

Dr. Bob Bacon

## AIP

Created by Dr. Bob Bacon



# AIP

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Berry Coconut Smoothie	Sweet Potato & Parsnip Hash	Sweet Potato & Parsnip Hash	Collagen Green Smoothie	Berry Coconut Smoothie	Apple Turkey Sausage Patties with Sauteed Greens	Orange Cantaloupe Smoothie
Snack 1	Immunity Boosting Bone Broth	Golden Turmeric Latte	Immunity Boosting Bone Broth	Golden Turmeric Latte	Immunity Boosting Bone Broth	Golden Turmeric Latte	Immunity Boosting Bone Broth
Lunch	Chicken Kale Salad with Avocado Dressing	Chicken Kale Salad with Avocado Dressing	Beef, Spinach & Cabbage Skillet	Shrimp & Veggie Curry	Egg Roll in a Bowl	One Pan Chicken, Golden Cauliflower & Carrot Fries	Glazed Salmon with Broccolini
Snack 2	Applesauce, Coconut Yogurt & Strawberries	Carrots & Guacamole	Carrots & Guacamole	Coconut Yogurt, Strawberries & Blackberries	Guacamole & Plantain Chips	Carrots & Guacamole	Coconut Yogurt, Strawberries & Blackberries
Dinner	Honey Ginger Salmon & Roasted Fennel Roasted Broccoli	Beef, Spinach & Cabbage Skillet	Shrimp & Veggie Curry	Egg Roll in a Bowl	One Pan Chicken, Golden Cauliflower & Carrot Fries	Glazed Salmon with Broccolini	Bison Meatballs & Cauliflower Mash
Snack 3	Coconut Banana Energy Bites	Coconut Banana Energy Bites	Lemon Blueberry Fat Bombs	Lemon Blueberry Fat Bombs	Coconut Shortbread Cookies	Coconut Shortbread Cookies	Lemon Coconut Power Balls

# AIP

73 items

## Fruits

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- ☐ 1/4 Apple
- ☐ 4 3/4 Avocado
- ☐ 1 1/2 Banana
- ☐ 2 cups Blackberries
- ☐ 1 cup Blueberries
- ☐ 1/4 Cantaloupe
- ☐ 1/2 Lemon
- ☐ 3 1/2 tbsps Lemon Juice
- ☐ 2 1/2 tsps Lemon Zest
- ☐ 2 Lime
- ☐ 1 tbsp Lime Juice
- ☐ 1/2 Navel Orange
- ☐ 1 1/2 cups Strawberries

## Breakfast

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- ☐ 2 tbsps Maple Syrup

## Seeds, Nuts & Spices

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- ☐ 1 3/4 tsps Cinnamon
- ☐ 2 tsps Dried Parsley
- ☐ 1 tsp Dried Thyme
- ☐ 1 1/3 tsps Garlic Powder
- ☐ 3/4 tsp Italian Seasoning
- ☐ 1 3/4 tbsps Sea Salt
- ☐ 1 1/2 tbsps Turmeric

## Frozen

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- ☐ 1/2 cup Frozen Berries
- ☐ 5 Ice Cubes

## Vegetables

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- ☐ 8 cups Baby Spinach
- ☐ 2 cups Bean Sprouts
- ☐ 1 1/2 cups Broccoli
- ☐ 16 ozs Broccolini
- ☐ 12 Carrot
- ☐ 1 1/2 heads Cauliflower
- ☐ 2 stalks Celery
- ☐ 6 cups Coleslaw Mix
- ☐ 1 Cucumber
- ☐ 1 bulb Fennel
- ☐ 14 Garlic
- ☐ 1/4 cup Ginger
- ☐ 6 stalks Green Onion
- ☐ 4 cups Kale Leaves
- ☐ 1 3/4 cups Parsley
- ☐ 2 Parsnip
- ☐ 2 cups Purple Cabbage
- ☐ 1 Sweet Potato
- ☐ 3 Yellow Onion
- ☐ 1 Zucchini

