



50 Gut Health Recipes

Emilina Lomas



Low FODMAP

Emilina Lomas

Roasted Delicata Squash with Cranberries & Goat Cheese

4 SERVINGS 45 MINUTES



INGREDIENTS

2 Delicata Squash (small, cut in half lengthwise, seeds removed, cut into wedges)
1 cup Frozen Cranberries (defrosted)
2 tbsps Extra Virgin Olive Oil
2 tbsps Maple Syrup
2 tsps Cinnamon
1/2 tsp Sea Salt
1/2 cup Goat Cheese
1/4 cup Pumpkin Seeds

NUTRITION

AMOUNT PER SERVING

Calories	267	Fiber	5g
Fat	14g	Protein	6g
Carbs	35g		

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 Add the squash to a bowl along with the cranberries, oil, maple syrup, cinnamon, and sea salt.
- 03 Add the squash to the baking sheet and spread out into an even layer. Bake for 25 to 30 minutes or until the squash is fork tender. Remove from the oven and transfer to a serving bowl.
- 04 Top with goat cheese and pumpkin seeds. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately one cup.

MAKE IT VEGAN

Omit the cheese entirely or use a dairy-free alternative.

ADDITIONAL TOPPINGS

Fresh herbs like parsley, rosemary, or sage.

NO FROZEN CRANBERRIES

Use fresh instead.

One Pot Smoky Chicken & Rice

4 SERVINGS 30 MINUTES



INGREDIENTS

1 1/2 lbs Chicken Thighs (boneless, skinless)
2 tsps Smoked Paprika (divided)
1 tsp Chili Powder (divided)
1/2 tsp Cumin (divided)
Sea Salt & Black Pepper (to taste)
2 tsps Extra Virgin Olive Oil
1 cup Brown Rice (long grain, dry)
2 cups Chicken Broth

NUTRITION

AMOUNT PER SERVING

Calories	409	Fiber	2g
Fat	11g	Protein	38g
Carbs	37g		

DIRECTIONS

- 01 Place the chicken in a large bowl and season with half of the smoked paprika, half of the chili powder, half of the cumin, and salt and pepper. Mix well to combine.
- 02 Heat the oil in a large skillet over medium heat. Once hot, place the chicken in the skillet and cook for three to four minutes per side, until just browned. Remove the chicken and set aside.
- 03 Add the rice, broth, and remaining spices. Stir to combine and lower the temperature to low. Place the chicken on top of the rice and cover with a lid. Cook for 18 to 22 minutes, until the rice has absorbed most of the liquid and is cooked through.
- 04 Divide the rice and chicken evenly between plates. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately one cup of chicken with 1/2 cup of rice.

ADDITIONAL TOPPINGS

Serve with fresh cilantro or parsley on top, yogurt on the side or with fresh lemon wedges.

Creamy Dill Salad with Chicken

4 SERVINGS 30 MINUTES



INGREDIENTS

1 lb Chicken Breast
Sea Salt & Black Pepper (to taste)
2 tbsps Extra Virgin Olive Oil
1 tbsp Apple Cider Vinegar
2 tbsps Water
2/3 cup Fresh Dill (chopped, divided)
1 cup Walnuts (divided)
2 heads Romaine Hearts (chopped)
1 cup Black Olives

NUTRITION

AMOUNT PER SERVING

Calories	434	Fiber	3g
Fat	33g	Protein	31g
Carbs	7g		

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). Place the chicken breasts on a baking sheet and season with salt and pepper. Bake in the oven for 30 minutes.
- 02 While the chicken is cooking, make your salad dressing by combining the oil, apple cider vinegar, water, 1/4 of the dill, and 1/4 of the walnuts in a blender. Blend until smooth and creamy. Add more water if necessary until desired consistency is achieved. Season with salt if needed. Set aside.
- 03 In a large bowl, combine the romaine, remaining dill, remaining walnuts, and black olives. Add the dressing and mix well until everything is coated.
- 04 Divide the salad evenly between bowls and top with chicken breasts. Serve and enjoy!

NOTES

LEFTOVERS

Best if enjoyed immediately. Refrigerate the salad ingredients and dressing separately for up to five days. Refrigerate the chicken for up to three days.

SERVING SIZE

One serving is equal to approximately two cups of salad with chicken.

MAKE IT VEGAN

Use tofu or tempeh in place of the chicken.

MORE FLAVOR

Add garlic and honey to the dressing.

ADDITIONAL TOPPINGS

Add more vegetables like red peppers, red onion, cucumbers, tomatoes, roasted cauliflower and/or broccoli, or parsley.

Carrot & Parsley Omelette

1 SERVING 10 MINUTES



INGREDIENTS

1 tsp Butter
2 Egg
1 cup Grated Carrot
2 tbsps Parsley (finely chopped)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	225	Fiber	3g
Fat	14g	Protein	14g
Carbs	12g		

DIRECTIONS

- 01 Heat the butter in a non-stick pan over medium heat.
- 02 Whisk the eggs, carrot, and parsley in a small bowl and season with salt and pepper.
- 03 Add the egg mixture to the pan. Cook for about five minutes or until almost set. Flip the omelette and cook for another two to three minutes.
- 04 Remove from heat and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is equal to one two-egg omelette.

MORE FLAVOR

Add cheese, spinach, and chili flakes.

Meatballs & Carrot Mash

2 SERVINGS 40 MINUTES



INGREDIENTS

7 1/2 ozs Extra Lean Ground Beef
Sea Salt & Black Pepper (to taste)
4 Carrot (medium, peeled, diced)
1 1/2 tsps Butter
2 tbsps Mint Leaves
1/2 Lime (cut into wedges)

NUTRITION

AMOUNT PER SERVING

Calories	266	Fiber	4g
Fat	14g	Protein	23g
Carbs	13g		

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 Mix the ground beef, salt, and pepper together in a large bowl. Roll the beef into roughly one-inch balls and place them on the baking sheet. Bake in the oven for 20 to 25 minutes or until cooked through.
- 03 Meanwhile, add the carrots to a pot and cover with water. Bring to a boil and cook for ten minutes or until the carrots are fork tender. Drain the water, add butter to the carrots, and mash everything together.
- 04 Divide the carrot mash and meatballs between serving plates. Top with mint leaves, and lime juice. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately two cups.

MORE FLAVOR

Add garlic, onion, smoked paprika, and/or cinnamon to the meatballs.

ADDITIONAL TOPPINGS

Add parmesan cheese or your favorite dressing.

NO MINT

Use parsley or cilantro instead.

Rutabaga & Carrot Mash

4 SERVINGS 20 MINUTES



INGREDIENTS

4 cups Rutabaga (cubed)
4 Carrot (medium, chopped)
1/4 cup Canned Coconut Milk
1/2 tsp Sea Salt
3 tbsps Fresh Dill (optional)

NUTRITION

AMOUNT PER SERVING

Calories	104	Fiber	5g
Fat	3g	Protein	2g
Carbs	18g		

DIRECTIONS

- 01 Bring a pot of shallow water to a boil. Add the rutabaga and carrots to a steaming basket over the boiling water. Cover with a lid. Steam for 15 minutes or until fork-tender.
- 02 Add the rutabaga and carrots to a bowl. Add the coconut milk and salt and mash with a potato masher. For a smoother consistency, add to a blender and blend until desired texture.
- 03 Garnish with dill, serve, 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 equal to approximately 3/4 cup.

MORE FLAVOR

Add butter, garlic powder, sautéed sliced garlic, and/or caramelized onions.

ADDITIONAL TOPPING

Sage and/or parsley.

Creamy Chicken & Oyster Mushrooms

4 SERVINGS 45 MINUTES



INGREDIENTS

1 tbsp Extra Virgin Olive Oil
1 1/2 lbs Chicken Thighs
3 cups Oyster Mushrooms (chopped)
1 tbsp Oregano (dried)
1 1/4 cups Chicken Broth
1 1/4 cups Canned Coconut Milk
3 ozs Brie Cheese (sliced)
4 cups Baby Kale

NUTRITION

AMOUNT PER SERVING

Calories	487	Fiber	3g
Fat	30g	Protein	43g
Carbs	10g		

DIRECTIONS

- 01 Preheat the oven to 375°F (190°C).
- 02 Heat the oil in a large oven proof skillet over medium-high heat. Once hot, add the chicken and sear both sides until golden brown, about three minutes per side. Remove chicken from the pan.
- 03 In the same pan, add the mushrooms. Cook undisturbed for three minutes or until golden brown. Add the oregano and cook for two more minutes.
- 04 Add the broth and scrape the bottom of the pan. Cook for three minutes, until slightly reduced, then pour in the coconut milk and stir in the brie cheese.
- 05 Add the chicken and kale to the sauce and stir. Bake in the oven for 20 minutes or until the chicken is cooked through.
- 06 Divide evenly between plates and enjoy!

