



Calm Parent Super Slim Down

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Super Slim Down

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Gut Healing Green Collagen Smoothie	Taco Bowl	Turkey Breakfast Hash	Poached Eggs with Watercress	Basic Chia Pudding	Grain-Free Flax Bread	Flax Bread Avocado Toast
				Avocado		Scrambled Eggs	Smoked Salmon
Lunch	Cobb Salad In A Jar	Dairy Free Cream of Mushroom Soup	Tuna Salad Stuffed Avocado with Hot Sauce	Simple Slow Cooker Chicken Soup	Chinese Pulled Pork Barbecue	Meal Prep Maple Dijon Chicken, Mushroom 'Rice' & Zucchini	Tuna Cauli Casserole
			Mixed Greens with Simple Dressing	Grain-Free Flax Bread			
Dinner	Egg Roll Bowl	Chinese Pulled Pork Barbecue	Meal Prep Maple Dijon Chicken, Mushroom 'Rice' & Zucchini	Swedish Meatballs	Garlic Chicken	Salmon and Vegetable Bake	Sheet Pan Steakhouse Grill
	Simple Pesto Cauliflower Rice			Paleo Cauliflower Mash	Simple Pesto Cauliflower Rice		Mixed Greens with Simple Dressing
Snack 3	Mini Dark Chocolate Tahini Collagen Bites	Low Carb Apple Spice Muffins	Sunbutter Cocoa Truffles	Apple with Almond Butter	Low Carb Apple Spice Muffins	Mini Dark Chocolate Tahini Collagen Bites	Sunbutter Cocoa Truffles



Super Slim Down

99 items

Fruits

- ☐ 8 Apple
- ☐ 8 Avocado
- ☐ 1/2 Green Apple
- ☐ 3 3/4 Lemon

Breakfast

- ☐ 1/2 cup Almond Butter
- ☐ 1/2 cup Maple Syrup

Seeds, Nuts & Spices

- ☐ 2 tbsps Almond Butter
- ☐ 1 1/16 tbsps Black Pepper
- ☐ 1 cup Cashews
- ☐ 1/3 cup Chia Seeds
- ☐ 2 tbsps Chili Powder
- ☐ 1 tbsp Chinese Five Spice
- ☐ 1 tbsp Cinnamon
- ☐ 1 tsp Cumin
- ☐ 2 1/16 cups Ground Flax Seed
- ☐ 1 tsp Ground Ginger
- ☐ 2 tps Himalayan Pink Salt
- ☐ 1 tsp Italian Seasoning
- ☐ 1 tsp Nutmeg
- ☐ 2 tps Onion Powder
- ☐ 1 tsp Oregano
- ☐ 2 tbsps Poultry Seasoning
- ☐ 1/2 tsp Red Pepper Flakes
- ☐ 2 2/3 tbsps Sea Salt
- ☐ 1 Sea Salt & Black Pepper

Vegetables

- ☐ 9 cups Arugula
- ☐ 2 cups Asparagus
- ☐ 8 cups Baby Spinach
- ☐ 3 tbsps Basil Leaves
- ☐ 2 cups Bean Sprouts
- ☐ 1 bunch Broccoli
- ☐ 4 cups Brussels Sprouts
- ☐ 2 cups Butternut Squash
- ☐ 4 Carrot
- ☐ 4 heads Cauliflower
- ☐ 4 cups Cauliflower Rice
- ☐ 12 stalks Celery
- ☐ 1/4 cup Cherry Tomatoes
- ☐ 1 tbsp Chives
- ☐ 1 bulb Fennel
- ☐ 25 Garlic
- ☐ 1 tbsp Ginger
- ☐ 8 cups Green Beans
- ☐ 1 Green Bell Pepper
- ☐ 6 cups Green Cabbage
- ☐ 5 stalks Green Onion
- ☐ 1 cup Kale Leaves
- ☐ 22 cups Mushrooms
- ☐ 1 cup Parsley
- ☐ 2 cups Red Onion
- ☐ 1 tbsp Rosemary
- ☐ 2 tbsps Thyme
- ☐ 1/4 oz Thyme Sprigs
- ☐ 1 Tomato
- ☐ 4 cups Watercress
- ☐ 2 White Onion
- ☐ 3 Yellow Onion
- ☐ 4 Zucchini

