



1500 CALORIE PALEO MEAL PLAN



Dear Health-Conscious Food Lover,

Thank you for choosing Healing Gourmet! We're happy that you've placed your trust in us, and we hope that you absolutely love every menu and recipe in your free sample meal plan.

This meal plan is a **1500 Calorie Paleo Meal Plan** which is **low glycemic** and has:

- ✓ **No Grains**
- ✓ **No Gluten**
- ✓ **No Soy**
- ✓ **No Corn**
- ✓ **No Peanuts**
- ✓ **No Legumes**
- ✓ **No Dairy**

You'll also see that this meal plan provides **4 servings in every recipe**, with some recipes repeating throughout the week to help you save time in the kitchen. Please be sure to scale the recipes to your household and double or triple the recipe if you plan to cook once, and eat several times. (For example, this sample plan provides a breakfast of *Paleo Pumpkin Muffins* on two separate days. To save time, double the recipe so you only have to bake once and enjoy them on separate days.)

Your plan also offers **2 satiating snacks per day**, with some days offering a sweet Paleo treat to satisfy your sweet tooth... while still maintaining your native diet and keeping your calories in a healthy range.

With our meal plans, you don't have to wonder how much of each nutrient you're getting. You'll find a **complete nutritional tally for each day** – including 20+ nutrients.

And this plan will make grocery shopping a breeze! Everything you need to prepare all of the menus for the week is listed in logically ordered list. (Remember, this is a 4 serving meal plan, so multiply or divide appropriately!)

And when you don't feel like cooking, check out the ***Paleo Healthy Shortcuts*** that you can enjoy on the go. You'll find a list of brands on the last page of this plan.

I hope you find that your Print-and-Cook Paleo Meal Plan has everything you need to prepare delicious and healthy meals. In the following pages you'll find:

- ✓ **Quick & Delicious Menus**
- ✓ **4 x 6 Recipe Cards**
- ✓ **Complete Daily Nutrition Information**
- ✓ **Custom Shopping List**
- ✓ **Healthy Shortcuts List**

To achieving your best health... deliciously!

CEO & Editor-in-Chief
Healing Gourmet®

S TOTAL NUTRIENTS Calories: 1569, Fat: 69.9 g, Sat. Fat: 20.4 g, Carbs: 84.3 g, Fiber: 22.1 g, Sugars: 32.2 g, Protein: 157.1 g, Sodium: 1995 mg, Cholesterol: 1010.8 mg

BREAKFAST



Paleo Poached Eggs, Chicken Apple Breakfast Sausage and Berries

3 large pasture-raised eggs, poached
1/2 whole organic grapefruit
2 1/2 ounce(s) US Wellness Meats Chicken Apple Breakfast Sausage

LUNCH



Mediterranean Chopped Salad with Grilled Shrimp and Sun Dried Tomato Vinaigrette

1 Serving(s) Chopped Mediterranean Salad with Grilled Shrimp
1 Serving(s) Sun-Dried Tomato Vinaigrette

DINNER



Coconut Curry Chicken with Zucchini "Spaghetti"

1 Serving(s) Coconut Curry Chicken
1 Serving(s) Zucchini "Spaghetti"

SNACK



Guacamole and Veggie Sticks Snack

1 stalk(s) organic celery, cut into sticks
1 large organic carrot, cut into sticks

1 Serving(s) Guacamole

SNACK



Strawberry Dream Smoothie (Dairy Free, Grain Free)

1 Serving(s) Strawberry Dream (Dairy Free, Grain Free)

M TOTAL NUTRIENTS Calories: 1531, Fat: 78 g, Sat. Fat: 19.7 g, Carbs: 71.1 g, Fiber: 21.2 g, Sugars: 29.1 g, Protein: 147.8 g, Sodium: 1858.7 mg, Cholesterol: 932.4 mg

BREAKFAST



Paleo Poached Eggs, Chicken Apple Breakfast Sausage and Berries

3 large pasture-raised eggs, poached
1/2 whole organic grapefruit
2 1/2 ounce(s) US Wellness Meats Chicken Apple Breakfast Sausage

LUNCH



Arugula Salad with Chicken and Avocado

1 Serving(s) Arugula Salad with Chicken and Avocado

DINNER



Grass-Fed Sirloin Tip Roast, Sautéed Asparagus and Kale Avocado Salad

1 Serving(s) Sautéed Asparagus
1 Serving(s) Roasted Garlic Sirloin Tip Roast
1 Serving(s) Kale Avocado Salad

SNACK



Dessert: Superfood Dark Chocolate Bark with Pumpkin Seeds

1 Serving(s) Superfood Dark Chocolate Bark with Pumpkin Seeds

SNACK



Strawberry Dream Smoothie (Dairy Free, Grain Free)

1 Serving(s) Strawberry Dream (Dairy Free, Grain Free)

T TOTAL NUTRIENTS Calories: 1533, Fat: 68.2 g, Sat. Fat: 15.4 g, Carbs: 74 g, Fiber: 20 g, Sugars: 29.6 g, Protein: 159.8 g, Sodium: 1492.4 mg, Cholesterol: 1065 mg

BREAKFAST



Paleo Poached Eggs, Chicken Apple Breakfast Sausage and Berries

3 large pasture-raised eggs, poached
1/2 whole organic grapefruit
2 1/2 ounce(s) US Wellness Meats Chicken Apple Breakfast Sausage

LUNCH



Mediterranean Chopped Salad with Grilled Shrimp and Sun Dried Tomato Vinaigrette

1 Serving(s) Chopped Mediterranean Salad with Grilled Shrimp
1 Serving(s) Sun-Dried Tomato Vinaigrette

DINNER



Pan-Sautéed Mahi Mahi with Organic Mixed Green Salad with Avocados

1 Serving(s) Simple Spiced Mahi-Mahi
1 Serving(s) Simple Mixed Green Salad with Avocados
1 Serving(s) Clean & Bright Dressing

SNACK



Strawberry Dream Smoothie (Dairy Free, Grain Free)

1 Serving(s) Strawberry Dream (Dairy Free, Grain Free)

SNACK



Pistachios Snack

1 ounce(s) organic raw pistachios

W TOTAL NUTRIENTS Calories: 1540, Fat: 86.1 g, Sat. Fat: 31.8 g, Carbs: 96 g, Fiber: 26.8 g, Sugars: 37.2 g, Protein: 117.4 g, Sodium: 2468.4 mg, Cholesterol: 559.9 mg

BREAKFAST



Primal Breakfast Tostado & Berries

1/2 cup(s) halves fresh organic strawberries
1 Serving(s) Primal Breakfast Tostado

LUNCH



Arugula Salad with Chicken and Avocado

1 Serving(s) Arugula Salad with Chicken and Avocado

DINNER



Thai Basil and Lemongrass Chicken with Zucchini "Spaghetti"

