



Lean **IN 19**

LOW CARB DAY RECIPES

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High Fat Green Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Water (cold)
- 2 tbsps Lemon Juice
- 1 cup Baby Spinach
- 1/2 Avocado (frozen)
- 1/4 cup Mint Leaves (fresh, roughly chopped)
- 1 tsp Ginger (fresh, roughly chopped)

Nutrition

Amount per serving	
Calories	180
Fat	15g
Carbs	13g
Fiber	8g
Sugar	2g
Protein	3g
Cholesterol	0mg
Sodium	38mg
Vitamin A	3234IU
Vitamin C	32mg
Calcium	83mg
Iron	2mg
Vitamin D	0IU

Directions

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

Notes

Leftovers: Refrigerate in an airtight container for up to one day.

Likes it Sweeter: Add frozen banana, pineapple or apple.

More Protein: Add protein powder or collagen powder.

No Mint: Use cilantro or basil instead.



Coconut Chia Pudding

2 servings

1 hour

Ingredients

- 3/4 cup Canned Coconut Milk
- 3/4 cup Water
- 1/4 cup Chia Seeds
- 1 tsp Vanilla Extract

Nutrition

Amount per serving	
Calories	285
Fat	24g
Carbs	13g
Fiber	6g
Sugar	1g
Protein	5g
Cholesterol	0mg
Sodium	25mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	147mg
Iron	2mg
Vitamin D	0IU

Directions

- 1 Combine all ingredients in a large container. Refrigerate for at least one hour or until chia seeds have set.
- 2 Stir well and divide into cups or containers if on-the-go. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container up to five days.

Serving Size: One serving is equal to approximately 1.5 cups of chia pudding.

More Flavor: Add maple syrup, honey, monk fruit sweetener, cinnamon or cardamom.

Additional Toppings: Top with shredded coconut, berries, banana slices, nuts or bee pollen.



Salmon Stuffed Avocado Boats

2 servings

10 minutes

Ingredients

- 2 Avocado
- 8 ozs Canned Wild Salmon
- 1/2 Lemon (juiced)

Nutrition

Amount per serving	
Calories	503
Fat	36g
Carbs	18g
Fiber	14g
Sugar	2g
Protein	34g
Cholesterol	75mg
Sodium	452mg
Vitamin A	506IU
Vitamin C	25mg
Calcium	67mg
Iron	2mg
Vitamin D	974IU

Directions

- 1 Slice the avocado in half and remove the pit. Use a spoon to scoop out enough avocado to create a bigger hole that the salmon will fit into. Transfer scooped out avocado to a small bowl.
- 2 Drain the salmon and add it to the bowl with the scooped out avocado. Add lemon juice and mash until well mixed.
- 3 Fill the hollowed out avocado halves with the mashed salmon mixture. Enjoy!

Notes

Likes it Spicy: Add hot sauce.

No Canned Salmon: Use smoked salmon, cooked salmon fillet or tuna instead.



Turkey Breakfast Sausage

2 servings

15 minutes

Ingredients

- 2 2/3 ozs Extra Lean Ground Turkey
- 1/3 tsp Ground Sage
- 1/3 tsp Dried Thyme
- 1/16 tsp Garlic Powder
- 1/16 tsp Paprika
- 1/16 tsp Sea Salt
- 1/2 tsp Coconut Oil

Nutrition

Amount per serving	
Calories	68
Fat	4g
Carbs	0g
Fiber	0g
Sugar	0g
Protein	7g
Cholesterol	28mg
Sodium	125mg
Vitamin A	64IU
Vitamin C	0mg
Calcium	13mg
Iron	1mg
Vitamin D	5IU

Directions

- 1 In a large mixing bowl, combine all ingredients with a spatula. Form the mixture into even patties. (Note: the patties will shrink with cooking.)
- 2 Melt the coconut oil in a large skillet over medium-high heat. Cook the patties about 1 to 2 minutes per side, or until cooked through. Let cool before serving. Enjoy!

Notes

Serve Them With: Eggs, our Cleaned Up Biscuits recipe, in lettuce wraps or brown rice tortillas with veggies.

Leftovers: Store in an air-tight container up to 3 days in the fridge, or in a freezer-safe bag divided by parchment or wax paper in the freezer for up to 3 months.

No Turkey: Use ground pork, chicken, bison or beef instead.



Lemon Pepper Asparagus

2 servings

20 minutes

Ingredients

- 1 1/2 cups Asparagus (trimmed)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 tbsp Lemon Juice (divided)
- 1/4 tsp Black Pepper
- 1/16 tsp Sea Salt

Nutrition

Amount per serving	
Calories	53
Fat	4g
Carbs	5g
Fiber	2g
Sugar	2g
Protein	2g
Cholesterol	0mg
Sodium	76mg
Vitamin A	762IU
Vitamin C	9mg
Calcium	26mg
Iron	2mg
Vitamin D	0IU

Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Toss the asparagus with the oil and half the lemon juice. Arrange in a single layer on the baking sheet and season with black pepper and salt. Bake for 13 to 15 minutes or until the asparagus are tender, flipping halfway through.
- 3 Remove from the oven and drizzle with the remaining lemon juice. Season with additional salt and pepper if needed. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. Serve leftover asparagus with additional lemon juice.

