

HFLC Option 1 [Grain Free]

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Breakfast Cauliflower Casserole	Breakfast Cauliflower Casserole	Eggs n' Guac Breakfast Bowl	Eggs n' Guac Breakfast Bowl	Paleo Huevos Rancheros	Paleo Huevos Rancheros	Paleo Granola
	Coconut Coffee	Coconut Coffee	Coconut Coffee	Coconut Coffee	Coconut Coffee	Coconut Coffee	Coconut Coffee
Snack 1	Blackberries	Blackberries	Blackberries	Blackberries	Apple Slices & Nori Crisps	Apple Slices & Nori Crisps	Apple Slices & Nori Crisps
Lunch	2 Protein Packed Deviled Eggs	Unstuffed Cabbage Rolls Grain Free	Cauliflower Shepherd's Pie	Slow Cooker Spaghetti Squash & Meatballs Grain Free	Shrimp Zoodle Stir Fry	One Pan Paleo Plate	Greek Chicken Burgers
Snack 2	Baby Carrots & Hummus	Protein Packed Deviled Eggs	Hummus Dippers	Celery with Peanut Butter	Sea Salted Coconut Kale Chips	Protein Packed Deviled Eggs	Paleo Granola
Dinner	Unstuffed Cabbage Rolls Grain Free	Cauliflower Shepherd's Pie	Slow Cooker Spaghetti Squash & Meatballs Grain Free	Shrimp Zoodle Stir Fry	One Pan Paleo Plate	Greek Chicken Burgers	Slow Cooker Chicken Soup
					2 Nutty Chocolate Coconut Fat Bombs		

Breakfast Cauliflower Casserole

7 ingredients • 1 hour • 2 servings



Directions

1. Preheat oven to 375.
2. On the stove, bring a large pot of water to a boil. Drop in your cauliflower florets and let cook for 5 to 6 minutes (or until tender when pierced with a fork). Roughly chop the cooked cauliflower and set aside.
3. In a bowl, whisk together egg, almond milk, garlic powder, nutritional yeast, salt and chopped spinach. Toss in chopped cauliflower florets until evenly coated.
4. Pour mixture into a baking dish and bake for 45 minutes.
5. Remove from oven and let cool slightly before serving. Enjoy!

Notes

More Greens

Add an extra cup of chopped spinach, or serve with a side of mixed greens tossed in olive oil and balsamic vinegar.

Don't Like Cauliflower

Use steamed broccoli instead.

Storage

Store in an airtight container up to three days. Reheat before serving.

Ingredients

1/3 head Cauliflower (chopped into florets)

4 2/3 Egg

1/3 cup Unsweetened Almond Milk

2/3 tsp Garlic Powder

2 tsps Nutritional Yeast

2/3 tsp Sea Salt

2/3 cup Baby Spinach

Coconut Coffee

2 ingredients · 1 minute · 1 serving



Directions

1. Rich and creamy coffee to start your day. Feel free to sub in tea for a similar effect!

Ingredients

1 cup Organic Coffee

1 tbsp Coconut Oil (Add to coffee and mix in high speed blender for 5 seconds. Enjoy!)

Eggs n' Guac Breakfast Bowl

7 ingredients · 15 minutes · 2 servings



Directions

1. Place eggs in a pot of cold water, bring to a boil, then simmer for 5-6 minutes. Peel the eggs and slice in half.
2. Make guacamole by mashing avocado and mixing with lemon, sea salt and pepper to taste.
3. Divide spinach into bowls and top with guacamole, egg, red onion and olive oil. Enjoy!

Notes

Storage

Keep refrigerated in an air-tight container up to 3 days.

Prep Ahead

Hard boil your eggs in advance to save time.

Make it Spicy

Add chili flakes.

Make it Vegan

Skip the eggs and add cooked chickpeas instead.

Extra Toppings

Try adding hot sauce, sunflower seeds, pumpkin seeds or hemp hearts.

