

Clean Eating Challenge

14 Days

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Recipes

WELL
WORLD

The Clean Eating Challenge

A program that includes whole and fresh fruits and vegetables, lean protein, healthy fat. Recipes are dairy-free and gluten-free. Presented as a guide with options for lunch and dinner, rather than specific meal plans.

How to Follow This Plan

Make sure to download the WELL WORLD App and login. You'll find detailed daily plan information from your practitioner under the Plans section of the App. Also look for additional resources under the More Menu in the App.

During the Clean Eating Challenge, you will be prompted to follow a diet that includes whole, fresh fruits and vegetables, and lean protein (organic poultry and wild-caught fish), along with plenty of fluids. The recipes in this program are also gluten-free and dairy-free.

There are meal plans, recipes and shopping lists to get you started. You don't need to follow the meal plans exactly. You may substitute any plan-appropriate recipe for the suggested meal to suit your taste, or make substitutions with ingredients from the "What to Eat" list. Make sure you exclude the foods on the "What Not to Eat List."

Calories are not counted on Clean Eating Challenge. There is no need to be hungry! If you need more food than is on the meal plans, increase the portions or have an additional snack. Similarly, you do not need to eat all the food on the meal plan. If you are not so hungry, it is okay to have smaller portions.

Remember to aim for 4-5 small meals daily (per plan recommendations) along with plenty of fluids. Your goal should be 64-80oz. (2-2.5L) of fluids each day, primarily water but tea and broth counts too.

Make sure to download the WELL WORLD App for more information and daily guidance from your practitioner.

What to Eat

There are many, many delicious foods to consume, look for recipes that are full of the following.

- **Whole fruits:** all included but limit to 2-3 servings daily.
- **Vegetables:** all are included
- **Gluten-free Grains:** quinoa, brown and wild rice, buckwheat, teff, millet, amaranth, brown rice pasta. But limit to 2 times daily at the very most.
- **Meat & Poultry:** organic or free-range chicken, turkey, lamb, duck, wild game, grass-fed or organic red-meat, organ meats, bone broth. Red meat should be limited to two times per week maximum.
- **Fish & Shellfish:** Wild-caught, low-mercury fish including salmon, black cod (sablefish) tilapia, trout, anchovies, herring, sardines (fresh & canned). Shellfish including clams, lobster, shrimp, scallops, oysters. Sea vegetables
- **Beans and legumes:** including all beans, split peas and lentils. Limit to a maximum of two servings per day
- **Dairy-substitutes:** plain and unsweetened almond and coconut milks, yogurts and cheeses
- **Eggs:** Organic or free-range eggs
- **Healthy fats:** avocado, nuts and seeds
- **Oils:** cold-pressed/extra virgin oils: Olive oil, walnut oil, coconut oil, avocado oi
- **Caffeine:** in moderation!
- **Vinegars & condiments:** apple cider, white wine, red wine, balsamic
- **Fresh green juices:** fresh pressed, cold pressed
- **Dark chocolate:** raw 70% cacao or higher
- **Sweeteners:** Honey and maple syrup used very sparingly, if at all.
- **Herbs and spices:** all herbs and spices are included

What's Out

The following foods should be avoided:

- **Alcohol:** all wine, beer and spirits
- **Gluten-grains:** including wheat, barley, rye, spelt, bran, farina, kamut, couscous and all refined foods such as white breads and white flours
- **Dairy:** cow and goat milk, butter, cheese and yogurt, cottage cheese
- **Processed and packaged foods:** chips, pastas, frozen dinners, white breads, energy bars. If it has a food label, it is likely on the out list.
- **Factory-farmed and processed meats:** including chicken, turkey, pork, beef, veal, cold cuts, canned meats, hot dogs, sausage (These foods are high in refined carbohydrates and sugars in addition to added chemicals.)
- **Soda, carbonated and other sweetened beverages:** teas, sodas and other processed beverages (sodium-free sparkling water is ok).
- **Sweeteners:** processed sugars (white, brown, beet), corn syrup, Stevia, Agave Syrup and all artificial sweeteners (including Equal, Splenda and Sweet 'n Low)
- **Processed fruit juices:**
- **Candies & sweets:** all candy including milk chocolate.
- **Fats & oils:** processed and refined oils including canola oil, vegetable oil.

Shopping Guide

You are free to mix-and-match foods on the included list; to suit your individual tastes. A detailed list of What To Eat and What to Avoid is included in the Recipes section of this app. We've also included a selection of recipes that are all on-plan to provide inspiration.

Below is a list of commonly used ingredients in our recipes that we recommend having on-hand.

Fruits: (organic is best)

- Avocados
- Bananas
- Citrus fruit (grapefruit, oranges)
- Frozen and fresh berries (blueberries, raspberries, strawberries)
- Green apples
- Lemons
- Limes

Vegetables: (organic is best)

- Asparagus
- Beets
- Bell peppers (capsicum)
- Broccoli
- Broccoli rabe
- Brussels sprouts
- Cauliflower
- Carrots
- Celery
- Cucumber
- Green Beans
- Lots of leafy greens (arugula, kale, Swiss chard, spinach) and lettuce
- Onions
- Parsnips
- Parsley
- Sweet potatoes
- Winter squash
- Zucchini (courgette)
- Cilantro
- Garlic
- Ginger
- Parsley

Animal Proteins:

- Antibiotic-free chicken & turkey
- Antibiotic-free, organic eggs
- Grass-fed beef
- Wild caught fish (salmon, trout, mahi-mahi)

Nuts & Seeds:

- Almonds
- Cashews

- Chia Seeds (whole & ground)
- Flax Seeds (ground)
- Pumpkin seeds
- Walnuts

Grains & Legumes:

- Brown rice
- Chickpeas/garbanzo beans (BPA-free can)
- Quinoa
- Oats (gluten-free)

Dairy Substitutes:

- Almond Milk (unsweetened)
- Coconut Milk (unsweetened)
- Coconut Yogurt

Spices

- Cayenne
- Cinnamon
- Coriander
- Cumin
- Dill
- Ground ginger
- Ground pepper
- Onion powder
- Paprika
- Red pepper flakes (crushed chilli flakes)
- Sea Salt
- Thyme
- Turmeric

Other

- Almond butter
- Balsamic vinegar
- Coconut oil
- Coconut Water
- Dark chocolate (70% or higher cocoa)
- Herbal tea
- Honey
- Olive oil
- Rice wine vinegar
- Sesame oil
- Sesame seeds
- Tahini

Recipes

Starting the Day

Start every morning with a cup of hot water, adding fresh lemon and/or ginger to it helps get the digestive tract going and provides a warm, soothing way to ease into the day with immune- supportive phytonutrients that can aid digestion and metabolism.

Hot Water with Lemon and/or Ginger

Makes 1 serving

Ingredients

1 cup water (250 ml)

1-inch (1 cm) fresh root ginger, thinly sliced

½ lemon juiced

Directions

1. Boil the water.
2. Place the ginger slices in a mug and pour in the water. Add the lemon juice.
3. Allow to steep for 3–5 minutes, depending on the strength of flavor desired. Strain if you like, and drink.

Breakfast

Avocado Deviled Egg

Makes 1 servings

Nutrition

489 kcal; 2046 kJ; 14 g protein; 7 g carbohydrates; 2 g net carbs; 5 g dietary fiber; 1 g total sugars; 0 g added sugars; 46 g total fat; 8 g saturated fat;

Ingredients

- 2 eggs, hard-boiled
- 1/2 avocado
- 1/2 lime, juiced
- 1 teaspoon chili powder
- 2 tablespoons (30ml) olive oil
- Salt and pepper to taste

Directions

1. Peel the boiled eggs and cut in half
2. Remove the yolks without breaking the whites. Add the yolks to a small bowl.
3. Mix the yolks with the oil, chili and the lime until a smooth cream is formed.
4. Cut the avocados in half, remove the pit.
5. Using a spoon scoop out the avocado.
6. Gently mix the avocado with the egg cream.
7. Fill the egg whites with the avocado mixture.
8. Optional: Add cilantro to garnish.

