



No Processed Foods Challenge Recipe Bundle

NOURISH YOUR BODY RIGHT AND
FEEL YOUR BEST!

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No Processed Foods Challenge Breakfast

KICKSTART YOUR DAY

Eggs and Broccoli Slaw Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 3 large [150 g] Egg
- 0.5 tbsp [7 g] Avocado Oil
- 1 cup [85 g] Broccoli Slaw
- 2 tbsp [30 g] Apple Cider Vinegar
- 1 Dash [1 g] Himalayan Pink Salt
- 1 tbsp [8.8 g] Dry Roasted Sunflower Seeds (with Salt Added)

DIRECTIONS

1. Heat avocado oil in skillet on medium high heat.
2. Cook eggs over easy or al dente.
3. While eggs are cooking, mix apple cider vinegar and salt, then mix in the broccoli slaw.
4. Top veggie slaw with eggs and sunflower seeds. Serve warm.

NUTRITION INFO

Calories : 359.9

Fat : 26.31 g

Carbs : 8.34 g

Protein : 22.57 g

Fiber : 3 g

Sugar : 4 g

Green Egg Scramble



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 1 large [50 g] Egg
- 0.75 cup [182.25 g] Egg White
- 0.25 cup, florets [17.75 g] Broccoli
- 0.5 cup [15 g] Spinach
- 0.5 avocado [68 g] Avocado
- 1 tsp [4.8 g] Olive Oil
- 0.5 cup [72.5 g] Blueberries

DIRECTIONS

1. Add the olive oil to a small pan and add the broccoli. Cook for about five minutes.
2. Add the spinach to the pan and cook until wilted.
3. Add the egg and egg whites to the pan and mix well with the broccoli and spinach. Cook for 3-5 minutes until cooked throughout.
4. Top the eggs and vegetable scramble with half an avocado. Serve with a side of berries.

NUTRITION INFO

Calories : 383.1

Fat : 21.18 g

Carbs : 20.08 g

Protein : 29.15 g

Fiber : 7.53 g

Sugar : 9.21 g

Nutty Fruit Salad with Hard Boiled Eggs



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 0.5 small (2-1/2" dia) (approx 4 per lb) [53 g] Honeycrisp Apples (*Diced*)
- 1 Juice of 1 wedge or slice [5.9 g] Fresh Lemon Juice
- 0.25 mango [51.75 g] Mango (*Diced*)
- 0.25 cup [40 g] Grapes (*Halves*)
- 0.25 cup, sliced [41.5 g] Strawberries
- 2 tbsp [15 g] Slivered Almonds
- 2 tbsp [16 g] Dry roasted shelled pistachios
- 2 large [100 g] Egg (*Hard boiled*)

DIRECTIONS

1. Add lemon juice and apples to a bowl and gently toss both ingredients together. Drain any excess lemon juice. This step will prevent the apples from browning.
2. Add mango, strawberries, and grapes to the bowl with the apples. Gently mix until combined.
3. Drain any excess liquid the fruit may have released during mixing.
4. Add pistachios and almonds to the fruit mixture. Gently mix until combined.
5. Serve with hard-boiled eggs.

NUTRITION INFO

Calories : 417.4

Fat : 24.36 g

Carbs : 35.02 g

Protein : 19.77 g

Fiber : 6.35 g

Sugar : 23.79 g

Turkey Sausage with Cucumber Tomato Salad



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 8 MINUTES

INGREDIENTS

- 16 oz [448 g] Ground Turkey
- 0.5 tsp [1.4 g] Garlic Powder
- 1 tsp, ground [0.6 g] Oregano
- 0.25 tsp [0.55 g] Turmeric (Ground)
- 0.25 tsp [1.5 g] Salt
- 0.25 tsp [0.53 g] Black Pepper
- 1 tbsp [14 g] Avocado Oil
- 10 tomato [170 g] Cherry Tomatoes (*Halved or quartered*)
- 1 small (6-3/8" long) [158 g] Cucumber (*Diced*)
- 1 tbsp [14 g] Olive Oil
- 1 tbsp [14 g] Lemon Juice
- 0.5 tsp [2 g] Za'atar Seasoning
- 0.5 avocado [68 g] Avocado (*Sliced*)

