



the naturally natalie
NUTRITION | LIFESTYLE | WELLNESS

Meal Plan, Week 1 for Jordan
Pupo

Natalie Pupo

<http://www.thenaturallynatalie.com>

Meal Plan, Week 1 for Jordan Pupo
The Naturally Natalie

Jordan's Nutrition Plan, Week 1

Hi Jordan!

Great session today! Here is a recap, along with everything you need to start on the recommendations we discussed.

Over the next two weeks, our goal is to work on improving your chronic fatigue which works hand in hand with your inconsistent sleep and sore joints. I'm confident that this plan will make a dramatic difference in the way you feel!

We'll start by increasing your omega-3 fatty acids and lots of anti-inflammatory foods into your daily diet. Emphasizing your entire meal plan on anti-inflammatory foods and recipes to help reverse and lessen inflammation contributing to fatigue, sore joints and poor sleep. In addition, we'll add in some lifestyle and supplement habits, as outlined below.

Nutrition Recommendations:

- Include omega-3 fatty fish into your diet at least 3(-4) times per week. Sardines, anchovies, wild alaskan salmon, herring, mackerel are all highly recommended (canned or fresh). As you will notice in the plan, fatty fish will be added to your daily snacks, lunches and dinners throughout the week. Make sure you are buying good quality fish that is not farm raised and keep good stock of it in your freezer at all times. Other foods high in omega-3's are flax seeds and chia seeds. You can add these to your smoothies, sprinkle over salads or stir into soups.
- Heavy emphasize on dark leafy greens especially beet greens, swiss chard, dandelion, watercress, spinach and kale.
- When consuming fruit try and stick with varieties that contain very specific enzymes that aid in inflammation and also high in antioxidants. Papaya most highly recommended for its natural healing properties when it comes to chronic fatigue, poor sleep and sore joints. Other fruits to consume: banana, wild blueberries, coconut, cranberries, figs, pineapple, strawberries and watermelon.
- Include plenty of garlic and onions into your cooking.
- If and when coffee is consumed, adding reishi mushrooms, MCT oil and collagen is highly recommended. Both reishi and shiitake mushrooms are medicinal for chronic fatigue and poor sleep.

- Avoid alcohol, baking powder, caffeine, cheese, chocolate, citrus fruits (especially oranges), corn, dairy, wheat (gluten), processed foods and sugar including preservatives and hydrogenated oils (canola, sunflower, vegetable etc). Opt for coldpressed extra virgin olive oil, avocado oil, coconut oil or clarified butter (ghee).
- Night shades should be avoided, consumed only in moderation (once a week at most). Tomatoes, peppers, eggplant, potatoes.

Lifestyle Recommendations:

- This week, I'd love for you to focus on reading more! Just 15-20 minutes before bed can improve your sleep, aid in tension, worry, anxiety and stress.



Supplement Recommendations:

- Start with a Full-Spectrum Multi-Vitamin (Genestra Brands) and Fermented Organic Turmeric Rhizome (500mg, 2 capsules daily). Product is called "Fast Jointcare+". Purchased off of Genuine Health Canada's website - use discount code "thenaturallynatalie" for 15% off with free shipping.
- Super EFA twice per day, yielding fish oil capsule 1430mg X2. Take one in the morning and one in the evening. Supports inflammation, repair and also cognitive health.
- Tryptophan + 5 HTP + GABA - bedtime supplement as a natural sleep aid. Client has the option to begin next week when we meet again.

Next Steps:

- We have you scheduled in for your next appointment on Saturday April 4th at 10AM.
- I've included a meal plan with recipes and a grocery list on the following pages. Try following the plan until our next appointment.
- Keep a daily journal with notes about how you are feeling physically and any improvement on sleep. We'll review your journal at our next appointment, and use it to progress further.
- If you have any questions, you can always reach out to me via email, natalie@docereinstitute.com. I look forward to seeing you soon, and can't wait to hear how you are doing with our plan!

