



Jane's Sample plan

CASCADE INTEGRATIVE MEDICINE

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Hi Jane Doe,

Thank you for coming in today! In the following pages you'll find your personalized meal plan fitting your macronutrient goals that we created together in our visit. I'm excited to hear which recipes are your favorite!

Be well,

Anisa Woodall, MS CN

MON



BREAKFAST

Blueberry Breakfast Stuffed Sweet Potatoes



SNACK 1

Banana Sushi



LUNCH

Everything Bagel Seasoned Chicken, Roasted Veggies



SNACK 2

Greek Yogurt



DINNER

Paleo Falafel Salad with Mint Tahini Sauce, Hard Boiled Eggs

TUE



BREAKFAST

Blueberry Breakfast Stuffed Sweet Potatoes, Bulletproof collagen coffee



SNACK 1

Apple Slices & Nori Crisps



LUNCH

Everything Bagel Seasoned Chicken, Roasted Veggies



SNACK 2

Toasted coconut chips



DINNER

Paleo Falafel Salad with Mint Tahini Sauce, Hard Boiled Eggs

WED



BREAKFAST

Paleo Pressure Cooker Breakfast Plate, Sauerkraut



SNACK 1

Hard Boiled Eggs, Everything Bagel Seasoning



LUNCH

Simple Tuna Salad



SNACK 2

Warm Apples with Almond Butter



DINNER

Balsamic Dijon Chicken Thighs with Broccoli, Crispy Smashed Potatoes

THU



BREAKFAST

Overnight Paleo N'Oats, Bulletproof collagen coffee



SNACK 1

Hard Boiled Eggs, Everything Bagel Seasoning



LUNCH

Balsamic Dijon Chicken Thighs with Broccoli, Crispy Smashed Potatoes



SNACK 2

Blueberries, Greek Yogurt



DINNER

Meatloaf Muffins with Mashed Cauliflower Frosting

FRI



BREAKFAST

Paleo Pressure Cooker Breakfast Plate, Sauerkraut



SNACK 1

Prosciutto Wrapped Dates with Goat Cheese



LUNCH

Meatloaf Muffins with Mashed Cauliflower Frosting



SNACK 2

Warm Apples with Almond Butter



DINNER

Deconstructed Sushi Bowl

SAT



BREAKFAST

Anisa's Banana Protein Pancakes



SNACK 1

Prosciutto Wrapped Dates with Goat Cheese



LUNCH

Turkey Taco Skillet with Cauliflower Rice



SNACK 2

Tzatziki with Cucumber Slices



DINNER

Beef Burrito Bowl with Cauliflower Rice

SUN



BREAKFAST

Moroccan Sausage and Eggs



SNACK 1

Blueberry Zucchini Breakfast Cookies



LUNCH

Beef Burrito Bowl with Cauliflower Rice



SNACK 2

Blueberry Zucchini Breakfast Cookies

FRUITS

- 4 Apple
- 6 Avocado
- 5 Banana
- 2 1/2 cups Blueberries
- 2 Green Apple
- 1/2 Lemon
- 3 tbsps Lemon Juice
- 1 Lime
- 3 tbsps Pomegranate Seeds

BREAKFAST

- 1/2 cup Almond Butter
- 1 tbsps Maple Syrup
- 2 cups Organic Coffee

SEEDS, NUTS & SPICES

- 1 cup Almonds
- 3/4 tsp Black Pepper
- 1/8 tsp Cayenne Pepper
- 2 tbsps Chia Seeds
- 1 tbsps Chili Powder
- 1 1/16 tbsps Cinnamon
- 1 tbsps Coriander
- 2 tbsps Cumin
- 1/3 cup Dried Onion Flakes
- 1/3 cup Garlic Powder
- 3 tbsps Ground Flax Seed
- 1 tsp Ground Sage
- 3/4 cup Hemp Seeds
- 1 2/3 tbsps Oregano
- 1 tsp Paprika
- 1/3 cup Poppy Seeds
- 1/2 cup Pumpkin Seeds
- 1/3 cup Sea Salt
- 0 Sea Salt & Black Pepper
- 0 Sea Salt And Pepper
- 1/2 cup Sesame Seeds

