













	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Lunch	 <p>Mediterranean Tuna Pasta Salad</p>	 <p>Chicken & Broccoli Slaw with Peanut Sauce</p>	 <p>Chinese Chicken Salad</p>				
Dinner	 <p>One Pan Sausage with Parsnips & Apples</p>	 <p>Salmon Chowder</p>	 <p>Lemon Cilantro Cod with Peppers</p>	 <p>One Pan Chicken, Cabbage & Broccoli</p>	 <p>Coconut Shredded Chicken Soup</p>	 <p>Sausage & Cauliflower Rice Stuffed Peppers</p>	 <p>Sesame Beef & Brown Rice</p>

Fruits

- 1 Apple
- 1 Avocado
- 3 Clementines
- 1 Lemon
- 1/3 cup Lemon Juice
- 1 Lime
- 3 tbsps Lime Juice

Breakfast

- 1/4 cup All Natural Peanut Butter
- 2 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1/4 tsp Chili Flakes
- 1 tsp Dried Thyme
- 1/4 cup Hemp Seeds
- 1 1/2 tbsps Italian Seasoning
- 3/4 tsp Onion Powder
- 1/4 cup Raw Peanuts
- 2 tpsps Sea Salt
- 0 Sea Salt & Black Pepper
- 3 tbsps Sesame Seeds

Vegetables

- 10 cups Arugula
- 4 cups Broccoli
- 4 cups Broccoli Slaw
- 1 1/2 cups Cauliflower Rice
- 2 stalks Celery
- 2 cups Celery Root
- 1 1/2 cups Cilantro
- 24 Cremini Mushrooms
- 1 bulb Fennel
- 12 Garlic
- 3 1/16 tbsps Ginger
- 1/2 cup Grated Carrots
- 10 stalks Green Onion
- 2 cups Kale Leaves
- 1/2 cup Parsley
- 3 Parsnip
- 6 cups Purple Cabbage
- 1 1/2 Red Bell Pepper
- 2 cups Rutabaga
- 1 Tomato
- 4 1/2 Yellow Bell Pepper
- 2 Yellow Onion

Boxed & Canned

- 1 cup Brown Rice
- 8 ozs Chickpea Pasta
- 4 1/2 cups Organic Chicken Broth
- 3 cups Organic Coconut Milk
- 2 cans Tuna

Baking

- 1 tbsp Coconut Sugar

Bread, Fish, Meat & Cheese

- 2 1/2 lbs Chicken Breast
- 2 3/4 lbs Chicken Thighs
- 2 Cod Fillet
- 1 lb Extra Lean Ground Beef
- 2 lbs Pork Sausage
- 12 ozs Salmon Fillet

Condiments & Oils

- 1/2 cup Artichoke Hearts
- 1/3 cup Avocado Oil
- 2/3 cup Coconut Aminos
- 2 tbsps Coconut Oil
- 2/3 cup Extra Virgin Olive Oil
- 1/2 cup Green Olives
- 1/3 cup Red Wine Vinegar
- 2 tpsps Sesame Oil
- 1/2 cup Sun Dried Tomatoes
- 1/4 cup Tamari
- 2 tpsps Toasted Sesame Oil
- 1 cup Tomato Sauce

Other

- 2/3 cup Water



Mediterranean Tuna Pasta Salad

4 servings
15 minutes

Ingredients

8 ozs Chickpea Pasta
1/4 cup Extra Virgin Olive Oil
1 Lemon (juiced)
1 tbsp Italian Seasoning
Sea Salt & Black Pepper (to taste)
1/2 cup Sun Dried Tomatoes (sliced)
8 cups Arugula
2 cans Tuna
1/4 cup Hemp Seeds
1/2 cup Artichoke Hearts
1/2 cup Green Olives

Directions

- 1 Cook the pasta according to directions on the package.
- 2 While the pasta is cooking, combine the olive oil, lemon juice, Italian seasoning, salt and pepper in a small bowl and whisk to combine.
- 3 When the pasta is done cooking, drain it and rinse with cold water until cooled.
- 4 In a large bowl, toss the pasta, artichoke hearts, sun-dried tomatoes, olives, tuna, arugula, hemp seeds and dressing until well combined. Divide between plates and enjoy!

Notes

Vegan: Use chickpeas or lentils instead of tuna.
Leftovers: Keeps well in the fridge up to 3 days.