Take care,
Natalie Pupo

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 High Protein Chocolate Smoothie	 Eggs, Arugula & Smoked Salmon Plate	 Toast with Tahini & Berries & Yogurt	 High Protein Chocolate Smoothie	 Anti-Inflammatory Papaya Smoothie	 Anti-Inflammatory Papaya Smoothie	 High Protein Chocolate Smoothie
Snack 1	 Hummus & Veggies Snack Box	 Cinnamon Ginger Energy Balls	 Cinnamon Ginger Energy Balls	 Hummus & Veggies Snack Box	 Hummus & Veggies Snack Box	 Hummus & Veggies Snack Box	 Hummus & Veggies Snack Box
Lunch	 Turkey Avocado Sandwich	 Garlicky Broccoli & Chickpea Pasta	 Garlicky Broccoli & Chickpea Pasta	 Shrimp, Kale & Brown Rice Salad	 Shrimp, Kale & Brown Rice Salad	 Shrimp, Kale & Brown Rice Salad	 Turkey Avocado Sandwich
Snack 2	 2 Cinnamon Ginger Energy Balls	 Brazil Nuts	 Brazil Nuts	 Cinnamon Ginger Energy Balls	 Cinnamon Ginger Energy Balls	 Coconut Chia Seed Yogurt	 Coconut Chia Seed Yogurt
Dinner	 Curried Kale Salad with Crispy Tofu	 Black Bean Chili Stuffed Sweet Potatoes	 Pistachio Crusted Salmon	 Pistachio Crusted Salmon	 Liver, Onions & Sage	 Fish Taco Pizza	 Curried Kale Salad with Crispy Tofu

Fruits

- ☐ 3 Avocado
- ☐ 3 Banana
- ☐ 1 2/3 cups Blueberries
- ☐ 1 1/2 Lemon
- ☐ 1 1/16 cups Lemon Juice
- ☐ 1/2 Lime
- ☐ 3 cups Papaya
- ☐ 1/4 cup Pineapple
- ☐ 1/2 cup Raspberries
- ☐ 1/2 cup Strawberries

Breakfast

- ☐ 3 tbsps All Natural Peanut Butter
- ☐ 2 tbsps Almond Butter
- ☐ 1 1/2 tbsps Maple Syrup

Seeds, Nuts & Spices

- ☐ 1 1/2 cups Almonds
- ☐ 1/2 cup Brazil Nuts
- ☐ 3/4 cup Cashews
- ☐ 1/2 cup Chia Seeds
- ☐ 2 1/4 tsps Chili Powder
- ☐ 1 1/8 tbsps Cinnamon
- ☐ 3/4 tsp Cumin
- ☐ 2 tbsps Curry Powder
- ☐ 1/3 cup Ground Flax Seed
- ☐ 3/4 tsp Ground Ginger
- ☐ 2 tbsps Hemp Seeds
- ☐ 1/2 tsp Oregano
- ☐ 1/4 cup Pine Nuts
- ☐ 1/2 cup Pistachios
- ☐ 1/2 cup Pumpkin Seeds
- ☐ 2 1/4 tsps Sea Salt
- ☐ 1/2 tsp Sea Salt & Black Pepper
- ☐ 0 Sea Salt & Black Pepper
- ☐ 2 tsps Smoked Paprika

Frozen

- ☐ 2 Brown Rice Tortillas
- ☐ 1 piece Frozen Banana

Vegetables

- ☐ 2 1/2 cups Baby Spinach
- ☐ 1 cup Beet Greens
- ☐ 2 cups Broccoli
- ☐ 4 cups Butternut Squash
- ☐ 10 pieces Carrot
- ☐ 1/2 Carrot
- ☐ 1 head Cauliflower
- ☐ 10 stalks Celery
- ☐ 2 tbsps Cilantro
- ☐ 1 tbsp Fresh Sage
- ☐ 3 cups Frozen Spinach
- ☐ 4 1/2 Garlic
- ☐ 1/2 Jalapeno Pepper
- ☐ 22 1/2 cups Kale Leaves
- ☐ 1/2 cup Mixed Greens
- ☐ 2 cups Parsley
- ☐ 1/2 Red Bell Pepper
- ☐ 1/4 cup Red Onion
- ☐ 2 Sweet Potato
- ☐ 2 cups Swiss Chard
- ☐ 1/2 Tomato
- ☐ 1/2 cup Watercress
- ☐ 1/2 Yellow Bell Pepper
- ☐ 1 Yellow Onion