Boxed & Canned

- ☐ 2 cups Organic Chicken Broth
- ☐ 4 1/2 cups Organic Coconut Milk

Bread, Fish, Meat & Cheese

- ☐ 12 ozs Chicken Breast
- ☐ 4 lbs Chicken Thighs
- ☐ 1 lb Extra Lean Ground Beef
- ☐ 2 1/2 lbs Extra Lean Ground Turkey
- ☐ 1/4 cup Feta Cheese
- ☐ 1 lb Ground Pork
- ☐ 1 lb Lean Ground Pork
- ☐ 1 1/2 lbs Ny Striploin Steak
- ☐ 2 slices Organic Bacon
- ☐ 4 lbs Pork
- ☐ 1 1/4 lbs Salmon Fillet
- ☐ 4 ozs Smoked Salmon

Condiments & Oils

- ☐ 1 tbsp Apple Cider Vinegar
- ☐ 1 tbsp Avocado Oil
- ☐ 1 1/3 cups Coconut Aminos
- ☐ 1 2/3 cups Coconut Oil
- ☐ 1/2 cup Dijon Mustard
- ☐ 1 1/3 cups Extra Virgin Olive Oil
- ☐ 1 cup Pesto
- ☐ 1/3 cup Sunflower Seed Butter
- ☐ 1 tsp Tabasco Sauce
- ☐ 1/4 cup Tahini
- ☐ 1 tbsp Toasted Sesame Oil

Cold

- ☐ 1/4 cup Coconut Butter
- ☐ 24 Egg
- ☐ 1/4 cup Ghee
- ☐ 2/3 cup Unsweetened Almond Milk

Other

- ☐ 1/2 cup Chicken Bone Broth
- ☐ 5 servings Collagen Peptides
- ☐ 13 cups Water



☐ **4 cans** Tuna

Baking

☐ **2 1/2 cups** Almond Flour

☐ **1 tbsp** Baking Powder

☐ **1 tsp** Baking Soda

☐ **2 tbsps** Cocoa Powder

☐ **3/4 cup** Coconut Flour

☐ **1 1/3 lbs** Dark Organic Chocolate

☐ **1/3 cup** Unsweetened Shredded Coconut

☐ **2 tsps** Vanilla Extract

Gut Healing Green Collagen Smoothie

9 ingredients · 5 minutes · 2 servings



Directions

1. Throw all ingredients into a blender and blend until very smooth and creamy. Divide into glasses and enjoy!

Notes

No Kale

Use spinach instead.

No Honey

Use maple syrup, dates or extra banana to sweeten instead.

Likes it Creamy

Use almond milk instead of water for extra creaminess.

Storage

Make ahead and store in a sealed mason jar. Shake well before drinking. Keeps well in the fridge for 1 - 2 days.

Ingredients

2 cups Water (cold)

1 cup Kale Leaves

1/2 Avocado (peeled and pit removed)

1 tbsp Chia Seeds

1 tbsp Ground Flax Seed

2 tbsps Almond Butter

1/2 cup Organic Coconut Milk

1 serving Collagen Peptides (Vital Proteins
Collagen Peptides 1 scoop)

1/2 Green Apple

Taco Bowl

13 ingredients · 30 minutes · 4 servings



Directions

1. Heat a skillet over medium heat. Add olive oil. Add the ground turkey and saute to cook through. Break up the meat as it is cooking. Once it is cooked through add the chili powder, oregano, cumin, black pepper and sea salt. Add the water and saute for another minute as you mix well. Reduce heat to the lowest setting and let simmer while you prepare the rest or until all water has been absorbed.
2. Fry your eggs and set aside.
3. Divide the spinach between bowls. Top with diced green pepper, tomato, mashed avocado, taco meat and fried egg. Enjoy!

Notes

Vegans and Vegetarians

Use lentils or quinoa instead of ground meat and omit the fried egg(s).

On-the-Go

Hardboil the eggs instead of frying then peel and chop. Layer all ingredients into a mason jar.

