



## No Sugar Challenge - Sample Diet #1



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High Octane Training and Therapy  
<https://highoctanetraining.ca/>



We understand this is a NO Sugar Challenge and the plan we're providing as an example has sugar in it. Meat and some Vegetables are your only way of being completely SUGAR-FREE. We have provided a website link: [https://www.nutritionvalue.org/foods\\_by\\_Sugars\\_content\\_lowest.html](https://www.nutritionvalue.org/foods_by_Sugars_content_lowest.html) with a list of foods to be completely sugar-free and you can also look up food you're thinking about in the search bar.

Milk, Nuts, and many vegetables surprise people when they find out that they contain naturally occurring sugars - even your avocado contains sugar...

We will do our best to stay away from these as much as possible but you will still get a point for the day if your only sugar comes from a vegetable. You can get TWO BONUS points if you follow the other link and intake ZERO grams of sugar in a day.

If you have any questions about the diet, the challenge and how to win the prize money - please email [begin@highoctanetraining.ca](mailto:begin@highoctanetraining.ca)

This challenge will be tracked using the honour system on our whiteboard located inside High Octane Training and Therapy. See the points chart for details about how to get extra points.  
That's all for now!! Thank you in advance for participating!

This program was created using foods compliant with the first phase of a candida cleansing diet and with the following principles in mind:

## Low Carbohydrate

Eating the proper amount and type of carbohydrate is important during a candida cleanse to decrease fungus growth. This low-carbohydrate program is grain-free, sugar-free, gluten-free, and uses low glycemic foods to optimize blood sugars and energy levels. Adequate dietary fiber intake is associated with better digestive health and reduced inflammation. The plan provides daily fiber from non-starchy vegetables, nuts, and seeds.

## High-Quality Protein

Without adequate protein, infection incidents can increase due to a decrease in the T cell functions which affect the immune system. Getting enough daily protein can help prevent infection and fungus growth. This meal plan provides up to 30% of calories from high-quality protein sources such as chicken, salmon, eggs, turkey, and tilapia.

## Healthy Fats

This plan is rich in monounsaturated fat from olive oil, avocado, nuts, and seeds, and medium-chain fatty acids from coconut oil. Adding coconut oil to the diet can reduce candida growth in the gut. Oleic acid found in olive oil can affect the type of bacteria growth in the gut. It contains tocopherols, polyphenols, and a balanced linoleic/alpha-linolenic acid profile, which is beneficial for the immune system and inflammatory responses.



## Prebiotics

Probiotics are recommended so that the gut microflora may be repopulated with good bacteria and help boost immunity. Prebiotics support digestive health by feeding the good bacteria. Combining probiotics with prebiotics creates a synergistic effect to promote intestinal health. This program incorporates prebiotics by adding onions and garlic to meals.

Hi,

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	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Spinach & Salsa Omelette	 Spinach & Salsa Omelette	 Zucchini, Mushroom & Egg Breakfast	 Zucchini, Mushroom & Egg Breakfast	 Zucchini, Mushroom & Egg Breakfast	 Spinach & Sweet Potato Frittata	 Spinach & Sweet Potato Frittata
	 Coconut Chia Pudding	 Coconut Chia Pudding	 Shredded Sweet Potatoes	 Shredded Sweet Potatoes	 Shredded Sweet Potatoes	 Spinach & Sweet Potato Frittata	 Spinach & Sweet Potato Frittata
Snack 1	 Cucumber & Avocado Salad	 Broccoli & Spiced Yogurt	 Cucumber & Avocado Salad	 Creamy Sweet Potato Toast	 Chickpea Scramble Box	 Coconut Yogurt with Sunflower Seed Butter	 Guacamole with Brown Rice Chips
	 Coconut Yogurt Chicken	 Southwest Chicken Meal Prep Bowls	 Coconut Yogurt Chicken	 Ground Beef, Broccoli & Rice	 Slow Cooker Salsa Chicken	 Haddock, Broccoli & Quinoa	 Spiced Beef & Spinach with Rice
Lunch	 Creamy Broccoli Salad	 Southwest Chicken Meal Prep Bowls	 Creamy Broccoli Salad	 Ground Beef, Broccoli & Rice	 Broccoli & Jasmine Rice	 Haddock, Broccoli & Quinoa	 Spiced Beef & Spinach with Rice
	 Broccoli & Spiced Yogurt	 Cucumber & Avocado Salad	 Creamy Sweet Potato Toast	 Chickpea Scramble Box	 Creamy Sweet Potato Toast	 Guacamole with Brown Rice Chips	 Coconut Yogurt with Sunflower Seed Butter
Snack 2	 Southwest Chicken Meal Prep Bowls	 Creamy Broccoli Salad	 Ground Beef, Broccoli & Rice	 Broccoli & Jasmine Rice	 Haddock, Broccoli & Quinoa	 Spiced Beef & Spinach with Rice	 Haddock, Broccoli & Quinoa
	 Southwest Chicken Meal Prep Bowls	 Creamy Broccoli Salad	 Ground Beef, Broccoli & Rice	 Broccoli & Jasmine Rice	 Haddock, Broccoli & Quinoa	 Spiced Beef & Spinach with Rice	 Haddock, Broccoli & Quinoa
Dinner	 Southwest Chicken Meal Prep Bowls	 Creamy Broccoli Salad	 Ground Beef, Broccoli & Rice	 Broccoli & Jasmine Rice	 Haddock, Broccoli & Quinoa	 Spiced Beef & Spinach with Rice	 Haddock, Broccoli & Quinoa





Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Fat	<div><div></div></div> 51%	Fat	<div><div></div></div> 51%	Fat	<div><div></div></div> 50%	Fat	<div><div></div></div> 36%	Fat	<div><div></div></div> 37%	Fat	<div><div></div></div> 42%	Fat	<div><div></div></div> 42%
Carbs	<div><div></div></div> 27%	Carbs	<div><div></div></div> 27%	Carbs	<div><div></div></div> 29%	Carbs	<div><div></div></div> 40%	Carbs	<div><div></div></div> 37%	Carbs	<div><div></div></div> 36%	Carbs	<div><div></div></div> 36%
Protein	<div><div></div></div> 22%	Protein	<div><div></div></div> 22%	Protein	<div><div></div></div> 21%	Protein	<div><div></div></div> 24%	Protein	<div><div></div></div> 26%	Protein	<div><div></div></div> 22%	Protein	<div><div></div></div> 22%
Calories	1832	Calories	1832	Calories	1655	Calories	1581	Calories	1645	Calories	1691	Calories	1691
Fat	109g	Fat	109g	Fat	96g	Fat	64g	Fat	69g	Fat	80g	Fat	80g
Saturated	35g	Saturated	35g	Saturated	20g	Saturated	14g	Saturated	21g	Saturated	28g	Saturated	28g
Trans	0g	Trans	0g	Trans	1g	Trans	1g	Trans	0g	Trans	1g	Trans	1g
Polyunsaturated	17g	Polyunsaturated	17g	Polyunsaturated	18g	Polyunsaturated	9g	Polyunsaturated	11g	Polyunsaturated	10g	Polyunsaturated	10g
Monounsaturated	41g	Monounsaturated	41g	Monounsaturated	51g	Monounsaturated	30g	Monounsaturated	27g	Monounsaturated	35g	Monounsaturated	35g
Carbs	127g	Carbs	127g	Carbs	125g	Carbs	164g	Carbs	154g	Carbs	153g	Carbs	153g
Fiber	39g	Fiber	39g	Fiber	29g	Fiber	24g	Fiber	27g	Fiber	23g	Fiber	23g
Sugar	19g	Sugar	19g	Sugar	23g	Sugar	21g	Sugar	21g	Sugar	13g	Sugar	13g
Protein	104g	Protein	104g	Protein	93g	Protein	99g	Protein	111g	Protein	93g	Protein	93g
Cholesterol	722mg	Cholesterol	722mg	Cholesterol	528mg	Cholesterol	549mg	Cholesterol	579mg	Cholesterol	550mg	Cholesterol	550mg
Sodium	1756mg	Sodium	1756mg	Sodium	1410mg	Sodium	1458mg	Sodium	2240mg	Sodium	1517mg	Sodium	1517mg
Potassium	4558mg	Potassium	4558mg	Potassium	4187mg	Potassium	3364mg	Potassium	3810mg	Potassium	2815mg	Potassium	2815mg
Vitamin A	14973IU	Vitamin A	14973IU	Vitamin A	26042IU	Vitamin A	23026IU	Vitamin A	23409IU	Vitamin A	11541IU	Vitamin A	11541IU
Vitamin C	443mg	Vitamin C	443mg	Vitamin C	310mg	Vitamin C	203mg	Vitamin C	203mg	Vitamin C	119mg	Vitamin C	119mg
Calcium	1185mg	Calcium	1185mg	Calcium	591mg	Calcium	403mg	Calcium	435mg	Calcium	521mg	Calcium	521mg
Iron	17mg	Iron	17mg	Iron	14mg	Iron	13mg	Iron	13mg	Iron	13mg	Iron	13mg
Vitamin D	125IU	Vitamin D	125IU	Vitamin D	94IU	Vitamin D	94IU	Vitamin D	126IU	Vitamin D	120IU	Vitamin D	120IU
Vitamin E	18mg	Vitamin E	18mg	Vitamin E	20mg	Vitamin E	12mg	Vitamin E	14mg	Vitamin E	15mg	Vitamin E	15mg
Vitamin K	1059µg	Vitamin K	1059µg	Vitamin K	633µg	Vitamin K	283µg	Vitamin K	283µg	Vitamin K	377µg	Vitamin K	377µg
Vitamin B6	3.8mg	Vitamin B6	3.8mg	Vitamin B6	3.2mg	Vitamin B6	3.0mg	Vitamin B6	3.3mg	Vitamin B6	2.2mg	Vitamin B6	2.2mg
Vitamin B12	4.4µg	Vitamin B12	4.4µg	Vitamin B12	4.4µg	Vitamin B12	4.0µg	Vitamin B12	5.0µg	Vitamin B12	8.3µg	Vitamin B12	8.3µg
Magnesium	481mg	Magnesium	481mg	Magnesium	407mg	Magnesium	375mg	Magnesium	478mg	Magnesium	370mg	Magnesium	370mg
Zinc	9mg	Zinc	9mg	Zinc	14mg	Zinc	13mg	Zinc	9mg	Zinc	13mg	Zinc	13mg





