

HFLC Option 3 [Grain Free]

7 days

[illegible]

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

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!)

Carrot Cake Chia Pudding

9 ingredients · 3 hours · 2 servings



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.

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

Coconut Matcha Smoothie

6 ingredients · 5 minutes · 2 servings



Directions

1. Throw all ingredients together in a blender. Blend until smooth.
2. Divide between glasses. Top with any leftover coconut cream and enjoy!

Notes

No Coconut Milk

Replace coconut milk with more almond milk.

More Protein and Fibre

Add ground flax seed.

Ingredients

2/3 cup Organic Coconut Milk (full fat, refrigerated overnight)

1 1/2 cups Unsweetened Almond Milk

2 Banana

2 cups Baby Spinach

2 tbsps Hemp Seeds

2 tsps Green Tea Powder (matcha)

Triple Berry Protein Bowl

7 ingredients · 10 minutes · 2 servings



Directions

1. Wash berries and place in bowl(s). Sprinkle berries with hemp seeds and slivered almonds. Top with almond butter and pour almond milk over top. Enjoy!

Ingredients

- 1 cup** Strawberries (sliced)
- 1 cup** Blueberries
- 1 cup** Blackberries
- 2 tbsps** Almond Butter
- 2 tbsps** Hemp Seeds
- 1/4 cup** Slivered Almonds
- 1/2 cup** Unsweetened Almond Milk

Banana Coconut Protein Bars Grain Free

7 ingredients · 20 minutes · 12 servings



Directions

1. Preheat oven to 350.
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.

Ingredients

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

Supercharged Coffee

3 ingredients · 1 minute · 1 serving



Directions

1. Mix all ingredients in blender for 10 seconds and drink right away.

Notes

Brands

For the collagen protein there are 2 really good brands: one is Vital Proteins and the other is Great Lakes Gelatin. Buy the collagen powder from either one for best results.

Ingredients

1 cup Organic Coffee

1 tbsp Coconut Oil

2 tbsps Collagen Powder

Asian Turkey Lettuce Wraps

13 ingredients · 25 minutes · 4 servings



Directions

1. Heat coconut oil in a large skillet over medium heat. Add in the onions, ginger, sea salt and pepper and saute for about 5 minutes or until the onion is translucent. Add in the garlic and saute for another minute.
2. Add in the ground turkey and break it up as it cooks. Once it is cooked through and browned, add in the tamari. Continue to saute until it is absorbed. Remove from heat.
3. Spoon the turkey mixture into the centre of a lettuce leaf and top with green onion, carrots and peanuts. Squeeze a lime wedge overtop, wrap and enjoy!

Notes

No Ground Turkey

Use any type of ground meat.

Vegan and Vegetarian

Use lentils instead of ground meat.

Nut-Free

Garnish with sesame seeds instead of peanuts.

Likes it Spicy

Add hot sauce or chili flakes.

Ingredients

- 1 tbsp** Coconut Oil
- 1** White Onion (diced)
- 1 tbsp** Ginger (peeled and grated)
- 1/4 tsp** Sea Salt
- 1/4 tsp** Black Pepper
- 2** Garlic (cloves, minced)
- 2 lbs** Extra Lean Ground Turkey
- 2 tbsps** Tamari
- 2 heads** Boston Lettuce (peeled apart into leaves and washed)
- 3 stalks** Green Onion (chopped)
- 1 cup** Matchstick Carrots
- 1/4 cup** Raw Peanuts (chopped)
- 1** Lime (sliced into wedges)

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)

Carrots & Guacamole

4 ingredients · 5 minutes · 1 serving



Directions

1. Peel and slice carrots into sticks.
2. Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.
3. Dip the carrots into the guac & enjoy!

Notes

Spice it Up

Add chili flakes, salsa and/or chopped cilantro to the guacamole.

Ingredients

- 2 Carrot (medium)
- 1/2 Avocado
- 1/2 Lime (juiced)
- 1/8 tsp Sea Salt (or more to taste)

Avocado

1 ingredient · 1 minute · 1 serving



Directions

1. Eat 1/2 of an avocado with sea salt & pepper

Ingredients

1/2 package Avocado (Cut avocado in half. Leave pit in other half to keep longer.)

Deli Plate

4 ingredients · 5 minutes · 1 serving



Directions

1. Use mustard to dip

Ingredients

- 2 ozs Cheddar
- 4 Green Olives
- 1 Pickle
- 3 slices Turkey Slices (Nitrate Free)

Spiralized Veggie Hummus Wraps

8 ingredients · 20 minutes · 2 servings



Directions

1. Spiralize your beet, zucchini and sweet potato and transfer to a large mixing bowl. If you do not have a spiralizer, just use a box grater. Toss with extra virgin olive oil and sea salt and black pepper to taste.
2. Lay your collard green wraps across a clean counter. Spread a large spoonful of hummus across each. Next add the sprouts and top with spiralized veggies. Wrap and secure with a toothpick if needed. Enjoy!

Notes

More Protein

Cook up some quinoa ahead of time and add to each wrap.

More Carbs

Wrap in a gluten-free tortilla.

No Spiralizer

Use a box grater to grate your veggies.

Storage

These keep well in the fridge for 2 days.

Ingredients

1/2 Beet

1/2 Zucchini

1/2 Sweet Potato

1 1/2 tps Extra Virgin Olive Oil

Sea Salt & Black Pepper (to taste)

2 cups Collard Greens (washed and stems removed)

1/2 cup Hummus

1/2 cup Alfalfa Sprouts

Olive Medley

1 ingredient · 2 minutes · 4 servings



Directions

1. Divide into bowls and enjoy!

Ingredients

4 cups Assorted Olives

Unstuffed Cabbage Rolls Grain Free

9 ingredients · 45 minutes · 2 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 sauté 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

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

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.)

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)

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)