

# Apple Cinnamon Cauliflower Porridge

4 SERVINGS 10 MINUTES



## INGREDIENTS

2 cups Organic Coconut Milk (canned, full-fat)  
4 cups Cauliflower Rice  
1 1/2 tbsps Maple Syrup  
1 Apple (core and stem removed, chopped)  
1 tbsp Cinnamon

## DIRECTIONS

- 01 In a large pan, combine the coconut milk and cauliflower rice over medium heat. Cook until the cauliflower is tender, about 5 to 8 minutes.
- 02 Divide into bowls and top with apple and cinnamon. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	280	Carbs	20g
Fat	21g	Fiber	4g
Saturated	18g	Sugar	13g
Polyunsat...	0g	Protein	4g
Monounsat...	0g		

# Acorn Squash & Sausage Hash

4 SERVINGS 30 MINUTES



## INGREDIENTS

10 ozs Pork Sausage (casings removed)  
1 tbsp Extra Virgin Olive Oil  
1 Acorn Squash (peeled, chopped into cubes)  
1/2 Yellow Onion (chopped)  
2 cups Mushrooms (sliced)  
2 cups Kale Leaves (chopped)  
1 tbsp Nutritional Yeast  
1 tsp Sea Salt  
1 Apple (cored, cubed)

## NUTRITION

### AMOUNT PER SERVING

Calories	345	Carbs	23g
Fat	24g	Fiber	4g
Saturated	7g	Sugar	7g
Polyunsat...	3g	Protein	11g
Monounsa...	11g		

## DIRECTIONS

- 01 In a skillet over medium heat, cook the sausage. Break it up with the back of a spoon as it browns. Once it is cooked, drain the fat and set the sausage aside on a plate.
- 02 In the same skillet over medium-high heat, warm the olive oil. Add the squash, onions and mushrooms and cook for 10 minutes or until the squash is soft. Lower the heat to medium and add in the kale. Cook for about 2 minutes or until the kale is soft.
- 03 Add the sausage back in along with the nutritional yeast and sea salt. Stir until everything is combined and warmed through.
- 04 Remove from heat and stir in the chopped apples. Divide between plates and enjoy!



# Arugula & Tomato Egg Muffins

6 SERVINGS 30 MINUTES



## INGREDIENTS

1 1/2 tsps Avocado Oil  
4 cups Arugula  
8 Egg  
1 Tomato (chopped)  
2/3 oz Pecorino Romano Cheese (shredded)  
1/4 cup Parsley (chopped)  
1/3 cup Unsweetened Almond Milk  
1/4 tsp Sea Salt

## DIRECTIONS

- 01 Preheat the oven to 350°F (177°C) and lightly grease a muffin tin with avocado oil.
- 02 In a non-stick skillet over medium-low heat, cook the arugula until just wilted, and then remove from heat.
- 03 In a medium-sized bowl, crack the eggs and then add the arugula, tomato, pecorino romano, parsley, almond milk and sea salt. Whisk everything together.
- 04 Pour the egg mixture into the muffin cups until they are about 3/4 of the way filled.
- 05 Bake for 20 to 22 minutes. Remove from the oven, let cool and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	128	Carbs	2g
Fat	9g	Fiber	1g
Saturated	3g	Sugar	1g
Polyunsat...	2g	Protein	10g
Monounsa...	3g		

# Kale & Eggs

1 SERVING 10 MINUTES



## INGREDIENTS

1/2 tsp Ghee  
3 cups Kale Leaves (roughly chopped)  
2 Egg  
2 tbsps Pitted Kalamata Olives  
1 tbsp Nutritional Yeast  
1/8 tsp Sea Salt

## DIRECTIONS

- 01 Heat a skillet over medium heat and add the ghee. Once the skillet is hot, add the kale and cook for 2 to 3 minutes, until just wilted, stirring as needed.
- 02 Make two spaces in the kale and crack eggs into each space. Add the olives and season everything with nutritional yeast and sea salt. Cover with a lid and cook for 3 to 4 minutes or until the eggs are cooked to your preference.
- 03 Add the kale, olives and eggs to a plate. Serve and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	228	Carbs	7g
Fat	15g	Fiber	4g
Saturated	5g	Sugar	1g
Polyunsat...	2g	Protein	17g
Monounsa...	5g		



# Smoky Coconut Bacon

8 SERVINGS 20 MINUTES



## INGREDIENTS

2 cups Unsweetened Coconut Flakes  
1 1/2 tbsps Tamari  
1 tbsp Liquid Smoke  
1 tsp Monk Fruit Sweetener  
1/2 tsp Smoked Paprika

## NUTRITION

### AMOUNT PER SERVING

Calories	136	Carbs	6g
Fat	13g	Fiber	3g
Saturated	12g	Sugar	1g
Polyunsat...	0g	Protein	2g
Monounsa...	0g		

## DIRECTIONS

- 01 Preheat the oven to 325°F (163°C) and line a baking sheet with parchment paper.
- 02 In a medium-sized bowl, add the coconut flakes along with the tamari, liquid smoke, monk fruit sweetener and smoked paprika. Stir to combine. Add to the baking sheet, ensuring the flakes are evenly spread out.
- 03 Bake 12 to 13 minutes, flipping the pieces halfway. Remove and let cool for 10 minutes. Serve and enjoy!

