



Total Testosterone Solution - Week B

Blake Bowman




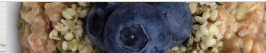
















































































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This meal plan is to be followed as a guide for alternating weeks with the first.

Try it out as a week 2 and 4 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	 Blueberry Zucchini Oats	 Chocolate Cauliflower Shake	 Bacon & Mushroom Breakfast Bowl	 Blueberry Zucchini Oats	 Bloat-Fighting Tropical Protein Smoothie	 Buckwheat & Fried Eggs Breakfast Bowl	 Bacon & Mushroom Breakfast Bowl
	 Coconut Yogurt with Strawberries	 Chocolate Cauliflower Shake	 Raspberries	 Coconut Yogurt with Strawberries	 Bloat-Fighting Tropical Protein Smoothie	 Buckwheat & Fried Eggs Breakfast Bowl	 Raspberries
Snack 1	 Nettle Leaf Tea	 Nettle Leaf Tea	 Nettle Leaf Tea	 Nettle Leaf Tea	 Nettle Leaf Tea	 Nettle Leaf Tea	 Nettle Leaf Tea
	 Apple Spice Muffins	 Nettle Leaf Tea	 Nettle Leaf Tea	 Nettle Leaf Tea	 Apple Spice Muffins	 Apple Spice Muffins	 Apple Spice Muffins
Lunch	 Slow Cooker Lamb & White Bean Stew	 Smoked Salmon Dinner Salad	 Maple Turkey Burgers	 Meal Prep Beef Fajitas	 Meal Prep Beef Fajitas	 Black Bean & White Fish Wraps	 Chocolate Cauliflower Shake
	 Baked Potato	 Steamed White Rice	 Steamed Rapini & Potatoes	 Meal Prep Beef Fajitas	 Meal Prep Beef Fajitas	 Roasted Acorn Squash	 Chocolate Cauliflower Shake
Snack 2	 Apple Slices with Cinnamon	 Apple Slices with Cinnamon	 Blueberries	 Raspberries	 Blueberries	 Raspberries	 Poached Pears
	 Apple Slices with Cinnamon	 Macadamia Nuts	 Blueberries	 Raspberries	 Macadamia Nuts & Walnuts	 Raspberries	 Poached Pears
Dinner	 Smoked Salmon Dinner Salad	 Maple Turkey Burgers	 Oyster and Clam Chowder	 Oyster and Clam Chowder	 Black Bean & White Fish Wraps	 Liver, Onions & Sage	 Slow Cooker Lamb & White Bean Stew
	 Steamed White Rice	 Steamed Rapini & Potatoes	 GF Toast with Butter	 GF Toast with Butter	 Roasted Acorn Squash	 Broccoli & Rice	 Baked Potato
Snack 3	 Blackberries	 Blackberries	 Apple Spice Muffins	 Apple Spice Muffins	 Brownie Batter Protein Balls	 Brownie Batter Protein Balls	 Brownie Batter Protein Balls
	 Blackberries	 Blackberries	 Apple Spice Muffins	 Apple Spice Muffins	 Brownie Batter Protein Balls	 Brownie Batter Protein Balls	 Brownie Batter Protein Balls

Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Fat	<div><div></div></div> 33%	Fat	<div><div></div></div> 45%	Fat	<div><div></div></div> 33%	Fat	<div><div></div></div> 37%	Fat	<div><div></div></div> 46%	Fat	<div><div></div></div> 41%	Fat	<div><div></div></div> 33%
Carbs	<div><div></div></div> 46%	Carbs	<div><div></div></div> 35%	Carbs	<div><div></div></div> 44%	Carbs	<div><div></div></div> 42%	Carbs	<div><div></div></div> 37%	Carbs	<div><div></div></div> 40%	Carbs	<div><div></div></div> 46%
Protein	<div><div></div></div> 21%	Protein	<div><div></div></div> 20%	Protein	<div><div></div></div> 23%	Protein	<div><div></div></div> 21%	Protein	<div><div></div></div> 17%	Protein	<div><div></div></div> 19%	Protein	<div><div></div></div> 21%
Calories	2145	Calories	1971	Calories	1807	Calories	2034	Calories	2186	Calories	2314	Calories	2198
Fat	82g	Fat	103g	Fat	69g	Fat	85g	Fat	115g	Fat	107g	Fat	84g
Saturated	23g	Saturated	22g	Saturated	27g	Saturated	27g	Saturated	31g	Saturated	38g	Saturated	30g
Polyunsaturated	16g	Polyunsaturated	12g	Polyunsaturated	9g	Polyunsaturated	14g	Polyunsaturated	18g	Polyunsaturated	16g	Polyunsaturated	13g
Monounsaturated	31g	Monounsaturated	57g	Monounsaturated	17g	Monounsaturated	28g	Monounsaturated	48g	Monounsaturated	40g	Monounsaturated	25g
Carbs	255g	Carbs	179g	Carbs	204g	Carbs	219g	Carbs	205g	Carbs	239g	Carbs	258g
Fiber	53g	Fiber	45g	Fiber	34g	Fiber	41g	Fiber	50g	Fiber	54g	Fiber	60g
Sugar	62g	Sugar	57g	Sugar	68g	Sugar	57g	Sugar	66g	Sugar	42g	Sugar	84g
Protein	114g	Protein	103g	Protein	109g	Protein	111g	Protein	95g	Protein	112g	Protein	116g
Cholesterol	527mg	Cholesterol	483mg	Cholesterol	681mg	Cholesterol	275mg	Cholesterol	171mg	Cholesterol	1145mg	Cholesterol	538mg
Sodium	2555mg	Sodium	1850mg	Sodium	3019mg	Sodium	1869mg	Sodium	1052mg	Sodium	1625mg	Sodium	2869mg
Potassium	4338mg	Potassium	4053mg	Potassium	3800mg	Potassium	3322mg	Potassium	3863mg	Potassium	3990mg	Potassium	4841mg
Vitamin A	2460IU	Vitamin A	6771IU	Vitamin A	7668IU	Vitamin A	2470IU	Vitamin A	9274IU	Vitamin A	32709IU	Vitamin A	2436IU
Vitamin C	136mg	Vitamin C	192mg	Vitamin C	157mg	Vitamin C	219mg	Vitamin C	315mg	Vitamin C	229mg	Vitamin C	153mg
Calcium	993mg	Calcium	1137mg	Calcium	613mg	Calcium	1152mg	Calcium	836mg	Calcium	693mg	Calcium	1077mg
Iron	20mg	Iron	16mg	Iron	22mg	Iron	25mg	Iron	24mg	Iron	27mg	Iron	21mg
Vitamin D	796IU	Vitamin D	884IU	Vitamin D	124IU	Vitamin D	29IU	Vitamin D	88IU	Vitamin D	307IU	Vitamin D	209IU
Magnesium	585mg	Magnesium	472mg	Magnesium	351mg	Magnesium	564mg	Magnesium	569mg	Magnesium	617mg	Magnesium	615mg
Zinc	15mg	Zinc	10mg	Zinc	66mg	Zinc	69mg	Zinc	11mg	Zinc	14mg	Zinc	14mg
Selenium	119µg	Selenium	99µg	Selenium	169µg	Selenium	135µg	Selenium	85µg	Selenium	149µg	Selenium	97µg

Fruits

- ☐ 4 Apple
- ☐ 1 1/2 Avocado
- ☐ 3 Banana
- ☐ 2 cups Blackberries
- ☐ 3 cups Blueberries
- ☐ 1/2 Lemon
- ☐ 1/2 Lime
- ☐ 1/2 cup Papaya
- ☐ 1 Pear
- ☐ 1/2 cup Pineapple
- ☐ 4 cups Raspberries
- ☐ 1/2 cup Strawberries

Breakfast

- ☐ 3 tbsps Almond Butter
- ☐ 1/3 cup Buckwheat Groats
- ☐ 1/4 cup Maple Syrup
- ☐ 7 Nettle Leaf (Tea Bag)
- ☐ 2 2/3 tbsps Pumpkin Seed Butter

Seeds, Nuts & Spices

- ☐ 1 tbsp Chia Seeds
- ☐ 2 tbsps Cinnamon
- ☐ 1 tsp Dried Thyme
- ☐ 2 tps Ground Sage
- ☐ 1/4 cup Hemp Seeds
- ☐ 1 tbsp Italian Seasoning
- ☐ 1/2 cup Macadamia Nuts
- ☐ 1/4 tsp Nutmeg
- ☐ 1 1/3 tbsps Sea Salt
- ☐ 1/2 tsp Sea Salt & Black Pepper
- ☐ 0 Sea Salt & Black Pepper
- ☐ 2 tps Turmeric
- ☐ 2 tbsps Walnuts

Frozen

- ☐ 3 cups Frozen Cauliflower
- ☐ 2 cups Frozen Corn

Vegetables

- ☐ 1 Acorn Squash
- ☐ 2 1/2 cups Baby Spinach
- ☐ 3 stalks Celery
- ☐ 1 tbsp Cilantro
- ☐ 2 cups Coleslaw Mix
- ☐ 2 cups Collard Greens
- ☐ 4 ears Corn On The Cob
- ☐ 1/2 Cucumber
- ☐ 1 tbsp Fresh Sage
- ☐ 1 head Garlic
- ☐ 1/2 Green Bell Pepper
- ☐ 1 stalk Green Onion
- ☐ 1/2 Jalapeno Pepper
- ☐ 2 cups Mini Potatoes
- ☐ 1/4 cup Mint Leaves
- ☐ 6 cups Mixed Greens
- ☐ 2 tbsps Parsley
- ☐ 1/2 bunch Rapini
- ☐ 2 Russet Potato
- ☐ 2 Tomato
- ☐ 16 White Button Mushrooms
- ☐ 1/2 Yellow Bell Pepper
- ☐ 2 cups Yellow Onion
- ☐ 2 Yellow Onion
- ☐ 1 Yellow Potato
- ☐ 1 Zucchini