### Fruits

- ☐ 2 1/2 Avocado
- ☐ 3/4 Lemon
- ☐ 2 tbsps Lemon Juice
- ☐ 1 Lime
- ☐ 1 tbsp Lime Juice

### Seeds, Nuts & Spices

- ☐ 1/8 tsp Black Pepper
- ☐ 1/4 cup Chia Seeds
- ☐ 1/4 tsp Cumin
- ☐ 2 tbsps Curry Powder
- ☐ 3/4 tsp Onion Powder
- ☐ 3/4 tsp Paprika
- ☐ 2 tsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1/4 cup Sunflower Seeds
- ☐ 1 1/2 tsps Taco Seasoning
- ☐ 1/8 tsp Turmeric

### Frozen

- ☐ 2 Brown Rice Tortilla
- ☐ 3 cups Frozen Broccoli

### Vegetables

- ☐ 1 1/2 cups Arugula
- ☐ 13 cups Baby Spinach
- ☐ 14 cups Broccoli
- ☐ 1/2 cup Cherry Tomatoes
- ☐ 1 tbsp Cilantro
- ☐ 1 1/2 Cucumber
- ☐ 1/2 Green Bell Pepper
- ☐ 1 1/2 cups Green Cabbage
- ☐ 3 tbsps Parsley
- ☐ 3 tbsps Red Onion
- ☐ 3 1/2 Sweet Potato
- ☐ 2 Tomato
- ☐ 18 White Button Mushrooms
- ☐ 1 1/2 Zucchini

### Boxed & Canned

- ☐ 1/2 cup Brown Rice
- ☐ 3/4 cup Canned Coconut Milk
- ☐ 1/2 cup Chickpeas
- ☐ 1 3/4 cups Jasmine Rice
- ☐ 3/4 cup Quinoa
- ☐ 3/4 cup Salsa
- ☐ 57 grams Seed Crackers

### Baking

- ☐ 1 tsp Vanilla Extract

### Bread, Fish, Meat & Cheese

- ☐ 850 grams Chicken Breast
- ☐ 454 grams Extra Lean Ground Beef
- ☐ 3 Haddock Fillet

### Condiments & Oils

- ☐ 1 1/8 tbsps Avocado Oil
- ☐ 3 tbsps Coconut Oil
- ☐ 1/3 cup Extra Virgin Olive Oil
- ☐ 2/3 cup Sunflower Seed Butter
- ☐ 3 tbsps Tahini

### Cold

- ☐ 16 Egg
- ☐ 3 1/4 cups Unsweetened Coconut Yogurt

### Other

- ☐ 1 cup Water





## Spinach & Salsa Omelette

2 servings

10 minutes

### Ingredients

1 1/3 tbsps Extra Virgin Olive Oil  
(divided)  
4 cups Baby Spinach  
6 Egg  
Sea Salt & Black Pepper (to taste)  
1/2 cup Salsa

### Nutrition

Amount per serving	
Calories	327
Fat	24g
Saturated	6g
Trans	0g
Polyunsaturated	4g
Monounsaturated	12g
Carbs	8g
Fiber	3g
Sugar	3g
Protein	22g
Cholesterol	558mg
Sodium	723mg
Potassium	721mg
Vitamin A	6736IU
Vitamin C	18mg
Calcium	163mg
Iron	5mg
Vitamin D	123IU
Vitamin E	5mg
Vitamin K	298µg
Vitamin B6	0.5mg
Vitamin B12	1.4µg
Magnesium	75mg
Zinc	2mg

### Directions

- 1 Heat half of the oil in a non-stick pan over medium heat. Add the spinach and cook until tender and wilted. Transfer the cooked spinach to a plate and set aside.
- 2 Whisk the eggs in a small bowl and season with salt and pepper to taste. Add the remaining oil to the pan. Add the eggs and cook until almost set. Place the salsa and cooked spinach on one half of the omelette and fold the other half over top. Remove from heat and enjoy!

### Notes

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

**More Flavor:** Add red pepper flakes, garlic, and/or paprika to the eggs.

**Additional Toppings:** Shredded cheese, avocado slices, and/or hot sauce.

**No Spinach:** Use another leafy green, like kale or arugula.



## Coconut Chia Pudding

2 servings

1 hour

### Ingredients

3/4 cup Canned Coconut Milk

3/4 cup Water

1/4 cup Chia Seeds

1 tsp Vanilla Extract

### Nutrition

Amount per serving	
Calories	285
Fat	24g
Saturated	15g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	13g
Fiber	6g
Sugar	1g
Protein	5g
Cholesterol	0mg
Sodium	25mg
Potassium	313mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	147mg
Iron	2mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin K	0µg
Vitamin B6	0mg
Vitamin B12	0µg
Magnesium	72mg
Zinc	0mg

### Directions

- 1 Combine all ingredients in a large container. Refrigerate for at least one hour or until chia seeds have set.
- 2 Stir well and divide into cups or containers if on-the-go. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container up to five days.

