



40 500 Calorie (or Less) Meals

...

EA STEWART

E.A. Stewart
SPICY RD NUTRITION

40 500 Calorie (or Less) Meals That Are Healthy, Satisfying, & Delicious!

EA STEWART, MBA, RD | SPICY RD NUTRITION

Dear Friends,

I hope you enjoy this cookbook featuring 40 500 calorie (or less!) meals that are healthy and delicious

All of the recipes are gluten-free and include options for plant-based eaters and omnivores alike.

Enjoy these recipes in good health and, if you haven't subscribed to my newsletter, [be sure to sign up!](#)

I typically send my newsletter out every 1-2 weeks and include new recipe posts, subscriber-only gluten-free meal plans, and integrative nutrition research updates on [gut health](#), [autoimmune disease](#), [wellness nutrition](#), [and vibrant aging](#).

Cheers to delicious health!

EA, aka Spicy

P.S. Want to get in touch with a question about this ebook or schedule a nutrition consultation? Email me at thespicyrd@eastewart.com

Sheet Pan Chicken, Green Beans & Carrots

2 SERVINGS 40 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

Calories	440	Protein	46g
Fat	23g	Cholesterol	213mg
Saturated	4g	Sodium	261mg
Carbs	11g	Calcium	56mg
Fiber	3g	Iron	3mg
Sugar	5g	Vitamin D	2IU

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 In a shallow bowl, combine the chicken thighs, half of the oil, lemon juice, and Italian seasoning.
- 03 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.
- 04 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.
- 05 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.

Ginger Peanut Pork with Carrots & Radishes

4 SERVINGS 25 MINUTES



INGREDIENTS

1 lb Lean Ground Pork
2 cups Daikon (cut into 1/2-inch thick moons)
1 tsp Ginger (grated)
3/4 cup Matchstick Carrots
3 tbsps All Natural Peanut Butter
2 tbsps Coconut Aminos
1/2 Lime (juiced, plus more for garnish)
2 tbsps Water

NUTRITION

AMOUNT PER SERVING

Calories	349	Protein	24g
Fat	24g	Cholesterol	77mg
Saturated	7g	Sodium	245mg
Carbs	10g	Calcium	46mg
Fiber	2g	Iron	2mg
Sugar	6g	Vitamin D	19IU

DIRECTIONS

- 01 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.
- 02 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.
- 03 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.
- 04 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.

Yellow Bean, Potato, & Turkey Sausage Casserole

4 SERVINGS 1 HOUR



INGREDIENTS

3 Yellow Potato (medium, very thinly sliced)
4 cups Yellow Beans (or green, halved)
1/2 cup Red Onion (diced)
13 ozs Turkey Sausage (chopped)
2 tbsps Rosemary (chopped)
2 tbsps Fresh Sage (chopped)
1/2 tsp Sea Salt (divided)
1/2 cup Canned Coconut Milk (full fat)

NUTRITION

AMOUNT PER SERVING

Calories	362	Protein	23g
Fat	13g	Cholesterol	69mg
Saturated	7g	Sodium	866mg
Carbs	39g	Calcium	99mg
Fiber	7g	Iron	4mg
Sugar	6g	Vitamin D	0IU

DIRECTIONS

- 01 Preheat the oven to 375°F (190°C).
- 02 Line a casserole dish with half of the potatoes. Add half of each of the following ingredients on top of the potatoes: beans, onion, sausage, rosemary, sage, and salt.
- 03 Create a second layer starting with the remaining potato slices, then add the remaining half of the beans, onion, sausage, rosemary, sage, and salt.
- 04 Pour the coconut milk over top of everything and transfer the dish to the oven. Bake for 45 minutes. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

A 12 x 9-inch casserole dish was used to make four servings. One serving is equal to approximately 1/4 of the dish.

MORE FLAVOR

Add garlic powder and onion powder. Top with cranberry sauce.

One Pot Creamy Chicken & Artichoke Stew

2 SERVINGS 20 MINUTES



INGREDIENTS

1 tsp Extra Virgin Olive Oil
8 ozs Chicken Thighs (chopped)
5 stalks Green Onion (tops only, chopped, divided)
1/3 cup Artichoke Hearts (from the can, drained, chopped)
1/3 cup Canned Coconut Milk (full fat)
1/2 cup Chicken Broth
1/2 cup Frozen Green Beans (chopped)
1 1/2 cups Baby Spinach

NUTRITION

AMOUNT PER SERVING

Calories	263	Protein	25g
Fat	14g	Cholesterol	108mg
Saturated	8g	Sodium	501mg
Carbs	7g	Calcium	78mg
Fiber	4g	Iron	2mg
Sugar	4g	Vitamin D	1IU

DIRECTIONS

- 01 Heat the oil in a large pot over medium heat. Once hot, add the chicken and half of the green onions. Sauté for three to five minutes.
- 02 Add the artichoke hearts, coconut milk, broth, and green beans. Bring everything to a simmer and cook for five to seven minutes or until the chicken is cooked through. Add the baby spinach in the final minutes of cooking.
- 03 Garnish with the remaining green onions and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for three days.

SERVING SIZE

One serving is approximately 1 1/4 cups.

MORE FLAVOR

Add capers and/or minced garlic.

ADDITIONAL TOPPINGS

Chopped parsley or cilantro.

One Pot Taco Pasta

6 SERVINGS 40 MINUTES



INGREDIENTS

1 tbsp Extra Virgin Olive Oil
1 lb Extra Lean Ground Beef
4 stalks Green Onion (finely chopped)
2 Garlic (cloves, minced)
1 tsp Cumin (ground)
1 tsp Chili Powder
1/4 tsp Sea Salt
1 Tomato (large, diced)
1/2 cup Frozen Corn (thawed)
1/2 cup Black Beans (cooked, from the can)
1 Red Bell Pepper (diced)
2 1/2 cups Chicken Broth
1 cup Salsa
2 cups Brown Rice Pasta Shells (dry, uncooked)

NUTRITION

AMOUNT PER SERVING

Calories	369	Protein	22g
Fat	12g	Cholesterol	51mg
Saturated	4g	Sodium	865mg
Carbs	44g	Calcium	44mg
Fiber	5g	Iron	3mg
Sugar	4g	Vitamin D	2IU

DIRECTIONS

- 01 Heat oil in a large skillet with a tight-fitting lid over medium-high heat. Add the beef, and break it up with a wooden spoon or spatula as it cooks. Once it is cooked through and no longer pink, drain any excess drippings.
- 02 Add onions and garlic to the pan with the beef and cook for 3 to 5 minutes or until onions are translucent.
- 03 Add cumin, chili powder, salt, diced tomato, corn, black beans and bell pepper to the pot and stir to incorporate with the meat. Cook the vegetables for 2 to 3 minutes.
- 04 Stir in the broth, salsa and pasta. Bring everything to a boil, then cover and reduce heat to medium-low. Let simmer for 12 to 15 minutes or until pasta is cooked through and tender. Stir every 3 to 4 minutes as it cooks, to ensure the pasta isn't sticking to the bottom of the pan.
- 05 Remove from heat, divide into bowls and serve immediately. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately 1 1/2 cups.

NO GROUND BEEF

Use ground chicken or turkey instead.

VEGAN & VEGETARIAN

Swap the ground meat out for cooked lentils.

OPTIONAL TOPPINGS

Grated cheese, sour cream, avocado, fresh lime, cilantro or extra salsa.

LIKES IT SPICY

Stir in a chopped jalapeno and a pinch of cayenne with the other vegetables and spices.

NO BROWN RICE PASTA SHELLS

Use any other type of pasta or pasta shell instead like whole wheat penne or chickpea fusilli.

