

CNF 21-Day Kick Sugar Program Week 3

Created by Community Natural Foods 21-Day Kick Sugar Program



CNF 21-Day Kick Sugar Program Week 3

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Asparagus And Mushroom Spaghetti Squash Quiche	Coconut Chia Pudding	Asparagus And Mushroom Spaghetti Squash Quiche	Cleaned Up Biscuits	Breakfast Stack	Cleaned Up Biscuits	Coconut-Lemon Paleo Pancakes
	Avocado	Almond Butter	Avocado	Spicy Tomato Scramble	Basil Bursted Tomatoes	Green Egg Scramble	Coconut Whipped Cream
Lunch	Taco Bowl	Chicken And Broccoli Casserole	Tex-Mex Stuffed Peppers Recipe	Meatloaf	Thai Coconut Soup Recipe	Southwest Pulled Pork Salad	Grilled Shrimp Salad
				Paleo Cauliflower Mash			
Dinner	Chicken And Broccoli Casserole	Tex-Mex Stuffed Peppers Recipe	Meatloaf	Thai Coconut Soup Recipe	Chinese Pulled Pork Barbecue	Lamb Koftas with Cucumber Raita	Chinese Pulled Pork Barbecue
		Cauliflower Rice	Paleo Cauliflower Mash		Sauteed Watercress	Cauliflower Rice	
Snack 3	Brazil Nuts	Almond Butter Fudge	Toasted Walnuts	Almond Butter Chocolate Mousse	Almond Butter Fudge	Almond Butter Fudge	Almond Butter Chocolate Mousse

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106 items

Fruits

- 6 Avocado
- 1 **tbsp** Fresh Lemon Juice
- 1 1/2 Lemon
- 5 1/2 Lime
- 1/4 **cup** Lime Juice

Breakfast

- 2 1/2 **cups** Almond Butter

Seeds, Nuts & Spices

- 1/4 **cup** Almonds
- 1 **tsp** Bay Leaf
- 1 1/16 **tbsps** Black Pepper
- 1/4 **cup** Brazil Nuts
- 1/4 **cup** Chia Seeds
- 1 2/3 **tbsps** Chili Powder
- 2 **tbsps** Chinese Five Spice
- 1 **tbsp** Chopped Fresh Parsley
- 1 1/4 **tsps** Cinnamon
- 1 1/8 **tsps** Coriander
- 2 1/8 **tsps** Cumin
- 1 **tsp** Dried Basil
- 1 1/2 **tsps** Dried Oregano
- 1 **tbsp** Garlic Powder
- 2 **tsps** Ground Ginger
- 1/4 **tsp** Ground Sage
- 1 1/3 **tbsps** Himalayan Pink Salt
- 1 **tbsp** Onion Powder
- 1/2 **tsp** Oregano
- 1/4 **tsp** Paprika
- 1 **tsp** Red Pepper Flakes
- 1 **tsp** Salt
- 0 Salt And Pepper,
- 1 **tbsp** Sea Salt
- 1 Sea Salt & Black Pepper
- 1 **tsp** Smoked Paprika
- 2/3 **cup** Walnuts

Vegetables

- 1 **cup** Arugula
- 3 **lbs** Asparagus
- 5 **cups** Baby Spinach
- 2 **cups** Broccoli
- 6 Carrot
- 3 **heads** Cauliflower
- 4 **stalks** Celery
- 3 1/2 **cups** Cherry Tomatoes
- 1 **cup** Chopped Mushrooms
- 2 **tbsps** Cilantro
- 4 **cups** Coleslaw Mix
- 1/2 Cucumber
- 12 1/2 Garlic
- 2 1/3 **tbsps** Ginger
- 1/2 Green Bell Pepper
- 1 **cup** Green Cabbage
- 7 **stalks** Green Onion
- 2 Jalapeno Pepper
- 1 **tbsp** Mint Leaves
- 2 **cups** Mixed Greens
- 5 **cups** Mushrooms
- 1/2 **cup** Parsley
- 4 Portobello Mushroom Caps
- 2 Red Bell Pepper
- 4 Red Bell Peppers
- 1 1/2 **cups** Red Onion
- 2 **tbsps** Rosemary
- 1 **cup** Shiitake Mushrooms
- 2 Spaghetti Squash
- 2 **tbsps** Thai Basil
- 1 **tbsp** Thyme
- 1/2 Tomato
- 4 **cups** Watercress
- 2 1/4 Yellow Onion
- 1 Zucchini

