



## Sugar-Free Paleo Diet

































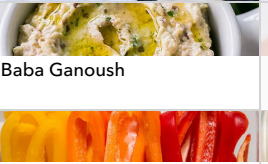
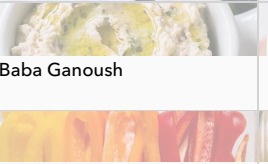
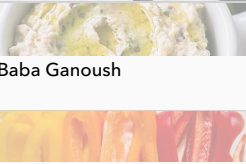








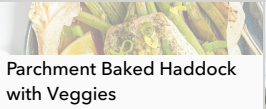


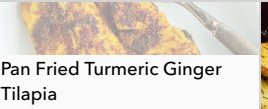



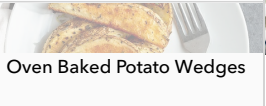
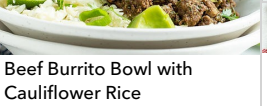

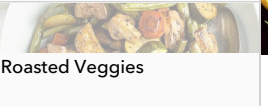


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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Kale & Red Pepper Frittata	 Kale & Red Pepper Frittata	 Kale & Red Pepper Frittata	 Apple Turkey Sausage Patties with Sauteed Greens	 Apple Turkey Sausage Patties with Sauteed Greens	 Grain-Free Coconut Almond Porridge	 Grain-Free Coconut Almond Porridge
	 Crispy Roasted Sweet Potato	 Crispy Roasted Sweet Potato	 Crispy Roasted Sweet Potato	 Fried Plantains	 Fried Plantains	 Banana	 Banana
Snack 1	 Dried Mango & Brazil Nuts	 Dried Mango & Brazil Nuts	 Dried Mango & Brazil Nuts	 Banana with Almond Butter	 Banana with Almond Butter	 Apple with Almond Butter	 Apple with Almond Butter
	 Chicken, Carrots & Broccolini	 Chicken, Carrots & Broccolini	 Chicken, Carrots & Broccolini	 Beef Burrito Bowl with Cauliflower Rice	 BLT Salad Bowls	 BLT Salad Bowls	 BLT Salad Bowls
Snack 2	 Banana with Almond Butter	 Banana with Almond Butter	 Carrots & Guacamole	 Carrots & Guacamole	 Baba Ganoush	 Baba Ganoush	 Baba Ganoush
	 Chopped Bell Peppers	 Chopped Bell Peppers	 Chopped Bell Peppers	 Chopped Bell Peppers	 Chopped Bell Peppers	 Chopped Bell Peppers	 Chopped Bell Peppers
Dinner	 Parchment Baked Haddock with Veggies	 Parchment Baked Haddock with Veggies	 Beef Burrito Bowl with Cauliflower Rice	 Pan Fried Turmeric Ginger Tilapia	 Pan Fried Turmeric Ginger Tilapia	 One Pan Crispy Chicken with Potatoes & Greens	 One Pan Crispy Chicken with Potatoes & Greens
	 Oven Baked Potato Wedges	 Oven Baked Potato Wedges	 Beef Burrito Bowl with Cauliflower Rice	 Roasted Veggies	 Roasted Veggies	 One Pan Crispy Chicken with Potatoes & Greens	 One Pan Crispy Chicken with Potatoes & Greens

Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Fat	<div><div></div></div> 40%	Fat	<div><div></div></div> 40%	Fat	<div><div></div></div> 52%	Fat	<div><div></div></div> 52%	Fat	<div><div></div></div> 58%	Fat	<div><div></div></div> 61%	Fat	<div><div></div></div> 61%
Carbs	<div><div></div></div> 36%	Carbs	<div><div></div></div> 36%	Carbs	<div><div></div></div> 27%	Carbs	<div><div></div></div> 29%	Carbs	<div><div></div></div> 26%	Carbs	<div><div></div></div> 26%	Carbs	<div><div></div></div> 26%
Protein	<div><div></div></div> 24%	Protein	<div><div></div></div> 24%	Protein	<div><div></div></div> 21%	Protein	<div><div></div></div> 19%	Protein	<div><div></div></div> 16%	Protein	<div><div></div></div> 13%	Protein	<div><div></div></div> 13%
Calories	1660	Calories	1660	Calories	1595	Calories	1849	Calories	1878	Calories	1836	Calories	1836
Fat	79g	Fat	79g	Fat	97g	Fat	113g	Fat	127g	Fat	130g	Fat	130g
Carbs	158g	Carbs	158g	Carbs	115g	Carbs	142g	Carbs	127g	Carbs	127g	Carbs	127g
Fiber	31g	Fiber	31g	Fiber	38g	Fiber	36g	Fiber	27g	Fiber	36g	Fiber	36g
Sugar	67g	Sugar	67g	Sugar	54g	Sugar	65g	Sugar	64g	Sugar	48g	Sugar	48g
Protein	104g	Protein	104g	Protein	88g	Protein	92g	Protein	82g	Protein	61g	Protein	61g
Cholesterol	558mg	Cholesterol	558mg	Cholesterol	528mg	Cholesterol	216mg	Cholesterol	365mg	Cholesterol	334mg	Cholesterol	334mg
Sodium	1776mg	Sodium	1776mg	Sodium	2263mg	Sodium	2517mg	Sodium	1810mg	Sodium	1065mg	Sodium	1065mg
Vitamin A	41314IU	Vitamin A	41314IU	Vitamin A	58552IU	Vitamin A	33923IU	Vitamin A	16449IU	Vitamin A	4946IU	Vitamin A	4946IU
Vitamin C	275mg	Vitamin C	275mg	Vitamin C	190mg	Vitamin C	123mg	Vitamin C	262mg	Vitamin C	245mg	Vitamin C	245mg
Calcium	754mg	Calcium	754mg	Calcium	686mg	Calcium	440mg	Calcium	454mg	Calcium	795mg	Calcium	795mg
Iron	12mg	Iron	12mg	Iron	14mg	Iron	15mg	Iron	11mg	Iron	8mg	Iron	8mg
Vitamin B6	4.0mg	Vitamin B6	4.0mg	Vitamin B6	3.1mg	Vitamin B6	2.9mg	Vitamin B6	2.6mg	Vitamin B6	2.2mg	Vitamin B6	2.2mg
Vitamin B12	4.6µg	Vitamin B12	4.6µg	Vitamin B12	3.6µg	Vitamin B12	5.7µg	Vitamin B12	3.9µg	Vitamin B12	1.4µg	Vitamin B12	1.4µg

## Fruits

- ☐ 2 1/2 Apple
- ☐ 2 3/4 Avocado
- ☐ 6 Banana
- ☐ 2 Lemon
- ☐ 2 Lime
- ☐ 1 Plantain

## Breakfast

- ☐ 3/4 cup Almond Butter
- ☐ 15 pieces Dried Unsweetened Mango

## Seeds, Nuts & Spices

- ☐ 1 tsp Black Pepper
- ☐ 3/4 cup Brazil Nuts
- ☐ 1/2 tsp Chili Powder
- ☐ 1 1/4 tsps Cinnamon
- ☐ 1 1/2 tsps Coriander
- ☐ 2 tsps Cumin
- ☐ 2 tsps Ground Flax Seed
- ☐ 2 tsps Italian Seasoning
- ☐ 2 tsps Oregano
- ☐ 1 1/16 tsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 tsp Turmeric

## Vegetables

- ☐ 6 cups Arugula
- ☐ 4 cups Baby Spinach
- ☐ 1 1/2 bunches Broccolini
- ☐ 8 Carrot
- ☐ 2 cups Cauliflower Rice
- ☐ 2 1/4 cups Cherry Tomatoes
- ☐ 1 Eggplant
- ☐ 1 tbsp Fresh Dill
- ☐ 3 Garlic
- ☐ 1 tbsp Ginger
- ☐ 3 cups Green Beans
- ☐ 3/4 Green Bell Pepper
- ☐ 3 stalks Green Onion
- ☐ 3 1/2 cups Kale Leaves
- ☐ 2 cups Mini Potatoes
- ☐ 1 cup Mushrooms
- ☐ 2 tsps Parsley
- ☐ 2 1/2 Red Bell Pepper
- ☐ 1 tbsp Rosemary
- ☐ 2 Russet Potato
- ☐ 2 1/4 Sweet Potato
- ☐ 3/4 Yellow Bell Pepper
- ☐ 1/2 Yellow Onion
- ☐ 1 Zucchini

## Baking

- ☐ 1/2 cup Almond Flour
- ☐ 1/2 cup Unsweetened Shredded Coconut

## Bread, Fish, Meat & Cheese

- ☐ 12 ozs Chicken Breast
- ☐ 8 ozs Chicken Thighs With Skin
- ☐ 8 ozs Extra Lean Ground Beef
- ☐ 8 ozs Extra Lean Ground Turkey
- ☐ 2 Haddock Fillet
- ☐ 6 slices Organic Bacon
- ☐ 2 Tilapia Fillet

