



## Total Testosterone Solution - Week A

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<https://guerrillazen.com>






















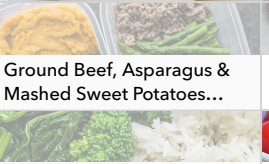
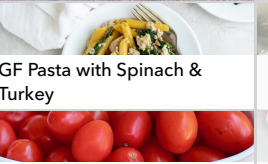
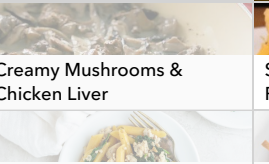
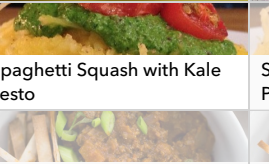
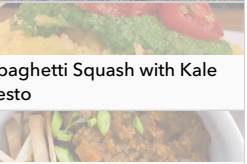


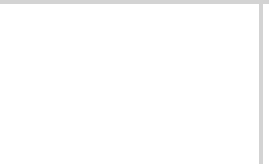
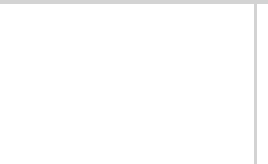
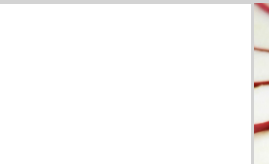

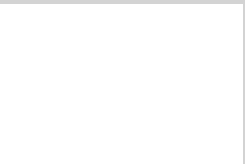

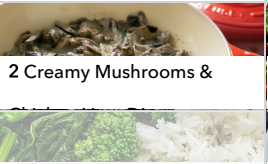










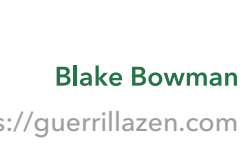
This meal plan is to be followed as a guide for alternating weeks with the first.

Try it out as a week 1 and 3 plan and then as you get a feel for what you like and what works for you from the two meal plans feel free to mix and match recipes to suit your needs and tastes.

Ensuring micronutrient density and adequate macros are the biggest keys to focus on here.

Also, if you are a bigger or smaller than average individual you may want to adjust portion sizes up or down 10-20% or more so that you're not over or under eating so feel free to do that and find what works for your body and goals!



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Vanilla Protein Pancakes					 Vanilla Protein Pancakes	 Eggs & Rice Breakfast Bowl
	 Blackberries	 Carrot Cake Overnight Protein Oats	 Carrot Cake Overnight Protein Oats	 Moroccan Sausage & Eggs Breakfast	 Moroccan Sausage & Eggs Breakfast	 Blueberries	 Bison Pumpkin Chili
Snack 1	 Turkey Kale Wraps		 Turkey Kale Wraps	 Blueberries		 Apple Slices with Cinnamon	 Blueberries
	 Ground Beef, Asparagus & Mashed Sweet Potatoes...	 Smoked Salmon Egg Cups	 Ground Beef, Asparagus & Mashed Sweet Potatoes...	 GF Pasta with Spinach & Turkey	 Creamy Mushrooms & Chicken Liver	 Spaghetti Squash with Kale Pesto	 Spaghetti Squash with Kale Pesto
Lunch	 Ground Beef, Asparagus & Mashed Sweet Potatoes...	 Smoked Salmon Egg Cups	 Rapini & Rice	 Cherry Tomatoes	 GF Pasta with Spinach & Turkey	 Bison Pumpkin Chili	 Bison Pumpkin Chili
	 Apple Slices & Hummus	 Apple Slices & Hummus				 Apple Slices & Nori Crisps	
Snack 2	 Apple Slices & Hummus	 Apple Slices & Hummus				 Apple Slices & Nori Crisps	
	 Oyster and Clam Chowder	 2 Creamy Mushrooms & Rapini	 One Pan Steak, Potatoes & Broccoli copy	 Pistachio Crusted Salmon with Cauliflower	 Bison Pumpkin Chili	 Pistachio Crusted Salmon with Cauliflower	 Liver, Onions & Sage
Dinner	 Oyster and Clam Chowder	 2 Creamy Mushrooms & Rapini	 One Pan Steak, Potatoes & Broccoli copy	 Pistachio Crusted Salmon with Cauliflower	 Bison Pumpkin Chili	 Pistachio Crusted Salmon with Cauliflower	 Liver, Onions & Sage
	 Rapini & Rice	 Rapini & Rice	 Baked Potato	 Baked Potato	 Baked Potato	 Broccoli & Rice	 Broccoli & Rice

Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Fat	<div><div></div></div> 30%	Fat	<div><div></div></div> 40%	Fat	<div><div></div></div> 35%	Fat	<div><div></div></div> 46%	Fat	<div><div></div></div> 43%	Fat	<div><div></div></div> 40%	Fat	<div><div></div></div> 41%
Carbs	<div><div></div></div> 43%	Carbs	<div><div></div></div> 36%	Carbs	<div><div></div></div> 40%	Carbs	<div><div></div></div> 31%	Carbs	<div><div></div></div> 33%	Carbs	<div><div></div></div> 39%	Carbs	<div><div></div></div> 39%
Protein	<div><div></div></div> 27%	Protein	<div><div></div></div> 24%	Protein	<div><div></div></div> 25%	Protein	<div><div></div></div> 23%	Protein	<div><div></div></div> 24%	Protein	<div><div></div></div> 21%	Protein	<div><div></div></div> 20%
Calories	2012	Calories	2456	Calories	2208	Calories	2312	Calories	2192	Calories	1958	Calories	2067
Fat	70g	Fat	113g	Fat	87g	Fat	120g	Fat	106g	Fat	90g	Fat	96g
Saturated	22g	Saturated	31g	Saturated	25g	Saturated	32g	Saturated	35g	Saturated	21g	Saturated	21g
Polyunsaturated	20g	Polyunsaturated	25g	Polyunsaturated	17g	Polyunsaturated	20g	Polyunsaturated	12g	Polyunsaturated	18g	Polyunsaturated	14g
Monounsaturated	19g	Monounsaturated	46g	Monounsaturated	25g	Monounsaturated	42g	Monounsaturated	33g	Monounsaturated	43g	Monounsaturated	52g
Carbs	221g	Carbs	227g	Carbs	223g	Carbs	178g	Carbs	181g	Carbs	202g	Carbs	210g
Fiber	44g	Fiber	34g	Fiber	37g	Fiber	23g	Fiber	22g	Fiber	39g	Fiber	39g
Sugar	68g	Sugar	59g	Sugar	33g	Sugar	27g	Sugar	21g	Sugar	89g	Sugar	49g
Protein	142g	Protein	148g	Protein	143g	Protein	135g	Protein	136g	Protein	109g	Protein	109g
Cholesterol	624mg	Cholesterol	1930mg	Cholesterol	289mg	Cholesterol	884mg	Cholesterol	1063mg	Cholesterol	516mg	Cholesterol	805mg
Sodium	3587mg	Sodium	3666mg	Sodium	2441mg	Sodium	2428mg	Sodium	3576mg	Sodium	1438mg	Sodium	2961mg
Potassium	4862mg	Potassium	3342mg	Potassium	5053mg	Potassium	4565mg	Potassium	3745mg	Potassium	4419mg	Potassium	3959mg
Vitamin A	23085IU	Vitamin A	37764IU	Vitamin A	25538IU	Vitamin A	12818IU	Vitamin A	29214IU	Vitamin A	20355IU	Vitamin A	53707IU
Vitamin C	145mg	Vitamin C	101mg	Vitamin C	289mg	Vitamin C	202mg	Vitamin C	107mg	Vitamin C	317mg	Vitamin C	233mg
Calcium	803mg	Calcium	950mg	Calcium	983mg	Calcium	429mg	Calcium	452mg	Calcium	602mg	Calcium	583mg
Iron	27mg	Iron	37mg	Iron	21mg	Iron	20mg	Iron	29mg	Iron	19mg	Iron	31mg
Vitamin D	92IU	Vitamin D	1245IU	Vitamin D	73IU	Vitamin D	155IU	Vitamin D	196IU	Vitamin D	82IU	Vitamin D	137IU
Magnesium	507mg	Magnesium	455mg	Magnesium	483mg	Magnesium	323mg	Magnesium	276mg	Magnesium	388mg	Magnesium	390mg
Zinc	72mg	Zinc	24mg	Zinc	15mg	Zinc	12mg	Zinc	18mg	Zinc	13mg	Zinc	21mg
Selenium	172µg	Selenium	426µg	Selenium	75µg	Selenium	146µg	Selenium	184µg	Selenium	120µg	Selenium	140µg



## Fruits

- ☐ 4 Apple
- ☐ 2/3 Avocado
- ☐ 4 Banana
- ☐ 1 cup Blackberries
- ☐ 3 cups Blueberries
- ☐ 2 Lemon

## Breakfast

- ☐ 1/3 cup Maple Syrup

## Seeds, Nuts & Spices

- ☐ 1/4 cup Chili Powder
- ☐ 1 1/2 tsps Cinnamon
- ☐ 2 1/3 tsps Cumin
- ☐ 3/4 tsp Dried Thyme
- ☐ 1/2 tsp Ground Ginger
- ☐ 2 1/2 tsps Italian Seasoning
- ☐ 2 tsps Paprika
- ☐ 1/2 cup Pine Nuts
- ☐ 1/2 cup Pistachios
- ☐ 1 3/4 tsps Sea Salt
- ☐ 1/2 tsp Sea Salt & Black Pepper
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1/4 cup Walnuts

## Frozen

- ☐ 2 cups Frozen Corn

## Vegetables

- ☐ 4 cups Asparagus
- ☐ 7 2/3 cups Baby Spinach
- ☐ 1/2 cup Basil Leaves
- ☐ 4 cups Broccoli
- ☐ 1 Carrot
- ☐ 1 head Cauliflower
- ☐ 3 stalks Celery
- ☐ 2 3/4 cups Cherry Tomatoes
- ☐ 1 tbsp Chives
- ☐ 1/2 cup Cilantro
- ☐ 8 cups Coleslaw Mix
- ☐ 2 tsps Fresh Sage
- ☐ 1 head Garlic
- ☐ 9 Garlic
- ☐ 2 1/2 cups Kale Leaves
- ☐ 1 cup Mini Potatoes
- ☐ 2 1/8 cups Parsley
- ☐ 1/4 cup Radishes
- ☐ 3/4 bunch Rapini
- ☐ 3 Russet Potato
- ☐ 4 cups Shiitake Mushrooms
- ☐ 1 Spaghetti Squash
- ☐ 3 Sweet Potato
- ☐ 2 Tomato
- ☐ 2 cups Yellow Onion
- ☐ 3 Yellow Onion

## Boxed & Canned

- ☐ 2/3 cup Brown Rice
- ☐ 227 grams Brown Rice Penne
- ☐ 2 cups Crushed Tomatoes
- ☐ 1 1/4 cups Jasmine Rice
- ☐ 2 cups Organic Chicken Broth
- ☐ 1/4 cup Organic Coconut Milk

