



Cancer Program Week 2



MON



BREAKFAST
High Fat Green Smoothie



SNACK 1
Chopped Bell Peppers



LUNCH
Kale & Tempeh Salad



DINNER
Lemon Oregano Chicken, Pan Fried Zucchini



SNACK 3
Chocolate Dusted Almonds

TUE



BREAKFAST
Chocolate Avocado Smoothie



SNACK 1
Chopped Bell Peppers



LUNCH
Chopped Veggie Salad



DINNER
Roasted Garlic & Asparagus Soup



SNACK 3
Chocolate Dusted Almonds

WED



BREAKFAST
High Fat Green Smoothie



SNACK 1
Olive Medley



LUNCH
Roasted Garlic & Asparagus Soup



DINNER
Turkey & Carrots with Spinach



SNACK 3
Chocolate Dusted Almonds

THU



BREAKFAST
Chocolate Avocado Smoothie



SNACK 1
Olive Medley



LUNCH
Lemon Chicken Salad with Cucumber Ribbons



DINNER
Turkey Stuffed Zucchini Boats



SNACK 3
Dark Chocolate & Walnuts

FRI



BREAKFAST
High Fat Green Smoothie



SNACK 1
Crispy Brussels Sprouts with Dip



LUNCH
Lemony Kale & Cauliflower Salad



DINNER
Chicken & Broccoli Casserole



SNACK 3
Dark Chocolate & Walnuts

SAT



BREAKFAST
Chocolate Avocado Smoothie



SNACK 1
Crispy Brussels Sprouts with Dip



LUNCH
Chicken & Broccoli Casserole



DINNER
Chicken Ranch Spaghetti Squash



SNACK 3
Dark Chocolate & Walnuts

SUN



BREAKFAST
Chocolate Avocado Smoothie



SNACK 1
Sea Salt & Garlic Crackers



LUNCH
Chicken Ranch Spaghetti Squash



DINNER
Zucchini Alfredo with Turmeric Chicken



SNACK 3
Dark Chocolate & Walnuts



FRUITS

- 3 Avocado
- 1/2 Lemon
- 1/2 cup Lemon Juice

BREAKFAST

- 1/4 cup Almond Butter

SEEDS, NUTS & SPICES

- 3/4 cup Almonds
- 2 tbsps Chia Seeds
- 1/4 tsp Chili Powder
- 1 tsp Dried Chives
- 3/4 tsp Garlic Powder
- 1 1/2 tsps Hemp Seeds
- 1 1/3 tsps Italian Seasoning
- 2/3 tsp Oregano
- 2 tbsps Pumpkin Seeds
- 1/8 tsp Red Pepper Flakes
- 1 3/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/4 tsp Smoked Paprika
- 2 tbsps Sunflower Seeds
- 1/2 tsp Turmeric
- 1 cup Walnuts

VEGETABLES

- 2 cups Asparagus
- 11 cups Baby Spinach
- 3 cups Broccoli
- 1 cup Brussels Sprouts
- 1 Carrot
- 1/4 head Cauliflower
- 1/4 stalk Celery
- 1/4 cup Cherry Tomatoes
- 1/3 Cucumber
- 1 1/2 tsps Fresh Dill
- 6 1/4 Garlic
- 1 tbsps Ginger
- 1/2 Green Bell Pepper
- 2 3/4 cups Kale Leaves
- 3/4 cup Mint Leaves
- 1/4 cup Parsley
- 1 1/3 Red Bell Pepper
- 1 tbsps Red Onion
- 1/2 Spaghetti Squash
- 1/2 Yellow Bell Pepper
- 1/2 Yellow Onion
- 3 Zucchini

BOXED & CANNED

- 1/3 cup Organic Chicken Broth
- 1 1/4 cups Organic Coconut Milk
- 1 1/4 cups Organic Vegetable Broth

BAKING

- 2 tbsps Almond Flour
- 1 1/2 tsps Cocoa Powder
- 3 1/2 ozs Dark Organic Chocolate
- 2 1/4 tsps Nutritional Yeast
- 3/4 tsp Stevia Powder
- 1 1/2 tsps Tapioca Flour

