

Gut Health Elimination Diet Recipe Bundle

Healing takes time,
but it is very possible with the right method. Pay
close attention to the way your body feels and be
kind to your body as it restores balance.



hometree
life

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**Gut Health
Elimination Diet
Breakfast**

Start Your Day Right

Balanced Smoothie



SERVINGS: 1

PREP TIME: 3 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1/4 cup (57 g) coconut milk
- 1/4 cup water
- 1/4 cup (34 g) mixed berries (fresh or frozen)
- 1 1/2 scoops collagen powder
- 1/2 small avocado, pitted
- 1/2 medium banana
- 1 medium peach, sliced and pitted
- 1/4 tsp (0.6 g) cinnamon

DIRECTIONS

1. Mix all together in a blender until smooth and enjoy!

NUTRITION INFO

Calories: 395, Carbohydrate: 35 grams, Protein: 18 grams, Fat: 22 grams

Banana Pancakes



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 1/2 cup (113 g) full fat coconut milk (additive free)
- 1 large ripe banana, mashed
- 1 tsp (4 g) pure vanilla extract
- 3 tbsp water
- 1/2 cup (64 g) cassava flour
- 1/4 cup (28 g) coconut flour
- 1 tbsp (8 g) tapioca flour/starch
- 2 scoops collagen powder
- 1/2 tsp (2 g) baking soda
- 1/4 tsp (0.5 g) cinnamon
- Dash of salt
- 2 tbsp (14 g) coconut oil for frying
- 1 cup (123 g) raspberries
- 2 tbsp (40 g) maple syrup

DIRECTIONS

1. In a large bowl mix together coconut milk, banana, pure vanilla extract, and water.
2. In a separate bowl mix together cassava flour, coconut flour, tapioca flour, collagen powder, baking soda, cinnamon, and sea salt.
3. Combine wet and dry ingredients together and mix well blended (batter should be thick).
4. In a large skillet over medium heat, melt coconut oil. Pour 1/4 cup mixture for each pancake on the skillet. Reduce heat to low. Cook 5-6 minutes or until bottom is golden brown. Flip and do the same on the opposite side.
5. Serve warm topped with raspberries and maple syrup.

NUTRITION INFO

Calories: 534, Carbohydrate: 75 grams, Protein: 16 grams, Fat: 21 grams

Blueberry Muffins



SERVINGS: 4 (SERVING
SIZE 2 MUFFINS)

PREP TIME: 10 MINUTES

COOKING TIME: 22 - 25
MINUTES

INGREDIENTS

- 3/4 cup (24 g) cassava flour
- 3 Tablespoons (42 g) coconut flour
- 1/4 cup (44 g) collagen powder
- 1/2 teaspoon (2.5 g) baking soda
- 1/4 teaspoon (2 g) sea salt
- 1 tablespoon (7 g) gelatin
- 1/3 cup coconut oil (73 g), softened
- 1/3 cup (80 g) coconut milk
- 1/4 cup (85 g) honey
- 3 Tablespoons water
- 2 teaspoons (7 g) apple cider vinegar
- 1/3 cup fresh blueberries (50 g)

DIRECTIONS

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a large bowl mix together cassava flour, coconut flour, collagen powder, baking soda, sea salt, and gelatin.
3. In a smaller bowl mix together coconut oil, coconut milk, honey, water, and apple cider vinegar.
4. Combine the dry and wet mixture together and stir well.
5. Fold in blueberries.
6. Divide into 8 muffin cups (lined with muffin tin or greased with coconut oil).
7. Bake for 22 - 25 minutes until browned on top.
8. Allow to cool 10 minutes.

NUTRITION INFO

Calories: 447, Carbohydrate: 45 grams, Protein: 15 grams, Fat: 24 grams

"Cheesy" Roasted Cauliflower



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 15 - 20
MINUTES

INGREDIENTS

- Florets of 1 large head of cauliflower
- 1 tbsp (14 g) avocado oil
- 2 tbsp (15 g) nutritional yeast
- 1 tsp (1 g) dried rosemary
- Salt and pepper to taste
- 6 slices bacon
- 2 scallions, chopped
- 1 medium avocado, diced

DIRECTIONS

1. Preheat oven to 425 degrees F (220 C).
2. Mix cauliflower florets with avocado oil, nutritional yeast, rosemary, salt, and pepper until well coated.
3. Place in single layer on a baking dish and cook for approximately 15-20 minutes or until tops are lightly browned.
4. Cook bacon in a separate skillet over medium heat for 4-5 minutes per side. Place on plate covered with paper towel to drain excess fat once cooked.
5. When bacon has dried, chop the bacon and layer over cooked cauliflower along with scallions and avocado.
6. Serve warm.

