



Simple Health 14 Day KickStart Fall/Winter

Created by Simple health





The Week Before the Kickstart:

- **Reduce caffeine** by cutting down your intake every day until you have stopped altogether.
- Replace morning coffee with warm lemon water and a splash of apple cider vinegar (you may add a non-caffeinated tea if you'd like)
- **Reduce alcohol, sugar and processed foods.**
 - **Avoid binge eating or having those 'last things' before you start the 14 day program! This will only make you feel worse as your body has to work harder to rid of the toxins.
- ✓ Join our private Facebook group for support, questions, suggestions, and sharing with others;
- ✓ **Get in the right mindset.**
Write, envision, or make a list describing your best self. Where would you like to be with your health after completing this program? What will it feel like? Envision your body ridding of toxins. Feel proud that you are committing to taking care of YOU!
- ✓ Print the shopping list, daily eating guide and recipes. I recommend putting them in plastic sleeves in the 3 ring binder you received from me. 😊
- ✓ Prep any food you can the weekend before you begin. Cut/ chop all veggies, make a large salad full of greens you enjoy. Etc.

**Make this program work for YOU!**

To make it your own, swap out any recipe for any other recipe provided. ☺ You may even have a smoothie for lunch or dinner. Just be sure to stay within the recipes provided and variety is important. MOST OF ALL.....Have fun! Don't be shy! One of the things that makes this program so awesome is the community and support that is created. **SHARE** your pictures and experiences with others in the group. It is non-judgemental, safe zone!

The goal is to form healthy, simple, doable habits that you can use and take with you to continue on this healthy journey!

Remember, there is no perfect! Do what you can. I will help you along the way with any questions, concerns, complications and motivation.

Tips to help you during this program and beyond!

Look over the menu, Food prep tips and what you need the beginning of each week

- ✓ **DRINK WATER!** Flushes toxins, keeps you hydrated, and the feeling of hunger at bay!
- ✓ Adding a small amount of raw honey or dates to the smoothies **in the beginning** is ok if you need to. We are trying to eliminate sugar so keep it to a minimum and wean it out
- ✓ **** Eat enough at each meal to get you to the next meal, without eating in between.** Ideally, you can go roughly 4 hours between each meal. Snacks are included, **only if needed.**
 - **Many schedules don't allow 3 meals/day. If you go 4 hrs between meals, it's not lunch/dinner and you're needing a snack, have the snack suggested ☺**
 - **The main focus is to keep all of your food REAL and eat mindfully.**
- ✓ ****If Hungry between meals Add more healthy filling fats to smoothies/meals/salads**
 - **Some program friendly, Healthy filling fats include: MCT Oil, Coconut oil, Olive oil, Avocado, Avocado oil, chia seeds, raw nuts and seeds, full fat coconut milk, flax seed**
- ✓ Pairing fruit with a healthy fat stabilizes blood sugar and controls the dips/crashes
- ✓ Eat a later lunch, between 1-2pm, to combat the body's dip in cortisol between 3-4pm
- ✓ Try to get into the habit of **'closing the kitchen' after 6:30**
- ✓ **Clear your refrigerator and pantry of everything that doesn't serve you during this 14 days.**
 - ** We will re-introduce plenty of treats and healthier options after the 14 days ☺**
- ✓ Stock up, and have on hand, plenty of fruits and veggies, raw nuts and seeds

Great quick grab snacks to have on hand:

Grass-fed beef sticks
 Mixed raw nuts/seeds
 RX protein bars
 Hard Boiled eggs (**post plan**)
 Fresh veggies/Fruit
 Lar bar Nut and Seed



Food Prep Tips Make Ahead

- ✓ Cut all veggies **immediately** when you get home from the store, store in containers, put in fridge
- ✓ Cook spaghetti squash
- ✓ Make a large bowl of chopped mixed dark leafy greens to last you the week (romaine, arugula, spinach, kale, chard...) for salads
NO FUSS OPTION: Buy a bag/container of organic mixed greens
- ✓ Salad dressing: **NO FUSS OPTION:** Use Olive/avocado oil with splash of apple cider vinegar for dressing
- ✓ Make Zucchini dip- can freeze for later
NO FUSS OPTION: Quick Avocado dip (in Snack recipes) OR Organic HOPE Hummus Or Boars Head Non GMO
- ✓ Cut carrots, peppers, cucumbers and celery sticks for easy grabbing
- ✓ Make Sausage/Kale Soup- Day 4 (can freeze for leftovers)
- ✓ Make Brownie Bites for snack (optional)- Recipe in [Additional Recipes](#)
- ✓ Bring or leave food at work (if possible) for easy eating and prepping at work to ease the nightly load at home.
- ✓ Make smoothies the night before- add chia seeds upon drinking- OR pre package all smoothies into Ziploc baggies and put in freezer
- ✓ ******Get Adventurous with your salads!** Don't be afraid to just throw anything on there; avocado, nuts, sunflower/pumpkin seeds, blueberries, tomatoes, cucumbers! Load those salads up! If you don't want to make a dressing just splash it with Olive oil, ACV, and a squeeze of lemon.
- ✓ You don't have to measure. Begin finding joy in combining foods without the stress of recipes. Salads are a great place to start! And it's a HUGE time savor!
- ✓ You **CAN** cook crockpot chicken ahead as well –Take chicken off bone and put in fridge. Use for salads, reheat for a meal and/ or chicken fajitas
NO FUSS OPTION: Buy an amish already roasted chicken from the store
- ✓ Add a side salad to any Entrée if you are needing more food at meals add plenty of friendly fat- MCT, Avocado, olive oil etc
- ✓ ****TIP FOR SMOOTHIES: Any smoothie can be froze and consumed later OR pour into popsicle holders and eat as a popsicle for a snack or meal ☺**

Remember Program Flexibility

- ✓ ****If you are planning to make a different dinner or salad this week using the [Additional Recipes](#) prep anything that can be prepped ahead for that.**
- ✓ You may make enough smoothie to last 2 days. It's ok to repeat smoothies even if the calendar calls for a different one. Just make the other the next 2 days. ☺



Many people experience some detoxification and withdrawal symptoms when first eating REAL and eliminating processed 'foods', sugar, artificial sweeteners, caffeine, and other types of non-nourishing carbohydrates (Crappy Carbs I like to call them ;).

When you take out these types of substances (I refuse to call them food for obvious reasons ;), your body begins to heal, and in the process may also release built up toxins that are in your system. This can put your body into a wonderful state of overdrive healing and may cause certain symptoms in the process.

Sugar is an addictive substance. If your body has become accustomed to using sugar and bad carbs as fuel you have probably put your body on a constant spin of 'sugar' spikes and dips; meaning you have energy, then you crash and crave more for more energy. There is a chemical reaction in your brain that is craving the sugar as well. When taking sugar out of your body you may experience withdraw symptoms.

Symptoms can be discouraging when you're doing your best to become healthier and heal. But stick with it. I am here to help you through the process and these Helpful Healing Hints are key to keeping those symptoms at bay! ☺ You got this! I PROMISE it will be worth it!

Tired/Fatigue- As I mentioned above most of us have trained our bodies to use sugar and bad Carbs for energy so taking that out may cause confusion if there is nothing there to replace it. Reach for healthy fats and protein for fuel. Your body is using a lot of energy to detox . Be patient with yourself and the process, and rest as often as you can.

Headaches- Often occur as a result of caffeine and sugar withdrawal. If you have an infection that your body is fighting as a result of the detox it can cause your blood pressure to rise causing headaches as well. **Drink plenty of water during this time to help flush out the toxins.**

Cravings- Occur for several reasons during a detox. It can be your body searching for fuel because you eliminated it's previous source, which was sugar of some sort. It may be a result of feeling fatigue from the process and you're in the habit of grabbing for a quick fix. Reach for nutrient dense foods, fats, dark leafy greens and protein. Sweet potatoes with coconut oil or grass-fed butter are great if you're craving something sweet. Cinnamon is a great spice to help with the sweet craving as well. Water with lemon helps curb cravings as well. Ride this out with REAL food that will nourish you.

Common Detox/withdrawal Symptoms:

Other Detox Symptoms include, but are not limited to:

Feeling cold	bloated	constipation
Congestion	nausea	more bowel movements
Skin irritations		
Trouble sleeping		



Helpful Hints for Healing- Add ins:

- Healthy Filling Fats such as: **raw** nuts and seeds, macadamia nuts are excellent, coconut oil, coconut butter, Olive oil (not used in cooking), avocado oil, full fat canned coconut milk, chia seeds, and grass-fed butter, ghee, will stabilize blood sugar spikes, keep cravings at bay and keep you full longer. Added bonus- adding these in will speed up the process of training your body to become a fat burning machine!
- Protein- Protein can come from meats, avocado, quinoa (use sparingly during this time), nuts, seeds, broccoli, chia seeds. Protein stabilizes blood sugar spikes, keeping cravings at bay, helps you feel full longer and creates a slow steady burn of fuel.
- Good Ole H2O- **Drink at least ½ your body weight in oz. of water/day**. It is extremely important to stay hydrated with **plain** water or water with lemon (an actual lemon)! The average human body is 75% water so it's important we continuously put it in there! Water will keep headaches at bay, flush out toxins from all over the body, lubricate joints, help with possible constipation from this process. Added bonus- A hydrated brain lessens addictive urges for caffeine and sugars
- Bone Broth Non GMO, Pastured- is rich in minerals that support the immune system and contains healing substances such as collagen, glutamine, glycine and proline. The collagen in **bone broth** heals your gut lining and reduces intestinal inflammation. (a little each day- your body will know when you've had enough. You'll feel better and full)

Most of us are deficient in the following vitamins/minerals, even when eating healthy, because of today's soil quality and other factors that effect the quality of our food. I do suggest adding in the following supplements while detoxing and beyond:

- Vitamin D3- **2,000 IU/day**. Most of us are Vitamin D deficient which can cause a whole bunch of health problems from fatigue, to chronic pain, gut issues, high blood pressure and more. Getting a good quality Vitamin D3 will help with absorption of calcium and the vitamins needed for repair. We don't want to create more work for your body during this time. I use MegaFood Brand
- Magnesium- **200-300 mg/day**: Most of us are deficient in this as well. **Magnesium is a relaxation mineral**. It helps reduce anxiety, improves sleep (I take one in the morning and one at night for sleep ☺, improves blood sugar control, AND can cure muscle cramps. Recommend at night: **Natural Vitality Natural CALM** UNflavored
- Purified Fish Oil (EPA/DHA)- **2 grams**. Anti-inflammatory, blood/sugar balance sensitizes insulin. All are good for support during a detox and beyond. Added bonus- it also prevents heart disease and is a brain booster!
- Probiotics- At least **50 Billion CFU's/ day**. You can also get great live cultures through raw fermented foods; any raw fermented veggies, sauerkraut, pickles etc.



Self Care During Detox (and beyond)

- **Slow Down!**- Honor the detox process and what is happening within your body. A lot is going on. Your body is learning a new way to digest, restore, repair and revitalize every organ and blood stream in your body. You need to slow down so it can concentrate on doing it's job.
- **Be patient and kind to your body.** It didn't get this way overnight. Although you may begin to feel better rather quickly and notice results, it will take time to heal.
- **Keep it Positive!** - A positive mindset can make all the difference! Make note of the positive changes often and scan your body for cues that it is in fact healing. This will help you stay the course. 😊
- **Feel empowered by the choice** you are making for YOU and your body! You are CHOOSING to eat better for YOUR body and YOUR wellbeing! Your body will thank you in return with more energy, less pain, bloating, inflammation and quite possibly even weight loss!
- **Journal**- Journaling can help you keep track of how you're feeling day to day. It can help release any emotions you are feeling and/or harboring. Let it out on the page! You will feel so much better! –Always end with at least 3 positives 😊
- **Sleep/rest**- Proper sleep is imperative to a healthy lifestyle! Aim for at least 7 hours/night. Turn off electronic devices at least 30 mins before bed, take deep breaths to prepare your mind for quiet. It is a time for your body to rest, restore, repair and revitalize, without interruption.
- **Fresh air**- Take time to get outside and breathe in as much fresh oxygen. Our blood needs the oxygen to move. A calming walk and deep breathing outside is a great way to get the blood healthy and moving. This will help your blood rid of the toxins that have found a home within it. Breathe and get those toxins OUT! ;)
- **Massage**- is a great way to get relaxation. Massage also stimulates the release of toxins lodged in the tissues in the body.
- **Hot Epsom Salt Baths**- offer relaxation and several health benefits. Sulfates stimulate the pancreas to generate enzymes and help to flush out toxins and heavy metals from the cells. **2 cups of Epsom Salt into a hot bath-soak at least 20 minutes.** –Drink water while in the bath to help flush toxins and stay hydrated while soaking. **Breathe deep and relax. Light some candles. Enjoy!**



Simple Health KickStart Program Fall/Winter Week 1

Created by Simple health



Simple Health 14 Day KickStart Fall/Winter

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Morning Switchel	Morning Switchel	Morning Switchel	Morning Switchel	Morning Switchel	Morning Switchel	Morning Switchel
	Key Lime Pie Smoothie	Chai Latte Smoothie	SH Tropical Ginger Smoothie	AIP Chocolate-Covered Strawberry Smoothie	Green Apple Cinnamon Smoothie	Blueberry Detox Smoothie SH	SH Pineapple Turmeric Smoothie
Snack 1	Lemon Ginger Tea	Immunity Boosting Bone Broth	Yogi Detox Tea	Immunity Boosting Bone Broth	Lemon Ginger Tea	Immunity Boosting Bone Broth	Yogi Detox Tea
Lunch	Strawberry Balsamic Salad with Maple Walnuts	Cleaned Up Chicken Salad	BLT Salad Bowls	SH Leftover Salmon Salad	Slow Cooker Sausage & Kale Soup	Lemon Garlic Shrimp Spaghetti Squash	Crispy Coconut Chicken Fingers
						Mixed Greens with Lemon & Olive Oil	
Snack 2	Zucchini Hummus Dip	Olive Medley	MCT Guacamole	Celery with Almond butter	MCT Guacamole	Clean Trail Mix	Zucchini Hummus Dip
	Raw Mixed Veggies		Raw Mixed Veggies		Raw Mixed Veggies		Raw Mixed Veggies
Dinner	Roasted Chicken	SH BLT Salad Bowls	SH One Pan Hawaiian Salmon	SH Slow Cooker Sausage & Kale Soup	Lemon Garlic Shrimp Spaghetti Squash	SH Chicken Fingers	Steak with Sweet Potato Frites & Mayo
	Steamed Green Beans						
Snack 3	Peppermint Tea	Turmeric Lemonade	Cinnamon Tea	Turmeric Lemonade	Peppermint Tea	Turmeric Lemonade	Cinnamon Tea
	SH Coconut Brownie Bites						

Simple Health 14 Day KickStart Fall/Winter

102 items

Fruits

- ☐ 1 Apple
- ☐ 3 Avocado
- ☐ 2 Banana
- ☐ 1/4 cup Blueberries
- ☐ 1/2 cup Grapes
- ☐ 2 Kiwi
- ☐ 5 Lemon
- ☐ 1/2 cup Lemon Juice
- ☐ 2 Lime
- ☐ 3 1/4 cups Pineapple
- ☐ 1 cup Strawberries

Breakfast

- ☐ 1/2 cup Almond Butter
- ☐ 1/4 cup Maple Syrup

Seeds, Nuts & Spices

- ☐ 1 cup Almonds
- ☐ 1 tsp Black Pepper
- ☐ 1 tbsp Chia Seeds
- ☐ 2 tbsps Cilantro
- ☐ 1 1/16 tbsps Cinnamon
- ☐ 2 cups Clean Trail Mix
- ☐ 1 1/2 tsps Cumin
- ☐ 2 tbsps Ground Flax Seed
- ☐ 3 tbsps Hemp Seeds
- ☐ 1/2 tsp Nutmeg
- ☐ 1 tsp Oregano
- ☐ 2 tsps Paprika
- ☐ 1 tbsp Poultry Seasoning
- ☐ 3 tbsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1/3 cup Slivered Almonds
- ☐ 1 tsp Turmeric
- ☐ 1/2 cup Walnuts

