

Low-FODMAP Challenge

28 Days

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WELL
WORLD

A Low-FODMAP Diet

This Low-FODMAP plan is gluten-free and dairy-free and excludes other high-FODMAP foods. Following this plan may help improve symptoms of IBS and other gastrointestinal issues. The plan includes smoothies made with a gluten-free plain vegan protein powder. Protein powder should be based on brown rice, hemp, quinoa, or lactose-free dairy (whey). Pea protein along with artificial sweeteners and Inulins are high FODMAPs. Select a protein powder that is free of these.

How to Follow This Plan

FODMAPs are short chain carbohydrates and sugar alcohols found naturally in foods and/or added as food additives. FODMAPs are often hard to digest and are generally poorly absorbed in the small intestine. FODMAPs include fructose (when in excess of glucose), fructans, galacto-oligosaccharides, lactose and polyols (sorbitol and mannitol).

FODMAPs are found in a variety of foods from fruits and vegetables to dairy to oils and sweeteners. Foods are high, medium or low in FODMAPs. While it is not possible to completely eliminate FODMAPs, minimizing FODMAPs in your diet may improve symptoms of IBS and other gastrointestinal symptoms including gas and bloating.

Some people react to specific FODMAPs and not others - for example, dairy causes a reaction but nuts do not. Others may react to high FODMAP foods but are fine with moderate FODMAP foods. The first 28 days of the plan excluded all high FODMAP foods. Days 29 through 56 have been added to the WELL WORLD app so you can selectively reintroduce higher FODMAP foods and observe for sensitivities and establish your tolerance levels.

Specific meal plans are provided for each day along with recipes and shopping lists under the More Menu. You may make substitution but make sure to pay attention to Low FODMAP serving limits. If you are unsure if a food is Low FODMAP, check the What's In and What's Out list under the Plans. The Monash University FODMAP Diet app is a great and comprehensive resource.

Also make notes on what you are eating in the Note section under the Nutrition tracking. If you consume any of the Avoids, it is important to note which ones and the quantity under Nutrition. This will help in correlating foods to symptoms.

Calories are not counted on the Low FODMAP Challenge. There is no reason to be hungry! You may increase portion sizes or have additional snacks as long as they are plan-appropriate and do not put you over any FODMAP limits. Likewise, if the meal portions are too much food for you, save it for later.

Make sure to download the WELL WORLD App for more information and daily guidance from your practitioner.

What to Eat

The following foods are low in FODMAPs. Consuming these will help you minimize the FODMAPs in your diet. The meal plans and recipes in the app are mainly low-FODMAP but may include a few medium FODMAP foods that can be consumed in moderation (but pay attention to serving limits, and watch for sensitivities as individual tolerance can vary.) If you are going to modify or change the meal plans or recipes, make sure to select from these foods to stay on a low-FODMAP diet.

- **Low-FODMAP vegetables:** alfalfa, bamboo shoots, bean shoots, bell peppers (capsicum), Bok choy, carrots, celery - limit 1/4 stalk per serving, chard (silver beet), cucumbers, eggplant (limit to ½ cup/41g), endive, green beans (limit to 12 beans (86g), the green tops ONLY of green onions (Spring onions), Kale (Tuscan cabbage), lettuces, olives, root vegetables (including sweet potatoes - limit to 1/2 cup (110 g) per serving, butternut squash, acorn squash, radish, rutabaga (swede), turnips, spaghetti squash, pumpkin - limit to 1/4 cup (55 g) per serving, acorn squash), spinach, summer squash, tomatoes, water chestnuts, zucchini - limit to 1/2 cup (66 g) per serving
- **Low-FODMAP fruits:** ripe bananas - limit to 1/2 per serving, berries - check limit per type of berry, cantaloupe, citrus (grapefruit, lemon, limes, orange), grapes, kiwi, melons (except watermelon), plantains, rhubarb
- **Seeds:** all nuts and seeds* excluding pistachios and cashews. Almonds should be ten or less per day.
- **Gluten-free grains:** quinoa, brown and wild rice, buckwheat, teff, millet, amaranth, coconut flour - limit to 2 Tsp per serving, brown rice pasta, pure buckwheat noodles, gluten-free oats
- **Meat & Poultry:** organic or free-range chicken, turkey, lamb, duck, pork, grass-fed beef, lamb and bison
- **Fish & seafood:** wild-caught fin and shellfish
- **Eggs:** organic, antibiotic free eggs
- **Dairy substitutes:** plain and unsweetened coconut - check limits on coconut milks which vary depending on the type, flax, hemp, quinoa, rice milks and yogurts.
- **Oils:** cold-pressed/extra virgin oils: olive oil, coconut oil
- **Vinegars:** apple cider, white wine, red wine, balsamic
- **Herbs and spices:** most herbs and spices including chives and ginger
- **Sweeteners:** in limited quantities - maple syrup, molasses, stevia

What NOT to Eat

The following high-FODMAP foods should be avoided. If you are wondering about a food that you do not find on this list or the What to Eat list, the Monash University FODMAP diet app is a comprehensive listing of FODMAP foods.

- **Alcohol:** beer, wine - (FODMAP limit is 1 glass) and all spirits (though low-FODMAP, non-fortified wine and spirits are excluded from this plan)
- **Caffeine:** coffee, green tea, caffeinated sodas (not high-FODMAP but can be a gut irritant)
- **Soda, carbonated and other sweetened beverages:** teas, sodas and other processed beverages
- **Gluten-grains:** including wheat, barley, rye, spelt, bran, farina, kamut, couscous and all refined foods such as white breads and white flours.
- **Processed & packaged foods:** chips, pastas, frozen dinners, white breads, energy bars. If it has a food label, it is likely on the Avoid list. (These foods are often high in refined carbohydrates, sugars and chemicals).
- **High-FODMAP vegetables:** artichokes, asparagus, broccoli, beets (beetroot), Brussels sprouts, cabbage, cassava, cauliflower, garlic, fennel, leeks, mushrooms, okra, onions, peas, shallots, taro
- **High-FODMAP Fruits:** all fruits not listed as low-FODMAP (including apple, mango, pear, and watermelon), canned (tinned fruit) and dried fruit.
- **Corn** - some corn products such as polenta are moderate- to low-FODMAP, check before consuming, otherwise avoid corn products.
- **Beans & legumes:** black beans, chickpeas, white beans, lentils, kidney beans and peanuts.
- **Factory-farmed & processed meats:** including chicken, turkey, pork, beef, veal, cold cuts, canned meats, hot dogs and sausage
- **Dairy:** all cow and goat's milk products (though hard cheeses are low-FODMAP, they are not allowed on this plan)
- **Candies & sweets:** all candy including milk chocolate
- **Sweeteners:** processed sugars (white, brown, beet, coconut), corn syrup, honey and all artificial sweeteners (including Equal, Splenda and Sweet 'n Low)
- **Fats & oils:** animal-based saturated fats including butter, and processed and refined oils including canola oil, vegetable oil, and nut oils (walnut oil, almond oil)

