



LOSE IT IN 6

Week 3 - Meal Plan & Recipe
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Lemon Raspberry Coconut Muffins Recipe

#snack #dessert #vegetarian #vegan #breakfast #glutenfree #dairyfree #lowfodmap

 8 ingredients  40 minutes  12 servings

Directions

1. Preheat oven to 350 and line a muffin tray with papers. (Note: The original recipe yields 12 snack size muffins or 6 - 8 breakfast size muffins.)
2. Mix all ingredients except the raspberries together in a large mixing bowl. Stir very well until combined.
3. Gently fold in the raspberries.
4. Divide batter evenly across the muffin tray. Press in some extra raspberries into the tops of the muffins (optional). Bake for 35 to 40 minutes.
5. Let cool and enjoy!

Notes

No Raspberries Use blueberries, blackberries or chopped strawberries.

Budget-Friendly Use frozen berries instead of fresh. The coconut oil will harden as you mix them in but will soften again when baked.

Serve it With A drizzle of raw honey, maple syrup or organic butter.

Storage Store in an air-tight container at room temperature for up to 3 days or freeze.

No Maple Syrup Sweeten with raw honey instead.

Short on Time Throw all ingredients into a blender and puree until smooth. Pour into muffin tin and bake.

Not a Coconut Fan Swap out the coconut flour and coconut oil and use almond flour and extra virgin olive oil instead. Note: You may need to add more almond flour to reach a muffin batter consistency since the consistency of coconut flour is very dry and absorbent.

Ingredients

- **1/2 cup** Coconut Flour
- **0.4 cup** Maple Syrup
- **6** Egg
- **0.4 cup** Coconut Oil (melted)
- **1** Lemon (zested then juiced)
- **1 cup** Raspberries (plus extra for garnish)
- **1 tsp** Baking Soda
- **1 tsp** Baking Powder

Burrito Bowl Mason Jar

#lunch #eggfree #nutfree #glutenfree #dairyfree #anticandida

 10 ingredients  25 minutes  2 servings

Directions

1. Place the quinoa and water in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover. Let simmer for 12 minutes or until all water is absorbed. Remove from heat, fluff with a fork and set aside.
2. Cook your extra lean ground chicken over medium heat in a non-stick frying pan. Season with a bit of salt and pepper and stir occasionally until cooked through.
3. Assemble your burrito bowl mason jars by placing avocado in the bottom with a splash of lime juice. Top with a couple of tablespoons of organic salsa. Next add in your quinoa, cooked chicken, diced tomatoes, spinach and top with black beans. Seal with a lid. When ready to eat, shake well and dump into a bowl. Enjoy!

Ingredients

- **1/2 cup** Quinoa
- **1 cup** Water
- **1/2 lb** Extra Lean Ground Chicken
- **1/4 cup** Organic Salsa
- **1** Avocado (peeled and diced)
- **1** Tomato (diced)
- **1/2 cup** Baby Spinach (chopped)
- **1/2 can** Black Beans (drained, rinsed and dried)
- **1/2** Lime (juiced)
- Sea Salt & Black Pepper (to taste)

Cauliflower Shepherd's Pie

#dinner #paleo #eggfree #glutenfree #dairyfree #anticandida #elimination #autoimmune

 10 ingredients  50 minutes  4 servings

Directions

1. Preheat oven to 350F.
2. Place cauliflower florets in a medium sized saucepan, cover with water and bring to a boil. Let the florets boil until they are soft, about 15 minutes.
3. While the cauliflower is boiling, heat half of the olive oil in a large frying pan over medium heat. Add the onions and garlic, cook for 5 minutes or until onions are translucent.
4. Add the meat, and cook until browned.
5. Add the mushrooms, carrots, celery, Italian seasoning, and salt. Continue to cook for a few minutes, until the meat is cooked through. Remove from heat.
6. Drain the cauliflower and discard cooking water. Return the cauliflower to the pot and add the other half of the olive oil and a sprinkle of salt. Mash well until the cauliflower becomes almost like a puree.
7. Transfer the meat mixture to a casserole or pie dish and distribute into an even layer. Top with the cauliflower mash and spread it evenly across the top.
8. Place in the oven and bake for 20 minutes. Turn the oven to a low broil and broil for 10 minutes or until golden. Remove from oven and serve. Enjoy!

