



Gestational Diabetes Recipe Book

Created by The Gestational Diabetic



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The Recipes

All recipes are low glycemic, real food, gluten free, and 45g carbs or less.

Commonly Swapped Ingredients

Check out these swappable ingredients so you can cross out what you don't need or like before you grocery shop.

- Tamari, Coconut Aminos and Soy Sauce - Often swapped for one another. Recommend getting low sodium versions.
- Coconut Oil, Avocado Oil and Olive Oil - Most oils and butter are interchangeable. The 3 mentioned can be swapped for one another easily. The only exception is if you want your meal to have a coconut flavor, or the aroma of extra virgin olive oil. Refined coconut oil has no scent or flavor. Avocado oil is the most versatile and has the highest smoke point.
- Proteins - Any meat can replace tofu. Ground chicken and ground turkey are easily swapped. Ground beef can also swap easily, but it will add more fat inherently, even if you get 93% lean.
- Yellow squash and zucchini
- Pre-made Proteins - With recipes that have shredded meats, consider buying the store-roasted or canned versions to save you the time and dishes. Examples are canned tuna or chicken for tuna/chicken salad or rotisserie chicken for soups, salads, etc.)
- Greek yogurt is great because of the nutrition but it lacks the round and deep flavor or mayonnaise. Greek yogurt also has a tang that mayonnaise doesn't have. The two can normally be swapped, but the flavor of the overall dish will change. To maintain flavor, use half of each, but to purchase both isn't necessary.
- Strawberries, blueberries, blackberries and raspberries can be easily swapped. They all have very similar nutrition facts by the cup.
- Red, yellow and orange bell peppers are all sweet and will generally yield the same flavor. Green bell peppers, however, are earthy and give a distinct flavor.
- Broccoli and cauliflower
- Kale, collard greens and other leafy greens
- Nutritional Yeast - swap for Parmesan or Asiago cheese

Do NOT Swap

- Coconut flour and almond flour are NOT swapped 1 for 1. Coconut flour is very absorbent, about 3 times more than almond, but simply increasing or decreasing one flour WON'T give you the same end product.
- Salt - Iodized, sea, pink Himalayan, etc. have different effects. It's not recommended to swap any of them 1 for 1. Unless you're familiar with the salt you're using, it's recommended to only use iodized salt in baking.

Portioning for Grab & Go

When it comes to portioning the snacks, I like to use these [stackable plastic containers](#) for the snacks that don't need to be separated. I really like that they have measurements on them! I also REALLY like these [vertical plastic containers](#) for snacks that have different components, like crunchy granola and yogurt.

Another GREAT, inexpensive option are these [containers](#). We used these in culinary school every single day to prep ingredients. They're SUPER handy!

If you stay away from plastic, check out these [glass containers](#) for snacks.

For full meals, these [glass containers](#) are the same, but larger, and these [plastic containers](#) are awesome!

Prenatal Vitamin

Taking your prenatal vitamin with food and a glass of water is the best way to get the most out of your vitamin because some nutrients are fat soluble, and others are water soluble. Here's a list of the [best prenatal vitamins](#) on the market.

Want More?

Check out the other options at [TheGestationalDiabetic.com](https://thegestationaldiabetic.com) and sign up for the email list there. I regularly send helpful tips, information, recipes and more.



Breakfasts

Bacon & Mushroom Breakfast Bowl!

6 ingredients · 20 minutes · 2 servings



Directions

1. Heat a skillet over medium heat and add avocado oil. 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
3. Add the corn, mushroom and bacon mix to a bowl and top with an egg. 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.

Ingredients

1/2 tsp Avocado Oil

8 White Button Mushrooms (sliced)

1 ear Corn On The Cob (kernels removed)

4 slices Organic Bacon (cooked and diced)

2 Egg

1/8 tsp Sea Salt

Nutrition

Amount per serving

Calories	231	Calcium	34mg
Fat	14g	Iron	1mg
Carbs	12g	Vitamin D	45IU
Fiber	1g	Vitamin E	1mg
Sugar	4g	Thiamine	0.1mg
Protein	16g	Vitamin B6	0.2mg
Cholesterol	204mg	Folate	36µg
Sodium	579mg	Vitamin B12	0.7µg
Potassium	385mg	Magnesium	18mg
Vitamin A	276IU	Zinc	2mg
Vitamin C	3mg	Selenium	32µg

Carrot Cake Breakfast Bars

12 ingredients · 40 minutes · 10 servings



Directions

1. Preheat the oven to 350°F (177°C). Line a baking pan with parchment paper.
2. In a large bowl, add the almond flour, cinnamon, nutmeg, sea salt and baking soda. Whisk together to combine.
3. In a separate medium sized bowl add the eggs, maple syrup, coconut oil and vanilla. Whisk together. Then add the carrots, walnut and orange zest and whisk again.
4. Add the wet ingredients to the dry ingredients and stir to combine. Pour into your prepared pan and bake for 25 to 27 minutes.
5. Remove from the oven and let them cool before slicing evenly into bars. Enjoy!

Notes

Baking Pan Size

Use an 8x8 baking pan if making the standard 10 servings.

Optional Icing Drizzle

For the standard serving size of 10: Melt 3 tablespoons of coconut butter with 1 teaspoon of coconut oil over low heat. Then drizzle on top of the squares once they have completely cooled.

Leftovers

Store in the fridge in a sealed container for up to 5 days. Freeze for longer.

Flour

This recipe was developed and tested using almond flour only. We have not tested other flours with this recipe, but if you try a different flour combination, let us know how it turns out!

Ingredients

- 1 1/2 cups Almond Flour
- 1 tsp Cinnamon
- 1/2 tsp Nutmeg
- 1/4 tsp Sea Salt
- 1/2 tsp Baking Soda
- 3 Egg
- 1/4 cup Maple Syrup
- 2 tbsps Coconut Oil (melted)
- 1 tsp Vanilla Extract
- 1 1/2 cups Grated Carrot
- 1/2 cup Walnuts (chopped)
- 1/4 Navel Orange (zested)

Nutrition

Amount per serving

Calories	213	Calcium	69mg
Fat	16g	Iron	1mg
Carbs	12g	Vitamin D	12IU
Fiber	3g	Vitamin E	0mg
Sugar	7g	Thiamine	0mg
Protein	7g	Vitamin B6	0.1mg
Cholesterol	56mg	Folate	18µg
Sodium	157mg	Vitamin B12	0.1µg
Potassium	133mg	Magnesium	64mg

Vitamin A	3299IU	Zinc	1mg
Vitamin C	3mg	Selenium	5µg

Cauliflower & Egg Breakfast Muffins!

7 ingredients · 25 minutes · 6 servings



Directions

1. Preheat the oven to 375°F (191°C) and lightly grease a muffin tin.
2. Heat a large skillet over medium heat. Add the prosciutto and cook for a 3 minutes per side or until crisp. Remove from the pan and set aside.
3. In a large bowl add the cauliflower rice, eggs, arugula, parsley, nutritional yeast, sea salt and pepper. Mix well to combine.
4. Scoop the cauliflower mix into the muffin tin, filling to the top and creating a small hollow space in the top. Add the prosciutto to the hollowed-out space. Place in the oven and bake for 15 minutes. Remove, let it cool slightly and then serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to two months.

Serving Size

One serving is equal to two cauliflower egg bites.

More Flavor

Use parmesan or pecorino instead of nutritional yeast. Add chili flakes to the mix.

No Arugula

Use spinach.

No Nutritional Yeast

Use a salty cheese instead, like Parmesan or Asiago.

Ingredients

4 ozs Prosciutto (roughly chopped)

5 cups Cauliflower Rice

4 Egg

1 cup Arugula (roughly chopped)

1/4 cup Parsley (finely chopped)

1/2 cup Nutritional Yeast

Sea Salt And Black Pepper (to taste)

Nutrition

Amount per serving

Calories	133	Calcium	43mg
Fat	6g	Iron	2mg
Carbs	7g	Vitamin D	27IU
Fiber	3g	Vitamin E	0mg
Sugar	2g	Thiamine	3.6mg
Protein	13g	Vitamin B6	3.8mg
Cholesterol	137mg	Folate	23µg
Sodium	429mg	Vitamin B12	3.5µg
Potassium	209mg	Magnesium	7mg
Vitamin A	472IU	Zinc	2mg
Vitamin C	4mg	Selenium	20µg

Cauliflower Rice Breakfast Bowl!

6 ingredients · 25 minutes · 3 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add the bacon and cook for 15 to 18 minutes or until the bacon is cooked to your preference. Remove and set aside.
2. Meanwhile, in a pan over medium heat, add the mushrooms and cook for 3 to 4 minutes. Add the coconut aminos to the pan and stir. Then add the cauliflower rice and cook for 2 to 3 minutes. Remove and set aside.
3. Crack the eggs into the pan and cook until the whites are set and the yolk is done to your preference. Place the egg on top of the cauliflower rice and add the bacon on the side. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days. For best results, consume the eggs the same day they were cooked.

More Flavor

Add chili flakes or hot sauce.

Additional Toppings

Add sliced avocado or micro greens on the side.

Swaps

Use cooking spray to reduce the fat. Use turkey or chicken bacon or sausage instead of pork (reduces the fat). Use any kind of mushroom. Use tamari or low sodium soy sauce instead of coconut aminos.

Ingredients

6 slices Organic Bacon
1 1/2 tsps Avocado Oil
2 White Button Mushrooms (sliced)
2 tsps Coconut Aminos
3 cups Cauliflower Rice
6 Egg

Nutrition

Amount per serving

Calories	285	Calcium	78mg
Fat	19g	Iron	2mg
Carbs	7g	Vitamin D	83IU
Fiber	2g	Vitamin E	1mg
Sugar	5g	Thiamine	0.1mg
Protein	21g	Vitamin B6	0.2mg
Cholesterol	390mg	Folate	50µg
Sodium	699mg	Vitamin B12	1.1µg
Potassium	428mg	Magnesium	17mg
Vitamin A	546IU	Zinc	2mg
Vitamin C	0mg	Selenium	41µg

Cauliflower Rice Breakfast Hash

7 ingredients · 25 minutes · 2 servings



Directions

1. In a skillet over medium heat, add the bacon and cook for 5 to 7 minutes or until cooked through. Remove, chop into small pieces and set aside, leaving some of the rendered fat in the pan.
2. Add the onion and bell pepper and cook for 3 to 4 minutes, stirring as needed. Add the cauliflower rice and stir to combine. Cook for an additional 2 to 3 minutes. Make space for the eggs and crack one egg into each hole. Cook the eggs until the whites are set and the yolk is done to your liking.
3. Remove from the pan and divide onto plates. Top with bacon, sea salt, pepper and chives, if using. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days. For best results, enjoy the eggs when served and reheat leftover hash in a pan.

More Flavor

Top the hash with Everything Bagel Seasoning or chili flakes.

Additional Toppings

Serve with avocado.

No Chives

Use another fresh herb such as parsley.

Ingredients

- 4 slices Organic Bacon
- 1 Yellow Onion (chopped, small)
- 1 Yellow Bell Pepper (chopped)
- 3 cups Cauliflower Rice
- 4 Egg
- Sea Salt And Black Pepper (to taste)
- 1 tbsp Chives (optional, chopped)

Nutrition

Amount per serving

Calories	441	Calcium	120mg
Fat	31g	Iron	3mg
Carbs	18g	Vitamin D	90IU
Fiber	5g	Vitamin E	1mg
Sugar	8g	Thiamine	0.2mg
Protein	25g	Vitamin B6	0.5mg
Cholesterol	408mg	Folate	74µg
Sodium	596mg	Vitamin B12	1.2µg
Potassium	698mg	Magnesium	31mg
Vitamin A	812IU	Zinc	2mg
Vitamin C	178mg	Selenium	42µg

Chia Seed Breakfast Popsicles

8 ingredients · 5 hours · 6 servings



Directions

1. In a medium sized mixing bowl, combine the yogurt, almond milk, honey, and chia seeds. Mix well.
2. Fill popsicle moulds about 1/4 of the way with the yogurt mixture then drop in the fruit. Spoon more of the yogurt mixture in to cover the fruit. To burst any air-pockets in your popsicles, press down on the mixture with a spoon.
3. Sprinkle the granola into the moulds to cover the yogurt and fruit, and press down with a spoon so that it gets incorporated with the yogurt mixture.
4. Freeze for at least 5 hours. When you're ready to eat, leave on the counter for 10 minutes before removing from moulds, so they will slide out effortlessly. Enjoy!

Notes

Vegan

Use unsweetened coconut yogurt and replace honey with maple syrup.

Mix it Up

Use any fruit that is in season, or any fruit that you have on hand.

DIY Granola Options

Make our Banana Coconut Granola or Paleo Granola.

Ingredients

- 1 cup Plain Greek Yogurt
- 1/2 cup Unsweetened Almond Milk
- 2 tbsps Raw Honey
- 1 tbsps Chia Seeds
- 1/3 cup Strawberries (sliced into small pieces)
- 1 Peach (sliced into small pieces)
- 1/3 cup Pineapple (sliced into small pieces)
- 1/2 cup Granola

Nutrition

Amount per serving

Calories	129	Calcium	144mg
Fat	4g	Iron	1mg
Carbs	18g	Vitamin D	25IU
Fiber	2g	Vitamin E	1mg
Sugar	12g	Thiamine	0.1mg
Protein	6g	Vitamin B6	0.1mg
Cholesterol	6mg	Folate	13µg
Sodium	40mg	Vitamin B12	0µg
Potassium	143mg	Magnesium	29mg
Vitamin A	340IU	Zinc	0mg
Vitamin C	14mg	Selenium	3µg

Scrambled Eggs with Peppers and Kale!

5 ingredients · 15 minutes · 1 serving



Directions

1. Heat the olive oil in a skillet over medium heat. Add the red bell pepper and kale leaves and saute until softened, about 5 to 7 minutes.
2. While the veggies are cooking, crack the eggs into a bowl and season with salt and pepper. Beat gently with a fork until well combined.
3. Push the veggies to one side of the pan, and pour the beaten eggs into the empty side. Use a spatula to scramble, slowly incorporating the veggies once the eggs are no longer very wet.
4. Divide between plates and enjoy!

Notes

Egg-Free

Use mashed tofu instead of eggs.

Ingredients

3/4 tsp Extra Virgin Olive Oil
1/2 Red Bell Pepper (sliced)
1 cup Kale Leaves (chopped)
3 Egg
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	269	Calcium	141mg
Fat	18g	Iron	3mg
Carbs	6g	Vitamin D	123IU
Fiber	2g	Vitamin E	3mg
Sugar	3g	Thiamine	0.1mg
Protein	20g	Vitamin B6	0.5mg
Cholesterol	558mg	Folate	113µg
Sodium	227mg	Vitamin B12	1.4µg
Potassium	406mg	Magnesium	32mg
Vitamin A	3684IU	Zinc	2mg
Vitamin C	96mg	Selenium	46µg

Smoked Salmon Egg Cups

6 ingredients · 25 minutes · 3 servings



Directions

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

Ingredients

- 1 1/2 **tsps** Avocado Oil
- 6 **Egg**
- 1 **tbsp** Chives (chopped)
- Sea Salt & Black Pepper (to taste)
- 1 **cup** Baby Spinach (chopped)
- 4 **ozs** Smoked Salmon (roughly chopped)

Nutrition

Amount per serving

Calories	211	Calcium	71mg
Fat	14g	Iron	2mg
Carbs	1g	Vitamin D	340IU
Fiber	0g	Vitamin E	2mg
Sugar	0g	Thiamine	0.1mg
Protein	20g	Vitamin B6	0.3mg
Cholesterol	381mg	Folate	69µg
Sodium	403mg	Vitamin B12	2.1µg
Potassium	263mg	Magnesium	27mg
Vitamin A	1554IU	Zinc	1mg
Vitamin C	3mg	Selenium	43µg

Taco Breakfast Skillet

14 ingredients · 30 minutes · 4 servings



Directions

1. In a large skillet, heat the olive oil over medium heat. Add in the red onion and ground beef. Cook for 10 to 12 minutes or until the beef is completely cooked through.
2. Once the beef is cooked, add in the chili powder, cumin, onion powder, black pepper and nutritional yeast until well combined. Make little sockets in the beef mixture and crack an egg in one at a time.
3. Once the eggs begin to cook, add a lid on top for 3 minutes or until the yolk is cooked to your liking.
4. Remove from the stove and top with the tomatoes, black olives, avocado, jalapeños and cilantro. Divide between plates and enjoy!