NOTES

LEFTOVERS

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

MORE FLAVOR

Add garlic, bacon, salt, and/or pepper. Use blue cheese instead of brie or use spinach instead of kale.

ADDITIONAL TOPPINGS

Parsley, chives and/or basil. Serve over rice, quinoa, or cauliflower rice.

NO CHICKEN THIGHS

Use chicken breast or fish instead. Adjust cook time as needed.

Grilled Eggplant with Spiced Walnuts & Yogurt

4 SERVINGS 25 MINUTES



INGREDIENTS

4 Eggplant (small, cut in half lengthwise)
2 tbsps Avocado Oil (divided)
1 tbsp Cumin (divided)
Sea Salt & Black Pepper (to taste)
1 cup Walnuts (chopped)
2 tbsps Coconut Aminos
1 cup Unsweetened Coconut Yogurt
1/4 cup Cilantro (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	436	Fiber	19g
Fat	30g	Protein	10g
Carbs	42g		

DIRECTIONS

- 01 Score the flesh of the eggplant and brush with half of the oil. Season with half of the cumin, salt, and pepper.
- 02 Heat the grill or a grill-pan to medium high heat. Once hot, place the eggplant on the grill, flesh side down. Grill for five minutes on each side, until golden brown and soft to touch. Set aside.
- 03 In a small frying pan, on medium low heat, toast the walnuts with the remaining oil, coconut aminos, and the remaining cumin for about three minutes. Remove from heat and set aside.
- 04 To assemble, top the eggplant with equal parts of yogurt, walnuts, and cilantro. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is two small eggplant halves.

MORE FLAVOR

Use za'atar seasoning instead of cumin. Add chopped parsley and shallots to the walnut mixture.

ADDITIONAL TOPPINGS

Parsley, chives, basil, and/or sesame seeds.

NO COCONUT YOGURT

Use any other type of yogurt instead.

Salmon with Celery Root & Pickle Salad

2 SERVINGS 20 MINUTES



INGREDIENTS

12 ozs Salmon Fillet
Sea Salt & Black Pepper (to taste)
2 tbsps Unsweetened Coconut Yogurt
1 tbsp Pickle (finely diced)
1 tbsp Capers (drained, chopped)
2 tbsps Lemon Juice
1/4 cup Parsley (finely chopped)
2 cups Celery Root (matchsticks or coarsely grated)

NUTRITION

AMOUNT PER SERVING

Calories	321	Fiber	3g
Fat	12g	Protein	37g
Carbs	17g		

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 Season the salmon with salt and pepper and place it on the baking sheet. Bake for 10 minutes, or until cooked through.
- 03 Meanwhile, in a bowl, combine the coconut yogurt, pickles, capers, lemon juice, and parsley. Mix the celery root into the dressing until combined.
- 04 Divide the fillets and the salad evenly between plates. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately one cup of salad with salmon.

Blackened Shrimp & Collard Green Slaw

2 SERVINGS 20 MINUTES



INGREDIENTS

3 cups Collard Greens (stems removed, shredded)

3 tbsps Extra Virgin Olive Oil (divided)

1 Lime (juiced, divided)

Sea Salt & Black Pepper (to taste)

10 ozs Shrimp (peeled, deveined, tails removed)

1 1/3 tbsps Cajun Seasoning

1 tbsp Cilantro (finely chopped)

NUTRITION

AMOUNT PER SERVING

Calories	322	Fiber	2g
Fat	21g	Protein	30g
Carbs	5g		

DIRECTIONS

- 01 Add the collard greens, 1/3 of the oil, and lime juice to a large bowl. Massage the collard greens until they become tender and soft. Season with salt, and pepper and set aside.
- 02 Add the shrimp and cajun seasoning to a bowl and mix well, ensuring that each shrimp is coated.
- 03 Heat the remaining oil in a skillet over medium heat. Add the shrimp and cook for three to four minutes per side or until they are pink and opaque.
- 04 Remove from the heat and pour the remaining lime juice on top. Top with cilantro and divide the shrimp and collard green slaw evenly between plates. Enjoy!

NOTES

LEFTOVERS

Refrigerate the shrimp separate from the greens in an airtight container for up to three days. Refrigerate the collard green slaw in an airtight container for up to four days.

SERVING SIZE

One serving is equal to approximately 1 1/2 cups of collard green slaw plus shrimp.

MORE FLAVOR

Mix in sliced onions, shredded carrots, and/or shredded cabbage to the collard green slaw.

NO LIME

Use lemon instead.



Breakfast

Emilina Lomas

Paleo Sweet Potato Porridge

2 SERVINGS 20 MINUTES



INGREDIENTS

1 Sweet Potato
1/2 cup Canned Coconut Milk
1/2 cup Water
1 cup Raspberries
1 tbsp Coconut Oil
1/2 tsp Cinnamon
1 tbsp Unsweetened Coconut Flakes

NUTRITION

AMOUNT PER SERVING

Calories	273	Fiber	7g
Fat	19g	Protein	3g
Carbs	23g		

DIRECTIONS

- 01 Peel and shred the sweet potato using a hand grater or the shredding attachment on your food processor.
- 02 Place shredded sweet potato in a medium sized saucepan, add the coconut milk and water.
- 03 Cover and cook the sweet potato in the liquid over medium-high heat for about 15 minutes, stirring every couple minutes to prevent the bottom from burning. It will seem dry at first, but as it steams, the sweet potato will soften and release liquid. After about 15 minutes, your sweet potato should be a very soft, porridge-like texture.
- 04 Divide the sweet potato porridge between bowls and top with berries, coconut oil, cinnamon, and shredded coconut. Enjoy!

NOTES

OTHER TOPPINGS

Dried fruit, nut butter, chia seeds, hemp seeds or fresh fruit.

LEFTOVERS

Store in an airtight container in the fridge up to 3 to 4 days.

Tuna Salad Stuffed Avocado with Hot Sauce

4 SERVINGS 20 MINUTES



INGREDIENTS

2 Avocado
2 cans Tuna (drained and flaked)
2 stalks Celery (finely diced)
1 cup Baby Spinach (finely chopped)
1 Garlic (clove, minced)
2 tbsps Dijon Mustard
1 1/2 tsps Extra Virgin Olive Oil
1/2 Lemon (juiced)
Sea Salt & Black Pepper (to taste)
1 tsp Tabasco Sauce

NUTRITION

AMOUNT PER SERVING

Calories	261	Fiber	7g
Fat	17g	Protein	18g
Carbs	10g		

DIRECTIONS

- 01 Cut your avocados in half and discard the pits. Scoop about 3/4 of the avocado flesh out of each avocado half so that just a bit of avocado remains in the shell. Place the avocado flesh you carved out in a large mixing bowl and mash with a fork.
- 02 Add tuna, celery, baby spinach, minced garlic, mustard, extra virgin olive oil and lemon juice. Season with sea salt and pepper to taste and mix well.
- 03 Use a spoon to pack the tuna salad back into the avocado halves. Drizzle with desired amount of tabasco. Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately. To prep ahead, make the salad ahead of time and slice the avocado just before enjoying.

CANNED TUNA

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

ADDITIONAL TOPPINGS

Sunflower seeds.

NO AVOCADO

Use halved bell peppers or carved out tomatoes instead. Roast them first for some extra yum.

NO FISH

Use a can of white beans instead.

