



Leaky Gut Free Meal Plan

Created by Brooke Archer of Evolved Nutrition



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Leaky Gut Syndrome is a key contributor to many health issues, from autoimmunity to skin problems. This 7-day leaky gut free meal plan has been designed to show you just how delicious your meals can be while improving your gut health.

Whether you are just starting out on a gut healing protocol, or you've been doing it for a while and need some new inspiration, this meal plan is packed with yummy, healthy, easy to make recipes that the whole family can enjoy.

This meal plan includes plenty of easily digestible meals focusing on phytonutrient rich plants. Anti-inflammatory omega-3 fats and turmeric help reduce inflammation. Fermented foods, like sauerkraut, bring good bacteria back into the gut and healing bone broth provides gelatin to soothe and support damaged gut lining.

Your free plan includes breakfast, lunch, dinner, two snacks per day, and a bonus dessert, with all recipes included. Ingredients used in your plan can be found at most major supermarkets and health food stores, so you don't have to worry about searching high and low for that unusual food item.

Notes:

- Please check the serving sizes and adjust if necessary e.g. halve or double.
- Shaded meals on the meal plan are to indicate leftovers.
- The shopping list is comprised of ALL ingredients from ALL recipes and should be used as a guide - please check what you might already have first.
- Most meals don't take a long time to prepare, and many can be made in advance.

The 7-day plan is not designed specifically to assist with various medical conditions or for weight loss, though it may assist with these health goals and more.

As a qualified clinical nutritionist and naturopath, I specialise in food intolerances/allergies and gut health, but work with a range of clients with varied needs. If you would like a more individualised meal plan created or to work with me 1:1 you can learn more at www.evolvednutrition.com.au or contact me directly at brooke@evolvednutrition.com.au.



Leaky Gut Free Meal Plan

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Gut Healing Green Smoothie	Crispy Broccolini & Eggs	Strawberry Kiwi Tropical Smoothie	Banana & Nut Quinoa Bowl	Chocolate Strawberry Chia Pudding	Smoked Salmon & Quinoa Breakfast Bowl	Spinach & Sweet Potato Frittata
Snack 1	Everything Bagel Hummus & Veggies	Kiwi	Apple with Macadamia Nut Butter	Immunity Boosting Bone Broth	Golden Turmeric Latte	Kiwi	Taco Spiced Chickpeas
	Everything Bagel Seasoning						
Lunch	Turmeric Egg Drop Soup	Turmeric Egg Drop Soup	Spaghetti Squash Chow Mein	Chicken Kale Salad with Avocado Dressing	Slow Cooker Orange Pulled Pork Lettuce Wraps	Butter Chicken & Cauliflower Rice	Mango & Guacamole Chicken Wrap
Snack 2	Immunity Boosting Bone Broth	Carrots & Guacamole	Immunity Boosting Bone Broth	Taco Spiced Chickpeas	Avocado, Cucumber & Nori Snack Box	Hot Chocolate Smoothie	Immunity Boosting Bone Broth
				Taco Seasoning			
Dinner	Coconut Curried Prawn with Broccoli	Spaghetti Squash Chow Mein	Zucchini Noodles with Salmon	Slow Cooker Orange Pulled Pork with Coleslaw	Butter Chicken & Cauliflower Rice	15 Minute Grilled Steak with Mint Pesto	Turkey & Cabbage Stir Fry
	Brown Basmati Rice					Paprika Garlic Roasted Potatoes	
Dessert					Blueberry Crumble	Blueberry Crumble	



Leaky Gut Free Meal Plan

110 items

Fruits

- 1 Apple
- 3 Avocado
- 2 1/2 Banana
- 592 grams Blueberries
- 5 Kiwi
- 1 Lemon
- 2 milliliters Lemon Juice
- 3 Lime
- 34 milliliters Lime Juice
- 1/4 Mango
- 41 grams Pineapple
- 144 grams Strawberries

Breakfast

- 28 grams Macadamia Nut Butter
- 80 grams Maple Syrup

Seeds, Nuts & Spices

- 34 grams Cashews
- 84 grams Chia Seeds
- 24 grams Chili Powder
- 2 grams Cinnamon
- 11 grams Cumin
- 12 grams Curry Powder
- 20 grams Dried Onion Flakes
- 6 grams Everything Bagel Seasoning
- 7 grams Garam Masala
- 50 grams Garlic Powder
- 13 grams Ground Flax Seed
- 40 grams Hemp Seeds
- 29 grams Onion Powder
- 2 grams Oregano
- 5 grams Paprika
- 99 grams Pecans
- 37 grams Poppy Seeds
- 5 grams Red Pepper Flakes
- 144 grams Sea Salt

