

Whole Food 30-Day Diet Cookbook for Beginners

*100 Quick, Easy & Delicious Recipes and 30-Day Meal
Plans to Reset Your Health, Transform Your Body, and
Improve Your Eating Habits*

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INTRODUCTION

WHAT IS WHOLE FOOD 30?

Imagine hitting the reset button on your eating habits, giving your body a break from processed foods, and discovering what truly makes you feel your best. That's exactly what Whole Food 30 is all about! Whole Food 30 is a 30-day nutrition program designed to help people transform their relationship with food by cutting out inflammatory ingredients and focusing on whole, nutrient-dense foods.

Whole Food 30 was created in 2009 by Melissa Urban (formerly Melissa Hartwig), a certified sports nutritionist, who developed the program after experiencing life-changing benefits from eliminating certain foods for 30 days. She and her co-founder, Dallas Hartwig, a functional medicine practitioner, wanted to create a system that would help people identify food sensitivities, reduce cravings, and reset their health. Since its inception, Whole Food 30 has grown into a global phenomenon, with millions of participants following the program to improve their energy levels, digestion, mental clarity, and overall well-being.

Unlike traditional diets, Whole Food 30 is not about counting calories, restricting portion sizes, or losing weight quickly. Instead, it's a food experiment—a way to learn how different foods impact your body. At the end of the 30 days, participants reintroduce foods gradually to determine what works best for them. The program has been praised for helping people break unhealthy food habits, manage chronic health issues, and create lasting changes in their diet.

INTERESTING FACTS ABOUT WHOLE FOOD 30

Whole Food 30 started as an experiment in 2009 – Melissa Urban tested the idea with a 30-day personal challenge and noticed such incredible benefits that she turned it into a structured program.

■ Millions of people have completed Whole Food 30 – From busy professionals to athletes and celebrities, Whole Food 30 has been embraced by a diverse audience.

■ Whole Food 30 doesn't focus on weight loss – Unlike traditional diets, the program encourages participants to ditch the scale and focus on how they feel. Weight loss may happen naturally, but it's not the primary goal.

■ Whole Food 30 helps reset taste buds – After 30 days without processed sugar and artificial additives, many people find that natural foods, like fruits and vegetables, taste sweeter and more flavorful.

■ Sugar is hidden in over 70% of processed foods – Whole Food 30 teaches people how to read food labels carefully and identify sneaky added sugars and chemicals.

It takes about 66 days to form a habit – While Whole Food 30 is only 30 days, it can be a powerful step toward long-term changes in your eating habits.

BENEFITS OF THE WHOLE FOOD 30 DIET

Whole Food 30 is designed to be a reset for your body, giving it a break from inflammatory foods and helping you feel your best. Numerous advantages are reported by participants, including:

1. Improved Gut Health

Many people suffer from bloating, indigestion, and gut discomfort without realizing that their diet is a major cause. Whole Food 30 removes common gut irritants like dairy, grains, and legumes, allowing the digestive system to heal. By focusing on whole foods, the gut microbiome improves, leading to better digestion, reduced bloating, and less discomfort after meals.

2. Balanced Blood Sugar Levels

Did you know that processed foods and refined sugars can cause major blood sugar spikes and crashes? These fluctuations lead to cravings, energy crashes, and mood swings. Whole Food 30 eliminates processed sugar and refined carbs, helping stabilize blood sugar levels and keeping energy levels steady throughout the day. Many participants notice fewer cravings, less hunger between meals, and improved overall mood.

3. Reduced Cravings for Sugar and Processed Foods

Sugar addiction is real! The hyperpalatable nature of many processed meals makes it simple to overindulge and develop cravings for more. Whole Food 30 eliminates sugary snacks, artificial sweeteners, and junk food, allowing taste buds to reset. After 30 days, many people find that their cravings for sweets and processed foods diminish significantly, and they genuinely enjoy whole, natural foods more than ever before.

4. Increased Energy and Mental Clarity

Have you ever experienced afternoon slumps or struggled to stay focused throughout the day? Whole Food 30 helps stabilize energy levels by removing processed carbs and sugar crashes. Many participants report feeling more alert, focused, and energetic without needing an afternoon coffee or energy drink. This is because the program prioritizes whole, nutrient-dense foods that fuel the body efficiently.

KEY RULES AND GUIDELINES OF WHOLE FOOD 30

Whole Food 30 is not a traditional diet—it's a structured reset with specific rules designed to maximize results. To get the full benefits, participants must commit fully to the program for 30 days without exceptions. Here are the core guidelines:

✓ No cheat days – even one slip can disrupt the reset process, so commitment is key.

✓ No “healthy” versions of junk food – even if made with Whole Food 30-approved ingredients, items like pancakes, cookies, or chips are not allowed, as they encourage old habits.

✓ The reintroduction phase is crucial – after 30 days, foods are gradually reintroduced to identify what works best for your body.

✓ Whole Food 30 is NOT a weight loss diet – while many people do lose weight on Whole Food 30, that’s not the main goal. Instead, the program focuses on healing the body, reducing inflammation, and resetting eating habits.

ALLOWED AND FORBIDDEN INGREDIENTS ON WHOLE FOOD 30

✓ Allowed Foods

- Meat & Seafood: Beef, lamb, poultry, fish, shellfish (preferably organic and grass-fed).
- Eggs: All types of eggs (chicken, duck, quail, etc.).
- Vegetables: All vegetables except legumes (e.g., beans, peas, lentils).
- Fruits: All fresh fruits in moderation.
- Healthy Fats: Avocado, olive oil, coconut oil, ghee, nuts, and seeds.
- Herbs & Spices: Fresh and dried herbs, salt, pepper, garlic, ginger, etc.

✗ Forbidden Foods

- Sugar & Artificial Sweeteners: No added sugars, honey, maple syrup, agave, or artificial sweeteners.
- Grains: No wheat, rice, oats, corn, barley, or quinoa.
- Dairy: No milk, cheese, yogurt, or cream (except ghee).
- Legumes: No beans, lentils, chickpeas, soy, or peanuts.
- Processed Foods & Junk Food: No packaged snacks, fast food, or processed condiments with additives.
- Alcohol & Soda: No beer, wine, liquor, or sugary drinks.

Whole Food 30 encourages real, whole foods while eliminating processed and inflammatory ingredients. By focusing on clean eating for 30 days, you give your body the chance to reset, heal, and thrive.

BREAKFAST





5 minutes



2 Servings



10 minutes



Avocado and Egg Breakfast Bowl

A creamy and protein-rich breakfast packed with fresh flavors.

Ingredients:

- Avocados: 2, sliced
- Eggs: 4, boiled or poached
- Cherry tomatoes: 1 cup / 75 g, halved
- Fresh cilantro: 2 tbsp / 30 ml, chopped
- Lime juice: 2 tsp / 10 ml
- Salt (to taste)
- Pepper (to taste)

Instructions:

1. Bring a small pot of water to a gentle boil. Cook for 7 to 8 minutes for soft-boiled eggs or 10 minutes for firm yolks after adding the eggs. Remove and place in ice water for easy peeling.
2. While the eggs cook, slice the avocado and halve the cherry tomatoes. Chop the cilantro.
3. After boiling, cut the eggs in half and peel them.
4. Arrange the avocado slices, eggs, and cherry tomatoes in a bowl.
5. Sprinkle with cilantro and drizzle with lime juice. To taste, add salt and pepper.
6. Serve immediately.

Nutritional Value (Per Serving):

Calories: 382	Carbohydrates: 14.5 g
Protein: 15 g	Sodium: 150 mg
Fat: 31 g	Potassium: 920 mg



5 minutes



2 Servings



15 minutes



Paleo Breakfast Bowl

A creamy and protein-rich breakfast packed with fresh flavors.

Ingredients:

- Ground beef: 6 oz / 170 g
- Zucchini: ½, diced
- Bell pepper: ½, diced
- Avocado: ½, sliced
- Olive oil: 1 tbsp / 15 ml
- Garlic powder: ¼ tsp / 1.25 ml
- Paprika: ¼ tsp / 1.25 ml
- Fresh parsley: 1 tbsp / 15 ml, chopped (optional)
- Salt and pepper: to taste

Instructions:

1. Add the olive oil to a large skillet and heat it over medium heat.
2. Using a spatula, break up the ground beef while it cooks in the hot oil until it turns golden brown, which should take five to seven minutes. Add paprika, garlic powder, salt, and pepper for seasoning.
3. Add the diced bell pepper and zucchini to the skillet with the beef while it's cooking.
4. Sauté for about 5-7 minutes until the vegetables are tender and slightly caramelized.
5. Once the beef and vegetables are cooked, remove them from the heat and divide them into two bowls.
6. Top each bowl with sliced avocado and chopped fresh parsley, if desired.
7. Serve immediately.

Nutritional Value (Per Serving):

Calories: 420	Carbohydrates: 14 g
Protein: 30 g	Sodium: 300 mg
Fat: 28 g	Potassium: 800 mg



5 minutes Servings 10 minutes

Almond Flour Waffles

These light and fluffy waffles made with almond flour are a perfect gluten-free breakfast option.

Ingredients:

- Almond flour: $\frac{1}{4}$ cup / 30 g
- Eggs: 4
- Coconut milk: $\frac{1}{4}$ cup / 60 ml
- Baking soda: $\frac{1}{4}$ tsp / 1.25 ml
- Coconut oil: 1 tsp / 5 ml (for cooking)

Instructions:

1. As directed by the manufacturer, preheat your waffle iron and lightly coat it with coconut oil.
2. Mix the almond flour, eggs, coconut milk, and baking soda in a medium-sized bowl until smooth and thoroughly blended.
3. Pour the batter into the waffle iron after it has heated up, using roughly $\frac{1}{4}$ cup of batter for each waffle or as directed by the manufacturer of your waffle iron.
4. Waffles should be golden and crisp after three to five minutes of cooking in a closed waffle iron.
5. Carefully remove the waffles and serve immediately. You can top them with fresh berries or a drizzle of coconut milk if desired.

Nutritional Value (Per Serving):

Calories: 300	Carbohydrates: 6 g
Protein: 18 g	Sodium: 170 mg
Fat: 22 g	Potassium: 230 mg



5 minutes Servings 10 minutes

Apple Cinnamon Breakfast Sausage

This savory and slightly sweet sausage combines the rich flavor of ground beef with the warmth of cinnamon and the freshness of grated apple.

Ingredients:

- Ground beef: 8 oz / 225 g
- Apple: $\frac{1}{4}$, grated
- Cinnamon: 1 tsp / 5 ml
- Garlic powder: $\frac{1}{4}$ tsp / 1.25 ml
- Salt and pepper, to taste

Instructions:

1. In a mixing bowl, combine the ground beef, grated apple, cinnamon, garlic powder, salt, and pepper.
2. Use your hands or a spoon to mix the ingredients until they are well combined.
3. Heat a non-stick skillet over medium heat.
4. Form the sausage mixture into small patties (about 2-3 inches in diameter) and place them in the skillet.
5. Cook for 3-4 minutes on each side or until the sausages are golden brown and cooked through.
6. Serve hot as a delicious breakfast option or snack.

Nutritional Value (Per Serving):

Calories: 270	Carbohydrates: 4 g
Protein: 22 g	Sodium: 300 mg
Fat: 19 g	Potassium: 350 mg



10 minutes



Servings



35 minutes



Broccoli and Ground Chicken Breakfast Casserole

A savory casserole with ground chicken and nutrient-packed broccoli, perfect for breakfast or brunch.

Ingredients:

- Ground chicken: ½ cup / 100 g
- Eggs: 4
- Broccoli: ½ cup / 45g, chopped
- Onion: ⅓, diced
- Olive oil: ½ tbsp / 7 ml
- Garlic powder: ½ tsp / 2.5 ml
- Salt and pepper: to taste

Instructions:

1. Preheat your oven to 375°F (190°C).
2. In a skillet over medium heat, cook the ground chicken until fully cooked and lightly browned, about 5–6 minutes. Set aside.
3. In the same skillet, heat olive oil and sauté the onion and broccoli for 5-7 minutes until the broccoli is tender.
4. In a bowl, whisk the eggs with salt, pepper, and garlic powder.
5. Lightly grease a small baking dish. Layer in the cooked broccoli and onion mixture, followed by the ground chicken.
6. Gently whisk the ingredients after adding the egg mixture.
7. Bake for 30-35 minutes, until the eggs are set and lightly golden.
8. Let cool slightly before slicing and serving.

Nutritional Value (Per Serving):

Calories: 305
Protein: 24 g
Fat: 21 g

Carbohydrates: 4.5 g
Sodium: 280 mg
Potassium: 340 mg



15 minutes



Servings



30 minutes



Healthy Quiche

A delicious and nutritious quiche made with a crustless base and packed with vegetables and protein.

Ingredients:

- Eggs: 3 large
- Coconut milk: 2 tbsp / 30 ml (full-fat, unsweetened)
- Spinach: ½ cup / 15 g (chopped)
- Bell pepper: ¼ cup / 40 g (diced)
- Onion: 2 tbsp / 20 g (diced)
- Cooked ground turkey or chicken: ¼ cup / 40 g (optional)
- Olive oil: ½ tbsp / 7.5 ml
- Garlic: ½ clove (minced)
- Salt and pepper: To taste

Instructions:

1. Preheat the oven to 375°F (190°C).
2. Heat olive oil in a skillet over medium heat. Add the diced onion, bell pepper, and minced garlic. Sauté for 3-4 minutes until softened.
3. Cook the chopped spinach until it wilts. Remove from heat and set aside.
4. In a bowl, whisk together the eggs and coconut milk. Season with salt and pepper.
5. Stir in the sautéed vegetables and cooked ground turkey or chicken (if using).
6. Pour the mixture into a greased small pie dish or baking dish.
7. Bake for 20-25 minutes or until the quiche is set and lightly golden on top.
8. Let cool slightly before slicing and serving.

Nutritional Value (Per Serving):

Calories: 200
Protein: 15 g
Fat: 12 g

Carbohydrates: 5 g
Sodium: 150 mg
Potassium: 300 mg



5 minutes



2 Servings



10 minutes



Herb and Veggie Omelette with Ground Turkey

A savory omelette packed with fresh veggies, herbs, and seasoned ground turkey, perfect for a satisfying breakfast.

Ingredients:

- Eggs: 4
- Spinach: 1 cp / 30 g, chopped
- Mushrooms: ¼ cup / 25g, sliced
- Fresh herbs (e.g., parsley, chives): 2 tbsp / 30 ml, chopped
- Olive oil: 2 tsp / 10 ml
- Ground turkey (lean): ½ cup / 100 g
- Salt and pepper: to taste

Instructions:

1. Heat 1 tsp of olive oil in a skillet over medium heat. Add the ground turkey and cook for 4–5 minutes until fully cooked and lightly browned. Season with salt and pepper. Remove from skillet and set aside.
2. In the same skillet, add the remaining 1 tsp olive oil and sauté mushrooms for 2–3 minutes, until softened.
3. Add the chopped spinach and cook for another 1–2 minutes, until wilted. Lightly season with salt and pepper.
4. In a bowl, beat the eggs and season with a dash of salt and pepper.
5. Pour the beaten eggs over the vegetables in the skillet. Cook over medium-low heat for 2–3 minutes, until the eggs begin to set.
6. Add the cooked ground turkey evenly over the omelette. Sprinkle fresh herbs on top.
7. Gently fold the omelette in half and continue cooking for 1–2 more minutes, or until fully set.
8. Slide the omelette onto a plate and serve

Nutritional Value (Per Serving):

Calories: 330
Protein: 25 g
Fat: 23 g

Carbohydrates: 4 g
Sodium: 270 mg
Potassium: 490 mg



5 minutes



2 Servings



10 minutes



Chicken-Wrapped Asparagus with Eggs

This savory and satisfying breakfast features tender asparagus wrapped in chicken, paired with perfectly cooked eggs, with added flavors from ingredients.

Ingredients:

- Asparagus: 6 spears
- Cooked chicken breast (thinly sliced into strips): 4 slices (~4 oz / 120 g)
- Eggs: 4
- Olive oil: 1 tsp / 5 ml
- Salt and pepper: to taste
- Fresh thyme: 1 tsp / 5 ml (optional)
- Lemon zest: ½ tsp / 2.5 ml (optional)
- Avocado: 1, sliced (optional for serving)

Instructions:

1. Preheat oven to 400°F (200°C).
2. Trim the tough ends off the asparagus spears.
3. Wrap each spear with a thin strip of grilled or pan-seared chicken breast. If needed, secure it with a toothpick.
4. Place on a parchment-lined baking sheet.
5. Drizzle with olive oil and sprinkle with salt, pepper, and thyme.
6. Bake for 8–10 minutes, until the asparagus is tender and the chicken edges are slightly crisp.
7. Meanwhile, cook your eggs to your preference (fried, scrambled, or poached).
8. Serve the chicken-wrapped asparagus with the eggs and avocado slices.
9. Finish with a sprinkle of lemon zest for a fresh kick.

Nutritional Value (Per Serving):

Calories: 380
Protein: 27 g
Fat: 26 g

Carbohydrates: 9 g
Sodium: 350 mg
Potassium: 660 mg



10 minutes



2 Servings



20 minutes



Muffins with Chicken & Bell Peppers

A savory muffin-like dish made with ground chicken, bell peppers, and a hint of onion, offering a tasty, protein-packed breakfast or snack

Ingredients:

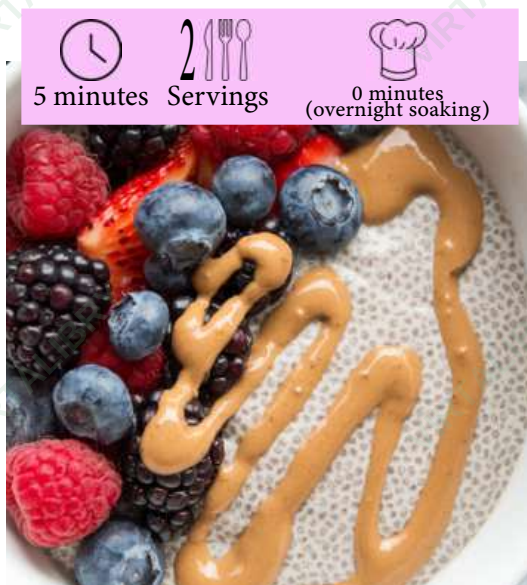
- Eggs: 4
- Ground chicken: 4 oz / 120 g
- Bell pepper: 3 oz / 90 g, diced
- Onion: 1 oz / 30 g, chopped
- Coconut oil: 1 tbsp / 15 ml
- Salt and pepper: to taste

Instructions:

1. Set the oven temperature to 375°F, or 190°C. Line a muffin tray with paper liners or grease it with coconut oil.
2. In a skillet, heat the coconut oil over medium heat. Add the ground chicken and cook for 5 to 7 minutes, breaking it up with a spoon until it is cooked through and browned. Cook the chopped onion and diced bell pepper in the skillet for two to three more minutes or until they are tender. Season with salt and pepper to taste.
3. Beat the eggs in another bowl and add a dash of salt and pepper.
4. Take the skillet off of the burner after the chicken and veggies are done.
5. Let it cool slightly, then mix the chicken-veggie mixture with the beaten eggs.
6. Fill the muffin tin about three-quarters of the way to the top with the mixture.
7. Bake for 15-20 minutes or until the eggs are fully set and slightly golden on top.
8. Let the muffins cool for a few minutes before removing them from the tin. Serve immediately or store in the fridge for a quick grab-and-go breakfast.

Nutritional Value (Per Serving):

Calories: 250	Carbohydrates: 6 g
Protein: 21 g	Sodium: 290 mg
Fat: 18 g	Potassium: 450 mg



5 minutes 2 Servings 0 minutes (overnight soaking)

Coconut Chia Pudding

A creamy and satisfying breakfast, combining the richness of coconut and almond butter with fiber-rich chia seeds and fresh berries.

Ingredients:

- Chia seeds: $\frac{1}{4}$ cup / 40 g
- Coconut milk: $\frac{1}{2}$ cup / 120 ml, canned, unsweetened
- Fresh berries: $\frac{1}{2}$ cup / 75 g
- Almond butter: 1 tbsp / 15 ml

Instructions:

1. To prevent clumps, mix the chia seeds and coconut milk thoroughly in a dish or container.
2. To enable the chia seeds to absorb the liquid and thicken, cover and place in the refrigerator for at least 4 hours or overnight.
3. Stir the pudding and garnish with almond butter and fresh berries just before serving.
4. Serve chilled.

Nutritional Value (Per Serving):

Calories: 290	Carbohydrates: 14 g
Protein: 6 g	Sodium: 5 mg
Fat: 20 g	Potassium: 190 mg



5 minutes 2 Servings 15 minutes

Turkey and Veggie Breakfast Skillet

A hearty and protein-packed breakfast skillet loaded with fresh vegetables and savory flavors.

Ingredients:

- Ground turkey: 6 oz / 170 g
- Zucchini: $\frac{1}{2}$, diced
- Bell pepper: $\frac{1}{2}$, diced
- Olive oil: 1 tbsp / 15 ml
- Garlic powder: $\frac{1}{2}$ tsp / 2.5 ml
- Salt and pepper, to taste

Instructions:

1. In a skillet, heat the olive oil over medium heat.
2. Add ground turkey and cook, breaking it into crumbles, until browned (about 5-7 minutes).
3. Stir in diced zucchini and bell pepper, cooking for another 5 minutes until tender.
4. Season with garlic powder, salt, and pepper.
5. Stir well and cook for an additional 2-3 minutes.
6. Serve hot.

Nutritional Value (Per Serving):

Calories: 260	Carbohydrates: 6 g
Protein: 28 g	Sodium: 200 mg
Fat: 14 g	Potassium: 500 mg



5 minutes



2 Servings



0 minutes



Smoked Salmon Lettuce Wraps

It's light, hydrating, and full of protein and good fats for a balanced breakfast.

Ingredients:

- Romaine lettuce leaves: 4 large
- Smoked salmon: 4 oz / 120 g
- Avocado: ½, sliced
- Cucumber: ¼, sliced
- Lemon juice: 1 tsp / 5 ml

Instructions:

1. Rinse and pat dry the leaves of the romaine lettuce.
2. Lay each leaf flat and evenly distribute the smoked salmon, avocado slices, and cucumber slices.
3. Drizzle with lemon juice for added freshness.
4. Carefully roll or fold the lettuce leaves into wraps.
5. Serve immediately.

Nutritional Value (Per Serving):

Calories: 190
Protein: 18 g
Fat: 12 g

Carbohydrates: 5 g
Sodium: 600 mg
Potassium: 450 mg



5 minutes



2 Servings



10 minutes



Banana Almond Pancakes

Fluffy and naturally sweet pancakes made with wholesome-approved ingredients.

