
























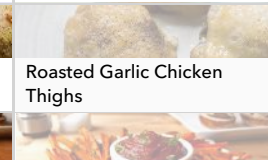






	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Berry Avocado Smoothie	 Paleo Sweet Potato (or pumpkin) Porridge	 Blueberry Protein Smoothie	 Zucchini Bread Overnight Oats	 Eggvocado	 One Pan Breakfast Hash	 One Pan Breakfast Hash
Lunch	 Summer Buddha Bowl	 Cream of Broccoli Soup	 Cream of Broccoli Soup	 Cauliflower, Kale & Sausage Bowl	 Salmon Nicoise Salad	 Low FODMAP Zucchini Noodle Soup	 Low FODMAP Zucchini Noodle Soup
Snack 2	 Cinnamon Flax Muffins	 Cinnamon Flax Muffins	 Plantain Chips	 Dark Chocolate & Walnuts	 Immunity Boosting Bone Broth	 Apple	 Vegan Avocado Veggie Nori Wrap
Dinner	 Sweet Potato Lentil chili	 Sweet Potato Lentil chili	 Cauliflower, Kale & Sausage Bowl	 Roasted Garlic Chicken Thighs	 Roasted Garlic Chicken Thighs	 Egg Roll in a Bowl	 Egg Roll in a Bowl

Fruits

- ☐ 1 Apple
- ☐ 3 1/4 Avocado
- ☐ 1/2 Avocado, Cubed
- ☐ 2 Banana
- ☐ 1 1/2 tbsps Lemon Juice
- ☐ 1/2 Lemon, Juiced
- ☐ 2 Plantain
- ☐ 1 cup Raspberries
- ☐ 1/2 cup Strawberries

Breakfast

- ☐ 2 1/8 tbsps Maple Syrup

Seeds, Nuts & Spices

- ☐ 1 tsp Black Pepper
- ☐ 1 cup Cashews
- ☐ 1 tbsp Chia Seeds
- ☐ 1 tbsp Chili Powder
- ☐ 2 3/4 tbsps Cinnamon
- ☐ 2 tsps Cumin
- ☐ 1 tsp Dried Basil
- ☐ 1 tsp Dried Thyme
- ☐ 2 1/8 cups Ground Flax Seed
- ☐ 1/4 cup Hemp Seeds
- ☐ 1 tsp Italian Seasoning
- ☐ 2 1/2 tsps Sea Salt
- ☐ 1 tsp Sea Salt & Black Pepper
- ☐ 1 Sea Salt & Black Pepper
- ☐ 1 cup Walnuts

Frozen

- ☐ 2 1/2 cups Frozen Berries
- ☐ 1 cup Frozen Blueberries
- ☐ 1/4 cup Frozen Cauliflower

Vegetables

- ☐ 3 cups Arugula
- ☐ 3 cups Baby Spinach
- ☐ 2 cups Bean Sprouts
- ☐ 5 cups Broccoli
- ☐ 4 cups Brussels Sprouts
- ☐ 2 Butter Lettuce Leaves
- ☐ 8 Carrot
- ☐ 3 1/2 Carrot, Sliced
- ☐ 1/2 head Cauliflower
- ☐ 6 stalks Celery
- ☐ 2 cups Cherry Tomatoes
- ☐ 6 cups Coleslaw Mix
- ☐ 1/4 Cucumber, Sliced
- ☐ 11 Garlic
- ☐ 2 Garlic Cloves, Diced
- ☐ 1 tbsp Ginger
- ☐ 4 cups Green Beans
- ☐ 1 Green Bell Pepper, Diced
- ☐ 5 stalks Green Onion
- ☐ 3 cups Kale Leaves
- ☐ 4 cups Mini Potatoes
- ☐ 1 cup Parsley
- ☐ 1/2 cup Red Onion
- ☐ 1 Sweet Onion
- ☐ 1 Sweet Potato
- ☐ 2 Sweet Potato, Cubed
- ☐ 2 Yellow Onion
- ☐ 1 1/2 Zucchini
- ☐ 2 cups Zucchini Noodles