Vegetables

- 40 grams Arugula
- 130 grams Baby Spinach
- 42 grams Basil Leaves
- 182 grams Broccoli
- 1/2 bunch Broccolini
- 11 Carrot
- 1 head Cauliflower
- 12 stalks Celery
- 26 grams Cilantro
- 1.2 kilograms Coleslaw Mix
- 1 3/4 Cucumber
- 30 Garlic
- 36 grams Ginger
- 712 grams Green Cabbage
- 1/16 head Green Lettuce
- 1 stalk Green Onion
- 126 grams Kale Leaves
- 19 grams Mint Leaves
- 304 grams Parsley
- 160 grams Red Onion
- 1 Spaghetti Squash
- 1 Sweet Potato
- 3 Yellow Bell Pepper
- 7 1/2 Yellow Onion
- 4 Yellow Potato
- 1 1/2 Zucchini

Boxed & Canned

- 1 Anchovy
- 180 grams Brown Basmati Rice
- 727 milliliters Canned Coconut Milk
- 960 grams Chicken Broth, Low Sodium
- 328 grams Chickpeas
- 43 grams Quinoa
- 52 grams Quinoa Flakes
- 64 grams Tomato Paste

Baking

Bread, Fish, Meat & Cheese

- 340 grams Chicken Breast
- 269 grams Chicken Breast, Cooked
- 454 grams Extra Lean Ground Chicken
- 454 grams Extra Lean Ground Turkey
- 123 grams Hummus
- 454 grams Ny Striploin Steak
- 1.8 kilograms Pork Shoulder, Boneless
- 340 grams Prawn
- 170 grams Salmon Fillet
- 170 grams Smoked Salmon
- 4 Whole Chicken Carcass

Condiments & Oils

- 71 milliliters Apple Cider Vinegar
- 40 milliliters Avocado Oil
- 15 milliliters Balsamic Vinegar
- 120 milliliters Coconut Aminos
- 111 milliliters Coconut Oil
- 291 milliliters Extra Virgin Olive Oil
- 147 grams Mayonnaise
- 32 milliliters Sesame Oil

Cold

- 18 Egg
- 15 grams Guacamole
- 177 milliliters Orange Juice
- 240 milliliters Plain Coconut Milk
- 780 milliliters Unsweetened Almond Milk

Other

- 49 grams Chocolate Protein Powder
- 4 Nori Sheets
- 12 grams Vanilla Protein Powder
- 7.4 liters Water



- 0** Sea Salt & Black Pepper
- 38 grams** Sesame Seeds
- 36 grams** Slivered Almonds
- 5 grams** Smoked Paprika
- 8 grams** Taco Seasoning
- 5 grams** Turmeric
- 30 grams** Walnuts

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- 168 grams** Almond Flour
 - 32 grams** Arrowroot Powder
 - 11 grams** Cocoa Powder
 - 63 grams** Raw Honey
 - 2 milliliters** Vanilla Extract

Frozen

- 1** Brown Rice Tortilla
- 90 grams** Frozen Cauliflower
- 221 grams** Frozen Strawberries

Gut Healing Green Smoothie

8 ingredients · 5 minutes · 2 servings



Directions

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

593 milliliters Water (cold)

42 grams Kale Leaves

1/2 Avocado (peeled and pit removed)

1 Banana (frozen)

12 grams Chia Seeds

13 grams Ground Flax Seed

40 grams Hemp Seeds

42 grams Raw Honey

Crispy Broccolini & Eggs

4 ingredients · 15 minutes · 1 serving



Directions

1. In a small bowl, toss the broccolini with half the avocado oil and half the salt.
2. Heat a cast iron pan over medium heat. Once hot, add the broccolini and sear on one side until charred, about three to four minutes. Then flip and cook for an additional three to four minutes. Remove and set aside.
3. Add the remaining oil to the skillet and crack the eggs into the pan. Fry the eggs until the whites are set and the yolks are cooked to your liking. Season the eggs with the remaining salt.
4. Serve the broccolini with the eggs. Enjoy!

Notes

Leftovers

This dish is best enjoyed immediately.