Korean-Style Rolled Omelette

2 SERVINGS 10 MINUTES



INGREDIENTS

6 Egg
Sea Salt & Black Pepper (to taste)
2 stalks Green Onion (sliced)
1/2 Carrot (finely chopped)
1 1/2 tsps Avocado Oil

NUTRITION

AMOUNT PER SERVING

Calories	255	Fiber	1g
Fat	18g	Protein	19g
Carbs	3g		

DIRECTIONS

- 01 In a small bowl, whisk the eggs with salt and pepper. Add the green onion and carrot and stir to combine.
- 02 Heat a medium sized skillet over medium heat and add the oil. Once warm, add about half of the egg mixture (just enough for a thin layer) and swirl to cover the base of the skillet. Let it cook until the top is almost just set, but still a little wet. Reduce the heat to low.
- 03 Use a spatula to lift one end of the egg and fold it over until about halfway through the omelette. Increase the heat to medium, and carefully pull the omelette back to the halfway point of your pan. Pour more of the egg mixture to cover the open spot where you just pulled the omelette from (do not pour the egg mixture on the part of the pan beyond the rolled part). Reduce the heat to low and cook for one to two minutes more.
- 04 Repeat the same process, folding the omelette over again and pour more of the egg mixture until the egg mixture is finished. Once it is fully rolled, let it sit on low heat for three to four minutes to finish cooking through. Remove from the skillet and let cool slightly before slicing. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is equal to about six small pieces of sliced omelette.

ADDITIONAL TOPPINGS

Add chopped cooked ham to the omelette.

Blueberry Almond Pancakes

2 SERVINGS 15 MINUTES



INGREDIENTS

1 Egg
1/4 cup Almond Butter
2 tbsps Unsweetened Almond Milk
1 1/2 tps Maple Syrup
1/2 tsp Baking Powder
1/2 tsp Coconut Oil (for the pan)
1/4 cup Blueberries (fresh or frozen)

NUTRITION

AMOUNT PER SERVING

Calories	264	Fiber	4g
Fat	21g	Protein	10g
Carbs	12g		

DIRECTIONS

- 01 In a mixing bowl, whisk the egg, almond butter, and almond milk together until smooth. Stir in the baking powder and maple syrup.
- 02 Heat a pan over medium heat. When the pan is hot add the oil. Spoon the batter into the pan in scant 1/4 cup portions to form small pancakes. Divide the blueberries between pancakes and cook for about three to five minutes per side or until golden brown and cooked through. Repeat with any remaining batter, adding more oil to the pan as needed.
- 03 Divide pancakes between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to two pancakes.

MORE FLAVOR

Add vanilla extract or more maple syrup to taste.

ADDITIONAL TOPPINGS

Maple syrup, honey, jam, butter, or fresh fruit.

NO COCONUT OIL

Use another oil for frying, like avocado oil.

NO MAPLE SYRUP

Omit or use another sweetener instead.

Avocado Toast with Tofu Scramble

1 SERVING 15 MINUTES



INGREDIENTS

6 ozs Silken Tofu (drained)
1 1/2 tsps Nutritional Yeast
1/2 tsp Garlic Powder
1/4 tsp Paprika
1/8 tsp Sea Salt
1 3/4 ozs Sourdough Bread (toasted)
1/2 Avocado (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	402	Fiber	9g
Fat	19g	Protein	18g
Carbs	40g		

DIRECTIONS

- 01 In a pan over medium heat, add the tofu, nutritional yeast, garlic powder, paprika, and salt. Use the spatula to stir and gently break up the tofu. Cook until the edges are firm and liquid is gone, about 15 minutes.
- 02 Top the sourdough with avocado and the scrambled tofu. Add more salt if desired. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add black pepper, turmeric, and black salt.

ADDITIONAL TOPPINGS

Serve it with salsa or fresh fruit.

SOURDOUGH BREAD

One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.

Mediterranean Breakfast Bowl

1 SERVING 20 MINUTES



INGREDIENTS

1 Egg
2 tsps Extra Virgin Olive Oil (divided)
1 cup Mushrooms (sliced)
1/2 cup Cherry Tomatoes
2 cups Baby Spinach
1 Garlic (clove, minced)
Sea Salt & Black Pepper (to taste)
1/4 cup Hummus
1/4 cup Pitted Kalamata Olives
1/4 tsp Ground Sumac
1/4 tsp Chili Flakes

NUTRITION

AMOUNT PER SERVING

Calories	390	Fiber	7g
Fat	29g	Protein	17g
Carbs	21g		

DIRECTIONS

- 01 Bring a medium-sized pot of water to boil and add the egg. Boil for seven to eight minutes then immediately remove and place in icy water.
- 02 Meanwhile, heat half of the olive oil in a frying pan. Add the mushrooms and cook for five to six minutes or until browned.
- 03 Add the tomatoes, spinach, garlic, salt and pepper. Cook until the spinach has wilted, about two to three minutes.
- 04 Add the cooked vegetables, hummus, and olives to a bowl. Peel the egg, slice it in half and add it to the bowl. Drizzle the rest of the oil on top of the hummus. Sprinkle the sumac and chili flakes all over. Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately.

COOKED EGG

If you don't like jammy eggs, boil them longer or make them the way you like them (scrambled, fried, poached).

MORE PROTEIN

Add another egg.

Savory Oatmeal with Mushrooms, Spinach & Eggs

1 SERVING 20 MINUTES



INGREDIENTS

1 Egg
1 tsp Extra Virgin Olive Oil
3 Cremini Mushrooms (sliced)
1 cup Baby Spinach
Sea Salt & Black Pepper (to taste)
1/2 cup Oats (rolled)
1 cup Water
1 tsp Tamari

NUTRITION

AMOUNT PER SERVING

Calories	287	Fiber	5g
Fat	12g	Protein	15g
Carbs	31g		

DIRECTIONS

- 01 Bring a pot of water to a boil. Once boiling, reduce the heat slightly and add the egg(s). Cook for 6 1/2 minutes for soft-boiled egg(s). Once the egg(s) are done, add to a bowl of ice water and set aside. Discard the water from the pot.
- 02 Meanwhile, heat the oil in a skillet over medium heat. Add the mushrooms and cook until softened, about five minutes. Add the spinach and cook until just wilted. Season with salt and pepper and set aside.
- 03 Using the same pot used to cook the egg, combine the oats and water. Bring to a gentle boil over medium heat and cook for seven to eight minutes. Stir frequently. Once cooked through, add the tamari and stir.
- 04 Peel the egg(s) and slice in half.
- 05 Add the oats to a bowl and top with the mushrooms, spinach, and egg(s). Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately after making.

SERVING SIZE

One serving is about one cup.

ADDITIONAL TOPPINGS

Avocado, sesame seeds, and/or green onion.

MAKE IT VEGAN

Omit the egg. Use crumbled tofu or tempeh instead. Add different mushroom varieties.

Green Pancakes

2 SERVINGS 20 MINUTES



INGREDIENTS

1 cup Oats
1 cup Baby Spinach (packed)
1/2 cup Oat Milk (unsweetened, plain)
3/4 cup Unsweetened Applesauce
1 Egg (large)
1 tsp Baking Powder
1 tbsp Extra Virgin Olive Oil

NUTRITION

AMOUNT PER SERVING

Calories	322	Fiber	6g
Fat	13g	Protein	10g
Carbs	43g		

DIRECTIONS

- 01 Add the oats to a blender and blend into a flour consistency, about 30 seconds. Add the baby spinach, milk, applesauce, egg, and baking powder. Blend until smooth, scraping down the sides as needed.
- 02 Heat the oil in a nonstick pan over medium heat. Pour 1/4 cup of the batter at a time and cook for two to three minutes per side, or until cooked through. Transfer to a plate. Repeat until all the batter is used.
- 03 Divide the pancakes onto plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days, or freeze for up to two months.

SERVING SIZE

One serving equals three to four 4-inch pancakes.

MORE FLAVOR

Add cinnamon, vanilla extract, salt, chia seeds, flax seeds, or hemp hearts.

ADDITIONAL TOPPINGS

Top with maple syrup, honey, cottage cheese, nut or seed butter.

MAKE IT VEGAN

Use a flax egg instead.

NO APPLESAUCE

Use banana instead.

NO OAT MILK

Use dairy or any alternative milk.

BATTER CONSISTENCY

Add more milk if the batter is too thick, and more oats if the batter is too thin.

Banana & Zucchini Protein Baked Oatmeal

4 SERVINGS 1 HOUR 10 MINUTES



INGREDIENTS

- 1 Zucchini (medium, shredded)
- 2 cups Oats (rolled)
- 1 cup Vanilla Protein Powder
- 2 Egg
- 1 cup Canned Coconut Milk
- 2 tbsps Maple Syrup
- 1 1/2 tpsps Baking Powder
- 1/2 tsp Sea Salt
- 4 Banana (medium, ripe, divided)

NUTRITION

AMOUNT PER SERVING

Calories	521	Fiber	8g
Fat	17g	Protein	30g
Carbs	66g		

DIRECTIONS

- 01 Preheat the oven to 350°F (175°C). Line a baking dish with parchment paper and set aside.
- 02 Wrap the shredded zucchini in paper towel or a clean cloth and squeeze until all of the excess liquid comes out.
- 03 Add the oats, protein powder, eggs, milk, maple syrup, baking powder, salt, and half of the bananas to a blender. Blend until a smooth consistency is achieved. Stir in the shredded zucchini and scoop out the batter into the baking dish. Slice the remaining bananas and place the pieces on top of the batter.
- 04 Bake for 60 minutes or until golden-brown. Remove from the oven and allow it to cool for 15 minutes before slicing. Enjoy!

