

Egg Roll in a Bowl

4 SERVINGS 30 MINUTES



INGREDIENTS

2 tbsps Avocado Oil
1 Yellow Onion (medium, diced)
5 stalks Green Onion (diced)
4 Garlic (cloves, minced)
1 tbsp Ginger (peeled and grated)
1 lb Lean Ground Pork
6 cups Coleslaw Mix
2 cups Bean Sprouts
1/4 cup Coconut Aminos

DIRECTIONS

- 01 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.
- 02 Add the pork and break it up as it cooks. Cook for about 7 to 10 minutes, or until cooked through.
- 03 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

NO COCONUT AMINOS

Use tamari or soy sauce instead.

MEAT-FREE

Replace the ground meat with scrambled eggs or tofu.

Cucumber & Pepper Tabbouleh with Chicken

4 SERVINGS 30 MINUTES



INGREDIENTS

- 1 lb Chicken Breast (boneless, skinless)
- 2 tbsps Italian Seasoning
- 1 1/2 cups Parsley (tough stems removed, finely chopped)
- 1/3 cup Mint Leaves (finely chopped)
- 1 Cucumber (medium, finely diced)
- 1 Red Bell Pepper (large, finely diced)
- 3 stalks Green Onion (thinly sliced)
- 3 tbsps Red Wine Vinegar
- 3 tbsps Extra Virgin Olive Oil
- 1/4 tsp Sea Salt (to taste)

DIRECTIONS

- 01 Preheat the oven to 350°F (180°C) and line a baking sheet with parchment paper.
- 02 Lay the chicken breast on the baking sheet and sprinkle with Italian seasoning. Place in the oven for about 30 minutes, or until cooked through.
- 03 In a large bowl, combine the parsley, mint, cucumber, bell pepper, and green onion.
- 04 In a jar, whisk together the red wine vinegar, oil, and salt (to taste).
- 05 Divide the tabbouleh and chicken into containers. Drizzle the dressing over top or store on the side. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

MORE FLAVOR

Add olive oil, minced garlic, and black pepper to taste.

ADDITIONAL TOPPINGS

Diced tomato, quinoa, cauliflower rice, and/or avocado.

Meal Prep Chicken & Cilantro Lime Quinoa

2 SERVINGS 15 MINUTES



INGREDIENTS

1/2 cup Quinoa (uncooked)
1/4 cup Cilantro (chopped)
2 tsps Lime Juice (to taste)
1/8 tsp Sea Salt (to taste)
4 cups Arugula (packed)
2 Carrot (small, chopped)
8 ozs Chicken Breast, Cooked (sliced)
1 stalk Green Onion (sliced)

DIRECTIONS

- 01 Cook the quinoa according to the package directions and let cool.
- 02 Toss the quinoa with cilantro, lime juice, and salt.
- 03 Divide the arugula, quinoa, carrots, and chicken between containers. Garnish with green onions and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Use balsamic vinegar or your dressing of choice.

ADDITIONAL TOPPINGS

Cherry tomatoes, avocado, crushed almonds, hemp seeds, or pumpkin seeds.

Deconstructed Sushi Bowl

2 SERVINGS 20 MINUTES



INGREDIENTS

- 1 tsp Avocado Oil
- 4 cups Cauliflower Rice
- 2 tsps Coconut Aminos
- 1/2 Cucumber (sliced into sticks)
- 1 Avocado (peeled and chopped)
- 4 Nori Sheets (snack size, torn into pieces)
- 8 ozs Smoked Salmon
- 2 tsps Sesame Seeds
- 2 tsps Mayonnaise
- 1/8 tsp Cayenne Pepper (optional)

DIRECTIONS

- 01 Heat a skillet over medium heat. Add the avocado oil and then the riced cauliflower. Saute for 5 to 7 minutes, then add the coconut aminos and stir to coat. Remove from heat.
- 02 Divide the cauliflower rice into bowls. Top each bowl evenly with cucumber, avocado, nori and smoked salmon. Garnish with sesame seeds.
- 03 Mix the mayonnaise with cayenne in a small bowl and drizzle on top of the bowls. Enjoy!

NOTES

LEFTOVERS

This bowl is best served immediately but can be stored in the fridge up to 2 days and served cold.

NO COCONUT AMINOS

Use tamari or soy sauce instead.

Chicken, Kale & Avocado Bowl

4 SERVINGS 20 MINUTES



INGREDIENTS

- 1 tsp Avocado Oil
- 12 White Button Mushrooms (sliced)
- 8 cups Kale Leaves (chopped)
- 1/4 tsp Sea Salt (divided)
- 1 lb Extra Lean Ground Chicken
- 1/2 tsp Dried Thyme
- 1/2 tsp Onion Powder
- 1/4 tsp Oregano
- 1/4 tsp Garlic Powder
- 2 Avocado (sliced)

DIRECTIONS

- 01 Heat a large skillet over medium heat and add the avocado oil and then the mushrooms. Cook for 8 to 10 minutes, until cooked through. Add the kale leaves and stir, cooking until just wilted. Season with half of the sea salt. Remove from the skillet and set aside.
- 02 In the same skillet, over medium heat, add the chicken, thyme, onion powder, oregano, garlic and the remaining sea salt. Cook for 10 to 12 minutes or until cooked through.
- 03 Add the mushrooms, kale and chicken to a bowl and top with sliced avocado. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Season the mushrooms and kale with additional spices or herbs.

ADDITIONAL TOPPINGS

Top with fresh herbs such as parsley.

NO AVOCADO OIL

Use olive or coconut oil instead.