

Well + Easy

LOW GLYCEMIC STARTER KIT

**CLEAN UP YOUR KITCHEN +
EAT BETTER THIS WEEK**





ABOUT YOUR NUTRITIONIST, JEN

women's Low GI lifestyle coach

I studied holistic health at the Institute for Integrative Nutrition and started Well + Easy in 2014.

I began my specialization in low glycemic diet & nutrition shortly after working with family members with diabetes, PCOS, insulin resistance and obesity amongst others. But the truth is, all degenerative diseases, which are diseases of the cells, can be prevented, helped, or healed with a low glycemic diet, so I created this all-in-one resource to help others be successful with this lifestyle change.

I'm also the author of Whole Low Glycemic and various other low glycemic cookbooks.

Who I help

I work with women who are done researching aka scouring the internet for solutions and ready to commit! In other words, you're done being overwhelmed with information and ready for the guidance to change your life.

HOW TO USE THIS STARTER KIT

It's easy!

Step 1: Take inventory of your kitchen. Most people have more low GI foods in their pantry than they know. Use the checklist to see what you have, what you don't have, and what you need to get. Having a low gi, weight loss-friendly kitchen makes it so much easier to stick to this diet.

TIP: Put all of your low GI foods in the same place, that way they're easy to identify.

Step 2: Start your 7-day meal plan. We recommend starting on a Monday. Now that your kitchen is clean and prepped with the right foods, we made a meal plan based off of the essentials in your pantry. Follow the plan and feel the difference.

We REALLY want to know how it goes! Leave a comment on this Pinterest post to let us know.

[LEAVE COMMENT ON PINTEREST](#)



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KITCHEN ACTIVITY & CHECKLIST

Take inventory of your kitchen
and stock up on more low
glycemic foods!



Low Glycemic Grocery List

Kitchen essentials

Fresh and frozen fruits
and vegetables

Grains and legumes

Herbs and spices (for
flavor)

Healthy fats

Healthy protein

Healthy drinks



Did you know?

Most grocery stores are designed the same. In the outer perimeter you'll find fresh produce (fruits and vegetables, meats, and dairy.

The inner zigzag formed aisles with shelves have all the dry and canned goods, junk foods, frozen foods, and packaged foods.

As a best practice, focus on filling your cart with foods along the outskirts.





Pantry

Low Glycemic Grocery List

In the pantry

There's a ton of delicious, nutritious, and easy meals you can create with the right ingredients in your pantry. Keep these items in stock at all times.

The list:

- Canned unsweetened coconut milk
- Brown rice
- Canned beans
- Canned chili peppers
- Chicken or vegetable stock
- Apple cider vinegar



PANTRY

Tip!

Not all canned goods are bad. Always check for salt content and get unsalted, unsweetened, and organic when possible

Low Glycemic Grocery List

Pantry list

- Coconut oil
- Extra virgin olive oil
- Canned tomatoes
- Canned chili peppers
- Whole grain bread, pastas, and flours
- Rolled or steel cut oats
- Dried beans and lentils
- Albacore tuna in a can
- Chicken breast in a can
- Nuts and seeds
- Flaxseeds, chia seeds, and other “super foods”



PANTRY

Super foods

Cacao nibs, cacao powder, hemp seeds, maca, goji berries, and matcha

Low Glycemic Grocery List

Pantry list

Almond butter

Sprouted grains

Balsamic vinegar

Rice vinegar

100% natural peanut
butter

Ground black pepper

Sea salt

Cinnamon

Cumin

Paprika

Other dried herbs (basil,
parsley, etc)



Spice things up

Dried herbs and spices can bring flavor to the most basic meal. Try some or try them all, create a spice rack you love.

The image shows four meal prep containers arranged in a 2x2 grid. Each container is filled with a different component of a meal. The top-left container contains chickpeas and sliced avocado. The top-right container contains rice, chickpeas, and a lemon wedge. The bottom-left container contains rice, chickpeas, and a lemon wedge. The bottom-right container contains chickpeas and sliced avocado. A central white box with a blue border contains the text 'Fridge & Freezer'. The background is a light-colored marble surface with decorative blue and brown wavy lines.