More Flavor

Add chili flakes or hot sauce to the eggs.

Additional Toppings

Serve with toast or bacon.

Ingredients

- 1/2 bunch Broccolini
- 10 milliliters Avocado Oil (divided)
- 750 milligrams Sea Salt (divided)
- 2 Egg

Strawberry Kiwi Tropical Smoothie

7 ingredients · 5 minutes · 1 serving



Directions

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

Notes

Nut-Free

Use hemp milk, rice milk, oat milk or water instead of almond milk.

No Chia Seeds

Use ground flax seeds instead.

No Zucchini

Use frozen cauliflower, spinach or kale instead.

Protein Powder

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

Ingredients

300 milliliters Unsweetened Almond Milk

221 grams Frozen Strawberries

1 Kiwi (peeled, chopped)

41 grams Pineapple (fresh or frozen)

1/2 Zucchini (chopped)

12 grams Chia Seeds

12 grams Vanilla Protein Powder

Banana & Nut Quinoa Bowl

6 ingredients · 5 minutes · 2 servings



Directions

1. In a small saucepan, over medium heat, combine the quinoa flakes, almond milk, cinnamon, and vanilla. Add half the banana and mash with a fork to incorporate.
2. Bring to a boil and then reduce the heat to low and simmer for three minutes.
3. Divide into bowls and top with sliced banana and walnuts. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Likes it Sweet

Add some maple syrup.

Nut-Free

Use pumpkin seeds instead of walnuts.

More Protein

Add vanilla protein powder.

Ingredients

- 52 grams** Quinoa Flakes
- 240 milliliters** Unsweetened Almond Milk
- 650 milligrams** Cinnamon
- 2 milliliters** Vanilla Extract
- 1** Banana (divided)
- 30 grams** Walnuts (roughly chopped)

Chocolate Strawberry Chia Pudding

4 ingredients · 30 minutes · 2 servings



Directions

1. In a large bowl, combine the chia seeds with the coconut milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
2. Top the chia pudding with the strawberries and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

No Protein Powder

Use raw cacao powder or cocoa powder instead of protein powder, using half the amount.

Likes it Sweet

Add a drizzle of maple syrup or honey.

Likes it Thicker

Use full fat coconut milk instead.

Additional Toppings

Add granola or cacao nibs on top for crunch.

Protein Powder

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

Ingredients

48 grams Chia Seeds

240 milliliters Plain Coconut Milk (unsweetened, from the carton)

24 grams Chocolate Protein Powder

144 grams Strawberries (halved)

Smoked Salmon & Quinoa Breakfast Bowl

6 ingredients · 20 minutes · 2 servings



Directions

1. Cook the quinoa according to the package directions and let cool.
2. Meanwhile, place the eggs in a saucepan and cover with water. Bring to a boil, then turn off the heat, cover with a lid and let sit for 10 to 12 minutes. Transfer the eggs to an ice bath. Peel and slice the eggs when cool enough to handle.
3. Toss the quinoa with cilantro and lime juice. Divide the arugula, quinoa, smoked salmon, and eggs between bowls. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

More Flavor

Season the quinoa with salt and pepper. Add sliced red onion, capers, or avocado to the finished bowl.

Ingredients

- 43 grams** Quinoa (uncooked)
- 4** Egg
- 2 grams** Cilantro (chopped)
- 5 milliliters** Lime Juice (to taste)
- 40 grams** Arugula (packed)
- 170 grams** Smoked Salmon (sliced)

Spinach & Sweet Potato Frittata

5 ingredients · 25 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C).
2. Heat the oil in a cast-iron skillet (or another oven-safe pan) over medium heat. Add the sweet potato and cook, stirring occasionally, for about 10 minutes or until the potatoes are just tender. Add the spinach and stir until wilted.
3. Season the whisked eggs with salt and pepper then pour the eggs into the pan with the vegetables and let the eggs cook for about 30 seconds or until they just begin to set before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven.
4. Bake for 10 to 12 minutes or until the eggs have set and are firm to the touch in the center of the pan. Let it sit for about five minutes before cutting into wedges. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add onions, garlic, and/or fresh herbs, like chives, basil, or dill.

Additional Toppings

Salsa, hot sauce, or ketchup.

No Spinach

Use kale or swiss chard instead.

