

Gluten & Dairy Free Recipe Bundle

TRANSFORM YOUR HEALTH WITH THESE TASTY, GLUTEN & DAIRY-FREE MEALS.

All-American Weight Loss and Wellness
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Gluten & Dairy Free Breakfast

KICKSTART YOUR DAY

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Savory Oatmeal



SERVINGS: 1 | PREP TIME: 10 MINUTES | COOKING TIME: 15 MINUTES

INGREDIENTS

- **0.25 cup** [40 g] Steel Cut Oatmeal
- **3 large** [150 g] Egg
- **0.75 cup** [177.75 g] Water
- **1 cup** [30 g] Baby Spinach
- **1 dash** [0.1 g] Black Pepper *(To taste)*
- **1 dash** [0.4 g] Salt *(To taste)*

DIRECTIONS

1. Bring a pot of water to boil. Gently place eggs in boiling water and set aside to cool (skip this step if eggs are already hard boiled).
2. Add 3/4 cup of water to a large microwave safe bowl and heat for 1.5 to2 minutes.
3. Add 1/4 cup of steel cut oats to heated water and cook in microwave for 3 minutes.
4. While the oats are cooking, coarsely chop baby spinach.
5. Mix in spinach to oats, add salt and pepper to taste and cook for 1 minute in microwave.
6. Set aside spinach and oats to cool and cut the hard boiled eggs in quarters.

NUTRITION INFO

Energy : 379 Cal | Fat : 18 g | Carbs : 29.3 g | Protein : 24.7 g | Fiber : 4.7 g | Sugar : 2.3 g

3-Ingredient Waffles w/ Fresh Berries



SERVINGS: 2 PREP TIME: 5 MINUTES COOKING TIME: 10 MINUTES

INGREDIENTS

- **1 medium** [118 g] Banana *(ripe and mashed)*
- **1 large** [50 g] Egg
- **0.75 cup** [90 g] Oat Flour
- **0.25 cup, halves** [38 g] Strawberries
- **0.25 cup** [30.75 g] Raspberries
- **1 tbsp** [16 g] Almond Butter
- **1 tsp** [4.67 g] Avocado Oil *(Non stick avocado oil spray)*

DIRECTIONS

1. In a small bowl, mash the banana and then mix in the egg.
2. Stir in the oat flour a little at a time until fully combined and the batter is thick.
3. Spray the waffle maker with non-stick spray.
4. Pour the dough into the waffle maker and cook. If you do not have a waffle maker, this can be made as a pancake in a skillet!
5. Top with almond butter, fresh strawberries, and raspberries.
6. Serve and enjoy!

NUTRITION INFO

Energy : 358 Cal | Fat : 12.1 g | Carbs : 51.7 g | Protein : 11.3 g | Fiber : 7.7 g | Sugar : 9.4 g

Blueberry Pancakes



SERVINGS: 4 | PREP TIME: 5 MINUTES | COOKING TIME: 20 MINUTES

INGREDIENTS

- **0.75 cup** [91.5 g] Yellow Whole Grain Corn Meal
- **1.33 cup** [148.96 g] Almond Flour
- **1.33 cup** [325.85 g] Almond Milk
- **1 large** [50 g] Egg
- **1 tsp** [4.79 g] Apple Cider Vinegar
- **2 tbsp** [42 g] Honey
- **1 tsp** [4.6 g] Baking Powder
- **0.25 tsp** [1.15 g] Baking Soda
- **1 tsp** [4.5 g] Olive Oil
- **1 cup** [145 g] Blueberries

DIRECTIONS

1. Add Cornmeal, almond flour, unsweetened almond milk, apple cider vinegar, honey, baking powder, and baking soda to a blender.
2. Blend the mixture for one minute.
3. Let the mixture sit for five minutes; this will allow the mixture to thicken.
4. Very lightly grease a non-stick pan on medium-low heat with the olive oil. Add 1/4 cup of the mixture to the pan to form silver dollar-sized pancakes. Let the mixture cook for 3-5 minutes on each side until golden brown.
5. Add blueberries to the top of each pancake before flipping.
6. Top with blueberries and an (optional) drizzle of honey.
7. Enjoy warm or store in refrigerator for later!

NUTRITION INFO

Energy : 390 Cal | Fat : 20.5 g | Carbs : 40.2 g | Protein : 14.6 g | Fiber : 8.1 g | Sugar : 15.1 g

Chocolate Overnight Oats Recipe



SERVINGS: 2 PREP TIME: 5 MINUTES COOKING TIME: 720 MINUTES

INGREDIENTS

- **0.75 cup** [180 ml] Organic Unsweetened Almond Milk
- **2 tbsp** [42 g] Honey
- **1 tbsp** [5 g] Cocoa Powder
- **1 tsp** [4.2 g] Vanilla Extract
- **0.75 cup dry** [72 g] Old Fashioned Oats
- **1 scoop** [24 g] Organic Vegan Protein Powder
- **1 cup** [123 g] Raspberries

DIRECTIONS

1. In a large bowl, whisk together all the listed ingredients but oats.
2. Add oats and stir to combine.
3. Pour mixture in two glass jars with lids.
4. Secure lids and place in the fridge overnight.
5. Top with raspberries.