Ingredients

- 1 1/2 **tbsps** Extra Virgin Olive Oil
- 1 1/2 **lbs** Extra Lean Ground Turkey
- 2 **tbsps** Chili Powder
- 1 **tsp** Oregano
- 1 **tsp** Cumin
- 1 **tsp** Black Pepper
- 1 **tsp** Sea Salt
- 1/2 **cup** Water
- 4 Egg (fried)
- 6 **cups** Baby Spinach (chopped)
- 1 Green Bell Pepper (diced)
- 1 Tomato (diced)
- 2 Avocado (mashed)



Turkey Breakfast Hash

10 ingredients · 35 minutes · 4 servings



Directions

1. Heat a large skillet over medium heat. Add the ground turkey, cinnamon and poultry seasoning. Cook for 5 to 7 minutes, until thoroughly browned, breaking up into little pieces as it cooks. Drain off the fat, transfer to a bowl and set aside.
2. In the same skillet, heat the oil over medium heat. Add the onion and garlic, sauteeing until translucent. Next add the brussels sprouts, butternut squash, and fennel. Cover and cook for about 10 minutes, stirring occasionally, until all veggies are soft.
3. Add the ground turkey back into the skillet and stir to combine. Season to taste with sea salt. Divide into bowls and enjoy!

Notes

Leftovers

Store covered in the fridge up to 3 days.

Ingredients

- 1 lb Extra Lean Ground Turkey
- 1 tsp Cinnamon
- 2 tbsps Poultry Seasoning
- 1 tbsp Avocado Oil
- 1 cup Red Onion (diced)
- 2 Garlic (cloves, minced)
- 2 cups Brussels Sprouts (trimmed and halved)
- 2 cups Butternut Squash (peeled and cubed)
- 1 bulb Fennel (cored and diced)
- 1/4 tsp Sea Salt (to taste)



Poached Eggs with Watercress

5 ingredients · 15 minutes · 1 serving



Directions

1. Crack your egg into a bowl. Bring a pot of water to a boil on your stovetop. Add vinegar.
2. Stir your water with a spoon to create a whirlpool. Carefully add your egg into the whirlpool. Cook for 3 to 4 minutes, then use a slotted spoon to carefully remove the poached egg onto a plate lined with paper towel to soak up the excess liquid.
3. In a skillet, heat oil over medium-high. Add watercress and cook just until wilted, about 3-5 minutes. Season with salt and pepper to taste.
4. Transfer watercress to a plate and top with your poached egg. Enjoy!

Notes

No Watercress

Use spinach, kale or any dark leafy greens.

Ingredients

- 2 Egg
- 1 **tbsp** Apple Cider Vinegar
- 1 **1/2 tbsp**s Coconut Oil
- 4 **cups** Watercress (chopped)
- Sea Salt & Black Pepper (to taste)

Avocado

4 ingredients · 5 minutes · 2 servings



Directions

1. Add to your favorite dish mashed or slices, sprinkled with sea salt, a dachs of fresh lemon juice and red pepper flakes if desired.

Ingredients

1 Avocado
Sea Salt
Red Pepper Flakes
Lemon (Juiced)

Basic Chia Pudding

3 ingredients · 10 minutes · 2 servings



Directions

1. Mix all of the ingredients in a glass bowl or jar.
2. Cover, place in the fridge to let gel overnight (or for at least 4 hours). Before you dig in, check to be sure the pudding has thickened and the chia seeds have gelled.

Notes

Serving Variations

Serve the pudding with cream, coconut milk or 1/4 cup of fresh or frozen berries.

Flavor Variations

For a different flavor, try adding some cinnamon, cardamom, unsweetened cocoa powder, matcha tea or nut butter to your chia pudding. The possibilities are endless!

Ingredients

1 1/2 cups Organic Coconut Milk

1/4 cup Chia Seeds

1 tsp Vanilla Extract

Scrambled Eggs

4 ingredients · 8 minutes · 2 servings



Directions

1. Start with a cold saucepan. Add eggs and whisk together with 2 Tbsp. water. Add coconut oil and salt and pepper to taste.
2. Gently begin heating the saucepan, stirring the eggs with a wooden spoon. Cook this way for approximately 5 minutes or until eggs are desired consistency.
3. Remove from heat and serve topped with chopped chives.

Notes

Tip

These fluffy eggs pair well with many favorites. Obvious choices are bacon or sausage, but other great options include salmon, avocado, naturally cured meats and cheese (try cheddar, fresh mozzarella, or feta cheese if you tolerate dairy).

