



7-Day Sugar-Free Challenge

DR. SHIVAUNE WRIGHT, ND

Thriving Families with Dr. Wright, ND

7-Day Sugar-Free Challenge

THRIVING FAMILIES WITH DR. WRIGHT, ND

Welcome to the 7-Day Sugar-Free Challenge!

Feel free to play with the recipes and add and subtract ingredients to your liking! As long as they don't contain sugar (or some variation of sugar) you're good to go!

Also play around with the quantities - all the recipes are set to give 4 servings. So if you're a family of 4 and don't want any leftovers, leave the recipe as is. If you're 2 people and want no leftovers, halve the recipe ingredients...catch my drift?

One of the best and easiest ways to eat healthy on the go is to have leftovers from dinner for lunch the next day - hence all the leftovers as lunches in the meal plan. If leftovers aren't your jam, no worries.

The meal plan can be followed to a T or serve as inspiration and guidance for healthy meals to try out. We often get stuck in food ruts so I hope your chef skills get re-invigorated this week!

Good luck and enjoy your week of sugar-free eating.

To a healthier you,

Dr. Shivaune
Naturopathic Doctor & Thriving Families Cultivator

MON



BREAKFAST
One Pan Breakfast Hash



SNACK 1
Apple Slices & Hummus



LUNCH
Cauliflower, Kale & Lentil Detox Soup



SNACK 2
Crackers & Avocado



DINNER
Turkey Cranberry Squash Bowls

TUE



BREAKFAST
One Pan Breakfast Hash



SNACK 1
Apple Slices & Hummus



LUNCH
Cauliflower, Kale & Lentil Detox Soup



SNACK 2
Crackers & Avocado



DINNER
Roasted Chicken with Olives & Tomatoes, Rapini & Rice

WED



BREAKFAST
Coconut Black Rice Pudding



SNACK 1
Hard Boiled Eggs with Apricots



LUNCH
Roasted Chicken with Olives & Tomatoes, Rapini & Rice



SNACK 2
Rice Cake with Sunflower Seed Butter & Raspberries



DINNER
Chermoula Chicken, Roasted Sweet Potatoes & Rapini

THU



BREAKFAST
Coconut Black Rice Pudding



SNACK 1
Hard Boiled Eggs with Apricots



LUNCH
Chermoula Chicken, Roasted Sweet Potatoes & Rapini



SNACK 2
Rice Cake with Sunflower Seed Butter & Raspberries



DINNER
Swiss Chard, Lentil & Rice Bowl

FRI



BREAKFAST
Coconut Black Rice Pudding



SNACK 1
Green Goddess Cashew Dip



LUNCH
Swiss Chard, Lentil & Rice Bowl



SNACK 2
Almond Butter Stuffed Dates



DINNER
Spicy Sweet Potato, Turkey & Kale Bowl

SAT



BREAKFAST
Avocado Sweet Potato Toast with Poached Egg



SNACK 1
Green Goddess Cashew Dip



LUNCH
Spicy Sweet Potato, Turkey & Kale Bowl



SNACK 2
Dill Cashew Spread



DINNER
Creamy Spinach & Sun Dried Tomato Chicken II, Brown Rice

SUN



BREAKFAST
Avocado Sweet Potato Toast with Poached Egg



SNACK 1
Apple with Almond Butter



LUNCH
Creamy Spinach & Sun Dried Tomato Chicken II, Brown Rice



SNACK 2
Dill Cashew Spread



DINNER
One Pan Crispy Chicken with Potatoes & Greens

FRUITS

- 12 Apple
- 4 Avocado
- 1/3 Lemon
- 1/2 cup Lemon Juice
- 1/2 tsp Lemon Zest
- 4 Peach
- 1/2 cup Raspberries
- 4 cups Strawberries

