

healthy

FALL RECIPES



*recipes & meal prep tricks and
tips to make healthy eating simple*

PHAT CAT FIT LIFE
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Meal Prep Shortcuts to get you through the week



If meal prepping is a challenge here are a couple of go-to's that can keep you on track but don't take a lot of time

Chicken Breasts

Bake 4-5 chicken breasts. Use your favorite spice or keep it simple with salt, pepper, garlic powder, and basil.



Super Time-Saving Tip: buy 2 roasted chickens from the grocery store, cut them up, store meat in zip lock or food storage container

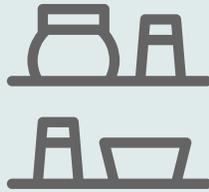
Ground Turkey

Chop half of an onion, and saute with 1-2 lbs lean ground turkey (change amount based on nutrition needs). Season simply with salt & pepper



In the Pantry

- Organic Salsa
- Black beans
- Organic, no-sugar added tomato sauce
- Coconut oil
- Braggs or coconut aminos
- Spices - chili powder, cumin, garlic powder, salt, pepper



Veggies

Broccoli cuts, peppers, onions, zucchini & yellow squash mix, zucchini noodles & cauliflower rice



Super Time-Saving Tip: buy pre-cut veggies at the grocery store

Make Your Combo

Keep it Simple

Chicken, sweet potato and mixed veggies

Stuffed Sweet Potato

Layer ground turkey on top of potato, add a spoonful of black beans, organic Salsa and a sprinkle of shredded cheese (you can spice with turkey with chili powder, cumin, pinch of salt)

Salsa Rice Bowl

Cauliflower rice, ground turkey, black beans and organic salsa

Stir Fry Rice Bowl

Cauliflower rice, chicken with some stir-fry veggies

Noodle bowl

Zucchini noodles, chicken and veggies

Simple Stir Fry

Veggies with chicken or ground turkey

Prepare Your Veggies

1. Stir fry peppers & onions with a little coconut/avocado oil & coconut aminos
2. Saute zucchini noodles to soften, pour off excess water, season to taste & add tomato sauce
3. Steam cauliflower rice with water in microwave for 3 mins, or saute with chicken broth until tender, about 5-10 mins



Prep & cook veggies as you go or pre-cook & assemble for super quick meals

More Healthy Combos

Simple Chicken Salad

Chicken over a simple bed of greens with a home-made dressing

Taco Salad

Spice ground turkey with chili powder, cumin, oregano, garlic powders, pinch of salt, put that over a bed of greens with a couple of tablespoons of organic salsa

Chicken with Broccoli Stir Fry

Steam broccoli in microwave for 1 min, then stir-fry with coconut oil and coconut aminos or Braggs aminos (& Chinese 5 spice if you have some) toss in cooked chicken to warm up.

Note: match portion sizes to your specific nutrition goals

BENTO BOX

Create a super, easy Snack/Bento Box to take on the road, to the beach or just easy meal prep to keep you on track for the week. Think healthy lunchables for adults. Mix and match your food into themes, like a greek bento box with olives, cucumber, tomatoes, feta and Turkey. Think of deconstructing your favorite wraps or sandwiches into its components.



Pick something from each category and organize it into a separated container. Mix and match as you wish. Here are some ideas to get you started. Think of food you may not mind eating with your fingers, otherwise pack a fork.

Tips for keeping your ingredients fresh:

- You may wish to do a vinegar wash to extend the life of your berries; dry fruit as much as possible before portioning out
- Toss cut fruit with lemon juice to prevent browning
- Keep leafy greens away from wet fruit or vegetables
- Keep chips, crackers or breads separate from vegetables
- Keep condiments in small containers and add dressings right before serving



BENTO BOX IDEAS

Pick something from each category and organize it into a separated container.
Mix and match as you wish.

Proteins

Nitrate-Free Lunch meats
(Turkey, Roast Beef, etc..)
Hard-Boiled eggs
Healthy Tuna Salad
Cooked/sliced chicken or
turkey breast
Any cooked meat you are
OK eating cold



Fruit

Blueberries
Strawberries
Raspberries
Blackberries
Grapes
Melon Cubes
Apple slices
Pear slices

Veggies

Baby carrots or carrot sticks
Celery sticks
Peppers
Baby sweet peppers
Cucumbers
Cherry or grape tomatoes
Cooked asparagus spears
Leftover roasted or grilled
vegetables



Healthy Fats

Avocado
Olives
Raw nuts
Pumpkin seeds
Goat Cheese
Organic raw cheeses (the less
processed the cheese, the
better)

Healthy Carbs*

Mini whole wheat pitas
Lower carb wrap cut into
pieces (Carb Balance, Whole
wheat, Cauliflower, etc.)
Lower carb, healthy crackers
Healthier chips (like Siete
brand)



Dips/Dressings*

Hummus
Tzatziki
Dips made with yogurt
Pesto
Romesco dip (made with
roasted red pepper, Traders
Joes has a great one)

*Healthy carbs in moderation - the less
ingredients, the better. Look for those
using high quality oils

*select those using the least
ingredients

Bell Pepper & Spinach Egg Bake

8 ingredients · 30 minutes · 6 servings



Directions

1. Preheat the oven to 400°F (204°C). Grease a baking dish with half of the oil.
2. Add the remaining oil to a pan over medium heat. Add the peppers and cook for about five minutes or until just tender and starting to brown. Add the spinach, tomatoes, and green onion. Continue to cook until the spinach wilts. Transfer the vegetables to the prepared baking dish and arrange them in an even layer.
3. Add the eggs, water, and salt to a bowl and whisk well. Pour the egg mixture into the baking dish.
4. Bake for 23 to 25 minutes or until the eggs have set and are firm to touch. Cut into squares and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

An 8.5- x 11.5-inch baking dish was used to make six servings. You can also make this in a 9 x 9-inch baking dish.

More Flavor

Use milk instead of water. Season the vegetables with your favourite dried herbs and spices.

Veggies

This recipe works well with nearly any vegetable. Use kale, steamed broccoli, cooked sweet potato, red onion, or mushrooms instead.

Ingredients

- 1 1/2 **tsps** Extra Virgin Olive Oil (divided)
- 1 Red Bell Pepper
- 2 **cups** Baby Spinach (chopped)
- 1/2 **cup** Cherry Tomatoes (halved)
- 3 **stalks** Green Onion (chopped)
- 8 Egg
- 1/2 **cup** Water
- 1/2 **tsp** Sea Salt

Nutrition

Amount per serving

Calories	117	Cholesterol	248mg
Fat	8g	Sodium	302mg
Carbs	3g	Vitamin A	2262IU
Fiber	1g	Vitamin C	31mg
Sugar	2g	Calcium	55mg
Protein	9g	Iron	2mg

Cabbage & Cauliflower Mini Egg White Bites

5 ingredients · 25 minutes · 3 servings



Directions

1. Preheat the oven to 350°F (175°C).
2. In a bowl, combine the egg whites, cauliflower rice, cabbage, chives, and salt.
3. Scoop the mixture into lined (or greased) mini muffin cups. Bake for 20 minutes or until cooked through. Let cool before serving. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately four mini egg muffins.

