

7 Day Fresh Start Challenge Meal Plan

Blood Sugar Central

Sometimes it helps to have a plan and some ideas for what to eat each day. But feel free to change up the menus or make any substitutions that work for you.

I have included the nutritional information, but since this meal plan was developed for the group, you may need to change up the meals and/or their macros to suit your requirements. Along these lines, I did not include snacks, and left a buffer in the daily calories so that snacks of your choosing could be added. There are snack ideas in the challenge materials and in the Facebook communities.

Same goes for the ingredients in each recipe. Everyone's taste buds are different, so swap out, delete or add ingredients as needed and have fun!



7 Day Fresh Start Challenge Meal Plan

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Veggie Scramble with Strawberries	Blueberry Protein Smoothie with Skyre Yogurt	Arugula & Tomato Egg Muffins	Chocolate Cauliflower (or Avocado) Shake	Pepper & Onion Mini Egg White Bites	Crustless Broccoli Cheddar Quiche	Butternut Squash & Apple Hash with an Egg
Lunch	Simple Salmon Salad	Ham & Cheese Rolls with Mini Peppers	Cobb Salad	Deconstructed Sushi Bowl - Rice Substitute	Mini Eggplant Pizzas	Shredded Chicken & Cauliflower Bake	Mexican Black Bean Salad
	Spinach Salad with Tamari Vinaigrette				Chopped Veggie Salad	Grain-Free Tabbouleh	
Dinner	White Bean Chicken Chili	Taco Salad with Beef	Baked Blackened Salmon	Lemony White Bean & Quinoa Bowl	Sheet Pan Shrimp Fajitas	Creamy Dill Salmon	Ginger Beef Lettuce Wraps
			Sesame Roasted Green Beans	Sesame Cucumber Salad with Mirin	Creamy Cabbage Coleslaw	Roasted Broccoli - Broccoli Collection	Creamy Broccoli Salad - Broccoli Collection

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7 days

Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Calories	1278	Calories	902	Calories	998	Calories	1245	Calories	835	Calories	789	Calories	1227
Fat	61g	Fat	57g	Fat	66g	Fat	54g	Fat	51g	Fat	48g	Fat	73g
Carbs	93g	Carbs	38g	Carbs	20g	Carbs	139g	Carbs	45g	Carbs	24g	Carbs	81g
Fiber	27g	Fiber	14g	Fiber	8g	Fiber	41g	Fiber	14g	Fiber	9g	Fiber	25g
Sugar	28g	Sugar	16g	Sugar	7g	Sugar	25g	Sugar	24g	Sugar	8g	Sugar	24g
Protein	96g	Protein	65g	Protein	84g	Protein	63g	Protein	56g	Protein	64g	Protein	70g
Cholesterol	904mg	Cholesterol	182mg	Cholesterol	637mg	Cholesterol	33mg	Cholesterol	305mg	Cholesterol	358mg	Cholesterol	488mg
Sodium	3136mg	Sodium	1710mg	Sodium	1536mg	Sodium	2251mg	Sodium	1331mg	Sodium	1423mg	Sodium	1447mg
Vitamin A	13366IU	Vitamin A	4945IU	Vitamin A	12962IU	Vitamin A	3511IU	Vitamin A	4999IU	Vitamin A	7208IU	Vitamin A	14955IU
Vitamin C	319mg	Vitamin C	115mg	Vitamin C	32mg	Vitamin C	117mg	Vitamin C	268mg	Vitamin C	265mg	Vitamin C	257mg
Calcium	427mg	Calcium	566mg	Calcium	333mg	Calcium	838mg	Calcium	423mg	Calcium	463mg	Calcium	412mg
Iron	14mg	Iron	8mg	Iron	9mg	Iron	14mg	Iron	5mg	Iron	6mg	Iron	11mg
Vitamin D	1140IU	Vitamin D	40IU	Vitamin D	106IU	Vitamin D	873IU	Vitamin D	6IU	Vitamin D	56IU	Vitamin D	89IU
Magnesium	281mg	Magnesium	122mg	Magnesium	178mg	Magnesium	363mg	Magnesium	156mg	Magnesium	151mg	Magnesium	248mg

7 Day Fresh Start Challenge Meal Plan

108 items

Fruits

- 1 Apple
- 4 Avocado
- 1/4 Banana
- 3/4 cup Blueberries
- 1 1/4 Lemon
- 3/4 cup Lemon Juice
- 1 1/2 Lime
- 1/2 cup Lime Juice
- 1 cup Strawberries

Breakfast

- 1 tbsp Almond Butter
- 1 tsp Mirin (or Sugar Free Maple Syrup)

Seeds, Nuts & Spices

- 1 tbsp Almond Butter
- 1/3 tsp Black Pepper
- 1/4 tsp Cayenne Pepper
- 3 1/16 tbsps Chili Powder
- 1/4 tsp Cinnamon
- 1 1/2 tbsps Cumin
- 1 tsp Dried Parsley
- 1/4 tsp Dried Thyme
- 1 1/4 tbsps Garlic Powder
- 1/2 tsp Ground Sage
- 1/2 tsp Italian Seasoning
- 1 tsp Oregano
- 1 tsp Paprika
- 1/2 tsp Red Pepper Flakes
- 1 1/3 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 3 tbsps Sesame Seeds
- 1/3 cup Sunflower Seeds (plain Or Roasted)
- 1 1/3 tbsps Taco Seasoning

Frozen

Vegetables

- 4 cups Arugula
- 1 1/2 cups Baby Spinach
- 2 tbsps Basil Leaves
- 18 cups Broccoli
- 2 cups Butternut Squash
- 5 1/2 cups Cauliflower Rice
- 1 stalk Celery
- 3 cups Cherry Tomatoes
- 1/2 cup Cilantro
- 4 1/4 Cucumber
- 1 Eggplant
- 2 tbsps Fresh Dill
- 3 1/2 Garlic
- 1 1/2 tbsps Ginger
- 2 cups Green Beans
- 1 Green Bell Pepper
- 4 cups Green Cabbage
- 13 stalks Green Onion
- 2 Jalapeno Pepper
- 2 cups Kale Leaves
- 3 ozs Mini Peppers
- 1/3 cup Mint Leaves
- 2 3/4 cups Parsley
- 6 1/2 Red Bell Pepper
- 1 3/4 cups Red Onion
- 8 leaves Romaine
- 2 1/2 heads Romaine Hearts
- 1 Sweet Onion
- 2 Tomato
- 1/2 Yellow Onion

