



## 7 Day Specific Carbohydrate Meal Plan (Grain, Soy, and Sugar-Free)

Created by sanoMidLife



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## Overview:

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This 7-day meal plan is designed to inspire you. Feel free to make adjustments based on your dietary needs, preferences and/or what works best for your lifestyle.

Here's a brief overview to help you navigate this resource:

- This meal plan includes a calendar with an overview of meals and snacks for the week.
- A grocery list is provided, outlining the supplies and quantities needed to prepare all the meals and snacks.
- Each recipe includes directions, ingredients, helpful notes, and nutritional details per serving.
- Meals and snacks highlighted in grey represent leftovers, meaning you won't need to cook again - there will be enough prepared from the original dish for future meals.

By making intentional and informed choices about your nutrition, you can feel strong and healthy during midlife. Stay consistent, listen to your body, and celebrate your progress!

## Evidence:

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This program was created with the following key considerations:

### Fibre:

As this diet is extremely specific about the types of carbohydrates allowed, it is important to choose higher fibre foods. Adequate dietary fibre intake is associated with several health benefits including better digestive health and reduced inflammation. This program is grain-free, gluten-free, and uses low glycemic foods. The plan provides up to 39 grams of fibre daily from fruits, vegetables, nuts.

### Immune Support:

Zinc and selenium are among the most important trace elements that have significant anti-inflammatory and antioxidant properties. You can find zinc sources in this meal plan from chicken, beef, and almonds. Selenium is incorporated daily from foods like eggs and bananas.

### Bone Health:

Calcium, phosphorus, and potassium are essential minerals for building healthy bones. They are also common nutrient deficiencies associated with the Specific Carbohydrate Diet. This meal plan provides your daily recommended amounts of these minerals from calcium-rich foods like almonds, cheese, and sardines, good sources of phosphorus found naturally in both animal and vegetable products, and at least 3,700 mg of potassium daily from whole foods including kiwi, banana, and grapes.

### Antioxidants:

Vitamin A and vitamin C support various cellular functions of our immune system, reduce oxidative stress in cells, and are useful in the treatment of inflammatory diseases. They are also commonly deficient in the Specific Carbohydrate Diet. This meal plan is packed with vitamin A sources like bell peppers, pistachios, and squash, and incorporates vitamin C through citrus fruits and tomatoes.

### B Vitamins:

Research shows a decrease in B vitamins, such as folate, thiamine, and vitamin B6 in the Specific Carbohydrate Diet. These vitamins help enzymes release energy from carbohydrates and fat, break down amino acids, and transport oxygen and energy-containing nutrients around the body. This meal plan provides the recommended daily amount of B vitamins from beef, poultry, green leafy vegetables, and eggs.



## 7 Day Specific Carbohydrate Meal Plan (Grain, Soy, and Sugar-Free)

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Kimchi & Kale Scrambled Eggs	Kimchi & Kale Scrambled Eggs	Sheet Pan Steak & Eggs	Simple Banana Pancakes	Cheesesteak Skillet	Breakfast Salad with Soft Boiled Egg	Breakfast Salad with Soft Boiled Egg
Snack 1	Sardine & Avocado Endive Wraps	Grapes & Pistachios	Sardine & Avocado Endive Wraps	Eggs & Avocado Snack Box	Kale, Apple & Cabbage Salad	Almonds	Sardine Salad with Peppers, Celery & Blueberries
Lunch	One Pan Chicken & Pesto Spaghetti Squash	Beef Burrito Bowl with Cauliflower Rice	Prime Rib	Seared Cod with Bacon & Kale	Taco Salad with Beef	Parmesan Chicken & Kale Skillet	Mediterranean Cod with Roasted Tomatoes
Snack 2	Grapes & Pistachios	Sardine & Avocado Endive Wraps	Chicken Guacamole	Kiwi & Grapes	Eggs & Avocado Snack Box	Sardine Salad with Peppers, Celery & Blueberries	Macadamia Nuts
Dinner	Beef Burrito Bowl with Cauliflower Rice	Prime Rib	Seared Cod with Bacon & Kale	Taco Salad with Beef	Parmesan Chicken & Kale Skillet	Mediterranean Cod with Roasted Tomatoes	Parmesan Chicken & Kale Skillet

# 7 Day Specific Carbohydrate Meal Plan (Grain, Soy, and Sugar-Free)

64 items

## Fruits

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- ☐ 1 Apple
- ☐ 7 1/2 Avocado
- ☐ 1 cup Blueberries
- ☐ 4 cups Grapes
- ☐ 2 Kiwi
- ☐ 1/4 Lemon
- ☐ 1/4 cup Lemon Juice
- ☐ 1/2 Lime
- ☐ 1 1/2 tbsps Lime Juice