DIRECTIONS

1. In a large bowl, mix together the ground turkey, garlic powder, oregano, turmeric, salt, and pepper. Using your hands, form the mixture into 12 small patties.
2. Heat avocado oil in a large skillet over medium heat. Add the turkey patties and cook for 3-4 minutes per side, or until fully cooked.
3. Meanwhile, in a separate bowl, mix together the cherry tomatoes, cucumber, olive oil, lemon juice, and za'atar seasoning.
4. Serve the turkey patties with the tomato-cucumber mixture and sliced avocado.

NUTRITION INFO

Calories : 538.63

Fat : 35.88 g

Carbs : 10.11 g

Protein : 46.38 g

Fiber : 4.73 g

Sugar : 3.66 g

Turmeric Scrambled Eggs



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 3 large [150 g] Egg
- 1 tsp [2.2 g] Turmeric (Ground)
- 1 Dash [1 g] Himalayan Pink Salt
- 1 dash [0.1 g] Black Pepper
- 0.5 tsp [1.4 g] Garlic Powder
- 1 cup, chopped [21 g] Kale (*chopped or spinach chopped*)
- 3 cup [456 g] Strawberries
- 1 pumps [1 g] Avocado Oil Cooking Spray
- 0.5 avocado [68 g] Avocado (*optional - on top of eggs when ready to serve*)

DIRECTIONS

1. Whisk the eggs in a bowl with the turmeric, salt, pepper and garlic powder.
2. Spray a pan with avocado oil and place over medium heat.
3. Add egg mixture to pan and top with kale. Cook for 3-5 minutes, then flip and cook on the other side for 3-5 minutes or until the eggs are firm.
4. Serve warm with a side of strawberries and top with avocado (optional).

NUTRITION INFO

Calories : 516.83

Fat : 28 g

Carbs : 46.48 g

Protein : 24.32 g

Fiber : 14.7 g

Sugar : 23.04 g

Vibrant Breakfast Plate



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 8 MINUTES

INGREDIENTS

- 3 large [150 g] Egg
- 2 cup [60 g] Baby Spinach
- 1 cup [149 g] Cherry Tomatoes (*Halved*)
- 0.25 tsp [0.7 g] Garlic Powder
- 0.5 tbsp [2.5 g] Nutritional Yeast
- 0.5 tbsp [4.5 g] Sesame Seeds
- 1 tbsp [10 g] Hemp Hearts
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper

DIRECTIONS

1. Bring a small pot of water to a boil. Add eggs and boil for 6 minutes.
2. In the meantime heat avocado oil in a medium skillet. Add cherry tomatoes, spinach, garlic powder, and nutritional yeast. Cook for 1-2 minutes, flipping occasionally.
3. Remove eggs and place in ice water to cool.
4. Peel eggs and slice in half. Plate eggs, tomatoes, and spinach, then sprinkle with sesame seeds, hemp hearts, salt, and pepper.

NUTRITION INFO

Calories : 358.25

Fat : 22.71 g

Carbs : 12.78 g

Protein : 27.63 g

Fiber : 4.63 g

Sugar : 5.49 g



No Processed Foods Challenge Lunch

RE-FUEL AND RE-ENERGIZE

Blueberry Shrimp Salad



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 5 MINUTES

INGREDIENTS

- 1 tbsp [14 g] Olive Oil
- 1 tbsp [14 g] Lemon Juice
- 1 tsp [7.1 g] Honey
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper
- 5 oz [142 g] Shrimp (Prawns) *(Cooked)*
- 2 cup [40 g] Arugula (Rocket)
- 0.5 cup, shredded [35 g] Red Cabbage
- 0.25 cup [36.25 g] Blueberries
- 2 tbsp [2 g] Cilantro *(Chopped)*
- 1.5 tbsp [15 g] Hemp Hearts

DIRECTIONS

1. In a small bowl, combine olive oil, lemon juice, honey, salt, and pepper and mix well.
2. Add all other ingredients to a salad bowl, then toss with olive oil dressing.