Boxed & Canned

- ☐ 1/2 cup Chickpeas
- ☐ 3 cans Diced Tomatoes
- ☐ 2 cups Green Lentils
- ☐ 1 package Lentils
- ☐ 2 Nori Sheets
- ☐ 2 cups Organic Chicken Broth
- ☐ 1/2 cup Organic Coconut Milk
- ☐ 1 package Organic Vegetable Broth

Baking

Bread, Fish, Meat & Cheese

- ☐ 2 cups Chicken Breast
- ☐ 8 ozs Chicken Thighs With Skin
- ☐ 1 lb Lean Ground Pork
- ☐ 5 slices Organic Bacon
- ☐ 8 ozs Organic Chicken Sausage
- ☐ 1 lb Salmon Fillet
- ☐ 1 Whole Chicken Carcass

Condiments & Oils

- ☐ 1/3 cup Apple Cider Vinegar
- ☐ 1/4 cup Avocado Oil
- ☐ 1/4 cup Coconut Aminos
- ☐ 1/2 cup Coconut Oil
- ☐ 1 tbsp Dijon Mustard
- ☐ 1/2 cup Extra Virgin Olive Oil
- ☐ 1 cup Pitted Kalamata Olives
- ☐ 1 1/2 tbsps Tahini

Cold

- ☐ 18 Egg
- ☐ 1 cup Plain Coconut Milk
- ☐ 2 cups Plain Greek Yogurt
- ☐ 1 1/2 cups Unsweetened Almond Milk

Other

- ☐ 1/2 cup Vanilla Protein Powder
- ☐ 19 2/3 cups Water

-
- ☐ 1 tbsp Baking Powder
 - ☐ 3 1/2 ozs Dark Organic Chocolate
 - ☐ 1 1/2 cups Oats
 - ☐ 1 tbsp Unsweetened Coconut Flakes



Berry Avocado Smoothie

1 serving

5 minutes

Ingredients

1 cup Plain Coconut Milk
(unsweetened, from the box)
1/2 Zucchini (chopped, frozen)
1/4 cup Frozen Cauliflower
1/2 cup Frozen Berries
1/4 Avocado
1 tbsp Chia Seeds
1/4 cup Vanilla Protein Powder