## Seeds, Nuts & Spices

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- ☐ 3/4 cup Almonds
- ☐ 1 tbsp Chili Powder
- ☐ 1 1/2 tsps Coriander
- ☐ 1 tbsp Cumin
- ☐ 1/4 tsp Dried Basil
- ☐ 1/2 tsp Dried Thyme
- ☐ 1 1/3 cups Macadamia Nuts
- ☐ 1 3/4 tsps Oregano
- ☐ 1/4 tsp Paprika
- ☐ 1 cup Pistachios, In Shell
- ☐ 2 1/4 tsps Red Pepper Flakes
- ☐ 2 3/4 tsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper

## Frozen

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- ☐ 2 cups Cauliflower Rice

## Vegetables

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- ☐ 4 cups Baby Kale
- ☐ 3 tbsps Basil Leaves
- ☐ 4 stalks Celery
- ☐ 4 cups Cherry Tomatoes
- ☐ 2 1/8 Cucumber
- ☐ 1 1/2 heads Endive
- ☐ 5 2/3 Garlic
- ☐ 1/3 Green Bell Pepper
- ☐ 1 stalk Green Onion
- ☐ 1/2 Jalapeno Pepper
- ☐ 21 cups Kale Leaves
- ☐ 2/3 cup Mushrooms
- ☐ 1/4 cup Parsley
- ☐ 1 cup Purple Cabbage
- ☐ 2 1/3 Red Bell Pepper
- ☐ 1/4 cup Red Onion
- ☐ 1 head Romaine Hearts
- ☐ 2 tbsps Shallot
- ☐ 1 1/2 Spaghetti Squash
- ☐ 3/4 Yellow Onion

## Boxed & Canned

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- ☐ 59 milliliters Bone Broth
- ☐ 425 grams Sardines

## Bread, Fish, Meat & Cheese

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- ☐ 4 slices Bacon
- ☐ 112 grams Cheddar Cheese
- ☐ 850 grams Chicken Breast
- ☐ 125 grams Chicken Breast, Cooked
- ☐ 4 Cod Fillet
- ☐ 605 grams Extra Lean Ground Beef
- ☐ 1/3 cup Parmigiano Reggiano
- ☐ 567 grams Prime Rib, Bone-In
- ☐ 38 grams Provolone Cheese
- ☐ 113 grams Top Sirloin Steak

## Condiments & Oils

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- ☐ 3 tbsps Apple Cider Vinegar
- ☐ 1 tbsp Avocado Oil
- ☐ 3 tbsps Capers
- ☐ 2/3 cup Extra Virgin Olive Oil
- ☐ 1/2 cup Kimchi
- ☐ 1/3 cup Pesto

## Cold

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- ☐ 12 Egg
- ☐ 1 1/2 tsps Ghee

## Other

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- ☐ 1 1/4 cups Water

# Kimchi & Kale Scrambled Eggs

5 ingredients · 10 minutes · 1 serving



## Directions

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1. Heat the oil in a pan over medium-high heat.
2. Add the eggs to the pan and move them around with a spatula continuously. Keep pushing the eggs around the pan until fluffy and barely set, about two minutes. Transfer to a bowl.
3. Add the kale leaves and water to the pan and cook until tender, about two to three minutes. Drain any excess liquid.
4. Turn off the heat and gently fold in the scrambled eggs and kimchi until warmed through. Divide onto plates and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving equals approximately two cups or 280 grams.

### More Flavor

Season with fresh herbs, salt, and pepper to taste.

### Additional Toppings

Green onions, avocado, chives, red pepper flakes, or mushrooms.

## Ingredients

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**3/4 tsp** Extra Virgin Olive Oil

**3** Egg (whisked)

**1 cup** Kale Leaves (tough stems removed, finely chopped, packed)

**2 tbsps** Water

**1/2 cup** Kimchi (drained)

# Sheet Pan Steak & Eggs

8 ingredients · 15 minutes · 1 serving



## Directions

1. Preheat the oven to broil. Grease a large baking sheet with half the ghee.
2. Arrange the steaks onto the pan, seasoning both sides with salt and pepper. Broil for four to five minutes. The timing will depend on the thickness of your steak.
3. Remove from the oven and flip the steaks over. Add the cherry tomatoes, remaining ghee, thyme, oregano, and basil. Stir gently.
4. Create wells amongst the tomatoes and crack an egg into each well. Return the baking sheet to the oven and broil for another four to five minutes or until the eggs are set to your liking.
5. Slice the steak and divide onto plates with the tomatoes and eggs. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Additional Toppings

Fresh parsley, sweet potatoes, sliced red onion, and/or avocado.

### No Ghee

Use coconut oil instead.

