

Cleanse Recipes for Breakfast

Created by Dr. Bob Bacon



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Pick and choose between these recipes, depending if you are eating meat or not. Feel free to do any kind of veggie skillet and use up your dinner leftovers! You may also like to simply have a mug of hot bone broth for breakfast.

Cleanse Recipes for Breakfast

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Kiwi Yogurt Parfait	Blueberry Turkey Breakfast Sausages	Breakfast Baked Potato with Sun Butter	Butternut Squash & Apple Breakfast Hash	Chicken Breakfast Sausages	Beef Breakfast Sausage Patties	Sweet Potato & Turkey Breakfast Patties
Snack 1	Coconut Hemp Seed Breakfast Pudding		Turkey, Greens & Avocado Wraps		Glowing Green Mango Energy Smoothie		Pear & Kale Protein Smoothie
Lunch		Flax Bread Avocado Toast		Paleo Sweet Potato Porridge		Roasted Sweet Potato Rounds	
Snack 2	Chia Oats with Kiwi		Chia Seed Buckwheat Bowl		Fruit & Hemp Seed Bowls		Berry Avocado Smoothie
Dinner		Turkey, Spinach & Pineapple Bowl		Skillet Sausage & Apples with Avocado		Slow Cooker Cinnamon Applesauce	
Snack 3	Pear with Tahini & Raisins		Strawberry Tahini Overnight Oats		Date, Chia & Tahini Energy Balls		Tahini Green Smoothie

Cleanse Recipes for Breakfast

7 days

Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Calories	1570	Calories	868	Calories	1550	Calories	1081	Calories	785	Calories	437	Calories	968
Fat	92g	Fat	59g	Fat	80g	Fat	73g	Fat	36g	Fat	15g	Fat	46g
Carbs	161g	Carbs	28g	Carbs	175g	Carbs	81g	Carbs	98g	Carbs	53g	Carbs	83g
Fiber	39g	Fiber	14g	Fiber	42g	Fiber	24g	Fiber	16g	Fiber	12g	Fiber	30g
Sugar	58g	Sugar	8g	Sugar	43g	Sugar	30g	Sugar	67g	Sugar	31g	Sugar	37g
Protein	44g	Protein	60g	Protein	54g	Protein	29g	Protein	35g	Protein	25g	Protein	70g
Cholesterol	0mg	Cholesterol	289mg	Cholesterol	49mg	Cholesterol	91mg	Cholesterol	98mg	Cholesterol	74mg	Cholesterol	75mg
Sodium	129mg	Sodium	1156mg	Sodium	1056mg	Sodium	609mg	Sodium	305mg	Sodium	262mg	Sodium	768mg
Vitamin A	182IU	Vitamin A	2478IU	Vitamin A	19135IU	Vitamin A	25588IU	Vitamin A	7673IU	Vitamin A	9426IU	Vitamin A	10000IU
Vitamin C	113mg	Vitamin C	46mg	Vitamin C	77mg	Vitamin C	90mg	Vitamin C	97mg	Vitamin C	17mg	Vitamin C	113mg
Calcium	770mg	Calcium	227mg	Calcium	834mg	Calcium	233mg	Calcium	419mg	Calcium	75mg	Calcium	1143mg
Iron	14mg	Iron	6mg	Iron	14mg	Iron	6mg	Iron	7mg	Iron	3mg	Iron	9mg

Cleanse Recipes for Breakfast

65 items

Fruits

- 20 Apple
- 9 1/16 Avocado
- 7 Banana
- 1 1/2 cups Blueberries
- 1 cup Cherries
- 6 Kiwi
- 2 1/2 Lemon
- 2 Lime
- 6 Pear
- 1 1/3 cups Pineapple
- 3 3/4 cups Raspberries
- 2 cups Strawberries

Breakfast

- 1 cup Buckwheat Groats
- 2 cups Granola

Seeds, Nuts & Spices

- 1/2 tsp Cardamom
- 2 1/16 cups Chia Seeds
- 1 1/2 tbsps Cinnamon
- 4 servings Cinnamon Stick
- 2 tsps Dried Thyme
- 1/2 cup Ground Flax Seed
- 2 tsps Ground Sage
- 2 cups Hemp Seeds
- 1 1/2 tbsps Italian Seasoning
- 1 tsp Onion Powder
- 1/3 cup Pumpkin Seeds
- 1/3 tsp Red Pepper Flakes
- 1 1/16 tbsps Sea Salt

