

## Week 3 - 2023; The Year of ME!

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Breakfast</b>	Apple Turkey Sausage Patties with Sauteed Greens	Apple Turkey Sausage Patties with Sauteed Greens	Apple Turkey Sausage Patties with Sauteed Greens	Turkey Apple Breakfast Hash	Turkey Apple Breakfast Hash	Chicken & Squash Breakfast Patties	Chicken & Squash Breakfast Patties
	Apple	Apple	Apple	Steamed Asparagus & Zucchini	Steamed Asparagus & Zucchini	Citrusy Asparagus	Citrusy Asparagus
<b>Lunch</b>	Slow Cooker Beef & Butternut Squash Soup	Chicken, Kale & Rutabaga	Chicken & Veggies with Bacon	Slow Cooker Cod & Sea Veggie Soup	Riced Parsnip & Chicken	Beef Chow Mein	One Pot Boiled Chicken with Carrots & Broccoli
	Carrot & Fennel Soup					Creamy Cauliflower & Carrot Soup	Creamy Roasted Garlic & Kale Soup with Cauliflower
<b>Snack 2</b>	Slow Cooker Cinnamon Applesauce	Slow Cooker Cinnamon Applesauce	Slow Cooker Cinnamon Applesauce	Chicken, Carrots & Broccoli	Chicken, Carrots & Broccoli	Chicken, Carrots & Broccoli	Chicken, Carrots & Broccoli
	Salmon Salad Lettuce Wraps	Salmon Salad Lettuce Wraps	Salmon Salad Lettuce Wraps	Blackberries	Blackberries	Blackberries	Blackberries
<b>Dinner</b>	Chicken, Kale & Rutabaga	Chicken & Veggies with Bacon	Slow Cooker Cod & Sea Veggie Soup	Riced Parsnip & Chicken	Beef Chow Mein	One Pot Boiled Chicken with Carrots & Broccoli	2 Pork Tenderloin with Steamed Parsnips & Carrots
					Creamy Cauliflower & Carrot Soup	Creamy Roasted Garlic & Kale Soup with Cauliflower	

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7 days

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Calories</b> 1521	<b>Calories</b> 1511	<b>Calories</b> 1573	<b>Calories</b> 1489	<b>Calories</b> 1443	<b>Calories</b> 1458	<b>Calories</b> 1587
<b>Fat</b> 50g	<b>Fat</b> 55g	<b>Fat</b> 56g	<b>Fat</b> 48g	<b>Fat</b> 51g	<b>Fat</b> 62g	<b>Fat</b> 59g
<b>Carbs</b> 159g	<b>Carbs</b> 142g	<b>Carbs</b> 132g	<b>Carbs</b> 122g	<b>Carbs</b> 127g	<b>Carbs</b> 117g	<b>Carbs</b> 132g
Fiber 36g	Fiber 33g	Fiber 28g	Fiber 39g	Fiber 42g	Fiber 42g	Fiber 43g
Sugar 87g	Sugar 72g	Sugar 62g	Sugar 46g	Sugar 53g	Sugar 52g	Sugar 50g
<b>Protein</b> 128g	<b>Protein</b> 127g	<b>Protein</b> 145g	<b>Protein</b> 154g	<b>Protein</b> 137g	<b>Protein</b> 128g	<b>Protein</b> 148g
Cholesterol 331mg	Cholesterol 366mg	Cholesterol 383mg	Cholesterol 389mg	Cholesterol 361mg	Cholesterol 333mg	Cholesterol 410mg
Sodium 2798mg	Sodium 2476mg	Sodium 3866mg	Sodium 2233mg	Sodium 1620mg	Sodium 3322mg	Sodium 3357mg
Calcium 766mg	Calcium 689mg	Calcium 548mg	Calcium 770mg	Calcium 846mg	Calcium 889mg	Calcium 842mg
Iron 13mg	Iron 10mg	Iron 13mg	Iron 17mg	Iron 16mg	Iron 19mg	Iron 18mg
Folate 345µg	Folate 337µg	Folate 263µg	Folate 514µg	Folate 614µg	Folate 669µg	Folate 683µg
Magnesium 369mg	Magnesium 372mg	Magnesium 353mg	Magnesium 441mg	Magnesium 414mg	Magnesium 382mg	Magnesium 446mg
Zinc 13mg	Zinc 8mg	Zinc 8mg	Zinc 11mg	Zinc 16mg	Zinc 15mg	Zinc 14mg

# Week 3 - 2023; The Year of ME!

63 items

## Fruits

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- 10 Apple
- 4 cups Blackberries
- 1/2 Blood Orange
- 1/8 Lemon
- 2 tbsps Lemon Juice

## Seeds, Nuts & Spices

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- 1/2 tsp Cinnamon
- 1 1/2 servings Cinnamon Stick
- 1/2 tsp Dried Basil
- 1/2 tsp Dried Rosemary
- 1 1/2 tpsps Dried Thyme
- 1/4 tsp Garlic Powder
- 1 1/2 tpsps Italian Seasoning
- 1 1/2 tpsps Oregano
- 1 tbsps Poultry Seasoning
- 1 1/8 tpsps Sea Salt

