

Dr. Bob Bacon

## Anti-Candida

Created by Dr. Bob Bacon



# Anti-Candida

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Zucchini Turkey Breakfast Skillet	Zucchini Turkey Breakfast Skillet	Scrambled Eggs with Peppers & Kale	Scrambled Eggs with Peppers & Kale	Veggie Baked Eggs with Pesto	Veggie Baked Eggs with Pesto	Chocolate Avocado Smoothie
			Avocado	Avocado			
Snack 1	Celery with Sunflower Seed Butter	Celery with Sunflower Seed Butter	Olive & Tahini Plate	Pumpkin Seeds	Celery with Sunflower Seed Butter	Celery with Sunflower Seed Butter	Chicken Breakfast Sausages
Lunch	Chicken Kale Salad with Avocado Dressing	Chicken Kale Salad with Avocado Dressing	One Pan Salmon, Kale & Cabbage	One Pan Chicken & Pesto Spaghetti Squash	Turmeric Chicken Salad	Baked Chicken with Tomatoes, Avocado & Spinach Salad	Tuna Salad Plate
					Lemon Garlic Tahini Dressing		
Snack 2	Coconut Chia Pudding	Coconut Chia Pudding	Chicken Breakfast Sausages	Simple Chocolate Protein Shake	Pumpkin Seeds	Pumpkin Seeds	Olive & Tahini Plate
Dinner	Butter Chicken & Cauliflower Rice	One Pan Salmon, Kale & Cabbage	One Pan Chicken & Pesto Spaghetti Squash	One Pan Creamy Tuscan Chicken	Chicken Stroganoff & Cauliflower Mash	Sheet Pan Dijon Chicken Thighs & Broccoli	Shrimp & Veggie Curry
	Garlicky Green Beans					Simple Avocado Salad	

# Anti-Candida

75 items

## Fruits

- ☐ 6 3/4 Avocado
- ☐ 2/3 Lemon
- ☐ 2 tbsps Lemon Juice
- ☐ 2 1/4 Lime
- ☐ 1 tbsp Lime Juice

## Breakfast

- ☐ 1 tbsp Almond Butter

## Seeds, Nuts & Spices

- ☐ 1/4 cup Chia Seeds
- ☐ 1 1/2 tsps Chili Powder
- ☐ 1/4 tsp Cinnamon
- ☐ 1 1/2 tsps Curry Powder
- ☐ 1 tsp Garam Masala
- ☐ 2 tsps Mediterranean Spice Blend
- ☐ 1 tbsp Paprika
- ☐ 3/4 cup Pumpkin Seeds
- ☐ 1 tsp Red Pepper Flakes
- ☐ 2 2/3 tsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 tbsp Turmeric

## Frozen

- ☐ 6 Ice Cubes

## Vegetables

- ☐ 9 cups Baby Spinach
- ☐ 2 tbsps Basil Leaves
- ☐ 8 cups Broccoli
- ☐ 1 Carrot
- ☐ 1 1/4 heads Cauliflower
- ☐ 8 stalks Celery
- ☐ 3 cups Cherry Tomatoes
- ☐ 2 1/4 Cucumber
- ☐ 1/4 cup Fresh Dill
- ☐ 16 Garlic
- ☐ 2 tbsps Ginger
- ☐ 4 cups Green Beans
- ☐ 6 cups Green Cabbage
- ☐ 1 stalk Green Onion
- ☐ 10 cups Kale Leaves
- ☐ 3 cups Mushrooms
- ☐ 1 cup Parsley
- ☐ 2 Red Bell Pepper
- ☐ 3/4 cup Red Onion
- ☐ 1 Spaghetti Squash
- ☐ 1 Tomato
- ☐ 1 1/2 Yellow Onion
- ☐ 4 Zucchini

## Boxed & Canned

- ☐ 4 cups Canned Coconut Milk
- ☐ 3/4 cup Chicken Broth
- ☐ 1/3 cup Coconut Cream
- ☐ 1 cup Salsa
- ☐ 2 tbsps Tomato Paste
- ☐ 1 can Tuna

## Baking

- ☐ 1 1/2 tbsps Arrowroot Powder
- ☐ 1 1/2 tsps Nutritional Yeast
- ☐ 1 tsp Vanilla Extract