NUTRITION INFO

Calories: 443, Carbohydrate: 42 grams, Protein: 19 grams, Fat: 26 grams

Coconut Yogurt Parfait



SERVINGS: 1

PREP TIME: 3 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 cup plain (240 g) coconut milk yogurt
- 1 tbsp collagen (9 g) powder
- 1 tsp (7 g) honey
- 10 raspberries, mashed
- 1 small peach, sliced
- 20 blueberries
- 1 tbsp (5 g) coconut shreds

DIRECTIONS

1. Mix mashed raspberries, honey, and collagen powder into coconut milk yogurt.
2. Top with sliced peaches, blueberries, and coconut shreds.

NUTRITION INFO

Calories: 290, Carbohydrate: 43 grams, Protein: 12 grams, Fat: 10 grams

Ground Chicken & Veggie Skillet



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 2 tbsp (28 g) avocado oil, divided
- 8oz (227 g) ground chicken
- 2 garlic cloves, pressed (option to substitute 1/2 tsp (0.5 g) garlic powder)
- 1 medium sweet potato, cut into 1/2 inch cubes
- 1/2 tbsp (1.5 g) dried oregano
- Salt to taste
- 2 cups (227 g) carrots, shredded
- 2 cups (140 g) red cabbage, shredded

DIRECTIONS

1. Heat one tablespoon avocado oil in a medium skillet. Add ground chicken and cook until chicken is no longer pink, crumbling as you go along.
2. Once chicken is cooked through, move chicken to a plate and add the remaining tablespoon of avocado oil to the skillet over medium heat.
3. Add garlic and cook 1-2 minutes until fragrant. Add sweet potato, oregano, and salt. Cook until sweet potato is soft and easily pierced with a fork, turning occasionally.
4. Lastly, add carrots and cabbage and cooked for an additional 2-3 minutes.
5. Serve warm.

NUTRITION INFO

Calories: 447, Carbohydrate: 37 grams, Protein: 25 grams, Fat: 23 grams

Ground Turkey Skillet



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 2 tbsp (28 g) avocado oil
- 2 cloves garlic, minced or pressed
- 1/2 tsp (2 g) ginger, grated
- 1/2 cup (35 g) button mushrooms, chopped
- 1/2 lb (227 g) ground turkey
- Salt to taste
- 1 small red onion, diced
- 2 cups (134 g) kale, chopped
- 1 large head of broccoli, chopped
- 2 cups (354 g) honey dew melon, chopped

DIRECTIONS

1. Heat avocado oil in a large skillet over medium heat. Add garlic, ginger, and mushrooms. Cook 1-2 minutes until fragrant.
2. Add ground turkey and salt. Cook until no longer pink, crumbling as it cooks.
3. Add onion, kale, and broccoli and cook 3-4 more minutes.

NUTRITION INFO

Calories: 444, Carbohydrate: 34 grams, Protein: 30 grams, Fat: 24 grams

Sweet Potato Smoked Salmon



SERVINGS: 1

PREP TIME: 3 MINUTES

COOKING TIME: 40 - 50
MINUTES (BAKED POTATO)

INGREDIENTS

- 1 medium sweet potato
- Salt to taste
- 1/2 medium avocado, diced
- 4oz (113 g) smoked salmon, sliced
- Handful broccoli sprouts

DIRECTIONS

1. Using a fork, poke holes in the sweet potato. Bake sweet potato on a baking tray at 425 F degrees for approximately 40 - 50 minutes. Option to do ahead of time.
2. Cut sweet potato in half and lightly mash the inside with a fork. Top with salt, avocado, smoked salmon, and broccoli sprouts.