Ingredients

4 Egg

1 Avocado

1/2 Lemon (juiced)

Sea Salt & Black Pepper (to taste)

4 cups Baby Spinach

2 tbsps Red Onion (thinly sliced)

1 tbsp Extra Virgin Olive Oil

Paleo Huevos Rancheros

10 ingredients · 25 minutes · 2 servings



Directions

1. Heat half of the coconut oil in a large skillet over medium heat. Add jalapeno, green pepper and onion. Sauté for 5 minutes or until onion is translucent. Add in tomatoes and stir well. Season with sea salt and pepper to taste. Let simmer for at least 15 minutes or until mixture thickens. Set aside.
2. Heat the remaining coconut oil in a non-stick pan and fry eggs (sunnyside up).
3. Assemble Huevos Rancheros by plating two large romaine leaves and adding some of your homemade salsa otop. Add fried eggs and then top with avocado slices and cilantro. You can use the romaine leaves to wrap up the goodness or just eat it as is. Enjoy!

Notes

More Carbs

Serve with brown rice tortillas (not paleo).

More Spicy

Serve with tabasco sauce.

Ingredients

- 1 1/2 **tsps** Coconut Oil (divided)
- 1/2 Jalapeno Pepper (seeds removed and finely chopped)
- 1/2 Green Bell Pepper (finely chopped)
- 1/2 Yellow Onion (finely chopped)
- 1 Tomato (chopped)
- Sea Salt & Black Pepper (to taste)
- 4 Egg
- 1 Avocado (peeled and cut into slices)
- 1/4 **cup** Cilantro (optional)
- 4 **leaves** Romaine (washed)

Paleo Granola

12 ingredients · 40 minutes · 24 servings



Directions

1. Preheat the oven to 300. Line a large baking sheet with parchment paper.
2. Combine all ingredients except the dried cranberries and almond milk together in a large mixing bowl. Mix very well until all ingredients are evenly distributed. Using your hands works best! Spread the mixture evenly across the baking sheet.
3. Bake for 30 minutes, giving a stir at the 15 minute mark.
4. Remove from oven and let cool completely. Once cool, transfer into a mixing bowl and add dried cranberries. Toss well to evenly distribute.
5. Add to a bowl and serve with a bit of almond milk for breakfast or eat dry as a snack. Enjoy!

Notes

Nut Allergy

Use sesame seeds instead of slivered almonds.

Storage

Store in a mason jar or airtight container in the fridge for up to 1 week.

No Dried Cranberries

Use raisins.

Ingredients

3 cups Slivered Almonds
3 cups Sunflower Seeds
1 1/2 cups Pumpkin Seeds
3 cups Unsweetened Coconut Flakes
3/4 cup Ground Flax Seed
3/4 cup Coconut Oil (melted)
1 1/2 cups Sunflower Seed Butter
3/4 cup Raw Honey
1 1/2 tps Sea Salt
1 tbsp Cinnamon
3 cups Dried Unsweetened Cranberries
6 cups Unsweetened Almond Milk

Blackberries

1 ingredient · 5 minutes · 1 serving



Directions

1. Wash and enjoy!

Ingredients

1 cup Blackberries

Apple Slices & Nori Crisps

3 ingredients · 5 minutes · 2 servings



Directions

1. Cut nori sheets into quarters with scissors. Brush sheets very lightly with olive oil. Heat a large pan over medium heat and toast the nori sheets about 30 seconds per side.
2. Slice apples and divide onto plates with nori crisps. Enjoy!

Notes

Save Time

Buy pre-toasted nori sheets.

Ingredients

- 4 Nori Sheets
- 1/3 **tsp** Extra Virgin Olive Oil
- 2 Apple (medium)

Protein Packed Deviled Eggs

7 ingredients · 20 minutes · 4 servings



Directions

1. Hard boil your eggs.
2. Once cool, peel the eggs and slice them in half. Remove the yolk and add it to a bowl. Add in the tuna, avocado and green onion. Season with sea salt and black pepper to taste. Mix and mash very well and then stuff the mixture back into the eggs. Sprinkle with paprika and enjoy with cucumber slices on the side.

Ingredients

8 Egg (hard boiled)
2 cans Tuna (drained)
1 Avocado
2 stalks Green Onion (chopped)
Sea Salt & Black Pepper (to taste)
1 tsp Paprika
1 Cucumber (sliced)

Baby Carrots & Hummus

2 ingredients · 5 minutes · 4 servings



Directions

1. Divide carrots between bowls. Serve with hummus on the side for dipping. Enjoy!

Notes

No Baby Carrots

Use celery sticks, cucumber slices or sliced bell peppers instead..

Like it Spicy

Top with a pinch of cayenne pepper or chili powder.

Ingredients

3 cups Baby Carrots

1 cup Hummus

Hummus Dippers

4 ingredients · 15 minutes · 2 servings



Directions

1. Slice your pepper, carrot and celery into sticks.
2. Line up 4 small mason jars (we like to use size 250 ml). Fill the bottom of each with $\frac{1}{4}$ 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.

