




































A Little Nutrition

Using Real Food To Manage Weight & Wellness

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Blueberry Ene... 	Blueberry Ene... 	Blueberry Ene... 	Banana Cocon... 	Banana Cocon... 	Breakfast Taco... 	Breakfast Taco... 
Snack 1	Apple with Pe... 	Apple with Pea... 	Apple with Pea... 	Apple with Pea... 	Fruit Kabobs 	Fruit Kabobs 	Fruit Kabobs 
Lunch	Peanut Thai Z... 	One Pan Salm... 	Thai Basil Turk... 	Loaded Sweet ... 	Mediterranean... 	Mediterranean... 	Peanut Thai Z... 
Snack 2	Carrots & Gua... 	Carrots & Gua... 	Protein Packe... 	Protein Packe... 	Almonds 	Baby Carrots &.. 	Baby Carrots &.. 
Dinner	One Pan Salm... 	Thai Basil Turk... 	Loaded Sweet ... 	One Pan Chick... 	One Pan Chick... 	Slow Cooker A... 	Cozy Slow Coo... 



One Pan Salmon with Rainbow Veggies

#dinner #lunch #anticandida #ketogenic

 9 ingredients  40 minutes  2 servings

Directions

1. Preheat oven to 375 degrees F and line a baking sheet with parchment paper.
2. Place the cherry tomatoes, salmon, bell pepper, broccoli, and red onion on the sheet pan. Drizzle the vegetables with olive oil. Brush the salmon with the tamari, orange juice and zest. Sprinkle everything with salt and pepper to taste.
3. Place in the oven and bake for 30 minutes, or until salmon is fully cooked.
4. Divide between plates and enjoy!

Notes




- More Carbs** Serve with rice or quinoa.
- Vegan** Use tofu steaks or roasted chickpeas instead of salmon.
- Leftovers** Keeps well in the fridge for 2 to 3 days.

Ingredients

- **2 cups** Cherry Tomatoes
- **10 ozs** Salmon Fillet
- **1** Yellow Bell Pepper (sliced)
- **2 cups** Broccoli (chopped into small florets)
- **1/2 cup** Red Onion (sliced into chunks)
- **2 tbsps** Extra Virgin Olive Oil
- **1 1/2 tsps** Tamari
- **1/2** Navel Orange (zested and juiced)
- Sea Salt & Black Pepper (to taste)

Mediterranean Tuna Pasta Salad

#dinner #lunch #anticandida #lowfodmap #vegetarian #eggfree #glutenfree #nutfree #appetizer #dairyfree

 10 ingredients  15 minutes  4 servings

Directions

1. Cook the brown rice pasta according to directions on the package.
2. While the pasta is cooking, combine the olive oil, lemon juice, Italian seasoning, salt and pepper in a small bowl and whisk to combine.
3. When the pasta is done cooking, drain it and rinse with cold water until cooled.
4. In a large bowl, toss the pasta, olives, sun dried tomatoes, tuna, arugula, hemp seeds and dressing until well combined. Divide between plates and enjoy!

Notes

Vegan Use chickpeas or lentils instead of tuna.




Leftovers Keeps well in the fridge up to 3 days.

Ingredients

- **2 cups** Brown Rice Fusilli (cooked)
- **1/4 cup** Extra Virgin Olive Oil
- **1** Lemon (juiced)
- **1 tbsp** Italian Seasoning
- Sea Salt & Black Pepper (to taste)
- **1/2 cup** Green Olives (sliced)
- **1/2 cup** Sun Dried Tomatoes (sliced)
- **1 can** Tuna (drained and flaked)
- **8 cups** Arugula
- **1/4 cup** Hemp Seeds

Cozy Slow Cooker Split Pea & Kale Stew

#anticandida #elimination #nightshade-free #lunch #dinner #gluten-free #dairy-free #egg-free #nut-free #vegan #vegetarian

 9 ingredients  8 hours  6 servings

Directions

1. In your slow cooker, add the onion, garlic, carrots, celery, thyme and dried split peas. Pour the broth over all ingredients and cook on low for 8 hours. Stir every few hours to prevent the split peas from sticking to the bottom.
2. In the last 30 minutes of cooking, add chopped kale. Once the kale is wilted, season to taste with salt and pepper. Enjoy!

Notes

Leftovers Store in the fridge up to 4 days or freeze.

