



Applesauce & Yogurt

1 serving
5 minutes

Ingredients

1 cup Unsweetened Coconut Yogurt
1/4 cup Unsweetened Applesauce

Nutrition

Amount per serving	
Calories	136
Fat	7g
Saturated	6g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	19g
Net Carbs	15g
Fiber	4g
Sugar	7g
Protein	1g
Cholesterol	0mg
Sodium	51mg
Vitamin A	18IU
Vitamin C	1mg
Calcium	502mg
Iron	1mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin K	0µg
Thiamine	0mg
Riboflavin	0mg
Niacin	0mg
Vitamin B6	0mg
Folate	2µg
Vitamin B12	2.7µg
Phosphorous	3mg
Magnesium	2mg
Zinc	0mg

Directions

- 1 Scoop the yogurt into a bowl and top with applesauce. Enjoy!

Notes

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

More Flavor: Add cinnamon.

Additional Toppings: Add chopped fruit, crushed nuts, hemp seeds, granola, or chia seeds.

No Yogurt: Use oatmeal instead.

Selenium

0µg



Kiwi Yogurt Parfait

1 serving

5 minutes

Ingredients

1/2 cup Unsweetened Coconut Yogurt

1/2 cup Granola

1 Kiwi (peeled, diced)

Nutrition

Amount per serving	
Calories	396
Fat	19g
Saturated	5g
Trans	0g
Polyunsaturated	5g
Monounsaturated	7g
Carbs	49g
Net Carbs	40g
Fiber	9g
Sugar	19g
Protein	10g
Cholesterol	0mg
Sodium	43mg
Vitamin A	72IU
Vitamin C	65mg
Calcium	320mg
Iron	3mg
Vitamin D	0IU
Vitamin E	8mg
Vitamin K	31µg
Thiamine	0.4mg
Riboflavin	0.2mg
Niacin	2mg
Vitamin B6	0.3mg
Folate	68µg
Vitamin B12	1.4µg
Phosphorous	286mg
Magnesium	114mg

Directions

- 1 Layer the yogurt, granola, and kiwi in a jar. Enjoy!

Notes

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

Additional Toppings: Nuts, shredded coconut, hemp seeds, or chia seeds.

Zinc	3mg
Selenium	16µg



Banana Orange Green Smoothie

1 serving

5 minutes

Ingredients

- 1 Banana (medium, frozen)
- 1/2 Apple (medium, peeled and chopped)
- 1 cup Baby Spinach
- 1/2 cup Frozen Cauliflower
- 1/2 cup Orange Juice (freshly squeezed)
- 1/2 cup Water

Directions

- 1 Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Spinach: Use kale instead.

No Frozen Cauliflower: Omit or use zucchini or more apple instead.

Orange Juice: Two to three small oranges yields approximately 1/2 cup of freshly squeezed orange juice.

Nutrition

Amount per serving	
Calories	232
Fat	1g
Saturated	0g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	57g
Net Carbs	48g
Fiber	9g
Sugar	35g
Protein	5g
Cholesterol	0mg
Sodium	46mg
Vitamin A	3195IU
Vitamin C	113mg
Calcium	82mg
Iron	2mg
Vitamin D	0IU
Vitamin E	1mg
Vitamin K	158µg
Thiamine	0.2mg
Riboflavin	0.3mg

Niacin	2mg
Vitamin B6	0.7mg
Folate	159µg
Vitamin B12	0µg
Phosphorous	93mg
Magnesium	84mg
Zinc	1mg
Selenium	2µg



Applesauce & Almonds

1 serving

5 minutes

Ingredients

- 1/2 cup Unsweetened Applesauce
- 1/4 cup Almonds (raw or roasted)

Nutrition

Amount per serving	
Calories	258
Fat	18g
Saturated	1g
Trans	0g
Polyunsaturated	4g
Monounsaturated	11g
Carbs	21g
Net Carbs	15g
Fiber	6g
Sugar	13g
Protein	8g
Cholesterol	0mg
Sodium	3mg
Vitamin A	36IU
Vitamin C	1mg
Calcium	101mg
Iron	2mg
Vitamin D	0IU
Vitamin E	9mg
Vitamin K	1µg
Thiamine	0.1mg
Riboflavin	0.4mg
Niacin	1mg
Vitamin B6	0.1mg
Folate	19µg
Vitamin B12	0µg
Phosphorous	178mg
Magnesium	100mg
Zinc	1mg

Directions

- 1 Serve the applesauce with the almonds. Enjoy!

