





Seared Cod with Bacon & Kale

1 serving
20 minutes

Ingredients

- 2 slices Bacon (chopped)
- 1 Cod Fillet
- 1/2 Red Bell Pepper (sliced)
- 2 cups Kale Leaves (roughly chopped)
- 1 tsp Lemon Juice
- 1/8 tsp Sea Salt

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 441 |
| Fat | 23g |
| Saturated | 7g |
| Polyunsaturated | 4g |
| Monounsaturated | 9g |
| Carbs | 6g |
| Fiber | 3g |
| Protein | 51g |
| Vitamin A | 3997IU |
| Vitamin C | 119mg |
| Calcium | 151mg |
| Vitamin D | 92IU |
| Riboflavin | 0.4mg |
| Niacin | 8mg |
| Vitamin B6 | 0.9mg |
| Folate | 71µg |
| Vitamin B12 | 2.4µg |
| Magnesium | 103mg |
| Zinc | 2mg |

Directions

- 1 In a skillet over medium heat, add the bacon and cook for 5 to 7 minutes or until cooked through. Remove and set aside, leaving the rendered fat in the pan.
- 2 Add the cod fillet to the pan and cook for 4 minutes, and then remove and set aside. It won't be fully cooked at this point. Add the red pepper to the pan and cook for 2 to 3 minutes, then add the kale. Add the cod back to the pan and cover with a lid. Cook for 6 to 8 minutes, until the cod is cooked through and flaky.
- 3 Add the fillet to a plate along with the kale, peppers and bacon. Squeeze the lemon juice on top and season with sea salt. Enjoy!



Steamed White Fish with Tomato & Olive Sauce

2 servings

20 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1/4 tsp Sea Salt (divided)
- 1/4 tsp Black Pepper (divided)
- 1 cup Cherry Tomatoes (cut in half)
- 1/4 cup Black Olives (pits removed)
- 1 stalk Green Onion (chopped)
- 1/4 cup Basil Leaves (chopped)
- 1/4 cup Water
- 2 Haddock Fillet

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 239 |
| Fat | 10g |
| Saturated | 2g |
| Polyunsaturated | 1g |
| Monounsaturated | 6g |
| Carbs | 5g |
| Fiber | 1g |
| Protein | 33g |
| Vitamin A | 1308IU |
| Vitamin C | 12mg |
| Calcium | 61mg |
| Vitamin D | 35IU |
| Riboflavin | 0.1mg |
| Niacin | 7mg |
| Vitamin B6 | 0.6mg |
| Folate | 40µg |
| Vitamin B12 | 3.5µg |
| Magnesium | 55mg |
| Zinc | 1mg |

Directions

- 1 Heat the oil in a medium-sized pan with a lid over medium heat. Season the fish with half of the salt and half of the pepper and set aside.
- 2 Add the cherry tomatoes to the pan and cook for about five minutes or until the tomatoes have softened and released their juices. Season the tomatoes with the remaining salt and pepper. Add the olives, green onions, basil and water. Stir to combine, bringing the mixture to a simmer.
- 3 Place the fish fillets on top of the tomato mixture and cover with a lid. Let the fish steam for 4 to 8 minutes or until the fish is cooked through and flakes easily.
- 4 Divide between bowls and enjoy!



Spiced Cauliflower Rice Bowl

2 servings

40 minutes

Ingredients

- 2/3 cup Brown Rice (dry, uncooked)
- 1/4 tsp Sea Salt
- 1/2 head Cauliflower (chopped into florets)
- 1/4 tsp Turmeric
- 1/2 tsp Paprika
- 1/2 tsp Thyme (dried)
- 2 tbsps Tahini
- 1 Garlic (clove, minced)
- 1 tbsp Lemon Juice
- 1 tbsp Water
- 1 Avocado (sliced)
- 1/4 cup Cilantro (chopped)
- 1 tsp Sesame Seeds (for topping)

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Cook the brown rice according to the directions on the package. Once finished cooking, add the sea salt to the rice and mix.
- 3 While the rice cooks, add the cauliflower to a medium-sized bowl and toss with the turmeric, paprika and thyme. Place on the baking sheet and bake for 30 to 35 minutes.
- 4 In a small bowl whisk together the tahini, garlic, lemon juice and water. Set aside.
- 5 Divide the rice between bowls and top with cauliflower, avocado, cilantro and sesame seeds. Drizzle the tahini dressing over top. Enjoy!