Banana Nut Oatmeal

Makes 1 servings

Nutrition

541 kcal; 2264 kJ; 17 g protein; 76 g carbohydrates; 62 g net carbs; 14 g dietary fiber; 17 g total sugars; 0 g added sugars; 22 g total fat; 2 g saturated fat

Ingredients

- 3/4 (65g) cup gluten-free rolled oats
- 1 (240 ml) cup water
- 1 banana, sliced
- 1/4 (40g) sliced almonds
- Dash of cinnamon
- Optional: almond milk

Directions

1. Add water to a medium stock pot and bring the water to a boil.
2. Once the water is boiling, add the oats and bring the temperature to medium/low. Stir every 1-2 minutes.
3. After about 10 minutes, when the oats are mostly cooked, add the banana slices (save a few slices for garnish), nuts (save a few for garnish) and cinnamon, and stir thoroughly.
4. After another 1-2 minutes, remove the pot from heat, pour into a bowl, and top with bananas, extra cinnamon, and nuts. Add almond milk (optional)
5. Garnish, serve and enjoy!

Tip: Water amounts and cooking times vary by type of oats (rolled or steel-cut) and desired consistency. Adjust water based on packaging instructions.

Breakfast Salad

Makes 1 servings

Nutrition

305 kcal; 1276 kJ; 13 g protein; 9 g carbohydrates; 2 g dietary fiber; 7 g net carbs; 5 g sugar; 25 g fat; 12% carbs; 17% protein; 74% fat

Ingredients

- 1 large handful mixed salad greens*
- 1 egg, hardboiled and sliced
- 2 slice of bacon, cooked and chopped
- 1/4 cup (40g) blueberries (or berry of choice)
- 1 tablespoons (15ml) olive oil
- 1 tablespoon (15ml) lemon juice

Directions

1. In a small bowl together olive oil and lemon juice, season with salt and pepper.
2. In a larger bowl, add salad greens, egg, bacon and blueberries. Pour in dressing mixture.
3. Toss and serve.

*Tip: There is no need to exactly measure greens, you can't have too many!

Chia Pudding

Makes 3 servings

Nutrition

222 kcal; 929 kJ; 6 g protein; 19 g carbohydrates; 6 g net carbs; 13 g dietary fiber; 3 g total sugars; 2 g added sugars; 15 g total fat; 4 g saturated fat;

Ingredients

- 2 cups (475ml) unsweetened coconut milk
- 1/2 cup (80g) chia seeds
- 1 teaspoon maple syrup
- 1 teaspoon vanilla

Directions

1. Add ingredients to the blender and blend for 1-2 minutes on high.
2. Pour mixture into a jar or glass container and place in the refrigerator for at least 3 hours or overnight to gel.
3. Enjoy!

Healthy Breakfast Scramble

Makes 1 servings

Ingredients

- 1 tablespoon (15ml) olive or coconut oil
- 1 clove garlic, chopped
- 1 onion, chopped
- 1/2 package button mushrooms
- 1 whole egg (organic)
- 2 egg whites (organic)
- Salt and pepper to taste
- 1 handful spinach

Directions

1. Wash and prepare all of the produce.
2. Warm a medium-sized skillet over medium heat and add the oil, allowing it to warm and melt for about 1 minute.
3. Once the skillet is hot add the garlic, onion, and mushrooms and sauté for 2-3 minutes or until slightly browned.
4. While the veggies are cooking in the skillet prepare the egg mixture: add the egg and egg whites to a small bowl and whisk with a fork until well mixed, then add salt, pepper and herbs/spices.
5. Add the egg mixture to the skillet and cook, stirring every 2-3 minutes for about 3-4 minutes.
6. Add the spinach and continue to cook and stir every 2 minutes.
7. Once cooked, remove the eggs, plate them and add sliced avocado.

Overnight Oats

Makes 1 servings

Ingredients

- 1/3 cup coconut yogurt (or almond yogurt)
- 1/2 cup rolled oats (gluten-free)
- 2/3 cup unsweetened coconut milk (or almond milk)
- 1 tablespoon chia seeds (or ground flax meal)
- 1/2 teaspoon vanilla extract
- Pinch of salt
- 0-2 tablespoons honey or maple syrup
- Optional: unsweetened coconut, nuts, cinnamon, berries

Directions

1. Whisk together all ingredients in a medium-sized mixing bowl. Spoon into a jar with a tight-fitting lid
2. Place in refrigerator with lid on for at least 4 hours, but preferably overnight before eating.

Paleo Waffles (or Pancakes)

Makes 1 servings

Nutrition

437 kcal; 1828 kJ; 19 g protein; 32 g carbohydrates; 29 g net carbs; 3 g dietary fiber; 15 g total sugars; 0 g added sugars; 27 g total fat; 16 g saturated fat

Ingredients

- 3 eggs
- 1 banana, mashed
- 1 tablespoons (15ml) almond flour
- Dash each: salt, cinnamon
- 1 tablespoon coconut oil

Directions

1. Rub coconut oil a waffle iron's grills. Heat the waffle iron.
2. While the waffle iron is heating. Whisk together all of the ingredients in a bowl until smooth (or use a blender.)
3. Once the waffle iron is hot, add a scoop of batter and cook until done.

If you do not have a waffle iron, you can also make these as pancakes. Coat a skillet with coconut oil and heat over medium-high heat. Add a scoop of batter to the pan. Cook about 3-5 minutes. until edges begin to brown, then flip and continue cooking until heated through.

Pumpkin Spice Oatmeal

Makes 1 servings

Nutrition

243 kcal; 1017 kJ; 8 g protein; 38 g carbohydrates; 27 g net carbs; 11 g dietary fiber; 2 g total sugars; 0 g added sugars; 7 g total fat; 1 g saturated fat;

Ingredients

- 1 (240 ml) cup water
- Dash of sea salt
- 1/2 cup gluten-free rolled oats
- 2 1/4 cup (55g) pumpkin puree (fresh or from a BPA-free can)
- 1 tablespoon chia seeds
- Dash of pumpkin spice

Directions

1. Add water and sea salt to a medium stock pot. Bring the water to a boil.
2. Once the water is boiling, add the oats and reduce temperature to a simmer.
3. Cook for about 10 minutes, until the oats are almost done, stirring every 1 to 2 minutes.
4. Add the pumpkin and chia seeds, and stir thoroughly.
5. After another 1-2 minutes, remove the pot from heat, pour into a bowl, and top with pumpkin spice. Add unsweetened coconut (optional)
6. Serve and enjoy!

Tip: Water amounts and cooking times vary by type of oats (rolled or steel-cut) and desired consistency. Adjust water based on packaging instructions.

Spinach & Sweet Potato Frittata

Makes 2 servings

Nutrition

224 kcal; 937 kJ; 10 g protein; 22 g carbohydrates; 18 g net carbs; 4 g dietary fiber; 5 g total sugars; 0 g added sugars; 11 g total fat; 7 g saturated fat

Ingredients

- 2 tablespoons coconut oil, divided
- 1 large sweet potatoes, sliced into rounds (about 1/2 inch or 1.3cm thick)
- 3 green onions (Spring onions), green tops only, chopped
- 2 handfuls spinach (about 2 cups/85g)
- 2 eggs
- 1 egg white
- 1/2 cup (118ml) water or coconut milk
- Sea salt and pepper to taste

Directions

1. Preheat the oven to 350 degrees F (177C)
2. Grease a large oven-safe skillet with 1/2 the oil. Line the bottom of the skillet with sweet potatoes. Place in the oven for 20 minutes. Remove from oven.
3. Heat a separate skillet over medium heat, add the remaining oil, followed by the onions. Sauté the onions until lightly browned, about 5 minutes. Add the spinach and sauté until wilted (about 2 minutes). Remove from heat.
4. In a small mixing bowl, add eggs, egg white, water, salt and pepper. Whisk together until well mixed.
5. Layer the sautéed onions and spinach on top of the sweet potatoes, and then pour egg mixture over the top.
6. Place the skillet back in the oven and cook for 35 minutes.
7. Remove from oven, cut and serve!

Quinoa Breakfast Cereal

Makes 1 servings

Nutrition

355 kcal; 1485 kJ; 12 g protein; 63 g carbohydrates; 54 g net carbs; 9 g dietary fiber; 9 g total sugars; 3 g added sugars; 6 g total fat; 1 g saturated fat;

Ingredients

- 1/3 cup dry quinoa
- 1/2 cup (125 ml) almond milk
- 1 cup (250 ml) water
- 1/4 cup (25g) blueberries
- Optional: garnish with hemp seeds, almonds

Directions

1. Combine quinoa and water in saucepan and turn to medium/high heat.
2. Once the quinoa reaches a boil stir and lower the heat. Simmer for 10 minutes.
3. Add the almond milk and blueberries
4. Simmer for another 3 to 5 more minutes, stirring occasionally.
5. Remove from heat, garnish with almonds and hemp seeds before serving.

