PROTEIN PULSING DIET™

Dr. Gabrielle Lyon
https://drgabriellelyon.com/
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<tr>
<th>Breakfast</th>
<th>Beef</th>
<th>Fowl</th>
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<tbody>
<tr>
<td>Hawaiian Omelette Turkey Bacon-HP (DF)</td>
<td>Greek Tomato &amp; Feta Omelette - HP</td>
<td>Garlicky turkey &amp; Greens - HP copy</td>
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<tr>
<td>Bacon-HP</td>
<td>Turkey Sausage Scramble-HP</td>
<td>Chicken, Zucchini Noodles with Cauliflower Alfredo...</td>
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<td>Turkey Bacon &amp; Spinach Omelette- HP</td>
<td>Roasted Chicken with Olives &amp; mini potato - HP</td>
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<td>Spinach, Turkey Bacon &amp; Cheese Scramble</td>
<td>One Pan Crispy Chicken with Potatoes &amp; Greens (Breast...</td>
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<td>Taco Breakfast Skillet (HP)</td>
<td>Turkey Taco Lettuce Wraps - HP</td>
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<td>Bacon &amp; Heirloom Tomato Frittata -HP</td>
<td>One Pan Teriyaki Chicken - Sun Dried Tomato &amp; Olive Chicken with Spinach (HP)</td>
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<td>High Protein Steak with Creamy Chimichurri Sauce ...</td>
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<td>Air Fryer Sweet Potato Fries - MC</td>
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Dr. Gabrielle Lyon

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Fruits
- 1 1/4 Avocado
- 2 1/2 tbsp Lemon Juice
- 1/4 Lime
- 1/2 Navel Orange
- 1/4 cup Pineapple

Seeds, Nuts & Spices
- 1/3 tsp Black Pepper
- 1 1/2 tbsp Chili Powder
- 2 1/2 tbsp Cumin
- 1/3 tsp Garlic Powder
- 1 tbsp Italian Seasoning
- 1/8 tsp Onion Powder
- 1 1/2 tbsp Oregano
- 1/8 tsp Red Pepper Flakes
- 1 1/8 tsp Sea Salt
- 1/8 Sea Salt & Black Pepper
- 1/2 tsp Smoked Paprika

Vegetables
- 1 cup Asparagus
- 8 cups Baby Spinach
- 1 1/2 tsp Basil Leaves
- 1/4 head Boston Lettuce
- 3 cups Broccoli
- 1 1/2 cups Butternut Squash
- 1 Carrot
- 1/8 head Cauliflower
- 1 cup Cherry Tomatoes
- 1/3 cup Cilantro
- 12 Cremini Mushrooms
- 6 1/2 Garlic
- 2 tbsp Ginger
- 1 cup Green Beans
- 1/2 stalk Green Onion
- 1/4 head Iceberg Lettuce
- 3/4 Jalapeno Pepper
- 4 cups Kale Leaves
- 3 1/2 cups Mini Potatoes
- 1/2 cup Parsley
- 1/2 Red Bell Pepper
- 1/2 cup Red Onion
- 1 1/4 tbsp Rosemary
- 1 cup Snap Peas
- 1/2 Sweet Potato
- 3 Tomato
- 1 Yellow Onion
- 2 Zucchini

Boxed & Canned
- 2 tbsp Organic Coconut Milk
- 1 tbsp Tomato Paste

Baking
- 1/2 tsp Arrowroot Powder
- 3 tbsp Nutritional Yeast
- 1 tbsp Raw Honey

Bread, Fish, Meat & Cheese
- 2 slices Bacon
- 1 1/4 lbs Chicken Breast
- 8 ozs Chicken Leg, Boneless With Skin
- 1 lb Chicken Thighs With Skin
- 12 ozs Extra Lean Ground Beef
- 1 lb Extra Lean Ground Turkey
- 1 tbsp Feta Cheese
- 8 ozs Ground Bison
- 2 1/2 lbs Ny Striploin Steak
- 8 ozs Top Round Steak
- 1 lb Top Sirloin Steak
- 9 slices Turkey Bacon
- 3 ozs Turkey Sausage