One Pot White Fish & Rice

4 SERVINGS 20 MINUTES



INGREDIENTS

1 1/2 cups Basmati Rice (rinsed)
2 cups Water
2 cups Cherry Tomatoes (chopped)
1 tbsp White Wine Vinegar
1 cup Basil Leaves (torn, divided)
1/2 cup Assorted Olives
Sea Salt & Black Pepper (to taste)
2 Cod Fillet (cut into pieces)

NUTRITION

AMOUNT PER SERVING

Calories	401	Protein	28g
Fat	3g	Cholesterol	50mg
Saturated	1g	Sodium	192mg
Carbs	64g	Calcium	71mg
Fiber	3g	Iron	2mg
Sugar	2g	Vitamin D	42IU

DIRECTIONS

- 01 In a large pan over high heat, add the rice and water. Cover with a lid and bring to a boil, then lower to a simmer.
- 02 Meanwhile, combine the tomatoes, white wine vinegar, half the basil, olives, salt, and pepper in a bowl.
- 03 Open the lid, and arrange the pieces of cod in the pan, pushing them into the rice. Scatter the tomato-basil mixture overtop and cover with the lid again. Simmer for 10 to 15 minutes, or until the rice and fish are both cooked through. Add more water if needed to cook the rice.
- 04 Garnish with the remaining basil, divide evenly between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 1 1/2 to 2 cups.

MORE FLAVOR

Use olive tapenade or pesto instead of assorted olives.

ADDITIONAL TOPPINGS

Red pepper flakes and/or a drizzle of olive oil.

NO COD

Use haddock, tilapia, salmon, or shrimp.

NO WHITE WINE VINEGAR

Use red cooking wine, lemon juice, apple cider vinegar, or balsamic vinegar instead.

FILLET SIZE

One fillet is equal to 231 grams or 8 ounces.

Sheet Pan Shrimp Fajitas

2 SERVINGS 20 MINUTES



INGREDIENTS

12 ozs Shrimp (deveined, peeled, tails removed)
1 Red Bell Pepper (thinly sliced)
1 Green Bell Pepper (thinly sliced)
1/2 cup Red Onion (thinly sliced)
1 1/2 tbsps Extra Virgin Olive Oil
1 1/3 tbsps Taco Seasoning
1/2 Lime (juiced)

NUTRITION

AMOUNT PER SERVING

Calories	300	Protein	37g
Fat	11g	Cholesterol	274mg
Saturated	2g	Sodium	719mg
Carbs	16g	Calcium	150mg
Fiber	4g	Iron	2mg
Sugar	7g	Vitamin D	0IU

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C).
- 02 Place the shrimp, peppers, and onion on a large baking sheet. Season with oil and taco seasoning and mix until the shrimp and veggies are well coated. Arrange into a single layer.
- 03 Bake for six to eight minutes or until the shrimp are cooked through.
- 04 Remove the pan from the oven and turn the oven to broil. Remove the shrimp from the pan and set aside. Broil the peppers and onions for three to four minutes or until slightly charred.
- 05 Add the shrimp back to the pan and drizzle with lime juice. Season with salt if needed. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

MORE FLAVOR

Add red pepper flakes or cayenne to taste.

SERVE IT WITH

Tortillas, rice, cauliflower rice, lettuce, salsa, avocado, cilantro and/or sour cream.

NO TACO SEASONING

Use a combination of chili powder, cumin, garlic powder, onion powder, oregano, and salt.

Sticky Sheet Pan Tofu Stir Fry

2 SERVINGS 35 MINUTES



INGREDIENTS

7 1/16 ozs Tofu (extra-firm, pressed, cut into 1-cm thick triangles or cubes)
2 tbsps Tamari (divided)
2 cups Broccoli (cut into florets)
1 Carrot (large, peeled and sliced)
1 Red Bell Pepper (medium, chopped)
1 tbsp Maple Syrup
1 Garlic (small clove, minced)
1/4 tsp Ground Ginger
1/8 tsp Red Pepper Flakes

NUTRITION

AMOUNT PER SERVING

Calories	182	Protein	15g
Fat	6g	Cholesterol	0mg
Saturated	1g	Sodium	1064mg
Carbs	22g	Calcium	356mg
Fiber	6g	Iron	4mg
Sugar	13g	Vitamin D	0IU

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Add the tofu and half of the tamari to a mixing bowl and toss to coat the tofu in the tamari. Transfer the tofu to one side of the baking sheet. To the same mixing bowl add the broccoli, carrot, and bell pepper. Add half the remaining tamari and mix until the vegetables are lightly coated in the tamari. Transfer the vegetables to the other side of the baking sheet.
- 03 Bake the tofu and veggies for 20 minutes.
- 04 Meanwhile, in the mixing bowl combine the remaining tamari, maple syrup, garlic, ginger, and red pepper flakes.
- 05 Flip the tofu and the vegetables then drizzle with the maple ginger sauce. Continue baking for eight to 10 minutes until the sauce is sticky and bubbly. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

ADDITIONAL TOPPINGS

Sesame seeds, sliced green onion, or more tamari.

VEGETABLES

Use cauliflower, bell pepper, snap peas, zucchini, or green beans instead.

NO TAMARI

Use soy sauce or coconut aminos instead.

NO MAPLE SYRUP

Use honey or another liquid sweetener instead.

SERVE IT WITH

Rice, cauliflower rice, or quinoa.

Sheet Pan Greek Chicken & Veggies

2 SERVINGS 35 MINUTES



INGREDIENTS

2 tbsps Extra Virgin Olive Oil
2 tbsps Lemon Juice (plus more for serving)
1 Garlic (clove, minced)
1/2 tsp Oregano
1 1/2 tbsps Dijon Mustard
1/4 tsp Sea Salt
10 ozs Chicken Breast (cut into large cubes)
1 Zucchini (medium, sliced)
1 Red Bell Pepper (medium, chopped)
1/2 cup Red Onion (cut into thin wedges)

NUTRITION

AMOUNT PER SERVING

Calories	347	Protein	34g
Fat	18g	Cholesterol	103mg
Saturated	3g	Sodium	412mg
Carbs	12g	Calcium	44mg
Fiber	3g	Iron	1mg
Sugar	7g	Vitamin D	1IU

DIRECTIONS

- 01 In a small mixing bowl combine the oil, lemon juice, garlic, oregano, Dijon mustard and salt. Remove 1/3 of the sauce and set aside. Place the chicken cubes in the remaining sauce and stir to coat evenly. Let the chicken marinate for 10 to 15 minutes.
- 02 Meanwhile, preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 03 Place the zucchini, bell pepper, and onion on the prepared baking sheet and drizzle with the reserved sauce. Add the marinated chicken to the pan.
- 04 Bake for about 20 minutes or until the chicken is cooked through and the veggies are just tender. Season with additional salt, if needed.
- 05 To serve, divide between plates and serve with additional lemon juice or lemon wedges. Enjoy!

NOTES

LEFTOVERS

Refrigerate for up to three days. For a meal prep option, divide chicken and veggies between meal prep containers for on-the-go meals.

MORE FLAVOR

Add other dried herbs and spices, like Greek seasoning, thyme, or basil.

ADDITIONAL TOPPINGS

Serve with fresh herbs, tzatziki, hummus, or baba ganoush.

MORE CARBS

Serve with rice, quinoa, or pita bread.

NO CHICKEN BREAST

Use chicken thighs, turkey breast, or pork tenderloin instead.

Pork & Coleslaw Skillet

4 SERVINGS 20 MINUTES



INGREDIENTS

1 lb Lean Ground Pork
2 Egg
1 tsp Ginger (minced)
4 Garlic (cloves, minced)
6 cups Coleslaw Mix
2 tsps Fish Sauce
2 1/2 cups Cauliflower Rice
1/4 cup Coconut Aminos
1 1/2 tsps Sesame Seeds (for garnish, optional)

NUTRITION

AMOUNT PER SERVING

Calories	360	Protein	27g
Fat	21g	Cholesterol	170mg
Saturated	6g	Sodium	676mg
Carbs	17g	Calcium	120mg
Fiber	5g	Iron	2mg
Sugar	9g	Vitamin D	40IU

DIRECTIONS

- 01 Heat a large cast iron skillet over medium heat. Once hot, add the pork and let it brown before using a spatula to break it apart and flip over. Continue cooking until no longer pink and somewhat browned and crispy.
- 02 In a small bowl, whisk the eggs and set them aside.
- 03 Reduce the heat to medium-low and add in the ginger and garlic, cook until fragrant, about one minute. Add in the coleslaw and fish sauce and stir to combine. Cook until the veggies have softened a little, about two to three minutes.
- 04 Make a small well in the centre and add the eggs, stirring to cook. Add the cauliflower rice and continue tossing to combine everything. Cook for an additional four to five minutes. Remove from the heat and pour in the coconut aminos.
- 05 Divide into bowls and garnish with sesame seeds.