Boxed & Canned

Bread, Fish, Meat & Cheese

- 8 **ozs** Beef Liver
- 1 3/4 **lbs** Chicken Breast
- 1 3/4 **lbs** Extra Lean Ground Turkey
- 3 3/4 **lbs** Ground Beef
- 12 **ozs** Lean Ground Lamb
- 8 **slices** Organic Bacon
- 8 **lbs** Pork
- 1 **lb** Pulled Pork
- 2 **lbs** Shrimp

Condiments & Oils

- 2 **tbsps** Avocado Oil
- 1/4 **cup** Avocado Oil Mayonnaise
- 1 1/8 **cups** Coconut Aminos
- 1 1/2 **cups** Coconut Oil
- 2/3 **cup** Extra Virgin Olive Oil
- 1 1/3 **tbsps** Hot Sauce
- 1 **cup** Pureed Tomatoes
- 1 **tbsp** Sesame Oil
- 2 **tbsps** Toasted Sesame Oil

Cold

- 32 Egg
- 1 **cup** Plain Coconut Milk

Other

- 1/2 **cup** Chicken Bone Broth
- 1 **tbsp** Fish Sauce
- 1 1/16 **cups** Water

- 2 1/4 cups** Canned Coconut Milk
- 1 1/2 cups** Coconut Cream
- 1/2 cup** Coconut Milk
- 2 cups** Diced Tomatoes
- 1/4 cup** Full Fat Coconut Milk
- 8 cups** Organic Chicken Broth
- 1 1/8 cups** Organic Coconut Milk
- 1 tbsp** Tomato Paste

Baking

- 1 1/3 cups** Almond Flour
- 1/2 tsp** Baking Powder
- 1/2 tsp** Baking Soda
- 3 tbsps** Coconut Flour
- 4 ozs** Unsweetend Chocolate
- 2 cups** Unsweetened Shredded Coconut
- 1 1/8 tbsps** Vanilla Extract

Asparagus And Mushroom Spaghetti Squash Quiche

11 ingredients · 1 hour 25 minutes · 4 servings



Directions

1. Preheat your oven to 400 degrees F.
2. Cut the squash in half, remove the seeds, and place, face down on, a baking sheet.
3. Bake for 30 minutes, then remove from the oven, and set aside to cool.
4. Remove the flesh of the squash using a fork and set aside in a bowl.
5. Melt coconut oil in a skillet placed over a medium-high heat.
6. Sauté the onions and garlic until the onions are soft.
7. Add the asparagus and mushrooms; continue cooking until the asparagus is starting to get soft but still crunchy (watch for the moment it starts to change color).
8. In a bowl, whisk together the eggs, coconut milk, rosemary and coconut flour and season with salt and pepper to taste.
9. Make the "crust" of your quiche by lining a deep pie dish with the cooked spaghetti squash, pressing gently on the bottom and sides to make it even.
10. Pour the egg mixture over the squash and add the asparagus and mushrooms on top of the eggs.
11. Place in the oven and cook for 40 minutes.

Ingredients

- 1 Spaghetti Squash
- 1 **tbsp** Coconut Oil
- 1 **1/2 lbs** Asparagus (trimmed and cut into 1-inch pieces;)
- 1/2 **cup** Red Onion (sliced)
- 1 **1/2 cups** Mushrooms (sliced;)
- 2 Garlic (minced)
- 8 Egg
- 1/2 **cup** Plain Coconut Milk
- 1 **tbsp** Rosemary (minced)
- 1 **1/2 tsps** Coconut Flour
- Sea Salt & Black Pepper (to taste)