## Bread, Fish, Meat & Cheese

- ☐ 3 lbs Chicken Breast
- ☐ 8 ozs Chicken Breast, Cooked
- ☐ 3 1/4 lbs Chicken Thighs
- ☐ 2 lbs Extra Lean Ground Chicken
- ☐ 1 lb Extra Lean Ground Turkey
- ☐ 8 ozs Salmon Fillet
- ☐ 12 ozs Shrimp

## Condiments & Oils

- ☐ 2 1/2 tbsps Apple Cider Vinegar
- ☐ 2/3 cup Artichoke Hearts
- ☐ 1/3 cup Avocado Oil
- ☐ 1 1/8 cups Black Olives
- ☐ 1 1/2 tbsps Coconut Aminos
- ☐ 1 1/2 tbsps Coconut Oil
- ☐ 1 tbsp Dijon Mustard
- ☐ 1/2 cup Extra Virgin Olive Oil
- ☐ 1/2 cup Pesto
- ☐ 1/3 cup Sun Dried Tomatoes
- ☐ 1/2 cup Sunflower Seed Butter
- ☐ 1/3 cup Tahini

## Cold

- ☐ 13 Egg
- ☐ 1 2/3 cups Unsweetened Almond Milk
- ☐ 1/4 cup Unsweetened Coconut Yogurt

## Other

- ☐ 1/2 cup Chocolate Protein Powder
- ☐ 2 1/2 cups Water



# Zucchini Turkey Breakfast Skillet

6 ingredients · 20 minutes · 3 servings



## Directions

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1. Add the coconut oil to a large skillet and place over medium heat.
2. Cook the ground turkey, breaking it up as it cooks through. Once it starts to brown, stir in the zucchini. Continue to saute until the zucchini has softened (about 3 - 5 minutes).
3. Add the salsa to the skillet and stir well to mix.
4. Use a spoon to create pockets for the eggs. Crack an egg into each pocket and cover the skillet with a lid. Let the eggs cook until done to your liking (3 to 5 minutes).
5. Divide onto plates and season with sea salt and black pepper to taste. Add hot sauce if you'd like some heat. Enjoy!

## Notes

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### Leftovers

For best results, refrigerate the turkey/zucchini mixture separate from the eggs in an airtight container for up to three days. When reheating, add the eggs just before serving.

### More Protein

Add extra eggs.

### Vegetarian

Use lentils instead of ground turkey.

### More Greens

Stir in baby spinach or kale right after you add the salsa. Stir until wilted.

### No Salsa

Use crushed tomatoes instead.

## Ingredients

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- 1 1/2 **tsps** Coconut Oil
- 1 **lb** Extra Lean Ground Turkey
- 2 Zucchini (large, finely diced)
- 1 **cup** Salsa
- 3 Egg
- Sea Salt & Black Pepper (to taste)

# Scrambled Eggs with Peppers & Kale

5 ingredients · 15 minutes · 2 servings



## Directions

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

## Notes

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### More Carbs

Serve with toast, roasted potatoes, or sweet potatoes.

### Egg-Free

Use mashed tofu instead of eggs.

## Ingredients

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- 1 **1/2 tsps** Extra Virgin Olive Oil
- 1 Red Bell Pepper (sliced)
- 2 **cups** Kale Leaves (chopped)
- 6 Egg
- Sea Salt & Black Pepper (to taste)

# Avocado

1 ingredient · 5 minutes · 2 servings



## Directions

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1. Cut avocado into slices or chunks. Enjoy!

## Notes

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### Serve it With

Salads, soups, chilli, on toast, or in a wrap with leftovers.

### Savoury Snack

Top with salt, pepper, lemon juice, paprika and/or red pepper flakes.

### Sweet Snack

Top with maple syrup, honey, maple butter and/or cinnamon.

## Ingredients

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1 Avocado



# Veggie Baked Eggs with Pesto

8 ingredients · 30 minutes · 2 servings



## Directions

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1. Preheat the oven to 375°F (190°C).
2. Heat the oil in a cast-iron skillet (or another oven-safe pan) over medium heat. Add the zucchini, bell pepper and red onion and cook for five to six minutes or until the vegetables are just tender. Add the garlic, season with salt and pepper and continue to cook for another minute.
3. Remove the skillet from the heat and make small wells for the eggs in the middle of the pan. Crack the eggs into the pan and season with additional salt and pepper. Transfer to the oven and bake for 10 to 13 minutes or until the eggs are cooked to your liking.
4. Remove the from oven and top with the pesto. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### More Flavor

Add red pepper flakes or other dried herbs and spices.

