



Low Carb Recipe Book

Created by Mindful Evolutions



Low Carb Recipe Book

146 items

Fruits

- 1 Apple
- 4 Apricot
- 1/2 Avocado
- 2/3 cup Lemon Juice
- 1 tbsp Lemon Zest
- 2 1/2 Lime
- 1/4 cup Lime Juice
- 3 tbsps Orange Zest
- 1/4 cup Pomegranate Seeds
- 2 1/8 cups Strawberries

Breakfast

- 1 1/3 cups All Natural Peanut Butter
- 2/3 cup Maple Syrup
- 2/3 cup Raspberry Jam

Seeds, Nuts & Spices

- 1 tbsp Almonds
- 2 1/2 cups Cashews
- 1 tbsp Chili Flakes
- 1 tsp Chipotle Powder
- 1 tsp Cinnamon
- 1 1/2 tsps Curry Powder
- 2 tsps Dried Thyme
- 1 tsp Everything Bagel Seasoning
- 3 1/3 tbsps Garlic Powder
- 3/4 tsp Onion Powder
- 1/2 tsp Oregano
- 2 tbsps Pistachios
- 1/3 cup Pumpkin Seeds
- 1 2/3 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tbsps Sunflower Seeds
- 1/3 cup Walnuts

Frozen

Vegetables

- 4 cups Arugula
- 5 cups Broccoli
- 8 Carrot
- 1 1/4 heads Cauliflower
- 1 1/2 cups Cilantro
- 4 Cremini Mushrooms
- 1 1/8 Cucumber
- 1/3 cup Fresh Dill
- 13 Garlic
- 1 tbsp Ginger
- 3 cups Green Cabbage
- 11 1/2 stalks Green Onion
- 1 Leeks
- 1 cup Matchstick Carrots
- 2 cups Mini Potatoes
- 4 cups Mixed Greens
- 2 cups Mushrooms
- 4 cups Napa Cabbage
- 1/2 cup Parsley
- 2 cups Portobello Mushroom
- 2 1/2 cups Purple Cabbage
- 1/3 cup Radishes
- 3 1/4 Red Bell Pepper
- 1 cup Red Onion
- 2 1/2 ozs Roasted Red Peppers
- 10 leaves Romaine
- 1/4 cup Rosemary
- 1 3/4 cups Shallot
- 5 Sweet Potato
- 1/4 cup Thai Basil
- 1 Yellow Onion
- 1 Zucchini

Boxed & Canned

- 1/3 cup Bread Crumbs
- 1 1/4 cups Canned Coconut Milk
- 1/4 cup Chicken Broth

Bread, Fish, Meat & Cheese

- 9 slices Bacon
- 12 ozs Brie Cheese
- 12 1/2 ozs Cheddar Cheese
- 1 2/3 lbs Chicken Breast
- 2 lbs Chicken Thighs
- 1 lb Chicken Thighs With Skin
- 12 Corn Tortilla
- 1/4 cup Cream Cheese, Regular
- 1 1/4 lbs Extra Lean Ground Beef
- 12 ozs Extra Lean Ground Turkey
- 1 3/4 cups Feta Cheese
- 1 3/4 cups Goat Cheese
- 4 ozs Mozzarella Cheese
- 1 1/8 cups Parmigiano Reggiano
- 6 ozs Prosciutto
- 2 ozs Salami, Mild
- 4 ozs Small Bocconcini
- 2 lbs Top Sirloin Beef Roast
- 10 ozs Top Sirloin Steak

Condiments & Oils

- 1 tbsp Apple Cider Vinegar
- 1 3/4 cups Artichoke Hearts
- 1 tbsp Avocado Oil
- 1/8 oz Avocado Oil Spray
- 3 tbsps Balsamic Glaze
- 2 tbsps Balsamic Vinegar
- 1/4 cup Coconut Aminos
- 1/2 cup Coconut Oil
- 2 1/2 tbsps Dijon Mustard
- 2 cups Extra Virgin Olive Oil
- 1/3 cup Green Olives
- 1/4 cup Mayonnaise
- 1 tbsp Pitted Kalamata Olives
- 2 tbsps Red Wine Vinegar
- 3/4 cup Tahini
- 2 tbsps Teriyaki Sauce



- 9 cups** Cauliflower Rice
- 1 1/2 cups** Frozen Cranberries
- 1 cup** Frozen Edamame
- 1 cup** Frozen Spinach
- 16 ozs** Puff Pastry

- 8 cups** Chicken Broth, Low Sodium
- 1 1/2 cups** Coconut Cream
- 4 cups** Corn Tortilla Chips
- 1/2 cup** Egg Noodles
- 2 slices** Light Rye Crisp Bread
- 2/3 cup** Quick Oats
- 1/2 cup** Quinoa
- 1/2 can** Refried Beans
- 3/4 cup** Salsa
- 1 tbsp** Tomato Paste

Baking

- 2 1/4 cups** Almond Flour
- 1/4 cup** Arrowroot Powder
- 2 tsps** Baking Powder
- 3 1/3 tsps** Coconut Flour
- 1/4 cup** Coconut Sugar
- 3 1/2 ozs** Dark Chocolate
- 1 cup** Dark Chocolate Chips
- 1/2 cup** Dried Unsweetened Cranberries
- 1 tbsp** Icing Sugar
- 1 cup** Oat Flour
- 2/3 cup** Pureed Pumpkin
- 1 1/16 cups** Raw Honey
- 3/4 oz** Unbleached All Purpose Flour
- 1 1/2 cups** Unsweetened Coconut Flakes
- 1 1/2 tsps** Vanilla Extract

- 2 tsps** Thai Red Curry Paste
- 2 tsps** White Wine Vinegar
- 2 tsps** Whole Grain Mustard

Cold

- 3 tsps** Butter
- 1 cup** Cottage Cheese
- 27** Egg
- 1** Egg Yolk
- 3/4 cup** Guacamole
- 2 3/4 cups** Plain Greek Yogurt
- 1/3 cup** Soy Milk
- 1 1/2 cups** Whipping Cream

Other

- 6** Barbecue Skewers
- 1/2 cup** Dried Apricots
- 6** Popsicle Sticks
- 1 2/3 cups** Vanilla Protein Powder
- 4 cups** Water



Cranberry Pumpkin Muffins

9 ingredients · 45 minutes · 6 servings



Directions

1. Preheat the oven to 350°F (175°C). Line a muffin tray with liners or use a silicone muffin tray.
2. In a medium bowl, add the oil, eggs, pumpkin, and sugar. Whisk well.
3. To the same bowl, add the almond flour, baking powder, sea salt, and cinnamon. Stir with a wooden spoon until combined. Gently fold in the cranberries.
4. Divide the batter evenly between the muffin cups. Bake for 30 to 35 minutes or until a toothpick inserted comes out clean. Enjoy!

Notes

Leftovers

Store in an airtight container for up to three days. Refrigerate for up to one week. Freeze for up to three months.

Serving Size

One serving is one muffin.

No Frozen Cranberries

Use fresh instead.

Ingredients

- 2/3 cup** Extra Virgin Olive Oil
- 2** Egg (large)
- 2/3 cup** Pureed Pumpkin
- 1/4 cup** Coconut Sugar
- 1 1/2 cups** Almond Flour
- 2 tsps** Baking Powder
- 1/4 tsp** Sea Salt
- 1 tsp** Cinnamon
- 1 1/2 cups** Frozen Cranberries (coarsely chopped in the food processor)

Nutrition

Amount per serving

Calories	438	Vitamin C	5mg
Fat	40g	Calcium	173mg
Carbs	18g	Iron	2mg
Fiber	5g	Vitamin D	14IU
Sugar	9g	Vitamin E	4mg
Protein	9g	Vitamin B6	0.1mg
Cholesterol	62mg	Vitamin B12	0.2µg
Sodium	287mg	Magnesium	91mg
Potassium	102mg	Selenium	5µg
Vitamin A	4344IU		



Chipotle Steak, Cauliflower Rice & Guacamole Bowls

10 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
2. Whisk together half of the lime juice, half of the oil, chipotle powder, and half of the salt. Pour over the steaks and marinate for two to three minutes, flipping a few times to thoroughly coat.
3. Add the steak to the prepared baking sheet and cook in the oven for 25 minutes, or until desired doneness. Let rest for five minutes before slicing.
4. Meanwhile, heat the remaining oil in a large pan over medium heat. Add the cauliflower rice and cook, stirring sometimes, for five to seven minutes or until desired doneness.
5. Combine the avocado, garlic, remaining lime juice, and remaining salt in a bowl and mash with a fork until well combined.
6. Divide the cauliflower rice, steak, red onion, cilantro, and guacamole between bowls. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately two cups.

