













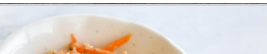







3 Day Low-Carb High Fiber Plan

Dawn Boxell

[https://wlsguthealth.com/?](https://wlsguthealth.com/?v=4096ee8eef7d)

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	Mon	Tue	Wed
Breakfast	 Avocado Sweet Potato Toast with Poached Egg	 Bok Choy & Mushroom Omelette	 Chocolate Peanut Butter Overnight N'Oats
Snack 1	 Blueberries	 Cherry Yogurt Bowl	 Raspberries
Snack 2	 Turmeric Chia Pudding	 Salt n' Vinegar Hard Boiled Eggs	 Cherry Yogurt Bowl
Lunch	 Edamame Tuna Salad	 Meal Prep Taco Bowl	 Tropical Chicken Salad
Dinner	 One Pan Salmon with Green Beans & Roasted Tomato	 Celery with Sunflower Seed Butter	 Toasted Walnuts
	 Shredded Chicken	 Egg Roll in a Bowl	 Roasted Winter Vegetables with Tahini Drizzle

Mon

Fat  50%

Carbs  24%

Protein  26%

Calories	1515
Fat	87g
Saturated	16g
Trans	0g
Polyunsaturated	28g
Monounsaturated	35g
Carbs	93g
Fiber	36g
Sugar	36g
Protein	104g
Cholesterol	852mg
Sodium	1314mg
Potassium	3375mg
Vitamin A	17992IU
Vitamin C	60mg
Calcium	787mg
Iron	16mg
Vitamin D	253IU
Vitamin E	9mg
Vitamin K	160µg

Tue

Fat  59%

Carbs  20%

Protein  21%

Calories	1838
Fat	124g
Saturated	35g
Trans	1g
Polyunsaturated	22g
Monounsaturated	58g
Carbs	97g
Fiber	33g
Sugar	28g
Protein	101g
Cholesterol	1000mg
Sodium	3123mg
Potassium	3848mg
Vitamin A	11765IU
Vitamin C	152mg
Calcium	1035mg
Iron	17mg
Vitamin D	209IU
Vitamin E	18mg
Vitamin K	500µg

Wed

Fat  62%

Carbs  19%

Protein  19%

Calories	1875
Fat	137g
Saturated	27g
Trans	0g
Polyunsaturated	42g
Monounsaturated	58g
Carbs	96g
Fiber	43g
Sugar	32g
Protein	92g
Cholesterol	537mg
Sodium	1924mg
Potassium	2150mg
Vitamin A	7589IU
Vitamin C	131mg
Calcium	978mg
Iron	15mg
Vitamin D	203IU
Vitamin E	12mg
Vitamin K	82µg

Fruits

- ☐ 3 1/2 Avocado
- ☐ 1 cup Blueberries
- ☐ 1/2 cup Cherries
- ☐ 2 Lemon
- ☐ 1 1/2 tbsps Lime Juice
- ☐ 1/2 Mango
- ☐ 1 cup Raspberries

Breakfast

- ☐ 3 1/2 tbsps All Natural Peanut Butter
- ☐ 1 tbsps Maple Syrup

Seeds, Nuts & Spices

- ☐ 1/4 tsp Black Pepper
- ☐ 1/2 cup Chia Seeds
- ☐ 1/2 tsp Cinnamon
- ☐ 1 1/2 tbsps Ground Flax Seed
- ☐ 1/4 tsp Ground Ginger
- ☐ 1/4 cup Pumpkin Seeds
- ☐ 1 1/8 tbsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 tbsps Sesame Seeds
- ☐ 1 1/2 tbsps Taco Seasoning
- ☐ 1/2 tsp Turmeric
- ☐ 1 1/2 cups Walnuts

