



Gut Healing Program

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Gut Healing Program

LIFESCAPE PREMIER, LLC

Welcome to your meal plan! Here you will find the customized plan I have created for you, along with an itemized grocery list and delicious recipes.

GROCERY LIST TIPS

This plan includes a full grocery list that outlines the ingredients you will need to follow this meal plan. You can find it by clicking the “List” tab from your planner. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

SHOPPING TIPS

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

RECIPE TIPS

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

LEFTOVERS

If meals on the plan appear to be grey or shaded out, this means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!

MON



BREAKFAST
Gut Healing Green Smoothie



LUNCH
Tuna Salad Stuffed Avocado with Hot Sauce



SNACK 1
Orange



DINNER
Slow Cooker Rotisserie Chicken



SNACK 2
Plantain Chips

TUE



BREAKFAST
Gut Healing Green Smoothie



LUNCH
Slow Cooker Rotisserie Chicken



SNACK 1
Immunity Boosting Bone Broth



DINNER
One Pan Honey Garlic Salmon with Bok Choy



SNACK 2
Plantain Chips

WED



BREAKFAST
Gut Healing Green Smoothie



LUNCH
One Pan Honey Garlic Salmon with Bok Choy



SNACK 1
Immunity Boosting Bone Broth



DINNER
Kimchi Fried Cauliflower Rice



SNACK 2
Strawberry Ice Cream

THU



BREAKFAST
Paleo Sweet Potato Porridge



LUNCH
Kimchi Fried Cauliflower Rice



SNACK 1
Golden Turmeric Latte



DINNER
Roasted Brussels Sprouts Caesar Salad



SNACK 2
Strawberry Ice Cream

FRI



BREAKFAST
Paleo Sweet Potato Porridge



LUNCH
Roasted Brussels Sprouts Caesar Salad



SNACK 1
Golden Turmeric Latte



DINNER
Sausage & Sauerkraut Skillet



SNACK 2
Broiled Pineapple with Cinnamon

SAT



BREAKFAST
Paleo Sweet Potato Porridge



LUNCH
Sausage & Sauerkraut Skillet



SNACK 1
Orange



DINNER
Sausage, Broccoli & Cabbage Stir Fry



SNACK 2
Broiled Pineapple with Cinnamon

MON**FAT 31%** **CARBS 40%** **PROTEIN 29%**

Calories 1732 Calcium 387mg
Fat 63g Iron 14mg
 Saturated 15g Vitamin D 39IU
 Trans 0g Vitamin E 7mg
 Polyunsaturated 18g Vitamin K 411µg
 Monounsaturated 24g Thiamine 1.2mg
Carbs 180g Riboflavin 1.4mg
 Fiber 31g Niacin 53mg
 Sugar 89g Vitamin B6 4.2mg
Protein 131g Folate 398µg
 Cholesterol 325mg Vitamin B12 3.7µg
 Sodium 2528mg Phosphorous 1674mg
 Potassium 4772mg Magnesium 499mg
 Vitamin A 16285IU Zinc 10mg
 Vitamin C 255mg Selenium 143µg

TUE**FAT 28%** **CARBS 38%** **PROTEIN 34%**

Calories 1670 Calcium 475mg
Fat 55g Iron 16mg
 Saturated 13g Vitamin D 798IU
 Trans 0g Vitamin E 6mg
 Polyunsaturated 18g Vitamin K 637µg
 Monounsaturated 16g Thiamine 1.2mg
Carbs 167g Riboflavin 1.5mg
 Fiber 24g Niacin 55mg
 Sugar 84g Vitamin B6 4.9mg
Protein 147g Folate 333µg
 Cholesterol 367mg Vitamin B12 8.3µg
 Sodium 3526mg Phosphorous 1904mg
 Potassium 4791mg Magnesium 512mg
 Vitamin A 22598IU Zinc 10mg
 Vitamin C 211mg Selenium 128µg

