



Anti-Inflammatory Animal Based

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Free from gluten, dairy, sugar, nightshades



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Walnut Crusted Salmon with Asparagus

2 servings

20 minutes

Ingredients

30 grams Walnuts (very finely chopped)
1 stalk Green Onion (very finely chopped)
1/4 tsp Sea Salt
1/2 tsp Italian Seasoning
1/2 tsp Lemon Juice
1 tbsp Extra Virgin Olive Oil (divided)
225 grams Salmon Fillet
270 grams Asparagus (trimmed)

Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Combine the walnuts, green onion, salt and Italian seasoning. Add the lemon juice and 1/3 of the oil and stir to mix.
- 3 Rub another 1/3 of the oil over all sides of the salmon fillets and place the salmon on the prepared baking sheet, skin side down. Spoon the walnut mixture on the top side of the fillets and gently press it down with the back of the spoon so the walnut mixture stays in place.
- 4 Toss the asparagus in the remaining oil and season with sea salt to taste. Place the seasoned asparagus in an even layer on the baking sheet with the salmon
- 5 Bake for 12 to 15 minutes or until the salmon is cooked through and flakes easily and asparagus is tender. Divide between plates and enjoy!

Notes

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

More Flavor: Season the salmon with salt, pepper and garlic powder to taste before spooning the walnut mixture on top.

No Green Onion: Use yellow or red onion instead.

Salmon: Wild salmon was used to create this recipe. For thicker fillets of salmon adjust cooking time to ensure salmon is cooked through and flakes easily.

Asparagus: Choose asparagus that are roughly the same size. Adjust cooking time for thicker asparagus spears.



Sauerkraut Crusted Salmon with Greens

2 servings

20 minutes

Ingredients

35 grams Sauerkraut
2 tbsps Whole Grain Mustard
340 grams Salmon Fillet
2 tsps Avocado Oil
115 grams Mixed Greens
1/2 Cucumber (sliced)

Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 In a bowl, mix together the sauerkraut and mustard. Spread over the flesh side of the salmon and press down firmly.
- 3 Heat the oil in a cast-iron or oven-safe pan over medium-high heat. Cook the salmon flesh side down for eight minutes. Flip the salmon over. Transfer the pan to the oven and bake for an additional eight minutes.
- 4 Divide the mixed greens and cucumbers onto plates. Top with the salmon and enjoy!

Notes

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

Serving Size: One serving is equal to approximately six ounces of salmon and two and a half cups of veggies.

More Flavor: Top the greens with your favorite dressing.



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.



Creamy Dill Chicken with Rice

2 servings

20 minutes

Ingredients

- 90 grams Jasmine Rice (uncooked)
- 225 grams Chicken Breast (skinless, boneless)
- 2 tbsps Mayonnaise
- 2 tbsps Fresh Dill (chopped, plus more for garnish)
- 2 tbsps Water
- 12 Cremini Mushrooms (sliced)

Directions

- 1 Cook the rice according to the directions on the package.
- 2 Preheat the oven to 425°F (220°C). Line a baking sheet with foil. Flatten the chicken breast with a mallet or rolling pin to about half-inch thick.
- 3 In a small bowl, combine the mayonnaise and dill.
- 4 Arrange the chicken on the baking sheet and evenly spread the creamy dill sauce overtop. Bake for 10 minutes or until cooked through. Slice into strips.
- 5 Meanwhile, heat the water in a pan over medium-high heat. Cook the mushrooms for about three minutes or until soft. Add more water as needed to prevent sticking.
- 6 Divide the rice, mushrooms and chicken onto plates and garnish with additional dill (optional). Enjoy!

Notes

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

More Flavor: Use broth instead of water to cook the rice and mushrooms. Sauté onions and garlic with the mushrooms. Add garlic powder, onion powder, black pepper, and/or salt to the creamy dill sauce.

Additional Toppings: A squeeze of lemon juice.

Egg-Free: Use a vegan or egg-free mayonnaise instead.

No White Rice: Use brown rice, quinoa, or cauliflower rice and adjust the cooking time and quantity accordingly.



Coconut Chicken Strips

4 servings

35 minutes

Ingredients

80 grams Unsweetened Shredded Coconut

1 Egg

Sea Salt & Black Pepper

455 grams Chicken Breast (cut into strips)

30 grams Almond Flour

Directions

1

Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add the shredded coconut to a bowl and in a separate bowl, whisk the egg. Season the coconut and egg with salt and pepper to taste.

2

Sprinkle each side of the chicken strips with almond flour and pat down to stick. One at a time, dip each chicken strip in the whisked egg, shaking off any excess, then in the coconut, shaking off any excess. Place on the prepared baking sheet. Repeat with the remaining chicken strips. Discard any leftover egg and coconut.

3

Bake for 24 to 26 minutes, flipping halfway through, or until the chicken is golden brown and cooked through. Serve and enjoy!

Notes

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

Serving Size: One serving is approximately two chicken strips.

More Flavor: Season the coconut and egg with dried herbs and spices.

