



Real-Food Reboot 2

Reset your health in 28 days with
anti-inflammatory eating and intermittent fasting

RECIPE MANUAL



How to Use This Manual

This manual contains all the recipes you'll need to complete this program. We are offering two levels:

BASIC REBOOT: This option is for you if you score lower on the inflammation quiz or if you want to start slower with your reboot. You can always switch to the Advanced Reboot if you feel you're not making enough progress.*



This symbol denotes a recipe suitable for only the **Basic Reboot**. Avoid these recipes on the Advanced Reboot.

ADVANCED REBOOT: This option is for you if you score higher on your quiz or you want to see results even faster. If you already have an inflammatory condition, consider this option.



This symbol denotes a recipe that is suitable for both the **Basic Reboot and the Advanced Reboot**. Look for this symbol if you are doing the Advanced Reboot.

**Note that for those following the Basic Reboot, you can use any recipe in the manual.*

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Real food
has no
ingredients,
real food is
ingredients
- Jamie Oliver -

BREAKFAST



Mocha Power Smoothie

SERVES 2. HANDS-ON TIME: 5 MINUTES.
TOTAL TIME: 5 MINUTES.

- 1½ cups** plain unsweetened almond milk
- ½** frozen banana
- ¼ cup** chopped avocado
- 2 tbsp** unsweetened cocoa powder
- 1 tbsp** collagen peptides
- 1 pitted** date
- 1 tsp** instant coffee, optional
- 1 tsp** pure vanilla extract
- ½ cup** ice
- Pinch** sea salt

Add all ingredients to a blender; blend until smooth, adding water if needed to thin.

PER SERVING (½ of recipe): Calories: 127, Total Fat: 6 g, Sat. Fat: 1 g, Monounsaturated Fat: 3.5 g, Polyunsaturated Fat: 1 g, Carbs: 17 g, Fiber: 5 g, Sugars: 7 g, Protein: 5 g, Sodium: 203 mg, Cholesterol: 0 mg



Golden Milk Smoothie

SERVES 2. HANDS-ON TIME: 5 MINUTES.
TOTAL TIME: 5 MINUTES.

- ¾ cup** BPA-free canned full-fat coconut milk
- ½ cup** water, or as needed
- ½** frozen banana
- 2 tbsp** hemp hearts
- 1** pitted date
- 1 tsp** ground ginger
- ½ tsp** ground turmeric
- ⅛ tsp** ground cinnamon
- Pinch** each sea salt and ground black pepper, optional

Add all ingredients to a blender; blend until smooth, adding additional water if needed to thin.

PER SERVING (½ of recipe): Calories: 269, Total Fat: 23 g, Sat. Fat: 17 g, Monounsaturated Fat: 1 g, Polyunsaturated Fat: 4 g, Carbs: 15 g, Fiber: 2 g, Sugars: 7 g, Protein: 6 g, Sodium: 69 mg, Cholesterol: 0 mg



Kale & Mushroom Frittata

SERVES 4.

HANDS-ON TIME: **20 MINUTES.**

TOTAL TIME: **40 MINUTES.**

- 1 tbsp** avocado oil + additional for greasing
- 1/3 cup** chopped yellow onion
- 1 cup** sliced mushrooms
- 1 cup** baby kale
- 1 clove** garlic, minced
- 1/2 tsp** ground black pepper
- 1/4 tsp** sea salt
- 8 large** eggs
- 1/3 cup** grated Pecorino Romano cheese
- pesto or pico de gallo, optional

1. Preheat oven to 350°F. Grease an 8 x 8-inch baking dish with oil. Set aside.

2. In a large skillet on medium-high, heat oil. Add onion and sauté 4 minutes. Add mushrooms and kale and cook 4 minutes more. Add garlic, pepper and salt and cook 30 seconds more, until garlic is fragrant. Transfer to baking dish.

3. In a medium bowl, whisk eggs and cheese, then pour over vegetables.

4. Bake for 20 minutes. When cool, cut into 8 slices (2 slices per serving). Top with pesto or pico de gallo before serving.

PER SERVING (1/4 of recipe): Calories: 232, Total Fat: 17 g, Sat. Fat: 5 g, Monounsaturated Fat: 8 g, Polyunsaturated Fat: 3 g, Carbs: 4 g, Fiber: 1 g, Sugars: 1 g, Protein: 16 g, Sodium: 415 mg, Cholesterol: 379 mg

TIP: To make this safe for the Advanced Reboot, simply omit the cheese and opt for dairy-free pesto, if using.





Blueberry Almond Breakfast Cookies

MAKES **6 COOKIES**.
HANDS-ON TIME: **15 MINUTES**.
TOTAL TIME: **30 MINUTES**.

- 1** banana, mashed
- 1 large** egg
- 2 tbsp** ground flaxseed
- ½ cup** almond flour
- 1 tsp** pure vanilla extract
- ¼ tsp** ground cinnamon
- Pinch** sea salt
- ¼ cup** blueberries
- 2 tbsp** slivered almonds

1. Preheat oven to 350°F. Line a baking sheet with parchment paper. Whisk together banana, egg, flaxseed, almond flour, vanilla, cinnamon and salt. Fold in blueberries.

2. Spoon onto prepared sheet using a 2 tbsp measure per cookie, making 6 cookies. Sprinkle with almonds. Bake for 13 to 15 minutes, until puffed up and resembling a muffin top.

PER SERVING (⅓ of recipe): Calories: 116, Total Fat: 8 g, Sat. Fat: 1 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 2 g, Carbs: 8 g, Fiber: 3 g, Sugars: 4 g, Protein: 4 g, Sodium: 34 mg, Cholesterol: 31 mg



Green Banana Pancakes

MAKES **16 PANCAKES**.
HANDS-ON TIME: **30 MINUTES**.
TOTAL TIME: **30 MINUTES**.

- 1 cup** green banana flour
- ½ cup** plain unsweetened almond milk
- 2 large** eggs
- 1** banana
- 1 tbsp** ground flaxseed
- 1 tsp** raw apple cider vinegar
- 1 tsp** pure vanilla extract
- ½ tsp** ground cinnamon
- Pinch** sea salt
- 2 tbsp** coconut oil

1. To a blender, add all ingredients except oil; blend until smooth.

2. In a large nonstick skillet on medium-high, heat 1½ tsp oil. Add batter, 4 pancakes at a time, using 2 tbsp batter per pancake; cook 6 minutes, flipping halfway. Transfer to a plate. Repeat with remaining oil and batter.

PER SERVING (¼ of recipe): Calories: 291, Total Fat: 10 g, Sat. Fat: 7 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 1 g, Carbs: 43 g, Fiber: 5 g, Sugars: 5 g, Protein: 5 g, Sodium: 93 mg, Cholesterol: 93 mg



Cinnamon Pear Chia Pudding

SERVES **4**.
HANDS-ON TIME: **5 MINUTES**.
TOTAL TIME: **5 MINUTES**.*

*PLUS CHILLING TIME.

- 2½ cups** plain unsweetened almond milk
- ½ cup** chia seeds
- 2 tbsp** pure maple syrup
- 1 tsp** ground cinnamon
- Pinch** sea salt
- 1** pear, cored and chopped, optional

To a blender, add all ingredients except pear and blend on high speed until smooth. Divide among 4 cups; cover and refrigerate for 4 hours or overnight. Top with pear (if using) before serving.

PER SERVING (¼ of recipe): Calories: 155, Total Fat: 8 g, Sat. Fat: 1 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 5 g, Carbs: 17 g, Fiber: 8 g, Sugars: 6 g, Protein: 4 g, Sodium: 146 mg, Cholesterol: 0 mg



Easy Harissa Shakshuka

SERVES 1.
HANDS-ON TIME: 5 MINUTES.
TOTAL TIME: 10 MINUTES.

- ¼ cup** marinara (**NOTE:** Look for a brand with no sugar added.)
- ½ cup** BPA-free canned chickpeas, rinsed and drained
- 1 tsp** harissa
- Pinch** each sea salt and ground black pepper
- 1** egg
- 2 tsp** chopped fresh cilantro leaves

1. To a small saucepan over medium, add marinara and chickpeas and cook until heated through. Stir in harissa and pinch each salt and pepper.

2. Meanwhile, in a small saucepan on medium-low, bring 3 inches water to a gentle simmer. Crack egg into a small bowl and slide into water. Cook until whites are set, 3 to 5 minutes. Remove with a slotted spoon and blot with paper towel. Serve egg over chickpea mixture. Top with cilantro.

PER SERVING (1 recipe): Calories: 170, Total Fat: 6 g, Sat. Fat: 2 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 2 g, Carbs: 17 g, Fiber: 4 g, Sugars: 5 g, Protein: 11 g, Sodium: 557 mg, Cholesterol: 185 mg



Smoky Cauliflower Hash

SERVES 4. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 25 MINUTES.

- 1 tbsp** ghee
- 1 large** shallot, finely chopped
- 2 cloves** garlic, minced
- 1** zucchini, chopped
- 6** shiitake mushrooms, chopped
- ½ tsp** each ground black pepper, smoked paprika, dried oregano, ground cumin, ground coriander and red pepper flakes
- ¼ tsp** sea salt
- 2 tbsp** low-sodium chicken broth
- 1 cup** frozen riced cauliflower
- 2 tbsp** grated Pecorino Romano or goat's cheese
- 1 tsp** grated lemon zest + 2 tsp fresh lemon juice
- 8 large** eggs, cooked as desired
- 2 cups** microgreens

1. In a large nonstick skillet on medium, heat ghee. Add shallot and cook, stirring frequently, until softened, 2 minutes. Add garlic and cook, stirring constantly, until fragrant, 45 seconds. Add zucchini and mushrooms; sprinkle with black pepper, paprika, oregano, cumin, coriander, pepper flakes and salt. Sauté 4 to 5 minutes, stirring frequently, until vegetables are softened.

2. Add broth and scrape up any browned bits from the bottom of the pan with a wooden spoon. Add riced cauliflower and cook, stirring frequently, for 3 to 4 minutes, until cauliflower is softened. Remove from heat and stir in cheese, lemon zest and juice.

3. Divide mixture among 4 plates. Top each serving with 2 cooked eggs and ½ cup microgreens.

PER SERVING (¼ of recipe): Calories: 224, Fat: 14 g, Sat. Fat: 5 g, Carbs: 10 g, Fiber: 3 g, Sugar: 4 g, Protein: 16 g, Sodium: 331 mg, Cholesterol: 382 mg



Apple Cinnamon Walnut Pancakes

with Almond Butter Drizzle

SERVES 4. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 25 MINUTES.

- 1 cup** almond flour
- ¾ tsp** ground cinnamon
- ½ tsp** baking soda
- Pinch** sea salt
- 2 large** eggs, lightly beaten
- ½ cup** plain unsweetened almond milk
- ¼ cup** chopped raw unsalted walnuts
- 1** apple, finely chopped
- 1 tbsp** avocado oil

DRIZZLE

- ¼ cup** raw almond butter
- ¼ cup** plain unsweetened almond milk
- 1 tsp** ground cinnamon

- 1.** In a large bowl, whisk together almond flour, cinnamon, baking soda and salt. Whisk in eggs, milk, walnuts and apple.
- 2.** In a large nonstick skillet or griddle, heat oil. Using 1 heaping tbsp per pancake, cook in batches for 3 to 4 minutes, or until golden on bottom; flip and cook 3 to 4 minutes more. (Makes 12 pancakes.)
- 3.** Prepare topping: In a small bowl, whisk together all drizzle ingredients. Divide pancakes among plates and top with drizzle.

PER SERVING (¼ of recipe): Calories: 364, Total Fat: 25 g, Sat. Fat: 8 g, Monounsaturated Fat: 11 g, Polyunsaturated Fat: 5 g, Carbs: 21 g, Fiber: 5.5 g, Sugars: 8 g, Protein: 16 g, Sodium: 275 mg, Cholesterol: 96 mg



Purple Power Smoothie

SERVES 1.
HANDS-ON TIME: 5 MINUTES.
TOTAL TIME: 5 MINUTES.

- 1 cup** frozen wild blueberries
- 1** banana (frozen and cut into chunks)
- 1 cup** plain unsweetened almond milk
- ½ cup** pomegranate juice
- 1 tsp** match green tea powder
- 2 tsp** pumpkin seeds

To a blender, add all ingredients and blend until smooth.

PER SERVING (1 recipe): Calories: 333, Total Fat: 6 g, Sat. Fat: 1 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 2 g, Carbs: 68 g, Fiber: 11 g, Sugars: 40 g, Protein: 5 g, Sodium: 186 mg, Cholesterol: 0 mg



South-of-the-Border Hash

SERVES 2. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 15 MINUTES.

- | | |
|--|--|
| 2 1-oz slices bacon, chopped | ½ tsp each ground black pepper, ground cumin and smoked paprika |
| ½ cup chopped yellow onion | ¼ tsp sea salt |
| 1 red bell pepper, chopped | 1 tbsp fresh lemon juice |
| ½ cup chopped Yukon Gold potatoes | 4 large eggs, cooked as desired |
| | 1 avocado, sliced |

1. Heat a large nonstick skillet on medium-high and add bacon. Let some of the fat render out for 2 to 3 minutes.

2. Add onion, bell pepper and potatoes. Season with black pepper, cumin, paprika and salt. Cook for 7 to 8 minutes, until potatoes are tender. Add lemon juice and stir to combine. Divide hash, eggs and avocado among plates.