More Flavor

Add a splash of tamari or soy sauce. Use whole eggs or a mixture of egg whites and whole eggs.

Additional Toppings

Add goat cheese or feta cheese.

Ingredients

- 1 cup Egg Whites
- 1/2 cup Cauliflower Rice
- 1 cup Savoy Cabbage (finely chopped)
- 2 tbsps Chives
- 1/4 tsp Sea Salt

Nutrition

Amount per serving

Calories	52	Cholesterol	0mg
Fat	0g	Sodium	341mg
Carbs	3g	Vitamin A	320IU
Fiber	1g	Vitamin C	8mg
Sugar	1g	Calcium	19mg
Protein	10g	Iron	0mg

Potato & Turkey Breakfast Casserole

7 ingredients · 45 minutes · 6 servings



Directions

1. Preheat the oven to 400°F (204°C).
2. Bring a pot of water to a boil. Place the potatoes into the water and cook until tender.
3. Meanwhile, in a pan over medium heat, brown the sausage, breaking it into small pieces as it cooks. When the sausage is no longer pink, add the chopped kale to the pan and cook until just wilted.
4. Add the cooked potatoes and sausage mixture to a baking dish. Then add the tomatoes. In a mixing bowl, whisk together the eggs, milk and salt. Pour the egg mixture into the baking dish making sure the potatoes, sausage mixture and tomatoes are equally covered with eggs.
5. Bake for 25 to 28 minutes or until eggs are set and firm to the touch. Cut into squares and serve immediately. Enjoy!

Notes

Baking Dish

For six servings, use an 8.5 x 11.5-inch or 9 x 9-inch baking dish.

Leftovers

Refrigerate in an airtight container for up to 3 days.

Vegetarian Option

Omit the sausage completely or substitute it for additional vegetables like bell pepper and mushrooms.

No Kale

Use spinach or Swiss chard instead.

No Tomato

Use chopped bell pepper instead.

No Sausage

Use bacon or ground pork instead.

Ingredients

- 2 Yellow Potato (chopped into small cubes)
- 8 ozs Turkey Sausage (casing removed)
- 2 cups Kale Leaves (finely chopped)
- 1/2 cup Cherry Tomatoes
- 8 Egg
- 1/2 cup Unsweetened Almond Milk
- 3/4 tsp Sea Salt

Nutrition

Amount per serving

Calories	215	Cholesterol	276mg
Fat	10g	Sodium	634mg
Carbs	14g	Vitamin A	871IU
Fiber	2g	Vitamin C	23mg
Sugar	1g	Calcium	110mg
Protein	17g	Iron	2mg

Sweet Potato & Turkey Breakfast Patties

5 ingredients · 1 hour · 5 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Bring a pot of water to a boil. Place the sweet potato in a steamer over the boiling water and cover for 7 to 10 minutes, or until tender. Transfer the sweet potato to a large mixing bowl and mash it well. Allow it to cool.
3. Using a paper towel, gently pat the turkey to remove excess moisture.
4. Add the garlic, Italian seasoning and salt to the cooled mashed sweet potato and mix well. Add the turkey and gently mix to combine. Form the sweet potato mixture into thin patties, approximately 4 inches in diameter and place on the prepared baking sheet.
5. Bake the patties for 20 to 25 minutes or until cooked through. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days or freeze for up to two months.

Serving Size

One serving is approximately two patties.

More Flavor

Add black pepper, onion powder or red pepper flakes.

Sweet Potato

One medium sweet potato is approximately 1 1/4 cups of mashed sweet potato. If using a larger sweet potato set any extra mashed sweet potato aside to use in another meal.

Ingredients

- 1 Sweet Potato (medium, peeled, chopped)
- 1 lb Extra Lean Ground Turkey
- 1 Garlic (large clove, minced)
- 1 1/2 **tsps** Italian Seasoning
- 1 **tsp** Sea Salt

Nutrition

Amount per serving

Calories	159	Cholesterol	67mg
Fat	8g	Sodium	549mg
Carbs	5g	Vitamin A	3755IU
Fiber	1g	Vitamin C	1mg
Sugar	1g	Calcium	28mg
Protein	17g	Iron	1mg

Savory Mushroom Stew

9 ingredients · 35 minutes · 4 servings



Directions

1. In a large pot, heat a large splash of vegetable broth over medium heat. Cook the onion, carrot, and garlic for about five to seven minutes, or until the onions are soft. Add additional broth if it begins to stick to the bottom of the pot.
2. Stir in the mushrooms and thyme. Cook for another five minutes, stirring occasionally.
3. Meanwhile, whisk together the arrowroot powder and water in a small bowl to create a slurry. Add the slurry to the pot and stir until the vegetables are well coated.
4. Add the remaining broth and apple cider vinegar. Lower the heat to a simmer, close the lid and cook for 15 minutes. If needed, add salt to taste or more arrowroot powder for a thicker stew. Divide into bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Freeze if longer.

Serving Size

One serving equals approximately 1 1/2 cups.

More Flavor

Sauté the vegetables in oil instead of broth. Add more spices of your choice.

Additional Toppings

Add lentils, chickpeas, or already cooked meat for more protein. Serve with brown rice, mashed potatoes, mashed cauliflower, quinoa, or barley. Garnish with cilantro or chives.

No Arrowroot Powder

Use tapioca flour or cornstarch instead.

Soup Lover

Turn this stew into a soup by adding more broth and adjusting the seasoning to taste. Puree with a hand blender, if preferred.

Ingredients

- 2 cups Vegetable Broth
- 1 Yellow Onion (medium, diced)
- 2 Carrot (medium, diced)
- 2 Garlic (cloves, minced)
- 20 Cremini Mushrooms (sliced)
- 1 tsp Thyme
- 2 tbsps Arrowroot Powder
- 1/4 cup Water
- 1 tbsp Apple Cider Vinegar

Nutrition

Amount per serving

Calories	66	Cholesterol	0mg
Fat	0g	Sodium	355mg
Carbs	14g	Vitamin A	5368IU
Fiber	3g	Vitamin C	5mg
Sugar	6g	Calcium	31mg
Protein	4g	Iron	2mg

Slow Cooker Chicken & Wild Rice Soup

7 ingredients · 4 hours · 8 servings



Directions

1. Add the chicken, water, carrot, rice, salt, and bay leaves, if using, into the slow cooker. Cook on high for at least 4 hours or on low for approximately 6 hours.
2. Stir in the kale just before serving and adjust seasoning as needed. Remove bay leaves. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days or freeze if longer.

Serving Size

One serving equals approximately 1 1/2 to 2 cups.