More Flavor: Add lemon zest or garlic powder.

Asparagus: Three cups of asparagus is approximately 1 lb or 454 grams. Choose asparagus that are roughly the same size. Adjust cooking time for thicker asparagus spears.



One Pan Lemon Shrimp & Asparagus

2 servings

30 minutes

Ingredients

- 3 cups Asparagus (woody ends trimmed)
- 12 ozs Shrimp (uncooked, shells on)
- 2 tbsps Extra Virgin Olive Oil
- 1/8 tsp Sea Salt (or more, to taste)
- 1 Lemon (sliced)

Nutrition

Amount per serving	
Calories	309
Fat	15g
Carbs	9g
Fiber	4g
Sugar	4g
Protein	39g
Cholesterol	274mg
Sodium	354mg
Vitamin A	1521IU
Vitamin C	21mg
Calcium	159mg
Iron	5mg
Vitamin D	0IU

Directions

- 1 Preheat oven to 400°F (204°C).
- 2 Lay the asparagus and shrimp on a baking sheet. Drizzle with olive oil and toss gently to coat. Sprinkle with sea salt and top with lemon slices.
- 3 Bake for 15 to 18 minutes, or until shrimp are fully cooked and have turned pink. Remove from oven and divide between plates. Enjoy!

Notes

More Carbs: Serve with pasta, rice, or quinoa.

Leftovers: Keeps well in the fridge for 2-3 days.



Grilled Asparagus

2 servings

15 minutes

Ingredients

- 1 1/2 cups Asparagus (woody ends trimmed)
- 3/4 tsp Extra Virgin Olive Oil
- 1/8 tsp Sea Salt (or more to taste)

Nutrition

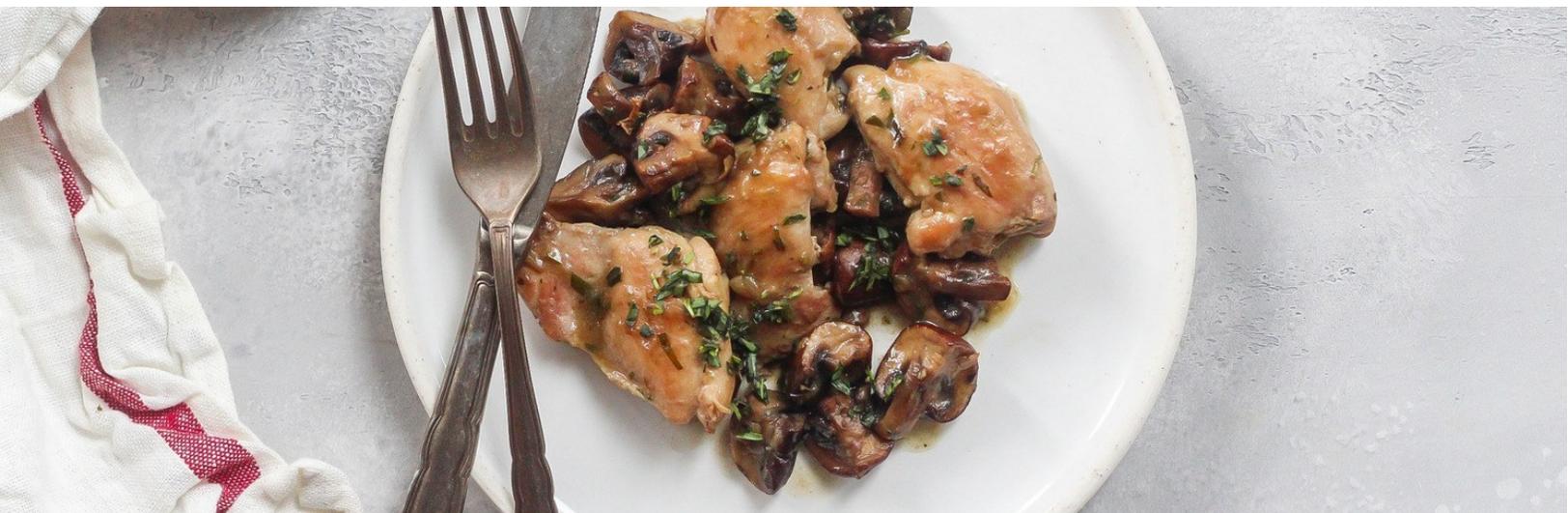
Amount per serving	
Calories	35
Fat	2g
Carbs	4g
Fiber	2g
Sugar	2g
Protein	2g
Cholesterol	0mg
Sodium	150mg
Vitamin A	760IU
Vitamin C	6mg
Calcium	24mg
Iron	2mg
Vitamin D	0IU

Directions

- 1 Preheat grill over medium-low heat.
- 2 Toss asparagus in the olive oil. Place asparagus directly on the grill or on a grill mat. Grill for 10 to 12 minutes, rolling at the halfway point.
- 3 Remove from grill and season with salt. Enjoy!

Notes

No Grill: Roast in the oven instead at 425°F (218°C) for 12 to 15 minutes.