Frozen

- 2 cups Frozen Berries
- 1 cup Frozen Cauliflower
- 3 cups Frozen Mango

Vegetables

- 16 2/3 cups Baby Spinach
- 4 cups Butternut Squash
- 1 Cucumber
- 1 1/3 tbsps Fresh Dill
- 8 Garlic
- 1 2/3 tbsps Ginger
- 8 cups Kale Leaves
- 1 1/4 cups Microgreens
- 1/4 cup Parsley
- 1 cup Red Onion
- 11 1/2 Sweet Potato
- 3 Zucchini

Boxed & Canned

- 3 3/4 cups Canned Coconut Milk

Baking

- 1 2/3 tbsps Monk Fruit Sweetener
- 4 cups Oats
- 2/3 cup Pitted Dates
- 3/4 cup Raisins
- 2 1/2 tbsps Unsweetened Coconut Flakes
- 1/4 cup Unsweetened Shredded Coconut
- 1 1/4 tsps Vanilla Extract

Bread, Fish, Meat & Cheese

- 1 lb Extra Lean Ground Beef
- 1 lb Extra Lean Ground Chicken
- 3 1/3 lbs Extra Lean Ground Turkey
- 5 slices Grain-Free Flax Bread
- 1 lb Lamb Sausage
- 1 1/8 lbs Sliced Turkey Breast

Condiments & Oils

- 1 1/2 tsps Avocado Oil
- 1/4 cup Coconut Oil
- 1/3 cup Extra Virgin Olive Oil
- 1/2 cup Sunflower Seed Butter
- 1 1/2 cups Tahini

Cold

- 8 1/3 cups Plain Coconut Milk
- 2 cups Unsweetened Coconut Yogurt

Other

- 2 cups Vanilla Protein Powder
- 19 1/4 cups Water

Kiwi Yogurt Parfait

3 ingredients · 5 minutes · 4 servings



Directions

1. Layer the yogurt, granola, and kiwi in a jar. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

Nuts, shredded coconut, hemp seeds, or chia seeds.

Ingredients

2 cups Unsweetened Coconut Yogurt

2 cups Granola

4 Kiwi (peeled, diced)

Nutrition

Amount per serving

Calories	396	Cholesterol	0mg
Fat	19g	Sodium	43mg
Carbs	49g	Vitamin A	72IU
Fiber	9g	Vitamin C	65mg
Sugar	19g	Calcium	320mg
Protein	10g	Iron	3mg

Blueberry Turkey Breakfast Sausages

7 ingredients · 25 minutes · 4 servings



Directions

1. In a large mixing bowl combine the turkey, garlic, Italian seasoning, ginger and salt. Mix until combined. Gently fold in the blueberries. Form the meat mixture into thin, even patties, about 4-inches in diameter.
2. Heat the coconut oil in a large frying pan over medium-high heat. Cook the sausage patties for 4 to 5 minutes per side until cooked through. Serve and enjoy!

Notes

Leftovers

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

Serving Size

One serving is equal to approximately two sausage patties.

More Flavor

Add ground allspice, black pepper, thyme, cinnamon or cayenne to the turkey mixture before cooking.

Ingredients

- 1 lb Extra Lean Ground Turkey
- 1 Garlic (clove, minced)
- 1 tbsp Italian Seasoning
- 1 tsp Ginger (peeled and minced)
- 3/4 tsp Sea Salt
- 1/2 cup Blueberries
- 1 tbsp Coconut Oil

Nutrition

Amount per serving

Calories	212	Cholesterol	84mg
Fat	13g	Sodium	521mg
Carbs	3g	Vitamin A	93IU
Fiber	0g	Vitamin C	2mg
Sugar	2g	Calcium	26mg
Protein	21g	Iron	1mg

Breakfast Baked Potato with Sun Butter

5 ingredients · 50 minutes · 4 servings



Directions

1. Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Pierce several holes in the sweet potato using a fork. Bake for at least 45 minutes or until tender.
3. Slice sweet potato open and top with sunflower seed butter, banana slices, hemp seeds and cinnamon. Enjoy!

Notes

More Toppings

Greek yogurt, any fruits on hand, hemp seeds, crushed nuts, chocolate chips, and/or our Strawberry Chia Jam.

No Sunflower Seed Butter

Use any nut or seed butter.

Meal Prep

Bake several sweet potatoes at the start of the week. Reheat and add toppings just before serving.