Avocado

1 ingredient · 5 minutes · 2 servings



Directions

1. Cut avocado into slices or chunks. Enjoy!

Notes

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

1 Avocado

Coconut Chia Pudding

4 ingredients · 1 hour · 2 servings



Directions

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

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

3/4 cup Canned Coconut Milk

3/4 cup Water

1/4 cup Chia Seeds

1 tsp Vanilla Extract

Almond Butter

1 ingredient · 1 minute · 2 servings



Directions

1. Enjoy as needed

Ingredients

1/4 cup Almond Butter

Cleaned Up Biscuits

5 ingredients · 30 minutes · 4 servings



Directions

1. Preheat oven to 400°F (204°C). Line baking sheet with parchment paper.
2. Mix together almond flour, coconut flour and baking powder. Add coconut oil and use your hands to break it up until crumbly. Set aside in the fridge.
3. Use a hand mixer to whip the egg whites until stiff peaks form. Fold the whites into your chilled flour mixture.
4. Scoop the mixture onto the baking sheet using an ice cream scoop and gently flatten the top. Bake for 20 minutes or until golden brown.
5. Remove from oven. Let cool then enjoy!

Notes

Serving Size

One biscuit per serving.

Serve Them With

Soup, butter, ghee or our Turkey Gravy.

Coconut Flour

This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using another type of coconut flour, note that results may vary.

Ingredients

- 1/3 cup Almond Flour
- 2 tbsps Coconut Flour
- 1/2 tsp Baking Powder
- 2 1/4 tsps Coconut Oil (chilled)
- 3 Egg (whites only)

Spicy Tomato Scramble

6 ingredients · 10 minutes · 2 servings



Directions

1. Heat the oil in a non-stick pan over medium heat. Add the tomatoes and jalapeno pepper to the pan and sauté for 3 to 5 minutes or until the tomatoes and jalapeno have softened. If using, add the cilantro and mix well.
2. While the tomato mixture is cooking, crack the eggs into a small bowl and beat well. Add in the salt.
3. Push the tomato mixture to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the tomato mixture in once the eggs are no longer very wet.
4. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately 1/2 cup.

More Flavor

Add onions and garlic to the tomato mixture.

Additional Toppings

Top with hot sauce, diced avocado or extra cilantro. Serve with toast, roasted potatoes or sautéed greens.

Ingredients

- 1 **tbps** Extra Virgin Olive Oil
- 1/2 **cup** Cherry Tomatoes (cut in half)
- 1 Jalapeno Pepper (small, finely chopped)
- 2 **tbps** Cilantro (optional)
- 4 Egg
- 1/4 **tsp** Sea Salt

Breakfast Stack

9 ingredients · 20 minutes · 4 servings



Directions

1. Cook bacon in a dry skillet until crispy. Set aside. Leave fat in the pan.
2. Combine turkey, zucchini and sage. Season with salt and pepper. Form into 4 patties.
3. Cook patties in the bacon fat for 5-6 minutes per side or until cooked through. Remove and set aside.
4. Add mushrooms to the skillet along with a splash of water and cook on both sides until golden and fragrant. Turn off burner.
5. Mash the avocado with the lemon juice. Season to taste.
6. Place upturned mushroom on plate. Top with 1/4 of the arugula, then add the sausage patty. Finish with 1/4 of the avocado and a slice of bacon. Eat hot.

Ingredients

- 4 slices Organic Bacon
- 1 lb Extra Lean Ground Turkey
- 1 Zucchini (Grated)
- 1/4 tsp Ground Sage
- 4 Portobello Mushroom Caps
- 1 Avocado
- 1 Lemon (Juiced)
- 1 cup Arugula
- 1 Sea Salt & Black Pepper (To taste)

Basil Bursted Tomatoes

4 ingredients · 20 minutes · 2 servings



Directions

1. In a large saucepan, heat the oil over medium-high heat. Cook the tomatoes until they start to burst, about 15 to 20 minutes.
2. Stir in the basil and salt. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

More Flavor

Add chopped fresh basil, parmesan or nutritional yeast.

Ingredients

- 2 tbsps Avocado Oil
- 2 cups Cherry Tomatoes
- 1 tsp Dried Basil
- 1/4 tsp Sea Salt

Green Egg Scramble

4 ingredients · 10 minutes · 2 servings



Directions

1. Place eggs, spinach and salt in a blender and blend until well combined.
2. Heat coconut oil in a large skillet over medium heat. Pour the mixture into the skillet and continuously stir to scramble the eggs while they cook.
3. Divide onto plates and enjoy!

Notes

No Coconut Oil

Use butter, ghee or avocado oil.