Directions

1

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

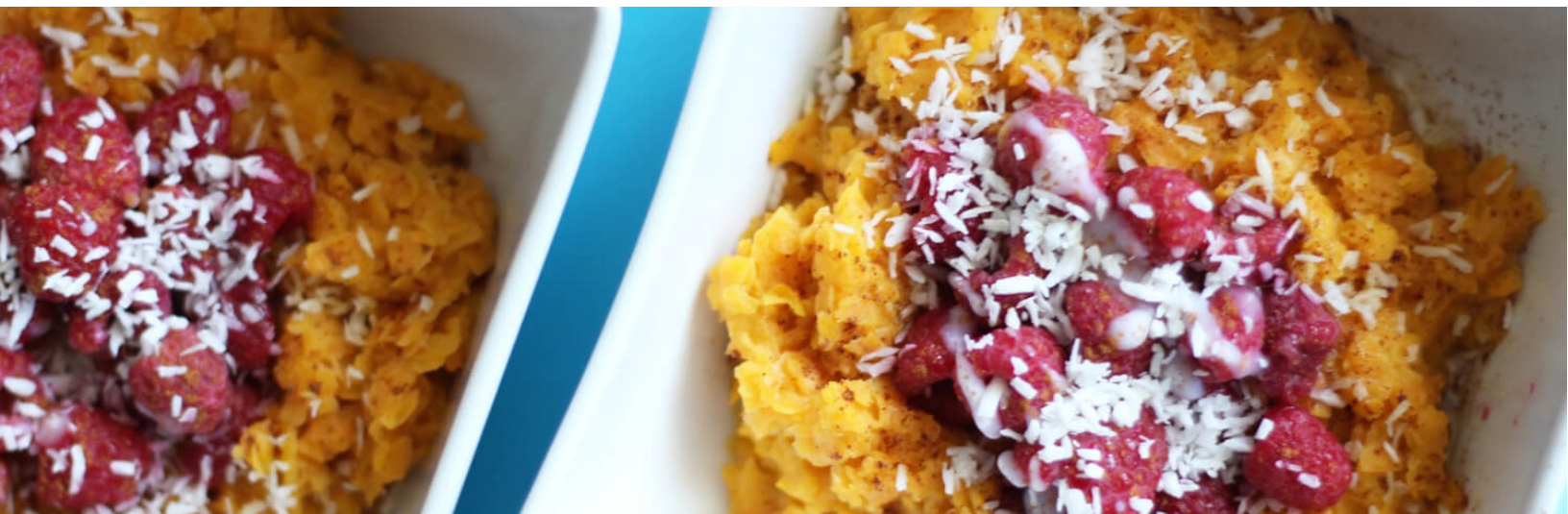
Notes

No Chia Seeds: Use flax seeds instead.

No Avocado: Use almond butter or sunflower seed butter instead.

Additional Toppings: Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.



Paleo Sweet Potato (or pumpkin) Porridge

2 servings

20 minutes

Ingredients

- 1 Sweet Potato
- 1/2 cup Organic Coconut Milk (canned)
- 1/2 cup Water
- 1 cup Raspberries
- 1 tbsp Coconut Oil
- 1/2 tsp Cinnamon
- 1 tbsp Unsweetened Coconut Flakes

Directions

- 1 Peel and shred the sweet potato using a hand grater or the shredding attachment on your food processor.
- 2 Place shredded sweet potato in a medium sized saucepan, add the coconut milk and water.
- 3 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.
- 4 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.

Sweet potato: Can also use 1/2 - 1 can pumpkin



Blueberry Protein Smoothie

1 serving

5 minutes

Ingredients

- 1/4 cup Vanilla Protein Powder
- 1 tbsp Ground Flax Seed
- 1 cup Frozen Blueberries
- 1 cup Baby Spinach
- 1 cup Water (cold)

Directions

1

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

Notes

No Blueberries: Use any type of frozen berry instead.

No Protein Powder: Use hemp seeds instead



Zucchini Bread Overnight Oats

4 servings

8 hours

Ingredients

- 1 1/2 cups Oats (quick or traditional)
- 1 1/2 cups Unsweetened Almond Milk
- 2 tbsps Ground Flax Seed
- 2 tbsps Maple Syrup
- 1/2 tsp Cinnamon
- 1 Zucchini (grated)
- 1/4 cup Hemp Seeds
- 2 Banana (sliced)

Directions

- 1 In a large bowl combine the oats, almond milk, ground flax seeds, maple syrup, cinnamon, grated zucchini (aim for about 1/2 cup per serving) and hemp seeds. Stir well to mix and then store covered in the fridge overnight.
- 2 Add a large spoonful or two of oats into jars (250mL or 500mL). Add a layer of sliced banana, and another layer of oats. Top with more sliced banana, a sprinkle of hemp seeds and cinnamon. Enjoy them cold, or warm them up for a minute in the microwave.

Notes

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



Eggvocado

1 serving
15 minutes

Ingredients

1 Avocado
2 Egg

Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Slice the avocado in half and scoop out a little flesh from each half to make room for the eggs. Place face-up on a baking sheet.
- 3 Crack an egg in each half of the avocado and bake for 10 to 15 minutes, depending on how runny you like your eggs. Enjoy!

Notes

On The Go: Hardboil the eggs, mash with a fork then stuff them into the avocado halves for a more portable meal.



Yogurt & Berries

2 servings

5 minutes

Ingredients

- 2 cups Plain Greek Yogurt
- 2 cups Frozen Berries (thawed)

Directions

- 1 Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

Notes

Dairy-Free: Use a dairy-free yogurt like coconut, almond or cashew.

No Frozen Berries: Use any type of fresh fruit instead.



One Pan Breakfast Hash

2 servings

40 minutes

Ingredients

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

Directions

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

Notes

No Bacon: Use prosciutto, ham or turkey bacon.