Ingredients

- 4 Sweet Potato (medium)
- 1/2 cup Sunflower Seed Butter
- 4 Banana (sliced)
- 1/4 cup Hemp Seeds
- 1 tsp Cinnamon

Nutrition

Amount per serving

Calories	471	Cholesterol	0mg
Fat	23g	Sodium	74mg
Carbs	62g	Vitamin A	18538IU
Fiber	10g	Vitamin C	14mg
Sugar	23g	Calcium	79mg
Protein	12g	Iron	3mg

Butternut Squash & Apple Breakfast Hash

7 ingredients · 20 minutes · 4 servings



Directions

1. Heat the oil in a skillet over medium heat. Add the butternut squash and onion and cook, stirring often, for 10 to 12 minutes until the squash is tender. Season with salt.
2. Add the apple and kale leaves and continue to cook until the kale wilts down and the apple is warmed through and just tender, about 3 to 5 minutes. Add the cinnamon and stir to combine. Season with additional salt if needed.
3. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is approximately 1 cup.

No Red Onion

Use a yellow or sweet onion instead.

Apple

This recipe was created and tested using Spartan apples.

Consistency

Chop the butternut squash and apples into similar size cubes to ensure even cooking.

Ingredients

- 1/4 cup Extra Virgin Olive Oil
- 4 cups Butternut Squash (peeled, chopped into 1 cm cubes)
- 1 cup Red Onion (chopped)
- 1/2 tsp Sea Salt
- 2 Apple (small, finely chopped)
- 4 cups Kale Leaves (chopped)
- 1/2 tsp Cinnamon

Nutrition

Amount per serving

Calories	254	Cholesterol	0mg
Fat	14g	Sodium	315mg
Carbs	34g	Vitamin A	15943IU
Fiber	7g	Vitamin C	56mg
Sugar	14g	Calcium	139mg
Protein	3g	Iron	2mg

Chicken Breakfast Sausages

5 ingredients · 20 minutes · 4 servings



Directions

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

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

- 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

Nutrition

Amount per serving

Calories	197	Cholesterol	98mg
Fat	13g	Sodium	218mg
Carbs	1g	Vitamin A	320IU
Fiber	0g	Vitamin C	6mg
Sugar	0g	Calcium	16mg
Protein	20g	Iron	1mg

Beef Breakfast Sausage Patties

7 ingredients · 20 minutes · 4 servings



Directions

1. Combine the beef, sage, thyme, onion powder, salt, and garlic in a mixing bowl until mixed well.
2. Form the meat mixture into thin patties about four inches in diameter.
3. Heat the oil in a large pan over medium-high heat. In batches, cook the patties for two to three minutes per side, or until cooked through. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to two sausage patties.

No Beef

Use ground turkey or pork instead.

Ingredients

- 1 lb Extra Lean Ground Beef
- 2 tsps Ground Sage
- 2 tsps Dried Thyme
- 1 tsp Onion Powder
- 1/4 tsp Sea Salt
- 3 Garlic (clove, minced)
- 1 1/2 tsps Avocado Oil

Nutrition

Amount per serving

Calories	223	Cholesterol	74mg
Fat	13g	Sodium	223mg
Carbs	2g	Vitamin A	56IU
Fiber	0g	Vitamin C	1mg
Sugar	0g	Calcium	35mg
Protein	23g	Iron	3mg

Sweet Potato & Turkey Breakfast Patties

5 ingredients · 1 hour · 5 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Bring a pot of water to a boil. Place the sweet potato in a steamer over the boiling water and cover for 7 to 10 minutes, or until tender. Transfer the sweet potato to a large mixing bowl and mash it well. Allow it to cool.
3. Using a paper towel, gently pat the turkey to remove excess moisture.
4. Add the garlic, Italian seasoning and salt to the cooled mashed sweet potato and mix well. Add the turkey and gently mix to combine. Form the sweet potato mixture into thin patties, approximately 4 inches in diameter and place on the prepared baking sheet.
5. Bake the patties for 20 to 25 minutes or until cooked through. Enjoy!

Notes

Leftovers

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

Serving Size

One serving is approximately two patties.

More Flavor

Add black pepper, onion powder or red pepper flakes.

Sweet Potato

One medium sweet potato is approximately 1 1/4 cups of mashed sweet potato. If using a larger sweet potato set any extra mashed sweet potato aside to use in another meal.