WED**FAT 37%** **CARBS 41%** **PROTEIN 22%**

Calories 1022 Calcium 516mg
Fat 46g Iron 13mg
 Saturated 8g Vitamin D 839IU
 Trans 0g Vitamin E 4mg
 Polyunsaturated 17g Vitamin K 466µg
 Monounsaturated 14g Thiamine 0.9mg
Carbs 112g Riboflavin 1.2mg
 Fiber 25g Niacin 20mg
 Sugar 57g Vitamin B6 3.0mg
Protein 62g Folate 400µg
 Cholesterol 258mg Vitamin B12 7.2µg
 Sodium 2370mg Phosphorous 1116mg
 Potassium 3098mg Magnesium 381mg
 Vitamin A 10457IU Zinc 5mg
 Vitamin C 216mg Selenium 66µg

THU**FAT 57%** **CARBS 29%** **PROTEIN 14%**

Calories 1395 Calcium 313mg
Fat 93g Iron 12mg
 Saturated 51g Vitamin D 41IU
 Trans 0g Vitamin E 6mg
 Polyunsaturated 10g Vitamin K 296µg
 Monounsaturated 23g Thiamine 0.8mg
Carbs 105g Riboflavin 1.1mg
 Fiber 25g Niacin 13mg
 Sugar 44g Vitamin B6 2.2mg
Protein 50g Folate 324µg
 Cholesterol 284mg Vitamin B12 1.1µg
 Sodium 1298mg Phosphorous 832mg
 Potassium 3141mg Magnesium 298mg
 Vitamin A 11746IU Zinc 5mg
 Vitamin C 249mg Selenium 37µg

FRI**FAT 59%** **CARBS 28%** **PROTEIN 13%**

Calories 1366 Calcium 305mg
Fat 92g Iron 13mg
 Saturated 52g Vitamin D 0IU
 Trans 0g Vitamin E 6mg
 Polyunsaturated 8g Vitamin K 525µg
 Monounsaturated 24g Thiamine 0.6mg
Carbs 99g Riboflavin 0.8mg
 Fiber 22g Niacin 12mg
 Sugar 50g Vitamin B6 1.6mg
Protein 47g Folate 162µg
 Cholesterol 183mg Vitamin B12 1.7µg
 Sodium 1556mg Phosphorous 687mg
 Potassium 2587mg Magnesium 259mg
 Vitamin A 12443IU Zinc 5mg
 Vitamin C 222mg Selenium 31µg

SAT**FAT 41%** **CARBS 46%** **PROTEIN 13%**

Calories 917 Calcium 438mg
Fat 44g Iron 14mg
 Saturated 27g Vitamin D 0IU
 Trans 0g Vitamin E 3mg
 Polyunsaturated 2g Vitamin K 444µg
 Monounsaturated 10g Thiamine 0.6mg
Carbs 111g Riboflavin 0.8mg
 Fiber 24g Niacin 7mg
 Sugar 58g Vitamin B6 1.3mg
Protein 31g Folate 205µg
 Cholesterol 170mg Vitamin B12 2.2µg
 Sodium 2126mg Phosphorous 413mg
 Potassium 2119mg Magnesium 163mg
 Vitamin A 13514IU Zinc 4mg
 Vitamin C 338mg Selenium 33µg

FRUITS

- 2 Apple
- 2 1/2 Avocado
- 7 Banana
- 3/4 Lemon
- 4 Navel Orange
- 4 cups Pineapple
- 4 Plantain
- 3 cups Raspberries

SEEDS, NUTS & SPICES

- 1 1/2 tsps Black Pepper
- 1/2 tsp Cayenne Pepper
- 3 tbsps Chia Seeds
- 1 1/2 tsps Chili Powder
- 1 3/4 tbsps Cinnamon
- 1 tsp Dried Thyme
- 1/3 cup Ground Flax Seed
- 3/4 cup Hemp Seeds
- 2 tsps Italian Seasoning
- 1 tsp Onion Powder
- 2 tsps Paprika
- 1/2 cup Pumpkin Seeds
- 1/2 tsp Red Pepper Flakes
- 1 1/3 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 1/2 tbsps Sesame Seeds
- 2 tsps Turmeric

FROZEN

- 1 cup Frozen Peas
- 2 cups Frozen Strawberries

VEGETABLES

- 1/2 cup Baby Spinach
- 4 cups Bok Choy
- 2 cups Broccoli
- 9 cups Brussels Sprouts
- 1 Carrot
- 1 head Cauliflower
- 3 stalks Celery
- 10 Garlic
- 2 tbsps Ginger
- 3 stalks Green Onion
- 6 cups Kale Leaves
- 1 cup Parsley
- 2 cups Purple Cabbage
- 1/2 cup Radishes
- 5 Sweet Potato
- 4 cups Swiss Chard
- 2 1/2 Yellow Onion

