



For this recipe pack, we went for robust recipes that deliver a punch of Vitamins A, and C plus zinc. As you know, Vitamin D comes in very specific foods, but is essential for your immune system. Some of these recipes contain Vitamin D, but importantly understand your Vitamin D levels and be sure to supplement daily if you cannot boost your Vitamin D through food.

We got creative with our recipes here and include ideas for breakfast and lunch/dinner. We mixed up vegetarian with beef and chicken options too. Added a couple of pressure cooker meals as well.

Enjoy!



One Pan Breakfast Hash

2 servings

40 minutes

Ingredients

- 4 cups Brussels Sprouts (halved)
- 1/2 cup Red Onion (chopped)
- 1 tsp Avocado Oil
- Sea Salt & Black Pepper (to taste)
- 5 slices Bacon (chopped)
- 4 Egg

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 530 |
| Fat | 38g |
| Saturated | 12g |
| Polyunsaturated | 7g |
| Monounsaturated | 16g |
| Carbs | 20g |
| Fiber | 7g |
| Protein | 28g |
| Vitamin A | 1894IU |
| Vitamin C | 153mg |
| Calcium | 143mg |
| Vitamin D | 93IU |
| Riboflavin | 0.7mg |
| Niacin | 4mg |
| Vitamin B6 | 0.8mg |
| Folate | 162µg |
| Vitamin B12 | 1.3µg |
| Magnesium | 66mg |
| Zinc | 3mg |

Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 2 Add the brussels sprouts and onion to the baking sheet. Drizzle with avocado oil, sea salt, and pepper. Add the chopped bacon on top and place in the oven for 15 minutes. Remove from the oven, stir and bake for 10 minutes more.
- 3 Remove the sheet from the oven and use a spoon to push ingredients aside to make divots for the eggs. Carefully crack the eggs into the divots. Bake for 6 to 8 minutes, or until the eggs are cooked to your liking. Divide between plates and enjoy!

Notes

No Bacon: Use prosciutto, ham or turkey bacon.

More Vegetables: Use additional vegetables such as peppers, potatoes or mushrooms.

More Flavor: Use garlic powder, onion powder, chili flakes, or everything bagel seasoning.

Leftovers: Refrigerate leftover vegetables in an airtight container for up to 4 days. Reheat the vegetables and cook additional eggs as needed.



Zucchini Breakfast Boats

1 serving
30 minutes

Ingredients

- 1 Zucchini (large, sliced in half lengthwise)
- 1/2 Red Bell Pepper (chopped)
- 1/4 Yellow Onion (chopped)
- 4 White Button Mushrooms (chopped)
- 2 Egg
- 1/8 tsp Sea Salt
- 2 tbsps Parsley (chopped)
- 1 tsp Nutritional Yeast (optional, for topping)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 233 |
| Fat | 11g |
| Saturated | 3g |
| Polyunsaturated | 2g |
| Monounsaturated | 4g |
| Carbs | 17g |
| Fiber | 6g |
| Protein | 20g |
| Vitamin A | 3435IU |
| Vitamin C | 123mg |
| Calcium | 116mg |
| Vitamin D | 87IU |
| Riboflavin | 3.4mg |
| Niacin | 17mg |
| Vitamin B6 | 3.3mg |
| Folate | 145µg |
| Vitamin B12 | 12.2µg |
| Magnesium | 65mg |
| Zinc | 3mg |

Directions

- 1 Preheat the oven to 375°F (191°C). Scoop out the middle flesh of the zucchini and place flesh side up, in an oven-safe dish. Bake for 15 minutes.
- 2 Meanwhile, heat a skillet over medium heat and add the bell pepper, onion and mushrooms. Cook for 5 to 7 minutes, until cooked through. Whisk the eggs in a small bowl and add to the vegetables along with the sea salt. Cook for 3 to 4 minutes, until cooked through.
- 3 Transfer the egg and vegetable mixture to the scooped out part of the zucchini and place in the oven to cook for 5 more minutes. Remove and top with parsley and nutritional yeast, if using. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. For best results, reheat in the oven.

Serving Size: One serving size is equal to two zucchini boats.

More Flavor: Add additional seasonings and herbs.