Chicken & Broccoli Slaw with Peanut Sauce

4 servings
35 minutes

Ingredients

1 1/4 lbs Chicken Breast
Sea Salt & Black Pepper (to taste)
1/4 cup All Natural Peanut Butter
1 tbsp Tamari
1 Lime (juiced)
1 tbsp Extra Virgin Olive Oil
1 tbsp Ginger (peeled and grated)
1 Garlic (clove, minced)
1/4 cup Water
4 cups Broccoli Slaw
1 Red Bell Pepper (sliced)
3 stalks Green Onion (chopped)
1/4 cup Cilantro (chopped, optional)
1/4 cup Raw Peanuts (chopped)

Directions

- 1 Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper. Place the chicken breasts on the baking sheet and season with sea salt and black pepper. Place in the oven and bake for 30 minutes or until cooked through.
- 2 In a food processor, combine peanut butter, tamari, lime juice, olive oil, ginger, garlic and water. Blend until smooth and set aside.
- 3 In a large salad bowl, combine broccoli slaw, red pepper and green onion.
- 4 Remove chicken from oven. Dice and add it to the salad bowl. Drizzle with desired amount of peanut dressing and toss well. Divide into bowls and garnish with cilantro and chopped peanuts. Serve with hot sauce if you like it spicy. Enjoy!

Notes

Vegan & Vegetarian: Use roasted chickpeas instead of diced chicken.

Slow Cooker Version: Throw your chicken in a slow cooker with some onion and broth and cook on low for 8 hours. Shred the chicken with a fork before serving and add it to the salad.

Prep Ahead: The chicken, peanut sauce, and veggies can all be prepped ahead to save time.

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



Chinese Chicken Salad

4 servings

30 minutes

Ingredients

- 1/3 cup Red Wine Vinegar
- 3 tbsps Coconut Aminos
- 2 tbsps Avocado Oil
- 2 tbsps Maple Syrup
- 1 tsp Ginger (fresh, grated)
- 2 tpsps Toasted Sesame Oil
- 1 1/4 lbs Chicken Thighs (skinless chicken thighs)
- 2 cups Kale Leaves (remove stems before shredding)
- 2 cups Purple Cabbage (shredded)
- 1/2 cup Grated Carrots (or carrot matchsticks)
- 3 Clementines (cuties, peeled and segmented)
- 3 stalks Green Onion (green parts only)
- 1/4 cup Cilantro
- 2 tbsps Sesame Seeds

Directions

- 1 In a small bowl, whisk together red wine vinegar, coconut aminos, avocado oil, and maple syrup. Reserve a ¼ cup of the dressing. It will be used for the chicken marinade in step two. To the remaining larger portion of the dressing, add the finely grated ginger and toasted sesame oil. Stir to mix and set aside.
- 2 Place the chicken in a medium bowl with the ¼ cup of reserved dressing (without the ginger and sesame oil). Toss to coat the chicken. Allow the chicken to briefly marinate while you heat the grill or broiler in the next step.
- 3 Heat a tabletop grill or broiler on high. Once the grill is hot, cook the chicken, flipping once, until done (about 12 minutes). Remove the chicken from the heat and place it on a clean cutting board. Let the chicken rest for a few minutes before slicing into bite-sized pieces.
- 4 While the chicken is cooking, I like to assemble the salad. Place the kale, red cabbage, carrots, mandarin orange segments, and green onion tops in a large bowl and stir to mix. Add the cooked chicken and dressing. Toss to mix.
- 5 Serve salad topped with optional cilantro and sesame seeds.



One Pan Sausage with Parsnips & Apples

4 servings

25 minutes

Ingredients

- 3 Parsnip (large, peeled, chopped)
- 1 Yellow Onion (cut into wedges)
- 1 tbsp Extra Virgin Olive Oil
- 1/2 tsp Dried Thyme
- 1/4 tsp Sea Salt
- 1 lb Pork Sausage (sliced)
- 1 Apple (chopped)
- 2 tbsps Lemon Juice
- 1/4 cup Parsley (chopped, optional)

Directions

- 1 Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 2 Toss the parsnip and onion with the oil, thyme and salt. Transfer to the baking sheet along with the sliced sausage and arrange into a single layer. Bake for about 20 minutes, or until the sausage is cooked through and the parsnip is just tender.
- 3 Turn the oven to broil. Mix the apple into the sausage and vegetables and broil for 5 to 6 minutes until the apple is just soft and vegetables start to caramelize.
- 4 Drizzle the lemon juice over top. If using, mix in the parsley, and season with additional salt if needed. Divide between plates and enjoy!

Notes

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

More Flavor: Add garlic powder and/or black pepper. Choose spicy or honey garlic sausage instead.

No Pork: Use chicken or turkey sausage instead.

Apple: Use a tart-sweet apple, like Empire or MacIntosh.