Smoothies

Blueberry Spinach Smoothie

Makes 1 servings

Nutrition

214 kcal; 1561 kJ; 6 g protein; 48 g carbohydrates; 37 g net carbs; 11 g dietary fiber; 30 g total sugars; 0 g added sugars; 2 g total fat; 1 g saturated fat;

Ingredients

- 2 handfuls (about 2 cups/85g) spinach
- 1 cup (150 g) blueberries, frozen or fresh
- 1/2 banana
- 1 teaspoon cinnamon
- 1 1/2 cup (360ml) of coconut water

Directions

1. Wash and prepare ingredients.
2. Add ingredients to blender and blend on high for 45-60 seconds.
Add more coconut water as needed.

Daily Greens Smoothie

Makes 2 servings

Ingredients

- 1 cup (225g) frozen pineapple
- 2 large handfuls (2 cups/85 g) spinach
- 1/2 cucumber
- 2 cups (480ml) coconut water

Directions

1. Wash and prepare ingredients.
2. Add ingredients to blender and blend on high for 45-60 seconds.
Add more coconut water as needed.

Strawberry Avocado Smoothie

Makes 1 servings

Nutrition

311 kcal; 1301 kJ; 6 g protein; 26 g carbohydrates; 13 g net carbs; 13 g dietary fiber; 11 g total sugars; 6 g added sugars; 23 g total fat; 3 g saturated fat;

Ingredients

- 6 strawberries, tops removed
- 2 handfuls (about 2 cups/85 g) fresh spinach
- 1/2 avocado
- 8 oz (250ml) unsweetened almond milk,
- Optional: 1 scoop (30g) plain gluten-free vegan protein powder
- Water as needed

Directions

1. Wash and prepare ingredients.
2. Add ingredients to the blender and blend on high for 45-60 seconds or until well blended.

Sweet & Spicy Green Smoothie

Makes 1 servings

Ingredients

- 1 cup (225 ml) coconut water
- 1 cup (160g) red Grapes
- 2 handful of spinach or any other leafy greens
- 1 in (2.5cm) ginger, peeled

Directions

1. Wash and prepare ingredients.
2. Add ingredients to blender and blend on high for 45-60 seconds. Add more coconut water as needed.

Salads

Avocado & Olive Oil

Makes 1 servings

Nutrition

339 kcal; 1418 kJ; 5 g protein; 19 g carbohydrates; 6 g net carbs; 13 g dietary fiber; 3 g total sugars; 0 g added sugars; 30 g total fat; 4 g saturated fat;

Ingredients

- 2 1/2 cups (105g) Spring mix salad greens
- 10 Kalamata olives
- 1 avocado, chopped
- 1/4 cup (15g) cilantro (coriander)
- 2 tablespoons (30ml) lemon, juice
- 1/2 tablespoon (8ml) olive oil
- 1 teaspoon dried rosemary

Directions

1. Place salad greens in a large bowl.
2. Add olives, avocado and cilantro.
3. Add lemon juice and olive oil.
4. Sprinkle with rosemary.
5. Toss to combine all ingredients, and serve.

Blueberry Steak Salad

Makes 2 servings

Nutrition

411 kcal; 1720 kJ; 35 g protein; 10 g carbohydrates; 8 g net carbs; 2 g dietary fiber; 7 g total sugars; 0 g added sugars; 27 g total fat; 10 g saturated fat

Ingredients

For the salad:

- 8 oz (225g) grass-fed Skirt steak, thinly sliced
- 1 tablespoon coconut oil
- 2 cups (85 g) arugula (rocket)
- 3/4 cup (110g) blueberries
- 2 cups (85g) watercress (substitute mixed greens)
- 1 avocado, chopped

For the dressing:

- 2 tablespoons (30ml) olive oil
- 1 tablespoon juice from lemon
- Pinch sea salt

Directions

1. Heat oil in skillet over medium-high heat. Add steak and sauté to your liking. Remove from heat and let cool
2. Add steak and remaining salad ingredients into a large bowl
3. In a small bowl, whisk the dressing ingredients together. Pour over salad and toss.

Grapefruit Almond Salad

Makes 2 servings

Nutrition

535 kcal; 2238 kJ; 10 g protein; 35 g carbohydrates; 17 g net carbs; 18 g dietary fiber; 15 g total sugars; 0 g added sugars; 44 g total fat; 6 g saturated fat

Ingredients

For the salad:

- 1 head Romaine lettuce, chopped
- 1 grapefruit, cut into pieces, save one segment for the dressing
- 2 green onions (Spring onions), chopped
- 1 avocado, sliced
- 1/4 (40g) cup sliced almonds

For the dressing:

- 1/4 cup (60ml) olive oil
- 1 teaspoon (5ml) dijon mustard
- 1 grapefruit segment
- Pinch of sea salt and pepper

Directions

1. Squeeze the juice from the grapefruit segment into a small mixing bowl, add the remaining dressing ingredients and whisk until mixed
2. Add all salad ingredients to a large bowl, add salad dressing and toss well

Honey-Lime Chicken & Strawberry Salad

Makes 1 servings

Ingredients

- 1 lb (450g) chicken breast, cut into 3/4-inch (2cm) pieces
- 1 tablespoon (15ml) coconut oil
- 1/2 lime, juiced
- 1 tablespoon (15ml) honey
- 6 strawberries, sliced
- 1/2 avocado, diced
- 1/2 cucumber, peeled and chopped
- 4 cups (600g) Romaine lettuce, shredded
- Salt

Directions

1. Heat coconut oil in a skillet over medium-high heat. Add chopped chicken and sauté until chicken is nearly cooked, about 10 minutes
2. Add lime juice and honey to pan. Stir to coat chicken.
3. Cover pan. Lower heat to medium, and let the chicken finish cooking, about 5 minutes. Set aside
4. In a separate bowl, add salad ingredients and toss.

Place chicken over salad greens, drizzle with Strawberry-Lime Dressing (see separate recipe)

Kale, Quinoa & Cashew Salad

Makes 1 servings

Nutrition

501 kcal; 2096 kJ; 11 g protein; 42 g carbohydrates; 35 g net carbs; 7 g dietary fiber; 5 g total sugars; 0 g added sugars; 34 g total fat; 5 g saturated fat

Ingredients

For the salad:

- 1/2 bunch kale (Tuscan cabbage), about 4 leaves, torn into small pieces
- 1 tablespoon cashews
- 1 carrot, diced
- 1 cup (185g) quinoa, cooked

For the dressing:

- Salt and pepper, to taste
- 2 tablespoons olive oil
- 1 tablespoon lemon, juiced

Directions

1. Place salad ingredients in a large bowl.
2. In a smaller bowl, whisk together dressing ingredients.
3. Pour dressing over salad and toss until well mixed.
4. Serve & enjoy

To Cook the Quinoa: The ratio is 1 cup of uncooked quinoa to 2 cups of liquid. Bring quinoa and liquid to a boil in a medium saucepan. Reduce heat to low, cover and simmer until tender and most of the liquid has been absorbed, about 15 to 20 minutes. Fluff with a fork

Maple Beet & Spinach Salad

Makes 2 servings

Ingredients

For the salad:

- 2 golden beets
- 1 teaspoon olive oil
- 3 large handfuls of spinach
- 2 tablespoons pumpkin seeds

For the dressing:

- 2 tablespoons olive oil
- 1 tablespoon vinegar
- 1 teaspoon maple syrup
- Sea salt and pepper, to taste

Directions

For the Roast Beets:

1. Preheat oven to 375 degrees F (190C).
2. Wash and trim the beets, leaving a small amount of stem, do not cut into the beet.
3. Coat beets lightly with olive oil.
4. Wrap each beet in aluminum foil, place on a baking sheet, and roast in the oven until cooked through, approximately 45 to 60 minutes, depending on size. Beets are done when easily pierced with a fork.
5. Remove from the oven, unwrap when cool enough to handle.
6. Peel the beets, the peel should easily slip off.
7. Slice into thin wedges.

For the Salad:

1. Place spinach in a large salad bowl.
2. In a small bowl whisk together dressing ingredients.
3. Pour dressing over spinach and toss.
4. Plate salad, top with beets, and garnish with pumpkins seeds.

