LOSE IT IN 6

Week 5 - Meal Plan & Recipe Guide

Solji NUTRITION
vibrant from the inside out

Sofji NUTRITION

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Paleo Sweet P...	Winter Berry S...	Zucchini Turke...	Pumpkin Pie B...	Apple Pie Panc...	Breakfast Caul...	Apple Quinoa ...
Lunch	Winter Buddh...	One Pan Chick...	Chicken Piccat...	Roasted Red P...	Sausage & Qu...	Beef, Sweet Po...	Cream of Broc...
Dinner	One Pan Chick...	Chicken Piccat...	Roasted Red P...	Sausage & Qu...	Beef, Sweet Po...	Cream of Broc...	Mac n' 'Cheese'

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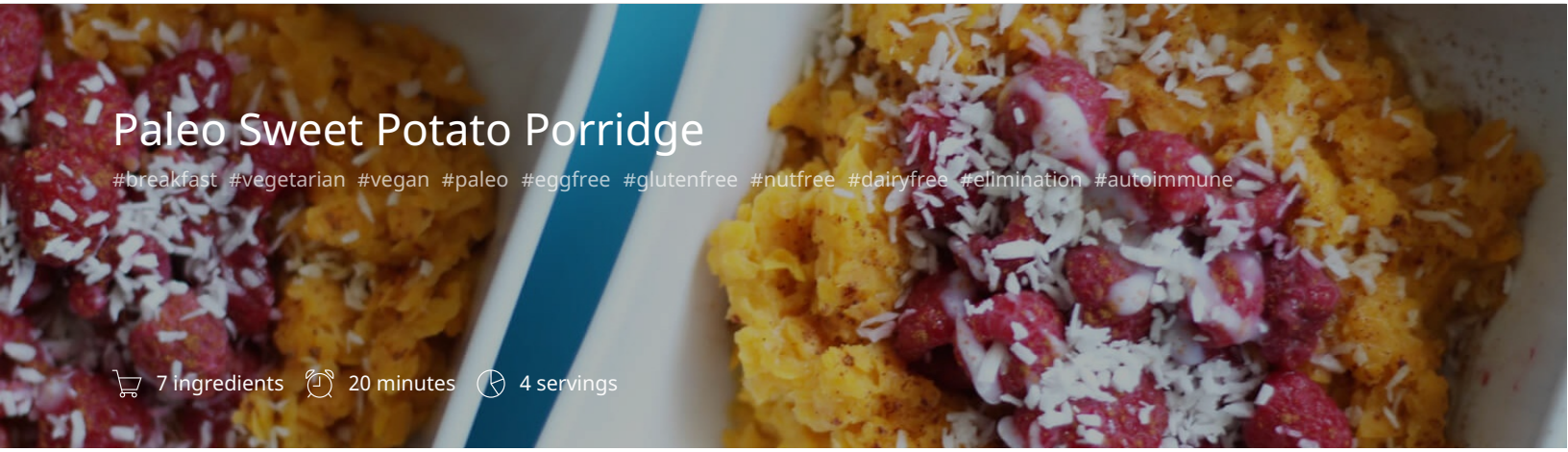

Paleo Sweet Potato Porridge

#breakfast #vegetarian #vegan #paleo #eggfree #glutenfree #nutfree #dairyfree #elimination #autoimmune

7 ingredients 20 minutes 4 servings

Directions

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

Ingredients

- **2** Sweet Potato (large)
- **1 cup** Organic Coconut Milk (canned)
- **1 cup** Water
- **2 cups** Raspberries
- **2 tbsps** Coconut Oil
- **1 tsp** Cinnamon
- **2 tbsps** Unsweetened Coconut Flakes

Notes

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

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

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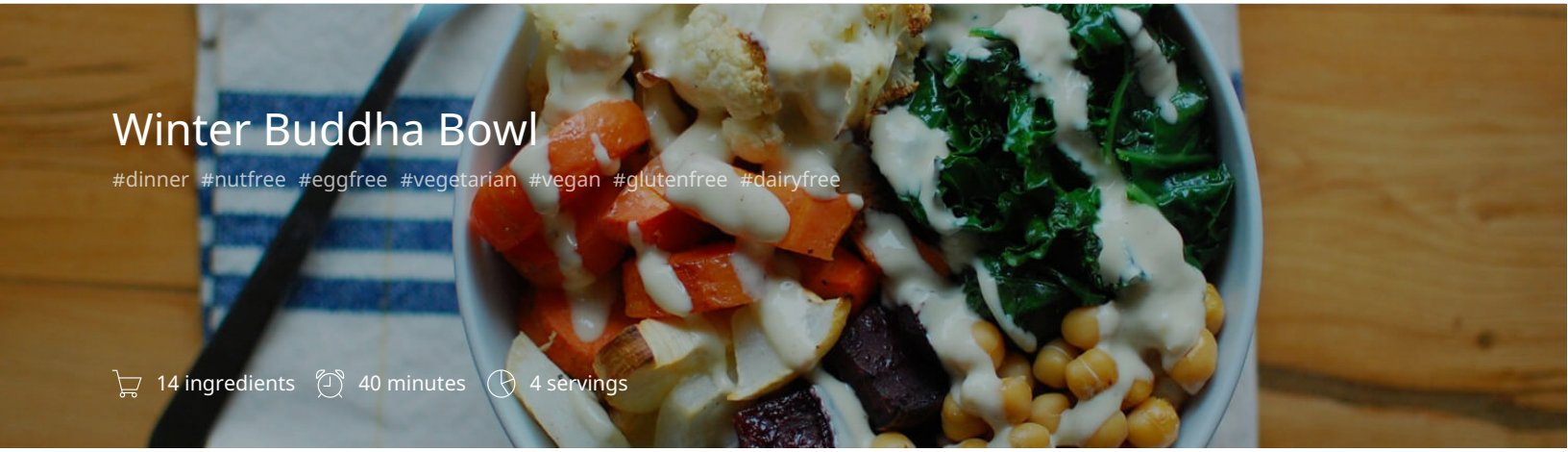