Vegan Peanut Ramen Soup

3 servings
25 minutes

Ingredients

- 1 tsp Avocado Oil
- 1 tsp Ginger (minced)
- 1 Garlic (clove, minced)
- 1 tbsp Thai Red Curry Paste
- 4 cups Vegetable Broth (low sodium)
- 3/4 cup Lite Coconut Milk (from the can)
- 1/2 cup All Natural Peanut Butter
- 1 tbsp Tamari
- 1 tbsp Coconut Sugar
- 1 Lime (juiced)
- 3 cups Mushrooms (sliced)
- 10 ozs Gluten-Free Ramen Noodles (dry)
- 2 cups Baby Spinach

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 725 |
| Fat | 32g |
| Saturated | 8g |
| Polyunsaturated | 6g |
| Monounsaturated | 12g |
| Carbs | 96g |
| Fiber | 6g |
| Protein | 23g |
| Vitamin A | 3584IU |
| Vitamin C | 14mg |
| Calcium | 58mg |
| Vitamin D | 7IU |
| Riboflavin | 0.6mg |

Directions

- 1 Add the avocado oil, ginger and garlic to a pot over medium-low heat. Saute for 1 to 2 minutes. Add the curry paste and stir to combine.
- 2 Add the vegetable broth, coconut milk, peanut butter, tamari, coconut sugar, and lime juice to the pot. Whisk to combine. Add the sliced mushrooms and simmer for 5 to 10 minutes.
- 3 While the soup simmers, cook the noodles according to the directions on the package and set aside.
- 4 During the last minute, add the spinach and then remove from heat. Divide the noodles into bowls and top with the soup. Add optional garnishes (see notes) and enjoy!

Notes

- Optional Garnishes:** Lime wedges, chopped peanuts, mint leaves and/or sesame seeds.
- No Peanut Butter:** Use almond butter instead.
- Nut-Free:** Use tahini instead of peanut butter.
- Leftovers:** Store in an airtight container in the fridge for up to three to five days.
- More Protein:** Add tofu or a boiled egg.
- No Coconut Sugar:** Sweeten with honey instead.
- No Red Curry Paste:** Use green curry paste instead.
- No Ramen Noodles:** Use spaghetti noodles, vermicelli noodles or buckwheat noodles instead.

| | |
|-------------|-------|
| Niacin | 10mg |
| Vitamin B6 | 0.4mg |
| Folate | 95µg |
| Vitamin B12 | 0µg |
| Magnesium | 104mg |
| Zinc | 2mg |



Peanut Butter Curry Chickpea Stew

4 servings
45 minutes

Ingredients

- 1 tbsp Coconut Oil
- 1 Yellow Onion (medium, diced)
- 2 Garlic (cloves, minced)
- 1 tbsp Ginger (grated)
- 1 tsp Cumin
- 1 tsp Coriander
- 1 tsp Cinnamon
- 1 tbsp Turmeric
- 1/4 cup Water
- 1/4 cup All Natural Peanut Butter
- 2 cups Vegetable Broth
- 1 cup Unsweetened Almond Milk
- 1 tsp Sea Salt
- 1 Red Bell Pepper (sliced)
- 1 Zucchini (sliced)
- 2 Carrot (medium, peeled and sliced)
- 4 cups Chickpeas (cooked)
- 1 Lime (juiced)
- 1/4 cup Cilantro (chopped)

Nutrition

| Amount per serving | |
|--------------------|-----|
| Calories | 467 |
| Fat | 17g |
| Saturated | 5g |
| Polyunsaturated | 4g |
| Monounsaturated | 6g |
| Carbs | 63g |
| Fiber | 17g |

Directions

- 1 Heat a large saucepan over medium-low heat and melt the coconut oil. Add the onion, garlic and ginger. Cook for 2-3 minutes, stirring frequently.
- 2 Add the spices and cook for 1 minute, until fragrant. Add the water to deglaze the pan, then stir in the peanut butter.
- 3 Add the vegetable broth and almond milk. Stir until all is smoothly combined. Add the salt.
- 4 Add the pepper, zucchini, carrots and chickpeas and stir well to mix. Simmer uncovered for 20 minutes, stirring occasionally.
- 5 Stir in the lime juice and cilantro. Divide into bowls, and top with more cilantro if desired. Enjoy!

Notes

Leftovers: Store in the fridge up to 4 days or freeze.

