

Day 5

Meal 1



1.5 Apple Turkey Sausage Patties with Sauteed Greens



Pear

Meal 2



Orange Chicken



Steamed Bok Choy

Meal 3



Raspberries

Meal 4



Shredded Beef Stuffed Sweet Potatoes



2 Shredded Romaine Salad

## Day 5

Fat 35%

Carbs 28%

Protein 37%

Calories	1463
Fat	58g
Carbs	107g
Fiber	25g
Sugar	52g
Protein	137g
Cholesterol	418mg
Sodium	1676mg
Vitamin A	36667IU
Vitamin C	170mg
Calcium	428mg
Iron	14mg



## Apple Turkey Sausage Patties with Sautéed Greens

4 servings

30 minutes

### Ingredients

454 grams Extra Lean Ground Turkey  
 1 Apple  
 1 tbsp Ginger (peeled and grated)  
 1 tbsp Italian Seasoning  
 1 tsp Apple Cider Vinegar  
 1/2 tsp Sea Salt  
 2 tbsps Extra Virgin Olive Oil (divided)  
 8 cups Baby Spinach  
 1 tbsp Water

### Nutrition

Amount per serving	
Calories	268
Fat	17g
Carbs	9g
Fiber	2g
Sugar	5g
Protein	23g
Cholesterol	84mg
Sodium	421mg
Vitamin A	5733IU
Vitamin C	19mg
Calcium	87mg
Iron	3mg

### Directions

- 1 Place the ground turkey in a large mixing bowl. Pat it with a paper towel to remove any excess moisture.
- 2 Peel, core and grate the apple using a box grater. Squeeze out the excess juice from the apple and discard. Add the apple to the turkey along with the ginger, Italian seasoning, apple cider vinegar and salt. Gently mix to combine then form the meat mixture into thin patties, approximately 4 inches in diameter.
- 3 In a large skillet or frying pan, heat half of the oil over medium-high heat. In batches, cook the sausage patties for about 2 to 3 minutes per side or until golden brown and cooked through. Wipe the pan out and add more oil in between batches.
- 4 When you are finished cooking the patties, use the same skillet to wilt the spinach with water.
- 5 To serve, divide spinach and sausage patties between plates and season with additional salt if needed. Enjoy!

### Notes

**Serving Size:** There are approximately three thin patties per serving.

**Leftovers:** Refrigerate in an airtight container for up to three days. The patties can be frozen for up to three months.

**Best Flavor:** A tart apple like a Granny Smith or Honeycrisp works best for this recipe.

**No Spinach:** Use another leafy green like kale, Swiss chard or collard greens.

**No Ground Turkey:** Use ground chicken, lamb, beef, pork or bison instead.



## Pear

1 serving

5 minutes

### Ingredients

1 Pear

### Nutrition

Amount per serving	
Calories	101
Fat	0g
Carbs	27g
Fiber	6g
Sugar	17g
Protein	1g
Cholesterol	0mg
Sodium	2mg
Vitamin A	45IU
Vitamin C	8mg
Calcium	16mg
Iron	0mg

### Directions

1

Cut pear in half lengthwise. Cut each half in half again and use a knife to remove the core. Place all pieces in a bowl and enjoy!



## Orange Chicken

2 servings

20 minutes

### Ingredients

- 1 tbsp Orange Zest
- 1/4 cup Orange Juice
- 1/4 tsp Garlic Powder
- 1/2 tsp Turmeric
- 1 tbsp Raw Honey
- 1 tbsp Water
- 1 tsp Arrowroot Powder
- 2 tps Avocado Oil
- 454 grams Chicken Breast (boneless, skinless)
- 1 tbsp Cilantro (finely chopped)

### Nutrition

Amount per serving	
Calories	368
Fat	11g
Carbs	14g
Fiber	1g
Sugar	11g
Protein	51g
Cholesterol	165mg
Sodium	103mg
Vitamin A	176IU
Vitamin C	20mg
Calcium	22mg
Iron	1mg

### Directions

- 1 In a small bowl, mix together the orange zest, orange juice, garlic powder, turmeric, honey, water, and arrowroot powder. Set aside.
- 2 Heat the oil in a large pan over medium heat. Add the chicken and sauté until browned on both sides, about three to five minutes on each side.
- 3 Add the orange juice mixture to the pan and reduce the heat to low. Coat the chicken well as the sauce thickens.
- 4 Add the chicken to a plate and garnish with cilantro. Enjoy!

