

## Janelle - GF, DF, Thyroid Support

Created by Perth Allergy Clinic



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Perth Allergy Clinic

Hi Janelle,

I hope you like these recipes. I have chosen the most suitable to assist with healing the gut and supporting thyroid health.

### **A few tips:**

Meal-prep your breakfasts. I recommend cooking a frittata and prepping some overnight oat/ chia seed puddings as quick and easy options.

Pick a day of the week, such as Sunday, to prep your meals, especially breakfast and snacks, so you don't get caught out without anything to eat.

- Start with small, frequent meals every 4 hours (do not go over 5 hours without food) to ensure your blood sugar levels are balanced and to improve your energy levels.

- If you do not feel hungry for breakfast try a small snack and work your way up to eating a full meal in the morning. This is especially important for reducing the risk of high cortisol which can cause imbalances in your blood glucose and cause energy dips, tiredness and cravings later in the day.

# Bacon & Egg Lettuce Wraps

3 ingredients · 20 minutes · 2 servings



## Directions

1. Cook the bacon in a large pan over medium heat for three to five minutes or until desired doneness. Reserve some of the fat in the pan and set the bacon aside on a paper towel-lined plate.
2. Add the eggs to the pan and scramble for two to three minutes or until cooked through.
3. Chop the bacon into bits. Divide the eggs and bacon evenly between the lettuce leaves. Enjoy!

## Notes

### Leftovers

Best enjoyed fresh. To meal prep, hard-boil the eggs and pre-cook the bacon. Keep ingredients separate until ready to enjoy.

### Serving Size

One serving is approximately two wraps.

### Additional Toppings

Red peppers, hot sauce, cilantro, salsa, cheese, guacamole, and/or sour cream.

## Ingredients

**4 slices** Bacon

**4** Egg (whisked)

**1/4 head** Iceberg Lettuce (medium, leaves pulled apart)



# Snap Pea & Mushroom Frittata

5 ingredients · 20 minutes · 1 serving



## Directions

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1. Preheat the oven to 400°F (205°C). Heat the oil in a cast-iron skillet. Add the mushrooms and snap peas and sauté for three to four minutes. Season with salt and pepper.
2. Add the eggs to the pan and stir gently to mix.
3. Cook in the oven for 12 to 15 minutes or until the eggs have set. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

A six-inch cast-iron skillet was used to make one serving.

### More Flavor

Add bell pepper, red onion, and/or a cooked protein of your choice.

### Additional Toppings

Add fresh herbs on top.

## Ingredients

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**1/2 tsp** Extra Virgin Olive Oil

**5** Cremini Mushrooms (quartered)

**1 cup** Snap Peas (trimmed, chopped)

Sea Salt & Black Pepper (to taste)

**3** Egg (whisked)



# Eggs with Sweet Potato, Kale & Bacon Hash

7 ingredients · 30 minutes · 3 servings



## Directions

1. Heat a pan over medium heat. Add the bacon and cook for five to six minutes or until crispy. Remove the bacon and keep the fat in the pan.
2. Add the sweet potato and water to the pan. Cover and cook over medium heat for five to seven minutes or until the sweet potato has softened.
3. Meanwhile, add the oil to a separate pan over medium heat. Cook the eggs until the whites are set and the yolks are cooked to your preference. Set aside.
4. Remove the lid from the pan and let the sweet potato brown for three to five minutes. The water will cook off, and the fat from the bacon will crisp up the sweet potato.
5. Add the kale and salt to the pan and mix well. Serve with the eggs and enjoy!

## Notes

### Leftovers

Best enjoyed immediately. Refrigerate in an airtight container for up to two days. To meal prep in advance, hard-boil the eggs and refrigerate items separately.

### Serving Size

One serving is approximately 1 1/2 cups of hash and two eggs.

### More Flavor

Add minced garlic and shallots while the sweet potato cooks.

### Additional Toppings

Chopped parsley, cilantro, green onions, and/or hot sauce.

## Ingredients

- 4 slices Bacon (chopped)
- 1 Sweet Potato (large, cubed)
- 1/4 cup Water
- 2 tsps Extra Virgin Olive Oil
- 6 Egg
- 2 cups Kale Leaves (chopped)
- 1/8 tsp Sea Salt

# Jammy Eggs with Spinach & Raspberries

7 ingredients · 15 minutes · 1 serving



## Directions

1. Bring a small pot of water to a boil and use a spoon to carefully lower the eggs inside. Boil for seven to eight minutes then immediately remove them and place into a bowl of icy water for at least three minutes.
2. Meanwhile, heat the oil in a pan over medium heat. Add the spinach, garlic, salt ,and pepper. Lightly sauté for one to two minutes.
3. Add the sautéed spinach and raspberries to a plate. Peel the eggs, slice them in half and add to the plate. Sprinkle the everything bagel seasoning on top of the eggs. Enjoy!

## Notes

### Leftovers

Best enjoyed immediately, or hard boil the eggs to last as leftovers.

### More Carbs

Serve with a piece of toast.

### No Raspberries

Use other berries like blueberries, blackberries or strawberries.

## Ingredients

- 2 Egg
- 1 **tsp** Extra Virgin Olive Oil
- 2 **cups** Baby Spinach
- 1 Garlic (clove, minced)
- Sea Salt & Black Pepper (to taste)
- 1 **cup** Raspberries
- 1 **tsp** Everything Bagel Seasoning



# Butternut Squash, Sage & Kale Frittata

7 ingredients · 25 minutes · 2 servings



## Directions

1. Preheat the oven to 400°F (205°C).
2. Heat the oil in an oven-safe pan over medium heat. Add the butternut squash and sauté for about five minutes.
3. Add the kale, garlic, sage, salt, and pepper. Sauté for another minute and add the whisked egg into the pan.
4. Transfer the pan into the oven and bake for 12 to 15 minutes or until cooked through. Slice and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

A 7-inch (18 cm) round pan was used to make two servings. One serving is roughly half of the frittata.