Notes

Leftovers

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

Serving Size

One serving is approximately one egg with one cup of beef and veggie mixture.

More Flavor

Add some grated cheese on top.

Make it Vegetarian

Use black beans and/or quinoa instead of ground beef.

Ingredients

1 tbsp Extra Virgin Olive Oil
1/2 cup Red Onion (chopped)
1 lb Extra Lean Ground Beef
2 tbsps Chili Powder
1 tbsp Cumin
1/4 tsp Onion Powder
1/4 tsp Black Pepper
1/4 cup Nutritional Yeast
4 Egg
1/2 Tomato (chopped)
1/4 cup Black Olives
1/2 Avocado (cubed)
1 Jalapeno Pepper (sliced)
1/4 cup Cilantro

Nutrition

Amount per serving

Calories	402	Calcium	87mg
Fat	25g	Iron	6mg
Carbs	10g	Vitamin D	44IU
Fiber	5g	Vitamin E	4mg
Sugar	2g	Thiamine	2.8mg
Protein	33g	Vitamin B6	3.5mg
Cholesterol	260mg	Folate	62µg

Sodium	344mg	Vitamin B12	5.4µg
Potassium	739mg	Magnesium	52mg
Vitamin A	1870IU	Zinc	7mg
Vitamin C	11mg	Selenium	42µg

Zucchini, Mushroom & Egg Breakfast

7 ingredients · 20 minutes · 1 serving



Directions

1. Heat a skillet over medium heat and add the avocado oil, zucchini and mushrooms. Cook for 6 to 8 minutes. Remove and set aside on a plate.
2. Using the same pan over medium heat, crack the eggs into the pan. Cook until the whites are set and the yolks are cooked to your liking. Add to the same plate.
3. Add the arugula to the plate and drizzle with lemon juice. Season the eggs and vegetables with sea salt. Enjoy!

Notes

Leftovers

Refrigerate leftover vegetables in an airtight container for up to three days. Eggs are best enjoyed immediately.

More Flavor

Season the vegetables with chili flakes, cayenne, onion powder or garlic.

Make it Vegan

Omit the eggs and make a tofu scramble instead.

Ingredients

1/2 tsp Avocado Oil
1/2 Zucchini (medium, sliced)
6 White Button Mushrooms (sliced)
2 Egg
1/2 cup Arugula
1/2 tsp Lemon Juice
1/8 tsp Sea Salt

Nutrition

Amount per serving

Calories	208	Calcium	94mg
Fat	13g	Iron	3mg
Carbs	8g	Vitamin D	88IU
Fiber	2g	Vitamin E	1mg
Sugar	5g	Thiamine	0.2mg
Protein	17g	Vitamin B6	0.5mg
Cholesterol	372mg	Folate	100µg
Sodium	454mg	Vitamin B12	1.0µg
Potassium	776mg	Magnesium	47mg
Vitamin A	973IU	Zinc	2mg
Vitamin C	22mg	Selenium	41µg



Main Dishes

15 Minute Tilapia!

9 ingredients · 15 minutes · 2 servings



Directions

1. Add water to a skillet, place it over high heat and bring it to a boil. Add tomatoes and red pepper flakes. Set fish on top and season with sea salt and black pepper. Cover with a lid and cook for 3 minutes.
2. Remove lid and set the spinach on top of the tilapia. Cover again and let cook for another 2 minutes or until tilapia flakes with a fork. Use a slotted spoon to transfer the tilapia and vegetables to a plate. Turn off the heat.
3. In a bowl, combine the olive oil, lemon juice, and capers. Whisk with a fork.
4. Divide spinach and tomatoes between plates. Top with tilapia and drizzle with olive oil sauce. Season with more sea salt and black pepper if you so desire. Enjoy!

Notes

No Tilapia

Use any type of white fish. Adjust poaching time depending on thickness of the fillet.

Make it Spicy

Double up on the red pepper flakes.

Add Carbs

This recipe is so low in carbs that you can add just about any carb you want.

Ingredients

- 1/2 cup Water
- 1 1/2 cups Cherry Tomatoes
- 1/2 tsp Red Pepper Flakes
- 2 Tilapia Fillet
- Sea Salt & Black Pepper (to taste)
- 6 cups Baby Spinach
- 1 tbsp Extra Virgin Olive Oil
- 1/2 Lemon (juiced)
- 2 tbsps Capers

Nutrition

Amount per serving

Calories	219	Calcium	124mg
Fat	9g	Iron	4mg
Carbs	9g	Vitamin D	144IU
Fiber	4g	Vitamin E	4mg
Sugar	4g	Thiamine	0.2mg
Protein	27g	Vitamin B6	0.5mg
Cholesterol	58mg	Folate	224µg
Sodium	341mg	Vitamin B12	1.8µg
Potassium	1140mg	Magnesium	121mg
Vitamin A	9570IU	Zinc	1mg
Vitamin C	46mg	Selenium	50µg



Apple Turkey Burgers with Caramelized Onions and Brie!

11 ingredients · 45 minutes · 4 servings



Directions

1. Heat coconut oil in a frying pan over medium heat. Add yellow onion and saute until fried and crispy, stirring occasionally. Cover with a lid for the first 5 to 8 minutes of cooking to speed up the process. When onion bits get stuck to the bottom, add 1 to 2 tbsp of water at a time to deglaze the pan. Set aside.
2. Take half your apple servings and shred into a bowl. Squeeze and remove excess juice.
3. In a mixing bowl, combine the turkey, shredded apple, dijon, sage, thyme, salt and pepper. Form into patties.
4. Preheat grill over medium heat. Transfer burgers onto the grill and cook for about 7 to 8 minutes per side or until burger is cooked through and juices run clear. Remove from grill.
5. Cut the remaining apple into slices. Plate burger over a bed of lettuce and top with brie, apple slices and caramelized onion.

Notes

No Grill

Cook burgers in the oven at 350 for 15 minutes per side, or on the stove top over medium heat (add a bit of oil to the pan) for 6 minutes per side. Check inside each patty for done-ness before serving.

More Carbs

Serve on a bed of brown rice or add a side of veggies.

Leftovers

Can be frozen up to 6 months in an airtight container.

Ingredients

- 1 **tbsp** Coconut Oil
- 2 Yellow Onion (peeled and finely sliced)
- 2 Apple (green, divided)
- 1 **lb** Extra Lean Ground Turkey
- 2 **tsps** Dijon Mustard
- 1/2 **tsp** Ground Sage
- 1/2 **tsp** Dried Thyme
- 1 **tsp** Sea Salt
- 1/4 **tsp** Black Pepper
- 4 **ozs** Brie Cheese
- 1 **head** Green Lettuce (separated into leaves and washed)

Nutrition

Amount per serving

Calories	369	Calcium	108mg
Fat	21g	Iron	2mg
Carbs	19g	Vitamin D	22IU
Fiber	4g	Vitamin E	0mg
Sugar	14g	Thiamine	0.1mg
Protein	28g	Vitamin B6	0.5mg
Cholesterol	112mg	Folate	31µg
Sodium	879mg	Vitamin B12	1.8µg
Potassium	397mg	Magnesium	36mg

Vitamin A	755IU	Zinc	4mg
Vitamin C	11mg	Selenium	26µg

Burrito Bowl with Quinoa Tofu Taco Filling

15 ingredients · 35 minutes · 4 servings



Directions

1. Cook quinoa according to package directions.
2. Meanwhile, in a dry non-stick skillet over medium heat add the crumbled tofu. Cook, stirring often, until just golden brown, about 8 to 10 minutes. Transfer the tofu to a dish and set aside.
3. Add the oil to the pan followed by the cooked quinoa, chili powder, cumin, oregano, garlic powder and salt. Stir to combine then add half of the salsa, lime, nutritional yeast and browned tofu.
4. Spread the quinoa and tofu mixture into a flat even lay in the pan and let caramelize for 3 to 4 minutes before stirring and flattening again until quinoa is slightly crispy. Season with additional salt or lime juice if needed. Transfer the quinoa mixture to a dish and set aside.
5. To the same pan add the red pepper and adjust heat to medium-high. Let the peppers cook for 8 to 10 minutes until tender and slightly charred.
6. To assemble the burrito bowl, divide the quinoa mixture, red peppers, romaine, black beans, and avocado between bowls. Top with remaining salsa and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. To keep avocado from browning, dice just before serving.

Additional Toppings

Add cilantro, sliced jalapenos, cheese, sour cream, diced tomatoes or lime wedges.

Ingredients

- 1/2 cup Quinoa (uncooked)
- 8 ozs Tofu (extra firm, crumbled)
- 2 tbsps Extra Virgin Olive Oil
- 2 1/2 tsps Chili Powder
- 1 1/2 tsps Cumin
- 1 tsp Oregano
- 1 tsp Garlic Powder
- 1/2 tsp Sea Salt
- 1 cup Organic Salsa (divided)
- 1 tbsp Lime Juice
- 1 tsp Nutritional Yeast
- 2 Red Bell Pepper (sliced)
- 1/2 head Romaine Hearts (chopped)
- 1 cup Black Beans (cooked)
- 2 Avocado (diced)

Nutrition

Amount per serving

Calories	452	Calcium	236mg
Fat	27g	Iron	5mg
Carbs	43g	Vitamin D	0IU
Fiber	16g	Vitamin E	6mg
Sugar	7g	Thiamine	0.6mg
Protein	17g	Vitamin B6	1.0mg

Cholesterol	0mg	Folate	226µg
Sodium	821mg	Vitamin B12	0.2µg
Potassium	1210mg	Magnesium	145mg
Vitamin A	3130IU	Zinc	3mg
Vitamin C	89mg	Selenium	12µg

Chicken & Winter Vegetables with Tahini Drizzle!

12 ingredients · 45 minutes · 2 servings



Directions

1. Preheat oven to 375°F (191°C). Line two baking sheets with parchment paper.
2. Rub the each chicken thigh in 1/2 tablespoon of oil and season with a small pinch of salt and pepper. Place them SKIN SIDE UP on the baking sheet.
3. Slice delicata squash in half lengthwise and scoop out seeds, then slice into half rounds. Coarsely chop the fennel and onion into kebab-like pieces.
4. Toss the squash, brussels sprouts, fennel and red onion with 1 tablespoon of the olive oil, and spread over the baking sheets. Roast vegetables and chicken in the oven for 30 minutes, stirring the vegetables at the halfway point.
5. Meanwhile, prepare the dressing by combining 1 tablespoon of olive oil with the salt, pepper, tahini, garlic, water and lemon juice in a blender. Blend until smooth, adding more water if necessary for consistency. This can be done by hand. If it doesn't seem to combine well, stir faster.
6. Remove pans from the oven and divide onto plates. Drizzle with tahini sauce.

Notes

Make it Vegan

Replace the chicken with lentils, tofu or chickpeas.

Leftovers

Store covered in the fridge up to 2 - 3 days.

Swaps

Swap any of the veggies for your preference, but beware of cook times. Use a pinch of garlic powder if you don't have fresh garlic.

Ingredients

- 8 ozs Chicken Thighs With Skin
- 1/2 Delicata Squash (small)
- 1 1/2 cups Brussels Sprouts (washed and halved)
- 1/2 bulb Fennel (coarsley chopped)
- 1/4 cup Red Onion (coarsley chopped)
- 3 tbsps Extra Virgin Olive Oil (divided)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 2 tbsps Tahini
- 1/2 Garlic (clove)
- 2 tbsps Water
- 1 Lemon (small, juiced)

Nutrition

Amount per serving

Calories	637	Calcium	176mg
Fat	45g	Iron	5mg
Carbs	29g	Vitamin D	8IU
Fiber	8g	Vitamin E	4mg
Sugar	5g	Thiamine	0.5mg
Protein	33g	Vitamin B6	0.9mg
Cholesterol	151mg	Folate	103µg
Sodium	479mg	Vitamin B12	0.5µg

Potassium	1283mg	Magnesium	103mg
Vitamin A	1533IU	Zinc	3mg
Vitamin C	86mg	Selenium	36µg

Chicken Ranch Spaghetti Squash!

10 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 375°F (177°C) and line your baking sheets with aluminium foil.
2. Brush the chicken, bell pepper and the inside of the spaghetti squash with oil. Transfer to the baking sheets, placing the bell pepper and squash face down.
3. Roast the pepper for about 20 to 25 minutes or until slightly charred. Remove and set aside. Continue cooking the chicken and squash for an additional 10 minutes or until cooked through and tender.
4. Meanwhile, combine the mayonnaise, yogurt, apple cider vinegar, chives, salt and coconut milk in a jar. Cover with a lid and shake until well combined.
5. When cool enough to handle, use a fork to shred the squash into noodles. Chop the chicken and bell pepper, and transfer to the spaghetti squash bowl. Drizzle with the dressing and enjoy!

Notes

Leftovers

Refrigerate in an airtight container up to 3 days.

Serving Size

One serving is equal to approximately 1/4 of stuffed spaghetti squash.

No Bell Peppers

Use mushrooms, peas or broccoli instead.

No Coconut Yogurt

Use any alternative plain yogurt or sour cream.

Egg-Free

Use sour cream or yogurt instead of mayonnaise.

More Carbs

Double the serving size or enjoy a low carb dessert.

Ingredients

- 8 ozs** Chicken Breast (boneless, skinless)
- 1** Red Bell Pepper (halved and seeds removed)
- 1** Spaghetti Squash (cut in half lengthwise, seeds removed)
- 2 tbsps** Extra Virgin Olive Oil
- 1 cup** Mayonnaise
- 1/2 cup** Unsweetened Coconut Yogurt
- 2 tsps** Apple Cider Vinegar
- 2 tsps** Dried Chives
- 1/2 tsp** Sea Salt
- 1/4 cup** Organic Coconut Milk (full fat, from the can)

Nutrition

Amount per serving

Calories	596	Calcium	108mg
Fat	53g	Iron	1mg
Carbs	15g	Vitamin D	5IU
Fiber	3g	Vitamin E	4mg
Sugar	2g	Thiamine	0.2mg
Protein	15g	Vitamin B6	0.7mg
Cholesterol	65mg	Folate	41µg
Sodium	687mg	Vitamin B12	0.5µg
Potassium	661mg	Magnesium	54mg

Vitamin A	1403IU	Zinc	1mg
Vitamin C	50mg	Selenium	15µg

Chicken, Roasted Sweet Potato & Brussels Sprouts Salad!

12 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the oven to 425°F (218°C). Optionally, line a large baking sheet with parchment paper. If you don't use parchment paper the food will crust and stick to the pan, adding more flavor but you'll have to scrape it off.
2. Combine the chicken, diced sweet potato and brussels sprouts in a bowl. Add olive oil and season with sea salt and black pepper to taste. Toss well then spread across the baking sheet. Chicken should be SKIN SIDE UP. Bake in the oven for 30 minutes or until both vegetables are fork tender. To check if the chicken is done, pierce it with a knife or fork to the bone. The juices will run clear when done.
3. While everything roasts, combine the tahini, maple syrup, water, cayenne pepper and sea salt in a jar. Seal with a lid and shake well to mix. Set aside.
4. Remove the roasted vegetables from the oven and place back in the mixing bowl. Add in the lentils. Mix well.
5. Divide spinach between bowls. Top with lentils and roasted vegetable mix. Drizzle with desired amount of dressing. Enjoy!

Notes

No Brussels Sprouts

Use broccoli instead.

No Lentils

Use chickpeas.

Vegan

Replace the chicken with tofu.