Ingredients:

- Bananas: 2, mashed
- Almond flour: ⅓ cup / 60 g
- Eggs: 4
- Coconut oil: 1 tsp / 5 ml (for cooking)
- Cinnamon: ¼ tsp / 1.25 ml

Instructions:

1. Mash the banana in a bowl until it's smooth.
2. Add the eggs, almond flour, and cinnamon, then whisk until well combined.
3. Add coconut oil to a non-stick skillet and heat it over medium heat.
4. Pour small portions of the batter into the skillet, forming pancakes.
5. Cook for 2-3 minutes until bubbles form on the surface, then flip and cook for another 2 minutes until golden brown.
6. Serve warm after repeating with the remaining batter.

Nutritional Value (Per Serving):

Calories: 435
Protein: 20 g
Fat: 28 g

Carbohydrates: 35 g
Sodium: 80 mg
Potassium: 400 mg



5 minutes



2 Servings



10 minutes



Spinach and Mushroom Scramble

A light and nourishing breakfast packed with protein and delicious ingredients.

Ingredients:

- Eggs: 4
- Fresh spinach: 2 cups / 60 g
- Mushrooms: ½ cup / 50 g, sliced
- Olive oil: 1 tbsp / 15 ml
- Clove garlic: 1, minced
- Salt (to taste)
- Pepper (to taste)

Instructions:

1. In a skillet, heat the olive oil over medium heat. Sauté the minced garlic for 30 seconds till it becomes fragrant.
2. Stirring occasionally, sauté the mushrooms for 3-4 minutes until they are tender.
3. Add the spinach and cook for another 1-2 minutes until wilted.
4. In a bowl, whisk the eggs with a pinch of salt and pepper.
5. After adding the eggs to the skillet, heat them until they are the consistency you want by stirring them gently.
6. Remove from heat and serve warm.

Nutritional Value (Per Serving):

Calories: 220
Protein: 14 g
Fat: 16 g

Carbohydrates: 4 g
Sodium: 180 mg
Potassium: 450 mg



10 minutes



2 Servings



20 minutes



Shakshuka with Ground Beef

A flavorful, savory dish of ground beef, onions, and eggs poached in a spiced tomato sauce, perfect for a hearty breakfast.

Ingredients:

- Eggs: 4
- Ground beef: 4 oz / 120 g
- Tomato sauce (Whole 30-approved): 1 cup / 240 ml
- Onion: 2 oz / 60 g, diced
- Cumin: ½ tsp / 2 g
- Olive oil: 1 tbsp / 15 ml
- Salt and pepper: to taste

Instructions:

1. In a large skillet, heat the olive oil over medium heat. Cook the chopped onion for three to four minutes or until it is soft and transparent.
2. Add the ground beef to the skillet and cook until browned, breaking it up into small pieces with a spoon for about 5-7 minutes.
3. Stir in the cumin and season with salt and pepper to taste. Cook for an additional 1-2 minutes to let the spices infuse the beef.
4. Pour in the Whole Food 30-approved tomato sauce and stir to combine. Bring the sauce to a simmer and let it cook for about 5 minutes, allowing the flavors to meld. Make small wells in the beef mixture and crack the eggs into the wells. Place a lid on the skillet and cook for 5 to 7 minutes or until the eggs are cooked to your preferred consistency.
5. Remove the eggs from the fire as soon as they are done and serve right away.

Nutritional Value (Per Serving):

Calories: 350
Protein: 26 g
Fat: 22 g

Carbohydrates: 10 g
Sodium: 400 mg
Potassium: 600 mg



10 minutes



Servings



15 minutes



Sweet Potato & Turkey Sausage Bites

These savory bites combine the sweetness of grated sweet potatoes with turkey sausage and a touch of paprika, making them a delicious breakfast or snack.

Ingredients:

- Turkey sausage: 6 oz / 180 g, crumbled
- Sweet potatoes: 8 oz / 240 g, grated
- Egg: 1, beaten
- Coconut flour: 2 tbsp / 15 g
- Paprika: ½ tsp / 2 g
- Avocado oil: 1 tbsp / 15 ml

Instructions:

1. Heat avocado oil in a large skillet over medium heat. Add the crumbled turkey sausage and cook until browned and cooked through, about 5-7 minutes. Remove from the skillet and set aside.
2. Add the grated sweet potatoes to the same skillet and heat, stirring periodically, until they begin to soften and begin to brown slightly, about 4-5 minutes.
3. In a bowl, combine the cooked turkey sausage, sautéed sweet potatoes, beaten egg, coconut flour, and paprika. Stir until well combined.
4. Using your hands, form the mixture into small bite-sized patties or balls.
5. Return the patties to the skillet and cook on each side for 3-4 minutes or until golden brown and cooked through.
6. Once done, remove from the skillet and serve immediately.

Nutritional Value (Per Serving):

Calories: 330	Carbohydrates: 12 g
Protein: 25 g	Sodium: 500 mg
Fat: 22 g	Potassium: 650 mg



10 minutes



Servings



15 minutes



Brussels Sprouts & Ground Turkey Hash

A hearty Brussels sprouts hash with lean ground turkey for a filling, Whole Food 30-compliant meal.

Ingredients:

- Brussels sprouts: 2 cups / 200 g, trimmed and shredded
- Ground turkey: 6 oz / 170 g
- Olive oil: 1 tbsp / 15 ml
- Onion: ¼ medium, chopped
- Garlic: 2 cloves, minced
- Ground cumin: ½ tsp / 2.5 ml
- Salt and pepper: to taste

Instructions:

1. In a large skillet, heat the olive oil over medium heat.
2. Add the ground turkey, cooking until browned and fully cooked, about 7-8 minutes.
3. After taking the turkey out of the skillet, place it aside.
4. Add the chopped onion and garlic to the same skillet and sauté for two to three minutes or until they are tender.
5. Add the shredded Brussels sprouts, cumin, salt, and pepper. Cook for 6-8 minutes until the sprouts are crispy and tender.
6. Stir in the cooked ground turkey and serve.

Nutritional Value (Per Serving):

Calories: 300	Carbohydrates: 11 g
Protein: 28 g	Sodium: 280 mg
Fat: 18 g	Potassium: 500 mg



10 minutes



Servings



20 minutes



Chicken and Broccoli Frittata

A protein-packed frittata with lean chicken and nutrient-rich broccoli, perfect for any meal.

Ingredients:

- Eggs: 6
- Cooked chicken breast: 4 oz / 115g, shredded
- Broccoli: 1 cup / 90g, chopped
- Onion: ¼, diced
- Olive oil: 1 tbsp / 15 ml
- Salt and pepper: to taste

Instructions:

1. Preheat your oven to 375°F (190°C).
2. In an ovenproof skillet, heat the olive oil over medium heat.
3. Add the onion and sauté for 3-4 minutes until softened.
4. Cook the chopped broccoli for five minutes or until it is soft.
5. Add the shredded chicken to the skillet and stir to combine.
6. In a bowl, whisk the eggs with salt and pepper. Pour over the chicken and broccoli mixture.
7. To ensure the eggs are set, place the skillet in the oven and bake it for 12 to 15 minutes.
8. Slice and serve.

Nutritional Value (Per Serving):

Calories: 300
Protein: 25g
Fat: 20g

Carbohydrates: 7g
Sodium: 350mg
Potassium: 650mg



10 minutes



Servings



20 minutes



Zucchini and Tomato Frittata

This fresh and light frittata combines zucchini and tomatoes for a perfect summer-inspired meal.

Ingredients:

- Eggs: 6
- Zucchini: 1, sliced
- Tomatoes: ½ cup / 75g, diced
- Garlic: 1 clove, minced
- Olive oil: 1 tbsp / 15 ml
- Fresh basil: 1 tbsp / 15 ml, chopped
- Salt and pepper: to taste

Instructions:

1. Preheat your oven to 375°F (190°C).
2. In an ovenproof skillet, heat the olive oil over medium heat.
3. Add the zucchini and garlic, cooking for 4-5 minutes until softened.
4. Cook for two more minutes after adding the tomatoes.
5. In a bowl, whisk the eggs with salt, pepper, and basil.
6. Gently toss the vegetables after adding the egg mixture.
7. To ensure the eggs are set, place the skillet in the oven and bake it for 12 to 15 minutes.
8. Slice and serve.

Nutritional Value (Per Serving):

Calories: 220
Protein: 14g
Fat: 18g

Carbohydrates: 8g
Sodium: 300mg
Potassium: 500mg



10 minutes



2 Servings



35 minutes



Roasted Butternut Squash and Onion

An Olive oil drizzled over roasted butternut squash and onion creates a sweet and delicious combo.

Ingredients:

- Butternut squash: ½ medium, peeled and cubed
- Onion: 1 medium, sliced
- Olive oil: 1 tbsp / 15 ml
- Ground cumin: ½ tsp / 2.5 ml
- Salt and pepper: to taste

Instructions:

1. Preheat your oven to 400°F (200°C).
2. Toss the butternut squash and onion with olive oil, cumin, salt, and pepper.
3. Spread the vegetables evenly on a baking sheet.
4. Roast until soft and caramelized, turning halfway through, 30 to 35 minutes.
5. Serve warm as a side dish.

Nutritional Value (Per Serving):

Calories: 190
Protein: 2 g
Fat: 7 g

Carbohydrates: 32 g
Sodium: 200 mg
Potassium: 750 mg



10 minutes



2 Servings



35 minutes



Roasted Turnips and Rutabaga

Earthy turnips and rutabaga roasted with olive oil and garlic create a savory side dish with a touch of sweetness.

Ingredients:

- Turnips: 2 medium, peeled and cubed
- Rutabaga: ½ small, peeled and cubed
- Olive oil: 1 tbsp / 15 ml
- Garlic: 2 cloves, minced
- Salt and pepper: to taste

Instructions:

1. Preheat your oven to 400°F (200°C).
2. Toss the turnips and rutabaga with olive oil, garlic, salt, and pepper.
3. Arrange the vegetables on a baking sheet in a single layer.
4. Roast until soft and gently browned, turning halfway through 30 to 35 minutes.
5. Serve warm.

Nutritional Value (Per Serving):

Calories: 180
Protein: 3 g
Fat: 7 g

Carbohydrates: 26 g
Sodium: 230 mg
Potassium: 800 mg

LUNCH





15 minutes 2 Servings 15 minutes

Grilled Steak and Veggie Skewers

A flavorful and protein-packed meal with tender sirloin steak and fresh vegetables, perfect for grilling.

Ingredients:

- Sirloin steak: 8 oz / 225 g, cubed
- Bell peppers: 1 cup / 150 g, chopped
- Zucchini: ½ cup / 75 g, sliced
- Red onion: ½, cut into chunks
- Mushrooms: ½ cup / 75 g, whole or halved
- Cherry tomatoes: ½ cup / 75 g
- Olive oil: 1 tbsp / 15 ml
- Garlic powder: ½ tsp / 2.5 ml
- Smoked paprika: ½ tsp / 2.5 ml
- Fresh rosemary: 1 tbsp / 15 ml, chopped
- Salt and pepper: To taste
- Fresh lemon wedges (for serving)

Instructions:

1. Preheat the grill to medium-high heat.
2. Olive oil, smoked paprika, garlic powder, rosemary, salt, and pepper should all be combined in a big bowl.
3. Add the steak cubes and chopped vegetables to the bowl, tossing to coat evenly.
4. Thread the steak and vegetables onto skewers, alternating between ingredients.
5. The steak should be cooked to your preferred doneness, and the veggies should be soft after 10 to 12 minutes of grilling, with periodic turning.
6. Remove from the grill and let rest for a few minutes.
7. Serve warm with fresh lemon wedges for added zest.

Nutritional Value (Per Serving):

Calories: 380	Carbohydrates: 14g
Protein: 38g	Sodium: 420mg
Fat: 18g	Potassium: 850mg



10 minutes 2 Servings 15 minutes

Cauliflower Fried Rice with Chicken

A light and flavorful dish that replaces traditional rice with cauliflower for a low-carb, nutrient-packed meal.

Ingredients:

- Cauliflower rice: 2 cups / 200 g
- Chicken breast: 8 oz / 225 g (diced)
- Coconut aminos: 2 tbsp / 30 ml
- Olive oil: 1 tbsp / 15 ml
- Carrots: ¼ cup / 40 g (diced)
- Green onions: 2 tbsp / 30 ml (chopped)

Instructions:

1. In a big skillet or wok, heat half a tablespoon of olive oil over medium-high heat.
2. Add the diced chicken breast and cook for 5-6 minutes, stirring occasionally, until fully cooked. Remove the chicken from the skillet and set aside.
3. Add the remaining ½ tablespoon of olive oil to the same skillet.
4. Add the diced carrots and sauté for 2-3 minutes until slightly softened.
5. Stir the carrots and cauliflower rice together in the skillet. Cook until the cauliflower rice is soft, stirring periodically, for 4-5 minutes.
6. Return the cooked chicken to the skillet. Add the coconut aminos and stir well to coat everything evenly. Cook for another 1-2 minutes to heat through.
7. After turning off the heat, add the chopped green onions and mix.
8. Serve immediately!

Nutritional Value (Per Serving):

Calories: 250	Carbohydrates: 12 g
Protein: 25 g	Sodium: 300 mg
Fat: 10 g	Potassium: 600 mg



15 minutes



Servings



15 minutes



Duck and Egg Salad Stuffed Avocados

A luxurious and satisfying snack or light meal. The rich avocado and duck pair beautifully with the tangy egg salad.

Ingredients:

- Hard-boiled eggs: 4
- Duck breast: 4 oz / 115 g (cooked and shredded or diced)
- Avocado: 1 (halved)
- Yellow mustard: 1 tsp / 5 ml
- Olive oil: 1 tbsp / 15 ml
- Fresh dill: 1 tsp / 5 ml (chopped)
- Salt and pepper: To taste

Instructions:

1. Use salt and pepper to season the duck breast. Add 1 tsp olive oil to a skillet and cook it over medium heat.
2. Cook the duck breast skin-side down for 5-6 minutes until the skin is crispy. Flip and cook for another 3-4 minutes until the internal temperature reaches 135°F (57°C) for medium-rare. Let the duck rest for 5 minutes, then slice or shred it into small pieces.
3. Peel the hard-boiled eggs and place them in a medium bowl. Using a fork, mash the eggs until they are crumbly.
4. Add the yellow mustard, olive oil, fresh dill, salt, and pepper to the bowl. Mix well to combine. Fold in the cooked duck pieces.
5. Halve the avocado and scoop out the pit. Scoop out a small amount of the avocado flesh to create more space for the egg and duck salad. Fill each avocado half with the egg and duck salad mixture. Garnish with additional fresh dill if desired.

Nutritional Value (Per Serving):

Calories: 380
Protein: 20 g
Fat: 30 g

Carbohydrates: 8 g
Sodium: 220 mg
Potassium: 650 mg



10 minutes



Servings



0 minutes



Avocado Tuna Lettuce Wraps

Light and refreshing, these lettuce wraps are packed with healthy fats and protein, finished with a fresh garnish for extra flavor.

Ingredients:

- Canned tuna (in water): 5 oz / 140 g
- Avocado: 1, mashed
- Romaine lettuce leaves: 4 large
- Red onion: 1 tbsp / 15 ml, chopped
- Lemon juice: 1 tsp / 5 ml
- Black pepper: To taste
- Fresh cilantro or parsley: 1 tbsp / 15 ml, chopped (for garnish)
- Cherry tomatoes: 2, diced (for garnish)
- Sesame seeds: 1 tsp / 5 ml (optional, for garnish)

Instructions:

1. Put the black pepper, lemon juice, red onion, mashed avocado, and tuna in a bowl. Mix well.
2. Lay out the romaine lettuce leaves and evenly distribute the tuna mixture among them.
3. Sprinkle with chopped cilantro or parsley, diced cherry tomatoes, and sesame seeds for extra texture and flavor.
4. Gently roll or fold the lettuce leaves to form wraps.
5. Serve immediately!

Nutritional Value (Per Serving):

Calories: 260	Carbohydrates: 9g
Protein: 22g	Sodium: 320mg
Fat: 16g	Potassium: 550mg



10 minutes



Servings



20 minutes



Turkey and Sweet Potato Hash

A hearty and nutritious hash packed with protein and wholesome ingredients, perfect for a meal.

Ingredients:

- Ground turkey: 8 oz / 225 g
- Sweet potato: 1 medium, diced
- Olive oil: 1 tbsp / 15 ml
- Onion: ¼ cup / 40 g, chopped
- Bell pepper: ½, diced
- Spinach: 1 cup / 30 g, fresh
- Garlic: 1 clove, minced
- Paprika: ½ tsp / 2.5 ml
- Salt and pepper: To taste
- Fresh parsley: 1 tbsp / 15 ml, chopped (for garnish)
- Avocado: ½, sliced (optional garnish)

Instructions:

1. In a large skillet, heat the olive oil over medium heat.
2. Add onions, bell pepper, and garlic. Sauté for 2-3 minutes until softened.
3. Add the ground turkey and simmer for 5 to 7 minutes, breaking it up until it is browned.
4. Stir in diced sweet potatoes, paprika, salt, and pepper. Cover and cook for 10 minutes, stirring occasionally, until potatoes are tender.
5. Add spinach and cook for 1-2 minutes until wilted.
6. Garnish with fresh parsley and avocado slices if desired.
7. Serve warm!

Nutritional Value (Per Serving):

Calories: 350	Carbohydrates: 22g
Protein: 34g	Sodium: 420mg
Fat: 14g	Potassium: 800mg



10 minutes



Servings



12 minutes



Grilled Salmon with Asparagus

Perfectly cooked fish and crisp asparagus, seasoned with olive oil, lemon, and garlic, make up this light and nutritious dish.

Ingredients:

- Salmon fillets: 8 oz / 225 g
- Asparagus: 1 bunch (about 12-16 spears)
- Olive oil: 1 tbsp / 15 ml
- Lemon juice: 1 tbsp / 15 ml
- Garlic: 1 clove (minced)
- Salt and pepper: To taste
- Lemon wedges (for serving, optional)

Instructions:

1. Using a paper towel, pat dry the salmon fillets. Remove the asparagus spears' rough ends.
2. In a small bowl, mix the olive oil, lemon juice, minced garlic, salt, and pepper. Brush the salmon fillets and asparagus spears with the mixture, coating them evenly.
3. Place the salmon fillets skin-side down on a preheated grill (medium-high heat, about 375°F / 190°C). Place the asparagus spears in a single layer on the grill.
4. The salmon should be cooked to an internal temperature of 145°F (63°C) and flake readily with a fork after grilling for 4-5 minutes on each side. The asparagus should be soft and faintly browned after 6 to 8 minutes on the grill, rotating occasionally.
5. Transfer the grilled salmon and asparagus to a serving plate. Serve right away and, if wanted, squeeze some fresh lemon juice over the top.

Nutritional Value (Per Serving):

Calories: 320
Protein: 34g
Fat: 18g

Carbohydrates: 6g
Sodium: 180mg
Potassium: 900mg



10 minutes



Servings



10 minutes



Beef and Broccoli Stir-Fry

A quick and savory stir-fry featuring tender beef sirloin and crisp broccoli, seasoned with coconut aminos, garlic, and ginger.

Ingredients:

- Beef sirloin: 8 oz / 225 g (sliced thinly)
- Broccoli: 2 cups / 200 g (florets)
- Coconut aminos: 2 tbsp / 30 ml
- Olive oil: 1 tbsp / 15 ml
- Garlic: 2 cloves (minced)
- Ginger: 1 tsp / 5 ml (grated)
- Salt and pepper: To taste

Instructions:

1. In a big skillet or wok, heat the olive oil over medium-high heat. Add the sliced beef sirloin to the skillet and cook for 2-3 minutes, stirring occasionally, until browned. After taking the steak out of the skillet, place it aside.
2. Add the broccoli florets to the same skillet and stir-fry them for 3-4 minutes or until they are crisp-tender.
3. Stir the grated ginger and minced garlic in the skillet for 30 seconds to make it aromatic.
4. Return the beef to the skillet and pour in the coconut aminos. Stir everything together and cook for 1-2 minutes until heated through.
5. Serve right away after adding salt and pepper to taste.

Nutritional Value (Per Serving):

Calories: 280
Protein: 28g
Fat: 14g

Carbohydrates: 10g
Sodium: 320mg
Potassium: 700mg



10 minutes



Servings



10 minutes



Zucchini Noodles with Pesto and Chicken

A light and flavorful dish featuring spiralized zucchini noodles, tender chicken, and a vibrant basil pesto, perfect for a snack meal.

Ingredients:

- Zucchini: 2 medium (spiralized)
- Chicken breast: 8 oz / 225 g (cooked and sliced)
- Basil pesto (Whole Food 30-compliant): 2 tbsp / 30 ml
- Olive oil: 1 tbsp / 15 ml
- Pine nuts: 1 tbsp / 15 ml

Instructions:

1. Use a julienne peeler or spiralizer to turn the zucchini into noodles. Set aside.
2. In a large skillet, heat the olive oil over medium heat. Add the cooked and sliced chicken breast and sauté for 2-3 minutes until heated through.
3. Gently throw the zucchini noodles into the skillet with the chicken to mix them in. Stirring occasionally, cook the zucchini noodles for 2 to 3 minutes or until they are just soft but still crisp.
4. After taking the skillet off of the burner, add the basil pesto and mix until everything is coated.
5. Divide the zucchini noodles and chicken between two plates. Sprinkle with toasted pine nuts and serve immediately.

Nutritional Value (Per Serving):

Calories: 280	Carbohydrates: 8 g
Protein: 25 g	Sodium: 120 mg
Fat: 18 g	Potassium: 600 mg



10 minutes



Servings



10 minutes



Grilled Shrimp and Pineapple Skewers with Fresh Cilantro and Lime Garnish

A sweet and savory dish featuring juicy grilled shrimp and caramelized pineapple, garnished with fresh cilantro and lime for a vibrant and perfect meal.

Ingredients:

- Shrimp: 8 oz / 225 g (peeled and deveined)
- Pineapple: 1 cup / 150 g (chunks)
- Olive oil: 1 tbsp / 15 ml
- Lime juice: 1 tbsp / 15 ml
- Paprika: ½ tsp / 2.5 ml
- Salt and pepper: To taste
- Fresh cilantro: 1 tbsp / 15 ml (chopped, for garnish)
- Lime wedges: 2 (for garnish)

Instructions:

1. Turn the heat up to medium-high on the grill or grill pan.
2. Mix the olive oil, lime juice, paprika, salt, and pepper in a small bowl.
3. Using skewers, alternately thread the pineapple slices and shrimp.
4. Brush the skewers with the olive oil mixture, ensuring they are evenly coated. Place the skewers on the preheated grill and cook for 2-3 minutes per side, or until the shrimp are pink and opaque and the pineapple is slightly caramelized.
5. Before serving, take off the grill and let it cool somewhat.
6. Garnish the skewers with freshly chopped cilantro and serve with lime wedges on the side for an extra burst of flavor.

