

# Grilled Bruschetta Chicken

#dinner #lunch #glutenfree #dairyfree #nutfree #eggfree #paleo #anticandida

 8 ingredients  30 minutes  4 servings

## Directions

1. Preheat the grill to medium heat. Add the chicken breasts, season with sea salt and black pepper, and cook for about 10 to 15 minutes per side, or until cooked through.
2. In a small bowl, combine the tomatoes, red onion, garlic, basil, olive oil, and balsamic vinegar. Season with sea salt and black pepper to taste.
3. To serve, top the chicken breasts with the bruschetta mix. Enjoy!

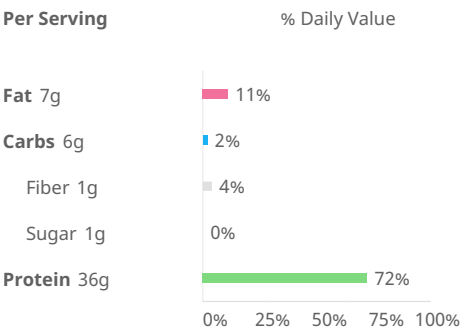
## Notes

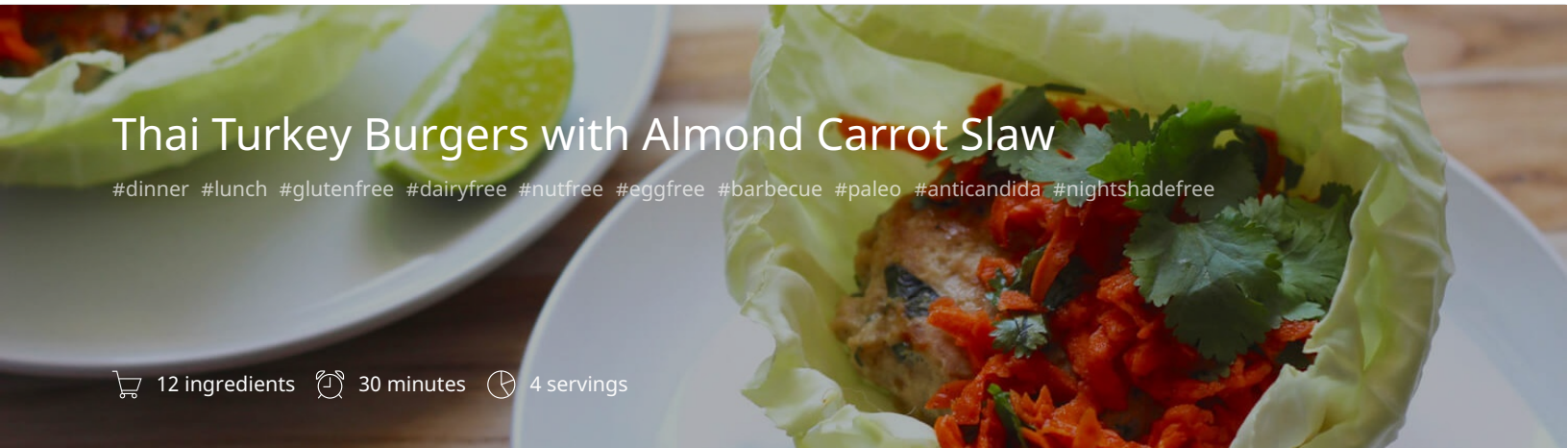
- Serve it With** Our Grilled Asparagus or Pan Fried Zucchini Slices. Add rice, pasta, flatbread or quinoa for more carbs.
- Cheese Lover** Sprinkle with feta, goat cheese or shredded mozzarella before serving.
- No Grill** Bake the chicken breasts in the oven at 350 degrees F for 30 minutes.

