





Mango Green Smoothie Bowl

1 serving

5 minutes

Ingredients

- 1 Banana (frozen)
- 1 cup Frozen Mango
- 1 cup Baby Spinach
- 1/4 cup Vanilla Protein Powder
- 3/4 cup Unsweetened Almond Milk
- 1/2 Kiwi (peeled and sliced)
- 1/2 cup Blueberries (fresh or frozen)
- 1 tbsp Hemp Seeds

Directions

- 1 Throw the banana, frozen mango, baby spinach, protein powder and almond milk into a blender. Blend well until smooth.
- 2 Pour into a bowl and top with kiwi, blueberries, hemp seeds and any other favourite toppings. Enjoy!

Nutrition

Amount per serving	
Calories	436
Fat	9g
Saturated	1g
Polyunsaturated	5g
Monounsaturated	2g
Carbs	72g
Fiber	11g
Protein	27g
Vitamin A	5119IU
Vitamin C	118mg
Calcium	529mg
Vitamin D	76IU
Vitamin K	181µg
Riboflavin	0.8mg
Vitamin B6	1.0mg
Folate	185µg
Vitamin B12	0.6µg
Magnesium	212mg
Zinc	3mg



Pistachio Crusted Salmon

4 servings

30 minutes

Ingredients

- 1/2 cup Pistachios (removed from shell)
- 1/4 tsp Sea Salt
- 567 grams Salmon Fillet
- 1/4 cup Pine Nuts
- 1 Garlic (clove, minced)
- 2 cups Parsley (chopped)
- 1/4 cup Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 1 head Cauliflower (chopped into florets)

Nutrition

Amount per serving	
Calories	515
Fat	36g
Saturated	5g
Polyunsaturated	10g
Monounsaturated	18g
Carbs	16g
Fiber	6g
Protein	36g
Vitamin A	2700IU
Vitamin C	117mg
Calcium	111mg
Vitamin D	0IU
Vitamin K	534µg
Riboflavin	0.7mg
Vitamin B6	1.7mg
Folate	179µg
Vitamin B12	4.5µg
Magnesium	119mg
Zinc	3mg

Directions

- 1 Preheat oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 2 Place pistachios and sea salt in a blender and pulse just until coarse but not into a fine powder. (Do not over process!)
- 3 Lay fillets on the baking sheet and coat with the pistachio mixture. Place in the oven and bake for 15 minutes or until fish flakes with fork.
- 4 Meanwhile, create your pesto by combining the pine nuts, garlic, parsley, olive oil and lemon juice in the food processor. Blend until smooth and transfer to a jar.
- 5 Create your cauliflower rice by adding the florets to the food processor. Process until the cauliflower has a rice-like consistency. Transfer into a bowl.
- 6 Remove the salmon from the oven. To serve, add a few spoonfuls of cauliflower rice to the plate and top with salmon. Add a spoonful of pesto and garnish with a lemon wedge. Enjoy!



Sweet Potato Tuna Burgers with Dill Mayo

4 servings
45 minutes

Ingredients

- 1 Sweet Potato
- 2 cans Tuna (drained and flaked)
- 1/3 cup Almond Flour
- 3 stalks Green Onion (chopped)
- 1 Egg
- 1/2 tsp Oregano
- 1/2 tsp Paprika
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 3 cups Asparagus (washed and trimmed)
- 1 cup Cashews
- 1/4 cup Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 1 tbsp Nutritional Yeast
- 1/4 cup Fresh Dill (chopped)
- 1/3 cup Water

Nutrition

Amount per serving	
Calories	523
Fat	36g
Saturated	6g
Polyunsaturated	5g
Monounsaturated	20g
Carbs	26g
Fiber	6g
Protein	29g
Vitamin A	6034IU
Vitamin C	13mg

Directions

- 1 Peel sweet potato and chop into 1/2 inch slices. Fill a pot with water and bring to a boil. Place sweet potato in a steaming basket and steam for 7 to 10 minutes. Transfer into a bowl and mash with a fork. Measure out 1 cup mashed sweet potato (or 2 cups if you are doubling the recipe) and set aside.
- 2 Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper. Combine tuna, mashed sweet potato, flour, green onion, egg, oregano, paprika, sea salt and black pepper together in a bowl. Mix well. Use your hands to form into even cakes. Drop the cakes onto one side of the baking sheet. Place in the oven and set your timer for 15 minutes.
- 3 Meanwhile, trim the ends from the asparagus and toss in olive oil and season with sea salt and pepper.
- 4 Remove the cakes from the oven after 15 minutes. Flip them and add the asparagus to the other side of the baking sheet. Bake together in the oven for another 15 minutes or until the asparagus is tender.
- 5 Meanwhile, create your dill mayo by combining cashews, olive oil, lemon juice, nutritional yeast, dill and water together in a blender or food processor. Season with a pinch of sea salt. Blend until a creamy consistency forms.
- 6 Remove from oven. Plate asparagus and top with tuna cake(s). Drizzle with desired amount of dill mayo. Enjoy!

