










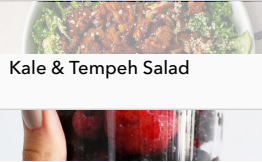

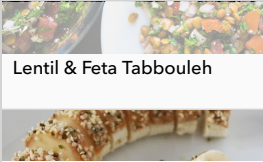


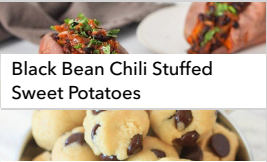
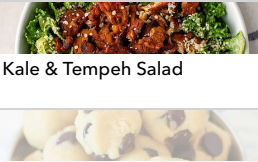





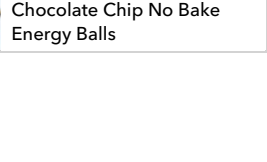
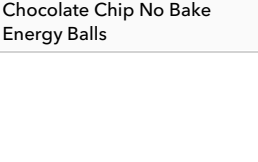
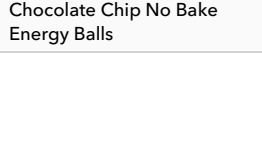
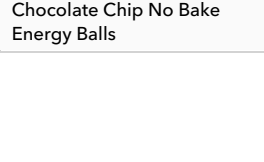
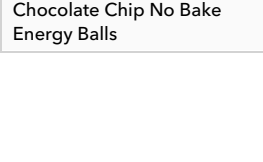
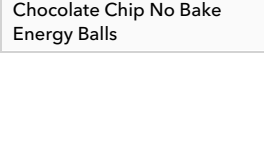
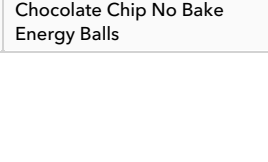









E.A. Stewart
Spicy RD Nutrition

16:8 Intermittent Fasting Meal
Plan

EA Stewart

<https://www.eastewart.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Cauliflower Rice Breakfast Hash	 Berry & Nut Breakfast Bowl	 Savory Arugula & Olive Oatmeal	 Chocolate Almond Hemp Seed Porridge	 Blueberry Protein Smoothie	 Banana Nut Pancakes	 One Pan Breakfast Hash
Lunch	 Chicken Salad with Lemon Garlic Tahini Dressing	 Black Bean Chili Stuffed Sweet Potatoes	 Kale & Tempeh Salad	 Five Spice Chicken & Veggies	 Lentil & Feta Tabbouleh	 Salsa Verde Salmon with Tomatoes and Brown Rice	 Healthy Chopped Superfood Salad
Dinner	 Yogurt & Berries	 Pear & Walnuts	 Yogurt & Berries	 Five Spice Chicken & Veggies	 Lentil & Feta Tabbouleh	 Salsa Verde Salmon with Tomatoes and Brown Rice	 Healthy Chopped Superfood Salad
	 Black Bean Chili Stuffed Sweet Potatoes	 Kale & Tempeh Salad	 Five Spice Chicken & Veggies	 Lentil & Feta Tabbouleh	 Salsa Verde Salmon with Tomatoes and Brown Rice	 Healthy Chopped Superfood Salad	 Turkey Mushroom Lettuce Wraps
	 Chocolate Chip No Bake Energy Balls	 Chocolate Chip No Bake Energy Balls	 Chocolate Chip No Bake Energy Balls	 Chocolate Chip No Bake Energy Balls	 Chocolate Chip No Bake Energy Balls	 Chocolate Chip No Bake Energy Balls	 Chocolate Chip No Bake Energy Balls

Fruits

- ☐ 4 Banana
- ☐ 1/2 cup Blackberries
- ☐ 1 cup Blueberries
- ☐ 1/2 Lemon
- ☐ 1/3 cup Lemon Juice
- ☐ 2 Navel Orange
- ☐ 1 tsp Orange Zest
- ☐ 1 Pear
- ☐ 3/4 cup Strawberries