Ingredients

4 Egg

2 tbsps Coconut Oil (Melted (you can also use ghee))

Sea Salt & Black Pepper

1 tbsp Chives (Chopped)

Smoked Salmon

1 ingredient · 5 minutes · 2 servings



Directions

1. Enjoy

Ingredients

4 ozs Smoked Salmon

Cobb Salad In A Jar

11 ingredients · 30 minutes · 2 servings



Directions

1. In a small bowl, mix together lemon juice, olive oil, mustard, and a pinch of sea salt and pepper. Whisk well then pour into bottom of a large mason jar. (Note: Divide dressing between jars if making more than 1 serving.)
2. Layer your ingredients into the jar(s) in this order: spinach, cherry tomatoes, avocado, chicken, egg, bacon and feta. Seal jar and store in the fridge.
3. When ready to eat, give the jar a good shake to mix the dressing throughout. You can either transfer the salad to a bowl or enjoy straight from the jar.

Notes

Dairy Free

Substitute the feta for nuts or seeds of your choice (walnuts are especially good here)

Ingredients

- 1/4 Lemon (juiced)
- 1 **tbsp** Extra Virgin Olive Oil
- 1 **tbsp** Dijon Mustard
- Sea Salt & Black Pepper (to taste)
- 1 **cup** Baby Spinach (chopped)
- 1/4 **cup** Cherry Tomatoes (halved)
- 1/2 Avocado (diced)
- 4 **ozs** Chicken Breast (baked or grilled)
- 2 **slices** Organic Bacon (Cooked and crumbled)
- 1 Egg (hardboiled and sliced)
- 1/4 **cup** Feta Cheese (crumbled)

Dairy Free Cream of Mushroom Soup

9 ingredients · 30 minutes · 4 servings



Directions

1. Heat your coconut oil in a large stockpot over medium heat. Add the onion and saute for 4 - 5 minutes or until translucent. Add in the celery, carrots, mushrooms, black pepper, coconut aminos and water. Bring to a boil and then reduce to a simmer. Cover with a lid and cook for 20 minutes.
2. Add your cashews to the blender. Ladle in one cup of your soup broth and blend well until smooth to create your cashew cream. Now ladle in the rest of your soup and puree. CAUTION: Ensure you leave a place for the steam to escape from the blender, otherwise the lid will blow off and that is bad news.
3. Ladle soup into bowls. Enjoy!

Notes

Make it Green

Add in a few handfuls of spinach or kale before blending.

Nut-Free

Use sunflower seeds instead of cashews.

Whole Mushroom Lover

Use a slotted spoon to strain out some of the mushrooms before blending, then add them back into the pureed soup.

Storage

Store in an airtight container in the fridge up to 5 days or freeze.

Toppings

Top with red pepper flakes, a splash of olive oil and/or chopped baby spinach.

Ingredients

- 2 **tbsps** Coconut Oil
- 1 **cup** Red Onion (diced)
- 3 **stalks** Celery (diced)
- 1 Carrot (diced)
- 4 **cups** Mushrooms (any type will work)
- 1 **tsp** Black Pepper
- 2 **tbsps** Coconut Aminos
- 4 **cups** Water
- 1 **cup** Cashews (soaked and drained)



Tuna Salad Stuffed Avocado with Hot Sauce

10 ingredients · 15 minutes · 4 servings



Directions

1. Cut your avocados in half and discard the pits. Scoop about 3/4 of the avocado flesh out of each avocado half so that just a bit of avocado remains in the shell. Place the avocado flesh you carved out in a large mixing bowl and mash with a fork.
2. Add tuna, celery, baby spinach, minced garlic, mustard, extra virgin olive oil and lemon juice. Season with sea salt and pepper to taste and mix well.
3. Use a spoon to pack the tuna salad back into the avocado halves. Drizzle with desired amount of tabasco. Enjoy!

Notes

More Protein & Crunch

Add 1/4 cup sunflower seeds.

Ingredients

- 4 Avocado
- 2 cans Tuna (drained and flaked)
- 2 stalks Celery (finely diced)
- 1 cup Baby Spinach (finely chopped)
- 1 Garlic (clove, minced)
- 2 tbsps Dijon Mustard
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/2 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)
- 1 tsp Tabasco Sauce

Mixed Greens with Simple Dressing

6 ingredients · 5 minutes · 2 servings



Directions

1. Add all ingredients except your greens to a bowl and whisk until well blended.
2. Toss with your greens and serve immediately

Notes

On-the-Go

Keep dressing in a separate container on the side. Add just before serving.

No Mixed Greens

Use spinach, kale or romaine instead.

