

HFLC Option 5 [Grain Free]

7 days

[illegible]

Breakfast Cauliflower Casserole

7 ingredients • 1 hour • 3 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

1/2 head Cauliflower (chopped into florets)

7 Egg

1/2 cup Unsweetened Almond Milk

1 tsp Garlic Powder

1 tbsp Nutritional Yeast

1 tsp Sea Salt

1 cup Baby Spinach

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

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

Avocado Sweet Potato Toast with Poached Egg

4 ingredients · 15 minutes · 2 servings



Directions

1. Trim the pointy ends off the sweet potato then lay it on its side on a cutting board. Slice it lengthwise into 1/4 inch slices.
2. Pop the sweet potato slices into the toaster and toast twice. You may need to toast a third time depending on your toaster. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 - 6 minutes per side, or until golden brown.
3. While the sweet potato toasts, carve the flesh of the avocado out into a bowl. Season with a pinch of sea salt and black pepper and mash with a fork until smooth and creamy.
4. Poach, fry or hardboil the eggs.
5. Spread the mashed avocado over the sweet potato toasts and top with cooked eggs. Season with sea salt, black pepper and/or red pepper flakes. Enjoy!

Notes

Add Greens

Add a layer of baby spinach after you spread on the avocado.

Guacamole Lover

Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.

Egg-Free

Skip the eggs and top with hemp seeds instead.

Ingredients

1 Sweet Potato (large)

4 Egg

1 Avocado

Sea Salt & Black Pepper (to taste)

Apple with Almond Butter

2 ingredients · 5 minutes · 5 servings



Directions

1. Slice apple and cut away the core.
2. Dip into almond butter.
3. Yummmm.

Ingredients

5 Apple
2/3 cup Almond Butter

Hummus Dippers

4 ingredients · 15 minutes · 4 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 Yellow Bell Pepper

1 Carrot

4 stalks Celery

1 cup Hummus

Cream of Celery & Asparagus Soup

10 ingredients · 25 minutes · 4 servings



Directions

1. Heat coconut oil in a large stock pot over medium heat. Add yellow onion and celery. Saute for 5 minutes or until veggies are slightly softened. Add minced garlic and saute for another minute.
2. Add water, sea salt and black pepper to the stock pot. Cover and bring to a boil then reduce to a simmer. Remove lid and set asparagus on top. Cover and let steam for 5 minutes or until bright green.
3. Add hemp seeds and baby spinach to your blender. Pour soup over top and puree. Ladle into bowls. Enjoy!

Notes

No Hemp Seeds

Use cashews.

Add Some Crunch

Set aside a few spears of asparagus, roast before serving and use as a garnish.

No Spinach

Use kale, swiss chard or any leafy green.

Ingredients

- 2 tbsps** Coconut Oil
- 1** Yellow Onion (chopped)
- 6 stalks** Celery (chopped)
- 3** Garlic (cloves, minced)
- 4 cups** Water
- 1 tsp** Sea Salt
- 1/2 tsp** Black Pepper
- 3 cups** Asparagus (woody ends snapped off)
- 1/2 cup** Hemp Seeds
- 4 cups** Baby Spinach

Smoked Salmon Wrapped Avocado

2 ingredients · 5 minutes · 2 servings



Directions

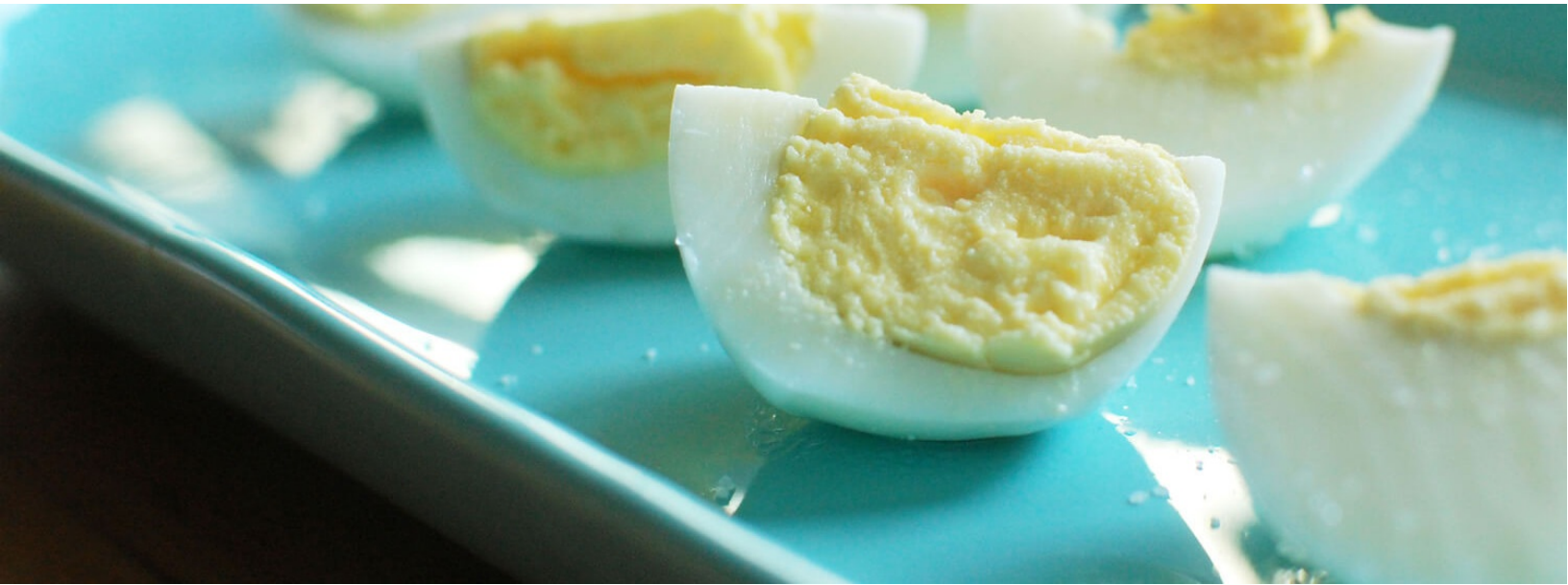
1. Slice the avocado and wrap each slice with the smoked salmon. Transfer to a plate and enjoy!