Serving Size: One serving is approximately 2 cups.

| | |
|-------------|--------|
| Protein | 21g |
| Vitamin A | 6639IU |
| Vitamin C | 55mg |
| Calcium | 260mg |
| Vitamin D | 25IU |
| Riboflavin | 0.3mg |
| Niacin | 4mg |
| Vitamin B6 | 0.5mg |
| Folate | 330µg |
| Vitamin B12 | 0µg |
| Magnesium | 138mg |
| Zinc | 3mg |



Chickpea Tikka Masala with Couscous

4 servings
45 minutes

Ingredients

- 2 tbsps Ginger (grated)
- 1 tbsp Curry Powder
- 1 tsp Cumin
- 2 tps Garam Masala
- 4 cups Chickpeas
- 4 cups Broccoli (chopped into florets)
- 2 Red Bell Pepper (stem and seeds removed, chopped)
- 1 1/2 cups Crushed Tomatoes
- 1 1/2 cups Vegetable Broth
- 1 tsp Sea Salt
- 1/2 cup Couscous (dry, uncooked)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 444 |
| Fat | 6g |
| Saturated | 1g |
| Polyunsaturated | 2g |
| Monounsaturated | 1g |
| Carbs | 82g |
| Fiber | 21g |
| Protein | 23g |
| Vitamin A | 2873IU |
| Vitamin C | 168mg |
| Calcium | 179mg |
| Vitamin D | 0IU |
| Riboflavin | 0.3mg |
| Niacin | 4mg |
| Vitamin B6 | 0.7mg |
| Folate | 384µg |

Directions

- 1 In a large pot over medium heat, stir the ginger, curry powder, cumin and garam masala for one to two minutes, or until fragrant.
- 2 Add the chickpeas, broccoli, red bell pepper, crushed tomatoes, vegetable broth and salt. Lower the heat and let simmer. Cook for about 30 minutes or until veggies are soft.
- 3 Stir in the couscous, remove from heat and cover with a lid for about 10 minutes, or until tender.
- 4 If needed, add more broth or water to reach your desired consistency and adjust salt. Stir thoroughly before serving. Enjoy!

Notes

Gluten-Free: Omit the couscous and serve with quinoa or brown rice instead.

Storage: Refrigerate in an airtight container up to 5 days.

Make It Creamy: Add coconut milk.

| | |
|-------------|-------|
| Vitamin B12 | 0µg |
| Magnesium | 141mg |
| Zinc | 4mg |



Deconstructed Stuffed Peppers

6 servings

50 minutes

Ingredients

- 1 cup Brown Rice
- 1 1/2 lbs Extra Lean Ground Beef
- 1 tbsp Extra Virgin Olive Oil
- 3 Red Bell Pepper (chopped)
- 1 tbsp Italian Seasoning
- 2 tsps Paprika
- 1 tsp Sea Salt
- 1/2 tsp Red Pepper Flakes
- 3 1/2 cups Crushed Tomatoes (from the can)
- 1 cup Diced Tomatoes (from the can)
- 1/2 cup Water
- 6 stalks Green Onion (chopped, divided)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 408 |
| Fat | 15g |
| Saturated | 5g |
| Polyunsaturated | 1g |
| Monounsaturated | 7g |
| Carbs | 40g |
| Fiber | 6g |
| Protein | 28g |
| Vitamin A | 3269IU |
| Vitamin C | 95mg |
| Calcium | 86mg |
| Vitamin D | 3IU |
| Riboflavin | 0.3mg |
| Niacin | 10mg |

Directions

- 1 Cook the rice according to the package directions.
- 2 Meanwhile, heat a large pot over medium-high heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, transfer the meat to a plate and drain any excess drippings from the pan.
- 3 Add the oil to the same pot and cook the peppers for about 8 minutes until just tender. Add the browned beef back to the pot and season with with Italian Seasoning, paprika, salt and red pepper flakes.
- 4 Add the crushed tomatoes, diced tomatoes, water and half of the green onions. Bring to a gentle boil then let simmer for 25 to 30 minutes or until the peppers are very tender. Season with additional salt if needed.
- 5 To serve, divide the beef mixture and rice between bowls. Stir together and then top with the remaining green onions. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. This dish will thicken as it cools, so you may want to add a bit of water when you reheat it until your desired consistency is reached.

Serving Size: One serving is approximately 1 1/3 cups of the beef mixture and 2/3 cups of the rice.