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 529 |
| Fat | 26g |
| Saturated | 4g |
| Polyunsaturated | 6g |
| Monounsaturated | 14g |
| Carbs | 68g |
| Fiber | 14g |
| Protein | 13g |
| Vitamin A | 585IU |
| Vitamin C | 85mg |
| Calcium | 136mg |
| Vitamin D | 0IU |
| Riboflavin | 0.4mg |
| Niacin | 7mg |

| | |
|-------------|-------|
| Vitamin B6 | 0.9mg |
| Folate | 199µg |
| Vitamin B12 | 0µg |
| Magnesium | 146mg |
| Zinc | 3mg |



Kale & Tempeh Salad

4 servings

25 minutes

Ingredients

2 tbsps Coconut Aminos
 1 tbsp Balsamic Vinegar
 1 tsp Chili Powder
 1/2 tsp Smoked Paprika
 1/4 tsp Sea Salt (divided)
 200 grams Tempeh (cut into thin slices)
 3 tbsps Lemon Juice
 2 tbsps Water
 2 tbsps Tahini
 1/8 tsp Garlic Powder
 8 cups Kale Leaves (finely chopped)
 2 tbsps Hemp Seeds (optional)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 200 |
| Fat | 13g |
| Saturated | 2g |
| Polyunsaturated | 6g |
| Monounsaturated | 3g |
| Carbs | 11g |
| Fiber | 3g |
| Protein | 14g |
| Vitamin A | 2367IU |
| Vitamin C | 44mg |
| Calcium | 203mg |
| Vitamin D | 0IU |
| Riboflavin | 0.4mg |
| Niacin | 3mg |
| Vitamin B6 | 0.2mg |
| Folate | 54µg |

Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 In a zipper-lock bag or shallow bowl, mix the coconut aminos, vinegar, chili powder, paprika and half of the salt together. Add in the tempeh and let it marinate for 10 to 15 minutes.
- 3 Arrange the tempeh in an even layer on the baking sheet. Bake for 18 to 20 minutes, flipping halfway through. Remove from the oven and let it cool slightly, then crumble it into small pieces.
- 4 Meanwhile, in a large mixing bowl combine the lemon juice, water, tahini, garlic powder and the remaining salt. Add the kale to the dressing and toss to coat well.
- 5 Divide the salad between bowls and top with tempeh and hemp seeds. Enjoy!

| | |
|-------------|------|
| Vitamin B12 | 0µg |
| Magnesium | 99mg |
| Zinc | 2mg |



One Pan Sausage, Kale & Jicama Home Fries

2 servings
30 minutes

Ingredients

227 grams Chicken Sausage (roughly sliced)
2 cups Jicama (peeled, diced)
1/4 cup Water
4 cups Kale Leaves (stems removed, roughly chopped)
1/2 tsp Sea Salt

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 309 |
| Fat | 17g |
| Saturated | 6g |
| Polyunsaturated | 1g |
| Monounsaturated | 8g |
| Carbs | 23g |
| Fiber | 8g |
| Protein | 18g |
| Vitamin A | 2048IU |
| Vitamin C | 65mg |
| Calcium | 239mg |
| Vitamin D | 0IU |
| Riboflavin | 0.4mg |
| Niacin | 3mg |
| Vitamin B6 | 0.4mg |
| Folate | 48µg |
| Vitamin B12 | 1.8µg |
| Magnesium | 46mg |
| Zinc | 3mg |

