

Day 6

Meal 1



Egg & Beef Breakfast Bowl



1.5 Fresh Strawberries

Meal 2



Citrus, Fennel & Chicken Rice Bowl

Meal 3



0.5 Shredded Chicken



Celery Root Soup

Meal 4



Beef & Broccoli



0.5 Broccoli & Rice

## Day 6

Fat 32%

Carbs 33%

Protein 35%

Calories	1526
Fat	55g
Carbs	126g
Fiber	25g
Sugar	31g
Protein	136g
Cholesterol	475mg
Sodium	2165mg
Vitamin A	8731IU
Vitamin C	379mg
Calcium	423mg
Iron	13mg



## Egg & Beef Breakfast Bowl

3 servings

25 minutes

### Ingredients

- 1 tbsp Coconut Oil
- 454 grams Extra Lean Ground Beef
- 1/2 cup Mushrooms (sliced)
- 1 cup Kale Leaves (chopped)
- 2 Egg
- 1 Avocado (cubed)
- 2 tbsps Nutritional Yeast

### Nutrition

Amount per serving	
Calories	490
Fat	33g
Carbs	9g
Fiber	6g
Sugar	1g
Protein	40g
Cholesterol	222mg
Sodium	173mg
Vitamin A	636IU
Vitamin C	14mg
Calcium	67mg
Iron	5mg

### Directions

- 1 In a pan, heat the coconut oil over medium heat. Add the beef and break it up as it cooks. Cook for 10 minutes, or until the beef is cooked through. Drain the fat from the pan and return to the stove.
- 2 Add the mushrooms and kale in with the beef. Crack the eggs over the mixture and stir to combine. Cook for 5 minutes, or until mushrooms are soft, stirring often to ensure the eggs are cooked.
- 3 Divide between bowls and top with the avocado and nutritional yeast. Enjoy!

### Notes

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

**Serving Size:** One serving is roughly 2 cups of the beef mixture.

**More Flavor:** Add sea salt, pepper, garlic, onions and/or chili flakes.

**Additional Toppings:** Top with sliced cherry tomatoes.



## Fresh Strawberries

4 servings

5 minutes

### Ingredients

4 cups Strawberries

### Nutrition

Amount per serving	
Calories	46
Fat	0g
Carbs	11g
Fiber	3g
Sugar	7g
Protein	1g
Cholesterol	0mg
Sodium	1mg
Vitamin A	17IU
Vitamin C	85mg
Calcium	23mg
Iron	1mg

### Directions

- 1 Wash strawberries under cold water and remove the stems. Dry well. Slice and divide into bowls. Enjoy!

### Notes

**Make Them Last:** Once strawberries are washed, they tend not to last as long. So do not wash until you are ready to eat.



## Citrus, Fennel & Chicken Rice Bowl

2 servings

35 minutes

### Ingredients

1 cup Basmati Rice, Cooked  
 300 grams Chicken Breast  
 Sea Salt & Black Pepper (to taste)  
 3 tbsps Apple Cider Vinegar  
 1/4 tsp Dijon Mustard  
 1/2 Garlic (clove, small or to taste)  
 1/2 bulb Fennel (medium, thinly sliced)  
 1 Navel Orange (peeled, cut into segments)  
 2 cups Baby Spinach

### Nutrition

Amount per serving	
Calories	351
Fat	4g
Carbs	38g
Fiber	5g
Sugar	8g
Protein	39g
Cholesterol	110mg
Sodium	130mg
Vitamin A	3594IU
Vitamin C	57mg
Calcium	109mg
Iron	2mg

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Meanwhile, season the chicken breast generously with salt and pepper. Bake in the oven for 25 to 30 minutes or until cooked through. Let the chicken breast rest for five to 10 minutes before slicing.
- 3 As the chicken cools, combine apple cider vinegar, Dijon mustard, and garlic in a mixing bowl. Add the fennel and orange and toss to coat. Season with salt and pepper.
- 4 To serve, divide the rice, sliced chicken, baby spinach, and fennel salad between plates. Drizzle any remaining dressing over top and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Store the spinach and the fennel salad separately until ready to serve.