## Vegetables

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- 3 cups Asparagus
- 6 cups Baby Spinach
- 3 cups Broccoli
- 2 1/2 cups Broccoli Slaw
- 2 bunches Broccolini
- 2 cups Brussels Sprouts
- 3 cups Butternut Squash
- 10 1/4 Carrot
- 1 head Cauliflower
- 1/4 cup Cilantro
- 1 Delicata Squash
- 1/8 bulb Fennel
- 1/4 cup Fresh Dill
- 3/4 tsp Fresh Sage
- 15 3/4 Garlic
- 2 1/8 tpsps Ginger
- 1/2 head Green Lettuce
- 3 stalks Green Onion
- 10 cups Kale Leaves
- 2 cups Mushrooms
- 1/4 cup Parsley
- 3 1/2 Parsnip
- 2/3 cup Red Onion
- 6 cups Rutabaga
- 1/2 Sweet Onion
- 1 Sweet Potato
- 1 1/4 Yellow Onion
- 1 Zucchini

## Boxed & Canned

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- 1 cup Beef Broth
- 15 ozs Canned Wild Salmon
- 2 tpsps Chicken Broth
- 1 cup Chicken Broth, Low Sodium
- 6 cups Vegetable Broth

## Bread, Fish, Meat & Cheese

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- 2 1/2 slices Bacon
- 3 1/4 lbs Chicken Breast
- 2 Cod Fillet
- 8 ozs Extra Lean Ground Chicken
- 1 1/4 lbs Extra Lean Ground Turkey
- 8 ozs Pork Tenderloin
- 12 ozs Stewing Beef

## Condiments & Oils

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- 1 1/4 tpsps Apple Cider Vinegar
- 1 1/2 tpsps Avocado Oil
- 2 1/2 tpsps Coconut Aminos
- 2 tpsps Coconut Oil
- 1/2 cup Extra Virgin Olive Oil

## Cold

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- 1 cup Unsweetened Coconut Yogurt

## Other

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- 2/3 oz Dulse
- 5 1/2 cups Water

# Apple Turkey Sausage Patties with Sauteed Greens

9 ingredients · 30 minutes · 3 servings

## Directions

1. Place the ground turkey in a large mixing bowl. Pat it with a paper towel to remove any excess moisture.
2. Peel, core and grate the apple using a box grater. Squeeze out the excess juice from the apple and discard. Add the apple to the turkey along with the ginger, Italian seasoning, apple cider vinegar and salt. Gently mix to combine then form the meat mixture into thin patties, approximately 4 inches in diameter.
3. In a large skillet or frying pan, heat half of the oil over medium-high heat. In batches, cook the sausage patties for about 2 to 3 minutes per side or until golden brown and cooked through. Wipe the pan out and add more oil in between batches.
4. When you are finished cooking the patties, use the same skillet to wilt the spinach with water.
5. To serve, divide spinach and sausage patties between plates and season with additional salt if needed. Enjoy!

## Notes

### Serving Size

There are approximately three thin patties per serving.

### Leftovers

Refrigerate in an airtight container for up to three days. The patties can be frozen for up to three months.

### Best Flavor

A tart apple like a Granny Smith or Honeycrisp works best for this recipe.

### No Spinach

Use another leafy green like kale, Swiss chard or collard greens.

### No Ground Turkey

Use ground chicken, lamb, beef, pork or bison instead.

## Ingredients

- 12 ozs Extra Lean Ground Turkey
- 3/4 Apple
- 2 1/4 tsps Ginger (peeled and grated)
- 2 1/4 tsps Italian Seasoning
- 3/4 tsp Apple Cider Vinegar
- 1/3 tsp Sea Salt
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 6 cups Baby Spinach
- 2 1/4 tsps Water

## Nutrition

Amount per serving

Calories	268	Sodium	421mg
Fat	17g	Calcium	87mg
Carbs	9g	Iron	3mg
Fiber	2g	Folate	126µg
Sugar	5g	Magnesium	74mg
Protein	23g	Zinc	3mg
Cholesterol	84mg		

# Apple

1 ingredient · 2 minutes · 3 servings

## Directions

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1. Slice into wedges, or enjoy whole.

