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|-----------|---|---|---|--|---|
| Breakfast |  Apple & Peanut Butter Smoothie |  Blueberry Coconut Smoothie |  Mango Banana Smoothie |  Yogurt Overnight Oats |  Banana Mango Chia Pudding |
| Lunch |  Slow Cooker Chicken Cacciatore |  Moroccan Beef & Lentil Soup |  Chicken & Broccoli Shirataki Noodle Soup |  Blended Chickpea Tomato Soup |  Carrot & Fennel Soup |
| Dinner |  Slow Cooker Lamb Curry |  Slow Cooker Chicken & Black Bean Taco Soup |  Beef Shank & Mashed Potatoes |  Slow Cooker Beef Shank |  Soothing Pork Hock Noodle Soup |

Fruits

- ☐ 2 Apple
- ☐ 1 Avocado
- ☐ 2 1/2 Banana
- ☐ 1/2 cup Blackberries
- ☐ 1 Mango
- ☐ 1/2 cup Raspberries

Breakfast

- ☐ 1 tbsp All Natural Peanut Butter
- ☐ 3 1/8 tbsps Maple Syrup

Seeds, Nuts & Spices

- ☐ 1/3 cup Chia Seeds
- ☐ 3/4 tsp Cinnamon
- ☐ 1/2 tsp Cumin
- ☐ 2 tbsps Curry Powder
- ☐ 2 tsps Ground Allspice
- ☐ 2 tbsps Moroccan Spice Blend
- ☐ 1 1/2 tsps Oregano
- ☐ 2 tsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 tsp Smoked Paprika
- ☐ 2 tbsps Taco Seasoning

Frozen

- ☐ 1/4 cup Frozen Banana
- ☐ 1 cup Frozen Blueberries
- ☐ 1 cup Frozen Cauliflower
- ☐ 3/4 cup Frozen Mango
- ☐ 4 Ice Cubes

Vegetables

- ☐ 12 cups Arugula
- ☐ 2 cups Broccoli
- ☐ 6 Carrot
- ☐ 2 stalks Celery
- ☐ 510 grams Chinese Broccoli
- ☐ 1 cup Cilantro
- ☐ 1/2 bulb Fennel
- ☐ 14 Garlic
- ☐ 1/4 cup Ginger
- ☐ 2 cups Mushrooms
- ☐ 1 cup Parsley
- ☐ 6 Russet Potato
- ☐ 1 Scotch Bonnet
- ☐ 2 tbsps Thyme
- ☐ 1 1/4 White Onion
- ☐ 4 Yellow Onion

Boxed & Canned

- ☐ 1 cup Black Beans
- ☐ 2.5 liters Bone Broth
- ☐ 298 grams Buckwheat Soba Noodles
- ☐ 3 1/4 cups Canned Coconut Milk
- ☐ 3 cups Canned Whole Tomatoes
- ☐ 2 cups Chicken Broth
- ☐ 4 cups Chicken Broth, Low Sodium
- ☐ 2/3 cup Chickpeas
- ☐ 2 cups Corn Tortilla Chips
- ☐ 3 1/2 cups Crushed Tomatoes
- ☐ 6 cups Diced Tomatoes
- ☐ 1 cup Dry Red Lentils
- ☐ 3 cups Fire Roasted Diced Tomatoes
- ☐ 2/3 cup Quinoa
- ☐ 227 grams Shirataki Noodles
- ☐ 3 tbsps Tomato Paste

Baking

- ☐ 1 tbsp Arrowroot Powder
- ☐ 2/3 cup Oats
- ☐ 2 tsps Vanilla Extract

Bread, Fish, Meat & Cheese

- ☐ 1.8 kilograms Beef Shanks
- ☐ 1.4 kilograms Chicken Thighs
- ☐ 680 grams Lamb Shoulder Chop
- ☐ 454 grams Lean Ground Beef
- ☐ 2.7 kilograms Pork Hock

Condiments & Oils

- ☐ 1/2 cup Black Olives
- ☐ 2 tbsps Capers
- ☐ 1/3 cup Extra Virgin Olive Oil
- ☐ 2 tbsps Tamari

Cold

- ☐ 1/2 cup Cow's Milk, Whole
- ☐ 1 cup Cow's Milk, Reduced Fat
- ☐ 2 1/16 cups Plain Greek Yogurt
- ☐ 1 cup Unsweetened Almond Milk

Other

- ☐ 1 cup Coconut Water
- ☐ 19 grams Collagen Powder
- ☐ 1/3 cup Vanilla Protein Powder
- ☐ 8 cups Water



Apple & Peanut Butter Smoothie

1 serving

5 minutes

Ingredients

- 1 Apple (medium, peeled and chopped)
- 1 Banana (frozen)
- 4 Ice Cubes
- 2 tbsps Vanilla Protein Powder
- 2 tbsps Oats
- 1 tbsp All Natural Peanut Butter
- 3/4 tsp Cinnamon
- 1 cup Unsweetened Almond Milk

Directions

1

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

Notes

Leftovers: Best enjoyed immediately.

