

A top-down view of a white ceramic bowl filled with a fresh salad. The salad includes bright green arugula leaves, small red pomegranate seeds, and white feta cheese cubes. Several large, cooked shrimp are arranged around the perimeter of the bowl. A semi-transparent white rectangular box is centered over the bowl, containing text.

Intermittent Fasting Recipe Bundle

REDUCE INFLAMMATION,
IMPROVE WEIGHT CONTROL,
BETTER YOUR MOOD, AND
SIMPLIFY YOUR LIFE.



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Intermittent Fasting Breakfast

KICKSTART YOUR DAY



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Anti-Inflammatory Shrimp Salad



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 3 beet (2" dia) [246 g] Beets (*Chopped (one red and one golden)*)
- 0.5 tbsp [7 g] Avocado Oil
- 1 dash [0.4 g] Salt (*To taste*)
- 1 dash [0.1 g] Black Pepper (*To taste*)
- 1 tbsp [11 g] Pomegranate arils
- 2 tbsp (packed) [30 g] Feta Cheese
- 1 tbsp [7 g] Chopped Walnuts
- 1 tbsp [10 g] Hemp Hearts
- 2 cup [40 g] Arugula (Rocket)
- 0.5 tbsp [7 g] Olive Oil
- 0.5 small lemon [15 g] Lemon Juice
- 4 oz [113.6 g] Shrimp (Prawns)

DIRECTIONS

1. Preheat oven to 400°F (205°C).
2. Toss chopped beets with avocado oil, salt, and pepper. Bake for 15-20 minutes, until soft.
3. Add arugula to a salad bowl and top with pomegranate arils, feta cheese, chopped walnuts, and hemp hearts. Toss with olive oil, lemon juice, salt, and pepper.
4. Top with cooked beets and cooked shrimp and enjoy!

NUTRITION INFO

Calories : 516.2

Fat : 32.34 g

Carbs : 31.14 g

Protein : 31.08 g

Fiber : 10.12 g

Caribbean Inspired Bacalao “Cod” Salad



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 16 oz [448 g] Cod
- 1 oz [28.35 g] Green Olives
- 0.25 oz [7 g] Roasted Red Peppers
- 0.25 onion (small) [37 g] Red Onions
- 2 tbsp [28 g] Olive Oil
- 4 tbsp [56 g] Red Wine Vinegar
- 1 tsp [6 g] Salt
- 0.25 tsp [0.53 g] Black Pepper
- 1 large [50 g] Egg (*Hard boiled*)
- 1.5 cup, cubes [240 g] Cantaloupe Melons
- 0.5 avocado [68 g] Avocado

DIRECTIONS

1. Bring 10 cups of water to a boil.
2. Rinse salted cod fillets under cold water until all visible salt has dissolved.
3. Add rinsed cod fillets to boiling water for five minutes. Water will get foamy on top.
4. Drain and rinse cod fillets under cold water.
5. Repeat steps one, three, and four. Set the drained cod aside to cool.
6. Dice roasted red peppers and red onion and add to a large bowl.
7. Cut Spanish olives in half and add them to the bowl.
8. Using your hands, shred the cooled cod into the roasted red pepper, red onion, and Spanish olive bowl. Mix well.
9. Add extra virgin olive oil, red wine vinegar, and kosher salt to the cod. Mix well.
10. Let the salad marinate in the refrigerator for two hours before serving with a hard-boiled egg, avocado, and cantaloupe.

NUTRITION INFO

Calories : 470.9

Fat : 25.53 g

Carbs : 14.71 g

Protein : 45.11 g

Fiber : 5.06 g

Cauliflower Avocado “Toast”



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 0.5 avocado [68 g] Avocado
- 0.5 medium head (5-6" dia) [287.5 g] Cauliflower
- 1 large [50 g] Egg
- 3 tsp [13.8 g] Everything Bagel Seasoning
- 0.25 tbsp [3.5 g] Olive Oil
- 2 link (2.3 oz) [136 g] Organic Chicken Sausage (*Cooked*)

DIRECTIONS

1. Cut a one-inch-thick slice off a whole cauliflower head to serve as the “toast.”
2. Toss cauliflower “toast” in olive oil.
3. Air fry cauliflower “toast” at 350°F (176°C) for 15 minutes. You may also bake cauliflower “toast” at 350°F (176°C) for 20 minutes for a slightly less crispy texture.
4. Slice avocado and roll it in everything bagel seasoning. Set it aside.
5. Cook the egg to preferred doneness.
6. Top cauliflower “toast” with sliced avocado and egg. Serve with cooked organic chicken sausage.

NUTRITION INFO

Calories : 475.75

Fat : 25.69 g

Carbs : 24.02 g

Protein : 39.48 g

Fiber : 12.25 g

Chicken Salad Lunch Combo



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 can (5 oz) yields [140 g] Canned Organic Chicken (*Drained*)
- 1 tbsp [15 g] Mayonnaise (made with avocado oil)
- 1 tsp [1 g] Dill (Dried)
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper
- 5 grape, seedless [25 g] Grapes
- 0.5 stalk [7.5 g] Green Onions
- 2 tbsp, chopped [10 g] Red Onions
- 2 cup [40 g] Arugula (Rocket)
- 1 oz (10-12 kernels) [28.35 g] Macadamia Nuts
- 1 tsp [2 g] Matcha Tea Powder (*Or one packet*)
- 1 cup [245 g] Almond Milk

DIRECTIONS

1. Mix chicken with avocado oil mayonnaise, dill, salt, pepper. Once well combined, mix in grapes, green onion, and red onion.
2. Add arugula to a salad bowl and top with chicken mixture.
3. In a mug, warm almond milk and stir in matcha powder.
4. Serve chicken salad and matcha latte with a side of raspberries and macadamia nuts.