**Serving Size:** One serving is equal to approximately 1.5 cups of chia pudding.

**More Flavor:** Add maple syrup, honey, monk fruit sweetener, cinnamon or cardamom.

**Additional Toppings:** Top with shredded coconut, berries, banana slices, nuts or bee pollen.





## Zucchini, Mushroom & Egg Breakfast

3 servings

20 minutes

### Ingredients

- 1 1/2 tsps Avocado Oil
- 1 1/2 Zucchini (medium, sliced)
- 18 White Button Mushrooms (sliced)
- 6 Egg
- 1 1/2 cups Arugula
- 1 1/2 tsps Lemon Juice
- 1/3 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	207
Fat	13g
Saturated	4g
Trans	0g
Polyunsaturated	3g
Monounsaturated	5g
Carbs	8g
Fiber	2g
Sugar	5g
Protein	17g
Cholesterol	372mg
Sodium	453mg
Potassium	777mg
Vitamin A	973IU
Vitamin C	22mg
Calcium	91mg
Iron	3mg
Vitamin D	90IU
Vitamin E	1mg
Vitamin K	15µg
Vitamin B6	0.5mg
Vitamin B12	1.0µg
Magnesium	44mg

### Directions

- 1 Heat a skillet over medium heat and add the avocado oil, zucchini and mushrooms. Cook for 6 to 8 minutes. Remove and set aside on a plate.
- 2 Using the same pan over medium heat, crack the eggs into the pan. Cook until the whites are set and the yolks are cooked to your liking. Add to the same plate.
- 3 Add the arugula to the plate and drizzle with lemon juice. Season the eggs and vegetables with sea salt. Enjoy!

### Notes

**Leftovers:** Refrigerate leftover vegetables in an airtight container for up to three days. Eggs are best enjoyed immediately.

**More Flavor:** Season the vegetables with chili flakes, cayenne, onion powder or garlic.

**Make it Vegan:** Omit the eggs and make a tofu scramble instead.



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Zinc	2mg
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## Shredded Sweet Potatoes

3 servings

10 minutes

### Ingredients

1 1/2 tbsps Extra Virgin Olive Oil  
1 1/2 Sweet Potato (medium, peeled  
and grated)  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	116
Fat	7g
Saturated	1g
Trans	0g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	13g
Fiber	2g
Sugar	3g
Protein	1g
Cholesterol	0mg
Sodium	36mg
Potassium	219mg
Vitamin A	9222IU
Vitamin C	2mg
Calcium	20mg
Iron	0mg
Vitamin D	0IU
Vitamin E	1mg
Vitamin K	5µg
Vitamin B6	0.1mg
Vitamin B12	0µg
Magnesium	16mg
Zinc	0mg

### Directions

- 1 Heat the oil in a non-stick pan over medium heat.
- 2 Add the grated sweet potato and cook, stirring occasionally, for about five to six minutes or until the sweet potatoes are tender. Season with salt and pepper to taste. Serve and enjoy!

### Notes

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

**Serving Size:** One serving is approximately one cup.

**More Flavor:** Add dried herbs and spices like cumin, cinnamon, and/or garlic powder. While cooking, leave the sweet potato in the pan without stirring to create brown, crispy bits of flavor before stirring and repeating the process.

**No Extra Virgin Olive Oil:** Use avocado oil or coconut oil instead.



## Spinach & Sweet Potato Frittata

2 servings

25 minutes

### Ingredients

1 1/2 tsps Extra Virgin Olive Oil  
1/2 Sweet Potato (medium, peeled and cut into small cubes)  
1 1/2 cups Baby Spinach (chopped)  
4 Egg (whisked)  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	206
Fat	13g
Saturated	4g
Trans	0g
Polyunsaturated	2g
Monounsaturated	6g
Carbs	8g
Fiber	1g
Sugar	2g
Protein	14g
Cholesterol	372mg
Sodium	178mg
Potassium	373mg
Vitamin A	7261IU
Vitamin C	7mg
Calcium	88mg
Iron	3mg
Vitamin D	82IU
Vitamin E	2mg
Vitamin K	112µg
Vitamin B6	0.3mg
Vitamin B12	0.9µg
Magnesium	38mg
Zinc	2mg

### Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Heat the oil in a cast-iron skillet (or another oven-safe pan) over medium heat. Add the sweet potato and cook, stirring occasionally, for about 10 minutes or until the potatoes are just tender. Add the spinach and stir until wilted.
- 3 Season the whisked eggs with salt and pepper then pour the eggs into the pan with the vegetables and let the eggs cook for about 30 seconds or until they just begin to set before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven.
- 4 Bake for 10 to 12 minutes or until the eggs have set and are firm to the touch in the center of the pan. Let it sit for about five minutes before cutting into wedges. Serve and enjoy!