Notes

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

More Flavor: Add cinnamon.

Nut-Free: Use pumpkin seeds or sunflower seeds instead of almonds.

Additional Toppings: Add chopped fruit, hemp seeds, or yogurt.

Selenium

2µg



Blueberry Chia Pancakes

3 servings

20 minutes

Ingredients

- 1 cup Oats
- 1/2 cup Oat Milk (unsweetened, plain)
- 1 Banana (medium)
- 1 Egg (large)
- 1 tsp Baking Powder
- 1 cup Frozen Blueberries
- 1 1/2 tbsps Chia Seeds
- 1 tbsp Extra Virgin Olive Oil

Nutrition

Amount per serving	
Calories	276
Fat	11g
Saturated	2g
Trans	0g
Polyunsaturated	3g
Monounsaturated	5g
Carbs	39g
Net Carbs	32g
Fiber	7g
Sugar	11g
Protein	8g
Cholesterol	62mg
Sodium	206mg
Vitamin A	139IU
Vitamin C	5mg
Calcium	216mg
Iron	2mg
Vitamin D	14IU
Vitamin E	1mg
Vitamin K	12µg
Thiamine	0.2mg

Directions

- 1 Add the oats to a blender and blend into a flour consistency, about 30 seconds. Add the milk, banana, egg, and baking powder. Blend until smooth, scraping down the sides as needed. Gently stir in the frozen blueberries and chia seeds.
- 2 Heat the oil in a non-stick pan over medium heat. Pour 1/4 cup of the batter at a time and cook for two to three minutes per side, or until cooked through. Transfer to a plate. Repeat until all the batter is used.
- 3 Divide onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days, or freeze for up to two months.

Serving Size: One serving equals two to three 4-inch pancakes.

More Flavor: Add cinnamon, vanilla extract, salt, flax seeds, or hemp hearts.

Additional Toppings: Top with maple syrup, honey, cottage cheese, nut or seed butter.

No Banana: Use applesauce instead.

No Oat Milk: Use dairy or any alternative milk.

Batter Consistency: Add more milk if the batter is too thick, and more oats if the batter is too thin.

Riboflavin	0.3mg
Niacin	1mg
Vitamin B6	0.2mg
Folate	28µg
Vitamin B12	0.4µg
Phosphorous	236mg
Magnesium	53mg
Zinc	1mg
Selenium	13µg



Avocado Beef Quesadilla

2 servings

15 minutes

Ingredients

- 2 Whole Wheat Tortilla (large)
- 1 Avocado (sliced)
- 1 tsp Lime Juice (to taste)
- 6 ozs Deli Roast Beef (sliced)
- 1 cup Red Onion (sliced)

Nutrition

Amount per serving	
Calories	433
Fat	23g
Saturated	5g
Trans	0g
Polyunsaturated	2g
Monounsaturated	13g
Carbs	35g
Net Carbs	23g
Fiber	12g
Sugar	5g
Protein	26g
Cholesterol	58mg
Sodium	319mg
Vitamin A	157IU
Vitamin C	17mg
Calcium	135mg
Iron	4mg
Vitamin D	3IU
Vitamin E	2mg
Vitamin K	25µg
Thiamine	0.5mg
Riboflavin	0.4mg
Niacin	9mg
Vitamin B6	1.0mg
Folate	157µg

Directions

- 1 Heat a large nonstick skillet over medium heat. Add the tortilla to the skillet and spread the avocado on half the tortilla.
- 2 Top with the lime juice, roast beef, and red onion.
- 3 Fold the tortilla in half and gently press down. Cook for two to three minutes per side or until browned and crispy. Let the quesadilla cool slightly and then cut into wedges. Enjoy!

Notes

Leftovers: This is best enjoyed right after cooking, but can be refrigerated for up to three days.

Serving Size: One serving is equal to one quesadilla.

Gluten-Free: Use brown rice tortilla instead of whole wheat tortilla.

Additional Toppings: Add pickles or hot banana pepper slices. Serve it with yogurt or salsa.