Ingredients

- 1 Sweet Potato (medium. sliced into 1 inch cubes)
- 2 cups Brussels Sprouts (washed and halved)
- 1 1/2 tbsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Tahini
- 1 1/2 tsps Maple Syrup
- 2 tbsps Water (warm)
- 1/8 tsp Cayenne Pepper (less if you don't like it spicy)
- 1/16 tsp Sea Salt
- 1/2 cup Lentils (cooked, drained and rinsed)
- 4 cups Baby Spinach (chopped)
- 8 ozs Chicken Thighs

Nutrition

Amount per serving

Calories	561	Calcium	207mg
Fat	28g	Iron	8mg
Carbs	40g	Vitamin D	8IU
Fiber	12g	Vitamin E	4mg
Sugar	9g	Thiamine	0.6mg
Protein	41g	Vitamin B6	1.1mg
Cholesterol	151mg	Folate	287µg

Sodium	319mg	Vitamin B12	0.5µg
Potassium	1458mg	Magnesium	144mg
Vitamin A	15603IU	Zinc	4mg
Vitamin C	94mg	Selenium	40µg

Citrus Spiced Turkey Bowls!

12 ingredients · 30 minutes · 4 servings



Directions

1. Preheat your oven to 375°F (191°C).
2. Place the green beans on a baking sheet. Peel and chop the orange and place that on the baking sheet as well. Drizzle with olive oil, season with salt and pepper, and place in the oven for 25 minutes.
3. Meanwhile, heat a large skillet over medium heat. Add the sesame oil and the turkey, stirring to break it up as it cooks. Add the ginger, orange juice, chilli pepper, garlic, and coconut aminos to the pan. Once the turkey is cooked through, stir in the green onions and remove from heat.
4. To serve, divide the roasted green beans and oranges between bowls and top with the spiced ground turkey. Enjoy!

Notes

Leftovers

Keeps well in the fridge up to 3 days.

Vegetarian

Use scrambled eggs or chickpeas instead of turkey.

More Carbs

Add extra veggies or a side of brown rice or quinoa.

Ingredients

- 4 cups** Green Beans (trimmed)
- 1** Navel Orange
- 1 tbsp** Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1 tbsp** Sesame Oil
- 1 lb** Extra Lean Ground Turkey
- 1 tbsp** Ginger (peeled and grated)
- 1/4 cup** Orange Juice
- 1** Red Hot Chili Pepper (minced)
- 2** Garlic (cloves, minced)
- 1/4 cup** Coconut Aminos (or tamari)
- 4 stalks** Green Onion (sliced)

Nutrition

Amount per serving

Calories	311	Calcium	87mg
Fat	17g	Iron	3mg
Carbs	18g	Vitamin D	16IU
Fiber	4g	Vitamin E	1mg
Sugar	12g	Thiamine	0.2mg
Protein	24g	Vitamin B6	0.7mg
Cholesterol	84mg	Folate	64µg
Sodium	358mg	Vitamin B12	1.4µg
Potassium	609mg	Magnesium	60mg

Traci Houston

<https://thegestationaldiabetic.com>



Vitamin A	1477IU	Zinc	3mg
Vitamin C	59mg	Selenium	22µg

Curried Chicken Slow Cooker Stew!

9 ingredients · 6 hours · 6 servings



Directions

1. Add all ingredients except chicken breasts to the slow cooker and stir well to mix. Then lay chicken on top and season them generously with sea salt and pepper. Cover with lid and cook on low setting overnight or for 6 to 8 hours.
2. After 6 to 8 hours, remove the lid and lift the chicken out onto a plate. Use a fork to shred the chicken breasts and add them back to the slow cooker. Stir well to mix and let sit for 15 minutes.
3. Serve the stew on it's own or over brown rice or quinoa. Enjoy! (Brown rice/quinoa isn't included in the nutritional information.)

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/2 cups of stew.

More Carbs

Serve it over brown rice.

More Protein

Serve it over quinoa.

Vegan and Budget-Friendly

Skip the chicken breast and add an extra can of chickpeas, lentils or beans instead.

Turn it Into a Soup

Double up on the broth.

More Green Veggies

Right before serving, stir in a few cups of baby spinach or chopped kale just until wilted.

Ingredients

- 1 Sweet Potato (large, peeled & diced)
- 2 cups Chickpeas (cooked, drained and rinsed)
- 1/2 cup Frozen Corn
- 1/2 cup Frozen Peas
- 1 tsp Cumin (ground)
- 1 tbsp Curry Powder
- 2 Garlic (cloves, minced)
- 2 cups Organic Vegetable Broth (or any type of broth)
- 8 ozs Chicken Breast

Nutrition

Amount per serving

Calories	185	Calcium	52mg
Fat	3g	Iron	3mg
Carbs	26g	Vitamin D	0IU
Fiber	6g	Vitamin E	1mg
Sugar	5g	Thiamine	0.2mg
Protein	15g	Vitamin B6	0.5mg
Cholesterol	27mg	Folate	113µg
Sodium	262mg	Vitamin B12	0.1µg
Potassium	441mg	Magnesium	54mg
Vitamin A	3587IU	Zinc	1mg
Vitamin C	4mg	Selenium	12µg

Deconstructed Burger Bowl!

12 ingredients · 15 minutes · 4 servings



Directions

1. Cut the bun into crouton sized cubes. In a pan over medium heat, add the bread cubes and let them toast until crunchy, stirring every 1-2 minutes. Optionally, add 1/2 tablespoon of butter and stir to coat the cubes, then lightly sprinkle with salt, garlic powder and/or onion powder.
2. Meanwhile, in another pan over medium-high heat, brown the beef. Break the meat into small chunks with a spatula and cook until no longer pink, about 5 minutes. Drain any excess drippings, but keep the beef in the pan.
3. Add the Italian seasoning, chili powder, cumin, salt and pepper to the beef and stir to combine. Season with additional salt and pepper if needed.
4. In a small bowl combine the mayonnaise and Dijon mustard.
5. Divide the lettuce, tomatoes and onion between bowls and top with cooked beef and the Dijon mayo. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. For best results, keep the dressing and beef separate from the lettuce and toppings until ready to serve.

More Flavor

Add garlic powder, onion powder, ground coriander or your favorite steak spice blend to the ground beef.

Additional Toppings

Top bowls with your favorite burger toppings like chopped pickles, sauerkraut, ketchup, relish, shredded cheese or avocado.

Ingredients

- 4 servings** 100% Whole Wheat Hamburger Bun
- 1 lb** Extra Lean Ground Beef
- 1 tbs** Italian Seasoning
- 1 tsp** Chili Powder
- 1 tsp** Cumin
- 1/2 tsp** Sea Salt
- 1/2 tsp** Black Pepper
- 1/4 cup** Mayonnaise
- 2 tsps** Dijon Mustard
- 1 1/2 heads** Romaine Hearts (chopped)
- 1 cup** Cherry Tomatoes (chopped)
- 8 stalks** Green Onion (chopped, green tops only)

Nutrition

Amount per serving

Calories	465	Calcium	42mg
Fat	24g	Iron	3mg
Carbs	30g	Vitamin D	4IU
Fiber	5g	Vitamin E	1mg
Sugar	5g	Thiamine	0.1mg
Protein	32g	Vitamin B6	0.5mg
Cholesterol	79mg	Folate	35µg
Sodium	741mg	Vitamin B12	2.5µg
Potassium	546mg	Magnesium	36mg

Vitamin A	2418IU	Zinc	6mg
Vitamin C	9mg	Selenium	20µg

Egg Roll in a Bowl!

9 ingredients · 30 minutes · 2 servings



Directions

1. Heat the avocado oil in a pan over medium-high heat. Add the yellow onion, green onion, garlic, and ginger. Cook for 3 to 5 minutes, stirring frequently, until soft.
2. Add the pork and break it up as it cooks. Cook for about 7 to 10 minutes, or until cooked through.
3. Stir in the coleslaw mix, bean sprouts, and coconut aminos. Stir for 5 minutes, or until veggies have softened. Transfer to bowls and enjoy!

Notes

Swaps

Use tamari or low sodium soy sauce instead of coconut aminos. Swap the pork for any ground meat. Use 1/4 teaspoon garlic powder instead of 2 garlic cloves. Use 3/4 teaspoon ground ginger instead of 1.5 teaspoons fresh ginger.

Meat-Free

Replace the ground meat with scrambled eggs or tofu.

More Carbs

Add more veggies of preference or enjoy a low carb dessert.

Less Fat

Swap half or all the pork for 93% lean ground beef, ground chicken or ground turkey.

Ingredients

- 1 **tbsp** Avocado Oil
- 1/2 Yellow Onion (medium, diced)
- 2 1/2 **stalks** Green Onion (diced)
- 2 Garlic (cloves, minced)
- 1 1/2 **tsp**s Ginger (peeled and grated)
- 8 **ozs** Lean Ground Pork
- 3 **cups** Coleslaw Mix
- 1 **cup** Bean Sprouts
- 2 **tbsps** Coconut Aminos

Nutrition

Amount per serving

Calories	406	Calcium	100mg
Fat	26g	Iron	3mg
Carbs	21g	Vitamin D	19IU
Fiber	6g	Vitamin E	1mg
Sugar	10g	Thiamine	0.4mg
Protein	25g	Vitamin B6	0.7mg
Cholesterol	77mg	Folate	7µg
Sodium	667mg	Vitamin B12	0.8µg
Potassium	318mg	Magnesium	22mg
Vitamin A	5100IU	Zinc	2mg
Vitamin C	61mg	Selenium	35µg

Hummus Beef Platter with Chips!

8 ingredients · 20 minutes · 4 servings



Directions

1. Preheat oven to 415F and line a baking sheet with parchment paper.
2. Heat olive oil in a large pan over medium heat. Add the onion and beef. Cook for 10-15 minutes, stirring occasionally until cooked through. Season with salt and pepper.
3. Transfer tortilla slices to the baking sheet and bake for 5 minutes.
4. Spread hummus onto a serving plate and top with the cooked beef, tomatoes and cucumber. Serve with the brown rice tortilla chips. Enjoy!

Notes

Leftovers

Keep covered in the fridge up to three days. Store the chips at room temperature and crisp back up in the oven if necessary.

Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1 Yellow Onion (chopped)
- 8 **ozs** Extra Lean Ground Beef
- Sea Salt & Black Pepper (to taste)
- 4 Brown Rice Tortillas (thawed and sliced into triangle chips, or any low carb tortilla)
- 1 **cup** Hummus
- 1 **cup** Cherry Tomatoes (quartered)
- 1/2 Cucumber (diced)

Nutrition

Amount per serving

Calories	449	Calcium	56mg
Fat	23g	Iron	4mg
Carbs	42g	Vitamin D	2IU
Fiber	8g	Vitamin E	2mg
Sugar	7g	Thiamine	0.1mg
Protein	20g	Vitamin B6	0.3mg
Cholesterol	37mg	Folate	41µg
Sodium	473mg	Vitamin B12	1.3µg
Potassium	517mg	Magnesium	66mg
Vitamin A	372IU	Zinc	4mg
Vitamin C	9mg	Selenium	12µg

Lemon Cilantro Cod with Peppers!

8 ingredients · 35 minutes · 2 servings



Directions

1. Preheat the oven to 375°F (190°C).
2. In a zipper-lock bag add the lemon juice, 2/3 of the oil, 2/3 of the cilantro and 1/2 of the sea salt. Add the cod and massage the marinade into the fillets. Marinate them for at least 15 minutes or up to an hour.
3. Meanwhile, heat the remaining oil over medium heat. Add the bell peppers and tomato and cook for 8 to 10 minutes or until the peppers are just tender and the tomatoes have released their juices. Stir in the remaining cilantro and season with the remaining salt. Remove from heat.
4. Place cod fillets to a baking dish and transfer the peppers mixture on top of the cod fillets. Cover the dish with foil, or a tight-fitting lid, and bake for 18 to 20 minutes or until the fish is cooked through and flakes easily.
5. Divide the fish and peppers between plates and season with additional salt if needed. Enjoy!

Notes

Fillet Size

Each cod fillet is equal to 231 grams or 8 ounces.

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add more herbs like parsley or oregano. Serve with additional lemon wedges.

No Lemon

Use lime instead.

No Cod

Use another white fish, like haddock, instead.

More Carbs

Serve with any side you like.

Ingredients

- 3 tbsps Lemon Juice
- 3 tbsps Avocado Oil (divided)
- 3/4 cup Cilantro (finely chopped, divided)
- 1/2 tsp Sea Salt (divided)
- 2 Cod Fillet
- 1/2 Red Bell Pepper (sliced)
- 1/2 Yellow Bell Pepper (sliced)
- 1 Tomato (diced)

Nutrition

Amount per serving

Calories	411	Calcium	53mg
Fat	23g	Iron	2mg
Carbs	8g	Vitamin D	83IU
Fiber	2g	Vitamin E	2mg
Sugar	2g	Thiamine	0.2mg
Protein	43g	Vitamin B6	0.8mg
Cholesterol	99mg	Folate	65µg
Sodium	744mg	Vitamin B12	2.1µg
Potassium	1288mg	Magnesium	90mg
Vitamin A	2353IU	Zinc	1mg
Vitamin C	145mg	Selenium	77µg

Lemon Turkey Quinoa Skillet!

10 ingredients · 30 minutes · 4 servings



Directions

1. Heat oil in a large skillet with a tight-fitting lid over medium-high heat.
2. Add the garlic to the skillet and cook for a minute until fragrant. Add the turkey, oregano and salt to the skillet and continue to cook for about 5 to 7 minutes or until the turkey is cooked through, breaking it up as it cooks.
3. Add the black olives and spinach to the skillet with the turkey and mix well until spinach is wilted.
4. Add the quinoa to the skillet, stir to incorporate then add the broth. Bring to a gentle boil, then cover the skillet with the lid and reduce heat to medium-low. Let the skillet simmer for 10 to 12 minutes or until all the liquid has absorbed and the quinoa is tender.
5. Stir in the lemon zest and lemon juice. Season with additional salt if needed. Serve immediately and enjoy!

Notes

More Carbs

Add a side of vegetables like green beans, broccoli, etc., or top with crumbled feta.

More Flavor

Top with crumbled feta cheese, chopped parsley and/or extra lemon wedges.

Leftovers

Keep in an air-tight container in the fridge for up to 3 days.

No Quinoa

Use brown rice instead.

No Spinach

Use chopped kale or swiss chard instead.

No Ground Turkey

Use ground chicken or ground beef instead.

No Vegetable Broth

Use any type of broth, or water instead.

Ingredients

- 1 1/2 tbsps Extra Virgin Olive Oil
- 2 Garlic (cloves, minced)
- 1 lb Extra Lean Ground Turkey
- 1 tsp Oregano (dried)
- 1/4 tsp Sea Salt
- 1/4 cup Black Olives (chopped)
- 2 cups Baby Spinach (chopped)
- 3/4 cup Quinoa (dry, uncooked)
- 1 1/2 cups Organic Vegetable Broth
- 1 Lemon (zested and juiced)

Nutrition

Amount per serving

Calories	356	Calcium	71mg
Fat	18g	Iron	4mg
Carbs	24g	Vitamin D	16IU
Fiber	3g	Vitamin E	2mg
Sugar	1g	Thiamine	0.2mg
Protein	27g	Vitamin B6	0.6mg
Cholesterol	84mg	Folate	99µg
Sodium	547mg	Vitamin B12	1.4µg
Potassium	542mg	Magnesium	101mg
Vitamin A	1724IU	Zinc	4mg
Vitamin C	10mg	Selenium	25µg



Vegan & Vegetarian

Use cooked lentils instead of ground turkey.

Mango Avocado Chicken Salad

10 ingredients · 55 minutes · 4 servings



Directions

1. Bring a pot of water to a boil. Reduce to a gentle simmer, add the chicken and cover. Let it simmer until the chicken is cooked through, about 15 to 20 minutes. Remove the chicken from the pot and cut it into small cubes. Let it cool completely.
2. While the chicken cools, in a large mixing bowl, mash the avocado until only a few small chunks remain. Stir in the lemon juice, olive oil and salt.
3. Fold the red pepper, cucumber, green onion, mango and chicken into the avocado mixture until well combined. Season with additional salt or lemon juice if needed.
4. Divide spinach onto plates and top with chicken salad. Enjoy!