### Notes

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

**More Flavor:** Add onions, garlic, and/or fresh herbs, like chives, basil, or dill.

**Additional Toppings:** Salsa, hot sauce, or ketchup.

**No Spinach:** Use kale or swiss chard instead.





## Cucumber & Avocado Salad

3 servings

5 minutes

### Ingredients

- 1 1/2 Cucumber (sliced)
- 1 1/2 Avocado
- 1 1/2 tbsps Lemon Juice
- 3 tbsps Parsley (chopped)
- 1/3 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	186
Fat	15g
Saturated	2g
Trans	0g
Polyunsaturated	2g
Monounsaturated	10g
Carbs	15g
Fiber	8g
Sugar	3g
Protein	3g
Cholesterol	0mg
Sodium	307mg
Potassium	738mg
Vitamin A	625IU
Vitamin C	22mg
Calcium	42mg
Iron	1mg
Vitamin D	0IU
Vitamin E	2mg
Vitamin K	108µg
Vitamin B6	0.3mg
Vitamin B12	0µg
Magnesium	51mg
Zinc	1mg

### Directions

- 1 In a bowl, add the cucumber, avocado, lemon juice, parsley and sea salt and toss to combine. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days. For best results, cut and add the avocado just prior to enjoying.

**More Flavor:** Add chili flakes or cayenne.

**Additional Toppings:** Nuts, seeds or additional vegetables.



## Coconut Yogurt with Sunflower Seed Butter

2 servings

5 minutes

### Ingredients

1 cup Unsweetened Coconut Yogurt  
1/4 cup Sunflower Seed Butter

### Nutrition

Amount per serving	
Calories	253
Fat	21g
Saturated	5g
Trans	0g
Polyunsaturated	3g
Monounsaturated	12g
Carbs	13g
Fiber	3g
Sugar	4g
Protein	6g
Cholesterol	0mg
Sodium	26mg
Potassium	184mg
Vitamin A	17IU
Vitamin C	1mg
Calcium	270mg
Iron	2mg
Vitamin D	0IU
Vitamin E	7mg
Vitamin K	0µg
Vitamin B6	0.2mg
Vitamin B12	1.4µg
Magnesium	100mg
Zinc	2mg

### Directions

- 1 Add the coconut yogurt to a bowl and stir in the sunflower seed butter. Enjoy!

### Notes

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

**More Flavor:** Add vanilla extract, cinnamon, or sweetener of choice to taste.

**Additional Toppings:** Fresh berries, banana or other fruit, chopped nuts, chia seeds, hemp seeds, granola.

**No Coconut Yogurt:** Use Greek yogurt instead.

**No Sunflower Seed Butter:** Use another nut or seed butter instead.





## Coconut Yogurt Chicken

3 servings

2 hours 15 minutes

### Ingredients

340 grams Chicken Breast (sliced into long strips)  
1/2 cup Unsweetened Coconut Yogurt  
1 1/2 tsps Curry Powder  
Sea Salt & Black Pepper (to taste)  
1 1/8 tsps Extra Virgin Olive Oil  
4 1/2 cups Baby Spinach

### Nutrition

Amount per serving	
Calories	215
Fat	10g
Saturated	3g
Trans	0g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	4g
Fiber	2g
Sugar	0g
Protein	27g
Cholesterol	82mg
Sodium	96mg
Potassium	641mg
Vitamin A	4254IU
Vitamin C	13mg
Calcium	149mg
Iron	2mg
Vitamin D	1IU
Vitamin E	3mg
Vitamin K	221µg
Vitamin B6	1.0mg
Vitamin B12	0.7µg
Magnesium	70mg

### Directions

- 1 In a large bowl, combine the chicken with the coconut yogurt, curry powder, and salt and pepper. Place in the fridge to marinate for two hours, or longer.
- 2 Heat a skillet over medium heat and add the oil. Once hot, add the chicken strips and cook for five to six minutes. Flip the strips over and cook for an additional five to six minutes, until browned slightly.
- 3 Add the remaining coconut yogurt marinade to the skillet and cook for two to three minutes, until bubbling. Toss in the spinach and stir to combine and cook until wilted, another two minutes.
- 4 Divide the chicken and spinach onto plates. Serve and enjoy!

### Notes

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

**No Coconut Yogurt:** Use another type of yogurt, such as dairy yogurt.

**More Flavor:** Add chili flakes.

**Additional Toppings:** Serve with toasted pita, naan, or rice.





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Zinc	1mg
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## Creamy Broccoli Salad

3 servings

20 minutes

### Ingredients

6 cups Broccoli (chopped into florets)  
3 tbsps Red Onion (finely sliced)  
3 tbsps Tahini  
3/4 Lemon (juiced)  
1 1/2 tbsps Extra Virgin Olive Oil  
1/8 tsp Sea Salt  
1/8 tsp Black Pepper  
1 1/2 tbsps Water  
1/4 cup Sunflower Seeds

### Nutrition

Amount per serving	
Calories	280
Fat	21g
Saturated	3g
Trans	0g
Polyunsaturated	8g
Monounsaturated	9g
Carbs	20g
Fiber	8g
Sugar	4g
Protein	10g
Cholesterol	0mg
Sodium	226mg
Potassium	757mg
Vitamin A	1147IU
Vitamin C	168mg
Calcium	162mg
Iron	3mg
Vitamin D	0IU
Vitamin E	5mg
Vitamin K	190µg

### Directions

- 1 Bring a large pot of water to a boil and drop in your broccoli florets. Cover with a lid and boil for 2 - 3 minutes, or just until slightly tender. Strain and run under cold water.
- 2 Roughly chop the florets into pieces and add them to a large mixing bowl. Add in the red onion.
- 3 In a small jar, add the tahini, lemon juice, olive oil, sea salt, black pepper and water. Shake vigorously until well combined. Pour over the salad and toss well.
- 4 Sprinkle sunflower seeds over top of the salad and serve. Enjoy!