NUTRITION INFO

Energy : 308 Cal | Fat : 5 g | Carbs : 52.6 g | Protein : 13.5 g | Fiber : 7.8 g | Sugar : 21.3 g

Grape, Walnut, Banana Breakfast Bowl



SERVINGS: 2 | PREP TIME: 15 MINUTES | COOKING TIME: 120 MINUTES

INGREDIENTS

- **4 tbsp** [56 g] Chia Seeds
- **1 cup** [240 ml] Organic Unsweetened Almond Milk
- **1 tsp** [7.1 g] Honey
- **0.25 tbsp** [3.25 g] Vanilla Extract
- **1 medium** [118 g] Banana *(mashed)*
- **0.5 cup** [80 g] Grapes
- **0.5 cup, chopped** [60 g] Walnuts
- **1 tsp** [4.67 g] Avocado Oil
- **1 tbsp** [21 g] Honey
- **0.5 tsp** [1.15 g] Cinnamon

DIRECTIONS

1. In a jar with a lid, stir together chia seeds, non-dairy milk, none, and vanilla.
2. Put the lid on the jar and shake.
3. Wait 5 minutes and give it another shake.
4. Place in the fridge to set for 1 to 2 hours or overnight.
5. When ready to serve, take a skillet and add oil. Heat up slightly.
6. Slice bananas and place cut side down in skillet.
7. Cook for 2 minutes and flip.
8. Place bananas in bowl.
9. In same pan, add the grapes, walnuts, honey, and cinnamon. Sautee for 2 minutes.
10. Divide chia pudding into two bowls and top with cooked fruit.

NUTRITION INFO

Energy : 486 Cal | Fat : 32.8 g | Carbs : 47.7 g | Protein : 10.1 g | Fiber : 14.2 g | Sugar : 25.7 g

Mushroom & Spinach Egg Muffins



SERVINGS: 2 | PREP TIME: 5 MINUTES | COOKING TIME: 30 MINUTES

INGREDIENTS

- **6 large** [300 g] Egg
- **1 piece whole** [84 g] Portabella Mushrooms
- **2 tbsp chopped** [20 g] Onions
- **0.25 cup** [7.5 g] Baby Spinach
- **1 tbsp** [14 ml] Organic Unsweetened Almond Milk
- **1 tablespoon** [13.5 g] Olive Oil
- **1 dash** [0.4 g] Salt
- **1 dash** [0.1 g] Black Pepper
- **1 cup, halves** [152 g] Strawberries

DIRECTIONS

1. First cut mushroom and onion.
2. Heat oven to 350F
3. In a small pan heat 1 tbsp olive oil and sauté mushrooms and onion for 7 minutes.
4. Crack eggs in a small bowl and add milk.
5. Whisk until combined and season with salt and pepper.
6. Add the mushroom and onion mixture along with the spinach.
7. In a muffin tin add the egg mixture, should make 4-5.
8. Bake for 30 minutes.
9. Serve with a side of strawberries.

NUTRITION INFO

Energy : 323 Cal	Fat : 22.1 g	Carbs : 10.3 g	Protein : 20.7 g	Fiber : 2.3 g	Sugar : 5.9 g

Omelette with Apple Kale Salad



SERVINGS: 2 PREP TIME: 10 MINUTES COOKING TIME: 10 MINUTES

INGREDIENTS

- **4 leaves** [60 g] Kale
- **0.5 apple** Apples *(Cut up into match stick slices)*
- **1 medium** [148 g] Roma Tomatoes *(seeded and diced)*
- **6 large** [300 g] Egg
- **1 cup** [160 g] Grapes
- **0.5 tbsp** [7 g] Avocado Oil

DIRECTIONS

1. In a large bowl, combine the kale, tomato, and apple.
2. In a different bowl, break two eggs and beat slightly.
3. Add the oil to a skillet, and add eggs.
4. Cook eggs until they are solid. Slide onto plate and top with one half of the salad.
5. Repeat the process with the other two eggs and remaining salad. Optional: salad dressing of choice can be applied to salad"

NUTRITION INFO

Energy : 363 Cal | Fat : 19.3 g | Carbs : 25.7 g | Protein : 21 g | Fiber : 1.8 g | Sugar : 19.3 g

Pumpkin Pancakes



SERVINGS: 2 | PREP TIME: 5 MINUTES | COOKING TIME: 10 MINUTES

INGREDIENTS

- **1 large** [50 g] Egg
- **0.33 cup** [82.5 g] Pumpkin Puree
- **0.5 scoop** [12 g] Organic Vegan Protein Powder
- **0.25 cup** [60 ml] Organic Unsweetened Almond Milk
- **1 tsp** [4.6 g] Baking Powder
- **1 tsp** [1.7 g] Pumpkin Pie Spice
- **1 dash** [0.4 g] Salt
- **0.5 cup** [56 g] Almond Flour
- **2 tbsp** [42 g] Honey
- **1 tbsp** [13.6 g] Coconut Oil
- **1 medium** [118 g] Banana

DIRECTIONS

1. Mix the dry first in a bowl, sift flour, baking powder, pumpkin spice, protein powder, and salt.
2. Next crack an egg in separate bowl add milk, honey and pumpkin puree.
3. Combine dry ingredients together.
4. Heat a skillet to medium low and add coconut oil, pour pancake mix onto the skillet (approximately 1/4 cup at a time) and cook on each side for 4-5 minutes.
5. Top with banana.

NUTRITION INFO

Energy : 420 Cal | Fat : 23.2 g | Carbs : 41.9 g | Protein : 16 g | Fiber : 7.1 g | Sugar : 28 g

Satiating Yogurt Bowl



SERVINGS: 1 | PREP TIME: 3 MINUTES | COOKING TIME: 0 MINUTES

INGREDIENTS

- **0.75 cup** [168.75 g] Almond Milk Yogurt Plain
- **0.5 tbsp** [4.4 g] Dry Roasted Sunflower Seeds (with Salt Added)
- **1 tbsp** [16 g] Almond Butter
- **0.25 cup** [30.75 g] Raspberries

DIRECTIONS

1. Top yogurt with sunflower seeds, almond butter, and raspberries. Enjoy!
2. Option to warm almond butter in the microwave for 30 seconds and drizzle warm almond butter over yogurt, or mix in without warming