## Ingredients

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3 Apple

<b>Nutrition</b>		Amount per serving	
<b>Calories</b>	95	Sodium	2mg
<b>Fat</b>	0g	Calcium	11mg
<b>Carbs</b>	25g	Iron	0mg
Fiber	4g	Folate	5µg
Sugar	19g	Magnesium	9mg
<b>Protein</b>	0g	Zinc	0mg
Cholesterol	0mg		

# Turkey Apple Breakfast Hash

10 ingredients · 35 minutes · 2 servings

## Directions

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1. Heat a large skillet over medium heat. Add the ground turkey, cinnamon and poultry seasoning. Cook for 5 to 7 minutes, until thoroughly browned, breaking up into little pieces as it cooks. Drain off the fat, transfer to a bowl and set aside.
2. In the same skillet, heat the oil over medium heat. Add the onion and garlic, sauteeing until translucent. Next add the brussels sprouts, butternut squash, and apples. Cover and cook for about 10 minutes, stirring occasionally, until all veggies are soft.
3. Add the ground turkey back into the skillet and stir to combine. Season to taste with sea salt. Divide into bowls and enjoy!

## Notes

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### Vegan & Vegetarians

Use lentils instead of ground turkey.

### Leftovers

Store covered in the fridge up to 3 days.

## Ingredients

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**8 ozs** Extra Lean Ground Turkey

**1/2 tsp** Cinnamon

**1 tbsp** Poultry Seasoning

**1 1/2 tsps** Avocado Oil

**1/2 cup** Red Onion (diced)

**1** Garlic (cloves, minced)

**1 cup** Brussels Sprouts (trimmed and halved)

**1 cup** Butternut Squash (peeled and cubed)

**1** Apple (cored and diced)

**1/8 tsp** Sea Salt (to taste)

## Nutrition

Amount per serving

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<b>Calories</b>	325	Sodium	243mg
<b>Fat</b>	14g	Calcium	122mg
<b>Carbs</b>	31g	Iron	3mg
Fiber	7g	Folate	67µg
Sugar	14g	Magnesium	72mg
<b>Protein</b>	24g	Zinc	3mg
Cholesterol	84mg		

# Steamed Asparagus & Zucchini

2 ingredients · 15 minutes · 2 servings

## Directions

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1. Set the zucchini and asparagus in a steaming basket over boiling water and cover. Steam for 5 to 6 minutes, or until desired texture is reached. Remove from the basket and enjoy!

## Notes

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### Leftovers

Refrigerate and in airtight container for up to three days.

### Serving Size

One serving is equal to 1 cup of steamed veggies.

### More Flavor

Drizzle with olive oil before serving. Add salt and/or pepper.

## Ingredients

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1 Zucchini (sliced)

1 cup Asparagus (woody ends trimmed, chopped in quarters)

## Nutrition

Amount per serving

<b>Calories</b>	30	Sodium	9mg
<b>Fat</b>	0g	Calcium	32mg
<b>Carbs</b>	6g	Iron	2mg
Fiber	2g	Folate	58µg
Sugar	4g	Magnesium	27mg
<b>Protein</b>	3g	Zinc	1mg
Cholesterol	0mg		

# Chicken & Squash Breakfast Patties

8 ingredients · 15 minutes · 2 servings

## Directions

1. Combine the chicken, butternut squash, red onion, apple, garlic, thyme, and salt in a mixing bowl. Mix well.
2. Heat the oil in a non-stick pan over medium heat.
3. Form the mixture into patties approximately four inches (10-centimeters) in diameter and cook for four to five minutes per side or until cooked through. Cook the patties in batches, if necessary. Serve and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is equal to two breakfast patties.

### No Butternut Squash

Use another squash or sweet potato instead.

### No Ground Chicken

Use ground turkey or pork instead.

### No Extra Virgin Olive Oil

Use avocado or coconut oil instead.

## Ingredients

- 8 ozs** Extra Lean Ground Chicken
- 1/2 cup** Butternut Squash (grated)
- 2 tbsps** Red Onion (finely chopped)
- 1/2** Apple (peeled, finely chopped)
- 2** Garlic (clove, minced)
- 1/2 tsp** Dried Thyme
- 1/4 tsp** Sea Salt
- 1 1/2 tpsps** Extra Virgin Olive Oil

## Nutrition

Amount per serving

<b>Calories</b>	241	<b>Sodium</b>	366mg
<b>Fat</b>	13g	<b>Calcium</b>	39mg
<b>Carbs</b>	13g	<b>Iron</b>	2mg
<b>Fiber</b>	2g	<b>Folate</b>	15µg
<b>Sugar</b>	6g	<b>Magnesium</b>	40mg
<b>Protein</b>	21g	<b>Zinc</b>	2mg
<b>Cholesterol</b>	98mg		



# Citrusy Asparagus

7 ingredients · 5 minutes · 2 servings

## Directions

1. Heat a skillet over medium-high heat. Once hot, add the oil and then the asparagus. Cook until bright green and still crispy while stirring occasionally, about 2 minutes.
2. Lower the heat to medium-low. Add the garlic, coconut aminos and water and toss until the garlic is fragrant, about 30 seconds to 1 minute.
3. Remove from the heat and add the orange juice and zest. Stir to combine. Transfer to a plate and top with cilantro. Serve and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is equal to about 1 cup of asparagus.

### More Flavor

Add a pinch of red pepper flakes or a small chili pepper.

### Additional Toppings

Top with toasted sesame seeds.