Ingredients

- 1 Sweet Potato (medium, peeled, chopped)
- 1 lb Extra Lean Ground Turkey
- 1 Garlic (large clove, minced)
- 1 1/2 **tsps** Italian Seasoning
- 1 **tsp** Sea Salt

Nutrition

Amount per serving

Calories	159	Cholesterol	67mg
Fat	8g	Sodium	549mg
Carbs	5g	Vitamin A	3755IU
Fiber	1g	Vitamin C	1mg
Sugar	1g	Calcium	28mg
Protein	17g	Iron	1mg

Coconut Hemp Seed Breakfast Pudding

8 ingredients · 3 hours · 5 servings



Directions

1. In a small mixing bowl, whisk the coconut milk, monk fruit sweetener and vanilla together. Stir in hemp seeds, ground flax seeds and chia seeds. Mix well.
2. Cover the coconut milk and seed mixture. Refrigerate until set. This will take at least 3 hours. You can also set it overnight.
3. Thin with additional coconut milk or water, if necessary. Top the pudding with the shredded coconut and raspberries. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is approximately 3/4 cup of hemp seed pudding.

Additional Toppings

Top with chopped nuts, cacao nibs or additional monk fruit sweetener.

No Raspberries

Use strawberries or blueberries instead.

Ingredients

- 2 1/2 cups Canned Coconut Milk (full fat)
- 1 2/3 tbsps Monk Fruit Sweetener
- 1 1/4 tsps Vanilla Extract
- 1 1/4 cups Hemp Seeds
- 1/2 cup Ground Flax Seed
- 1/2 cup Chia Seeds
- 1 2/3 tbsps Unsweetened Shredded Coconut
- 1 1/4 cups Raspberries

Nutrition

Amount per serving

Calories	601	Cholesterol	0mg
Fat	51g	Sodium	36mg
Carbs	25g	Vitamin A	15IU
Fiber	12g	Vitamin C	8mg
Sugar	4g	Calcium	171mg
Protein	20g	Iron	5mg

Turkey, Greens & Avocado Wraps

3 ingredients · 5 minutes · 5 servings



Directions

1. Layer the sliced avocado on top of the sliced turkey breast and top with microgreens. Roll into a wrap and serve!

Notes

No Turkey

Use chicken or another deli meat instead

More Flavour

Add a condiment such as mustard or mayonnaise. Add spices of your choice.

Leftovers

Best enjoyed immediately but can be stored in the fridge for up to two days. Sprinkle the avocado with lemon juice to prevent browning.

Ingredients

- 2 1/2 Avocado (sliced thin)
- 1 1/8 lbs Sliced Turkey Breast
- 1 1/4 cups Microgreens

Nutrition

Amount per serving

Calories	274	Cholesterol	49mg
Fat	19g	Sodium	905mg
Carbs	12g	Vitamin A	147IU
Fiber	7g	Vitamin C	15mg
Sugar	2g	Calcium	31mg
Protein	17g	Iron	1mg

Glowing Green Mango Energy Smoothie

7 ingredients · 10 minutes · 4 servings



Directions

1. Place all ingredients together in a blender. Blend until smooth. Enjoy!

Ingredients

- 8 cups** Baby Spinach
- 1** Cucumber
- 2** Lime (juiced)
- 2** Lemon (juiced)
- 2** Apple (skin removed and diced)
- 3 cups** Frozen Mango
- 4 cups** Water

Nutrition

Amount per serving

Calories	157	Cholesterol	0mg
Fat	1g	Sodium	56mg
Carbs	40g	Vitamin A	7106IU
Fiber	6g	Vitamin C	84mg
Sugar	29g	Calcium	119mg
Protein	4g	Iron	2mg

Pear & Kale Protein Smoothie

4 ingredients · 5 minutes · 4 servings



Directions

1. Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Notes

Leftovers

Best enjoyed immediately. Refrigerate in an airtight jar for up to two days.

No Kale

Use spinach instead.

No Protein Powder

Omit, or add a few spoonfuls of hemp seeds instead.

Ingredients

5 cups Water (cold)

4 cups Kale Leaves

2 Pear (stem and seeds removed, chopped)

1 cup Vanilla Protein Powder

Nutrition

Amount per serving

Calories	143	Cholesterol	4mg
Fat	1g	Sodium	56mg
Carbs	16g	Vitamin A	1033IU
Fiber	4g	Vitamin C	23mg
Sugar	9g	Calcium	205mg
Protein	20g	Iron	1mg

Flax Bread Avocado Toast

4 ingredients · 5 minutes · 5 servings



Directions

1. Toast flax bread in toaster, or broil on high for about 3 minutes per side.
2. Mash avocado on bread. Sprinkle red pepper flakes and sea salt. Enjoy!