Boxed & Canned

- ☐ 2 cups Black Beans
- ☐ 1/2 cup Jasmine Rice
- ☐ 2 cups Organic Chicken Broth
- ☐ 1/3 cup Organic Salsa
- ☐ 1 tbsp Tomato Paste
- ☐ 2 cups White Navy Beans

Baking

- ☐ 2 tbsps All Purpose Gluten Free Flour
- ☐ 2/3 cup Almond Flour
- ☐ 1/4 tsp Baking Soda
- ☐ 1/3 cup Cacao Powder

Bread, Fish, Meat & Cheese

- ☐ 113 grams Beef Liver
- ☐ 227 grams Beef Tenderloin
- ☐ 4 Corn Tortilla
- ☐ 454 grams Extra Lean Ground Turkey
- ☐ 397 grams Lamb Shank
- ☐ 4 slices Organic Bacon, Cooked
- ☐ 2 slices Organic Bread
- ☐ 200 grams Smoked Salmon
- ☐ 1 Tilapia Fillet

Condiments & Oils

- ☐ 2 tbsps Apple Cider Vinegar
- ☐ 1 1/2 tbsps Avocado Oil
- ☐ 1/3 cup Coconut Oil
- ☐ 1/3 cup Extra Virgin Olive Oil
- ☐ 0 tsp Hot Sauce
- ☐ 1 cup Tomato Sauce

Cold

- ☐ 2 tbsps Butter
- ☐ 14 Egg
- ☐ 3 1/3 cups Unsweetened Almond Milk
- ☐ 1 cup Unsweetened Coconut Yogurt

Other

- ☐ 1 cup Chocolate Protein Powder
- ☐ 2 1/2 Ice Cubes
- ☐ 1 1/2 tbsps Maca Powder
- ☐ 283 grams Oysters
- ☐ 1/2 cup Vanilla Protein Powder
- ☐ 1 scoop Vanilla Protein Powder
- ☐ 9 1/8 cups Water
- ☐ 283 grams Whole Clams

-
- ☐ 2 tbsps Coconut Flour
 - ☐ 1 1/2 cups Oats
 - ☐ 1/4 cup Organic Dark Chocolate Chips
 - ☐ 2 2/3 tbsps Pitted Dates
 - ☐ 1 tbsp Raw Honey



Blueberry Zucchini Oats

1 serving
15 minutes

Ingredients

3/4 cup Oats
1 cup Water
2 tbsps Unsweetened Almond Milk
1/2 Zucchini (grated)
1/2 cup Blueberries
2 tbsps Hemp Seeds
1 1/2 tsps Raw Honey
1 tsp Cinnamon
1/4 cup Vanilla Protein Powder

Directions

- 1 Place oats and water in a saucepan over medium-low heat. Let oats cook for 5 - 10 minutes.
- 2 When oats start to thicken, stir in almond milk, protein powder, and zucchini. Stir until evenly mixed and remove from heat. Transfer to bowl and top with blueberries, hemp hearts, honey and sprinkle with cinnamon. Enjoy!

Nutrition

Amount per serving	
Calories	525
Fat	15g
Saturated	2g
Polyunsaturated	9g
Monounsaturated	3g
Carbs	69g
Fiber	12g
Sugar	19g
Protein	35g
Cholesterol	4mg
Sodium	76mg
Potassium	910mg
Vitamin A	308IU
Vitamin C	25mg
Calcium	286mg
Iron	5mg
Vitamin D	13IU
Magnesium	302mg
Zinc	6mg
Selenium	24µg



Coconut Yogurt with Strawberries

1 serving
10 minutes

Ingredients

1/2 cup Unsweetened Coconut Yogurt
1 tsp Cinnamon
1/4 cup Strawberries (chopped)

Nutrition

Amount per serving	
Calories	73
Fat	4g
Saturated	3g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	11g
Fiber	4g
Sugar	2g
Protein	1g
Cholesterol	0mg
Sodium	25mg
Potassium	66mg
Vitamin A	12IU
Vitamin C	21mg
Calcium	282mg
Iron	1mg
Vitamin D	0IU
Magnesium	6mg
Zinc	0mg
Selenium	0µg

Directions

- 1 Place the coconut yogurt in a bowl. Top with cinnamon and strawberries. Enjoy!

Notes

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

Additional Toppings: Add nuts and seeds.



Chocolate Cauliflower Shake

1 serving

5 minutes

Ingredients

- 1 cup Frozen Cauliflower
- 1 Banana (frozen)
- 1 tbsp Almond Butter
- 2 tbsps Cacao Powder
- 1/4 cup Chocolate Protein Powder
- 1 cup Unsweetened Almond Milk
- 1 1/2 tps Maca Powder

Directions

1

In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

Notes

Make it Mocha: Replace half of the almond milk with chilled coffee.

Likes it Sweeter: Add pitted medjool dates.

No Maca Powder: Leave it out or use cinnamon instead.