PER SERVING (½ of recipe): Calories: 490, Total Fat: 36 g, Sat. Fat: 9 g, Monounsaturated Fat: 18.5 g, Polyunsaturated Fat: 6 g, Carbs: 25 g, Fiber: 10 g, Sugars: 6 g, Protein: 20 g, Sodium: 594 mg, Cholesterol: 391 mg





Grain-Free Nut & Seed Granola

SERVES 10. HANDS-ON TIME: 10 MINUTES. TOTAL TIME: 40 MINUTES.

- ½ cup** raw unsalted pecans pieces
- ½ cup** raw unsalted pumpkin seeds
- ½ cup** raw unsalted sunflower seeds
- ¼ cup** hemp hearts
- 2 tbsp** chia seeds
- 2 tbsp** raw almond butter
- 2 tbsp** coconut oil
- 2 tbsp** raw honey
- 1 tsp** ground cinnamon
- 1 tsp** pure vanilla extract
- ¼ tsp** sea salt
- 2 cups** dried unsweetened cherries or goji berries

1. Preheat oven to 250°F. In a food processor, pulse pecans, pumpkin seeds, sunflower seeds, hemp and chia until broken down into very small pieces. Reserve mixture in processor.

2. To a small saucepan on low, add almond butter, coconut oil and honey; stir to melt and combine into a smooth mixture. Remove from heat and stir in cinnamon and vanilla.

3. Pour warm almond butter mixture over chopped nuts and seeds; pulse to combine.

4. Transfer mixture to a large rimmed parchment-lined baking sheet and sprinkle with salt. Bake for 15 minutes and then turn off heat. Stir mixture and return to oven; leave sheet in oven for another 15 to 20 minutes. Let cool on sheet. Stir in berries and store in a jar at room temperature (or freeze for longer storage).

TIP: Pair this grain-free granola with coconut yogurt for a breakfast or snack.

PER SERVING (⅓ cup): Calories: 274, Total Fat: 17 g, Sat. Fat: 4 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 6 g, Carbs: 20 g, Fiber: 5 g, Sugars: 14 g, Protein: 6 g, Sodium: 65 mg, Cholesterol: 0 mg



You might be surprised to see a salad in the Breakfast section, but it's a nice change from a sweet morning meal. Give it a try!

1. Make vinaigrette: Add all dressing ingredients to a small food processor and process until smooth.

2. Make salad: Preheat oven to 400°F; place a large baking sheet in oven as it preheats. In a large bowl, combine potato, avocado oil, salt, pepper and cayenne (if using); toss. Spread on hot sheet and roast until tender, golden and caramelized in spots, 20 to 24 minutes.

3. Meanwhile, heat a large skillet on medium. Break up sausage into skillet and cook, stirring often and breaking up large pieces, until cooked through and lightly browned, 7 to 9 minutes. Transfer to a bowl; cover to keep warm.

4. In a large bowl, combine kale and enough dressing to lightly coat leaves. Using your hands, massage kale until wilted and tender. Divide among plates or shallow bowls. Top with sweet potato, sausage and apple; drizzle with a little more dressing and sprinkle with pecans.

MAKE AHEAD: Make vinaigrette up to 2 days ahead; keep covered in the refrigerator. Toast pecans, cook sausage and roast sweet potatoes the day before. Keep sweet potatoes and sausage covered, separately, in refrigerator; keep pecans covered at room temperature.

PER SERVING (¼ of recipe): Calories: 514, Total Fat: 38 g, Sat. Fat: 7 g, Monounsaturated Fat: 25 g, Polyunsaturated Fat: 5 g, Carbs: 33 g, Fiber: 6.5 g, Sugars: 10 g, Protein: 14 g, Sodium: 778 mg, Cholesterol: 25 mg



Kale Salad with Sweet Potato & Sausage

SERVES 4. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 40 MINUTES.

VINAIGRETTE

- ⅓ cup extra-virgin olive oil
- 1 small shallot, minced
- 3 tbsp apple cider vinegar
- 1 clove garlic, minced
- 1 tsp Dijon mustard
- ¼ tsp pure maple syrup
- ½ tsp sea salt
- ¼ tsp ground black pepper

SALAD

- 1 sweet potato (14 oz), cut into ½-inch chunks
- 1 tbsp avocado oil
- ¼ tsp each sea salt and ground black pepper
- ⅛ tsp ground cayenne pepper, optional
- 12 oz sweet Italian sausage, casings removed
- 1 bunch lacinato kale, tough stems removed, leaves torn (about 6 cups)
- 1 apple (any variety), sliced
- 3 tbsp chopped toasted pecans



LUNCH

Put your
positive
pants on.



Shrimp Pad Thai Salad

SERVES 2. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 25 MINUTES.

DRESSING

- 3 tbsp** raw almond butter
- ¼ cup** coconut aminos
- 1 tsp** toasted sesame oil
- 1** lime, zested and juiced
- 1 tbsp** rice vinegar
- 1 tsp** fish sauce
- 1** Medjool date, pitted
(**TIP:** If date isn't soft, soak in hot water for 5 minutes.)
- ½ tsp** peeled and grated ginger
- ¼ tsp** red pepper flakes

SALAD

- 1** English cucumber
- 3** carrots (any color)
- 1** red bell pepper, thinly sliced
- 1** shallot, chopped
- ⅓ cup** chopped fresh cilantro
- 1 tbsp** avocado oil
- 12 oz** raw medium shrimp, peeled and deveined
- ¼ tsp** sea salt
- Pinch** ground black pepper
- ½ cup** bean sprouts
- ¼ cup** chopped cashews
- 1 tbsp** sesame seeds

1. Prepare dressing: In a blender, blend all dressing ingredients until smooth. Set aside.

2. Secure cucumber into a spiral maker. Turn crank to create noodles. (**NOTE:** Follow directions for your spiral maker. Or, use a Y-shaped vegetable peeler to create ribbons.) Add noodles to a large bowl. Repeat with carrots and add to bowl along with bell pepper, shallot and cilantro.

3. In a large skillet on medium-high, heat avocado oil. Add shrimp and season with salt and pepper. Cook for 4 minutes, turning halfway, until opaque throughout and pink in color.

4. Add shrimp to salad; toss with dressing. Top with sprouts, cashews and seeds.

PER SERVING (½ of recipe): Calories: 617, Total Fat: 32 g, Sat. Fat: 4 g, Monounsaturated Fat: 18 g, Polyunsaturated Fat: 8 g, Carbs: 46 g, Fiber: 11 g, Sugars: 26 g, Protein: 43 g, Sodium: 1,232 mg, Cholesterol: 238 mg



Swiss Chard & Curried Chickpea Salad with Orange Vinaigrette

SERVES 6.

HANDS-ON TIME: 25 MINUTES.

TOTAL TIME: 55 MINUTES.

- 1 15-oz** BPA-free can chickpeas, drained and rinsed
- ¼ cup** extra-virgin olive oil, divided
- 1 tsp** curry powder
- ¼ tsp** each sea salt and ground black pepper, divided
- ½ cup + 1 tbsp** white wine vinegar, divided
- 2 tsp** raw honey
- ½ small** red onion, peeled and thinly sliced
- 2 large** naval oranges
- 1 tbsp** Dijon mustard
- 8 cups** rainbow or red Swiss chard, torn, tough stems removed
- 1½ cups** English cucumber, thinly sliced

1. Preheat oven to 400°F. Roll chickpeas between two layers of paper towel to dry completely. Remove any loose skins and discard. Spread onto a parchment-lined baking sheet; toss with 1 tbsp oil, curry powder and ¼ tsp each salt and pepper. Roast until crispy, 20 to 25 minutes. Cool completely on pan.

2. Meanwhile, in a small saucepan on medium-high, bring ½ cup vinegar and honey to a boil. Place onion in a heat-proof bowl. Pour mixture over onion. Cover and let cool, about 20 minutes.



3. Zest 1 orange and place zest in a small bowl. Using a sharp knife, slice off the top and bottom of each orange. Using downward strokes, remove peel and pith. Cut between membranes to remove segments and place in a large bowl. Over the bowl with zest, squeeze membranes to remove any remaining juice. Whisk in 1 tbsp vinegar, Dijon, remaining 3 tbsp oil and ¼ tsp each salt and pepper.

4. To the bowl with orange segments, add chard, cucumber, pickled onion and chickpeas. Drizzle with dressing and toss to combine.

PER SERVING (⅙ of recipe): Calories: 194, Total Fat: 11 g, Sat. Fat: 1 g, Monounsaturated Fat: 8 g, Polyunsaturated Fat: 1 g, Carbs: 21 g, Fiber: 6 g, Sugars: 8 g, Protein: 5 g, Sodium: 336 mg, Cholesterol: 0 mg



Sesame Tuna & Mango Salad

SERVES 2.

HANDS-ON TIME: 25 MINUTES.

TOTAL TIME: 25 MINUTES.

DRESSING

- ½ lime, juiced
- 2 tbsp** coconut aminos or reduced-sodium tamari
- 2 tbsp** rice vinegar
- 1 tbsp** tahini
- ¼ tsp** toasted sesame oil
- Pinch** ground black pepper

SALAD

- 3 cups** butter lettuce, torn into pieces
- 1** mango, peeled and cubed
- 10** grape tomatoes, halved
- 2 cups** sliced cucumber
- 1** avocado, peeled, pitted and cubed
- 1** green onion, sliced thinly

TUNA

- 1 tbsp** each black and white sesame seeds
- 1½ tsp** garlic powder
- 2** 4- to 5-oz sashimi-grade ahi tuna steaks
- 1 tbsp** avocado oil



1. In a jar with a tight-fitting lid, place all dressing ingredients. Shake until combined. In a bowl, toss salad ingredients together. Set both aside.

2. On a plate, combine sesame seeds and garlic powder. Press both sides of each tuna steak into mixture. Heat oil in a large nonstick skillet on medium-high. Sear tuna to desired doneness, turning once, 2 to 3 minutes total for rare or 3 to 4 minutes total for medium-rare.

3. Divide salad among plates; drizzle lightly with dressing. Slice tuna, arrange over salad and drizzle with additional dressing.

PER SERVING (½ of recipe): Calories: 638, Fat: 33 g, Sat. Fat: 5 g, Monounsaturated Fat: 19 g, Polyunsaturated Fat: 7 g, Carbs: 54 g, Fiber: 14 g, Sugars: 31 g, Protein: 41 g, Sodium: 428 mg, Cholesterol: 50 mg



Italian Wedding Soup

SERVES 6. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 1 HOUR, 10 MINUTES.

MEATBALLS

- 1 lb** ground beef
- 3 tbsp** cassava flour
- 2 tbsp** extra-virgin olive oil
- 2 tsp** each garlic powder and dried oregano
- 1½ tsp** onion powder
- ½ tsp** sea salt
- ¼ tsp** ground black pepper

SOUP

- 2 tbsp** extra-virgin olive oil
- 1** yellow onion, chopped
- 3 large** carrots, chopped
- 3 stalks** celery, chopped
- ½ tsp** sea salt + additional to taste
- 6 cloves** garlic, minced
- 7 cups** chicken bone broth
- 1 tbsp** apple cider vinegar
- 1 large** head escarole, chopped
- ¼ tsp** red pepper flakes, optional
- ¼ tsp** ground black pepper
- chopped fresh flat-leaf parsley, optional

1. Make meatballs: Preheat oven to 350°F. Line a large baking sheet with parchment paper. In a large bowl, combine all meatball ingredients. Using an ice cream scoop, divide mixture into 24 1-tbsp portions. Gently roll between palms to form meatballs and place on baking sheet. Bake for about 15 minutes, until just cooked through.

2. Meanwhile, make soup: In a large pot on medium, heat oil. Add onion and cook, stirring occasionally, until tender, about 4 minutes. Add carrots and cook, stirring occasionally, until softened, 3 minutes. Add celery, season with salt and cook, stirring occasionally, for 2 minutes. Add garlic and cook, stirring, 2 minutes.

3. Pour in broth, increase heat to high and bring to a boil. Reduce heat to medium-low and add meatballs; simmer, partially covered, for 10 minutes. Stir in vinegar.

4. Just before serving, add escarole and pepper flakes (if using). Stir until escarole is just wilted. Season with additional salt and black pepper. Garnish with parsley (if using).

PER SERVING (1/6 of recipe): Calories: 337, Total Fat: 17 g, Sat. Fat: 4 g, Monounsaturated Fat: 10.5 g, Polyunsaturated Fat: 1 g, Carbs: 17 g, Fiber: 8 g, Sugars: 6 g, Protein: 28 g, Sodium: 587 mg, Cholesterol: 47 mg





Sweet Potato Sliders

SERVES **3**. HANDS-ON TIME: **30 MINUTES**.
TOTAL TIME: **30 MINUTES**.

