

1500 Calorie Menu Option

Welcome to the program! We're excited to get started.

You've chosen the 1500 calorie option. There is also a 1700 and 2000 calorie option for classic plan. Please note that there is a re-feed day once every two week where your calories will go up to 2000 calories (500 calories of additional carbohydrates).

The classic plan is meant for those that would like to lose at least 10lbs+ while maintaining / adding curves. If you do not have the right plan, you can change it at any time at no additional cost. Our goal is for you to get your best results.

Here is a quick summary of how the program works:

Overview

- low carbohydrate/low sugar count for weeks 1 & 2
- week 3 & 4 carbohydrate goes up
- lactose free
- gluten free
- low sugar - roughly 20-40g/day
- grain free weeks 1, 2 & 3 (to address possible carb sensitivity, gluten free stuff in wk 4)
- 1 re-feed day every two weeks
- week 1 add morning fibre/colon cleanse
- weeks 1&2 (optional) add parasite killer supplement or kit. Also optional, if doing either of

these cleanses: add lemon emena (lemona) or colonics on continue with a fiber supplement to ensure you are moving things out which will assist in less headaches, fatigue etc. that may occur due to cleansing

Goals

- reduce sugar cravings & rebalance blood sugar
- reduce candida issues/ parasite issues
- restore energy
- lose fat
- reset your body as a fat burning machine
- re-feed days will ensure your metabolism gets a little shock to help it from lowering and gives you a 'fun day' to look forward to
- Intermittent Fasting
 - wk 1 & 2: eating window is 8 hours on days 1-3
 - wk 3 & 4: eating window is 8 hours on days 1-5

Supplements

- Parasite cleanse kit of choice (optional) – since we're going low sugar, it's the perfect time to kill those pesky parasites causing havoc in your system. (take as directed on the label that you purchase).
 - o Should you do the parasite cleanse? If you already eat clean, you should be okay to do a parasite cleanse.
- Probiotic 20-50billion per capsule should be fine, but check with your doctor as to how much they think you may need. Personally I take 20-50 billion/caps.
- 1 tbls aloe - (easiest to add to a shake)
- 1 tbls glutamine 3 times a day - (breakfast, lunch and dinner)
- 5 grams BCAA pre-workout in water
- *look for no sucralose, prefer stevia sweetened
- Digestive enzyme

(ensure it includes: pepsin, cellulose, HCL) – take before meat meals or large meals.

- Chlorella capsules or Royal jelly tablets (take as directed on the label). Both provide an array of vitamins, minerals and health fats. You do not need to buy both, but you can if you like. If you don't want to take either of these, you can take a high quality multi-vitamin instead

Liquid Options

- Water
- Infused water
- Herbal teas - warm or chilled
- Sleepy Time Tea is a favourite amongst the TWL community to help with sleep
- Green & white teas - matcha is the best option with most antioxidants
- Organic coffee (max 2) one as pre-workout, one as necessary (if necessary) – zero is best.
- Natural Vitamin C or magnesium drinks (no sweeteners except stevia or xylitol) – once a day each as necessary

Check out my video on healthy ways to stay hydrated for some yummy options

<https://youtu.be/6HPFCFBm2kw>

Intermittent Fasting

- Food is consumed within an 8-hour window
- This does not apply to water, lemon water, chlorophyll water, unsweetened herbal teas etc.
- Eg.) First meal at 10am and last meal consumed by 6pm

FAQ

Fermented Foods, what are they?

- they are probiotic packed veggies that have been fermented and assist with gut health and give you a flat belly!
- Some of you may not love the flavour at first, but you will grow to either tolerate them or crave them - don't give up, there are plenty of different varieties out there to enjoy
- The most popular ones are sauerkraut (great for newbies) and kimchi (great for those who like

some spice)

Should you Add a Parasite Cleanse?

- Parasite cleanses can work well when eating a low sugar diet, so a sugar cleanse can be a good time to do this type of cleanse.
- It can work well if you have a healthy colon and good bowel movements. It's important that you have good bowel movements prior to starting. When cleansing, toxins need a way out. If you are backed up, this could lead to toxins, parasites and candida getting stuck in the colon. Personally I add a colonic and some people add a lemon (also known as lemonas) or coffee enema to ensure things are moving along. You can do further research if you are interested in this.
- How to do it? You can research a good kit from a health food store and add it as a supplement. A fibre supplement and adequate liquids can also help.
- If eating clean is a new lifestyle change for you, I suggest a solid month of the following my eating plan along with a quality fiber intake or supplement and adequate water before any advanced cleansing happens in order to prevent a cleansing crisis

What about Water?