NUTRITION INFO

Calories : 629.5

Fat : 47.65 g

Carbs : 18.68 g

Protein : 37.27 g

Fiber : 6.25 g

Chicken Sausage Hash



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 1 tbsp [12.8 g] Clarified Butter Ghee
- 1.5 cup, cubes [199.5 g] Sweet Potato
- 0.25 cup, chopped [40 g] Onions
- 0.25 cup [62.5 g] Chickpeas (canned and drained)
- 2 link (2.3 oz) [136 g] Organic Chicken Sausage
- 2 cup, chopped [42 g] Kale
- 1 dash [0.4 g] Salt (*To taste*)
- 1 dash [0.1 g] Black Pepper (*To taste*)

DIRECTIONS

1. In a large skillet, heat ghee over medium heat.
2. Add sweet potatoes and white onion to the skillet and cook until sweet potatoes are cooked (10-12 minutes) or until they are able to be easily pierced with a fork.
3. Add chick peas and chicken sausage and sauté until the chick peas and chicken sausage is cooked through and crispy around the edges.
4. Add kale, salt and pepper and sauté until the kale turns bright green and softens.
5. Serve hot and enjoy!

NUTRITION INFO

Calories : 547.25

Fat : 19.75 g

Carbs : 62.66 g

Protein : 33.46 g

Fiber : 9.2 g

Egg Frittata With Potatoes and Spinach



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 4 large [200 g] Egg
- 3 large [99 g] Egg White
- 0.5 medium (2-1/2" dia) [55 g] Onions
- 2 clove [6 g] Garlic
- 1 large (3" to 4-1/4" dia, raw) [300 g] Potato
- 1 cup [30 g] Spinach
- 0.25 cup [61.25 g] Almond Milk
- 1 tbsp [14 g] Olive Oil
- 1 dash [0.4 g] Salt (*To taste*)
- 1 dash [0.1 g] Black Pepper (*To taste*)
- 2 tbsp [10 g] Parmesan Cheese (Shredded)
- 1 tbsp [10 g] Hemp Hearts

DIRECTIONS

1. Begin by dicing the onion finely and mincing the garlic cloves; set them aside.
2. Peel the potato and cut it into small dice; set it aside.
3. In a bowl, whisk together the eggs, egg whites, milk, and season with salt and pepper.
4. Heat olive oil in a skillet over medium heat, and cook the diced potatoes for 7-10 minutes, until they become tender.
5. Once the potatoes are tender, add the spinach, onions, and garlic to the skillet and sauté for 4-5 minutes.
6. Add the eggs into the pan and cover with a lid and turn the heat to medium low. Cook for 10 minutes.
7. Serve warm and sprinkle with hemp hearts and parmesan.

NUTRITION INFO

Calories : 462.5

Fat : 24.8 g

Carbs : 35.35 g

Protein : 25.08 g

Fiber : 3.63 g

Mexican Breakfast Bake



SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- 16 oz [448 g] Chorizo
- 0.5 medium (2-1/2" dia) [55 g] Onions
(Diced)
- 1.33 cup [319.2 g] Black Beans
(Canned) (Drained and rinsed)
- 3 pumps [3 g] Avocado Oil Cooking Spray
- 6 large [300 g] Egg
- 1.5 cup [364.5 g] Egg White
- 1 dash [0.4 g] Salt (To taste)
- 1 dash [0.1 g] Black Pepper (To taste)

DIRECTIONS

1. Preheat the oven to 400°F (205°C).
2. In a large skillet, cook the chorizo over medium-high heat until it is fully cooked. While cooking, chop into small, bite-sized pieces. Once it is cooked, strain the remaining fat from the chorizo and set aside.
3. In the same skillet, add your onions and black beans and sauté until the onions are browned.
4. While the onions and black beans are browning, whisk together the eggs and egg whites.
5. Coat a 8x8 baking dish with non-stick spray.
6. Layer in the cooked chorizo, onions, and black beans and top with the egg mixture.
7. Season with salt and pepper.
8. Bake in the oven for 25-30 minutes or until a pierced fork comes out clean.
9. Serve hot and enjoy!

