

HFLC Lite Option 8 (veg) grain free

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Nut Free Grain Free Banana Coconut Protein Bars	Nut Free Grain Free Banana Coconut Protein Bars	Meal Prep Coconut Flour Pancakes	Meal Prep Coconut Flour Pancakes	Meal Prep Coconut Flour Pancakes	Paleo Sweet Potato Breakfast	Nut Free Grain Free Banana Coconut Protein Bars
	Supercharged Coffee	Supercharged Coffee					Supercharged Coffee
Snack 1	Macadamia Nuts	Macadamia Nuts	Macadamia Nuts	Macadamia Nuts	Macadamia Nuts	Macadamia Nuts	Macadamia Nuts
Lunch	Avocado Egg Salad Sandwich Grain Free	Avocado Egg Salad Sandwich Grain Free	Singapore Noodles with Crispy Tofu	Blueberry Protein Smoothie	Blueberry Protein Smoothie	Tofu Veggie Scramble	Tofu Veggie Scramble
Snack 2	Roasted Edamame	Blueberry Protein Smoothie	Greek Yogurt	Roasted Edamame		Marinated Baked Tofu	Marinated Baked Tofu
Dinner	Crispy Tofu Meal Prep Bowls	Singapore Noodles with Crispy Tofu	Cheesy Cauliflower & Broccoli Casserole	Asparagus, Cucumber & Feta Salad with Balsamic Vinaigrette	One Pan Paprika Tofu and Veggies	Curried Lentil, Kale & Broccolini Salad	Curried Lentil, Kale & Broccolini Salad
Snack 3					2 Nutty Chocolate Coconut Fat Bombs		

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

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

Meal Prep Coconut Flour Pancakes

7 ingredients · 20 minutes · 3 servings



Directions

1. Melt the coconut oil in a large skillet over medium heat.
2. In a bowl, combine the coconut flour, eggs, and avocado oil. Mix well. The dough will be stiff, thick and fluffy, not like typical pancake batter.
3. Scoop out 1/4 cup servings of the dough and form it into small balls. Drop them into the pan and press down gently to form pancakes. Cook for 2 to 3 minutes per side, flipping gently.
4. Top with fresh berries, hemp seeds and any other toppings you'd like. Enjoy!

Notes

Recommended Coconut Flour

This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using a different brand of coconut flour, results may vary.

Leftovers

Keeps well in the fridge for 3 days.

Flavoured Pancakes

Mix blueberries, raspberries or chocolate chips into the dough before cooking.

Additional Toppings

Butter, ghee, coconut oil, maple syrup, honey, fruit or nut butter.

Ingredients

- 1 **tbsp** Coconut Oil
- 1 **cup** Coconut Flour
- 8 Egg
- 1/4 **cup** Avocado Oil
- 1/2 **cup** Blueberries
- 1/2 **cup** Strawberries (sliced)
- 1 **tbsp** 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

Macadamia Nuts

1 ingredient · 2 minutes · 4 servings



Directions

1. Divide between bowls and enjoy!

Ingredients

1 **1/3 cups** Macadamia Nuts

Avocado Egg Salad Sandwich Grain Free

7 ingredients · 15 minutes · 4 servings



Directions

1. Place eggs in a pot of cold water, bring to a boil, then simmer for 5-6 minutes. Run under cold water to cool. Peel the eggs and chop roughly.
2. In a bowl, mash and combine the chop boiled eggs, avocado, baby spinach, dijon mustard, lemon juice, salt and pepper.
3. Spread onto toast and enjoy!

Notes

Less Bread

Make it an open-face sandwich.

Add a Kick

Add red chili flakes or hot sauce.

Ingredients

6 Egg

1 Avocado

1 cup Baby Spinach (chopped)

1 tbsp Dijon Mustard

1/4 Lemon (juiced)

Sea Salt & Black Pepper (to taste)

8 slices Grain Free Flax Bread

Blueberry Protein Smoothie

5 ingredients · 5 minutes · 1 serving



Directions

1. Throw all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Blueberries

Use any type of frozen berry instead.