# Egg White & Peppers Pita

1 SERVING 10 MINUTES



## INGREDIENTS

1 tbsp Avocado Oil  
1 Red Bell Pepper (chopped)  
1/4 tsp Sea Salt  
3/4 cup Egg Whites  
1 1/16 ozs White Pita Bread (halved)

## DIRECTIONS

- 01 Heat avocado oil in a large skillet. Add the red bell pepper and season with salt. Cook for about 2 to 3 minutes, or until just tender and slightly charred.
- 02 Add the egg whites and stir together with the peppers until cooked, about 2 to 3 minutes.
- 03 Spread open the pita and fill the pockets with the cooked egg whites and bell peppers. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	332	Carbs	25g
Fat	15g	Fiber	3g
Saturated	2g	Sugar	7g
Polyunsat...	2g	Protein	24g
Monounsa...	10g		



# Peach with Cottage Cheese

1 SERVING 5 MINUTES



## INGREDIENTS

1/4 cup Cottage Cheese  
1 Peach (medium, sliced)

## DIRECTIONS

01 Combine the cottage cheese and peach in a bowl or container if on-the-go.  
Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	110	Carbs	16g
Fat	3g	Fiber	2g
Saturated	1g	Sugar	14g
Polyunsat...	0g	Protein	7g
Monounsa...	1g		

# Sweet Potato Hashbrowns

2 SERVINGS 20 MINUTES



## INGREDIENTS

1 Sweet Potato (large, peeled and shredded)  
3 tbsps Arrowroot Powder  
1/4 tsp Sea Salt  
2 tbsps Coconut Oil

## NUTRITION

### AMOUNT PER SERVING

Calories	218	Carbs	24g
Fat	14g	Fiber	2g
Saturated	11g	Sugar	3g
Polyunsat...	0g	Protein	1g
Monounsa...	1g		

## DIRECTIONS

- 01 Using your hands and a paper towel or kitchen towel, squeeze as much liquid out of the shredded sweet potato as possible.
- 02 In a mixing bowl, combine the sweet potato, arrowroot powder and salt.
- 03 Heat oil in a cast iron skillet over medium heat. Sprinkle the sweet potato evenly across the skillet to form a thin layer. Press down with a spatula and cook on each side for 4 to 5 minutes, or until brown and crispy.
- 04 Transfer to a towel-lined plate to absorb any excess oil. Let cool slightly and enjoy!



# Curried Tofu Scramble

3 SERVINGS 25 MINUTES



## INGREDIENTS

1 tbsp Organic Vegetable Broth  
1 Red Bell Pepper (chopped)  
1/2 Yellow Onion (chopped)  
15 3/4 ozs Tofu (extra firm, drained and pressed to remove water)  
1 tsp Curry Powder  
1 tbsp Nutritional Yeast  
1/4 tsp Sea Salt  
3 cups Arugula

## DIRECTIONS

- 01 In a skillet over medium-low heat, add the vegetable broth along with the pepper and onion. Sauté for 8 to 10 minutes.
- 02 Break apart the tofu into large chunks and add to the pan. Use the back of a wooden spoon to break it apart into smaller pieces. Add the curry powder, nutritional yeast and sea salt. Stir to combine the spices evenly.
- 03 Add arugula to the pan and stir until just wilted, about 1 minute. Remove from the heat, serve and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	154	Carbs	8g
Fat	8g	Fiber	4g
Saturated	1g	Sugar	5g
Polyunsat...	4g	Protein	17g
Monounsa...	2g		

# Vanilla Latte Overnight Oats

2 SERVINGS 3 HOURS



## INGREDIENTS

3/4 cup Unsweetened Almond Milk  
1/2 cup Organic Coffee (cold, strong brewed)  
2 tbsps Almond Butter (divided)  
1 tbsp Maple Syrup  
1/4 tsp Vanilla Extract  
3/4 cup Quick Oats  
2 tbsps Chia Seeds  
2 tsps Cacao Nibs

## DIRECTIONS

- 01 In a mixing bowl whisk together almond milk, cold coffee, half of the almond butter, maple syrup and vanilla extract. Stir in the oats and chia seeds until well combined.
- 02 Cover and refrigerate for at least 3 hours or up to overnight.
- 03 To serve, divide between bowls and top with the remaining almond butter and cacao nibs. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	322	Carbs	37g
Fat	17g	Fiber	9g
Saturated	2g	Sugar	7g
Polyunsat...	3g	Protein	10g
Monounsa...	6g		