Additional Toppings: Serve with your favorite dipping sauce.



Lemony Cod & Herbed Rice

2 servings

35 minutes

Ingredients

- 1 tbsp Dijon Mustard
- 2 tbsps Lemon Juice
- 1/4 tsp Dried Dill
- 1/4 tsp Sea Salt (divided)
- 1/4 tsp Garlic Powder (divided)
- 2 Cod Fillet
- 95 grams Brown Rice
- 235 milliliters Water
- 1 tbsp Parsley (finely chopped)

Directions

- 1 To a shallow bowl or zipper-lock bag, add the dijon mustard, lemon juice, dill, half of the salt, and half of the garlic powder. Mix to combine. Add the cod fillets to the marinade and ensure the fish is well coated in the sauce and marinate for at least 15 minutes.
- 2 Meanwhile, add the rice, water, and the remaining salt and garlic powder to a pot. Bring to a boil then reduce the heat, cover, and simmer for about 30 minutes or until the liquid is absorbed and the rice is tender. Stir in the parsley.
- 3 While the rice cooks, preheat the oven to 375°F (190°C).
- 4 Transfer the fillets and any excess marinade to a baking dish and cover with a lid or foil. Bake 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.) To serve, divide the fish and rice between plates and enjoy!

Notes

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

Additional Toppings: Serve with lemon wedges, lemon zest, and additional parsley.

No Cod Fillets: Use another white fish instead.

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



One Pan Steak, Mushrooms & Green Beans

2 servings

15 minutes

Ingredients

- 1 1/2 tps Extra Virgin Olive Oil (divided)
- 340 grams Top Sirloin Steak
- 1/4 tsp Sea Salt (divided)
- 200 grams Green Beans (trimmed)
- 12 Cremini Mushrooms (sliced)

Directions

- 1 Heat half of the oil in a skillet over medium-high heat. Season both sides of the steak with half of the sea salt.
- 2 Add the steak to the skillet and cook for about two minutes per side, or until it has reached your desired doneness. Set aside and let rest for at least five minutes before cutting into slices.
- 3 Reduce the heat to medium and add the remaining oil to the skillet. Cook the green beans and mushrooms for about five to seven minutes, or until cooked through. Season with the remaining salt.
- 4 Divide the green beans, mushrooms, and steak onto plates. Enjoy!

Notes

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

More Flavor: Grill on the barbecue. Season with your choice of herbs and spices.

Additional Toppings: Serve with garlic butter sauce, chimichurri, salsa, or caramelized onions.



Beef Ramen

4 servings

25 minutes

Ingredients

2 tsps Extra Virgin Olive Oil (divided)
340 grams Top Sirloin Steak
1/2 tsp Sea Salt (to taste)
4 stalks Green Onion (sliced, white and green parts divided)
2 Garlic (cloves, minced)
945 milliliters Beef Broth
475 milliliters Water
1 tbsp Fish Sauce
1 tbsp Tamari
370 grams Gluten-Free Ramen Noodles (dry)
15 grams Cilantro (chopped)

Directions

- 1 Heat half the oil in a large saucepan or Dutch oven over high heat. Season the steak with salt and cook to your desired doneness. Let it rest for five minutes before cutting into thin slices.
- 2 In the same saucepan, heat the remaining oil over medium heat. Cook the white parts of the green onions along with the garlic until fragrant, about one minute.
- 3 Add the beef broth, water, fish sauce, and tamari. Bring to a boil, then lower to a simmer. Add the noodles and cook for three minutes or until soft, stirring well to loosen the noodles.
- 4 Divide the broth, ramen noodles, and steak slices into bowls. Garnish with the remaining green onions and cilantro. Enjoy!

Notes

Leftovers: Refrigerate the broth, steak, and garnishes separately for up to three days. Freeze the broth, if longer.

Serving Size: One serving equals approximately three cups.

More Flavor: Add grated ginger, red pepper flakes, or lime juice. Use homemade beef broth.

Additional Toppings: Add spinach, nori sheets, mushrooms, corn, or soft-boiled eggs.

No Ramen Noodles: Use shirataki noodles, vermicelli noodles, or brown rice noodles instead.



Coconut Curried Shrimp with Broccoli

2 servings

25 minutes

Ingredients

- 1 tbsp Coconut Oil
- 1/2 Yellow Onion (medium, chopped)
- 2 Garlic (clove, minced)
- 1 tbsp Ginger (minced or grated)
- 1 tbsp Curry Powder
- 1/4 tsp Sea Salt
- 240 milliliters Canned Coconut Milk
- 180 grams Broccoli (cut into florets)
- 340 grams Shrimp (raw, deveined, peeled and tails removed)
- 1/2 Lime (optional)

Directions

- 1 Heat the coconut oil over medium heat. Add the onion and cook for three to five minutes or until the onion has softened. Add the garlic, ginger, and curry powder and cook for another minute. Stir in the coconut milk.
- 2 Bring the sauce to simmer then add the broccoli. Cook for five to seven minutes or until the broccoli is fork tender.
- 3 Add in the shrimp and cook for two to three minutes more until the shrimp are opaque and cooked through.
- 4 Remove the pot from the heat and stir in the lime juice (if using) and season with additional salt if needed. Divide between plates or bowls and enjoy!

