









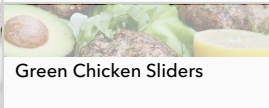
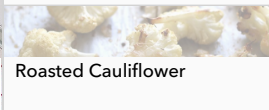
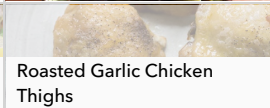
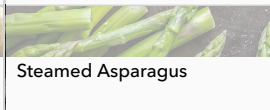
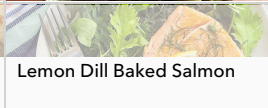
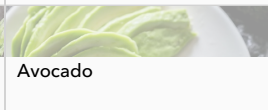


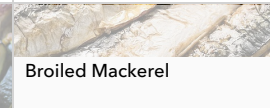
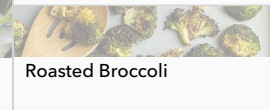
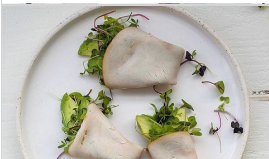





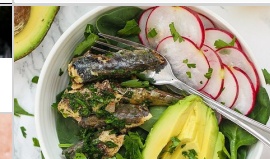


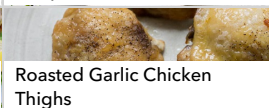









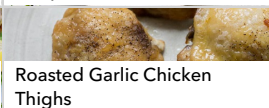


















	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Pork Belly Cauliflower Fried Rice	 Pork Belly Cauliflower Fried Rice	 Turkey, Greens & Avocado Wraps  Olive Medley	 Turkey, Greens & Avocado Wraps  Olive Medley	 Salmon Stuffed Avocado Boats	 Salmon Stuffed Avocado Boats	 Salmon Stuffed Avocado Boats
	 Sardine & Avocado Salad	 Green Chicken Sliders  Roasted Cauliflower	 Roasted Garlic Chicken Thighs  Steamed Asparagus	 Lemon Dill Baked Salmon  Avocado	 Roasted Chicken with Zucchini & Olives	 Roasted Chicken with Zucchini & Olives	 Roasted Broccoli  Roasted Broccoli
Snack 1	 Turkey, Greens & Avocado Wraps	 Turkey, Greens & Avocado Wraps	 Sardine & Avocado Salad	 Sardine & Avocado Salad	 Avocado	 Avocado	 Sardine & Avocado Salad
	 Green Chicken Sliders  Roasted Cauliflower	 Roasted Garlic Chicken Thighs  Steamed Asparagus	 Lemon Dill Baked Salmon  Avocado	 Roasted Chicken with Zucchini & Olives	 Broiled Mackerel  Roasted Broccoli	 Chicken, Asparagus & Mashed Cauliflower	 Chicken, Asparagus & Mashed Cauliflower
Dinner	 Green Chicken Sliders	 Roasted Garlic Chicken Thighs	 Lemon Dill Baked Salmon	 Roasted Chicken with Zucchini & Olives	 Broiled Mackerel	 Chicken, Asparagus & Mashed Cauliflower	 Chicken, Asparagus & Mashed Cauliflower
	 Roasted Cauliflower	 Steamed Asparagus	 Avocado	 Roasted Chicken with Zucchini & Olives	 Roasted Broccoli	 Chicken, Asparagus & Mashed Cauliflower	 Chicken, Asparagus & Mashed Cauliflower

### Fruits

- 9 Avocado
- 3 1/4 Lemon

### Seeds, Nuts & Spices

- 1 1/2 tbsps Dried Chives
- 1/4 tsp Garlic Powder
- 1/2 tsp Oregano
- 2 1/4 tsps Sea Salt

### Vegetables

- 3 1/2 cups Asparagus
- 8 cups Baby Spinach
- 1/2 head Boston Lettuce
- 4 cups Broccoli
- 1 1/2 heads Cauliflower
- 1/2 stalk Celery
- 1 tbsp Fresh Dill
- 3 Garlic
- 1 cup Kale Leaves
- 1 cup Microgreens
- 2 cups Mixed Greens
- 2 tbsps Parsley
- 1/2 cup Radishes
- 2 Zucchini