Shopping List: Weeks 1 & 3

When following a low-FODMAP diet, serving size matters. Some foods are low-FODMAP in small quantities only. Pay attention to the serving limits listed next to these foods

Produce

- 2 Avocados - limit to 1/4 per serving
- 1 Banana - limit to 1/2 per serving
- 1 pint (240 g) Blueberries - limit to 20 per serving
- 5 Lemons
- 1 Lime
- 4 cup (170 g) Arugula
- 8 Carrots
- 1 Cucumber
- 1 1/4 lbs (560g) Green beans)
- 1 bunch Green onions (Spring Onions) - limit to green tops only
- 2 bunches Kale (Tuscan cabbage)
- 2 cups (85 g) Mixed greens
- 2 Red bell pepper (capsicum)
- 13 cups (550 g) Spinach (about 2 1/2 bags)
- 3 Sweet potatoes - limit to 1/2 cup (110 g) per serving
- 3 Tomatoes
- 2 cups (85 g) Watercress
- 1 Zucchini - limit to 1/2 cup (66 g) per serving
- 1 bunch Basil
- 1 bunch Cilantro (Coriander)
- 1 large piece of Fresh ginger
- 1 bunch Parsley
- 1 Bunch Rosemary

Meat, Poultry & Fish

- 8 Eggs
- 8 slices grass-fed, antibiotic and nitrate free Bacon
- 2 Chicken breasts (boneless, skinless, organic)
- 2 4oz (115 g) wild-caught Salmon
- 8 oz (225 g) grass-fed Skirt steak
- 1 lb (450g) grass-fed ground Turkey
- 2 lbs. (900g) Organic or grass-fed bones (Bone Marrow, knuckles or meaty bones (for Bone Broth)

Spices

- Cayenne
- Cinnamon
- Coriander
- Cumin
- Black pepper
- Basil
- Oregano
- Paprika
- Pumpkin spice
- Red pepper flakes (Crushed chilli flakes)
- Sea salt
- Turmeric

Other

- Bragg's Apple Cider Vinegar
- Brown rice
- Capers
- Chia seeds
- 1 14-ounce (414ml) BPA-free can light Coconut milk (limit to 1/2 cup per serving, and make sure it is Inulin free)
- Coconut oil
- 2 quarts (2 L) Hemp milk
- Herbal tea (make it weak, not strong)
- Kalamata olives (8)
- 1 cup (150 g) Mixed nuts (walnuts, brazil nuts, hazelnuts, almonds allowed but limit to 10)
- Gluten-free Oats
- Maple syrup (100% pure)
- Olive oil
- Pine nuts
- Protein powder (should be gluten-free, plain, unsweetened and based on brown rice, hemp, quinoa or lactose-free dairy (whey). Avoid pea protein, artificial sweeteners (aspartame, neotame, acesulfame potassium, sucralose), sugar alcohols (xylitol, maltitol, sorbitol, erythritol), and Inulins which are high FODMAPs. Check with your practitioner for a recommendation on a FODMAP friendly protein powder.
- 1 15oz (425g) BPA-free cans Pumpkin puree - limit to 1/4 (55 g) per serving
- Protein powder
- Pumpkin seeds
- Rice wine vinegar

Other (Continued)

- Sesame seeds
- Sesame oil
- Soy sauce (gluten-free) - limit to two Tablespoons per serving
- Stone ground mustard
- Sunflower butter
- 6 oz. (170 g) BPA-free can Tuna
- Quinoa
- 1 package Rice cakes (4)
- Vanilla

Substitutions

- Hemp milk - substitute flax, quinoa, oat
- Avocado - substitute 1-2 Tablespoons coconut oil
- For salmon - substitute trout
- Sweet potato - substitute yams, squash.
- Bananas - substitute plantains (Low-FODMAP), very ripe ones are great in smoothies
- Use spinach and other leafy greens interchangeably in salads and smoothies

When possible, organic is best.

Shopping List: Weeks 2 & 4

When following a low-FODMAP diet, serving size matters. Some foods are low-FODMAP in small quantities only. Pay attention to the serving limits listed next to these foods.

Produce

- 1 Avocados - limit to 1/4 per serving
- 1 pint (240 g) Blueberries - limit to 20 per serving
- 8 Lemons
- 1 Orange
- 6 Carrots
- 3 cups (450 g) Cherry tomatoes
- 2 Cucumber
- 1 lbs (450g) Green beans
- 1 bunch Green onions (Spring Onions) - green tops only
- 1 Jalapeno
- 3 bunches Kale (Tuscan cabbage)
- 4 cups (170 g) Mixed greens
- 1 Red bell pepper (capsicum)
- 1 Spaghetti Squash
- 22 cups (900 g) Spinach (about 4 bags)
- 3 Sweet potatoes - limit to 1/2 (110g g) cup per serving
- 1 Zucchini -limit to 1/2 cup (66 g) per serving
- 1 bunch Cilantro
- 1 large piece of Fresh ginger
- 1 bunch Parsley

Meat, Poultry & Fish

- 9 Eggs
- 9 slices grass-fed, antibiotic and nitrate free Bacon
- 3 Chicken breasts (boneless, skinless, organic)
- 2 4oz (115 g) wild-caught Salmon
- 1/2 lb (225g) grass-fed ground Beef (95% lean)
- 2 lbs. (900g) Organic or grass-fed bones (Bone Marrow, knuckles or meaty bones (for Bone Broth))

Spices

- Cinnamon
- Cumin
- Basil
- Black pepper
- Mustard seed
- Oregano
- Paprika
- Pumpkin spice
- Red pepper flakes (Crushed chilli flakes)
- Sea salt
- Turmeric

Other

- Bragg's Apple Cider Vinegar
- Chia seeds
- Dried, unsweetened coconut - *limit to 1/4 cup per serving*
- Coconut flour - limit to very small quantities
- Coconut oil
- 2.5 quarts (2.5 L) Hemp milk
- Herbal tea (make it weak, not strong)
- 1/2 cup (75 g) Mixed nuts (walnuts, brazil nuts, hazelnuts, almonds allowed but limit to 10)
- Gluten-free Oats
- Maple syrup (100% pure)
- Miso, white - limit to 2 Tablespoons per serving
- Olive oil
- Pine nuts
- Protein powder (should be gluten-free, plain, unsweetened and based on brown rice, hemp, quinoa or lactose-free dairy (whey). Avoid pea protein, artificial sweeteners (aspartame, neotame, acesulfame potassium, sucralose), sugar alcohols (xylitol, maltitol, sorbitol, erythritol), and Inulins which are high FODMAPs. Check with your practitioner for a recommendation on a FODMAP friendly protein powder.
- 1 15oz (425g) BPA-free can Pumpkin puree - *limit to 1/4 (55 g) per serving*
- Protein powder

Other (Cont.)

