

A top-down view of a white plate containing a shrimp salad. The salad includes large, cooked shrimp, sliced cherry tomatoes, green snap peas, and sliced cucumbers. A lime wedge is placed on the bottom left of the plate. The background is a light-colored, possibly marble, surface. The text is overlaid on the image in white, bold, sans-serif font.

SPRING SPARK

60 DAY CHALLENGE SERIES

RECIPE
BOOK

SHAKES & SMOOTHIES

MANGO BERRY SMOOTHIE

Prep time: 5 minutes | Cook time: 0 minutes

1 Serving | Calories: 255 | Protein: 23 | Fat: 9 | Carbs: 26

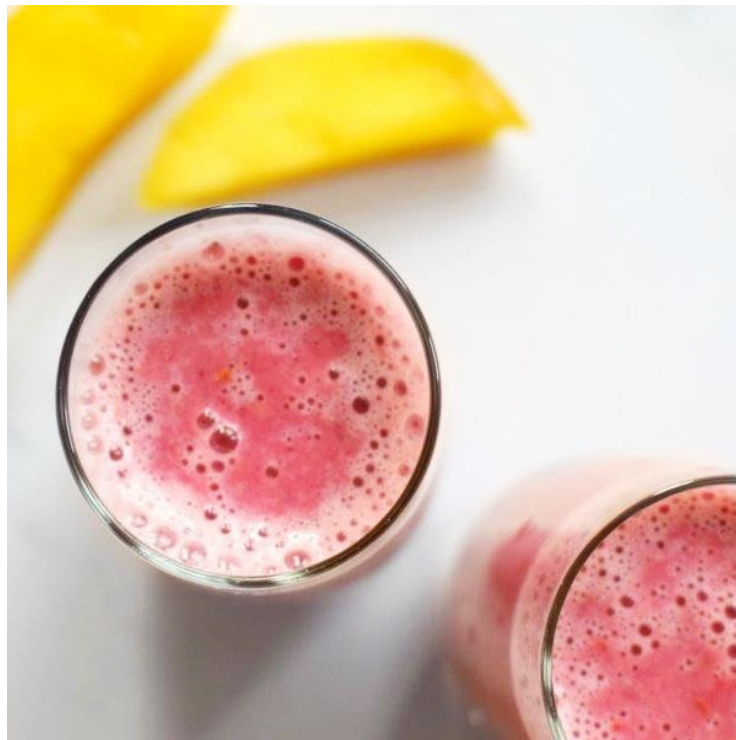
Gluten-Free, Dairy-Free, Vegan, Vegetarian, D.TOX

INGREDIENTS

- 1 scoop Life Time vanilla protein powder
- 1 cup frozen mango
- 1 cup unsweetened nut milk (almond, cashew, coconut, etc)
- 1 scoop Life Time Berry Greens
- ½ cup ice

DIRECTIONS

1. Blend and enjoy!



ORANGE CREAMSICLE



Prep time: 5 minutes | Cook time: 0 minutes

1 serving | Calories: 335 | Protein: 27 | Fat: 7 | Carbs: 48

Gluten-Free, Dairy-Free, Vegan, Vegetarian, D.TOX

INGREDIENTS

- 1 serving Life Time vanilla protein powder
- Juice of 1 large orange
- Zest of 1 large orange
- 1 cup unsweetened nut milk (almond, cashew, coconut, etc.)
- 1 tsp. flax seed
- Ice cubes as needed

DIRECTIONS

1. Blend and enjoy!

PINEAPPLE MINT BLAST

Prep time: 5 minutes | Cook time: 0 minutes

1 Serving | Calories: 195 | Protein: 24 | Fat: 3 | Carbs: 22

Gluten-Free, Dairy-Free, Vegan, Vegetarian, D.TOX

INGREDIENTS

- 1 serving Life Time vanilla protein powder
- 1 large handful baby spinach
- 2 tsp. mint leaves
- ½ cup pineapple chunks
- ½ a lime, juiced
- 6 ice cubes
- 1 cup cold water

DIRECTIONS

1. Blend and enjoy!



CHOCO NUT BUTTER SHAKE

Prep time: 5 minutes | Cook time: 0 minutes

1 serving | Calories: 405 | Protein: 39 | Fat: 18 | Carbs: 26

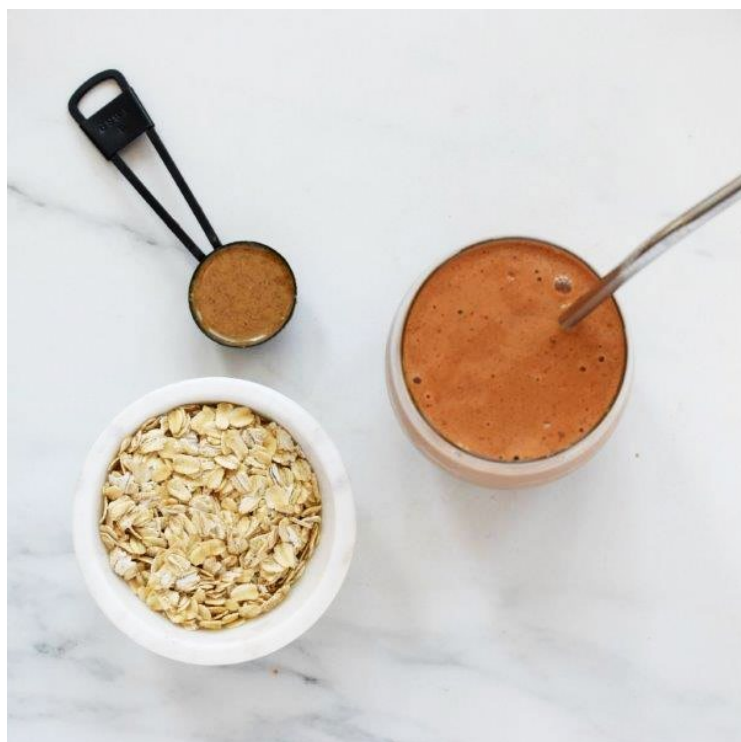
Gluten-Free, Vegetarian

INGREDIENTS

- ½ cup full-fat Greek yogurt (or 1/2 banana if dairy-free)
- ¼ cup gluten-free oatmeal
- 1 Tbsp. nut-butter
- 1 serving Life Time chocolate protein powder
- 1 scoop Double Chocolate Life Greens
- 1 tsp. cocoa powder
- 8 oz. water
- 6 ice cubes

DIRECTIONS

1. Blend and enjoy!



PIÑA COLADA SMOOTHIE

Prep time: 5 minutes | Cook time: 0 minutes

1 Serving | Calories: 315 | Protein: 24 | Fat: 10 | Carbs: 22

Gluten-Free, Dairy-Free, Vegan, Vegetarian, D.TOX

INGREDIENTS

- 1 serving Life Time vanilla protein powder
- 1 cup unsweetened coconut milk
- $\frac{3}{4}$ cup frozen pineapple chunks
- 1 Tbsp. unsweetened coconut flakes

DIRECTIONS

1. Blend and enjoy!



'SPIKED' COFFEE SHAKE



Prep time: 5 minutes | Cook time: 0 minutes

1 serving | Calories: 245 | Protein: 26 | Fat: 4 | Carbs: 31

Gluten-Free, Dairy-Free, Vegan, Vegetarian

INGREDIENTS

- $\frac{1}{2}$ ripe banana
- 1 serving Life Time protein powder
- 1 scoop Cafe Mocha Life Greens
- 1 cup cold or room temperature brewed coffee
- 1 Tbsp. ground coffee
- 1 Tbsp. chia seeds
- 1 tsp. almond extract
- 1 cup ice

DIRECTIONS

1. Blend and enjoy!

PB AND J SHAKE

Prep time: 5 minutes | Cook time: 0 minutes

1 Serving | Calories: 294 | Protein: 26 | Fat: 16 | Carbs: 14

Gluten-Free, Dairy-Free, Vegan, Vegetarian, D.TOX

INGREDIENTS

- 1 serving Life Time vanilla protein powder
- 1 Tbsp. almond or sunflower butter
- 1/2 cup strawberries
- 8-12 oz. unsweetened almond or coconut milk
- 3-6 ice cubes

DIRECTIONS

1. Blend and enjoy!



PEPPERMINT PATTY SHAKE

Prep time: 5 minutes | Cook time: 0 minutes

1 serving | Calories: 250 | Protein: 26 | Fat: 7 | Carbs: 21

Gluten-Free, Dairy-Free, Vegan, Vegetarian

INGREDIENTS

- 1 serving Life Time chocolate protein powder
- 1 tsp. peppermint extract
- 1/2 banana (fresh or frozen)
- 1 cup unsweetened nut milk (almond, cashew, coconut, etc)
- Ice cubes as needed

DIRECTIONS

1. Blend and enjoy!



CHIA BERRY SMOOTHIE

Prep time: 5 minutes | Cook time: 0 minutes

1 Serving | Calories: 265 | Protein: 27 | Fat: 11 | Carbs: 19

Gluten-Free, Dairy-Free, Vegan, Vegetarian, D.TOX

INGREDIENTS

- 1 serving Life Time chocolate protein powder
- 1 Tbsp. chia seeds
- ½ cup mixed berries
- 1 cup spinach or kale
- 1 cup unsweetened nut milk (almond, cashew, coconut, etc)
- 6 ice cubes

DIRECTIONS

1. Blend and enjoy!



TROPICAL LIME SHAKE



Prep time: 5 minutes | Cook time: 0 minutes

1 serving | Calories: 400 | Protein: 26 | Fat: 18 | Carbs: 37

Gluten-Free, Dairy-Free, Vegan, Vegetarian

INGREDIENTS

- 1 serving Life Time vanilla protein powder
- 1 Tbsp. coconut oil
- 1 banana (fresh or frozen)
- 1-2 Tbsp. lime juice
- 1 celery stalk
- ½ cup unsweetened nut milk (almond, cashew, coconut, etc)
- Ice cubes as needed

DIRECTIONS

1. Blend and enjoy!

STRAWBERRY SHAKE

Prep time: 5 minutes | Cook time: 0 minutes

1 Serving | Calories: 310 | Protein: 27 | Fat: 12 | Carbs: 30

Gluten-Free, Vegetarian

INGREDIENTS

- 1 scoop Strawberry Crème Grass-Fed Whey
- 1 Tbsp. ground flaxseed or chia seeds
- 2 cups spinach
- 1 cup frozen strawberries
- 8 oz. coconut milk (or milk-alternative of choice)
- 4 oz. water

DIRECTIONS

1. Blend and enjoy!



PUMPKIN PIE PROTEIN SHAKE

Prep time: 5 minutes | Cook time: 0 minutes

1 serving | Calories: 315 | Protein: 29 | Fat: 8 | Carbs: 36

Gluten-Free, Dairy-Free, Vegan, Vegetarian, D.TOX

INGREDIENTS

- ½ cup pumpkin puree
- ½ banana
- 1 cup unsweetened nut milk (almond, cashew, coconut, etc)
- 1 serving Life Time vanilla protein powder*
- ½ tsp. pumpkin pie spice
- 1 cup ice
- 1 tsp. cinnamon

DIRECTIONS

1. Blend and enjoy!



CHOCO-CHERRY SHAKE

Prep time: 5 minutes | Cook time: 0 minutes

1 Serving | Calories: 377 | Protein: 31 | Fat: 16 | Carbs: 28

Gluten-Free, Dairy-Free, Vegan, Vegetarian. D.TOX

INGREDIENTS

- 1 serving Life Time chocolate protein powder
- 1 cup spinach
- 1/2 cup frozen cherries
- 1 Tbsp. nut butter
- 8 oz. coconut milk (or milk-alternative of choice)

DIRECTIONS

1. Blend and enjoy!



BLUEBERRY MINT SHAKE

Prep time: 5 minutes | Cook time: 0 minutes

1 serving | Calories: 250 | Protein: 27 | Fat: 8 | Carbs: 20

Gluten-Free, Dairy-Free, Vegan, Vegetarian, D.TOX

INGREDIENTS

- 1 serving Life Time vanilla protein powder
- 1/2 cup blueberries
- 4 mint leaves (or 10 drops mint extract)
- 1 cup unsweetened cashew milk
- 1 handful spinach
- 1/2 Tbsp. chia seeds
- 6 ice cubes

DIRECTIONS

1. Blend and enjoy!



CHAI SMOOTHIE

Prep time: 5 minutes | Cook time: 0 minutes

1 Serving | Calories: 325 | Protein: 27 | Fat: 15 | Carbs: 24

Gluten-Free, Dairy-Free, Vegan, Vegetarian, D.TOX

INGREDIENTS

- 1 serving Life Time vanilla protein powder
- 1 cup brewed chai tea
- 1 Tbsp. cashew butter
- 1/2 tsp. cinnamon
- 1/4 tsp. ginger
- 1/4 tsp. nutmeg
- 1/4 tsp. cardamom
- 6 ice cubes

DIRECTIONS

1. Blend and enjoy!



CHOCOLATE CRUNCH SHAKE

Prep time: 5 minutes | Cook time: 0 minutes

1 serving | Calories: 355 | Protein: 27 | Fat: 16 | Carbs: 28

Gluten-Free, Vegetarian

INGREDIENTS

- 1 serving Life Time chocolate protein powder
- 1/2 small banana
- 1/2 cup unsweetened, full-fat Greek yogurt
- 1 Tbsp. crunchy almond butter
- 1 cup spinach
- 1 cup unsweetened almond milk
- 4-5 ice cubes, as preferred

DIRECTIONS

1. Blend and enjoy!



MAPLE NUT SHAKE

Prep time: 5 minutes | Cook time: 0 minutes

1 Serving | Calories: 340 | Protein: 26 | Fat: 13 | Carbs: 26

Gluten-Free, Dairy-Free, Vegetarian

INGREDIENTS

- 1 serving Life Time vanilla protein powder
- ½ frozen banana
- ½ Tbsp. maple syrup
- 1 Tbsp. cashew butter
- 1 tsp. vanilla extract
- 1 cup unsweetened nut milk
- 4-5 ice cubes, as preferred

DIRECTIONS

1. Blend and enjoy!



BLUEBERRY PIE SMOOTHIE



Prep time: 5 minutes | Cook time: 0 minutes

1 serving | Calories: 330 | Protein: 27 | Fat: 17 | Carbs: 21

Gluten-Free, Dairy-Free, Vegan, Vegetarian. D.TOX

INGREDIENTS

- 1 serving Life Time vanilla protein powder
- ½ blueberries
- Juice of 1 lemon
- 1 Tbsp. almond butter
- 1 tsp. vanilla extract
- 1 cup unsweetened nut milk
- 4-5 ice cubes, as preferred

DIRECTIONS

1. Blend and enjoy!

CINNAMON APPLE SHAKE

Prep time: 5 minutes | Cook time: 0 minutes

1 Serving | Calories: 210 | Protein: 24 | Fat: 5 | Carbs: 19

Gluten-Free, Dairy-Free, Vegan, Vegetarian. D.TOX

INGREDIENTS

- 1 serving Life Time vanilla protein powder
- 1/2 apple, peeled and diced
- 1/2 cup frozen, riced cauliflower
- 1 cup unsweetened nut milk
- 1 tsp. cinnamon

DIRECTIONS

1. Blend and enjoy!



CHOCOLATE GINGERBREAD SHAKE

Prep time: 5 minutes | Cook time: 0 minutes

1 serving | Calories: 310 | Protein: 27 | Fat: 13 | Carbs: 27

Gluten-Free, Dairy-Free, Vegan, Vegetarian. D.TOX

INGREDIENTS

- 1 serving Life Time vanilla protein powder
- 1/2 small frozen banana
- 1/2 cup frozen, riced cauliflower
- 1 Tbsp. cashew butter
- 1 tsp. vanilla extract
- 1 tsp. cinnamon
- 1 tsp. fresh ground ginger
- 1 cup unsweetened nut milk

DIRECTIONS

1. Blend and enjoy!



SNICKERDOODLE SHAKE

Prep time: 5 minutes | Cook time: 0 minutes

1 Serving | Calories: 335 | Protein: 27 | Fat: 9 | Carbs: 39

Gluten-Free, Dairy-Free, Vegan, Vegetarian

INGREDIENTS

- 1 cup unsweetened oat milk
- 1 serving Life Time vanilla protein
- 1 Tbsp. rolled oats
- 1 date
- ¼ tsp. cinnamon
- ¼ tsp. nutmeg
- Pinch of sea salt
- 4-5 ice cubes

DIRECTIONS

1. Blend and enjoy!



SUGAR COOKIE SHAKE

Prep time: 5 minutes | Cook time: 0 minutes

1 serving | Calories: 365 | Protein: 28 | Fat: 15 | Carbs: 25

Gluten-Free, Dairy-Free, Vegan, Vegetarian, D.TOX

INGREDIENTS

- 2/3 cup unsweetened almond milk
- ½ frozen banana
- ½ tsp. pure vanilla extract
- ½ tsp. pure almond extract
- 1 Tbsp. almond butter
- 1 serving Life Time vanilla protein powder
- Optional: Sprinkles

DIRECTIONS

1. Blend and enjoy!



BREAKFAST

BANANA PROTEIN MUFFINS

Prep time: 5 minutes | Cook time: 15 minutes
15 Servings | Calories: 105 | Protein: 8 | Fat: 3 | Carbs: 11
Gluten-Free, Vegetarian

INGREDIENTS

- 3 medium-large bananas
- 1 zucchini, chopped
- 4 scoops Life Time Vanilla Grass Fed Whey
- 2 Tbsp. chia seeds
- 1 cup unsweetened vanilla almond or coconut milk
- 1 cup gluten-free oats
- ½ cup chopped pecans
- 1 Tbsp. vanilla extract
- 1 Tbsp. cinnamon
- Toppings optional – raisins, strawberries, blueberries, chocolate chips, etc.



DIRECTIONS

1. Preheat oven to 375°
2. In a blender, combine bananas, milk, chia seeds, whey, vanilla, cinnamon and zucchini. Once blended, the mixture should be the consistency of cake batter.
3. Hand-mix the pecans and oats into the batter (do not blend).
4. Line muffin tin with muffin liners. Muffins come out very moist, so this step is important!
5. Pour batter into muffin tins until about 80% full. Sprinkle optional toppings over the top.
6. Bake for 12-15 minutes, until golden brown and enjoy!

**Store in a zip-lock bag in the refrigerator for 3-4 days*

OVERNIGHT OATS FOUR WAYS

1. MOCHA CHIP

Calories: 337 | Protein: 28 | Fat: 14 | Carbs: 32

Gluten-Free, Dairy-Free, Vegan, Vegetarian

- 1 square 90% dark chocolate, chopped
- 1 scoop Cafe Mocha Life Greens
- 1 serving Life Time chocolate protein powder*
- 1/3 cup gluten-free oats
- 2/3 cup unsweetened nut milk (almond, cashew, coconut, etc)

2. BLUEBERRY LEMON CHEESECAKE

Calories: 276 | Protein: 26 | Fat: 7 | Carbs: 30

Gluten-Free, Dairy-Free, Vegan, Vegetarian, D.TOX

- 1/3 cup blueberries
- 2 Tbsp. lemon zest
- 1 serving Life Time vanilla protein powder*
- 1/3 cup gluten-free oats
- 2/3 cup unsweetened nut milk (almond, cashew, coconut, etc)

3. CHUNKY MONKEY

Calories: 452 | Protein: 30 | Fat: 22 | Carbs: 43

Gluten-Free, Dairy-Free, Vegan, Vegetarian

- 1/2 banana, sliced
- 1 Tbsp. chopped walnuts
- 1 square 90% dark chocolate, chopped
- 1 serving Life Time chocolate protein powder
- 1/3 cup gluten-free oats
- 2/3 cup unsweetened nut milk

4. PB & J

Calories: 425 | Protein: 31 | Fat: 15 | Carbs: 33

Gluten-Free, Dairy-Free, Vegan, Vegetarian

- 1 Tbsp. peanut butter
- 1/2 cup chopped strawberries
- 1 serving Life Time vanilla protein powder*
- 1/3 cup gluten-free oats
- 2/3 cup unsweetened nut milk



DIRECTIONS

1. Mix oats, milk, and protein powder in a 16oz jar with a lid.
2. Place lid on jar and thoroughly shake. Put in the refrigerator overnight (or 8 hours).
3. Prior to serving, add remaining toppings and stir.

AVOCADO BOATS

Prep time: 10 minutes | Cook time: 20 minutes

2 Servings | Calories: 170 | Protein: 9 | Fat: 19 | Carbs: 8

Gluten-Free, Dairy-Free

INGREDIENTS

- 2 avocados
- 4 medium eggs
- 2 strips of nitrate-free bacon, cooked and diced

DIRECTIONS

1. Preheat oven to 425 degrees F.
2. Cut avocados in half lengthwise, de-pit, and scoop about a spoonful of avocado flesh from the center making room for the egg.
3. Place avocado halves in a small baking dish, and crack an egg into each—ideally adding yolk first and then egg white until avocado half is filled.
4. Bake for 15-20 minutes, or until egg whites have set.
5. Garnish with cooked bacon pieces



SAUSAGE AND EGG BAKE

Prep time: 5 minutes | Cook time: 35 minutes

4 Servings | Calories: 350 | Protein: 24 | Fat: 25 | Carbs: 7

Gluten-Free, Dairy-Free

INGREDIENTS

- 8 eggs
- ½ onion, diced
- ½ pound breakfast sausage, cubed
- 1 bell pepper, diced
- 1 cup broccoli, chopped
- 1 cup mushrooms, diced
- Salt and pepper, to taste
- Optional: ¼ cup cheese

DIRECTIONS

1. Heat oven to 350° Grease 8" round baking dish
2. Stir in all ingredients. Sprinkle a light layer of cheese over the top.
3. Bake uncovered for 30-35 minutes or until golden brown and fully cooked (pierce with fork to check doneness—if fork comes out clean, it's done!)



BREAKFAST HASH

Prep time: 10 minutes | Cook time: 25-30 minutes

2 Servings | Calories: 290 | Protein: 23 | Fat: 14 | Carbs: 17

Gluten-Free, Dairy-Free

INGREDIENTS

- 1 medium sweet potato
- 4 eggs
- 4 breakfast sausage links
- 1 bell pepper, diced
- ¼ cup red onion, diced
- 1 Tbsp. coconut oil
- Salt and pepper, to taste

DIRECTIONS

1. Set oven to broil. Place cast iron pan on medium heat and melt coconut oil in a cast iron pan.
2. Add bell pepper and onion to pan and sauté for about 5 minutes, until cooked. Add breakfast sausage and sauté another 5-8 minutes until browned.
3. Julienne the sweet potato (or use a cheese grater) and add to pan. Cook for about 8-10 minutes, until softened.
4. Carefully so that the eggs stay intact, crack each egg so that they are evenly distributed in each quadrant of the pan and so that they rest on top of the vegetables.
5. Move pan to the oven to the oven and let cook for 2-3 minutes, until eggs are cooked to your desired consistency.
6. Remove from oven, top with salt and pepper, and enjoy!