Breakfast

- ☐ 3 tbsps Almond Butter
- ☐ 1/2 cup Maple Syrup

Seeds, Nuts & Spices

- ☐ 2 tbsps Almonds
- ☐ 1/2 tsp Black Pepper
- ☐ 1 tbsp Chia Seeds
- ☐ 3 1/3 tbsps Chili Powder
- ☐ 1 tsp Chinese Five Spice
- ☐ 2 tsps Cinnamon
- ☐ 1 tsp Cumin
- ☐ 1/8 tsp Garlic Powder
- ☐ 2 1/2 tbsps Ground Flax Seed
- ☐ 1/2 cup Hemp Seeds
- ☐ 2 tsps Oregano
- ☐ 1/2 cup Pecans
- ☐ 1 tbsp Pumpkin Seeds
- ☐ 2 1/16 tsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1/2 tsp Smoked Paprika
- ☐ 1 cup Walnuts

Frozen

- ☐ 4 cups Frozen Berries
- ☐ 1 cup Frozen Blueberries

Vegetables

- ☐ 3 cups Arugula
- ☐ 1 cup Baby Spinach
- ☐ 1 head Boston Lettuce
- ☐ 4 cups Brussels Sprouts
- ☐ 3 cups Cauliflower Rice
- ☐ 4 cups Cherry Tomatoes
- ☐ 1 tbsp Chives
- ☐ 3/4 cup Cilantro
- ☐ 1/2 Cucumber
- ☐ 8 Garlic
- ☐ 4 cups Green Beans
- ☐ 14 cups Kale Leaves
- ☐ 4 1/2 cups Parsley
- ☐ 1 cup Red Onion
- ☐ 1 head Romaine Hearts
- ☐ 1/4 cup Shallot
- ☐ 8 Sweet Potato
- ☐ 2 2/3 Tomato
- ☐ 12 White Button Mushrooms
- ☐ 3 Yellow Bell Pepper
- ☐ 3 Yellow Onion

Boxed & Canned

- ☐ 3 1/2 cups Black Beans
- ☐ 1 cup Brown Rice
- ☐ 2 cups Lentils
- ☐ 1/2 cup Organic Coconut Milk
- ☐ 2 tbsps Organic Vegetable Broth
- ☐ 3 1/2 tbsps Quinoa

Baking

- ☐ 3 cups Almond Flour
- ☐ 1 tbsp Baking Powder
- ☐ 1 tsp Cacao Nibs
- ☐ 2 tsps Cocoa Powder
- ☐ 2 tsps Monk Fruit Sweetener
- ☐ 2 1/2 tbsps Nutritional Yeast
- ☐ 1 cup Oats
- ☐ 1/4 cup Organic Dark Chocolate Chips
- ☐ 1 tbsp Tapioca Flour

Bread, Fish, Meat & Cheese

- ☐ 1 1/4 lbs Chicken Breast
- ☐ 1 lb Extra Lean Ground Turkey
- ☐ 1 1/8 cups Feta Cheese
- ☐ 9 slices Organic Bacon
- ☐ 1 2/3 lbs Salmon Fillet
- ☐ 7 1/16 ozs Tempeh

Condiments & Oils

- ☐ 2 tbsps Apple Cider Vinegar
- ☐ 1 1/3 tbsps Avocado Oil
- ☐ 2 1/3 tbsps Balsamic Vinegar
- ☐ 2 tbsps Capers
- ☐ 1/3 cup Coconut Aminos
- ☐ 3 tbsps Coconut Oil
- ☐ 2/3 cup Extra Virgin Olive Oil
- ☐ 1/4 cup Pitted Kalamata Olives
- ☐ 1/4 cup Tahini
- ☐ 1 1/2 cups Tomato Sauce

Cold

- ☐ 19 2/3 Egg
- ☐ 2 tbsps Orange Juice
- ☐ 4 cups Plain Greek Yogurt
- ☐ 3/4 cup Unsweetened Almond Milk

Other

- ☐ 1 serving Pure Paleo Protein Powder
- ☐ 0 Sea Salt And Black Pepper
- ☐ 0 Sea Salt And Pepper
- ☐ 1/4 cup Vanilla Protein Powder
- ☐ 4 1/2 cups Water

-
- ☐ 1 tsp Unsweetened Shredded Coconut
 - ☐ 1/4 tsp Vanilla Extract



Cauliflower Rice Breakfast Hash

2 servings

25 minutes

Ingredients

- 4 slices Organic Bacon
- 1 Yellow Onion (chopped, small)
- 1 Yellow Bell Pepper (chopped)
- 3 cups Cauliflower Rice
- 4 Egg
- Sea Salt And Black Pepper (to taste)
- 1 tbsp Chives (optional, chopped)

