

	Mon	Tue	Wed	Thu	Fri
Breakfast	<p>Eggs n' Guac B..</p> A bowl of green salad with sliced hard-boiled eggs and guacamole.	<p>Eggs n' Guac B..</p> A bowl of green salad with sliced hard-boiled eggs and guacamole.	<p>Post Workout ...</p> A green smoothie in a glass jar with a pink straw.	<p>Post Workout ...</p> A green smoothie in a glass jar with a pink straw.	<p>Post Workout ...</p> A green smoothie in a glass jar with a pink straw.
Snack 1	<p>Banana with P...</p> A banana with pistachios on a dark surface.	<p>Greek Kale Chi...</p> A bowl of Greek salad with kale and chickpeas.	<p>Salt n' Vinegar...</p> A hard-boiled egg on a blue plate.	<p>Pistachios</p> A bowl of pistachios.	<p>Salt n' Vinegar...</p> A hard-boiled egg on a blue plate.
Lunch	<p>Greek Kale Chi...</p> A bowl of Greek salad with kale and chickpeas.	<p>One Pan Salm...</p> A one-pan meal with salmon, vegetables, and rice.	<p>One Pan Paleo...</p> A one-pan meal with chicken, vegetables, and rice.	<p>Slow Cooker S...</p> A slow cooker with a green vegetable and rice.	<p>Steak with Bal...</p> A steak with balsamic sauce and vegetables.
Snack 2	<p>Hummus Dipp...</p> Two glasses of hummus with vegetables.	<p>Hummus Dipp...</p> Two glasses of hummus with vegetables.	<p>Banana with P...</p> A banana with pistachios on a dark surface.	<p>Banana with P...</p> A banana with pistachios on a dark surface.	<p>Pistachios</p> A bowl of pistachios.
Dinner	<p>One Pan Salm...</p> A one-pan meal with salmon, vegetables, and rice.	<p>One Pan Paleo...</p> A one-pan meal with chicken, vegetables, and rice.	<p>Slow Cooker S...</p> A slow cooker with a green vegetable and rice.	<p>Steak with Bal...</p> A steak with balsamic sauce and vegetables.	<p>Slow Cooker H...</p> A slow cooker with a ham and vegetables.

5 Day High Protein, Low Carb Program

Fruits

- 3 1/2 Avocado
- 9 Banana
- 2 1/2 Lemon

Vegetables

- 25 cups Baby Spinach
- 6 cups Broccoli
- 4 cups Brussels Sprouts
- 1 Carrot
- 1 head Cauliflower
- 4 stalks Celery
- 2 cups Cherry Tomatoes
- 1/2 Cucumber
- 2 tbsps Fresh Dill
- 5 Garlic
- 4 cups Green Beans
- 5 Green Bell Pepper
- 4 cups Kale Leaves
- 1/4 cup Red Onion
- 2 Sweet Potato
- 1 Tomato
- 1 Yellow Bell Pepper
- 1/2 Yellow Onion

Bread, Fish, Meat & Cheese

- 20 ozs Beef Tenderloin
- 4 Chicken Breast
- 2 lbs Chicken Thighs
- 1 lb Extra Lean Ground Turkey
- 3/4 cup Feta Cheese
- 1 cup Hummus
- 4 Salmon Fillet

Breakfast

- 3/4 cup All Natural Peanut Butter

Boxed & Canned

- 1 can Chickpeas
- 2 cups Organic Salsa

Condiments & Oils

- 1/4 cup Apple Cider Vinegar
- 1/2 cup Balsamic Vinegar
- 2 tbsps Coconut Oil
- 1/4 cup Dijon Mustard
- 3/4 cup Extra Virgin Olive Oil

