







## Peach Buckwheat Pudding

1 serving  
2 hours 10 minutes

### Ingredients

- 1/2 cup Buckwheat Groats (dry)
- 1/3 cup Unsweetened Almond Milk
- 1 tbsp Chia Seeds
- 1 tbsp Almond Butter
- 1/8 tsp Cinnamon
- 1 Peach (sliced)
- 2 tbsps Blueberries

### Nutrition

Amount per serving	
Calories	519
Fat	16g
Saturated	1g
Polyunsaturated	3g
Monounsaturated	6g
Carbs	87g
Fiber	16g
Protein	17g
Vitamin A	667IU
Vitamin C	12mg
Calcium	299mg
Vitamin D	34IU
Vitamin K	8µg
Riboflavin	0.4mg
Vitamin B6	0.4mg
Folate	50µg
Vitamin B12	0µg
Magnesium	280mg
Zinc	3mg

### Directions

- 1 Place the buckwheat groats in a medium-sized bowl and cover with water. Let soak for at least 2 hours, or overnight.
- 2 Drain and rinse the buckwheat and add it to a food processor with the milk, chia seeds, almond butter, and cinnamon. Blend until smooth.
- 3 Add buckwheat pudding to a bowl and top with peaches and blueberries. Enjoy!



## Coconut Hemp Seed Breakfast Pudding

1 serving

3 hours

### Ingredients

- 1/2 cup Canned Coconut Milk (full fat)
- 1 tsp Monk Fruit Sweetener
- 1/4 tsp Vanilla Extract
- 1/4 cup Hemp Seeds
- 1 1/2 tbsps Ground Flax Seed
- 1 1/2 tbsps Chia Seeds
- 1 tsp Unsweetened Shredded Coconut
- 1/4 cup Raspberries

### Directions

- 1 In a small mixing bowl, whisk the coconut milk, monk fruit sweetener and vanilla together. Stir in hemp seeds, ground flax seeds and chia seeds. Mix well.
- 2 Cover the coconut milk and seed mixture. Refrigerate until set. This will take at least 3 hours. You can also set it overnight.
- 3 Thin with additional coconut milk or water, if necessary. Top the pudding with the shredded coconut and raspberries. Enjoy!

### Nutrition

Amount per serving	
Calories	606
Fat	51g
Saturated	23g
Polyunsaturated	18g
Monounsaturated	3g
Carbs	25g
Fiber	11g
Protein	20g
Vitamin A	15IU
Vitamin C	8mg
Calcium	156mg
Vitamin D	0IU
Vitamin K	2µg
Riboflavin	0.1mg
Vitamin B6	0.3mg
Folate	50µg
Vitamin B12	0µg
Magnesium	339mg
Zinc	4mg



## Lemon Dill Baked Salmon

4 servings

25 minutes

### Ingredients

- 567 grams Salmon Fillet
- 1 tbsp Ghee (melted)
- 2 Garlic (cloves, minced)
- 2 tbsps Fresh Dill (chopped)
- 1 Lemon (zested and juiced)
- 1/4 tsp Sea Salt (or more to taste)
- 4 cups Mixed Greens

### Nutrition

Amount per serving	
Calories	240
Fat	12g
Saturated	3g
Polyunsaturated	4g
Monounsaturated	3g
Carbs	2g
Fiber	0g
Protein	29g
Vitamin A	79IU
Vitamin C	9mg
Calcium	41mg
Vitamin D	0IU
Vitamin K	0µg
Riboflavin	0.5mg
Vitamin B6	1.2mg
Folate	38µg
Vitamin B12	4.5µg
Magnesium	42mg
Zinc	1mg

### Directions

- 1 Preheat the oven to 375°F (191°C).
- 2 Line a baking sheet with aluminum foil and place the salmon in the middle.
- 3 In a small jar, mix together the melted ghee, garlic, dill, lemon juice, lemon zest and sea salt. Pour it over the salmon. Fold up the edges of the foil so that the fish is sealed in a pouch. Bake for 15 to 20 minutes or until fish flakes with a fork.
- 4 Remove the salmon from the oven and serve with mixed greens. Enjoy!