Directions

- 1 In a skillet over medium heat, add the bacon and cook for 5 to 7 minutes or until cooked through. Remove, chop into small pieces and set aside, leaving some of the rendered fat in the pan.
- 2 Add the onion and bell pepper and cook for 3 to 4 minutes, stirring as needed. Add the cauliflower rice and stir to combine. Cook for an additional 2 to 3 minutes. Make space for the eggs and crack one egg into each hole. Cook the eggs until the whites are set and the yolk is done to your liking.
- 3 Remove from the pan and divide onto plates. Top with bacon, sea salt, pepper and chives, if using. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to four days. For best results, enjoy the eggs when served and reheat leftover hash in a pan.

More Flavor, Top the hash with Everything Bagel Seasoning or chili flakes.

Additional Toppings, Serve with avocado.

No Chives, Use another fresh herb such as parsley.



Berry & Nut Breakfast Bowl

1 serving

10 minutes

Ingredients

1/2 cup Strawberries (chopped)
1/2 cup Blackberries (cut in half)
2 tbsps Walnuts (chopped)
2 tbsps Almonds (chopped)
1 tbsp Pumpkin Seeds
1 tbsp Hemp Seeds
1/4 cup Unsweetened Almond Milk

Directions

- 1 Add strawberries and blackberries to a bowl. Top with the nuts and seeds.
- 2 Pour the almond milk over top and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to two days. Keep the almond milk, berries and nuts separately until ready to serve.

Additional Toppings, Add a pinch of cinnamon, shredded coconut, additional nuts and seeds, a dollop of yogurt or a drizzle of honey.

No Berries, Use peaches, mango, pineapple or banana instead.

No Almond Milk, Use another non-dairy milk instead.



Quinoa & Kale Egg Muffins

4 servings

30 minutes

Ingredients

1 tsp Avocado Oil
3 1/2 tbsps Quinoa (dry)
2 tps Extra Virgin Olive Oil
2 cups Kale Leaves (finely chopped)
2/3 Tomato (diced)
4 2/3 Egg
2 2/3 tbsps Water
1/3 tsp Sea Salt

Directions

- 1 Preheat the oven to 350°F (177°C). Grease a muffin pan with the avocado oil.
- 2 Cook the quinoa according to package directions.
- 3 While the quinoa is cooking, heat the extra virgin olive oil in a large pan over medium heat. Cook the kale until wilted and tender. Remove from heat.
- 4 Add the cooked quinoa and the tomato to the wilted kale and stir to combine. Transfer the quinoa mixture evenly into the muffin cups of the prepared pan.
- 5 In a mixing bowl whisk the eggs until well scrambled. Whisk in the water and salt. Pour the egg mixture into the muffin cups to cover the quinoa, kale and tomatoes.
- 6 Bake for 15 to 18 minutes or just until the egg is cooked through and no longer liquid on top. Remove from the oven, let cool and enjoy!

Notes

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

Serving Size, One serving is approximately two egg muffins.

More Flavor, Add red pepper flakes or black pepepr.



Savory Arugula & Olive Oatmeal

2 servings

15 minutes

Ingredients

1 cup Oats (rolled)
2 cups Water
2 tbsps Nutritional Yeast
1/2 tsp Extra Virgin Olive Oil
2 Egg
3 cups Arugula
1/4 cup Pitted Kalamata Olives
Sea Salt And Pepper (to taste)

Directions

- 1 Add the oats and water to a pot. Bring to a gentle boil over medium heat and cook for 8 to 10 minutes. Stir frequently. Once cooked through, add the nutritional yeast and stir.
- 2 Meanwhile, in a skillet over medium heat, add the olive oil. Once heated, add the eggs. Cook until the whites are set and the yolk is cooked to your liking. Remove and set aside. In the same pan, add the arugula and cook over low-medium heat, until just wilted, about 1 to 2 minutes.
- 3 Add the oats to a bowl and top with the arugula, olives and egg. Season with sea salt and pepper. Serve and enjoy!

Notes

Leftovers, The egg is best enjoyed the same day. Refrigerate the remaining ingredients in an airtight container for up to three days. For best results, reheat on the stove and make another egg for topping.

More Flavor, Add onions, chili flakes or garlic powder.

Additional Toppings, Add sliced avocado.

Make it Vegan, Omit the egg and top with scrambled tofu instead.