Notes

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

More Flavor: Add other dried herbs and spices like cumin, chili powder, or coriander.

Additional Toppings: Serve with cilantro, red pepper flakes, or extra lime wedges.

More Veggies: Add carrots and spinach.

Serve it With: Cauliflower rice, brown rice, jasmine rice, or quinoa.



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.



Mayo-Dijon Salmon with Broccoli

2 servings

15 minutes

Ingredients

- 2 tbsps Mayonnaise
- 1 tbsp Dijon Mustard
- 340 grams Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 455 grams Broccoli (sliced into small florets)
- 1 tbsp Extra Virgin Olive Oil

Directions

- 1 Preheat the oven to 450°F (230°C) and line a baking sheet with parchment paper.
- 2 In a bowl, mix together the mayonnaise and dijon mustard.
- 3 Place the salmon fillets on the baking sheet and season with salt and pepper. Coat the salmon generously in the mayo-dijon mixture.
- 4 Toss the broccoli florets in the oil and season with salt and pepper. Add them to the baking sheet, arranging them around the salmon fillets.
- 5 Bake the salmon and broccoli in the oven for 10 to 15 minutes, or until the salmon flakes with a fork and is browned on top. Divide onto plates and enjoy!

Notes

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

Serving Size: One serving equals approximately six ounces of salmon and 2 1/2 cups of broccoli.



Salmon with Rice & Broccoli

2 servings

30 minutes

Ingredients

- 95 grams Brown Rice (dry)
- 340 grams Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 1 1/2 tsps Extra Virgin Olive Oil
- 180 grams Broccoli (cut into florets)

Directions

- 1 Cook the rice according to the package directions.
- 2 Meanwhile, heat the oil in a skillet or cast iron pan over medium heat. Pat the salmon dry with a paper towel and season both sides with salt and pepper to taste. Add the salmon to the pan and cook for four to six minutes per side until cooked through.
- 3 Meanwhile, steam the broccoli by adding the florets to a steamer basket over boiling water. Cover with a lid and steam for about five minutes, or until tender.
- 4 To serve, divide the rice, salmon, and broccoli between plates. Enjoy!

Notes

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

More Flavor: Season the salmon with dried herbs and spices to taste. Serve with lemon wedges or fresh herbs.

No Brown Rice: Use white rice, jasmine rice, quinoa, cauliflower rice, or couscous instead.

No Broccoli: Use green beans, cauliflower, or carrots instead.

No Salmon: Use trout, cod, or halibut instead.



Salmon Nuggets with Peas

3 servings

20 minutes

Ingredients

40 grams All Purpose Gluten-Free Flour
Sea Salt & Black Pepper (to taste)
1 Egg (large)
40 grams Oat Crackers (crushed)
340 grams Salmon Fillet (chopped into chunks, patted dry)
435 grams Fresh Peas (or frozen and thawed)

Directions

- 1 Preheat the oven to 400°F (205°C) and line a large baking sheet with parchment paper.
- 2 Add the flour, salt, and pepper to one bowl. In a second bowl, whisk the egg. In a third bowl, add the crushed oat crackers.
- 3 Dredge the salmon chunks in the flour first, shaking off any excess. Coat each chunk in the egg mixture, then transfer to the crushed oat crackers and coat well.
- 4 Arrange the salmon onto the baking sheet and bake for 12 to 15 minutes or until cooked through. Serve alongside the peas and enjoy!

Notes

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

Serving Size: One serving equals approximately four ounces of salmon and one cup of peas.

More Flavor: Add dried herbs to the flour mixture.

Additional Toppings: Dip into plain yogurt, honey mustard sauce, mayonnaise, guacamole, salsa, or ketchup.

Make it Vegan: Use tofu instead of salmon.



Salmon Cakes

3 servings

40 minutes

Ingredients

2 Carrot (medium, peeled, and roughly chopped)
40 grams Red Onion (roughly chopped)
2 Garlic (clove, minced)
1 tbsp Lemon Juice
1/2 tsp Dried Dill
1/4 tsp Sea Salt
140 grams Canned Wild Salmon (drained)
2 Egg (whisked)
2 tbsps Coconut Flour

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Place the carrot and onion in the bowl of a food processor and pulse until the carrots form a rice-like consistency. Add the garlic, lemon juice, dill, salt, and salmon and pulse until combined.
- 3 Transfer the salmon and carrot mixture to a mixing bowl and fold in the egg and coconut flour (the mixture should be wet but not soggy). Form the mixture into equal patties, approximately 1/4 cup each and place on the prepared baking sheet.
- 4 Bake for 20 minutes then carefully flip and continue to bake for 10 minutes more.
- 5 Divide between plates and season with additional salt or lemon juice if desired. Enjoy!

