


































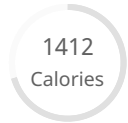


	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Yogurt & Berri... 	Yogurt & Berri... 	Post Workout ... 	Post Workout ... 	Post Workout ... 	Tropical Smoot... 	Tropical Smoot... 
Snack 1	Banana with P... 	Greek Kale Chi... 	Salt n' Vinegar... 	Pistachios 	Salt n' Vinegar... 	Apple with Pea... 	Apple with Pea... 
Lunch	Greek Kale Chi... 	One Pan Salmo... 	One Pan Paleo... 	Slow Cooker St... 	Steak with Bals... 	One Pan Chick... 	One Pan Chick... 
Snack 2	Hummus Dipp... 	Hummus Dipp... 	Banana with P... 	Banana with P... 	Pistachios 	Pistachios 	Protein Packed... 
Dinner	One Pan Salm... 	One Pan Paleo... 	Slow Cooker St... 	Steak with Bals... 	Slow Cooker H... 	Thai Basil Turk... 	Thai Basil Turk... 

● Fat ● Carbs ● Protein



Mon



**Fat** 78g

**Carbs** 122g

Fiber 28g

Sugar 49g

**Protein** 70g

Cholesterol 108mg

Sodium 1412mg

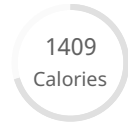
Vitamin A 12851IU

Vitamin C 223mg

Calcium 761mg

Iron 11mg

Tue



**Fat** 68g

**Carbs** 109g

Fiber 28g

Sugar 36g

**Protein** 101g

Cholesterol 225mg

Sodium 1522mg

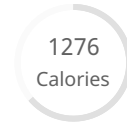
Vitamin A 22697IU

Vitamin C 289mg

Calcium 801mg

Iron 12mg

Wed



**Fat** 58g

**Carbs** 103g

Fiber 24g

Sugar 43g

**Protein** 100g

Cholesterol 621mg

Sodium 1979mg

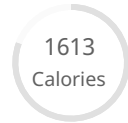
Vitamin A 16154IU

Vitamin C 285mg

Calcium 362mg

Iron 10mg

Thu



**Fat** 89g

**Carbs** 107g

Fiber 28g

Sugar 48g

**Protein** 108g

Cholesterol 272mg

Sodium 1530mg

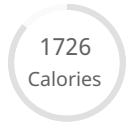
Vitamin A 13114IU

Vitamin C 235mg

Calcium 467mg

Iron 15mg

Fri



**Fat** 99g

**Carbs** 69g

Fiber 20g

Sugar 30g

**Protein** 145g

Cholesterol 816mg

Sodium 2117mg

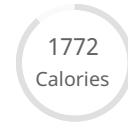
Vitamin A 12394IU

Vitamin C 168mg

Calcium 497mg

Iron 16mg

Sat



**Fat** 72g

**Carbs** 198g

Fiber 29g

Sugar 55g

**Protein** 106g

Cholesterol 0mg

Sodium 62mg

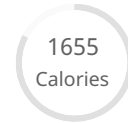
Vitamin A 735IU

Vitamin C 31mg

Calcium 407mg

Iron 6mg

Sun



**Fat** 54g

**Carbs** 185g

Fiber 23g

Sugar 52g

**Protein** 123g

Cholesterol 402mg

Sodium 409mg

Vitamin A 1366IU

Vitamin C 30mg

Calcium 425mg

Iron 7mg



# My Grocery List

 75 items

## Fruits

- ☐ 1 Apple
- ☐ 1/2 Avocado
- ☐ 5 Banana
- ☐ 1/3 cup Frozen Pineapple
- ☐ 1 1/2 Lemon
- ☐ 1 Lime
- ☐ 2 tbsps Mayo

## Breakfast

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

## Seeds, Nuts & Spices

- ☐ 1 tsp Black Pepper
- ☐ 2 tbsps Chia Seeds
- ☐ 1 1/2 tbsps Chili Powder
- ☐ 1/2 tsp Cumin
- ☐ 1/2 tsp Dried Basil
- ☐ 2 tbsps Hemp Hearts
- ☐ 1/2 tsp Paprika
- ☐ 2 cups Pistachios
- ☐ 2 1/4 tsps Sea Salt
- ☐ Sea Salt & Black Pepper
- ☐ 1 tbsp Sesame Seeds
- ☐ 2 tbsps Slivered Almonds

## Frozen

- ☐ 1 cup Frozen Banana
- ☐ 1 cup Frozen Berries
- ☐ 2 tbsps Frozen Blueberries

## Vegetables

- ☐ 13 cups Baby Spinach
- ☐ 1 cup Basil Leaves
- ☐ 8 cups Bok Choy
- ☐ 3 cups Broccoli
- ☐ 4 cups Brussels Sprouts
- ☐ 1 Carrot
- ☐ 1 head Cauliflower
- ☐ 4 stalks Celery
- ☐ 2 cups Cherry Tomatoes
- ☐ 1 Cucumber
- ☐ 2 tbsps Fresh Dill
- ☐ 3 1/2 Garlic
- ☐ 6 cups Green Beans
- ☐ 5 Green Bell Pepper
- ☐ 6 stalks Green Onion
- ☐ 1 Green Onion
- ☐ 4 cups Kale Leaves
- ☐ 1 Red Bell Pepper
- ☐ 2 Sweet Potato
- ☐ 2 Thai Chili
- ☐ 1 Tomato
- ☐ 2 Yellow Bell Pepper
- ☐ 1/2 Yellow Onion