Winter Buddha Bowl

#dinner #nutfree #eggfree #vegetarian #vegan #glutenfree #dairyfree

14 ingredients 40 minutes 4 servings

Directions

1. Preheat oven to 420.
2. Place cauliflower florets, carrots, beet, turnip and parsnip in a large mixing bowl (toss beets separately if you want to keep the lighter veggies clean). Season with sea salt and pepper and drizzle with a splash of extra virgin olive oil. Toss well. Line a large baking sheet with parchment paper and spread vegetables evenly across. Bake in oven for 30 minutes.
3. Meanwhile, place quinoa in a saucepan with the water. Place over high heat and bring to a boil. Cover with lid and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from heat and fluff with a fork.
4. Create your dressing by combining tahini, extra virgin olive oil, lemon juice, minced garlic and sea salt together in a mason jar. Add 3 tbsp warm water. Shake well and set aside. (Note: Feel free to add extra water, 1 tbsp at a time, to reach desired dressing consistency.)
5. Place the kale in a bowl and massage with a bit of extra virgin olive oil. Season with sea salt. Place in frying pan over medium heat and saute just until wilted. Transfer into a bowl.
6. Pour your chickpeas into the same frying pan (which should still be lightly greased from the kale) and saute until slightly browned.
7. Assemble your Buddha bowl by placing quinoa in the bottom of a bowl and arranging roasted winter vegetables, sautéed kale and warm chickpeas on the top. Drizzle desired amount of dressing over the bowl. Enjoy!

Notes

Make it 'Cheesy'	Use the 'cheese sauce' from our Mac n' 'Cheese' recipe.

Ingredients

- **1 head** Cauliflower (cut into florets)
- **1** Carrot (chopped into 1 inch rounds)
- **1** Beet (chopped into 1 inch pieces)
- **1** Turnip (chopped into 1 inch pieces)
- **1** Parsnip (chopped into 1 inch pieces)
- **1 can** Chickpeas (drained and rinsed)
- **1 cup** Quinoa (uncooked)
- **1 1/2 cups** Water
- **1/4 cup** Tahini
- **3 tbsps** Extra Virgin Olive Oil
- **1** Lemon (juiced)
- **1** Garlic (clove, minced)
- **1/4 tsp** Sea Salt
- **4 cups** Kale Leaves

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One Pan Chicken, Golden Cauliflower & Carrot Fries

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

7 ingredients | 40 minutes | 8 servings

Directions

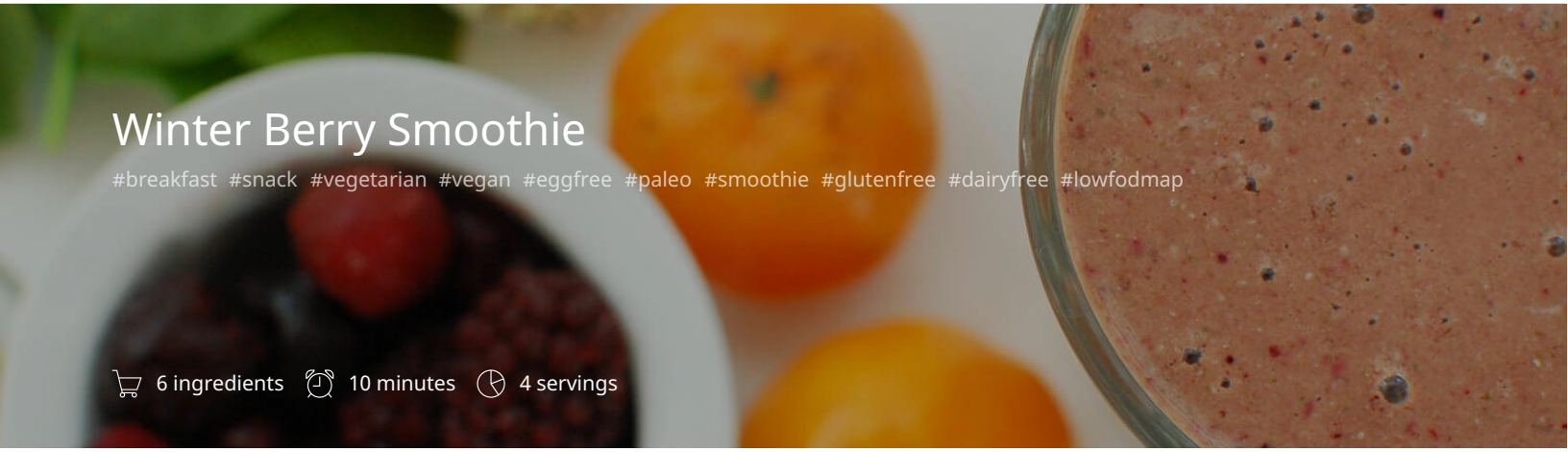
1. Preheat oven to 375F and line a large baking sheet with parchment paper.
2. Peel and slice carrots into sticks. Wash and chop cauliflower into florets.
3. Brush chicken breast with 1/3 of the olive oil. Season with thyme and sea salt and black pepper to taste. Place on the baking sheet.
4. Toss carrot sticks in 1/3 of the olive oil and season with salt and pepper to taste. Place on the baking sheet next to chicken.
5. Toss cauliflower with the remaining olive oil, turmeric and salt and pepper to taste. Mix until cauliflower is evenly yellow then transfer to the baking sheet.
6. Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through.
7. Remove baking sheet from the oven and divide onto plates. Enjoy!