# Coconut Yogurt Parfait

1 SERVING 5 MINUTES



## INGREDIENTS

1 cup Unsweetened Coconut Yogurt (divided)  
2 tbsps Walnuts (roughly chopped, divided)  
1/2 cup Strawberries (chopped, divided)

## DIRECTIONS

01 Place half the coconut yogurt in a glass jar or bowl. Top with half the walnuts and half the strawberries. Add the remaining coconut yogurt, walnuts and strawberries. Serve and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	230	Carbs	20g
Fat	17g	Fiber	5g
Saturated	7g	Sugar	5g
Polyunsat...	7g	Protein	4g
Monounsa...	1g		

# Chocolate Almond Hemp Seed Porridge

1 SERVING 10 MINUTES



## INGREDIENTS

1/2 cup Organic Coconut Milk (full fat, from the can)  
1/2 cup Water  
2 tsps Monk Fruit Sweetener  
2 tsps Cocoa Powder  
1/4 tsp Vanilla Extract  
3 tsps Hemp Seeds  
1 1/2 tsps Ground Flax Seed  
1 tbsp Chia Seeds  
1 tbsp Almond Butter  
1 tsp Unsweetened Shredded Coconut  
1 tsp Cacao Nibs  
1/4 cup Strawberries

## DIRECTIONS

- 01 Heat the coconut milk and water over medium heat. Just before the milk starts to bubble stir in monk fruit sweetener, cocoa powder and vanilla. Whisk until well combined.
- 02 Reduce heat to low and whisk in the hemp seeds, ground flax and chia seeds. Let it simmer while stirring frequently until the porridge has thickened. If the porridge becomes too thick, add a tablespoon of additional water or coconut milk at a time until desired consistency is reached.
- 03 Transfer the porridge to a bowl and stir in the almond butter. Top the porridge with the coconut, cacao nibs and strawberries. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	636	Carbs	31g
Fat	55g	Fiber	11g
Saturated	22g	Sugar	5g
Polyunsat...	16g	Protein	20g
Monounsa...	8g		



# Bacon & Mushroom Breakfast Bowl

2 SERVINGS 20 MINUTES



## INGREDIENTS

1/2 tsp Avocado Oil  
8 White Button Mushrooms (sliced)  
2 ears Corn on the Cob (kernels removed)  
4 slices Organic Bacon, Cooked (diced)  
2 Egg  
1/8 tsp Sea Salt

## DIRECTIONS

- 01 Heat a skillet over medium heat and add avocado oil. Add the mushrooms and cook for 3 to 4 minutes, then add the corn and cook for 4 to 5 minutes. Remove from the skillet. Add the cooked bacon and set aside.
- 02 In the same skillet, cook the eggs until the whites are set and the yolk is cooked to your liking
- 03 Add the corn, mushroom and bacon mix to a bowl and top with an egg. Season with sea salt as desired. Serve and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	276	Carbs	22g
Fat	14g	Fiber	2g
Saturated	4g	Sugar	7g
Polyunsat...	2g	Protein	17g
Monounsa...	6g		

# Blueberry Overnight Steel Cut Oats

3 SERVINGS 8 HOURS



## INGREDIENTS

1 cup Steel Cut Oats  
3 cups Water (boiling)  
2 cups Unsweetened Almond Milk  
2 tbsps Chia Seeds  
3/4 cup Blueberries

## DIRECTIONS

- 01 Place the steel cut oats in a large bowl and cover with boiling water. Let it sit for 10 to 15 minutes.
- 02 Drain and rinse the oats. Add to a large container along with the almond milk and chia seeds. Stir and place in the fridge overnight or for at least 8 hours.
- 03 When ready to eat, top with blueberries. Serve and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	307	Carbs	51g
Fat	9g	Fiber	9g
Saturated	1g	Sugar	5g
Polyunsat...	0g	Protein	8g
Monounsa...	1g		

# Almond Butter & Jam Chia Pudding

2 SERVINGS 30 MINUTES



## INGREDIENTS

1/4 cup Chia Seeds  
1 cup Unsweetened Almond Milk  
1 cup Raspberries  
2 tbsps Almond Butter

## NUTRITION

### AMOUNT PER SERVING

Calories	262	Carbs	21g
Fat	18g	Fiber	12g
Saturated	1g	Sugar	3g
Polyunsat...	3g	Protein	9g
Monounsa...	6g		

## DIRECTIONS

- 01 In a medium bowl, combine the chia seeds with the almond milk and whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 02 In a small bowl, mash the raspberries until they resemble jam.
- 03 Layer the chia seed pudding in a jar, top with the raspberry jam and almond butter. Serve and enjoy!