Chicken Thighs with Mushrooms

1 serving
40 minutes

Ingredients

- 4 ozs Chicken Thighs (boneless, skinless)
- 1/16 tsp Sea Salt
- 1/8 tsp Coconut Oil
- 3 1/2 White Button Mushrooms (quartered)
- 1 1/2 tsps Shallot (diced)
- 1/2 Garlic (cloves, minced)
- 2 tsps Chicken Broth
- 1 1/3 tsps Canned Coconut Milk
- 1/2 tsp Tarragon

Nutrition

Amount per serving	
Calories	200
Fat	9g
Carbs	4g
Fiber	1g
Sugar	2g
Protein	25g
Cholesterol	107mg
Sodium	380mg
Vitamin A	41IU
Vitamin C	2mg
Calcium	20mg
Iron	1mg
Vitamin D	6IU

Directions

- 1 Heat a pan over medium heat. Season the chicken thighs with sea salt. Add the coconut oil to the pan and once melted, add the chicken. Cook for 5 to 6 minutes per side. Remove and set aside.
- 2 Lower the heat to medium-low and add the mushrooms. Cook for 3 to 4 minutes. Add the shallot and cook for 2 to 3 minutes. Add the garlic cloves and cook for 1 minute and then add the chicken back in along with the broth. Cover and simmer for 8 to 10 minutes.
- 3 Remove the lid and add the coconut milk and tarragon. Stir to combine. Cook for 2 to 3 minutes. Divide the chicken and mushrooms between plates and spoon your desired amount of liquid over top. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

No Tarragon: Use thyme instead.

Serve it With: Cauliflower rice.

No Coconut Oil: Use extra virgin olive oil or avocado oil instead.



Turkey Mushroom Lettuce Wraps

1 serving
20 minutes

Ingredients

- 1/4 tsp Avocado Oil
- 3 White Button Mushrooms (sliced)
- 1/4 Garlic (clove, minced)
- 4 ozs Extra Lean Ground Turkey
- 1 1/2 tsps Coconut Aminos
- 1/4 head Boston Lettuce
- 1 tsp Cilantro (chopped)

Nutrition

Amount per serving	
Calories	201
Fat	11g
Carbs	4g
Fiber	1g
Sugar	3g
Protein	23g
Cholesterol	84mg
Sodium	217mg
Vitamin A	212IU
Vitamin C	2mg
Calcium	28mg
Iron	2mg
Vitamin D	20IU

Directions

- 1 In a skillet over medium heat, add the avocado oil along with the mushrooms and cook for 5 to 6 minutes. Reduce the heat slightly and add the garlic. Cook for one minute more.
- 2 Add the ground turkey and cook for 8 to 10 minutes, stirring occasionally until it is cooked through. Add the coconut aminos, stir and set aside.
- 3 Scoop the turkey mixture on to lettuce leaves and top with cilantro. Serve and enjoy!

Notes

- Leftovers:** Refrigerate in an airtight container for up to three days.
- Serving Size:** One serving is equal to approximately two lettuce wraps.
- No Coconut Aminos:** Use tamari instead.
- No Ground Turkey:** Use ground chicken instead.
- More Flavor:** Add hot sauce and/or chili flakes.
- Additional Toppings:** Top with additional vegetables such as carrots, celery or bell pepper.
- No Cilantro:** Omit, or use basil instead.



Sauerkraut Crusted Salmon with Greens

2 servings

20 minutes

Ingredients

- 1/4 cup Sauerkraut
- 2 tbsps Whole Grain Mustard
- 12 ozs Salmon Fillet
- 2 tsps Avocado Oil
- 4 cups Mixed Greens
- 1/2 Cucumber (sliced)

Nutrition

Amount per serving	
Calories	318
Fat	16g
Carbs	6g
Fiber	2g
Sugar	2g
Protein	36g
Cholesterol	94mg
Sodium	298mg
Vitamin A	150IU
Vitamin C	12mg
Calcium	78mg
Iron	2mg
Vitamin D	0IU

Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 In a bowl, mix together the sauerkraut and mustard. Spread over the flesh side of the salmon and press down firmly.
- 3 Heat the oil in a cast-iron or oven-safe pan over medium-high heat. Cook the salmon flesh side down for eight minutes. Flip the salmon over. Transfer the pan to the oven and bake for an additional eight minutes.
- 4 Divide the mixed greens and cucumbers onto plates. Top with the salmon and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately six ounces of salmon and two and a half cups of veggies.

More Flavor: Top the greens with your favorite dressing.



Brussels Sprouts Slaw with Chicken

2 servings

20 minutes

Ingredients

- 8 ozs Chicken Breast (cut into cubes)
- 1/4 tsp Oregano (dried)
- 1/8 tsp Garlic Powder
- 1/4 tsp Sea Salt (divided)
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 3 cups Brussels Sprouts (shredded)
- 2 cups Purple Cabbage (sliced thin)
- 1 1/2 tbsps Lemon Juice
- 1 tsp Coconut Aminos

Nutrition

Amount per serving	
Calories	315
Fat	14g
Carbs	20g
Fiber	7g
Sugar	7g
Protein	31g
Cholesterol	82mg
Sodium	448mg
Vitamin A	2025IU
Vitamin C	167mg
Calcium	104mg
Iron	3mg
Vitamin D	1IU

Directions

- 1 Add the cubed chicken to a small bowl with the oregano, garlic powder and half the salt. Toss to combine.
- 2 Heat a skillet over medium heat and add 1/3 of the oil. Once hot, add the chicken and cook for 10 to 12 minutes or until cooked through. Remove and set aside.
- 3 Add the brussels sprouts and cabbage to a bowl. Add the lemon juice, coconut aminos, remaining oil and remaining salt. Mix well with your hands to combine.
- 4 Divide the slaw evenly between plates. Top with chicken and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add additional spices and/or herbs to the dressing or chicken.