Ingredients

4 cups Arugula (or mixed greens of choice)

2 2/3 tbsps Extra Virgin Olive Oil

1/2 Lemon (juiced)

1 tbsp Dijon Mustard

1/2 tsp Italian Seasoning

1/2 tsp Sea Salt (to taste)

Simple Slow Cooker Chicken Soup

8 ingredients · 6 hours · 6 servings



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

Leftovers

Refrigerate in an air-tight container up to 3-4 days or freeze up to 6 months.

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)

Grain-Free Flax Bread

6 ingredients · 1 hour · 10 servings



Directions

1. Preheat oven to 350°F (177°C). Grease the inside of a loaf pan or line it with parchment paper.
2. In a medium size bowl, mix together flax, baking powder, and salt. Use a whisk to stir until well combined.
3. In another bowl, beat eggs with a whisk for 30 to 60 seconds. Add water and coconut oil, mixing until combined.
4. Add wet ingredients to dry and stir until combined. Let the batter sit for 1 to 2 minutes to thicken slightly.
5. Pour batter into loaf pan and smooth out the top with a spoon. Bake for about 50 minutes, or until the top feels set and the loaf is browned.
6. Once cooled, slice and store in the fridge or freezer.

Ingredients

- 2 cups** Ground Flax Seed
- 1 tbsp** Baking Powder
- 3/4 tsp** Sea Salt
- 5** Egg (room temp)
- 1/2 cup** Water (room temp)
- 1/3 cup** Coconut Oil (melted)

Tuna Cauli Casserole

13 ingredients · 52 minutes · 4 servings



Directions

1. Preheat oven to 375 degrees F. Grease a 9x13 casserole dish with small amount of palm shortening.
2. Add cauliflower to a large pot and bring to a boil. Remove from heat after 4 minutes, drain water and layer cauliflower into bottom of prepared casserole dish.
3. Layer arugula over cauliflower and set aside.
4. In a large heavy-bottom skillet, melt 1 tablespoon coconut oil over medium heat. Add onion, garlic, celery, thyme, and salt, and cook until onion is softened, about 8 minutes.
5. Remove vegetable mixture from skillet to a clean bowl and set aside.
6. In the same skillet, melt remaining 3 tablespoons coconut oil over low heat. Add in flour and quickly whisk until mixture just begins to bubble. While continuing to whisk, slowly pour in coconut milk. Whisk until a smooth, thickened sauce forms.
7. Add vegetable mixture and broth to sauce mixture. Stir to combine.
8. Remove sauce from heat, stir in tuna with canning liquid.
9. Pour sauce over cauliflower and arugula.
10. Bake covered for 15 minutes, remove cover, turn oven up to 425 degrees F, and bake for 12 more minutes or until casserole begins to lightly brown.
11. Garnish with parsley and serve.

Ingredients

1 head Cauliflower (chopped into florets)
1 cup Arugula
1 Yellow Onion (diced)
2 Garlic (minced)
3 stalks Celery (diced)
1 tbsp Thyme (finely chopped)
1 tsp Sea Salt
3/4 tsp Coconut Oil (divided)
1/3 cup Coconut Flour
1 1/2 cups Organic Coconut Milk
1/2 cup Chicken Bone Broth
2 cans Tuna (drained)
Parsley (for garnish)

Egg Roll Bowl

9 ingredients · 30 minutes · 4 servings



Directions

1. Heat the avocado oil in a pan over medium-high heat. Add the yellow onion, green onion, garlic, and ginger. Cook for 3-5 minutes, stirring frequently, until soft.
2. Add the pork and break it up as it cooks. Cook for about 7-10 minutes, or until cooked through.
3. Stir in the coleslaw mix, bean sprouts, and coconut aminos. Stir for 5 minutes, or until veggies have softened. Transfer to bowls and enjoy!

Notes

Meat-Free

Replace the ground meat with scrambled eggs.

Ingredients

- 2 tbsps** Extra Virgin Olive Oil
- 1** Yellow Onion (medium, diced)
- 5 stalks** Green Onion (diced)
- 4** Garlic (cloves, minced)
- 1 tbsp** Ginger (peeled and grated)
- 1 lb** Ground Pork
- 6 cups** Green Cabbage (Shredded)
- 2 cups** Bean Sprouts
- 1/4 cup** Coconut Aminos



Simple Pesto Cauliflower Rice

2 ingredients · 10 minutes · 4 servings



Directions

1. Add cauliflower florets to the food processor. Process until the cauliflower has a rice-like consistency. (You may need to do this in batches depending on the size of your food processor.)
2. In a large saucepan over medium-high heat, add the cauliflower and stir in pesto until well coated. Cook for about 3-5 minutes. Serve immediately.