# Sardine & Avocado Endive Wraps

2 SERVINGS 5 MINUTES



## INGREDIENTS

6 ozs Sardines (packed in oil, drained)  
1 Avocado (cubed)  
1 head Endive (leaves separated)

## DIRECTIONS

- 01 In a bowl, gently break the sardines into chunks. Add avocado and toss until just combined.
- 02 Fill each endive leaf with the sardine avocado mixture. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	381	Carbs	17g
Fat	25g	Fiber	15g
Saturated	4g	Sugar	1g
Polyunsat...	6g	Protein	26g
Monounsa...	13g		

# Zucchini, Mushroom & Egg Breakfast

1 SERVING 20 MINUTES



## INGREDIENTS

1/2 tsp Avocado Oil  
1/2 Zucchini (medium, sliced)  
6 White Button Mushrooms (sliced)  
2 Egg  
1/2 cup Arugula  
1/2 tsp Lemon Juice  
1/8 tsp Sea Salt

## DIRECTIONS

- 01 Heat a skillet over medium heat and add the avocado oil, zucchini and mushrooms. Cook for 6 to 8 minutes. Remove and set aside on a plate.
- 02 Using the same pan over medium heat, crack the eggs into the pan. Cook until the whites are set and the yolks are cooked to your liking. Add to the same plate.
- 03 Add the arugula to the plate and drizzle with lemon juice. Season the eggs and vegetables with sea salt. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	208	Carbs	8g
Fat	13g	Fiber	2g
Saturated	4g	Sugar	5g
Polyunsat...	3g	Protein	17g
Monounsa...	5g		

# Blood Orange Tahini Overnight Oats

2 SERVINGS 8 HOURS



## INGREDIENTS

- 1 cup Oats (rolled)
- 1 1/4 cups Plain Coconut Milk (unsweetened, from the carton)
- 1 tbsp Chia Seeds
- 2 Blood Orange (small, peeled and chopped)
- 1 tbsp Tahini

## DIRECTIONS

- 01 Add the oats, coconut milk, chia seeds, and chopped oranges to a mixing bowl. Mix well. Cover and place in the fridge overnight, or for at least 8 hours.
- 02 Remove the oats from the fridge and divide them into jars. Top with tahini. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	346	Carbs	53g
Fat	12g	Fiber	9g
Saturated	4g	Sugar	17g
Polyunsat...	3g	Protein	9g
Monounsa...	2g		



# Mediterranean Scramble

1 SERVING 10 MINUTES



## INGREDIENTS

1 tbsp Extra Virgin Olive Oil  
1 cup Baby Spinach  
2 Egg  
1 tbsp Sun Dried Tomatoes (chopped)  
1 slice Organic Bread (toasted)

## DIRECTIONS

- 01 Heat a skillet over medium heat and add the oil. Add the spinach and cook for 1 minute. Then add the eggs and sun dried tomatoes. Stir to mix and cook for another 1 to 2 minutes or until eggs are cooked through.
- 02 Divide mixture between plates. Serve with a piece of toast. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	357	Carbs	16g
Fat	26g	Fiber	2g
Saturated	5g	Sugar	4g
Polyunsat...	4g	Protein	16g
Monounsa...	15g		

# Melon Breakfast Bowls

2 SERVINGS 10 MINUTES



## INGREDIENTS

1 Cantaloupe (small)  
1 cup Plain Greek Yogurt  
1 cup Raspberries  
1/4 cup Granola

## DIRECTIONS

- 01 Cut the cantaloupe in half and scoop out the seeds.
- 02 Divide the yogurt and raspberries evenly between each hollowed out cantaloupe half. Top with the granola and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	291	Carbs	44g
Fat	7g	Fiber	8g
Saturated	2g	Sugar	30g
Polyunsat...	2g	Protein	16g
Monounsa...	2g		

# Grain-Free Coconut Almond Porridge

1 SERVING 10 MINUTES



## INGREDIENTS

3/4 cup Unsweetened Almond Milk  
1/4 cup Almond Flour  
1/4 cup Unsweetened Shredded Coconut  
1 tbsp Ground Flax Seed  
1/2 tsp Cinnamon

## DIRECTIONS

- 01 Add all of the ingredients to a saucepan over medium heat. Whisk continuously until your desired thickness is reached, about 3 to 5 minutes.
- 02 Divide into bowls and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	353	Carbs	15g
Fat	31g	Fiber	9g
Saturated	13g	Sugar	2g
Polyunsat...	2g	Protein	10g
Monounsa...	2g		



# Carrot Cake Breakfast Bars

10 SERVINGS 40 MINUTES



## INGREDIENTS

1 1/2 cups Almond Flour  
1 tsp Cinnamon  
1/2 tsp Nutmeg  
1/4 tsp Sea Salt  
1/2 tsp Baking Soda  
3 Egg  
1/4 cup Maple Syrup  
2 tbsps Coconut Oil (melted)  
1 tsp Vanilla Extract  
1 1/2 cups Grated Carrot  
1/2 cup Walnuts (chopped)  
1/4 Navel Orange (zested)