Ingredients

- **8** Carrot (medium)
- **2 heads** Cauliflower
- **3/4 cup** Extra Virgin Olive Oil (divided three ways)
- **8** Chicken Breast (about 5 oz. each)
- **1 1/3 tbsps** Dried Thyme
- **1 1/3 tbsps** Turmeric (powder)
- Sea Salt & Black Pepper (to taste)

Notes

Low FODMAP Use zucchini instead of cauliflower.



Winter Berry Smoothie

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

6 ingredients 10 minutes 4 servings

Directions

1. Place all ingredients together in a blender. Blend until smooth. Pour into glasses and enjoy! (Pour into a mason jar if you are on the go.)

Ingredients

- **3 cups** Unsweetened Almond Milk
- **2 tbsps** Ground Flax Seed
- **2 tbsps** Hemp Seeds
- **2** Navel Orange (peeled and sectioned)
- **3 cups** Frozen Berries
- **4 cups** Baby Spinach

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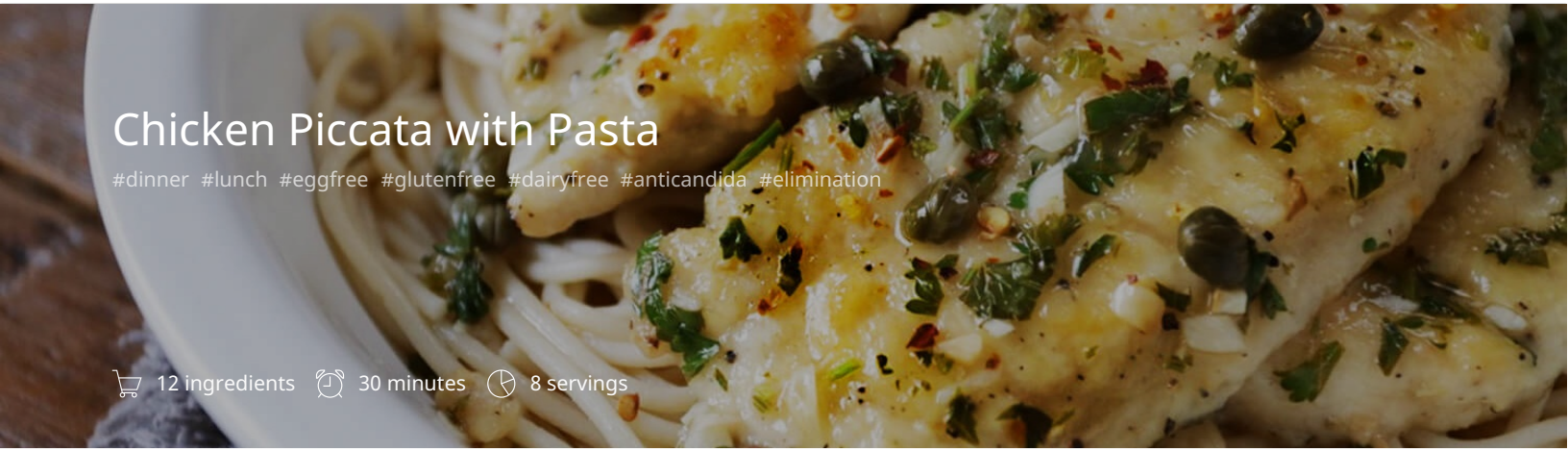

Chicken Piccata with Pasta

#dinner #lunch #eggfree #glutenfree #dairyfree #anticandida #elimination

12 ingredients | 30 minutes | 8 servings

Directions

1. Cook brown rice spaghetti according to the directions on the package. Run under cold water once cooked to prevent from over cooking.
2. Spread the chicken breast open, cut in half and pound thin to about 1/4-inch thickness.
3. On a large plate, toss 2/3 of the almond flour with sea salt and black pepper until combined. Press chicken into the flour mixture on both sides and shake off the excess.
4. In a large skillet, heat 3/4 of the olive oil over medium-high heat and add the chicken. Turn down to medium heat and cook for 4-5 minutes each side until cooked through and golden. Transfer to a plate.
5. Add the remainder of olive oil, garlic and capers (lightly smashed) to the same skillet and cook for 3 minutes.
6. Add broth and lemon juice and bring to a boil. Gently scrape and stir the browned bits at the bottom of the pan. Stir in the remaining 1/3 of almond flour to thicken the sauce. Add parsley, sea salt and pepper to taste.
7. Return chicken to the skillet and cook for 1-2 minutes. Serve immediately over brown rice spaghetti.

Ingredients

- **8 servings** Brown Rice Spaghetti
- **4** Chicken Breast
- **1/2 cup** Almond Flour (divided)
- **2 tsps** Sea Salt
- **1 tsp** Black Pepper
- **1 cup** Extra Virgin Olive Oil (divided)
- **4** Garlic (clove, minced)
- **2 tbsps** Capers
- **8 cups** Organic Chicken Broth
- **2** Lemon (juiced)
- **2 cups** Parsley (chopped)
- Sea Salt & Black Pepper (to taste)

Notes

Make it Spicy Garnish with red chilli flakes.

No Chicken Broth Use veggie broth or water.

Nut-Free Use arrowroot or tapica flour instead of almond flour.

Storage Store in an airtight container in the fridge for 2 to 3 days.

Low Carb Skip the pasta and serve over cauliflower rice, salad or roasted veggies.

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Zucchini Turkey Breakfast Skillet

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

6 ingredients 20 minutes 4 servings

Directions

1. Add the coconut oil to a large skillet and place over medium heat.
2. Cook the ground turkey, breaking it up as it cooks through. Once it starts to brown, stir in the zucchini. Continue to saute until the zucchini has softened (about 3 - 5 minutes).
3. Add the salsa to the skillet and stir well to mix.
4. Use a spoon to create pockets for the eggs. Crack an egg into each pocket and cover the skillet with a lid. Let the eggs cook until done to your liking (3 to 5 minutes).
5. Divide onto plates and season with sea salt and black pepper to taste. Add hot sauce if you'd like some heat. Enjoy!