- Your water goal is 2L plus workout water
- 1L of pure water (filtered)
- The other 2L can be your choice of BCAA's, herbal teas, fruit infused water, emergen -c or Mag-calm - make sure there are no artificial sweeteners or mystery ingredients

What is Intermittent Fasting (IF)?

- Intermittent fasting (IF) is a term for an eating pattern that cycles between periods of fasting and eating – it is not a diet, but merely a way to describe an eating pattern that includes an eating window.
- Common intermittent fasting methods involve daily 16 hour fasts, or fasting for 24 hours, twice per week.

How to do Intermittent Fasting

- There are several different IF methods used, but all of them involve splitting the day or week into “eating periods” and “fasting periods.”
- During the fasting periods, you eat either very little or nothing at all.
- The simplest, most sustainable and easiest method to stick to is the 16/8 method
- The 16/8 Method involves restricting your daily eating period to 8 hours, for example from 10am to 6pm then “fasting” for 16 hours in between.

Why try IF?

- When you fast, several things happen in your body on the cellular and molecular level, but one of the most notable is the body's ability to change hormone levels to make stored body fat more accessible.
- IF also increases Human Growth Hormone (think muscle gain and fat loss), improves insulin levels (think better energy and fat loss) and allows your cells to repair themselves (think anti-aging and long term health)

Do not start IF or discontinue if:

- If you notice abrupt changes in your menstrual cycle

- If you have problems with fertility and/or are trying to conceive
- You are underweight or have a history of eating disorders
- Do not have enough energy to carry out daily tasks after 4 days
- Have a history of diabetes or issues with regulating blood sugar and blood pressure

What to expect when fasting?

- Hunger (obviously) :)
- You may also feel weak and that your brain isn't performing as well as you're used to
- This may only be temporary, as it can take some time for your body to adapt to the new meal schedule.

*If you have a medical condition, then you should consult with your doctor before trying intermittent fasting.

What if I have an allergy or sensitivity to any of the foods, or I really dislike them?

You are welcome to switch out a food. Just look at the recipe or package and change it out for something with similar macros. This month is lactose free, gluten free, so do not substitute with one of these foods. An example could be, someone that really does not like salmon, might be able to switch this out for chicken thighs. Both a good source of protein and high fat (fish has better fat), but all alternates won't be the exact same macros. Just do your best.