Frozen

Vegetables

- ☐ 12 cups Arugula
- ☐ 10 cups Baby Spinach
- ☐ 1 cup Broccoli
- ☐ 23 Carrot
- ☐ 16 stalks Celery
- ☐ 6 cups Cherry Tomatoes
- ☐ 2 tbsps Chives
- ☐ 8 Cucumber
- ☐ 16 Garlic
- ☐ 1 1/16 tbsps Ginger
- ☐ 9 cups Green Beans
- ☐ 12 cups Kale Leaves
- ☐ 4 cups Mixed Greens
- ☐ 10 Orange Bell Pepper
- ☐ 1 1/3 cups Parsley
- ☐ 1 Red Bell Pepper
- ☐ 1 1/2 tbsps Rosemary
- ☐ 3 Spaghetti Squash
- ☐ 3 Sweet Potato
- ☐ 10 Yellow Bell Pepper
- ☐ 2 Yellow Onion
- ☐ 2 Zucchini

Boxed & Canned

- ☐ 1 tbsp Collagen Protein
- ☐ 4 Cans Organic Full Fat Coconut Milk

Baking

- ☐ 1/4 cup Almond Flour
- ☐ 1/2 tsp Cacao Nibs
- ☐ 1/4 cup Cocoa Powder
- ☐ 1/8 tsp Ground Cloves

Bread, Fish, Meat & Cheese

- ☐ 24 ozs Chicken Breast
- ☐ 1/4 cup Goat Cheese
- ☐ 30 ozs Ny Striploin Steak
- ☐ 12 slices Organic Bacon
- ☐ 12 ozs Pork Sausage
- ☐ 20 ozs Salmon Fillet
- ☐ 1 1/2 lbs Shrimp
- ☐ 1 Whole Chicken Carcass
- ☐ 4 lbs Whole Roasting Chicken

Condiments & Oils

- ☐ 1/2 cup Apple Cider Vinegar
- ☐ 4 cups Assorted Olives
- ☐ 1/4 cup Avocado Oil
- ☐ 1 1/2 tsps Balsamic Vinegar
- ☐ 2 1/2 tbsps Coconut Oil
- ☐ 2 tbsps Dijon Mustard
- ☐ 1 3/4 cups Extra Virgin Olive Oil
- ☐ 3/4 cup Mayonnaise
- ☐ 3/4 cup Tahini
- ☐ 1/4 cup Yellow Mustard

Cold

- ☐ 1 cup Unsweetened Almond Milk

Other

- ☐ 1 tbsp Chocolate Protein Powder
- ☐ 2 cups Cinnamon Tea
- ☐ 2 cups Detox Tea
- ☐ 2 tbsps Grass Fed Collagen
- ☐ 4 Ice Cubes
- ☐ 2 packages Lemon Ginger Tea
- ☐ 1/3 cup Mct Oil
- ☐ 2 cups Peppermint Tea
- ☐ 1/3 cup Vanilla Protein Powder
- ☐ 25 1/2 cups Water

- ☐ **1 cup** Frozen Blueberries
- ☐ **1 cup** Frozen Peas
- ☐ **1/2 cup** Frozen Strawberries
- ☐ **1 cup** Pineapple

- ☐ **1 cup** Pitted Dates
- ☐ **2 tbsps** Raw Honey
- ☐ **1 1/2 cups** Unsweetened Coconut Flakes
- ☐ **1 1/2 tsps** Vanilla Extract

- ☐ **1 bag** Epsom Salt
- ☐ **1 container** Magnesium Calm



Day 1	<i>You are AMAZING for making this commitment for YOU!</i>
Upon Rising Morning Switchel Add 1 tbsp. raw apple cider vinegar to 8 oz. hot water and freshly squeezed lemon.	This is a great tonic for detoxifying the liver, our fat burning organ! Raw apple vinegar cider helps promote optimal digestion and encourages the growth of healthy bacteria in our bodies. It's extremely high in minerals and potassium, which promotes cellular cleansing. It also has antiseptic qualities that can help cleanse your digestive tract, and promote bowel movements to rid your body of waste! <i>Option: If the vinegar bothers you may just use freshly squeezed lemon - try to work towards adding in a little apple cider vinegar</i>
Breakfast Smoothie Key Lime Pie Smoothie	Spinach- Improves eye sight, reduces inflammation, good for the brain, helps maintain blood pressure, strengthens muscles and more! presence of minerals, vitamins, pigments, and phytonutrients, including potassium , zinc , magnesium , iron , and calcium . source of vitamins like folate, niacin , vitamin A , vitamin B6 , vitamin C , vitamin K , and contains traces of the rest of the essential vitamins. Non-smoothie breakfast option available in Additional Recipes
Morning snack/Tea Lemon Ginger	Ginger improves digestion and circulation; lemon helps detoxify the liver.
Lunch Strawberry Balsamic Salad	Studies have shown that avocado fat DOES NOT lead to weight gain; in fact, it helps to boost metabolism speed after a meal. Plus, the antioxidant-rich avocado has great health benefits, including detoxification support!
Late Afternoon Snack (IF needed) Raw Mixed Veggies/zucchini	No fuss option: Dip those veggies sticks in *sunflower seed butter. <i>I like Sunbutter; sunflower seed OR HOPE Organic Guacamole</i>
Dinner Whole Chicken Dinner w/veggies	Cruciferous vegetables can decrease the risk of diabetes, obesity, heart disease, and overall mortality. Brussel sprouts are excellent for breast health and are a great source of vitamin K and calcium. Together those are bone density powerhouses!
After Dinner Treat Peppermint Tea/Brownie Bite	Peppermint: aid in digestion, soothes the belly, relieves occasional indigestion, feelings of fullness or gas and gets the juices flowing Satisfy those chocolate cravings with cacao; cacao is high in magnesium and antioxidants—great detox nutrients!



Day 2	
<p>Upon Rising\ Morning Switchel</p> <p>Add 1 tbsp raw apple cider vinegar to 8 oz. hot water and fresh squeezed lemon</p>	<p>This is a great tonic for detoxifying the liver, our fat burning organ! Raw apple vinegar helps promote optimal digestion and encourages the growth of healthy bacteria in our bodies. It's extremely high in minerals and potassium, which promotes cellular cleansing. It also has antiseptic qualities that can help cleanse your digestive tract, and promote bowel movements to rid your body of waste!</p> <p><i>Option: Option: If the vinegar bothers you may use freshly squeezed lemon - but try to work towards adding in a little apple cider vinegar</i></p>
<p>Breakfast Smoothie Chia Latte</p>	<p>Collagen-. Collagen- helps heal leaky gut, promotes skin elasticity, prevents and treats heart disease, easy joint and knee pain, brain and alzheimers protection</p>
<p>Morning snack Bone Broth</p>	<p>Treat Leaky guy syndrome, overcome food intolerances and allergies, improve joint health, reduce cellulite, boost immune system</p>
<p>Lunch Cleaned up Chicken Salad</p>	<p>Studies have shown that avocado fat DOES NOT lead to weight gain; in fact, it helps to boost metabolism speed after a meal. Plus, the antioxidant-rich avocado has great health benefits, including detoxification support!</p>
<p>Afternoon Snack (IF needed) Olive Medley</p>	<p>Help prevent heart disease. Olives do contain fat, but it's healthy monounsaturated, which has been found to shrink the risk of atherosclerosis and increase good cholesterol. Also high in vitamin E, iron, Copper, and calcium. All vital vitamins and minerals for the body</p>
<p>Dinner BLT Bowls</p>	<p>Leafy green vegetables are among the healthiest foods you can eat; plus, they support natural detoxification.</p>
<p>After Dinner Treat Turmeric Lemonade</p>	<p>Turmeric- anti-inflammatory, antioxidant, improves brain function, may help fight depression, and age related diseases</p>

**** Do something from the Helpful Healing Detox Hints to get relaxed ** Lights out by 10:00**



Day 3	Inhale Confidence! Exhale Doubt!
Upon Rising Morning Switchel	Raw apple cider vinegar tonic is great for detoxifying the liver, our fat burning organ!
Breakfast Smoothie Tropical Ginger Smoothie	<p>Citrus fruits contain high amounts of Vitamin C, which helps your body detoxify naturally.</p> <p>Pineapple: great for digestion, reduces bloat, arthritis pain and inflammation! High in anti-oxidants and potassium which aids in reducing high blood pressure. High vitamin C and bromelain help the immune system and fight against cancer.</p> <p>**Optional: Add chia and/or MCT after blending</p>
Morning Detox Tea Yogi Detox	
Lunch Leftover BLT Salad Bowl	Leafy green vegetables are among the healthiest foods you can eat; plus, they support natural detoxification
Afternoon Snack (IF needed) MCT Guacamole	<p>Avocado does NOT lead to weight gain; in fact, it helps boost metabolism speed after a meal. Plus, the antioxidant rich avocado has great health benefits, including detoxification support!</p> <p>MCT- Anti-microbial and antiviral. Aid in weight-loss Enhance exercise performance, affect GOOD cholesterol, helps with diabetes, benefits the brain, improve muscle strength for elderly</p>
Dinner One Pan Hawaiian Salmon	Salmon- Omega 3 powerhouse, increases brain function, anti-inflammatory, high in vitamin D for overall wellness, high in: B12, Vitamin D, Selenium, Vitamin B3, phosphorus, Vitamin B6, Vitamin B5, Biotin, Potassium
After Dinner Treat (optional) Cinnamon Tea	<p>High source of antioxidants, contains anti-inflammatory properties, protects heart health, fights diabetes, protects brain function, may help lower cancer risk, fights infections, viruses, & parasites</p> <p>Protects dental health & freshens breathe naturally!</p> <p>- banana treat if desired; sliced banana w/almond butter & coconut flakes</p>

**** Do something from the Helpful Healing Detox tips to get relaxed**

**** lights out by 10:00**

**** Prep Grain-less cereal if you're planning to have that for morning snack**



Day 4	
Upon Rising Morning Tonic	Raw apple cider vinegar tonic is great for detoxifying the liver, our fat burning organ!
Breakfast Chocolate covered Strawberry Smoothie	<p>Cacao: our secret superfood for satisfying chocolate cravings and providing the body with a mega dose of magnesium and antioxidants as well. LOVE!</p> <p>Optional: Add Chia seeds & MCT after blending. Chia seeds are a dieter's dream come true. They keep you feeling full for hours and are also wonderful sources of omega 3's, antioxidants and fiber!</p>
Morning Snack Immune Boosting Bone Broth	Treat Leaky gut syndrome, overcome food intolerances and allergies, improve joint health, reduce cellulite, boost immune system
Lunch Leftover Salmon Salad	
Afternoon Snack (If needed) Celery w/Almond Butter	Celery- natural electrolytes helps prevent dehydration, anti-inflammatory, boosts digestion, reduces bloating, quercetin in celery helps fight urinary tract infections, gout, kidney and liver infections. Great detoxifier!
Dinner Slow Cooker Sausage/kale soup	Kale is full of chlorophyll, a detox agent that helps pull heavy metals and chemical toxins from the body. It's also full of nutrients with antioxidant and anti-inflammatory benefits that help your body to stay vibrant and youthful.
After Dinner Treat (optional) Turmeric Lemonade	Lemons- rich source of vitamin C, protects the body against immune system deficiencies, contain pectin fibre- beneficial for colon health, serves as a powerful antibacterial, balances to maintain the pH levels in the body, flushes out toxins, aids digestion, encourages the production of bile, helps reducing pain and inflammation in joints as it dissolves uric acid, potassium content helps nourish brain and nerve cells, strengthens liver by providing energy to liver enzymes, aids in digestion, replenishes body after a workout and much MUCH more!

** Do something from the Helpful Healing Detox tips to get relaxed

** lights out by 10:00



Day 5	Your Only Limit is You!
Upon Rising Morning Switchel	Raw apple cider vinegar tonic is great for detoxifying the liver, our fat burning organ!
Breakfast Green Apple Cinnamon Smoothie	An apple a day keeps the doctor away—TRUE! Plus chia seeds are a dieter's dream come true. They keep you feeling full for hours and are also wonderful sources of omega 3's, antioxidants and fiber! apples contain an antioxidant called quercetin. Recent studies have found that quercetin can help boost and fortify your immune system, especially when you're stressed out
Morning Snack/Tea Lemon Ginger	Ginger improves digestion and circulation; lemon helps detoxify the liver.
Lunch Leftover Sausage/Kale Soup	Kale is full of chlorophyll, a detox agent that helps pull heavy metals and chemical toxins from the body. It's also full of nutrients with antioxidant and anti-inflammatory benefits that help your body to stay vibrant and youthful.
Afternoon Snack (IF needed) MCT Guac w/mixed veggies	Avocado does NOT lead to weight gain; in fact, it helps boost metabolism speed after a meal. Plus, the antioxidant rich avocado has great health benefits, including detoxification support! MCT- Anti-microbial and antiviral. Aid in weight-loss Enhance exercise performance, affect GOOD cholesterol, helps with diabetes, benefits the brain, improve muscle strength for elderly
Dinner Lemon Garlic Shrimp Spaghetti	Squash- important source of many nutrients, including vitamin C, magnesium, and other antioxidant compounds.
After Dinner Treat peppermint Tea	Peppermint- aid in digestion, soothes the belly, relieves occasional indigestion, feelings of fullness or gas and "gets the juices flowing"

** Do something from the Self Care Helpful Healing Detox tips to get relaxed

** lights out 10:00



Day 6...	
Remember	<i>Eating clean is a way of life, not a diet.</i>
Upon Rising Morning Switchel	Raw apple cider vinegar tonic is great for detoxifying the liver, our fat burning organ!
Breakfast Smoothie Blueberry Detox	Blueberries- High in Antioxidants, Help Fight Cancer Amp Up Weight Loss, Boost Brain Health, Alleviate Inflammation Support Digestion, Promote Heart Health
Morning snack/Tea Bone Broth	Treat Leaky gut syndrome, overcome food intolerances and allergies, improve joint health, reduce cellulite, boost immune system
Lunch Leftover Lemon Garlic Spaghetti w/mixed greens	Leafy green vegetables are among the healthiest foods you can eat; plus, they support natural detoxification
Afternoon Snack (IF needed) Clean trail mix	
Dinner Chicken Fingers w/broccoli	Broccoli- Cruciferous vegetables can decrease the risk of diabetes, obesity, heart disease, and boost overall mortality.
After Dinner Treat Turmeric Lemonade	Lemons- rich source of vitamin C, protects the body against immune system deficiencies, contain pectin fibre- beneficial for colon health, serves as a powerful antibacterial, balances to maintain the pH levels in the body, flushes out toxins, aids digestion, encourages the production of bile, helps reducing pain and inflammation in joints as it dissolves uric acid, potassium content helps nourish brain and nerve cells, strengthens liver by providing energy to liver enzymes, aids in digestion, replenishes body after a workout and much MUCH more!



Day 7	<i>You take the reigns! Plan meals using the template. Fill in the blank boxes on the 'Day..' sheets. You Got This!</i>
Upon Rising <i>Morning swtichel</i>	Raw apple cider vinegar tonic is great for detoxifying the liver, our fat burning organ!
Breakfast Smoothie Pineapple Turmeric Smoothie	Pineapple: great for digestion, reduces bloat, arthritis pain and inflammation! High in anti-oxidants and potassium which aids in reducing high blood pressure. High vitamin C and bromelain help the immune system and fight against cancer. **Optional: Add chia and/or MCT after blending
Morning Detox Tea/Snack Yogi Detox Tea	
Lunch Leftover Chicken fingers w/side salad	.
Afternoon Snack (IF Needed) Zucchini hummus/ mixed veggies	No fuss option: Dip those veggies sticks in *sunflower seed butter. <i>I like Sunbutter; sunflower seed OR HOPE Organic Guacamole</i>
Dinner Steak w/sweet potato fries	Sweet potato- improve digestion, treat inflammation, boost immune system, relieve asthma, reduce arthritis, treat stomach ulcers, help control diabetes, prevent dehydration
After Dinner Treat Cinnamon Tea	Cinnamon helps lower blood sugar levels, which is a key component for weight loss.

**** Do something from the Self Care Helpful Healing Detox tips to get relaxed**

**** lights out 10:00**




Simple Health
Food Prep List


Simple Health
Food Prep List

****Use this form if you need help organizing what you need to prep to get through this week. 😊**

Cook Ahead:

Prepare:

Veggies to Cut:

[illegible]

Morning Switchel

3 ingredients · 5 minutes · 1 serving



Directions

1. Combine all ingredients in a jar and cover with a lid. Refrigerate and shake well before serving.

Notes

More Flavour

Add sliced ginger.

No Apple Cider Vinegar

Use lemon juice instead.