Condiments & Oils
- 1 1/2 tbsp Avocado Oil
- 1/4 cup Black Olives
- 3 tbsp Coconut Aminos
- 3/4 tsp Coconut Oil
- 1/3 cup Extra Virgin Olive Oil
- 1/3 cup Pitted Kalamata Olives
- 2 1/4 tbsp Red Wine Vinegar
- 2 tbsp Rice Vinegar
- 1 1/2 tbsp Sesame Oil
- 1/4 cup Sun Dried Tomatoes
- 1 1/2 tbsp Tamari

Cold
- 23 Egg
- 3 1/3 cups Egg Whites
Hawaiian Omelette Turkey Bacon-HP (DF)

**Ingredients**

- 5 Egg
- 1/2 cup Egg Whites
- 3 slices Turkey Bacon
- 3/4 tsp Coconut Oil
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1/4 cup Pineapple (cored and diced)
- 1 cup Baby Spinach

**Directions**

2. In a bowl, mix together eggs, sea salt and black pepper. Whisk until frothy.
3. Pour the egg mixture in so that it covers the skillet and let cook until almost set. Place some of the pineapple, and diced turkey bacon on one half of the omelette and fold the other half over top. Remove from heat. Transfer to a plate and serve with a cup of baby spinach on the side.

**Nutrition**

| Amount per serving | Calories: 547 | Fat: 33g | Carbs: 10g | Fiber: 1g | Sugar: 6g | Protein: 50g | Cholesterol: 955mg | Sodium: 1485mg | Iron: 6mg |

**Notes**

- **No prosciutto**: No prosciutto, no problem, cook and dice bacon instead
- **Spinach**: Spinach is optional.
Greek Tomato & Feta Omelette - HP

**Ingredients**

- 3 Egg
- 1/2 cup Egg Whites
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp Extra Virgin Olive Oil
- 1 Tomato (small, chopped, seeds removed)
- 1 tbsp Pitted Kalamata Olives (chopped)
- 1 tbsp Feta Cheese (crumbled)
- 1 1/2 tsp Parsley (chopped)

**Directions**

1. In a small bowl, whisk the eggs and egg whites with a fork and season with salt and pepper. Set aside.
2. Heat a small skillet over medium heat and add the oil. Pour in the egg mixture and cook until almost set. Place the chopped tomato, olives, and feta on one half of the omelette and fold the other half over top. Remove from heat and top with parsley. Enjoy!

**Nutrition**

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**Notes**

- **Leftovers:** Refrigerate in an airtight container for up to three days.
- **Dairy-Free:** Omit the feta, or use a vegan cheese.
- **More Flavor:** Add chili flakes.
- **Make it Fluffy:** For a fluffier omelette, whisk the eggs with milk.

1 serving
5 minutes
Turkey Sausage Scramble- HP

1 serving
10 minutes

Ingredients

- 3 ozs Turkey Sausage (casing removed)
- 1 cup Baby Spinach (chopped)
- 4 Egg (whisked)
- 1/3 cup Egg Whites
- Sea Salt & Black Pepper (to taste)

Nutrition

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<th>Carbs</th>
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Directions

1. Heat a pan over medium heat then add the sausage to the pan. Brown for five to six minutes or until cooked through, breaking it up as it cooks. Add the spinach to the pan and move it around until it’s wilted.

2. Move the sausage and spinach to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the spinach and sausage into the egg once the eggs are cooked through. Season with salt and pepper if needed and enjoy!