Vitamin B12	2.8µg
Phosphorous	406mg
Magnesium	93mg
Zinc	6mg
Selenium	40µg



Chocolate Cherry Green Smoothie

2 servings

5 minutes

Ingredients

- 2 cups Cherries (fresh and pitted, or frozen)
- 1/2 cup Chocolate Protein Powder
- 2 cups Baby Spinach
- 2 cups Unsweetened Almond Milk

Nutrition

Amount per serving	
Calories	218
Fat	3g
Saturated	0g
Trans	0g
Polyunsaturated	1g
Monounsaturated	2g
Carbs	28g
Net Carbs	22g
Fiber	6g
Sugar	20g
Protein	22g
Cholesterol	4mg
Sodium	222mg
Vitamin A	3411IU
Vitamin C	19mg
Calcium	615mg
Iron	2mg
Vitamin D	101IU
Vitamin E	1mg
Vitamin K	148µg
Thiamine	0.2mg
Riboflavin	0.7mg
Niacin	1mg
Vitamin B6	0.3mg
Folate	72µg

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

Likes it Sweet: Add more cherries.

Extra Chocolate: Add some cacao or cocoa powder.

Extra Thick: Add ground flax seeds or chia seeds.

No Protein Powder: Use a blend of hemp seeds and cocoa powder instead.

Vitamin B12	0.6µg
Phosphorous	367mg
Magnesium	105mg
Zinc	2mg
Selenium	7µg



Spinach & Sweet Potato Egg Muffins

4 servings

35 minutes

Ingredients

- 1 1/2 tps Avocado Oil
- 1 Sweet Potato (medium, peeled and chopped into cubes)
- 1 tbsp Extra Virgin Olive Oil
- 6 cups Baby Spinach
- 8 Egg
- 1/4 cup Water
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper

Nutrition

Amount per serving	
Calories	228
Fat	15g
Saturated	4g
Trans	0g
Polyunsaturated	3g
Monounsaturated	7g
Carbs	9g
Net Carbs	7g
Fiber	2g
Sugar	2g
Protein	14g
Cholesterol	372mg
Sodium	491mg
Vitamin A	9372IU
Vitamin C	13mg
Calcium	113mg
Iron	3mg
Vitamin D	82IU
Vitamin E	3mg
Vitamin K	221µg

Directions

- 1 Preheat the oven to 350°F (177°C). Lightly grease a muffin tray with avocado oil.
- 2 Steam sweet potato in a double boiler for eight to 10 minutes, or until tender when pierced with a fork. Let cool slightly.
- 3 While the sweet potato is steaming, heat extra virgin olive oil in a large pan over medium heat. Sauté the spinach until wilted and tender. Let cool slightly.
- 4 When spinach and sweet potatoes are cool enough to handle, divide evenly into the prepared muffin tray.
- 5 In a mixing bowl whisk eggs until well scrambled. Whisk in water and salt and pepper.
- 6 Pour the whisked eggs into the prepared muffin tray to cover the sweet potato and spinach.
- 7 Bake for 15 to 18 minutes or just until the egg is cooked through and no longer liquid on top. Remove from oven, let cool and enjoy!

Notes

Serving Size: One serving is equal to three egg cups.

Leftovers: Store in the fridge in an airtight container up to four days. Due to the moisture in the sweet potato and spinach, these egg cups do not freeze well.

No Baby Spinach: Use finely sliced kale or swiss chard instead.

Thiamine	0.1mg
Riboflavin	0.6mg
Niacin	1mg
Vitamin B6	0.3mg
Folate	138µg
Vitamin B12	0.9µg
Phosphorous	236mg
Magnesium	57mg
Zinc	2mg
Selenium	31µg



Almond Butter & Jam Chia Pudding

2 servings

30 minutes

Ingredients

- 1/4 cup Chia Seeds
- 1 cup Unsweetened Almond Milk
- 1 cup Raspberries
- 2 tbsps Almond Butter

Nutrition

Amount per serving	
Calories	256
Fat	18g
Saturated	1g
Trans	0g
Polyunsaturated	9g
Monounsaturated	7g
Carbs	21g
Net Carbs	7g
Fiber	14g
Sugar	3g
Protein	9g
Cholesterol	0mg
Sodium	85mg
Vitamin A	270IU
Vitamin C	16mg
Calcium	449mg
Iron	3mg
Vitamin D	50IU
Vitamin E	4mg
Vitamin K	5µg
Thiamine	0mg
Riboflavin	0.2mg
Niacin	1mg
Vitamin B6	0.1mg
Folate	21µg
Vitamin B12	0µg
Phosphorous	97mg

Directions

- 1 In a medium bowl, combine the chia seeds with the almond milk and whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 In a small bowl, mash the raspberries until they resemble jam.
- 3 Layer the chia seed pudding in a jar, top with the raspberry jam and almond butter. Serve and enjoy!