NUTRITION INFO

Calories: 442, Carbohydrate: 30 grams, Protein: 28 grams, Fat: 24 grams

Tropical Coconut Smoothie



SERVINGS: 1

PREP TIME: 3 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1/4 cup (41 g) frozen mango
- 1/4 cup (60 g) frozen pineapple
- 1/2 medium banana
- 1 handful baby spinach
- 1/4 cup (55 g) coconut milk
- 1/2 cup water
- 2 scoops (22 g) collagen powder

DIRECTIONS

1. Blend all ingredients together until smooth.

NUTRITION INFO

Calories: 360, Carbohydrate: 35 grams, Protein: 32 grams, Fat: 12 grams

Veggie Hash With Bacon



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS


- 2 tbsp (27 g) olive oil
- 1 clove garlic, minced or pressed
- 1 small yellow onion, sliced thin
- 2 cups (288 g) butternut squash, peeled and cubed into 1/2 inch pieces
- 1 cup (88 g) brussels sprouts, shredded
- 1 small head of broccoli, chopped
- Salt to taste
- 6 slices of bacon
- 2 red apples

DIRECTIONS

1. In a large skillet, warm olive oil over medium heat.
2. Add garlic and onion, cook one minute.
3. Add butternut squash along with 1 tbsp water. Cover and cook 8-10 minutes, until sweet potato softens.
4. Add brussels sprouts, broccoli, and salt, and cook for 5 minutes, mixing occasionally.
5. In the meantime, cook bacon in a separate skillet over medium heat for 4-5 minutes per side. Place on plate covered with paper towel to drain excess fat once cooked.
6. Serve one portion of warm hash with three slices of bacon and an apple

NUTRITION INFO

Calories: 486, Carbohydrate: 54 grams, Protein: 10 grams, Fat: 29 grams



Gut Health Elimination Diet Lunch

Get the Boost you need.

Arugula Chicken Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1, 5 oz (140 g) can organic chicken
- 2 tbsp (28 g) full fat coconut yogurt
- 1/4 tsp (3 g) dried dill
- Salt taste
- 1/4 cup (55 g) celery, chopped small
- 1/4 cup (28 g) grapes, halved
- 2 cups (56 g) arugula
- 1 tbsp (14 g) olive oil
- 1 medium apple

DIRECTIONS

1. Drain canned chicken. In a small bowl mix together chicken, coconut yogurt, dill, salt, celery, and grapes.
2. Add arugula to a medium salad bowl and top with chicken mixture. Drizzle with olive oil.
3. Serve with a medium apple.

NUTRITION INFO

Calories: 430, Carbohydrate: 39 grams, Protein: 27 grams, Fat: 21 grams

Chicken and Veggie Soup



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- 1 tbsp (14 g) avocado oil
- 1/2 small onion, chopped
- 1 clove garlic, minced or pressed
- 3/4 lb (340 g) skinless chicken breast, chopped into 1/2 inch pieces
- 2 medium carrots, chopped
- 2 stalks celery, chopped
- 5 spears asparagus, chopped
- 1 1/2 (380 g) cup bone broth
- 1/2 cup (113 g) coconut milk
- 1 tsp (0.5 g) dried parsley
- 1 tsp (0.5 g) dried thyme
- Salt to taste

DIRECTIONS

1. In a large pot heat oil over medium heat. Add onion and garlic. Cook 1-2 minutes until fragrant.
2. Add chicken and cook 5-7 minutes, turning occasionally until chicken is cooked through.
3. Add carrots, celery, and asparagus and cook approximately 3 minutes, until vegetables are soft.
4. Add bone broth, parsley, thyme, and salt. Bring to a boil then reduce heat to a simmer. Cook covered for 20 minutes. Add coconut milk just before removing from heat. Enjoy warm.