1 Serving(s) Thai Basil & Lemongrass Chicken
1 Serving(s) Zucchini "Spaghetti"

SNACK



Plum & Pistachio Snack

1 whole organic plum
1 ounce(s) organic raw pistachios

SNACK



Dessert: Superfood Dark Chocolate Bark with Pumpkin Seeds

1 Serving(s) Superfood Dark Chocolate Bark with Pumpkin Seeds

T **TOTAL NUTRIENTS** Calories: 1560, Fat: 105 g, Sat. Fat: 19.6 g, Carbs: 73.5 g, Fiber: 28.9 g, Sugars: 26.7 g, Protein: 103.6 g, Sodium: 1787.7 mg, Cholesterol: 583.8 mg

BREAKFAST



Primal Breakfast Tostado & Berries

1/2 cup(s) halves fresh organic strawberries
1 Serving(s) Primal Breakfast Tostado

LUNCH



Arugula Salad with Chicken and Avocado

1 Serving(s) Arugula Salad with Chicken and Avocado

DINNER



Grass Fed Flank Steak Salad with Chimichurri Dressing and Spicy Turnip Frites

1 Serving(s) Grass-Fed Flank Steak Salad with Chimichurri Dressing
1 Serving(s) Spicy Turnip Frites

SNACK



Almond Snack

1 ounce(s) organic raw almonds

SNACK



Dessert: Superfood Dark Chocolate Bark with Pumpkin Seeds

1 Serving(s)
Superfood Dark Chocolate Bark with Pumpkin Seeds

F **TOTAL NUTRIENTS** Calories: 1509, Fat: 74.8 g, Sat. Fat: 20.8 g, Carbs: 91.9 g, Fiber: 25.4 g, Sugars: 35.6 g, Protein: 122.8 g, Sodium: 1974.5 mg, Cholesterol: 687.2 mg

BREAKFAST



Paleo Pumpkin Muffins and Sausage Breakfast

2 1/2 ounce(s) US Wellness Meats Beef Breakfast Italian Sausage Sliders
2 Serving(s) Pumpkin Chia Blueberry Muffins (Grain Free, Dairy Free)

LUNCH



Mediterranean Chopped Salad with Grilled Shrimp and Sun Dried Tomato Vinaigrette

1 Serving(s) Chopped Mediterranean Salad with Grilled Shrimp
1 Serving(s) Sun-Dried Tomato Vinaigrette

DINNER



Herb Rubbed Steak, Sweet Potato Mash & Asparagus

6 spear(s), med organic asparagus, steamed
1 Serving(s) Sweet Potato Mash
1 Serving(s) Herb Rubbed Grass-Fed Sirloin Tip Roast

SNACK



Hazelnut & Goji "Superberry" Snack

1/2 ounce(s) organic raw hazelnuts
1/2 ounce(s) Navitas Naturals

Organic Raw Goji Berries

SNACK



Almond Snack

1 ounce(s) organic raw almonds

S **TOTAL NUTRIENTS** Calories: 1406, Fat: 60.2 g, Sat. Fat: 20.1 g, Carbs: 80.2 g, Fiber: 23.9 g, Sugars: 34.7 g, Protein: 129 g, Sodium: 1668 mg, Cholesterol: 717.2 mg

BREAKFAST



Paleo Pumpkin Muffins and Sausage Breakfast

2 1/2 ounce(s) US Wellness Meats Beef Breakfast Italian Sausage Sliders
2 Serving(s) Pumpkin Chia Blueberry Muffins (Grain Free, Dairy Free)

LUNCH



Mediterranean Chopped Salad with Grilled Shrimp and Sun Dried Tomato Vinaigrette

1 Serving(s) Chopped Mediterranean Salad with Grilled Shrimp
1 Serving(s) Sun-Dried Tomato Vinaigrette

DINNER



Grass-Fed Sirloin Tip Roast, Sautéed Asparagus and Kale Avocado Salad

1 Serving(s) Sautéed Asparagus
1 Serving(s) Roasted Garlic Sirloin Tip Roast
1 Serving(s) Kale Avocado Salad

SNACK



Grass-Fed Beef Jerky Snack

1 ounce(s) U.S. Wellness Meats Grass-Fed Beef Jerky

SNACK



Hazelnut & Goji "Superberry" Snack

1/2 ounce(s) organic raw hazelnuts
1/2 ounce(s) Navitas Naturals

Organic Raw Goji Berries

Nutrition Information | Day 1

Nutrition Information (amounts per serving)

Calories: 1569

MACRONUTRIENTS	AMOUNT	% DAILY VALUE*
Total Fat	69.9 g	*
Saturated Fat	20.4 g	*
Monosaturated Fat	31.3 g	*
Polyunsaturated Fat	10.9 g	*
Trans Fat	0.03 g	*
Essential Fatty Acids (Omega-3)		
ALA	530 mg	*
EPA, DHA	440 mg, 470 mg	*
Conjugated linolenic acid (CLA)	0 mg	*
Cholesterol	1010.8 mg	*
Total Carbohydrate	84.3 g	*
Sugars	32.2 g	*
Fiber	22.1 g	*
Protein	157.1 g	*
MICRONUTRIENTS	AMOUNT	% DAILY VALUE*
VITAMINS		
Vitamin A	14412.3 IU	288%
Vitamin C	224.6 mg	374%
Vitamin D	307.9 IU	77%
Vitamin E	15.7 mg	52%
Vitamin B6	2.3 mg	115%
Vitamin B12	4.2 mcg	70%
Vitamin K	463.2 mg	579%
Folate	436 mcg	545%
Niacin	27.9 mg	140%
Riboflavin	1.6 mg	94%
Thiamin	2 mg	133%
MINERALS		
Calcium	538.5 mg	54%
Copper	0.64 mg	32%
Iron	17.8 mg	99%
Magnesium	353 mg	88%
Manganese	2.8 mg	140%
Phosphorous	1341.3 mg	134%
Potassium	4336 mg	124%
Selenium	147.8 mcg	211%
Sodium	1995 mg	83%
Zinc	8.4 mg	56%
PHYTONUTRIENTS		
Alpha-carotene	716.3 mcg	
Beta-carotene	7571.7 mcg	
Beta-cryptoxanthin	64.2 mcg	
Lutein + zeaxanthin	12216.2 mcg	
Lycopene	11784.3 mcg	

Nutrition Information | Day 2

Nutrition Information (amounts per serving)