Nutritional Value (Per Serving):

Calories: 220	Carbohydrates: 15 g
Protein: 20 g	Sodium: 250 mg
Fat: 8 g	Potassium: 300 mg



10 minutes



2 Servings



15 minutes



Spicy Shrimp Zoodles with Veggies

A colorful, nutrient-packed dish with a spicy kick, perfect for a Whole Food 30-friendly meal.

Ingredients:

- Shrimp: 8 oz / 225 g, peeled and deveined
- Zucchini: 2 medium, spiralized
- Bell pepper: ½, thinly sliced
- Mushrooms: ½ cup / 50 g, sliced
- Cherry tomatoes: 4, halved
- Spinach: 1 cup / 30 g, fresh
- Olive oil: 1 tbsp / 15 ml
- Garlic: 2 cloves, minced
- Red pepper flakes: ¼ tsp / 1.25 ml
- Fresh parsley: 1 tbsp / 15 ml, chopped
- Lemon juice: 1 tsp / 5 ml (for extra freshness)
- Avocado: ½, sliced (for garnish)

Instructions:

1. In a large skillet, heat the olive oil over medium heat. Add garlic and red pepper flakes and sauté for 30 seconds until fragrant.
2. Cook the shrimp in the skillet for two to three minutes on each side or until they are opaque and pink.
3. Remove from heat and set aside.
4. Add the mushrooms and bell pepper to the same skillet. Sauté for 3-4 minutes until tender.
5. Add zucchini noodles and cherry tomatoes and cook for 2 minutes until just tender.
6. Stir in spinach and cook for 30 seconds until slightly wilted.
7. Return shrimp to the skillet, add lemon juice, and toss everything together.
8. Garnish with fresh parsley and avocado slices.
9. Serve immediately.

Nutritional Value (Per Serving):

Calories: 320
Protein: 34g
Fat: 14g

Carbohydrates: 12g
Sodium: 460mg
Potassium: 780mg



10 minutes



Servings



10 minutes



Grilled Chicken and Mango Salad

A refreshing and vibrant salad featuring grilled chicken, sweet mango, and a zesty lime dressing, perfect for a snack meal.

Ingredients:

- Chicken breast: 8 oz / 225 g
- Mixed greens: 4 cups / 120 g
- Mango: ½ cup / 75 g (diced)
- Olive oil: 2 tbsp / 30 ml
- Lime juice: 1 tbsp / 15 ml
- Fresh cilantro: 1 tbsp / 15 ml (chopped)

Instructions:

1. Heat a grill or grill pan to a temperature of medium-high.
2. Brush the chicken breast with 1 tbsp of olive oil and season with salt and pepper.
3. The chicken should be cooked through (internal temperature of 165°F/74°C) after 5-6 minutes on each side of the grill. Before slicing, take off the grill and allow it to rest for five minutes.
4. Add the chopped cilantro, diced mango, and mixed greens to a large bowl.
5. Whisk the lime juice and the remaining 1 tablespoon of olive oil in a small bowl.
6. Season with salt and pepper to taste.
7. After grilling, cut the chicken into slices and arrange it over the salad. Drizzle the salad with the lime dressing and gently toss to mix.
8. Serve immediately!

Nutritional Value (Per Serving):

Calories: 280	Carbohydrates: 15 g
Protein: 25 g	Sodium: 70 mg
Fat: 14 g	Potassium: 500 mg



15 minutes



Servings



20 minutes



Lamb and Zucchini Meatballs

Juicy and flavorful meatballs made with ground lamb, grated zucchini, and almond flour, perfect for a snack.

Ingredients:

- Ground lamb: 8 oz / 225 g
- Zucchini: ½ cup / 75 g (grated)
- Almond flour: 2 tbsp / 30 ml
- Olive oil: 1 tbsp / 15 ml
- Italian seasoning: 1 tsp / 5 ml
- Salt and pepper: To taste

Instructions:

1. Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. In a large bowl, combine the ground lamb, grated zucchini, almond flour, Italian seasoning, salt, and pepper. Mix thoroughly until all of the ingredients are combined.
3. Using your hands, shape the mixture into small meatballs, about 1-1.5 inches in diameter.
4. In a skillet, heat the olive oil over medium heat. Add the meatballs and heat until lightly browned on all sides, rotating regularly, for 2 to 3 minutes.
5. The meatballs should be thoroughly cooked (internal temperature of 160°F/71°C) after 12 to 15 minutes of baking in a preheated oven. Transfer them to the prepared baking sheet.
6. Before serving, take it out of the oven and allow it to cool somewhat.

Nutritional Value (Per Serving):

Calories: 280	Carbohydrates: 5 g
Protein: 20 g	Sodium: 150 mg
Fat: 20 g	Potassium: 400 mg



10 minutes



2 Servings



20 minutes



Baked Salmon with Roasted Veggies

A simple and nutritious dish featuring tender baked salmon and perfectly roasted asparagus and carrots, perfect for a lunch meal.

Ingredients:

- Salmon fillets: 8 oz / 225 g
- Asparagus: 1 bunch (trimmed)
- Carrots: ½ cup / 75 g (sliced)
- Olive oil: 1 tbsp / 15 ml
- Lemon juice: 1 tbsp / 15 ml
- Salt and pepper: To taste

Instructions:

1. Preheat the oven to 400°F (200°C).
2. Place the salmon fillets, asparagus, and sliced carrots on a baking sheet.
3. Drizzle the salmon and veggies with the lemon juice and olive oil.
4. Season with salt and pepper, ensuring everything is evenly coated.
5. The salmon should be cooked through (internal temperature of 145°F/63°C), and the veggies should be soft after 15 to 20 minutes of baking in a preheated oven.
6. Before serving, take it out of the oven and allow it to cool somewhat.

Nutritional Value (Per Serving):

Calories: 280
Protein: 25 g
Fat: 15 g

Carbohydrates: 10 g
Sodium: 150 mg
Potassium: 700 mg



10 minutes



2 Servings



10 minutes



Beef and Veggie Lettuce Wraps

These fresh and flavorful lettuce wraps are packed with seasoned ground beef, crisp veggies, and a touch of coconut aminos for a satisfying meal.

Ingredients:

- Cooked ground beef: 4 oz / 115 g
- Butter lettuce leaves: 4 large
- Bell pepper: ¼ cup / 40 g (sliced)
- Carrot: ¼ cup / 40 g (julienned)
- Coconut aminos: 1 tbsp / 15 ml
- Fresh cilantro: 1 tsp / 5 ml (chopped)

Instructions:

1. In a bowl, mix the cooked ground beef with coconut aminos until well combined.
2. Lay the butter lettuce leaves flat on a plate, ensuring they are clean and dry.
3. Divide the beef mixture evenly among the lettuce leaves, placing it in the center of each leaf.
4. Top the beef with sliced bell pepper, julienned carrot, and a sprinkle of fresh cilantro.
5. Gently roll up the lettuce leaves to form wraps, tucking in the sides as you go.
6. Serve immediately!

Nutritional Value (Per Serving):

Calories: 180
Protein: 15g
Fat: 10g

Carbohydrates: 6g
Sodium: 200mg
Potassium: 400mg



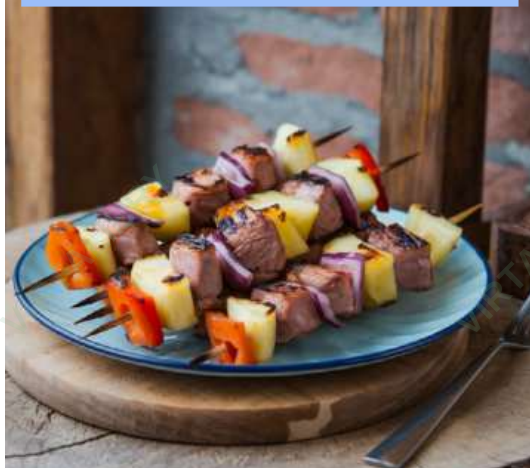
10 minutes



Servings



12 minutes



Grilled Duck and Pineapple Kebabs

These sweet and savory kebabs combine tender duck breast, juicy pineapple, and crisp vegetables for a flavorful meal.

Ingredients:

- Duck breast: 8 oz / 225 g (cubed)
- Pineapple: 1 cup / 150 g (cubed)
- Bell peppers: 1 cup / 150 g (chopped)
- Red onion: ½ cup / 75 g (cut into chunks)
- Olive oil: 1 tbsp / 15 ml
- Garlic powder: ½ tsp / 2.5 ml
- Salt and pepper: To taste

Instructions:

1. Preheat the grill to medium-high heat (about 375°F / 190°C).
2. Duck cubes, pineapple, bell peppers, and red onion should all be evenly covered after being tossed in a big basin with olive oil, garlic powder, salt, and pepper.
3. Thread the duck and vegetables onto skewers, alternating between ingredients for a balanced mix.
4. The duck should be cooked through, and the veggies should be soft after 10 to 12 minutes of cooking on the hot grill, flipping the skewers occasionally.
5. Before serving, take the kebabs off the grill and give them two to three minutes to rest.
6. For a full dinner, serve warm as a main course or with a crisp salad.

Nutritional Value (Per Serving):

Calories: 320	Carbohydrates: 15g
Protein: 25g	Sodium: 180mg
Fat: 18g	Potassium: 500mg



10 minutes



Servings



12 minutes



Herb-Marinated Lamb and Mushroom Kebabs

These flavorful kebabs feature tender lamb, earthy mushrooms, and crisp bell peppers, marinated with fresh rosemary and thyme for a delicious meal.

Ingredients:

- Lamb leg or shoulder: 8 oz / 225 g (cubed)
- Mushrooms: 1 cup / 100 g (whole or halved)
- Bell peppers: 1 cup / 150 g (chopped)
- Olive oil: 1 tbsp / 15 ml
- Fresh rosemary: 1 tsp / 5 ml (chopped)
- Fresh thyme: 1 tsp / 5 ml (chopped)
- Salt and pepper: To taste

Instructions:

1. Preheat the grill to medium-high heat (about 375°F / 190°C).
2. Toss the bell peppers, mushrooms, and lamb cubes in a big bowl with olive oil, thyme, rosemary, salt, and pepper until they are all coated.
3. Thread the lamb and vegetables onto skewers, alternating between ingredients for a balanced mix.
4. The lamb should be roasted to your preferred doneness, and the veggies should be soft, so place the skewers on the prepared grill and cook for 10 to 12 minutes, flipping them occasionally.
5. Before serving, take the kebabs off the grill and give them two to three minutes to rest.
6. For a full dinner, serve warm as a main course or with a crisp salad.

Nutritional Value (Per Serving):

Calories: 340	Carbohydrates: 8g
Protein: 28g	Sodium: 200mg
Fat: 22g	Potassium: 600mg



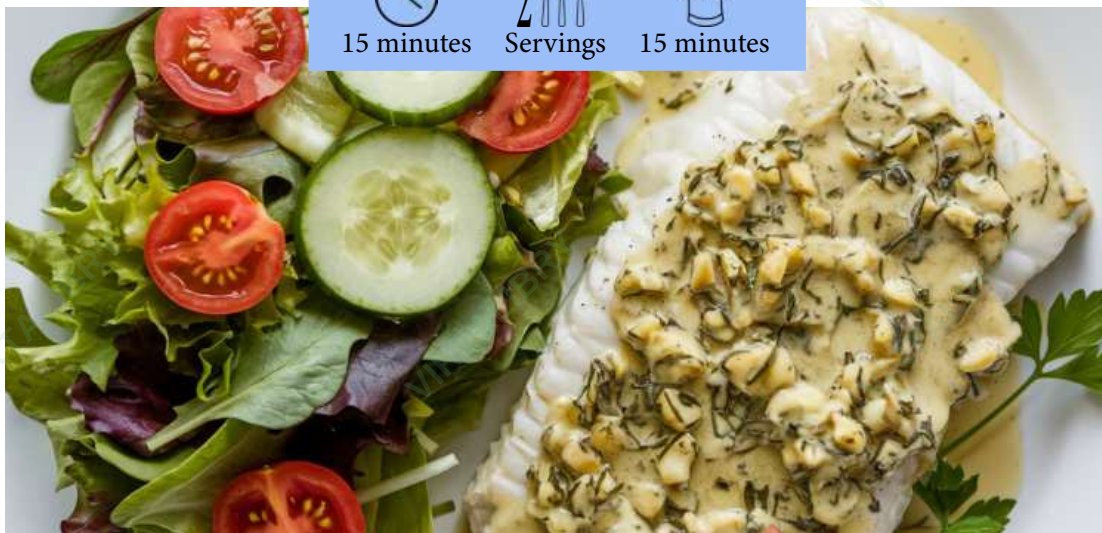
15 minutes



Servings



15 minutes



Baked Cod with Garlic Herb Butter and Mixed Greens Salad

A light and flavorful meal featuring tender baked cod with a rich garlic herb butter, paired with a fresh and crisp mixed greens salad.

Ingredients:

- Cod fillets: 8 oz / 225 g
- Ghee: 1 tbsp / 15 ml
- Garlic: 2 cloves (minced)
- Fresh parsley: 1 tbsp / 15 ml (chopped)
- Lemon juice: 1 tbsp / 15 ml
- Salt and pepper: To taste
- Mixed greens: 4 cups / 120 g
- Cucumber: ½ medium (sliced)
- Cherry tomatoes: ½ cup / 75 g (halved)
- Olive oil: 1 tbsp / 15 ml
- Lemon juice: 1 tbsp / 15 ml
- Salt and pepper: To taste

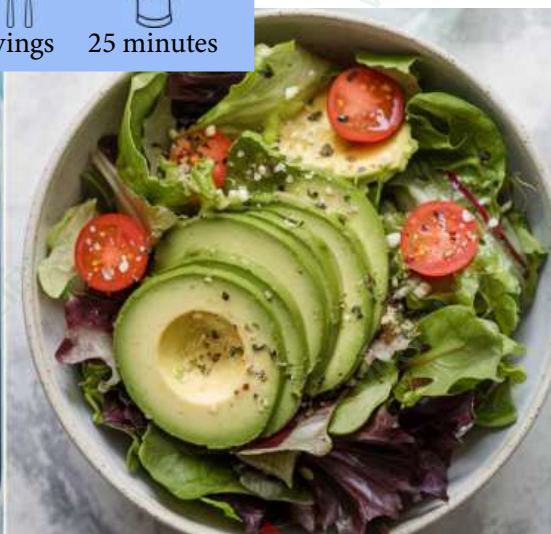
Instructions:

1. Preheat the oven to 400°F (200°C).
2. Put the fish fillets on a baking tray and sprinkle salt and pepper on both sides.
3. In a small saucepan, melt the ghee over low heat. Cook the minced garlic for one to two minutes or until it becomes aromatic. Take off the heat and mix in the lemon juice and chopped parsley.
4. Pour the garlic herb butter mixture over the cod fillets, ensuring they are evenly coated.
5. The fish should be opaque and flake readily with a fork after 12 to 15 minutes of baking in a preheated oven.
6. While the cod is baking, prepare the salad. Put the cherry tomatoes, cucumber slices, and mixed greens in a big bowl.
7. Whisk the lemon juice, olive oil, salt, and pepper in a small bowl. Drizzle the salad with the dressing and gently toss to mix.
8. Remove the cod from the oven and let rest for 2-3 minutes.
9. Divide the baked cod and mixed greens salad between two plates. Garnish the cod with additional fresh parsley if desired. Serve immediately.

Nutritional Value (Per Serving):

Calories: 280
Protein: 25 g
Fat: 16 g

Carbohydrates: 8 g
Sodium: 200 mg
Potassium: 700 mg



 20 minutes
  2 Servings
  25 minutes

Spicy Turkey Stuffed Peppers with Mixed Greens Salad

A flavorful and satisfying meal featuring spicy turkey-stuffed bell peppers and a fresh, crisp salad.

Ingredients:

For the Stuffed Peppers:

- Ground turkey: 8 oz / 225 g
- Bell peppers: 2 (halved and seeds removed)
- Tomato sauce (no sugar added): ½ cup / 120 ml
- Onion: ¼ cup / 40 g (chopped)
- Chili powder: ½ tsp / 2.5 ml
- Salt and pepper: To taste
- Olive oil: 1 tbsp / 15 ml

For the Mixed Greens Salad:

- Mixed greens: 4 cups / 120 g
- Cucumber: ½ medium (sliced)
- Cherry tomatoes: ½ cup / 75 g (halved)
- Avocado: ½ (sliced)
- Olive oil: 1 tbsp / 15 ml
- Lemon juice: 1 tbsp / 15 ml
- Salt and pepper: To taste

Instructions:

1. Preheat the oven to 375°F (190°C).
2. In a skillet, heat the olive oil over medium heat. Cook the chopped onion for two to three minutes until it becomes tender.
3. Using a spoon, break up the ground turkey while it cooks for 5 to 6 minutes after adding it to the skillet.
4. Add the chili powder, tomato sauce, salt, and pepper and stir. Cook until the mixture is well cooked, about 2 to 3 more minutes. The bell pepper halves should be put on a baking dish.
5. Fill each half with the turkey mixture, pressing it down gently. The peppers should be soft, and the filling should be bubbling after 20 to 25 minutes of baking in a preheated oven.
6. While the peppers are baking, prepare the salad. Put the avocado slices, cucumber slices, cherry tomatoes, and mixed greens in a big bowl.
7. In a small bowl, whisk together the olive oil, lemon juice, salt, and pepper. Drizzle the dressing over the salad and toss gently to combine.
8. After taking the stuffed peppers out of the oven, let them cool a little.
9. Serve the stuffed peppers alongside the mixed greens salad.

Nutritional Value (Per Serving):

Calories: 420	Carbohydrates: 24 g
Protein: 30 g	Sodium: 350 mg
Fat: 22 g	Potassium: 950 mg



20 minutes



Servings



30 minutes



Eggplant and Ground Beef Casserole with Avocado Cucumber Salad

A hearty and flavorful casserole featuring layers of eggplant, seasoned ground beef, and tomato sauce, paired with a refreshing avocado cucumber salad for a complete meal.

Ingredients:

- Ground beef: 8 oz / 225 g
- Eggplant: 1 medium (sliced)
- Tomato sauce (no sugar added): ½ cup / 120 ml
- Olive oil: 1 tbsp / 15 ml
- Italian seasoning: 1 tsp / 5 ml
- Salt and pepper: To taste
- Avocado: 1 medium (diced)
- Cucumber: ½ medium (diced)
- Red onion: ¼ cup / 40 g (finely chopped)
- Olive oil: 1 tbsp / 15 ml
- Lime juice: 1 tbsp / 15 ml
- Fresh cilantro: 1 tbsp / 15 ml (chopped)
- Salt and pepper: To taste

Instructions:

1. Preheat the oven to 375°F (190°C).
2. In a skillet, heat the olive oil over medium heat. Break up the ground beef with a spoon and heat for 5 to 6 minutes or until it is cooked through.
3. Season with Italian seasoning, salt, and pepper.
4. Mix the ground beef with the tomato sauce after adding it to the griddle.
5. Cook for another 2-3 minutes until heated through.
6. While the beef is cooking, slice the eggplant into 1/4-inch-thick rounds.
7. In the bottom of a baking dish, arrange half of the eggplant slices.
8. Spread half of the ground beef mixture over the eggplant. Repeat with the remaining eggplant and beef mixture.
9. Bake the baking dish for 20 minutes in a preheated oven after covering it with aluminum foil.
10. After taking off the foil, bake the eggplant for ten more minutes or until it is soft. While the casserole is baking, prepare the salad. Add the finely sliced red onion, diced avocado, and diced cucumber to a medium bowl. Mix the lime juice, salt, pepper, and olive oil in a small bowl.
11. Drizzle the salad with the dressing and gently toss to mix. Add some fresh cilantro on top.
12. Remove the casserole from the oven and let it cool slightly before serving.
13. Serve immediately.

Nutritional Value (Per Serving):

Calories: 420
Protein: 28 g
Fat: 28 g

Carbohydrates: 18 g
Sodium: 350 mg
Potassium: 1100 mg



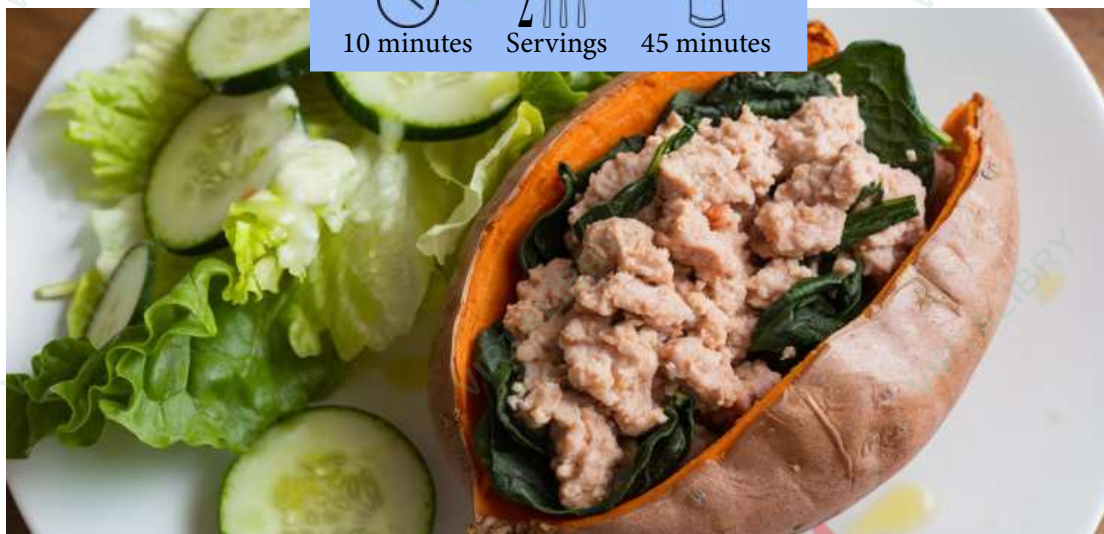
10 minutes



Servings



45 minutes



Turkey and Spinach Stuffed Sweet Potatoes with Lettuce Salad

A hearty and nutritious dish featuring roasted sweet potatoes stuffed with seasoned ground turkey and spinach, paired with a crisp lettuce salad for a complete meal.