More Flavor

Use homemade bone broth or vegetable broth instead of water. Add ginger, garlic, onion, and/or mushrooms.

Make it Vegan

Use black beans instead of chicken.

Ingredients

- 13 ozs Chicken Breast
- 10 cups Water
- 2 Carrot (medium, chopped)
- 1 1/4 cups Wild Rice (rinsed)
- 1 tsp Sea Salt
- 2 Bay Leaf (optional)
- 1 cup Kale Leaves (stems removed, chopped)

Nutrition

Amount per serving

Calories	152	Cholesterol	34mg
Fat	2g	Sodium	335mg
Carbs	20g	Vitamin A	2693IU
Fiber	2g	Vitamin C	3mg
Sugar	1g	Calcium	49mg
Protein	14g	Iron	1mg

Creamy Potato & Dill Soup

8 ingredients · 30 minutes · 8 servings



Directions

1. Heat the vegetable broth in a pot and bring to a simmer while you prepare the remaining ingredients.
2. Add the sweet potato, celery and salt. Cook until the sweet potato is fork tender, about 15 minutes.
3. Stir in the dill, coconut milk, apple cider vinegar, and nutritional yeast. Adjust the salt as needed and cook for another 10 minutes. Divide evenly between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Freeze for up to three months.

Serving Size

One serving equals approximately 1 1/2 cups.

More Flavor

Use bone broth instead of vegetable broth. Add sautéed garlic and onions.

Additional Toppings

Kale chips, nutritional yeast or crusty bread.

No Coconut Milk

Use almond milk, cashew milk, oat milk or cream instead.

More Protein

Add chicken, sausage, lentils, tofu or quinoa.

Ingredients

- 6 cups Vegetable Broth
- 4 Sweet Potato (small, peeled and diced)
- 4 stalks Celery (diced)
- 1 tsp Sea Salt
- 1/4 cup Fresh Dill (stems removed, chopped)
- 2 cups Canned Coconut Milk
- 2 tbsps Apple Cider Vinegar
- 2 tbsps Nutritional Yeast

Nutrition

Amount per serving

Calories	182	Cholesterol	0mg
Fat	11g	Sodium	859mg
Carbs	18g	Vitamin A	927IU
Fiber	3g	Vitamin C	3mg
Sugar	5g	Calcium	37mg
Protein	4g	Iron	1mg

Leek & Fennel Soup with Chicken

8 ingredients · 40 minutes · 4 servings



Directions

1. Heat the water in a large pan over medium-high heat. Add the leeks and cook for eight to 10 minutes or until the leeks have softened and wilted down. Add the garlic, thyme, and salt and cook for another minute.
2. Add the fennel and the broth and stir to combine. Bring the soup to a boil and then reduce and simmer for 15 to 20 minutes until the fennel is very tender.
3. Transfer the soup to a blender or food processor and blend until very smooth. Do this in batches if necessary and add more broth to thin the soup if needed. Season the soup with additional salt to taste.
4. To serve, divide the soup between bowls and top with warmed shredded chicken. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze the soup separate from the chicken for longer.

Serving Size

One serving is approximately 1 1/4 cups of soup.

Additional Toppings

Fresh thyme or fennel fronds.

Make it Vegan

Omit the chicken or top with sauteed mushrooms instead.

No Vegetable Broth

Use chicken broth or bone broth instead.

More Fat

Omit the water and saute the leeks in some oil instead.

Ingredients

- 1/2 cup Water
- 3 Leeks (medium, trimmed and chopped)
- 2 Garlic (clove, minced)
- 1 tbsp Thyme (fresh)
- 1/4 tsp Sea Salt
- 1 bulb Fennel (large, chopped)
- 3 cups Vegetable Broth
- 10 ozs Chicken Breast, Cooked (shredded)

Nutrition

Amount per serving

Calories	177	Cholesterol	74mg
Fat	3g	Sodium	720mg
Carbs	16g	Vitamin A	2122IU
Fiber	3g	Vitamin C	17mg
Sugar	6g	Calcium	85mg
Protein	24g	Iron	2mg

Sautéed Spinach with Toasted Pecans

6 ingredients · 10 minutes · 4 servings



Directions

1. Heat a skillet over medium heat and add the olive oil. Add the spinach and cook for five minutes or until it is soft.
2. Add the nutritional yeast, pecans, sea salt and black pepper. Sauté for 5 minutes or until the pecans begin to toast. Serve between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Nut-Free

Use sunflower seeds or pumpkin seeds instead of pecans.

More Flavor

Add minced garlic or garlic powder.

Additional Toppings

Top with hemp seeds or flaxseeds.

No Spinach

Use arugula, Swiss chard, or collard greens instead.

No Nutritional Yeast

Use parmesan cheese or a dairy-free cheese.

Ingredients

1 tbsp Extra Virgin Olive Oil

6 cups Baby Spinach

1/2 cup Nutritional Yeast

1/2 cup Pecans

1 tsp Sea Salt

1 tsp Black Pepper

Nutrition

Amount per serving

Calories	196	Cholesterol	0mg
Fat	12g	Sodium	676mg
Carbs	10g	Vitamin A	4231IU
Fiber	6g	Vitamin C	13mg
Sugar	1g	Calcium	67mg
Protein	13g	Iron	4mg

Butternut Squash Risotto with Crispy Prosciutto

8 ingredients · 40 minutes · 4 servings



Directions

1. Working in batches, place the cubed butternut squash in a food processor or blender and pulse until it resembles rice, but don't over-process. Set aside.
2. In a large pot or dutch oven, over medium heat, add the prosciutto. Cook for 5 to 7 minutes, until cooked through and slightly crispy. Remove and set aside.
3. Add the avocado oil and then the onion. Cook for 5 to 7 minutes over medium heat, until cooked through. Lower the heat to medium-low and add the sage and garlic. Cook for 1 minute more. Deglaze the pot with a splash of the chicken broth and stir to scrape up any browned bits from the pan.
4. Add the riced butternut squash and stir. Add the chicken broth and sea salt and cook for 14 to 16 minutes, until cooked through. Divide onto plates and top with the crispy prosciutto. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately 3/4 cup butternut squash risotto.

Additional Toppings

Top with grated parmesan or pecorino.

Make it Vegan

Omit the prosciutto and use vegetable broth instead of chicken broth.

No Sage

Use thyme instead.