## Baking

- ☐ 1/4 cup All Purpose Gluten Free Flour
- ☐ 3 cups Oats
- ☐ 2 cups Pureed Pumpkin

## Bread, Fish, Meat & Cheese

- ☐ 225 grams Beef Liver
- ☐ 227 grams Chicken Liver
- ☐ 454 grams Extra Lean Ground Beef
- ☐ 454 grams Extra Lean Ground Turkey
- ☐ 907 grams Ground Bison
- ☐ 1 1/8 cups Hummus
- ☐ 200 grams Lamb Sausage
- ☐ 567 grams Salmon Fillet
- ☐ 240 grams Sliced Turkey Breast
- ☐ 113 grams Smoked Salmon
- ☐ 200 grams Top Sirloin Steak

## Condiments & Oils

- ☐ 1/3 cup Avocado Oil
- ☐ 1/4 cup Coconut Oil
- ☐ 1 cup Extra Virgin Olive Oil
- ☐ 1/4 cup Green Olives
- ☐ 1 cup Tomato Sauce

## Cold

- ☐ 24 Egg
- ☐ 2 1/2 cups Unsweetened Almond Milk
- ☐ 1/4 cup Unsweetened Coconut Yogurt

## Other

- ☐ 2 Nori Sheets
- ☐ 283 grams Oysters
- ☐ 2 cups Vanilla Protein Powder
- ☐ 4 cups Water
- ☐ 283 grams Whole Clams



## Vanilla Protein Pancakes

2 servings

15 minutes

### Ingredients

2 Banana (plus extra for topping)  
4 Egg  
1/2 cup Vanilla Protein Powder  
1 tbs Coconut Oil

### Nutrition

Amount per serving	
Calories	394
Fat	17g
Saturated	9g
Polyunsaturated	2g
Monounsaturated	4g
Carbs	29g
Fiber	4g
Sugar	15g
Protein	33g
Cholesterol	376mg
Sodium	181mg
Potassium	682mg
Vitamin A	616IU
Vitamin C	10mg
Calcium	176mg
Iron	2mg
Vitamin D	82IU
Magnesium	91mg
Zinc	3mg
Selenium	38µg

### Directions

- 1 In a large bowl, mash the bananas. Add the eggs and protein powder. Mix well until a batter forms.
- 2 Melt the coconut oil in a large skillet over medium heat. Once hot, pour the batter into the skillet, roughly 1/4 cup at a time. Cook for 3 minutes, or until the top starts to bubble slightly, and flip. Repeat the process until all the batter is used up.
- 3 Transfer to a plate and top with additional banana slices. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Freeze for up to one month.

**Serving Size:** One serving is approximately two pancakes.

**Additional Toppings:** Honey, maple syrup, pureed fruit sauce, nut butter, chocolate chips and/or chopped nuts



## Blackberries

1 serving  
5 minutes

### Ingredients

1 cup Blackberries

### Directions

- 1 Wash and enjoy!

### Nutrition

Amount per serving	
Calories	62
Fat	1g
Saturated	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	14g
Fiber	8g
Sugar	7g
Protein	2g
Cholesterol	0mg
Sodium	1mg
Potassium	233mg
Vitamin A	308IU
Vitamin C	30mg
Calcium	42mg
Iron	1mg
Vitamin D	0IU
Magnesium	29mg
Zinc	1mg
Selenium	1µg





## Carrot Cake Overnight Protein Oats

2 servings

8 hours

### Ingredients

- 1 1/2 cups Oats (rolled)
- 1/2 Carrot (medium, grated)
- 1/2 tsp Cinnamon
- 1/4 tsp Ground Ginger
- 1 1/4 cups Unsweetened Almond Milk
- 2 tbsps Maple Syrup
- 2 tbsps Unsweetened Coconut Yogurt
- 2 tbsps Walnuts (roughly chopped)
- 1/2 cup Vanilla Protein Powder

### Nutrition

Amount per serving	
Calories	450
Fat	11g
Saturated	2g
Polyunsaturated	5g
Monounsaturated	3g
Carbs	61g
Fiber	9g
Sugar	14g
Protein	29g
Cholesterol	4mg
Sodium	158mg
Potassium	494mg
Vitamin A	2862IU
Vitamin C	1mg
Calcium	498mg
Iron	3mg
Vitamin D	63IU
Magnesium	160mg
Zinc	4mg
Selenium	25µg

### Directions

- 1 Add the oats, grated carrot, cinnamon, ground ginger, protein powder, almond milk, and maple syrup to a mixing bowl. Mix well. Cover and place in the fridge overnight, or for at least 8 hours.
- 2 Remove the oats from the fridge and divide them into jars. Top with yogurt and walnuts. Enjoy!

### Notes

**No Coconut Yogurt:** Omit, or use another type of yogurt instead.

**Nut-Free:** Omit, or use pumpkin seeds.

**Sugar-Free:** Omit the maple syrup, or use a sugar-free sweetener of your choice.

**No Almond Milk:** Use any other type of milk instead.

**Grated Carrot:** Half a medium carrot is equal to about 1/2 cup of grated carrot.

**Hot or Cold:** These oats can be enjoyed hot or cold. Reheat cold oats in the microwave.



## Moroccan Sausage & Eggs Breakfast

2 servings  
20 minutes

### Ingredients

1 tbsp Coconut Oil  
200 grams Lamb Sausage  
2 Tomato (medium, diced)  
1/4 cup Green Olives (pitted and sliced)  
1/2 tsp Sea Salt  
1 tsp Cumin (divided)  
1/2 cup Cilantro (finely chopped and divided)  
6 Egg (cracked into a bowl)

