



Primal Plate Recipe Bundle

WITH WHOLE FOODS THAT
SATISFY WHILE NOURISHING
THE BODY, THESE MEALS CAN
HELP YOU FEEL YOUR BEST
AND ACHIEVE YOUR GOALS.



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Primal Plate Breakfast

KICKSTART YOUR DAY



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5-Minute Breakfast



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 2 large [100 g] Egg
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper
- 1 medium (2-5/8" dia) [131 g] Orange
- 1 oz (22 whole kernels) [28.35 g] Dry Roasted Almonds (with Salt Added)

DIRECTIONS

1. Serve on a plate or in a to-go bag and enjoy!

NUTRITION INFO

Calories : 379

Fat : 25.08 g

Carbs : 21.68 g

Protein : 20.08 g

Fiber : 6.4 g

Avocado “Toast” and Eggs



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 0.5 large [184.5 g] Russet Potatoes
- 0.5 tbsp [7 g] Olive Oil
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper
- 0.5 avocado [68 g] Avocado
- 1 tbsp, chopped [5 g] Red Onions
- 0.25 medium [28.5 g] Orange Bell Pepper (*chopped*)
- 2 large [100 g] Egg
- 2 large [66 g] Egg White

DIRECTIONS

1. Add olive oil to a pan and heat it over medium heat.
2. Cut the russet potatoes into thin slices lengthwise and season with salt and pepper.
3. Add the potato slices to the hot oil and cook on each side for about 5-8 minutes, or until the potatoes are tender.
4. While the potatoes are cooking, mix half of an avocado with red onion.
5. Move the potatoes to one side of the pan to continue cooking. While they cook, dd the eggs and egg whites to the pan and cook to your desired doneness.
6. Remove the potato slices from the pan and top with the avocado mixture and eggs.
7. Garnish with orange peppers.

NUTRITION INFO

Calories : 531.25

Fat : 28.15 g

Carbs : 44.94 g

Protein : 25.69 g

Fiber : 8.55 g

Brussels Sprout Sweet Potato Hash



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 2 large [100 g] Egg
- 1 tsp [6 g] Salt
- 0.25 tsp [0.53 g] Black Pepper
- 2 slice [30 g] Uncured Bacon (*Whole30 approved brand*)
- 1 cup [88 g] Brussels Sprouts (*Shaved*)
- 1 cup, cubes [133 g] Sweet Potato (*Diced*)

DIRECTIONS

1. Dice sweet potatoes and set aside.
2. Shave brussels sprouts and set aside.
3. Cut the bacon into 2-inch thick strips.
4. Sauté the bacon in a large pan over medium heat until crispy, stirring frequently to prevent burning.
5. Remove the crispy bacon from the pan and set aside. Do not clean the pan.
6. Add the diced sweet potatoes to the same pan where the bacon was cooked. Sauté on medium heat until soft, stirring frequently to prevent burning.
7. Add the shaved brussels sprouts to the same pan and sauté on medium heat until wilted.
8. Season the brussels sprout and sweet potato hash with salt and black pepper, and mix well.
9. Add the bacon back to the brussels sprout and sweet potato hash, mixing until combined.
10. Serve with an egg cooked to your preferred doneness.

NUTRITION INFO

Calories : 441.25

Fat : 24.29 g

Carbs : 35.74 g

Protein : 21.7 g

Fiber : 7.45 g

Cinnamon Crunch Nut Granola Yogurt Bowl



SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 2.5 oz [70.88 g] Cashew Nuts
- 0.5 cup, shelled (50 halves) [50 g] Walnuts
- 0.25 cup, hulled [36 g] Hulled Sunflower Seeds
- 1 tsp [2.3 g] Cinnamon
- 0.25 tsp [1.5 g] Salt
- 1 scoop [24 g] Organic Pea Protein
- 0.5 tbsp [6.8 g] Coconut Oil
- 0.5 cup, sauce [122 g] Applesauce Unsweetened
- 1 cup [152 g] Strawberries (*Sliced*)
- 1 cup [144 g] Blackberries
- 2 cup [244 g] Unsweetened Coconut Milk Yogurt

DIRECTIONS

1. Preheat the oven to 350°F (176°C).
2. In a bowl, mix sunflower seeds, walnuts, cashews, cinnamon, salt, pea protein powder, coconut oil, and applesauce.
3. Bake the mixture for 20-30 minutes until crispy, tossing halfway through to avoid burning. The granola will be dark due to the cinnamon and applesauce.
4. Top coconut milk yogurt with strawberries, blackberries, and cooled cinnamon crunch nut granola.

NUTRITION INFO

Calories : 367.19

Fat : 27.41 g

Carbs : 26.53 g

Protein : 12.39 g

Fiber : 6.91 g

Grab & Go Almond Butter Frozen Bananas



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 medium [118 g] Banana (*No too ripe*)
- 2 tbsp [28.5 g] Dry Roasted Cashew Nuts
- 0.5 tbsp [3 g] Cocoa Powder
- 2 tbsp [32 g] Almond Butter
- 0.25 tsp [1.5 g] Sea Salt
- 1 scoop [24 g] Organic Pea Protein

DIRECTIONS

1. Cut the semi-ripe banana into fourths. Set aside.
2. Chop the cashews into small pieces. Set aside.
3. Mix the almond butter, cocoa powder, pea protein powder, and sea salt in a small bowl until combined.
4. Spread half of the almond cocoa mixture onto each banana piece.
5. Dip the side of the banana with the almond cocoa butter mixture spread into the chopped cashews to form a "crust."
6. Freeze for 2 hours or until ready to eat.

