

### HFLC Lite Option 6 (no eggs/nuts) grain free

7 days

[illegible]

# Nut Free Grain Free Banana Coconut Protein Bars

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 Sunflower Seed Butter
- 1 tsp Cinnamon
- 1/3 cup Protein Powder

# Bacon

1 ingredient · 10 minutes · 1 serving



## Directions

---

1. Cook according to preferred method

## Ingredients

---

1 Bacon

-- -- --

# High Fat Ginger Smoothie

8 ingredients · 10 minutes · 1 serving



## Directions

---

1. Throw all ingredients EXCEPT blueberries into the blender. Blend for a minute or until smooth.
2. Pour 3/4 of the mix into a glass (or a mason jar if you are on-the-go), leaving some space at the top.
3. Add blueberries to leftover mix and blend again for about 30 seconds. Spoon the blueberry mix on top of the green mix. Enjoy!

## Ingredients

---

**3/4 cup** Pineapple (diced)  
**1 tbsp** Ground Flax Seed  
**1 1/2 tps** Ginger (peeled and grated)  
**2 cups** Baby Spinach  
**1/2 cup** Water  
**4** Ice Cubes  
**1/4 cup** Blueberries  
**3 tbsps** Hemp Seeds



# Paleo Sweet Potato Breakfast

6 ingredients · 20 minutes · 2 servings



## Directions

---

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

---

### 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

---

- 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

# 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



# 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

# 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)



# Cream of Celery & Asparagus Soup

10 ingredients · 25 minutes · 2 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

---

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

# Olive Medley

1 ingredient · 2 minutes · 4 servings



## Directions

---

1. Divide into bowls and enjoy!

## Ingredients

---

**4 cups** Assorted Olives



# 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

# Chocolate Mint Coconut Fat Bombs

5 ingredients · 5 minutes · 10 servings

## Directions

---

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

---

**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

---

# 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 No Nuts

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 sunflower seeds, 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** Sunflower Seeds  
**1/4 cup** Nutritional Yeast  
**1/4 tsp** Sea Salt  
**1/8 tsp** Paprika