Notes

Leftovers: Refrigerate covered for up to five days.

Nut-Free: Use coconut milk instead of almond milk. Use sunflower seed butter instead of almond butter.

More Protein: Add a scoop of protein powder to the milk mixture before setting. Whisk to fully incorporate with the seeds and milk.

Additional Toppings: Add cacao nibs for crunch.

Magnesium	66mg
Zinc	1mg
Selenium	1µg



Pina Colada Ice Cream

2 servings

5 minutes

Ingredients

- 1 Banana (sliced and frozen)
- 1 cup Pineapple (cut into chunks and frozen)
- 1/4 cup Canned Coconut Milk

Nutrition

Amount per serving	
Calories	147
Fat	6g
Saturated	5g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	25g
Net Carbs	22g
Fiber	3g
Sugar	16g
Protein	1g
Cholesterol	0mg
Sodium	9mg
Vitamin A	86IU
Vitamin C	45mg
Calcium	15mg
Iron	0mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin K	1µg
Thiamine	0.1mg
Riboflavin	0.1mg
Niacin	1mg
Vitamin B6	0.3mg
Folate	27µg
Vitamin B12	0µg
Phosphorous	20mg

Directions

- 1 Add all ingredients to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 minutes).
- 2 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

Notes

It's 5 O'Clock Somewhere: Add rum.

Magnesium	26mg
Zinc	0mg
Selenium	1µg



Frozen Yogurt Covered Blueberries

4 servings

40 minutes

Ingredients

2 cups Blueberries (fresh or frozen, not wild)

1/4 cup Plain Greek Yogurt

Nutrition

Amount per serving	
Calories	53
Fat	1g
Saturated	0g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	11g
Net Carbs	9g
Fiber	2g
Sugar	8g
Protein	2g
Cholesterol	2mg
Sodium	9mg
Vitamin A	118IU
Vitamin C	8mg
Calcium	36mg
Iron	0mg
Vitamin D	6IU
Vitamin E	0mg
Vitamin K	14µg
Thiamine	0mg
Riboflavin	0mg
Niacin	0mg
Vitamin B6	0mg
Folate	4µg
Vitamin B12	0µg
Phosphorous	9mg
Magnesium	4mg

Directions

- 1 In a bowl, combine blueberries and yogurt until well coated.
- 2 Line a baking sheet with parchment paper. Transfer individual yogurt-covered blueberries to the sheet in an even layer.
- 3 Freeze for at least 30 minutes before transferring to a freezer bag or a freezer-safe storage container. Continue to store in the freezer until ready to eat.

Notes

Kid-Friendly: Serve just a few at a time as these will melt quickly after handling.

Dairy-Free & Vegan: Use a dairy-free yogurt such as coconut or almond.

Zinc	0mg
Selenium	0µg



Sweet Potato Fries Supreme

3 servings

30 minutes

Ingredients

- 2 Sweet Potato
- 2 tbsps Coconut Oil (melted)
- 1/2 tsp Paprika
- 1/2 tsp Cumin
- 1/2 tsp Onion Powder
- 1/2 tsp Garlic Powder
- 1 cup Black Beans (cooked, drained and rinsed)
- 1/4 cup Unsweetened Almond Milk
- Sea Salt & Black Pepper (to taste)
- 1/2 Avocado
- 1/8 Lemon (juiced)
- 1 tbsp Extra Virgin Olive Oil
- 1/4 cup Water (hot)
- 3/4 cup Corn
- 1 cup Cherry Tomatoes (cut into quarters)
- 1/4 cup Cilantro (chopped)

Nutrition

Amount per serving	
Calories	378
Fat	20g
Saturated	9g
Trans	0g
Polyunsaturated	2g
Monounsaturated	8g
Carbs	45g
Net Carbs	33g
Fiber	12g

Directions

- 1 Preheat oven to 450°F (232°C). Cut off sweet potato ends and slice into 1/4-inch strips. Toss with melted coconut oil, paprika, cumin, onion powder and garlic powder.
- 2 Line baking trays with heavy duty foil and grease with coconut oil. Spread sweet potato strips loosely across baking sheet (do not overcrowd the tray). Bake in the oven for 25 to 30 minutes, flipping halfway.
- 3 Meanwhile, blend black beans with almond milk. Season with salt and pepper to taste. Transfer to a bowl and set aside.
- 4 Next blend avocado, lemon juice and olive oil. Slowly add the hot water. Season with sea salt and black pepper to taste. Transfer to a bowl and set aside.
- 5 In a separate bowl, combine corn, cherry tomatoes and cilantro. Set aside.
- 6 Remove sweet potato fries from the oven. Season with salt if desired. Divide onto plates and top with black bean puree, corn tomato salsa and avocado sauce. Enjoy!