Nutrition

Amount per serving	
Calories	449
Fat	16g
Saturated	2g
Polyunsaturated	3g
Monounsaturated	7g
Carbs	50g
Fiber	17g
Sugar	20g
Protein	31g
Cholesterol	4mg
Sodium	235mg
Potassium	1345mg
Vitamin A	593IU
Vitamin C	67mg
Calcium	695mg
Iron	4mg
Vitamin D	101IU
Magnesium	236mg
Zinc	2mg
Selenium	9µg



Bacon & Mushroom Breakfast Bowl

1 serving
20 minutes

Ingredients

- 1 1/2 tsps Butter
- 8 White Button Mushrooms (sliced)
- 2 ears Corn On The Cob (kernels removed)
- 2 slices Organic Bacon, Cooked (diced)
- 2 Egg
- 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	495
Fat	25g
Saturated	9g
Polyunsaturated	3g
Monounsaturated	8g
Carbs	44g
Fiber	3g
Sugar	13g
Protein	29g
Cholesterol	405mg
Sodium	800mg
Potassium	685mg
Vitamin A	723IU
Vitamin C	10mg
Calcium	64mg
Iron	3mg
Vitamin D	92IU
Magnesium	30mg
Zinc	3mg
Selenium	54µg

Directions

- 1 Heat a skillet over medium heat and add butter. Add the mushrooms and cook for 3 to 4 minutes, then add the corn and cook for 4 to 5 minutes. Remove from the skillet. Add the cooked bacon and set aside.
- 2 In the same skillet, cook the eggs until the whites are set and the yolk is cooked to your liking (ideally not hard).
- 3 Add the corn, mushroom and bacon mix to a bowl and top with the eggs. Season with sea salt as desired. Serve and enjoy!

Notes

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

More Flavor: Add additional spices or herbs to the veggies.

Additional Toppings: Add greens such as spinach or kale.

No Corn On The Cob: Use frozen corn instead and adjust the cooking time as needed.

No Avocado Oil: Use extra virgin olive oil or coconut oil instead.

No Pork: Use turkey bacon instead.



Raspberries

1 serving
3 minutes

Ingredients

1 cup Raspberries

Nutrition

Amount per serving	
Calories	64
Fat	1g
Saturated	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	15g
Fiber	8g
Sugar	5g
Protein	1g
Cholesterol	0mg
Sodium	1mg
Potassium	186mg
Vitamin A	41IU
Vitamin C	32mg
Calcium	31mg
Iron	1mg
Vitamin D	0IU
Magnesium	27mg
Zinc	1mg
Selenium	0µg

Directions

- 1 Wash berries and enjoy!

Notes

Tip: Do not wash until ready to eat, as washed berries spoil more quickly.



Bloat-Fighting Tropical Protein Smoothie

1 serving
 5 minutes

Ingredients

1/2 cup Papaya (chopped)
 1/2 cup Pineapple (chopped)
 1/2 Cucumber (chopped)
 2 1/2 Ice Cubes
 1/4 cup Mint Leaves
 1/2 cup Baby Spinach
 1 tbsp Chia Seeds
 1/2 cup Water
 1 scoop Vanilla Protein Powder

Directions

1

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

Notes

Likes it Sweet: Add raw honey.

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

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

Nutrition

Amount per serving	
Calories	262
Fat	7g
Saturated	0g
Polyunsaturated	1g
Monounsaturated	1g
Carbs	35g
Fiber	9g
Sugar	17g
Protein	19g
Cholesterol	0mg
Sodium	177mg
Potassium	720mg
Vitamin A	2574IU
Vitamin C	94mg
Calcium	199mg
Iron	8mg
Vitamin D	0IU
Magnesium	132mg
Zinc	2mg
Selenium	29µg



Buckwheat & Fried Eggs Breakfast Bowl

1 serving
25 minutes

Ingredients

2/3 cup Water
1/3 cup Buckwheat Groats
1 tbsp Coconut Oil
4 Egg
2 cups Baby Spinach
Sea Salt & Black Pepper
Hot Sauce (Optional)

Nutrition

Amount per serving	
Calories	610
Fat	34g
Saturated	18g
Polyunsaturated	5g
Monounsaturated	9g
Carbs	45g
Fiber	7g
Sugar	1g
Protein	33g
Cholesterol	744mg
Sodium	341mg
Potassium	786mg
Vitamin A	6706IU
Vitamin C	17mg
Calcium	197mg
Iron	7mg
Vitamin D	164IU
Magnesium	195mg
Zinc	4mg
Selenium	67µg

Directions

- 1 In a small-sized pot, bring the water to a boil. Once boiling, reduce the heat to low and add the buckwheat. Cook uncovered for 15 to 20 minutes or until the water is absorbed.
- 2 While the buckwheat is cooking, heat a pan over medium heat and add the oil. Once warm, crack the eggs in the pan and cook until the whites are set and the yolk is cooked to your liking.
- 3 Divide the cooked buckwheat and fried eggs between bowls. Top with spinach, salt and pepper, optional hot sauce, and Enjoy!

