













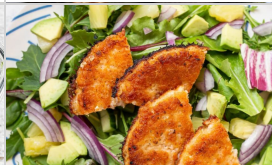









Herb + Spice

Natalee's Recipes

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	Mon	Tue	Wed	Thu	Fri
Breakfast	 Mediterranean Breakfast Bowl	 Blended Blueberry Baked Oats	 High Fiber Seed Loaf	 Blueberry Overnight Oats	 Chocolate Strawberry Chia Pudding
Snack 1	 Blueberry Oat Muffins	 Almond Butter & Jam Chia Pudding	 Carrot Cake Chia Pudding	 Banana Coconut Protein Bars	 Strawberry Overnight Oats
Lunch	 Radish & Fried Egg Salad	 Meal Prep Taco Bowl	 Pineapple & Salmon Burger Salad	 Pork & Coleslaw Skillet	 One Pan Steak, Asparagus & Mushrooms
Dinner	 Beef Cabbage Soup	 Bok Choy & Mushroom Ramen	 Moroccan Chicken Stew	 Slow Cooker Chicken Cacciatore	 Slow Cooker Chicken Soup

Fruits

- ☐ 3 Avocado
- ☐ 1 Banana
- ☐ 2 1/3 cups Blueberries
- ☐ 1/3 cup Pineapple
- ☐ 1 cup Raspberries
- ☐ 1 1/2 cups Strawberries

Breakfast

- ☐ 1/2 cup Almond Butter
- ☐ 1/3 cup Maple Syrup

Seeds, Nuts & Spices

- ☐ 1/2 tsp Black Pepper
- ☐ 1/2 tsp Cardamom
- ☐ 1/4 tsp Cayenne Pepper
- ☐ 1 1/3 cups Chia Seeds
- ☐ 1/4 tsp Chili Flakes
- ☐ 1 1/3 tbsps Cinnamon
- ☐ 1/4 tsp Ground Ginger
- ☐ 1/4 tsp Ground Sumac
- ☐ 2 tbsps Hemp Seeds
- ☐ 1 1/2 tsps Oregano
- ☐ 1/2 cup Pumpkin Seeds
- ☐ 1 1/4 tbsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 1/2 tsps Sesame Seeds
- ☐ 1 cup Slivered Almonds
- ☐ 1/2 cup Sunflower Seeds
- ☐ 1 1/2 tsps Taco Seasoning
- ☐ 1 tsp Turmeric
- ☐ 1/4 cup Walnuts
- ☐ 1/2 cup Whole Flax Seeds

Frozen

- ☐ 3 1/8 ozs Salmon Burger Patty

Vegetables

- ☐ 1 1/2 cups Arugula
- ☐ 2 cups Asparagus
- ☐ 9 1/2 cups Baby Spinach
- ☐ 4 cups Bok Choy
- ☐ 7 Carrot
- ☐ 2 1/2 cups Cauliflower Rice
- ☐ 4 stalks Celery
- ☐ 1/2 cup Cherry Tomatoes
- ☐ 6 cups Coleslaw Mix
- ☐ 12 Cremini Mushrooms
- ☐ 14 Garlic
- ☐ 1 tsp Ginger
- ☐ 3 cups Green Cabbage
- ☐ 4 stalks Green Onion
- ☐ 2 cups Mixed Greens
- ☐ 3 cups Mushrooms
- ☐ 1 cup Parsley
- ☐ 1/3 cup Radishes
- ☐ 1/4 cup Red Onion
- ☐ 1 tbsp Rosemary
- ☐ 2 cups Shiitake Mushrooms
- ☐ 3 Tomato
- ☐ 4 Yellow Onion

Boxed & Canned

- ☐ 6 cups Beef Broth
- ☐ 2 cups Crushed Tomatoes
- ☐ 2 cups Diced Tomatoes
- ☐ 13 ozs Gluten-Free Ramen Noodles
- ☐ 1/2 cup Salsa
- ☐ 2 tbsps Tomato Paste
- ☐ 6 cups Vegetable Broth

Baking

- ☐ 1 1/4 tsps Baking Powder
- ☐ 1/8 tsp Ground Cloves
- ☐ 8 cups Oats
- ☐ 1/4 cup Psyllium Husks
- ☐ 1/3 cup Raisins
- ☐ 1/2 cup Raw Honey