No Protein Powder

Use hemp seeds instead

Ingredients

1/4 cup Vanilla Protein Powder

1 tbsp Ground Flax Seed

1 cup Frozen Blueberries

1 cup Baby Spinach

1 cup Water (cold)

Tofu Veggie Scramble

9 ingredients · 15 minutes · 2 servings



Directions

1. Place the tofu in a small bowl and mash with a fork to the point where it is broken apart but chunks still remain. The texture should be similar to scrambled eggs.
2. In a non-stick pan, heat the avocado oil over medium heat. Add the onions, garlic and bell pepper. Saute for 4 to 5 minutes, or until onions are translucent.
3. Add the tofu, spinach, nutritional yeast and turmeric to the pan. Mix well and cook until the spinach wilts and the tofu is heated through.
4. Season with sea salt and black pepper taste. Enjoy!

Notes

More Carbs

Serve with toast or brown rice.

Likes it Spicy

Serve with hot sauce, cayenne pepper or chili flakes.

Leftovers

Store in the fridge up to 3 to 4 days.

Ingredients

220 grams Tofu (firm)

1 tbsp Avocado Oil

1/2 Yellow Onion (medium, diced)

2 Garlic (cloves, minced)

1 Red Bell Pepper (sliced)

1 cup Baby Spinach (chopped)

1 tbsp Nutritional Yeast

1/4 tsp Turmeric

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

Greek Yogurt

1 ingredient · 5 minutes · 1 serving



Directions

1. Scoop into a bowl and enjoy!

Notes

Toppings

Fresh or frozen fruit, granola, bee pollen, nuts, coconut, honey or maple syrup.

Dairy-Free

Use coconut, almond or cashew yogurt instead.

Ingredients

1/2 cup Plain Greek Yogurt

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

Crispy Tofu Meal Prep Bowls

13 ingredients · 20 minutes · 4 servings



Directions

1. Combine flour, salt and pepper in a bowl. Coat tofu slices with the flour mixture and set aside.
2. Heat sesame oil in a large pan over medium-high heat. Cook the tofu slices for about 3-5 minutes each side, or until golden. Add more sesame oil if necessary. Transfer to a plate lined with paper towel.
3. Meanwhile, combine avocado oil, balsamic vinegar, tamari and maple syrup in a small mason jar. Cover with a lid and shake before serving.
4. Divide spinach, coleslaw, mango, edamame, tofu slices and sesame seeds between containers. Drizzle your desired amount of dressing over top, or store it in a separate container to add just before serving. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container up to 3 to 4 days.

Save Time

Leave the tofu uncooked and add it to the mason jar with the dressing. Let marinate until ready to serve.

No Tofu

Use a protein of your choice instead like diced chicken breast, flaked tuna or roasted chickpeas.

Ingredients

1/3 cup All Purpose Gluten-Free Flour

Sea Salt & Black Pepper (to taste)

450 grams Tofu (firm, sliced and patted dry)

2 tbsps Sesame Oil

1/4 cup Avocado Oil

2 tbsps Balsamic Vinegar

1 tbsp Tamari

1 tbsp Maple Syrup

4 cups Baby Spinach

4 cups Coleslaw Mix

2 cups Frozen Mango (thawed)

1 cup Frozen Edamame (thawed)

1 tbsp Sesame 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

Cheesy Cauliflower & Broccoli Casserole

10 ingredients · 1 hour · 4 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

2 cups Butternut Squash (peeled, seeded and cubed)

1 Yellow Onion (medium, diced)

2 Garlic (cloves, minced)

1/2 cup Water

1 head Cauliflower (medium, chopped into florets)

4 cups Broccoli (chopped into florets)

1/2 cup Cashews

1/2 cup Nutritional Yeast

1/2 tsp Sea Salt

1/4 tsp Paprika

Asparagus, Cucumber & Feta Salad with Balsamic Vinaigrette

11 ingredients · 15 minutes · 4 servings



Directions

1. Bring a large pot of water to a boil. Add the asparagus and boil for about 3 to 4 minutes or until tender. Strain the water off of the asparagus then place them in a bowl full of cold water. Set aside while you prepare the rest. (Note: You could also grill or roast the asparagus.)
2. Combine balsamic vinegar, olive oil, dijon mustard, maple syrup and minced garlic in a jar. Season with a pinch of sea salt and black pepper. Seal with a lid, shake rigorously and set aside.
3. In a large salad bowl combine asparagus, cucumber, lentils, slivered almonds and feta cheese. Add desired amount of dressing and toss well to combine. Divide into bowls and enjoy!