Ingredients

15 milliliters Extra Virgin Olive Oil

1 Sweet Potato (medium, peeled and cut into small cubes)

90 grams Baby Spinach (chopped)

8 Egg (whisked)

Sea Salt & Black Pepper (to taste)

Everything Bagel Hummus & Veggies

4 ingredients · 5 minutes · 2 servings



Directions

1. Add the hummus to a bowl and stir in the Everything Bagel seasoning. Serve with carrot sticks and cucumber slices. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Veggies

Use any raw vegetable instead or serve with crackers or pita bread.

Everything Bagel Seasoning

If you don't have store-bought Everything Bagel Seasoning, make your own by mixing together even amounts of poppy seeds, sesame seeds, garlic powder, and dried onion flakes. Add sea salt to taste.

Ingredients

123 grams Hummus

6 grams Everything Bagel Seasoning

2 Carrot (medium, peeled and cut into sticks)

1/2 Cucumber (medium, sliced)

Everything Bagel Seasoning

5 ingredients · 5 minutes · 18 servings



Directions

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

Notes

Serve it On

Eggs, roasted veggies or to season meat/fish.

Storage

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

Ingredients

37 grams Poppy Seeds

36 grams Sesame Seeds

37 grams Garlic Powder

20 grams Dried Onion Flakes

54 grams Sea Salt

Kiwi

1 ingredient · 5 minutes · 1 serving



Directions

1. Peel and slice. Enjoy!

Ingredients

- 2 Kiwi

Apple with Macadamia Nut Butter

2 ingredients · 5 minutes · 1 serving



Directions

1. Serve the apple slices with the macadamia nut butter. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

No Macadamia Nut Butter

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

Ingredients

1 Apple (cored, sliced)

28 grams Macadamia Nut Butter

Immunity Boosting Bone Broth

9 ingredients · 12 hours · 4 servings



Directions

1. Place the bones in the slow cooker. Add all remaining ingredients. Set slow cooker to low and let cook for at least 12 hours.
2. After 12 hours, strain the broth through a strainer or mesh sack. Discard the vegetables that you strained out. Allow broth to cool. Once cool, remove the layer of fat that forms on the top and discard or save it for future cooking. Freeze broth until ready to use.

Notes

Leftovers

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

Serving Size

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

Low FODMAP

Omit garlic and onions.

Ingredients

- 1 Whole Chicken Carcass (about 2 lbs of bones)
- 1 Carrot (peeled and chopped)
- 1 Yellow Onion (diced)
- 2 stalks Celery (chopped)
- 3 Garlic (cloves, halved)
- 15 milliliters Apple Cider Vinegar
- 6 grams Sea Salt
- 61 grams Parsley (chopped)
- 1.4 liters Water

Golden Turmeric Latte

7 ingredients · 10 minutes · 2 servings



Directions

1. Grate the ginger then squeeze the juice out of it into a saucepan. Discard the pulp. Add the remaining ingredients to the saucepan and place over medium heat. Heat through for about 3 to 5 minutes, not letting it come to a boil. Whisk continuously.
2. Carefully transfer into a mason jar and seal with a lid. Shake vigorously for about 30 seconds, or until a foam starts to form. (Note: You can also use a blender for this step, but the turmeric can stain the blender cup.) Pour into glasses through a sieve and enjoy!

Notes

Use Fresh Turmeric Root

Skip the turmeric powder and use fresh turmeric root instead. Peel turmeric root and grate. Measure out about 1 tbsp grated turmeric root per serving.

Avoid a Mess

Rinse all glasses and mugs out right after use to avoid turmeric stains. Use baking soda on turmeric stains if they do happen.

On-the-Go

Add all ingredients except water to a mason jar. When ready to drink, just add hot water from the kettle and shake up for a warming, anti-inflammatory snack.

Vegan

Use maple syrup to sweeten instead of honey.

Ingredients

- 6 grams** Ginger (grated)
- 242 milliliters** Canned Coconut Milk
- 237 milliliters** Water
- 3 grams** Turmeric (powder)
- 21 grams** Raw Honey
- 1 gram** Cinnamon
- 7 milliliters** Coconut Oil

Turmeric Egg Drop Soup

7 ingredients · 15 minutes · 4 servings



Directions

1. Heat the broth, sesame oil, salt, and turmeric in a pot over medium heat. Bring to a gentle simmer.
2. Meanwhile, combine the arrowroot powder and water in a small bowl. Stir the slurry into the pot until well incorporated.
3. While stirring the soup, slowly add the whisked eggs. Allow the streaks of egg to set, about two minutes. Divide into bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately 1 1/4 cup.