Boxed & Canned

- 2 cups Black Beans
- 4 ozs Canned Wild Salmon
- 2 cups Cannellini Beans
- 3 cups Chicken Broth
- 1/2 cup Chickpeas

Bread, Fish, Meat & Cheese

- 2 slices Bacon
- 7 1/3 ozs Cheddar Cheese
- 14 ozs Chicken Breast, Cooked
- 1 lb Chicken Thighs
- 1 lb Extra Lean Ground Beef
- 12 ozs Flank Steak
- 4 1/3 ozs Mozzarella Ball
- 2 ozs Mozzarella Cheese
- 2/3 oz Pecorino Romano Cheese
- 1 1/4 lbs Salmon Fillet
- 12 ozs Shrimp
- 6 ozs Sliced Ham
- 8 ozs Smoked Salmon

Condiments & Oils

- 2 1/2 tsps Avocado Oil
- 3 1/2 tbsps Balsamic Vinegar
- 1/3 cup Coconut Aminos
- 1 tbsp Coconut Oil
- 2 1/3 tbsps Dijon Mustard
- 1 1/4 cups Extra Virgin Olive Oil
- 3/4 cup Mayonnaise
- 1 1/2 tbsps Olive Oil
- 2 tbsps Rice Vinegar
- 2 tbsps Sesame Oil
- 1/4 cup Tahini
- 3 1/8 tbsps Tamari
- 3/4 cup Tomato Sauce

Cold

- 26 Egg
- 1 cup Egg Whites
- 1/4 cup Plain Skyr Yogurt
- 1 3/4 cups Unsweetened Almond Milk

Other

- 1/4 cup** Frozen Blueberries
- 1/2 cup** Frozen Cauliflower
- 1/2 cup** Frozen Corn

- 2/3 cup** Quinoa
- 3 cups** White Navy Beans

Baking

- 1 1/2 tsps** Acai Powder
- 1 tbsp** Cacao Powder
- 1 1/4 tsps** Stevia Powder Or Liquid Stevia Or Other Sweetener Of Choice.

- 1 tbsp** Chocolate Protein Powder
- 4** Nori Sheets
- 1 cup** Unsweetened Vanilla Almond Milk
- 1 tbsp** Vanilla Protein Powder
- 1/4 cup** Water

Veggie Scramble with Strawberries

7 ingredients · 15 minutes · 1 serving

Directions

1. Whisk the eggs in a bowl and season with half of the salt. Set aside.
2. Heat the oil in a pan over medium heat. Cook the peppers for about five minutes or until tender and just browned. Add the tomato and green onion and cook for two to three minutes more until the tomatoes have softened. Season the vegetables with the remaining salt.
3. Push the vegetable mixture to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the vegetables into the egg once the eggs are cooked through. Serve with strawberries and enjoy!

Notes

Leftovers

Best enjoyed immediately.

More Flavor

Add dried herbs and spices like garlic powder or parsley.

No Red Pepper

Use any colour of bell pepper.

Like it Spicy

Add red pepper flakes or jalapeno pepper.

No Strawberries

Serve with a different fruit instead.

Ingredients

- 4 Egg
- 1/8 tsp Sea Salt (divided)
- 1 tsp Extra Virgin Olive Oil
- 1 Red Bell Pepper (finely chopped)
- 1 Tomato (medium, diced)
- 1 stalk Green Onion (chopped)
- 1 cup Strawberries (chopped)

Nutrition

Amount per serving

Calories	424	Sodium	634mg
Fat	25g	Vitamin A	6964IU
Carbs	24g	Vitamin C	256mg
Fiber	7g	Calcium	155mg
Sugar	13g	Iron	5mg
Protein	29g	Vitamin D	164IU
Cholesterol	744mg	Magnesium	68mg



Blueberry Protein Smoothie with Skyre Yogurt

6 ingredients · 5 minutes · 1 serving

Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!
2. Before blending, add in 1/4 - 1/2 cup ice if you desire a thicker smoothie.

Notes

No Blueberries

Use any type of frozen berry instead.

No Protein Powder

Use hemp seeds instead



Ingredients

1 cup Unsweetened Vanilla Almond Milk (Or other "milk" of choice - use less for thicker shake)

1 tbsp Vanilla Protein Powder (or 1 "scoop" --- no sugar added (Stevia or other alternative sweetener OK))

1 tbsp Almond Butter (or Ground Flax Seed)

1/4 cup Frozen Blueberries (plus 1 scoop Acai Powder or 1/2 pack frozen unsweetened acai)

1/4 cup Plain Skyr Yogurt (or Greek Yogurt, if Skyr is not available)

1/4 tsp Stevia Powder Or Liquid Stevia Or Other Sweetener Of Choice. (OPTIONAL --- sweeten to taste)

Nutrition

Amount per serving

Calories	121	Sodium	50mg
Fat	4g	Vitamin A	330IU
Carbs	10g	Vitamin C	5mg
Fiber	3g	Calcium	190mg
Sugar	5g	Iron	1mg
Protein	12g	Vitamin D	25IU
Cholesterol	9mg	Magnesium	18mg

Arugula & Tomato Egg Muffins

8 ingredients · 30 minutes · 6 servings

Directions

1. Preheat the oven to 350°F (177°C) and lightly grease a muffin tin with avocado oil.
2. In a non-stick skillet over medium-low heat, cook the arugula until just wilted, and then remove from heat.
3. In a medium-sized bowl, crack the eggs and then add the arugula, tomato, pecorino romano, parsley, almond milk and sea salt. Whisk everything together.
4. Pour the egg mixture into the muffin cups until they are about 3/4 of the way filled.
5. Bake for 20 to 22 minutes. 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 equal to two egg cups.

No Arugula

Use spinach instead.

Dairy-Free

Omit the cheese or use nutritional yeast instead.

Nut-Free

Use whole milk, coconut milk or oat milk instead of almond milk.