- 1 large** sweet potato, cut into 12 ¼-inch rounds
- 1 tbsp** avocado oil, divided
- Pinch** sea salt and ground black pepper
- 1 lb** ground bison or beef
- ½ tsp** each garlic powder, onion powder, chile powder blend and black pepper
- ¼ tsp** each ground cumin and sea salt
- 1** avocado, pitted, peeled and mashed
- ⅓ cup** chopped fresh cilantro
- 1** lime, juiced

1. Preheat oven to 350°F. Toss potato rounds with ½ tsp oil, salt and pepper. Roast on a parchment-lined baking sheet for 10 minutes per side until softened.

2. Meanwhile, in a bowl, combine bison, garlic powder, onion powder, chile powder, black pepper, cumin and salt. Form into 6 patties. In a large cast iron skillet on medium-high, heat remaining ½ tsp oil. Cook patties 4 to 5 minutes per side.

3. Combine avocado, cilantro and lime juice. Place each burger and a dollop avocado mixture between 2 potato rounds.

PER SERVING (⅓ of recipe): Calories: 463, Total Fat: 31 g, Sat. Fat: 9 g, Monounsaturated Fat: 16 g, Polyunsaturated Fat: 3 g, Carbs: 17 g, Fiber: 7 g, Sugars: 3 g, Protein: 30 g, Sodium: 320 mg, Cholesterol: 97 mg



Salmon Lettuce Wraps

SERVES **2**. HANDS-ON TIME: **15 MINUTES**.
TOTAL TIME: **25 MINUTES**.

- 1 8-oz** wild salmon fillet
- ¼ tsp** sea salt
- ⅓ tsp** ground black pepper
- 1 tsp** avocado oil
- ½** lemon, juiced
- 1** avocado, peeled, pitted and diced
- ½** mango, peeled, pitted and diced
- ¼ cup** chopped fresh cilantro
- 4 large** butter lettuce leaves

1. Season salmon with salt and pepper. In a skillet on medium-high, heat oil. Add salmon and cook for 4 minutes per side. Flake salmon into a bowl and drizzle with lemon juice.

2. In a bowl, combine avocado, mango and cilantro. Divide salmon among lettuce leaves; top with avocado-mango mixture.

PER SERVING (½ of recipe): Calories: 373, Total Fat: 22 g, Sat. Fat: 4 g, Monounsaturated Fat: 13 g, Polyunsaturated Fat: 3 g, Carbs: 23 g, Fiber: 9 g, Sugars: 13 g, Protein: 26 g, Sodium: 306 mg, Cholesterol: 53 mg



Baba Ghanoush Power Bowl

SERVES **4**. HANDS-ON TIME: **20 MINUTES**. TOTAL TIME: **1 HOUR, 5 MINUTES**.

BABA GHANOUSH

- 1 large** eggplant, halved
- 1 tbsp** extra-virgin olive oil
- ½ tsp** sea salt
- 2 cloves** garlic, roughly chopped
- ½** lemon, juiced
- 1 tbsp** tahini

BOWLS

- 1½ cups** dry quinoa
- 2 cups** diced cucumber
- 2 cups** diced tomato
- 2 cups** grated carrots
- 1 cup** whole black olives
- ½ cup** chopped parsley + additional for garnish

DRESSING

- 1 clove** garlic, peeled
- 2 tbsp** tahini
- 1** lemon, juiced
- ½ cup** water
- ¼ tsp** each sea salt and ground black pepper

1. Prepare baba ghanoush: Preheat oven to 450°F and line a baking sheet with parchment paper. Brush cut sides of eggplant with oil. Place, cut side down, on baking sheet. Bake until eggplant is very soft and starting to collapse, 45 minutes.

2. Meanwhile, cook quinoa according to package directions.

3. Prepare dressing: In a food processor, mince garlic; add tahini, lemon juice, water, salt and pepper. Process until smooth; transfer to a container and set aside.

4. To finish baba ghanoush, scoop out eggplant flesh and place in a mesh sieve over a bowl. Sprinkle eggplant flesh with salt and set aside 10 minutes, shaking occasionally to release water. Transfer eggplant to food processor and add garlic, lemon juice and tahini; pulse until smooth.

5. Assemble bowls: Divide quinoa among bowls. Top with cucumber, tomato, carrot, olives, parsley and dressing. Garnish with additional parsley.

PER SERVING (¼ of recipe): Calories: 533, Total Fat: 18 g, Sat. Fat: 2 g, Carbs: 78 g, Fiber: 14 g, Sugars: 11 g, Protein: 18 g, Sodium: 653 mg, Cholesterol: 0 mg



Pesto Chicken Salad in Avocado Halves

SERVES 4. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 40 MINUTES.

- 1 lb** boneless, skinless chicken thighs (about 4)
- ½ cup** sun-dried tomatoes, chopped
- 2 cups** fresh basil
- 2 tbsp** fresh lemon juice
- 2 tbsp** nutritional yeast
- 1 tbsp** hemp seeds
- ½ tsp** garlic powder
- ¼ tsp** sea salt
- ⅛ tsp** ground black pepper
- ¼ cup** extra-virgin olive oil
- 4 large** avocados

1. Place chicken in a saucepan and cover with cold water by 1 inch. Bring to a boil, reduce to a simmer, cover and cook about 12 minutes, until chicken reaches an internal temperature of 165°F. Transfer to a cutting board to cool. Shred with 2 forks; transfer to a bowl. Add tomatoes to bowl.

2. Prepare pesto: To a food processor, add basil, lemon juice, yeast, hemp seeds, garlic powder, salt and pepper. Pulse until basil is finely chopped. With motor running, drizzle in oil; process until smooth. Pour pesto over chicken mixture and stir to combine.

3. Halve and pit avocados. Remove avocado flesh from skin, leaving a ¼-inch rim; chop flesh and fold into chicken salad. Fill each avocado half with mixture.

PER SERVING (¼ of recipe): Calories: 738, Total Fat: 61 g, Sat. Fat: 10 g, Monounsaturated Fat: 39 g, Polyunsaturated Fat: 9 g, Carbs: 28 g, Fiber: 19 g, Sugars: 5 g, Protein: 29 g, Sodium: 212 mg, Cholesterol: 76 mg



DINNER



Cauliflower Fried Rice with Chicken

SERVES 6. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 30 MINUTES.

2 tbsp	avocado oil, divided	1 head	broccoli, cut into very small florets (about 2 cups)
2 6-oz	boneless, skinless chicken breasts, cut into cutlets	1	carrot, diced
Pinch	each sea salt and ground black pepper, optional	4 cups	riced cauliflower (aka cauliflower rice), fresh or frozen (NOTE: No need to thaw if using frozen.)
2 large	eggs, beaten	1 cup	shiitake mushrooms, stemmed and diced
2 tbsp	toasted sesame oil + additional as needed	3 tbsp	coconut aminos + additional as needed
1	yellow onion, diced		toasted sesame seeds, for garnish
1 tbsp	peeled and minced ginger		
2 cloves	garlic, minced		
4	green onions, sliced thinly on the diagonal		

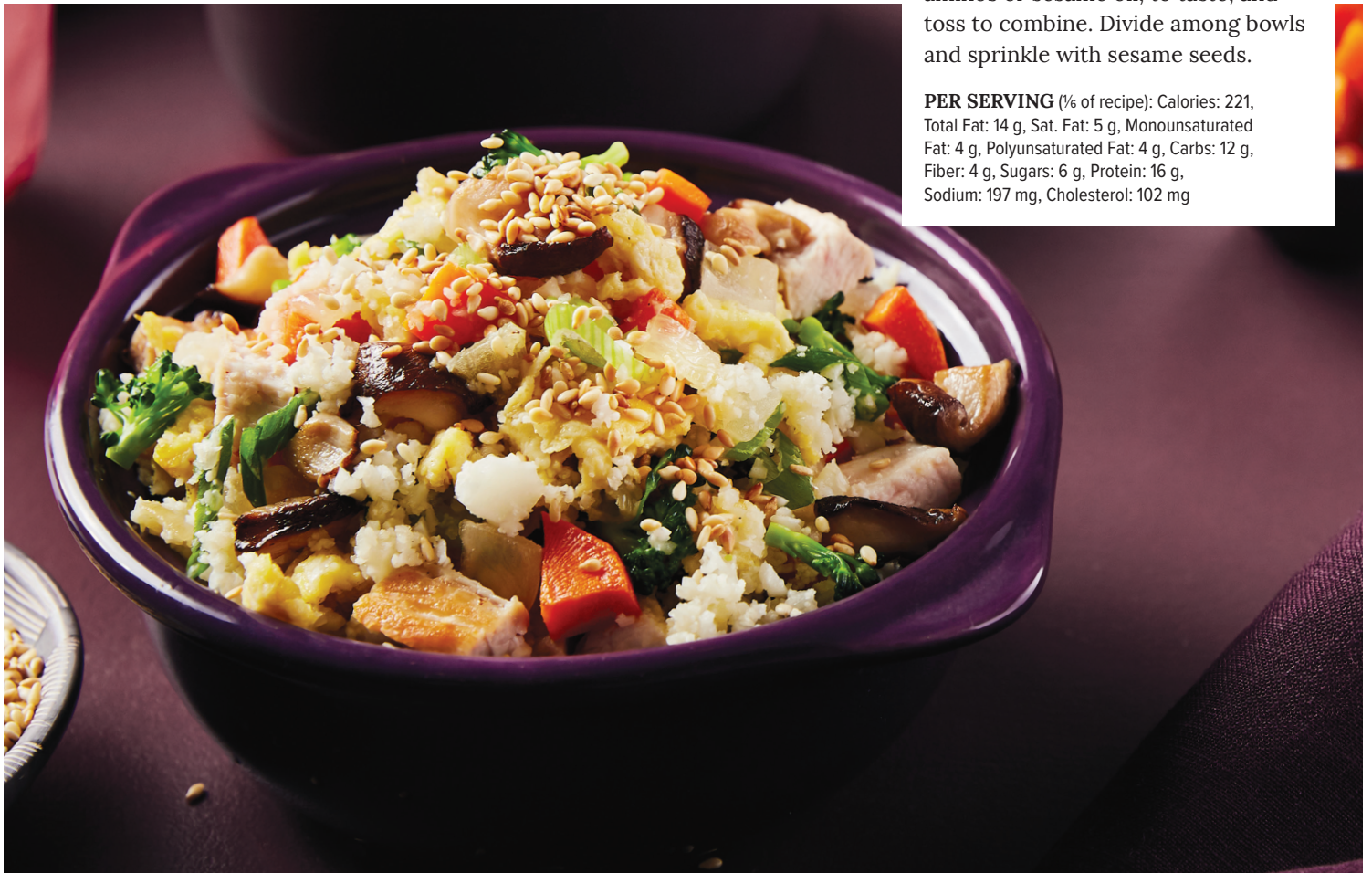
1. In a large sauté pan or wok on medium-high, heat one-half of avocado oil. Add chicken and season with salt and pepper (if using). Cook until golden underneath, 3 to 4 minutes. Flip and continue cooking until cooked through, 3 to 4 minutes more. Transfer to a cutting board; cut into ½-inch chunks.

2. To pan, add remaining one-half of avocado oil and eggs; scramble until just cooked through. Remove from pan and set aside.

3. To pan, add sesame oil. Add yellow onion and sauté for 3 minutes, until softened. Add ginger and garlic and cook 1 minute, until fragrant.

4. Add green onion, broccoli, carrot, riced cauliflower, mushrooms and coconut aminos; sauté until softened, about 4 minutes. Return chicken and eggs to pan. Add additional coconut aminos or sesame oil, to taste, and toss to combine. Divide among bowls and sprinkle with sesame seeds.

PER SERVING (1/6 of recipe): Calories: 221, Total Fat: 14 g, Sat. Fat: 5 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 4 g, Carbs: 12 g, Fiber: 4 g, Sugars: 6 g, Protein: 16 g, Sodium: 197 mg, Cholesterol: 102 mg





Zucchini Lasagna

with Cashew Cheese Pesto

SERVES 4. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 1 HOUR, 10 MINUTES.*

* PLUS SOAKING AND COOLING TIME.

- 1½ cups** raw unsalted cashews, soaked in a bowl of water for 4 hours or overnight
- 12 large** fresh basil leaves + additional for garnish
- 2 cloves** garlic, roughly chopped
- ¼ cup** grated Pecorino Romano, divided + additional for garnish, if desired
- 1** lemon, zested and juiced
- 3** zucchini, trimmed
- Pinch** sea salt
- 1½ cups** marinara (**NOTE:** Look for a brand with no sugar added.)
- 2** roasted red bell peppers, sliced

1. Preheat oven to 375°F. Prepare cashew cheese pesto: Drain cashews and transfer to a food processor. Add basil leaves, garlic, 2 tbsp cheese, lemon zest and juice; pulse a few times to break down nuts then process, adding 1 to 2 tbsp water, until mixture reaches the consistency of ricotta cheese.