## Condiments & Oils

- ☐ 1/2 tsp Apple Cider Vinegar
- ☐ 3 tsps Avocado Oil
- ☐ 1 tbsp Balsamic Vinegar
- ☐ 2 1/2 tsps Coconut Oil
- ☐ 2/3 cup Extra Virgin Olive Oil
- ☐ 2 tsps Tahini

## Cold

- ☐ 9 Egg
- ☐ 2 cups Unsweetened Almond Milk

## Other

- ☐ 1 1/2 tsps Water





## Kale & Red Pepper Frittata

3 servings  
30 minutes

### Ingredients

6 Egg  
1/3 cup Unsweetened Almond Milk  
1/3 tsp Sea Salt  
1/3 tsp Black Pepper  
2 1/4 tps Extra Virgin Olive Oil  
1 1/2 cups Kale Leaves (chopped)  
3/4 Red Bell Pepper (chopped)  
3/4 cup Cherry Tomatoes (halved)

### Nutrition

Amount per serving	
Calories	195
Fat	14g
Carbs	5g
Fiber	2g
Sugar	3g
Protein	14g
Cholesterol	372mg
Sodium	466mg
Vitamin A	2351IU
Vitamin C	53mg
Calcium	147mg
Iron	2mg
Vitamin B6	0.3mg
Vitamin B12	0.9µg

### Directions

- 1 Preheat oven to 400°F (204°C).
- 2 Whisk the eggs, almond milk, salt and pepper together in a mixing bowl. Set aside.
- 3 Heat the oil in a cast iron skillet over medium heat. Add the kale, pepper, and tomatoes. Cook for 5 to 7 minutes, or until the kale is wilted and peppers are tender.
- 4 Pour the whisked eggs into the pan with the vegetables and let the eggs begin to set for about 30 seconds, before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven and bake for 12 to 15 minutes, or until the eggs have set.
- 5 Remove the skillet from the oven and let sit for about 5 minutes before cutting into wedges. Serve and enjoy!

### Notes

**No Kale:** Use spinach instead.

**No Red Bell Pepper:** Use a bell pepper of another color instead.

**Leftovers:** Keep in the fridge for up to 3 days.



## Crispy Roasted Sweet Potato

3 servings  
35 minutes

### Ingredients

2 1/4 Sweet Potato (medium, diced into 1/2 inch pieces)  
1 1/8 tsps Extra Virgin Olive Oil  
1/8 tsp Sea Salt (or more to taste)

### Nutrition

Amount per serving	
Calories	99
Fat	2g
Carbs	20g
Fiber	3g
Sugar	4g
Protein	2g
Cholesterol	0mg
Sodium	201mg
Vitamin A	13832IU
Vitamin C	2mg
Calcium	29mg
Iron	1mg
Vitamin B6	0.2mg
Vitamin B12	0µg

### Directions

- 1 Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 2 Toss diced sweet potato in olive oil and spread across the baking sheet. Bake in the oven for 30 minutes, tossing at the halfway mark.
- 3 Remove from oven and season with sea salt. Enjoy!

### Notes

Likes it Spicy: Toss in our Cajun Spice or chili powder after baking.





## Apple Turkey Sausage Patties with Sauteed Greens

2 servings  
30 minutes

### Ingredients

8 ozs Extra Lean Ground Turkey  
1/2 Apple  
1 1/2 tsps Ginger (peeled and grated)  
1 1/2 tsps Italian Seasoning  
1/2 tsp Apple Cider Vinegar  
1/4 tsp Sea Salt  
1 tbsp Extra Virgin Olive Oil (divided)  
4 cups Baby Spinach  
1 1/2 tsps Water

### Nutrition

Amount per serving	
Calories	269
Fat	17g
Carbs	9g
Fiber	2g
Sugar	5g
Protein	23g
Cholesterol	84mg
Sodium	421mg
Vitamin A	5733IU
Vitamin C	19mg
Calcium	87mg
Iron	3mg
Vitamin B6	0.5mg
Vitamin B12	1.4µg

### Directions

- 1 Place the ground turkey in a large mixing bowl. Pat it with a paper towel to remove any excess moisture.
- 2 Peel, core and grate the apple using a box grater. Squeeze out the excess juice from the apple and discard. Add the apple to the turkey along with the ginger, Italian seasoning, apple cider vinegar and salt. Gently mix to combine then form the meat mixture into thin patties, approximately 4 inches in diameter.
- 3 In a large skillet or frying pan, heat half of the oil over medium-high heat. In batches, cook the sausage patties for about 2 to 3 minutes per side or until golden brown and cooked through. Wipe the pan out and add more oil in between batches.
- 4 When you are finished cooking the patties, use the same skillet to wilt the spinach with water.
- 5 To serve, divide spinach and sausage patties between plates and season with additional salt if needed. Enjoy!