PROTEIN PANCAKES

Prep time: 5 minutes | Cook time: 10 minutes

2 Servings | Calories: 169 | Protein: 14 | Fat: 8 | Carbs: 10

Gluten-Free, Vegetarian

INGREDIENTS

- 1 large egg
- 1 scoop Life Time Fitness vanilla whey protein powder
- 2 Tbsp. organic coconut flour
- ¼ cup unsweetened vanilla almond milk
- ¼ teaspoon baking powder
- ¼ teaspoon baking soda

DIRECTIONS

1. Beat all ingredients together on low until protein powder is dissolved.
2. Spray skillet with non-stick coconut oil spray
3. Pour mix onto skillet to desired pancake size and fry on medium heat until thoroughly cooked.
4. You should end up with about 2 big pancakes, or 4 small pancakes. Amount varies slightly by desired size of pancake.



BLENDED COFFEE+

Prep time: 5 minutes | Cook time: 1 minutes
1 Serving | Calories: 145 | Protein: 11 | Fat: 8 | Carbs: 6
Gluten-Free, Dairy-Free, Vegan, Vegetarian

INGREDIENTS

- ½ scoop Double Chocolate or Mocha LifeGreens
- ½ serving chocolate Life Time protein powder*
- ½ Tbsp. coconut oil
- 1 cup hot coffee

DIRECTIONS

1. Place all ingredients in blender, blend and enjoy!



SUPER COLD BREW



Prep time: 8-12 hours | Cook time: 0 minutes
1 serving | Calories: 90 | Protein: 19 | Fat: 1 | Carbs: 2
Gluten-Free, Dairy-Free, Vegetarian. D.TOX

INGREDIENTS

- 1 serving Life Time collagen
- 1 cup cold brew coffee
- 2 Tbsp. unsweetened coconut milk

DIRECTIONS

1. Place cold brew and collagen protein in a blender and blend until well mixed.
2. Add ice and a splash of milk, and enjoy!

STRAWBERRY RHUBARB OVERNIGHT OATS

Prep time: 15 minutes | Cook time: 6-8 hours

4 Servings | Calories: 300 | Protein: 28 | Fat: 5 | Carbs: 38

Gluten-Free, Dairy-Free, Vegan, Vegetarian

INGREDIENTS

- 1 cup strawberries
- 1 1/2 cup rhubarb
- 1 Tbsp. water
- 1 1/3 cup gluten-free oats (1/3 cup for each serving)
- 2 2/3 cup unsweetened nut milk (2/3 cup for each serving)
- 4 servings Life Time vanilla protein powder

DIRECTIONS

1. In a small sauce pan, combine strawberries, rhubarb and water and simmer on medium heat for 5-7 minutes. Once softened, mash ingredients together and cook for another 10 minutes, stirring very frequently to prevent burning, until the mixture thickens.
2. Divide strawberry rhubarb mixture, oats, milk, and protein powder into four 16 oz. jars with lids.
3. Place lid on jar and thoroughly shake. Put in the refrigerator overnight (or 8 hours).
4. Prior to serving, add remaining toppings and stir.



LOADED SCRAMBLED EGGS

Prep time: 5 minutes | Cook time: 15 minutes

4 Servings | Calories: 330 | Protein: 40 | Fat: 14 | Carbs: 9

Gluten-Free, Dairy-Free

INGREDIENTS

- 8 eggs
- 1 cup chopped bell peppers
- 1 cup baby tomatoes, halved
- 2 cups spinach, diced
- ½ cup red onion, diced
- 1 lb. chicken breast, chopped
- ½ Tbsp. coconut oil

DIRECTIONS

1. Heat a large skillet over medium heat and melt coconut oil. Add red onion, spinach and bell peppers and sauté for about 5 minutes.
2. Add chicken and sauté until cooked through and slightly crispy, about 8-10 minutes.
3. Add cherry tomatoes and eggs and cook, stirring frequently, until eggs are fully cooked through and tomatoes are slightly tender.
4. Remove from heat and enjoy!



MINI FRITTATAS-TO-GO

Prep time: 10 minutes | Cook time: 15 minutes

4 Servings | Calories: 340 | Protein: 26 | Fat: 26 | Carbs: 1

Gluten-Free

INGREDIENTS

- Olive oil cooking spray
- 12 Eggland's Best eggs (Large)
- 1/4 cup unsweetened nut milk
- 2 slices deli-sliced ham, chopped
- 1/4 cup shredded cheddar
- 2 tsp. fresh dill, picked/chopped
- 1 cup sweet Italian sausage
- 2 Tbsp. pesto
- 1/4 cup grated parmesan
- Salt and pepper, to taste



DIRECTIONS

1. Preheat oven to 375 F.
2. Spray each cup of a 12-cup muffin tin with olive oil cooking spray.
3. In a large mixing bowl, whisk the Eggland's Best eggs with milk and season with salt and pepper.
4. Carefully pour the eggs into each cup of the muffin tin $\frac{3}{4}$ of the way to the top (a ladle makes this an easy job!).
5. Divide ham evenly and place it on top of 6 of the egg cups. Follow with cheddar and dill.
6. Divide browned sweet Italian sausage evenly and place on top of the remaining 6 egg cups. Follow with pesto and parmesan
7. Bake until puffed up and cooked through, about 12-15 minutes.
8. If taking to-go, let the mini frittatas cool and pack in plastic bags or glass containers, making sure to alternate flavors so you're not having the same breakfast every day

Recipe brought to you by



BREAKFAST SWEET POTATO

Prep time: 5 minutes | Cook time: 10 minutes

1 Serving | Calories: 300 | Protein: 9 | Fat: 13 | Carbs: 42

Gluten-Free, Dairy-Free, Vegetarian, Vegan

INGREDIENTS

- 1 small sweet potato
- 1/2 medium banana, sliced
- 1-2 Tbsp. creamy peanut butter
- 1/2 Tbsp. chia seeds
- 1/4 tsp. ground cinnamon
- Other potential toppings: coconut flakes, flax seeds, avocado, eggs, red pepper flakes, etc.

DIRECTIONS

1. Take your sweet potato and poke holes over its entirety. Then wrap in a moist paper towel and microwave for about 8-10 minutes, until fully cooked.
2. Allow the sweet potato to cool a bit before handling. Once cooled, carefully cut it in half and top with your chosen toppings. Enjoy!



OATMEAL SUPERFOOD BREAKFAST BARS

Prep time: 10 minutes | Cook time: 25 minutes

12 Servings | Calories: 200 | Protein: 9 | Fat: 9 | Carbs: 24

Gluten-Free, Vegetarian

INGREDIENTS

Base:

- 2 cups gluten-free oats
- 2 Tbsp. honey or maple syrup
- 1 Tbsp. coconut oil
- 1 tsp. kosher salt
- 1 Tbsp. cinnamon
- ½ banana
- ½ zucchini, de-skinned
- 1 Tbsp. vanilla
- 1 Tbsp. chia seeds
- 2 Tbsp. almond butter
- 1 scoop Life Time Vanilla Whey Protein

Mix Ins & Toppings

- 2 Tbsp. Gluten-free oats
- 2 Tbsp. slivered almonds
- 2 Tbsp. sunflower seeds
- 2 Tbsp. pumpkin seeds
- 1 cup berries
- 1 Tbsp. chia seeds

DIRECTIONS

1. Preheat oven to 350° and line 9 x 13 casserole dish with parchment paper. Lightly grease paper with coconut spray oil
2. Place all base ingredients in a food processor and pulse until completely combined, or about 5 minutes.
3. Transfer mixture into a bowl, and add the half of all of the mix-ins. Gently combine the mixture and the mix-ins until mix-ins are evenly distributed.
4. Place mixture in the casserole dish and carefully spread to form an even layer in the base of the dish. Take the remaining mix-in components and top evenly.
5. Place in oven and bake for 20-25 minutes, until toppings are toasted and base is fully cooked. Enjoy!



MEDITERRANEAN EGG CUPS

Prep time: 20 minutes | Cook time: 25 minutes

6 Servings | Calories: 305 | Protein: 26 | Fat: 19 | Carbs: 7

Gluten-Free

INGREDIENTS

- 1 Tbsp. coconut oil
- 1/4 medium yellow onion, chopped
- 1/2 red bell pepper
- 2 Tbsp. garlic
- 1/2 cup mushrooms, diced
- 1/2 pound ground turkey
- 3 ounces sun-dried tomatoes, chopped
- 2 cups chopped spinach
- 1/2 cup feta cheese, crumbled
- 1 Tbsp. Italian seasoning
- Coconut oil cooking spray
- 8 eggs



DIRECTIONS

1. Preheat oven to 350 degrees.
2. Spray 12-muffin tin with non-stick cooking oil spray.
3. Heat coconut oil over medium heat. Add onions and red pepper, stir to cook for 3-4 minutes. Add garlic and mushrooms, cook for 4 minutes.
4. Add ground turkey and sauté until fully cooked.
5. Add sun-dried tomatoes and spinach cooking until spinach is fully incorporated and wilted into mixture. Stir in feta and remove from heat.
6. Evenly divide turkey mixture into muffin tin.
7. In liquid measuring cup, beat eggs until fully combined. Evenly pour eggs over turkey mixture.
8. Bake 25 minutes. Serve and enjoy!

**Store in a zip-lock bag in the refrigerator for 3-4 days*

BATCH **COOKING**

SLOW COOKER POT ROAST AND ROOT VEGGIES

Prep time: 15 minutes | Cook time: 6-8 hours

6 Servings | Calories: 425 | Protein: 48 | Fat: 19 | Carbs: 17

Gluten-Free, Dairy-Free, D.TOX

INGREDIENTS

- 2.5 lb. boneless beef chuck roast
- 2 cups peeled, sliced carrots
- 2 cups peeled, sliced parsnips
- 2 stalks celery, chopped
- 1 medium onion
- 1 Tbsp. coconut oil
- 2 cloves garlic, peeled, diced
- 1 ½ cups water or beef broth
- 1 teaspoon rosemary (dried or fresh)—parsley could work too!
- 1 teaspoon dried basil
- Salt & pepper to taste

DIRECTIONS

1. Melt coconut oil in the skillet. Pat dry the roast and then place on hot skillet. Brown all sides of roast over high heat for approximately 3-4 minutes per side.
2. Place the roast in the slow cooker and add the other ingredients.
3. Cover and cook on low setting for 6-8 hours, or until meat is tender (you could also cook on high for 4-5 hours, however, roast may not be quite as tender).
4. Use tongs or a slate spoon to remove roast and veggies.



CHUNKY MEAT & VEGGIE CHILI

Prep time: 15 minutes | Cook time: 30 minutes

4 Servings | Calories: 400 | Protein: 35 | Fat: 14 | Carbs: 26

Gluten-Free, Dairy-Free, D.TOX

INGREDIENTS

- 1 15 oz. can tomato sauce
- 1 15 oz. can diced tomatoes
- 1 15 oz. can kidney beans
- 1 lb. ground beef
- ½ yellow onion, chopped
- 2 medium zucchinis, chopped
- 1 cup carrots, chopped
- 2 cloves garlic, chopped
- 2 Tbsp. chili powder
- ½ tsp. cumin
- 1 Tbsp. oregano

DIRECTIONS

1. In large pot, brown ground beef and chopped garlic over medium heat until meat is cooked thoroughly.
2. Add onion, carrots, and seasonings to skillet and cook over medium-high heat about 5-6 minutes. Next add zucchini and cook another 2 minutes, stirring well.
3. Add tomato sauce, diced tomatoes, and beans to the pot and bring to a boil, stirring frequently. Reduce heat and simmer for 20 minutes.



CILANTRO LIME CHICKEN BOWL

Prep time: 10 minutes | Cook time: 20 minutes

4 Servings | Calories: 300 | Protein: 27 | Fat: 12 | Carbs: 23

Gluten-Free, Dairy-Free

INGREDIENTS

- 1 lb. chicken, cubed
- 2 Tbsp. coconut oil
- ¼ cup cilantro, chopped
- 2 limes, juiced
- Salt and pepper, to taste
- 3 cups riced cauliflower
- 2 tsp. garlic powder
- ½ cup black beans
- ½ cup corn
- ¼ cup red onion, diced
- 1 Tbsp. garlic, minced
- 2 cups cherry tomatoes, halved
- 1 avocado, diced
- 1 lime, quartered

DIRECTIONS

1. Heat 1 Tbsp. coconut oil in a skillet over medium heat until melted. Add chicken and sauté until thoroughly cooked, about 8-10 minutes.
2. In a medium bowl, add chicken, lime juice, cilantro, garlic powder (not the minced garlic) and salt and pepper and combine until well mixed. Set aside in the refrigerator.
3. Heat another tablespoon of coconut oil in the skillet and once melted, add cauliflower and minced garlic and sauté for about 5 minutes. Add black beans, red onion and corn and sauté for another 5 minutes.
4. Add the cauliflower rice, beans, onion and corn to the bowl with the chicken. Mix in halved tomato, avocado and squeeze lime juice over all of the ingredients, and enjoy!



CHICKEN STIR FRY

Prep time: 5 minutes | Cook time: 10 minutes

8 Servings | Calories: 255 | Protein: 28 | Fat: 8 | Carbs: 18

Gluten-Free, Dairy-Free

INGREDIENTS

- 2 lb chicken breast
- 2 Tbsp. Coconut oil
- 1 Tbsp. sesame oil
- 1 cup gluten-free, reduced sodium soy sauce or coconut aminos
- 2 Tbsp. ginger powder
- 1 Tbsp. granulated garlic
- 2 tsp. dried red pepper flakes
- 1 medium onion, sliced
- 3 bell peppers, sliced into 1" strips
- 1 lb. bag of fresh broccoli florets
- 3 carrots, peeled and cut into bite-sized pieces ¼"thick
- 2 – six oz. can sliced water chestnuts



DIRECTIONS

1. After cutting chicken into bite-sized pieces, combine with soy sauce, sesame oil, ginger, garlic powder, and red pepper flakes in a large bowl to marinate while you chop the rest of the vegetables with a clean knife and cutting board.
2. In a large wok over medium-high heat on the stove, melt the coconut oil. Once melted, add the chicken, and stir every minute while it cooks for about 5-7 minutes.
3. After chicken cooks most of the way through, add the vegetables, starting with broccoli & onion as they take longest to cook. Keep stirring to mix all the flavors and to allow for even cooking. The vegetables should only take about 5-7 minutes to cook until bright and crunchy.

ROASTED VEGETABLES WITH BACON

Prep time: 10 minutes | Cook time: 30 minutes

2 Servings | Calories: 120 | Protein: 8 | Fat: 8 | Carbs: 10

Gluten-Free, Dairy-Free, D.TOX, GUT.FIX

INGREDIENTS

- 5 cups vegetables of choice – Cabbage, Brussels sprouts, green beans, asparagus, etc...
- Coarse kosher salt and freshly ground black pepper
- 8 slices nitrate-free thick bacon

DIRECTIONS

1. Heat the oven to 450°F. Lay vegetables of choice down on a large roasting pan or baking sheet. Sprinkle generously with salt and pepper. (If using cabbage, cut into quarters and remove the stem core. Cut each quarter in half again so you end up with eight wedges).
2. Cut each slice of bacon into small 1" strips and lay on top of the vegetables.
3. Roast for about 30 minutes, or until done, flipping once halfway through. Enjoy!



TURKEY PUMPKIN CHILI

Prep time: 10 minutes | Cook time: 30 minutes

4 Servings | Calories: 350 | Protein: 26 | Fat: 9 | Carbs: 15

Gluten-Free, Dairy-Free, D.TOX, GUT.FIX

INGREDIENTS

- 1 lb. ground turkey
- 1 can (14.5 oz) pumpkin puree (unsweetened)
- 1 can (14.5 oz) diced tomatoes, undrained
- 1 can (14.5 oz) red kidney beans
- ½ yellow onion, diced
- 1 green pepper, chopped
- 1 yellow pepper, chopped
- 1 clove garlic, minced
- 1 ½ Tbsp. chili powder
- 1 ½ tsp. cumin
- ¼ tsp. ground cinnamon

Optional

- 1 jalapeno, sliced
- ¼ cup cilantro, chopped

DIRECTIONS

1. Brown ground turkey over medium heat in large skillet or Dutch oven.
2. Add in yellow onion, green & yellow peppers, and garlic and sauté 5-8 minutes.
3. Stir in tomatoes, pumpkin puree, red kidney beans. Season with chili powder, cumin, cinnamon, and paprika (salt and pepper to taste).
4. Reduce heat and simmer 20-30 minutes.
5. Top with cilantro and/or jalapeno and enjoy!



SHRIMP AND CORN SHEET PAN BOIL

Prep time: 10 minutes | Cook time: 30-35 min

6 Servings | Calories: 425 | Protein: 30 | Fat: 22 | Carbs: 35

Gluten-Free

INGREDIENTS

- 3 cups red potatoes, diced
- 2 ears corn, cut into ½” slices crosswise
- 1 pound medium shrimp, peeled and deveined
- 1 (12 oz.) package smoked andouille sausage, sliced thinly
- 2 Tbsp. unsalted butter, melted
- 2 cloves garlic, minced
- 1 Tbsp. Old Bay Seasoning
- 1 lemon
- 1 tsp. garlic powder
- Salt & pepper, to taste



DIRECTIONS

1. Preheat oven to 425°. In a large pot of salted boiling water, cook potatoes until just tender, about 10-15 minutes. Remove from pot and drain.
2. In a small glass bowl, place butter in the microwave and slowly melt in 10-15 second increments.
3. Place potatoes, corn, shrimp, sausage, melted butter, lemon and seasoning and toss to combine.
4. Distribute evenly on a large sheet pan, and bake until shrimp and corn are fully cooked through – about 15 minutes. If you like it a little toasted, broil the sheet pan for the last 3-5 minutes.

ONE PAN LEMON CHICKEN AND VEGETABLES

Prep time: 15 minutes | Cook time: 30-35 min

4 Servings | Calories: 255 | Protein: 30 | Fat: 6 | Carbs: 23

Gluten-Free, Dairy-Free, D.TOX

INGREDIENTS

- 1 lbs. chicken
- 2 Tbsp. olive oil
- 2 lemons
- 4 cups broccoli
- 8 large carrots, halved
- 1 Tbsp. minced garlic
- 1 Tbsp. Italian seasoning
- Salt and freshly ground black pepper, to taste

DIRECTIONS

1. Preheat oven to 375°.
2. Grease sheet pan with 2 Tbsp. olive oil. Place chicken breasts next to each other on 1/3 of the pan. On the other 2/3's, add chopped broccoli and carrots halved length-wise.
3. Using one lemon, cut in half and squeeze over chicken breasts. Cut the other lemon in thin slices (about 1/2 cm) and distribute evenly over the chicken and veggies
4. Top chicken and veggies with minced garlic, and sprinkle Italian seasoning, salt and pepper over the entire sheet pan.
5. Bake until thoroughly cooked, or about 30-35 minutes. Remove from oven and enjoy!



SLOW COOKER THAI CHICKEN

Prep time: 10 minutes | Cook time: 4-8 hours

8 Servings | Calories: 400 | Protein: 35 | Fat: 24 | Carbs: 12

Gluten-Free, Dairy-Free

INGREDIENTS

- 2 lbs. chicken breasts
- 3/4 cup canned full-fat coconut milk
- 1/2 cup chunky peanut butter
- 2 Tbsp. garlic, minced
- 2 Tbsp. honey
- 2 Tbsp. coconut aminos (or gluten-free soy sauce)
- 2 Tbsp. lime juice
- 1.5 Tbsp. sesame oil
- 1 tsp. crushed red pepper flakes (more or less, to taste)
- 4 Tbsp. chopped peanuts
- Fresh cilantro, chopped



DIRECTIONS

1. Place chicken breasts in the bottom of a slow cooker in an even layer.
2. In a small mixing bowl, add coconut milk, peanut butter, garlic, honey, coconut aminos, lime juice, sesame oil and red pepper flakes and mix until combined. (It may help to soften the peanut butter).
3. Pour mixture over the chicken in the slow cooker. Cook on low for 6-8 hours, or on high for 3-4 hours.
4. Once cooked, remove chicken and shred, then return back to the crock pot and stir until chicken is evenly coated in the peanut sauce.
5. Top with peanuts and cilantro, and serve alone or with a side of rice or rice noodles.

ORANGE CHICKEN WITH CAULIFLOWER STIR FRY RICE

Prep time: 10 minutes | Cook time: 25 minutes

8 Servings | Calories: 215 | Protein: 28 | Fat: 15 | Carbs: 3

Gluten-Free, Dairy-Free

INGREDIENTS

Chicken:

- 2 lbs. chicken breast
- 2 Tbsp. tomato paste
- 2 Tbsp. coconut oil
- 1 orange, medium
- 1/3 cup gluten-free soy sauce or coconut aminos
- 2 Tbsp. honey
- ¼ tsp. red pepper flakes
- 1 tsp. garlic powder
- Salt and pepper, to taste



Cauliflower Stir Fry Rice:

- 4 cups riced cauliflower (or 1 bag)
- 4 cups stir fry vegetables (broccoli, bell peppers, carrots, snap peas, etc.)

DIRECTIONS

1. Cut the chicken into bite size pieces (about 1 inch). Season with desired salt and pepper.
2. In a large skillet, add chicken with 1 tbsp. of coconut oil and cook on medium heat. Cook for 5-7 minutes until mostly cooked through.
3. In a small bowl, combine orange juice, soy sauce, tomato paste, honey, red pepper and garlic. Stir until evenly mixed.
4. Pour sauce over chicken and stir to evenly coat. Cook chicken for additional 5-10 minutes or until chicken is fully cooked through (165 temperature).
5. In another pan, melt 1 Tbsp. of coconut oil and add stir fry vegetables. Sauté until mostly cooked through, about 7 minutes. Then add cauliflower and sauté until fully cooked, about 5 mins.
6. Serve the orange chicken over 1-2 cups cauliflower stir fry and enjoy!