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

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

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



Summer Buddha Bowl

2 servings

20 minutes

Ingredients

- 1 1/2 tbsps Tahini
- 1 1/2 tbsps Lemon Juice
- 1 tbsp Extra Virgin Olive Oil
- 1/2 tsp Maple Syrup
- 3 tbsps Water
- 1/8 tsp Sea Salt
- 3 cups Arugula
- 1 Carrot (large, shredded)
- 1/2 cup Strawberries (halved)
- 1 Avocado
- 1/2 cup Chickpeas (roasted)

Directions

- 1 Add tahini, lemon juice, extra virgin olive oil, maple syrup, water, and sea salt to a jar. Cover with lid and shake well until smooth and creamy.
- 2 Divide arugula between bowls and top with shredded carrot, strawberries, avocado and chickpeas. Drizzle with tahini dressing. Serve and enjoy!

Notes

Leftovers: Refrigerate ingredients separately to avoid having the salad turn soggy. Store for up to three days.

No Arugula: Use another green such as baby spinach or kale.

More Fiber: Add brown rice or quinoa to increase the fiber.



Cream of Broccoli Soup

4 servings

30 minutes

Ingredients

- 1 Sweet Onion (chopped)
- 1 Carrot (chopped)
- 3 stalks Celery (chopped)
- 5 cups Broccoli (chopped, incl. stalks)
- 6 cups Water
- 1 tsp Dried Basil
- 1 tsp Sea Salt
- 1 cup Cashews
- 2 cups Green Lentils (cooked, drained and rinsed)
- 2 cups Baby Spinach (packed)

Directions

- 1 Throw your chopped onion, carrot, celery and broccoli in a large pot. Pour in water and add the dried basil and sea salt. Place over high heat and bring to a boil. Once boiling, cover the pot and reduce to a simmer. Let simmer for 15 to 20 minutes or until broccoli is tender.
- 2 In a blender, create your cashew cream by blending together 1 cup of cashews with 1 cup water. (If you alter the serving size, just keep the cashew to water ratio 1:1.) Pour the cashew cream in with your veggies and stir. Now add your green lentils and stir again.
- 3 Place spinach in the bottom of the blender. Then carefully transfer soup to the blender and blend to a puree. Ladle into bowls and drizzle with a bit of olive oil if you fancy. Enjoy!

Notes

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

Serving Size: One serving is approximately 2 cups.



Salmon Nicoise Salad

4 servings

1 hour

Ingredients

- 4 Egg
- 4 cups Mini Potatoes (halved)
- 4 cups Green Beans (trimmed)
- 1 lb Salmon Fillet
- 1 tbsp Dijon Mustard
- 1/4 cup Extra Virgin Olive Oil
- 1/4 cup Apple Cider Vinegar
- 2 Garlic (cloves, minced)
- 1 tsp Italian Seasoning
- Sea Salt & Black Pepper (to taste)
- 2 cups Cherry Tomatoes (halved)
- 1 cup Pitted Kalamata Olives

Directions

- 1 Hard boil the eggs by placing them in a small pot of cold water. Bring to a boil over high heat. Once boiling, remove them from heat. Cover and let stand for 12 minutes. Transfer to a bowl of ice water to cool. Once cool, peel and slice into quarters.
- 2 Preheat oven to 400°F (204°C) and line a baking sheet with parchment.
- 3 Toss the mini potatoes with a little olive oil to coat, and season with salt and pepper. Spread across the baking sheet and bake for 20 minutes.
- 4 While the potatoes are roasting, bring a medium saucepan of water to a boil and add the green beans. Boil for about 5 minutes, then drain and transfer the beans to a bowl of cold water to cool. Once cooled, drain and pat dry.
- 5 After the potatoes have been in the oven for 20 minutes, remove the baking sheet from the oven and move the potatoes to one side. Add the salmon fillets on the other side. Return to the oven for 15 to 20 more minutes, or until the salmon is cooked and the potatoes are tender.
- 6 To make the dressing, combine the dijon mustard, olive oil, apple cider vinegar, garlic, Italian seasoning, sea salt and black pepper in a small mason jar. Put the lid on and shake well.
- 7 To serve, divide the roasted potatoes, quartered eggs, green beans, cherry tomatoes and olives between plates. Top with salmon and drizzle with desired amount of dressing. Enjoy!