## Ginger Cilantro Salmon Burgers

2 servings

30 minutes

### Ingredients

227 grams Salmon Fillet (skinless, cut into 1/2-inch chunks)

1/4 cup Cilantro (finely chopped)

1 tbsp Ginger (peeled and finely grated)

2 tsps Coconut Aminos

1 tsp Sesame Oil

1 tsp Lime Juice

1 tbsp Avocado Oil

### Nutrition

Amount per serving	
Calories	251
Fat	16g
Saturated	2g
Polyunsaturated	5g
Monounsaturated	8g
Carbs	2g
Fiber	0g
Protein	23g
Vitamin A	182IU
Vitamin C	1mg
Calcium	16mg
Vitamin D	0IU
Vitamin K	7µg
Riboflavin	0.4mg
Vitamin B6	0.9mg
Folate	30µg
Vitamin B12	3.6µg
Magnesium	35mg
Zinc	1mg

### Directions

1

Add the salmon to the bowl of a food processor (including the blade) and place in the freezer for 15 minutes.

2

Meanwhile, in a large mixing bowl combine the cilantro, ginger, coconut aminos, sesame oil and lime juice. Set aside.

3

Remove the food processor bowl from the freezer. Pulse the salmon 4 to 5 times until finely chopped but not a puree. Fold the chopped salmon into the cilantro and ginger mixture.

4

Form the mixture into patties. If it is too wet, refrigerate for 20 minutes to stiffen before forming into patties.

5

Heat the avocado oil in a large non-stick pan over medium-high heat. Cook the salmon burgers for 4 to 5 minutes per side, or until cooked through and firm to the touch. Serve immediately and enjoy.



## One Pan Salmon, Kale & Cabbage

2 servings

20 minutes

### Ingredients

- 6 cups Green Cabbage (roughly chopped)
- 4 cups Kale Leaves (roughly chopped)
- 3 tbsps Avocado Oil
- 227 grams Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Fresh Dill (finely chopped)
- 2 tbsps Apple Cider Vinegar
- 1 tsp Dijon Mustard

### Nutrition

Amount per serving	
Calories	434
Fat	29g
Saturated	4g
Polyunsaturated	6g
Monounsaturated	17g
Carbs	18g
Fiber	8g
Protein	27g
Vitamin A	2414IU
Vitamin C	138mg
Calcium	230mg
Vitamin D	0IU
Vitamin K	367µg
Riboflavin	0.7mg
Vitamin B6	1.3mg
Folate	171µg
Vitamin B12	3.6µg
Magnesium	80mg
Zinc	1mg

### Directions

- 1 Preheat oven to 450°F (232°C) and line a baking pan with foil.
- 2 Add cabbage and kale to the baking pan and toss with 1/3 of the avocado oil. Bake for 6 minutes. Remove from oven and stir.
- 3 Pat the salmon fillets dry and season with salt and pepper. Lay the salmon over the cabbage and kale. Bake together for 10 minutes, or until salmon is cooked through.
- 4 Meanwhile, add the remaining avocado oil, dill, vinegar, mustard, salt and pepper to a small mason jar. Cover with the lid and shake before serving.
- 5 Divide salmon, cabbage and kale onto plates. Drizzle with your desired amount of dressing. Enjoy!