- Pumpkin seeds
- Rice wine vinegar
- Sesame seeds
- Sesame oil
- Stone ground mustard
- Sunflower butter
- Sunflower seeds
- Tahini (sesame paste)
- 1 15oz (425g) BPA-free can Stewed or Whole tomatoes – limited to ½ cup (92g)
- Tomato paste
- 6 oz. (170 g) BPA-free can Tuna
- Quinoa
- 1 package Rice cakes (4)
- Vanilla

Substitutions

- Hemp milk - substitute flax, quinoa, oat
- Avocado - substitute 1-2 Tablespoons coconut oil
- For salmon -substitute trout
- Sweet potato - substitute yams, squash.
- Bananas - substitute plantains (Low-FODMAP) , very ripe ones are great in smoothies
- Use spinach and other leafy greens interchangeably in salads and smoothies

When possible, organic is best.

Week 2 & Week 4: Daily Menu

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
When You Wake Up	8oz. (250 ml) hot water with lemon & ginger	8oz. (250 ml) hot water with lemon & ginger	8oz. (250 ml) hot water with lemon & ginger	8oz. (250 ml) hot water with lemon & ginger	8oz. (250 ml) hot water with lemon & ginger	8oz. (250 ml) hot water with lemon & ginger	8oz. (250 ml) hot water with lemon & ginger
Breakfast	Breakfast Scramble	Spinach Sweet Potato Frittata + 3 slices bacon + ½ avocado	Pumpkin Oatmeal + ½ avocado	Breakfast Scramble + 2 slices bacon	Chia Pudding (portion 2)	2 eggs any style + 2 slices bacon + ¼ C (25 g) blueberries	Chia Pudding + 2 slices bacon + ¼ C (25 g) blueberries
Morning Snack	Chia Blue Smoothie + ¼ avocado	Eggplant Chips	Verde Protein Smoothie	Verde Protein Smoothie	Chia Blue Smoothie	Verde Protein Smoothie	Chia Blue Smoothie + ¼ avocado
Lunch	Sesame Kale Salad (portion 1) + 1 hardboiled egg	Bolognese over Spaghetti Squash (portion 1) + Spinach Salad	Quinoa, Pine nuts & Kale Salad	Fish in Foil (portion 2) + Coconut Green Beans (portion 2) + 1 C (185 g) quinoa	Quinoa Sliders (portion 2) + Spinach Salad with Mustard Vinaigrette	Baked Chicken (portion 2) + Cucumber & Tomato Salad (portion 2)	Baked Chicken (portion 2) + Sweet Potato & Kale Hash (portion 2)
Afternoon Snack	Bone Broth (optional) + Salt & Vinegar Kale Chips	Bone Broth (optional) + Chia Pudding (portion 1)	Bone Broth (optional) + ¼ C (50 g) nuts (walnuts, brazil)	Bone Broth (optional) + 1 orange	Bone Broth (optional) + Zucchini Chips	Bone Broth (optional) + ¼ C (50 g) nuts (walnuts, brazil)	Bone Broth (optional) + 2 rice cakes & 2T sunflower butter
Dinner	Bolognese over Spaghetti Squash (portion 1) + salad greens with 2T olive oil & squeeze of lemon	Sesame Kale Salad (portion 2) + ¼ avocado	Fish in Foil (portion 1) + Coconut Green Beans (portion 1) + 1 C (185 g) quinoa	Quinoa Sliders (portion 1) + Spinach Salad with Mustard Vinaigrette	Baked Chicken (portion 1) + Cucumber & Tomato Salad (portion 1)	Quinoa Slider (portion 3) + Sweet Potato & Kale Sauté (portion 1)	Easy Tuna Salad + 1 hardboiled egg
Before Bed	Cup of Herbal Tea	Cup of Herbal Tea	Cup of Herbal Tea	Cup of Herbal Tea	Cup of Herbal Tea	Cup of Herbal Tea	Cup of Herbal Tea

Recipes

Starting the Day

Start every morning with a cup of hot water, adding fresh lemon and/or ginger to it helps get the digestive tract going and provides a warm, soothing way to ease into the day with immune- supportive phytonutrients that can aid digestion and metabolism.

Hot Water with Lemon and/or Ginger

Makes 1 serving

Ingredients

1 cup water (250 ml)

1-inch (1 cm) fresh root ginger, thinly sliced

½ lemon juiced

Directions

1. Boil the water.
2. Place the ginger slices in a mug and pour in the water. Add the lemon juice.
3. Allow to steep for 3–5 minutes, depending on the strength of flavor desired. Strain if you like, and drink.

Breakfast

Breakfast Quinoa Cereal

Makes 1 servings

Nutrition

424.5 kcal; 1776 kJ; 16 g protein; 57 g carbohydrates; 49 g net carbs; 8 g dietary fiber; 2.5 g total sugars; 0 g added sugars; 15 g total fat; 4 g saturated fat;

Ingredients

1 cup (250 ml) water

1/3 cup (20g) quinoa

1/2 cup unsweetened hemp milk (or quinoa or rice milk)

2 tablespoons (15g) pumpkin seeds

Dash of cinnamon

Directions

1. Combine quinoa and water in saucepan and turn to medium/high heat.
2. Once the quinoa reaches a boil, stir and lower the heat. Simmer for 10 minutes.
3. Add the hemp milk and pumpkin seeds
4. Simmer for another 3 to 5 more minutes, stirring occasionally.
5. Remove from heat, garnish with a dash of cinnamon and top with hemp milk (optional) before serving.

Breakfast Scramble

Makes 1 serving

Nutrition

303 kcal; 1268 kJ; 15 g protein; 9 g carbohydrates; 6 g net carbs; 3 g dietary fiber; 5 g total sugars; 0 g added sugars; 24 g total fat; 15 g saturated fat

Ingredients

- 1 tablespoons (15ml) coconut oil
- 1/2 red bell pepper (capsicum), chopped
- 2 whole eggs, organic
- Sea salt and pepper to taste
- 1 handful spinach (about 1 cup/45g), chopped

Directions

1. Warm a medium-sized skillet over medium heat and add the oil.
2. Once the skillet is hot, add the bell pepper and saute for 2-3 minutes or until slightly browned.
3. While the pepper is cooking, add the eggs, salt and pepper to a small bowl and whisk with a fork until well mixed.
4. Add the eggs to the pan, let cook about 3 minutes, stirring occasionally.
5. Add the spinach and continue to cook until the spinach is wilted for about 2 minutes.
6. Once cooked, remove the eggs from the heat and serve.