Notes

Crispier Fries: Soak sweet potato strips in cold water for at least 1 hr or overnight. Drain, rinse and pat dry. Toss in a bag with any starch (2 tsp for each sweet potato) until well coated. Toss with seasonings and oil (avoid salt as it will make the fries soggy). Spread out loosely on a greased heavy duty foil-lined pan and bake at 425 for 25-30 minutes, flipping halfway. Season with salt if desired.

More Greens: Turn it into a salad by serving it over a bed of greens.

Less Work: Skip steps 3 and 4. Add black beans and diced avocado to tomato corn salsa.

Sugar	7g
Protein	9g
Cholesterol	0mg
Sodium	69mg
Vitamin A	13184IU
Vitamin C	16mg
Calcium	98mg
Iron	3mg
Vitamin D	8IU
Vitamin E	3mg
Vitamin K	22µg
Thiamine	0.3mg
Riboflavin	0.2mg
Niacin	2mg
Vitamin B6	0.4mg
Folate	140µg
Vitamin B12	0µg
Phosphorous	186mg
Magnesium	92mg
Zinc	2mg
Selenium	2µg



Honey Chili Meatballs

4 servings

30 minutes

Ingredients

- 1 lb Extra Lean Ground Chicken
- 1/2 Yellow Onion (medium, chopped)
- 2 Garlic (cloves, minced)
- 1 Egg
- 1 tsp Sea Salt (divided)
- 1/4 tsp Black Pepper
- 2 tbsps Coconut Oil
- 1/2 cup Chicken Broth
- 1/3 cup Tomato Paste
- 1/4 cup Raw Honey
- 1 tbsp Apple Cider Vinegar
- 1 1/2 tpsps Chili Powder
- 1/4 tsp Paprika
- 1/4 tsp Ground Mustard

Nutrition

Amount per serving	
Calories	332
Fat	17g
Saturated	9g
Trans	0g
Polyunsaturated	2g
Monounsaturated	5g
Carbs	24g
Net Carbs	22g
Fiber	2g
Sugar	20g
Protein	23g
Cholesterol	145mg
Sodium	833mg
Vitamin A	742IU

Directions

- 1 Preheat oven to 350°F (177°C).
- 2 In a large bowl, combine ground chicken, onion, garlic, egg, half the salt, and black pepper. Form mixture into meatballs, about 1 1/2 inches thick.
- 3 Melt coconut oil in a large oven-safe pan or skillet over medium-high heat. Add meatballs and cook until browned, about 5 minutes. Transfer to oven and bake for an additional 20 minutes or until cooked through.
- 4 Meanwhile in a medium saucepan, combine chicken broth, tomato paste, honey, apple cider vinegar, chili powder, paprika, ground mustard and remaining salt. Bring to a boil then reduce heat and simmer for 5 minutes, stirring occasionally. Adjust seasoning if needed.
- 5 Remove meatballs from the oven. Evenly coat meatballs with sauce and divide into bowls. Top with chopped green onions (optional). Enjoy!

Notes

Likes it Spicy: Add more chili powder to the tomato sauce or sprinkle with red pepper flakes.

Serve Them With: Brown rice pasta, quinoa, couscous, rice or rye bread to make it a meal. Or serve them alone as an appetizer.

Leftovers: Refrigerate in an air-tight container up to 3 days or freeze up to 2-4 months (cooked or uncooked).

Slow Cooker Version: Add formed meatballs with sauce and cook on low for 6-8 hours. For best results, double the sauce to prevent burning.

Serving Size: A 4-serving recipe yields about 16 meatballs. This can be stretched to 8 servings if using as an appetizer.