BOXED & CANNED

- 3 1/2 cups Canned Coconut Milk
- 1 can Tuna

BAKING

- 1/2 cup Raw Honey
- 3 tbsps Unsweetened Coconut Flakes

BREAD, FISH, MEAT & CHEESE

- 15 ozs Chicken Sausage
- 1 lb Extra Lean Ground Chicken
- 1 1/4 lbs Salmon Fillet
- 1 Whole Chicken Carcass
- 4 lbs Whole Roasting Chicken

CONDIMENTS & OILS

- 2 tbsps Apple Cider Vinegar
- 1/2 cup Coconut Oil
- 3 tbsps Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 2 cups Kimchi
- 2 cups Sauerkraut
- 1 tbsp Sesame Oil
- 1/2 tsp Tabasco Sauce
- 1/4 cup Tamari

COLD

- 4 Egg

OTHER

- 17 cups Water

Gut Healing Green Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

Calories	374	Calcium	154mg
Fat	22g	Iron	3mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	12g	Vitamin K	93µg
Monouns...	7g	Thiamine	0.3mg
Carbs	42g	Riboflavin	0.2mg
Fiber	10g	Niacin	3mg
Sugar	24g	Vitamin B6	0.5mg
Protein	11g	Folate	88µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	23mg	Phosphoro...	381mg
Potassium	793mg	Magnesium	183mg
Vitamin A	1124IU	Zinc	2mg
Vitamin C	30mg	Selenium	1µg

DIRECTIONS

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

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.

Paleo Sweet Potato Porridge

2 SERVINGS 20 MINUTES



INGREDIENTS

1 Sweet Potato
1/2 cup Canned Coconut Milk
1/2 cup Water
1 cup Raspberries
1 tbsp Coconut Oil
1/2 tsp Cinnamon
1 tbsp Unsweetened Coconut Flakes

NUTRITION

AMOUNT PER SERVING

Calories	273	Calcium	50mg
Fat	19g	Iron	1mg
Saturated	17g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	0g	Vitamin K	6µg
Monouns...	0g	Thiamine	0.1mg
Carbs	23g	Riboflavin	0.1mg
Fiber	7g	Niacin	1mg
Sugar	6g	Vitamin B6	0.2mg
Protein	3g	Folate	20µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	54mg	Phosphoro...	49mg
Potassium	406mg	Magnesium	31mg
Vitamin A	9244IU	Zinc	0mg
Vitamin C	18mg	Selenium	1µg

DIRECTIONS

- 01 Peel and shred the sweet potato using a hand grater or the shredding attachment on your food processor.
- 02 Place shredded sweet potato in a medium sized saucepan, add the coconut milk and water.
- 03 Cover and cook the sweet potato in the liquid over medium-high heat for about 15 minutes, stirring every couple minutes to prevent the bottom from burning. It will seem dry at first, but as it steams, the sweet potato will soften and release liquid. After about 15 minutes, your sweet potato should be a very soft, porridge-like texture.
- 04 Divide the sweet potato porridge between bowls and top with berries, coconut oil, cinnamon, and shredded coconut. Enjoy!

NOTES

OTHER TOPPINGS

Dried fruit, nut butter, chia seeds, hemp seeds or fresh fruit.

LEFTOVERS

Store in an airtight container in the fridge up to 3 to 4 days.

Tuna Salad Stuffed Avocado with Hot Sauce

2 SERVINGS 20 MINUTES



INGREDIENTS

1 Avocado
1 can Tuna (drained and flaked)
1 stalk Celery (finely diced)
1/2 cup Baby Spinach (finely chopped)
1/2 Garlic (clove, minced)
1 tbsp Dijon Mustard
3/4 tsp Extra Virgin Olive Oil
1/4 Lemon (juiced)
Sea Salt & Black Pepper (to taste)
1/2 tsp Tabasco Sauce