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately two cups.

MORE FLAVOR

Add sriracha and green onions.

NO COCONUT AMINOS

Use tamari or soy sauce instead.

Beef & Cauliflower Skillet

2 SERVINGS 20 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

Calories	301	Protein	32g
Fat	15g	Cholesterol	92mg
Saturated	6g	Sodium	713mg
Carbs	11g	Calcium	62mg
Fiber	4g	Iron	5mg
Sugar	7g	Vitamin D	4IU

DIRECTIONS

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

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately equal to two cups.

MORE FLAVOR

Add other dried herbs and spices to taste.

ADDITIONAL TOPPINGS

Green onion, fresh herbs, or red pepper flakes.

NO BEEF

Use ground chicken, turkey, or pork instead.

NO ZUCCHINI

Use red pepper or mushrooms instead.

Chickpea Stir Fry

3 SERVINGS 25 MINUTES



INGREDIENTS

2 tbsps Avocado Oil
2 cups Chickpeas (cooked and rinsed)
2 Carrot (peeled, chopped)
1/2 cup Red Onion (chopped)
2 stalks Celery (chopped)
2 cups Broccoli (florets, chopped)
1 cup Water
1/4 cup Tamari
1 tbsp Sesame Seeds

NUTRITION

AMOUNT PER SERVING

Calories	345	Protein	15g
Fat	14g	Cholesterol	0mg
Saturated	2g	Sodium	1421mg
Carbs	43g	Calcium	154mg
Fiber	12g	Iron	5mg
Sugar	10g	Vitamin D	0IU

DIRECTIONS

- 01 In a medium pan, over medium heat, add the avocado oil. Add the chickpeas and cook for 5 minutes.
- 02 Add the carrots, onion, celery, broccoli, water and tamari. Stir to combine. Cook the mixture for 15 to 20 minutes or until everything is slightly soft, stirring every few minutes.
- 03 Divide between plates, sprinkle sesame seeds on top, and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

MORE FLAVOR

Add garlic, fresh ginger, fish sauce, sesame oil, miso paste, red pepper flakes and/or salt and pepper.

Orange Beef Stir Fry

5 SERVINGS 50 MINUTES



INGREDIENTS

1 cup Brown Rice (uncooked)
1 cup Water
1 tbsp Extra Virgin Olive Oil (divided)
12 ozs Beef Tenderloin (sliced into thin strips)
1 Navel Orange (juiced)
2 tbsps Tamari
1/2 tsp Sesame Oil
1 tsp Red Pepper Flakes
1 Sweet Onion (diced)
2 Garlic (cloves, minced)
3 cups Snap Peas
4 cups Broccoli (cut into florets)
1 tbsp Ginger (grated)

NUTRITION

AMOUNT PER SERVING

Calories	437	Protein	20g
Fat	20g	Cholesterol	48mg
Saturated	7g	Sodium	472mg
Carbs	47g	Calcium	99mg
Fiber	6g	Iron	4mg
Sugar	9g	Vitamin D	0IU

DIRECTIONS

- 01 Get your brown rice started by combining brown rice and water in a saucepan. Bring to a boil uncovered stirring occasionally. Once boiling, reduce to low heat and cover. Let simmer for 45 minutes or until all water is absorbed.
- 02 Meanwhile, heat half of your olive oil in a large wok over medium high heat. Cook beef strips to desired doneness. Remove from heat and wrap in foil to keep warm.
- 03 Combine orange juice, tamari, sesame oil and red pepper flakes together in a bowl. Add 1/4 cup water and mix well.
- 04 Pour juice out of wok and place back over medium heat with remaining olive oil. Add diced sweet onion and garlic and saute for 5 minutes or until translucent.
- 05 Add in orange juice sauce, broccoli, and snap peas. Saute for another 8 to 10 minutes or until broccoli is tender.
- 06 Add cooked beef back into wok. Add in grated ginger with 1 tbsp warm water. Saute for 1 minute and remove from heat.
- 07 Serve stir fry over a bed of brown rice. Enjoy!

NOTES

VEGETARIAN

Use chickpeas instead of beef.

MAKE IT SAUCY

Double up on the orange juice, tamari and sesame oil.

MORE GREEN POWER

Fold in some sautéed spinach until wilted.

Ginger Beef Stir Fry

4 SERVINGS 30 MINUTES



INGREDIENTS

1/4 cup Tamari
2 Garlic (cloves, minced)
1 tbsp Ginger (peeled and grated)
1 tbsp Maple Syrup
1 tbsp Coconut Oil
1 lb Beef Tenderloin (sliced into strips)
1/2 Yellow Onion (diced)
3 stalks Celery (chopped)
3 cups Snap Peas
3 cups Mushrooms (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	417	Protein	27g
Fat	29g	Cholesterol	79mg
Saturated	13g	Sodium	1095m...
Carbs	15g	Calcium	67mg
Fiber	4g	Iron	5mg
Sugar	9g	Vitamin D	5IU

DIRECTIONS

- 01 Mix together tamari, garlic, ginger and maple syrup in a jar. Put on a lid and shake well. Set aside.
- 02 Add coconut oil to a large frying pan and place over medium heat. Add beef and yellow onion. Saute for 3 to 5 minutes or until beef is cooked rare. Add in celery, snap peas and mushrooms. Saute for another 5 minutes. Pour in sauce from jar. Stir well to mix. Once everything is well combined, turn off the heat.
- 03 Plate stir fry. Garnish with sesame seeds and hot sauce if you like. Enjoy!

NOTES

ALTERNATIVE VEGETABLES

Use broccoli, carrots, bell peppers or any other vegetables you have on hand.

MORE CARBS

Serve with brown rice or quinoa.

VEGAN & VEGETARIAN

Use cooked chickpeas or tofu instead of beef.

NO BEEF

Use diced chicken breast instead.

MORE GREENS

Stir in kale or baby spinach until wilted.

Miso Maple Broiled Salmon & Salmon Salad

4 SERVINGS 25 MINUTES



INGREDIENTS

1 lb Salmon Fillet (4 4-ounce fillets)
2 tbsps Miso Paste
2 tbsps Gluten Free Tamari (low sodium)
2 tbsps Water
1 tbsp Maple Syrup
1 lb Green Beans (trimmed)
1 tbsp Extra Virgin Olive Oil

NUTRITION

AMOUNT PER SERVING

Calories	259	Protein	27g
Fat	11g	Cholesterol	62mg
Saturated	2g	Sodium	975mg
Carbs	14g	Calcium	63mg
Fiber	4g	Iron	2mg
Sugar	8g	Vitamin D	0IU

DIRECTIONS

- 01 Preheat oven to broil. Line a large sheet pan with aluminum foil.
- 02 Pat salmon filets dry and lay on sheet pan.
- 03 Place trimmed green beans on sheet pan with salmon, and drizzle with olive oil.
- 04 Combine tamari, miso, water, and maple syrup in a small bowl, and stir well to combine.
- 05 Brush miso mixture on top of salmon and green beans.
- 06 Broil in oven for ~5-10 minutes, or until desired level of doneness. (I cooked mine for 8)
- 07 Remove salmon and green beans from oven.

NOTES

MAKE IT A NICOISE SALMON SALAD!

1. While the salmon is in the broiler, bake 2 sweet potatoes in a microwave oven. Prick clean potatoes with a fork all around, and bake on a microwave safe dish for 5 minutes. Turn sweet potatoes over and bake for an additional 5 minutes, or until soft. Cut into bite size cubes. 2. Place leafy greens of choice (i.e. arugula, spinach, kale, romaine) and cubed sweet potatoes in a large salad bowl. Add olive oil and vinegar, along with salt and pepper to taste, and toss well to combine. 3. Divide greens/sweet potato mixture between 4 plates. Top each plate with 1 piece of salmon, 1/4 of the green beans, and 1/4 cup kalamata olives. Enjoy!

