



## New Year - Women, Wine, Wellness

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Hey Ladies,

Happy New Year!

Starting the new year off on the right track can be hard. So many diet plans and trends coming at you, and all so tempting.

Here is a healthy meal plan, to help you start out on a healthy track, without all the crazy restrictions.








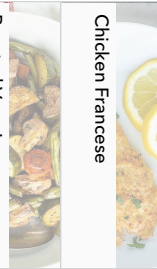

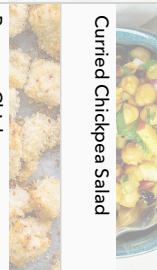

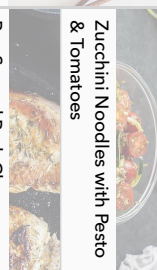









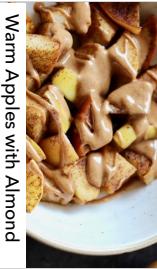




To help you liver (after a few too many cocktails 😊 ) start your morning with a warm glass of lemon water. This helps your liver do its natural job, and helps you hydrate first thing in the morning.

I hope you enjoy the meals, look forward to hanging out with you ladies in the community group.

xo

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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Breakfast</b>	 Spinach & Sausage Egg Muffins	 Scrambled Eggs with Peppers and Kale	 Spinach & Sausage Egg Muffins	 Sticky Cinnamon Oatmeal	 Spinach & Sausage Egg Muffins	 Almond Pancakes	 Chocolate Almond Hemp Seed Porridge
<b>Snack 1</b>	 Strawberry Coconut Oatmeal Muffins	 Chocolate Strawberry Peanut Butter Rice Cake	 Strawberry Coconut Oatmeal Muffins	 Chocolate Strawberry Peanut Butter Rice Cake	 2 Strawberry Coconut Oatmeal Muffins	 Chocolate Strawberry Peanut Butter Rice Cake	 Peach with Cottage Cheese
<b>Lunch</b>	 Chicken Francese	 Baked Chicken & Carrots with Cilantro Lime Sauce	 Curried Chickpea Salad	 Beef & Broccoli	 Zucchini Noodles with Pesto & Tomatoes	 Slow Cooker Beef & Butternut Squash Soup	 Roasted Cranberry & Sweet Potato Quinoa Salad
<b>Snack 2</b>	 2 Coconut Brownie Bites	 Raspberry Chia Protein Pudding	 2 Coconut Brownie Bites	 Raspberry Chia Protein Pudding	 Coconut Brownie Bites	 Chocolate Cherry Chia Pudding	 Chocolate Cherry Chia Pudding
<b>Dinner</b>	 Baked Chicken & Carrots with Cilantro Lime Sauce	 Curried Chickpea Salad	 Beef & Broccoli	 Zucchini Noodles with Pesto & Tomatoes	 Slow Cooker Beef & Butternut Squash Soup	 Roasted Cranberry & Sweet Potato Quinoa Salad	 Roasted Veggies
<b>Snack 3</b>	 Warm Apples with Almond Butter	 Strawberries & Coconut Whip		 Strawberries & Coconut Whip	 Chocolate Chip Cookies		 Chocolate Chip Cookies



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat	55%	45%	46%	45%	52%	49%	53%
Carbs	23%	27%	28%	27%	24%	32%	29%
Protein	22%	28%	26%	28%	24%	19%	18%
Calories	1651	1695	1636	1638	1562	1510	1840
Fat	104g	86g	86g	84g	93g	86g	113g
Saturated	30g	23g	29g	33g	37g	23g	38g
Carbs	101g	116g	118g	113g	99g	128g	142g
Fiber	23g	29g	24g	29g	18g	28g	35g
Sugar	51g	42g	48g	42g	42g	32g	50g
Protein	93g	119g	108g	115g	95g	73g	86g



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### Fruits

- 2 Apple
- 3/4 cup Cherries
- 1 Lemon
- 2 1/2 tbsps Lime Juice
- 1 Peach
- 3/4 cup Raspberries
- 5 cups Strawberries

### Breakfast

- 3 tbsps All Natural Peanut Butter
- 1/4 cup Almond Butter
- 1 cup Maple Syrup
- 3 Plain Rice Cake

### Seeds, Nuts & Spices

- 1 1/16 cups Almonds
- 1/4 tsp Black Pepper
- 1/2 cup Chia Seeds
- 1 tsp Cinnamon
- 2 tbsps Curry Powder
- 1/3 tsp Dried Thyme
- 1/2 tsp Garlic Powder
- 1/2 cup Ground Flax Seed
- 3 tbsps Hemp Seeds
- 1 tsp Italian Seasoning
- 1 tsp Onion Powder
- 2 tpsps Oregano
- 1/3 cup Pumpkin Seeds
- 1 1/3 tbsps Sea Salt
- 0 Sea Salt & Black Pepper