### Notes

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

**Likes it Sweet:** Add dried cranberries or diced apple.



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Vitamin B6	0.4mg
Vitamin B12	0µg
Magnesium	68mg
Zinc	2mg





## Broccoli & Spiced Yogurt

2 servings

5 minutes

### Ingredients

- 1 cup Unsweetened Coconut Yogurt
- 2 tsp Curry Powder
- 4 cups Broccoli (chopped into florets)

### Nutrition

Amount per serving	
Calories	124
Fat	4g
Saturated	3g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	19g
Fiber	7g
Sugar	4g
Protein	6g
Cholesterol	0mg
Sodium	86mg
Potassium	600mg
Vitamin A	1134IU
Vitamin C	162mg
Calcium	346mg
Iron	2mg
Vitamin D	0IU
Vitamin E	2mg
Vitamin K	187µg
Vitamin B6	0.3mg
Vitamin B12	1.4µg
Magnesium	44mg
Zinc	1mg

### Directions

- 1 In a small bowl mix the yogurt and curry powder together. Serve with the broccoli florets for dipping. Enjoy!

### Notes

**Leftovers:** Refrigerate the dip in an airtight container for up to three days.

**More Flavor:** Add salt and pepper to taste.

**No Coconut Yogurt:** Use Greek yogurt instead.



## Creamy Sweet Potato Toast

3 servings

15 minutes

### Ingredients

- 1 1/2 Sweet Potato (large)
- 1/3 cup Sunflower Seed Butter
- 3 tbsps Unsweetened Coconut Yogurt

### Nutrition

Amount per serving	
Calories	260
Fat	18g
Saturated	2g
Trans	0g
Polyunsaturated	3g
Monounsaturated	12g
Carbs	21g
Fiber	4g
Sugar	6g
Protein	7g
Cholesterol	0mg
Sodium	40mg
Potassium	403mg
Vitamin A	9238IU
Vitamin C	2mg
Calcium	71mg
Iron	2mg
Vitamin D	0IU
Vitamin E	7mg
Vitamin K	1µg
Vitamin B6	0.3mg
Vitamin B12	0.2µg
Magnesium	116mg
Zinc	2mg

### Directions

- 1 Trim the pointy ends off of the sweet potato then cut it half lengthwise into 1/4 inch slices to create long toast-like pieces.
- 2 Place the sweet potato slices into the toaster and toast twice or until golden brown. Or set your oven to broil and bake on a sheet for three to six minutes per side, or until golden brown.
- 3 Once the sweet potato has cooled slightly, add the sunflower seed butter to each slice. Top with coconut yogurt. Enjoy!

### Notes

**Leftovers:** Refrigerate leftover slices separate from the toppings in an airtight container for up to three days. To reheat, toast each slice until warm, or set the oven to broil for roughly three minutes per side.

**Additional Toppings:** Add hemp seeds, flax seeds, or chia seeds on top.



## Chickpea Scramble Box

2 servings

15 minutes

### Ingredients

2 tbsps Water  
1/2 cup Chickpeas (cooked)  
1/8 tsp Turmeric  
1/4 tsp Cumin  
1/8 tsp Sea Salt (to taste)  
1 cup Baby Spinach (large leaves torn)  
57 grams Seed Crackers  
1 Tomato (medium, sliced)

### Nutrition

Amount per serving	
Calories	207
Fat	6g
Saturated	0g
Trans	0g
Polyunsaturated	1g
Monounsaturated	0g
Carbs	32g
Fiber	9g
Sugar	2g
Protein	8g
Cholesterol	0mg
Sodium	352mg
Potassium	464mg
Vitamin A	2251IU
Vitamin C	14mg
Calcium	105mg
Iron	3mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin K	74µg
Vitamin B6	0.1mg

### Directions

- 1 Heat the water in a pan over medium heat. Add the chickpeas, turmeric, cumin, and salt. Mash the chickpeas with the back of a fork.
- 2 Stir in the spinach until wilted and add more salt if needed. Serve alongside the crackers and tomato. Enjoy!

### Notes

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

**Serving Size:** One serving equals approximately 1/4 cup of chickpea scramble, one ounce of seed crackers, and half a tomato.

**More Flavor:** Add garlic, onions, red pepper flakes, or lime juice.

**Additional Toppings:** Add avocado or cucumber slices.





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Vitamin B12	0µg
Magnesium	94mg
Zinc	2mg



## Guacamole with Brown Rice Chips

2 servings

15 minutes

### Ingredients

2 Brown Rice Tortilla  
1 Avocado  
1/2 cup Cherry Tomatoes (cut into quarters)  
1 Lime (juiced)  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 Preheat oven to 415°F (213°C). Defrost brown rice tortillas and slice into 1/8's using a pizza cutter. Place on a baking sheet and bake for 6 minutes.
- 2 Place avocado in a bowl and mash it well with a fork. Add lime juice and cherry tomatoes. Season with salt and pepper and stir well. Transfer guacamole to a bowl and enjoy with some brown rice chips.