Calcium	105mg
Vitamin D	49IU
Vitamin K	78µg
Riboflavin	2.2mg
Vitamin B6	2.5mg
Folate	95µg
Vitamin B12	10.7µg
Magnesium	163mg
Zinc	3mg



Pulled Chicken & Pesto Wraps

4 servings

1 hour 10 minutes

Ingredients

- 454 grams Chicken Breast
- 1 cup Vegetable Broth
- 2/3 cup Walnuts
- 1/2 cup Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 2 cups Baby Spinach
- 1 cup Basil Leaves
- 1/4 tsp Sea Salt
- 1/2 tsp Black Pepper
- 4 cups Collard Greens (washed and stems removed)

Nutrition

Amount per serving	
Calories	529
Fat	43g
Saturated	6g
Polyunsaturated	13g
Monounsaturated	22g
Carbs	7g
Fiber	3g
Protein	31g
Vitamin A	3941IU
Vitamin C	24mg
Calcium	147mg
Vitamin D	1IU
Vitamin K	292µg
Riboflavin	0.3mg
Vitamin B6	1.1mg
Folate	115µg
Vitamin B12	0.2µg
Magnesium	93mg

Directions

- 1 Preheat oven to 325°F (163°C).
- 2 Place chicken breasts in a oven-safe glass dish and pour in vegetable broth. Tightly cover with foil. Bake in the oven for 60 minutes.
- 3 Meanwhile, create your pesto by combining walnuts, olive oil, lemon juice, spinach, basil, sea salt and black pepper in a food processor. Blend until smooth.
- 4 Remove chicken from oven. Use a fork to shred the chicken.
- 5 Place the pulled chicken in a bowl and toss with desired amount of pesto.
- 6 Drop a few spoonfuls into a collard green and wrap it up. Enjoy!

Zinc

2mg



Chicken, Broccoli & Cashew Stir Fry

4 servings
45 minutes

Ingredients

227 grams Chicken Breast
3/4 cup Quinoa
1 1/2 cups Water
2 tbsps Tamari
1 tbsp Raw Honey
1 tbsp Apple Cider Vinegar
4 cups Broccoli (cut into florets)
1 tbsp Coconut Oil
1 Yellow Bell Pepper (diced)
1/2 Sweet Onion (chopped)
1 tbsp Ginger (grated)
3 Garlic (cloves, minced)
1/2 cup Cashews
3 stalks Green Onion (chopped)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	399
Fat	15g
Saturated	5g
Polyunsaturated	3g
Monounsaturated	6g
Carbs	44g
Fiber	6g
Protein	24g
Vitamin A	1042IU
Vitamin C	170mg
Calcium	102mg
Vitamin D	1IU

Directions

- 1 Preheat oven to 350°F (177°C). Sprinkle the chicken with your clean spices of choice. Place on a baking sheet and bake for 30 minutes. Once done, remove from oven and dice into pieces or strips.
- 2 Meanwhile, add quinoa and water to a medium sized pot. Heat on high until it reaches a boil. Once boiling, cover and reduce to a simmer for 12 to 15 minutes. Once all liquid is absorbed, remove the cooked quinoa from heat, fluff with a fork and set aside.
- 3 Combine the tamari, honey and vinegar in a bowl and stir until mixed. Set aside.
- 4 Steam broccoli until bright green (~5 minutes). Do not overcook as this reduces the nutritional value.
- 5 Heat oil in the skillet. Add the yellow pepper and cook while stirring occasionally for 1 minute. Add the ginger, sweet onion and garlic and cook for another minute. Stir in the broccoli, chicken and tamari mixture. Stir until heated through or until tamari mixture is absorbed.
- 6 Serve stir fry over a layer of quinoa and garnish with cashews and green onion. Season with sea salt and pepper to taste. Enjoy!