Serve it With

Bacon, toast, whole grain crackers, or our Grain-Free Flax Bread recipe.

Ingredients

- 4 Egg
- 2 cups Baby Spinach
- 1/2 tsp Sea Salt
- 1 tbsp Coconut Oil

Coconut-Lemon Paleo Pancakes

8 ingredients · 25 minutes · 4 servings



Directions

1. In one of your mixing bowls, combine dry ingredients (almond flour, baking soda, sea salt) together.
2. In one of your mixing bowls, combine wet ingredients (coconut milk, vanilla extract, egg) together
3. Incorporate wet ingredients with dry ingredients.
4. Fold in lemon zest.
5. Place skillet under medium heat and add coconut oil.
6. Once skillet is hot, grab about two tablespoons of your mixture and pour into your pan, forming 1 small pancake (anywhere between 2x2in - 3x3in.) These pancakes are "delicate" so they re best cooked one at a time
7. Let cook for 4-5 minutes (cook time varies, so use your best judgment and prevent them from burning).
8. Once one side is nice and golden, carefully turn pancakes around with your spatula and let cook for another 4 minutes or so.
9. Repeat steps 5-8 until you've used your entire pancake mix.
10. Serve warm and top with coconut whipped cream and sprinkle with cinnamon or cacao

Ingredients

- 1 cup** Almond Flour
- 1/2 tsp** Baking Soda
- 1/4 tsp** Sea Salt
- 3 tbsps** Organic Coconut Milk
- 1/2 tsp** Vanilla Extract
- 1/2** Lemon (zested)
- 2** Egg
- 1 tsp** Coconut Oil

Coconut Whipped Cream

1 ingredient · 10 minutes · 6 servings



Directions

1. Chill a mixing bowl in the fridge for about 10 minutes before whipping.
2. Scoop out the thickened cream from the can into the mixing bowl, and set aside the remaining coconut juice for other uses (like in smoothies).
3. Whip the coconut cream with a hand mixer, gradually working up to high speed for approximately 5 minutes.
4. Enjoy!

Notes

Serve it With

Fresh fruit like berries or peaches.

Likes it Sweet

Add a splash of maple syrup and vanilla extract while whipping.

Leftovers

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

Ingredients

1 1/2 cups Canned Coconut Milk (full fat, refrigerated overnight)

Taco Bowl

13 ingredients · 30 minutes · 2 servings



Directions

1. Heat a skillet over medium heat. Add olive oil. Add the ground turkey and saute to cook through. Break up the meat as it is cooking. Once it is cooked through add the chili powder, oregano, cumin, black pepper and sea salt. Add the water and saute for another minute as you mix well. Reduce heat to the lowest setting and let simmer while you prepare the rest or until all water has been absorbed.
2. Fry your eggs and set aside.
3. Divide the spinach between bowls. Top with diced green pepper, tomato, mashed avocado, taco meat and fried egg. Enjoy!

Notes

Vegans and Vegetarians

Use lentils or quinoa instead of ground meat and omit the fried egg(s).

On-the-Go

Hardboil the eggs instead of frying then peel and chop. Layer all ingredients into a mason jar.

Ingredients

- 2 1/4 **tsps** Extra Virgin Olive Oil
- 12 **ozs** Extra Lean Ground Turkey
- 1 **tbsp** Chili Powder
- 1/2 **tsp** Oregano
- 1/2 **tsp** Cumin
- 1/2 **tsp** Black Pepper
- 1/2 **tsp** Sea Salt
- 1/4 **cup** Water
- 2 Egg (fried)
- 3 **cups** Baby Spinach (chopped)
- 1/2 Green Bell Pepper (diced)
- 1/2 Tomato (diced)
- 1 Avocado (mashed)

Southwest Pulled Pork Salad

18 ingredients · 25 minutes · 4 servings



Directions

1. In a bowl combine all the ingredients for the dressing; season to taste and whisk until well emulsified.
2. Reheat the pulled pork in a skillet over medium heat.
3. In a salad bowl combine the cabbage, mixed greens, carrot, red onion, bell pepper, and toss gently.
4. Top the salad with the pulled pork and sliced avocado.
5. Drizzle the Southwest dressing on top and serve with fresh cilantro and lime slices.