### Nutrition

Amount per serving	
Calories	621
Fat	46g
Saturated	20g
Polyunsaturated	3g
Monounsaturated	7g
Carbs	8g
Fiber	2g
Sugar	1g
Protein	38g
Cholesterol	638mg
Sodium	1182mg
Potassium	483mg
Vitamin A	2988IU
Vitamin C	20mg
Calcium	135mg
Iron	7mg
Vitamin D	123IU
Magnesium	32mg
Zinc	2mg
Selenium	47µg

### Directions

- 1 Heat coconut oil in a large skillet over medium heat. Cook the sausage until brown on all sides, about 5 minutes.
- 2 Drain any excess fat and add the tomatoes, olives, salt, half the cumin and 3/4 of the cilantro. Cook for another 5 minutes, stirring occasionally.
- 3 Pour the eggs over the sausage and tomatoes. Break the yolks and let simmer until the eggs have set. Lift the edges and tip the pan as needed to help the eggs cook evenly.
- 4 Garnish with the remaining cumin and cilantro. Divide onto plates and enjoy!

### Notes

**Serve it With:** Brown rice tortilla chips or crusty bread.

**No Cilantro:** Use parsley instead.

**Make it Spicy:** Add cayenne, black pepper, red pepper flakes, hot sauce and/or jalapeno slices.

**No Lamb Sausage:** Use beef, pork, chicken or turkey sausage, vegan chorizo or chickpeas instead.

**Leftovers:** Refrigerate in an airtight container up to 3 days.





## Blueberries

1 serving

2 minutes

### Ingredients

1 cup Blueberries

### Directions

- 1 Wash the berries and enjoy!

### Nutrition

Amount per serving	
Calories	84
Fat	0g
Saturated	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	21g
Fiber	4g
Sugar	15g
Protein	1g
Cholesterol	0mg
Sodium	1mg
Potassium	114mg
Vitamin A	80IU
Vitamin C	14mg
Calcium	9mg
Iron	0mg
Vitamin D	0IU
Magnesium	9mg
Zinc	0mg
Selenium	0µg





## Eggs & Rice Breakfast Bowl

2 servings

50 minutes

### Ingredients

2/3 cup Brown Rice  
 1 1/8 cups Water  
 1/8 tsp Sea Salt  
 4 Egg  
 1/3 tsp Coconut Oil  
 2 2/3 cups Baby Spinach  
 2/3 Avocado (sliced)

### Nutrition

Amount per serving	
Calories	492
Fat	22g
Saturated	6g
Polyunsaturated	4g
Monounsaturated	11g
Carbs	55g
Fiber	8g
Sugar	1g
Protein	20g
Cholesterol	372mg
Sodium	381mg
Potassium	840mg
Vitamin A	4389IU
Vitamin C	18mg
Calcium	123mg
Iron	4mg
Vitamin D	82IU
Magnesium	137mg
Zinc	3mg
Selenium	42µg

### Directions

- Combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 30 to 35 minutes or until water is absorbed. Remove lid, season with sea salt and fluff with a fork.
- Meanwhile, bring a medium 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 8 minutes. Use a spoon to remove the eggs from the pot and run under cold water before peeling.
- In a skillet over medium-low heat, add coconut oil and sauté the spinach until just wilted.
- Scoop the rice into a bowl and top with eggs, spinach and sliced avocado. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**More Flavor:** Season with chili flakes or hot sauce. Cook the rice with chicken or vegetable broth instead of water.

**Make it Vegan:** Omit the eggs and use a tofu scramble instead.

**Meal Prep:** Make a large batch of all ingredients and store each serving in separate airtight containers.



## Bison Pumpkin Chili

4 servings

30 minutes

### Ingredients

1 tbsp Extra Virgin Olive Oil  
 454 grams Ground Bison  
 1 Yellow Onion (diced)  
 3 Garlic (cloves, minced)  
 2 tbsps Chili Powder  
 1 tbsp Cumin  
 1 tsp Paprika  
 1 cup Crushed Tomatoes  
 1 cup Pureed Pumpkin  
 1 cup Water  
 1 1/2 tps Maple Syrup  
 1 tsp Sea Salt  
 4 cups Coleslaw Mix

### Nutrition

Amount per serving	
Calories	300
Fat	13g
Saturated	4g
Polyunsaturated	1g
Monounsaturated	6g
Carbs	24g
Fiber	8g
Sugar	12g
Protein	27g
Cholesterol	62mg
Sodium	935mg
Potassium	849mg
Vitamin A	14151IU
Vitamin C	45mg
Calcium	141mg

### Directions

- 1 Heat olive oil in a large skillet over medium-high heat. Add the ground bison, onion and garlic, and saute for about 5 to 7 minutes, or until the meat is cooked through. Drain off the fat.
- 2 Add the chili powder, cumin and paprika. Stir about 1 minute, until fragrant. Add crushed tomatoes, pumpkin, water, maple syrup and salt. Let simmer about 10 minutes.
- 3 Divide coleslaw into bowls. Top with chili and enjoy!

### Notes

**Optional Toppings:** Garnish with toasted tortillas, chopped green onion, avocado, jalapeno slices, cheddar cheese or greek yogurt.

**More Veggies:** Add bell peppers, corn, peas or any leftovers on hand. Stir in spinach, kale or watercress just before serving.