Tofu & Broccoli Salad with Peanut Sauce

4 SERVINGS 50 MINUTES



INGREDIENTS

1 1/16 lbs Tofu (extra-firm, pressed, cubed)
2 tbsps Tamari (divided)
2 tbsps Rice Vinegar (divided)
1 1/2 tbsps Sesame Oil (divided)
1 tbsp Arrowroot Powder
1/4 cup All Natural Peanut Butter
2 tbsps Water
3 cups Broccoli (chopped into tiny florets)
1/3 cup Radishes (thinly sliced)
1/4 cup Raw Peanuts (roughly chopped)

NUTRITION

AMOUNT PER SERVING

Calories	330	Protein	21g
Fat	24g	Cholesterol	0mg
Saturated	4g	Sodium	538mg
Carbs	14g	Calcium	392mg
Fiber	5g	Iron	4mg
Sugar	4g	Vitamin D	0IU

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Add the tofu to a large baking dish along with half of each the tamari, the rice vinegar, and the sesame oil. Marinate for 15 minutes. Add the arrowroot powder and gently toss to combine.
- 03 Add the tofu to the baking sheet, spacing the pieces out. Bake for 25 to 30 minutes, flipping halfway through.
- 04 Meanwhile, add the peanut butter and water to a bowl along with the remaining tamari, rice vinegar, and sesame oil. Mix well until combined.
- 05 Add the broccoli and radishes to a salad bowl and add the peanut dressing and toss to combine. Top with crispy tofu and peanuts. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is about 1 1/2 cups of salad.

NUT-FREE

Use sunflower seed butter and omit the peanuts.

MORE FLAVOR

Add chili flakes, sriracha, and/or grated ginger to the peanut sauce. Garnish with cilantro.

NO ARROWROOT POWDER

Use cornstarch instead.

Chickpea Omelette with Asparagus

1 SERVING 15 MINUTES



INGREDIENTS

1/2 cup Chickpea Flour
1/2 cup Water
1 tbsp Nutritional Yeast
1/4 tsp Turmeric
1/8 tsp Sea Salt
1 1/2 tps Extra Virgin Olive Oil
1/2 cup Asparagus (trimmed, chopped)
2 tbsps Fresh Dill (chopped)
1/2 Avocado
1 stalk Green Onion (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	452	Protein	19g
Fat	25g	Cholesterol	0mg
Saturated	3g	Sodium	363mg
Carbs	42g	Calcium	76mg
Fiber	16g	Iron	6mg
Sugar	7g	Vitamin D	0IU

DIRECTIONS

- 01 In a medium bowl, add the chickpea flour, water, nutritional yeast, turmeric and sea salt. Whisk well to combine. Set aside.
- 02 In a skillet over medium heat add the oil and the asparagus. Cook, turning occasionally until the asparagus is fork tender, but still crisp, about 5 to 6 minutes. Remove and set aside.
- 03 In the same skillet, add more oil if necessary. Over medium heat, pour the chickpea omelette mixture and move the pan around to ensure it covers the skillet evenly, in one layer. Let it cook for 3 to 4 minutes until golden brown on the bottom. Add the asparagus to the omelette, then fold in half over the filling.
- 04 Gently, remove the omelette from the skillet and place on a plate. Top with dill, sliced avocado and green onion. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to one omelette with all the toppings.

MORE FLAVOR

Add chili flakes or black pepper.

ADDITIONAL TOPPINGS

Top with goat cheese or feta.

Healthy Grain Bowls

4 SERVINGS 15 MINUTES



INGREDIENTS

1 Avocado
1 cup Plain Greek Yogurt
1/2 Cucumber (chopped)
1 Lemon Juice
1 Garlic Clove
1/8 tsp Sea Salt (or to taste)
2 tbsps Fresh Dill (finely chopped)
2 cups Baby Spinach
2 cups Sorghum
1/2 cup Hummus
1/2 cup Cherry Tomatoes (chopped)
1/2 cup Cucumber (chopped)
1/2 cup Artichoke Hearts (chopped)
1/2 cup Pitted Kalamata Olives (chopped)
1/2 cup Red Bell Pepper (chopped)
1/2 cup Feta Cheese

NUTRITION

AMOUNT PER SERVING

Calories	354	Protein	14g
Fat	23g	Cholesterol	25mg
Saturated	6g	Sodium	737mg
Carbs	24g	Calcium	285mg
Fiber	8g	Iron	3mg
Sugar	4g	Vitamin D	28IU

DIRECTIONS

- 01 To make the Avocado Tzatziki, combine avocado, Greek yogurt, cucumber, lemon juice, garlic, and sea salt in a blender and blend on high speed until smooth and creamy. Spoon in to a serving bowl and stir in chopped dill. Set aside or refrigerate until ready to use.
- 02 To make the DIY Greek Salad bowls, set out all the remaining ingredients in individual serving bowls, and let everyone assemble their own. Top with Avocado Tzatziki before serving.

NOTES

GRAIN VARIATIONS

Use your favorite gluten free whole grain, such as quinoa or rice, in place of the sorghum if desired.

VEGAN VERSION

Omit feta cheese or use a dairy-free cheese of your choosing, and use non-dairy yogurt in place of Greek yogurt.

LOW FODMAP VERSION

Omit garlic from Tzatziki, or add garlic oil; omit hummus, or use low FODMAP hummus; serve with your favorite low FODMAP veggies.

Roast Beef Lettuce Wraps

2 SERVINGS 10 MINUTES



INGREDIENTS

1/4 cup Mayonnaise Or Vegan Mayonnaise (For Horseradish Mayonnaise)
1/4 cup Plain Greek Yogurt (For Horseradish Mayonnaise)
1 tsp Grated Horseradish (For Horseradish Mayonnaise)
4 Romaine Lettuce Leaves (For beef lettuce wraps)
8 Roast Beef (organic grass fed roast beef)
1 Apple (core removed and sliced into matchstick size pieces)
1 tbsp Horseradish Mayonnaise
1 tsp Fresh Herbs (thyme or dill)

DIRECTIONS

- 01 Make the horseradish mayonnaise by mixing the mayonnaise, yogurt, and horseradish in a small bowl. Set aside, or refrigerate until ready to use.
- 02 Place lettuce leaves on a serving dish.
- 03 Top each lettuce leaf with 2 slices of roast beef, 1/4 of the apple pieces, horseradish mayonnaise, and fresh herbs.
- 04 Serve immediately or keep tightly sealed in refrigerator for up to one day.

NUTRITION

AMOUNT PER SERVING

Calories	257	Protein	3g
Fat	21g	Cholesterol	16mg
Saturated	4g	Sodium	193mg
Carbs	14g	Calcium	70mg
Fiber	2g	Iron	0mg
Sugar	10g	Vitamin D	14IU

Easy Shakshuka with Chickpeas

4 SERVINGS 25 MINUTES



INGREDIENTS

1 tbsp Extra Virgin Olive Oil
1 Yellow Onion (small onion, peeled & finely chopped)
2 Garlic Clove (peeled & minced)
2 1/2 cups Garbanzo Beans (or 1 15-ounce can)
2 tsps Smoked Paprika
1 tsp Fennel Seed
1/2 tsp Crushed Red Pepper (or additional to taste)
1 3/4 lbs Crushed Tomatoes
1/2 tsp Sea Salt
1/8 tsp Black Pepper (or to taste)
6 Eggs (large)
2 tbsps Fresh Oregano (or to taste)

NUTRITION

AMOUNT PER SERVING

Calories	331	Protein	19g
Fat	13g	Cholesterol	279mg
Saturated	3g	Sodium	425mg
Carbs	34g	Calcium	139mg
Fiber	10g	Iron	6mg
Sugar	8g	Vitamin D	62IU

DIRECTIONS

- 01 Pre-heat oven to 350 degrees F. Heat a 12-inch oven proof skillet (cast iron works well) over medium heat. Add olive oil to the skillet, then add the chopped onions. Saute over medium heat for 2 minutes, then stir in the garlic.
- 02 Add chickpeas to the skillet, along with paprika, fennel seed, and crushed red peppers. Stir well to combine ingredients and saute for 1 minute.
- 03 Pour crushed tomatoes into the skillet, stir to combine with other ingredients, and simmer on low heat for 5 minutes. Season to taste with salt and pepper.
- 04 Spread tomato chickpea mixture evenly across the skillet, and carefully crack the eggs, one at a time, over mixture. Transfer skillet to the oven and bake for ~ 8-10 minutes or until eggs are cooked to desired doneness.
- 05 Divide into 4 servings and top with fresh oregano and feta cheese if desired. Serve with fresh, crusty gluten free bread if desired-it's delicious dipped in the Spicy Shakshuka sauce! NOTES

NOTES

OPTIONAL INGREDIENTS FOR SERVING

Top with feta cheese if desired, and serve with gluten free bread for dipping in the sauce.