VEGETABLES

- 6 cups Baby Spinach
- 3 cups Broccoli
- 2 Carrot
- 1 1/2 heads Cauliflower
- 13 cups Cauliflower Rice
- 3/4 cup Cilantro
- 1 1/2 Cucumber
- 8 Garlic
- 4 stalks Green Onion
- 12 Heirloom Carrots
- 4 cups Mini Potatoes
- 1/3 cup Mint Leaves
- 8 cups Mixed Greens
- 1/3 cup Parsley
- 3 Red Bell Pepper
- 1 tbsps Rosemary
- 6 Sweet Potato
- 2 Tomato
- 1 White Onion
- 1 Yellow Bell Pepper
- 2 1/2 Yellow Onion
- 3 Zucchini

BOXED & CANNED

- 1 1/3 ozs Collagen Powder
- 1 3/4 cups Diced Tomatoes
- 1/2 cup Organic Coconut Milk
- 4 cans Tuna

BAKING

- 1 tsp Baking Powder
- 1 tsp Baking Soda
- 3 tbsps Cacao Nibs
- 2 tbsps Coconut Flour
- 3/4 cup Oat Flour
- 1 cup Oats
- 1 cup Pitted Dates

BREAD, FISH, MEAT & CHEESE

- 1 lb Breakfast Sausage
- 1 1/2 lbs Chicken Thighs
- 1 Egg
- 2 1/2 lbs Extra Lean Ground Beef
- 1 lb Extra Lean Ground Turkey
- 2 2/3 tbsps Goat Cheese
- 10 ozs Lamb Sausage
- 7 1/3 ozs Prosciutto
- 8 ozs Smoked Salmon

CONDIMENTS & OILS

- 2 tps Avocado Oil
- 1/4 cup Balsamic Vinegar
- 2 tps Coconut Aminos
- 1/3 cup Coconut Oil
- 3 tbsps Dijon Mustard
- 2/3 cup Extra Virgin Olive Oil
- 1/4 cup Green Olives
- 1/3 cup Mayonnaise
- 1/2 cup Sauerkraut
- 1 1/2 tbsps Tahini
- 1/4 cup Tomato Sauce

COLD

- 32 Egg
- 2 tbsps Ghee
- 2 cups Plain Greek Yogurt
- 1 1/2 cups Unsweetened Almond Milk

OTHER

- 8 Nori Sheets
- 2 tbsps Vanilla Protein Powder
- 2 1/8 cups Water

■ 2/3 cup Sunflower Seeds

■ 1/8 tsp Turmeric

■ 1 tbsp Tapioca Flour

■ 1/3 cup Unsweetened Coconut Flakes

Blueberry Breakfast Stuffed Sweet Potatoes

4 SERVINGS 38 MINUTES



INGREDIENTS

2 Sweet Potato (cut in half lengthwise)
1 cup Blueberries
1 lb Breakfast Sausage
1 Egg (whisked)
Sea Salt And Pepper

DIRECTIONS

- 01 Preheat your oven to 400 degrees F.
- 02 Cut your sweet potatoes in half, lengthwise. Place cut side down on a baking sheet and place in oven to bake for 25-30 minutes or until sweet potatoes are soft when you poke them.
- 03 While your sweet potatoes bake, place your breakfast sausage in a large skillet over medium heat and cook down, using a wooden spoon to break up the meat.
- 04 When your meat begins to brown, add your blueberries and sprinkle in a bit of salt and pepper. Cook down until cooked through.
- 05 Discard excess liquid from meat and blueberries.
- 06 Place mixture in a large bowl. Add your whisked egg and mix to combine.
- 07 When your sweet potatoes are done cooking, cool for a couple minutes, then use a spoon to remove some of the excess sweet potato that you don't need (eat that as a snack for later), leaving behind a ¼ inch of so of sweet potato so the skin doesn't break apart.
- 08 Add your blueberry and breakfast sausage mixture into your sweet potato skins and place back in the oven to cook for 6-8 minutes. Let cool. Top with an egg if you'd like.

NOTES

RECIPE BY:

Julie Bauer from paleomg.com

Bulletproof collagen coffee

1 SERVING 10 MINUTES



INGREDIENTS

1 cup Organic Coffee (brewed)
1 tbsp Ghee
2/3 oz Collagen Powder

DIRECTIONS

01 Pour your brewed coffee into a blender with the ghee and collagen. Blend on high for 15-30 seconds or until frothy (Alternatively, you may use a hand blender). Pour into a mug and enjoy!

NOTES

NO GHEE

Use coconut oil or butter.

MORE FUEL

Add 1 tablespoon MCT oil per cup.