HONEY GLAZED SALMON & VEGGIES

Prep time: 10 minutes | Cook time: 40-45 minutes

4 Servings | Calories: 330 | Protein: 27 | Fat: 11 | Carbs: 33

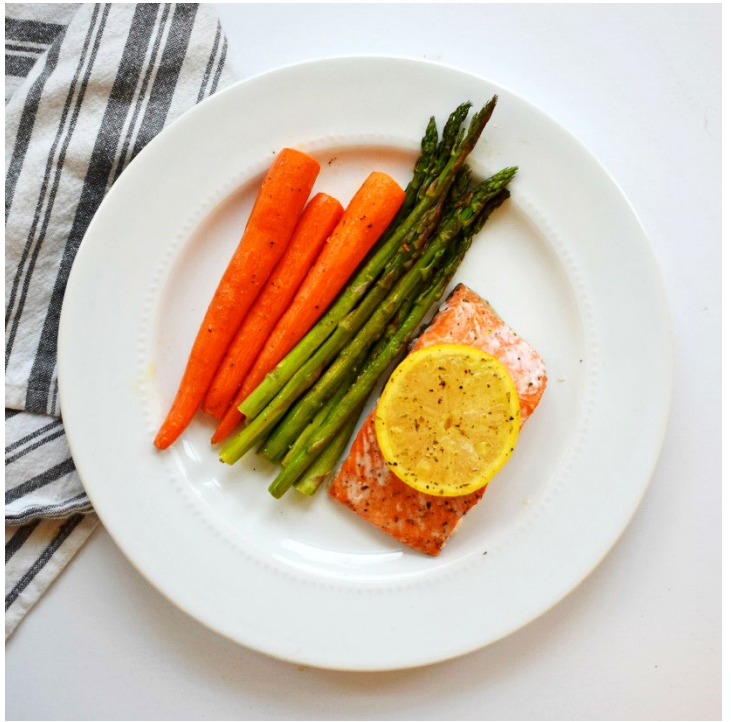
Gluten-Free

INGREDIENTS

- 1 lb. skin-on salmon fillet
- 2 lemons
- 1 bunch of asparagus
- 8-12 large carrots
- 3 Tbsp. unsalted butter or ghee, melted
- 2 Tbsp. honey
- 1 Tbsp. oregano
- 2 Tbsp. olive oil
- Salt and pepper, to taste

DIRECTIONS

1. Preheat oven to 375°.
2. In a small bowl, add butter, honey, and the juice of 1 lemon and microwave for about 30 seconds, until melted. Mix thoroughly.
3. Grease sheet pan with 2 Tbsp. olive oil. Place carrots 1/3 of the pan and top lightly with 1 Tbsp. of honey butter mixture.
4. Place baking sheet in the oven for about 25 minutes, until softened.
5. Remove baking sheet from the oven and add salmon and asparagus, then top with the remainder of the honey butter mixture sliced lemon from your remaining lemon.
6. Return to oven and bake for another 15 minutes, until salmon flakes easily. Remove from oven and enjoy!



CHICKEN SAUSAGE BOWL

Prep time: 10 minutes | Cook time: 35-40 minutes

3 Servings | Calories: 300 | Protein: 23 | Fat: 15 | Carbs: 21

Gluten-Free

INGREDIENTS

- 1 package chicken sausage (12 oz.)
- 1 large yellow zucchini
- 2 medium-large bell peppers, chopped
- 1 medium sweet potato, cubed
- 1 Tbsp. oregano
- 1 Tbsp. olive oil
- Salt and pepper, to taste

DIRECTIONS

1. Preheat oven to 375°.
2. Chop the bell peppers, zucchini, potatoes and sausage. Add to a mixing bowl and toss in olive oil, oregano and salt & pepper until evenly covered.
3. Cover a baking sheet with parchment paper, and add sausage mixture. Distribute evenly across the baking sheet.
4. Bake for 35-40 min, or until thoroughly cooked. Remove from oven and enjoy!



WHITE CHICKEN CHILI

Prep time: 15 minutes | Cook time: 6-8 hours

8 Servings | Calories: 305 | Protein: 35 | Fat: 4 | Carbs: 30

Gluten-Free, Dairy-Free, D.TOX

INGREDIENTS

- 4 cups chicken stock (no added salt)
- 3 cups carrots, chopped
- 2 lbs. chicken breast
- 2 15 oz. cans Great Northern beans, drained
- 16 oz. salsa verde
- ½ onion, diced
- ½ Tbsp. garlic powder



DIRECTIONS

1. Place chicken stock, chicken, carrots, salsa, onion, and garlic powder in a large slow cooker and stir to combine. Cook on low for 6-8 hours, or high for 3-4 hours.
2. About 30 minutes before removing from the slow cooker, add both cans of beans. Remove chicken from mixture, shred with two forks, and then return to slow cooker.
3. Allow to cook for 30 minutes, then season with additional salt and pepper as needed.

BLT SALAD

Prep time: 10 minutes | Cook time: 25-30 minutes

4 Servings | Calories: 355 | Protein: 33 | Fat: 23 | Carbs: 5

Gluten-Free

INGREDIENTS

- 1 lb. chicken, diced
- 8 strips of nitrate-free bacon
- 8-10 cups lettuce, chopped
- 3-4 roma tomatoes, diced
- 2 Tbsp. ranch dressing (gluten-free)
- Salt and pepper, to taste

DIRECTIONS

1. Preheat oven to 400.
2. Line a baking sheet with parchment paper, and lay bacon strips evenly across the sheet.
2. Cook for 12-18 minutes, until cooked to your desired level. Remove from oven and set aside.
3. In a medium pan, saute diced chicken over medium heat until cooked through.
4. When bacon is cool, crumble into small pieces.
5. Chop lettuce leaves into long strips and add to a bowl. Top with chicken, bacon, tomatoes and ranch dressing.



TACO BOWL

Prep time: 5 minutes | Cook time: 10 minutes

4 Servings | Calories: 400 | Protein: 28 | Fat: 16 | Carbs: 36

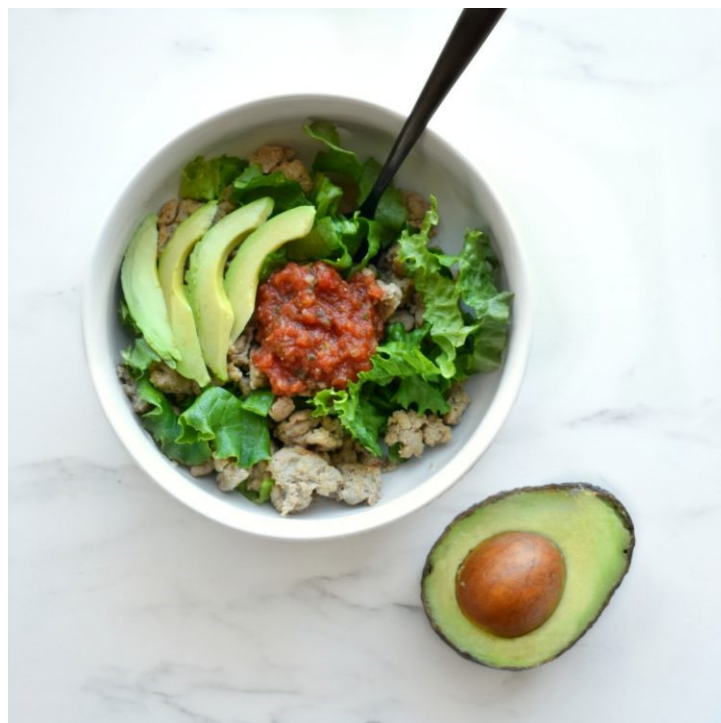
Gluten-Free, Dairy-Free, D.TOX

INGREDIENTS

- 1 lb. ground turkey
- 2 Tbsp. taco seasoning
- 6 cups chopped lettuce
- 1 cup salsa (no added sugar)
- 1 avocado

DIRECTIONS

1. In a medium pan, sauté ground turkey over medium heat until cooked through, about 7-8 minutes. Add taco seasoning and mix well.
2. Chop lettuce leaves into long strips and add to a bowl. Top with ground turkey, salsa and avocado and enjoy!



SOUTHWEST CHILI

Prep time: 10 minutes | Cook time: 20-25 min

8 Servings | Calories: 400 | Protein: 29 | Fat: 11 | Carbs: 30

Gluten-Free, Dairy-Free

INGREDIENTS

- 1 15 oz. can tomato sauce
- 1 15 oz. can diced tomatoes
- 1/2 15 oz. can kidney beans
- 1 can sweet corn
- 1 lb. ground turkey
- 1/2 yellow onion, chopped
- 2 cloves garlic, chopped
- 1-2 jalapenos
- 2 Tbsp. chili powder
- 1/2 tsp. cumin
- 1 Tbsp. oregano
- Pinch of cayenne, optional



DIRECTIONS

1. In large pot, brown ground turkey and chopped garlic over medium heat until meat is cooked thoroughly.
2. Add onion, corn, jalapenos and seasonings to skillet and cook over medium-high heat about 5-6 minutes.
3. Add tomato sauce, diced tomatoes, and beans to the pot and bring to a boil, stirring frequently. Reduce heat and simmer for 20 minutes.

ZUCCHINI AND CORN CHOWDER

Prep time: 10 minutes | Cook time: 30-35 min

6 Servings | Calories: 425 | Protein: 30 | Fat: 22 | Carbs: 35

Gluten-Free, Dairy-Free, D.TOX

INGREDIENTS

- 1 1/2 lb. chicken breasts
- 1 medium potato
- 1 can sweet corn
- 2 medium zucchini, diced
- 1/2 yellow onion, diced
- 2 medium carrots, diced
- 2 garlic cloves, minced
- 1/2 tsp. dried thyme
- 3 cups water
- 1 bay leaf
- 1 can (12 oz.) full-fat coconut milk
- 1 Tbsp. coconut oil
- Salt and pepper to taste
- Pinch of cayenne, optional



DIRECTIONS

1. In a medium sauce pan, saute chicken breasts until cooked through. Set aside to cool.
2. In a large pot, add onion, corn, carrots, garlic, and 1/2 Tbsp. of coconut oil and salt, pepper and thyme. Cook until vegetables soften, about 5 minutes.
3. Add potatoes, zucchini, water, coconut milk and bay leaf. Raise the heat until the mixture begins to simmer, lower heat and simmer for 20 minutes.
4. Remove the bay leaf from the mixture. Then separate about 2 cups of the mixture and place in a food processor. Puree until smooth, then return to the pot.
5. Grab the chicken breasts and shred, either by hand or two forks. Add chicken to the pot and stir, so the chowder is well mixed.
6. Let cool, and enjoy!

OVEN ROASTED PORK CHOPS AND VEGGIES

Prep time: 10 minutes | Cook time: 35-40 minutes

3 Servings | Calories: 400 | Protein: 28 | Fat: 16 | Carbs: 36

Gluten-Free, Dairy-Free, D.TOX

INGREDIENTS

- 3 boneless center pork chops
- 2 cups diced potatoes
- 1 large yellow zucchini
- 1 small bunch asparagus
- 1 Tbsp. olive oil
- 1 Tbsp. oregano
- Salt and pepper, to taste

DIRECTIONS

1. Preheat oven to 375°.
2. Grease sheet pan with olive oil. Place pork chops in the center of the pan and rub each side with coarse salt.
3. Slice and half zucchini into half moon shapes, and add to the pan. Cut asparagus into 1-2" strips, and add to pan as well, along with diced potatoes. Sprinkle with oregano.
4. Bake in the oven for about 35-40 min. For the last 5 min, set to low broil, watching closely to ensure it doesn't burn.
5. Remove from oven and enjoy!



TZATZIKI CHICKEN SALAD

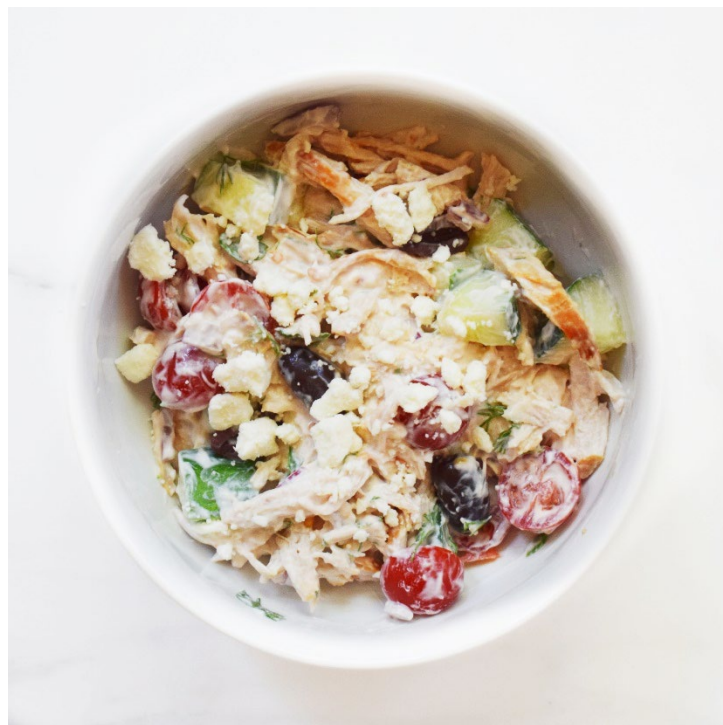
Prep time: 10 minutes | Cook time: 0 minutes

3 Servings | Calories: 300 | Protein: 35 | Fat: 13 | Carbs: 8

Gluten-Free

INGREDIENTS

- 1 lb. cooked chicken
- 1/2 cup plain Greek yogurt
- 1 medium cucumber, chopped
- 2 cups cherry tomatoes, halved
- 1/2 red onion, finely chopped
- Juice of 1 lemon
- 6 oz. feta cheese, crumbled
- 1/2 cup kalamata olives, chopped
- 3 cloves garlic, minced
- 2 Tbsp. fresh dill, chopped
- 2 Tbsp. parsley, chopped
- Salt and pepper, to taste



DIRECTIONS

1. Add all ingredients to a bowl and stir until thoroughly mixed. Serve over mixed greens, rice or in a gluten-free pita.

SLOW COOKER THAI CHICKEN SOUP

Prep time: 15 minutes | Cook time: 6-8 hours

5 Servings | Calories: 405 | Protein: 33 | Fat: 16 | Carbs: 28

Gluten-Free, Dairy-Free, D.TOX

INGREDIENTS

- 2 medium carrots, chopped
- 1 red bell pepper, chopped
- 2 zucchinis (or 1 container of zoodles)
- 1 Tbsp. ground ginger
- 4 garlic cloves, minced
- 2 Tbsp. red curry paste
- 3 Tbsp. coconut aminos
- 2 cups no-added-salt chicken stock
- 1 lbs. chicken breasts
- 1 12 oz. cans coconut milk
- 1 cup peas
- Juice of 1 lime



DIRECTIONS

1. In a medium slow cooker, add all ingredients except the coconut milk, peas, zucchini and lime and cook on medium for 6-8 hours.
2. Once complete, remove the chicken and shred with two forks.
3. Return the chicken to the crock pot and add the coconut milk and peas. Cook for an additional 30 minutes on low.
4. Add zucchini noodles and lime juice, and enjoy!

EGG ROLL BOWL

Prep time: 5 minutes | Cook time: 15 minutes

4 Servings | Calories: 390 | Protein: 35 | Fat: 16 | Carbs: 26

Gluten-Free, Dairy-Free, D.TOX

INGREDIENTS

- 1.5 lb. ground turkey
- 1/2 sweet onion diced
- 1 Tbsp. toasted sesame oil
- 1 Tbsp. rice vinegar
- 2 garlic cloves, minced
- 1 tsp. ground ginger
- ¼ cup gluten-free soy sauce or coconut aminos
- 1 16 oz. bag coleslaw mix
- ¼ 16 oz. bag matchstick carrots
- Salt and pepper to taste



DIRECTIONS

1. In a medium skillet, add ground turkey and saute until fully cooked. Drain if necessary.
2. Add onion, sesame oil, ginger, and garlic cloves and cook until fragrant.
3. Rice vinegar, coconut aminos, coleslaw mix, carrots, salt and pepper to the skillet. Cook for another 5 minutes, until vegetables are slightly wilted.
4. Remove skillet from the heat and enjoy!

BUFFALO CHICKEN MEATBALLS

Prep time: 10 minutes | Cook time: 15 min

4 Servings | Calories: 185 | Protein: 26 | Fat: 8 | Carbs: 3

Gluten-Free, Dairy-Free, D.TOX

INGREDIENTS

- 1 pound ground chicken or turkey
- 1/2 cup almond flour
- 1/4 cup hot sauce
- 1 egg
- 2 Tbsp. ranch seasoning
- Pinch of salt

Ranch Seasoning

- 2 Tbsp. dried parsley
- 2 tsp. dried dill
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1/2 tsp. black pepper
- 1/2 tsp. dried chives

DIRECTIONS

1. Preheat oven to 400 degrees. Line baking sheet with parchment paper.
2. In a large mixing bowl, add all ingredients and combine with your hands until well mixed.
3. Form mixture into 12 evenly sized meatballs and place on the prepared baking sheet.
4. Bake for 15-20 minutes, until cooked throughout.
5. Remove from the oven and top with additional hot sauce as preferred. Serve with a side of carrots and celery.



6 INGREDIENT PULLED CHICKEN

Prep time: 10 minutes | Cook time: 6-8 hours

8 Servings | Calories: 200 | Protein: 32 | Fat: 8 | Carbs: 1

Gluten-free, dairy-free, D.TOX, GUT.FIX

INGREDIENTS

- 2 lb. chicken breast
- 1 pack organic, nitrate-free bacon, chopped
- 1 Tbsp. dried thyme
- 1/2 Tbsp. rosemary
- 1 Tbsp. dried oregano

DIRECTIONS

1. Add all ingredients to slow cooker.
2. Cook on high for 4-5 hours until chicken shreds easily with a fork



SPAGHETTI SQUASH PIZZA BAKE

Prep time: 25 minutes | Cook time: 75 minutes

6 Servings | Calories: 345 | Protein: 26 | Fat: 22 | Carbs: 12

Gluten-Free, Dairy-Free, D.TOX, GUT.FIX

INGREDIENTS

- 1 large spaghetti squash, or two small
- 2 Tbsp. olive oil
- 2 tsp. Celtic or Himalayan salt
- 1 lb pounds ground turkey
- .5 lb ground Italian sausage
- 1 8-oz. package of sliced mushrooms
- 2 eggs
- 1 green pepper, chopped
- 1 red pepper, chopped
- 2 tsp. Italian seasoning
- 1 tsp. dried oregano
- 2 cups organic marinara sauce



DIRECTIONS

1. Poke holes in the spaghetti squash and microwave for 5 minutes. Remove from microwave and carefully cut in half lengthwise. Remove seeds and rub olive oil and salt into the flesh.
2. Place flesh side down in microwave safe dish with ½ inch to 1 inch of water. Microwave in 3 minute increments until fork-tender, but not over-cooked.
3. When done, remove from water and pat dry. Allow 10 minutes to cool, and run a fork along the fleshy side to remove the strands from the skin and place in a 9 x 13 casserole dish.
4. While squash is cooking, cook turkey, sausage, mushrooms, and peppers in a skillet until cooked through.
5. Add eggs, marinara sauce, Italian seasoning, and oregano to a bowl and mix well. Stir into baking dish with spaghetti squash.
6. Bake uncovered at 375 degrees for 75 minutes, or until a knife inserted in the center comes out clean.

MEXICAN ZUCCHINI BURRITO BOATS

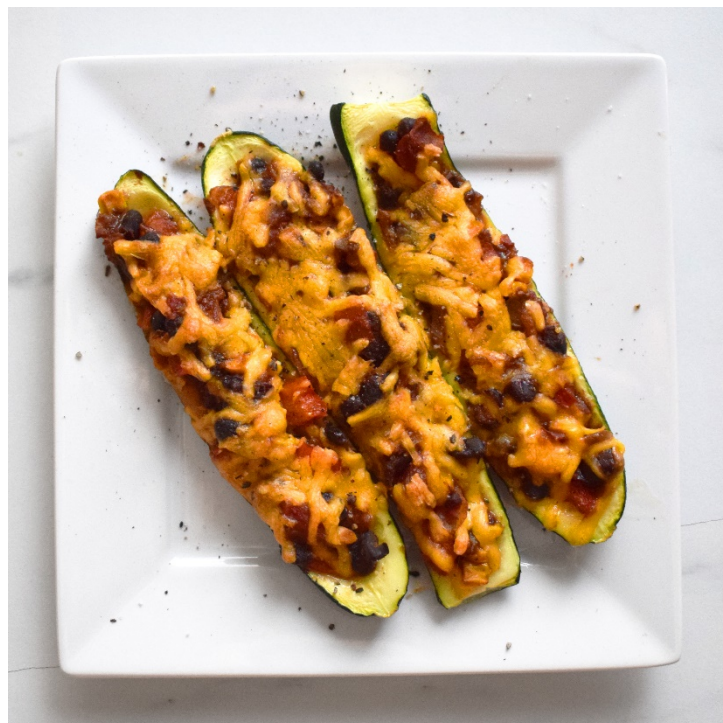
Prep time: 10 minutes | Cook time: 40 minutes

4 Servings | Calories: 290 | Protein: 15 | Fat: 11 | Carbs: 33

Gluten-Free, Vegetarian

INGREDIENTS

- 4-6 large zucchini, cut in half lengthwise
- 1 15 oz. can black beans, drained and rinsed
- 1/2 cup salsa
- 1/2 red bell pepper, cored and diced
- 1/4 red onion, diced
- 1/2 cup corn kernels
- 1 Tbsp. coconut oil
- 1 Tbsp. taco seasoning
- 1 tsp. paprika
- Sea salt, to taste
- 1/2 cup cheddar cheese



DIRECTIONS

1. Grease a 10x15 casserole dish with coconut oil and set to the side. Preheat oven to 400 F.
2. Once zucchini are halved, remove the center with a melon baller or spoon to form a small “dish”. Place zucchini face up on the casserole dish.
3. In a large skillet, heat up the oil until melted. Add onion and red pepper and sauté for about 3 minutes, until slightly cooked. Add corn, beans, salsa and taco seasoning and let mixture simmer on low for about 10 minutes.
4. Carefully spoon the veggie mixture evenly into the zucchini boats. Once filled, top lightly with cheese.
5. Bake for 30 minutes, until cheese is melted. Then broil on low for 5 minutes to brown the cheese, but this is optional. Remove from oven and let cool.

RAINBOW CHILI

Prep time: 10 minutes | Cook time: 40 minutes

4 Servings | Calories: 390 | Protein: 22 | Fat: 4 | Carbs: 68

Gluten-Free, Dairy-Free, Vegetarian, Vegan

INGREDIENTS

- 2 15 oz. can diced tomatoes
- 1 15 oz. can kidney beans
- 1 15 oz. can black beans
- 2 cups low sodium vegetable broth
- 1 red bell pepper
- 1 yellow bell pepper
- 2 cups spinach, finely chopped
- ½ yellow onion, chopped
- 2 medium zucchinis, chopped
- 2 medium carrots, chopped
- 1 Tbsp. garlic powder
- 2 Tbsp. chili powder
- ½ tsp. cumin
- 1 Tbsp. cilantro
- 1 Tbsp. paprika
- ½ Tbsp. coconut oil



DIRECTIONS

1. In a large pot, melt coconut oil. Then add the onion, peppers, zucchini and carrots and cook until vegetables are tender, about 10 minutes.
2. Add your seasonings (garlic, chili powder, cumin, and smoked paprika) and spinach. Continue to cook, stirring frequently, about 1 minutes.
3. Next, add the tomatoes, beans, and broth. Stir to combine and reduce heat to a simmer. Allow mixture to simmer, stirring occasionally, for 30 minutes. Remove from heat and allow to cool slightly
4. For a thicker, less chunky texture, remove about half of the chili and pulse in a blender for a short amount of time – about 5-10 seconds. Then pour the blended mixture back into the pot and mix in evenly. Add in cilantro and mix in.
5. Enjoy immediately, or freeze for future use.