Sesame Kale Salad

Makes 2 servings

Nutrition

301 kcal; 1259 kJ; 10 g protein; 21 g carbohydrates; 14 g net carbs; 7 g dietary fiber; 4 g total sugars; 0 g added sugars; 21 g total fat; 3 g saturated fat

Ingredients

For the salad:

- 1 bunch of kale (Tuscan cabbage)
- Sea salt
- 2 carrots (rainbow carrots are pretty but standard orange carrots are great, too)
- 2 teaspoons sesame seeds (preferably black sesame seeds, regular white are fine)

For the dressing:

- 1/4 cup (60ml) tahini
- 1 tablespoon white miso
- 1 1/2 tablespoons (25ml) rice wine vinegar
- 1/2 teaspoon toasted sesame oil
- Pinch red pepper flakes (crushed chili flakes)
- 1 handful cilantro (coriander), chopped
- 1/3 cup (80ml) water

Directions

1. Remove the kale leaves from the stems, discard stems. Give the leaves a rough chop so they are in bite size pieces. Sprinkle with salt
2. Mix dressing ingredients in a small bowl using a whisk or a fork.
3. Before serving, pour dressing over the kale and toss thoroughly. For best results let the salad sit for 10 to 15 minutes to marinate. Tip: Store dressing separate from kale and dress before consuming, if saving a portion for later.
4. Top with chopped carrots and sesame seeds.

Spiced Chicken, Avocado & Mango Salad

Makes 2 servings

Ingredients

- 1 tablespoon (15ml) coconut oil.
- 1 teaspoon chili powder
- 1/2 teaspoon. Cumin
- 1 mango, peeled and diced
- 1 avocado, diced
- 1 head Romaine lettuce, chopped
- Pepper to taste

Directions

1. Heat the oil in a skillet over medium-high heat. Season both sides of the chicken breasts with salt and pepper. Place in skillet, cook, turning once, until firm to the touch, about 5 minutes per side.
2. Remove from heat and let cool. Once cool, shred chicken.
3. In a large bowl combine shredded chicken with chili powder and cumin. Add diced mango and avocado. Mix well
4. Place on top of lettuce and serve!

Strawberry-Lime Dressing

Makes 2 servings

Ingredients

- 1/4 cup (60ml) olive oil
- 6 strawberries
- 1 tablespoon (15ml) lime juice
- 1/4 teaspoon ground ginger
- Salt to taste

Directions

Blend all ingredients together until smooth. Drizzle over salad

Sweet & Sour Thai Carrot Salad

Makes 2 servings

Nutrition

658 kcal; 2753 kJ; 18 g protein; 81 g carbohydrates; 63 g net carbs; 18 g dietary fiber; 32 g total sugars; 16 g added sugars; 28 g total fat; 4 g saturated fat;

Ingredients

- 3 tablespoons (45ml) lemon juice
- 3 tablespoons (45ml) olive oil
- 4 tablespoons (60ml) rice wine vinegar
- 1/8 teaspoon dill, dried
- 1/8 teaspoon garlic powder
- 1/2 teaspoon garlic, minced
- 1 BPA-free can (300g) chickpeas
- 1/4 red onion, minced
- 1/4 cup (15g) cilantro (coriander), chopped
- 2 cucumbers, spiralized or cut into matchsticks
- 2 large carrots, spiralized or cut into matchsticks
- 2 tablespoons (30ml) honey
- 1 tablespoon sesame seeds

Directions

1. In a small bowl whisk together lemon juice, olive oil, 2 tablespoons (30ml) vinegar, garlic powder, dill and garlic.
2. In a separate medium bowl add chickpeas, onion, cilantro, cucumbers and carrots.
3. Add dressing and toss. Allow to marinate for 20 minutes for more flavor.
4. Mix together 2 tablespoons of honey with 2 tablespoons (30ml) of rice vinegar and pour over salad.
5. Garnish with sesame seeds and serve.

Sides

Baked Acorn Squash

Makes 2 servings

Nutrition

137 kcal; 573 kJ; 2 g protein; 22 g carbohydrates; 19 g net carbs; 3 g dietary fiber; 0 g total sugars; 0 g added sugars; 6 g total fat; 4 g saturated fat;

Ingredients

- 1 acorn squash, halved and seeded
- 1 tablespoon organic butter or ghee
- 1 tablespoon (25 ml) maple syrup
- Sea salt and pepper, to taste

Directions

1. Pre-heat oven to 350 degrees F (177 C)
2. Place squash cut side down in baking dish. Add a small amount of water, covering the bottom of the pan. Place in the oven and bake until the outside is soft, about 45 minutes.
3. Remove from the oven, turn squash face up and season with butter, syrup, salt and pepper.
4. Serve and enjoy.

Cauliflower Mash

Makes 2 servings

Nutrition

122 kcal; 510 kJ; 6 g protein; 17 g carbohydrates; 11 g net carbs; 6 g dietary fiber; 6 g total sugars; 0 g added sugars; 5 g total fat; 1 g saturated fat;

Ingredients

- 1 head garlic
- 2 teaspoon (10ml) olive oil, divided
- Medium-sized head of cauliflower, chopped into florets
- 2 tablespoons (30ml) coconut milk (or hemp, flax milk)
- Fresh thyme leaves, chopped
- 1 teaspoon fresh chives, chopped
- Sea salt and pepper, to taste

Directions

1. Preheat the oven to 400 degrees F (205C).
2. Remove as much of the outer papery skin from the garlic as you can with your fingers. Cut off the top of the garlic, exposing the tops of the cloves, drizzle with 1/2 the olive oil, wrap in foil and roast for about 40 minutes until garlic is soft.
3. Place cauliflower on parchment paper lined baking sheet. Drizzle with 1/2 the olive oil. Roast until the cauliflower is easily pierced with a fork, about 20 minutes.
4. Remove garlic and cauliflower from the oven. Set aside until cool enough to handle.
5. Place cauliflower in the bowl of a large food processor. Squeeze garlic from three cloves into the food processor. Add coconut milk, thyme, chives, salt and pepper. Process to your desired texture. Add more coconut milk if needed.

Tip: Store extra garlic in the fridge for up to a week. Taste great spread on flax crackers while warm.

Cauliflower Rice

Makes 2 servings

Nutrition

167 kcal; 699 kJ; 6 g protein; 18 g carbohydrates; 12 g net carbs; 6 g dietary fiber; 7 g total sugars; 0 g added sugars; 10 g total fat; 6 g saturated fat

Ingredients

- 1 small head cauliflower, grated
- 1 tablespoon coconut oil
- 1/2 medium yellow onion, finely chopped
- 1 garlic clove, minced
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 tablespoon (15ml) unseasoned rice wine vinegar
- 1 teaspoon (15ml) toasted sesame oil

Directions

1. Cut the cauliflower into small florets and place food processor. Pulse until it resembles the texture of rice
2. Add the coconut oil to a large skillet set over medium heat and cook the onion, garlic, salt and pepper about 5 minutes. Do not burn the garlic
3. Add cauliflower 'rice', sesame oil, and rice wine vinegar. Continue cooking for an additional 5-8 minutes, until cauliflower is al dente
4. Remove from heat and serve.

Pan Seared Artichoke Hearts

Makes 1 servings

Nutrition

102 kcal; 427 kJ; 3 g protein; 14 g carbohydrates; 4 g net carbs; 10 g dietary fiber; 1 g total sugars; 0 g added sugars; 5 g total fat; 4 g saturated fat

Ingredients

- 1 Artichoke
- 1 teaspoons (5ml) coconut oil

Directions

1. Lay your artichoke on its side and cut off the top quarter, to remove all the sharp stems.
2. Pour enough water into a pot to submerge your artichoke, add the artichoke, bring to a boil over medium heat. Reduce heat and simmer for 10 minutes or until fork tender.
3. Remove the artichoke from the water, let cool. Once cool peel off the remaining leaves. You will now be left with the heart and stem; cut it in half. Using a knife or a spoon remove the choke (the hairy filaments at the center. Slice the heart into bite sized pieces.
4. Heat coconut oil in a small skillet, over medium-high heat. Add artichoke hearts and cook until hot about 2 minutes.
5. Serve and enjoy!