Frozen

- ☐ 2 cups Frozen Edamame

Vegetables

- ☐ 6 cups Baby Spinach
- ☐ 2 cups Bean Sprouts
- ☐ 1 cup Bok Choy
- ☐ 1 head Boston Lettuce
- ☐ 3 cups Brussels Sprouts
- ☐ 1 Carrot
- ☐ 8 stalks Celery
- ☐ 2 cups Cherry Tomatoes
- ☐ 1/2 cup Cilantro
- ☐ 6 cups Coleslaw Mix
- ☐ 1 Delicata Squash
- ☐ 1 bulb Fennel
- ☐ 6 Garlic
- ☐ 1 tbsps Ginger
- ☐ 4 cups Green Beans
- ☐ 8 stalks Green Onion
- ☐ 1/2 cup Red Onion
- ☐ 1/2 cup Shiitake Mushrooms
- ☐ 1 Sweet Potato
- ☐ 1 Yellow Onion

Boxed & Canned

- ☐ 1/2 cup Salsa
- ☐ 1 can Tuna

Baking

- ☐ 2 tbsps Cocoa Powder
- ☐ 1/4 tsp Stevia Powder
- ☐ 1 1/2 tbsps Unsweetened Shredded Coconut

Bread, Fish, Meat & Cheese

- ☐ 8 ozs Chicken Breast
- ☐ 6 ozs Chicken Breast, Cooked
- ☐ 1 lb Lean Ground Beef
- ☐ 1 lb Lean Ground Pork
- ☐ 1 1/4 lbs Salmon Fillet

Condiments & Oils

- ☐ 1/2 cup Apple Cider Vinegar
- ☐ 2 tbsps Avocado Oil
- ☐ 1/4 cup Coconut Aminos
- ☐ 1 1/2 tbsps Coconut Oil
- ☐ 1/2 cup Extra Virgin Olive Oil
- ☐ 2 tbsps Sesame Oil
- ☐ 1/2 cup Sunflower Seed Butter
- ☐ 1/4 cup Tahini
- ☐ 2 1/4 tbsps Tamari

Cold

- ☐ 29 Egg
- ☐ 2 cups Unsweetened Almond Milk
- ☐ 3/4 cup Unsweetened Coconut Yogurt

Other

- ☐ 1/4 cup Water



Avocado Sweet Potato Toast with Poached Egg

2 servings

15 minutes

Ingredients

- 1 Sweet Potato (large)
- 4 Egg
- 1 Avocado
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	360
Fat	24g
Saturated	5g
Trans	0g
Polyunsaturated	4g
Monounsaturated	14g
Carbs	22g
Fiber	9g
Sugar	4g
Protein	16g
Cholesterol	372mg
Sodium	185mg
Potassium	844mg
Vitamin A	9908IU
Vitamin C	12mg
Calcium	88mg
Iron	3mg
Vitamin D	82IU
Vitamin E	3mg
Vitamin K	23µg

Directions

- 1 Trim the pointy ends off the sweet potato then lay it on its side on a cutting board. Slice it lengthwise into 1/4 inch slices.
- 2 Pop the sweet potato slices into the toaster and toast twice. You may need to toast a third time depending on your toaster. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 - 6 minutes per side, or until golden brown.
- 3 While the sweet potato toasts, carve the flesh of the avocado out into a bowl. Season with a pinch of sea salt and black pepper and mash with a fork until smooth and creamy.
- 4 Poach, fry or hardboil the eggs.
- 5 Spread the mashed avocado over the sweet potato toasts and top with cooked eggs. Season with sea salt, black pepper and/or red pepper flakes. Enjoy!

Notes

Add Greens: Add a layer of baby spinach after you spread on the avocado.

Guacamole Lover: Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.

Egg-Free: Skip the eggs and top with hemp seeds instead.



Blueberries

1 serving

2 minutes

Ingredients

1 cup Blueberries

Directions

- 1 Wash the berries and enjoy!