Ingredients:

- Ground turkey: 8 oz / 225 g
- Sweet potatoes: 2 medium
- Spinach: 1 cup / 30 g (chopped)
- Olive oil: 1 tbsp / 15 ml
- Garlic: 1 clove (minced)
- Salt and pepper: To taste
- Romaine lettuce: 4 cups / 120 g (chopped)
- Cucumber: ½ medium (sliced)
- Olive oil: 1 tbsp / 15 ml
- Lemon juice: 1 tbsp / 15 ml
- Salt and pepper: To taste

Instructions:

1. Preheat the oven to 400°F (200°C).
2. Wash the sweet potatoes and pierce them several times with a fork. Place them on a baking sheet and bake for 40-45 minutes or until tender.
3. Heat the olive oil in a pan over medium heat while the sweet potatoes bake. Cook the minced garlic for one to two minutes or until it becomes aromatic.
4. Using a spoon, break up the ground turkey while it cooks for 5 to 6 minutes after adding it to the skillet. Add salt and pepper for seasoning.
5. Cook the chopped spinach in the skillet for a further two to three minutes, stirring now and then, until it has wilted.
6. Once the sweet potatoes are done, remove them from the oven and let cool slightly. Slice each sweet potato lengthwise and gently fluff the insides with a fork.
7. Fill each sweet potato with the turkey and spinach mixture, dividing it evenly between the two.
8. Make the lettuce salad while the sweet potatoes cool. Add the cucumber slices and chopped romaine lettuce to a large bowl.
9. Whisk the lemon juice, olive oil, salt, and pepper in a small bowl. Drizzle the salad with the dressing and gently toss to mix.
10. Serve the stuffed sweet potatoes alongside the lettuce salad.

Nutritional Value (Per Serving):

Calories: 350	Carbohydrates: 32 g
Protein: 26 g	Sodium: 220 mg
Fat: 12 g	Potassium: 900 mg

DINNERS





20 minutes



Servings



25 minutes



Veal Tenderloin Medallions with Horseradish Pan Sauce and Vegetables

A savory and tender veal dish with a zesty horseradish pan sauce and roasted vegetables, perfect for a complete and healthy meal.

Ingredients:

- Veal tenderloin: ½ lb / 225 g (cut into 1-inch medallions)
- Ghee or clarified butter: 2 tbsp / 30 ml
- Garlic: 2 cloves (minced)
- Shallot: ½ (finely chopped)
- Chicken or bone broth: ½ cup / 120 ml (Whole 30-compliant)
- Coconut cream: ¼ cup / 60 ml (from the top area of full-fat coconut milk)
- Prepared horseradish: 1 tbsp / 15 ml (ensure no added sugar)
- Fresh thyme: 1 tsp / 5 ml (chopped)
- Fresh parsley: 1 tbsp / 15 ml (chopped, for garnish)
- Salt and pepper: To taste
- Broccoli: 1 cup / 150 g (cut into florets)
- Carrots: ½ cup / 75 g (sliced into matchsticks)
- Zucchini: 1 cup / 125 g (sliced)
- Olive oil: 1½ tbsp / 22 ml
- Garlic powder: ½ tsp / 2.5 ml
- Salt and pepper: To taste

Instructions:

1. Toss the broccoli, carrots, and zucchini with olive oil, garlic powder, salt, and pepper. Arrange on a baking sheet and bake for 15 to 20 minutes at 400°F (200°C) or until soft and beginning to caramelize.
2. Salt and pepper will season the veal medallions.
3. In a skillet over medium-high heat (about 375°F/190°C), cook 1 tablespoon of ghee.
4. Sear the veal medallions for 3-4 minutes per side until golden brown and the internal temperature reaches 145°F (63°C). Remove and set aside.
5. Add the garlic, shallot, and remaining ghee to the same skillet. Sauté until aromatic, 1 to 2 minutes.
6. After adding the chicken broth, scrape away any browned bits from the skillet's bottom. Simmer for two to three minutes.
7. Stir in the coconut cream, horseradish, and thyme. Simmer until the sauce slightly thickens, 3 to 4 minutes.
8. Put the veal medallions back in the skillet and cook for a further two to three minutes or until they are thoroughly heated.
9. Top with fresh parsley. Serve with the roasted vegetables.

Nutritional Value (Per Serving):

Calories: 365
Protein: 34 g
Fat: 19 g

Carbohydrates: 12 g
Sodium: 400 mg
Potassium: 700 mg



10 minutes



2 Servings



10 minutes



Pan-Seared Scallops with Garlic Butter and Arugula Salad

A luxurious and flavorful dish featuring perfectly seared scallops in a rich garlic butter sauce, paired with a fresh and peppery arugula salad for a complete meal.

Ingredients:

- Scallops: 8 oz / 225 g
- Ghee: 1 tbsp / 15 ml
- Garlic: 2 cloves (minced)
- Lemon juice: 1 tbsp / 15 ml
- Fresh parsley: 1 tbsp / 15 ml (chopped)
- Salt and pepper: To taste
- Arugula: 4 cups / 120 g
- Cherry tomatoes: ½ cup / 75 g (halved)
- Olive oil: 1 tbsp / 15 ml
- Lemon juice: 1 tbsp / 15 ml
- Salt and pepper: To taste

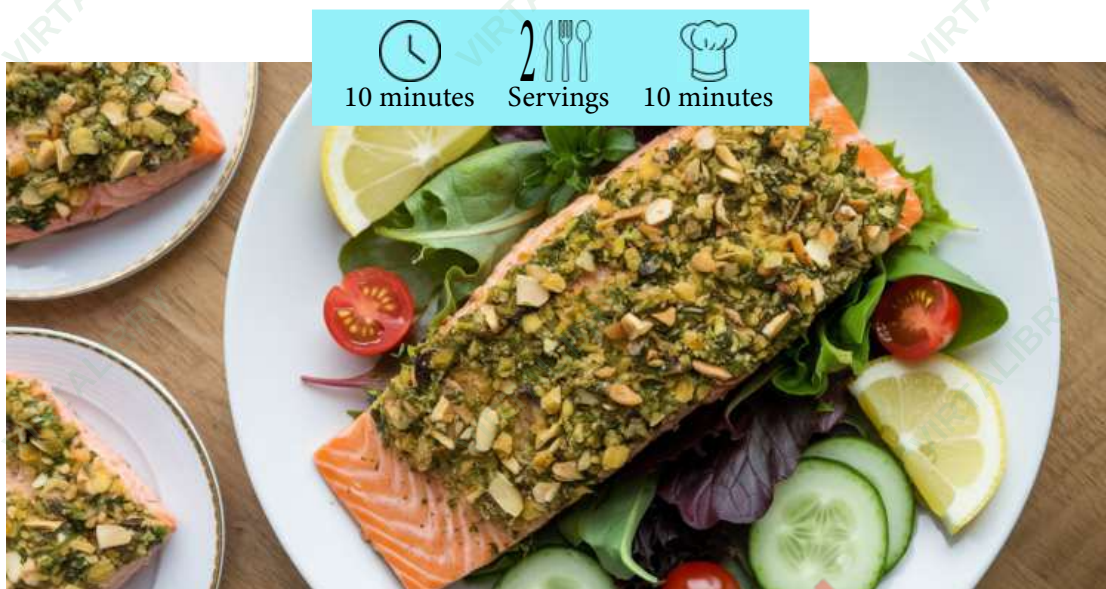
Instructions:

1. Using a paper towel, pat the scallops dry before adding salt and pepper to both sides.
2. Heat the ghee in a pan over medium-high heat.
3. After adding the scallops to the skillet, sauté them for two to three minutes on each side or until they are cooked through and golden brown. After taking the scallops out of the skillet, place them aside.
4. Reduce the heat to medium and add the minced garlic to the skillet. Cook for 1 to 2 minutes or until fragrant.
5. Add the lemon juice and chopped parsley to the skillet after scraping away any browned bits from the bottom.
6. Return the scallops to the skillet and toss them in the garlic butter sauce.
7. In a large bowl, combine the arugula and cherry tomatoes.
8. In a small bowl, whisk together the lemon juice, olive oil, salt, and pepper.
9. Drizzle the salad with the dressing and gently toss to mix.
10. Divide the scallops and arugula salad between two plates. Garnish the scallops with additional fresh parsley if desired. Serve immediately.

Nutritional Value (Per Serving):

Calories: 280
Protein: 22 g
Fat: 16 g

Carbohydrates: 10 g
Sodium: 350 mg
Potassium: 600 mg



 10 minutes
  Servings
  10 minutes

Herb-Crusted Broiled Salmon with Salad

A quick and flavorful dish featuring tender salmon fillets topped with a crunchy herb and almond crust, paired with a refreshing and healthy salad, perfect for a complete meal.

Ingredients:

- Salmon fillets: 8 oz / 225 g
- Olive oil: 1 tbsp / 15 ml
- Almond flour: 2 tbsp / 30 ml
- Fresh dill: 1 tsp / 5 ml (chopped)
- Fresh parsley: 1 tsp / 5 ml (chopped)
- Lemon zest: 1 tsp / 5 ml
- Salt and pepper: To taste
- Mixed greens: 4 cups / 120 g (e.g., arugula, spinach, kale)
- Cherry tomatoes: ½ cup / 75 g (halved)
- Cucumber: ½ cup / 75 g (sliced)
- Avocado: ½ (sliced)
- Red onion: 2 tbsp / 20 g (thinly sliced)
- Olive oil: 2 tbsp / 30 ml
- Lemon juice: 1 tbsp / 15 ml
- Fresh parsley or basil: 1 tbsp / 15 ml (chopped)
- Salt and pepper: To taste

Instructions:

1. Preheat the broiler on high and position the oven rack 6 inches below the heating element.
2. Put the salmon fillets on a parchment paper-lined pan that is safe to use in the broiler.
3. Combine the almond flour, dill, parsley, lemon zest, olive oil, salt, and pepper in a small bowl. Press the mixture evenly onto the top of the salmon fillets. The salmon should flake readily with a fork after 8 to 10 minutes of broiling or until the temperature within it reaches 145°F (63°C).
4. Put the red onion, cucumber, avocado, cherry tomatoes, and mixed greens in a big bowl.
5. Combine the lemon juice, olive oil, chopped basil or parsley, salt, and pepper in a separate bowl.
6. Drizzle the salad with the dressing and gently toss to mix.

Nutritional Value (Per Serving):

Calories: 460	Carbohydrates: 10 g
Protein: 33 g	Sodium: 200 mg
Fat: 33 g	Potassium: 850 mg



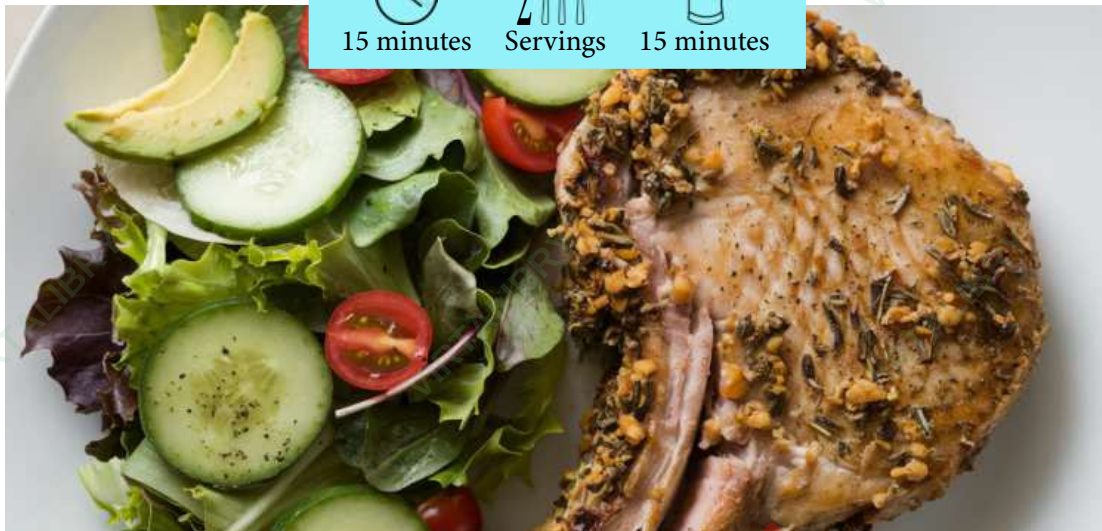
15 minutes



Servings



15 minutes



Herb-Crusted Veal Chops with Mixed Greens Salad

These juicy veal chops are coated with a flavorful almond flour and herb crust, served alongside a fresh and crisp salad for a satisfying meal.

Ingredients:

- Veal chops: 8 oz / 225 g
- Almond flour: 2 tbsp / 30 ml
- Olive oil: 1 tbsp / 15 ml
- Garlic powder: ½ tsp / 2.5 ml
- Italian seasoning: 1 tsp / 5 ml
- Salt and pepper: To taste
- Mixed greens: 4 cups / 120 g
- Cucumber: ½ medium (sliced)
- Cherry tomatoes: ½ cup / 75 g (halved)
- Avocado: ¼ (sliced)
- Lemon juice: 1 tbsp / 15 ml

Instructions:

1. Preheat the oven to 375°F (190°C).
2. In a shallow dish, mix the almond flour, garlic powder, Italian seasoning, salt, and pepper.
3. Pat the veal chops dry with a paper towel, then coat them evenly with the almond flour mixture, pressing gently to adhere.
4. In a skillet that is safe to use in the oven, heat the olive oil over medium-high heat. Sear the veal chops until golden brown, 2 to 3 minutes per side.
5. After the oven has been prepared, place the skillet inside and bake the veal chops for 8 to 10 minutes or until the internal temperature reaches 145°F (63°C).
6. Make the salad while the veal chops are baking. Put the avocado slices, cucumber slices, cherry tomatoes, and mixed greens in a big bowl.
7. In a small bowl, whisk together the lemon juice, olive oil, salt, and pepper. Drizzle the salad with the dressing and gently toss to mix.
8. Before serving, take the veal chops out of the oven and give them five minutes to rest.
9. Serve the veal chops alongside the mixed greens salad.

Nutritional Value (Per Serving):

Calories: 435
Protein: 32 g
Fat: 28 g

Carbohydrates: 12 g
Sodium: 200 mg
Potassium: 800 mg



10 minutes



Servings



15 minutes



Shrimp and Cauliflower Grits with Fresh Herb Garnish

A creamy and flavorful dish featuring tender shrimp served over cauliflower grits made with coconut milk, garnished with fresh herbs for a vibrant meal.

Ingredients:

- Shrimp: 8 oz / 225 g (peeled and deveined)
- Cauliflower rice: 2 cups / 200 g
- Coconut milk: ¼ cup / 60 ml
- Ghee: 1 tbsp / 15 ml
- Garlic: 2 cloves (minced)
- Paprika: ½ tsp / 2.5 ml
- Salt and pepper: To taste
- Fresh parsley: 1 tbsp / 15 ml (chopped, for garnish)
- Green onions: 1 tbsp / 15 ml (sliced, for garnish)

Instructions:

1. In a skillet, heat ½ tablespoon of ghee over medium heat. Cook the minced garlic for one to two minutes or until it becomes aromatic.
2. Season with salt, pepper, and paprika after adding the shrimp to the skillet.
3. Cook for 2-3 minutes per side or until the shrimp are pink and opaque. Remove the shrimp from the skillet and set aside.
4. In the same skillet, add the cauliflower rice and cook for 3 to 4 minutes, turning occasionally, until it is tender.
5. Add the remaining ½ tablespoon of ghee and coconut milk and stir. Cook for another 2-3 minutes until the mixture is creamy and heated through. Season with salt and pepper to taste.
6. Return the cooked shrimp to the skillet and stir to combine with the cauliflower grits.
7. Divide the shrimp and cauliflower grits between two plates. Garnish with freshly chopped parsley and sliced green onions.

Nutritional Value (Per Serving):

Calories: 250	Carbohydrates: 10 g
Protein: 20 g	Sodium: 200 mg
Fat: 15 g	Potassium: 500 mg



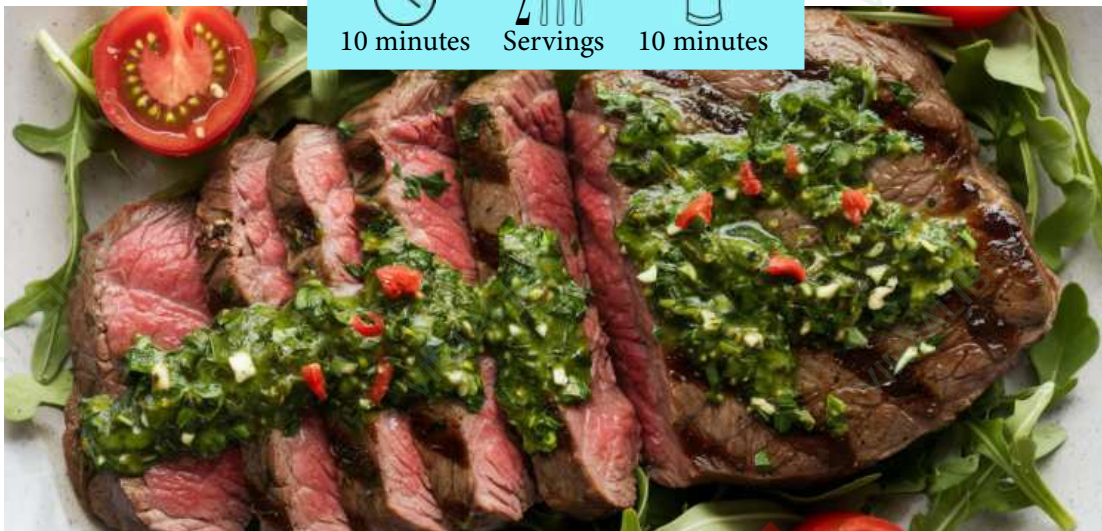
10 minutes



2 Servings



10 minutes



Grilled Steak with Chimichurri Sauce and Arugula Salad

A flavorful and vibrant dish featuring perfectly grilled sirloin steak topped with a zesty chimichurri sauce, paired with a fresh and peppery arugula salad for a complete meal.

Ingredients:

- Sirloin steak: 8 oz / 225 g
- Fresh parsley: ¼ cup / 15 g (chopped)
- Olive oil: 2 tbsp / 30 ml
- Red wine vinegar: 1 tbsp / 15 ml
- Garlic: 2 cloves (minced)
- Red pepper flakes: ¼ tsp / 1.25 ml
- Salt and pepper: To taste
- Arugula: 4 cups / 120 g
- Cherry tomatoes: ½ cup / 75 g (halved)
- Olive oil: 1 tbsp / 15 ml
- Lemon juice: 1 tbsp / 15 ml
- Salt and pepper: To taste

Instructions:

1. Turn the heat up to medium-high on the grill or grill pan.
2. Season the sirloin steak with salt and pepper on both sides.
3. Grill the steak for 4-5 minutes per side or until it reaches your desired level of doneness (medium-rare is recommended). Before slicing, take off the grill and allow it to rest for five minutes.
4. Make the chimichurri sauce while the steak is roasting. In a small bowl, combine the chopped parsley, red wine vinegar, olive oil, red pepper flakes, and minced garlic.
5. Add salt and pepper to taste after thoroughly mixing.
6. Prepare the arugula salad. In a large bowl, combine the arugula and cherry tomatoes.
7. In a small bowl, whisk together the lemon juice, olive oil, salt, and pepper. Drizzle the salad with the dressing and gently toss to mix.
8. Cut the steak against the grain and serve it with the arugula salad and chimichurri sauce on top.

Nutritional Value (Per Serving):

Calories: 400
Protein: 28 g
Fat: 30 g

Carbohydrates: 6 g
Sodium: 200 mg
Potassium: 600 mg



15 minutes



2 Servings



10 minutes



Steamed Mussels with Tomato and Basil Broth

A vibrant and flavorful mussels dish with a fresh tomato and basil broth, perfectly portioned for two.

Ingredients:

- Mussels: 1 lb / 450 g (cleaned and debearded)
- Olive oil: 1 tbsp / 15 ml
- Garlic: 2 cloves (minced)
- Shallot: ½ (finely chopped)
- Crushed tomatoes: ½ cup / 120 ml (no added sugar)
- Chicken or vegetable broth: ¼ cup / 60 ml (Whole Food 30-compliant)
- Fresh basil: 2 tbsp / 30 ml (chopped)
- Fresh parsley: 1 tbsp / 15 ml (chopped)
- Lemon wedges: For serving
- Salt and pepper: To taste

Instructions:

1. In a large pot set over medium heat, reheat the olive oil. Sauté the shallot and garlic for two to three minutes or until they are tender.
2. Bring to a simmer after adding the broth and smashed tomatoes.
3. Add the mussels, basil, and parsley. Cover and steam for 5-7 minutes or until the mussels open. Discard any unopened mussels.
4. Season with salt and pepper to taste. Serve with lemon wedges and a side of zucchini noodles or steamed vegetables.

Nutritional Value (Per Serving):

Calories: 290	Carbohydrates: 12 g
Protein: 32 g	Sodium: 420 mg
Fat: 10 g	Potassium: 620 mg



15 minutes



2 Servings



10 minutes



Lemon Herb Scallops with Zucchini Noodles

A light and refreshing dish with zesty lemon and fresh herbs, perfect for a quick and healthy dinner.

Ingredients:

- Sea scallops: 12 large (about 1 lb / 450 g)
- Zucchini: 2 (spiralized into noodles)
- Olive oil: 2 tbsp / 30 ml
- Lemon zest: 1 tsp / 5 ml
- Lemon juice: 2 tbsp / 30 ml
- Fresh basil: 2 tbsp / 30 ml (chopped)
- Fresh thyme: 1 tsp / 5 ml
- Salt and pepper: To taste

Instructions:

1. Using a paper towel, pat the scallops dry before adding salt and pepper.
2. Heat 1 tablespoon of olive oil in a large skillet over medium-high heat.
3. Add the scallops in a single layer, making sure they don't touch. Sear for 2-3 minutes per side until golden brown and cooked through. Remove and set aside.
4. In the same skillet, add the remaining olive oil and zucchini noodles. Sauté for 2-3 minutes until tender but still crisp.
5. Add the fresh basil, thyme, lemon zest, and lemon juice. Toss to mix.
6. Plate the zucchini noodles and top with the seared scallops. Serve immediately.

Nutritional Value (Per Serving):

Calories: 280	Carbohydrates: 10 g
Protein: 25 g	Sodium: 400 mg
Fat: 12 g	Potassium: 600 mg



Turkey and Veggie Roll-Ups

A protein-packed and portable snack made with healthy ingredients. Perfect for a quick and healthy bite!