NOTES

LEFTOVERS

Refrigerate for up to five days or freeze for up to three months. Freeze in individual portions for an easy grab and go option.

SERVING SIZE

One serving is equal to approximately one cup. An 8 x 8-inch dish was used to make four servings.

MAKE IT VEGAN

Use flax eggs instead of eggs.

MORE FLAVOR

Add cinnamon or chocolate chips.

PROTEIN POWDER

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

Banana & Blueberry Quinoa Porridge

3 SERVINGS 25 MINUTES



INGREDIENTS

1/2 cup Quinoa (tricolor, rinsed and drained)
1 1/2 cups Soy Milk (divided)
1/2 cup Water
1/4 tsp Cinnamon
1/8 tsp Sea Salt
1 Banana (small, mashed)
1 1/2 cups Blueberries
1/4 cup Hemp Seeds

NUTRITION

AMOUNT PER SERVING

Calories	308	Fiber	6g
Fat	10g	Protein	12g
Carbs	45g		

DIRECTIONS

- 01 Add the quinoa, 2/3 of the milk, water, cinnamon, and salt to a pot. Bring to a boil.
- 02 Reduce heat to low and simmer covered until the liquid has been absorbed and the quinoa is tender but still chewy, about 15 minutes.
- 03 Remove from the heat and let stand for five minutes. Fluff with a fork and fold in the mashed bananas.
- 04 Divide evenly between bowls and serve topped with the blueberries, hemp seeds, and remaining milk. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately 3/4 cup.

MEAL PREP

The quinoa can be prepared ahead of time and kept stored in the refrigerator. Reheat on the stove or in the microwave when ready to serve.

MORE FLAVOR

Use your choice of milk.

ADDITIONAL TOPPING

Use strawberries, raspberries, and/or blackberries instead. Use pumpkin seeds, sunflower seeds, and/or chia seeds instead.



Lunch & Dinner

Emilina Lomas

Pork & Cabbage Soup

4 SERVINGS 45 MINUTES



INGREDIENTS

1 lb Lean Ground Pork
1 tbsp Coconut Oil
1 Yellow Onion (chopped)
2 Garlic (clove, minced)
1/2 tsp Ground Ginger
1 Carrot (large, cut into matchsticks)
3 cups Green Cabbage (sliced thin)
6 cups Chicken Broth
1 tbsp Coconut Aminos
2 stalks Green Onion (chopped, plus more for garnish)

NUTRITION

AMOUNT PER SERVING

Calories	342	Fiber	3g
Fat	22g	Protein	24g
Carbs	12g		

DIRECTIONS

- 01 Heat a large pot over medium heat. Add the pork to the pan, breaking it up as it cooks. Once it is cooked through transfer it to a plate and set aside. Drain any excess drippings from the pan.
- 02 Add the coconut oil to the same pot. Add the onions and cook for about five minutes or until the onions begin to soften. Add the garlic and ginger. Continue to cook for another minute.
- 03 Add the browned pork back to the pot and then add the carrots and cabbage and stir to combine. Add the chicken broth and bring the soup to a gentle boil. Continue to cook for 15 to 20 minutes or until the carrots and cabbage are tender.
- 04 Stir in the coconut aminos and green onion. Season the soup with additional salt if needed. Divide between bowls and garnish with additional green onion (if desired). Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately equal to two cups of soup.

MORE FLAVOR

Use fresh ginger instead or use sesame oil instead of coconut oil.

ADDITIONAL TOPPINGS

Bean sprouts, cilantro, and/or sriracha.

MORE VEGGIES

Add mushrooms, celery, and/or kale.

NO PORK

Use ground chicken or turkey instead.

Turmeric & Ginger Butternut Squash Stew

4 SERVINGS 30 MINUTES



INGREDIENTS

1 1/2 tsps Coconut Oil
3 Garlic (cloves, minced)
1 tbsp Ginger (freshly grated)
1 Yellow Onion (chopped)
5 cups Butternut Squash (peeled, chopped into 1/2-inch pieces)
1 tsp Turmeric (dried)
Sea Salt & Black Pepper (to taste)
1 3/4 cups Canned Coconut Milk
4 cups Vegetable Broth, Low Sodium
1 cup Dry Green Lentils (rinsed)
3 cups Baby Spinach

NUTRITION

AMOUNT PER SERVING

Calories	481	Fiber	10g
Fat	21g	Protein	16g
Carbs	61g		

DIRECTIONS

- 01 In a large dutch oven, over medium-low heat, melt the coconut oil. Then add the garlic, ginger, and onion. Sauté for three to five minutes, stirring often, until softened and fragrant.
- 02 Add in the squash and turmeric and season with salt and pepper. Cook for one minute, stirring often. Pour in the coconut milk, broth, and lentils and stir. Bring to a boil over medium-high heat and then reduce the heat, cover and simmer for 20 minutes, until lentils and squash are cooked through.
- 03 Transfer about half of the soup to a blender and carefully purée until smooth. Pour back into the pot and stir in the spinach. Cook until the spinach is wilted. Divide into bowls, serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is equal to approximately two cups of stew.

ADDITIONAL TOPPINGS

Top with chili flakes.

Sweet Potato Shepherd's Pie

4 SERVINGS 35 MINUTES



INGREDIENTS

2 Sweet Potato (medium, peeled and roughly chopped)
1 tbsp Extra Virgin Olive Oil (divided)
1 tsp Sea Salt (divided)
1 lb Extra Lean Ground Beef
1 Yellow Onion (medium, finely chopped)
1 Carrot (medium, finely chopped)
1 tsp Italian Seasoning
1 tsp Garlic Powder

NUTRITION

AMOUNT PER SERVING

Calories	305	Fiber	3g
Fat	15g	Protein	24g
Carbs	18g		

DIRECTIONS

- 01 Place the sweet potatoes in a medium pot with just enough water to cover. Bring to a boil and cook until fork-tender, about 10 minutes. Drain the potatoes then mash with the oil and half of the salt. Set aside.
- 02 Meanwhile, add the beef, onion, carrot, Italian seasoning, garlic powder, and remaining salt to a skillet over medium-high heat. Cook for six to eight minutes until the beef is fully browned and the vegetables have softened. Drain any excess liquid.
- 03 Set oven broiler to high or 550°F (290°C).
- 04 Spread the beef filling in a baking dish. Spoon the mashed potatoes on top and smooth them into an even layer. Brush with the remaining oil and broil for 10 to 15 minutes until browned. Divide onto plates and enjoy!

NOTES

LEFTOVERS

Store in the refrigerator for up to three days or freeze for up to two months.

BAKING DISH

An 8 x 8-inch baking dish was used to create four servings.

NO GROUND BEEF

Use lean ground turkey, chicken, lamb, or pork.

MORE FLAVOR

Add other spices or top with fresh herbs. Add chopped mushrooms or cauliflower to the beef filling.

SAVE TIME

Use frozen pre-chopped vegetables.

SERVE IT WITH

Green salad or roasted vegetables.

Chickpea Pasta with Veggie Sauce

6 SERVINGS 20 MINUTES



INGREDIENTS

6 ozs Chickpea Pasta (dry)
2 tbsps Extra Virgin Olive Oil
1 Yellow Onion (medium, diced)
2 Carrot (large, diced)
1 Zucchini (small, chopped)
5 Cremini Mushrooms (chopped)
1 tbsp Oregano
Sea Salt & Black Pepper
2 cups Crushed Tomatoes
2 cups Vegetable Broth, Low Sodium

NUTRITION

AMOUNT PER SERVING

Calories	189	Fiber	7g
Fat	7g	Protein	10g
Carbs	28g		

DIRECTIONS

- 01 Cook the pasta according to the package directions. Drain and set aside.
- 02 Meanwhile, heat the oil in a pan over medium-high heat. Add the onions, carrot, zucchini, mushrooms, oregano, salt and pepper. Cook until fork tender, about 15 minutes.
- 03 Transfer the veggies to a blender, along with the crushed tomatoes and broth. Blend until smooth.
- 04 Divide the pasta and sauce evenly between plates. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days, or freeze if longer.