## Ingredients

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- 1 1/2 **tsps** Extra Virgin Olive Oil
- 1 Zucchini (medium, seeds scooped out and chopped)
- 1 Red Bell Pepper (chopped)
- 1/2 **cup** Red Onion (chopped)
- 1 Garlic (clove, minced)
- Sea Salt & Black Pepper (to taste)
- 4 Egg
- 1/4 **cup** Pesto (or more to taste)

# Chocolate Avocado 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 Chocolate Protein Powder

Use vanilla protein powder or hemp seeds and add cocoa powder.

### Likes it Sweet

Add frozen banana.

### Nut-Free Version

Use coconut milk instead of almond milk and sunflower seed butter instead of almond butter.

## Ingredients

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**1/4** Avocado

**1 cup** Unsweetened Almond Milk

**1 tbsp** Almond Butter

**1 cup** Baby Spinach

**1/4 cup** Chocolate Protein Powder



# Celery with Sunflower Seed Butter

2 ingredients · 5 minutes · 4 servings



## Directions

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1. Spread sunflower seed butter across celery sticks (about 1 tbsp per celery stalk). Happy munching!

## Notes

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### No Celery

Use cucumber instead

## Ingredients

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**8 stalks** Celery (sliced into sticks)

**1/2 cup** Sunflower Seed Butter

# Olive & Tahini Plate

6 ingredients · 5 minutes · 1 serving



## Directions

1. In a small bowl, whisk together the tahini, water and sea salt.
2. Arrange the tomatoes, cucumbers and black olives around the tahini, and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### More Flavor

Add your choice of spices to the tahini spread, such as cumin, paprika or garlic.

### Additional Toppings

Top with chives, black pepper, feta cheese, red onion, garlic or bell peppers.

## Ingredients

- 2 **tbps** Tahini
- 2 **tbps** Water
- 1/8 **tsp** Sea Salt
- 1/2 Tomato (cut into wedges)
- 1/4 Cucumber (sliced)
- 1/3 **cup** Black Olives

# Pumpkin Seeds

1 ingredient · 1 minute · 1 serving



## Directions

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1. Place in a bowl and enjoy!

## Notes

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### Leftovers

Store in an airtight container in the pantry.

## Ingredients

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**1/4 cup** Pumpkin Seeds



# Chicken Breakfast Sausages

5 ingredients · 20 minutes · 4 servings



## Directions

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1. In a mixing bowl combine the chicken, parsley, garlic, and salt. Mix well.
2. Heat the oil in a non-stick pan over medium heat.
3. Form the mixture into thin patties approximately four inches (10-centimeters) in diameter. In batches, cook for four to five minutes per side or until cooked through. Serve and 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 two patties.

### More Flavor

Add other fresh or dried herbs and spices to taste.

### No Extra Virgin Olive Oil

Use avocado or coconut oil instead.

### No Chicken

Use ground turkey or pork instead.

## Ingredients

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**1 lb** Extra Lean Ground Chicken

**1/4 cup** Parsley (very finely chopped)

**3** Garlic (cloves, minced)

**1/4 tsp** Sea Salt

**1 tbsp** Extra Virgin Olive 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)



# Turmeric Chicken Salad

7 ingredients · 30 minutes · 2 servings



## Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Toss the chicken breast in the avocado oil, turmeric, salt and pepper. Transfer to the baking sheet and cook for 25 to 30 minutes or until the chicken is cooked through.
3. Divide the spinach, cherry tomatoes, and cucumber between plates. Top with the chicken and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### More Flavor

Top with your favorite dressing, a scoop of guacamole, some hummus, or additional vegetables.

## Ingredients

**1 lb** Chicken Breast (skinless, boneless)

**1 tbsp** Avocado Oil

**1 tsp** Turmeric

Sea Salt & Black Pepper (to taste)

**2 cups** Baby Spinach

**1 cup** Cherry Tomatoes

**1/2** Cucumber (sliced)



# Lemon Garlic Tahini Dressing

6 ingredients · 5 minutes · 2 servings



## Directions

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1. Whisk all ingredients together in a mixing bowl. Season with additional salt or lemon juice if needed. Transfer to an airtight jar or container and refrigerate until ready to use.

## Notes

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### Leftovers

Refrigerate in an airtight container for up to five days.

### Serving Size

One serving is equal to approximately two and a half tablespoons.

### Dressing Consistency

If the dressing is too thick, add water one tablespoon at a time until your desired consistency is reached.