## Boxed & Canned

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- ☐ 4 cups Canned Coconut Milk
- ☐ 1/2 cup Plantain Chips

## Baking

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- ☐ 2 tbsps Arrowroot Powder
- ☐ 3/4 cup Coconut Flour
- ☐ 1/4 cup Coconut Sugar
- ☐ 1 tsp Honey
- ☐ 2 tbsps Nutritional Yeast
- ☐ 1/3 cup Raw Honey
- ☐ 1/4 cup Unsweetened Applesauce
- ☐ 2 cups Unsweetened Coconut Flakes
- ☐ 1 1/4 cups Unsweetened Shredded Coconut
- ☐ 2 tsps Vanilla Extract

## Bread, Fish, Meat & Cheese

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- ☐ 8 ozs Chicken Breast
- ☐ 8 ozs Chicken Breast, Cooked
- ☐ 4 ozs Extra Lean Ground Turkey
- ☐ 1 lb Ground Bison
- ☐ 1 1/4 lbs Lean Ground Beef
- ☐ 1 lb Lean Ground Pork
- ☐ 1 lb Salmon Fillet
- ☐ 12 ozs Shrimp
- ☐ 1 Whole Chicken Carcass

## Condiments & Oils

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- ☐ 1 1/16 tbsps Apple Cider Vinegar
- ☐ 1/4 cup Avocado Oil
- ☐ 2/3 cup Coconut Aminos
- ☐ 1 1/2 cups Coconut Butter
- ☐ 2/3 cup Coconut Oil
- ☐ 1/3 cup Extra Virgin Olive Oil

## Cold

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- ☐ 2 1/8 cups Unsweetened Coconut Yogurt

## Other

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- ☐ 3 1/4 ozs Collagen Powder
- ☐ 10 1/4 cups Water

# Berry Coconut Smoothie

4 ingredients · 5 minutes · 1 serving



## Directions

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1. Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

## Notes

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### Leftovers

Best enjoyed immediately.

### Serving Size

One serving is approximately 3/4 cup.

### More Flavor

Add baby spinach, hemp seeds, and/or chia seeds before blending.

### Make it Vegan

Omit collagen powder and use plant-based protein powder.

## Ingredients

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**1/2 cup** Canned Coconut Milk (full fat)

**1/4 cup** Frozen Berries

**1/8** Avocado

**1/3 oz** Collagen Powder



# Sweet Potato & Parsnip Hash

10 ingredients · 35 minutes · 4 servings



## Directions

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1. In a large cast-iron skillet, heat the oil over medium heat. Add the beef and break it up as it cooks.
2. Add half of the coconut aminos, half of the salt, and half of the garlic powder. Mix to combine.
3. Cook the beef for seven to eight minutes or until it is cooked through. Using a slotted spoon, place the beef into a bowl and set aside.
4. Add the onions, sweet potato, parsnips, parsley, remaining coconut aminos, remaining salt, and remaining garlic powder to the skillet. Mix to combine.
5. Cook for 15 minutes or until the sweet potato is fork tender. Stir occasionally and add water if necessary to prevent sticking. Add the beef back in and mix to combine.
6. Lastly, add the spinach and cook until wilted, about two to three minutes. Divide evenly between plates and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is equal to approximately 1 1/2 cups.

### Additional Toppings

Sliced avocado, fresh herbs, and/or hot sauce.

### No Ground Beef

Use ground turkey, chicken, or pork.

## Ingredients

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**1 tbsp** Avocado Oil  
**10 ozs** Lean Ground Beef  
**1/4 cup** Coconut Aminos (divided)  
**1/2 tsp** Sea Salt (divided)  
**1 tsp** Garlic Powder (divided)  
**1/2** Yellow Onion (diced)  
**1** Sweet Potato (medium, cubed)  
**2** Parsnip (peeled, cubed)  
**1 tsp** Dried Parsley  
**2 cups** Baby Spinach

# Collagen Green Smoothie

5 ingredients · 5 minutes · 1 serving



## Directions

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1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

## Notes

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### No Collagen Powder

Omit or use protein powder instead.