More Flavor

Use sun dried tomatoes instead of regular tomato.

Ingredients

- 1 1/2 **tsps** Avocado Oil
- 4 **cups** Arugula
- 8 Egg
- 1 Tomato (chopped)
- 2/3 **oz** Pecorino Romano Cheese (shredded)
- 1/4 **cup** Parsley (chopped)
- 1/3 **cup** Unsweetened Almond Milk
- 1/4 **tsp** Sea Salt

Nutrition

Amount per serving

Calories	128	Sodium	291mg
Fat	9g	Vitamin A	1194IU
Carbs	2g	Vitamin C	8mg
Fiber	1g	Calcium	128mg
Sugar	1g	Iron	2mg
Protein	10g	Vitamin D	60IU
Cholesterol	251mg	Magnesium	18mg



Chocolate Cauliflower (or Avocado) Shake

8 ingredients · 5 minutes · 1 serving

Directions

1. In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!
2. Before blending, add in 1/4 to 1/2 cup ice if you desire more thickness. Use a blender with significant power to fully crush ice.

Notes

Make it Mocha

Replace half of the almond milk with chilled coffee.

Likes it Sweeter

Add pitted medjool dates.

No Maca Powder

Leave it out or use cinnamon instead.

Ingredients

1 cup Unsweetened Almond Milk (Use less if you want thicker smoothie---you can also swap in any other type of "milk" of choice. If you want more flavor, use unsweetened Vanilla or Chocolate.)

1/2 cup Frozen Cauliflower (or you can substitute 1/4 ripe avocado - either will add to smoothie creaminess)

1/4 Banana (frozen)

1 1/2 tps Acai Powder (OPTIONAL - 1/2 pack frozen unsweetened Acai)

1 tbsp Almond Butter

1 tbsp Cacao Powder

1 tbsp Chocolate Protein Powder (or 1 "Scoop" - -- no sugar added --- Stevia or other sugar alternative OK)

1 tsp Stevia Powder Or Liquid Stevia Or Other Sweetener Of Choice. (Optional --- sweeten to taste)

Nutrition

Amount per serving

Calories	234	Sodium	189mg
Fat	14g	Vitamin A	527IU
Carbs	18g	Vitamin C	31mg
Fiber	8g	Calcium	572mg
Sugar	5g	Iron	3mg
Protein	12g	Vitamin D	101IU
Cholesterol	1mg	Magnesium	129mg



Pepper & Onion Mini Egg White Bites

5 ingredients · 25 minutes · 4 servings

Directions

1. Preheat the oven to 350°F (175°C).
2. In a bowl, combine the egg whites, red bell pepper, onion, Italian seasoning, and salt.
3. Scoop the mixture into lined (or greased) mini muffin cups. Bake for 20 minutes or until cooked through. Let cool before serving. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately four mini egg muffins.

More Flavor

Add a splash of tamari or soy sauce. Use whole eggs or a mixture of egg whites and whole eggs.

Additional Toppings

Add goat cheese or feta cheese.

Ingredients

1 cup Egg Whites

1/2 Red Bell Pepper (medium, finely diced)

1/2 Yellow Onion (small, finely diced)

1/2 tsp Italian Seasoning

1/4 tsp Sea Salt

Nutrition

Amount per serving

Calories	41	Sodium	250mg
Fat	0g	Vitamin A	466IU
Carbs	3g	Vitamin C	19mg
Fiber	1g	Calcium	10mg
Sugar	2g	Iron	1mg
Protein	7g	Vitamin D	0IU
Cholesterol	0mg	Magnesium	8mg



Crustless Broccoli Cheddar Quiche

7 ingredients · 40 minutes · 6 servings

Directions

1. Preheat the oven to 350°F (176°C) and grease a pie pan with the oil.
2. Arrange the broccoli and cheese in a single layer in the prepared pie pan.
3. In a mixing bowl whisk the eggs, milk, salt and garlic powder together. Pour the egg mixture over the broccoli and cheese. Bake for 30 to 35 minutes or until the egg has set and is firm to the touch.
4. Slice the quiche into wedges and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Dairy-Free

Omit the cheese or use a dairy-free cheese instead.

More Flavor

Add finely chopped onions and red pepper flakes.

No Almond Milk

Use dairy, coconut, or cashew milk instead. For an extra creamy quiche use half and half cream instead.

Pie Pan

This recipe was developed using a standard 9-inch glass pie pan.

Ingredients

- 1 1/2 **tsps** Extra Virgin Olive Oil
- 2 **cups** Broccoli (finely chopped)
- 4 1/3 **ozs** Cheddar Cheese (shredded)
- 6 **Egg**
- 1/2 **cup** Unsweetened Almond Milk
- 1/2 **tsp** Sea Salt
- 1/2 **tsp** Garlic Powder

Nutrition

Amount per serving

Calories	179	Sodium	427mg
Fat	13g	Vitamin A	759IU
Carbs	3g	Vitamin C	27mg
Fiber	1g	Calcium	228mg
Sugar	1g	Iron	1mg
Protein	12g	Vitamin D	54IU
Cholesterol	207mg	Magnesium	20mg



Butternut Squash & Apple Hash with an Egg

8 ingredients · 25 minutes · 3 servings

Directions

1. Heat 2/3 of the oil in a skillet over medium heat. Add the butternut squash and onion and cook, stirring often, for 10 to 12 minutes until the squash is tender. Season with the salt.
2. Add the apple and kale leaves and continue to cook until the kale has wilted down and the apple is warmed through and just tender, about 3 to 5 minutes. Add the cinnamon and stir to combine. Season with additional salt if needed.
3. In a second pan, heat the remaining oil over medium heat. Crack the eggs in the pan and cook until the whites are set and the yolks are cooked to your liking.
4. Divide the breakfast hash between plates and top with an egg. Enjoy!

Notes

Leftovers

Refrigerate the breakfast hash in an airtight container for up to five days. The eggs are best enjoyed freshly cooked.

Serving Size

One serving is approximately 1 cup of breakfast hash and 2 eggs.

More Protein

Add in cooked sausage, chicken or bacon.

Apple

This recipe was created and tested using Spartan apples.