Ingredients

- 6 cups Butternut Squash (cubed)
- 4 1/4 ozs Prosciutto (sliced into small pieces)
- 1 tsp Avocado Oil
- 1/2 Yellow Onion (chopped)
- 1/4 cup Fresh Sage (chopped)
- 1 Garlic (clove, minced)
- 1 cup Chicken Broth
- 1/4 tsp Sea Salt

Nutrition

Amount per serving

Calories	186	Cholesterol	23mg
Fat	6g	Sodium	945mg
Carbs	28g	Vitamin A	22442IU
Fiber	5g	Vitamin C	45mg
Sugar	6g	Calcium	143mg
Protein	10g	Iron	3mg

Creamy Balsamic Kale Salad

10 ingredients · 1 hour 15 minutes · 4 servings



Directions

1. Add the water, balsamic vinegar, tahini, maple syrup, Dijon mustard, garlic and salt to a jar and shake well. Refrigerate the dressing for at least 1 hour before serving. The dressing will thicken when chilled.
2. To make the salad, place the kale in a large bowl with half of the dressing. Massage the dressing into the kale leaves.
3. Divide the massaged kale between plates and top with the chickpeas, olives and the remaining dressing. Enjoy!

Notes

Leftovers

Refrigerate leftover salad in an airtight container for up to two days. Save any leftover dressing for another use. Dressing will keep refrigerated for up to a week.

Meal Prep

Store dressing and kale separately until ready to serve.

More Flavor

Add dried herbs like thyme or oregano to the dressing.

Additional Toppings

Tomatoes, peppers, sun dried tomatoes, hemp seeds, feta cheese, hard-boiled egg or cooked chicken.

No Chickpeas

Use white beans instead.

No Kalamata Olives

Omit or use another olive or capers.

Ingredients

- 1/4 cup Water (warm)
- 1/4 cup Balsamic Vinegar
- 1/4 cup Tahini
- 1 tbsp Maple Syrup
- 1 tbsp Dijon Mustard
- 1 Garlic (clove, small, minced)
- 1/4 tsp Sea Salt
- 8 cups Kale Leaves (finely chopped)
- 1 cup Chickpeas (cooked, rinsed)
- 1/2 cup Pitted Kalamata Olives (chopped)

Nutrition

Amount per serving

Calories	223	Cholesterol	0mg
Fat	12g	Sodium	359mg
Carbs	24g	Vitamin A	2098IU
Fiber	7g	Vitamin C	40mg
Sugar	8g	Calcium	218mg
Protein	8g	Iron	4mg

Air Fryer Crispy Brussels Sprouts

4 ingredients · 15 minutes · 2 servings



Directions

1. In a medium-sized bowl, add all ingredients and toss well to combine.
2. Working in batches to avoid too much overlap, add the brussels sprouts to the air fryer. Bake at 350°F (177°C) for six minutes, remove, give them a toss and bake for six to seven minutes longer, until crispy and browned. Enjoy!

Notes

Leftovers

These are best enjoyed fresh. Leftovers can be refrigerated for up to three days.

Serving Size

One serving is equal to about 1/2 to 3/4 cup of sliced Brussels sprouts.

Additional Toppings

Serve with a dip of your choice.

Ingredients

2 cups Brussels Sprouts (trimmed and sliced thin)

1 tbsp Extra Virgin Olive Oil

1/2 tsp Garlic Powder

1/4 tsp Sea Salt

Nutrition

Amount per serving

Calories	100	Cholesterol	0mg
Fat	7g	Sodium	318mg
Carbs	8g	Vitamin A	664IU
Fiber	3g	Vitamin C	75mg
Sugar	2g	Calcium	38mg
Protein	3g	Iron	1mg

Balsamic Roasted Vegetables

7 ingredients · 30 minutes · 4 servings



Directions

1. Place the vegetables in a mixing bowl and drizzle with the balsamic vinegar and Italian seasoning. Season with sea salt and black pepper to taste. Let the vegetables marinate while preheating the oven.
2. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
3. Arrange the vegetables on the baking sheet in an even layer and roast for 25 to 30 minutes until tender, stirring halfway through.
4. Remove the vegetables from the oven and season with additional salt and pepper if needed. Transfer to a plate and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately one cup of roasted vegetables.

More Flavor

Add other dried herbs and spices like garlic powder, onion powder or paprika.

Vegetables

Ensure the vegetables are diced to approximately the same size for even cooking.

Ingredients

- 4 Carrot (medium, peeled and chopped)
- 1 Red Bell Pepper (chopped)
- 2 cups Broccoli (cut into florets)
- 1 cup Red Onion (chopped)
- 2 tbsps Balsamic Vinegar
- 2 tsps Italian Seasoning
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	71	Cholesterol	0mg
Fat	0g	Sodium	62mg
Carbs	16g	Vitamin A	11406IU
Fiber	4g	Vitamin C	85mg
Sugar	8g	Calcium	55mg
Protein	3g	Iron	1mg

Meatloaf Muffins with Mashed Cauliflower Frosting

8 ingredients · 30 minutes · 6 servings



Directions

1. Preheat oven to 350°F (177°C) and grease your muffin tray with oil.
2. 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.
3. Meanwhile, place cauliflower florets in a steaming basket over boiling water. Steam for 8 minutes or until tender.
4. Transfer cauliflower, remaining salt and coconut milk to a blender and blend until smooth.
5. 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.

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 Canned Coconut Milk (full fat)
- 1/4 cup Tomato Sauce

Nutrition

Amount per serving

Calories	275	Cholesterol	74mg
Fat	15g	Sodium	756mg
Carbs	8g	Vitamin A	67IU
Fiber	3g	Vitamin C	48mg
Sugar	4g	Calcium	46mg
Protein	25g	Iron	4mg

One Pan Sausage, Potatoes & Peppers

7 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Place the potatoes and peppers on the baking sheet and season with the oil, paprika, oregano, and salt. Toss to combine and bake for 10 minutes.
3. Add the sliced sausage to the same baking sheet and stir to combine with the potatoes and peppers. Continue to bake for 15 to 18 minutes, or until the sausage is cooked through and the potatoes are tender. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add your favorite dried herbs or spices.

No Red Bell Pepper

Use yellow or orange bell pepper instead.

No Turkey Sausage

Use pork or chicken sausage instead.

No Mini Potatoes

Use diced yellow or white potatoes instead.

Ingredients

- 4 cups Mini Potatoes (halved)
- 2 Red Bell Pepper (chopped)
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1 1/2 tsps Paprika
- 1 tsp Oregano
- 1/2 tsp Sea Salt
- 1 1/8 lbs Turkey Sausage (sliced)

Nutrition

Amount per serving

Calories	373	Cholesterol	94mg
Fat	16g	Sodium	1048mg
Carbs	31g	Vitamin A	2389IU
Fiber	5g	Vitamin C	108mg
Sugar	4g	Calcium	52mg
Protein	27g	Iron	3mg

Spicy One Pot Beef & Veggies

8 ingredients · 25 minutes · 2 servings



Directions

1. Heat a large pan over medium heat. Add the beef to the pan, breaking it up as it browns. Once it is cooked through and no longer pink, drain excess drippings from the pan if necessary.
2. Add the peppers and tomato to the pan with the beef and cook for three to four minutes until the tomatoes start to release their juices.
3. Add the Italian seasoning and red pepper flakes and stir to combine. Add the kale leaves and olives and continue to stir until the kale has wilted.
4. Continue to cook for five to eight minutes, stirring often, until the red peppers are tender. Divide between plates, top with green onions, and season with additional red pepper flakes if needed. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add fresh garlic or finish with sea salt.