More Flavor: Use garlic-infused olive oil instead. Make it spicier with more red pepper flakes or cayenne pepper. Make it smokier with smoked paprika or chipotle chili powder.

No Red Bell Pepper: Use any colour of bell pepper instead.

No Beef: Use ground pork or sausage meat instead.

| | |
|-------------|-------|
| Vitamin B6 | 1.0mg |
| Folate | 64µg |
| Vitamin B12 | 2.5µg |
| Magnesium | 98mg |
| Zinc | 7mg |

No Brown Rice: Use white rice, quinoa or cauliflower rice instead.



Pressure Cooker Bean-Free Chili

4 servings

50 minutes

Ingredients

- 1 lb Extra Lean Ground Beef
- 1 tbsp Ghee
- 1 Yellow Onion (chopped)
- 1 Red Bell Pepper (chopped)
- 3 Garlic (clove, minced)
- 2 tbsps Tomato Paste
- 2 tbsps Chili Powder
- 1 tbsp Cumin
- 1/2 tsp Sea Salt
- 1 Tomato (chopped)
- 1 cup Chicken Broth

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 281 |
| Fat | 16g |
| Saturated | 7g |
| Polyunsaturated | 1g |
| Monounsaturated | 5g |
| Carbs | 11g |
| Fiber | 4g |
| Protein | 25g |
| Vitamin A | 2692IU |
| Vitamin C | 45mg |
| Calcium | 65mg |
| Vitamin D | 3IU |
| Riboflavin | 0.3mg |
| Niacin | 7mg |
| Vitamin B6 | 0.7mg |
| Folate | 31µg |
| Vitamin B12 | 2.5µg |
| Magnesium | 45mg |

Directions

- 1 Turn your pressure cooker onto sauté mode. Cook the beef, breaking it up as it cooks until it's no longer pink. Remove the meat from the pot and drain any excess drippings.
- 2 Add ghee to the pressure cooker and when melted add the onion, pepper and garlic. Saute for 5 minutes or until the onions are translucent. Add the tomato paste, chili powder, cumin and salt. Cook for another minute. Add the tomatoes, broth and cooked meat to the pressure cooker and stir to combine.
- 3 Put the lid on the pressure cooker and change to pressure cooker mode. Cook for 20 minutes and let the steam release naturally for 5 to 10 minutes. Release the rest of the steam manually.
- 4 Divide between bowls and enjoy!

Notes

Optional Toppings: Diced avocado, sliced jalapenos, fresh lime juice, sliced green onion and/or chopped cilantro.

No Ground Beef: Use ground turkey or chicken instead.

More Flavor: Add smoked paprika, chipotle chili powder, ground cayenne, ground coriander, black pepper or dried oregano.

Tomato Options: Use cherry tomatoes, Roma tomato, field tomatoes or drained diced tomatoes from the can.

No Ghee: Use extra virgin olive oil or avocado oil instead.

Leftovers: Store in an airtight container in the fridge for up to three days. Freeze for up to three months.

Serving Size: One serving is equal to approximately one cup of chili.

Zinc

6mg



Chicken & Bok Choy Stir Fry

4 servings
25 minutes

Ingredients

- 1/2 tsp Avocado Oil
- 10 ozs Chicken Breast (skinless, boneless, cut into strips)
- 2 Garlic (cloves, minced)
- 8 cups Bok Choy (baby, halved)
- 4 cups Mushrooms (sliced)
- 3 tbsps Coconut Aminos
- 1 tsp Sesame Oil (toasted)
- 3 stalks Green Onion (sliced)
- 1 tbsp Sesame Seeds (optional)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 168 |
| Fat | 5g |
| Saturated | 1g |
| Polyunsaturated | 2g |
| Monounsaturated | 2g |
| Carbs | 10g |
| Fiber | 3g |
| Protein | 22g |
| Vitamin A | 6637IU |
| Vitamin C | 67mg |
| Calcium | 183mg |
| Vitamin D | 7IU |
| Riboflavin | 0.6mg |
| Niacin | 11mg |
| Vitamin B6 | 1.0mg |
| Folate | 120µg |
| Vitamin B12 | 0.2µg |
| Magnesium | 65mg |
| Zinc | 1mg |

Directions

- 1 In a large skillet over medium heat, add the avocado oil and the chicken and cook for 7 to 8 minutes or until cooked through. Remove the chicken from the pan and set aside.
- 2 In the same skillet, add the minced garlic and sauté for 1 minute. Add the bok choy and cook for 1 minute. Add the mushrooms. Stir and cook for 4 to 5 minutes until everything is cooked. Add the coconut aminos and return the chicken to the pan. Add the sesame oil and stir to incorporate.
- 3 Divide between bowls. Top with green onions and sesame seeds, if using. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serve it With: Use rice, quinoa or cauliflower rice as your stir fry base.

