



## Elimination Diet Dinner Recipes

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This program was created for you using foods compliant with the elimination diet guidelines and with the following key considerations:

## Iron

Iron is an important mineral that helps produce red blood cells and transports oxygen throughout the body. Iron can become a nutrient deficiency as a result of eliminating certain food groups. This program provides up to 19 milligrams of daily iron from foods like lentils, chickpeas, fish, chicken, and spinach. These iron sources are paired with foods that have vitamin C to enhance iron absorption.

## Bone Building Nutrients

Calcium is a mineral that is essential for building healthy bones. Magnesium has a structural role in bone maintenance and modulates potential bone-damaging inflammation. This dairy-free meal plan uses calcium-rich ingredients like fortified milk beverages, broccoli, kale, and tahini. To maximize the absorption of dietary calcium, the plan limits salt intake as salt increases calcium loss through the urine. Magnesium is incorporated from food sources like chia seeds, salmon, and chicken.

## Fiber







Fiber has several health benefits including improving digestive health and blood pressure. This gluten-free, sugar-free program provides up to 40 grams of fiber daily from foods such as fruits, vegetables, lentils, and nuts. Soluble fiber found in beans, ground flaxseeds, and cruciferous vegetables is incorporated into the program and has been shown to improve glycemic control and lower blood cholesterol.

## Intestinal Support

An elimination diet combined with probiotics may be optimal for managing intestinal function. Probiotics and prebiotics bring good bacteria into the gut. Probiotics found in fermented foods and cultured dairy products are live bacteria that can help boost the immune system and fight off bad bacteria. Prebiotics found in certain fruits, vegetables and legumes, support digestive health by feeding the good bacteria. This program combines foods like sauerkraut with garlic and apples to exert synergistic effects on gut health.





	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 One Pan Chicken & Pesto Spaghetti Squash	 One Pan Chicken, Cabbage & Broccoli	 Salmon with Herb Sauce	 Brussels Sprouts Slaw with Chicken	 Chicken & Broccoli Casserole	 Slow Cooker Swedish Meatballs	 One Pan Chicken, Radishes & Broccoli
Snack 1	 Spaghetti Squash Chow Mein	 Zucchini Alfredo with Turmeric Chicken	 Slow Cooker Chicken Soup	 Cauliflower Shepherd's Pie	 Slow Cooker Pesto Chicken	 Lemon Garlic Shrimp Spaghetti Squash	 Balsamic Dijon Chicken Thighs with Broccoli
Lunch	 Creamy Pasta with Kale	 One Pan Chicken Thighs with Asparagus	 Zucchini Noodles with Salmon	 Thai Chicken & Mushroom Soup	 Turkey Mushroom Lettuce Wraps	 Chicken, Kale & Avocado Bowl	 Herb & Garlic Whole Roasted Chicken with...

**Fruits**

- ☐ 3 Avocado
- ☐ 3 Lemon
- ☐ 1/4 cup Lemon Juice
- ☐ 1 tbsp Lime Juice

**Seeds, Nuts & Spices**

- ☐ 1/2 tsp Black Pepper
- ☐ 3/4 cup Cashews
- ☐ 1/2 tsp Dried Thyme
- ☐ 1 1/3 tps Garlic Powder
- ☐ 1 1/3 tbsps Italian Seasoning
- ☐ 1 1/2 tps Onion Powder
- ☐ 2 1/2 tps Oregano
- ☐ 1 1/3 tbsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 tsp Turmeric
- ☐ 1/2 cup Walnuts

**Vegetables**

- ☐ 2 cups Arugula
- ☐ 2 cups Asparagus
- ☐ 2 cups Baby Spinach
- ☐ 2 1/8 cups Basil Leaves
- ☐ 1 head Boston Lettuce
- ☐ 19 cups Broccoli
- ☐ 5 cups Brussels Sprouts
- ☐ 5 Carrot
- ☐ 1 head Cauliflower
- ☐ 10 stalks Celery
- ☐ 1/4 cup Cilantro
- ☐ 4 cups Coleslaw Mix
- ☐ 12 Cremini Mushrooms
- ☐ 23 Garlic
- ☐ 1 3/4 tbsps Ginger
- ☐ 2 stalks Green Onion
- ☐ 12 cups Kale Leaves
- ☐ 1/4 oz Lemongrass
- ☐ 6 cups Mushrooms
- ☐ 1 1/8 cups Parsley
- ☐ 7 cups Purple Cabbage
- ☐ 2 cups Radishes
- ☐ 2 tbsps Rosemary
- ☐ 1 1/2 cups Shiitake Mushrooms
- ☐ 3 Spaghetti Squash
- ☐ 1 Sweet Potato
- ☐ 1/4 cup Thai Basil
- ☐ 1 1/3 tbsps Thyme
- ☐ 24 White Button Mushrooms
- ☐ 1 1/2 White Onion
- ☐ 3 1/2 Yellow Onion
- ☐ 3 Zucchini