**No Bison:** Use extra lean ground beef, chicken, turkey, lamb or venison.

**Vegan or Vegetarian:** Use mixed beans and/or tofu instead of ground meat.

**Leftovers:** Refrigerate in an air-tight container for 3 to 5 days or freeze up to 2 months.

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Iron	8mg
Vitamin D	0IU
Magnesium	65mg
Zinc	6mg
Selenium	25µg





## Turkey Kale Wraps

1 serving  
10 minutes

### Ingredients

3/4 cup Kale Leaves (whole, lacinato, washed and dried)  
1/3 cup Hummus  
120 grams Sliced Turkey Breast  
2 tbsps Radishes (thinly sliced)

### Nutrition

Amount per serving	
Calories	329
Fat	19g
Saturated	3g
Polyunsaturated	9g
Monounsaturated	6g
Carbs	16g
Fiber	5g
Sugar	2g
Protein	25g
Cholesterol	59mg
Sodium	1441mg
Potassium	790mg
Vitamin A	778IU
Vitamin C	17mg
Calcium	99mg
Iron	3mg
Vitamin D	7IU
Magnesium	91mg
Zinc	2mg
Selenium	20µg

### Directions

- 1 Divide the hummus between kale leaves and use a knife to spread it across the leaves evenly. Place the turkey and sliced radish on top.
- 2 Roll the leaves into a wrap. Enjoy!

### Notes

**No Kale:** Use another large leafy green such as collard or lettuce.

**No Turkey:** Use sliced chicken breast instead.

**Leftovers:** Store the leftovers in a container in the fridge for up to three days. Pierce the wraps with a toothpick to hold them together during storage.

**No Hummus:** Use a different type of spread as a condiment, such as mustard, mayonnaise or yogurt.

**More Flavor:** Sprinkle with sea salt, black pepper, paprika or your favorite spices.



## Apple Slices with Cinnamon

1 serving  
5 minutes

### Ingredients

1 Apple  
1/2 tsp Cinnamon

### Nutrition

Amount per serving	
Calories	98
Fat	0g
Saturated	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	26g
Fiber	5g
Sugar	19g
Protein	1g
Cholesterol	0mg
Sodium	2mg
Potassium	200mg
Vitamin A	102IU
Vitamin C	8mg
Calcium	24mg
Iron	0mg
Vitamin D	0IU
Magnesium	10mg
Zinc	0mg
Selenium	0µg

### Directions

- 1 Slice apple and cut out the core.
- 2 Sprinkle with cinnamon.
- 3 Enjoy!



## Ground Beef, Asparagus & Mashed Sweet Potatoes

### Dinner

4 servings

30 minutes

### Ingredients

3 Sweet Potato (medium, peeled and chopped)

4 cups Asparagus (woody ends trimmed, chopped in half)

1/2 tsp Sea Salt (divided)

1 tbsp Coconut Oil

454 grams Extra Lean Ground Beef

2 tsps Italian Seasoning (use whatever herbs and spices you want on this one to add flavour.)

### Nutrition

Amount per serving	
Calories	341
Fat	15g
Saturated	7g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	25g
Fiber	6g
Sugar	7g
Protein	27g
Cholesterol	74mg
Sodium	426mg
Potassium	964mg
Vitamin A	14861IU
Vitamin C	10mg
Calcium	75mg
Iron	6mg
Vitamin D	3IU
Magnesium	66mg
Zinc	6mg

### Directions

- 1 Set the sweet potatoes in a steaming basket over boiling water and cover. Steam for about 15 minutes, or until tender. Transfer the sweet potatoes to a bowl.
- 2 In the same steaming basket, steam the asparagus for about 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus. Set aside.
- 3 Add half the salt to the sweet potatoes and mash until creamy.
- 4 Heat the butter in a large pan over medium heat. Cook the beef, breaking it up as it cooks. Season with the remaining salt and herbs/spice mix as desired and then drain any excess liquid.
- 5 Divide the mashed sweet potato, asparagus and beef onto plates or into containers. Enjoy!

### Notes

**No Sweet Potatoes:** Use regular potatoes, eddo, jicama or kohlrabi instead.

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

**Storage:** Refrigerate in an airtight container up to 3 days.

**Serving Size:** One serving is equal to approximately 3/4 cup of mashed sweet potatoes, 1 cup of asparagus and 1/2 cup of ground beef.

**Vegan & Vegetarian:** Omit the ground beef and use cooked lentils instead.

**Extra Creamy Potatoes:** Add a splash of water, broth or milk while mashing the sweet potatoes for extra creaminess.



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Selenium	23µg
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## Smoked Salmon Egg Cups

1 serving  
 25 minutes

### Ingredients

1 1/2 tps Avocado Oil  
 6 Egg  
 1 tbsp Chives (chopped)  
 Sea Salt & Black Pepper (to taste)  
 1 cup Baby Spinach (chopped)  
 113 grams Smoked Salmon (roughly chopped)

### Nutrition

Amount per serving	
Calories	629
Fat	40g
Saturated	11g
Polyunsaturated	8g
Monounsaturated	18g
Carbs	3g
Fiber	1g
Sugar	1g
Protein	59g
Cholesterol	1142mg
Sodium	1209mg
Potassium	788mg
Vitamin A	4662IU
Vitamin C	10mg
Calcium	213mg
Iron	7mg
Vitamin D	1020IU
Magnesium	81mg
Zinc	4mg
Selenium	129µg

### Directions

- 1 Preheat the oven to 350°F (177°C) and lightly grease a muffin tin with avocado oil.
- 2 In a small bowl, whisk together the eggs, chives, salt and pepper.
- 3 Add the spinach and then the smoked salmon to each muffin tin, then pour the egg mixture on top. Bake for 20 minutes. Remove from the oven, let cool and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is equal to two egg cups.

**More Flavor:** Add fresh dill or capers to the muffin tins.



## GF Pasta with Spinach & Turkey

2 servings  
20 minutes

### Ingredients

227 grams Brown Rice Penne (Can sub for your favorite Gluten Free Pasta choice.)