NUTRITION INFO

Energy : 335 Cal | Fat : 26.9 g | Carbs : 19.4 g | Protein : 9.6 g | Fiber : 6.1 g | Sugar : 9.7 g

Sweet Potato Egg Hash



SERVINGS: 1 | PREP TIME: 5 MINUTES | COOKING TIME: 20 MINUTES

INGREDIENTS

- **3 large** [150 g] Egg
- **1 medium** [114 g] Sweet Potato *(Chopped)*
- **1 tbsp** [14 g] Avocado Oil
- **2 cup** [60 g] Baby Spinach
- **0.25 tsp** [0.15 g] Cajun Seasoning

DIRECTIONS

1. Heat 1 tbsp avocado oil in a skillet on medium low heat.
2. Chop sweet potatoes into cubes and add 1/4 tsp cajun seasoning (optional). Add to skillet, and cook for about 15 minutes
3. Once sweet potatoes are soft to touch, mix in 2 cups of spinach into sweet potatoes.
4. Move potato and spinach mixture to the side of the skillet to continue cooking. Add eggs to the skillet (option to use egg whites only) and cook thoroughly or until desired doneness.
5. Enjoy!

NUTRITION INFO

Energy : 465 Cal | Fat : 29.4 g | Carbs : 27.3 g | Protein : 22.6 g | Fiber : 5.4 g | Sugar : 8.4 g



Gluten & Dairy Free Lunch

RE-FUEL AND RE-ENERGIZE

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Avocado Fresh Rolls & Almond Dipping Sauce



SERVINGS: 2 | PREP TIME: 25 MINUTES | COOKING TIME: 0 MINUTES

INGREDIENTS

- **1 avocado** [136 g] Avocado
- **1 medium** [61 g] Carrots
- **0.25 small** [37 g] Red Onions
- **1 medium** [201 g] Cucumber
- **1 head (small)** [95 g] Romaine Lettuce
- **4 medium paper** [56.8 g] Rice Paper
- **4 tbsp** [64 g] Almond Butter
- **1 tsp** [4.5 g] Sesame Oil
- **2 tbsp** [28 g] Coconut Aminos
- **0.5 tsp** [2 g] Minced Garlic
- **1 Juice of 1 lime** [38 g] Fresh Lime Juice
- **3 tbsp** [44.4 g] Water

DIRECTIONS

1. To make your dipping sauce, whisk almond butter, sesame seed oil, coconut aminos, minced garlic, lime juice, and water until combined. Refrigerate until you are ready to eat.
2. Slice avocado, carrot, red onion, cucumber, and lettuce.
3. Soak 1 rice paper wrapper in lukewarm water until it is malleable or until you can no longer see the pattern.
4. Add a small amount of each sliced vegetable to the center of the wrapper.
5. Fold 1 end of the wrapper over the vegetables, fold the sides in, and fold the other end of the wrapper over the folded sides.
6. Serve over a bed of lettuce to avoid sticking, with almond dipping sauce on the side.

NUTRITION INFO

Energy : 446 Cal | Fat : 32.6 g | Carbs : 32.4 g | Protein : 8.2 g | Fiber : 8.5 g | Sugar : 11.2 g

Chicken Caesar Salad



SERVINGS: 1 | PREP TIME: 10 MINUTES | COOKING TIME: 30 MINUTES

INGREDIENTS

- **5 oz** [140 g] Skinless Chicken Breast
- **1 head (small)** [95 g] Romaine Lettuce
- **1 tbsp** [15 ml] Caesar Dressing (Primal Kitchen)
- **6 croutons** [18 oz] Gluten Free Croutons
- **1 tbsp** [8.8 g] Dry Roasted Sunflower Seeds (with Salt Added)
- **1 dash** [0.4 g] Salt
- **1 dash** [0.1 g] Black Pepper

DIRECTIONS

1. Cook chicken breast on a medium heat skillet with olive oil until thoroughly cooked.
2. Season salt and pepper to taste and cook 10-15 minutes per side.
3. In the meantime, chop romaine and add to bowl with gluten free croutons and Caesar dressing.
4. Once the chicken is cooked, dice chicken and add to the salad bowl.

NUTRITION INFO

Energy : 456 Cal | Fat : 17.4 g | Carbs : 35.2 g | Protein : 39.2 g | Fiber : 3.5 g | Sugar : 2.2 g

Ahi Tuna Steak w/ Roasted Asparagus & Quinoa



SERVINGS: 1 | PREP TIME: 10 MINUTES | COOKING TIME: 10 MINUTES

INGREDIENTS

- **5 oz, boneless, raw** [141.75 g] Tuna *(Ahi Tuna)*
- **2 tbsp** [28 g] Coconut Aminos
- **1 tbsp** [9 g] Sesame Seeds
- **2 pumps** [2 g] Avocado Oil Cooking Spray
- **3 oz** [85.05 g] Asparagus
- **0.25 tsp** [0.53 g] Paprika
- **0.25 tsp** [0.7 g] Garlic Powder
- **0.25 cup, dry** [42.5 g] Quinoa

DIRECTIONS

1. In a bowl, marinate the tuna steak in coconut aminos for 30 minutes in the refrigerator.
2. Cook quinoa to package instructions
3. Once marinated, sprinkle sesame seeds on each side of the tuna steak.
4. Spray avocado oil spray on a medium- sized skillet over high heat and allow to heat up.
5. Add the tuna steak and sear for 2 minutes.
6. Flip and sear for another 2 minutes.
7. Remove from heat and set aside to cool.
8. In the same skillet, add asparagus spears and season with paprika and garlic powder.
9. Cook over medium-high heat until bright green, about 5-7 minutes.
10. Slice the cooled tuna steak and serve over cooked quinoa and asparagus.
11. Serve and enjoy!

