

WEEK

TWO

RECIPES



Monday

Steel cut oats

Left over vegetable chili

Roasted full chicken with side salad (pg.6)

Tuesday

Broccoli quiche (pg.2)

Chicken ceaser salad (pg.6)

Wednesday

Green Smoothie of choice (pg.2)

Honey Glazed Salmon (pg. 6)

Thursday

Nutty Cereal (pg.2)

Stuffed Peppers (pg. 7)

Friday

Egg Muffins (pg.3)

Coconut Cauliflower Curry (pg.8)

Saturday

Green Smoothie of choice (pg.2)

Lettuce Wraps (pg. 9)

Sunday

Brussel sweet potato hash with egg (pg. 3)

Buffalo Chicken Bake (pg. 9)

Breakfast:

Green Berry Smoothie:

2 handfuls of spinach

1 banana

1 avocado

1 orange

½ cup berries (strawberries, raspberries, or blueberries)

1 cup water

Blend ingredients until smooth.

Nutty Cereal: (adapted from Eat By Design)

1 handful of nuts (almonds, cashews, pecans, walnuts, macadamia nuts)

1/3 cup coconut flakes (unsweetened)

½ banana (peeled and sliced)

¼ cup raisins

½ tsp cinnamon

Almond or coconut milk

Place all ingredients in a bowl and enjoy.

Classic Green Smoothie: (adapted from Oh She glows)

1 cup of water, almond milk or coconut milk

1 cup of leafy greens

1 banana

1 tbsp almond butter

1 tbsp of chia or flax seeds or hemp hearts

1/4 tsp of vanilla extract

1/8 tsp of cinnamon

2-4 ice cubes

Steel Cut Oats:

Steel cut oats

½ cup berries (strawberries, raspberries, or blueberries)

Prepare steel cut oats as directed on package. Add whole berries or heat up berries in a sauce pan on stove to create berry mixture. Serve steel cut oats in a bowl with berry mixture on top.

Broccoli Quiche: (adapted from Primal Blueprint)

4 cups broccoli florets

6 eggs

1.5 cups full fat coconut milk

1 tbsp butter (melted)

¼ tsp nutmeg

¼ tsp pepper

¼ tsp salt

Preheat oven to 425 F. Butter baking dish (13x9-inch). Cook broccoli in boiling water for 3-4 minutes. Whisk eggs, coconut milk/cream, butter, nutmeg, salt and pepper. Stir in broccoli. Pour mixture into baking dish and bake 20 minutes (until set in the middle).

Egg Muffins:

6 eggs (fresh and free run preferred)

3 tbsp onions (finely chopped)

1/4 cup red pepper (finely chopped)

1/4 tsp salt and pepper

1/2 cup of chopped spinach

Preheat oven to 375 F. Grease muffin tray. Whisk eggs. Add onions, red pepper, spinach and salt and pepper. Pour egg mixture equally into the cups of the 6-piece muffin tray. Bake 20 minutes or until until egg is cooked all the way through.

Feel free to add your favourite veggies to the mix!

Brussels & Sweet Potato hash:

1 small sweet potato (cubed)

1 1/2 cups of brussels sprouts (washed & halved)

1/4 white onion (chopped)

1/2 cup spinach or chard (chopped)

2 eggs

1tbsp coconut oil

Salt and pepper to taste

Place skillet on medium-high heat. Add coconut oil. Add small cubed sweet potato and shortly after add onion. They should crisp up in approximately 8-12mins, then add brussels and spinach. Preheat oven to 375F. Crack two eggs over hash, and place in oven until eggs are cooked. Add salt and pepper to taste.

Egg Muffins



Sweet Potato & Brussels Hash



Dinner:

Roasted Whole Chicken:

1 whole chicken, big enough to have plenty of left overs.
Dry seasoning of choice- jerk, chipotle, salt and pepper

Cook chicken in oven or in a rotisserie for the recommended time based on size of chicken. Serve with a side salad and/or roast veggies.

Chicken Caesar Salad: (adapted from Eat By Design)

Romaine lettuce (washed and chopped)

Chicken (cut up into pieces; either cook chicken breasts or use leftovers from roasted whole chicken)

1/2 red onion (sliced)

Caesar dressing (**pg.10**)

Honey Glazed Salmon: (adapted from Paleo Kitchen)

3-4 pieces of salmon (wild caught)

3 tbsp coconut oil (melted)

3 tbsp organic honey (melted)

1/8 tsp coarse sea salt

Pomegranate-Pineapple salsa (**pg.11**)

Place salmon (skin side down) on baking sheet. Whisk coconut oil and honey in a bowl. Brush mixture onto salmon. Sprinkle with sea salt. Broil for 5-8 minutes until salmon is slightly flakey. Top salmon with salsa and your favourite side dishes of cauliflower rice, veggies, or a side salad.

Stuffed Peppers: (adapted from The 21 Day Sugar Detox)

2-3 peppers (halved, cored, and seeded)

1 tbsp coconut oil

1/2 onion (diced)

4 cloves garlic (minced)

1/2 cup dice tomatoes (fresh or canned)

1 lb ground chicken

6 fresh basil leaves (chopped)

Preheat oven to 375 F. Place peppers (facedown) in oven for 10 minutes. Heat coconut oil in a pan over medium heat. Add onion and cook for 2-3 minutes. Add garlic and tomatoes and cook for 2-3 minutes. Add chicken and cook until fully done. Add salt and pepper as needed. Mix in basil. Remove peppers from oven and spoon mixture into each one. Put them back in the oven and cook for additional 15 minutes.