## Ingredients

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**2 tbsps** Tahini

**2 tbsps** Water (warm)

**2 tbsps** Lemon Juice

**1** Garlic (clove, small, minced)

**1 1/2 tps** Nutritional Yeast

**1/8 tsp** Sea Salt

# Baked Chicken with Tomatoes, Avocado & Spinach Salad

10 ingredients · 40 minutes · 4 servings



## Directions

1. Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. Season your chicken breasts with sea salt, black pepper and paprika to taste. Place them to one side of the baking sheet. Spread your cherry tomatoes across the other side of the baking sheet. Bake the chicken and the cherry tomatoes together in the oven for 30 minutes or until chicken is cooked through.
3. In the mean time, place avocado, lime juice and red onion together in a mixing bowl. Season with a pinch of sea salt and pepper. Mash with a fork until a creamy consistency forms.
4. Toss spinach with olive oil and lemon juice.
5. Plate the spinach, and then serve baked chicken over top. Top with guacamole and roasted tomatoes. Enjoy!

## Ingredients

- 1 lb** Chicken Breast
- Sea Salt & Black Pepper (to taste)
- 2 tsps** Paprika
- 2 cups** Cherry Tomatoes (halved)
- 2** Avocado (peeled and pitted)
- 2** Lime (juiced)
- 1/4 cup** Red Onion (finely diced)
- 4 cups** Baby Spinach
- 1 1/2 tsps** Extra Virgin Olive Oil
- 1/2** Lemon (juiced)

# Tuna Salad Plate

5 ingredients · 5 minutes · 1 serving



## Directions

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1. Assemble all the ingredients onto a plate or into a container if on-the-go. Season with salt and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to four days.

### More Flavor

Add pepper, paprika and/or lemon juice.

### Additional Toppings

Top with sliced green onions, red onion or red pepper flakes.

### Canned Tuna

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

### No Tuna

Use sardines or salmon instead.

### No Coconut Yogurt

Use mayonnaise or Greek yogurt instead.

## Ingredients

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**1 can** Tuna (drained, broken into chunks)

**1/2** Avocado (pit removed)

**1/4 cup** Unsweetened Coconut Yogurt

**1/4** Cucumber (sliced)

**1/4 tsp** Sea Salt



# Coconut Chia Pudding

4 ingredients · 1 hour · 2 servings



## Directions

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1. Combine all ingredients in a large container. Refrigerate for at least one hour or until chia seeds have set.
2. Stir well and divide into cups or containers if on-the-go. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container up to five days.

### Serving Size

One serving is equal to approximately 1.5 cups of chia pudding.

### More Flavor

Add maple syrup, honey, monk fruit sweetener, cinnamon or cardamom.

### Additional Toppings

Top with shredded coconut, berries, banana slices, nuts or bee pollen.

## Ingredients

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**3/4 cup** Canned Coconut Milk

**3/4 cup** Water

**1/4 cup** Chia Seeds

**1 tsp** Vanilla Extract

# Simple Chocolate Protein Shake

3 ingredients · 5 minutes · 1 serving



## Directions

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

## Notes

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### Serving Size

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

### More Flavor

Use frozen fruit instead of ice cubes.

### Nut-Free

Use oat milk, rice milk, or dairy instead of almond milk.

### No Chocolate Protein

Use vanilla or another flavour instead.

### Ice

Six ice cubes is approximately one cup of ice.

### Protein Powder

A plant-based protein powder was used to create and test this recipe.

## Ingredients

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**2/3 cup** Unsweetened Almond Milk

**1/4 cup** Chocolate Protein Powder

**6** Ice Cubes (large)

# Butter Chicken & Cauliflower Rice

15 ingredients · 30 minutes · 2 servings



## Directions

1. Dice your chicken into cubes and set aside.
2. Heat olive oil in a large skillet over medium heat. Saute your onion, garlic and ginger. Stir in tomato paste, paprika, curry, garam masala, sea salt and chilli powder. Cook for 1 to 2 minutes or until fragrant.
3. Add diced chicken and stir until cooked through, about 5 to 7 minutes. Add in the water and loosen the paste.
4. Stir in coconut milk and reduce to simmer for about 5 minutes.
5. Meanwhile, create your cauliflower rice by adding the florets to the food processor. Process until the cauliflower has a rice-like consistency.
6. Squeeze lime juice on cauliflower rice and transfer into a bowl.
7. Remove from heat and ladle butter chicken over cauliflower rice. Enjoy!