ROASTED VEGETABLE & QUINOA BAKE

Prep time: 10 minutes | Cook time: 40 minutes

4 Servings | Calories: 510 | Protein: 21 | Fat: 24 | Carbs: 55

Gluten-Free, Vegetarian

INGREDIENTS

- 1 bell peppers, sliced
- 1/2 medium red onion, sliced
- 1 cup quinoa, uncooked
- 1 15 oz. can white beans, drained and rinsed
- 1 cup of green olives
- 1 cup mushrooms
- 2 cups spinach
- 2 Tbsp. lemon juice
- ¼ cup basil
- 8 oz. feta cheese
- Salt and pepper
- Olive oil

DIRECTIONS

1. Preheat the oven to 400 F.
2. In a dutch oven or cast iron skillet, coat the bottom with olive oil. Layer the onion, mushrooms and peppers on the bottom. Sprinkle with salt and pepper, then cook for about 30 minutes, until vegetables are roasted.
3. While the vegetables are in the oven, bring 2 cups of water to boil. Once boiling, add quinoa and reduce heat to a simmer. Allow the quinoa to cook until the water is fully evaporating, making sure to stir periodically to reduce burning.
4. In a medium bowl, add quinoa, beans, olives, spinach, lemon juice, basil, salt and pepper, and half of the feta and mix thoroughly.
5. When the veggies are ready, remove from the oven and add in the mixture from the bowl, spreading it out evenly. Top with the remaining feta, and return to the oven for another 20 minutes. Broil on low for another 5 minutes to grill the cheese, then remove and enjoy!



LEMON GARLIC FARRO WITH ROASTED VEGETABLES

Prep time: 10 minutes | Cook time: 40 minutes

4 Servings | Calories: 510 | Protein: 21 | Fat: 24 | Carbs: 55

Gluten-Free, Vegetarian

INGREDIENTS

- 1/3 cup pine nuts
- 1 cup mushrooms, chopped
- 1 bell pepper, chopped
- 1 bunch asparagus, chopped
- 12 oz. cherry tomatoes, halved
- 2 tsp. garlic powder
- 2 Tbsp. olive oil
- 1 1/2 cup farro
- 1/2 cup feta cheese
- Salt and pepper, to taste



Dressing:

- 2 Tbsp. olive oil
- 2 Tbsp. lemon juice
- Salt and pepper, to taste
- 2 Tbsp. minced basil

DIRECTIONS

1. Preheat oven to 425 F. In a large sheet pan, add mushrooms, bell pepper, asparagus, tomatoes and pine nuts. Add in olive oil and mix until veggies and nuts are covered. Spread veggies on an even layer to avoid overlapping, and roast for about 40 minutes.
2. While the veggies are roasting, bring 4 cups water to a boil. Once boiling, add in farro, reduce heat, cover, and let simmer for about 40 minutes, until water has evaporated.
3. In a small bowl add the olive oil, lemon juice, garlic powder, salt and pepper. Whisk until all the ingredients are thoroughly mixed.
4. Once veggies are ready, remove from the oven and add to a large mixing bowl or sauté pan. Mix in dressing and farro, and top with feta cheese. Serve immediately and enjoy!

BBQ BLACK BEAN MEATBALLS

Prep time: 10 minutes | Cook time: 10 minutes

4 Servings | Calories: 510 | Protein: 9 | Fat: 10 | Carbs: 54

Gluten-Free, Dairy-Free, Vegetarian

INGREDIENTS

Meatballs

- 1/2 cup oat flour,
- 1/2 gluten free oats
- 1/2 15 oz. can of black beans
- 1 tbsp. olive oil
- 1 tbsp. tomato paste
- 1 Tbsp. onion powder
- 1 Tbsp. garlic powder
- 1/4 cup cilantro, minced
- 1 Tbsp. basil, minced
- Water as needed
- 2 tsp. paprika

BBQ Sauce

- 1/2 Tbsp. coconut oil
- 1/2 cup low-sugar BBQ sauce
- Red chili flakes, to taste

DIRECTIONS

1. In a food processor, add oats and pulse until it forms a flour-like consistency. Add the rest of the meatball ingredients and continue to pulse until it forms a paste, about 3-5 minutes.
2. Transfer mixture to a small bowl and start rolling it into small, 1 inch balls.
3. Once all balls are formed, melt 1/2 Tbsp. on a sauté pan over medium heat. Add meatballs and lightly toast, stirring frequently so the balls cook evenly - about 5 minutes total.
4. Mix in BBQ sauce and red chili flakes and stir until all balls are evenly coated. Continue to cook the balls another 4-5 minutes, until thoroughly cooked. Remove from heat and enjoy!



HARVEST HASH

Prep time: 15 minutes | Cook time: 25 minutes

6 Servings | Calories: 425 | Protein: 19 | Fat: 24 | Carbs: 37

Gluten-Free, Dairy-Free

INGREDIENTS

- 2 large sweet potatoes, cubed
- 1 lb. brussels sprouts, quartered
- 1/2 Tbsp. coconut oil
- 8 slices of nitrate-free bacon
- 1 lb. cooked ham, diced
- 1/4 yellow onion, chopped
- 1 large apple, diced (honeycrisp or pink lady recommended)
- 1/4 cup pecans, chopped
- 1/3 cup dried, unsweetened cranberries
- 1 tsp. cinnamon
- Sea salt and black pepper to taste

Vinaigrette

- 1 Tbsp. Dijon mustard
- 3 Tbsp. apple cider vinegar
- 2 Tbsp. lemon juice
- 1 Tbsp. honey
- 1 tsp. onion powder
- 1/4 cup extra-virgin olive oil
- Salt and pepper, to taste

DIRECTIONS

1. Preheat oven to 425 degrees and line a large baking sheet with parchment paper. In a large bowl, melt coconut oil and toss the sweet potatoes and brussels sprouts until evenly coated. Spread mixture in a single layer on baking sheet and lightly sprinkle with salt. Roast for 25 minutes or until soft.
2. Meanwhile, heat a large skillet over medium high heat and cook bacon until crisp. Drain the fat while reserving 1-2 Tbsp in the skillet.
3. Lower heat to medium, add onions and cook 45 seconds or until tender. Add the apples and pecans and continue to cook, stirring occasionally until lightly browned. Add cooked ham and sauté 1-2 minutes until warmed. Add cinnamon, salt & pepper to taste. Finally, add in the cranberries, crumble in the bacon and cook another 30 seconds.
4. In a small bowl, prepare the vinaigrette by combining all ingredients. Whisk until evenly distributed.
5. Add roasted brussels sprouts, sweet potatoes and vinaigrette to large skillet and stir to combine. Serve and enjoy!



ONE PAN CHICKEN SAUSAGE AND VEGGIE BAKE

Prep time: 15 minutes | Cook time: 30 minutes

4 Servings | Calories: 290 | Protein: 15 | Fat: 15 | Carbs: 26

Gluten-Free, Dairy-Free

INGREDIENTS

- 1 Tbsp. olive oil
- 1 package cooked chicken sausage links, sliced
- 2 cups sweet potato or butternut squash, chopped
- 1 cup brussels sprouts, chopped
- 1 large carrot
- 1 beet, chopped
- 1 bell pepper, chopped
- 1 small red onion
- 2 tsp. garlic powder
- 1 spring fresh rosemary
- Salt and pepper, to taste



DIRECTIONS

1. Preheat oven to 450 F.
2. Add sweet potato, brussels sprouts, carrot and beet to a large baking sheet and toss with olive oil, garlic, rosemary, salt and pepper. Bake in the oven for 15 minutes until veggies are tender.
3. Remove from oven and mix in chicken sausage, bell peppers and onion. Cook another 15 minutes. Remove from oven, serve and enjoy!

Vegetarian Harvest Bowl

Prep time: 15 minutes | Cook time: 30 minutes

6 Servings | Calories: 325 | Protein: 10 | Fat: 12 | Carbs: 45

Gluten-Free, Dairy-Free, D.TOX

INGREDIENTS

- 4 cups brussels sprouts, trimmed and halved
- 1 medium sweet potato, diced
- 6 radishes, chopped
- 2 large carrots, chopped
- 1/2 red onion, chopped
- 1/2 15 oz. can chickpeas, rinsed and patted dry
- 1/2 Tbsp. olive oil
- 1 tsp. paprika
- 2 tsp. garlic powder
- 2 tsp. onion powder
- 1/2 cup uncooked quinoa

Dressing:

- 1 green onion, minced
- 1 Tbsp. Dijon mustard
- 1 Tbsp. white wine vinegar
- 2 Tbsp. olive oil
- Salt and pepper, to taste

Optional:

1/4 cup sliced almonds, toasted

DIRECTIONS

1. Preheat your oven to 450°.
2. In a bowl or glass jar, combine the shallot, mustard, salt, pepper, vinegar and oil. Whisk or shake to combine.
3. On a rimmed metal baking sheet. Arrange the Brussels sprouts, sweet potato, radishes, onion and chick peas. Drizzle with olive oil and season with smoked paprika, garlic, onion powder, salt and pepper. Toss to coat and slide the pan onto the middle rack of your preheated oven. Roast for 20 minutes, rotating the pan halfway through roasting.
4. While vegetables are roasting, cook quinoa on stovetop. Add 1 cup of water to a small pot and add quinoa. Bring to boil, reduce heat and cover. Let simmer until water is evaporated. Set aside.
5. Evenly distribute all ingredients into 6 containers and top with dressing (if saving for leftovers, wait to add dressing until ready to eat). Top with toasted almonds.
6. Enjoy!



SLOW COOKER CASHEW CHICKEN

Prep time: 15 minutes | Cook time: 4-8 hours

6 Servings | Calories: 390 | Protein: 27 | Fat: 25 | Carbs: 21

Gluten-Free, Dairy-Free

INGREDIENTS

- 1 lb. boneless, skinless chicken breasts
- 1 large sweet potato, cut into cubes
- 1 red bell pepper, sliced
- 1/2 cup cashews
- 1/2 yellow onion
- 2 tsp. ground ginger powder
- 3 Tbsp. red curry paste
- 2 Tbsp. tomato paste
- 2 Tbsp. garlic powder
- 2 tsp. chili powder
- 1 tsp. turmeric
- 1 tsp. cumin
- Salt and pepper, to taste
- Juice of 1 lemon
- 1 15 oz. can full fat coconut milk
- 2 bay leaves



DIRECTIONS

1. In the base of your crockpot, add sweet potatoes, bell pepper and chicken.
2. In food processor (or blender) add cashews, onion, ginger powder, red curry paste, tomato paste, garlic powder, chili powder, turmeric, cumin, salt and lemon juice. Blend until fully combined.
3. Cover chicken with mixture and pour can of coconut milk over all ingredients.
4. Cover and cook on low for 6-8 hours, high for 4-6 hours.
5. Remove and pull chicken, return to crockpot and stir all ingredients. Serve with rice or your choice of side.

CAULIFLOWER & VEGETABLE SOUP

Prep time: 15 minutes | Cook time: 50 minutes

6 Servings | Calories: 375 | Protein: 18 | Fat: 23 | Carbs: 29

Gluten-Free, Dairy-Free, Vegetarian

INGREDIENTS

- 1 Tbsp. coconut oil
- ½ yellow onion, diced
- ½ red bell pepper, thinly sliced
- 1 cup red potatoes, diced
- 2 Tbsp. red curry paste
- 1 Tbsp. ginger powder
- 2 Tbsp. curry powder
- 3 Tbsp. garlic powder
- 1 tsp. cumin
- 1 (14oz) can diced tomatoes
- 1 (14oz) full fat coconut milk
- 1 cup coconut milk
- 1 large head of cauliflower cut into florets
- 3 scoops Life Time unflavored collagen peptides
- 1 cup peas
- 1 large carrot, diced
- Salt to taste

DIRECTIONS

1. In a medium pot, add coconut oil over medium heat until melted. Add onions and pepper and sauté until softened, about 5 minutes.
2. Add ½ cup potatoes, red curry paste, ginger powder, curry powder, garlic powder, cumin, diced tomatoes and full-fat coconut milk and simmer until potatoes are softened, about 20 minutes.
3. Remove the mixture from the pot and let cool, then add to a blender and blend until smooth.
4. Return to the pot and add the remaining potatoes, cauliflower, peas, diced carrot, and collagen. Simmer for another 20 minutes, until carrots and cauliflower are softened.



SWEDISH MEATBALLS

Prep time: 30 minutes | Cook time: 30 minutes

6 Servings | Calories: 480 | Protein: 36 | Fat: 32 | Carbs: 10

Gluten-Free

INGREDIENTS

Meatballs:

- 1 lb. ground beef
- 1 lb. ground turkey
- 2 large eggs
- 1/3 cup almond flour
- 1 Tbsp. chia seeds
- 2 Tbsp. Dijon mustard
- ¼ onion minced
- 2 Tbsp. Italian seasoning
- 2 tsp. garlic powder
- Salt and pepper to taste

Swedish Meatballs Sauce

- 1 Tbsp. butter or ghee
- 2 Tsp. xanthan gum
- 1 cup low sodium beef or chicken stock
- 1 15. oz can full-fat coconut milk
- 1 tsp. Dijon mustard
- 1 Tbsp. Worcestershire sauce
- 1-2 Tbsp. black pepper
- Salt to taste

DIRECTIONS

Meatballs:

1. Preheat oven to 400 degrees. Lightly spray a large pan or baking sheet with non-stick spray, set aside.
2. In medium bowl, combine all meatball ingredients. Using hands, form 2-inch meatballs (about 24) and place on baking sheet ensuring space between each ball for even cooking.
3. Bake for 25-30 minutes until cooked through.



Sauce:

1. In large skillet, add butter or ghee until melted. Whisk in xanthan gum until evenly combined. Add low sodium broth. Whisk vigorously.
2. When mixture is smooth and incorporated, whisk until thick. Add in coconut milk, Dijon mustard, Worcestershire sauce, black pepper and salt to taste. Simmer sauce to desired thickness and texture. Return baked meatballs to skillet and coat with sauce.

Beef Stir Fry

Prep time: 30 minutes | Cook time: 20 minutes

4 Servings | Calories: 290 | Protein: 23 | Fat: 14 | Carbs: 17

Gluten-Free, Dairy-Free

INGREDIENTS

- 1 lb. skirt steak, cut into 4-inch-long pieces, then cut against the grain into 1/4-inch-thick slices
- 1/4 cup coconut aminos
- 1 teaspoons honey
- 2 tablespoons freshly squeezed lime juice (1 to 2 limes)
- 2 tablespoons coconut oil
- 2 cloves garlic, grated
- 1/4 pound snow peas or green beans
- 2 cups broccoli florets
- 1 red bell pepper, thinly sliced
- 1-2 large carrots, sliced
- 1/2 cup mushrooms, sliced
- 1/4 yellow onion
- Salt and freshly ground pepper to taste



DIRECTIONS

1. Cut skirt steak into 4-inch-long pieces, then cut against the grain into 1/4-inch-thick slices. Season with salt and pepper.
2. In a medium bowl, whisk together the coconut aminos, honey and lime juice. Add the steak, toss to coat and set aside.
3. In a large skillet over medium-high heat, heat the oil until shimmering, about 1 minute. Add the steak (and marinade) and cook, stirring, until cooked through, 3 to 5 minutes.
4. Remove the steak from the skillet and set aside. Allow the liquid in the pan to reduce until thickened, about 4 minutes.
5. Add the garlic and onions, cook 1 minute more. Add the snow peas, broccoli, carrots, mushrooms and bell pepper and continue cooking until all the vegetables are crisp-tender, about 2 minutes. Return the steak to the skillet and toss to combine.

Shrimp Stir Fry

Prep time: 30 minutes | Cook time: 15 minutes

4 Servings | Calories: 320 | Protein: 24 | Fat: 7 | Carbs: 38

Gluten-Free, Dairy-Free

INGREDIENTS

- ½ cup uncooked rice
- ¼ cup coconut aminos
- 3 garlic cloves minced
- 1 Tbsp. honey
- 2 tsp. sesame oil
- Juice of 1 lime
- 1 pound large shrimp peeled and deveined
- 1 red bell pepper sliced
- 1/2 cup carrots, sliced
- 1 cup fresh broccoli florets
- 1 cup sugar snap peas
- ½ 12-ounce can baby corn, drained
- ¼ red onion
- ½ 8-ounce can water chestnuts
- ½ cup mushrooms

DIRECTIONS

1. Bring water to a boil. Stir in rice and salt.
2. Reduce heat to low and allow water to simmer, cover, and cook rice until the water is absorbed – about 15-20 minutes.
3. While rice is cooking, in a small bowl whisk together the coconut aminos, garlic, honey, sesame oil and lime juice. Add shrimp and marinate for 10-15 minutes.
4. In a medium-sized skillet over medium-high heat add the peppers, carrots, broccoli, sugar snap peas, baby corn, water chestnuts and mushrooms. Pour the sauce on top. Cook for about 2-3 minutes or until shrimp is pink.
5. Add broccoli and sugar snap peas. Stir until incorporated and then cover and cook 3-5 minutes or until broccoli is tender.
6. Serve over rice.



Healthy Fried Rice

Prep time: 15 minutes | Cook time: 20 minutes

4 Servings | Calories: 320 | Protein: 24 | Fat: 7 | Carbs: 38

Gluten-Free, Dairy-Free

INGREDIENTS

- 1 cup cooked quinoa (about 1/3 cup dry)
- 1 cup cooked basmati rice (about 1/3 cup dry)
- 3/4 lb. boneless skinless chicken breasts , diced into 3/4-inch pieces
- 1 Tbsp. sesame oil , divided
- 1 Tbsp. coconut oil
- 1 cups frozen peas
- 1 cup carrots, finely chopped
- ¼ cup yellow onion, finely chopped
- 2 cloves garlic, minced
- 3 large eggs
- 3 Tbsp. coconut aminos
- Salt and freshly ground black pepper



DIRECTIONS

1. In a large non-stick wok or skillet, heat 1 1/2 tsp sesame oil and 1 1/2 tsp of the coconut oil over medium-high heat. Once hot, add chicken pieces, season lightly with salt and pepper and sauté until cooked through, about 5 - 6 minutes. Transfer chicken to a plate and set aside.
2. In separate, small skillet, add ½ tsp. coconut oil and scramble eggs. Remove from heat and set aside.
3. Return large skillet to medium-high heat, add remaining 1 1/2 tsp sesame oil and 1 tsp coconut oil. Add peas, carrots and onions and sauté 1 minute. Add garlic and sauté 1 minute longer. Return chicken and eggs to skillet along with rice and quinoa mix. Add in coconut aminos and season with salt and pepper to taste.

Fajita Tray Bake

Prep time: 15 minutes | Cook time: 20 minutes

4 Servings | Calories: 320 | Protein: 32 | Fat: 7 | Carbs: 37

Gluten-Free, Dairy-Free

INGREDIENTS

- 1 lb boneless, skinless chicken breast, cut in strips
- 1 red bell pepper, sliced
- 1 yellow pepper, sliced
- 1 orange pepper, sliced
- 1 red onion, sliced
- 2 Tbsp. coconut or olive oil
- Juice of 1 lime
- $\frac{3}{4}$ cup rice, uncooked
- 2 Tbsp. taco seasoning OR fajita seasoning below



Fajita Seasoning:

- 1 tsp. salt
- 1 tsp. pepper
- 1 tsp. cumin
- 1 tsp. garlic powder
- 2 tsp. paprika
- 2 tsp. chili powder
- $\frac{1}{4}$ tsp. cayenne (optional)

DIRECTIONS

1. Preheat oven to 400°F.
2. Bring water to a boil. Stir in rice and salt.
3. Reduce heat to low and allow water to simmer, cover, and cook rice until the water is absorbed – about 15-20 minutes.
4. In a small bowl, mix together the salt, pepper, cumin, garlic powder, paprika, chili powder, and cayenne.
5. In a separate, large bowl, toss olive oil, lime juice, chicken, peppers and onion until evenly coated. Add seasoning mixture and toss until fully combined.
6. Transfer to large baking tray and evenly spread.
7. Sprinkle seasoning on chicken, bell peppers, and onions.
8. Bake for 17-22 minutes or until internal temperature reaches 165°F.

Southwest Fajita Bowl

Prep time: 15 minutes | Cook time: 20 minutes

4 Servings | Calories: 310 | Protein: 30 | Fat: 7 | Carbs: 37

Gluten-Free, Dairy-Free

INGREDIENTS

- 1 Tbsp. coconut oil
 - 1 clove garlic, minced
 - ½ yellow onion, finely sliced
 - 1 red bell pepper, finely sliced
 - 1 yellow bell pepper, finely sliced
 - 1 lb. cooked, shredded chicken
 - ½ cup black beans (drained and rinsed)
 - ½ cup frozen corn kernels
 - ½ cup low sodium chicken broth
 - ½ cup cherry tomatoes, diced
 - Optional Toppings: fresh cilantro, avocado, lime
-
- Fajita Seasoning:
 - 1 Tbsp. chili powder
 - ¾ tsp. cumin
 - ½ tsp. onion powder
 - ¼ tsp. garlic powder
 - ¼ tsp. red pepper flakes
 - ½ tsp. oregano
 - ½ tsp. salt
 - 1 tsp. pepper
 - ¼ tsp. cayenne pepper (optional)



DIRECTIONS

1. In a large pot, add coconut oil. When melted, add garlic and sauté 1 minute. Add onion and peppers, cook 3-4 minutes. Add corn kernels and cook for an additional minute.
2. Add chicken broth and fajita seasoning and stir well to combine.
3. Bring the mixture to a boil on high heat and then reduce the heat to medium low (a little bit above low temperature) and cover with a lid.
4. Remove from heat and stir in shredded chicken, cherry tomatoes and black beans.
5. Top with fresh cilantro and avocado. Enjoy!

ENTREES

CHICKEN TACO LETTUCE WRAPS

Prep time: 15 minutes | Cook time: 15 minutes

4 Servings | Calories: 430 | Protein: 35 | Fat: 24 | Carbs: 28

Gluten-Free, Dairy-Free, D.TOX

INGREDIENTS

- 2 Tbsp. coconut oil
- 1 lb. chicken breast, cut into 1" cubes
- 3 Tbsp. reduced sodium taco seasoning
- 1 head butter lettuce
- 1 medium tomato, diced
- ½ onion
- ¼ cup corn
- ¼ cup cilantro, finely minced
- ½ cup black beans
- 1-2 avocados
- ½ cup salsa (No added sugar)
- 1 lime



DIRECTIONS

1. Heat oil over a medium skillet. Place cubed chicken into a bowl and add taco seasoning, mixing so chicken is evenly coated. Add chicken to the skillet and cook until thoroughly cooked, about 7-8 minutes, flipping throughout to ensure even heat. Put chicken aside.
2. Peel the leaves of the butter lettuce from the core and stack them on a plate.
3. In a bowl, mix tomato, onion, corn, cilantro, black beans, salsa and lime. Based on your preference, you can mix in the avocado here, or keep it as a separate topping.
4. Select 2 leaves of lettuce (for stability) and place chicken topped with salsa mix and avocado on top. Enjoy!