Calories: 1531

MACRONUTRIENTS	AMOUNT	% DAILY VALUE*
Total Fat	78 g	*
Saturated Fat	19.7 g	*
Monosaturated Fat	34.6 g	*
Polyunsaturated Fat	13 g	*
Trans Fat	0.03 g	*
Essential Fatty Acids (Omega-3)		
ALA	550 mg	*
EPA, DHA	10 mg, 100 mg	*
Conjugated linolenic acid (CLA)	0 mg	*
Cholesterol	932.4 mg	*
Total Carbohydrate	71.1 g	*
Sugars	29.1 g	*
Fiber	21.2 g	*
Protein	147.8 g	*
MICRONUTRIENTS	AMOUNT	% DAILY VALUE*
VITAMINS		
Vitamin A	14063.1 IU	281%
Vitamin C	171 mg	285%
Vitamin D	52.5 IU	13%
Vitamin E	7.4 mg	25%
Vitamin B6	3.1 mg	155%
Vitamin B12	5.2 mcg	87%
Vitamin K	482 mg	602%
Folate	302.9 mcg	379%
Niacin	40.3 mg	201%
Riboflavin	2.1 mg	124%
Thiamin	3.2 mg	213%
MINERALS		
Calcium	553.2 mg	55%
Copper	0.21 mg	10%
Iron	14.1 mg	78%
Magnesium	267.2 mg	67%
Manganese	1.4 mg	70%
Phosphorous	1484.8 mg	148%
Potassium	3257.2 mg	93%
Selenium	104.6 mcg	149%
Sodium	1858.7 mg	77%
Zinc	12.3 mg	82%
PHYTONUTRIENTS		
Alpha-carotene	38 mcg	
Beta-carotene	6106.2 mcg	
Beta-cryptoxanthin	51.5 mcg	
Lutein + zeaxanthin	21160.7 mcg	
Lycopene	1745.4 mcg	

Nutrition Information | Day 3

Nutrition Information (amounts per serving)

Calories: 1533

MACRONUTRIENTS	AMOUNT	% DAILY VALUE*
Total Fat	68.2 g	*
Saturated Fat	15.4 g	*
Monosaturated Fat	32.9 g	*
Polyunsaturated Fat	12.8 g	*
Trans Fat	0 g	*
Essential Fatty Acids (Omega-3)		
ALA	530 mg	*
EPA, DHA	470 mg, 600 mg	*
Conjugated linolenic acid (CLA)	0 mg	*
Cholesterol	1065 mg	*
Total Carbohydrate	74 g	*
Sugars	29.6 g	*
Fiber	20 g	*
Protein	159.8 g	*
MICRONUTRIENTS	AMOUNT	% DAILY VALUE*
VITAMINS		
Vitamin A	11741.9 IU	235%
Vitamin C	223 mg	372%
Vitamin D	307.9 IU	77%
Vitamin E	8.6 mg	29%
Vitamin B6	2.4 mg	120%
Vitamin B12	5.1 mcg	85%
Vitamin K	261 mg	326%
Folate	305.4 mcg	382%
Niacin	23.4 mg	117%
Riboflavin	1.4 mg	82%
Thiamin	1.4 mg	93%
MINERALS		
Calcium	459.1 mg	46%
Copper	0.67 mg	34%
Iron	14.6 mg	81%
Magnesium	303.9 mg	76%
Manganese	1.6 mg	80%
Phosphorous	1326.8 mg	133%
Potassium	4102 mg	117%
Selenium	186.5 mcg	266%
Sodium	1492.4 mg	62%
Zinc	7.6 mg	51%
PHYTONUTRIENTS		
Alpha-carotene	232.1 mcg	
Beta-carotene	6013.6 mcg	
Beta-cryptoxanthin	108.3 mcg	
Lutein + zeaxanthin	2899.7 mcg	
Lycopene	6798.6 mcg	

Nutrition Information | Day 4

Nutrition Information (amounts per serving)

Calories: 1540

MACRONUTRIENTS	AMOUNT	% DAILY VALUE*
Total Fat	86.1 g	*
Saturated Fat	31.8 g	*
Monosaturated Fat	33.4 g	*
Polyunsaturated Fat	11.4 g	*
Trans Fat	0.06 g	*
Essential Fatty Acids (Omega-3)		
ALA	560 mg	*
EPA, DHA	0 mg, 80 mg	*
Conjugated linolenic acid (CLA)	0 mg	*
Cholesterol	559.9 mg	*
Total Carbohydrate	96 g	*
Sugars	37.2 g	*
Fiber	26.8 g	*
Protein	117.4 g	*
MICRONUTRIENTS	AMOUNT	% DAILY VALUE*
VITAMINS		
Vitamin A	10846.4 IU	217%
Vitamin C	216.5 mg	361%
Vitamin D	35 IU	9%
Vitamin E	7.8 mg	26%
Vitamin B6	2.8 mg	140%
Vitamin B12	1.4 mcg	23%
Vitamin K	116.3 mg	145%
Folate	350.3 mcg	438%
Niacin	33.7 mg	168%
Riboflavin	1.4 mg	82%
Thiamin	2.3 mg	153%
MINERALS		
Calcium	611.9 mg	61%
Copper	0.37 mg	18%
Iron	15.8 mg	88%
Magnesium	315.2 mg	79%
Manganese	3.7 mg	185%
Phosphorous	1255.5 mg	126%
Potassium	3757.9 mg	107%
Selenium	82.4 mcg	118%
Sodium	2468.4 mg	103%
Zinc	7.4 mg	49%
PHYTONUTRIENTS		
Alpha-carotene	154.9 mcg	
Beta-carotene	4246.4 mcg	
Beta-cryptoxanthin	158.4 mcg	
Lutein + zeaxanthin	3203.5 mcg	
Lycopene	3164.8 mcg	

Nutrition Information | Day 5

Nutrition Information (amounts per serving)

Calories: 1560

MACRONUTRIENTS	AMOUNT	% DAILY VALUE*
Total Fat	105 g	*
Saturated Fat	19.6 g	*
Monosaturated Fat	59.6 g	*
Polyunsaturated Fat	15.8 g	*
Trans Fat	0.22 g	*
Essential Fatty Acids (Omega-3)		
ALA	580 mg	*
EPA, DHA	0 mg, 60 mg	*
Conjugated linolenic acid (CLA)	29 mg	*
Cholesterol	583.8 mg	*
Total Carbohydrate	73.5 g	*
Sugars	26.7 g	*
Fiber	28.9 g	*
Protein	103.6 g	*
MICRONUTRIENTS	AMOUNT	% DAILY VALUE*
VITAMINS		
Vitamin A	15723.1 IU	314%
Vitamin C	193.1 mg	322%
Vitamin D	35 IU	9%
Vitamin E	24.8 mg	83%
Vitamin B6	2.3 mg	115%
Vitamin B12	3.4 mcg	57%
Vitamin K	311.3 mg	389%
Folate	271.5 mcg	339%
Niacin	28.3 mg	142%
Riboflavin	1.6 mg	94%
Thiamin	1.8 mg	120%
MINERALS		
Calcium	673.9 mg	67%
Copper	0.33 mg	16%
Iron	19.4 mg	108%
Magnesium	343.4 mg	86%
Manganese	2.4 mg	120%
Phosphorous	1274 mg	127%
Potassium	2747.1 mg	78%
Selenium	92.1 mcg	132%
Sodium	1787.7 mg	74%
Zinc	11.8 mg	79%
PHYTONUTRIENTS		
Alpha-carotene	156.5 mcg	
Beta-carotene	1799.7 mcg	
Beta-cryptoxanthin	131 mcg	
Lutein + zeaxanthin	1756.3 mcg	
Lycopene	3164.9 mcg	