BREAKFAST

- 2/3 cup Almond Butter
- 2 Plain Rice Cake

SEEDS, NUTS & SPICES

- 1 tsp Black Pepper
- 1 1/2 cups Cashews
- 1/2 tsp Cayenne Pepper
- 1 tbsp Chili Powder
- 1/2 tsp Coriander
- 2 tsps Cumin
- 1 tbsp Dried Rosemary
- 1/2 tsp Garlic Powder
- 1/4 cup Oregano
- 1 tsp Paprika
- 1 tbsp Poultry Seasoning
- 2 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 tsp Smoked Paprika

FROZEN

- 1/2 cup Frozen Cranberries

VEGETABLES

- 8 cups Baby Spinach
- 1 cup Basil Leaves
- 16 cups Brussels Sprouts
- 1 1/3 Carrot
- 2/3 head Cauliflower
- 1 1/3 stalks Celery
- 2 2/3 cups Cherry Tomatoes
- 1 cup Cilantro
- 2 Cucumber
- 2 Delicata Squash
- 1/2 cup Fresh Dill
- 6 2/3 Garlic
- 14 2/3 cups Kale Leaves
- 4 cups Microgreens
- 4 cups Mini Potatoes
- 1 1/2 cups Parsley
- 2 bunches Rapini
- 2 1/4 cups Red Onion
- 2 tsps Rosemary
- 7 Sweet Potato
- 8 cups Swiss Chard
- 1 White Onion
- 2/3 Yellow Onion

BOXED & CANNED

- 4 cups Black Rice
- 1 1/2 cups Brown Rice
- 1 cup Jasmine Rice
- 3 1/2 cups Lentils
- 8 1/8 cups Organic Coconut Milk
- 4 cups Organic Vegetable Broth
- 14 1/8 ozs Whole Grain Crackers

BAKING

- 1/4 cup Pitted Dates
- 1 1/3 cups Unsweetened Coconut Flakes
- 2 tsps Vanilla Extract

BREAD, FISH, MEAT & CHEESE

- 1 1/3 lbs Chicken Leg, Boneless With Skin
- 1 lb Chicken Thighs
- 2 lbs Chicken Thighs With Skin
- 2 lbs Extra Lean Ground Turkey
- 2 cups Hummus
- 20 slices Organic Bacon

CONDIMENTS & OILS

- 1 tbsp Apple Cider Vinegar
- 1/2 cup Avocado Oil
- 2 tsps Balsamic Vinegar
- 1 1/3 cups Black Olives
- 2 tsps Capers
- 2 tsps Coconut Oil
- 1 1/16 cups Extra Virgin Olive Oil
- 1/4 cup Sun Dried Tomatoes
- 2 tsps Sunflower Seed Butter

COLD

- 28 Egg
- 2/3 cup Unsweetened Almond Milk

OTHER

- 1 cup Dried Apricots
- 5 1/4 cups Water

One Pan Breakfast Hash

4 SERVINGS 40 MINUTES



INGREDIENTS

8 cups Brussels Sprouts (halved)
1 cup Red Onion (chopped)
2 tsps Avocado Oil
Sea Salt & Black Pepper (to taste)
10 slices Organic Bacon (chopped)
8 Egg

DIRECTIONS

- 01 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 02 Add the brussels sprouts and onion to the baking sheet. Drizzle with avocado oil, sea salt, and pepper. Add the chopped bacon on top and place in the oven for 15 minutes. Remove from the oven, stir and bake for 10 minutes more.
- 03 Remove the sheet from the oven and use a spoon to push ingredients aside to make divots for the eggs. Carefully crack the eggs into the divots. Bake for 6 to 8 minutes, or until the eggs are cooked to your liking. Divide between plates and enjoy!

NOTES

NO BACON

Use prosciutto, ham or turkey bacon.

MORE VEGETABLES

Use additional vegetables such as peppers, potatoes or mushrooms.

MORE FLAVOR

Use garlic powder, onion powder, chili flakes, or everything bagel seasoning.

LEFTOVERS

Refrigerate leftover vegetables in an airtight container for up to 4 days. Reheat the vegetables and cook additional eggs as needed.