Nutrition

Amount per serving	
Calories	84
Fat	0g
Saturated	0g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	21g
Fiber	4g
Sugar	15g
Protein	1g
Cholesterol	0mg
Sodium	1mg
Potassium	114mg
Vitamin A	80IU
Vitamin C	14mg
Calcium	9mg
Iron	0mg
Vitamin D	0IU
Vitamin E	1mg
Vitamin K	29µg



Bok Choy & Mushroom Omelette

1 serving

20 minutes

Ingredients

- 1 1/2 tsps Coconut Oil
- 1/2 cup Shiitake Mushrooms (sliced)
- 1 cup Bok Choy (sliced into quarters)
- 3 Egg
- 2 1/4 tsps Tamari
- 2 stalks Green Onion (sliced)

Nutrition

Amount per serving	
Calories	339
Fat	21g
Saturated	10g
Trans	0g
Polyunsaturated	3g
Monounsaturated	6g
Carbs	15g
Fiber	3g
Sugar	5g
Protein	23g
Cholesterol	558mg
Sodium	1019mg
Potassium	535mg
Vitamin A	4898IU
Vitamin C	35mg
Calcium	175mg
Iron	4mg
Vitamin D	143IU
Vitamin E	2mg
Vitamin K	70µg

Directions

- 1 Heat coconut oil in a medium-sized frying pan over medium heat. Saute the bok choy for 2 minutes. Add mushrooms and cook for 2-3 more minutes or until all veggies are soft. Transfer the veggies to a bowl and set aside.
- 2 In a bowl, whisk together eggs, tamari and green onion.
- 3 Pour the egg mixture into the same pan over medium heat, and let cook until almost set. Place the mushrooms and bok choy on one half of the omelette and fold the other half over top. Remove from heat and season with sea salt and black pepper to taste. Enjoy!

Notes

Make it Fluffy: Whisk unsweetened almond milk into your egg mixture.

More Flavour: Whisk sesame oil into your egg mixture.

Mix it Up: Use up whatever vegetables you have on hand. Red onion, bell peppers or baby spinach work well.

Likes it Spicy: Serve with hot sauce.



Chocolate Peanut Butter Overnight N'Oats

1 serving

3 hours

Ingredients

- 1 cup Unsweetened Almond Milk
- 2 tbsps All Natural Peanut Butter
- 2 tbsps Cocoa Powder
- 1/4 tsp Stevia Powder (or to taste)
- 3 tbsps Chia Seeds
- 1 1/2 tbsps Ground Flax Seed
- 1 1/2 tbsps Unsweetened Shredded Coconut (plus more for topping)

Nutrition

Amount per serving	
Calories	519
Fat	40g
Saturated	10g
Trans	0g
Polyunsaturated	16g
Monounsaturated	12g
Carbs	35g
Fiber	22g
Sugar	4g
Protein	19g
Cholesterol	0mg
Sodium	176mg
Potassium	530mg
Vitamin A	499IU
Vitamin C	0mg
Calcium	726mg
Iron	6mg
Vitamin D	101IU
Vitamin E	3mg
Vitamin K	0µg

Directions

- 1 Add all ingredients to a jar and shake well until combined. Refrigerate overnight or for at least three hours until all liquid is absorbed.
- 2 Stir well before serving. Enjoy!

Notes

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

Nut-Free: Use oat milk instead of almond milk and sunflower seed butter instead of peanut butter.

Additional Toppings: Cacao nibs, chopped peanuts, chopped strawberries, and/or sea salt.

No Stevia Powder: Use liquid stevia, monk fruit sweetener drops, or liquid sweetener of choice to taste.



Raspberries

1 serving

3 minutes

Ingredients

1 cup Raspberries

Nutrition

Amount per serving	
Calories	64
Fat	1g
Saturated	0g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	15g
Fiber	8g
Sugar	5g
Protein	1g
Cholesterol	0mg
Sodium	1mg
Potassium	186mg
Vitamin A	41IU
Vitamin C	32mg
Calcium	31mg
Iron	1mg
Vitamin D	0IU
Vitamin E	1mg
Vitamin K	10µg

Directions

- 1 Wash berries and enjoy!

Notes

Tip: Do not wash until ready to eat, as washed berries spoil more quickly.