### More Flavor

Add mushrooms and goat cheese.

## Ingredients

- 1 **tsp** Extra Virgin Olive Oil
- 1 **1/2 cups** Butternut Squash (seeds removed, cubed)
- 1 **cup** Kale Leaves (chopped)
- 1 **Garlic** (clove, minced)
- 1 **1/2 tsps** Fresh Sage (chopped)
- Sea Salt & Black Pepper (to taste)
- 4 **Egg** (whisked)



# Eggs, Spinach & Potatoes

5 ingredients · 35 minutes · 1 serving



## Directions

1. Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. Place the potatoes on the prepared baking sheet. Coat with half of the oil and season with salt and pepper. Transfer to the oven and cook for 20 to 25 minutes, flipping halfway through, until cooked.
3. Just before the potatoes are done, heat the remaining oil in a non-stick pan over medium heat. Add the spinach and season with salt and pepper. Lightly sauté for one to two minutes or until just wilted.
4. Push the spinach to one side of the pan. Crack the eggs into the open side of the pan. Cook the eggs until the whites have set, and the yolks reach your desired doneness.
5. Divide the potatoes, spinach, and eggs between plates. Season with salt and pepper and enjoy!

## Notes

### Leftovers

Best enjoyed immediately. Refrigerate in an airtight container for up to one day. To meal prep, hard boil the eggs and evenly divide items between to-go containers.

### Serving Size

One serving is two eggs and two cups of potatoes with spinach.

### More Flavor

Add everything bagel seasoning and/or hot sauce.

## Ingredients

- 2 cups** Mini Potatoes (halved)
- 1 tbsp** Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 1 cup** Baby Spinach
- 2** Egg

# Pesto Eggs & Raspberries

4 ingredients · 10 minutes · 1 serving



## Directions

1. Heat the oil in a non-stick pan over medium-low heat. Add the eggs and move them around with a spatula continuously until fluffy and barely set, about two minutes. Gently fold in the pesto.
2. Transfer the eggs onto a plate. Serve with raspberries and enjoy!

## Notes

### Leftovers

Best enjoyed fresh. To meal prep, hard boil the eggs and dip in pesto to serve.

### Serving Size

One serving is three eggs and 1/2 cup of raspberries.

### No Raspberries

Use any berry of choice.

### Additional Toppings

Salt and black pepper, chili flakes and/or fresh herbs like parsley and dill.

## Ingredients

**1/2 tsp** Extra Virgin Olive Oil

**3** Egg (whisked)

**2 tsps** Pesto

**1/2 cup** Raspberries

# Apple & Brazil Nuts

2 ingredients · 5 minutes · 1 serving



## Directions

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1. Add the apple slices and Brazil nuts to a plate. Enjoy!

## Notes

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### Leftovers

Best enjoyed fresh.

### Serving Size

One serving is one apple and 1/4 cup Brazil nuts.

## Ingredients

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1 Apple (cored, sliced)

1/4 cup Brazil Nuts



# Sheet Pan Bacon & Black Bean Eggs

6 ingredients · 25 minutes · 4 servings



## Directions

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1. Preheat the oven to 350°F (175°C) and spray an oven-safe pan with oil.
2. In a large bowl, mix the eggs, shallots, bacon, and beans together. Add the mixture to the prepared pan. Bake for 15 minutes or until the eggs have set.
3. Garnish with the parsley and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

A 9 x 9-inch (23 cm x 23 cm) baking pan was used for make four servings. One serving is one square.

### More Flavor

Add chili powder to the egg mixture before baking.

### Additional Toppings

Salsa, shredded cheese, and/or hot sauce.

### Avocado Oil Spray

One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.

## Ingredients

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- 2 grams** Avocado Oil Spray
- 9** Egg (large, whisked)
- 1/4 cup** Shallot (sliced)
- 7 slices** Bacon (chopped)
- 1 1/4 cups** Black Beans (cooked)
- 2 tbsps** Parsley (chopped)

# Turkey Breakfast Patties & Omelette

8 ingredients · 30 minutes · 4 servings



## Directions

1. Heat a cast-iron pan over medium heat.
2. Add the turkey, salt, oregano, black pepper, and chili flakes to a large bowl and mix until just combined.
3. Portion the turkey out into patties using a 1/4 cup measuring cup. Add a touch of oil to the pan, just enough to cover the bottom, and place the patties in the pan. Cook the patties for about three to four minutes on each side or until cooked through. Cook in batches if needed to avoid crowding the pan.
4. Meanwhile, heat another pan over medium heat. Use this pan to make one omelette per serving. Add just enough oil to coat the bottom of the pan. Add one serving of the whisked eggs to the pan and allow them to set before gently rolling them into an omelette with a spatula. Continue making one omelette per serving with the remaining eggs, adding oil to the pan before each omelette.
5. Divide the omelettes and patties evenly between plates. Garnish with the chives and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is one omelette and two patties.

### Save on Time

Meal prep the turkey patties in advance and scramble the eggs just before serving. Or, choose to hard boil the eggs instead for easy meal prep.

### No Turkey

Use ground meat of choice or remove the casing from sausages and form it into patties instead.

## Ingredients

- 454 grams** Extra Lean Ground Turkey
- 1/2 tsp** Sea Salt
- 1/2 tsp** Oregano
- 1/4 tsp** Black Pepper
- 1 tsp** Chili Flakes
- 8** Egg (whisked)
- 1 2/3 tbsps** Extra Virgin Olive Oil (divided)
- 2 tsps** Chives (chopped)



# Arugula & Mushroom Frittata

5 ingredients · 25 minutes · 2 servings



## Directions

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1. Preheat the oven to 400°F (205°C).
2. Whisk the eggs in a bowl and add in the mushrooms and arugula. Season with salt and pepper.
3. Spray a cast-iron pan or an oven-safe dish with oil. Pour the egg mixture into the pan.
4. Cook in the oven for 15 to 17 minutes or until the eggs have set. Top with extra arugula, slice the frittata, and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

A six-inch (15 cm) cast-iron pan was used to make two servings. One serving is roughly half of the pan.

