



Low Histamine
Recipe Bundle

BE YOUR BEST AFTER
CALMING THE HISTAMINE
STORM WITH THESE
NOURISHING, LOW
HISTAMINE FOODS.

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Low Histamine
Breakfast

KICKSTART YOUR DAY

Arugula and Eggs



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 5 MINUTES

INGREDIENTS

- 1 tsp (5 g) ghee
- 1/4 cup (40 g) yellow onion, chopped
- 3 large eggs, beaten
- Himalayan salt and pepper to taste
- 1 cup (20 g) arugula or rocket
- 1 tbsp (10 g) hemp seeds
- 1 1/2 cups (234 g) cantaloupe, chopped

DIRECTIONS

1. Warm ghee in a medium skillet over medium heat.
2. Add onion and cook 2-3 minutes.
3. Add eggs, salt, and pepper. Cook approximately 1 minute, scraping from the pan with a soft spatula as it cooks.
4. Add arugula or rocket and continue as above, until eggs are desired consistency.
5. Top with hemp seeds and serve with cantaloupe.

NUTRITION INFO

Calories: 411, Carbohydrate: 24 grams, Protein: 26 grams, Fat: 24 grams

Blackberry Apple Smoothie



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 2 tbsp (24 g) chia seeds
- 1 tbsp (7 g) ground flaxseed
- 1/2 cup (72 g) blackberries
- 1 medium size apple (cored)
- 1/8 cup (20 g) oats
- 1 cup (340 g) oat milk
- 1/4 cup water
- 1/2 cup ice

DIRECTIONS

1. Combine all ingredients in a blender and blend until smooth.
2. Serve cold and enjoy!

NUTRITION INFO

Calories: 495, Carbohydrate: 73 grams, Protein: 13 grams, Fat: 19 grams

Blueberry Macadamia Breakfast Cookies



SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 10 - 12
MINUTES

INGREDIENTS

- 1/4 cup (33 g) macadamia nuts, chopped
- 1 cup (120 g) almond flour
- 1/3 cup (35 g) coconut flour
- 2 tbsp (42 g) honey
- 2 large eggs, beaten
- 1/3 cup (80 g) almond milk
- 1 tbsp (14 g) ghee, melted
- 1/2 cup (74 g) blueberries

DIRECTIONS

1. Preheat oven to 325 degrees F (162 degrees C).
2. Mix all ingredients together, except for blueberries, until well blended. Lightly mix in blueberries.
3. Make 8 balls with the dough and lightly press onto a cookie tray.
4. Cook for 10-12 minutes, until lightly browned.

NUTRITION INFO

Calories: 392, Carbohydrate: 24 grams, Protein: 14 grams, Fat: 28 grams

Coconut Mango Oat Milk Oatmeal



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 1/2 cup (170 g) oat milk
- 1/2 cup (170 g) water
- 3/4 cup (60 g) dry rolled oats
- Dash of salt
- 3/4 cup (124 g) mango
- 1 tbsp (6 g) coconut flakes, unsweetened
- 1 tbsp (10 g) hemp hearts

DIRECTIONS

1. In a sauce pan, combine the oat milk, water, dry rolled oats, salt, and stevia.
2. Bring to a boil and, once boiling, simmer for 10-12 minutes or until the oats are cooked and the oat milk and water is fully absorbed.
3. While the oats are cooking, chop the mango into small pieces.
4. Remove the cooked oats from the pan and serve in a bowl.
5. Top with mango and coconut.
6. Serve warm and enjoy!

NUTRITION INFO

Calories: 446, Carbohydrate: 73 grams, Protein: 13 grams, Fat: 14 grams

Cottage Cheese Bowl



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 cup (226 g) 4% milk fat cottage cheese, organic
- 1/4 cup (37 g) blueberries
- 1/4 cup (36 g) blackberries
- 1/2 tbsp (6 g) chia seeds
- 1 tbsp (7 g) pecans, chopped

DIRECTIONS

1. Top cottage cheese with all other ingredients.

NUTRITION INFO

Calories: 335, Carbohydrate: 22 grams, Protein: 28 grams, Fat: 16 grams

Green Glow Smoothie



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1/2 cup (34 g) kale, chopped
- 1 tbsp (10 g) flaxseed
- 1/2 cup (113 g) 4% milk fat cottage cheese, organic
- 1/2 cup (85 g) frozen mango
- 1 medium apple, sliced
- 1 cup (240 g) almond milk