Fridge & Freezer

Low Glycemic Grocery List

Freezer + Refrigerator

A well stocked fridge is your best friend. The following food groups should be on your grocery shopping list to create healthy, low GI meals + snacks

The list:

- Frozen fish (wild caught salmon)
- Frozen vegetables
- Frozen berries
- Eggs
- Chicken or turkey breasts
- Lemons



Tip!

Frozen fruits and vegetables are a super smart option if you don't eat your produce within 1 week. Frozen foods are flash-frozen and preserve all of their nutrients.

Low Glycemic Grocery List

Freezer + Refrigerator

- Fresh fruits and berries
- Fresh vegetables
- Fresh herbs
- Unsweetened nut milk
- Small potatoes with the skin on
- Unsweetened tea
- Sparkling water
- Red wine vinegar
- Lemon juice
- Ginger juice
- Unsweetened sauces (ketchup and mustard)



FREEZER + FRIDGE

Drinks

Always choose unsweetened drinks, so you're not consuming hidden or unwanted extra sugar.

The image is a collage of food-related photos. In the foreground, there's a dark bowl filled with fresh green spinach leaves and two golden-brown falafel balls. In the background, several burgers are visible, some with sesame seed buns and others with plain buns, all topped with various fillings like tomatoes, lettuce, and meat. The overall aesthetic is fresh and healthy. A central white rectangular box with a blue border contains the word "Extras" in a bold, dark blue font. The collage is framed by decorative, wavy lines in shades of blue and orange.

Extras

Low Glycemic Grocery List

Healthy options

(Choose organic whenever possible)



Brown rice

Organic jasmine rice, organic long or short grain rice, organic wild rice, organic basmati rice, organic black rice



Pastas

100% Whole grain pasta, chickpea pasta, lentil pasta, quinoa pasta, almond flour pasta, brown rice pasta

Always cook al dente as this slows the digestion process and keeps blood sugar from spiking



Nuts + Seeds

Brazilian nuts, macadamia, almonds, walnuts, pecans, pine nuts, sunflower seeds, pumpkin seeds.

Unsalted, raw, or roasted



Flour

Chickpea flour, almond flour, brown rice flour, coconut flour, oat flour, 100% whole grain flour



Bread

100% whole grain bread, brown rice bread, oat bread, almond bread, seed bread

HEALTHY OPTIONS

Good news

You can still eat your favorite pasta or grain meals, just with better ingredients! Check out this list to see your new healthy options

Low Glycemic Grocery List

Food swaps

Cow milk	Unsweetened coconut milk, unsweetened almond milk, or unsweetened oat milk
White refined sugar	Date sugar, real maple syrup, raw honey, or stevia
White crackers	Whole grain crackers, seed crackers, brown rice puffs, nut crackers
Peanut butter	Unsweetened almond butter, sunflower seed butter, unsweetened cashew butter
Traditional salad dressing	Olive oil + sea salt, red wine vinegar + honey, Stone ground mustard + honey.
Sauces + Condiments	Unsweetened ketchup, unsweetened bbq sauce, tahini, hot sauce, stone ground mustard, avocado (instead of mayo!)



FOOD SWAPS

Salad dressing has the most hidden calories! It can turn any salad from being healthy to unhealthy. Check the labels

This for that

You can almost always find a healthy alternative to common foods/ingredients. Well + Easy shares these swaps on Pinterest! pinterest.com/wellandeasy

Low Glycemic Grocery List

Read the labels

Nutrition labels can be tricky. To determine if something is healthy and how much to eat, look at the serving size.

- 1 Everything listed on a label is **PER THE SERVING SIZE** and **NOT** the entire contents inside.

Nutrition Facts	
About 63 servings per container	
Serving size 1 tbsp (15 mL)	
Amount per serving	
Calories	35
% Daily Value	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 5g	1%
Total Sugars 5g	
Includes 5g Added Sugars 10%	
Protein 0g	

Not a significant source of dietary fiber, vitamin D, calcium, iron, and potassium.