### Boxed & Canned

- 12 ozs Canned Wild Salmon
- 7 1/16 ozs Sardines

### Bread, Fish, Meat & Cheese

- 10 1/2 ozs Chicken Leg, Boneless With Skin
- 8 ozs Chicken Thighs With Skin
- 8 ozs Extra Lean Ground Chicken
- 8 ozs Mackerel Fillet
- 8 ozs Pork Belly
- 10 ozs Salmon Fillet
- 14 1/8 ozs Sliced Turkey Breast
- 8 ozs Whole Rotisserie Chicken

### Condiments & Oils

- 4 cups Assorted Olives
- 1 3/4 tbsps Avocado Oil
- 1/2 cup Extra Virgin Olive Oil
- 1 cup Green Olives

### Cold

- 1 1/2 tsps Ghee



## Pork Belly Cauliflower Fried Rice

2 servings

20 minutes

### Ingredients

- 8 ozs Pork Belly (strips)
- 1/2 tsp Sea Salt (divided)
- 1/2 head Cauliflower (finely chopped or grated)
- 1/2 stalk Celery (sliced)
- 1 1/2 tbsps Dried Chives

### Directions

- 1 Bring a pot of water to a boil. Blanch the pork belly in the boiling water skin side down for 10 minutes, flipping halfway.
- 2 Set the pork belly on a plate. Using a fork, pierce the pork belly skin and pat dry. Season with half the salt.
- 3 Heat a pan or skillet over medium heat and cook the pork belly strips for 5 minutes on each side, or until cooked through and browned. Transfer to a cutting board and chop into pieces.
- 4 Using the same pan or skillet, cook the cauliflower and celery over medium-high heat for 3 to 5 minutes or until warmed through. Add the chopped pork belly and season with the remaining salt and chives.
- 5 Divide into bowls. Enjoy!

### Notes

**No Cauliflower,** Use white rice, brown rice, couscous, quinoa, barley or rice noodles instead.

**No Pork Belly,** Use bacon or ground pork instead.

**Make It Vegan,** Use tempeh, tofu, vegan bacon or vegan sausage instead of pork belly.

**Leftovers,** Refrigerate in an airtight container up to 3 days.

**Save Time,** Many grocery stores carry pre-riced cauliflower in the bag. Look for it in the fresh, pre-sliced vegetable section or frozen vegetable section.





## Turkey, Greens & Avocado Wraps

1 serving

5 minutes

### Ingredients

- 1/2 Avocado (sliced thin)
- 3 1/2 ozs Sliced Turkey Breast
- 1/4 cup Microgreens

### Directions

- 1 Layer the sliced avocado on top of the sliced turkey breast and top with microgreens. Roll into a wrap and serve!

### Notes

**No Turkey,** Use chicken or another deli meat instead

**More Flavour,** Add a condiment such as mustard or mayonnaise. Add spices of your choice.

**Leftovers,** Best enjoyed immediately but can be stored in the fridge for up to two days. Sprinkle the avocado with lemon juice to prevent browning.



## Olive Medley

1 serving  
2 minutes

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### Ingredients

1 cup Assorted Olives

### Directions

- 1 Divide into bowls and enjoy!



## Salmon Stuffed Avocado Boats

1 serving  
10 minutes

### Ingredients

1 Avocado  
4 ozs Canned Wild Salmon  
1/4 Lemon (juiced)

### Directions

- 1 Slice the avocado in half and remove the pit. Use a spoon to scoop out enough avocado to create a bigger hole that the salmon will fit into. Transfer scooped out avocado to a small bowl.
- 2 Drain the salmon and add it to the bowl with the scooped out avocado. Add lemon juice and mash until well mixed.
- 3 Fill the hollowed out avocado halves with the mashed salmon mixture. Enjoy!

### Notes

Likes it Spicy, Add hot sauce.

No Canned Salmon, Use smoked salmon, cooked salmon fillet or tuna instead.