DIRECTIONS

1. Blend all ingredients together in a blender and enjoy!

NUTRITION INFO

Calories: 371, Carbohydrate: 48 grams, Protein: 17 grams, Fat: 13 grams

Mango Smoothie Bowl



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 2 cups (187 g) of frozen mango
- 1/2 cup (170 g) oat milk
- 1/4 tsp (1 g) stevia
- 1 tbsp (10 g) hemp seeds
- 1 1/2 tbsp (13 g) sunflower seeds
- 1 tbsp (12 g) chia seeds

DIRECTIONS

1. In a blender, combine the frozen mango, oat milk, stevia, and hemp seeds.
2. Pour into a bowl and top with sunflower seeds and chia seeds.

NUTRITION INFO

Calories: 384, Carbohydrate: 46 grams, Protein: 11 grams, Fat: 19 grams

Sweet Potato Pear Smoothie Bowl



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 cup (240 g) unsweetened non-dairy milk of choice
- 1 medium Japanese or white sweet potato, cooked, peeled and frozen
- 1 medium pear, cored, and diced
- 2 handfuls baby spinach
- 2 tbsp (20 g) hemp hearts
- 1/4 tsp (0.5 g) ground ginger

DIRECTIONS

1. Blend all ingredients together in a blender until smooth. Enjoy!

NUTRITION INFO

Calories: 402, Carbohydrate: 65 grams, Protein: 12 grams, Fat: 12 grams

Turkey Breakfast Hash



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 30-40 MINUTES

INGREDIENTS

- 3/4 lb (340 g) turkey breast
- 1 tbsp (0.5 g) fresh dill, chopped
- 1/2 tbsp (4.5 g) garlic powder
- 1 tbsp (14 g) ghee
- 2 medium sweet potatoes
- 3 cups (264 g) brussels sprouts
- Salt and pepper to taste

DIRECTIONS

1. Preheat the oven to 350 degrees F (175 degrees C).
2. Season the turkey breast with garlic powder, dill, salt and pepper.
3. Bake 12 -20 minutes until internal temperature reaches 165 degrees F (74 degrees C).
4. While the turkey is cooking, heat a sauté pan on medium heat and melt the ghee in the pan.
5. Chop the sweet potato into 0.5 inch cubes/pieces and chop the brussels sprouts into halves.
6. Sauté the sweet potatoes, brussels sprouts, and salt and pepper in the ghee for 10-12 minutes or until the sweet potatoes are cooked and the brussels sprouts are crispy.
7. Slice the turkey breast on top of the hash.
8. Serve warm and enjoy!

NUTRITION INFO

Calories: 450, Carbohydrate: 40 grams, Protein: 47 grams, Fat: 12 grams

Zucchini Tahini Muffins



SERVINGS: 8

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 1 tbsp (8 g) ground flaxseed
- 2.5 tbsp (37 g) water
- 1/2 cup (112 g) tahini
- 1/3 cup (80 g) coconut sugar
- 3 tbsp (60 g) unsweetened non-dairy milk of choice
- 3 tbsp (45 g) unsweetened applesauce
- 1 cup (160 g) finely shredded zucchini
- 1 cup (128 g) cassava flour
- 1/4 cup (36 g) arrowroot flour
- 1 tsp (4.8 g) baking powder
- 1/2 tsp (2.2 g) baking soda
- 1/4 tsp (1.5 g) fine sea salt
- sesame seeds for sprinkling (optional)
- 4 tbsp almond butter

DIRECTIONS

1. Preheat oven to 350 degrees F. Coat a muffin pan with cooking oil or use silicone liners.
2. Combine the flaxseed and water together in a large bowl. Whisk and let sit for 5-10 minutes until thick and gel-like.
3. Whisk in the tahini, coconut sugar, applesauce, and milk. Stir in the grated zucchini.
4. Mix in dry ingredients until just combined.
5. Scoop batter into muffin cups, filling each one almost to the top. Sprinkle tops with sesame seeds if desired.
6. Bake for 22-25 minutes or until a toothpick inserted into the center comes out clean.
7. Allow muffins to cool for 10 minutes before transferring to a wire rack.
8. Spread with almond butter before serving.