Additional Toppings: Sliced onion, avocado, slivered almonds, sesame or sunflower seeds.

Make it Vegan: Omit the chicken and use grilled tofu.

No Coconut Aminos: Use tamari instead.



Chicken, Asparagus & Mashed Cauliflower

2 servings

20 minutes

Ingredients

- 1 1/2 cups Asparagus (ends trimmed)
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 1/8 tsp Sea Salt
- 1/2 head Cauliflower (chopped into florets)
- 8 ozs Whole Rotisserie Chicken (cooked, meat only, bones removed)

Nutrition

Amount per serving	
Calories	373
Fat	25g
Carbs	11g
Fiber	5g
Sugar	5g
Protein	29g
Cholesterol	113mg
Sodium	841mg
Vitamin A	760IU
Vitamin C	76mg
Calcium	110mg
Iron	4mg
Vitamin D	0IU

Directions

- 1 Preheat your oven to 425°F (218°C) and line a baking sheet with parchment paper. Toss the asparagus with half the olive oil and lay on the baking sheet. Sprinkle with sea salt and roast in the oven for about 12 minutes, flipping halfway through cooking time.
- 2 While the asparagus is roasting, bring a large pot of water to a boil under a steamer. Steam the cauliflower for 10 to 12 minutes, or until soft. Remove from heat and mash with the remaining olive oil. Season with salt to taste and divide between containers.
- 3 Add the asparagus to the containers along with the roasted chicken meat. Enjoy!

Notes

Storage: Keeps well in the fridge for 3 to 4 days.

More Carbs: Replace the cauliflower with potatoes, sweet potatoes, quinoa or rice.



Tuna Salad Plate

3 servings

5 minutes

Ingredients

- 3 cans Tuna (drained, broken into chunks)
- 1 1/2 Avocado (pit removed)
- 3/4 cup Unsweetened Coconut Yogurt
- 3/4 Cucumber (sliced)
- 3/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	342
Fat	18g
Carbs	14g
Fiber	8g
Sugar	2g
Protein	35g
Cholesterol	59mg
Sodium	1018mg
Vitamin A	320IU
Vitamin C	12mg
Calcium	177mg
Iron	4mg
Vitamin D	78IU

Directions

- 1 Assemble all the ingredients onto a plate or into a container if on-the-go. Season with salt and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

More Flavor: Add pepper, paprika and/or lemon juice.

Additional Toppings: Top with sliced green onions, red onion or red pepper flakes.

No Tuna: Use sardines or salmon instead.

No Coconut Yogurt: Use mayonnaise or Greek yogurt instead.



Seared Ahi Tuna with Zoodles & Radishes

3 servings

1 hour 5 minutes

Ingredients

- 1 1/2 tbsps Sesame Oil
- 1 1/2 tbsps Coconut Aminos
- 1/8 Lime (juiced)
- 9 ozs Ahi Tuna
- 1 1/2 Zucchini
- 1/3 cup Radishes (trimmed, sliced)
- 3 tbsps Sesame Seeds (black or white)

Nutrition

Amount per serving	
Calories	229
Fat	12g
Carbs	7g
Fiber	2g
Sugar	4g
Protein	24g
Cholesterol	34mg
Sodium	187mg
Vitamin A	274IU
Vitamin C	21mg
Calcium	107mg
Iron	2mg
Vitamin D	0IU

Directions

- 1 In a shallow bowl, combine the sesame oil, coconut aminos and lime juice. Add the tuna and coat well. Cover and let it marinate in the fridge for one hour.
- 2 Meanwhile, use a peeler to cut the zucchini into thin strips. Divide zucchini and sliced radishes between plates.
- 3 Once the tuna has marinated, remove it from the marinade and gently shake off any excess liquid. Coat the tuna in sesame seeds.
- 4 Heat a non-stick skillet over medium-high to high heat. When the pan is hot, sear the tuna for 2 to 3 minutes, flipping halfway. Sear longer if you prefer it cooked more than medium rare.
- 5 Slice the tuna and place it over the zucchini and radishes. Enjoy!

Notes

No Coconut Aminos: Use soy sauce or tamari instead.

More Flavor: Serve with a mayo sauce, soy sauce, tamari or coconut aminos.

Additional Toppings: Top with green onions, pea shoots or arugula.