Boxed & Canned

- ☐ 1 cup Black Beans
- ☐ 3/4 cup Brown Basmati Rice
- ☐ 200 grams Chickpea Pasta
- ☐ 1 1/2 tsps Organic Vegetable Broth
- ☐ 10 ozs Sardines

Baking

- ☐ 2 tbsps All Purpose Gluten Free Flour
- ☐ 1 tbsp Cacao Nibs
- ☐ 3 tbsps Cacao Powder
- ☐ 1 tbsp Nutritional Yeast
- ☐ 2 1/4 cups Pitted Dates
- ☐ 1 tsp Raw Honey
- ☐ 1 1/2 tsps Vanilla Extract

Bread, Fish, Meat & Cheese

- ☐ 4 ozs Beef Liver
- ☐ 2 slices Gluten Free Bread
- ☐ 2 tbsps Hummus
- ☐ 2 slices Organic Bread
- ☐ 1 1/4 lbs Salmon Fillet
- ☐ 6 ozs Shrimp
- ☐ 2 ozs Smoked Salmon
- ☐ 2 slices Sprouted Toast
- ☐ 1 1/8 lbs Tempeh
- ☐ 1/2 Tilapia Fillet
- ☐ 4 ozs Turkey Breast, Cooked

Condiments & Oils

- ☐ 3/4 tsp Apple Cider Vinegar
- ☐ 2/3 cup Avocado Oil
- ☐ 1/4 cup Coconut Aminos
- ☐ 1/2 cup Extra Virgin Olive Oil
- ☐ 1 tbsp Kimchi
- ☐ 1/3 cup Mayonnaise
- ☐ 2/3 cup Tahini
- ☐ 1/3 cup Tomato Sauce

Cold

- ☐ 2 cups Califa Farms Go Coconuts Coconut Milk
- ☐ 4 Egg
- ☐ 1/16 oz Plain Sheep's Milk Yogurt
- ☐ 3 cups Unsweetened Almond Milk
- ☐ 2 cups Unsweetened Coconut Yogurt

Other

- ☐ 2 1/3 ozs Collagen Powder
- ☐ 3 scoops Genuine Health Fermented Chocolate Protein Powder
- ☐ 60 grams Genuine Health Fermented Organic Vanilla Protein
- ☐ 2/3 cup Water



High Protein Chocolate Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Unsweetened Almond Milk
- 1 cup Frozen Spinach
- 1/2 Avocado (frozen)
- 1 Banana (frozen)
- 1 scoop Genuine Health Fermented Chocolate Protein Powder
- 1 tbsp Cacao Powder
- 1 tbsp All Natural Peanut Butter
- 1 tsp Cacao Nibs (optional, for topping)
- 1/2 oz Collagen Powder
- 1 tbsp Ground Flax Seed

Directions

1

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

Notes

No Romaine , Use another green such as spinach.

Nut-Free, Use sunflower seed butter instead of peanut butter, or omit completely.

Protein Powder, This recipe was developed and tested using a plant-based protein powder.



Eggs, Arugula & Smoked Salmon Plate

1 serving
10 minutes

Ingredients

4 Egg
Sea Salt & Black Pepper (to taste)
1 cup Beet Greens (sauteed with
avocado oil or ghee)
2 ozs Smoked Salmon (sliced)
1/2 Avocado (sliced)
2 slices Sprouted Toast (toasted)
1 tbsp Kimchi

Directions

- 1 Heat a skillet over medium heat and crack three eggs in the pan. Cook until whites are set and yolks are cooked to your liking. Season with sea salt and pepper.
- 2 Plate the eggs with the arugula, salmon, kimchi, toasted bread and avocado. Enjoy!