Roasted Asparagus

Makes 1 servings

Nutrition

153 kcal; 640 kJ; 2 g protein; 6 g carbohydrates; 4 g net carbs; 2 g dietary fiber; 4 g total sugars; 0 g added sugars; 14 g total fat; 2 g saturated fat;

Ingredients

- 1/2 lb (100g) asparagus - about 6 large stems, trimmed and peeled
- Olive oil
- Aged balsamic vinegar

Directions

1. Preheat oven to 400 degrees F (200 C).
2. Arrange asparagus spears in a single layer on a baking sheet. Drizzle oil over asparagus and turn to coat.
3. Place in oven for 18-20 minutes.
4. Transfer to a platter and drizzle with vinegar.

Roasted Beets

Makes 2 servings

Nutrition

110 kcal; 460 kJ; 3 g protein; 16 g carbohydrates; 11 g net carbs; 5 g dietary fiber; 11 g total sugars; 0 g added sugars; 5 g total fat; 1 g saturated fat;

Ingredients

- 2 golden beets
- 1 teaspoon olive oil

Directions

1. Preheat oven to 375 degrees F (190C).
2. Wash and trim the beets, leaving a small amount of stem, do not cut into the beet.
3. Coat beets lightly with olive oil.
4. Wrap each beet in aluminum foil, place on a baking sheet, and roast in the oven until cooked through, approximately 45 to 60 minutes, depending on size. Beets are done when easily pierced with a fork.
5. Remove from the oven, unwrap when cool enough to handle.
6. Peel the beets, the peel should easily slip off.
7. Slice into thin wedges and serve.

Roasted Vegetables

Makes 2 servings

Nutrition

189 kcal; 791 kJ; 4 g protein; 15 g carbohydrates; 9 g net carbs; 6 g dietary fiber; 5 g total sugars; 0 g added sugars; 14 g total fat; 2 g saturated fat;

Ingredients

- 1 cup (150g) Brussels sprouts, halved
- 3 carrots, peeled and sliced
- 1 cup (150g) cauliflower florets
- 2 tablespoons (30ml) olive oil

Directions

1. Preheat oven to 450 degrees F (230 C) and line a baking sheet with parchment paper.
2. Wash and prepare ingredients and lay onto the baking sheet.
3. Drizzle oil over the raw vegetables and then mix together with hands.
4. Put the baking sheet into the oven and allow to cook for 10-15 minutes, then stir around to prevent burning.
5. Continue to cook for another 10-15 minutes or until vegetables are slightly brown or soft.
6. Remove from heat, serve and enjoy!

Sage Carrots

Makes 1 servings

Nutrition

128 kcal; 536 kJ; 1 g protein; 12 g carbohydrates; 9 g net carbs; 3 g dietary fiber; 6 g total sugars; 0 g added sugars; 9 g total fat; 8 g saturated fat

Ingredients

- 1 teaspoon coconut oil
- 1 1/2 cups (75 g) carrots, scrubbed, peeled and sliced into rounds
- 2 tablespoons water
- 1/8 teaspoon salt
- 2 teaspoons fresh small sage leaves

Directions

1. Melt oil in a large skillet over medium heat. swirl to coat the pan. Add carrots and 2 tablespoons water. Partially cover pan and cook 10 minutes, until carrots are almost tender.
2. Add salt, turn heat up to medium-high, cook about 4 minutes until lightly browned, stirring frequently.
3. Plate, sprinkle with sage and serve.

Sautéed Broccoli Rabe

Makes 1 servings

Nutrition

167 kcal; 699 kJ; 7 g protein; 6 g carbohydrates; 0 g net carbs; 6 g dietary fiber; 1 g total sugars; 0 g added sugars; 15 g total fat; 12 g saturated fat;

Ingredients

- 1 tablespoon (15ml) coconut oil
- 1/2 bunch broccoli rabe
- 2 cloves garlic, minced

Directions

1. Roughly cut the broccoli rabe, removing the thick stems.
2. Heat oil in a skillet over medium high heat.
3. Add the garlic and sauté until the garlic starts to brown, about 3 minutes.
4. Add the broccoli rabe and sauté until wilted and soft. About 5 minutes.
5. Enjoy!

Soups

Butternut Squash Soup

Makes 4 servings

Nutrition

252 kcal; 1054 kJ; 5 g protein; 49 g carbohydrates; 40 g net carbs; 9 g dietary fiber; 13 g total sugars; 0 g added sugars; 8 g total fat; 6 g saturated fat

Ingredients

- 1 large butternut squash
- 1 green apple, sliced and cored
- 1 small yellow onion, chopped
- 2 carrots, chopped
- 3 tablespoons (45ml) olive oil
- 2 teaspoons cinnamon
- 1 1/2 teaspoons salt
- 1/2 teaspoon cumin
- 1 teaspoon chili powder
- 2 tablespoons (30ml) coconut oil
- 3 cups (700ml) organic chicken stock

Directions

1. Preheat oven to 400 degrees F (200 C).
2. In a large bowl, combine the butternut squash, olive oil, 1 tsp cinnamon, 1/2 tsp salt, and 1/2 tsp cumin. Mix together, coating the squash well. Spread out on a rimmed baking sheet.
3. In the same bowl that the butternut squash was in, toss the apple slices, onion, and carrots to coat oil and spices. Place on a second rimmed baking sheet. Place both baking sheets in the oven and roast for 35-40 minutes until soft, stirring once.
4. Heat up coconut oil over medium heat in a large pot on the stove. Add the roasted ingredients and then the chicken stock. Add 1 teaspoon each of salt, cinnamon and chili powder. Bring to a boil, then reduce heat to low and simmer, covered, for 20 minutes.
5. Using an immersion blender, combine all ingredients until smooth, or transfer to a blender to puree. Serve warm.

Vegan Asparagus Soup

Makes 3 servings

Nutrition

161 kcal; 74 kJ; 1 g protein; 10 g carbohydrates; 8 g net carbs; 2 g dietary fiber; 5 g total sugars; 0 g added sugars; 14 g total fat; 12 g saturated fat;

Ingredients

- 1 tablespoon (15ml) coconut oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 2 lbs (900g) asparagus, chopped
- 1 quart (950ml) vegetable broth
- Pepper to taste
- 1 teaspoon chives chopped for garnish

Directions

1. Sauté onion and garlic in large soup pan.
2. Add asparagus and broth.
3. Bring to a boil, turn down heat, cover and simmer until asparagus is fork tender, about 8 minutes depending on size of asparagus spears.
4. Pour soup into blender and puree until smooth.
5. When serving sprinkle with ground pepper and chives.

Entrees

Carrot Red Lentil Chili (V)

Makes 4 servings

Ingredients

- 2 tablespoons (30ml) olive oil
- 1 onion, chopped
- 1 cup (200g) red lentils (brown and green lentils are good too)
- 1 1/4 cup (300 ml) organic chicken stock
- 2 zucchinis, chopped
- 5 medium carrots, peeled and chopped
- Sea salt and pepper, to taste
- 2 tablespoons each, basil and oregano??

Directions

1. Wash all produce well.
2. In a medium to large stockpot, heat olive oil over medium heat for 1-2 minutes.
3. Add chopped onion to the stockpot, stirring occasionally for 2-3 minutes or until slightly browned. Once onion is browned, add lentils and continue to cook, stirring occasionally every 2-3 minutes for another 5 minutes.
4. Add broth, zucchini, carrots, herbs and spices and salt and pepper; continue to cook the chili on medium/high heat until soup comes to a boil.
5. Once the soup comes to a boil, lower heat to medium/low and simmer for 30-45 minutes or until lentils are completely cooked.
6. Remove soup from heat and serve to be enjoyed immediately or save for later.

Baked Chicken Kabobs

Makes 2 servings

Nutrition

449 kcal; 1879 kJ; 35 g protein; 8 g carbohydrates; 3 g dietary fiber; 5 g net carbs; 2 g sugar; 32 g fat; 7% carbs; 31% protein; 64% fat

Ingredients

- 1/4 cup (60ml) olive oil
- 2 lemons
- 2 cloves garlic, minced
- 2 leaves basil, chopped
- Sea salt and pepper to taste
- 8 oz. (280g) organic chicken breast (skinless, boneless) cut into bite sized chunks
- 2 large handfuls mixed salad greens*

Directions

1. In a bowl whisk together olive oil, the juice and zest from one lemon, garlic, basil, salt and pepper.
2. Place chicken breast in a shallow pan, pour dressing over (or add ingredients to a 1 quart-1 liter freezer bag, and add chicken slices). Marinate in the refrigerator for a minimum of two hours.
3. Allow to marinate in the refrigerator for a minimum of two hours.
4. Line a broiler pan with tin foil or grease with butter, or coconut oil.
5. Remove chicken from the refrigerator. Thread chicken onto skewers. (If using wooden skewers, soak them about 20 minutes before use.) Place on broiler pan and baste with marinade.
6. Place under the broiler for 12 minutes, flipping and basting halfway through.
7. Place salad greens in a bowl and toss with the juice from one lemon.
8. Plate salad greens and top with chicken skewers.
9. Serve and enjoy.