Notes

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

Serving Size: One serving is equal to two salmon cakes.

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

Additional Toppings: Serve with favorite dipping sauce.

No Canned Salmon: Use canned tuna instead.

No Fresh Garlic: Use garlic powder instead.

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.



Beef, Spinach & Cabbage Skillet

2 servings

20 minutes

Ingredients

1 1/2 tps Extra Virgin Olive Oil
180 grams Purple Cabbage (chopped)
285 grams Lean Ground Beef
1/4 tsp Sea Salt
1/4 tsp Garlic Powder
1 tsp Dried Parsley
60 grams Baby Spinach

Directions

- 1 Heat the oil in a pan over medium heat. Add the cabbage and cook for five to six minutes or until the cabbage begins to soften. Transfer to a bowl and set aside.
- 2 Add the beef to the pan, breaking it up as it cooks, five to six minutes. Once it is cooked through, drain any excess drippings from the pan.
- 3 Add the cooked cabbage back to the pan and stir to combine with the beef. Season with salt, garlic powder, and parsley, and then add the spinach and cook until wilted, about two to three minutes.
- 4 Season with additional salt if needed and divide between plates. Enjoy!

Notes

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

Serving Size: One serving is approximately two cups.

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

Additional Toppings: Sliced avocado, green onion, red pepper flakes, or fresh herbs.

Serve it With: Cauliflower rice, rice, or quinoa.

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

No Purple Cabbage: Use green cabbage or kale 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.



Pesto Shrimp with Rice & Peas

2 servings

20 minutes

Ingredients

100 grams Basmati Rice
80 grams Frozen Peas (thawed)
1 1/2 tsps Extra Virgin Olive Oil
300 grams Shrimp (peeled and deveined)
65 grams Pesto
1/4 Lemon (juiced)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Cook the rice according to package directions. In the last two to three minutes of cooking, add the peas to the pot with the rice. Remove the pot from the heat and let rest for three to five minutes.
- 2 Heat the oil in a pan over medium heat. Add the shrimp and cook for one to two minutes per side or until cooked through.
- 3 Add the pesto and lemon juice to the pan and season with salt and pepper. Stir to coat the shrimp in the pesto sauce.
- 4 Divide the rice and shrimp between plates and serve with additional lemon juice if needed. Enjoy!

Notes

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

More Flavor: Season the shrimp with dried herbs and spices to taste.

Additional Toppings: Fresh herbs or red pepper flakes.

No Basmati Rice: Use white rice, brown rice, or cauliflower rice instead.

No Peas: Omit or use spinach instead.

Dairy-Free: Use a dairy-free pesto.



Ginger Turmeric Salmon & Potatoes

4 servings

25 minutes

Ingredients

565 grams Salmon Fillet
2 Sweet Potato (medium, sliced or chopped)
400 grams Snap Peas (trimmed)
2 tbsps Coconut Oil (melted)
1 tsp Turmeric (ground)
1 tsp Ground Ginger
1/2 tsp Sea Salt

Directions

- 1 Preheat the oven to 375°F (190°C) and line a large baking sheet with parchment paper.
- 2 Arrange the salmon fillets, sweet potato, and snap peas onto the baking sheet.
- 3 In a small bowl, stir together the coconut oil, turmeric, ginger, and salt. Coat the salmon fillets and toss the veggies in the mixture.
- 4 Roast for 20 minutes, or until the salmon is cooked through and the veggies are tender. Divide onto plates and enjoy!

Notes

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

Serving Size: One serving equals approximately five ounces of salmon, one cup of sweet potatoes, and one cup of snap peas.

More Flavor: Add lemon juice or herbs.



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.



Mango Shrimp Skewers

4 servings

20 minutes

Ingredients

- 8 Barbecue Skewers (10-inch, wood, soaked)
- 455 grams Shrimp (peeled, deveined)
- 2 Mango (peeled and cubed)
- 1 tbsp Avocado Oil
- 1/2 tsp Sea Salt
- 1 Lime (juiced)
- 2 tbsps Cilantro (chopped)

Directions

- 1 Preheat oven to 450°F (230°C) or preheat grill.
- 2 Thread shrimp and mango evenly onto skewers.
- 3 Brush shrimp skewers with oil and season with salt.
- 4 Bake at 450°F (230°C) for five to seven minutes, until the shrimp are cooked through. Alternatively, place skewers on the grill and cook for two to three minutes per side.
- 5 Top with lime juice and cilantro. Enjoy!

Notes

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

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

More Flavor: Season with garlic powder before cooking for extra flavor.