NO COFFEE

Use your favourite tea instead.

Paleo Pressure Cooker Breakfast Plate

4 SERVINGS 25 MINUTES



INGREDIENTS

6 ozs Prosciutto (roughly chopped)
2 cups Water
4 Sweet Potato (medium, cubed)
1 White Onion (chopped)
8 Egg
6 cups Baby Spinach
2 Avocado (sliced)
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Using the sauté function on your pressure cooker, sauté your prosciutto for 3 to 4 minutes, until crispy. Remove and set aside.
- 02 Add the metal rack to your pressure cooker along with the water. Then add the sweet potato and onion. Place the eggs on top then cook on high pressure for 5 minutes. Once it has finished, allow the pressure to release naturally for 5 minutes, then manually release.
- 03 Remove the eggs and place in a bowl with cold water. Remove the sweet potato and onion then set aside. Dump out the water and sauté the spinach for 1 to 2 minutes.
- 04 Peel the eggs and add them to a plate with the prosciutto, sweet potato, onion, spinach and avocado. Season everything with sea salt and pepper to taste. Enjoy!

NOTES

PORK-FREE

Omit the prosciutto.

NO SWEET POTATO

Use regular potatoes instead.

NO SPINACH

Use another green instead such as kale or Swiss chard.

LEFTOVERS

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

Sauerkraut

1 SERVING 5 MINUTES



INGREDIENTS

1/4 cup Sauerkraut

DIRECTIONS

01 Scoop sauerkraut out of the jar and add to your meal. Enjoy!

NOTES

WHAT TO LOOK FOR

When buying pre-made sauerkraut, look for one that is kept in the refrigerated section and is raw/unpasteurized/naturally fermented.

Overnight Paleo N'Oats

3 SERVINGS 5 MINUTES



INGREDIENTS

- 1 cup Almonds (raw)
- 1/2 cup Pumpkin Seeds (raw)
- 1 tbsp Ground Flax Seed
- 2 tbsps Chia Seeds
- 1 1/2 cups Unsweetened Almond Milk
- 1/4 tsp Cinnamon (ground)
- 3 tbsps Pomegranate Seeds
- 3 tbsps Cacao Nibs
- 3 tbsps Almond Butter

DIRECTIONS

- 01 Add the almonds, pumpkin seeds and flax seeds to a blender and process until almost ground. Transfer to a large glass jar along with the chia seeds, almond milk and cinnamon. Place in the fridge overnight or for at least 4 hours.
- 02 In the morning, divide into jars and top with pomegranate seeds, cacao nibs, and almond butter. Enjoy hot or cold!

NOTES

REHEATING

Reheat on the stovetop in a pot over low heat until warmed through.

LEFTOVERS

Store in an airtight jar in the fridge up to 5 days.

MORE TOPPINGS

Serve with any fresh or frozen fruits, nut/seed butter, unsweetened coconut or nut butter.

LIKES IT SWEET

Drizzle with maple syrup or honey.

NO ALMOND MILK

Use any other type of milk instead.

Anisa's Banana Protein Pancakes

2 SERVINGS 20 MINUTES



INGREDIENTS

2 Banana (green-tipped)
5 Egg
2 tbsps Vanilla Protein Powder (or collagen peptides)
2 tsp Cinnamon
2 tbsps Coconut Flour
1 tsp Baking Soda
1 tbs Coconut Oil (or more, for cooking)

DIRECTIONS

- 01 In a blender, mix all the ingredients (except oil) and blend until smooth.
- 02 Heat coconut oil in a skillet over medium heat. Add 1/4 cup of the batter at a time to form pancakes, cooking for about 1-2 minutes per side.
- 03 Serve with a sprinkle of cinnamon, warm blueberries or almond butter.

NOTES

LIKES IT SWEET

Add blueberries or chocolate chips into the batter.

Moroccan Sausage and Eggs

4 SERVINGS 20 MINUTES



INGREDIENTS

- 1 tbsp Coconut Oil
- 10 ozs Lamb Sausage
- 2 Tomato (medium, diced)
- 1/4 cup Green Olives (pitted and sliced)
- 1/2 tsp Sea Salt
- 1 tsp Cumin (divided)
- 1/2 cup Cilantro (finely chopped and divided)
- 6 Egg (cracked into a bowl)

DIRECTIONS

- 01 Heat coconut oil in a large skillet over medium heat. Cook the sausage until brown on all sides, about 5 minutes.
- 02 Drain any excess fat and add the tomatoes, olives, salt, half the cumin and 3/4 of the cilantro. Cook for another 5 minutes, stirring occasionally.
- 03 Pour the eggs over the sausage and tomatoes. Break the yolks and let simmer until the eggs have set. Lift the edges and tip the pan as needed to help the eggs cook evenly.
- 04 Garnish with the remaining cumin and cilantro. Divide onto plates and enjoy!