*Tip: There is no need to exactly measure greens, you can't have too many!

Chicken & Green Beans Stir Fry

Makes 2 servings

Nutrition

483 kcal; 2021 kj; 42g protein; 29g carbohydrates; 19g net carbs; 10g dietary fiber; 7g total sugars; 0g added sugars; 23g total fat; 13g saturated fat

Ingredients

- 1/4 cup (60ml) tamari
- 2 teaspoons (10ml) toasted sesame oil
- 1 tablespoon (15ml) rice wine vinegar
- 3 tablespoons (45ml) coconut oil
- 1 lb. (450g) green beans, trimmed
- 1 inch (2.5 cm) ginger, minced
- 2 cloves garlic, minced
- 2 teaspoons green onion (Spring onions), chopped
- 2 boneless, skinless chicken breasts, diced into 1-inch (2.5cm) cubes
- 1 cup (180g) julienned red bell peppers
- 1/2 cup (70g) water chestnuts

Directions

1. In a small bowl, whisk soy sauce, sesame oil, & rice wine vinegar.
2. Heat two tablespoons of coconut oil in a large skillet over medium-high heat. Add green beans. Sauté for a few minutes until beans turn dark green, and are tender but still crisp. (If beans are particularly thick, add two tablespoons of water to pan and cover skillet for a couple of minutes to steam-cook beans). Do not overcook, as beans will go back in the pan briefly later.
3. Remove beans from the pan and set aside.
4. Add one more tablespoons of coconut oil to pan, add ginger, garlic, green onions and chicken. Sauté, stirring continuously until the chicken is lightly browned and cooked through (turns from pink to white). Add the red peppers and sauté for another minute. Add the water chestnuts and sauté for another minute. Add the soy sauce mixture and beans. Use spatula or large wooden spoon to toss the ingredients Sauté for 2 to 3 minutes
5. Serve over brown rice, top with a dash of sesame oil and garnish with sesame seeds.

Easy Asian 'Stir-Fry'

Makes 2 servings

Nutrition

229 kcal; 958 kj; 34 g protein; 15 g carbohydrates; 11 g net carbs; 4 g dietary fiber; 5 g total sugars; 0 g added sugars; 4 g total fat; 1 g saturated fat

Ingredients

- 6 cups. (225g) stir-fry vegetables (carrots, snow peas, pepper), chopped
- 2 chicken breasts, skinless, boneless, sliced
- 1 cup (240ml) broth
- 6 tablespoons (90ml) tamari
- 3/4 teaspoon ground ginger
- 1/2 teaspoon sea salt
- 1/2 teaspoon garlic powder

Directions

1. Combine all ingredients in a large stock pot over high heat and bring to a boil.
2. Reduce heat, cover and simmer for 15-20 minutes or until veggies are tender and meat is cooked.

Fish in Foil

Makes 2 servings

Nutrition

205 kcal; 858 kJ; 28 g protein; 0 g carbohydrates; 0 g net carbs; 0 g dietary fiber; 0 g total sugars; 0 g added sugars; 9 g total fat; 1 g saturated fat;

Ingredients

- 2 4-oz (115g) wild-caught salmon fillets (or trout)
- 2 teaspoon (10ml) olive oil
- 1 teaspoon paprika
- 1 teaspoon pepper
- 1 lemon, sliced thinly

Directions

1. Preheat oven to 400 degrees F (200 C).
2. Rub fillets with olive oil, and season with paprika and black pepper.
3. Place each fillet on a large sheet of foil. Squeeze the juice from the ends of the lemons over the fish. Arrange lemon slices on top of fillets. Seal edges of the foil to form enclosed packets. Place packets on baking sheet.
4. Bake in for 15 to 20 minutes, depending on the size of fish. Fish is done when it flakes easily with a fork.

Grilled Chicken with Lemon & Herbs

Makes 2 servings

Nutrition

322 kcal; 1347 kJ; 26 g protein; 2 g carbohydrates; 2 g net carbs; 0 g dietary fiber; 1 g total sugars; 0 g added sugars; 24 g total fat; 3 g saturated fat

Ingredients

- 2 organic chicken breasts
- 1/3 cup (80ml) olive oil
- 3 garlic cloves, minced
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons parsley
- 1/2 teaspoons fresh thyme
- 1/2 teaspoon oregano
- 1/4 teaspoon. Rosemary
- 3 tablespoons (45ml) lemon juice

Directions

1. Place chicken breasts between 2 sheets of plastic wrap and, using a meat mallet, pound out to an even 1/2-inch (1.25cm) thickness.
2. Place chicken in a large resealable ziploc bag. Add all the other ingredients and massage to evenly coat. Seal bag and marinate in the refrigerator for at least an hour, but ideally four.
3. Preheat oven to 375 degrees F (190 C).
4. Place chicken on a baking sheet and bake for 25 minutes or until chicken reaches 160 degrees F (71 C).
5. Transfer to a plate and let rest for a few minutes. Slice and serve!

Flank Steak with Cauliflower Rice

Makes 2 servings

Nutrition

515 kcal; 858 kJ; 42 g protein; 18 g carbohydrates; 12 g net carbs; 6 g dietary fiber; 7 g total sugars; 0 g added sugars; 31 g total fat; 18 g saturated fat;

Ingredients

Cauliflower Rice

- 1 small head cauliflower, grated
- 1 tablespoon coconut oil
- 1/2 medium yellow onion, finely chopped
- 1 garlic clove, minced
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 tablespoon (15ml) unseasoned rice wine vinegar
- 1 teaspoon (15ml) toasted sesame oil

Steak

- 1 tablespoons coconut oil
- 12oz (3400g) grass-fed flank steak
- Sea salt and pepper to taste

Directions

To make the cauliflower rice

1. Cut the cauliflower into small florets and place food processor. Pulse until it resembles the texture of rice
2. Add the coconut oil to a large skillet set over medium heat and cook the onion, garlic, salt and pepper about 5 minutes. Do not burn the garlic
3. Add cauliflower 'rice', sesame oil, and rice wine vinegar. Continue cooking for an additional 5-8 minutes, until cauliflower is al dente
4. Remove from heat and set to side

To make the Flank Steak

1. Season one side of steak with salt and pepper.
2. Melt coconut oil in a skillet over medium-high heat. Place steak in skillet seasoned side down. Season other side with salt and pepper. Cook for 4-6 minutes on each side.
3. Remove steak from skillet and set aside.
4. Slice steak. Serve with greens and cauliflower

Mediterranean Fish

Makes 2 servings

Nutrition

715 kcal; 2992 kJ; 41 g protein; 15 g carbohydrates; 11 g net carbs; 4 g dietary fiber; 7 g total sugars; 0 g added sugars; 55 g total fat; 9 g saturated fat;

Ingredients

- 2 4-oz (115g) wild-caught trout fillets (or salmon)
- 1/4 cup (60ml) + 2 tablespoons (30ml) olive oil
- Pepper
- 10 cloves garlic, crushed or finely chopped, divided
- 2 teaspoons dried thyme
- 2 summer squash, any kind, halved and sliced
- 1 large tomato, halved and sliced
- 2 large green onions (Spring onions), both white & green parts, sliced
- 1 teaspoon paprika
- 1 lemon, juice
- 1/2 cup (75g) chopped fresh parsley leaves, stems removed
- Lemon wedges for garnish

Directions

1. Preheat the oven to 400 degrees F (200 C)
2. Prepare two 12x17 sheets of foil.
3. Drizzle 2 tablespoons olive oil over the trout fillets, then place, oiled side down, on the prepared foil sheets.
4. Spread 1/2 of the crushed garlic over the trout, and season with pepper and dried thyme.
5. In a small bowl, mix the remaining crushed garlic, 1/4 cup olive oil, lime juice, pepper and paprika.
6. Pour the garlic mixture over the sliced vegetables. Mix until vegetables are covered.
7. Place the vegetables over the trout. Fold the foil over the trout and vegetables and seal completely, so no air can escape
8. Place the trout and vegetable foil packets on a large baking sheet. Bake for 20-25 minutes.
9. Carefully transfer the trout and vegetable foil packets with a spatula to individual serving plates. Open and garnish each with lemon wedges. Serve with lemon wedges. Enjoy!

