Once cooked, fluff with a fork and let it cool.
- 3 Blend the roasted red pepper, coconut milk, and water, using a blender or immersion blender, until smooth. Season with salt and pepper.
- 4 Season both sides of the cod with salt and pepper.
- 5 Place the zucchini, bell pepper, and asparagus into a deep baking dish. Add the red pepper sauce and stir. Place the cod on top and bake in the oven for 15 to 18 minutes or until the fish is cooked through and the vegetables are tender.
- 6 Divide the quinoa, cod, and veggies evenly between plates. Top with parsley and enjoy!

### Notes

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

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

**No Quinoa:** Use couscous, brown rice, or cauliflower rice instead.

**More Flavor:** Add red onion and garlic.

**No Cod Fillets:** Use another white fish instead.

**Fillet Size:** One cod fillet is equal to 231 grams or 8 ounces.





## Steamed Cod with Quinoa & Cilantro Sauce

2 servings

30 minutes

### Ingredients

- 1 Carrot (large, finely chopped)
- 85 grams Quinoa (tricolor, rinsed, and drained)
- 1/2 tsp Sea Salt (divided)
- 30 grams Cilantro
- 1 Garlic (clove, crushed)
- 2 tbsps Coconut Oil
- 1/2 tsp Cumin Seed
- 1 Cod Fillet (cut in half)

### Directions

- 1 Cook the carrot with the quinoa according to the quinoa package directions. Once done cooking, fluff with a fork and set aside.
- 2 Using a small food processor or an immersion blender, pulse together the cilantro, garlic, oil, cumin seeds, and 1/3 of the salt, until smooth. Set aside.
- 3 Add the cod to a steamer basket over boiling water. Season with 1/3 of the salt. Steam covered for six to eight minutes or until it is flakey and cooked through. Repeat in batches if needed. Let it cool slightly before serving.
- 4 Serve the cod over the quinoa. Top with the cilantro sauce and enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately one cup of quinoa and one cod fillet.

**Fillet Size:** One cod fillet is equal to 231 grams or eight ounces.

**No Steamer Basket:** Bake the fish fillet in a baking dish with the lid on at 375°F (190°C) for 14 to 16 minutes or until the fish is flakey and cooked through. (Cooking time may vary depending on the thickness of the fillets.)

**More Flavor:** Cook the quinoa in vegetable or bone broth.



## Mashed Sweet Potatoes

4 servings

30 minutes

### Ingredients

- 4 Sweet Potato (medium, peeled, cubed)
- 1/2 tsp Sea Salt (divided)
- 1 tbsp Butter

### Directions

- 1 In a large pot, add the cubed sweet potato, half of the sea salt and enough water to cover the sweet potatoes.
- 2 Bring the potatoes to a simmer over medium-high heat. Reduce the heat and cook the potatoes for eight to ten minutes or until they are fork tender.
- 3 Drain the potatoes and then place them back into the pot. Add the butter and the remaining salt. Mash the potatoes to your desired consistency.
- 4 Transfer the mashed potatoes to a serving bowl then divide onto plates. Enjoy!

### Notes

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

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

**More Flavor:** Add garlic, onions, fresh herbs.

**Make it Vegan:** Omit the butter or use coconut oil or vegan butter instead.



## Air Fryer Carrot Fries

2 servings

30 minutes

### Ingredients

- 4 Carrot (large, cut into 3-inch fries)
- 1 tbsp Coconut Oil (melted)
- 1/4 tsp Sea Salt

### Directions

- 1 Preheat the air fryer to 350°F (180°C).
- 2 Toss the carrots and oil together in a bowl until well coated.
- 3 Transfer the fries to the air fryer and cook for 25 minutes, flipping halfway through.
- 4 Sprinkle with salt while still hot. Enjoy!