### Notes

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

**Serving Size:** One serving is about one cup of chicken.

**More Flavor:** Add onion powder and/or sea salt to the sauce. Add peppers, onions, and/or broccoli.

**Serve it With:** Serve over top of rice, cauliflower rice, or quinoa.



## Steamed Bok Choy

4 servings

10 minutes

### Ingredients

8 cups Bok Choy (baby, halved)

### Nutrition

Amount per serving	
Calories	18
Fat	0g
Carbs	3g
Fiber	1g
Sugar	2g
Protein	2g
Cholesterol	0mg
Sodium	91mg
Vitamin A	6255IU
Vitamin C	63mg
Calcium	147mg
Iron	1mg

### Directions

- 1 Bring a pot of water to a boil. Place bok choy in a steamer basket over boiling water and cover. Steam for 2 to 3 minutes, or until just tender. Enjoy!

### Notes

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



## 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.



## Shredded Beef Stuffed Sweet Potatoes

6 servings

3 hours 20 minutes

### Ingredients

907 grams Top Sirloin Beef Roast (cut into big chunks)  
 1 1/2 tsps Sea Salt  
 2 tsps Garlic Powder  
 2 tsps Dried Thyme  
 1/2 cup Water  
 2 tbsps Coconut Aminos  
 2 tsps Extra Virgin Olive Oil  
 6 Sweet Potato (medium)  
 1 Avocado (medium, sliced)  
 1/4 cup Cilantro  
 1 1/2 Lime (juiced)

### Nutrition

Amount per serving	
Calories	440
Fat	14g
Carbs	32g
Fiber	6g
Sugar	7g
Protein	47g
Cholesterol	127mg
Sodium	843mg
Vitamin A	18566IU
Vitamin C	10mg
Calcium	63mg
Iron	6mg

### Directions

- 1 Season the beef all over with salt, garlic powder, and thyme. Heat a pot over medium-high heat. Add the beef and cook for about 10 minutes or until browned on all sides.
- 2 Add the water and coconut aminos to the pot. Cover with a lid and turn the heat down to low. Cook for about three hours or until the beef is tender. Check occasionally and add more water if necessary.
- 3 Meanwhile, preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper. Pierce the sweet potatoes with a fork, brush with oil, and place them on the baking sheet. Bake for 45 to 50 minutes or until cooked through.
- 4 Slice the sweet potatoes down the middle, but not all the way through. Use a fork to lightly mash the cooked potatoes.
- 5 Remove the beef from the pot and shred with two forks. Bring back the shredded beef to the pot and stir with the liquid. Taste and adjust the seasoning to your taste.
- 6 Top each sweet potato with shredded beef and avocado. Garnish with cilantro, and lime juice. Enjoy!

### Notes

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

**Serving Size:** One serving is equal to one medium sweet potato, approximately 2/3 cup beef and 1/3 of an avocado.



## Shredded Romaine Salad

4 servings

10 minutes

### Ingredients

- 2 heads Romaine Hearts (shredded)
- 2 stalks Green Onion (thinly sliced)
- 3 tbsps Fresh Dill (finely chopped)
- 1 tbsp Extra Virgin Olive Oil
- 1/2 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	35
Fat	3g
Carbs	1g
Fiber	0g
Sugar	1g
Protein	0g
Cholesterol	0mg
Sodium	2mg
Vitamin A	1492IU
Vitamin C	4mg
Calcium	9mg
Iron	0mg

### Directions

- 1 Add all of the ingredients to a bowl and toss to combine. Divide onto plates and enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately 1 1/2 cups.

**Make it a Meal:** Serve with your favorite protein on top.