NUTRITION INFO

Calories : 426.99

Fat : 16.1 g

Carbs : 23.85 g

Protein : 44.31 g

Fiber : 8.51 g

Nutty Cottage Cheese Berry Bowl



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1.25 cup [281.25 g] 1% Low Fat Cottage Cheese
- 0.25 cup [36.25 g] Blueberries
- 1 tbsp [7 g] Pumpkin Seeds
- 1 medium (7" to 7-7/8" long) [118 g] Banana (*Sliced*)
- 1.25 tbsp [20 g] Almond Butter

DIRECTIONS

1. Add cottage cheese to a bowl and top with all other ingredients.

NUTRITION INFO

Calories : 506.25

Fat : 18.84 g

Carbs : 49.2 g

Protein : 37.07 g

Fiber : 4.97 g

Roasted Carrot Salad W/ Chicken



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 3 small (5-1/2" long) [150 g] Carrots
(Sliced lengthwise)
- 1.5 tbsp [21 g] Olive Oil
- 2 cup [40 g] Arugula (Rocket)
- 1 tbsp [8.8 g] Dry Roasted Sunflower Seeds (with Salt Added) *(If you are histamine intolerant you can trade these with hemp hearts)*
- 2 tbsp [22 g] Pomegranate arils
- 5 oz [140 g] Skinless Chicken Breast
- 1 tbsp [14 g] Lemon Juice
- 1 dash [0.4 g] Salt *(To taste)*
- 1 dash [0.1 g] Black Pepper *(To taste)*

DIRECTIONS

1. Preheat the oven to 425°F (218°C).
2. Coat the sliced carrots and chicken in half of the olive oil, salt and pepper and place them on an oven-safe baking sheet. Roast for 20-25 minutes, or until the carrots are soft and crispy on the outside, and the chicken is cooked through.
3. In a large bowl, combine arugula, sunflower seeds, pomegranate seeds, remaining 1/2 tbsp olive oil, lemon juice, salt and pepper. Toss to combine.
4. Place the salad on a plate, and top with roasted carrots and grilled chicken.
5. Serve and enjoy!

NUTRITION INFO

Calories : 473.4

Fat : 27.49 g

Carbs : 22.97 g

Protein : 37.03 g

Fiber : 6.88 g

Roasted Veggie & Quinoa Breakfast Bowl



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- 0.5 cup, cubes [66.5 g] Sweet Potato
- 0.25 cup, chopped [32 g] Carrots
- 1 beet (2" dia) [82 g] Beets (*Chopped*)
- 0.5 tbsp [7 g] Olive Oil
- 0.25 cup [42.5 g] Quinoa (uncooked)
- 3 large [150 g] Egg (*Poached or soft boiled*)
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper

DIRECTIONS

1. Preheat the oven to 425°F (218°C).
2. Cook quinoa as directed on the package.
3. Place the sweet potato, carrots, and red beets on a lined baking sheet.
4. Drizzle the vegetables with olive oil and salt and pepper and bake in the oven for 25-30 minutes or until the vegetables are easily pierced with a fork. For extra crispiness: broil on high for 3 minutes before removing from the oven).
5. While the vegetables are roasting, poach one egg in boiling water.
6. In a bowl, place the quinoa, roasted veggies, and poached egg.
7. Season with salt and pepper to taste.
8. Serve warm and enjoy!

NUTRITION INFO

Calories : 545.5

Fat : 24.38 g

Carbs : 54.77 g

Protein : 27.11 g

Fiber : 7.7 g

Spinach Artichoke Chicken Salad



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 12 oz [336 g] Skinless Chicken Breast (*Shredded*)
- 1 cup [225 g] 1% Low Fat Cottage Cheese
- 2.5 cup [75 g] Baby Spinach
- 2 oz [56.7 g] Mozzarella Cheese (Whole Milk)
- 1 cup [220 g] Marinated Artichoke Hearts
- 1 tsp [2.8 g] Garlic
- 0.5 tsp [1.2 g] Onion Powder
- 1 tsp [6 g] Salt
- 0.5 tsp [1.05 g] Black Pepper
- 0.5 cup [74.5 g] Baby Carrots
- 2 stalk, medium (7-1/2" - 8" long) [80 g] Celery (*Cut into dipping sized pieces*)

DIRECTIONS

1. Add cottage cheese and mozzarella to a blender and blend until smooth.
2. Add oil to pan and cook on medium heat. Add spinach and artichokes and cook for 5 minutes until spinach is wilted.
3. Add seasoning, cottage cheese, and mozzarella to the pan and cook for 5 minutes.
4. Mix in shredded chicken to warm and serve with carrots and celery.

NUTRITION INFO

Calories : 504

Fat : 23.54 g

Carbs : 13.96 g

Protein : 60.6 g

Fiber : 4.4 g

Stuffed Pepper with Egg & Mushroom



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 35 MINUTES

INGREDIENTS

- 0.5 medium [57 g] Orange Bell Pepper
- 1 large [50 g] Egg
- 1 large [33 g] Egg White
- 0.25 cup, chopped [17.5 g] Mushrooms
- 1 tbsp [14 g] Olive Oil
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper
- 1 oz [28.35 g] Mozzarella Cheese (Whole Milk)
- 0.75 cup [180 g] Plain Non Fat Greek Yogurt
- 1 apple Apples

DIRECTIONS

1. Heat oven 350°F (176°C).
2. Cut bell pepper lengthwise and remove seeds and white membrane.
3. Place pepper on lined parchment paper and add half of the olive oil, season with salt and pepper.
4. Dice the mushroom and place at the bottom of the pepper. Add the egg, egg white, and top with cheese. Sprinkle a little salt and pepper on top.
5. Bake for 35 minutes or until egg is completely cooked through.
6. Serve with Greek yogurt and an apple.