Nutrition Information | Day 6

Nutrition Information (amounts per serving)

Calories: 1509

MACRONUTRIENTS	AMOUNT	% DAILY VALUE*
Total Fat	74.8 g	*
Saturated Fat	20.8 g	*
Monosaturated Fat	36.3 g	*
Polyunsaturated Fat	10.2 g	*
Trans Fat	0.53 g	*
Essential Fatty Acids (Omega-3)		
ALA	410 mg	*
EPA, DHA	430 mg, 390 mg	*
Conjugated linolenic acid (CLA)	76 mg	*
Cholesterol	687.2 mg	*
Total Carbohydrate	91.9 g	*
Sugars	35.6 g	*
Fiber	25.4 g	*
Protein	122.8 g	*
MICRONUTRIENTS	AMOUNT	% DAILY VALUE*
VITAMINS		
Vitamin A	32213.5 IU	644%
Vitamin C	101.8 mg	170%
Vitamin D	272.9 IU	68%
Vitamin E	19 mg	63%
Vitamin B6	2.6 mg	130%
Vitamin B12	7 mcg	117%
Vitamin K	129.5 mg	162%
Folate	242.8 mcg	304%
Niacin	32.7 mg	164%
Riboflavin	1.8 mg	106%
Thiamin	2.9 mg	193%
MINERALS		
Calcium	459.7 mg	46%
Copper	0.71 mg	36%
Iron	18.2 mg	101%
Magnesium	364.7 mg	91%
Manganese	3.8 mg	190%
Phosphorous	1490.3 mg	149%
Potassium	3163.1 mg	90%
Selenium	114.1 mcg	163%
Sodium	1974.5 mg	82%
Zinc	15 mg	100%
PHYTONUTRIENTS		
Alpha-carotene	1142.3 mcg	
Beta-carotene	14150.8 mcg	
Beta-cryptoxanthin	131.8 mcg	
Lutein + zeaxanthin	1607.7 mcg	
Lycopene	3470.9 mcg	

Nutrition Information | Day 7

Nutrition Information (amounts per serving)

Calories: 1406

MACRONUTRIENTS	AMOUNT	% DAILY VALUE*
Total Fat	60.2 g	*
Saturated Fat	20.1 g	*
Monosaturated Fat	22.9 g	*
Polyunsaturated Fat	6.2 g	*
Trans Fat	0.53 g	*
Essential Fatty Acids (Omega-3)		
ALA	550 mg	*
EPA, DHA	430 mg, 390 mg	*
Conjugated linolenic acid (CLA)	76 mg	*
Cholesterol	717.2 mg	*
Total Carbohydrate	80.2 g	*
Sugars	34.7 g	*
Fiber	23.9 g	*
Protein	129 g	*
MICRONUTRIENTS	AMOUNT	% DAILY VALUE*
VITAMINS		
Vitamin A	23705.6 IU	474%
Vitamin C	178.6 mg	298%
Vitamin D	272.9 IU	68%
Vitamin E	10 mg	33%
Vitamin B6	2.4 mg	120%
Vitamin B12	7 mcg	117%
Vitamin K	687.8 mg	860%
Folate	321.8 mcg	402%
Niacin	31.5 mg	158%
Riboflavin	1.6 mg	94%
Thiamin	3.2 mg	213%
MINERALS		
Calcium	526 mg	53%
Copper	0.34 mg	17%
Iron	19.2 mg	107%
Magnesium	300.5 mg	75%
Manganese	2.8 mg	140%
Phosphorous	1345.9 mg	135%
Potassium	3127.7 mg	89%
Selenium	114.3 mcg	163%
Sodium	1668 mg	70%
Zinc	14.4 mg	96%
PHYTONUTRIENTS		
Alpha-carotene	1146.4 mcg	
Beta-carotene	9086.9 mcg	
Beta-cryptoxanthin	45.2 mcg	
Lutein + zeaxanthin	24917.5 mcg	
Lycopene	3470.9 mcg	

My Recipes

- Guacamole
- Coconut Curry Chicken
- Zucchini "Spaghetti"
- Sun-Dried Tomato Vinaigrette
- Chopped Mediterranean Salad with Grilled Shrimp
- Strawberry Dream (Dairy Free, Grain Free)
- Superfood Dark Chocolate Bark with Pumpkin Seeds
- Roasted Garlic Sirloin Tip Roast
- Sautéed Asparagus
- Kale Avocado Salad
- Arugula Salad with Chicken and Avocado
- Simple Spiced Mahi-Mahi
- Clean & Bright Dressing
- Simple Mixed Green Salad with Avocados
- Primal Breakfast Tostado
- Thai Basil & Lemongrass Chicken
- Grass-Fed Flank Steak Salad with Chimichurri Dressing
- Spicy Turnip Frites
- Pumpkin Chia Blueberry Muffins (Grain Free, Dairy Free)
- Herb Rubbed Grass-Fed Sirloin Tip Roast
- Sweet Potato Mash



Guacamole

PREPARATION TIME: 10 minutes **SERVES:** 4

Ingredients

- 1 1/3 medium organic avocados
- 2/3 medium organic tomato
- 1 1/3 Tbsp(s) chopped organic red onion
- 2 Tbsp(s) organic lime juice
- 2 2/3 tsp(s) minced organic garlic

Preparation

Quarter tomatoes, discard seeds, and chop. Halve and pit avocados. Scoop avocado flesh into a bowl and mash. Stir in tomatoes, remaining ingredients. Add salt and pepper to taste. Makes about 2 cups.