Consistency

Chop the butternut squash and apples into similar size cubes to ensure even cooking.

No Red Onion

Use a yellow or sweet onion instead.

Ingredients

- 3 tbsps Extra Virgin Olive Oil (divided)
- 2 cups Butternut Squash (peeled and chopped into 1 cm cubes)
- 1/2 cup Red Onion (chopped)
- 1/4 tsp Sea Salt
- 1 Apple (small, finely chopped)
- 2 cups Kale Leaves (chopped)
- 1/4 tsp Cinnamon
- 6 Egg

Nutrition

Amount per serving

Calories	352	Sodium	352mg
Fat	23g	Vitamin A	11169IU
Carbs	23g	Vitamin C	37mg
Fiber	4g	Calcium	148mg
Sugar	10g	Iron	3mg
Protein	14g	Vitamin D	82IU
Cholesterol	372mg	Magnesium	54mg



Simple Salmon Salad

6 ingredients · 5 minutes · 1 serving

Directions

1. Add the salmon, mayonnaise, and lemon juice to a bowl and mash with a fork until well combined. Stir in the celery and green onion (if using).
2. Season with salt and pepper and additional lemon juice if needed. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add fresh or dried herbs, mustard, chopped pickles, or garlic.

Serve it With

Use as a filling for sandwiches or wraps, on top of salad greens or on top of crackers or cucumber slices.

No Canned Salmon

Use canned tuna or sardines instead.

No Green Onion

Use red onion instead.

No Celery

Use cucumber, bell pepper, or radish.

No Mayonnaise

Use yogurt or mashed avocado instead.

Ingredients

4 ozs Canned Wild Salmon (drained)

2 tbsps Mayonnaise

1 1/2 tbsps Lemon Juice

1 stalk Celery (finely chopped, optional)

1 stalk Green Onion (chopped, optional)

Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	381	Sodium	647mg
Fat	27g	Vitamin A	891IU
Carbs	4g	Vitamin C	12mg
Fiber	1g	Calcium	68mg
Sugar	2g	Iron	1mg
Protein	31g	Vitamin D	975IU
Cholesterol	86mg	Magnesium	35mg



Spinach Salad with Tamari Vinaigrette

6 ingredients · 5 minutes · 1 serving

Directions

1. Add the tamari, balsamic vinegar, and dijon mustard to a jar. Cover, shake well, and set aside.
2. Divide the baby spinach, cucumber and chickpeas onto plates. Top with dressing and enjoy!
3. Not a fan of Baby Spinach. Substitute Arugula, Spring Mix, or other baby greens of choice.
4. For more flavor, add grated ginger, minced garlic and/or toasted sesame seeds.

Notes

Leftovers

Refrigerate the dressing and salad separately in airtight container for up to 4 to 5 days.

More Flavor

Add grated ginger, minced garlic and/or toasted sesame seeds.

No Balsamic Vinegar

Use red wine vinegar instead.

Ingredients

- 1 **tbsp** Tamari
- 1 **tbsp** Balsamic Vinegar (or Red Wine Vinegar)
- 1/2 **tsp** Dijon Mustard
- 1 **1/2 cups** Baby Spinach
- 1/4 **Cucumber** (sliced)
- 1/2 **cup** Chickpeas (cooked)

Nutrition

Amount per serving

Calories	183	Sodium	1079mg
Fat	2g	Vitamin A	4321IU
Carbs	31g	Vitamin C	16mg
Fiber	8g	Calcium	105mg
Sugar	8g	Iron	4mg
Protein	11g	Vitamin D	0IU
Cholesterol	0mg	Magnesium	94mg



Ham & Cheese Rolls with Mini Peppers

4 ingredients · 10 minutes · 2 servings

Directions

1. Wrap the ham around the cheese sticks. Serve alongside the mini peppers and blueberries in a container. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Dairy-Free

Use vegan cheese instead of cheddar cheese.

Ingredients

- 6 ozs Sliced Ham
- 3 ozs Cheddar Cheese (cut into sticks)
- 3 ozs Mini Peppers
- 3/4 cup Blueberries

Nutrition

Amount per serving

Calories	329	Sodium	1161mg
Fat	19g	Vitamin A	1433IU
Carbs	13g	Vitamin C	86mg
Fiber	2g	Calcium	309mg
Sugar	8g	Iron	2mg
Protein	27g	Vitamin D	12IU
Cholesterol	99mg	Magnesium	32mg



Cobb Salad

9 ingredients · 25 minutes · 2 servings

Directions

1. Place the eggs in a saucepan and cover with water. Bring to a boil over high heat then turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes. Transfer the eggs to a bowl of cold water and let the eggs sit until cool enough to handle. Peel and slice.
2. Meanwhile, cook the bacon in a large pan over medium heat for about five minutes per side or until the bacon is cooked through and crispy. Transfer to a paper towel-lined plate to let the bacon cool slightly then chop into small pieces.
3. To a jar add the oil, lemon juice, and mustard. Shake to combine.
4. To serve, divide the romaine between plates and top with the chicken, egg, bacon, cucumber, and green onion. Drizzle the dressing on top. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add honey or maple syrup, dried herbs, fresh garlic, salt, and/or pepper to the dressing.

Additional Toppings

Cheese, olives, tomatoes, and/or avocado.

No Romaine

Use baby spinach or another salad green instead.

Ingredients

- 2 Egg
- 2 slices Bacon
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Lemon Juice
- 1/2 tsp Dijon Mustard
- 8 leaves Romaine (chopped)
- 7 ozs Chicken Breast, Cooked (chopped)
- 1/2 Cucumber (sliced)
- 2 stalks Green Onion (chopped, greens parts only)

Nutrition

Amount per serving

Calories	489	Sodium	359mg
Fat	32g	Vitamin A	10627IU
Carbs	9g	Vitamin C	14mg
Fiber	3g	Calcium	91mg
Sugar	4g	Iron	3mg
Protein	42g	Vitamin D	46IU
Cholesterol	308mg	Magnesium	72mg



Deconstructed Sushi Bowl - Rice Substitute

10 ingredients · 20 minutes · 2 servings

Directions

1. 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.
2. Divide the cauliflower rice into bowls. Top each bowl evenly with cucumber, avocado, nori and smoked salmon. Garnish with sesame seeds.
3. 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.