Ingredients

- **2 tsps** Coconut Oil
- **1 1/3 lbs** Extra Lean Ground Turkey
- **2.7** Zucchini (large, finely diced)
- **1 1/3 cups** Organic Salsa
- **4** Egg
- Sea Salt & Black Pepper (to taste)

Notes

More Protein Add extra eggs.

Vegan Use lentils instead of ground turkey.

More Greens Stir in baby spinach or kale right after you add the salsa. Stir until wilted.

No Salsa Use crushed tomatoes instead.

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Roasted Red Pepper & Tomato Lentil Soup

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

12 ingredients | 45 minutes | 8 servings

Directions

1. Preheat oven to 425 and line a baking sheet with parchment paper. Toss the tomatoes, red peppers, onion and garlic in olive oil and place on the baking sheet. Place in the oven and bake for 30 minutes. After 30 minutes, turn the oven to broil and bake for another 5 minutes.
2. Meanwhile, add lentils and water to a stockpot. Bring to a boil.Reduce heat to medium-low and simmer uncovered for 15 to 20 minutes or until tender. Stir in vegetable broth, sea salt, black pepper and oregano in with the lentils and mix well.
3. Remove vegetables from oven. Let cool slightly. Peel away the skin from the red pepper and discard. Place vegetables in pot with your lentils.
4. Add your cashews to the bottom of your blender. Pour in contents of your stock pot. Ensure there is somewhere for the steam to escape. Blend into a puree.
5. Ladle into bowls. Drizzle with a splash of olive oil and red chilli flakes. Enjoy!

Notes

Add Some Greens Top with chopped baby spinach.

Ingredients

- **3.2** Tomato (cut in half)
- **4.8** Red Bell Pepper (halved and seeds removed)
- **1.6** Sweet Onion (coarsley chopped)
- **4.8** Garlic (cloves)
- **1.6 tbsps** Extra Virgin Olive Oil
- **1.6 cups** Dry Red Lentils (uncooked)
- **4.8 cups** Water
- **4.8 cups** Organic Vegetable Broth
- **1.6 tsps** Sea Salt
- **0.8 tsp** Black Pepper
- **1.6 tsps** Oregano
- **0.4 cup** Cashews (raw, unsalted)

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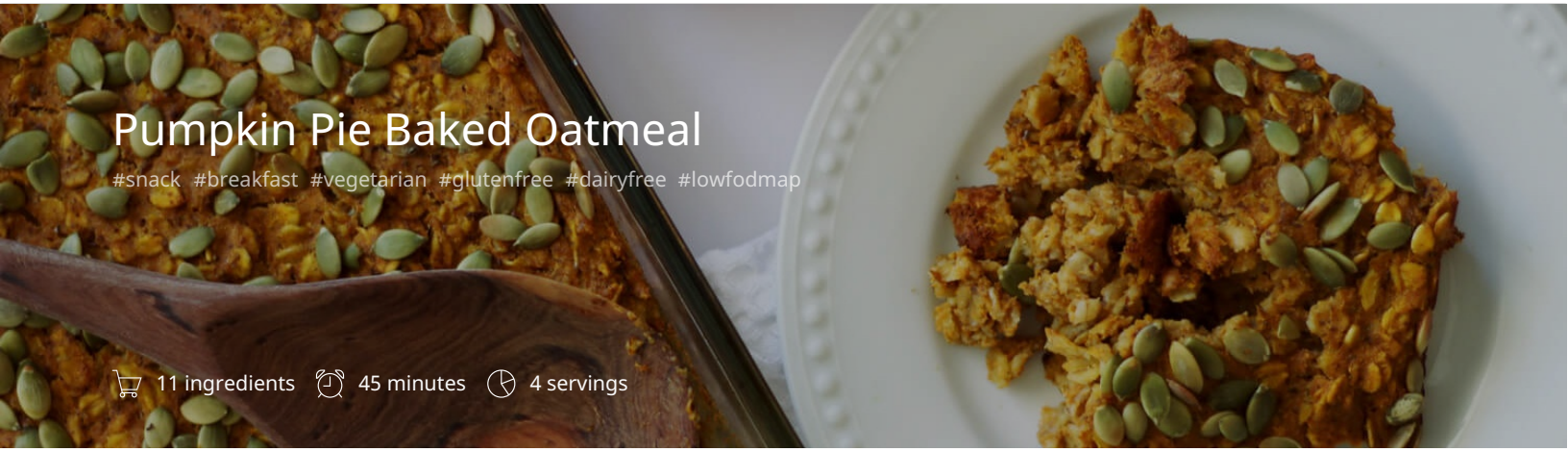

Pumpkin Pie Baked Oatmeal

#snack #breakfast #vegetarian #glutenfree #dairyfree #lowfodmap

11 ingredients 45 minutes 4 servings

Directions

1. Preheat oven to 375F. Grease a baking dish with a little coconut oil. (Use a 9 x 13 inch dish for 6 servings.)
2. In a large bowl, whisk together the pumpkin, eggs, maple syrup, pumpkin pie spice, vanilla, baking powder, salt and milk until smooth. Stir the oats and ground flax into the pumpkin mixture. Pour into the baking dish and sprinkle pumpkin seeds over top.
3. Bake in the preheated oven for 40 minutes or until the centre feels set and the edges are slightly golden.

Notes

Storage Store covered in the fridge up to 4 - 5 days, or freeze in individual portions for easy grab-and-go breakfasts down the road.