### No Blood Orange

Use a regular orange or grapefruit.

## Ingredients

- 1 **tbps** Avocado Oil
- 2 **cups** Asparagus (trimmed, sliced thin on the bias)
- 2 **Garlic** (cloves, minced)
- 1 **tbps** Coconut Aminos
- 1 **tbps** Water
- 1/2 **Blood Orange** (juiced, zested)
- 1/4 **cup** Cilantro (chopped)

## Nutrition

Amount per serving

<b>Calories</b>	118	<b>Sodium</b>	140mg
<b>Fat</b>	7g	<b>Calcium</b>	55mg
<b>Carbs</b>	12g	<b>Iron</b>	3mg
<b>Fiber</b>	4g	<b>Folate</b>	83µg
<b>Sugar</b>	7g	<b>Magnesium</b>	24mg
<b>Protein</b>	4g	<b>Zinc</b>	1mg
<b>Cholesterol</b>	0mg		

# Slow Cooker Beef & Butternut Squash Soup

4 ingredients · 8 hours · 1 serving

## Directions

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1. Heat a skillet over medium heat. Add the beef and cook for 2-3 minutes, to brown.
2. Add the beef, butternut squash and broth to your slow cooker and cook on low for 8 hours or on high for 4 hours.
3. Season with sea salt to taste. Divide into bowls and enjoy!

## Notes

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### Vegan & Vegetarians

Use vegetable broth and chickpeas instead of beef.

### Leftovers

Refrigerate in an airtight container up to 3 days.

## Ingredients

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- 4 **ozs** Stewing Beef (chunks)
- 1 **1/2 cups** Butternut Squash (peeled and cubed)
- 1 **cup** Beef Broth
- 1/16 **tsp** Sea Salt (to taste)

## Nutrition

Amount per serving

<b>Calories</b>	255	Sodium	738mg
<b>Fat</b>	6g	Calcium	122mg
<b>Carbs</b>	25g	Iron	4mg
Fiber	4g	Folate	64µg
Sugar	5g	Magnesium	97mg
<b>Protein</b>	29g	Zinc	7mg
Cholesterol	71mg		

# Carrot & Fennel Soup

9 ingredients · 25 minutes · 1 serving

## Directions

1. In a large saucepan, heat the oil over medium-high heat. Add the onion and cook until translucent, about three to five minutes.
2. Add the garlic and ginger and cook until fragrant, about one minute. Add the remaining ingredients and bring to a boil. Simmer for 20 minutes, or until the carrots are fork tender.
3. Transfer soup to a blender, or use an immersion blender, and blend until smooth. Divide evenly between bowls, and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving size is equal to approximately one cup.

### Additional Toppings

Top with your choice of cooked protein. Fresh herbs like dill, parsley, or fronds from the fennel.

## Ingredients

- 3/4 tsp** Extra Virgin Olive Oil
- 1/4** Yellow Onion (medium, diced)
- 3/4** Garlic (clove, minced)
- 3/4 tsp** Ginger (fresh, minced)
- 3/4** Carrot (medium, peeled, chopped)
- 1/8 bulb** Fennel (medium, chopped)
- 1/4** Apple (peeled, chopped)
- 1 cup** Chicken Broth, Low Sodium
- 1/8 tsp** Sea Salt

## Nutrition

Amount per serving

<b>Calories</b>	136	<b>Sodium</b>	416mg
<b>Fat</b>	5g	<b>Calcium</b>	56mg
<b>Carbs</b>	19g	<b>Iron</b>	2mg
<b>Fiber</b>	4g	<b>Folate</b>	18µg
<b>Sugar</b>	11g	<b>Magnesium</b>	16mg
<b>Protein</b>	6g	<b>Zinc</b>	0mg
<b>Cholesterol</b>	0mg		

# Slow Cooker Cinnamon Applesauce

4 ingredients · 4 hours · 3 servings

## Directions

1. Add chopped apple, cinnamon, lemon juice and water to the slow cooker and stir well to mix. Cook on high for 4 hours, stirring occasionally. (Note: Peeling the apples is optional but not necessary as they will be pureed in step 2.)
2. Remove the cinnamon sticks. Use an immersion blender to puree the applesauce, or transfer to a blender.
3. Divide into bowls, add your preferred toppings and enjoy! Refrigerate or freeze leftovers.

## Notes

### Storage

Refrigerate in an air-tight container up to 10 days, or freeze up to a year.

### Leave it Chunky

Skip Step 2. You may want to peel your apples before cooking.

### Extra Toppings

Add any combination of nuts, seeds, toasted oats, coconut or dried fruit.

### Less Sugar

Use a mixture of naturally sweet apples like Red Delicious, Gala, Fuji, Winesap, McIntosh, Yellow Delicious, Crispin or Cortland.