## Ingredients

- **16 ozs** Chicken Breast
- Sea Salt & Black Pepper (to taste)
- **3** Tomato (medium, diced)
- **1/2 cup** Red Onion (finely diced)
- **2** Garlic (cloves, minced)
- **1/4 cup** Basil Leaves (chopped)
- **1 tbsp** Extra Virgin Olive Oil
- **1 tbsp** Balsamic Vinegar




## 228 Calories





# Thai Turkey Burgers with Almond Carrot Slaw

#dinner #lunch #glutenfree #dairyfree #nutfree #eggfree #barbecue #paleo #anticandida #nightshade-free

 12 ingredients  30 minutes  4 servings

## Directions

1. In a large bowl, combine the turkey, green onion, cilantro, basil, garlic, and ginger. Season with salt and pepper, and mix until well combined. Form the meat mixture into equal-sized patties and set aside.
2. Heat a grill or pan to medium heat and cook the patties for 10-15 minutes per side, or until cooked through.
3. While the burgers are cooking, make the almond carrot slaw by combining the grated carrots, lime juice, almond butter, and tamari. Season with sea salt and black pepper to taste, and stir in some extra chopped cilantro (optional).
4. To serve, wrap patties in lettuce leaves and top with the almond carrot slaw. Enjoy!

## Notes

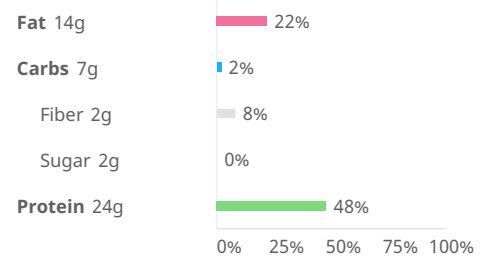
- More Carbs**      Serve on burger buns or sweet potato toast.
- Make Ahead**      Prepare patties in advance and store in the fridge overnight, or freeze up to 3 months.
- No Boston Lettuce**      Use cabbages leaves instead.
- Oven Version**      Bake the patties in the oven at 350 degrees F for 30 minutes or until cooked through, flipping halfway.

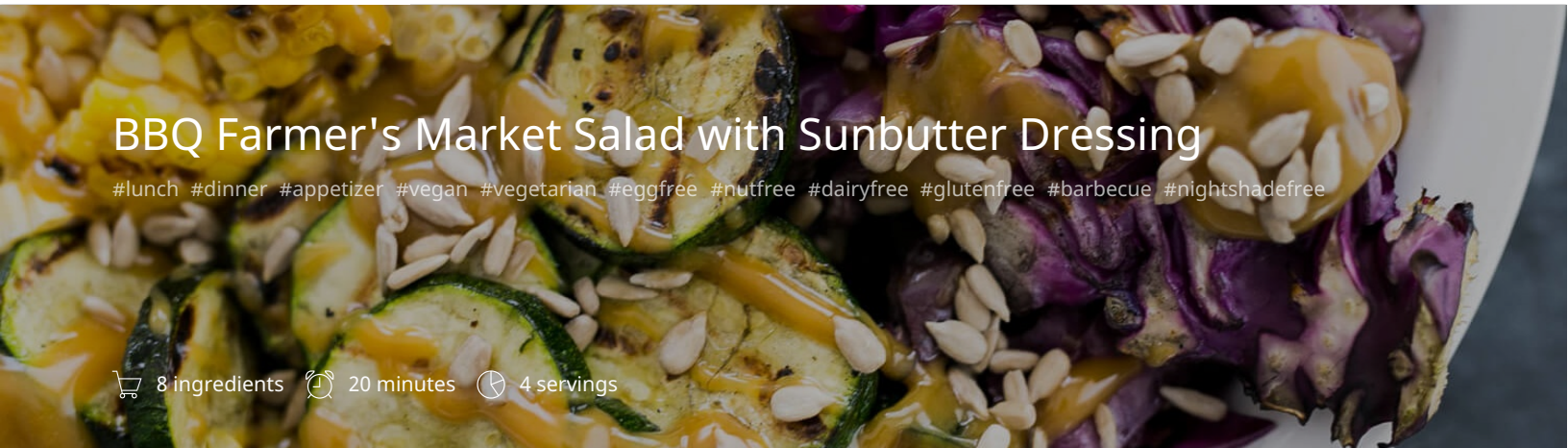
## Ingredients

- **1 lb**      Extra Lean Ground Turkey
- **2 stalks**      Green Onion (sliced)
- **1/4 cup**      Cilantro (chopped)
- **1/4 cup**      Basil Leaves (chopped)
- **1**      Garlic (clove, minced)
- **1 tbsp**      Ginger (peeled and grated)
- Sea Salt & Black Pepper (to taste)
- **2**      Carrot (medium, grated)
- **1**      Lime (juiced)
- **2 tsbps**      Almond Butter
- **2 tsbps**      Tamari (or Coconut Aminos)
- **1 head**      Boston Lettuce (peeled apart into leaves)