2 tbsps Extra Virgin Olive Oil (divided)

454 grams Extra Lean Ground Turkey

1 tsp Italian Seasoning

1/2 tsp Sea Salt

4 cups Baby Spinach (packed)

### Nutrition

Amount per serving	
Calories	891
Fat	37g
Saturated	7g
Polyunsaturated	7g
Monounsaturated	16g
Carbs	90g
Fiber	5g
Sugar	0g
Protein	54g
Cholesterol	168mg
Sodium	794mg
Potassium	1137mg
Vitamin A	5792IU
Vitamin C	17mg
Calcium	128mg
Iron	6mg
Vitamin D	32IU
Magnesium	95mg
Zinc	6mg
Selenium	44µg

### Directions

- 1 Cook the pasta according to the directions on the box.
- 2 Meanwhile, in a large skillet, heat half of the oil over medium heat. Add the turkey to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, add Italian seasoning and salt. Add the spinach and stir until wilted.
- 3 Add the cooked pasta to the skillet with the turkey and spinach along with the remaining olive oil and stir to combine. Season with additional salt or add more oil if needed.
- 4 Divide into bowls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Enjoy cold or reheat on the stovetop with additional olive oil.

**Serving Size:** One serving is approximately 2 cups.

**More Flavor:** Add garlic, red pepper flakes or fresh herbs.

**No Chickpea Pasta:** Use whole grain or gluten-free pasta noodles instead. Short cut noodles work best for this recipe.

**No Turkey:** Use ground chicken, pork, beef or cooked lentils instead.



## Cherry Tomatoes

1 serving  
2 minutes

### Ingredients

1 cup Cherry Tomatoes

### Nutrition

Amount per serving	
Calories	27
Fat	0g
Saturated	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	6g
Fiber	2g
Sugar	4g
Protein	1g
Cholesterol	0mg
Sodium	7mg
Potassium	353mg
Vitamin A	1241IU
Vitamin C	20mg
Calcium	15mg
Iron	0mg
Vitamin D	0IU
Magnesium	16mg
Zinc	0mg
Selenium	0µg

### Directions

- 1 Wash and add to a bowl. Enjoy!

### Notes

**Serve Them With:** Our Vegan Ranch Dressing or Turmeric Hummus.

**Grill Them:** Slide onto skewers and grill for one to two minutes per side.





## Spaghetti Squash with Kale Pesto

4 servings

50 minutes

### Ingredients

- 1 Spaghetti Squash
- 1 cup Cherry Tomatoes (halved)
- 1/3 cup Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 1 cup Kale Leaves
- 1/2 cup Basil Leaves
- 2 Garlic (cloves, minced)
- 1 Lemon (juiced)
- 1/4 cup Pine Nuts

### Nutrition

Amount per serving	
Calories	264
Fat	23g
Saturated	3g
Polyunsaturated	5g
Monounsaturated	14g
Carbs	15g
Fiber	3g
Sugar	2g
Protein	3g
Cholesterol	0mg
Sodium	9mg
Potassium	565mg
Vitamin A	1241IU
Vitamin C	28mg
Calcium	67mg
Iron	2mg
Vitamin D	0IU
Magnesium	66mg
Zinc	1mg
Selenium	1µg

### Directions

- 1 Preheat oven to 375°F (191°C). Carefully cut the spaghetti squash in half lengthwise and carve out the seeds. Place the halves on a parchment paper-lined baking sheet flesh side up. Brush with olive oil and sprinkle with sea salt and pepper.
- 2 Toss the cherry tomatoes in a bowl with a splash of your olive oil, salt and pepper then place these on the baking sheet with the squash. Cook the squash and tomatoes in the oven for 45 to 50 minutes.
- 3 In the mean time, prepare your kale pesto. In a food processor or magic bullet, add the kale, basil leaves, garlic cloves, lemon juice, remaining olive oil, salt, pepper and pine nuts. Blend until a creamy pesto forms. Add a very small splash of warm water if mixture is too thick. Be careful with this as adding too much can completely ruin the pesto!
- 4 Remove the spaghetti squash and allow to cool for 5 minutes. Then stand each half up vertically and scrape out the flesh of the squash into a large bowl using a fork. It should come out as string-like noodles.
- 5 Divide spaghetti squash into portions on plates. Top with a large spoonful of kale pesto and roasted tomatoes. Enjoy!



## Apple Slices & Hummus

1 serving

5 minutes

### Ingredients

1 Apple  
1/4 cup Hummus

### Nutrition

Amount per serving	
Calories	240
Fat	11g
Saturated	2g
Polyunsaturated	6g
Monounsaturated	3g
Carbs	34g
Fiber	8g
Sugar	19g
Protein	5g
Cholesterol	0mg
Sodium	264mg
Potassium	387mg
Vitamin A	112IU
Vitamin C	8mg
Calcium	40mg
Iron	2mg
Vitamin D	0IU
Magnesium	55mg
Zinc	1mg
Selenium	3µg

### Directions

- 1 Slice apples and cut out the core. Serve with hummus for dipping. Enjoy!

### Notes

No Apple: Use pear slices instead.



## Apple Slices & Nori Crisps

1 serving  
5 minutes

### Ingredients

2 Nori Sheets  
1/8 tsp Extra Virgin Olive Oil  
1 Apple (medium)

### Nutrition

Amount per serving	
Calories	112
Fat	1g
Saturated	0g
Polyunsaturated	0g
Monounsaturated	1g
Carbs	27g
Fiber	6g
Sugar	19g
Protein	2g
Cholesterol	0mg
Sodium	8mg
Potassium	195mg
Vitamin A	898IU
Vitamin C	14mg
Calcium	31mg
Iron	1mg
Vitamin D	0IU
Magnesium	9mg
Zinc	0mg
Selenium	0µg

### Directions

- 1 Cut nori sheets into quarters with scissors. Brush sheets very lightly with olive oil. Heat a large pan over medium heat and toast the nori sheets about 30 seconds per side.
- 2 Slice apples and divide onto plates with nori crisps. Enjoy!