NUTRITION INFO

Calories: 426, Carbohydrate: 51 grams, Protein: 8 grams, Fat: 23 grams



Low Histamine
Lunch

RE-FUEL AND RE-ENERGIZE

Beef and Rice Bowl



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 3/4 cup (139 g) white rice
- 3/4 lb (340 g) ground beef (95% lean)
- Salt and pepper to taste
- 4 stalks green onion, chopped
- 1 cup (56 g) broccoli sprouts

DIRECTIONS

1. Cook rice as directed on package.
2. Add ground beef, salt, and pepper to a medium skillet and cook over medium heat for 4-6 minutes, until browned through, crumbling as you cook.
3. Top rice with ground beef, green onion, and broccoli sprouts.

NUTRITION INFO

Calories: 496, Carbohydrate: 59 grams, Protein: 43 grams, Fat: 9 grams

Bunless "Greek" Burger



SERVINGS: 2

PREP TIME: 10-15 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

For Burger:

- 10 oz (283 g) ground lamb
- 1/2 small red onion (chop half, slice half)
- 1 tbsp (3 g) oregano
- 1 tbsp (8 g) minced garlic
- salt and pepper to taste
- 1 tbsp (14 g) olive oil
- 1/4 of a small cucumber

Homemade Tzatziki:

- 1 container coconut yogurt (5 oz, 142 g)
- 1/4 cup (30 g) thinly sliced cucumber
- 1 tsp (4.5 g) olive oil
- 1 tbsp (0.5 g) dill
- 1/2 tbsp (4 g) garlic (chopped/minced)
- Salt and pepper to taste

DIRECTIONS

1. In a bowl, combine ground lamb, 1/4 cup chopped red onion, oregano, minced garlic, salt and pepper.
2. Once combined, form into two patties.
3. Over medium-high heat, heat olive oil in a skillet.
4. Once the skillet and oil are hot, place the lamb patties on the skillet.
5. Let it cook for 3-4 minutes, then flip.
6. Cook until the patties reach 160 F and remove from the skillet to rest.
7. While the patties are cooking, slice the remaining red onion and cucumber for the toppings.
8. For the tzatziki: in a small bowl, combine coconut yogurt, sliced cucumber, olive oil, dill, and garlic.
9. Plate the burger, top with cucumber, red onion, and a dollop of homemade tzatziki.
10. Enjoy!

NUTRITION INFO

Calories: 584, Carbohydrate: 11 grams, Protein: 30 grams, Fat: 47 grams

Eggs and Greens



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES
(FOR EGGS)

INGREDIENTS

- 2 eggs
- 2 cups (85 g) mixed salad greens (without spinach)
- 1 tbsp (12 g) hemp hearts
- 2 stalks green onion
- 1 peach, chopped
- 1 tsp (1 g) dried oregano
- 2 tbsp (31 g) ricotta cheese
- 1 tbsp (14 g) olive oil
- Salt and pepper to taste

DIRECTIONS

1. Hard boil two eggs in boiling water for 10 minutes. Allow to cool. Peel and cut in half.
2. Top salad greens with all other ingredients and enjoy!

NUTRITION INFO

Calories: 447, Carbohydrate: 24 grams, Protein: 22 grams, Fat: 31 grams

Grab n' Go Lunch



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 3 hard boiled eggs
- 1/4 cup (33 g) macadamia nuts
- 1 cup (150 g) purple grapes

DIRECTIONS

1. Pack all together and go!

NUTRITION INFO

Calories: 555, Carbohydrate: 23 grams, Protein: 22 grams, Fat: 40 grams

Green Goddess Salad



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

Salad Mix

- 4 cups (170 g) mixed salad greens (without spinach)
- 6 medium radishes (chopped)
- 1 medium cucumber (chopped)
- 1 green apple, chopped
- 3 stalks green onion, chopped
- 3 tbsp (26 g) sunflower seeds
- 2 tbsp (23 g) hemp hearts
- 2 tbsp (16 g) pumpkin seeds

Dressing:

- 1 1/2 tbsp (29 g) coconut cream (top layer in canned coconut milk)
- 2 (28 g) tbsp olive oil
- 1/4 cup (2 g) fresh dill
- 1/4 cup (3 g) fresh mint
- Salt and pepper to taste

DIRECTIONS

1. In a blender, blend all dressing ingredients together until smooth.
2. Toss all salad ingredients together with dressing until well coated and enjoy!