Ingredients

- 1 Avocado
- 100 grams Smoked Salmon (sliced)

Salt n' Vinegar Hard Boiled Eggs

3 ingredients · 35 minutes · 3 servings



Directions

1. Bring a large pot of water to a boil. Gently place eggs into the boiling water and turn the heat down to medium high. Set your timer for 14 minutes.
2. After 14 minutes, use a spoon to lift the eggs out of the water. Place on a plate and let cool for at least 20 minutes.
3. When ready to eat, peel the eggs and cut them into halves or quarters. Season with sea salt and drizzle with apple cider vinegar. Enjoy!

Ingredients

- 6 Egg
- 3/4 tsp** Sea Salt (divided)
- 3 tbsps** Apple Cider Vinegar (divided)

Mediterranean Goddess Bowl

14 ingredients · 25 minutes · 2 servings



Directions

1. Combine quinoa and water in a saucepan and place over high heat. Bring to a boil. Once boiling, reduce to a simmer. Cover and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from the heat, fluff with a fork and set aside.
2. Optional Step: Place a frying pan over medium heat and add a splash of oil. Add spinach and saute just until wilted. Remove from heat and set aside. (Note: You can skip this step and add the spinach in raw if you prefer.)
3. In a jar, combine tahini, olive oil, oregano, black pepper and lemon juice. Shake well to mix and set aside.
4. Divide quinoa between bowls, top with sauteed spinach, tomato, red onion, cucumber and parsley. Top with a large spoonful of hummus and sprinkle the hummus with chili powder. Drizzle with desired amount of dressing. Enjoy!

Notes

On-the-Go

Layer all ingredients into a mason jar with the hummus and dressing on the bottom to create a portable mason jar salad.

Ingredients

1/2 cup Quinoa (uncooked)
3/4 cup Water
2 cups Baby Spinach
1 1/2 tps Tahini
2 tbsps Extra Virgin Olive Oil
1/4 tsp Oregano
1/4 tsp Black Pepper
1/4 Lemon (juiced)
1/2 Tomato (diced)
2 tbsps Red Onion (finely diced)
1/2 Cucumber (diced)
1/4 cup Parsley (finely chopped)
1/2 cup Hummus
1 1/2 tps Chili Powder

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.)

Cajun Chicken, Sweet Potatoes & Kale

7 ingredients · 35 minutes · 2 servings



Directions

1. Preheat the oven to 430 degrees F. Line a baking sheet with parchment paper.
2. Place the diced sweet potatoes in a mixing bowl. Drizzle with olive oil and add half of the cajun spice. Toss well. Spread across the baking sheet and bake for 30 minutes, tossing at the half way mark.
3. Meanwhile, heat half the coconut oil in a skillet over medium heat. Add the ground chicken. Saute for 10 minutes or until completely cooked through, breaking it up as it cooks. Add in the remaining cajun spice. Continue to saute until the spice is evenly distributed. Transfer the ground chicken to a bowl and cover to keep warm.
4. Place the skillet back over medium heat and add the remaining coconut oil. Add in the kale, season with sea salt and black pepper then saute just until wilted. Turn off the heat.
5. Divide cajun chicken, sweet potatoes and sauteed kale between plates. Enjoy!

Notes

No Ground Chicken

Use any type of ground meat.

Vegan & Vegetarian

Use lentils or chickpeas instead of chicken.