**Boxed & Canned**

- ☐ 2 Anchovy
- ☐ 3 3/4 cups Canned Coconut Milk
- ☐ 4 3/4 cups Chicken Broth
- ☐ 6 ozs Chickpea Pasta

**Baking****Bread, Fish, Meat & Cheese**

- ☐ 4 3/4 lbs Chicken Breast
- ☐ 2 1/2 lbs Chicken Thighs
- ☐ 8 ozs Chicken Thighs With Skin
- ☐ 2 lbs Extra Lean Ground Chicken
- ☐ 3 lbs Extra Lean Ground Turkey
- ☐ 1 lb Salmon Fillet
- ☐ 8 ozs Shrimp
- ☐ 4 lbs Whole Roasting Chicken

**Condiments & Oils**

- ☐ 3 1/3 tbsps Avocado Oil
- ☐ 1/4 cup Balsamic Vinegar
- ☐ 1 cup Coconut Aminos
- ☐ 1 tbsp Coconut Oil
- ☐ 1 tbsp Dijon Mustard
- ☐ 1 2/3 cups Extra Virgin Olive Oil
- ☐ 1/4 cup Pesto
- ☐ 2 tbsps Sesame Oil
- ☐ 1 tbsp Tamari

**Other**

- ☐ 6 1/2 cups Water





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☐ 2 tbsps Nutritional Yeast

☐ 1 tbsp Tapioca Flour



## One Pan Chicken & Pesto Spaghetti Squash

2 servings

35 minutes

### Ingredients

1 Spaghetti Squash (medium, halved lengthwise, seeds removed)  
8 ozs Chicken Breast (skinless, boneless, cubed)  
1/4 cup Pesto  
2 tbsps Basil Leaves (chopped)

### Directions

- 1 Preheat the oven to 425°F (220°C).
- 2 Line a large baking sheet with parchment paper. On one half of the baking sheet, place the spaghetti squash flesh-side down. On the other half, evenly spread out the chicken. Cook for about 30 to 35 minutes, or until the squash is fork-tender and the chicken is cooked through.
- 3 When cool enough to handle, use a fork to shred the squash into noodles. Gently mix in the pesto.
- 4 Chop the chicken and place overtop the spaghetti squash. Garnish with basil and sea salt, if needed. Enjoy!

### Notes

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

**Serving Size:** One serving equals one half of a spaghetti squash.

**More Flavor:** Season the chicken with garlic powder and onion powder.

**Additional Toppings:** Leftover veggies, avocado, red pepper flakes, and/or pine nuts.

**Make it Vegan:** Use chickpeas, tempeh, or tofu.





## One Pan Chicken, Cabbage & Broccoli

2 servings

25 minutes

### Ingredients

1/4 cup Coconut Aminos  
 2 tbsps Extra Virgin Olive Oil  
 3 Garlic (clove, minced)  
 1 1/2 tsps Ginger (fresh, grated or minced)  
 1/8 tsp Sea Salt  
 2 cups Broccoli (cut into small florets)  
 2 cups Purple Cabbage (cut into thin strips)  
 12 Cremini Mushrooms (medium, quartered)  
 10 ozs Chicken Breast (boneless, skinless, cut into strips)  
 2 stalks Green Onion (chopped, optional for garnish)

### Directions

- 1 Preheat your oven to 400°F (204°C).
- 2 Combine the coconut aminos, olive oil, garlic, ginger, and salt into a mixing bowl. Add the broccoli, cabbage, and mushrooms to the bowl and toss to combine. Using a slotted spoon, transfer the veggies to the baking sheet, leaving the leftover marinade in the bowl.
- 3 Add the chicken to the bowl with the leftover marinade. Allow the chicken to marinate while the oven preheats, then transfer it to the baking sheet with the veggies.
- 4 Place the baking sheet in the oven. Cook for 15 minutes or until the chicken is cooked through and the vegetables are fork-tender. Divide between plates and top with green onions. Enjoy!