NUTRITION INFO

Calories : 379.75

Fat : 23.73 g

Carbs : 18.69 g

Protein : 27.33 g

Fiber : 3.01 g

Sugar : 11.3 g

Lettuce Wrapped Turkey Burger



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 5 oz [140 g] Ground Turkey
- 1 leaf, medium medium [15 g] Butterhead Lettuce
- 1 cup, shredded or chopped [55 g] Mixed Salad Greens
- 2 tbsp [14 g] Pumpkin Seeds
- 1 tsp [4.8 g] Olive Oil
- 1 tsp [4.79 g] Apple Cider Vinegar
- 0.25 tsp [0.7 g] Garlic Powder
- 0.25 avocado [34 g] Avocado

DIRECTIONS

1. Shape the ground turkey into a burger. Season with salt and pepper.
2. Cook the turkey burger in a pan on medium heat for about 5 minutes, then flip and cook for another 3-5 minutes until cooked throughout.
3. To prepare the salad dressing, mix together the olive oil, apple cider vinegar, a dash of salt, pepper and garlic powder. Whisk or shake well.
4. Toss the mixed greens with the salad dressing and top with pepitas.
5. Wrap the turkey burger in the lettuce leaf and top with avocado.

NUTRITION INFO

Calories : 409.6

Fat : 28.17 g

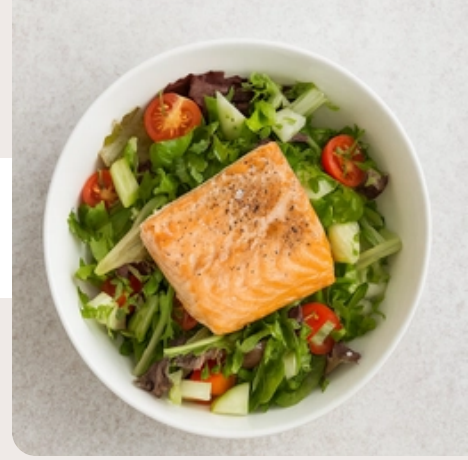
Carbs : 6.01 g

Protein : 34.23 g

Fiber : 4.22 g

Sugar : 0.79 g

Mediterranean Salmon Salad



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 4 oz [113.33 g] Wild Atlantic Salmon
- 1 Dash [1 g] Himalayan Pink Salt
- 1 dash [0.1 g] Black Pepper
- 2 cup [110 g] Mixed Salad Greens
- 1 medium [201 g] Cucumber (*chopped*)
- 8 olives [120 g] Kalamata Olives (*halved*)
- 5 tomato [85 g] Cherry Tomatoes (*halved*)
- 0.25 cup [15 g] Parsley (*fresh and chopped*)
- 1 tbsp [14 g] Olive Oil
- 0.5 medium Lemon (*juice*)
- 0.25 tsp, ground [0.15 g] Oregano

DIRECTIONS

1. Preheat oven to 400 degrees F (205 degrees C).
2. Place salmon in an oven safe dish and season with salt and pepper. Cook for 15 minutes or until internal temperature reaches 135 degrees F (57 degrees C).
3. In the meantime, add salad greens, cucumber, kalamata olives, and parsley to a salad bowl.
4. Mix together olive oil, lemon, and oregano in a small bowl, then toss this dressing with the salad. Top salad with cooked salmon and enjoy!