## Ingredients

4 1/2 Apple (large, cored and diced)

1 1/2 servings Cinnamon Stick

1/8 Lemon (juiced)

1/3 cup Water

## Nutrition

Amount per serving

Calories	143	Sodium	3mg
Fat	0g	Calcium	20mg
Carbs	38g	Iron	0mg
Fiber	10g	Folate	9µg
Sugar	28g	Magnesium	14mg
Protein	1g	Zinc	0mg
Cholesterol	0mg		

# Salmon Salad Lettuce Wraps

6 ingredients · 5 minutes · 3 servings

## Directions

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1. In a bowl, combine the salmon, coconut yogurt, dill, lemon juice and salt. Adjust flavours as desired.
2. Scoop the mixture onto the lettuce leaves and enjoy!

## Notes

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### Leftovers

Refrigerate the salmon mixture and lettuce leaves in separate airtight containers for up to three days.

### Serving Size

One serving equals approximately three salmon stuffed lettuce leaves.

### Additional Toppings

Add cucumber, celery, red onion or tomato.

### No Coconut Yogurt

Use Greek yogurt or mayonnaise and adjust lemon juice and salt as needed.

## Ingredients

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**15 ozs** Canned Wild Salmon (drained)

**1 cup** Unsweetened Coconut Yogurt

**1/4 cup** Fresh Dill (minced)

**1 tbsp** Lemon Juice

**1/2 tsp** Sea Salt

**1/2 head** Green Lettuce (separated into leaves and washed)

## Nutrition

Amount per serving

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<b>Calories</b>	263	<b>Sodium</b>	958mg
<b>Fat</b>	11g	<b>Calcium</b>	222mg
<b>Carbs</b>	5g	<b>Iron</b>	1mg
<b>Fiber</b>	1g	<b>Folate</b>	9µg
<b>Sugar</b>	0g	<b>Magnesium</b>	35mg
<b>Protein</b>	38g	<b>Zinc</b>	1mg
<b>Cholesterol</b>	94mg		

# Chicken, Carrots & Broccolini

4 ingredients · 30 minutes · 4 servings

## Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Place the broccolini and carrots on the baking sheet and drizzle with olive oil. Toss well to coat. Place in the oven, and bake for 15 to 20 minutes, or until veggies are tender.
3. Meanwhile, bring a pot of salted water to a boil, then reduce to a gentle simmer. Add the chicken breasts and cover. Let simmer for 15 to 20 minutes, or until chicken is cooked through.
4. Remove the chicken and shred into pieces using two forks.
5. Remove the pan from the oven, and divide the shredded chicken and veggies between plates. Add your seasonings of choice, and enjoy!

## Notes

### No Broccolini

Use regular broccoli or cauliflower instead.

## Ingredients

- 2 bunches Broccolini (trimmed)
- 4 Carrot (large, sliced into rounds)
- 2 tbsps Extra Virgin Olive Oil
- 1 lb Chicken Breast (boneless, skinless)

## Nutrition

Amount per serving

<b>Calories</b>	275	Sodium	215mg
<b>Fat</b>	11g	Calcium	284mg
<b>Carbs</b>	13g	Iron	3mg
Fiber	8g	Folate	177µg
Sugar	4g	Magnesium	98mg
<b>Protein</b>	34g	Zinc	2mg
Cholesterol	82mg		

# Blackberries

1 ingredient · 5 minutes · 4 servings

## Directions

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1. Wash and enjoy!

## Ingredients

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4 cups Blackberries

Nutrition		Amount per serving	
<b>Calories</b>	62	Sodium	1mg
<b>Fat</b>	1g	Calcium	42mg
<b>Carbs</b>	14g	Iron	1mg
Fiber	8g	Folate	36µg
Sugar	7g	Magnesium	29mg
<b>Protein</b>	2g	Zinc	1mg
Cholesterol	0mg		

# Chicken, Kale & Rutabaga

7 ingredients · 40 minutes · 2 servings

## Directions

1. Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
2. Cover the rutabaga with water in a pot and bring to a boil. Reduce the heat and simmer for about 30 minutes or until soft. Drain the water and mash the rutabaga with a masher or food processor. Season with salt to taste.
3. While the rutabaga cooks, place the chicken onto the baking sheet and bake for 25 to 30 minutes or until cooked through. Slice the chicken.
4. Meanwhile, massage the kale with lemon juice and olive oil in a bowl.
5. Divide the chicken, mashed rutabaga, and kale onto plates or containers-to-go. Sprinkle oregano over top and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### More Flavor

Add your choice of herbs and spices to the mashed rutabaga and chicken. Roast the rutabaga instead of mashing.

### Additional Toppings

Kimchi, sauerkraut, pickled veggies, or olives.

### No Rutabaga

Use sweet potato or cauliflower instead.