BURGER WITH CARAMELIZED ONIONS

Prep time: 5 minutes | Cook time: 15 minutes

4 Servings | Calories: 300 | Protein: 24 | Fat: 24 | Carbs: 14

Gluten-Free, Dairy-Free, D.TOX

INGREDIENTS

- 1 lb. lean ground beef (93% lean)
- 1 tsp of garlic powder
- 2 Tbsp. coconut oil
- 1 onion, thinly sliced
- 2 Tbsp. balsamic vinegar
- 1 beef steak tomato, sliced into 5 thick slices
- Salt and pepper, to taste
- 2 avocados, to taste

DIRECTIONS

1. Heat medium skillet to medium high heat and add 1 Tbsp. coconut oil. Add thinly sliced onions and sauté until lightly caramelized, stirring occasionally.
2. Add balsamic vinegar and sauté for another 5 minutes, stirring occasionally. Set aside.
3. Form 4 burgers with the lean ground beef, lightly seasoning both sides with salt, pepper, and garlic powder.
4. Heat a large skillet to medium-high heat. Add in 1 Tbsp. coconut oil. Place the burgers in the skillet and sauté each side for 3-5 minutes, until burgers have reached desired doneness. Remove from skillet and let sit for 1 minute.
5. Assemble burgers – Place 1 large slice of beef steak tomato on a plate, then the burger, then 2 tablespoons of the balsamic caramelized onions, and top with sliced avocado.



LEMON ROASTED SALMON

Prep time: 10 minutes | Cook time: 15 minutes

4 Servings | Calories: 140 | Protein: 21 | Fat: 5 | Carbs: 3

Gluten-Free

INGREDIENTS

- 4 salmon fillets, skin removed
- 2 Tbsp. melted unsalted butter
- 2 Tbsp. chopped parsley
- 2 Tbsp. chopped rosemary
- 2 cloves minced garlic
- 2 Tbsp. lemon juice
- ¼ tsp. black pepper
- ¼ tsp red pepper flakes
- ½ tsp. salt



DIRECTIONS

1. Preheat oven to 400 degrees F. Line baking sheet with aluminum foil.
2. Brush melted butter on fillets and place on baking sheet.
3. In a small bowl, mix remaining ingredients together, and then spread over fillets.
4. Bake for 15 minutes or until salmon is just cooked through. Should flake easily with fork

LASAGNA STUFFED ACORN SQUASH

Prep time: 10 minutes | Cook time: 45 minutes

4 Servings | Calories: 445 | Protein: 35 | Fat: 19 | Carbs: 38

Gluten-Free

INGREDIENTS

- 2 acorn squash, halved and seeded
- 2 Tbsp. coconut oil
- ½ onion
- 1 lb. lean ground beef
- 1 (28 oz.) can crushed tomatoes
- 2 cups spinach, chopped
- 1 zucchini, chopped
- ½ cup ricotta cheese
- ½ cup mozzarella or parmesan cheese
- Salt and pepper, to taste



DIRECTIONS

1. Preheat oven to 400°
2. Grease a baking sheet with coconut oil and sprinkle with salt and pepper. Place squash face down and bake about 20-25 minutes, until easily pierced with a fork.
3. While the squash is in the oven, heat 1 Tbsp. coconut oil on a pan over medium heat and sauté onion, ground beef, zucchini, and spinach for 7-8 minutes.
4. Remove excess grease, then add the crushed tomatoes and simmer on low for 10 minutes.
5. When squash is done, flip the squash over and evenly distribute ricotta cheese in the bottom of each half. Then add the beef mixture over the top, and sprinkle with the mozzarella or parmesan.
6. Return the halves to the oven and bake for another 10 minutes, until cheese is melted and browned.

LEMON, GARLIC & HERB CHICKEN

Prep time: 5 minutes | Cook time: 40 minutes

8 Servings | Calories: 123 | Protein: 22 | Fat: 3 | Carbs: 2

Gluten-Free, Dairy-Free, D.TOX

INGREDIENTS

- 2 lbs. chicken breasts (or thighs)
- 1 lemon
- 3 garlic cloves
- 2 Tbsp. fresh thyme leaves
- Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 375°
2. Slice lemons in half and juice them—adding juice to a large bowl; toss in the lemon rinds when juiced.
3. Add garlic, thyme, salt & pepper to the bowl and stir.
4. Grease large baking dish, and place chicken in it and pour lemon mixture to coat.
5. Bake for 30-40 minutes, basting 2-3 times or as needed.



SPINACH SALAD WITH WALNUTS, PEARS, & GOAT CHEESE

Prep time: 10 minutes | Cook time: 10 minutes

5 Servings | Calories: 255 | Protein: 6 | Fat: 17 | Carbs: 23

Gluten-Free, Vegetarian

INGREDIENTS

- Two 6 oz. bag of baby spinach
- 2 pears (Bosc or Anjou, preferred)
- ½ small red onion
- ¾ cup goat cheese
- ½ cup walnuts
- 1/8 cup olive oil
- 1/8 cup white wine vinegar
- 1 Tbsp. Dijon mustard

DIRECTIONS

1. Preheat oven to 350° Spread walnuts in a single layer on a baking sheet and roast for 5-10 minutes, tossing occasionally. Nuts are done when slightly darker color and fragrant.
2. Chop ½ of one of the pears and place into a blender along with the vinegar, oil, mustard, and honey and puree.
3. Slice onion and pears into thin slices.
4. Combine spinach, goat cheese, onion and pears in a large bowl and toss with dressing to evenly coat.
5. Serve immediately.



SPAGHETTI SQUASH BOLOGNESE

Prep time: 10 minutes | Cook time: 40 minutes

4 Servings | Calories: 305 | Protein: 28 | Fat: 12 | Carbs: 24

Gluten-Free, Dairy-Free, D.TOX

INGREDIENTS

- 1 spaghetti squash
- 1 lb. ground beef or turkey
- ½ onion, diced
- 1 tbsp. coconut oil
- 1 cup mushrooms, sliced
- 1 zucchini, diced
- 1 red bell pepper, chopped
- 1 (28 oz.) can crushed tomatoes
- ¼ cup chopped fresh basil
- ¼ cup chopped fresh oregano
- ¼ cup chopped fresh parsley



DIRECTIONS

1. Preheat oven to 400° F and pour water into a baking dish (or 2).
2. Cut spaghetti squash in half lengthwise and scoop out seeds. Place squash halves with cut sides down in baking dish and roast for 40 minutes.
3. While squash is in the oven, sauté ground beef and onions in a skillet over medium-high heat until the beef is cooked. Set aside.
4. Heat oil in a skillet over medium heat. Add the mushrooms, zucchini, bell pepper, crushed tomatoes, basil, oregano and parsley. Simmer over medium heat for about 10 minutes, or until vegetables are cooked.
5. Add the ground beef and onions and simmer on low heat, stirring occasionally.
6. When the spaghetti squash is finished, scrape the inside halves with a fork – it should fall apart into spaghetti like strands. Top with meat sauce and enjoy!

OVEN ROASTED SAUSAGE WITH SWEET POTATOES AND GRAPES

Prep time: 5 minutes | Cook time: 20 minutes

4 Servings | Calories: 315 | Protein: 25 | Fat: 12 | Carbs: 31

Gluten-Free, Vegetarian

INGREDIENTS

- 1 pound spicy Italian sausage, cut into 1" cubes
- 3 sweet potatoes, peeled, cut into 1" cubes
- ½ bag (8 oz.) red seedless grapes
- 5 Tablespoons balsamic vinegar
- Salt & pepper to taste
- 1 tsp coconut oil or ghee

DIRECTIONS

1. Preheat oven to 400° Line 2 baking sheets with foil and grease with coconut oil or ghee (or just 1 baking sheet and make 2 batches).
2. In a large bowl, combine Italian sausage, sweet potatoes, and grapes and mix in about 2.5-3 Tablespoons of the balsamic vinaigrette. Stir ingredients and gradually add more balsamic vinaigrette as needed until mixture is well coated (avoid over-coating with excess vinaigrette).
3. Pour half of the ingredients on to the pan—enough so that it is an even layer, and the remainder on the 2nd pan (or make as a second batch). Bake for 15 minutes, stir mixture, and bake for another 15-20 minutes or until sweet potatoes can be easily pierced with a fork.



STEAK AND PINEAPPLE KEBABS

Prep time: 5 minutes | Cook time: 40 minutes

4 Servings | Calories: 123 | Protein: 22 | Fat: 3 | Carbs: 2

Gluten-Free, Dairy-Free, D.TOX

INGREDIENTS

- 2 lbs. steak
- 1 lb. bacon
- ¼ cup mustard (yellow or Dijon)
- 2 Tbsp. coconut aminos (or soy sauce)
- 1 Tbsp. paprika
- 1 tsp. salt
- 1 tsp. pepper
- 1 red onion
- 3 bell peppers
- 3 cups pineapple
- 16 6-inch bamboo skewers, soaked in water for 30 minutes



DIRECTIONS

1. In a small bowl, add mustard, coconut aminos, paprika, salt and peppers and whisk together.
2. Cut steak into 1.5 inch cubes. Add steak to marinade bowl and toss to cover. Let marinate for 30 minutes.
3. While you wait for the steak to marinate, soak bamboo skewers in water to prevent the tips from burning on the grill. Cut the bacon, onion, pineapple, and bell peppers into 1 inch slices.
4. Once steak has marinated and all of the vegetables are cut, thread it onto the skewers, alternating between each of the vegetables, the bacon, and the pineapple.
5. Lightly sprinkle additional paprika over each skewer and transfer to the grill. Grill over medium heat, turning often until the meat is well browned and the vegetables are tender, about 12 to 15 minutes.

CHEESY ZUCCHINI LASAGNA

Prep time: 15 minutes | Cook time: 40 minutes

6 Servings | Calories: 320 | Protein: 29 | Fat: 17 | Carbs: 18

Gluten-Free

INGREDIENTS

- 5 medium zucchini, sliced lengthwise (about 15-20 slices total)
- 1 lb. ground beef
- 1 Tbsp. coconut oil
- Zest and juice from one lemon
- 2 (14.5 oz.) cans of crushed tomatoes
- 2 cloves minced garlic
- 1 small yellow onion, chopped
- 2 Tbsp. chopped basil
- Salt and pepper, to taste
- 1 ½ cup grated Parmesan cheese
- 3 large eggs, lightly beaten



DIRECTIONS

1. Preheat oven to 400°
2. In a large pan, add ground beef and onions and brown for 5-6 minutes.
3. Once beef is mostly cooked, add garlic, lemon juice, salt and pepper, tomatoes, and basil and simmer for about 10 minutes.
4. Grease a 9×13-inch baking dish with coconut oil, and cover with the bottom with a single layer of zucchini slices.
5. Cover zucchini layer with eggs, cheese, and beef sauce, in that order. (Be mindful & conservative to save enough beef sauce, cheese, and eggs for more layers!).
6. Repeat (Zucchini, eggs, cheese, beef sauce) to make 3 layers total—ending with uniform layer of zucchini & cheese.
7. Bake in oven for 40 minutes until the cheese is beginning to brown.
8. Remove from oven and let sit for about 15 minutes before cutting and serving.

LEMON BASIL SHRIMP

Prep time: 30 minutes | Cook time: 7 minutes

8 Servings | Calories: 90 | Protein: 28 | Fat: 3 | Carbs: 2

Gluten-Free, Dairy-Free, D.TOX

INGREDIENTS

- 2 lbs. shrimp, peeled and deveined
- 3 cloves of garlic, minced
- 2 Tbsp. fresh basil, chopped
- 2 Tbsp. fresh parsley, chopped
- 1 Tbsp. mustard (Dijon or mustard)
- 2 Tbsp. olive oil
- 2 lemons, juiced
- Salt and pepper, to taste

DIRECTIONS

1. In a medium bowl, mix garlic, basil, parsley, lemon juice, mustard, olive oil and combine well. Add shrimp and toss. Let marinate for 30-90 min.
2. Preheat oven to 450°
3. Once shrimp is done marinating, spread evenly on a baking sheet. Roast for 5-7 minutes, until fully cooked.



LOADED SWEET POTATO NACHOS

Prep time: 4 hours | Cook time: 6 minutes

4 Servings | Calories: 290 | Protein: 23 | Fat: 14 | Carbs: 17

Gluten-Free

INGREDIENTS

- 1 lbs. chicken breasts
- 1 cup salsa
- 1 Tbsp. garlic powder
- 1 Tbsp. onion powder
- 1 tsp. salt and pepper
- ½ cup red onion, diced
- 1 medium sweet potato
- 1 Tbsp. olive oil
- 1 tsp. paprika
- 1 ½ cup cheddar cheese
- ½ cup black beans
- ½ cup corn
- 1 poblano pepper, diced
- 1 avocado
- 1 bunch green onions, diced

DIRECTIONS

1. Place chicken breast in a slow cooker along with salsa, garlic powder, onion powder and salt and pepper. Cook on high for 3-4 hours, or on low for 6-8 hours.
2. Once chicken is cooked, remove from slow cooker and use two forks to shred.
3. Preheat oven to 375°
4. Using a mandolin slicer (or by hand, with increased attention) slice sweet potatoes into thin slices. The thinner, the crispier they will come out.
5. Toss sweet potato slices in a bowl with olive oil and paprika.
6. Line a baking sheet (or two) with aluminum foil and set a baking rack on top, if you have one. Layer sweet potato slices onto the rack, making sure not to overlap them.
7. Bake for 25-30 minutes, or until crispy.
8. Increase oven temperature to 400°
9. If you used two baking sheets, condense all sweet potato slices onto one sheet. Top with chicken, black beans, corn, pepper, red onion, and green onions. Sprinkle everything evenly with cheese.
10. Bake for 5-6 minutes, until cheese is melted. Top with diced avocado and enjoy!



CRAN-APPLE TURKEY MEATBALLS

Prep time: 10 minutes | Cook time: 12-14 minutes

4 Servings | Calories: 165 | Protein: 22 | Fat: 7 | Carbs: 6

Gluten-Free, Dairy-Free, D.TOX

INGREDIENTS

- 1 lb. 93% lean ground turkey
- ½ tart apple, shredded
- ¼ cup unsweetened dried cranberries
- 2 cups spinach, finely chopped
- ½ yellow onion, finely chopped
- 1 Tbsp. garlic powder
- 1 Tbsp. fresh sage
- Salt and pepper, to taste

DIRECTIONS

1. Preheat oven to 425°
2. In a large mixing bowl, combine the turkey, spinach, apple, cranberries, onion and seasonings until fully mixed.
3. Roll the mixture into 12 balls. Place balls in a muffin tin, with one ball per opening. Bake for 12-14 minutes, until thoroughly cooked.



AUTUMN HARVEST BOWL

Prep time: 25 minutes | Cook time: 45 minutes

8 Servings | Calories: 400 | Protein: 28 | Fat: 22 | Carbs: 27

Gluten-Free, Dairy-Free, D.TOX

INGREDIENTS

Harvest Bowl

- 2 lbs. shredded turkey breast
- 3 cups brussels sprouts, halved
- 3 cups butternut squash, cubed
- 1 ½ cups wild rice (cooked)
- 2 apples, diced
- 6 Tbsp. walnuts, chopped
- 6 cups mixed greens

Cranberry Vinaigrette

- ¼ cup fresh or frozen cranberries
- ¼ cup balsamic vinegar
- 1 Tbsp. Dijon mustard
- ½ cup olive oil

DIRECTIONS

1. Preheat oven to 400°F
2. Place brussels sprouts and cubed butternut squash on an oiled pan and sprinkle with salt and pepper. Roast for 30-40 minutes.
3. While the vegetables are roasting, add 4 cups of water, rice, and a pinch of salt to a saucepan and bring to a boil. After water has reached a boil, bring water to a simmer and cook for 35-45 minutes, until soft. (Wild rice takes much longer to cook).
4. When the vegetables have been in the oven for about 20-25 minutes, heat 1 tbsp. coconut oil over medium heat and sauté turkey breast until thoroughly cooked, about 7-9 minutes. Then shred with two forks and set to the side.
5. When vegetables are finished, remove from oven. On a small baking sheet, add chopped walnuts and toast for 5 minutes.
6. In a small mixing bowl, add vinaigrette ingredients until thoroughly blended.
7. Place all ingredients in a large mixing bowl and toss until thoroughly mixed and well coated with vinaigrette dressing.



HOMESTYLE MEATLOAF MUFFINS

Prep time: 15 minutes | Cook time: 25 minutes

4 Servings | Calories: 300 | Protein: 25 | Fat: 12 | Carbs: 25

Dairy-Free

INGREDIENTS

For the loaf:

- 1 lb. ground beef
- 1 tsp. coconut oil
- 1/2 small onion, minced
- 1 green bell pepper, diced
- 1 cup carrot, shredded
- 2 garlic cloves, minced
- ¼ cup barbecue sauce
- 2 Tbsp. Italian seasoning

For the sauce:

- ½ cup ketchup
- 2 Tbsp. mustard

DIRECTIONS

1. Preheat oven to 350°F. and spray a muffin tin.
2. Place ground beef in a medium bowl and set aside.
3. Melt 1 tsp. coconut oil in a small skillet over medium heat. Add onions, bell pepper, carrots and garlic and sauté, stirring occasionally, until the onion starts to soften and the garlic is fragrant.
4. Add mixture to ground beef. Add barbecue sauce, sea salt, pepper and Italian seasoning. Using your hands or a spoon, mix well to combine.
5. Divide meat mixture evenly among 8 wells of a muffin pan.
6. Bake in preheated oven for 20-25 minutes or until meat is no longer pink in the center.
7. Drizzle with ketchup and mustard sauce, and enjoy!



CREAMY CHICKEN AND PUMPKIN ZOODLES

Prep time: 10 minutes | Cook time: 20 minutes

4 Servings | Calories: 305 | Protein: 26 | Fat: 22 | Carbs: 13

Gluten-Free

INGREDIENTS

- 1 lb chicken, diced
- 2 medium zucchini, spiralized
- 3 Tbsp. coconut oil, divided
- 2 Tbsp. onion, finely minced
- 1 cup pumpkin puree
- 1 tsp. vanilla extract
- ¼ cup grated parmesan (plus more for topping)
- ½ cup full fat coconut milk
- ¾ tsp. salt
- ½ tsp. ground pepper



DIRECTIONS

1. In a medium saucepan, heat 2 tbsp. oil over medium heat. Add onion and cook, stirring frequently, until it becomes translucent, 2 to 4 minutes.
2. Add diced chicken and sauté until full cooked, about 5-7 minutes.
3. Stir in pumpkin puree, vanilla and grated parmesan until well combined and smooth. Remove from heat and stir in coconut milk until well combined. Season with additional salt and pepper, if desired.
4. In a large sauté pan, heat remaining oil over medium heat until just hot. Stir in spiralized zucchini and cook, tossing frequently, until just tender.
5. Divide zucchini noodles among for plates. Top with pumpkin sauce, shredded parmesan, salt and pepper, and enjoy!

PORK TENDERLOIN WITH APPLES AND MUSHROOMS

Prep time: 15 minutes | Cook time: 2 hours

10 Servings | Calories: 190 | Protein: 29 | Fat: 7 | Carbs: 8

Gluten-Free

INGREDIENTS

- 1 tsp. dried thyme
- 1 boneless pork loin roast (3 pounds)
- 3 small tart apples, diced
- 12 oz. fresh mushrooms, diced
- 2 Tbsp. butter or ghee
- Fresh thyme sprigs, optional
- Salt and pepper, to taste

DIRECTIONS

1. Sprinkle thyme and pepper over roast and press into the meat. Place in a greased 13×9-in. baking dish. Bake, uncovered, at 450° for 20 minutes. Reduce heat to 325°; bake 60-80 minutes longer or until a thermometer reads 160°-170°.
2. Fifteen minutes before roast is done, sauté apples in butter in a skillet until tender. Remove with a slotted spoon; cover and keep warm. Saute mushrooms in the same skillet until tender; set aside.
3. Remove roast from oven; sprinkle with 1/8 teaspoon salt. Transfer to a serving platter; cover and keep warm.



BUTTERNUT SQUASH SOUP WITH CHICKEN SAUSAGE

Prep time: 10 minutes | Cook time: 45 minutes

4 Servings | Calories: 510 | Protein: 29 | Fat: 28 | Carbs: 34

Gluten-Free, Dairy-Free

INGREDIENTS

- 2 packages (24 oz.) cooked chicken-apple sausage, cut into 1/2-inch pieces, then halved
- 4 cups cubed peeled butternut squash (1 small or medium squash)
- 3 medium carrots, chopped
- 1 stalk celery, chopped
- 1/2 medium onion, chopped
- 2 1/2 cups low-sodium chicken broth
- 1 Tbsp. olive oil
- 1 Tbsp. coconut oil
- Kosher salt and freshly ground pepper
- 1/2 cup fresh sage or parsley leaves



DIRECTIONS

1. Preheat oven to 400° F.
2. Toss diced squash and carrots with olive oil and place on a baking sheet. Bake until tender, or about 30 minutes.
3. While the squash is cooling, heat coconut oil in a large pot over medium-high heat. Add the sausage and cook, stirring occasionally, until browned – about 4 minutes. Remove from pan.
4. Place squash, carrots, celery, onion, sage, chicken broth, 2 1/2 cups water and pinch of salt to the pot. Cover and bring to a simmer, then reduce the heat to low and continue simmering until the vegetables are tender, about 15 more minutes.
5. Puree the soup in a blender in batches, then return to the pot and add the sausage. Top with sage, salt and pepper, and enjoy!

CHICKEN KEBABS WITH BLUEBERRY BBQ SAUCE

Prep time: 30 minutes | Cook time: 15 minutes

4 Servings | Calories: 215 | Protein: 24 | Fat: 4 | Carbs: 24

Gluten-Free, Dairy-Free

INGREDIENTS

Blueberry BBQ Sauce:

- 2 cup of blueberries, fresh
- 1 cup of ketchup, low sugar, organic
- 1/2 cup apple cider vinegar
- 1 Tbsp. molasses
- 1 tsp. chili powder

Kebab:

- 3 red peppers, cut into $\frac{3}{4}$ inch
- boneless skinless chicken breasts, diced



DIRECTIONS

1. To make the sauce, put all the ingredients into a sauce pan over medium heat. Stir in $\frac{1}{4}$ cup of water.
2. Bring the mixture to a boil over high heat, stirring constantly.
3. Reduce heat to low and simmer until sauce is thick (slightly chunky), stirring occasionally.
4. Cool to room temperature. Refrigerate until ready to use.
5. Preheat the grill to medium-high heat. Thread chicken and peppers onto skewers. If using wooden skewers, soak them in water 20 minutes before using.
6. Lightly oil the grill grate. Place the kabobs on the grill, cover, and cook until the chicken is opaque throughout, about 8-12 minutes, turning once or twice during cooking.
7. Transfer to a warmed platter and drizzle blueberry BBQ sauce over skewers before serving.