NUTRITION INFO

Energy : 442 Cal | Fat : 9.1 g | Carbs : 47.5 g | Protein : 42.4 g | Fiber : 5.7 g | Sugar : 13.8 g

Curry Tofu Grain Bowl



SERVINGS: 1 | PREP TIME: 5 MINUTES | COOKING TIME: 15 MINUTES

INGREDIENTS

- **0.5 tbsp** [7 g] Olive Oil
- **3 oz** [84 g] Firm Tofu *(pressed and cubed)*
- **1 tbsp** [6.3 g] Curry Powder
- **1 dash** [1 g] Himalayan Pink Salt
- **1 dash** [0.1 g] Black Pepper
- **1 cup** [20 g] Arugula (Rocket)
- **0.25 cup, dry** [42.5 g] Quinoa
- **1 small** [2 g] Radish *(sliced)*
- **0.25 medium** [50.25 g] Cucumber *(diced)*
- **6 -** [102 g] Cherry Tomatoes *(halved)*

DIRECTIONS

1. Cook quinoa according to package instructions.
2. In a medium skillet, heat olive oil over medium-high heat.
3. Season tofu with curry powder, salt, and pepper and place in the hot skillet.
4. Cook tofu for 5-8 minutes, stirring frequently to cook evenly on all sides. Once cooked, set aside.
5. Begin to build your bowl. Place arugula on the bottom and top with cooked quinoa.
6. Add sliced radish, diced cucumbers, cherry tomatoes, and the curry tofu.
7. Serve and enjoy!

NUTRITION INFO

Energy : 336 Cal | Fat : 14.4 g | Carbs : 41 g | Protein : 15 g | Fiber : 7.2 g | Sugar : 4 g

Dijon Mustard Roasted Root and Chicken Slaw



SERVINGS: 1 | PREP TIME: 10 MINUTES | COOKING TIME: 25 MINUTES

INGREDIENTS

- **2 cup** [170 g] Broccoli Slaw
- **0.5 tbsp** [8.25 g] Dijon Mustard
- **0.5 tbsp** [7.5 g] Tahini
- **0.5 tbsp** [7.5 g] Apple Cider Vinegar
- **0.5 tbsp** [7 g] Lemon Juice
- **1 tbsp** [14.8 g] Water
- **1 beet** [82 g] Beet *(chopped)*
- **1 medium** [114 g] Sweet Potato *(Chopped)*
- **4 oz** [112 g] Skinless Chicken Breast *(thin sliced)*
- **1 tbsp** [14 g] Avocado Oil
- **1 dash** [1 g] Himalayan Pink Salt
- **1 dash** [0.1 g] Black Pepper

DIRECTIONS

1. Preheat oven to 400 degrees F (205 degrees C).
2. Coat chopped beets, chopped sweet potato, and chicken with avocado oil, salt, and pepper.
3. Bake beets, sweet potato and chicken for 20 - 25 minutes.
4. While that cooks, in a medium bowl mix together dijon mustard, tahini, apple cider vinegar, lemon juice, and water.
5. Once root veggies and chicken are cooked, chop the chicken.
6. Add cooked vegetables, chopped chicken, and broccoli slaw to the bowl with the dijon mustard dressing and toss all together.
7. Enjoy warm or cooled.

NUTRITION INFO

Energy : 490 Cal | Fat : 20.2 g | Carbs : 44.9 g | Protein : 35 g | Fiber : 10.9 g | Sugar : 18.2 g

Ground Turkey Spring Rolls



SERVINGS: 2 | PREP TIME: 15 MINUTES | COOKING TIME: 20 MINUTES

INGREDIENTS

- **8 oz** [224 g] Ground Turkey
- **2 tbsp** [28 g] Coconut Aminos
- **3 tsp** [6 g] Ginger *(minced)*
- **0.5 medium** [57 g] Red Bell Pepper *(sliced thin)*
- **1 medium** [61 g] Carrots *(sliced thin)*
- **0.5 avocado** [68 g] Avocado *(sliced thin)*
- **0.5 tsp** [2.33 g] Avocado Oil
- **4 large paper (12-3/8" dia)** [68 g] Rice Paper

DIRECTIONS

1. In a large skillet over medium heat, combine ground turkey, soy sauce, and minced ginger.
2. Cook until turkey is cooked through and reaches 165 F (73 C) and set aside.
3. To build the spring rolls, place a piece of rice paper into water for 10-15 seconds and lay on a flat surface.
4. Fill with 1/4 of the ground turkey, red pepper, sliced carrots, and avocado. Fold opposite sides in and roll tightly.
5. Repeat for the other pieces of rice paper.
6. Re-heat the large skillet with avocado oil.
7. Once hot, place the 4 spring rolls in the skillet and cook for 2-3 minutes or until it begins to crisp. Flip the spring rolls and cook another 2-3 minutes.
8. Serve warm and enjoy!

NUTRITION INFO

Energy : 393 Cal | Fat : 14.9 g | Carbs : 39.1 g | Protein : 25.1 g | Fiber : 5.4 g | Sugar : 8.9 g

High Protein Bento Box



SERVINGS: 1 | PREP TIME: 5 MINUTES | COOKING TIME: 0 MINUTES

INGREDIENTS

- **2 large** [100 g] Hard-Boiled Egg
- **1 dash** [1 g] Himalayan Pink Salt
- **1 dash** [0.1 g] Black Pepper
- **3 oz, boneless** [85.05 g] Smoked Salmon (Wild Caught) *(thinly sliced)*
- **0.5 medium** [100.5 g] Cucumber *(thinly sliced horizontally)*
- **0.5 cup** [76 g] Strawberries *(halved)*
- **0.25 cup, whole** [35.75 g] Almonds

DIRECTIONS

1. Slice the hardboiled eggs in half and season with salt and pepper.
2. Lay one ribbon of cucumber slice on a flat surface, top with 1oz of smoked salmon, and roll into a pinwheel.
3. Repeat 2 more times with the remaining cucumber and smoked salmon.
4. Slice strawberries into small pieces.
5. Assemble bento box with hardboiled eggs, smoked salmon pinwheels, strawberries, and almonds.
6. Serve cold and enjoy!