## Boxed & Canned

- ☐ 2 cups Chickpeas
- ☐ 1 cup Jasmine Rice
- ☐ 2 cups Organic Salsa
- ☐ 3/4 cup Quinoa
- ☐ 1 can Tuna

## Baking

- ☐ 2 tbsps Coconut Flour

## Bread, Fish, Meat & Cheese

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

## Condiments & Oils

- ☐ 1/3 cup Apple Cider Vinegar
- ☐ 1/2 cup Balsamic Vinegar
- ☐ 1 1/2 tbsps Coconut Oil
- ☐ 1/4 cup Dijon Mustard
- ☐ 1/2 cup Extra Virgin Olive Oil
- ☐ 1 tbsp Garlic Infused Oil
- ☐ 1 2/3 tbsps Sesame Oil
- ☐ 1/3 cup Tamari

## Cold

- ☐ 13 Egg
- ☐ 3/4 cup Plain Greek Yogurt
- ☐ 1/3 cup Unsweetened Almond Milk

## Other

- ☐ 1/4 cup Protein Powder
- ☐ 1/2 Vanilla Protein Powder
- ☐ 3 1/2 cups Water








**1 tbsp**

Raw Honey

# Yogurt & Berries low FODMAP

 2 ingredients  5 minutes  1 serving

## Directions

1. Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

## Notes

**Dairy-Free** Use a dairy-free yogurt like coconut, almond or cashew.

**No Frozen Berries** Use any type of fresh fruit instead.




## Ingredients

- 3/4 cup** Plain Greek Yogurt (lactose free, or skyr)
- 1 cup** Frozen Berries (thawed)

## 216 Calories

Per Serving	% Daily Value
<b>Fat</b> 4g	6%
<b>Carbs</b> 29g	10%
Fiber 5g	20%
Sugar 19g	0%
<b>Protein</b> 18g	36%

# Post Workout Green Smoothie

 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

<b>1/4 cup</b>	Protein Powder (vanilla)
<b>2 cups</b>	Water (cold)
<b>1/2</b>	Avocado
<b>1</b>	Banana (frozen)
<b>2 cups</b>	Baby Spinach

## 183 Calories

Per Serving	% Daily Value
<b>Fat</b> 8g	12%
<b>Carbs</b> 20g	7%
Fiber 6g	24%
Sugar 8g	0%
<b>Protein</b> 12g	24%

# Tropical Smoothie Bowl Low FODMAP

 7 ingredients  10 minutes  1 serving

## Directions

1. In a food processor, blend banana, pineapple, almond milk, and protein powder until smooth (~5 minutes). If you are using a blender, you may require more liquid.
2. Pour mixture into bowl. Top with hemp hearts, chia seeds, and frozen blueberries.

## Ingredients




<b>1 cup</b>	Frozen Banana
<b>1/3 cup</b>	Frozen Pineapple
<b>1/3 cup</b>	Unsweetened Almond Milk
<b>1/2</b>	Vanilla Protein Powder (Half scoop of vanilla protein powder - whey or low FODMAP)
<b>2 tbsps</b>	Hemp Hearts
<b>2 tbsps</b>	Chia Seeds
<b>2 tbsps</b>	Frozen Blueberries

## 340 Calories

Per Serving	% Daily Value
<b>Fat</b> 8g	12%
<b>Carbs</b> 64g	21%
Fiber 17g	68%
Sugar 29g	0%
<b>Protein</b> 9g	18%



# Banana with Peanut Butter

 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

## 298 Calories

Per Serving	% Daily Value
<b>Fat</b> 17g	26%
<b>Carbs</b> 34g	11%
Fiber 5g	20%
Sugar 18g	0%
<b>Protein</b> 8g	16%



# Salt n' Vinegar Hard Boiled Eggs

 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




<b>8</b>	Egg
<b>1 tsp</b>	Sea Salt (divided)
<b>1/4 cup</b>	Apple Cider Vinegar (divided)

## 149 Calories

Per Serving	% Daily Value
<b>Fat</b> 10g	15%
<b>Carbs</b> 2g	1%
Fiber 0g	0%
Sugar 1g	0%
<b>Protein</b> 13g	26%

# Pistachios



 1 ingredients  1 minutes  2 servings

## Directions

1. Divide into bowls, peel and enjoy!




## Ingredients

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

## 345 Calories

Per Serving	% Daily Value
<b>Fat</b> 28g	43%
<b>Carbs</b> 17g	6%
Fiber 7g	28%
Sugar 5g	0%
<b>Protein</b> 12g	24%