SERVING SIZE

One serving equals approximately 1 1/2 cup.

MORE FLAVOR

Add garlic, more fresh or dried herbs, or cheese.

ADDITIONAL TOPPINGS

Add bell peppers.

NO CHICKPEA PASTA

Use pasta of choice.

Curried Salmon Steak & Kale Salad

4 SERVINGS 20 MINUTES



INGREDIENTS

1 1/3 tbsps Extra Virgin Olive Oil (divided)
1/4 tsp Sea Salt
1/2 tsp Curry Powder
1 lb Salmon Steak
8 cups Kale Leaves (chopped)
2 tsps Lemon Juice
1 Carrot (grated)
1/3 cup Radishes (sliced)
2 tbsps Nutritional Yeast
1/4 cup Dried Unsweetened Cranberries

NUTRITION

AMOUNT PER SERVING

Calories	264	Fiber	4g
Fat	12g	Protein	26g
Carbs	11g		

DIRECTIONS

- 01 Whisk together half of the oil, the salt, and the curry powder to make a marinade. Rub all over the salmon.
- 02 Heat a cast-iron pan over medium heat and sear the salmon, cooking it for about four to five minutes on each side. The time will depend on the thickness of the salmon steak.
- 03 Meanwhile, add the kale, lemon juice, and remaining oil to a large bowl. Massage the kale to soften it for about a minute. Add the carrot, radishes, nutritional yeast, and cranberries and toss.
- 04 Serve the salmon with the kale salad and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is roughly two cups of salad.

MORE FLAVOR

Add chopped mint or cilantro to the salad. Add minced garlic and/or ginger to the salmon marinade.

Tuna, Chickpea & Avocado Salad

2 SERVINGS 15 MINUTES



INGREDIENTS

1 can Tuna (drained, flaked with a fork)
1 cup Chickpeas (cooked, drained)
1/2 Cucumber (medium, chopped)
1 cup Cherry Tomatoes (halved)
1/2 Avocado (cubed)
1/4 cup Red Onion (sliced)
1/4 cup Italian Dressing
2 tbsps Parsley (fresh, chopped)

NUTRITION

AMOUNT PER SERVING

Calories	333	Fiber	12g
Fat	11g	Protein	26g
Carbs	37g		

DIRECTIONS

01 Divide the tuna, chickpeas, cucumber, tomatoes, avocado, and onion evenly between bowls. Top evenly with the dressing and parsley. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

NO ITALIAN DRESSING

Use olive oil and lemon juice instead.

NO TUNA

Use other canned fish like salmon or mackerel.

CANNED TUNA

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

Mashed Celery Root

3 SERVINGS 20 MINUTES



INGREDIENTS

2 1/2 cups Celery Root (peeled, cubed)
2 tsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1 tbsp Parsley (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	82	Fiber	2g
Fat	3g	Protein	2g
Carbs	12g		

DIRECTIONS

- 01 Boil the celery root in a large pot of water for 15 minutes or until tender.
- 02 Mash the celery root. Add the oil, salt, and pepper to taste. Garnish with the parsley and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 2/3 of a cup.

MORE FLAVOR

Add minced garlic and/or grated parmesan cheese.

OIL-FREE

Use broth instead of oil to create a smooth mash.

Spicy Persian Tamarind & Cilantro Mackerel

2 SERVINGS 40 MINUTES



INGREDIENTS

1 tsp Extra Virgin Olive Oil
1/3 Yellow Onion (medium, finely chopped)
4 Garlic (clove, finely chopped)
1/3 cup Cilantro (finely chopped, plus extra for optional garnish)
1/4 cup Tamarind Paste
2/3 cup Water (boiled)
2 tsps Chili Flakes
12 2/3 ozs King Mackerel Steak
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	256	Fiber	1g
Fat	6g	Protein	37g
Carbs	12g		

DIRECTIONS

- 01 Heat the oil in a pan over medium heat. Add the onion and cook for five to six minutes or until soft and translucent. Add the garlic and cilantro, and cook for another 10 minutes. Stir occasionally.
- 02 In a small bowl mix together the tamarind paste and water. Add the mixture to the pan along with chili flakes. Cover the pan with a lid, turn the heat down to simmer, and let simmer for about 20 minutes.
- 03 Season the fish with salt and pepper. Add the fish to the pan, cover with a lid again and simmer for another 30 minutes, or until the fish is cooked through.
- 04 Adjust the seasoning to your taste. Garnish with cilantro if desired and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately two cups.

MORE FLAVOR

Add turmeric and fenugreek.

SERVE IT WITH

Serve over rice.

LESS SPICY

This dish is meant to be spicy but you can adjust the spicy seasonings to your preference.

Roasted Red Pepper & Tomato Pasta

2 SERVINGS 40 MINUTES



INGREDIENTS

1 Red Bell Pepper (large, chopped)
3 Tomato (medium, whole)
3 Garlic (cloves, large, left in the skin)
1 tbsp Water
Sea Salt & Black Pepper (to taste)
6 ozs Chickpea Pasta
1/2 tsp Red Pepper Flakes
1/4 cup Parsley

NUTRITION

AMOUNT PER SERVING

Calories	336	Fiber	15g
Fat	6g	Protein	24g
Carbs	59g		

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). Prepare a rimmed baking sheet with parchment paper (optional).
- 02 Add the red pepper, tomatoes, and garlic cloves to a baking sheet. Add water and season with salt and pepper. Toss to combine. Bake in the oven for 30 minutes.
- 03 Cook the pasta according to package directions.
- 04 Once the vegetables have finished baking, remove the garlic cloves from their skins and transfer everything to a blender. Add red pepper flakes and blend until smooth and creamy.
- 05 Combine the pasta with the sauce and mix until well coated. Top with parsley, serve, 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 equal to approximately 1 1/2 cups.

ADDITIONAL TOPPINGS

Top with parmesan cheese or nutritional yeast.

Steak & Egg Collard Wraps

1 SERVING 25 MINUTES



INGREDIENTS

1 tsp Extra Virgin Olive Oil
3 ozs Flank Steak
1 cup Collard Greens (whole leaf, stem removed)
2 Egg (whisked)
2 tbsps Canned Coconut Milk
1 tsp Dried Parsley
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	389	Fiber	2g
Fat	27g	Protein	32g
Carbs	4g		

DIRECTIONS

- 01 Heat the oil in a pan over medium heat. Cook the steak for seven minutes on each side, or until desired doneness.
- 02 While the steak is cooking, bring a large shallow pot of water to a boil. Blanche the collard leaves one at a time by placing them in the boiling water for one minute, then transferring to an ice bath. Pat the leaf dry and set aside.
- 03 Remove the steak from the pan and use the same pan to scramble your eggs. Season with salt and pepper to taste. While the eggs are cooking, slice your steak.
- 04 In a small bowl, whisk together the coconut milk, parsley, salt, and pepper.
- 05 Combine the steak slices, scrambled eggs, and sauce together in the middle of your collard leaf. Fold in the sides of the leaf, then roll it all up. Slice the roll in half if desired, and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to one wrap.

MORE FLAVOR

Add garlic powder to the coconut milk sauce.

ADDITIONAL TOPPINGS

Add avocado, red pepper, and/or mushrooms.

Roasted Chickpeas, Cauliflower & Brussels Sprouts

4 SERVINGS 40 MINUTES



INGREDIENTS

- 1 1/2 cups Chickpeas
- 1/2 cup Dried Unsweetened Cranberries
- 2 cups Brussels Sprouts (trimmed and halved)
- 1/2 head Cauliflower (medium, cut into florets)
- 2 Garlic (cloves, minced)
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Lemon Juice
- 1 tbsp Fresh Dill (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	247	Fiber	9g
Fat	9g	Protein	8g
Carbs	36g		

DIRECTIONS

- 01 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 02 In a large bowl, toss all of the ingredients together except for the dill. Spread them out on the baking sheet. Cook for 20 minutes or until nicely browned, tossing halfway through.
- 03 Top the cooked mixture with lemon juice and dill. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately one cup.

ADDITIONAL TOPPINGS

Chopped walnuts and/or sunflower seeds.