NUTRITION INFO

Energy : 500 Cal | Fat : 30.6 g | Carbs : 16.2 g | Protein : 43.3 g | Fiber : 6.4 g | Sugar : 7.8 g

Lively Lox Salad



SERVINGS: 1 | PREP TIME: 5 MINUTES | COOKING TIME: 0 MINUTES

INGREDIENTS

- **4 oz, boneless** [113.4 g] Smoked Salmon (Wild Caught)
- **2 cup** [110 g] Mixed Salad Greens
- **5 -** [85 g] Cherry Tomatoes *(halved)*
- **0.5 medium** [100.5 g] Cucumber *(peeled and diced)*
- **0.25 small** [37 g] Red Onions *(chopped)*
- **1 stalk** [15 g] Green Onions *(chopped)*
- **1 sheet** [3 g] Nori (dried seaweed) *(crumbled)*
- **1 tbsp** [9 g] Sesame Seeds
- **0.5 tbsp** [6.8 g] Sesame Oil
- **0.5 tbsp** [7.5 g] Apple Cider Vinegar
- **1 tsp** [1.8 g] Ginger (Ground)
- **1 dash** [1 g] Himalayan Pink Salt
- **1 dash** [0.1 g] Black Pepper
- **1 medium** [166 g] Pear

DIRECTIONS

1. In a large salad bowl, add mixed salad greens and top with smoked salmon, cherry tomatoes, cucumber, red onion, green onion, nori, and sesame seeds.
2. In a small bowl, mix together sesame oil, apple cider vinegar, ginger, salt, and pepper.
3. Pour dressing over salad and enjoy.
4. Serve with a pear on the side.

NUTRITION INFO

Energy : 409 Cal	Fat : 14.2 g	Carbs : 41 g	Protein : 35.6 g	Fiber : 11.3 g	Sugar : 21.8 g

Mediterranean Chicken Salad



SERVINGS: 1 | PREP TIME: 10 MINUTES | COOKING TIME: 10 MINUTES

INGREDIENTS

- **5 oz** [140 g] Skinless Chicken Breast *(cooked and shredded)*
- **0.25 cup** [32.5 g] Kalamata Olives
- **0.25 cup** [55 g] Marinated Artichoke Hearts
- **1 dash** [1 g] Himalayan Pink Salt
- **1 dash** [0.1 g] Black Pepper
- **1 cup** [55 g] Mixed Salad Greens
- **1 apple** Apples
- **1 serving (17 crackers)** [35 g] Gluten Free Crackers

DIRECTIONS

1. Boil 4 oz of chicken in water until chicken is cooked thoroughly and tender to shred.
2. In a blender or food processor, add chicken, olives, artichoke hearts and salt and pepper to taste.
3. Pulse in mixer to blend together.
4. Serve over salad greens with gluten free crackers and an apple on the side.

NUTRITION INFO

Energy : 558 Cal | Fat : 28.4 g | Carbs : 42.4 g | Protein : 37.9 g | Fiber : 7.2 g | Sugar : 19.9 g

Savory Tuna Bliss



SERVINGS: 1 | PREP TIME: 10 MINUTES | COOKING TIME: 0 MINUTES

INGREDIENTS

- **5 oz** [141.75 g] Tuna in Water (Canned) *(drained)*
- **0.5 tbsp** [7.5 g] Mayonnaise (made with avocado oil)
- **1 dash** [1 g] Himalayan Pink Salt
- **1 dash** [0.1 g] Black Pepper
- **2 cup** [60 g] Baby Spinach
- **0.25 small** [37 g] Red Onions *(sliced thin)*
- **5** - [85 g] Cherry Tomatoes
- **0.5 medium** [100.5 g] Cucumber *(peeled and diced)*
- **0.5 avocado** [68 g] Avocado
- **0.5 tablespoon** [6.75 g] Olive Oil
- **0.5 medium** Lemon *(juice)*
- **1 sprigs** [1 g] Parsley *(optional)*

DIRECTIONS

1. In a medium bowl, mix together canned tuna, avocado oil, salt, and pepper.
2. In a separate, large salad bowl, add spinach, red onion, tomatoes, cucumber, and avocado. Top with tuna and parsley.
3. Drizzle salad with lemon juice, olive oil, salt, and pepper.

NUTRITION INFO

Energy : 456 Cal	Fat : 25.6 g	Carbs : 18.1 g	Protein : 41.2 g	Fiber : 9.2 g	Sugar : 5.3 g



Gluten & Dairy Free Dinner

FINISH STRONG

Artichoke Lemon Chicken Skillet



SERVINGS: 2 PREP TIME: 15 MINUTES COOKING TIME: 20 MINUTES

INGREDIENTS

- **8 oz** [224 g] Skinless Chicken Breast
- **1 tbsp** [9 g] Arrowroot Starch *(or cornstarch)*
- **1 tsp** [2.1 g] Black Pepper
- **1 dash** [1 g] Himalayan Pink Salt
- **2 medium** Lemon
- **1 tbsp** [14 g] Olive Oil
- **0.5 cup** [120 ml] Chicken Broth
- **0.5 cup, dry** [85 g] Quinoa
- **1 sprigs** [1 g] Parsley *(for garnish)*
- **2 cup** [440 g] Marinated Artichoke Hearts

DIRECTIONS

1. Cut chicken breasts into thin slices.
2. Combine cornstarch/arrowroot starch, salt and pepper in small bowl.
3. Toss chicken in starch and seasoning mixture until evenly coated.
4. Heat olive oil over medium heat in large skillet. Once oil is warm, add chicken.
5. Cook for 6 minutes and then set aside.
6. Cut one lemon in half and juice until you have 1 tbsp. Cut the other lemon into slices.
7. Add the lemon juice, broth, lemon slices and artichokes hearts to the skillet. Bring to simmer and cook for 5 minutes.
8. Rinse quinoa and place in saucepan with 1 cup of water. Bring to boil and cook for 15 minutes.
9. Serve quinoa as a side with the chicken and artichoke mixture, and enjoy!