Orange

2 servings

2 minutes

Ingredients

2 Navel Orange

Directions

1

Slice into wedges or peel and section. Enjoy!



Chocolate Almond Hemp Seed Porridge

1 serving

10 minutes

Ingredients

1/2 cup Organic Coconut Milk (full fat, from the can)
1/2 cup Water
2 tsps Monk Fruit Sweetener
2 tsps Cocoa Powder
1/4 tsp Vanilla Extract
3 tsps Hemp Seeds
1 1/2 tsps Ground Flax Seed
1 tbsp Chia Seeds
1 tbsp Almond Butter
1 tsp Unsweetened Shredded Coconut
1 tsp Cacao Nibs
1/4 cup Strawberries

Directions

- 1 Heat the coconut milk and water over medium heat. Just before the milk starts to bubble stir in monk fruit sweetener, cocoa powder and vanilla. Whisk until well combined.
- 2 Reduce heat to low and whisk in the hemp seeds, ground flax and chia seeds. Let it simmer while stirring frequently until the porridge has thickened. If the porridge becomes too thick, add a tablespoon of additional water or coconut milk at a time until desired consistency is reached.
- 3 Transfer the porridge to a bowl and stir in the almond butter. Top the porridge with the coconut, cacao nibs and strawberries. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days. For best results, reheat on the stovetop with additional coconut milk until warmed through. This recipe can also be served chilled.

Serving Size, One serving is approximately 1 1/2 cups of porridge.

Nut-Free, Use sunflower seed or pumpkin seed butter instead of almond butter.

More Flavor, Add ground cinnamon.

Additional Toppings, Top with seeds, chopped nuts or berries.

No Coconut Milk, Use unsweetened almond milk instead.



Blueberry Protein Smoothie

1 serving

5 minutes

Ingredients

1/4 cup Vanilla Protein Powder
1 tbsp Ground Flax Seed
1 cup Frozen Blueberries
1 cup Baby Spinach
1 cup Water (cold)

Directions

1

Throw all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Blueberries, Use any type of frozen berry instead.

No Protein Powder, Use hemp seeds instead



Banana Nut Pancakes

4 servings

30 minutes

Ingredients

2 Banana (divided)
1/2 cup Unsweetened Almond Milk
2 cups Almond Flour
3 Egg
1 tbsp Baking Powder
1 tbsp Tapioca Flour
1 tbsp Coconut Oil
1/2 cup Walnuts (chopped)
1/3 cup Maple Syrup

Directions

- 1 In a mixing bowl, mash half of the bananas with a fork. Add almond milk, almond flour, eggs, baking powder and tapioca flour. Mix until thoroughly combined.
- 2 Heat coconut oil in a skillet over low-medium heat. Once hot, pour pancakes in the skillet, about 3 to 4-inches wide. Cook for about 3 to 4 minutes per side (or until middle begins to bubble).
- 3 Transfer to plates and top with the remaining banana (sliced), walnuts and maple syrup. Enjoy!

Notes

No Almond Flour, Use all purpose gluten-free flour instead.

No Tapioca Flour, Use arrowroot powder instead.

Storage, Refrigerate in an airtight container up to 3 to 5 days.



One Pan Breakfast Hash

2 servings

40 minutes

Ingredients

4 cups Brussels Sprouts (halved)
1/2 cup Red Onion (chopped)
1 tsp Avocado Oil
Sea Salt & Black Pepper (to taste)
5 slices Organic Bacon (chopped)
4 Egg

Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 2 Add the brussels sprouts and onion to the baking sheet. Drizzle with avocado oil, sea salt, and pepper. Add the chopped bacon on top and place in the oven for 15 minutes. Remove from the oven, stir and bake for 10 minutes more.
- 3 Remove the sheet from the oven and use a spoon to push ingredients aside to make divots for the eggs. Carefully crack the eggs into the divots. Bake for 6 to 8 minutes, or until the eggs are cooked to your liking. Divide between plates and enjoy!

Notes

No Bacon, Use prosciutto, ham or turkey bacon.

More Vegetables, Use additional vegetables such as peppers, potatoes or mushrooms.

More Flavor, Use garlic powder, onion powder, chili flakes, or everything bagel seasoning.

Leftovers, Refrigerate leftover vegetables in an airtight container for up to 4 days. Reheat the vegetables and cook additional eggs as needed.