# Apple with Peanut Butter copy

 2 ingredients  3 minutes  1 serving

## 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

- 1 Apple
- 1 tbsp All Natural Peanut Butter

## 191 Calories

Per Serving		% Daily Value
<b>Fat</b> 9g	<div><div></div></div>	14%
<b>Carbs</b> 29g	<div><div></div></div>	10%
Fiber 5g	<div><div></div></div>	20%
Sugar 21g	<div><div></div></div>	0%
<b>Protein</b> 4g	<div><div></div></div>	8%

# Greek Kale Chickpea Salad

 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




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

## 358 Calories

Per Serving	% Daily Value
<b>Fat</b> 20g	31%
<b>Carbs</b> 34g	11%
Fiber 9g	36%
Sugar 6g	0%
<b>Protein</b> 13g	26%



# One Pan Chicken Stir Fry Low FODMAP

 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

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

## 466 Calories

Per Serving	% Daily Value
<b>Fat</b> 12g	18%
<b>Carbs</b> 40g	13%
<b>Protein</b> 54g	108%

# 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

## 127 Calories

Per Serving	% Daily Value
<b>Fat</b> 6g	9%
<b>Carbs</b> 14g	5%
Fiber 5g	20%
Sugar 1g	0%
<b>Protein</b> 6g	12%



# Protein Packed Deviled Eggs low FODMAP

 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

<b>4</b>	Egg (hard boiled)
<b>1 can</b>	Tuna (drained)
<b>2 tbsps</b>	Mayo (*no onion, no garlic ie. Hellman's mayo)
<b>1</b>	Green Onion (chopped)
	Sea Salt & Black Pepper (to taste)
<b>1/2 tsp</b>	Paprika
<b>1/2</b>	Cucumber (sliced)

## 228 Calories

Per Serving	% Daily Value
<b>Fat</b> 10g	15%
<b>Carbs</b> 4g	1%
Fiber 1g	4%
Sugar 2g	0%
<b>Protein</b> 29g	58%

# One Pan Salmon with Green Beans & Roasted Tomato

 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

<b>4 cups</b>	Green Beans (washed and trimmed)
<b>2 cups</b>	Cherry Tomatoes
<b>1 tbsp</b>	Extra Virgin Olive Oil (or coconut oil)
	Sea Salt & Black Pepper (to taste)
<b>20 ozs</b>	Salmon Fillet

## 413 Calories

Per Serving	% Daily Value
<b>Fat</b> 31g	48%
<b>Carbs</b> 11g	4%
Fiber 4g	16%
Sugar 5g	0%
<b>Protein</b> 25g	50%

# One Pan Paleo Plate

 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!

## 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.


## Ingredients

<b>16 ozs</b>	Chicken Breast
	Sea Salt & Black Pepper (to taste)
<b>4 cups</b>	Brussels Sprouts (washed, trimmed and halved)
<b>1 tbsp</b>	Extra Virgin Olive Oil (plus extra for brushing)
<b>2</b>	Sweet Potato (washed and sliced in half)

## 295 Calories

Per Serving	% Daily Value
<b>Fat</b> 7g	11%
<b>Carbs</b> 21g	7%
Fiber 5g	20%
Sugar 5g	0%
<b>Protein</b> 39g	78%

# Slow Cooker Stuffed Peppers

 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 tbsps	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 tbsps	Extra Virgin Olive Oil
2 tbsps	Coconut Flour
2 cups	Organic Salsa
1 head	Cauliflower (large)

## 351 Calories

Per Serving	% Daily Value
<b>Fat</b> 16g	25%
<b>Carbs</b> 26g	9%
Fiber 8g	32%
Sugar 11g	0%
<b>Protein</b> 28g	56%



# Steak with Balsamic Jus

 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

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

## 436 Calories

Per Serving	% Daily Value
<b>Fat</b> 20g	31%
<b>Carbs</b> 10g	3%
Fiber 2g	8%
Sugar 6g	0%
<b>Protein</b> 48g	96%

# Slow Cooker Honey Garlic Chicken

 10 ingredients  4 hours  2 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




<b>1 1/2 tbsps</b>	Extra Virgin Olive Oil
<b>1 tbsp</b>	Raw Honey
<b>1 1/2</b>	Garlic (cloves, minced)
<b>1 1/2 tsps</b>	Chili Powder
<b>1/2 tsp</b>	Sea Salt
<b>1/4 tsp</b>	Black Pepper
<b>1 lb</b>	Chicken Thighs (skinless, boneless)
<b>3 cups</b>	Broccoli (chopped into florets)
<b>1 1/2 tsps</b>	Coconut Oil (or organic butter)
	Sea Salt & Black Pepper (to taste)

## 613 Calories

Per Serving	% Daily Value
<b>Fat</b> 33g	51%
<b>Carbs</b> 20g	7%
Fiber 5g	20%
Sugar 10g	0%
<b>Protein</b> 60g	120%



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

 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** Saute in a skillet until warmed through.  
**Leftovers**

**Vegan & Vegetarian** Replace the ground turkey with roasted chickpeas or warm lentils.

## Ingredients

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

## 430 Calories

Per Serving	% Daily Value
<b>Fat</b> 15g	23%
<b>Carbs</b> 48g	16%
<b>Protein</b> 27g	54%