Turmeric Chia Pudding

2 servings

3 hours 5 minutes

Ingredients

- 1 cup Unsweetened Almond Milk
- 1/2 tsp Turmeric
- 1/2 tsp Cinnamon
- 1/4 tsp Ground Ginger (optional)
- 1 tbsp Maple Syrup
- 1/4 cup Chia Seeds

Nutrition

Amount per serving	
Calories	158
Fat	9g
Saturated	1g
Trans	0g
Polyunsaturated	6g
Monounsaturated	1g
Carbs	18g
Fiber	9g
Sugar	6g
Protein	5g
Cholesterol	0mg
Sodium	85mg
Potassium	161mg
Vitamin A	252IU
Vitamin C	0mg
Calcium	397mg
Iron	3mg
Vitamin D	50IU
Vitamin E	0mg
Vitamin K	0µg

Directions

- 1 Combine the almond milk, turmeric, cinnamon, ginger, and maple syrup in a mixing bowl. Stir in the chia seeds. Refrigerate for at least three hours or until chilled and chia seeds have set.
- 2 Stir well then divide between bowls or jars. Enjoy!

Notes

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

Nut-Free: Use a nut-free milk like cow's milk, coconut milk, or oat milk.

More Flavor: Add vanilla extract, cardamom, nutmeg, or a pinch of black pepper.

No Maple Syrup: Use honey or another sweetener of choice instead.



Cherry Yogurt Bowl

1 serving

5 minutes

Ingredients

3/4 cup Unsweetened Coconut Yogurt
1 1/2 tbsps Chia Seeds
1/2 cup Cherries (pits removed)

Nutrition

Amount per serving	
Calories	216
Fat	11g
Saturated	5g
Trans	0g
Polyunsaturated	5g
Monounsaturated	1g
Carbs	29g
Fiber	10g
Sugar	11g
Protein	5g
Cholesterol	0mg
Sodium	40mg
Potassium	246mg
Vitamin A	49IU
Vitamin C	5mg
Calcium	500mg
Iron	2mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin K	2µg

Directions

1

Add the coconut yogurt to a bowl and stir in the chia seeds. Top with sliced cherries and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Add chia seeds just before serving.

Additional Toppings: Chopped nuts, seeds, a drizzle of honey, cinnamon, granola, other chopped fruit.

No Coconut Yogurt: Use Greek yogurt instead.

No Chia Seeds: Use ground flaxseeds or hemp seeds instead.



Salt n' Vinegar Hard Boiled Eggs

4 servings

35 minutes

Ingredients

8 Egg
1 tsp Sea Salt (divided)
1/4 cup Apple Cider Vinegar (divided)

Nutrition

Amount per serving	
Calories	146
Fat	10g
Saturated	3g
Trans	0g
Polyunsaturated	2g
Monounsaturated	4g
Carbs	1g
Fiber	0g
Sugar	0g
Protein	13g
Cholesterol	372mg
Sodium	733mg
Potassium	149mg
Vitamin A	540IU
Vitamin C	0mg
Calcium	57mg
Iron	2mg
Vitamin D	82IU
Vitamin E	1mg
Vitamin K	0µg

Directions

- 1 Bring a large pot of water to a boil. Gently place eggs into the boiling water and turn the heat down to medium high. Set your timer for 14 minutes.
- 2 After 14 minutes, use a spoon to lift the eggs out of the water. Place on a plate and let cool for at least 20 minutes.
- 3 When ready to eat, peel the eggs and cut them into halves or quarters. Season with sea salt and drizzle with apple cider vinegar. Enjoy!