## Ingredients

**6 cups** Rutabaga (peeled, cubed)

**1/8 tsp** Sea Salt (to taste)

**8 ozs** Chicken Breast (boneless, skinless)

**2 cups** Kale Leaves (tough stems removed, roughly torn into pieces)

**1 tbsp** Lemon Juice

**1 tbsp** Extra Virgin Olive Oil

**1 tsp** Oregano

## Nutrition

Amount per serving

<b>Calories</b>	361	<b>Sodium</b>	260mg
<b>Fat</b>	11g	<b>Calcium</b>	248mg
<b>Carbs</b>	38g	<b>Iron</b>	3mg
<b>Fiber</b>	11g	<b>Folate</b>	114µg
<b>Sugar</b>	19g	<b>Magnesium</b>	124mg
<b>Protein</b>	31g	<b>Zinc</b>	2mg
<b>Cholesterol</b>	82mg		



# Chicken & Veggies with Bacon

7 ingredients · 35 minutes · 2 servings

## Directions

1. Heat a large skillet over medium heat. Once hot, add the bacon and cook, stirring often until browned and crispy, about six to seven minutes. Remove the bacon with a slotted spoon, leaving the fat in the skillet. Set the bacon aside on a paper towel lined plate.
2. Add the chicken to the skillet and cook over medium heat, stirring occasionally, for seven to eight minutes, until cooked through. Season with 1/4 of the salt. Remove with a slotted spoon and set aside with the bacon.
3. Add in the squash and brussels sprouts and season with the remaining salt. Cook, stirring occasionally for five to six minutes. Add the garlic and pour in the broth, reduce the heat to medium-low. Cover and let simmer, stirring occasionally, until cooked through, about 10 to 13 minutes.
4. Return the bacon and chicken to the skillet and stir to combine. Heat for one minute. Divide onto plates, serve and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to two days.

### Serving Size

One serving is about 1 1/2 to two cups.

### More Flavor

Add chopped onion to the veggies, or use additional seasonings or herbs on the chicken.

## Ingredients

- 2 1/2 slices Bacon (chopped)
- 8 ozs Chicken Breast (skinless, boneless, cubed)
- 1/3 tsp Sea Salt (divided)
- 1 Delicata Squash (small, cubed)
- 1 cup Brussels Sprouts (trimmed, halved)
- 1 Garlic (cloves, minced)
- 2 tbsps Chicken Broth

## Nutrition

Amount per serving

Calories	381	Sodium	832mg
Fat	16g	Calcium	101mg
Carbs	27g	Iron	3mg
Fiber	5g	Folate	74µg
Sugar	1g	Magnesium	116mg
Protein	34g	Zinc	2mg
Cholesterol	106mg		

# Slow Cooker Cod & Sea Veggie Soup

9 ingredients · 6 hours · 2 servings

## Directions

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1. Heat the coconut oil in a frying pan over medium heat. Add the onion and mushrooms. Saute for about 3 minutes or until onions are translucent. Add garlic and ginger. Cook for a 1 to 2 minutes until fragrant.
2. Transfer the contents of the pan to your slow cooker. Add the dulse (ripped into bite-sized pieces), diced sweet potato, cod and broth. Do not add salt, as the dulse is naturally very salty and should flavour the soup.
3. Cook on high for 4 hours, or low for 6 to 8 hours. Taste, and add sea salt if necessary.
4. Divide between bowls and enjoy!

## Notes

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### Leftovers

Store in an airtight container up to 3 days or freeze.

### Fillet Size

One fillet is equal to 231 grams or 8 ounces.

## Ingredients

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- 1 1/2 tbsps** Coconut Oil
- 1/2** Yellow Onion (medium, diced)
- 2 cups** Mushrooms (sliced)
- 1 1/2** Garlic (cloves, minced)
- 1 tbsps** Ginger (peeled and grated)
- 2/3 oz** Dulse (torn apart into small pieces)
- 1** Sweet Potato (medium, diced)
- 2** Cod Fillet (cubed)
- 4 cups** Vegetable Broth (or bone broth)

## Nutrition

Amount per serving

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<b>Calories</b>	423	Sodium	1650mg
<b>Fat</b>	12g	Calcium	107mg
<b>Carbs</b>	28g	Iron	6mg
Fiber	6g	Folate	40µg
Sugar	9g	Magnesium	105mg
<b>Protein</b>	49g	Zinc	2mg
Cholesterol	99mg		

# Riced Parsnip & Chicken

7 ingredients · 25 minutes · 2 servings

## Directions

1. Add the chopped parsnips to a blender or food processor and process until it resembles rice, about 30 seconds.
2. In a skillet over medium-low heat, add half the extra virgin olive oil and the sage. Fry until the sage leaves are crispy, about 3 to 4 minutes. Remove the sage, roughly chop it and set aside. Add the parsnip rice to the skillet and cook for about 5 to 7 minutes, until cooked through. Remove and set aside.
3. Season the chicken on all sides with the oregano and garlic. In the same skillet over medium heat, add the remaining extra virgin olive oil and the chicken. Cook for 8 to 10 minutes. Remove, slice the chicken, and add it back to the pan to cook for 1 to 2 minutes more, until cooked through. Remove and set aside.
4. Add the kale to the skillet and cook over medium low heat, until just wilted, about 1 to 2 minutes.
5. Plate the parsnip rice, and top with the kale, sliced chicken and sage. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### No Kale

Use another leafy green such as Swiss chard or spinach.