- 4 63 servings, 5 grams of sugar per serving = 315 total grams of sugar in one 32 oz. bottle of creamer

2

35 calories PER SERVING SIZE. The serving size for this standard coffee creamer is 1 tablespoon. (So, 10 tbsp = 350 calories)

3

5 grams of sugar PER SERVING SIZE. 1 tablespoon of creamer has 5g of sugar. If you typically just pour creamer into your coffee, it could be anywhere from 10-15 tablespoons, totaling over 50g of sugar in one cup!

FOOD LABELS

Low Glycemic Grocery List

What next?

Use this guide as the basis for your next trip to the grocery store. We hope it serves you well and makes choosing healthy, easier.

That's why we're here after all.

If you have any questions, feel free to contact us at wellandeasy.com/contact



7-day weight loss meal plan

Grocery shop, and follow this exact plan for the next 7 days to improve your blood sugar, energy, and health!



PCOS Diet

WELL + EASY

Packed with fiber, low glycemic ingredients and hormone-balancing nutrients.

Our 7-Day PCOS Diet is designed to address common concerns of women struggling with Polycystic Ovarian Syndrome including excess body weight, insulin resistance, acne, and high blood pressure.

To combat insulin-resistance, all ingredients have a low glycemic load. Carbs are always paired with fat and protein, and meals are scheduled every 2-3 hours to ensure level blood sugar. We have included ingredients that are loaded with powerful hormone-balancing nutrients like indole-3-carbinol and calcium-d-glucarate.

You will find an abundance of cruciferous vegetables and lean proteins, along with anti-inflammatory chia seeds and turmeric. This plan is also grain-free so that carbohydrates are derived from only the most nutrient-dense sources.

This program was created with the following key considerations:

LOW GLYCEMIC INDEX FOODS

Eating the proper amount and type of carbohydrate is important to help balance insulin levels. This gluten-free, dairy-free meal plan uses low glycemic foods to optimize blood sugars, hormone levels, and weight management. Carbohydrate sources are paired with fats and protein to create a steady release of energy throughout the day.

HIGH FIBER

Getting enough dietary fiber may reduce insulin resistance and hyperandrogenemia in women with PCOS. Following a high-fiber, sugar-free, grain-free plan can also help to improve hormone abnormalities associated with PCOS. This plan provides up to 35 grams of fiber daily from vegetables, quinoa, hummus, nuts, and seeds.

HEALTHY FATS & PROTEIN

Omega-3 fatty acids provide beneficial effects on PCOS, including hormonal balance, anti-obesity, and anti-inflammatory effects. In combination with a low glycemic diet, getting enough daily protein may help provide endocrine and metabolic benefits. This program incorporates omega-3 fats from salmon, walnuts, and chia

seeds and up to 25% of daily calories from protein.

ANTI-INFLAMMATORY FOODS

This meal plan contains polyphenols and antioxidants to lower chronic inflammation in PCOS. It includes polyphenols found in cloves, apples, walnuts, spinach, and kale. The polyphenol curcumin in turmeric is incorporated as it is a powerful anti-inflammatory agent. Essential fat-soluble antioxidants like vitamin A and vitamin E reduce oxidative stress. This meal plan is packed with vitamin A sources like sweet potato, carrots, and salmon, and incorporates vitamin E through a daily dose of olive oil, nuts, and seeds.

LIVER SUPPORT

The liver is a key organ for regulating hormone balance, chemical levels in the blood, glucose and protein balance, making immune factors, and breaking down and excreting harmful substances. Indoles, including indole-3-Carbinol, is essential to liver support and can be found in cruciferous vegetables like broccoli, cabbage, cauliflower, and kale.