Notes

Additional Toppings

Tofu scramble, tomatoes, sauerkraut, fresh herbs, and/or hot sauce.

Ingredients

5 slices Grain-Free Flax Bread

1 1/4 Avocado

1/3 tsp Red Pepper Flakes

1/3 tsp Sea Salt

Nutrition

Amount per serving

Calories	290	Cholesterol	93mg
Fat	23g	Sodium	510mg
Carbs	11g	Vitamin A	255IU
Fiber	8g	Vitamin C	5mg
Sugar	0g	Calcium	134mg
Protein	9g	Iron	2mg

Paleo Sweet Potato Porridge

7 ingredients · 20 minutes · 5 servings



Directions

1. Peel and shred the sweet potato using a hand grater or the shredding attachment on your food processor.
2. Place shredded sweet potato in a medium sized saucepan, add the coconut milk and water.
3. Cover and cook the sweet potato in the liquid over medium-high heat for about 15 minutes, stirring every couple minutes to prevent the bottom from burning. It will seem dry at first, but as it steams, the sweet potato will soften and release liquid. After about 15 minutes, your sweet potato should be a very soft, porridge-like texture.
4. Divide the sweet potato porridge between bowls and top with berries, coconut oil, cinnamon, and shredded coconut. Enjoy!

Notes

Other Toppings

Dried fruit, nut butter, chia seeds, hemp seeds or fresh fruit.

Leftovers

Store in an airtight container in the fridge up to 3 to 4 days.

Ingredients

- 2 1/2 Sweet Potato
- 1 1/4 cups Canned Coconut Milk
- 1 1/4 cups Water
- 2 1/2 cups Raspberries
- 2 1/2 tbsps Coconut Oil
- 1 1/4 tsps Cinnamon
- 2 1/2 tbsps Unsweetened Coconut Flakes

Nutrition

Amount per serving

Calories	273	Cholesterol	0mg
Fat	19g	Sodium	54mg
Carbs	23g	Vitamin A	9244IU
Fiber	7g	Vitamin C	18mg
Sugar	6g	Calcium	50mg
Protein	3g	Iron	1mg

Roasted Sweet Potato Rounds

2 ingredients · 35 minutes · 8 servings



Directions

1. Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper.
2. Slice the sweet potatoes into 1/2 inch rounds and place them on the baking sheet.
3. Brush the slices with melted coconut oil, then flip them over and repeat.
4. Place in the oven and bake for 30 to 35 minutes, flipping them at the halfway point. The rounds should be starting to brown on each side.
5. Remove from oven. Season them with your favourite spices (we like sea salt and cinnamon) and enjoy!

Notes

Serve it With

A side dish, with guacamole, or with your favorite dressing for dipping. You can also use them as a burger bun replacement!

Ingredients

- 4 Sweet Potato (medium, washed and scrubbed)
- 1 tbsp Coconut Oil

Nutrition

Amount per serving

Calories	71	Cholesterol	0mg
Fat	2g	Sodium	36mg
Carbs	13g	Vitamin A	9222IU
Fiber	2g	Vitamin C	2mg
Sugar	3g	Calcium	20mg
Protein	1g	Iron	0mg

Chia Oats with Kiwi

4 ingredients · 10 minutes · 4 servings



Directions

1. In a small saucepan, bring the water to a boil and add the oats and chia seeds. Reduce to a simmer and cook for 4 to 5 minutes or until cooked through. Be sure to stir often.
2. Divide the oatmeal between bowls and top with kiwi. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days. For best results, reheat with additional liquid over the stove or in the microwave.

Serving Size

One serving is equal to half a cup of oatmeal and half of a kiwi.

More Flavor

Add cinnamon or maple syrup.

Additional Toppings

Add nuts, seeds and berries.