Ingredients

- **1** Yellow Onion (medium, diced)
- **2** Garlic (cloves, minced)
- **2** Carrot (medium, diced)
- **2 stalks** Celery (diced)
- **1 tbsp** Dried Thyme
- **2 cups** Yellow Split Peas (dry/uncooked)
- **8 cups** Organic Vegetable Broth
- **4 cups** Kale Leaves (chopped)
- Sea Salt & Black Pepper (to taste)



Slow Cooker Apple Cinnamon Pork Tenderloin

#autoimmune #nightshade-free #dinner #paleo #egg-free #gluten-free #nut-free #slowcooker #dairy-free

 6 ingredients  4 hours  3 servings

Directions

1. Cut slits into your pork tenderloin about 3/4 of the way through. Wedge half of the apple slices into the slits.
2. Add remaining apple, carrots and onion to the bottom of the slow cooker. Lay the pork tenderloin on top. Drizzle honey and sprinkle cinnamon over everything. Cook on low for 4 hours.
3. Remove pork and vegetables from the slow cooker and divide onto plates. Enjoy!

Notes

Make it Tender Brine your pork tenderloin the night before for more flavour and tenderness.

More Greens Serve on a bed of spinach or add your choice of veggies to the slow cooker.

More Carbs Serve with rice, quinoa or mini potatoes.

Ingredients

- **1 lb** Pork Tenderloin
- **2** Apple (sliced and divided)
- **3** Carrot (medium, sliced into rounds)
- **1** Yellow Onion (diced)
- **3 tbsps** Raw Honey
- **1 tbsp** Cinnamon



Banana Coconut Granola

#breakfast #snack #nightshade-free #lowfodmap #vegetarian #vegan #egg-free #gluten-free #nut-free #dairy-free

 7 ingredients  1 hour  6 servings

Directions

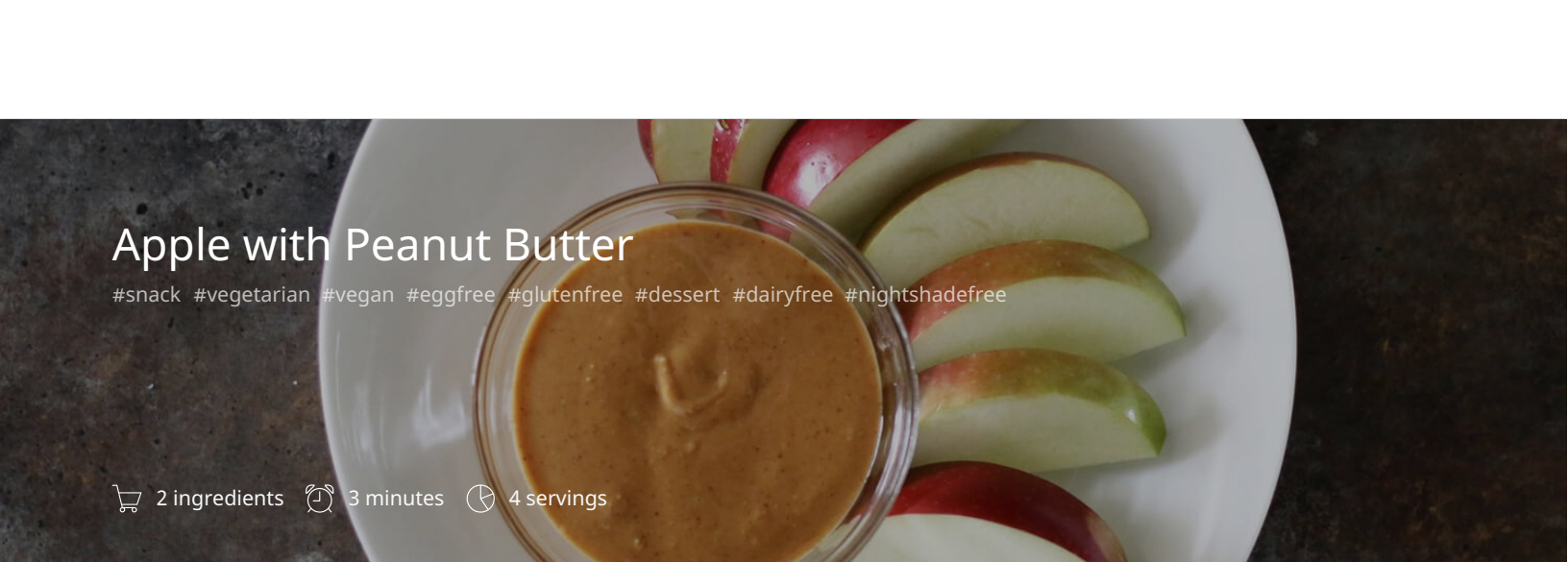
1. Preheat oven to 300F.
2. In a large bowl, combine the oats, coconut flakes, pumpkin seeds, cinnamon and sea salt.
3. Add the mashed banana and coconut oil into the bowl with the oat mixture. Use a spoon to stir until all is very well combined. The mixture should be evenly coated.
4. Spread mixture in an even layer on a large baking sheet. Press down slightly and place in oven.
5. Bake for 45-55 minutes, checking and tossing every 15 minutes. Break up large clusters as necessary. Once the granola is evenly browned and no longer feels damp, remove from oven. As it cools it will crisp up even more, so do not over-bake.
6. Once cooled, store in an airtight container at room temperature for up to one week. Or store in the freezer for a few months.