2. Using a mandoline or Y-shaped vegetable peeler, thinly slice zucchini lengthwise into ½-inch-thick planks. Place on a baking sheet and sprinkle with salt. Let stand for 10 minutes; blot zucchini to remove salt and moisture on the surface.

3. Spread ¼ cup marinara on bottom of an 8-inch square ceramic or glass baking dish; top with 2 layers of zucchini, one layer running top to bottom and the second layer running right to left. Spread half of roasted bell pepper over zucchini, followed by half of cashew cheese pesto. Spoon ½ cup marinara over cashew cheese pesto. Repeat with 2 layers of zucchini, remaining half of bell peppers and cashew cheese pesto and ½ cup marinara. Top with 2 layers of zucchini, followed by remaining marinara. Sprinkle top with remaining 2 tbsp cheese. Cover with foil and bake for 30 minutes.

4. Uncover dish and set oven to broil. Broil for 3 minutes, or until topping is lightly browned. Let cool for 10 minutes. Sprinkle with additional basil and Pecorino Romano before serving.

PER SERVING (¼ of recipe): Calories: 365, Total Fat: 23 g, Sat. Fat: 4 g, Monounsaturated Fat: 10.5 g, Polyunsaturated Fat: 3.5 g, Carbs: 26 g, Fiber: 8 g, Sugars: 10 g, Protein: 14 g, Sodium: 480 mg, Cholesterol: 4 mg





Portobello Lettuce Cups

with Romesco Sauce

SERVES 4. HANDS-ON TIME: 40 MINUTES. TOTAL TIME: 55 MINUTES.

ROMESCO

- 2 large** fire-roasted jarred bell peppers, drained
- ¾ cup** slivered unsalted almonds, toasted
- ½ cup** canned unsalted diced tomatoes
- 2 tbsp** roughly chopped fresh flat-leaf parsley
- 1 tbsp** extra-virgin olive oil
- 1 tbsp** fresh lemon juice
- 1 large** clove garlic, sliced
- 1 tsp** ancho chile powder
- ½ tsp** each ground cayenne pepper and sea salt

WRAP

- 2 tbsp** extra-virgin olive oil, divided
- 2 large** yellow onions, thinly sliced
- 2 tbsp** red wine vinegar
- 2 large** portobello mushrooms, each cut into 8 slices
- ¼ tsp** each sea salt and ground black pepper
- 8 large** butter lettuce leaves
- 2 cups** cooked rainbow quinoa
- ¼ cup** minced fresh flat-leaf parsley

1. Prepare romesco: To a food processor, combine all romesco ingredients. Process into a thick sauce, leaving a little bit of texture from the nuts, if desired. Refrigerate until ready to use.

2. Prepare wraps: In a heavy-bottomed pan on medium-low, heat 1 tbsp oil. Stir in onions, and cook for 15 minutes, stirring occasionally, until deeply caramelized and browned. Stir in vinegar to partially deglaze pan, then add remaining 1 tbsp oil and mushrooms. Add salt and black pepper and mix well. Sauté, stirring often, for 5 minutes, or until mushrooms are soft. Remove from heat.

3. Spread a generous 1 tbsp romesco sauce on the bottom of each lettuce leaf. Top with ¼ cup quinoa along with 2 slices portobello and some caramelized onions. Top with a generous 1 tbsp romesco and sprinkle with parsley. Repeat with remaining wraps. Can be served warm or cold. (MAKE AHEAD: Make romesco sauce up to 3 days ahead of time.)

PER SERVING (2 lettuce cups): Calories: 400, Total Fat: 23 g, Sat. Fat: 3 g, Monounsaturated Fat: 13 g, Polyunsaturated Fat: 5 g, Carbs: 41 g, Fiber: 10 g, Sugars: 8 g, Protein: 12 g, Sodium: 510 mg, Cholesterol: 0 mg

TIP: Swap out the quinoa for cooked cauliflower rice to make this recipe suitable for the Advanced Reboot.





Green Thai Cauliflower Coconut Curry

SERVES 5.

HANDS-ON TIME: 30 MINUTES.

TOTAL TIME: 30 MINUTES.

- 1 tbsp** olive oil
- 2 tbsp** coconut sugar
- 2 tbsp** reduced-sodium tamari
- 1 each** yellow and red bell peppers, chopped
- 1 large** head cauliflower, cut into 2-inch florets
- 2 cups** quartered cremini mushrooms
- 2 cups** low-sodium chicken broth
- 5 tbsp** fresh lime juice
- 5 tsp** fish sauce
- ½ cup** chopped fresh cilantro

CURRY PASTE

- 1 13½ oz** BPA-free can coconut cream
- ½ bunch** fresh Thai basil leaves
 - 8** makrut lime leaves, middle stem removed
 - 3** green Thai chiles, seeded
- 2 stalks** lemongrass, chopped
(NOTE: Remove tough outer layers and chop inner portion of bottom 3 inches of stalk.)
- ¼ cup** chopped shallots
- 1 2-inch** piece ginger, peeled and roughly chopped
- 1 2-inch** piece turmeric, peeled and roughly chopped (or 1 tbsp ground turmeric)
- 2 tbsp** fresh lime juice
- 4 cloves** garlic, roughly chopped
 - 1 tsp** each ground cumin and coriander



1. Prepare curry paste: To a food processor, add all ingredients and blend to a smooth paste. Set aside.

2. Prepare curry: In a large sauté pan on medium-high, heat oil. Add coconut sugar and tamari to middle of pan and stir until mixture bubbles, about 1 minute.

3. Stir in curry paste and cook for 2 minutes, stirring; add bell peppers, cauliflower, mushrooms and broth.

Bring to a boil and reduce heat, simmering until cauliflower is tender and sauce has thickened slightly, about 20 minutes.

4. Divide among bowls; drizzle with lime juice and fish sauce. Garnish with cilantro.

PER SERVING (1½ cups): Calories: 530, Total Fat: 21 g, Sat. Fat: 17 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 1 g, Carbs: 82 g, Fiber: 6 g, Sugars: 65 g, Protein: 10 g, Sodium: 808 mg, Cholesterol: 0 mg

A+B

Pistachio-Crusted Chicken

with Orange Sauce

SERVES 4. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 50 MINUTES.

SAUCE

- 1 large** orange, zested and juiced
- 2 tbsp** fresh lemon juice
- 1/3 cup** tahini
- 1 tbsp** avocado oil
- 1/2 tsp** ground turmeric
- Pinch** sea salt

CHICKEN

- 1 1/2 cups** shelled raw pistachios
- 2 tsp** ground cumin
- 1 tsp** chile powder blend
- 1/4 tsp** + pinch sea salt, divided
- 1/2 tsp** ground black pepper, divided
- 1 large** egg
- 4 5-oz** boneless, skinless chicken thighs or breasts, pounded to thin cutlets
- 1 head** broccoli, cut into florets
- 2 cloves** garlic, minced
- 1 tbsp** avocado oil

1. Preheat oven to 350°F. Line a baking sheet with foil and place a wire rack over foil. Line a second baking sheet with foil and coat with nonstick spray.

2. In a blender or food processor, place sauce ingredients and blend until smooth; set aside.

3. In a food processor, place pistachios, cumin, chile powder and 1/4 tsp each salt and pepper; pulse until pistachios are finely chopped, then spread on a plate. In a shallow bowl, whisk egg.

4. Dip each chicken piece first into egg and then into pistachio mixture, pressing to coat both sides; place on prepared rack over first baking sheet. Repeat with remaining chicken.

5. In a large bowl, toss broccoli with garlic and oil; season with remaining 1/4 tsp pepper and pinch salt. Spread broccoli on second baking sheet. Place both baking sheets in oven and roast 25 minutes. Serve chicken and broccoli with orange sauce.

PER SERVING (1/4 of recipe): Calories: 704, Fat: 50 g, Sat. Fat: 8 g, Monounsaturated Fat: 24 g, Polyunsaturated Fat: 15 g, Carbs: 25 g, Fiber: 8 g, Sugar: 7 g, Protein: 46 g, Sodium: 369 mg, Cholesterol: 201 mg





Dijon Dressing

MAKES $\frac{2}{3}$ CUP.

HANDS-ON TIME:

5 MINUTES.

TOTAL TIME: **5 MINUTES.**

- ½ cup** avocado oil mayonnaise
- 2 tbsp** water
- ¼ tsp** lemon zest
- ½ tbsp** fresh lemon juice
- 1 clove** garlic, minced
- ½ tsp** Dijon mustard
- sea salt and ground black pepper, to taste

In a bowl or jar, whisk all ingredients together. Cover and refrigerate.

PER SERVING (1 tbsp):
 Calories: 162, Total Fat: 18 g,
 Sat. Fat: 2 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 10 g,
 Carbs: 0 g, Fiber: 0 g, Sugars: 0 g,
 Protein: 0 g, Sodium: 180 mg,
 Cholesterol: 8 mg



New-Fashioned Cobb Salad

SERVES **1.**

HANDS-ON TIME:

15 MINUTES.

TOTAL TIME: **15 MINUTES.**

- 2 cups** romaine lettuce, torn
- 1 tbsp** Dijon dressing + additional for drizzling, optional
- ¼ cup** chopped jarred roasted red peppers
- 2 tbsp** chopped pitted black olives
- 2** chopped hard-boiled eggs
- ¼ cup** chopped radishes
- ⅓ cup** shredded or matchstick-cut carrots
- ½** avocado, chopped
- sea salt and ground black pepper, to taste
- 2 tbsp** cilantro, chopped

To a bowl, add lettuce and drizzle with 1 tbsp dressing. Arranging in rows, top with peppers, olives, eggs, radishes, carrots and avocado. Sprinkle with salt and pepper and, if desired, drizzle with an additional 1 tbsp dressing. Garnish with cilantro.

PER SERVING (1 recipe):
 Calories: 569, Total Fat: 48 g,
 Sat. Fat: 8 g, Monounsaturated Fat: 23 g, Polyunsaturated Fat: 13 g,
 Carbs: 21 g, Fiber: 12 g, Sugars: 4 g,
 Protein: 16 g, Sodium: 720 mg,
 Cholesterol: 381 mg



A+B

Spring Roll Chicken Salad

SERVES 2. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 30 MINUTES.

DRESSING

- 1 tbsp** raw almond butter
- 1 tbsp** coconut aminos
- 1 tbsp** fresh lime juice
+ additional to taste
- ½ tbsp** apple cider vinegar
+ additional to taste
- ¼ tsp** toasted sesame oil
- ⅛ tsp** red pepper flakes

SALAD

- ½ tbsp** avocado oil
- 4 1½-oz** chicken breast tenders
- ½ tsp** ground black pepper
- Pinch** sea salt
- 1** English cucumber, spiralized
- 1** carrot, spiralized or peeled into ribbons
- 1** green onion, thinly sliced
- ¼ cup** chopped fresh cilantro
- 2 tbsp** chopped fresh mint
- 1 tbsp** hemp hearts

1. Prepare dressing: Add all dressing ingredients to a small jar; seal and shake vigorously until smooth. Taste and adjust to desired thickness using additional lime juice or vinegar.

2. Prepare salad: In a nonstick skillet on medium-high, heat avocado oil. Add chicken and season with pepper and salt. Cook 6 to 8 minutes, turning once, until golden and cooked through. Transfer to a plate.

3. In a large bowl, toss together cucumber and carrot. Add onion, cilantro and mint. Add dressing and toss to coat. Sprinkle with hemp hearts and top with chicken.

PER SERVING (½ of recipe): Calories: 261, Fat: 13 g, Sat. Fat: 2 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 4 g, Carbs: 12 g, Fiber: 4 g, Sugar: 5 g, Protein: 25 g, Sodium: 257 mg, Cholesterol: 62 mg





Grilled Pesto Chicken & Fruit

SERVES 2. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 1 HOUR, 25 MINUTES.

½ cup fresh basil leaves	2 5-oz chicken breasts, pounded to ½-inch thickness
½ lemon, juiced	1 zucchini, cut into planks
2 tbsp chopped unsalted pecans	1 yellow summer squash, cut into planks
1 tbsp shredded Pecorino Romano cheese	4 baby red potatoes, cut into rounds
1 clove garlic	2 peaches, halved and pitted
¼ tsp ground black pepper	1 plum, halved and pitted
2 tbsp avocado oil, divided + additional as needed	

1. Prepare pesto: In a food processor, pulse basil, lemon juice, pecans, cheese, garlic, pepper and 1 tbsp oil until smooth, adding a little more oil if needed.

2. In a large dish, place chicken, zucchini, summer squash and potatoes. Rub pesto into chicken and vegetables. Refrigerate 1 hour.

3. Heat remaining 1 tbsp oil on a large nonstick grill pan on medium-high. Grill chicken, vegetables, peaches and plum for 5 minutes. Turn and cook 2 to 5 minutes more, removing pieces as they're done and transferring to a serving platter.

PER SERVING (½ of recipe): Calories: 495, Total Fat: 24 g, Sat. Fat: 4 g, Monounsaturated Fat: 14 g, Polyunsaturated Fat: 4 g, Carbs: 37 g, Fiber: 6 g, Sugars: 21 g, Protein: 36 g, Sodium: 136 mg, Cholesterol: 82 mg

A+B

Green Curry Poached Halibut

SERVES 2. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 30 MINUTES.