BREAD, FISH, MEAT & CHEESE

- 12 ozs Chicken Breast
- 12 ozs Chicken Thighs
- 8 ozs Extra Lean Ground Turkey
- 1 3/4 ozs Tempeh

CONDIMENTS & OILS

- 1 1/2 tsps Apple Cider Vinegar
- 2 cups Assorted Olives
- 1 1/16 tbsps Avocado Oil
- 2 2/3 tsps Balsamic Vinegar
- 1 1/2 tsps Coconut Aminos
- 2 tbsps Coconut Oil
- 1/4 cup Extra Virgin Olive Oil
- 2 tbsps Green Olives
- 2/3 cup Mayonnaise
- 1 1/2 tsps Tahini
- 1/2 cup Tomato Sauce

COLD

- 4 cups Unsweetened Almond Milk
- 1/4 cup Unsweetened Coconut Yogurt

OTHER

- 1 cup Chocolate Protein Powder
- 3 2/3 cups Water



High Fat Green Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

- 1 cup Water (cold)
- 2 tbsps Lemon Juice
- 1 cup Baby Spinach
- 1/2 Avocado (frozen)
- 1/4 cup Mint Leaves (fresh, roughly chopped)
- 1 tsp Ginger (fresh, roughly chopped)

DIRECTIONS

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

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to one day.

LIKES IT SWEETER

Add frozen banana, pineapple or apple.

MORE PROTEIN

Add protein powder or collagen powder.

NO MINT

Use cilantro or basil instead.



Chocolate Avocado Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

- 1/4 Avocado
- 1 cup Unsweetened Almond Milk
- 1 tbsp Almond Butter
- 1 cup Baby Spinach
- 1/4 cup Chocolate Protein Powder

DIRECTIONS

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

NOTES

NO CHOCOLATE PROTEIN POWDER

Use vanilla protein powder or hemp seeds and add cocoa powder.

LIKES IT SWEET

Add frozen banana.

NUT-FREE VERSION

Use coconut milk instead of almond milk and sunflower seed butter instead of almond butter.



Chopped Bell Peppers

2 SERVINGS 5 MINUTES



INGREDIENTS

- 1/2 Yellow Bell Pepper
- 1/2 Green Bell Pepper
- 1/2 Red Bell Pepper

DIRECTIONS

- 01 Remove stems and seeds of each bell pepper and cut into slices. Enjoy!

NOTES

STORAGE

Refrigerate in an airtight container up to 3 to 4 days.



Olive Medley

2 SERVINGS 2 MINUTES



INGREDIENTS

2 cups Assorted Olives

DIRECTIONS

01 Divide into bowls and enjoy!



Crispy Brussels Sprouts with Dip

2 SERVINGS 35 MINUTES



INGREDIENTS

1 cup Brussels Sprouts (trimmed and halved)
1/2 tsp Avocado Oil
Sea Salt & Black Pepper (to taste)
2 tbsps Mayonnaise
1/2 tsp Apple Cider Vinegar
1/8 tsp Smoked Paprika

DIRECTIONS

- 01 Preheat your oven to 425°F (218°C). Line a baking sheet with parchment paper and add the brussels sprouts. Drizzle with the avocado oil and add sea salt and pepper to taste. Toss to combine then bake for 25 minutes.
- 02 Meanwhile, make the dip by combining the mayonnaise, apple cider vinegar and paprika in a small bowl. Mix well.
- 03 Remove the brussels sprouts from the oven and serve with dipping sauce on the side. Enjoy!

NOTES

LEFTOVERS

Keep leftovers in the fridge in a sealed container up to 3 days.

NO AVOCADO OIL

Use olive oil or coconut oil instead.