No Coconut Aminos: Use tamari or soy sauce instead.

More Flavor: Add chili flakes to taste.

Make it Vegan: Omit the chicken and use tofu instead.



Slow Cooker Rotisserie Chicken

4 servings

4 hours

Ingredients

- 4 lbs Whole Roasting Chicken
- 1 tbsp Sea Salt
- 2 tsp Paprika
- 1 tsp Onion Powder
- 1 tsp Dried Thyme
- 1 tsp Italian Seasoning
- 1/2 tsp Cayenne Pepper
- 1 tsp Black Pepper
- 2 Sweet Potato (diced into 1 inch cubes)
- 4 cups Brussels Sprouts (halved and trimmed)
- 1 tbsp Extra Virgin Olive Oil

Nutrition

| Amount per serving | |
|--------------------|---------|
| Calories | 636 |
| Fat | 16g |
| Saturated | 4g |
| Polyunsaturated | 4g |
| Monounsaturated | 6g |
| Carbs | 23g |
| Fiber | 6g |
| Protein | 97g |
| Vitamin A | 10763IU |
| Vitamin C | 77mg |
| Calcium | 115mg |
| Vitamin D | 0IU |
| Riboflavin | 0.7mg |
| Niacin | 37mg |
| Vitamin B6 | 2.3mg |

Directions

- 1 Rinse chicken and pat dry with paper towels. Remove innards of chicken if not already done. Crumple up sheets of tinfoil to create 6 to 8 round balls (about the size of a golf ball). Place in the bottom of the slow cooker. This helps to prevent the chicken from sticking to the bottom, cook more evenly and keep it moist.
- 2 Rub the inside of your slow cooker with a bit of olive or coconut oil to make it non-stick.
- 3 In a bowl, combine the sea salt, paprika, onion powder, thyme, italian seasoning, cayenne pepper and black pepper. Rub this spice mix evenly all over the chicken (inside and out).
- 4 Place chicken (breast side up) in the slow cooker on top of the foil. Cook 4 to 5 hours on high or 8 to 9 hours on low (aim for 1.5 hours per pound). If you have a meat thermometer, the chicken will be perfect when it has an internal temperature of 165 degrees celsius. Otherwise, you can check that it is cooked through just by making a slit in it and make sure it is no longer pink at the bone.
- 5 One hour before you are ready to eat, preheat oven to 415. Add chopped sweet potato and brussels sprouts to a large mixing bowl. Add olive oil and season with sea salt and pepper. Toss well. Line a baking sheet with parchment paper and spread the vegetables across evenly. Roast in the oven for 30 minutes.
- 6 Remove vegetables from oven and increase heat to 450. Line a pan with foil. Ensure chicken is cooked through then transfer it to the foil-lined pan. Place chicken in the oven for 10 minutes to make it crispy.
- 7 Remove from oven and carve the chicken. Plate chicken with roasted sweet potato and brussels sprouts. Enjoy!

| | |
|-------------|-------|
| Folate | 95µg |
| Vitamin B12 | 1.6µg |
| Magnesium | 146mg |
| Zinc | 6mg |

Notes

Save the Carcass: Make our Immunity Boosting Bone Broth.

AIP-Friendly: Omit the black pepper and cayenne.