Notes

Leftovers: Eggs are best enjoyed the same day. Refrigerate the buckwheat in an airtight container for up to five days.

Serving Size: One serving is approximately 1 cup of buckwheat, 1 egg and 1/2 a cup of spinach.

Additional Toppings: Fried mushrooms, guacamole, hummus and/or hot sauce.

Make it Vegan: Make a chickpea or tofu scramble instead of eggs.

Meal Prep Option: Hard boil the eggs and cook the buckwheat ahead of time. Compile the ingredients into their own containers for easy grab-and-go throughout the week.



Nettle Leaf Tea

1 serving
5 minutes

Ingredients

1 Nettle Leaf (Tea Bag)

Nutrition

Amount per serving	
Calories	0
Fat	0g
Saturated	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	0g
Fiber	0g
Sugar	0g
Protein	0g
Cholesterol	0mg
Sodium	0mg
Potassium	0mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	0mg
Iron	0mg
Vitamin D	0IU
Magnesium	0mg
Zinc	0mg
Selenium	0µg

Directions

1

Pour hot water over tea and let infuse for 5-10 minutes before enjoying plain or stevia-sweetened.

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Enjoy over ice as iced tea.

Like It Sweet: Add sweetener of choice to taste.



Meal Prep Beef Fajitas

2 servings

20 minutes

Ingredients

227 grams Beef Tenderloin (sliced into strips)

1/2 Green Bell Pepper (diced)

1/2 Yellow Bell Pepper (diced)

1/2 Yellow Onion (small, diced)

2 tbsps Extra Virgin Olive Oil

Sea Salt & Black Pepper (to taste)

4 Corn Tortilla (medium)

1/4 cup Organic Salsa

Directions

- 1 Divide the sliced beef, bell peppers and onions into containers and cover with lids. Store in the fridge.
- 2 When ready to eat, heat 1/4 of the olive oil in a skillet over medium heat. Add the peppers and onion from one container and saute until soft (about 5 minutes). Add the beef and cook to your desired level of doneness. Season everything with sea salt and black pepper to taste.
- 3 Add the cooked beef, peppers and onions to tortillas and top with salsa. Enjoy!

Nutrition

Amount per serving	
Calories	609
Fat	39g
Saturated	12g
Polyunsaturated	2g
Monounsaturated	20g
Carbs	37g
Fiber	4g
Sugar	4g
Protein	24g
Cholesterol	79mg
Sodium	290mg
Potassium	625mg
Vitamin A	353IU
Vitamin C	110mg
Calcium	236mg
Iron	5mg
Vitamin D	0IU
Magnesium	36mg
Zinc	4mg
Selenium	20µg

Notes

No Beef: Use sliced chicken breast instead. Cook entirely through.

Optional Toppings: Add shredded cheese, sour cream, plain yogurt or avocado.

No Tortillas: Serve with rice instead.



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!



Macadamia Nuts

1 serving

2 minutes

Ingredients

1/3 cup Macadamia Nuts

Directions

- 1 Divide between bowls and enjoy!

Nutrition

Amount per serving	
Calories	321
Fat	34g
Saturated	5g
Polyunsaturated	1g
Monounsaturated	26g
Carbs	6g
Fiber	4g
Sugar	2g
Protein	4g
Cholesterol	0mg
Sodium	2mg
Potassium	164mg
Vitamin A	0IU
Vitamin C	1mg
Calcium	38mg
Iron	2mg
Vitamin D	0IU
Magnesium	58mg
Zinc	1mg
Selenium	2µg



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



Macadamia Nuts & Walnuts

1 serving
 5 minutes

Ingredients

2 tbsps Macadamia Nuts
 2 tbsps Walnuts

Nutrition

Amount per serving	
Calories	218
Fat	22g
Saturated	3g
Polyunsaturated	7g
Monounsaturated	11g
Carbs	4g
Fiber	2g
Sugar	1g
Protein	4g
Cholesterol	0mg
Sodium	1mg
Potassium	128mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	29mg
Iron	1mg
Vitamin D	0IU
Magnesium	45mg
Zinc	1mg
Selenium	1µg

Directions

- 1 In a small bowl or container, combine the macadamia nuts and walnuts. Enjoy!

Notes

Leftovers: Store at room temperature for up to one month, or refrigerate in an airtight container for up to six months. Freeze if longer.

More Flavor: Toast in the oven or on the stovetop.

Additional Toppings: Season with cinnamon, sea salt, black pepper and a pinch of cayenne pepper..



Poached Pears

1 serving
 20 minutes

Ingredients

1 Pear (peeled, cored and quartered)

Nutrition

Amount per serving	
Calories	101
Fat	0g
Saturated	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	27g
Fiber	6g
Sugar	17g
Protein	1g
Cholesterol	0mg
Sodium	2mg
Potassium	206mg
Vitamin A	45IU
Vitamin C	8mg
Calcium	16mg
Iron	0mg
Vitamin D	0IU
Magnesium	12mg
Zinc	0mg
Selenium	0µg

Directions

1

Fill a pot half full with water and place it over medium-high heat. Once warm, add the pears and bring to a simmer for 15-20 minutes or until cooked through. Let cool in its liquid before serving. Enjoy!