Notes

- Leftovers: Best enjoyed immediately. Sausage can be cooked ahead of time and reheated in the pan to save time.
- More Flavor: Add onion, mushrooms, or bell pepper.
- Additional Toppings: Hot sauce.
- No Spinach: Use kale instead.
- No Turkey Sausage: Use pork, chicken, or beef sausage instead. Use crumbled tofu to make it vegetarian.
Turkey Bacon & Spinach Omelette- HP

1 serving
20 minutes

Ingredients

5 Egg
1/2 cup Egg Whites
4 slices Turkey Bacon
1 cup Baby Spinach
Sea Salt & Black Pepper (to taste)

Directions

1. Cook the bacon over medium heat, being sure to stir every few minutes. Just before the desired doneness is reached, add the spinach until wilted. Transfer the mixture to a paper towel-lined plate to cool slightly. Leave behind a small splash of bacon fat to keep the pan greased.

2. Whisk the eggs and egg whites in a small bowl and season with salt and pepper to taste. Transfer to the pan and cook until almost set. Place the spinach and bacon on one half of the omelet and fold the other half over top. Remove from heat and enjoy!

Nutrition

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Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Red pepper flakes or hot sauce.

No Spinach: Use kale instead.

Make it Fluffy: For a fluffier omelette, whisk the eggs separate from yolks. once the whites have been thoroughly whisked (I recommend using a stick blender or milk frother), whisk in the yolks.
Spinach, Turkey Bacon & Cheese Scramble

**Ingredients**

- 2 Egg
- 3/4 cup Egg Whites
- 2 slices Turkey Bacon
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp Extra Virgin Olive Oil
- 3 cups Baby Spinach

**Directions**

1. In a small bowl, whisk the eggs, egg whites, and add the bacon (chopped)—season with salt and pepper.

2. Heat a skillet over medium heat and drizzle the oil. Once hot, add the spinach and cook until just wilted, about one minute. Pour in the egg mixture and add the cheese and cook, stirring occasionally until the eggs are cooked to your liking. Remove from heat and enjoy!

**Nutrition**

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**Notes**

Leftovers: Refrigerate in an airtight container for up to two days.
Taco Breakfast Skillet (HP)

1 serving
30 minutes

**Ingredients**

- 1/2 tsp Extra Virgin Olive Oil
- 1/4 cup Red Onion (chopped)
- 4 ozs Extra Lean Ground Beef
- 1 tbsp Chili Powder
- 1 1/2 tsp Cumin
- 1/8 tsp Onion Powder
- 1/8 tsp Black Pepper
- 2 tbsps Nutritional Yeast
- 2 Egg
- 1/4 Tomato (chopped)
- 2 tbsps Black Olives
- 1/4 Avocado (cubed)
- 1/2 Jalapeno Pepper (sliced)
- 2 tbsps Cilantro

**Nutrition**

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**Directions**

1. In a large skillet, heat the olive oil over medium heat. Add in the red onion and ground beef. Cook for 10 to 12 minutes or until the beef is completely cooked through.

2. Once the beef is cooked, add in the chili powder, cumin, onion powder, black pepper and nutritional yeast until well combined. Make little sockets in the beef mixture and crack an egg in one at a time.

3. Once the eggs begin to cook, add a lid on top for 3 minutes or until the yolk is cooked to your liking.

4. Remove from the stove and top with the tomatoes, black olives, avocado, jalapeños and cilantro. Divide between plates and enjoy!

**Notes**

**Leftovers:** Refrigerate in an airtight container for up to five days. Eggs are best enjoyed the same day.
Bacon & Heirloom Tomato Frittata -HP

1 serving
30 minutes

Ingredients

- 2 Egg
- 3/4 cup Egg Whites
- 1 1/2 tsp Basil Leaves (chopped)
- 1/16 tsp Sea Salt
- 2 slices Bacon (chopped)
- 1/4 cup Red Onion (thinly sliced)
- 1/2 Tomato (heirloom, sliced)

Directions

1. Preheat the oven to 350ºF (177ºC).
2. In a small bowl, whisk the eggs and added egg whites together, and add the basil and sea salt. Set aside.
3. Heat a small cast iron pan over medium heat and add the bacon. Cook until the fat renders off, about 5 minutes. Remove the bacon and set aside. Add the onion and cook for 2 to 3 minutes.
4. Add the bacon back to the pan along with the eggs. Cook over medium heat for about 4 to 5 minutes, careful not to disturb the setting egg. Add the tomato slices on top and place in the oven to cook for 20 minutes.
5. Remove from the oven and garnish with extra basil if desired. Let it cool slightly, serve and enjoy!