Seeds, Nuts & Spices

Baking

- 2 tbsps Coconut Flour

Cold

- 17 Egg

- | | | | | | |
|--------------------------|-------------------|-------------------------|--------------------------|----------------|-----------|
| <input type="checkbox"/> | 1 1/4 tsps | Black Pepper | <input type="checkbox"/> | 2 tbsps | Raw Honey |
| <input type="checkbox"/> | 2 tbsps | Chili Powder | | | |
| <input type="checkbox"/> | 1/2 tsp | Cumin | | | |
| <input type="checkbox"/> | 1/2 tsp | Dried Basil | | | |
| <input type="checkbox"/> | 2 cups | Pistachios | | | |
| <input type="checkbox"/> | 2 3/4 tsps | Sea Salt | | | |
| <input type="checkbox"/> | | Sea Salt & Black Pepper | | | |
| <input type="checkbox"/> | 2 tbsps | Slivered Almonds | | | |

Other

- | | | |
|--------------------------|----------------|----------------|
| <input type="checkbox"/> | 3/4 cup | Protein Powder |
| <input type="checkbox"/> | 6 cups | Water |

Greek Kale Chickpea Salad

#lunch #dinner #vegetarian #vegan #eggfree #glutenfree #nutfree

 11 ingredients  15 minutes  4 servings

Directions

1. In a jar combine dill, olive oil, lemon juice, sea salt and black pepper. Put a lid on it and shake well. Set aside.
2. In a large salad bowl, combine chickpeas, cucumber, tomato, green pepper and kale. Add desired amount of dressing and toss well. Divide between bowls and top with feta cheese. Enjoy!

Notes

No Chickpeas Use lentils or kidney beans instead.

Extra Greek Add chopped black olives.

No Kale Use spinach or any dark leafy green instead.

Ingredients

- **2 tbsps** Fresh Dill (chopped)
- **1/4 cup** Extra Virgin Olive Oil
- **1** Lemon (juiced)
- **1/4 tsp** Sea Salt
- **1/4 tsp** Black Pepper
- **1 can** Chickpeas (drained and rinsed)
- **1/2** Cucumber (diced)
- **1** Tomato (diced)
- **1** Green Bell Pepper (diced)
- **4 cups** Kale Leaves (finely sliced)
- **1/2 cup** Feta Cheese (crumbled)

Slow Cooker Stuffed Peppers

#dinner #paleo #lunch #glutenfree #nutfree #appetizer #slowcooker #dairyfree #anticandida

 15 ingredients  4 hours  4 servings

Directions

1. Slice the tops off the peppers and carve out the seeds. Set aside.
2. In a large mixing bowl, combine the ground turkey, sea salt, black pepper, chili powder, cumin, dried basil, egg, minced garlic, yellow onion, spinach, olive oil and coconut flour. Mix well and stuff it into the green peppers.
3. Place the peppers in the slow cooker and top each with a spoonful or two of salsa. Cook for 4 hours on high or 6 - 8 on low.
4. Trim your cauliflower into florets. Place the florets in a food processor and pulse into a rice-like consistency. Cover and store in the fridge until ready to eat. (Note: You can eat the cauliflower rice raw or saute it in a bit of coconut oil before serving.)
5. Remove the peppers from the slow cooker and serve over cauliflower rice. Top with remaining salsa. Enjoy!

Notes

Vegans and Vegetarians Use cooked lentils or beans instead of ground meat.

No Ground Turkey Use ground chicken or beef instead.

No Slow Cooker Bake peppers in the oven at 350 for 45 minutes to 1 hour, or until meat is cooked through.

No Cauliflower Serve over rice, quinoa, greens or sweet potato mash.

Ingredients

- 4 Green Bell Pepper (large)
- 1 lb Extra Lean Ground Turkey
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 tbsp Chili Powder
- 1/2 tsp Cumin
- 1/2 tsp Dried Basil
- 1 Egg
- 2 Garlic (cloves, minced)
- 1/2 Yellow Onion (diced)
- 1 cup Baby Spinach (chopped)
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Coconut Flour
- 2 cups Organic Salsa
- 1 head Cauliflower (large)

Post Workout Green Smoothie

#snack #breakfast #vegetarian #eggfree #nutfree #smoothie #glutenfree #dairyfree #lowfodmap #autoimmune

 5 ingredients  5 minutes  2 servings

Directions

1. Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Notes

No Spinach Use kale instead.

No Protein Powder Add a few spoonfuls of hemp seeds.