Ingredients

- 1 lb** Pulled Pork (Use leftover pork from Chinese BBQ recipe or make your own)
- 1** Red Bell Pepper (diced)
- 1/2 cup** Red Onion (diced)
- 1** Carrot (shredded)
- 2 cups** Mixed Greens (chopped)
- 1 cup** Green Cabbage (chopped)
- 1** Avocado (sliced)
- Cilantro (to garnish)
- 1** Lime (sliced, to garnish)
- 1/4 cup** Avocado Oil Mayonnaise (home-made or avocado oil option)
- 1/4 cup** Extra Virgin Olive Oil
- 1/4 cup** Lime Juice
- 1** Garlic (minced)
- 2 tsps** Hot Sauce (sugar free)
- 1/2 tsp** Chili Powder
- 1/2 tsp** Cumin
- 1/4 tsp** Paprika
- Sea Salt & Black Pepper (to taste)

Grilled Shrimp Salad

9 ingredients · 25 minutes · 4 servings



Directions

1. Create dressing by combining the parsley, lime juice, olive oil and chili powder together in a blender or food processor. Process until smooth. Set aside.
2. Throw shrimp in a large ziplock baggie. Add half of the dressing and shake well to coat. Set the remaining dressing aside.
3. Heat the grill over medium heat. Cook the shrimp for 2 to 3 minutes per side depending on size of shrimp.
4. Divide coleslaw mix between plates and top with avocados, tomatoes and grilled shrimp. Season with sea salt and pepper to taste. Drizzle remaining dressing over top. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. For best results, store the dressing separate from the salad contents and cut into the avocado just before serving.

No Grill

Cook shrimp in a cast iron skillet over medium heat on the stove top.

Vegan & Vegetarian

Use portobello mushrooms instead of shrimp. Marinate and grill the same way.

Ingredients

- 1/2 cup Parsley (chopped and packed)
- 3 Lime (juiced)
- 1/4 cup Extra Virgin Olive Oil
- 1 1/2 tsps Chili Powder
- 2 lbs Shrimp (raw, peeled and de-veined)
- 4 cups Coleslaw Mix
- 1 cup Cherry Tomatoes (halved)
- 1 Avocado (peeled and diced)
- Sea Salt & Black Pepper (to taste)

Chicken And Broccoli Casserole

11 ingredients · 1 hour 20 minutes · 4 servings



Directions

1. Preheat oven to 375 F.
2. Heat coconut oil in a skillet over medium-high heat.
3. Season the chicken breasts to taste with sea salt and freshly ground black pepper.
4. Brown the chicken pieces on all sides, 5 to 6 minutes.
5. In a baking dish place the chicken, broccoli, cauliflower and mushrooms.
6. Pour the chicken stock over, season to taste, and cover.
7. Place in the oven and bake 25 to 30 minutes, or until chicken is cooked through and vegetables are soft.
8. Remove the cover, sprinkle with bacon, green onions, and almonds.
9. Pour in the coconut milk, and place back in the oven for 10 to 12 minutes longer.

Ingredients

- 1 1/4 lbs Chicken Breast (cubed)
- 2 cups Broccoli (cut into florets)
- 1/2 head Cauliflower (cut into florets)
- 2 cups Mushrooms (sliced)
- 2 stalks Green Onion (sliced)
- 1/2 cup Coconut Milk
- 1/2 cup Chicken Bone Broth
- 1/4 cup Almonds (sliced)
- 4 slices Organic Bacon (cooked and chopped)
- 2 tbsps Coconut Oil
- Sea Salt & Black Pepper (to taste)

Tex-Mex Stuffed Peppers Recipe

17 ingredients · 45 minutes · 4 servings



Directions

1. Melt the coconut oil in a large pan and fry the onion until soft and translucent with the carrot and celery.
2. Add the ground beef and allow the meat to brown.
3. Add the garlic, bay leaf and spices; stir to combine.
4. Add the tomatoes, tomato paste and mushrooms, then season to taste.
5. Allow to cook for 15-20 minutes over low-medium heat until the beef is cooked through.
6. Pre-heat oven to 400 F.
7. Slice the tops of the bell peppers and scoop out the seeds.
8. Fill each pepper with the ground beef mixture then place their tops back on and place in the oven.
9. Allow to bake for 10-15 minutes until the peppers are cooked, but still holding their shape.
10. Serve topped with fresh cilantro.