NUTRITION INFO

Calories : 468.5

Fat : 25.55 g

Carbs : 40.06 g

Protein : 23.43 g

Fiber : 6.6 g

Hashbrown & Egg Breakfast Bake



SERVINGS: 4

PREP TIME: 15 MINUTES

COOKING TIME: 35 MINUTES

INGREDIENTS

- 10 large [500 g] Egg
- 0.5 onion [55 g] Yellow Onions
- 3 link (2.3 oz) [204 g] Organic Chicken Sausage (*Whole30 approved*)
- 1 large [369 g] Russet Potatoes
- 1 tsp [4.8 g] Olive Oil
- 1 tsp [6 g] Salt
- 1 tsp [2.1 g] Black Pepper
- 1 tsp [1.8 g] Red Pepper Flakes

DIRECTIONS

1. Preheat the oven to 350°F (176°C).
2. Spray a 6x2 baking dish with non-stick cooking spray.
3. Dice the chicken sausage links into quarter-inch pieces.
4. Sauté chicken sausage in olive oil on medium heat until browned. Set aside.
5. Dice yellow onion. Set aside.
6. Line a medium bowl with paper towels or a clean kitchen towel. Set aside.
7. Grate russet potato into hashbrowns and add to the paper towel-lined bowl. Cover the potatoes with another paper towel or a clean kitchen towel.
8. Carefully squeeze the potatoes inside the towels to ring out as much water as possible.
9. Add the potatoes (bottom layer) and chicken sausage to the prepared baking dish.
10. Whisk the eggs, salt, black pepper, crushed red pepper, and onions until combined.
11. Add the egg mixture to the prepared baking dish. Lightly shake the dish to ensure the egg gets into all the nooks and crevices.
12. Bake for 25-35 minutes until eggs are fully cooked.

NUTRITION INFO

Calories : 334.65

Fat : 15.9 g

Carbs : 20 g

Protein : 27.66 g

Fiber : 1.59 g

Smoked Salmon and Asparagus Frittata



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none">• 4 large [200 g] Egg• 1 tbsp [14 g] Avocado Oil• 10 spear, medium (5-1/4" to 7" long) [160 g] Asparagus• 1 cup, chopped [70 g] Mushrooms• 0.18 onion [19.8 g] Yellow Onions (<i>Sliced</i>)• 4 oz, boneless [113.4 g] Smoked Salmon (Wild Caught)• 0.5 avocado [68 g] Avocado (<i>Sliced</i>)	<ol style="list-style-type: none">1. Using a medium-sized skillet, heat half of the oil or ghee. Once heated, add the asparagus, onion, and mushrooms. Sauté for 3 minutes. Season to taste with salt and pepper.2. Thinly slice smoked salmon and add to skillet. Stir.3. In a small bowl, crack eggs and beat.4. Add the remaining oil or ghee to pan. Swirl around.5. Pour eggs on top of cooked vegetables. Do not stir.6. With skillet on a medium heat setting, allow the bottom of the frittata to set.7. Next, lower the heat and cover the skillet. Cook for an additional 6 minutes.8. Serve with a side of avocado.

NUTRITION INFO				
Calories : 362.21	Fat : 23.63 g	Carbs : 8.56 g	Protein : 30.39 g	Fiber : 4.37 g

Sweet Potato Apple Breakfast Casserole



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- 1 apple Apples
- 1.5 sweetpotato, 5" long [195 g] Sweet Potato
- 0.33 cup [47.85 g] Raisins
- 0.5 tbsp [6.4 g] Clarified Butter Ghee
- 1 tsp [2.3 g] Cinnamon
- 0.5 cup [120 ml] Coconut Milk (from a can)
- 2 tbsp [14 g] Sliced Almonds
- 1 large [50 g] Egg
- 5 large [165 g] Egg White

DIRECTIONS

1. Heat half of the ghee in a cast iron skillet or pan on medium low heat .
2. Preheat the oven to 325°F (165°C).
3. Cut up sweet potatoes into small cubes and cook in pan for about 8 minutes.
4. Cut up apples into small cubes and cook with sweet potatoes for about 3 minutes.
5. Add in raisins and cinnamon and cook for 3 minutes.
6. Move sweet potato mix into a 8x8 baking dish or leave in cast iron pan to bake.
7. Mix egg, egg whites and coconut milk together in a bowl and add to mixture.
8. Move the skillet or baking dish to the oven and bake for 10-12 minutes.
9. Remove from oven, let cool and add sliced almonds to each serving.