Vitamin C	5mg
Calcium	35mg
Iron	3mg
Vitamin D	10IU
Vitamin E	2mg
Vitamin K	5µg
Thiamine	0.2mg
Riboflavin	0.4mg
Niacin	7mg
Vitamin B6	0.7mg
Folate	10µg
Vitamin B12	0.8µg
Phosphorous	252mg
Magnesium	37mg
Zinc	2mg
Selenium	17µg



Hummus Dippers

4 servings

15 minutes

Ingredients

- 1 Yellow Bell Pepper
- 1 Carrot
- 4 stalks Celery
- 1 cup Hummus

Nutrition

Amount per serving	
Calories	170
Fat	11g
Saturated	2g
Trans	0g
Polyunsaturated	5g
Monounsaturated	3g
Carbs	15g
Net Carbs	10g
Fiber	5g
Sugar	2g
Protein	6g
Cholesterol	0mg
Sodium	305mg
Vitamin A	2834IU
Vitamin C	87mg
Calcium	55mg
Iron	2mg
Vitamin D	0IU
Vitamin E	1mg
Vitamin K	28µg
Thiamine	0.1mg
Riboflavin	0.1mg
Niacin	1mg
Vitamin B6	0.2mg
Folate	59µg
Vitamin B12	0µg
Phosphorous	137mg

Directions

- 1 Slice your pepper, carrot and celery into sticks.
- 2 Line up one small mason jar per serving (we like to use size 250 ml). Fill the bottom of each with 1/4 cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat. Enjoy!

Notes

Leftovers: Refrigerate for up to four days.

Mix it Up: Substitute in different veggies like cucumber or zucchini.

Magnesium	58mg
Zinc	1mg
Selenium	3µg



Avocado Egg Salad Sandwich

4 servings

15 minutes

Ingredients

- 6 Egg
- 1 Avocado
- 1 cup Baby Spinach (chopped)
- 1 tbsp Dijon Mustard
- 1/4 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)
- 8 slices Bread (toasted)

Nutrition

Amount per serving	
Calories	348
Fat	19g
Saturated	4g
Trans	0g
Polyunsaturated	4g
Monounsaturated	10g
Carbs	30g
Net Carbs	24g
Fiber	6g
Sugar	6g
Protein	14g
Cholesterol	279mg
Sodium	412mg
Vitamin A	1182IU
Vitamin C	8mg
Calcium	86mg
Iron	2mg
Vitamin D	62IU
Vitamin E	2mg
Vitamin K	47µg
Thiamine	0.2mg
Riboflavin	0.6mg
Niacin	2mg

Directions

- 1 Place eggs in a pot of cold water, bring to a boil, then simmer for 5-6 minutes. Run under cold water to cool. Peel the eggs and chop roughly.
- 2 In a bowl, mash and combine the chop boiled eggs, avocado, baby spinach, dijon mustard, lemon juice, salt and pepper.
- 3 Spread onto toast and enjoy!

Notes

Less Bread: Make it an open-face sandwich.

Add a Kick: Add red chili flakes or hot sauce.

Vegan: Use mashed chickpeas or white kidney beans instead of eggs.

Vitamin B6	0.3mg
Folate	91µg
Vitamin B12	0.7µg
Phosphorous	217mg
Magnesium	45mg
Zinc	2mg
Selenium	23µg



Apple with Sunflower Seed Butter

1 serving

5 minutes

Ingredients

1 Apple (medium, cored and sliced)

2 tbsps Sunflower Seed Butter

Nutrition

Amount per serving	
Calories	292
Fat	18g
Saturated	2g
Trans	0g
Polyunsaturated	3g
Monounsaturated	12g
Carbs	33g
Net Carbs	27g
Fiber	6g
Sugar	22g
Protein	6g
Cholesterol	0mg
Sodium	3mg
Vitamin A	115IU
Vitamin C	9mg
Calcium	31mg
Iron	2mg
Vitamin D	0IU
Vitamin E	8mg
Vitamin K	4µg
Thiamine	0.1mg
Riboflavin	0.1mg
Niacin	2mg
Vitamin B6	0.3mg
Folate	81µg
Vitamin B12	0µg
Phosphorous	233mg
Magnesium	109mg
Zinc	2mg

Directions

- 1 Arrange the apple slices on a plate with sunflower seed butter. Dip and enjoy!