NUTRITION

AMOUNT PER SERVING

Calories	261	Calcium	43mg
Fat	17g	Iron	2mg
Saturated	3g	Vitamin D	39IU
Trans	0g	Vitamin E	3mg
Polyunsat...	2g	Vitamin K	64µg
Monouns...	11g	Thiamine	0.1mg
Carbs	10g	Riboflavin	0.2mg
Fiber	7g	Niacin	10mg
Sugar	1g	Vitamin B6	0.6mg
Protein	18g	Folate	108µg
Cholesterol	30mg	Vitamin B12	2.1µg
Sodium	323mg	Phosphoro...	177mg
Potassium	740mg	Magnesium	57mg

DIRECTIONS

- 01 Cut your avocados in half and discard the pits. Scoop about 3/4 of the avocado flesh out of each avocado half so that just a bit of avocado remains in the shell. Place the avocado flesh you carved out in a large mixing bowl and mash with a fork.
- 02 Add tuna, celery, baby spinach, minced garlic, mustard, extra virgin olive oil and lemon juice. Season with sea salt and pepper to taste and mix well.
- 03 Use a spoon to pack the tuna salad back into the avocado halves. Drizzle with desired amount of tabasco. Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately. To prep ahead, make the salad ahead of time and slice the avocado just before enjoying.

CANNED TUNA

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

ADDITIONAL TOPPINGS

Sunflower seeds.

NO AVOCADO

Use halved bell peppers or carved out tomatoes instead. Roast them first for some extra yum.

NO FISH

Use a can of white beans instead.

Vitamin A	1007IU	Zinc	1mg
Vitamin C	15mg	Selenium	59µg



Orange

2 SERVINGS 2 MINUTES



INGREDIENTS

2 Navel Orange

DIRECTIONS

01 Slice into wedges or peel and section. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	69	Calcium	60mg
Fat	0g	Iron	0mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	0µg
Monouns...	0g	Thiamine	0.1mg
Carbs	18g	Riboflavin	0.1mg
Fiber	3g	Niacin	1mg
Sugar	12g	Vitamin B6	0.1mg
Protein	1g	Folate	48µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	1mg	Phosphoro...	32mg
Potassium	232mg	Magnesium	15mg
Vitamin A	346IU	Zinc	0mg
Vitamin C	83mg	Selenium	0µg

Immunity Boosting Bone Broth

4 SERVINGS 12 HOURS



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

NUTRITION

AMOUNT PER SERVING

Calories	30	Calcium	84mg
Fat	0g	Iron	2mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	257µg
Monouns...	0g	Thiamine	0mg
Carbs	7g	Riboflavin	0mg
Fiber	2g	Niacin	0mg
Sugar	3g	Vitamin B6	0.1mg
Protein	1g	Folate	33µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	634mg	Phosphoro...	23mg
Potassium	237mg	Magnesium	19mg

DIRECTIONS

- 01 Place the bones in the slow cooker. Add all remaining ingredients. Set slow cooker to low and let cook for at least 12 hours.
- 02 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

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.

Vitamin A	3918IU	Zinc	0mg
Vitamin C	22mg	Selenium	0µg



Golden Turmeric Latte

2 SERVINGS 10 MINUTES



INGREDIENTS

1 tbsp Ginger (grated)
1 cup Canned Coconut Milk
1 cup Water
1 tsp Turmeric (powder)
1 tbsp Raw Honey
1/2 tsp Cinnamon
1 1/2 tsps Coconut Oil

DIRECTIONS

- 01 Grate the ginger then squeeze the juice out of it into a saucepan. Discard the pulp. Add the remaining ingredients to the saucepan and place over medium heat. Heat through for about 3 to 5 minutes, not letting it come to a boil. Whisk continuously.
- 02 Carefully transfer into a mason jar and seal with a lid. Shake vigorously for about 30 seconds, or until a foam starts to form. (Note: You can also use a blender for this step, but the turmeric can stain the blender cup.) Pour into glasses through a sieve and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	281	Calcium	26mg
Fat	25g	Iron	1mg
Saturated	23g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polysat...	0g	Vitamin K	0µg
Monouns...	0g	Thiamine	0mg
Carbs	14g	Riboflavin	0mg
Fiber	1g	Niacin	0mg
Sugar	10g	Vitamin B6	0mg
Protein	2g	Folate	1µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	34mg	Phosphoro...	6mg
Potassium	228mg	Magnesium	7mg
Vitamin A	2IU	Zinc	0mg
Vitamin C	0mg	Selenium	0µg

NOTES

USE FRESH TURMERIC ROOT

Skip the turmeric powder and use fresh turmeric root instead. Peel turmeric root and grate. Measure out about 1 tbsp grated turmeric root per serving.