### Notes

**Leftovers:** Best enjoyed immediately. Refrigerate in an airtight container for up to five days.

**Serving Size:** One serving is approximately 3/4 cup.

**Serve it With:** Pair with ketchup, mayonnaise, or aioli as a dip.



## Tahini Carrot Oat Cookies

10 servings

25 minutes

### Ingredients

1 tbsp Ground Flax Seed  
2 tbsps Water  
240 grams Tahini  
160 grams Maple Syrup  
1 tsp Vanilla Extract  
110 grams Grated Carrot  
120 grams Quick Oats  
40 grams Unsweetened Shredded Coconut  
1/2 tsp Baking Powder  
1/4 tsp Sea Salt

### Directions

- 1 Preheat the oven to 350°F (175°C). Line a baking sheet with parchment paper.
- 2 Mix the ground flax seed and water together in a small bowl and set aside for five minutes.
- 3 Mix the tahini, maple syrup, and vanilla extract together in a large bowl.
- 4 Add the flax mixture, grated carrot, quick oats, shredded coconut, baking powder, and salt to the tahini mixture and mix well.
- 5 Use a 1/4 cup measuring cup to scoop the cookie dough onto the baking sheet. Gently press down the cookie mounds.
- 6 Bake for 12 to 14 minutes. Set the cookies on a cooling rack for 10 minutes. Enjoy!

### Notes

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

**Serving Size:** One serving is one cookie.

**More Flavor:** Add nuts and/or seeds.

**No Tahini:** Use almond, cashew, or peanut butter.

**Bigger Cookies:** Use a 1/2 cup measuring cup instead and increase bake time to 18 minutes.



## Haddock, Broccoli & Quinoa

2 servings

25 minutes

### Ingredients

- 85 grams Quinoa (uncooked)
- 2 Haddock Fillet
- 180 grams Frozen Broccoli
- 2 tbsps Coconut Oil
- 1/2 tsp Onion Powder
- 1/2 tsp Paprika
- 1/2 tsp Sea Salt

### Directions

- 1 Preheat the oven to 450°F (230°C) and line a baking sheet with parchment paper.
- 2 Cook the quinoa according to package directions.
- 3 Place the haddock fillets and broccoli onto the parchment paper. In a small bowl, whisk together the coconut oil, onion powder, paprika, and sea salt. Brush the mixture onto the haddock and broccoli.
- 4 Bake the haddock and broccoli for 20 minutes, or until the fish is cooked through. Serve with the quinoa and enjoy!

### Notes

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

**Fillet Size:** Each haddock fillet is equal to 150 grams or 5.3 ounces.



## Peaches & Cream Chia Pudding

3 servings  
2 hours 5 minutes

### Ingredients

2 tbsps Hemp Seeds (optional)  
2 Peach (chopped, divided)  
425 milliliters Canned Coconut Milk  
65 grams Chia Seeds  
1 tbsp Raw Honey  
20 grams Collagen Powder  
1 tsp Vanilla Extract

### Directions

- 1 Set aside the hemp seeds and half of the peaches.
- 2 Add the remaining ingredients to a blender and blend for at least one minute or until a smooth consistency is achieved.
- 3 Divide the pudding into bowls or jars, and top with the remaining chopped peaches and hemp seeds, if using. Refrigerate for at least two hours to set. Enjoy!

### Notes

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

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

**Sugar-Free:** Use monk fruit sweetener or stevia in place of the raw honey.

**Make it Vegan:** Omit the collagen powder or use hemp seeds or plant-based protein instead.

**No Blender:** Finely chop the peaches and whisk everything together in a large bowl.



## Mango Coconut Bites

15 servings

20 minutes

### Ingredients

1 Mango (large, peeled and diced)  
75 grams Coconut Flour  
1/2 tsp Cardamom  
60 milliliters Canned Coconut Milk  
85 grams Raw Honey  
1 tbsp Coconut Oil  
105 grams Unsweetened Shredded Coconut (divided)

### Directions

- 1 Add the mango, coconut flour, cardamom, coconut milk, honey, coconut oil, and 3/4 of the shredded coconut to a food processor. Process until a slightly sticky dough has formed.
- 2 Add the remaining shredded coconut to a small bowl.
- 3 Roll the dough into balls, roughly two inches in diameter, then roll each of them in the shredded coconut until completely coated. Set on a plate or baking sheet.
- 4 Enjoy immediately or transfer to the fridge or freezer.