Nutrition

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Notes

- **Leftovers:** Refrigerate in an airtight container for up to two days.
- **More Flavor:** Add minced garlic and/or chili flakes.
- **No Pork:** Use turkey bacon instead.
Beef Taco Lettuce Wraps - HP

1 serving
30 minutes

Ingredients

- 8 ozs Extra Lean Ground Beef
- 1/8 tsp Sea Salt & Black Pepper (to taste)
- 1/4 tsp Cumin
- 1 tbsp Tomato Paste
- 1/2 tsp Red Bell Pepper (chopped)
- 1/4 head Boston Lettuce (leaves separated)

Directions

1. Heat the pan over medium heat. Add the beef, breaking it up as it cooks.
2. Add the salt, pepper, and cumin and continue to break up the beef. Cook for five to six minutes.
3. Mix in the tomato paste. Then, add the chopped tomato and bell pepper. Cook for approximately 15 minutes or until most of the liquid has reduced. Taste and add more flavor if desired.
4. To serve, use a slotted spoon to put the beef mixture into the lettuce leaves. Enjoy!

Nutrition

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Notes

- Leftovers: Refrigerate the beef mixture in an airtight container for up to three days.
- Serve It With: Rice or quinoa.
- No Beef: Use ground turkey or chicken.
Avocado Bison Stir Fry - HP

20 minutes

**Ingredients**

- 8 ozs Ground Bison
- 1/2 tsp Sesame Oil
- 1 1/2 Garlic (cloves, minced)
- 1 1/2 tsp Ginger (peeled and grated)
- 1/2 Yellow Onion (small, sliced)
- 1 1/2 tsp Tamari
- 2 1/4 tsp Red Wine Vinegar
- 1/2 tsp Sea Salt
- 1/2 Avocado (peeled and cubed)

**Directions**

1. Add sesame oil (or avocado oil) to a large frying pan over medium heat. Saute garlic, ginger, and onion for 2 to 3 minutes. Add ground bison and stir until cooked, about 5 minutes.

2. Add tamari, vinegar and salt and stir until well coated. Toss in avocado just before serving. Enjoy!

**Notes**

Leftovers: Refrigerate in an air-tight container up to 3 days.

**Nutrition**

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# Steak, Butternut Squash & Zoodles - HP

**1 serving**  
40 minutes

## Ingredients

- 1 1/2 cups Butternut Squash (peeled, seeds removed, chopped)
- 1 1/2 tsp Extra Virgin Olive Oil
- 1/2 tsp Sea Salt
- 8 ozs Ny Striploin Steak
- 1 Zucchini (spiralized)

## Nutrition

| Amount per serving |  
|--------------------|---|
| Calories | 526 |
| Fat | 23g |
| Carbs | 32g |
| Fiber | 6g |
| Sugar | 10g |
| Protein | 52g |
| Cholesterol | 122mg |
| Sodium | 1310mg |
| Iron | 6mg |

## Directions

1. Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Toss the butternut squash in olive oil and sea salt. Spread the squash evenly across the baking sheet and cook for 20 minutes.
3. Heat a skillet over medium-high heat. Brown the steak on both sides for 1 to 2 minutes. Remove the steak from the skillet and add to the baking sheet with the butternut squash. Return to the oven for an additional 10 minutes, or until the steak is cooked to your liking.
4. In the same skillet you browned the steak, add the zucchini noodles and cook over medium heat for 2 to 3 minutes.
5. Remove the squash and steak from the oven and divide onto plates with the zucchini noodles. Enjoy!

## Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.  
**More Flavor:** Add garlic and your favorite herbs to the steak.
One Pan Steak, Mushrooms & Green Beans -HP

1 serving
15 minutes

Ingredients

- 8 ozs Top Round Steak
- 1/2 tsp Extra Virgin Olive Oil (divided)
- 1/8 tsp Sea Salt (divided)
- 1 cup Green Beans (trimmed)
- 6 Cremini Mushrooms (sliced)

Directions

1. Heat half of the oil in a skillet over medium-high heat. Season both sides of the steak with half of the sea salt.

2. Add the steak to the skillet and cook for about two minutes per side, or until it has reached your desired doneness. Set aside and let rest for at least five minutes before cutting into slices.

3. Reduce the heat to medium and add the remaining oil to the skillet. Cook the green beans and mushrooms for about five to seven minutes, or until cooked through. Season with the remaining salt.

4. Divide the green beans, mushrooms, and steak onto plates. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Grill on the barbecue. Season with your choice of herbs and spices.

Additional Toppings: Serve with garlic butter sauce, chimichurri, salsa, or caramelized onions.
# One Pan Steak, Asparagus & Mushrooms - HP

**Ingredients**

<table>
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<tr>
<th>Item</th>
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<tbody>
<tr>
<td>Extra Virgin Olive Oil</td>
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<tr>
<td>Sea Salt</td>
<td>1/4 tsp</td>
</tr>
<tr>
<td>Asparagus</td>
<td>1 cup</td>
</tr>
<tr>
<td>Top Sirloin Steak</td>
<td>1 lb</td>
</tr>
<tr>
<td>Cremini Mushrooms</td>
<td>6</td>
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</table>

**Directions**

1. Heat half the oil in a skillet over medium-high heat. Season both sides of the steak with half of the sea salt.

2. Add the steak to the skillet and cook for about two minutes per side, or until it has reached your desired doneness. Set aside and let rest for at least five minutes before cutting into slices.

3. Reduce the heat to medium and add the remaining oil to the skillet. Cook the asparagus and mushrooms for about five minutes, or until cooked through seasoning with the remaining salt.

**Nutrition**

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<th>Amount per serving</th>
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**Notes**

*Leftovers:* Refrigerate in an airtight container for up to three days.
One Pan Steak and Broccoli

**Ingredients**

- 1 cup Cherry Tomatoes
- 2 cups Broccoli (chopped into florets)
- 1/2 tsp Extra Virgin Olive Oil
- 1 tbsp Italian Seasoning
- Sea Salt & Black Pepper (to taste)
- 8 ozs Ny Striploin Steak

**Nutrition**

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**Directions**

1. Preheat oven to 375°F (191°C).

2. Toss the cherry tomatoes and broccoli with the olive oil and sprinkle with Italian seasoning. Spread across the baking sheet and roast for 20 minutes.

3. After 20 minutes, heat a skillet over medium/high heat. Brown the steak on both sides for 1 to 2 minutes. Remove the steak from the skillet and add to the pan with veggies. Return to oven for an additional 10 minutes, or until steak is cooked to your liking.

4. Remove the pan from the oven, divide onto plates and enjoy!

**Notes**

**Leftovers:** Keeps well in the fridge for 2 to 3 days.
High Protein Steak with Creamy Chimichurri Sauce - Fodmap

2 servings
20 minutes

**Ingredients**

- 1/2 cup Parsley
- 1/4 cup Cilantro
- 2 tbsp Lemon Juice
- 1/2 tsp Sea Salt (divided)
- 1 tbsp Extra Virgin Olive Oil
- 1 tsp Avocado Oil
- 1 1/2 lbs Ny Striploin Steak

**Nutrition**

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**Directions**

1. In a blender, parsley, cilantro, lemon juice, and half of the sea salt. Blend together while slowly adding the extra virgin olive oil. Blend until smooth and creamy. Set aside.

2. Heat a cast-iron pan over medium heat and add 1 tsp avocado oil. Meanwhile, season the steak with the remaining sea salt.

