

HFLC Lite Option 7 (veg) grain free

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Breakfast Cauliflower Casserole	Breakfast Cauliflower Casserole	Breakfast Cauliflower Casserole	Carrot Cake Chia Pudding	Carrot Cake Chia Pudding	Avocado Sweet Potato Toast with Poached Egg	Avocado Sweet Potato Toast with Poached Egg
	Supercharged Coffee	Supercharged Coffee	Supercharged Coffee	Supercharged Coffee	Supercharged Coffee	Supercharged Coffee	Supercharged Coffee
Snack 1	Roasted Edamame	Roasted Edamame	Hummus Dippers	Roasted Edamame			
Lunch	Cream of Celery & Asparagus Soup	Mediterranean Goddess Bowl	BBQ Farmer's Market Salad with Sunbutter Dressing	One Pan Roasted Edamame & Broccoli Salad	Grilled Portobello Mushroom Pizzas	One Pan Roasted Edamame & Broccoli Salad	Veggie & Bean Yogurt Bowls
					Simple Avocado Salad		
Snack 2			Salt n' Vinegar Hard Boiled Eggs		2 Salt n' Vinegar Hard Boiled Eggs	2 Marinated Baked Tofu	Avocado
Dinner	Mediterranean Goddess Bowl	BBQ Farmer's Market Salad with Sunbutter Dressing	Singapore Noodles with Crispy Tofu	Grilled Portobello Mushroom Pizzas	Singapore Noodles with Crispy Tofu	Cheesy Cauliflower & Broccoli Casserole	Peanut Tempeh with Purple Cabbage Slaw
	Nutty Chocolate Coconut Fat Bombs	2 Nutty Chocolate Coconut Fat Bombs		Broccoli Almond Protein Salad		Nutty Chocolate Coconut Fat Bombs	

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)

Roasted Edamame

3 ingredients · 45 minutes · 2 servings



Directions

1. Preheat oven to 375. Line a baking sheet with parchment paper.
2. Place frozen edamame in a large mixing bowl and add olive oil and sea salt. Toss well to coat. Spread across the baking sheet and place in the oven for 40 minutes. Stir at the halfway point.
3. Remove from oven when edamame is golden brown and let cool. Enjoy!

Notes

Less Time

Thaw your edamame ahead of time to reduce roasting time to approximately 30 minutes.

Ingredients

- 2 cups** Frozen Edamame
- 1 tbsp** Extra Virgin Olive Oil
- 1 tsp** Sea Salt

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 · 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

One Pan Roasted Edamame & Broccoli Salad

7 ingredients · 30 minutes · 4 servings



Directions

1. Preheat oven to 450F and line baking sheet with foil.
2. In a large mixing bowl, toss the broccoli florets, edamame, walnuts, half the avocado oil, and season with salt. Transfer to baking sheet and spread into an even layer. Bake for 25 minutes.
3. Meanwhile, in a small jar, combine the remaining avocado oil, almond butter and apple cider vinegar. Shake well. Add more water to thin if necessary.
4. Drizzle desired amount of dressing over top of the salad and serve.

Notes

No Walnuts

Use cashews, almonds or pecans instead.

Nut-Free

Use sunflower seeds or pumpkin seeds instead of walnuts. Use sunflower seed butter instead of almond butter.

No Avocado Oil

Use extra virgin olive oil or melted coconut oil instead.

Storage

Refrigerate in an airtight container up to 3 to 5 days.

Ingredients

5 cups Broccoli (chopped into florets)

1 cup Frozen Edamame (shelled)

1 cup Walnuts

1/4 cup Avocado Oil (divided)

1/2 tsp Sea Salt

1 tbsp Almond Butter

1 tbsp Apple Cider Vinegar

Grilled Portobello Mushroom Pizzas

9 ingredients · 30 minutes · 4 servings



Directions

1. Preheat oven to 420.
2. Add olive oil to a large skillet and heat over medium heat. Add onion and saute for about 5 minutes or until translucent. Add garlic, cherry tomatoes and balsamic vinegar and saute for another 5 minutes or until tomatoes start to burst.
3. Turn off heat and add baby spinach. Stir just until spinach is wilted. Season the mix with sea salt and pepper to taste.
4. Line a baking sheet with parchment paper. Sprinkle the inside of each mushroom cap with goat cheese and top with a few spoonfuls of the tomato mix. Place on baking sheet and bake for 10 to 12 minutes.
5. Remove from oven and slice into halves or quarters with a pizza cutter. Serve immediately alone or over a plate of baby spinach drizzled with olive oil and lemon juice. Enjoy!