### Notes

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

**More Flavor:** Add sesame oil, hot sauce, or red pepper flakes to the marinade.

**Serve it With:** Rice, quinoa, or cauliflower rice.



## Salmon with Herb Sauce

2 servings

20 minutes

### Ingredients

1 Anchovy  
 1/2 cup Parsley (finely chopped)  
 1 1/2 tbsps Lemon Juice  
 1/4 tsp Sea Salt  
 1/4 cup Extra Virgin Olive Oil (divided)  
 10 ozs Salmon Fillet  
 3 cups Purple Cabbage (sliced into thin wedges)

### Directions

- 1 In a small bowl, mash the anchovy with a fork and add the parsley, lemon, salt and 3/4 of the oil. Stir to combine and set aside.
- 2 Add the remaining oil to a skillet and place the salmon skin side down on a cold skillet. Turn the heat up to medium, allowing it to cook slowly for about 4 minutes. Continue cooking over medium heat for about 8 to 12 minutes, depending on the thickness of the salmon.
- 3 Turn the salmon over and cook for one minute more. Remove and set aside. In the same skillet, add the cabbage and cook for about 2 to 3 minutes, until lightly browned.
- 4 Divide the cabbage onto plates, and top with the salmon. Drizzle the herb sauce over top. Enjoy!

### Notes

**Leftovers:** For best results, store the salmon and sauce separately in sealed containers. Refrigerate the fish for up to three days. Refrigerate the sauce for up to five days.

**More Flavor:** Add minced garlic to the herb sauce.

**No Anchovy:** Leave it out and add more sea salt if needed.





## 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

### 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 & Broccoli Casserole

4 servings

50 minutes

### Ingredients

1 lb Chicken Thighs (boneless, skinless)  
 1/4 tsp Sea Salt (divided)  
 1 tsp Avocado Oil  
 5 cups Broccoli (cut into florets)  
 1/2 Yellow Onion (thinly sliced)  
 1 1/4 cups Canned Coconut Milk (full fat)  
 1 tbsp Nutritional Yeast  
 1 tbsp Tapioca Flour  
 1/2 tsp Garlic Powder  
 3/4 cup Chicken Broth

### Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Season the chicken thighs with half of the sea salt. Heat a skillet over medium heat and add the avocado oil. Working in batches, add the chicken and cook for 6 to 7 minutes per side or until cooked through. Remove the chicken and set aside to cool. Once cool, shred the chicken with two forks.
- 3 In the same skillet, using the fat from the chicken, add the broccoli and yellow onion and cook for 3 to 4 minutes until the broccoli is bright green. Remove from the pan.
- 4 Meanwhile, in a saucepan over medium-low heat, add the coconut milk, nutritional yeast, tapioca flour, garlic powder and remaining sea salt. Whisk to combine. Bring to a simmer, then turn off the heat and add the chicken broth.
- 5 Add the chicken thighs to an oven-safe dish and top with the broccoli and onions. Add the coconut milk sauce on top and give it a stir. Place it in the oven and bake for 20 to 25 minutes. Remove, let it cool slightly and then serve. Enjoy!

### Notes

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

**More Flavor:** Add chopped bacon or mushrooms to the dish. Season with your favorite dried herbs.

**Additional Toppings:** Serve with rice or cauliflower rice.

**No Tapioca Flour:** Use arrowroot flour or corn starch.





## Slow Cooker Swedish Meatballs

4 servings

4 hours 30 minutes

### Ingredients

1 lb Extra Lean Ground Turkey  
 1/2 cup Parsley (chopped and divided)  
 1 tsp Onion Powder  
 3/4 tsp Sea Salt  
 3 cups Mushrooms (sliced)  
 1 White Onion (chopped)  
 1/2 cup Canned Coconut Milk  
 3 tbsps Coconut Aminos (or tamari)

### Directions

- 1 In a bowl, mix together the ground turkey, half of the parsley, onion powder and salt. Form meatballs about 1-inch in diameter.
- 2 Place mushrooms, onion, coconut milk and coconut aminos into the bottom of the slow cooker. Set meatballs on top. Cover with lid and cook on low for 6 to 8 hours, or on high for 4 hours (or until meatballs are cooked through).
- 3 Once meatballs are cooked through, use a slotted spoon to lift them out of the slow cooker into a serving dish. Set aside.
- 4 Transfer the cooked mushrooms, onion and coconut milk from the bottom of the slow cooker into a blender and puree into a gravy. Once smooth, pour it over top of the meatballs. Garnish with remaining parsley. Enjoy!