### No Spinach

Use kale or romaine lettuce instead.

### Make it Vegan/Vegetarian

Omit the collagen and use a plant-based protein powder instead.

### Leftovers

Best enjoyed immediately.

## Ingredients

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**1 cup** Water

**2 cups** Baby Spinach

**1/2** Avocado

**1/2** Banana (frozen)

**1/2 oz** Collagen Powder

# Apple Turkey Sausage Patties with Sauteed Greens

9 ingredients · 30 minutes · 1 serving



## Directions

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

## Notes

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### Serving Size

There are approximately three thin patties per serving.

### Leftovers

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

### Best Flavor

A tart apple like a Granny Smith or Honeycrisp works best for this recipe.

### No Spinach

Use another leafy green like kale, Swiss chard or collard greens.

### No Ground Turkey

Use ground chicken, lamb, beef, pork or bison instead.

## Ingredients

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**4 ozs** Extra Lean Ground Turkey  
**1/4** Apple  
**3/4 tsp** Ginger (peeled and grated)  
**3/4 tsp** Italian Seasoning  
**1/4 tsp** Apple Cider Vinegar  
**1/8 tsp** Sea Salt  
**1 1/2 tsps** Extra Virgin Olive Oil (divided)  
**2 cups** Baby Spinach  
**3/4 tsp** Water



# Orange Cantaloupe Smoothie

7 ingredients · 5 minutes · 1 serving



## Directions

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1. Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

## Notes

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### Leftovers

Best enjoyed immediately.

### Make It Vegan

Omit collagen powder and use plant-based protein powder.

### Additional Toppings

Add spinach, hemp seeds, or chia seeds to your smoothie.

## Ingredients

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**1/4** Cantaloupe (small, chopped)

**1/2** Navel Orange (peeled)

**1/2 cup** Water

**1/2 cup** Canned Coconut Milk

**2 tbsps** Unsweetened Coconut Yogurt

**2/3 oz** Collagen Powder

**5** Ice Cubes



# Immunity Boosting Bone Broth

9 ingredients · 12 hours · 4 servings



## Directions

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1. Place the bones in the slow cooker. Add all remaining ingredients. Set slow cooker to low and let cook for at least 12 hours.
2. After 12 hours, strain the broth through a strainer or mesh sack. Discard the vegetables that you strained out. Allow broth to cool. Once cool, remove the layer of fat that forms on the top and discard or save it for future cooking. Freeze broth until ready to use.

## Notes

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### Leftovers

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

### Serving Size

One serving is approximately 1 to 1 1/2 cups.

### Low FODMAP

Omit garlic and onions.

## Ingredients

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- 1 Whole Chicken Carcass (about 2 lbs of bones)
- 1 Carrot (peeled and chopped)
- 1 Yellow Onion (diced)
- 2 stalks Celery (chopped)
- 3 Garlic (cloves, halved)
- 1 tbsp Apple Cider Vinegar
- 1 tsp Sea Salt
- 1 cup Parsley (chopped)
- 6 cups Water

# Golden Turmeric Latte

7 ingredients · 10 minutes · 1 serving



## Directions

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1. Grate the ginger then squeeze the juice out of it into a saucepan. Discard the pulp. Add the remaining ingredients to the saucepan and place over medium heat. Heat through for about 3 to 5 minutes, not letting it come to a boil. Whisk continuously.
2. Carefully transfer into a mason jar and seal with a lid. Shake vigorously for about 30 seconds, or until a foam starts to form. (Note: You can also use a blender for this step, but the turmeric can stain the blender cup.) Pour into glasses through a sieve and enjoy!

## Notes

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### Use Fresh Turmeric Root

Skip the turmeric powder and use fresh turmeric root instead. Peel turmeric root and grate. Measure out about 1 tbsp grated turmeric root per serving.