## 243 Calories




Per Serving      % Daily Value





# BBQ Farmer's Market Salad with Sunbutter Dressing

#lunch #dinner #appetizer #vegan #vegetarian #eggfree #nutfree #dairyfree #glutenfree #barbecue #nightshade-free

 8 ingredients  20 minutes  4 servings

## Directions

1. Heat the grill to medium. Brush the zucchini and cabbage with half the olive oil.
2. Place corn and cabbage on the grill. Close the grill and cook for 15-20 minutes. (Flip the cabbage halfway, and turn the corn every 5 minutes.)
3. Place zucchini slices on the grill and cook about 5 minutes, flipping halfway.
4. In a small mason jar, combine sunflower seed butter, remaining olive oil, apple cider vinegar and maple syrup. Close the jar and shake well.
5. Divide corn, cabbage and zucchini onto plates. Top the grilled veggies with dressing and sunflower seeds. Enjoy!

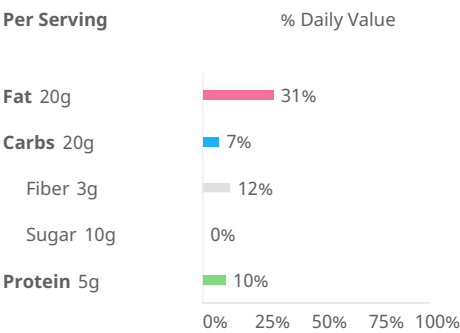
## Notes

- No Sunflower Seed Butter** Use almond butter, peanut butter or tahini instead. Season with salt to taste.
- No Cabbage** Use cauliflower steaks, squash or romaine hearts instead.
- No Zucchini** Use asparagus, bell pepper or eggplant instead.
- More Protein** Mix in your favourite protein source like hemp seeds, lentils, chickpeas, beans, chicken, turkey or beef.

## Ingredients

- 1 Zucchini (sliced into rounds)
- 2 cups Purple Cabbage (sliced into steaks with the stem intact)
- 2 ears Corn on the Cob (husked and soaked)
- 2 tbsps Sunflower Seed Butter
- 1/4 cup Extra Virgin Olive Oil (divided)
- 1 tbsp Apple Cider Vinegar
- 1 tbsp Maple Syrup
- 1/4 cup Sunflower Seeds




## 268 Calories





# 15 Minute Halibut with Dill Pesto

#dinner #lunch #vegetarian #glutenfree #dairyfree #eggfree #anticandida #elimination #ketogenic #nightshade-free

 10 ingredients  15 minutes  4 servings

## Directions

1. In a food processor, combine the parsley, dill, slivered almonds, olive oil, lemon juice and garlic. Season with sea salt and black pepper to taste and blend well until a thick paste forms. Transfer to a bowl and set aside.
2. Season halibut with sea salt and black pepper. Heat coconut oil in a cast iron skillet over medium-high heat. Cook fish for 3 - 4 minutes per side, or until golden. Fish should flake with a fork when finished.
3. Divide mixed greens between plates. Set halibut on the greens and top with a large dollop of pesto. Enjoy!

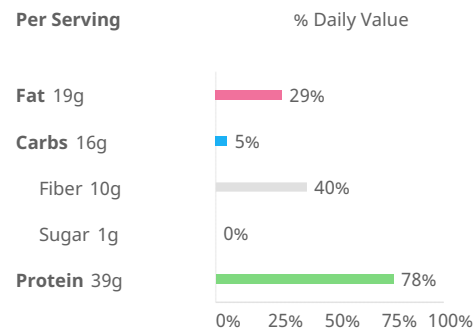
## Notes

- Nut Free** Use pumpkin seeds or sunflower seeds instead.
- Save Time** Blend up the pesto in advance.
- More Carbs** Serve it with rice, quinoa or roasted mini potatoes.