Ingredients

- 2 cups Water
- 2 cups Oats (rolled)
- 1/4 cup Chia Seeds
- 2 Kiwi (chopped)

Nutrition

Amount per serving

Calories	231	Cholesterol	0mg
Fat	6g	Sodium	8mg
Carbs	37g	Vitamin A	30IU
Fiber	9g	Vitamin C	32mg
Sugar	4g	Calcium	121mg
Protein	8g	Iron	3mg

Chia Seed Buckwheat Bowl

6 ingredients · 25 minutes · 4 servings



Directions

1. In a medium-sized pot, bring the water to a boil. Once boiling, reduce the heat to low and add the buckwheat and chia seeds. Mix together and cook for 15 to 20 minutes or until the water is absorbed.
2. Divide the buckwheat mixture evenly between bowls. Top with the pumpkin seeds, blueberries and cherries. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is roughly 1/2 cup.

Additional Toppings

Top with coconut milk, maple syrup, banana slices, raspberries, nuts and/or seeds.

Ingredients

- 2 cups Water
- 1 cup Buckwheat Groats
- 2 tbsps Chia Seeds
- 1/3 cup Pumpkin Seeds
- 1 cup Blueberries
- 1 cup Cherries (sliced)

Nutrition

Amount per serving

Calories	276	Cholesterol	0mg
Fat	8g	Sodium	9mg
Carbs	46g	Vitamin A	46IU
Fiber	9g	Vitamin C	6mg
Sugar	9g	Calcium	69mg
Protein	10g	Iron	3mg

Fruit & Hemp Seed Bowls

6 ingredients · 5 minutes · 4 servings



Directions

1. Divide all the ingredients into bowls. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

Top with nuts, seeds, rolled oats and/or nut butter.

No Coconut Milk

Use almond, soy, rice or oat milk instead.

Ingredients

- 2 Apple (cored, chopped)
- 1 Banana (sliced)
- 1/2 tsp Cinnamon
- 1/4 cup Raisins
- 1/2 cup Hemp Seeds
- 1 1/3 cups Plain Coconut Milk (from the carton)

Nutrition

Amount per serving

Calories	242	Cholesterol	0mg
Fat	12g	Sodium	17mg
Carbs	32g	Vitamin A	238IU
Fiber	4g	Vitamin C	7mg
Sugar	22g	Calcium	181mg
Protein	7g	Iron	2mg

Berry Avocado Smoothie

7 ingredients · 5 minutes · 4 servings



Directions

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

Notes

No Chia Seeds

Use flax seeds instead.

No Avocado

Use almond butter or sunflower seed butter instead.

Additional Toppings

Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

Protein Powder

This recipe was developed and tested using a plant-based protein powder.

Ingredients

4 cups Plain Coconut Milk (unsweetened, from the box)

2 Zucchini (chopped, frozen)

1 cup Frozen Cauliflower

2 cups Frozen Berries

1 Avocado

1/4 cup Chia Seeds

1 cup Vanilla Protein Powder

Nutrition

Amount per serving

Calories	367	Cholesterol	4mg
Fat	17g	Sodium	95mg
Carbs	33g	Vitamin A	773IU
Fiber	13g	Vitamin C	57mg
Sugar	18g	Calcium	684mg
Protein	25g	Iron	3mg

Turkey, Spinach & Pineapple Bowl

5 ingredients · 25 minutes · 4 servings



Directions

1. Heat a large skillet over medium-high heat. Add the turkey and break it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan and set the turkey aside.
2. Divide the spinach evenly between bowls. Top with the turkey, pineapple and avocado. Garnish with fresh dill, if using, and enjoy!

Notes

Leftovers

Refrigerate everything in separate airtight containers for up to three days.

More Flavor

Add your favorite salad dressing, oil & vinegar or lemon, or feta cheese.

Make it Vegan

Use black beans or lentils instead of ground turkey.

Ingredients

1 1/3 lbs Extra Lean Ground Turkey

2 2/3 cups Baby Spinach

1 1/3 cups Pineapple (diced)

1 1/3 Avocado (diced)

1 1/3 tbsps Fresh Dill (optional, chopped)

Nutrition

Amount per serving

Calories	366	Cholesterol	112mg
Fat	23g	Sodium	125mg
Carbs	14g	Vitamin A	2130IU
Fiber	6g	Vitamin C	39mg
Sugar	6g	Calcium	67mg
Protein	30g	Iron	3mg

Skillet Sausage & Apples with Avocado

4 ingredients · 15 minutes · 4 servings



Directions

1. Place a large skillet over medium heat. Add the sausage, apples, and cinnamon. Cook for 8 to 10 minutes, or until the sausage is cooked through and apples are soft.
2. Divide the sausage, apples, and avocado onto plates or into containers. Enjoy!

Notes

No Apple

Use pear or plantain instead.