Sausage & Sauerkraut Plate

4 servings

20 minutes

Ingredients

- 16 ozs Turkey Sausage
- 2 cups Sauerkraut (drained)
- 1/4 cup Dijon Mustard

Nutrition

Amount per serving	
Calories	204
Fat	9g
Carbs	4g
Fiber	2g
Sugar	1g
Protein	22g
Cholesterol	85mg
Sodium	1304mg
Vitamin A	98IU
Vitamin C	13mg
Calcium	43mg
Iron	2mg
Vitamin D	0IU

Directions

- 1 Preheat the oven to 425°F (220°C). Line a baking sheet with foil.
- 2 Cook the sausage for 20 minutes or until browned and cooked through.
- 3 Slice the sausage and serve with the sauerkraut and dijon mustard. Enjoy!

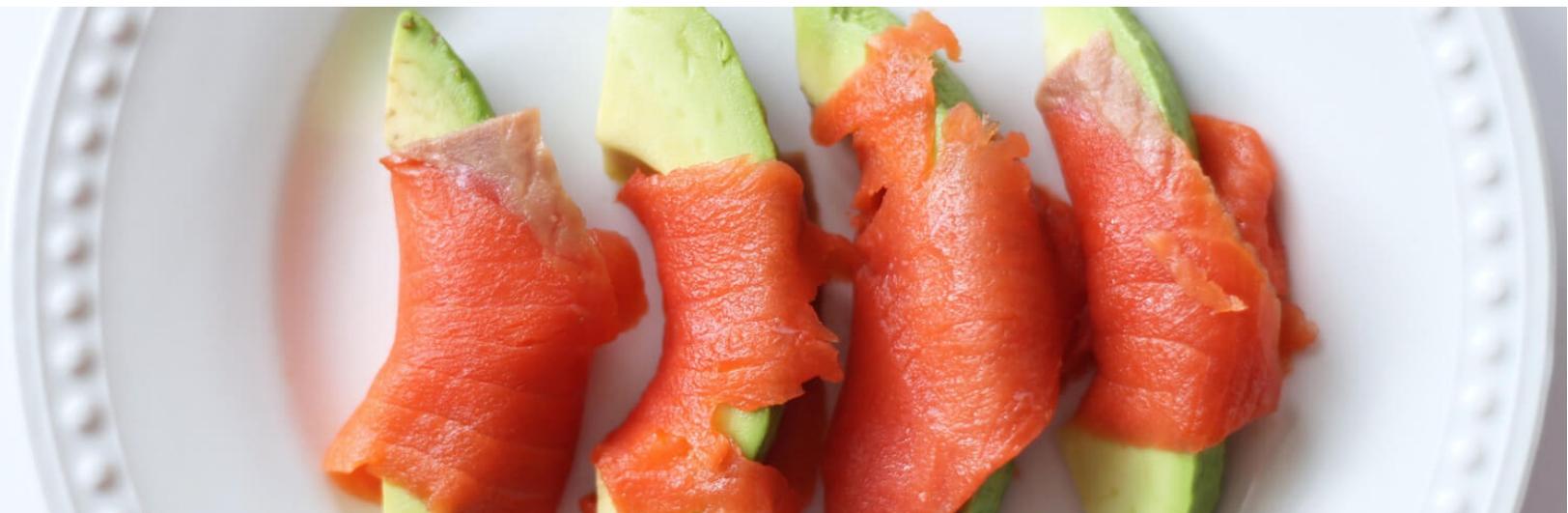
Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Sauté the sauerkraut with onions and mushrooms.

Additional Toppings: Avocado, plain yogurt, potatoes, or mashed cauliflower.

Make it Vegan: Use vegan sausage instead.



Smoked Salmon Wrapped Avocado

4 servings

5 minutes

Ingredients

- 2 Avocado
- 7 1/16 ozs Smoked Salmon (sliced)

Directions

- 1 Slice the avocado and wrap each slice with the smoked salmon. Transfer to a plate and enjoy!

Nutrition

Amount per serving	
Calories	219
Fat	17g
Carbs	9g
Fiber	7g
Sugar	1g
Protein	11g
Cholesterol	12mg
Sodium	343mg
Vitamin A	190IU
Vitamin C	10mg
Calcium	18mg
Iron	1mg
Vitamin D	343IU



Pressure Cooker Chicken Curry

2 servings

40 minutes

Ingredients

- 1 1/2 tsps Coconut Oil
- 1/2 Yellow Onion (chopped)
- 1 1/2 Garlic (clove, minced)
- 1 1/2 tsps Ginger (fresh, minced or grated)
- 1 tbsp Curry Powder
- 3/4 tsp Cumin
- 1/4 tsp Sea Salt
- 3/4 cup Chicken Broth
- 12 ozs Chicken Thighs (bone-in, skinless)
- 1/2 cup Canned Coconut Milk (full fat)
- 1/4 cup Cilantro (chopped)
- 1 1/2 tsps Lemon Juice

Nutrition

Amount per serving	
Calories	378
Fat	22g
Carbs	8g
Fiber	3g
Sugar	4g
Protein	36g
Cholesterol	162mg
Sodium	824mg
Vitamin A	189IU
Vitamin C	3mg
Calcium	58mg
Iron	4mg
Vitamin D	2IU

Directions

- 1 Turn the pressure cooker to sauté mode and heat the coconut oil. Cook the onion for 3 to 4 minutes then add the garlic, ginger, curry powder, cumin and salt and continue to cook for 1 minute more. Add the chicken broth and stir to combine being sure to scrape any brown bits from the bottom of the pan. Add the chicken thighs and close the lid.
- 2 Set to "sealing", then press manual/pressure cooker and cook for 5 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully and transfer the cooked chicken to a plate.
- 3 Turn the pressure cooker to sauté mode and stir in the coconut milk. Stir frequently for 12 to 15 minutes, allowing the sauce to reduce by half, until it is thick and creamy. Stir in the cilantro and lemon juice and season with additional salt if needed.
- 4 Divide the chicken between plates and top generously with the curry sauce. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: For a spicier curry add red pepper flakes or hot sauce. For a sweeter curry add a drizzle of honey.