### Notes

**Serve it With:** Spaghetti squash, pasta, cauliflower rice or zucchini noodles. These are also great served alone as an appetizer!

**Leftovers:** Keeps well in the fridge up to 3 days. Freeze for longer.



## 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

### 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.



## Spaghetti Squash Chow Mein

4 servings

1 hour 30 minutes

### Ingredients

- 1 Spaghetti Squash
- 2 tbsps Sesame Oil
- 1 Yellow Onion (medium, diced)
- 4 stalks Celery (sliced diagonally)
- 4 cups Coleslaw Mix
- 3 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 1 1/2 tps Coconut Oil
- 1 lb Extra Lean Ground Chicken
- 1/4 cup Coconut Aminos

### Directions

- 1 Preheat oven to 350°F (177°C) and slice the spaghetti squash in half. Place cut-side down on a baking sheet and bake in the oven for about 60 minutes or until it can be easily pierced with a fork. When done, remove from oven. Turn over and let cool slightly.
- 2 While the spaghetti squash is cooling, heat the sesame oil over medium heat in a large skillet or wok. Add the onion, celery, coleslaw mix, garlic and ginger, stirring to combine. Cover and cook for about 10 minutes, stirring occasionally.
- 3 In a separate pan, melt the coconut oil and brown the ground chicken.
- 4 Carefully scoop the flesh out of the spaghetti squash. Add the spaghetti squash and the chicken to the pan with the sauteed veggies. Pour the coconut aminos over everything and mix well. Divide between bowls. Enjoy!

### Notes

**No Coconut Aminos:** Use tamari instead.

**Vegan and Vegetarian:** Replace the ground chicken with scrambled eggs or tofu.

**Likes it Spicy:** Serve with hot sauce.

**Leftovers:** Refrigerate up to 3 days.





## Zucchini Alfredo with Turmeric Chicken

2 servings

20 minutes

### Ingredients

2 Zucchini  
1 tbsp Extra Virgin Olive Oil  
8 ozs Chicken Breast (sliced)  
1 tsp Turmeric  
1 tsp Italian Seasoning  
Sea Salt & Black Pepper (to taste)  
1 Avocado (peeled and pit removed)  
1 cup Canned Coconut Milk (full fat)  
1/2 Lemon (juiced)

### Directions

- 1 Spiralize the zucchini or use a julienne peeler to create noodles. Set aside.
- 2 In a large frying pan, heat the olive oil over medium heat. Add the chicken to the pan and sprinkle it with the turmeric, Italian seasoning and sea salt and pepper to taste. Saute for 7 to 10 minutes, or until cooked through.
- 3 While the chicken is cooking, make the avocado cream sauce by combining the avocado, coconut milk, lemon juice and sea salt and black pepper to taste in a blender or food processor. Blend until smooth and creamy.
- 4 Once the chicken is cooked through, transfer it to a plate then add the zucchini noodles back into the pan. Saute the noodles for 1 to 2 minutes or until soft and warmed through. Add the avocado cream sauce into the pan and stir until well mixed and warmed through.
- 5 Divide the creamy zoodles between plates, and top with chicken. Enjoy!

### Notes

**More Carbs:** Use brown rice pasta instead of zucchini noodles.

**Vegan or Vegetarian:** Use chickpeas or white beans instead of chicken.



## Slow Cooker Chicken Soup

6 servings

6 hours

### Ingredients

1 Yellow Onion (diced)  
4 stalks Celery (diced)  
3 Carrot (medium, chopped)  
1 tbsp Rosemary (fresh)  
8 ozs Chicken Breast (boneless, skinless)  
1 lb Chicken Thighs (boneless, skinless)  
Sea Salt & Black Pepper (to taste)  
6 cups Water (or broth)

### Directions

- 1 Add all ingredients to the crock pot and cook on low for 6-8 hrs.
- 2 Once chicken is cooked through, transfer it to a large bowl and shred it with two forks. Return the shredded chicken to the crock pot and let it soak for at least 5-10 minutes before serving. Adjust seasoning as needed.