Honey

May add 1/2 tsp raw honey if needed

Serve it Warm

Heat it up in a small pot on the stove, or in the microwave.

Leftovers

Double or quadruple the recipe so you can keep it in the fridge and sip on it all week!

Ingredients

1 cup Water

1 tbsp Apple Cider Vinegar

1/4 tsp Cinnamon

Key Lime Pie Smoothie

6 ingredients · 5 minutes · 1 serving



Directions

1. Place in high speed blender. Blend and enjoy!

Ingredients

- 1 cup** Organic Coconut Milk (Full Fat Canned)
- 1** Banana (frozen)
- 1** Lime (juiced- 2 Tablespoons)
- 1/2 tsp** Cinnamon
- 1 cup** Baby Spinach
- 2 tbsps** Vanilla Protein Powder (optional, OR Great Lakes Collagen)

Chai Latte Smoothie

9 ingredients · 5 minutes · 1 serving



Directions

1. Blend all ingredients together and enjoy!
2. Add ice or water for desired consistency

Ingredients

- 1/2 can** Organic Coconut Milk (Full Fat Canned)
- 1** Banana
- 1 tbsp** Grass Fed Collagen (Great Lakes brand is great)
- 1 tsp** Vanilla Extract (or 2 inch piece of pure vanilla bean)
- 1/2 tsp** Cinnamon
- 1/2 tsp** Nutmeg
- 1/4 tsp** Ginger
- 1/8 tsp** Ground Cloves
- 1/8 tsp** Sea Salt (just a pinch will do)

SH Tropical Ginger Smoothie

8 ingredients · 10 minutes · 1 serving



Directions

1. Throw all ingredients EXCEPT blueberries and MCT oil, into the blender. Blend for a minute or until smooth.
2. Add MCT after mixing and stir in
3. Pour 3/4 of the mix into a glass (or a mason jar if you are on-the-go), leaving some space at the top.
4. Add blueberries to leftover mix and blend again for about 30 seconds. Spoon the blueberry mix on top of the green mix. Enjoy!

Notes

NO FUSS

Throw all ingredients in together and blend

Ingredients

- 3/4 cup** Pineapple (diced)
- 1 tbsp** Ground Flax Seed
- 1 1/2 tps** Ginger (peeled and grated)
- 2 cups** Baby Spinach
- 1/2 cup** Water
- 4** Ice Cubes
- 1/4 cup** Blueberries
- 1 tbsp** Mct Oil

AIP Chocolate-Covered Strawberry Smoothie

6 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in a blender and blend until smooth.

Ingredients

- 1/2 cup** Full Fat Coconut Milk
- 1 tbsp** Collagen Protein (Great Lakes is a good brand)
- 1 tbsp** Chocolate Protein Powder (optional)
- 1/2** Avocado
- 1/2 cup** Frozen Strawberries
- 1/2 tsp** Cacao Nibs

Green Apple Cinnamon Smoothie

6 ingredients · 10 minutes · 1 serving



Directions

1. Place apple, kiwi, ground flax, cinnamon and almond milk in a blender and blend well. Then add in baby spinach and blend again. Pour and enjoy!

Ingredients

- 1 Apple (peeled, cored and chopped)
- 2 Kiwi (peeled and sliced)
- 1 **tbsp** Ground Flax Seed
- 1/2 **tsp** Cinnamon
- 1 **cup** Unsweetened Almond Milk
- 2 **cups** Baby Spinach

Blueberry Detox Smoothie SH

7 ingredients · 5 minutes · 1 serving



Directions

1. Throw all ingredients into a blender. Blend well until smooth. Divide into glasses and enjoy!
2. Add chia seeds before OR after blending depending on how you like the texture

Notes

More Protein

Add protein powder, hemp seeds or nut butter.

Storage

Refrigerate in a mason jar or other air-tight container up to 48 hours. Drink within 24 hours for maximum freshness, nutrition and taste.

Prep Ahead

Portion out all ingredients except almond milk into a ziplock baggie. Store in the freezer until ready to blend with almond milk.

Ingredients

- 1 cup Frozen Blueberries
- 1/2 tsp Vanilla Extract
- 1 cup Baby Spinach
- 1/2 cup Organic Coconut Milk (Full fat canned)
- 1 tbsp Grass Fed Collagen
- 1 1/2 tsps Mct Oil
- 1 tbsp Chia Seeds (Add after blending- stir)

SH Pineapple Turmeric Smoothie

5 ingredients · 5 minutes · 1 serving



Directions

1. Combine all ingredients together in a blender and blend very well until smooth. Pour into glasses and enjoy!

Notes

Storage

Refrigerate in a sealed jar overnight. Shake before drinking.

No Pineapple

Use mango, peaches or banana instead.

Ingredients

1/2 cup Organic Coconut Milk (Full Fat Canned)

1 cup Pineapple (diced into chunks)

1 1/2 tsp Ginger (peeled and grated)

1/4 cup Vanilla Protein Powder (optional-Any regular protein is fine too)

1/2 tsp Turmeric (powder)

Lemon Ginger Tea

1 ingredient · 5 minutes · 1 serving



Directions

1. Hot water Steep for a few minutes

Ingredients

1 package Lemon Ginger Tea

Immunity Boosting Bone Broth

9 ingredients · 12 hours · 4 servings



Directions

1. Place the bones in the slow cooker. Add all remaining ingredients. Set slow cooker to low and let cook for at least 12 hours.
2. After 12 hours, strain the broth through a strainer or mesh sack. Discard the vegetables that you strained out. Allow broth to cool. Once cool, remove the layer of fat that forms on the top and discard or save it for future cooking. Freeze broth until ready to use.

Notes

Low FODMAP

Omit garlic and onions.

Ingredients

- 1 Whole Chicken Carcass (about 2 lbs of bones)
- 1 Carrot (peeled and chopped)
- 1 Yellow Onion (diced)
- 2 stalks Celery (chopped)
- 3 Garlic (cloves, halved)
- 1 tbsp Apple Cider Vinegar
- 1 tsp Sea Salt
- 1 cup Parsley (chopped)
- 6 cups Water

Yogi Detox Tea

1 ingredient · 5 minutes · 1 serving



Directions

1. Hot water Steep for a few minutes

Ingredients

1 cup Detox Tea

Strawberry Balsamic Salad with Maple Walnuts

8 ingredients · 15 minutes · 2 servings



Directions

1. Toast walnuts in a pan over medium heat. When slightly browned, coat with maple syrup. Turn heat to low and stir until sticky (about 2 minutes). Remove from heat.
2. Divide spinach into bowls. Top with strawberries, goat cheese and toasted walnuts.
3. Whisk together the balsamic vinegar, olive oil and salt. Drizzle desired amount of dressing over your salad and enjoy!

Notes

More Protein

Add quinoa, edamame, chickpeas or strips of chicken breast.

Save Time

Leave the walnuts raw and add maple syrup to the dressing.

No Goat Cheese

Use feta or cashew cheese instead.

Storage

Refrigerate in an airtight container with dressing in a separate container up to 2 to 3 days.

Ingredients

- 1/2 cup Walnuts
- 1 tbsp Maple Syrup
- 4 cups Baby Spinach
- 1 cup Strawberries (sliced)
- 1/4 cup Goat Cheese (crumbled)
- 1 1/2 tsps Balsamic Vinegar
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/8 tsp Sea Salt

Cleaned Up Chicken Salad

10 ingredients · 30 minutes · 4 servings



Directions

1. Shred your oven baked chicken breasts using a cheese grater and place in bowl. Then add celery, grapes, hemp hearts, slivered almonds and kale to bowl.
2. In a separate small bowl, combine mustard, lemon juice and olive oil. Stir well.
3. Add dressing to the bowl with chicken and toss well to coat. Season with salt and pepper. Enjoy!

Ingredients

8 ozs Chicken Breast (baked)
2 stalks Celery (diced)
1/2 cup Grapes (halved)
4 cups Kale Leaves (finely sliced into ribbons)
1/3 cup Slivered Almonds
1 tbsp Hemp Seeds
2 tbsps Dijon Mustard
2 tbsps Extra Virgin Olive Oil
1/2 Lemon (juiced)
Sea Salt & Black Pepper (to taste)

Lemon Garlic Shrimp Spaghetti Squash

7 ingredients · 45 minutes · 6 servings



Directions

1. Preheat oven to 350F and line a baking sheet with parchment paper.
2. Slice the spaghetti squash in half through its belly, and place cut-side down on the baking sheet. Bake for 30 minutes, remove from the oven and let cool slightly.
3. While the squash is cooling, heat the olive oil in a skillet over medium heat. Add the garlic and shrimp. Saute for 5-7 minutes, or until the shrimp is cooked through. Squeeze the lemon juice into the pan, and season with sea salt.
4. Scoop out the spaghetti squash into noodles and divide them between bowls. Top with the shrimp, drizzle with the sauce from the pan, a little extra olive oil, and a sprinkle of parsley. Enjoy!

Notes

No Shrimp

Use chickpeas or white beans instead.

Leftovers

Keeps well in the fridge for 2 to 3 days.

Ingredients

- 3 Spaghetti Squash
- 1/3 cup Extra Virgin Olive Oil
- 6 Garlic (cloves, minced)
- 1 1/2 lbs Shrimp (uncooked, peeled)
- 3 Lemon (juiced)
- 3/4 tsp Sea Salt (or more to taste)
- 1/3 cup Parsley (chopped, to garnish)

Mixed Greens with Lemon & Olive Oil

4 ingredients · 5 minutes · 2 servings



Directions

1. Add all ingredients to a bowl and toss well. Divide into bowls and enjoy!

Notes

On-the-Go

Keep dressing in a separate container on the side. Add just before serving.

No Mixed Greens

Use spinach, kale or romaine instead.

Ingredients

4 cups Mixed Greens

2 tbsps Extra Virgin Olive Oil

1/2 Lemon (juiced)

2 tbsps Hemp Seeds

Zucchini Hummus Dip

7 ingredients · 15 minutes · 6 servings



Directions

1. Blend together in food processor or high speed blender and enjoy!
2. Tip: *If you don't have a high speed blender saute zucchini first, then add all of the ingredients and puree.
3. NO FUSS Option: Dip those veggies in sunbutter or HOPE organic hummus!
4. can be used as a salad dressing or topper on any dish!
5. Serve with your favorite veggies!

Ingredients

- 2 Zucchini (large- peeled and chopped)
- 3/4 cup Tahini
- 1/2 cup Lemon Juice (Preferably fresh from the lemon)
- 4 Garlic (cloves, peeled)
- 1/4 cup Extra Virgin Olive Oil
- 2 1/2 tsps Sea Salt
- 1 1/2 tsps Cumin (ground)

Raw Mixed Veggies

5 ingredients · 5 minutes · 1 serving



Directions

1. Cut all veggies in advance. Store in a container with paper towel on bottom. Will be good for one week.

Ingredients

- 2 Cucumber
- 5 Carrot (Shave and cut)
- 2 Yellow Bell Pepper
- 2 Orange Bell Pepper
- 1 stalk Celery

Olive Medley

1 ingredient · 2 minutes · 4 servings



Directions

1. Divide into bowls and enjoy!

Ingredients

4 cups Assorted Olives

MCT Guacamole

9 ingredients · 10 minutes · 7 servings



Directions

1. Place the avocado flesh, oil, vinegar, lime zest and juice, oregano, salt and pepper in a large bowl.
2. Mash and mix with fork, or potato masher.
3. Stir in cilantro and chives. Enjoy! Great with bacon "crackers"!

Ingredients

- 1 Avocado
- 1/4 cup Mct Oil
- 1 tbsp Apple Cider Vinegar
- 1 Lime (zest and juice)
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 tsp Oregano (Dried)
- 2 tbsps Cilantro (optional)
- 2 tbsps Chives (Fresh)

Celery with Almond butter

2 ingredients · 5 minutes · 4 servings



Directions

1. Spread almond butter across celery sticks. Happy munching!

Notes

Nut-Free

Use sunflower seed butter or hummus instead.

Ingredients

6 stalks Celery (sliced into sticks)

1/2 cup Almond Butter

Clean Trail Mix

1 ingredient · 2 minutes · 4 servings



Directions

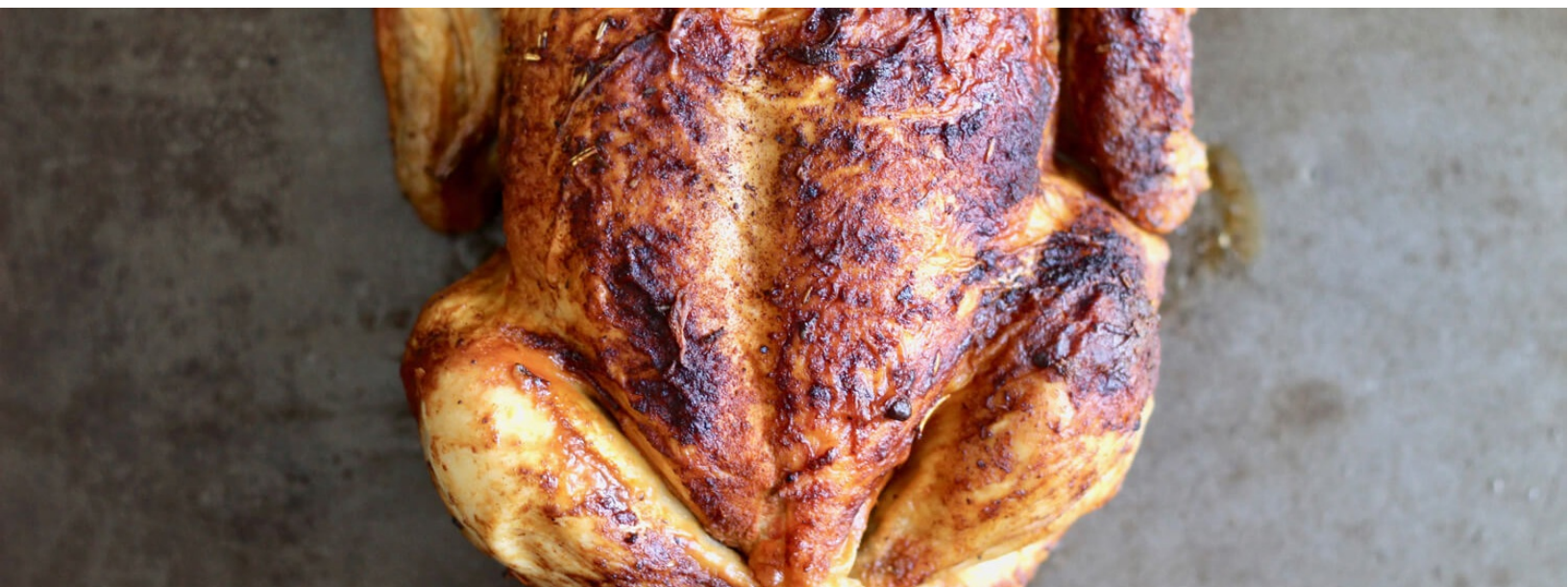
1. This is meant to be a quick and easy snack. Find a clean trail mix in any health food store or in the healthy food section of your grocery store. Read the ingredients to make sure there are no additives. We recommend checking out brands such as Prana or Central Roast.
2. Pour into bowl and snack away!

Ingredients

2 cups Clean Trail Mix

Roasted Chicken

6 ingredients · 2 hours · 4 servings



Directions

1. Preheat oven to 350 degrees F.
2. Place chicken in a roasting pan, rub with oil, and season generously inside and out with salt, pepper, poultry seasoning, and paprika.
3. Bake uncovered for 1.5 to 2 hours, or until internal temperature reaches 180 degrees F.
4. Remove from oven and let sit for 15 minutes before slicing and serving. Enjoy!

Notes

Roasting Times

If you are using a bigger or smaller chicken, adjust roasting time to be about 30 minutes per pound.

Leftovers

Meat can be kept for up to 3 days in a covered container in the fridge.

Zero Waste

Save the chicken carcass to make Immunity Boosting Bone Broth.

Save Time

Buy a pre-roasted chicken.

Ingredients

4 lbs Whole Roasting Chicken

1 tbsp Extra Virgin Olive Oil

1 tsp Sea Salt

1/2 tsp Black Pepper

1 tbsp Poultry Seasoning

2 tsps Paprika

Steamed Green Beans

1 ingredient · 10 minutes · 6 servings



Directions

1. Bring a 1/2-inch of salted water to boil in a large pan. Add green beans, cover and cook for about 5 to 7 minutes or until desired tenderness is reached.
2. Remove green beans with a slotted spoon and serve.