Notes

Leftovers: Store leftovers in an airtight container in the fridge for 2 to 3 days.

Save Time: Hard boil the eggs in advance, or just leave them out.



Low FODMAP Zucchini Noodle Soup

6 servings

25 minutes

Ingredients

2 tbsps Extra Virgin Olive Oil (can use garlic infused (FODMAP safe))
3 Carrot (peeled and sliced)
2 cups Organic Chicken Broth (please use low FODMAP broth if on strict FODMAP plan. Can use vegetable broth)
4 cups Water
1 stalk Celery (diced)
1 tsp Dried Thyme
2 cups Zucchini Noodles
2 cups Chicken Breast (cooked and diced)
1/2 Lemon, Juiced
1 Sea Salt & Black Pepper (to taste)

Directions

- 1 In a large pot, heat oil over medium-high heat. Once hot, add carrots and celery; cook 5 minutes, stirring occasionally.
- 2 Add chicken or vegetable broth, water, thyme, and noodles. Bring to a boil, then reduce heat and simmer for 10 minutes. Add noodles and cook a few minutes til they're soft.
- 3 Stir in chicken (can omit for vegan option) and lemon juice, cooking until warm. Season to taste with salt and pepper. Garnish with optional parsley and enjoy!



Cinnamon Flax Muffins

12 servings

30 minutes

Ingredients

2 cups Ground Flax Seed
1 tbsp Baking Powder
1/4 tsp Sea Salt
2 tbsps Cinnamon
6 Egg (room temperature)
1/3 cup Coconut Oil (melted)
1/2 cup Water (warm)

Directions

- 1 Preheat your oven to 350°F (177°C) and line a muffin tin with paper liners.
- 2 In a medium bowl, mix together ground flax seed, baking powder, salt, and cinnamon. Use a whisk to stir until well combined.
- 3 In another bowl, beat eggs with a whisk for 30 to 60 seconds. Add coconut oil and water, mixing until combined.
- 4 Add wet ingredients to dry and stir until combined. Let the batter sit for 1 to 2 minutes to thicken slightly.
- 5 Divide the batter between muffin cups and bake for 20 minutes, or until a toothpick inserted into the centre comes out clean.
- 6 Let cool and enjoy!

Notes

Storage: Store in an airtight container in the fridge for up to 5 days, or in the freezer for longer.

Serving Size: One serving is equal to one muffin.

Likes it Sweet: If you want these muffins to be sweet, use 1/3 cup coconut sugar, or granulated stevia.



Plantain Chips

2 servings

30 minutes

Ingredients

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

Directions

- 1 Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper.
- 2 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.)
- 3 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.



Dark Chocolate & Walnuts

4 servings

5 minutes

Ingredients

1 cup Walnuts
3 1/2 ozs Dark Organic Chocolate (at
least 70% cacao)

Directions

- 1 Divide dark chocolate and walnuts between bowls. Enjoy!



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

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

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.



Apple

1 serving

2 minutes

Ingredients

1 Apple

Directions

1

Slice into wedges, or enjoy whole.



Vegan Avocado Veggie Nori Wrap

1 serving

10 minutes

Ingredients

2 Nori Sheets
1/2 Avocado, Cubed
1/4 Cucumber, Sliced
1/2 Carrot, Sliced
2 Butter Lettuce Leaves

Directions

- 1 Layer half ingredients in one wrap; half in the other; wrap it all up. Add wasabi paste or vegan mayo if you have it. Throw in leftover rice or cauliflower rice if you have it on hand. Dip in tamari.
- 2 Use smoked salmon or lox for not vegan, more protein-rich option.