Ingredients

- **1/4 cup** Protein Powder (vanilla)
- **2 cups** Water (cold)
- **1/2** Avocado
- **1** Banana (frozen)
- **2 cups** Baby Spinach

One Pan Salmon with Green Beans & Roasted Tomato

#dinner #paleo #nutfree #eggfree #glutenfree #dairyfree #lowfodmap #anticandida

 5 ingredients  25 minutes  4 servings

Directions

1. Preheat oven to 510. Line a baking sheet with parchment paper.
2. Place green beans and cherry tomatoes in a mixing bowl and toss with olive oil. Season with sea salt and black pepper. Transfer to baking sheet and bake in the oven for 10 minutes.
3. Season your salmon fillets with sea salt and black pepper.
4. Remove veggies from oven and place salmon fillets over top. Place back in the oven and bake for 7 to 10 minutes or until salmon flakes with a fork.
5. Divide veggies between plates and top with salmon. Enjoy!

Notes

No Salmon Use any type of fish fillet. Baking times will vary depending on thickness.

Vegan Use roasted chickpeas instead of salmon.

More Carbs Serve with quinoa or rice.

Added Touch Toss the green beans in balsamic vinegar before serving.

Ingredients

- **4 cups** Green Beans (washed and trimmed)
- **2 cups** Cherry Tomatoes
- **1 tbsp** Extra Virgin Olive Oil (or coconut oil)
- Sea Salt & Black Pepper (to taste)
- **4** Salmon Fillet

One Pan Paleo Plate

#dinner #paleo #nutfree #eggfree #glutenfree #dairyfree #elimination #autoimmune

 5 ingredients  35 minutes  4 servings

Directions

1. Preheat oven to 375 and line a baking sheet with parchment paper.
2. Brush both sides of the chicken breast with olive oil and season with sea salt, black pepper and any other spices you like. Place on the baking sheet.
3. Toss your brussels sprouts in olive oil and season with sea salt and black pepper. Place on the baking sheet with the chicken.
4. Slice your sweet potatoes in half lengthwise and pierce the flesh multiple times with a fork all over to create holes. Brush the flesh of each half with olive oil. Season with sea salt and black pepper. Place these on the baking sheet with the flesh facing up.
5. Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through. (Note: Sweet potato may need longer depending on size.)
6. Remove baking sheet from the oven and divide onto plates. Enjoy!

Ingredients

- 4 Chicken Breast
- Sea Salt & Black Pepper (to taste)
- 4 cups Brussels Sprouts (washed, trimmed and halved)
- 1 tbsp Extra Virgin Olive Oil (plus extra for brushing)
- 2 Sweet Potato (washed and sliced in half)

Notes

No Brussels Sprouts Use broccoli, cauliflower or green beans instead. Roasting times will vary.

No Chicken Breast Use turkey breast.

Vegans and Vegetarians Replace chicken with roasted chickpeas.

Extra Time Slice sweet potato into cubes or fries.

Slow Cooker Honey Garlic Chicken

#paleo #eggfree #dinner #lunch #slowcooker #glutenfree #dairyfree #autoimmune

 10 ingredients  4 hours  4 servings

Directions

1. Combine olive oil, raw honey, minced garlic, chili powder, sea salt and black pepper together in a bowl. Mix well.
2. Place chicken thighs in the bottom of your slow cooker. Pour the honey garlic sauce in over top. Use a spatula to toss until all the chicken is well coated. Set on low for 6 to 8 hours or on high for 4 hours (or until chicken is cooked through). Optional: Flip the chicken thighs at the halfway point and use a baster or spoon to coat the chicken with the run off marinade.
3. Before you eat, lightly steam your broccoli just until it is bright green then toss it with coconut oil and season with sea salt and black pepper.
4. Baste the chicken again before removing it from the slow cooker. Serve chicken thighs with broccoli on the side. Enjoy!

Notes

No Chicken Thighs Use chicken wings, drumsticks or breasts.

No Slow Cooker Marinade the chicken in advance. Bake in the oven at 350 for 30 minutes or until chicken is cooked through.

More Carbs Serve with rice, potato or quinoa.