Notes

No Arugula - switch up the greens!, Use another green such as baby spinach, beet greens, swiss chard, dandelion, bok choy or baby kale.
No Smoked Salmon, Replace with roasted chickpeas or smoked trout.
More Flavor, Drizzle everything with lemon juice before serving.



Toast with Tahini & Berries & Yogurt

1 serving

5 minutes

Ingredients

2 tbsps Tahini
2 slices Gluten Free Bread (toasted)
1/2 cup Raspberries
1 tsp Raw Honey
1/16 oz Plain Sheep's Milk Yogurt

Directions

1

Spread the tahini onto your toasted bread slices. Top with raspberries and a drizzle of honey. Enjoy with a fresh bowl Greek Yogurt on the side!

Notes

Leftovers, Best enjoyed the same day.

Make it Vegan, Use maple syrup instead of honey.

No Raspberries, Use sliced strawberries or blueberries instead.

No Sheep's Milk Yogurt, Swap with Kefir or Coconut Yogurt instead. Try and keep protein high.



Anti-Inflammatory Papaya Smoothie

1 serving
5 minutes

Ingredients

- 1 cup Califa Farms Go Coconuts Coconut Milk
- 30 grams Genuine Health Fermented Organic Vanilla Protein
- 1/3 oz Collagen Powder
- 1 tbsp Almond Butter
- 1 tbsp Hemp Seeds
- 1 tbsp Ground Flax Seed
- 1 1/2 cups Papaya (chopped and frozen)
- 1/4 cup Watercress
- 1/2 piece Frozen Banana
- 1 cup Baby Spinach

Directions

1

Add all ingredients to blender and blend until smooth. Pour into a glass and enjoy!

Notes

Likes it Sweet, Add raw honey.

More Protein, Add hemp seeds or a scoop of vanilla protein powder.

No Papaya, Use extra pineapple or other fruit like mango or oranges.



Hummus & Veggies Snack Box

1 serving

5 minutes

Ingredients

- 2 pieces Carrot (sliced)
- 2 stalks Celery (cut into small stalks)
- 1/3 cup Blueberries
- 2 ozs Sardines
- 1 tbsp Mayonnaise

Directions

1

Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

Notes

Storage, Refrigerate in an airtight container up to 3 days.

Switch up Sardines (if you'd like), Use canned low-mercury grade tuna, salmon mashed up with avocado mayo, green onions, sea salt and pepper. Or organic hummus (I like to buy Sunflower Kitchen brand)



Cinnamon Ginger Energy Balls

12 servings

15 minutes

Ingredients

3/4 cup Pitted Dates
1/2 cup Almonds (raw)
1/4 cup Cashews (raw)
1/2 tsp Cinnamon (ground)
1/4 tsp Ground Ginger
1/2 tsp Vanilla Extract
1/4 tsp Sea Salt

Directions

- 1 Add the dates, almonds, cashews, cinnamon, ginger, vanilla and sea salt to a food processor and blend until well mixed and sticky.
- 2 Transfer to a medium-size mixing bowl. Form into even balls with your hands and store in the fridge or freezer until ready to enjoy.

Notes

Serving Size, One serving is equal to one ball.

Leftovers, Store in an airtight container in the fridge up to one week. Store in the freezer for longer.



Garlicky Broccoli & Chickpea Pasta

2 servings

25 minutes

Ingredients

- 2 cups Broccoli (finely chopped)
- 2 tsps Avocado Oil
- 1/2 tsp Sea Salt (divided)
- 3 tsps Extra Virgin Olive Oil (divided)
- 2 Garlic (cloves, minced and divided)
- 1 tbsp Nutritional Yeast
- 1/4 cup Water
- 200 grams Chickpea Pasta (cooked)
- 2 cups Swiss Chard (sauteed)
- 2 tsps Lemon Juice