### Notes

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

**Serving Size:** One serving is equal to one ball.

**More Flavor:** Add cinnamon.



## Chicken & Leek Quinoa

2 servings

25 minutes

### Ingredients

- 1 tbsp Butter
- 340 grams Chicken Thighs (boneless, skinless, cut into 1-inch pieces)
- 1 Leeks (large, white and most green parts, trimmed, sliced)
- Sea Salt & Black Pepper (to taste)
- 1 Garlic (clove, finely chopped)
- 1 tsp Dried Rosemary
- 85 grams Quinoa (dry, rinsed)
- 355 milliliters Water
- 45 grams Baby Kale (chopped)

### Directions

- 1 Melt the butter in a non-stick pan over medium heat. Add the chicken and the leeks and cook for four minutes, stirring occasionally. Season with salt and pepper.
- 2 Add the garlic and rosemary and cook for one more minute.
- 3 Add the quinoa and the water, stir well, and bring to a boil. Cover, reduce the heat to low and simmer for 12 to 15 minutes.
- 4 Add the kale and stir. Season to taste if desired. Divide evenly between plates and enjoy!

### Notes

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

**Serving Size:** One serving equals approximately two cups.

**More Flavor:** Add more vegetables. Use spinach in place of kale.





## Creamy Turmeric & Broccoli Fettuccine

3 servings

15 minutes

### Ingredients

115 grams Brown Rice Fettuccine (dry)  
180 grams Broccoli (cut into florets)  
120 milliliters Water (reserved from cooking pasta)  
2 tbsps Butter  
80 grams Shallot (chopped)  
1 1/2 tsps Turmeric (ground)  
2 Garlic (finely chopped)  
Sea Salt & Black Pepper (to taste)  
120 grams Whipping Cream  
2 tbsps Sunflower Seeds

### Directions

- 1 Cook the pasta according to package directions. Add the broccoli for the two last minutes of cooking. Reserve pasta water and drain.
- 2 In a skillet, heat the butter over low heat. Cook the shallots for three minutes or until softened, without browning.
- 3 Add the turmeric and garlic. Season with salt and pepper and cook for one more minute. Add the cream and simmer for two minutes.
- 4 Add the pasta and broccoli and toss to coat with the sauce. Add reserved pasta water, one tablespoon at a time, if necessary.
- 5 Stir in the sunflower seeds and season with salt and pepper if needed. Divide into bowls and enjoy!

### Notes

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

**Serving Size:** One serving equals approximately 1 1/3 cups.

**Additional Toppings:** Top with chopped basil.



## Cold Noodle Salad with Chicken

2 servings

15 minutes

### Ingredients

100 grams Buckwheat Soba Noodles  
2 tbsps Tahini  
60 milliliters Water (warm)  
1 stalk Green Onion (chopped thinly)  
1 tsp Maple Syrup  
1 tsp Everything Bagel Seasoning (plus more for garnish)  
55 grams Mixed Greens  
60 grams Radishes (thinly sliced)  
225 grams Chicken Breast, Cooked (shredded)

### Directions

- 1 Cook the noodles according to the package directions. Drain, rinse under cold water and set aside.
- 2 Add the tahini to a small bowl and whisk in the water, until smooth. Add the green onion, maple syrup, and the everything bagel seasoning.
- 3 Divide the mixed greens between bowls and top with the noodles, sliced radish, and chicken. Drizzle with the tahini dressing and add extra seasoning if desired. Enjoy!

### Notes

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

**Serving Size:** One serving equals approximately two cups.

**Additional Toppings:** Microgreens and/or fresh herbs.



## 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.



## Rosemary Chicken Thighs & Garlic Brussels Sprouts

4 servings

50 minutes

### Ingredients

12 Garlic (cloves, in the head, halved crosswise)  
320 grams Shallot (outer skin removed, halved)  
3 tbsps Butter (melted, divided)  
455 grams Chicken Thighs with Skin  
Sea Salt & Black Pepper (to taste)  
350 grams Brussels Sprouts (halved)  
1 1/2 tpsps Rosemary (fresh, minced)

### Directions

- 1 Preheat the oven to 425°F (220°C). Line a baking sheet(s) with parchment paper.
- 2 Place the garlic in parchment paper or aluminum foil and place on the baking sheet and wrap tightly. Add the shallots to the baking sheet and drizzle with 1/3 of the melted butter. Season with salt and pepper.
- 3 Add the chicken to the baking sheet and drizzle with another 1/3 of the melted butter and season all over with salt and pepper. Transfer to the oven and bake for 20 minutes.
- 4 Remove the baking sheet and add the Brussels sprouts. Add the remaining butter to the sprouts and season with salt and pepper. Scatter the rosemary over top of the chicken. Place back in the oven for 25 to 30 minutes, until the chicken is cooked through.
- 5 Squeeze the garlic out of its casing and mix with the Brussels sprouts and shallots until evenly distributed. Divide the ingredients 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 chicken thighs and 1 1/2 cups of vegetables.