Bread, Fish, Meat & Cheese

- ☐ 1 1/8 lbs Chicken Breast
- ☐ 2 1/2 lbs Chicken Thighs
- ☐ 1/4 cup Hummus
- ☐ 1 2/3 lbs Lean Ground Beef
- ☐ 1 lb Lean Ground Pork
- ☐ 1 lb Top Sirloin Steak

Condiments & Oils

- ☐ 3 1/8 tbsps Avocado Oil
- ☐ 1/2 cup Black Olives
- ☐ 2 tbsps Capers
- ☐ 1/4 cup Coconut Aminos
- ☐ 1/4 cup Coconut Oil
- ☐ 2 1/8 tbsps Extra Virgin Olive Oil
- ☐ 2 tsps Fish Sauce
- ☐ 1 tsp Miso Paste
- ☐ 1/4 cup Pitted Kalamata Olives

Cold

- ☐ 14 Egg
- ☐ 1/2 cup Oat Milk
- ☐ 1 cup Plain Coconut Milk
- ☐ 5 1/4 cups Unsweetened Almond Milk
- ☐ 1/4 cup Unsweetened Coconut Yogurt

Other

- ☐ 1/4 cup Chocolate Protein Powder
- ☐ 1/3 cup Protein Powder
- ☐ 9 cups Water

-
- ☐ 1 tsp Stevia Powder
 - ☐ 3/4 cup Unsweetened Coconut Flakes
 - ☐ 1/2 cup Unsweetened Shredded Coconut
 - ☐ 2 tsps Vanilla Extract



Mediterranean Breakfast Bowl

1 serving

20 minutes

Ingredients

- 1 Egg
- 2 tsps Extra Virgin Olive Oil (divided)
- 1 cup Mushrooms (sliced)
- 1/2 cup Cherry Tomatoes
- 2 cups Baby Spinach
- 1 Garlic (clove, minced)
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Hummus
- 1/4 cup Pitted Kalamata Olives
- 1/4 tsp Ground Sumac
- 1/4 tsp Chili Flakes

Directions

- 1 Bring a medium-sized pot of water to boil and add the egg. Boil for seven to eight minutes then immediately remove and place in icy water.
- 2 Meanwhile, heat half of the olive oil in a frying pan. Add the mushrooms and cook for five to six minutes or until browned.
- 3 Add the tomatoes, spinach, garlic, salt and pepper. Cook until the spinach has wilted, about two to three minutes.
- 4 Add the cooked vegetables, hummus, and olives to a bowl. Peel the egg, slice it in half and add it to the bowl. Drizzle the rest of the oil on top of the hummus. Sprinkle the sumac and chili flakes all over. Enjoy!

Notes

Leftovers: Best enjoyed immediately.

Cooked Egg: If you don't like jammy eggs, boil them longer or make them the way you like them (scrambled, fried, poached).

More Protein: Add another egg.



Blended Blueberry Baked Oats

2 servings

30 minutes

Ingredients

1/2 tsp Coconut Oil
3/4 cup Oats
1/2 cup Oat Milk
1 tbsp Maple Syrup
1 Egg
1/4 tsp Baking Powder
1/2 tsp Vanilla Extract
1/3 cup Blueberries

Directions

- 1 Preheat the oven to 350°F (175°C). Grease the ramekins with oil.
- 2 In a blender, combine the oats, milk, maple syrup, egg, baking powder, and vanilla. Blend on high until very smooth, about one minute. Fold in the blueberries.
- 3 Divide the oat mixture evenly between ramekins and bake for 25 to 27 minutes until cooked through and a toothpick inserted in the center comes out clean. Let cool slightly and enjoy!

Notes

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

Serving: These were made in 8-ounce (120-mL) ramekin dishes. One ramekin is one serving.

More Flavor: Add ground cinnamon.

Additional Toppings: Add nut or seed butter into the mix when blending. Or top with nut or seed butter.