Pressure Cooker Thai Red Curry Beef

4 servings

1 hour

Ingredients

- 2 tps Coconut Oil (divided)
- 1 lb Stewing Beef (diced into cubes)
- Sea Salt & Black Pepper (to taste)
- 1 Yellow Onion (small, thinly sliced)
- 1 tsp Ginger (minced)
- 2 tbsps Thai Red Curry Paste
- 2 tbsps Tomato Paste
- 1 tbsp Fish Sauce
- 1 tbsp Coconut Sugar
- 1 Carrot (large, chopped)
- 2 heads Cauliflower (sliced into florets)
- 3/4 cup Canned Coconut Milk
- 1 Lime (juiced)
- 1/2 cup Brown Rice (optional, dry/uncooked)
- 2 stalks Green Onion (optional, chopped)
- 1/4 cup Cilantro (optional, chopped)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 453 |
| Fat | 18g |
| Saturated | 12g |
| Polyunsaturated | 1g |
| Monounsaturated | 3g |
| Carbs | 45g |
| Fiber | 8g |
| Protein | 34g |
| Vitamin A | 4490IU |

Directions

- 1 Turn your pressure cooker onto sauté mode and add half of the coconut oil. Season the beef with sea salt and pepper. Add to the pressure cooker and brown on all sides. Remove with a slotted spoon and set aside.
- 2 Add the remaining coconut oil and sliced onion to the pressure cooker and sauté for about 3 to 4 minutes. Add the ginger during the last minute, stirring frequently. Then add the curry paste, tomato paste, fish sauce, coconut sugar, carrots, cauliflower and beef. Stir well to combine.
- 3 Put the lid on the pressure cooker and change to pressure cooker mode. Cook for 35 minutes and then let the steam release naturally.
- 4 If making the brown rice, cook according to package directions.
- 5 Remove the lid from the pressure cooker and add the coconut milk and lime juice. Mix well, then serve over rice with optional garnishes like green onion and cilantro.

Notes

No Pressure Cooker: Make it in the slow cooker on low for about 5 hours.

No Fish Sauce: Use soy sauce or tamari instead.

No Coconut Sugar: Use cane sugar instead.

Vegetable Modifications: Add or substitute any vegetables you have on hand, such as sweet potato, broccoli or peas.

Crunchy Veggies: Vegetables can turn soft in the pressure cooker. If you prefer crunchy veggies, steam them on the stove separately, then add them to the meal when it's done.

| | |
|-------------|-------|
| Vitamin C | 149mg |
| Calcium | 109mg |
| Vitamin D | 5IU |
| Riboflavin | 0.4mg |
| Niacin | 9mg |
| Vitamin B6 | 1.4mg |
| Folate | 186µg |
| Vitamin B12 | 2.6µg |
| Magnesium | 110mg |
| Zinc | 8mg |



Turmeric Beef Stew

4 servings

55 minutes

Ingredients

- 1 lb Top Sirloin Steak
- 1 tbsp Tapioca Flour
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 1/2 tbsps Extra Virgin Olive Oil
- 2 Carrot (medium, chopped)
- 1 Yellow Potato (large, chopped)
- 1 tsp Turmeric (ground)
- 1 tsp Coriander (ground)
- 1 tsp Cumin (ground)
- 1 tsp Ground Ginger
- 2 cups Beef Broth
- 4 stalks Green Onion (green parts only, chopped)
- 1/2 cup Cilantro (chopped)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 366 |
| Fat | 22g |
| Saturated | 7g |
| Polyunsaturated | 1g |
| Monounsaturated | 11g |
| Carbs | 16g |
| Fiber | 3g |
| Protein | 26g |
| Vitamin A | 5720IU |
| Vitamin C | 15mg |
| Calcium | 67mg |
| Vitamin D | 0IU |
| Riboflavin | 0.2mg |

Directions

- 1 Cut steak into 1-inch cubes. Transfer to a mixing bowl with tapioca flour, salt and pepper. Toss until the steak is well coated.
- 2 Heat oil in a dutch oven or large pot over medium-high heat. Add the beef and brown it on all sides. Remove the beef from the pot and set aside. (Adjust the heat as necessary when browning the steak to prevent the bottom of the pot from burning. You may need to do the browning in batches.)
- 3 Add the carrots and potatoes to the pot along with the turmeric, coriander, cumin and ginger. Stir frequently for 2 to 3 minutes. If the spices start sticking to the bottom of the pot add two tablespoons of water to help them along. Add the browned beef back to the pan.
- 4 Add the broth to the pot, being sure to scrape the browned bits off the bottom. Cover with a tight-fitting lid, reduce heat to medium-low and let simmer for 20 minutes.
- 5 Remove the lid and stir in the green onions and cilantro. Continue to simmer uncovered for 10 minutes. Taste and season with additional salt and pepper, if needed.
- 6 Divide into bowls and enjoy!