Directions

- 1 Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 2 Place broccoli on the baking sheet. Season with avocado oil and half of the salt. Roast for 20 minutes until broccoli is tender and slightly crispy. Set aside.
- 3 Meanwhile, cook the pasta according to package directions.
- 4 In a large skillet over medium heat, add half of the olive oil, swiss chard and half of the garlic. Cook until the garlic is foamy and golden brown, about 3 to 5 minutes. Remove from the heat and immediately add the remaining garlic, salt, olive oil, nutritional yeast and water. Stir to combine.
- 5 Add the cooked pasta and roasted broccoli to the skillet and stir in the lemon juice. Toss to evenly coat the pasta. If the pasta is too dry, add an additional tablespoon of water or oil at a time until desired consistency is reached. Season with additional salt, and lemon juice, if needed.
- 6 Divide between plates and serve immediately. Enjoy! Leftovers can be enjoyed next day.

Notes

Leftovers, Refrigerate in an airtight container for up to three days. Reheat with additional water or oil to prevent pasta from being too dry.

Serving Size, One serving is equal to approximately 2 1/4 cups.

Gluten-Free, Use rice pasta or quinoa pasta instead of whole wheat pasta.

More Flavor, Reserve some of the starchy cooking liquid from the pasta to use instead of plain water.

Additional Toppings, Top with additional nutritional yeast, vegan parmesan cheese, fresh parsley, lemon zest, black pepper or red pepper flakes.



Shrimp, Kale & Brown Rice Salad

1 serving
20 minutes

Ingredients

1/4 cup Water
Sea Salt & Black Pepper (to taste)
6 ozs Shrimp (peeled, deveined)
1/2 tsp Cumin
1 tbsp Extra Virgin Olive Oil (divided)
3/4 tsp Apple Cider Vinegar
1/3 tsp Maple Syrup
2 1/2 cups Kale Leaves (stems removed and chopped)
3/4 cup Brown Basmati Rice
1/2 Carrot (medium, grated or sliced)

Directions

- 1 Boil quinoa and water in a saucepan over high heat. Reduce to a simmer and cover with a lid for 13 to 15 minutes. Season with salt and pepper, and fluff with a fork. Set aside.
- 2 Meanwhile, coat the shrimp with cumin, salt and pepper. Heat 1/4 of the olive oil in a pan over medium-high heat. Add the shrimp and cook for about 3 to 5 minutes, flipping halfway.
- 3 In a large salad bowl, whisk together the vinegar, maple syrup and remaining olive oil.
- 4 Add the kale and carrot, and massage in the vinaigrette. Add the cooked quinoa and shrimp and toss until thoroughly combined. Divide onto plates and enjoy!

Notes

No Shrimp, Use chicken, chickpeas, tofu or tempeh instead.

Leftovers, Refrigerate in an airtight container up to 3 days.

No Brown Rice, Swap for frekkeh, farro, quinoa or other gluten-free grain varieties.



Turkey Avocado Sandwich

1 serving

5 minutes

Ingredients

2 slices Organic Bread (or gluten-free)
4 ozs Turkey Breast, Cooked
2 tbsps Hummus
1 1/2 tbsps Mayonnaise
1/2 cup Mixed Greens

Directions

- 1 Lightly toast the bread.
- 2 Spread one slice of the bread with hummus and mustard. Layer on the turkey and mixed greens. Place the second slice of bread over top. Slice and enjoy!

Notes

No Turkey, Use chicken breast instead. Make sure both are organic, hormone and anti-biotic free. Roasted whole meats are always preferred over deli slices.

Vegan & Vegetarian, Use smashed chickpeas instead of turkey.

Swap Avocado, On the days when you don't snack on hummus for your mid-morning snack, swap out the avocado for hummus. Both avocado and hummus, are great options for this sandwich.

Use fermented/sprouted toast ONLY, For this sandwich, I recommend only fermented sourdough or Food for Life Sprouted 100% Grain Bread.



Brazil Nuts

1 serving
5 minutes

Ingredients

1/4 cup Brazil Nuts

Directions

- 1 Divide into bowls and enjoy!