One Pan Steak & Eggs

2 servings

30 minutes

Ingredients

- 2 tbsps Parsley (chopped)
- 1 tsp Mint Leaves (chopped)
- 2 Garlic (cloves, minced)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 1/2 tsps Lemon Juice
- 225 grams Ribeye Steak, Boneless (room temperature)
- Sea Salt & Black Pepper (to taste)
- 2 Egg

Directions

- 1 In a small bowl combine the parsley, mint, garlic, oil, and lemon juice. Set it aside.
- 2 Pat the steak very dry with paper towel. Season with salt and pepper.
- 3 Heat a cast-iron skillet over medium heat until hot. Place the steak in the middle of the skillet and cook for 10 to 12 minutes, flipping and turning every two to three minutes, until a dark crust has formed on both sides and the steak is cooked to your liking. Remove and let rest for about 10 minutes.
- 4 In the same skillet, crack the eggs, season with salt and pepper, and cook until the whites are set and the yolk is cooked to your liking. Take the skillet off the heat.
- 5 Spoon the parsley sauce over the steak and eggs. Serve and enjoy!

Notes

Leftovers: Best served immediately. Store steak and eggs separate from the sauce in an airtight container in the fridge for up to two days. Reheat in skillet for the best result.

More Flavor: Cook the steak with rosemary and thyme.

No Parsley: Use cilantro instead.

No Mint: Omit or use tarragon or dill.



One Pan Cod, Sweet Potatoes & Green Beans

4 servings

40 minutes

Ingredients

- 2 Sweet Potato (peeled, cubed)
- 400 grams Green Beans (trimmed)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 2 tsps Garlic Powder (divided)
- Sea Salt & Black Pepper (to taste)
- 2 Cod Fillet (cut in half)
- 1 tsp Dried Dill

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Place the sweet potatoes on one side of the baking sheet and the green beans on the other side, leaving room for the cod fillets in the middle.
- 3 Toss the potatoes and green beans in half of the oil, half the garlic powder, and salt and pepper. Bake for 15 minutes.
- 4 Remove the baking sheet from the oven and add the cod fillets. Brush the remaining oil onto the fillets. Top with the remaining garlic powder, dill, salt, and pepper. Place back in the oven for 15 minutes or until the sweet potatoes are soft and the fish is cooked through.
- 5 Divide evenly between plates and enjoy!

Notes

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

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

More Flavor: Squeeze fresh lemon on top when ready to serve.



Lamb & Guacamole Sliders

4 servings

30 minutes

Ingredients

- 1/2 Sweet Potato (large, cut into 1/2-inch rounds)
- 2 tsps 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.



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.



Coconut Crusted Haddock

1 serving
15 minutes

Ingredients

2 tbsps Unsweetened Shredded Coconut
1 tbsp Extra Virgin Olive Oil
1 Garlic (clove, small, minced)
Sea Salt & Black Pepper (to taste)
1 Haddock Fillet
1 tbsp Parsley (finely chopped)
1/4 Lemon (juiced)

Directions

- 1 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 2 Combine the shredded coconut with the oil and garlic. Season with salt and pepper.
- 3 Place the haddock on the baking sheet and scoop the coconut mixture on top of the haddock, gently packing it down. Bake the haddock for 10 minutes.
- 4 Add parsley and lemon juice on top of the haddock. Serve and enjoy!

Notes

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

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



Parchment Baked Cod with Olive Chimichurri

2 servings

25 minutes

Ingredients

- 1 Lemon (sliced)
- 2 Cod Fillet
- Sea Salt & Black Pepper (to taste)
- 45 grams Green Olives (pitted, chopped)
- 2 tbsps Parsley (finely chopped)
- 1 Garlic (clove, finely chopped)
- 2 tbsps Extra Virgin Olive Oil
- 1 1/2 tpsps Lemon Juice

Directions

- 1 Preheat the oven to 400°F (205°C). Cut pieces of parchment paper, about 18-inches (45 cm) long. You'll need one per fillet of fish. Fold each piece of parchment in half then unfold.
- 2 Divide the lemon slices between parchment pieces into a single layer. Season each fillet with salt and pepper and place them on top of the lemons.
- 3 Fold the other side of the parchment paper over the fish. Starting at one side, crimp and fold the edges of the parchment together to tightly seal the packets. Carefully transfer the parchment packets to a baking sheet. Bake in the oven for 15 to 16 minutes or until fish is cooked.
- 4 Meanwhile, in a small bowl combine together the olives, parsley, garlic, oil, and lemon juice. Season with salt and pepper.
- 5 Top the cooked fish with the olive chimichurri and enjoy!

Notes

Leftovers: Refrigerate the fish and chimichurri in separate containers for up to two days.

Serving Size: One serving is equal to one cod fillet and approximately 1/4 cup olive chimichurri.

More Flavor: Add cilantro and chili flakes to the chimichurri.

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



Ginger Peanut Pork with Carrots & Radishes

4 servings

25 minutes

Ingredients

455 grams Lean Ground Pork
230 grams Daikon (cut into 1/2-inch thick moons)
1 tsp Ginger (grated)
95 grams Matchstick Carrots
3 tbsps All Natural Peanut Butter
2 tbsps Coconut Aminos
1/2 Lime (juiced, plus more for garnish)
2 tbsps Water

Directions

- 1 Heat a large skillet over medium heat. Once hot add the pork and cook undisturbed for about four to five minutes, until browned and crispy on one side. Then break up the pork, stir and continue cooking until cooked through, about five minutes longer.
- 2 Add the daikon radish and cook for an additional five to seven minutes, until softened and fork tender. Stir in the ginger and carrots. Remove from the heat, cover, and set aside.
- 3 In a small bowl, whisk together the peanut butter, coconut aminos, and lime juice. Add the water one tablespoon at a time to thin it out.
- 4 Divide evenly between bowls. Top with the peanut sauce and garnish with extra lime. Enjoy!