## Ingredients

- 2 Parsnip (peeled, chopped)
- 2 **tsps** Extra Virgin Olive Oil (divided)
- 3/4 **tsp** Fresh Sage (loosely packed)
- 12 **ozs** Chicken Breast (skinless and boneless)
- 1/2 **tsp** Oregano (dried)
- 1/4 **tsp** Garlic Powder
- 4 **cups** Kale Leaves (roughly chopped)

## Nutrition

Amount per serving

<b>Calories</b>	374	Sodium	115mg
<b>Fat</b>	10g	Calcium	183mg
<b>Carbs</b>	30g	Iron	2mg
Fiber	8g	Folate	136µg
Sugar	8g	Magnesium	110mg
<b>Protein</b>	42g	Zinc	2mg
Cholesterol	124mg		

# Beef Chow Mein

8 ingredients · 20 minutes · 2 servings

## Directions

1. Heat the oil in a large pan over medium-high heat. Cook the onions and garlic for two to three minutes. Add the beef, ginger, and salt. Cook for six to eight minutes, or until cooked through.
2. Stir in the coconut aminos and broccoli slaw. Cook for two minutes, or until warmed through. Divide onto plates and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving equals approximately 1 1/2 cups.

### Stewing Beef

This recipe was tested with stewing beef sliced into 1/2 cm pieces. Adjust the cooking time as needed based on the thickness of the beef slices/cubes.

### More Flavor

Add a splash of orange juice and/or fish sauce.

### Additional Toppings

Top with roasted cashews or peanuts.

### Make it Vegan

Use crumbled tofu or tempeh instead of beef.

### No Coconut Aminos

Use tamari or soy sauce instead.

## Ingredients

**3/4 tsp** Extra Virgin Olive Oil

**1/2** Sweet Onion (large, diced)

**1 1/2** Garlic (cloves, minced)

**8 ozs** Stewing Beef (sliced or cubed)

**1/2 tsp** Ginger (peeled, grated)

**1/4 tsp** Sea Salt (to taste)

**1 1/2 tbsps** Coconut Aminos (to taste)

**2 1/2 cups** Broccoli Slaw

## Nutrition

Amount per serving

<b>Calories</b>	240	<b>Sodium</b>	631mg
<b>Fat</b>	7g	<b>Calcium</b>	61mg
<b>Carbs</b>	17g	<b>Iron</b>	3mg
<b>Fiber</b>	3g	<b>Folate</b>	23µg
<b>Sugar</b>	9g	<b>Magnesium</b>	32mg
<b>Protein</b>	28g	<b>Zinc</b>	6mg
<b>Cholesterol</b>	71mg		

# Creamy Cauliflower & Carrot Soup

8 ingredients · 30 minutes · 2 servings

## Directions

1. Heat the olive oil in a large stock pot over medium-low heat. Add the green onions and saute until softened. Add the carrot, cauliflower, water, thyme and salt. Cover the pot and bring to a boil. Once boiling, reduce to a simmer. Let simmer for 20 minutes then add in the parsley and stir until wilted. Turn off the heat.
2. Puree the soup using a blender or handheld immersion blender. (Note: If using a regular blender, be careful. Ensure you leave a space for the steam to escape.) Taste and adjust seasoning if needed. Ladle into bowls and enjoy!

## Notes

### Leftovers

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

### Serving Size

One serving is roughly 2 1/2 cups.

### Make it Fancy

Roast up some leftover carrots and cauliflower and use as a garnish with pumpkin seeds.

### Anti-Inflammatory

Add turmeric powder.

### Gut-Healing

Make with bone broth instead of water. Adjust sea salt accordingly if the broth is salted.

## Ingredients

**1 tbsp** Extra Virgin Olive Oil

**3 stalks** Green Onion (chopped)

**2 1/2** Carrot (medium size, chopped)

**1/2 head** Cauliflower (chopped into florets)

**3 cups** Water

**1 tsp** Dried Thyme

**1/4 tsp** Sea Salt

**1/4 cup** Parsley

## Nutrition

Amount per serving

<b>Calories</b>	137	<b>Sodium</b>	406mg
<b>Fat</b>	8g	<b>Calcium</b>	122mg
<b>Carbs</b>	16g	<b>Iron</b>	2mg
<b>Fiber</b>	6g	<b>Folate</b>	117µg
<b>Sugar</b>	7g	<b>Magnesium</b>	46mg
<b>Protein</b>	4g	<b>Zinc</b>	1mg
<b>Cholesterol</b>	0mg		

# One Pot Boiled Chicken with Carrots & Broccoli

7 ingredients · 20 minutes · 2 servings

## Directions

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1. In a pot over medium-high heat, add everything except the Italian seasoning. Bring to a gentle simmer and close the lid. Let simmer until chicken is cooked through, about 15 to 20 minutes.
2. Using a slotted spoon, scoop out the chicken and chop into cubes. Divide the chicken, carrots, and broccoli onto plates or bowls. Season with Italian seasoning and more salt if needed. Drizzle some of the cooking liquid over top and enjoy!