NUTRITION INFO

Calories: 444, Carbohydrate: 14 grams, Protein: 42 grams, Fat: 25 grams

Chicken Salad Wrap



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1, 5oz (125 g) can organic chicken or 3oz cooked shedded chicken
- 1 tbsp (14 g) coconut milk yogurt
- 1 tsp (1 g) dried dill weed
- Salt taste
- Handful of shredded carrots
- 1/8 small red onion, thinly sliced
- Handful of broccoli sprouts
- 1 coconut wrap (NUCO brand) or cassava flour wrap
- 1 apple

DIRECTIONS

1. In a small bowl, mix together chicken with 1 tbsp coconut milk yogurt, dill, and salt.
2. Lay coconut wrap flat. Top with chicken mixture, carrots, red onion, and broccoli sprouts. Fold wrap.
3. Serve with an apple and coconut milk yogurt.

NUTRITION INFO

Calories: 421, Carbohydrate: 41 grams, Protein: 33 grams, Fat: 13 grams

Creamy Cauliflower & Parsnip Soup with Chicken



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 3 cups (0.5 L) bone broth
- 5 oz chicken breast
- 1/2 lb (225 g) parsnips, peeled and chopped
- 1 small head of cauliflower, florets chopped
- 3 large carrots
- 1 tsp (1.5 g) dried thyme
- 1 tbsp (14 g) olive oil
- 2 cloves garlic, minced
- Sea salt.
- 1/4 cup (60ml) coconut milk

DIRECTIONS

1. In a medium sauce pan bring bone broth to a boil. Add chicken and turn down to a simmer.
2. Once chicken is cooked through, approximately 12 minutes, remove chicken from the broth and add in parsnips, cauliflower, carrots, olive oil, thyme, garlic, and salt.
3. While vegetables are cooking, use a fork to shred the chicken breast.
4. Once vegetables are soft, approximately 15 minutes, remove from heat and allow to cool.
5. Once cooled, add vegetable and broth mixture to a blender and blend until smooth.
6. Stir in coconut milk and shredded chicken and serve warm.

NUTRITION INFO

Calories: 389, Carbohydrate: 37 grams, Protein: 22 grams, Fat: 19 grams

Grab and Go Lunch



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 4 slices (104 g) of organic sliced turkey
- 1 small (136 g) avocado, mashed
- 10 organic baby carrots
- 1 cup (91 g) chopped broccoli or celery
- 10 kalamata olives

DIRECTIONS

1. Mash avocado and top with kalamata olives.
2. Serve turkey slices, baby carrots, and broccoli on the side. Use carrots and broccoli to dip into avocado.

NUTRITION INFO

Calories: 543, Carbohydrate: 40 grams, Protein: 25 grams, Fat: 34 grams

Ground Chicken Kofta & Slaw



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 1/2lb (454 g) ground chicken
- 1/4 cup (6 g) fresh parsley, chopped
- 2 garlic cloves, minced
- 1/2 small yellow onion, minced
- 1/2 tbsp (8 g) lemon juice
- Salt and pepper to taste
- 2 tbsp (28 g) avocado oil, divided
- 2 cups (140 g) cabbage, shredded
- 1 cup (113 g) carrots, shredded
- 1 red apple, grated with a big holed grater
- 2 tbsp (2 g) cilantro, chopped
- 1 tbsp (15 g) apple cider vinegar
- 1/2 tsp (4 g) honey

DIRECTIONS

1. In a large bowl, mix together ground chicken, parsley, garlic, onion, lemon juice, salt, and pepper. Separate meat into 6 small patties.
2. Heat 1 tbsp olive oil in a large skillet. Place patties on the skillet with some separation between each patty.
3. Cook 4-5 minutes per side, until cooked through (internal temperature reaches above 165 degrees).
4. In a small bowl, mix together 1 tbsp avocado oil, apple cider vinegar, and honey.
5. Pour over carrots, cabbage, and apples in a large bowl and massage for 2-3 minutes.
6. Serve cooked patties (warm or cooled) over cabbage slaw.