## DIRECTIONS

- 01 Preheat the oven to 350°F (177°C). Line a baking pan with parchment paper.
- 02 In a large bowl, add the almond flour, cinnamon, nutmeg, sea salt and baking soda. Whisk together to combine.
- 03 In a separate medium sized bowl add the eggs, maple syrup, coconut oil and vanilla. Whisk together. Then add the carrots, walnut and orange zest and whisk again.
- 04 Add the wet ingredients to the dry ingredients and stir to combine. Pour into your prepared pan and bake for 25 to 27 minutes.
- 05 Remove from the oven and let them cool before slicing evenly into bars. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	213	Carbs	12g
Fat	16g	Fiber	3g
Saturated	4g	Sugar	7g
Polyunsat...	3g	Protein	7g
Monounsa...	1g		

# Overnight Vanilla Protein Oats

2 SERVINGS 8 HOURS



## INGREDIENTS

1 cup Oats (quick or traditional)  
1 tbsp Chia Seeds  
1 1/4 cups Unsweetened Almond Milk  
1/4 cup Vanilla Protein Powder  
1/4 cup Raspberries  
1/4 cup Blueberries  
1 tbsp Almond Butter

## DIRECTIONS

- 01 In a large bowl or container combine the oats, chia seeds and milk. Stir to combine. Place in the fridge for 8 hours, or overnight.
- 02 After the oats have set, remove from the fridge and add the protein powder. Mix well. Add extra almond milk 1 tbsp at a time if the oats are too thick.
- 03 Divide the oats into bowls or containers and top with raspberries, blueberries and almond butter. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	311	Carbs	37g
Fat	11g	Fiber	9g
Saturated	1g	Sugar	3g
Polyunsat...	2g	Protein	18g
Monounsa...	4g		

# Sweet Potato & Sausage Hash

2 SERVINGS 30 MINUTES



## INGREDIENTS

6 ozs Pork Sausage (casings removed)  
1 Sweet Potato (medium, diced into cubes)  
3 cups Kale Leaves (chopped)  
1 Apple (medium, diced)  
1/8 tsp Cinnamon  
1/4 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	386	Carbs	29g
Fat	25g	Fiber	6g
Saturated	8g	Sugar	12g
Polyunsat...	4g	Protein	12g
Monounsa...	10g		

## DIRECTIONS

- 01 Cook the sausage over medium heat, breaking it up into crumbles with the back of a spoon as it cooks. Once it is cooked, remove and set aside on a plate.
- 02 In the same skillet, add the diced sweet potato and cook over medium-high for 1 to 2 minutes or until brown on one side. Lower the heat to medium, stir and cook for 7 to 8 more minutes or until tender and cooked through.
- 03 Add the kale and the apple to the sweet potato with the cinnamon and cover with a lid. Cook over medium for 1 to 2 minutes, or until the kale is wilted. Then add the sausage back to the skillet and mix until warmed through. Add sea salt to taste. Divide into bowls and enjoy!



# Berry & Greek Yogurt Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1/2 cup Plain Greek Yogurt  
1 tbsp Raw Honey  
1 Banana (frozen)  
1 cup Frozen Raspberries  
1 tbsp Ground Flax Seed  
1 cup Water

## DIRECTIONS

- 01 Add all ingredients to a high-speed blender and blend until very smooth.
- 02 Pour into a glass and serve immediately. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	369	Carbs	70g
Fat	6g	Fiber	11g
Saturated	2g	Sugar	43g
Polyunsat...	2g	Protein	15g
Monounsa...	1g		

# Spinach and Sweet Potato Egg Muffins

4 SERVINGS 35 MINUTES



## INGREDIENTS

1 1/2 tsps Avocado Oil  
1 Sweet Potato (medium, peeled and chopped into cubes)  
1 tbsp Extra Virgin Olive Oil  
6 cups Baby Spinach  
8 Egg  
1/4 cup Water  
1/2 tsp Sea Salt  
1/2 tsp Black Pepper

## NUTRITION

### AMOUNT PER SERVING

Calories	229	Carbs	9g
Fat	15g	Fiber	2g
Saturated	4g	Sugar	2g
Polyunsat...	3g	Protein	14g
Monounsa...	7g		

## DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Lightly grease a muffin pan with avocado oil.
- 02 Steam sweet potato in a double boiler for 8 to 10 minutes, or until tender when pierced with a fork. Let cool slightly.
- 03 While the sweet potato is steaming, heat extra virgin olive oil in a large pan over medium heat. Sauté the spinach until wilted and tender. Let cool slightly.
- 04 When spinach and sweet potatoes are cool enough to handle, divide evenly into the muffin cups of the prepared pan.
- 05 In a mixing bowl whisk eggs until well scrambled. Whisk in water and salt and pepper.
- 06 Pour the whisked eggs into the muffin cups to cover the sweet potato and spinach.
- 07 Bake for 15 to 18 minutes or just until the egg is cooked through and no longer liquid on top. Remove from oven, let cool and enjoy!