### Avoid a Mess

Rinse all glasses and mugs out right after use to avoid turmeric stains. Use baking soda on turmeric stains if they do happen.

### On-the-Go

Add all ingredients except water to a mason jar. When ready to drink, just add hot water from the kettle and shake up for a warming, anti-inflammatory snack.

### Vegan

Use maple syrup to sweeten instead of honey.

## Ingredients

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**1 1/2 tsps** Ginger (grated)  
**1/2 cup** Canned Coconut Milk  
**1/2 cup** Water  
**1/2 tsp** Turmeric (powder)  
**1 1/2 tsps** Raw Honey  
**1/4 tsp** Cinnamon  
**3/4 tsp** Coconut Oil

# Chicken Kale Salad with Avocado Dressing

8 ingredients · 10 minutes · 2 servings



## Directions

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1. Add the avocado, parsley, green onion, salt, and half the water into a food processor. Blend until smooth, scraping down the sides as needed. Add more water, one tablespoon at a time until your desired consistency is reached.
2. Divide the kale, chicken, and cucumber into bowls. Top with avocado dressing and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving equals approximately two cups of kale, four ounces of chicken, one cup of cucumber, and half a cup of dressing.

### More Flavor

Add lemon juice, garlic powder, onion powder, black pepper, or cilantro to the dressing. Substitute some of the water with extra virgin olive oil.

## Ingredients

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- 1 Avocado (medium)
- 1/2 cup Parsley (stems removed)
- 1 stalk Green Onion (trimmed, chopped)
- 1/4 tsp Sea Salt (to taste)
- 3/4 cup Water (divided)
- 4 cups Kale Leaves (tough stems removed, finely chopped)
- 8 ozs Chicken Breast, Cooked (chopped)
- 1 Cucumber (medium, chopped)



# Applesauce, Coconut Yogurt & Strawberries

3 ingredients · 5 minutes · 1 serving



## Directions

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1. Add the coconut yogurt and applesauce to a bowl. Stir to combine and top with strawberries. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to four days.

## Ingredients

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**1 cup** Unsweetened Coconut Yogurt

**1/4 cup** Unsweetened Applesauce

**1 cup** Strawberries (chopped)



# Carrots & Guacamole

4 ingredients · 5 minutes · 2 servings



## Directions

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1. Peel and slice carrots into sticks.
2. Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.
3. Dip the carrots into the guac & enjoy!

## Notes

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### Leftovers

Store the guacamole in an airtight container in the refrigerator for up to two days. Sliced carrots can be stored in the refrigerator for up to four days.

### Spice it Up

Add chili flakes, salsa and/or chopped cilantro to the guacamole.

## Ingredients

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- 4 Carrot (medium)
- 1 Avocado
- 1 Lime (juiced)
- 1/4 tsp Sea Salt (or more to taste)

# Coconut Yogurt, Strawberries & Blackberries

3 ingredients · 5 minutes · 1 serving



## Directions

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1. Add the coconut yogurt, strawberries, and blackberries to a bowl. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to four days.

## Ingredients

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**1/2 cup** Unsweetened Coconut Yogurt

**1/4 cup** Strawberries (chopped)

**1 cup** Blackberries

# Guacamole & Plantain Chips

5 ingredients · 10 minutes · 2 servings



## Directions

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1. In a bowl, mash together the avocado, nutritional yeast, lemon juice, and sea salt with a fork.
2. Place the guacamole in a bowl and serve with plantain chips. Enjoy!

## Notes

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### Leftovers

Best enjoyed immediately but the guacamole can be stored in a resealable container in the fridge for up to one to two days.

### Serving Size

One serving is equal to approximately 1/4 cup of guacamole and 1/4 cup of plantain chips.

### More Flavor

Add chopped cilantro to the guacamole for a fresh twist.