NOTES

SERVE IT WITH

Brown rice tortilla chips or crusty bread.

NO CILANTRO

Use parsley instead.

MAKE IT SPICY

Add cayenne, black pepper, red pepper flakes, hot sauce and/or jalapeno slices.

NO LAMB SAUSAGE

Use beef, pork, chicken or turkey sausage, vegan chorizo or chickpeas instead.

LEFTOVERS

Refrigerate in an airtight container up to 3 days.

Banana Sushi

2 SERVINGS 5 MINUTES



INGREDIENTS

2 Banana (peeled)
2 tbsps Almond Butter
2 tbsps Hemp Seeds

DIRECTIONS

- 01 Spread almond butter onto banana.
- 02 Sprinkle hemp seeds over top.
- 03 Slice and enjoy!

NOTES

NO HEMP SEEDS

Use sunflower seeds instead.

Apple Slices & Nori Crisps

2 SERVINGS 5 MINUTES



INGREDIENTS

4 Nori Sheets
1/3 tsp Extra Virgin Olive Oil
2 Apple (medium)

DIRECTIONS

- 01 Cut nori sheets into quarters with scissors. Brush sheets very lightly with olive oil. Heat a large pan over medium heat and toast the nori sheets about 30 seconds per side.
- 02 Slice apples and divide onto plates with nori crisps. Enjoy!

NOTES

SAVE TIME

Buy pre-toasted nori sheets.

Hard Boiled Eggs

4 SERVINGS 15 MINUTES



INGREDIENTS

8 Egg

DIRECTIONS

- 01 Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
- 02 Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 03 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!

NOTES

LEFTOVERS

Refrigerate in a covered container with the shell on for up to 7 days.

EASIER TO PEEL

Add salt to the water while boiling.

Everything Bagel Seasoning

18 SERVINGS 5 MINUTES



INGREDIENTS

1/4 cup Poppy Seeds
1/4 cup Sesame Seeds
1/4 cup Garlic Powder
1/4 cup Dried Onion Flakes
3 tbsps Sea Salt

DIRECTIONS

01 Combine all ingredients in a jar and shake to mix well.

NOTES

SERVE IT ON

Eggs, roasted veggies or to season meat/fish.

STORAGE

Store tightly sealed in a jar in a cool cupboard up to 3 months.

Prosciutto Wrapped Dates with Goat Cheese

4 SERVINGS 40 MINUTES



INGREDIENTS

1 cup Pitted Dates (whole, about 12 dates per cup)
2 2/3 tbsps Goat Cheese (crumbled, room temperature)
1/16 tsp Sea Salt
1/16 tsp Black Pepper
1 1/3 ozs Prosciutto (thinly sliced into strips)

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and line a baking tray with parchment paper.
- 02 Slice each date lengthwise on one side to create an opening then set them aside.
- 03 In a small mixing bowl combine the goat cheese, maple syrup, salt, and pepper.
- 04 Stuff each date with a scant teaspoon of the goat cheese mixture then wrap in a strip of prosciutto. Place each wrapped date on the baking sheet.
- 05 Bake in the oven for 20 minutes, turning dates over about halfway through, or until prosciutto is just crisp and cheese is warm. Serve immediately and enjoy!

NOTES

SERVING SIZE

One serving is equal to approximately three wrapped dates.

NO MAPLE SYRUP

Use honey instead.

NO GOAT CHEESE

Use feta or cashew cheese instead.

NO PROSCIUTTO

Use bacon instead. Baking times may increase depending on the thickness of the bacon.

