

Day 2

Meal 1



Smoked Salmon Egg Cups



Asparagus & Rice

Meal 2



Ginger Chicken Bowl



Raspberries

Meal 3



Pineapple Coconut Shrimp



Grilled Asparagus

Meal 4



One Pan Paleo Plate

Day 2

Fat 33%

Carbs 30%

Protein 37%

Calories	1588
Fat	59g
Carbs	124g
Fiber	27g
Sugar	40g
Protein	149g
Cholesterol	1023mg
Sodium	1778mg
Vitamin A	18853IU
Vitamin C	274mg
Calcium	464mg
Iron	15mg



Smoked Salmon Egg Cups

3 servings

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	210
Fat	14g
Carbs	1g
Fiber	0g
Sugar	0g
Protein	20g
Cholesterol	381mg
Sodium	403mg
Vitamin A	1554IU
Vitamin C	3mg
Calcium	71mg
Iron	2mg

Directions

- 1 Preheat the oven to 350°F (177°C) and lightly grease a muffin tray with oil or use a silicone muffin tray.
- 2 In a small bowl, whisk together the eggs, chives, salt and pepper.
- 3 Add the spinach and then the smoked salmon to the prepared muffin tray. 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.



Asparagus & Rice

4 servings

25 minutes

Ingredients

1 cup Jasmine Rice (dry, rinsed)
4 cups Asparagus (woody ends trimmed, chopped in half)

Nutrition

Amount per serving	
Calories	187
Fat	0g
Carbs	43g
Fiber	4g
Sugar	3g
Protein	6g
Cholesterol	0mg
Sodium	3mg
Vitamin A	1013IU
Vitamin C	8mg
Calcium	32mg
Iron	3mg

Directions

- 1 Cook the jasmine rice according to the directions on the package.
- 2 Meanwhile, set the asparagus in a steaming basket over boiling water and cover. Steam for about 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus.
- 3 Divide rice and asparagus into bowls or containers. Enjoy!

Notes

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

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

Leftovers: Refrigerate in an airtight container up to 4 days.



Ginger Chicken Bowl

2 servings

20 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil (divided)
- 3 cups Cauliflower Rice
- 454 grams Extra Lean Ground Chicken
- 2 tbsps Coconut Aminos
- 1 tsp Ground Ginger
- 1 tsp Garlic Powder
- 1/2 Cucumber (sliced)
- 1 Carrot (medium, peeled, and grated)
- 1/4 cup Cilantro (chopped)

Nutrition

Amount per serving	
Calories	476
Fat	25g
Carbs	17g
Fiber	5g
Sugar	9g
Protein	44g
Cholesterol	195mg
Sodium	469mg
Vitamin A	5310IU
Vitamin C	67mg
Calcium	70mg
Iron	3mg

Directions

- 1 Heat a skillet over medium heat. Add half the oil and then the cauliflower rice. Sauté for five to seven minutes, then remove and set aside.
- 2 In the same pan, over medium-high heat, add the remaining oil and ground chicken and cook for five minutes, breaking apart into smaller pieces.
- 3 Add in coconut aminos, ginger, and garlic. Cook for another five minutes, until cooked through and golden.
- 4 Divide the cauliflower rice onto plates. Top with the ground chicken, cucumber, carrots, and cilantro. Enjoy!

Notes

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

More Flavor: Use fresh ginger and garlic in place of ground ginger and garlic powder.

Additional Toppings: Swap cilantro out for mint for a fresh twist.



Raspberries

1 serving
3 minutes

Ingredients

1 cup Raspberries

Nutrition

Amount per serving	
Calories	64
Fat	1g
Carbs	15g
Fiber	8g
Sugar	5g
Protein	1g
Cholesterol	0mg
Sodium	1mg
Vitamin A	41IU
Vitamin C	32mg
Calcium	31mg
Iron	1mg

Directions

- 1 Wash berries and enjoy!

Notes

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



Pineapple Coconut Shrimp

4 servings

25 minutes

Ingredients

- 3 Garlic (cloves, minced)
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Red Wine Vinegar
- 2 tbsps Parsley (chopped)
- 1/2 tsp Sea Salt
- 907 grams Shrimp (raw, peeled and deveined)
- 4 cups Pineapple (diced into chunks)
- 2 tbsps Unsweetened Coconut Flakes
- 12 Barbecue Skewers

Nutrition

Amount per serving	
Calories	357
Fat	10g
Carbs	23g
Fiber	3g
Sugar	16g
Protein	47g
Cholesterol	365mg
Sodium	570mg
Vitamin A	256IU
Vitamin C	82mg
Calcium	174mg
Iron	2mg

Directions

- 1 In a large bowl, stir together the garlic, olive oil, red wine vinegar, parsley and sea salt. Mix well. Add shrimp and toss well to coat.
- 2 Preheat grill to medium heat.
- 3 Slide a shrimp onto a skewer, followed by a pineapple chunk. Repeat until all ingredients are used up.
- 4 Transfer skewers to the grill and cook for 3 to 4 minutes per side or until shrimp is pink. Remove from grill and sprinkle with coconut flakes. Serve over a bed of greens or with your favourite side dishes. Enjoy!

Notes

No Pineapple: Use sliced lemon instead.

Likes it Spicy: Add cayenne pepper to the shrimp spice.



One Pan Paleo Plate

4 servings

35 minutes

Ingredients

454 grams Chicken Breast
 1/8 tsp Sea Salt
 4 cups Brussels Sprouts (washed, trimmed and halved)
 1 tbsp Extra Virgin Olive Oil (plus extra for brushing)
 2 Sweet Potato (washed and sliced in half)

Nutrition

Amount per serving	
Calories	259
Fat	7g
Carbs	21g
Fiber	5g
Sugar	5g
Protein	29g
Cholesterol	82mg
Sodium	182mg
Vitamin A	9919IU
Vitamin C	76mg
Calcium	62mg
Iron	2mg

Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Brush both sides of the chicken breast with olive oil and season with sea salt. Place on the baking sheet.
- 3 Toss your brussels sprouts in olive oil. Place on the baking sheet with the chicken.
- 4 Slice your sweet potatoes in half lengthwise and pierce the flesh multiple times with a fork all over to create holes. Brush the flesh of each half with olive oil. Place these on the baking sheet with the flesh facing up.
- 5 Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through. (Note: Sweet potato may need longer depending on size.)
- 6 Remove baking sheet from the oven and divide onto plates. Season with more salt if desired. Enjoy!

Notes

No Brussels Sprouts: Use broccoli, cauliflower or green beans instead. Roasting times will vary.

No Chicken Breast: Use turkey breast.

Vegans and Vegetarians: Replace chicken with roasted chickpeas.

Extra Time: Slice sweet potato into cubes or fries.