NUTRITION INFO

Calories: 435, Carbohydrate: 31 grams, Protein: 12 grams, Fat: 32 grams

Ground Turkey Lettuce Wraps



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 5 -7
MINUTES

INGREDIENTS

- 3/4 lb (340 g) ground turkey
- 1 tbsp (14 g) avocado oil
- 3 cloves garlic, minced or pressed
- 1/4 tsp (0.5 g) ground turmeric
- 1/4 tbsp (0.5 g) ground ginger
- Salt and pepper to taste
- 1 red bell pepper, chopped
- 1 small yellow onion, chopped
- 1 tbsp (9 g) sesame seeds

Dressing

- 2 tbsp (30 g) tahini
- 1 tbsp (21 g) honey
- 1/2 tbsp (15 g) water
- 1 head bibb lettuce

DIRECTIONS

1. Heat avocado oil over medium heat in a large skillet. Add garlic, turkey, turmeric, and ginger. Cook for approximately 3-4 minutes until lightly pink, crumbling and flipping as it cooks.
2. Add salt, pepper, red bell pepper, onion, and sesame seed. Cook for an additional 2-3 minutes. Remove from heat.
3. Mix together tahini, honey, and water in a blender and blend until smooth.
4. Separate, wash, and pat dry bibb lettuce leaves. Top leaves with turkey mixture and tahini dressing.
5. Enjoy!

NUTRITION INFO

Calories: 489, Carbohydrate: 22 grams, Protein: 38 grams, Fat: 29 grams

Pulled Chicken Wrap



SERVINGS: 1

PREP TIME: 15 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 1 chicken breast
- 1/4 tbsp (2 g) avocado oil
- Salt and pepper to taste
- 1 cassava flour wrap
- 1 stalk celery
- 1/2 tbsp (7 g) olive oil
- 1/4 small red onion, chopped
- 1/2 tbsp (0.3 g) dried dill
- Salt and pepper to taste
- 1 oz (28 g) mozzarella cheese, chopped
- 1/2 cup (150 g) grapes

DIRECTIONS

1. Preheat oven to 375 degrees F (190 degrees C). Brush chicken breast with oil and sprinkle with salt and pepper. Bake for approximately 25 minutes in an oven safe dish, until internal temperature of chicken breast reaches 165 degrees F (74 degrees C).
2. Using a fork, shred chicken and allow to cool. Mix chicken with celery, olive oil, red onion, dill, salt, and pepper.
3. Fill cassava flour tortilla with shredded chicken mixture and mozzarella. Fold over and serve with a side of grapes.

NUTRITION INFO

Calories: 502, Carbohydrate: 45 grams, Protein: 35 grams, Fat: 21 grams

Simple Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 2 cups (40 g) arugula or rocket
- 1 medium red or green apple, sliced
- 2 tbsp (13 g) chopped pecans
- 1/4 small red onion, chopped
- 1 chicken breast
- 1 tbsp (14 g) olive oil
- Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 400 degrees F (205 degrees C). Bake chicken breast after brushing with olive oil, salt and pepper for approximately 25 minutes, slice into 1/2 inch slices when cooled.
2. Add arugula, apple, pecans, red onion, and sliced chicken breast to a salad bowl. Toss with olive oil, salt, and pepper.
3. Enjoy!

NUTRITION INFO

Calories: 467, Carbohydrate: 30 grams, Protein: 30 grams, Fat: 27 grams

Summer Salad



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 2 cups (40 g) arugula
- 1/2 medium cucumber, chopped
- 1/4 cup (37 g) blueberries
- 1/4 cup (34 g) macadamia nuts, chopped
- 2 oz (57 g) mozzarella cheese
- 2 tbsp (1 g) fresh dill, chopped
- 1 tbsp (3 g) fresh mint, chopped
- 1 tbsp (14 g) olive oil
- Salt and pepper to taste

DIRECTIONS

1. Toss together all ingredients in a large salad bowl and enjoy!

NUTRITION INFO

Calories: 574, Carbohydrate: 15 grams, Protein: 17 grams, Fat: 52 grams

Thai-Inspired Quinoa Salad



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

Salad:

- 1 cup (185 g) cooked quinoa
- 1 cup (70 g) shredded red cabbage
- 1/2 cup (55 g) shredded carrots
- 3/4 cup (48 g) sugar snap peas
- 1/4 cup (4 g) chopped cilantro
- 2 tbsp (11 g) chopped green onion
- 2 tbsp (17 g) roasted sunflower seeds

Dressing:

- 1/4 cup (64 g) unsweetened sunflower butter
- 1/2 tbsp (7 g) coconut aminos
- 1 tbsp (14 g) toasted sesame oil
- 1/2 tbsp (3 g) freshly grated ginger
- Water for desired consistency

DIRECTIONS

1. In a large bowl, combine the cooked quinoa, red cabbage, carrots, sugar snap peas, cilantro, and green onion. Set aside.
2. To make the dressing, whisk the sunflower butter, lime juice, coconut aminos, sesame oil, and ginger in a small bowl. Mix in a tablespoon of water at a time to reach desired consistency.
3. Pour the dressing into the salad and toss well to combine.
4. Divide into individual servings and top with roasted sunflower seeds.

NUTRITION INFO

Calories: 464, Carbohydrate: 38 grams, Protein: 13 grams, Fat: 31 grams



Low Histamine
Dinner

FINISH STRONG

Buttery Chicken Sheet Pan Dinner



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 20 - 25
MINUTES

INGREDIENTS

- 3 tbsp (42 g) ghee, melted
- 1 small head of purple cabbage, sliced into 1/2 inch circles
- 6 oz (170 g) baby potatoes
- 2, 5oz (236 g total) chicken breasts, pounded to tenderize
- 1/2 tbsp (1.5 g) dried oregano
- 1 tsp (3 g) garlic powder
- 1 tsp (2.5 g) onion powder
- 1 tsp (1.5 g) dried thyme
- Himalayan salt and pepper to taste

DIRECTIONS

1. Preheat oven to 425 degrees F (220 degrees C).
2. In a small bowl mix together oregano, garlic powder, onion powder, thyme, salt, and pepper.
3. Spread cabbage, potatoes, and chicken on an oven safe pan. Coat with melted ghee and seasoning mix.
4. Bake in the oven for 20-25 minutes until internal temperature of chicken reaches 165 degrees F (74 degrees C).
5. Remove from the oven and allow 5 minutes to rest before eating.

NUTRITION INFO

Calories: 488, Carbohydrate: 38 grams, Protein: 33 grams, Fat: 25 grams

Fried Quinoa



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 3/4 cup (128 g) quinoa, uncooked
- 1 tbsp (9 g) ghee
- 3 cloves garlic, minced
- 1/4 cup (14 g) slivered almonds
- 1 small onion, chopped
- 4 cups (280 g) shredded cabbage
- 2 cups (113 g) carrots, shredded
- 1 1/2 tbsp coconut aminos
- Pepper to taste

DIRECTIONS

1. Cook quinoa as directed on package.
2. Melt ghee in a large skillet over medium heat. Add almonds and garlic and cook 1-2 minutes until fragrant.
3. Add onions to the skillet and cook 1 additional minute.
4. Add the cabbage and carrots to the skillet and cook until soft, or desired consistency (approximately 5 minutes).
5. Lastly, add cooked quinoa, coconut aminos, and pepper and cook 2-3 minutes.
6. Serve warm.

NUTRITION INFO

Calories: 519, Carbohydrate: 77 grams, Protein: 17 grams, Fat: 18 grams

Garlic Basic Pasta



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 20-25 MINUTES

INGREDIENTS

- 6 oz (171 g) dry brown rice pasta
- 6 oz (171 g) ground turkey
- 1 1/2 tbsp (21 g) ghee, divided
- 2 tbsp (17 g) chopped garlic
- 1/4 cup (6 g) chopped basil
- Salt and pepper to taste

DIRECTIONS

1. Cook the pasta per the directions on the package and set aside.
2. In a sauté pan, heat ghee over medium heat.
3. Once hot, add the chopped garlic and sauté until golden brown. Add turkey and cook 5-8 minutes, crumbling and turning as you go along.
4. Add the basil.
5. Season with salt and pepper.
6. Add the pasta back into the butter garlic, turkey, basil sauce.
7. Serve warm and enjoy!