NUTRITION INFO

Calories: 395, Carbohydrate: 27 grams, Protein: 22 grams, Fat: 23 grams

Herb Turkey Patties



SERVINGS: 2

PREP TIME: 3 MINUTES

COOKING TIME: 8 MINUTES

INGREDIENTS

- 1 tbsp (7 g) olive oil
- 1/2 lb (113 g) ground turkey
- 1 tsp (.5 g) dried thyme
- 1/2 tsp (0.5 g) dried oregano
- 2 tbsp (4 g) fresh parsley, chopped
- Salt to taste
- 12 kalamata or green olives, halved and divided for two servings
- 1 medium avocado, divided for two servings and sliced
- 2 cups (151 g) red grapes, divided for two servings

DIRECTIONS

1. In a large bowl mix together ground turkey, thyme, oregano, parsley, and salt.
2. Heat olive oil in a medium skillet over medium heat. Create small patties the size of your palm with the turkey mixture, and add to the skillet, leaving some space between each patty.
3. Cook for 3-4 minutes per side, until turkey patty is cooked through and no longer pink.
4. Serve topped with avocado and olives, and with a side of grapes.

NUTRITION INFO

Calories: 489, Carbohydrate: 36 grams, Protein: 25 grams, Fat: 30 grams

Pomegranate Spinach Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 20 - 30 MINUTES
(FOR CHICKEN BREAST)

INGREDIENTS

- 4 oz cooked chicken breast (5 oz raw - 142 g), sliced
- 2 cups (42 g) baby spinach
- 3 tbsp (22 g) pomegranate arils
- 1/2 medium avocado
- Juice of 1/2 lemon
- 1 tbsp (14 g) olive oil
- 1/2 tsp (1 g) dried oregano
- 1/2 tsp (0.7 g) dried basil
- 1 pear

DIRECTIONS

1. In a large salad bowl, top baby spinach with chicken, pomegranate arils, and avocado.
2. In a small bowl mix together lemon juice, olive oil, oregano, and basil.
3. Drizzle olive oil dressing over salad and serve with a pear.

NUTRITION INFO

Calories: 540, Carbohydrate: 41 grams, Protein: 36 grams, Fat: 28 grams

Shrimp Avocado Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 2 cups (42 g) baby spinach
- 4 oz (113 g) medium cooked shrimp, peeled
- 2 small cooked beets, chopped
- 1/4 small red onion, thinly sliced
- 1/2 medium avocado, chopped
- 1 tbsp (14 g) olive oil
- 1/2 tsp (3.5 g) honey
- 1/2 tbsp (8 g) apple cider vinegar
- 1 medium orange

DIRECTIONS

1. Top baby spinach with cooked shrimp, beets, red onion, and avocado.
2. Mix together olive oil, honey, apple cider vinegar, salt, and pepper. Pour over salad.
3. Serve with an orange.

NUTRITION INFO

Calories: 474, Carbohydrate: 33 grams, Protein: 30 grams, Fat: 26 grams

Tuna Fig Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1, 3oz (85 grams) can wild caught tuna
- 1 tbsp (14 g) plain coconut yogurt
- 1/2 tsp (1 g) dried oregano
- Salt to taste
- 2 cups (40 g) arugula or rocket
- 1/4 small red onion, sliced
- 10 green olives, halved
- 2 small figs, quartered
- 1 small cucumber, chopped
- 1 tbsp (14 g) olive oil
- Juice of 1/2 small lemon
- 1 orange

DIRECTIONS

1. Drain tuna then mix with coconut yogurt, oregano, and salt.
2. Put arugula in a salad bowl and top with onion, olives, figs, cucumber, and tuna mixture.
3. Mix together lemon juice and olive oil. Drizzle on top of salad.
4. Serve with an orange.

NUTRITION INFO

Calories: 424, Carbohydrate: 42 grams, Protein: 21 grams, Fat: 22 grams



**Gut Health
Elimination
Diet
Dinner**

END THE DAY FEELING
GOOD.

Baked Chicken with Maple Cinnamon Brussels Sprouts



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 35 - 40
MINUTES

INGREDIENTS

- 3 tbsp (42 g) avocado oil, divided
- 1 tsp (1.5 g) thyme
- 1 tbsp (20 g) maple syrup
- 1/4 tsp (0.6 g) cinnamon
- 1/2 tsp (4 g) sea salt
- 2, 5 oz (113 g each) chicken breasts, boneless and skinless
- 1 lb (453 g) brussels sprouts, trimmed and halved
- 2 cups (170 g) cooked cauliflower rice

DIRECTIONS

1. Preheat oven to 400 degrees F (205 C).
2. Using a meat mallet, pound chicken breast to tenderize.
3. Cover chicken breasts with 1 tbsp avocado oil and sprinkle with thyme. Bake in a glass baking dish for 35 - 40 minutes.
4. While chicken is baking, mix together 2 tbsp avocado oil, maple syrup, cinnamon, and sea salt in a small bowl.
5. In a large skillet add brussels sprouts and maple syrup mixture. Cover and set to medium heat. Cook 10-15 minutes or until brussels sprouts are desired consistency, stirring occasionally.
6. Serve baked chicken, brussels sprouts, and cooked cauliflower rice together warm.