Notes

Leftovers

Keep refrigerated in an airtight container for up to two days.

Meal Prep Option

Cook the chicken ahead of time or use leftover cooked chicken from another meal. Mash the avocado and assemble just before serving to prevent the salad from turning brown.

More Flavor

Add minced garlic, fresh parsley, cilantro, black pepper or sunflower seeds.

Make it Vegan

Use chickpeas instead of chicken.

Ingredients

- 8 ozs Chicken Breast (boneless, skinless)
- 1 Avocado (large)
- 2 tbsps Lemon Juice
- 2 tbsps Extra Virgin Olive Oil
- 1/4 tsp Sea Salt
- 1 Red Bell Pepper (small, finely chopped)
- 1/4 Cucumber (deseeded and finely chopped)
- 4 stalks Green Onion (sliced)
- 1/2 Mango (finely chopped)
- 4 cups Baby Spinach

Nutrition

Amount per serving

Calories	256	Calcium	55mg
Fat	16g	Iron	2mg
Carbs	15g	Vitamin D	1IU
Fiber	6g	Vitamin E	4mg
Sugar	8g	Thiamine	0.1mg
Protein	15g	Vitamin B6	0.8mg
Cholesterol	41mg	Folate	142µg
Sodium	205mg	Vitamin B12	0.1µg
Potassium	787mg	Magnesium	67mg
Vitamin A	4789IU	Zinc	1mg
Vitamin C	72mg	Selenium	14µg

One Pan Maple Mustard Chicken Thighs!

9 ingredients · 40 minutes · 2 servings



Directions

1. Preheat the oven to 425°F (218°C) and line a baking sheet with foil.
2. Place the chicken and sweet potato wedges on the baking sheet and sprinkle with sea salt and black pepper.
3. In a small bowl, whisk together the maple syrup, dijon mustard, extra virgin olive oil, apple cider vinegar and cinnamon. Pour over the chicken and potatoes. Toss to coat.
4. Place the baking sheet in the oven and bake for 30 minutes, flipping the sweet potato halfway through. Broil for an additional 1 to 2 minutes to make it crispy at the end. Remove from the oven.
5. Divide the chicken and sweet potato wedges between plates and garnish with rosemary. Enjoy!

Notes

Suggested

Add a green vegetable like broccoli or green beans.

No Dijon Mustard

Use honey mustard instead and omit the maple syrup.

No Rosemary

Use another fresh herb such as parsley or thyme instead.

No Sweet Potato

Use baking or russet potato instead, but use less for smaller portions.

No Extra Virgin Olive Oil

Use avocado oil instead.

Leftovers

Refrigerate in an airtight container for up to 3 days.

Make it Sweeter

Lightly drizzle maple syrup all over just before serving.

Ingredients

8 ozs Chicken Thighs With Skin

1 Sweet Potato (sliced into wedges)

Sea Salt & Black Pepper (to taste)

2 tbsps Maple Syrup

1 1/2 tbsps Dijon Mustard

1 tbsp Extra Virgin Olive Oil

1 tsp Apple Cider Vinegar

1/4 tsp Cinnamon

1 tbsp Rosemary (optional, chopped)

Nutrition

Amount per serving

Calories	432	Calcium	53mg
Fat	26g	Iron	1mg
Carbs	27g	Vitamin D	3IU
Fiber	2g	Vitamin E	1mg
Sugar	15g	Thiamine	0.1mg
Protein	20g	Vitamin B6	0.5mg
Cholesterol	111mg	Folate	11µg
Sodium	254mg	Vitamin B12	0.7µg
Potassium	499mg	Magnesium	41mg
Vitamin A	9336IU	Zinc	2mg
Vitamin C	2mg	Selenium	22µg

One Pan Salmon with Green Beans & Roasted Tomato!

6 ingredients · 25 minutes · 1 serving



Directions

1. Preheat oven to 510°F (266°C) (not a typo).
2. Place green beans and cherry tomatoes in a mixing bowl and toss with olive oil and balsamic vinegar. Lightly season with sea salt and black pepper. Transfer to a baking sheet and bake in the oven for 10 minutes.
3. Season salmon fillets with a pinch of sea salt and black pepper.
4. Remove veggie pan from oven and place salmon fillets on top of veggies. Place back in the oven and bake for 7 to 10 minutes, or until salmon flakes with a fork.
5. Divide veggies between plates and top with salmon. Enjoy!

Notes

No Salmon

Use any type of fish fillet. Baking times will vary depending on thickness.

Vegan

Use roasted chickpeas instead of salmon.

More Carbs

Add quinoa, farro, brown rice, or extra veggies.

Ingredients

- 1 cup** Green Beans (washed and trimmed)
- 1/2 cup** Cherry Tomatoes
- 3/4 tsp** Extra Virgin Olive Oil (or coconut oil)
- 1 tbsp** Balsamic Vinegar
- Sea Salt & Black Pepper (to taste)
- 5 ozs** Salmon Fillet

Nutrition

Amount per serving

Calories	290	Calcium	65mg
Fat	13g	Iron	3mg
Carbs	13g	Vitamin D	0IU
Fiber	4g	Vitamin E	1mg
Sugar	8g	Thiamine	0.4mg
Protein	31g	Vitamin B6	1.4mg
Cholesterol	78mg	Folate	79µg
Sodium	75mg	Vitamin B12	4.5µg
Potassium	1099mg	Magnesium	77mg
Vitamin A	1367IU	Zinc	1mg
Vitamin C	22mg	Selenium	52µg

One Pan Sausage with Parsnips & Apples

9 ingredients · 25 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
2. Toss the parsnip and onion with the oil, thyme and salt. Transfer to the baking sheet along with the sliced sausage and arrange into a single layer. Bake for about 20 minutes, or until the sausage is cooked through and the parsnip is just tender.
3. Turn the oven to broil. Mix the apple into the sausage and vegetables and broil for 5 to 6 minutes until the apple is just soft and vegetables start to caramelize.
4. Drizzle the lemon juice over top. If using, mix in the parsley, and season with additional salt if needed. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add garlic powder and/or black pepper. Choose spicy or honey garlic sausage instead.

No Pork

Use chicken or turkey sausage instead.

Apple

Use a tart-sweet apple, like Empire or MacIntosh.

Ingredients

- 3 Parsnip (large, peeled, chopped)
- 1 Yellow Onion (cut into wedges)
- 1 **tbsp** Extra Virgin Olive Oil
- 1/2 **tsp** Dried Thyme
- 1/4 **tsp** Sea Salt
- 1 **lb** Pork Sausage (sliced)
- 1 Apple (chopped)
- 2 **tbsps** Lemon Juice
- 1/4 **cup** Parsley (chopped, optional)

Nutrition

Amount per serving

Calories	516	Calcium	78mg
Fat	36g	Iron	2mg
Carbs	33g	Vitamin D	49IU
Fiber	6g	Vitamin E	2mg
Sugar	13g	Thiamine	0.3mg
Protein	16g	Vitamin B6	0.3mg
Cholesterol	65mg	Folate	82µg
Sodium	1195mg	Vitamin B12	0.7µg
Potassium	722mg	Magnesium	54mg
Vitamin A	434IU	Zinc	2mg
Vitamin C	29mg	Selenium	2µg

One Pot Taco Pasta!

14 ingredients · 40 minutes · 6 servings



Directions

1. Heat oil in a large skillet with a tight-fitting lid over medium-high heat. Add the beef, and break it up with a wooden spoon or spatula as it cooks. Once it is cooked through and no longer pink, drain any excess drippings.
2. Add onions and garlic to the pan with the beef and cook for 3 to 5 minutes or until onions are translucent.
3. Add cumin, chili powder, salt, diced tomato, corn, black beans and bell pepper to the pot and stir to incorporate with the meat. Cook the vegetables for 2 to 3 minutes.
4. Stir in the broth, salsa and pasta. Bring everything to a boil, then cover and reduce heat to medium-low. Let simmer for 12 to 15 minutes or until pasta is cooked through and tender. Stir every 3 to 4 minutes as it cooks, to ensure the pasta isn't sticking to the bottom of the pan.
5. Remove from heat, divide into bowls and serve immediately. Enjoy!

Notes

No Ground Beef

Use ground chicken or turkey instead.

Optional Toppings

Grated cheese, sour cream, avocado, fresh lime, cilantro or extra salsa.

Make it Spicy

Stir in a chopped jalapeno and a pinch of cayenne with the other vegetables and spices.

No Brown Rice Pasta Shells

Use whole wheat, protein fortified, or lentil pasta shells or penne instead, or chickpea fusilli. Be mindful of how the carbs change.

Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1 **lb** Extra Lean Ground Beef
- 4 **stalks** Green Onion (finely chopped)
- 2 **Garlic** (cloves, minced)
- 1 **tsp** Cumin (ground)
- 1 **tsp** Chili Powder
- 1/4 **tsp** Sea Salt
- 1 **Tomato** (large, diced)
- 1/2 **cup** Frozen Corn (thawed)
- 1/2 **cup** Black Beans (cooked, from the can)
- 1 **Red Bell Pepper** (diced)
- 2 1/2 **cups** Organic Chicken Broth
- 1 **cup** Organic Salsa
- 2 **cups** Brown Rice Pasta Shells (dry, uncooked)

Nutrition

Amount per serving

Calories	370	Calcium	43mg
Fat	12g	Iron	3mg
Carbs	44g	Vitamin D	2IU
Fiber	5g	Vitamin E	2mg
Sugar	4g	Thiamine	0.1mg
Protein	22g	Vitamin B6	0.5mg
Cholesterol	51mg	Folate	50µg

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Sodium	865mg	Vitamin B12	1.7µg
Potassium	640mg	Magnesium	44mg
Vitamin A	1596IU	Zinc	4mg
Vitamin C	31mg	Selenium	14µg

Pork Fried Cauliflower Rice

11 ingredients · 30 minutes · 4 servings



Directions

1. In a small mixing bowl combine the coconut aminos, lime juice, water, garlic and ginger. Set aside.
2. Heat a large skillet over medium-high heat and brown the pork, breaking it up into small pieces as it cooks. Once it's cooked through, remove excess drippings from the pan and season the pork with the salt.
3. Add the onion in with the pork and sauté until the onion just starts to soften, about 5 minutes. Stir in the spinach until it is wilted.
4. Add your previously mixed sauce into the skillet and let it simmer for 3 to 5 minutes.
5. Add the cauliflower rice to the skillet and stir to combine. Cook for 1 minute for crunchier cauliflower and up to 5 minutes for a softer texture.
6. Stir in the cilantro. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately 1 1/4 cups.

More Flavor

Add sesame oil and red pepper flakes to the sauce.

Additional Toppings

Top with green onion, sesame seeds, hot sauce or extra cilantro.

No Pork

Use ground turkey or ground chicken instead.

No Coconut Aminos

Use tamari instead.

Ingredients

1/4 cup Coconut Aminos
2 tbsps Lime Juice
2 tbsps Water
4 Garlic (clove, minced)
1 tbsp Ginger (fresh, grated)
1 lb Lean Ground Pork
1/4 tsp Sea Salt
1 Yellow Onion (chopped)
6 cups Baby Spinach (chopped)
3 cups Cauliflower Rice
1/2 cup Cilantro (chopped)

Nutrition

Amount per serving

Calories	307	Calcium	95mg
Fat	18g	Iron	2mg
Carbs	13g	Vitamin D	19IU
Fiber	3g	Vitamin E	1mg
Sugar	7g	Thiamine	0.4mg
Protein	24g	Vitamin B6	0.8mg
Cholesterol	77mg	Folate	91µg
Sodium	549mg	Vitamin B12	0.8µg
Potassium	688mg	Magnesium	57mg
Vitamin A	4358IU	Zinc	2mg

Vitamin C 19mg Selenium 35µg

Pressure Cooker Thai Chicken & Vegetables!

11 ingredients · 40 minutes · 4 servings



Directions

1. In the pot of the pressure cooker whisk the coconut milk, chicken broth, red curry paste, coconut aminos, ginger and garlic together. Add the chicken and close the lid.
2. Set to "sealing", then press manual/pressure cooker and cook for 8 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully and transfer the cooked chicken to a plate.
3. Turn the pressure cooker to sauté mode. Let the sauce reduce and thicken for 8 to 10 minutes, stirring frequently. Add the bell pepper, onion, green beans and kale to the sauce and cook for 3 to 5 minutes or until the vegetables are just tender.
4. Meanwhile, chop the cooked chicken breast. Add the chicken to the pot with the cooked vegetables and stir to combine. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add lime, cilantro or fish sauce. For a spicier dish, use more curry paste or add red pepper flakes or hot sauce. For a sweeter curry, add honey or coconut sugar.

Serve it With

Brown rice, quinoa, or cauliflower rice.

No Chicken Breast

Use chicken thighs instead.

No Green Beans

Use another vegetable like snap peas or broccoli.

No Kale

Use spinach or bok choy instead.

Ingredients

1 cup Organic Coconut Milk (full fat, from the can)

1 cup Organic Chicken Broth

2 tbsps Thai Red Curry Paste

2 tbsps Coconut Aminos

1 tbsps Ginger (fresh, minced)

2 Garlic (clove, minced)

1 lb Chicken Breast

1 Red Bell Pepper (sliced)

1/2 Yellow Onion (sliced)

1 1/2 cups Green Beans

1 cup Kale Leaves (chopped)

Nutrition

Amount per serving

Calories	293	Calcium	47mg
Fat	14g	Iron	1mg
Carbs	12g	Vitamin D	1IU
Fiber	2g	Vitamin E	1mg
Sugar	6g	Thiamine	0.2mg
Protein	28g	Vitamin B6	1.1mg
Cholesterol	83mg	Folate	39µg
Sodium	644mg	Vitamin B12	0.3µg
Potassium	651mg	Magnesium	48mg

Vitamin A	2978IU	Zinc	1mg
Vitamin C	50mg	Selenium	27µg

Roasted Chicken with Olives & Tomatoes!

6 ingredients · 45 minutes · 3 servings



Directions

1. Preheat the oven to 375°F (190°C).
2. Add the chicken, olives and tomatoes to a baking dish. Coat in avocado oil and season with salt and oregano.
3. Cook until golden brown and cooked through, about 40 minutes. Let cool slightly before serving.
4. Divide onto plates or into containers if on-the-go. Enjoy!

Notes

Reduced Fat

You're not actually eating all of the fat because there will be a bunch of oil left in the pan. If you want to further reduce the fat, use less olives and/or oil.

More Carbs

Serve with other preferred veggies, or brown rice or quinoa.

More Flavor

Use additional herbs such as basil, garlic or parsley.

Leftovers

Refrigerate in an airtight container for up to three days.

Ingredients

1 lb Chicken Leg, Boneless With Skin

1 cup Black Olives

2 cups Cherry Tomatoes

1/4 cup Avocado Oil

3/4 tsp Sea Salt

3 tbsps Oregano

Nutrition

Amount per serving

Calories	568	Calcium	109mg
Fat	48g	Iron	5mg
Carbs	9g	Vitamin D	3IU
Fiber	3g	Vitamin E	2mg
Sugar	3g	Thiamine	0.2mg
Protein	26g	Vitamin B6	0.6mg
Cholesterol	140mg	Folate	27µg
Sodium	1052mg	Vitamin B12	0.8µg
Potassium	585mg	Magnesium	48mg
Vitamin A	1166IU	Zinc	3mg
Vitamin C	14mg	Selenium	28µg

Seared Cod & Lemon White Beans

11 ingredients · 20 minutes · 4 servings



Directions

1. Season the cod with sea salt and preheat a skillet over medium heat. Add the avocado oil to the pan then add the cod. Cook for 4 minutes per side, until cooked through. Remove from the pan and set aside.
2. In the same pan, reduce the heat to medium-low and add the garlic. Cook for one minute, then add the thyme and cherry tomatoes. Cook for 2 to 3 minutes. Add the chicken broth and beans and let it simmer for 3 to 5 minutes. Add the arugula, lemon juice and olives and stir until the arugula is wilted.
3. Divide the bean and vegetable mix between plates and top with the cod. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

No Chicken Broth

Use vegetable broth instead.