### Frozen

- 1 1/3 cups Frozen Cranberries

### Vegetables

- 18 cups Baby Spinach
- 6 cups Broccoli
- 6 cups Butternut Squash
- 5 Carrot
- 1 stalk Celery
- 4 cups Cherry Tomatoes
- 1 3/4 cups Cilantro
- 4 Garlic
- 2 1/8 tbsps Ginger
- 2 cups Green Beans
- 3 stalks Green Onion
- 1 cup Kale Leaves
- 2 cups Mushrooms
- 1/2 Red Bell Pepper
- 1/4 cup Red Onion
- 2 2/3 Sweet Potato
- 6 Zucchini

### Boxed & Canned

- 4 cups Beef Broth
- 5 1/3 fl ozs Bone Broth
- 1/2 cup Bread Crumbs
- 2 cups Chickpeas
- 5 3/4 cups Organic Coconut Milk
- 2/3 cup Quinoa

### Baking

- 1 1/16 cups Almond Flour
- 2 tbsps Arrowroot Powder
- 1 1/3 tbsps Baking Powder
- 1 tsp Cacao Nibs
- 1/3 cup Cocoa Powder
- 2 tpsps Coconut Flour
- 1/4 cup Dried Unsweetened Cranberries
- 1 tbsp Monk Fruit Sweetener
- 1/4 cup Oat Flour
- 6 1/3 cups Oats
- 1/4 cup Organic Dark Chocolate Chips
- 1 cup Pitted Dates
- 1 tbsp Raw Honey

### Bread, Fish, Meat & Cheese

- 3 1/8 lbs Chicken Breast
- 1 1/4 lbs Flank Steak
- 1 1/2 lbs Pork Chop
- 1 2/3 lbs Pork Sausage
- 1 lb Stewing Beef

### Condiments & Oils

- 1 tbsp Apple Cider Vinegar
- 1/3 cup Avocado Oil
- 2 tbsps Balsamic Vinegar
- 1/4 cup Coconut Aminos
- 1/3 cup Coconut Oil
- 1 1/3 tpsps Dijon Mustard
- 2/3 cup Extra Virgin Olive Oil
- 1/4 cup Pesto

### Cold

- 1 cup Coconut Whipped Cream
- 1/4 cup Cottage Cheese
- 30 1/3 Egg
- 1 cup Plain Coconut Milk
- 2 cups Plain Greek Yogurt
- 1 3/4 cups Unsweetened Almond Milk

### Other

- 1/4 cup Chocolate Protein Powder
- 1/3 cup Vanilla Protein Powder
- 2 2/3 cups Water



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- 2/3 cup Unsweetened Coconut Flakes
  - 1 1/2 cups Unsweetened Shredded Coconut
  - 1 3/4 tbsps Vanilla Extract



## Spinach & Sausage Egg Muffins

6 servings

30 minutes

### Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 8 3/4 ozs Pork Sausage (casing removed)
- 6 cups Baby Spinach (chopped)
- 8 Egg
- 1/4 cup Water
- 1/4 tsp Sea Salt
- 1 stalk Green Onion (chopped)

### Nutrition

Amount per serving	
Calories	246
Fat	20g
Saturated	6g
Carbs	3g
Fiber	1g
Sugar	0g
Protein	14g

### Directions

- 1 Preheat your oven to 350°F (176°C) and grease a muffin pan with the oil.
- 2 In a pan over medium-high heat, cook the sausage until no longer pink, about 5 to 8 minutes. Break it up into little pieces as it cooks. Drain the excess drippings from the pan and stir in the spinach. Cook until the spinach has wilted then remove the pan from heat to let cool slightly.
- 3 In a mixing bowl whisk the eggs together with the water and sea salt. Fold in the green onion.
- 4 Divide the sausage mixture evenly into the muffin tins and pour in the egg mixture. Bake for 15 to 18 minutes until the egg is firm to the touch and just brown around the edges. Let the egg muffins cool slightly before removing from the pan. Enjoy!

### Notes

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

**Serving Size,** One serving is two egg muffins.

**More Flavor,** Use milk of choice instead of water. Add chili flakes, black pepper or hot sauce to the eggs.

**Make it Vegetarian,** Omit the sausage.

**No Sausage,** Use ground pork, turkey or chicken instead. Season the ground meat with additional salt.

**No Spinach,** Use kale or chard instead.



## Scrambled Eggs with Peppers and Kale

1 serving  
15 minutes

### Ingredients

- 3/4 tsp Extra Virgin Olive Oil
- 1/2 Red Bell Pepper (sliced)
- 1 cup Kale Leaves (chopped)
- 3 Egg
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	269
Fat	18g
Saturated	5g
Carbs	6g
Fiber	2g
Sugar	3g
Protein	20g

### Directions

- 1 Heat the olive oil in a skillet over medium heat. Add the red bell pepper and kale leaves and saute until softened, about 5 to 7 minutes.
- 2 While the veggies are cooking, crack the eggs into a bowl and season with salt and pepper. Beat gently with a fork until well combined.
- 3 Push the veggies to one side of the pan, and pour the beaten eggs into the empty side. Use a spatula to scramble, slowly incorporating the veggies once the eggs are no longer very wet.
- 4 Divide between plates and enjoy!