Mongolian Beef over Cauliflower Rice

Makes 2 servings

Ingredients

Cauliflower Rice:

- 1 small head cauliflower, grated
- 1 tablespoon coconut oil
- 1/2 medium yellow onion, finely chopped
- 1 garlic clove, minced
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 tablespoon (15ml) unseasoned rice vinegar
- 1 teaspoon (15ml) toasted sesame oil

Mongolian Beef

- 2 tablespoons (15ml) coconut oil
- 1/2 medium yellow onion, diced
- 1/2 cup (120ml) coconut aminos
- 1/4 cup (60ml) honey
- 2 cloves garlic, minced
- 1 in (2.5cm) fresh ginger, grated
- Salt and pepper to taste
- 1 pound (455 grams) flank steak, thinly sliced against the grain
- 1 green onion, sliced, for garnish

Directions

To make the cauliflower rice:

1. Cut the cauliflower into small florets and place food processor. Pulse until it resembles the texture of rice.
2. Add the coconut oil to a large skillet set over medium heat and cook the onion, garlic, salt and pepper about 5 minutes. Do not burn the garlic.
3. Add cauliflower 'rice', sesame oil, and rice wine vinegar. Continue cooking for an additional 5-8 minutes, until cauliflower is al dente.
4. Remove from heat and set to side.

To make the Mongolian beef:

1. Heat the coconut oil in a large pan over medium heat. Add the onion and cook until onion is translucent.
2. Mix the coconut aminos, honey, garlic, ginger, and a pinch of salt and pepper in a bowl
3. Pour the mixture into the pan with the onions and bring to a boil.
4. Add steak pieces to the pan and cook until brown.
5. Once meat is cooked

One-Pan Chicken & Veggies

Makes 2 servings

Nutrition

545 kcal; 2280 kJ; 31 g protein; 39 g carbohydrates; 29 g net carbs; 10 g dietary fiber; 13 g total sugars; 0 g added sugars; 31 g total fat; 5 g saturated fat

Ingredients

- 4 tablespoons (60 ml) olive oil
- 1 tablespoon (15 ml) apple cider vinegar
- 3 cloves garlic, minced
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- Zest of 1 lemon
- Sea salt, to taste
- 1 rutabaga, peeled and cut in 1-inch (2.5 cm) chunks
- 2 parsnips, peeled and cut into 1/2-inch (1 cm) rounds
- 1 1/2 cups (150 g) Brussels sprouts, halved
- 2 boneless, skinless chicken breasts

Directions

1. Preheat oven to 400 degrees F (204 C). Lightly coat a baking dish with coconut oil.
2. In a small bowl, whisk together 2 tablespoons olive oil, vinegar, garlic, oregano, basil and lemon zest; season with salt to taste. Set aside.
3. Place rutabaga, parsnips and Brussels sprouts in a single layer onto the prepared baking sheet. Drizzle with remaining 2 tablespoons olive oil and season with salt to taste. Top with chicken in a single layer and brush each chicken breast with oil & vinegar mixture.
4. Place into oven and roast until the chicken is completely cooked through, reaching an internal temperature of 165 F (74 C), and vegetables are soft, about 30 - 40 minutes. Then broil for 2 - 3 minutes, or until browned.
- 5.

Paleo Mini Meatloaves

Makes 4 servings

Nutrition

431 kcal; 1803 kJ; 50 g protein; 13 g carbohydrates; 9 g net carbs; 4 g dietary fiber; 3 g total sugars; 0 g added sugars; 19 g total fat; 11 g saturated fat

Ingredients

- 2 lbs (900g) grass-fed ground beef (may also mix in pork and/or veal)
- 1 package frozen (or fresh) spinach
- 2 Tablespoons (30 ml) coconut oil
- 1 medium onion, finely diced
- 1/2 package mushrooms, finely diced
- 2 carrots, grated or finely diced
- 2 eggs, lightly beaten
- 1/3 cup (40g) almond flour
- 2 teaspoons salt
- 2 teaspoons pepper
- 2 teaspoons onion powder
- 1 teaspoon garlic powder
- 1 teaspoon dried thyme
- 1/4 teaspoon grated nutmeg

Directions

1. Preheat oven to 375 degrees F (190 C)
2. Thaw the spinach, squeeze out the excess water and set aside. Or, if fresh heat in a pan over medium heat on 1 tablespoon (15ml) coconut oil, until wilted
3. Heat coconut oil in a skillet on medium heat. Add onions and mushrooms and cook until the onions are translucent and some of the liquid has cooked out of the mushrooms. Set aside to cool.
4. Once cooled, place a large bowl with all remaining ingredients. Use your hands to combine together well, do not over mix.
5. Fill 18 regular size muffin tins to the top with the meatloaf mixture.
6. Cook for 25-30 minutes.
7. Allow to cool and use a knife to loosen meatloaves from sides of the pan before removing. Tip: Freeze 1/2, thaw and heat before serving for a quick ready meal.

Paleo Tacos

Makes 2 servings

Nutrition

417 kcal; 1745 kJ; 32 g protein; 13 g carbohydrates; 6 g net carbs; 7 g dietary fiber; 3 g total sugars; 0 g added sugars; 28 g total fat; 10 g saturated fat;

Ingredients

For the meat:

- 1 tablespoon (15ml) coconut oil
- 1/2 onion, chopped
- 1 lb. (450g) grass-fed ground beef (95% lean)
- 1 teaspoon each: dried basil, oregano
- Pepper to taste

For the taco shells:

- 6-8 large Romaine lettuce leaves

Toppings:

- 1/2 cup (120g) guacamole
- 1 red bell pepper (capsicum), chopped
- 3/4 cup (110g) Romaine lettuce, chopped
- Red onion, chopped

Directions

1. In a medium skillet, heat the oil over medium heat for about 1 minute.
2. Add the onion, basil and pepper and sauté until lightly browned, about 2 minutes.
3. Add the turkey and sauté 7-10 minutes or until cooked, stirring every few minutes.
4. While the turkey is cooking, wash and chop the toppings and lay the Romaine lettuce leaves out on serving plates.
5. When the turkey is cooked, add 1-2 tablespoons to each lettuce wrap, then add toppings.
6. Serve and enjoy!

Sesame Salmon Burgers

Makes 2 servings

Ingredients

- 2 4-oz (115g) Salmon Filets
- 1 tablespoon (15ml) toasted sesame oil
- 1 tablespoon (15ml) rice wine vinegar
- 1 clove garlic, pressed
- 1teaspoon peeled ginger, minced
- 1/4 cup (40g) chopped green onion
- 1/8 cup (20g) toasted sesame seeds
- 1 large eggs
- 1 tablespoon almond flour
- 2 tablespoons coconut oil, for frying

Directions

1. Remove the skin from the salmon and cut into small squares
2. Combine salmon, oil, vinegar, garlic, ginger, green onion, sesame seeds and eggs in a large bowl
3. Add almond flour into mixture
4. Once well combined use your hands to form patties from the mixture
5. Melt the coconut oil in a skillet over medium heat.
6. Place the patties in the skillet and cook until golden brown, or about 5 minutes on each side
7. Serve and enjoy!

Quinoa Cakes (V)

Makes 3 servings

Nutrition

557 kcal; 2330 kJ; 21 g protein; 81 g carbohydrates; 68 g net carbs; 13 g dietary fiber; 5 g total sugars; 0 g added sugars; 18 g total fat; 2 g saturated fat

Ingredients

- 1 egg (or, to make it vegan, 2 tablespoons ground flax + 6 tablespoons/90ml water)
- 1 1/2 cups (275g) cooked quinoa
- 1/2 cup (50g) gluten-free rolled oats
- 2 tablespoons coconut flour
- 1 1/2 tablespoons Tahini
- 1 1/2 teaspoons (8ml) rice wine vinegar
- 1/2 cup (75g) sweet potato, finely grated
- 1 cup (45g) spinach, chopped (or 5oz./140g frozen spinach, thawed and squeezed dry)
- 1/4 (35g) cup nuts, chopped (optional)
- 2 tablespoons onion, finely diced
- 1 tablespoon fresh parsley, chopped
- 1 clove garlic, minced
- 1/2 teaspoon sea salt
- 1 teaspoon turmeric
- Red pepper flakes, to taste

Directions

1. Preheat oven to 400F. Line a baking sheet with parchment paper or spray with coconut oil cooking spray.
2. If using flax egg, mix the ground flax and water in a small bowl and set aside for 5 minutes or so to thicken.
3. Pulse oats in the food processor into a flour
4. Combine egg or flax egg, oats and remaining ingredients in a bowl and mix together.
5. Form into 6 patties, place on baking sheet, put in oven
6. Bake on prepared baking sheet 25 minutes, turning once, or until cakes are browned.