No Avocado Oil

Use extra virgin olive oil instead.

No Arugula

Use spinach or kale instead.

Ingredients

- 4 Cod Fillet
- 1/4 tsp Sea Salt
- 2 tbsps Avocado Oil
- 2 Garlic (cloves, minced)
- 2 tsps Thyme (fresh, minced)
- 3/4 cup Cherry Tomatoes (halved)
- 3/4 cup Organic Chicken Broth
- 2 cups White Navy Beans
- 5 cups Arugula
- 2 tbsps Lemon Juice
- 1/3 cup Pitted Kalamata Olives

Nutrition

Amount per serving

Calories	409	Calcium	158mg
Fat	11g	Iron	4mg
Carbs	28g	Vitamin D	83IU
Fiber	11g	Vitamin E	2mg
Sugar	2g	Thiamine	0.4mg
Protein	50g	Vitamin B6	0.8mg
Cholesterol	100mg	Folate	174µg
Sodium	538mg	Vitamin B12	2.1µg
Potassium	1493mg	Magnesium	139mg
Vitamin A	975IU	Zinc	2mg



Vitamin C 15mg Selenium 80µg

Shrimp Fried Cauliflower Rice

8 ingredients · 20 minutes · 2 servings



Directions

1. Season the shrimp with the chili powder and heat a skillet over medium heat. Add half of the avocado oil and cook the shrimp for about 3 minutes per side. Remove and set aside.
2. In the same pan, add the eggs and scramble. Once cooked, remove and set aside.
3. Add the remaining avocado oil to the pan and cook the cauliflower rice and red pepper over medium heat. Let it cook undisturbed for 3 to 4 minutes, allowing the cauliflower rice to get crispy. Then stir and cook for 5 more minutes. Add the coconut aminos and stir.
4. Add the shrimp and egg back to the pan and stir. Top with the green onion, serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Season with toasted sesame oil, lime juice, hot sauce and/or chili flakes.

Additional Toppings

Add additional vegetables such as peas or carrots.

Make it Vegan

Use edamame and tofu instead of egg and shrimp.

No Coconut Aminos

Use tamari or soy sauce instead.

Ingredients

8 ozs Shrimp (peeled, deveined)

1/4 tsp Chili Powder

1 tsp Avocado Oil (divided)

2 Egg

2 1/2 cups Cauliflower Rice

1 Red Bell Pepper (diced)

2 tbsps Coconut Aminos

2 stalks Green Onion (sliced)

Nutrition

Amount per serving

Calories	249	Calcium	135mg
Fat	8g	Iron	2mg
Carbs	13g	Vitamin D	41IU
Fiber	4g	Vitamin E	2mg
Sugar	9g	Thiamine	0.1mg
Protein	32g	Vitamin B6	0.3mg
Cholesterol	369mg	Folate	56µg
Sodium	515mg	Vitamin B12	0.5µg
Potassium	724mg	Magnesium	55mg
Vitamin A	2712IU	Zinc	2mg
Vitamin C	78mg	Selenium	16µg



Shrimp, Kale & Quinoa Salad

10 ingredients · 20 minutes · 4 servings



Directions

1. Boil quinoa and water in a saucepan over high heat. Reduce to a simmer and cover with a lid for 13 to 15 minutes. Season with salt and pepper, and fluff with a fork. Set aside.
2. Meanwhile, coat the shrimp with cumin, salt and pepper. Heat 1/4 of the olive oil in a pan over medium-high heat. Add the shrimp and cook for about 3 to 5 minutes, flipping halfway.
3. In a large salad bowl, whisk together the vinegar, maple syrup and remaining olive oil.
4. Add the kale and carrot, and massage in the vinaigrette. Add the cooked quinoa and shrimp and toss until thoroughly combined. Divide onto plates and enjoy!

Notes

No Shrimp

Use chicken, chickpeas, tofu or tempeh instead.

Leftovers

Refrigerate in an airtight container up to 3 days.

Ingredients

- 1/2 cup Quinoa (uncooked)
- 1 cup Water
- Sea Salt & Black Pepper (to taste)
- 1 lb Shrimp (peeled, deveined)
- 2 tsps Cumin
- 1/4 cup Extra Virgin Olive Oil (divided)
- 1 tbsp Apple Cider Vinegar
- 1 1/2 tsps Maple Syrup
- 10 cups Kale Leaves (stems removed and chopped)
- 2 Carrot (medium, grated or sliced)

Nutrition

Amount per serving

Calories	336	Calcium	244mg
Fat	16g	Iron	3mg
Carbs	21g	Vitamin D	0IU
Fiber	5g	Vitamin E	3mg
Sugar	4g	Thiamine	0.2mg
Protein	28g	Vitamin B6	0.2mg
Cholesterol	183mg	Folate	78µg
Sodium	188mg	Vitamin B12	0µg
Potassium	723mg	Magnesium	108mg
Vitamin A	7640IU	Zinc	3mg

Vitamin C 51mg Selenium 2µg

Slow Cooker Chicken Soup!

8 ingredients · 6 hours · 6 servings



Directions

1. Add all ingredients to the crock pot and cook on low for 6-8 hrs.
2. Once chicken is cooked through, transfer it to a large bowl and shred it with two forks. Return the shredded chicken to the crock pot and let it soak for at least 5-10 minutes before serving. Adjust seasoning as needed.

Notes

More Carbs

Add brown rice, more carrots, large-diced potatoes or cooked lentil/vegetable pasta.

Leftovers

Refrigerate in an air-tight container up to 3-4 days or freeze up to 6 months. Omit pasta and potatoes if you plan to freeze.

Ingredients

- 1 Yellow Onion (diced)
- 4 stalks Celery (diced)
- 3 Carrot (medium, chopped)
- 1 tbsp Rosemary (fresh)
- 8 ozs Chicken Breast (boneless, skinless)
- 1 lb Chicken Thighs (boneless, skinless)
- Sea Salt & Black Pepper (to taste)
- 6 cups Water (or broth)

Nutrition

Amount per serving

Calories	161	Calcium	59mg
Fat	4g	Iron	1mg
Carbs	6g	Vitamin D	1IU
Fiber	2g	Vitamin E	1mg
Sugar	3g	Thiamine	0.1mg
Protein	24g	Vitamin B6	0.7mg
Cholesterol	98mg	Folate	22µg
Sodium	137mg	Vitamin B12	0.5µg
Potassium	477mg	Magnesium	40mg
Vitamin A	5253IU	Zinc	2mg
Vitamin C	5mg	Selenium	26µg

Slow Cooker Maple Mustard Chicken!

10 ingredients · 4 hours · 4 servings



Directions

1. Place chicken thighs in the slow cooker. Add in maple syrup, dijon mustard, dried basil, paprika, sea salt and black pepper. Use a spatula to toss well until chicken is coated. Cook on low for 6 - 8 hours, or on high for 4 hours.
2. Right before eating, place the green beans in a pot and cover with water. Bring to a boil and then reduce to a simmer. Let beans simmer for 3 - 4 minutes, or just until soft. Drain the water off, then toss in olive oil, sea salt and black pepper to taste.
3. Divide green beans between plates and top with maple mustard chicken. Enjoy!

Notes

No Chicken Thighs

Use chicken breast or drumsticks instead.

Save Time

Combine the chicken and marinade in a large zip lock baggie ahead of time. Shake well to mix and store in the fridge for up to 24 hours or freeze.

More Carbs

Serve with brown rice, sweet potato or quinoa.

Leftovers

Refrigerate in an airtight container for up to three days.

Ingredients

2 lbs Chicken Thighs (skinless, boneless)
2 tbsps Maple Syrup
1/3 cup Dijon Mustard
1 tsp Dried Basil
1 tsp Paprika
1/2 tsp Sea Salt
1/2 tsp Black Pepper
8 cups Green Beans (washed and trimmed)
1 tbsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	415	Calcium	108mg
Fat	13g	Iron	4mg
Carbs	21g	Vitamin D	2IU
Fiber	6g	Vitamin E	2mg
Sugar	13g	Thiamine	0.4mg
Protein	48g	Vitamin B6	1.3mg
Cholesterol	213mg	Folate	76µg
Sodium	730mg	Vitamin B12	1.4µg
Potassium	1017mg	Magnesium	107mg
Vitamin A	1722IU	Zinc	4mg
Vitamin C	24mg	Selenium	53µg

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Slow Cooker Stuffed Peppers!

15 ingredients · 4 hours · 4 servings



Directions

1. Slice the tops off the peppers and carve out the seeds. Set aside.
2. In a large mixing bowl, combine the ground turkey, sea salt, black pepper, chili powder, cumin, dried basil, egg, minced garlic, yellow onion, spinach, olive oil and coconut flour. Mix well and stuff it into the green peppers.
3. Place the peppers in the slow cooker and top each with a spoonful or two of salsa. Cook for 4 hours on high or 6 - 8 on low.
4. Trim your cauliflower into florets. Place the florets in a food processor and pulse into a rice-like consistency. Cover and store in the fridge until ready to eat. (Note: You can eat the cauliflower rice raw or saute it in a bit of coconut oil before serving.)
5. Remove the peppers from the slow cooker and serve over cauliflower rice. Top with remaining salsa. Enjoy!

Notes

Vegans and Vegetarians

Use cooked lentils or beans instead of ground meat.

No Ground Turkey

Use ground chicken or beef instead.

No Slow Cooker

Bake peppers in the oven at 350 for 45 minutes to 1 hour, or until meat is cooked through.

No Cauliflower

Serve over rice, quinoa, greens or sweet potato mash.

Ingredients

- 4 Green Bell Pepper (large)
- 1 lb Extra Lean Ground Turkey
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 tbsp Chili Powder
- 1/2 tsp Cumin
- 1/2 tsp Dried Basil
- 1 Egg
- 2 Garlic (cloves, minced)
- 1/2 Yellow Onion (diced)
- 1 cup Baby Spinach (chopped)
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Coconut Flour
- 2 cups Organic Salsa
- 1 head Cauliflower (large, or cauliflower rice)

Nutrition

Amount per serving

Calories	349	Calcium	141mg
Fat	16g	Iron	5mg
Carbs	27g	Vitamin D	26IU
Fiber	10g	Vitamin E	4mg
Sugar	12g	Thiamine	0.3mg
Protein	30g	Vitamin B6	1.3mg



Cholesterol	130mg	Folate	130µg
Sodium	1435mg	Vitamin B12	1.5µg
Potassium	1362mg	Magnesium	91mg
Vitamin A	2491IU	Zinc	4mg
Vitamin C	173mg	Selenium	28µg

Spaghetti Squash Chow Mein!

10 ingredients · 1 hour 30 minutes · 2 servings



Directions

1. Preheat oven to 350°F (177°C) and slice the spaghetti squash in half. Place cut-side down on a baking sheet and bake in the oven for about 60 minutes or until it can be easily pierced with a fork. When done, remove from oven. Turn over and let cool slightly.
2. While the spaghetti squash is cooling, heat the sesame oil over medium heat in a large skillet or wok. Add the onion, celery, coleslaw mix, garlic and ginger, stirring to combine. Cover and cook for about 10 minutes, stirring occasionally.
3. In a separate pan, melt the coconut oil and brown the ground chicken.
4. Carefully scoop the flesh out of the spaghetti squash. Add the spaghetti squash and the chicken to the pan with the sauteed veggies. Pour the coconut aminos over everything and mix well. Divide between bowls. Enjoy!

Notes

Swaps

Use tamari or low sodium soy sauce instead of coconut aminos. Use 1/4 teaspoon garlic powder instead of 2 garlic cloves. Use 3/4 teaspoon ground ginger instead of 1.5 teaspoons fresh ginger. Replace the ground chicken with ground turkey or lean ground beef. Use any oil in place of coconut oil.

Vegan and Vegetarian

Replace the ground chicken with scrambled eggs or tofu.

Leftovers

Refrigerate up to 3 days.

Ingredients

- 1/2 Spaghetti Squash
- 1 **tbsp** Sesame Oil
- 1/2 Yellow Onion (medium, diced)
- 2 **stalks** Celery (sliced diagonally)
- 2 **cups** Coleslaw Mix
- 1 1/2 **Garlic** (cloves, minced)
- 1 1/2 **tsps** Ginger (peeled and grated)
- 3/4 **tsp** Coconut Oil
- 8 **ozs** Extra Lean Ground Chicken
- 2 **tbsps** Coconut Aminos

Nutrition

Amount per serving

Calories	342	Calcium	112mg
Fat	18g	Iron	2mg
Carbs	25g	Vitamin D	0IU
Fiber	5g	Vitamin E	1mg
Sugar	9g	Thiamine	0.3mg
Protein	22g	Vitamin B6	0.8mg
Cholesterol	98mg	Folate	33µg
Sodium	405mg	Vitamin B12	0.6µg
Potassium	1085mg	Magnesium	64mg
Vitamin A	3576IU	Zinc	2mg
Vitamin C	53mg	Selenium	13µg

Spicy Chicken and Broccoli Casserole

10 ingredients · 45 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C). Add the halved potatoes and chopped onion to a casserole dish.
2. In a large bowl, make the sauce by adding the avocado oil, hot sauce, smoked paprika and sea salt together and stir. Pour half of the dressing over the potatoes and onion and set the rest aside. Place the potatoes and onion in the oven and bake for 25 to 30 minutes.
3. While the potatoes are baking, lightly brown the chicken in a pan on the stovetop. Once browned, add the chicken to the bowl with the remaining sauce and broccoli. Mix well.
4. Remove the potatoes from the oven and add the chicken/broccoli mix on top along with the prosciutto. Place back into the oven and bake for 12 to 14 minutes, or until the chicken is cooked through. Remove from the oven, top with sliced green onion, serve and enjoy!

Notes

No Avocado Oil

Use olive oil instead.

No Prosciutto

Omit or use cooked bacon instead.

Less Spicy

Omit the hot sauce.

Leftovers

Store in the fridge in a sealed container for up to three days.

Vegan & Vegetarian

Use cubed tofu instead of chicken and omit the prosciutto.

Ingredients

- 3 cups Mini Potatoes (halved)
- 1/2 Yellow Onion (chopped)
- 1/4 cup Avocado Oil
- 1 tbsp Hot Sauce
- 2 tsps Smoked Paprika
- 1/4 tsp Sea Salt
- 10 ozs Chicken Breast (skinless, boneless, cubed)
- 4 cups Broccoli (cut into florets)
- 2 ozs Prosciutto (sliced into small pieces)
- 2 stalks Green Onion (sliced)

Nutrition

Amount per serving

Calories	367	Calcium	71mg
Fat	18g	Iron	2mg
Carbs	28g	Vitamin D	1IU
Fiber	6g	Vitamin E	1mg
Sugar	4g	Thiamine	0.2mg
Protein	25g	Vitamin B6	1.1mg
Cholesterol	61mg	Folate	82µg
Sodium	560mg	Vitamin B12	0.2µg
Potassium	1038mg	Magnesium	68mg
Vitamin A	1398IU	Zinc	1mg

Vitamin C 106mg Selenium 19µg

Turkey Pineapple Quinoa Bowl!

13 ingredients · 30 minutes · 4 servings



Directions

1. Place quinoa and water in a saucepan and bring to a boil. Turn down to simmer and cover. Let simmer for 12 minutes. Remove from heat, stir with fork and set aside.
2. In a large skillet, heat olive oil over medium heat. Add ground turkey to skillet and stir in curry powder, pinch of cayenne pepper, sea salt and pepper to taste. Stir until turkey is cooked through (8 - 10 minutes).
3. When turkey is cooked stir in ginger, pineapple, quinoa, carrot, zucchini and tamari. Reduce heat to low and stir well. Let heat through for about 5 minutes. Remove from heat and stir in baby spinach until wilted.
4. Spoon into bowls and enjoy!