2 tbsp	avocado oil, divided	1 cup	coconut milk beverage
4 cups	spinach	2 tbsp	green curry paste
1 clove	garlic, minced	Pinch	sea salt
¼	yellow onion, finely chopped	2 4-oz	halibut fillets
1 cup	low-sodium vegetable broth	¼ cup	chopped fresh cilantro
		1	lime, zested and juiced

1. In a large skillet on medium-high, heat 1 tbsp oil. Add spinach and garlic; sauté 2 minutes then transfer to a serving dish.

2. In same skillet on medium-high, heat remaining 1 tbsp oil. Add onion and sauté for 3 minutes. Whisk in broth, coconut milk, curry paste and salt. Bring mixture to a simmer and cook until liquid is reduced by half, about 10 minutes.

3. Add halibut to skillet and spoon some of the liquid over top; cook for 1 minute. Cover and poach halibut until it flakes easily with a fork, 5 to 7 minutes. Gently transfer halibut to serving dish over cooked spinach.

4. To liquid in pan, add cilantro, lime zest and lime juice; cook for 1 minute. Ladle liquid over halibut and spinach in serving dish.

PER SERVING (½ of recipe): Calories: 361, Total Fat: 20 g, Sat. Fat: 5 g, Monounsaturated Fat: 11 g, Polyunsaturated Fat: 2.5 g, Carbs: 12 g, Fiber: 3 g, Sugars: 2 g, Protein: 33.5 g, Sodium: 811 mg, Cholesterol: 46 mg





Herbed Chicken Meatball Marinara

with Zoodles & Pesto

SERVES 4.

HANDS-ON TIME: **40 MINUTES.**

TOTAL TIME: **55 MINUTES.**

MEATBALLS

- 4 oz** cremini mushrooms, halved
- ¼ cup** roughly chopped sweet onion (such as Vidalia)
- 2 cloves** garlic, roughly chopped
- 1½ tsp** avocado oil
- 1 lb** ground chicken
- 1 large** egg
- 2 tbsp** unsalted Italian seasoning
- 1 tbsp** ground flaxseed
- 1 tbsp** nutritional yeast
- ½ tsp** each sea salt and ground black pepper
- 3 cups** marinara sauce
(NOTE: Look for a brand with no sugar added.)

PESTO

- 1 cup** fresh basil
- ¼ cup** raw unsalted walnuts
- 1 tbsp** nutritional yeast
- 1 tbsp** lemon zest + 1 tbsp fresh lemon juice
- 1 clove** garlic
- ¼ tsp** ground black pepper
- 1 tbsp** avocado oil

ZOODLES

- 2 tbsp** avocado oil
- 4** zucchini, spiralized
- sea salt and ground black pepper, to taste

1. Prepare meatballs: Heat oven to 350°F. To a food processor, add mushrooms, onions and garlic and pulse until minced. In a small nonstick skillet on medium-high, heat oil. Add mushroom mixture and sauté for 4 minutes. Transfer to a large mixing bowl and set aside to cool for 10 minutes. Wipe out processor.

2. Line a large rimmed baking sheet with parchment. To bowl with mushroom mixture, add chicken, egg, Italian seasoning, flaxseed, nutritional yeast, salt and pepper. Use your hands to thoroughly combine. Scoop out meatballs (about 2 tbsp per meatball) onto

prepared sheet. Cover with marinara sauce. Bake for 20 minutes, until cooked through.

3. Meanwhile, prepare pesto: Place all pesto ingredients, except oil, into food processor. Pulse to finely chop. With motor running, add oil and process 30 seconds more.

4. Prepare zoodles: In a large nonstick skillet on medium-high, heat one-half of oil. Add one-half of zucchini and season with salt and pepper; sauté 3 to 4 minutes. Transfer to a bowl and repeat with remaining oil and zucchini. Toss pesto with zoodles then top with meatballs.

PER SERVING (¼ of recipe): Calories: 470, Fat: 30 g, Sat. Fat: 5 g, Monounsaturated Fat: 14 g, Polyunsaturated Fat: 8 g, Carbs: 24 g, Fiber: 6.5 g, Sugar: 13 g, Protein: 30 g, Sodium: 406 mg, Cholesterol: 144 mg





Miso-Glazed Cod

with Spicy Orange Baby Bok Choy

SERVES 2. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 1 HOUR.

- 3 tbsp** coconut aminos, divided
- 1 tbsp** white miso paste
- 1 tbsp** rice vinegar
- 1 tsp** raw honey
- 1 tsp** toasted sesame oil, divided
- 8 oz** boneless, skinless cod,
cut into 2 portions
- 3** baby bok choy, halved
- 2 tsp** orange zest + 2 tbsp
orange juice
- 1 tsp** arrowroot flour
- ½ tsp** red pepper flakes,
or to taste
- 2 tsp** black sesame seeds,
for garnish

PER SERVING (½ of recipe): Calories: 206,
Fat: 5 g, Monounsaturated Fat: 2 g,
Polyunsaturated Fat: 2 g, Sat. Fat: 1 g,
Carbs: 19 g, Fiber: 3 g, Sugar: 13 g, Protein: 21 g,
Sodium: 794 mg, Cholesterol: 43 mg

1. In a medium bowl, whisk 2 tbsp coconut aminos, miso, vinegar, honey and ½ tsp oil until smooth. Add fish to bowl and spoon marinade on top to coat both sides. Cover and refrigerate for 30 minutes.

2. Heat oven to broil on high. Place a rack over a sheet pan and place fish on rack. Broil for 4 minutes. Turn oven to 350°F and bake for an additional 8 minutes, until fish flakes easily with a fork.

3. Meanwhile, in a large nonstick skillet on medium-high, heat remaining ½ tsp oil. Add bok choy, cover and cook 3 to 4 minutes.

4. Whisk together orange zest and juice, remaining 1 tbsp coconut aminos, arrowroot and pepper flakes. Add to skillet with bok choy and stir to coat; cook for 30 seconds, until sauce thickens. Sprinkle bok choy with seeds. Serve with fish.





SMALL BITES



Garlicky Crab-Stuffed Mushrooms

SERVES 4.

HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 30 MINUTES.

- 8** cremini mushrooms, stems and gills removed
- 3½ tbsp** avocado oil, divided
- 1** shallot, minced
- 1** stalk celery, minced
- ½ tsp** sea salt, divided
- 3 cloves** garlic, minced
- 3 oz** lump crabmeat (about ½ cup), picked over for shells
- 1 tbsp** avocado oil mayonnaise
- 1 tsp** fresh lemon juice
- ¼ tsp** ground black pepper
- ⅛ tsp** ground cayenne pepper
- 2 tsp** almond meal

1. Preheat oven to 450°F. Line a baking sheet with foil. Brush mushrooms inside and out with 2 tbsp oil then place stemmed sides down on sheet. Roast until tender, 10 to 12 minutes.

2. Meanwhile, in a small skillet on medium-low, heat 1 tbsp oil. Add shallot, celery and ⅛ tsp salt and cook, stirring occasionally, until tender, 2 to 3 minutes. Add garlic; sauté until fragrant, about 1 minute. Transfer to a bowl and let cool for 2 minutes.

3. Stir crab, mayonnaise, lemon juice, ¼ tsp salt, black pepper and cayenne into shallot mixture.

4. Using tongs, carefully flip mushrooms. Spoon about 2 tbsp crab mixture into each mushroom. Mix remaining ⅛ tsp salt into almond meal; sprinkle on mushrooms and

drizzle with remaining ½ tbsp oil. Bake for 5 to 10 minutes, until warmed through and lightly toasted on top.

PER SERVING (¼ of recipe): Calories: 177, Fat: 16 g, Sat. Fat: 2 g, Monounsaturated Fat: 10 g, Polyunsaturated Fat: 3 g, Carbs: 4.5 g, Fiber: 1 g, Sugars: 1.5 g, Protein: 5 g, Sodium: 355 mg, Cholesterol: 22 mg





Sweet Potato Nachos

with Veggie-Packed “Queso”

SERVES 4 TO 6.

HANDS-ON TIME: 25 MINUTES.

TOTAL TIME: 55 MINUTES.

NACHOS

3 medium

to large sweet potatoes, sliced about ¼-inch thick

3 tbsp coconut oil, melted
sea salt and ground black pepper, to taste

QUESO (OPTIONAL)

1 cup water

1 cup chopped sweet potatoes

½ cup chopped yellow onion

¼ cup chopped carrots

5 tbsp avocado oil

¼ cup raw cashew butter
(NOTE: Or use ¼ cup cashews, soaked in water for 1 to 5 hours, drained.)

2 tsp fresh lemon juice

1 clove garlic, minced

1¾ tsp sea salt

¼ tsp ground black pepper

Pinch ground cayenne pepper

SUGGESTED TOPPINGS: Sliced jalapeño, cilantro, sliced avocado, salsa, seasoned and cooked ground beef or turkey, diced red onion, chopped tomatoes, sliced olives

1. Make nacho chips: Preheat oven to 400°F. Line 3 baking sheets with parchment paper. Arrange potato slices in a single layer on sheets. Brush both sides with coconut oil and sprinkle with salt and pepper. Bake for 20 minutes, flip over and bake 10 minutes more, until crispy.



2. Meanwhile, make “queso” (if using): To a medium saucepan, add water, chopped potato, onion and carrots; bring to a boil. Reduce to a simmer and cook, covered, for 15 minutes, or until vegetables are very soft.

3. To a food processor or high-powered blender, add softened vegetables, avocado oil, cashew

butter, lemon juice, garlic, salt, black pepper and cayenne. Process until completely smooth, 1 to 2 minutes.

4. Assemble nachos: Place 1 layer of sweet potato slices on a platter and drizzle with queso (if using) and desired toppings. Arrange another layer of sweet potatoes, queso and desired toppings.

PER SERVING (½ of recipe): Calories: 279, Total Fat: 21 g, Sat. Fat: 7 g, Monounsaturated Fat: 10 g, Polyunsaturated Fat: 2 g, Carbs: 22 g, Fiber: 3 g, Sugars: 6 g, Protein: 3 g, Sodium: 644 mg, Cholesterol: 0 mg



Fire-Roasted Lentils

SERVES 2.

HANDS-ON TIME: **5 MINUTES.**

TOTAL TIME: **25 MINUTES.**

- 1 tbsp** avocado oil
- ¼** onion, chopped
- 1 clove** garlic, minced
- 1 can** fire-roasted diced tomatoes
- ½ cup** dry red lentils
- 1 cup** vegetable broth

In a medium saucepan on medium, heat oil. Add onion and garlic and sauté until softened, 3 minutes. Add tomatoes, lentils and broth. Bring to a boil, reduce to simmer, cover and cook for 20 minutes.

PER SERVING (½ of recipe): Calories: 296, Total Fat: 8 g, Sat. Fat: 1 g, Monounsaturated Fat: 5 g, Polyunsaturated Fat: 1.5 g, Carbs: 43 g, Fiber: 8 g, Sugars: 7 g, Protein: 13 g, Sodium: 528 mg, Cholesterol: 0 mg



Millet Pilaf

SERVES 4.

HANDS-ON TIME: **10 MINUTES.**

TOTAL TIME: **30 MINUTES.**

- 1 cup** millet
- 3 tbsp** each avocado oil and lemon juice
- 1 tbsp** each Dijon and chopped basil leaves
- 1 tsp** lemon zest
- ¼ cup** dried unsweetened cherries, chopped
- 2** green onions, sliced
- ¼ cup** sliced almonds, toasted

1. To a medium saucepan, add millet and 2 cups water and bring to a boil. Reduce to a simmer and cook, covered, until water is absorbed, about 15 minutes. Remove from heat. Let stand 10 minutes then fluff with a fork.

2. In a small bowl, whisk together oil, lemon juice, Dijon, basil, and lemon zest. Drizzle over millet and add cherries, green onions and almonds; toss to combine.

PER SERVING (¼ of recipe): Calories: 347, Total Fat: 16 g, Sat. Fat: 2 g, Monounsaturated Fat: 10 g, Polyunsaturated Fat: 3 g, Carbs: 43 g, Fiber: 6 g, Sugars: 5 g, Protein: 7 g, Sodium: 97 mg, Cholesterol: 0 mg



Spiced Salmon Cubes

SERVES 2.

HANDS-ON TIME: **10 MINUTES.**

TOTAL TIME: **10 MINUTES.**

- 1 tsp** each ground cumin, smoked paprika, garlic powder and lemon zest
- ¼ to ½ tsp** red pepper flakes (to taste)
- ¼ tsp** sea salt
- 10 oz** skinless wild salmon, cut into cubes
- lemon wedges, for serving

1. In a bowl, combine spices and add salmon cubes; toss to coat.

2. In a nonstick skillet on medium, sauté 2 minutes per side, until cooked through. Serve with lemon wedges.

PER SERVING (½ of recipe): Calories: 181, Total Fat: 6 g, Sat. Fat: 1 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 2 g, Carbs: 2 g, Fiber: 1 g, Sugars: 0 g, Protein: 29 g, Sodium: 313 mg, Cholesterol: 66 mg



Moroccan Lentils & Quinoa

SERVES **2**.
HANDS-ON TIME: **10 MINUTES**.
TOTAL TIME: **25 MINUTES**.