### Notes

**More Carbs,** Serve with toast, roasted potatoes, or sweet potatoes.

**Egg-Free,** Use mashed tofu instead of eggs.





## Sticky Cinnabon Oatmeal

1 serving

15 minutes

### Ingredients

- 2/3 cup Unsweetened Almond Milk
- 1/3 cup Oats (quick or traditional)
- 1/16 tsp Sea Salt
- 2 tsps Maple Syrup
- 1/3 tsp Cinnamon
- 2/3 Egg (whites only)
- 2 tsps Coconut Flour
- 1 3/4 tbsps Vanilla Protein Powder
- 2 tsps Coconut Oil (melted)

### Nutrition

Amount per serving	
Calories	345
Fat	16g
Saturated	10g
Carbs	32g
Fiber	6g
Sugar	9g
Protein	18g

### Directions

- 1 In a saucepan over medium heat, combine almond milk, oats, salt, maple syrup and cinnamon. Bring to a simmer and stir until liquid is absorbed, about 5 to 8 minutes.
- 2 Whisk in egg whites and mix thoroughly. Add coconut flour and stir until batter is thick. (Note: Add extra coconut flour or almond milk if needed for desired consistency.) Remove from heat.
- 3 In a small bowl, make your glaze by mixing the protein powder and melted coconut oil. Add a bit of almond milk if needed for desired consistency.
- 4 Divide oatmeal into bowls, drizzle with glaze and dust with extra cinnamon.

### Notes

**Make it Vegan,** For each egg, combine 1 tbsp of ground flax seed with 3 tbsps of water. Set in fridge for 15 minutes to create a sticky egg-like substitute.

**No Maple Syrup,** Use honey instead.

**Leftovers,** Divide into mason jars and refrigerate up to 3-5 days. When reheating, add some almond milk.



## Almond Pancakes

1 serving  
20 minutes

### Ingredients

- 1/3 cup Almond Flour
- 1/3 tsp Baking Powder
- 2/3 Egg
- 1 tsp Monk Fruit Sweetener
- 1 3/4 tbsps Unsweetened Almond Milk
- 2 tpsps Coconut Oil (softened)
- 1/8 tsp Cinnamon
- 1/16 tsp Sea Salt
- 1 tbsp Almond Butter (for topping)
- 1 tbsp Almonds (roughly chopped, for topping)

### Nutrition

Amount per serving	
Calories	495
Fat	44g
Saturated	11g
Carbs	18g
Fiber	7g
Sugar	3g
Protein	17g

### Directions

- 1 In a medium-sized bowl, whisk together the almond flour, baking powder, eggs, sweetener, almond milk, coconut oil, cinnamon and sea salt.
- 2 Heat a greased skillet over medium-low heat. Pour the batter into the skillet, no more than 1/4 cup at a time. Cook each side for 3 to 4 minutes or until browned.
- 3 Divide the pancakes onto plates and top with almond butter and almonds. Enjoy!

### Notes

**Leftovers,** Refrigerate cooked pancakes in an airtight container for up to three days. Reheat in a toaster for easy leftovers.

**Serving Size,** One serving equals approximately 2 to 3 small pancakes.

**Additional Toppings,** Top with berries and/or maple syrup.

**No Monk Fruit Sweetener,** Omit or use coconut sugar and adjust accordingly for flavor.



## Chocolate Almond Hemp Seed Porridge

1 serving

10 minutes

### Ingredients

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

### Nutrition

Amount per serving	
Calories	636
Fat	55g
Saturated	22g
Carbs	31g
Fiber	11g
Sugar	5g
Protein	20g

### Directions

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

### Notes

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

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

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

**More Flavor,** Add ground cinnamon.

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

**No Coconut Milk,** Use unsweetened almond milk instead.



# Strawberry Coconut Oatmeal Muffins

12 servings

40 minutes

## Ingredients

- 1 3/4 cups Organic Coconut Milk (full fat, from the can)
- 1/4 cup Maple Syrup
- 1 1/2 tsps Vanilla Extract
- 2 tsps Ground Flax Seed
- 2 cups Oats (rolled)
- 1/2 cup Unsweetened Shredded Coconut
- 1 tsp Baking Powder
- 1 cup Strawberries (fresh, chopped)

## Nutrition

Amount per serving	
Calories	164
Fat	10g
Saturated	7g
Carbs	17g
Fiber	2g
Sugar	6g
Protein	3g

## Directions

- 1 Preheat your oven to 375°F (190°C) and line a muffin pan with liners.
- 2 In a small mixing bowl combine the coconut milk, maple syrup, vanilla extract and ground flax. Stir to combine and let it sit for at least 5 minutes.
- 3 In a second mixing bowl combine the oats, shredded coconut and baking powder. Add the coconut milk mixture to the oats and mix well. Fold in the chopped strawberries.
- 4 Divide the oatmeal batter between the muffin cups and bake for 24 to 28 minutes or until the muffins are golden brown around the edges and just firm to the touch. Let the muffins cool in the pan for 5 minutes before transferring to a cooling rack to cool completely. Enjoy!