3. Add the steak to the pan once it is hot. Cook for 3 to 4 minutes per side or to the desired doneness.

4. Let the steak rest for about 10 minutes on a plate. Serve with chimichurri sauce on top. Enjoy!

**Notes**

**Cook Time:** Time will vary depending on the temperature of your cast iron pan and the thickness of the steak. In our tests, three minutes per side created a medium-rare steak.

**Leftovers:** Store the sauce and steak separately. Refrigerate in an airtight container for up to three days.

**More Flavor:** Season the steak ahead of time with tamari, coconut aminos or red wine vinegar.

**Grill Lover:** Grill the steak over medium heat for approximately three to five minutes per side for medium-rare.
Air Fryer Sweet Potato Fries - MC

1 serving
30 minutes

Ingredients

- 1/2 Sweet Potato (large, sliced into 1/4 inch strips)
- 1/2 tsp Arrowroot Powder
- 1/2 tsp Extra Virgin Olive Oil
- 1/8 tsp Sea Salt

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Directions

1. Preheat the air fryer for 5 minutes at 375°F (191°C).
2. In a large bowl, toss the sweet potato with the arrowroot powder first, ensuring all fries are coated. Then add the olive oil and sea salt and toss to combine.
3. Place in the air fryer, ensuring there is adequate space between fries so that none are touching. Bake at 375°F (191°C) for 12 minutes or until crispy, flipping halfway through. Remove and set aside and repeat with the second batch.
4. Once all fries are cooked, you can add them back to the air fryer to heat up for one minute, so all are warm. Enjoy!

Notes

**Leftovers:** These are best enjoyed immediately. Refrigerate in an airtight container for up to three days. Reheat in the air fryer or oven.

**No Arrowroot:** Use cornstarch instead.

**More Flavor:** Toss with additional spices such as cayenne, smoked paprika or garlic powder.
Garlicky turkey & Greens - HP copy

1 serving
20 minutes

Ingredients

2 tbsp Coconut Aminos
2 Garlic (clove, minced)
1 1/2 tsp Ginger (fresh, grated or minced)
1/2 stalk Green Onion (chopped)
2 cups Kale Leaves (finely chopped)
8 ozs Extra Lean Ground Turkey
1/8 tsp Sea Salt

Directions

1. In a small mixing bowl combine the coconut aminos, garlic, ginger and green onion. Set aside.

2. Heat a large skillet over medium-high heat. Add the turkey to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, transfer the cooked beef to a bowl and set aside. Drain any excess drippings from the pan.

3. To the same pan add the kale leaves and cook until wilted and tender. Add the cooked turkey back to the pan with the kale and season with the salt.

4. Add the coconut aminos sauce and stir to combine. Let the sauce bubble and thicken for 1 to 2 minutes. Remove the pan from heat and enjoy!

Nutrition

| Amount per serving | Calories | 397 | Fat | 20g | Carbs | 11g | Fiber | 2g | Sugar | 7g | Protein | 44g | Cholesterol | 168mg | Sodium | 1016mg | Iron | 3mg |

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add sesame oil, lime juice, red pepper flakes.

No Coconut Aminos: Use tamari or other soy-based sauce instead.
Chicken, Zucchini Noodles with Cauliflower Alfredo  
(HP)  

**Ingredients**

- 1/8 head Cauliflower (large, chopped into florets)
- 1 tbsp Avocado Oil (divided)
- 1/4 Yellow Onion (small, chopped)
- 1/2 Garlic (cloves, minced)
- 1 tbsp Nutritional Yeast
- 2 tbsps Organic Coconut Milk (from the can)
- 1 1/2 tsps Lemon Juice
- 1/8 tsp Sea Salt (divided)
- 6 ozs Chicken Breast (boneless, skinless)
- 3/4 tsp Rosemary (fresh, chopped)
- 1/16 tsp Garlic Powder
- 1 Zucchini (medium, spiralized into noodles)

**Directions**

1. 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.