Coconut Black Rice Pudding

4 SERVINGS 35 MINUTES



INGREDIENTS

- 1 1/3 cups Black Rice (uncooked)
- 2 1/4 cups Organic Coconut Milk (from the can)
- 2/3 cup Water
- 1/3 tsp Sea Salt
- 2/3 tsp Vanilla Extract
- 1 1/3 cups Strawberries (sliced)
- 1 1/3 Peach (sliced)
- 1/2 cup Unsweetened Coconut Flakes

DIRECTIONS

- 01 Rinse the rice and add it to a large bowl. Cover with water and soak for at least one hour, or overnight.
- 02 Drain and rinse the soaked rice and add to a medium sized pot with the coconut milk, water and sea salt. Cook over medium heat until it begins to boil, then reduce heat to medium-low. Simmer for about 20 to 25 minutes, stirring frequently. Once it is done cooking, stir in the vanilla and set aside.
- 03 Divide the rice into bowls and top with sliced fruit and coconut flakes. Enjoy!

NOTES

PREP AHEAD

Make the rice ahead of time and serve it cold in the morning.

LIKES IT SWEET

Add maple syrup or honey to taste.

NO TIME FOR SOAKING

If you are unable to soak the rice ahead of time, the cooking time will increase to about 35 minutes and you will need to add extra water.

LEFTOVERS

Keeps well in the fridge up to 4 to 5 days.

Avocado Sweet Potato Toast with Poached Egg

4 SERVINGS 15 MINUTES



INGREDIENTS

- 2 Sweet Potato (large)
- 8 Egg
- 2 Avocado
- Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Trim the pointy ends off the sweet potato then lay it on its side on a cutting board. Slice it lengthwise into 1/4 inch slices.
- 02 Pop the sweet potato slices into the toaster and toast twice. You may need to toast a third time depending on your toaster. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 - 6 minutes per side, or until golden brown.
- 03 While the sweet potato toasts, carve the flesh of the avocado out into a bowl. Season with a pinch of sea salt and black pepper and mash with a fork until smooth and creamy.
- 04 Poach, fry or hardboil the eggs.
- 05 Spread the mashed avocado over the sweet potato toasts and top with cooked eggs. Season with sea salt, black pepper and/or red pepper flakes. Enjoy!

NOTES

ADD GREENS

Add a layer of baby spinach after you spread on the avocado.

GUACAMOLE LOVER

Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.

EGG-FREE

Skip the eggs and top with hemp seeds instead.

Apple Slices & Hummus

4 SERVINGS 5 MINUTES



INGREDIENTS

4 Apple
1 cup Hummus

DIRECTIONS

01 Slice apples and cut out the core. Serve with hummus for dipping. Enjoy!

NOTES

NO APPLE
Use pear slices instead.

Hard Boiled Eggs with Apricots

2 SERVINGS 15 MINUTES



INGREDIENTS

2 Egg
1/2 cup Dried Apricots

DIRECTIONS

- 01 Place eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 02 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle.
- 03 Peel the eggs and serve with apricots. Enjoy!

NOTES

STORAGE

Refrigerate in an airtight container for up to 7 days if the eggshell is kept intact.

EASIER TO PEEL

Add salt to the water while boiling.

Green Goddess Cashew Dip

4 SERVINGS 35 MINUTES



INGREDIENTS

1/4 cup Cashews (raw, soaked for 30 minutes and drained)
1/3 cup Unsweetened Almond Milk
1/2 cup Basil Leaves (roughly chopped)
1/4 cup Parsley (roughly chopped)
2 1/2 tbsps Lemon Juice
1 Garlic (small clove, minced)
2 tbsps Red Onion (finely chopped)
1/4 tsp Sea Salt
1 Cucumber (sliced)

DIRECTIONS

- 01 Add the soaked cashews, almond milk, basil, parsley, lemon juice, garlic, onion and salt to a food processor. Blend until creamy and smooth, about 3 minutes. Season with additional lemon juice or salt if needed.
- 02 Serve with cucumber slices and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. Add extra lemon juice to leftover dip if needed to brighten up the flavor.