SERVING SUGGESTIONS:

This makes a delicious 1 dish meal, or also goes well with a side salad and/or fresh fruit-I love it with sliced oranges topped with cinnamon!

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 tbsps Tahini
2 tbsps Water (warm)
2 tbsps Lemon Juice
1 Garlic (clove, small, minced)
1 1/2 tsps Nutritional Yeast
1 head Romaine Hearts (chopped)
1/2 Cucumber (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	354	Protein	36g
Fat	19g	Cholesterol	268mg
Saturated	4g	Sodium	444mg
Carbs	9g	Calcium	121mg
Fiber	3g	Iron	3mg
Sugar	2g	Vitamin D	42IU

DIRECTIONS

- 01 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.
- 02 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.
- 03 Whisk the tahini, water, lemon, garlic, nutritional yeast and remaining salt together in a mixing bowl.
- 04 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.

Turkey & Vegetable Soup

6 SERVINGS 50 MINUTES



INGREDIENTS

1 tbsp Extra Virgin Olive Oil
1 Yellow Onion (chopped)
3 Garlic (clove, minced)
1 tsp Dried Thyme
1 tsp Sea Salt
1 Sweet Potato (peeled, cut into 1/2-inch cubes)
1 Carrot (peeled, chopped)
2 stalks Celery (chopped)
10 1/2 ozs Turkey Breast, Cooked (roughly chopped)
6 cups Chicken Broth
1 cup Parsley (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	142	Protein	18g
Fat	4g	Cholesterol	40mg
Saturated	1g	Sodium	1411mg
Carbs	10g	Calcium	59mg
Fiber	2g	Iron	2mg
Sugar	4g	Vitamin D	5IU

DIRECTIONS

- 01 Heat the oil in a large pot over medium heat.
- 02 Add the onion and cook until it begins to soften, about 5 minutes. Add in the garlic, thyme and salt and continue cooking for one minute more.
- 03 Add the sweet potato, carrots, celery and turkey. Stir to combine then add the chicken broth to the pot along with the parsley.
- 04 Bring soup to a gentle boil then reduce the heat to low and cover with a lid. Simmer for 40 to 45 minutes or until the vegetables are very tender. Season with additional salt if needed. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 1 1/2 cups of soup.

MORE FLAVOR

Add a bay leaf or some red pepper flakes.

NO TURKEY

Use chicken breast instead.

ADDITIONAL TOPPINGS

Serve the soup over top of cooked rice or cooked pasta.

Easy Vegetable Frittata Recipe

4 SERVINGS 20 MINUTES



INGREDIENTS

6 Large Eggs
2 tsps Extra Virgin Olive Oil
1 Red Bell Pepper (red, orange, or yellow)
1/2 stalk Green Onion
4 ozs Cheddar Cheese (grated omit for paleo option)
1 tbsp Fresh Oregano (chopped)
Salt And Ground Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	144	Protein	7g
Fat	12g	Cholesterol	28mg
Saturated	6g	Sodium	187mg
Carbs	3g	Calcium	216mg
Fiber	1g	Iron	0mg
Sugar	1g	Vitamin D	7IU

DIRECTIONS

- 01 Heat oven to 350 degrees F.
- 02 Prep Ingredients: Beat eggs in a mixing bowl until well combined. De-stem and de-seed bell pepper and chop into small pieces. Slice green onions (green tops only for low FODMAP version) into 1/4 inch pieces. Grate cheese. Lightly chop oregano.
- 03 Heat a 10-inch oven proof skillet over medium heat. Add oil and spread to coat bottom and sides of skillet. Add bell pepper and saute for 2 minutes to soften. Add green onion and saute for 1 minute. Season vegetables with salt and black pepper to taste.
- 04 Spread vegetables evenly across skillet and pour egg mixture on top. Turn heat to medium low and cook for ~ 8 minutes, or until eggs firm up on sides of skillet. Top will still be runny.
- 05 Place skillet in oven and bake for 5 minutes. Carefully slide out skillet from hot oven and top with grated cheese. Bake an additional 3 minutes.
- 06 Remove skillet from oven and allow to cool for 5 minutes. Sprinkle oregano on top, slice into 4 wedges and serve.

Insanely Addictive Sheet Pan Pork Chops

4 SERVINGS 40 MINUTES



INGREDIENTS

2 tbsps Maple Syrup
2 tbsps Dijon Mustard
2 Apple (sliced)
1 Sweet Onion (sliced)
8 ozs Green Beans (ends trimmed)
2 tbsps Extra Virgin Olive Oil
1/2 tsp Sea Salt (plus additional to taste)
1/8 tsp Black Pepper
12 ozs Pork Chop (boneless)
1 tbsp Sage (chopped, plus additional for garnish)

NUTRITION

AMOUNT PER SERVING

Calories	323	Protein	19g
Fat	15g	Cholesterol	59mg
Saturated	4g	Sodium	570mg
Carbs	28g	Calcium	70mg
Fiber	4g	Iron	1mg
Sugar	21g	Vitamin D	18IU

DIRECTIONS

- 01 Preheat the oven to 400 degrees F, and line a large sheet pan with parchment paper or aluminum foil.
- 02 Use a whisk or fork to combine maple syrup and Dijon mustard together in a small bowl, and set aside.
- 03 Slice apples and onions, and trim ends off green beans, then lay them out on the sheet pan. Pour olive oil on top, and sprinkle with salt and pepper. Use clean hand to toss apples, onion, and green beans together, then spread them out on the pan in a single layer.
- 04 Place pork chops on sheet pan with apples and veggies. Brush maple Dijon glaze on top of pork chops, then turn them over, and brush the other sides. Sprinkle ground black pepper on top of pork chops if desired.
- 05 Place sheet pan in oven, and bake for 25 minutes, or longer if needed.
- 06 Chop sage while pork chops are cooking, and set aside.
- 07 Check pork chops with a meat thermometer to see if done (the internal temperature should be 145 degrees F). If done, remove pan from oven, and allow pork 3 minutes to "rest" before serving.
- 08 Serve 1 pork chop with 1/4 of the apples, onions, green beans, and a sprinkle of fresh chopped sage per plate. Enjoy!

NOTES

LOW FODMAP OPTION

Omit onions & apples. Sub w/ any combo of low FODMAP veggies such as potatoes, sweet potatoes, broccoli, carrots, brussels sprouts, bell peppers, eggplant, fennel, parsnips, or zucchini.

VEGAN/VEGATARIAN OPTION

Omit pork chops and substitute with "cauliflower steaks", tofu, or chickpeas.