2. In a skillet over medium heat, add half of the avocado oil and the onion. Cook for 5 to 7 minutes, until cooked through, then lower the heat to low and add the garlic. Cook for 1 to 2 minutes more. Set aside.

3. In a blender, add the steamed cauliflower, onion, garlic, nutritional yeast, coconut milk, lemon juice and 3/4 of the sea salt. Blend on high until smooth and creamy. Set aside.

4. Season the chicken breast with rosemary, garlic powder and the remaining sea salt. In a skillet over medium heat, add the remaining avocado oil. Then, add the chicken breast and cook for 8 minutes per side. Remove, let it rest for 2 to 3 minutes and then slice.

5. Plate the zucchini noodles and top with sliced chicken and cauliflower alfredo sauce. Enjoy!

**Notes**

- **Leftovers:** Refrigerate in an airtight container for up to three days.
- **More Flavor:** Season with black pepper or chili flakes.
- **Additional Toppings:** Add chopped fresh parsley and extra lemon slices.
- **Zucchini Noodles:** If you prefer cooked zucchini noodles, you can lightly cook them in the same pan as the chicken after it’s done cooking. Once they’re done, add everything to the pan to re-heat it.

**Nutrition**

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</table>
**Roasted Chicken with Olives & mini potato - HP**

1 serving  
45 minutes

### Ingredients

- 8 ozs Chicken Leg, Boneless With Skin
- 2 tbsp Black Olives
- 1/2 cup Mini Potatoes
- 1 1/2 tsp Sea Salt
- 3/4 tsp Extra Virgin Olive Oil

### Directions

1. Preheat the oven to 375°F (190°C).
2. Add the chicken, olives and potatoes to a baking dish. Coat in EVOO oil and season with salt and oregano.
3. Cook until golden brown and cooked through, about 40 minutes. Let cool slightly before serving.

### Nutrition

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### Notes

- **Leftovers:** Refrigerate in an airtight container for up to three days.
- **More Flavor:** Use additional herbs such as basil, garlic or parsley.
One Pan Crispy Chicken with Potatoes & Greens
(Breast only)

2 servings
35 minutes

Ingredients

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<tbody>
<tr>
<td>1 lb</td>
<td>Chicken Thighs With Skin</td>
</tr>
<tr>
<td>3 cups</td>
<td>Mini Potatoes (halved)</td>
</tr>
<tr>
<td>1/8 tsp</td>
<td>Sea Salt</td>
</tr>
<tr>
<td>1 tbsp</td>
<td>Rosemary (chopped)</td>
</tr>
<tr>
<td>2 cups</td>
<td>Kale Leaves (chopped)</td>
</tr>
</tbody>
</table>

Directions

1. Preheat the oven to 425°F (218°C).
2. Heat a cast-iron pan over medium heat and season the chicken and potatoes with sea salt. Place the chicken skin-side down on the pan with the potatoes and add the chopped rosemary. Cook for 15 minutes without moving the chicken and occasionally tossing the potatoes.
3. After 15 minutes, flip the chicken over and place the pan in the oven for 10 to 12 minutes.
4. Remove the chicken and potatoes from the oven and transfer to a plate, leaving the drippings in the pan. Add the kale to the pan, and sauté over medium heat for 1 to 2 minutes or until wilted. Turn off the heat.
5. Divide the chicken, potatoes and kale onto plates and enjoy!

Nutrition

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<th>Amount per serving</th>
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</thead>
<tbody>
<tr>
<td>Calories</td>
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<td>Sodium</td>
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Notes

- **No Rosemary:** Use thyme or another herb instead.
- **No Kale:** Use another green such as Swiss chard or spinach.
- **Leftovers:** Store in an airtight container in the fridge up to 3 days.
Turkey Taco Lettuce Wraps - HP