### More Flavor

Add feta or ricotta to the egg mixture.

### Avocado Oil Spray

One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.

## Ingredients

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**3** Egg

**6** Cremini Mushrooms (medium, quartered)

**1 cup** Arugula (plus extra for garnish)

Sea Salt & Black Pepper (to taste)

**2 grams** Avocado Oil Spray



# Eggs, Bacon & Sauteed Kale copy

5 ingredients · 20 minutes · 1 serving



## Directions

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1. Heat a pan over medium heat. Cook the bacon for three to five minutes per side or until cooked to your desired crispiness. Set aside.
2. Using the same pan, add the oil. Add the eggs and season with salt and pepper. Cook until the whites are set, and the yolk is cooked to your liking. Transfer the eggs to a plate with the turkey bacon.
3. Add the kale to the pan and season with salt and pepper. Sauté for two to three minutes or until slightly wilted.
4. Add the sautéed kale to the plate and enjoy!

## Notes

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### Leftovers

Best enjoyed fresh.

### More Flavor

Add garlic while cooking the kale.

### No Avocado Oil

Use olive oil instead.

## Ingredients

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**2 slices** Bacon ((or turkey bacon))

**1 tsp** Avocado Oil

**2** Egg

Sea Salt & Black Pepper (to taste)

**1 cup** Kale Leaves (chopped)

# Veggie Turmeric Omelette with Raspberries

7 ingredients · 20 minutes · 1 serving



## Directions

1. In a bowl, whisk together the eggs, turmeric, salt, and pepper until frothy. Set aside.
2. Heat the oil in a pan over medium heat. Add the tomatoes and sauté for four to five minutes or until they blister. Add the spinach and sauté until slightly wilted.
3. Pour the egg mixture on top of the veggies and move the pan around so that the eggs fill the pan. Reduce the heat to medium-low.
4. As the omelette sets, use a spatula to lift the edges and tilt the pan to move any liquid around to cook through. Fold the omelette over.
5. Place the omelette onto a plate and add the raspberries on the side. Enjoy!

## Notes

### Leftovers

Best enjoyed fresh.

### No Raspberries

Use other berries like strawberries, blackberries or blueberries.

## Ingredients

- 4 Egg
- 1/4 **tsp** Turmeric (ground)
- Sea Salt & Black Pepper (to taste)
- 1 **tsp** Extra Virgin Olive Oil
- 1/2 **cup** Cherry Tomatoes
- 1 **cup** Baby Spinach
- 1/2 **cup** Raspberries

# Banana, Almonds & Dark Chocolate

3 ingredients · 5 minutes · 1 serving



## Directions

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1. Add the ingredients to a plate, container, or reusable food storage bag to take on the go. Enjoy!

## Notes

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### Leftovers

Best enjoyed fresh. Slice the banana just before serving.

## Ingredients

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**1** Banana (medium, sliced)

**28 grams** Dark Chocolate (at least 70% cacao)

**2 tbsps** Almonds



# Shredded Coconut & Pistachio Stuffed Dates

3 ingredients · 5 minutes · 2 servings



## Directions

1. In a bowl, mix together the coconut and pistachios.
2. Stuff each date with the mixture and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to a week.

### Serving Size

One serving is equal to three stuffed dates.

### Additional Toppings

Top with flaky salt.

### No Pistachios

Use walnuts instead.

## Ingredients

**2 tbsps** Unsweetened Shredded Coconut

**1 tbsps** Pistachios (chopped)

**2/3 cup** Pitted Dates (sliced open)

# Chocolate & Sesame Banana Bites

3 ingredients · 20 minutes · 4 servings



## Directions

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1. Melt the chocolate in a double boiler or for 30-second increments in the microwave.
2. Place the sesame seeds in a shallow bowl.
3. Use a toothpick to pick up a banana chunk. Dip it in the melted chocolate and roll it in the sesame seeds. Repeat until all banana chunks are dipped. Freeze for 10 minutes and enjoy!

## Notes

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### Leftovers

Store in the freezer for up to one week. Thaw for a few minutes before enjoying.

### Serving Size

One serving is approximately two pieces.

## Ingredients

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**1/3 cup** Dark Chocolate Chips

**1/3 cup** Sesame Seeds

**1** Banana (large, sliced into large pieces)

# Dried Apricots & Pumpkin Seeds

2 ingredients · 5 minutes · 1 serving



## Directions

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1. Combine apricots and seeds in a bowl or container if on-the-go. Enjoy!

## Notes

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### Leftovers

Store in an airtight container for up to one month at room temperature, or six months in the refrigerator.

### Serving Size

One serving is approximately 1/2 cup.

## Ingredients

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**1/4 cup** Dried Apricots

**1/4 cup** Pumpkin Seeds



# Pear & Almonds

2 ingredients · 5 minutes · 1 serving



## Directions

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1. Add the almonds and sliced pear to a plate or bowl. Enjoy!

## Ingredients

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- 1/4 cup Almonds
- 1 Pear (sliced)

# Navel Orange & Almonds

2 ingredients · 5 minutes · 1 serving



## Directions

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1. Add the orange wedges and almonds to a plate or bowl. Enjoy!