NUTRITION INFO

Calories : 492.63

Fat : 25.38 g

Carbs : 35.53 g

Protein : 34.05 g

Fiber : 5.69 g

Sweet Potato-Smoked Salmon Eggs Benedict



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- 1 sweetpotato, 5" long [130 g] Sweet Potato (*Grated or shredded*)
- 0.18 cup, chopped [28.8 g] Onions
- 1 large [33 g] Egg White
- 1 tbsp [14 g] Olive Oil
- 2 large [100 g] Egg
- 0.5 cup [10 g] Arugula (Rocket)
- 2.5 oz, boneless [70.88 g] Smoked Salmon
- 2 sprigs [0.4 g] Dill (*Chopped*)
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper

DIRECTIONS

1. In a small bowl, combine grated sweet potato, white onion, egg white, and salt and pepper to taste. Shape into two patties.
2. In a large pan, heat oil over medium-high heat and place the sweet potato pancakes in the pan. Cook for 3-5 minutes, or until the edges begin to crisp/brown, then flip and cook for another 3-5 minutes. Set on a paper towel or baking rack to cool.
3. While the sweet potato pancakes are cooking, poach two eggs in boiling water.
4. Once the eggs are poached, build the Benedict: place the sweet potato pancakes on a plate, top with arugula, smoked salmon, and poached eggs and season with salt, pepper, and dill.
5. Serve immediately and enjoy!

NUTRITION INFO

Calories : 492.56

Fat : 26.71 g

Carbs : 30.52 g

Protein : 31.72 g

Fiber : 4.5 g

Turkey Breakfast Sausage, Sweet Potatoes and Spinach



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- 16 oz [448 g] Ground Turkey
- 2 sweetpotato, 5" long [260 g] Sweet Potato
- 2 cup [60 g] Baby Spinach
- 0.75 tsp [0.52 g] Sage (Ground)
- 0.5 tsp [3 g] Salt
- 0.5 tsp [1.05 g] Black Pepper
- 0.5 tsp, ground [0.7 g] Thyme (Dried)
- 0.25 tsp [0.7 g] Garlic Powder
- 0.25 tsp, ground [0.15 g] Oregano
- 0.25 tsp [0.53 g] Paprika
- 0.25 tsp [0.45 g] Red Pepper Flakes
- 2 tbsp [28 g] Avocado Oil

DIRECTIONS

1. Mix ground turkey and seasoning together and let sit.
2. Add half of the oil and sweet potatoes to a pan on medium-low heat, and cook for 20 minutes or until tender.
3. Add baby spinach and cook for about 5 minutes.
4. Form 6 patties with the ground turkey mix.
5. Remove vegetables from the pan, add 1 tbsp of oil, and increase the temperature to medium-high.
6. Add patties to the pan and cook for about 5-7 minutes on each side or until internal temperature reaches 165°F (74°C).

NUTRITION INFO

Calories : 568.13

Fat : 30.3 g

Carbs : 28.44 g

Protein : 47.11 g

Fiber : 5.16 g

White Bean Chicken Chili



SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 90 MINUTES

INGREDIENTS

- 1 onion [110 g] Yellow Onions (*Diced*)
- 1 cup, chopped [128 g] Carrots
- 3 clove [9 g] Garlic (*Minced*)
- 5 cup (8 fl oz) [1215 g] Chicken Stock
- 1.5 cup [375 g] Cannellini Beans (*Canned*)
- 1.5 cup [231 g] Corn (*Canned and rinsed or frozen*)
- 0.5 Juice of 1 lime [19 g] Fresh Lime Juice (*Juice only*)
- 1 tsp [2.1 g] Paprika
- 1 tsp [2.1 g] Cumin
- 0.5 tsp, ground [0.3 g] Oregano
- 1 dash [0.4 g] Salt (*To taste*)
- 1 dash [0.1 g] Black Pepper (*To taste*)
- 1 tablespoon [5 g] Hard Parmesan Cheese (*Rind*)
- 20 oz [560 g] Skinless Chicken Breast (*Cooked and shredded (measured raw)*)
- 2 tbsp [2 g] Cilantro (Coriander)
- 1 avocado [136 g] Avocado (*Chopped*)

DIRECTIONS

1. In a crock pot, or large soup pot, combine yellow onion, carrots, garlic, chicken broth, cannellini beans, corn, lime juice, paprika, cumin, oregano, salt and pepper, and parmesan rind and cook on high for 1 hour.
2. Add shredded chicken and cook on high for another 30 minutes.
3. Top with fresh cilantro and avocado.
4. Serve and enjoy!

NUTRITION INFO

Calories : 389

Fat : 9.26 g

Carbs : 35.86 g

Protein : 42.39 g

Fiber : 12.91 g



Intermittent Fasting Dinner

FINISH STRONG



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Slow Cooker Butternut Squash Soup



SERVINGS: 2

PREP TIME: 40 MINUTES

COOKING TIME: 480 MINUTES

INGREDIENTS

- 4 cup, cubes [560 g] Butternut Winter Squash
- 3 cup [720 g] Beef Bone Broth
- 0.5 tbsp [3.4 g] Cinnamon
- 0.25 medium (2-1/2" dia) [27.5 g] Onions (*Sliced*)
- 0.5 cup [115 g] Sour Cream
- 2 medium slice [60 g] Gluten Free Bread

DIRECTIONS

1. Preheat the oven to 350°F (176°C).
2. Peel and cut the butternut squash into 1-inch rounds, and remove the seeds. Roast the butternut squash and white onion for 25-35 minutes, until soft.
3. Blend the roasted butternut squash, white onion, and cinnamon until smooth.
4. Add the vegetable blend and salted chicken broth to a slow cooker and cook on high for 4 hours or low for 8 hours.
5. Twenty minutes before serving, add sour cream to the butternut squash soup and mix.
6. Top with a dollop of sour cream before serving and serve with sourdough bread. Option to freeze the soup in individual resealable bags or tupperware for later use.