## Red Curry Salmon & Veggie Foil Packets

2 servings  
30 minutes

### Ingredients

2 cups Bok Choy (baby, halved)  
1 Red Bell Pepper (sliced)  
227 grams Salmon Fillet  
1/4 cup Canned Coconut Milk  
1 tbsp Lime Juice  
1 tbsp Thai Red Curry Paste  
Sea Salt & Black Pepper (optional)

### Nutrition

Amount per serving	
Calories	250
Fat	13g
Saturated	6g
Polyunsaturated	3g
Monounsaturated	2g
Carbs	8g
Fiber	2g
Protein	25g
Vitamin A	6540IU
Vitamin C	110mg
Calcium	94mg
Vitamin D	0IU
Vitamin K	35µg
Riboflavin	0.5mg
Vitamin B6	1.3mg
Folate	103µg
Vitamin B12	3.6µg
Magnesium	54mg
Zinc	1mg

### Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 Cut large pieces of aluminum foil big enough to form a packet. You'll need one per serving. Divide the bok choy, bell peppers and salmon fillets equally between the foil pieces.
- 3 In a small mixing bowl, whisk together the coconut milk, lime juice and red curry paste. Spoon the curry sauce over top of the fish and vegetables. Fold the foil to tightly seal each packet. Carefully transfer the packets to a baking sheet.
- 4 Bake for 20 to 25 minutes, or until fish flakes easily and is cooked through.
- 5 To serve, transfer the contents of the packets to a plate and season with salt and pepper. Enjoy!



## 15 Minute Halibut with Dill Pesto

4 servings

15 minutes

### Ingredients

- 1 cup Parsley (packed)
- 1/4 cup Fresh Dill (packed)
- 1/3 cup Slivered Almonds
- 3 tbsps Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 1 Garlic (clove)
- Sea Salt & Black Pepper
- 567 grams Halibut Fillet
- 1 1/2 tsps Coconut Oil
- 8 cups Mixed Greens (or Arugula)

### Directions

- 1 In a food processor, combine the parsley, dill, slivered almonds, olive oil, lemon juice and garlic. Season with sea salt and black pepper to taste and blend well until a thick paste forms. Transfer to a bowl and set aside.
- 2 Season halibut with sea salt and black pepper. Heat coconut oil in a cast iron skillet over medium-high heat. Cook fish for 3 to 4 minutes per side, or until golden. Fish should flake with a fork when finished.
- 3 Divide mixed greens between plates. Set halibut on the greens and top with a large dollop of pesto. Enjoy!

### Nutrition

Amount per serving	
Calories	327
Fat	20g
Saturated	4g
Polyunsaturated	2g
Monounsaturated	8g
Carbs	6g
Fiber	3g
Protein	31g
Vitamin A	1419IU
Vitamin C	33mg
Calcium	104mg
Vitamin D	269IU
Vitamin K	255µg
Riboflavin	0.1mg
Vitamin B6	0.8mg
Folate	43µg
Vitamin B12	1.6µg
Magnesium	41mg
Zinc	1mg





## Sardines & Mashed Cauliflower with Spinach

2 servings

15 minutes

### Ingredients

- 85 grams Sardines (in oil, drained)
- 1/4 Lemon (juiced)
- 1/2 head Cauliflower (chopped into florets)
- 2 tbsps Water
- 1/4 tsp Sea Salt
- 2 cups Baby Spinach
- 2 tbsps Dried Chives

### Nutrition

Amount per serving	
Calories	134
Fat	5g
Saturated	1g
Polyunsaturated	2g
Monounsaturated	2g
Carbs	9g
Fiber	4g
Protein	14g
Vitamin A	2996IU
Vitamin C	83mg
Calcium	228mg
Vitamin D	82IU
Vitamin K	169µg
Riboflavin	0.2mg
Vitamin B6	0.4mg
Folate	148µg
Vitamin B12	3.8µg
Magnesium	64mg
Zinc	1mg

### Directions

- 1 Add the sardines and lemon juice to a small bowl and let them marinate.
- 2 Bring a large pot of water to a boil under a steamer. Steam the cauliflower for 10 to 12 minutes, or until soft.
- 3 Remove from heat and blend in a food processor until smooth. If needed, add water until your desired consistency is reached.
- 4 Divide the mashed cauliflower, sardines and spinach onto plates or into containers if on-the-go. Garnish with dried chives and enjoy!