Ingredients

- 1 tsp Avocado Oil
- 4 cups Cauliflower Rice
- 2 tsps 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 tsps Sesame Seeds
- 2 tbsps Mayonnaise
- 1/8 tsp Cayenne Pepper (optional)

Nutrition

Amount per serving

Calories	492	Sodium	989mg
Fat	34g	Vitamin A	1180IU
Carbs	23g	Vitamin C	18mg
Fiber	14g	Calcium	124mg
Sugar	7g	Iron	3mg
Protein	30g	Vitamin D	772IU
Cholesterol	32mg	Magnesium	70mg



Mini Eggplant Pizzas

8 ingredients · 30 minutes · 4 servings

Directions

1. Cut the eggplant into equal slices about 1/2 inch thick. Generously brush each side of the eggplant with the oil and season with sea salt and black pepper.
2. Heat a large non-stick pan over medium heat. Cook eggplant in batches until tender and browned about 3 to 5 minutes per side.
3. Meanwhile, turn the broiler on high.
4. Transfer the browned eggplant slices to a baking sheet and top each with tomato sauce, dried oregano and shredded cheese. Broil the eggplant pizzas for 3 to 5 minutes until the cheese is melted, bubbly and browned.
5. Top with red pepper flakes and fresh basil. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days. Reheat in the microwave or oven until warmed through.

Serving Size

One serving is approximately three eggplant pizzas.

Dairy-Free

Use a dairy-free shredded cheese instead.

More Flavor

Add minced garlic and Italian seasoning to the tomato sauce.

Additional Toppings

Top eggplant pizza with your favorite pizza toppings like pepperoni, bacon, olives, bell peppers or mushrooms.

Ingredients

- 1 Eggplant (medium)
- 1/4 cup Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 3/4 cup Tomato Sauce
- 1/2 tsp Oregano
- 4 1/3 ozs Mozzarella Ball (grated)
- 1/2 tsp Red Pepper Flakes (Optional)
- 2 tbsps Basil Leaves (finely chopped)

Nutrition

Amount per serving

Calories	259	Sodium	160mg
Fat	21g	Vitamin A	608IU
Carbs	11g	Vitamin C	7mg
Fiber	5g	Calcium	181mg
Sugar	7g	Iron	1mg
Protein	9g	Vitamin D	5IU
Cholesterol	25mg	Magnesium	34mg



Chopped Veggie Salad

8 ingredients · 15 minutes · 4 servings

Directions

1. Add broccoli, tomatoes, bell pepper and cucumber to a large mixing bowl. Toss with the oil, vinegar and parsley. Season liberally with sea salt and black pepper to taste. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days. Season leftovers with additional salt, black pepper and vinegar if needed.

More Flavor

Use additional herbs like cilantro, chives, basil or dill.

Ingredients

- 2 cups Broccoli (chopped)
- 1 cup Cherry Tomatoes (chopped)
- 1/2 Red Bell Pepper (chopped)
- 1/2 Cucumber (chopped)
- 2 1/2 tbsps Extra Virgin Olive Oil
- 2 1/2 tbsps Balsamic Vinegar
- 1/2 cup Parsley (chopped)
- Sea Salt & Black Pepper

Nutrition

Amount per serving

Calories	118	Sodium	25mg
Fat	9g	Vitamin A	1739IU
Carbs	9g	Vitamin C	76mg
Fiber	2g	Calcium	45mg
Sugar	5g	Iron	1mg
Protein	2g	Vitamin D	0IU
Cholesterol	0mg	Magnesium	25mg



Shredded Chicken & Cauliflower Bake

8 ingredients · 20 minutes · 4 servings

Directions

1. Preheat the oven to 350°F (175°C).
2. In a mixing bowl, combine all of the ingredients with half of the cheese. Stir until well combined.
3. Transfer the mixture into ramekins and top with the remaining cheese. Bake for 15 to 20 minutes, or until warmed through and the cheese is browned. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals one ramekin.

Dairy-Free

Use vegan cheese instead of mozzarella cheese.

More Flavor

Add your choice of herbs and spices. Add more vegetables like spinach, peas, mushrooms, or other leftover veggies to the chicken cauliflower mixture.

Additional Toppings

Top with black pepper, red pepper flakes, avocado or salsa.

No Ramekins

Use a baking dish instead and adjust the cooking time as needed.

Ingredients

- 7 ozs Chicken Breast, Cooked (shredded)
- 1 1/2 cups Cauliflower Rice
- 2 tbsps Water
- 2 tbsps Mayonnaise
- 2 tbsps Dijon Mustard
- 1/2 tsp Ground Sage
- 1/8 tsp Sea Salt
- 2 ozs Mozzarella Cheese (shredded, divided)

Nutrition

Amount per serving

Calories	173	Sodium	279mg
Fat	9g	Vitamin A	127IU
Carbs	2g	Vitamin C	0mg
Fiber	1g	Calcium	63mg
Sugar	1g	Iron	0mg
Protein	18g	Vitamin D	1IU
Cholesterol	67mg	Magnesium	17mg



Grain-Free Tabbouleh

7 ingredients · 15 minutes · 3 servings

Directions

1. In a large bowl, combine the parsley, mint, cucumber, bell pepper, and green onion. Add lemon juice and season with salt to taste. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving equals approximately two cups.

More Flavor

Add olive oil, minced garlic, and black pepper to taste.

Additional Toppings

Diced tomato, quinoa, or cauliflower rice.

Ingredients

2 cups Parsley (tough stems removed, finely chopped)

1/3 cup Mint Leaves (finely chopped)

1 Cucumber (medium, finely diced)

1 Red Bell Pepper (large, finely diced)

3 stalks Green Onion (thinly sliced)

2 tbsps Lemon Juice (to taste)

1/4 tsp Sea Salt (to taste)

Nutrition

Amount per serving

Calories	47	Sodium	226mg
Fat	1g	Vitamin A	5363IU
Carbs	10g	Vitamin C	114mg
Fiber	3g	Calcium	88mg
Sugar	4g	Iron	3mg
Protein	2g	Vitamin D	0IU
Cholesterol	0mg	Magnesium	43mg



Mexican Black Bean Salad

8 ingredients · 15 minutes · 4 servings

Directions

1. In a large mixing bowl combine the black beans, pepper, onion and avocado.
2. Add the lime juice, chili powder, cumin, and salt to a mason jar. Seal with a lid and shake until combined. Pour dressing over the black bean mixture and stir until evenly coated.
3. Serve chilled and enjoy.