NUTRITION INFO

Calories : 395.25

Fat : 14.92 g

Carbs : 49.62 g

Protein : 21.72 g

Fiber : 7.61 g

Beef Burger Bowl



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 2 cup [94 g] Romaine Lettuce (*Shredded*)
- 4 ounce [112 g] Ground Beef (95% Lean / 5% Fat)
- 0.25 cup, chopped or sliced [45 g] Tomatoes (*Chopped*)
- 0.25 cup [24 g] Pickled Red Onions (*Plus 1 tbsp (14 g) pickling juice*)
- 0.5 avocado [68 g] Avocado
- 0.25 cup, shredded [28.25 g] Cheddar Cheese
- 0.5 tbsp [7.5 g] Mayonnaise (made with avocado oil)
- 0.5 tbsp [7.5 g] Ketchup
- 1 tsp [5.5 g] Dijon Mustard

DIRECTIONS

1. In a large bowl, combine romaine lettuce, ground beef, diced tomatoes, pickled red onions, avocado, and shredded cheddar.
2. For the sauce, in a small bowl, combine mayonnaise, ketchup, mustard, pickling liquid and stir until combined.
3. Top the bowl with sauce.
4. Serve cold and enjoy!

NUTRITION INFO

Calories : 488.75

Fat : 32.37 g

Carbs : 14.63 g

Protein : 34.71 g

Fiber : 6.7 g

Broccoli Salad with BBQ Chicken



SERVINGS: 2

PREP TIME: 20 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 1 apple [1 154] Green Apple
- 0.25 cup [27.5 g] Dried Cranberries
- 0.25 cup [28 g] Chopped Walnuts
- 0.25 cup [28.25 g] Shredded Carrots
- 0.5 cup [28.35 g] Shredded Green Cabbage
- 1.5 cup, florets [106.5 g] Broccoli
- 0.25 cup [56.75 g] Whole Milk Greek Yogurt Plain
- 1 tbsp [15 g] Apple Cider Vinegar
- 1 tsp [2.1 g] Paprika
- 0.5 tsp [3 g] Salt
- 1 tsp [4.8 g] Olive Oil
- 0.33 cup [82.5 g] Barbecue Sauce
- 8 oz [226 g] Boneless Skinless Chicken Thighs (raw)

DIRECTIONS

1. Dice granny smith apple and add to a large bowl with cranberries, walnuts, carrots, cabbage, and broccoli florets. Set aside.
2. Mix Greek yogurt, apple cider vinegar, paprika, 1 tbsp water, and 1/2 tbsp of kosher salt in a small bowl to create a dressing.
3. Toss broccoli salad in 1/2 of the yogurt dressing. Save the remaining dressing. Refrigerate broccoli salad for one hour before serving.
4. Toss chicken thighs in bbq sauce and salt.
5. Grill chicken thighs on medium-low heat until done. Flip every few minutes to prevent bbq sauce from burning.
6. When chicken is finished, top broccoli salad with remaining dressing and serve with chicken. Enjoy!

NUTRITION INFO

Calories : 417.28

Fat : 19.17 g

Carbs : 34.28 g

Protein : 30.65 g

Fiber : 7.31 g

Butter Chicken With Basmati Rice



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 40 MINUTES

INGREDIENTS

- 16 oz [448 g] Skinless Chicken Breast
- 0.5 onion [55 g] Yellow Onions
- 0.2 cup [45.4 g] Whole Milk Greek Yogurt Plain
- 3 tsp [6 g] Ginger (*Fresh grated*)
- 0.25 medium [15.25 g] Carrots
- 2 tbsp [32 g] Tomato Paste
- 1 tbsp [6.8 g] Turmeric (Ground)
- 0.5 cup [113 g] Coconut Milk
- 0.5 tbsp [3 g] Cumin
- 1 tbsp [6.3 g] Curry Powder
- 0.25 cup [46.25 g] White Rice (Uncooked)
- 0.5 cup [118.5 g] Water

DIRECTIONS

1. Cut chicken into bite size pieces and set aside in a bowl.
2. Marinate chicken in yogurt, grated ginger, minced garlic and spices for at least 30 minutes.
3. In the meantime, cook rice and allow to steam fully.
4. Chop onion and carrots, set aside.
5. Heat a skillet to medium high and sauté chicken bites with 1 tbsp coconut oil for 5-7 minutes.
6. Remove chicken and sauté onions and carrots for 3 minutes.
7. Add tomato paste and coconut milk and add chicken back into the skillet. Cook for 10 minutes until chicken is fully cooked and serve over rice.