Notes

Serve it With Yogurt, oatmeal, parfaits, almond milk and/or fresh fruit.




Ingredients

- **2 cups** Oats (rolled or old fashioned)
- **1 cup** Unsweetened Coconut Flakes
- **1/2 cup** Pumpkin Seeds
- **1/2 tsp** Cinnamon
- **1/4 tsp** Sea Salt
- **1** Banana (ripe, mashed)
- **2 tbsps** Coconut Oil (melted)



Apple with Peanut Butter

#snack #vegetarian #vegan #eggfree #glutenfree #dessert #dairyfree #nightshade-free

 2 ingredients  3 minutes  4 servings

Directions

1. Cut apple into slices and remove the core. Dip into peanut butter and enjoy!

Notes

Keep it Fresh To avoid brown apple slices, assemble the slices back into the shape of the apple and tie an elastic band around it.




Ingredients

- 4 Apple
- 1/2 cup All Natural Peanut Butter



Baby Carrots & Hummus

#snack #vegetarian #vegan #eggfree #glutenfree #nutfree #appetizer #dairyfree #anticandida #elimination #nightshade-free

 2 ingredients  5 minutes  4 servings

Directions

1. Divide carrots between bowls. Serve with hummus on the side for dipping. Enjoy!

Notes

No Baby Carrots Use celery sticks, cucumber slices or sliced bell peppers instead..

Like it Spicy Top with a pinch of cayenne pepper or chili powder.

Ingredients

- **3 cups** Baby Carrots
- **1 cup** Hummus



Fruit Kabobs

#snack #vegan #vegetarian #paleo #eggfree #nutfree #glutenfree #dairyfree #dessert #autoimmune #nightshade-free

 7 ingredients  15 minutes  8 servings

Directions

1. Wash fruit.
2. Slide one piece of each type of fruit onto the skewer and set aside.
3. Repeat using the same pattern until all ingredients are used up. Cover and store in the fridge until ready to serve. Enjoy!

Notes

Added Touch Drizzle with melted dark organic chocolate.

Mix it Up Use whatever fruit you have on hand. Watermelon, honeydew, banana and orange slices all work great!

Ingredients

- **1 cup** Strawberries (halved)
- **1 cup** Pineapple (cubed)
- **1 cup** Blackberries
- **1/2** Cantaloupe (cubed)
- **1 cup** Blueberries
- **1 cup** Raspberries
- **16** Barbecue Skewers

Blueberry Energy Smoothie

#snack #breakfast #eggfree #vegetarian #vegan #smoothie #glutenfree #dairyfree #nightshade-free

 5 ingredients  10 minutes  2 servings

Directions

1. Combine cashews, hemp seeds and water in a blender. Blend until very smooth.
2. Add in baby spinach and frozen blueberries. Blend again until smooth. Divide into glasses and enjoy!

Notes




Make it Sweeter Add in a few soaked dates to sweeten it up.