Chia Pudding - Low FODMAP

Makes 3 servings

Nutrition

239 kcal; 959 kJ; 8 g protein; 19 g carbohydrates; 5 g net carbs; 14 g dietary fiber; 2 g total sugars; 2 g added sugars; 15 g total fat; 1 g saturated fat;

Ingredients

- 2 cups (475ml) unsweetened hemp milk
- 1/2 cup (80g) chia seeds
- 1 teaspoon maple syrup
- 1 teaspoon vanilla

Directions

1. Add ingredients to the blender and blend for 1-2 minutes on high.
2. Pour mixture into a jar or glass container and place in the refrigerator for at least 3 hours or overnight to gel.
3. Enjoy!

Flax Oatmeal

Makes 1 servings

Nutrition

229 kcal; 958 kJ; 8 g protein; 34 g carbohydrates; 24 g net carbs; 10 g dietary fiber; 0 g total sugars; 0 g added sugars; 9 g total fat; 1 g saturated fat

Ingredients

- 1 (240 ml) cup water
- Dash of sea salt
- 1/2 cup (45g) gluten-free oats
- 2 tablespoons ground flaxseed
- 1 teaspoon cinnamon

Directions

1. Add water and a dash of sea salt to a medium stock pot. Bring the water to a boil.
2. Once the water is boiling, add the oats and bring the temperature to medium/low. Stir every 1-2 minutes.
3. After about 10 minutes, when the oats are mostly cooked, add the flaxseed and cinnamon, and stir thoroughly.
4. After another 1-2 minutes, remove the pot from heat, pour into a bowl, and top with extra cinnamon. Add unsweetened hemp, quinoa, or rice milk (optional)
5. Serve and enjoy!

Tip: Water amounts and cooking times vary by type of oats (rolled or steel-cut) and desired consistency. Adjust water based on packaging instructions.

Pumpkin Spiced Oatmeal

Makes 1 servings

Nutrition

243 kcal; 1017 kJ; 8 g protein; 38 g carbohydrates; 27 g net carbs; 11 g dietary fiber; 2 g total sugars; 0 g added sugars; 7 g total fat; 1 g saturated fat;

Ingredients

- 1 (240 ml) cup water
- Dash of sea salt
- 1/2 cup gluten-free rolled oats
- 1/4 cup (55g) pumpkin puree (fresh or from a BPA-free can)
- 1 tablespoon chia seeds
- Dash of pumpkin spice

Directions

1. Add water and sea salt to a medium stock pot. Bring the water to a boil.
2. Once the water is boiling, add the oats and reduce temperature to a simmer.
3. Cook for about 10 minutes, until the oats are almost done, stirring every 1 to 2 minutes.
4. Add the pumpkin and chia seeds, and stir thoroughly.
5. After another 1-2 minutes, remove the pot from heat, pour into a bowl, and top with pumpkin spice.)
6. Serve and enjoy!

Tip: Water amounts and cooking times vary by type of oats (rolled or steel-cut) and desired consistency. Adjust water based on packaging instructions.

Spinach Sweet Potato Frittata

Makes 1 servings

Nutrition

224 kcal; 937 kJ; 10 g protein; 22 g carbohydrates; 18 g net carbs; 4 g dietary fiber; 5 g total sugars; 0 g added sugars; 11 g total fat; 7 g saturated fat

Ingredients

- 1 tablespoons coconut oil, divided
- 1 small sweet potato, sliced into rounds (about 1/2 inch or 1.3cm thick)
- 2 green onions (Spring onions), green tops only, chopped
- 2 handfuls spinach (about 2 cups/85g)
- 2 eggs
- 1/4 cup (118ml) water
- Sea salt and pepper to taste

Directions

1. Preheat the oven to 350 degrees F (177C)
2. Grease a large oven-safe skillet with 1/2 the oil. Line the bottom of the skillet with sweet potatoes. Place in the oven for 20 minutes. Remove from oven.
3. Heat a separate skillet over medium heat, add the remaining oil, followed by the onions. Sauté the onions until lightly browned, about 5 minutes. Add the spinach and saute until wilted (about 2 minutes). Remove from heat.
4. In a small mixing bowl, add eggs, egg white, water, salt and pepper, and spice mix. Whisk together until well mixed.
5. Layer the sautéed onions and spinach on top of the sweet potatoes, and then pour egg mixture over the top.
6. Place the skillet back in the oven and cook for 35 minutes.
7. Remove from oven, cut and serve!

Smoothies

Chia Blue Smoothie

Makes 1 servings

Nutrition

306 kcal; 1280 kJ; 28 g protein; 21 g carbohydrates; 11 g net carbs; 10 g dietary fiber; 8 g total sugars; 0 g added sugars; 35 g total fat; 1 g saturated fat;

Ingredients

- 1 cup (250ml) hemp milk
- 2 handfuls (about 2 cups/85g) spinach
- 1/2 cup (50g) blueberries (no more than 20 blueberries)
- 1 tablespoon chia seeds
- 1 scoop (30g) plain protein powder
- 3-4 ice cubes

Directions

1. Place all ingredients in a blender and blend until smooth.

Pumpkin Power Smoothie

Makes 1 servings

Nutrition

326 kcal; 1364 kJ; 26 g protein; 23 g carbohydrates; 16 g net carbs; 7 g dietary fiber; 9 g total sugars; 0 g added sugars; 15 g total fat; 0 g saturated fat

Ingredients

- 1/4 cup (55 g) pumpkin puree (fresh roasted or from a BPA-free can)
- 1/2 banana, fresh or frozen
- 1 scoop (30g) plain protein powder
- 1 large handful (about 1 cup/45g) spinach (or any variety of leafy greens)
- 1/2 teaspoon cinnamon
- 1 cup (240ml) unsweetened hemp milk (or quinoa or rice milk)
- 1/2 Tablespoon coconut oil
- 1 teaspoon vanilla
- 3-4 ice cubes

Directions

1. Place all ingredients in a blender and blend until smooth.

Tip: Freeze bananas, peeled and halved, to always have on hand.

Verde Protein Smoothie

Makes 1 servings

Nutrition

194 kcal; 812 kJ; 25 g protein; 4 g carbohydrates; 1 g net carbs; 3 g dietary fiber; 0 g total sugars; 0 g added sugars; 8 g total fat; 0 g saturated fat

Ingredients

- 2 large handfuls (about 2 cups/85g) of spinach (or any variety of leafy greens)
- 1 scoop (30g) plain protein powder
- 1 cup (240ml) unsweetened hemp milk
- 1 teaspoon vanilla
- 3-4 ice cubes

Tip: Try adding cacao, carob, Matcha powder, hemp seeds and chia seeds.

Directions

1. Place all ingredients in a blender and blend until smooth.

Salads

Berries & Steak Salad

Makes 2 servings

Nutrition

411 kcal; 1720 kJ; 35 g protein; 10 g carbohydrates; 8 g net carbs; 2 g dietary fiber; 7 g total sugars; 0 g added sugars; 27 g total fat; 10 g saturated fat

Ingredients

Salad:

- 8 oz (225g) grass-fed Skirt steak, thinly sliced
- 1 tablespoon coconut oil
- 2 cups (85 g) arugula (rocket)
- 3/4 cup (110g) blueberries (limit to 40 berries)
- 2 cups (85g) watercress
- 1/4 large avocado, chopped (optional)

Dressing:

- 2 tablespoons (30ml) olive oil
- 1 tablespoon juice from lemon
- Pinch sea salt

Directions

1. Heat oil in skillet over medium-high heat. Add steak and saute to your liking. Remove from heat and let cool
2. Add steak and remaining salad ingredients into a large bowl
3. In a small bowl, whisk the dressing ingredients together. Pour over salad and toss.