Ingredients

- 1 **tbsp** Coconut Oil
- 1 Yellow Onion (finely chopped)
- 1 Carrot (finely chopped)
- 2 **stalks** Celery (finely chopped)
- 1 **1/4 lbs** Ground Beef
- 1 Garlic (chopped)
- 1 **tsp** Smoked Paprika
- 1 **tsp** Bay Leaf
- 1 **tsp** Dried Oregano
- 1 **tsp** Cumin
- 1 **tsp** Coriander
- 2 **cups** Diced Tomatoes
- 1 **tbsp** Tomato Paste
- 1 **cup** Chopped Mushrooms
- Salt And Pepper, (to taste)
- 4 Red Bell Peppers
- Cilantro (to serve)

Cauliflower Rice

1 ingredient · 10 minutes · 4 servings



Directions

1. Add cauliflower florets to the food processor. Process until the cauliflower has a rice-like consistency. (You may need to do this in batches depending on the size of your food processor.)
2. Serve it raw or cooked. For cooked cauliflower rice, add to a large frying pan over medium-high heat and sauté for about 3 to 5 minutes, or until warmed through. Serve immediately.

Notes

Leftovers

Refrigerate in an airtight container up to 4 days, or freeze either raw or cooked.

No Food Processor

Use a box grater or pulse in a blender, occasionally scraping down the sides.

Serving Size

One serving is equal to approximately one cup of cauliflower rice.

Save Time

Many grocery stores carry pre-riced cauliflower in the bag. Look for it in the fresh, pre-sliced vegetable section or frozen vegetable section.

Ingredients

1 head Cauliflower (chopped into small pieces)

Meatloaf

13 ingredients · 1 hour 20 minutes · 8 servings



Directions

1. Preheat the oven to 375 degrees.
2. Place the beef liver, carrots, celery, and onion into a food processor, and pulse until minced.
3. Add the minced liver and vegetables to a large mixing bowl along with the beef. Season the mixture with salt, pepper, onion powder, garlic powder, and 1 Tbsp. coconut aminos.
4. Add the egg, and mix all ingredients until evenly combined.
5. Pack the meatloaf mixture into a loaf pan. Line a baking sheet with parchment paper, and carefully place the loaf pan, open side down, onto the baking sheet. Carefully remove the loaf pan from the meatloaf.
6. Bake the meatloaf for 1 hour or until it reaches 170 degrees internally.
7. To make the sauce, combine the tomato sauce, coconut aminos, salt, pepper, and hot sauce in a small saucepan, and heat over medium heat. Bring to a boil while stirring. Reduce to low heat, and simmer the sauce for 20 minutes.
8. Slice the meatloaf, top with the sauce, and serve.

Ingredients

- 2 1/2 lbs Ground Beef
- 8 ozs Beef Liver
- 3 Carrot
- 2 stalks Celery
- 1 Yellow Onion
- 1 tsp Salt
- 2 tsps Black Pepper
- 1 tbsp Onion Powder
- 1 tbsp Garlic Powder
- 2 tsps Coconut Aminos
- 1 Egg
- 1 cup Pureed Tomatoes (or passata)
- 2 tsps Hot Sauce

Paleo Cauliflower Mash

5 ingredients · 30 minutes · 4 servings



Directions

1. Place cauliflower florets in a large steamer basket on the stove. Cover, bring to a boil and steam for 10-15 minutes, or until very soft.
2. Transfer steamed cauliflower to a food processor or blender along with the garlic, butter, thyme, salt and pepper. Process until desired texture. (If you like a chunkier mash, you can use a hand masher for this step.)
3. Divide between plates and top with extra butter if desired. Enjoy!

Notes

Make it Cheesy

Add nutritional yeast or parmesan cheese to the mash (about 1 tbsp per serving).

