

### HFLC Lite Option 4 Egg (no eggs/nuts) grain free

7 days

[illegible]

# Nut Free Grain Free Banana Coconut Protein Bars

7 ingredients · 20 minutes · 12 servings



## Directions

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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

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

# Supercharged Coffee

3 ingredients · 1 minute · 1 serving



## Directions

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

## Notes

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### 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

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**1 cup** Organic Coffee

**1 tbsp** Coconut Oil

**2 tbsps** Collagen Powder



# Coconut Matcha Smoothie No Nuts

6 ingredients · 5 minutes · 2 servings



## Directions

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

## Notes

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### More Protein and Fibre

Add ground flax seed.

## Ingredients

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

**1 1/2 cups** Unsweetened Coconut Milk

**2** Banana

**2 cups** Baby Spinach

**2 tbsps** Hemp Seeds

**2 tsps** Green Tea Powder (matcha)

# Coconut Coffee

2 ingredients · 1 minute · 1 serving



## Directions

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

## Ingredients

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**1 cup** Organic Coffee

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

# Berry Beet Smoothie Bowl No Nuts

6 ingredients · 10 minutes · 2 servings



## Directions

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1. In your blender or food processor, combine the beet, frozen mango, frozen raspberries, dates, schisandra berry powder and milk. Blend until smooth and thick.
2. Transfer to a bowl and add toppings. Enjoy!

## Notes

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### Topping Ideas

Blueberries, raspberries, strawberries, mango, chia seeds, bee pollen, or shredded coconut.

### No Schisandra Berry Powder

Leave it out, or use acai powder instead.

## Ingredients

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**1** Beet (medium, peeled and diced)

**1 cup** Frozen Mango

**1 cup** Frozen Raspberries

**1 tbsp** Pitted Dates

**1 tsp** Schisandra Berry Powder

**1 cup** Unsweetened Coconut Milk



# Paleo Sweet Potato Breakfast

6 ingredients · 20 minutes · 2 servings



## Directions

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1. Peel and shred the sweet potato using a hand grater or the shredding attachment on your food processor.
2. Place shredded sweet potato in a medium sized saucepan, add the coconut milk and water.
3. Cover and cook the sweet potato in the liquid over medium-high heat for about 15 minutes, stirring every couple minutes to prevent the bottom from burning. It will seem dry at first, but as it steams, the sweet potato will soften and release liquid. After about 15 minutes, your sweet potato should be a very soft, porridge-like texture.
4. Divide the sweet potato porridge between bowls and top with berries, coconut oil, cinnamon, and shredded coconut. Enjoy!

## Notes

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### Other Toppings

Dried fruit, nut butter, chia seeds, hemp seeds or fresh fruit.

### Leftovers

Store in an airtight container in the fridge up to 3 to 4 days.

## Ingredients

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- 1 Sweet Potato
- 1/2 **cup** Organic Coconut Milk (canned)
- 1/2 **cup** Water
- 1 **tbsp** Coconut Oil
- 1/2 **tsp** Cinnamon
- 1 **tbsp** Unsweetened Coconut Flakes

# 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

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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

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- 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

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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

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### Spice it Up

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

## Ingredients

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- 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

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

## Ingredients

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**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

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1. Use mustard to dip

### Ingredients

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- 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

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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

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### 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

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**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

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1. Divide into bowls and enjoy!

### Ingredients

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**4 cups** Assorted Olives



# Unstuffed Cabbage Rolls Grain Free

9 ingredients · 45 minutes · 2 servings



## Directions

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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

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### 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

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- 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

# Chocolate Mint Coconut Fat Bombs

5 ingredients · 5 minutes · 10 servings

## Directions

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1. Mix the coconut butter and coconut oil together and heat until liquid. Mix in the shredded coconut.
2. Pour into a silicone mould (a tray of 24 will work well for this recipe). It makes about 20.
3. Melt the dark chocolate and add in mint (or just buy dark chocolate mint). Spoon on top of the coconut mixture and place in the freezer for 30 minutes.
4. Serve frozen. Each serving is 2 little squares (or whatever shape your mould is)

## Ingredients

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**1/2 cup** Coconut Butter

**1/2 cup** Coconut Oil

**1/2 cup** Unsweetened Shredded Coconut

**4 ozs** Dark Organic Chocolate (Should be 90% or higher. Sugar free.)

**1/8 tsp** Mint Extract

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# Cauliflower Shepherd's Pie

10 ingredients · 50 minutes · 2 servings



## Directions

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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

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### Vegan and Vegetarian

Use cooked lentils instead of ground meat.

## Ingredients

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- 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 Egg Free

8 ingredients · 4 hours · 2 servings



## Directions

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1. In a large mixing bowl, combine the extra lean ground turkey, flour, 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

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### No Ground Turkey

Use any type of ground meat.

### Cheese Lover

Sprinkle with parmesan cheese.

## Ingredients

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**1/2 lb** Extra Lean Ground Turkey  
**2 cups** Coconut Flour  
**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

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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

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### 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

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- 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

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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

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### 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

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**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 Nut Free

9 ingredients · 45 minutes · 6 servings



## Directions

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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 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

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### 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

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- 1 1/2 **tsps** Extra Virgin Olive Oil
- 1 Red Bell Pepper (diced and divided)
- 1/2 **cup** Red Onion (diced and divided)
- 4 **cups** Baby Spinach
- 1 **lb** Extra Lean Ground Chicken
- 1/2 **cup** Black Olives (chopped and divided)
- 1/2 **cup** Feta Cheese (crumbled and divided)
- 1/2 Cucumber (diced)
- Sea Salt & Black Pepper (to taste)

# Slow Cooker Chicken Soup

8 ingredients · 6 hours · 6 servings



## Directions

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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

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### 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

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**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)