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



Blueberry Coconut Smoothie

1 serving

5 minutes

Ingredients

1 cup Coconut Water
1 cup Frozen Blueberries
1/4 cup Frozen Banana
1/4 cup Plain Greek Yogurt
1/4 cup Vanilla Protein Powder

Directions

- 1 Add all of the ingredients to a blender and blend until smooth. Enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is equal to approximately 1 1/3 cup.

Make it Vegan: Use coconut or cashew yogurt instead.

More Fiber: Add a combination of chia seeds, hemp seeds, and baby spinach before blending.



Mango Banana Smoothie

1 serving

5 minutes

Ingredients

1 cup Cow's Milk, Reduced Fat
1 cup Frozen Cauliflower
3/4 cup Frozen Mango
1/2 Banana (frozen)
1/3 cup Plain Greek Yogurt
19 grams Collagen Powder

Directions

1

Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is equal to approximately 1 1/2 cups.

Dairy-Free: Use dairy-free milk such as almond, cashew, coconut, or oat.

No Frozen Fruit: Use fresh instead.

No Collagen: Omit or use a vanilla protein powder instead.

Make it Vegan: Omit the collagen and use dairy-free milk.



Yogurt Overnight Oats

2 servings

8 hours

Ingredients

1 cup Plain Greek Yogurt
1/2 cup Cow's Milk, Whole
2 tsps Maple Syrup
1 tsp Vanilla Extract
1/2 cup Oats
1/2 cup Blackberries
1/2 cup Raspberries

Directions

- 1 In a bowl, combine the yogurt, milk, maple syrup, and vanilla extract. Stir in the oats.
- 2 Divide evenly between jars and top with blackberries and raspberries. Refrigerate overnight or for at least eight hours. Enjoy!

Notes

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

Serving Size: One serving is approximately one cup.

Make it Vegan: Use plant-based yogurt and milk of choice.

Additional Toppings: Top with cinnamon, coconut flakes, nut butter, nuts and seeds.



Banana Mango Chia Pudding

4 servings

30 minutes

Ingredients

- 1/3 cup Chia Seeds
- 1 3/4 cups Canned Coconut Milk
- 2 1/2 tbsps Maple Syrup
- 1 tsp Vanilla Extract
- 1 Mango (cubed)
- 1 Banana (sliced)

Directions

- 1 In a large bowl, combine the chia seeds with coconut milk, maple syrup, and vanilla. 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 mango and banana. Enjoy!

Notes

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

Additional Toppings: Top with coconut flakes.



Slow Cooker Chicken Cacciatore

4 servings

4 hours

Ingredients

680 grams 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.



Moroccan Beef & Lentil Soup

6 servings
 30 minutes

Ingredients

2 Yellow Onion (medium, chopped)
 2 stalks Celery (diced)
 2 tbsps Extra Virgin Olive Oil (divided)
 454 grams Lean Ground Beef
 1/2 cup Parsley (chopped, plus more for garnish)
 2 tbsps Moroccan Spice Blend
 3 cups Canned Whole Tomatoes (with juices)
 1.7 liters Bone Broth
 1/4 cup Quinoa (dry, rinsed)
 1 cup Dry Red Lentils (rinsed and drained)

Directions

- 1 Heat the oil in a large pot over medium-high heat. Sauté the onions and celery for five minutes in the oil. Add the ground beef and cook until no longer pink, about another five minutes.
- 2 Add the parsley and the Moroccan spice blend. Mix well and cook for one more minute.
- 3 Add the tomatoes, breaking them up with a wooden spoon. Add the broth and quinoa. Bring to a boil then reduce to a simmer and cook for five minutes on low heat.
- 4 Add the lentils and cook for another 15 minutes or until the lentils are tender.
- 5 Divide evenly between bowls and garnish with parsley. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately 1 2/3 cups.

Make it Vegan: Use plant-based protein in place of ground beef. Use vegetable broth instead of bone broth.

More Flavor: Season with salt and black pepper, fresh garlic, and lime juice. Use rice and chickpeas in place of quinoa and lentils.

Additional Toppings: Green onions and cilantro.



Chicken & Broccoli Shirataki Noodle Soup

2 servings
 20 minutes

Ingredients

2 cups Chicken Broth
 1 tbsp Ginger (sliced)
 227 grams Chicken Thighs (skinless, boneless)
 2 cups Broccoli (cut into florets)
 227 grams Shirataki Noodles

Directions

- 1 Add the broth, ginger, and chicken thighs to a large pot. Bring to a boil then simmer for 10 minutes.
- 2 Add the broccoli and continue to cook for five minutes more or until the chicken thighs are cooked through.
- 3 Divide the noodles evenly between bowls. Distribute the broth, ginger, chicken, and broccoli between the bowls, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for three days.