Citrus Spiced Turkey Bowls

4 SERVINGS 30 MINUTES



INGREDIENTS

4 cups Green Beans (trimmed)
1 Navel Orange
1 tbsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1 tbsp Sesame Oil
1 lb Extra Lean Ground Turkey
1 tbsp Ginger (peeled and grated)
1/4 cup Orange Juice
1 Red Hot Chili Pepper (minced)
2 Garlic (cloves, minced)
1/4 cup Coconut Aminos (or tamari)
4 stalks Green Onion (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	311	Protein	24g
Fat	17g	Cholesterol	84mg
Saturated	3g	Sodium	358mg
Carbs	18g	Calcium	88mg
Fiber	4g	Iron	3mg
Sugar	12g	Vitamin D	16IU

DIRECTIONS

- 01 Preheat your oven to 375°F (191°C).
- 02 Place the green beans on a baking sheet. Peel and chop the orange and place that on the baking sheet as well. Drizzle with olive oil, season with salt and pepper, and place in the oven for 25 minutes.
- 03 Meanwhile, heat a large skillet over medium heat. Add the sesame oil and the turkey, stirring to break it up as it cooks. Add the ginger, orange juice, chilli pepper, garlic, and coconut aminos to the pan. Once the turkey is cooked through, stir in the green onions and remove from heat.
- 04 To serve, divide the roasted green beans and oranges between bowls and top with the spiced ground turkey. Enjoy!

NOTES

LEFTOVERS

Keeps well in the fridge up to 3 days.

VEGETARIAN

Use scrambled eggs instead of turkey.

Shepherd's Pie Bowls

4 SERVINGS 45 MINUTES



INGREDIENTS

2 Yellow Potato (medium, chopped)
1/2 head Cauliflower (chopped into florets)
1 tbsp Extra Virgin Olive Oil
1 Yellow Onion (medium, diced)
2 Carrot (medium, peeled and diced)
3 stalks Celery (diced)
2 Garlic (cloves, minced)
1 lb Extra Lean Ground Turkey
2 tbsps Poultry Seasoning
Sea Salt & Black Pepper (to taste)
1/3 cup Unsweetened Almond Milk

NUTRITION

AMOUNT PER SERVING

Calories	339	Protein	26g
Fat	14g	Cholesterol	84mg
Saturated	3g	Sodium	167mg
Carbs	31g	Calcium	147mg
Fiber	6g	Iron	5mg
Sugar	6g	Vitamin D	24IU

DIRECTIONS

- 01 Place the yellow potato and cauliflower in a large pot. Fill with enough water to cover them by one inch and cook on high heat until boiling. Once boiling, set a timer for 10 minutes.
- 02 While the cauliflower and potatoes are cooking, heat oil in a large skillet. Add the onion, carrots, celery, and garlic. Cook for 5 to 10 minutes, or until veggies are softened, then add the turkey and poultry seasoning. Stir the turkey around while it cooks to break it into small pieces. After about 10 minutes, or once the meat is cooked through, remove the pan from heat and season to taste with salt and pepper.
- 03 When the potato and cauliflower are tender and easily pierced with a fork, drain them and return to the pot. Add the almond milk and mash with a fork or potato masher. Season to taste with salt and pepper.
- 04 To assemble the bowls, divide the meat and the potato mixture between bowls or containers. Enjoy!

NOTES

LOWER CARB

Replace the yellow potato with more cauliflower.

VEGAN VERSION

Replace the ground turkey with lentils or shredded tempeh.

LEFTOVERS

Keeps well in the fridge for up to 4 days.

Sweet Potato & Black Bean Salad

4 SERVINGS 25 MINUTES



INGREDIENTS

2 Sweet Potato (diced into 1/2 inch cubes)
1 tbsp Extra Virgin Olive Oil
1 tsp Cumin
1/2 tsp Cinnamon
1/2 tsp Paprika
1/4 cup Tahini
1/2 Lemon (juiced)
2 Garlic (cloves, minced)
2 tbsps Unsweetened Almond Milk
2 cups Black Beans (cooked, drained and rinsed)
2 cups Cherry Tomatoes (halved)
1 cup Parsley (chopped)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	315	Protein	13g
Fat	12g	Cholesterol	0mg
Saturated	2g	Sodium	73mg
Carbs	42g	Calcium	161mg
Fiber	13g	Iron	5mg
Sugar	5g	Vitamin D	3IU

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C). Line a large baking sheet with parchment paper.
- 02 In a large mixing bowl, combine diced sweet potato, olive oil, cumin, cinnamon and paprika. Transfer to baking sheet and bake for 25 minutes.
- 03 Meanwhile, make your tahini dressing by whisking together tahini, lemon juice, minced garlic and almond milk.
- 04 In the mixing bowl, combine black beans, tomatoes, chopped parsley and sweet potato. Drizzle with your desired amount of dressing. Season with salt and pepper to taste.

NOTES

NO BLACK BEANS

Use lentils, chickpeas or quinoa instead.

NO TAHINI

Use hummus instead.

STORAGE

Refrigerate in air-tight container up to 3-5 days.

Slow Cooker Lentil Chili

6 SERVINGS 5 HOURS



INGREDIENTS

1 cup Dry Red Lentils (rinsed, uncooked)
1 Yellow Onion (medium, diced)
1 Red Bell Pepper (chopped)
1 Carrot (chopped)
3 Garlic (cloves, minced)
1 tbsp Chili Powder
1 tsp Cumin
1 tsp Smoked Paprika
3 1/2 cups Diced Tomatoes (from the can with juices)
2 tbsps Tomato Paste
2 cups Vegetable Broth
Sea Salt & Black Pepper (to taste)
1 3/4 cups Red Kidney Beans (from the can, drained and rinsed)
1 Avocado (optional, sliced)
1/4 cup Cilantro (optional, chopped)

NUTRITION

AMOUNT PER SERVING

Calories	307	Protein	16g
Fat	6g	Cholesterol	0mg
Saturated	1g	Sodium	298mg
Carbs	49g	Calcium	97mg
Fiber	15g	Iron	7mg
Sugar	8g	Vitamin D	0IU

DIRECTIONS

- 01 Add lentils, onion, bell pepper, carrot, garlic, chili powder, cumin, paprika, tomatoes, tomato paste, vegetable broth, sea salt and pepper to your slow cooker. Stir well to combine.
- 02 Cover and cook on low for 6 to 7 hours, depending on the strength of your slow cooker. Once it is cooked through, add the kidney beans and stir to combine.
- 03 Ladle into bowls and top with avocado and cilantro (optional). Enjoy!

NOTES

SERVING SIZE

One serving is equal to approximately 1.5 to 2 cups of chili.

LIKES IT SPICY

Add one chopped jalapeno pepper.

MORE FLAVOR

Add the juice of one lime to the slow cooker just before serving.

NO BEANS

Use lentils only.

LEFTOVERS

Store leftovers in the fridge for up to five days, or freeze for longer.

Veggie Ramen

4 SERVINGS 30 MINUTES



INGREDIENTS

- 4 Egg
- 2 tsps Sesame Oil
- 1 tbsp Ginger (grated)
- 2 Garlic (cloves, minced)
- 6 cups Vegetable Broth (or any type of broth will work)
- 2 cups Shiitake Mushrooms
- 1 tbsp Tamari
- 1 cup Brown Rice Spaghetti
- 2 cups Broccoli (chopped into small florets)
- 4 cups Baby Spinach
- 1 cup Frozen Corn (thawed)
- 3 stalks Green Onion (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	413	Protein	16g
Fat	10g	Cholesterol	186mg
Saturated	2g	Sodium	1347mg
Carbs	70g	Calcium	101mg
Fiber	7g	Iron	4mg
Sugar	7g	Vitamin D	61IU

DIRECTIONS

- 01 Tap the bottom of each egg on a curved surface to make a small circular crack through the shell but do not rupture the inner membrane. Add cold tap water to a pot so it covers the eggs. Place the pot over high heat until it comes to a boil. Once boiling, set the timer for 4 minutes (or 6 to 8 if you like the yolk cooked through). Remove the eggs from the water when they are done and place them in a bowl of cold water to prevent them from overcooking.
- 02 Place a large soup pot over medium heat. Add the sesame oil, ginger and garlic. Saute for about 1 minute and then pour in the chicken broth. Add the mushrooms and tamari. Bring to a boil then reduce heat to a simmer.
- 03 Add the brown rice noodles and cook for about 7 minutes or until al dente.
- 04 Set the broccoli on top and steam until bright green (about 4 minutes).
- 05 Set the baby spinach on top and steam until wilted (about 1 to 2 minutes). Turn off the heat.
- 06 Take a spoon and tap the eggs all over to create tiny cracks. Run them under cold water for a few minutes and then peel. Slice each egg in half.
- 07 Ladle your soup into bowls. Top with with the thawed corn, green onion and egg. Sprinkle with sesame seeds and tabasco sauce if you desire.