### Notes

**More Carbs:** Add chopped potatoes or cooked rice/pasta. You can also mix in raw pasta about 15 minutes before serving.

**Leftovers:** Refrigerate in an air-tight container up to 3-4 days or freeze up to 6 months. Omit pasta and potatoes if you plan to freeze.



## Cauliflower Shepherd's Pie

4 servings

50 minutes

### Ingredients

1 head Cauliflower (chopped into florets)  
 2 tbsps Extra Virgin Olive Oil (divided)  
 1 Yellow Onion (diced)  
 2 Garlic (cloves, minced)  
 1 lb Extra Lean Ground Turkey  
 3 cups Mushrooms (sliced)  
 2 Carrot (diced)  
 2 stalks Celery (diced)  
 1 tbsp Italian Seasoning  
 1/4 tsp Sea Salt

### Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Place cauliflower florets in a medium sized saucepan, cover with water and bring to a boil. Let the florets boil until they are soft, about 15 minutes.
- 3 While the cauliflower is boiling, heat half of the olive oil in a large frying pan over medium heat. Add the onions and garlic, cook for 5 minutes or until onions are translucent.
- 4 Add the meat, and cook until browned.
- 5 Add the mushrooms, carrots, celery, Italian seasoning, and salt. Continue to cook for a few minutes, until the meat is cooked through. Remove from heat.
- 6 Drain the cauliflower and discard cooking water. Return the cauliflower to the pot and add the other half of the olive oil and a sprinkle of salt. Mash well until the cauliflower becomes almost like a puree.
- 7 Transfer the meat mixture to a casserole or pie dish and distribute into an even layer. Top with the cauliflower mash and spread it evenly across the top.
- 8 Place in the oven and bake for 20 minutes. Turn the oven to a low broil and broil for 10 minutes or until golden. Remove from oven and serve. Enjoy!

### Notes

**Vegan and Vegetarian:** Use cooked lentils instead of ground meat.





## Slow Cooker Pesto Chicken

4 servings

4 hours

### Ingredients

1/2 White Onion (chopped)  
 1 lb Chicken Breast  
 1 cup Chicken Broth  
 Sea Salt & Black Pepper (to taste)  
 1 cup Basil Leaves (packed)  
 2 cups Baby Spinach  
 1/2 cup Walnuts  
 3 tbsps Extra Virgin Olive Oil  
 1 Garlic (clove)  
 1 Lemon (juiced)  
 1 tbsp Tamari

### Directions

- 1 Place diced onion in the slow cooker and place chicken breasts on top. Pour the broth in then season generously with sea salt and black pepper. Cook on high for 4 hours or on low for 6 to 8.
- 2 Prepare your pesto. Combine basil, spinach, walnuts, olive oil, garlic, lemon juice and tamari in a food processor. Pulse well until smooth. Transfer to a jar and store in the fridge until chicken is ready.
- 3 Remove chicken from slow cooker and shred with two forks. Mix in the pesto and toss well. Add in a few spoonfuls of the broth from the slow cooker for extra flavour and moisture.
- 4 Serve over brown rice noodles, a bed of greens, with spaghetti squash, brown rice, quinoa, on a brown rice tortilla or in a lettuce wrap.

### Notes

**Storage:** Refrigerate in an air-tight container up to 3 - 4 days, or freeze up to 3 months.

**No Walnuts:** Use any seed or nut for the pesto. Pumpkin seeds, sunflower seeds, almonds and pine nuts all work great!

**Add-Ons:** Top your shredded pesto chicken with pine nuts or sundried tomatoes.



## Lemon Garlic Shrimp Spaghetti Squash

2 servings

45 minutes

### Ingredients

1 Spaghetti Squash  
 2 tbsps Extra Virgin Olive Oil  
 2 Garlic (cloves, minced)  
 8 ozs Shrimp (uncooked, peeled)  
 1 Lemon (juiced)  
 1/4 tsp Sea Salt (or more to taste)  
 2 tbsps Parsley (chopped, to garnish)

### Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Slice the spaghetti squash in half through its belly, and place cut-side down on the baking sheet. Bake for 30 minutes, remove from the oven and let cool slightly.
- 3 While the squash is cooling, heat the olive oil in a skillet over medium heat. Add the garlic and shrimp. Saute for 5-7 minutes, or until the shrimp is cooked through. Squeeze the lemon juice into the pan, and season with sea salt.
- 4 Scoop out the spaghetti squash into noodles and divide them between bowls. Top with the shrimp, drizzle with the sauce from the pan, a little extra olive oil, and a sprinkle of parsley. Enjoy!