More Flavor

Add ginger or white pepper.

Additional Toppings

Add shredded chicken, corn, cilantro, and/or green onions.

Ingredients

960 grams Chicken Broth, Low Sodium

2 milliliters Sesame Oil

3 grams Sea Salt (to taste)

2 grams Turmeric (to taste)

24 grams Arrowroot Powder

79 milliliters Water

4 Egg (lightly whisked)

Chicken Kale Salad with Avocado Dressing

8 ingredients · 10 minutes · 2 servings



Directions

1. Add the avocado, parsley, green onion, salt, and half the water into a food processor. Blend until smooth, scraping down the sides as needed. Add more water, one tablespoon at a time until your desired consistency is reached.
2. Divide the kale, chicken, and cucumber into bowls. Top with avocado dressing and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately two cups of kale, four ounces of chicken, one cup of cucumber, and half a cup of dressing.

More Flavor

Add lemon juice, garlic powder, onion powder, black pepper, or cilantro to the dressing. Substitute some of the water with extra virgin olive oil.

Ingredients

- 1 Avocado (medium)
- 30 grams Parsley (stems removed)
- 1 stalk Green Onion (trimmed, chopped)
- 2 grams Sea Salt (to taste)
- 178 milliliters Water (divided)
- 84 grams Kale Leaves (tough stems removed, finely chopped)
- 227 grams Chicken Breast, Cooked (chopped)
- 1 Cucumber (medium, chopped)

Mango & Guacamole Chicken Wrap

5 ingredients · 5 minutes · 1 serving



Directions

1. Spread on the guacamole onto the tortilla. Add the chicken, mango, and green lettuce. Roll up the tortilla tightly and enjoy!

Notes

Leftovers

Best enjoyed fresh. Store in an airtight container for up to one day.

More Flavor

Add chopped cilantro, diced tomatoes, and/or diced jalapenos.

Ingredients

- 15 grams** Guacamole
- 1** Brown Rice Tortilla
- 43 grams** Chicken Breast, Cooked (shredded)
- 1/4** Mango (peeled, sliced)
- 1/16 head** Green Lettuce (chopped)

Carrots & Guacamole

4 ingredients · 5 minutes · 2 servings



Directions

1. Peel and slice carrots into sticks.
2. Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.
3. Dip the carrots into the guac & enjoy!

Notes

Leftovers

Store the guacamole in an airtight container in the refrigerator for up to two days. Sliced carrots can be stored in the refrigerator for up to four days.

Spice it Up

Add chili flakes, salsa and/or chopped cilantro to the guacamole.

Ingredients

- 4 Carrot (medium)
- 1 Avocado
- 1 Lime (juiced)
- 2 grams Sea Salt (or more to taste)

Taco Spiced Chickpeas

4 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Pat the chickpeas dry with a paper towel and transfer them to the prepared baking sheet. Drizzle with the oil and season with salt, pepper, and taco seasoning. Mix until the chickpeas are evenly coated.
3. Bake in the oven for 25 to 28 minutes, tossing halfway through, or until the chickpeas reach your desired crispiness.
4. Remove from the oven. Season with additional salt and pepper if needed. Let cool slightly and enjoy!

Notes

Leftovers

Store in an airtight container for up to two days. If leftover chickpeas lose their crunch, reheat in the oven for five to eight minutes or until crispy again.

Serving Size

One serving is approximately 1/2 cup.

No Extra Virgin Olive Oil

Use avocado oil instead.

Ingredients

328 grams Chickpeas (cooked)

10 milliliters Extra Virgin Olive Oil

Sea Salt & Black Pepper (to taste, optional)

8 grams Taco Seasoning

Taco Seasoning

8 ingredients · 5 minutes · 12 servings



Directions

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

Notes

Use it With

Ground beef, pork, turkey, chicken or bison; tofu, tempeh, roasted with chickpeas and olive oil or shredded jackfruit.

Storage

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

Serving Size

One serving is equal to approximately 1 tablespoon.

Ingredients

- 29 grams** Onion Powder
- 9 grams** Garlic Powder
- 36 grams** Sea Salt
- 16 grams** Chili Powder
- 5 grams** Red Pepper Flakes
- 6 grams** Cumin
- 2 grams** Oregano
- 8 grams** Arrowroot Powder

Avocado, Cucumber & Nori Snack Box

5 ingredients · 5 minutes · 1 serving



Directions

1. Assemble all the ingredients into a storage container. Add sesame seeds to the cucumber and avocado. Refrigerate until ready to eat. Enjoy!