Ingredients

- **1 1/3 cups** Pureed Pumpkin
- **1 1/3** Egg
- **0.3 cup** Maple Syrup
- **2 tsps** Pumpkin Pie Spice
- **0.7 tsp** Vanilla Extract
- **1/2 tsp** Baking Powder
- **1/3 tsp** Sea Salt
- **0.7 cup** Unsweetened Almond Milk
- **1.7 cups** Oats (rolled or quick)
- **2.7 tbsps** Ground Flax Seed
- **2.7 tbsps** Pumpkin Seeds

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Sausage & Quinoa Stuffed Acorn Squash

#lunch #dinner #paleo #glutenfree #dairyfree

12 ingredients | 45 minutes | 8 servings

Directions

1. Preheat the oven to 400.
2. Slice the tips off of your acorn squash so that it will sit flat. Then cut the squash in half and carve out the seeds. Brush the inside of each squash with olive oil. Then brush the inside of each squash with honey. Sprinkle each squash with cinnamon. Place the squash on a baking sheet, flesh side up and pop them in the oven. Roast for 30 minutes or until tender when pierced with a fork.
3. Meanwhile, cook your quinoa by combining quinoa and water in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce to a simmer. Cover and let simmer for 12 to 15 minutes or until water is absorbed. Remove lid, fluff with a fork and set aside.
4. Heat your remaining olive oil in a skillet over medium heat. Remove the casing from the sausage and add the meat to the skillet. Add the onions and saute until sausage is cooked through. Add the minced garlic and saute for another minute. Add spinach, rosemary and nutmeg. Saute just until spinach is wilted. Remove from heat then stir in the quinoa. Mix well.
5. Remove the squash from the oven and stuff each half with your quinoa sausage mix. Plate and serve!

Notes

Vegan and Budget-Friendly Skip the sausage and use 1 can of chickpeas, lentils or beans instead.

Storage Store covered in the fridge for up to 3 days.

Prep Ahead Prepare your acorn squash, quinoa, onions and garlic ahead of time. When ready to eat, roast acorn squash and finish the remaining assembly.

Ingredients

- **4** Acorn Squash (trimmed and sliced in half)
- **1/4 cup** Extra Virgin Olive Oil (divided)
- **2 tbsps** Raw Honey
- **2 tsps** Cinnamon
- **2 cups** Quinoa (uncooked)
- **3 cups** Water
- **8** Organic Chicken Sausage (no sugar added)
- **2** Yellow Onion
- **2** Garlic (clove, minced)
- **8 cups** Baby Spinach
- **2 tbsps** Rosemary
- **1 tsp** Nutmeg (ground)

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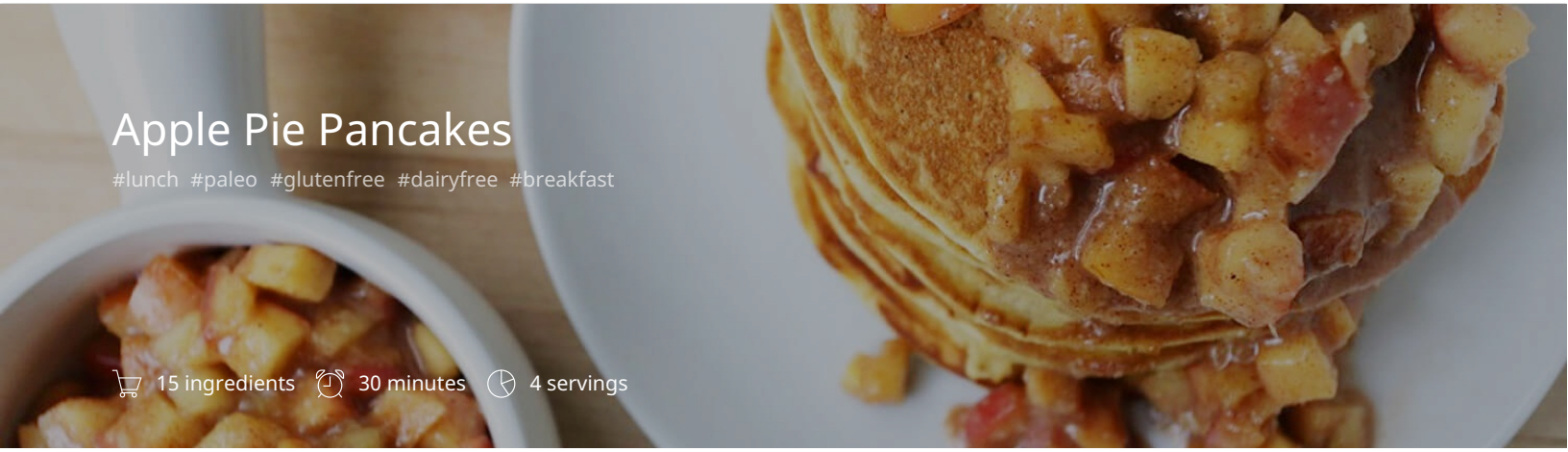

Apple Pie Pancakes

#lunch #paleo #glutenfree #dairyfree #breakfast

15 ingredients 30 minutes 4 servings

Directions

1. In a large bowl, whisk the eggs, almond milk, 1/3 of the maple syrup, 1/3 of the lemon juice and vanilla until combined.
2. In a separate bowl, combine the coconut flour and arrowroot flour. Add to the wet mixture about 1/4 cup at a time, whisking thoroughly.
3. Mix in baking powder, baking soda, and salt.
4. Grease a large skillet with olive oil and place over medium heat. Once hot, pour pancakes in the skillet, about 3-inches wide.
5. Once small holes begin to appear in the surface of the pancake, sprinkle a few apple chunks onto it and flip over. Cook each side approximately 3-4 minutes. Repeat until batter is finished.
6. Heat coconut oil in a small saucepan over medium heat. Add remaining apple chunks, cinnamon, the remaining 2/3 of the lemon juice and the remaining 2/3 of the maple syrup. Stir until combined.
7. Add almond flour and turn down to low-medium heat. Let simmer and stir occasionally for 3-5 minutes or until apple chunks are soft.
8. Top apple pancakes with chunky apple cinnamon sauce and enjoy!