Chicken Salad with Lemon Garlic Tahini Dressing

2 servings

45 minutes

Ingredients

8 ozs Chicken Breast
1 1/2 tsps Extra Virgin Olive Oil
1/4 tsp Sea Salt (divided)
2 Egg
2 tsps Tahini
2 tsps Water (warm)
2 tsps Lemon Juice
1 Garlic (clove, small, minced)
1 1/2 tsps Nutritional Yeast
1 head Romaine Hearts (chopped)
1/2 Cucumber (chopped)

Directions

- 1 Preheat the oven to 400°F (204°C). Line a baking dish with parchment paper. Place the chicken breast in the prepared baking dish. Drizzle with the oil and season with half of the salt. Bake for about 25 to 30 minutes, or until the chicken is cooked through. Remove the chicken from the oven and let cool.
- 2 Meanwhile, bring a pot of salted water to a boil. Carefully place the eggs in the pot. Cover the pot with a lid and turn off the heat but keep the pot on the hot burner. Let it stand for 12 minutes and then drain the water. Place the eggs in a bowl of ice water for 10 minutes or until cool.
- 3 Whisk the tahini, water, lemon, garlic, nutritional yeast and remaining salt together in a mixing bowl.
- 4 To assemble the salad, chop the cooked chicken breast into cubes and cut the hard-boiled egg in half. Divide the lettuce and cucumber between bowls and top with the chicken and the egg. Drizzle the tahini dressing overtop and enjoy!

Notes

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

Additional Toppings, Top with nutritional yeast, nuts, seeds or other chopped veggies.

Meal Prep Option, Cook the chicken breast and hard-boil the egg ahead of time.



Yogurt & Berries

2 servings

5 minutes

Ingredients

2 cups Plain Greek Yogurt
2 cups Frozen Berries (thawed)

Directions

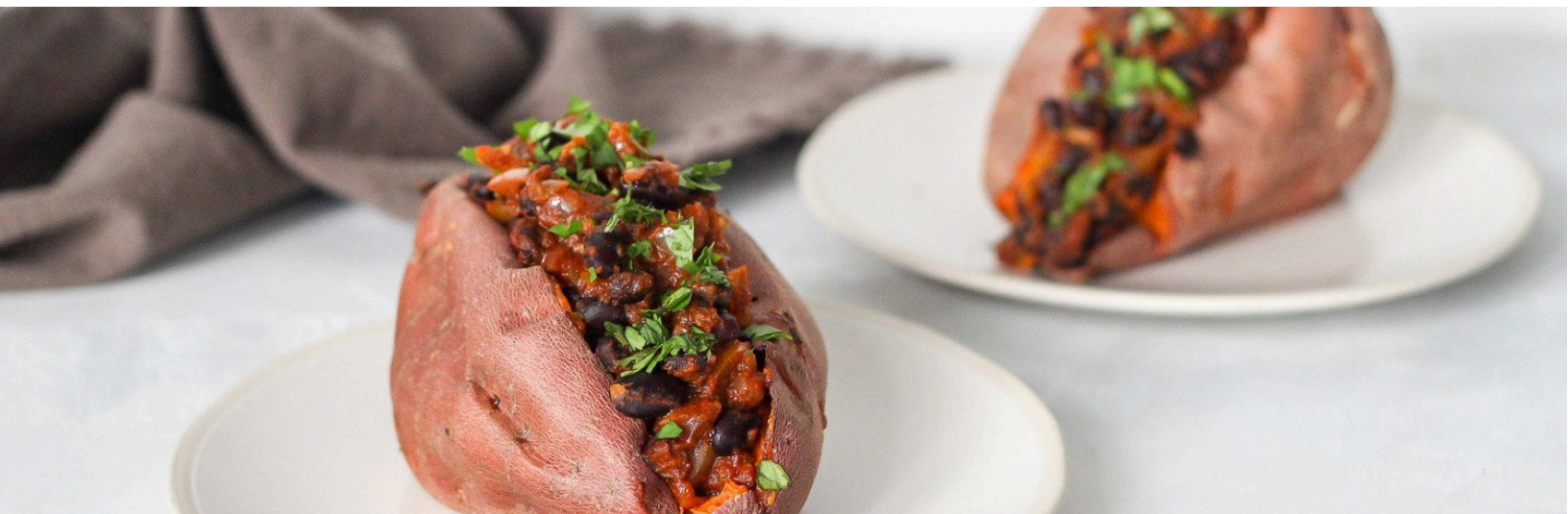
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Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

Notes

Dairy-Free, Use a dairy-free yogurt like coconut, almond or cashew.