Ingredients

- **1 head** Cauliflower (chopped into florets)
- **2 tbsps** Extra Virgin Olive Oil (divided)
- **1** Yellow Onion (diced)
- **2** Garlic (cloves, minced)
- **1 lb** Extra Lean Ground Turkey
- **3 cups** Mushrooms (sliced)
- **2** Carrot (diced)
- **2 stalks** Celery (diced)
- **1 tbsp** Italian Seasoning
- **1/4 tsp** Sea Salt

Notes

Vegan and Vegetarian Use cooked lentils instead of ground meat.

Green Apple Cinnamon Smoothie.

#breakfast #snack #eggfree #paleo #vegetarian #vegan #smoothie #glutenfree #dairyfree #elimination

 7 ingredients  10 minutes  2 servings

Directions

1. Place apple, kiwi, ground flax, cinnamon and almond milk in a blender and blend well. Then add in baby spinach and blend again. Pour and enjoy!

Ingredients

- **2** Apple (peeled, cored and chopped)
- **4** Kiwi (peeled and sliced)
- **2 tbsps** Ground Flax Seed
- **1/2 tsp** Cinnamon
- **2 cups** water
- **4 cups** Baby Spinach
- **1/4 cup** Protein Powder

Kale Greek Salad with Steak

#dinner #paleo #nutfree #eggfree #lunch #glutenfree

 15 ingredients  40 minutes  4 servings

Directions

1. Preheat oven to 425 and line a baking sheet with parchment paper. Place red peppers in a large mixing bowl and toss with a splash of extra virgin olive oil and sea salt. Spread the red peppers across the baking sheet and bake in the oven on the middle rack for 20 minutes while you prepare the rest.
2. Place red onion, cucumber, kale, cherry tomatoes, olives and feta cheese together in a large salad bowl and set aside.
3. Create dressing by combining olive oil, vinegar, oregano, lemon juice, minced garlic, sea salt and pepper together in a small bowl. Whisk well and set aside.
4. Remove roasted red peppers from oven and let cool. Once cool, add to bowl with salad ingredients.
5. Increase the oven temperature to 500 and move the rack to the top setting.
6. Season steak with sea salt and pepper on both sides. Place on the baking sheet with the parchment paper you used for the peppers. Place in the oven on the top rack and bake for 5 to 8 minutes per side depending on thickness and how you like your steak done.
7. Remove steak from the oven and cut into thin strips. Add dressing to salad and toss well. Plate salad and add strips of steak over top. Enjoy!

Notes

Vegan & Vegetarians Skip the steak and add roasted chickpeas.

Ingredients

- **1** Red Bell Pepper (de-seeded and cut into slices)
- **1/2 cup** Red Onion (finely sliced)
- **1** Cucumber (diced)
- **4 cups** Kale Leaves (finely chopped)
- **1 cup** Cherry Tomatoes (halved)
- **1/2 cup** Pitted Kalamata Olives (diced)
- **1/2 cup** Feta Cheese (crumbled)
- **0.4 cup** Extra Virgin Olive Oil
- **3 tbsps** Red Wine Vinegar
- **1/2 tsp** Oregano
- **1** Lemon (juiced)
- **1** Garlic (clove, minced)
- **1/4 tsp** Sea Salt
- **1/8 tsp** Black Pepper
- **12 ozs** Beef Tenderloin

Veggie Goat Cheese Omelette

#breakfast #nutfree #paleo #vegetarian #glutenfree

 10 ingredients  15 minutes  2 servings

Directions

1. Heat a skillet over medium heat and add olive oil and tamari. Saute mushrooms and red onion for 5 minutes or until soft. Add in garlic and saute for another minute. Add in spinach and saute just until wilted. Remove from heat and transfer into a bowl.
2. Whisk eggs together in a mixing bowl.
3. Place your skillet back over medium heat and add another splash of olive oil to coat the pan. Pour in half the egg mixture. Let sit until egg is cooked most of the way through and then flip. Add half of the sauteed vegetables and half of the goat cheese to one side of the omelette and fold the other half over top. Transfer to a plate and garnish with a bit of chopped parsley, sea salt and pepper.
4. Repeat with remaining ingredients to create another omelette. Enjoy!