Notes

No Arrowroot Flour Use tapioca flour or cornstarch.

Leftovers Store panckaes in the fridge and reheat them in the toaster.

Ingredients

- **2** Egg
- **1/2 cup** Unsweetened Almond Milk
- **2 tbsps** Maple Syrup (divided)
- **1/2** Lemon (juiced and divided)
- **0.7 tsp** Vanilla Extract
- **1/3 cup** Coconut Flour
- **0.3 cup** Arrowroot Powder
- **1 tsp** Baking Powder
- **0.2 tsp** Baking Soda
- **0.2 tsp** Sea Salt
- **2 tsps** Extra Virgin Olive Oil
- **2 tsps** Coconut Oil
- **0.7** Apple (cored and diced)
- **1/3 tsp** Cinnamon
- **1.3 tbsps** Almond Flour

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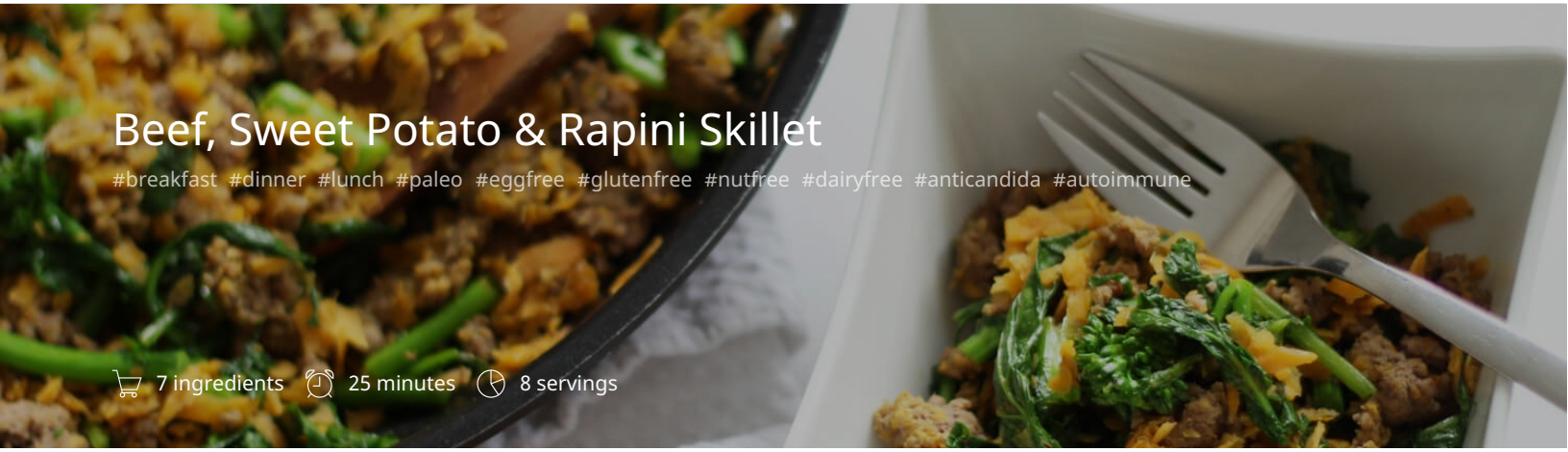


Beef, Sweet Potato & Rapini Skillet

#breakfast #dinner #lunch #paleo #eggfree #glutenfree #nutfree #dairyfree #anticandida #autoimmune

7 ingredients 25 minutes 8 servings

Directions

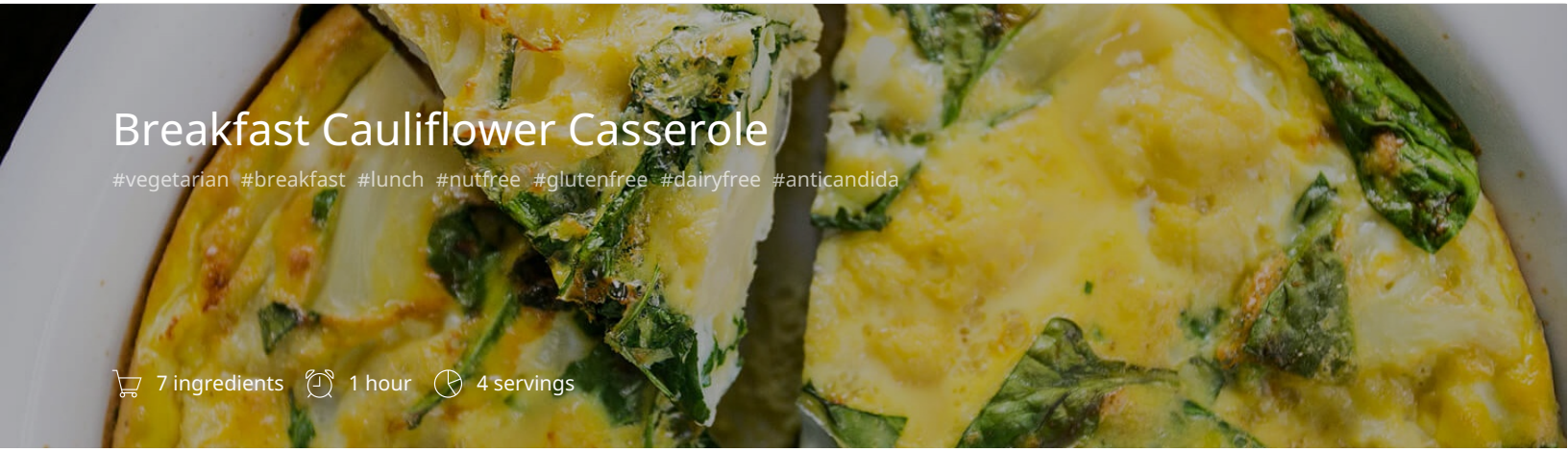
1. Heat a large skillet over medium/high heat and add the beef, onion, ginger, garlic and sweet potatoes. Cover and cook for 10-15 minutes, stirring occasionally until the beef is cooked through and the sweet potatoes are soft.
2. Add the rapini and cook for about 5 more minutes or until greens are wilted and stalks are soft.
3. Divide into bowls. Season with sea salt and enjoy