Ingredients

- 1 tbsp** Extra Virgin Olive Oil
- 1** Sweet Onion (diced)
- 2** Garlic (cloves, minced)
- 2 cups** Cherry Tomatoes
- 1 1/2 tbsps** Balsamic Vinegar
- 2 cups** Baby Spinach
- Sea Salt & Black Pepper (to taste)
- 4** Portobello Mushroom Caps
- 1/2 cup** Goat Cheese (crumbled)

Simple Avocado Salad

5 ingredients · 5 minutes · 2 servings



Directions

1. Combine all ingredients in a bowl. Toss and serve immediately. Enjoy!

Notes

No Lemon

Use lime juice or apple cider vinegar instead.

Less Spicy

Omit the red pepper flakes.

Serve it With

Our Grilled Bruschetta Chicken, Thai Turkey Burgers with Almond Carrot Slaw or Herbed Pork Roast with Sweet Potato Mash.

Ingredients

1 Avocado (cubed)

1 tbsp Extra Virgin Olive Oil

1/8 Lemon (juiced)

1 tsp Red Pepper Flakes

1/4 tsp Sea Salt

Veggie & Bean Yogurt Bowls

7 ingredients · 15 minutes · 2 servings



Directions

1. Heat avocado oil in a large skillet over medium heat. Cook portobello mushrooms and bell pepper slices for 5 to 8 minutes, or until tender and slightly browned. Transfer to a paper towel-lined plate.
2. Add zucchini and cook for 1 to 2 minutes per side or until tender. Transfer to a plate.
3. Divide yogurt, beans, and veggies into bowls. Top with feta and enjoy!

Notes

Storage

Refrigerate in an airtight container up to 3 to 5 days.

No Red Kidney Beans

Use chickpeas, lentils or black beans instead.

No Avocado Oil

Use butter, olive oil or ghee instead.

Ingredients

2 tbsps Avocado Oil

1 cup Portobello Mushroom (sliced)