Notes

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

Serving Size: One serving is about 1 1/4 cups.

Make it Vegan: Use ground tofu.

More Flavor: Add maple syrup, sriracha, fish sauce, and/or chili flakes to the sauce.



Sheet Pan Chicken, Green Beans & Carrots

2 servings

40 minutes

Ingredients

455 grams Chicken Thighs (boneless, skinless)
2 tbsps Extra Virgin Olive Oil (divided)
1 Lemon (juiced)
2 tbsps Italian Seasoning
100 grams Green Beans (trimmed)
2 Carrot (medium, peeled, cut into sticks)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In a shallow bowl, combine the chicken thighs, half of the oil, lemon juice, and Italian seasoning.
- 3 Add the beans and carrots to the baking sheet. Toss with the remaining oil, salt, and pepper to coat. Spread the beans and carrots into an even layer.
- 4 Place the chicken thighs on the baking sheet, making room around the beans and carrots. Bake for 25 to 30 minutes or until the chicken is cooked through and the vegetables are browned and tender.
- 5 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 two chicken thighs and one cup of vegetables.

More Flavor: Add minced garlic and other dried herbs.

Additional Toppings: Top with feta cheese and fresh herbs like parsley or dill.



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.



Sheet Pan Salmon & Squash with Miso Orange Dressing

4 servings

35 minutes

Ingredients

630 grams Butternut Squash (peeled, seeds removed, cubed)
2 tbsps Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
680 grams Salmon Fillet
1 tbsp Miso Paste (white)
2 tbsps Orange Juice
1 tbsp Rice Vinegar
1 tsp Sesame Seeds

Directions

- 1 Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper.
- 2 Toss the squash with 1/3 of the oil, salt, and pepper and arrange on the baking sheet. Bake in the oven for 15 minutes.
- 3 Remove the baking sheet and reduce the oven to 400°F (205°C). Move the squash around to make room for the salmon. Cover the salmon with 1/3 of the oil. Season with salt and pepper. Bake for 13 to 15 minutes, or until the salmon is cooked through. Let cool slightly and then roughly flake the salmon with a fork and set aside.
- 4 Meanwhile, in a small bowl or jar, combine the remaining oil, miso paste, orange juice, and rice vinegar. Mix or shake well to combine.
- 5 Place the squash onto a platter and top with the salmon. Top with the miso sauce and garnish with sesame seeds. Enjoy!

Notes

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

Serving Size: One serving is approximately two cups.

More Flavor: Add minced ginger to the miso dressing, and/or sesame oil.

Additional Toppings: Top with cilantro.



Lemony Chicken with Rice & Peas

2 servings

45 minutes

Ingredients

225 grams Chicken Breast (boneless, skinless)
2 tbsps Parsley (chopped, divided)
2 tbsps Cilantro (chopped)
2 Garlic (clove, minced)
1 Lemon (juiced)
1/2 tsp Sea Salt (divided)
95 grams Brown Rice (dry)
235 milliliters Water
80 grams Frozen Peas (thawed)

Directions

- 1 Preheat the oven to 425°F (215°C) and line a baking sheet with parchment paper. Place the chicken breast, half of the parsley, cilantro, garlic, lemon juice, and half of the salt in a zipper-lock bag.
- 2 Let the chicken sit in the marinade for about 10 minutes. Place the chicken on the baking sheet. Bake in the oven for 22 to 25 minutes, or until the chicken is cooked through.
- 3 Meanwhile, rinse the rice well using a fine mesh strainer under cold water until the water runs clear.
- 4 Add the rinsed rice to a pot along with the water and remaining salt. Bring the rice to a boil over high heat, then cover and reduce the heat to low. Cook for about 15 minutes, then add peas and the remaining parsley. Continue cooking for 10 to 15 minutes or until the liquid has just been absorbed.
- 5 Fluff the rice with a fork. Divide the rice mixture and chicken breast evenly between plates and enjoy!

Notes

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

More Flavor: Add paprika and chili flakes to the chicken marinade.



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.



Tuna, Rice & Cucumber Bowl

2 servings

25 minutes

Ingredients

125 grams Jasmine Rice (dry, uncooked)
2 tsps Mayonnaise
1/2 Lemon (juiced)
1/8 tsp Sea Salt (to taste)
1 can Tuna (drained)
1/2 Cucumber (medium, sliced)

Directions

- 1 Cook the rice according to package instructions.
- 2 In a bowl, mix together the mayonnaise and lemon juice. Season with salt. Add the tuna to the bowl and mix well.
- 3 Divide the cooked rice, tuna mixture, and cucumber slices between bowls and enjoy!