High Fiber Seed Loaf

10 servings

3 hours

Ingredients

1/2 cup Sunflower Seeds
1/2 cup Whole Flax Seeds
1/2 cup Pumpkin Seeds
1/4 cup Chia Seeds
2 cups Oats (rolled)
1/4 cup Psyllium Husks
1/2 tsp Sea Salt
3 tbsps Avocado Oil
1 1/2 cups Water

Directions

- 1 In a large bowl, combine sunflower seeds, flax seeds, pumpkin seeds, chia seeds, oats, psyllium husks and salt. Mix well.
- 2 In a separate bowl, whisk together the avocado oil and water. Add the wet ingredients to the dry ingredients and mix very well until everything is combined.
- 3 Line a loaf pan with parchment paper, allowing the ends of the parchment to come higher than the sides of the pan. Pour in the mixture. Let it stand for two hours (or overnight) to thicken further.
- 4 Preheat the oven to 350°F (177°C). Place the loaf pan in the oven and bake for 20 minutes. Then remove the loaf from the pan by pulling up the sides of the parchment. Remove the parchment and place the loaf upside down directly on the oven rack and bake for another 30 minutes.
- 5 Remove from the oven and let it cool completely before slicing. Enjoy!

Notes

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

Serving Size: One serving is equal to one slice of bread.

Additional Toppings: Serve with nut or seed butter, hummus, avocado, or chia jam.

Psyllium Powder: If you are using psyllium powder instead of the whole husks, cut the amount used in half.



Blueberry Overnight Oats

4 servings

8 hours

Ingredients

- 1 1/2 cups Oats
- 1 1/2 cups Unsweetened Almond Milk
- 2 tbsps Chia Seeds
- 2 tbsps Maple Syrup
- 1 tsp Cinnamon
- 1/2 cup Water
- 1 cup Blueberries
- 1 cup Slivered Almonds

Directions

- 1 Combine oats, almond milk, chia seeds, maple syrup, cinnamon and water together in a large tupperware container. Stir well to mix. Seal and place in the fridge overnight (or for at least 8 hours).
- 2 Remove oats from fridge. Use single-serving size mason jars and place a large spoonful of the oat mix in the bottom of each, then a layer of blueberries followed by a layer of slivered almonds. Repeat until all ingredients are used up. Store in the fridge until ready to eat. Enjoy hot or cold!

Notes

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



Chocolate Strawberry Chia Pudding

2 servings

30 minutes

Ingredients

- 1/4 cup Chia Seeds
- 1 cup Plain Coconut Milk
(unsweetened, from the carton)
- 1/4 cup Chocolate Protein Powder
- 1 cup Strawberries (halved)

Directions

- 1 In a large bowl, combine the chia seeds with the coconut milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 Top the chia pudding with the strawberries and enjoy!

Notes

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

No Protein Powder: Use raw cacao powder or cocoa powder instead of protein powder, using half the amount.

Likes it Sweet: Add a drizzle of maple syrup or honey.

Likes it Thicker: Use full fat coconut milk instead.

Additional Toppings: Add granola or cacao nibs on top for crunch.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.



Blueberry Oat Muffins

12 servings

40 minutes

Ingredients

- 2 cups Oats (rolled)
- 1/2 cup Unsweetened Shredded Coconut
- 2 tbsps Hemp Seeds
- 1 tsp Cinnamon
- 1 tsp Baking Powder
- 2 Egg
- 1/4 cup Unsweetened Almond Milk
- 1 tsp Vanilla Extract
- 2 tbsps Maple Syrup
- 1 cup Blueberries (fresh)

Directions

- 1 Preheat the oven to 375°F (190°C) and line a muffin pan with liners.
- 2 In a large mixing bowl combine the oats, shredded coconut, hemp seeds, cinnamon and baking powder. Mix together until evenly combined.
- 3 In a separate mixing bowl, whisk the eggs, almond milk, vanilla and maple syrup. Add the egg mixture to the dry ingredients and mix until combined. Fold in the blueberries.
- 4 Divide the batter between the muffin cups and bake for 25 to 30 minutes or until the muffins are golden brown around the edges. Let the muffins cool in the pan for 5 minutes before transferring to a cooling rack to cool completely. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days or freeze for up to one month.

Serving Size: One serving is equal to one muffin.

Additional Toppings: Top with shaved almonds or pecans.

No Blueberries : Use strawberries or raspberries instead.



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

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.



Carrot Cake Chia Pudding

2 servings

3 hours

Ingredients

- 1 Carrot (medium, grated)
- 1/2 tsp Cinnamon
- 1/8 tsp Ground Cloves
- 1/4 tsp Ground Ginger
- 1 tsp Stevia Powder (to taste)
- 2 cups Unsweetened Almond Milk
- 1/2 cup Chia Seeds
- 1/4 cup Walnuts (chopped)
- 2 tbsps Unsweetened Coconut Flakes

Directions

1

In a medium sized mixing bowl, combine the shredded carrot, cinnamon, cloves, ginger and stevia. Add the almond milk, then whisk in the chia seeds. Let sit for 5 minutes, then stir again to redistribute the chia seeds. Cover the bowl and refrigerate for 3 hours or overnight.