Ingredients

- **1/2 cup** Cashews
- **1/4 cup** Hemp Seeds
- **2 cups** Water
- **2 cups** Baby Spinach
- **1 1/2 cups** Frozen Blueberries

Loaded Sweet Potato & Kale Quesadilla ANDREA's version

#appetizer #dinner #eggfree #elimination #glutenfree #lunch #nightshade-free #nutfree #vegetarian

 9 ingredients  20 minutes  2 servings

Directions

1. Preheat oven to 410. Line a baking sheet with parchment paper.
2. Chop sweet potato into 1/2 inch slices. Fill a pot with water and bring to a boil. Place sweet potato in a steaming basket and steam for 7 to 10 minutes. Transfer into a bowl and mash with a fork. Season with salt and pepper to taste.
3. Meanwhile, heat 1/3 of the olive oil in a pan over medium heat. Saute onions until soft, then add garlic and kale. Heat until kale is wilted.
4. In a small bowl, whisk together the balsamic vinegar, remaining olive oil, salt and pepper to taste. Drizzle about 1/2 the balsamic vinaigrette over the kale and stir until well coated.
5. Lay a tortilla on the baking sheet. Sprinkle lightly with cheese. Spread mashed sweet potato and top evenly with kale mixture, and a bit more cheese. Cover with another tortilla and bake for 10-15 minutes or until golden brown and crispy.
6. Slice and serve with remaining balsamic vinaigrette.

Notes

- Keep it Flat** Place another baking sheet over the quesadilla to keep the tortilla from curling in the oven.
- No Kale** Use spinach or chopped collard greens instead.
- More Protein** Add lentils or grilled chicken.




Ingredients

- 1 Sweet Potato (medium, peeled)
- Sea Salt & Black Pepper (to taste)
- 3 tbsps Extra Virgin Olive Oil
- 1/2 Sweet Onion (medium, chopped)
- 2 Garlic (cloves, minced)
- 3 cups Kale Leaves (chopped)
- 1 tbsps Balsamic Vinegar
- 2 Whole Wheat Tortillas (or whatever tortilla type you prefer ie. brown rice)
- 1/2 cup Cheese (I like aged cheddar - any cheese works.)



Carrots & Guacamole low FODMAP

#snack #vegetarian #vegan #paleo #eggfree #glutenfree #nutfree #appetizer #dairyfree #lowfodmap #anticandida #elimination
#autoimmune #nightshade-free #ketogenic

 4 ingredients  5 minutes  2 servings

Directions

1. Peel and slice carrots into sticks.
2. Peel and pit the avocado. Mash the flesh in a small bowl with lime juice, salt and pepper.
3. Dip the carrots into the guac & enjoy!

Notes

Spice it Up Add chili flakes, salsa and/or chopped cilantro to the guacamole.

Ingredients

- 4 Carrot (medium)
- 1/2 Avocado
- 1 Lime (juiced)
- Sea Salt & Black Pepper (to taste)



Thai Basil Turkey with Bok Choy & Rice [low fodmap]

#lunch #dinner #eggfree #glutenfree #nutfree #dairyfree

11 ingredients 25 minutes 4 servings

Directions

1. Cook the rice according to the instructions on the package and set aside.
2. While the rice cooks, place a wok over high heat. Add the coconut oil, chilies, green onion and garlic. Saute for 1 to 2 minutes, or until onions are softened. Add the ground turkey and saute for about 5 minutes, breaking it up into small pieces as it cooks. Add the honey and tamari and saute for another minute, or until turkey is completely cooked through. Add the basil. Add lime juice. Saute until wilted and turn off the heat. Cover with a lid to keep warm.
3. Heat the sesame oil in a frying pan over medium heat. Add the sliced bok choy, face down. Cover and let fry for about 5 minutes, or until slightly charred. Turn off the heat.
4. Divide rice between plates and top with the basil turkey mix. Add the bok choy on the side. Enjoy!

Notes




- No Rice** Use quinoa or roasted potatoes instead.
- Storage** Store in an airtight container in the fridge up to 3 days.
- Low Carb** Use cauliflower rice instead of jasmine rice.
- Make it Faster** Use green peas instead of bok choy.
- No Thai Chili** If you do not like it spicy, simply omit. If you cannot find thai chiles, add a pinch of cayenne pepper instead.
- Reheating Leftovers** Saute in a skillet until warmed through.
- Vegan & Vegetarian** Replace the ground turkey with roasted chickpeas or warm lentils.