## Ingredients

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- 1 Navel Orange (cut into wedges)
- 1/4 cup Almonds

# Brazil Nut & Blueberry Coconut Yogurt Bowl

6 ingredients · 10 minutes · 2 servings



## Directions

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1. Layer the coconut yogurt, blueberries, nuts, cocoa powder, ground flax, and stevia powder (if desired), into a serving bowl.
2. Serve immediately or refrigerate until ready to eat. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to two days.

### Serving Size

One serving is approximately 1 1/2 cup.

## Ingredients

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- 2 cups** Unsweetened Coconut Yogurt
- 1 cup** Blueberries
- 2 tbsps** Brazil Nuts (chopped)
- 1 tbsp** Cocoa Powder
- 1 tbsp** Ground Flax Seed
- 1/16 tsp** Stevia Powder (optional, to taste)



# Raspberry Lemon Chia Pudding

6 ingredients · 8 hours 5 minutes · 2 servings



## Directions

1. Add all of the ingredients to a large bowl and mix very well until combined. Ensure the chia seeds are mixed in, and the berries are lightly mashed. Divide the mixture evenly between jars, making one jar per serving, and refrigerate for at least eight hours or overnight.
2. Serve with extra raspberries and lemon zest (optional). Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately one cup.

### Additional Toppings

Top with crushed toasted nuts.

### No Coconut Yogurt

Use any yogurt of choice.

### No Coconut Milk

Use any milk of choice.

## Ingredients

**1 cup** Unsweetened Coconut Yogurt

**1 cup** Plain Coconut Milk (from the carton)

**1/4 cup** Chia Seeds

**1/2** Lemon (juiced, zested, plus extra for garnish)

**1 cup** Raspberries (plus extra for garnish)

**1 tbsp** Maple Syrup

# Raspberry Protein Overnight Oats (GF)

7 ingredients · 8 hours · 1 serving



## Directions

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1. Add the water oats, chia seeds, protein powder, and cinnamon to a bowl or container and stir to combine.
2. Refrigerate overnight then top with raspberries, chopped almonds, and cinnamon (optional) before eating. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately 1 1/2 cups.

### Additional Toppings

Unsweetened coconut flakes, flax seeds, and/or hemp seeds.

### Protein Powder

This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.

## Ingredients

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- 1 cup Water
- 1/2 cup Oats (gluten free)
- 2 tbsps Chia Seeds
- 2 tbsps Vanilla Protein Powder
- 1/4 tsp Cinnamon (plus more for garnish)
- 1/2 cup Raspberries
- 2 tbsps Almonds (chopped)

# Cinnamon Pear Overnight Oats (GF)

6 ingredients · 8 hours · 2 servings



## Directions

1. Add all of the ingredients to a large bowl or container. Stir to combine. Place in the fridge for eight hours or overnight.
2. Divide the oats evenly between bowls or containers and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving is approximately two cups.

### Additional Toppings

Drizzle with maple syrup and/or nut butter.

## Ingredients

- 1 cup Oats (gluten free)
- 1 1/2 cups Unsweetened Almond Milk
- 1/4 cup Vanilla Protein Powder
- 2 tbsps Chia Seeds
- 1/2 tsp Cinnamon
- 2 Pear (chopped)



# Raspberry & Almond Oatmeal (GF)

6 ingredients · 15 minutes · 1 serving



## Directions

1. Bring the almond milk to a boil in a small saucepan. Add the oats and protein powder. Reduce to a steady simmer and cook, stirring occasionally for about five minutes or until the oats are tender and most of the water is absorbed.
2. Transfer the cooked oats to a bowl. Top with raspberries, coconut flakes, and cinnamon. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is equal to approximately two cups.

### Additional Toppings

Add almonds.

## Ingredients

- 1 cup** Unsweetened Almond Milk
- 1/2 cup** Oats (gluten free)
- 2 tbsps** Vanilla Protein Powder
- 1/4 cup** Raspberries
- 1 tbsp** Unsweetened Coconut Flakes
- 1 tsp** Cinnamon

# Strawberry & Flax Seed Chia Pudding

7 ingredients · 2 hours 10 minutes · 1 serving



## Directions

1. In a bowl, stir together the chia seeds, flax seeds, milk, vanilla, and sunflower seed butter. Refrigerate for at least two hours or until chilled and the chia seeds have set.
2. Serve the chia pudding topped with strawberries and almonds. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving is approximately 1 1/4 cups.

### More Flavor

Add maple syrup and/or cinnamon.

### No Almond Milk

Use any other milk of choice.

## Ingredients

- 2 **tbps** Chia Seeds
- 2 **tsps** Ground Flax Seed
- 1/2 **cup** Unsweetened Almond Milk
- 1/2 **tsp** Vanilla Extract
- 2 **tbps** Sunflower Seed Butter
- 1/3 **cup** Strawberries (chopped)
- 1 **tbps** Almonds (chopped)

# Coconut Yogurt & Raspberries with Hemp Flax Mixture

4 ingredients · 5 minutes · 1 serving



## Directions

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1. Add the yogurt and raspberries to a bowl. Top with flax and hemp seeds. Enjoy!

## Notes

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### Leftovers

Best enjoyed immediately. Refrigerate for up to two days.

### Serving Size

One serving is approximately one cup.

### Additional Toppings

Chia seeds, maple syrup, honey and/or your favorite nuts.

## Ingredients

---

**1/2 cup** Unsweetened Coconut Yogurt

**1/2 cup** Raspberries

**1 tsp** Ground Flax Seed

**1 tsp** Hemp Seeds



# Raspberry & Apple Flax Smoothie

8 ingredients · 5 minutes · 2 servings



## Directions

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

## Notes

### Leftovers

Best enjoyed immediately.

### Serving Size

One serving is approximately 1 1/2 cups.