NUTRITION INFO

Calories : 443.61

Fat : 18.66 g

Carbs : 54.57 g

Protein : 16.34 g

Fiber : 7.62 g

Sweet Potato Banana Pancakes



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 0.5 sweetpotato, 5" long [65 g] Sweet Potato
- 1 medium [118 g] Banana
- 0.5 cup [56 g] Almond Flour
- 1 tsp [4.6 g] Baking Soda
- 1 tsp [2.3 g] Cinnamon
- 1 large [50 g] Egg
- 2 tbsp [480 ml] Organic Unsweetened Almond Milk
- 0.5 tsp [3 g] Salt
- 1 tbsp [13.6 g] Coconut Oil
- 0.5 cup [72.5 g] Blueberries
- 2 tbsp [20 g] Hemp Hearts

DIRECTIONS

1. Peel and cut a medium size sweet potato and boil it until fork tender (10-15 minutes) Let cool for 5 minutes before mashing.
2. In the meantime mash 1/2 banana, egg and almond milk in a bowl and combine well.
3. Add almond flour, baking soda and half of the cooled cooked sweet potato into the bowl.
4. Use a skillet and turn on the heat to medium with coconut oil and scoop out the mixture, try flattening the pancake so it cooks evenly and thin.
5. Repeat until you have cooked all the pancake batter and top with the remaining half banana, fresh blueberries, and hemp hearts.

NUTRITION INFO

Calories : 419.25

Fat : 26.83 g

Carbs : 33.5 g

Protein : 15.72 g

Fiber : 8.3 g

Vibrant Breakfast Plate



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 8 MINUTES

INGREDIENTS

- 3 large [150 g] Egg
- 2 cup [60 g] Baby Spinach
- 1 cup [149 g] Cherry Tomatoes (*Halved*)
- 0.25 tsp [0.7 g] Garlic Powder
- 0.5 tbsp [2.5 g] Nutritional Yeast
- 0.5 tbsp [4.5 g] Sesame Seeds
- 1 tbsp [10 g] Hemp Hearts
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper

DIRECTIONS

1. Bring a small pot of water to a boil. Add eggs and boil for 6 minutes.
2. In the meantime heat avocado oil in a medium skillet. Add cherry tomatoes, spinach, garlic powder, and nutritional yeast. Cook for 1-2 minutes, flipping occasionally.
3. Remove eggs and place in ice water to cool.
4. Peel eggs and slice in half. Plate eggs, tomatoes, and spinach, then sprinkle with sesame seeds, hemp hearts, salt, and pepper.

NUTRITION INFO

Calories : 358.25

Fat : 22.71 g

Carbs : 12.78 g

Protein : 27.63 g

Fiber : 4.63 g

A top-down view of a white bowl filled with a shrimp salad. The salad includes large, cooked shrimp with a herb seasoning, fresh spinach leaves, sliced carrots, and chunks of avocado. A semi-transparent white rectangle is centered over the bowl, containing the text.

Primal Plate Lunch

RE-FUEL AND RE-ENERGIZE



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Almond Banana Smoothie



SERVINGS: 1

PREP TIME: 3 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 medium [118 g] Banana (*Frozen*)
- 1.5 scoop [30 g] Collagen Powder
- 1.5 tbsp [24 g] Almond Butter
- 0.5 cup [113 g] Light Coconut Milk
- 0.5 cup [118.5 g] Water
- 0.33 tsp [0.76 g] Cinnamon
- 1 date [8.3 g] Date

DIRECTIONS

1. Blend all together and enjoy!

NUTRITION INFO

Calories : 414.98

Fat : 22.63 g

Carbs : 38.89 g

Protein : 21.63 g

Fiber : 5.1 g

Avocado Chicken Salad Lettuce Wraps



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 45 MINUTES

INGREDIENTS

- 1 avocado [136 g] Avocado
- 5 oz [140 g] Skinless Chicken Breast
- 3 cup [720 ml] Chicken Broth
- 1 tsp [6 g] Salt
- 0.25 tsp [0.53 g] Black Pepper
- 0.5 tsp [1.1 g] Turmeric (Ground)
- 1 tbsps [14 g] Lemon Juice
- 1 medium [61 g] Carrot
- 1 stalk, medium (7-1/2" - 8" long) [40 g] Celery
- 0.25 onion (small) [37 g] Red Onions
- 2 leaf, medium [4 g] Iceberg Lettuce

DIRECTIONS

1. In a large pot, boil the chicken breast in 3 cups of unsalted chicken broth until tender. Check every 10 minutes and add water if the liquid reduces too much before the chicken is fully cooked.
2. Shred cooked chicken and chill in the refrigerator for 20 minutes.
3. Dice celery, onion, and carrot and add to a large bowl.
4. Add avocado, salt, pepper, turmeric, lemon juice, and shredded chicken to the bowl. Mix until combined.
5. Chill Chicken Salad in the refrigerator for 20 minutes.
6. Serve inside Iceberg lettuce wrap.

NUTRITION INFO

Calories : 465.83

Fat : 24.48 g

Carbs : 23.09 g

Protein : 39.59 g

Fiber : 13.25 g

Carrot Salad with Tuna and Cashews



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 5 oz [141.75 g] Tuna in Water (Canned)
- 1 medium [61 g] Carrot
- 2 tbsp [30 g] Apple Cider Vinegar
- 1 tbsp [14 g] Olive Oil
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper
- 1 medium [201 g] Cucumber
- 2 tbsp [28.5 g] Dry Roasted Cashew Nuts
- 1 tbsp [9 g] Sesame Seeds

DIRECTIONS

1. Peel carrot into ribbons with vegetable peeler.
2. Peel and slice the cucumber.
3. Season the vegetables with apple cider vinegar, oil, salt, and pepper.
4. Drain the can of tuna and divide into each container.
5. Top with sesame seeds and serve with a side of cashews.