Sea Salt & Garlic Crackers

1 SERVING 30 MINUTES



INGREDIENTS

2 tbsps Sunflower Seeds
2 tbsps Pumpkin Seeds
2 tbsps Chia Seeds
2 tbsps Almond Flour
1/8 tsp Sea Salt
1/3 tsp Garlic Powder
2 tbsps Water

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 Combine all ingredients in a bowl and let sit for 1 to 2 minutes. Transfer to the baking sheet and press down evenly into a thin layer.
- 03 Bake for 20 minutes. Then use a spatula to carefully flip over and bake for an additional 5 minutes.
- 04 Let cool completely, then break apart into pieces. (Note: the crackers will harden as they cool.)
- 05 Enjoy!

NOTES

STORAGE

Refrigerate in an air-tight container up to 1 week.

SERVE THEM WITH

Hummus, nut butter, cheese, on top of salad or soup.



Kale & Tempeh Salad

1 SERVING 25 MINUTES



INGREDIENTS

- 1 1/2 tsps Coconut Aminos
- 3/4 tsp Balsamic Vinegar
- 1/4 tsp Chili Powder
- 1/8 tsp Smoked Paprika
- 1/16 tsp Sea Salt (divided)
- 1 3/4 ozs Tempeh (cut into thin slices)
- 2 1/4 tsps Lemon Juice
- 1 1/2 tsps Water
- 1 1/2 tsps Tahini
- 1/16 tsp Garlic Powder
- 2 cups Kale Leaves (finely chopped)
- 1 1/2 tsps Hemp Seeds (optional)

DIRECTIONS

- 01 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 02 In a zipper-lock bag or shallow bowl, mix the coconut aminos, vinegar, chili powder, paprika and half of the salt together. Add in the tempeh and let it marinate for 10 to 15 minutes.
- 03 Arrange the tempeh in an even layer on the baking sheet. Bake for 18 to 20 minutes, flipping halfway through. Remove from the oven and let it cool slightly, then crumble it into small pieces.
- 04 Meanwhile, in a large mixing bowl combine the lemon juice, water, tahini, garlic powder and the remaining salt. Add the kale to the dressing and toss to coat well.
- 05 Divide the salad between bowls and top with tempeh and hemp seeds. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

MORE FLAVOR

Add cayenne pepper or hot sauce for a spicy tempeh. Add maple syrup to the dressing for a sweeter flavor.

ADDITIONAL TOPPINGS

Top with sesame seeds or nutritional yeast.



Chopped Veggie Salad

1 SERVING 15 MINUTES



INGREDIENTS

1/2 cup Broccoli (chopped)
1/4 cup Cherry Tomatoes (chopped)
1/8 Red Bell Pepper (chopped)
1/8 Cucumber (chopped)
2 tsps Extra Virgin Olive Oil
2 tsps Balsamic Vinegar
2 tbsps Parsley (chopped)
Sea Salt & Black Pepper

DIRECTIONS

01 Add broccoli, tomatoes, bell pepper and cucumber to a large mixing bowl. Toss with the oil, vinegar and parsley. Season liberally with sea salt and black pepper to taste. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days. Season leftovers with additional salt, black pepper and vinegar if needed.

MORE FLAVOR

Use additional herbs like cilantro, chives, basil or dill.



Lemon Chicken Salad with Cucumber Ribbons

1 SERVING 1 HOUR



INGREDIENTS

4 ozs Chicken Breast
3/4 tsp Avocado Oil
1/8 tsp Italian Seasoning
1/8 tsp Sea Salt (divided)
1/4 Cucumber (large)
1 tbsp Extra Virgin Olive Oil
1 1/2 tsps Lemon Juice
1 1/2 tsps Fresh Dill
1/4 Garlic (clove, minced)
1/4 stalk Celery (finely chopped)
1 tbsp Red Onion (finely chopped)

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking dish with parchment paper. Place the chicken breasts in the prepared baking dish and drizzle with avocado oil. Season with Italian seasoning and half the salt. Bake for 25 minutes, or until the chicken is cooked through. Remove from the oven and immediately cover with a piece of aluminium foil for at least 10 minutes. Carefully remove the foil and let chicken cool before chopping into cubes.
- 02 Spiralize the cucumber using the ribbon blade. If you do not have a spiralizer, use a vegetable peeler or mandoline to create ribbons instead.
- 03 In a mixing bowl, whisk the olive oil, lemon juice, fresh dill, garlic and the remaining salt together. Add the chopped chicken, celery and onion to the dressing and mix well to combine. Season with additional salt if needed.
- 04 To serve, divide cucumber ribbons between plates and top with chicken salad. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days. Store the chicken salad and cucumber ribbons separately until ready to serve.