NUTRITION INFO

Calories: 545, Carbohydrate: 67 grams, Protein: 25 grams, Fat: 20 grams

Parsley Salmon w/ Vegetable Quinoa



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 30-40 MINUTES

INGREDIENTS

- 2, 6oz (340 g) wild salmon filets
- 1/2 tbsp (4.5 g) garlic powder
- 2 tbsp (8 g) fresh chopped parsley
- Salt and pepper to taste
- 1 tbsp (14 g) ghee
- 1/2 cup (85 g) quinoa, uncooked
- 1 cup (124 g) zucchini, sliced thin
- 1 cup (67 g) kale, chopped
- 1 tbsp (8 g) chopped/minced garlic

DIRECTIONS

1. Cook the quinoa per the directions on the packaging and set aside.
2. In a sauté pan, heat 1 tbsp ghee over medium heat.
3. While the pan is heating up, season the salmon with garlic powder, salt, pepper, and fresh chopped parsley.
4. Place the fish in the sauté pan, cook to desired temperature and set aside.
5. In the same sauté pan, over medium heat, sauté zucchini, kale, and black beans for 4-5 minutes or until the zucchini begins to brown and the kale turns bright green.
6. Mix the quinoa into vegetable mix in the pan.
7. Serve the salmon over the vegetable quinoa mix.
8. Enjoy!

NUTRITION INFO

Calories: 461, Carbohydrate: 35 grams, Protein: 43 grams, Fat: 17 grams

Pork Roast with Cauliflower and Sweet Potato



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 1/2 lb (227 g) pork tenderloin
- 4 cups (428 g) cauliflower florets
- 3 cups sweet potato, peeled and chopped into 1/2 inch pieces
- 2 tbsp (28 g) avocado oil
- 4 cloves garlic, minced or pressed
- 1 tbsp (2 g) fresh rosemary, chopped
- Salt and pepper to taste
- 1/4 cup (15 g) fresh parley, chopped

DIRECTIONS

1. Preheat oven to 375 degrees F (190 degrees C).
2. In a small bowl mix together avocado oil, garlic, rosemary, salt, and pepper.
3. Brush pork with avocado oil mixture and place on an oven safe sheet pan.
4. Toss vegetables with remaining avocado oil mixture and spread onto the sheet pan in a single layer.
5. Cook pork and vegetables in the oven for approximately 25 minutes, until internal temperature reaches above 145 degrees F (65 degrees C).
6. Slice pork into 1/2 inch slices and top meal with fresh parsley before serving.

NUTRITION INFO

Calories: 498, Carbohydrate: 54 grams, Protein: 31 grams, Fat: 19 grams

Roasted Chicken Thighs w/ Sweet Potato & Broccoli



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- 1 tbsp (14 g) ghee
- 1.5 tbsp (1 g) fresh dill
- 1/2 tbsp (5 g) garlic powder
- 1/2 lb (226 g) chicken thighs
- 2 cups (266 g) sweet potato (chopped into 0.5-1 inch cubes)
- 2 cups (182 g) broccoli
- 2 tbsp (27 g) olive oil
- Salt and pepper to taste

DIRECTIONS

1. Preheat the oven to 375 degrees F (190 degrees C).
2. In a small bowl, combine ghee, 1 tbsp of dill, garlic powder, salt and pepper. Stir until combined.
3. Lay the chicken thighs on a non-stick, oven-safe baking sheet.
4. Spread the ghee/dill mixture evenly on the tops of the chicken thighs.
5. Place the broccoli and sweet potatoes in a bowl and drizzle with olive oil, salt, pepper, and 1/2 tbsp dill.
6. Spread the broccoli and sweet potatoes onto the baking sheet with the chicken.
7. Bake in the oven for 25-30 minutes or until the chicken is cooked to 165 F (75 degrees C).
8. Serve warm and enjoy!