Ingredients

- 2 **tbps** Lime Juice (divided)
- 1 **tbsp** Avocado Oil (divided)
- 1 **tsp** Chipotle Powder
- 1/2 **tsp** Sea Salt (divided)
- 10 **ozs** Top Sirloin Steak
- 3 **cups** Cauliflower Rice
- 1/2 **Avocado** (large)
- 2 **Garlic** (clove, minced)
- 1/2 **cup** Red Onion (diced)
- 1/2 **cup** Cilantro (chopped)

Nutrition

Amount per serving

Calories	516	Vitamin C	78mg
Fat	35g	Calcium	91mg
Carbs	16g	Iron	3mg
Fiber	7g	Vitamin D	0IU
Sugar	5g	Vitamin E	2mg
Protein	33g	Vitamin B6	1.0mg
Cholesterol	111mg	Vitamin B12	1.6µg
Sodium	708mg	Magnesium	50mg
Potassium	1076mg	Selenium	32µg
Vitamin A	352IU		



One Pan Curried Vegetables with Eggs

8 ingredients · 15 minutes · 3 servings



Directions

1. Heat a cast-iron pan over medium heat. Once hot, add half of the oil. Add the shallot, zucchini, cabbage, and curry powder. Toss well and sauté for three to five minutes or until the vegetables have softened.
2. Use a spoon to make spaces in the vegetables to cook the eggs, being sure to expose the pan. Add the remaining oil to these spaces. Crack one egg into each space, cover, and cook until the whites are set and the yolks are your desired doneness.
3. Season with salt and pepper. Garnish with parsley and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is one egg and one cup of vegetables.

Additional Toppings

Hot sauce, spicy mayo, or salsa.

Ingredients

- 2 **tsps** Extra Virgin Olive Oil (divided)
- 1/4 **cup** Shallot (chopped)
- 1 Zucchini (medium, sliced)
- 2 1/2 **cups** Purple Cabbage (shredded)
- 1 1/2 **tsps** Curry Powder
- 3 Egg
- Sea Salt & Black Pepper (to taste)
- 1 **tbsp** Parsley (chopped)

Nutrition

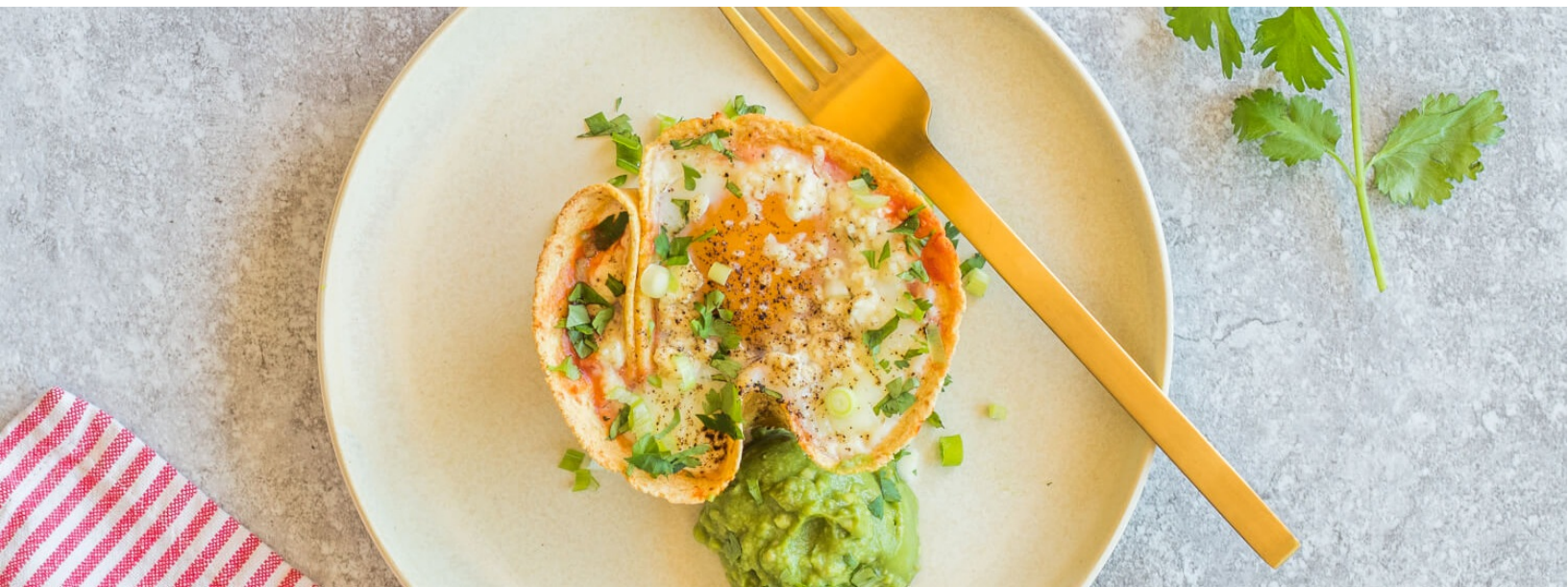
Amount per serving

Calories	146	Vitamin C	57mg
Fat	8g	Calcium	84mg
Carbs	11g	Iron	2mg
Fiber	3g	Vitamin D	41IU
Sugar	6g	Vitamin E	1mg
Protein	9g	Vitamin B6	0.4mg
Cholesterol	186mg	Vitamin B12	0.5µg
Sodium	99mg	Magnesium	36mg
Potassium	484mg	Selenium	17µg
Vitamin A	1336IU		



Huevos Rancheros Tortilla Cups

9 ingredients · 30 minutes · 12 servings



Directions

1. Preheat the oven to 400°F (205°C) and grease a standard-size muffin tray with the oil.
2. Gently press the warm tortillas into the muffin cups, one tortilla per muffin cup.
3. Divide the refried beans and salsa between each tortilla, then crack an egg into each tortilla. Top with cheese.
4. Bake in the oven for 15 to 20 minutes or until the eggs whites are set and the yolks are cooked to your liking.
5. Garnish each tortilla cup with cilantro and green onions. Serve with guacamole and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is equal to one tortilla cup with toppings.

Additional Toppings

Hot sauce, shredded cheese, and/or sour cream.

Ingredients

- 1 **tblsp** Extra Virgin Olive Oil
- 12 Corn Tortilla (small, warm)
- 1/2 **can** Refried Beans
- 3/4 **cup** Salsa
- 12 Egg (large)
- 3/4 **cup** Feta Cheese (crumbled)
- 1/4 **cup** Cilantro (finely chopped)
- 2 **stalks** Green Onion (finely chopped)
- 3/4 **cup** Guacamole

Nutrition

Amount per serving

Calories	221	Vitamin C	3mg
Fat	11g	Calcium	187mg
Carbs	20g	Iron	2mg
Fiber	3g	Vitamin D	43IU
Sugar	1g	Vitamin E	1mg
Protein	10g	Vitamin B6	0.2mg
Cholesterol	194mg	Vitamin B12	0.6µg
Sodium	383mg	Magnesium	21mg
Potassium	252mg	Selenium	18µg
Vitamin A	487IU		



No Cook Chocolate Chip Granola Bars

4 ingredients · 40 minutes · 8 servings



Directions

1. Line a small baking dish with parchment paper.
2. In a small bowl, mix the tahini and honey together. Add the chocolate chips and quick oats and mix well.
3. Press the mixture into all corners of the baking dish with a spatula or another piece of parchment paper to create a smooth, even surface. Chill for 30 minutes before cutting into bars. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to seven days. Freeze into individual portions for up to three months.

Serving Size

A 7 1/2 x 6-inch (19 x 15 cm) baking dish was used to make eight servings. One serving is one bar.

Ingredients

- 1/2 cup Tahini
- 1/4 cup Raw Honey
- 1/3 cup Dark Chocolate Chips (mini)
- 2/3 cup Quick Oats

Nutrition

Amount per serving

Calories	205	Vitamin C	0mg
Fat	12g	Calcium	67mg
Carbs	22g	Iron	2mg
Fiber	2g	Vitamin D	0IU
Sugar	13g	Vitamin E	0mg
Protein	4g	Vitamin B6	0mg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	18mg	Magnesium	24mg
Potassium	87mg	Selenium	7µg
Vitamin A	10IU		



One Pan Cauliflower, Mushroom & Egg

6 ingredients · 20 minutes · 2 servings



Directions

1. Heat the oil in a pan over medium heat. Add the cauliflower and cook for seven to eight minutes, stirring often to cook evenly, until starting to become fork-tender.
2. Add the mushrooms to the pan and cook for another three to four minutes or until browned.
3. In a bowl, whisk together the egg, dill, salt, and pepper. Pour into the pan and turn the heat down to low. Cook for about six to seven minutes or until the egg has set.
4. Divide evenly between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

This recipe was made in a 10-inch (26 cm) pan. One serving is half of the pan.