NUTRITION INFO

Calories: 468, Carbohydrate: 32 grams, Protein: 35 grams, Fat: 25 grams

Beef Tacos



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 8 MINUTES

INGREDIENTS

- 1/2 lb (227 g) lean ground beef
- 1/2 tsp (1.5 g) garlic powder
- 1/2 tsp (1.5 g) onion powder
- Dash of turmeric
- Salt to taste
- 1/2 small red onion, thinly sliced
- 2 tbsp (2 g) fresh cilantro, chopped
- 1 avocado, sliced
- 4 cassava flour tortilla wraps (Coyotas or Siete brand)

DIRECTIONS

1. Over medium heat cook ground beef in a medium skillet, crumbling as you go along.
2. When beef is browned, drain excess liquid and add garlic powder, onion powder, turmeric, and salt. Cook one more minute while mixing to fully coat beef with seasoning. Remove from heat.
3. Warm tortillas in microwave for 10-20 seconds.
4. Serve taco meat in cassava flour tortillas topped with red onion, cilantro, and avocado.

NUTRITION INFO

Calories: 454, Carbohydrate: 34 grams, Protein: 26 grams, Fat: 24 grams

"Cheesy" Sweet Potatoes and Cod



SERVINGS: 2

PREP TIME: 15
MINUTES

COOKING TIME: 50 MINUTES

INGREDIENTS

- 2 medium sweet potato, peeled and sliced to 1/4 inch rounds
- 1 medium yellow onion, sliced thin
- 1 tsp (3 g) garlic powder
- 1/2 cup (113 g) full fat coconut milk
- 2 tbsp (15 g) nutritional yeast
- 1/2 tsp (4 g) sea salt
- 1/2 tsp (1 g) oregano
- 10 oz (284 g) cod
- 1 tbsp (14 g) olive oil
- 1 cup (20 g) arugula or rocket

DIRECTIONS

1. Preheat oven to 400 degrees F (205 C).
2. In a glass or ceramic baking dish place sliced sweet potatoes in a single layer. Top with a layer on onions. Sprinkle with salt and garlic powder. Repeat this step until all of the potatoes and in the dish.
3. In a medium bowl combine coconut milk, nutritional yeast, and oregano. Pour this mixture over the sweet potatoes.
4. Place potatoes on middle rack in the oven and bake for 50 minutes.
5. While potatoes are baking, heat olive oil over medium heat in a medium skillet. Sprinkle cod with salt. Add cod to the skillet and cook for approximately 2 minutes per side.
6. Serve potatoes warm with cod and top with arugula.

NUTRITION INFO

Calories: 444, Carbohydrate: 35 grams, Protein: 33 grams, Fat: 20 grams

Ground Pork & Spaghetti Squash



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 55 MINUTES

INGREDIENTS

- 1 small spaghetti squash
- 2 tbsp (28 g) avocado oil
- 1/2 lb (227 g) ground pork
- 2 cups (182 g) broccoli florets
- 1 cup (96 g) mushrooms, sliced
- 2 cloves garlic, minced or pressed
- 1 1/2 tbsp (12 g) arrowroot flour
- 2 tbsp (15 g) nutritional yeast
- 1/4 cup (56 g) full fat coconut milk
- Salt to taste.