MON



BREAKFAST
Breakfast Cauliflower Casserole



SNACK 1
Apple with Almond Butter



LUNCH
Cream of Celery & Asparagus Soup



SNACK 2
Smoked Salmon Wrapped Avocado



DINNER
Shrimp Asparagus Pesto Pasta

TUE



BREAKFAST
Breakfast Cauliflower Casserole



SNACK 1
Apple with Almond Butter



LUNCH
Shrimp Asparagus Pesto Pasta



SNACK 2
Smoked Salmon Wrapped Avocado



DINNER
Cajun Chicken, Sweet Potatoes & Kale

WED



BREAKFAST
Breakfast Cauliflower Casserole



SNACK 1
Hummus Dippers



LUNCH
Cajun Chicken, Sweet Potatoes & Kale



SNACK 2
Salt n' Vinegar Hard Boiled Eggs



DINNER
One Pan Chicken, Golden Cauliflower & Carrot Fries

THU



BREAKFAST
Carrot Cake Chia Pudding



SNACK 1
Hummus Dippers



LUNCH
One Pan Chicken, Golden Cauliflower & Carrot Fries



SNACK 2
Salt n' Vinegar Hard Boiled Eggs



DINNER
15 Minute Shrimp & Cabbage Stir Fry

FRI



BREAKFAST
Carrot Cake Chia Pudding



SNACK 1
Apple with Almond Butter



LUNCH
15 Minute Shrimp & Cabbage Stir Fry



SNACK 2
Salt n' Vinegar Hard Boiled Eggs



DINNER
Sausage, Broccoli & Cabbage Stir Fry

SAT



BREAKFAST
Avocado Sweet Potato Toast with Poached Egg



SNACK 1
Apple with Almond Butter



LUNCH
Sausage, Broccoli & Cabbage Stir Fry



SNACK 2
Hummus Dippers



DINNER
Cheesy Cauliflower & Broccoli Casserole

SUN



BREAKFAST
Avocado Sweet Potato Toast with Poached Egg



SNACK 1
Apple with Almond Butter



LUNCH
Cream of Celery & Asparagus Soup



SNACK 2
Hummus Dippers



DINNER
Cheesy Cauliflower & Broccoli Casserole

FRUITS

- 5 Apple
- 2 Avocado
- 2 Lemon

BREAKFAST

- 2/3 cup Almond Butter

SEEDS, NUTS & SPICES

- 1/4 tsp Black Pepper
- 1 tbsp Cajun Spice
- 1/4 cup Cashews
- 1/2 cup Chia Seeds
- 1/2 tsp Cinnamon
- 1 tsp Dried Thyme
- 1 tsp Garlic Powder
- 1/4 tsp Ground Ginger
- 1/4 cup Hemp Seeds
- 1 tsp Italian Seasoning
- 1/8 tsp Paprika
- 1/2 tsp Red Pepper Flakes
- 2 3/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tsps Sesame Seeds
- 1 tsp Turmeric
- 1/4 cup Walnuts

VEGETABLES

- 4 1/2 cups Asparagus
- 3 cups Baby Spinach
- 4 cups Broccoli
- 1 cup Butternut Squash
- 4 Carrot
- 1 1/2 heads Cauliflower
- 7 stalks Celery
- 6 Garlic
- 8 cups Green Cabbage
- 4 cups Kale Leaves
- 2 cups Purple Cabbage
- 2 Sweet Potato
- 1 Yellow Bell Pepper
- 1 1/2 Yellow Onion

BOXED & CANNED

- 4 ozs Chickpea Pasta

BAKING

- 1/8 tsp Ground Cloves
- 1/3 cup Nutritional Yeast
- 1 tsp Stevia Powder
- 2 tsps Unsweetened Coconut Flakes

BREAD, FISH, MEAT & CHEESE

- 8 ozs Chicken Breast
- 5 ozs Chicken Sausage
- 8 ozs Extra Lean Ground Chicken
- 1 cup Hummus
- 1 3/4 lbs Shrimp
- 3 1/2 ozs Smoked Salmon

CONDIMENTS & OILS

- 3 tsps Apple Cider Vinegar
- 3 1/2 tsps Coconut Oil
- 1/3 cup Extra Virgin Olive Oil
- 2 tsps Pesto

COLD

- 17 Egg
- 2 1/2 cups Unsweetened Almond Milk

OTHER

- 2 1/4 cups Water

Breakfast Cauliflower Casserole

3 SERVINGS 1 HOUR



INGREDIENTS

1/2 head Cauliflower (chopped into florets)
7 Egg
1/2 cup Unsweetened Almond Milk
1 tsp Garlic Powder
1 tbsp Nutritional Yeast
1 tsp Sea Salt
1 cup Baby Spinach

DIRECTIONS

- 01 Preheat oven to 375°F (191°C).
- 02 On the stove, bring a large pot of water to a boil. Drop in your cauliflower florets and let cook for 5 to 6 minutes (or until tender when pierced with a fork). Roughly chop the cooked cauliflower and set aside.
- 03 In a bowl, whisk together egg, almond milk, garlic powder, nutritional yeast, salt and chopped spinach. Toss in chopped cauliflower florets until evenly coated.
- 04 Pour mixture into a baking dish and bake for 45 minutes.
- 05 Remove from oven and let cool slightly before serving. Enjoy!