2

Divide into bowls or mason jars and garnish with shredded coconut and chopped walnuts. Enjoy!

Notes

Storage: Keeps well in the fridge for 3 to 4 days.

Extra Creamy: Replace half of the almond milk with full-fat canned coconut milk.



Banana Coconut Protein Bars

12 servings

20 minutes

Ingredients

1 Banana (mashed)
1 1/4 cups Oats
2/3 cup Unsweetened Coconut Flakes
1/3 cup Raw Honey
1/3 cup Almond Butter
1 tsp Cinnamon
1/3 cup Protein Powder

Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Place all ingredients together in a bowl and mix well with a spatula.
- 3 Pack mixture down firmly into a pan. (I use a 9 x 9 square pan.)
- 4 Bake in oven for 15 minutes. Remove and let cool for 30 minutes.
- 5 When cool, cut into bars. Store in an air-tight container or wrap them individually and throw them in the freezer for an easy grab-and-go snack.



Strawberry Overnight Oats

2 servings

8 hours

Ingredients

1/2 cup Oats
1/2 cup Unsweetened Almond Milk
1/2 cup Strawberries (chopped, plus extra to garnish)
1/4 cup Unsweetened Coconut Yogurt
1 tbsp Maple Syrup
1/2 tsp Vanilla Extract

Directions

- 1 Add all the ingredients to a resealable bowl or container and stir well to combine. Seal and place in the fridge overnight, or for at least eight hours.
- 2 Remove the oats from the fridge. Divide into containers and top with additional strawberries, if using. Enjoy!

Notes

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

Serving Size: One serving is approximately one cup.

No Coconut Yogurt: Use Greek yogurt or plain cow's milk yogurt instead.



Radish & Fried Egg Salad

1 serving

15 minutes

Ingredients

1/2 tsp Avocado Oil
2 Egg
1 1/2 cups Baby Spinach
1 1/2 cups Arugula
1/3 cup Radishes (sliced)
1/2 Avocado (cubed)

Directions

- 1 Heat the oil in a pan over medium heat. Crack the eggs in the pan and cook until the whites are set and the yolk is cooked to your liking.
- 2 Arrange the spinach, arugula, radishes, and avocado onto a plate. Top with the fried eggs and enjoy!

Notes

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

More Flavor: Add a pinch of salt, everything bagel seasoning, or a dash of tamari.

Additional Toppings: Add thinly sliced red onions, cucumber, or tomatoes.



Meal Prep Taco Bowl

4 servings

15 minutes

Ingredients

- 1 lb Lean Ground Beef
- 1 1/2 tsps Taco Seasoning
- 6 Egg
- Sea Salt & Black Pepper (to taste)
- 6 cups Baby Spinach
- 2 Avocado (sliced)
- 1/2 cup Salsa

Directions

- 1 Heat a large skillet over medium heat. Once hot, add the beef into the skillet. Use a spatula to break it apart. Add the taco seasoning and cook until browned and cooked through, remove with a slotted spoon and set aside. Drain any excess drippings from the pan.
- 2 Whisk the eggs in a bowl. In the same skillet, over medium-low heat, add the eggs and cook until fluffy and cooked through. Season with salt and pepper and set aside.
- 3 Divide the spinach between plates, or into containers. Top with beef, eggs, avocado, and salsa. Enjoy!

Notes

Leftovers: Store in an airtight container in the fridge for up to two days.

Additional Toppings: Top with shredded cheese or sour cream.



Pineapple & Salmon Burger Salad

1 serving

20 minutes

Ingredients

3 1/8 ozs Salmon Burger Patty
2 cups Mixed Greens
1/4 cup Red Onion (sliced)
1/3 cup Pineapple (chopped)
1/2 Avocado (small, chopped)

Directions

- 1 Cook the salmon burger patty according to package instructions. Cut into slices.
- 2 Arrange the mixed greens, red onions, pineapple, and avocado on a plate. Top with the salmon burger patty. Enjoy!

Notes

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

More Flavor: Top with lemon juice, yogurt or your dressing of choice.

Salmon Burger Patty: One salmon burger patty is 90 grams or 3.2 ounces.