Notes

Homemade

Make your own hummus! Check out our [Sweet Potato Hummus](#) or [Green Pea Hummus](#) recipes.

Mix it Up

Substitute in different veggies like cucumber or zucchini.

Ingredients

1/2 Yellow Bell Pepper

1/2 Carrot

2 stalks Celery

1/2 cup Hummus

Celery with Peanut Butter

2 ingredients · 5 minutes · 4 servings



Directions

1. Spread peanut butter across celery sticks. Happy munching!

Notes

Nut-Free

Use sunflower seed butter or hummus instead.

Ingredients

6 stalks Celery (sliced into sticks)

1/2 cup All Natural Peanut Butter

Sea Salted Coconut Kale Chips

4 ingredients · 1 hour · 1 serving



Directions

1. Preheat oven to 350. Use a sharp knife to cut your kale leaves into large pieces. They shrink up in the oven, so don't cut them too small!
2. Place kale in a large bowl. Drizzle with lemon juice and melted coconut oil. Season with desired amount of sea salt. Use clean hands to massage all ingredients into kale.
3. Line a large baking sheet with parchment paper. Place kale leaves on foil in a single layer. Don't over crowd. You will have to bake in batches for the perfect chips.
4. Cook in oven for 10 - 15 minutes (12 minutes was the perfect number for me). Remove from oven when crisp. Enjoy!

Ingredients

- 1 cup Kale Leaves
- 1 1/2 **tsps** Coconut Oil (melted)
- 1/4 **tsp** Sea Salt
- 1/8 Lemon (juiced)

Unstuffed Cabbage Rolls Grain Free

9 ingredients · 45 minutes · 4 servings



Directions

1. Sauté the cauliflower rice over medium heat in half of the coconut oil for 10-15 minutes until cooked through, then heat the remainder of the coconut oil in a large stock pot over medium-high heat. Add the ground beef and onions and saute for about 5 to 7 minutes, or until beef is cooked through and browned. Drain off the fat.
2. Add the cabbage, diced tomatoes, sea salt and black pepper. Bring to a boil, then reduce to a simmer. Let simmer uncovered for 15 to 20 minutes, or until cabbage is tender.
3. Stir in the cauliflower rice until everything is well mixed. Let sit over low heat for another 5 minutes.
4. Divide into bowls and enjoy!

Notes

No Beef

Any type of ground meat will work.

Vegetarian & Vegan

Use lentils instead of ground meat.

Leftovers

Store in an airtight container in the fridge up to 3 days.

Ingredients

- 1/2 head** Cauliflower (riced)
- 3/4 cup** Water
- 2 tbsps** Coconut Oil
- 1 lb** Extra Lean Ground Beef
- 1** Yellow Onion (small, finely diced)
- 8 cups** Green Cabbage (finely sliced)
- 3 cups** Diced Tomatoes
- 1/2 tsp** Sea Salt
- 1/2 tsp** Black Pepper

Cauliflower Shepherd's Pie

10 ingredients · 50 minutes · 2 servings



Directions

1. Preheat oven to 350F.
2. Place cauliflower florets in a medium sized saucepan, cover with water and bring to a boil. Let the florets boil until they are soft, about 15 minutes.
3. While the cauliflower is boiling, heat half of the olive oil in a large frying pan over medium heat. Add the onions and garlic, cook for 5 minutes or until onions are translucent.
4. Add the meat, and cook until browned.
5. Add the mushrooms, carrots, celery, Italian seasoning, and salt. Continue to cook for a few minutes, until the meat is cooked through. Remove from heat.
6. Drain the cauliflower and discard cooking water. Return the cauliflower to the pot and add the other half of the olive oil and a sprinkle of salt. Mash well until the cauliflower becomes almost like a puree.
7. Transfer the meat mixture to a casserole or pie dish and distribute into an even layer. Top with the cauliflower mash and spread it evenly across the top.
8. Place in the oven and bake for 20 minutes. Turn the oven to a low broil and broil for 10 minutes or until golden. Remove from oven and serve. Enjoy!

Notes

Vegan and Vegetarian

Use cooked lentils instead of ground meat.