SERVING SIZE

One serving is approximately two tablespoons of dip and 1/4 of a cucumber.

MORE FLAVOR

Add other fresh herbs like cilantro, tarragon or chives.

NO ALMOND MILK

Use cashew milk or boxed coconut milk instead.

NO CUCUMBER

Serve with your favorite raw veggies or whole grain crackers instead.

Apple with Almond Butter

4 SERVINGS 5 MINUTES



INGREDIENTS

4 Apple
1/2 cup Almond Butter

DIRECTIONS

- 01 Slice apple and cut away the core.
- 02 Dip into almond butter.
- 03 Yummmmm.

Cauliflower, Kale & Lentil Detox Soup

4 SERVINGS 40 MINUTES



INGREDIENTS

1 1/3 tbsps Extra Virgin Olive Oil
2/3 Yellow Onion (diced)
1 1/3 stalks Celery (diced)
1 1/3 Carrot (medium, peeled and diced)
2 2/3 Garlic (cloves, minced)
2/3 head Cauliflower (chopped into florets)
2 2/3 cups Kale Leaves (chopped)
4 cups Organic Vegetable Broth
1 1/2 cups Lentils (cooked)
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Heat the olive oil in a large pot. Add the onion, celery, and carrots. Cook for about 10 minutes, or until veggies are softened. Add the garlic and cook for 2-3 more minutes.
- 02 Add the cauliflower, kale, and vegetable broth. Bring to a boil then reduce heat to a simmer. Let simmer for 20 minutes.
- 03 Stir in the cooked lentils and season to taste with sea salt and black pepper. Divide between bowls. Enjoy!

NOTES

LEFTOVERS

Refrigerate in a covered container up to 4 days. Freeze up to 6 months.

SERVING SIZE

One serving is equal to approximately 2 cups of soup.

Crackers & Avocado

8 SERVINGS 10 MINUTES



INGREDIENTS

14 1/8 ozs Whole Grain Crackers
2 Avocado
Sea Salt & Black Pepper (to taste)

DIRECTIONS

01 Mash the avocado onto the crackers and sprinkle with salt and pepper to taste. Enjoy!

NOTES

MAKE IT PALEO

Use grain-free flax crackers instead.

MORE PROTEIN

Top with hemp seeds, sliced hard boiled egg, or smoked salmon.

Rice Cake with Sunflower Seed Butter & Raspberries

1 SERVING 5 MINUTES



INGREDIENTS

1 Plain Rice Cake
1 tbsp Sunflower Seed Butter
1/4 cup Raspberries

DIRECTIONS

01 Spread sunflower seed butter onto the rice cake and top with raspberries.
Enjoy!

NOTES

NO SUNFLOWER SEED BUTTER

Use any nut or seed butter instead.

MORE FLAVOR

Top each rice cake with a drizzle of maple syrup, honey or a pinch of cinnamon.

MORE FIBER

Garnish with hemp seeds, chia seeds or ground flax seeds.

NO RASPBERRIES

Use blueberries, blackberries or sliced strawberries instead.

Almond Butter Stuffed Dates

1 SERVING 5 MINUTES



INGREDIENTS

1/4 cup Pitted Dates
2 tbsps Almond Butter

DIRECTIONS

01 Spoon an even amount of nut butter into the centre of each date. Enjoy!

NOTES

NUT-FREE

Use sunflower seed butter or tahini instead of almond butter.

DRESS THEM UP

Sprinkle with coconut flakes, cacao nibs, or hemp seeds.

Dill Cashew Spread

8 SERVINGS 10 MINUTES



INGREDIENTS

1 cup Cashews (soaked for at least 4 hours and rinsed)
1/3 cup Water
2 tbsps Lemon Juice
1/2 tsp Lemon Zest
2 tbsps Extra Virgin Olive Oil
1/2 cup Fresh Dill (coarsley chopped)
2 tps Capers
1/8 tsp Sea Salt (or more to taste)

DIRECTIONS

- 01 Add the cashews, water, lemon juice, lemon zest and extra virgin olive oil to a blender or food processor. Blend on high until smooth and creamy.
- 02 Add the dill, capers and sea salt and blend again until incorporated.
- 03 Transfer to a dish and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container up to 5 to 6 days.

