

HFLC Option 9 (veg) grain free

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	2 Supercharged Coffee	Eggvocado	2 Supercharged Coffee	Blueberry Protein Smoothie	Blueberry Protein Smoothie	Nut Free Spiced Carrot Chia Pudding	Blueberry Protein Smoothie
					Avocado		
Snack 1		Hummus Dippers	Basil Radish Dip with Cucumber Slices	Marinated Baked Tofu	Olive Medley		Olive Medley
Lunch	Broccoli Almond Protein Salad	Veggie & Bean Yogurt Bowls	Pesto Zoodles with Poached Egg	Avocado Egg Salad Sandwich Grain Free	Roasted Winter Vegetables with Tahini Drizzle	10 Minute Cabbage Bowl	Broccoli Almond Protein Salad
							2 Marinated Baked Tofu
Snack 2	Olive Medley	Roasted Edamame	Paleo Granola	Macadamia Nuts	Marinated Baked Tofu	Roasted Edamame	Macadamia Nuts
Dinner	Veggie & Bean Yogurt Bowls	Pesto Zoodles with Poached Egg	Hawaiian BBQ Tofu Bowls	Roasted Winter Vegetables with Tahini Drizzle	10 Minute Cabbage Bowl	Singapore Noodles with Crispy Tofu	Singapore Noodles with Crispy Tofu
	Nutty Chocolate Coconut Fat Bombs	Nutty Chocolate Coconut Fat Bombs		Nutty Chocolate Coconut Fat Bombs	2 Nutty Chocolate Coconut Fat Bombs	Simple Avocado Salad	

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

Eggvocado

2 ingredients · 15 minutes · 1 serving



Directions

1. Preheat oven to 350 degrees F.
2. Slice the avocado in half and scoop out a little flesh from each half to make room for the eggs. Place face-up on a baking sheet.
3. Crack an egg in each half of the avocado and bake for 10-15 minutes, depending on how runny you like your eggs. Enjoy!

Notes

On The Go

Hardboil the eggs, mash with a fork then stuff them into the avocado halves for a more portable meal.

Ingredients

1 Avocado

2 Egg

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)

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

Nut Free Spiced Carrot 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 (added to taste if necessary - not found in the ingredients list). Add the coconut milk (or sub almond milk if okay with nuts), 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 sunflower seeds. Enjoy!

Notes

Storage

Keeps well in the fridge for 3 to 4 days.

Ingredients

- 1 Carrot (medium, grated)
- 1/2 **tsp** Cinnamon
- 1/8 **tsp** Ground Cloves
- 1/4 **tsp** Ground Ginger
- 1 **cup** Organic Coconut Milk
- 1/2 **cup** Chia Seeds
- 1/4 **cup** Sunflower Seeds (chopped)
- 2 **tbsps** Unsweetened Coconut Flakes
- 1 **tbsp** Hemp Seeds

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

Basil Radish Dip with Cucumber Slices

6 ingredients · 10 minutes · 4 servings



Directions

1. Combine all ingredients except cucumber in a food processor. Blend until you reach a dip-like consistency.
2. Scoop into a bowl and dip with cucumber slices. Enjoy!

Notes

No Cucumber

Dip with tortilla chips, sliced radishes, celery sticks or baby carrots instead.

Dairy-Free

Omit Greek yogurt and feta, use mashed chickpeas and salt to taste instead.

Ingredients

- 1 cup** Plain Greek Yogurt
- 1/4 cup** Feta Cheese
- 1 cup** Basil Leaves (chopped)
- 1 cup** Radishes (chopped)
- 1/4** Lemon (juiced)
- 1** Cucumber (sliced into rounds or sticks)

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

Olive Medley

1 ingredient · 2 minutes · 4 servings



Directions

1. Divide into bowls and enjoy!

Ingredients

4 cups Assorted Olives

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

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

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

Paleo Granola

12 ingredients · 40 minutes · 8 servings



Directions

1. Preheat the oven to 300. Line a large baking sheet with parchment paper.
2. Combine all ingredients except the dried cranberries and almond milk together in a large mixing bowl. Mix very well until all ingredients are evenly distributed. Using your hands works best! Spread the mixture evenly across the baking sheet.
3. Bake for 30 minutes, giving a stir at the 15 minute mark.
4. Remove from oven and let cool completely. Once cool, transfer into a mixing bowl and add dried cranberries. Toss well to evenly distribute.
5. Add to a bowl and serve with a bit of almond milk for breakfast or eat dry as a snack. Enjoy!

Notes

Nut Allergy

Use sesame seeds instead of slivered almonds.

Storage

Store in a mason jar or airtight container in the fridge for up to 1 week.

No Dried Cranberries

Use raisins.

Ingredients

- 1 cup** Slivered Almonds
- 1 cup** Sunflower Seeds
- 1/2 cup** Pumpkin Seeds
- 1 cup** Unsweetened Coconut Flakes
- 1/4 cup** Ground Flax Seed
- 1/4 cup** Coconut Oil (melted)
- 1/2 cup** Sunflower Seed Butter
- 1/4 cup** Raw Honey
- 1/2 tsp** Sea Salt
- 1 tsp** Cinnamon
- 1 cup** Dried Unsweetened Cranberries
- 2 cups** Unsweetened Almond Milk

Macadamia Nuts

1 ingredient · 2 minutes · 1 serving



Directions

1. Divide between bowls and enjoy!

Ingredients

1/3 cup Macadamia Nuts

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)

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.)