### Notes

**Serving Size:** There are approximately three thin patties per serving.

**Leftovers:** Refrigerate in an airtight container for up to three days. The patties can be frozen for up to three months.

**Best Flavor:** A tart apple like a Granny Smith or Honeycrisp works best for this recipe.

**No Spinach:** Use another leafy green like kale, Swiss chard or collard greens.

**No Ground Turkey:** Use ground chicken, lamb, beef, pork or bison instead.





## Fried Plantains

2 servings

15 minutes

### Ingredients

- 1 Plantain (large)
- 2 tbsps Coconut Oil
- 1/4 tsp Cinnamon
- 1/8 tsp Sea Salt (or to taste)

### Nutrition

Amount per serving	
Calories	287
Fat	14g
Carbs	43g
Fiber	2g
Sugar	24g
Protein	2g
Cholesterol	0mg
Sodium	153mg
Vitamin A	1522IU
Vitamin C	25mg
Calcium	7mg
Iron	1mg
Vitamin B6	0.3mg
Vitamin B12	0µg

### Directions

- 1 Using a knife, peel the plantain and cut it into thick slices. Using a fork, gently smash them to slightly increase surface area, while keeping the slices whole.
- 2 Heat the coconut oil in a large skillet and add the plantains, cooking 2-3 minutes per side or until caramelized.
- 3 Sprinkle with cinnamon and sea salt before serving. Enjoy!

### Notes

**Likes it Spicy:** Add chili flakes instead of cinnamon.

**Plantain Tip:** The plantain should have some black spots on it to indicate that it is ripe. Green plantains are almost impossible to peel.



## Grain-Free Coconut Almond Porridge

1 serving  
10 minutes

### Ingredients

3/4 cup Unsweetened Almond Milk  
1/4 cup Almond Flour  
1/4 cup Unsweetened Shredded Coconut  
1 tbsp Ground Flax Seed  
1/2 tsp Cinnamon

### Nutrition

Amount per serving	
Calories	353
Fat	31g
Carbs	15g
Fiber	9g
Sugar	2g
Protein	10g
Cholesterol	0mg
Sodium	127mg
Vitamin A	378IU
Vitamin C	0mg
Calcium	421mg
Iron	2mg
Vitamin B6	0mg
Vitamin B12	0µg

### Directions

- 1 Add all of the ingredients to a saucepan over medium heat. Whisk continuously until your desired thickness is reached, about 3 to 5 minutes.
- 2 Divide into bowls and enjoy!

### Notes

**No Rice Milk:** Use an alternative milk of your choice.

**Likes it Sweet:** Add raisins, dates, maple syrup, honey or your sweetener of choice.

**Leftovers:** Refrigerate in an airtight container up to 3 to 5 days.

**Serving Size:** One serving is equal to approximately 1 1/4 cup of porridge.



## Banana

1 serving

1 minute

### Ingredients

1 Banana

### Nutrition

Amount per serving	
Calories	105
Fat	0g
Carbs	27g
Fiber	3g
Sugar	14g
Protein	1g
Cholesterol	0mg
Sodium	1mg
Vitamin A	76IU
Vitamin C	10mg
Calcium	6mg
Iron	0mg
Vitamin B6	0.4mg
Vitamin B12	0µg

### Directions

- 1 Peel and enjoy!

### Notes

**More protein:** Dip in almond butter.





## Dried Mango & Brazil Nuts

3 servings

3 minutes

### Ingredients

15 pieces Dried Unsweetened Mango  
(large)  
3/4 cup Brazil Nuts

### Directions

- 1 Divide dried mango and brazil nuts between bowls. Enjoy!