No Lamb Sausage

Use chorizo, chicken, pork or vegan sausage.

Leftovers

Refrigerate in an airtight container for up to 3 days.

Ingredients

- 1 lb Lamb Sausage (sliced)
- 2 Apple (cored, chopped)
- 1 tsp Cinnamon
- 2 Avocado (pitted, halved)

Nutrition

Amount per serving

Calories	554	Cholesterol	91mg
Fat	40g	Sodium	240mg
Carbs	24g	Vitamin A	401IU
Fiber	10g	Vitamin C	16mg
Sugar	10g	Calcium	44mg
Protein	23g	Iron	3mg

Slow Cooker Cinnamon Applesauce

4 ingredients · 4 hours · 8 servings



Directions

1. Add chopped apple, cinnamon, lemon juice and water to the slow cooker and stir well to mix. Cook on high for 4 hours, stirring occasionally. (Note: Peeling the apples is optional but not necessary as they will be pureed in step 2.)
2. Remove the cinnamon sticks. Use an immersion blender to puree the applesauce, or transfer to a blender.
3. Divide into bowls, add your preferred toppings and enjoy! Refrigerate or freeze leftovers.

Notes

Storage

Refrigerate in an air-tight container up to 10 days, or freeze up to a year.

Leave it Chunky

Skip Step 2. You may want to peel your apples before cooking.

Extra Toppings

Add any combination of nuts, seeds, toasted oats, coconut or dried fruit.

Less Sugar

Use a mixture of naturally sweet apples like Red Delicious, Gala, Fuji, Winesap, McIntosh, Yellow Delicious, Crispin or Cortland.

Ingredients

12 Apple (large, cored and diced)

4 servings Cinnamon Stick

1/2 Lemon (juiced)

1 cup Water

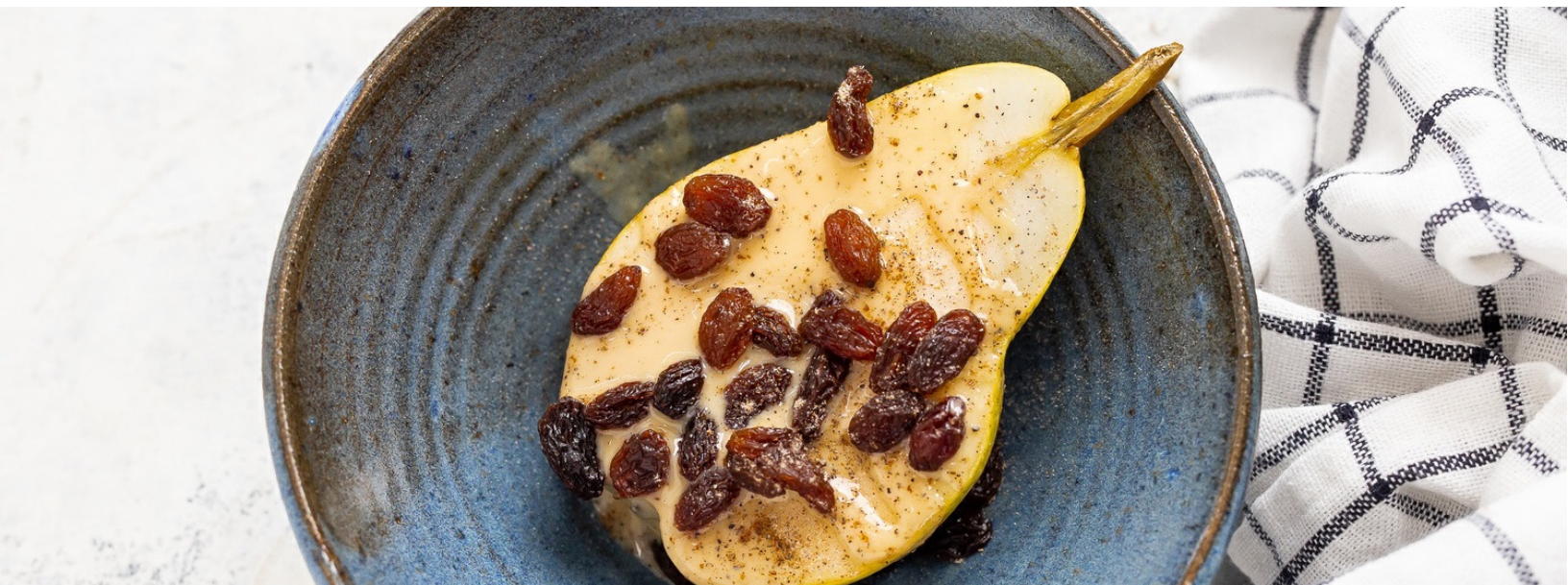
Nutrition

Amount per serving

Calories	143	Cholesterol	0mg
Fat	0g	Sodium	3mg
Carbs	38g	Vitamin A	148IU
Fiber	10g	Vitamin C	14mg
Sugar	28g	Calcium	20mg
Protein	1g	Iron	0mg