Vitamin K	113µg
Riboflavin	0.4mg
Vitamin B6	1.0mg
Folate	159µg
Vitamin B12	0.1µg
Magnesium	160mg
Zinc	3mg



Herbed Pork Roast with Sweet Potato Mash

4 servings

1 hour

Ingredients

- 1 1/2 tsps Rosemary (fresh or dried)
- 1 1/2 tsps Thyme (fresh or dried)
- 4 Garlic (cloves, minced)
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 907 grams Pork Tenderloin
- 2 tbsps Extra Virgin Olive Oil
- 3 Sweet Potato (medium, peeled)
- 1/2 cup Unsweetened Almond Milk (optional)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	400
Fat	12g
Saturated	3g
Polyunsaturated	2g
Monounsaturated	7g
Carbs	21g
Fiber	3g
Protein	49g
Vitamin A	13917IU
Vitamin C	4mg
Calcium	106mg
Vitamin D	31IU
Vitamin K	6µg
Riboflavin	0.8mg
Vitamin B6	2.0mg
Folate	11µg
Vitamin B12	1.2µg
Magnesium	90mg

Directions

- 1 Preheat oven to 400°F (204°C).
- 2 Mash together rosemary, thyme, garlic, sea salt and black pepper into a paste.
- 3 Cut slits into the pork tenderloin and stuff with the garlic herb paste. Rub pork tenderloin with the remaining paste and olive oil until evenly coated.
- 4 Place in a baking pan and bake for 45 minutes, or until a meat thermometer reads 145°F (63°C). Cover with tinfoil and let sit for 10 minutes before slicing.
- 5 Meanwhile, chop sweet potato into 1/2 inch slices. Fill a pot with water and bring to a boil. Place sweet potato in a steaming basket and steam for 7 to 10 minutes. Transfer into a bowl and mash with a fork. Add almond milk for a creamier consistency (optional) and season with salt and pepper to taste.
- 6 Slice pork into servings and enjoy with sweet potato mash.

Zinc

5mg



Slow Cooker Beef & Butternut Squash Soup

4 servings

8 hours

Ingredients

454 grams 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
Polyunsaturated	0g
Monounsaturated	3g
Carbs	25g
Fiber	4g
Protein	29g
Vitamin A	22330IU
Vitamin C	44mg
Calcium	122mg
Vitamin D	5IU
Vitamin K	4µg
Riboflavin	0.4mg
Vitamin B6	1.1mg
Folate	64µg
Vitamin B12	2.6µg
Magnesium	97mg
Zinc	7mg

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!



Pressure Cooker Thai Red Curry Beef

4 servings

1 hour

Ingredients

- 2 tsp Coconut Oil (divided)
- 454 grams Stewing Beef (diced into cubes)
- Sea Salt & Black Pepper (to taste)
- 1 Yellow Onion (small, thinly sliced)
- 1 tsp Ginger (minced)
- 2 tbsps Thai Red Curry Paste
- 2 tbsps Tomato Paste
- 1 tbsp Fish Sauce
- 1 tbsp Coconut Sugar
- 1 Carrot (large, chopped)
- 2 heads Cauliflower (sliced into florets)
- 3/4 cup Canned Coconut Milk
- 1 Lime (juiced)
- 1/2 cup Brown Rice (optional, dry/uncooked)
- 2 stalks Green Onion (optional, chopped)
- 1/4 cup Cilantro (optional, chopped)

Directions

- 1 Turn your pressure cooker onto sauté mode and add half of the coconut oil. Season the beef with sea salt and pepper. Add to the pressure cooker and brown on all sides. Remove with a slotted spoon and set aside.
- 2 Add the remaining coconut oil and sliced onion to the pressure cooker and sauté for about 3 to 4 minutes. Add the ginger during the last minute, stirring frequently. Then add the curry paste, tomato paste, fish sauce, coconut sugar, carrots, cauliflower and beef. Stir well to combine.
- 3 Put the lid on the pressure cooker and change to pressure cooker mode. Cook for 35 minutes and then let the steam release naturally.
- 4 If making the brown rice, cook according to package directions.
- 5 Remove the lid from the pressure cooker and add the coconut milk and lime juice. Mix well, then serve over rice with optional garnishes like green onion and cilantro.