SERVING SIZE

One serving is equal to approximately 3 tbsp of dip.

SERVE IT WITH

Crackers, bread, veggies or fish.

NO CASHEWS

Use sunflower seeds instead.

NO DILL

Use basil instead.

GARLIC LOVER

Add garlic for more flavour.

Turkey Cranberry Squash Bowls

4 SERVINGS 40 MINUTES



INGREDIENTS

- 2 Delicata Squash (small)
- 2 tbsps Extra Virgin Olive Oil
- 1 lb Extra Lean Ground Turkey
- 1 tbsps Poultry Seasoning
- 1 tsp Sea Salt
- 1/2 cup Frozen Cranberries (thawed, or use fresh)
- 4 cups Microgreens
- 2 tbsps Balsamic Vinegar

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 Rinse the outside of the squash and slice in half lengthwise. Brush the flesh with a small amount of olive oil and place face-down on the baking sheet. Bake for 30 minutes.
- 03 Meanwhile, heat the remaining oil in a large skillet over medium heat. Add the turkey and saute until cooked through and browned. Break it up into tiny pieces as it cooks.
- 04 Once the turkey is cooked through, stir in the poultry seasoning, sea salt and cranberries. Turn the heat to the lowest setting to keep warm until your squash is cooked.
- 05 Remove squash from oven and stuff each half with the turkey/cranberry mix. Serve with microgreens and a drizzle of balsamic vinegar. Enjoy!

NOTES

VEGAN & VEGETARIAN

Use lentils or chickpeas instead of ground meat.

NO MICROGREENS

Use any leafy green like baby spinach, kale, or arugula.

LEFTOVERS

Keeps well in the fridge up to 3 days.

Roasted Chicken with Olives & Tomatoes

4 SERVINGS 45 MINUTES



INGREDIENTS

- 1 1/3 lbs Chicken Leg, Boneless with Skin
- 1 1/3 cups Black Olives
- 2 2/3 cups Cherry Tomatoes
- 1/3 cup Avocado Oil
- 1 tsp Sea Salt
- 1/4 cup Oregano

DIRECTIONS

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

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Use additional herbs such as basil, garlic or parsley.

Rapini & Rice

4 SERVINGS 25 MINUTES



INGREDIENTS

- 1 cup Jasmine Rice (uncooked)
- 1 bunch Rapini (chopped, divided)

DIRECTIONS

- 01 Cook the jasmine rice according to the directions on the package.
- 02 Meanwhile, add the rapini stems to a large pan with enough water to cover. Bring to a simmer and boil for 1 minute. Add the leaves and florets and cook for 3 to 4 more minutes, or until tender. Do not overcook.
- 03 Divide the rice and rapini onto plates or into container if on-the-go. Enjoy!

NOTES

SERVE IT WITH

A protein of your choice such as chicken breast, turkey breast, pork tenderloin, steak, ground meat, egg whites, tofu or tempeh

LESS BITTER RAPINI

Saute the rapini in your choice of oil and seasoning after boiling. This will remove some of the bitterness.

NO JASMINE RICE

Use quinoa, brown rice, couscous, barley or cauliflower rice instead.

SERVING SIZE

One serving is equal to approximately one cup of rapini and one cup of rice.

STORAGE

Refrigerate in an airtight container up to three days.