Make it Vegan

Use lentils instead of ground beef.

Serve it With

Cauliflower rice, brown rice, quinoa, and/or a side salad.

Make It Less Spicy

Omit red pepper flakes.

Ingredients

- 8 ozs Extra Lean Ground Beef
- 1 Red Bell Pepper (medium, diced)
- 1 Tomato (medium, diced)
- 1 tsp Italian Seasoning
- 1/4 tsp Red Pepper Flakes
- 1 cup Kale Leaves (finely chopped)
- 1/3 cup Pitted Kalamata Olives (halved)
- 2 stalks Green Onion (chopped)

Nutrition

Amount per serving

Calories	258	Cholesterol	74mg
Fat	14g	Sodium	273mg
Carbs	8g	Vitamin A	3862IU
Fiber	3g	Vitamin C	97mg
Sugar	3g	Calcium	73mg
Protein	25g	Iron	5mg

Moo Shu Beef Stir Fry

10 ingredients · 20 minutes · 3 servings



Directions

1. In a small bowl, whisk together the garlic, ginger, rice vinegar, hoisin sauce, tamari, and sesame oil. Pour half the marinade over the steak and reserve the rest for later.
2. Heat a large nonstick skillet over medium heat. Add half of the avocado oil and then add the cabbage and mushrooms. Cook for three to four minutes, until softened and the mushrooms are slightly browned. Remove from heat and set aside on a plate.
3. In the same skillet, over medium heat, add the remaining avocado oil and then place the steak slices in the skillet, along with the marinade it's been sitting in. Cook for about two minutes until the fat renders at the bottom of the pan. Add the vegetables back to the skillet and toss everything together. Pour in the reserved marinade and continue cooking for another three minutes until the steak is cooked through and everything is well coated.
4. Remove from the heat and divide onto plates. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is about 1 1/2 cups of stir fry.

Gluten-Free

Use a gluten-free hoisin sauce.

Additional Toppings

Top with sesame seeds and/or green onion. Serve over rice or noodles.

Ingredients

- 1 Garlic (clove, chopped)
- 1 tsp Ginger (minced)
- 1 tsp Rice Vinegar
- 1/4 cup Hoisin Sauce
- 2 tsps Tamari
- 1 1/2 tsps Sesame Oil
- 12 ozs Flank Steak (sliced thin against the grain)
- 2 tsps Avocado Oil (divided)
- 3 cups Green Cabbage (thinly shredded)
- 2 cups Shiitake Mushrooms (stem removed, sliced)

Nutrition

Amount per serving

Calories	362	Cholesterol	78mg
Fat	16g	Sodium	649mg
Carbs	29g	Vitamin A	89IU
Fiber	5g	Vitamin C	33mg
Sugar	12g	Calcium	79mg
Protein	28g	Iron	3mg

Chicken Thighs with Mushrooms

9 ingredients · 40 minutes · 4 servings



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.

Ingredients

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

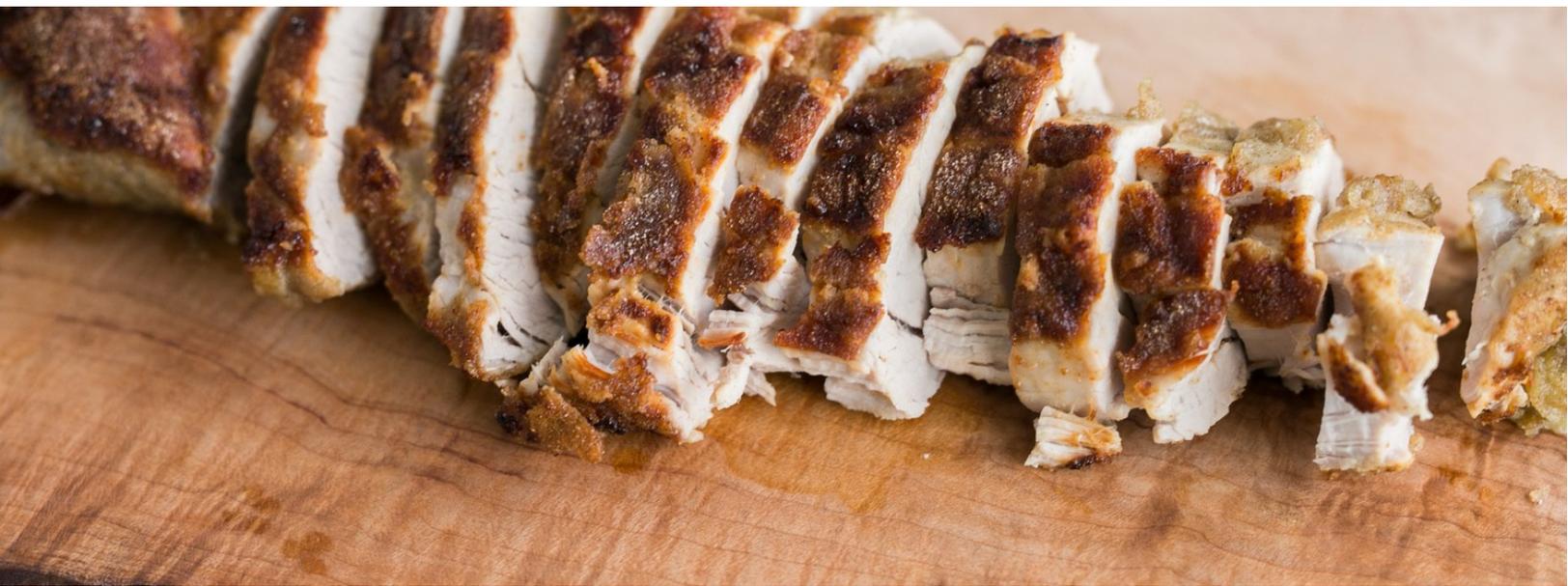
Nutrition

Amount per serving

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

Crispy Pork Tenderloin

6 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C).
2. Spread the mustard over the pork tenderloin until evenly coated.
3. In a shallow bowl, combine the flour, salt and sage. Press the pork tenderloin into the flour mixture until completely covered.
4. Heat the oil in a large skillet over medium-high heat. Sear the pork tenderloin for about 2 to 3 minutes per side, or until golden brown.
5. Transfer the skillet to the oven and continue baking for 15 to 20 minutes.
6. Remove from the oven, cover with foil and let it sit for 5 to 10 minutes before serving. Slice and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

No Brown Rice Flour

Use all-purpose flour, white rice flour, whole wheat flour, breadcrumbs or crushed crackers.

No Extra Virgin Olive Oil

Use coconut oil, sunflower seed oil, avocado oil or grapeseed oil instead.