## Ingredients




- **1 cup** Parsley (packed)
- **1/4 cup** Fresh Dill (packed)
- **1/3 cup** Slivered Almonds
- **3 tbsps** Extra Virgin Olive Oil
- **1** Lemon (juiced)
- **1** Garlic (clove)
- Sea Salt & Black Pepper
- **20 ozs** Halibut Fillet
- **1 1/2 tsps** Coconut Oil
- **8 cups** Mixed Greens (or Arugula)

## 388 Calories



# Chicken & Broccoli Slaw with Peanut Sauce

#lunch #dinner #eggfree #glutenfree #dairyfree

 14 ingredients  35 minutes  4 servings

## Directions

1. Preheat oven to 350. Line a baking sheet with parchment paper. Place the chicken breasts on the baking sheet and season with sea salt and black pepper. Place in the oven and bake for 30 minutes or until cooked through.
2. In a food processor, combine peanut butter, tamari, lime juice, olive oil, ginger, garlic and water. Blend until smooth and set aside.
3. In a large salad bowl, combine broccoli slaw, red pepper and green onion.
4. Remove chicken from oven. Dice and add it to the salad bowl. Drizzle with desired amount of peanut dressing and toss well. Divide into bowls and garnish with cilantro and chopped peanuts. Serve with hot sauce if you like it spicy. Enjoy!

## Notes

**Vegan & Vegetarian** Use roasted chickpeas instead of diced chicken.

**Slow Cooker Version** Throw your chicken in a slow cooker with some onion and broth and cook on low for 8 hours. Shred the chicken with a fork before serving and add it to the salad.

**Prep Ahead** The chicken, peanut sauce, and veggies can all be prepped ahead to save time.

**Leftovers** Store in an airtight container in the fridge up to 3 days.

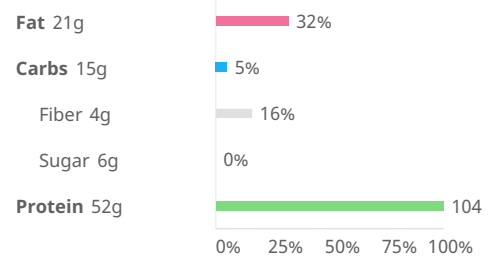
## Ingredients

- **20 ozs** Chicken Breast
- Sea Salt & Black Pepper (to taste)
- **1/4 cup** All Natural Peanut Butter
- **1 tbsp** Tamari
- **1** Lime (juiced)
- **1 tbsp** Extra Virgin Olive Oil
- **1 tbsp** Ginger (peeled and grated)
- **1** Garlic (clove, minced)
- **1/4 cup** Water
- **4 cups** Broccoli Slaw
- **1** Red Bell Pepper (sliced)
- **3 stalks** Green Onion (chopped)
- **1/4 cup** Cilantro (chopped, optional)
- **1/4 cup** Raw Peanuts (chopped)

## 441 Calories




Per Serving

% Daily Value



# Zucchini Alfredo with Turmeric Chicken

#lunch #dinner #paleo #anticandida #elimination #autoimmune #eggfree #glutenfree #nutfree #dairyfree #nightshade-free #ketogenic

 9 ingredients  20 minutes  2 servings

## Directions

1. Spiralize the zucchini or use a julienne peeler to create noodles. Set aside.
2. In a large frying pan, heat the olive oil over medium heat. Add the chicken to the pan and sprinkle it with the turmeric, Italian seasoning and sea salt and pepper to taste. Saute for 7-10 minutes, or until cooked through.
3. While the chicken is cooking, make the avocado cream sauce by combining the avocado, coconut milk, lemon juice and sea salt and black pepper to taste in a blender or food processor. Blend until smooth and creamy.
4. Once the chicken is cooked through, transfer it to a plate then add the zucchini noodles back into the pan. Saute the noodles for 1-2 minutes or until soft and warmed through. Add the avocado cream sauce into the pan and stir until well mixed and warmed through.
5. Divide the creamy zoodles between plates, and top with chicken. Enjoy!

## Notes

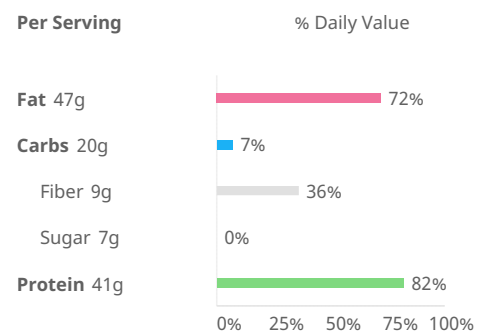
**More Carbs** Use brown rice pasta instead of zucchini noodles.