Blueberry Zucchini Breakfast Cookies

8 SERVINGS 45 MINUTES



INGREDIENTS

- 1 Banana
- 1 Egg (large, room temperature)
- 1/4 cup Coconut Oil (melted)
- 1 tbsp Maple Syrup
- 1 Zucchini (small, shredded)
- 3/4 cup Oat Flour
- 1 cup Oats (quick or traditional)
- 1 tsp Baking Powder
- 2 tbsps Hemp Seeds
- 1 tbsp Ground Flax Seed
- 1/2 cup Blueberries (fresh or frozen)

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C). Line a baking sheet with parchment paper.
- 02 In a bowl, mash the banana using the back of a fork. Then whisk in the egg, coconut oil, maple syrup and zucchini.
- 03 In a separate bowl, mix together the oat flour, oats, baking powder, hemp seeds and flax. Add to the wet mixture until thoroughly combined. Gently fold in the blueberries.
- 04 Scoop the batter onto the baking sheet, making cookies of about 4 to 5 inches wide. Bake for 35 to 40 minutes or until golden brown. Enjoy!

NOTES

SERVING SIZE

One serving is equal to one cookie.

STORAGE

Refrigerate in an airtight container up to 3 to 5 days. Enjoy cold, reheat in the microwave or bake in the oven if you prefer it a bit crispier.

MUFFIN LOVER

Bake in a muffin tin for about the same time, or a mini-muffin tray for about 20 to 25 minutes.

NO ZUCCHINI

Use grated carrot instead.

NO COCONUT OIL

Use butter instead.

NO OAT FLOUR

Use spelt flour or all-purpose flour (gluten-free optional) instead.

Everything Bagel Seasoned Chicken

4 SERVINGS 25 MINUTES



INGREDIENTS

- 1 tbsp Poppy Seeds
- 1 tbsp Sesame Seeds
- 1 tbsp Garlic Powder
- 1 tbsp Dried Onion Flakes
- 2 tsps Sea Salt
- 1 tbsp Extra Virgin Olive Oil
- 1 lb Chicken Thighs

DIRECTIONS

- 01 Combine the poppy seeds, sesame seeds, garlic powder, dried onion flakes and sea salt. Spread the everything bagel spice over a plate and press the chicken into it to create a thick crust.
- 02 Heat a heavy-bottomed skillet over medium heat and add the olive oil. Place chicken in the skillet and cook for about 10 to 12 minutes per side, or until cooked through. Enjoy!

NOTES

BAKE IT

Instead of cooking it in the skillet, bake chicken at 350 degrees F for 20 to 30 minutes, or until cooked though.

SERVE IT WITH

Veggies, sweet potato, quinoa, kale and/or on top of a salad.

NO CHICKEN THIGHS

Use turkey or chicken breast instead.

LEFTOVERS

Keeps well in the fridge up to 3 days. Freeze in an air-tight container to keep it fresh longer.

Roasted Veggies

4 SERVINGS 40 MINUTES



INGREDIENTS

2 Red Bell Pepper (chopped)
2 Carrot (medium, chopped)
2 Zucchini (medium, chopped)
1/2 head Cauliflower (broken into florets)
1 tbsp Extra Virgin Olive Oil
1 tsp Oregano (dried)
1/2 tsp Sea Salt
1/4 tsp Black Pepper

DIRECTIONS

- 01 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 Arrange the chopped veggies on the baking sheet. Drizzle with oil, oregano, salt and pepper. Toss until everything is well coated.
- 03 Roast in the oven for 25 to 30 minutes, or until very tender, stirring once about halfway through.
- 04 Remove from oven and transfer to a bowl. Enjoy!

NOTES

LEFTOVERS

Keeps well in the fridge up to 3 days. Reheat in a skillet or the oven.

NO MUSHROOMS

Swap in bell peppers or broccoli instead.

EVEN COOKING

Chop your vegetables to be approximately the same size to ensure even cooking.

Simple Tuna Salad

4 SERVINGS 10 MINUTES



INGREDIENTS

4 cans Tuna (drained)
2 Green Apple (chopped)
4 stalks Green Onion (finely sliced)
1/4 cup Mayonnaise (avocado oil mayo preferred)
Sea Salt & Black Pepper (to taste)

DIRECTIONS

01 Add all ingredients to a large bowl and mix until well combined. Enjoy!

NOTES

HOW TO SERVE

Enjoy alone, on crackers, on a sandwich, or over greens.

LEFTOVERS

Keeps well in the fridge for 2 to 3 days.