Make it a Meal: Serve with brown rice, cauliflower rice, roasted potatoes or veggies.



One Pan Chicken, Radishes & Broccoli

2 servings

40 minutes

Ingredients

- 10 ozs Chicken Breast
- Sea Salt & Black Pepper (to taste)
- 1/2 Lemon (sliced into rounds)
- 2 cups Radishes (quartered)
- 3 cups Broccoli (chopped into florets)
- 2 tbsps Avocado Oil

Nutrition

Amount per serving	
Calories	361
Fat	18g
Carbs	14g
Fiber	5g
Sugar	5g
Protein	36g
Cholesterol	103mg
Sodium	154mg
Vitamin A	902IU
Vitamin C	144mg
Calcium	101mg
Iron	2mg
Vitamin D	1IU

Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with foil. Place chicken breasts in the middle of the sheet, sprinkle with sea salt and black pepper (if desired), and top with sliced lemon.
- 2 Toss the radishes and broccoli with avocado oil and sea salt. Add veggies to the pan, around the chicken. Bake for 30 minutes, or until chicken is cooked through.
- 3 To serve, divide chicken and veggies between plates, and squeeze lemon juice over top. Enjoy!

Notes

Leftovers: Keep covered in the fridge up to 3 days.



Chicken Shawarma Salad Bowls

2 servings

30 minutes

Ingredients

- 10 ozs Chicken Breast (diced into cubes)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1/4 tsp Cinnamon
- 1/4 tsp Turmeric
- 1 1/2 tsps Cumin
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Tahini
- 1 tbsp Water
- 1/4 Lemon (juiced)
- 4 leaves Romaine (chopped)
- 1 Tomato (diced)
- 1/2 Cucumber (diced)
- 2 tbsps Parsley (chopped)

Nutrition

Amount per serving	
Calories	360
Fat	19g
Carbs	12g
Fiber	4g
Sugar	2g
Protein	37g
Cholesterol	103mg
Sodium	410mg
Vitamin A	6183IU
Vitamin C	21mg
Calcium	131mg
Iron	4mg
Vitamin D	1IU

Directions

- 1 Combine the diced chicken breast, sea salt, black pepper, cinnamon, turmeric, cumin and olive oil in a bowl. Toss well to coat.
- 2 Transfer the chicken into a skillet over medium heat. Cook for about 10 minutes, or until chicken is cooked through.
- 3 Meanwhile, combine the tahini, water and lemon juice together in a jar. Mix well and set aside.
- 4 Divide the romaine, tomatoes and cucumber into bowls and top with the cooked chicken breast. Drizzle tahini dressing over top and sprinkle with chopped parsley. Enjoy!

Notes

Garlic Lover: Serve with hummus or add minced garlic to the tahini dressing.

Leftovers: Store in the fridge for up to three days.

Vegan & Vegetarian: Omit the chicken and used cooked chickpeas instead.



Roasted Chicken with Zucchini & Olives

2 servings

1 hour 20 minutes

Ingredients

- 7 1/16 ozs Chicken Leg, Boneless with Skin
- 1/8 tsp Sea Salt
- 1 1/3 Zucchini (medium, sliced)
- 2/3 cup Green Olives (sliced)
- 2/3 Lemon (juiced)
- 2 tbsps Extra Virgin Olive Oil

Nutrition

Amount per serving	
Calories	411
Fat	35g
Carbs	8g
Fiber	2g
Sugar	4g
Protein	18g
Cholesterol	93mg
Sodium	621mg
Vitamin A	502IU
Vitamin C	30mg
Calcium	70mg
Iron	4mg
Vitamin D	2IU

Directions

- 1 Preheat oven to 375F° (191°C).
- 2 Lay chicken in a large cast iron skillet, or baking sheet, and season with sea salt. Place the sliced zucchini around the chicken and top with olives, lemon juice, and olive oil.
- 3 Bake for 45 minutes, then broil on low for 10-15 more minutes until the top is browned. Baste with juices throughout cooking.
- 4 Remove from oven and let stand 15 minutes before serving. Enjoy!

Notes

Leftovers: Keeps well in the fridge for 2 to 3 days.

More Carbs: Serve with rice, quinoa, or roasted potatoes.

Vegetarian/Vegan: Instead of chicken, use 3 cups of chickpeas. Reduce cooking time to 30 minutes and do not broil.