No Frozen Berries, Use any type of fresh fruit instead.



Black Bean Chili Stuffed Sweet Potatoes

4 servings

1 hour

Ingredients

- 4 Sweet Potato (medium size)
- 1 tbsp Organic Vegetable Broth
- 1 Yellow Onion (chopped)
- 1 Yellow Bell Pepper (chopped)
- 2 Garlic (clove, minced)
- 1 1/2 tbsps Chili Powder
- 1 tsp Oregano
- 1/2 tsp Cumin
- 1 3/4 cups Black Beans (cooked, drained, rinsed)
- 3/4 cup Tomato Sauce
- 1/3 cup Water
- 1/4 cup Cilantro (chopped)

Directions

1

Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Poke a few fork holes in the sweet potatoes and place on the baking sheet. Bake for 45 to 50 minutes until cooked through.

2

While the potatoes cook, in a medium-sized pot over medium heat, add the vegetable broth. Add the onion and bell pepper and sauté for 5 to 7 minutes, or until cooked through. Add the garlic and cook for 1 minute more. Then add the chili powder, oregano and cumin. Stir to combine. Reduce the heat to low, and add the black beans, tomato sauce and water and cook for 6 to 8 minutes.

3

Remove the sweet potatoes from the oven. Slice each one down the centre and stuff with the black bean chili. Top with cilantro. Serve and enjoy!

Notes

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

Additional Toppings, Top with avocado, cheese, sour cream or yogurt.



Pear & Walnuts

1 serving
5 minutes

Ingredients

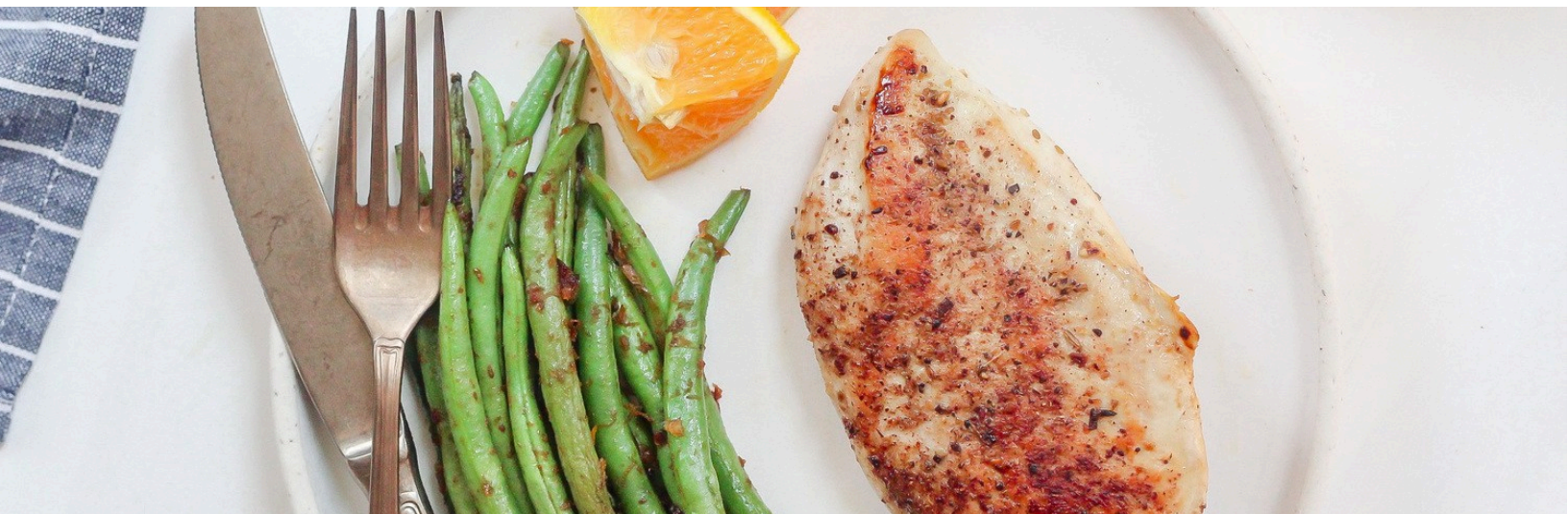
1 Pear
1/4 cup Walnuts

Directions

1 Slice the pear and serve with walnuts. Enjoy!

Notes

Nut-Free, Use sunflower seeds instead of walnuts.
More Flavor, Season the pear with cinnamon.