Notes

Vegan and Vegetarian	Skip the beef. Saute the veggies in olive oil then add cooked lentils.
No Rapini	Use kale or broccoli instead.

Ingredients

- **2 lbs** Extra Lean Ground Beef
- **2** Yellow Onion (sliced)
- **2 tbsps** Ginger (peeled and grated)
- **4** Garlic (cloves, minced)
- **4** Sweet Potato (medium sized, grated)
- **2 bunches** Rapini (chopped)
- **1 tsp** Sea Salt (to taste)



Breakfast Cauliflower Casserole

#vegetarian #breakfast #lunch #nutfree #glutenfree #dairyfree #anticandida

7 ingredients 1 hour 4 servings

Directions

1. Preheat oven to 375.
2. 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.
3. In a bowl, whisk together egg, almond milk, garlic powder, nutritional yeast, salt and chopped spinach. Toss in chopped cauliflower florets until evenly coated.
4. Pour mixture into a baking dish and bake for 45 minutes.
5. Remove from oven and let cool slightly before serving. Enjoy!

Ingredients

- **0.7 head** Cauliflower (chopped into florets)
- **9 1/3** Egg
- **0.7 cup** Unsweetened Almond Milk
- **1 1/3 tsps** Garlic Powder
- **1 1/3 tbsps** Nutritional Yeast
- **1 1/3 tsps** Sea Salt
- **1 1/3 cups** Baby Spinach

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.

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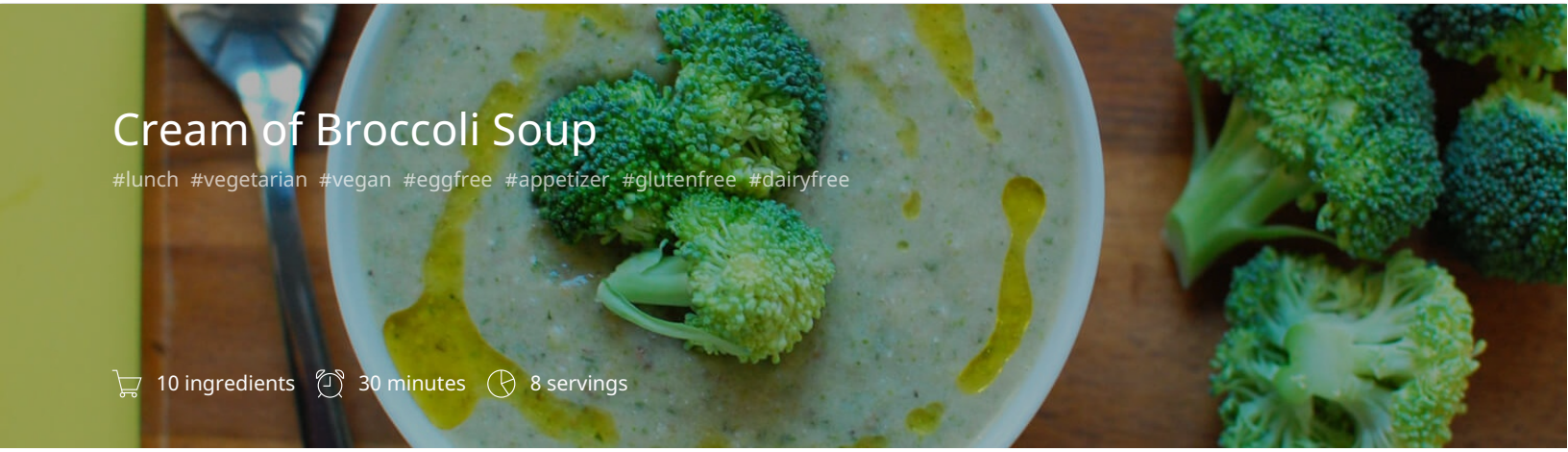

Cream of Broccoli Soup

#lunch #vegetarian #vegan #eggfree #appetizer #glutenfree #dairyfree

10 ingredients 30 minutes 8 servings

Directions

1. Throw your chopped onion, carrot, celery and broccoli in a large pot. Pour in water and add the dried basil and sea salt. Place over high heat and bring to a boil. Once boiling, cover the pot and reduce to a simmer. Let simmer for 15 to 20 minutes or until broccoli is tender.
2. In a blender, create your cashew cream by blending together 1 cup of cashews with 1 cup water. (If you alter the serving size, just keep the cashew to water ratio 1:1.) Pour the cashew cream in with your veggies and stir. Now add your green lentils and stir again.
3. Place spinach in the bottom of the blender. Then carefully transfer soup to the blender and blend to a puree. Ladle into bowls and drizzle with a bit of olive oil if you fancy. Enjoy!

Notes

Make it Paleo Omit the lentils.