## Notes

- Leftovers,** Refrigerate in an airtight container for up to three days or freeze for up to one month.
- Serving Size,** One serving is equal to one muffin.
- More Flavor,** Add cinnamon or a pinch of salt.
- No Strawberries,** Use blueberries or raspberries instead. Fresh berries are best instead of frozen.
- No Maple Syrup,** Use honey or agave instead.
- No Rolled Oats,** Use quick oats instead.
- No Muffin Liners,** Use a non-stick muffin pan or grease pan with coconut oil.



## Chocolate Strawberry Peanut Butter Rice Cake

1 serving

5 minutes

### Ingredients

- 1 tbsp All Natural Peanut Butter
- 1 Plain Rice Cake
- 1/4 cup Strawberries (fresh, chopped)
- 1 1/2 tsps Organic Dark Chocolate Chips

### Nutrition

Amount per serving	
Calories	188
Fat	11g
Saturated	4g
Carbs	18g
Fiber	2g
Sugar	7g
Protein	5g

### Directions

- 1 Spread peanut butter onto the rice cake and top with strawberries and chocolate chips. Enjoy!

### Notes

**Leftovers,** Store all ingredients separately until ready to serve.

**Nut-Free,** Use sunflower seed butter instead of peanut butter.

**Additional Toppings,** Add a pinch of cinnamon or shredded coconut.

**No Strawberries,** Use raspberries or blueberries instead.

**More Fiber,** Sprinkle with hemp seeds, chia seeds or ground flax seeds.



## Peach with Cottage Cheese

1 serving

5 minutes

### Ingredients

- 1/4 cup Cottage Cheese
- 1 Peach (medium, sliced)

### Nutrition

Amount per serving	
Calories	110
Fat	3g
Saturated	1g
Carbs	16g
Fiber	2g
Sugar	14g
Protein	7g

### Directions

- 1 Combine the cottage cheese and peach in a bowl or container if on-the-go. Enjoy!

### Notes

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

**Dairy-Free,** Use coconut yogurt instead of cottage cheese.

**Additional Toppings,** Top with hemp seeds, chia seeds, shredded coconut, honey and/or maple syrup.



## Coconut Brownie Bites

14 servings

15 minutes

### Ingredients

- 1 cup Almonds
- 1/4 cup Cocoa Powder
- 1/2 cup Unsweetened Coconut Flakes (divided)
- 1 cup Pitted Dates (soaked and drained)
- 1 1/2 tbsps Coconut Oil
- 1 tbsp Raw Honey

### Directions

- 1 Combine the almonds, cocoa powder, and half of the shredded coconut together in a food processor. Process into a fine powder.
- 2 Add in the soaked dates, coconut oil and honey. Pulse until a dough-like consistency forms.
- 3 Roll batter into small bite-sized balls. Then roll balls through a bowl with the remaining coconut flakes to coat. Betcha cant eat just one!

### Nutrition

Amount per serving	
Calories	129
Fat	9g
Saturated	3g
Carbs	13g
Fiber	3g
Sugar	8g
Protein	3g



## Raspberry Chia Protein Pudding

1 serving  
30 minutes

### Ingredients

- 2 tbsps Chia Seeds
- 1/2 cup Unsweetened Almond Milk
- 2 tbsps Vanilla Protein Powder
- 1/3 cup Raspberries (divided)
- 1 tbsp Unsweetened Coconut Flakes

### Nutrition

Amount per serving	
Calories	235
Fat	13g
Saturated	3g
Carbs	18g
Fiber	11g
Sugar	2g
Protein	15g

### Directions

- 1 In a large bowl, combine the chia seeds with the almond milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 In a small bowl, mash half the raspberries with a fork. Top the chia pudding with the mashed raspberries, remaining raspberries and coconut flakes. Serve and enjoy!

### Notes

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

**Nut-Free,** Use coconut milk instead of almond milk.

**Likes it Sweet,** Add a drizzle of maple syrup or honey.

**Protein Powder,** This recipe was developed and tested using a plant-based protein powder.





## Chocolate Cherry Chia Pudding

1 serving  
30 minutes

### Ingredients

- 2 tbsps Chia Seeds
- 1/2 cup Plain Coconut Milk (unsweetened, from the carton)
- 2 tbsps Chocolate Protein Powder
- 1/3 cup Cherries (pitted)
- 1 1/2 tsps Unsweetened Shredded Coconut

### Nutrition

Amount per serving	
Calories	252
Fat	12g
Saturated	4g
Carbs	23g
Fiber	8g
Sugar	10g
Protein	14g

### Directions

- 1 In a large bowl, combine the chia seeds with the coconut milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 Top the chia pudding with the cherries and the coconut. Serve and enjoy!