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Coconut Curry Chicken

PREPARATION TIME: 45 minutes **SERVES:** 4

Ingredients

- 12 tsp(s) organic almond oil
- 1 Tbsp(s) organic ginger, grated
- 1 package(10oz) organic baby spinach
- 1/2 tsp(s) freshly ground black pepper
- 1 small organic onion, chopped
- 2 -8oz. breast(s) pasture-raised chicken, cut into 1" strips
- 1/2 tsp(s) Celtic sea salt
- 2 cup(s) organic low sodium chicken broth
- 3/4 cup(s) organic unsweetened coconut milk
- 3 Tbsp(s) organic garlic, chopped
- 2 Tbsp(s) organic curry powder
- 1 tsp(s) ground cumin
- 2 Tbsp(s) organic tomato paste
- 2 Tbsp(s) fresh cilantro, chopped
- 1/2 Tbsp(s) organic arrowroot

Preparation

- Heat oil in large pot or Dutch oven over medium heat.
- Add onion and saute until golden, about 5 minutes.
- Add garlic, curry, cumin and ginger. Saute just until fragrant.
- Add tomato paste and arrowroot. Stir to combine.
- Slowly whisk in broth, increase heat to high and bring to a boil.
- Reduce heat to low and simmer 20 minutes, stirring occasionally, until sauce thickens slightly.
- Add chicken to pot, and simmer 10 to 15 minutes, until chicken is just cooked through.
- Whisk in coconut milk and return to a simmer to heat through (do not boil).
- Turn off heat and stir in spinach until it starts to wilt.
- Season with salt and pepper and sprinkle with cilantro before serving.

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Zucchini "Spaghetti"

PREPARATION TIME: 10 minutes **SERVES:** 4

Ingredients

- 2 medium organic zucchini

Preparation

- Using a julienne peeler or mandolin, julienne the zucchini.
- Lightly steam julienned zucchini to crisp tender.
- Keep warm in a covered dish.



Sun-Dried Tomato Vinaigrette

PREPARATION TIME: 5 minutes **SERVES:** 4

Ingredients

- 2 3/5 tsp(s) organic extra virgin olive oil
- 2 3/5 tsp(s) organic red wine vinegar
- 1 1/3 piece(s) organic sun-dried tomato
- 1/3 whole organic shallot, minced
- 1/3 whole organic lemon, juiced

Preparation

- Add sun-dried tomatoes, olive oil, lemon juice, vinegar and shallot to a blender or Magic Bullet.
- Blend well.
- Keep refrigerated for up to one week.

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Chopped Mediterranean Salad with Grilled Shrimp

PREPARATION TIME: 20 minutes **SERVES:** 4

Ingredients

- 4 medium organic tomatoes, seeded and chopped
- 2 medium organic green pepper, seeded and chopped
- 2 medium cucumber, peeled, seeded and chopped
- 4 Tbsp(s) fresh mint, chopped
- 3 Tbsp(s) fresh, flatleaf parsley, chopped
- 2 Tbsp(s) fresh lemon juice
- 1/2 tsp(s) fresh ground black pepper
- 24 ounce(s) wild shrimp

Preparation

- Peel and devein shrimp.
- **FLAVORWAVE METHOD:** Sprinkle shrimp with pepper. Place rack on top setting and cook 2-3 minutes per side or until opaque in the center. **STOVETOP METHOD:** Bring a medium pot of filtered water to a boil. Add shrimp and cook 3-4 minutes, until opaque.
- In a non-reactive bowl, combine the tomatoes, pepper, cucumber, scallions, mint and parsley.
- Add the lemon juice and oil. Toss to blend.
- Separate salad onto serving dishes and top with grilled shrimp.
- Serve with dressing of choice.

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Strawberry Dream (Dairy Free, Grain Free)

PREPARATION TIME: 5 minutes **SERVES:** 4

Ingredients

- 4 Scoop(s) Jay Robb Strawberry Egg White Protein
- 1 packet(s) SweetLeaf Stevia Plus® Sweetener
- 2 cup Cascadian Farm Organic Strawberries
- 4 cup(s) filtered or spring water

Preparation

- Add all ingredients to a blender or Magic Bullet.
- Blend until smooth.

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Superfood Dark Chocolate Bark with Pumpkin Seeds

PREPARATION TIME: 1 hour **SERVES:** 4

Ingredients

- 1/5 tsp(s) sea salt
- 5 1/3 Tbsp(s) Enjoy Life Dark Chocolate Morsels
- 1 1/3 Tbsp(s) dry roasted, lightly salted pumpkin seeds

Preparation

- Line a baking sheet with parchment paper.
- Chop chocolate into small pieces. In a double boiler set over medium heat, melt 3/4 of the chocolate, stirring occasionally.
- Once chocolate is melted, remove from the heat and add remaining chocolate, stirring until melted. Pour in 1/2 of the pumpkin seeds.
- Pour the mixture out onto the parchment, spreading evenly to desired thickness. Sprinkle remaining pumpkin seeds over the top of the chocolate.
- Let bark cool slightly to set up, then sprinkle with sea salt evenly over the top.
- Transfer to refrigerator and chill until firm, about 40 minutes.
- Break into pieces and enjoy. Store in an airtight container in the refrigerator.

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Roasted Garlic Sirloin Tip Roast

PREPARATION TIME: 1 hour **SERVES:** 4

Ingredients

- 2 clove(s) organic garlic, sliced
- 32 ounce(s) grass-fed sirloin tip roast
- 1/3 tsp(s) Celtic sea salt
- 1 1/3 tsp(s) organic garlic powder
- 1/3 tsp(s) freshly ground black pepper

Preparation

- Preheat oven to 325 degrees F.
- Make small cuts in the roast and insert sliced garlic. Season with salt, pepper and garlic powder.
- Place roast on rack in shallow roasting pan. Pour water to cover the bottom of the pan, if you wish, so the meat drippings don't go dry & burn.
- Roast the beef uncovered until done (medium-rare at 140°F, medium at 155°F).
- Remove from oven, transfer to carving board, tent with foil; let stand up to 20 minutes.
- Carve roast into thin slices.
- Serve with the au jus.

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Sautéed Asparagus

PREPARATION TIME: 10 minutes **SERVES:** 4

Ingredients

- 1 pinch Celtic sea salt
- 1 pound(s) organic asparagus, trimmed
- 2 Tbsp(s) organic lemon juice

Preparation

- Add just enough purified or spring water to cover the bottom of a large, safe nonstick saute pan.
- Heat to medium high.
- Once water begins to boil, add the asparagus, lemon juice and salt.
- Cover and cook 2-3 minutes, or just until bright green and crisp-tender.

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Kale Avocado Salad

PREPARATION TIME: 5 minutes **SERVES:** 4

Ingredients

- 1 bunch(es) organic kale
- 1 whole organic lemon, juiced
- 1/2 tsp(s) Celtic sea salt
- 1 medium organic avocado, diced

Preparation

- Tear kale into bite-sized pieces.
- Top with avocado.
- Drizzle with lemon juice and sprinkle with sea salt.
- Serve.