Chermoula Chicken

4 SERVINGS 35 MINUTES



INGREDIENTS

- 1 cup Parsley
- 1 cup Cilantro
- 1 tsp Cumin (ground)
- 1/2 tsp Coriander (ground)
- 1/2 tsp Smoked Paprika
- 3/4 tsp Sea Salt (divided)
- 1/2 tsp Black Pepper (divided)
- 1 Garlic (clove)
- 1 tbsps Lemon Juice
- 1/3 cup Extra Virgin Olive Oil
- 1 lb Chicken Thighs with Skin (boneless)
- 1/2 tsp Garlic Powder
- 1 tbsps Avocado Oil
- 2 tbsps Water

DIRECTIONS

- 01 Make the chermoula sauce by adding the parsley, cilantro, cumin, coriander, paprika, two-thirds of the salt, half of the pepper, garlic and lemon juice to a food processor and pulse to combine. While the food processor is running, stream in the extra virgin olive oil. Scrape down the sides of the bowl as needed. Set aside.
- 02 Preheat the oven to 400°F (204°C) and season the chicken thighs with remaining salt, remaining pepper and garlic powder.
- 03 In a large cast iron skillet (or other oven-safe pan) heat the avocado oil over medium-high heat. Brown the seasoned chicken thighs starting with skin sides down for 5 to 7 minutes then flip and brown the other side for another 3 to 5 minutes. Transfer the browned chicken to a plate.
- 04 Remove any excess drippings from the pan then place the browned chicken back into the skillet skin side up. Spoon half of the chermoula sauce evenly over each browned chicken thigh. Add the water to the pan (to keep the chicken very moist while cooking) and cover the skillet with foil. Transfer the skillet to the oven and bake for 15 to 20 minutes, or until the chicken is cooked through.
- 05 Remove the pan from the oven and carefully remove the foil. Serve the chicken with the remaining chermoula sauce spooned over top and enjoy.

NOTES

LEFTOVERS

Keeps in the fridge for up to 3 days.

NO CHICKEN THIGHS

Use chicken breasts instead.

Roasted Sweet Potatoes & Rapini

4 SERVINGS 25 MINUTES



INGREDIENTS

- 3 Sweet Potato (medium, peeled and cubed)
- 1 tbsp Extra Virgin Olive Oil
- 1/2 tsp Sea Salt
- 1 bunch Rapini (chopped, divided)

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line your baking sheet with parchment paper.
- 02 Place the sweet potato on the baking sheet and toss with oil and salt until evenly coated. Bake for 20 minutes, or until tender when pierced with a fork.
- 03 Meanwhile, add the rapini stems to a large pan with enough water to cover halfway. Bring to a simmer and boil for 1 minute. Add the leaves and florets and cook for 3 to 4 more minutes, or until tender.
- 04 Divide the sweet potatoes and rapini onto plates or into containers if on-the-go. Enjoy!

NOTES

LESS BITTER RAPINI

Saute the rapini in your choice of oil and seasoning after boiling.

STORAGE

Refrigerate in an airtight container up to 3 days.

PROTEIN

Pair this dish with your favorite protein such as chicken, turkey, beef, pork or tofu.

Swiss Chard, Lentil & Rice Bowl

4 SERVINGS 1 HOUR



INGREDIENTS

1/2 cup Brown Rice (uncooked)
3/4 cup Water
1 tbsp Coconut Oil
8 cups Swiss Chard (washed, stems removed and chopped)
1 tsp Cumin
1 tsp Paprika
2 tbsps Extra Virgin Olive Oil
1 Garlic (clove, minced)
1 tbsp Apple Cider Vinegar
2 cups Lentils (cooked, drained and rinsed)
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Combine the rice and water in a medium sized 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 to 50 minutes or until rice is tender.
- 02 Heat a large skillet over medium heat and add the coconut oil. Add the swiss chard and saute just until wilted. Reduce the heat to low and stir in the cumin, paprika, olive oil, garlic, apple cider vinegar and lentils. Stir well until everything is well mixed. Add in the rice once it is cooked, and continue to saute. Season with sea salt and black pepper to taste. Divide into bowls and enjoy!

NOTES

SPEED IT UP

Use quinoa or brown rice pasta instead of brown rice.

NO SWISS CHARD

Use kale, spinach or collard greens instead.

MORE PROTEIN

Top with a poached egg.