### Notes

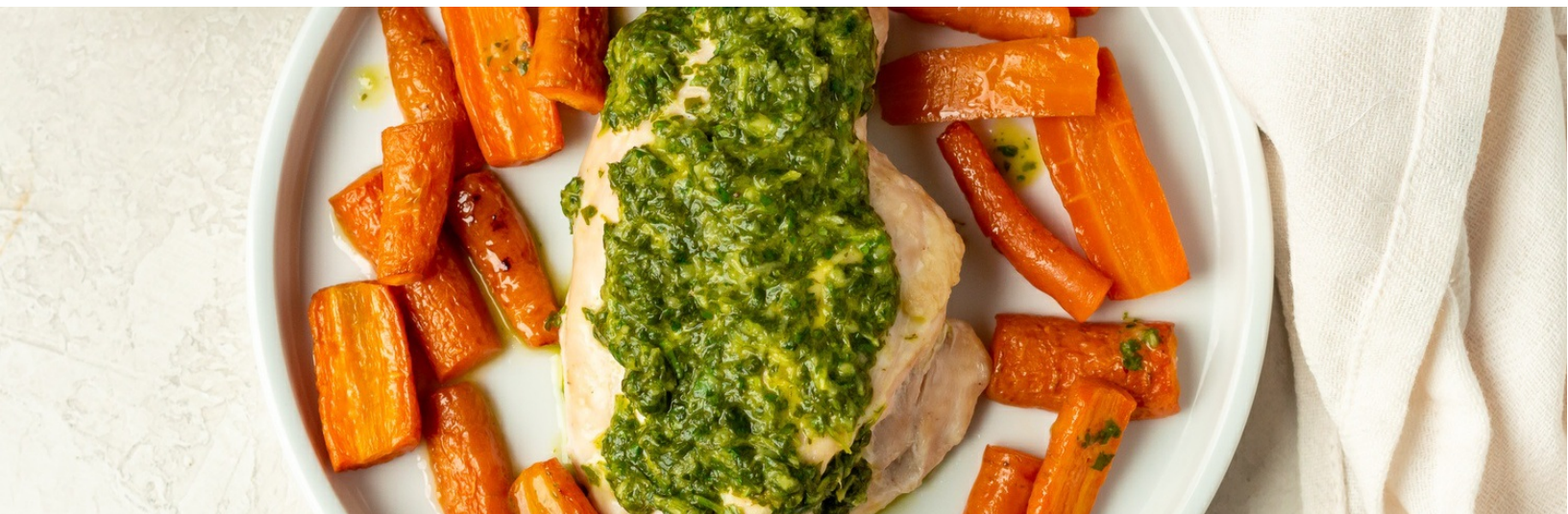
**Leftovers,** Refrigerate in an airtight container for up to five days.

**No Protein Powder,** Use raw cacao powder instead of protein powder, using half the amount.

**Likes it Sweet,** Add a drizzle of maple syrup or honey.

**Additional Toppings,** Add granola or cacao nibs on top for crunch.

**Protein Powder,** This recipe was developed and tested using a plant-based protein powder.



## Baked Chicken & Carrots with Cilantro Lime Sauce

4 servings

30 minutes

### Ingredients

- 1 lb Chicken Breast
- 3 Carrot (medium-sized, peeled, roughly chopped)
- 1/4 cup Extra Virgin Olive Oil (divided)
- 1/2 tsp Sea Salt (divided)
- 1 1/2 cups Cilantro
- 1 1/2 tbsps Ginger (fresh, grated or minced)
- 1 tbsp Lime Juice
- 1 tbsp Water (optional)

### Nutrition

Amount per serving	
Calories	296
Fat	17g
Saturated	3g
Carbs	5g
Fiber	1g
Sugar	2g
Protein	29g

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Arrange the chicken and carrots on the baking sheet. Season with a quarter of the oil and half of the salt. Bake for 25 to 30 minutes or until the chicken is cooked through and the carrots are tender.
- 3 While the chicken is cooking, add the cilantro, ginger, lime and remaining salt to a food processor. With the food processor running, add in the remaining oil. Blend until mostly smooth. Add in the water to thin, if necessary.
- 4 Divide the chicken and carrots between plates and spoon the cilantro lime sauce over top. Enjoy!

### Notes

- Leftovers,** Refrigerate in an airtight container for up to three days.
- Serving Size,** One serving is half a chicken breast, 3/4 cup of carrots and 2 tablespoons of the sauce.
- More Flavor,** Season chicken and carrots with black pepper, ground ginger, cumin, paprika, garlic powder or chili powder as well before baking.
- No Chicken Breast,** Use chicken thighs or drumsticks instead.
- More Veggies,** Add in cauliflower, zucchini or potatoes.



## Curried Chickpea Salad

4 servings

15 minutes

### Ingredients

- 1/4 cup Extra Virgin Olive Oil
- 1 1/2 tbsps Lime Juice
- 2 tbsps Curry Powder
- 1 1/2 tpsps Maple Syrup
- 2 cups Chickpeas (cooked)
- 1 stalk Celery (finely chopped)
- 1 Apple (small, finely chopped)
- 1/4 cup Red Onion (chopped)
- 1/4 cup Dried Unsweetened Cranberries
- 1/4 cup Cilantro (chopped)
- Sea Salt & Black Pepper

### Nutrition

Amount per serving	
Calories	325
Fat	16g
Saturated	2g
Carbs	39g
Fiber	10g
Sugar	16g
Protein	8g

### Directions

- 1 In a large mixing bowl, whisk together the oil, lime juice, curry powder, and maple syrup.
- 2 Add the chickpeas, celery, apple, onion, cranberries, and cilantro to the mixing bowl with the dressing. Fold everything together. Season with salt and pepper to taste.
- 3 Serve chilled and enjoy!