Coconut Chia Seed Yogurt

2 servings
30 minutes

Ingredients

2 cups Unsweetened Coconut Yogurt
1/2 cup Chia Seeds
2 tsps Cinnamon
1/2 cup Strawberries (chopped)

Directions

- 1 Combine the yogurt, chia seeds and cinnamon in a small bowl. Mix well and refrigerate for at least 30 minutes up to overnight.
- 2 Top with strawberries and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to five days.

More Flavor, Add maple syrup, honey, monk fruit sweetener or cardamom.

Additional Toppings, Top with blueberries, sunflower seeds, pumpkin seeds or chopped pecans.



Curried Kale Salad with Crispy Tofu

4 servings

15 minutes

Ingredients

1/2 cup Lemon Juice
1/4 cup Tahini
2 tbsps Coconut Aminos
2 tsps Maple Syrup
1 tbsp Curry Powder
1/4 tsp Sea Salt
10 cups Kale Leaves (washed, dried and thinly sliced)
1/4 cup Pumpkin Seeds
8 3/4 ozs Tempeh (cut up in cubes.)
2 cups Butternut Squash
1/4 cup Avocado Oil
1 tsp Smoked Paprika
1/4 tsp Sea Salt & Black Pepper

Directions

- 1 Preheat oven to 400 degrees. Scrub mini potatoes with acv and water. Boil for 7-10 minutes until soft enough to cut through. Drain water and set aside to cool.
- 2 In a small bowl, whisk together the lemon juice, tahini, coconut aminos, maple syrup, curry powder and sea salt to make the dressing.
- 3 Add the kale leaves to a large bowl and add the dressing. Massage the dressing into the kale leaves using your hands. Garnish with pumpkin seeds.
- 4 Line baking sheet with parchment paper. Cut butternut squash into quarters and through on parchment. Drizzle 1/4C avocado oil, sprinkle smoky paprika, sea salt and pepper and toss well with hands until everything is coated well. Place in oven for 30 minutes, flipping halfway through. Option to broil for an extra 2 minutes to get extra crispy.
- 5 While the butternut squash is baking, add a small amount of avocado oil or ghee to a non stick pan. Cook tempeh cubes approximately 3 minutes per side on medium heat, watching closely so they dont burn.
- 6 Add the fried tempeh to the salad and serve with a side of crispy baked butternut squash.

Notes

Leftovers, Refrigerate in an airtight container for up to two days. To keep longer, store the dressing separately from the kale.

Additional Toppings, Top with protein of your choice, such as tofu, chickpeas or chicken.

No Coconut Aminos, Use tamari instead.



Black Bean Chili Stuffed Sweet Potatoes

2 servings

1 hour

Ingredients

- 2 Sweet Potato (medium size)
- 1 1/2 tsps Organic Vegetable Broth
- 1/2 Yellow Onion (chopped)
- 1/2 Yellow Bell Pepper (chopped)
- 1 Garlic (clove, minced)
- 2 1/4 tsps Chili Powder
- 1/2 tsp Oregano
- 1/4 tsp Cumin
- 1 cup Black Beans (cooked, drained, rinsed)
- 1/3 cup Tomato Sauce
- 2 2/3 tsps Water
- 2 tsps Cilantro (chopped)

Directions

1

Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Poke a few fork holes in the sweet potatoes and place on the baking sheet. Bake for 45 to 50 minutes until cooked through.

2

While the potatoes cook, in a medium-sized pot over medium heat, add the vegetable broth. Add the onion and bell pepper and sauté for 5 to 7 minutes, or until cooked through. Add the garlic and cook for 1 minute more. Then add the chili powder, oregano and cumin. Stir to combine. Reduce the heat to low, and add the black beans, tomato sauce and water and cook for 6 to 8 minutes.

3

Remove the sweet potatoes from the oven. Slice each one down the centre and stuff with the black bean chili. Top with cilantro. Serve and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to four days.

Additional Toppings, Top with avocado, cheese, sour cream or yogurt.