## Ingredients

**1 1/4 cups** Unsweetened Almond Milk

**1** Apple (small, sweet, chopped)

**3/4 cup** Raspberries

**1/4 cup** Vanilla Protein Powder

**2 tbsps** Almonds

**2 tbsps** Hemp Seeds

**2 tsps** Ground Flax Seed

**1/2 tsp** Cinnamon

# Pear & Spinach Smoothie

6 ingredients · 5 minutes · 1 serving



## Directions

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

## Notes

### Leftovers

Best enjoyed immediately.

### Serving Size

One serving is approximately 2 1/2 cups.

## Ingredients

**1 1/4 cups** Unsweetened Almond Milk

**1** Pear (cored and chopped)

**1 1/2 cups** Baby Spinach

**1/4 cup** Vanilla Protein Powder

**1 tbsp** Chia Seeds

**1 tbsp** Hemp Seeds

# Strawberry & Orange Protein Smoothie

5 ingredients · 5 minutes · 1 serving



## Directions

1. Add all of the ingredients to a blender and blend until smooth. Enjoy!

## Notes

### Leftovers

Best enjoyed immediately.

### Serving Size

One serving is approximately 1 1/2 cups.

### No Ground Flax Seed

Use hemp seeds or chia seeds instead.

## Ingredients

- 1 cup Unsweetened Almond Milk
- 1/2 cup Frozen Strawberries
- 1 Navel Orange (peeled and sectioned)
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Ground Flax Seed



# Coconut Kefir Yogurt with Strawberries & Hemp Seeds

4 ingredients · 5 minutes · 1 serving



## Directions

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1. In a bowl, combine the kefir yogurt and maple syrup. Top with strawberries and hemp seeds. Enjoy!

## Notes

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### Leftovers

Best enjoyed fresh.

### Serving Size

One serving is approximately 1 1/2 cups.

### More Flavor

Add vanilla or cinnamon.

### No Hemp Seeds

Use chia seeds or ground flax seeds instead.

### No Strawberries

Use other berries or another fruit of your choosing.

### No Coconut Kefir Yogurt

Use another yogurt of choice.

## Ingredients

---

**1 cup** Plain Coconut Kefir Yogurt

**1 tsp** Maple Syrup

**1/2 cup** Strawberries (chopped)

**1 tsp** Hemp Seeds

# Raspberry Turmeric Collagen Shake

8 ingredients · 5 minutes · 1 serving



## Directions

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1. Combine all the ingredients in a high-speed blender. Blend until smooth, adding a little extra water if the mixture is too thick. Enjoy!

## Notes

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### Leftovers

Best enjoyed immediately.

### Serving Size

One serving is approximately one cup.

### Make it Vegan

Omit the collagen powder.

### More Protein

Add a scoop of vanilla protein powder.

## Ingredients

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**1/2 cup** Frozen Raspberries

**1/2** Banana (large, roughly chopped)

**1/2 cup** Plain Coconut Milk (from the carton)

**1/4 cup** Water (or as needed)

**1/4 tsp** Turmeric

**14 grams** Collagen Powder

**1/4** Lemon (juiced)

**1/16 tsp** Sea Salt

# Gut Healing Green Smoothie

8 ingredients · 5 minutes · 2 servings



## Directions

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

## Notes

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### 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

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- 2 1/2 cups** Water (cold)
- 2 cups** Kale Leaves
- 1/2** Avocado (peeled and pit removed)
- 1** Banana (frozen)
- 1 tbsp** Chia Seeds
- 2 tbsps** Ground Flax Seed
- 1/4 cup** Hemp Seeds
- 2 tbsps** Raw Honey



# Strawberry Almond Frozen Yogurt Bars

8 ingredients · 2 hours 30 minutes · 8 servings



## Directions

1. In a bowl, combine the coconut yogurt, cashew butter, collagen, and vanilla.
2. Line a baking sheet with parchment paper. Add about 3 tablespoons of the mix to the parchment paper and use a spoon to make a circle. Add a popsicle stick then use the spoon to cover the stick. Repeat with the remaining bars.
3. To each bar, add chopped strawberries and almonds. Lightly press them into the bars. Freeze for two hours or until completely frozen.
4. Melt the chocolate and coconut oil in a double boiler or in 30-second intervals in the microwave.
5. Remove the bars from the freezer. Hold a bar over the melted bowl of chocolate and use a spatula or spoon to fully cover the bar. Place back onto the parchment paper. Repeat with the remaining bars. Place back in the freezer for 15 to 20 minutes or until the chocolate has melted. Enjoy!

## Notes

### Leftovers

Freeze in an airtight container for up to one month. Thaw for five minutes before eating.

### Serving Size

One serving is one bar.

### No Strawberries

Use blueberries instead or omit entirely.

### No Cashew Butter

Use peanut butter or almond butter instead.

### No Collagen Powder

Use your favourite protein powder instead

## Ingredients

- 1 cup Unsweetened Coconut Yogurt
- 1/2 cup Cashew Butter (smooth, runny)
- 19 grams Collagen Powder
- 1 tsp Vanilla Extract
- 1/2 cup Strawberries (chopped)
- 1/2 cup Almonds (chopped)
- 1 1/2 cups Dark Chocolate Chips
- 1 1/2 tbsps Coconut Oil

# Tahini Stuffed Dates

3 ingredients · 5 minutes · 1 serving



## Directions

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1. Spread the tahini into the dates and add the sesame seeds on top. Enjoy!

## Notes

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### Leftovers

Refrigerate the leftovers in an airtight container for up to three days.

### Serving Size

One serving is three stuffed dates.