Turkey Taco Skillet with Cauliflower Rice

4 SERVINGS 30 MINUTES



INGREDIENTS

- 1 tsp Avocado Oil
- 1 lb Extra Lean Ground Turkey
- 1/2 Yellow Onion (chopped)
- 1 Red Bell Pepper (diced)
- 1 Yellow Bell Pepper (diced)
- 1 tbs Chili Powder
- 1 tsp Paprika
- 1 tsp Cumin
- 1/4 tsp Sea Salt
- 1 3/4 cups Diced Tomatoes (from the can)
- 5 cups Cauliflower Rice
- 1 Avocado (sliced, optional)
- 1/4 cup Cilantro (chopped, optional)

DIRECTIONS

- 01 Heat a skillet over medium heat and add the avocado oil. Add the ground turkey, onion, red bell pepper, yellow bell pepper, chili powder, paprika, cumin, and sea salt. Cook for 10 to 15 minutes or until cooked through. Add the tomatoes, stir well and remove from heat.
- 02 Divide the cauliflower rice into bowls then top with the turkey, avocado and cilantro. Enjoy!

NOTES

CAULIFLOWER RICE

Can be served raw or cooked. To cook your cauliflower rice, saute in a skillet for 5 to 7 minutes before serving.

VEGAN & VEGETARIAN

Use cooked lentils instead of ground turkey.

SAVE TIME

Use pre-riced cauliflower.

DAIRY-LOVER

Top with Greek yogurt or grated cheese.

LEFTOVERS

Store in the fridge for up to three days.

NO AVOCADO OIL

Use coconut or olive oil instead.

Greek Yogurt

1 SERVING 5 MINUTES



INGREDIENTS

1/2 cup Plain Greek Yogurt

DIRECTIONS

01 Scoop into a bowl and enjoy!

NOTES

TOPPINGS

Fresh or frozen fruit, granola, bee pollen, nuts, coconut, honey or maple syrup.

DAIRY-FREE

Use coconut, almond or cashew yogurt instead.

Toasted coconut chips

1 SERVING 2 MINUTES



INGREDIENTS

1/3 cup Unsweetened Coconut Flakes

DIRECTIONS

01 Grab your portion and enjoy!

Warm Apples with Almond Butter

1 SERVING 15 MINUTES



INGREDIENTS

1 tsp Coconut Oil
1 Apple (diced)
1/2 tsp Cinnamon (ground)
2 tbsps Almond Butter

DIRECTIONS

- 01 Heat the coconut oil in a small skillet over low heat. Add the diced apples and saute for about 8 to 10 minutes, until softened. Sprinkle with cinnamon and remove from heat.
- 02 Transfer the warm apples to a bowl and drizzle with almond butter. Enjoy!

NOTES

NUT-FREE

Use sunflower seed butter instead of almond butter.

NO APPLES

Use pears or plantains instead.

Blueberries

1 SERVING 2 MINUTES



INGREDIENTS

1 cup Blueberries

DIRECTIONS

01 Wash the berries and enjoy!

Tzatziki with Cucumber Slices

2 SERVINGS 15 MINUTES



INGREDIENTS

- 1 Cucumber (divided)
- 1 cup Plain Greek Yogurt
- 1 Garlic (clove, minced)
- 1/2 Lemon (juiced)
- 2 tbsps Mint Leaves (fresh, finely chopped)
- 1/2 tsp Sea Salt

DIRECTIONS

- 01 Slice off 1/4 of the cucumber and set the remainder aside.
- 02 Slice the 1/4 portion of cucumber in half. Scoop out the seeds and discard. Grate the remaining cucumber then squeeze out as much liquid as possible. Transfer to a mixing bowl.
- 03 Stir in yogurt, garlic, lemon juice, mint and sea salt until thoroughly combined. Transfer to a serving bowl.
- 04 Slice the remaining cucumber into slices and serve with tzatziki. Enjoy!

NOTES

DAIRY-FREE

Use a plain dairy-free yogurt instead of Greek yogurt.

NO MINT

Use dill instead.

STORAGE

Best enjoyed immediately but will keep in an airtight container up to 2 days in the fridge. Stir well before serving.