Notes

More protein: Add smoked salmon or lox for non vegan added protein bonus



Sweet Potato Lentil chili

8 servings

30 minutes

Ingredients

- 1 package Organic Vegetable Broth (32 oz container)
- 1 1/2 cups Water
- 3 cans Diced Tomatoes (14.5 oz can)
- 1 package Lentils (16 oz)
- 2 Sweet Potato, Cubed
- 3 Carrot, Sliced
- 1 Green Bell Pepper, Diced
- 2 Garlic Cloves, Diced
- 2 tsp Cumin
- 1 tsp Cinnamon
- 1 tbsp Chili Powder
- 1 tsp Black Pepper

Directions

1

1) Add the veggie broth, water, diced tomatoes, and rinsed lentils into a large pot (mine is 5 quarts). Bring the mixture to a boil and let it simmer for about 10 minutes (to soften the lentils) while you're chopping the garlic, carrots, sweet potatoes, celery, and green pepper. 2) Throw the garlic, kale, carrots, and sweet potato into the simmering pot, followed about 5 minutes later by the celery and green pepper and your spices. The room will now proceed to smell awesome. 3) Let the mixture continue to simmer, stirring frequently, until it reaches the level of cooked consistency you prefer. This shouldn't take long (maybe 5 to 10 minutes more) – just make sure the carrots, sweet potatoes, and lentils are soft. Enjoy! Serve as is or top with extra marinara sauce, hot sauce, or salsa and cilantro :)

Notes

Vegetable broth: Bone broth can be used instead



Cauliflower, Kale & Sausage Bowl

2 servings

40 minutes

Ingredients

1/2 head Cauliflower (chopped into florets)
2 tbsps Avocado Oil (divided)
Sea Salt & Black Pepper (to taste)
3 cups Kale Leaves (chopped)
8 ozs Organic Chicken Sausage
2 Egg
1 Avocado

Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Toss the cauliflower florets with half of the avocado oil, lay in a single layer on the baking sheet, and sprinkle with salt and pepper to taste. Roast for 30 minutes, or until golden brown, tossing halfway through.
- 3 While the cauliflower is roasting, heat the remaining avocado oil in a small skillet over high heat. Add the kale and saute for 1 to 2 minutes until crispy. Sprinkle with sea salt to taste, and transfer to bowl.
- 4 Add sausages to the skillet and cook for 5 to 10 minutes, turning frequently. While the sausages are cooking, bring a small saucepan of water to a boil and poach the eggs.
- 5 To assemble, divide cauliflower and kale between bowls. Slice and add sausages, avocado, and top with an egg. Enjoy!

Notes

Plant-Based: Use chickpeas or tempeh instead of sausage, and skip the egg.



Roasted Garlic Chicken Thighs

2 servings

30 minutes

Ingredients

8 ozs Chicken Thighs with Skin
2 Garlic (cloves, sliced)
1 tbsp Extra Virgin Olive Oil
1/8 tsp Sea Salt

Directions

- 1 Preheat oven to 375°F (191°C).
- 2 Gently separate the skin from the flesh of the chicken thighs to create a pocket. Stuff garlic slices under the skin of each chicken thigh. Coat with olive oil and sea salt.
- 3 Set chicken thighs skin side down on a rack over a baking sheet. Cook for 20 minutes. Flip over and cook for 10 more minutes.
- 4 Transfer to plates and enjoy!

Notes

Serve it With: Our Pesto Cauliflower Rice and Steamed Green Beans.

Leftovers: Keeps well in the fridge, up to 3 days. Or freeze for up to 6 months.



Baked Carrot Fries

1 serving

30 minutes

Ingredients

2 Carrot
1 tbsp Extra Virgin Olive Oil (more if needed)
1 tsp Sea Salt & Black Pepper (or to taste)

Directions

1

Preheat oven to 425 degrees. Peel and slice carrots into french fry shaped pieces (about $\frac{1}{2}$ " x $\frac{1}{2}$ " x 3"). Toss carrots with olive oil, salt and pepper. Arrange carrots in a single layer on baking sheet. Bake for 10 minutes then flip each carrot fry. Continue to bake until fully cooked and slightly crispy, about an additional 10 minutes. Serve immediately!



Egg Roll in a Bowl

4 servings

30 minutes

Ingredients

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

Directions

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

Notes

No Coconut Aminos: Use tamari or soy sauce instead.

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