More Flavor

Add paprika and chili flakes.

Additional Toppings

Top with mozzarella cheese.

No Fresh Dill

Use parsley or green onion instead.

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1/4 head Cauliflower (small, chopped into florets)
- 4 Cremini Mushrooms (sliced)
- 4 Egg
- 1 tbsp Fresh Dill
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	189	Vitamin C	36mg
Fat	12g	Calcium	74mg
Carbs	6g	Iron	2mg
Fiber	2g	Vitamin D	85IU
Sugar	3g	Vitamin E	1mg
Protein	15g	Vitamin B6	0.4mg
Cholesterol	372mg	Vitamin B12	0.9µg
Sodium	166mg	Magnesium	26mg
Potassium	474mg	Selenium	34µg
Vitamin A	561IU		



Feta Strawberry Skewers

3 ingredients · 5 minutes · 2 servings



Directions

1. Take a toothpick and thread the arugula, feta cheese and strawberry one at a time. Repeat until each toothpick is full. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is equal to three toothpicks.

More Flavor

Top with balsamic glaze.

Dairy-Free

Use plant-based cheese instead.

Ingredients

- 1 cup Arugula
- 1/2 cup Feta Cheese (cubed)
- 2/3 cup Strawberries

Nutrition

Amount per serving

Calories	117	Vitamin C	30mg
Fat	8g	Calcium	209mg
Carbs	6g	Iron	1mg
Fiber	1g	Vitamin D	6IU
Sugar	3g	Vitamin E	0mg
Protein	6g	Vitamin B6	0.2mg
Cholesterol	33mg	Vitamin B12	0.6µg
Sodium	430mg	Magnesium	18mg
Potassium	134mg	Selenium	6µg
Vitamin A	401IU		



Apricot & Cheese Prosciutto Bites

3 ingredients · 10 minutes · 3 servings



Directions

1. Take a piece of prosciutto and add a piece of cheese and apricot. Gently wrap it and insert a toothpick. Repeat with the remaining ingredients. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is three bites.

No Cheddar Cheese

Use parmesan cheese.

Ingredients

4 ozs Prosciutto

4 ozs Cheddar Cheese (sliced)

1/2 cup Dried Apricots

Nutrition

Amount per serving

Calories	285	Vitamin C	0mg
Fat	17g	Calcium	280mg
Carbs	15g	Iron	1mg
Fiber	2g	Vitamin D	9IU
Sugar	12g	Vitamin E	1mg
Protein	19g	Vitamin B6	0.1mg
Cholesterol	64mg	Vitamin B12	0.4µg
Sodium	951mg	Magnesium	17mg
Potassium	281mg	Selenium	11µg
Vitamin A	1250IU		



Grain-Free Cranberry Orange Granola

8 ingredients · 35 minutes · 8 servings



Directions

1. Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a large bowl, combine the coconut flakes, cashews, pumpkin seeds, orange zest, and salt. Stir in the maple syrup and coconut oil.
3. Add the granola to the baking sheet and spread it out into an even layer. Bake for 20 to 25 minutes or until everything is golden brown. Check on it every five minutes and toss it around.
4. Remove from the oven and let it cool for 10 minutes before stirring in the cranberries. It will crisp up as it cools. Enjoy!

Notes

Leftovers

Store in the pantry in an airtight container for up to two weeks.

Serving Size

One serving is approximately 1/3 cup.

No Cashews

Use almonds, walnuts, or pecans instead.

Ingredients

- 1 1/2 cups Unsweetened Coconut Flakes
- 1/2 cup Cashews (raw, roughly chopped)
- 1/4 cup Pumpkin Seeds
- 3 tbsps Orange Zest
- 1/4 tsp Sea Salt
- 1/3 cup Maple Syrup
- 2 tbsps Coconut Oil (melted, slightly cooled)
- 1/2 cup Dried Unsweetened Cranberries

Nutrition

Amount per serving

Calories	262	Vitamin C	3mg
Fat	19g	Calcium	23mg
Carbs	22g	Iron	1mg
Fiber	3g	Vitamin D	0IU
Sugar	14g	Vitamin E	0mg
Protein	4g	Vitamin B6	0mg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	82mg	Magnesium	50mg
Potassium	114mg	Selenium	1µg
Vitamin A	10IU		



Cream Cheese & Radish Crackers

8 ingredients · 5 minutes · 1 serving



Directions

1. In a small bowl, combine the cream cheese, lemon juice, and dill.
2. Evenly divide the cream cheese spread, radishes, green onions, chili flakes, salt, and black pepper onto each crisp bread. Enjoy!

Notes

Leftovers

Best enjoyed fresh. Refrigerate in an airtight container for up to three days.

Serving Size

One serving is two pieces of crisp bread.

Gluten-Free

Use a gluten-free cracker or bread instead.

Dairy-Free

Use a dairy-free alternative cream cheese.

Ingredients

- 1/4 cup Cream Cheese, Regular
- 1 tbsp Lemon Juice
- 2 tbsps Fresh Dill (chopped)
- 1/3 cup Radishes (thinly sliced)
- 1/2 stalk Green Onion (chopped)
- 1 tsp Chili Flakes
- Sea Salt & Black Pepper (to taste)
- 2 slices Light Rye Crisp Bread

Nutrition

Amount per serving

Calories	229	Vitamin C	13mg
Fat	17g	Calcium	68mg
Carbs	16g	Iron	2mg
Fiber	5g	Vitamin D	0IU
Sugar	3g	Vitamin E	1mg
Protein	7g	Vitamin B6	0.1mg
Cholesterol	54mg	Vitamin B12	0.2µg
Sodium	348mg	Magnesium	10mg
Potassium	278mg	Selenium	2µg
Vitamin A	329IU		



Teriyaki Chicken & Edamame Quinoa Bowl

8 ingredients · 25 minutes · 4 servings



Directions

1. Cook the quinoa according to package directions.
2. In a large pan over medium heat, add the oil. Once the oil is hot, add the chicken. Cook for three to five minutes on each side.
3. Add the edamame and teriyaki sauce. Toss and coat everything well with the sauce. Add the water to deglaze as needed, and scrape up the fond (brown caramel bits) from the pan.
4. Divide the quinoa, chicken, and edamame between bowls. Garnish with the cilantro and chili flakes. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1/4 cup of cooked quinoa and 1/4 cup of edamame with chicken.

Make it Vegan

Use another cooked protein of choice instead of chicken, or omit.

Additional Toppings

Sesame seeds and chopped green onions.

Ingredients

- 1/2 cup Quinoa (dry)
- 2 tsps Extra Virgin Olive Oil
- 1 lb Chicken Thighs (boneless, skinless)
- 1 cup Frozen Edamame
- 2 tsps Teriyaki Sauce
- 1/4 cup Water
- 1 tbsp Cilantro (minced)
- 1/2 tsp Chili Flakes

Nutrition

Amount per serving

Calories	290	Vitamin C	2mg
Fat	10g	Calcium	46mg
Carbs	18g	Iron	3mg
Fiber	4g	Vitamin D	1IU
Sugar	2g	Vitamin E	1mg
Protein	30g	Vitamin B6	0.7mg
Cholesterol	107mg	Vitamin B12	0.7µg
Sodium	457mg	Magnesium	99mg
Potassium	585mg	Selenium	28µg
Vitamin A	163IU		



One Pot Turkey, Cabbage & Mushrooms

7 ingredients · 20 minutes · 2 servings



Directions

1. Heat the oil in a large pan over medium-high heat. Add the ground turkey, breaking it up as it cooks. Cook for three to five minutes.
2. Add the cabbage and the mushrooms. Season with salt and cook for five to seven minutes, stirring occasionally, until softened.
3. Add the basil and the lime juice and cook another two minutes, until well combined.
4. Divide evenly between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately two cups.

More Flavor

Use beef, pork, or lamb instead of turkey. Add more vegetables. Season with garlic and onion.

Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 12 **ozs** Extra Lean Ground Turkey
- 3 **cups** Green Cabbage (finely sliced)
- 2 **cups** Portobello Mushroom (sliced)
- 1/8 **tsp** Sea Salt
- 1/4 **cup** Thai Basil (chopped)
- 2 **tbsps** Lime Juice

Nutrition

Amount per serving

Calories	388	Vitamin C	54mg
Fat	22g	Calcium	104mg
Carbs	15g	Iron	3mg
Fiber	6g	Vitamin D	41IU
Sugar	7g	Vitamin E	1mg
Protein	38g	Vitamin B6	0.9mg
Cholesterol	126mg	Vitamin B12	2.0µg
Sodium	303mg	Magnesium	72mg
Potassium	1151mg	Selenium	59µg
Vitamin A	542IU		



Grilled Apricots with Yogurt & Pistachios

3 ingredients · 15 minutes · 2 servings



Directions

1. Preheat the barbecue to medium heat. Place the apricot halves on the grill face down and cook for seven minutes, until softened and they have grill marks.
2. Add apricots to a plate, face up, and top with yogurt and pistachios. Enjoy!

Notes

Leftovers

Best enjoyed immediately. Can be kept refrigerated in an airtight container for up to three days.

Serving Size

One serving is equal to four apricot halves.

Make it Vegan

Use dairy-free yogurt instead.

Additional Toppings

Add raw honey and sea salt.

Ingredients

4 Apricot (halved, pits removed)

1/4 cup Plain Greek Yogurt

2 tbsps Pistachios (chopped)

Nutrition

Amount per serving

Calories	99	Vitamin C	9mg
Fat	4g	Calcium	80mg
Carbs	11g	Iron	1mg
Fiber	2g	Vitamin D	12IU
Sugar	8g	Vitamin E	1mg
Protein	5g	Vitamin B6	0.2mg
Cholesterol	4mg	Vitamin B12	0µg
Sodium	18mg	Magnesium	16mg
Potassium	260mg	Selenium	1µg
Vitamin A	1544IU		



Baked Spinach & Artichoke Dip

10 ingredients · 35 minutes · 8 servings



Directions

1. Preheat the oven to 400°F (205°C).
2. In a large bowl, add the artichokes, spinach, yogurt, mayonnaise, mozzarella, parmesan, garlic, onion powder, and lemon juice. Mix well to combine.
3. Spoon the mixture into an oven safe baking dish and transfer to the oven. Bake for 22 to 25 minutes, until bubbling and browned on top.
4. Serve with tortilla chips and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

A 7 x 5-inch (18 x 13 cm) baking dish was used to make eight servings. One serving is about 1/2 cup of dip and 1/2 cup of chips.

No Tortilla Chips

Serve with fresh bread and/or veggies such as carrots and celery.

Ingredients

- 1 1/2 cups Artichoke Hearts (from the can, drained, chopped)
- 1 cup Frozen Spinach (thawed, drained)
- 1/2 cup Plain Greek Yogurt
- 1/4 cup Mayonnaise
- 4 ozs Mozzarella Cheese (shredded)
- 2/3 cup Parmigiano Reggiano (shredded)
- 2 Garlic (clove, minced)
- 3/4 tsp Onion Powder
- 2 tsps Lemon Juice
- 4 cups Corn Tortilla Chips

Nutrition

Amount per serving

Calories	213	Vitamin C	7mg
Fat	14g	Calcium	248mg
Carbs	12g	Iron	1mg
Fiber	3g	Vitamin D	7IU
Sugar	2g	Vitamin E	1mg
Protein	10g	Vitamin B6	0.1mg
Cholesterol	26mg	Vitamin B12	0.1µg
Sodium	321mg	Magnesium	34mg
Potassium	103mg	Selenium	2µg
Vitamin A	2679IU		



Arugula, Prosciutto & Goat Cheese Salad

6 ingredients · 10 minutes · 2 servings



Directions

1. Add the arugula to a plate. Arrange the prosciutto, goat cheese, and pomegranate seeds on top.
2. Lightly season the salad with salt and pepper. Drizzle with balsamic glaze and enjoy!

Notes

Leftovers

Best enjoyed fresh. Store the ingredients separately.

Serving Size

One serving is equal to approximately 1 3/4 cups.

Additional Toppings

Add pine nuts or almonds.

Dairy-Free

Use a dairy-free cheese instead.

Ingredients

- 3 cups Arugula
- 2 ozs Prosciutto (thinly sliced)
- 1/3 cup Goat Cheese (crumbled)
- 1/4 cup Pomegranate Seeds
- Sea Salt & Black Pepper (to taste)
- 3 tbsps Balsamic Glaze

Nutrition

Amount per serving

Calories	175	Vitamin C	6mg
Fat	8g	Calcium	64mg
Carbs	16g	Iron	1mg
Fiber	1g	Vitamin D	0IU
Sugar	14g	Vitamin E	0mg
Protein	11g	Vitamin B6	0mg
Cholesterol	27mg	Vitamin B12	0µg
Sodium	629mg	Magnesium	14mg
Potassium	152mg	Selenium	0µg
Vitamin A	712IU		



Warm Chicken & Bell Pepper Salad

10 ingredients · 20 minutes · 4 servings



Directions

1. Season the chicken with salt and pepper, then lightly coat in arrowroot powder, shaking off excess.
2. Heat the oil in a large pan over medium high heat and cook the chicken for five to seven minutes.
3. Add the bell peppers, dill, and the garlic to the pan then stir in the vinegar. Cook for an additional three to four minutes until the peppers are soft and the chicken is cooked through.
4. Divide the romaine leaves evenly between plates. Top with the chicken and peppers. Garnish with sunflower seeds and fresh dill. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately two cups.

Make it Vegan

Use black beans, lentils, or tofu instead of chicken.

More Flavor

Use toasted pine nuts instead of sunflower seeds. Add tomatoes, cucumbers, and green onions.

Ingredients

1 lb Chicken Breast (boneless, skinless, cut into thick strips)

Sea Salt & Black Pepper (to taste)

1/4 cup Arrowroot Powder

3 tbsps Extra Virgin Olive Oil

2 Red Bell Pepper (small, thickly sliced)

3 tbsps Fresh Dill (chopped, plus more for garnish)

2 tbsps Garlic Powder

2 tbsps Red Wine Vinegar

10 leaves Romaine (chopped)

2 tbsps Sunflower Seeds (toasted)

Nutrition

Amount per serving

Calories	320	Vitamin C	79mg
Fat	15g	Calcium	41mg
Carbs	17g	Iron	2mg
Fiber	4g	Vitamin D	1IU
Sugar	4g	Vitamin E	4mg
Protein	28g	Vitamin B6	1.3mg
Cholesterol	82mg	Vitamin B12	0.2µg
Sodium	63mg	Magnesium	58mg
Potassium	771mg	Selenium	30µg





Savory Cucumber Cottage Cheese Bowl

7 ingredients · 10 minutes · 1 serving



Directions

1. Divide the cottage cheese into bowls. Top with the remaining ingredients and enjoy!

Notes

Leftovers

Best enjoyed fresh. Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two cups.

More Flavor

Add cherry tomatoes and/or balsamic vinegar.

Additional Toppings

Try with fresh herbs like basil, dill, chives, or cilantro.

Ingredients

- 1 cup Cottage Cheese
- 1/8 Cucumber (large, chopped)
- 1/4 Red Bell Pepper (medium, chopped)
- 1 tbsp Pitted Kalamata Olives (sliced)
- 1 stalk Green Onion (chopped)
- 1 tbsp Almonds (toasted, chopped)
- 1 tsp Everything Bagel Seasoning

Nutrition

Amount per serving

Calories	284	Vitamin C	41mg
Fat	15g	Calcium	220mg
Carbs	13g	Iron	1mg
Fiber	2g	Vitamin D	6IU
Sugar	8g	Vitamin E	3mg
Protein	26g	Vitamin B6	0.2mg
Cholesterol	36mg	Vitamin B12	0.9µg
Sodium	927mg	Magnesium	52mg
Potassium	422mg	Selenium	21µg
Vitamin A	1773IU		



Sweet Potato Rosemary Gratin

7 ingredients · 1 hour · 4 servings



Directions

1. Preheat the oven to 375°F (190°C) and lightly grease a casserole dish.
2. In a large bowl, stir together the cream, garlic powder, rosemary, salt, pepper, and cheddar cheese. Add the sweet potato slices and toss to coat well.
3. Arrange the potato slices into the casserole dish and pour the cream mixture over top. Sprinkle with parmesan cheese and bake in the oven for 40 to 45 minutes or until cooked through.
4. Remove from the oven, let cool for 10 minutes before serving and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

A 6 x 9-inch (15 x 23 cm) baking dish was used to make four servings.