Paleo Falafel Salad with Mint Tahini Sauce

4 SERVINGS 45 MINUTES



INGREDIENTS

1 tbsp Ground Flax Seed
3 tbsps Water
1/2 cup Hemp Seeds
2/3 cup Sunflower Seeds (divided)
1/3 cup Parsley (packed)
3 tbsps Lemon Juice (divided)
1 tbsp Tapioca Flour
1 tsp Cumin
1/8 tsp Turmeric
1 Garlic (clove, minced)
Sea Salt & Black Pepper (to taste)
2 tbsps Sesame Seeds (optional)
1 1/2 tbsps Tahini
3 tbsps Extra Virgin Olive Oil
1/4 cup Mint Leaves (packed)
1/8 tsp Sea Salt (or more to taste)
8 cups Mixed Greens
12 Heirloom Carrots (roasted)

DIRECTIONS

- 01 Make a flax egg by combining the ground flax with water in a small bowl and set aside.
- 02 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 03 Add the hemp seeds, half of the sunflower seeds, parsley and the flax egg into a food processor and pulse until combined. Remove and add to a medium size bowl and add the remaining sunflower seeds, half of the lemon juice, tapioca flour, cumin, turmeric and garlic. Season with sea salt and pepper and mix well.
- 04 Using your hands, form balls with the falafel mix and flatten with your hands. Add sesame seeds to a plate and roll the flattened balls in the seeds then place them on the baking sheet. Bake for 25 to 30 minutes, flipping at the halfway point.
- 05 Meanwhile, make the mint tahini sauce by adding the tahini, olive oil, mint leaves, sea salt and remaining lemon juice to a food processor or blender. Blend until smooth and transfer to a jar.
- 06 Add mixed greens to your plate, with roasted carrots and falafels. Drizzle with tahini sauce. Enjoy!

NOTES

MEAL PREP

Make the falafels ahead and freeze for quick and easy meals down the road.

NO TAPIOCA FLOUR

Use coconut flour instead.

WET FALAFELS

If the falafel mix is a little too wet, add 1/2 tsp more flour to thicken.

SERVING SIZE

One serving is equal to 3 falafels.

Balsamic Dijon Chicken Thighs with Broccoli

2 SERVINGS 30 MINUTES



INGREDIENTS

8 ozs Chicken Thighs (skinless, boneless)
3 cups Broccoli (chopped into florets)
1 tbsp Extra Virgin Olive Oil
1/2 tsp Sea Salt (divided)
1/2 tsp Black Pepper
1/2 tsp Garlic Powder
1 tbsp Dijon Mustard
1/4 cup Balsamic Vinegar
1 tsp Oregano (dried)

DIRECTIONS

- 01 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Place chicken in the center of the baking sheet and arrange the broccoli in a single layer around the chicken. Drizzle oil over chicken and veggies then add half of the salt, pepper and garlic powder. Using your hands, toss or rub the spices evenly all over the chicken and the broccoli. Bake in the oven for 15 minutes.
- 03 Meanwhile, whisk the Dijon mustard, balsamic vinegar, oregano and remaining salt together. Set aside.
- 04 After the chicken has baked for 15 minutes, remove from oven and brush half the Dijon mixture on top of the chicken and lightly over the broccoli. Return to oven and bake for 10 more minutes.
- 05 After 10 minutes, repeat step 4 with remaining Dijon mixture. Place back into the oven and continue to bake for 5 to 10 more minutes, or until chicken is cooked through and broccoli is very tender.
- 06 Remove from oven and serve immediately.

NOTES

LEFTOVERS

Keeps well in the fridge for 3 days.

NO CHICKEN THIGHS

Use chicken breasts or drumsticks instead.

Crispy Smashed Potatoes

4 SERVINGS 20 MINUTES



INGREDIENTS

4 cups Mini Potatoes (halved)
2 tbsps Extra Virgin Olive Oil
2 Garlic (cloves, minced)
1 tbsp Rosemary (chopped)
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Line a baking sheet with parchment paper.
- 02 Bring a pot of water to a boil and add the potatoes. Cook until potatoes are soft but not falling apart, about 10 to 15 minutes.
- 03 Preheat oven to broil.
- 04 Drain the potatoes and spread evenly across the baking sheet. Roughly smash the potatoes with the back of a fork.
- 05 Drizzle with olive oil, then sprinkle garlic, rosemary, salt and pepper over top. Broil in the oven until crispy, about 3-5 minutes.

NOTES

NO POTATOES

Use sweet potatoes or cauliflower instead.

MORE TOPPINGS

Add pats of butter, ghee, feta, parmesan, nutritional yeast or pesto.

SERVE IT WITH

Our Everything Bagel Seasoned Chicken, Chili Lime Drumsticks with Zucchini, 15 Minute Grilled Steak with Mint Pesto or Slow Cooker Maple Mustard Chicken.