## Ingredients

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- 1 Avocado (medium, ripe)
- 2 **tbsps** Nutritional Yeast
- 1 **tbsp** Lemon Juice
- 1/4 **tsp** Sea Salt
- 1/2 **cup** Plantain Chips (store-bought or homemade)



# Honey Ginger Salmon & Roasted Fennel

6 ingredients · 30 minutes · 1 serving



## Directions

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1. Preheat oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Add the fennel to the baking sheet and toss with half of the oil. Bake for 20 minutes.
3. Meanwhile, whisk together the remaining oil, honey, ginger, and sea salt. Brush the mixture onto the salmon.
4. Add the salmon to the baking sheet along with the fennel and bake for another ten minutes, or until the salmon flakes apart with a fork. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### More Flavor

Make extra honey-ginger marinade to toss with the fennel.

## Ingredients

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- 1 **bulb** Fennel (medium, chopped)
- 2 **tsps** Extra Virgin Olive Oil (divided)
- 1 **tsp** Honey
- 1 **tsp** Ginger (fresh, minced)
- 1/4 **tsp** Sea Salt
- 4 **ozs** Salmon Fillet



# Roasted Broccoli

4 ingredients · 35 minutes · 1 serving



## Directions

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1. Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
2. Arrange the broccoli florets on the baking sheet and season with avocado oil, garlic powder and sea salt. Toss well. Roast in the oven for 25 to 30 minutes or until broccoli is tender. Toss at the halfway point.
3. Remove from the oven and divide between plates. Enjoy!

## Notes

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### Storage

Refrigerate in an airtight container for up to 3 days.

### No Avocado Oil

Use olive oil or melted coconut oil instead.

### No Garlic Powder

Use freshly ground black pepper, cumin, smoked paprika or onion powder instead.

## Ingredients

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**1 1/2 cups** Broccoli (cut into florets)

**1 1/8 tsps** Avocado Oil

**1/8 tsp** Garlic Powder

**1/16 tsp** Sea Salt

# Beef, Spinach & Cabbage Skillet

7 ingredients · 20 minutes · 2 servings



## Directions

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1. Heat the oil in a pan over medium heat. Add the cabbage and cook for five to six minutes or until the cabbage begins to soften. Transfer to a bowl and set aside.
2. Add the beef to the pan, breaking it up as it cooks, five to six minutes. Once it is cooked through, drain any excess drippings from the pan.
3. Add the cooked cabbage back to the pan and stir to combine with the beef. Season with salt, garlic powder, and parsley, and then add the spinach and cook until wilted, about two to three minutes.
4. Season with additional salt if needed and divide between plates. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately two cups.

### More Flavor

Add other dried herbs and spices to taste.

### Additional Toppings

Sliced avocado, green onion, red pepper flakes, or fresh herbs.

### Serve it With

Cauliflower rice, rice, or quinoa.

### No Beef

Use ground turkey, chicken, or pork instead.

### No Purple Cabbage

Use green cabbage or kale instead.

## Ingredients

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**1 1/2 tsps** Extra Virgin Olive Oil  
**2 cups** Purple Cabbage (chopped)  
**10 ozs** Lean Ground Beef  
**1/4 tsp** Sea Salt  
**1/4 tsp** Garlic Powder  
**1 tsp** Dried Parsley  
**2 cups** Baby Spinach



# Shrimp & Veggie Curry

13 ingredients · 20 minutes · 2 servings



## Directions

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1. In a large pot, heat the oil over medium-high heat. Add the onion, garlic and ginger and cook for about 5 minutes until the onion has softened. Add the turmeric, salt and cinnamon and stir to combine.
2. Stir in the coconut milk and water and bring to a gentle boil then add the carrots. Stir often and let the carrots cook for 5 to 7 minutes until just tender.
3. Add the zucchini and the shrimp. Continue to stir often and cook for another 3 to 5 minutes or until the shrimp are cooked through and zucchini is just tender. Stir in the lime juice, if using. Divide between plates & enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### More Flavor

Use yellow curry powder instead of turmeric. Add cumin, chili powder or coriander.

### Additional Toppings

Serve with cilantro, red pepper flakes or extra lime wedges.

### More Veggies

Add spinach or kale leaves.