FISH TACOS WITH MANGO SALSA & LIME SAUCE

Prep time: 15 minutes | Cook time: 15 minutes

4 Servings | Calories: 250 | Protein: 19 | Fat: 8 | Carbs: 25

Gluten-Free

INGREDIENTS

Grilled Fish

- 1 lb. halibut or tilapia
- 4 Tbsp. lime juice
- 2 Tbsp. olive oil
- 2 Tbsp. gluten-free soy sauce or coconut aminos

Manga Salsa

- 1 bell pepper, diced
- 1/2 small red onion, finely diced
- 1 jalapeno pepper, diced
- 2 mangoes, chopped into 1/2-inch square chunks
- 1 handful cilantro, chopped
- 2 cloves garlic, minced
- Juice of 1 lime
- Salt to taste

Lime Sauce

- 1 Tbsp. unsweetened almond milk
- 1/2 cup Greek yogurt
- 2 tablespoons fresh lime juice
- 1 chipotle chile in adobo sauce, finely chopped
- 1 garlic clove, finely chopped or pressed
- Salt to taste



DIRECTIONS

1. Combine the fresh lime juice with the olive oil and soy sauce in a rectangular baking dish (not metal). Add the fish, turn to coat, and set aside to marinate for at least 15 minutes.
2. For lime sauce, in a small bowl, combine the Greek yogurt, milk, lime juice, chipotle, and garlic. Season to taste with salt.
3. For salsa, toss together peppers, onion, mango, cilantro, garlic, and lime juice in a bowl; season to taste with salt.
4. Remove fish from the marinade and grill or sauté over medium-heat until cooked through and browned. Let cool slightly then flake into bite-size chunks.
5. To assemble, place a bit of fish on a warm gluten-free corn tortilla or lettuce wrap, drizzle with the chipotle-lime sauce, and top with mango salsa.

**Nutrition stats do not include lettuce wrap or gluten-free corn tortilla.*

BRINNER BOWL

Prep time: 10 minutes | Cook time: 5 minutes

1 Serving | Calories: 425 | Protein: 17 | Fat: 30 | Carbs: 25

Gluten-Free, Dairy-Free

INGREDIENTS

- ¼ cup red potato, diced
- ½ cup cherry tomatoes, diced
- ½ cup bell peppers, diced
- 1 cup spinach, chopped
- 1 ½ tbsp. coconut oil
- 2 eggs

DIRECTIONS

1. Microwave potato for 3-5 minutes first. In a medium frying pan, melt ½ Tbsp. coconut oil and sauté potato until crispy. Remove and set aside.
2. Melt another ½ Tbsp. of coconut oil in the frying pan and add cherry tomatoes, peppers and spinach. Sauté about 3-5 minutes. Add potatoes back in and set on very low, just enough to keep the mixture warm.
3. In a small frying pan, melt the rest of the coconut oil and turn temperature to low. Cook the egg over easy – gently crack egg and cook slowly until whites are firm and yolks are still runny. It may help to cover with a lid.
4. In a bowl, add veggie, then gently top with fried egg. Enjoy!



BACON WRAPPED CHICKEN STRIPS

Prep time: 10 minutes | Cook time: 20 minutes

4 Servings | Calories 185 | Protein 30 | Carbs 1 | Fat 6

Gluten-Free, Dairy-Free, D.TOX, GUT.FIX

INGREDIENTS

- 1 lb chicken breast (4 chicken breasts)
- 6 strips of nitrate-free bacon, sliced lengthwise

DIRECTIONS

1. Preheat oven to 400 degrees.
2. Cut each chicken breast in three strips lengthwise and wrap with a strip of bacon.
3. Place on baking sheet and bake for 17-22 minutes, or until chicken is cooked through.



TEMPEH SPRING ROLLS WITH SPICY PEANUT SAUCE

Prep time: 15 minutes | Cook time: 5 minutes

4 Servings | Calories 360 | Protein 15 | Carbs 48 | Fat 14

Gluten-Free, Vegetarian

INGREDIENTS

Spring Rolls:

- 8-10 spring roll rice wrappers
- 1/2 Tbsp. sesame oil
- 8 oz. block of tempeh OR 12 oz. shrimp (cooked and deveined)
- 1 cup matchstick carrots
- 1/2 cup red cabbage, chopped
- 1 cucumber, finely sliced
- 1 bunch mint
- 1 bunch cilantro
- Salt and pepper, to taste

Peanut Sauce

- 3 Tbsp. creamy peanut butter, no added sugar
- 1/2 Tbsp. sesame oil
- 2 Tbsp. coconut aminos or gluten-free soy sauce
- 1-2 Tbsp. water, as needed
- 1/2 tsp. garlic powder
- 1/2 tsp. ground ginger
- Red pepper flakes, to taste

DIRECTIONS

1. In a medium skillet, warm sesame oil until melted. Add your protein (shrimp or tempeh) and sauté on medium-high heat. Cook the shrimp for about 4 minutes, careful not to overcook (since they are precooked). For the tempeh, cook for about 4 minutes until golden brown, then flip and cook the other side for another 4 minutes. Remove from heat once finished and set aside.
2. On a clean surface lay out all of your ingredients – cucumber, cabbage, carrots, mint, cilantro, and tempeh. Fill a wide bowl or shallow pan with about 1 inch of water and submerge a spring roll wrapper until it starts to soften, about 15 seconds. Remove from water before it becomes completely pliable – it will continue to soften and if it's too soft it will be easily rippable and difficult to maneuver.
3. Place the wrapper on a flat surface and gently layer in a little bit of each ingredient. Typically 1-2 slices of each veggie and a few leaves of the greens will fill it up. Fold in the sides of the paper – start on the bottom, then each of the sides, and finishing with the top. The paper should stick together easily. Repeat until you run out of ingredients - you should have enough to make 6-8 rolls. Set rolls to the side.
4. In a small mixing bowl, add peanut butter, oil and soy sauce and microwave for about 10 seconds to melt. If still too thick, continue to microwave in 10 second increments until the oils are runny and easy to mix. Remove from the microwave and add the seasoning, mixing well. Add water here as needed to attain your preferred consistency.
5. Let the peanut butter sauce mixture cool, then dip your rolls and enjoy!

MEDITERRANEAN CAULIFLOWER CRUST PIZZA

Prep time: 10 minutes | Cook time: 20 minutes

4 Servings | Calories 185 | Protein 30 | Carbs 1 | Fat 6

Gluten-Free, Vegetarian

INGREDIENTS

- 4 Tbsp. pesto
- 1/2 zucchini, chopped
- 1-2 bunches arugula
- 2 Tbsp. chopped roasted red peppers
- 6-8 cherry tomatoes, halved
- 2 Tbsp. sliced red onion
- 1/2 cup feta cheese
- [Caulipower Pizza Crust](#)
- Salt and pepper, to taste

DIRECTIONS

1. Preheat the oven to 425° F.
2. Put pizza crust on a flat service and evenly spread pesto over the entire pizza. Top with arugula, zucchini, peppers, tomatoes, onion and feta.
3. Bake for 13-15 minutes or until crust is crispy and golden-brown. Slice into pieces and enjoy!



QUINOA AND KALE PROTEIN POWER SALAD

Prep time: 10 minutes | Cook time: 20 minutes

4 Servings | Calories 380 | Protein 12 | Carbs 47 | Fat 16

Gluten-Free, Vegetarian, Vegan

INGREDIENTS

Salad

- 1 cup quinoa, cooked
- 4 cups chopped kale, ribs removed
- 1 15 ounce can chickpeas (garbanzo beans), drained
- 4 clementine oranges, peeled and sliced halve wise
- ¼ cup dried cranberries
- ¼ cup slivered almonds

Dressing

- 3 Tbsp. olive oil
- 1 Tbsp. white wine vinegar
- Juice of 1 orange
- 1 tsp. garlic powder
- Salt and pepper, to taste

DIRECTIONS

1. In a large bowl, mix in all of the salad ingredients.
2. In a small bowl, gently mix the dressing ingredients until fully combined. Drizzle over the salad mixture and enjoy!



FALAFEL SALAD

Prep time: 10 minutes | Cook time: 15 minutes

4 Servings | Calories 300 | Protein 11 | Carbs 36 | Fat 19

Gluten-Free, Dairy-Free, Vegetarian

INGREDIENTS

Falafel

- 3 Tbsp. garlic powder
- 1 15 oz. can cooked chickpeas, drained
- 1 tsp. cumin
- 1 tsp. smoked paprika
- ½ tsp. salt
- 2 Tbsp. oat flour
- 2 tsp. olive oil
- 1/2 cup parsley
- 1/2 cup cilantro

Salad

- 8 cups mixed greens
- 1 1/2 cup red cabbage, thinly sliced
- ½ cup cherry tomatoes, halved
- ¼ cup cucumber, chopped
- 2 Tbsp. pine nuts
- 1/2 red onion, thinly sliced

Dressing

- 1 Tbsp. tahini
- Juice of 1 lemon
- 1 Tbsp. olive oil
- 1 garlic clove, pressed
- 1 Tbsp. dill, chopped
- 1-2 Tbsp. water, as needed
- Salt and pepper, to taste



DIRECTIONS

1. Place all falafel ingredients into a food processor. Pulse until everything is combined.
2. Dust a small amount of flour onto your clean hands and form the ingredients into small discs (Depending on how large you make them, you'll likely have between 8-12 falafel total. If you have leftover falafel, freeze them at this stage).
3. Add the tablespoon of oil to a non-stick pan over medium heat.
4. Fry the falafel for about 5 minutes per side, checking them occasionally to ensure they don't burn. The falafel will be done once they are crisp and golden on each side.
5. Assemble the two salads with all of the salad ingredients and top with 3-4 falafel per salad.
6. Whisk together all of the dressing ingredients in a separate bowl. Depending on how thick your tahini is, add 1-2 tablespoons of water until you reach your desired consistency (slightly runny). Drizzle the dressing onto the two salads and serve immediately.

SLOW COOKER CHICKEN WITH APPLE SLAW

Prep time: 15 minutes | Cook time: 4-6 hours

4 Servings | Calories: 220 | Protein: 37 | Fat: 5 | Carbs: 14

Gluten-Free, Dairy-Free, D.TOX

INGREDIENTS

Slow Cooker Chicken

- 1/2 medium apple (honeycrisp or fuji recommended), chopped
- 1/4 small yellow onion, chopped
- 1 tsp. salt
- 1 tsp. garlic powder
- 1/4 cup unsweetened apple cider
- 1 lb. chicken breasts

Apple Slaw

- 1/2 medium apple (honeycrisp or fuji recommended), thinly sliced or julienned
- 1 green onion, minced
- 1 12 oz. bag coleslaw mix
- 1 Tbsp. olive oil
- 1 Tbsp. white wine vinegar
- Salt and pepper, to taste

DIRECTIONS

1. In base of slow cooker, add 1/2 apple and yellow onion. Sprinkle with 1/2 teaspoon salt and stir to combine.
2. Sprinkle both sides of the chicken with 1/2 tsp of salt and garlic powder.
3. Place the chicken on top of the onion and apple mixture. Pour over 1/2 cup apple cider. Cover and cook on high for 4 hours or low for 6.
4. While chicken is cooking, prepare apple slaw in medium size bowl. Combine apples, green onion, coleslaw mix, olive oil, apple cider vinegar and salt. Set aside or place in fridge.
5. When chicken is tender and cooked through, shred with two forks & place back into the slow cooker. Add the remaining 1/4 cup apple cider, stirring to combine. Add additional salt and apple cider to desired taste.
6. Top apple slaw mix with chicken, serve and enjoy!



CHICKEN ZUCCHINI MEATBALLS

Prep time: 15 minutes | Cook time: 20-25 minutes

4 Servings | Calories: 175 | Protein: 24 | Fat: 6 | Carbs: 5

Gluten-Free, Dairy-Free

INGREDIENTS

- 1 lb. ground chicken
- 2 cups zucchini
- 1 egg
- 2 tsp. onion powder
- 2 tsp. garlic powder
- 1 Tbsp. dried oregano
- 1 tsp. salt
- 1 tsp. pepper

DIRECTIONS

1. Preheat the oven to 325F.
2. Add zucchini to food processor and pulse until fine. Transfer to mixing bowl and lightly dry.
3. Combine ground chicken, zucchini, egg, onion powder, garlic powder, oregano, salt and pepper until evenly mixed.
4. Roll into bite-sized meatballs.
5. Transfer the meatballs to a lined baking tray and pop in the oven for 20-25 minutes. Double check that the meatballs are cooked in the center.
6. Serve and enjoy!



CHOPPED THAI CHICKEN SALAD

Prep time: 20 minutes | Cook time: N/A

4 Servings | Calories: 375 | Protein: 31 | Fat: 22 | Carbs: 16

Gluten-Free, Dairy-Free

INGREDIENTS

Chicken Salad

- 4 cups cooked shredded chicken
- 1 12 oz. bag coleslaw mix
- ¼ 12 oz. bag matchstick carrots
- 1 cup fresh cilantro, chopped
- 1/4 cup peanuts, chopped
- 1/4 cup green onions, minced
- 2 serrano peppers, sliced]
- Juice of 1 lime
- Salt to taste



Peanut Sauce:

- 1/4 cup unsweetened coconut milk
- 1/4 cup chunky peanut butter
- 1 Tbsp. garlic, minced
- 1 tsp. ginger powder
- 2 Tbsp. coconut aminos (or gluten-free soy sauce)
- 2 Tbsp. sesame oil
- 1/2 tsp. crushed red pepper flakes (more or less, to taste)
- Water, as needed

DIRECTIONS

1. In a large bowl, combine all chicken salad ingredients. Set aside.
2. In a medium bowl, combine all peanut sauce ingredients and whisk or blend until smooth and evenly combined.
3. Drizzle a small amount of peanut sauce over chicken salad and toss to combine until evenly coated.
4. Serve chilled and enjoy!
5. For best results, store leftover chicken salad and peanut sauce separately.

Buffalo Chicken Salad

Prep time: 15 minutes | Cook time: 30 minutes

4 Servings | Calories: 300 | Protein: 31 | Fat: 16 | Carbs: 12

Gluten-Free

INGREDIENTS

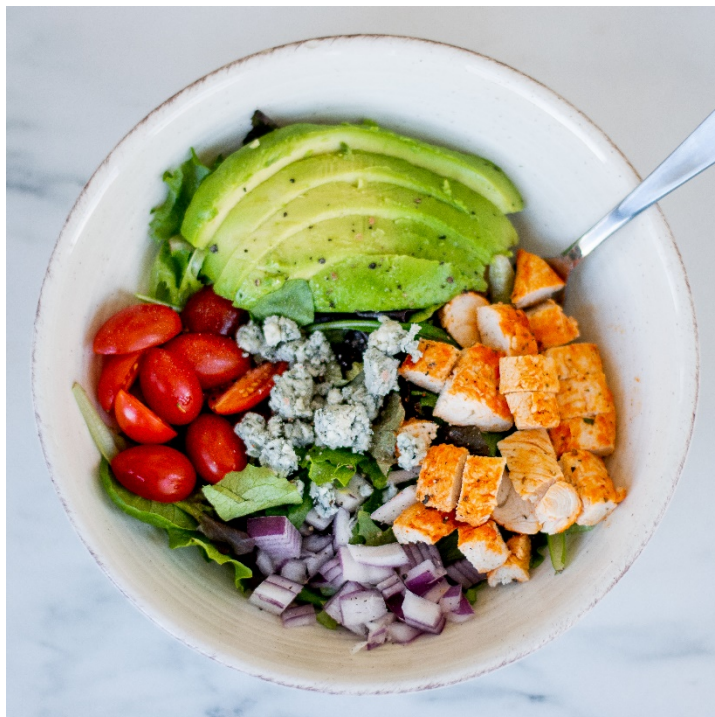
- 1 lb. boneless, skinless chicken breast
- 1 cup buffalo sauce
- ½ lemon, juiced
- 2 Tbsp. ranch seasoning OR ranch seasoning below
- ½ Tbsp. garlic powder
- 3 large carrots, sliced
- ¼ red onion, diced
- ½ cup cherry tomatoes, halved
- Optional: blue cheese crumbles

Avocado Dressing

- 1/2 large avocado
- 3 Tbsp. olive oil
- 1/4 cup water, or more for thinner consistency
- ½ lemon, juiced
- 1 Tbsp. garlic powder
- salt and pepper, to taste

Ranch Seasoning

- 2 Tbsp. dried parsley
- 2 tsp. dried dill
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1/2 tsp. black pepper
- 1/2 tsp. dried chives



DIRECTIONS

1. Preheat oven to 400F.
2. Toss chicken in large bowl with buffalo sauce, lemon juice, ranch seasoning, and garlic powder. Transfer all to large baking pan and bake for 18-25 minutes.
3. While chicken is baking, combine avocado dressing ingredients in a blender and blend until smooth. Set aside.
4. When chicken is fully cooked, shred n baking pan and stir to fully incorporate remaining sauce in pan.
5. In a large bowl, add spring mix, carrots, red onion and cherry tomatoes.
6. When ready to eat, add shredded chicken, avocado dressing and optional blue cheese crumbles. Enjoy!

Beef and Broccoli

Prep time: 20 minutes | Cook time: 20 minutes

4 Servings | Calories: 330 | Protein: 27 | Fat: 17 | Carbs: 16

Gluten-Free, Dairy-Free

INGREDIENTS

- 1 lb. flank steak, finely sliced into bite-size strips
- 6 cups broccoli florets (about 1 lb.)
- ¼ cup coconut aminos
- 3 Tbsp. sesame oil
- 1 tbsp. honey
- 3 cloves garlic, minced
- 1 tsp. fresh ginger, grated
- ¼ tsp. black pepper



DIRECTIONS

1. Cover and freeze steak 20 minutes for easier slicing.
2. Combine coconut aminos, 2 Tbsp. sesame oil, honey, garlic, ginger and black pepper in a bowl, stir well. Add flank steak and let marinade for 15 minutes.
3. Place a large skillet over medium heat and add 1 Tbsp. sesame oil. Add broccoli florets and sauté 4-5 minutes, partially covered with lid, stirring or tossing several times until broccoli is bright green and crisp-tender then remove from pan. Tip: If you prefer softer broccoli, add 2 Tbsp. water before covering with the lid and it will steam cook the broccoli.
4. Increase heat to high heat. Add steak in a single layer and sauté 2 minutes per side or just until cooked through. Quickly pull out a piece to test if fully cooked.
5. Add the remaining marinade, reduce heat to medium/low and simmer 3-4 minutes. It will thicken. Add broccoli and stir to combine. Stir in 1-2 Tbsp. water to thin the sauce if desired. Add flank steak and enjoy!

Blackened Salmon Caesar Salad

Prep time: 15 minutes | Cook time: 30 minutes

4 Servings | Calories: 270 | Protein: 25 | Fat: 13 | Carbs: 13

Gluten-Free

INGREDIENTS

- 4 strips nitrate-free bacon, chopped
- 2 salmon filets, skin on
- 1 tsp. cumin
- 1 ½ tsp. chili powder
- 1 tsp. garlic powder
- ½ tsp. onion powder
- 1 tsp. paprika
- Juice of ½ lemon
- 12 oz. shaved brussels sprouts
- Salt and pepper to taste

Caesar Dressing

- ½ cup full-fat greek yogurt
- ½ lemon juice and zest
- 1-2 Tbsp. Dijon mustard
- ½ tsp. Worcestershire sauce
- 1 Tbsp. garlic powder
- 4 Tbsp. parmesan cheese



DIRECTIONS

Blackened Salmon

1. Cut salmon to desired size, season with dry seasonings (Toss chicken in large bowl with buffalo sauce, lemon juice, ranch seasoning, and garlic powder. Transfer all to large baking pan and bake for 18-25 minutes.
2. Heat oil in skillet until hot. Place salmon, skin side up and cook 2-3 minutes. Flip and cook an additional 4-5 minutes.

Salad

1. Heat skillet over medium heat, add chopped bacon and cook through. Set aside.
2. Whisk together caesar dressing ingredients, set aside.
3. In a large bowl, combine shaved brussels sprouts, bacon, parmesan and caesar dressing. Toss to combine.
4. Serve and top with blackened salmon filets.
5. Salt and pepper to taste.

Buffalo Chicken Bowl

Prep time: 15 minutes | Cook time: 30 minutes

4 Servings | Calories: 380 | Protein: 33 | Fat: 12 | Carbs: 32

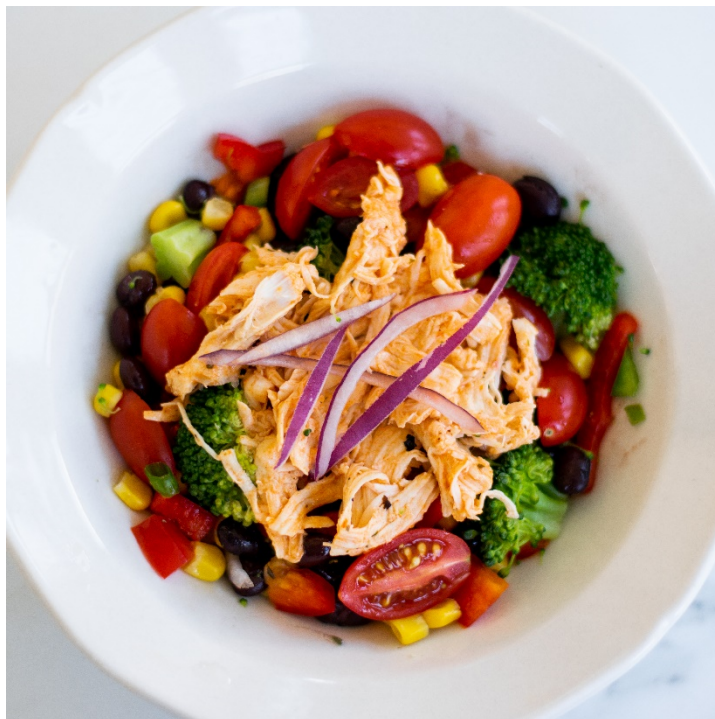
Gluten-Free, Dairy-Free

INGREDIENTS

- 1 lb. boneless, skinless chicken breast
- 1 cup buffalo sauce
- ½ lemon, juiced
- 2 Tbsp. ranch seasoning OR ranch seasoning below
- ½ Tbsp. garlic powder
- 1 Tbsp. coconut oil
- 1 cup frozen corn kernels
- ½ 12oz. can black beans
- 1 cup cherry tomatoes, halved
- 1 cup broccoli florets, steamed
- 1 red bell pepper, diced
- 1 avocado, diced

Ranch Seasoning

- 2 Tbsp. dried parsley
- 2 tsp. dried dill
- 1 tsp. garlic powder
- 1 tsp. onion powder
- ½ tsp. black pepper
- ½ tsp. dried chives



DIRECTIONS

1. Preheat oven to 400F.
2. Toss chicken in large bowl with buffalo sauce, lemon juice, ranch seasoning, and garlic powder. Transfer all to large baking pan and bake for 18-25 minutes.
3. While chicken is baking, heat skillet over medium heat. Add coconut oil. When fully melted, add broccoli and bell peppers. Sauté about 5 minutes until slightly browned.
4. Add ¼ cup water to pan, cover and steam until tender, 3-4 minutes.
5. Transfer steamed broccoli and peppers to large mixing bowl. Add black beans, corn and cherry tomatoes. Mix to combine. Set aside.
6. When chicken is fully cooked, shred n baking pan and stir to fully incorporate remaining sauce in pan. Let sit for 10 minutes.
7. Add shredded chicken to veggie bowl mixture and stir until fully incorporated.
8. Top with avocado and enjoy!