### Nutrition

Amount per serving	
Calories	339
Fat	22g
Carbs	36g
Fiber	4g
Sugar	31g
Protein	7g
Cholesterol	0mg
Sodium	1mg
Vitamin A	1500IU
Vitamin C	12mg
Calcium	73mg
Iron	1mg
Vitamin B6	0mg
Vitamin B12	0µg



## Banana with Almond Butter

1 serving

2 minutes

### Ingredients

1 Banana  
2 tbsps Almond Butter

### Nutrition

Amount per serving	
Calories	297
Fat	18g
Carbs	33g
Fiber	6g
Sugar	16g
Protein	8g
Cholesterol	0mg
Sodium	3mg
Vitamin A	76IU
Vitamin C	10mg
Calcium	114mg
Iron	1mg
Vitamin B6	0.5mg
Vitamin B12	0µg

### Directions

- 1 Slice banana.
- 2 Dip in almond butter.
- 3 Bam.



## Apple with Almond Butter

1 serving

5 minutes

### Ingredients

1 Apple  
2 tbsps Almond Butter

### Nutrition

Amount per serving	
Calories	287
Fat	18g
Carbs	31g
Fiber	8g
Sugar	20g
Protein	7g
Cholesterol	0mg
Sodium	4mg
Vitamin A	99IU
Vitamin C	8mg
Calcium	119mg
Iron	1mg
Vitamin B6	0.1mg
Vitamin B12	0µg

### Directions

- 1 Slice apple and cut away the core.
- 2 Dip into almond butter.
- 3 Yummmmm.





## Chicken, Carrots & Broccolini

3 servings

30 minutes

### Ingredients

- 1 1/2 bunches Broccolini (trimmed)
- 3 Carrot (large, sliced into rounds)
- 1 1/2 tbsps Extra Virgin Olive Oil
- 12 ozs Chicken Breast (boneless, skinless)

### Nutrition

Amount per serving	
Calories	275
Fat	11g
Carbs	13g
Fiber	8g
Sugar	4g
Protein	34g
Cholesterol	82mg
Sodium	215mg
Vitamin A	20129IU
Vitamin C	84mg
Calcium	284mg
Iron	3mg
Vitamin B6	1.5mg
Vitamin B12	0.2µg

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Place the broccolini and carrots on the baking sheet and drizzle with olive oil. Toss well to coat. Place in the oven, and bake for 15 to 20 minutes, or until veggies are tender.
- 3 Meanwhile, bring a pot of salted water to a boil, then reduce to a gentle simmer. Add the chicken breasts and cover. Let simmer for 15 to 20 minutes, or until chicken is cooked through.
- 4 Remove the chicken and shred into pieces using two forks.
- 5 Remove the pan from the oven, and divide the shredded chicken and veggies between plates. Add your seasonings of choice, and enjoy!

### Notes

**No Broccolini:** Use regular broccoli or cauliflower instead.



## BLT Salad Bowls

3 servings

15 minutes

### Ingredients

3 Egg  
6 slices Organic Bacon  
6 cups Arugula  
1 1/2 cups Cherry Tomatoes (halved)  
3/4 Avocado (sliced)  
3 tbsps Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	515
Fat	47g
Carbs	9g
Fiber	5g
Sugar	4g
Protein	17g
Cholesterol	223mg
Sodium	510mg
Vitamin A	1934IU
Vitamin C	21mg
Calcium	109mg
Iron	2mg
Vitamin B6	0.5mg
Vitamin B12	0.7µg

### Directions

1

Hard boil your eggs by placing them in a small pot and fill with enough cold water to cover them by 1-inch. Bring to a boil over medium-high heat. Once boiling, cover the pot and remove it from the heat. Let stand for 12 minutes then drain. Place eggs in a bowl of ice-cold water for 10 minutes.

2

While the eggs are cooling, cook your bacon in a pan over medium heat until crispy. Remove from pan and pat excess oil away with paper towel. Once cool, chop it up.

3

To assemble the salads: divide arugula between bowls and top with cherry tomatoes, avocado, chopped bacon and hard-boiled egg. Drizzle with olive oil and season with salt and pepper, to taste. Enjoy!

### Notes

**Leftovers:** These salads make great meal prep and last for 3 to 4 days in the fridge. Add the avocado and olive oil before serving.

**Vegan:** Use smokey tempeh slices instead of bacon and omit the egg.

**More Carbs:** Serve with toast or quinoa.



## Carrots & Guacamole

2 servings

5 minutes

### Ingredients

- 4 Carrot (medium)
- 1 Avocado
- 1 Lime (juiced)
- 1/4 tsp Sea Salt (or more to taste)

### Nutrition

Amount per serving	
Calories	216
Fat	15g
Carbs	22g
Fiber	10g
Sugar	7g
Protein	3g
Cholesterol	0mg
Sodium	387mg
Vitamin A	20539IU
Vitamin C	24mg
Calcium	55mg
Iron	1mg
Vitamin B6	0.4mg
Vitamin B12	0µg

### Directions

- 1 Peel and slice carrots into sticks.
- 2 Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.
- 3 Dip the carrots into the guac & enjoy!