**Vegan or Vegetarian** Use chickpeas or white beans instead of chicken.

## Ingredients

- 2 Zucchini
- 1 tbsp Extra Virgin Olive Oil
- 8 ozs Chicken Breast (sliced)
- 1 tsp Turmeric
- 1 tsp Italian Seasoning
- Sea Salt & Black Pepper (to taste)
- 1 Avocado (peeled and pit removed)
- 1 cup Organic Coconut Milk (canned, full-fat)
- 1/2 Lemon (juiced)

## 644 Calories





# Macadamia Nuts

#snack #vegetarian #vegan #lowfodmap #anticandida #elimination #eggfree #glutenfree #dairyfree #nightshade-free #ketogenic

 1 ingredients  2 minutes  4 servings

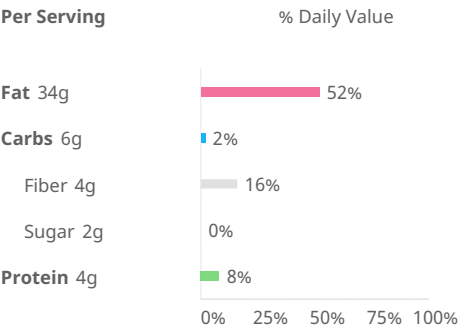
## Directions

- 1. Divide between bowls and enjoy!

## Ingredients

- 1 1/3 cups Macadamia Nuts

## 321 Calories





# Bacon, Eggs, Avocado & Sauerkraut

#paleo #breakfast #lunch #anticandida #glutenfree #nutfree #dairyfree #nightshade-free #ketogenic

4 ingredients 15 minutes 2 servings

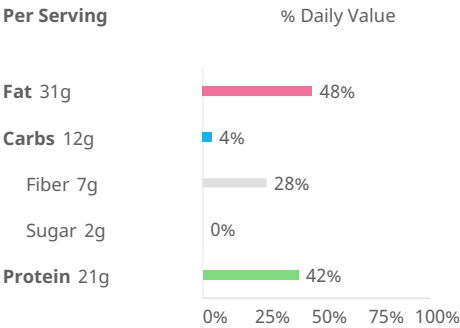
## Directions

1. In a pan, slowly cook the bacon over medium-low heat until done. Transfer to a plate and reserve fat for cooking eggs.
2. Crack eggs into the pan and cook to desired doneness. While eggs are cooking, slice avocado and arrange on plate with bacon.
3. Transfer cooked eggs to plate and add sauerkraut. Enjoy!

## Ingredients




- **4 slices** Organic Bacon
- **4** Egg
- **1** Avocado
- **1/2 cup** Sauerkraut

## 403 Calories



# Carrots & Guacamole

#snack #vegetarian #vegan #paleo #eggfree #glutenfree #nutfree #appetizer #dairyfree #lowfodmap #anticandida #elimination  
#autoimmune #nightshade-free #ketogenic

 4 ingredients  5 minutes  2 servings

## Directions

1. Peel and slice carrots into sticks.
2. Peel and pit the avocado. Mash the flesh in a small bowl with lime juice, salt and pepper.
3. Dip the carrots into the guac & enjoy!

## Notes

**Spice it Up** Add chili flakes, salsa and/or chopped cilantro to the guacamole.

## Ingredients

- 4 Carrot (medium)
- 1 Avocado
- 1 Lime (juiced)
- Sea Salt & Black Pepper (to taste)