## Notes

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### Leftovers

Refrigerate the chicken and veggies in an airtight container for up to three days. Refrigerate the cooking liquid separately in an airtight container for up to three days or freeze for up to two months.

### More Flavor

Use chicken or vegetable broth instead of water. Add herbs, garlic cloves, and/or onion wedges.

### Additional Toppings

Add sauerkraut, kimchi, or other pickled veggies.

## Ingredients

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**2 cups** Water

**1 tbsp** Apple Cider Vinegar

**8 ozs** Chicken Breast (skinless, boneless)

**2** Carrot (medium, chopped)

**3 cups** Broccoli (chopped into florets)

**1/8 tsp** Sea Salt (to taste)

**1/2 tsp** Italian Seasoning

## Nutrition

Amount per serving

<b>Calories</b>	209	Sodium	291mg
<b>Fat</b>	4g	Calcium	114mg
<b>Carbs</b>	15g	Iron	2mg
Fiber	5g	Folate	108µg
Sugar	5g	Magnesium	73mg
<b>Protein</b>	30g	Zinc	1mg
Cholesterol	82mg		

# Creamy Roasted Garlic & Kale Soup with Cauliflower

8 ingredients · 1 hour 15 minutes · 2 servings

## Directions

1. Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Arrange the garlic cloves, onion and cauliflower on the baking sheet. Drizzle with half of the olive oil, Italian seasoning and salt. Using your hand or a spatula, toss until vegetables are evenly coated in the spices. Roast for about 40 minutes or until very tender and caramelized, flipping halfway through.
3. When vegetables are just about done, heat remaining olive oil in a large soup pot over medium heat. Add the kale and 1/2 of the vegetable broth to the pot and cover. Let steam for 2 minutes, or until kale is wilted and tender.
4. Add the roasted vegetables and remaining vegetable stock in with the wilted kale. Bring soup to a gentle boil then remove from heat.
5. Puree soup in batches in a high-speed blender until smooth and creamy. Divide into bowls and enjoy!

## Notes

### Leftovers

Store in an air-tight container in the fridge for up to 5 days, or in the freezer for up to 3 months.

### Serve it With

An extra drizzle of olive oil, fresh herbs or a pinch of red chili flakes.

### Too Thick

If soup is too thick in consistency, use water or more stock (1/2 cup at a time) to thin until desired consistency is reached.

## Ingredients

- 6 Garlic (cloves, peeled and trimmed)
- 1/2 Yellow Onion (large, roughly chopped)
- 1/2 head Cauliflower (sliced into florets)
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 2 tsps Italian Seasoning
- 1/2 tsp Sea Salt
- 4 cups Kale Leaves (packed)
- 2 cups Vegetable Broth (divided)

## Nutrition

Amount per serving

Calories	176	Sodium	1272mg
Fat	11g	Calcium	172mg
Carbs	17g	Iron	3mg
Fiber	6g	Folate	110µg
Sugar	7g	Magnesium	40mg
Protein	5g	Zinc	1mg
Cholesterol	0mg		

# Pork Tenderloin with Steamed Parsnips & Carrots

7 ingredients · 40 minutes · 2 servings

## Directions

1. Preheat the oven to 400°F (205°C).
2. Mash together the basil, rosemary, salt and coconut oil into a paste.
3. Rub the pork tenderloin with the herb paste until evenly coated.
4. Wrap in foil and place on a baking sheet. Bake for about 30 minutes, or until a meat thermometer reads 145°F (65°C). Let it sit covered in the foil for 10 minutes before slicing.
5. Meanwhile, fill a pot with water and bring it to a boil. Place the carrots and parsnips in a steaming basket and steam for 10 to 15 minutes or until fork-tender. Slice the pork and enjoy with the carrots and parsnips.

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### More Flavor

Roast the parsnips and carrots instead.

### No Coconut Oil

Use butter or ghee instead.

## Ingredients

- 1/2 tsp Dried Basil
- 1/2 tsp Dried Rosemary
- 1/3 tsp Sea Salt
- 1 1/2 tsps Coconut Oil
- 8 ozs Pork Tenderloin
- 1 1/2 Parsnip (medium, sliced)
- 1 Carrot (medium, sliced)

## Nutrition

Amount per serving

<b>Calories</b>	253	Sodium	536mg
<b>Fat</b>	6g	Calcium	68mg
<b>Carbs</b>	24g	Iron	2mg
Fiber	5g	Folate	77µg
Sugar	7g	Magnesium	71mg
<b>Protein</b>	26g	Zinc	3mg
Cholesterol	74mg		