## Sardine & Avocado Salad

1 serving  
20 minutes

### Ingredients

- 1 3/4 ozs Sardines (packed in oil, drained)
- 1/4 Lemon (juiced and divided)
- 1 1/2 tsps Parsley (finely chopped)
- 2 cups Baby Spinach (packed)
- 2 tbsps Radishes (thinly sliced)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/2 Avocado (sliced)
- 1/16 tsp Sea Salt

### Directions

- 1 Place the sardines on a plate and drizzle with half the lemon juice and parsley. Set aside and let marinate for 15 minutes.
- 2 Divide the spinach into bowls along with the radishes and sardines. Drizzle with extra virgin olive oil and the rest of the lemon juice. Top with avocado, season with sea salt and enjoy!

### Notes

No Sardines, Use tuna instead.





## Avocado

2 servings

5 minutes

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### Ingredients

1 Avocado

### Directions

- 1 Cut avocado into slices or chunks. Enjoy!

### Notes

Serve it With, Salads, soups, chilli, on toast, or in a wrap with leftovers.

Savoury Snack, Top with salt, pepper, lemon juice, paprika and/or red pepper flakes.

Sweet Snack, Top with maple syrup, honey, maple butter and/or cinnamon.



## Green Chicken Sliders

2 servings

30 minutes

### Ingredients

8 ozs Extra Lean Ground Chicken  
1/2 tsp Oregano (dried)  
1/3 tsp Sea Salt  
1 cup Kale Leaves (very finely chopped)  
1 cup Broccoli (very finely chopped)  
1 1/2 tsps Extra Virgin Olive Oil  
1/2 head Boston Lettuce

### Directions

- 1 Combine all ingredients except the lettuce in a bowl and mix well. Form the mixture into even sliders, about 3 inches in diameter, and set aside.
- 2 Preheat grill to medium heat.
- 3 Cook the sliders for about 8 to 10 minutes per side, or until cooked through.
- 4 Serve patties in a lettuce wrap with your toppings of choice. Enjoy!

### Notes

**Serving Size,** One serving is equal to two sliders.

**More Carbs,** Serve on a bun or on top of rice.

**Topping Ideas,** Mustard, cheese, pickles, tomato, lettuce, onion, avocado, sour cream or plain Greek yogurt.

**Leftovers,** These keep well in an airtight container in the fridge up to three days or freeze for up to three months.



## Roasted Cauliflower

2 servings

35 minutes

### Ingredients

- 1/2 head Cauliflower (chopped into florets)
- 1 tbsp Avocado Oil
- 1/8 tsp Sea Salt (or more to taste)

### Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Toss cauliflower florets with avocado oil, lay in a single layer on the baking sheet, and sprinkle with salt. Roast for 30 minutes or until golden brown, tossing at the halfway point.
- 3 Remove from oven and enjoy!

### Notes

- No Avocado Oil, Use coconut oil or olive oil instead.
- Make it Cheesy, Toss in nutritional yeast after roasting.





## 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.



## Steamed Asparagus

2 servings

10 minutes

### Ingredients

2 cups Asparagus (woody ends trimmed, chopped in half)

### Directions

- 1 Set the asparagus in a steaming basket over boiling water and cover. Steam for 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus. Enjoy!

### Notes

**Leftovers,** Refrigerate in an airtight container up to 5 days.

**Serving Size,** One serving is equal to approximately one cup of cooked asparagus.





## Lemon Dill Baked Salmon

2 servings  
25 minutes

### Ingredients

10 ozs Salmon Fillet  
1 1/2 tsps Ghee (melted)  
1 Garlic (cloves, minced)  
1 tbsp Fresh Dill (chopped)  
1/2 Lemon (zested and juiced)  
1/8 tsp Sea Salt (or more to taste)  
2 cups Mixed Greens

### Directions

- 1 Preheat the oven to 375°F (191°C).  
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- 2 Line a baking sheet with aluminum foil and place the salmon in the middle.  
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- 3 In a small jar, mix together the melted ghee, garlic, dill, lemon juice, lemon zest and sea salt. Pour it over the salmon. Fold up the edges of the foil so that the fish is sealed in a pouch. Bake for 15 to 20 minutes or until fish flakes with a fork.  
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- 4 Remove the salmon from the oven and serve with mixed greens. Enjoy!