Ingredients

- 1 head** Cauliflower (large, sliced into florets)
- 2** Garlic (cloves, minced)
- 2 tbsps** Coconut Oil (or grass-fed ghee or olive oil)
- 1 tbsp** Thyme
- Sea Salt & Black Pepper (to taste)

Thai Coconut Soup Recipe

15 ingredients · 45 minutes · 4 servings



Directions

1. In a large saucepan, heat the cooking fat over a medium heat.
2. Cook the scallions, garlic, and ginger, stirring frequently, until softened (about 5 minutes).
3. Add the carrot, red bell pepper, jalapeño, and mushroom, and cook until softened (about 3-4 minutes).
4. Add the chicken, chicken stock, coconut milk, and fish sauce.
5. Bring the soup to a boil then reduce to a simmer and cook until the chicken is cooked through (15 to 20 minutes).
6. Remove the chicken from the soup. Shred it into chunks and return to the pot.
7. Stir in the lime zest, the fresh herbs, and salt and pepper to taste, and remove from the heat.
8. Garnish each bowl with a lime wedge to serve.

Ingredients

- 2 **tbsps** Coconut Oil
- 8 **ozs** Chicken Breast (boneless, skinless)
- 5 **stalks** Green Onion (thinly sliced)
- 1 Red Bell Pepper (sliced)
- 4 Garlic (minced)
- 2 **tbsps** Ginger (peeled and finely chopped)
- 1 Carrot (peeled and shredded)
- 1 Jalapeno Pepper (seeded and minced)
- 1 **cup** Shiitake Mushrooms (sliced;)
- 4 **cups** Organic Chicken Broth
- 1 **cup** Organic Coconut Milk (14 oz.)
- Sea Salt & Black Pepper (to taste)
- 1 **tbsp** Fish Sauce (Red Boat brand)
- 1/2 Lime (zested)
- 2 **tbsps** Thai Basil (minced)
- 1 Lime (cut into wedges for serving)

Chinese Pulled Pork Barbecue

10 ingredients · 2 hours · 8 servings



Directions

1. Remove your pork shoulder from the refrigerator about 15 minutes prior to cooking. Rub the pork shoulder down with the chinese five spice blend and pink salt. Make sure to cover all the sides.
2. Heat the coconut oil in a large cast iron skilled over medium high heat. Sear the pork shoulder on all sides for 2 minutes per side.
3. Add the chicken stock to the instant pot, and press the "saute" button to get the stock simmering. Add the coconut aminos, sesame oil, ginger, red pepper flakes, and black pepper.
4. When the pork shoulder is seared on all sides, add it to the Instant Pot and close the lid (locking the vent). Cancel the "saute" then press "Stew/Meat" and increase the time to 90 minutes.
5. Cook for 90 minutes, then allow to rest for 10-15 minutes on warm after the programmed setting has concluded.
6. Serve with your favorite stir fry or with some cauliflower rice

Ingredients

- 4 lbs** Pork
- 2 cups** Organic Chicken Broth
- 1 tbsp** Chinese Five Spice
- 2 tsps** Himalayan Pink Salt
- 2 tsps** Coconut Oil
- 1/2 cup** Coconut Aminos
- 1 tbsp** Toasted Sesame Oil
- 1 tsp** Ground Ginger
- 1/2 tsp** Red Pepper Flakes
- 1/4 tsp** Black Pepper

Sauteed Watercress

5 ingredients · 5 minutes · 2 servings



Directions

1. Heat the sesame oil in skillet or wok over medium heat. Add ginger and cook for 1 to 2 minutes, or until fragrant.
2. Add watercress, water and salt, then stir for a few seconds. Cover with lid and cook for another minute or until wilted. Divide onto plates and enjoy!

Notes

No Ginger

Omit, or use minced garlic or shallots instead.

Leftovers

Refrigerate in an airtight container up to 3 to 5 days.

Ingredients

- 1 **tbsp** Sesame Oil
- 1 **tsp** Ginger (peeled and grated)
- 4 **cups** Watercress (chopped in half)
- 1 **tbsp** Water
- 1/4 **tsp** Sea Salt