Five Spice Chicken & Veggies

1 serving
25 minutes

Ingredients

6 ozs Chicken Breast (boneless, skinless)
1/2 tsp Chinese Five Spice
1/2 tsp Avocado Oil
2 tbsps Shallot (finely chopped)
1 Garlic (clove, minced)
1/2 tsp Orange Zest
2 cups Green Beans (washed, trimmed)
1 tbsp Orange Juice
1 tbsp Coconut Aminos

Directions

- 1 Coat the chicken in the Chinese Five Spice and heat a pan over medium heat. Add the avocado oil and chicken to the pan. Cover and cook for 7 to 8 minutes per side or until it is cooked through. Remove from the pan and set aside.
- 2 In the same pan, reduce the heat to medium-low and add the shallot. Cook for 1 to 2 minutes, then add the garlic and cook for 30 seconds. Add the orange zest and green beans and cook for 5 minutes. Add the orange juice and coconut aminos and cook for 1 more minute.
- 3 Slice the chicken into thick slices and add to a plate along with the green beans. Enjoy!

Notes

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

Additional Toppings, Use broccoli or other greens such as kale instead of green beans or in addition to it.

No Coconut Aminos, Use tamari or soy sauce instead.

No Avocado Oil, Use coconut oil or extra virgin olive oil instead.



Banana Sushi

2 servings

5 minutes

Ingredients

2 Banana (peeled)
2 tbsps Almond Butter
2 tbsps Hemp Seeds

Directions

- 1 Spread almond butter onto banana.
- 2 Sprinkle hemp seeds over top.
- 3 Slice and enjoy!

Notes

No Hemp Seeds, Use sunflower seeds instead.



Salsa Verde Salmon with Tomatoes and Brown Rice

2 servings

45 minutes

Ingredients

1/2 cup Brown Rice (dry, uncooked)
2 tbsps Extra Virgin Olive Oil (divided)
10 ozs Salmon Fillet
2 cups Cherry Tomatoes (halved)
1/2 tsp Sea Salt
1 tbsp Capers
1/4 cup Parsley (finely chopped)
1 tbsp Apple Cider Vinegar

Directions

- 1 Cook the brown rice according to the directions on the package.
- 2 About 15 minutes before the rice is done cooking, heat half the olive oil in a large pan over medium-high heat. Add the salmon, tomatoes and salt. Cook for 3 to 5 minutes each side, or until fish is cooked through.
- 3 Meanwhile, combine the capers, parsley, vinegar and remaining olive oil. Mix well.
- 4 Divide brown rice onto plates and top with salmon and salsa verde. Enjoy!

Notes

No Brown Rice, Use basmati rice, jasmine rice, quinoa, couscous or cauliflower rice.
Leftovers, Keeps well in the fridge for 2-3 days.
No Capers, Use olives instead.



Healthy Chopped Superfood Salad

1 serving

10 minutes

Ingredients

- 2 cups Kale Leaves (chopped)
- 1/2 cup Blueberries
- 1/4 cup Pecans (chopped)
- 1/4 cup Feta Cheese
- 2 tsps Extra Virgin Olive Oil
- 2 tsps Balsamic Vinegar
- 1/4 tsp Black Pepper
- 3 ozs Salmon Fillet

Directions

1

Prep ingredients: Chop kale into bite size pieces, chop pecans, crumble feta cheese, cut {optional} protein into bite size pieces.

⋮

2

Combine all ingredients in a medium to large salad or mixing bowl. Toss well, then place on salad plate or bowl for serving.

Notes

Protein Source, Choose protein of choice depending on dietary needs such as grilled chicken, roast turkey breast, pan seared salmon, crispy baked tofu, or garbanzo beans.

Vegan Option, Substitute feta cheese for a dairy-free cheese or omit cheese all together.