Nutrition

Amount per serving	
Calories	453
Fat	18g
Saturated	12g
Polyunsaturated	1g
Monounsaturated	3g
Carbs	45g
Fiber	8g
Protein	34g

Vitamin A	4490IU
Vitamin C	149mg
Calcium	109mg
Vitamin D	5IU
Vitamin K	63µg
Riboflavin	0.4mg
Vitamin B6	1.4mg
Folate	186µg
Vitamin B12	2.6µg
Magnesium	110mg
Zinc	8mg



Coconut Ginger Pan-Fried Pork Chops

4 servings

20 minutes

Ingredients

- 567 grams Pork Chop
- 1/2 tsp Sea Salt
- 1 tbsp Extra Virgin Olive Oil
- 1/4 Yellow Onion (very finely chopped)
- 2 Garlic (cloves, minced)
- 1 tbsp Ginger (fresh, minced)
- 1/4 cup Water
- 1 cup Canned Coconut Milk (full fat)
- 1/4 cup Cilantro (chopped)
- 1 1/2 tsps Lime Juice

Nutrition

Amount per serving	
Calories	383
Fat	27g
Saturated	15g
Polyunsaturated	2g
Monounsaturated	7g
Carbs	3g
Fiber	0g
Protein	30g
Vitamin A	77IU
Vitamin C	1mg
Calcium	37mg
Vitamin D	30IU
Vitamin K	5µg
Riboflavin	0.3mg
Vitamin B6	1.0mg
Folate	1µg
Vitamin B12	0.8µg
Magnesium	37mg
Zinc	3mg

Directions

- 1 Pat the pork chops dry with a paper towel and season both sides with the salt.
- 2 Heat the oil in a large skillet over medium-high heat. Add the pork chops to the pan and cook for 3 to 5 minutes per side or until cooked through. Transfer the cooked pork chops to a plate and cover to keep warm.
- 3 Reduce the heat to medium and add the onion, garlic and ginger to the same pan. Cook, stirring continuously, for about a minute until very fragrant. Add the water to the pan and scrape any brown bits away from the bottom of the pan. Stir in the coconut milk.
- 4 Bring the sauce to a gentle boil and let it simmer until the sauce has thickened, about 8 minutes. Remove the pan from the heat and stir in the cilantro and lime juice. Season the sauce with salt or additional lime juice if needed.
- 5 To serve, divide pork chops between plates and top generously with the coconut pan sauce. Enjoy!



Crispy Pork with Arugula & Cucumber

4 servings
30 minutes

Ingredients

- 1 tbsp Dijon Mustard
- 454 grams Pork Tenderloin (fat trimmed, patted dry)
- 2 tbsps Brown Rice Flour
- 1 tsp Sea Salt
- 1 tsp Ground Sage
- 2 tbsps Extra Virgin Olive Oil
- 6 cups Arugula
- 1 Cucumber (sliced)

Nutrition

Amount per serving	
Calories	224
Fat	10g
Saturated	2g
Polyunsaturated	1g
Monounsaturated	6g
Carbs	8g
Fiber	1g
Protein	25g
Vitamin A	801IU
Vitamin C	7mg
Calcium	69mg
Vitamin D	9IU
Vitamin K	52µg
Riboflavin	0.4mg
Vitamin B6	1.0mg
Folate	36µg
Vitamin B12	0.6µg
Magnesium	61mg
Zinc	3mg

Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Spread the mustard over the pork tenderloin until evenly coated.
- 3 In a shallow bowl, combine the flour, salt and sage. Press the pork tenderloin into the flour mixture until completely covered.
- 4 Heat the oil in a large skillet over medium-high heat. Sear the pork tenderloin for about 2 to 3 minutes per side, or until golden brown.
- 5 Transfer the skillet to the oven and continue baking for 15 to 20 minutes.
- 6 Remove from the oven, cover with foil and let sit for 5 to 10 minutes before serving.
- 7 Slice the pork tenderloin. Serve with arugula and cucumber. Enjoy!