MORE FLAVOR

Add other chopped veggies to the salad like radish, peppers or tomatoes.

MAKE IT VEGAN

Use white beans or chickpeas instead of chicken.

MEAL PREP OPTION

Cook the chicken ahead of time or use leftover cooked chicken instead.

NO FRESH DILL

Use other fresh herbs like parsley or chives instead.



NO AVOCADO OIL
Use extra virgin olive oil instead.



Lemony Kale & Cauliflower Salad

1 SERVING 15 MINUTES



INGREDIENTS

- 2 tbsps Lemon Juice
- 1/8 tsp Garlic Powder
- 1/16 tsp Sea Salt
- 3/4 cup Kale Leaves (finely chopped)
- 2 tbsps Parsley (chopped)
- 2 tbsps Green Olives (pitted, chopped)
- 1/8 head Cauliflower (small, chopped into florets)
- 1 1/2 tsps Extra Virgin Olive Oil

DIRECTIONS

- 01 In a mixing bowl combine the lemon juice, garlic powder and salt. Add in the kale to the mixing bowl and use your hands to massage the lemon juice into the kale leaves. Mix in the parsley and olives. Set aside.
- 02 Add the cauliflower florets to a food processor and pulse until the cauliflower has a rice-like consistency. Do this in batches, if needed.
- 03 Add the cauliflower and oil to the kale mixture and stir to mix well. Season with additional salt, if needed. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is approximately 1 cup of salad.

MORE FLAVOR

Add chopped tomatoes, peppers or black olives. Serve with lemon wedges.

MEAL PREP

Make the cauliflower rice head of time or use store-bought cauliflower rice instead.



Lemon Oregano Chicken

1 SERVING 30 MINUTES



INGREDIENTS

- 4 ozs Chicken Thighs (bone-in, skin removed)
- 1/2 Garlic (clove, minced)
- 1/4 Lemon (zest and juice divided)
- 2/3 tsp Oregano
- 1/8 tsp Sea Salt

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Add the chicken to a large bowl with the garlic, lemon zest, half of the lemon juice, oregano and salt. Toss to coat the chicken evenly in the seasonings.
- 03 Transfer the seasoned chicken thighs onto the baking sheet and cook for 25 minutes or until cooked through. Remove from the oven and drizzle with remaining lemon juice. Season with additional salt if needed. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Marinate the chicken for at least 30 minutes up to overnight before cooking.

SERVE IT WITH

Salad or wilted leafy greens.



Pan Fried Zucchini

1 SERVING 10 MINUTES



INGREDIENTS

1 1/2 tsps Coconut Oil
1 Zucchini (medium, sliced into rounds)
1/8 tsp Sea Salt (or more to taste)

DIRECTIONS

- 01 Heat oil in a skillet over medium-high heat.
- 02 Add the zucchini slices and cook for about 3-5 minutes each side, or until brown.
- 03 Season with salt and enjoy!

NOTES

NO STOVE TOP
Grill or roast them instead.



Roasted Garlic & Asparagus Soup

2 SERVINGS 50 MINUTES



INGREDIENTS

2 cups Asparagus (trimmed, cut in half)
5 Garlic (cloves, peeled and cut in half)
1/4 Yellow Onion (cut into thick slices)
1/8 head Cauliflower (cut into florets)
1 1/2 tsps Extra Virgin Olive Oil
1/4 tsp Sea Salt (divided)
1 1/4 cups Organic Vegetable Broth
1 cup Baby Spinach