Notes

Use a Steamer Basket

Add green beans to the steamer basket and set over a pot of boiling water. Cover and cook for about 5 minutes or until tender.

More Flavour

Toss the beans in butter, coconut oil or olive oil. Season with your favourite spices.

Serve Them With

Our Roasted Garlic Chicken Thighs and Roasted Sweet Potato Rounds.

Ingredients

9 cups Green Beans (trimmed, fresh or frozen)

SH BLT Salad Bowls

6 ingredients · 15 minutes · 6 servings



Directions

1. Hard boil your eggs by placing them in a small pot and fill with enough cold water to cover them by 1-inch. Bring to a boil over medium-high heat. Once boiling, cover the pot and remove it from the heat. Let stand for 12 minutes then drain. Place eggs in a bowl of ice-cold water for 10 minutes.
2. While the eggs are cooling, cook your bacon in a pan over medium heat until crispy. Remove from pan and pat excess oil away with paper towel. Once cool, chop it up.
3. To assemble the salads: divide arugula between bowls and top with cherry tomatoes, avocado, chopped bacon and hard-boiled egg. Drizzle with olive oil and season with salt and pepper, to taste. Enjoy!

Notes

Leftovers

These salads make great meal prep and last for 3 to 4 days in the fridge. Add the avocado and olive oil before serving.

Vegan

Use smokey tempeh slices instead of bacon and omit the egg.

More Carbs

Serve with toast or quinoa.

Ingredients

12 slices Organic Bacon
12 cups Arugula
3 cups Cherry Tomatoes (halved)
1 1/2 Avocado (sliced)
1/3 cup Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

SH One Pan Hawaiian Salmon

7 ingredients · 35 minutes · 5 servings



Directions

1. Preheat oven to 400F and line a baking sheet with parchment paper.
2. In a large bowl, toss the sliced bell peppers with the olive oil. Transfer to the perimeter of a baking sheet, and add the salmon fillets to the middle.
3. Sprinkle the salmon with salt and pepper, then top with the pineapple slices. Place the baking sheet in the oven for 30 minutes.
4. After 30 minutes, divide the peppers, salmon, and pineapple between plates. Enjoy!

Notes

Leftovers

Keeps well in the fridge for 2 to 3 days.

No Salmon

Use chicken breast instead. You may need to adjust cooking time to ensure chicken is cooked through.

Ingredients

- 2 Orange Bell Pepper (sliced)
- 1 Red Bell Pepper
- 2 Yellow Bell Pepper
- 1 1/4 **tbsps** Extra Virgin Olive Oil
- 20 **ozs** Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 2 1/2 **cups** Pineapple (cored and sliced into rounds)

SH Slow Cooker Sausage & Kale Soup

7 ingredients · 4 hours · 8 servings



Directions

1. Add all ingredients to the slow cooker and cook on high for at least 4 hours, or on low for 8 to 12 hours.
2. Divide into bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container up to 3 days, or freeze if longer.

No Brown Rice

Use quinoa instead.

Ingredients

- 12 ozs** Pork Sausage (cut into chunks)
- 1** Yellow Onion (medium, diced)
- 2** Carrot (medium, diced)
- 2 stalks** Celery (diced)
- 8 cups** Kale Leaves (chopped)
- 8 cups** Water (or broth)
- 2 tsps** Sea Salt

SH Chicken Fingers

11 ingredients · 45 minutes · 6 servings



Directions

1. Heat oven to 400 degrees.
2. Dip chicken in avocado oil, sprinkle with almond flour and coconut flakes (optional). Place on parchment paper lined baking sheet. Bake for 20 minutes, flipping chicken 1/2 way
3. Lightly steam broccoli and coarsely chop with a knife. In a large bowl, mix together broccoli, peas and coconut oil. Season with a bit of salt and pepper and mix well.
4. To make your dipping sauce, combine mustard and honey in a small bowl and stir well.
5. Plate chicken fingers with veggie mix and serve with honey-mustard dipping sauce on the side. Enjoy!

Ingredients

16 ozs Chicken Breast (sliced into strips)
1 cup Unsweetened Coconut Flakes (OPTIONAL)
1/4 cup Almond Flour
1 cup Broccoli (cut into florets)
1 cup Water
1 cup Frozen Peas
1 tbsp Coconut Oil (melted)
1/4 cup Yellow Mustard
1/4 cup Avocado Oil
1 tbsp Raw Honey
Sea Salt & Black Pepper (to taste)

Steak with Sweet Potato Frites & Mayo

8 ingredients · 30 minutes · 6 servings



Directions

1. Preheat oven to 450 and line a baking sheet with parchment paper.
2. Toss the sweet potato matchsticks with half the olive oil and season with salt. Spread evenly across baking sheet and bake for 10 minutes. Remove parchment paper, stir frites and bake for another 5 minutes or until crisp.
3. Heat the remainder of olive oil in a skillet over medium-high heat. Cook steak for about 5 minutes each side (for medium-well). Set aside to rest.
4. Combine mayo, garlic and rosemary in a small bowl. Stir well to mix.
5. Slice and plate the steak along with the tomatoes, frites and mayo. Enjoy!

Notes

No Steak

Use thinly sliced chicken breast instead.

Leftovers

Best enjoyed right away, but can refrigerate in an air-tight container up to 3 days. Warm before serving.

No Mayonnaise

Use guacamole instead, or omit all together.

Ingredients

- 3 Sweet Potato (medium, sliced into matchsticks)
- 1/3 cup Extra Virgin Olive Oil (divided)
- 3/4 tsp Sea Salt
- 30 ozs NY Striploin Steak
- 3/4 cup Mayonnaise
- 3 Garlic (cloves, minced)
- 1 1/2 tbsps Rosemary (fresh or dry, finely chopped)
- 3 cups Cherry Tomatoes (halved)

Peppermint Tea

1 ingredient · 5 minutes · 1 serving



Directions

1. Hot water Steep for a few minutes

Ingredients

1 cup Peppermint Tea

SH Coconut Brownie Bites

6 ingredients · 15 minutes · 14 servings



Directions

1. Combine the almonds, cocoa powder, and half of the shredded coconut together in a food processor. Process into a fine powder.
2. Add in the soaked dates, coconut oil and honey. Pulse until a dough-like consistency forms.
3. Roll batter into small bite-sized balls. Then roll balls through a bowl with the remaining coconut flakes to coat. Betcha cant eat just one!

Ingredients

1 cup Almonds
1/4 cup Cocoa Powder
1/2 cup Unsweetened Coconut Flakes (divided)
1 cup Pitted Dates (soaked and drained)
1 1/2 tbsps Coconut Oil
1 tbsp Raw Honey

Turmeric Lemonade

4 ingredients · 5 minutes · 3 servings



Directions

1. Add all ingredients to a pitcher and stir well until combined. Pour into a glass over ice and enjoy!

Notes

No Maple Syrup

Use honey instead.

Serving Size

One serving is equal to approximately 1 cup.

Likes it Fizzy

Use sparkling water instead of regular water.

Ingredients

1 Lemon (juiced)

1/2 tsp Turmeric

3 tbsps Maple Syrup

3 cups Water

Cinnamon Tea

1 ingredient · 5 minutes · 1 serving



Directions

1. Hot water Steep for a few minutes

Ingredients

1 cup Cinnamon Tea



Simple Health 14 Day KickStart Fall/Winter Week 2

Created by Simple health



Simple Health 14 Day KickStart Fall/Winter Week 2

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Morning Switchel	Morning Switchel	Morning Switchel	Morning Switchel	Morning Switchel	Morning Switchel	Morning Switchel
	Coconut Cream Berry Parfait	Kale Mint Lemongrass Smoothie	Chocolate Collagen Smoothie	Pumpkin Pie Protein Smoothie	SH Gut Healing Green Smoothie	Banana Cinnamon Smoothie	Berry Boost Smoothie
Snack 1	Peppermint Tea	Immunity Boosting Bone Broth	Yogi Detox Tea	Immunity Boosting Bone Broth	Lemon Ginger Tea	Immunity Boosting Bone Broth	Cinnamon Tea
Lunch	Steak with Sweet Potato Frites & Mayo	SH One Pan Mediterranean Trout	SH BLT Spaghetti	One Pan Chicken Stir Fry	SH Spaghetti Squash with Veggie Tomato Sauce	SH One Pan Roasted Veggies & Chicken	Shrimp, Mango & Avocado Salad
	Mixed Greens with Lemon & Olive Oil	Mixed Greens with Lemon & Olive Oil				Mixed Greens with Lemon & Olive Oil	Mixed Greens with Lemon & Olive Oil
Snack 2	Zucchini Hummus Dip	Clean Trail Mix	MCT Guacamole	SH Banana Surprise	MCT Guacamole	Celery with Almond butter	Zucchini Hummus Dip
	Raw Mixed Veggies		Raw Mixed Veggies		Raw Mixed Veggies		Raw Mixed Veggies
Dinner	SH One Pan Mediterranean Trout	SH BLT Spaghetti	One Pan Chicken Stir Fry	SH Spaghetti Squash with Veggie Tomato Sauce	SH One Pan Roasted Veggies & Chicken	One Pan Lemon Shrimp & Asparagus	Slow Cooker Beef Stew
Snack 3	Cinnamon Tea	Turmeric Lemonade	Peppermint Tea	Turmeric Lemonade	Cinnamon Tea	Turmeric Lemonade	Lemon Ginger Tea
	SH Fudgey Protein (optional) Brownies						

Simple Health 14 Day KickStart Fall/Winter Week 2

92 items

Fruits

- ☐ 3 1/16 Avocado
- ☐ 9 Banana
- ☐ 4 2/3 Lemon
- ☐ 1 Lime
- ☐ 1 Mango
- ☐ 1/2 cup Mixed Berries
- ☐ 1/2 cup Strawberries

Breakfast

- ☐ 1 3/4 cups Almond Butter
- ☐ 3 tbsps Maple Syrup

Seeds, Nuts & Spices

- ☐ 3/4 tsp Black Pepper
- ☐ 1/3 cup Chia Seeds
- ☐ 2 1/8 tsps Cinnamon
- ☐ 1 1/4 tsps Dried Basil
- ☐ 1/2 tsp Dried Thyme
- ☐ 1 tbsp Ground Flax Seed
- ☐ 2/3 cup Hemp Seeds
- ☐ 2 1/2 tbsps Italian Seasoning
- ☐ 1/2 serving Lemongrass
- ☐ 2/3 tsp Oregano
- ☐ 2 1/2 tsps Paprika
- ☐ 1 1/4 tsps Red Pepper Flakes
- ☐ 1 1/16 tbsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 1/4 tbsps Sesame Seeds
- ☐ 1/2 tsp Turmeric
- ☐ 1/2 cup Walnuts

Frozen

- ☐ 2/3 cup Frozen Berries (Mixed)
- ☐ 1/4 cup Frozen Cauliflower
- ☐ 1/4 cup Frozen Raspberries

Vegetables

- ☐ 6 cups Asparagus
- ☐ 1 2/3 cups Baby Carrots
- ☐ 8 cups Baby Spinach
- ☐ 2 1/2 cups Basil Leaves
- ☐ 7 cups Broccoli
- ☐ 20 Carrot
- ☐ 10 stalks Celery
- ☐ 9 Cucumber
- ☐ 5 Garlic
- ☐ 5 cups Green Beans
- ☐ 1 1/2 cups Kale Leaves
- ☐ 1/2 package Mint Leaves, Fresh
- ☐ 8 cups Mixed Greens
- ☐ 2 1/16 cups Mushrooms
- ☐ 8 Orange Bell Pepper
- ☐ 3 3/4 Red Bell Pepper
- ☐ 5 leaves Romaine
- ☐ 2 1/2 cups Snap Peas
- ☐ 1 1/4 Spaghetti Squash
- ☐ 3/4 Sweet Onion
- ☐ 5 Tomato
- ☐ 9 1/4 Yellow Bell Pepper
- ☐ 1 1/4 Yellow Onion
- ☐ 5 Zucchini

Boxed & Canned

- ☐ 3/4 cup Beef Broth
- ☐ 6 1/4 cups Crushed Tomatoes
- ☐ 1 1/4 cups Organic Coconut Milk (Full Fat Canned)
- ☐ 1 can Organic Coconut Milk (Full Fat Canned)
- ☐ 1 cup Quinoa

Baking

- ☐ 3 1/3 tbsps Brown Rice Flour
- ☐ 1/3 cup Cacao Powder

Bread, Fish, Meat & Cheese

- ☐ 25 ozs Chicken Breast
- ☐ 1 1/4 lbs Chicken Drumsticks
- ☐ 10 slices Organic Bacon
- ☐ 5 Rainbow Trout Fillet
- ☐ 2 1/4 lbs Shrimp
- ☐ 26 2/3 ozs Stewing Beef

Condiments & Oils

- ☐ 1/2 cup Apple Cider Vinegar
- ☐ 3/4 cup Artichoke Hearts
- ☐ 3/4 cup Avocado Oil
- ☐ 2/3 cup Extra Virgin Olive Oil
- ☐ 2/3 cup Pitted Kalamata Olives
- ☐ 3 1/3 tbsps Red Wine Vinegar
- ☐ 1 1/4 tbsps Sesame Oil
- ☐ 3 3/4 tbsps Tamari

Cold

- ☐ 2 1/2 cups Unsweetened Almond Milk

Other

- ☐ 1/2 cup Chocolate Protein Powder
- ☐ 3 cups Cinnamon Tea
- ☐ 15 grams Collagen Powder
- ☐ 1 cup Detox Tea
- ☐ 5 Ice Cubes
- ☐ 2 packages Lemon Ginger Tea
- ☐ 1 3/4 tbsps Mct Oil
- ☐ 2 cups Peppermint Tea
- ☐ 1/2 cup Vanilla Protein Powder
- ☐ 13 1/8 cups Water

- ☐ **1/2 cup** Organic Dark Chocolate Chips
- ☐ **1/8 tsp** Organic Stevia
- ☐ **1/2 tsp** Pumpkin Pie Spice
- ☐ **1/2 cup** Pureed Pumpkin
- ☐ **1 1/4 tbsps** Raw Honey
- ☐ **3 tbsps** Unsweetened Coconut Flakes
- ☐ **1/2 tsp** Vanilla Extract



Day 8	
Upon Rising Morning Tonic	Raw apple cider vinegar tonic is great for detoxifying the liver, our fat burning organ!
Breakfast Coconut cream berry parfait	
Morning Tea/Snack Peppermint Tea	Peppermint- aid in digestion, soothes the belly, relieves occasional indigestion, feelings of fullness or gas and “gets the juices flowing
Lunch Leftover Steak/sweet potato	Sweet potato- improve digestion, treat inflammation, boost immune system, relieve asthma, reduce arthritis, treat stomach ulcers, help control diabetes, prevent dehydration
Afternoon Snack (IF needed) Zucchini hummus/W mixed veggies	Zucchini- protects against cardiovascular and other diseases, beneficial in weight loss, relief from arthritic symptoms, high in water and fiber. It also contains significant amounts of vitamins B6, riboflavin, folate, C, and K, and minerals, like potassium and manganese.
Dinner One Pan Mediterranean Trout	
After Dinner Treat Cinnamon Tea	Cinnamon helps lower blood sugar levels, which is a key component for weight loss.

** Do something from the Self Care Helpful Healing Detox tips to get relaxed

** lights out 10:00



Day 9	Small Steps Everyday!
Upon Rising Morning Switchel	Raw apple cider vinegar tonic is great for detoxifying the liver, our fat burning organ!
Breakfast Kale Mint Lemongrass Smoothie	Kale is full of chlorophyll, a detox agent that helps pull heavy metals and chemical toxins from the body. It's also full of nutrients with antioxidant and anti-inflammatory benefits that help your body to stay vibrant and youthful.
Morning Snack/ Tea Bone Broth	Treat Leaky gut syndrome, overcome food intolerances and allergies, improve joint health, reduce cellulite, boost immune system
Lunch Leftover Trout w/mixed greens	Leafy green vegetables are among the healthiest foods you can eat; plus, they support natural detoxification
Afternoon Snack <i>(If needed)</i> Clean Trail mix	
Dinner BLT Spaghetti	
After Dinner Treat Turmeric lemonade	Lemons- rich source of vitamin C, protects the body against immune system deficiencies, contain pectin fibre- beneficial for colon health, serves as a powerful antibacterial, balances to maintain the pH levels in the body, flushes out toxins, aids digestion, encourages the production of bile, helps reducing pain and inflammation in joints as it dissolves uric acid, potassium content helps nourish brain and nerve cells, strengthens liver by providing energy to liver enzymes, aids in digestion, replenishes body after a workout and much MUCH more!