NOTES

MORE GREENS

Add an extra cup of chopped spinach, or serve with a side of mixed greens tossed in olive oil and balsamic vinegar.

DON'T LIKE CAULIFLOWER

Use steamed broccoli instead.

STORAGE

Store in an airtight container up to three days. Reheat before serving.

Carrot Cake Chia Pudding

2 SERVINGS 3 HOURS



INGREDIENTS

- 1 Carrot (medium, grated)
- 1/2 tsp Cinnamon
- 1/8 tsp Ground Cloves
- 1/4 tsp Ground Ginger
- 1 tsp Stevia Powder (to taste)
- 2 cups Unsweetened Almond Milk
- 1/2 cup Chia Seeds
- 1/4 cup Walnuts (chopped)
- 2 tbsps Unsweetened Coconut Flakes

DIRECTIONS

- 01 In a medium sized mixing bowl, combine the shredded carrot, cinnamon, cloves, ginger and stevia. Add the almond milk, then whisk in the chia seeds. Let sit for 5 minutes, then stir again to redistribute the chia seeds. Cover the bowl and refrigerate for 3 hours or overnight.
- 02 Divide into bowls or mason jars and garnish with shredded coconut and chopped walnuts. Enjoy!

NOTES

STORAGE

Keeps well in the fridge for 3 to 4 days.

EXTRA CREAMY

Replace half of the almond milk with full-fat canned coconut milk.

Avocado Sweet Potato Toast with Poached Egg

2 SERVINGS 15 MINUTES



INGREDIENTS

- 1 Sweet Potato (large)
- 4 Egg
- 1 Avocado
- Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Trim the pointy ends off the sweet potato then lay it on its side on a cutting board. Slice it lengthwise into 1/4 inch slices.
- 02 Pop the sweet potato slices into the toaster and toast twice. You may need to toast a third time depending on your toaster. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 - 6 minutes per side, or until golden brown.
- 03 While the sweet potato toasts, carve the flesh of the avocado out into a bowl. Season with a pinch of sea salt and black pepper and mash with a fork until smooth and creamy.
- 04 Poach, fry or hardboil the eggs.
- 05 Spread the mashed avocado over the sweet potato toasts and top with cooked eggs. Season with sea salt, black pepper and/or red pepper flakes. Enjoy!

NOTES

ADD GREENS

Add a layer of baby spinach after you spread on the avocado.

GUACAMOLE LOVER

Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.

EGG-FREE

Skip the eggs and top with hemp seeds instead.

Apple with Almond Butter

5 SERVINGS 5 MINUTES



INGREDIENTS

5 Apple
2/3 cup Almond Butter

DIRECTIONS

- 01 Slice apple and cut away the core.
- 02 Dip into almond butter.
- 03 Yummmm.

NOTES

NUT-FREE

Use sunflower seed butter instead of almond butter.

Hummus Dippers

4 SERVINGS 15 MINUTES



INGREDIENTS

- 1 Yellow Bell Pepper
- 1 Carrot
- 4 stalks Celery
- 1 cup Hummus

DIRECTIONS

- 01 Slice your pepper, carrot and celery into sticks.
- 02 Line up 4 small mason jars (we like to use size 250 ml). Fill the bottom of each with $\frac{1}{4}$ cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat.

NOTES

HOMEMADE

Make your own hummus! Check out our Sweet Potato Hummus or Green Pea Hummus recipes.

MIX IT UP

Substitute in different veggies like cucumber or zucchini.