Notes

Make it Raw

Skip step 2 and mix pesto with the raw cauliflower rice in a large bowl.

Leftovers

Refrigerate in an airtight container up to 4 days, or freeze either raw or cooked.

Ingredients

1 head Cauliflower (chopped into florets)

1/2 cup Pesto

Chinese Pulled Pork Barbecue

10 ingredients · 2 hours · 8 servings



Directions

1. Remove your pork shoulder from the refrigerator about 15 minutes prior to cooking. Rub the pork shoulder down with the chinese five spice blend and pink salt. Make sure to cover all the sides.
2. Heat the coconut oil in a large cast iron skillet over medium high heat. Sear the pork shoulder on all sides for 2 minutes per side.
3. Add the chicken stock to the instant pot, and press the "saute" button to get the stock simmering. Add the coconut aminos, sesame oil, ginger, red pepper flakes, and black pepper.
4. When the pork shoulder is seared on all sides, add it to the Instant Pot and close the lid (locking the vent). Cancel the "saute" then press "Stew/Meat" and increase the time to 90 minutes.
5. Cook for 90 minutes, then allow to rest for 10-15 minutes on warm after the programmed setting has concluded.
6. Serve with your favorite stir fry or with some cauliflower rice

Ingredients

- 4 lbs** Pork
- 2 cups** Organic Chicken Broth
- 1 tbsp** Chinese Five Spice
- 2 tsps** Himalayan Pink Salt
- 2 tbsps** Coconut Oil
- 1/2 cup** Coconut Aminos
- 1 tbsp** Toasted Sesame Oil
- 1 tsp** Ground Ginger
- 1/2 tsp** Red Pepper Flakes
- 1/4 tsp** Black Pepper



Meal Prep Maple Dijon Chicken, Mushroom 'Rice' & Zucchini

10 ingredients · 40 minutes · 4 servings



Directions

1. Preheat oven to 375F and line baking sheet(s) with foil.
2. In a mixing bowl, toss zucchini in 1/3 of the olive oil and season with salt. Transfer to a baking sheet.
3. In the same bowl, combine 1/3 of the olive oil, maple syrup, dijon and coconut aminos. Add the chicken thighs and coat in the marinade. Transfer to a baking sheet and bake both the chicken and zucchini for 30 minutes.
4. After 30 minutes, flip the zucchini and return to oven. Set to broil for 3 minutes and remove from oven.
5. Meanwhile, heat the remaining olive oil in a saucepan over medium heat. Sauté sliced mushrooms until soft. Season with salt and pepper..
6. Add riced cauliflower to the mushrooms and cook, stirring for 2 minutes.
7. Divide the mushroom 'rice', zucchini and chicken thighs into separate containers and let cool before refrigerating. Reheat when ready to eat.

Notes

Storage

Refrigerate in an air-tight container up to 3 days after cooking.

More Flavour

Marinate the chicken overnight, and cook the quinoa with broth instead of water.

No Chicken

Use turkey breast, chickpeas or tofu instead.

No Zucchini

Use bell peppers, carrot, eggplant or any vegetables you have on hand.

No Quinoa

Use rice, cauliflower rice or sweet potatoes instead.

Ingredients

- 4 Zucchini (sliced lengthwise, then quartered)
- 1/4 cup Extra Virgin Olive Oil (divided)
- 1/4 tsp Sea Salt (or more to taste)
- 1 tbsp Maple Syrup
- 1/4 cup Dijon Mustard
- 2 tbsps Coconut Aminos
- 1 lb Chicken Thighs (boneless)
- 4 cups Mushrooms (sliced)
- Sea Salt & Black Pepper (to taste)
- 4 cups Cauliflower Rice (frozen or home made)