Salmon Chowder

4 servings
40 minutes

Ingredients

- 2 tbsps Coconut Oil
- 1 bulb Fennel (sliced)
- 2 cups Celery Root (peeled and cubed)
- 2 cups Rutabaga (peeled and cubed)
- 3 cups Organic Chicken Broth
- 12 ozs Salmon Fillet
- 1 1/2 cups Organic Coconut Milk
- 1/4 tsp Sea Salt (or more to taste)
- 1/4 cup Parsley (chopped, optional garnish)

Directions

- 1 In a large soup pot, melt the coconut oil over medium-low heat. Add the sliced fennel, celery root, and rutabaga. Cover and let cook for about 15 minutes, or until tender.
- 2 Add the chicken broth to small saucepan and place the salmon skin-side down into the broth. Bring to a simmer and poach the salmon for 5-10 minutes. Remove the salmon and set aside.
- 3 Add the chicken broth to the pot with the softened veggies and bring to a simmer. Let cook for 10 minutes, then use an immersion blender to blend about half the soup so the texture is still chunky.
- 4 Remove the skin from the salmon, and flake the fish into chunks. Add to the soup pot along with the coconut milk. Season to taste with sea salt.
- 5 To serve, divide between bowls and garnish with chopped parsley if desired. Enjoy!

Notes

Leftovers: Store covered in the fridge up to three days, or freeze it.

Serving Size: One serving is roughly 1 1/2 cups.

Vegan & Vegetarians: Skip the salmon and use cooked white beans instead. Use vegetable broth instead of chicken broth.



Lemon Cilantro Cod with Peppers

2 servings

35 minutes

Ingredients

- 3 tbsps Lemon Juice
- 3 tbsps Avocado Oil (divided)
- 3/4 cup Cilantro (finely chopped, divided)
- 1/2 tsp Sea Salt (divided)
- 2 Cod Fillet
- 1/2 Red Bell Pepper (sliced)
- 1/2 Yellow Bell Pepper (sliced)
- 1 Tomato (diced)

Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 In a zipper-lock bag add the lemon juice, 2/3 of the oil, 2/3 of the cilantro and 1/2 of the sea salt. Add the cod and massage the marinade into the fillets. Marinate them for at least 15 minutes or up to an hour.
- 3 Meanwhile, heat the remaining oil over medium heat. Add the bell peppers and tomato and cook for 8 to 10 minutes or until the peppers are just tender and the tomatoes have released their juices. Stir in the remaining cilantro and season with the remaining salt. Remove from heat.
- 4 Place cod fillets to a baking dish and transfer the peppers mixture on top of the cod fillets. Cover the dish with foil, or a tight-fitting lid, and bake for 18 to 20 minutes or until the fish is cooked through and flakes easily.
- 5 Divide the fish and peppers between plates and season with additional salt if needed. Enjoy!

Notes

Fillet Size: Each cod fillet is equal to 231 grams or 8 ounces.

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

More Flavor: Add more herbs like parsley or oregano. Serve with additional lemon wedges.

No Lemon: Use lime instead.

No Cod: Use another white fish, like haddock, instead.



One Pan Chicken, Cabbage & Broccoli

4 servings
25 minutes

Ingredients

- 1/2 cup Coconut Aminos
- 1/4 cup Extra Virgin Olive Oil
- 6 Garlic (clove, minced)
- 1 tbsp Ginger (fresh, grated or minced)
- 1/4 tsp Sea Salt
- 4 cups Broccoli (cut into small florets)
- 4 cups Purple Cabbage (cut into thin strips)
- 24 Cremini Mushrooms (medium, quartered)
- 1 1/4 lbs Chicken Breast (boneless, skinless, cut into strips)
- 4 stalks Green Onion (chopped, optional for garnish)

Directions

- 1 Preheat your oven to 400°F (204°C).
- 2 Combine the coconut aminos, olive oil, garlic, ginger, and salt into a mixing bowl. Add the broccoli, cabbage, and mushrooms to the bowl and toss to combine. Using a slotted spoon, transfer the veggies to the baking sheet, leaving the leftover marinade in the bowl.
- 3 Add the chicken to the bowl with the leftover marinade. Allow the chicken to marinate while the oven preheats, then transfer it to the baking sheet with the veggies.
- 4 Place the baking sheet in the oven. Cook for 15 minutes or until the chicken is cooked through and the vegetables are fork-tender. Divide between plates and top with green onions. Enjoy!

Notes

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

More Flavor: Add sesame oil, hot sauce, or red pepper flakes to the marinade.

Serve it With: Rice, quinoa, or cauliflower rice.