To Cook the Quinoa

The ratio is 1 cup of uncooked quinoa to 2 cups of liquid. Bring quinoa and liquid to a boil in a medium saucepan. Reduce heat to low, cover and simmer until tender and most of the liquid has been absorbed, about 15 to 20 minutes. Fluff with a fork

Spaghetti Squash Bolognese

Makes 2 servings

Nutrition

353 kcal; 1477 kJ; 25g protein; 39g carbohydrates; 31g net carbs; 8g dietary fiber; 20g total sugars; 0g added sugars; 13g total fat; 8g saturated fat;

Ingredients

For spaghetti squash:

- 1 small/medium spaghetti squash, halved and seeded

For the Bolognese sauce:

- 2 tablespoons coconut oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1/2 lb. (225g) grass-fed ground beef
- 1 can (14.5z/411g) can stewed tomatoes
- 2 tablespoons tomato paste
- 2 carrots, peeled and chopped
- 1 cup (150g) cherry tomatoes, halved
- 2 tablespoons dried basil
- 2 tablespoons dried oregano
- Salt and pepper to taste

Directions

1. Preheat oven to 400 degrees F (204 C).
2. Place squash on a roasting pan, face down, in a small amount of water and bake for 30-45mins until the shell of the squash is soft.
3. Remove from oven and let cool, then scrape out insides using a fork (consistency should be spaghetti-like).
4. While the squash is cooking, begin the Bolognese sauce by heating the coconut oil over medium heat in a large stock pot. Add the onion and garlic, sauté until soft. Add the beef to the stockpot and cook for about 10 minutes until browned, stirring every minute.
5. Add the rest of the Bolognese ingredients; bring to a boil then reduce heat to simmer, cook for 20 minutes.
6. Serve the sauce over the spaghetti squash pasta. Garnish with extra pepper and fresh basil if desired.

Spinach Pesto Pasta (v)

Makes 2 servings

Nutrition

656 kcal; 2745 kJ; 11 g protein; 31 g carbohydrates; 23 g net carbs; 8 g dietary fiber; 14 g total sugars; 0 g added sugars; 58 g total fat; 7 g saturated fat;

Ingredients

Pasta

- 2 large zucchini (courgette)

Salad

- 1 cup (150g) Kalamata olives
- 2 handfuls (about 2 cup/85 g) spinach
- 1/2 red onion, sliced
- 1/2 cup (100 g) black beans (cooked or BPA free canned)
- 1/4 cup (80g) currants

Pesto

- 1 bunch of fresh basil leaves
- 1/2 cup (70 g) pine nuts
- 1/2 cup (125 ml) olive oil
- 1 tablespoon (15ml) lemon juice
- 2 fresh garlic cloves, crushed

Directions

1. Wash all produce well.
2. Feed the zucchini through a vegetable spiralizer to form zucchini curls or slice thinly with a mandolin or knife into thin strips. Set aside
3. Place basil, pine nuts garlic and lemon juice in a high-speed blender or food processor. Blend, adding olive oil slowly until completely smooth. You will use roughly 1/2 cup (125 ml) of olive oil
4. Lightly sauté or dip zucchini fettuccine in boiling water to heat up the noodles.
5. Toss the zucchini pasta with salad ingredients, adding pesto to your liking. Serve immediately.

Turkey Burgers

Makes 3 servings

Nutrition

264 kcal; 1105 kJ; 33 g protein; 7 g carbohydrates; 3 g net carbs; 4 g dietary fiber; 2 g total sugars; 0 g added sugars; 12 g total fat; 5 g saturated fat;

Ingredients

- 1 lb. (450g) organic ground turkey
- 1 teaspoon onion powder
- 1 teaspoon paprika
- 1/2 teaspoon freshly ground pepper
- 1/2 teaspoon coriander
- Pinch of cayenne
- 2 green onions (Spring onions), chopped
- 1 tomato, sliced
- 2 cups (85g) arugula (rocket)
- 1 avocado, sliced
- 1 tablespoon coconut oil

Directions

1. Mix turkey, spices and green onions in a bowl, combine until well mixed. Form into 3 patties.
2. Heat coconut oil in a frying pan over medium-high heat. Place patties in pan and cook for 5-6 minutes on each side.
3. Place burgers on arugula, top with tomato and avocado.

Vegetable Curry (V)

Makes 3 servings

Nutrition

441 kcal; 1845 kJ; 5 g protein; 26 g carbohydrates; 19 g net carbs; 7 g dietary fiber; 10 g total sugars; 0 g added sugars; 38 g total fat; 34 g saturated fat;

Ingredients

- 1 tablespoon (15 ml) coconut
- 1 tablespoon fresh ginger, grated
- 1 cup (90g) carrots, chopped
- 1/2 cup (45g) green beans, chopped
- 1 sweet potato, peeled and cut into 1 inch (2.5cm)
- 1 tablespoon curry powder
- 1 14-ounce (396 g) BPA-free can light coconut milk
- 1 cup (240 ml) water
- 1/2 teaspoon sea salt
- 1/2 teaspoon black pepper
- Cilantro

Directions

1. Heat oil in a large Dutch oven or heavy pot over medium-high heat. Add ginger, carrots, green beans and sweet potato. Cook 3 minutes, stirring frequently.
2. Stir in curry powder. Add coconut milk, water, salt and pepper. Reduce heat, cover, and simmer until vegetables are tender, about 15 minutes.
3. Serve over brown rice, garnish with cilantro.

Snacks & Desserts

Beet Chips

Makes 2 servings

Nutrition

82 kcal; 343 kJ; 1 g protein; 5 g carbohydrates; 4 g net carbs; 1 g dietary fiber; 4 g total sugars; 0 g added sugars; 7 g total fat; 1 g saturated fat

Ingredients

- 2 medium beets
- 1 tablespoons (15 ml) olive oil
- Sea salt to taste.

Directions

1. Preheat oven to 425F (220C)
2. Line a baking sheet with parchment paper.
3. Using a mandoline, or knife slice the beets into very thin slices.
4. In a bowl mix together beet rounds, olive oil and salt.
5. Spread beets on baking sheet, so they aren't touching. Place in oven and bake for 20-30 minutes until crispy.
6. Serve and enjoy.

Hummus

Makes 4 servings

Ingredients

- 1 BPA-free can (439g) chickpeas, drained, liquid reserved
- 1/2 cup (144g) Tahini
- 1/4 cup (60ml) olive oil
- 2 cloves garlic, peeled
- 1 lemon, juiced
- Sea salt and pepper to taste
- Optional: parsley, cumin, paprika

Directions

1. Place chickpeas, Tahini, olive oil, garlic and lemon juice in the bowl of a food processor. While processing, slowly add the reserved liquid (or water) until reaching a smooth consistency. Salt and pepper to taste, add cumin or paprika to taste.
2. Place in a bowl, drizzle with olive oil, sprinkle with paprika and garnish with chopped parsley.

Salt & Vinegar Chips

Makes 2 servings

Nutrition

127 kcal; 531 kJ; 6 g protein; 12 g carbohydrates; 9 g net carbs; 3 g dietary fiber; 0 g total sugars; 0 g added sugars; 8 g total fat; 1 g saturated fat;

Ingredients

- 1 bunch kale (Tuscan cabbage)
- 1 tablespoon (15ml) Bragg's apple cider vinegar
- 1 tablespoon (45ml) olive oil
- 1 teaspoon sea salt

Directions

1. Preheat oven to 375 degrees F (190 C).
2. Tear, or roughly chop the kale leaves up into large pieces. Discard thick stems.
3. Place kale in a large mixing bowl.
4. Drizzle with vinegar, olive oil and salt over the top. Toss well, and then massage the kale, evenly coating the leaves.
5. Spread out kale on 2 baking sheets so that the kale does not touch.
6. Place in oven for 10 to 13 minutes until dry and crisply. Careful not to overcook as kale will burn quickly.
7. Cool and sever while still warm.

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