Ingredients:

- Sliced turkey breast: 4 slices (Whole Food 30-compliant)
- Cucumber: ¼ cup / 40 g (julienned)
- Bell pepper: ¼ cup / 40 g (julienned)
- Mustard: 1 tsp / 5 ml (optional, ensure no added sugar)

Instructions:

1. Lay out the turkey slices and spread a thin layer of mustard (if using).
2. Place cucumber and bell pepper strips on each slice.
3. Roll up the turkey slices and secure them with toothpicks.
4. Serve immediately or store in the fridge for up to 2 days.

Nutritional Value (Per Serving):

Calories: 100	Carbohydrates: 5 g
Protein: 15 g	Sodium: 300 mg
Fat: 2 g	Potassium: 250 mg



Spicy Grilled Chicken Thighs

A bold and flavorful dish featuring juicy grilled chicken thighs seasoned with a spicy blend of paprika, cayenne, and garlic, perfect for a meal.

Ingredients:

- Chicken thighs: 8 oz / 225 g
- Olive oil: 1 tbsp / 15 ml
- Paprika: ½ tsp / 2.5 ml
- Cayenne pepper: ¼ tsp / 1.25 ml
- Garlic powder: ½ tsp / 2.5 ml
- Salt and pepper: To taste

Instructions:

1. Turn the heat up to medium-high on the grill or grill pan.
2. Put the paprika, cayenne, garlic powder, salt, and pepper in a small bowl.
3. Brush the chicken thighs with olive oil, then equally rub both sides with the spice mixture.
4. The internal temperature of the chicken thighs should reach 165°F (74°C) after 6 to 7 minutes on each side of the grill after it has been preheated.
5. Before serving, take off the grill and allow it to rest for five minutes.

Nutritional Value (Per Serving):

Calories: 250	Carbohydrates: 1 g
Protein: 25 g	Sodium: 200 mg
Fat: 15 g	Potassium: 300 mg



10 minutes



2 Servings



15 minutes



Surf 'N' Turf Foil Packs

A delicious and easy-to-make meal featuring grass-fed steak, wild-caught shrimp, and fresh vegetables, all cooked together in a foil pack for a flavorful dish.

Ingredients:

- Grass-fed steak: 4 oz / 115 g (cubed)
- Wild-caught shrimp: 4 oz / 115 g (peeled and deveined)
- Zucchini: ½ cup / 75 g (sliced)
- Bell peppers: ½ cup / 75 g (sliced)
- Olive oil: 1 tbsp / 15 ml
- Garlic: 2 cloves (minced)
- Paprika: ½ tsp / 2.5 ml
- Fresh parsley: 1 tbsp / 15 ml (chopped)
- Lemon juice: 1 tbsp / 15 ml
- Salt and pepper: To taste

Instructions:

1. Preheat the grill or oven to 400°F (200°C).
2. Toss the steak, shrimp, zucchini, and bell peppers with olive oil, paprika, salt, pepper, and minced garlic in a big bowl.
3. Divide the mixture between two large sheets of aluminum foil. Drizzle with lemon juice and sprinkle with fresh parsley.
4. Fold the foil into sealed packets, ensuring they are tightly closed to trap steam.
5. Grill or bake for 12-15 minutes, or until the steak and shrimp are cooked through.
6. Carefully open the foil packs (steam will escape) and serve immediately.

Nutritional Value (Per Serving):

Calories: 280	Carbohydrates: 8 g
Protein: 25 g	Sodium: 200 mg
Fat: 15 g	Potassium: 500 mg



15 minutes



4 Servings



10 minutes



Grilled Halibut with Herb Pesto Crust

A flavorful and herbaceous grilled halibut recipe with a crispy pesto crust, perfect for a light and satisfying meal.

Ingredients:

- Halibut fillets: 4 (6 oz / 170 g each)
- Olive oil: 2 tbsp / 30 ml
- Salt and pepper: To taste
- Fresh basil: 1 cup / 60 g (packed)
- Fresh parsley: ½ cup / 30 g (packed)
- Garlic: 2 cloves
- Pine nuts: 2 tbsp / 30 ml
- Parmesan cheese: ¼ cup / 25 g (grated)
- Olive oil: ¼ cup / 60 ml
- Salt and pepper: To taste

Instructions:

1. Set the grill's temperature to medium-high, or roughly 400°F/200°C.
2. In a food processor, combine the parsley, garlic, pine nuts, Parmesan cheese, olive oil, salt, pepper, and basil. Pulse until smooth.
3. Add salt and pepper to the halibut fillets after brushing them with olive oil. Top each fillet with a generous amount of the herb pesto.
4. Grill the halibut for 4-5 minutes per side, or until the pesto crust is golden and the fish flakes easily with a fork.
5. Serve with a side of roasted vegetables or a fresh green salad.

Nutritional Value (Per Serving):

Calories: 320	Carbohydrates: 3 g
Protein: 35 g	Sodium: 250 mg
Fat: 18 g	Potassium: 600 mg



10 minutes



Servings



15 minutes



Baked Cod with Tomato Olive Tapenade

A light and flavorful dish featuring tender baked cod topped with a vibrant tomato and olive tapenade, perfect for a meal.

Ingredients:

- Cod fillets: 8 oz / 225 g
- Cherry tomatoes: ½ cup / 75 g (halved)
- Kalamata olives: ¼ cup / 40 g (chopped)
- Olive oil: 1 tbsp / 15 ml
- Fresh basil: 1 tbsp / 15 ml (chopped)
- Salt and pepper: To taste

Instructions:

1. Preheat the oven to 400°F (200°C).
2. Put the fish fillets on a baking tray and sprinkle salt and pepper on both sides.
3. Add the fresh basil, olive oil, Kalamata olives, and cherry tomatoes to a small bowl.
4. Mix well to create the tapenade.
5. Spoon the tomato olive tapenade over the cod fillets, ensuring they are evenly coated.
6. The fish should be opaque and flake readily with a fork after 12 to 15 minutes of baking in a preheated oven.
7. Before serving, take it out of the oven and allow it to cool somewhat.

Nutritional Value (Per Serving):

Calories: 220	Carbohydrates: 5 g
Protein: 25 g	Sodium: 300 mg
Fat: 10 g	Potassium: 600 mg



10 minutes



Servings



10 minutes



Grilled Tuna Steaks with Avocado Salsa

A fresh and flavorful dish featuring perfectly grilled tuna steaks topped with a zesty avocado salsa, perfect for a meal.

Ingredients:

- Tuna steaks: 8 oz / 225 g
- Avocado: 1 (diced)
- Red onion: 1 tbsp / 15 ml (chopped)
- Lime juice: 1 tbsp / 15 ml
- Cilantro: 1 tbsp / 15 ml (chopped)
- Olive oil: 1 tbsp / 15 ml
- Salt and pepper: To taste

Instructions:

1. Turn the heat up to medium-high on the grill or grill pan.
2. Brush the tuna steaks with olive oil and season with salt and pepper on both sides.
3. The tuna steaks should be cooked to your preferred doneness, which is usually medium-rare. Grill them for two to three minutes on each side.
4. While the tuna is grilling, prepare the avocado salsa. Add the chopped avocado, red onion, cilantro, and lime juice to a medium-sized bowl.
5. Season with salt and pepper to taste.
6. After taking the tuna steaks from the grill, give them two to three minutes to rest.
7. Top the tuna steaks with the avocado salsa and serve immediately.

Nutritional Value (Per Serving):

Calories: 280	Carbohydrates: 6 g
Protein: 25 g	Sodium: 150 mg
Fat: 18 g	Potassium: 700 mg



10 minutes



2 Servings



10 minutes



Herb-Crusted Lamb Chops with Fresh Mint Garnish

Tender lamb chops encased in a savory crust made of almond flour and herbs, topped with fresh mint for a colorful dinner, make up this elegant and delectable dish.

Ingredients:

- Lamb chops: 8 oz / 225 g
- Almond flour: 2 tbsp / 30 ml
- Olive oil: 1 tbsp / 15 ml
- Rosemary: 1 tsp / 5 ml (chopped)
- Garlic: 2 cloves (minced)
- Salt and pepper: To taste
- Fresh mint: 1 tbsp / 15 ml (chopped, for garnish)
- Lemon wedges: 2 (for garnish)

Instructions:

1. Preheat the oven to 400°F (200°C).
2. In a small bowl, combine the almond flour, chopped rosemary, minced garlic, salt, and pepper.
3. Apply a thin layer of olive oil to the lamb chops, then equally coat both sides of the chops with the almond flour mixture.
4. Heat an oven-safe skillet over medium-high heat. Add the lamb chops and sear for 2-3 minutes on each side or until golden brown.
5. Place the skillet in the oven that has been warmed, and bake it for 5 to 7 minutes or until the lamb chops are cooked to your preferred doneness (medium-rare is best).
6. Remove from the oven and let rest for 5 minutes before serving.
7. Garnish the lamb chops with freshly chopped mint and serve with lemon wedges on the side for an extra burst of flavor.

Nutritional Value (Per Serving):

Calories: 300	Carbohydrates: 5 g
Protein: 25 g	Sodium: 150 mg
Fat: 20 g	Potassium: 400 mg



10 minutes



2 Servings



30 minutes



Za'atar Chicken with Brussels Sprouts and Red Onion

A flavorful and hearty sheet-pan meal featuring za'atar-seasoned chicken drumsticks roasted with Brussels sprouts and red onion for a delicious dinner.

Ingredients:

- Chicken drumsticks: 8 oz / 225 g
- Za'atar seasoning: 1 tbsp / 15 ml
- Olive oil: 1 tbsp / 15 ml
- Brussels sprouts: 2 cups / 200 g (halved)
- Red onion: ½ cup / 75 g (sliced)
- Garlic: 2 cloves (minced)
- Salt and pepper: To taste

Instructions:

1. Preheat the oven to 400°F (200°C).
2. Coat the chicken drumsticks evenly with a mixture of olive oil, za'atar seasoning, salt, and pepper in a large bowl.
3. Combine the red onion, Brussels sprouts, olive oil, salt, pepper, and minced garlic in a different bowl.
4. Arrange the chicken drumsticks and vegetables on a sheet pan in a single layer, ensuring even spacing.
5. After 25 to 30 minutes of roasting in a preheated oven, the vegetables should be tender and starting to caramelize, and the chicken should be cooked through (internal temperature of 165°F/74°C).
6. Remove from the oven and let the chicken rest for 5 minutes before serving.
7. Serve warm as a complete meal.

Nutritional Value (Per Serving):

Calories: 320	Carbohydrates: 12g
Protein: 28g	Sodium: 200mg
Fat: 18g	Potassium: 600mg



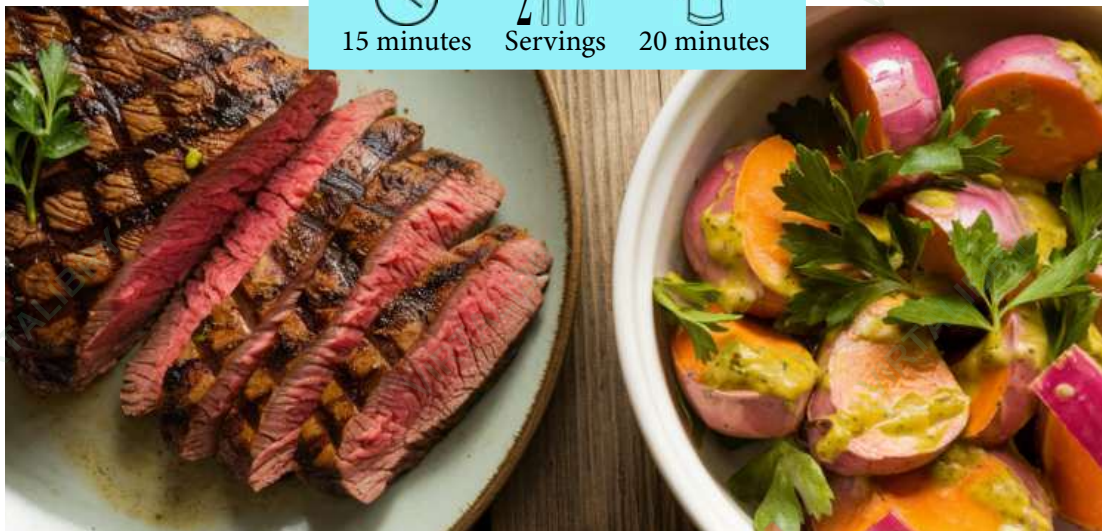
15 minutes



2 Servings



20 minutes



Grilled Flank Steak with Mustardy Sweet Potato Salad

A flavorful and spicy grilled flank steak paired with a tangy mustardy sweet potato salad for a satisfying meal.

Ingredients:

- Flank steak: 8 oz / 225 g
- Olive oil: 1 tbsp / 15 ml
- Chili powder: ½ tsp / 2.5 ml
- Cayenne pepper: ¼ tsp / 1.25 ml
- Garlic powder: ½ tsp / 2.5 ml
- Salt and pepper: To taste
- Sweet potatoes: 2 medium (cubed and boiled until tender)
- Whole-grain mustard (no sugar or sulfites): 1 tbsp / 15 ml
- Olive oil: 1 tbsp / 15 ml
- Lemon juice: 1 tbsp / 15 ml
- Fresh parsley: 1 tsp / 5 ml (chopped)
- Red onion: ¼ cup / 40 g (finely chopped)
- Salt and pepper: To taste

Instructions:

1. Preheat the grill to medium-high heat (about 375°F / 190°C).
2. Apply salt, pepper, garlic powder, cayenne, chili powder, and olive oil to the flank steak.
3. The steak should be cooked to your preferred doneness, which is medium-rare, after grilling for 4-5 minutes on each side. Before slicing, let it rest for five minutes.
4. While the steak cooks, prepare the potato salad. Mix the Whole-grain mustard, lemon juice, olive oil, salt, and pepper in a big bowl.
5. Add the boiled sweet potatoes, red onion, and fresh parsley to the bowl. Toss to coat evenly.
6. Serve the grilled flank steak sliced alongside the mustardy sweet potato salad.

Nutritional Value (Per Serving):

Calories: 380
Protein: 30g
Fat: 18g

Carbohydrates: 25g
Sodium: 250mg
Potassium: 700mg



 15 minutes
  2 Servings
  20 minutes

Pineapple Teriyaki Chicken with Vegetables

A sweet and savory dish made with fresh pineapple, a homemade teriyaki sauce, and nutrient-packed vegetables, perfectly portioned for two.

Ingredients:

- Chicken thighs or breasts: $\frac{3}{4}$ lb / 340 g (cut into bite-sized pieces)
- Fresh pineapple: $\frac{1}{2}$ cup / 75 g (diced)
- Coconut aminos: $\frac{1}{4}$ cup / 60 ml (a soy-free, Whole Food 30-compliant alternative to soy sauce)
- Garlic: 2 cloves (minced)
- Fresh ginger: 1.5 tsp / 7.5 g (grated)
- Apple cider vinegar: 1 tbsp / 15 ml
- Arrowroot powder: $\frac{1}{2}$ tsp / 2.5 ml (for thickening, optional)
- Coconut oil: 1 tbsp / 15 ml
- Broccoli: 1 cup / 150 g (cut into florets)
- Red bell pepper: $\frac{1}{2}$ cup / 75 g (sliced)
- Carrots: $\frac{1}{2}$ cup / 75 g (sliced into matchsticks)
- Green onions: 1 (sliced, for garnish)
- Salt and pepper: To taste

Instructions:

1. In a small bowl, whisk together the coconut aminos, minced garlic, grated ginger, apple cider vinegar, and arrowroot powder (if using). Set aside.
2. In a big skillet, heat the coconut oil over medium-high heat. Brown the chicken on both sides by sautéing it for five to six minutes after seasoning it with salt and pepper. Take out and put aside. Throw in some carrots, red bell pepper, and broccoli in the same pan. Sauté for 4-5 minutes until tender-crisp.
3. Stir in the diced pineapple and cooked chicken. Cook for 2-3 minutes until the pineapple is slightly caramelized.
4. Pour the teriyaki sauce over the chicken, pineapple, and vegetables. Reduce the heat to low and simmer for 5-7 minutes, or until the sauce thickens and the chicken is cooked through.
5. Top with sliced green onions. Serve.

Nutritional Value (Per Serving):

Calories: 320	Carbohydrates: 20 g
Protein: 30 g	Sodium: 400 mg
Fat: 10 g	Potassium: 550 mg



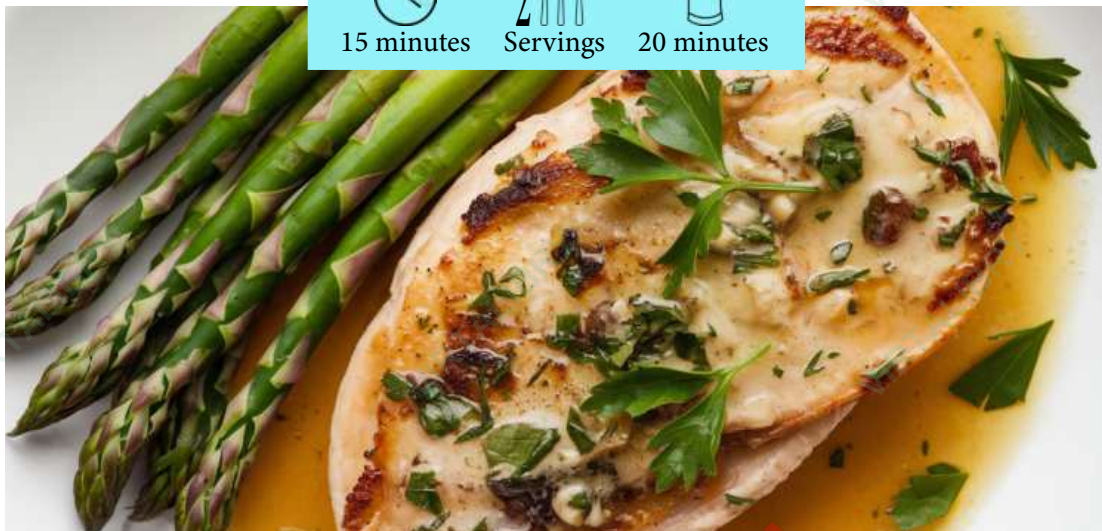
15 minutes



Servings



20 minutes



Chicken Piccata with Asparagus

A fresh and vibrant Chicken Piccata with tender asparagus, perfect for a light and satisfying meal.

Ingredients:

- Chicken breasts: 4 (6 oz / 170 g each, pounded thin)
- Ghee or clarified butter: 3 tbsp / 45 ml
- Garlic: 3 cloves (minced)
- Chicken broth: 1 cup / 240 ml (Whole Food 30-compliant)
- Lemon juice: ¼ cup / 60 ml
- Capers: 2 tbsp / 30 ml (drained)
- Asparagus: 1 bunch (trimmed and cut into 2-inch pieces)
- Fresh parsley: 2 tbsp / 30 ml (chopped)
- Salt and pepper: To taste

Instructions:

1. Heat 2 tbsp of ghee in a large skillet over medium-high heat.
2. Use salt and pepper to season the chicken breasts. Sear till golden brown, 3-4 minutes per side. Take out and put aside.
3. Add the minced garlic and the remaining ghee to the same skillet. Sauté until aromatic, 1 to 2 minutes.
4. The asparagus should be crisp-tender after 3-4 minutes of cooking in the skillet.
5. Include the chicken stock, lemon juice, and capers.
6. Bring to a simmer and cook for 3-4 minutes.
7. Return the chicken to the skillet and cook for another 2-3 minutes until heated through.
8. Sprinkle with fresh parsley and serve with cauliflower rice or a side salad.

Nutritional Value (Per Serving):

Calories: 280
Protein: 35 g
Fat: 12 g

Carbohydrates: 8 g
Sodium: 400 mg
Potassium: 600 mg



20 minutes



2 Servings



10 minutes



Scallop and Turkey Skewers with Salad

A savory and satisfying dish with a smoky twist, paired with a fresh and vibrant salad, perfect for a complete meal.

Ingredients:

- Sea scallops: 12 large (about 1 lb / 450 g)
- Turkey breast strips (thinly sliced): 6 slices, halved lengthwise
- Olive oil: 1 tbsp / 15 ml
- Lemon juice: 1 tbsp / 15 ml
- Fresh parsley: 1 tbsp / 15 ml (chopped)
- Salt and pepper: To taste
- Mixed greens: 4 cups / 120 g (e.g., arugula, spinach, kale)
- Cherry tomatoes: ½ cup / 75 g (halved)
- Cucumber: ½ cup / 75 g (sliced)
- Avocado: ½ (sliced)
- Red onion: 2 tbsp / 20 g (thinly sliced)
- Olive oil: 2 tbsp / 30 ml
- Lemon juice: 1 tbsp / 15 ml
- Fresh parsley or basil: 1 tbsp / 15 ml (chopped)
- Salt and pepper: To taste

Instructions:

1. Turn the broiler or grill to medium-high, or about 400°F/200°C.
2. Wrap each scallop with a strip of turkey breast and thread onto skewers.
3. Add salt and pepper to the skewers after brushing them with olive oil.
4. Grill or broil for 3-4 minutes per side or until the turkey breast strips are crispy and the scallops are cooked through.
5. Drizzle with lemon juice, then sprinkle fresh parsley just before serving.
6. Put the red onion, cucumber, avocado, cherry tomatoes, and mixed greens in a big bowl.
7. Stir together in a small bowl the lemon juice, olive oil, chopped parsley or basil, salt, and pepper.
8. Drizzle the salad with the dressing, then gently toss to combine.

Nutritional Value (Per Serving):

Calories: 490
Protein: 35 g
Fat: 30 g

Carbohydrates: 12 g
Sodium: 420 mg
Potassium: 790 mg



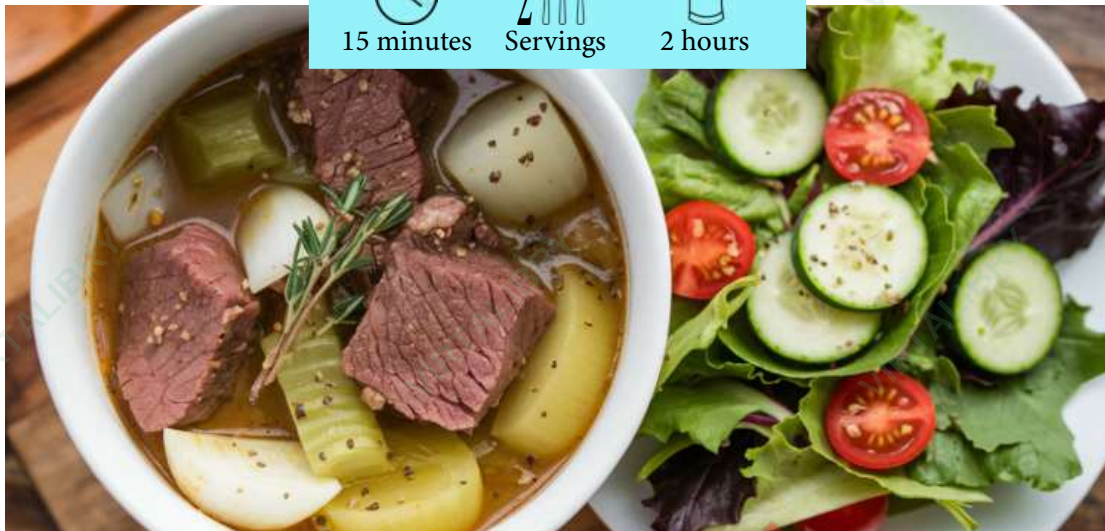
15 minutes



Servings



2 hours



Classic Keto Beef Stew with Mixed Greens Salad

A fresh mixed greens salad and a substantial, cozy, keto-friendly beef stew make for a filling and fulfilling lunch.