AVOID A MESS

Rinse all glasses and mugs out right after use to avoid turmeric stains. Use baking soda on turmeric stains if they do happen.

ON-THE-GO

Add all ingredients except water to a mason jar. When ready to drink, just add hot water from the kettle and shake up for a warming, anti-inflammatory snack.

VEGAN

Use maple syrup to sweeten instead of honey.

Slow Cooker Rotisserie Chicken

4 SERVINGS 4 HOURS



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

Calories	636	Calcium	115mg
Fat	16g	Iron	7mg
Saturated	4g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsat...	4g	Vitamin K	176µg
Monouns...	6g	Thiamine	0.5mg
Carbs	23g	Riboflavin	0.7mg
Fiber	6g	Niacin	37mg
Sugar	5g	Vitamin B6	2.3mg
Protein	97g	Folate	95µg
Cholester...	295mg	Vitamin B12	1.6µg

DIRECTIONS

- 01 Rinse chicken and pat dry with paper towels. Remove innards of chicken if not already done. Crumple up sheets of tinfoil to create 6 to 8 round balls (about the size of a golf ball). Place in the bottom of the slow cooker. This helps to prevent the chicken from sticking to the bottom, cook more evenly and keep it moist.
- 02 Rub the inside of your slow cooker with a bit of olive or coconut oil to make it non-stick.
- 03 In a bowl, combine the sea salt, paprika, onion powder, thyme, italian seasoning, cayenne pepper and black pepper. Rub this spice mix evenly all over the chicken (inside and out).
- 04 Place chicken (breast side up) in the slow cooker on top of the foil balls. Cook 4 to 5 hours on high or 8 to 9 hours on low (aim for 1.5 hours per pound). Check that it is cooked through by using a knife to make a slit to the bone. The chicken should be cooked at the bone and no longer pink.
- 05 One hour before you are ready to eat, preheat your oven to 415°F (215°C). Add chopped sweet potato and brussels sprouts to a large mixing bowl. Add olive oil and season with sea salt and pepper. Toss well. Line a baking sheet with parchment paper and spread the vegetables across evenly. Roast in the oven for 30 minutes.
- 06 Remove vegetables from the oven and increase heat to 450°F (235°C). Line a pan with foil. Ensure chicken is cooked through then transfer it to the foil-lined pan. Place chicken in the oven for 10 minutes to make it crispy.
- 07 Remove from oven and carve the chicken. Plate chicken with roasted sweet potato and brussels sprouts. Enjoy!

NOTES

Sodium	2170mg	Phosphoro...	997mg
Potassium	1689mg	Magnesium	146mg
Vitamin A	10763IU	Zinc	6mg
Vitamin C	77mg	Selenium	79µg

SAVE THE CARCASS

Make our Immunity Boosting Bone Broth.

AIP-FRIENDLY

Omit the black pepper and cayenne.

One Pan Honey Garlic Salmon with Bok Choy

4 SERVINGS 20 MINUTES



INGREDIENTS

1 tbsp Raw Honey
2 tbsps Tamari
3 Garlic (cloves, minced)
1 1/2 tsps Chili Powder
1 1/4 lbs Salmon Fillet
Sea Salt & Black Pepper (to taste)
4 cups Bok Choy (halved)
1 tsp Sesame Oil
1/2 tsp Red Pepper Flakes
1 1/2 tsps Sesame Seeds

NUTRITION

AMOUNT PER SERVING

Calories	238	Calcium	107mg
Fat	9g	Iron	2mg
Saturated	1g	Vitamin D	798IU
Trans	0g	Vitamin E	2mg
Polyunsat...	2g	Vitamin K	33µg
Monouns...	3g	Thiamine	0.2mg
Carbs	8g	Riboflavin	0.4mg
Fiber	1g	Niacin	13mg
Sugar	5g	Vitamin B6	1.3mg
Protein	34g	Folate	58µg
Cholesterol	72mg	Vitamin B12	6.7µg
Sodium	688mg	Phosphoro...	416mg
Potassium	754mg	Magnesium	66mg