**More Flavor:** Add Italian seasoning to the chicken.

**Dairy-Free:** Use oil instead of butter.



## Harissa Roasted Cauliflower

4 servings

30 minutes

### Ingredients

1 head Cauliflower (medium, cut into florets)  
25 grams Harissa  
1/4 tsp Sea Salt  
1 tbsp Fresh Dill

### Directions

- 1 Preheat the oven to 420°F (215°C) and line a baking sheet with parchment paper.
- 2 In a large bowl, toss the cauliflower with harissa and salt.
- 3 Transfer to the baking sheet. Bake for 15 minutes, remove, flip, and bake for ten minutes more.
- 4 Divide evenly between bowl, top with dill, and enjoy!

### Notes

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

**Serving Size:** One serving is about 1 1/2 cups.

**More Flavor:** Add lemon juice.

**No Dill:** Omit or use parsley or cilantro instead.



## Sumac Chicken Meatballs & Mini Potatoes

4 servings

35 minutes

### Ingredients

600 grams Mini Potatoes (halved)  
2 tsps Coconut Oil (melted, divided)  
1/2 tsp Sea Salt (divided)  
1 tsp Coriander  
455 grams Extra Lean Ground Chicken  
25 grams Bread Crumbs  
2 tsps Ground Sumac  
40 grams Shallot (minced)  
1 Garlic (clove, minced)  
1 tbsp Fresh Dill (chopped)

### Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 Toss the potatoes with half the oil, half the sea salt, and coriander. Spread evenly onto the baking sheet and cook in the oven for 15 minutes. They will not be finished cooking yet.
- 3 Meanwhile, combine the chicken, breadcrumbs, sumac, shallot, and garlic in a large bowl. Scoop out the meat and roll it into balls roughly one teaspoon in size to create meatballs.
- 4 Add the meatballs to the baking sheet. Cook everything in the oven for 15 minutes more or until the meatballs are cooked through.
- 5 Divide the meatballs and potatoes evenly between plates and garnish with dill. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for three days.

**Serving Size:** One serving is five to six meatballs and one cup of potatoes.

**More Flavor:** Add lemon zest to the meatballs.

**Additional Toppings:** Chopped pinenuts and/or tahini.

**Gluten-Free:** Use gluten-free breadcrumbs.



## Broccoli, Carrot & Quinoa Skillet

2 servings

15 minutes

### Ingredients

- 85 grams Quinoa (uncooked)
- 1/2 tsp Sesame Oil
- 180 grams Broccoli (cut into florets)
- 1 Carrot (medium, diced)
- 1/2 Yellow Bell Pepper (medium, sliced)
- 40 grams Red Onion (diced)
- 2 tsps Smoked Paprika
- Sea Salt & Black Pepper (to taste)
- 2 stalks Green Onion (chopped)

### Directions

- 1 Cook the quinoa according to package directions.
- 2 Meanwhile, heat the sesame oil in a skillet over medium-high heat. Add the broccoli, carrots, bell pepper, and red onion. Sauté for seven to eight minutes.
- 3 Add the paprika and cooked quinoa. Season with salt and pepper and cook for another three to four minutes.
- 4 Before serving, stir in the green onion. Divide evenly between bowls and enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately 1 1/3 cups.

**More Flavor:** Add your protein of choice. Top with crushed peanuts, soy sauce, sesame seeds, cilantro, and/or hot sauce.