### Notes

No Foil, Use parchment paper instead.  
Likes it Crispy, Broil for 1 to 2 minutes after baking to make it crispy.  
Leftovers, Keep well in the fridge for 2 to 3 days.  
No Ghee, Use butter, avocado oil or coconut oil instead.





## Roasted Chicken with Zucchini & Olives

3 servings  
1 hour 20 minutes

### Ingredients

10 1/2 ozs Chicken Leg, Boneless with Skin  
1/4 tsp Sea Salt  
2 Zucchini (medium, sliced)  
1 cup Green Olives (sliced)  
1 Lemon (juiced)  
3 tbsps Extra Virgin Olive Oil

### Directions

- 1 Preheat oven to 375F° (191°C).
- 2 Lay chicken in a large cast iron skillet, or baking sheet, and season with sea salt. Place the sliced zucchini around the chicken and top with olives, lemon juice, and olive oil.
- 3 Bake for 45 minutes, then broil on low for 10-15 more minutes until the top is browned. Baste with juices throughout cooking.
- 4 Remove from oven and let stand 15 minutes before serving. Enjoy!

### Notes

**Leftovers,** Keeps well in the fridge for 2 to 3 days.

**More Carbs,** Serve with rice, quinoa, or roasted potatoes.

**Vegetarian/Vegan,** Instead of chicken, use 3 cups of chickpeas. Reduce cooking time to 30 minutes and do not broil.



## Broiled Mackerel

2 servings

15 minutes

### Ingredients

- 8 ozs Mackerel Fillet (patted dry)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/4 tsp Sea Salt

### Directions

- 1 Set your oven to broil and move the rack to the top rung.
- 2 Place mackerel fillets on a baking sheet and coat in oil. Season with salt and broil for 6 to 7 minutes. Cooking times may vary due to thickness. If more time is needed, lower the heat to 350°F (177°C) and cook until the flesh is opaque in the centre.
- 3 Place on a serving dish and enjoy!

### Notes

Leftovers, Refrigerate in an airtight container for 2 to 3 days.

Serve It With, Another side dish or add to any salad for extra protein.





## Roasted Broccoli

2 servings

35 minutes

### Ingredients

3 cups Broccoli (cut into florets)  
2 1/4 tps Avocado Oil  
1/4 tsp Garlic Powder  
1/8 tsp Sea Salt

### Directions

- 1 Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 2 Arrange the broccoli florets on the baking sheet and season with avocado oil, garlic powder and sea salt. Toss well. Roast in the oven for 25 to 30 minutes or until broccoli is tender. Toss at the halfway point.
- 3 Remove from the oven and divide between plates. Enjoy!

### Notes

**Storage,** Refrigerate in an airtight container for up to 3 days.

**No Avocado Oil,** Use olive oil or melted coconut oil instead.

**No Garlic Powder,** Use freshly ground black pepper, cumin, smoked paprika or onion powder instead.





## Chicken, Asparagus & Mashed Cauliflower

2 servings

20 minutes

### Ingredients

- 1 1/2 cups Asparagus (ends trimmed)
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 1/8 tsp Sea Salt
- 1/2 head Cauliflower (chopped into florets)
- 8 ozs Whole Rotisserie Chicken (cooked, meat only, bones removed)

### Directions

- 1 Preheat your oven to 425°F (218°C) and line a baking sheet with parchment paper. Toss the asparagus with half the olive oil and lay on the baking sheet. Sprinkle with sea salt and roast in the oven for about 12 minutes, flipping halfway through cooking time.
- 2 While the asparagus is roasting, bring a large pot of water to a boil under a steamer. Steam the cauliflower for 10 to 12 minutes, or until soft. Remove from heat and mash with the remaining olive oil. Season with salt to taste and divide between containers.
- 3 Add the asparagus to the containers along with the roasted chicken meat. Enjoy!

### Notes

**Storage,** Keeps well in the fridge for 3 to 4 days.

**More Carbs,** Replace the cauliflower with potatoes, sweet potatoes, quinoa or rice.