Storage

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

Ingredients

1 Sweet Potato (medium, diced into 1/2 inch thick pieces)

1 1/2 tsps Extra Virgin Olive Oil

1 tbsp Cajun Spice (divided)

1 1/2 tsps Coconut Oil (divided)

1/2 lb Extra Lean Ground Chicken

4 cups Kale Leaves (sliced)

Sea Salt & Black Pepper (to taste)

One Pan Chicken, Golden Cauliflower & Carrot Fries

7 ingredients · 40 minutes · 2 servings



Directions

1. Preheat oven to 375F and line a large baking sheet with parchment paper.
2. Peel and slice carrots into sticks. Wash and chop cauliflower into florets.
3. Brush chicken breast with 1/3 of the olive oil. Season with thyme and sea salt and black pepper to taste. Place on the baking sheet.
4. Toss carrot sticks in 1/3 of the olive oil and season with salt and pepper to taste. Place on the baking sheet next to chicken.
5. Toss cauliflower with the remaining olive oil, turmeric and salt and pepper to taste. Mix until cauliflower is evenly yellow then transfer to the baking sheet.
6. Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through.
7. Remove baking sheet from the oven and divide onto plates. Enjoy!

Notes

Low FODMAP

Use zucchini instead of cauliflower.

Ingredients

2 Carrot (medium)

1/2 head Cauliflower

3 tbsps Extra Virgin Olive Oil (divided three ways)

8 ozs Chicken Breast

1 tsp Dried Thyme

1 tsp Turmeric (powder)

Sea Salt & Black Pepper (to taste)

15 Minute Shrimp & Cabbage Stir Fry

8 ingredients · 15 minutes · 2 servings



Directions

1. Heat half the coconut oil in a large skillet over medium heat. Add the shrimp, minced garlic, lemon juice and red pepper flakes. Saute until shrimp is pink and cooked through (about 2 to 3 minutes). Transfer the shrimp and juices into a bowl and cover to keep warm. Set aside.
2. Place the skillet back over medium heat and add the remaining coconut oil. Add the green cabbage and season with sea salt and black pepper to taste. Saute for about 8 to 10 minutes, stirring occasionally. The cabbage is done when it is softened and starting to brown.
3. Add the shrimp and marinade back into the skillet and mix well. Divide onto plates and garnish with sesame seeds. Add extra red pepper flakes or hot sauce if you like it spicy. Enjoy!

Notes

More Carbs

Serve with brown rice or quinoa.

Leftovers

Store in an airtight container in the fridge up to 2 days.

Ingredients

- 2 tbsps** Coconut Oil (divided)
- 1 lb** Shrimp (raw, peeled and deveined)
- 3** Garlic (cloves, minced)
- 1** Lemon (juiced)
- 1/2 tsp** Red Pepper Flakes
- 8 cups** Green Cabbage (finely sliced)
- Sea Salt & Black Pepper (to taste)
- 2 tbsps** Sesame Seeds

Sausage, Broccoli & Cabbage Stir Fry

6 ingredients · 25 minutes · 2 servings



Directions

1. Remove casings from the sausage and discard. Heat a large skillet over medium-high heat. Add the sausage meat, onion, and garlic. Saute for about 5 to 10 minutes, or until fragrant.
2. Add the broccoli, cabbage and italian seasoning. Cover and cook for 10 to 15 minutes, stirring occasionally, until the vegetables are wilted and the sausage is cooked through. Divide onto plates and enjoy!

Notes

Leftovers

Keeps well in the fridge up to 3 days.

No Sausage

Use ground meat instead.

Make it Quick

Use bagged coleslaw mix to save time on slicing cabbage.

Ingredients

5 ozs Organic Chicken Sausage

1/2 Yellow Onion (small, diced)

1/2 Garlic (clove, minced)

2 cups Broccoli (chopped into small florets)

2 cups Purple Cabbage (finely sliced)

1 tsp Italian Seasoning

Cheesy Cauliflower & Broccoli Casserole

10 ingredients · 1 hour · 2 servings



Directions

1. Preheat oven to 375 degrees F.
2. In a small saucepan, combine the butternut squash, onion, garlic and water. Cover the pot and bring to a boil over high heat for about 5 minutes or until everything is soft. Remove from heat when done.
3. While the squash is cooking, place cauliflower and broccoli in a steamer. Steam for 3 minutes or until tender.
4. To make the "cheese" sauce, add the cashews, nutritional yeast, salt and paprika to your blender. Pour in the softened butternut squash, onion, garlic and water. Blend on high for about 1 minute or until smooth. (Note: If you do not have a high powered blender, you might need to add a little extra water to get it going. Add 1 tbsp at a time.)
5. Place the steamed cauliflower and broccoli into a baking dish. Pour the cheese sauce over the veggies and stir gently to mix.
6. Bake for 40 minutes. Serve immediately. Enjoy!

Notes

Save Time

Buy frozen, pre-sliced butternut squash cubes.

More Protein

Serve with roasted chicken or top with bacon.

More Carbs

Serve with brown rice macaroni or quinoa.

Ingredients

1 cup Butternut Squash (peeled, seeded and cubed)
1/2 Yellow Onion (medium, diced)
1 Garlic (cloves, minced)
1/4 cup Water
1/2 head Cauliflower (medium, chopped into florets)
2 cups Broccoli (chopped into florets)
1/4 cup Cashews
1/4 cup Nutritional Yeast
1/4 tsp Sea Salt
1/8 tsp Paprika