1 Yellow Bell Pepper (small, sliced)

1 Zucchini (small, sliced)

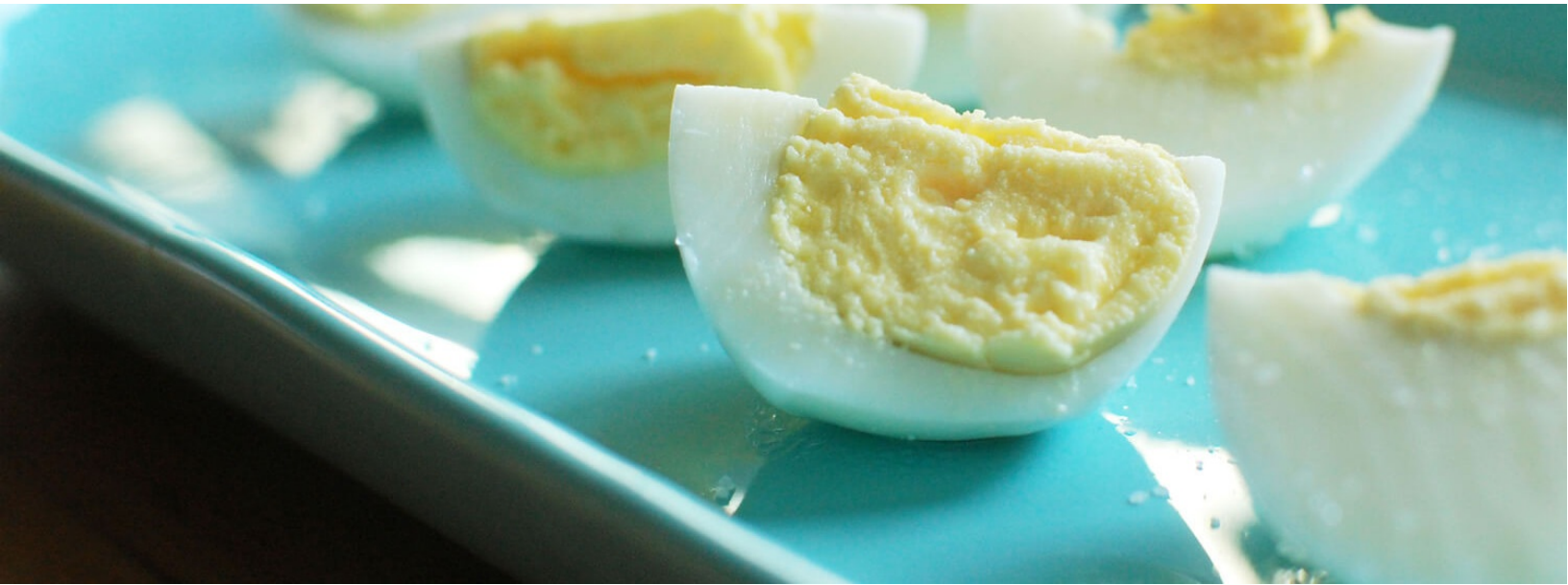
1 cup Plain Greek Yogurt

1/2 cup Red Kidney Beans (cooked)

1/4 cup Feta Cheese (crumbled)

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)

Marinated Baked Tofu

7 ingredients · 40 minutes · 4 servings



Directions

1. Preheat oven to 350 degrees F.
2. Slice the tofu into triangles and pat dry with a paper towel, pressing gently to remove excess liquid. Place in a shallow baking dish.
3. In a small bowl, mix together the maple syrup, balsamic vinegar, olive oil, garlic, sea salt, and black pepper. Pour over the tofu and let sit for 10 minutes (or you can also marinate overnight in the fridge).
4. Place the baking dish in the oven and bake for 20 minutes, uncovered.
5. Remove from the oven and enjoy!

Notes

Leftovers

Keeps well in an airtight container in the fridge for up to 5 days.

Ingredients

450 grams Tofu (firm, drained)

2 tbsps Maple Syrup

1/4 cup Balsamic Vinegar

1 tbsps Extra Virgin Olive Oil

1 Garlic (clove, minced)

1 tsp Sea Salt

1/2 tsp Black Pepper

Avocado

1 ingredient · 5 minutes · 2 servings



Directions

1. Cut avocado into slices or chunks. Enjoy!

Notes

Serve it With

Salads, soups, chilli, on toast, or in a wrap with leftovers.

Savoury Snack

Top with salt, pepper, lemon juice, paprika and/or red pepper flakes.

Sweet Snack

Top with maple syrup, honey, maple butter and/or cinnamon.

Ingredients

1 Avocado

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.)

BBQ Farmer's Market Salad with Sunbutter Dressing

8 ingredients · 20 minutes · 4 servings



Directions

1. Heat the grill to medium. Brush the zucchini and cabbage with half the olive oil.
2. Place corn and cabbage on the grill. Close the grill and cook for 15-20 minutes. (Flip the cabbage halfway, and turn the corn every 5 minutes.)
3. Place zucchini slices on the grill and cook about 5 minutes, flipping halfway.
4. In a small mason jar, combine sunflower seed butter, remaining olive oil, apple cider vinegar and maple syrup. Close the jar and shake well.
5. Divide corn, cabbage and zucchini onto plates. Top the grilled veggies with dressing and sunflower seeds. Enjoy!

Notes

No Sunflower Seed Butter

Use almond butter, peanut butter or tahini instead. Season with salt to taste.

No Cabbage

Use cauliflower steaks, squash or romaine hearts instead.

No Zucchini

Use asparagus, bell pepper or eggplant instead.

More Protein

Mix in your favourite protein source like hemp seeds, lentils, chickpeas, beans, chicken, turkey or beef.

Ingredients

- 1 Zucchini (sliced into rounds)
- 2 cups Purple Cabbage (sliced into steaks with the stem intact)
- 2 ears Corn on the Cob (husked and soaked)
- 2 tbsps Sunflower Seed Butter
- 1/4 cup Extra Virgin Olive Oil (divided)
- 1 tbsp Apple Cider Vinegar
- 1 tbsp Maple Syrup
- 1/4 cup Sunflower Seeds