### Nutrition

Amount per serving	
Calories	323
Fat	17g
Saturated	2g
Trans	0g
Polyunsaturated	2g
Monounsaturated	10g
Carbs	39g
Fiber	10g
Sugar	5g
Protein	5g
Cholesterol	0mg
Sodium	179mg
Potassium	601mg
Vitamin A	468IU
Vitamin C	22mg
Calcium	19mg
Iron	1mg
Vitamin D	0IU
Vitamin E	2mg
Vitamin K	24µg
Vitamin B6	0.3mg
Vitamin B12	0µg
Magnesium	35mg
Zinc	1mg



## Southwest Chicken Meal Prep Bowls

2 servings

50 minutes

### Ingredients

1/2 cup Brown Rice  
227 grams Chicken Breast  
2 tsps Avocado Oil (divided)  
1 1/2 tsps Taco Seasoning (divided)  
1/2 cup Unsweetened Coconut Yogurt  
1 tbsp Lime Juice  
1 tbsp Cilantro  
1 1/2 cups Green Cabbage (thinly sliced)  
1/2 Green Bell Pepper (medium, chopped)  
1 Tomato (medium, chopped)

### Nutrition

Amount per serving	
Calories	415
Fat	11g
Saturated	3g
Trans	0g
Polyunsaturated	2g
Monounsaturated	5g
Carbs	48g
Fiber	5g
Sugar	4g
Protein	31g
Cholesterol	82mg
Sodium	293mg
Potassium	788mg
Vitamin A	1077IU
Vitamin C	60mg
Calcium	176mg
Iron	2mg

### Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Cook the rice according to package directions. Let the rice cool slightly.
- 3 Meanwhile, place the chicken breast in a baking dish and season both sides with 1/2 of the oil and 2/3 of the taco seasoning. Bake for 25 to 30 minutes or until the chicken breast is cooked through. Let cool for 10 to 15 minutes then slice.
- 4 Meanwhile, in a small bowl combine the coconut yogurt, lime juice, cilantro, the remaining oil, and the remaining taco seasoning to make a dressing.
- 5 Divide the rice, cabbage, peppers, tomato, and chicken between bowls. Serve with the yogurt dressing. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Serve cold or to reheat store the cabbage, veggies, and yogurt separately from the chicken and rice.

**More Flavor:** Add red pepper flakes, smoked paprika, or cayenne pepper to the taco seasoning. Season with salt if needed.

**Additional Toppings:** Lime wedges, cilantro, or chopped green onion.

**No Brown Rice:** Use quinoa or cauliflower rice instead.

**No Cabbage:** Use romaine lettuce or kale instead.





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Vitamin D	1IU
Vitamin E	1mg
Vitamin K	55µg
Vitamin B6	1.3mg
Vitamin B12	0.9µg
Magnesium	101mg
Zinc	2mg



## Ground Beef, Broccoli & Rice

2 servings

30 minutes

### Ingredients

1/2 cup Jasmine Rice (dry, rinsed)  
2 cups Broccoli (chopped into florets)  
227 grams Extra Lean Ground Beef  
1/8 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	391
Fat	12g
Saturated	5g
Trans	1g
Polyunsaturated	0g
Monounsaturated	5g
Carbs	44g
Fiber	3g
Sugar	2g
Protein	28g
Cholesterol	74mg
Sodium	252mg
Potassium	652mg
Vitamin A	583IU
Vitamin C	81mg
Calcium	56mg
Iron	3mg
Vitamin D	3IU
Vitamin E	1mg
Vitamin K	93µg
Vitamin B6	0.6mg
Vitamin B12	2.5µg
Magnesium	42mg
Zinc	6mg

### Directions

- 1 Cook the jasmine rice according to the directions on the package.
- 2 Meanwhile, add the broccoli to a large pan with enough water to cover halfway. Bring to a simmer and cook for 6 to 8 minutes, or until just tender. Transfer the broccoli to a plate and drain any excess liquid from the pan.
- 3 Add the beef to the same pan and cook over medium heat, breaking it up as it browns. Season with salt to your preference and drain any excess liquid.
- 4 Divide the rice, broccoli, and ground beef onto plates or into containers. Enjoy!

### Notes

**No Jasmine Rice:** Use quinoa, brown rice, couscous, barley or cauliflower rice instead.

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

**Serving Size:** One serving is equal to approximately 1 cup of cooked rice, 1 cup of broccoli and 1/2 cup of ground beef.



## Slow Cooker Salsa Chicken

**2 servings****4 hours**

### Ingredients

**283 grams** Chicken Breast (boneless, skinless)

**1/4 cup** Salsa

### Nutrition

Amount per serving	
Calories	179
Fat	4g
Saturated	1g
Trans	0g
Polyunsaturated	1g
Monounsaturated	1g
Carbs	2g
Fiber	1g
Sugar	1g
Protein	32g
Cholesterol	103mg
Sodium	295mg
Potassium	561mg
Vitamin A	192IU
Vitamin C	1mg
Calcium	17mg
Iron	1mg
Vitamin D	1IU
Vitamin E	1mg
Vitamin K	1µg
Vitamin B6	1.2mg
Vitamin B12	0.3µg
Magnesium	44mg
Zinc	1mg

### Directions

- 1 Place chicken breasts in the slow cooker and cover them with salsa. Cover with lid and cook on high for 4 hours, or on low for 6 to 8 hours.
- 2 Remove lid and shred the chicken breasts using two forks. Stir and let the shredded chicken marinate in the salsa for another 10 minutes or more.
- 3 Remove the chicken from the slow cooker and enjoy!