Ingredients:

- Beef stew meat: 8 oz / 225 g (cubed)
- Beef broth (sugar-free): 2 cups / 480 ml
- Olive oil: 1 tbsp / 15 ml
- Onion: ¼ cup / 40 g (chopped)
- Garlic: 2 cloves (minced)
- Celery: ½ cup / 75 g (sliced)
- Turnips: 1 cup / 150 g (cubed)
- Fresh thyme: 1 tsp / 5 ml
- Salt and pepper: To taste
- Mixed greens: 4 cups / 120 g
- Cucumber: ½ medium (sliced)
- Cherry tomatoes: ½ cup / 75 g (halved)
- Olive oil: 1 tbsp / 15 ml
- Lemon juice: 1 tbsp / 15 ml
- Salt and pepper: To taste

Instructions:

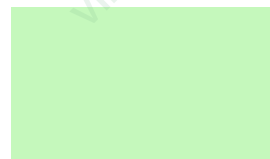
1. Heat the olive oil in a big pot over medium heat. Brown the beef cubes on all sides after adding them. Take out and put aside.
2. In the same pot, sauté the onion, garlic, and celery until softened.
3. Add the beef broth, turnips, thyme, salt, and pepper. Return the beef to the pot.
4. Simmer until the beef is tender, about 1 to 2 hours. Make the salad while the stew cooks. Put the cucumber, cherry tomatoes, and mixed greens in a big bowl.
5. Whisk together olive oil, lemon juice, salt, and pepper. Pour over the salad and mix to mix.
6. Serve the stew warm with the salad on the side.

Nutritional Value (Per Serving):

Calories: 320
Protein: 28g
Fat: 18g

Carbohydrates: 12g
Sodium: 200mg
Potassium: 600mg

SIDES & SNACKS





10 minutes



Servings



20 minutes

Roasted Garlic Cauliflower Mash

A creamy and flavorful side dish made with roasted cauliflower and garlic, perfect for pairing with your favorite main dishes.

Ingredients:

- Cauliflower: 1 medium head (cut into florets)
- Garlic: 2 cloves (minced)
- Olive oil: 1 tbsp / 15 ml
- Ghee: 1 tbsp / 15 ml
- Salt and pepper: To taste

Instructions:

1. Preheat the oven to 400°F (200°C).
2. Season the cauliflower florets with salt, pepper, olive oil, and minced garlic. Place them on a baking sheet in a single layer.
3. Roast for 20 minutes or until the cauliflower is tender and slightly caramelized.
4. Place the roasted cauliflower in a blender or food processor. Blend in the ghee till it becomes creamy and smooth.
5. Add extra salt and pepper to taste.
6. Serve warm.

Nutritional Value (Per Serving):

Calories: 120
Protein: 4 g
Fat: 8 g

Carbohydrates: 10 g
Sodium: 200 mg
Potassium: 500 mg



10 minutes



Servings



20 minutes

Garlic Herb Roasted Carrots

A simple and flavorful side dish made with tender roasted carrots, fresh rosemary, and garlic. Perfect for a snack meal!

Ingredients:

- Carrots: 2 cups / 200 g (sliced)
- Olive oil: 1 tbsp / 15 ml
- Fresh rosemary: 1 tsp / 5 ml (chopped)
- Garlic: 1 clove (minced)
- Salt and pepper: To taste

Instructions:

1. Preheat the oven to 400°F (200°C).
2. Toss the carrot slices in a big basin with olive oil, salt, pepper, minced garlic, and fresh rosemary until they are well-covered.
3. Arrange the carrots in a single layer on a parchment paper-lined baking sheet.
4. Stir the carrots halfway during the 20 minutes of roasting or until they are soft and beginning to caramelize. As a side dish, serve warm.
5. Serve warm as a side dish.

Nutritional Value (Per Serving):

Calories: 90
Protein: 1 g
Fat: 5 g

Carbohydrates: 10 g
Sodium: 150 mg
Potassium: 300 mg



5 minutes



2 Servings



15 minutes



Spicy Roasted Almonds

A crunchy and spicy snack made with roasted almonds, paprika, and cayenne pepper. Perfect for a treat!

Ingredients:

- Raw almonds: 1 cup / 150 g
- Olive oil: 1 tbsp / 15 ml
- Paprika: ½ tsp / 2.5 ml
- Cayenne pepper: ¼ tsp / 1.25 ml
- Salt and pepper: To taste

Instructions:

1. Preheat the oven to 350°F (175°C).
2. Almonds should be coated equally after being tossed in a bowl with olive oil, paprika, cayenne pepper, salt, and pepper.
3. On a parchment-lined baking sheet, spread the almonds out in a single layer.
4. Roast until the almonds are aromatic and brown, stirring halfway through, 12 to 15 minutes.
5. Let cool completely before serving. Store in an airtight container.

Nutritional Value (Per Serving):

Calories: 220	Carbohydrates: 6 g
Protein: 8 g	Sodium: 150 mg
Fat: 20 g	Potassium: 250 mg



10 minutes



2 Servings



0 minutes



Guacamole Stuffed Mini Peppers

A fresh and vibrant appetizer or snack made with creamy guacamole stuffed into mini bell peppers. Perfect for a tasty treat!

Ingredients:

- Mini bell peppers: 6 (halved)
- Avocado: 1 (mashed)
- Lime juice: 1 tbsp / 15 ml
- Red onion: 1 tbsp / 15 ml (chopped)
- Cilantro: 1 tsp / 5 ml (chopped)
- Salt and pepper: To taste

Instructions:

1. Put the mashed avocado, lime juice, cilantro, red onion, salt, and pepper in a bowl. Stir thoroughly.
2. Spoon the guacamole into the halved mini bell peppers.
3. Serve immediately as a snack or appetizer.

Nutritional Value (Per Serving):

Calories: 120	Carbohydrates: 8 g
Protein: 2 g	Sodium: 100 mg
Fat: 10 g	Potassium: 350 mg



 10 minutes  Servings  20 minutes

Herb Mashed Parsnips

A creamy and flavorful side dish made with mashed parsnips, garlic, and fresh herbs. Perfect for a delicious snack meal!

Ingredients:

- Parsnips: 2 cups / 200 g (peeled and chopped)
- Ghee: 1 tbsp / 15 ml
- Garlic: 1 clove (minced)
- Fresh parsley: 1 tbsp / 15 ml (chopped)
- Salt and pepper: To taste

Instructions:

1. Put the cut parsnips in a pot and add enough water to cover them. Before reducing heat to a simmer, cook for 15 to 20 minutes, or until done, over high heat.
2. After draining, add the parsnips back to the saucepan.
3. Add the ghee, minced garlic, and chopped parsley. Mash until smooth and creamy.
4. Season with salt and pepper to taste.
5. Serve warm as a side dish.

Nutritional Value (Per Serving):

Calories: 120	Carbohydrates: 18 g
Protein: 2 g	Sodium: 150 mg
Fat: 5 g	Potassium: 400 mg



 10 minutes  Servings  25 minutes

Roasted Butternut Squash Cubes

A sweet and savory side dish made with roasted butternut squash cubes, seasoned with cinnamon and olive oil.

Ingredients:

- Butternut squash: 2 cups / 200 g (cubed)
- Olive oil: 1 tbsp / 15 ml
- Cinnamon: ½ tsp / 2.5 ml
- Salt and pepper: To taste

Instructions:

1. Preheat the oven to 400°F (200°C).
2. Combine the butternut squash cubes, salt, pepper, cinnamon, and olive oil in a bowl and toss until well coated.
3. Arrange the squash in a single layer on a parchment paper-lined baking sheet.
4. Roast until the squash is soft and caramelized, tossing halfway through for 20 to 25 minutes.
5. Serve warm as a side dish.

Nutritional Value (Per Serving):

Calories: 120	Carbohydrates: 18 g
Protein: 2 g	Sodium: 150 mg
Fat: 5 g	Potassium: 400 mg



5 minutes



Servings



15 minutes



Roasted Brazil Nuts with Cashew and Mango

A sweet, spicy, and crunchy snack made with roasted Brazil nuts, cashews, and dried mango. Perfect snack!

Ingredients:

- Brazil nuts: ¼ cup / 30 g
- Cashews: ¼ cup / 30 g
- Dried mango (unsweetened): ¼ cup / 30 g (chopped into small pieces)
- Olive oil: 1 tsp / 5 ml
- Paprika: ½ tsp / 2.5 ml
- Cayenne pepper: ¼ tsp / 1.25 ml
- Salt and pepper: To taste

Instructions:

1. Preheat the oven to 350°F (175°C).
2. In a bowl, toss the Brazil nuts and cashews with olive oil, paprika, cayenne pepper, salt, and pepper until evenly coated.
3. Arrange the nuts in a single layer after parchment paper lines a baking sheet.
4. Roast until the nuts are aromatic and brown, stirring halfway through, 12 to 15 minutes.
5. Let cool completely, then mix in the chopped dried mango.
6. Store in an airtight container.

Nutritional Value (Per Serving):

Calories: 250	Carbohydrates: 15 g
Protein: 6 g	Sodium: 150 mg
Fat: 18 g	Potassium: 250 mg



10 minutes



Servings



0 minutes



Chicken Salad on Apple Slices

A fresh and crunchy snack or light meal made with savory chicken salad served on crisp apple slices.

Ingredients:

- Cooked chicken breast: 1 cup / 150 g (shredded or diced)
- Mayonnaise (Whole Food 30-compliant): 2 tbsp / 30 ml
- Whole-grain mustard: 1 tsp / 5 ml
- Green onion: 1 tbsp / 15 ml (chopped)
- Apple: 1 (sliced into rounds)
- Fresh parsley: 1 tsp / 5 ml (chopped, for garnish, optional)
- Salt and pepper: To taste

Instructions:

1. Put the chicken shreds, mayonnaise, Whole-grain mustard, green onion, salt, and pepper in a bowl. Stir thoroughly.
2. Cut the apple into rounds that are ¼ inch thick after coring it.
3. Spoon the chicken salad onto the apple slices.
4. Garnish with fresh parsley (if using).

Nutritional Value (Per Serving):

Calories: 200	Carbohydrates: 10 g
Protein: 20 g	Sodium: 200 mg
Fat: 10 g	Potassium: 300 mg



Brussels Sprout Chips

A crispy and healthy snack made from roasted Brussels sprout leaves. Perfect for a quick treat!

Ingredients:

- Brussels sprouts: 1 cup / 150 g (outer leaves separated)
- Olive oil: 1 tbsp / 15 ml
- Garlic powder: ½ tsp / 2.5 ml
- Salt and pepper: To taste

Instructions:

1. Preheat the oven to 375°F (190°C).
2. In a bowl, toss the Brussels sprout leaves with olive oil, garlic powder, salt, and pepper until evenly coated.
3. Spread the leaves in a single layer on a baking sheet lined with parchment paper.
4. Roast for 12-15 minutes or until the leaves are crispy and golden brown.
5. Let cool slightly before serving.

Nutritional Value (Per Serving):

Calories: 80	Carbohydrates: 6 g
Protein: 3 g	Sodium: 150 mg
Fat: 5 g	Potassium: 250 mg



Homemade Whole Food 30 Jerky Recipe

A simple and flavorful jerky recipe made with lean beef or turkey and Whole Food 30-compliant seasonings. Perfect for a portable and protein-packed snack!

Ingredients:

- Lean beef or turkey: ½ lb / 225 g (sliced thinly)
- Coconut aminos: 2 tbsp / 30 ml
- Garlic powder: ½ tsp / 2.5 ml
- Onion powder: ½ tsp / 2.5 ml
- Smoked paprika: ¼ tsp / 1.25 ml
- Black pepper: ¼ tsp / 1.25 ml
- Salt: ¼ tsp / 1.25 ml

Instructions:

1. Add the coconut aminos, smoked paprika, black pepper, onion powder, garlic powder, and salt to a bowl. Stir thoroughly.
2. Add the thinly sliced beef or turkey to the marinade, ensuring each piece is well-coated. For at least four hours (or overnight), cover and place in the refrigerator.
3. Preheat the oven to 175°F (80°C) or set up a dehydrator.
4. Place the marinated meat slices on dehydrator trays or a parchment paper-lined baking sheet.
5. Bake or dehydrate for 4-6 hours, or until the jerky is dry but still slightly chewy.
6. Let cool entirely before packing in an airtight jar.

Nutritional Value (Per Serving):

Calories: 150	Carbohydrates: 3 g
Protein: 20 g	Sodium: 300 mg
Fat: 5 g	Potassium: 250 mg



10 minutes



Servings



10 minutes

Classic Deviled Eggs

A creamy and flavorful snack made from avocado-filled deviled eggs. Perfect for a low-carb, nutrient-packed bite!

Ingredients:

- Hard-boiled eggs: 3 (peeled and halved)
- Avocado: ½ (mashed)
- Yellow mustard: ½ tsp / 2.5 ml
- Apple cider vinegar: ¼ tsp / 1.25 ml
- Paprika: ⅛ tsp / 0.6 ml (for garnish)
- Salt and pepper: To taste

Instructions:

1. After halving the eggs, remove the yolks and put them in a bowl.
2. Mash the yolks until smooth, then add the avocado, yellow mustard, apple cider vinegar, salt, and pepper.
3. Return the yolk mixture to the egg white halves using a spoon or pipette.
4. Sprinkle with paprika for garnish.
5. Serve chilled.

Nutritional Value (Per Serving):

Calories: 120
Protein: 8 g
Fat: 9 g

Carbohydrates: 3 g
Sodium: 150 mg
Potassium: 200 mg



10 minutes



Servings



0 minutes

Chocolate Pumpkin Parfait

A rich and indulgent parfait with cocoa powder and pumpkin puree, perfect for a healthy and satisfying treat.

Ingredients:

- Coconut yogurt (unsweetened): 1 cup / 240 ml
- Pumpkin puree: ½ cup / 120 ml (unsweetened)
- Cocoa powder (unsweetened): 1 tbsp / 15 ml
- Cinnamon: ½ tsp / 2.5 ml
- Chopped nuts (e.g., walnuts or almonds): 2 tbsp / 30 ml
- Unsweetened shredded coconut: 1 tbsp / 15 ml

Instructions:

1. Combine the pumpkin puree, cinnamon, and cocoa powder in a bowl.
2. Layer the coconut yogurt and chocolate pumpkin mixture in serving glasses or bowls.
3. Top with chopped nuts and shredded coconut.
4. Serve right away or refrigerate until you're ready to eat.

Nutritional Value (Per Serving):

Calories: 200
Protein: 5 g
Fat: 12 g

Carbohydrates: 15 g
Sodium: 50 mg
Potassium: 300 mg



Vanilla Coconut Almond Butter Energy Balls

A creamy and rich recipe with almond butter, vanilla, and shredded coconut. Perfect for a quick and satisfying snack.

Ingredients:

- Medjool dates: 1 cup / 150 g (pitted)
- Almond butter: ¼ cup / 60 ml (unsweetened)
- Unsweetened shredded coconut: ¼ cup / 30 ml
- Vanilla extract: ½ tsp / 2.5 ml
- Chopped almonds or extra shredded coconut: ¼ cup / 30 ml (for rolling, optional)

Instructions:

1. Pulse the dates and almond butter in a food processor till smooth.
2. Blend in the vanilla extract and the shredded coconut until well blended.
3. Roll tablespoon-sized amounts into balls after scooping them.
4. Roll the balls in chopped almonds or extra shredded coconut (if using).
5. Keep in the refrigerator for up to a week in an airtight container.

Nutritional Value (Per Serving):

Calories: 80	Carbohydrates: 10 g
Protein: 2 g	Sodium: 0 mg
Fat: 4 g	Potassium: 120 mg



Mixed-Berry Coconut Pudding

A creamy and fruity dessert or snack made with coconut milk and fresh berries.

Ingredients:

- Full-fat coconut milk: 1 cup / 240 ml (unsweetened)
- Fresh mixed berries: ½ cup / 75 g (e.g., blueberries, raspberries, strawberries)
- Vanilla extract: ½ tsp / 2.5 ml (optional, ensure alcohol-free)
- Unsweetened shredded coconut: 1 tbsp / 15 ml (for topping, optional)

Instructions:

1. Put half of the mixed berries and the coconut milk in a blender. Blend until it's smooth.
2. Transfer the mixture into jars or serving bowls.
3. Top with the remaining fresh berries and shredded coconut (if using).
4. Chill in the refrigerator for at least 2 hours to thicken.
5. Serve cold

Nutritional Value (Per Serving):

Calories: 180	Carbohydrates: 10 g
Protein: 2 g	Sodium: 10 mg
Fat: 15 g	Potassium: 200 mg



Duck Fat Potatoes with Gremolata

Crispy, flavorful potatoes roasted in duck fat and topped with fresh herb gremolata—perfect as a satisfying Whole Food 30 side dish!

Ingredients:

- Russet potatoes: 2 medium (about 2 cups / 300 g), peeled and cubed
- Duck fat: 2 tbsp / 30 ml
- Sea salt: ½ tsp / 2.5 ml (or to taste)
- Freshly ground black pepper: ¼ tsp / 1.25 ml (or to taste)

For the Gremolata:

- Fresh parsley: 2 tbsp / 30 ml, finely chopped
- Lemon zest: 1 tsp / 5 ml
- Garlic: 1 small clove, minced

Instructions:

1. Preheat your oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. Place peeled and cubed potatoes in a mixing bowl. Add duck fat, sea salt, and freshly ground black pepper. Toss just enough to cover the potatoes uniformly.
3. Place the potatoes in a single layer on the baking sheet that has been prepared, leaving enough room between the cubes to ensure that they roast evenly.
4. The potatoes should be crisp and golden brown on the outside and tender on the inside after 30 to 35 minutes of roasting in a preheated oven, with a midway turn.
5. To create the gremolata, toss the minced garlic, lemon zest, and chopped parsley in a small bowl.
6. Remove potatoes from the oven, transfer to a serving dish, and sprinkle evenly with gremolata.
7. Serve hot and enjoy immediately!

Nutritional Value (Per Serving):

Calories: 310	Carbohydrates: 41 g
Protein: 4 g	Sodium: 310 mg
Fat: 14 g	Potassium: 900 mg

SOUPS & STEWS





10 minutes



Servings



15 minutes



Spicy Shrimp and Coconut Soup

A creamy and flavorful soup made with shrimp, coconut milk, and a hint of spice.

Ingredients:

- Shrimp: 8 oz / 225 g (peeled and deveined)
- Coconut milk: 1 cup / 240 ml (full-fat, unsweetened)
- Chicken broth (Whole Food 30-compliant): 1 cup / 240 ml
- Lime juice: 1 tbsp / 15 ml
- Red pepper flakes: ¼ tsp / 1.25 ml
- Fresh cilantro: 1 tbsp / 15 ml (chopped)
- Salt and pepper: To taste

Instructions:

1. Put the chicken broth and coconut milk in a saucepan. Bring to a simmer over medium heat.
2. Add the shrimp, lime juice, red pepper flakes, salt, and pepper. The shrimp should be cooked through and pink after 5 to 7 minutes of cooking.
3. Stir in the chopped cilantro.
4. Serve hot.

Nutritional Value (Per Serving):

Calories: 280	Carbohydrates: 5 g
Protein: 25 g	Sodium: 400 mg
Fat: 18 g	Potassium: 350 mg



15 minutes



Servings



1.5 hours



Hearty Paleo Beef Stew

A hearty and comforting stew made with tender beef, root vegetables, and aromatic herbs, perfect for a satisfying meal.

Ingredients:

- Beef stew meat: 8 oz / 225 g (cubed)
- Beef broth (Whole Food 30-compliant): 2 cups / 480 ml
- Carrots: ½ cup / 75 g (sliced)
- Celery: ½ cup / 75 g (sliced)
- Parsnips: ½ cup / 75 g (cubed)
- Garlic: 2 cloves (minced)
- Olive oil: 1 tbsp / 15 ml
- Fresh rosemary: 1 tsp / 5 ml (chopped)
- Fresh thyme: 1 tsp / 5 ml (chopped)
- Bay leaf: 1
- Salt and pepper: To taste

Instructions:

1. In a large pot set over medium-high heat, warm the olive oil. Salt and pepper season the meat; heat until browned all around. Take out and put aside.
2. Add the minced garlic to the same pot and cook for one to two minutes or until fragrant.
3. Add the carrots, celery, and parsnips to the pot. Sauté for 3-4 minutes until slightly softened.
4. Return the beef to the pot and pour in the beef broth. Add the fresh rosemary, thyme, and bay leaf. Reduce the heat to low after bringing to a boil.
5. Cover and boil until the vegetables are cooked through and the beef is tender, one to 1½ hours.
6. After removing the bay leaf, add more salt and pepper to taste. Serve hot.

Nutritional Value (Per Serving):

Calories: 320	Carbohydrates: 18 g
Protein: 30 g	Sodium: 400 mg
Fat: 12 g	Potassium: 700 mg



10 minutes



2 Servings



20 minutes



Creamy Cauliflower and Chicken Soup

A rich and comforting soup made with cauliflower, crispy chicken, and creamy coconut milk.