Swedish Meatballs

9 ingredients · 4 hours 30 minutes · 8 servings



Directions

1. In a bowl, mix together the ground beef and pork, 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.

Ingredients

- 1 lb Extra Lean Ground Beef (Grass-finished)
- 1 lb Lean Ground Pork (Pastured, hormone-free)
- 1 cup Parsley (chopped and divided)
- 2 tsps Onion Powder
- 2 tsps Sea Salt
- 6 cups Mushrooms (sliced)
- 2 White Onion (chopped)
- 1 cup Organic Coconut Milk (canned)
- 1/3 cup Coconut Aminos



Paleo Cauliflower Mash

5 ingredients · 30 minutes · 4 servings



Directions

1. Place cauliflower florets in a large steamer basket on the stove. Cover, bring to a boil and steam for 10-15 minutes, or until very soft.
2. Transfer steamed cauliflower to a food processor or blender along with the garlic, butter, thyme, salt and pepper. Process until desired texture. (If you like a chunkier mash, you can use a hand masher for this step.)
3. Divide between plates and top with extra butter if desired. Enjoy!

Notes

Make it Cheesy

Add nutritional yeast or parmesan cheese to the mash (about 1 tbsp per serving).

Ingredients

- 1 head** Cauliflower (large, sliced into florets)
- 2** Garlic (cloves, minced)
- 2 tbsps** Coconut Oil (or grass-fed ghee or olive oil)
- 1 tbsp** Thyme
- Sea Salt & Black Pepper (to taste)

Garlic Chicken

7 ingredients · 45 minutes · 6 servings



Directions

1. Preheat the oven to 450°F (225°C). Place the chicken pieces in a baking pan.
2. Salt and pepper generously. Sprinkle the garlic and thyme sprigs over the chicken pieces, and drizzle the lemon juice and olive oil on top.
3. Bake the chicken until golden and the garlic slices have turned brown and roasted, about 30–40 minutes, depending on how large the pieces are. Lower the temperature a little towards the end

Notes

Tip

Don't let any of this chicken go to waste! It is delicious and versatile the next day. Serve it cold or warm, or as the centerpiece of a gorgeous salad!

Ingredients

- 2 lbs** Chicken Thighs
- 10** Garlic (Sliced)
- 1 tsp** Sea Salt
- 1 tsp** Black Pepper
- 1** Lemon
- 2 tbsps** Extra Virgin Olive Oil
- 1/4 oz** Thyme Sprigs (Whole sprigs)

Salmon and Vegetable Bake

10 ingredients · 35 minutes · 4 servings



Directions

1. Preheat oven to 400F
2. Combine first 6 ingredients to make a sauce
3. Grease a large sheet pan or flat-ish baking tray with about a tablespoon of coconut oil and place the salmon fillets in the middle, leaving about an inch of space in between. Spread even amounts of the sauce over the top of each salmon fillet.
4. Scatter the green vegetables around and in between the fillets, overlapping each other is fine. Drizzle the vegetables lightly with olive oil (about 2 tablespoons) and the juice of half of the remaining lemon. Sprinkle with a few pinches of sea salt and pepper.
5. Place the tray in the oven for 15 minutes, rotating half way if your oven is slightly uneven in temperature
6. Serve while hot with any additional vegetables, salads, or starchy carbs

Ingredients

- 2 Garlic (Cloves, crushed)
- 3 tbsps Basil Leaves (Chopped)
- 1 Lemon (Juice and zest)
- 3 tbsps Extra Virgin Olive Oil
- 1 Sea Salt & Black Pepper (1 Teaspoon or to taste)
- 1 tbsps Coconut Oil
- 1 1/4 lbs Salmon Fillet
- 2 cups Asparagus (about 16 spears)
- 2 cups Brussels Sprouts (Trimmed and halved)
- 1 bunch Broccolini (Can use 2 cups broccoli)
- Sea Salt & Black Pepper (To taste)
- 2 tbsps Extra Virgin Olive Oil (For drizzling)

Sheet Pan Steakhouse Grill

6 ingredients · 35 minutes · 4 servings



Directions

1. Preheat the oven to 425F. Drizzle with the remaining ghee and garlic. Season well with salt and pepper.
2. If your mushrooms are on the large side, be sure to quarter them. If they are small, just use them as is. Trim the green beans and cut in half.
3. Spread the veggies on a rimmed baking sheet. Mix the ghee with the minced garlic and drizzle about half over the veggies.
4. Sprinkle with salt and pepper and toss to combine. Roast the veggies for about 12 minutes.
5. Remove the pan from the oven and preheat the broiler.
6. Push the veggies to the side and nestle the steaks onto the pan.
7. Drizzle with the remaining ghee and garlic. Season well with salt and pepper.
8. Broil 4 to 6 inches from the heat for about 5 minutes per side or until the steaks are done to your liking (this will depend on how thick they are - 5 minutes per side is about right for medium rare steaks as long as they are 1 inch thick).