Spicy Sweet Potato, Turkey & Kale Bowl

4 SERVINGS 25 MINUTES



INGREDIENTS

2 Sweet Potato (medium)
1 tbsp Extra Virgin Olive Oil
1 tbsp Chili Powder
1/2 tsp Cayenne Pepper (optional)
1 tbsp Coconut Oil
1 White Onion (diced)
1 lb Extra Lean Ground Turkey
1/2 tsp Sea Salt
1/2 tsp Black Pepper (optional)
8 cups Kale Leaves (finely diced)

DIRECTIONS

- 01 Preheat oven to 425°F (218°C) and line a large baking sheet with parchment paper.
- 02 Wash and dice your sweet potato into half inch cubes. Toss in olive oil, chili powder and cayenne pepper. Spread across the baking sheet and bake in the oven for 20 minutes.
- 03 Meanwhile, heat a large skillet over medium heat. Add the coconut oil. Add the onion, ground turkey, sea salt and black pepper. Use a spatula to stir and break up the turkey as it cooks.
- 04 Once the turkey is cooked through, drain off any excess liquid and return to heat. Add the kale. Stir and saute just until wilted and remove from the heat immediately. Divide into bowls and top with the roasted sweet potato. Enjoy!

NOTES

SAVE TIME

Chop the sweet potato and onion in advance. Store in the fridge until ready to cook.

VEGAN & VEGETARIAN

Skip the ground meat and roast chickpeas on the baking sheet along with the sweet potatoes. Saute the onion on its own in step 3.

Creamy Spinach & Sun Dried Tomato Chicken II

4 SERVINGS 25 MINUTES



INGREDIENTS

2 1/8 tbsps Extra Virgin Olive Oil
1 lb Chicken Thighs
8 cups Baby Spinach (chopped)
1 1/2 cups Organic Coconut Milk (canned, full-fat)
1/4 cup Sun Dried Tomatoes (chopped)
1 tbsp Dried Rosemary
Sea Salt & Black Pepper (to taste)
1/3 Lemon (juice of)

DIRECTIONS

- 01 Heat olive oil in a large skillet over medium heat. Add the chicken thighs and let cook for about 5 minutes per side. Remove from pan and set aside on a small plate.
- 02 Add spinach to the pan along with the coconut milk. Stir for a few minutes until wilted, then add the chicken thighs back to the pan. Sprinkle with sundried tomatoes, dried rosemary, salt and pepper. Cover and let simmer for 5 to 7 minutes, or until chicken is cooked through.
- 03 Divide chicken and creamy spinach between plates and enjoy!

NOTES

MORE CARBS

Serve over a bed of whole grains like rice.

Brown Rice

4 SERVINGS 45 MINUTES



INGREDIENTS

1 cup Brown Rice (uncooked)
2 cups Water

DIRECTIONS

01 Combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 40 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

One Pan Crispy Chicken with Potatoes & Greens

4 SERVINGS 35 MINUTES



INGREDIENTS

1 lb Chicken Thighs with Skin
4 cups Mini Potatoes (halved)
1/4 tsp Sea Salt
2 tbsps Rosemary (chopped)
4 cups Kale Leaves (chopped)

DIRECTIONS

- 01 Preheat the oven to 425°F (218°C).
- 02 Heat a cast iron pan over medium heat and season the chicken and potatoes with sea salt. Place the chicken skin side down on the pan and arrange the potatoes around the chicken. Add the chopped rosemary. Cook for 15 minutes without moving the chicken and occasionally tossing the potatoes.
- 03 After 15 minutes, flip the chicken over and place the pan in the oven for 10 to 12 minutes.
- 04 Remove the chicken and potatoes from the oven and transfer to a plate, leaving the drippings in the pan. Add the kale to the pan, and saute over medium heat for 1 to 2 minutes or until wilted. Turn off the heat.
- 05 Divide the chicken, potatoes and kale onto plates and enjoy!

NOTES

NO ROSEMARY

Use thyme or another herb instead.

NO KALE

Use another green such as Swiss chard or spinach.

LEFTOVERS

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