Edamame Tuna Salad

2 servings

5 minutes

Ingredients

- 1 1/2 tbsps All Natural Peanut Butter
- 2 tbsps Sesame Oil
- 1 tbsp Apple Cider Vinegar
- 1 tbsp Sesame Seeds
- Sea Salt & Black Pepper (to taste)
- 2 cups Frozen Edamame (thawed)
- 1 can Tuna (drained)
- 1 Carrot (medium, julienned)
- 1 stalk Green Onion (sliced)

Nutrition

Amount per serving	
Calories	492
Fat	31g
Saturated	5g
Trans	0g
Polyunsaturated	12g
Monounsaturated	11g
Carbs	21g
Fiber	10g
Sugar	6g
Protein	38g
Cholesterol	30mg
Sodium	238mg
Potassium	1025mg
Vitamin A	5845IU
Vitamin C	12mg
Calcium	175mg
Iron	6mg
Vitamin D	39IU
Vitamin E	3mg
Vitamin K	57µg

Directions

- 1 In a medium bowl, add peanut butter, sesame oil, vinegar, sesame seeds, salt, and pepper. Whisk until combined well.
- 2 In the same bowl, add edamame, tuna, carrot, and green onion. Stir until everything is mixed together and enjoy.

Notes

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

Serving Size: One serving is equal to approximately two cups salad.

More Flavor: Add sriracha or chili flakes.

Additional Toppings: Cilantro or mint. Serve over a bed of lettuce.

Nut-Free: Use tahini instead of peanut butter.

Canned Tuna: One can of tuna is equal to 165 grams or 5.8 ounces, drained.



Meal Prep Taco Bowl

4 servings

15 minutes

Ingredients

- 1 lb Lean Ground Beef
- 1 1/2 tsps Taco Seasoning
- 6 Egg
- Sea Salt & Black Pepper (to taste)
- 6 cups Baby Spinach
- 2 Avocado (sliced)
- 1/2 cup Salsa

Nutrition

Amount per serving	
Calories	580
Fat	45g
Saturated	13g
Trans	1g
Polyunsaturated	4g
Monounsaturated	23g
Carbs	14g
Fiber	9g
Sugar	3g
Protein	33g
Cholesterol	360mg
Sodium	551mg
Potassium	1238mg
Vitamin A	4937IU
Vitamin C	23mg
Calcium	133mg
Iron	6mg
Vitamin D	65IU
Vitamin E	4mg
Vitamin K	242µg

Directions

- 1 Heat a large skillet over medium heat. Once hot, add the beef into the skillet. Use a spatula to break it apart. Add the taco seasoning and cook until browned and cooked through, remove with a slotted spoon and set aside. Drain any excess drippings from the pan.
- 2 Whisk the eggs in a bowl. In the same skillet, over medium-low heat, add the eggs and cook until fluffy and cooked through. Season with salt and pepper and set aside.
- 3 Divide the spinach between plates, or into containers. Top with beef, eggs, avocado, and salsa. Enjoy!

Notes

Leftovers: Store in an airtight container in the fridge for up to two days.

Additional Toppings: Top with shredded cheese or sour cream.



Tropical Chicken Salad

2 servings

10 minutes

Ingredients

- 1/4 cup Extra Virgin Olive Oil
- 1 1/2 tbsps Lime Juice
- 1/2 cup Cilantro
- 1 Garlic (clove, minced)
- 1/4 tsp Sea Salt
- 1 head Boston Lettuce (chopped)
- 6 ozs Chicken Breast, Cooked (shredded)
- 1/2 Mango (cubed)
- 1/2 Avocado (cubed)

Nutrition

Amount per serving	
Calories	504
Fat	37g
Saturated	6g
Trans	0g
Polyunsaturated	4g
Monounsaturated	26g
Carbs	19g
Fiber	5g
Sugar	12g
Protein	28g
Cholesterol	88mg
Sodium	347mg
Potassium	767mg
Vitamin A	1409IU
Vitamin C	41mg
Calcium	28mg
Iron	1mg
Vitamin D	1IU
Vitamin E	6mg

Directions

- 1 Pour the olive oil into a blender and add the lime juice, cilantro, garlic, and salt. Blend until smooth.
- 2 Divide the lettuce onto plates. Top with chicken, mango, and avocado. Drizzle the dressing over everything. Enjoy!

Notes

Leftovers: Store dressing and salad in separate containers in the fridge for up to two days.

More Flavor: Add a spicy pepper such as jalapeño to the dressing.

Additional Toppings: Top with a crunchy topper such as tortilla chips for texture. Add sliced red onion to the salad.