NUTRITION INFO

Energy : 618 Cal | Fat : 38 g | Carbs : 42.4 g | Protein : 35.6 g | Fiber : 7.3 g | Sugar : 3.5 g

Coconut Shrimp Curry with Peas



SERVINGS: 2 | PREP TIME: 10 MINUTES | COOKING TIME: 20 MINUTES

INGREDIENTS

- **4 oz** [113.6 g] Shrimp (Prawns) *(peeled and deveined)*
- **1 tablespoon** [13.5 g] Olive Oil
- **1 small** [43 g] Shallot *(sliced)*
- **1 clove** [3 g] Garlic *(minced)*
- **1 cup** [240 ml] Coconut Milk (from a can)
- **1 medium** [148 g] Roma Tomatoes *(sliced)*
- **0.5 tbsp** [3.15 g] Curry Powder
- **0.5 tbsp** [8 g] Tomato Paste
- **1 tsp** [7.1 g] Honey
- **0.5 tsp** [1.3 g] Chili Powder
- **0.5 cup** [72 g] Green Peas (Frozen)
- **0.5 cup, dry** [85 g] Quinoa
- **1 dash** [1 g] Himalayan Pink Salt
- **1 dash** [0.1 g] Black Pepper

DIRECTIONS

1. In a large pan, heat olive oil and add curry powder. Cook for 2 minutes.
2. Stir in garlic and shallot. Cook for one minute.
3. Add coconut milk to pan.
4. Add shrimp, diced tomato, tomato paste, honey, and chili powder. Cover and simmer for 30 minutes, stirring occasionally.
5. Add frozen peas and cook for 5 minutes.
6. Season wit salt and ground black pepper to taste.
7. Serve with a side of quinoa.

NUTRITION INFO

Energy : 526 Cal | Fat : 29.1 g | Carbs : 46.1 g | Protein : 18.5 g | Fiber : 5.7 g | Sugar : 9.4 g

Easy Salmon Sheet Pan Dinner



SERVINGS: 2 | PREP TIME: 10 MINUTES | COOKING TIME: 35 MINUTES

INGREDIENTS

- **10 oz, boneless** [283.5 g] Smoked Salmon (Wild Caught)
- **1 bundle** [100 g] Asparagus *(ends trimmed)*
- **1 lb** [455 g] Fingerling Potatoes *(halved or quartered)*
- **1 tbsp** [14 g] Avocado Oil
- **0.5 tbsp, ground** [0.9 g] Oregano
- **0.5 tbsp** [1.55 g] Dill (Dried)
- **1 medium** Lemon *(juice)*
- **1 dash** [1 g] Himalayan Pink Salt
- **1 dash** [0.1 g] Black Pepper

DIRECTIONS

1. Preheat oven to 400 degrees F (205 degrees C).
2. In a small bowl, mix together avocado oil, oregano, dill, salt, pepper, and lemon juice.
3. Coat potatoes, and asparagus with olive oil mixture.
4. Spread potatoes and asparagus in a single layer on a sheet pan, along with the salmon. Brush any remaining olive oil mixture onto the salmon.
5. Bake for 25 - 35 minutes, until salmon reaches internal temperature of 145 degrees F (63 degrees C).

NUTRITION INFO

Energy : 413 Cal | Fat : 11.5 g | Carbs : 38.8 g | Protein : 42.1 g | Fiber : 4.3 g | Sugar : 3.4 g

Filet Mignon w/ Sauteed Garlic Spinach



SERVINGS: 1 | PREP TIME: 5 MINUTES | COOKING TIME: 30 MINUTES

INGREDIENTS

- **0.5 tbsp** [7 g] Olive Oil *(for steak)*
- **1 sprig** [0.8 g] Thyme
- **5 oz, boneless, cooked** [141.75 g] Filet Mignon
- **1 dash** [1 g] Himalayan Pink Salt
- **1 dash** [0.1 g] Black Pepper
- **0.5 tbsp** [7 g] Olive Oil *(for spinach)*
- **3 cup** [90 g] Spinach
- **1 clove** [3 g] Garlic *(thinly sliced)*
- **1 tbsp** [7.5 g] Slivered Almonds

DIRECTIONS

1. In a cast iron skillet, over medium heat, add 1/2 tbsp of olive oil and the whole sprig of thyme.
2. Season the filet mignon with salt and pepper and place in the cast iron skillet.
3. Cook for 3-4 minutes on one side, flip and cook for another 3-4 minutes for a medium-rare temperature (cook longer for a more well-done steak).
4. Keep the thyme in the cast iron skillet, but remove the filet mignon from heat and set aside to rest.
5. Add the garlic and remaining olive oil to the cast iron skillet and once it begins to brown, add the spinach and almonds. Stir while cooking until the spinach is wilted.
6. Slice the filet mignon and plate with spinach. Serve warm and enjoy!