Notes

Storage

The avocado is best enjoyed immediately. To keep it from browning, squeeze some lemon juice on top and refrigerate in an airtight container for up to one day.

Nut-Free

Use pumpkin seeds instead of cashews.

More Flavor

Season the avocado with chili flakes, cayenne or everything bagel seasoning.

Ingredients

1/2 Avocado (sliced)

1/4 Cucumber (sliced)

34 grams Cashews

4 Nori Sheets

2 grams Sesame Seeds (optional)

Hot Chocolate Smoothie

7 ingredients · 5 minutes · 1 serving



Directions

1. In a small saucepan over medium-low heat, add the almond milk. Bring to a simmer and then add to a blender.
2. Add the remaining ingredients. Blend carefully, allowing space for the heat to escape, until smooth and creamy. Serve warm and enjoy!

Notes

Nut-Free

Use coconut milk or another nut-free milk instead.

More Flavor

Add ground cinnamon.

Protein Powder

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

Ingredients

- 240 milliliters** Unsweetened Almond Milk
- 90 grams** Frozen Cauliflower
- 1/2** Banana
- 24 grams** Chocolate Protein Powder
- 11 grams** Cocoa Powder
- 12 grams** Chia Seeds
- 750 milligrams** Sea Salt (optional, for topping)

Coconut Curried Prawn with Broccoli

10 ingredients · 25 minutes · 2 servings



Directions

1. Heat the coconut oil over medium heat. Add the onion and cook for three to five minutes or until the onion has softened. Add the garlic, ginger, and curry powder and cook for another minute. Stir in the coconut milk.
2. Bring the sauce to simmer then add the broccoli. Cook for five to seven minutes or until the broccoli is fork tender.
3. Add in the shrimp and cook for two to three minutes more until the prawn are opaque and cooked through.
4. Remove the pot from the heat and stir in the lime juice (if using) and season with additional salt if needed. Divide between plates or bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add other dried herbs and spices like cumin, chili powder, or coriander.

Additional Toppings

Serve with cilantro, red pepper flakes, or extra lime wedges.

More Veggies

Add carrots and spinach.

Serve it With

Cauliflower rice, brown rice, jasmine rice, or quinoa.

Ingredients

- 15 milliliters** Coconut Oil
- 1/2** Yellow Onion (medium, chopped)
- 2** Garlic (clove, minced)
- 6 grams** Ginger (minced or grated)
- 6 grams** Curry Powder
- 2 grams** Sea Salt
- 242 milliliters** Canned Coconut Milk
- 182 grams** Broccoli (cut into florets)
- 340 grams** Prawn (raw, deveined, peeled and tails removed)
- 1/2** Lime (optional)

Brown Basmati Rice

2 ingredients · 1 hour · 4 servings



Directions

1. Combine the brown basmati rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce the heat to a simmer and cover with a lid. Let simmer for 50 minutes. Do not stir or lift the lid during this time.
2. Remove from heat and let it sit with the lid on for five minutes. Fluff with a fork and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days, or in the freezer for up to six months.

Serving Size

One serving equals approximately 3/4 to one cup.

More Flavor

Add sea salt, turmeric, or biryani masala.

Too Watery

Remove the lid and cook on low for five to 10 minutes. Cover with a lid and let it rest for another five minutes before serving.

Ingredients

180 grams Brown Basmati Rice (uncooked)

474 milliliters Water

Spaghetti Squash Chow Mein

10 ingredients · 1 hour 30 minutes · 4 servings



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.

Ingredients

- 1 Spaghetti Squash
- 29 milliliters Sesame Oil
- 1 Yellow Onion (medium, diced)
- 4 stalks Celery (sliced diagonally)
- 340 grams Coleslaw Mix
- 3 Garlic (cloves, minced)
- 6 grams Ginger (peeled and grated)
- 7 milliliters Coconut Oil
- 454 grams Extra Lean Ground Chicken
- 60 milliliters Coconut Aminos

Zucchini Noodles with Salmon

9 ingredients · 20 minutes · 2 servings



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 spinach 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 spinach 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.