DIRECTIONS

- 01 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 02 Toss the asparagus, garlic, onion and cauliflower with the olive oil and arrange in an even layer on the baking sheet. Season the vegetables with half of the salt then bake for 35 to 40 minutes or until the vegetables have caramelized and the garlic is fork-tender. Flip everything halfway through to prevent burning.
- 03 When the vegetables are just about done, heat the vegetable broth in a pot on the stove to a simmer. Add the spinach to the broth and stir to allow it to wilt.
- 04 To make the soup, transfer the warmed broth and spinach, the roasted vegetables and the remaining salt to a blender. Blend until smooth and creamy, allowing space for the heat to escape. If the soup is too thick, add more broth until your desired consistency is reached.
- 05 Divide between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

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

MORE FLAVOR

Add fresh herbs or black pepper to the soup before blending.

ADDITIONAL TOPPINGS

Reserve a couple of spears of the roasted asparagus to chop and garnish the soup with.



NO SPINACH

Use kale instead.

NO BLENDER

Use an immersion hand blender or food processor instead.



Turkey & Carrots with Spinach

1 SERVING 25 MINUTES



INGREDIENTS

1/2 cup Water
1 Carrot (peeled, chopped)
1 1/2 tps Avocado Oil (divided)
4 ozs Extra Lean Ground Turkey
2 cups Baby Spinach
3/4 tsp Nutritional Yeast

DIRECTIONS

- 01 In a medium saucepan, add the water and bring to a boil. Add the carrots and cook for 10 minutes or until soft. Drain and set aside.
- 02 While the carrots cook, heat half of the avocado oil in a pan over medium heat and add the ground turkey. Use a spatula to break it up as it browns. Cook for 8 to 10 minutes, until no pink remains. Once cooked, drain the fat and set aside.
- 03 In the same pan, add in the other half of the avocado oil and the spinach. Sauté the spinach until it has wilted, about 2 to 3 minutes. Season with the nutritional yeast.
- 04 Divide between plates, or into containers if on-the-go. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

NO SPINACH

Use another leafy green like Swiss chard or kale instead.

MAKE IT VEGAN

Use black beans or lentils instead of ground turkey.



Turkey Stuffed Zucchini Boats

1 SERVING 40 MINUTES



INGREDIENTS

- 1 Zucchini (medium)
- 1/2 cup Tomato Sauce (divided)
- 3/4 tsp Extra Virgin Olive Oil
- 4 ozs Extra Lean Ground Turkey
- 1/2 Garlic (clove, minced)
- 3/4 tsp Italian Seasoning
- 1/4 tsp Sea Salt
- 1/8 tsp Red Pepper Flakes
- 1/4 Red Bell Pepper (chopped)
- 1 cup Baby Spinach (chopped)

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C).
- 02 Cut the zucchini in half lengthwise and scoop out the seeds using a spoon. Add half of the tomato sauce to the bottom of a baking dish. Place the hollowed-out zucchini cut side up on top of the tomato sauce. Set aside.
- 03 Heat the oil in a frying pan or skillet over medium-high heat. Add the turkey and cook until browned breaking it into small pieces as it cooks.
- 04 Add the garlic, Italian seasoning, salt and red pepper flakes to the turkey and stir to combine. Add the bell pepper and spinach and continue to cook until the spinach is wilted. Add the remaining tomato sauce to the turkey mixture and stir to combine. Season with additional salt, if necessary.
- 05 Spoon the turkey mixture into the hollowed out zucchini boats.
- 06 Cover the baking dish with a lid or foil and bake for 20 to 25 minutes or until the zucchini is tender.
- 07 Divide zucchini boats between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to two zucchini boats.

MORE FLAVOR

Use a flavored pasta sauce instead of plain tomato sauce.

ADDITIONAL TOPPINGS

Broil cheese on the top of each zucchini boat before serving. Garnish with additional red pepper flakes and fresh herbs like parsley or basil.



NO TURKEY

Use ground chicken or pork sausage instead.