### Serve it With

Serve alongside cauliflower rice, brown or jasmine rice, or quinoa.

## Ingredients

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- 1 tbsp** Coconut Oil
- 1/2** Yellow Onion (chopped)
- 2** Garlic (clove, minced)
- 1 tbsp** Ginger (fresh, minced or grated)
- 2 tsps** Turmeric
- 1/2 tsp** Sea Salt
- 1/4 tsp** Cinnamon
- 1 cup** Canned Coconut Milk (full fat)
- 1/2 cup** Water
- 1** Carrot (peeled, sliced)
- 1** Zucchini (sliced)
- 12 ozs** Shrimp (peeled, deveined)
- 1 tbsp** Lime Juice (optional)

# Egg Roll in a Bowl

9 ingredients · 30 minutes · 4 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

### No Coconut Aminos

Use tamari or soy sauce instead.

### Meat-Free

Replace the ground meat with scrambled eggs or tofu.

## 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



# One Pan Chicken, Golden Cauliflower & Carrot Fries

7 ingredients · 40 minutes · 2 servings



## Directions

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1. Preheat oven to 375°F (191°C) and line a large baking sheet with parchment paper.
2. Peel and slice carrots into sticks. Wash and chop cauliflower into florets.
3. Brush chicken breast with 1/3 of the olive oil. Season with thyme and sea salt. Place on the baking sheet.
4. Toss carrot sticks in 1/3 of the olive oil. Place on the baking sheet next to chicken.
5. Toss cauliflower with the remaining olive oil and turmeric. Mix until cauliflower is evenly yellow then transfer to the baking sheet.
6. Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through.
7. Remove baking sheet from the oven and divide onto plates. Add more salt to taste if desired. Enjoy!

## Notes

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### Low FODMAP

Use zucchini instead of cauliflower.