Pork & Coleslaw Skillet

4 servings

20 minutes

Ingredients

- 1 lb Lean Ground Pork
- 2 Egg
- 1 tsp Ginger (minced)
- 4 Garlic (cloves, minced)
- 6 cups Coleslaw Mix
- 2 tsps Fish Sauce
- 2 1/2 cups Cauliflower Rice
- 1/4 cup Coconut Aminos
- 1 1/2 tsps Sesame Seeds (for garnish, optional)

Directions

- 1 Heat a large cast iron skillet over medium heat. Once hot, add the pork and let it brown before using a spatula to break it apart and flip over. Continue cooking until no longer pink and somewhat browned and crispy.
- 2 In a small bowl, whisk the eggs and set them aside.
- 3 Reduce the heat to medium-low and add in the ginger and garlic, cook until fragrant, about one minute. Add in the coleslaw and fish sauce and stir to combine. Cook until the veggies have softened a little, about two to three minutes.
- 4 Make a small well in the centre and add the eggs, stirring to cook. Add the cauliflower rice and continue tossing to combine everything. Cook for an additional four to five minutes. Remove from the heat and pour in the coconut aminos.
- 5 Divide into bowls and garnish with sesame seeds.

Notes

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

Serving Size: One serving is approximately two cups.

More Flavor: Add sriracha and green onions.

No Coconut Aminos: Use tamari or soy sauce instead.



One Pan Steak, Asparagus & Mushrooms

2 servings

10 minutes

Ingredients

1 1/2 tps Extra Virgin Olive Oil
(divided)
1 lb Top Sirloin Steak
1/4 tsp Sea Salt (divided)
2 cups Asparagus (woody ends
trimmed)
12 Cremini Mushrooms (sliced)

Directions

- 1 Heat half the oil in a skillet over medium-high heat. Season both sides of the steak with half of the sea salt.
- 2 Add the steak to the skillet and cook for about two minutes per side, or until it has reached your desired doneness. Set aside and let rest for at least five minutes before cutting into slices.
- 3 Reduce the heat to medium and add the remaining oil to the skillet. Cook the asparagus and mushrooms for about five minutes, or until cooked through seasoning with the remaining salt.
- 4 Divide the asparagus, mushrooms, and steak slices onto plates. Enjoy!

Notes

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

Additional Toppings: Serve with garlic butter sauce, chimichurri, salsa or caramelized onions.

Serving Size: One serving is approximately 3/4 cup asparagus, 1/4 cup mushrooms, and 8 ounces (227 grams) steak.



Beef Cabbage Soup

4 servings

1 hour

Ingredients

- 10 1/2 ozs Lean Ground Beef
- 1 Yellow Onion (chopped)
- 3 Garlic (clove, minced)
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 2 tbsps Tomato Paste
- 6 cups Beef Broth (low sodium)
- 2 cups Diced Tomatoes (from the can, with the juice)
- 3 cups Green Cabbage (chopped)
- 2 Carrot (medium, chopped)

Directions

- 1 Add the beef to the pan, breaking it up as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
- 2 Add the onion and cook for three to five minutes until softened. Stir in the garlic, salt, pepper and tomato paste and cook for another minute.
- 3 Add the broth and diced tomatoes and stir to combine then add the cabbage and carrots. Bring the soup to a gentle boil then reduce heat slight to simmer for 30 to 35 minutes or until the carrots and cabbage are tender.
- 4 Season with additional salt and pepper if needed then divide between bowls. Enjoy!

Notes

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

Serving Size: One serving is approximately equal to two cups.

More Flavor: Add other dried herbs and spices to taste, like red pepper flakes, paprika, cumin, or parsley.

No Ground Beef: Use ground chicken, turkey, or pork.

More Veggies: Add celery, zucchini, or kale.



Bok Choy & Mushroom Ramen

4 servings

35 minutes

Ingredients

1 tbsp Extra Virgin Olive Oil (divided)
4 stalks Green Onion (sliced, white and green parts divided)
6 Garlic (cloves, minced)
2 cups Shiitake Mushrooms (tough stems removed, sliced)
6 cups Vegetable Broth
1 cup Water
4 cups Bok Choy (halved lengthwise)
1 tsp Miso Paste
13 ozs Gluten-Free Ramen Noodles (dry)

Directions

- 1 Heat half of the oil in a large saucepan or Dutch oven over medium heat. Cook the white parts of the green onions along with the garlic until fragrant, about one minute.
- 2 Add the shiitake mushrooms and cook for another one to two minutes. Add the broth and water, bring to a boil, then lower to a simmer. Cook for at least 20 minutes.
- 3 Meanwhile, heat the remaining oil in a skillet over medium-high heat. Cook the bok choy until browned on both sides, about five minutes.
- 4 Just before serving, stir the miso paste into the broth. Add the noodles and cook for three minutes or until soft, stirring well to loosen the noodles.
- 5 Divide the broth, noodles, shiitake mushrooms, and bok choy into bowls. Garnish with the remaining green onions. Enjoy!