- 1 cup** low-sodium chicken broth
- ½ cup** chopped sweet onion (such as Vidalia)
- ½ cup** roasted red pepper, diced
- ¼ cup** quinoa, rinsed
- ¼ cup** red lentils, rinsed
- 2 tsp** lemon zest
- 1 clove** garlic, minced
- ½ tsp** each smoked paprika and ground cumin
- ¼ tsp** sea salt
- ½ cup** chopped fresh cilantro

To a medium saucepan on medium-high, add all ingredients except cilantro. Bring to a boil and then reduce heat to low, cover and simmer for about 15 minutes, until tender. Pour into bowls and top with chopped cilantro.

PER SERVING (½ of recipe): Calories: 227, Total Fat: 3 g, Sat. Fat: 0.5 g, Monounsaturated Fat: 1 g, Polyunsaturated Fat: 1 g, Carbs: 39 g, Fiber: 7 g, Sugars: 3 g, Protein: 12 g, Sodium: 405 mg, Cholesterol: 0 mg



Pecan Milk

MAKES **6 CUPS**.
HANDS-ON TIME: **10 MINUTES**.
TOTAL TIME: **10 MINUTES***

*PLUS SOAKING TIME.

- 2 cups** unsalted pecans, soaked 1 hour or overnight in fridge, drained
- 5 cups** water

1. In a high-speed blender, place drained pecans along with water. Blend on high speed for 1 minute.

2. If desired, strain milk through a cheesecloth or nut milk bag. Refrigerate in a sealed container up to 1 week.

PER SERVING (1 cup): Calories: 228, Total Fat: 24 g, Sat. Fat: 2 g, Carbs: 5 g, Fiber: 3 g, Sugars: 1 g, Protein: 3 g, Sodium: 4 mg, Cholesterol: 0 mg



Avocado Sweet Potato Toast

SERVES **1**.
HANDS-ON TIME: **10 MINUTES**.
TOTAL TIME: **20 MINUTES**.

- ½** sweet potato
- ½** avocado
- 1 tsp** fresh lime juice
- ½ tbsp** coconut oil
- 3 large** eggs
- ⅛ tsp** each sea salt, ground black pepper and chili powder blend

1. Cut potato into three ½-inch-thick slices lengthwise; toast in a toaster oven until soft, 15 minutes. Mash avocado with lime juice and divide among potato slices.

2. Meanwhile, in a nonstick skillet on medium, heat oil. Crack eggs into skillet and cook sunny-side up to desired doneness.

3. Place one cooked egg over each potato slice and top with salt, pepper and chili powder.

PER SERVING (1 recipe): Calories: 501, Total Fat: 40 g, Sat. Fat: 13 g, Carbs: 24 g, Fiber: 10 g, Sugars: 6 g, Protein: 22 g, Sodium: 496 mg, Cholesterol: 558 mg



Mustard Pickle Deviled Eggs

MAKES 12 HALVES.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 15 MINUTES.

- 6 large** hard-boiled eggs, peeled, halved lengthwise
- ¼ cup** avocado oil mayonnaise
- 3 tbsp** minced dill pickle + 2 tsp pickle juice, divided
- 2 tsp** Dijon mustard
- ¼ tsp** each sea salt and ground black pepper, or to taste
- fresh dill, optional

1. Spoon egg yolks into a medium bowl. Add mayonnaise, pickle juice and mustard. Mash with a fork, combining all ingredients as you go. (Add more juice if needed to reach desired consistency.) Fold in pickle. Season with salt and pepper.

2. With a 1 tbsp measure, spoon mixture into egg white halves. (Alternatively, spoon filling into a pastry bag and pipe it in.) Top each with dill (if using).

PER SERVING (2 halves): Calories: 147, Total Fat: 13 g, Sat. Fat: 3 g, Monounsaturated Fat: 8 g, Polyunsaturated Fat: 2 g, Carbs: 1 g, Fiber: 0 g, Sugars: 1 g, Protein: 7 g, Sodium: 301 mg, Cholesterol: 197 mg



Purple Potato Latkes

SERVES 3. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 30 MINUTES.

PESTO TOPPING

- 1 cup** fresh basil
- 1 tbsp** fresh lemon juice
- 1 tbsp** nutritional yeast
- ½ tbsp** hemp seeds
- ¼ tsp** garlic powder
- ⅛ tsp** sea salt
- Pinch** ground black pepper
- 2 tbsp** extra-virgin olive oil

LATKES

- 8 oz** purple potato, shredded
- 2 tbsp** almond flour
- 1 large** egg, beaten
- ½ tsp** each ground black pepper and garlic powder
- ¼ tsp** sea salt
- 3 tbsp** avocado oil

1. Prepare pesto: To a food processor, add all ingredients except oil. Pulse until basil is finely chopped. With motor running, drizzle in olive oil and process until smooth.

2. In a medium bowl, combine potato, almond flour, egg, pepper, garlic powder and salt. Let stand 3 minutes then squeeze out as much water from mixture as possible.

3. In a medium skillet on medium-high, heat avocado oil. Divide mixture into 6 portions then form into balls. Add to skillet and flatten with a spoon or spatula. Cook 3 minutes, or until golden on the bottom. Flip and cook another 3 minutes. Transfer to a paper towel-lined plate. Top each latke with pesto.

PER SERVING (⅓ of recipe): Calories: 300, Total Fat: 24 g, Sat. Fat: 3 g, Monounsaturated Fat: 16 g, Polyunsaturated Fat: 4 g, Carbs: 16 g, Fiber: 3 g, Sugars: 1 g, Protein: 7 g, Sodium: 271 mg, Cholesterol: 62 mg



Strawberry Coconut Ice Cream

SERVES 4.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 15 MINUTES.

- 1 10-oz** bag frozen strawberries
- 1** banana, sliced and frozen
- 2 tsp** pure vanilla extract
- Pinch** sea salt
- ¾ cup** canned heavy coconut cream, stirred
- 2 tbsp** raw honey or pure maple syrup, optional

To a food processor, add strawberries, banana, vanilla and salt. Pulse to chop and mix. Add coconut cream and honey (if using) and process until smooth, stopping to scrape down sides of bowl and break up chunks as needed. Serve immediately. Alternatively, place in a container, cover and freeze; let stand at room temperature for a few minutes before serving.

PER SERVING (¼ of recipe): Calories: 342, Total Fat: 27 g, Sat. Fat: 24 g, Monounsaturated Fat: 1.5 g, Polyunsaturated Fat: 1.5 g, Carbs: 24 g, Fiber: 10 g, Sugars: 10 g, Protein: 4 g, Sodium: 45 mg, Cholesterol: 0 mg



TIP: If storing in one large pot, add avocado pit to help keep avocado green.



Chunky Cucumber Avocado Gazpacho

SERVES 4. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 20 MINUTES.*

*PLUS CHILLING TIME.

- | | |
|--|---|
| 1 ripe avocado, finely chopped | 2 cloves garlic, minced |
| 1 large cucumber, finely chopped (about 3 cups) | 2 limes, zested and juiced |
| 1 each orange and red bell pepper, finely chopped | 2 cups unsalted tomato juice |
| 1 large green chile pepper, seeded and minced | ½ cup white wine vinegar |
| 3 green onions, minced | ¼ tsp sea salt |
| | ½ bunch fresh basil, cut into chiffonade |

1. In a large stockpot, combine all ingredients, except basil, with 2 cups water. Taste and adjust seasoning, if necessary.

2. Chill for 1 to 2 hours. Garnish with basil before serving. For a portable lunch, ladle 2 cups of soup into each of 4 16-oz Mason jars and refrigerate until ready to eat. Keeps for up to 4 days in the fridge.

PER SERVING (2 cups): Calories: 159, Total Fat: 8 g, Sat. Fat: 1 g, Monounsaturated Fat: 5 g, Polyunsaturated Fat: 1 g, Carbs: 22 g, Fiber: 6 g, Sugars: 7.5 g, Protein: 4 g, Sodium: 143 mg, Cholesterol: 0 mg



Balsamic Roasted Strawberries

SERVES 2.

HANDS-ON TIME: 5 MINUTES.

TOTAL TIME: 30 MINUTES.

- 2 cups** strawberries, stemmed and sliced
- 2 tbsp** balsamic vinegar

1. Preheat oven to 350°F. To a baking dish or baking sheet, add strawberries and drizzle with vinegar.
2. Bake for 25 to 30 minutes. Serve warm or chilled with chopped nuts, if desired.

PER SERVING (½ of of recipe): Calories: 63, Total Fat: 0.5 g, Sat. Fat: 0 g, Carbs: 14 g, Fiber: 3 g, Sugars: 10 g, Protein: 1 g, Sodium: 5 mg, Cholesterol: 0 mg



Sautéed Cinnamon Apples

SERVES 1.

HANDS-ON TIME: 10 MINUTES.

TOTAL TIME: 10 MINUTES.

- 1 tbsp** coconut oil
- 1 large** apple, thinly sliced, core and seeds removed
- 1 tsp** ground cinnamon, or to taste

1. In a medium skillet on medium-high, heat oil. Working in batches, add apple slices in a single layer and sprinkle with some of the cinnamon. Cook 2 to 3 minutes, or until golden on the bottom.
2. Flip, sprinkling with more cinnamon if desired, and continue cooking until golden and caramelized on the bottom, 2 to 3 minutes more. Serve warm with coconut yogurt, if desired.

PER SERVING (1 recipe): Calories: 244, Total Fat: 14 g, Sat. Fat: 11 g, Monounsaturated Fat: 1 g, Polyunsaturated Fat: 0 g, Carbs: 33 g, Fiber: 7 g, Sugars: 23 g, Protein: 1 g, Sodium: 2 mg, Cholesterol: 0 mg



This plan is perfect for the Basic Reboot. If following the Advanced Reboot, avoid the rice paper wraps in the Shrimp Spring Rolls and use lettuce wraps instead. Since the Advanced Reboot avoids dairy, omit the goat cheese and select a dairy-free pesto when called for.



Two Weeks of *Anti-Inflammatory* Eating

This comprehensive meal plan is your ultimate anti-inflammation kick start, chock full of nutrient-dense foods to support your immune system, help you maintain a healthy weight and prevent chronic disease.

BY ERIN MACDONALD, RDN AND TIFFANI BACHUS, RDN, PHOTOGRAPHY BY OLIMPIA DAVIES



Shrimp Spring Rolls *with Spicy Apricot Dipping Sauce*

SERVES 2. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 20 MINUTES.

SAUCE

- ¼ cup** low-sugar apricot jam
- 2 tbsp** rice vinegar
- ¼–½ tsp** red pepper flakes
- ¼ tsp** peeled and grated ginger

ROLLS

- 6** rice paper wrappers
- 12 oz** large cooked shrimp, peeled and deveined, cut in half lengthwise
- 1** English cucumber, cut into matchsticks
- 1** carrot, cut into matchsticks

- 1** avocado, peeled, pitted and sliced
- ½** mango, peeled, pitted and cut into matchsticks
- ½ cup** chopped fresh cilantro
- ¼ cup** fresh chives, snipped into 1-inch pieces

1. Prepare sauce: In a small bowl, whisk together all ingredients; set aside.

2. Bring a kettle of water to a boil. Pour water into a large shallow bowl or wide skillet (wider than rice paper wraps). Working one at a time, soak a rice paper wrapper in water until

pliable, about 30 seconds. Lay on a cutting board and pat dry. Arrange 3 shrimp halves across middle of wrapper; top with some of the cucumber, carrots, avocado, mango, cilantro and chives. Fold bottom of wrapper over filling, then fold in sides and roll up into a tight bundle. Cut rolls in half and serve with apricot sauce.

NOTE: If following our Meal Plan, store spring rolls and sauce separately in the refrigerator until called for.

PER SERVING (½ of recipe): Calories: 567, Total Fat: 16 g, Sat. Fat: 2 g, Monounsaturated Fat: 10 g, Polyunsaturated Fat: 2 g, Carbs: 62 g, Fiber: 11 g, Sugars: 26 g, Protein: 49 g, Sodium: 325 mg, Cholesterol: 321 mg



TRAIL MIX

Combine $\frac{1}{4}$ cup each pine nuts, sunflower seeds and pumpkin seeds with 1 cup freeze-dried strawberries. Divide into 4 portions for snacks throughout the week.