Potato Crusted Pork Casserole

8 SERVINGS 1 HOUR 35 MINUTES



INGREDIENTS

2 1/4 lbs Lean Ground Pork
5 Yellow Onion (medium, halved and thinly sliced)
Sea Salt & Black Pepper (to taste)
4 Garlic (cloves, roughly chopped)
1 cup Parsley (finely chopped)
5 Yellow Potato (medium, thinly sliced)
3 cups Beef Broth (plus more if necessary)

NUTRITION

AMOUNT PER SERVING

Calories	412	Fiber	5g
Fat	20g	Protein	27g
Carbs	32g		

DIRECTIONS

- 01 With the rack placed in the middle position, preheat the oven to 400°F (205°C).
- 02 Preheat a large non-stick skillet or pot over medium heat. Add the pork and onions, breaking up the meat as it cooks. Season with salt and pepper. Cook for 10 to 15 minutes or until the meat is cooked through and the onions are tender. Discard the juices, if needed, and mix in the garlic and the parsley. Set aside.
- 03 In a large baking dish, arrange the potatoes in a circle on the bottom of the pan, overlapping them to form a crust and cover the bottom completely. Place the meat and onion mixture on top of the potatoes in an even layer. Cover with the remaining potatoes, forming a crust.
- 04 Gently add the broth. Press lightly to ensure just the tops of the potatoes are covered. If needed, add more broth to achieve this. Place the dish on a baking sheet. Cover with a lid or foil and cook in the oven for 45 minutes.
- 05 Uncover the pan and continue cooking for 30 minutes or until the potatoes are golden.
- 06 Divide between plates and enjoy!

NOTES

LEFTOVERS

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

FREEZER MEAL

Allow the baked dish to cool. Cover in plastic wrap and then tin foil to prevent freezer burn. Freeze for up to one month. Let it thaw in the refrigerator overnight and to room temperature while the oven is preheating. Remove the plastic wrap and the foil. Cook for 45 minutes or until warmed through.

Creamy Tuscan Cod

2 SERVINGS 30 MINUTES



INGREDIENTS

2 tps Extra Virgin Olive Oil
3 Tomato (medium, diced)
1/2 cup Black Olives
2 Cod Fillet
1 cup Canned Coconut Milk
2 cups Kale Leaves (stems removed, chopped)
1 tsp Dried Basil
Sea Salt & Black Pepper (to taste)
1/2 cup Parsley (fresh, chopped)

NUTRITION

AMOUNT PER SERVING

Calories	521	Fiber	4g
Fat	32g	Protein	46g
Carbs	12g		

DIRECTIONS

- 01 Heat the oil in a large pan over medium heat. Add the tomatoes and cook for a couple of minutes. Add the olives, stir, then add the cod fillets.
- 02 Add the coconut milk, kale, basil, salt, and pepper. Allow it to simmer for 20 minutes, then turn off the heat and add the fresh parsley. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add garlic, onion, and sun dried tomatoes.

SERVE IT WITH

Serve over rice, quinoa, or cauliflower rice.

FILLET SIZE

One cod fillet is equal to 231 grams or eight ounces.

Curried Potato & Pea Stew

2 SERVINGS 1 HOUR



INGREDIENTS

6 cups Vegetable Broth (divided)
1 White Onion (small, diced)
3 Garlic (cloves, minced)
1 cup Dried Green Peas
2 cups Mini Potatoes (chopped)
1 tsp Madras Curry Powder
Sea Salt & Black Pepper (to taste)
2 tbsps Cilantro (optional, chopped)

NUTRITION

AMOUNT PER SERVING

Calories	534	Fiber	26g
Fat	4g	Protein	28g
Carbs	99g		

DIRECTIONS

- 01 Add a splash of the vegetable broth to a large pot over medium heat. Add the onion, stir, and cook for a couple of minutes. Then add the garlic and cook for another couple of minutes.
- 02 Add the dried green peas and remaining broth. Bring to a rolling boil for 10 minutes, then reduce the heat to low, cover with a lid, and simmer for 15 minutes.
- 03 Add the potatoes, curry powder, salt, and pepper. Continue to simmer for another 20 minutes, or until it has thickened and most of the liquid has reduced.
- 04 Divide evenly between bowls. Top with cilantro 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 equal to approximately two cups.

ADDITIONAL TOPPINGS

Microgreens and/or hemp seeds.

NO DRIED GREEN PEAS

Use split green or yellow peas instead and reduce cooking time.

Sausage, Broccoli & Cabbage Stir Fry

4 SERVINGS 25 MINUTES



INGREDIENTS

- 10 ozs Chicken Sausage
- 1 Yellow Onion (small, diced)
- 1 Garlic (clove, minced)
- 4 cups Broccoli (chopped into small florets)
- 4 cups Purple Cabbage (finely sliced)
- 2 tsps Italian Seasoning

NUTRITION

AMOUNT PER SERVING

Calories	224	Fiber	5g
Fat	11g	Protein	14g
Carbs	21g		

DIRECTIONS

- 01 Remove casings from the sausage and discard. Heat a large skillet over medium-high heat. Add the sausage meat, onion, and garlic. Saute for about 5 to 10 minutes, or until fragrant.
- 02 Add the broccoli, cabbage and italian seasoning. Cover and cook for 10 to 15 minutes, stirring occasionally, until the vegetables are wilted and the sausage is cooked through. Divide onto plates and enjoy!

NOTES

LEFTOVERS

Keeps well in the fridge up to 3 days.

NO SAUSAGE

Use ground meat instead.

MAKE IT QUICK

Use bagged coleslaw mix to save time on slicing cabbage.

Sausage & Sauerkraut Skillet

4 SERVINGS 40 MINUTES



INGREDIENTS

- 10 ozs Chicken Sausage
- 1 tbsp Coconut Oil
- 1 Yellow Onion (diced)
- 2 Apple (peeled, cored and diced)
- 2 Garlic (cloves, minced)
- 4 cups Swiss Chard (washed, stems removed and chopped)
- 2 cups Sauerkraut (liquid drained off)

NUTRITION

AMOUNT PER SERVING

Calories	265	Fiber	6g
Fat	14g	Protein	12g
Carbs	26g		

DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper. Add sausage and bake for 30 minutes or until cooked through. Remove from oven and cut into 1/4" pieces.
- 02 Heat coconut oil in a frying pan over medium heat. Add yellow onion and apple. Saute just until onion is translucent (about 5 minutes). Add garlic and saute for another minute.
- 03 Add swiss chard and continue to saute just until it is wilted. Reduce heat to low and add in chopped sausage and sauerkraut and saute for another minute or until heated through. Remove from heat and divide into bowls. Enjoy!

NOTES

LEFTOVERS

Store in an airtight container in the fridge up to three days.

VEGAN AND VEGETARIAN

Skip the sausage and use cooked lentils instead.

NO SWISS CHARD

Use kale or spinach instead.

Roasted Brussels Sprouts Caesar Salad

4 SERVINGS 1 HOUR



INGREDIENTS

1 lb Extra Lean Ground Chicken (cooked)
5 cups Brussels Sprouts (halved)
1/2 cup Radishes (sliced)
1/2 cup Pumpkin Seeds
1/3 cup Extra Virgin Olive Oil
1 Garlic (whole head)
1/2 Lemon (juiced)
2 tbsps Dijon Mustard
Sea Salt & Black Pepper

NUTRITION

AMOUNT PER SERVING

Calories	461	Fiber	5g
Fat	34g	Protein	29g
Carbs	13g		

DIRECTIONS

- 01 Preheat oven to 400°F (204°C). In a large bowl, toss brussels sprouts with a splash of your olive oil and season with sea salt and pepper. Toss well and place on baking sheet lined with parchment paper or foil.
- 02 Slice the top off of the head of garlic and peel away the skin so the cloves are showing. Drizzle with olive oil and wrap in foil. Place on the baking sheet with the brussels sprouts. Place in oven and bake for 30 minutes. At the 30 minute mark, remove the brussel sprouts and let the garlic cook for another 15 minutes.
- 03 Remove garlic from oven and let cool. When cool enough to handle, pinch the cloves out one-by-one into a food processor/blender. Add the remaining olive oil, lemon juice, mustard and season with a bit of salt and pepper. Blend until creamy.
- 04 Place the brussels sprouts, radish and ground chicken into the large mixing bowl and add desired amount of garlic dressing. Toss well. Place in bowl and garnish with seeds, sea salt and pepper. Enjoy!

NOTES

LEFTOVERS

Store in the fridge in an airtight container up to three days.