## 217 Calories

Per Serving

% Daily Value

Fat 15g

23%

Carbs 22g

7%

Fiber 10g

40%

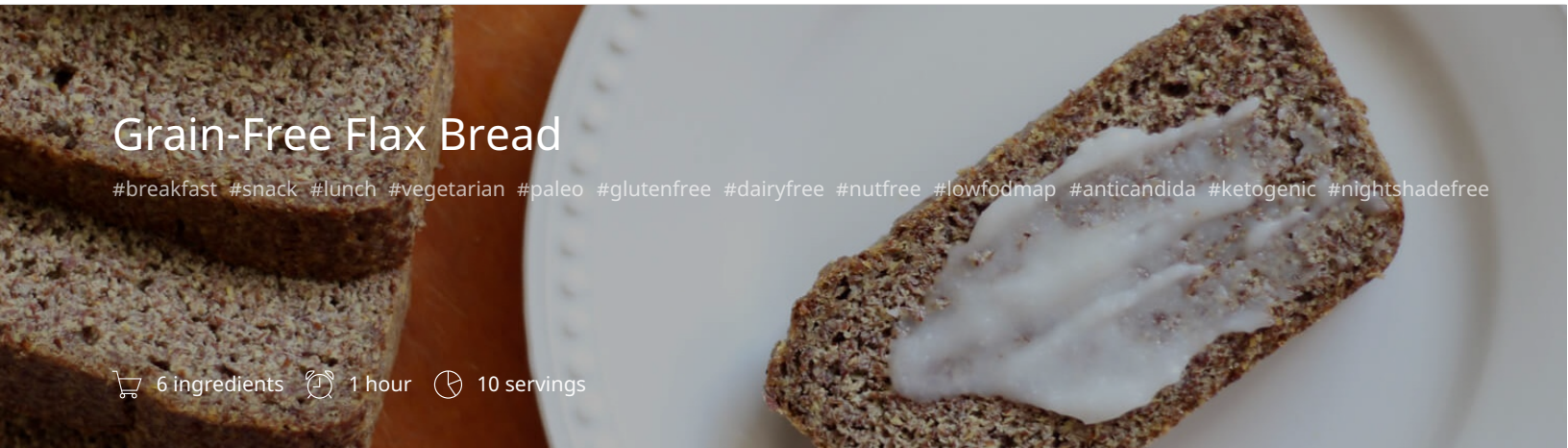
Sugar 7g

0%

Protein 3g

6%

0% 25% 50% 75% 100%



# Grain-Free Flax Bread

#breakfast #snack #lunch #vegetarian #paleo #glutenfree #dairyfree #nutfree #lowfodmap #anticandida #ketogenic #nightshade-free

 6 ingredients  1 hour  10 servings

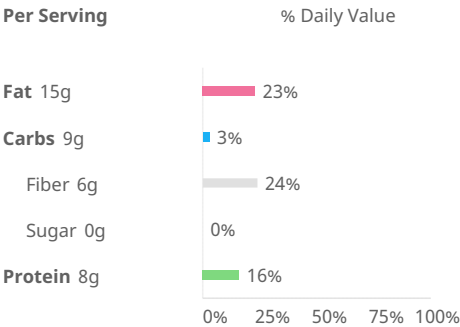
## Directions

1. Preheat oven to 350F. Grease the inside of a loaf pan or line it with parchment paper.
2. In a medium size bowl, mix together flax, baking powder, and salt. Use a whisk to stir until well combined.
3. In another bowl, beat eggs with a whisk for 30-60 seconds. Add water and coconut oil, mixing until combined.
4. Add wet ingredients to dry and stir until combined. Let the batter sit for 1-2 minutes to thicken slightly.
5. Pour batter into loaf pan and smooth out the top with a spoon. Bake for about 50 minutes, or until the top feels set and the loaf is browned.
6. Once cooled, slice and store in the fridge or freezer.

## Ingredients




- **2 cups** Ground Flax Seed
- **1 tbsp** Baking Powder
- **3/4 tsp** Sea Salt
- **5** Egg (room temp)
- **1/2 cup** Water (room temp)
- **1/3 cup** Coconut Oil (melted)

## 193 Calories



# Salt n' Vinegar Hard Boiled Eggs

#snack #paleo #nutfree #glutenfree #dairyfree #lowfodmap #anticandida #nightshade-free #ketogenic

 3 ingredients  35 minutes  4 servings

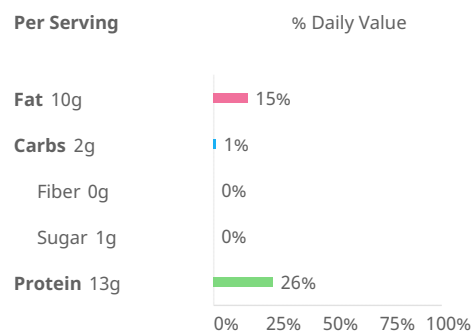
## Directions

1. Bring a large pot of water to a boil. Gently place eggs into the boiling water and turn the heat down to medium high. Set your timer for 14 minutes.
2. After 14 minutes, use a spoon to lift the eggs out of the water. Place on a plate and let cool for at least 20 minutes.
3. When ready to eat, peel the eggs and cut them into halves or quarters. Season with sea salt and drizzle with apple cider vinegar. Enjoy!