### Notes

**Leftovers:** Store the guacamole in an airtight container in the refrigerator for up to two days. Sliced carrots can be stored in the refrigerator for up to four days.

**Spice it Up:** Add chili flakes, salsa and/or chopped cilantro to the guacamole.





## Baba Ganoush

4 servings

20 minutes

### Ingredients

1 Eggplant (medium, trimmed, sliced into 1/4 inch strips)  
 3 tbsps Avocado Oil  
 2 tbsps Tahini  
 2 tbsps Parsley (fresh, chopped)  
 1 Lemon (juiced)  
 1/4 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	175
Fat	15g
Carbs	11g
Fiber	5g
Sugar	5g
Protein	3g
Cholesterol	0mg
Sodium	160mg
Vitamin A	197IU
Vitamin C	10mg
Calcium	48mg
Iron	1mg
Vitamin B6	0.1mg
Vitamin B12	0µg

### Directions

- 1 Adjust oven rack closest to the broiler. Set oven to high broil. Place eggplant on a foil-lined baking sheet and toss in oil. Roast for 10 minutes or until tender and golden brown. Remove from oven.
- 2 Wrap the eggplant in the foil and let rest for 5 minutes.
- 3 Remove the skin from the eggplant and discard. Then add the flesh of the eggplant to a food processor or blender. Add the remaining ingredients and blend until creamy. Adjust seasoning as needed.
- 4 Transfer to a bowl and enjoy!

### Notes

**No Parsley:** Use cilantro or basil instead. Can also omit completely.

**No Avocado Oil:** Use olive oil instead.

**No Lemon:** Use apple cider vinegar to taste.

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

**Serve it With:** Crackers, veggie sticks, with burgers or on salad.



## Chopped Bell Peppers

3 servings

5 minutes

### Ingredients

3/4 Yellow Bell Pepper

3/4 Green Bell Pepper

3/4 Red Bell Pepper

### Nutrition

Amount per serving	
Calories	26
Fat	0g
Carbs	6g
Fiber	2g
Sugar	2g
Protein	1g
Cholesterol	0mg
Sodium	3mg
Vitamin A	1135IU
Vitamin C	147mg
Calcium	10mg
Iron	0mg
Vitamin B6	0.2mg
Vitamin B12	0µg

### Directions

- 1 Remove stems and seeds of each bell pepper and cut into slices. Enjoy!

### Notes

**Storage:** Refrigerate in an airtight container up to 3 to 4 days.



## Parchment Baked Haddock with Veggies

2 servings

35 minutes

### Ingredients

- 2 cups Green Beans (trimmed)
- 1 Red Bell Pepper (thinly sliced)
- 3 stalks Green Onion (green parts only, chopped)
- 2 Haddock Fillet (5 ounces each)
- 1 tbsp Extra Virgin Olive Oil
- 1 Lemon (zested and juiced)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1 tbsp Fresh Dill

### Nutrition

Amount per serving	
Calories	260
Fat	8g
Carbs	14g
Fiber	4g
Sugar	7g
Protein	34g
Cholesterol	104mg
Sodium	718mg
Vitamin A	3408IU
Vitamin C	100mg
Calcium	75mg
Iron	2mg
Vitamin B6	0.9mg
Vitamin B12	3.5µg

### Directions

- 1 Preheat your oven to 400°F (204°C). Cut pieces of parchment paper, about 18-inches long. You'll need one per fillet of fish. Fold each piece of parchment in half then unfold.
- 2 Divide the green beans, peppers and green onion equally between parchment pieces, placing the vegetables neatly on the right side of the parchment paper. Place one haddock fillet on top of each portion of vegetables.
- 3 Drizzle the olive oil, lemon juice and lemon zest over top of each fillet. Season each portion equally with salt, pepper and dill.
- 4 Fold the other side of the parchment paper over the fish and the veggies. 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.
- 5 Bake for 16 to 19 minutes, or until haddock flakes easily and is cooked through. (To check doneness, very carefully unfold one side of the parchment packet and check to see if the fish flakes with a fork. If it isn't done yet, fold it back up and continue baking.)
- 6 To serve, transfer the parchment to a plate and very carefully cut into the top of the packet. Enjoy!