Sesame Crusted Seared Ahi Tuna

2 servings

1 hour 5 minutes

Ingredients

- 2 tbsps Sesame Oil
- 2 tbsps Coconut Aminos
- 1/4 Lime (juiced)
- 12 ozs Ahi Tuna (sushi-grade)
- 1/4 cup Sesame Seeds (toasted)

Nutrition

Amount per serving	
Calories	419
Fat	23g
Carbs	8g
Fiber	2g
Sugar	3g
Protein	45g
Cholesterol	68mg
Sodium	347mg
Vitamin A	154IU
Vitamin C	2mg
Calcium	176mg
Iron	4mg
Vitamin D	0IU

Directions

- 1 In a shallow bowl, combine the sesame oil, coconut aminos and lime juice. Add the tuna and coat well. Cover and let it marinate in the fridge for one hour.
- 2 When ready to cook, remove the tuna from the marinade and shake off excess liquid. Coat in sesame seeds.
- 3 Heat a non-stick skillet over medium-high to high heat. When the pan is hot, sear the tuna for 2 to 3 minutes, flipping halfway. Sear longer if you prefer it cooked more than medium rare.
- 4 Divide onto plates and enjoy immediately!

Notes

More Flavor: Add ginger and garlic to the marinade.

Additional Toppings: Sliced green onions.

No Coconut Aminos: Use soy sauce or tamari instead.

No Sesame Seeds: Omit or use breadcrumbs or crushed macadamia nuts instead.



Buttery Broccolini

2 servings

10 minutes

Ingredients

- 1 bunch Broccolini (trimmed and stems sliced)
- 1/2 cup Water
- 2 tbsps Butter
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	156
Fat	13g
Carbs	7g
Fiber	6g
Sugar	1g
Protein	8g
Cholesterol	31mg
Sodium	125mg
Vitamin A	10259IU
Vitamin C	81mg
Calcium	267mg
Iron	3mg
Vitamin D	0IU

Directions

- 1 In a large pan over high heat, add broccolini and water. Bring to a boil and cook uncovered for about 6 to 8 minutes, or until tender.
- 2 Add the butter and season with salt and pepper. Toss well and sautee for an additional 2 minutes.
- 3 Remove the broccolini from the pan, divide onto plates and enjoy!

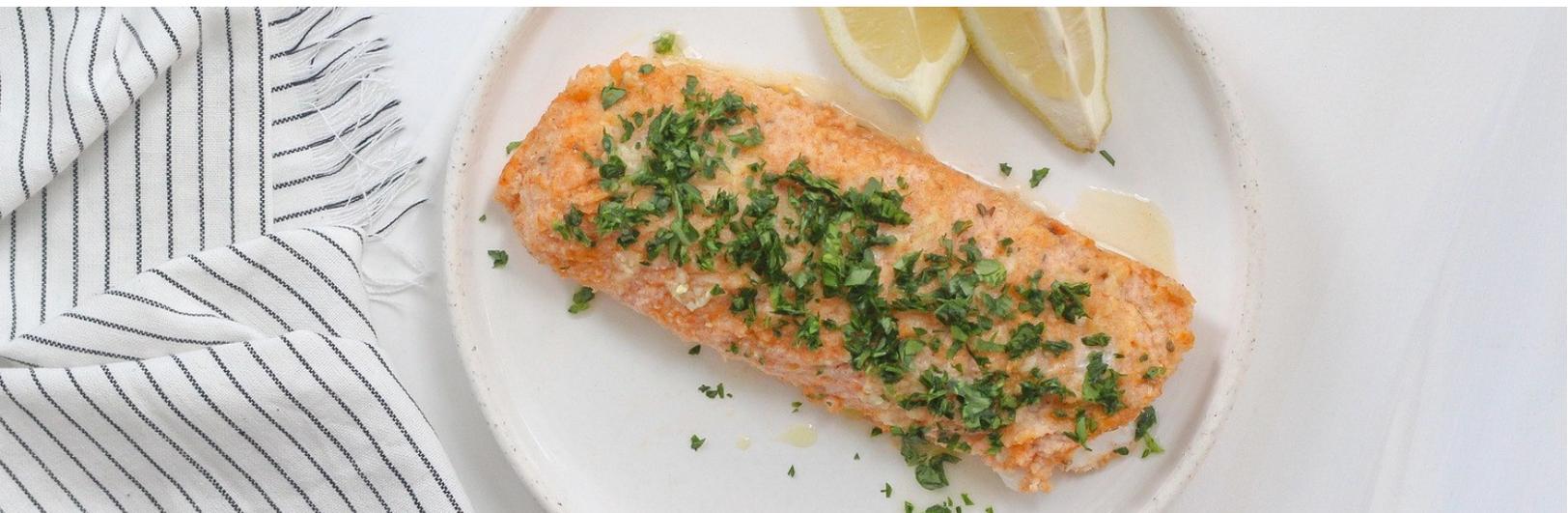
Notes

More Flavour: Add lemon juice, lemon zest, garlic and/or spices in step 2.

Dairy-Free: Use coconut oil, olive oil or avocado oil instead of butter.

No Broccolini: Use broccoli or rapini instead.

Leftovers: Refrigerate in an airtight container for 3 to 5 days.