Pistachio Crusted Salmon

4 servings

30 minutes

Ingredients

1/2 cup Pistachios (removed from shell)
1/4 tsp Sea Salt
1 1/4 lbs Salmon Fillet
1/4 cup Pine Nuts
1 Garlic (clove, minced)
2 cups Parsley (chopped)
1/4 cup Extra Virgin Olive Oil
1 Lemon (juiced)
1 head Cauliflower (chopped into florets)

Directions

- 1 Preheat oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 2 Place pistachios and sea salt in a blender and pulse just until coarse but not into a fine powder. (Do not over process!)
- 3 Lay fillets on the baking sheet and coat with the pistachio mixture. Place in the oven and bake for 15 minutes or until fish flakes with fork.
- 4 Meanwhile, create your pesto by combining the pine nuts, garlic, parsley, olive oil and lemon juice in the food processor. Blend until smooth and transfer to a jar.
- 5 Create your cauliflower rice by adding the florets to the food processor. Process until the cauliflower has a rice-like consistency. Transfer into a bowl.
- 6 Remove the salmon from the oven. To serve, add a few spoonfuls of cauliflower rice to the plate and top with salmon. Add a spoonful of pesto and garnish with a lemon wedge. Enjoy!

Notes

More Veg, Serve with a side of baby spinach drizzled with leftover pesto
Likes it Warm, Saute the cauliflower rice in a bit of olive oil before serving



Liver, Onions & Sage

1 serving

20 minutes

Ingredients

2 tbsps All Purpose Gluten-Free Flour
1/4 tsp Sea Salt (divided)
4 ozs Beef Liver (sliced into strips)
1 1/2 tbsps Avocado Oil (divided)
1/2 Yellow Onion (medium, sliced)
1 tbsp Fresh Sage

Directions

- 1 In a bowl, combine the flour and half of the salt. Add liver and toss until well coated. Set aside.
- 2 Heat 1/3 of the oil in a large skillet over medium heat. Cook onions until translucent and tender. Transfer to a bowl and toss with sage and remaining salt.
- 3 In the same pan, heat the remaining oil over medium heat. Cook the liver for about 5 minutes, flipping halfway. It should be slightly pink in the center.
- 4 Return the cooked onions and sage to the pan and stir with the liver for 1 to 2 minutes. Serve immediately and enjoy!

Notes

Storage, Refrigerate in an airtight container up to 3 days.

No Fresh Sage, Use dried sage instead.

No Avocado Oil, Use butter, coconut oil, olive oil or ghee instead.

More Carbs, Serve it with quinoa, couscous, rice, toast or potatoes.



Fish Taco Pizza

2 servings

40 minutes

Ingredients

3/4 tsp Extra Virgin Olive Oil
1/2 Tilapia Fillet
Sea Salt & Black Pepper (to taste)
1/2 Lemon (juiced)
1/4 cup Pineapple (cored and diced)
1/4 cup Red Onion (finely diced)
1/2 Jalapeno Pepper (de-seeded and chopped)
1/2 Red Bell Pepper (de-seeded and chopped)
1/2 Lime (juiced)
1 Avocado (peeled and mashed)
1/2 Tomato (diced)
1/2 Garlic (cloves, minced)
2 Brown Rice Tortillas (thawed)
1/2 cup Baby Spinach (chopped)

Directions

- 1 Preheat the oven to 500°F (260°C) and move rack to the top setting. Cover a large baking sheet with parchment paper and lightly grease with some olive oil. Lightly rub white fish with extra virgin olive oil, a splash of lemon juice and season with sea salt and pepper. Cook in the oven on top rack for 8 minutes or until fish flakes with a fork.
- 2 Remove fish from oven and chop with a knife. Place in a bowl and toss with a bit of lemon juice.
- 3 Reduce oven temperature to 410°F (210°C).
- 4 Prepare all ingredients for the salsa and mix together in a large mixing bowl. (Pineapple, red onion, jalapeno, red bell pepper, and lime juice).
- 5 Prepare all ingredients for the guacamole and mix together in a separate mixing bowl. (Avocado, tomato, garlic and splash of lemon juice).
- 6 Spread guacamole onto your tortillas and top with chopped spinach, salsa and fish. Bake in the oven for 10 minutes. Enjoy!