Pesto Zoodles with Poached Egg

9 ingredients · 20 minutes · 2 servings



Directions

1. Spiralize your zucchinis into noodles and set aside.
2. In a food processor combine basil, spinach, garlic, walnuts, olive oil, lemon juice and sea salt. Blend until smooth.
3. Fry your eggs in a skillet or poach them in a small sauce pan with water and vinegar. Transfer them to a plate lined with paper towel.
4. You can serve this dish in two ways: For a cold dish, toss your zucchini noodles in desired amount of pesto, top with a fried or poached egg and serve. Or, for a warm dish, heat a bit of olive oil in the skillet and saute your noodles until warmed through, add pesto and work it around with tongs to evenly distribute. Transfer to bowls and top with a fried egg. Enjoy!

Notes

Nut-Free

Use sunflower or pumpkin seeds instead of walnuts.

More Carbs

Use brown rice pasta instead of zucchini noodles.

No Spinach

Use kale or any dark leafy green.

Meat Lover

Skip the poached egg and top with chicken, bacon or steak instead.

Vegan

Skip the poached egg and top with beans, lentils or chickpeas instead.

Ingredients

2 Zucchini (large)
1/2 cup Basil Leaves
1/2 cup Baby Spinach
1/2 Garlic (clove, minced)
2 tbsps Walnuts
2 1/2 tbsps Extra Virgin Olive Oil
1/2 Lemon (juiced)
1/4 tsp Sea Salt
2 Egg

Hawaiian BBQ Tofu Bowls

10 ingredients · 30 minutes · 4 servings



Directions

1. Combine the tofu and BBQ sauce. Let sit for 10 to 15 minutes while you move on to the next tasks.
2. Preheat oven to 375 degrees F and line a sheet pan with parchment paper. Toss the bell peppers and zucchini with half of the olive oil. Lay in a single layer on the baking sheet and sprinkle with salt and pepper. Roast in oven for 20 minutes.
3. Combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
4. While the veggies roast and quinoa cooks, heat remaining olive oil in a frying pan over medium heat. Add the tofu and BBQ sauce, cook for 5-10 minutes, turning often.
5. Divide quinoa into bowls and top with roasted veggies, pineapple, tofu and cilantro. Enjoy!

Notes

Make Ahead

Make our Cleaned Up BBQ Sauce in advance to save time.

Meat Lover

Use diced chicken or turkey breast instead of tofu.

Ingredients

450 grams Tofu (cubed)
2 servings Cleaned Up BBQ Sauce (see our recipe)
2 Red Bell Pepper (sliced)
2 Zucchini (sliced)
2 tbsps Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
1 cup Quinoa (uncooked)
1 3/4 cups Water
2 cups Pineapple (sliced)
1/2 cup Cilantro (finely chopped)

Roasted Winter Vegetables with Tahini Drizzle

12 ingredients · 45 minutes · 4 servings



Directions

1. Preheat oven to 375F. Line two baking sheets with parchment paper.
2. Slice delicata squash in half lengthwise and scoop out seeds, then slice into half rounds.
3. Toss the squash, brussels sprouts, fennel and red onion with half of the olive oil, and spread over the baking sheets. Roast vegetables in the oven for 30 minutes, stirring at the halfway point.
4. Meanwhile, prepare the dressing by combining the remaining olive oil, salt, pepper, tahini, garlic, water and lemon juice in a blender. Blend until smooth, adding more water if necessary for consistency.
5. Remove vegetables from oven and divide onto plates. Drizzle with tahini sauce and top with pumpkin seeds. Season with more sea salt and black pepper if you wish. Enjoy!

Notes

More Protein

Add lentils, chickpeas or diced chicken.

Leftovers

Store covered in the fridge up to 2 - 3 days.

Ingredients

- 1 Delicata Squash (small)
- 3 cups Brussels Sprouts (washed and halved)
- 1 bulb Fennel (coarsley chopped)
- 1/2 cup Red Onion (coarsley chopped)
- 1/4 cup Extra Virgin Olive Oil (divided)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1/4 cup Tahini
- 1 Garlic (clove)
- 1/4 cup Water
- 2 Lemon (small, juiced)
- 1/4 cup Pumpkin Seeds

10 Minute Cabbage Bowl

3 ingredients · 10 minutes · 2 servings



Directions

1. Heat half of the coconut oil in a large frying pan over medium heat. Add the coleslaw mix. Cover and cook for 5 minutes stirring occasionally.
2. Once the coleslaw mixture is softened, season with salt and pepper then transfer to bowls.
3. Add the remaining coconut oil to the pan and use it to fry the eggs. Top the cabbage bowls with fried eggs and enjoy!

Notes

On-the-Go

Add a hard boiled egg onto the cabbage bowl instead of fried.

Ingredients

2 tbsps Coconut Oil (divided)

6 cups Coleslaw Mix

4 Egg

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

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