Ingredients

- **2** Sweet Onion (chopped)
- **2** Carrot (chopped)
- **6 stalks** Celery (chopped)
- **10 cups** Broccoli (chopped, incl. stalks)
- **12 cups** Water
- **2 tsps** Dried Basil
- **2 tsps** Sea Salt
- **2 cups** Cashews
- **2 cans** Green Lentils (drained and rinsed)
- **4 cups** Baby Spinach (packed)

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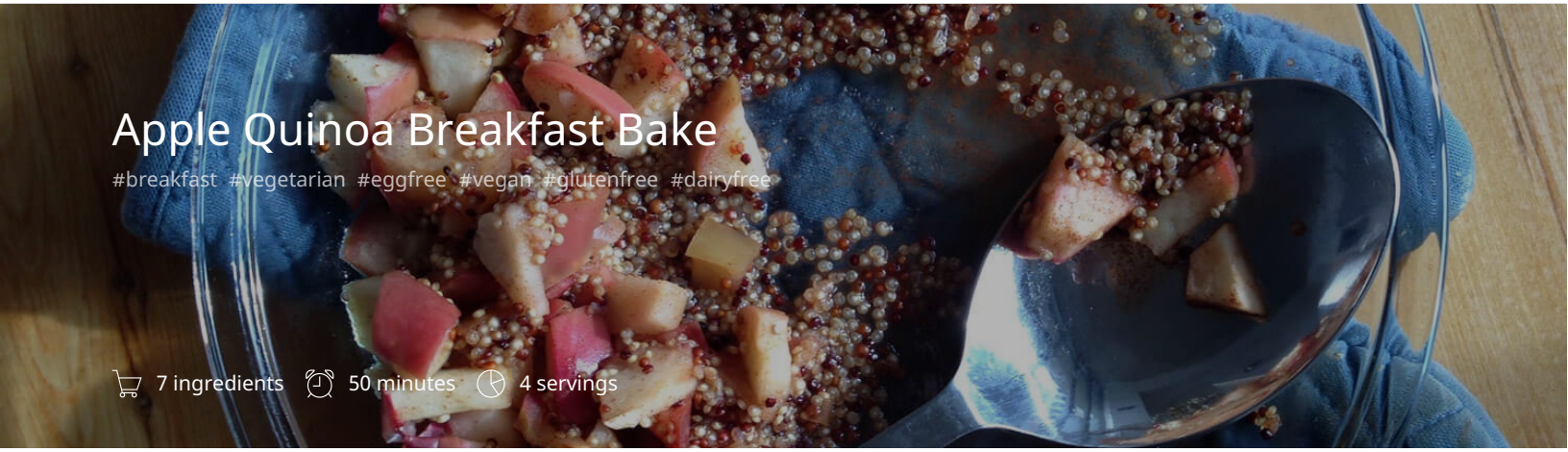

Apple Quinoa Breakfast Bake

#breakfast #vegetarian #eggfree #vegan #glutenfree #dairyfree

7 ingredients 50 minutes 4 servings

Directions

1. Preheat oven to 350 and lightly grease a pie plate or small casserole dish with coconut oil. In a mixing bowl, combine quinoa, water, maple syrup, cinnamon and apples. Pour into a pie plate and cover with foil. Cook for 35 minutes (or until water is absorbed) and remove from oven.
2. In a small bowl, mix the melted coconut oil with pecans and sprinkle with cinnamon. Mix until evenly coated.
3. Divide the apple/quinoa bake into bowls and top with the pecan mixture. Enjoy it while it's hot!

Ingredients

- **1/2 cup** Quinoa
- **1 cup** Water
- **2 tbsps** Maple Syrup
- **2 tsps** Cinnamon
- **4** Apple (cored and diced)
- **1/2 cup** Pecans (chopped)
- **2 tbsps** Coconut Oil (melted)

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Mac n' 'Cheese'

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

12 ingredients 1 hour 4 servings

Directions

1. Preheat oven to 420.
2. Place butternut squash, sweet onion and garlic cloves in a large mixing bowl. Add olive oil, season with a bit of sea salt and pepper and mix well. Transfer onto a large foil-lined baking sheet. Roast in the oven for 30 minutes.
3. Now let's make the "breadcrumbs". In a food processor, combine the almonds, garlic powder and onion powder. Pulse until almonds are coarsely chopped. Set aside.
4. In a blender, add cashews, nutritional yeast, sea salt and water. Blend until a creamy consistency forms. Now add in the roasted butternut squash and onion mix and blend until smooth.
5. Reduce oven to 350.
6. Bring a large pot of water to a boil and cook brown rice macaroni as per the directions on the package. When finished cooking, strain and run under cold water immediately to prevent from overcooking.
7. In a large bowl, mix together cooked macaroni and "cheese" sauce. Toss until well coated then transfer into a casserole dish. Top with almond bread crumbs and bake in the oven at 350 for 20 minutes.
8. Remove from oven. Let cool for 10 minutes. Spoon into bowls. Devour.

Ingredients

- **1/2** Butternut Squash (peeled, seeded and sliced into 1 inch cubes)
- **1/4** Sweet Onion (diced)
- **1** Garlic (cloves, whole)
- **1 tbsp** Extra Virgin Olive Oil
- **1/2 cup** Almonds
- **1/2 tsp** Garlic Powder
- **1/2 tsp** Onion Powder
- **1/2 cup** Cashews
- **1 tbsp** Nutritional Yeast
- **1 tsp** Sea Salt
- **1/2 cup** Water
- **2 servings** Brown Rice Macaroni

Notes

More Protein Add diced chicken.

Make it Spicy Add some clean hot sauce, chili flakes or cayenne pepper.

Extra Vegetables Add sautéed spinach and mushrooms.

Appetizer Size Line a muffin tray with liners and fill each with a few spoonfuls of Mac n' 'Cheese' for a bite-sized snack.