NUTRITION INFO

Calories : 423.83

Fat : 28.84 g

Carbs : 16.65 g

Protein : 26.89 g

Fiber : 5.9 g

Sugar : 6.84 g

Mouth Watering Shrimp Salad



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 7 MINUTES

INGREDIENTS

- 8 oz [227.2 g] Shrimp (Prawns)
- 1 tbsp [14 g] Avocado Oil
- 3 tsp [12 g] Za'atar Seasoning
- 1 tbsp [14 g] Olive Oil
- 4 cup [220 g] Mixed Salad Greens
- 1 avocado [136 g] Avocado (*Chopped*)
- 0.25 cup [30 g] Kalamata Olives
- 0.25 cup [28.25 g] Shredded Carrots
- 2 tbsp [14 g] Pumpkin Seeds

DIRECTIONS

1. Preheat the oven to 400°F (205°C).
2. Mix the avocado oil and half of the za'atar seasoning together. Coat the shrimp with this oil and seasoning mixture.
3. Place the shrimp on skewers or in an oven-safe dish and bake for 5-7 minutes.
4. In the meantime, toss together the salad greens, olive oil, avocado, kalamata olives, shredded carrots, pumpkin seeds, and the remaining za'atar seasoning.
5. Top the salad with the shrimp and enjoy!

NUTRITION INFO

Calories : 462.38

Fat : 35.99 g

Carbs : 14.59 g

Protein : 23.83 g

Fiber : 9.95 g

Sugar : 1.71 g

Nashville Hot Chicken Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 can (5 oz) yields [140 g] Canned Organic Chicken
- 1 tsp [2.1 g] Paprika
- 0.5 tsp [0.9 g] Red Pepper Flakes
- 0.5 tsp [1.2 g] Onion Powder
- 1 Dash [1 g] Himalayan Pink Salt
- 1 tsp [2.6 g] Chili Powder
- 1 slice [6 g] Pickles (*chopped*)
- 0.5 tbsp [7.5 g] Mayonnaise (made with avocado oil)
- 1 cup [47 g] Romaine Lettuce (*chopped*)
- 0.25 cup [36.25 g] Blueberries
- 1 oz [28.35 g] Almonds

DIRECTIONS

1. Drain canned chicken and place in bowl.
2. Add spices, pickles and mayonnaise to the bowl and mix well.
3. Place chicken mix on a bed of romaine lettuce.
4. Serve with a side of blueberries and almonds. Enjoy!

NUTRITION INFO

Calories : 491.25

Fat : 31.33 g

Carbs : 16.16 g

Protein : 39.21 g

Fiber : 6.28 g

Sugar : 6.02 g

Pomegranate Spinach Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 4 oz [112 g] Skinless Chicken Breast
- 2 cup [60 g] Baby Spinach
- 3 tbsp [33 g] Pomegranate arils
- 0.5 avocado [68 g] Avocado
- 1 tbsp [14 g] Lemon Juice
- 1 tbsp [14 g] Olive Oil
- 0.5 tsp, ground [0.3 g] Oregano
- 0.25 tbsp [0.53 g] Basil (Dried)
- 1 medium pear (approx 2-1/2 per lb) [166 g] Pear

DIRECTIONS

1. In a large salad bowl, top baby spinach with chicken, pomegranate arils, and avocado.
2. In a small bowl mix together lemon juice, olive oil, oregano, and basil.
3. Drizzle olive oil dressing over salad and serve with a pear.

NUTRITION INFO

Calories : 510.25

Fat : 26.95 g

Carbs : 41.81 g

Protein : 30.53 g

Fiber : 13.21 g

Sugar : 21.31 g

The background of the image is a light-colored wooden surface with a vertical grain. On the left side, there are two thick slices of an orange, showing the juicy segments and the white pith. On the right side, there is a light blue ceramic bowl filled with a variety of nuts, including almonds, cashews, and pecans. A semi-transparent white rectangular box is centered over the image, containing the title text.

No Processed Foods Challenge Snack

QUICK PICK-ME-UP

Apple with Almond Butter



SERVINGS: 1

PREP TIME: 1 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 apple Apples (*Sliced*)
- 1 tbsp [16 g] Almond Butter