# Pumpkin Spice Fruit Salad

4 SERVINGS 15 MINUTES



## INGREDIENTS

2 Apple (peeled and chopped into cubes)  
2 Pear (peeled and chopped into cubes)  
1 1/4 cups Grapes (seedless, halved)  
1 tbsp Lemon Juice  
2 tbsps Maple Syrup  
1 tsp Pumpkin Pie Spice

## DIRECTIONS

- 01 Combine the apples, pears and grapes in a bowl and toss well.
- 02 Combine the lemon juice, maple syrup and pumpkin pie spice in a small jar. Stir well to mix, then pour it over the fruit. Toss the fruit salad until everything is coated.
- 03 Serve immediately or keep covered in the fridge.

## NUTRITION

### AMOUNT PER SERVING

Calories	146	Carbs	38g
Fat	0g	Fiber	5g
Saturated	0g	Sugar	29g
Polyunsat...	0g	Protein	1g
Monounsa...	0g		



# Dark Chocolate Berry Chia Pudding

2 SERVINGS 3 HOURS



## INGREDIENTS

1/4 cup Chia Seeds  
1 tbsp Cocoa Powder  
1 cup Unsweetened Almond Milk  
1 tbsp Maple Syrup  
1/4 tsp Vanilla Extract  
1/2 cup Blueberries  
1/2 cup Raspberries

## DIRECTIONS

- 01 In a mixing bowl combine the chia seeds and cocoa powder. Whisk to combine. Then slowly whisk in almond milk until all the cocoa powder is dissolved. Next, whisk in the maple syrup and vanilla.
- 02 Cover the bowl and refrigerate for at least 3 hours, or overnight.
- 03 For serving, divide chia pudding equally between bowls and top with berries. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	205	Carbs	28g
Fat	10g	Fiber	10g
Saturated	0g	Sugar	11g
Polyunsat...	0g	Protein	6g
Monounsa...	1g		

# Fried Eggs & Steamed Spinach

1 SERVING 10 MINUTES



## INGREDIENTS

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

## DIRECTIONS

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

## NUTRITION

### AMOUNT PER SERVING

Calories	203	Carbs	3g
Fat	15g	Fiber	1g
Saturated	6g	Sugar	1g
Polyunsat...	2g	Protein	14g
Monounsa...	4g		

# Veggie & Bean Yogurt Bowls

2 SERVINGS 15 MINUTES



## INGREDIENTS

2 tbsps Avocado Oil  
1 cup Portobello Mushroom (sliced)  
1 Yellow Bell Pepper (small, sliced)  
1 Zucchini (small, sliced)  
1 cup Plain Greek Yogurt  
1/2 cup Red Kidney Beans (cooked)  
1/4 cup Feta Cheese (crumbled)

## DIRECTIONS

- 01 Heat avocado oil in a large skillet over medium heat. Cook portobello mushrooms and bell pepper slices for 5 to 8 minutes, or until tender and slightly browned. Transfer to a paper towel-lined plate.
- 02 Add zucchini and cook for 1 to 2 minutes per side or until tender. Transfer to a plate.
- 03 Divide yogurt, beans, and veggies into bowls. Top with feta and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	378	Carbs	28g
Fat	21g	Fiber	7g
Saturated	6g	Sugar	7g
Polyunsat...	2g	Protein	22g
Monounsa...	11g		



# Apple Nachos

1 SERVING 5 MINUTES



## INGREDIENTS

1 Apple (sliced)  
1 tbsp Sunflower Seed Butter  
1/4 cup Granola

## DIRECTIONS

01 Arrange apple slices on a serving plate. Drizzle sunflower seed butter and sprinkle granola overtop. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	343	Carbs	45g
Fat	17g	Fiber	8g
Saturated	2g	Sugar	27g
Polyunsat...	4g	Protein	7g
Monounsa...	10g		

# Eggs with Arugula & Plantains

1 SERVING 25 MINUTES



## INGREDIENTS

- 1 tbsp Coconut Oil
- 1 Plantain (ripe, peeled and sliced)
- 2 cups Arugula
- 1 tbsp Apple Cider Vinegar
- 2 Egg
- 1/8 tsp Sea Salt (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	607	Carbs	89g
Fat	24g	Fiber	5g
Saturated	14g	Sugar	49g
Polyunsat...	2g	Protein	17g
Monounsa...	5g		

## DIRECTIONS

- 01 Heat the coconut oil in a heavy skillet over medium heat. Add the plantains and cook for about 5 minutes per side, or until golden brown.
- 02 Add the arugula to a plate.
- 03 While the plantains fry, poach your eggs by bringing a small saucepan of water to a simmer, and adding the apple cider vinegar. Crack one egg at a time into a small cup or bowl. Stir the water with a spoon to create a whirlpool. Carefully add egg into the whirlpool. Cook for about 3 to 4 minutes, or longer for a harder yolk. Use a slotted spoon to carefully remove the poached egg and transfer it to top the bed of arugula. Repeat with remaining egg.
- 04 Add the cooked plantains to the plate with the arugula and eggs. Season with sea salt as desired and enjoy!