## Avocado Sweet Potato Toast with Poached Egg

2 servings

15 minutes

### Ingredients

- 1 Sweet Potato (large)
- 4 Egg
- 1 Avocado
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	360
Fat	24g
Saturated	5g
Polyunsaturated	4g
Monounsaturated	14g
Carbs	22g
Fiber	9g
Protein	16g
Vitamin A	9908IU
Vitamin C	12mg
Calcium	88mg
Vitamin D	82IU
Vitamin K	23µg
Riboflavin	0.6mg
Vitamin B6	0.6mg
Folate	136µg
Vitamin B12	0.9µg
Magnesium	57mg
Zinc	2mg

### Directions

- 1 Trim the pointy ends off the sweet potato then lay it on its side on a cutting board. Slice it lengthwise into 1/4 inch slices.
- 2 Pop the sweet potato slices into the toaster and toast twice. You may need to toast a third time depending on your toaster. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 - 6 minutes per side, or until golden brown.
- 3 While the sweet potato toasts, carve the flesh of the avocado out into a bowl. Season with a pinch of sea salt and black pepper and mash with a fork until smooth and creamy.
- 4 Poach, fry or hardboil the eggs.
- 5 Spread the mashed avocado over the sweet potato toasts and top with cooked eggs. Season with sea salt, black pepper and/or red pepper flakes. Enjoy!





## Sweet Potato Baked Egg

1 serving  
45 minutes

### Ingredients

- 1 Sweet Potato (large enough to hold an egg)
- 1 1/2 tsps Extra Virgin Olive Oil
- 2 Egg

### Nutrition

Amount per serving	
Calories	314
Fat	16g
Saturated	4g
Polyunsaturated	3g
Monounsaturated	9g
Carbs	27g
Fiber	4g
Protein	15g
Vitamin A	18983IU
Vitamin C	3mg
Calcium	95mg
Vitamin D	82IU
Vitamin K	7µg
Riboflavin	0.5mg
Vitamin B6	0.5mg
Folate	61µg
Vitamin B12	0.9µg
Magnesium	45mg
Zinc	2mg

### Directions

- 1 Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 2 Slice the sweet potatoes in half lengthwise, and brush the flesh with oil. Bake face-down on the baking sheet for 30 minutes or until tender.
- 3 Once tender, remove the sweet potato from the oven and let cool enough to handle. Use a spoon to scoop out some flesh from each half of the sweet potato to make room for the egg. (Note: You can use the sweet potato you remove later, as a side dish or in smoothies.)
- 4 Crack an egg into the hole you created in the sweet potato, and return to the oven for 10 to 15 minutes, depending on how runny you like your eggs.
- 5 Remove from oven and enjoy!



## Fried Eggs & Steamed Spinach

1 serving  
10 minutes

### Ingredients

- 2 cups Baby Spinach
- 1 tbsp Water
- Sea Salt & Black Pepper (to taste)
- 1 tsp Ghee
- 2 Egg

### Nutrition

Amount per serving	
Calories	193
Fat	14g
Saturated	6g
Polyunsaturated	2g
Monounsaturated	4g
Carbs	3g
Fiber	1g
Protein	14g
Vitamin A	6166IU
Vitamin C	17mg
Calcium	117mg
Vitamin D	82IU
Vitamin K	290µg
Riboflavin	0.6mg
Vitamin B6	0.3mg
Folate	163µg
Vitamin B12	0.9µg
Magnesium	60mg
Zinc	2mg

### Directions

- 1 Heat a pan over medium heat and add spinach and water. Stir just until wilted, then remove from heat. Season with sea salt, pepper and ghee. Transfer to a plate.
- 2 In the same pan, cook your eggs. Season with sea salt and pepper.
- 3 Plate the spinach with eggs. Enjoy!