**Ingredients**

- 1/2 tsp Avocado Oil
- 1/4 Yellow Onion (diced)
- 8 ozs Extra Lean Ground Turkey
- 1 1/2 tsp Chili Powder
- 3/4 tsp Cumin
- 1/2 tsp Smoked Paprika
- 1/4 tsp Garlic Powder
- 1/4 tsp Sea Salt
- 1/8 tsp Red Pepper Flakes
- 1/4 Lime (juiced)
- 3/4 Tomato (finely chopped and divided)
- 1/4 Jalapeno Pepper (seeds removed and chopped)
- 1/4 head Iceberg Lettuce (leaves pulled apart and washed)
- 1/2 Avocado

**Directions**

1. Heat oil over medium-high heat. Add onion and cook for about 5 minutes until translucent.

2. Add ground turkey to the pan and break into very small pieces with a spatula and cook until no longer pink. Drain any excess drippings if necessary.

3. Add the chili powder (adjust for spice level), cumin, smoked paprika, garlic powder, salt, red pepper flakes (adjust for spice level) and lime juice and stir until the meat is coated evenly. Add half the chopped tomatoes and the jalapeno (optional). Stir to combine and cook for another 5 minutes until tomatoes are very soft. Remove from heat.

4. To assemble the tacos, divide the turkey into the lettuce leaves, and top with remaining tomatoes and, Enjoy!

**Nutrition**

<table>
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<th>Amount per serving</th>
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<th>Fat</th>
<th>Carbs</th>
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**Notes**

- **Leftovers:** Refrigerate the ingredients separately in airtight containers for up to three days.
- **Serving Size:** One serving is approximately three tacos.
- **No Iceberg Lettuce:** Use romaine leaves, green lettuce or Boston lettuce instead.
One Pan Teriyaki Chicken - No seeds

1 serving
35 minutes

Ingredients

- 6 ozs Chicken Breast
- 1 cup Broccoli (chopped into florets)
- 1 Carrot (medium, sliced on the diagonal)
- 1 cup Snap Peas
- 1 tbsp Coconut Aminos
- 1 tsp Sesame Oil
- 1/2 Navel Orange (juiced)
- 1 tbsp Raw Honey
- 2 tbsp Rice Vinegar
- 2 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)

Directions

1. Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Place the chicken breasts on the baking sheet, surrounded with the broccoli, carrots and snap peas.
3. In a small bowl, whisk together the coconut aminos, sesame oil, orange juice, honey, rice vinegar, garlic and ginger. Pour half the sauce over the chicken and drizzle the rest over the veggies.
4. Bake for 30 minutes, or until the chicken is fully cooked. Remove the pan from the oven and enjoy!

Notes

Likes it Spicy: Whisk hot sauce or chili flakes into the teriyaki sauce.
Leftovers: Store in an airtight container in the fridge up to 3 days.
No Coconut Aminos: Use tamari instead.

Nutrition

| Amount per serving | Calories: 453 | Fat: 10g | Carbs: 51g | Fiber: 9g | Sugar: 33g | Protein: 44g | Cholesterol: 124mg | Sodium: 427mg | Iron: 3mg |
Sun Dried Tomato & Olive Chicken with Spinach (HP)

35 minutes

Ingredients

- 1/2 Garlic (clove, peeled)
- 1/3 cup Pitted Kalamata Olives
- 1/4 cup Sun Dried Tomatoes (oil packed or rehydrated)
- 2 tbsp Extra Virgin Olive Oil
- 8 ozs Chicken Breast
- 2 cups Baby Spinach

Directions

1. Preheat your oven to 350°F (177°C) and line a baking dish with parchment. Place the chicken in the center of the dish.

2. Place the garlic, kalamata olives, sun dried tomatoes, and olive oil into a small blender or food processor. Process until mostly smooth.

3. Spoon the sun-dried tomato mixture over the chicken breasts and bake for 30 minutes, or until the chicken is cooked through.

4. In the last 10 minutes of cooking, place spinach in a large skillet with 1 to 2 tablespoons of water. Steam over medium heat until wilted.

5. To serve, divide the chicken and spinach between places. Enjoy!

Nutrition

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Notes

Leftovers: Keeps well for 2 to 3 days in the fridge.