Notes

Extra Flavour: Add a cinnamon stick, whole cloves, peppercorns, lemon slices, vanilla bean, star anise and/or fresh ginger slices to the water.

Serve It With: Oatmeal, granola, pecans, walnuts, maple syrup, coconut ice cream or yogurt.

Leftovers: Store in a covered container in the fridge up to 3 days.



Smoked Salmon Dinner Salad

2 servings

15 minutes

Ingredients

4 Egg
6 cups Mixed Greens
200 grams Smoked Salmon (sliced)
1/2 Avocado (sliced)
2 tbsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

Directions

- 1 Hard boil the eggs by placing them in a small pot of cold water. Bring to a boil over high heat. Once boiling, remove them from heat. Cover and let stand for 12 minutes. Transfer to a bowl of ice water to cool. Once cool, peel and slice into halves.
- 2 Combine all ingredients into a large bowl and toss gently before serving. Enjoy!

Nutrition

Amount per serving	
Calories	480
Fat	35g
Saturated	7g
Polyunsaturated	5g
Monounsaturated	20g
Carbs	8g
Fiber	4g
Sugar	1g
Protein	34g
Cholesterol	395mg
Sodium	868mg
Potassium	831mg
Vitamin A	700IU
Vitamin C	16mg
Calcium	134mg
Iron	4mg
Vitamin D	767IU
Magnesium	45mg
Zinc	2mg
Selenium	63µg

Notes

Extra Topping Suggestions: Cucumber, tomato, capers, hemp hearts, feta, pumpkin seeds or sunflower seeds.

No Smoked Salmon: Replace with the protein of your choice.

No Avocado Oil: Use Extra Virgin Olive Oil instead.



Steamed White Rice

2 servings
 20 minutes

Ingredients

1 cup Water
 1/2 cup Jasmine Rice (dry, rinsed)

Nutrition

Amount per serving	
Calories	160
Fat	0g
Saturated	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	38g
Fiber	1g
Sugar	0g
Protein	3g
Cholesterol	0mg
Sodium	2mg
Potassium	0mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	12mg
Iron	0mg
Vitamin D	0IU
Magnesium	2mg
Zinc	0mg
Selenium	0µg

Directions

- 1 Bring water to a boil in a medium saucepan.
- 2 Stir in the rice, cover and reduce heat to low. Simmer for 15 minutes, or until all the water is absorbed. If the rice is too firm, add a few tablespoons of water and cook longer.
- 3 Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to six days, or freeze for up to three months.

Serving Size: Each serving equals approximately one cup of cooked rice.

More Flavor: Add your choice of herbs or spices, or use broth instead of water.



Maple Turkey Burgers

4 servings
30 minutes

Ingredients

454 grams Extra Lean Ground Turkey
2 tbsps Maple Syrup
1 tsp Dried Thyme
2 tsps Ground Sage
1 tsp Sea Salt
2 tbsps Coconut Oil

Nutrition

Amount per serving	
Calories	258
Fat	16g
Saturated	8g
Polyunsaturated	3g
Monounsaturated	4g
Carbs	7g
Fiber	0g
Sugar	6g
Protein	21g
Cholesterol	84mg
Sodium	670mg
Potassium	268mg
Vitamin A	113IU
Vitamin C	0mg
Calcium	45mg
Iron	2mg
Vitamin D	16IU
Magnesium	28mg
Zinc	3mg
Selenium	22µg

Directions

- 1 In a mixing bowl, combine the ground turkey, maple syrup, thyme, sage and salt.
- 2 Divide and form the mixture into half-inch thick patties. Place on a parchment-lined tray and chill in the freezer for approximately 15 minutes.
- 3 Heat the coconut oil in a large pan over medium heat. Fry each burger patty until cooked through, about 4 to 6 minutes per side.
- 4 Set aside to cool slightly. Enjoy!

Notes

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

Serving Size: One serving equals approximately one patty.

More Flavor: Add onion and/or garlic powder.

Additional Toppings: Top with avocado, feta cheese, tomato, sprouts or wrap it in lettuce.

Breakfast Lover: Make the patties thinner or roll them into sausages for breakfast.



Steamed Rapini & Potatoes

2 servings
20 minutes

Ingredients

2 cups Mini Potatoes (halved)
1/2 bunch Rapini (chopped, divided)

Nutrition

Amount per serving	
Calories	143
Fat	1g
Saturated	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	30g
Fiber	6g
Sugar	2g
Protein	7g
Cholesterol	0mg
Sodium	70mg
Potassium	1012mg
Vitamin A	4955IU
Vitamin C	70mg
Calcium	147mg
Iron	3mg
Vitamin D	0IU
Magnesium	64mg
Zinc	1mg
Selenium	2µg

Directions

- 1 Set the halved potatoes in a steaming basket over boiling water and cover. Steam for about 15 minutes, or until tender. Transfer potatoes to a plate.
- 2 Meanwhile, add the rapini stems to a large pan with enough water to cover halfway. Bring to a simmer and boil for 1 minute. Add the leaves and florets and cook for 3 to 4 more minutes, or until just tender.
- 3 Divide the potatoes and rapini onto plates or into containers if on-the-go. Enjoy!