**More Flavor:** Season the chicken with other dried herbs and spices.

**More Fat:** Add extra virgin olive oil.

**No Baby Spinach:** Use another salad green instead.



## Shredded Chicken

2 servings

20 minutes

### Ingredients

1 tsp Sea Salt  
227 grams Chicken Breast (skinless, boneless)

### Nutrition

Amount per serving	
Calories	136
Fat	3g
Carbs	0g
Fiber	0g
Sugar	0g
Protein	25g
Cholesterol	82mg
Sodium	1231mg
Vitamin A	34IU
Vitamin C	0mg
Calcium	6mg
Iron	0mg

### Directions

- 1 Bring a pot of water to a boil with the salt. Reduce to a gentle simmer, add chicken and cover. Let simmer until chicken is cooked through, about 15-20 minutes.
- 2 Remove chicken and shred into pieces using two forks.

### Notes

**Leftovers:** Store covered in the fridge up to 3 days. Freeze in an airtight bag for up to 6 months.

**Serve it With:** Any of our sides, salads or vegetarian pastas.

**Serving Size:** One serving is approximately 4 ounces (113 grams) of chicken.



## Celery Root Soup

4 servings

30 minutes

### Ingredients

- 3 cups Celery Root (peeled, cut into cubes)
- 2 stalks Green Onion (chopped)
- 1 Carrot (small, peeled and chopped)
- 1 Russet Potato (medium, peeled and cut into cubes)
- 3 cups Vegetable Broth
- 1 tsp Dried Parsley
- 1 tsp Dried Chives
- 1/4 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	107
Fat	1g
Carbs	23g
Fiber	4g
Sugar	4g
Protein	4g
Cholesterol	0mg
Sodium	773mg
Vitamin A	3200IU
Vitamin C	16mg
Calcium	73mg
Iron	1mg

### Directions

- 1 Combine all of the ingredients in a pot over medium-high heat and bring to a gentle boil. Reduce the heat to medium and continue to cook for 20 to 25 minutes or until the vegetables are tender.
- 2 Transfer the soup to a blender or food processor and blend until smooth. Add more vegetable broth or water to thin, if needed. Divide between bowls and enjoy!

### Notes

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

**Serving Size:** One serving is approximately one cup of soup.

**More Flavor:** Add garlic, yellow onion, or other dried herb and spices to taste.

**Additional Toppings:** Fresh herbs, like parsley, or a drizzle of extra virgin olive oil.

**Celery Root:** Three cups of celery root cubes is approximately half of a large celery root.



## Beef & Broccoli

2 servings

15 minutes

### Ingredients

- 79 milliliters Bone Broth
- 2 tbsps Coconut Aminos
- 2 Garlic (cloves, minced)
- 1 tsp Ginger (fresh, minced)
- 1 tbsp Arrowroot Powder
- 1/2 tsp Avocado Oil
- 283 grams Flank Steak (sliced against the grain)
- 3 cups Broccoli (florets, chopped)

### Nutrition

Amount per serving	
Calories	345
Fat	15g
Carbs	17g
Fiber	4g
Sugar	6g
Protein	36g
Cholesterol	102mg
Sodium	457mg
Vitamin A	975IU
Vitamin C	124mg
Calcium	115mg
Iron	3mg

### Directions

- 1 In a small bowl, whisk together the broth, coconut aminos, garlic, ginger and arrowroot powder until no clumps remain.
- 2 Heat a skillet over medium heat and add the avocado oil. Once it is hot, add the steak slices and cook for 3 to 4 minutes. Add the sauce to the pan and cook for an additional minute. Add the broccoli, stir and then cover and cook for an additional 3 minutes. Serve and enjoy!

### Notes

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

**More Flavor:** Add toasted sesame oil once finished cooking.

**Additional Toppings:** Serve on top of rice or cauliflower rice. Top with sliced green onion and/or sesame seeds.

**No Coconut Aminos:** Use tamari instead.

**No Arrowroot Powder:** Use cornstarch or tapioca flour instead.

**No Bone Broth:** Use chicken, beef or vegetable broth instead.



## Broccoli & Rice

4 servings

25 minutes

### Ingredients

- 1 cup Jasmine Rice (dry, rinsed)
- 4 cups Broccoli (chopped into florets)

### Nutrition

Amount per serving	
Calories	191
Fat	0g
Carbs	44g
Fiber	3g
Sugar	2g
Protein	6g
Cholesterol	0mg
Sodium	30mg
Vitamin A	567IU
Vitamin C	81mg
Calcium	43mg
Iron	1mg

### 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.