Serving Size: One serving is approximately one cup of broth with chicken, broccoli, and noodles.

Make it Vegan: Use vegetable broth instead of chicken broth. Omit the chicken and use tofu or other vegan protein.

More Flavor: Add minced garlic, snap peas and/or chopped carrots to the broth while it heats.

Additional Toppings: Top with hot sauce, chopped cilantro, chilli flakes and/or sesame seeds.

No Shirataki Noodles: Use kelp noodles or cooked noodles of choice.



Blended Chickpea Tomato Soup

1 serving
25 minutes

Ingredients

1 1/2 cups Crushed Tomatoes (from the can)
1/4 White Onion (small, chopped)
2 Garlic (clove)
2/3 cup Chickpeas (cooked, rinsed)
1 tsp Smoked Paprika
1/2 tsp Cumin (ground)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Add the crushed tomatoes, onion, and garlic to a saucepan. Bring to a boil. Reduce the heat to simmer and let it simmer uncovered for about 10 minutes.
- 2 Add chickpeas, paprika, and cumin. Stir well, cover with a lid, and let simmer for another 15 minutes.
- 3 Season with salt and pepper. Use an immersion blender and blend the soup until it is smooth. Divide evenly between bowls and enjoy!

Notes

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

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

More Flavor: Add lemon juice and coconut milk.

Additional Toppings: Fresh herbs.

Make it Spicy: Add chili flakes.

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



Carrot & Fennel Soup

4 servings

25 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Yellow Onion (medium, diced)
- 3 Garlic (clove, minced)
- 1 tbsp Ginger (fresh, minced)
- 3 Carrot (medium, peeled, chopped)
- 1/2 bulb Fennel (medium, chopped)
- 1 Apple (peeled, chopped)
- 4 cups Chicken Broth, Low Sodium
- 1/2 tsp Sea Salt

Directions

- 1 In a large saucepan, heat the oil over medium-high heat. Add the onion and cook until translucent, about three to five minutes.
- 2 Add the garlic and ginger and cook until fragrant, about one minute. Add the remaining ingredients and bring to a boil. Simmer for 20 minutes, or until the carrots are fork tender.
- 3 Transfer soup to a blender, or use an immersion blender, and blend until smooth. Divide evenly between bowls, and enjoy!

Notes

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

Serving Size: One serving size is equal to approximately one cup.

Additional Toppings: Top with your choice of cooked protein. Fresh herbs like dill, parsley, or fronds from the fennel.



Slow Cooker Lamb Curry

6 servings
 4 hours 15 minutes

Ingredients

680 grams Lamb Shoulder Chop
 (boneless, chopped into 1-inch cubes)
 1 1/2 cups Canned Coconut Milk
 1 Yellow Onion (medium, diced)
 1 Scotch Bonnet (optional, finely
 chopped)
 3 tbsps Tomato Paste
 2 tbsps Curry Powder
 2 tbsps Thyme (fresh, plus more for
 garnish)
 2 tbsps Ginger (finely chopped)
 2 tbsps Tamari
 3 Garlic (finely chopped)
 2 tsps Ground Allspice
 1 tbsp Arrowroot Powder

Directions

- 1 Add all of the ingredients to the pot of a slow cooker. Stir to combine.
- 2 Cover and cook on high heat for four hours or on low heat for eight hours, until the lamb is tender. Remove any fat from the surface, if desired.
- 3 Divide evenly between bowls and enjoy!

Notes

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

Serving Size: One serving is equal to approximately one cup.

More Flavor: Serve with rice and peas.

Additional Toppings: Green onions, cilantro, parsley.

No Scotch Bonnet Peppers: Use a different hot pepper like Serrano, Anaheim, or Thai red chili peppers.



Slow Cooker Chicken & Black Bean Taco Soup

4 servings

5 hours

Ingredients

454 grams Chicken Thighs (boneless, skinless)
 1/3 cup Quinoa (dry, rinsed)
 1 cup Black Beans
 2 tbsps Taco Seasoning
 3 cups Fire Roasted Diced Tomatoes (from the can, with juices)
 750 milliliters Bone Broth
 1 cup Cilantro (chopped, divided)
 1 Avocado (large, sliced)
 1/2 cup Plain Greek Yogurt (optional)
 2 cups Corn Tortilla Chips (crumbled)

Directions

- 1 Place the chicken, quinoa, beans, taco seasoning, tomatoes, broth, and half of the cilantro in a slow cooker. Stir, cover, and cook on low for five hours.
- 2 Remove the chicken from the soup and shred with two forks. Return to the soup and mix well.
- 3 Divide evenly between bowls and garnish with avocado, yogurt, corn tortillas, and the remaining cilantro. Enjoy!