DIRECTIONS

1. Dip apple in almond butter and enjoy!

NUTRITION INFO

Calories : 200

Fat : 9.76 g

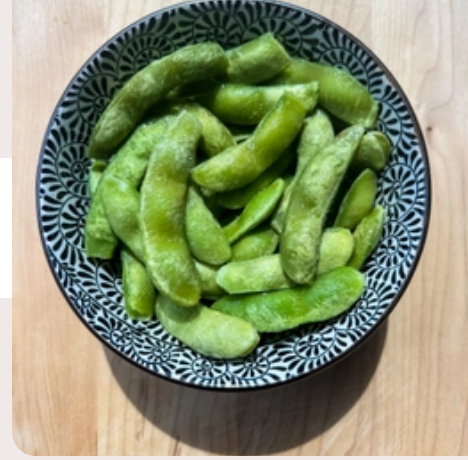
Carbs : 28.5 g

Protein : 2.91 g

Fiber : 5 g

Sugar : 19.68 g

Edamame



SERVINGS: 1

PREP TIME: 1 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 cup [85 g] Whole Pod Edamame

DIRECTIONS

1. Cook or prepare as directed on package.

NUTRITION INFO

Calories : 100

Fat : 4.5 g

Carbs : 8 g

Protein : 10 g

Fiber : 4 g

Sugar : 2 g

Orange with Dry Roasted Mixed Nuts



SERVINGS: 1

PREP TIME: 1 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 0.25 cup [34.25 g] Dry Roasted Mixed Nuts
- 1 medium (2-5/8" dia) [131 g] Orange

DIRECTIONS

1. Serve together and enjoy!

NUTRITION INFO

Calories : 265.5

Fat : 17.78 g

Carbs : 24.07 g

Protein : 7.15 g

Fiber : 6.18 g

Sugar : 13.84 g

A top-down view of a light-colored ceramic plate with a gold rim, resting on a light blue wooden surface. The plate contains several pieces of green lettuce, sliced avocado, and a brown, crumbly topping. A semi-transparent white rectangular box is centered over the plate, containing text.

No Processed Foods Challenge Dinner

FINISH STRONG

Almond Herb Quinoa and Chicken Bowl



SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 1.5 cup [255 g] Quinoa (uncooked)
- 3 cup [720 ml] Organic Chicken Bone Broth
- 12 oz [340.8 g] Ground Chicken
- 1 tbsp, ground [1.8 g] Oregano
- 1 tbsp [2.1 g] Basil (Dried)
- 1 cup sprigs [8.9 g] Dill (*Chopped and divided*)
- 1 tbsp [18 g] Sea Salt
- 1 tsp [4.67 g] Avocado Oil (*divided*)
- 4 tbsp [12 g] Mint (*Chopped*)
- 0.25 cup [30 g] Slivered Almonds (*Chopped*)
- 1 small lemon [30 g] Lemon Juice (*More per taste*)

DIRECTIONS

1. Add quinoa and bone broth to a pot and bring to a boil. Once boiling, reduce the heat and simmer for approximately 15 minutes.
2. While the quinoa is cooking, add the ground chicken, oregano, basil, half of the fresh dill, and salt to a large bowl. Mix well using your hands until fully combined.
3. Heat avocado oil in a large skillet over medium heat. Add the chicken mixture and cook for approximately 7 minutes, crumbling and flipping the chicken as it cooks.
4. Once the chicken and quinoa are cooked through, remove them from heat and allow to cool.
5. Once cooled, combine the chicken and quinoa in a bowl. Add the remaining fresh dill, mint, and lemon juice, and mix well.
6. When ready to serve, top with slivered almonds.