More Flavor

Add thyme and shallots.

Additional Toppings

Top with parsley or green onion.

Ingredients

- 1 cup Whipping Cream
- 1 tsp Garlic Powder
- 1 tbsp Rosemary (fresh, chopped)
- Sea Salt & Black Pepper (to taste)
- 2 1/2 ozs Cheddar Cheese (shredded)
- 2 Sweet Potato (medium, thinly sliced)
- 1 tbsp Parmigiano Reggiano

Nutrition

Amount per serving

Calories	341	Vitamin C	2mg
Fat	28g	Calcium	206mg
Carbs	16g	Iron	1mg
Fiber	2g	Vitamin D	42IU
Sugar	5g	Vitamin E	1mg
Protein	7g	Vitamin B6	0.2mg
Cholesterol	87mg	Vitamin B12	0.3µg
Sodium	179mg	Magnesium	26mg
Potassium	302mg	Selenium	7µg
Vitamin A	10349IU		



Mixed Green Salad with Apple & Walnuts

10 ingredients · 20 minutes · 3 servings



Directions

1. Preheat the oven to 325°F (165°C).
2. Place the walnuts on a baking sheet and transfer to the oven. Bake for seven to nine minutes, until toasted and fragrant. Set aside.
3. In a small jar or bowl, whisk together the oil, vinegar, mustard, honey, salt, and pepper. Set aside.
4. In a large salad bowl, combine the greens, red onion, and apple.
5. Drizzle the dressing over top and toss to combine. Garnish with the walnuts and feta cheese and toss gently to combine. Divide onto plates and enjoy!

Notes

Leftovers

Refrigerate the salad and dressing separately in an airtight container for up to three days.

Serving Size

One serving is approximately two cups.

Make it Vegan

Use dairy-free soft cheese or omit.

Additional Toppings

Add dried raisins or cranberries.

Ingredients

- 1/3 cup Walnuts (roughly chopped)
- 1/4 cup Extra Virgin Olive Oil
- 2 tbsps Balsamic Vinegar
- 1 1/2 tsps Dijon Mustard
- 1 tbsps Raw Honey
- Sea Salt & Black Pepper (to taste)
- 4 cups Mixed Greens
- 1/2 cup Red Onion (thinly sliced)
- 1 Apple (thinly sliced)
- 1/2 cup Feta Cheese (crumbled)

Nutrition

Amount per serving

Calories	396	Vitamin C	10mg
Fat	32g	Calcium	176mg
Carbs	22g	Iron	1mg
Fiber	3g	Vitamin D	4IU
Sugar	15g	Vitamin E	3mg
Protein	7g	Vitamin B6	0.2mg
Cholesterol	22mg	Vitamin B12	0.4µg
Sodium	339mg	Magnesium	33mg
Potassium	312mg	Selenium	5µg
Vitamin A	139IU		



Red Thai Beef Noodles

8 ingredients · 20 minutes · 2 servings



Directions

1. Cook the egg noodles according to the package directions.
2. While the noodles are cooking, heat a non-stick pan over medium heat. Add the ground beef and cook for five minutes, breaking it up as it cooks.
3. Add the garlic, curry paste, and bell peppers. Stir and cook for another five minutes. Add the coconut milk and bring to a simmer. Season with salt and pepper.
4. Add the cooked egg noodles to the pan. Stir and cook for another two to three minutes. Add salt and pepper, if needed.
5. Divide the noodles between bowls. Top with cilantro and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately 1 1/4 cups.

More Flavor

Add ginger and soy sauce.

No Cilantro

Use green onion instead.

No Egg Noodles

Use any other noodle instead.

Ingredients

- 1/2 cup Egg Noodles (thick, uncooked)
- 8 ozs Extra Lean Ground Beef
- 2 Garlic (clove, minced)
- 2 tbsps Thai Red Curry Paste
- 1 Red Bell Pepper (medium, thinly sliced)
- 1/2 cup Canned Coconut Milk (full fat)
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Cilantro (roughly chopped)

Nutrition

Amount per serving

Calories	382	Vitamin C	79mg
Fat	23g	Calcium	30mg
Carbs	16g	Iron	3mg
Fiber	2g	Vitamin D	4IU
Sugar	3g	Vitamin E	1mg
Protein	27g	Vitamin B6	0.7mg
Cholesterol	82mg	Vitamin B12	2.5µg
Sodium	506mg	Magnesium	37mg
Potassium	626mg	Selenium	27µg
Vitamin A	5020IU		



Roasted Parmesan & Garlic Cashews

5 ingredients · 1 hour 20 minutes · 6 servings



Directions

1. Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a bowl, combine the cashews, oil, cheese, garlic powder, and salt.
3. Spread out into an even layer onto the baking sheet. Cook for 10 to 12 minutes or until the cashews are lightly browned, turning occasionally. Let them cool for about five minutes before serving. Enjoy!

Notes

Leftovers

Store in the pantry in an airtight container for up to one week.

Serving Size

One serving is approximately 1/3 cup.

More Flavor

Add a squeeze of lemon juice before cooking.

Ingredients

2 cups Cashews (raw, soaked for at least one hour, rinsed)

1 tbsp Extra Virgin Olive Oil

1/4 cup Parmigiano Reggiano

1 tsp Garlic Powder

1/2 tsp Sea Salt

Nutrition

Amount per serving

Calories	303	Vitamin C	0mg
Fat	25g	Calcium	71mg
Carbs	15g	Iron	3mg
Fiber	1g	Vitamin D	0IU
Sugar	2g	Vitamin E	1mg
Protein	9g	Vitamin B6	0.1mg
Cholesterol	4mg	Vitamin B12	0µg
Sodium	234mg	Magnesium	120mg
Potassium	265mg	Selenium	6µg
Vitamin A	33IU		



Chocolate Chip Cookie Dough Protein Balls

8 ingredients · 15 minutes · 8 servings



Directions

1. In a large bowl whisk together the protein powder, almond flour, and salt.
2. Add the tahini, maple syrup, vanilla, and milk. Stir with a spatula until thoroughly combined and the mixture holds together. Add an additional splash of milk if the mixture is too dry. Fold in the chocolate chips.
3. Use a large cookie scoop to form into balls, or use your hands to roll into balls approximately three inches (7.5 cm). You can eat them as is or refrigerate them for 15 minutes to firm up. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is equal to one ball.

No Tahini

Use peanut butter, almond butter, or cashew butter.

More Flavor

Garnish with flaky salt after forming into balls.

Protein Powder

This recipe was developed and tested using a plant-based protein powder. Please note that if using a different type of protein powder, results may vary.

No Soy Milk

Use almond milk, cashew milk, or oat milk.

Ingredients

- 1 cup Vanilla Protein Powder
- 3/4 cup Almond Flour
- 1/4 tsp Sea Salt
- 1/3 cup Tahini
- 1/4 cup Maple Syrup
- 1/2 tsp Vanilla Extract
- 1/3 cup Soy Milk
- 2/3 cup Dark Chocolate Chips

Nutrition

Amount per serving

Calories	314	Vitamin C	0mg
Fat	18g	Calcium	146mg
Carbs	23g	Iron	2mg
Fiber	2g	Vitamin D	0IU
Sugar	16g	Vitamin E	0mg
Protein	15g	Vitamin B6	0.1mg
Cholesterol	2mg	Vitamin B12	0.4µg
Sodium	111mg	Magnesium	67mg
Potassium	138mg	Selenium	7µg
Vitamin A	7IU		



Antipasto Skewers

7 ingredients · 10 minutes · 3 servings



Directions

1. Take a barbecue skewer and thread one piece of each ingredient onto it, one at a time. Repeat with each barbecue skewer.
2. Add to a plate and top with oregano. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to two six-inch skewers.

Additional Toppings

Drizzle olive oil and balsamic vinegar on top.