MEAL PLAN

WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>BREAKFAST: 1 Lemon Chia Donut (p. 47; save leftovers)</p> <p>LUNCH: 1 serving Shrimp Spring Rolls (p. 42; save leftovers)</p> <p>SNACK: 1 green apple; 2 tbsp almond butter</p> <p>DINNER: Asian Chicken Stir-Fry: Whisk together 2 tbsp each coconut aminos and rice vinegar, 2 tsp arrowroot starch, 2 cloves minced garlic, 1 tsp minced ginger and ¼ tsp red pepper flakes. Cut ¼ lb chicken thighs into ½-inch strips. Chop 2 shallots, 4 cups broccoli and 2 red bell peppers; sauté vegetables in 1 tbsp avocado oil until crisp-tender. Remove from pan and heat additional 1 tbsp oil. Add chicken and cook until no longer pink inside. Return vegetables to pan and add sauce. When mixture starts to bubble, stir to coat (eat ¼, save leftovers); serve with 1 cup steamed cauliflower rice.</p> <p>½ cucumber, sliced with 3 tbsp rice vinegar drizzled over top</p>	<p>BREAKFAST: Green Smoothie: Blend 1 cup almond milk, 1 cup baby spinach, ½ avocado, ½ frozen banana, ½ mango, 2 scoops collagen and 1 tbsp chia seeds with ice.</p> <p>LUNCH: 1 serving Shrimp Spring Rolls (leftovers, p. 42)</p> <p>SNACK: Trail Mix (p. 43; save leftovers)</p> <p>DINNER: Asian Chicken Stir-Fry (leftovers) with 1 cup steamed cauliflower rice</p> <p>½ cucumber, sliced, with 3 tbsp rice vinegar drizzled over top</p>	<p>BREAKFAST: 1 Lemon Chia Donut (leftovers, p. 47)</p> <p>2 eggs, hard boiled</p> <p>LUNCH: Asian Chicken Stir-Fry (leftovers); serve with 1 cup steamed cauliflower rice</p> <p>½ cucumber, sliced with 3 tbsp rice vinegar drizzled over top</p> <p>SNACK: 1 green apple; 2 tbsp almond butter</p> <p>DINNER: Cauliflower Falafel Bowl: In a food processor, combine 1 cup riced cauliflower, 2 eggs, ½ cup slivered almonds, 3 tbsp coconut flour, 2 cloves garlic, 1 tsp ground cumin and ½ tsp each salt, pepper and red pepper flakes. Heat 1 tbsp olive oil in a large nonstick pan; working 2 tbsp at a time, make balls of cauliflower mixture and flatten slightly. Cook until golden, turning halfway. Combine ¼ cup tahini, juice and zest of 2 lemons, 1 tsp cumin and ½ tsp red pepper flakes (eat ¼ of falafel and sauce; save leftovers). Serve over 1 cup spring mix, ½ cup cherry tomatoes, halved, ½ cucumber, sliced, ½ shallot, thinly sliced, and ½ tsp hemp hearts.</p>	<p>BREAKFAST: Berry Banana Smoothie Bowl: Blend 1 cup frozen mixed berries, 1 banana, 3 tbsp almond milk, 2 scoops collagen until smooth and thick. Pour into a bowl and top with 1 tbsp chia seeds and ½ cup strawberries.</p> <p>LUNCH: Cauliflower Falafel Bowl (leftovers); serve over 1 cup spring mix, ½ cup cherry tomatoes, halved, ½ cucumber, sliced, ½ shallot, thinly sliced, and ½ tsp hemp hearts</p> <p>SNACK: Trail Mix (leftovers, p. 43)</p> <p>DINNER: Asian Stir-Fry (leftovers); serve with 1 cup steamed cauliflower rice</p> <p>½ cucumber, sliced with 3 tbsp rice vinegar drizzled over top</p>
<p>NUTRIENTS: Calories: 1,518, Fat: 74, Sat. Fat: 19 g, Carbs: 132 g, Fiber: 29 g, Sugars: 66 g, Protein: 102 g, Sodium: 909 mg, Cholesterol: 533 mg</p>	<p>NUTRIENTS: Calories: 1,521, Fat: 64 g, Sat. Fat: 9 g, Carbs: 139 g, Fiber: 34 g, Sugars: 64 g, Protein: 116 g, Sodium: 1,011 mg, Cholesterol: 440 mg</p>	<p>NUTRIENTS: Calories: 1,379, Fat: 86 g, Sat. Fat: 23 g, Carbs: 96 g, Fiber: 26 g, Sugars: 49 g, Protein: 79 g, Sodium: 1,054 mg, Cholesterol: 737 mg</p>	<p>NUTRIENTS: Calories: 1,226, Fat: 57 g, Sat. Fat: 8 g, Carbs: 114 g, Fiber: 32 g, Sugars: 54 g, Protein: 81 g, Sodium: 861 mg, Cholesterol: 224 mg</p>
FRIDAY	SATURDAY	SUNDAY	
<p>BREAKFAST: Protein Waffle: In a blender, combine ¼ cup almond butter, 2 eggs, 2 tbsp almond flour, 2 scoops collagen, 1 tsp vanilla extract, ½ tsp each cinnamon and baking soda and pinch salt. Cook in a waffle maker (eat ½; save leftovers). Sauté ½ banana in 1 tbsp coconut oil. Top with 1 tbsp almond butter, pinch cinnamon and sautéed bananas.</p> <p>LUNCH: Chicken Sonoma Salad: Poach 8 oz chicken thighs. Chop chicken and combine with 1 stalk chopped celery, 1 chopped green apple and ¼ cup slivered almonds. Separately, mash 1 avocado and combine with ¼ cup mayonnaise, juice of 1 lemon and ¼ tsp each salt and pepper. Combine with chicken mixture (eat ½; save leftovers).</p> <p>SNACK: 1 green apple and 2 tbsp almond butter</p> <p>DINNER: Grilled Salmon & Asparagus: Season 2 5-oz salmon fillets with ¼ tsp smoked paprika and pinch each salt and pepper. Squeeze juice of 1 orange over salmon and marinate 15 minutes. Rub 8 oz asparagus with 1 tbsp avocado oil and season with pinch each salt and pepper. Grill salmon and asparagus on indoor or outdoor grill (eat ½, save leftovers).</p>	<p>BREAKFAST: 1 Lemon Chia Donut (leftovers, p. 47)</p> <p>Sauté 2 cups spring greens and ¼ cup chopped onions in 1 tbsp avocado oil until soft; add 2 eggs, whisked, and scramble with spatula. Add pinch each salt and pepper. Top with ½ avocado.</p> <p>LUNCH: Grilled Salmon & Asparagus (leftovers)</p> <p>SNACK: Trail Mix (leftovers, p. 43)</p> <p>DINNER: Cauliflower Falafel Bowl (leftovers); serve over 1 cup spring mix, ½ cup cherry tomatoes, halved, ½ cucumber, sliced, and ½ shallot, thinly sliced. Sprinkle with ½ tsp hemp hearts.</p>	<p>BREAKFAST: Protein Waffle (leftovers), reheated and topped with 1 tbsp almond butter and ½ cup sliced strawberries</p> <p>LUNCH: Chicken Sonoma Salad (leftovers)</p> <p>SNACK: Trail Mix (leftovers, p. 43)</p> <p>DINNER: Cauliflower Falafel Bowl (leftovers) with 1 cup spring mix, ½ cup cherry tomatoes, halved, ½ cucumber, sliced, ½ shallot, thinly sliced, and ½ tsp hemp hearts</p>	
<p>NUTRIENTS: Calories: 1,592, Fat: 109 g, Sat. Fat: 23 g, Carbs: 83 g, Fiber: 24 g, Sugars: 40 g, Protein: 92 g, Sodium: 1,298 mg, Cholesterol: 390 mg</p>	<p>NUTRIENTS: Calories: 1,497, Fat: 106 g, Sat. Fat: 27 g, Carbs: 73 g, Fiber: 23 g, Sugars: 30 g, Protein: 78 g, Sodium: 1,021 mg, Cholesterol: 693 mg</p>	<p>NUTRIENTS: Calories: 1,453, Fat: 103 g, Sat. Fat: 15 g, Carbs: 76 g, Fiber: 26 g, Sugars: 28 g, Protein: 78 g, Sodium: 1,478 mg, Cholesterol: 420 mg</p>	

WEEK 2

MONDAY

BREAKFAST: Green Smoothie Bowl: In a blender, combine 2 cups baby spinach, ½ avocado, ½ cup frozen pineapple, 2 scoops collagen and 3 tbsp almond milk. Pour into a bowl and top with 1 tbsp hemp hearts and ½ cup sliced strawberries.

LUNCH: Fajita Steak Salad: Combine 1 tsp each cumin, chili powder blend and smoked paprika and ¼ tsp each salt and pepper. Rub onto 10-oz flank steak. Slice 2 bell peppers into strips and slice 1 red onion into wedges. Grill steak and vegetables to desired doneness (eat ½; save leftovers).

SNACK: Matcha Latte: Heat 8 oz unsweetened almond milk. Place 1 tsp matcha green tea powder in a coffee mug and then add hot almond milk. Whisk (use a handheld electric whisk if you have one) until frothy.

DINNER: 1 serving Golden Cauliflower Soup (p. 46; save leftovers)

Orange Salmon: Season 2 4-oz wild salmon fillets with pinch each salt and pepper, ¼ tsp each cumin and smoked paprika and juice of ½ orange; grill (eat ½; save leftovers).

NUTRIENTS: Calories: 1,251, Fat: 69 g, Sat. Fat: 28 g, Carbs: 63 g, Fiber: 20 g, Sugars: 31 g, Protein: 90 g, Sodium: 2,509 mg, Cholesterol: 164 mg

TUESDAY

BREAKFAST: Spring Frittata: Sauté 4 oz chopped asparagus, 1 thinly sliced leek and 1 cup sliced mushrooms in 1 tbsp avocado oil with pinch each salt and pepper, until soft. Whisk 6 eggs in a bowl with 1 tbsp water. Pour eggs into vegetables and top with 1 oz crumbled goat cheese. Let eggs set on bottom, about 4 minutes. Flip and cook 3 to 4 minutes more. Divide into 2 portions (eat ½; save leftovers); serve with ½ avocado, sliced.

LUNCH: 1 serving Golden Cauliflower Soup (leftovers, p. 46)

Orange Salmon (leftovers)

SNACK: 1 Lemon Chia Donut (leftovers, p. 47)

DINNER: Fajita Steak Salad (leftovers)

NUTRIENTS: Calories: 1,626, Fat: 106, Sat. Fat: 46 g, Carbs: 72 g, Fiber: 23 g, Sugars: 34 g, Protein: 99 g, Sodium: 2,906 mg, Cholesterol: 892 mg

WEDNESDAY

BREAKFAST: Protein Pancakes: In a blender, combine 1 banana, 2 eggs, 2 tbsp each almond flour and ground flaxseeds, 2 scoops collagen, 1 tsp vanilla extract and ½ tsp cinnamon; blend until smooth. Heat a griddle or large nonstick skillet on medium; melt 1 tbsp coconut oil. Ladle in 2 tbsp batter per pancake. Cook, flipping once, until golden on both sides (eat ½; save leftovers); top with 1 tbsp almond butter and ½ cup sliced strawberries.

LUNCH: Rainbow Vegetable Salad with Chicken (p. 48; save leftovers)

SNACK: Matcha Latte: Heat 8 oz unsweetened almond milk. Place 1 tsp matcha green tea powder in a coffee mug and then add hot almond milk. Whisk (use a handheld electric whisk if you have one) until frothy.

1 green apple and 2 tbsp almond butter

DINNER: Cilantro Turkey Burger: Combine 1¼ lb ground turkey, ⅓ cup chopped fresh cilantro, ¼ cup coconut aminos, 1 tsp chili powder blend and ½ tsp each salt, black pepper, onion powder and garlic powder. Form into 8 patties and rub with avocado oil. Cook in a skillet or on grill to desired doneness. Mash 2 avocados with juice of 2 limes, ¼ cup chopped shallots and ½ tsp each garlic powder and red pepper flakes (eat 2 patties with ¼ of avocado mixture; save leftovers separately); serve patties and avocado mixture in butter lettuce leaves.

NUTRIENTS: Calories: 1,395, Fat: 81 g, Sat. Fat: 18 g, Carbs: 93 g, Fiber: 24 g, Sugars: 49 g, Protein: 79 g, Sodium: 1,261 mg, Cholesterol: 360 mg

THURSDAY

BREAKFAST: Spring Frittata (leftovers)

LUNCH: Cilantro Turkey Burger (leftovers) in butter lettuce leaves with avocado mixture

SNACK: 1 green apple; 2 tbsp almond butter

DINNER: Rainbow Vegetable Salad with Chicken (leftovers, p. 48)

NUTRIENTS: Calories: 1,370, Fat: 87 g, Sat. Fat: 19 g, Carbs: 84 g, Fiber: 25 g, Sugars: 42 g, Protein: 80 g, Sodium: 1,631 mg, Cholesterol: 785 mg

FRIDAY

BREAKFAST: Protein Pancakes (leftovers), with 1 tbsp almond butter and ½ cup sliced strawberries

LUNCH: Rainbow Vegetable Salad with Chicken (leftovers, p. 48)

SNACK: 1 Lemon Chia Donut (leftovers, p. 47)

DINNER: Cilantro Turkey Burger (leftovers); served in butter lettuce leaves with avocado mixture

NUTRIENTS: Calories: 1,369, Fat: 85 g, Sat. Fat: 28 g, Carbs: 83 g, Fiber: 21 g, Sugars: 44 g, Protein: 81 g, Sodium: 1,307 mg, Cholesterol: 453 mg

SATURDAY

BREAKFAST: Berry Smoothie Bowl: In a blender combine 1 cup frozen mixed berries, 2 scoops collagen and 3 tbsp unsweetened almond milk. Pour into a bowl and top with ½ cup strawberries, 2 tbsp sliced almonds and ½ tsp chia seeds.