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Arugula Salad with Chicken and Avocado

PREPARATION TIME: 25 minutes **SERVES:** 4

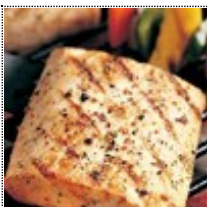
Ingredients

- 6 cup Earthbound Farms Arugula
- 2 -8oz. breast(s) organic chicken breasts
- 2 Tbsp(s) organic extra virgin olive oil
- 2 Tbsp(s) fresh lime juice
- 1 tsp(s) honey
- 1 medium organic avocado, sliced
- 4 medium small organic radishes, thinly sliced
- 1/2 tsp(s) Celtic sea salt
- 1/4 tsp(s) freshly ground black pepper

Preparation

- First, poach chicken. Fill a medium saucepan halfway with filtered or spring water. Bring to a boil. Add the chicken, reduce heat to medium, and gently simmer until cooked through, 12 to 14 minutes. Transfer the chicken to a cutting board and let rest at least 5 minutes before slicing.
- Meanwhile, in a small bowl, whisk together the oil, lime juice, honey, salt, and pepper.
- Divide the arugula among bowls and top with the chicken, avocado, and radishes.
- Drizzle with dressing.
- Serve.

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Simple Spiced Mahi-Mahi

PREPARATION TIME: 10 minutes **SERVES:** 4

Ingredients

- 2 tsp(s) organic coconut oil
- 24 ounce(s) mahi mahi (4-6 oz. fillets)
- 1 tsp(s) garlic powder
- 1 tsp(s) cayenne pepper
- 1 whole organic lemon

Preparation

- Rinse fish and pat dry.
- Season with cayenne and garlic powder.
- Add coconut oil to a safe saute pan and heat to medium-high heat.
- Add fish.
- Cook approximately 4 minutes per side, flipping once.
- Serve with lemon.

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Clean & Bright Dressing

PREPARATION TIME: 5 minutes **SERVES:** 4

Ingredients

- 1 tsp(s) organic raw honey
- 2 Tbsp(s) organic Champagne or raspberry vinegar
- 2 Tbsp(s) organic avocado oil
- 1/10 tsp(s) freshly ground black pepper (to taste)
- 1/2 whole organic lemon, juiced
- 1/2 pinch Celtic sea salt

Preparation

- Add all ingredients to a non-reactive bowl.
- Whisk to combine.
- Serve.

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Simple Mixed Green Salad with Avocados

PREPARATION TIME: 5 minutes **SERVES:** 4

Ingredients

- 8 slice(s) organic red onion
- 2 medium organic tomato, seeded and roughly chopped
- 12 cup(s) organic mixed greens
- 2 cup(s) sliced organic avocado

Preparation

- Arrange mixed greens between two bowls.
- Top with tomatoes, red onion and avocado.
- Serve with dressing of choice.

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Primal Breakfast Tostado

PREPARATION TIME: 10 minutes **SERVES:** 4

Ingredients

- 4 medium organic tomatoes, finely diced
- 4 whole organic limes, juiced
- 2 tsp(s) paprika
- 1 large organic onion, diced
- 2 Tbsp(s) organic cilantro, chopped
- 1 tsp(s) Celtic sea salt
- 1 medium organic avocado
- 2 clove(s) organic garlic, minced
- 2 Tbsp(s) organic extra virgin olive oil
- 8 large pasture-raised eggs
- 1/2 tsp(s) chili powder

Preparation

- First, make the guacamole. Add the avocado, garlic, salt, and juice of 1 lime to a small non-reactive bowl. Mash and set aside.
- Next make the salsa. Combine tomatoes, cilantro, onions, ½ Tbsp. oil, remaining lime juice, chili powder and paprika in a small non-reactive bowl. Set aside.
- Add remaining oil to a safe, nonstick pan over medium high heat.
- Beat the eggs and pour into hot pan. Don't touch the omelet – simply swirl the pan around so that egg move around and the omelet becomes evenly cooked. When the egg begins to slide around in the pan, flip it. Cook on opposite side to desired doneness.
- Place omelet on serving plate. Spoon guacamole mixture over the omelet and top with salsa. Serve.

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Thai Basil & Lemongrass Chicken

PREPARATION TIME: 30 minutes **SERVES:** 4

Ingredients

- 2 Tbsp(s) organic virgin coconut oil
- 2 -8oz. breast(s) pasture-raised chicken, cut into strips
- 2 stalk(s) organic lemongrass, thinly sliced
- 1/2 tsp(s) Celtic sea salt
- 1/4 tsp(s) cayenne pepper
- 1 Tbsp Asian fish sauce
- 6 cup(s) organic baby bok choy, cut into 1" pieces
- 1 tsp(s) organic garlic, minced
- 2 cup(s) organic low sodium chicken broth
- 1 cup(s) organic unsweetened coconut milk
- 8 ounce(s) organic shiitake mushroom caps, 1/4" slices
- 1 tsp(s) organic ginger, grated
- 4 medium organic scallions, sliced
- 1 1/2 Tbsp(s) fresh Thai basil, chopped
- 1 1/2 Tbsp(s) fresh cilantro, chopped

Preparation

- Combine coconut milk, chicken broth, fish sauce and lemongrass in a medium saucepan.
- Simmer over low heat 10 minutes.
- Meanwhile, heat a large safe nonstick skillet over medium-high heat.
- In a large bowl, combine chicken and half the oil. Sprinkle with the salt and cayenne. Toss to coat.
- Add chicken to skillet, in batches, and cook until lightly browned, 4 to 5 minutes, turning halfway through. Transfer to a large Dutch oven and cover to keep warm.
- Wipe out skillet.
- Add remaining oil to skillet over medium-high heat. Add mushrooms and cook until they begin to soften, 3 minutes. Add garlic and ginger. Cook 1 minute, stirring constantly. Add bok choy and cook 2 to 3 minutes to wilt.
- Add vegetables to Dutch oven with chicken. Strain coconut milk mixture into Dutch oven to cover chicken and veggie mixture. Discard lemongrass.
- Heat over medium-high heat, stirring gently, until mixture comes to a boil. Stir in the scallions, basil and cilantro.
- Remove from heat, ladle into serving bowls and serve.

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Grass-Fed Flank Steak Salad with Chimichurri Dressing

PREPARATION TIME: 25 minutes **SERVES:** 4

Ingredients

- 24 ounce(s) grass-fed flank steak
- 6 cup Earthbound Farm Mixed Baby Greens
- 1 bunch(es) organic Italian parsley
- 1/3 cup(s) organic extra virgin olive oil
- 2 tsp(s) fresh organic oregano
- 3 clove(s) organic garlic
- 1/4 Tbsp(s) chipotle pepper sauce
- 3 Tbsp(s) organic red wine vinegar

Preparation

- Heat a grill to medium-high heat or prepare Flavorwave/NuWave Oven.
- Combine parsley (with stems), oregano, and garlic in processor or Magic Bullet; blend 10 seconds. Add oil, vinegar, and hot pepper sauce; blend until almost smooth. Season dressing to taste with salt and pepper.
- Brush grill rack with oil. Sprinkle steak on both sides with salt and pepper. Grill steak to desired doneness, about 5 minutes per side for medium-rare.
- Transfer steak to work surface; let rest 5 minutes. Meanwhile, toss greens in large bowl with just enough dressing to lightly coat.
- Divide greens among serving plates.
- Thinly slice steak across grain on slight diagonal. Arrange steak atop greens. Drizzle with remaining dressing.
- Serve.