Pesto Salmon with Potatoes and Green Beans

Prep time: 20 minutes | Cook time: 20 minutes

4 Servings | Calories: 425 | Protein: 22 | Fat: 21 | Carbs: 41

Gluten-Free

INGREDIENTS

- 2 salmon filets, skin on
- 1 ½ lbs. baby potatoes
- 1 lb. green beans
- 2 Tbsp. olive oil
- 4 Tbsp. pesto
- Juice of one lemon



DIRECTIONS

1. Preheat oven to 400 degrees.
2. While oven is preheating, add potatoes to pot and fill with water until covered. Place on stove and bring to boil. Cook for 11-13 minutes. Drain and set aside.
3. Place the potatoes, green beans and salmon on a baking sheet. Drizzle the potatoes and green beans with 1-2 Tbsp. olive oil and evenly divide pesto between salmon filets.
4. Squeeze lemon over all ingredients and sprinkle with salt and pepper.
5. Bake for 17-19 minutes, until salmon flakes easily.
6. Enjoy!

Steak Bites with Sweet Potatoes and Peppers

Prep time: 20 minutes | Cook time: 20 minutes

4 Servings | Calories: 330 | Protein: 24 | Fat: 21 | Carbs: 13

Gluten-Free, Dairy-Free, D.TOX

INGREDIENTS

- 1 lb. skirt steak, diced into 1" pieces
- 1 large sweet potato, diced
- 1/8 onion, finely diced
- 2 cloves garlic, minced
- 2 Tbsp. coconut oil
- 2 bell peppers, diced
- 1 Tbsp. coconut aminos
- 2 Tbsp. balsamic vinegar
- 1 sprig fresh rosemary
- Salt and pepper to taste



DIRECTIONS

1. Add diced sweet potatoes to microwavable bowl. Cover and microwave on high for 4-6 minutes, until tender. Remove from microwave and uncover to avoid overcooking. Set aside.
2. Heat large skillet over medium-high heat. Add coconut oil. When melted, add garlic and onion. Sauté 1-2 minutes. Add cubed steak bites and cook 9-10 minutes until browned. Remove from pan and set aside.
3. Add the sweet potatoes, and cook until browned. About 2-4 minutes.
4. Add the bell peppers and sauté an additionally 3-4 minutes until tender.
5. Add the steak back to the skillet. Add balsamic vinegar, rosemary and coconut aminos and sauté until juices are dissolved.
6. Salt and pepper to taste. Serve and enjoy!

SIDES & SNACKS

CHOCOLATE PROTEIN BARS

Prep time: 15 minutes | Cook time: 5 minutes

8 Servings | Calories: 300 | Protein: 17 | Fat: 18 | Carbs: 24

Gluten-Free, Vegetarian

INGREDIENTS

- ½ cup unsweetened vanilla almond milk
- 1 cup natural chunky almond or peanut butter
- 2-3 Tbsp. honey, plus more to taste (optional)
- 1¼ cup vanilla (or chocolate) whey protein powder
- 2 cups gluten free oats
- Optional: Melted 80% dark chocolate for drizzle

DIRECTIONS

1. In a medium pot, combine milk, nut butter, and honey over low heat. Stir just until all ingredients are well combined and warmed through. Add
2. protein powder and oats. Stir to combine well. (If mixture is too thick to stir, slowly add milk.)
3. Grease an 8×8 pan and press mixture evenly into pan. Drizzle with dark chocolate (optional).
4. Allow bars to cool completely before cutting into squares. Wrap in airtight container and store at moderate room temp for up to a week.

**Note: Nutritional information does not include optional chocolate.*



ALMOND BUTTER BANANA BLENDER MUFFINS

Prep time: 5 minutes | Cook time: 10 minutes

8 Servings | Calories: 245 | Protein: 9 | Fat: 17 | Carbs: 16

Gluten-Free, Dairy-Free, Vegetarian

INGREDIENTS

- 1 cup nut butter
- 2 eggs
- 2 ripe bananas
- 1 Tbsp. honey or Stevia (optional)
- ½ tsp. baking soda
- Optional: Dark chocolate chips

DIRECTIONS

1. Preheat oven to 400 degrees and spray/grease muffin pan. Cupcake liners work as well!
2. Place all ingredients except chocolate chips in blender. Pour mixture into muffin pan and sprinkle with a few chocolate chips.
3. Bake for about 9-11 minutes, until edges are brown. Let cool for 10 minutes. Store in an airtight container for up to one week.



FIVE MINUTE GUACAMOLE

Prep time: 5 minutes | Cook time: 0 minutes

2 Servings | Calories 255 | Protein 3 | Carbs 16 | Fat 21

Gluten-Free, Dairy-Free, D.TOX, Vegan, Vegetarian

INGREDIENTS

- 2 avocados
- 1 Tbsp. lime juice
- 2 Tbsp. chopped cilantro
- ¼ cup salsa (no sugar added)
- Salt & pepper to taste

DIRECTIONS

1. Scoop avocado into large bowl (discard peel and seed), and mash with fork.
2. Stir in remaining ingredients.
3. Chill for 30 minutes to blend flavors (optional)



ROASTED CHICKPEAS



Prep time: 5 minutes | Cook time: 30 minutes

3 servings | Calories: 185 | Protein: 7 | Fat: 6 | Carbs: 26

Gluten-Free, Dairy-Free, D.TOX, Vegan, Vegetarian

INGREDIENTS

- 1 15oz can of chickpeas (garbanzo beans)
- 1 Tbsp. olive oil
- 2 tsp. of spice mixture (chili, garlic salt, salt, etc...)

DIRECTIONS

1. Preheat oven to 400 F.
2. Drain and rinse chickpeas and pat dry. Toss with oil, sea salt and spices.
3. Place chickpeas on a cooking sheet and bake for about 30 minutes, until crispy. While baking, shake baking sheet to avoid burning.

BAKED KALE CHIPS

Prep time: 5 minutes | Cook time: 20-25 minutes

2 Servings | Calories: 120 | Protein: 5 | Fat: 8 | Carbs: 12

Gluten-Free, Dairy-Free, D.TOX, Vegan, Vegetarian

INGREDIENTS

- 1 Tbsp. coconut oil
- 1 bunch kale (washed, dried, stems removed)
- 2 teaspoons dried rosemary
- 2-4 teaspoons of sea salt (add to taste)

DIRECTIONS

1. Preheat oven to 300°
2. Melt coconut oil and add to bowl of kale, stirring to coat chips evenly.
3. Spread kale onto large baking sheet in a single layer, and sprinkle with salt and rosemary.
4. Bake for 15 minutes, toss, and then continue baking another 5-10 minutes until crispy.



RUTABAGA FRIES

Prep time: 10 minutes | Cook time: 35 minutes

2 Servings | Calories: 138 | Protein: 3 | Fat: 7 | Carbs: 18

Gluten-Free, Dairy-Free, D.TOX, Vegan, Vegetarian

INGREDIENTS

- 1 rutabaga
- 1 Tbsp. olive oil
- Salt and pepper, to taste
- Seasoning of choice (garlic powder, chili powder, paprika, cayenne, etc), to taste

DIRECTIONS

1. Peel rutabaga and cut into the shape of fries.
2. Toss fries in olive oil, salt, pepper and seasoning.
3. Place on a baking sheet and bake for 30-35 minutes at 400° F, until crispy.



BUFFALO CHICKEN DIP



Prep time: 5 minutes | Cook time: 4 hours

8 Servings | Calories: 160 | Protein: 25 | Fat: 6 | Carbs: 4

Gluten-Free

INGREDIENTS

- 2 lb. chicken
- ½ cup buffalo sauce
- 1 ½ cups plain Greek yogurt

DIRECTIONS

1. Place all ingredients in crock-pot and cook on medium for 3-4 hours.
2. With two forks, shred chicken and mix well. Serve with assorted veggies.

HOMEMADE HUMMUS

Prep time: 10 minutes | Cook time: 0 minutes

6 Servings | Calories: 138 | Protein: 3 | Fat: 7 | Carbs: 18

Gluten-Free, Dairy-Free, D.TOX, Vegetarian, Vegan

INGREDIENTS

- One 15oz can chickpeas (garbanzo beans)
- ¼ cup fresh lemon juice, about 1 large lemon
- ¼ cup tahini
- 1 garlic clove, minced
- 2 Tbsp olive oil
- Sea salt, to taste
- ½ tsp ground cumin
- 2-3 Tbsp water
- Dash of ground paprika



DIRECTIONS

1. Add tahini and lemon juice to a food processor and process for 1 minute. Then add the olive oil, minced garlic, cumin and the salt and process for 1 minute, scraping the sides halfway through.
2. Drain liquid from the can of chickpeas and rinse well with water. Add half of the chickpeas to the food processor and process for 1 minute. Add the rest of the chickpeas and process for 1 to 2 minutes or until thick and smooth. If hummus is still too thick, slowly add of water until desired consistency.
3. Sprinkle with paprika and serve!

CHEWY SNACK BARS

Prep time: 10 minutes | Cook time: 30+ minutes

8 Servings | Calories: 245 | Protein: 5 | Fat: 12 | Carbs: 27

Gluten-Free, Dairy-Free, Vegetarian, Vegan, D.TOX, GUT.FIX

INGREDIENTS

- 1 cup Medjool dates (pitted)
- 1 cup raw cashews, almonds, or other nut of choice
- 1/3 cup nut-butter of choice (almond, cashew, sunflower butter, etc.)
- 1+ tablespoons water

DIRECTIONS

1. Pulse the nuts in a food processor until they are in small pieces.
2. Add the pitted dates and nut-butter to the food processor, and blend together (scraping sides down as needed).
3. Add water and continue blending. Mixture should stick together and be pliable; add another ½ tablespoon or more of water as needed to get to desired consistency.
4. Grease 8×8 or 9×9 pan, and scrape mixture from food processor into pan.
5. Place in refrigerator for 30 minutes, then cut bars into 8 squares.
6. Keep refrigerated.



CINNAMON APPLE CHIPS

Prep time: 10 minutes | Cook time: 2 hours

4 Servings | Calories: 48 | Protein: 0 | Fat: 0 | Carbs: 10

Gluten-Free, Dairy-Free, Vegetarian, Vegan, D.TOX, GUT.FIX

INGREDIENTS

- 2 large apples (Honeycrisp or Fuji are best)
- 1 tsp. cinnamon

DIRECTIONS

1. Preheat oven to 225°
2. Thinly slice apples with a mandolin (or by hand if you don't have one – just make sure slices are the same width as much as possible).
3. Line 1-2 baking sheets with parchment paper, and lay apples down in an even layer. Sprinkle cinnamon evenly over the top.
4. Bake for 1 hour, then flip and bake for another hour, until preferred crispiness is achieved. The longer they bake, the crispier they will be.
5. Remove from oven, let cool, and enjoy! They can be stored in an airtight container for 2-3 days.



GARLIC MASHED FAUX-TATOES

Prep time: 10 minutes | Cook time: 20 minutes

4 Servings | Calories: 160 | Protein: 5 | Fat: 13 | Carbs: 12

Gluten-Free, Vegetarian, Dairy-Free

INGREDIENTS

- 1 medium head cauliflower, trimmed and cut into small florets (about 6 to 7 cups)
- 3 Tbsp. unsalted butter or ghee
- 2 Tbsp. unsweetened almond or coconut milk
- 1 Tbsp. coconut oil
- 1 clove of garlic, smashed
- Salt and pepper, to taste

DIRECTIONS

1. Fill a large pot with water $\frac{3}{4}$ of the way full and add cauliflower. Cook until tender, about 15-20 minutes.
2. Meanwhile, add coconut oil to a small skillet over medium heat and cook garlic until soft, about 2-3 minutes.
3. Once the cauliflower is tender, remove water from cauliflower as much as possible. Then put into large bowl and add butter, garlic, milk and salt and pepper.
4. Use blender or food processor to blend all ingredients until smooth and creamy. Enjoy!



DRY RUB CHICKEN WINGS

Prep time: 60 minutes | Cook time: 60 minutes

8 Servings | Calories: 265 | Protein: 21 | Fat: 20 | Carbs: 0

Gluten-Free, Dairy-Free, D.TOX

INGREDIENTS

- 2 lb. chicken wings
- 1 ½ Tbsp. Old Bay seasoning
- 1 Tbsp. olive oil

DIRECTIONS

1. Place all ingredients in a large, 1 gallon plastic bag and add seasoning and olive oil. Shake until chicken is thoroughly coated. Let sit for at least 1 hour, but the longer the better.
2. Preheat oven to 400 F. Place a wire rack on a large baking sheet and spread chicken wings out on a single layer. You may need 2 baking sheets and wire racks.
3. Bake wings for 30 minutes, then flip and continue to bake for another 25-30, until skin is crispy.



TUNA BOATS

Prep time: 15 minutes | Cook time: 0 minutes

4 Servings | Calories: 200 | Protein: 7 | Fat: 20 | Carbs: 17

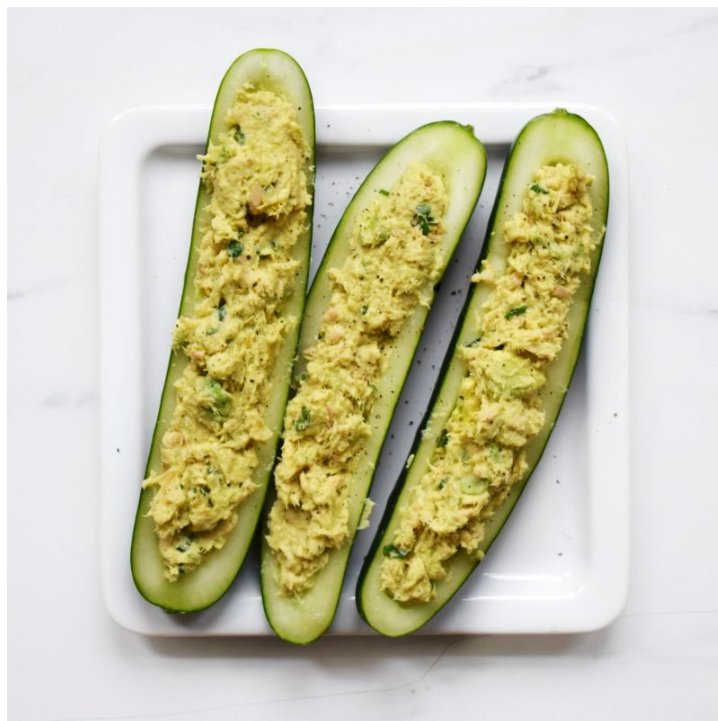
Gluten-Free

INGREDIENTS

- 2 large cucumbers
- Juice from ½ lemon
- 2 green onions
- 2 6 oz. cans low-sodium tuna, drained
- ¼ cup Greek yogurt
- ½ cup avocado
- 1 Tbsp. yellow mustard
- 1 tsp. garlic powder
- Salt & pepper, to taste

DIRECTIONS

1. Slice cucumbers length wise and set aside.
2. Place tuna into a bowl and mash until softened. Add onion, Greek yogurt, avocado, lemon juice, mustard, garlic powder, salt and pepper and mix until combined.
3. Scoop out tuna mixture and evenly distribute on cucumber slices. Enjoy!



CHUNKY SUMMER SALAD

Prep time: 15 minutes | Cook time: 0 minutes

12 Servings | Calories: 305 | Protein: 13 | Fat: 25 | Carbs: 9

Gluten-Free

INGREDIENTS

- 1 lb. chicken and apple sausage
- 2 cucumbers, halved and diced
- 2 cups cherry tomatoes
- ½ red onion, sliced thinly
- 1 cup kalamata olives, pitted and halved
- 2 avocados, diced
- ½ cup feta cheese (optional)

Dressing

- ½ cup extra virgin olive oil
- ½ cup red wine vinegar
- 1 Tbsp. garlic powder
- 1 Tbsp. oregano
- Salt & pepper, to taste

DIRECTIONS

1. In a large bowl, add sausage, cucumbers, tomatoes, red onion, olives and avocado.
2. In a 16 oz. jar, add olive oil, vinegar, garlic, oregano, and salt and pepper. Seal with lid and shake well until thoroughly mixed.
3. Add the dressing to the vegetable mixture and toss until mixture is well coated. Enjoy!



BAKED BACON

Prep time: 5 minutes | Cook time: 20 minutes

6 Servings | Calories: 100 | Protein: 6 | Fat: 8 | Carbs: 0

Gluten-Free, Dairy-Free, D.TOX, GUT.FIX

INGREDIENTS

- 1 package (12 oz.) of nitrate-free bacon
- Parchment paper

DIRECTIONS

1. Preheat the oven to 400°F
2. Line 1 rimmed baking sheets with parchment paper. Arrange the bacon on the baking sheet(s) in a single layer without overlapping.
3. Bake until the bacon is at desired crispy-ness level, about 15 to 20 minutes.
4. Remove bacon from oven and place on a plate covered with paper towels. Gently dab to remove excess oil.



BACON WRAPPED BRUSSELS SPROUTS

Prep time: 10 minutes | Cook time: 40 min

4 Servings | Calories: 100 | Protein: 6 | Fat: 8 | Carbs: 4

Gluten-Free, Dairy-Free, D.TOX, GUT.FIX

INGREDIENTS

- 1 package of nitrate-free bacon
- 15-16 Brussels sprouts
- Toothpicks

DIRECTIONS

1. Preheat oven to 400 F and cover a baking sheet with parchment paper.
2. Take each sprout and wrap a piece of bacon around it, securing with a toothpick. Place on the baking sheet in a single layer.
3. Bake until the sprouts are tender and bacon looks crispy, about 40-45 minutes.
4. Let cool, and enjoy!



MAPLE CINNAMON SWEET POTATOES

Prep time: 10 minutes | Cook time: 35 min

6 Servings | Calories: 120 | Protein: 1 | Fat: 5 | Carbs: 21

Gluten-Free, Dairy-Free, Vegetarian, Vegan, D.TOX, GUT.FIX

INGREDIENTS

- 2 medium sweet potatoes, peeled and diced into 1 inch cubes
- 2 Tbsp. olive oil
- 2 Tbsp. maple syrup
- 2 tsp. cinnamon
- Salt and pepper, to taste

DIRECTIONS

1. Preheat oven to 400F. Lightly coat a baking pan with non-stick cooking spray, or line with parchment paper. Set aside.
2. In a medium bowl, combine the olive oil, maple syrup, cinnamon, salt and pepper.
3. Add potatoes and toss to coat.
4. Spread potatoes in an even layer onto prepared pan.
5. Roast for 30-35 minutes, or until browned and crispy.
6. Remove from the oven and let cool for 5 minutes.
7. Serve immediately and enjoy!



SPICY SNACK DIP

Prep time: 10 minutes | Cook time: 0 minutes
12 Servings | Calories: 115 | Protein: 4 | Fat: 8 | Carbs: 7
Gluten-Free, Dairy-Free, D.TOX, GUT.FIX, Vegetarian

INGREDIENTS

- ¼ cup coconut aminos
- ¼ cup coconut vinegar
- ¼ cup sriracha sauce
- 1 tbsp, honey
- 1 tsp ground ginger
- 1 cup sunflower seed butter

DIRECTIONS

1. Mix together and use as an easy dip for chopped veggies or chicken.



VEGGIE ROLL UPS

Prep time: 5 minutes | Cook time: 0 minutes
1 Servings | Calories: 125 | Protein: 13 | Fat: 6 | Carbs: 9
Gluten-Free, Dairy-Free, D.TOX

INGREDIENTS

- 3-4 slices nitrate-free lunch meat
- 9-12 veggie sticks (celery, carrot sticks, bell pepper strips, snap peas)
- 2 Tbsp. guacamole

DIRECTIONS

1. Smear guacamole on one side of the deli meat; wrap around veggies sticks and enjoy!



1 STEP TUNA

Prep time: 5 minutes | Cook time: 0 minutes

1 Servings | Calories: 225 | Protein: 23 | Fat: 1 | Carbs: 4

Gluten-Free, Dairy-Free

INGREDIENTS

- 1 5-oz can of tuna in water
- 1 Tbsp. avocado-oil based mayonnaise
- 1 tsp. lemon juice
- 2 tsp. Dijon mustard

DIRECTIONS

1. Mix ingredients and serve!



ZUCCHINI BREAD

Prep time: 15 minutes | Cook time: 1 hour

12 Servings | Calories: 160 | Protein: 4 | Fat: 13 | Carbs: 7

Gluten-Free, vegetarian

INGREDIENTS

- 1 cup almond flour
- 1/2 cup coconut flour
- 1/2 tsp. salt
- 2 tsp. baking powder
- 1/2 tsp. baking soda
- 2 tsp. cinnamon
- 1/2 tsp. nutmeg
- 5 eggs
- 1/4 cup butter
- 3 Tbsp. coconut oil, melted
- 1/4 cup powdered sweetener of choice (like stevia)
- 2 Tbsp. honey or maple syrup
- 3 tsp. vanilla extract
- 1 cup zucchini, grated
- 1/4 cup walnuts, chopped



DIRECTIONS

1. Grease 9×5 bread pan.
2. In small bowl, mix together almond flour, coconut flour, salt, baking soda, baking powder, cinnamon and nutmeg.
3. In large bowl, beat eggs, butter, coconut oil, sweetener, and extract.
4. Beat in flour mixture until well combined.
5. Stir in zucchini and nuts.
6. Pour into greased pan.
7. Bake for 50-60 minutes at 325 degrees F or until tests done.
8. Cool for about 15 minutes, then remove from pan. Cool completely. Store in refrigerator.