Notes

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

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

Additional Toppings: Add dill on top.

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



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.



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.



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.



Shrimp & Mango Salsa Bowl

2 servings

20 minutes

Ingredients

- 1 Mango (diced)
- 1 Avocado (diced)
- 55 grams Red Onion (diced)
- 3 tbsps Cilantro (finely chopped)
- 2 tbsps Mint Leaves (finely chopped)
- 1 Lime (juiced)
- 3/4 tsp Sea Salt (divided)
- 2 tps Avocado Oil (divided)
- 255 grams Cauliflower Rice
- 225 grams Shrimp (peeled, deveined, tails removed)

Directions

- 1 In a bowl, mix together the mango, avocado, onion, cilantro, mint, lime juice and, a 1/4 of the salt. Set aside.
- 2 Warm half of the oil in a pan over medium heat and add the cauliflower rice. Season with a 1/4 of the salt. Sauté for two to three minutes or until the cauliflower is warmed through. Divide evenly between bowls.
- 3 Warm the remaining oil in the same pan and add the shrimp. Season with the remaining salt. Cook on each side for two to three minutes or until pink and cooked through.
- 4 Evenly divide the shrimp and mango salsa on top of the cauliflower rice. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately 1 1/2 cup of cauliflower rice with shrimp and salsa.

More Flavor: Add minced garlic.



Chicken & Lentil Soup

4 servings

30 minutes

Ingredients

2 tbsps Extra Virgin Olive Oil
80 grams Red Onion (large, chopped)
1/2 bulb Fennel (medium, chopped)
1 1/2 tsps Ginger (finely chopped)
1 tsp Turmeric
1.3 liters Bone Broth
45 grams Quinoa (dry, rinsed)
455 grams Chicken Breast, Cooked (shredded)
125 grams Matchstick Carrots
200 grams Lentils (rinsed and drained)

Directions

- 1 Heat the oil in a large pot over medium heat. Sauté the onion, fennel, and the ginger for six minutes, stirring often. Add the turmeric and mix well.
- 2 Add the broth and cook for another minute. Add the quinoa and bring it to a boil. Reduce the heat to medium-low and simmer for five minutes. Add the cooked chicken, carrots, and lentils and cook for another 10 minutes.
- 3 Divide evenly between bowls and enjoy!

Notes

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

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

More Flavor: Season with salt and black pepper. Use chickpeas instead of lentils.

Additional Toppings: Green onions and fresh dill.

Make it Vegan: Use plant-based protein instead of chicken and vegetable broth instead of bone broth.

No Cooked Chicken: Use raw chicken cut into cubes. Add it at the same time as the carrots and cook until cooked through.

No Quinoa: Use additional lentils instead.



Salmon Florentine

3 servings

30 minutes

Ingredients

2 tsps Extra Virgin Olive Oil
2 Garlic (cloves, sliced)
40 grams Shallot (chopped)
8 Cremini Mushrooms (sliced)
1/2 Lemon (juiced)
425 milliliters Canned Coconut Milk
2 tsps Thyme (fresh)
Sea Salt & Black Pepper (to taste)
340 grams Salmon Fillet (skinless)
60 grams Baby Spinach

Directions

- 1 Add the oil, garlic, and shallots to a large skillet and sauté until fragrant, about two to three minutes.
- 2 Then, add the mushrooms and continue sautéing until the mushrooms are browned, about five to seven minutes. Add the lemon juice to the pan to deglaze.
- 3 Add the coconut milk, thyme, salt, and pepper. Stir well and bring the sauce to a gentle simmer. Add the salmon pieces, nestling them into the sauce. Cover and cook for five minutes or until the salmon is cooked to your desired doneness.
- 4 Add the spinach to the sauce for a few minutes until wilted. Divide evenly between bowls and enjoy!

Notes

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

More Flavor: Add capers to the sauce while it cooks.

Additional Toppings: Chopped parsley, dill and/or sliced almonds.

Serve it With: Serve over rice, quinoa, barley, and/or cauliflower rice.



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.



Chermoula Trout & Quinoa

3 servings

30 minutes

Ingredients

- 55 grams Quinoa (dry)
- 60 grams Parsley (chopped)
- 15 grams Cilantro (chopped)
- 2 Garlic (cloves)
- 60 milliliters Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 1/4 tsp Sea Salt
- 1/2 tsp Cumin
- 3 Rainbow Trout Fillet

Directions

- 1 Cook the quinoa according to package directions.
- 2 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 3 Add the parsley, cilantro, garlic, oil, lemon juice, salt, and cumin to a food processor. Blend until you get a somewhat smooth yet still textured mixture.
- 4 Place the trout fillets on the baking sheet. Set aside some of the chermoula for serving and spoon the rest on the fillets. Bake for 15 minutes, or until cooked through.
- 5 Serve the trout with the reserved chermoula and quinoa. Enjoy!