Notes

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

Selenium

33μg



Sweet Potato Pancakes

2 servings

20 minutes

Ingredients

- 2 Sweet Potato (small)
- 4 Egg (whisked)
- 1 tbsp Coconut Oil
- 1/2 tsp Cinnamon
- 2 tbsps Maple Syrup

Nutrition

Amount per serving	
Calories	369
Fat	16g
Saturated	9g
Trans	0g
Polyunsaturated	2g
Monounsaturated	4g
Carbs	41g
Net Carbs	37g
Fiber	4g
Sugar	18g
Protein	15g
Cholesterol	372mg
Sodium	216mg
Vitamin A	18985IU
Vitamin C	3mg
Calcium	122mg
Iron	3mg
Vitamin D	82IU
Vitamin E	1mg
Vitamin K	3µg
Thiamine	0.2mg
Riboflavin	0.8mg
Niacin	1mg
Vitamin B6	0.5mg
Folate	61µg

Directions

1

Peel sweet potato and dice into small cubes. Fill a saucepan with 2 inches of water and bring to a boil. Drop the sweet potato in and steam for 7 minutes or until tender when pierced with a fork. Drain off the liquid and transfer the steamed sweet potato to a bowl and mash with a fork.

2

Measure out about 1/2 cup of mashed sweet potato per serving and add it to a bowl. Add in the eggs and mix well.

3

Melt coconut oil in a large skillet over medium heat. Once hot, pour pancakes in the skillet, no more than 1/8-1/4 cup of batter at a time. Cook each side about 3-5 minutes or until browned. Divide pancakes onto plates and top with cinnamon and maple syrup. Enjoy!

Notes

Serving Size: One serving equals four 3-inch pancakes.

Spice it Up: Add nutmeg and/or ginger spice.

Toppings: Top with banana slices, fresh fruit, pureed fruit sauce, chocolate chips or chopped nuts.

Vitamin B12	0.9µg
Phosphorous	260mg
Magnesium	49mg
Zinc	2mg
Selenium	32µg



Eggs & Toast

1 serving

5 minutes

Ingredients

- 1 tsp Coconut Oil
- 2 Egg
- 1 slice Bread (toasted)

Nutrition

Amount per serving	
Calories	261
Fat	16g
Saturated	7g
Trans	0g
Polyunsaturated	3g
Monounsaturated	5g
Carbs	13g
Net Carbs	12g
Fiber	1g
Sugar	3g
Protein	14g
Cholesterol	372mg
Sodium	270mg
Vitamin A	540IU
Vitamin C	0mg
Calcium	71mg
Iron	2mg
Vitamin D	82IU
Vitamin E	1mg
Vitamin K	0µg
Thiamine	0.1mg
Riboflavin	0.5mg
Niacin	0mg
Vitamin B6	0.2mg
Folate	47µg
Vitamin B12	0.9µg
Phosphorous	217mg
Magnesium	20mg

Directions

- 1 Heat oil in a medium pan over medium heat. Crack the eggs into the pan and cook until done to your liking.
- 2 Transfer the eggs to a plate and serve with toast. Enjoy!

Notes

No Coconut Oil: Use olive oil, butter or ghee instead.

Gluten-Free: Use gluten-free bread or serve on sweet potato toast.

Zinc	1mg
Selenium	31µg



Berry Baked Oatmeal

6 servings

45 minutes

Ingredients

- 2 cups Oats (quick or traditional)
- 2 cups Unsweetened Almond Milk
- 2 tbsps Maple Syrup
- 1/2 cup Unsweetened Applesauce
- 1 tsp Cinnamon
- 2 tbsps Chia Seeds
- 2 cups Frozen Berries
- 1/4 cup Sliced Almonds

Nutrition

Amount per serving	
Calories	219
Fat	7g
Saturated	1g
Trans	0g
Polyunsaturated	2g
Monounsaturated	1g
Carbs	35g
Net Carbs	28g
Fiber	7g
Sugar	11g
Protein	6g
Cholesterol	0mg
Sodium	57mg
Vitamin A	174IU
Vitamin C	14mg
Calcium	226mg
Iron	2mg
Vitamin D	34IU
Vitamin E	0mg
Vitamin K	1µg
Thiamine	0.1mg

Directions

- 1 Preheat oven to 350°F (177°C). Grease a baking pan with coconut oil.
- 2 Add all ingredients except the sliced almonds to a mixing bowl and stir until thoroughly combined.
- 3 Transfer to baking pan and bake for about 45 minutes or until a toothpick comes out clean. Sprinkle with sliced almonds before serving. Enjoy!

Notes

Leftovers: Refrigerate in an air-tight container up to 3-5 days. Freeze if longer.

No Applesauce: Use mashed banana instead.

No Almonds: Replace with pecans, walnuts, pumpkin seeds or sunflower seeds.