EATING PLAN

DAY 1

PRE-BREAKFAST - ACV Water

MEAL #1 Cashew Cream Smoothie

MEAL #2 -Chicken Burger (2) + Mason Jar Mixed Greens

MEAL #3 - Nut butter (1 tbsp) + Celery + Fire shot

MEAL #4 - STUFFED PEPPER + STEAMED MIXED VEGGIES & BUTTER

MACROS

Protein 113.7g

Carb 73.8g

Fat 90.3g

Fibre 24.4g

Net Carb 49.4g

Sugar 33.8g

Calories 1492

DAY 2

PRE-BREAKFAST - ACV Water

MEAL #1 CAFE AU LAIT SMOOTHIE

MEAL #2 - CHICKEN COLLARD WRAP WITH KIMCHI + STEAMED BROCCOLI & BUTTER

MEAL #3 - HARD BOILED EGGS + LAZY BONE BROTH SOUP

MEAL #4 - ASIAN BEEF STIR FRY ON SHIRATAKE NOODLES

MACROS

Protein 116.7g

Carb 82g

Fat 76.6g

Fibre 31g

Net Carb 51

Sugar 24.6g

Calories 1493

DAY 3

PRE-BREAKFAST - ACV Water

MEAL #1 CASHEW CREAM SMOOTHIE

MEAL #2 - STUFFED PEPPER + STEAMED MIXED VEGGIES & BUTTER

MEAL #3 - CELERY & NUT BUTTER (1 TBS) + FIRE SHOT

MEAL #4 - CHICKEN BURGER & MASON JAR MIXED GREENS

MACROS

Protein 113.7g

Carb 73.8g

Fat 90.3g

Fibre 24.4g

Net Carb 49.4g

Sugar 33.8g

Calories 1492

DAY 4

PRE-BREAKFAST - ACV Water

MEAL #1 CAFE AU LAIT SMOOTHIE

MEAL #2 - ASIAN BEEF STIR FRY ON SHIRATAKE NOODLES

MEAL #3 - HARD BOILED EGGS + LAZY BONE BROTH SOUP

MEAL #4 - CHICKEN COLLARD WRAP WITH KIMCHI + STEAMED BROCCOLI & BUTTER

MACROS

Protein 116.7g

Carb 82g

Fat 76.6g

Fibre 31g

Net Carb 51

Sugar 24.6g

Calories 1493

DAY 5

PRE-BREAKFAST - ACV Water

MEAL #1 CASHEW CREAM SMOOTHIE

MEAL #2 - STUFFED PEPPER + STEAMED MIXED VEGGIES & BUTTER

MEAL #3 - CELERY & NUT BUTTER (1 TBS) + FIRE SHOT

MEAL #4 - CHICKEN BURGER & MASON JAR MIXED GREENS

MACROS

Protein 113.7g

Carb 73.8g

Fat 90.3g

Fibre 24.4g

Net Carb 49.4g

Sugar 33.8g
Calories 1492

DAY 6

PRE-BREAKFAST - ACV Water

MEAL #1 SPICY VEGGIE FRITTATA WITH KIMCHI

MEAL #2 - CHICKEN COLLARD WRAP + LAZY BONE BROTH SOUP

MEAL #3 - CAFE AU LAIT SMOOTHIE

MEAL #4 - CAFE AU LAIT SMOOTHIE

MACROS

Protein 132.5g

Carb 73.2g

Fat 92.9g

Fibre 25.9g

Net Carb 47.3g

Sugar 23.6g

Calories 1509

DAY 7

PRE-BREAKFAST - ACV Water

MEAL #1 GREENS EGGS & TURKEY BACON

MEAL #2 - CHICKEN COLLARD WRAP + KIMCHI & LAZY BONE BROTH SOUP (2 CUPS)

MEAL #3 - CELERY + NUT BUTTER (1 TSP)

MEAL #4 - CHICKEN BURGER & MASON JAR MIXED GREENS + SWEET POTATO

MACROS

Protein: 121.5g

Carb: 70g

Fat: 82.3g

Fibre: 21.4g

Net Carb: 48.6g

Sugar: 28.6g

Calories: 1498

Sugar 23.6g

Calories 1509

GROCERY SHOPPING

Grocery List

Quantity

Produce

Avocado

3

Baby spinach

6 cups

Bell Peppers (red)

5

Broccoli (fresh or frozen)

7 cups chopped

Broccoli slaw mix

1 cups

Bok choy

2 cups chopped

Cauliflower, riced (or you can grate yourself)

2 cups

Celery

1 bunch

Cherry tomatoes

1000g

Collard greens (fresh)

4 large leaves or 8 smaller ones

Cucumber

1

Garlic, bulb

1

Ginger root

5 tsp, minced

Lemon

3

Mixed Veggie Medley (no corn,peas or carrots)

3 cups

Onion, white or yellow

1

Onion, green

1 stalk

Oranges

6

Spring mix

3 cups

Sunflower sprouts

4 cups

Sweet potato

100g

Turmeric root

5 inches fresh or 2 tsp powdered

Zucchini, large

1/2 cup sliced (1 small)

Protein

Beef, lean cut (strip loin)

8oz total (4oz per serving)

Chicken burgers, gluten free

8 patties- from healthy butcher or supermarket

Boneless, skinless chicken breast (organic preferred)

16 oz total (4oz each) approx. 4 breasts

Whole eggs – organic, local

1 dozen

Protein powder, vanilla

1 tub

Turkey bacon, nitrate free organic (or regular organic bacon)

2 slices

Lean ground turkey

1lb or 16oz

Egg whites, organic, free run (liquid)

1 cup

Fats

Cacao nibs

3 tsp

Hemp Hearts

6.5 tbs

Chia seeds

3 tbs

Coconut oil, organic, virgin

1 jar

Coconut butter (also called coconut mana)