DIRECTIONS

- 01 Preheat oven to 510°F (266°C).
- 02 In a bowl, whisk together the honey, half of the tamari, minced garlic and chili powder. Stir well to mix.
- 03 Lay salmon across a baking sheet and season with sea salt and black pepper. Use a brush to paint the honey garlic mix onto the fillets.
- 04 Add bok choy to a large mixing bowl and drizzle with remaining tamari and sesame oil. Toss well. Transfer bok choy to the baking sheet and organize it around the salmon. Place baking sheet in the oven and bake for 7 to 10 minutes or until salmon flakes with a fork and bok choy is starting to char.
- 05 Remove from oven and sprinkle bok choy with red pepper flakes and sesame seeds. Divide onto plates. Enjoy!

NOTES

NO SALMON

Any fish fillet will do. Baking time will vary depending on thickness.

NO BOK CHOY

Use asparagus, green beans or broccoli instead.

MAKE IT ON THE GRILL

Use a grilling basket for the fish and place the bok choy on the grill face down. Cook over medium-low heat.

LEFTOVERS

Store in an airtight container in the fridge for two to three days. Enjoy cold or reheat in the microwave or oven.

Vitamin A	3748IU	Zinc	1mg
Vitamin C	32mg	Selenium	44µg



Kimchi Fried Cauliflower Rice

4 SERVINGS 20 MINUTES



INGREDIENTS

1 head Cauliflower (medium, chopped into florets)
1 tbsp Coconut Oil
2 cups Kimchi (liquid drained off)
2 tbsps Tamari
1 tbsp Apple Cider Vinegar
1/2 tsp Black Pepper
2 tbsps Sesame Seeds
2 tsps Sesame Oil
3 stalks Green Onion (chopped)
1 cup Frozen Peas (thawed)
4 Egg

NUTRITION

AMOUNT PER SERVING

Calories	236	Calcium	147mg
Fat	14g	Iron	5mg
Saturated	5g	Vitamin D	41IU
Trans	0g	Vitamin E	1mg
Polyunsat...	3g	Vitamin K	80µg
Monouns...	4g	Thiamine	0.3mg
Carbs	18g	Riboflavin	0.5mg
Fiber	7g	Niacin	3mg
Sugar	6g	Vitamin B6	0.6mg
Protein	14g	Folate	179µg
Cholester...	186mg	Vitamin B12	0.5µg

DIRECTIONS

- 01 Use a food processor to process your cauliflower florets into a rice-like consistency. Transfer to a bowl and set aside.
- 02 Heat coconut oil in a large skillet over medium heat. Add kimchi and cauliflower rice then saute for 5 minutes. Add in tamari, apple cider vinegar, black pepper, sesame seeds, sesame oil, green onion and green peas. Stir well to mix and saute for another 2 to 4 minutes or until heated through. Reduce heat to lowest setting.
- 03 In a separate frying pan, fry your eggs.
- 04 Divide kimchi fried rice between bowls and top with a fried egg. Enjoy!

NOTES

NO CAULIFLOWER

Use cooked quinoa or brown rice instead.

MEAT LOVER

Add chopped bacon.

NO EGGS

Use diced chicken breast or roasted chickpeas instead.

Sodium	1022mg	Phosphoro...	256mg
Potassium	728mg	Magnesium	69mg
Vitamin A	1542IU	Zinc	2mg
Vitamin C	76mg	Selenium	19µg

Roasted Brussels Sprouts Caesar Salad

4 SERVINGS 1 HOUR



INGREDIENTS

1 lb Extra Lean Ground Chicken (cooked)
5 cups Brussels Sprouts (halved)
1/2 cup Radishes (sliced)
1/2 cup Pumpkin Seeds
1/3 cup Extra Virgin Olive Oil
1 Garlic (whole head)
1/2 Lemon (juiced)
2 tbsps Dijon Mustard
Sea Salt & Black Pepper

NUTRITION

AMOUNT PER SERVING

Calories	461	Calcium	66mg
Fat	34g	Iron	4mg
Saturated	6g	Vitamin D	0IU
Trans	0g	Vitamin E	4mg
Polyunsat...	7g	Vitamin K	207µg
Monouns...	19g	Thiamine	0.3mg
Carbs	13g	Riboflavin	0.4mg
Fiber	5g	Niacin	8mg
Sugar	3g	Vitamin B6	0.9mg
Protein	29g	Folate	82µg
Cholesterol	98mg	Vitamin B12	0.6µg
Sodium	185mg	Phosphoro...	481mg
Potassium	1193mg	Magnesium	147mg
Vitamin A	833IU	Zinc	3mg