Ingredients

- **1 tbsp** Tamari
- **1 tbsp** Extra Virgin Olive Oil
- **1 cup** Mushrooms (sliced)
- **1/4 cup** Red Onion (diced)
- **2** Garlic (cloves, minced)
- **2 cups** Baby Spinach
- **5** Egg
- **1/3 cup** Goat Cheese (crumbled)
- **1/4 cup** Parsley (chopped)
- Sea Salt & Black Pepper (to taste)

One Pan Paleo Plate

#dinner #paleo #nutfree #eggfree #glutenfree #dairyfree #elimination #autoimmune

 5 ingredients  35 minutes  4 servings

Directions

1. Preheat oven to 375 and line a baking sheet with parchment paper.
2. Brush both sides of the chicken breast with olive oil and season with sea salt, black pepper and any other spices you like. Place on the baking sheet.
3. Toss your brussels sprouts in olive oil and season with sea salt and black pepper. Place on the baking sheet with the chicken.
4. Slice your sweet potatoes in half lengthwise and pierce the flesh multiple times with a fork all over to create holes. Brush the flesh of each half with olive oil. Season with sea salt and black pepper. Place these on the baking sheet with the flesh facing up.
5. Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through. (Note: Sweet potato may need longer depending on size.)
6. Remove baking sheet from the oven and divide onto plates. Enjoy!

Ingredients

- **4** Chicken Breast
- Sea Salt & Black Pepper (to taste)
- **4 cups** Brussels Sprouts (washed, trimmed and halved)
- **1 tbsp** Extra Virgin Olive Oil (plus extra for brushing)
- **2** Sweet Potato (washed and sliced in half)

Notes

No Brussels Sprouts Use broccoli, cauliflower or green beans instead. Roasting times will vary.

No Chicken Breast Use turkey breast.

Vegans and Vegetarians Replace chicken with roasted chickpeas.

Extra Time Slice sweet potato into cubes or fries.

Avocado Egg Salad Sandwich

#breakfast #lunch #snack #vegetarian #nutfree #glutenfree #dairyfree

 7 ingredients  15 minutes  2 servings

Directions

1. Place eggs in a pot of cold water, bring to a boil, then simmer for 5-6 minutes. Run under cold water to cool. Peel the eggs and chop roughly.
2. In a bowl, mash and combine the chop boiled eggs, avocado, baby spinach, dijon mustard, lemon juice, salt and pepper.
3. Spread onto toast and enjoy!

Notes

Less Bread Make it an open-face sandwich.

Add a Kick Add red chili flakes or hot sauce.

Vegan Use mashed chickpeas or white kidney beans instead of eggs.

Ingredients

- **3** Egg
- **1/2** Avocado
- **1/2 cup** Baby Spinach (chopped)
- **1 1/2 tsps** Dijon Mustard
- **1/8** Lemon (juiced)
- Sea Salt & Black Pepper (to taste)
- **4 slices** Organic Bread (toasted)

Asian Turkey Lettuce Wraps

#dinner #lunch #eggfree #glutenfree #appetizer #dairyfree

 13 ingredients  25 minutes  4 servings

Directions

1. Heat coconut oil in a large skillet over medium heat. Add in the onions, ginger, sea salt and pepper and saute for about 5 minutes or until the onion is translucent. Add in the garlic and saute for another minute.
2. Add in the ground turkey and break it up as it cooks. Once it is cooked through and browned, add in the tamari. Continue to saute until it is absorbed. Remove from heat.
3. Spoon the turkey mixture into the centre of a lettuce leaf and top with green onion, carrots and peanuts. Squeeze a lime wedge overtop, wrap and enjoy!

Notes

- No Ground Turkey** Use any type of ground meat.
- Vegan and Vegetarian** Use lentils instead of ground meat.
- Nut-Free** Garnish with sesame seeds instead of peanuts.
- Likes it Spicy** Add hot sauce or chili flakes.