Ingredients

- **1 cup** Jasmine Rice (dry)
- **1 tbsp** garlic infused oil
- **2** Thai Chili (stems removed and finely sliced)
- **6 stalks** Green Onion (upper 2/3's)
- **1 lb** Extra Lean Ground Turkey
- **1 tbsp** Maple Syrup
- **3 tsps** Tamari
- **1 cup** Basil Leaves (fresh, chopped)
- **2 tsps** Sesame Oil
- **4 cups** Bok Choy (sliced in half lengthwise)
- **1** Lime (juice)

Peanut Thai Zucchini Noodles Low FODMAP

#vegan #vegetarian #eggfree #glutenfree #dairyfree #lowfodmap

 11 ingredients  20 minutes  4 servings

Directions

1. To create the pesto, combine basil, peanuts, half of the peas, ginger, lime juice, lime zest, tamari, olive oil and sesame oil in a food processor. Add water, blend until smooth and set aside. (Note: You may need to add extra warm water 1 tablespoon at a time to reach desired consistency.)
2. Use a spiralizer to turn the zucchini into noodles. (If you don't have a spiralizer, you can use a box grater to create noodles.)
3. Toss the noodles in desired amount of pesto, add the remaining peas and then divide into bowls. Garnish with chopped peanuts, red pepper flakes and left over basil leaves. Enjoy!

Notes

Warm it Up Saute noodles in a frying pan with a bit of olive oil before serving.

More Carb add rice noodles or rice




Ingredients

- **1 cup** Basil Leaves
- **1 cup** Raw Peanuts
- **2 cups** Fresh Peas (divided)
- **1 tbsp** Ginger (grated)
- **1** Lime (zested and juiced)
- **2 tbsps** Tamari
- **1/4 cup** Extra Virgin Olive Oil
- **1 tsp** Sesame Oil
- **1/4 cup** Water
- **4** Zucchini
- **1 tsp** Red Pepper Flakes (to taste)



One Pan Chicken Stir Fry Low FODMAP

#dinner #lunch #glutenfree #nutfree #dairyfree

 12 ingredients  30 minutes  4 servings

Directions

1. Preheat oven to 425 degrees F and line a large baking sheet with parchment paper.
2. In a jar, combine the tamari, apple cider vinegar, maple syrup and sesame oil. Shake well to combine and set aside.
3. Add the chicken, red bell pepper, yellow bell pepper, bok choy and green beans in a large mixing bowl. Drizzle the sauce over the vegetables and chicken then toss to combine. Transfer to the baking sheet. Bake in the oven for 25 - 30 minutes, or until chicken is cooked through.
4. Meanwhile, cook your quinoa. Combine the quinoa and water in a saucepot and place over high heat. Bring to a boil, then cover with a lid and reduce to a simmer. Let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid, fluff with a fork and set aside.
5. Remove chicken and vegetables from the oven and divide into bowls with a side of quinoa. Garnish with sesame seeds. Drizzle with extra tamari or hot sauce if you like. Enjoy!

Notes



Storage Store in an airtight container in the fridge up to 3 days.

Ingredients

- **3 tbsps** Tamari
- **1 tbsp** Apple Cider Vinegar
- **1 tbsp** Maple Syrup
- **1 tbsp** Sesame Oil
- **20 ozs** Chicken Breast (sliced into cubes)
- **1** Red Bell Pepper (de-seeded and sliced)
- **1** Yellow Bell Pepper (de-seeded and sliced)
- **4 cups** Bok Choy (chopped)
- **2 cups** Green Beans
- **3/4 cup** Quinoa (dry)
- **1 1/2 cups** Water
- **1 tbsp** Sesame Seeds

Breakfast Taco Nachos - Low FODMAP

#dinner #breakfast #lunch #nutfree #appetizer #glutenfree #dairyfree #lowfodmap #anticandida

 13 ingredients  30 minutes  4 servings

Directions

1. Preheat oven to 415. Slice tortillas into 1/8's using a pizza cutter. Place on a baking sheet and bake for 6 minutes. Remove from oven.
2. Meanwhile, heat a skillet over medium heat. Add olive oil. Add the ground turkey and saute to cook through. Break up the meat as it is cooking. Once it is cooked through add the chili powder, oregano, cumin, black pepper and sea salt. Add the water and saute for another minute as you mix well. Reduce heat to the lowest setting and let simmer while you prepare the rest or until all water has been absorbed.
3. Fry your eggs and set aside.
4. Divide tortilla chips into bowls and top with diced green pepper, tomato, avocado, turkey and fried egg. Enjoy!