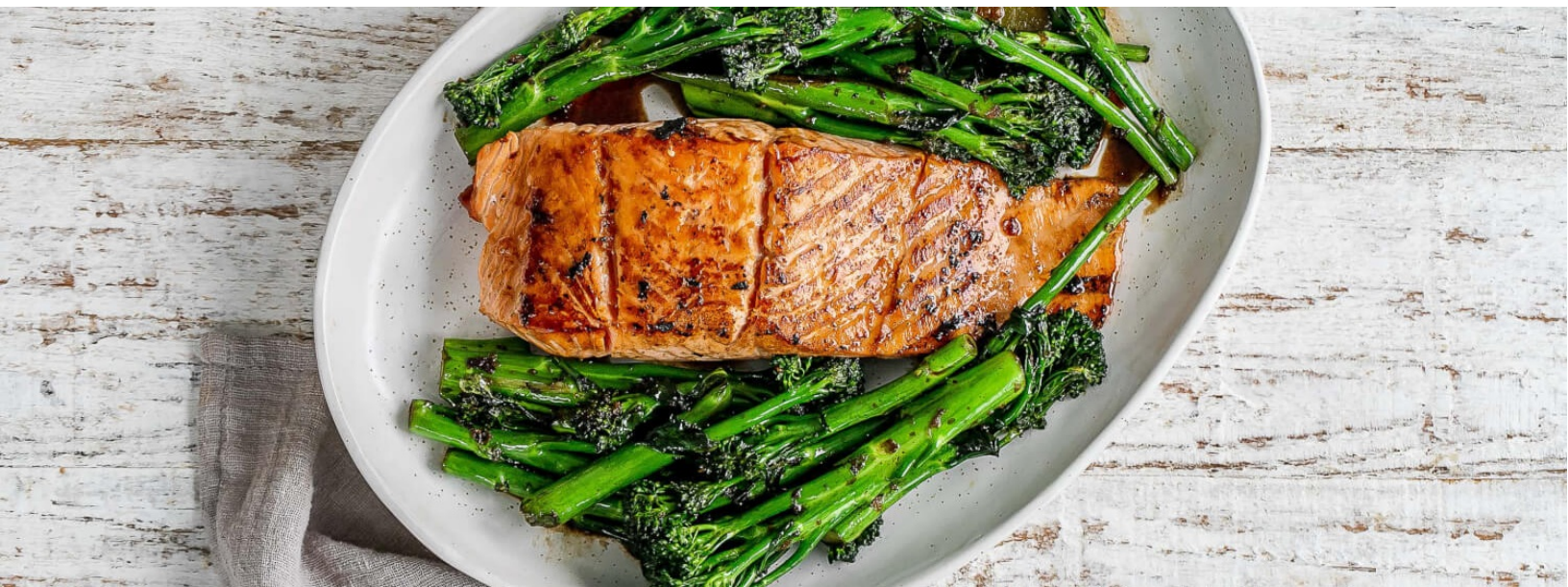
## Ingredients

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- 2 Carrot (medium)
- 1/2 head Cauliflower
- 3 tbsps Extra Virgin Olive Oil (divided three ways)
- 8 ozs Chicken Breast
- 1 tsp Dried Thyme
- 1 tsp Turmeric (powder)
- 1/8 tsp Sea Salt

# Glazed Salmon with Broccolini

8 ingredients · 20 minutes · 2 servings



## Directions

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1. Pat the salmon dry with paper towel and season with salt.
2. In a small bowl, whisk together the coconut aminos, garlic, ginger, and honey.
3. Heat a large pan over medium heat. Once hot, add the oil. Place the salmon in the pan skin-side down, cooking for about three to five minutes or until the skin is crispy. Brush the salmon with 1/4 of the sauce and then flip and cook for one minute, until the flesh is opaque throughout. Remove and set aside.
4. Deglaze the pan with a splash of water if needed to remove any browned bits. Add the broccolini and cook, stirring occasionally, until tender and bright green, about four minutes. Lower the heat and add the remaining sauce. Cook for 30 seconds or until the sauce has thickened and then remove from the heat.
5. Divide the salmon and broccolini evenly between plates. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to two days.

### No Broccolini

Use broccoli or bell peppers instead.

### More Flavor

Add chili flakes or sriracha to the sauce.

### Additional Toppings

Top with sesame seeds and/or green onion.

## Ingredients

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**12 ozs** Salmon Fillet (skin on)

**1/8 tsp** Sea Salt

**1 1/2 tbsps** Coconut Aminos

**1** Garlic (clove, minced)

**1/2 tsp** Ginger (minced)

**1 tsp** Raw Honey

**1 tbsp** Avocado Oil

**16 ozs** Broccolini (trimmed)



# Bison Meatballs & Cauliflower Mash

7 ingredients · 40 minutes · 2 servings



## Directions

1. Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. In a large bowl, combine the bison, half the minced garlic, lemon zest, parsley and half the sea salt. Form into meatballs, about 2 inches thick. Place on the baking sheet and bake for 23 to 25 minutes.
3. Meanwhile, bring a large pot of water to a boil under a steamer basket. Place the cauliflower florets in the steamer basket and cook for 10 to 12 minutes, or until soft. Remove and place the florets into a blender or food processor.
4. In a small skillet over low heat add the extra virgin olive oil and the remaining minced garlic. Heat through until fragrant and lightly browned, being careful not to let the garlic burn. Add this to the cauliflower along with the remaining salt and process until smooth.
5. Serve the cauliflower mash along with the bison meatballs. Enjoy!

## Notes

### Leftovers

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

### Serving Size

One serving is roughly 5 to 6 meatballs and 1 cup of cauliflower mash.

### Additional Toppings

Garnish with minced chives, parsley or dill.

### No Bison

Use another meat such as ground beef, lamb or chicken.