### Notes

**Leftovers,** Refrigerate in an airtight container up to 4 days.

**Serve It With,** Enjoy alone or serve over leafy greens like baby spinach, arugula, mixed greens or romaine lettuce.

**More Flavor,** For best flavor, use a tart apple like a Granny Smith or Macintosh.



## Popcorn Chicken

4 servings

20 minutes

### Ingredients

- 2 cups Plain Greek Yogurt
- 1 tsp Sea Salt (divided)
- 1 1/8 lbs Chicken Breast (boneless, skinless, diced into cubes)
- 1/2 cup Bread Crumbs

### Nutrition

Amount per serving	
Calories	297
Fat	7g
Saturated	2g
Carbs	16g
Fiber	1g
Sugar	4g
Protein	41g

### Directions

- 1 Preheat oven to 450°F (232°C) and line a baking sheet with parchment paper.
- 2 Combine the yogurt and half the salt in a large bowl. Add the chicken and toss to coat.
- 3 In a separate bowl, combine the bread crumbs and remaining salt. Transfer the chicken to the bowl of bread crumbs and coat evenly. Add the chicken to the baking sheet and bake for 12 to 15 minutes or until cooked through.
- 4 Remove the chicken from the oven, divide onto plates and enjoy!

### Notes

**Storage,** Refrigerate in an airtight container up to 2 to 3 days. Reheat in the oven or toaster oven.

**Make It Gluten-Free,** Instead of regular bread crumbs, coat the chicken with gluten-free bread crumbs, shredded coconut, rolled oats, ground nuts or seeds.

**No Greek Yogurt,** Use mayonnaise or egg instead.

**Dipping Sauce,** Serve with honey mustard, barbecue sauce, ketchup, mashed avocado or your favorite dressing.



## Beef & Broccoli

4 servings

15 minutes

### Ingredients

- 5 1/3 fl ozs Bone Broth
- 1/4 cup Coconut Aminos
- 4 Garlic (cloves, minced)
- 2 tsps Ginger (fresh, minced)
- 2 tbsps Arrowroot Powder
- 1 tsp Avocado Oil
- 1 1/4 lbs Flank Steak (sliced against the grain)
- 6 cups Broccoli (florets, chopped)

### Nutrition

Amount per serving	
Calories	346
Fat	15g
Saturated	6g
Carbs	17g
Fiber	4g
Sugar	6g
Protein	36g

### Directions

- 1 In a small bowl, whisk together the broth, coconut aminos, garlic, ginger and arrowroot powder until no clumps remain.
- 2 Heat a skillet over medium heat and add the avocado oil. Once it is hot, add the steak slices and cook for 3 to 4 minutes. Add the sauce to the pan and cook for an additional minute. Add the broccoli, stir and then cover and cook for an additional 3 minutes. Serve and enjoy!

### Notes

- Leftovers,** Refrigerate in an airtight container for up to three days.
- More Flavor,** Add toasted sesame oil once finished cooking.
- Additional Toppings,** Serve on top of rice or cauliflower rice. Top with sliced green onion and/or sesame seeds.
- No Coconut Aminos,** Use tamari instead.
- No Arrowroot Powder,** Use cornstarch or tapioca flour instead.
- No Bone Broth,** Use chicken, beef or vegetable broth instead.



## Zucchini Noodles with Pesto & Tomatoes

4 servings

5 minutes

### Ingredients

- 4 Zucchini (medium)
- 4 cups Cherry Tomatoes (halved)
- 1/4 cup Pesto

### Nutrition

Amount per serving	
Calories	126
Fat	7g
Saturated	1g
Carbs	13g
Fiber	4g
Sugar	10g
Protein	5g