** Do something from the Self Care Helpful Healing Detox tips to get relaxed

** lights out 10:00



Day 10	
Upon Rising Morning Switchel	Raw apple cider vinegar tonic is great for detoxifying the liver, our fat burning organ!
Breakfast Chocolate Collagen smoothie	Collagen- helps heal leaky gut, promotes skin elasticity, prevents and treats heart disease, easy joint and knee pain, brain and alzheimers protection
Morning Snack/Tea Yogi Detox Tea	
Lunch Leftover BLT Spaghetti	
Afternoon Snack MCT Guac/mixed veggies	Avocado does NOT lead to weight gain; in fact, it helps boost metabolism speed after a meal. Plus, the antioxidant rich avocado has great health benefits, including detoxification support!
Dinner One Pan Chick. Stir Fry	
After Dinner Treat Cinnamon Tea	Cinnamon helps lower blood sugar levels, which is a key component for weight loss.

** Do something from the Self Care Helpful Healing Detox tips to get relaxed

** lights out 10:00



Day 11	You are AMAZiNG!
Upon Rising Morning Switchel	Raw apple cider vinegar tonic is great for detoxifying the liver, our fat burning organ!
Breakfast Pumpkin Pie Smoothie	Spices like cardamom, cayenne, cinnamon, ginger, cloves, nutmeg warm up the digestive system and the body—A big pinch of any of these spices is great way to winterize any smoothie. Add Chia seeds after blending
Morning Snack/ Tea Bone Broth	.Treat Leaky guy syndrome, overcome food intolerances and allergies, improve joint health, reduce cellulite, boost immune system
Lunch Leftover Chick. Stir fry	
Afternoon Snack <i>(If needed)</i> Banana Surprise	Banana- It is loaded with essential vitamins and minerals such as potassium, calcium , manganese, magnesium, iron, folate, niacin, riboflavin, and B6. These all contribute to the proper functioning of the body and keeping you healthy. Eases digestion
Dinner Sp. Squash w/tomato veggie sauce	** NO FUSS: Buy organic spaghetti sauce Squash- important source of many nutrients, including vitamin C, magnesium, and other antioxidant compounds.
After Dinner Treat Turmeric Lemonade	

**** Do something from the Self Care Helpful Healing Detox tips to get relaxed**

**** lights out 10:00**



Day 12	
Upon Rising Morning Switchel	Raw apple cider vinegar tonic is great for detoxifying the liver, our fat burning organ!
Breakfast Gut Healing Green Smoothie	Kale is full of chlorophyll, a detox agent that helps pull heavy metals and chemical toxins from the body. It's also full of nutrients with antioxidant and anti-inflammatory benefits that help your body to stay vibrant and youthful.
Morning Snack/ Tea Lemon Ginger Tea	Ginger improves digestion and circulation; lemon helps detoxify the liver.
Lunch Leftover Sp. Squash	Squash- important source of many nutrients, including vitamin C, magnesium, and other antioxidant compounds.
Afternoon Snack (IF needed) MCT Guac w/mixed veggies	MCT- Anti-microbial and antiviral. Aid in weight-loss Enhance exercise performance, affect GOOD cholesterol, helps with diabetes, benefits the brain, improve muscle strength for elderly
Dinner One Pan Chick. & roasted veggies	
After Dinner Treat Cinnamon Tea	Cinnamon helps lower blood sugar levels, which is a key component for weight loss.

** Do something from the Self Care Helpful Healing Detox tips to get relaxed

** lights out 10:00



Day 13	Walk on Sunshine! You're almost done!
Upon Rising Morning Switchel	Raw apple cider vinegar tonic is great for detoxifying the liver, our fat burning organ!
Breakfast Banana Cinnamon Smoothie	Banana- It is loaded with essential vitamins and minerals such as potassium, calcium , manganese, magnesium, iron, folate, niacin, riboflavin, and B6. These all contribute to the proper functioning of the body and keeping you healthy. Eases digestion
Morning Snack/ Tea Bone Broth	.Treat Leaky gut syndrome, overcome food intolerances and allergies, improve joint health, reduce cellulite, boost immune system
Lunch Leftover Chicken w/veggies & side salad	
Afternoon Snack (IF needed) Celery w/almond butter	Celery- natural electrolytes helps prevent dehydration, anti-inflammatory, boosts digestion, reduces bloating, quercetin in celery helps fight urinary tract infections, gout, kidney and liver infections. Great detoxifier!
Dinner Lemon Shrimp w/asparagus	Asparagus- natural diuretic, good source of fiber, folate, vitamins A, C, E and K, chromium-trace mineral that enhances the ability of insulin to transport glucose from the bloodstream into cells. That's good news if you're watching your blood sugar. Packed with anti-oxidants!
After Dinner Treat Turmeric Lemonade	Lemons- rich source of vitamin C, protects the body against immune system deficiencies, contain pectin fibre- beneficial for colon health, serves as a powerful antibacterial, balances to maintain the pH levels in the body, flushes out toxins, aids digestion, encourages the production of bile, helps reducing pain and inflammation in joints as it dissolves uric acid, potassium content helps nourish brain and nerve cells, strengthens liver by providing energy to liver enzymes, aids in digestion, replenishes body after a workout and much MUCH more

** Do something from the Self Care Helpful Healing Detox tips to get relaxed

** lights out 10:00



Day 14	<i>You made it! Feel Proud! Jump up and down! Woohoo!</i>
Remember	<i>Eating clean is a way of life, not a diet.</i>
Upon Rising Morning Tonic	Raw apple cider vinegar tonic is great for detoxifying the liver, our fat burning organ!
Breakfast Berry Boost Smoothie	Spices like cardamom, cayenne, cinnamon, ginger, cloves, nutmeg warm up the digestive system and the body—A big pinch of any of these spices is great way to winterize any smoothie. <i>Add Chia seeds after blending</i>
Morning Snack/Tea Cinnamon Tea	
Lunch Leftover Shrimp, mango, avocado salad	.
Afternoon Snack (IF needed) Zucchini dip/mixed veggies	Zucchini- protects against cardiovascular and other diseases, benegicial in weight loss, relief from arthritic symptoms, high in water and fiber. It also contains significant amounts of vitamins B6, riboflavin, folate, C, and K, and minerals, like potassium and manganese.
Dinner Slow Cooker Beef Stew	

Continue to: ☺

** Do something from the Self Care Helpful Healing Detox tips to get relaxed each day/night

** lights out 10:00

Morning Switchel

3 ingredients · 5 minutes · 1 serving



Directions

1. Combine all ingredients in a jar and cover with a lid. Refrigerate and shake well before serving.

Notes

More Flavour

Add sliced ginger.

No Apple Cider Vinegar

Use lemon juice instead.

Honey

May add 1/2 tsp raw honey if needed

Serve it Warm

Heat it up in a small pot on the stove, or in the microwave.

Leftovers

Double or quadruple the recipe so you can keep it in the fridge and sip on it all week!

Ingredients

1 cup Water

1 tbsp Apple Cider Vinegar

1/4 tsp Cinnamon

Coconut Cream Berry Parfait

6 ingredients · 10 minutes · 2 servings



Directions

1. Make coconut cream- 1 can full fat canned coconut milk, chilled Pinch of ground cinnamon, to taste Pinch of sea salt Stevia to taste (optional)
2. Mix chia seeds into coconut cream
3. Place mixed berries in a bowl, top with Coconut Cream Mousse and coconut flakes. Enjoy!

Notes

For a nice frozen treat
Use frozen mixed berries

Ingredients

- 1 can Organic Coconut Milk (Full Fat Canned)
- 1/8 tsp Cinnamon
- 1/8 tsp Organic Stevia (to taste-OPTIONAL)
- 1/2 cup Mixed Berries
- 1 tbsp Unsweetened Coconut Flakes
- 1 tbsp Chia Seeds

Kale Mint Lemongrass Smoothie

6 ingredients · 5 minutes · 1 serving



Directions

1. combine all ingredients in high powered blender. Enjoy!

Ingredients

- 1/2 cup** Organic Coconut Milk (Full Fat Canned)
- 1/2** Banana (frozen)
- 1/2 cup** Kale Leaves (very large handful)
- 1/2 package** Mint Leaves, Fresh (6 leaves)
- 1/2 serving** Lemongrass (1 inch)
- 3** Ice Cubes

Chocolate Collagen Smoothie

9 ingredients · 5 minutes · 1 serving



Directions

1. Combine all ingredients into your blender. Blend until smooth, pour into a glass and enjoy!

Notes

No Almond Milk

Use any other kind of milk like cashew, hemp or rice instead.

No Collagen Powder

Omit or use protein powder instead.

No Romaine

Use spinach or kale instead.

Ingredients

1 1/2 cups Unsweetened Almond Milk

5 leaves Romaine (washed and torn)

1/4 cup Frozen Cauliflower

1/2 cup Strawberries

1/2 Banana (frozen)

2 tbsps Chia Seeds

2 tbsps Cacao Powder

1 tbsp Almond Butter

15 grams Collagen Powder

Pumpkin Pie Protein Smoothie

6 ingredients · 10 minutes · 1 serving



Directions

1. Combine all ingredients together in a blender and blend very well until smooth. Pour into glasses and enjoy!

Notes

No Pumpkin Pie Spice

Use cinnamon instead.

Toppings

Sprinkle with extra cinnamon or pumpkin spice if desired, and top with raw pumpkin seeds if you like some crunch.

Warm it Up

To serve this warm, whisk together the almond milk, pureed pumpkin, and vanilla in a small sauce pan over medium heat and bring to a gentle simmer before adding it to the blender with the remaining ingredients.

Ingredients

1 cup Unsweetened Almond Milk

1/2 cup Pureed Pumpkin

1 Banana (frozen)

1/2 tsp Vanilla Extract

1/2 tsp Pumpkin Pie Spice

1/4 cup Vanilla Protein Powder

SH Gut Healing Green Smoothie

5 ingredients · 5 minutes · 1 serving



Directions

1. Throw all ingredients into a blender and blend until very smooth and creamy. Divide into glasses and enjoy!
2. Option- Add Chia seeds after blending

Notes

No Kale

Use spinach instead.

No Honey

Use maple syrup, dates or extra banana to sweeten instead.

Likes it Creamy

Use almond milk instead of water for extra creaminess.

Storage

Make ahead and store in a sealed mason jar. Shake well before drinking. Keeps well in the fridge for 1 - 2 days.

Ingredients

1/2 cup Organic Coconut Milk (Full Fat Canned)
(or 1/2 cup)

1 cup Kale Leaves (optional 3 red kale stalks, 3 dinosaur stalks)

1/3 cup Frozen Berries (Mixed) (organic, mixed)

1 1/2 tsps Chia Seeds

2 tbsps Hemp Seeds

Banana Cinnamon Smoothie

7 ingredients · 5 minutes · 1 serving



Directions

1. Add all ingredients to blender and blend until smooth. Pour into a glasses and enjoy!

Notes

No Protein Powder

Use hemp seeds with vanilla extract instead.

Leftovers

Store in a mason jar with a lid in the fridge up to 24 hours. Shake well before drinking.

Make it Green

Add spinach.

Ingredients

1/4 cup Vanilla Protein Powder

1 tbsp Ground Flax Seed

1 tbsp Chia Seeds

1 Banana (frozen)

2 Ice Cubes

1 cup Water

1/4 tsp Cinnamon

Berry Boost Smoothie

7 ingredients · 5 minutes · 1 serving



Directions

1. Toss it all in a blender and mix well!
2. Tips- * Add water to thin if too thick * Chia and hemp seeds will thicken the mixture. For a thin/seedy drink add seeds after blending Drink immediately or let sit for a thicker/pudding like mixture
3. * Dates or raw honey can be added for more sweetness
4. Have fun and experiment with REAL ingredients to make it your own and how you like it!

Ingredients

- 1/4 cup** Water
- 1/4 cup** Organic Coconut Milk (Full Fat Canned) (I like Native Forest Simple)
- 1/2 cup** Baby Spinach
- 1/4** Avocado (optional- add for more healthy filling, fueling fat)
- 1/4 cup** Frozen Raspberries
- 1/4 cup** Frozen Berries (Mixed)
- 1 1/2 tsps** Chia Seeds (optional- may add upon blending or after)

Peppermint Tea

1 ingredient · 5 minutes · 1 serving



Directions

1. Hot water Steep for a few minutes

Ingredients

1 cup Peppermint Tea

Yogi Detox Tea

1 ingredient · 5 minutes · 1 serving



Directions

1. Hot water Steep for a few minutes

Ingredients

1 cup Detox Tea

Lemon Ginger Tea

1 ingredient · 5 minutes · 1 serving



Directions

1. Hot water Steep for a few minutes

Ingredients

1 package Lemon Ginger Tea

Cinnamon Tea

1 ingredient · 5 minutes · 1 serving



Directions

1. Hot water Steep for a few minutes

Ingredients

1 cup Cinnamon Tea

Steak with Sweet Potato Frites & Mayo

8 ingredients · 30 minutes · 0 servings



Directions

1. Preheat oven to 450 and line a baking sheet with parchment paper.
2. Toss the sweet potato matchsticks with half the olive oil and season with salt. Spread evenly across baking sheet and bake for 10 minutes. Remove parchment paper, stir frites and bake for another 5 minutes or until crisp.
3. Heat the remainder of olive oil in a skillet over medium-high heat. Cook steak for about 5 minutes each side (for medium-well). Set aside to rest.
4. Combine mayo, garlic and rosemary in a small bowl. Stir well to mix.
5. Slice and plate the steak along with the tomatoes, frites and mayo. Enjoy!

Notes

No Steak

Use thinly sliced chicken breast instead.

Leftovers

Best enjoyed right away, but can refrigerate in an air-tight container up to 3 days. Warm before serving.

No Mayonnaise

Use guacamole instead, or omit all together.

Ingredients

- 0 Sweet Potato (medium, sliced into matchsticks)
- 0 tsp Extra Virgin Olive Oil (divided)
- 0 tsp Sea Salt
- 0 oz NY Striploin Steak
- 0 tsp Mayonnaise
- 0 Garlic (cloves, minced)
- 0 tsp Rosemary (fresh or dry, finely chopped)
- 0 tsp Cherry Tomatoes (halved)

Mixed Greens with Lemon & Olive Oil

4 ingredients · 5 minutes · 2 servings



Directions

1. Add all ingredients to a bowl and toss well. Divide into bowls and enjoy!

Notes

On-the-Go

Keep dressing in a separate container on the side. Add just before serving.

No Mixed Greens

Use spinach, kale or romaine instead.

Ingredients

4 cups Mixed Greens

2 tbsps Extra Virgin Olive Oil

1/2 Lemon (juiced)

2 tbsps Hemp Seeds

SH One Pan Mediterranean Trout

11 ingredients · 25 minutes · 5 servings



Directions

1. Preheat oven to 450F and line a baking sheet with parchment.
2. Make pesto by combining basil, lemon juice, garlic, sea salt, hemp seeds and avocado oil together in a small food processor. Pulse until smooth.
3. Lay rainbow trout on baking sheet and arrange the broccoli, artichokes, olives and tomatoes on the baking dish around the fillets. Top each piece of trout with a generous spoonful of pesto.
4. Bake for 15 minutes or until fish is cooked through. Divide onto plates and enjoy!

Notes

No Trout

Use salmon fillets or any other white fish instead.

Ingredients

- 2 1/2 cups Basil Leaves
- 2/3 Lemon (juiced)
- 1 1/4 Garlic (clove)
- 1/4 tsp Sea Salt
- 1/4 cup Hemp Seeds
- 1/4 cup Avocado Oil
- 5 Rainbow Trout Fillet (about 5 oz. each)
- 2 cups Broccoli
- 2/3 cup Pitted Kalamata Olives
- 5 Tomato (large, quartered)
- 3/4 cup Artichoke Hearts (OPTIONAL)

Shrimp, Mango & Avocado Salad

6 ingredients · 15 minutes · 3 servings



Directions

1. In a large bowl, combine all ingredients and toss gently to mix. Divide between bowls and enjoy!

Notes

Leftovers

If you're planning on keeping this for a few days, leave out the avocado to prevent browning. You can add it in before serving. The salad without avocado will last 2-3 days in the fridge.