Notes

Leftovers: Refrigerate the broth and vegetables separate from the noodles for up to four days. Freeze the broth, if longer. Cook the noodles before serving.

Serving Size: One serving equals approximately 2 1/2 cups.

More Flavor: Add ginger, red pepper flakes and/or sesame oil in the first step. Use low-sodium broth and omit the water. Cook the broth for up to 24 hours. The longer it cooks, the more flavor it will develop.

Additional Toppings: Tamari, lime juice, spinach, nori sheets, crispy tofu, corn or soft-boiled eggs.

No Ramen Noodles: Use shirataki noodles, vermicelli noodles, or brown rice noodles instead.



Moroccan Chicken Stew

4 servings

30 minutes

Ingredients

1/4 cup Coconut Oil
10 ozs Chicken Breast (skinless, boneless, diced into chunks)
2 Yellow Onion (medium, diced)
1 tsp Turmeric
1/2 tsp Cinnamon
1/2 tsp Cardamom
1/4 tsp Cayenne Pepper
1 1/2 tsps Sea Salt
3 Tomato (large, diced)
1/2 cup Parsley (finely chopped and divided)
2 tbsps Raw Honey
1/3 cup Raisins

Directions

- 1 Heat coconut oil over medium heat in a large pot or saucepan. Add chicken, onion, turmeric, cinnamon, cardamom, cayenne and salt. Cook for 15 minutes, stirring occasionally.
- 2 Stir in tomatoes, half the parsley, honey and raisins. Cover and cook for another 15 minutes, until chicken is cooked through and sauce is thick.
- 3 Uncover and serve immediately. Garnish with remaining parsley. Enjoy!

Notes

Serve it With: Crusty bread, brown or white rice, quinoa, brown rice tortillas, roasted squash, sweet potato, or our Paleo Tabbouleh recipe.

Storage: Refrigerate in an airtight container up to 3 days, or freeze if longer.

Make it Vegan or Vegetarian: Use chickpeas instead of chicken and maple syrup instead of honey.



Slow Cooker Chicken Cacciatore

4 servings

4 hours

Ingredients

- 1 1/2 lbs Chicken Thighs (skinless, boneless)
- 1 Carrot (peeled and sliced)
- 2 cups Mushrooms (sliced)
- 2 cups Crushed Tomatoes
- 1 1/2 tsps Oregano
- 2 tsps Capers
- 1/2 cup Black Olives (pitted, sliced)
- 1/2 tsp Sea Salt
- 1/2 cup Parsley (finely chopped)

Directions

- 1 Combine all ingredients except parsley in the slow cooker and cook on high for 4 hours, or on low for approximately 6 to 8 hours.
- 2 Divide into bowls and garnish with parsley. Adjust salt to taste if needed. Enjoy!

Notes

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

Serve it With: Rice, bread, potatoes, spaghetti squash, zucchini noodles, pasta, cauliflower rice or couscous.



Slow Cooker Chicken Soup

6 servings

6 hours

Ingredients

1 Yellow Onion (diced)
4 stalks Celery (diced)
3 Carrot (medium, chopped)
1 tbsp Rosemary (fresh)
8 ozs Chicken Breast (boneless, skinless)
1 lb Chicken Thighs (boneless, skinless)
Sea Salt & Black Pepper (to taste)
6 cups Water (or broth)

Directions

- 1 Add all ingredients to the crock pot and cook on low for 6-8 hrs.
- 2 Once chicken is cooked through, transfer it to a large bowl and shred it with two forks. Return the shredded chicken to the crock pot and let it soak for at least 5-10 minutes before serving. Adjust seasoning as needed.

Notes

More Carbs: Add chopped potatoes or cooked rice/pasta. You can also mix in raw pasta about 15 minutes before serving.

Leftovers: Refrigerate in an air-tight container up to 3-4 days or freeze up to 6 months. Omit pasta and potatoes if you plan to freeze.