NUTRITION INFO

Calories : 434

Fat : 23.61 g

Carbs : 15.15 g

Protein : 40.84 g

Fiber : 4.5 g

Chicken and Veggie Roast



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 1 tbsp [14 g] Avocado Oil
- 0.5 tsp [0.5 g] Dill (Dried)
- 0.5 tsp, ground [0.7 g] Thyme (Dried)
- 0.5 tsp [1.4 g] Garlic Powder
- 0.5 tsp [1.2 g] Onion Powder
- 0.5 tsp [3 g] Sea Salt
- 5 oz [140 g] Skinless Chicken Breast
- 1 cup [165 g] Fingerling Potatoes (*Quartered*)
- 1 small [118 g] Zucchini (*Sliced*)
- 1 medium [61 g] Carrot (*Sliced*)
- 1 tbsp, chopped [8 g] Pecans

DIRECTIONS

1. Preheat the oven to 400°F (205°C).
2. In a large bowl, mix together the avocado oil, dried dill, thyme, garlic powder, onion powder, and sea salt.
3. Use some of the oil mixture to coat the chicken, then place it on a rimmed baking sheet or oven-safe pan.
4. Add the cut potatoes, sliced zucchini, sliced carrots, and pecans to the bowl with the remaining oil mixture and toss until well coated.
5. Spread the vegetable mixture evenly on the baking sheet.
6. Bake for 22-25 minutes, or until the chicken is cooked through.
7. Serve warm and enjoy!

NUTRITION INFO

Calories : 528

Fat : 21.85 g

Carbs : 43.51 g

Protein : 39.92 g

Fiber : 9.4 g

Curried Chicken Salad



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 180 MINUTES

INGREDIENTS

- 8 oz [224 g] Skinless Chicken Breast
- 0.5 cup [120 g] Beef Bone Broth
- 1 tbsp [6.3 g] Curry Powder
- 1 tsp [6 g] Sea Salt
- 0.18 cup [7.2 g] Unsweetened Dried Cranberries
- 0.25 cup [4 g] Cilantro (Coriander) *(Chopped)*
- 3 cup [90 g] Baby Spinach
- 1 medium (approx 2-3/4" long, 2-1/2" dia) [114 g] Red Bell Pepper *(Chopped or sliced thin)*
- 0.5 cup whole kernels [69 g] Dry Roasted Almonds (Without Salt Added)

DIRECTIONS

1. Add chicken breast, bone broth, curry powder, and sea salt to a slow cooker. Cook on HIGH for 3 hours, or on LOW for 5-6 hours.
2. When chicken is cooked, shred the chicken using two forks. When cooled, add cranberries and cilantro to the shredded chicken.
3. Add baby spinach and bell pepper to a salad bowl. Top with shredded chicken mixture.
4. Serve with side of almonds and enjoy!

NUTRITION INFO

Calories : 396.8

Fat : 20.82 g

Carbs : 18.04 g

Protein : 39.34 g

Fiber : 10.96 g

Mango Shrimp “Ceviche”



SERVINGS: 1

PREP TIME: 15 MINUTES

COOKING TIME: 5 MINUTES

INGREDIENTS

- 4 oz [113.6 g] Shrimp (Prawns) (*Peeled and deveined*)
- 2 oz [56.7 g] Green Olives (*Sliced*)
- 0.5 cup, sliced [82.5 g] Mango (*Diced*)
- 0.25 cup, chopped [37.25 g] Bell Peppers
- 0.25 cup, chopped [31.5 g] Red Onions
- 1 fruit [67 g] Lime
- 0.5 tbsp [9 g] Salt
- 0.25 tbsp [1.6 g] Black Pepper
- 0.5 avocado [68 g] Avocado (*Chopped*)

DIRECTIONS

1. Bring 6 cups of water and half of the salt to a boil in a medium saucepan.
2. Add 3 cups of ice to 6 cups of water in a large bowl to create an ice bath. Set aside.
3. Add shrimp to boiling water and cook until pink.
4. Remove the shrimp from the boiling water and immediately add them to the ice bath. Set aside.
5. Add the mango, red onion, olives, bell pepper, remaining salt, and black pepper to a bowl.
6. Zest and juice the lime and add both parts to the vegetable mix.
7. Remove the shrimp from the ice bath and pat dry with a clean kitchen towel or paper towel.
8. Add the shrimp to the lime vegetable mix and toss until combined.
9. Refrigerate and let marinate for 2 hours before eating.

NUTRITION INFO

Calories : 411

Fat : 22.18 g

Carbs : 43.05 g

Protein : 20.64 g

Fiber : 13.58 g

Mouth Watering Shrimp Salad



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 7 MINUTES

INGREDIENTS

- 8 oz [227.2 g] Shrimp (Prawns)
- 1 tbsp [14 g] Avocado Oil
- 3 tsp [12 g] Za'atar Seasoning
- 1 tbsp [14 g] Olive Oil
- 4 cup [220 g] Mixed Salad Greens
- 1 avocado [136 g] Avocado (*Chopped*)
- 0.25 cup [30 g] Kalamata Olives
- 0.25 cup [28.25 g] Shredded Carrots
- 2 tbsp [14 g] Pumpkin Seeds

DIRECTIONS

1. Preheat the oven to 400°F (205°C).
2. Mix the avocado oil and half of the za'atar seasoning together. Coat the shrimp with this oil and seasoning mixture.
3. Place the shrimp on skewers or in an oven-safe dish and bake for 5-7 minutes.
4. In the meantime, toss together the salad greens, olive oil, avocado, kalamata olives, shredded carrots, pumpkin seeds, and the remaining za'atar seasoning.
5. Top the salad with the shrimp and enjoy!