Ingredients

- 1 Cucumber (diced)
- 1 Mango (cubed)
- 1 Avocado (cubed)
- 3/4 lb Shrimp (cooked, tails removed)
- 1 Lime (juiced)
- 1/8 tsp Sea Salt (or more to taste)

Zucchini Hummus Dip

7 ingredients · 15 minutes · 0 servings



Directions

1. Blend together in food processor or high speed blender and enjoy!
2. Tip: *If you don't have a high speed blender saute zucchini first, then add all of the ingredients and puree.
3. NO FUSS Option: Dip those veggies in sunbutter or HOPE organic hummus!
4. can be used as a salad dressing or topper on any dish!
5. Serve with your favorite veggies!

Ingredients

- 0 Zucchini (large- peeled and chopped)
- 0 tsp Tahini
- 0 tsp Lemon Juice (Preferably fresh from the lemon)
- 0 Garlic (cloves, peeled)
- 0 tsp Extra Virgin Olive Oil
- 0 tsp Sea Salt
- 0 tsp Cumin (ground)

Raw Mixed Veggies

5 ingredients · 5 minutes · 1 serving



Directions

1. Cut all veggies in advance. Store in a container with paper towel on bottom. Will be good for one week.

Ingredients

- 2 Cucumber
- 5 Carrot (Shave and cut)
- 2 Yellow Bell Pepper
- 2 Orange Bell Pepper
- 1 stalk Celery

MCT Guacamole

9 ingredients · 10 minutes · 0 servings



Directions

1. Place the avocado flesh, oil, vinegar, lime zest and juice, oregano, salt and pepper in a large bowl.
2. Mash and mix with fork, or potato masher.
3. Stir in cilantro and chives. Enjoy! Great with bacon "crackers"!

Ingredients

- 0 Avocado
- 0 tsp Mct Oil
- 0 tsp Apple Cider Vinegar
- 0 Lime (zest and juice)
- 0 tsp Sea Salt
- 0 tsp Black Pepper
- 0 tsp Oregano (Dried)
- 0 tsp Cilantro (optional)
- 0 tsp Chives (Fresh)

SH Banana Surprise

3 ingredients · 2 minutes · 2 servings



Directions

1. Slice banana.
2. Dip in almond butter.
3. Sprinkle with coconut flakes
4. Bam.

Ingredients

- 2 Banana
- 1/4 cup Almond Butter
- 2 tbsps Unsweetened Coconut Flakes

Celery with Almond butter

2 ingredients · 5 minutes · 4 servings



Directions

1. Spread almond butter across celery sticks. Happy munching!

Notes

Nut-Free

Use sunflower seed butter or hummus instead.

Ingredients

6 stalks Celery (sliced into sticks)

1/2 cup Almond Butter

SH BLT Spaghetti

12 ingredients · 45 minutes · 5 servings



Directions

1. Cook bacon on skillet (or any other method you prefer). Let cool, then chop
2. Use a spiralizer to spiralize your zucchini into noodles. If you don't have a spiralizer, you can use a box grater (use the side with bigger holes) or a peeling knife to create long strips. (Tip: For best results, glide the zucchini across the entire length of the box grater with long strokes).
3. Heat the avocado oil in a large skillet over medium heat. Add the onion and saute until translucent. Add in the minced garlic and saute for another minute. Then add in the crushed tomatoes and oregano. Let simmer for about 20 to 30 minutes or until thickened.
4. Add in the bacon, baby spinach and zucchini noodles and stir for three minutes or until noodles are tender and spinach is wilted. Remove from heat.
5. Spoon into bowls and top with MCT oil, avocado, red pepper flakes, fresh ground pepper. Enjoy!

Notes

No Zucchini

Use regular brown rice pasta.

Vegetarian and Vegan

Skip the bacon and add red kidney beans.

Dairy-Free

Leave out the parmigiano reggiano cheese.

Ingredients

10 slices Organic Bacon
2 1/2 Zucchini
1 1/4 tbsps Avocado Oil
1 1/4 Yellow Onion (diced)
2 1/2 Garlic (clove, minced)
3 3/4 cups Crushed Tomatoes
2/3 tsp Oregano
5 cups Baby Spinach
1 1/4 tps Red Pepper Flakes (to taste- optional)
1/8 tsp Black Pepper (to taste)
2 1/2 tps Mct Oil
3/4 Avocado

One Pan Chicken Stir Fry

12 ingredients · 30 minutes · 5 servings



Directions

1. Preheat oven to 425 degrees F and line a large baking sheet with parchment paper.
2. In a jar, combine the tamari, apple cider vinegar, honey and sesame oil. Shake well to combine and set aside.
3. Add the chicken, red bell pepper, yellow bell pepper, broccoli and snap peas in a large mixing bowl. Drizzle the sauce over the vegetables and chicken then toss to combine. Transfer to the baking sheet. Bake in the oven for 25 - 30 minutes, or until chicken is cooked through.
4. Meanwhile, cook your quinoa. Combine the quinoa and water in a saucepot and place over high heat. Bring to a boil, then cover with a lid and reduce to a simmer. Let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid, fluff with a fork and set aside.
5. Remove chicken and vegetables from the oven and divide into bowls with a side of quinoa. Garnish with sesame seeds. Drizzle with extra tamari or hot sauce if you like. Enjoy!

Notes

Storage

Store in an airtight container in the fridge up to 3 days.

Vegan & Vegetarian

Replace the chicken breast with chickpeas.

Ingredients

- 3 3/4 tbsps** Tamari
- 1 1/4 tbsps** Apple Cider Vinegar
- 1 1/4 tbsps** Raw Honey
- 1 1/4 tbsps** Sesame Oil
- 25 ozs** Chicken Breast (sliced into cubes)
- 1 1/4** Red Bell Pepper (de-seeded and sliced)
- 1 1/4** Yellow Bell Pepper (de-seeded and sliced)
- 5 cups** Broccoli (chopped into florets)
- 2 1/2 cups** Snap Peas
- 1 cup** Quinoa (dry)
- 2 cups** Water
- 1 1/4 tbsps** Sesame Seeds

SH Spaghetti Squash with Veggie Tomato Sauce

11 ingredients · 1 hour · 5 servings



Directions

1. Preheat the oven to 400 degrees F and line a baking sheet with parchment paper.
2. Carefully slice the spaghetti squash in half through it's belly and discard the seeds. Place the two halves onto the baking sheet, then brush the flesh with olive oil, and season with sea salt and black pepper to taste. Turn the squash flesh side down onto the baking sheet and bake for 40 minutes.
3. Meanwhile, combine the crushed tomatoes, lentils, garlic, sea salt, black pepper and dried basil in a pot over medium heat. Bring to a simmer. Once simmering, add the spinach and stir just until wilted. Turn off the heat.
4. Remove the spaghetti squash from the oven. Let cool slightly before carving out the flesh into noodles into a strainer so that the liquid can drain off.
5. Divide the spaghetti squash into containers and spoon vegetable tomato sauce, MCT oil over top, with diced avocado. Enjoy right away, or let cool completely before covering and storing in the fridge.

Notes

No Fuss Option

Buy organic spaghetti sauce.

Meat Lovers

Use ground meat instead of lentils.

More Veggies

Add diced zucchini, mushrooms, bell peppers and/or eggplant to the sauce.

No Spaghetti Squash

Use zucchini noodles or regular pasta instead.

Ingredients

- 1 1/4 Spaghetti Squash (large)
- 2 tbsps Avocado Oil
- Sea Salt & Black Pepper (to taste)
- 2 1/2 cups Crushed Tomatoes (canned)
- 1 1/4 Garlic (clove, minced)
- 1/3 tsp Sea Salt
- 1/3 tsp Black Pepper
- 1 1/4 tsps Dried Basil
- 2 1/2 cups Baby Spinach (chopped)
- 1 Avocado
- 1 tbsp Mct Oil

SH One Pan Roasted Veggies & Chicken

8 ingredients · 35 minutes · 5 servings



Directions

1. Preheat the oven to 400F and line a baking sheet with parchment paper.
2. Place the chicken in the center of the baking sheet and arrange the chopped vegetables in a single layer around the chicken. Drizzle oil over chicken and veggies then add the Italian seasoning, paprika and sea salt. Using your hands, toss or rub the spices evenly all over the veggies and the chicken.
3. Bake for 25 minutes or until the chicken is cooked through and the veggies are tender. Divide equally between plates and serve.

Notes

Vegetable Prep

To ensure your vegetables cook evenly, be sure to slice them into roughly the same sized pieces.

Don't Prefer Veggies Listed

Use any veggies you Prefer

Leftovers

Store in an airtight container in the fridge up to 3 days.

Ingredients

- 1 1/4 lbs Chicken Drumsticks
- 2 1/2 Zucchini (medium, chopped)
- 2 1/2 Red Bell Pepper (chopped)
- 5 cups Green Beans
- 1/3 cup Avocado Oil
- 2 1/2 tbsps Italian Seasoning
- 2 1/2 tsps Paprika
- 1 1/4 tsps Sea Salt

One Pan Lemon Shrimp & Asparagus

5 ingredients · 30 minutes · 4 servings



Directions

1. Preheat oven to 400F.
2. Lay the asparagus and shrimp on a baking sheet. Drizzle with olive oil and toss gently to coat. Sprinkle with sea salt and top with lemon slices.
3. Bake for 15 to 18 minutes, or until shrimp are fully cooked and have turned pink. Remove from oven and divide between plates. Enjoy!

Notes

More Carbs

Serve with pasta, rice, or quinoa.

Leftovers

Keeps well in the fridge for 2-3 days.

Ingredients

- 6 cups** Asparagus (woody ends trimmed)
- 1 1/2 lbs** Shrimp (uncooked, shells on)
- 1/4 cup** Extra Virgin Olive Oil
- 1/4 tsp** Sea Salt (or more, to taste)
- 2** Lemon (sliced)

Slow Cooker Beef Stew

11 ingredients · 4 hours · 5 servings



Directions

1. Add all ingredients except the brown rice flour to the slow cooker and mix well. Cover and cook on low for 4 to 6 hours, or until beef is tender.
2. Remove lid and stir in brown rice flour. Continue to stir until liquid thickens.
3. Ladle into bowls and enjoy!

Notes

Leftovers

Store in the fridge up to 3 days or freeze.

More Carbs

Serve it with roasted potatoes, rice or quinoa.

Add Greens

Stir in chopped kale or baby spinach just before serving.

Ingredients

- 1 **2/3 tbsps** Extra Virgin Olive Oil
- 26 **2/3 ozs** Stewing Beef (sliced into bite-size pieces)
- 3 **1/3 tbsps** Red Wine Vinegar
- 1 **2/3 cups** Baby Carrots
- 3/4 Sweet Onion (diced)
- 2 **1/16 cups** Mushrooms (sliced)
- 3/4 **cup** Beef Broth
- 1/2 **tsp** Dried Thyme
- 3/4 **tsp** Sea Salt
- 1/2 **tsp** Black Pepper
- 3 **1/3 tbsps** Brown Rice Flour

SH Fudgy Protein (optional) Brownies

6 ingredients · 30 minutes · 9 servings



Directions

1. Preheat oven to 350. Line a cake or loaf pan with parchment paper.
2. In a small saucepan over low-medium heat, melt the peanut butter.
3. In a mixing bowl, mash the bananas, cocoa powder, protein powder and nut butter until combined. Stir in chocolate chips.
4. Pour into pan, sprinkle with walnuts and bake for 25 minutes. Remove from oven and let cool completely before serving.

Notes

No Walnuts

Omit walnuts or use any preferred type of nuts instead.

No Peanut Butter

Use any nut or seed butter instead.

Ingredients

- 1 cup Almond Butter
- 4 Banana
- 3 tbsps Cacao Powder (More to taste if desired)
- 1/2 cup Chocolate Protein Powder
- 1/2 cup Organic Dark Chocolate Chips
- 1/2 cup Walnuts (chopped)

Turmeric Lemonade

4 ingredients · 5 minutes · 3 servings



Directions

1. Add all ingredients to a pitcher and stir well until combined. Pour into a glass over ice and enjoy!

Notes

No Maple Syrup

Use honey instead.

Serving Size

One serving is equal to approximately 1 cup.

Likes it Fizzy

Use sparkling water instead of regular water.

Ingredients

1 Lemon (juiced)

1/2 **tsp** Turmeric

3 **tbsps** Maple Syrup

3 **cups** Water



Fall/Winter Additional Recipes

Created by Simple health



Homemade Chai Tea copy

6 ingredients · 20 minutes · 4 servings



Directions

1. Combine all ingredients together in a large pot. Bring to a boil then reduce to a simmer. Let simmer for 15 minutes and then strain. Serve as is, or with almond milk and honey. Enjoy!

Ingredients

- 8 cups** Water
- 5 servings** Cinnamon Stick
- 2 tbsps** Cardamom Seeds
- 2 tbsps** Whole Cloves
- 1 1/2 tsps** Black Peppercorns
- 2 tbsps** Ginger (peeled and thinly sliced)

Pumpkin Spice Latte

6 ingredients · 10 minutes · 1 serving



Directions

1. Brew your coffee and set aside.
2. In a saucepan over medium heat, stir the pumpkin, maple syrup and pumpkin pie spice until combined. Slowly whisk in almond milk. Bring mixture to a low simmer, stirring occasionally and remove from heat. Stir in vanilla extract.
3. Transfer milk mixture to a blender and pulse several times until foamy and frothy. (You can also use a hand-held immersion blender instead.)
4. Add milk mixture to your hot coffee. You may want to use a spoon to gently hold back the frothy top layer while pouring. Top your latte with this remaining froth.
5. Top with a dollop of homemade organic whipped cream or coconut whipped cream (optional) and sprinkle with additional pumpkin pie spice. Enjoy!

Ingredients

- 1/2 cup** Organic Coffee
- 2 tbsps** Pureed Pumpkin
- 1 1/2 tbsps** Maple Syrup
- 1/2 tsp** Pumpkin Pie Spice
- 3/4 cup** Unsweetened Almond Milk
- 1/2 tsp** Vanilla Extract

Sausage, Broccoli & Cabbage Stir Fry

6 ingredients · 25 minutes · 4 servings



Directions

1. Remove casings from the sausage and discard. Heat a large skillet over medium-high heat. Add the sausage meat, onion, and garlic. Saute for about 5 to 10 minutes, or until fragrant.
2. Add the broccoli, cabbage and italian seasoning. Cover and cook for 10 to 15 minutes, stirring occasionally, until the vegetables are wilted and the sausage is cooked through. Divide onto plates and enjoy!

Ingredients

10 ozs Organic Chicken Sausage
1 Yellow Onion (small, diced)
1 Garlic (clove, minced)
4 cups Broccoli (chopped into small florets)
4 cups Purple Cabbage (finely sliced)
2 tsps Italian Seasoning

Bacon Apple Breakfast Hash

9 ingredients · 35 minutes · 4 servings



Directions

1. Heat a large skillet over medium heat. Add the bacon pieces, and cinnamon. Cook for 5 to 7 minutes, until thoroughly browned.
2. In the same skillet, heat the oil over medium heat. Add the onion and garlic, sauteeing until translucent. Next add the brussels sprouts, butternut squash, and apples. Cover and cook for about 10 minutes, stirring occasionally, until all veggies are soft.
3. Add the bacon back into the skillet and stir to combine. Season to taste with sea salt. Divide into bowls and enjoy!

Ingredients

- 1 slice** Organic Bacon (Be sure to buy quality, no sugar added bacon)
- 1 tsp** Cinnamon
- 1 tbsp** Avocado Oil
- 1 cup** Red Onion (diced)
- 2** Garlic (cloves, minced)
- 2 cups** Brussels Sprouts (trimmed and halved)
- 2** Sweet Potato (peeled and cubed)
- 2** Apple (cored and diced)
- 1/4 tsp** Sea Salt (to taste)

Blueberry Banana Pancakes

9 ingredients · 15 minutes · 2 servings



Directions

1. In a mixing bowl or magic bullet, mix the egg, flax seed, banana, almond milk, cinnamon and oats (optional).
2. Stir blueberries into mixture.
3. Heat coconut oil in a frying pan over medium-low heat. Pour in batter and cook pancakes about 2 minutes per side.
4. Serve topped with blueberries, maple syrup and sprinkle with cinnamon.