Ingredients

8 cups Mushrooms (bottom or cremini)
8 cups Green Beans
1/4 cup Ghee (melted)
2 Garlic (minced)
1 1/2 lbs NY Striploin Steak (4 pieces, 1 inch thick)
Sea Salt & Black Pepper (to taste)

Mini Dark Chocolate Tahini Collagen Bites

5 ingredients · 30 minutes · 24 servings



Directions

1. Microwave the dark chocolate and the coconut oil in a large glass bowl at 50% power for 30 seconds at a time until melted.
2. Use a spoon to carefully pour a thin layer of chocolate into each mold of a silicone or lined mini muffin tray. Freeze for at least 5 minutes.
3. Meanwhile, combine the tahini, maple syrup and collagen. Mix until a dough forms. Roll the dough into small even balls using your hands. You will want to create the same number of balls as the number of servings you are making.
4. Remove the muffin tray from the freezer and gently press a dough ball into the middle of each mold. Drizzle melted dark chocolate around and overtop the dough. Gently shake the muffin tray to even out the chocolate. Sprinkle with sea salt if desired.
5. Refrigerate until set, about 10-15 minutes. Enjoy!

Notes

No Tahini

Use almond butter, peanut butter, hazelnut butter or sunflower seed butter.

No Mini Muffin Tray

Use a regular sized muffin tray to create larger cups.

Ingredients

10 1/2 ozs Dark Organic Chocolate (at least 70% cacao, chopped)

1 1/4 tbsps Coconut Oil

2 tbsps Tahini

2 tbsps Maple Syrup

2 servings Collagen Peptides (unflavoured)

Low Carb Apple Spice Muffins

11 ingredients · 40 minutes · 12 servings



Directions

1. Preheat the oven to 350 and line a muffin tin with wrappers.
2. Combine the almond flour, coconut flour, cinnamon, nutmeg, baking soda and sea salt in a large mixing bowl and mix well. Add in the apples, eggs, coconut oil, maple syrup and almond milk. Stir until all ingredients are evenly distributed then divide into muffin tins. (Note: To make them fancy, dice an extra apple and sprinkle it on top of each muffin. Then sprinkle with extra cinnamon.)
3. Bake for 25 to 30 minutes. Let cool completely and enjoy!

Notes

No Apples

Use pears instead.

Storage

Store at room temperature for 3 days, or freeze up to 3 months.

Ingredients

- 1 1/4 cups Almond Flour
- 1/4 cup Coconut Flour
- 1 tsp Cinnamon
- 1/2 tsp Nutmeg
- 1/2 tsp Baking Soda
- 1/4 tsp Sea Salt
- 2 Apple (cored and finely diced)
- 4 Egg (whisked)
- 1/4 cup Coconut Oil
- 1 tbsp Maple Syrup
- 1/3 cup Unsweetened Almond Milk



Sunbutter Cocoa Truffles

6 ingredients · 15 minutes · 12 servings



Directions

1. Combine all ingredients except the coconut together in a small bowl and mix until smooth.
2. Place the bowl in the freezer for 2 to 3 minutes until the mixture is slightly hardened.
3. Spoon out about 2 teaspoons of truffle mixture and roll between your hands into a ball.
4. Roll and press into the shredded coconut.
5. Refrigerate to harden before serving, and store any uneaten truffles in the refrigerator for up to a week.

Ingredients

1/3 cup Sunflower Seed Butter
1/4 cup Coconut Butter (softened)
2 tbsps Cocoa Powder
1 tsp Vanilla Extract
1/8 tsp Sea Salt
1/3 cup Unsweetened Shredded Coconut
(coarsely crushed)

Apple with Almond Butter

2 ingredients · 3 minutes · 4 servings



Directions

1. Cut apple into slices and remove the core. Dip into almond butter and enjoy!

Notes

Keep it Fresh

To avoid brown apple slices, assemble the slices back into the shape of the apple and tie an elastic band around it.

Ingredients

4 Apple

1/2 cup Almond Butter