NUTRITION INFO

Calories : 527.3

Fat : 17.7 g

Carbs : 32.93 g

Protein : 59.57 g

Fiber : 4.35 g

Chicken Lentil Soup



SERVINGS: 4

PREP TIME: 15 MINUTES

COOKING TIME: 35 MINUTES

INGREDIENTS

- 2 tbsp [28 g] Olive Oil
- 1 medium (2-1/2" dia) [110 g] Onions *(Chopped)*
- 2 stalk, medium (7-1/2" - 8" long) [80 g] Celery *(Chopped)*
- 3 medium [183 g] Carrots *(Chopped)*
- 0.5 tsp [0.6 g] Rosemary (Dried)
- 1 tsp [2.1 g] Paprika
- 1 tsp, ground [0.6 g] Oregano
- 3 clove [9 g] Garlic *(Minced)*
- 1 dash [0.4 g] Salt *(To taste)*
- 1 dash [0.1 g] Black Pepper *(To taste)*
- 16 oz [448 g] Skinless Chicken Breast *(Cubed)*
- 1 cup [200 g] Brown Lentils
- 6 cup [1440 g] Beef Bone Broth
- 12 oz [340.2 g] Crushed Tomatoes (Canned)

DIRECTIONS

1. In a large pot, warm olive oil over medium heat.
2. Add onion, celery, and carrots and cook for five minutes. Add rosemary, paprika, oregano, garlic, salt, and pepper and cook 1 additional minute.
3. Add chicken, lentils, bone broth, and crushed tomatoes to the pot. Bring to a boil, then reduce heat to a simmer. Cook for approximately 20 minutes, until chicken is cooked through and lentils are soft.
4. Allow to cool for approximately 5 minutes and serve warm.

NUTRITION INFO

Calories : 484.25

Fat : 9.63 g

Carbs : 45.74 g

Protein : 55.43 g

Fiber : 17.36 g

Curried Turkey Meatballs



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 12 oz [336 g] Ground Turkey
- 0.25 cup [28 g] Almond Flour
- 2 tbsp chopped [20 g] Onions
- 1 tbsp [2.65 g] Basil (*Fresh chopped*)
- 0.5 tbsp [7 g] Coconut Aminos
- 0.5 tsp [1 g] Curry Powder
- 1 dash [0.4 g] Salt (*To taste*)
- 1 dash [0.1 g] Black Pepper (*To taste*)
- 0.5 tbsp [7 g] Olive Oil
- 0.5 cup [121.5 g] Chicken Stock
- 2 clove [6 g] Garlic (*Minced*)
- 0.25 cup [56.5 g] Coconut Milk
- 1 cup [160 g] Egg Noodles (Enriched, Cooked)
- 2 cup, florets [142 g] Broccoli

DIRECTIONS

1. In a large bowl add ground turkey, almond flour, chopped onion, chopped fresh basil, coconut aminos, half of the curry powder, salt, and pepper. Use your hands to mix until well blended.
2. In a skillet, heat olive oil over low-medium heat. Roll turkey into 1 inch diameter balls and place in the skillet. Cook until bottoms are lightly browned, then turn the turkey balls over.
3. Add chicken broth, half of the curry powder, and garlic to the skillet. Cook approximately 10 minutes, until turkey balls are cooked through. Add coconut milk and cook for one additional minute.
4. Serve over egg noodles and steamed broccoli.

NUTRITION INFO

Calories : 554.65

Fat : 29.44 g

Carbs : 31.89 g

Protein : 43.8 g

Fiber : 5.25 g

Honey Lemon Salmon Kabobs



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 6 oz, boneless, raw [170.1 g] Salmon (*Cubed*)
- 1 medium Lemon (*Sliced thin*)
- 0.5 tbsp [10.5 g] Honey
- 1 tsp [1 g] Dill (*Dried*)
- 1 dash [0.4 g] Salt (*To taste*)
- 1 dash [0.1 g] Black Pepper (*To taste*)
- 0.25 cup [46.25 g] White Rice (*Uncooked*)
- 1 cup, shredded or chopped [55 g] Mixed Salad Greens

DIRECTIONS

1. Cook rice per directions on package.
2. In a small bowl, combine cubed raw salmon, lemon slices, dill, honey, salt and pepper. Mix together until everything is evenly coated.
3. Place salmon cubes on skewers, placing a lemon slice between each cube.
4. Grill over medium-high heat for 2-3 minutes on each side (for medium temperature, or 4-5 minutes for more well done).
5. Place cooked salmon skewers over cooked jasmine rice and mixed salad greens.
6. Serve hot and enjoy!

NUTRITION INFO

Calories : 476

Fat : 10.72 g

Carbs : 53.42 g

Protein : 41.87 g

Fiber : 3.28 g

Quick & Easy Steak Stew With Potatoes



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 45 MINUTES

INGREDIENTS

- 16 oz [453.6 g] Beef Flank (Lean Only, Trimmed to 0" Fat, Choice Grade)
- 2 medium [122 g] Carrots
- 0.5 onion [55 g] Yellow Onions
- 3 clove [9 g] Garlic
- 5 oz [141.75 g] Crushed Tomatoes (Canned)
- 0.5 cup [120 g] Beef Bone Broth
- 1 tbsp [14 g] Olive Oil
- 1 leaf [1.8 g] Bay Leaf
- 1 Potato medium (2-1/4" to 3-1/4" dia) [213 g] Russet Potatoes (Flesh and Skin) (*Cubbed*)
- 1 dash [0.4 g] Salt (*To taste*)
- 1 dash [0.1 g] Black Pepper (*To taste*)

DIRECTIONS

1. Start by cutting the meat into cubes and set aside.
2. Dice onion, carrots and garlic and set aside.
3. Heat a pot to medium high heat and sear steak for 5 minutes with 1 tbsp of olive oil. Season with salt and pepper and set aside.
4. Using the same pot, sauté carrots, onions and garlic for 5 minutes with remaining tbsp of olive oil.
5. Add steak back into the pot with crushed tomatoes, broth, and bay leaves. Cook for 30 minutes.
6. While the steak cooks, in a separate pot boil water and cook potatoes for 15-20 minutes.
7. Season the stew with salt and pepper to taste. Serve the stew on top of the potatoes and enjoy!