More Flavor

Add your choice of spices to the flour mixture.

Additional Toppings

Top with cherry tomatoes, olives, feta, red onion and/or your favorite salad dressing.

Ingredients

- 1 **tbps** Dijon Mustard
- 1 **lb** Pork Tenderloin (fat trimmed, patted dry)
- 2 **tbps** Brown Rice Flour
- 1 **tsp** Sea Salt
- 1 **tsp** Ground Sage
- 2 **tbps** Extra Virgin Olive Oil

Nutrition

Amount per serving

Calories	206	Cholesterol	74mg
Fat	9g	Sodium	692mg
Carbs	4g	Vitamin A	10IU
Fiber	0g	Vitamin C	0mg
Sugar	0g	Calcium	9mg
Protein	24g	Iron	1mg

Broccoli & Mushroom Fried Rice

10 ingredients · 15 minutes · 4 servings



Directions

1. Add the broccoli florets to a food processor and pulse until a rice consistency forms.
2. Heat a large pan over medium heat and add in the avocado oil. Once the oil is warmed, add in the broccoli, mushrooms and garlic. Cook for 10 minutes.
3. Once the ingredients are cooked through, add in the coconut aminos, almonds, onion powder and sea salt. Cook for roughly 3 minutes, stirring often to combine the flavors. Remove from heat.
4. Top with green onions and cilantro. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. For best results, reheat in a skillet.

Nut-Free

Omit the almonds or use sunflower or sesame seeds instead.

More Protein

Top with a fried egg or stir in a scrambled egg.

Ingredients

- 2 cups Broccoli (chopped into small florets)
- 1 tbsp Avocado Oil
- 2 cups Mushrooms (sliced)
- 1/2 Garlic (clove, minced)
- 1 tbsp Coconut Aminos
- 1/4 cup Almonds (slivered)
- 1 tbsp Onion Powder
- 1 tsp Sea Salt
- 3 stalks Green Onion (chopped)
- 1/4 cup Cilantro (chopped)

Nutrition

Amount per serving

Calories	122	Cholesterol	0mg
Fat	8g	Sodium	678mg
Carbs	9g	Vitamin A	711IU
Fiber	3g	Vitamin C	44mg
Sugar	3g	Calcium	60mg
Protein	5g	Iron	1mg

Garlicky Beef & Greens

7 ingredients · 20 minutes · 4 servings



Directions

1. In a small mixing bowl combine the coconut aminos, garlic, ginger and green onion. Set aside.
2. Heat a large skillet over medium-high heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, transfer the cooked beef to a bowl and set aside. Drain any excess drippings from the pan.
3. To the same pan add the kale leaves and cook until wilted and tender. Add the cooked beef back to the pan with the kale and season with the salt.
4. Add the coconut aminos sauce and stir to combine. Let the sauce bubble and thicken for 1 to 2 minutes. Remove the pan from heat and divide between plates. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 cup.

More Flavor

Add sesame oil, lime juice, red pepper flakes or a drizzle of honey.

Additional Toppings

Top with sesame seeds or chopped cilantro. Serve over top of cooked rice, quinoa or cauliflower rice.

No Beef

Use ground chicken, turkey or pork instead.

No Coconut Aminos

Use tamari or other soy-based sauce instead.

Ingredients

- 1/4 cup Coconut Aminos
- 4 Garlic (clove, minced)
- 1 tbsp Ginger (fresh, grated or minced)
- 1 stalk Green Onion (chopped)
- 1 lb Extra Lean Ground Beef
- 4 cups Kale Leaves (finely chopped)
- 1/4 tsp Sea Salt

Nutrition

Amount per serving

Calories	228	Cholesterol	74mg
Fat	12g	Sodium	505mg
Carbs	5g	Vitamin A	1147IU
Fiber	1g	Vitamin C	21mg
Sugar	3g	Calcium	74mg
Protein	24g	Iron	3mg

Pesto Chicken Stuffed Sweet Potatoes

9 ingredients · 1 hour · 4 servings



Directions

1. Boil enough water to cover the cashews. Pour the water over the cashews and allow them to soak while you prepare the potatoes.
2. Preheat the oven to 400°F (204°C). Place the sweet potatoes and chicken on a baking sheet. Cook for 40 to 45 minutes, or until cooked through.
3. While the potatoes and chicken cook, make your pesto. Drain the cashews and place them into a blender or food processor along with the spinach, basil, garlic, olive oil, sea salt and nutritional yeast. Blend until smooth.
4. Once the chicken and sweet potatoes are cooked through, remove from the oven and place the chicken into a small bowl. With two forks, shred the chicken until completely pulled. Add the pesto to the chicken and mix together until evenly combined.
5. Stuff each sweet potato with the shredded chicken. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving equals one stuffed sweet potato.

Ingredients

- 1/4 cup Cashews
- 4 Sweet Potato (small)
- 8 ozs Chicken Breast
- 1 cup Baby Spinach
- 1/3 cup Basil Leaves
- 1 Garlic (clove, minced)
- 1 tsp Extra Virgin Olive Oil
- 1 tsp Sea Salt
- 1/4 cup Nutritional Yeast

Nutrition

Amount per serving

Calories	277	Cholesterol	41mg
Fat	7g	Sodium	720mg
Carbs	33g	Vitamin A	19350IU
Fiber	6g	Vitamin C	6mg
Sugar	6g	Calcium	66mg
Protein	21g	Iron	3mg

Lemon Garlic Shrimp & Grits

8 ingredients · 20 minutes · 4 servings



Directions

1. In a pot, bring the broth to a boil. Add half the salt and slowly whisk in the grits. Reduce the heat to medium-low and cook for about 15 minutes, or until thickened. Set aside.
2. Heat the butter in a skillet over medium-high heat. Add the shrimp and garlic. Cook for 3 to 4 minutes, or until the shrimp turns pink. Remove from heat.
3. Add the lemon juice and parsley to the shrimp and toss until well incorporated. Season with the remaining salt.
4. Divide grits into bowls and top with the lemon garlic shrimp. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately one cup of cooked grits and six shrimp.

Dairy-Free

Use olive oil instead of butter.

More Flavor

Add cayenne, parmesan or cheddar cheese to the grits. Substitute half the broth with dairy or alternative milk.