LUNCH: Rainbow Vegetable Salad with Chicken (leftovers, p. 48)

SNACK: Matcha Latte: Heat 8 oz unsweetened almond milk. Place 1 tsp matcha green tea powder in a coffee mug and then add hot almond milk. Whisk (use a handheld electric whisk if you have one) until frothy.

DINNER: Eggplant Pizza: Slice 1 eggplant into ½-inch rounds. Place on a baking sheet lined with parchment. Mist each eggplant slice with cooking spray. Top slices with 2 tbsp pesto and ½ cup sliced mushrooms. Bake in a 400°F oven for 10 minutes.

1 serving Golden Cauliflower Soup (leftovers, p. 46)

NUTRIENTS: Calories: 1,208, Fat: 66 g, Sat. Fat: 23 g, Carbs: 97 g, Fiber: 38 g, Sugars: 46 g, Protein: 57 g, Sodium: 1,561 mg, Cholesterol: 51 mg

SUNDAY

BREAKFAST: Tropical Smoothie: Blend ¾ cup almond milk, 1 cup each frozen mango and pineapple, juice of ½ orange, 2 scoops collagen and 1 tbsp chia seeds.

LUNCH: Eggplant Pizza: Slice 1 eggplant into ½-inch rounds. Place on a baking sheet lined with parchment. Mist each eggplant slice with cooking spray. Top with 2 tbsp pesto and ½ cup sliced mushrooms. Bake in a 400°F oven for 10 minutes.

1 serving Golden Cauliflower Soup (leftovers, p. 46)

SNACK: 1 Lemon Chia Donut (leftovers, p. 47)

DINNER: Cilantro Turkey Burger (leftovers) in butter lettuce leaves with avocado mixture

NUTRIENTS: Calories: 1,583, Fat: 85 g, Sat. Fat: 37 g, Carbs: 138 g, Fiber: 42 g, Sugars: 78 g, Protein: 77 g, Sodium: 2,251 mg, Cholesterol: 194 mg



Golden Cauliflower Soup

SERVES 4.

HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 50 MINUTES.

- 1 head** cauliflower, cut into chunks (about 4 cups)
- 1** shallot, roughly chopped
- 1** carrot, roughly chopped
- 2 tbsp** avocado or extra-virgin olive, divided
- ½ tsp** sea salt
- 2 cloves** garlic, peel on
- 1½ tbsp** peeled and chopped ginger
- 2 tsp** each ground turmeric and ground cumin
- 1 tsp** smoked paprika
- ¼ tsp** each red pepper flakes and ground black pepper
- 4 cups** low-sodium vegetable broth, divided
- 1 13.5-oz** BPA-free can full-fat coconut milk
- fresh cilantro sprigs, for serving

1. Preheat oven to 350°F. Line a large baking sheet with parchment paper. Toss cauliflower, shallot and carrot with one-half of oil and arrange on sheet. Sprinkle with salt. Wrap garlic in a small square of foil and place on the baking sheet. Bake for 20 minutes, until cauliflower and carrot are starting to turn golden and are fork-tender. Set vegetables aside to cool for about 10 minutes.

2. Meanwhile, heat a large saucepan on medium. Add remaining one-half of oil, ginger, turmeric, cumin, pepper flakes, smoked paprika and black pepper. Toast spices for 1 minute. Add one-quarter of broth and coconut milk, bring to a simmer and reduce heat to medium-low. Simmer for 5 minutes.

3. When cool enough to handle, remove garlic from foil; remove peel and discard. To a blender, add roasted vegetables and garlic, coconut milk mixture and remaining three-quarters of broth. Blend on low and slowly increase speed until very smooth, about 1 minute. Return to saucepan over medium heat until heated through. Divide among bowls and top with fresh cilantro.

NOTE: If following our Meal Plan, freeze 2 servings of the soup, thaw and reheat when called for. Refrigerate remaining soup.

PER SERVING (¼ of recipe):
 Calories: 318, Total Fat: 28 g, Sat. Fat: 19 g,
 Monounsaturated Fat: 6 g, Polyunsaturated
 Fat: 1 g, Carbs: 16 g, Fiber: 5 g, Sugars: 5 g,
 Protein: 5 g, Sodium: 429 mg, Cholesterol: 0 mg





Lemon Chia Donuts

MAKES **6 DONUTS**. HANDS-ON TIME: **20 MINUTES**. TOTAL TIME: **40 MINUTES**.*

*PLUS COOLING TIME.

DONUTS

- ¾ cup** almond flour
- ⅓ cup** coconut flour
- ½ tsp** baking soda
- ⅛ tsp** sea salt
- 3 large** eggs
- 3 tbsp** pure maple syrup
- 3 tbsp** melted coconut oil
- 1** lemon, zested and juiced
- 1 tbsp** chia seeds
- 1 tsp** pure vanilla extract
- 2 scoops** (2 tbsp) collagen powder

GLAZE

- 6** strawberries, chopped
- 2 tbsp** melted coconut oil
- 1 tbsp** raw honey
- ¼ cup** crushed freeze-dried strawberries, optional

1. Preheat oven to 350°F. Coat a 6-count silicone donut pan with cooking spray. Set aside.

2. In a large mixing bowl, whisk together almond flour, coconut flour, baking soda and salt. Add remaining donut ingredients and whisk until smooth.

3. Spoon or pipe batter into donut pan. Bake until light in color and donuts spring back when pressed, about 20 minutes. Let donuts cool in pan for 15 minutes. Carefully remove from mold (run a knife around the edges if needed) and place on a wire rack to cool.

4. Meanwhile, prepare glaze: To a small saucepan, add strawberries, oil and honey; heat on medium for 3 minutes, until strawberries start to break down. Remove from heat and set aside to cool for 5 minutes. Transfer to a blender and purée until

smooth. Spread on top of each donut and garnish with freeze-dried berries (if using). Let cool to room temperature.

NOTE: If following our Meal Plan, freeze 4 donuts; thaw when called for. Store remaining donuts in an airtight container.

PER SERVING (1 donut): Calories: 312, Total Fat: 22 g, Sat. Fat: 12 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 3 g, Carbs: 19 g, Fiber: 5 g, Sugars: 11 g, Protein: 11 g, Sodium: 207 mg, Cholesterol: 93 mg



SWEET DEAL:

Made with almond and coconut flours and lightly sweetened with pure maple syrup, these indulgent donuts are free of refined, high-glycemic ingredients that can contribute to inflammation.



Rainbow Vegetable Salad *with Chicken*

SERVES 4. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 40 MINUTES.

- 4 4-oz** boneless, skinless chicken thighs
- 1** English cucumber, ends trimmed
- 1 large** carrot, ends trimmed
- 1 red** apple (such as Fuji)
- 1** beet, ends trimmed
- ¼ cup** roasted pumpkin seeds

VINAIGRETTE

- 3 tbsp** apple cider vinegar
- 1 cup** fresh cilantro
- ⅓ cup** fresh mint
- 2 tsp** roughly chopped ginger
- 2 tsp** raw honey
- 1 clove** garlic
- ¼ tsp** each sea salt and ground black pepper
- 2 tbsp** extra-virgin olive oil

1. Poach chicken: Bring a medium saucepan of water to a boil. Add chicken, cover and turn off heat. Let chicken cook 25 to 30 minutes. Remove from heat and set aside to cool for 5 minutes. When cool enough to handle, shred chicken.

2. Meanwhile, using a spiral maker, secure cucumber into machine and turn crank to create long noodles. (**NOTE:** Follow instructions on your spiral maker as they differ by brand.) Repeat with carrot, apple and beet.

3. Prepare vinaigrette: To a small food processor, add all ingredients except oil. Pulse to break down herbs, and then stream in oil and process until almost smooth.

4. Pour a splash of vinaigrette over chicken to infuse with flavor.

5. To a serving bowl, add noodles and toss in dressing. Top with chicken and pumpkin seeds.

NOTE: If following our Meal Plan, store chicken, veggie noodles and dressing separately in the refrigerator. Assemble salad and toss with dressing when called for.

PER SERVING (¼ of recipe): Calories: 264, Total Fat: 16 g, Sat. Fat: 3 g, Monounsaturated Fat: 9 g, Polyunsaturated Fat: 3.5 g, Carbs: 19 g, Fiber: 5 g, Sugars: 13 g, Protein: 18 g, Sodium: 208 mg, Cholesterol: 50 mg

WEEK 1 SHOPPING LIST

PROTEINS & DAIRY

- 1 dozen large eggs
- 12 oz large shrimp
- 28 oz chicken thighs
- 2 5-oz wild salmon fillets

VEGGIES & FRUITS

- 8 oz asparagus
- 4 green apples
- 3 avocados
- 1 cup baby spinach
- 4 cups broccoli
- 2 bananas
- 1 bag frozen mixed berries
- 1 carrot
- 1 bunch chives
- 1 bunch cilantro
- 5 oz cauliflower rice
- 1 celery stalk
- 2 pints cherry tomatoes
- 12-inch piece fresh ginger
- 6 oz spring mix greens
- 4 garlic cloves
- 5 English cucumbers
- 4 lemons
- 1 mango
- 1 small onion
- 1 pint strawberries
- 2 red bell peppers
- 1 orange
- 4 shallots

NUTS, SEEDS & OILS

- 1 jar coconut oil
- 1 bottle EVOO
- 1 bottle avocado oil
- 1 jar raw almond butter
- 1 jar tahini
- 1 bottle chia seeds
- 3 oz raw slivered almonds
- 1 bag hemp hearts
- 2 oz pine nuts
- 2 oz roasted sunflower seeds
- 2 oz roasted pumpkin seeds

PANTRY STAPLES

- 6 rice paper wraps
- 1 quart unsweetened almond milk
- collagen powder
- almond flour
- coconut flour
- baking soda
- pure maple syrup
- sea salt
- black pepper
- pure vanilla extract
- low-sugar apricot jam
- rice vinegar
- coconut aminos
- red pepper flakes
- arrowroot starch
- ground cinnamon
- smoked paprika
- gound cumin
- avocado oil mayonnaise
- freeze-dried strawberries
- raw honey

WEEK 2 SHOPPING LIST

PROTEINS & DAIRY

- 10 oz flank steak
- 2 4-oz wild salmon fillets
- 1 dozen large eggs
- 1 oz goat cheese
- 1¼ lb ground turkey
- 4 4-oz boneless, skinless chicken thighs

VEGGIES & FRUITS

- 3 avocados
- 4 oz asparagus
- 1 Fuji apple
- 2 green apples
- 1 bunch basil
- 1 red beet
- 1 head butter lettuce
- 1 banana
- 2 large carrots
- 2 large bunches fresh cilantro
- 1 head cauliflower
- 1 English cucumber
- 2 eggplant
- 3 garlic cloves
- 12-inch piece ginger
- 1 leek
- 2 limes
- 1 bunch mint
- 1 orange
- 1 red onion
- 2 red and/or orange bell peppers
- 1 bag frozen pineapple
- 1 bag frozen mango
- 1 bag frozen mixed berries
- 1 pint strawberries
- 4 shallots
- 3 oz baby spinach
- 8 oz mushrooms

NUTS, SEEDS & OILS

- 1 can avocado cooking spray
- ½ oz sliced almonds
- 2 oz roasted pumpkin seeds
- 1 bag ground flaxseeds

PANTRY STAPLES

- 1 quart vegetable broth
- 1 jar pesto
- 1 quart unsweetened almond milk
- 1 15-oz can full-fat coconut milk
- matcha green tea powder
- chili powder blend
- garlic powder
- onion powder
- ground turmeric
- apple cider vinegar

NOTE: Reserve leftover pantry staples from Week 1 for use in Week 2.





GET ORGANIZED

Use these customizable charts and shopping lists to create your own meal plans with your favorite recipes.



MEAL PLAN

WEEK 1

FASTING WINDOW: _____ P.M. TO _____ A.M.

	BREAKFAST	LUNCH	DINNER	SNACKS (OPTIONAL)
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

WEEK 1

PROTEINS

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NUTS, SEEDS & OILS

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VEGGIES & FRUITS

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MEAL PLAN

WEEK 2

FASTING WINDOW: _____ P.M. TO _____ A.M.

	BREAKFAST	LUNCH	DINNER	SNACKS (OPTIONAL)
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

WEEK 2

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MEAL PLAN

WEEK 3

FASTING WINDOW: _____ P.M. TO _____ A.M.

	BREAKFAST	LUNCH	DINNER	SNACKS (OPTIONAL)
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

WEEK 3

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MEAL PLAN

WEEK 4

FASTING WINDOW: _____ P.M. TO _____ A.M.

	BREAKFAST	LUNCH	DINNER	SNACKS (OPTIONAL)
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

WEEK 4

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