## Ingredients

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**1 tbsp** Tahini

**1/2 cup** Pitted Dates (sliced open)

**1/4 tsp** Sesame Seeds

# Hazelnut & Coconut Energy Balls

4 ingredients · 20 minutes · 6 servings



## Directions

1. Add the dates, cocoa powder and hazelnuts to a food processor and process on high for two to three minutes, scraping down the sides as needed. Blend until the mixture is sticky and holds together.
2. Use a one-inch cookie scoop to scoop out the paste and roll it in your hands to create a ball. Continue until you have used up all of the paste.
3. Roll each ball in coconut until evenly coated. Chill in the fridge for about 15 minutes and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to seven days or freeze for up to three months.

### Serving Size

One serving is equal to two energy balls.

### More Flavor

Add cinnamon or vanilla.

### No Shredded Coconut

Roll the energy balls in cocoa powder.

## Ingredients

- 1 1/2 cups Pitted Dates
- 1 tbsp Cocoa Powder
- 1/2 cup Hazelnuts (finely chopped, divided)
- 2 tbsps Unsweetened Shredded Coconut



# Hazelnut & Date Bars

4 ingredients · 1 hour 10 minutes · 4 servings



## Directions

1. Add the dates to a blender or food processor and blend until a paste forms. Transfer the paste into a bowl and stir in the salt, oats, and half of the hazelnuts.
2. Line a baking pan with parchment paper. Add the mixture to the pan, pressing down firmly with a spatula or your hands until even. Sprinkle the remainder of the hazelnuts on top and lightly press them down.
3. Transfer to the fridge for one hour or until it sets. Cut it into rectangular or square pieces and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to one week. Freeze for up to three months.

### Serving Size

One serving is one small rectangle or square. A 4 x 4-inch baking pan (10 x 10 cm) was used to make four servings.

### More Flavor

Add cocoa powder or vanilla.

## Ingredients

**2/3 cup** Pitted Dates

**1/4 tsp** Sea Salt

**2/3 cup** Oats (rolled)

**1/3 cup** Hazelnuts (chopped, divided)

# Hazelnut Truffles

5 ingredients · 3 hours 30 minutes · 14 servings



## Directions

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1. Add the chopped chocolate to a heatproof bowl.
2. Heat the coconut milk, vanilla, and salt in a saucepan over medium heat. Bring to a simmer then turn off the heat.
3. Pour the heated coconut milk into the bowl of chocolate and cover with a tea towel for about five minutes. Remove the towel then stir until well combined and the chocolate has melted. If it hasn't melted completely, microwave for 10 to 15 seconds, in intervals.
4. Stir in half of the chopped hazelnuts. Tightly cover with plastic wrap and place in the fridge for two to three hours or until hardened.
5. Add the remaining hazelnuts to a plate. Remove the truffle mixture from the fridge and scoop to form into balls, about 2 tbsp in size. Roll into the hazelnuts then place back into the fridge for 15 to 20 minutes to set. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to five days. Freeze for up to one month.

### Serving Size

One serving is one truffle.

### More Flavor

Use flavored chocolate bars like orange chocolate or mint chocolate.

## Ingredients

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**170 grams** Dark Chocolate (chopped)

**3/4 cup** Canned Coconut Milk (full fat)

**1/2 tsp** Vanilla Extract

**1/8 tsp** Sea Salt

**3/4 cup** Hazelnuts (finely chopped, divided)

# Poached Salmon & Asparagus

8 ingredients · 25 minutes · 2 servings



## Directions

1. In a large pan, add the lemon juice, garlic, dill, and parsley. Pour the broth over top.
2. Bring to a simmer over medium heat. Season the salmon with salt and pepper and place skin side down in the pan.
3. Cover and simmer for five minutes. Add the asparagus and cook, covered, for two more minutes, or until the salmon is cooked through, and the asparagus is tender.
4. Divide the salmon and asparagus evenly between plates. Serve with lemon wedges and chopped fresh herbs (optional). Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately one cup of asparagus and one salmon fillet.

### More Flavor

Add shallots to the poaching liquid. Serve with your favorite grains.

## Ingredients

- 1 Lemon (half juiced, half wedges)
- 1 Garlic (clove, finely sliced)
- 2 **tbsps** Fresh Dill (sprigs, plus more for serving)
- 2 **tbsps** Parsley (sprigs, plus more for serving)
- 1 **cup** Vegetable Broth
- 340 **grams** Salmon Fillet (skin on)
- Sea Salt & Black Pepper (to taste)
- 2 **cups** Asparagus (trimmed)



# Thai Red Curry Chicken & Broccoli

5 ingredients · 35 minutes · 3 servings



## Directions

1. Preheat the oven to 375°F (190°C). Line a baking dish with parchment paper.
2. Place the chicken thighs in the baking dish. Mix the red curry paste and water together and pour over the chicken to coat it well. Place in the oven and cook for 25 minutes or until the chicken is cooked through.
3. Meanwhile, steam the broccoli for three to five minutes or until it is bright green and tender-crisp.
4. Serve the chicken with the broccoli and garnish with cilantro. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is one chicken thigh and two cups of broccoli.

### Serve it With

As is or with rice or quinoa.

## Ingredients

**454 grams** Chicken Thighs (boneless, skinless)

**1 tbsp** Thai Red Curry Paste

**1/4 cup** Water

**6 cups** Broccoli (florets)

**1 tbsp** Cilantro (chopped)

# Spinach & Mushroom Stuffed Baked Potato

9 ingredients · 1 hour · 2 servings



## Directions

1. Preheat the oven to 400°F (205°C). Scrub your potatoes and pierce them all over with a fork. Place on a pan and bake in the oven for 45 to 50 minutes, or until cooked through.
2. Meanwhile, heat the oil in a pan over medium-high heat. Add the mushrooms and cook for about five minutes or until browned. Add the spinach and garlic, stir, and cook for another minute.
3. In a small bowl, whisk together the tahini, water, and lemon juice. Season with salt and pepper. Add more water if necessary to reach sauce consistency.
4. Remove the potato from the oven. Once it is cool enough to handle, cut the potato down the middle and season with sea salt and black pepper to taste.
5. Top the potatoes with the mushroom mixture and drizzle the tahini sauce on top. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is one stuffed potato.