NUTRITION INFO

Energy : 425 Cal | Fat : 29.3 g | Carbs : 6 g | Protein : 35.5 g | Fiber : 3 g | Sugar : 0.6 g

Shrimp Ceviche Tostadas



SERVINGS: 2 | PREP TIME: 15 MINUTES | COOKING TIME: 35 MINUTES

INGREDIENTS

- **16 oz** [454.4 g] Shrimp (Prawns) *(peeled and deveined)*
- **0.25 small** [37 g] Red Onions *(sliced)*
- **0.25 medium** [28.5 g] Red Bell Pepper *(sliced)*
- **0.25 bunch** [25.5 g] Cilantro *(chopped)*
- **1 pepper** [45 g] Hot Chili Pepper *(sliced)*
- **1 medium** [15 g] Scallions or Spring Onions
- **1 cup** [246 g] Lime Juice
- **2 tbsp** [30 g] Orange Juice
- **0.5 tbsp** [9 g] Sea Salt
- **1 shells** [16.5 g] Corn Tostada

DIRECTIONS

1. Fill a medium-sized bowl with iced water and set it aside.
2. Fill a medium saucepan with water and bring it to a boil.
3. Add the shrimp and cook until pink.
4. Around 1 minute.
5. Add the shrimp to the bowl of ice water to stop the cooking process. Let sit.
6. Mix lime juice, orange juice, and kosher salt in a bowl. Set aside.
7. Slice the red onion, bell pepper, and red chili pepper into thin strips or rounds.
8. Slice the shrimp in half.
9. Add the sliced red onion, bell pepper, red chili pepper, and shrimp to the lime juice mixture and mix well. Refrigerate for 25 minutes before serving.
10. Top gluten free corn tostadas with shrimp ceviche, sliced scallions, and cilantro.

NUTRITION INFO

Energy : 273 Cal | Fat : 5.4 g | Carbs : 24.2 g | Protein : 34.9 g | Fiber : 2.8 g | Sugar : 6.1 g

Slow Cooker Pulled Pork & Avocado Cucumber Salad



SERVINGS: 4 | PREP TIME: 15 MINUTES | COOKING TIME: 240 MINUTES

INGREDIENTS

- **2 lb** [907.2 g] Pork Loin (Tenderloin) *(trim fat and cut into 4 pieces)*
- **1 medium** [61 g] Carrots
- **1 tbsp** [21 g] Honey
- **0.5 tbsp** [3.45 g] Paprika
- **0.5 tbsp** [3.45 g] Onion Powder
- **0.5 tbsp** [4.2 g] Garlic Powder
- **1 tsp** [6 g] Sea Salt
- **0.25 cup** [62.5 g] Barbecue Sauce
- **1 cup** [237 g] Water
- **1 avocado** [136 g] Avocado
- **0.25 medium** [27.5 g] Red Onions
- **2 medium** [402 g] Cucumber
- **1 Juice of 1 lime** [38 g] Fresh Lime Juice
- **1 tbsp** [14 g] Olive Oil
- **0.5 tbsp** [9 g] Sea Salt
- **0.25 tbsp** [1.6 g] Black Pepper
- **1 tbsp** [14 g] Hot Sauce

DIRECTIONS

1. Trim all the fat off the pork loin and cut it into 4 pieces.
2. Cut carrots in half.
3. Add pork loin, carrots, brown sugar, paprika, onion powder, garlic powder, kosher salt, bbq sauce, and water to slow cooker and mix.
4. Cook on high heat for 4 hours or low heat for 8 hours.
5. Shred the pork and carrots and let them sit in the sauce for 20 minutes before serving.
6. Dice avocado. Slice red onion and cucumber. Add to a large bowl.
7. Whisk lime juice, olive oil, kosher salt, black pepper, and hot sauce.
8. Toss vegetables in the dressing.
9. Refrigerate until ready to eat.

NUTRITION INFO

Energy : 466 Cal | Fat : 21.5 g | Carbs : 16.8 g | Protein : 50.3 g | Fiber : 4.6 g | Sugar : 8.2 g

Stuffed Peppers With Ground Beef



SERVINGS: 2 | PREP TIME: 15 MINUTES | COOKING TIME: 90 MINUTES

INGREDIENTS

- **8 oz** [226.8 g] Ground Beef (95% Lean / 5% Fat)
- **1 medium** [119 g] Bell Peppers *(your choice of colors)*
- **0.5 medium** [55 g] Yellow Onions *(or white)*
- **2 clove** [6 g] Garlic
- **0.33 cup, dry** [41.25 g] Brown Rice
- **0.33 cup** [78.21 g] Water
- **0.33 cup** [80.85 g] Tomato Sauce (no sugar added)
- **4 leaves** [0.2 g] Peppermint (Mint)
- **3 tbsp** [42 g] Olive Oil
- **1 dash** [1 g] Himalayan Pink Salt
- **1 dash** [0.1 g] Black Pepper

DIRECTIONS

1. Allow meat to rest outside of the fridge for at least 30 minutes before cooking.
2. Chop onion, garlic and mint and set aside. Cut the top of the pepper and save as this will be the “hat” remove seeds and white membrane, set inside baking dish.
3. Wash and drain rice and set aside.
4. Heat oven to 350 F (176 C) and grease a 8x9 baking dish.
5. Heat a large skillet to medium high heat with 2 tbsp olive oil and cook meat for 10 minutes. Add onions and garlic cook another 4 minutes.
6. Add tomato sauce, rice, mint and water and cook for 10 minutes to par cook the rice. Season with salt and pepper.
7. Fill the peppers with the mixture and add the “hat” of the pepper. Add another 1 tbsp to the peppers and season outside with salt and pepper.
8. Bake for 1.5 hours in the oven.