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 cup.

More Flavor

Add cilantro, tomato, corn or hot sauce.

No Black Beans

Use cooked lentils or chickpeas instead.

Ingredients

2 cups Black Beans (cooked)

1 Red Bell Pepper (chopped)

1/4 cup Red Onion (chopped)

1 Avocado (diced)

1/4 cup Lime Juice

1/4 tsp Chili Powder

1/4 tsp Cumin

1/8 tsp Sea Salt

Nutrition

Amount per serving

Calories	210	Sodium	85mg
Fat	8g	Vitamin A	1069IU
Carbs	29g	Vitamin C	48mg
Fiber	12g	Calcium	38mg
Sugar	3g	Iron	2mg
Protein	9g	Vitamin D	0IU
Cholesterol	0mg	Magnesium	81mg



White Bean Chicken Chili

14 ingredients · 40 minutes · 6 servings

Directions

1. Heat oil in a large pot with a lid over medium-high heat. Add onion, jalapeno and bell pepper and cook for about 5 minutes or until onion is soft. Add garlic, cumin, chili powder and salt and cook for another minute until fragrant.
2. While vegetables are cooking, add a third of the stock and half of the beans to a food processor or blender and blend to puree the beans.
3. Add the remaining stock and pureed beans to the pot and stir to combine. Place the chicken in the pot, cover with lid and reduce heat to medium-low. Cook at a gentle boil for 20 minutes or until the chicken is cooked through.
4. Remove the cooked chicken thighs from the pot and carefully shred the chicken with two forks. Return the chicken and any juices back to the pot with the remaining beans, frozen corn kernels and cilantro. Stir to combine and season with additional salt if needed. Allow soup to cook for an additional 5 to 10 minutes.
5. Divide the chili into bowls and serve with a lime wedge. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to three months.

Additional Toppings

Corn chips, sour cream and/or shredded cheese.

No Chicken Thighs

Use chicken breast instead.

Vegetarian

Omit the chicken and use extra beans.

Serving Size

One serving is equal to approximately one cup of chili.

Save Time

Use cooked beans from the can.

Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1 Sweet Onion (medium, chopped)
- 1 Jalapeno Pepper (seeded and chopped)
- 1 Red Bell Pepper (chopped)
- 2 Garlic (cloves, minced)
- 1 **1/2 tps** Cumin
- 1 **tbsp** Chili Powder
- 1/2 tsp** Sea Salt
- 3 **cups** Chicken Broth (divided)
- 3 **cups** White Navy Beans (cooked and divided)
- 1 **lb** Chicken Thighs (boneless, skinless)
- 1/2 cup** Frozen Corn
- 1/2 cup** Cilantro (chopped)
- 1 Lime (sliced into wedges)

Nutrition

Amount per serving

Calories	290	Sodium	776mg
Fat	7g	Vitamin A	1190IU
Carbs	34g	Vitamin C	35mg
Fiber	11g	Calcium	99mg
Sugar	5g	Iron	4mg
Protein	25g	Vitamin D	1IU
Cholesterol	74mg	Magnesium	84mg



Taco Salad with Beef

11 ingredients · 25 minutes · 4 servings

Directions

1. In a pan over medium-high heat, brown the beef. Break the meat into very small pieces with a spatula and cook until no longer pink, about 5 minutes. Drain any excess drippings, but keep the beef in the pan.
2. Add the chili powder, cumin, salt, tomatoes, jalapeno and green onion to the beef. Stir to combine. Cook for another 5 minutes until tomatoes are very soft. Remove from heat and stir in half of the lime juice. Season with additional salt if needed.
3. In a large mixing bowl toss the chopped romaine lettuce with olive oil and remaining lime juice.
4. To assemble the salad, divide lettuce between plates and top evenly with beef and avocado. Serve immediately and enjoy.

Notes

Storage

Refrigerate beef and lettuce separately in airtight containers for up to 3 days. Assemble salad just before serving.

More Flavor

Top salad with additional tomatoes, sliced jalapenos, green onions, salsa, cilantro, lime juice or hot sauce.

Make it Vegan

Use black beans instead of ground beef.

Ingredients

- 1 lb Extra Lean Ground Beef
- 2 tbsps Chili Powder
- 1 tbsps Cumin
- 1/2 tsp Sea Salt
- 1 cup Cherry Tomatoes (chopped)
- 1 Jalapeno Pepper (chopped)
- 2 stalks Green Onion (chopped)
- 3 tbsps Lime Juice (divided)
- 2 heads Romaine Hearts (chopped)
- 2 tbsps Extra Virgin Olive Oil
- 2 Avocado (sliced)

Nutrition

Amount per serving

Calories	452	Sodium	499mg
Fat	34g	Vitamin A	3182IU
Carbs	15g	Vitamin C	24mg
Fiber	9g	Calcium	67mg
Sugar	3g	Iron	5mg
Protein	26g	Vitamin D	3IU
Cholesterol	74mg	Magnesium	72mg



Baked Blackened Salmon

10 ingredients · 20 minutes · 2 servings

Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. In a small bowl combine the paprika, oregano, garlic, thyme, salt, black pepper and cayenne pepper.
3. Rub the salmon with the oil on all sides and place on the prepared baking sheet. Coat the top sides of the salmon with the spice mixture.
4. Bake for 12 to 15 minutes or until salmon is cooked through and flakes easily. Season with additional salt if needed and serve with lemon wedges, if using. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

For a spicier salmon use more cayenne pepper. For a smoky flavor, used smoked paprika instead.

Make it a Meal

Serve with roasted veggies and potatoes or on top of a salad.