### Additional Toppings

Parsley or green onions.

### More Flavor

Sweeten the sauce with maple syrup or sweetener of choice.

### No Tahini

Choose your favorite sauce instead (e.g. sweet chili sauce, teriyaki sauce, tomato sauce).

## Ingredients

- 2 Russet Potato (medium)
- 1 tsp Extra Virgin Olive Oil
- 1 1/2 cups Mushrooms (sliced)
- 1 cup Baby Spinach
- 1 Garlic (clove, minced)
- 2 tbsps Tahini
- 2 tbsps Water
- 1/2 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)

# Air Fryer Salmon & Cauliflower Rice Bowl

10 ingredients · 25 minutes · 2 servings



## Directions

1. Preheat the air fryer to 400°F (205°C).
2. In a bowl, whisk together the coconut aminos, honey, garlic, and half of the sea salt. Add the salmon and stir well.
3. Add the salmon cubes into the air fryer basket and cook for about eight to ten minutes or until cooked through, flipping halfway.
4. Meanwhile, heat the oil in a pan over medium heat. Add the cauliflower rice and cook until tender, about three to five minutes. Season with the remaining salt.
5. Divide the cauliflower rice, salmon, carrots, and cucumbers evenly between bowls. Top with green onions and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately 2 1/4 cups.

### More Flavor

Add ginger to the salmon marinade. Let the salmon sit in the marinade for 30 minutes to one hour.

### No Air Fryer

Cook the salmon in oven or on the stove top instead.

## Ingredients

- 2 **tbsps** Coconut Aminos (divided)
- 1 **1/2 tps** Raw Honey
- 1 Garlic (clove, minced)
- 1/2 **tsp** Sea Salt (divided)
- 340 **grams** Salmon Fillet (skinless, cut into large cubes)
- 1 **tsp** Extra Virgin Olive Oil
- 2 **cups** Cauliflower Rice
- 1 Carrot (medium, julienned)
- 1/3 Cucumber (medium, julienned)
- 2 **stalks** Green Onion (chopped)



# Salmon in Coconut Sauce

10 ingredients · 20 minutes · 2 servings



## Directions

1. Heat the oil in a pan over medium-high heat. Sauté the ginger and the garlic for 30 seconds.
2. Stir in the coconut milk, fish sauce, and sugar. Cook for one minute.
3. Add the salmon. Cover and simmer for six minutes. Turn off the heat and let it rest in the sauce for five minutes or until cooked to your desired doneness.
4. Remove the salmon from the pan and reduce the sauce for one to two minutes over a medium high heat.
5. Pour the sauce over the fish. Garnish with green onions, cilantro, and lime juice. Divide evenly between plates or bowls and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately one piece of salmon with 1/4 cup of sauce.

### Serve it With

Enjoy as is or serve with cauliflower rice and/or steamed vegetables.

### Additional Toppings

Chili oil and/or chili peppers.

## Ingredients

- 1 1/2 **tsps** Avocado Oil
- 1 1/2 **tsps** Ginger (fresh, chopped)
- 1/2 **Garlic** (clove, chopped)
- 1 **cup** Canned Coconut Milk
- 1 **tsp** Fish Sauce
- 1/2 **tsp** Coconut Sugar
- 340 **grams** Salmon Fillet (portioned)
- 1 **stalk** Green Onion (thinly sliced)
- 2 **tbsps** Cilantro (chopped)
- 1/2 **Lime** (quartered)

# Spicy Beef Taco Cauliflower Rice

10 ingredients · 30 minutes · 2 servings



## Directions

1. Heat a pan over medium-high heat. Add the ground beef and water. Cover and cook for four to five minutes.
2. Add the taco seasoning and cook uncovered, stirring, for two to three minutes or until the water evaporates completely and the beef is cooked through.
3. Reduce the heat to medium. Stir in the carrot, bell pepper, cauliflower rice, and half of the oil. Season with salt and pepper. Cover and cook for three to four more minutes to allow the flavors to combine.
4. Uncover and add the jalapeños and remaining oil. Stir well. Garnish with cilantro, if desired. Divide evenly between plates or bowls and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately two cups.

### More Flavor

Add green onions.

## Ingredients

**340 grams** Extra Lean Ground Beef  
**1/4 cup** Water  
**1 tbsp** Taco Seasoning  
**1** Carrot (medium, finely, chopped)  
**1/2** Red Bell Pepper (medium, chopped)  
**3 cups** Cauliflower Rice  
**2 tbsps** Extra Virgin Olive Oil (divided)  
Sea Salt & Black Pepper (to taste)  
**1 tbsp** Pickled Jalapeno Pepper (sliced)  
**2 tbsps** Cilantro (optional)



# Ginger, Beef & Mushroom Soup

10 ingredients · 35 minutes · 4 servings



## Directions

1. Heat a large pot over medium-high heat. Add the ground beef and garlic. Season with salt. Cook for three to four minutes, breaking it up as it cooks. The beef won't be done cooking yet.
2. Stir in the carrots, mushrooms, bok choy, ginger, and green onions. Cook until the vegetables are softened, and the meat is cooked through, about two to three minutes.
3. Add the broth and coconut aminos. Cook for three to five minutes or until heated through and the flavors are combined. Divide evenly between bowls and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately two cups.

### Additional Toppings

Chives, parsley and/or Thai basil.