### Notes

**No Haddock:** Use cod fillets instead.

**Safety First:** The parchment packets will puff up with steam as they bake. Be very careful of escaping steam when cutting into the packets.

**Leftovers:** Keeps well in the fridge for 2 to 3 days.

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





## Oven Baked Potato Wedges

2 servings  
40 minutes

### Ingredients

2 Russet Potato (medium, cut into wedges)  
1 1/2 tsps Extra Virgin Olive Oil  
1/2 tsp Italian Seasoning  
1/8 tsp Sea Salt  
1/8 tsp Black Pepper

### Nutrition

Amount per serving	
Calories	195
Fat	4g
Carbs	37g
Fiber	4g
Sugar	2g
Protein	5g
Cholesterol	0mg
Sodium	172mg
Vitamin A	18IU
Vitamin C	14mg
Calcium	32mg
Iron	2mg
Vitamin B6	0.6mg
Vitamin B12	0µg

### Directions

- 1 Preheat oven to 400°F (204°C) and line a large baking sheet with parchment paper.
- 2 Add the potato wedges to a mixing bowl and season with oil, Italian seasoning, salt and pepper.
- 3 Arrange the seasoned potato wedges on the prepared baking sheet in a single layer. Bake for 20 to 25 minutes until the bottom side is crisp and golden brown then flip each potato wedge over and continue to bake for an additional 10 to 15 minutes.
- 4 Serve immediately and enjoy!

### Notes

**More Flavor:** Add cayenne pepper, chili powder, cumin, paprika or nutritional yeast to the seasoning.

**No Olive Oil:** Use avocado oil instead.

**Leftovers:** Extra potato wedges will keep in the fridge for up to 3 days. Reheat in the oven to maintain crispiness.



## Beef Burrito Bowl with Cauliflower Rice

2 servings

30 minutes

### Ingredients

- 1 tbsp Extra Virgin Olive Oil (divided)
- 2 Garlic (cloves, minced)
- 1/2 Yellow Onion (small, finely diced)
- 8 ozs Extra Lean Ground Beef
- 1 1/2 tsp Cumin (ground)
- 1 1/2 tsp Coriander (ground)
- 1 1/2 tsp Oregano (dried)
- 3/4 tsp Sea Salt (divided)
- 1/2 Lime (juiced)
- 2 cups Cauliflower Rice
- 1 Avocado (diced)

### Nutrition

Amount per serving	
Calories	471
Fat	33g
Carbs	19g
Fiber	11g
Sugar	5g
Protein	28g
Cholesterol	74mg
Sodium	993mg
Vitamin A	201IU
Vitamin C	15mg
Calcium	98mg
Iron	6mg
Vitamin B6	0.7mg
Vitamin B12	2.5µg

### Directions

- 1 In a large skillet heat half of the oil over medium. Add garlic and onions and cook for two minutes, or until onions become translucent.
- 2 Add ground beef to the skillet. With a wooden spoon or spatula, break the beef into small pieces as it cooks, stirring occasionally, until no longer pink.
- 3 When meat is cooked through, drain the grease. Place back over medium heat and add the cumin, coriander, oregano, half of the salt and lime juice to the pan. Stir to coat the beef with the spice and continue to cook for another minute until very fragrant. Transfer the meat to a dish and cover to keep warm.
- 4 Place the pan back over heat and add the remaining olive oil. Add the cauliflower rice and season with remaining sea salt. Cook the cauliflower rice, stirring occasionally, until cauliflower is warmed through and just tender.
- 5 Divide the cauliflower rice between bowls and top with seasoned beef and diced avocado. Enjoy!

### Notes

**Optional Toppings:** Chopped cilantro, green onion, extra lime juice, cheese, sour cream or Greek yogurt.

**Leftovers:** Store in an airtight container in the fridge up to 3 days.





## Pan Fried Turmeric Ginger Tilapia

2 servings

45 minutes

### Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1/2 Lime (juiced)
- 1 1/2 tsps Ginger (peeled and grated)
- 1 Garlic (cloves, minced)
- 1 tsp Turmeric (ground)
- 1/2 tsp Cumin (ground)
- 1/2 tsp Chili Powder
- 1/8 tsp Sea Salt
- 2 Tilapia Fillet (about 6 oz. each)
- 1 1/2 tsps Coconut Oil