## Ingredients

- 8 Egg
- 1 tsp Sea Salt (divided)
- 1/4 cup Apple Cider Vinegar (divided)



## 149 Calories





# Sea Salted Coconut Kale Chips

#snack #paleo #eggfree #nutfree #vegetarian #vegan #appetizer #glutenfree #dairyfree #lowfodmap #anticandida #elimination #autoimmune #ketogenic #nightshade-free

 4 ingredients  1 hour  4 servings

## Directions

1. Preheat oven to 350. Use a sharp knife to cut your kale leaves into large pieces. They shrink up in the oven, so don't cut them too small!
2. Place kale in a large bowl. Drizzle with lemon juice and melted coconut oil. Season with desired amount of sea salt. Use clean hands to massage all ingredients into kale.
3. Line a large baking sheet with parchment paper. Place kale leaves on foil in a single layer. Don't over crowd. You will have to bake in batches for the perfect chips.
4. Cook in oven for 10 - 15 minutes (12 minutes was the perfect number for me). Remove from oven when crisp. Enjoy!

## Ingredients

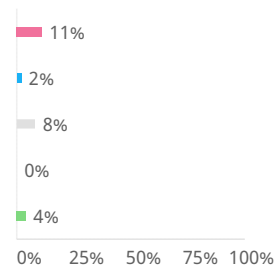
- **4 cups** Kale Leaves
- **2 tbsps** Coconut Oil (melted)
- **1 tsp** Sea Salt
- **1/2** Lemon (juiced)

## 97 Calories

### Per Serving




**Fat** 7g  
**Carbs** 6g  
Fiber 2g  
Sugar 0g  
**Protein** 2g

% Daily Value



# Nut Free Carrot Cake Chia Pudding

#breakfast #snack #vegetarian #vegan #paleo #eggfree #glutenfree #dairyfree #lowfodmap #anticandida #elimination #nightshade-free

 9 ingredients  3 hours  2 servings

## Directions

1. In a medium sized mixing bowl, combine the shredded carrot, cinnamon, cloves, ginger and stevia. Add the almond milk, then whisk in the chia seeds. Let sit for 5 minutes, then stir again to redistribute the chia seeds. Cover the bowl and refrigerate for 3 hours or overnight.
2. Divide into bowls or mason jars and garnish with shredded coconut and sunflower seeds. Enjoy!

## Notes

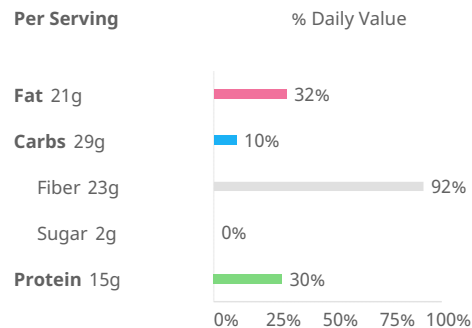
**Storage** Keeps well in the fridge for 3 to 4 days.

**Extra Creamy** Replace half of the almond milk with full-fat canned coconut milk.

## Ingredients




- 1 Carrot (medium, grated)
- 1/2 tsp Cinnamon
- 1/8 tsp Ground Cloves
- 1/4 tsp Ground Ginger
- 1 tsp Stevia Powder (to taste)
- 2 cups Unsweetened Almond Milk
- 1/2 cup Chia Seeds
- 1/4 cup Sunflower Seeds (chopped)
- 2 tbsps Unsweetened Coconut Flakes

## 351 Calories



# Avocado Egg Salad Sandwich Grain Free

#breakfast #lunch #snack #vegetarian #nutfree #glutenfree #dairyfree #nightshade-free

 7 ingredients  15 minutes  4 servings

## Directions

1. Place eggs in a pot of cold water, bring to a boil, then simmer for 5-6 minutes. Run under cold water to cool. Peel the eggs and chop roughly.
2. In a bowl, mash and combine the chop boiled eggs, avocado, baby spinach, dijon mustard, lemon juice, salt and pepper.
3. Spread onto toast and enjoy!