Ingredients:

- Cauliflower: 2 cups / 200 g (florets)
- Boneless, skinless chicken thigh: 4 oz / 115 g, diced
- Chicken broth (Whole Food 30-compliant): 2 cups / 480 ml
- Coconut milk: ½ cup / 120 ml (full-fat, unsweetened)
- Garlic: 2 cloves (minced)
- Fresh thyme: 1 tsp / 5 ml
- Salt and pepper: To taste

Instructions:

1. Heat olive oil in a large pot over medium heat. Add diced chicken thigh and cook for 6–8 minutes, stirring occasionally, until golden and cooked through. Remove and set aside.
2. In the same pot, add minced garlic and sauté for 1–2 minutes until fragrant.
3. Add cauliflower florets and thyme. Sauté for 3–4 minutes, stirring to coat.
4. Pour in chicken broth and bring to a boil. Reduce heat and simmer for 10–12 minutes, until the cauliflower is very soft.
5. Blend the soup using an immersion blender or in batches with a regular blender until smooth.
6. Stir in the coconut milk and season with salt and pepper to taste.
7. Ladle the soup into bowls and top with the cooked chicken before serving.

Nutritional Value (Per Serving):

Calories: 305
Protein: 18 g
Fat: 22 g

Carbohydrates: 9 g
Sodium: 460 mg
Potassium: 420 mg



10 minutes



2 Servings



20 minutes



Salmon and Kale Chowder

A creamy and nutritious chowder made with salmon, kale, and coconut milk.

Ingredients:

- Salmon fillets: 8 oz / 225 g (cubed)
- Chicken broth (Whole 30-compliant): 2 cups / 480 ml
- Kale: 2 cups / 60 g (chopped)
- Coconut milk: ½ cup / 120 ml (full-fat, unsweetened)
- Garlic: 2 cloves (minced)
- Fresh dill: 1 tbsp / 15 ml (chopped)
- Olive oil: 1 tbsp / 15 ml
- Salt and pepper: To taste

Instructions:

1. In a large pot set over medium heat, reheat the olive oil. Add the minced garlic and sauté for 1–2 minutes until fragrant.
2. Add the cubed salmon to the pot and cook for 3–4 minutes, stirring occasionally.
3. After adding the chicken broth, boil the mixture. Cook until the fish is cooked through, about 5 to 7 minutes.
4. Stir in the chopped kale and coconut milk. Simmer for another 3–4 minutes until the kale is tender.
5. Season with salt and pepper to taste.
6. Garnish with fresh dill before serving.

Nutritional Value (Per Serving):

Calories: 320
Protein: 30 g
Fat: 18 g

Carbohydrates: 8 g
Sodium: 400 mg
Potassium: 600 mg



10 minutes



Servings



20 minutes



Zesty Coconut Curry Broth

A flavorful and aromatic soup made with chicken, coconut milk, and red curry paste.

Ingredients:

- Chicken breast: 8 oz / 225 g (diced)
- Coconut milk: 1 cup / 240 ml (full-fat, unsweetened)
- Chicken broth (Whole Food 30-compliant): 1 cup / 240 ml
- Red curry paste (Whole Food 30-compliant): 1 tbsp / 15 ml
- Lime juice: 1 tbsp / 15 ml
- Fresh cilantro: 1 tbsp / 15 ml (chopped)
- Olive oil: 1 tbsp / 15 ml
- Salt and pepper: To taste

Instructions:

1. In a large saucepan, heat the olive oil over medium heat. Cook until browned, 5 to 6 minutes after adding the diced chicken.
2. Add the red curry paste and simmer until aromatic, about 1 to 2 minutes.
3. Add the chicken broth and coconut milk. The chicken should be cooked through after 10 to 12 minutes of simmering.
4. Taste and adjust for salt and pepper; then, add the lime juice.
5. Garnish with fresh cilantro before serving.

Nutritional Value (Per Serving):

Calories: 350
Protein: 30 g
Fat: 20 g

Carbohydrates: 8 g
Sodium: 400 mg
Potassium: 500 mg



10 minutes



Servings



15 minutes



Shrimp and Zucchini Noodle Soup

A light and flavorful soup made with shrimp, zucchini noodles, and fresh herbs.

Ingredients:

- Shrimp: 8 oz / 225 g (peeled and deveined)
- Zucchini: 2 medium (spiralized)
- Chicken broth (Whole Food 30-compliant): 2 cups / 480 ml
- Garlic: 2 cloves (minced)
- Fresh parsley: 1 tbsp / 15 ml (chopped)
- Olive oil: 1 tbsp / 15 ml
- Salt and pepper: To taste

Instructions:

1. In a large saucepan, warm the olive oil over medium heat. Sauté the minced garlic for one to two minutes or until it becomes aromatic.
2. Cook the shrimp in the pot for two to three minutes or until they are opaque and pink. Take out and put aside.
3. Cook the zucchini noodles for two to three minutes or until they are soft.
4. Return the shrimp to the pot and season with salt and pepper to taste.
5. Garnish with fresh parsley before serving.

Nutritional Value (Per Serving):

Calories: 200
Protein: 25 g
Fat: 8 g

Carbohydrates: 6 g
Sodium: 400 mg
Potassium: 500 mg



Turkey and Vegetable Soup

A light and nourishing soup made with ground turkey and fresh vegetables.

Ingredients:

- Ground turkey: 8 oz / 225 g
- Chicken broth (Whole Food 30-compliant): 2 cups / 480 ml
- Carrots: ½ cup / 75 g (sliced)
- Celery: ½ cup / 75 g (sliced)
- Zucchini: ½ cup / 75 g (sliced)
- Garlic: 2 cloves (minced)
- Olive oil: 1 tbsp / 15 ml
- Salt and pepper: To taste

Instructions:

1. In a large pot, heat the olive oil over medium-low heat. Break the ground turkey into small pieces with a spoon as you cook it until it turns brown.
2. Add the minced garlic, carrots, celery, and zucchini. Sauté for 3-4 minutes until slightly softened.
3. Bring to a boil after adding the chicken broth. The vegetables should be soft after 10 to 12 minutes of simmering over low heat.
4. Season with salt and pepper to taste.
5. Serve hot.

Nutritional Value (Per Serving):

Calories: 250	Carbohydrates: 10 g
Protein: 25 g	Sodium: 400 mg
Fat: 10 g	Potassium: 500 mg



Pumpkin and Shrimp Soup

A creamy and flavorful soup made with pumpkin puree, shrimp, and coconut milk.

Ingredients:

- Shrimp: 8 oz / 225 g (peeled and deveined)
- Pumpkin puree: 1 cup / 240 ml (unsweetened)
- Chicken broth (Whole Food 30-compliant): 2 cups / 480 ml
- Coconut milk: ½ cup / 120 ml (full-fat, unsweetened)
- Garlic: 2 cloves (minced)
- Fresh thyme: 1 tsp / 5 ml
- Olive oil: 1 tbsp / 15 ml
- Salt and pepper: To taste

Instructions:

1. Heat the olive oil in a large pot over medium heat. Sauté the minced garlic for one to two minutes or until it becomes aromatic.
2. Cook the shrimp in the pot for two to three minutes or until they are opaque and pink. Take out and put aside.
3. Add the pumpkin puree, chicken broth, coconut milk, and fresh thyme to the pot. Stir well and bring to a simmer.
4. Cook for 10-12 minutes, stirring occasionally.
5. Return the shrimp to the pot and season with salt and pepper to taste.
6. Serve hot.

Nutritional Value (Per Serving):

Calories: 300	Carbohydrates: 15 g
Protein: 25 g	Sodium: 400 mg
Fat: 15 g	Potassium: 500 mg



10 minutes



Servings



1.5 hours



Broccoli and Beef Stew

A hearty and creamy stew made with tender beef, broccoli, and coconut milk.

Ingredients:

- Beef stew meat: 8 oz / 225 g (cubed)
- Broccoli: 2 cups / 200 g (florets)
- Beef broth (Whole Food 30-compliant): 2 cups / 480 ml
- Coconut milk: ½ cup / 120 ml (full-fat, unsweetened)
- Garlic: 2 cloves (minced)
- Fresh thyme: 1 tsp / 5 ml
- Olive oil: 1 tbsp / 15 ml
- Salt and pepper: To taste

Instructions:

1. In a big pot, heat the olive oil on medium-high heat. After seasoning the steak with salt and pepper, cook it until it is evenly browned.
2. Take out and set aside.
3. Add the broccoli florets and fresh thyme. Sauté for 3-4 minutes.
4. Bring to a boil after adding the beef broth. The meat should be tender after 1 to 1.5 hours of simmering on low heat with a lid on.
5. Add the coconut milk and taste-test with more salt and pepper.
6. Serve hot.

Nutritional Value (Per Serving):

Calories: 350
Protein: 30 g
Fat: 20 g

Carbohydrates: 10 g
Sodium: 400 mg
Potassium: 600 mg



10 minutes



Servings



20 minutes



Beef and Mushroom Soup

A savory and hearty soup made with ground beef, mushrooms, and a hint of spice.

Ingredients:

- Ground beef: 8 oz / 225 g
- Mushrooms: 2 cups / 200 g (sliced)
- Beef broth (Whole Food 30-compliant): 2 cups / 480 ml
- Garlic: 2 cloves (minced)
- Red pepper flakes: ¼ tsp / 1.25 ml
- Fresh parsley: 1 tbsp / 15 ml (chopped)
- Olive oil: 1 tbsp / 15 ml
- Salt and pepper: To taste

Instructions:

1. In a large pot set over medium heat, warm the olive oil. Spoon the ground beef into tiny bits and heat until browned.
2. Add the minced garlic and red pepper flakes. Sauté until aromatic, 1 to 2 minutes.
3. Cook the sliced mushrooms for three to four minutes or until they are tender.
4. Bring to a boil after adding the beef broth. Simmer for 10 to 12 minutes on low heat.
5. Season with salt and pepper to taste.
6. Garnish with fresh parsley before serving.

Nutritional Value (Per Serving):

Calories: 300
Protein: 25 g
Fat: 18 g

Carbohydrates: 8 g
Sodium: 400 mg
Potassium: 500 mg

DRINKS & SMOOTHIES





5 minutes



Servings



0 minutes



Green Protein Power Smoothie

A nutrient-dense, creamy smoothie packed with greens, healthy fats, and collagen protein, perfect for a breakfast or post-workout boost.

Ingredients:

- Spinach: 2 cups / 60 g
- Banana: 1 medium / 100 g
- Almond butter: 2 tbsp / 30 g
- Unsweetened almond milk: 1 cup / 240 ml
- Collagen peptides: 1 scoop / 10 g

Instructions:

1. Rinse the spinach well and pat dry.
2. To make blending easier, peel the banana and cut it into chunks.
3. Add the spinach, banana chunks, almond butter, unsweetened almond milk, and collagen peptides to a high-speed blender.
4. Blend on high for 1-2 minutes until the mixture is smooth and creamy. To get the right consistency, if the smoothie is too thick, thin it out with a little water or additional almond milk.
5. Pour the smoothie evenly into two glasses and serve immediately.

Nutritional Value (Per Serving):

Calories: 220
Protein: 10 g
Fat: 12 g

Carbohydrates: 20 g
Sodium: 80 mg
Potassium: 480 mg



5 minutes



Servings



0 minutes



Tropical Turmeric Smoothie

A vibrant, anti-inflammatory smoothie bursting with tropical flavors and the healing benefits of turmeric and ginger, perfect for a refreshing treat.

Ingredients:

- Pineapple chunks: 1 cup / 150 g
- Mango chunks: 1 cup / 150 g
- Coconut water: 1 cup / 240 ml
- Turmeric powder: 1 tsp / 5 g
- Fresh ginger: 1-inch piece / 5 g

Instructions:

1. To make blending easier, peel and cut the fresh ginger into small pieces.
2. Add the pineapple chunks, mango chunks, coconut water, turmeric powder, and fresh ginger to a high-speed blender.
3. Blend on high for 1-2 minutes until the mixture is smooth and creamy. To get the right consistency, if the smoothie is too thick, add additional coconut water or a dash of water.
4. Pour the smoothie evenly into two glasses and serve immediately.

Nutritional Value (Per Serving):

Calories: 120
Protein: 1 g
Fat: 0.5 g

Carbohydrates: 30 g
Sodium: 25 mg
Potassium: 300 mg



5 minutes



2 Servings



0 minutes



Berry Blast Smoothie

A vibrant, antioxidant-rich smoothie bursting with mixed berries, creamy coconut milk, and a boost of omega-3s from chia seeds, perfect for a refreshing snack.

Ingredients:

- Mixed berries (strawberries, blueberries, raspberries): 1.5 cups / 200 g
- Unsweetened coconut milk: 1 cup / 240 ml
- Chia seeds: 1 tbsp / 15 g
- Ice cubes: 1 cup / 120 g

Instructions:

1. If using fresh berries, wash them thoroughly. If using frozen berries, no need to thaw.
2. Add the mixed berries, unsweetened coconut milk, chia seeds, and ice cubes to a high-speed blender.
3. For 1 to 2 minutes, blend on high until the mixture is smooth and creamy. To get the right consistency, if the smoothie is too thick, add a little water or extra coconut milk.
4. Serve the smoothie right away after evenly dividing it between two glasses.

Nutritional Value (Per Serving):

Calories: 150
Protein: 3 g
Fat: 8 g

Carbohydrates: 18 g
Sodium: 10 mg
Potassium: 200 mg



5 minutes



2 Servings



0 minutes



Avocado Lime Cooler

A creamy, refreshing smoothie with the richness of avocado, zesty lime, and a hint of mint, perfect for a hydrating treat.

Ingredients:

- Avocado: 1 medium / 150 g
- Lime juice: 2 tbsp / 30 ml
- Coconut water: 1 cup / 240 ml
- Fresh mint leaves: 5-6 leaves

Instructions:

1. Scoop out the flesh after halving the avocado and removing the pit.
2. Add the avocado flesh, lime juice, coconut water, and fresh mint leaves to a high-speed blender.
3. Blend on high for 1-2 minutes until the mixture is smooth and creamy. Add more coconut water or a dash of water if the smoothie is too thick.
4. Pour the smoothie evenly into two glasses and serve immediately.

Nutritional Value (Per Serving):

Calories: 120
Protein: 2 g
Fat: 10 g

Carbohydrates: 8 g
Sodium: 15 mg
Potassium: 400 mg



5 minutes



Servings



0 minutes



Cucumber Mint Refresher

A light, hydrating, and refreshing drink with the crispness of cucumber, zesty lime, and a hint of mint, perfect for a thirst quencher.

Ingredients:

- Cucumber: 1 medium / 150 g
- Fresh mint leaves: 10 leaves
- Lime juice: 2 tbsp / 30 ml
- Water: 1 cup / 240 ml
- Ice cubes: 1 cup / 120 g

Instructions:

1. Wash the cucumber thoroughly and chop it into chunks (peeling is optional).
2. Add the cucumber chunks, fresh mint leaves, lime juice, water, and ice cubes to a high-speed blender.
3. Blend on high for 1-2 minutes until the mixture is smooth and well combined. If you prefer a chunkier texture, blend for less time.
4. Pour the refresher evenly into two glasses and serve immediately.

Nutritional Value (Per Serving):

Calories: 20	Carbohydrates: 5 g
Protein: 1 g	Sodium: 5 mg
Fat: 0 g	Potassium: 150 mg



5 minutes



Servings



2 minutes



Coconut Matcha Latte

A creamy, energizing latte with the earthy flavor of matcha, the richness of coconut milk, and a hint of cinnamon, perfect for a morning boost.

Ingredients:

- Unsweetened coconut milk: 1 cup / 240 ml
- Matcha powder: 1 tsp / 5 g
- Hot water: ¼ cup / 60 ml
- Cinnamon: ¼ tsp / 1 g

Instructions:

1. Combine the matcha powder with hot water in a small dish so that the powder is creamy and completely dissolved.
2. Reheat the unsweetened coconut milk over medium heat in a small saucepan, but do not boil it. As an alternative, you can reheat it for 30 to 45 seconds in the microwave.
3. Pour the warm coconut milk into a blender, add the dissolved matcha mixture, and sprinkle in the cinnamon.
4. Blend until well-integrated and frothy, 30 to 60 seconds on high.
5. Divide the latte evenly between two mugs and serve immediately.

Nutritional Value (Per Serving):

Calories: 70	Carbohydrates: 3 g
Protein: 1 g	Sodium: 10 mg
Fat: 6 g	Potassium: 100 mg



10 minutes



2 Servings



0 minutes



5 minutes



2 Servings



0 minutes

Carrot Ginger Zinger

A zesty, immune-boosting drink with the natural sweetness of carrots, the warmth of ginger, and a citrusy kick from fresh orange juice, perfect for an energy boost.

Ingredients:

- Carrots: 2 medium / 150 g
- Fresh ginger: 1-inch piece / 5 g
- Orange juice (freshly squeezed):
½ cup / 120 ml
- Water: ½ cup / 120 ml

Instructions:

1. To make mixing easier, wash and peel the carrots and then cut them into little pieces.
2. Cut the fresh ginger into smaller pieces after peeling it.
3. Add the chopped carrots, ginger, freshly squeezed orange juice, and water to a high-speed blender.
4. For one to two minutes, blend on high until the mixture is well blended and smooth. To get the right consistency, if the mixture is too thick, add a little water.
5. If you desire a smoother texture, you could decide to strain the mixture through a nut milk bag or fine mesh sieve.
6. Serve the beverage right away after evenly dividing it between two glasses.

Nutritional Value (Per Serving):

Calories: 60
Protein: 1 g
Fat: 0 g

Carbohydrates: 14 g
Sodium: 40 mg
Potassium: 300 mg

Watermelon Basil Cooler

A refreshing, hydrating drink with the natural sweetness of watermelon, a hint of basil, and a zesty touch of lime, perfect for a summer treat.

Ingredients:

- Watermelon chunks: 2 cups / 300 g
- Fresh basil leaves: 5-6 leaves
- Lime juice: 1 tbsp / 15 ml
- Ice cubes: 1 cup / 120 g

Instructions:

1. If needed, remove the seeds from the chunks of watermelon.
2. Add the watermelon chunks, fresh basil leaves, lime juice, and ice cubes to a high-speed blender.
3. Blend on high for 1-2 minutes until the mixture is smooth and well combined. Add a splash of water to get your intended consistency if the cooler is too thick.
4. Serve right away after evenly dividing the cooler between two glasses.

Nutritional Value (Per Serving):

Calories: 70
Protein: 1 g
Fat: 0 g

Carbohydrates: 18 g
Sodium: 2 mg
Potassium: 250 mg



5 minutes



2 Servings



0 minutes



Spiced Pumpkin Smoothie

A creamy, fall-inspired smoothie with the warmth of pumpkin, cinnamon, and nutmeg, perfect for a seasonal treat.

Ingredients:

- Pumpkin puree: ½ cup / 120 g
- Unsweetened almond milk: 1 cup / 240 ml
- Cinnamon: ½ tsp / 2 g
- Nutmeg: ¼ tsp / 1 g
- Ice cubes: 1 cup / 120 g

Instructions:

1. Add the pumpkin puree, unsweetened almond milk, cinnamon, nutmeg, and ice cubes to a high-speed blender.
2. For 1 to 2 minutes, blend on high until the mixture is smooth and creamy.
3. To get the right consistency, if the smoothie is too thick, thin it out with a little water or additional almond milk.
4. Pour the smoothie evenly into two glasses and serve immediately.

Nutritional Value (Per Serving):

Calories: 60
Protein: 1 g
Fat: 2 g

Carbohydrates: 10 g
Sodium: 50 mg
Potassium: 200 mg



5 minutes



2 Servings



0 minutes



Beetroot Berry Boost

A vibrant, nutrient-packed smoothie with the earthy sweetness of beetroot, the tanginess of mixed berries, and a boost of omega-3s from chia seeds, perfect for an energy kick.

Ingredients:

- Cooked beetroot: 1 medium / 100 g
- Mixed berries: 1 cup / 150 g
- Unsweetened almond milk: 1 cup / 240 ml
- Chia seeds: 1 tbsp / 15 g

Instructions:

1. If using fresh beetroot, cook it until tender, then peel and chop into chunks. If using pre-cooked beetroot, simply chop it into smaller pieces.
2. In a high-speed blender, combine the cooked beetroot, mixed berries, unsweetened almond milk and chia seeds.
3. Blend for one to two minutes on high or until the mixture is creamy and smooth. To get the right consistency, if the smoothie is too thick, thin it out with a little water or additional almond milk.
4. Pour the smoothie evenly into two glasses and serve immediately.

Nutritional Value (Per Serving):

Calories: 120
Protein: 3 g
Fat: 4 g

Carbohydrates: 18 g
Sodium: 80 mg
Potassium: 300 mg



5 minutes



2 Servings



0 minutes



Lemon Ginger Detox Drink

A refreshing, cleansing drink with the zesty tang of lemon, the warmth of ginger, and the simplicity of water, perfect for a detox boost.

Ingredients:

- Lemon juice: 2 tbsp / 30 ml
- Fresh ginger: 1-inch piece / 5 g
- Water: 1.5 cups / 360 ml
- Ice cubes: 1 cup / 120 g

Instructions:

1. To make mixing easier, peel the fresh ginger and cut it into little pieces.
2. Add the lemon juice, chopped ginger, water, and ice cubes to a high-speed blender.
3. Until the mixture is well blended and the ginger is finely integrated, blend on high for one to two minutes.
4. If you desire a smoother texture, you could decide to strain the mixture through a nut milk bag or fine mesh sieve.
5. Serve the beverage right away after evenly dividing it between two glasses.

Nutritional Value (Per Serving):

Calories: 10
Protein: 0 g
Fat: 0 g

Carbohydrates: 3 g
Sodium: 5 mg
Potassium: 50 mg



5 minutes



2 Servings



0 minutes



Mango Coconut Smoothie

A creamy, tropical smoothie with the sweetness of mango and the richness of coconut milk, perfect for a refreshing treat.

Ingredients:

- Mango chunks: 1.5 cups / 225 g
- Unsweetened coconut milk: 1 cup / 240 ml
- Ice cubes: 1 cup / 120 g

Instructions:

1. Peel and cut the mango into bits if it's fresh. Thawing is not necessary if using frozen mango.
2. In a high-speed blender, combine the ice cubes, unsweetened coconut milk, and mango pieces.
3. For 1 to 2 minutes, blend on high until the mixture is smooth and creamy.
4. Get the right consistency; if the smoothie is too thick, add a little water or extra coconut milk.
5. Pour the smoothie evenly into two glasses and serve immediately.

Nutritional Value (Per Serving):

Calories: 180
Protein: 2 g
Fat: 10 g

Carbohydrates: 24 g
Sodium: 10 mg
Potassium: 300 mg



5 minutes



Servings



0 minutes



Raspberry Lime Refresher

A tangy, hydrating drink with the vibrant flavor of raspberries, zesty lime, and the natural electrolytes of coconut water, perfect for a thirst quencher.