NUTRITION INFO

Calories : 462.38

Fat : 35.99 g

Carbs : 14.59 g

Protein : 23.83 g

Fiber : 9.95 g

Shrimp, Asparagus and Avocado Salad



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 8 oz [227.2 g] Shrimp (Prawns) (*Peeled and deveined*)
- 2 cup [60 g] Baby Spinach
- 0.5 cup [30 g] Parsley (*Chopped*)
- 10 spear, medium (5-1/4" to 7" long) [160 g] Asparagus
- 1 avocado [136 g] Avocado (*Sliced*)
- 1 stalk [15 g] Green Onions (*Sliced*)
- 1 dash [0.4 g] Salt (*To taste*)
- 1 dash [0.1 g] Black Pepper (*To taste*)
- 2 tbsp [28 g] Olive Oil
- 2 tbsp [28 g] Lemon Juice
- 2 tbsp [20 g] Hemp Hearts

DIRECTIONS

1. Take two medium-sized saucepans and fill them halfway with water. Bring the water to a boil.
2. Once the water is boiling, add the shrimp to one saucepan and the asparagus to the other. Cook both for 2 to 3 minutes.
3. Using tongs, remove the shrimp and asparagus and place them in an ice bath.
4. After the ingredients have cooled, drain and cut asparagus into small pieces.
5. In a large bowl, mix the shrimp and asparagus with the remaining ingredients. Serve immediately.

NUTRITION INFO

Calories : 422

Fat : 31.69 g

Carbs : 15.21 g

Protein : 24.41 g

Fiber : 8.28 g

Zoupa Toscana



SERVINGS: 4

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 1 lb [453.6 g] Ground Beef (95% Lean / 5% Fat)
- 2 slice [30 g] Uncured Bacon (*Cut into small pieces*)
- 2 large [738 g] Russet Potatoes
- 2 cup, chopped [42 g] Kale
- 1 onion [110 g] Yellow Onions (*Chopped*)
- 1 clove [3 g] Garlic (*Minced*)
- 4 cup [960 g] Beef Bone Broth
- 1 cup [240 ml] Coconut Milk Unsweetened (not canned)
- 1 tsp [1.8 g] Red Pepper Flakes
- 1 tsp [6 g] Salt
- 1 tsp [2.1 g] Black Pepper

DIRECTIONS

1. In a Dutch oven or large pot, cook the bacon until fully cooked. Remove from the pot and set aside. * Leave some bacon fat in the pot to use for cooking the garlic and onions.
2. Brown the sausage over medium heat for about 7 minutes, then remove it from the pot.
3. Keep the pot on medium heat, and add the garlic and onion to sauté for about 5 minutes.
4. Cut the potatoes into cubes. Add the potatoes, seasoning, broth, and coconut milk to the pot and bring to a boil.
5. Reduce the heat to low, and add the kale and sausage.
6. Let the soup simmer for about 25-30 minutes with the lid on the Dutch oven or pot, then serve!

NUTRITION INFO

Calories : 404.25

Fat : 10.54 g

Carbs : 37.46 g

Protein : 39.87 g

Fiber : 3.3 g

Steak Fajita Salad With Cilantro Lime Dressing



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 8 oz [226.8 g] Beef Skirt Steak (Lean Only, Trimmed to 1/4" Fat)
- 2 cup [94 g] Romaine Lettuce
- 0.5 medium (approx 2-3/4" long, 2-1/2" dia) [57 g] Red Bell Pepper
- 0.5 onion (small) [74 g] Red Onions
- 2 clove [6 g] Garlic
- 8 tomato [136 g] Cherry Tomatoes
- 0.5 avocado [68 g] Avocado
- 0.5 cup [8 g] Cilantro (Coriander)
- 1 fruit [67 g] Lime
- 1 tsp [2.1 g] Cumin
- 0.5 tsp [0.9 g] Red or Cayenne Pepper
- 1 tsp, ground [0.6 g] Oregano
- 2.5 tbs [35 g] Olive Oil
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper

DIRECTIONS

1. Place the steak filet in a bowl and add the cumin, cayenne, oregano, salt, and pepper to make a quick dry rub. Set aside.
2. Roughly chop the romaine lettuce. Cut the cherry tomatoes in half and finely slice the red onions, bell pepper, avocado, and garlic.
3. Blend the cilantro, juice of one lime, half of the olive oil, salt, and pepper in a food processor or a high-power blender until smooth.
4. Heat a skillet over medium-high heat with the remaining olive oil and sear the steak for 7-8 minutes on both sides, or until cooked to your desired level of doneness.
5. Once the steak is cooked, let it rest for at least 5 minutes, then cut it against the grain.
6. In the same pan, quickly sauté the onions, peppers, and garlic for 30-40 seconds, keeping the veggies crisp.
7. Assemble the salad with all the ingredients and enjoy.