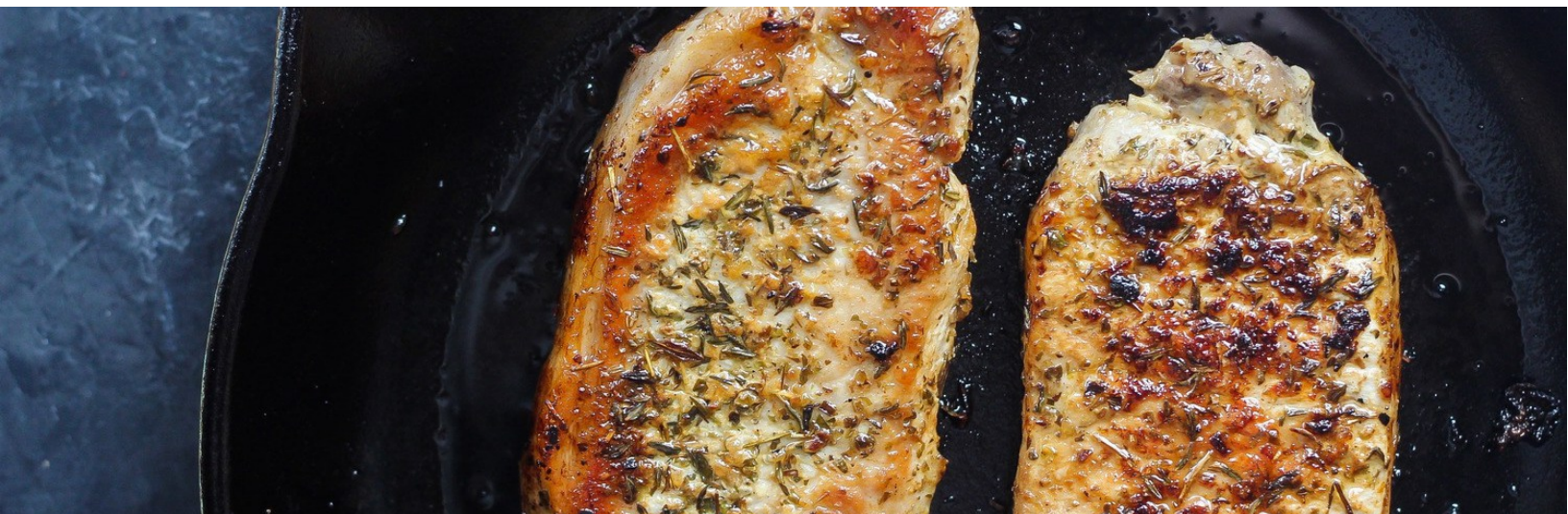
### Directions

- 1 Trim the ends off of the zucchini. Use a spiralizer or a vegetable peeler to turn into noodles.
- 2 In a bowl, combine the zucchini noodles, cherry tomatoes and pesto. Enjoy!

### Notes

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

**Additional Toppings,** Top with feta cheese, seeds, nuts, nutritional yeast, chickpeas, chicken breast, turkey, marinated tofu or hemp hearts.



## Pan Seared Pork Chops

4 servings

15 minutes

### Ingredients

- 1 1/2 lbs Pork Chop (boneless)
- 1 tsp Oregano
- 1/3 tsp Dried Thyme
- 1/2 tsp Garlic Powder
- 1 tsp Onion Powder
- 1/4 tsp Sea Salt
- 2 tsps Avocado Oil

### Nutrition

Amount per serving	
Calories	313
Fat	18g
Saturated	5g
Carbs	1g
Fiber	0g
Sugar	0g
Protein	35g

### Directions

- 1 Season the pork chops with oregano, thyme, garlic powder, onion powder and sea salt.
- 2 Heat a cast iron skillet over medium heat and add the avocado oil. Once the pan is hot, add the pork chops and cook to an internal temperature of 145°F (63°C), roughly 3 to 4 minutes per side.
- 3 Once cooked on both sides, remove and set aside on a plate. Allow the pork chops to rest for 5 minutes before serving. Enjoy!

### Notes

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

**Make it a Meal,** Serve with your favorite sides, like sweet potato, a green salad and/or green beans.

**No Avocado Oil,** Use lard, ghee or coconut oil instead.



## Slow Cooker Beef & Butternut Squash Soup

4 servings

8 hours

### Ingredients

- 1 lb Stewing Beef (chunks)
- 6 cups Butternut Squash (peeled and cubed)
- 4 cups Beef Broth
- 1/4 tsp Sea Salt (to taste)

### Nutrition

Amount per serving	
Calories	255
Fat	6g
Saturated	2g
Carbs	25g
Fiber	4g
Sugar	5g
Protein	29g

### Directions

- 1 Heat a skillet over medium heat. Add the beef and cook for 2-3 minutes, to brown.
- 2 Add the beef, butternut squash and broth to your slow cooker and cook on low for 8 hours or on high for 4 hours.
- 3 Season with sea salt to taste. Divide into bowls and enjoy!

### Notes

**Vegan & Vegetarians,** Use vegetable broth and chickpeas instead of beef.

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





## Roasted Cranberry & Sweet Potato Quinoa Salad

4 servings

45 minutes

### Ingredients

- 2 2/3 Sweet Potato (medium, peeled and cubed)
- 2 tbsps Avocado Oil (divided)
- 1/8 tsp Sea Salt
- 1 1/3 cups Frozen Cranberries (or fresh)
- 2/3 cup Quinoa (dry, uncooked)
- 1 1/3 cups Water
- 1 tbsp Apple Cider Vinegar
- 1 1/3 tpsps Dijon Mustard
- 2 tpsps Maple Syrup
- 1/3 cup Pumpkin Seeds

### Nutrition

Amount per serving	
Calories	320
Fat	13g
Saturated	2g
Carbs	44g
Fiber	7g
Sugar	7g
Protein	8g

### Directions

- 1 Preheat oven to 400°F (204°C).
- 2 In a glass or foil-lined baking dish, toss the sweet potato with 1/3 of the avocado oil, and salt. Roast for 30 minutes, adding the cranberries midway.
- 3 Combine the quinoa and water in a saucepan over high heat. Once boiling, reduce to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid, turn off the heat and fluff with a fork.
- 4 In a large mixing bowl, whisk together the remaining avocado oil, apple cider vinegar, mustard and maple syrup. Add the roasted sweet potato, cranberries, quinoa and pumpkin seeds. Gently toss until well combined. Enjoy!