DIRECTIONS

1. Preheat oven to 400° F (205 C).
2. Cut the spaghetti squash lengthwise. Scoop out seeds and soft insides. Place face down in a glass baking sheet with 1 tbsp avocado oil, and 2 tbsp water. Bake in the oven for 40 minutes.
3. Heat avocado oil in a large skillet over medium heat. Add pork and cook until fully browned, 8 -10 minutes, crumbling and mixing as you go along. Move pork to a plate once cooked.
4. In the same skillet, add mushrooms and garlic. Cook 2-3 minutes. Add broccoli and cook 1 minute.
5. Meanwhile, whisk together arrowroot flour, nutritional yeast, salt, and coconut milk in a small bowl. Add to skillet with mushroom mixture. Cook and stir for 2-3 minutes to thicken sauce.
6. Once spaghetti squash has cooled, use a fork to separate the inside to form spaghetti like strings and place in glass or ceramic baking dish. Mix in coconut mixture and pork. Place back in the oven and cook for 15 minutes. Enjoy warm.

NUTRITION INFO

Calories: 603, Carbohydrate: 33 grams, Protein: 28 grams, Fat: 39 grams

Honey Garlic Stir Fry



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 2 tbsp (28 g) avocado oil
- 3/4 lb (340 g) skinless chicken breast, cut into 1 inch cubes
- 4 medium carrots
- 1 summer squash
- 2 cups (182 g) broccoli florets
- 3 cloves garlic, minced
- 1/2 tbsp (3 g) ginger, minced
- 4 tbsp (60 g) coconut aminos
- 1 tsp (5 g) apple cider vinegar
- 1 tbsp (21 g) honey
- 1 tsp (3 g) arrowroot starch (optional to thicken sauce)
- 2 cups (132 g) cooked cauliflower rice (optional)

DIRECTIONS

1. Heat avocado oil in a large skillet over medium heat. Add carrots, summer squash, and broccoli and cook 3-4 minutes.
2. Add chicken breast and cook 4-5 minutes or until chicken is cooked through, turning occasionally.
3. Add garlic and ginger and cook for an additional 2 minutes.
4. In a separate bowl mix together coconut aminos, apple cider vinegar, honey, and arrowroot starch. Pour over stir fry, reduce heat to a simmer, and cook for 2-3 minutes until sauce thickens.
5. Serve warm. Option to serve over cauliflower rice.

NUTRITION INFO

Calories: 519, Carbohydrate: 43 grams, Protein: 45 grams, Fat: 20 grams

Lemon Dill Salmon Sheet Pan Dinner



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 20-25
MINUTES

INGREDIENTS

- 3 tbsp (42 g) avocado oil
- Juice of 1 medium lemon
- 1 tbsp (3 g) dill
- Salt to taste
- 2, 5 oz (141 g) salmon fillets
- 2 medium sweet potatoes, chopped into 1/2 inch pieces
- 3 cups (273 g) broccoli florets
- Parchment paper (optional)

DIRECTIONS

1. Heat oven to 400 degrees F (205 C).
2. In a small bowl mix together avocado oil, lemon juice, dill, and salt.
3. On a rimmed baking sheet spread vegetables and salmon in a single layer. (Option to cover pan in a sheet of parchment paper to avoid sticking).
4. Coat vegetables and salmon with avocado oil mixture.
5. Bake for 20 - 25 minutes or until vegetables are soft on the inside and crispy on the outside. If salmon is cooked through and no longer dark pink on the outside before vegetables are cooked, remove salmon and allow vegetables to cook for longer.

NUTRITION INFO

Calories: 470, Carbohydrate: 36 grams, Protein: 33 grams, Fat: 23 grams

Mashed Turnip & Carrots with Steak



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 1 medium turnip, cut into 1 inch pieces
- 3 large carrots, cut into 1 inch pieces
- 3 tbsp (23 g) canned full fat coconut milk
- 2, 4 oz (66 g) filet mignon or skirt steak
- Salt to taste
- 1 cup (10 g) arugula
- 1 tbsp (7 g) olive oil

DIRECTIONS

1. In a medium pot, bring water to a boil (enough to cover carrots and turnips once added). Once boiling, add carrots and turnips and continue boiling for 5-10 minutes or until carrots and turnips are soft. Remove from heat.
2. In a food processor, or with a hand mixer, blend carrots, turnips, and coconut milk together until mostly smooth. Add salt and pepper to taste.
3. In the meantime, heat 1 tbsp olive oil on medium in a medium skillet. Sprinkle salt on both sides of steak, then add to the pan. Cook for approximately 3 minutes on each side, or until internal temperature of steak reaches above 145 degrees.
4. Serve steak with mashed turnips and a side salad of arugula and olive oil.