Singapore Noodles with Crispy Tofu

13 ingredients · 1 hour · 4 servings



Directions

1. Pat tofu dry with paper towels or a clean tea towel. Wrap it in a dry towel or paper towels and place it between two cutting boards or plates. Place a weight (such as a pot of water or heavy books) on top to press the tofu. Leave it for about 30 minutes to remove moisture.
2. While the tofu is being pressed, make the stir fry sauce by combining the tamari, sesame oil, rice vinegar and curry powder in a small bowl. Set aside.
3. Once the tofu has finished being pressed, pat it dry again and cut it into small cubes. Sprinkle with sea salt and sesame seeds. Melt half the coconut oil in a large skillet over medium heat. Add the tofu cubes, cooking until golden brown and crispy on all sides.
4. While the tofu is cooking, place the rice noodles in a bowl and bring a full kettle of water to a boil. Pour hot kettle water over the noodles and let stand for about 5 minutes, then drain.
5. Remove the tofu from the skillet. Add the rest of the coconut oil and the ginger, garlic and coleslaw mix. Sauté for 1 to 2 minutes.
6. Add the cooked rice noodles, stir fry sauce, and crispy tofu cubes back to the skillet. Toss the contents of the skillet together until everything is combined and evenly coated with sauce. Remove from heat and sprinkle the green onions over top. Enjoy!

Notes

No Tofu

Use scrambled eggs, cubed chicken breast or sliced steak.

Save Time

Skip the tofu-pressing step. The tofu may not get as crispy but will still be delicious!

Leftovers

Keeps well in the fridge up to 3 to 4 days.

Ingredients

450 grams Tofu (extra firm)

1/4 cup Tamari

1 tbsp Sesame Oil

1 tbsp Rice Vinegar

2 tbsps Curry Powder

1/4 tsp Sea Salt

2 tbsps Sesame Seeds

2 tbsps Coconut Oil (divided)

1 cup Brown Rice Vermicelli Noodles (dry)

1 tbsp Ginger (peeled and grated)

2 Garlic (cloves, minced)

4 cups Coleslaw Mix (pre-sliced from the bag)

4 stalks Green Onion

Broccoli Almond Protein Salad

11 ingredients · 20 minutes · 4 servings



Directions

1. In a large mixing bowl, combine the broccoli florets, edamame beans, green onions, and chopped almonds.
2. To make the salad dressing, whisk together the almond butter, rice vinegar, tamari, maple syrup, sesame oil, garlic, and water. Add more water if needed to achieve desired consistency.
3. Pour the dressing over the salad and toss to mix well. Serve immediately, or let sit for a few hours before eating. Enjoy!

Notes

Leftovers

Keeps well in the fridge up to 3 days.

Ingredients

4 cups Broccoli (chopped into small florets)
2 cups Frozen Edamame (shelled)
4 stalks Green Onion (sliced)
1/2 cup Almonds (chopped)
1/4 cup Almond Butter
1 tbsp Rice Vinegar
1 tbsp Tamari (or Coconut Aminos)
1 tbsp Maple Syrup
1 tbsp Sesame Oil
1 Garlic (clove, minced)
2 tbsps Water

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

Peanut Tempeh with Purple Cabbage Slaw

9 ingredients · 30 minutes · 2 servings



Directions

1. Preheat oven to 350F and line a baking sheet with parchment paper.
2. Combine 2/3 of the sesame oil, the tamari, peanut butter, maple syrup and water in a large mixing bowl. Add the tempeh and toss well to coat.
3. Transfer the tempeh to the baking sheet and bake for 20 minutes, turning halfway through.
4. While the tempeh is baking, make the slaw by adding the cabbage to your large mixing bowl with the remaining sesame oil, lime juice, sea salt and black pepper. Massage until slightly softened.
5. Divide slaw between bowls and top with the tempeh. Enjoy!

Notes

Leftovers

Keeps in the fridge for 3 to 4 days. Tempeh can dry out over time, so freshen it up with a drizzle of sesame oil or tamari.

Save Time

Use bagged coleslaw mix instead of purple cabbage.

No Tempeh

Use chicken or shrimp.

No Peanut Butter

Use almond butter, tahini or sunflower seed butter instead.

Ingredients

3 tbsps Sesame Oil (divided)
2 tbsps Tamari
2 tbsps All Natural Peanut Butter
2 tbsps Maple Syrup
2 tbsps Water
227 grams Tempeh (diced into cubes)
4 cups Purple Cabbage (thinly sliced)
1 Lime (juiced)
Sea Salt & Black Pepper (to taste)