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Spicy Turnip Frites

PREPARATION TIME: 40 minutes **SERVES:** 4

Ingredients

- 2 medium organic turnips, peeled
- 1/4 tsp(s) organic chili powder
- 1/2 tsp(s) Celtic sea salt
- 1 Tbsp(s) organic extra virgin olive oil

Preparation

- Heat oven to 425 F.
- Cut turnips into 2 x 1/2 sticks.
- Place on a baking sheet.
- Drizzle with oil and sprinkle with salt and chili powder. Toss with your hands to coat. Spread out in a single layer.
- Roast fries 30 minutes, turning halfway through cooking time for even browning.
- Serve immediately.

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Pumpkin Chia Blueberry Muffins (Grain Free, Dairy Free)

PREPARATION TIME: 35 minutes **SERVES:** 4

Ingredients

- 1/10 tsp(s) baking soda
- 2 2/3 Tbsp Bob's Red Mill Organic Coconut Flour
- 2 large pastured eggs
- 1 1/3 Tbsp(s) virgin coconut oil, melted
- 2/3 tsp organic vanilla extract
- 2/3 tsp(s) organic cinnamon
- 2/3 tsp(s) organic chia
- 1 1/3 Tbsp(s) frozen organic blueberries
- 1 1/3 Tbsp(s) organic canned pumpkin
- 1 1/3 Tbsp(s) Navitas Naturals Organic Palm Sugar
- 1/5 tsp(s) Celtic Sea Salt
- 6 2/3 drop SweetLeaf® SteviaClear Liquid Stevia

Preparation

- Preheat the oven to 350 degrees.
- In a medium bowl, combine dry ingredients and whisk to combine.
- In a separate medium bowl, add all wet ingredients except blueberries. Using an electric mixer mix on high for 2 minutes to fully combine.
- Pour wet ingredients into dry ingredients and mix well. Fold in frozen blueberries.
- Pour the batter into a muffin tin lined with unbleached paper liners - filling about two-thirds full.
- Bake for about 25 minutes or until the tops spring back when touched.

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Herb Rubbed Grass-Fed Sirloin Tip Roast

PREPARATION TIME: 1 hour **SERVES:** 4

Ingredients

- 2/3 tsp(s) organic garlic powder
- 2 2/3 tsp(s) organic paprika
- 2 2/3 tsp(s) Celtic sea salt
- 1/2 tsp(s) freshly ground black pepper
- 1/3 tsp(s) organic onion powder
- 1/3 tsp(s) organic cayenne pepper
- 1/3 tsp(s) dried organic oregano
- 32 ounce(s) grass-fed sirloin tip roast
- 1 1/3 Tbsp(s) organic extra virgin olive oil
- 1/3 tsp(s) dried organic thyme

Preparation

- In a small bowl, mix the paprika, salt, garlic powder, black pepper, onion powder, cayenne pepper, oregano, and thyme. Stir in the olive oil, and set aside.
- Preheat oven to 350 degrees F. Line a baking sheet with foil.
- Place the roast on an oiled baking sheet. Rub the roast on all sides with the spice mixture.
- Roast 1 hour in the preheated oven, or to a minimum internal temperature of 145 degrees F.
- Let sit 15 minutes before slicing.
- Serve.

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Sweet Potato Mash

PREPARATION TIME: 20 minutes **SERVES:** 4

Ingredients

- 4 medium organic sweet potatoes, peeled, cut in 1/2" pieces

Preparation

- Add filtered or spring water to a large pot and bring to a boil.
- Add potatoes and boil potatoes for 10-15 minutes or until they are soft but not falling apart.
- Drain potatoes and place in a large bowl.
- Mash with a potato masher until smooth.
- Serve.

My Shopping List

Fruits

- **Avocados:** 2 medium organic avocado; 2 cup(s) sliced organic avocado; 3 medium organic avocado, sliced; 2 medium organic avocado, diced; 1 1/3 medium organic avocados
- **Blueberries:** 2 2/3 Tbsp(s) frozen organic blueberries
- **Grapefruit:** 6 whole organic grapefruit
- **Lemon:** 1 whole organic lemon; 4 Tbsp(s) organic lemon juice; 1 cup(s) fresh lemon juice; 3 4/5 whole organic lemon, juiced
- **Lime Juice:** 2 Tbsp(s) organic lime juice; 6 Tbsp(s) fresh lime juice
- **Limes:** 8 whole organic limes, juiced
- **Plums:** 4 whole organic plum
- **Strawberries:** 4 cup(s) halves fresh organic strawberries

Canned & Dry Goods

- **Honey :** 1 tsp(s) raw honey
- **Almond Oil:** 3 Tbsp(s) organic almond oil
- **Arrowroot:** 2 tsp(s) organic arrowroot
- **Avocado Oil :** 2 Tbsp(s) organic avocado oil
- **Celtic Sea Salt:** 1/3 tsp(s)
- **Champagne Vinegar:** 2 Tbsp(s) organic Champagne or raspberry vinegar
- **Chicken Broth :** 4 cup(s) organic low sodium chicken broth
- **Coconut Oil:** 2 2/3 Tbsp(s) virgin coconut oil, melted; 2 Tbsp(s) organic virgin coconut oil; 2 tsp(s) organic coconut oil
- **Enjoy Life Dark Chocolate Morsels:** 2 cup(s)
- **Fish Sauce:** 1 Tbsp Asian fish sauce
- **Honey:** 3 tsp(s) honey
- **Jay Robb Strawberry Egg White Protein:** 12 Scoop(s)
- **Navitas Naturals Organic Palm Sugar:** 2 2/3 Tbsp(s)
- **Navitas Naturals Organic Raw Goji Berries:** 4 ounce(s)
- **Non-Aluminum Baking Soda:** 1/5 tsp(s) baking soda
- **Olive Oil:** 2 1/5 cup(s) organic extra virgin olive oil
- **Red Wine Vinegar:** 5 3/5 Tbsp(s) organic red wine vinegar
- **SweetLeaf Stevia Plus® Sweetener:** 3 packet(s)
- **SweetLeaf® SteviaClear Liquid Stevia:** 13 1/3 drop
- **U.S. Wellness Meats Grass-Fed Beef Jerky:** 4 ounce(s)
- **Water:** 12 cup(s) filtered or spring water