1 jar

Butter, organic raw – or Ghee

1 package

Olive oil – extra virgin organic

1 bottle

Nut or seed butter (pick 1) non-peanut, organic such as:

1 jar

Almond

Cashew

Hazelnut

Pumpkin seed

Sunflower seed

Sesame seeds

2 tbs

Condiments

Apple cider vinegar – organic w the mother

1 bottle

Bone broth - chicken, turkey or beef, available at health butchers and health food stores in the frozen food section

4 cups

Coffee, organic, instant or swiss water processed decaf instant

1 jar

Hot sauce- sugar free, gluten free (Sriracha, Franks Red Hot, Tabasco etc.)

1 bottle

Honey, raw, organic

1 jar

Hummus (classic or spicy)

1 package

Braggs Aminos

1 bottle

Ketchup (organic)

1 bottle

Kimchi (for spicy palate) or Saurkraut (for mild palate)

1 jar

Mayonnaise- sugar free, gluten free

1 jar

Mustard, honey dijon

1 bottle

Orange juice, freshly squeezed, store bought (in lieu of home made from fresh oranges)

1 bottle

Salad Dressing - low sugar, low carb (if you are not making your own)

1 bottle

Shirataki Noodles

2 small packages or 678g total

Soup, pre-made - such as cauliflower or veggie; must be dairy & gluten free, low sodium, low carb and must be less than 12g of carb per cup

4 cups

Tomato paste, organic

1 jar

Unsweetened, non-dairy milk (almond, coconut, cashew, hemp, flax)

6 cups

Spices/Pantry Items

Black pepper

Chilli flakes

Cayenne pepper

Dried lemon rind

Garlic powder

Cinnamon, organic

Oregano

Rosemary

Sea salt, unrefined such as Himalayan pink salt or Celtic Salt

Thyme

Turmeric powder

Spice mixes, natural, gluten & sugar free, low sodium such as:

Flavour God

Hot Mammias

Mrs. Dash

MEAL PREP

Chicken Burger (prepare 4 servings)

Day 1,3,5,7

Chicken Collard Wrap (prepare 4 servings)

Day 2, 4,6, 7

Stuffed Peppers (prepare 4 servings)

Day 1,3,5,6

Asian Beef Stir Fry on Shiratake Noodles (prepare 3 servings)

Day 2,4,6

Mason Jar Mixed Greens (prepare 4 servings)

Day 1,3,5,7

Prep Day of

Lazy Bone Broth Soup

Day 2, 4, 6,7

Cashew Cream Smoothie (prepare fresh day of)

Day 1,3,5

Café au Lait Smoothie (prepare fresh day of)

Day 2,4,6

Spicy Veggie Frittata with Kimchi (buy)

Day 6

Green Eggs & Bacon (prepare fresh day of)

Day 7

Fire Shot (prepare fresh day of - drink within 20 minutes of preparing)

Day 1,3,5

Steamed Mixed Veggies & Butter (Prepare 3 servings or preferred - fresh day of)

Day 1,3,5

Steamed Broccoli & Butter (prepare 3 servings with meal prep or preferred - fresh day of)

Day 2,4,6

Sweet Potato (prepare fresh day of)

Day 7

Store Bought - ready to eat

Kimchi (buy)

Day 2,4,7,6

Hard boiled eggs (prepare 2 servings)

Day 2, 4

Celery & nut butter (buy - enjoy fresh)

Day 1, 3, 5,7

Nut butter dessert (buy)

Day 6

RECIPES

ACV Water

500ml water, 2 tbs raw Apple Cider Vinegar

Mix and drink 15-20 minutes before breakfast

CAFE AU LAIT SMOOTHIE

MACROS

Protein 36.1g

Carb 17.7g

Fat 20.8g

Fibre 7.7g

Net Carb 9.5g

Sugar 3.9g

Calories 391

Ingredients:

1 scoop vanilla protein powder

1 tbsp organic instant coffee or swiss water

processed decaf instant coffee

1 tsp unsweetened cacao nibs

1 tbsp almond butter

1/2 tsp organic cinnamon

1.5 tbsp hemp hearts

1 cup coconut, almond or cashew milk

(unsweetened) + 1 cup of water/ice

(depending on desired texture)