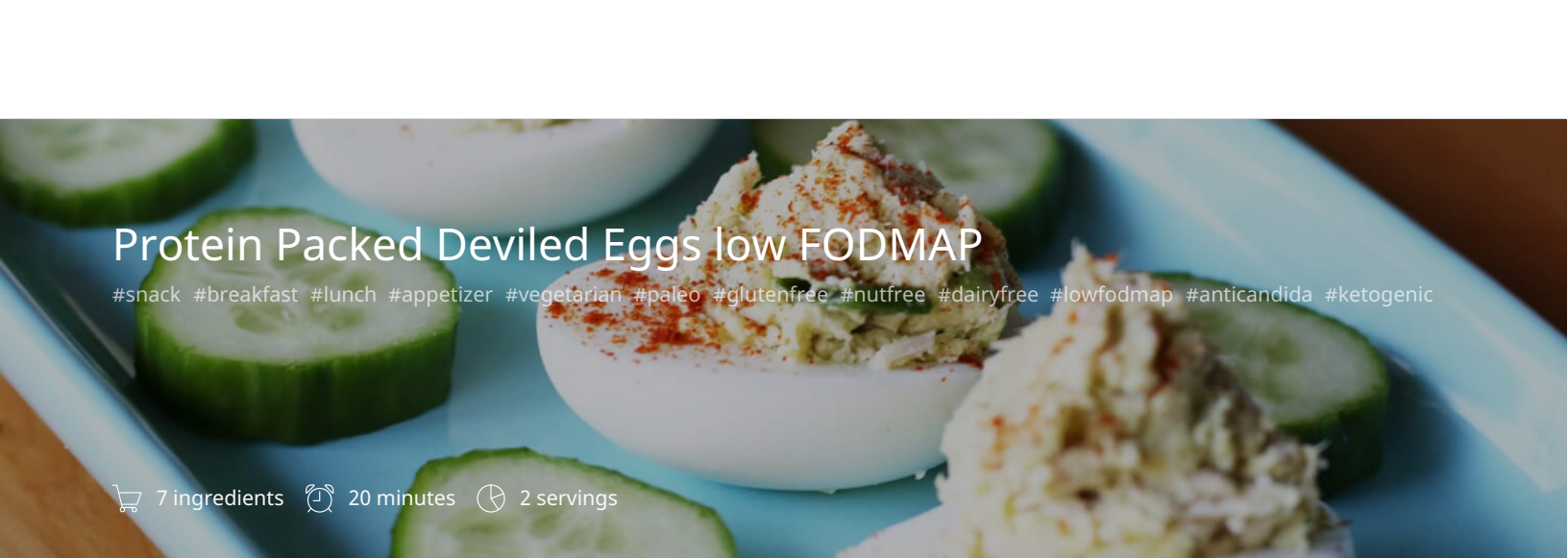
Notes

Vegans Use quinoa or lentils instead of ground meat and omit the fried egg.

Optional Toppings Add or replace with other toppings such as crumbled feta, organic salsa, red onion, greek yogurt, red pepper flakes or green onion.




Ingredients

- **6** Corn Tortillas (thawed)
- **1 1/2 tsps** Extra Virgin Olive Oil
- **1 lb** Extra Lean Ground Turkey
- **1 tbsp** Chili Powder
- **1 tsp** Oregano
- **1 tsp** Cumin
- **1 tsp** Black Pepper
- **1 tsp** Sea Salt
- **1/2 cup** Water
- **4** Egg (fried)
- **1** Green Bell Pepper (diced)
- **1** Tomato (diced)
- **1/2** Avocado (diced)



Protein Packed Deviled Eggs low FODMAP

#snack #breakfast #lunch #appetizer #vegetarian #paleo #glutenfree #nutfree #dairyfree #lowfodmap #anticandida #ketogenic

 7 ingredients  20 minutes  2 servings

Directions

1. Hard boil your eggs.
2. Once cool, peel the eggs and slice them in half. Remove the yolk and add it to a bowl. Add in the tuna and green onion (upper 2/3s - not the root!). Season with sea salt and black pepper to taste. Mix and mash very well and then stuff the mixture back into the eggs. Sprinkle with paprika and enjoy with cucumber slices on the side.

Notes

More Carb Serve along side 2 slices toast (GF if low FODMAP)

Substitute Avocado for mayo if not on elimination phase

Ingredients

- 4 Egg (hard boiled)
- 1 can Tuna (drained)
- 2 tbsps Mayo
- 1 Green Onion (chopped)
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp Paprika
- 1/2 Cucumber (sliced)



Almonds

#snack #vegan

 1 ingredients  2 minutes  1 servings

Directions

1. Eat your store-bought almonds raw or roast your almonds in oven with a little bit oil.

Ingredients

- **1/4 cup** Almonds