NUTRITION INFO

Calories : 557

Fat : 21.56 g

Carbs : 35.03 g

Protein : 56.44 g

Fiber : 5.23 g

Sheet Pan Chicken & Root Veggies



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- 12 oz [339 g] Boneless Skinless Chicken Thighs (raw)
- 6 medium [366 g] Carrots (*Sliced lengthwise*)
- 2 cup, cubes [266 g] Sweet Potato
- 1 cup, chopped [160 g] Onions
- 1.5 tbsp [21 g] Olive Oil
- 0.5 tbsp [3.45 g] Paprika
- 0.5 tbsp [4.2 g] Garlic Powder
- 2 sprigs [0.4 g] Dill (*Chopped*)
- 1 dash [0.4 g] Salt (*To taste*)
- 1 dash [0.1 g] Black Pepper (*To taste*)

DIRECTIONS

1. Preheat the oven to 400°F (176°C).
2. On a large baking tray, place chicken, carrots, sweet potatoes, and onions.
3. Drizzle the olive oil, paprika, garlic powder, dill, salt and pepper over the chicken and vegetables. Toss to combine.
4. Bake in the oven for 25-35 minutes or until the chicken reaches an internal temperature of 165°F (73°C). and the vegetables are soft.
5. Serve hot and enjoy!

NUTRITION INFO

Calories : 518.75

Fat : 17.55 g

Carbs : 54.9 g

Protein : 38.15 g

Fiber : 11.05 g

Shrimp Tacos with Cabbage Slaw



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 6 oz [170.4 g] Shrimp (Prawns)
- 1 cup [56.7 g] Shredded Green Cabbage
- 0.25 cup [28.25 g] Shredded Carrots
- 0.5 avocado [68 g] Avocado
- 1.5 tbsp [21 g] Olive Oil
- 2 tbsp [30 g] Apple Cider Vinegar
- 1 tsp [6 g] Sea Salt
- 0.25 tbsp [1.6 g] Black Pepper
- 0.25 tbsp [1.25 g] Red Pepper Flakes
- 2 small tortilla (approx 4" dia) [21.4 g] Corn Tortilla

DIRECTIONS

1. Mix cabbage, carrots, apple cider vinegar, half of the olive oil, half of the salt, and black pepper until well combined. Refrigerate until ready to use.
2. Mix shrimp with chili flakes, remaining olive oil, and remaining kosher salt. Set aside to marinate.
3. Toast tortillas on medium-low heat until browned.
4. Sauté shrimp on medium-high heat until pink.
5. Slice the avocado. Fill tortillas with cabbage slaw, avocado, and shrimp. Enjoy!

NUTRITION INFO

Calories : 513.85

Fat : 34.65 g

Carbs : 24.58 g

Protein : 28.59 g

Fiber : 9.88 g

Spaghetti Squash Bowls



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 60 MINUTES

INGREDIENTS

- 1 medium [958 g] Spaghetti Winter Squash
- 2 tbsp [28 g] Olive Oil
- 16 oz [448 g] Ground Turkey
- 1.5 cup, chopped [105 g] Mushrooms
- 0.5 tsp [0.9 g] Italian Seasoning
- 4 clove [12 g] Garlic
- 0.25 tsp [0.45 g] Red Pepper Flakes
- 2.5 cup [75 g] Baby Spinach
- 1.5 cup [223.5 g] Cherry Tomatoes (Chopped)
- 2 tbsp [10 g] Parmesan Cheese (Shredded)

DIRECTIONS

1. Preheat oven to 400°F (204°C).
2. Cut spaghetti squash in half, remove seeds, and season with 1 tbsp oil, salt, and pepper. Place face down on a baking sheet and cook for 45 minutes.
3. While the squash is roasting, heat 1 tbsp oil in a pan on medium heat.
4. Add ground turkey and sliced mushrooms and cook on medium heat for about 5 minutes or until the turkey is cooked.
5. Add minced garlic, Italian seasoning, red pepper flakes, and chopped tomatoes.
6. Add fresh spinach in batches to the sausage mixture and cook until the spinach wilts.
7. Stuff the squash with the mixture and top with parmesan cheese to serve.