Cucumber Tomato Salad

Makes 2 servings

Nutrition

295 kcal; 1234 kJ; 3 g protein; 12 g carbohydrates; 9 g net carbs; 3 g dietary fiber; 7 g total sugars; 0 g added sugars; 28 g total fat; 4 g saturated fat;

Ingredients

Salad:

- 1 cucumber, spiralized (or use a knife to cut thin ribbons if you don't have a spiralizer)
- 1 cup (150g) cherry tomatoes, halved

Dressing:

- 1/2 lemon, juiced
- 2 tablespoons (30ml) olive oil
- Sea salt and pepper to taste

Directions

1. Feed the cucumber through a vegetable spiralizer to form curls or slice thinly with a mandoline or knife into thin strips. Place in a large salad bowl, and add tomatoes.
2. In a small bowl whisk together dressing ingredients.
3. Pour dressing over cucumber and tomatoes and toss to mix.
4. Serve and enjoy!

Easy Tuna Salad

Makes 1 servings

Nutrition

303 kcal; 1268 kJ; 32 g protein; 12 g carbohydrates; 8 g net carbs; 4 g dietary fiber; 5 g total sugars; 0 g added sugars; 15 g total fat; 2 g saturated fat

Ingredients

- 1 BPA- free can light tuna in water (not oil), drained
- 1 small carrot, peeled and chopped into thin slices
- 1 tablespoon(15ml) olive oil
- Juice from 1/2 lemon
- Dash of pepper
- 1/2 to 1 teaspoon each: dried or fresh oregano, basil and parsley
- 2 handfuls (about 2 cups/85g) mixed greens

Directions

1. In a medium bowl mix together drained tuna, carrot, olive oil, lemon juice, pepper and herbs.
2. Mix together with a fork until well mixed.
3. Taste the mixture and if desired, add more herbs and spices or olive oil for more flavor.
4. Serve over greens!

Grilled Chicken & Bok Choy Salad

Makes 2 servings

Nutrition

438 kcal; 1833 kJ; 48 g protein; 16 g carbohydrates; 10 g net carbs; 6 g dietary fiber; 8 g total sugars; 0 g added sugars; 22 g total fat; 3 g saturated fat

Ingredients

- 6 baby bok choy, cut in half length-wise
- 2 cups (250g) grilled organic chicken, chopped
- 2 green onions, green parts only, chopped
- 1/4 cup (10g) cilantro, chopped
- 1 mandarin orange, peeled and segmented.
- 1 tablespoons sesame seeds

Dressing:

- 1 tablespoons ground ginger
- 1/2 teaspoon crushed red pepper flakes (crushed chilli flakes)
- 2 tablespoons (30ml) sesame oil
- 2 tablespoons (30ml) fresh lime juice

Directions

1. Place bok choy on the grill and grill until grill marks appear and the bok choy become aromatic, about 30 seconds to 1 minute. Remove from the grill and chop. (If you do not have a grill, you can use raw bok choy, finely chopped.)
2. In a large bowl combine the bok choy with the chicken, green onions and cilantro. Whisk dressing ingredients in a small bowl. Pour over the salad and toss. Garnish with orange slices and sesame seeds before serving.

Tip: If saving a portion of the salad for later, dress right before serving

Quinoa, Pine Nuts & Kale Salad

Makes 1 servings

Nutrition

501 kcal; 2096 kJ; 11 g protein; 42 g carbohydrates; 35 g net carbs; 7 g dietary fiber; 5 g total sugars; 0 g added sugars; 34 g total fat; 5 g saturated fat

Ingredients

Salad:

- 1/2 bunch kale (Tuscan cabbage), about 4 leaves, torn into small pieces
- 1 tablespoon pinenuts
- 1 carrot, diced
- 1 cup (185g) quinoa, cooked

Dressing:

- Salt and pepper, to taste
- 2 tablespoons olive oil
- 1 tablespoon lemon, juiced

Directions

1. Place salad ingredients in a large bowl.
2. In a smaller bowl, whisk together dressing ingredients.
3. Pour dressing over salad and toss until well mixed.
4. Serve & enjoy

To Cook the Quinoa: The ratio is 1 cup of uncooked quinoa to 2 cups of liquid. Bring quinoa and liquid to a boil in a medium saucepan. Reduce heat to low, cover and simmer until tender and most of the liquid has been absorbed, about 15 to 20 minutes. Fluff with a fork

Sesame Kale Salad

Makes 2 servings

Nutrition

301 kcal; 1259 kJ; 10 g protein; 21 g carbohydrates; 14 g net carbs; 7 g dietary fiber; 4 g total sugars; 0 g added sugars; 21 g total fat; 3 g saturated fat

Ingredients

Salad

- 1 bunch of kale (Tuscan cabbage)
- Sea salt
- 2 carrots (rainbow carrots are pretty but standard orange carrots are great, too)
- 2 teaspoons sesame seeds (preferably black sesame seeds, regular white are fine)

Tahini Miso Dressing

- 1/4 cup (60ml) tahini
- 1 tablespoon white miso
- 1 1/2 tablespoons (25ml) rice wine vinegar
- 1/2 teaspoon toasted sesame oil
- Pinch red pepper flakes (crushed chili flakes)
- 1 handful cilantro (coriander), chopped
- 1/3 cup (80ml) water

Directions

1. Remove the kale leaves from the stems, discard stems. Chop leaves into bite size pieces. Sprinkle with salt
2. Mix dressing ingredients in a small and whisk together.
3. Before serving, pour dressing over the kale and toss thoroughly. Top with chopped carrots and sesame seeds.

For best results let the salad sit for 10 to 15 minutes to marinate.
Tip: Store dressing separate from kale and dress before consuming, if saving a portion for later.

Spinach Salad with Mustard Vinaigrette

Makes 1 servings

Nutrition

256 kcal; 1071 kJ; 2 g protein; 2 g carbohydrates; 1 g net carbs; 1 g dietary fiber; 0 g total sugars; 0 g added sugars; 27 g total fat; 4 g saturated fat

Ingredients

- 2 large handfuls (about 2 cups/85g) spinach
- 1 tablespoon stone ground mustard
- 1 tablespoon (15ml) olive oil
- Season with sea salt and pepper, to taste.

Directions

1. In a small bowl whisk together olive oil, mustard, salt and pepper.
2. Add spinach to a large bowl, pour dressing over the spinach, and toss to mix.
3. Serve and enjoy.