Ingredients

- 6 Barbecue Skewers (small)
- 4 ozs Small Bocconcini
- 2 ozs Salami, Mild
- 2 1/2 ozs Roasted Red Peppers (chopped)
- 1/4 cup Artichoke Hearts (from the jar, drained, quartered)
- 1/3 cup Green Olives (pitted)
- 1/2 tsp Oregano

Nutrition

Amount per serving

Calories	197	Vitamin C	9mg
Fat	15g	Calcium	160mg
Carbs	3g	Iron	1mg
Fiber	1g	Vitamin D	8IU
Sugar	1g	Vitamin E	0mg
Protein	11g	Vitamin B6	0.1mg
Cholesterol	44mg	Vitamin B12	0.3µg
Sodium	644mg	Magnesium	5mg
Potassium	102mg	Selenium	6µg
Vitamin A	695IU		



Raspberry Jam & Brie Pastry Bites

6 ingredients · 25 minutes · 6 servings



Directions

1. Preheat the oven to 375°F (190°C) and lightly spray a muffin tray with oil.
2. Use the flour to lightly dust a flat surface. Roll out the puff pastry into a rectangle about 1/2 inch (13 mm) thick. Use a sharp knife or a pizza cutter and cut the puff pastry into 2 1/2 inch (6 cm) squares.
3. Press each square into a muffin tin. Then top with raspberry jam, brie, and rosemary.
4. Bake in the oven for 15 to 20 minutes or until golden brown. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to two puff pastry bites.

Additional Toppings

Top with chili flakes and flakey salt.

No Rosemary

Use thyme instead.

Avocado Oil Spray

One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.

Ingredients

- 1/8 oz Avocado Oil Spray
- 1/4 oz Unbleached All Purpose Flour (for dusting)
- 8 ozs Puff Pastry (thawed)
- 1/4 cup Raspberry Jam
- 12 ozs Brie Cheese (chopped into bite-sized pieces)
- 2 tbsps Rosemary (fresh)

Nutrition

Amount per serving

Calories	423	Vitamin C	1mg
Fat	30g	Calcium	110mg
Carbs	23g	Iron	1mg
Fiber	1g	Vitamin D	11IU
Sugar	5g	Vitamin E	0mg
Protein	15g	Vitamin B6	0.2mg
Cholesterol	57mg	Vitamin B12	0.9µg
Sodium	451mg	Magnesium	18mg
Potassium	114mg	Selenium	18µg
Vitamin A	353IU		



Parmesan & Parsley Whole Roasted Cauliflower

8 ingredients · 1 hour · 4 servings



Directions

1. Place the rack at the bottom of the oven. Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. In a bowl, whisk together the oil, garlic, and 3/4 of the mustard. Season with salt and pepper. Rub the cauliflower with the mixture.
3. Roast the cauliflower until charred and tender, about 45 to 50 minutes.
4. Meanwhile, combine the parsley, parmesan, and pumpkin seeds in a small bowl.
5. Brush the cauliflower with the remaining mustard and sprinkle with the parmesan mixture. Slice into pieces, serve, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to approximately 1/4 of the cauliflower head.

Additional Toppings

Toasted nuts. Try with marinara sauce on top or as a dip.

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 1 Garlic (clove, minced)
- 2 tbsps Dijon Mustard (divided)
- Sea Salt & Black Pepper (to taste)
- 1 head Cauliflower (large, leaves removed)
- 2 tbsps Parsley (finely chopped)
- 2 tbsps Parmigiano Reggiano (grated)
- 2 tbsps Pumpkin Seeds (toasted, chopped)

Nutrition

Amount per serving

Calories	142	Vitamin C	74mg
Fat	10g	Calcium	76mg
Carbs	8g	Iron	1mg
Fiber	3g	Vitamin D	0IU
Sugar	3g	Vitamin E	1mg
Protein	5g	Vitamin B6	0.3mg
Cholesterol	3mg	Vitamin B12	0µg
Sodium	151mg	Magnesium	47mg
Potassium	486mg	Selenium	1µg
Vitamin A	186IU		



Chicken, Bacon, Leek & Potato Soup

10 ingredients · 25 minutes · 4 servings



Directions

1. In a large heavy pot, cook the bacon and the chicken over medium heat for four to five minutes or until the bacon is crisp and the chicken is cooked through.
2. Add the potatoes, mushrooms, leeks, and garlic to the pot. Cook for three to four minutes or until the mushrooms and the leeks soften. Stir in the tomato paste.
3. Add the broth and vinegar. Bring to a boil, then reduce the heat. Cover and simmer gently for 10 to 12 minutes or until the potatoes are tender. Stir in the parsley.
4. Divide into bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days or freeze individual portions for up to three months.

Serving Size

One serving is equal to approximately two cups.

More Flavor

Season with salt and pepper to taste.

Additional Toppings

Basil or tomato pesto.

Ingredients

- 2 slices Bacon (chopped)
- 1 lb Chicken Thighs (boneless, skinless, chopped)
- 2 cups Mini Potatoes (quartered)
- 2 cups Mushrooms (chopped)
- 1 Leeks (large, sliced)
- 1 Garlic (clove, chopped)
- 1 tbsp Tomato Paste
- 4 cups Chicken Broth, Low Sodium
- 2 tsps White Wine Vinegar
- 1/4 cup Parsley (chopped)

Nutrition

Amount per serving

Calories	319	Vitamin C	25mg
Fat	12g	Calcium	50mg
Carbs	22g	Iron	3mg
Fiber	3g	Vitamin D	7IU
Sugar	3g	Vitamin E	1mg
Protein	33g	Vitamin B6	0.9mg
Cholesterol	116mg	Vitamin B12	1.0µg
Sodium	301mg	Magnesium	62mg
Potassium	1085mg	Selenium	34µg
Vitamin A	786IU		



Creamy Mustard & Rosemary Chicken with Carrots

10 ingredients · 20 minutes · 4 servings



Directions

1. Place the carrots in a steamer basket over boiling water and cover. Steam for five to seven minutes or until tender.
2. Heat half of the oil in a pan over medium heat. Add the chicken thighs and cook, covered, for six to eight minutes per side or until cooked through. Remove from the pan and set aside.
3. Meanwhile, mix together the remaining oil, lemon juice, garlic, rosemary, mustard, and broth. Separately mix the cream and arrowroot powder together.
4. To the same pan, add the mustard mixture. Bring to a boil then reduce to a simmer. Cook for two minutes or until reduced by half.
5. Add the cream mixture to the pan, stirring constantly. Bring to a boil, then reduce to a simmer. Continue cooking until slightly thickened. Return the chicken to the pan and cook for about two minutes or until warmed through.
6. Serve the chicken with the pan sauce and carrots. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately one chicken thigh and two carrots.

Dairy-Free

Use full-fat coconut milk instead of whipping cream.

Serve it With

Over rice, with potatoes, or alongside quinoa.

No Arrowroot

Use all-purpose flour or tapioca flour instead.

Ingredients

- 8 Carrot (medium, cut in half lengthwise)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 lb Chicken Thighs with Skin (bone-in)
- 1 tbsp Lemon Juice
- 1 Garlic (clove, minced)
- 1 tbsp Rosemary (fresh, chopped)
- 2 tbsps Whole Grain Mustard
- 1/4 cup Chicken Broth
- 1/2 cup Whipping Cream (at room temperature)
- 1 tsp Arrowroot Powder

Nutrition

Amount per serving

Calories	472	Vitamin C	9mg
Fat	37g	Calcium	72mg
Carbs	15g	Iron	1mg
Fiber	4g	Vitamin D	22IU
Sugar	7g	Vitamin E	2mg
Protein	21g	Vitamin B6	0.6mg
Cholesterol	145mg	Vitamin B12	0.7µg
Sodium	278mg	Magnesium	38mg
Potassium	663mg	Selenium	23µg
Vitamin A	20924IU		



Cheesy Broccoli Bake

7 ingredients · 45 minutes · 4 servings



Directions

1. Preheat the oven to 375°F (190°C). Grease a baking dish.
2. Melt 2/3 of the butter in a large pot over medium heat. Once melted, add the flour and whisk well to combine. While whisking vigorously, slowly add the water. Allow the mixture to thicken, whisking occasionally, for about two minutes.
3. Add the cheese, salt, and pepper and whisk well to combine. Set aside.
4. Add the broccoli to the baking dish. Pour the cheese sauce all over the broccoli, and mix with a spoon to coat well. Bake, uncovered, for 30 minutes, until bubbling.
5. Meanwhile, add the breadcrumbs and remaining butter to a small bowl and mash together with your fingers or a spoon.
6. Sprinkle the breadcrumb mixture over the top of the broccoli. Set the oven to broil and return the broccoli to the oven for one to two minutes or until the breadcrumb topping has browned lightly.
7. Let the broccoli rest for five to ten minutes before serving. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is about 1 1/4 cups.

Make it Vegan

Use vegan butter and cheese.

More Flavor

Add minced garlic and paprika to the cheese sauce. Use milk or cream instead of water.

Additional Toppings

Chopped parsley.