Ingredients

- 3 cups Vegetable Broth
- 1 tsp Sea Salt (divided)
- 3/4 cup Old Fashioned Grits (uncooked)
- 1 tbsp Butter
- 1 lb Shrimp (peeled, deveined)
- 2 Garlic (cloves, minced)
- 2 tbsps Lemon Juice
- 2 tbsps Parsley (chopped)

Nutrition

Amount per serving

Calories	243	Cholesterol	190mg
Fat	4g	Sodium	1218mg
Carbs	26g	Vitamin A	645IU
Fiber	1g	Vitamin C	7mg
Sugar	1g	Calcium	85mg
Protein	26g	Iron	2mg

Slow Cooker Chicken & Veggie Teriyaki

11 ingredients · 4 hours 20 minutes · 4 servings



Directions

1. Place the chicken thighs in your slow cooker.
2. In a small bowl, mix together the tamari, honey, rice vinegar, and garlic. Pour on top of the chicken. Cover and cook on low for four hours.
3. When the slow cooker has 30 minutes left, add in the pepper, mushrooms, and carrot. Give it a quick stir to combine. Cover and cook for the remaining time.
4. Whisk together the arrowroot and water in a small bowl.
5. When the four hours are done, remove the chicken and veggies from the slow cooker with a slotted spoon and set aside. In a small saucepan over medium-low heat, add the remaining sauce from the slow cooker. Once hot add the arrowroot and water mixture. Bring to a low boil and stir until thickened, about two minutes. Pour over the chicken and veggies. Divide into bowls and top with sesame seeds. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is about 1 1/4 cup of chicken and veggies.

Additional Toppings

Add in different vegetables such as broccoli, snap peas or zucchini. Serve on top of rice. Garnish with green onion.

No Arrowroot

Use cornstarch.

Ingredients

- 1 lb Chicken Thighs (boneless, skinless)
- 1/3 cup Tamari
- 2 tbsps Honey
- 2 tbsps Rice Vinegar
- 2 Garlic (cloves, minced)
- 1 Red Bell Pepper (sliced)
- 8 Cremini Mushrooms (quartered)
- 3 Carrot (medium, chopped)
- 1 tbsps Arrowroot Powder
- 2 tbsps Water
- 1 1/2 tsps Sesame Seeds (optional, for garnish)

Nutrition

Amount per serving

Calories	232	Cholesterol	107mg
Fat	6g	Sodium	1483mg
Carbs	20g	Vitamin A	8602IU
Fiber	3g	Vitamin C	42mg
Sugar	13g	Calcium	45mg
Protein	27g	Iron	2mg

Thai Basil Beef Stir Fry

11 ingredients · 30 minutes · 4 servings



Directions

1. Heat a cast-iron skillet over medium-high heat. Add the oil. Place the steak in the pan and cook for about 18 to 20 minutes, flipping once. The timing will depend on how thick your steak is. Remove, let rest for 10 minutes and then slice against the grain and set aside.
2. While the beef cooks, in a small bowl, add the tamari, fish sauce, lime juice, and monk fruit sweetener and stir to combine.
3. In the same skillet, add the onion, broccoli, and peppers. Cook until slightly softened, about four to five minutes.
4. Add the sauce to the skillet and toss to combine. Add the steak back into the skillet and cook for an additional minute or two to heat through. Remove from the heat and add the Thai basil. Divide onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is about 1 1/3 cup of stir fry.

More Flavor

Add oyster sauce, garlic and/or ginger to the sauce.

Additional Toppings

Serve with rice or cauliflower rice.

No Monk Fruit Sweetener

Use coconut sugar instead.

Ingredients

- 1 1/2 **tsps** Avocado Oil
- 1 **lb** Flank Steak
- 2 1/2 **tbsps** Tamari
- 1 **tbsp** Fish Sauce
- 1 **tsp** Lime Juice
- 1/2 **tsp** Monk Fruit Sweetener
- 1/2 **Yellow Onion** (chopped)
- 3 **cups** Broccoli (florets, chopped)
- 1 **Red Bell Pepper** (sliced)
- 1 **Green Bell Pepper** (sliced)
- 1/2 **cup** Thai Basil (chopped)

Nutrition

Amount per serving

Calories	255	Cholesterol	77mg
Fat	12g	Sodium	1068mg
Carbs	11g	Vitamin A	1747IU
Fiber	3g	Vitamin C	124mg
Sugar	5g	Calcium	87mg
Protein	28g	Iron	3mg

Pork Tenderloin with Steamed Parsnips & Carrots

7 ingredients · 40 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (205°C).
2. Mash together the basil, rosemary, salt and coconut oil into a paste.
3. Rub the pork tenderloin with the herb paste until evenly coated.
4. Wrap in foil and place on a baking sheet. Bake for about 30 minutes, or until a meat thermometer reads 145°F (65°C). Let it sit covered in the foil for 10 minutes before slicing.
5. Meanwhile, fill a pot with water and bring it to a boil. Place the carrots and parsnips in a steaming basket and steam for 10 to 15 minutes or until fork-tender. Slice the pork and enjoy with the carrots and parsnips.

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Roast the parsnips and carrots instead.

No Coconut Oil

Use butter or ghee instead.

Ingredients

- 1 tsp Dried Basil
- 1 tsp Dried Rosemary
- 3/4 tsp Sea Salt
- 1 tbsp Coconut Oil
- 1 lb Pork Tenderloin
- 3 Parsnip (medium, sliced)
- 2 Carrot (medium, sliced)

Nutrition

Amount per serving

Calories	253	Cholesterol	74mg
Fat	6g	Sodium	536mg
Carbs	24g	Vitamin A	5106IU
Fiber	5g	Vitamin C	18mg
Sugar	7g	Calcium	68mg
Protein	26g	Iron	2mg

Coconut Cranberry Cassava Cookies

10 ingredients · 20 minutes · 12 servings



Directions

1. Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper or use a silicone mat.
2. In a mixing bowl, combine the cassava flour, baking soda, and gelatin.
3. In a separate bowl, whisk together the coconut oil, coconut sugar, pureed pumpkin, and vanilla. Add the dry ingredients to the wet batter and stir until incorporated. Add one tablespoon of water at a time until the dough is crumbly and sticks together when squeezed.
4. Fold in the cranberries and coconut flakes. Roll a few tablespoons of dough for each cookie. Arrange the cookies onto the baking sheet and gently flatten each one. Bake for 10 minutes, or until your desired firmness is reached. (Note: these cookies have a chewy consistency and will get firmer as they cool.) Enjoy!

Notes

Leftovers

Store in a container at room temperature for up to four days, or freeze if longer.

Serving Size

One serving equals approximately two cookies.

Ingredients

- 1 1/2 cups Cassava Flour
- 1 tsp Baking Soda
- 1/3 oz Gelatin
- 1/4 cup Coconut Oil (melted)
- 1/4 cup Coconut Sugar
- 3/4 cup Pureed Pumpkin
- 1 tsp Vanilla Extract
- 1/2 cup Water (as needed)
- 1/2 cup Dried Unsweetened Cranberries
- 1/2 cup Unsweetened Coconut Flakes

Nutrition

Amount per serving

Calories	162	Cholesterol	0mg
Fat	7g	Sodium	107mg
Carbs	24g	Vitamin A	2383IU
Fiber	2g	Vitamin C	1mg
Sugar	7g	Calcium	15mg
Protein	1g	Iron	0mg

Chocolate Pumpkin Energy Bars

7 ingredients · 45 minutes · 6 servings



Directions

1. In a mixing bowl, whisk together the pumpkin seed butter, maple syrup, ginger, and cinnamon. Gently fold in the rice puffs cereal and pumpkin seeds.
2. Transfer and spread the mixture across a parchment-lined container or baking dish. Place another layer of parchment paper on top and firmly press into an even packed layer. (Note: If not compact enough, the bars may come out crumbly.)
3. In the microwave, heat the dark chocolate in a small bowl for 30 seconds at a time, until melted. Drizzle ovetop with a small spoon.
4. Freeze for about 30 minutes and slice into bars. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two weeks, or freeze for up to two months.