Instructions:

Place all the ingredients in a blender (except

protein powder) and blend at high speed until smooth. Add protein at the end and blend for a few seconds only

CASHEW CREAM SMOOTHIE

1 scoop vanilla protein - whey isolate or vegan
1 tbsp cashew butter
1/2 tsp organic cinnamon
1 tbsp hemp hearts
1 tbsp chia seeds
1 cup coconut, almond or cashew milk (unsweetened) + 1 cup of water (depending on desired texture)

Place all the ingredients in a blender (except protein powder) and blend at high speed until smooth. Add protein at the end and blend for a few seconds only

MACROS

Protein: 36.1g
Carb: 22.7g
Fat: 17.1g
Fibre: 11.6g
Net Carb: 11.1g
Sugar: 4.3g
Calories: 387

CHICKEN BURGER

LOW CARB CHICKEN BURGER

2 gluten free, organic chicken burgers bought from a healthy butcher or health food store

1 tbsp organic ketchup

1 tbsp hot sauce

Bake chicken burgers in the oven at roughly 375 or follow package suggestion.

Serve with Mason Jar Mixed Greens, ketchup and hot sauce

MACROS - 2 burgers (4oz each)

Protein: 44g

Carb: 5g

Fat: 18g

Fibre: 0g

Net Carb: 5g

Sugar: 4g

Calories: 360

MASON JAR MIXED GREENS

1 cup baby spinach

1 cup mixed greens

100g cherry tomatoes

30g avocado (1/8)

1/4 cup sunflower sprouts

Dressing

1 tsp honey dijon mustard

2 tsp olive oil

2 tbsp lemon juice

Option to use low sugar, low carb dressing

MACROS

Protein: 2.6g

Carb: 12.5g

Fat: 14.7g

Fibre: 4.7g

Net Carb: 7.8g
Sugar: 3.4g
Calories: 177

CELERY & NUT BUTTER (1 TBS)

CELERY & NUT BUTTER

2 celery stalks
1 tbsp nut butter

MACROS

Protein: 3.2g
Carb: 5.2g
Fat: 8g
Fibre: 2.5g
Net Carb: 2.7g
Sugar: 2.6g
Calories: 100

MACROS

Protein: 6.9g
Carb: 20.2g
Fat: 8.4g
Fibre: 3.1g
Net Carb: 17.1g
Sugar: 14.7g
Calories: 162

STUFFED PEPPERS

STUFFED PEPPERS - 4 servings - can also be frozen for future use
1 pounds ground turkey (4oz per serving)

4 large red bell peppers
2 tbsp coconut oil
2 garlic cloves, minced
1 tsp dried oregano
1 tsp turmeric
1/2 tsp sea salt
1/2 tsp black pepper
2 cups riced cauliflower
1 tbsp organic tomato paste
Coconut oil spray

MACROS - 1 pepper

Protein: 22.1g

Carb: 11.9g

Fat: 19.9g

Fibre: 3g

Net Carb: 8.9g

Sugar: 5.4g

Calories: 281

Preheat the oven to 350 degrees

Coat a small baking dish with coconut oil spray

Bring a large pot of water to a boil

Cut the stems and very top of the peppers off, remove seeds & place in boiling water for 4-5 minutes

Remove from the water and drain face-down on a paper towel

Heat the coconut oil in a large nonstick pan over medium heat

Add in the onion, garlic and sauté for 3-4 minutes until soft

Stir in the ground turkey, oregano, turmeric, salt, and pepper and cook until turkey is browned

Add the mixed veggies and cauliflower to the skillet as the turkey finishes cooking

Cook everything together until the veggies are soft, and then drain any juices from the pan

Remove the pan from heat and stir in the tomato paste

Place the peppers upright in the baking dish and spoon in the meat mixture

FIRE SHOT -1 serving

2 tbsp apple cider vinegar

1 tsp raw honey

1/2 orange squeezed (juiced)

1/2 Lemon squeezed (juiced)

1/2 cup water

1 inch fresh turmeric root
1 tsp minced fresh ginger root

MACROS - 1 serving

Protein: 0.7g
Carb: 15.02g
Fat: 0.39g
Fibre: 0.65g
Net Carb: 14.37g
Sugar: 12.11g
Calories: 62

Slice the lemon in half. Juice both halves (I have a \$20 electric lemon juicer that I use all time, I highly recommend getting one of these).