Notes

More Carbs

Add a side of veggies.

Leftovers

Store in an airtight container in the refrigerator for up to 4 days.

Ingredients

- 1/2 cup Quinoa
- 1 cup Water
- 1 tbsp Extra Virgin Olive Oil
- 1 lb Extra Lean Ground Turkey
- 1 tbsp Curry Powder
- 1/8 tsp Cayenne Pepper
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Ginger (peeled and grated)
- 1 cup Pineapple (cored and sliced into chunks)
- 1 Carrot (grated)
- 1 Zucchini (grated)
- 1 tbsp Tamari
- 1 cup Baby Spinach

Nutrition

Amount per serving

Calories	324	Calcium	75mg
Fat	15g	Iron	3mg
Carbs	24g	Vitamin D	16IU
Fiber	4g	Vitamin E	2mg
Sugar	6g	Thiamine	0.2mg
Protein	26g	Vitamin B6	0.7mg
Cholesterol	84mg	Folate	86µg
Sodium	354mg	Vitamin B12	1.4µg

Potassium	660mg	Magnesium	95mg
Vitamin A	3482IU	Zinc	4mg
Vitamin C	32mg	Selenium	24µg

Turkey Taco Skillet with Cauliflower Rice!

13 ingredients · 30 minutes · 4 servings



Directions

1. Heat a skillet over medium heat and add the avocado oil. Add the ground turkey, onion, red bell pepper, yellow bell pepper, chili powder, paprika, cumin, and sea salt. Cook for 10 to 15 minutes or until cooked through. Add the tomatoes, stir well and remove from heat.
2. Divide the cauliflower rice into bowls then top with the turkey, avocado and cilantro. Enjoy!

Notes

Cauliflower Rice

Can be served raw or cooked. To cook your cauliflower rice, saute in a skillet for 5 to 7 minutes before serving.

Save Time

Use pre-riced cauliflower.

No Avocado Oil

Use coconut or olive oil instead.

Vegan & Vegetarian

Use cooked lentils instead but be mindful of the protein to carb ratio.

Leftovers

Store in the fridge for up to three days.

Ingredients

- 1 tsp Avocado Oil
- 1 lb Extra Lean Ground Turkey
- 1/2 Yellow Onion (chopped)
- 1 Red Bell Pepper (diced)
- 1 Yellow Bell Pepper (diced)
- 1 tbsp Chili Powder
- 1 tsp Paprika
- 1 tsp Cumin
- 1/4 tsp Sea Salt
- 1 3/4 cups Diced Tomatoes (from the can)
- 5 cups Cauliflower Rice
- 1 Avocado (sliced, optional)
- 1/4 cup Cilantro (chopped, optional)

Nutrition

Amount per serving

Calories	343	Calcium	97mg
Fat	19g	Iron	4mg
Carbs	20g	Vitamin D	16IU
Fiber	9g	Vitamin E	3mg
Sugar	8g	Thiamine	0.1mg
Protein	27g	Vitamin B6	0.7mg
Cholesterol	84mg	Folate	76µg
Sodium	335mg	Vitamin B12	1.4µg



Potassium	918mg	Magnesium	54mg
Vitamin A	2569IU	Zinc	3mg
Vitamin C	141mg	Selenium	22µg

Unstuffed Cabbage Rolls!

9 ingredients · 45 minutes · 4 servings



Directions

1. Combine the rice and water in a sauce pot and lightly salt the water. Bring to a boil over medium-high heat then reduce to a simmer. Cover the pot and let cook for 40 minutes or until rice is tender.
2. While the rice cooks, heat the coconut oil in a large stock pot over medium-high heat. Add the ground beef and onions and saute for about 5 to 7 minutes, or until beef is cooked through and browned. Drain off the fat.
3. Add the cabbage, diced tomatoes, sea salt and black pepper. Bring to a boil, then reduce to a simmer. Let simmer uncovered for 15 to 20 minutes, or until cabbage is tender.
4. Stir in the cooked rice until everything is well mixed. Let sit over low heat for another 5 minutes.
5. Divide into bowls and enjoy!

Notes

No Beef

Any type of ground meat will work.

Leftovers

Store in an airtight container in the fridge up to 3 days.

Ingredients

- 1/2 cup Brown Rice (uncooked)
- 3/4 cup Water
- 1 tbsp Coconut Oil
- 1 lb Extra Lean Ground Beef
- 1 Yellow Onion (small, finely diced)
- 8 cups Green Cabbage (finely sliced)
- 3 cups Diced Tomatoes
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper

Nutrition

Amount per serving

Calories	408	Calcium	135mg
Fat	16g	Iron	5mg
Carbs	37g	Vitamin D	3IU
Fiber	8g	Vitamin E	1mg
Sugar	13g	Thiamine	0.3mg
Protein	28g	Vitamin B6	0.7mg
Cholesterol	74mg	Folate	88µg
Sodium	436mg	Vitamin B12	2.5µg
Potassium	728mg	Magnesium	73mg
Vitamin A	942IU	Zinc	6mg
Vitamin C	86mg	Selenium	23µg

White Bean Chicken Chili!

14 ingredients · 40 minutes · 6 servings



Directions

1. Heat oil in a large pot with a lid over medium-high heat. Add onion, jalapeno and bell pepper and cook for about 5 minutes or until onion is soft. Add garlic, cumin, chili powder and salt and cook for another minute until fragrant.
2. While vegetables are cooking, add a third of the stock and half of the beans to a food processor or blender and blend to puree the beans.
3. Add the remaining stock and pureed beans to the pot and stir to combine. Place the chicken in the pot, cover with lid and reduce heat to medium-low. Cook at a gentle boil for 20 minutes or until the chicken is cooked through.
4. Remove the cooked chicken thighs from the pot and carefully shred the chicken with two forks. Return the chicken and any juices back to the pot with the remaining beans, frozen corn kernels and cilantro. Stir to combine and season with additional salt if needed. Allow soup to cook for an additional 5 to 10 minutes.
5. Divide the chili into bowls and serve with a lime wedge. Enjoy!

Notes

Additional Toppings

Sour cream and/or shredded cheddar cheese.

No Chicken Thighs

Use chicken breast instead.

Leftovers

Keep in the fridge for up to 3 days or freeze it for later.

Vegetarian

Omit the chicken and use extra beans, but be mindful of the extra carbs.

Serving Size

One serving is equal to approximately one cup of chili.

Save Time

Use cooked beans from the can.

Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1 Sweet Onion (medium, chopped)
- 1 Jalapeno Pepper (seeded and chopped)
- 1 Red Bell Pepper (chopped)
- 2 Garlic (cloves, minced)
- 1 **1/2 tsp** Cumin
- 1 **tbsp** Chili Powder
- 1/2 **tsp** Sea Salt
- 3 **cups** Organic Chicken Broth (divided)
- 3 **cups** White Navy Beans (cooked and divided)
- 1 **lb** Chicken Thighs (boneless, skinless)
- 1/2 **cup** Frozen Corn
- 1/2 **cup** Cilantro (chopped)
- 1 Lime (sliced into wedges)

Nutrition

Amount per serving

Calories	290	Calcium	99mg
Fat	7g	Iron	4mg
Carbs	34g	Vitamin D	1IU
Fiber	11g	Vitamin E	2mg
Sugar	5g	Thiamine	0.4mg
Protein	25g	Vitamin B6	0.7mg
Cholesterol	74mg	Folate	160µg

Traci Houston

<https://thegestationaldiabetic.com>



Sodium	776mg	Vitamin B12	0.5µg
Potassium	760mg	Magnesium	83mg
Vitamin A	1190IU	Zinc	3mg
Vitamin C	35mg	Selenium	21µg



Sides

Creamy Artichoke Salad with Cauliflower Rice!

10 ingredients · 15 minutes · 4 servings



Directions

1. In a food processor or blender, blend half the artichoke hearts, oil, vinegar, maple syrup, dijon and salt until smooth. Transfer the dressing to a salad bowl and set aside.
2. Pulse the cauliflower florets in the same food processor or blender in small batches until the mixture becomes a rice-like consistency.
3. Add the cauliflower rice, remaining artichoke hearts, avocado, corn and red onion to the salad bowl and toss with the dressing until well coated. Enjoy!

Notes

No Artichoke Hearts

Use cooked asparagus instead.

Serve it Warm

Lightly saute the cauliflower rice, artichoke hearts and corn before combining with the remaining ingredients.

Serve it With

Marinated baked tofu, crunchy chickpeas, or marinated chickpeas.

Ingredients

3 cups Artichoke Hearts (roughly chopped and divided)

1/4 cup Extra Virgin Olive Oil

1 tbsp Apple Cider Vinegar

1 1/2 tsps Maple Syrup

1 tbsp Dijon Mustard

1 tsp Sea Salt

1 head Cauliflower (chopped into florets)

1 Avocado (cubed)

1 cup Frozen Corn (thawed)

1/4 cup Red Onion (finely chopped)

Nutrition

Amount per serving

Calories	323	Calcium	104mg
Fat	22g	Iron	2mg
Carbs	28g	Vitamin D	0IU
Fiber	15g	Vitamin E	3mg
Sugar	11g	Thiamine	0.1mg
Protein	8g	Vitamin B6	0.5mg
Cholesterol	0mg	Folate	141µg
Sodium	1263mg	Vitamin B12	0µg
Potassium	800mg	Magnesium	50mg
Vitamin A	680IU	Zinc	1mg



Vitamin C 93mg Selenium 1µg

Creamy Cauliflower Salad

9 ingredients · 35 minutes · 4 servings



Directions

1. Bring a large pot of water to a boil. Place cauliflower florets in a steamer basket over the boiling water and cover with a lid. Let it steam for 6 to 8 minutes, or until tender. Transfer to a plate or bowl and let it cool.
2. Meanwhile, hard boil the eggs by bringing a small pot of salted water to a boil. Carefully place the eggs in the pot. Cover the pot with a lid and turn off the heat but keep the pot on the hot burner. Let it stand for 12 minutes and then drain the water. Place the eggs in a bowl of ice water for 10 minutes or until cool. Peel and finely chop the eggs.
3. In a large mixing bowl combine mayonnaise, Dijon mustard, apple cider vinegar and salt. Fold in the celery, green onion, fresh dill, cauliflower and the chopped egg. Mix until well combined. Season with additional salt if needed. Divide between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is approximately 1 1/4 cups of salad.

Meal Prep

Steam the cauliflower and hard boil the eggs ahead of time. Keep everything refrigerated until you're ready to make the salad.

More Flavor

Add chopped pickles, red onion and/or fresh parsley.

Make it Vegan

Omit the egg and use a vegan-style mayonnaise.

Ingredients

1 head Cauliflower (small, cut into very small florets)

2 Egg

1/4 cup Mayonnaise

1 1/2 tbsps Dijon Mustard

3 tbsps Apple Cider Vinegar

1/2 tsp Sea Salt

1 stalk Celery (chopped)

3 stalks Green Onion (chopped)

1 tbsp Fresh Dill

Nutrition

Amount per serving

Calories	180	Calcium	56mg
Fat	13g	Iron	1mg
Carbs	9g	Vitamin D	22IU
Fiber	3g	Vitamin E	1mg
Sugar	4g	Thiamine	0.1mg
Protein	6g	Vitamin B6	0.3mg
Cholesterol	99mg	Folate	103µg
Sodium	534mg	Vitamin B12	0.2µg
Potassium	518mg	Magnesium	28mg
Vitamin A	560IU	Zinc	1mg
Vitamin C	72mg	Selenium	9µg

Cucumber & Carrot Sesame Salad

7 ingredients · 15 minutes · 2 servings



Directions

1. Spiralize the cucumber and the carrots into noodles. Place in a bowl and set aside.
2. Whisk together the sesame oil, vinegar, tamari and honey in a small bowl.
3. Drizzle the dressing over the noodles and top with sesame seeds. Enjoy!

Notes

Leftovers

Store the noodles and dressing separately to prevent the cucumber noodles from giving off too much water. Keep refrigerated in an airtight container for up to two days.

More Flavor

Add chopped peanuts or chili flakes.

Additional Toppings

Top with cooked chicken, tofu or roasted chickpeas to turn it into a full meal.

Make it Vegan

Use maple syrup instead of honey.

Cucumbers

To avoid excess moisture, you can compress and strain the spiralized cucumber in a sieve or tea towel to drain.

Sesame Oil

Use regular or toasted sesame oil.

Ingredients

- 1 Cucumber (large)
- 2 Carrot
- 1 **tbsp** Sesame Oil
- 1 **tbsp** Rice Vinegar
- 1 **1/2 tps** Tamari
- 1 **tsp** Raw Honey
- 1 **tbsp** Sesame Seeds

Nutrition

Amount per serving

Calories	146	Calcium	89mg
Fat	9g	Iron	1mg
Carbs	15g	Vitamin D	0IU
Fiber	3g	Vitamin E	1mg
Sugar	8g	Thiamine	0.1mg
Protein	3g	Vitamin B6	0.2mg
Cholesterol	0mg	Folate	28µg
Sodium	297mg	Vitamin B12	0µg
Potassium	447mg	Magnesium	44mg
Vitamin A	10350IU	Zinc	1mg
Vitamin C	8mg	Selenium	2µg

Mexican Black Bean Salad

8 ingredients · 15 minutes · 4 servings



Directions

1. In a large mixing bowl combine the black beans, pepper, onion and avocado.
2. Add the lime juice, chili powder, cumin, and salt to a mason jar. Seal with a lid and shake until combined. Pour dressing over the black bean mixture and stir until evenly coated.
3. Serve chilled and enjoy.

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 cup.

More Flavor

Add cilantro, tomato, corn or hot sauce.

No Black Beans

Use cooked lentils or chickpeas instead.

Ingredients

2 cups Black Beans (cooked)

1 Red Bell Pepper (chopped)

1/4 cup Red Onion (chopped)

1 Avocado (diced)

1/4 cup Lime Juice

1/4 tsp Chili Powder

1/4 tsp Cumin

1/8 tsp Sea Salt

Nutrition

Amount per serving

Calories	210	Calcium	37mg
Fat	8g	Iron	2mg
Carbs	29g	Vitamin D	0IU
Fiber	12g	Vitamin E	2mg
Sugar	3g	Thiamine	0.3mg
Protein	9g	Vitamin B6	0.3mg
Cholesterol	0mg	Folate	186µg
Sodium	85mg	Vitamin B12	0µg
Potassium	650mg	Magnesium	81mg
Vitamin A	1069IU	Zinc	1mg
Vitamin C	48mg	Selenium	1µg

Mexican Cauliflower Rice

11 ingredients · 15 minutes · 3 servings



Directions

1. In a skillet over medium-low heat, add the oil along with the onion and bell pepper. Cook for 3 to 4 minutes, then add the cumin, chili powder and sea salt along with the garlic and cauliflower rice. Continue cooking for 5 minutes, stirring often to mix, until the cauliflower rice is cooked.
2. Add the salsa to the skillet and stir to combine. Serve with sliced avocado on top and a slice of lime. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days. The avocado is best sliced when serving.

No Salsa

Use chopped tomatoes instead.

No Chili Powder

Use paprika instead.

More Flavor

Add hot sauce, red pepper flakes or cayenne pepper.

Additional Toppings

Top with cilantro and/or green onions. Add your favorite protein, like shredded chicken, tofu or ground beef.