NUTRITION INFO

Energy : 504 Cal | Fat : 28.7 g | Carbs : 32.6 g | Protein : 28.5 g | Fiber : 3.2 g | Sugar : 6.4 g

Turmeric Chicken Soup With Coconut Milk



SERVINGS: 2 PREP TIME: 15 MINUTES COOKING TIME: 35 MINUTES

INGREDIENTS

- **12 oz, with bone** [228 g] Chicken Drumstick *(skin removed)*
- **0.75 cup** [180 ml] Coconut Milk (from a can)
- **0.5 medium** [55 g] Yellow Onions
- **1 large** [369 g] Russet Potatoes
- **0.5 tbsp** [3.4 g] Turmeric (Ground)
- **1 tsp** [1.8 g] Ginger (Ground) *(powder)*
- **1 tsp** [2.8 g] Garlic Powder
- **0.75 cup** [177.75 g] Water
- **1 leaf** [0.6 g] Bay Leaf
- **1 tbsp** [1 g] Cilantro (Coriander)
- **0.5 medium** Lemon *(juice for garnish)*

DIRECTIONS

1. Dice 1/2 the sweet onion and set aside.
2. Cube the potato and place in a bowl of water to keep from oxidizing.
3. In a medium pot, turn the heat to medium high and sauté the chopped onions for 5 minutes.
4. Add ginger, turmeric and garlic and cook for 30 seconds, immediately adding the water and coconut milk.
5. Add the chicken drumsticks with the bay leaves and potatoes and cook for 30-35 minutes, until the chicken is cooked through.
6. Reduce the heat to medium-low.
7. Once chicken is fully cooked, add chopped cilantro and fresh squeeze of lemon juice before serving.

NUTRITION INFO

Energy : 559 Cal | Fat : 26.6 g | Carbs : 41.7 g | Protein : 36.6 g | Fiber : 4.2 g | Sugar : 5.4 g

Vegetable Sauce and Almond Flour Cutlets



SERVINGS: 4 | PREP TIME: 30 MINUTES | COOKING TIME: 75 MINUTES

INGREDIENTS

- **1 medium** [196 g] Zucchini
- **6 medium** [888 g] Roma Tomatoes
- **1 medium** [110 g] Yellow Onions
- **1 medium** [119 g] Bell Peppers *(red)*
- **1 head** [30 g] Garlic
- **2 tbsp** [28 g] Olive Oil
- **1 dash** [1 g] Himalayan Pink Salt
- **1 dash** [0.1 g] Black Pepper
- **0.5 tsp** [0.9 g] Red Pepper Flakes
- **1 tbsp** [5.5 g] Italian Seasoning
- **4 oz** [112 g] Chickpea Pasta
- **2 tbsp** [28 g] Avocado Oil
- **16 oz** [448 g] Skinless Chicken Breast *(cut into 2 oz tenders)*
- **0.25 cup** [28 g] Almond Flour
- **1 tbsp** [5.5 g] Italian Seasoning

DIRECTIONS

1. Pre- heat oven to 375 F (190 C).
2. Cut the top of the garlic head off and cut vegetables into quarters and place onto an aluminum foil lined sheet pan.
3. Add 2 tbsp of olive oil, salt and pepper to the garlic and vegetables. Roast vegetables for 1 hour.
4. Boil water for pasta and cook al dente, per package instructions.
5. Add 2 tbsp of avocado oil to a pan on medium- high heat.
6. Pound chicken breasts and season with salt.
7. Add 1/4 cup of almond flour and 1 tbsp of Italian seasoning and mix.
8. Coat chicken with flour and cook for about 7-9 minutes on each side. Set aside.
9. Once vegetables are roasted, let cool for about 5 minutes.
10. Peel garlic and add vegetables to blender or food processor with crushed red pepper and Italian seasoning.
11. Blend to desired consistency and serve over pasta and chicken.

NUTRITION INFO

Energy : 481 Cal | Fat : 22.1 g | Carbs : 32 g | Protein : 37.1 g | Fiber : 6.2 g | Sugar : 8.4 g

Zucchini Boats



SERVINGS: 2 | PREP TIME: 30 MINUTES | COOKING TIME: 50 MINUTES

INGREDIENTS

- **2 medium** [392 g] Zucchini
- **12 oz** [336 g] Ground Turkey
- **0.25 cup** [28.25 g] Shredded Carrots
- **0.25 small** [37 g] Red Onions *(diced)*
- **1 tbsp** [14 g] Olive Oil
- **0.25 tbsp, minced** [2.13 g] Garlic *(minced)*
- **0.25 tbsp** [4.5 g] Sea Salt
- **0.25 tbsp** [1.6 g] Black Pepper
- **1 large** [50 g] Egg *(beaten)*
- **8 potatoes** [392 g] Fingerling Potatoes
- **0.5 tbsp** [7 g] Olive Oil
- **0.5 tbsp** [3.45 g] Paprika
- **0.5 tbsp** [4.2 g] Garlic Powder
- **0.25 tbsp** [1.73 g] Onion Powder
- **0.5 tbsp** [9 g] Sea Salt
- **0.25 tbsp** [1.6 g] Black Pepper

DIRECTIONS

1. Preheat oven to 350 F (176 C) degrees.
2. While oven heats, in a skillet, sautée 1/2 tbsp of olive oil and cook carrots and red onions until soft.
3. Add ground turkey, minced garlic, kosher salt, black pepper, and 1/2 tbsp of olive oil to skillet.
4. Cook until turkey is browned.
5. Let turkey filling cool for 20 minutes.
6. Cut zucchini in half. Scrape the center of the zucchini out until no seeds remain.
7. Add egg to the cooled turkey filling and mix well.
8. Place zucchini in a large sheet pan and fill the center with turkey and egg filling.
9. Cut fingerling potatoes into quarters.
10. Toss potatoes with remaining olive oil, paprika, garlic powder, onion powder, kosher salt, and black pepper.
11. Cook in the same sheet pan with zucchini for 40 minutes or until both are soft.

NUTRITION INFO

Energy : 585 Cal | Fat : 25.3 g | Carbs : 48.9 g | Protein : 42 g | Fiber : 5.8 g | Sugar : 6.8 g