# Meal Prep Coconut Flour Pancakes

3 SERVINGS 20 MINUTES



## INGREDIENTS

1 tbsp Coconut Oil  
1 cup Coconut Flour  
8 Egg  
1/4 cup Avocado Oil  
1/2 cup Blueberries  
1/2 cup Strawberries (sliced)  
1 tbsp Hemp Seeds

## DIRECTIONS

- 01 Melt the coconut oil in a large skillet over medium heat.
- 02 In a bowl, combine the coconut flour, eggs, and avocado oil. Mix well. The dough will be stiff, thick and fluffy, not like typical pancake batter.
- 03 Scoop out 1/4 cup servings of the dough and form it into small balls. Drop them into the pan and press down gently to form pancakes. Cook for 2 to 3 minutes per side, flipping gently.
- 04 Top with fresh berries, hemp seeds and any other toppings you'd like. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	598	Carbs	28g
Fat	43g	Fiber	15g
Saturated	16g	Sugar	7g
Polyunsat...	6g	Protein	23g
Monounsa...	19g		



# Salmon Stuffed Avocado Boats

1 SERVING 10 MINUTES



## INGREDIENTS

1 Avocado  
4 ozs Canned Wild Salmon  
1/4 Lemon (juiced)

## NUTRITION

### AMOUNT PER SERVING

Calories	503	Carbs	18g
Fat	36g	Fiber	14g
Saturated	6g	Sugar	2g
Polyunsat...	5g	Protein	34g
Monounsa...	22g		

## DIRECTIONS

- 01 Slice the avocado in half and remove the pit. Use a spoon to scoop out enough avocado to create a bigger hole that the salmon will fit into. Transfer scooped out avocado to a small bowl.
- 02 Drain the salmon and add it to the bowl with the scooped out avocado. Add lemon juice and mash until well mixed.
- 03 Fill the hollowed out avocado halves with the mashed salmon mixture. Enjoy!

# Simple Banana Pancakes

2 SERVINGS 20 MINUTES



## INGREDIENTS

2 Banana (ripe)  
4 Egg  
1 tbsp Coconut Oil

## NUTRITION

### AMOUNT PER SERVING

Calories	310	Carbs	28g
Fat	17g	Fiber	3g
Saturated	9g	Sugar	15g
Polyunsat...	2g	Protein	14g
Monounsa...	4g		

## DIRECTIONS

- 01 In a bowl, mash the bananas very well until quite smooth. Add the eggs and beat gently with a fork for about 30 seconds.
- 02 Heat coconut oil in a skillet over medium heat. Add 1/4 cup of the batter at a time to form pancakes, cooking for about 1-2 minutes per side.
- 03 Serve with a sprinkle of cinnamon or a drizzle of maple syrup if desired.

# Cauliflower, Kale & Sausage Bowl

2 SERVINGS 40 MINUTES



## INGREDIENTS

1/2 head Cauliflower (chopped into florets)  
2 tbsps Avocado Oil (divided)  
Sea Salt & Black Pepper (to taste)  
3 cups Kale Leaves (chopped)  
8 ozs Organic Chicken Sausage  
2 Egg  
1 Avocado

## NUTRITION

### AMOUNT PER SERVING

Calories	649	Carbs	27g
Fat	51g	Fiber	11g
Saturated	11g	Sugar	6g
Polyunsat...	6g	Protein	27g
Monounsat...	30g		

## DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 Toss the cauliflower florets with half of the avocado oil, lay in a single layer on the baking sheet, and sprinkle with salt and pepper to taste. Roast for 30 minutes, or until golden brown, tossing halfway through.
- 03 While the cauliflower is roasting, heat the remaining avocado oil in a small skillet over high heat. Add the kale and saute for 1 to 2 minutes until crispy. Sprinkle with sea salt to taste, and transfer to bowl.
- 04 Add sausages to the skillet and cook for 5 to 10 minutes, turning frequently. While the sausages are cooking, bring a small saucepan of water to a boil and poach the eggs.
- 05 To assemble, divide cauliflower and kale between bowls. Slice and add sausages, avocado, and top with an egg. Enjoy!