Ingredients

- **1 tbsp** Coconut Oil
- **1** White Onion (diced)
- **1 tbsp** Ginger (peeled and grated)
- **1/4 tsp** Sea Salt
- **1/4 tsp** Black Pepper
- **2** Garlic (cloves, minced)
- **2 lbs** Extra Lean Ground Turkey
- **2 tbsps** Tamari
- **2 heads** Boston Lettuce (peeled apart into leaves and washed)
- **3** Green Onion (chopped)
- **1 cup** Matchstick Carrots
- **1/4 cup** Raw Peanuts (chopped)
- **1** Lime (sliced into wedges)

One Pan Sausage with Roasted Garlic Veggies

#paleo #eggfree #glutenfree #nutfree #dairyfree

 10 ingredients  35 minutes  4 servings

Directions

1. Preheat oven to 400 degrees F and line a baking sheet with parchment paper.
2. Place the red bell pepper, zucchini, sweet potato and celery in a large bowl. Add in the minced garlic, balsamic vinegar, dried basil and olive oil. Season with sea salt and black pepper. Toss well and then spread the veggies across the baking sheet in an even layer. Set the sausage on top. Bake in the oven for 30 minutes, or until cooked through, flipping the sausage at the halfway point.
3. Remove the pan from the oven and divide onto plates. Enjoy!

Notes

Leftovers Keeps well in the fridge up to 3 days.

Vegan and Vegetarian Use roasted chickpeas instead.

Ingredients

- **1** Red Bell Pepper (de-seeded and sliced)
- **1** Zucchini (diced into rounds)
- **1** Sweet Potato (large, diced)
- **4 stalks** Celery (sliced diagonally)
- **2** Garlic (cloves, minced)
- **2 tbsps** Balsamic Vinegar
- **1 tsp** Dried Basil
- **2 tbsps** Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- **4** Organic Chicken Sausage (about 5 oz. each)

Triple Berry Protein Bowl

#breakfast #snack #paleo #vegetarian #vegan #eggfree #glutenfree #dairyfree

 7 ingredients  10 minutes  2 servings

Directions

1. Wash berries and place in bowl(s). Sprinkle berries with hemp seeds and slivered almonds. Top with almond butter and pour almond milk over top. Enjoy!

Ingredients

- **1 cup** Strawberries (sliced)
- **1 cup** Blueberries
- **1 cup** Blackberries
- **2 tbsps** Almond Butter
- **2 tbsps** Hemp Seeds
- **1/4 cup** Slivered Almonds
- **1/2 cup** Unsweetened Almond Milk

Bruschetta Flatbread

#dinner #lunch #appetizer #nutfree #eggfree #appetizer #glutenfree

 9 ingredients  35 minutes  2 servings

Directions

1. Preheat oven to 410. Add the tomatoes, garlic, basil, vinegar, olive oil, feta, salt and pepper to a mixing bowl. Toss well and let sit for 15 minutes to marinate.
2. Spread the mixture over the brown rice tortillas using a slotted spoon to drain the excess liquid (too much liquid will make the tortilla soggy). Top with cooked, diced chicken breast (optional). Place on a piece of foil and bake for 14 minutes.
3. Remove from oven. Run a lifter between the foil and tortilla to detach any parts that might have become stuck while baking. Slide onto a plate and slice with a pizza cutter. Enjoy!

Ingredients

- 2 Tomato (finely diced)
- 1 1/2 Garlic (cloves, minced)
- 1 tbsb Extra Virgin Olive Oil
- 1/4 cup Basil Leaves (chopped)
- 1 1/2 tsps Balsamic Vinegar
- 1/4 cup Feta Cheese (crumbled)
- Sea Salt & Black Pepper (to taste)
- 2 Brown Rice Tortillas
- 1/2 Chicken Breast (cooked and diced)

Bacon, Eggs, Avocado & Sauerkraut Breakfast

#anticandida #paleo #breakfast #lunch #glutenfree #nutfree #dairyfree

 4 ingredients  15 minutes  2 servings

Directions

1. In a pan, slowly cook the bacon over medium-low heat until done. Transfer to a plate and reserve fat for cooking eggs.
2. Crack eggs into the pan and cook to desired doneness. While eggs are cooking, slice avocado and arrange on plate with bacon.
3. Transfer cooked eggs to plate and add sauerkraut. Enjoy!