Ingredients

- 3 tbsps Butter (divided)
- 1/4 oz Unbleached All Purpose Flour
- 1 1/4 cups Water
- 6 ozs Cheddar Cheese (shredded)
- Sea Salt & Black Pepper (to taste)
- 4 cups Broccoli (chopped into florets)
- 1/3 cup Bread Crumbs

Nutrition

Amount per serving

Calories	321	Vitamin C	81mg
Fat	24g	Calcium	371mg
Carbs	15g	Iron	1mg
Fiber	3g	Vitamin D	10IU
Sugar	2g	Vitamin E	1mg
Protein	14g	Vitamin B6	0.2mg
Cholesterol	65mg	Vitamin B12	0.5µg
Sodium	376mg	Magnesium	37mg
Potassium	342mg	Selenium	17µg
Vitamin A	1361IU		



Gluten-Free

Use gluten-free breadcrumbs.



Beef & Napa Cabbage Stir Fry

10 ingredients · 15 minutes · 2 servings



Directions

1. Heat a large pan over medium heat. Once hot, add the beef and cook for four to six minutes or until cooked through. Break the meat apart as it cooks. Season with half the salt. Once cooked, set aside, leaving the fat in the pan.
2. Add the carrots and the broccoli to the same pan and cook for three to four minutes or until just tender.
3. Stir in the green onions, garlic, and ginger. Cook for one more minute.
4. Add the cabbage, mix well and cook, covered, for two to three minutes or until wilted.
5. Stir in the cooked beef, coconut aminos, apple cider vinegar, and the remaining salt. Cook until warmed through.
6. Serve topped with more green onions (optional) and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days. Freeze for up to three months.

Serving Size

One serving is approximately 2 1/2 cups.

More Flavor

Use ground chicken, turkey, pork, or lamb instead of beef.

Additional Toppings

Cilantro or Thai basil.

Ingredients

- 12 ozs Extra Lean Ground Beef
- 1/4 tsp Sea Salt (divided)
- 1 cup Matchstick Carrots
- 1 cup Broccoli (chopped into small florets)
- 4 stalks Green Onion (chopped, plus more for garnish)
- 1 Garlic (clove, minced)
- 1 tbsp Ginger (fresh, grated)
- 4 cups Napa Cabbage (finely sliced)
- 2 tbsps Coconut Aminos
- 1 tbsp Apple Cider Vinegar

Nutrition

Amount per serving

Calories	413	Vitamin C	114mg
Fat	18g	Calcium	144mg
Carbs	25g	Iron	5mg
Fiber	8g	Vitamin D	5IU
Sugar	14g	Vitamin E	1mg
Protein	39g	Vitamin B6	1.0mg
Cholesterol	111mg	Vitamin B12	3.8µg
Sodium	777mg	Magnesium	71mg
Potassium	1054mg	Selenium	30µg
Vitamin A	5920IU		



Sweet Potato & Bacon Soup

9 ingredients · 50 minutes · 5 servings



Directions

1. Heat the oil in a large pot over medium heat. Add the yellow onion and sauté for two to three minutes. Add the sweet potatoes, garlic, and salt. Sauté for three to five minutes.
2. Add the broth and water. Bring to a boil then lower the heat to a simmer for 20 to 25 minutes or until the sweet potatoes are fork tender.
3. Meanwhile, cook the bacon in a large pan over medium heat until crispy. Chop into bite-sized pieces and set aside.
4. Turn off the heat on the soup. Add most of the bacon, setting aside a little bit for garnish. Use an immersion blender to blend until smooth. Alternatively, carefully add to a blender and blend until smooth, making sure to vent for heat to escape.
5. Divide into bowls and top with bacon and chopped green onion. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to three months.

Serving Size

One serving is approximately 1 1/2 cups.

Additional Toppings

Top with a dollop of sour cream.

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 1 Yellow Onion (small, chopped)
- 3 Sweet Potato (large, peeled, cut into cubes)
- 1 Garlic (clove, minced)
- 1/2 tsp Sea Salt
- 4 cups Chicken Broth, Low Sodium
- 2 cups Water
- 7 slices Bacon
- 2 stalks Green Onion (chopped)

Nutrition

Amount per serving

Calories	311	Vitamin C	3mg
Fat	21g	Calcium	55mg
Carbs	21g	Iron	2mg
Fiber	3g	Vitamin D	6IU
Sugar	6g	Vitamin E	1mg
Protein	11g	Vitamin B6	0.3mg
Cholesterol	26mg	Vitamin B12	0.4µg
Sodium	635mg	Magnesium	29mg
Potassium	549mg	Selenium	8µg
Vitamin A	11272IU		



Shredded Beef, Cucumber & Cauliflower Rice

11 ingredients · 3 hours 25 minutes · 6 servings



Directions

1. Season the beef all over with salt and sprinkle with garlic powder and thyme. Heat a pot over medium-high heat. Add the beef and cook for about 10 minutes or until browned on all sides.
2. Add the water and coconut aminos to the pot. Cover with a lid and turn the heat down to low. Cook for about three hours or until the beef is tender. Check occasionally and add more water if necessary.
3. Remove the beef from the pot and shred with two forks. Bring back the shredded beef to the pot and stir with the liquid. Taste and adjust the seasoning to your taste.
4. Heat the oil in a large pan over medium heat. Add the cauliflower rice and cook, stirring occasionally, for five to seven minutes or until desired doneness.
5. Divide the cauliflower rice and beef between serving plates. Top with cucumber and cilantro. Squeeze some lime juice on top, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze the beef for up to three months.

Serving Size

One serving is equal to approximately 2/3 cup of beef, one cup of cauliflower rice, and 1/3 cup cucumber.

More Flavor

Add oregano to the beef.

Additional Toppings

Add avocado.

Ingredients

- 2 lbs Top Sirloin Beef Roast (cut into big chunks)
- 1 1/2 tps Sea Salt
- 2 tps Garlic Powder
- 2 tps Dried Thyme
- 1/2 cup Water
- 2 tbsps Coconut Aminos
- 2 tps Extra Virgin Olive Oil
- 6 cups Cauliflower Rice
- 1 Cucumber (medium, sliced)
- 1/4 cup Cilantro
- 1 1/2 Lime (juiced)

Nutrition

Amount per serving

Calories	313	Vitamin C	47mg
Fat	10g	Calcium	49mg
Carbs	9g	Iron	5mg
Fiber	3g	Vitamin D	5IU
Sugar	4g	Vitamin E	0mg
Protein	47g	Vitamin B6	0.8mg
Cholesterol	127mg	Vitamin B12	6.7µg
Sodium	796mg	Magnesium	53mg
Potassium	939mg	Selenium	53µg
Vitamin A	126IU		



Creamy Coconut Lime Chicken

8 ingredients · 25 minutes · 2 servings



Directions

1. Heat the oil in a pan over medium heat. Season the chicken all over with salt and pepper. Add the chicken to the pan and cook for two to three minutes on each side or until browned.
2. Add the garlic, chili flakes, and coconut milk. Bring to a simmer, cover the pan with a lid, and simmer over medium-low heat for about 10 minutes.
3. Remove the lid and stir in the lime juice. Turn the heat to medium-high and boil for about two to three minutes or until the sauce has slightly thickened. Taste and adjust the seasoning to your taste.
4. Top with cilantro. Garnish with lime slices, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately one chicken breast and about 1/4 cup of sauce.

No Cilantro

Use green onion instead.

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 10 ozs Chicken Breast (boneless, skinless)
- Sea Salt & Black Pepper (to taste)
- 2 Garlic (clove, sliced)
- 1/2 tsp Chili Flakes
- 3/4 cup Canned Coconut Milk
- 1 Lime (juiced, plus more for garnish)
- 1/4 cup Cilantro

Nutrition

Amount per serving

Calories	359	Vitamin C	8mg
Fat	22g	Calcium	21mg
Carbs	5g	Iron	1mg
Fiber	0g	Vitamin D	1IU
Sugar	2g	Vitamin E	1mg
Protein	33g	Vitamin B6	1.2mg
Cholesterol	103mg	Vitamin B12	0.3µg
Sodium	88mg	Magnesium	43mg
Potassium	656mg	Selenium	33µg
Vitamin A	189IU		



Peanut Butter & Jam Frozen Yogurt Pops

5 ingredients · 3 hours 10 minutes · 6 servings



Directions

1. Add the yogurt to a large bowl and whisk in the honey until well combined. Gently swirl in the raspberry jam and peanut butter.
2. Pour this mixture into popsicle molds or small paper cups and insert the popsicle sticks into the center. Freeze for at least three hours, or until completely solid. Enjoy!