## Notes

### Vegan or Budget-Friendly

Skip the chicken breast and replace with chickpeas, lentils or beans.

### No Coconut Milk

Use Greek yogurt instead.

### No Cauliflower Rice

Serve over brown rice or quinoa instead.

### More Veggies

Add chopped cauliflower, sweet potatoes, peas, broccoli, baby spinach or chopped kale. Or serve it with a side salad.

### Storage

Refrigerate in an air-tight container for up to 2 - 3 days.

## Ingredients

- 6 ozs** Chicken Breast
- 1 tbsp** Extra Virgin Olive Oil
- 1** Yellow Onion (diced)
- 1** Garlic (cloves, minced)
- 1 tbsp** Ginger (grated)
- 2 tbsps** Tomato Paste
- 1 tsp** Paprika
- 1 1/2 tsps** Curry Powder
- 1 tsp** Garam Masala
- 1/2 tsp** Sea Salt
- 1 1/2 tsps** Chili Powder
- 2 tbsps** Water
- 1/2 cup** Canned Coconut Milk (full fat)
- 1/2 head** Cauliflower
- 1/4** Lime (juiced)



# Garlicky Green Beans

4 ingredients · 15 minutes · 4 servings



## Directions

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1. Heat the oil in a pan over medium heat.
2. Add the beans, salt, and pepper and sauté for three to five minutes.
3. Add the garlic and sauté for another one to three minutes until the beans are tender-crisp or cooked to your liking.
4. Divide onto 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 one cup.

### More Flavor

Add lemon juice, chili flakes, fresh herbs.

## Ingredients

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- 1 **tbsp** Extra Virgin Olive Oil
- 4 **cups** Green Beans (trimmed)
- Sea Salt & Black Pepper (to taste)
- 2 Garlic (cloves, minced)

# One Pan Salmon, Kale & Cabbage

8 ingredients · 20 minutes · 2 servings



## Directions

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1. Preheat oven to 450°F (232°C) and line a baking pan with foil.
2. Add cabbage and kale to the baking pan and toss with 1/3 of the avocado oil. Bake for 6 minutes. Remove from oven and stir.
3. Pat the salmon fillets dry and season with salt and pepper. Lay the salmon over the cabbage and kale. Bake together for 10 minutes, or until salmon is cooked through.
4. Meanwhile, add the remaining avocado oil, dill, vinegar, mustard, salt and pepper to a small mason jar. Cover with the lid and shake before serving.
5. Divide salmon, cabbage and kale onto plates. Drizzle with your desired amount of dressing. Enjoy!

## Notes

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### No Avocado Oil

Use olive oil instead.

### No Apple Cider Vinegar

Use lemon juice instead.

### Leftovers

Keep covered in the fridge up to two days.

## Ingredients

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**6 cups** Green Cabbage (roughly chopped)

**4 cups** Kale Leaves (roughly chopped)

**3 tbsps** Avocado Oil

**8 ozs** Salmon Fillet

Sea Salt & Black Pepper (to taste)

**1/4 cup** Fresh Dill (finely chopped)

**2 tbsps** Apple Cider Vinegar

**1 tsp** Dijon Mustard



# One Pan Chicken & Pesto Spaghetti Squash

4 ingredients · 35 minutes · 2 servings



## Directions

1. Preheat the oven to 425°F (220°C).
2. Line a large baking sheet with parchment paper. On one half of the baking sheet, place the spaghetti squash flesh-side down. On the other half, evenly spread out the chicken. Cook for about 30 to 35 minutes, or until the squash is fork-tender and the chicken is cooked through.
3. When cool enough to handle, use a fork to shred the squash into noodles. Gently mix in the pesto.
4. Chop the chicken and place overtop the spaghetti squash. Garnish with basil and sea salt, if needed. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving equals one half of a spaghetti squash.

### More Flavor

Season the chicken with garlic powder and onion powder.

### Additional Toppings

Leftover veggies, avocado, red pepper flakes, and/or pine nuts.

### Make it Vegan

Use chickpeas, tempeh, or tofu.