Directions

- 1 In a skillet over medium heat, cook the sausage breaking it up as it browns. Leave the rendered fat and set aside the sausage on a plate.
- 2 In the same skillet, add the diced jicama and cook over medium-high heat for 1 to 2 minutes or until brown on one side. Lower the heat to medium, add water and cook for 5 to 7 minutes or until tender.
- 3 Add the kale to the jicama and cover with a lid. Cook over medium heat for 1 to 2 minutes, or until the kale is wilted. Then add the sausage back to the skillet and mix until warmed through. Add sea salt to taste.
- 4 Divide into bowls and enjoy!



Pressure Cooker Sweet Potato & Peanut Soup

4 servings
25 minutes

Ingredients

- 1 tsp Avocado Oil
- 1/2 Yellow Onion (diced)
- 2 Sweet Potato (medium-sized, peeled and cut into cubes)
- 2 Garlic (cloves, minced)
- 2 tsp Smoked Paprika
- 1/2 tsp Turmeric
- 1 tsp Chili Flakes (optional)
- 2 1/2 cups Fire Roasted Diced Tomatoes (from the can with juices)
- 1/4 cup Sun Dried Tomatoes (drained)
- 1/2 cup Raw Peanuts
- 1/2 tsp Sea Salt
- 1 3/4 cups Canned Coconut Milk
- 1 cup Water
- 1/4 cup All Natural Peanut Butter
- 2 cups Baby Spinach

Nutrition

| Amount per serving | |
|--------------------|---------|
| Calories | 514 |
| Fat | 37g |
| Saturated | 20g |
| Polyunsaturated | 5g |
| Monounsaturated | 10g |
| Carbs | 35g |
| Fiber | 7g |
| Protein | 13g |
| Vitamin A | 11849IU |
| Vitamin C | 15mg |

Directions

- 1 Turn your pressure cooker to sauté mode and add the avocado oil. Add the onion and sweet potato and cook for 4 to 5 minutes. Then add the garlic and saute for 1 minute more. Turn the sauté mode off and add the smoked paprika, turmeric and chili flakes, if using. Stir to combine.
- 2 Add the canned tomatoes, sun dried tomatoes, peanuts, salt, coconut milk and water. Put the lid on and set to "sealing" then press manual/pressure cooker and cook for 4 minutes on high pressure. Once finished, let the pressure release naturally for 5 minutes, then do a quick release.
- 3 Carefully remove the lid, and add the peanut butter and spinach and stir to combine. Divide between bowls and enjoy!

| | |
|-------------|-------|
| Calcium | 160mg |
| Vitamin D | 0IU |
| Riboflavin | 0.2mg |
| Niacin | 5mg |
| Vitamin B6 | 0.4mg |
| Folate | 97µg |
| Vitamin B12 | 0µg |
| Magnesium | 97mg |
| Zinc | 1mg |



Pressure Cooker Beef & Veggie Stew

4 servings

1 hour

Ingredients

- 1 tsp Avocado Oil
- 454 grams Stewing Beef (diced into cubes)
- 473 milliliters Bone Broth
- 1/2 tsp Sea Salt (divided)
- 1/2 cup Pureed Pumpkin
- 1 tbsp Apple Cider Vinegar
- 2 Garlic (cloves, minced)
- 2 Parsnip (peeled, chopped)
- 5 White Button Mushrooms (halved)
- 1 Yellow Onion (medium, sliced in large chunks)
- 1 tsp Thyme (dried)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 304 |
| Fat | 11g |
| Saturated | 3g |
| Polyunsaturated | 1g |
| Monounsaturated | 4g |
| Carbs | 22g |
| Fiber | 5g |
| Protein | 31g |
| Vitamin A | 5156IU |
| Vitamin C | 16mg |
| Calcium | 87mg |
| Vitamin D | 6IU |
| Riboflavin | 0.3mg |
| Niacin | 7mg |
| Vitamin B6 | 0.8mg |