SAVE TIME

Cook the ground chicken and make the roasted garlic dressing in advance.

NO EXTRA LEAN GROUND CHICKEN

Use any other type of ground meat instead.

VEGAN & VEGETARIAN

Use cooked lentils instead of ground meat.

Kimchi Fried Cauliflower Rice

4 SERVINGS 20 MINUTES



INGREDIENTS

1 head Cauliflower (medium, chopped into florets)
1 tbsp Coconut Oil
2 cups Kimchi (liquid drained off)
2 tbsps Tamari
1 tbsp Apple Cider Vinegar
1/2 tsp Black Pepper
2 tbsps Sesame Seeds
2 tsps Sesame Oil
3 stalks Green Onion (chopped)
1 cup Frozen Peas (thawed)
4 Egg

NUTRITION

AMOUNT PER SERVING

Calories	236	Fiber	7g
Fat	14g	Protein	14g
Carbs	18g		

DIRECTIONS

- 01 Use a food processor to process your cauliflower florets into a rice-like consistency. Transfer to a bowl and set aside.
- 02 Heat coconut oil in a large skillet over medium heat. Add kimchi and cauliflower rice then saute for 5 minutes. Add in tamari, apple cider vinegar, black pepper, sesame seeds, sesame oil, green onion and green peas. Stir well to mix and saute for another 2 to 4 minutes or until heated through. Reduce heat to lowest setting.
- 03 In a separate frying pan, fry your eggs.
- 04 Divide kimchi fried rice between bowls and top with a fried egg. Enjoy!

NOTES

NO CAULIFLOWER

Use cooked quinoa or brown rice instead.

MEAT LOVER

Add chopped bacon.

NO EGGS

Use diced chicken breast or roasted chickpeas instead.

One Pan Honey Garlic Salmon with Bok Choy

4 SERVINGS 20 MINUTES



INGREDIENTS

1 tbsp Raw Honey
2 tbsps Tamari
3 Garlic (cloves, minced)
1 1/2 tsps Chili Powder
1 1/4 lbs Salmon Fillet
Sea Salt & Black Pepper (to taste)
4 cups Bok Choy (halved)
1 tsp Sesame Oil
1/2 tsp Red Pepper Flakes
1 1/2 tsps Sesame Seeds

NUTRITION

AMOUNT PER SERVING

Calories	254	Fiber	1g
Fat	11g	Protein	31g
Carbs	8g		

DIRECTIONS

- 01 Preheat oven to 510°F (266°C).
- 02 In a bowl, whisk together the honey, half of the tamari, minced garlic and chili powder. Stir well to mix.
- 03 Lay salmon across a baking sheet and season with sea salt and black pepper. Use a brush to paint the honey garlic mix onto the fillets.
- 04 Add bok choy to a large mixing bowl and drizzle with remaining tamari and sesame oil. Toss well. Transfer bok choy to the baking sheet and organize it around the salmon. Place baking sheet in the oven and bake for 7 to 10 minutes or until salmon flakes with a fork and bok choy is starting to char.
- 05 Remove from oven and sprinkle bok choy with red pepper flakes and sesame seeds. Divide onto plates. Enjoy!

NOTES

NO SALMON

Any fish fillet will do. Baking time will vary depending on thickness.

NO BOK CHOY

Use asparagus, green beans or broccoli instead.

MAKE IT ON THE GRILL

Use a grilling basket for the fish and place the bok choy on the grill face down. Cook over medium-low heat.

LEFTOVERS

Store in an airtight container in the fridge for two to three days. Enjoy cold or reheat in the microwave or oven.

Slow Cooker Rotisserie Chicken

4 SERVINGS 4 HOURS



INGREDIENTS

4 lbs Whole Roasting Chicken
1 tbsp Sea Salt
2 tsp Paprika
1 tsp Onion Powder
1 tsp Dried Thyme
1 tsp Italian Seasoning
1/2 tsp Cayenne Pepper
1 tsp Black Pepper
2 Sweet Potato (diced into 1 inch cubes)
4 cups Brussels Sprouts (halved and trimmed)
1 tbsp Extra Virgin Olive Oil

NUTRITION

AMOUNT PER SERVING

Calories	636	Fiber	6g
Fat	16g	Protein	97g
Carbs	23g		

DIRECTIONS

- 01 Rinse chicken and pat dry with paper towels. Remove innards of chicken if not already done. Crumple up sheets of tinfoil to create 6 to 8 round balls (about the size of a golf ball). Place in the bottom of the slow cooker. This helps to prevent the chicken from sticking to the bottom, cook more evenly and keep it moist.
- 02 Rub the inside of your slow cooker with a bit of olive or coconut oil to make it non-stick.
- 03 In a bowl, combine the sea salt, paprika, onion powder, thyme, italian seasoning, cayenne pepper and black pepper. Rub this spice mix evenly all over the chicken (inside and out).
- 04 Place chicken (breast side up) in the slow cooker on top of the foil balls. Cook 4 to 5 hours on high or 8 to 9 hours on low (aim for 1.5 hours per pound). Check that it is cooked through by using a knife to make a slit to the bone. The chicken should be cooked at the bone and no longer pink.
- 05 One hour before you are ready to eat, preheat your oven to 415°F (215°C). Add chopped sweet potato and brussels sprouts to a large mixing bowl. Add olive oil and season with sea salt and pepper. Toss well. Line a baking sheet with parchment paper and spread the vegetables across evenly. Roast in the oven for 30 minutes.
- 06 Remove vegetables from the oven and increase heat to 450°F (235°C). Line a pan with foil. Ensure chicken is cooked through then transfer it to the foil-lined pan. Place chicken in the oven for 10 minutes to make it crispy.
- 07 Remove from oven and carve the chicken. Plate chicken with roasted sweet potato and brussels sprouts. Enjoy!

NOTES



Snacks & Desserts

Emilina Lomas

Coconut Jelly

8 SERVINGS 4 HOURS



INGREDIENTS

1/2 cup Water (divided)
1/2 oz Gelatin
1 1/2 cups Canned Coconut Milk
1/2 tsp Stevia Powder (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	87	Fiber	0g
Fat	8g	Protein	2g
Carbs	1g		

DIRECTIONS

- 01 Add half the water to a bowl and sprinkle the gelatin over top. Let sit for five minutes.
- 02 Meanwhile, bring the remaining water to a boil. Add to the gelatin and whisk until dissolved. Set aside.
- 03 In the same pot over medium-low heat, add the coconut milk and stevia. Whisk and heat until warm, about two to three minutes. Do not let it boil.
- 04 Whisk in the gelatin mixture. Pour into a mini muffin silicone pan (or any jars) and place in the fridge for four hours to set. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately two one-ounce jellies.

MORE FLAVOR

Add vanilla extract and a pinch of sea salt.

ADDITIONAL TOPPINGS

Top with shredded coconut or fresh fruit.

Turkey & Hummus Rollups

1 SERVING 5 MINUTES



INGREDIENTS

1/3 cup Hummus
4 1/4 ozs Sliced Turkey Breast
1 cup Baby Spinach
1/3 Red Bell Pepper (medium, sliced)

NUTRITION

AMOUNT PER SERVING

Calories	339	Fiber	6g
Fat	19g	Protein	25g
Carbs	18g		

DIRECTIONS

- 01 Spread the hummus on the turkey slices.
- 02 Place the spinach and bell pepper on top. Wrap tightly into a roll and secure with a toothpick. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is equal to approximately three rolls.

MORE FLAVOR

Sprinkle with paprika or chili flakes and a squeeze of lemon juice. Add sliced cucumber and carrot to the roll.

NO SPINACH

Use arugula or lettuce instead.

Brazilian Tapioca Flour Crepe

2 SERVINGS 25 MINUTES



INGREDIENTS

1 Apple (small, diced)
1 tsp Cinnamon
1 tbsp Maple Syrup
1/3 cup Water (divided)
1/2 cup Tapioca Flour
1 tbsp Unsweetened Shredded Coconut

NUTRITION

AMOUNT PER SERVING

Calories	193	Fiber	3g
Fat	2g	Protein	0g
Carbs	47g		

DIRECTIONS

- 01 In a small saucepan, add the diced apple, cinnamon, maple syrup, and 1/3 of the water. Place the pan over medium heat and cook for 15 to 17 minutes or until apples are soft. Stir occasionally and add more water if necessary.
- 02 Meanwhile, in a large bowl add the tapioca flour. Then add the rest of the water a little bit at a time and use your hands to wet the flour with the water.
- 03 After adding all the water you should have a wet powdery dough (if the dough looks sticky, add more flour). Use a fine-mesh sieve and slowly press the dough through it. You should have a very fine powder.
- 04 Heat up a non-stick pan over medium-high heat. Sprinkle about two tablespoons of the powder onto the pan evenly to form a circle.
- 05 Cook the crepe for about a minute, then slowly flip it with a spatula and cook the other side for another minute. Repeat the process to make all the crepes.
- 06 Roll the pancakes and top them with cooked apple. Sprinkle with coconut and enjoy!