Ingredients

- 1 tsp Paprika
- 1/2 tsp Oregano
- 1/4 tsp Garlic Powder
- 1/4 tsp Dried Thyme
- 1/8 tsp Sea Salt
- 1/8 tsp Black Pepper
- 1/8 tsp Cayenne Pepper
- 10 ozs Salmon Fillet
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/4 Lemon (cut into wedges, optional for serving)

Nutrition

Amount per serving

Calories	239	Sodium	211mg
Fat	13g	Vitamin A	680IU
Carbs	2g	Vitamin C	2mg
Fiber	1g	Calcium	28mg
Sugar	0g	Iron	2mg
Protein	28g	Vitamin D	0IU
Cholesterol	78mg	Magnesium	45mg



Sesame Roasted Green Beans

4 ingredients · 25 minutes · 3 servings

Directions

1. Preheat oven to 400°F (204°C) and line a baking sheet with parchment.
2. Toss the green beans with tamari, sesame oil and sesame seeds. Lay flat on baking sheet and place in oven for 20 minutes.
3. Remove from oven and enjoy!

Notes

Likes it Spicy

Sprinkle with chili flakes after roasting.

Ingredients

2 cups Green Beans (trimmed)

2 tbsps Tamari

2 tbsps Sesame Oil

2 tbsps Sesame Seeds

Nutrition

Amount per serving

Calories	142	Sodium	675mg
Fat	12g	Vitamin A	461IU
Carbs	7g	Vitamin C	8mg
Fiber	3g	Calcium	86mg
Sugar	2g	Iron	2mg
Protein	4g	Vitamin D	0IU
Cholesterol	0mg	Magnesium	43mg



Lemony White Bean & Quinoa Bowl

10 ingredients · 25 minutes · 2 servings

Directions

1. Cook the quinoa according to package directions. Allow the cooked quinoa to cool slightly.
2. Meanwhile, add the beans, red pepper and onion to a mixing bowl. Stir to combine.
3. In a jar or small bowl combine the lemon juice, garlic, parsley, and salt. Pour the dressing over the bean mixture and stir to combine. Season with additional salt or lemon juice if needed.
4. To serve, divide the quinoa and bean mixture between bowls along with the cucumber and tomatoes. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

More lemon juice, fresh herbs, salad greens, olives, capers, or crumbled feta cheese.

No Cannellini Beans

Use another white bean or chickpeas instead.

No Quinoa

Use brown rice or cauliflower rice instead.

More Fat

Add extra virgin olive oil to the dressing.

Ingredients

- 2/3 cup Quinoa (dry)
- 2 cups Cannellini Beans (drained, rinsed)
- 1/2 Red Bell Pepper (chopped)
- 1/4 cup Red Onion (finely chopped)
- 1/4 cup Lemon Juice
- 1/2 Garlic (clove, minced)
- 1 tsp Dried Parsley
- 1/4 tsp Sea Salt
- 1/2 Cucumber (sliced)
- 1 cup Cherry Tomatoes (chopped)

Nutrition

Amount per serving

Calories	478	Sodium	986mg
Fat	5g	Vitamin A	1646IU
Carbs	90g	Vitamin C	64mg
Fiber	18g	Calcium	100mg
Sugar	8g	Iron	7mg
Protein	20g	Vitamin D	0IU
Cholesterol	0mg	Magnesium	138mg



Sesame Cucumber Salad with Mirin

5 ingredients · 5 minutes · 2 servings

Directions

1. In a bowl, whisk together the rice vinegar, maple syrup and tamari. Add the cucumber and toss until well coated. Garnish with sesame seeds and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving equals approximately one cup.

More Flavor

Add rehydrated wakame seaweed.

Additional Toppings

Add crab meat, octopus or tuna.

Ingredients

2 tbsps Rice Vinegar

1 tsp Mirin (or Sugar Free Maple Syrup)

1/2 tsp Tamari

1 Cucumber (peeled, chopped)

1 tsp Sesame Seeds (black or white, toasted)

Nutrition

Amount per serving

Calories	41	Sodium	87mg
Fat	1g	Vitamin A	158IU
Carbs	8g	Vitamin C	4mg
Fiber	1g	Calcium	42mg
Sugar	5g	Iron	1mg
Protein	1g	Vitamin D	0IU
Cholesterol	0mg	Magnesium	26mg



Sheet Pan Shrimp Fajitas

7 ingredients · 20 minutes · 2 servings

Directions

1. Preheat the oven to 400°F (204°C).
2. 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.
3. Bake for six to eight minutes or until the shrimp are cooked through.
4. 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.
5. 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.

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	Sodium	719mg
Fat	11g	Vitamin A	2089IU
Carbs	16g	Vitamin C	130mg
Fiber	4g	Calcium	150mg
Sugar	7g	Iron	2mg
Protein	37g	Vitamin D	0IU
Cholesterol	274mg	Magnesium	78mg



Creamy Cabbage Coleslaw

4 ingredients · 10 minutes · 4 servings

Directions

1. In a large mixing bowl combine the mayonnaise, lemon juice and sea salt. Add the cabbage and mix well. Season with additional salt or lemon juice if needed.
2. For best results, chill the slaw in the refrigerator for at least 30 minutes before serving. Enjoy!
3. For Added Flavor Add marinated red onion, fresh herbs, shredded carrot or spices of choice.
4. In a hurry, use your favorite dressing in place of the ingredients in Step #1.

Notes

Leftovers

Refrigerate in an airtight container up to two days.

Serving Size

One serving is approximately 3/4 cup.

More Flavor

Add green or red onion, fresh herbs, or spices like paprika or black pepper. For a sweet slaw, add a shredded carrot or a little bit of honey.

Make it Vegan

Use vegan or egg-free mayonnaise instead.

No Green Cabbage

Use Napa or purple cabbage instead.

Ingredients

1/4 cup Mayonnaise

2 tbsps Lemon Juice

1/8 tsp Sea Salt

4 cups Green Cabbage (thinly sliced)

Nutrition

Amount per serving

Calories	117	Sodium	177mg
Fat	10g	Vitamin A	97IU
Carbs	6g	Vitamin C	36mg
Fiber	2g	Calcium	37mg
Sugar	3g	Iron	0mg
Protein	1g	Vitamin D	1IU
Cholesterol	6mg	Magnesium	11mg



Creamy Dill Salmon

5 ingredients · 20 minutes · 2 servings

Directions

1. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. In a small bowl, combine the mayonnaise, dill and salt.
3. Arrange the salmon fillets on the prepared baking sheet and spread the creamy dill sauce evenly across the tops of the fish. Bake for 14 to 18 minutes or until the fish is cooked through and flakes easily.
4. Divide between plates and top with lemon juice, if using. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Egg-Free

Use a vegan or egg-free mayonnaise instead.