Directions

- 1 Turn your pressure cooker to sauté mode and add the avocado oil. Season the beef with half of the sea salt. Add it to the pressure cooker and brown on all sides, working in batches if necessary.
- 2 Turn off the sauté mode and add all other ingredients, including the remaining salt. Stir to combine. Put the lid on the pressure cooker and change to meat/stew mode. Cook for 35 minutes and then do a quick release. Serve and enjoy!

| | |
|-------------|-------|
| Folate | 57µg |
| Vitamin B12 | 2.6µg |
| Magnesium | 57mg |
| Zinc | 7mg |



Garlicky Beef & Greens

4 servings
20 minutes

Ingredients

- 1/4 cup Coconut Aminos
- 4 Garlic (clove, minced)
- 1 tbsp Ginger (fresh, grated or minced)
- 1 stalk Green Onion (chopped)
- 454 grams Extra Lean Ground Beef
- 4 cups Kale Leaves (finely chopped)
- 1/4 tsp Sea Salt

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 228 |
| Fat | 12g |
| Saturated | 4g |
| Polyunsaturated | 1g |
| Monounsaturated | 5g |
| Carbs | 5g |
| Fiber | 1g |
| Protein | 24g |
| Vitamin A | 1147IU |
| Vitamin C | 21mg |
| Calcium | 74mg |
| Vitamin D | 3IU |
| Riboflavin | 0.2mg |
| Niacin | 6mg |
| Vitamin B6 | 0.5mg |
| Folate | 21µg |
| Vitamin B12 | 2.5µg |
| Magnesium | 31mg |
| Zinc | 6mg |

Directions

- 1 In a small mixing bowl combine the coconut aminos, garlic, ginger and green onion. Set aside.
- 2 Heat a large skillet over medium-high heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, transfer the cooked beef to a bowl and set aside. Drain any excess drippings from the pan.
- 3 To the same pan add the kale leaves and cook until wilted and tender. Add the cooked beef back to the pan with the kale and season with the salt.
- 4 Add the coconut aminos sauce and stir to combine. Let the sauce bubble and thicken for 1 to 2 minutes. Remove the pan from heat and divide between plates. Enjoy!



Chicken & Quinoa Meatballs

4 servings

35 minutes

Ingredients

- 1/4 cup Quinoa (uncooked)
- 1/2 cup Water
- 1 Egg
- 454 grams Extra Lean Ground Chicken
- 1/2 cup Cilantro (chopped)
- 1 tsp Ginger (fresh, minced)
- 2 tsps Fish Sauce
- 1 tsp Coconut Sugar
- 1/2 Lime (juice and zest)
- 2 tbsps Brown Rice Flour

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 243 |
| Fat | 11g |
| Saturated | 3g |
| Polyunsaturated | 2g |
| Monounsaturated | 5g |
| Carbs | 12g |
| Fiber | 1g |
| Protein | 23g |
| Vitamin A | 207IU |
| Vitamin C | 2mg |
| Calcium | 26mg |
| Vitamin D | 10IU |
| Riboflavin | 0.4mg |
| Niacin | 7mg |
| Vitamin B6 | 0.7mg |
| Folate | 31µg |
| Vitamin B12 | 0.8µg |
| Magnesium | 59mg |
| Zinc | 2mg |

Directions

- 1 Place the quinoa and water in a saucepan over medium-high heat and bring to a boil. Once boiling, cover and reduce heat to low. Let it simmer for 12 minutes. Remove from heat, fluff with a fork and set aside.
- 2 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 3 In a large bowl, add the egg and beat with a fork. To the same bowl, add the chicken, cilantro, ginger, fish sauce, coconut sugar, lime juice and zest and mix well. Add the quinoa and the rice flour and mix again.
- 4 Roll the chicken mixture into balls slightly bigger than a golf ball. Place them on the baking sheet and bake for 18 to 20 minutes. Remove, serve and enjoy!