Cream of Celery & Asparagus Soup

2 SERVINGS 25 MINUTES



INGREDIENTS

- 1 tbsp Coconut Oil
- 1/2 Yellow Onion (chopped)
- 3 stalks Celery (chopped)
- 1 1/2 Garlic (cloves, minced)
- 2 cups Water
- 1/2 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1 1/2 cups Asparagus (woody ends snapped off)
- 1/4 cup Hemp Seeds
- 2 cups Baby Spinach

DIRECTIONS

- 01 Heat coconut oil in a large stock pot over medium heat. Add yellow onion and celery. Saute for 5 minutes or until veggies are slightly softened. Add minced garlic and saute for another minute.
- 02 Add water, sea salt and black pepper to the stock pot. Cover and bring to a boil then reduce to a simmer. Remove lid and set asparagus on top. Cover and let steam for 5 minutes or until bright green.
- 03 Add hemp seeds and baby spinach to your blender. Pour soup over top and puree. Ladle into bowls. Enjoy!

NOTES

LEFTOVERS

Store in an airtight container in the fridge for up to four days. Freeze in a freezer-safe container for up to three months.

SERVING SIZE

One serving is approximately 2 cups.

NO HEMP SEEDS

Use cashews.

ADD SOME CRUNCH

Set aside a few spears of asparagus, roast before serving and use as a garnish.

NO SPINACH

Use kale, swiss chard or any leafy green.

Smoked Salmon Wrapped Avocado

2 SERVINGS 5 MINUTES



INGREDIENTS

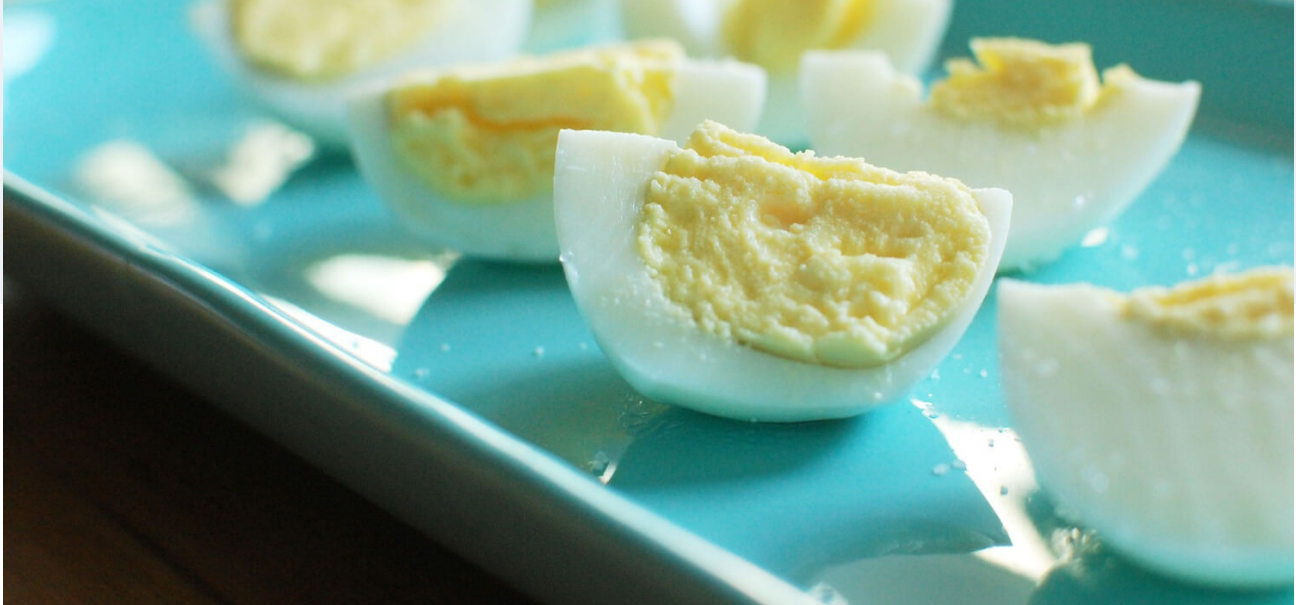
1 Avocado
3 1/2 ozs Smoked Salmon (sliced)

DIRECTIONS

01 Slice the avocado and wrap each slice with the smoked salmon. Transfer to a plate and enjoy!

Salt n' Vinegar Hard Boiled Eggs

3 SERVINGS 35 MINUTES



INGREDIENTS

6 Egg
3/4 tsp Sea Salt (divided)
3 tbsps Apple Cider Vinegar (divided)

DIRECTIONS

- 01 Bring a large pot of water to a boil. Gently place eggs into the boiling water and turn the heat down to medium high. Set your timer for 14 minutes.
- 02 After 14 minutes, use a spoon to lift the eggs out of the water. Place on a plate and let cool for at least 20 minutes.
- 03 When ready to eat, peel the eggs and cut them into halves or quarters. Season with sea salt and drizzle with apple cider vinegar. Enjoy!