NOTES

BETTER BROTH

Good ramen is all about the broth. Try making your own bone broth or veggie broth for some really awesome flavour.

MISSING VEGGIES

Use up whatever veggies you have on hand. Cauliflower, cabbage, zucchini - anything goes really!

TOP WITH

Your favourite ramen condiments like sesame seeds, hot sauce or nori.

One Pan Chicken, Brussels Sprouts & Squash

3 SERVINGS 50 MINUTES



INGREDIENTS

1 1/2 cups Butternut Squash (chopped into small cubes)
2 cups Brussels Sprouts (trimmed, halved)
1 lb Chicken Thighs (boneless, skinless)
1 tsp Avocado Oil
1 tbsp Rosemary (fresh, chopped)
1 tbsp Thyme (fresh, chopped)
1/4 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	255	Protein	32g
Fat	8g	Cholesterol	142mg
Saturated	2g	Sodium	358mg
Carbs	14g	Calcium	74mg
Fiber	4g	Iron	3mg
Sugar	3g	Vitamin D	2IU

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add the butternut squash, brussels sprouts and chicken to the pan. Drizzle everything with avocado oil, rosemary, thyme and sea salt.
- 02 Place in the oven and bake for 35 minutes, flipping the chicken halfway. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

NO FRESH HERBS

Use dried herbs instead, reducing the amount used by half.

Deconstructed Sushi Bowl

2 SERVINGS 20 MINUTES



INGREDIENTS

1 tsp Avocado Oil
4 cups Cauliflower Rice
2 tps Coconut Aminos
1/2 Cucumber (sliced into sticks)
1 Avocado (peeled and chopped)
4 Nori Sheets (snack size, torn into pieces)
8 ozs Smoked Salmon
2 tps Sesame Seeds
2 tbsps Mayonnaise
1/8 tsp Cayenne Pepper (optional)

NUTRITION

AMOUNT PER SERVING

Calories	492	Protein	30g
Fat	34g	Cholesterol	32mg
Saturated	5g	Sodium	989mg
Carbs	23g	Calcium	124mg
Fiber	14g	Iron	3mg
Sugar	7g	Vitamin D	772IU

DIRECTIONS

- 01 Heat a skillet over medium heat. Add the avocado oil and then the riced cauliflower. Saute for 5 to 7 minutes, then add the coconut aminos and stir to coat. Remove from heat.
- 02 Divide the cauliflower rice into bowls. Top each bowl evenly with cucumber, avocado, nori and smoked salmon. Garnish with sesame seeds.
- 03 Mix the mayonnaise with cayenne in a small bowl and drizzle on top of the bowls. Enjoy!

NOTES

LEFTOVERS

This bowl is best served immediately but can be stored in the fridge up to 2 days and served cold.

NO COCONUT AMINOS

Use tamari or soy sauce instead.

Strawberry Arugula Salad with Chicken, Goat Cheese, Almonds, and Strawberry Lemon Vinaigrette

2 SERVINGS 10 MINUTES



INGREDIENTS

2 tbsps Extra Virgin Olive Oil
1 tbsp Lemon Juice
5 Strawberries (tops removed)
1/8 tsp Sea Salt
1 Black Pepper (to taste)
6 cups Arugula (or rocket, kale, or other leafy green)
2 cups Strawberries (sliced)
8 ozs Cooked Chicken Breast
2 ozs Goat Cheese (crumbled)
3 tbsps Slivered Almonds
1 cup Microgreens (optional for garnish)

NUTRITION

AMOUNT PER SERVING

Calories	509	Protein	45g
Fat	29g	Cholesterol	143mg
Saturated	7g	Sodium	341mg
Carbs	21g	Calcium	178mg
Fiber	6g	Iron	3mg
Sugar	12g	Vitamin D	1IU

DIRECTIONS

- 01 Prepare the salad dressing by combining the olive oil, vinegar, lemon juice, strawberries, salt and pepper in a blender, and blend on high until smooth. Set aside, or store in refrigerator until ready to use.
- 02 To assemble the salads, place 3 cups each of arugula or other salad greens on two plates. Divide remaining ingredients in half and top greens with sliced strawberries, sliced chicken breast, goat cheese, and slivered almonds. Drizzle salad dressing evenly over each plate, and top each salad with 1/2 cup [optional] micro greens. Serve immediately.

NOTES

RECIPE TIMING

Cook/Prep time assumes you already have pre-cooked chicken breast or a rotisserie chicken. Total time will be longer if you don't already have precooked chicken.

VEGAN OPTION

To make this recipe vegan, omit the goat cheese and chicken breast and add crumbled tofu, chickpeas, or your other favorite protein source.

Lemon Turkey Quinoa Skillet

4 SERVINGS 30 MINUTES



INGREDIENTS

1 1/2 tbsps Extra Virgin Olive Oil
2 Garlic (cloves, minced)
1 lb Extra Lean Ground Turkey
1 tsp Oregano (dried)
1/4 tsp Sea Salt
1/4 cup Black Olives (chopped)
2 cups Baby Spinach (chopped)
3/4 cup Quinoa (dry, uncooked)
1 1/2 cups Vegetable Broth
1 Lemon (zested and juiced)

NUTRITION

AMOUNT PER SERVING

Calories	355	Protein	27g
Fat	18g	Cholesterol	84mg
Saturated	4g	Sodium	547mg
Carbs	24g	Calcium	71mg
Fiber	3g	Iron	4mg
Sugar	1g	Vitamin D	16IU

DIRECTIONS

- 01 Heat oil in a large skillet with a tight-fitting lid over medium-high heat.
- 02 Add the garlic to the skillet and cook for a minute until fragrant. Add the turkey, oregano and salt to the skillet and continue to cook for about 5 to 7 minutes or until the turkey is cooked through, breaking it up as it cooks.
- 03 Add the black olives and spinach to the skillet with the turkey and mix well until spinach is wilted.
- 04 Add the quinoa to the skillet, stir to incorporate then add the broth. Bring to a gentle boil, then cover the skillet with the lid and reduce heat to medium-low. Let the skillet simmer for 10 to 12 minutes or until all the liquid has absorbed and the quinoa is tender.
- 05 Stir in the lemon zest and lemon juice. Season with additional salt if needed. Serve immediately and enjoy!

NOTES

MORE FLAVOR

Top with crumbled feta cheese, chopped parsley and/or extra lemon wedges.

LEFTOVERS

Keep in an air-tight container in the fridge for up to 3 days.

NO QUINOA

Use long-grain white rice instead.

NO SPINACH

Use chopped kale or swiss chard instead.

NO GROUND TURKEY

Use ground chicken or ground beef instead.

NO VEGETABLE BROTH

Use any type of broth, or water instead.

VEGAN & VEGETARIAN

Use cooked lentils instead of ground turkey.

Chicken, Broccoli & Cashew Stir Fry

4 SERVINGS 45 MINUTES



INGREDIENTS

8 ozs Chicken Breast
3/4 cup Quinoa
1 1/2 cups Water
2 tbsps Tamari
1 tbsp Raw Honey
1 tbsp Apple Cider Vinegar
4 cups Broccoli (cut into florets)
1 tbsp Coconut Oil
1 Yellow Bell Pepper (diced)
1/2 Sweet Onion (chopped)
1 tbsp Ginger (grated)
3 Garlic (cloves, minced)
1/2 cup Cashews
3 stalks Green Onion (chopped)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	399	Protein	24g
Fat	15g	Cholesterol	41mg
Saturated	5g	Sodium	571mg
Carbs	44g	Calcium	102mg
Fiber	6g	Iron	4mg
Sugar	9g	Vitamin D	1IU

DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Sprinkle the chicken with your clean spices of choice. Place on a baking sheet and bake for 30 minutes. Once done, remove from oven and dice into pieces or strips.
- 02 Meanwhile, add quinoa and water to a medium sized pot. Heat on high until it reaches a boil. Once boiling, cover and reduce to a simmer for 12 to 15 minutes. Once all liquid is absorbed, remove the cooked quinoa from heat, fluff with a fork and set aside.
- 03 Combine the tamari, honey and vinegar in a bowl and stir until mixed. Set aside.
- 04 Steam broccoli until bright green (~5 minutes). Do not overcook as this reduces the nutritional value.
- 05 Heat oil in the skillet. Add the yellow pepper and cook while stirring occasionally for 1 minute. Add the ginger, sweet onion and garlic and cook for another minute. Stir in the broccoli, chicken and tamari mixture. Stir until heated through or until tamari mixture is absorbed.
- 06 Serve stir fry over a layer of quinoa and garnish with cashews and green onion. Season with sea salt and pepper to taste. Enjoy!