Crispy Sesame Chicken

2 servings

20 minutes

Ingredients

- 1 1/2 tsps Maple Syrup
- 1 1/2 tsps Fish Sauce
- 1 1/2 tsps Sesame Oil
- 1 1/2 tsps Apple Cider Vinegar
- 1 tbsp Tamari
- 1 1/2 tsps Sunflower Seed Butter
- 1/3 cup Tapioca Flour
- 1/4 tsp Paprika
- 1 Egg
- 227 grams Chicken Breast (skinless, boneless, cut into cubes)
- 1 1/2 tsps Ghee
- 1/4 cup Cilantro (finely chopped)
- 1 tbsp Sesame Seeds (optional, for garnish)

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 368 |
| Fat | 16g |
| Saturated | 4g |
| Polyunsaturated | 4g |
| Monounsaturated | 5g |
| Carbs | 24g |
| Fiber | 1g |
| Protein | 31g |
| Vitamin A | 448IU |
| Vitamin C | 1mg |
| Calcium | 77mg |
| Vitamin D | 22IU |
| Riboflavin | 0.4mg |

Directions

- 1 In a small pot, over low heat whisk together the maple syrup, fish sauce, sesame oil, apple cider vinegar, tamari and sunflower seed butter. Heat through for about 5 to 7 minutes, and then remove and set aside.
- 2 In a small bowl, add the tapioca flour and paprika. In another small bowl, add the egg and whisk. One by one, dredge the cubed chicken in the tapioca flour, shaking off any excess. Then dip in the egg and then again in the tapioca. Set aside on a plate and repeat until all the chicken pieces are done.
- 3 Heat a skillet over medium-high heat and add the ghee. Add the chicken and cook for about 6 to 7 minutes, until cooked through. Remove and set aside on a plate lined with paper towel and let it sit for 1 minute. Add the chicken to a bowl and toss with the sauce. Divide onto plates, top with cilantro and sesame seeds, if using. Enjoy!

| | |
|-------------|-------|
| Niacin | 12mg |
| Vitamin B6 | 1.1mg |
| Folate | 41µg |
| Vitamin B12 | 0.5µg |
| Magnesium | 77mg |
| Zinc | 2mg |



Chorizo & Squash Breakfast Hash

2 servings

30 minutes

Ingredients

227 grams Chorizo (casing removed)
 1 cup Butternut Squash (chopped into small cubes)
 1/4 tsp Sea Salt
 2 Egg
 1/4 cup Cilantro (roughly chopped)
 1 Avocado (sliced)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 443 |
| Fat | 28g |
| Saturated | 5g |
| Polyunsaturated | 3g |
| Monounsaturated | 12g |
| Carbs | 29g |
| Fiber | 10g |
| Protein | 23g |
| Vitamin A | 8789IU |
| Vitamin C | 25mg |
| Calcium | 154mg |
| Vitamin D | 41IU |
| Riboflavin | 0.6mg |
| Niacin | 6mg |
| Vitamin B6 | 0.7mg |
| Folate | 141µg |
| Vitamin B12 | 1.2µg |
| Magnesium | 59mg |
| Zinc | 4mg |

Directions

- 1 In a large cast iron skillet over medium heat, add the chorizo and break it apart with the back of a spoon until crumbled. Cook for about 5 to 7 minutes, until cooked through. Remove with a slotted spoon and set aside, leaving the fat in the pan.
- 2 Add the butternut squash and salt to the same pan. Cook for about 18 to 20 minutes, stirring every few minutes, until cooked through and crispy. Move to the sides of the pan, and crack the eggs. Cook until the whites are set and the yolks are done to your liking.
- 3 Add the chorizo back to the pan to heat it up slightly. Divide the hash between plates and top with the eggs. Add cilantro and avocado over top and enjoy!