Asian Meatballs with Cauliflower Rice

4 servings
40 minutes

Ingredients

454 grams Lean Ground Pork
1 tbsp Sesame Oil
1 tbsp Coconut Aminos
2 Garlic (cloves, minced)
1 tbsp Ginger (peeled and grated)
3 stalks Green Onion (chopped)
Sea Salt & Black Pepper (to taste)
1 head Cauliflower (medium)
1/4 cup Sesame Seeds

Nutrition

Amount per serving	
Calories	375
Fat	26g
Saturated	7g
Polyunsaturated	6g
Monounsaturated	11g
Carbs	12g
Fiber	4g
Protein	25g
Vitamin A	361IU
Vitamin C	73mg
Calcium	145mg
Vitamin D	19IU
Vitamin K	37µg
Riboflavin	0.5mg
Vitamin B6	1.0mg
Folate	98µg
Vitamin B12	0.8µg
Magnesium	74mg
Zinc	3mg

Directions

- 1 Preheat your oven to 350°F (177°C) and line a baking sheet with parchment.
- 2 In a mixing bowl, combine the ground pork, sesame oil, coconut aminos, minced garlic, ginger, 1/2 the green onion, salt and pepper. Mix well and roll mixture into 1.5-inch balls.
- 3 Place the meatballs on the baking sheet and place in oven for 30 minutes. While the meatballs are cooking, grate your cauliflower to make cauliflower rice.
- 4 To serve, divide the cauliflower rice between bowls and season with a little extra coconut aminos. Top the cauliflower with meatballs, sprinkle with sesame seeds, and remaining green onion. Enjoy!



Thai Chicken & Mushroom Soup

2 servings
40 minutes

Ingredients

- 1 1/2 tsp Coconut Oil
- 1 Garlic (clove, minced)
- 1 tsp Ginger (minced)
- 3 cups Chicken Broth
- 1 tbsp Coconut Aminos
- 6 grams Lemongrass (peeled, chopped into large pieces)
- 227 grams Chicken Breast (skinless, boneless, chopped into cubes)
- 1 1/2 cups Shiitake Mushrooms (sliced)
- 1 cup Canned Coconut Milk
- 1 tbsp Lime Juice
- 1/4 cup Thai Basil (chopped)

Nutrition

Amount per serving	
Calories	478
Fat	29g
Saturated	23g
Polyunsaturated	1g
Monounsaturated	1g
Carbs	24g
Fiber	2g
Protein	31g
Vitamin A	325IU
Vitamin C	4mg
Calcium	44mg
Vitamin D	32IU
Vitamin K	22µg
Riboflavin	0.6mg
Vitamin B6	1.1mg

Directions

- 1 In a pot over medium heat, add the coconut oil, garlic and ginger. Sauté for 1 minute. Then add the broth, coconut aminos and lemongrass. Bring to a simmer, reduce heat to medium-low and cook for 15 to 20 minutes.
- 2 Add the chicken and mushrooms and cook for 10 minutes or until the chicken is cooked through. Remove from heat. Remove the lemongrass stalks and discard. Add the coconut milk and lime juice. Stir to combine.
- 3 Divide into bowls and garnish with basil. Enjoy!

Folate	40µg
Vitamin B12	0.3µg
Magnesium	57mg
Zinc	3mg



Thai Green Curry Chicken

4 servings

30 minutes

Ingredients

- 1 Lime (juiced and zested)
- 3 Green Chili Pepper (seeds removed)
- 1 tbsp Ginger (fresh, grated)
- 1/2 cup Cilantro (roughly chopped)
- 1/2 cup Basil Leaves (roughly chopped)
- 1 tsp Cumin
- 1 tsp Fish Sauce
- 1 tbsp Coconut Oil (melted)
- 454 grams Chicken Breast (cut into cubes)
- 1 1/4 cups Canned Coconut Milk (full fat)
- 1 Yellow Bell Pepper (sliced)

Nutrition

Amount per serving	
Calories	333
Fat	20g
Saturated	16g
Polyunsaturated	1g
Monounsaturated	1g
Carbs	10g
Fiber	1g
Protein	28g
Vitamin A	952IU
Vitamin C	172mg
Calcium	38mg
Vitamin D	1IU
Vitamin K	33µg
Riboflavin	0.3mg
Vitamin B6	1.1mg

Directions

- 1 To create the sauce, add the lime juice, lime zest, chili peppers, ginger, cilantro, basil, cumin, fish sauce and coconut oil into a blender or food processor. Blend until fully combined and thick.
- 2 Add the green curry sauce to a pan over medium heat along with the chicken and cook for 3 to 4 minutes. Add the coconut milk and bell pepper, reduce the heat to medium-low and simmer for 15 minutes. Remove, serve and enjoy!

Folate	37µg
Vitamin B12	0.2µg
Magnesium	56mg
Zinc	1mg