

Salmon Sushi Cauliflower Rice Bowl

4 SERVINGS 20 MINUTES



INGREDIENTS

- 4 cups Cauliflower Rice
- 3 tbsps Avocado Oil (divided)
- 1/4 cup Coconut Aminos
- 1 Garlic (clove, minced)
- 1/2 tsp Ginger (minced)
- 1 Cucumber (medium, julienned)
- 4 Carrot (small, julienned)
- 1 Avocado (small, sliced)
- 10 ozs Canned Wild Salmon (drained)
- 4 Nori Sheets (quartered)

DIRECTIONS

- 01 Sauté the cauliflower rice in a large pan with 1/3 of the oil for seven to 10 minutes. Divide the cauliflower rice between bowls or containers if meal prepping.
- 02 In a small bowl, whisk the remaining oil with the coconut aminos, garlic, and ginger to make a dressing.
- 03 Divide the remaining ingredients evenly between bowls on top of the cauliflower rice and serve with the dressing. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

MEAL PREP

Divide all of the servings between your containers and add the avocado just before serving.

Carrot & Lentil Pureed Soup

4 SERVINGS 35 MINUTES



INGREDIENTS

2 tbsps Extra Virgin Olive Oil
1/2 Yellow Onion (medium, peeled, chopped)
1 Garlic (clove, minced)
4 Carrot (medium, chopped)
3/4 cup Dry Red Lentils (rinsed)
4 cups Vegetable Broth, Low Sodium
1/2 cup Plain Coconut Milk (from the carton)
1 tbsp Italian Seasoning
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Heat the oil in a large pot over medium heat. Add the onion and sauté for three to four minutes. Add the garlic and sauté for 30 seconds. Add a splash of broth or water if needed so the onions and garlic don't burn.
- 02 Add the carrots, lentils, broth, coconut milk, Italian seasoning, salt, and pepper. Stir to combine and bring to a boil.
- 03 Reduce the heat to low and simmer for 15 to 20 minutes or until the lentils are cooked.
- 04 Remove from the heat and use an immersion blender or a high-powered blender to blend the soup until it is smooth. Divide evenly between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Freeze for up to three months.

SERVING SIZE

One serving is equal to approximately 1 1/2 cups.

NO COCONUT MILK

Use cow's milk or any other alternative milk.

CONSISTENCY

This soup was developed to be a thick consistency. If you'd prefer a thinner consistency, blend additional water or broth while blending until your desired consistency is reached.

Chicken Tacos with Chipotle Coleslaw

1 SERVING 10 MINUTES



INGREDIENTS

2 tsps Mayonnaise
1 tsp Lime Juice
1/4 tsp Honey
1/8 tsp Garlic Powder
1/8 tsp Onion Powder
1/4 tsp Chipotle Powder
Sea Salt & Black Pepper (to taste)
3/4 cup Coleslaw Mix
4 ozs Chicken Breast, Cooked (shredded)
2 tbsps Cilantro (chopped)
2 Corn Tortilla

DIRECTIONS

- 01 Combine mayonnaise, lime juice, honey, garlic powder, onion powder, chipotle powder, salt, and pepper in a medium mixing bowl and whisk with a fork until combined. Add the coleslaw mix and stir until well coated.
- 02 Divide the coleslaw mixture, shredded chicken, and cilantro evenly between the corn tortillas. Enjoy!

NOTES

LEFTOVERS

Refrigerate the coleslaw separately from the other ingredients in an airtight container for up to three days.

SERVING SIZE

One serving is equal to two tacos.

MAKE IT VEGAN

Use lentils, chickpeas, tofu, or tempeh instead of chicken.

GRAIN-FREE

Use cassava, coconut, or almond flour tortillas instead.

Macaroni & Veggie Stir Fry

4 SERVINGS 25 MINUTES



INGREDIENTS

1 1/2 cups Brown Rice Penne (dry)
2 tbsps Avocado Oil
10 ozs Lean Ground Beef
Sea Salt & Black Pepper (to taste)
1/4 cup Tamari (divided)
1 Yellow Onion (medium, sliced)
1 Red Bell Pepper (medium, sliced)
1 cup Broccoli (florets)
1/4 head Cauliflower (cut into florets)
2 Garlic (cloves, minced)

DIRECTIONS

- 01 Cook the pasta according to package directions and set it aside. Reserve some of the pasta water.
- 02 Heat the oil in a pan over medium heat. Add the beef, breaking it up as it cooks. Add the salt, pepper, and half of the tamari and continue to break up the beef. Cook for seven to eight minutes or until cooked through. Use a slotted spoon to place the beef in a bowl and set it aside.
- 03 Add the onion, bell pepper, broccoli, cauliflower, garlic, the remaining tamari, salt, and pepper to the same pan. Sauté for five to six minutes or until the vegetables are cooked to your liking.
- 04 Add the beef back in along with the cooked pasta and reserved water. Stir to combine and cook for a few minutes. Divide evenly between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately two cups.

ADDITIONAL TOPPINGS

Green onions, sesame seeds, hot sauce, cilantro, chopped peanuts.

MAKE IT VEGAN

Use chickpeas, tofu, tempeh, edamame, or a plant-based meat alternative.

TIME SAVER

Use a pre-cut stir fry vegetable mix.