# Sweet Potato Pancakes

2 SERVINGS 20 MINUTES



## INGREDIENTS

2 Sweet Potato (small)  
4 Egg (whisked)  
1 tbsp Coconut Oil  
1/2 tsp Cinnamon  
2 tbsps Maple Syrup

## NUTRITION

### AMOUNT PER SERVING

Calories	370	Carbs	41g
Fat	16g	Fiber	4g
Saturated	9g	Sugar	18g
Polyunsat...	2g	Protein	15g
Monounsa...	4g		

## DIRECTIONS

- 01 Peel sweet potato and dice into small cubes. Fill a saucepan with 2 inches of water and bring to a boil. Drop the sweet potato in and steam for 7 minutes or until tender when pierced with a fork. Drain off the liquid and transfer the steamed sweet potato to a bowl and mash with a fork.
- 02 Measure out about 1/2 cup of mashed sweet potato per serving and add it to a bowl. Add in the eggs and mix well.
- 03 Melt coconut oil in a large skillet over medium heat. Once hot, pour pancakes in the skillet, no more than 1/8-1/4 cup of batter at a time. Cook each side about 3-5 minutes or until browned. Divide pancakes onto plates and top with cinnamon and maple syrup. Enjoy!

# Sweet Potato Baked Egg

1 SERVING 45 MINUTES



## INGREDIENTS

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

## NUTRITION

### AMOUNT PER SERVING

Calories	316	Carbs	27g
Fat	16g	Fiber	4g
Saturated	4g	Sugar	6g
Polyunsat...	3g	Protein	15g
Monounsat...	9g		

## DIRECTIONS

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

# Berry Beet Smoothie Bowl

2 SERVINGS 10 MINUTES



## INGREDIENTS

1 Beet (medium, peeled and diced)  
1 cup Frozen Mango  
1 cup Frozen Raspberries  
1 tbsp Pitted Dates  
1 tsp Schisandra Berry Powder  
1 cup Unsweetened Almond Milk

## DIRECTIONS

- 01 In your blender or food processor, combine the beet, frozen mango, frozen raspberries, dates, schisandra berry powder and milk. Blend until smooth and thick.
- 02 Transfer to a bowl and add toppings. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	136	Carbs	29g
Fat	2g	Fiber	6g
Saturated	0g	Sugar	22g
Polyunsat...	0g	Protein	3g
Monounsa...	1g		



# Yogurt & Berries

2 SERVINGS 5 MINUTES



## INGREDIENTS

2 cups Plain Greek Yogurt  
2 cups Frozen Berries (thawed)

## DIRECTIONS

- 01 Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	261	Carbs	32g
Fat	5g	Fiber	5g
Saturated	3g	Sugar	21g
Polyunsat...	0g	Protein	23g
Monounsa...	0g		

# Berry Baked Oatmeal

6 SERVINGS 45 MINUTES



## INGREDIENTS

2 cups Oats (quick or traditional)  
2 cups Unsweetened Almond Milk  
2 tbsps Maple Syrup  
1/2 cup Unsweetened Applesauce  
1 tsp Cinnamon  
2 tbsps Chia Seeds  
2 cups Frozen Berries  
1/4 cup Sliced Almonds

## DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Grease a baking pan with coconut oil.
- 02 Add all ingredients except the sliced almonds to a mixing bowl and stir until thoroughly combined.
- 03 Transfer to baking pan and bake for about 45 minutes or until a toothpick comes out clean. Sprinkle with sliced almonds before serving. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	212	Carbs	35g
Fat	6g	Fiber	7g
Saturated	0g	Sugar	11g
Polyunsat...	1g	Protein	6g
Monounsa...	1g		

# Bacon & Eggs Breakfast Jar

4 SERVINGS 20 MINUTES



## INGREDIENTS

8 slices Organic Bacon  
1 tbsp Coconut Oil (divided)  
2 cups Mini Potatoes (quartered)  
Sea Salt & Black Pepper (to taste)  
8 Egg (whisked)  
1 cup Organic Salsa  
4 cups Arugula

## NUTRITION

### AMOUNT PER SERVING

Calories	475	Carbs	19g
Fat	34g	Fiber	3g
Saturated	13g	Sugar	4g
Polyunsat...	5g	Protein	23g
Monounsa...	13g		

## DIRECTIONS

- 01 Cook the bacon and wrap in paper towel while you prepare the rest.
- 02 Add half the coconut oil to a frying pan and heat over medium. Add the diced potato and cover with a lid. Saute periodically until browned (about 10 minutes). Transfer the potato to a dish, season with a bit of sea salt and black pepper and set aside.
- 03 Add the remaining coconut oil to the pan and scramble the eggs until cooked through (add a splash of almond milk for fluffier eggs). Transfer to a dish and set aside.
- 04 Add a few spoonfuls of salsa to the bottom of the jars (500 mL in size). Add in a layer of potato and top with a layer of scrambled eggs then chopped bacon. Finish off with a layer of arugula and seal the jar. When ready to eat, dump into a bowl, toss well and enjoy!