Sides

Baked Acorn Squash

Makes 2 servings

Nutrition

137 kcal; 573 kJ; 2 g protein; 22 g carbohydrates; 19 g net carbs; 3 g dietary fiber; 0 g total sugars; 0 g added sugars; 6 g total fat; 4 g saturated fat;

Ingredients

- 1 acorn squash, halved and seeded
- 1 tablespoon organic butter or ghee
- 1 tablespoon (25 ml) maple syrup
- Sea salt and pepper, to taste

Directions

1. Pre-heat oven to 350 degrees F (177 C)
2. Place squash cut side down in baking dish. Add a small amount of water, covering the bottom of the pan. Place in the oven and bake until the outside is soft, about 45 minutes.
3. Remove from the oven, turn squash face up and season with butter, syrup, salt and pepper.
4. Serve and enjoy.

Coconut Green Beans

Makes 2 servings

Nutrition

233 kcal; 975 kJ; 4 g protein; 16 g carbohydrates; 9 g net carbs; 7 g dietary fiber; 4 g total sugars; 0 g added sugars; 19 g total fat; 6 g saturated fat

Ingredients

- 1 pound (450g) green beans, trimmed
- 1/2 teaspoon turmeric
- 1 teaspoon mustard seeds
- 1 tablespoon (15ml) coconut oil
- Jalapeno, chopped
- 1/2 cup (30g) unsweetened coconut, shredded

Directions

1. Fill a pot with water and bring to a boil. Add beans and turmeric. Boil for 5 minutes. Drain and rinse beans in cold water.
2. Heat fry pan over medium heat. Add mustard seeds and sauté until they start popping. Add coconut oil and jalapenos. Sauté for 1 minute.
3. Add beans and saute 3 to 4 minutes until cooked but still crisp.
4. Add coconut and saute until toasted, about 2 minutes.
5. Serve and enjoy!

Simple Sautéed Spinach

Makes 1 servings

Nutrition

137 kcal; 573 kJ; 1 g protein; 4 g carbohydrates; 3 g net carbs; 1 g dietary fiber; 0 g total sugars; 0 g added sugars; 14 g total fat; 2 g saturated fat;

Ingredients

- 2 tablespoons (30ml) coconut oil
- 2 cups (85g) fresh spinach
- 1 tablespoon lemon juice
- 1/4 teaspoon crushed red pepper flakes (crushed chilli flakes)

Directions

1. Heat oil in a pan over medium heat. Add spinach and toss to coat. Cover and cook until wilted, 3 to 5 minutes.
2. Remove from the heat and place in a bowl, add in lemon juice, and crushed red pepper. Toss to coat and serve immediately.

Sweet Potato & Carrot Fries

Makes 2 servings

Nutrition

171 kcal; 975 kJ; 2 g protein; 26 g carbohydrates; 22 g net carbs; 4 g dietary fiber; 5 g total sugars; 0 g added sugars; 7 g total fat; 1 g saturated fat

Ingredients

- 1 medium sweet potato (limit to ½ cup per serving), peeled and sliced into thin wedges
- 2 large carrots, peeled and sliced into thin wedges
- 2 tablespoons olive oil or garlic oil
- 1 teaspoon rosemary
- 1/4 teaspoon pepper
- 1/2 teaspoon sea salt

Directions

1. Preheat oven to 425 degrees F (215 C).
2. Put the potato wedges into a bowl and toss with the oil, rosemary, pepper and salt.
3. Arrange on baking sheet lined with parchment paper.
4. Bake for 30 minutes or until the flesh is tender and the outside is lightly browned and the edges slightly crisp.

Sweet Potato & Kale Sauté

Makes 2 servings

Nutrition

174 kcal; 715 kJ; 5 g protein; 25 g carbohydrates; 21 g net carbs; 4 g dietary fiber; 4 g total sugars; 0 g added sugars; 8 g total fat; 6 g saturated fat;

Ingredients

- 1 tablespoon (15ml) coconut oil
- 1 sweet potato, peeled and diced in ¼-inch (6mm) cubes (limit to 1/2 cup per serving)
- 1/2 teaspoon cumin
- Sea salt and pepper, to taste
- 1/2 bunch kale (about 8 large leaves), stems removed & chopped

Directions

1. Heat coconut oil in a skillet over medium heat. Add potatoes, cumin and salt and pepper. Cook for 15 minutes, stirring occasionally.
2. Add the kale, cook until kale is wilted and potatoes are soft. Another 5 to 10 minutes, stirring occasionally.
3. Serve and enjoy!

Entrees

Baked Chicken

Makes 3 servings

Nutrition

322 kcal; 1348 kJ; 26 g protein; 2 g carbohydrates; 0 g net carbs; 0 g dietary fiber; 1 g total sugars; 0 g added sugars; 24 g total fat; 3 g saturated fat

Ingredients

- 3 chicken breasts
- 1/3 cup (80ml) extra virgin olive oil
- 3 tablespoons (45ml) lemon juice
- 1/2 teaspoon sea salt
- 1/4 teaspoon black pepper

Directions

1. Place chicken breasts in a shallow dish (or large ziploc bag). Add all the other ingredients evenly coat the chicken.
2. Place in the refrigerator and marinate for a minimum of one hour, but ideally four.
3. Line a baking sheet with foil and place chicken breasts in a row. Place the tray in a preheated oven and cook for 35 minutes at 400 degrees F (200 C) Transfer to a plate and let rest for a few minutes. Slice and serve!

Bolognese over Spaghetti Squash

Makes 2 servings

Nutrition

338 kcal; 1414 kJ; 24 g protein; 35 g carbohydrates; 27 g net carbs; 8 g dietary fiber; 18 g total sugars; 0 g added sugars; 13 g total fat; 8 g saturated fat;

Ingredients

For spaghetti squash:

- 1 small/medium spaghetti squash, halved and seeded

For the Bolognese sauce:

- 2 tablespoons coconut oil
- 1/2 lb. (225g) grass-fed ground beef
- 1 can (14.5z/411g) can stewed tomatoes
- 2 tablespoons tomato paste
- 2 carrots, peeled and chopped
- 1 cup (150g) cherry tomatoes, halved
- 2 tablespoons dried basil
- 2 tablespoons dried oregano
- Salt and pepper to taste

Directions

1. Preheat oven to 400 degrees F (204 C).
2. Place squash on a roasting pan, face down, in a small amount of water and bake for 30-45 minutes until the shell of the squash is soft.
3. Remove from oven and let cool, then scrape out insides using a fork (consistency should be spaghetti-like).
4. While the squash is cooking, begin the Bolognese sauce by heating the coconut oil over medium heat in a large stock pot.

Add the beef to the stockpot and cook for about 10 minutes until browned, stirring every minute.

5. Add the rest of the Bolognese ingredients; bring to a boil then reduce heat to simmer, cook for 20 minutes.
6. Serve the sauce over the spaghetti squash pasta. Garnish with extra pepper and fresh basil if desired.