### Nutrition

Amount per serving	
Calories	216
Fat	12g
Carbs	3g
Fiber	1g
Sugar	0g
Protein	24g
Cholesterol	58mg
Sodium	229mg
Vitamin A	210IU
Vitamin C	4mg
Calcium	26mg
Iron	2mg
Vitamin B6	0.2mg
Vitamin B12	1.8µg

### Directions

- 1 In a small mixing bowl whisk together olive oil, lime juice, ginger, garlic, turmeric, cumin, chili powder and sea salt. Transfer the mixture to a zipper-lock bag.
- 2 Place fish fillets in the bag, press out the extra air and seal the bag. Using your hands massage the turmeric-ginger sauce onto each fillet. Let fish marinate for at least 15 minutes or for up to one hour.
- 3 Heat the coconut oil in a large skillet or frying pan over medium-high heat. Transfer the fillets from the bag to the pan and cook for 3 to 4 minutes per side until golden brown and crisp. (Note: You may need to cook the fillets in batches depending on the size of your pan.)
- 4 Transfer the fillets to a plate and season with additional salt if needed. Enjoy!

### Notes

**Extra Flavour:** Serve with lemon, lime or orange wedges.

**Likes it Spicy:** Add cayenne pepper to the marinade to taste.

**No Tilapia:** Use any type of white fish fillet instead like cod, haddock, pickerel or orange roughly. Cooking times may vary depending on the thickness of the fillet.

**Meal Prep:** Combine the marinade and fish together in a bag and freeze for up to three months. Thaw before cooking.





## Roasted Veggies

2 servings

40 minutes

### Ingredients

- 1 Carrot (medium, chopped)
- 1 Zucchini (medium, chopped)
- 1 cup Mushrooms (chopped)
- 1 cup Green Beans (trimmed)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 tbsp Balsamic Vinegar
- 1/2 tsp Oregano (dried)
- 1/4 tsp Sea Salt
- 1/8 tsp Black Pepper

### Nutrition

Amount per serving	
Calories	93
Fat	4g
Carbs	13g
Fiber	4g
Sugar	8g
Protein	4g
Cholesterol	0mg
Sodium	331mg
Vitamin A	5642IU
Vitamin C	26mg
Calcium	53mg
Iron	1mg
Vitamin B6	0.3mg
Vitamin B12	0µg

### Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Arrange the chopped veggies on the baking sheet. Drizzle with oil, vinegar, oregano, salt and pepper. Toss until everything is well coated.
- 3 Roast in the oven for 25 to 30 minutes, or until very tender, stirring once about halfway through.
- 4 Remove from oven and transfer to a bowl. Enjoy!

### Notes

**Leftovers:** Keeps well in the fridge up to 3 days. Reheat in a skillet or the oven.

**No Mushrooms:** Swap in bell peppers or broccoli instead.

**Even Cooking:** Chop your vegetables to be approximately the same size to ensure even cooking.



## One Pan Crispy Chicken with Potatoes & Greens

2 servings

35 minutes

### Ingredients

8 ozs Chicken Thighs with Skin  
2 cups Mini Potatoes (halved)  
1/8 tsp Sea Salt  
1 tbs Rosemary (chopped)  
2 cups Kale Leaves (chopped)

### Nutrition

Amount per serving	
Calories	375
Fat	19g
Carbs	28g
Fiber	4g
Sugar	1g
Protein	22g
Cholesterol	111mg
Sodium	260mg
Vitamin A	1127IU
Vitamin C	49mg
Calcium	82mg
Iron	2mg
Vitamin B6	0.9mg
Vitamin B12	0.7µg

### Directions

- 1 Preheat the oven to 425°F (218°C).
- 2 Heat a cast iron pan over medium heat and season the chicken and potatoes with sea salt. Place the chicken skin side down on the pan and arrange the potatoes around the chicken. Add the chopped rosemary. Cook for 15 minutes without moving the chicken and occasionally tossing the potatoes.
- 3 After 15 minutes, flip the chicken over and place the pan in the oven for 10 to 12 minutes.
- 4 Remove the chicken and potatoes from the oven and transfer to a plate, leaving the drippings in the pan. Add the kale to the pan, and saute over medium heat for 1 to 2 minutes or until wilted. Turn off the heat.
- 5 Divide the chicken, potatoes and kale onto plates and enjoy!

### Notes

**No Rosemary:** Use thyme or another herb instead.

**No Kale:** Use another green such as Swiss chard or spinach.

**Leftovers:** Store in an airtight container in the fridge up to 3 days.