Notes

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

Less Bitter Rapini: Sauté the rapini in your choice of oil and season after boiling.

Serving Size: Each serving is approximately one cup of potatoes and one cup of rapini.



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.

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



GF Toast with Butter

1 serving
5 minutes

Ingredients

1 slice Organic Bread (toasted)
1 1/2 tsps Butter

Directions

- 1 Spread butter onto toast and enjoy!

Nutrition

Amount per serving	
Calories	128
Fat	8g
Saturated	4g
Polyunsaturated	1g
Monounsaturated	3g
Carbs	12g
Fiber	1g
Sugar	2g
Protein	2g
Cholesterol	15mg
Sodium	128mg
Potassium	32mg
Vitamin A	177IU
Vitamin C	0mg
Calcium	17mg
Iron	0mg
Vitamin D	0IU
Magnesium	8mg
Zinc	0mg
Selenium	0µg



Black Bean & White Fish Wraps

2 servings

25 minutes

Ingredients

- 1 Tilapia Fillet (drained and rinsed)
- Sea Salt & Black Pepper (to taste)
- 1 cup Black Beans (cooked, drained and rinsed)
- 2 tbsps Organic Salsa
- 1 stalk Green Onion (diced)
- 1/2 Lemon (juiced and divided)
- 1 Avocado (peeled and chopped)
- 1/2 Jalapeno Pepper (de-seeded and chopped)
- 2 cups Coleslaw Mix
- 1 tbsp Cilantro (chopped)
- 1 1/2 tps Extra Virgin Olive Oil
- 2 cups Collard Greens (washed and stems chopped off)
- 1/2 Lime (cut into wedges)

Nutrition

Amount per serving	
Calories	409
Fat	20g
Saturated	3g
Polyunsaturated	3g
Monounsaturated	13g
Carbs	40g
Fiber	18g
Sugar	6g
Protein	24g
Cholesterol	29mg
Sodium	191mg
Potassium	1135mg

Directions

- 1 Preheat oven to 425°F (218°C). Line a baking sheet with parchment paper. Add tilapia fillets and season with sea salt and pepper. Bake in oven for 10 to 15 minutes or just until the fish flakes with a fork.
- 2 In a food processor, combine black beans, salsa, and green onions. Blend until smooth. Transfer to a bowl and set aside.
- 3 Remove the fish from the oven. Transfer to a mixing bowl and use a fork to break into pieces. Stir in half the lemon juice. Add the avocado, jalapeno, coleslaw mix, cilantro, olive oil and remaining lemon juice. Toss well.
- 4 Heat the bean mixture in the microwave for 30 to 60 seconds or until warmed through.
- 5 To assemble wraps, spread each collard green wrap with the bean mixture and add the fish and vegetable mix over top. Squeeze a lime wedge over top and wrap. Enjoy!

Notes

No Coleslaw Mix: Use shredded cabbage instead.

More Carbs: Use gluten-free tortillas instead.

Not a Wrap Fan: Chop up the collard greens and turn it into a salad.



Vitamin A	5351IU
Vitamin C	72mg
Calcium	176mg
Iron	3mg
Vitamin D	72IU
Magnesium	120mg
Zinc	2mg
Selenium	26µg



Roasted Acorn Squash

2 servings

30 minutes

Ingredients

1 Acorn Squash

Nutrition

Amount per serving	
Calories	86
Fat	0g
Saturated	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	22g
Fiber	3g
Sugar	0g
Protein	2g
Cholesterol	0mg
Sodium	6mg
Potassium	748mg
Vitamin A	791IU
Vitamin C	24mg
Calcium	71mg
Iron	2mg
Vitamin D	0IU
Magnesium	69mg
Zinc	0mg
Selenium	1µg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with foil.
- 2 Slice the acorn squash in half and scoop out the seeds. Place on the baking sheet with the flesh side down and bake for 25 to 30 minutes.
- 3 Remove from the oven and enjoy!

Notes

Leftovers: Store covered in the fridge up to five days.

No Acorn Squash: Use delicata squash instead.

Likes it Spicy: Season with cayenne pepper, black pepper or chili powder.

More Flavor: Roast with olive oil and salt.