NUTRITION INFO

Calories : 479.25

Fat : 32.9 g

Carbs : 21.25 g

Protein : 28.75 g

Fiber : 9.93 g



Primal Plate Dinner

FINISH STRONG



Lean Living Jax
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Sheet Pan Chicken and Smashed Potatoes



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 35 MINUTES

INGREDIENTS

- 15 oz [425.25 g] Red Potatoes (Flesh and Skin)
- 4 cup, florets [284 g] Broccoli
- 12 oz [339 g] Boneless Skinless Chicken Thighs (raw) *(Fat trimmed)*
- 1.5 tbsp [21 g] Avocado Oil *(Divided)*
- 2 tbsp [10 g] Nutritional Yeast
- 1 dash [0.4 g] Salt *(To taste)*
- 1 dash [0.1 g] Black Pepper *(To taste)*
- 0.5 tbsp [3.45 g] Paprika
- 0.5 tbsp, ground [0.9 g] Oregano
- 0.5 tsp, ground [0.7 g] Thyme (Dried)
- 0.5 tbsp [4.2 g] Garlic Powder

DIRECTIONS

1. Bring a pot of water to a boil and add the potatoes. Boil for 15-20 minutes.
2. Drain the water from the potatoes.
3. Preheat the oven to 400°F (205°C).
4. Spread the potatoes, broccoli florets, and chicken thighs on a sheet pan in one layer.
5. Using a fork, press down on each potato to split the skin and lightly smash the potato.
6. Drizzle half of the oil over the broccoli and potatoes, then sprinkle with nutritional yeast, salt, and pepper.
7. In a small bowl, mix together the remaining oil, salt, pepper, paprika, oregano, thyme, and garlic powder. Brush the spice mixture over the chicken thighs.
8. Bake at 400°F (205°C) for 25 minutes, or until the chicken is cooked through.

NUTRITION INFO

Calories : 512.5

Fat : 18.11 g

Carbs : 46.26 g

Protein : 44.95 g

Fiber : 8.92 g

Tuscan Shrimp



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 45 MINUTES

INGREDIENTS

- 12 oz [340.8 g] Shrimp (Prawns) (*Peeled and deveined*)
- 0.5 tbsp [7 g] Avocado Oil
- 0.5 tbsp, ground [0.9 g] Oregano
- 0.5 tbsp [1.9 g] Parsley
- 0.25 tbsp [2.1 g] Garlic Powder
- 1 dash [0.4 g] Salt (*To taste*)
- 0.5 tbsp [7 g] Lemon Juice
- 1 cup [226 g] Light Coconut Milk
- 0.25 cup [55 g] Marinated Artichoke Hearts (*Chopped*)
- 4 tbsp [60 g] Sundried Tomatoes (*Chopped*)
- 0.5 cup [30 g] Parsley (*Freshly chopped*)
- 1 small [719 g] Spaghetti Winter Squash

DIRECTIONS

1. Preheat the oven to 400°F (205°C).
2. Cut the spaghetti squash horizontally, deseed it, and place it in an oven-safe dish with water to cover the bottom of the pan.
3. Bake the squash for approximately 45 minutes. Allow it to cool, then use a fork to remove the spaghetti squash threads to be served with the shrimp.
4. Meanwhile, in a large bowl, mix together the avocado oil, dried oregano, dried parsley, garlic powder, salt, and lemon juice.
5. Add the shrimp to the bowl and toss until well coated.
6. Heat a medium skillet over medium-high heat.
7. Add the shrimp to the skillet. Flip the shrimp after 2-3 minutes. Cook for an additional 1 minute, then add the coconut milk, sun-dried tomatoes, and artichoke hearts.
8. Cook for 4-5 minutes, then remove from heat and top with fresh parsley. Allow the sauce to cool and thicken slightly, then top the spaghetti squash with the shrimp and coconut milk sauce.

NUTRITION INFO

Calories : 502

Fat : 30.69 g

Carbs : 33.5 g

Protein : 29.92 g

Fiber : 4.22 g

Burger Bowl



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 6 oz [170.1 g] Ground Beef (95% Lean / 5% Fat)
- 0.5 large [184.5 g] Russet Potatoes
- 1 medium [148 g] Tomatoes (Roma)
- 1 cup [47 g] Romaine Lettuce
- 1 small [35 g] Pickles (*Chopped*)
- 0.5 tbsp [7 g] Olive Oil
- 1 dash [0.4 g] Salt

DIRECTIONS

1. Preheat the oven to 400°F (205°C).
2. Cut the potato into thin slices and season with olive oil and salt.
3. Place the potato slices onto a baking sheet and bake for 15 minutes.
4. While potatoes are cooking, brown ground beef in a pan over medium- high heat until fully cooked, crumbling as it cooks.
5. Slice or the dice roma tomato, onion and lettuce and add to bowl.
6. Once meat and potatoes are cooked, add to bowl and top with pickles.

NUTRITION INFO

Calories : 488

Fat : 16.49 g

Carbs : 37.28 g

Protein : 42.09 g

Fiber : 3.05 g

Chicken Piccata



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none">• 1 tbsp [14 g] Olive Oil• 5 potatoes [245 g] Fingerling Potatoes• 1 tsp [6 g] Salt• 1 tsp [2.1 g] Black Pepper• 5 oz [140 g] Skinless Chicken Breast• 0.5 tbsp [7 g] Avocado Oil• 1 cup [240 ml] Chicken Broth (<i>unsalted</i>)• 2 tbsp, drained [17.2 g] Capers (<i>Plus equal parts of the caper brine juice. Use only 1 tbsp if following a low FODMAP diet. </i>)• 1 tbsp [14 g] Lemon Juice	<ol style="list-style-type: none">1. Preheat the oven to 350°F (175°C).2. Cut baby potatoes into quarters.3. Toss baby potato quarters with olive oil, half of the salt and half of the black pepper.4. Bake baby potatoes for 25 minutes, until soft.5. Place chicken breasts in a large, disposable zip-lock bag and pound with the flat end of a meat tenderizer until thin.6. Season chicken breast with the remaining salt and pepper.7. Sauté chicken breast in avocado oil until fully cooked. Remove from the pan and set aside. Do not clean the pan.8. Add chicken broth, lemon juice, capers, and caper brine to the same pan where the chicken breasts were cooked.9. Cook piccata sauce on medium-low heat until it is reduced by half.10. Add the chicken breast to the piccata sauce and cook for another 2 minutes.