Ingredients

- 1 Egg
- 1 **tbsp** Ground Flax Seed
- 1 Banana
- 1 **tbsp** Unsweetened Almond Milk
- 1/4 **cup** Oats (**optional)
- 1 **tsp** Cinnamon
- 1/4 **cup** Blueberries
- 1 1/2 **tsps** Coconut Oil
- 2 **tbsps** Maple Syrup

Sweet Potato Nachos with Creamed Corn & Bacon

9 ingredients · 45 minutes · 4 servings



Directions

1. Preheat oven to 375 and line two baking sheets with parchment paper.
2. Cut sweet potato into rounds as thinly as possible. Try to be consistent with how thin you slice them so they bake evenly. Toss the rounds with olive oil and sea salt.
3. Place bacon strips on one baking sheet, and sweet potato rounds on the other in a single layer.
4. Place both baking sheets in the oven and bake for 10 minutes, then flip the bacon. Bake for another 5 to 10 minutes, until bacon is cooked through. Remove the bacon from the oven and set aside. At this time, flip the sweet potato chips and bake for an additional 10 to 15 minutes, or until golden brown. Keep a close eye to prevent burning.
5. Meanwhile, in a saucepan, add corn, chickpeas, coconut milk, salt and pepper. Bring to a simmer, then reduce the heat to low and whisk occasionally until creamy (about 15-20 minutes). Stir in cilantro and set aside.
6. Divide sweet potato chips between plates or bowls and top with creamed corn, chopped bacon and any leftover cilantro. Drizzle with lemon juice before serving. Enjoy!

Ingredients

- 2 Sweet Potato (medium)
- 1 **tbsp** Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 **cups** Corn
- 1 **cup** Chickpeas (cooked)
- 1 **cup** Organic Coconut Milk (canned)
- 1/4 **cup** Cilantro (finely chopped)
- 4 **slices** Organic Bacon
- 1/4 Lemon (juiced)

Pumpkin Hummus

6 ingredients · 10 minutes · 2 servings



Directions

1. Add all ingredients together in a food processor. Blend until a creamy consistency forms. Enjoy!

Ingredients

- 1/4 cup** Pureed Pumpkin
- 1 cup** Chickpeas (cooked, drained and rinsed)
- 1** Garlic (clove)
- 1/4** Lemon (juiced)
- 2 tbsps** Extra Virgin Olive Oil
- 1/4 tsp** Sea Salt

Kimchi

8 ingredients · 30 minutes · 8 servings



Directions

1. Core and finely slice your cabbage. Place in a mixing bowl with all ingredients. Using your clean hands, massage the salt into the cabbage and vegetables until it starts to soften (5 to 10 minutes). Set aside and let rest for 10 minutes then massage again for another 5 minutes.
2. Transfer the kimchi into sterilized jars, leaving an inch of space at the top. Pack it down into the jar until the brine rises to cover the vegetables. Seal the jars with sterilized lids.
3. Let it ferment at room temperature for 3 to 5 days. It may bubble and that is normal. Check on your kimchi everyday and re submerge the vegetables under the brine if they rise.
4. Taste your kimchi on day 3. If it tastes ripe, transfer it to the fridge. If not, let it ferment another day or two.
5. Enjoy kimchi right away or let sit for another week or two for extra flavour. Enjoy!

Ingredients

- 4 cups** Green Cabbage (tightly packed)
- 6 stalks** Green Onion (diced)
- 1** Carrot (large, grated)
- 1 cup** Radishes (grated)
- 4** Garlic (cloves, minced)
- 3 tbsps** Ginger (peeled and grated)
- 1 tbsp** Sea Salt
- 1 tbsp** Red Pepper Flakes

Slow Cooker Chicken Soup

8 ingredients · 6 hours · 6 servings



Directions

1. Add all ingredients to the crock pot and cook on low for 6-8 hrs.
2. Once chicken is cooked through, transfer it to a large bowl and shred it with two forks. Return the shredded chicken to the crock pot and let it soak for at least 5-10 minutes before serving. Adjust seasoning as needed.

Ingredients

1 Yellow Onion (diced)
4 stalks Celery (diced)
3 Carrot (medium, chopped)
1 tbsp Rosemary (fresh)
8 ozs Chicken Breast (boneless, skinless)
1 lb Chicken Thighs (boneless, skinless)
Sea Salt & Black Pepper (to taste)
6 cups Water (or broth)

SH Roasted Butternut Squash Soup

9 ingredients • 1 hour 30 minutes • 4 servings



Directions

1. Preheat oven to 420. Cut squash in half lengthwise and scoop out the seeds. Place on a baking sheet with the flesh side up. Sprinkle with cinnamon and bake in the oven for 45 minutes or until tender. (Roasting time will depend on the size of your squash.)
2. Remove squash from oven and let cool. Use a spoon to carve out the flesh and set aside. Discard the skin.
3. Place a large pot over medium heat and add half of your olive oil. Add the apples, onion and ginger and saute for about 5 minutes or until soft.
4. Add in the vegetable broth, cooked squash and half of the sea salt. Reduce heat to a simmer. Let simmer while you prepare the kale chips.
5. Transfer soup to a blender or use an immersion blender to puree until the soup reaches a smooth, thick consistency. Be patient. It might take a bit of blending to reach a creamy consistency!
6. Divide soup between bowls and garnish with a sprinkle of cinnamon. Serve with kale chips for dipping. Enjoy!

Ingredients

- 4 cups** Butternut Squash
- 1 tsp** Cinnamon (plus extra for garnish)
- 2 tbsps** Extra Virgin Olive Oil (divided)
- 2** Apple (peeled, cored and sliced)
- 1** Sweet Onion (diced)
- 1 tbsps** Ginger (grated)
- 4 cups** Organic Vegetable Broth
- 2 tsps** Sea Salt (divided)
- 3/4 cup** Organic Coconut Milk (Full Fat Canned)

Cauliflower, Kale & Lentil Detox Soup

10 ingredients · 40 minutes · 6 servings



Directions

1. Heat the olive oil in a large pot. Add the onion, celery, and carrots. Cook for about 10 minutes, or until veggies are softened. Add the garlic and cook for 2-3 more minutes.
2. Add the cauliflower, kale, and vegetable broth. Bring to a boil then reduce heat to a simmer. Let simmer for 20 minutes.
3. Stir in the cooked lentils and season to taste with sea salt and black pepper. Divide between bowls. Enjoy!

Ingredients

2 tbsps Extra Virgin Olive Oil
1 Yellow Onion (diced)
2 stalks Celery (diced)
2 Carrot (medium, peeled and diced)
4 Garlic (cloves, minced)
1 head Cauliflower (chopped into florets)
4 cups Kale Leaves (chopped)
6 cups Organic Vegetable Broth
2 1/4 cups Lentils (cooked)
Sea Salt & Black Pepper (to taste)

Thai Green Apple Salad

9 ingredients · 15 minutes · 2 servings



Directions

1. In a medium bowl, use the back of a wooden spoon to grind the chili and garlic into a paste.
2. Add peanuts and mash into crumbs. Then mash the green beans until broken, then tomato chunks, tamari, maple syrup and lime juice.
3. Add your grated apple to the mixture and toss lightly. Adjust tamari, maple syrup and lime juice to taste. Enjoy!

Ingredients

- 2 Thai Chili (stems removed and sliced)
- 2 Garlic (cloves, minced)
- 1/2 cup Raw Peanuts (chopped)
- 2/3 cup Green Beans (washed, trimmed and chopped into 1/3s)
- 1 Tomato (medium, diced)
- 1 tbsp Tamari
- 1 tbsp Maple Syrup
- 1/2 Lime (juiced)
- 1 Green Apple (medium, grated)

Zucchini Noodle Bolognese

4 ingredients · 20 minutes · 4 servings



Directions

1. Heat the olive oil in a non-stick skillet. Add the ground chicken, stirring to break it up as it cooks. After about 5 minutes, add the tomato sauce. Cover and let the sauce simmer for 10 minutes.
2. While the sauce is simmering, spiralize the zucchinis and divide between plates or containers.
3. Top the zucchini noodles with the bolognese and enjoy!

Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1 **lb** Extra Lean Ground Chicken
- 2 **1/2 cups** Tomato Sauce
- 4 Zucchini (large)

Lemon Garlic Shrimp Spaghetti Squash

7 ingredients · 45 minutes · 2 servings



Directions

1. Preheat oven to 350F and line a baking sheet with parchment paper.
2. Slice the spaghetti squash in half through its belly, and place cut-side down on the baking sheet. Bake for 30 minutes, remove from the oven and let cool slightly.
3. While the squash is cooling, heat the olive oil in a skillet over medium heat. Add the garlic and shrimp. Saute for 5-7 minutes, or until the shrimp is cooked through. Squeeze the lemon juice into the pan, and season with sea salt.
4. Scoop out the spaghetti squash into noodles and divide them between bowls. Top with the shrimp, drizzle with the sauce from the pan, a little extra olive oil, and a sprinkle of parsley. Enjoy!

Ingredients

- 1 Spaghetti Squash
- 2 **tbsps** Extra Virgin Olive Oil
- 2 Garlic (cloves, minced)
- 1/2 **lb** Shrimp (uncooked, peeled)
- 1 Lemon (juiced)
- 1/4 **tsp** Sea Salt (or more to taste)
- 2 **tbsps** Parsley (chopped, to garnish)

Slow Cooker BBQ Pulled Pork

10 ingredients · 6 hours · 4 servings



Directions

1. Place pork tenderloin in the slow cooker. Drizzle with olive oil and pour in the broth.
2. In a small bowl, combine sea salt, black pepper, chili powder, paprika, garlic powder, onion powder and cumin. Sprinkle this spice mix over the meat ensuring it is well coated. Cover the slow cooker with a lid and cook on low for 6 to 8 hours, or high for 4 hours or until pork is tender.
3. Once pork is cooked, use two forks to shred it in the slow cooker. Toss it well to coat in the juices and add extra broth if necessary. Let sit for 5 minutes to absorb juices. Toss again and serve. Enjoy!

Ingredients

- 1 **1/2 lbs** Pork Tenderloin
- 2 **tbsps** Extra Virgin Olive Oil
- 1 **cup** Organic Chicken Broth
- 1/2 **tsp** Sea Salt
- 1 **tsp** Black Pepper
- 1 **tbsp** Chili Powder
- 2 **tsp** Paprika
- 1 **tsp** Garlic Powder
- 1 **tsp** Onion Powder
- 1 **tsp** Cumin

Citrus Spiced Turkey Bowls

12 ingredients · 30 minutes · 4 servings



Directions

1. Preheat your oven to 375F.
2. Place the green beans on a baking sheet. Peel and chop the orange and place that on the baking sheet as well. Drizzle with olive oil, season with salt and pepper, and place in the oven for 25 minutes.
3. Meanwhile, heat a large skillet over medium heat. Add the sesame oil and the turkey, stirring to break it up as it cooks. Add the ginger, orange juice, chilli pepper, garlic, and coconut aminos to the pan. Once the turkey is cooked through, stir in the green onions and remove from heat.
4. To serve, divide the roasted green beans and oranges between bowls and top with the spiced ground turkey. Enjoy!

Ingredients

4 cups Green Beans (trimmed)
1 Navel Orange
1 tbsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1 tbsp Sesame Oil
1 lb Extra Lean Ground Turkey
1 tbsp Ginger (peeled and grated)
1/4 cup Orange Juice
1 Red Hot Chili Pepper (minced)
2 Garlic (cloves, minced)
1/4 cup Coconut Aminos (or tamari)
4 stalks Green Onion (sliced)

Cauliflower Shepherd's Pie

10 ingredients · 50 minutes · 4 servings



Directions

1. Preheat oven to 350F.
2. Place cauliflower florets in a medium sized saucepan, cover with water and bring to a boil. Let the florets boil until they are soft, about 15 minutes.
3. While the cauliflower is boiling, heat half of the olive oil in a large frying pan over medium heat. Add the onions and garlic, cook for 5 minutes or until onions are translucent.
4. Add the meat, and cook until browned.
5. Add the mushrooms, carrots, celery, Italian seasoning, and salt. Continue to cook for a few minutes, until the meat is cooked through. Remove from heat.
6. Drain the cauliflower and discard cooking water. Return the cauliflower to the pot and add the other half of the olive oil and a sprinkle of salt. Mash well until the cauliflower becomes almost like a puree.
7. Transfer the meat mixture to a casserole or pie dish and distribute into an even layer. Top with the cauliflower mash and spread it evenly across the top.
8. Place in the oven and bake for 20 minutes. Turn the oven to a low broil and broil for 10 minutes or until golden. Remove from oven and serve. Enjoy!

Ingredients

- 1 head** Cauliflower (chopped into florets)
- 2 tbsps** Extra Virgin Olive Oil (divided)
- 1** Yellow Onion (diced)
- 2** Garlic (cloves, minced)
- 1 lb** Extra Lean Ground Turkey
- 3 cups** Mushrooms (sliced)
- 2** Carrot (diced)
- 2 stalks** Celery (diced)
- 1 tbsp** Italian Seasoning
- 1/4 tsp** Sea Salt

SH One Pan Teriyaki Chicken

11 ingredients · 40 minutes · 4 servings



Directions

1. Preheat oven to 375 degrees F and line a baking sheet with parchment paper.
2. Place the chicken breasts on the baking sheet, surrounded with the broccoli, carrots and snap peas.
3. In a small bowl, whisk together the coconut aminos, sesame oil, orange juice, honey, rice vinegar, garlic and ginger. Pour half the sauce over the chicken and drizzle the rest over the veggies.
4. Bake for 30 minutes, or until chicken is fully cooked. Remove the pan from the oven. Divide between plates and enjoy!
5. Add more coconut aminos upon eating if desired.

Ingredients

- 20 ozs** Chicken Breast
- 4 cups** Broccoli (chopped into florets)
- 4** Carrot (medium, sliced on the diagonal)
- 4 cups** Snap Peas
- 1/4 cup** Coconut Aminos
- 1/4 cup** Sesame Oil
- 1** Navel Orange (juiced)
- 2 tbsps** Raw Honey
- 2 tbsps** Apple Cider Vinegar
- 8** Garlic (cloves, minced)
- 2 tbsps** Ginger (peeled and grated)

Slow Cooker Swedish Meatballs

8 ingredients · 4 hours 30 minutes · 4 servings



Directions

1. In a bowl, mix together the ground turkey, half of the parsley, onion powder and salt. Form meatballs about 1-inch in diameter.
2. Place mushrooms, onion, coconut milk and coconut aminos into the bottom of the slow cooker. Set meatballs on top. Cover with lid and cook on low for 6 to 8 hours, or on high for 4 hours (or until meatballs are cooked through).
3. Once meatballs are cooked through, use a slotted spoon to lift them out of the slow cooker into a serving dish. Set aside.
4. Transfer the cooked mushrooms, onion and coconut milk from the bottom of the slow cooker into a blender and puree into a gravy. Once smooth, pour it over top of the meatballs. Garnish with remaining parsley. Enjoy!

Ingredients

- 1 lb** Extra Lean Ground Turkey
- 1/2 cup** Parsley (chopped and divided)
- 1 tsp** Onion Powder
- 3/4 tsp** Sea Salt
- 3 cups** Mushrooms (sliced)
- 1** White Onion (chopped)
- 1/2 cup** Organic Coconut Milk (canned)
- 3 tbsps** Coconut Aminos (or tamari)

Green Bean Casserole

10 ingredients · 1 hour 20 minutes · 4 servings



Directions

1. Add half of the coconut oil in a large skillet and place over medium-low heat. Add your sliced shallots. Stir often to prevent burning for 30 to 40 minutes, or until caramelized. Once the onions are golden, remove from the heat, transfer into a bowl and set aside.
2. While the onions cook, steam your cauliflower florets in a steaming basket until softened to the point where they can be easily pierced with a fork. Transfer to your blender or food processor and set aside.
3. Steam your green beans for 6 to 8 minutes or until bright green. Transfer the beans into a casserole dish.
4. Heat the remaining coconut oil in a skillet over medium-low heat. Saute mushrooms for 5 minutes or until softened then add in the garlic. Saute for another minute and remove from heat. Spread half of this mushroom mixture over your green beans in the casserole dish. Add the remaining half to your blender with your steamed cauliflower.
5. Also add to the blender water, sea salt and nutritional yeast. Blend until very smooth. Be patient - it takes some time to reach a creamy consistency!
6. Pour desired amount of creamy cauliflower sauce into your casserole dish over the green beans and mushrooms. You might not need it all. Smooth it out with a spoon or spatula. Top with the caramelized onions.
7. Preheat oven to 350.
8. Bake the casserole in the oven for 30 minutes. Remove from oven and let sit for 5 minutes before serving. Garnish with toasted slivered almonds and enjoy!