LEFTOVERS

Store in the fridge and reheat in the oven, or in a skillet with a bit of oil.

Meatloaf Muffins with Mashed Cauliflower Frosting

6 SERVINGS 30 MINUTES



INGREDIENTS

- 1 1/2 lbs Extra Lean Ground Beef
- 1 Yellow Onion (medium, chopped)
- 2 tbsps Dijon Mustard
- 1 tsp Ground Sage
- 1 1/2 tsps Sea Salt (divided)
- 1 head Cauliflower (chopped into florets)
- 1/2 cup Organic Coconut Milk (full fat, from the can)
- 1/4 cup Tomato Sauce

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and grease your muffin tray with oil.
- 02 In a mixing bowl, combine the beef, onion, mustard, sage and half the salt until well combined. Divide evenly into muffin cups and bake for 20 minutes or until cooked through.
- 03 Meanwhile, place cauliflower florets in a steaming basket over boiling water. Steam for 8 minutes or until tender.
- 04 Transfer cauliflower, remaining salt and coconut milk to a blender and blend until smooth.
- 05 When the meatloaf muffins are ready, top each one with about a teaspoon of tomato sauce. Then, top it with cauliflower mash and spread evenly using the back of a spoon. Enjoy!

NOTES

SERVING SIZE

Each serving is equal to two muffins.

LEFTOVERS

Refrigerate in an airtight container up to 3 days.

NO CAULIFLOWER

Use potato instead.

NO COCONUT MILK

Use water or any alternative milk.

MORE VEGGIES

Add spinach, mushrooms or chopped bell pepper to the meatloaf mixture.

Deconstructed Sushi Bowl

2 SERVINGS 20 MINUTES



INGREDIENTS

1 tsp Avocado Oil
4 cups Cauliflower Rice
2 tsps Coconut Aminos
1/2 Cucumber (sliced into sticks)
1 Avocado (peeled and chopped)
4 Nori Sheets (snack size, torn into pieces)
8 ozs Smoked Salmon
2 tsps Sesame Seeds
2 tsps Mayonnaise
1/8 tsp Cayenne Pepper (optional)

DIRECTIONS

- 01 Heat a skillet over medium heat. Add the avocado oil and then the riced cauliflower. Saute for 5 to 7 minutes, then add the coconut aminos and stir to coat. Remove from heat.
- 02 Divide the cauliflower rice into bowls. Top each bowl evenly with cucumber, avocado, nori and smoked salmon. Garnish with sesame seeds.
- 03 Mix the mayonnaise with cayenne in a small bowl and drizzle on top of the bowls. Enjoy!

NOTES

LEFTOVERS

This bowl is best served immediately but can be stored in the fridge up to 2 days and served cold.

NO COCONUT AMINOS

Use tamari or soy sauce instead.

Beef Burrito Bowl with Cauliflower Rice

4 SERVINGS 30 MINUTES



INGREDIENTS

2 tbsps Extra Virgin Olive Oil (divided)
4 Garlic (cloves, minced)
1 Yellow Onion (small, finely diced)
1 lb Extra Lean Ground Beef
1 tbsp Cumin (ground)
1 tbsp Coriander (ground)
1 tbsp Oregano (dried)
1 1/2 tsps Sea Salt (divided)
1 Lime (juiced)
4 cups Cauliflower Rice
2 Avocado (diced)

DIRECTIONS

- 01 In a large skillet heat half of the oil over medium. Add garlic and onions and cook for two minutes, or until onions become translucent.
- 02 Add ground beef to the skillet. With a wooden spoon or spatula, break the beef into small pieces as it cooks, stirring occasionally, until no longer pink.
- 03 When meat is cooked through, drain the grease. Place back over medium heat and add the cumin, coriander, oregano, half of the salt and lime juice to the pan. Stir to coat the beef with the spice and continue to cook for another minute until very fragrant. Transfer the meat to a dish and cover to keep warm.
- 04 Place the pan back over heat and add the remaining olive oil. Add the cauliflower rice and season with remaining sea salt. Cook the cauliflower rice, stirring occasionally, until cauliflower is warmed through and just tender.
- 05 Divide the cauliflower rice between bowls and top with seasoned beef and diced avocado. Enjoy!

NOTES

OPTIONAL TOPPINGS

Chopped cilantro, green onion, extra lime juice, cheese, sour cream or Greek yogurt.

LEFTOVERS

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