NUTRITION INFO				
Calories : 556	Fat : 22.71 g	Carbs : 48.2 g	Protein : 37.13 g	Fiber : 2.93 g

Coconut Crusted Cod with Pineapple Salsa



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 5 oz [140 g] Cod
- 3 tbsp [18 g] Unsweetened Shredded Coconut
- 1 tbsp [7 g] Almond Flour
- 1 tsp [6 g] Salt
- 1 tsp [2.8 g] Garlic Powder
- 0.5 tsp [0.9 g] Ginger (Ground)
- 1 tbsp [13.6 g] Coconut Oil
- 0.25 cup, diced [38.75 g] Pineapple
- 0.18 cup, chopped [20.52 g] Red Bell Pepper
- 2 tbsp, chopped [10 g] Red Onions
- 1 fruit [67 g] Lime
- 2 tbsp [2 g] Cilantro (Coriander) (*Finely chopped*)
- 1 dash [0.4 g] Salt

DIRECTIONS

1. In a bowl, mix together the shredded coconut, almond flour, salt, ginger powder, and garlic powder. Set aside.
2. Preheat the oven to 400°F (205°C) and line a sheet tray with parchment paper. Be sure to spray the parchment with coconut oil so the fish doesn't stick.
3. Pat the cod dry and coat it with the coconut mixture. Place the cod on the parchment paper and spray the top with coconut oil. Cook for 15-18 minutes, or until cooked through and golden.
4. To make the pineapple salsa, finely dice the pineapple, red pepper, red onion, and cilantro. Squeeze the juice of half a lime over the mixture. Mix everything together and season with a pinch of salt.

NUTRITION INFO

Calories : 480.58

Fat : 28.25 g

Carbs : 33.14 g

Protein : 31.06 g

Fiber : 11.75 g

Flavor Burst Chicken Lettuce Wraps



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 0.5 tbsp [7 g] Avocado Oil
- 12 oz [340.8 g] Ground Chicken
- 0.5 medium (approx 2-3/4" long, 2-1/2" dia) [57 g] Red Bell Pepper (*Chopped*)
- 0.5 medium [57 g] Yellow Bell Pepper (*Chopped*)
- 0.5 onion [55 g] Yellow Onions (*Chopped*)
- 1 tbsp [16 g] Almond Butter
- 2 tbsp [28 g] Coconut Aminos
- 1 tbsp [15 g] Apple Cider Vinegar
- 0.5 tsp [1.4 g] Garlic Powder
- 0.5 tsp [0.9 g] Ginger (Ground)
- 1 tsp, ground [1.4 g] Basil (Dried)
- 1 leaf, medium [7.5 g] Butterhead Lettuce (Includes Boston and Bibb Types)
- 1 avocado [136 g] Avocado (*Chopped*)

DIRECTIONS

1. Heat avocado oil over medium heat in a large skillet. Add chopped onions and bell peppers. Cook for 2-3 minutes, until lightly softened. Transfer vegetables to a plate.
2. Add the ground chicken to the skillet. Cook for approximately 5 minutes, crumbling and turning as it cooks.
3. In the meantime, mix together almond butter, coconut aminos, apple cider vinegar, garlic powder, ground ginger, and dried basil.
4. Add the almond butter sauce to the skillet along with the cooked vegetables. Mix together well and cook until chicken is cooked through.
5. Serve chicken and vegetables on a lettuce cup topped with avocado.

NUTRITION INFO

Calories : 493.75

Fat : 31.56 g

Carbs : 21.6 g

Protein : 33.9 g

Fiber : 8.15 g

Loaded Baked Potatoes



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 85 MINUTES

INGREDIENTS

- 2 large [738 g] Russet Potatoes
- 1 tbsp [14 g] Olive Oil
- 1 tbsp [18 g] Salt
- 2 cup, florets [142 g] Broccoli
- 8 oz [224 g] Skinless Chicken Breast
- 3 slice [45 g] Uncured Bacon
- 0.25 tbsp [1.6 g] Black Pepper

DIRECTIONS

1. Preheat the oven to 350°F (175°C).
2. Line a cookie sheet with aluminum foil. Place the whole potatoes on the pan and roll them around in the olive oil and half of the salt until lightly coated.
3. Close the aluminum foil around the potatoes to form a pouch, leaving a small opening at the top for steam to escape. Bake for 60-70 minutes, until fork-tender.
4. Bring 6 cups of water to a boil in a large saucepan. Add the broccoli florets to the boiling water and cook until fork-tender.
5. Cut the bacon into 1-inch pieces and set aside.
6. Cut the chicken into 1-inch cubes and season with the remaining salt and black pepper. Set aside.
7. Sauté the bacon over medium-high heat in a large saucepan until the edges start to get crispy.
8. Add the chicken to the half-cooked bacon and sauté until fully cooked.
9. Cut each baked potato in half and top with broccoli, bacon, and chicken pieces.