Ingredients

- 2 tbsps** Coconut Oil (divided)
- 1 1/2 cups** French Shallot (thinly sliced)
- 1/2 head** Cauliflower (chopped into florets)
- 5 cups** Green Beans (trimmed and halved)
- 2 cups** Mushrooms (sliced)
- 3** Garlic (cloves, minced)
- 1 1/2 cups** Water
- 1 tsp** Sea Salt
- 2 tbsps** Nutritional Yeast
- 1/4 cup** Slivered Almonds (toasted)

Paleo Stuffing

13 ingredients · 1 hour 30 minutes · 6 servings



Directions

1. Preheat the oven to 400. Line a baking sheet with parchment paper.
2. Toss your cauliflower florets in coconut oil. Season with sea salt and black pepper to taste. Spread the cauliflower across your baking sheet and bake in the oven for 30 minutes.
3. Remove cauliflower from oven and set aside. Reduce oven heat to 375.
4. While your cauliflower roasts, place a frying pan over medium heat. Add half of your olive oil and saute mushrooms, leek and celery for about 10 minutes or until the mushrooms are soft.
5. In a food processor, add the walnuts, lemon juice, garlic, thyme, parsley and sea salt. Add the remaining olive oil and roasted cauliflower and pulse (do not blend) until the mixture reaches a coarse, stuffing-like consistency. Do not over process as you do not want the mixture to turn into a paste. Note: If you don't mind some manual labour, you can skip the food processor and use a fork and knife to finely chop the stuffing. Once it reaches a good consistency, spoon the mixture into a baking dish. Place in the oven and bake for 1 hour. Stir every 15 minutes or so to prevent burning.
6. Remove from oven and transfer into a serving dish. Enjoy!

Ingredients

- 1 head Cauliflower (chopped into florets)
- 1 tbsp Coconut Oil
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Extra Virgin Olive Oil
- 4 cups Portobello Mushroom (diced)
- 1 Leeks (chopped)
- 3 stalks Celery (diced)
- 1 cup Walnuts
- 1 Lemon (juiced)
- 3 Garlic (cloves, minced)
- 1 tbsp Thyme
- 1/2 cup Parsley (chopped)
- 1/2 tsp Sea Salt

Roasted Green Beans & Tomatoes

5 ingredients · 25 minutes · 4 servings



Directions

1. Bring a large pot of water to a boil over high heat. Add beans and cook for 4 to 6 minutes or until tender. Drain beans and run under cold water. Strain and set aside to dry.
2. Preheat oven to 450 degrees F. Line a baking sheet with parchment paper.
3. Put the green beans, tomatoes and minced garlic in a large bowl. Toss with olive oil and season with sea salt and black pepper to taste. Transfer to the baking sheet. Roast in the oven for 10 to 15 minutes, or until tomatoes start to split open. Transfer to a dish and enjoy!

Ingredients

6 cups Green Beans (washed and trimmed)
2 cups Cherry Tomatoes
2 Garlic (cloves, minced)
3 tbsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

Roasted Carrots with Dill

4 ingredients · 25 minutes · 6 servings



Directions

1. Preheat oven to 400 degrees F. Line a baking sheet with parchment paper.
2. Slice carrots diagonally into 1.5 inch slices. Toss carrots, oil and salt in a medium bowl. Spread across the baking sheet and roast for 20 minutes, or until slightly tender.
3. Remove the carrots from the oven and transfer to a bowl. Sprinkle the dill over top and serve immediately.

Ingredients

- 12 Carrot (medium, peeled)
- 3 tbsps Extra Virgin Olive Oil
- 1/4 tsp Sea Salt (or more to taste)
- 2 tbsps Fresh Dill (chopped)

Balsamic Roasted Tomatoes

5 ingredients · 20 minutes · 4 servings



Directions

1. Preheat oven to 400 degrees F. Line a baking sheet with foil or parchment paper.
2. Place tomato halves on the baking sheet. Drizzle with olive oil and balsamic dressing, then top with basil, salt and pepper. Roast for 15 minutes. Enjoy!

Ingredients

8 Tomato (medium, halved)
1 tbsp Extra Virgin Olive Oil
1 tbsp Balsamic Vinegar
1 tsp Dried Basil
Sea Salt & Black Pepper (to taste)

Gingerbread Protein Cookies

10 ingredients · 20 minutes · 12 servings



Directions

1. Preheat oven to 375 degrees F and line a baking sheet with parchment paper.
2. Combine almond flour, protein powder, coconut sugar, baking powder, cinnamon and nutmeg in a bowl. In a separate bowl, whisk together the molasses, syrup and egg.
3. Add wet ingredients to the dry ingredients and mix until a dough forms.
4. Generously dust a flat surface, a rolling pin and cookie cutter with tapioca flour. Roll out the dough and cut out shapes.
5. Bake for 8-10 min. Let cool completely before serving. Enjoy!

Ingredients

- 1 **1/4 cups** Almond Flour
- 1/2 **cup** Vanilla Protein Powder ((optional))
- 1 **tbsp** Coconut Sugar
- 1 **tsp** Baking Powder
- 1 **tsp** Cinnamon
- 1/4 **tsp** Nutmeg
- 2 **tbsps** Fancy Molasses
- 1 **tbsp** Maple Syrup
- 1 Egg
- 1/4 **cup** Tapioca Flour (or any type of flour, for dusting)

Grain-Free Cut Out "Sugar" Cookie

8 ingredients · 30 minutes · 24 servings



Directions

1. In medium bowl whisk almond flour, salt, baking soda
2. In small bowl whisk, oil, honey and vanilla until blended
3. Add the oil mixture to the flour mixture, stirring until well-blended and smooth. Spoon the dough into the center of a large piece of parchment paper or wax paper. Wrap up into a disc shape and chill for at least 1 hour or until firm enough to roll.
4. Add egg
5. Preheat oven to 325F. Line a large cookie sheet with parchment paper.
6. Roll the chilled dough to 1/4-inch thickness between two sheets of parchment paper. Place the rolled out dough into the freezer for 5 minutes (this will make it easier to cut out shapes).
7. Use cookie cutters to cut out shapes; transfer shapes to prepared cookie sheet. Chill the cut cookie shapes in freezer for 5 minutes (this will help them hold their shape when baking).
8. Bake in the preheated oven for about 9-12 minutes (slightly longer for thicker cookies) or until golden at edges. Let cookies cool completely on sheet (they will firm up as they cool). Transfer to a cooling rack. Re-roll, cut and bake any remaining dough.

Ingredients

- 2 cups** Almond Flour (blanched)
- 1/4 tsp** Sea Salt
- 1/4 tsp** Baking Soda (Aluminum Free)
- 1/4 cup** Coconut Oil (softened or liquid)
- 1/4 cup** Raw Honey (softened NOT melted)
- 1 tbsp** Vanilla Extract
- 1** Egg
- 1 cup** Organic Coconut Milk (IF MAKING ICING)
- 1 tbsp** Raw Honey

Pumpkin Pie Tarts/Squares with Coconut Whipped Cream

12 ingredients · 1 hour 30 minutes · 12 servings



Directions

1. Pulse the almonds and cashews in a food processor. Add egg, 3/4 of the coconut oil, 1/5 of the maple syrup, vanilla extract, cinnamon and 1/2 the sea salt until a crumbly dough forms.
2. Preheat oven to 350 and line a muffin tray with parchment cups.
3. Lay a piece of parchment paper on the counter. Place your dough onto the parchment and pat into a ball.
4. Place another sheet of parchment on top of the dough (this prevents the dough from sticking to the rolling pin). Gently roll the dough to 2-3 mm thickness and cut using a (3.5-inch) cookie cutter. Repeat until all the dough is used up.
5. Gently press each cut-out into a parchment cup to form the crust. Set aside.
6. Make your pumpkin filling by combining pureed pumpkin, the remaining 4/5 of maple syrup, almond milk, the remaining 1/4 of melted coconut oil, arrowroot powder, pumpkin pie spice and the remaining 1/2 of the sea salt. Spoon pumpkin filling into each tart.
7. Bake for 45 minutes. Remove tarts from muffin tray and let cool. Serve warm or refrigerate at least 6 hours or overnight for a firmer filling.
8. OPTIONAL: In the meantime, make the coconut whipped cream. Scrape the coconut cream from the top of the can into a large mixing bowl. The cream should have separated from the coconut juice after being refrigerated.
9. Whip the coconut cream with a hand mixer until fluffy, about 5-10 minutes. Place in fridge until ready to use. (Note: it will not be as stiff as dairy whipped cream.)
10. When ready to serve, add a dollop of coconut whipped cream to each pumpkin pie tart. Enjoy!

Ingredients

- 1 cup Almonds
- 1 cup Cashews
- 1 Egg
- 1/4 cup Coconut Oil (melted and divided)
- 2 tbsps Maple Syrup (divided)
- 1 tsp Vanilla Extract
- 1 tsp Cinnamon
- 1/2 tsp Sea Salt
- 2 1/4 cups Pureed Pumpkin
- 1/3 cup Organic Coconut Milk
- 2 1/2 tbsps Arrowroot Powder
- 2 tps Pumpkin Pie Spice
- 1 1/2 cups Organic Coconut Milk (full fat, canned refrigerated overnight)

Blueberry Breakfast Crisp

10 ingredients · 50 minutes · 4 servings



Directions

1. Preheat oven to 350F and grease a pie plate or baking dish.
2. In a mixing bowl add the blueberries, lemon juice, vanilla, arrowroot powder and half of the maple syrup. Stir to coat the blueberries evenly. Add the blueberry mixture to the prepared pie plate. Set aside.
3. In a second mixing bowl, add the oats, ground flax, almond flour, and cinnamon. Stir to combine.
4. Whisk the melted coconut oil with the remaining maple syrup and add to the oat mixture stirring until oats are evenly coated.
5. Spoon the oat mixture over top of the blueberries in the pie plate and smooth into an even layer.
6. Bake for 40 to 45 minutes until the blueberries are bubbly and the oats are golden brown. (The oats may seem a bit soft but they will crisp up as it cools.)
7. Remove from oven, let cool and enjoy!

Ingredients

- 2 1/2 cups Blueberries (fresh or frozen)
- 2 tbsps Lemon Juice
- 1/2 tsp Vanilla Extract
- 2 tsps Arrowroot Powder
- 1/4 cup Maple Syrup (divided)
- 1 cup Oats (rolled)
- 1/4 cup Ground Flax Seed
- 1/4 cup Almond Flour
- 1/2 tsp Cinnamon
- 1/3 cup Coconut Oil (melted)

Mini Dark Chocolate Tahini Cups

5 ingredients · 30 minutes · 24 servings



Directions

1. Microwave the dark chocolate and the coconut oil in a large glass bowl at 50% power for 30 seconds at a time until melted.
2. Use a spoon to carefully pour a thin layer of chocolate into each mold of a silicone or lined mini muffin tray. Freeze for at least 5 minutes.
3. Meanwhile, combine the tahini, maple syrup and protein powder. Mix until a dough forms. Roll the dough into small even balls using your hands. You will want to create the same number of balls as the number of servings you are making.
4. Remove the muffin tray from the freezer and gently press a dough ball into the middle of each mold. Drizzle melted dark chocolate around and overtop the dough. Gently shake the muffin tray to even out the chocolate. Sprinkle with sea salt if desired.
5. Refrigerate until set, about 10-15 minutes. Enjoy!

Ingredients

- 300 grams** Dark Organic Chocolate (at least 70% cacao, chopped)
- 1 1/4 tbsps** Coconut Oil
- 2 tbsps** Tahini
- 2 tbsps** Maple Syrup
- 1/4 cup** Protein Powder (unflavoured)

Lemon Raspberry Coconut Muffins

6 ingredients · 40 minutes · 12 servings



Directions

1. Preheat oven to 350 and line a muffin tray with papers. (Note: The original recipe yields 12 snack size muffins or 6 - 8 breakfast size muffins.)
2. Mix all ingredients except the raspberries together in a large mixing bowl. Stir very well until combined.
3. Gently fold in the raspberries.
4. Divide batter evenly across the muffin tray. Press in some extra raspberries into the tops of the muffins (optional). Bake for 35 to 40 minutes.
5. Let cool and enjoy!

Ingredients

1/2 cup Coconut Flour
1/3 cup Maple Syrup
6 Egg
1/3 cup Coconut Oil (melted)
1 Lemon (zested then juiced)
1 cup Raspberries (plus extra for garnish)

Chocolate Mousse

6 ingredients · 5 minutes · 4 servings



Directions

1. Add everything into a bowl and beat with a hand mixer, or food processor or ninja. THAT'S IT. It's so easy!
2. **optional: ¼ avocado for added healthy filling fat
3. Gently stir in raspberries

Ingredients

- 1 cup** Organic Coconut Milk (Full Fat Canned (Prefer Native Forest))
- 6** Organic Stevia (6-8 drops (or to taste- option raw honey see below))
- 1/3 cup** Cacao Powder (Organic, Raw)
- 1 tsp** Vanilla Extract (Organic Non-Alcohol if possible)
- 1/4 tsp** Almond Extract
- 6 servings** Raspberries (optional- Break apart mix in and garnish)

Keto lemonade

7 ingredients · 3 minutes · 1 serving



Directions

1. Place all ingredients in a liquid safe container. Shake or stir well.
2. When ready to drink transfer to a drinking glass add ice and top with mint and lemon slice if desired.

Ingredients

- 4 cups** Water
- 1/2 cup** Lemon Juice (Fresh)
- 2 tbsps** Aloe Vera Juice (1-4 tablespoons-
OPTIONAL)
- 1/4 tsp** Sea Salt (Himalayan rock salt will be
best)
- 4 servings** Organic Stevia (4-6 drops)
- 1 cup** Mint Leaves (optional for serving)
- 1** Lemon (sliced- optional for serving)

Rosemary Gin Fizz Cocktail

5 ingredients · 5 minutes · 1 serving



Directions

1. Muddle rosemary, lemon and honey in glass
2. Fill glass with ice, add in gin and club soda. Stir! optional: Garnish with rosemary sprig, raspberry, cranberry or pomegranate
3. Enjoy!

Ingredients

3 servings Rosemary (3 sprigs)

1 serving Lemon, Juiced

1/2 tsp Raw Honey

1 1/2 ozs Gin

3 ozs Club Soda ((or Sparkling mineral water))

Winter Breeze Holiday Cocktail

6 ingredients · 5 minutes · 1 serving



Directions

1. Add vodka and grapefruit juice to glass
2. Add honey, 3 mint leaves, and a few pomegranate seeds to glass. Muddle
3. Add soda water (or sparkling mineral water) Stir Garnish with mint and pomegranate seeds
4. Enjoy!

Ingredients

- 2 tbsps** Vodka ((1 oz- Organic or Titos Brand))
- 2 tbsps** Grapefruit, Juiced ((1 oz))
- 1 serving** Pomegranate Seeds
- 1 package** Mint Leaves, Fresh
- 1 tsp** Raw Honey (to taste- or Organic Liquid Stevia)
- 1/4 cup** Soda Water (or Sparkling Mineral Water)



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Dinner							
Also Daily.....	*Lemon Water *Herbal Teas *Supplements *Fermented Food/Drinks	*Lemon Water *Herbal Teas *Supplements *Fermented Food/Drinks	*Lemon Water *Herbal Teas *Supplements *Fermented Food/Drinks	*Lemon Water *Herbal Teas *Supplements *Fermented Food/Drinks	*Lemon Water *Herbal Teas *Supplements *Fermented Food/Drinks	*Lemon Water *Herbal Teas *Supplements *Fermented Food/Drinks	*Lemon Water *Herbal Teas *Supplements *Fermented Food/Drinks
Snacks & Sweets							

Tips for Success:

** Balance meals, snacks and treats with protein, filling (healthy) fats, and colorful carbs*

** Double recipes you love or that are easy and freeze it or have for leftovers*

***Plan and pack balanced meals and snacks to keep you from running to fast food*



Food Prep List

****Use this form if you need help organizing what you need to prep 😊**

Cook Ahead:

Prepare:

Veggies to Cut:

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