Ingredients

- 1/2 head** Cauliflower (chopped into florets)
- 1 tbsp** Extra Virgin Olive Oil (divided)
- 1/2** Yellow Onion (diced)
- 1** Garlic (cloves, minced)
- 1/2 lb** Extra Lean Ground Turkey
- 1 1/2 cups** Mushrooms (sliced)
- 1** Carrot (diced)
- 1 stalk** Celery (diced)
- 1 1/2 tsp** Italian Seasoning
- 1/8 tsp** Sea Salt

Slow Cooker Spaghetti Squash & Meatballs Grain Free

9 ingredients · 4 hours · 2 servings



Directions

1. In a large mixing bowl, combine the extra lean ground turkey, almond flour, egg, half of the olive oil and half of the oregano. Mix well. Use your clean hands to roll the turkey mixture into small meatballs, about the size of golf balls. Set on a plate.
2. In the bottom of your slow cooker, add the remaining olive oil and oregano. Add in the crushed tomatoes, sea salt and black pepper. Mix well and then submerge your turkey meatballs into the sauce.
3. Very carefully cut your spaghetti squash in half lengthwise, and scoop out the seeds. Place it flesh-side up in the tomato sauce. No need to submerge it in the sauce. (Note: If the spaghetti squash is too big to fit into the slow cooker, cut it into quarters.) Set your slow cooker on low for 6 hours or on high for 4 hours.
4. Before you are ready to eat, use tongs to lift the spaghetti squash out of the slow cooker. Use a fork to scrape out the flesh into a sieve/strainer (or onto a layer of paper towel) and let the excess fluid drain off.
5. Divide the spaghetti squash between plates and top with meatballs and tomato sauce. Enjoy!

Notes

No Ground Turkey

Use any type of ground meat.

Cheese Lover

Sprinkle with parmesan cheese.

Ingredients

1/2 lb Extra Lean Ground Turkey
2 tbsps Almond Flour
1/2 Egg (whisked)
1 tbsp Extra Virgin Olive Oil (divided)
1 1/2 tps Oregano (divided)
1 1/2 cups Crushed Tomatoes
1/2 tsp Sea Salt (divided)
1/2 tsp Black Pepper (divided)
1/2 Spaghetti Squash (medium)

Shrimp Zoodle Stir Fry

12 ingredients · 25 minutes · 2 servings



Directions

1. In a small bowl, combine the vegetable broth and tamari. Set aside.
2. Spiralize your zucchinis into noodles and set aside.
3. Place half of the coconut oil in a large frying pan and heat over medium-low heat. Add the garlic and ginger and saute for a minute. Add the shrimp and saute for about 3 minutes or until cooked through. (Note: Shrimp should be pink on all sides.) Transfer the shrimp to a bowl and set aside while you prepare the rest.
4. Increase heat to medium. Add remaining coconut oil to the pan along with the bell peppers, carrots, red onion and asparagus. Saute for 4 minutes or until veggies are slightly tender. Add your broth/tamari mix and stir for another 4 minutes.
5. Add the shrimp back into the pan along with your zucchini noodles. Use tongs to toss and coat for 1 to 2 minutes or until zucchini noodles are slightly softened.
6. Divide stir fry onto plates and sprinkle with sesame seeds. Enjoy!

Notes

More Greens

Add wilted spinach or kale.

Likes it Spicy

Serve with hot sauce or sprinkle with red chili flakes.

Thicker Sauce

Add coconut flour or almond flour to the broth/tamari mix to thicken it.

No Shrimp

Use chicken or beef instead.

Vegan

Skip the shrimp and use edamame, chickpeas or white beans instead.

Ingredients

- 1/3 cup** Organic Vegetable Broth (or Chicken Broth)
- 1 1/3 tbsps** Tamari
- 2** Zucchini (large)
- 1 1/3 tbsps** Coconut Oil (divided)
- 2** Garlic (cloves, minced)
- 1 tsp** Ginger (grated)
- 2/3 lb** Shrimp (peeled and deveined)
- 2/3** Yellow Bell Pepper (large, sliced)
- 2/3 cup** Matchstick Carrots
- 2 2/3 tbsps** Red Onion (diced)
- 2 cups** Asparagus (woody ends snapped off)
- 2 tsps** Sesame Seeds

One Pan Paleo Plate

5 ingredients · 35 minutes · 2 servings



Directions

1. Preheat oven to 375 and line a baking sheet with parchment paper.
2. Brush both sides of the chicken breast with olive oil and season with sea salt, black pepper and any other spices you like. Place on the baking sheet.
3. Toss your brussels sprouts in olive oil and season with sea salt and black pepper. Place on the baking sheet with the chicken.
4. Slice your sweet potatoes in half lengthwise and pierce the flesh multiple times with a fork all over to create holes. Brush the flesh of each half with olive oil. Season with sea salt and black pepper. Place these on the baking sheet with the flesh facing up.
5. Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through. (Note: Sweet potato may need longer depending on size.)
6. Remove baking sheet from the oven and divide onto plates. Enjoy!