Japanese Eggplant & Tofu Stir Fry

2 servings

20 minutes

Ingredients

- 2 tbsps Avocado Oil (divided)
- 2 Eggplant (Japanese, large, cut into 3-inch pieces)
- 161 grams Tofu (extra firm, drained and crumbled)
- 2 Garlic (cloves, thinly sliced)
- 2 tps Sesame Seeds
- 1/3 cup Thai Basil (roughly chopped)
- 1 Red Hot Chili Pepper (chopped)
- 1 1/2 tbsps Lime Juice
- 2 tps Tamari

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 366 |
| Fat | 21g |
| Saturated | 3g |
| Polyunsaturated | 5g |
| Monounsaturated | 12g |
| Carbs | 38g |
| Fiber | 18g |
| Protein | 15g |
| Vitamin A | 719IU |
| Vitamin C | 50mg |
| Calcium | 329mg |
| Vitamin D | 0IU |
| Riboflavin | 0.3mg |
| Niacin | 5mg |
| Vitamin B6 | 0.7mg |
| Folate | 143µg |
| Vitamin B12 | 0µg |
| Magnesium | 129mg |

Directions

- 1 In a skillet over medium heat, add half of the avocado oil then the eggplant. Cook until slightly browned, about 6 to 8 minutes. Remove and set aside on a plate.
- 2 In the same skillet, add the remaining avocado oil and then the tofu. Cook for about 2 to 3 minutes. Add the garlic and sesame seeds and cook for 1 minute more. Add the basil, chili pepper, lime juice, tamari and the cooked eggplant. Cook for another 1 to 2 minutes or until everything is combined and warm.
- 3 Divide between plates, serve and enjoy!

Zinc

2mg



Zucchini Noodle Carbonara

3 servings

30 minutes

Ingredients

- 1/4 cup Cashews
- 2 tbsps Extra Virgin Olive Oil (divided)
- 227 grams Chicken Breast (cubed)
- 4 slices Bacon, Cooked (chopped)
- 1/2 White Onion (diced)
- 1 cup Mushrooms (sliced)
- 2 Zucchini (medium, spiralized into noodles)
- 2 tbsps Nutritional Yeast
- 1/4 cup Unsweetened Almond Milk
- 1 Garlic (clove, minced)
- 1 tbsp Arrowroot Powder
- 1 tsp Sea Salt
- 1 tbsp Parsley (chopped)

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 368 |
| Fat | 22g |
| Saturated | 4g |
| Polyunsaturated | 3g |
| Monounsaturated | 12g |
| Carbs | 16g |
| Fiber | 4g |
| Protein | 29g |
| Vitamin A | 437IU |
| Vitamin C | 27mg |
| Calcium | 81mg |
| Vitamin D | 11IU |
| Riboflavin | 5.4mg |
| Niacin | 37mg |

Directions

- 1 Boil enough water to cover the cashews. Pour the water over the cashews and allow them to soak while you prepare the meat.
- 2 In a pan over medium heat, add half of the oil. Once heated, add the chicken breast and bacon and cook for 7 to 10 minutes or until cooked through. Discard the fat and set the bacon and chicken aside.
- 3 To the same pan, add the remaining oil, along with the onions and mushrooms. Cook on medium heat for 5 minutes or until soft.
- 4 While the mushrooms and onions are cooking, prepare the sauce. Drain the cashews and add them to a blender along with the nutritional yeast, almond milk, garlic, arrowroot powder and sea salt. Blend until smooth and creamy.
- 5 In the same pan as the onions and mushrooms, add the zucchini noodles, chopped chicken and bacon. Pour the sauce into the pan and mix well to combine. Keep everything in the pan until it is warmed through.
- 6 Divide between bowls and top with fresh parsley. Enjoy!

| | |
|-------------|--------|
| Vitamin B6 | 6.0mg |
| Folate | 57µg |
| Vitamin B12 | 22.8µg |
| Magnesium | 85mg |
| Zinc | 2mg |