NOTES

SERVING SIZE

One serving is approximately 1 1/2 to two cups.

Sheet Pan Pesto Chicken, Potatoes & Veggies

2 SERVINGS 30 MINUTES



INGREDIENTS

8 ozs Chicken Breast (skinless, boneless)
2 cups Mini Potatoes (halved)
2 cups Broccoli (cut into florets)
1 Carrot (medium, sliced)
1 1/2 tbsps Extra Virgin Olive Oil
Sea Salt & Black Pepper
3 tbsps Pesto

NUTRITION

AMOUNT PER SERVING

Calories	483	Protein	34g
Fat	23g	Cholesterol	82mg
Saturated	4g	Sodium	254mg
Carbs	38g	Calcium	149mg
Fiber	7g	Iron	3mg
Sugar	6g	Vitamin D	1IU

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a large baking sheet with parchment paper.
- 02 Arrange the chicken, potatoes, broccoli, and carrot to the baking sheet. Drizzle with oil and season with salt and pepper. Spread the pesto over top until well coated.
- 03 Bake for 25 to 30 minutes or until the chicken is cooked through and the veggies are tender. Season with additional salt and pepper if needed. Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately four ounces of chicken, one cup of potatoes, one cup of broccoli, and half a cup of carrot.

ADDITIONAL TOPPINGS

Add red pepper flakes, parmesan, or nutritional yeast.

Breakfast Protein Bowl

1 SERVING 25 MINUTES



INGREDIENTS

1/4 cup Quinoa (dry, uncooked)
3/4 cup Water
2 Egg
2 cups Baby Spinach
1/3 cup Cherry Tomatoes (halved)
1/2 Avocado (mashed)
1/8 tsp Sea Salt (or more to taste)

NUTRITION

AMOUNT PER SERVING

Calories	483	Protein	23g
Fat	27g	Cholesterol	372mg
Saturated	6g	Sodium	500mg
Carbs	41g	Calcium	170mg
Fiber	12g	Iron	6mg
Sugar	3g	Vitamin D	82IU

DIRECTIONS

- 01 Add quinoa and water to a pot and bring to a low boil. Once boiling, reduce heat to a simmer, cover and let cook for about 12 to 15 minutes. When done, remove the pot from the heat and fluff the quinoa with a fork.
- 02 Heat a pan over medium-low heat and make scrambled eggs. Remove and place on a plate.
- 03 Add the spinach to the same pan and heat over low until wilted. Remove from heat.
- 04 Add quinoa to a bowl and add the eggs, greens, cherry tomatoes and mashed avocado. Season to taste with salt. Enjoy!

NOTES

PREP AHEAD

Make the quinoa in advance and used hard boiled eggs to save time.

EXTRA NUTRIENTS

Top with sprouts or microgreens.

Hummus Pasta

4 SERVINGS 15 MINUTES



INGREDIENTS

8 ozs Chickpea Pasta (dry)
3/4 cup Frozen Edamame
1 tsp Extra Virgin Olive Oil
3/4 cup Cherry Tomatoes (halved)
2 1/2 cups Arugula
1 tbsp Lemon Juice
2/3 cup Hummus
2 tsps Everything Bagel Seasoning
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	340	Protein	21g
Fat	14g	Cholesterol	0mg
Saturated	1g	Sodium	341mg
Carbs	42g	Calcium	100mg
Fiber	12g	Iron	7mg
Sugar	7g	Vitamin D	0IU

DIRECTIONS

- 01 Bring a large pot of salted water to a boil and cook the chickpea pasta according to package directions. During the last two minutes, add the frozen edamame and reserve some of the pasta water. Drain and rinse with cold water. Set aside.
- 02 In the same pot over medium heat, add the oil followed by the tomatoes, arugula and lemon juice and heat through. Add the pasta and edamame into the pot and stir in the hummus. Add the pasta water one small splash at a time and stir until your desired consistency is reached. Divide onto plates and top with everything bagel seasoning, salt, and pepper. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately one cup of pasta.

ADDITIONAL TOPPINGS

Top with chopped parsley and a drizzle of olive oil.

One Pot Shrimp & Brown Rice

4 SERVINGS 45 MINUTES



INGREDIENTS

1 cup Brown Rice
2 cups Water
1 tbsp Smoked Paprika
1/2 cup Frozen Peas (thawed)
1/2 Red Bell Pepper (medium, diced)
Sea Salt & Black Pepper (to taste)
12 ozs Shrimp (jumbo, peeled, deveined)

NUTRITION

AMOUNT PER SERVING

Calories	266	Protein	22g
Fat	2g	Cholesterol	137mg
Saturated	0g	Sodium	122mg
Carbs	40g	Calcium	80mg
Fiber	3g	Iron	2mg
Sugar	2g	Vitamin D	0IU

DIRECTIONS

- 01 Combine the rice, water, and paprika in a large pot.
- 02 Bring the water to a boil, then reduce the heat to low and let the rice simmer for 30 minutes or until almost all the water evaporates.
- 03 Add the peas and bell pepper to the pot. Stir and season with salt and pepper. Place the shrimp on top of the rice, cover with a lid and let it cook for another 10 to 15 minutes or until everything is cooked through.
- 04 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 one cup.

MORE FLAVOR

Add garlic, turmeric, and chorizo.

ADDITIONAL TOPPINGS

Fresh lemon juice, cilantro, and/or parsley.

Turkey Taco Lettuce Wraps

4 SERVINGS 25 MINUTES



INGREDIENTS

1 tbsp Avocado Oil
1 Yellow Onion (diced)
1 lb Extra Lean Ground Turkey
2 tbsps Chili Powder
1 tbsp Cumin
2 tsps Smoked Paprika
1 tsp Garlic Powder
1 tsp Sea Salt
1/2 tsp Red Pepper Flakes
1 Lime (juiced)
3 Tomato (finely chopped and divided)
1 Jalapeno Pepper (seeds removed and chopped)
1 head Iceberg Lettuce (leaves pulled apart and washed)
2 Avocado (diced)

NUTRITION

AMOUNT PER SERVING

Calories	433	Protein	27g
Fat	29g	Cholesterol	84mg
Saturated	5g	Sodium	844mg
Carbs	23g	Calcium	108mg
Fiber	12g	Iron	6mg
Sugar	6g	Vitamin D	16IU

DIRECTIONS

- 01 Heat oil over medium-high heat. Add onion and cook for about 5 minutes until translucent.
- 02 Add ground turkey to the pan and break into very small pieces with a spatula and cook until no longer pink. Drain any excess drippings if necessary.
- 03 Add the chili powder, cumin, smoked paprika, garlic powder, salt, red pepper flakes and lime juice and stir until the meat is coated evenly. Add half the chopped tomatoes and the jalapeno. Stir to combine and cook for another 5 minutes until tomatoes are very soft. Remove from heat.
- 04 To assemble the tacos, divide the turkey into the lettuce leaves, and top with remaining tomatoes and diced avocado. Enjoy!

NOTES

LEFTOVERS

Refrigerate the ingredients separately in airtight containers for up to three days.

SERVING SIZE

One serving is approximately three tacos.

OPTIONAL TOPPINGS

Salsa, cheese, cilantro, black beans, sour cream or guacamole.

NO ICEBERG LETTUCE

Use romaine leaves, green lettuce or Boston lettuce instead.

VEGANS & VEGETARIANS

Omit the ground meat and use cooked lentils instead.