### Notes

- No Sweet Potato**, Use carrots or butternut squash instead.
- Leftovers**, Refrigerate in an airtight container up to five days.
- No Quinoa**, Use rice or cauliflower rice instead.
- More Greens**, Add spinach or arugula.



## Chicken Francese

4 servings

25 minutes

### Ingredients

- 1 lb Chicken Breast (boneless, skinless)
- 1/4 cup Oat Flour
- 1 tsp Italian Seasoning
- 1/2 tsp Sea Salt
- 2 Egg
- 2 tbsps Avocado Oil (for frying)
- 1 Lemon (juiced)

### Nutrition

Amount per serving	
Calories	267
Fat	13g
Saturated	2g
Carbs	6g
Fiber	1g
Sugar	0g
Protein	30g

### Directions

- 1 Cut each chicken breast in half. Place each piece of chicken between a large piece of plastic wrap and pound with a mallet until 1/4-inch thick. Set aside.
- 2 In a shallow bowl combine oat flour, Italian seasoning and sea salt. In a second shallow bowl whisk the eggs.
- 3 Heat oil in a large non-stick pan or skillet over medium-high heat. In batches, dredge the flattened chicken through the oat mixture and then the egg. Cook for four minutes per side or until golden brown and cooked through. Repeat with remaining chicken. Discard leftover oat flour and egg.
- 4 Drizzle the cooked chicken with the lemon juice and season with additional salt if needed. Serve immediately and enjoy.

### Notes

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

**Additional Toppings,** Serve with chopped parsley, fresh ground pepper or hot sauce on top.

**Pescatarian Option,** Use fillets of white fish, like tilapia or sole, instead of flattened chicken breast.



## Roasted Veggies

4 servings

40 minutes

### Ingredients

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

### Nutrition

Amount per serving	
Calories	90
Fat	4g
Saturated	1g
Carbs	12g
Fiber	4g
Sugar	7g
Protein	4g

### 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.



## Warm Apples with Almond Butter

1 serving

15 minutes

### Ingredients

- 1 tsp Coconut Oil
- 1 Apple (diced)
- 1/2 tsp Cinnamon (ground)
- 2 tbsps Almond Butter

### Nutrition

Amount per serving	
Calories	330
Fat	22g
Saturated	5g
Carbs	32g
Fiber	8g
Sugar	20g
Protein	7g

### Directions

- 1 Heat the coconut oil in a small skillet over low heat. Add the diced apples and saute for about 8 to 10 minutes, until softened. Sprinkle with cinnamon and remove from heat.
- 2 Transfer the warm apples to a bowl and drizzle with almond butter. Enjoy!

### Notes

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

**No Apples,** Use pears or plantains instead.



## Strawberries & Coconut Whip

1 serving

10 minutes

### Ingredients

- 1/2 cup Strawberries
- 1/2 cup Coconut Whipped Cream

### Nutrition

Amount per serving	
Calories	85
Fat	4g
Saturated	4g
Carbs	14g
Fiber	2g
Sugar	8g
Protein	1g

### Directions

- 1 Divide strawberries and coconut whipped cream into cups or small bowls. Enjoy!

### Notes

**Leftovers,** Refrigerate the strawberries and coconut whipped cream in separate airtight containers for up to four days.

**No Coconut Whipped Cream,** Use regular whipped cream, Greek yogurt, coconut yogurt, or whipped aquafaba.

**Additional Toppings,** Add bee pollen, coconut chips, hemp seeds, maple syrup, honey or maple butter.

**Coconut Whipped Cream,** Use a store-bought can or make your own.



## Chocolate Chip Cookies

6 servings

20 minutes

### Ingredients

- 3/4 cup Almond Flour
- 3/4 tsp Baking Powder
- 1 1/2 tbsps Coconut Oil (melted)
- 1 1/2 tbsps Maple Syrup
- 1/2 tsp Vanilla Extract
- 1 tbsp Unsweetened Almond Milk
- 2 2/3 tbsps Organic Dark Chocolate Chips

### Nutrition

Amount per serving	
Calories	165
Fat	13g
Saturated	6g
Carbs	10g
Fiber	2g
Sugar	7g
Protein	3g

### Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Combine the almond flour and baking powder together in a mixing bowl. Mix well. Then add in the remaining ingredients and mix again.
- 3 Plop the dough onto the baking sheet using a heaping tablespoon. Use the palm of your hand to gently form and flatten the cookies.
- 4 Place in the oven and bake for about 15 minutes for soft cookies, or 15 to 20 minutes for crunchy cookies.
- 5 Remove from oven and let cool. Enjoy!

### Notes

**No Chocolate Chips,** Use chopped dark organic chocolate or cacao nibs instead.

**No Maple Syrup,** Use honey instead.

**Leftovers,** Store at room temperature for 2 to 3 days, or freeze in an air-tight container.

**Serving Size,** A 12-serving recipe yields 12 small cookies, 9 medium cookies or 6 large cookies.