Notes

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

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

More Flavor: Season with sea salt and ground black pepper, lime juice, corn, onions, garlic, and/or red bell pepper.

Additional Toppings: Hot sauce and/or cheese.

Dairy-Free: Omit the yogurt.



Beef Shank & Mashed Potatoes

6 servings

4 hours

Ingredients

1 1/2 tbsps Extra Virgin Olive Oil
 (Divided)
 907 grams Beef Shanks (cut into 3-inch
 pieces)
 3 Garlic (cloves, minced)
 1/2 White Onion (large, sliced)
 3 cups Diced Tomatoes
 Sea Salt & Black Pepper (to taste)
 6 Russet Potato (medium, peeled and
 chopped)
 12 cups Arugula

Directions

- 1 Heat half the oil in a large pan over medium-high heat. Fry the beef shanks until browned on all sides, about five minutes. Transfer to the slow cooker and set to high.
- 2 Meanwhile, heat the remaining oil in the same pan over medium heat. Add the garlic and onions. Cook until the onions are tender, about five to eight minutes. Add a bit of liquid from the diced tomatoes to deglaze the pan.
- 3 Transfer the onions, diced tomatoes, salt, and pepper to the slow cooker. Cook for four hours on high, or six to eight hours on low, or until the beef shanks are tender and fall off the bone easily. Season with more salt and pepper if needed.
- 4 Meanwhile, bring a large pot of water to a boil. Add the potatoes to the pot and boil for 15 minutes or until soft. Drain the water and mash with a potato masher until creamy. Season with salt and pepper.
- 5 Divide the beef shank, mashed potatoes, and arugula onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days or freeze if longer.

Serving Size: One serving equals 1 1/2 to two cups of beef shank stew, half cup of mashed potatoes, and two cups of arugula.

More Flavor: Add thyme, rosemary, chives, or parsley. Deglaze the pan with wine instead of tomato juice.

Additional Toppings: Add carrots, celery, peas, or mushrooms to the stew.



Slow Cooker Beef Shank

6 servings

4 hours

Ingredients

1 1/2 tbsps Extra Virgin Olive Oil
(divided)
907 grams Beef Shanks (cut into 3-inch
pieces)
3 Garlic (cloves, minced)
1/2 White Onion (large, sliced)
3 cups Diced Tomatoes
2 Carrot (medium, chopped)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Heat half the oil in a large pan over medium-high heat. Fry the beef shanks until browned on all sides, about five minutes. Transfer to the slow cooker and set to high.
- 2 Meanwhile, heat the remaining oil in the same pan over medium heat. Add the garlic and onions. Cook until the onions are tender, about five to eight minutes. Add a bit of liquid from the diced tomatoes to deglaze the pan.
- 3 Transfer the onions, along with the carrots, diced tomatoes, salt, and pepper to the slow cooker. Cook for four hours on high, or six to eight hours on low, or until the beef shanks are tender and fall off the bone easily. Season with more salt and pepper if needed. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days or freeze if longer.

Serving Size: One serving equals 1 1/2 to two cups.

More Flavor: Add thyme, rosemary, chives, or parsley. Deglaze the pan with wine instead of tomato juice.

Additional Toppings: Serve it with mashed potatoes, polenta, crusty bread, rice, cauliflower rice, or roasted vegetables.



Soothing Pork Hock Noodle Soup

8 servings
 8 hours 30 minutes

Ingredients

2.7 kilograms Pork Hock
 8 cups Water
 1 tsp Sea Salt
 298 grams Buckwheat Soba Noodles
 510 grams Chinese Broccoli

Directions

- 1 Add the pork hock, water and salt to a slow cooker and cook on high for 6 to 8 hours. Strain or skim the fat from the surface. Adjust salt as needed.
- 2 About 20 minutes before the pork is done, cook the soba noodles according to the directions on the package. Drain and rinse with cold water until completely cooled. Set aside.
- 3 Add the Chinese broccoli to a pan with enough water to cover halfway. Steam for about 3 to 5 minutes or until tender.
- 4 Divide the soba noodles, Chinese broccoli, pork hock and broth from the slow cooker into bowls. Enjoy!

Notes

Leftovers: Refrigerate the pork and broth in airtight containers for up to three days or freeze for up to two months. Refrigerate the soba noodles and Chinese broccoli for up to five days.

Serving Size: One serving equals approximately 2 to 3 pieces of pork hock, 3/4 cup of Chinese broccoli, 1 cup of broth and 1 cup of soba noodles.

More Flavor: Add herbs, spices, onion, garlic, carrot and/or celery to the broth for more depth of flavor.

Additional Toppings: Top with fresh herbs, fried garlic and lime juice.

No Pork Hock: Use pork shank instead.