### Notes

**Serve it With:** Tacos, our Turmeric Chili Rice, Simple Avocado Salad, Vegan Corn Bread and/or House Salad.

**Leftovers:** Refrigerate in an airtight container up to 3 days or freeze for up to 6 months.

**Too Dry:** If you are finding the chicken is too dry after shredding it, stir in extra salsa.





## Broccoli & Jasmine Rice

2 servings

15 minutes

### Ingredients

1/2 cup Jasmine Rice  
2 cups Broccoli (cut into small florets)  
1 1/2 tsps Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	221
Fat	4g
Saturated	1g
Trans	0g
Polyunsaturated	0g
Monounsaturated	2g
Carbs	44g
Fiber	3g
Sugar	2g
Protein	6g
Cholesterol	0mg
Sodium	30mg
Potassium	288mg
Vitamin A	567IU
Vitamin C	81mg
Calcium	43mg
Iron	1mg
Vitamin D	0IU
Vitamin E	1mg
Vitamin K	94µg
Vitamin B6	0.2mg
Vitamin B12	0µg
Magnesium	19mg
Zinc	0mg

### Directions

- 1 Cook the rice according to package directions.
- 2 Meanwhile, add the broccoli to the food processor. Process until it is a rice-like consistency. You may need to do this in batches depending on the size of your food processor.
- 3 Heat the oil in a large non-stick pan over medium heat. Add the finely chopped broccoli and cook for about five minutes or until warmed through and tender. Season with salt and pepper to taste.
- 4 Combine the broccoli with the cooked rice. Serve and enjoy!

### Notes

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

**Serving Size:** One serving is approximately one cup.

**No Extra Virgin Olive Oil:** Use avocado oil or coconut oil instead.

**No Broccoli:** Use cauliflower instead.

**No Jasmine Rice:** Use brown rice or quinoa instead.



## Haddock, Broccoli & Quinoa

3 servings

25 minutes

### Ingredients

3/4 cup Quinoa (uncooked)  
3 Haddock Fillet  
3 cups Frozen Broccoli  
3 tbsps Coconut Oil  
3/4 tsp Onion Powder  
3/4 tsp Paprika  
3/4 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	455
Fat	17g
Saturated	12g
Trans	0g
Polyunsaturated	2g
Monounsaturated	2g
Carbs	34g
Fiber	6g
Sugar	2g
Protein	40g
Cholesterol	104mg
Sodium	1034mg
Potassium	1098mg
Vitamin A	966IU
Vitamin C	81mg
Calcium	88mg
Iron	3mg
Vitamin D	35IU
Vitamin E	3mg
Vitamin K	93µg
Vitamin B6	0.9mg
Vitamin B12	3.5µg
Magnesium	145mg

### Directions

- 1 Preheat the oven to 450°F (230°C) and line a baking sheet with parchment paper.
- 2 Cook the quinoa according to package directions.
- 3 Place the haddock fillets and broccoli onto the parchment paper. In a small bowl, whisk together the coconut oil, onion powder, paprika, and sea salt. Brush the mixture onto the haddock and broccoli.
- 4 Bake the haddock and broccoli for 20 minutes, or until the fish is cooked through. Serve with the quinoa and enjoy!

### Notes

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

**Fillet Size:** Each haddock fillet is equal to 150 grams or 5.3 ounces.



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Zinc	2mg
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## Spiced Beef & Spinach with Rice

2 servings

20 minutes

### Ingredients

3/4 cup Jasmine Rice  
227 grams Extra Lean Ground Beef  
2 1/4 tsps Curry Powder  
Sea Salt & Black Pepper (to taste)  
2 cups Baby Spinach

### Nutrition

Amount per serving	
Calories	454
Fat	12g
Saturated	5g
Trans	1g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	59g
Fiber	3g
Sugar	0g
Protein	28g
Cholesterol	74mg
Sodium	100mg
Potassium	559mg
Vitamin A	2829IU
Vitamin C	8mg
Calcium	56mg
Iron	4mg
Vitamin D	3IU
Vitamin E	1mg
Vitamin K	148µg
Vitamin B6	0.5mg
Vitamin B12	2.5µg
Magnesium	52mg
Zinc	6mg

### Directions

- 1 Cook the rice according to the package directions.
- 2 Meanwhile, heat a large skillet over medium heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
- 3 Add the curry powder to the beef and stir to combine. Season with salt and pepper to taste. Add the spinach and stir until the spinach has wilted.
- 4 Divide the rice between plates and top with the beef mixture. Enjoy!

### Notes

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

**More Flavor:** Season the beef with other dried herbs and spices or add fresh garlic and ginger.

**Additional Toppings:** Cilantro, lime wedges, and/or red pepper flakes.

**No Beef:** Use ground chicken, turkey, or pork instead.

**No Rice:** Use quinoa or cauliflower rice instead.