NUTRITION INFO

Calories: 463, Carbohydrate: 35 grams, Protein: 27 grams, Fat: 25 grams

Roasted Potatoes and Carrots with Chicken



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 8 medium carrots, peeled
- 4 cups baby potatoes, halved
- 2 tbsp (28 g) avocado oil, divided
- Salt and pepper to taste
- 4 chicken drumsticks, skin on
- 1 tbsp (3 tbsp) coconut aminos
- 1 tbsp (20 g) honey
- 1/2 tsp (1 g) dried ginger
- 1 tsp (3 g) garlic powder

DIRECTIONS

1. Preheat oven to 400 degrees F (205 degrees C).
2. Spread carrots and potatoes onto a large cooking sheet and coat with 1 tbsp avocado oil, salt, and pepper to taste.
3. In a small bowl, mix together 1 tbsp avocado oil, coconut aminos, honey, ginger, and garlic.
4. Coat chicken drumsticks in coconut aminos mixture and add to the cooking sheet.
5. Bake for approximately 25 minutes, until internal temperature of chicken reaches 165 degrees F (74 degrees C) and potatoes are soft.
6. Enjoy warm!

NUTRITION INFO

Calories: 658, Carbohydrate: 62 grams, Protein: 34 grams, Fat: 28 grams

Sautéed Brussels Sprouts and Chicken



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 2 tbsp (28 g) ghee, divided
- 2 chicken breasts, sliced into 1/2 inch pieces
- 3 cups (264 g) brussels sprouts, halved
- 1/4 cup (27 g) slivered almonds
- Salt and pepper to taste
- 1 cup (60 g) fresh parsley, chopped
- 1 large apple, chopped

DIRECTIONS

1. Heat 1 tbsp ghee in a large skillet (cast iron skillet works well) over medium-high heat. Add sliced chicken, salt, and pepper and cook 6-8 minutes, flipping once.
2. Remove chicken from heat and set aside on a plate.
3. Add 1 tbsp ghee to brussels sprouts, slivered almonds, salt, and pepper. Cook for 10-15 minutes, occasionally turning brussels sprouts. Add cooked chicken and apple to skillet and cook 1-2 minutes.
4. Remove from heat and top with chopped parsley. Enjoy warm.

NUTRITION INFO

Calories: 503, Carbohydrate: 42 grams, Protein: 35 grams, Fat: 25 grams

Shrimp Asparagus Pasta



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 20-30 MINUTES

INGREDIENTS

- 6 oz (171 g) dry casava flour pasta of your choice
- 1 tbsp (14 g) ghee
- 1 tbsp (8.5 g) chopped garlic
- 1 cup (134 g) asparagus (chopped)
- 1/2 lb (227 g) shrimp
- 2 tbsp (8 g) chopped parsley
- Salt and pepper to taste

DIRECTIONS

1. Cook pasta per the directions on the packaging, strain, and set aside.
2. In a large sauté pan, melt the ghee over medium heat.
3. Once the ghee is hot, add the garlic and sauté for 2-3 minutes.
4. Add the chopped asparagus and shrimp to the sauté pan and cook for 5-7 minutes, or until the shrimp is fully cooked.
5. Stir in the pasta and chopped parsley.
6. Season with salt and pepper to taste.
7. Serve hot and enjoy!

NUTRITION INFO

Calories: 477 Carbohydrate: 70 grams, Protein: 25 grams, Fat: 11 grams

Traditional Steak & Potatoes



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 45-60 MINUTES

INGREDIENTS

- 12 oz (340 g) grass-fed ribeye steak
- 2 tbsp (28 g) ghee
- Salt and pepper
- 2 small russet potatoes
- 2 tbsp (6 g) chopped chives

DIRECTIONS

1. Preheat the oven to 425 F.
2. Pierce the potatoes with a fork, wrap them in tin foil, and place in the oven to bake.
3. Season the ribeye with salt and pepper on both sides and set aside at room temperature.
4. Heat a cast iron skillet to medium-high heat.
5. Add the ghee to the cast iron skillet.
6. Once hot, place the ribeye steak in the cast iron skillet and allow it to sear on one side for 3-4 minutes before flipping (for a medium rare steak).
7. Once seared on both sides, set aside to cool before slicing.
8. Once the potatoes are cooked (easily pierced with a fork) remove them from the oven.
9. Slice the potato, top with ghee and chives and serve with the ribeye.
10. Enjoy!

NUTRITION INFO

Calories: 535, Carbohydrate: 39 grams, Protein: 41 grams, Fat: 22 grams