Fish in Foil

Makes 2 servings

Nutrition

205 kcal; 858 kJ; 28 g protein; 0 g carbohydrates; 0 g net carbs; 0 g dietary fiber; 0 g total sugars; 0 g added sugars; 9 g total fat; 1 g saturated fat;

Ingredients

- 2 4-oz (115g) wild-caught salmon fillets (or trout)
- 2 teaspoon (10ml) olive oil
- 1 teaspoon paprika
- 1 teaspoon pepper
- 1 lemon, sliced thinly

Directions

1. Preheat oven to 400 degrees F (200 C).
2. Rub fillets with olive oil, and season with paprika and black pepper.
3. Place each fillet on a large sheet of aluminum foil. Squeeze the juice from the ends of the lemons over the fish. Arrange lemon slices on top of fillets. Seal edges of the foil to form enclosed packets. Place packets on baking sheet.
4. Bake in for 15 to 20 minutes, depending on the size of fish. Fish is done when it flakes easily with a fork.

Quinoa Sliders

Makes 3 servings

Nutrition

557 kcal; 2330 kJ; 21 g protein; 81 g carbohydrates; 68 g net carbs; 13 g dietary fiber; 5 g total sugars; 0 g added sugars; 18 g total fat; 2 g saturated fat

Ingredients

- 1 egg (or, to make it vegan, 2 tablespoons ground flax + 6 tablespoons/90ml water)
- 1 1/2 cups (275g) cooked quinoa
- 1/2 cup (50g) gluten-free rolled oats
- 2 tablespoons coconut flour
- 1 1/2 tablespoons Tahini
- 1 1/2 teaspoons (8ml) rice wine vinegar
- 1/2 cup (75g) sweet potato, finely grated
- 1 cup (45g) spinach, chopped (or 5oz./140g frozen spinach, thawed and squeezed dry)
- 1/4 (35g) cup sunflower seeds, chopped (optional)
- 1 tablespoon fresh parsley, chopped
- 1/2 teaspoon sea salt
- 1 teaspoon turmeric
- Red pepper flakes, to taste

Directions

1. Preheat oven to 400F. Line a baking sheet with parchment paper or spray with coconut oil cooking spray.
2. If using flax egg, mix the ground flax and water in a small bowl and set aside for 5 minutes or so to thicken.
3. Pulse oats in the food processor into a flour
4. Combine egg or flax egg, oats and remaining ingredients in a bowl and mix together.

5. Form into 6 patties, place on baking sheet, put in oven
6. Bake on prepared baking sheet 25 minutes, turning once, or until cakes are browned.

To Cook the Quinoa

The ratio is 1 cup of uncooked quinoa to 2 cups of liquid. Bring quinoa and liquid to a boil in a medium saucepan. Reduce heat to low, cover and simmer until tender and most of the liquid has been absorbed, about 15 to 20 minutes. Fluff with a fork

Salmon Burgers

Makes 2 servings

Nutrition

464 kcal; 1941 kJ; 44 g protein; 6 g carbohydrates; 4 g net carbs; 2 g dietary fiber; 1 g total sugars; 0 g added sugars; 29 g total fat; 11 g saturated fat

Ingredients

- 2 4-oz (115g) salmon filets
- 1 tablespoon (15ml) toasted sesame oil
- 1 tablespoon (15ml) rice wine vinegar
- 1 teaspoon peeled ginger, minced
- 1/4 cup (40g) green onion, green tops only, chopped
- 1/8 cup (20g) toasted sesame seeds
- 1 egg
- 1 tablespoon coconut flour
- 2 tablespoons coconut oil, for frying

Directions

1. Remove the skin from the salmon and cut into small squares.
2. Combine salmon, sesame oil, vinegar, ginger, green , sesame seeds and eggs in a large bowl.
3. Add coconut flour into mixture.
4. Once well combined use your hands to form patties from the mixture.
5. Melt the coconut oil in a skillet over medium heat.
6. Place the patties in the skillet and cook until golden brown, or about 5 minutes on each side.
7. Serve and enjoy!

Salmon Panzanella

Makes 2 servings

Nutrition

417 kcal; 1745 kJ; 27 g protein; 13 g carbohydrates; 9 g net carbs; 4 g dietary fiber; 7 g total sugars; 0 g added sugars; 29 g total fat; 4 g saturated fat;

Ingredients

- 1 tablespoon (15ml) coconut oil
- 2 4-oz (115g) wild-caught salmon fillets
- 8 Kalamata olives, pitted and chopped
- Pepper to taste
- 3 tablespoons (45ml) rice wine vinegar
- 1 tablespoon capers, rinsed and chopped
- 2 tablespoons (30ml) olive oil
- 2 large tomatoes, chopped
- 1 cucumber, chopped
- 1/4 cup fresh basil, chopped

Directions

1. Preheat grill to high.
2. Add one tablespoon coconut oil to a skillet over medium heat. Season salmon with pepper and add to the hot pan, skin side down.
3. Cook until done, about five minutes on each side. Once finished, set aside to rest
4. In a large bowl add olives, capers, vinegar, pepper and olive oil. Fold in tomatoes, cucumber and basil until well mixed.
5. Plate the salad and top with salmon. Serve and enjoy!

Stir Fry Chicken & Green Beans

Makes 2 servings

Nutrition

483 kcal; 2021 kj; 42 g protein; 29 g carbohydrates; 19 g net carbs; 10 g dietary fiber; 7 g total sugars; 0 g added sugars; 23 g total fat; 13 g saturated fat;

Ingredients

- 1/4 cup (60ml) gluten free soy sauce
- 2 teaspoons (10ml) toasted sesame oil
- 1 tablespoon (15ml) rice wine vinegar
- 3 tablespoons (45ml) coconut oil
- 1 lb. (450g) green beans, trimmed
- 2 teaspoons minced ginger
- 2 teaspoons minced green onion (Spring onions), green tops only
- 1 pound (454g) boneless, skinless chicken breasts, diced into 1-inch (2.5cm) cubes
- 1 cup (180g) julienned red bell peppers
- 1/2 cup (70g) water chestnuts

Directions

1. In a small bowl, whisk together soy sauce, sesame oil, and rice wine vinegar.
2. Heat two tablespoons of coconut oil in a large skillet over medium-high heat. Add green beans. Saute for a few minutes until beans turn dark green, are tender but still crisp. (If beans are particularly thick, add two tablespoons of water to pan and cover skillet for a couple of minutes to steam-cook beans). Do not overcook, as beans will go back in the pan briefly later.

3. Remove beans from the pan and set aside.
4. Add one more tablespoons of coconut oil to pan, add ginger, green onions and chicken. Saute, stirring continuously until the chicken is lightly browned and cooked through (turns from pink to white). Add the red peppers and saute for another minute. Add the water chestnuts and saute for another minute. Add the soy sauce mixture and beans. Use spatula or large wooden spoon to toss the ingredients Saute for 2 to 3 minutes
5. Serve over brown rice, top with a dash of sesame oil and garnish with sesame seeds.