Serving Size: A 9 x 9-inch baking pan (23 x 23 cm) was used to make six servings. One serving is one square.

Riboflavin	0.2mg
Niacin	0mg
Vitamin B6	0mg
Folate	9µg
Vitamin B12	0µg
Phosphorous	112mg
Magnesium	45mg
Zinc	1mg
Selenium	8µg



Warm Apples with Cinnamon

2 servings
10 minutes

Ingredients

- 1 tbsp Coconut Oil
- 2 Apple (cored and sliced)
- 1 tsp Cinnamon

Nutrition

Amount per serving	
Calories	159
Fat	7g
Saturated	6g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	26g
Net Carbs	21g
Fiber	5g
Sugar	19g
Protein	1g
Cholesterol	0mg
Sodium	2mg
Vitamin A	102IU
Vitamin C	8mg
Calcium	24mg
Iron	0mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin K	4µg
Thiamine	0mg
Riboflavin	0.1mg
Niacin	0mg
Vitamin B6	0.1mg
Folate	6µg
Vitamin B12	0µg
Phosphorous	21mg
Magnesium	10mg

Directions

- 1 In a pan, melt coconut oil over medium heat.
- 2 Add apple slices and sauté until soft, about 5 to 8 minutes.
- 3 Sprinkle cinnamon over top and stir to coat evenly.
- 4 Divide into bowls and enjoy!

Notes

- Serve it With:** Our banana ice cream, Paleo Granola or on top of oatmeal.
- No Apples:** Use pears.

Zinc	0mg
Selenium	0µg



Mango Coconut Popsicles

4 servings

40 minutes

Ingredients

- 2 cups Frozen Mango
- 1 cup Canned Coconut Milk (divided)

Nutrition

Amount per serving	
Calories	156
Fat	11g
Saturated	10g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	14g
Net Carbs	13g
Fiber	1g
Sugar	12g
Protein	1g
Cholesterol	0mg
Sodium	16mg
Vitamin A	893IU
Vitamin C	30mg
Calcium	11mg
Iron	0mg
Vitamin D	0IU
Vitamin E	1mg
Vitamin K	3µg
Thiamine	0mg
Riboflavin	0mg
Niacin	1mg
Vitamin B6	0.1mg
Folate	35µg
Vitamin B12	0µg
Phosphorous	12mg
Magnesium	8mg
Zinc	0mg

Directions

- 1 Blend mango and 3/4 of the coconut milk in a food processor or blender until smooth.
- 2 Roughly scoop mango puree into 3oz. paper cups.
- 3 Spoon remaining coconut milk into each cup to fill in the gaps around the mango. This will create a swirl effect when frozen.
- 4 Insert popsicle sticks in the middle. Place in freezer for 4 hours or until completely frozen.

Notes

No Coconut Milk: Use almond milk or cashew milk instead.

Selenium

0µg



Cheese & Roast Beef Pinwheels

1 serving

5 minutes

Ingredients

- 2 ozs Deli Roast Beef
- 1 1/2 ozs Cheddar Cheese (sliced)
- 1 Whole Wheat Tortilla (large)

Nutrition

Amount per serving	
Calories	373
Fat	21g
Saturated	11g
Trans	0g
Polyunsaturated	1g
Monounsaturated	6g
Carbs	20g
Net Carbs	16g
Fiber	4g
Sugar	1g
Protein	27g
Cholesterol	81mg
Sodium	568mg
Vitamin A	534IU
Vitamin C	0mg
Calcium	405mg
Iron	2mg
Vitamin D	12IU
Vitamin E	1mg
Vitamin K	4µg
Thiamine	0.4mg
Riboflavin	0.4mg
Niacin	5mg
Vitamin B6	0.5mg
Folate	70µg
Vitamin B12	2.3µg
Phosphorous	461mg
Magnesium	60mg

Directions

- 1 Arrange the deli roast beef and cheese slices onto the tortilla. Tightly roll up the tortilla and cut it into slices. Enjoy!

Notes

Leftovers: Best enjoyed fresh. Refrigerate in an airtight container for up to two days.

Serving Size: One serving is approximately six pinwheels or one whole tortilla chopped into pinwheels.

More Flavor: Add pickles or cucumber.

Gluten-Free: Use a gluten-free tortilla.

Dairy-Free: Use a plant-based cheese alternative or hummus instead.

Zinc	5mg
Selenium	43µg