STOVETOP POPCORN

Prep time: 5 minutes | Cook time: 5-10 minutes

4 Servings | Calories: 125 | Protein: 2 | Fat: 7 | Carbs: 14

Gluten-Free, Dairy-Free, Vegan, Vegetarian

INGREDIENTS

- 2 tablespoons coconut oil
- ½ cup popcorn kernels, divided
- Salt, to taste

DIRECTIONS

1. Place large serving bowl near stovetop.
2. In a large, thick-bottomed saucepan heat coconut oil on medium-high heat until liquid.
3. Add 2 popcorn kernels to oil. Cover with lid until popped.
4. When the kernels have popped, add remaining popcorn kernels. Shake and shimmy pan to distribute kernels in an even layer. Cover and remove from heat for about 25 seconds.
5. Return covered pan to heat. Once popcorn starts popping, shimmy pan to avoid burning. When popping slows to 3-4 seconds between pops, remove from heat.
6. Remove lid and pour popcorn into large serving bowl.



POST-POP VARIATIONS:

Chili Lime:

- 2 cups of popcorn
 - Squeeze of lime
 - ½ tsp chili powder
 - Dash cayenne
1. Squeeze lime juice.
 2. Sprinkle chili powder and cayenne over popcorn and toss until evenly coated.

Parmesan Rosemary:

- 2 cups of popcorn
 - 2 tsp. grated parmesan
 - 2 tsp. fresh rosemary – chopped
 - Coconut oil cooking spray
1. Spray cooked popcorn with coconut oil spray.
 2. Add parmesan and rosemary and toss or stir until evenly coated and combined.

Cinnamon Twist:

- 2 cups of popcorn
 - 1-2 tsp. cinnamon
 - Dash of salt
 - Coconut oil cooking spray
1. Spray cooked popcorn with coconut oil spray.
 2. Add cinnamon and toss until evenly coated.

CAULI-POPPERS

Prep time: 20 minutes | Cook time: 30 minutes

4 Servings | Calories: 260 | Protein: 13 | Fat: 16 | Carbs: 19

Dairy-Free, Gluten-Free, vegetarian

INGREDIENTS

- 1 medium cauliflower, cut in florets
- 2 eggs
- ½ cup oat flour
- 3 Tbsp. coconut aminos
- 3 Tbsp. peanut butter, melted
- 3 tsp. sesame oil
- 1 tsp. sesame seeds
- 1 Tbsp. honey



DIRECTIONS

1. Preheat oven to 400F and line baking sheet.
2. Whisk eggs in small bowl and place ½ cup oat flour in separate small bowl.
3. Coat cauliflower florets with egg and toss in oat flour.
4. Place coated florets on baking sheet.
5. Bake in the oven for 30 minutes – broil 1-2 minutes if you want an extra crisp.
6. In separate bowl, combine coconut aminos, peanut butter, sesame oil and honey – set aside.
7. Toss baked cauliflower in peanut butter sauce until well coated and sprinkle with sesame seeds.

Roasted Rosemary Potatoes

Prep time: 15 minutes | Cook time: 35 minutes

4 Servings | Calories: 175 | Protein: 2 | Fat: 9 | Carbs: 22

*Gluten-Free, Vegetarian, D.TOX**

INGREDIENTS

- 1 lb. small baby potatoes, halved
- 3 Tbsp. butter or ghee*, melted
- 2 sprigs fresh rosemary, finely chopped
- 2 tsp garlic powder
- 1 tsp onion powder
- ½ tsp salt
- Pepper to taste



DIRECTIONS

1. Preheat oven to 400F.
2. In small bowl, combine melted butter or ghee, rosemary, garlic powder, and onion powder.
3. In 9x13 inch sheet pan, pour butter mixture to coat the bottom of the sheet pan.
4. Add halved potatoes to sheet pan, flat side down. Brush top of potatoes with butter mixture and sprinkle with salt and pepper.
5. Bake in the oven for 30-35 minutes – broil 1-2 minutes if you want an extra crisp.

*Ghee is D.TOX approved

DESSERTS

PUMPKIN PIE CHIA PUDDING

Prep time: 10 minutes | Cook time: N/A

3 Servings | Calories: 180 | Protein: 6 | Fat: 7 | Carbs: 25

Gluten-Free, Dairy-Free,, Vegan, Vegetarian

INGREDIENTS

- 1 1/2 cup pumpkin puree (canned or fresh)
- 1 1/2 cup unsweetened almond milk
- 1 tsp. cinnamon
- 1/2 tsp. nutmeg
- 2 Tbsp. maple syrup
- 1/4 cup chia seeds

DIRECTIONS

1. In a medium bowl, whisk together pumpkin puree, unsweetened almond milk, cinnamon, nutmeg and maple syrup.
2. Equally divide the mixture between 3 small mason jars, adding 4 tsp of chia seeds to each jar.
3. Tightly close each jar and shake until well combined.
4. Place in fridge for at least 2 hours or overnight for best results.
5. When ready to eat, top with pecans, pumpkin spice or desired topping of choice and enjoy!



SALTED ALMOND ICE CREAM

Prep time: 5 minutes | Cook time: 5 minutes

3 Servings | Calories: 205 | Protein: 6 | Fat: 25 | Carbs: 12

Gluten-Free, Dairy-Free, D.TOX, Vegan, Vegetarian

INGREDIENTS

- 2 peeled, frozen bananas
- 2 Tbsp. unsalted almond butter (or nut butter of choice)
- ¼ cup chopped almonds (raw, unroasted)
- 1 tsp. salt (course is best)
- 1 tsp. vanilla extract

DIRECTIONS

1. Chop each frozen banana into 4-6 smaller pieces. Place a food processor or blender and blend on low to medium speed until smooth and creamy.
2. Add nut butter, vanilla and salt, and blend until thoroughly mixed.
3. Top with chopped almonds and enjoy!



SALTED ALMOND ICE CREAM

Prep time: 5 minutes | Cook time: 5 minutes

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Gluten-Free, Dairy-Free, D.TOX, Vegan, Vegetarian

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- ¼ cup chopped almonds (raw, unroasted)
- 1 tsp. salt (course is best)
- 1 tsp. vanilla extract

DIRECTIONS

1. Chop each frozen banana into 4-6 smaller pieces. Place a food processor or blender and blend on low to medium speed until smooth and creamy.
2. Add nut butter, vanilla and salt, and blend until thoroughly mixed.
3. Top with chopped almonds and enjoy!



DARK CHOCOLATE COVERED BERRIES

Prep time: 5 minutes | Cook time: 15 minutes

10 Servings | Calories: 75 | Protein: 1 | Fat: 5 | Carbs: 6

Gluten-Free, Vegetarian

INGREDIENTS

- 1 lb. strawberries
- One 3.5 oz. bar of 90% dark chocolate

DIRECTIONS

1. Rinse and thoroughly pat dry strawberries.
2. Break chocolate bars into pieces and place in glass bowl.
3. Microwave chocolate for 30 seconds, stir, and repeat as needed until chocolate is melted—careful not to scorch the chocolate. You can use a double-boiler instead if you would rather.
4. Line baking sheet with parchment paper.
5. Once chocolate is melted, dip strawberry into chocolate and set on paper.
6. Dip all strawberries and place on parchment paper, then place baking sheet into fridge to cool and allow chocolate to set, about 15 minutes.
7. Serve once chocolate has cooled. Store any leftovers in fridge.



GINGERBREAD PROTEIN BITES

Prep time: 10 minutes | Cook time: 30-60 minutes

5 Servings | Calories: 205 | Protein: 6 | Fat: 25 | Carbs: 12

Gluten-Free, Dairy-Free, D.TOX, Vegan, Vegetarian

INGREDIENTS

- 1 cup unsweetened coconut or almond milk
- 1 Tbsp. pumpkin pie spice
- 1 tsp. ginger
- 1 tsp. vanilla extract
- ½ cup sunflower butter
- 3 scoops Cinnamon UCAN
- 6 scoops Life Time vanilla vegan protein

DIRECTIONS

1. In a microwave safe bowl, place milk, sunflower butter and vanilla extract and heat for 20 seconds at a time until the sunflower butter is fully melted.
2. Add UCAN, vegan protein and spices to the mixture and mix until thoroughly blended.
3. Form 10, 2 inch balls and refrigerate for 30-60 minutes, until set.



COCONUT SHORTBREAD COOKIES

Prep time: 20 minutes | Cook time: 30-60 minutes

10 Servings | Calories: 120 | Protein: 4 | Fat: 10 | Carbs: 5

Gluten-Free, Dairy-Free, Vegetarian

INGREDIENTS

- 1 ½ cups unsweetened shredded coconut
- 3 tsp. coconut oil
- 3 Tbsp. unsweetened coconut milk
- 1 tsp. vanilla extract
- Pinch of coarse Himalayan sea salt
- 1/8 cup organic dark chocolate
- 1 serving Vanilla VeganMax (2 scoops)

DIRECTIONS

1. Place shredded coconut and coconut oil into the bowl of a food processor and process on high speed. Scrape the sides intermittently until mixture is a butter consistency.
2. Add the VeganMax, coconut milk, vanilla extract, and salt and process on high speed until all of ingredients are thoroughly mixed.
3. Form mixture into 1" balls and place in the refrigerator overnight, or in the freezer for one hour.
4. Once the coconut balls have firmed up, melt the dark chocolate in a small saucepan and dip coconut balls. Sprinkle with shredded coconut and enjoy!



BAKED APPLES

Prep time: 10 minutes | Cook time: 35 minutes

6 Servings | Calories: 215 | Protein: 1 | Fat: 18 | Carbs: 15

Gluten-Free, Vegetarian

INGREDIENTS

- 3-4 apples (Honeycrisp, or Fuji work best)
- ½ cup unsalted butter or ghee, melted
- 2-3 Tbsp. Cinnamon
- Juice of ½ orange (not orange juice)
- 1 Tbsp. vanilla extract
- ¼ cup chopped pecans or walnuts

DIRECTIONS

1. Preheat oven to 350° F. In a small bowl, combine melted butter, cinnamon, vanilla extract, and orange juice. Stir until evenly mixed and set aside.
2. Core the apples and slice them into very thin slices.
3. Line the bottom of a small, shallow baking dish with a single layer of apples. Spread a small amount of the butter mixture over each slice. Sprinkle with chopped nuts. Repeat these three steps until you run out of apples – Be careful not to finish the butter mixture before you finish the apple layers.
4. Bake for 30-35 minutes or until apples are fork tender. Enjoy!



SUNBUTTER BUCKEYES

Prep time: 30 minutes | Cook time: 5 minutes

15 Servings | Calories: 205 | Protein: 9 | Fat: 19 | Carbs: 9

Gluten-Free, Vegetarian

INGREDIENTS

- 2 cups sunflower seed butter (unsweetened)
- 2 tsp. vanilla extract
- 1 tsp. almond extract
- 2 scoops (1 serving) Vanilla VeganMax Protein Powder
- 1/8 cup dark chocolate (90% cacao)
- 2 Tbsp. coconut oil

DIRECTIONS

1. Combine almond butter and extract(s) in a small bowl. Add in protein powder, and mix well together. Place mixture in the freezer for 30 minutes.
2. Remove mixture from freezer and form into tablespoon-sized balls. Place the sunflower butter balls on a baking sheet lined with parchment paper, and place back into freezer for about 1 hour or until hardened.
3. Melt the chocolate and coconut oil in a saucepan over the stove. Using a double boiler or microwave is fine as well.
4. Remove the sunflower butter balls from the freezer. With a toothpick, dip the balls into the chocolate mixture. Use only one coat, and cover about $\frac{3}{4}$ of each ball. Repeat with each ball, and place each one back onto the parchment lined baking sheet.
5. Place baking sheet back into the freezer for about an hour to allow chocolate shell to harden completely.
6. Store in refrigerator or freezer. Serve chilled.



STRAWBERRY ICE CREAM WITH ALMOND CRUMBLE

Prep time: 5 minutes | Cook time: 120 minutes

15 Servings | Calories: 290 | Protein: 23 | Fat: 14 | Carbs: 17

Gluten-Free, Dairy-Free, Vegetarian, Vegan, D.TOX

INGREDIENTS

- 1 can full fat coconut milk
- 2 Tbsp. vanilla
- 1 cup strawberries, cut into fourths
- 1/3 cup almond flour
- 3 Tbsp. sunflower or almond butter
- 1 tsp. vanilla
- Salt, to taste



DIRECTIONS

1. Place coconut milk, vanilla, and 1 cup strawberries in a blender and mix until well combined.
2. Place mixture in the freezer for 2 hours.
3. Combine almond flour, nut butter and vanilla until it becomes a “crumble” consistency. Place in the refrigerator until ice cream is ready,
4. Once the ice cream is the right consistency, top with crumble and enjoy!

PUMPKIN MUFFINS

Prep time: 10 minutes | Cook time: 20 minutes

12 Servings | Calories: 120 | Protein: 4 | Fat: 5 | Carbs: 16

Gluten-Free, Dairy-Free, Vegetarian

INGREDIENTS

- 1 cup pumpkin puree
- ¼ cup pure maple syrup
- 2 eggs
- 1 Tbsp. vanilla extract
- 4 Tbsp. almond butter
- ¼ cup unsweetened vanilla almond milk
- 2 and ¼ cup gluten-free oats
- 1 tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- 1 tsp. cinnamon
- ½ cup dark chocolate chips (optional)

DIRECTIONS

1. Preheat the oven to 350°F and grease a muffin tin.
2. Place all of the ingredients except the chocolate chips into a blender and blend for about 30 seconds, or until smooth.
3. Using a spoon, mix-in the chocolate chips. Pour the batter into the muffin tin, filling each about ¾th of the way full.
Bake in the oven for 20-25 minutes, until light golden brown.



PEPPERMINT MACAROONS

Prep time: 15 minutes | Cook time: 60 minutes

15 Servings | Calories: 285 | Protein: 3 | Fat: 26 | Carbs: 13

Gluten-Free, Vegetarian

INGREDIENTS

- 4 cups unsweetened shredded coconut
- 1/8 cup maple syrup
- 2 egg whites
- 2 Tbsp. coconut oil
- 1 tsp. vanilla
- 1 tsp. peppermint extract
- 1/2 cup dark chocolate chips

DIRECTIONS

1. First, preheat oven to 350°F and line a baking sheet with parchment paper.
2. In a large bowl, mix together coconut, maple syrup, peppermint extract, egg whites, coconut oil, and vanilla.
3. Use a 1/4 cup to scoop the coconut mixture into your palm and compress together. Place on baking sheet and shape into a dome with the palm of your hand. Repeat.
4. Bake at 350°F for about 20 minutes or until the macaroons begin to turn golden brown on the sides.
5. Let cool for about 30 minutes.
6. Coat the bottom of each macaroon with chocolate by melting chocolate chips in the microwave and stirring until smooth.
7. Dip the bottom of each macaroon into the melted chocolate (gently), set on a piece of parchment paper. Repeat.
8. When chocolate has cooled and hardened, enjoy!



SWEET POTATO, HONEY & GINGER MOUSSE

Prep time: 5 minutes | Cook time: 35 minutes

6 Servings | Calories: 175 | Protein: 14 | Fat: 7 | Carbs: 24

Gluten-Free, Dairy-Free, Vegetarian

INGREDIENTS

- 3 medium sweet potatoes
- ¼ cup canned coconut milk
- 1 Tbsp. honey
- 4 servings chocolate Life Time Collagen Protein
- 2 Tbsp. Ginger

DIRECTIONS

1. Place sweet potatoes on a baking sheet and bake at 450 until soft – about 30 minutes
2. Remove skin from the sweet potatoes and place in a blender with the remaining ingredients.
3. Blend until smooth, then chill.



HOLIDAY EGG NOG

Prep time: 5 minutes | Cook time: 4 hours

3 Servings | Calories: 290 | Protein: 14 | Fat: 17 | Carbs: 20

Gluten-Free

INGREDIENTS

- 6 large eggs, yolk only
- 1/8 cup maple syrup, pure
- 3 cups whole milk
- 1/2 tsp. nutmeg
- 1/4 tsp. cinnamon
- 1 tsp. vanilla extract

DIRECTIONS

1. Whisk eggs, maple syrup, and milk in a medium saucepan, and then place on a burner over medium heat. Whisk regularly until the mixture reaches 160* F or so and coats the back of a metal spoon slightly.
1. Remove from the heat and allow to cool for 10 minutes. Then mix in the spices and vanilla.
2. Chill in the fridge for a few hours or overnight.
3. Whisk well before serving.



RED, WHITE & BLUE PARFAIT

Prep time: 5 minutes | Cook time: 20 minutes

4 Servings | Calories: 150 | Protein: 7 | Fat: 7 | Carbs: 18

Gluten-Free, Vegetarian

INGREDIENTS

Granola

- 1 1/2 cups gluten-free rolled oats
- 1/4 cup chopped pecans
- 1/4 chop chopped almonds
- 1 Tbsp. coconut oil, melted
- 1 Tbsp. honey, warmed
- 1 tsp. cinnamon

Parfait

- 1 cup blueberries
- 1 cup strawberries or raspberries
- 2 cups Greek yogurt



DIRECTIONS

1. Preheat the oven to 325 degrees.
2. In a medium mixing bowl, add the oats, almonds, walnuts, cinnamon, and salt and stir to combine.
3. Add melted coconut oil and honey to the mixture and stir until thoroughly coated.
4. Spread granola mixture on a small sheet pan and bake for about 20 minutes, or longer if you prefer your granola more toasted.
5. When you remove the granola from the oven, do not stir. Allow to cool, and it will continue to clump as it cools.
6. Once the granola has cooled completely (about 30 minutes), add a small layer of yogurt to the bottom of a glass – each parfait will use 1/2 cup of yogurt in three layers, so split accordingly. Then layer 1/4 cup of blueberries, then another layer of yogurt, then a layer of strawberries or raspberries. Top with the final layer of yogurt, and sprinkle the top with 1-2 Tbsp. of granola and enjoy!

NO-BAKE COCONUT BITES

Prep time: 10 minutes | Cook time: 40 min

12 Servings | Calories: 170 | Protein: 1 | Fat: 13 | Carbs: 13

Gluten-Free, Vegetarian

INGREDIENTS

- 1 ½ cups shredded unsweetened coconut
- 6 dates
- 2 Tbsp. coconut oil
- 1 Tbsp. pure vanilla extract
- 12 almonds (optional)
- 1/2 cup dark chocolate chips

DIRECTIONS

1. Line a small cutting board with wax or parchment paper.
2. Combine coconut, dates, vanilla and coconut oil in a food processor until slightly sticky, about 3 minutes.
2. Using a tablespoon, press the mixture into the spoon to shape into 12 equal-sized bites. Gently slide out of spoon and place on parchment paper.
3. If you prefer Mounds bars, leave as is. If you prefer Almond Joys, press one almond in the center of each coconut mound.
4. Freeze for 20 minutes.
5. While the bars are firming up, melt the chocolate chips in the microwave (20 seconds at a time to prevent burning).
6. Dip the coconut mixture into the chocolate to top them. Pop them back in the freezer for another 20 minutes to firm up.



NO-BAKE COOKIE DOUGH BARS

Prep time: 10 minutes | Cook time: 10 min

6 Servings | Calories: 170 | Protein: 16 | Fat: 6 | Carbs: 22

Gluten-Free, Vegetarian

INGREDIENTS

- ½ cup oat flour
- 2 scoops Life Time vanilla whey
- ¼ cup maple syrup
- 1 Tbsp. butter or ghee, melted
- 1 tsp. vanilla extract
- Pinch of sea salt
- ¼ cup mini dark chocolate chips
- 1+ Tbsp. nut milk, as needed

DIRECTIONS

1. In a large mixing bowl, add all ingredients except the chocolate chips and nut milk and mix until it forms a dough-like consistency. If your mixture is too dry, add 1 Tbsp. of nut milk at a time until a dough is formed.
2. Let the mix cool (the butter may still be warm). Once completely cool, fold in chocolate chips.
3. Place cookie dough on a wax paper lined baking sheet. Place in the freezer for 15 minutes.



CHOCOLATE MINT TRUFFLES

Prep time: 10 minutes | Cook time: 30 min

2 Servings | Calories: 150 | Protein: 14 | Fat: 7 | Carbs: 7

Gluten-Free, Vegetarian, Dairy-Free

INGREDIENTS

- 2 servings Life Time Collagen, unflavored
- 2 Tbsp. unsweetened coconut milk
- 1 tsp. vanilla extract
- 1 Tbsp. almond butter
- 2 Tbsp. water
- 1 Tbsp. cocoa powder
- 1 tsp. Mint extract
- Pinch Sea Salt

DIRECTIONS

1. In a mixing bowl, mix all dry ingredients. Then, mix in the remainder of the ingredients except the cocoa powder and mix until it forms a sticky dough.
2. Form the dough into small 1-2" balls.
3. Place cocoa powder on a plate and roll each truffle in the powder.
4. Refrigerate truffles for 30 minutes and enjoy!



GLUTEN FREE MONSTER COOKIES

Prep time: 20 minutes | Cook time: 12-13 minutes

18 Servings | Calories: 135 | Protein: 5 | Fat: 9 | Carbs: 11

Gluten-Free, Dairy-Free, Vegetarian

INGREDIENTS

- ¾ cup rolled oatmeal
- 2 Tbsp. almond flour
- 1 Tbsp. chia seeds
- 1 Tbsp. flax seeds
- ½ cup dairy free dark chocolate chips
- ½ tsp. cinnamon
- ¼ tsp. baking powder
- ¼ tsp. baking soda
- 1 serving Life Time unflavored collagen peptides
- 2 eggs
- ½ cup natural peanut butter
- ¼ cup pure maple syrup
- 2 Tbsp. coconut oil, melted



DIRECTIONS

1. Preheat oven to 350° F.
2. In medium bowl, combine dry ingredients: oatmeal, almond flour, chia seeds, flax seeds, cinnamon, baking powder, baking soda and collagen peptides. Stir to combine.
3. In separate large bowl, combine wet ingredients: peanut butter, eggs, maple syrup and melted coconut oil. Mix until fully incorporated.
4. Add dry ingredients to wet ingredients and mix until fully incorporated – batter will be sticky.
5. Add in chocolate chips and stir to combine.
6. Grease baking sheet with coconut oil spray.
7. Form 2 inch balls of dough and evenly place on baking sheet– you may need to do two separate batches.
8. Bake 12-13 minutes. Immediately place cookies on cooling rack until fully cooled. Enjoy!

CARROT CAKE PROTEIN BITES

Prep time: 20 minutes | Cook time: N/A

10 Servings | Calories: 135 | Protein: 6 | Fat: 11 | Carbs: 9

Gluten-Free, Dairy-Free, Vegetarian

INGREDIENTS

- 1/2 cup + 1 Tbsp. unsweetened almond butter
- 2 Tbsp. honey
- 2 tsp. vanilla extract
- 1/4 cup almond flour
- 1 servings vegan vanilla protein powder
- 1 tsp. cinnamon
- 1/4 cup finely chopped pecans/walnuts
- 1/3 cup finely shredded carrot

DIRECTIONS

1. In food processor, combine almond butter, honey and vanilla and mix until well combined.
2. Add almond flour, protein powder and cinnamon. Process until well combined.
3. Add nuts and carrot, pulse mixture – not too much, just until evenly distributed.
4. Form 10, 2 inch balls and refrigerate for 30-60 minutes, until set.