Ingredients

- **1/4 lb** Organic Bacon or Turkey Bacon (or about 2 slices per serving)
- **4** Egg
- **1** Avocado
- **1/2 cup** Sauerkraut

Notes

Cooking Oil Use coconut or avocado oil

Substitute Replace bacon with kidney beans

Mango Veggie Spring Rolls with Almond Butter Dip

#vegan #vegetarian #eggfree #lunch #dinner #glutenfree #dairyfree

 14 ingredients  30 minutes  2 servings

Directions

1. Create your almond dipping sauce by combining almond butter, lemon juice, tamari, garlic, ginger, cayenne, sea salt and water together in a blender or food processor. Pulse until smooth. Depending on the original consistency of the almond butter you are using, you may need to add an additional 1 or 2 tbsp of warm water to reach a creamier consistency. Pour into a bowl and set aside.
2. Ensure you have all your veggies and mango prepped for easy assembly. Add hot water to a shallow skillet. Place a rice paper wrap in the water to soften (about 10 seconds). Do not submerge for too long or the rice paper wrap will become too difficult to work with. Transfer to a clean surface. Add avocado, cucumber, mango, spinach and coleslaw mix to one side of the rice wrap. Fold the bottom over the filling and then the top. Now roll the rice paper until completely wrapped. Transfer to a plate. Repeat this process until all ingredients are used up.
3. Serve with a side of almond butter dip. Enjoy!

Notes

More Protein Add quinoa before wrapping.

Keep it Fresh Store in the fridge in an airtight container for up to 2 days (but these are best served fresh).

No Mango Use pineapple instead.

No Rice Wraps Use nori sheets, brown rice tortillas or collard green wraps instead

Ingredients

- **3 1/2 tbsps** Almond Butter
- **0.7** Lemon (juiced)
- **2 tsps** Tamari
- **0.7** Garlic (clove, minced)
- **1 tsp** Ginger (grated)
- **0.1 tsp** Cayenne Pepper
- **0.1 tsp** Sea Salt
- **2.7 tbsps** Water
- **0.7** Avocado (peeled and sliced into strips)
- **1/3** Cucumber (sliced into strips)
- **0.7** Mango (peeled and sliced into strips)
- **0.7 cup** Baby Spinach (chopped)
- **0.7 cup** Coleslaw Mix
- **5 1/3** Rice Paper Wraps

Apple Turkey Burgers with Caramelized Onions and Brie

#lunch #dinner #nutfree #glutenfree #eggfree #barbecue

 11 ingredients  45 minutes  2 servings

Directions

1. Heat coconut oil in a frying pan over medium heat. Add yellow onion and saute for 30 minutes or until fried and crispy, stirring occasionally. When onion bits get stuck to the bottom, add 1-2 tbsp of water at a time to deglaze the pan. Set aside.
2. Take half your apple servings and shred into a bowl. Squeeze and remove excess juice (drink it or add it to a smoothie later!).
3. In a mixing bowl, combine the turkey, shredded apple, dijon, sage, thyme, salt and pepper. Form into patties.
4. Preheat grill over medium heat. Transfer burgers onto grill and cook for about 7 to 8 minutes per side or until burger is cooked through and juices run clear (or internal temperature reaches 165 F). Remove from grill.
5. Cut the remaining apple into slices. Plate burger over a bed of lettuce and top with brie, apple slices and caramelized onion.

Notes

- BBQ Lover** Grill your apple slices too.
- No Grill** Cook burgers in the oven at 350 for 15 minutes per side.
- More Carbs** Serve on a bed of brown rice or in a brown rice tortilla wrap.
- Leftovers** Can be frozen up to 6 months in an airtight container.

Ingredients

- **1 1/2 tsps** Coconut Oil
- **1** Yellow Onion (peeled and finely sliced)
- **1** Apple (green, divided)
- **1/2 lb** Extra Lean Ground Turkey
- **1 tsp** Dijon Mustard
- **1/4 tsp** Ground Sage
- **1/4 tsp** Dried Thyme
- **1/2 tsp** Sea Salt
- **1/8 tsp** Black Pepper
- **4 slices** Brie Cheese
- **1/2 bunch** Green Lettuce (separated into leaves and washed)