## Ingredients

- 454 grams** Lean Ground Beef
- 4** Garlic (clove, minced)
- 1/2 tsp** Sea Salt
- 2** Carrot (medium, finely chopped or cut into ribbons)
- 2 cups** Shiitake Mushrooms (sliced)
- 2 cups** Bok Choy (baby, sliced)
- 1/4 cup** Ginger (fresh, minced)
- 3 stalks** Green Onion (sliced)
- 1.3 liters** Bone Broth
- 3 tbsps** Coconut Aminos



# Egg Salad & Tuna Lettuce Wraps

7 ingredients · 30 minutes · 2 servings



## Directions

1. Bring a small pot of water to a boil and use a spoon to carefully lower the eggs inside. Boil for seven to eight minutes, then immediately remove them and place them into a bowl of icy water for at least three minutes.
2. Peel the eggs and chop them. In a bowl, whisk together the mayonnaise, lemon juice, salt, and pepper. Add the eggs, tuna, and basil. Stir well, taste and adjust the seasoning to your taste.
3. Divide the tuna mixture evenly between lettuce leaves and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is two stuffed lettuce leaves.

### More Flavor

Add red onion and capers.

### No Basil

Use dill or parsley instead.

### Canned Tuna

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

## Ingredients

**3** Egg

**1 1/2 tbsps** Mayonnaise

**1/4** Lemon (juiced)

Sea Salt & Black Pepper (to taste)

**2 cans** Tuna (drained)

**2 tbsps** Basil Leaves (chopped)

**4 leaves** Romaine (medium)

# Air Fryer Baked Potato with Tuna & Egg Salad

7 ingredients · 1 hour · 2 servings



## Directions

1. Preheat the air fryer to 400°F (205°C). Scrub your potatoes and pierce them all over with a fork. Place into the air fryer basket and bake for 45 to 50 minutes, or until cooked through.
2. Meanwhile, bring a small pot of water to a boil and use a spoon to carefully lower the eggs inside. Boil for seven to eight minutes, then immediately remove them and place them into a bowl of icy water for at least three minutes.
3. Peel the eggs and chop them. In a bowl, whisk together the mayonnaise, lemon juice, salt, and pepper. Add the eggs, tuna, and basil. Stir well, taste and adjust the seasoning to your taste.
4. Remove the potatoes from the air fryer. Once cool enough to handle, cut the potatoes down the middle and season with salt and pepper to taste.
5. Spoon the tuna mixture on top of the potatoes and enjoy!

## Notes

### Leftovers

Best enjoyed immediately. Refrigerate in an airtight container for up to three days. Meal prep the potatoes and eggs in advance and then reheat and add the toppings when ready to eat.

### Serving Size

One serving is equal to one stuffed baked potato.

### More Flavor

Add green onion and capers to the tuna mixture.

### No Basil

Use dill or parsley instead.

### Canned Tuna

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

## Ingredients

- 2 Russet Potato (medium)
- 3 Egg
- 1 1/2 tbsps Mayonnaise
- 1/4 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)
- 2 cans Tuna (drained)
- 2 tbsps Basil Leaves (chopped)



# Curried Turkey & Peas Skillet

9 ingredients · 25 minutes · 2 servings



## Directions

1. Heat a non-stick pan over medium-high heat. Add the onion along with a splash of water. Sauté for about five minutes, stirring occasionally, until softened.
2. Add the garlic, turmeric, and curry powder. Stir well and cook for another minute. Add the turkey. Stir and cook for ten minutes or until slightly browned. Break up the turkey as it cooks. Season with salt and pepper.
3. Add the peas, stir, and cook for another five minutes, or until everything is cooked through. Remove from the heat and stir in the lime juice. Top with green onions. Divide evenly between plates or bowls and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately 1 1/2 cups.

### More Flavor

Add bell pepper and/or broccoli. Sauté the onion in oil.

### No Green Onion

Omit or use cilantro instead.

### Serve it With

Enjoy as is or serve with basmati rice.

## Ingredients

**1/2** Yellow Onion (medium, chopped)

**2** Garlic (clove, minced)

**1 tsp** Turmeric (ground)

**2 tsps** Curry Powder

**283 grams** Extra Lean Ground Turkey

Sea Salt & Black Pepper (to taste)

**1/2 cup** Frozen Peas

**1/2** Lime (juiced)

**2 stalks** Green Onion (chopped)



# Immunity Boosting Bone Broth

9 ingredients · 12 hours · 4 servings



## Directions

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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

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### Leftovers

Refrigerate in an airtight container for up to four days. Freeze for up to three months.

### Serving Size

One serving is approximately 1 to 1 1/2 cups.

### Low FODMAP

Omit garlic and onions.

## Ingredients

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- 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

# Baked Salmon with Broccoli & Quinoa

7 ingredients · 20 minutes · 4 servings



## Directions

1. Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.
2. Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
3. Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
4. While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
5. Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

## Notes

### Leftovers

Store covered in the fridge up to 2 days.

### Speed it Up

Cook the quinoa ahead of time.

### Vegan

Use tofu steaks instead of salmon fillets.

## Ingredients

**567 grams** Salmon Fillet

Sea Salt & Black Pepper (to taste)

**8 cups** Broccoli (sliced into small florets)

**2 tbsps** Extra Virgin Olive Oil

**1 cup** Quinoa (uncooked)

**1 1/2 cups** Water

**1/2** Lemon (sliced into wedges)

# Zucchini Alfredo with Turmeric Chicken

9 ingredients · 20 minutes · 2 servings



## Directions

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

## Notes

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### More Carbs

Use brown rice pasta instead of zucchini noodles.

### Vegan or Vegetarian

Use chickpeas or white beans instead of chicken.

## Ingredients

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**2** Zucchini

**1 tbsp** Extra Virgin Olive Oil

**227 grams** Chicken Breast (sliced)

**1 tsp** Turmeric

**1 tsp** Italian Seasoning

Sea Salt & Black Pepper (to taste)

**1** Avocado (peeled and pit removed)

**1 cup** Canned Coconut Milk (full fat)

**1/2** Lemon (juiced)