DIRECTIONS

- 01 Preheat oven to 400°F (204°C). In a large bowl, toss brussels sprouts with a splash of your olive oil and season with sea salt and pepper. Toss well and place on baking sheet lined with parchment paper or foil.
- 02 Slice the top off of the head of garlic and peel away the skin so the cloves are showing. Drizzle with olive oil and wrap in foil. Place on the baking sheet with the brussels sprouts. Place in oven and bake for 30 minutes. At the 30 minute mark, remove the brussel sprouts and let the garlic cook for another 15 minutes.
- 03 Remove garlic from oven and let cool. When cool enough to handle, pinch the cloves out one-by-one into a food processor/blender. Add the remaining olive oil, lemon juice, mustard and season with a bit of salt and pepper. Blend until creamy.
- 04 Place the brussels sprouts, radish and ground chicken into the large mixing bowl and add desired amount of garlic dressing. Toss well. Place in bowl and garnish with seeds, sea salt and pepper. Enjoy!

NOTES

LEFTOVERS

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

SAVE TIME

Cook the ground chicken and make the roasted garlic dressing in advance.

NO EXTRA LEAN GROUND CHICKEN

Use any other type of ground meat instead.

VEGAN & VEGETARIAN

Use cooked lentils instead of ground meat.

Vitamin C 99mg Selenium 15µg



Sausage & Sauerkraut Skillet

4 SERVINGS 40 MINUTES



INGREDIENTS

10 ozs Chicken Sausage
1 tbsp Coconut Oil
1 Yellow Onion (diced)
2 Apple (peeled, cored and diced)
2 Garlic (cloves, minced)
4 cups Swiss Chard (washed, stems removed and chopped)
2 cups Sauerkraut (liquid drained off)

NUTRITION

AMOUNT PER SERVING

Calories	265	Calcium	129mg
Fat	14g	Iron	6mg
Saturated	6g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	310µg
Monouns...	5g	Thiamine	0.1mg
Carbs	26g	Riboflavin	0.2mg
Fiber	6g	Niacin	2mg
Sugar	15g	Vitamin B6	0.3mg
Protein	12g	Folate	29µg
Cholesterol	85mg	Vitamin B12	1.1µg
Sodium	1281mg	Phosphoro...	137mg
Potassium	575mg	Magnesium	53mg
Vitamin A	2264IU	Zinc	2mg
Vitamin C	26mg	Selenium	15µg

DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper. Add sausage and bake for 30 minutes or until cooked through. Remove from oven and cut into 1/4" pieces.
- 02 Heat coconut oil in a frying pan over medium heat. Add yellow onion and apple. Saute just until onion is translucent (about 5 minutes). Add garlic and saute for another minute.
- 03 Add swiss chard and continue to saute just until it is wilted. Reduce heat to low and add in chopped sausage and sauerkraut and saute for another minute or until heated through. Remove from heat and divide into bowls. Enjoy!

NOTES

LEFTOVERS

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

VEGAN AND VEGETARIAN

Skip the sausage and use cooked lentils instead.

NO SWISS CHARD

Use kale or spinach instead.

Sausage, Broccoli & Cabbage Stir Fry

2 SERVINGS 25 MINUTES



INGREDIENTS

5 ozs Chicken Sausage
1/2 Yellow Onion (small, diced)
1/2 Garlic (clove, minced)
2 cups Broccoli (chopped into small florets)
2 cups Purple Cabbage (finely sliced)
1 tsp Italian Seasoning

NUTRITION

AMOUNT PER SERVING

Calories	224	Calcium	165mg
Fat	11g	Iron	6mg
Saturated	4g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	126µg
Monouns...	5g	Thiamine	0.2mg
Carbs	21g	Riboflavin	0.3mg
Fiber	5g	Niacin	2mg
Sugar	9g	Vitamin B6	0.5mg
Protein	14g	Folate	78µg
Cholesterol	85mg	Vitamin B12	1.1µg
Sodium	788mg	Phosphoro...	181mg
Potassium	721mg	Magnesium	43mg
Vitamin A	1560IU	Zinc	2mg
Vitamin C	132mg	Selenium	17µg

DIRECTIONS

- 01 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.
- 02 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!