## Steak, Mashed Potatoes & Green Beans

2 servings

20 minutes

### Ingredients

- 3 Yellow Potato (medium, peeled and chopped)
- 1/2 tsp Sea Salt (divided)
- 1 tbsp Butter (divided)
- 225 grams Top Sirloin Steak
- 200 grams Green Beans (trimmed)
- 2 tsps Parsley (chopped)

### Directions

- 1 Add the potatoes to a pot and cover with water. Boil for ten minutes or until the potatoes fall off of a fork when pierced. Drain.
- 2 Add half of the salt and half of the butter to the potatoes. Mash the potatoes until they are your desired texture.
- 3 Season the steak with the remaining salt. Melt the remaining butter in a cast-iron skillet. Add the steak to the skillet and cook for about two to three minutes per side, or until it has reached your desired doneness. Set aside and let rest for at least five minutes before slicing it.
- 4 Add the green beans to the skillet and sauté for two to three minutes, or until browned.
- 5 Divide the steak, mashed potatoes, and green beans evenly between plates. Top with parsley and enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately one cup of potatoes, one cup of green beans, and steak.

**More Flavor:** Add garlic.

**Dairy-Free:** Use oil instead of butter.





## Roasted Red Pepper Bolognese

3 servings

40 minutes

### Ingredients

2 Red Bell Pepper (medium, quartered)  
1 Carrot (medium, halved)  
2 Garlic (clove, skin on)  
2 tbsps Butter (melted)  
Sea Salt & Black Pepper (to taste)  
165 grams Brown Rice Penne (dry)  
60 milliliters Cream, Half & Half  
1/2 tsp Oregano (dried)  
1/2 tsp Dried Parsley  
225 grams Lean Ground Beef

### Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Place the bell peppers, carrots, and garlic cloves on the prepared baking sheet. Toss with butter, salt, and pepper. Bake for 20 minutes until softened. Set aside to cool.
- 3 Meanwhile, cook the pasta according to package directions.
- 4 Once cooled, remove the garlic from its skin and place into a food processor with red peppers, carrots, and cream. Blend until smooth. Mix in the oregano and parsley. Set aside.
- 5 Preheat a non-stick pan over medium-high heat. Cook the beef for five to seven minutes or until cooked through. Stir in the sauce and cook two more minutes to warm through.
- 6 Serve the sauce over the pasta and enjoy!

### Notes

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

**Serving Size:** One serving is approximately one cup of pasta and 1/4 cup of sauce.

**Additional Toppings:** Parmesan cheese and fresh basil.

**Dairy-Free:** Use oil instead of butter and coconut cream instead of half & half cream.



## Sesame Chicken Pasta Salad

2 servings

35 minutes

### Ingredients

225 grams Chicken Breast  
Sea Salt & Black Pepper (to taste)  
165 grams Brown Rice Fusilli (dry, uncooked)  
1 stalk Celery (diced)  
1/2 Cucumber (medium, diced)  
2 stalks Green Onion (sliced)  
5 grams Cilantro (chopped)  
2 tbsps Sesame Oil  
1 tbsp Sesame Seeds (toasted)

### Directions

- 1 Preheat the oven to 400°F (205°C). Place the chicken breasts on a baking sheet and season with salt and pepper. Bake in the oven for 25 to 30 minutes or until cooked through. Set aside to cool slightly, then shred.
- 2 Meanwhile, cook the pasta according to the package directions. Strain and run under cold water immediately to prevent overcooking.
- 3 In a bowl, combine the chicken, pasta, celery, cucumber, green onions, and cilantro. Add the oil, sesame seeds, salt, and pepper. Mix well to coat. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately two cups.

**More Flavor:** Add apple cider vinegar, lemon juice, and/or coconut aminos.



## Peach Sorbet

2 servings

35 minutes

### Ingredients

460 grams Frozen Peaches  
80 milliliters Water  
3 tbsps Maple Syrup

### Directions

- 1 Let the peaches thaw for five minutes before placing them into a food processor with the water and maple syrup. Blend until smooth. Transfer to a bowl and freeze for 30 to 35 minutes or longer for a firmer texture.
- 2 Scoop into bowls and enjoy!

### Notes

**Leftovers:** Freeze in an airtight container for up to one month. Thaw for 15 to 20 minutes before serving.

**Serving Size:** One serving is approximately 3/4 cup.

**No Maple Syrup:** Use honey instead.