## Ingredients

- 1 lb Ground Bison
- 4 Garlic (cloves, minced, divided)
- 1 tsp Lemon Zest
- 1/4 cup Parsley (chopped)
- 1 tsp Sea Salt (divided)
- 1 head Cauliflower (large, chopped into florets)
- 1 tbsp Extra Virgin Olive Oil

# Coconut Banana Energy Bites

8 ingredients · 30 minutes · 12 servings



## Directions

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1. Preheat the oven to 350°F (176°C) and arrange coconut flakes on a baking sheet. Bake for 8 to 10 minutes until golden brown and fragrant. Let cool.
2. Add toasted coconut flakes to a food processor and blend until a fine, moist crumb forms. Add the remaining ingredients to the food processor and blend until a ball of dough forms. If a ball hasn't formed, add an additional tablespoon of coconut flour and continue blending.
3. Scoop a tablespoon of dough out at a time and roll into a ball. Place rolled balls on a plate or in a container and place in the fridge to set for approximately 20 minutes. Enjoy!

## Notes

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### Leftovers

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

### Serving Size

One serving is equal to one ball.

### More Flavor

Add your favorite baking spices like nutmeg, clove, or vanilla extract.

### Additional Toppings

Press the rolled balls into a mixture of shredded coconut, coconut sugar and cinnamon for an extra sweet treat.

### Make It Vegan

Omit the collagen powder and substitute extra coconut flour instead.

## Ingredients

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**2 cups** Unsweetened Coconut Flakes

**1** Banana (small, very ripe)

**1 tbsp** Coconut Oil

**1/3 cup** Coconut Flour

**3/4 oz** Collagen Powder

**3/4 tsp** Cinnamon

**1/4 tsp** Ginger

**1/4 tsp** Sea Salt



# Lemon Blueberry Fat Bombs

6 ingredients · 1 hour · 18 servings



## Directions

1. In a saucepan over low heat, melt the coconut oil, honey, and coconut butter. Add the vanilla extract and whisk until well combined.
2. Pour the mixture into a silicone muffin tray or muffin cups. Top each cup with lemon juice, zest, and blueberries.
3. Refrigerate for about one hour or until set. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days, or freeze for up to three months.

### Serving Size

This recipe was made in a mini muffin tray. One serving equals one fat bomb, approximately 1-inch (2.5 cm) deep.

### More Flavor

Add cinnamon or nutmeg to taste.

### Additional Toppings

Add sliced almonds, crushed pistachios, or coconut flakes.

### No Coconut Oil

Use cacao butter instead.

## Ingredients

**1/4 cup** Coconut Oil

**1/4 cup** Raw Honey

**1 cup** Coconut Butter

**1 tsp** Vanilla Extract

**1/2** Lemon (juiced, zested)

**1 cup** Blueberries

# Coconut Shortbread Cookies

4 ingredients · 20 minutes · 8 servings



## Directions

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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 squeeze and shape a tablespoonful of the dough into a ball. Transfer to the baking sheet and use your fingers to flatten each ball slightly. Repeat until all the dough is used.
4. Bake for five minutes or until 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

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### 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

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



# Lemon Coconut Power Balls

8 ingredients · 15 minutes · 12 servings



## Directions

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1. Add the shredded coconut to a food processor and blend until a coarse crumb forms.
2. Add the remaining ingredients to the shredded coconut in the food processor and blend until a dough forms. Form into even balls with your hands, roughly 1-inch in diameter.
3. Let them set in the fridge for at least an hour before serving. Store in the fridge or freezer until ready to enjoy.

## Notes

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### Leftovers

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

### Serving Size

One serving is one ball.

### Additional Toppings

Top with shredded coconut, coconut sugar and lemon zest.

### No Maple Syrup

Use honey or agave instead.

### Consistency

The dough will be soft and moist as you form the balls but will become firm in the fridge or freezer.

## Ingredients

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**1 1/4 cups** Unsweetened Shredded Coconut

**1/2 cup** Coconut Butter

**3/4 oz** Collagen Powder

**2 1/2 tbsps** Lemon Juice

**2 tbsps** Maple Syrup

**1 1/2 tsps** Lemon Zest

**1 tsp** Vanilla Extract

**1/16 tsp** Sea Salt (optional)