## Ingredients

**1** Spaghetti Squash (medium, halved lengthwise, seeds removed)

**8 ozs** Chicken Breast (skinless, boneless, cubed)

**1/4 cup** Pesto

**2 tbsps** Basil Leaves (chopped)



# One Pan Creamy Tuscan Chicken

8 ingredients · 40 minutes · 3 servings



## Directions

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1. Heat a pan over medium heat and add the sun dried tomatoes. Cook for one to two minutes, then add the chicken.
2. Cook for five minutes on one side. Add the coconut milk, black olives, artichokes, Mediterranean spice blend, salt, and pepper. Simmer for 20 minutes, flipping the chicken halfway through.
3. Add the spinach and cook for a couple of minutes, until wilted. 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 approximately two chicken thighs and 1/2 cup of vegetables and sauce.

### More Flavor

Add fresh garlic and onion.

### Serve it With

Rice, quinoa, cauliflower rice, or your favorite flatbread.

## Ingredients

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**1/3 cup** Sun Dried Tomatoes (drained, chopped)

**1 lb** Chicken Thighs (boneless)

**1 3/4 cups** Canned Coconut Milk (full fat)

**1/2 cup** Black Olives (drained, sliced)

**2/3 cup** Artichoke Hearts (drained, chopped)

**2 tsps** Mediterranean Spice Blend

Sea Salt & Black Pepper (to taste)

**2 cups** Baby Spinach (tightly packed)

# Chicken Stroganoff & Cauliflower Mash

10 ingredients · 30 minutes · 3 servings



## Directions

1. Place the cauliflower in a steamer basket over boiling water and cover. Steam for 10 to 15 minutes or until very tender. Transfer the steamed cauliflower and 1/4 of the broth to a food processor or blender and process until desired texture. Set aside and keep warm.
2. Toss the chicken in a bowl with the arrowroot powder making sure each piece of meat is completely covered. Set aside.
3. Warm half of the oil in a large pan over medium-high heat. Add the chicken and cook for four to six minutes, stirring occasionally, or until the chicken is cooked through. Set aside.
4. Using the same pan, add the remaining oil and mushrooms. Cook for four to six minutes, continuously stirring. Add the garlic and sauté for one more minute.
5. Add the remaining broth, apple cider vinegar, coconut aminos, and coconut cream, if using. Add the cooked chicken and stir to combine. Simmer for two minutes, or until slightly thickened.
6. Divide the cauliflower mash evenly between bowls. Top with the chicken and mushroom mixture and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately two cups.

### More Flavor

Add thyme, Worcestershire sauce, white wine, and/or salt and pepper. Use Greek yogurt or sour cream instead of coconut cream.

### Additional Toppings

Fresh parsley.

## Ingredients

**3/4 head** Cauliflower (medium, chopped into florets)

**3/4 cup** Chicken Broth (divided)

**12 ozs** Chicken Thighs (boneless, skinless, sliced)

**1 1/2 tbsps** Arrowroot Powder

**1 1/2 tbsps** Avocado Oil (divided)

**3 cups** Mushrooms (sliced)

**3** Garlic (cloves, minced)

**1 1/2 tsps** Apple Cider Vinegar

**1 1/2 tbsps** Coconut Aminos

**1/3 cup** Coconut Cream (optional)



# Sheet Pan Dijon Chicken Thighs & Broccoli

5 ingredients · 40 minutes · 4 servings



## Directions

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1. Preheat the oven to 425°F (220°C) and line a baking sheet(s) with parchment paper.
2. In a large bowl, combine the chicken with half the oil, salt, pepper, and dijon mustard. Transfer to the prepared baking sheet and bake for 20 minutes.
3. Remove the baking sheet and add the broccoli. Toss with the remaining oil. Return to the oven and bake for 12 to 15 minutes longer, until cooked through.
4. Divide evenly between plates. Season with additional salt and pepper if needed. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is about three cups.

### More Flavor

Add maple syrup and/or honey to the chicken.

## Ingredients

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**1 1/2 lbs** Chicken Thighs (boneless, skinless)

**2 tbsps** Extra Virgin Olive Oil (divided)

Sea Salt & Black Pepper (to taste)

**2 tsps** Dijon Mustard

**8 cups** Broccoli (florets, chopped)



# Simple Avocado Salad

5 ingredients · 5 minutes · 2 servings



## Directions

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1. Combine all ingredients in a bowl. Toss and serve immediately. Enjoy!

## Notes

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### No Lemon

Use lime juice or apple cider vinegar instead.

### Less Spicy

Omit the red pepper flakes.

## Ingredients

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- 1 Avocado (cubed)
- 1 **tbsp** Extra Virgin Olive Oil
- 1/8 Lemon (juiced)
- 1 **tsp** Red Pepper Flakes
- 1/4 **tsp** Sea Salt

# 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)