NUTRITION INFO

Calories : 602.5

Fat : 19.38 g

Carbs : 70.9 g

Protein : 39.09 g

Fiber : 6.51 g

Pan Fried Steak with Chimichurri “Rice”



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 6 oz [170.1 g] Beef Skirt Steak (Lean Only, Trimmed to 1/4" Fat)
- 1 dash [0.4 g] Salt *(To taste)*
- 1 dash [0.1 g] Black Pepper *(To taste)*
- 0.5 tbsp [6.4 g] Clarified Butter Ghee
- 1 cup [100 g] Riced Cauliflower
- 1 cup [60 g] Parsley *(Fresh and chopped)*
- 3 tbsp [3 g] Cilantro (Coriander) *(Fresh and chopped)*
- 5 clove [15 g] Garlic
- 2 tbsp [28 g] Olive Oil
- 0.5 tbsp [7.5 g] Apple Cider Vinegar
- 1 tsp [1.8 g] Red Pepper Flakes

DIRECTIONS

1. Add ghee to a skillet over medium-high heat.
2. Season the steak with salt and pepper, then add it to the pan.
3. Cook for about 5-7 minutes on each side, or until it reaches your desired internal temperature. Set aside.
4. While the steak is cooking, prepare the chimichurri.
5. Finely chop the parsley and cilantro and add them to a bowl.
6. Mince the garlic and add it to the same bowl.
7. Add red pepper flakes, salt, and pepper to the herbs.
8. Mix in olive oil and apple cider vinegar with the herbs and set aside.
9. Heat the cauliflower in the microwave for 3 minutes, and once cooked, top it with the steak and chimichurri.

NUTRITION INFO

Calories : 648

Fat : 48.28 g

Carbs : 15 g

Protein : 41.93 g

Fiber : 6.3 g

Pulled Pork Plantain “Nachos” with Mango Salsa



SERVINGS: 4

PREP TIME: 20 MINUTES

COOKING TIME: 240 MINUTES

INGREDIENTS

- 32 oz [907.2 g] Pork Loin (Tenderloin)
- 1 medium [61 g] Carrot
- 0.5 tbsp [3.45 g] Paprika
- 0.5 tbsp [3.45 g] Onion Powder
- 0.5 tbsp [4.2 g] Garlic Powder
- 1 tbsp [18 g] Salt
- 0.5 tbsp [3.2 g] Black Pepper
- 1 cup [240 ml] Chicken Broth
- 2 medium [358 g] Plantains
- 1 tbsp [14 g] Olive Oil
- 0.25 cup, sliced [41.25 g] Mango (*Diced*)
- 0.25 cup, chopped or sliced [45 g] Tomatoes (*Diced*)
- 0.25 cup, chopped [31.5 g] Red Onions
- 3 tbsp [3 g] Cilantro (Coriander)
- 1 Juice of 1 lime [38 g] Fresh Lime Juice

DIRECTIONS

1. Trim all the fat off the pork loin and cut it into 4 pieces.
2. Add the pork loin, carrot, paprika, onion powder, garlic powder, half of the salt, black pepper, and chicken broth to a slow cooker.
3. Cook on high heat for 4 hours or low heat for 8 hours.
4. Mix the mango, tomato, red onion, cilantro, remaining salt, and lime juice. Refrigerate until ready to eat.
5. Peel the green plantain and cut it into 2-inch rounds.
6. Toss the green plantain rounds in olive oil and air fry for 10 minutes at 350°F (175°C).
7. Smash the green plantain rounds and air fry for an additional 5-10 minutes until crispy.
8. Top the crispy green plantains with pulled pork and mango salsa.

NUTRITION INFO

Calories : 486.38

Fat : 16.27 g

Carbs : 36.5 g

Protein : 49.17 g

Fiber : 4.05 g

Rosemary Sweet Potato “Hash” with Sautéed Chicken



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 35 MINUTES

INGREDIENTS

- 2 cup, cubes [266 g] Sweet Potato
- 3 slice [45 g] Uncured Bacon
- 0.5 tbsp [1.65 g] Rosemary (Dried)
- 0.5 tbsp [9 g] Salt
- 0.25 tbsp [1.6 g] Black Pepper
- 2 tbsp [28 g] Olive Oil
- 8 oz [224 g] Skinless Chicken Breast
- 3 tsp [12 g] Green Goddess Seasoning Blend

DIRECTIONS

1. Preheat the oven to 350°F (176°C).
2. Cut the bacon into thin, 1/2-inch long strips and add them to a baking pan.
3. Add the diced sweet potatoes, salt, black pepper, and rosemary to the bacon and toss until combined.
4. Bake for 25-30 minutes, or until the bacon is fully cooked and the potatoes are fork-tender. Toss the mixture halfway through the cooking time for even cooking.
5. Season both sides of the chicken breasts with green goddess seasoning.
6. Add olive oil to a saucepan and sauté the chicken over medium heat until fully cooked.

NUTRITION INFO

Calories : 466.75

Fat : 25.82 g

Carbs : 27.81 g

Protein : 31.22 g

Fiber : 4.56 g