Slice one orange in half and juice 1/2 an orange (save the other half for next time)

Add ginger root and turmeric root into blender (I use my magic bullet) with ½ cup water

Pour into cup and add all other ingredients and mix

Tip - Should be consumed within 20 minutes of blending or juicing

STEAMED MIXED VEGGIES & BUTTER

1 cup mixed veggie medley (corn, pea & carrot free)

1 tbsp organic butter

Pinch of sea salt & pepper to taste

Lightly steam veggies and top with butter, salt and pepper

MACROS - 1 cup

Protein: 2g
Carb: 6g
Fat: 11.2g
Fibre: 2g
Net Carb: 4g

Sugar: 2
Calories: 125

MACROS

Protein 113.7g

Carb 73.8g

Fat 90.3g

Fibre 24.4g

Net Carb 49.4g

Sugar 33.8g

Calories 1492

CHICKEN COLLARD WRAP WITH KIMCHI

MACROS

Protein 32.2g

Carb 19.3g

Fat 19.4g

Fibre 9.7g

Net Carb 9.6g

Sugar 5.5g

Calories 388

Ingredients

MEAL PREP ROSEMARY CHICKEN BREAST - 4 servings 16oz total of chicken breasts, with skin –
(4oz per serving)

Spice mix, 1 tsp of each - rosemary, thyme, sea salt, black pepper, dried lemon rind or any of the prepared
spice mixes in the grocery list

10 cherry tomatoes, halved

2 tbsp olive oil

*use for chicken collard wrap

MACROS (Rosemary) - 1 chicken breast = 4oz or 120g

Protein: 26.5g

Carb: 2.3g

Fat: 8.4g

Fibre: 0g

Net Carb: 1.6g

Sugar: 1.3g

Calories: 191

*choose from crock pot or oven instructions below:

Crock Pot

Mix spices and olive oil and season chicken ensuring to coat it thoroughly

Place seasoned chicken along with tomatoes in crockpot

Cook in crock pot on high for 2-3 hours depending on how much chicken you are using

Use a meat thermometer and ensure chicken is cooked to 165 degrees

Remove skin upon serving

Oven Mix spices and season chicken coating it thoroughly

For more intense flavour, let chicken marinate for at least 2 hours prior to cooking

Pre-heat oven to 350 degrees and place seasoned chicken in baking pan

Bake in oven for 45 minutes or until meat thermometer shows 165 degrees

CHICKEN COLLARD WRAP

1 large collard or 2 small ones

4oz chicken breast, thinly sliced

30g avocado sliced into long thin strips

1 tbsp mayo

1 tbsp spicy hummus

1/4 of cucumber sliced into long thin strips

1/4 cup sunflower sprouts

100g cherry tomatoes, halved

Hot sauce to taste

MACROS

Protein: 29.2g

Carb: 13.3g

Fat: 15.7g

Fibre: 5.7g

Net Carb: 7.6g

Sugar: 3.5g

Calories: 315

Wash collard and cut the end of the stem -you can also cut down the length of the stem to the stem to make it less bulky.

(Optional – lightly steam collard if you have trouble digesting raw veggies)

Spread mayo and hot sauce on the collard.

Add all other ingredients and wrap.

If you're not sure how to wrap it properly, you can YouTube it.

STEAMED BROCCOLI & BUTTER

1 cup broccoli florets, chopped

1 tsp organic butter

Pinch of sea salt & pepper to taste

MACROS - 1 cup

Protein: 2g

Carb: 6g

Fat: 3.9g

Fibre: 2g

Net Carb: 4g

Sugar: 2

Calories: 58

Lightly steam broccoli and top with butter,salt and pepper.