Pear with Tahini & Raisins

4 ingredients · 5 minutes · 4 servings



Directions

1. Top the pear with tahini, raisins, and cardamom. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

Maple syrup or honey.

Ingredients

4 Pear (medium, sliced in half, cored)

1/2 cup Tahini

1/2 cup Raisins

1/2 tsp Cardamom (ground)

Nutrition

Amount per serving

Calories	342	Cholesterol	0mg
Fat	16g	Sodium	42mg
Carbs	50g	Vitamin A	65IU
Fiber	9g	Vitamin C	8mg
Sugar	31g	Calcium	158mg
Protein	6g	Iron	3mg

Strawberry Tahini Overnight Oats

6 ingredients · 8 hours · 4 servings



Directions

1. Add the oats, milk, chia seeds, tahini, cinnamon, and strawberries to a mixing bowl. Mix well. Cover and place in the fridge overnight, or for at least 8 hours.
2. Remove the oats from the fridge and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

No Coconut Milk

Use another dairy-free milk.

No Tahini

Use any other nut or seed butter instead.

Likes it Sweeter

Add a drizzle of maple syrup or other sweetener.

Ingredients

2 cups Oats

3 cups Plain Coconut Milk (from the carton)

1/2 cup Chia Seeds

1/2 cup Tahini

1/2 tsp Cinnamon

2 cups Strawberries (halved)

Nutrition

Amount per serving

Calories	529	Cholesterol	0mg
Fat	30g	Sodium	68mg
Carbs	55g	Vitamin A	404IU
Fiber	16g	Vitamin C	42mg
Sugar	9g	Calcium	655mg
Protein	15g	Iron	7mg

Date, Chia & Tahini Energy Balls

4 ingredients · 35 minutes · 4 servings



Directions

1. In a blender or food processor, add the dates, tahini, and chia seeds. Blend until smooth paste forms.
2. Use a one-inch cookie scoop to scoop out the paste and roll it in your hands to create a ball. Continue until you have used up all of the paste.
3. Roll each ball in shredded coconut until evenly coated. Chill in the fridge for about 30 minutes and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to a week or freeze for up to three months.

Serving Size

One serving is equal to two energy balls.

More Flavor

Add vanilla and walnuts.

No Shredded Coconut

Roll the balls in ground pistachio, cocoa powder, or sesame seeds.

Ingredients

2/3 cup Pitted Dates

2 2/3 tbsps Tahini

2 2/3 tbsps Chia Seeds

2 2/3 tbsps Unsweetened Shredded Coconut

Nutrition

Amount per serving

Calories	189	Cholesterol	0mg
Fat	10g	Sodium	14mg
Carbs	25g	Vitamin A	9IU
Fiber	6g	Vitamin C	0mg
Sugar	16g	Calcium	103mg
Protein	4g	Iron	2mg

Tahini Green Smoothie

8 ingredients · 10 minutes · 4 servings



Directions

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

Notes

More Protein

Add a scoop of protein powder or collagen.

Additional Toppings

Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

No Frozen Zucchini

Use fresh zucchini.

No Fresh Ginger

Use a pinch of dried ginger instead.

No Chia Seeds

Omit or use flax seeds instead.

Extra Creamy

Replace the fresh avocado with cubed, frozen avocado.

Ingredients

4 cups Water

6 cups Baby Spinach

1 Avocado

1 Zucchini (diced, frozen)

2 Banana (frozen)

1/4 cup Tahini

1 1/3 tbsps Ginger (fresh)

1/4 cup Chia Seeds

Nutrition

Amount per serving

Calories	299	Cholesterol	0mg
Fat	20g	Sodium	68mg
Carbs	29g	Vitamin A	4439IU
Fiber	12g	Vitamin C	32mg
Sugar	9g	Calcium	226mg
Protein	8g	Iron	4mg