Coconut Cauliflower Curry: (adapted from The Paleo Kitchen)

2 tbsp coconut oil
2 cloves garlic (minced)
1 red pepper (seeded and diced)
1 head of cauliflower (florets)
2 tbsp curry powder
½ tsp red pepper flakes
¼ tsp cinnamon
1/8 tsp coriander
Pinch of sea salt and pepper
1 can (415ml) full fat coconut milk
2 tbsp almond butter
Handful green onions (sliced)

Place a medium pan over medium heat and add coconut oil and garlic. Add pepper and cauliflower and mix. Add curry powder, red pepper flakes, cinnamon, coriander, and salt and pepper. Add coconut milk and almond butter. Mix well. Cover pan and cook 20-25 minutes until cauliflower is tender. Garnish with green onions.

Lettuce Wraps:

1 lbs ground chicken breast

½ onion (minced)

Pinch of salt and pepper

2 cloves garlic (minced)

Fresh ginger (minced)

½ can water chestnuts

½ cup cashews

10-12 lettuce leaves

3 green onions

1 cup Thai Sauce (**pg.12**)

Cook the chicken fully on a pan. Add onion, garlic, ginger, water chestnuts, cashews and cook 3 minutes. Make the Thai sauce and add it to the pan. Add green onions. Remove from heat. Serve over lettuce leaves.

Buffalo Chicken Bake: (Eat By Design)

1.5-2 lbs chicken thighs (boneless, skinless)

4 sweet potatoes

¼ Buffalo sauce (**pg.13**)

¼ cup butter (melted)

¼ cup coconut oil (melted)

Preheat oven to 400F. Cube sweet potatoes and combine with melted coconut oil. Bake sweet potatoes on lined baking sheet for 30 minutes. Meanwhile cube the chicken and place in glass baking dish. Make the Buffalo sauce. Melt ¼ cup butter in a sauce pan and add the Buffalo sauce. Pour sauce over chicken. Remove sweet potatoes from oven and add to chicken. Bake again for 30 minutes.

Sides & Sauces:

Roasted Veggies:

2 sweet potatoes (peeled and chopped)

1 red onion (chopped)

3 carrots (peeled and chopped)

1 red pepper (chopped)

2 handfuls of Brussels sprouts (washed)

2 tbsp coconut oil

1/2 tsp rosemary

Salt and pepper

Preheat oven to 375 F. Place all veggies in a large bowl. Melt the coconut oil and pour over the veggies. Toss with rosemary and salt and pepper. Spread veggies onto a foiled baking sheet in a single layer. Cook for 45 minutes, mixing veggies half way.

Caesar Dressing:

1 egg yolk

1 lemon (juiced)

1 garlic clove (minced)

1 tsp Worcestershire sauce

2 anchovies (diced)

salt and pepper to taste

Blend ingredients well and serve over Caesar salad.

Hummus: (adapted from The Eat-Clean Diet Cook Book, Tosca Reno)

4 cloves garlic

2 cups chickpeas (rinsed and well drained)

1 tsp sea salt

1/3 cup tahini

juice of 2 lemons

1 tbsp fresh olive oil

Place all ingredients into a blender or food processor. Blend for 1-2 minutes until well combined. Transfer to serving bowl or refrigerate for later.

Pomegranate-Pineapple Salsa:

1 cup pomegranate seeds

1 cup pineapple (chopped)

1/4 cup red onion (chopped)

1 tbsp jalapeno pepper (finely chopped)

juice of 1 lime

pinch of coarse sea salt

Mix ingredients together and serve over favourite dish (honey glazed salmon).

Thai Sauce:

1 tbsp sesame oil

2.5 tbsp soy sauce

½ tbsp water

1 tbsp almond butter

½ tsp honey

1tbsp rice vinegar

2 tsp chili sauce

Mix ingredients together and serve with Lettuce Wraps

Mayonnaise:

1 cup avocado or grape seed oil (I prefer not to use olive oil, as it has a stronger taste)

1 whole egg (fresh and free run preferred)

1/4 tsp salt

pepper

Place all ingredients in a cup. Use immersion blender to blend ingredients, holding at the bottom of the cup for 20 seconds until mixture thickens. Store in container in refrigerator.

Buffalo Sauce: (Eat By Design)

¼ cup rice wine vinegar

1 tbsp garlic

½ tsp salt

½ tsp pepper

2 tsp paprika

2 tsp chipotle chili powder

3 tsp melted butter

Mix all ingredients in a bowl.

Broccoli Salad: (adapted from Eat By Design)

1 head of broccoli (chopped)

¼ cup red onion (chopped)

½ cup dates (pitted and chopped)

½ cup homemade mayonnaise (see recipe on **pg.12**)

2 tsp dill

1 tbsp apple cider vinegar

In a bowl combine broccoli, red onion, and dates. In separate bowl combine mayonnaise, dill, and apple cider vinegar. Pour mayo sauce over broccoli and mix well.