Ingredients

- 1 **tsp** Avocado Oil
- 1/2 Yellow Onion (chopped)
- 1 Red Bell Pepper (chopped)
- 1 **tsp** Cumin
- 1/2 **tsp** Chili Powder
- 1/8 **tsp** Sea Salt
- 1 Garlic (clove, minced)
- 3 **cups** Cauliflower Rice
- 2 **tbsps** Organic Salsa
- 1 Avocado (sliced)
- 1 Lime

Nutrition

Amount per serving

Calories	171	Calcium	51mg
Fat	12g	Iron	1mg
Carbs	17g	Vitamin D	0IU
Fiber	8g	Vitamin E	2mg
Sugar	6g	Thiamine	0.1mg
Protein	4g	Vitamin B6	0.3mg
Cholesterol	0mg	Folate	75µg
Sodium	217mg	Vitamin B12	0µg
Potassium	645mg	Magnesium	31mg
Vitamin A	1538IU	Zinc	1mg

Vitamin C 64mg Selenium 1µg

Pressure Cooker Carrot Ginger Soup

7 ingredients · 25 minutes · 4 servings



Directions

1. Turn the pressure cooker to sauté mode. Add a splash of vegetable broth along with the onion and cook for 3 to 4 minutes. Add the garlic and ginger and sauté for 1 minute more.
2. Turn the sauté mode off and add the carrots, thyme and rest of the broth. Put the lid on and set to “sealing” then press manual/pressure cooker and cook for 5 minutes on high pressure. Once finished, release the pressure manually.
3. Carefully remove the lid, and purée the soup using an immersion blender or a blender. Add the coconut milk and stir to combine. Serve 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 equal to approximately 1 1/2 cups of soup.

Additional Toppings

Top with fresh thyme, chives or sesame seeds.

Ingredients

- 3 cups** Organic Vegetable Broth
- 1** Yellow Onion (chopped)
- 1** Garlic (clove, minced)
- 1 tbsp** Ginger (fresh, minced)
- 6** Carrot (chopped)
- 2 tsp** Thyme (fresh, chopped)
- 1 1/4 cups** Organic Coconut Milk (full fat, from a can)

Nutrition

Amount per serving

Calories	192	Calcium	51mg
Fat	14g	Iron	1mg
Carbs	16g	Vitamin D	0IU
Fiber	3g	Vitamin E	1mg
Sugar	8g	Thiamine	0.1mg
Protein	3g	Vitamin B6	0.2mg
Cholesterol	0mg	Folate	18µg
Sodium	574mg	Vitamin B12	0µg
Potassium	449mg	Magnesium	14mg
Vitamin A	15700IU	Zinc	0mg
Vitamin C	10mg	Selenium	0µg

Spiralized Veggie Noodles with Peanut Sauce

12 ingredients · 15 minutes · 3 servings



Directions

1. Spiralize the zucchini and the carrot and transfer to a large mixing bowl with the bell pepper and cabbage. If you do not have a spiralizer, use a box grater or vegetable peeler instead.
2. In a mixing bowl combine the peanut butter, water, lime juice, tamari, maple syrup, garlic and ginger. Mix well to combine.
3. To serve, toss the veggies in the peanut sauce and top with hemp seeds. Serve immediately and enjoy!

Notes

Leftovers

For best results, refrigerate veggies and peanut sauce in separate airtight containers for up to three days.

Serving Size

One serving is equal to approximately 2 cups of veggies and 3 tablespoons of sauce.

Soy-Free

Use coconut aminos instead of tamari.

Nut-Free

Use sunflower seed butter instead of peanut butter.

Additional Toppings

For extra crunch add sliced almonds, chopped peanuts or pumpkin seeds. Serve with lime slices.

More Protein

Add cooked chicken, shrimp or tofu.

Ingredients

- 1 Zucchini (medium)
- 1 Carrot (large, peeled)
- 1 Red Bell Pepper (thinly sliced)
- 1 1/2 cups Purple Cabbage (thinly sliced)
- 1/4 cup All Natural Peanut Butter
- 2 tbsps Water
- 2 tbsps Lime Juice
- 1 tbsp Tamari
- 1 tbsp Maple Syrup
- 1 Garlic (clove, minced)
- 1 tsp Ginger (minced)
- 3 tbsps Hemp Seeds

Nutrition

Amount per serving

Calories	253	Calcium	69mg
Fat	16g	Iron	2mg
Carbs	21g	Vitamin D	0IU
Fiber	5g	Vitamin E	3mg
Sugar	13g	Thiamine	0.3mg
Protein	11g	Vitamin B6	0.5mg
Cholesterol	0mg	Folate	78µg
Sodium	374mg	Vitamin B12	0µg
Potassium	712mg	Magnesium	137mg

Vitamin A	5272IU	Zinc	2mg
Vitamin C	92mg	Selenium	2µg



Sweets



Avocado Brownies

10 ingredients · 30 minutes · 12 servings



Directions

1. Preheat the oven to 350°F (177°C). Add the avocado, eggs, vanilla, coconut sugar and ghee to a food processor or blender and mix well until combined.
2. Add the almond flour, cacao powder, baking soda and sea salt. Process again until combined. Stir in the chocolate chips, reserving some to place on top .
3. Line a pan with parchment paper and pour brownie batter in. Smooth the top down and sprinkle the remaining chocolate chips on top. Bake for 18 to 20 minutes.
4. Remove from the oven and let cool before slicing. Enjoy!

Notes

Avocado

One medium avocado is equal to approximately one cup of mashed avocado.

No Ghee

Use coconut oil or coconut butter instead.

Pan Size

For 12 servings, we used a 9 x 9-inch pan.

Ingredients

- 1 Avocado (medium, ripe)
- 2 Egg
- 1/2 tsp Vanilla Extract
- 1/2 cup Coconut Sugar
- 3 tbsps Ghee
- 1/2 cup Almond Flour
- 1/2 cup Cacao Powder (or cocoa powder)
- 1 tsp Baking Soda
- 1/2 tsp Sea Salt
- 1/3 cup Organic Dark Chocolate Chips

Nutrition

Amount per serving

Calories	183	Calcium	23mg
Fat	13g	Iron	1mg
Carbs	14g	Vitamin D	7IU
Fiber	3g	Vitamin E	0mg
Sugar	9g	Thiamine	0mg
Protein	3g	Vitamin B6	0.1mg
Cholesterol	39mg	Folate	18µg
Sodium	242mg	Vitamin B12	0.1µg
Potassium	186mg	Magnesium	46mg
Vitamin A	219IU	Zinc	0mg
Vitamin C	2mg	Selenium	3µg

Chocolate Zucchini Muffins

8 ingredients · 30 minutes · 12 servings



Directions

1. Preheat your oven to 350°F (177°C) and line a muffin tin with muffin liners. Brush each liner with a small amount of coconut oil, to prevent sticking.
2. In a large mixing bowl, combine the almond flour, cocoa powder, sea salt, and baking soda. Mix well.
3. In a medium-size bowl, whisk together the olive oil, maple syrup, and eggs. Add the wet ingredients to the dry. Mix until combined then stir in the zucchini.
4. Spoon the muffin batter between cups, so it's evenly divided then bake for 18 to 20 minutes, or until a toothpick inserted into the centre of a muffin comes out clean.
5. Let cool completely before eating, to prevent the muffins from sticking to the liners.

Notes

Serving Size

One serving is equal to one muffin.

Zucchini

One medium zucchini is equal to about 2 cups of grated zucchini.

Storage

Store in the fridge for 5 days or in the freezer for a few months.

Ingredients

2 cups Almond Flour
1/4 cup Cocoa Powder
1/4 tsp Sea Salt
1/4 tsp Baking Soda
1/4 cup Extra Virgin Olive Oil
1/4 cup Maple Syrup
3 Egg
1 Zucchini (medium, grated)

Nutrition

Amount per serving

Calories	189	Calcium	59mg
Fat	15g	Iron	1mg
Carbs	10g	Vitamin D	10IU
Fiber	3g	Vitamin E	1mg
Sugar	5g	Thiamine	0mg
Protein	6g	Vitamin B6	0mg
Cholesterol	47mg	Folate	11µg
Sodium	96mg	Vitamin B12	0.1µg
Potassium	101mg	Magnesium	68mg
Vitamin A	100IU	Zinc	0mg
Vitamin C	3mg	Selenium	4µg

Cinnamon Flax Muffins

7 ingredients · 30 minutes · 12 servings



Directions

1. Preheat your oven to 350°F (177°C) and line a muffin tin with paper liners.
2. In a medium bowl, mix together ground flax seed, baking powder, salt, and cinnamon. Use a whisk to stir until well combined.
3. In another bowl, beat eggs with a whisk for 30 to 60 seconds. Add coconut oil and water, mixing until combined.
4. Add wet ingredients to dry and stir until combined. Let the batter sit for 1 to 2 minutes to thicken slightly.
5. Divide the batter between muffin cups and bake for 20 minutes, or until a toothpick inserted into the centre comes out clean.
6. Let cool and enjoy!

Notes

Likes it Sweet

If you want these muffins to be sweet, use 1/3 cup coconut sugar, or granulated stevia.

Storage

Store in an airtight container in the fridge for up to 5 days, or in the freezer for longer.

Ingredients

- 2 cups Ground Flax Seed
- 1 tbsp Baking Powder
- 1/4 tsp Sea Salt
- 2 tbsps Cinnamon
- 6 Egg (room temperature)
- 1/3 cup Coconut Oil (melted)
- 1/2 cup Water (warm)

Nutrition

Amount per serving

Calories	183	Calcium	122mg
Fat	14g	Iron	2mg
Carbs	7g	Vitamin D	21IU
Fiber	5g	Vitamin E	0mg
Sugar	0g	Thiamine	0mg
Protein	7g	Vitamin B6	0mg
Cholesterol	93mg	Folate	12µg
Sodium	207mg	Vitamin B12	0.2µg
Potassium	40mg	Magnesium	4mg
Vitamin A	139IU	Zinc	0mg
Vitamin C	0mg	Selenium	8µg

Coconut Macaroons

3 ingredients · 30 minutes · 24 servings



Directions

1. Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. In a bowl, mix together the shredded coconut, egg whites and maple syrup until well combined.
3. Pack the coconut mixture into a tablespoon and transfer to the baking sheet. Tap gently until the mound slides off. Repeat until all the coconut mixture is used up.
4. Bake for 20 minutes or until golden brown. Let cool slightly before serving. Enjoy!

Notes

Likes it Sweet

Use sweetened shredded coconut instead of unsweetened.

Serving Size

One serving is equal to one macaroon.

Storage

Store in an airtight container in a cool, dry place up to 5 days. Freeze for up to 3 months.

Ingredients

2 1/2 cups Unsweetened Shredded Coconut

4 Egg (medium, whites only)

2 tbsps Maple Syrup

Nutrition

Amount per serving

Calories	72	Calcium	6mg
Fat	6g	Iron	0mg
Carbs	3g	Vitamin D	7IU
Fiber	1g	Vitamin E	0mg
Sugar	2g	Thiamine	0mg
Protein	2g	Vitamin B6	0mg
Cholesterol	31mg	Folate	4µg
Sodium	15mg	Vitamin B12	0.1µg
Potassium	15mg	Magnesium	1mg
Vitamin A	45IU	Zinc	0mg
Vitamin C	0mg	Selenium	3µg

Coconut Shortbread Cookies

4 ingredients · 20 minutes · 8 servings



Directions

1. Preheat the oven to 350°F (177°C). Line a baking sheet with parchment paper or a silicone baking mat.
2. In a mixing bowl, stir the coconut flour, arrowroot and coconut sugar together. Fold in the coconut oil until evenly combined.
3. Gently roll a tablespoonful of batter at a time and transfer to the baking sheet. Flatten each ball using your fingers or a fork.
4. Bake for 6 to 8 minutes or until they just turn golden brown. Let cool completely before serving to allow the cookies to firm up, at least 15 minutes. If the cookies are too crumbly, freeze them before serving.

Notes

Leftovers

Freeze in an airtight container or freezer bag. Serve from frozen for best results.

Serving Size

Each serving equals one cookie.

Coconut Flour

This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using another type of coconut flour, note that results may vary.

Ingredients

1/2 cup Coconut Flour
2 tbsps Arrowroot Powder
1/4 cup Coconut Sugar
1/3 cup Coconut Oil (melted)

Nutrition

Amount per serving

Calories	143	Calcium	0mg
Fat	11g	Iron	1mg
Carbs	10g	Vitamin D	0IU
Fiber	3g	Vitamin E	0mg
Sugar	5g	Thiamine	0mg
Protein	1g	Vitamin B6	0mg
Cholesterol	0mg	Folate	0µg
Sodium	15mg	Vitamin B12	0µg
Potassium	0mg	Magnesium	0mg
Vitamin A	0IU	Zinc	0mg
Vitamin C	0mg	Selenium	0µg

Coconut Yogurt Parfait!

3 ingredients · 5 minutes · 3 servings



Directions

1. Place half the coconut yogurt in a glass jar or bowl. Top with half the walnuts and half the strawberries. Add the remaining coconut yogurt, walnuts and strawberries. Serve and enjoy!

Notes

Swaps

Add protein with the suggestions under Additional Toppings. Change the strawberries out for any berry you like. The carbs between berries are about the same. To reduce the carbs, reduce the quantity of berries. Change the yogurt for any other yogurt, but be mindful that the carbs and protein count will change.

Additional Toppings

Add nut or seed butter, chia seeds, cinnamon or shredded coconut on top.

Nut-Free

Use sunflower seeds instead of walnuts.

Leftovers

Refrigerate in an airtight container for up to two days.

Ingredients

3 cups Unsweetened Coconut Yogurt (divided)

1/3 cup Walnuts (roughly chopped, divided)

1 1/2 cups Strawberries (chopped, divided)

Nutrition

Amount per serving

Calories	230	Calcium	526mg
Fat	17g	Iron	1mg
Carbs	20g	Vitamin D	0IU
Fiber	5g	Vitamin E	0mg
Sugar	5g	Thiamine	0.1mg
Protein	4g	Vitamin B6	0.1mg
Cholesterol	0mg	Folate	32µg
Sodium	51mg	Vitamin B12	2.7µg
Potassium	181mg	Magnesium	33mg
Vitamin A	12IU	Zinc	1mg
Vitamin C	45mg	Selenium	1µg

Lemon Blueberry Muffins

8 ingredients · 30 minutes · 12 servings



Directions

1. Preheat the oven to 350F (177°C). Line a muffin tin with liners.
2. In a medium sized bowl whisk together the almond flour, baking soda, sea salt and lemon zest.
3. In a large bowl, whisk together the lemon juice, eggs, banana and maple syrup. Add the dry ingredients to the wet and stir to combine. Fold in the blueberries.
4. Spoon the batter into the muffin liners and bake for 20 to 24 minutes or until cooked through.
5. Remove from oven and let cool. Enjoy!

Notes

Serving Size

One serving is equal to one muffin.

Leftovers

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

Almond Flour

This recipe was tested using almond flour. Please note that if using another type of flour, results will vary.

Banana

One medium banana is equal to 1/2 cup mashed banana.

Ingredients

2 cups Almond Flour
1/2 tsp Baking Soda
1/4 tsp Sea Salt
1 Lemon (zest and juice)
3 Egg
1 Banana (medium, mashed)
1/4 cup Maple Syrup
1 cup Blueberries

Nutrition

Amount per serving

Calories	159	Calcium	55mg
Fat	11g	Iron	1mg
Carbs	13g	Vitamin D	10IU
Fiber	3g	Vitamin E	0mg
Sugar	7g	Thiamine	0mg
Protein	6g	Vitamin B6	0.1mg
Cholesterol	47mg	Folate	10µg
Sodium	120mg	Vitamin B12	0.1µg
Potassium	80mg	Magnesium	60mg
Vitamin A	81IU	Zinc	0mg
Vitamin C	4mg	Selenium	4µg

Lemon Poppy Seed Muffins

7 ingredients · 45 minutes · 9 servings



Directions

1. Preheat oven to 350°F (177°C) and line a muffin tray with liners.
2. In a large mixing bowl, combine coconut flour, maple syrup, eggs, coconut oil and salt. Stir well to combine. Add in lemon zest, lemon juice and poppy seeds. Mix well.
3. Use a ¼ measuring cup to ladle the batter into the muffin tray. Place in oven and bake for 35 minutes.
4. Remove from oven and let cool. Enjoy!