Serving Size

One serving equals two bars. A 9 x 6 1/2-inch container was used to make 12 bars or six servings.

No Pumpkin Seed Butter

Use tahini, sunflower seed butter, peanut butter, or almond butter instead.

Ingredients

- 1/3 cup Pumpkin Seed Butter (melted)
- 3 tbsps Maple Syrup
- 1/2 tsp Ground Ginger
- 1/2 tsp Cinnamon
- 1 1/2 cups Rice Puffs Cereal
- 1/2 cup Pumpkin Seeds
- 1 oz Dark Chocolate (chopped)

Nutrition

Amount per serving

Calories	208	Cholesterol	0mg
Fat	14g	Sodium	44mg
Carbs	16g	Vitamin A	3IU
Fiber	3g	Vitamin C	0mg
Sugar	7g	Calcium	23mg
Protein	6g	Iron	5mg

No Bake Dark Chocolate Coconut Cookies

5 ingredients · 1 hour · 15 servings



Directions

1. Line a baking sheet with parchment paper.
2. Heat a large skillet or frying pan over medium heat. Add the coconut and the oats to the warm pan. Toast the coconut and oats for 5 to 8 minutes, stirring often, until golden brown. Transfer to a large mixing bowl to cool.
3. Meanwhile, set up a double boiler: Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape.
4. Bring water to a boil then reduce to lowest heat. Add the dark chocolate to the smaller pot and stir until melted. Remove from heat and stir in the vanilla and salt.
5. Pour the melted chocolate into the bowl with the toasted coconut and stir to combine.
6. Spoon the chocolate and coconut mixture onto the prepared baking sheet and form into flat cookie shape approximately 2-inches in diameter. Freeze for about 30 minutes until solid. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to one week or freeze for up to one month. Cookies will melt if stored at room temperature.

Serving Size

One serving is one cookie.

Sugar-Free

Use a sugar-free chocolate instead.

No Double Boiler

Microwave the dark chocolate in a large glass bowl at 50% power for 30 seconds at a time until melted. Be careful not to overheat.

Ingredients

1 cup Unsweetened Shredded Coconut

1/2 cup Quick Oats

5 ozs Dark Chocolate (at least 70% cacao, broken into pieces)

1 tsp Vanilla Extract

1/8 tsp Sea Salt

Nutrition

Amount per serving

Calories	103	Cholesterol	0mg
Fat	8g	Sodium	24mg
Carbs	8g	Vitamin A	4IU
Fiber	2g	Vitamin C	0mg
Sugar	3g	Calcium	8mg
Protein	1g	Iron	1mg

Cinnamon Protein Energy Bites

9 ingredients · 35 minutes · 14 servings



Directions

1. In a large mixing bowl combine quick oats, oat flour, protein powder, ground flax, chia seeds and cinnamon. Fold in the almond butter and maple syrup until a thick dough forms. If it is too thick to work with, add the almond milk.
2. Use a tablespoon to scoop out dough and roll into balls, approximately 1-inch in diameter. Chill in the fridge for at least 20 minutes before serving. Enjoy!

Notes

Storage

Keep energy bites in the fridge for up to seven days or freezer for up to three months. Always serve chilled.

Serving Size

One serving is equal to one ball.

Nut-Free

Use sunflower seed butter or pumpkin seed butter instead of almond butter. Use coconut milk instead of almond milk.

Protein Powder

This recipe was developed and tested using a plant-based protein powder.

No Maple Syrup

Use honey instead.

Gluten-Free

Use certified gluten-free quick oats.

No Quick Oats

For best results, these balls need a smaller oat-texture. If you substitute with rolled oats, pulse a few times in a food processor to chop them into a quick oats texture.

No Protein Powder

Use more oat flour instead.

Ingredients

- 1/3 cup Oats (quick)
- 1/4 cup Oat Flour
- 1/4 cup Vanilla Protein Powder
- 1/4 cup Ground Flax Seed
- 2 tbsps Chia Seeds
- 1 1/2 tsps Cinnamon
- 1/2 cup Almond Butter
- 1/4 cup Maple Syrup
- 1 tbsp Unsweetened Almond Milk (optional; if needed)

Nutrition

Amount per serving

Calories	111	Cholesterol	0mg
Fat	7g	Sodium	5mg
Carbs	10g	Vitamin A	3IU
Fiber	2g	Vitamin C	0mg
Sugar	4g	Calcium	64mg
Protein	5g	Iron	1mg

Pumpkin Cinnamon Mini Muffins

10 ingredients · 35 minutes · 12 servings



Directions

1. Preheat the oven to 350°F (175°C). Grease a mini muffin tray or use a mini silicone muffin tray.
2. Combine the water and applesauce in a saucepan and sprinkle the gelatin overtop. Allow the gelatin to absorb the liquid for about five minutes.
3. Place the saucepan over low heat and whisk until the gelatin is dissolved, about three minutes. Transfer to a large bowl and combine with the pureed pumpkin and oil.
4. In a separate mixing bowl, stir together the cassava flour, coconut sugar, arrowroot powder, baking soda, and cinnamon. Add the dry ingredients to the bowl of wet ingredients and stir until just incorporated.
5. Scoop the batter into the cups and bake for 20 to 25 minutes or until a toothpick comes out clean. Let cool completely and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Freeze for up to three months.

Serving Size

One serving equals approximately one mini muffin.

More Flavor

Add vanilla, nutmeg, and salt to taste.

Additional Toppings

Add nuts, chocolate chips, and/or raisins to the batter before baking.

No Olive Oil

Use avocado oil or butter instead.

Ingredients

- 3 tbsps Water
- 2 tbsps Unsweetened Applesauce
- 1/3 oz Gelatin
- 1/2 cup Pureed Pumpkin
- 1/4 cup Extra Virgin Olive Oil
- 2/3 cup Cassava Flour
- 1/3 cup Coconut Sugar
- 2 tbsps Arrowroot Powder
- 1/2 tsp Baking Soda
- 1 tsp Cinnamon

Nutrition

Amount per serving

Calories	96	Cholesterol	0mg
Fat	5g	Sodium	53mg
Carbs	14g	Vitamin A	1590IU
Fiber	1g	Vitamin C	0mg
Sugar	5g	Calcium	10mg
Protein	1g	Iron	0mg