Serving Size

One serving is approximately one cup of zucchini noodles and three ounces of salmon fillet.

More Flavor

Add nutritional yeast or chili flakes.

Additional Toppings

Add extra sliced basil leaves on top.

No Anchovy

Omit.

Ingredients

- 170 grams** Salmon Fillet
- 42 grams** Basil Leaves
- 59 milliliters** Extra Virgin Olive Oil
- 1** Garlic (clove, minced)
- 1** Anchovy
- 2 milliliters** Lemon Juice
- 750 milligrams** Sea Salt
- 40 grams** Baby Spinach
- 1** Zucchini (large, spiralized into noodles)

Slow Cooker Orange Pulled Pork with Coleslaw

12 ingredients · 6 hours · 10 servings



Directions

1. Add the olive oil, orange juice, lime juice, cilantro, mint, garlic, cumin, salt and pepper to a food processor and blend until well combined.
2. Place the pork into the slow cooker and cover in the marinade. Cook on low for six to eight hours, or high for four hours, or until the pork is tender and falls apart easily.
3. Meanwhile, combine the coleslaw mix, mayonnaise, and apple cider vinegar. Mix well then refrigerate until ready to serve.
4. Use two forks to pull apart the pork and plate with the coleslaw. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately six ounces of pulled pork and one cup of coleslaw.

More Flavor

Add fresh oregano and orange zest to the marinade. Sear the pork on all sides before adding to the slow cooker.

Ingredients

- 118 milliliters** Extra Virgin Olive Oil
- 177 milliliters** Orange Juice
- 29 milliliters** Lime Juice
- 16 grams** Cilantro
- 6 grams** Mint Leaves
- 6** Garlic (cloves)
- 4 grams** Cumin (ground)
- Sea Salt & Black Pepper (to taste)
- 1.8 kilograms** Pork Shoulder, Boneless
- 850 grams** Coleslaw Mix
- 147 grams** Mayonnaise
- 12 milliliters** Apple Cider Vinegar

Butter Chicken & Cauliflower Rice

15 ingredients · 30 minutes · 4 servings



Directions

1. Dice your chicken into cubes and set aside.
2. Heat olive oil in a large skillet over medium heat. Saute your onion, garlic and ginger. Stir in tomato paste, paprika, curry, garam masala, sea salt and chilli powder. Cook for 1 to 2 minutes or until fragrant.
3. Add diced chicken and stir until cooked through, about 5 to 7 minutes. Add in the water and loosen the paste.
4. Stir in coconut milk and reduce to simmer for about 5 minutes.
5. Meanwhile, create your cauliflower rice by adding the florets to the food processor. Process until the cauliflower has a rice-like consistency.
6. Squeeze lime juice on cauliflower rice and transfer into a bowl.
7. Remove from heat and ladle butter chicken over cauliflower rice. Enjoy!

Notes

Vegan or Budget-Friendly

Skip the chicken breast and replace with chickpeas, lentils or beans.

No Coconut Milk

Use Greek yogurt instead.

No Cauliflower Rice

Serve over brown rice or quinoa instead.

More Veggies

Add chopped cauliflower, sweet potatoes, peas, broccoli, baby spinach or chopped kale. Or serve it with a side salad.

Storage

Refrigerate in an air-tight container for up to 2 - 3 days.

Ingredients

- 340 grams** Chicken Breast
- 30 milliliters** Extra Virgin Olive Oil
- 2** Yellow Onion (diced)
- 2** Garlic (cloves, minced)
- 12 grams** Ginger (grated)
- 64 grams** Tomato Paste
- 5 grams** Paprika
- 6 grams** Curry Powder
- 7 grams** Garam Masala
- 6 grams** Sea Salt
- 8 grams** Chili Powder
- 59 milliliters** Water
- 242 milliliters** Canned Coconut Milk (full fat)
- 1 head** Cauliflower
- 1/2** Lime (juiced)

15 Minute Grilled Steak with Mint Pesto

11 ingredients · 15 minutes · 4 servings



Directions

1. In a food processor, combine the slivered almonds, garlic, mint, parsley, olive oil and lemon juice. Pulse until a thick paste forms. Set aside.
2. Preheat grill to medium heat.
3. Rub steaks generously with sea salt. Place yellow peppers, red onion and steaks on the grill. Cook for 4 to 5 minutes and then turn. Cook for another 4 to 5 minutes. (Note: Time will vary depending on temperature. We found 4 minutes per side was great for medium-rare.)
4. Remove veggies and steak from the grill. Toss the veggies in balsamic vinegar and drizzle with a splash of olive oil. Divide onto plates. Add the steak and top with a spoonful of mint pesto. Enjoy!