NOTES

LEFTOVERS

Best to serve immediately. Refrigerate the tapioca crepes in an airtight container in for about two days.

SERVING SIZE

One serving is equal to two crepes and approximately 1/3 cup cooked apples.

ADDITIONAL TOPPINGS

Berries, banana, chocolate spread, or condensed milk.

Coconut Mango Pudding

5 SERVINGS 3 HOURS 10 MINUTES



INGREDIENTS

1 3/4 cups Canned Coconut Milk (full fat)
2/3 oz Collagen Powder
1 Mango (large, peeled & cubed, plus extra for garnish)
2 tsps Raw Honey
1 tbsp Bee Pollen (optional)

NUTRITION

AMOUNT PER SERVING

Calories	217	Fiber	1g
Fat	15g	Protein	5g
Carbs	16g		

DIRECTIONS

- 01 Add all of the ingredients except the bee pollen to a blender and blend for at least one minute, until a smooth consistency is achieved. Scoop into bowls or jars, cover, and leave in the fridge overnight or for a minimum of three hours.
- 02 Garnish with bee pollen and extra mango, if using. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is approximately 1/2 cup.

ADDITIONAL TOPPINGS

Dried mango, shredded coconut, cacao nibs, or additional fruit, nuts, and/or seeds.

MAKE IT VEGAN

Use chia seeds in place of the collagen powder.

Matcha Mousse

4 SERVINGS 45 MINUTES



INGREDIENTS

2/3 cup Unsweetened Shredded Coconut
2/3 cup Pitted Dates (pitted, divided)
2 tbsps Coconut Oil (divided)
2 Avocado (small, pitted)
2 tsps Green Tea Powder
1/4 cup Maple Syrup
2 tbsps Canned Coconut Milk

NUTRITION

AMOUNT PER SERVING

Calories	445	Fiber	10g
Fat	32g	Protein	4g
Carbs	44g		

DIRECTIONS

- 01 Pulse the shredded coconut, half of the dates, and half the coconut oil in a food processor to make a crust. The crust should hold together when you squeeze it. Divide the crust mixture evenly between small jars and press it into the bottom of the jars firmly. Wipe the food processor clean.
- 02 Add the avocado, green tea powder, maple syrup, coconut milk, the remaining oil, and the remaining dates to a clean food processor and blend until smooth. Divide the mixture between the jars. Refrigerate for at least 30 minutes before serving. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for two days.

SERVING SIZE

One serving is approximately 1/4 cup of mousse.

MORE FLAVOR

Add vanilla extract and/or lemon juice to the mousse before blending.

MORE SWEETNESS

Add more maple syrup to the mousse before blending.

Gut Healing Green Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

2 1/2 cups Water (cold)
2 cups Kale Leaves
1/2 Avocado (peeled and pit removed)
1 Banana (frozen)
1 tbsp Chia Seeds
2 tbsps Ground Flax Seed
1/4 cup Hemp Seeds
2 tbsps Raw Honey

NUTRITION

AMOUNT PER SERVING

Calories	374	Fiber	10g
Fat	22g	Protein	11g
Carbs	42g		

DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

NOTES

NO KALE

Use spinach instead.

NO HONEY

Use maple syrup, dates or extra banana to sweeten instead.

LIKES IT CREAMY

Use almond milk instead of water for extra creaminess.

STORAGE

Make ahead and store in a sealed mason jar. Shake well before drinking. Keeps well in the fridge for 1 - 2 days.

Golden Turmeric Latte

2 SERVINGS 10 MINUTES



INGREDIENTS

1 tbsp Ginger (grated)
1 cup Canned Coconut Milk
1 cup Water
1 tsp Turmeric (powder)
1 tbsp Raw Honey
1/2 tsp Cinnamon
1 1/2 tsps Coconut Oil

NUTRITION

AMOUNT PER SERVING

Calories	281	Fiber	1g
Fat	25g	Protein	2g
Carbs	14g		

DIRECTIONS

- 01 Grate the ginger then squeeze the juice out of it into a saucepan. Discard the pulp. Add the remaining ingredients to the saucepan and place over medium heat. Heat through for about 3 to 5 minutes, not letting it come to a boil. Whisk continuously.
- 02 Carefully transfer into a mason jar and seal with a lid. Shake vigorously for about 30 seconds, or until a foam starts to form. (Note: You can also use a blender for this step, but the turmeric can stain the blender cup.) Pour into glasses through a sieve and enjoy!

NOTES

USE FRESH TURMERIC ROOT

Skip the turmeric powder and use fresh turmeric root instead. Peel turmeric root and grate. Measure out about 1 tbsp grated turmeric root per serving.

AVOID A MESS

Rinse all glasses and mugs out right after use to avoid turmeric stains. Use baking soda on turmeric stains if they do happen.

ON-THE-GO

Add all ingredients except water to a mason jar. When ready to drink, just add hot water from the kettle and shake up for a warming, anti-inflammatory snack.

VEGAN

Use maple syrup to sweeten instead of honey.

Strawberry Ice Cream

2 SERVINGS 5 MINUTES



INGREDIENTS

2 Banana (sliced and frozen)
1 cup Frozen Strawberries

NUTRITION

AMOUNT PER SERVING

Calories	144	Fiber	5g
Fat	1g	Protein	2g
Carbs	37g		

DIRECTIONS

- 01 Add frozen bananas and strawberries to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
- 02 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

NOTES

MORE CREAMY

Add 2 tbsp coconut milk.

MORE SCOOPABLE

Add 1 tbsp vodka to prevent hard freeze.

MAKE IT CHUNKY

Set aside 1/4 cup of the strawberries before blending and add them to the processor after blending. Pulse until roughly chopped.

Sweet Potato & Pesto Egg Muffins

10 SERVINGS 35 MINUTES



INGREDIENTS

- 1 Sweet Potato (large, peeled and chopped)
- 1 tbsp Avocado Oil
- 1/4 tsp Sea Salt
- 12 Egg
- 1 2/3 tbsps Pesto
- 1 cup Baby Spinach (packed, chopped)

NUTRITION

AMOUNT PER SERVING

Calories	121	Fiber	1g
Fat	8g	Protein	8g
Carbs	3g		

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). Grease a baking sheet and a muffin tray, or use a silicone muffin tray.
- 02 Toss the sweet potato in the oil and salt and spread the cubes on the baking sheet. Roast for 15 minutes, tossing halfway through.
- 03 Reduce the oven to 350°F (175°C).
- 04 Whisk the eggs together with the pesto in a large bowl. Add the spinach and sweet potato to the bowl and ensure the vegetables are coated in the egg mixture. Spoon the egg mixture into the muffin tray. Bake for 18 to 20 minutes or until the eggs are cooked through.
- 05 Let the muffins cool for five minutes before serving. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days

SERVING SIZE

One serving is one muffin.

Cranberry Apple Crisp

2 SERVINGS 30 MINUTES



INGREDIENTS

1 Apple (medium, chopped)
1/2 cup Frozen Cranberries
1 1/2 tbsps Monk Fruit Sweetener
(divided)
1/2 cup Oats
1/4 cup Whole Wheat Flour
1 tbsp Unsweetened Applesauce
1/2 tsp Cinnamon

NUTRITION

AMOUNT PER SERVING

Calories	195	Fiber	8g
Fat	2g	Protein	5g
Carbs	51g		

DIRECTIONS

- 01 Preheat the oven to 350°F (175°C).
- 02 In an oven safe dish, mix together the apple, cranberries, and 1/3 of the sweetener.
- 03 In a bowl combine the remaining ingredients together and add on top of the apples and cranberries.
- 04 Bake in the oven for 20 to 25 minutes or golden brown. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately one cup.

MORE FLAVOR

Add pecans or walnuts.

ADDITIONAL TOPPINGS

Top with vanilla ice cream.