Turkey Burgers - LF

Makes 3 servings

Nutrition

264 kcal; 1105 kJ; 33 g protein; 7 g carbohydrates; 3 g net carbs; 4 g dietary fiber; 2 g total sugars; 0 g added sugars; 12 g total fat; 5 g saturated fat

Ingredients

- 1 lb. (450g) organic ground turkey
- 1 teaspoon paprika
- 1/2 teaspoon sea salt
- 1/2 teaspoon freshly ground pepper
- 1/2 teaspoon coriander
- Pinch of cayenne
- 2 green onion (Spring onion), green tops only, chopped (can omit if using garlic oil)
- 1 tomato, sliced
- 2 cups (85g) arugula (rocket)
- 1 tablespoon coconut oil or garlic oil
- 1 tablespoon olive oil or garlic oil
- Squeeze of fresh lemon

Directions

1. Mix turkey, spices and green onions in a bowl, combine until well mixed. Form into 2 patties.
2. Heat coconut oil in a frying pan over medium-high heat. Place patties in pan and cook for 5-6 minutes on each side.
3. Plate arugula, drizzle with olive oil and lemon, place burgers on top, then the tomato.
4. Serve & enjoy!

Vegetable Curry

Makes 3 servings

Nutrition

370 kcal; 1548 kJ; 6 g protein; 38 g carbohydrates; 29 g net carbs; 9 g dietary fiber; 11 g total sugars; 0 g added sugars; 24 g total fat; 21 g saturated fat;

Ingredients

- 1 tablespoon (15 ml) coconut oil
- 1 tablespoon fresh ginger, grated
- 1 cup (90g) carrots, chopped
- 1/2 cup (45g) green beans, chopped
- 1 sweet potato, peeled and cut into 1 inch (2.5cm)
- 1 teaspoon cumin
- 2 teaspoon turmeric
- 1 cup (250ml) light coconut milk from a BPA-free can (make sure there are not inulin additives)
- 1 cup (240 ml) water
- 1/2 teaspoon sea salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon chili flakes
- 1/2 a lime, juiced
- 2 large handfuls spinach
- Cilantro

You can use store bought curry powder in place of the spices but make sure it is onion and garlic free.

Directions

1. Heat oil in a large Dutch oven or heavy pot over medium-high heat. Add ginger, cumin, and turmeric, sauté for 2 minutes.

2. Add carrots, green beans and sweet potato. Cook 3 minutes, stirring frequently.
3. Stir in coconut milk, water, salt and pepper. Reduce heat, cover, and simmer until vegetables are tender, about 15 minutes.
4. Remove from heat and stir in spinach, chili flakes and lime.
5. Serve over brown rice, garnish with

Soups

Basic Bone Broth

Makes 7 servings

Nutrition

17 kcal; 71 kJ; 3 g protein; 0 g carbohydrates; 0 g net carbs; 0 g dietary fiber; 0 g total sugars; 0 g added sugars; 1 g total fat; 0 g saturated fat

Ingredients

- 2 lbs (900g) knuckle bones from grass-fed beef (You can really use any kind of meaty or marrow bones from grass-fed beef, veal or lamb or organic, naturally raised pork, wild game or organic free-range poultry.)
- 1 tablespoon (15ml) Bragg's Apple Cider Vinegar (or fresh lemon juice)
- 1 gallon (4L) water
- 1 teaspoon salt, adjust to taste

Directions

1. Place bones in a large soup pot or slow cooker
2. Pour in water. Make sure there is enough to cover the bones
3. Add apple cider vinegar and salt. Feel free to add parsley, thyme, turmeric, whole black peppercorns.
4. Cover and simmer for 24 to 48 hours. The longer the better. If using chicken bones, simmer for a *maximum* of 24 hrs as the broth tends to get bitter if cooked longer.
5. Remove bones from broth.
6. Strain broth.
7. Store in the refrigerator for up to 1 week or freeze for up to 6 months.

Snacks & Desserts

Eggplant Chips

Makes 2 servings

Nutrition

307 kcal; 1284 kJ; 3 g protein; 16 g carbohydrates; 8 g net carbs; 8 g dietary fiber; 10 g total sugars; 0 g added sugars; 27 g total fat; 4 g saturated fat

Ingredients

- 1 Japanese eggplant, sliced extra thin (about 1/4 inch/6mm thick)
- 4 tablespoons (60ml) olive oil
- Sea salt and pepper to taste

Directions

1. Preheat oven to 400 degrees F (204 C)
2. Line a baking sheet with parchment paper.
3. Lay the eggplant slices on the baking sheet and drizzle with olive oil, salt and pepper.
4. Place the baking sheet into the oven and bake for 25-30 minutes; be sure to check periodically to make sure that the chips aren't burning.
5. Once the corners of the eggplant chips are curled and the chips are browned, remove from oven.
6. Serve and enjoy!

Salt & Vinegar Kale Chips

Makes 2 servings

Nutrition

127 kcal; 531 kJ; 6 g protein; 12 g carbohydrates; 9 g net carbs; 3 g dietary fiber; 0 g total sugars; 0 g added sugars; 8 g total fat; 1 g saturated fat;

Ingredients

- 1 bunch kale (Tuscan cabbage)
- 1 tablespoon (15ml) Bragg's apple cider vinegar
- 1 tablespoon. (45ml) olive oil
- 1 teaspoon sea salt

Directions

1. Preheat oven to 375F (190C).
2. Tear, or roughly chop the kale leaves up into large pieces. Discard thick stems.
3. Place kale in a large mixing bowl.
4. Drizzle with vinegar, olive oil and salt over the top. Toss well, and then massage the kale, evenly coating the leaves.
5. Spread out kale on 2 baking sheets so that the kale does not touch.
6. Place in oven for 10 to 13 minutes until dry and crisply. Careful not to overcook as kale will burn quickly.
7. Cool and sever while still warm.

Zucchini Chips

Makes 1 servings

Nutrition

155 kcal; 649 kJ; 2 g protein; 8 g carbohydrates; 3 g dietary fiber; 5 g net carbs; 5 g sugar; 14 g fat; 21% carbs; 5% protein; 82% fat

Ingredients

- 1 small zucchini
- 1 tablespoons (15 ml) olive oil
- Sea salt to taste.

Directions

1. Preheat oven to 425F (220C)
2. Line a baking sheet with parchment paper.
3. Using a mandoline, or knife slice zucchini into very thin slices.
4. In a bowl mix together zucchini rounds, olive oil and salt.
5. Spread zucchini on baking sheet, so they aren't touching. Place in oven and bake for 20-30 minutes until crispy.
6. Serve and enjoy.
7. Optional: Sprinkle with apple cider vinegar.

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