Notes

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

Serving Size: One serving is approximately one fillet and a 1/3 cup of cooked quinoa.

More Flavor: Add crushed chili peppers.

Fillet Size: One fillet is equal to approximately 160 grams or 5.6 ounces in size.



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.



Chicken Arroz Caldo

4 servings

40 minutes

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 1 Yellow Onion (small, diced)
- 2 Garlic (cloves, finely chopped)
- 1 tbsp Ginger (fresh, grated)
- 905 grams Chicken Wings (split and tips discarded)
- 1 tbsp Fish Sauce
- 1.2 liters Chicken Broth
- 185 grams Jasmine Rice (dry, rinsed)
- Sea Salt & Black Pepper (to taste)
- 1 stalk Green Onion (chopped)
- 1 Lemon (quartered)

Directions

- 1 Heat the oil in a large pot over medium heat. Add the yellow onion and cook for two to three minutes or until softened. Add the garlic, ginger, and chicken and cook, stirring for two minutes. Stir in the fish sauce, cover, and cook for another two minutes.
- 2 Add the broth to the pot. Stir in the rice and bring the mixture to a boil. Reduce the heat to a simmer, cover, and cook for 12 to 15 minutes or until the rice is tender and the chicken is cooked through, stirring occasionally to prevent the rice from sticking to the bottom of the pot. Season with salt and pepper.
- 3 Divide evenly between bowls and garnish with green onions. Serve with a wedge of lemon and enjoy!

Notes

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

Serving Size: One serving is approximately two cups.

More Flavor: Add baby spinach or kale.

Additional Toppings: Fried garlic and a soft-boiled egg.



One Pan Chicken, Chickpeas & Broccoli

2 servings

20 minutes

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 285 grams Chicken Breast (boneless, skinless, cut into cubes)
- 1 Lemon (juiced, divided)
- 2 tbsps Greek Seasoning (divided)
- 275 grams Broccoli (cut into florets)
- 245 grams Chickpeas (drained, rinsed)

Directions

- 1 Heat the oil in a large pan over medium heat. Add the chicken and cook for six to seven minutes or until cooked through. Add the lemon juice and half of the Greek seasoning. Add a splash of water if needed. Stir to combine and then add the chicken to a plate to set aside.
- 2 To the same pan, add the broccoli and sauté for three to four minutes or until slightly tender. Stir in the chickpeas, remaining lemon juice, and Greek seasoning. Add water if needed.
- 3 Stir the chicken back in and cook for another two to three minutes. Divide evenly between bowls or plates and 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 parmesan cheese.



Salmon & Mashed Cauliflower

2 servings

20 minutes

Ingredients

1/2 head Cauliflower (cut into florets)
2 tsps Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
1 Garlic (clove, large, minced)
2 tsps Water
1 1/2 tsps Coconut Aminos
340 grams Salmon Fillet
1 tbsp Parsley (chopped)
1/2 Lemon (cut into wedges)

Directions

- 1 Add the cauliflower to a pot of boiling water, cover, and cook for five to ten minutes or until tender. Drain and mash with half of the oil and salt and pepper to taste. You can also pulse the cauliflower in a food processor for a smoother texture.
- 2 Add the remaining oil to a skillet over medium heat. Add the garlic and sauté for two minutes before adding the water and coconut aminos. Stir to combine before adding the salmon. Cook for four minutes. Flip and cook for three to four more minutes or until the salmon is cooked through.
- 3 Divide the salmon and cauliflower evenly between plates. Garnish with parsley and serve with lemon wedges. Enjoy!

Notes

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

Serving Size: One serving is six ounces of salmon and one cup of cauliflower.

More Flavor: Add minced shallot, ginger, and green onions to the pan with the salmon. Use butter instead of oil for the mashed cauliflower.



Sauteed Cabbage & Kale with Salmon

2 servings

25 minutes

Ingredients

340 grams Salmon Fillet
2 tsps Extra Virgin Olive Oil (divided)
1 Lemon (juiced, divided)
2 Garlic (clove, minced, divided)
Sea Salt & Black Pepper (to taste)
180 grams Purple Cabbage (chopped)
20 grams Kale Leaves (chopped)

Directions

- 1 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper and place the salmon on top. In a small bowl, mix together half of each the oil, lemon juice, garlic. Season the mixture with salt and pepper.
- 2 Brush the salmon fillets all over with the lemon mixture and place onto the baking sheet. Cook in the oven for 15 to 20 minutes or until cooked through.
- 3 Meanwhile, warm up the remaining oil in a pan over medium-high heat. Add the cabbage and remaining garlic. Sauté for about five minutes, add the kale, and sauté for another 10 minutes or until tender. Season with salt and pepper, turn off the heat, and top with the remaining lemon juice.
- 4 Divide the salmon and cabbage mixture between serving plates and enjoy!

Notes

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

Serving Size: One serving is approximately six ounces of salmon and one cup of kale and cabbage.

More Flavor: Add onion and bell pepper to the cabbage mixture.

Additional Toppings: Top with fresh herbs and sesame seeds.