Notes

No Brussels Sprouts

Use broccoli, cauliflower or green beans instead. Roasting times will vary.

No Chicken Breast

Use turkey breast.

Vegans and Vegetarians

Replace chicken with roasted chickpeas.

Extra Time

Slice sweet potato into cubes or fries.

Ingredients

8 ozs Chicken Breast

Sea Salt & Black Pepper (to taste)

2 cups Brussels Sprouts (washed, trimmed and halved)

1 1/2 tsps Extra Virgin Olive Oil (plus extra for brushing)

1 Sweet Potato (washed and sliced in half)

Nutty Chocolate Coconut Fat Bombs

6 ingredients · 35 minutes · 24 servings



Directions

1. Combine coconut oil, peanut butter and coconut cream in glass bowl (I use a glass measuring cup with a pour spout to make it easy) and microwave until melted (about 1-1.5 minutes). Add Stevia (if using) & cocoa powder and whisk until well combined. Pour mixture into a silicone mold (or an ice cube tray) and sprinkle coconut flakes into each one. Transfer to the freezer and let set for 30 minutes. This makes 24 individual 'bombs'. After 30 minutes pop the fat bombs out of the mold and onto a platter and top with more coconut flakes. Keep frozen until ready to serve and put leftovers right back in the freezer (they melt easily).

Notes

Using ice cube trays instead of mold

if you are using an ice cube tray they may stick. Run the bottom of the tray under warm water to help ease them out. I definitely recommend investing in a silicone mold for these. You can find one in any craft store in the cake decorating aisle. Once you make these insanely delicious completely sugar free treats you won't be able to stop!

Ingredients

1/2 cup Coconut Oil

1/3 cup All Natural Peanut Butter (You can sub a nut or seed butter of choice here)

2 tbsps Coconut Manna

1/4 cup Cocoa Powder

1/2 tsp Stevia Powder (Feel free to omit or sub in liquid stevia or omit completely)

1 package Unsweetened Coconut Flakes (You don't need the whole package. Use as garnish.)

Greek Chicken Burgers

11 ingredients · 45 minutes · 2 servings



Directions

1. Heat olive oil in a large skillet over medium heat.
2. Add half of the red pepper and half of the red onion to the skillet. Saute for about 5 minutes or until onion is translucent. Add baby spinach and stir just until wilted. Remove from heat and set aside to cool.
3. Add almond flour, ground chicken, half of the black olives and half of the feta cheese to the mixing bowl. Now add in your sauteed vegetables. Mix well. Form the mixture into even patties and place on a baking sheet. Transfer to the fridge until ready to grill.
4. Meanwhile, create your greek salsa in a bowl by combining the remaining red pepper, red onion, black olives, feta cheese and cucumber. Drizzle with a splash of extra virgin olive oil and season with sea salt and pepper to taste. Set aside.
5. Preheat grill over medium heat. Transfer burgers onto grill and cook for about 7 to 8 minutes per side or until burger is cooked through. Remove from grill.
6. Plate burger over a bed of greens and top with your chopped greek salsa. Enjoy!

Notes

Added Touch

Serve with homemade tzatziki.

Wrap it Up

Serve in a lettuce wrap or brown rice tortilla.

Get Creative

These also work well as meatballs or sliders.

Ingredients

1/2 tsp Extra Virgin Olive Oil
1/3 Red Bell Pepper (diced and divided)
2 2/3 tbsps Red Onion (diced and divided)
1 1/3 cups Baby Spinach
1/3 cup Almond Flour
1/3 lb Extra Lean Ground Chicken
2 2/3 tbsps Black Olives (chopped and divided)
2 2/3 tbsps Feta Cheese (crumbled and divided)
1/8 Cucumber (diced)
Sea Salt & Black Pepper (to taste)
1 1/3 cups Mixed Greens

Slow Cooker Chicken Soup

8 ingredients · 6 hours · 6 servings



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.

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)