NUTRITION INFO

Calories: 448, Carbohydrate: 15.3 grams, Protein: 25 grams, Fat: 32 grams

Pesto Pasta and Meatballs



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 4 oz (114 g) cassava flour pasta (Jovial brand)
- 1/2 lb (227 g) lean ground beef or bison
- 2 tbsp (18 g) cassava flour
- 3 garlic cloves, minced or pressed and divided
- 1/2 small onion, minced
- 3 tbsp (40 g) olive oil
- 1/4 cup (6 g) fresh basil leaves
- Salt to taste

DIRECTIONS

1. Cook pasta as instructed on the package.
2. In the meantime combine ground beef, cassava flour, 2 cloves garlic, and onion using your hands to mix well.
3. Roll into 1-2 inch thick balls and place in a large skillet.
4. Cook over medium heat 2-3 minutes per side, until cooked through.
5. While pasta and meatballs are cooking, combine olive oil, 1 clove garlic, basil leaves, and salt into a small blender and blend until smooth. Add water if needed to thin sauce.
6. Mix basil pesto sauce with pasta and serve topped with meatballs.

NUTRITION INFO

Calories: 608, Carbohydrate: 30 grams, Protein: 23 grams, Fat: 44 grams

Pulled Pork and Sweet Potatoes



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: SLOW
COOKER 3-4 HOURS

INGREDIENTS

- 10 oz (284 g) pork tenderloin
- 1/2 large yellow onion
- 3 tbsp (45 g) apple cider vinegar
- 1/4 cup (60 ml) bone broth
- 1 tbsp (14 g) olive oil
- 4 cloves garlic, minced
- 1 tbsp (21 g) honey
- 1 tsp (1.5 g) dried thyme
- 1 tsp (1.5 g) sea salt
- 2 medium sweet potatoes, baked
- 2 green onions

DIRECTIONS

1. In a small bowl mix together onion, apple cider vinegar, bone broth, olive oil, garlic, honey, thyme, and salt.
2. In a slow cooker, add pork tenderloin and pour over apple cider mixture.
3. Set slow cooker to high for 3-4 hours or low for 5-6 hours.
4. Be sure to bake sweet potatoes ahead of time or, 1 hour before pork is ready, bake sweet potatoes in oven on 400 F degrees for approximately 45 minutes or until cooked through.
5. Once pork is fully cooked, use two forks to pull strands of meat apart and mix well with liquid in slow cooker.
6. Cut sweet potatoes in half and top with pulled pork and scallions.

NUTRITION INFO

Calories: 390, Carbohydrate: 38 grams, Protein: 33 grams, Fat: 12 grams

Roasted Root Veggies and Chicken Thighs



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- 10 oz (282 g) chicken thighs, boneless and skinless
- 4 medium carrots, halved lengthwise
- 1 small turnip, chopped into 1/2 inch pieces
- 2 medium parsnips, quartered lengthwise
- 1 medium sweet potatoes, chopped into 1/2 inch pieces
- 1/4 cup (45 g) kalamata olives, halved
- 3 tbsp (40 g) olive oil
- 1 tbsp (3 g) dried thyme
- 1 tbsp (3 g) dried rosemary
- Salt to taste
- Juice of 1 small lemon

DIRECTIONS

1. Preheat oven to 400 degrees F (205 degrees C).
2. Mix together olive oil, thyme, rosemary, salt, and lemon juice.
3. Spread carrots, turnip, parsnips, and sweet potatoes in a single layer in an oven safe dish. Pour half of the olive oil mixture over the vegetables. Mix to coat the vegetables well.
4. Trim the extra fat from the chicken thighs and discard. Coat chicken thighs with olive oil mixture and place the thighs over the vegetables.
5. Bake for 30 minutes or until internal temperature of chicken reaches above 165 degrees F.
6. Top with kalamata olives.

NUTRITION INFO

Calories: 594, Carbohydrate: 46 grams, Protein: 32 grams, Fat: 33 grams