## Notes

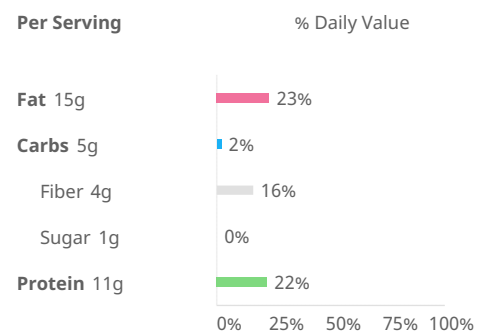
**Less Bread** Make it an open-face sandwich.

**Add a Kick** Add red chili flakes or hot sauce.

## Ingredients




- 6 Egg
- 1 Avocado
- 1 cup Baby Spinach (chopped)
- 1 tbsp Dijon Mustard
- 1/4 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)
- 8 slices Grain-Free Flax Bread

## 195 Calories



# Tropical Ginger Smoothie HF

#breakfast #snack #paleo #vegetarian #vegan #eggfree #nutfree #smoothie #glutenfree #dairyfree #lowfodmap #elimination #autoimmune #nightshade-free

 8 ingredients  10 minutes  1 servings

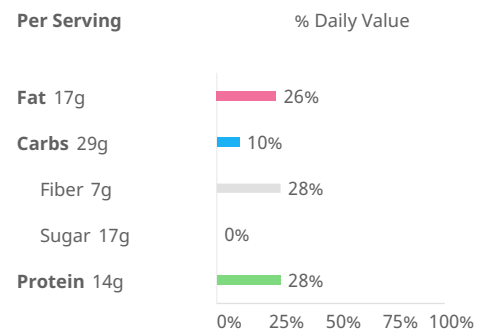
## Directions

1. Throw all ingredients EXCEPT blueberries into the blender. Blend for a minute or until smooth.
2. Pour 3/4 of the mix into a glass (or a mason jar if you are on-the-go), leaving some space at the top.
3. Add blueberries to leftover mix and blend again for about 30 seconds. Spoon the blueberry mix on top of the green mix. Enjoy!

## Ingredients

- **3/4 cup** Pineapple (diced)
- **1 tbsp** Ground Flax Seed
- **1 1/2 tsps** Ginger (peeled and grated)
- **2 cups** Baby Spinach
- **1/2 cup** Water
- **4** Ice Cubes
- **1/4 cup** Blueberries
- **3 tsps** Hemp Seeds




## 296 Calories





# Nutty Chocolate Coconut Fat Bombs

#dessert

 6 ingredients  35 minutes  24 servings

## Directions

1. Combine coconut oil, peanut butter and coconut cream in glass bowl (I use a glass measuring cup with a pour spout to make it easy) and microwave until melted (about 1-1.5 minutes). Add Truvia & cocoa powder and whisk until well combined. Pour mixture into a silicone mold (or an ice cube tray) and sprinkle coconut flakes into each one. Transfer to the freezer and let set for 30 minutes. This makes 24 individual 'bombs'. After 30 minutes pop the fat bombs out of the mold and onto a platter and top with more coconut flakes. Keep frozen until ready to serve and put leftovers right back in the freezer (they melt easily).

## Notes

**Using ice cube trays instead of mold** if you are using an ice cube tray they may stick. Run the bottom of the tray under warm water to help ease them out. I definitely recommend investing in a silicone mold for these. You can find one in any craft store in the cake decorating aisle. Once you make these insanely delicious completely sugar free treats you won't be able to stop!

## Ingredients

- **1/2 cup** Coconut Oil
- **1/3 cup** All Natural Peanut Butter
- **2 tbsps** Coconut Cream
- **1/4 cup** Cocoa Powder
- **1 package** Truvia
- **1 package** Unsweetened Coconut Flakes

## 75 Calories

Per Serving

% Daily Value

Fat 8g

12%

Carbs 1g

0%

Protein 1g

2%

0% 25% 50% 75% 100%