NUTRITION INFO

Calories : 448

Fat : 14.94 g

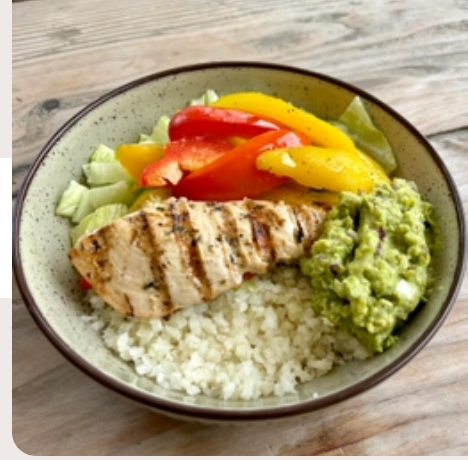
Carbs : 46.75 g

Protein : 31.93 g

Fiber : 4.97 g

Sugar : 0.31 g

Chicken Burrito Bowl



SERVINGS: 1

PREP TIME: 15 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 5 oz [140 g] Skinless Chicken Breast
- 1 tsp [4.79 g] Apple Cider Vinegar
- 1.5 tsp [7.2 g] Olive Oil
- 0.25 tsp [0.45 g] Italian Seasoning
- 1 cup [100 g] Riced Cauliflower
- 2 leaf, medium medium [30 g] Butterhead Lettuce
- 0.5 medium (approx 2-3/4" long, 2-1/2" dia) [57 g] Red Bell Pepper
- 0.5 medium [57 g] Yellow Bell Pepper
- 0.5 avocado [68 g] Avocado
- 0.5 tbsp, chopped [2.5 g] Red Onions
- 0.25 tbsp [0.25 g] Cilantro
- 0.25 tsp [0.53 g] Paprika
- 0.5 fruit [33.5 g] Lime

DIRECTIONS

1. Create your marinade by mixing the apple cider vinegar, olive oil, Italian seasoning and a dash of salt and pepper in a bowl or large freezer bag. Add the chicken breast and turn until fully covered. Allow to marinate for at least 10 minutes or overnight.
2. While the chicken marinates, dice the bell peppers, chop the onion and the lettuce. Set aside.
3. Cook the riced cauliflower according to the package.
4. Grill the chicken until cooked to 165 degrees F (74 degrees C). Option to bake in the oven at 400 degrees F (205 degrees C) until cooked through.
5. Heat a pan with olive oil and cook the bell pepper until soft. Add salt and pepper to taste.
6. In a medium bowl, add the avocado, onions, paprika, cilantro, juice from the lime and a dash of salt and pepper. Mix well.
7. Serve the cauliflower rice, lettuce, bell peppers and chicken in a bowl and top with the guacamole.

NUTRITION INFO

Calories : 417.96

Fat : 20.4 g

Carbs : 26.08 g

Protein : 37.86 g

Fiber : 13.14 g

Sugar : 8.85 g

Curried Chicken Meatballs



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 14 oz [397.6 g] Ground Chicken
- 1 tsp [2 g] Ginger (*Grated*)
- 3 clove [9 g] Garlic (*Minced or pressed*)
- 3 stalk [45 g] Green Onions (*Chopped*)
- 0.5 tsp [3 g] Salt
- 0.5 tbsp [6.4 g] Clarified Butter Ghee
- 3 cup, florets [213 g] Broccoli
- 0.5 tbsp [6.8 g] Sesame Oil
- 0.5 cup [118.5 g] Water
- 0.5 cup [120 ml] Coconut Milk (from a can)
- 1 tsp [2 g] Curry Powder
- 1 tbsp [9 g] Sesame Seeds

DIRECTIONS

1. Preheat oven to 375 degrees F (190 degrees C).
2. Toss together broccoli, avocado oil, and a dash of salt and spread in an even layer on a baking sheet. Bake for 10 minutes.
3. In a large bowl, add the ground chicken, grated ginger, half of the minced garlic, half of the chopped green onion, and half of the salt.
4. Mix together well using your hands and form into golf ball sized balls.
5. In a large skillet, heat the ghee over medium-high heat. Add the chicken meatballs to the skillet.
6. Cook the chicken meatballs for approximately 5 minutes until browned on one side. Flip and cook for approximately 5 minutes on the opposite side, until cooked through.
7. Remove chicken meatballs from the skillet and set aside.
8. Add the remaining garlic to the skillet and cook one minute until fragrant. Then add the coconut milk, water, remaining salt, and curry powder.
9. Simmer the sauce for 3-5 minutes, then add the chicken meatballs and cook for another 2 minutes.
10. Remove the skillet from the heat and allow the sauce to thicken. Serve over broccoli and sprinkle with sesame seeds and remaining green onion.