Shrimp Asparagus Pesto Pasta

2 SERVINGS 30 MINUTES



INGREDIENTS

3 cups Asparagus (chopped into 1 inch pieces)
12 ozs Shrimp (uncooked, shells on)
2 tbsps Extra Virgin Olive Oil
1/8 tsp Sea Salt (or more to taste)
1 Lemon (sliced into rounds)
4 ozs Chickpea Pasta
2 tbsps Pesto

DIRECTIONS

- 01 Preheat oven to 400°F (204°C).
- 02 Lay the asparagus and shrimp on a baking sheet. Drizzle with olive oil and toss gently to coat. Sprinkle with sea salt and top with lemon slices. Bake for 15 to 18 minutes, or until shrimp are fully cooked and have turned pink.
- 03 While the shrimp and asparagus bake, bring a medium saucepan full of water to a boil. Add the chickpea pasta and cook according to the directions on the package. Drain and rinse the pasta and return it to the pot. Stir in pesto and mix well to combine.
- 04 Remove shells from shrimp. Mix the shrimp and asparagus into the pasta and divide between bowls. Enjoy!

NOTES

LEFTOVERS

Keeps well in the fridge for 2 to 3 days. Enjoy cold or reheated.

NO ASPARAGUS

Use green beans or zucchini instead.

VEGAN

Swap out the shrimp for tofu.

MORE GREENS

Top with microgreens.

Cajun Chicken, Sweet Potatoes & Kale

2 SERVINGS 35 MINUTES



INGREDIENTS

- 1 Sweet Potato (medium, diced into 1/2 inch thick pieces)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 tbsp Cajun Spice (divided)
- 1 1/2 tsps Coconut Oil (divided)
- 8 ozs Extra Lean Ground Chicken
- 4 cups Kale Leaves (sliced)
- Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Preheat the oven to 430°F (222°C). Line a baking sheet with parchment paper.
- 02 Place the diced sweet potatoes in a mixing bowl. Drizzle with olive oil and add half of the cajun spice. Toss well. Spread across the baking sheet and bake for 30 minutes, tossing at the half way mark.
- 03 Meanwhile, heat half the coconut oil in a skillet over medium heat. Add the ground chicken. Saute for 10 minutes or until completely cooked through, breaking it up as it cooks. Add in the remaining cajun spice. Continue to saute until the spice is evenly distributed. Transfer the ground chicken to a bowl and cover to keep warm.
- 04 Place the skillet back over medium heat and add the remaining coconut oil. Add in the kale, season with sea salt and black pepper then saute just until wilted. Turn off the heat.
- 05 Divide cajun chicken, sweet potatoes and sauteed kale between plates. Enjoy!

NOTES

NO GROUND CHICKEN

Use any type of ground meat.

VEGAN & VEGETARIAN

Use lentils or chickpeas instead of chicken.

STORAGE

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

One Pan Chicken, Golden Cauliflower & Carrot Fries

2 SERVINGS 40 MINUTES



INGREDIENTS

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

DIRECTIONS

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

NOTES

LOW FODMAP

Use zucchini instead of cauliflower.