Ingredients

- **3 tbsps** Extra Virgin Olive Oil
- **2 tbsps** Raw Honey
- **3** Garlic (cloves, minced)
- **1 tbsp** Chili Powder
- **1 tsp** Sea Salt
- **1/2 tsp** Black Pepper
- **2 lbs** Chicken Thighs (skinless, boneless)
- **6 cups** Broccoli (chopped into florets)
- **1 tbsp** Coconut Oil (or organic butter)
- Sea Salt & Black Pepper (to taste)

Eggs n' Guac Breakfast Bowl

#paleo #breakfast #lunch #nutfree #glutenfree #dairyfree #anticandida

 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. Peel the eggs and slice in half.
2. Make guacamole by mashing avocado and mixing with lemon, sea salt and pepper to taste.
3. Divide spinach into bowls and top with guacamole, egg, red onion and olive oil. Enjoy!

Notes

Storage Keep refrigerated in an air-tight container up to 3 days.

Prep Ahead Hard boil your eggs in advance to save time.

Make it Spicy Add chili flakes.

Make it Vegan Skip the eggs and add cooked chickpeas instead.

Extra Toppings Try adding hot sauce, sunflower seeds, pumpkin seeds or hemp hearts.

Ingredients

- 8 Egg
- 2 Avocado
- 1 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)
- 8 cups Baby Spinach
- 1/4 cup Red Onion (thinly sliced)
- 2 tbsps Extra Virgin Olive Oil

Banana with Peanut Butter

#snack #eggfree #breakfast #vegan #vegetarian #glutenfree #dairyfree #lowfodmap

 2 ingredients  5 minutes  2 servings

Directions

1. Spread peanut butter across banana slices. Happy snacking!

Notes

No Peanut Butter Use any nut or seed butter.

More Protein Sprinkle with hemp seeds.

Ingredients

- 2 Banana (peeled and sliced)
- 1/4 cup All Natural Peanut Butter

Steak with Balsamic Jus

#dinner #eggfree #paleo #glutenfree

 9 ingredients  15 minutes  4 servings

Directions

1. Heat coconut oil in a large skillet over medium-high heat. Season both sides of the steaks generously with sea salt and black pepper. Place steaks in the skillet. Flip once and cook to desired doneness. We like about 5 minutes per side for medium-rare, but it depends on the thickness of your steak. Transfer steaks to a plate and cover with foil.
2. Add balsamic vinegar to the skillet and bring to a boil. Let boil for 1 to 2 minutes or until it begins to thicken. Remove from heat and whisk in mustard and any excess liquid that has drained off the steaks. Transfer to a bowl and set aside.
3. Place the skillet back over medium heat. Add baby spinach and saute just until wilted. Remove from heat and stir in slivered almonds, lemon juice and feta.
4. Plate steak and drizzle with balsamic mustard sauce. Serve with sauteed spinach salad on the side. Enjoy!

Notes

Make it Even Skip sauteing the spinach and make a raw salad instead.
Quicker

Ingredients

- **1 tbsp** Coconut Oil
- **20 ozs** Beef Tenderloin (sliced into steaks)
- Sea Salt & Black Pepper (to taste)
- **1/2 cup** Balsamic Vinegar
- **1/4 cup** Dijon Mustard
- **10 cups** Baby Spinach
- **2 tbsps** Slivered Almonds (toasted)
- **1/2** Lemon (juiced)
- **1/4 cup** Feta Cheese (crumbled)

Hummus Dippers

#snack #nutfree #eggfree #vegetarian #vegan #glutenfree #dairyfree #anticandida

 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

Salt n' Vinegar Hard Boiled Eggs

#snack #paleo #nutfree #glutenfree #dairyfree #lowfodmap #anticandida

 3 ingredients  35 minutes  4 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

- **8** Egg
- **1 tsp** Sea Salt (divided)
- **1/4 cup** Apple Cider Vinegar (divided)

Pistachios

#snack #paleo #vegan #vegetarian #eggfree #glutenfree #dairyfree



 1 ingredients  1 minutes  2 servings

Directions

1. Divide into bowls, peel and enjoy!

Ingredients

- **1 cup** Pistachios (in the shell)