Notes

Make it sweeter

Serve with a drizzle of raw honey.

Ingredients

1/2 cup Coconut Flour
1/3 cup Maple Syrup
6 Egg
1/3 cup Coconut Oil (melted)
1/4 tsp Sea Salt
1 Lemon (zested and juiced)
1 tbsp Poppy Seeds

Nutrition

Amount per serving

Calories	183	Calcium	45mg
Fat	12g	Iron	2mg
Carbs	13g	Vitamin D	27IU
Fiber	2g	Vitamin E	0mg
Sugar	9g	Thiamine	0mg
Protein	5g	Vitamin B6	0.1mg
Cholesterol	124mg	Folate	17µg
Sodium	128mg	Vitamin B12	0.3µg
Potassium	79mg	Magnesium	11mg
Vitamin A	180IU	Zinc	1mg
Vitamin C	2mg	Selenium	10µg

Mini Banana Muffins!

5 ingredients · 30 minutes · 15 servings



Directions

1. Preheat oven to 350°F (177°C). Prepare silicone mini muffin cups on a tray, or use a mini silicone muffin tray.
2. In a mixing bowl, mash the bananas with a fork and combine with the remaining ingredients. Pour the batter into the cups and bake for 20 to 25 minutes or until a toothpick comes out clean.
3. Remove from oven and let cool. Enjoy!

Notes

Almond Flour

This recipe was tested using Bob's Red Mill Almond Flour. Please note that if using another brand of almond flour, results may vary.

Extra Toppings

Top with chia seeds, walnuts or hemp seeds.

Storage

Refrigerate in an airtight container up to 3 to 5 days and reheat in the microwave for 10 to 12 seconds.

Serving Size

One serving is equal to one mini muffin.

Ingredients

- 2 Banana
- 1/2 cup Unsweetened Almond Milk
- 2 cups Almond Flour
- 3 Egg
- 2 tsps Baking Powder

Nutrition

Amount per serving

Calories	115	Calcium	89mg
Fat	9g	Iron	1mg
Carbs	7g	Vitamin D	12IU
Fiber	2g	Vitamin E	0mg
Sugar	2g	Thiamine	0mg
Protein	5g	Vitamin B6	0.1mg
Cholesterol	37mg	Folate	8µg
Sodium	85mg	Vitamin B12	0.1µg
Potassium	71mg	Magnesium	49mg
Vitamin A	81IU	Zinc	0mg
Vitamin C	1mg	Selenium	3µg

Mini Carrot Cakes

11 ingredients · 40 minutes · 12 servings



Directions

1. Preheat oven to 350°F (177°C).
2. Add the dry ingredients (almond flour, coconut flour, baking soda, salt, cinnamon and chia seeds) in a mixing bowl and mix with a fork.
3. Mix the wet ingredients (banana, oil, eggs, maple syrup and grated carrot) in a separate mixing bowl.
4. Combine the wet and dry ingredients together and stir until well mixed.
5. Line a muffin tin with muffin papers. Ladle the mix into the tins. Pop in the oven for 30 minutes. Enjoy with a bit of honey or organic butter. Freeze the muffins for an easy grab-and-go snack.

Ingredients

1 cup Almond Flour
1/4 cup Coconut Flour
1 tsp Baking Soda
1/2 tsp Sea Salt
1 tsp Cinnamon
1 tbsp Chia Seeds
1 Banana (mashed)
1 tbsp Extra Virgin Olive Oil
3 Egg
1/4 cup Maple Syrup
2 Carrot (grated)

Nutrition

Amount per serving

Calories	127	Calcium	45mg
Fat	8g	Iron	1mg
Carbs	12g	Vitamin D	10IU
Fiber	3g	Vitamin E	0mg
Sugar	6g	Thiamine	0mg
Protein	4g	Vitamin B6	0.1mg
Cholesterol	47mg	Folate	10µg
Sodium	234mg	Vitamin B12	0.1µg
Potassium	107mg	Magnesium	36mg
Vitamin A	1773IU	Zinc	0mg

Vitamin C 1mg Selenium 4µg

Molasses Cookies

8 ingredients · 20 minutes · 8 servings



Directions

1. Preheat the oven to 325°F (163°C). Line a baking sheet with parchment paper or a silicone baking mat.
2. In a mixing bowl, combine the coconut flour, tapioca flour, cinnamon, ginger and baking soda.
3. Add the coconut oil, applesauce and molasses. Stir until the mixture is thick and the ingredients are evenly combined.
4. Gently roll a tablespoonful of batter at a time and transfer to the baking sheet. Flatten each ball using your fingers or a fork.
5. Bake for 12 to 15 minutes. Remove from the oven and let them cool completely to allow the cookies to firm up. If the cookies are too crumbly, freeze them before serving. Enjoy!

Notes

Leftovers

Freeze in an airtight container or freezer bag. Serve from frozen (no need to thaw).

Serving Size

One serving equals one cookie.

Coconut Flour

This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using another type of coconut flour, note that results may vary.

No Tapioca Flour

Use cornstarch or arrowroot powder instead.

Ingredients

- 1/4 cup Coconut Flour
- 1 tbsp Tapioca Flour
- 1/2 tsp Cinnamon
- 1 tsp Ground Ginger
- 1/4 tsp Baking Soda
- 1/4 cup Coconut Oil (melted)
- 1/4 cup Unsweetened Applesauce
- 1 tbsp Blackstrap Molasses

Nutrition

Amount per serving

Calories	90	Calcium	15mg
Fat	7g	Iron	1mg
Carbs	6g	Vitamin D	0IU
Fiber	1g	Vitamin E	0mg
Sugar	2g	Thiamine	0mg
Protein	1g	Vitamin B6	0mg
Cholesterol	0mg	Folate	0µg
Sodium	49mg	Vitamin B12	0µg
Potassium	47mg	Magnesium	6mg
Vitamin A	3IU	Zinc	0mg
Vitamin C	0mg	Selenium	0µg

Nutty Dark Chocolate Sea Salt Squares

7 ingredients · 1 hour 30 minutes · 16 servings



Directions

1. Line a 8x8 pan with parchment paper.
2. Heat the honey, coconut oil and a pinch of sea salt in a small sauce pan over medium-low heat for about 10 minutes or until it starts to thicken. Then fold in the almonds, pumpkin seeds and walnuts. Stir until well coated then transfer into your paper lined pan. Press it down firmly into the pan. Transfer the pan to the fridge for 1 hour.
3. Once your squares have hardened in the fridge, lift the parchment paper from the pan and then cut the hardened nut mix into squares.
4. Create a double boiler by filling a large pot with water and placing a smaller pot inside. Bring to a boil then reduce to a simmer. Ensure no water is able to get into the small pot.
5. Add the dark chocolate in the smaller pot and stir until melted.
6. Line a baking sheet with parchment paper.
7. Dip one end of each square into the dark chocolate. Place on the parchment paper. Repeat until all squares are dipped and then place in the fridge until the chocolate is set.
8. Once the chocolate is set, sprinkle the chocolate portion of each square with some coarse ground sea salt.
9. Arrange on a decorative plate and serve. Enjoy!

Notes

Storage

Refrigerate or freeze in an air-tight container.

Make as Bars

Slice into bars instead of squares. Use a spoon to drizzle with melted chocolate.

Mix it Up

Use any variety of seeds and chopped nuts. Sunflower seeds, pistachios, macadamia nuts, brazil nuts, cashews and pecans all work beautifully!

Ingredients

- 1/2 cup Raw Honey
- 2 tbsps Coconut Oil
- 1 cup Almonds (chopped or smashed)
- 1 cup Pumpkin Seeds
- 1 cup Walnuts (chopped)
- 5 1/4 ozs Dark Organic Chocolate (at least 70% cacao)
- 1 tsp Sea Salt (coarse ground)

Nutrition

Amount per serving

Calories	236	Calcium	36mg
Fat	18g	Iron	2mg
Carbs	17g	Vitamin D	0IU
Fiber	3g	Vitamin E	2mg
Sugar	11g	Thiamine	0mg
Protein	5g	Vitamin B6	0.1mg
Cholesterol	0mg	Folate	11µg
Sodium	153mg	Vitamin B12	0µg
Potassium	98mg	Magnesium	36mg
Vitamin A	2IU	Zinc	1mg
Vitamin C	0mg	Selenium	1µg

Pumpkin Loaf

12 ingredients · 1 hour · 12 servings



Directions

1. Preheat oven to 350°F (177°C). Lightly grease a loaf pan or line it with parchment paper.
2. In a food processor, combine your eggs, sunflower seed butter, maple syrup, pumpkin puree, coconut oil and lemon juice. Blend until smooth and creamy. (Note: You can also mix by hand if you prefer.)
3. Add the coconut flour, cinnamon, nutmeg, baking powder, ginger and sea salt. Blend again until smooth.
4. Transfer the batter into the loaf pan. Bake for 40 to 45 minutes. (You can test if it is done by inserting a toothpick. It will come out clean when the loaf is finished.)
5. Remove the loaf from the oven and allow to cool in the pan for at least 15 minutes. Remove from the pan and let cool entirely before slicing. Enjoy!

Notes

Storage

Store in an airtight container in the fridge for 4 to 5 days. If not eating right away, wrap and store in the freezer.

Muffins

Bake in a muffin tin instead of a loaf pan. Baking time will decrease to 30 to 40 minutes.

Make it Sweet

Stir in a handful of dark organic chocolate chips to the batter before baking.

Serve it With

A cup of herbal tea or our Pumpkin Spice Latte.

Ingredients

3 Egg
3/4 cup Sunflower Seed Butter
1/3 cup Maple Syrup
1/2 cup Pureed Pumpkin
3 tbsps Coconut Oil
1/2 Lemon (juiced)
1/4 cup Coconut Flour
2 tsps Cinnamon
1 tsp Nutmeg
1/3 tsp Baking Powder
1 1/2 tsps Ginger (grated)
1/4 tsp Sea Salt

Nutrition

Amount per serving

Calories	185	Calcium	41mg
Fat	14g	Iron	1mg
Carbs	12g	Vitamin D	10IU
Fiber	2g	Vitamin E	4mg
Sugar	7g	Thiamine	0mg
Protein	5g	Vitamin B6	0.1mg
Cholesterol	47mg	Folate	46µg
Sodium	89mg	Vitamin B12	0.1µg
Potassium	153mg	Magnesium	56mg

Vitamin A	1666IU	Zinc	1mg
Vitamin C	2mg	Selenium	21µg

Spiced Macaroons

5 ingredients · 25 minutes · 20 servings



Directions

1. Preheat the oven to 325°F (163°C). Line a baking sheet with parchment paper or a silicone baking mat.
2. In a saucepan over low heat, combine the coconut butter, cinnamon, cloves and maple syrup. Heat just until melted, stirring frequently. Remove from heat and gently fold in the shredded coconut using a spatula.
3. Very tightly pack the mixture into a tablespoon. Add more coconut butter or oil if the mixture is too loose.
4. Push down the edge of the macaroon with your thumb to help release it from the spoon. Transfer to the baking sheet and repeat for the remainder of the mixture.
5. Bake for 10 minutes or until golden brown. Let the macaroons cool completely to allow them to firm up. If the macaroons are too crumbly, freeze them before serving. Enjoy!

Notes

Leftovers

Freeze in an airtight container for up to three months. For best results, serve from frozen (no need to thaw).

Serving Size

One serving equals approximately one macaroon.

No Coconut Butter

Use egg whites instead of coconut butter. This swap will make the macaroons more firm.

Ingredients

1/3 cup Coconut Butter

1 tsp Cinnamon

1/2 tsp Ground Cloves

2 tbsps Maple Syrup

2 cups Unsweetened Shredded Coconut

Nutrition

Amount per serving

Calories	87	Calcium	4mg
Fat	8g	Iron	0mg
Carbs	5g	Vitamin D	0IU
Fiber	2g	Vitamin E	0mg
Sugar	2g	Thiamine	0mg
Protein	1g	Vitamin B6	0mg
Cholesterol	0mg	Folate	0µg
Sodium	4mg	Vitamin B12	0µg
Potassium	5mg	Magnesium	1mg
Vitamin A	0IU	Zinc	0mg
Vitamin C	0mg	Selenium	0µg

Strawberry Coconut Oatmeal Muffins

8 ingredients · 40 minutes · 12 servings



Directions

1. Preheat your oven to 375°F (190°C) and line a muffin pan with liners.
2. In a small mixing bowl combine the coconut milk, maple syrup, vanilla extract and ground flax. Stir to combine and let it sit for at least 5 minutes.
3. In a second mixing bowl combine the oats, shredded coconut and baking powder. Add the coconut milk mixture to the oats and mix well. Fold in the chopped strawberries.
4. Divide the oatmeal batter between the muffin cups and bake for 24 to 28 minutes or until the muffins are golden brown around the edges and just firm to the touch. Let the muffins cool in the pan for 5 minutes before transferring to a cooling rack to cool completely. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days or freeze for up to one month.

Serving Size

One serving is equal to one muffin.

More Flavor

Add cinnamon or a pinch of salt.

No Strawberries

Use blueberries or raspberries instead. Fresh berries are best instead of frozen.

No Maple Syrup

Use honey or agave instead.

No Rolled Oats

Use quick oats instead.

No Muffin Liners

Use a non-stick muffin pan or grease pan with coconut oil.

Ingredients

1 3/4 cups Organic Coconut Milk (full fat, from the can)

1/4 cup Maple Syrup

1 1/2 tsps Vanilla Extract

2 tbsps Ground Flax Seed

2 cups Oats (rolled)

1/2 cup Unsweetened Shredded Coconut

1 tsp Baking Powder

1 cup Strawberries (fresh, chopped)

Nutrition

Amount per serving

Calories	164	Calcium	41mg
Fat	10g	Iron	1mg
Carbs	17g	Vitamin D	0IU
Fiber	2g	Vitamin E	0mg
Sugar	6g	Thiamine	0.1mg
Protein	3g	Vitamin B6	0mg
Cholesterol	0mg	Folate	7µg
Sodium	52mg	Vitamin B12	0µg
Potassium	136mg	Magnesium	22mg
Vitamin A	2IU	Zinc	1mg
Vitamin C	7mg	Selenium	4µg

Zucchini Carrot Souffle Muffins

12 ingredients · 45 minutes · 10 servings



Directions

1. Preheat oven to 350°F (177°C). Grease a muffin tin or line with muffin cups.
2. In a bowl, whisk together maple syrup, egg yolks, melted coconut oil and vanilla extract.
3. Add dry ingredients to the wet mixture and combine thoroughly.
4. Add grated carrot and zucchini. (Note: If too wet, add more coconut flour. If too dry, add 1 tbsp of warm water at a time.)
5. Using a handheld or stand mixer, whisk egg whites until stiff peaks form. Gently fold egg whites into batter.
6. Scoop batter into muffin cups and bake for 35 minutes or until a toothpick comes out clean. Let cool before serving.

Notes

Make it as a Loaf

Line a loaf pan with parchment paper and bake it as a loaf instead of muffins.

Ingredients

1/4 cup Maple Syrup
4 Egg (separated)
1/4 cup Coconut Oil (melted)
1 tbsp Vanilla Extract
1 cup Almond Flour
1/4 cup Coconut Flour
1 1/2 tsps Baking Powder
1 tbsp Ground Flax Seed
1 tbsp Hemp Seeds
1/4 tsp Sea Salt
1 Carrot (grated)
1 Zucchini (grated)

Nutrition

Amount per serving

Calories	193	Calcium	91mg
Fat	14g	Iron	1mg
Carbs	11g	Vitamin D	16IU
Fiber	3g	Vitamin E	0mg
Sugar	6g	Thiamine	0mg
Protein	6g	Vitamin B6	0.1mg
Cholesterol	74mg	Folate	17µg
Sodium	173mg	Vitamin B12	0.2µg
Potassium	129mg	Magnesium	48mg

Vitamin A	1166IU	Zinc	1mg
Vitamin C	4mg	Selenium	6µg