Herbs & Spices

- **Basil:** 1 1/2 Tbsp(s) fresh Thai basil, chopped
- **Black Pepper:** 1/10 tsp(s) freshly ground black pepper (to taste); 2 tsp(s) fresh ground black pepper ; 2 2/5 tsp(s) freshly ground black pepper
- **Cayenne Pepper:** 1/3 tsp(s) organic cayenne pepper; 1 1/4 tsp(s) cayenne pepper
- **Chili Powder:** 1/4 tsp(s) organic chili powder; 1 tsp(s) chili powder
- **Cilantro:** 4 Tbsp(s) organic cilantro, chopped; 3 1/2 Tbsp(s) fresh cilantro, chopped
- **Cinnamon:** 1 1/3 tsp(s) organic cinnamon
- **Cumin:** 1 tsp(s) ground cumin
- **Curry Powder:** 2 Tbsp(s) organic curry powder
- **Ginger:** 1 1/4 Tbsp(s) organic ginger, grated
- **Lemongrass:** 2 stalk(s) organic lemongrass, thinly sliced
- **Oregano:** 1/3 tsp(s) dried organic oregano; 2 tsp(s) fresh organic oregano
- **Paprika:** 2 2/3 tsp(s) organic paprika; 1 Tbsp(s) paprika
- **Parsley:** 1 bunch(es) organic Italian parsley; 1 1/2 cup(s) fresh, flatleaf parsley, chopped
- **Peppermint:** 2 cup(s) fresh mint, chopped
- **Salt:** 1 1/2 tsp(s) Celtic sea salt ; 2 1/2 pinch Celtic sea salt; 1/2 tsp(s) sea salt; 2 Tbsp(s) Celtic sea salt
- **Thyme:** 1/3 tsp(s) dried organic thyme
- **Vanilla:** 1 1/3 tsp organic vanilla extract

Vegetables

- **Asparagus:** 24 spear(s), med organic asparagus, steamed; 2 pound(s) organic asparagus, trimmed
- **Bok Choy:** 6 cup(s) organic baby bok choy, cut into 1" pieces
- **Carrots:** 4 large organic carrot, cut into sticks
- **Celery:** 4 stalk(s) organic celery, cut into sticks
- **Cucumber:** 8 medium cucumber, peeled, seeded and chopped
- **Earthbound Farm Baby Arugula:** 18 cup Earthbound Farms Arugula
- **Earthbound Farm Mixed Baby Greens:** 6 cup
- **Garlic:** 3 clove(s) organic garlic; 1 tsp(s) organic garlic, minced; 4 clove(s) organic garlic, minced; 1 tsp(s) garlic powder; 4 clove(s) organic garlic, sliced; 3 1/3 tsp(s) organic garlic powder; 3 Tbsp(s) organic garlic, chopped; 2 2/3 tsp(s) minced organic garlic
- **Kale:** 2 bunch(es) organic kale
- **Lettuce:** 12 cup(s) organic mixed greens
- **Onions:** 1/3 tsp(s) organic onion powder; 2 large organic onion, diced; 8 slice(s) organic red onion; 1 small organic onion, chopped ; 1 1/3 Tbsp(s) chopped organic red onion
- **Peppers:** 1 tsp(s) chipotle pepper sauce; 8 medium organic green pepper, seeded and chopped
- **Pumpkin:** 2 2/3 Tbsp(s) organic canned pumpkin
- **Radishes:** 12 medium small organic radishes, thinly sliced
- **Scallion:** 4 medium organic scallions, sliced
- **Shallot:** 1 1/3 whole organic shallot, minced
- **Shiitake Mushroom:** 8 ounce(s) organic shiitake mushroom caps, 1/4" slices
- **Spinach:** 1 package(10oz) organic baby spinach
- **Sweet Potato:** 4 medium organic sweet potatoes, peeled, cut in 1/2" pieces
- **Tomatoes:** 8 medium organic tomatoes, finely diced; 2 medium organic tomato, seeded and roughly chopped; 16 medium organic tomatoes, seeded and chopped; 5 1/3 piece(s) organic sun-dried tomato; 2 Tbsp(s) organic tomato paste; 2/3 medium organic tomato
- **Turnips:** 2 medium organic turnips, peeled
- **Zucchini:** 4 medium organic zucchini

Dairy & Egg Products

- **Eggs:** 36 large pasture-raised eggs, poached; 4 large pastured eggs; 16 large pasture-raised eggs

Seafood

- **Mahi Mahi:** 24 ounce(s) mahi mahi (4-6 oz. fillets)
- **Shrimp:** 96 ounce(s) wild shrimp

Meats & Poultry

- **Chicken:** 30 ounce(s) US Wellness Meats Chicken Apple Breakfast Sausage; 2 -8oz. breast(s) pasture-raised chicken, cut into strips; 6 -8oz. breast(s) organic chicken breasts; 2 -8oz. breast(s) pasture-raised chicken, cut into 1" strips
- **Grass-Fed Beef:** 20 ounce(s) US Wellness Meats Beef Breakfast Italian Sausage Sliders; 24 ounce(s) grass-fed flank steak; 96 ounce(s) grass-fed sirloin tip roast

Nuts & Seeds

- **Almonds:** 8 ounce(s) organic raw almonds
- **Bob's Red Mill Organic Coconut Flour:** 5 1/3 Tbsp
- **Chia:** 1 1/3 tsp(s) organic chia
- **Coconut:** 1 3/4 cup(s) organic unsweetened coconut milk
- **Hazelnuts:** 4 ounce(s) organic raw hazelnuts
- **Pistachios:** 8 ounce(s) organic raw pistachios
- **Pumpkin Seeds:** 4 1/10 Tbsp(s) dry roasted, lightly salted pumpkin seeds

Frozen Foods

- **Cascadian Farm Organic Strawberries:** 6 cup

My Healthy Shortcuts

Lunch

- Applegate Farms Organic Turkey Burger
- King Oscar Mediterranean Style Sardines
- Season Skinless & Boneless Sardines in Olive Oil
- Vital Choice Wild Portuguese Sardines in Tomato Sauce

Dinner

- Applegate Farms Organic Turkey Burger

Snack

- Foods Alive Italian Zest Golden Flax Gluten-Free Crackers
- Go Raw Chocolate Super Cookies
- King Oscar Mediterranean Style Sardines
- Navitas Naturals Organic Raw Cacao Nibs
- Navitas Naturals Organic Raw Trail Mix - Gojis Cacao Nibs Cashews
- Navitas Naturals Organic Trail Mix - 3 Berries Cacao Nibs Cashews
- Navitas Naturals Organic Trail Mix - Mulberries Gojis Goldenberries
- Nutiva Organic Coconut Manna
- Nutiva Organic HempShake
- Nutiva Organic Raw Coconut Chips
- U.S. Wellness Meats Grass-Fed Beef Jerky