Ingredients:

- Raspberries: 1 cup / 125 g
- Lime juice: 2 tbsp / 30 ml
- Coconut water: 1 cup / 240 ml
- Ice cubes: 1 cup / 120 g

Instructions:

1. Wash the raspberries thoroughly if using fresh. If using frozen raspberries, no need to thaw.
2. Add the raspberries, lime juice, coconut water, and ice cubes to a high-speed blender.
3. Blend on high for 1-2 minutes until the mixture is smooth and well combined. Add extra coconut water or a dash of water if the refresher is too thick to get the right consistency.
4. Pour the refresher evenly into two glasses and serve immediately.

Nutritional Value (Per Serving):

Calories: 50
Protein: 1 g
Fat: 0 g

Carbohydrates: 12 g
Sodium: 15 mg
Potassium: 200 mg



5 minutes



Servings



0 minutes



Strawberry Lemonade

The natural sweetness of strawberries and the zesty kick of lemon combine to create a sweet and tangy, refreshing beverage that's ideal for a summer cooler.

Ingredients:

- Strawberries: 1 cup / 150 g
- Lemon juice: 2 tbsp / 30 ml
- Water: 1 cup / 240 ml
- Ice cubes: 1 cup / 120 g

Instructions:

1. After giving the strawberries a thorough wash, cut off the stems.
2. Add the strawberries, lemon juice, water, and ice cubes to a high-speed blender.
3. For one to two minutes, blend on high until the mixture is well blended and smooth. To get the right consistency, if the lemonade is too thick, add a little water.
4. Pour the lemonade evenly into two glasses and serve immediately.

Nutritional Value (Per Serving):

Calories: 30
Protein: 1 g
Fat: 0 g

Carbohydrates: 8 g
Sodium: 5 mg
Potassium: 150 mg



5 minutes



2 Servings



0 minutes



Mango Turmeric Smoothie

A vibrant, anti-inflammatory smoothie with the tropical sweetness of mango, the earthy warmth of turmeric, and the creaminess of coconut milk, perfect for an energy boost.

Ingredients:

- Mango chunks: 1.5 cups / 225 g
- Turmeric powder: ½ tsp / 2.5 g
- Unsweetened coconut milk: 1 cup / 240 ml
- Ice cubes: 1 cup / 120 g

Instructions:

1. Peel and cut the mango into bits if it's fresh. Thawing is not necessary if using frozen mango.
2. Add the mango chunks, turmeric powder, ice cubes, and unsweetened coconut milk to a high-speed blender.
3. For 1 to 2 minutes, blend on high until the mixture is smooth and creamy.
4. To get the right consistency, if the smoothie is too thick, add a little water or extra coconut milk.
5. Pour the smoothie evenly into two glasses and serve immediately.

Nutritional Value (Per Serving):

Calories: 160
Protein: 2 g
Fat: 8 g

Carbohydrates: 22 g
Sodium: 10 mg
Potassium: 300 mg

30-DAY MEAL PLAN



Day	Breakfast (Calories)	Lunch (Calories)	Dinner (Calories)	Dessert (Calories)	Snack (Calories)	Salad (Calories)	Soup (Calories)	Smoothie (Calories)	Total Daily Calories
1	Avocado & Egg Bowl (382)	Grilled Salmon & Asparagus (320)	Herb-Crusted Lamb Chops (300)	Chocolate Pumpkin Parfait (200)	Spicy Roasted Almonds (220)	Mixed Greens Salad (90)	Spicy Shrimp & Coconut Soup (280)	Green Protein Power Smoothie (220)	1,812
2	Herb & Veggie Omelette (330)	Turkey & Sweet Potato Hash (350)	Grilled Steak with Chimichurri (400)	Mixed-Berry Coconut Pudding (180)	Guacamole Stuffed Mini Peppers (120)	Arugula Salad (80)	Hearty Paleo Beef Stew (320)	Tropical Turmeric Smoothie (120)	1,900
3	Paleo Breakfast Bowl (420)	Avocado Tuna Lettuce Wraps (260)	Baked Cod with Tapenade (220)	Vanilla Almond Butter Balls (80)	Brussels Sprout Chips (80)	Avocado Cucumber Salad (100)	Creamy Cauliflower Soup (305)	Berry Blast Smoothie (150)	1,615
4	Banana Almond Pancakes (435)	Spicy Turkey Stuffed Peppers (420)	Surf 'N' Turf Foil Packs (280)	Classic Deviled Eggs (120)	Roasted Brazil Nuts (250)	Mixed Greens Salad (90)	Salmon & Kale Chowder (320)	Avocado Lime Cooler (120)	2,035
5	Coconut Chia Pudding (290)	Zucchini Noodles & Chicken (280)	Za'atar Chicken (320)	Roasted Butternut Squash (120)	Homemade Jerky (150)	Lettuce Salad (70)	Turkey & Vegetable Soup (250)	Cucumber Mint Refresher (20)	1,500
6	Spinach & Mushroom Scramble (220)	Grilled Chicken & Mango Salad (280)	Lemon Herb Scallops (280)	Duck Fat Potatoes (310)	Chicken Salad on Apple (200)	Arugula Salad (80)	Pumpkin & Shrimp Soup (300)	Mango Coconut Smoothie (150)	1,820
7	Chicken-Wrapped Asparagus (400)	Beef & Broccoli Stir-Fry (280)	Grilled Halibut (320)	Herb Mashed Parsnips (120)	Roasted Cauliflower Mash (120)	Mixed Greens Salad (90)	Beef & Mushroom Soup (300)	Carrot Ginger Zinger (100)	1,730

Day	Breakfast (Calories)	Lunch (Calories)	Dinner (Calories)	Dessert (Calories)	Snack (Calories)	Salad (Calories)	Soup (Calories)	Smoothie (Calories)	Total Daily Calories
8	Turkey & Veggie Skillet (260)	Duck & Egg Stuffed Avocados (380)	Chicken Piccata (280)	Roasted Turnips (180)	Spicy Almonds (220)	Avocado Cucumber Salad (100)	Coconut Curry Broth (350)	Watermelon Basil Cooler (80)	1,850
9	Almond Flour Waffles (300)	Cauliflower Fried Rice (250)	Scallop & Turkey Skewers (490)	Chocolate Pumpkin Parfait (200)	Guacamole Peppers (120)	Mixed Greens Salad (90)	Pumpkin and Shrimp Soup (200)	Spiced Pumpkin Smoothie (150)	1,800
10	Apple Cinnamon Sausage (270)	Duck & Pineapple Kebabs (320)	Veal Tenderloin (365)	Vanilla Almond Butter Balls (80)	Brussels Chips (80)	Lettuce Salad (70)	Broccoli & Beef Stew (350)	Beetroot Berry Boost (120)	1,655
11	Smoked Salmon Wraps (190)	Lamb & Zucchini Meatballs (280)	Pineapple Teriyaki Chicken (320)	Mixed-Berry Pudding (180)	Roasted Brazil Nuts (250)	Arugula Salad (80)	Spicy Shrimp Soup (280)	Raspberry Lime Refresher (100)	1,680
12	Healthy Quiche (200)	Beef & Veggie Lettuce Wraps (180)	Steamed Mussels (290)	Classic Deviled Eggs (120)	Homemade Jerky (150)	Avocado Cucumber Salad (100)	Hearty Beef Stew (320)	Strawberry Lemonade (120)	1,480
13	Chicken & Bell Pepper Muffins (250)	Lamb & Mushroom Kebabs (340)	Grilled Tuna Steaks (280)	Roasted Butternut Squash (120)	Chicken Salad on Apple (200)	Mixed Greens Salad (90)	Cauliflower Soup (305)	Mango Turmeric Smoothie (150)	1,735
14	Shakshuka (350)	Baked Salmon & Veggies (280)	Turkey Roll-Ups (100)	Duck Fat Potatoes (310)	Spicy Almonds (220)	Lettuce Salad (70)	Salmon Chowder (320)	Lemon Ginger Detox (80)	1,730
15	Sweet Potato Sausage Bites (330)	Eggplant & Beef Casserole (420)	Herb-Crusted Salmon (460)	Herb Parsnips (120)	Guacamole Peppers (120)	Arugula Salad (80)	Turkey Soup (250)	Coconut Matcha Latte (150)	1,930

Day	Breakfast (Calories)	Lunch (Calories)	Dinner (Calories)	Dessert (Calories)	Snack (Calories)	Salad (Calories)	Soup (Calories)	Smoothie (Calories)	Total Daily Calories
16	Brussels & Turkey Hash (300)	Grilled Shrimp & Pineapple (220)	Chicken & Broccoli Frittata (300)	Chocolate Parfait (200)	Roasted Almonds (220)	Mixed Greens (90)	Beef Stew (320)	Tropical Smoothie (120)	1,770
17	Zucchini & Tomato Frittata (220)	Herb-Crusted Veal Chops (435)	Shrimp & Cauliflower Grits (250)	Coconut Pudding (180)	Brussels Chips (80)	Avocado Salad (100)	Pumpkin Soup (300)	Berry Smoothie (150)	1,715
18	Broccoli & Chicken Casserole (305)	Grilled Flank Steak (380)	Pan-Seared Scallops (280)	Energy Balls (80)	Chicken Apple Slices (200)	Lettuce Salad (70)	Zesty Coconut Broth (350)	Cucumber Mint (20)	1,685
19	Turkey Sausage Bites (330)	Baked Cod & Salad (280)	Spicy Grilled Chicken (250)	Roasted Squash (120)	Brazil Nuts (250)	Arugula Salad (80)	Creamy Chicken Soup (305)	Mango Smoothie (150)	1,765
20	Spinach Scramble (220)	Duck & Avocado Salad (380)	Lemon Herb Scallops (280)	Deviled Eggs (120)	Spicy Almonds (220)	Mixed Greens (90)	Shrimp Soup (200)	Watermelon Cooler (80)	1,590
21	Almond Waffles (300)	Lamb Meatballs (280)	Grilled Halibut (320)	Pumpkin Parfait (200)	Guacamole Peppers (120)	Avocado Salad (100)	Beef Stew (320)	Raspberry Lime (100)	1,740
22	Coconut Chia Pudding (290)	Turkey Stuffed Peppers (420)	Chicken Piccata (280)	Mashed Parsnips (120)	Homemade Jerky (150)	Lettuce Salad (70)	Cauliflower Soup (305)	Carrot Zinger (100)	1,735
23	Chicken Asparagus (400)	Salmon & Kale Salad (320)	Veal Medallions (365)	Roasted Turnips (180)	Brussels Chips (80)	Mixed Greens (90)	Turkey Soup (250)	Beetroot Boost (120)	1,805
24	Paleo Bowl (420)	Beef Lettuce Wraps (180)	Pineapple Chicken (320)	Coconut Balls (80)	Chicken Apple (200)	Arugula Salad (80)	Shrimp Zoodle Soup (200)	Strawberry Lemonade (120)	1,600

Day	Breakfast (Calories)	Lunch (Calories)	Dinner (Calories)	Dessert (Calories)	Snack (Calories)	Salad (Calories)	Soup (Calories)	Smoothie (Calories)	Total Daily Calories
25	Banana Pancakes (435)	Grilled Duck Kebabs (320)	Scallop Skewers (490)	Chocolate Parfait (200)	Spicy Almonds (220)	Avocado Salad (100)	Hearty Beef Stew (320)	Mango Turmeric (150)	2,235
26	Smoked Salmon Wraps (190)	Cauliflower Rice (250)	Herb-Crusted Salmon (460)	Mixed- Berry Pudding (180)	Guacamole Peppers (120)	Mixed Greens (90)	Pumpkin Soup (300)	Lemon Ginger (80)	1,670
27	Shakshuka (350)	Lamb Kebabs (340)	Grilled Tuna (280)	Duck Fat Potatoes (310)	Brazil Nuts (250)	Lettuce Salad (70)	Creamy Soup (305)	Coconut Matcha (150)	2,055
28	Sweet Potato Bites (330)	Cod & Tapenade (220)	Chicken Frittata (300)	Herb Parsnips (120)	Homemade Jerky (150)	Arugula Salad (80)	Salmon Chowder (320)	Berry Smoothie (150)	1,670
29	Zucchini Frittata (220)	Shrimp & Pineapple (220)	Veal Chops (435)	Roasted Squash (120)	Brussels Chips (80)	Avocado Salad (100)	Zesty Broth (350)	Cucumber Mint (20)	1,545
30	Broccoli Casserole (305)	Flank Steak (380)	Pan-Seared Scallops (280)	Energy Balls (80)	Chicken Apple (200)	Mixed Greens (90)	Beef Soup (320)	Tropical Smoothie (120)	1,775

BONUS

Tea is a fascinating and beneficial beverage that makes an excellent addition to your Whole Food 30 Diet. Not only does it offer a refreshing way to stay hydrated without any added sugars, but its natural ingredients also provide a wealth of health benefits that align perfectly with Whole Food 30's philosophy of clean, whole foods.

Hydration and Natural Energy Boost

Throughout history, tea has been celebrated for its ability to rehydrate and rejuvenate the body. Unlike sugary drinks or energy boosters, these teas deliver a gentle, natural lift. For instance, the **Lemon & Basil Green Tea** offers a bright, zesty burst of flavor that refreshes your palate while naturally boosting your energy levels. Green tea is a great option for your Whole Food 30 reset because studies have shown that its constituents, like catechins, may promote a healthy metabolism and offer a steady supply of energy.

Anti-Inflammatory and Immune-Boosting Properties

Many teas on this list are powerhouses of anti-inflammatory compounds. **Turmeric & Black Pepper Tea**, for example, combines turmeric's potent curcumin with black pepper to enhance absorption, creating a golden brew that helps fight inflammation. Similarly, **Hibiscus & Rosehip Tea** is loaded with vitamin C and antioxidants, which can boost your immune system and aid in your body's natural detoxification, in addition to being deliciously tangy.

Digestive Support and Gut Health

Good digestion is at the heart of the Whole Food 30 Diet, and several teas are especially beneficial for the gut. **Fennel & Mint Tea** aids digestion and reduces bloating—common concerns when transitioning to a Whole Food 30 lifestyle. In addition, **Lemongrass & Ginger Tea** offers a citrusy zing along with natural digestive enzymes that soothe the stomach and promote a healthy gut microbiome.

Resetting Taste Buds and Enhancing Flavor

One of the most interesting aspects of the Whole Food 30 Diet is the way it resets your taste buds. After 30 days without processed foods and added sugars, many people report that natural flavors become more pronounced and enjoyable. Teas like **Apple-Cinnamon Herbal Tea** and **Sage & Thyme Herbal Tea** not only provide comfort with their warm, inviting aromas but also help cleanse your palate, making fresh, whole foods taste even better.

A Rich Cultural Legacy

Tea has a storied history spanning thousands of years and diverse cultures—from the traditional Chinese tea ceremonies to the British afternoon tea. Its enduring popularity is a testament to its natural health benefits and versatility. Incorporating these ancient brews into your Whole Food 30 journey not only connects you with a rich cultural heritage but also provides you with a beverage that supports your body's natural healing processes.

Overall Wellness

Ultimately, these Whole Food 30-friendly teas contribute to overall well-being. They deliver essential antioxidants, support digestion, reduce inflammation, and help keep your body well-hydrated—all without compromising the strict guidelines of the Whole Food 30 Diet. By enjoying a variety of these teas throughout the day, you're not only treating yourself to delicious, natural flavors but also investing in your long-term health.

In summary, teas are an excellent complement to the Whole Food 30 Diet because they support hydration, boost immunity, soothe inflammation, aid digestion, and help reset your taste buds—making your Whole Food 30 experience both enjoyable and nutritionally robust. Enjoying a diverse range of teas is like taking a mini wellness vacation in every cup, contributing to a happier, healthier you during your 30-day reset and beyond.



Spiced Orange Tea

A citrusy, spiced tea with a hint of natural sweetness, great for boosting immunity and warming you up!

Ingredients:

- Hot water: 2 cups / 480 ml
- Black or rooibos tea bags: 2
- Orange slice: 1
- Cinnamon stick: 1
- Whole cloves: 2

Instructions:

1. Steep tea, orange slice, cinnamon, and cloves in hot water for 5 minutes. Remove spices and orange before drinking.



Lemon & Basil Green Tea

Bright and refreshing, this tea blends the delicate taste of green tea with the fresh aroma of basil and zesty lemon!

Ingredients:

- Hot water: 2 cups / 480 ml
- Green tea bags: 2
- Fresh basil leaves: 3
- Lemon: ½, juiced

Instructions:

1. Steep green tea and basil leaves in hot water for 5 minutes. Add lemon juice before serving.



Turmeric & Black Pepper Tea

A powerhouse of anti-inflammatory benefits, this golden tea is spicy, earthy, and packed with healing properties!

Ingredients:

- Hot water: 2 cups / 480 ml
- Fresh turmeric: 1 tsp / 5 ml, grated
- Black pepper: ¼ tsp / 1.25 ml

Instructions:

1. Steep turmeric and black pepper in hot water for 5 minutes. Strain before serving.



Hibiscus & Rosehip Tea

A tart and tangy tea that's rich in vitamin C and antioxidants, perfect for hydration and boosting immunity!

Ingredients:

- Hot water: 2 cups / 480 ml
- Dried hibiscus petals: 1 tbsp / 15 ml
- Dried rosehips: 1 tsp / 5 ml

Instructions:

1. Steep hibiscus and rosehips in hot water for 5 minutes. Strain and serve.



Fennel & Mint Tea

A mild, sweet tea that aids digestion and reduces bloating, perfect after a hearty meal!

Ingredients:

- Hot water: 2 cups / 480 ml
- Fennel seeds: 1 tsp / 5 ml
- Fresh mint leaves: 1 tbsp / 15 ml

Instructions:

1. Steep fennel seeds and mint leaves in hot water for 7 minutes. Strain before serving.



Apple-Cinnamon Herbal Tea

A naturally sweet and comforting tea that brings the flavors of baked apples and cinnamon into your cup!

Ingredients:

- Hot water: 2 cups / 480 ml
- Apple: ½, thinly sliced
- Cinnamon stick: 1

Instructions:

1. Steep apple slices and cinnamon sticks in hot water for 10 minutes. Strain and serve.



Lemongrass & Ginger Tea

A citrusy and zesty tea that aids digestion, reduces inflammation, and refreshes the senses!

Ingredients:

- Hot water: 2 cups / 480 ml
- Lemongrass: 1 stalk, chopped
- Fresh ginger: 1-inch (2.5 cm), sliced

Instructions:

1. Steep lemongrass and ginger in hot water for 7-10 minutes. Strain before serving.



Sage & Thyme Herbal Tea

A grounding and herbaceous tea with immune-boosting properties, perfect for cooler days!

Ingredients:

- Hot water: 2 cups / 480 ml
- Fresh sage leaves: 1 tsp / 5 ml
- Fresh thyme: ½ tsp / 2.5 ml

Instructions:

1. Steep sage and thyme in hot water for 5 minutes. Strain before serving.



Caffeine-Free Chai Tea

A bold and spicy chai without caffeine, offering warm and cozy flavors with every sip!

Ingredients:

- Hot water: 2 cups / 480 ml
- Cinnamon stick: 1
- Whole cloves: 2
- Cardamom pods: 2
- Fresh ginger: 1-inch / 2.5 cm, sliced

Instructions:

1. Steep all ingredients in hot water for 10 minutes. Strain and serve.



Lavender & Lemon Balm Tea

A calming and fragrant tea that soothes the nerves and promotes relaxation, great before bedtime!

Ingredients:

- Hot water: 2 cups / 480 ml
- Dried lemon balm: 1 tbsp / 15 ml
- Dried lavender: 1 tsp / 5 ml

Instructions:

1. Steep lemon balm and lavender in hot water for 5 minutes. Strain and serve.

CONCLUSION

Your Whole Food 30 Journey is Just the Beginning

Congratulations! Completing Whole Food 30 is an incredible achievement, and you should feel proud of the commitment you've made to your health. Over the past 30 days, you've given your body the chance to reset, break free from unhealthy cravings, and fuel itself with real, nourishing foods. But what comes next? The transition after Whole Food 30 is just as important as the program itself. The goal is not to fall back into old habits but to create a sustainable, long-term way of eating that works for you.

How to Reintroduce Foods Without Shocking Your Body?

Whole Food 30 helped you eliminate potential problem foods so you could understand how your body truly responds to what you eat. Now, it's time to reintroduce foods carefully and intentionally. Here's how to do it the right way:

1. **Take it Slow** – Reintroduce one food group at a time every 2-3 days, rather than diving back into all restricted foods at once. This allows you to pinpoint any negative reactions.
2. **Follow a Smart Order** – Start with the least inflammatory foods like legumes and gluten-free grains, followed by dairy, gluten-containing grains, and, finally, processed foods and sugars.
3. **Observe and Adjust** – Keep track of how each food affects you, whether it's changes in digestion, energy, mood, sleep, or skin health. If something causes discomfort, consider limiting or avoiding it.
4. **Use a Food Journal** – You can learn a lot about what works best for your body by keeping a journal of your meals and how you feel afterwards.

Maintaining Healthy Eating Habits

Many people feel so good after Whole Food 30 that they don't want to go back to their old way of eating. Here's how to stick with healthy habits while allowing yourself some flexibility:

- **Avoid Processed Foods** – Even if you reintroduce certain food groups, stick to minimally processed, whole foods as much as possible.

- Practice the 80/20 Rule – Many Whole Food 30 graduates follow an approach where 80% of their diet remains Whole Food 30-compliant, while 20% allows for treats or non-compliant foods in moderation.
- Plan Ahead – Meal prepping and stocking up on Whole Food 30-approved snacks can help you avoid falling into unhealthy eating patterns.
- Listen to Your Body – You’ve learned how certain foods impact your energy, digestion, and mood. Trust your body’s signals and adjust your diet accordingly.

How to Transition Off Whole Food 30 Without Losing Progress

If you’re wondering how to move forward while maintaining the benefits of Whole Food 30, here are a few approaches you can take:

1. Whole Food 30-Inspired Eating – Stick to Whole Food 30 principles while occasionally allowing foods that you’ve successfully reintroduced.
2. Food Freedom – You may now make decisions that promote your enjoyment and well-being by knowing how your body responds to certain foods.
3. Mindful Eating – Instead of eating out of habit, practice intentional eating, where you savor your meals and choose foods that make you feel good.

Final Thoughts

Whole Food 30 is more than just a 30-day challenge—it’s a foundation for a healthier lifestyle. Whether you choose to continue with a mostly Whole Food 30 approach or integrate more foods, the most important thing is that you feel empowered and in control of your health.

By making mindful choices, continuing to prioritize whole, nutrient-dense foods, and listening to your body’s needs, you can maintain the benefits of Whole Food 30 for life.

Your health journey doesn’t end here—it’s only just beginning. Here’s to a healthier, happier, and more vibrant you—one meal at a time!