More Flavor

Add garlic powder, onion powder or black pepper to the creamy dill sauce.

Serve it With

Cauliflower rice, quinoa, brown rice, roasted potatoes and veggies or salad.

Cooking Time

Cooking time will vary depending on the thickness of the salmon fillet.

Ingredients

- 2 tbsps Mayonnaise
- 2 tbsps Fresh Dill
- 1/8 tsp Sea Salt
- 10 ozs Salmon Fillet
- 2 tsps Lemon Juice (optional)

Nutrition

Amount per serving

Calories	296	Sodium	298mg
Fat	19g	Vitamin A	109IU
Carbs	0g	Vitamin C	2mg
Fiber	0g	Calcium	20mg
Sugar	0g	Iron	1mg
Protein	28g	Vitamin D	1IU
Cholesterol	84mg	Magnesium	42mg



Roasted Broccoli - Broccoli Collection

4 ingredients · 35 minutes · 4 servings

Directions

1. Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
2. Arrange the broccoli florets on the baking sheet and season with avocado oil, garlic powder and sea salt. Toss well. Roast in the oven for 25 to 30 minutes or until broccoli is tender. Toss at the halfway point.
3. Remove from the oven and divide between plates. Enjoy!
4. OPTIONAL: Sprinkle with lemon juice (to taste) before serving OR Sprinkle with a touch of balsamic vinegar and small amount of grated fresh parmesan.
5. Serve with a dip or aioli of choice.

Notes

Storage

Refrigerate in an airtight container for up to 3 days.

No Olive Oil

Use Avocado oil instead.

No Garlic Powder

Use freshly ground black pepper, cumin, smoked paprika or onion powder instead.

Ingredients

6 cups Broccoli (cut into florets)

1 1/2 tbsps Olive Oil (or Avocado Oil)

1/2 tsp Garlic Powder

1/4 tsp Sea Salt

Nutrition

Amount per serving

Calories	94	Sodium	193mg
Fat	6g	Vitamin A	850IU
Carbs	9g	Vitamin C	122mg
Fiber	4g	Calcium	64mg
Sugar	2g	Iron	1mg
Protein	4g	Vitamin D	0IU
Cholesterol	0mg	Magnesium	29mg



Ginger Beef Lettuce Wraps

8 ingredients · 20 minutes · 2 servings

Directions

1. In a small mixing bowl combine the coconut aminos, ginger, garlic, and half of the green onion. Set aside.
2. Season the sliced beef on both sides with salt. Heat the coconut oil in a pan over medium-high heat. In batches, add the beef to the pan and cook for two to three minutes per side until browned and cooked through. Transfer to a plate.
3. To the same pan with the drippings, add the sauce and stir well, scraping any browned bits off the bottom of the pan. Let the sauce bubble for about 30-seconds or until thickened slightly. Add the cooked beef strips back to the pan and stir well to coat in the sauce.
4. To serve, divide the beef between lettuce leaves and top with the remaining green onion. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately three lettuce wraps.

More Flavor

Add sesame oil or red pepper flakes to the sauce.

Additional Toppings

Grated carrots, thinly sliced peppers, cabbage, and sesame seeds.

Ingredients

- 1/4 cup Coconut Aminos
- 1 1/2 tbsps Ginger (fresh, grated or minced)
- 1 Garlic (clove, minced)
- 4 stalks Green Onion (sliced, divided)
- 12 ozs Flank Steak (thinly sliced)
- 1/8 tsp Sea Salt
- 1 tbsp Coconut Oil
- 1/2 head Romaine Hearts (separated into leaves)

Nutrition

Amount per serving

Calories	385	Sodium	784mg
Fat	21g	Vitamin A	1570IU
Carbs	9g	Vitamin C	4mg
Fiber	1g	Calcium	64mg
Sugar	7g	Iron	3mg
Protein	37g	Vitamin D	7IU
Cholesterol	116mg	Magnesium	45mg



Creamy Broccoli Salad - Broccoli Collection

9 ingredients · 20 minutes · 4 servings

Directions

1. Bring a large pot of water to a boil and drop in your broccoli florets. Cover with a lid and boil for 2 - 3 minutes, or just until slightly tender. Strain and run under cold water.
2. Roughly chop the florets into pieces and add them to a large mixing bowl. Add in the red onion. [Optional - Lightly marinate the red onion in red wine vinegar or other vinegar of choice prior to adding to the salad]
3. In a small to medium size bowl, combine the tahini, lemon juice, olive oil, sea salt, black pepper and water adding the water in small increments until desired thickness/thinness. Taste for flavor and serve as desired. Use less water for dips and sauces and more water for salad dressings. Pour over the salad and toss well. [OPTIONAL-ADD: 1/2 to 1 tablespoon white miso (to taste); 1/2 to 1 tablespoon tamari (or soy sauce to taste); pinch or two red pepper flakes; 1 – 4 tablespoons
4. Sprinkle sunflower seeds over top of the salad and serve. Enjoy!

Notes

Likes it Sweet

Add dried cranberries or diced apple.

Meat Lover

Add bacon.

Ingredients

8 cups Broccoli (chopped into florets)

1/4 cup Red Onion (finely sliced)

1/4 cup Tahini

1 Lemon (juiced)

2 tbsps Extra Virgin Olive Oil

1/4 tsp Sea Salt

1/4 tsp Black Pepper

2 tbsps Water

1/3 cup Sunflower Seeds (plain Or Roasted)

Nutrition

Amount per serving

Calories	280	Sodium	226mg
Fat	21g	Vitamin A	1147IU
Carbs	20g	Vitamin C	168mg
Fiber	8g	Calcium	162mg
Sugar	4g	Iron	3mg
Protein	10g	Vitamin D	0IU
Cholesterol	0mg	Magnesium	68mg