### Notes

**Save Time:** Buy pre-toasted nori sheets.





## Oyster and Clam Chowder

2 servings  
45 minutes

### Ingredients

2 cups Yellow Onion  
1 head Garlic  
3 stalks Celery  
2 cups Organic Chicken Broth (Can also use homemade if you have it on hand.)  
1 cup Tomato Sauce (Organic if possible)  
283 grams Oysters (10 oz canned, shucked oysters work best)  
283 grams Whole Clams (10 oz can equivalent, if available, you can use fresh and steam them open in the soup. )  
1 tbsp Italian Seasoning  
2 tbsps Parsley (chopped fresh.)  
1/2 tsp Sea Salt & Black Pepper (to taste)  
2 cups Frozen Corn

### Nutrition

Amount per serving	
Calories	459
Fat	6g
Saturated	1g
Polyunsaturated	2g
Monounsaturated	1g
Carbs	62g
Fiber	9g
Sugar	17g
Protein	43g
Cholesterol	115mg

### Directions

- 1 Prepare onion, garlic, and celery. Heat 1 tbsp broth in a medium-sized pot. Sauté onion, garlic, and celery in broth over medium heat for about 5 minutes stirring often.
- 2 Add rest of broth, tomato sauce, frozen corn, and Italian herbs. Simmer for another 25 minutes.
- 3 Drain and rinse both oysters and clams. If oysters are big, add to chowder about 2 minutes before canned clams. Heat for another 5 minutes. Season with salt and pepper to taste and sprinkle with chopped parsley.
- 4 Use the best quality Oysters and Clams that you can and make sure you don't add them too soon or else they will get overcooked and become tough/rubbery. Instead, ensure the soup has ample time to cook and create a really nice flavoured broth before adding in the Seafood near the end to quickly cook and then serve hot.

### Notes

Credit: Recipe inspired/adapted from WHFoods Oyster and Clam Chowder.

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Sodium	1213mg
Potassium	1431mg
Vitamin A	1458IU
Vitamin C	30mg
Calcium	242mg
Iron	12mg
Vitamin D	0IU
Magnesium	146mg
Zinc	58mg
Selenium	86µg



## Rapini & Rice

3 servings

25 minutes

### Ingredients

3/4 cup Jasmine Rice (uncooked)

3/4 bunch Rapini (chopped, divided)

### Nutrition

Amount per serving	
Calories	187
Fat	1g
Saturated	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	41g
Fiber	4g
Sugar	1g
Protein	7g
Cholesterol	0mg
Sodium	61mg
Potassium	375mg
Vitamin A	4952IU
Vitamin C	40mg
Calcium	129mg
Iron	1mg
Vitamin D	0IU
Magnesium	29mg
Zinc	1mg
Selenium	1µg

### Directions

- 1 Cook the jasmine rice according to the directions on the package.
- 2 Meanwhile, add the rapini stems to a large pan with enough water to cover. Bring to a simmer and boil for 1 minute. Add the leaves and florets and cook for 3 to 4 more minutes, or until tender. Do not overcook.
- 3 Divide the rice and rapini onto plates or into container if on-the-go. Enjoy!

### Notes

**Serve it With:** A protein of your choice such as chicken breast, turkey breast, pork tenderloin, steak, ground meat, egg whites, tofu or tempeh

**Less Bitter Rapini:** Sauté the rapini in your choice of oil and seasoning after boiling. This will remove some of the bitterness.

**No Jasmine Rice:** Use quinoa, brown rice, couscous, barley or cauliflower rice instead.

**Serving Size:** One serving is equal to approximately one cup of rapini and one cup of rice.

**Storage:** Refrigerate in an airtight container up to three days.





## Creamy Mushrooms & Chicken Liver Dinner

2 servings  
20 minutes

### Ingredients

2 tbsps Avocado Oil  
4 cups Shiitake Mushrooms (sliced)  
227 grams Chicken Liver  
3/4 tsp Sea Salt  
3/4 tsp Dried Thyme  
1/4 cup Organic Coconut Milk (full-fat, from the can)  
3/4 cup Water

### Nutrition

Amount per serving	
Calories	475
Fat	25g
Saturated	8g
Polyunsaturated	3g
Monounsaturated	11g
Carbs	44g
Fiber	6g
Sugar	12g
Protein	24g
Cholesterol	392mg
Sodium	987mg
Potassium	649mg
Vitamin A	12588IU
Vitamin C	21mg
Calcium	35mg
Iron	12mg
Vitamin D	81IU
Magnesium	65mg
Zinc	7mg
Selenium	134µg

### Directions

- 1 In a large pan, heat the oil over medium-high heat. Add mushrooms and cook for about 3 to 5 minutes. Add chicken liver and stir occasionally for 1 to 2 more minutes.
- 2 Season with salt and thyme. Add coconut milk and water, and let it simmer for about 10 more minutes or until cooked through.
- 3 Divide into bowls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**More Flavor:** Add red pepper flakes, fresh herbs and/or lemon juice.