Notes

Too Thick: If the stew thickens too much or if it's looking a little bit dry, add extra broth or water one tablespoon at a time until desired consistency is reached.

Leftovers: Store in an airtight container in the fridge up to 3 days. Freeze for longer.

No Beef Broth: Use vegetable or chicken broth instead.

| | |
|-------------|-------|
| Niacin | 9mg |
| Vitamin B6 | 0.9mg |
| Folate | 34µg |
| Vitamin B12 | 1.3µg |
| Magnesium | 49mg |
| Zinc | 5mg |



Beef Kafta Casserole

4 servings

1 hour 25 minutes

Ingredients

- 1 lb Extra Lean Ground Beef
- 1/2 Yellow Onion (finely chopped)
- 1/2 cup Parsley (finely chopped)
- 1 1/2 tbsps Lebanese 7 Spice Blend
- 1 1/2 tsps Sea Salt (divided)
- 3 Yellow Potato (medium-sized, sliced into 1/4-inch thick rounds)
- 3 Tomato (medium-sized, sliced into 1/4-inch thick rounds)
- 1 cup Red Onion (sliced into 1/4-inch thick semi-circles)
- 2 cups Vegetable Broth
- 1 1/2 tbsps Tomato Paste
- 1/4 tsp Black Pepper (optional)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 371 |
| Fat | 12g |
| Saturated | 5g |
| Polyunsaturated | 1g |
| Monounsaturated | 5g |
| Carbs | 38g |
| Fiber | 6g |
| Protein | 28g |
| Vitamin A | 2261IU |
| Vitamin C | 60mg |
| Calcium | 68mg |
| Vitamin D | 3IU |
| Riboflavin | 0.3mg |
| Niacin | 8mg |

Directions

- 1 Preheat the oven to 350°F (176°C).
- 2 Add the beef, onion, parsley, Lebanese 7 Spice and two-thirds of the salt to a large mixing bowl and mix until combined. Form the meat mixture into thin patties, 2 to 3 inches in diameter.
- 3 Heat a pan over medium-high heat. Brown the patties in batches, 2 to 3 minutes per side. Drain the excess drippings from the pan between batches.
- 4 Arrange the browned kafta patties, potato, tomato and red onion slices in a baking dish in any pattern you'd like.
- 5 In a small bowl combine the vegetable broth, tomato paste, remaining salt and black pepper, if using, and pour into the baking dish. Cover with foil or a lid.
- 6 Bake for 60 to 70 minutes or until the potatoes are soft. Let the casserole cool slightly before dividing between bowls. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add fresh garlic to the meat mixture. Add additional Lebanese 7 Spice to the tomato sauce mixture.

No Beef: Use ground lamb instead.

Serve it With: Lebanese rice or a pita.

Red Onion: 1 cup of sliced red onion is roughly one medium-sized red onion.

Baking Dish: An 8.5 x 11.5-inch baking dish was used for four servings.

| | |
|-------------|-------|
| Vitamin B6 | 1.0mg |
| Folate | 75µg |
| Vitamin B12 | 2.5µg |
| Magnesium | 78mg |
| Zinc | 6mg |



Cleaned Up Shepherd's Pie

8 servings

1 hour 30 minutes

Ingredients

- 1 lb Extra Lean Ground Chicken
- 1 tbsp Extra Virgin Olive Oil
- 2 Yellow Onion (chopped)
- 3 Carrot (diced)
- 3 Garlic (cloves, minced)
- 1 cup Mushrooms (sliced)
- 1 tsp Dried Thyme
- 2 tbsps Almond Flour
- 1/2 cup Vegetable Broth
- 1/2 tsp Sea Salt (divided)
- 1/2 tsp Black Pepper (divided)
- 1 cup Frozen Peas
- 4 Sweet Potato (peeled and cut into 2 inch chunks)
- 1 head Cauliflower (cut into florets)
- 2/3 cup Unsweetened Almond Milk
- 2 tbsps Coconut Oil

Nutrition

| Amount per serving | |
|--------------------|---------|
| Calories | 255 |
| Fat | 11g |
| Saturated | 5g |
| Polyunsaturated | 1g |
| Monounsaturated | 4g |
| Carbs | 26g |
| Fiber | 6g |
| Protein | 15g |
| Vitamin A | 13543IU |
| Vitamin C | 41mg |