Pan Fried Lemon Cod

2 servings

20 minutes

Ingredients

- 1/4 cup Coconut Flour
- 1/2 tsp Oregano (dried)
- 1/2 tsp Dried Thyme
- 1/4 tsp Sea Salt
- 2 tbsps Lemon Juice
- 3 tbsps Extra Virgin Olive Oil (divided)
- 2 Cod Fillet
- 1/4 cup Parsley (chopped)

Nutrition

Amount per serving	
Calories	436
Fat	24g
Carbs	10g
Fiber	6g
Sugar	1g
Protein	43g
Cholesterol	99mg
Sodium	455mg
Vitamin A	747IU
Vitamin C	18mg
Calcium	57mg
Iron	4mg
Vitamin D	83IU

Directions

- 1 On a small plate, add coconut flour, oregano, thyme, and sea salt and mix together. In a small bowl, stir together the lemon juice and 2/3 of the olive oil.
- 2 Place the cod in the lemon, olive oil mixture, and coat well. Then place in the flour mixture and ensure all sides are covered.
- 3 Heat a skillet over medium heat and add the remaining oil. Cook for about four to five minutes per side, until flaky and the coating has browned slightly.
- 4 Divide the cod onto plates and top with chopped parsley. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

No Coconut Flour: Use almond flour or all-purpose gluten-free flour instead of coconut flour.

More Flavor: Use additional spices such as paprika, cayenne or cumin.

Fillet Size: One fillet is equal to 231 grams or 8 ounces.

Coconut Flour: This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using another type of coconut flour, note that results may vary.



Sardines & Mashed Cauliflower with Spinach

1 serving
15 minutes

Ingredients

- 1 1/2 ozs Sardines (in oil, drained)
- 1/8 Lemon (juiced)
- 1/4 head Cauliflower (chopped into florets)
- 1 tbsp Water
- 1/8 tsp Sea Salt
- 1 cup Baby Spinach
- 1 tbsp Dried Chives

Nutrition

Amount per serving	
Calories	134
Fat	5g
Carbs	9g
Fiber	4g
Sugar	3g
Protein	14g
Cholesterol	60mg
Sodium	494mg
Vitamin A	2996IU
Vitamin C	83mg
Calcium	228mg
Iron	3mg
Vitamin D	82IU

Directions

- 1 Add the sardines and lemon juice to a small bowl and let them marinate.
- 2 Bring a large pot of water to a boil under a steamer. Steam the cauliflower for 10 to 12 minutes, or until soft.
- 3 Remove from heat and blend in a food processor until smooth. If needed, add water until your desired consistency is reached.
- 4 Divide the mashed cauliflower, sardines and spinach onto plates or into containers if on-the-go. Garnish with dried chives and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: Each serving equals approximately 3/4 cup of mashed cauliflower, 1.5 ounces of sardines and one cup of spinach.

More Flavor: Use oil or milk of your choice instead of water to reach the desired consistency for the mashed cauliflower.

No Sardines: Use canned tuna or salmon.



Grilled Chicken Caesar Lettuce Wraps

1 serving
40 minutes

Ingredients

- 1/4 Garlic (whole bulb)
- Sea Salt & Black Pepper (to taste)
- 1/8 tsp Paprika
- 1/8 tsp Black Pepper
- 1/8 tsp Onion Powder
- 1/8 tsp Garlic Powder
- 1/8 tsp Sea Salt
- 1/4 Lime (juiced)
- 4 ozs Chicken Breast
- 1/4 Lemon (juiced)
- 1 tbsp Extra Virgin Olive Oil (plus some extra for roasting garlic)
- 3/4 tsp Dijon Mustard
- 1/4 head Boston Lettuce (washed and pulled apart into leaves)

Nutrition

Amount per serving	
Calories	269
Fat	17g
Carbs	3g
Fiber	0g
Sugar	1g
Protein	26g
Cholesterol	82mg
Sodium	389mg
Vitamin A	244IU
Vitamin C	8mg
Calcium	12mg
Iron	1mg
Vitamin D	1IU

Directions

- 1 Preheat the grill over medium heat.
- 2 Slice the head off the garlic bulb and peel away the skin. Drizzle with a splash of extra virgin olive oil and sprinkle with sea salt and black pepper. Wrap tightly with foil and place on the grill for 30 minutes.
- 3 In a small bowl, combine the paprika, black pepper, onion powder, garlic powder and sea salt. Mix well.
- 4 Toss the chicken breast in lime juice then coat with your spice mixture on both sides. Place chicken on the grill with the garlic and grill for 10 to 15 minutes per side or until chicken is cooked through.
- 5 Remove roasted garlic from the grill and carefully open up the foil. Let cool. In a blender or food processor, add your lemon juice, olive oil and dijon mustard and then squeeze the flesh of the roasted garlic in as well. Discard the skin. Season the dressing with sea salt and black pepper and blend well until smooth and creamy.
- 6 Remove chicken from the grill and dice with a knife.
- 7 Plate lettuce wraps and top with diced chicken. Drizzle with roasted garlic dressing, wrap and enjoy!

Notes

Time Saver: Make the roasted garlic dressing up in advance. Store in the fridge up to a week. Chicken can also be grilled in advance.

No Grill: Use an oven pre-heated to 400°F (204°C) instead.

More Carbs: Add quinoa to your wraps.

Vegan: Use roasted chickpeas instead of chicken.