Liver, Onions & Sage

1 serving
20 minutes

Ingredients

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



Slow Cooker Lamb & White Bean Stew

4 servings

5 hours

Ingredients

5 cups Water
 397 grams Lamb Shank
 2 cups White Navy Beans (cooked)
 1 Yellow Onion (medium, diced)
 2 Tomato (diced)
 1 Yellow Potato (medium, diced)
 2 tsps Turmeric
 2 tbsps Apple Cider Vinegar
 1 tbsp Tomato Paste
 2 tsps Sea Salt

Nutrition

Amount per serving	
Calories	397
Fat	14g
Saturated	6g
Polyunsaturated	2g
Monounsaturated	6g
Carbs	39g
Fiber	12g
Sugar	4g
Protein	28g
Cholesterol	66mg
Sodium	1273mg
Potassium	1074mg
Vitamin A	892IU
Vitamin C	21mg
Calcium	124mg
Iron	6mg
Vitamin D	0IU
Magnesium	100mg
Zinc	5mg

Directions

- 1 Add all ingredients to the slow cooker and set to high for 5 hours, or low for 8 hours.
- 2 Before serving, remove the bones and shred the meat with a fork (if it hasn't fallen apart already). Enjoy!

Notes

Serve it With: Toasted bread, our Cleaned Up Biscuits, rice, quinoa or cauliflower rice.

More Veggies: Add watercress, kale or spinach before serving.

No Potato: Use cauliflower instead.

Serve as Iranian Abgoosht: Separate the broth and serve with bread. The remaining ingredients are mashed up and served separately alongside the broth.

Leftovers: Store in an airtight container in the fridge up to 3 days. Freeze for up to 2 months.

Vegan & Vegetarians: Replace the lamb with chickpeas.

Selenium	25µg
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Baked Potato

2 servings
 45 minutes

Ingredients

2 Russet Potato (large)
 1/2 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.



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



Apple Spice Muffins

6 servings

40 minutes

Ingredients

2/3 cup Almond Flour
 2 tbsps Coconut Flour
 1/2 tsp Cinnamon
 1/4 tsp Nutmeg
 1/4 tsp Baking Soda
 1/8 tsp Sea Salt
 1 Apple (cored and finely diced)
 2 Egg (whisked)
 2 tbsps Coconut Oil
 2 tbsps Maple Syrup
 2 2/3 tbsps Unsweetened Almond Milk

Nutrition

Amount per serving	
Calories	176
Fat	12g
Saturated	5g
Polyunsaturated	0g
Monounsaturated	1g
Carbs	13g
Fiber	3g
Sugar	8g
Protein	5g
Cholesterol	62mg
Sodium	136mg
Potassium	72mg
Vitamin A	121IU
Vitamin C	1mg
Calcium	58mg
Iron	1mg
Vitamin D	16IU
Magnesium	39mg

Directions

- 1 Preheat the oven to 350°F (177°C) and line a muffin tin with wrappers.
- 2 Combine the almond flour, coconut flour, cinnamon, nutmeg, baking soda and sea salt in a large mixing bowl and mix well. Add in the apples, eggs, coconut oil, maple syrup and almond milk. Stir until all ingredients are evenly distributed then divide into muffin tins. (Note: To make them fancy, dice an extra apple and sprinkle it on top of each muffin. Then sprinkle with extra cinnamon.)
- 3 Bake for 25 to 30 minutes. Let cool completely and enjoy!

Notes

No Apples: Use pears instead.

Storage: Store at room temperature for 3 days, or freeze up to 3 months.



Zinc	0mg
Selenium	5µg



Brownie Batter Protein Balls

3 servings

40 minutes

Ingredients

2 2/3 tbsps Pitted Dates (packed)
 1 cup Black Beans (cooked)
 1/4 cup Chocolate Protein Powder
 2 2/3 tbsps Pumpkin Seed Butter
 1/4 tsp Sea Salt
 1 1/2 tbsps Cacao Powder
 1/4 cup Organic Dark Chocolate Chips (optional)

Nutrition

Amount per serving	
Calories	342
Fat	15g
Saturated	8g
Polyunsaturated	5g
Monounsaturated	2g
Carbs	33g
Fiber	7g
Sugar	15g
Protein	16g
Cholesterol	1mg
Sodium	250mg
Potassium	321mg
Vitamin A	4IU
Vitamin C	0mg
Calcium	58mg
Iron	4mg
Vitamin D	0IU
Magnesium	119mg
Zinc	2mg
Selenium	3µg

Directions

- 1 Line a baking sheet with parchment paper.
- 2 Combine dates, black beans, chocolate protein powder, pumpkin seed butter, sea salt, and cacao powder in the bowl of your food processor. Process until smooth, scraping down the sides as necessary.
- 3 Roll the dough into 1-inch balls and place on the covered baking sheet. You should have about 3 balls per serving.
- 4 To make the optional chocolate drizzle: melt the chocolate chips in a double boiler and drizzle over balls.
- 5 Refrigerate at least 1 hour to set. Enjoy!

Notes

Serving Size: Nutrition information is calculated based on 3 balls per serving.

Storage: Store in an airtight container in the fridge up to 1 week, or in the freezer for up to 1 month.

No Pumpkin Seed Butter: Use tahini, sunflower butter, almond butter or peanut butter instead.

Preferred Protein Powder: This recipe was developed and tested using Genuine Health Vegan Fermented Protein Powder in Chocolate. For best results, use a plant-based protein powder.