### Notes

**No Shrimp:** Use chickpeas or white beans instead.

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



## 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

- 1 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 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.
- 3 Meanwhile, whisk the Dijon mustard, balsamic vinegar, oregano and remaining salt together. Set aside.
- 4 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.
- 5 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.
- 6 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.





## Creamy Pasta with Kale

3 servings

40 minutes

### Ingredients

6 ozs Chickpea Pasta  
 4 cups Kale Leaves (sliced thin into ribbons)  
 1 Garlic (clove, minced)  
 3/4 cup Cashews (soaked for 30 minutes and drained)  
 1/2 cup Water  
 1 tbsp Nutritional Yeast (optional)  
 1 tbsp Lemon Juice  
 2 tbsps Extra Virgin Olive Oil  
 Sea Salt & Black Pepper (to taste)

### Directions

- 1 Cook the pasta according to the directions on the package and set aside.
- 2 Heat a pan over medium-low heat. Sauté the kale and garlic for 5 to 7 minutes then mix in the cooked pasta until warmed through. Turn off the heat.
- 3 In a high powered blender, add the drained cashews, water, nutritional yeast, lemon juice, extra virgin olive oil, sea salt and black pepper. Blend on high until smooth.
- 4 Toss the pasta with the cream sauce and enjoy!

### Notes

**No Kale:** Use another green instead such as spinach, collard greens or Swiss chard.

**Leftovers:** Store leftovers in the fridge in an airtight container for up to three days. Reheat leftovers in a pan over medium-low heat.

**No Chickpea Pasta:** Use lentil, quinoa, brown rice or whole wheat pasta instead.



## One Pan Chicken Thighs with Asparagus

2 servings

35 minutes

### Ingredients

8 ozs Chicken Thighs with Skin  
 1 tsp Oregano (dried)  
 1 tsp Thyme (dried)  
 1/4 tsp Sea Salt (divided)  
 1 tsp Avocado Oil (divided)  
 1 Sweet Potato (large, chopped)  
 2 cups Asparagus (trimmed)

### Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 2 Season the chicken thighs with oregano, thyme and half of the sea salt. Drizzle half of the avocado oil on top of the sweet potato and place next to the chicken. Bake for 15 minutes.
- 3 Remove the baking sheet and add the asparagus along with the remaining avocado oil and sea salt. Bake for 15 to 20 minutes or until the chicken is cooked through. Divide between plates and enjoy!

### Notes

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

**More Flavor:** Add additional seasoning such as paprika or cayenne to the chicken.

**No Avocado Oil:** Use coconut oil or extra virgin olive oil instead.

**No Sweet Potato:** Use a chopped baking or russet potato instead.

**No Asparagus:** Use another vegetable such as green beans instead.





## Zucchini Noodles with Salmon

2 servings

20 minutes

### Ingredients

6 ozs Salmon Fillet  
1 cup Basil Leaves  
1/4 cup Extra Virgin Olive Oil  
1 Garlic (clove, minced)  
1 Anchovy  
1/2 tsp Lemon Juice  
1/8 tsp Sea Salt  
2 cups Arugula  
1 Zucchini (large, spiralized into noodles)

### Directions

- 1 Place the salmon fillet on a baking sheet. Broil on high for 5 to 6 minutes until cooked through and flaky. Let it cool slightly and then slice into bite-sized pieces.
- 2 In a blender or food processor, add the basil, extra virgin olive oil, garlic, anchovy, lemon juice and sea salt. Blend until smooth.
- 3 In a pan over medium heat, add the arugula and cook until just wilted. Remove and set aside. Add the zucchini noodles and cook for 3 to 4 minutes. Plate the noodles with the arugula and salmon and drizzle the sauce on top. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. For best results, store the noodles and sauce separately.