Chocolate Chip No Bake Energy Balls

10 servings

5 minutes

Ingredients

1 cup Almond Flour
1 serving Pure Paleo Protein Powder (or whey, plant based, or low fodmap protein powder)
2 tbsps Coconut Oil
2 tbsps Maple Syrup
1/4 tsp Sea Salt
1/4 cup Organic Dark Chocolate Chips

Directions

- 1 Combine almond flour, protein powder, oil, maple syrup, and salt in a food processor {or mixing bowl}. Process on high until mixture starts to form a ball {or mix well with a fork or hand mixer}. Stir in chocolate chips.
- 2 Shape into ~10 1-inch balls, and place on a dish. Eat immediately or, cover with plastic wrap, and store in refrigerator until ready to eat.

Notes

Vegan Option, Substitute dark chocolate chips for dairy- free chocolate chips and choose a plant-based protein powder.

Paleo Meal, PaleoMeal is a whey protein powder supplements from Designs for Health. It contains a blend of whey from pasture grazing New Zealand cows, along with added fiber, vitamins and minerals.



Kale & Tempeh Salad

4 servings

25 minutes

Ingredients

2 tbsps Coconut Aminos
1 tbsp Balsamic Vinegar
1 tsp Chili Powder
1/2 tsp Smoked Paprika
1/4 tsp Sea Salt (divided)
7 1/16 ozs Tempeh (cut into thin slices)
3 tbsps Lemon Juice
2 tbsps Water
2 tbsps Tahini
1/8 tsp Garlic Powder
8 cups Kale Leaves (finely chopped)
2 tbsps Hemp Seeds (optional)

Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 In a zipper-lock bag or shallow bowl, mix the coconut aminos, vinegar, chili powder, paprika and half of the salt together. Add in the tempeh and let it marinate for 10 to 15 minutes.
- 3 Arrange the tempeh in an even layer on the baking sheet. Bake for 18 to 20 minutes, flipping halfway through. Remove from the oven and let it cool slightly, then crumble it into small pieces.
- 4 Meanwhile, in a large mixing bowl combine the lemon juice, water, tahini, garlic powder and the remaining salt. Add the kale to the dressing and toss to coat well.
- 5 Divide the salad between bowls and top with tempeh and hemp seeds. Enjoy!

Notes

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

More Flavor, Add cayenne pepper or hot sauce for a spicy tempeh. Add maple syrup to the dressing for a sweeter flavor.

Additional Toppings, Top with sesame seeds or nutritional yeast.



Lentil & Feta Tabbouleh

4 servings

10 minutes

Ingredients

- 2 cups Lentils (cooked)
- 2 Tomato (medium, diced)
- 2/3 cup Feta Cheese (crumbled)
- 4 cups Parsley (chopped)
- 1/2 cup Red Onion (finely diced)
- 1/4 cup Extra Virgin Olive Oil
- 1/2 Lemon (juiced)
- 2 tsps Cinnamon (ground)
- Sea Salt & Black Pepper (to taste)

Directions

1

Toss all ingredients in a large bowl until evenly combined. Add sea salt and black pepper to taste. Divide into bowls and enjoy!

Notes

Dairy-Free, Omit the feta and use sliced olives or capers instead.

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



Turkey Mushroom Lettuce Wraps

4 servings

20 minutes

Ingredients

- 1 tsp Avocado Oil
- 12 White Button Mushrooms (sliced)
- 1 Garlic (clove, minced)
- 1 lb Extra Lean Ground Turkey
- 2 tbsps Coconut Aminos
- 1 head Boston Lettuce
- 1/4 cup Cilantro (chopped)

Directions

- 1 In a skillet over medium heat, add the avocado oil along with the mushrooms and cook for 5 to 6 minutes. Reduce the heat slightly and add the garlic. Cook for one minute more.
- 2 Add the ground turkey and cook for 8 to 10 minutes, stirring occasionally until it is cooked through. Add the coconut aminos, stir and set aside.
- 3 Scoop the turkey mixture on to lettuce leaves and top with cilantro. Serve and enjoy!

Notes

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

Serving Size, One serving is equal to approximately two lettuce wraps.

No Coconut Aminos, Use tamari instead.

No Ground Turkey, Use ground chicken instead.

More Flavor, Add hot sauce and/or chili flakes.

Additional Toppings, Top with additional vegetables such as carrots, celery or bell pepper.

No Cilantro, Omit, or use basil instead.