NOTES

LEFTOVERS

Keeps well in the fridge up to 3 days.

NO SAUSAGE

Use ground meat instead.

MAKE IT QUICK

Use bagged coleslaw mix to save time on slicing cabbage.

Plantain Chips

2 SERVINGS 30 MINUTES



INGREDIENTS

2 Plantain (medium size)
1 tbsp Coconut Oil (melted)
1/2 tsp Cinnamon

NUTRITION

AMOUNT PER SERVING

Calories	392	Calcium	15mg
Fat	8g	Iron	2mg
Saturated	6g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	78µg
Monouns...	0g	Thiamine	0.2mg
Carbs	87g	Riboflavin	0.2mg
Fiber	5g	Niacin	2mg
Sugar	47g	Vitamin B6	0.7mg
Protein	4g	Folate	59µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	11mg	Phosphoro...	87mg
Potassium	1318mg	Magnesium	98mg
Vitamin A	3045IU	Zinc	1mg
Vitamin C	50mg	Selenium	4µg

DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper.
- 02 Peel the plantains then slice as thinly as possible with a mandolin or knife. Do your best to keep the thickness consistent. Slice on the diagonal for bigger chips. Gently toss the slices in coconut oil and cinnamon. Arrange in an even layer on the baking sheet then bake for 30 to 35 minutes, flipping at the halfway point. (Note: Chips are done when they start to brown around the edges.)
- 03 Remove from oven and let cool on a baking rack lined with paper towel to soak up any excess oil. Enjoy!

NOTES

STORAGE

Store in an airtight container at room temperature.

MAKE THEM CRISPY

Plantain chips last 1 - 2 days. If they get soggy, crisp them back up by placing them in the oven at 350 degrees F for 5 to 10 minutes.

Strawberry Ice Cream

2 SERVINGS 5 MINUTES



INGREDIENTS

2 Banana (sliced and frozen)
1 cup Frozen Strawberries

NUTRITION

AMOUNT PER SERVING

Calories	144	Calcium	24mg
Fat	1g	Iron	1mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polysat...	0g	Vitamin K	3µg
Monouns...	0g	Thiamine	0.1mg
Carbs	37g	Riboflavin	0.1mg
Fiber	5g	Niacin	1mg
Sugar	19g	Vitamin B6	0.5mg
Protein	2g	Folate	42µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	3mg	Phosphoro...	40mg
Potassium	586mg	Magnesium	44mg
Vitamin A	125IU	Zinc	0mg
Vitamin C	56mg	Selenium	2µg

DIRECTIONS

- 01 Add frozen bananas and strawberries to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
- 02 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

NOTES

MORE CREAMY

Add 2 tbsp coconut milk.

MORE SCOOPABLE

Add 1 tbsp vodka to prevent hard freeze.

MAKE IT CHUNKY

Set aside 1/4 cup of the strawberries before blending and add them to the processor after blending. Pulse until roughly chopped.

Broiled Pineapple with Cinnamon

2 SERVINGS 10 MINUTES



INGREDIENTS

2 cups Pineapple (cored and sliced into rounds)
1 tsp Cinnamon

NUTRITION

AMOUNT PER SERVING

Calories	86	Calcium	34mg
Fat	0g	Iron	1mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polysat...	0g	Vitamin K	2µg
Monouns...	0g	Thiamine	0.1mg
Carbs	23g	Riboflavin	0.1mg
Fiber	3g	Niacin	1mg
Sugar	16g	Vitamin B6	0.2mg
Protein	1g	Folate	30µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	2mg	Phosphoro...	14mg
Potassium	185mg	Magnesium	21mg
Vitamin A	100IU	Zinc	0mg
Vitamin C	79mg	Selenium	0µg

DIRECTIONS

- 01 Adjust oven rack to the top, closest to the broiler. Set oven to high broil.
- 02 Place pineapple slices on a foil-lined baking sheet and sprinkle both sides with cinnamon.
- 03 Broil in oven for about 10 minutes, flipping halfway. Watch closely for burning as oven temperatures may vary.
- 04 Remove from oven and enjoy!

NOTES

SERVE IT WITH

Coconut ice cream, granola or over oatmeal.