HARD BOILED EGGS + LAZY BONE BROTH SOUP

MACROS

Protein 22.6g

Carb 12.1g

Fat 10.6g

Fibre 3g

Net Carb 9.1g

Sugar 6.1g

Calories 240

2 hard boiled eggs

Pinch of sea salt & pepper or

hot sauce

2 cups Lazy Bone Broth Soup

MACROS - 2 eggs

Protein: 12.6g

Carb: 1.1g

Fat: 10.6g

Fibre: 0g

Net Carb: 1.1g

Sugar: 1.1g

Calories: 155

LAZY BONE BROTH SOUP

1 cup pre-made bone broth

1 cup low sodium, low calorie pre-made soup such as pureed cauliflower or veggie

1/2 tbsp hot sauce (optional)

Pepper to taste

MACROS -

2 cups soup

Protein: 10g

Carb: 11g

Fat: 0g

Fibre: 3g

Net Carb: 8g

Defrost bone broth for 1-2 days (if frozen)

Combine bone broth and pre-made soup and heat thoroughly Add hot sauce and pepper - skip this step if you do not like spicy food

Top with handful of sprouts for added nutrient boost

Serve alongside hard boiled eggs

ASIAN BEEF STIR FRY ON SHIRATAKE NOODLES

MACROS

Protein 25.8g

Carb 32.9g

Fat 25.8g

Fibre 10.6g

Net Carb 22.3g

Sugar 9.1g

Calories 474

ASIAN BEEF STIR FRY & SHIRITAKE NOODLES-

1 serving

4oz grass fed beef, cut into strips 1/2 cup white onion – sliced

1 clove garlic, minced

2 cup broccoli florets

1 cup baby Bok choy

1/2 cup packaged broccoli slaw mix

2 tbsp Bragg's Aminos

1/2 tsp minced ginger

1 tbsp olive oil

1 tbsp sesame seeds

1/2 tsp black pepper

Hot sauce to taste (optional)

226g Shiritake noodles (1/2 large package that is 453g)

SHIRATAKI NOODLES

MACROS - 226g (half large 453g package)

Protein: 0g

Carb: 5g

Fat: 0g

Fibre: 3g

Net Carb: 2g

Sugar: 0g

Calories: 13

INSTRUCTIONS

Heat oil over medium heat in large non-sticksillet.

Sautee onions, garlic and ginger until softened

Add beef and cook for a few minutes unlessyou have meal prepped beef already

In separate pan, steam broccoli, Bok choy andslaw mixAdd broccoli and other veggies to beef and mix well

Add Braggs aminos, hot sauce and blackpepper and mix well

Top over rinsed Shiritake noodles

Sprinkle sesame seeds and enjoy

MACROS

Protein 116.7g

Carb 82g

Fat 76.6g

Fibre 31g

Net Carb 51

Sugar 24.6g

Calories 1493

SPICY VEGGIE FRITTATA with KIMCHI

MACROS

Protein 32g

Carb 14.3g

Fat 29.8g

Fibre 4g

Net Carb 10.3g

Sugar 4.6g

Calories 346

SPICY VEGGIE FRITTATA with KIMCHI- makes 1

2 whole eggs

3 egg whites

1 cups raw baby spinach chopped

1/4 cup onion, thinly sliced

1/4 cup red bell pepper, thinly sliced

1/2 tsp chilli flakes

Hot sauce to taste

1/4 tsp sea salt

1/4 tsp black pepper

1 tsp coconut oil

4 tbsp kimchi

re-heat oven to 350 - make sure oven rack is in centre of oven

Using a cast iron or oven proof skillet, heat oil and add vegetables to skillet and cook until soft (about 5 minutes)

While veggies are cooking, combine eggs, chilli pepper, salt & black pepper and whisk well

Pour egg mixture over cooking veggies

Cook until edges are set and the centre is just beginning to set

Transfer the skillet to the heated oven and bake for another 5-8 minutes until centre is firm

Transfer to plate and serve with kimchi

BAKED SWEET POTATO

100g sweet potato

MACROS - 100g (1/2 cup)

Protein: 2g

Carb: 20.7g

Fat: 0.2g

Fibre: 3.3g

Net Carb: 17.4g

Sugar: 8.4g

Calories: 90

INSTRUCTIONS

Line bottom rack of your oven with tinfoil (this will catch any syrup that leaks from the potato)

Prick sweet potatoe 2-3 times with a fork and place on the tin foil in the centre of the oven

Set oven to 425 degrees

Bake for 45 minutes or until potatoe is soft

When cook time has finished, turn off oven and leave potatoes in to rest for additional 30-45 minutes - this prevents dryness and gives you delicious tender potatoes.