15 Minute Shrimp & Cabbage Stir Fry

2 SERVINGS 15 MINUTES



INGREDIENTS

2 tbsps Coconut Oil (divided)
1 lb Shrimp (raw, peeled and deveined)
3 Garlic (cloves, minced)
1 Lemon (juiced)
1/2 tsp Red Pepper Flakes
8 cups Green Cabbage (finely sliced)
Sea Salt & Black Pepper (to taste)
2 tbsps Sesame Seeds

DIRECTIONS

- 01 Heat half the coconut oil in a large skillet over medium heat. Add the shrimp, minced garlic, lemon juice and red pepper flakes. Saute until shrimp is pink and cooked through (about 2 to 3 minutes). Transfer the shrimp and juices into a bowl and cover to keep warm. Set aside.
- 02 Place the skillet back over medium heat and add the remaining coconut oil. Add the green cabbage and season with sea salt and black pepper to taste. Saute for about 8 to 10 minutes, stirring occasionally. The cabbage is done when it is softened and starting to brown.
- 03 Add the shrimp and marinade back into the skillet and mix well. Divide onto plates and garnish with sesame seeds. Add extra red pepper flakes or hot sauce if you like it spicy. Enjoy!

NOTES

MORE CARBS

Serve with brown rice or quinoa.

LEFTOVERS

Store in an airtight container in the fridge up to 2 days.

Sausage, Broccoli & Cabbage Stir Fry

2 SERVINGS 25 MINUTES



INGREDIENTS

- 5 ozs Chicken Sausage
- 1/2 Yellow Onion (small, diced)
- 1/2 Garlic (clove, minced)
- 2 cups Broccoli (chopped into small florets)
- 2 cups Purple Cabbage (finely sliced)
- 1 tsp Italian Seasoning

DIRECTIONS

- 01 Remove casings from the sausage and discard. Heat a large skillet over medium-high heat. Add the sausage meat, onion, and garlic. Saute for about 5 to 10 minutes, or until fragrant.
- 02 Add the broccoli, cabbage and italian seasoning. Cover and cook for 10 to 15 minutes, stirring occasionally, until the vegetables are wilted and the sausage is cooked through. Divide onto plates and enjoy!

NOTES

LEFTOVERS

Keeps well in the fridge up to 3 days.

NO SAUSAGE

Use ground meat instead.

MAKE IT QUICK

Use bagged coleslaw mix to save time on slicing cabbage.

Cheesy Cauliflower & Broccoli Casserole

2 SERVINGS 1 HOUR



INGREDIENTS

- 1 cup Butternut Squash (peeled, seeded and cubed)
- 1/2 Yellow Onion (medium, diced)
- 1 Garlic (cloves, minced)
- 1/4 cup Water
- 1/2 head Cauliflower (medium, chopped into florets)
- 2 cups Broccoli (chopped into florets)
- 1/4 cup Cashews
- 1/4 cup Nutritional Yeast
- 1/4 tsp Sea Salt
- 1/8 tsp Paprika

DIRECTIONS

- 01 Preheat oven to 375°F (191°C).
- 02 In a small saucepan, combine the butternut squash, onion, garlic and water. Cover the pot and bring to a boil over high heat for about 5 minutes or until everything is soft. Remove from heat when done.
- 03 While the squash is cooking, place cauliflower and broccoli in a steamer. Steam for 3 minutes or until tender.
- 04 To make the "cheese" sauce, add the cashews, nutritional yeast, salt and paprika to your blender. Pour in the softened butternut squash, onion, garlic and water. Blend on high for about 1 minute or until smooth. (Note: If you do not have a high powered blender, you might need to add a little extra water to get it going. Add 1 tbsps at a time.)
- 05 Place the steamed cauliflower and broccoli into a baking dish. Pour the cheese sauce over the veggies and stir gently to mix.
- 06 Bake for 40 minutes. Serve immediately. Enjoy!

NOTES

SAVE TIME

Buy frozen, pre-sliced butternut squash cubes.

MORE PROTEIN

Serve with roasted chicken or top with bacon.

MORE CARBS

Serve with brown rice macaroni or quinoa.

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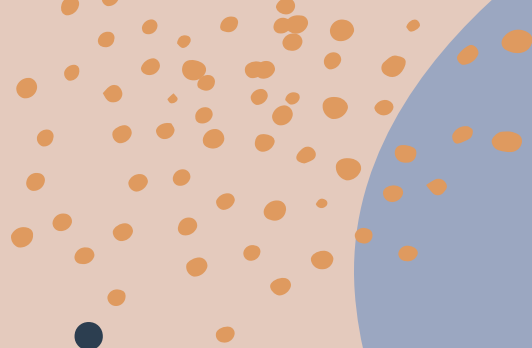


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