Directions

- 1 Cook your ground chicken in a skillet over medium heat. Stir every minute until cooked through. Drain liquid and transfer to a bowl. Set aside.
- 2 Place the skillet back over medium heat and add olive oil. Add the onion and carrot and cook for 8 to 10 minutes or until carrot starts to soften. Add the garlic, mushrooms and thyme and cook for another 5 minutes.
- 3 Transfer your cooked ground chicken back into the skillet. Add the flour and stir until well mixed. Add the vegetable broth and stir in half the salt and half the black pepper. Bring to a simmer stirring frequently. Once simmering, add the peas and stir well to evenly mix. Now transfer the mixture into a casserole dish and spread evenly across the bottom. Set aside.
- 4 Preheat the oven to 350°F (177°C).
- 5 Steam your sweet potato chunks and cauliflower florets together in a large steaming basket. Once they are tender (about 10 to 15 minutes), transfer to your food processor. Add the almond milk, coconut oil and remaining sea salt and black pepper. Process until smooth and creamy.
- 6 Transfer the potato mix to the casserole dish and spread it evenly so it covers the meat and vegetable mix. Bake in the oven for 25 minutes (or longer if you like the edges crispy).
- 7 Remove from oven. Let cool for about 5 minutes. Cut into slices and lift onto plates with a spatula. Enjoy!

Notes

Vegetarian & Vegan: Use 2 cans of cooked lentils instead of ground chicken and skip the first step.

| | |
|-------------|-------|
| Calcium | 109mg |
| Vitamin D | 9IU |
| Riboflavin | 0.3mg |
| Niacin | 5mg |
| Vitamin B6 | 0.6mg |
| Folate | 68µg |
| Vitamin B12 | 0.3µg |
| Magnesium | 55mg |
| Zinc | 2mg |

Mini Version: Cut the recipe in half and bake in a square pan.

Leftovers: Store in an airtight container in the freezer for a great meal down the road.

Less Carbs: Skip the sweet potato and double up on the cauliflower.



Asian Slaw with Noodles & Peanut Sauce

4 servings

20 minutes

Ingredients

- 1 cup Brown Rice Spaghetti
- 1/4 cup All Natural Peanut Butter
- 1 tbsp Tamari
- 1 Lime (juiced)
- 2 tbsps Extra Virgin Olive Oil
- 1/2 tsp Red Pepper Flakes (optional)
- 1 Garlic (clove, minced)
- 1 tbsp Ginger (grated)
- 2 tbsps Water
- 2 cups Coleslaw Mix
- 3 cups Broccoli (chopped into small florets)
- 1/2 Green Bell Pepper (de-seeded and finely sliced)
- 3 cups Baby Spinach (chopped)
- 1/4 cup Raw Peanuts (chopped)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 460 |
| Fat | 21g |
| Saturated | 3g |
| Polyunsaturated | 5g |
| Monounsaturated | 12g |
| Carbs | 59g |
| Fiber | 7g |
| Protein | 14g |
| Vitamin A | 4189IU |
| Vitamin C | 101mg |
| Calcium | 97mg |

Directions

- 1 Cook your brown rice spaghetti noodles according to the package. Immediately transfer to a strainer and run under cold water to prevent from over cooking. Leave in the strainer over a tea towel and set aside.
- 2 Combine peanut butter, tamari, lime juice, olive oil, chili flakes, minced garlic, ginger and warm water in a jar. Cover with a lid and shake well to combine. If dressing is too thick, add warm water 1 tbsp at a time to loosen it up. Set aside.
- 3 In a large bowl, combine slaw, broccoli, green pepper and spinach. Add your cooked noodles and peanut dressing. Toss well. Divide into bowls and top with chopped peanuts. Enjoy!

Notes

- Mix it Up:** Use whatever vegetables you have on hand.
- Dislike Broccoli?:** Use chopped cauliflower florets instead.
- Extra Thai Flavour:** Garnish with chopped cilantro.

| | |
|-------------|-------|
| Vitamin D | 0IU |
| Riboflavin | 0.2mg |
| Niacin | 4mg |
| Vitamin B6 | 0.3mg |
| Folate | 126µg |
| Vitamin B12 | 0µg |
| Magnesium | 80mg |
| Zinc | 1mg |