Notes

Add Carbs

Serve with quinoa, brown rice or sweet potato.

Time Saver

Blend up the pesto in advance and chop the veggies. Grill the veggies and steak at time of meal.

Leftovers

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

Ingredients

- 36 grams** Slivered Almonds
- 1** Garlic (clove)
- 13 grams** Mint Leaves (fresh)
- 30 grams** Parsley
- 59 milliliters** Extra Virgin Olive Oil
- 1** Lemon (juiced)
- 454 grams** NY Striploin Steak
- 12 grams** Sea Salt
- 3** Yellow Bell Pepper (de-seeded and sliced into 1/4's)
- 160 grams** Red Onion (sliced into 1/8's)
- 15 milliliters** Balsamic Vinegar

Paprika Garlic Roasted Potatoes

5 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 450°F (230°C) and line a baking sheet with parchment paper.
2. In the bottom of a large mixing bowl combine the oil, smoked paprika, garlic powder, salt, and pepper. Add the potatoes to the bowl and mix until well coated.
3. Transfer to the baking sheet and bake for 25 to 28 minutes, flipping halfway, or until the potatoes are tender and golden brown.
4. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately one cup.

More Flavor

Add chili powder, cayenne pepper or, red pepper for spicy potatoes.

Additional Toppings

Enjoy with mayonnaise or squeeze lemon juice on top.

No Smoked Paprika

Use sweet or hot paprika instead.

No Avocado Oil

Use extra virgin olive oil instead.

Ingredients

4 Yellow Potato (medium, washed and cut into 1-inch pieces)

30 milliliters Avocado Oil

5 grams Smoked Paprika

3 grams Garlic Powder

Sea Salt & Black Pepper

Turkey & Cabbage Stir Fry

10 ingredients · 20 minutes · 3 servings



Directions

1. Heat a large skillet with a tight-fitting lid over medium-high heat. Leave the lid off and add the turkey, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan and set the turkey aside.
2. To the same skillet, add the oil. Once warm, add the cabbage and carrot. Stir to coat in the oil and sauté for a minute. Add the water then cover with the lid. Cook for 4 to 5 minutes or until the cabbage wilts down and carrot is just tender.
3. Meanwhile, in a small mixing bowl combine the coconut aminos, lime juice, garlic and ginger. Set aside.
4. Add the cooked turkey back to the skillet and stir to mix. Add the coconut aminos mixture and stir to combine everything. Cook for another 2 to 3 minutes to allow the flavors to develop. Stir in the cilantro.
5. Divide evenly between plates and serve with lime wedges, if using. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add maple syrup or honey, hot sauce, sesame oil or green onion to the coconut aminos mixture. Season with additional salt as needed.

Additional Toppings

Top with additional cilantro.

No Turkey

Use ground chicken or pork instead.

Ingredients

- 454 grams** Extra Lean Ground Turkey
- 15 milliliters** Coconut Oil
- 712 grams** Green Cabbage (thinly sliced)
- 1** Carrot (large, julienned)
- 59 milliliters** Water
- 60 milliliters** Coconut Aminos
- 1** Lime (juiced, plus more for garnish)
- 3** Garlic (clove, minced)
- 6 grams** Ginger (fresh, minced or grated)
- 8 grams** Cilantro (chopped)

Blueberry Crumble

6 ingredients · 45 minutes · 6 servings



Directions

1. Preheat oven to 350°F (177°C) and grease a pie pan with a bit of the coconut oil.
2. Spread blueberries in the pie pan. Combine remaining ingredients in a bowl. Mix with your hands or a spatula and crumble over the blueberries.
3. Bake for 40 to 45 minutes until golden brown and blueberries are bubbling. Let cool before serving.

Notes

Oven Too Hot

If your topping browns too quickly, cover with aluminum foil to prevent burning.

Serve it With

Coconut ice cream, whipped coconut cream or greek yogurt.

Ingredients

- 67 milliliters** Coconut Oil
- 592 grams** Blueberries (fresh or frozen)
- 168 grams** Almond Flour
- 99 grams** Pecans (chopped)
- 2 grams** Sea Salt
- 80 grams** Maple Syrup