No Cilantro: Use another herb such as parsley or basil.

Vitamin K	47µg
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Celery with Sunflower Seed Butter

4 servings

5 minutes

Ingredients

8 stalks Celery (sliced into sticks)
1/2 cup Sunflower Seed Butter

Nutrition

Amount per serving	
Calories	209
Fat	18g
Saturated	2g
Trans	0g
Polyunsaturated	3g
Monounsaturated	13g
Carbs	10g
Fiber	3g
Sugar	4g
Protein	6g
Cholesterol	0mg
Sodium	65mg
Potassium	392mg
Vitamin A	376IU
Vitamin C	3mg
Calcium	52mg
Iron	1mg
Vitamin D	0IU
Vitamin E	8mg
Vitamin K	23µg

Directions

1

Spread sunflower seed butter across celery sticks (about 1 tbsp per celery stalk). Happy munching!

Notes

No Celery: Use cucumber instead



Toasted Walnuts

5 servings

15 minutes

Ingredients

1 1/2 cups Walnuts (shelled)

Nutrition

Amount per serving	
Calories	235
Fat	23g
Saturated	2g
Trans	0g
Polyunsaturated	17g
Monounsaturated	3g
Carbs	5g
Fiber	2g
Sugar	1g
Protein	5g
Cholesterol	0mg
Sodium	1mg
Potassium	159mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	35mg
Iron	1mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin K	1µg

Directions

- 1 Preheat oven to 350°F (177°C) and spread the walnuts across a baking sheet lined with parchment paper. Toast in the oven for 5 to 10 minutes, tossing at the halfway point.
- 2 Remove from oven, let cool and enjoy!

Notes

Extra Flavour: Sprinkle with sea salt or spices of your choice.



One Pan Salmon with Green Beans & Roasted Tomato

4 servings

25 minutes

Ingredients

4 cups Green Beans (washed and trimmed)
2 cups Cherry Tomatoes
1 tbsp Extra Virgin Olive Oil (or coconut oil)
Sea Salt & Black Pepper (to taste)
1 1/4 lbs Salmon Fillet

Nutrition

Amount per serving	
Calories	275
Fat	13g
Saturated	2g
Trans	0g
Polyunsaturated	4g
Monounsaturated	5g
Carbs	10g
Fiber	4g
Sugar	5g
Protein	31g
Cholesterol	78mg
Sodium	72mg
Potassium	1082mg
Vitamin A	1367IU
Vitamin C	22mg
Calcium	61mg
Iron	2mg
Vitamin D	0IU
Vitamin E	1mg
Vitamin K	51µg

Directions

- 1 Preheat oven to 510°F (266°C).
- 2 Place green beans and cherry tomatoes in a mixing bowl and toss with olive oil. Season with sea salt and black pepper. Transfer to a baking sheet and bake in the oven for 10 minutes.
- 3 Season your salmon fillets with sea salt and black pepper.
- 4 Remove veggies from oven and place salmon fillets over top. Place back in the oven and bake for 7 to 10 minutes or until salmon flakes with a fork.
- 5 Divide veggies between plates and top with salmon. Enjoy!

Notes

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

No Salmon: Use any type of fish fillet. Baking times will vary depending on thickness.

Vegan: Use roasted chickpeas instead of salmon.

More Carbs: Serve with quinoa or rice.

Added Touch: Toss the green beans in balsamic vinegar before serving.



Shredded Chicken

2 servings

20 minutes

Ingredients

1 tsp Sea Salt
8 ozs Chicken Breast (skinless, boneless)

Nutrition

Amount per serving	
Calories	136
Fat	3g
Saturated	1g
Trans	0g
Polyunsaturated	0g
Monounsaturated	1g
Carbs	0g
Fiber	0g
Sugar	0g
Protein	25g
Cholesterol	82mg
Sodium	1231mg
Potassium	377mg
Vitamin A	34IU
Vitamin C	0mg
Calcium	6mg
Iron	0mg
Vitamin D	1IU
Vitamin E	1mg
Vitamin K	0µg

Directions

- 1 Bring a pot of water to a boil with the salt. Reduce to a gentle simmer, add chicken and cover. Let simmer until chicken is cooked through, about 15-20 minutes.
- 2 Remove chicken and shred into pieces using two forks.