Lamb Koftas with Cucumber Raita

14 ingredients · 20 minutes · 2 servings



Directions

1. Place your skewers in cold water for half an hour prior to starting (ideally leave them to soak for at least 30 minutes). Alternatively, you can use stainless steel skewers that don't require soaking.
2. Add minced lamb, diced onions, chopped garlic, finely chopped parsley and the herbs and seasonings into a large mixing bowl. Retain the olive oil.
3. Mix well with your hands until thoroughly combined.
4. Portion out into eight portions and place each one around a skewer. You need to gently squeeze and press your mixture around the skewer until you're happy with the result. If your skewers will fit in a pan, heat it on the stove top. Feel free to use barbeque instead.
5. Brush the surface with the retained olive oil before placing the koftas onto the hot pan.
6. Cook, turning so that all sides get nicely browned, for about 10 minutes or until they are nicely done.
7. Meanwhile, as the koftas cook you can make up the raita.
8. Grate your cucumbers or cut them into ribbons with a vegetable peeler, leaving the skin on. Combine the coconut cream, herbs and spices and the lemon juice in a small bowl and mix well. Add the cucumber to the cream mixture and toss until evenly coated.
9. Serve the koftas with lashings of the cucumber raita for a delicious, easy meal.

Notes

Coconut Cream

To make coconut cream, place a can of full fat coconut milk in the refrigerator overnight. The solid portion that rises to the top is your coconut cream. Use the water that remains in drinks or smoothies

Leftovers

Store the koftas in the refrigerator, covered for 4 days. Store the Raita in a sealed container for up to 5 days.

Ingredients

- 12 ozs Lean Ground Lamb
- 1/2 Garlic (minced)
- 1/4 Yellow Onion (diced)
- 1/2 tsp Dried Oregano
- 1 tbsp Chopped Fresh Parsley
- 1/2 tsp Sea Salt
- 1/4 tsp Black Pepper (ground)
- 1 1/2 tsps Extra Virgin Olive Oil (15 ml)
- 1/2 cup Coconut Cream
- 1/2 Cucumber
- 1 tbsp Mint Leaves (chopped)
- 1/4 tsp Sea Salt
- 1/8 tsp Cumin (ground)
- 1/8 tsp Coriander (ground)
- 1 tbsp Fresh Lemon Juice (15 ml)

Brazil Nuts

1 ingredient · 5 minutes · 1 serving



Directions

1. Divide into bowls and enjoy!

Ingredients

1/4 cup Brazil Nuts

Almond Butter Fudge

6 ingredients · 26 minutes · 16 servings



Directions

1. Line a standard 9x9" baking dish with parchment paper. Set aside.
2. Place shredded coconut in food processor and process for about 4 minutes until smooth. Scrape down the sides if needed.
3. Add in almond butter and coconut oil to processor and process until smooth; add in vanilla extract, cinnamon and sea salt and process until smooth.
4. Transfer mix to lined baking dish and freeze for 20 minutes.
5. Slice into 16 squares and enjoy!

Ingredients

- 2 cups** Unsweetened Shredded Coconut
- 1 1/4 cups** Almond Butter
- 1/2 cup** Coconut Oil (melted)
- 1 1/2 tsps** Vanilla Extract
- 1 tsp** Cinnamon
- 1/4 tsp** Sea Salt

Toasted Walnuts

1 ingredient · 15 minutes · 2 servings



Directions

1. Preheat oven to 350°F (177°C) and spread the walnuts across a baking sheet lined with parchment paper. Toast in the oven for 5 to 10 minutes, tossing at the halfway point.
2. Remove from oven, let cool and enjoy!

Notes

Extra Flavour

Sprinkle with sea salt or spices of your choice.

Ingredients

2/3 cup Walnuts (shelled)

Almond Butter Chocolate Mousse

6 ingredients · 25 minutes · 8 servings



Directions

1. Heat coconut milk in a pan over medium heat until just about a boil. Take off heat. Add the chocolate and let it sit for a minute. Whisk until melted. Wait for the mixture to be warm to touch as some nut butters might separate when mixed in a hot mixture, Add in the almond butter and whisk and whisk until smooth. Use a hand mixer or whisk.
2. Add vanilla extract and cinnamon. Fold in the coconut cream and whisk and whip. Add more coconut cream and whip longer for a lighter mousse. Pour the mixture into ramekins. Let them chill for a few hours before serving.

Ingredients

- 1/4 cup** Full Fat Coconut Milk
- 1 cup** Almond Butter
- 4 ozs** Unsweetend Chocolate
- 1/2 tsp** Vanilla Extract
- 1/4 tsp** Cinnamon
- 1 cup** Coconut Cream