**Make it Vegan:** Use tofu, tempeh or a variety of mushrooms instead of chicken liver.



## One Pan Steak, Potatoes & Broccoli copy

1 serving  
40 minutes

### Ingredients

1 cup Mini Potatoes  
3/4 cup Cherry Tomatoes  
2 cups Broccoli (chopped into florets)  
1 tbsp Extra Virgin Olive Oil  
1 1/2 tsps Italian Seasoning  
200 grams Top Sirloin Steak  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	727
Fat	40g
Saturated	13g
Polyunsaturated	2g
Monounsaturated	10g
Carbs	43g
Fiber	9g
Sugar	7g
Protein	50g
Cholesterol	152mg
Sodium	183mg
Potassium	1478mg
Vitamin A	2068IU
Vitamin C	207mg
Calcium	151mg
Iron	6mg
Vitamin D	0IU
Magnesium	85mg
Zinc	1mg
Selenium	5µg

### Directions

- 1 Preheat oven to 375°F (191°C).
- 2 Toss the potatoes, cherry tomatoes and broccoli with the olive oil and sprinkle with Italian seasoning. Spread across the baking sheet and roast for 20 minutes.
- 3 After 20 minutes, heat a skillet over medium/high heat. Brown the steak on both sides for 1 to 2 minutes. Remove the steak from the skillet and add to the pan with veggies. Return to oven for an additional 10 minutes, or until steak is cooked to your liking.
- 4 Remove the pan from the oven, divide onto plates and enjoy!

### Notes

**Leftovers:** Keeps well in the fridge for 2 to 3 days.





## Baked Potato

3 servings  
45 minutes

### Ingredients

3 Russet Potato (large)  
3/4 tsp Extra Virgin Olive Oil (optional)  
1/8 tsp Sea Salt (optional)

### Nutrition

Amount per serving	
Calories	174
Fat	1g
Saturated	0g
Polyunsaturated	0g
Monounsaturated	1g
Carbs	37g
Fiber	4g
Sugar	2g
Protein	5g
Cholesterol	0mg
Sodium	172mg
Potassium	952mg
Vitamin A	17IU
Vitamin C	14mg
Calcium	31mg
Iron	2mg
Vitamin D	0IU
Magnesium	52mg
Zinc	1mg
Selenium	1µg

### Directions

- 1 Preheat oven to 400°F (204°C). Scrub each potato and pierce multiple times with a sharp knife or fork.
- 2 Lightly coat each potato in oil and season with salt (optional). Place potatoes on a pan and bake for 45 to 50 minutes or until cooked through and very tender.
- 3 To serve, use a sharp knife to cut down the center of the potato then carefully squeeze the ends together to open. Top with your favourite baked potato toppings and enjoy!

### Notes

**Optional Toppings:** Butter, ghee, sea salt, black pepper, fresh herbs, green onion, sour cream, shredded cheese, red chili flakes and/or crumbled bacon bits.

**Oil-Free:** Bake the potato without oil.

**Low Sodium:** Omit the sea salt.

**No Russet Potatoes:** Use baking potatoes or sweet potatoes instead.

**Leftovers:** Store extra baked potatoes in an airtight container in the fridge for 4 to 5 days.





## Pistachio Crusted Salmon with Cauliflower

4 servings

30 minutes

### Ingredients

1/2 cup Pistachios (removed from shell)  
 1/4 tsp Sea Salt  
 567 grams 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 (steamed for 5-6 minutes then chopped into florets)

### Nutrition

Amount per serving	
Calories	515
Fat	36g
Saturated	5g
Polyunsaturated	10g
Monounsaturated	18g
Carbs	16g
Fiber	6g
Sugar	5g
Protein	36g
Cholesterol	78mg
Sodium	272mg
Potassium	1526mg
Vitamin A	2700IU
Vitamin C	117mg
Calcium	111mg
Iron	5mg
Vitamin D	0IU
Magnesium	119mg
Zinc	3mg

### 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 steamed florets to the food processor. Process until the cauliflower has a rice-like or mashed potatoes consistency (depending on your preference). 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

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Selenium

54µg



## Broccoli & Rice

2 servings  
25 minutes

### Ingredients

1/2 cup Jasmine Rice (dry, rinsed)  
2 cups Broccoli (chopped into florets)

### Nutrition

Amount per serving	
Calories	191
Fat	0g
Saturated	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	44g
Fiber	3g
Sugar	2g
Protein	6g
Cholesterol	0mg
Sodium	30mg
Potassium	288mg
Vitamin A	567IU
Vitamin C	81mg
Calcium	43mg
Iron	1mg
Vitamin D	0IU
Magnesium	19mg
Zinc	0mg
Selenium	2µg

### Directions

- 1 Cook the jasmine rice according to the directions on the package.
- 2 Meanwhile, set the broccoli florets in a steaming basket over boiling water and cover. Steam for about 5 minutes, or until tender.
- 3 Divide the rice and broccoli into bowls or containers. Enjoy!

### Notes

**No Rice:** Use quinoa, brown rice, couscous, barley or cauliflower rice instead.

**Storage:** Refrigerate in an airtight container up to 4 days.

**Serving Size:** One serving is equal to approximately 1 cup of broccoli florets, and 1.25 cups of cooked rice.





## Liver, Onions & Sage

2 servings

20 minutes

### Ingredients

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

### Nutrition

Amount per serving	
Calories	436
Fat	25g
Saturated	4g
Polysaturated	3g
Monounsaturated	15g
Carbs	27g
Fiber	5g
Sugar	5g
Protein	25g
Cholesterol	309mg
Sodium	670mg
Potassium	454mg
Vitamin A	19128IU
Vitamin C	2mg
Calcium	59mg
Iron	8mg
Vitamin D	55IU
Magnesium	29mg
Zinc	5mg
Selenium	45µg

### 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.