Notes

Leftovers

Keep frozen for up to one month.

Serving Size

One serving is equal to one popsicle.

Dairy-Free

Use coconut yogurt instead.

More Flavor

Add vanilla extract and chocolate chips.

Ingredients

- 2 cups Plain Greek Yogurt
- 2 tbsps Raw Honey
- 1/3 cup Raspberry Jam
- 1/3 cup All Natural Peanut Butter
- 6 Popsicle Sticks

Nutrition

Amount per serving

Calories	193	Vitamin C	6mg
Fat	9g	Calcium	174mg
Carbs	19g	Iron	0mg
Fiber	1g	Vitamin D	33IU
Sugar	15g	Vitamin E	1mg
Protein	11g	Vitamin B6	0.1mg
Cholesterol	11mg	Vitamin B12	0µg
Sodium	49mg	Magnesium	24mg
Potassium	80mg	Selenium	1µg
Vitamin A	417IU		



Chocolate Peanut Butter Protein Bars

5 ingredients · 40 minutes · 8 servings



Directions

1. Line a baking dish or rectangular container with parchment paper.
2. In a small bowl, mix the peanut butter, protein powder, and coconut flour together until smooth.
3. Spread the mixture into the prepared baking dish or container. Press it down with a silicone spatula or your hands.
4. Add the chocolate to a bowl and microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to fully combine.
5. Pour the chocolate over top and gently spread with a spoon or spatula to all corners. Top with flaky sea salt. Refrigerate for one hour or until the chocolate has hardened and the peanut butter bar has set.
6. Cut into squares and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to one week. Freeze for up to one month.

Serving Size

One serving is one bar. A 7 1/2-inch by 6-inch dish (19 cm by 15 cm) was used to make eight bars.

More Flavor

Add maple syrup, honey, or coconut sugar.

Additional Toppings

Chopped nuts, seeds, cacao nibs and/or hemp seeds.

On The Go

These bars are best chilled but will last for 30 minutes out of the fridge before getting too soft.

Ingredients

1 cup All Natural Peanut Butter

2/3 cup Vanilla Protein Powder

1 1/3 tbsps Coconut Flour

3 1/2 ozs Dark Chocolate

1/2 tsp Sea Salt (flaky)

Nutrition

Amount per serving

Calories	300	Vitamin C	0mg
Fat	22g	Calcium	63mg
Carbs	14g	Iron	2mg
Fiber	4g	Vitamin D	0IU
Sugar	6g	Vitamin E	3mg
Protein	15g	Vitamin B6	0.2mg
Cholesterol	2mg	Vitamin B12	0.2µg
Sodium	171mg	Magnesium	98mg
Potassium	309mg	Selenium	4µg
Vitamin A	5IU		



Protein Powder

This recipe was developed and tested using a whey-based protein powder. If using a different type of protein, results may vary.



Whipped Goat Cheese & Caramelized Shallot Dip

7 ingredients · 35 minutes · 6 servings



Directions

1. Heat a pan over medium-low heat and add half of the oil. Add the shallots and cook for about 20 to 25 minutes or until caramelized. As they cook, stir occasionally and lower the heat as needed. Remove from the pan and roughly chop. Set aside.
2. Place the goat cheese in the food processor and process on high until smooth and fluffy, stopping to scrape down the sides as needed.
3. In a small bowl, mix together the remaining oil, honey, chili flakes, and lemon juice.
4. Spread the goat cheese out in a serving bowl. Scatter the shallots over top and drizzle the honey mixture over the dip. Garnish with the green onion. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days. Let it sit out of the fridge for 15 to 20 minutes prior to serving.

Serving Size

One serving is about 1/4 cup.

Serve it With

Serve with crackers, crostini, fresh bread, and/or veggies.

Ingredients

- 1 **tblsp** Extra Virgin Olive Oil (divided)
- 1 **1/2 cups** Shallot (thinly sliced)
- 1 **1/2 cups** Goat Cheese (room temperature)
- 2 **tblsps** Raw Honey
- 1 **tsp** Chili Flakes
- 1 **tsp** Lemon Juice
- 2 **stalks** Green Onion (chopped)

Nutrition

Amount per serving

Calories	140	Vitamin C	4mg
Fat	8g	Calcium	37mg
Carbs	14g	Iron	1mg
Fiber	1g	Vitamin D	0IU
Sugar	10g	Vitamin E	0mg
Protein	5g	Vitamin B6	0.1mg
Cholesterol	10mg	Vitamin B12	0µg
Sodium	135mg	Magnesium	9mg
Potassium	141mg	Selenium	1µg
Vitamin A	162IU		



Lemon Oat Bars

8 ingredients · 2 hours 5 minutes · 16 servings



Directions

1. Preheat the oven to 350°F (175°C). Line a pan with parchment paper and set aside.
2. In a large bowl, combine the oat flour, coconut oil, half of the honey, and half of the salt. Mix well until a wet, but firm consistency is formed.
3. Press the dough into the lined pan, making sure to press it out evenly and into the corners. Bake for 15 minutes, until lightly browned and set. Let cool.
4. While the crust is baking, in a mixer add the eggs, coconut flour, lemon zest, lemon juice, the remaining honey, and remaining salt. Mix for about four minutes or until well combined.
5. Pour the mixture on top of the crust and bake for 30 minutes, or until set and cooked through. Cool completely then chill for one to two hours before serving.
6. When ready to serve, remove from the pan, cut into squares, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is one square. A 9 x 9-inch (23 x 23 cm) square pan was used to make 16 servings.

No Honey

Use maple syrup instead of honey.

No Oat Flour

Use all purpose gluten-free flour instead.

Ingredients

- 1 cup Oat Flour
- 1/3 cup Coconut Oil (melted)
- 1/2 cup Raw Honey (divided)
- 1/2 tsp Sea Salt (divided)
- 6 Egg (large)
- 2 tbsps Coconut Flour
- 1 tbsp Lemon Zest
- 1/2 cup Lemon Juice

Nutrition

Amount per serving

Calories	133	Vitamin C	3mg
Fat	7g	Calcium	15mg
Carbs	15g	Iron	1mg
Fiber	1g	Vitamin D	15IU
Sugar	8g	Vitamin E	0mg
Protein	4g	Vitamin B6	0mg
Cholesterol	70mg	Vitamin B12	0.2µg
Sodium	102mg	Magnesium	3mg
Potassium	34mg	Selenium	6µg
Vitamin A	102IU		



Whipped Coconut Cream & Strawberry Puff Pastry

7 ingredients · 50 minutes · 9 servings



Directions

1. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. Use the flour to lightly dust a flat surface. Roll out the puff pastry into a square about 1/2 inch (13 mm) thick. Use a sharp knife and cut the puff pastry into 2 1/2 inch (6 cm) squares.
3. Use the knife to run a 1/4 inch (1/2 cm) border around the edges of each puff pastry square, being careful not to pierce all the way through. Place them into a baking sheet and brush the edges with egg yolk.
4. Bake in the oven for 20 to 25 minutes or until golden brown. Meanwhile, in a bowl whisk together the chilled coconut cream, icing sugar, and vanilla.
5. Once the puff pastries are cooked, remove from the oven and let cool down completely. Spoon the whipped coconut cream on top, along with the strawberries. Enjoy!

Notes

Leftovers

Best enjoy immediately. Refrigerate in an airtight container for up to two days.

Serving Size

One serving is equal to one puff pastry square.

Additional Toppings

Top with mint leaves.

Gluten-Free

Use gluten-free pastry and flour.

No Strawberries

Use blueberries or raspberries instead.

Ingredients

- 1/4 oz Unbleached All Purpose Flour (for dusting)
- 8 ozs Puff Pastry (thawed)
- 1 Egg Yolk (whisked)
- 1 1/2 cups Coconut Cream (chilled in the fridge overnight)
- 1 tbsp Icing Sugar
- 1 tsp Vanilla Extract
- 1 1/2 cups Strawberries (sliced)

Nutrition

Amount per serving

Calories	246	Vitamin C	14mg
Fat	18g	Calcium	9mg
Carbs	17g	Iron	1mg
Fiber	1g	Vitamin D	0IU
Sugar	3g	Vitamin E	0mg
Protein	3g	Vitamin B6	0mg
Cholesterol	20mg	Vitamin B12	0µg
Sodium	76mg	Magnesium	7mg
Potassium	56mg	Selenium	8µg
Vitamin A	3IU		