Chicken & Broccoli Casserole

2 SERVINGS 50 MINUTES



INGREDIENTS

8 ozs Chicken Thighs (boneless, skinless)
1/8 tsp Sea Salt (divided)
1/2 tsp Avocado Oil
2 1/2 cups Broccoli (cut into florets)
1/4 Yellow Onion (thinly sliced)
2/3 cup Organic Coconut Milk (full fat, from the can)
1 1/2 tsps Nutritional Yeast
1 1/2 tsps Tapioca Flour
1/4 tsp Garlic Powder
1/3 cup Organic Chicken Broth

DIRECTIONS

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

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add chopped bacon or mushrooms to the dish. Season with your favorite dried herbs.

ADDITIONAL TOPPINGS

Serve with rice or cauliflower rice.

NO TAPIOCA FLOUR

Use arrowroot flour or corn starch.



Chicken Ranch Spaghetti Squash

2 SERVINGS 30 MINUTES



INGREDIENTS

4 ozs Chicken Breast (boneless, skinless)
1/2 Red Bell Pepper (halved and seeds removed)
1/2 Spaghetti Squash (cut in half lengthwise, seeds removed)
1 tbsp Extra Virgin Olive Oil
1/2 cup Mayonnaise
1/4 cup Unsweetened Coconut Yogurt
1 tsp Apple Cider Vinegar
1 tsp Dried Chives
1/4 tsp Sea Salt
2 tbsps Organic Coconut Milk (full fat, from the can)

DIRECTIONS

- 01 Preheat the oven to 375°F (177°C) and line your baking sheets with aluminium foil.
- 02 Brush the chicken, bell pepper and the inside of the spaghetti squash with oil. Transfer to the baking sheets, placing the bell pepper and squash face down.
- 03 Roast the pepper for about 20 to 25 minutes or until slightly charred. Remove and set aside. Continue cooking the chicken and squash for an additional 10 minutes or until cooked through and tender.
- 04 Meanwhile, combine the mayonnaise, yogurt, apple cider vinegar, chives, salt and coconut milk in a jar. Cover with a lid and shake until well combined.
- 05 When cool enough to handle, use a fork to shred the squash into noodles. Chop the chicken and bell pepper, and transfer to the spaghetti squash bowl. Drizzle with the dressing and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container up to 3 days.

SERVING SIZE

One serving is equal to approximately 1/4 of stuffed spaghetti squash.

NO BELL PEPPERS

Use mushrooms, peas or broccoli instead.

NO COCONUT YOGURT

Use any alternative plain yogurt or sour cream.

EGG-FREE

Use sour cream or yogurt instead of mayonnaise.



Zucchini Alfredo with Turmeric Chicken

1 SERVING 20 MINUTES



INGREDIENTS

- 1 Zucchini
- 1 1/2 tsps Extra Virgin Olive Oil
- 4 ozs Chicken Breast (sliced)
- 1/2 tsp Turmeric
- 1/2 tsp Italian Seasoning
- Sea Salt & Black Pepper (to taste)
- 1/2 Avocado (peeled and pit removed)
- 1/2 cup Organic Coconut Milk (canned, full-fat)
- 1/4 Lemon (juiced)

DIRECTIONS

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

NOTES

MORE CARBS

Use brown rice pasta instead of zucchini noodles.

VEGAN OR VEGETARIAN

Use chickpeas or white beans instead of chicken.



Chocolate Dusted Almonds

3 SERVINGS 5 MINUTES



INGREDIENTS

3/4 cup Almonds
1 1/2 tbsps Coconut Oil (melted)
1 1/2 tsp Cocoa Powder
1/3 tsp Sea Salt
3/4 tsp Stevia Powder

DIRECTIONS

01 In a bowl, toss the almonds with the coconut oil until well coated. Sprinkle cocoa powder, sea salt and stevia overtop and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to seven days.

NO STEVIA POWDER

Use monk fruit sweetener, honey or maple syrup instead.



Dark Chocolate & Walnuts

4 SERVINGS 5 MINUTES



INGREDIENTS

1 cup Walnuts

3 1/2 ozs Dark Organic Chocolate (at least
70% cacao)

DIRECTIONS

01 Divide dark chocolate and walnuts between bowls. Enjoy!