NUTRITION INFO

Calories : 488

Fat : 32.31 g

Carbs : 11.4 g

Protein : 40.46 g

Fiber : 3.75 g

Sugar : 1.41 g

Hearty Vegetable Chili



SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 45 MINUTES

INGREDIENTS

- 1 tbsp [14 g] Olive Oil
- 1 medium [110 g] Yellow Onions (*chopped*)
- 1 - [10 g] Green Pepper (*chopped*)
- 2 medium [122 g] Carrot
- 3 tsp [7.8 g] Chili Powder
- 1 tsp [2.8 g] Garlic Powder
- 1 tsp [2.1 g] Paprika
- 0.25 tsp [0.45 g] Red or Cayenne Pepper
- 0.5 tsp [1.05 g] Cumin
- 1 Dash [1 g] Himalayan Pink Salt
- 1 dash [0.1 g] Black Pepper
- 1 tbsp [1 g] Cilantro (Coriander) (*optional garnish*)
- 16 ounce [448 g] Ground Beef (85% Lean / 15% Fat)
- 1 can (28oz) [794 g] Diced Canned Tomatoes

DIRECTIONS

1. Heat a large pot to medium heat
2. Add the olive oil
3. While the pot is heating up, chop the onion, pepper, and carrots into small pieces
4. Add the chopped vegetables to the hot oil and sauté until the vegetables begin to soften
5. Add the ground beef and stir everything together
6. Once the beef is cooked, scoop out any additional fat/oil leftover from the meat
7. Add the diced tomatoes, chili powder, garlic powder, smoked paprika, cayenne pepper, cumin, salt, and pepper
8. Combine all ingredients, cover the pot with a lid and simmer for 30 minutes
9. Remove from heat, and sprinkle with cilantro Enjoy!

NUTRITION INFO

Calories : 339.88

Fat : 21.04 g

Carbs : 15.61 g

Protein : 23.64 g

Fiber : 4.28 g

Sugar : 9.12 g

Low Carb Tacos



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 10 oz [280 g] Ground Turkey
- 2 tbsp [18 g] Taco Seasoning
- 0.25 cup [59.25 g] Water
- 6 leaf [120 g] Romaine Lettuce
- 2 avocado [272 g] Avocado (*sliced*)

DIRECTIONS

1. In a large skillet, cook turkey until it is slightly browned.
2. Add in taco seasoning and water and continue to cook until water is evaporated.
3. Add 3 tbsp of turkey to each lettuce leaf and top with avocado.
4. Serve warm.

NUTRITION INFO

Calories : 490.5

Fat : 32.1 g

Carbs : 20.55 g

Protein : 31.25 g

Fiber : 10.48 g

Sugar : 0.5 g

Salmon with Mango Salsa



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 10 oz, boneless, raw [283.5 g] Salmon
- 1 sprigs [0.2 g] Dill (*Chopped*)
- 1 dash [0.4 g] Salt (*To taste*)
- 1 lime yields [38 g] Lime Juice
- 0.5 small [74 g] Red Onions (*Diced*)
- 1 mango [207 g] Mango (*Small mango peeled and diced*)
- 2 tbsp [2 g] Cilantro (Coriander) (*Chopped*)
- 2 cup [40 g] Arugula (Rocket)
- 0.5 tbsp [7 g] Olive Oil
- 1 tbsp [8.8 g] Dry Roasted Sunflower Seeds (with Salt Added)

DIRECTIONS

1. Preheat oven to 375 degrees F (109 degrees C).
2. Season salmon with fresh chopped dill, salt, and half of the lime juice.
3. Bake for 20 minutes, or until internal temperature reaches about 165 degrees F (74 degrees C).
4. While the salmon bakes, add diced mango, red onion, cilantro, remaining lime juice, and a dash of salt to a bowl and mix well. Refrigerate for 10-15 minutes.
5. Toss arugula with olive oil and sunflower seeds and add to your plate.
6. When salmon is done cooking, add this to the plate and top with mango salsa. Enjoy!

NUTRITION INFO

Calories : 347.95

Fat : 14.54 g

Carbs : 22.83 g

Protein : 33.14 g

Fiber : 3.78 g

Sugar : 16.76 g