Notes

Dairy-Free

Skip the feta.

Nut-Free

Use sunflower seeds instead of slivered almonds.

No Lentils

Use chickpeas or beans instead.

Storage

Stores well in the fridge up to 3 days.

Ingredients

6 cups Asparagus (trimmed and sliced in half lengthwise)

3 tbsps Balsamic Vinegar

2 tbsps Extra Virgin Olive Oil

1 tbsp Dijon Mustard

1 tbsp Maple Syrup

1 Garlic (clove, minced)

Sea Salt & Black Pepper (to taste)

1 Cucumber (large, diced)

2 cups Lentils (cooked, drained and rinsed)

1/2 cup Slivered Almonds (toasted)

1/2 cup Feta Cheese (crumbled)

One Pan Paprika Tofu and Veggies

10 ingredients · 30 minutes · 4 servings



Directions

1. Preheat oven to 450 degrees F and line a baking sheet with foil.
2. In a large mixing bowl, add garlic, paprika, thyme, salt, pepper and 2/3 of the avocado oil. Whisk until combined.
3. Add the sliced tofu into the bowl and toss well to coat. Transfer to the baking sheet.
4. Add red onion, bell pepper and green beans to the same bowl and toss with remaining avocado oil. Transfer to a baking sheet and bake the tofu and veggies for 20 minutes.
5. Remove from the oven and divide onto plates. Adjust seasoning as needed. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container up to 3 days.

No Tofu

Use tempeh or chickpeas in the paprika mixture instead.

Ingredients

- 2 Garlic (cloves, minced)
- 1 **tbsp** Paprika
- 1 **tsp** Dried Thyme
- 1 **tsp** Sea Salt
- 1/4 **tsp** Black Pepper
- 3 **tbsps** Avocado Oil (divided)
- 450 **grams** Tofu (firm, patted dry and cubed)
- 1 **cup** Red Onion (sliced)
- 1 Yellow Bell Pepper (roughly chopped)
- 4 **cups** Green Beans (trimmed and halved)

Curried Lentil, Kale & Broccolini Salad

12 ingredients · 20 minutes · 4 servings



Directions

1. Heat half of the olive oil in a large skillet over medium heat. Add the onion and saute until translucent (about 5 minutes). Add the garlic, ginger and curry powder and saute for another minute.
2. Add the broccolini and water. Saute until bright green (about 5 -8 minutes).
3. Add the kale and the lentils. Stir just until wilted then remove from heat.
4. Stir in lemon juice and season with sea salt and pepper to taste. Taste and add more curry powder if you desire.
5. Heat a frying pan over medium heat. Add a bit of olive oil and brush around the pan for non-stick. Fry eggs (one or two at a time gives the best results) and season with a bit of sea salt and pepper.
6. Ladle salad into bowls and top with a fried egg. Enjoy it while it's hot!

Notes

More protein

Serve with quinoa.

More carbs

Serve with brown rice.

No Eggs

Top with protein of choice.

Ingredients

- 2 tbsps** Extra Virgin Olive Oil (divided)
- 1/2** Yellow Onion (finely chopped)
- 3** Garlic (cloves, minced)
- 1 tbsp** Ginger (grated)
- 1 tbsp** Curry Powder
- 1 bunch** Broccolini
- 2 tbsps** Water
- 8 cups** Kale Leaves (chopped)
- 2 cups** Green Lentils (cooked, drained and rinsed)
- 1/2** Lemon (juiced)
- Sea Salt & Black Pepper (to taste)
- 4** Egg

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.)