Notes

Leftovers: Store covered in the fridge up to 3 days. Freeze in an airtight bag for up to 6 months.

Serve it With: Any of our sides, salads or vegetarian pastas.

Serving Size: One serving is approximately 4 ounces (113 grams) of chicken.



Roasted Winter Vegetables with Tahini Drizzle

4 servings

45 minutes

Ingredients

- 1 Delicata Squash (small)
- 3 cups Brussels Sprouts (washed and halved)
- 1 bulb Fennel (coarsley chopped)
- 1/2 cup Red Onion (coarsley chopped)
- 1/4 cup Extra Virgin Olive Oil (divided)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1/4 cup Tahini
- 1 Garlic (clove)
- 1/4 cup Water
- 2 Lemon (small, juiced)
- 1/4 cup Pumpkin Seeds

Nutrition

Amount per serving	
Calories	358
Fat	26g
Saturated	4g
Trans	0g
Polyunsaturated	7g
Monounsaturated	14g
Carbs	29g
Fiber	8g
Sugar	5g
Protein	9g
Cholesterol	0mg
Sodium	217mg
Potassium	1060mg
Vitamin A	1471IU
Vitamin C	86mg

Directions

- 1 Preheat oven to 375°F (191°C). Line two baking sheets with parchment paper.
- 2 Slice delicata squash in half lengthwise and scoop out seeds, then slice into half rounds.
- 3 Toss the squash, brussels sprouts, fennel and red onion with half of the olive oil, and spread over the baking sheets. Roast vegetables in the oven for 30 minutes, stirring at the halfway point.
- 4 Meanwhile, prepare the dressing by combining the remaining olive oil, salt, pepper, tahini, garlic, water and lemon juice in a blender. Blend until smooth, adding more water if necessary for consistency.
- 5 Remove vegetables from oven and divide onto plates. Drizzle with tahini sauce and top with pumpkin seeds. Season with more sea salt and black pepper if you wish. Enjoy!

Notes

More Protein: Add lentils, chickpeas, or diced tofu.

Leftovers: Store covered in the fridge up to 2 - 3 days.

Calcium	169mg
Iron	4mg
Vitamin D	0IU
Vitamin E	3mg
Vitamin K	163µg



Egg Roll in a Bowl

4 servings

30 minutes

Ingredients

- 2 tbsps Avocado Oil
- 1 Yellow Onion (medium, diced)
- 5 stalks Green Onion (diced)
- 4 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 1 lb Lean Ground Pork
- 6 cups Coleslaw Mix
- 2 cups Bean Sprouts
- 1/4 cup Coconut Aminos

Nutrition

Amount per serving	
Calories	407
Fat	26g
Saturated	6g
Trans	0g
Polyunsaturated	3g
Monounsaturated	13g
Carbs	21g
Fiber	6g
Sugar	10g
Protein	26g
Cholesterol	77mg
Sodium	666mg
Potassium	359mg
Vitamin A	5100IU
Vitamin C	58mg
Calcium	101mg
Iron	4mg
Vitamin D	19IU
Vitamin E	1mg
Vitamin K	24µg

Directions

- 1 Heat the avocado oil in a pan over medium-high heat. Add the yellow onion, green onion, garlic, and ginger. Cook for 3 to 5 minutes, stirring frequently, until soft.
- 2 Add the pork and break it up as it cooks. Cook for about 7 to 10 minutes, or until cooked through.
- 3 Stir in the coleslaw mix, bean sprouts, and coconut aminos. Stir for 5 minutes, or until veggies have softened. Transfer to bowls and enjoy!

Notes

No Coconut Aminos: Use tamari or soy sauce instead.

Meat-Free: Replace the ground meat with scrambled eggs or tofu.