NUTRITION INFO

Calories : 632.63

Fat : 32.63 g

Carbs : 39.76 g

Protein : 52.14 g

Fiber : 2.69 g

Spicy Turkey & Brussels



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 1 tbsp [14 g] Avocado Oil
- 0.25 tsp [0.45 g] Red Pepper Flakes
- 0.25 tsp [0.53 g] Black Pepper
- 0.5 tsp [1.05 g] Paprika
- 1 tsp [2.8 g] Garlic Powder
- 1 dash [0.4 g] Salt *(To taste)*
- 3 cup [264 g] Brussels Sprouts *(Chopped)*
- 1 onion [110 g] Yellow Onions *(Chopped)*
- 12 oz [336 g] Ground Turkey
- 3 oz [85.05 g] Feta Cheese

DIRECTIONS

1. Heat avocado oil in a large skillet over medium heat.
2. In a small bowl, mix together red pepper flakes, black pepper, paprika, dried minced garlic, and salt.
3. Add chopped brussels sprouts and yellow onion to the skillet, along with half of the seasoning mix.
4. Cook over medium - high heat for approximately 15 minutes (or until they are soft on the inside and crispy on the outside) flipping occasionally.
5. Remove brussels sprouts and onion from the skillet and add the ground turkey. Cook for 7-10 minutes, crumbling and turning as it cooks. When the turkey starts to brown, add remaining seasoning and 1 tbsp water.
6. When the turkey is cooked through, return brussels sprouts and onion to the skillet to warm.
7. Serve warm topped with feta cheese.

NUTRITION INFO

Calories : 500.13

Fat : 28.57 g

Carbs : 20.19 g

Protein : 44.44 g

Fiber : 6.32 g

Stuffed Chicken and Rice



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 10 oz [280 g] Skinless Chicken Breast
- 1 dash [0.4 g] Salt (*To taste*)
- 1 dash [0.1 g] Black Pepper (*To taste*)
- 0.5 cup [110 g] Marinated Artichoke Hearts
- 4 tbsp [56 g] Kalamata Olives (*Chopped*)
- 2 oz [56.7 g] Mozzarella Cheese (Whole Milk)
- 1 tbsp [14 g] Avocado Oil
- 0.5 cup [122.5 g] Tomato Sauce (no sugar added)
- 0.25 cup [46.25 g] White Rice (Uncooked)
- 2 cup [40 g] Arugula (Rocket)
- 0.5 tbsp [7 g] Olive Oil

DIRECTIONS

1. Cook rice according to package.
2. Using a meat pounder, tenderize the chicken breast. Season with salt and pepper.
3. Slice the chicken breast horizontally to be able to lift the top and fill with chopped artichoke hearts, kalamata olives, and mozzarella cheese.
4. Heat avocado oil in a skillet over medium heat. Add chicken and cook for approximately 10 minutes over medium heat.
5. Flip chick and cook for 5 minutes. Then add tomato sauce to the pan along with salt and pepper. Cook for approximately 5 more minutes, until chicken is cooked through.
6. Serve stuffed chicken with cooked rice and arugula or rocket tossed with olive oil.

NUTRITION INFO

Calories : 570.75

Fat : 31.26 g

Carbs : 27.68 g

Protein : 44.74 g

Fiber : 1.96 g

Teriyaki Beef & Broccoli



SERVINGS: 2

PREP TIME: 30 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 8 oz [226.8 g] Beef Top Sirloin (Trimmed to 1/8" Fat)
- 2 clove [6 g] Garlic (*Minced*)
- 1.5 tsp [3 g] Ginger (*Grated fresh*)
- 0.25 cup [63.75 g] Teriyaki Sauce
- 1 tbsp [14 g] Avocado Oil
- 4 cup, florets [284 g] Broccoli
- 0.5 cup [92.5 g] White Rice (Uncooked)
- 0.25 oz [7.09 g] Sesame Seeds (*Optional garnish*)

DIRECTIONS

1. Cook rice according to package.
2. Combine thinly sliced ribeye steak, minced garlic, minced ginger, and teriyaki sauce in a bowl. Refrigerate for a minimum of 30 minutes to marinate.
3. In a large skillet or wok, heat avocado oil over medium heat and add broccoli.
4. Once the broccoli begins to turn bright green, add the marinated steak. Allow to sauté until the edges begin to crisp/brown before tossing the steak in the skillet.
5. Stir and sauté until the steak is cooked to your preferred temperature.
6. Serve over cooked jasmine rice. Garnish with white sesame seeds and enjoy!

NUTRITION INFO

Calories : 552.38

Fat : 23.84 g

Carbs : 51.79 g

Protein : 33.3 g

Fiber : 4.36 g

Wild Salmon with Dill Roasted Potatoes



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 5 oz, boneless, raw [141.75 g] Salmon
- 1.5 medium Lemon (*Zest and juice*)
- 1 dash [0.4 g] Salt (*To taste*)
- 1 dash [0.1 g] Black Pepper (*To taste*)
- 1.75 cup diced [262.5 g] Red Potatoes (Flesh and Skin)
- 1 tbsp [14 g] Avocado Oil
- 0.5 tsp [0.5 g] Dill (Dried)
- 0.25 tsp [0.7 g] Garlic Powder
- 1 cup, shredded or chopped [55 g] Mixed Salad Greens

DIRECTIONS

1. Preheat oven to 400°F (204°C).
2. Drizzle half of the lemon juice over salmon and season with lemon zest, salt, and pepper.
3. Toss potatoes and salad greens (separately) each with half of the avocado oil and remaining lemon juice. Season potatoes with dried dill and garlic.
4. Place salmon and potatoes on an oven safe baking sheet and bake for 15 - 20 minutes.
5. Enjoy warm with the side salad.

NUTRITION INFO

Calories : 556.25

Fat : 23.16 g

Carbs : 52.44 g

Protein : 37.65 g

Fiber : 7.95 g