Coconut Shredded Chicken Soup

4 servings

40 minutes

Ingredients

- 1 1/2 lbs Chicken Thighs (boneless, skinless)
- 1/2 tsp Dried Thyme
- 3/4 tsp Onion Powder
- 1/2 tsp Sea Salt (divided)
- 2 tsps Avocado Oil (divided)
- 1/2 Yellow Onion (chopped)
- 2 stalks Celery (chopped)
- 3 Garlic (cloves, minced)
- 1 1/2 cups Organic Chicken Broth
- 1 1/2 cups Organic Coconut Milk (full fat, from a can)
- 3 tbsps Lime Juice
- 2 cups Arugula
- 1 Avocado (sliced)

Directions

- 1 In a shallow dish, add the chicken and season with thyme, onion powder, half the sea salt and half the avocado oil.
- 2 In a dutch oven, over medium heat, add the remaining avocado oil along with the onion and celery and cook for 5 minutes. Add the garlic and cook for 1 minute more. Add the chicken to the pot and brown on all sides, about 5 to 7 minutes.
- 3 Add the broth and lower the heat to medium-low and let it simmer for about 10 minutes. Remove the chicken and shred it using two forks. Return to the pot along with the coconut milk, lime juice and remaining sea salt and stir to combine.
- 4 Divide the chicken into bowls and top with arugula and avocado. Enjoy!

Notes

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

More Flavor: Add mushroom powder to season the chicken. Top with chili flakes for more spice.

Additional Toppings: Serve with tortilla chips for dipping.



Sausage & Cauliflower Rice Stuffed Peppers

4 servings
1 hour 5 minutes

Ingredients

- 1/3 cup Water
- 4 Yellow Bell Pepper
- 1 lb Pork Sausage (casing removed)
- 1/2 Yellow Onion (chopped)
- 2 Garlic (clove, minced)
- 1 1/2 tsps Italian Seasoning
- 1/4 tsp Sea Salt
- 1 1/2 cups Cauliflower Rice
- 1 cup Tomato Sauce

Directions

- 1 Preheat the oven to 350°F (176°C). Add the water to the bottom of a baking dish.
- 2 Cut off the tops of the peppers and discard the seeds and ribs.
- 3 Heat a pan over medium-high heat. Add the sausage to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, about 8 minutes, drain any excess drippings from the pan.
- 4 Add the onion, garlic, Italian seasoning and salt to the pan with the sausage. Cook for 3 to 5 minutes until the onions have softened. Remove the pan from the heat and stir in the cauliflower rice and tomato sauce until well combined.
- 5 Stuff the peppers with the sausage and cauliflower rice filling. Place the peppers so that they are standing up right in the prepared baking dish. Cover with foil or a lid and bake for 45 to 50 minutes or until the peppers are very tender.
- 6 Divide between plates and enjoy!

Notes

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

Serving Size: One serving is 1 stuffed pepper.

More Flavor: Add red pepper flakes for more spice. Use your favorite pasta or marinara sauce instead of plain tomato sauce. Use hot or mild Italian-spiced sausages or honey garlic sausages instead.

Additional Toppings: Top with cheese, fresh herbs or serve with extra tomato sauce.

Peppers: Use any colour of bell pepper. If your bell peppers are tipsy and do not stand upright on their own, try thinly slicing the bottom of them to create a flat surface.

No Pork: Use turkey or chicken sausage instead.



Sesame Beef & Brown Rice

4 servings

35 minutes

Ingredients

- 1 cup Brown Rice (dry, uncooked)
- 3 tbsps Tamari
- 1 tbsp Coconut Sugar
- 2 tsps Sesame Oil
- 1/4 tsp Ginger (ground)
- 1/4 tsp Chili Flakes
- 1 lb Extra Lean Ground Beef
- 1/4 cup Cilantro (for topping, chopped)
- 1 tbsp Sesame Seeds (optional, for topping)

Directions

- 1 Cook the rice according to the directions on the package.
- 2 While the rice cooks, in a small bowl, whisk together the tamari, coconut sugar, sesame oil, ginger and chili flakes.
- 3 In a nonstick skillet over medium heat, add the ground beef and cook. As it browns, break it up with a wooden spoon or spatula. Cook for 3 to 4 minutes and then add the tamari mixture. Reduce the heat to medium-low and stir frequently until cooked through, about 5 minutes more.
- 4 Divide the rice onto plates, top with the beef. If using, top with the cilantro and sesame seeds. Serve and enjoy!

Notes

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

Additional Toppings: Add sautéed vegetables on the side.

No Cilantro: Use green onions instead or completely omit.