## Breakfast Potato & Egg Tacos

3 servings  
40 minutes

### Ingredients

- 2 cups Mini Potatoes (quartered)
- 1/2 Yellow Onion (chopped)
- 1 Red Bell Pepper (chopped)
- 1/8 tsp Sea Salt
- 1/2 tsp Smoked Paprika
- 1 tsp Avocado Oil
- 3 Egg
- 6 Corn Tortilla
- 1/3 cup Salsa
- 43 grams Cheddar Cheese (shredded)
- 1 Avocado (optional, sliced)
- 1/4 cup Microgreens (optional)

### Nutrition

Amount per serving	
Calories	497
Fat	22g
Saturated	6g
Polyunsaturated	3g
Monounsaturated	11g
Carbs	59g
Fiber	11g
Protein	16g
Vitamin A	2126IU
Vitamin C	79mg
Calcium	370mg
Vitamin D	44IU
Vitamin K	20µg
Riboflavin	0.5mg
Vitamin B6	0.7mg
Folate	116µg

### Directions

- 1 Preheat the oven to 425°F (218°C). Add the potatoes, onion, bell pepper, sea salt, paprika and avocado oil in a baking dish. Toss well to coat. Bake for 30 minutes, until the potatoes are cooked through.
- 2 Heat a skillet over medium heat and scramble the eggs until cooked through. Set aside.
- 3 Top each tortilla with potato mix, eggs, and salsa. Add shredded cheese, sliced avocado, and microgreens (optional). Enjoy!

---

Vitamin B12	0.6µg
Magnesium	63mg
Zinc	2mg





## Creamy Mushrooms & Chicken Liver

4 servings

20 minutes

### Ingredients

- 1 tbsp Avocado Oil
- 4 cups Shiitake Mushrooms (sliced)
- 227 grams Chicken Liver
- 3/4 tsp Sea Salt
- 3/4 tsp Dried Thyme
- 1/4 cup Canned Coconut Milk (full fat)
- 3/4 cup Water

### Nutrition

Amount per serving	
Calories	206
Fat	9g
Saturated	4g
Polyunsaturated	1g
Monounsaturated	3g
Carbs	22g
Fiber	3g
Protein	12g
Vitamin A	6266IU
Vitamin C	11mg
Calcium	17mg
Vitamin D	41IU
Vitamin K	3µg
Riboflavin	1.3mg
Vitamin B6	0.7mg
Folate	363µg
Vitamin B12	9.4µg
Magnesium	32mg
Zinc	3mg

### Directions

- 1 In a large pan, heat the oil over medium-high heat. Add mushrooms and cook for about 3 to 5 minutes. Add chicken liver and stir occasionally for 1 to 2 more minutes.
- 2 Season with salt and thyme. Add coconut milk and water, and let it simmer for about 10 more minutes or until cooked through.
- 3 Divide into bowls and enjoy!



## Cucumbers with Beef Liver Pate

8 servings

15 minutes

### Ingredients

- 6 slices Bacon
- 1 Yellow Onion (small, minced)
- 4 Garlic (cloves, minced)
- 454 grams Beef Liver
- 2 tbsps Dried Thyme
- 1/2 cup Coconut Oil (melted)
- 1/2 tsp Sea Salt
- 1 Cucumber (sliced)

### Nutrition

Amount per serving	
Calories	296
Fat	23g
Saturated	15g
Polyunsaturated	2g
Monounsaturated	4g
Carbs	6g
Fiber	1g
Protein	15g
Vitamin A	9666IU
Vitamin C	3mg
Calcium	32mg
Vitamin D	31IU
Vitamin K	21µg
Riboflavin	1.6mg
Vitamin B6	0.7mg
Folate	169µg
Vitamin B12	33.8µg
Magnesium	20mg
Zinc	3mg

### Directions

- 1 In a cast iron pan, cook the bacon slices until crispy. Set aside the bacon and reserve the grease.
- 2 Add the onion, garlic, liver and thyme to the pan. Cook over medium heat until the liver is cooked through, about 5 minutes per side.
- 3 Remove from heat and transfer to a blender or food processor along with the bacon. Add the coconut oil and salt and blend until a smooth paste forms.
- 4 Spread onto cucumber slices and enjoy!