**More Flavor:** Add nutritional yeast or chili flakes.

**Additional Toppings:** Add extra sliced basil leaves on top.

**No Anchovy:** Omit.





## Thai Chicken & Mushroom Soup

2 servings

40 minutes

### Ingredients

1 1/2 tsps Coconut Oil  
 1 Garlic (clove, minced)  
 1 tsp Ginger (minced)  
 3 cups Chicken Broth  
 1 tbsp Coconut Aminos  
 1/4 oz Lemongrass (peeled, chopped into large pieces)  
 8 ozs Chicken Breast (skinless, boneless, chopped into cubes)  
 1 1/2 cups Shiitake Mushrooms (sliced)  
 1 cup Canned Coconut Milk  
 1 tbsp Lime Juice  
 1/4 cup Thai Basil (chopped)

### Directions

- 1 In a pot over medium heat, add the coconut oil, garlic and ginger. Sauté for 1 minute. Then add the broth, coconut aminos and lemongrass. Bring to a simmer, reduce heat to medium-low and cook for 15 to 20 minutes.
- 2 Add the chicken and mushrooms and cook for 10 minutes or until the chicken is cooked through. Remove from heat. Remove the lemongrass stalks and discard. Add the coconut milk and lime juice. Stir to combine.
- 3 Divide into bowls and garnish with basil. Enjoy!

### Notes

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

**Additional Toppings:** Add leafy greens such as spinach or kale.

**No Lemongrass:** Use extra lime juice instead.

**No Coconut Aminos :** Use tamari or soy sauce instead.

**No Thai Basil:** Use regular basil, cilantro or mint instead.



## Turkey Mushroom Lettuce Wraps

4 servings

20 minutes

### Ingredients

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

### 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.





## Chicken, Kale & Avocado Bowl

4 servings

20 minutes

### Ingredients

1 tsp Avocado Oil  
 12 White Button Mushrooms (sliced)  
 8 cups Kale Leaves (chopped)  
 1/4 tsp Sea Salt (divided)  
 1 lb Extra Lean Ground Chicken  
 1/2 tsp Dried Thyme  
 1/2 tsp Onion Powder  
 1/4 tsp Oregano  
 1/4 tsp Garlic Powder  
 2 Avocado (sliced)

### Directions

- 1 Heat a large skillet over medium heat and add the avocado oil and then the mushrooms. Cook for 8 to 10 minutes, until cooked through. Add the kale leaves and stir, cooking until just wilted. Season with half of the sea salt. Remove from the skillet and set aside.
- 2 In the same skillet, over medium heat, add the chicken, thyme, onion powder, oregano, garlic and the remaining sea salt. Cook for 10 to 12 minutes or until cooked through.
- 3 Add the mushrooms, kale and chicken to a bowl and top with sliced avocado. Serve and enjoy!

### Notes

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

**More Flavor:** Season the mushrooms and kale with additional spices or herbs.

**Additional Toppings:** Top with fresh herbs such as parsley.

**No Avocado Oil:** Use olive or coconut oil instead.





## Herb & Garlic Whole Roasted Chicken with Veggies

6 servings

2 hours

### Ingredients

4 lbs Whole Roasting Chicken  
 3 tbsps Extra Virgin Olive Oil (divided)  
 1 tsp Sea Salt (divided)  
 1 tbsp Rosemary (chopped)  
 1 tbsp Thyme (chopped)  
 6 cups Broccoli (chopped)  
 2 cups Brussels Sprouts (trimmed, halved)  
 8 Garlic (cloves)

### Directions

- 1 Preheat the oven to 425°F (218°C).
- 2 Place the chicken on a roasting pan and coat in half the oil. Rub half the sea salt, plus all the rosemary and thyme on all sides. Roast for 15 minutes.
- 3 Lower the heat to 350°F (177°C), rotate the pan and continue roasting until the internal temperature reaches 180°F (83°C), about 20 minutes per pound.
- 4 Approximately 30 minutes before the chicken is ready, add the broccoli, brussels sprouts and garlic to a separate baking dish. Toss in the remaining oil and sea salt and bake.
- 5 Remove both pans from the oven and let rest for 15 minutes before serving. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Repurpose the leftovers in a salad, soup, wrap, stir-fry or fried rice.

**Serving Size:** One serving equals approximately 2/3 cup of cooked chicken and 2/3 cup of roasted veggies.

**More Flavor:** Add cumin, paprika and black pepper. Stuff the cavity of the chicken with more herbs, lemon wedges, onion and/or garlic. Slide butter under the skin or inside the cavity.

**Zero Waste:** Save the chicken carcass to make bone broth.