## Ingredients

- 1 1/2 **tsps** Ghee (divided)
- 113 **grams** Top Sirloin Steak
- Sea Salt & Black Pepper (to taste)
- 2 **cups** Cherry Tomatoes
- 1/2 **tsp** Dried Thyme
- 1/4 **tsp** Oregano (dried)
- 1/4 **tsp** Dried Basil
- 1 Egg



# Cheesesteak Skillet

9 ingredients · 30 minutes · 1 serving



## Directions

1. Preheat 1/3 of the oil in a pan over medium-high heat. Add the beef and break it up as it cooks. Cook for three to five minutes or until cooked through and crispy. Remove from the pan and set aside.
2. Add the remaining oil to the pan. Sauté the mushrooms, onions, garlic, and bell peppers, stirring occasionally, for four to six minutes or until softened. Season with salt and pepper.
3. Return the beef to the pan, mixing with the vegetables. Reduce the heat to medium-low and top with provolone slices. Cover for one minute, or until the cheese melts.
4. Divide evenly between plates. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately two cups.

### More Flavor

Add chili flakes and/or chopped chillies.

### Serve it With

Enjoy as is or serve between a bun, in a wrap and grilled, otopop of potatoes, or otopop of rice.

## Ingredients

- 1 **tbps** Avocado Oil (divided)
- 151 **grams** Extra Lean Ground Beef
- 2/3 **cup** Mushrooms (sliced)
- 1/3 Yellow Onion (medium, sliced)
- 2/3 Garlic (clove, finely chopped)
- 1/3 Green Bell Pepper (medium, sliced)
- 1/3 Red Bell Pepper (medium, sliced)
- Sea Salt & Black Pepper (to taste)
- 38 **grams** Provolone Cheese (sliced)

# Breakfast Salad with Soft Boiled Egg

9 ingredients · 15 minutes · 2 servings



## Directions

1. Bring a pot of water to a boil. Once boiling, reduce the heat slightly and add the eggs. Cook for 7 minutes for a soft boiled egg. Once the eggs are done, add them to a bowl of ice water.
2. Add the kale, cucumber and avocado to a plate. Drizzle with extra virgin olive oil, lemon and sea salt.
3. Peel the eggs and add to the salad. Sprinkle paprika and almonds on top. Serve and enjoy!

## Notes

### Leftovers

Store leftover unpeeled eggs in the fridge for up to two days.

### Nut-Free

Use sunflower seeds instead of almonds.

### More Flavor

Add parsley, cilantro or basil to your salad.

### Make it Vegan

Use chickpeas or tofu instead of eggs.

## Ingredients

- 4 Egg
- 4 cups Baby Kale
- 1/2 Cucumber (sliced)
- 1 Avocado
- 2 tbsps Extra Virgin Olive Oil
- 2 tsps Lemon Juice
- 1/4 tsp Sea Salt
- 1/4 tsp Paprika
- 1/4 cup Almonds (chopped)



# Sardine & Avocado Endive Wraps

3 ingredients · 5 minutes · 3 servings



## Directions

1. In a bowl, gently break the sardines into chunks. Add avocado and toss until just combined.
2. Fill each endive leaf with the sardine avocado mixture. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is equal to approximately three endive-filled leaves.

### Additional Toppings

Add green onions, chives, red onions, fresh or dried herbs and/or mayonnaise.

### No Endive

Use lettuce leaves, radicchio leaves, sweet potato toast, crackers or bread instead.

## Ingredients

**255 grams** Sardines (packed in oil, drained)

**1 1/2** Avocado (cubed)

**1 1/2 heads** Endive (leaves separated)

# Eggs & Avocado Snack Box

4 ingredients · 15 minutes · 2 servings



## Directions

1. Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
2. Strain the water and fill the saucepan with cold water. Peel the eggs when cool enough to handle and slice into halves.
3. Arrange the boiled eggs, avocado, cucumber slices and cheese in a container. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Additional Toppings

Top the eggs with paprika, salt, pepper, everything bagel seasoning, dill or chives.

## Ingredients

- 4 Egg
- 1 Avocado (medium, peeled)
- 2/3 Cucumber (sliced)
- 112 grams Cheddar Cheese (cubed)



# Kale, Apple & Cabbage Salad

6 ingredients · 15 minutes · 4 servings



## Directions

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1. Add all of the ingredients to a bowl and use your hands to massage the oil and vinegar into the salad. Serve and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to two days. To meal prep, leave out the apple and add just before enjoying.

### Serving Size

One serving is approximately 1 1/2 cups.

### Additional Toppings

Add sliced red onion.

## Ingredients

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**4 cups** Kale Leaves (stems removed, chopped)

**1** Apple (medium, grated)

**1 cup** Purple Cabbage (grated)

**2 tbsps** Extra Virgin Olive Oil

**3 tbsps** Apple Cider Vinegar

**1/2 tsp** Sea Salt

# Almonds

1 ingredient · 2 minutes · 2 servings



## Directions

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1. Place in a bowl and enjoy!

## Notes

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### Leftovers

Store in an airtight container in the pantry.

### More Flavor

Roast, toast and/or season with salt.

## Ingredients

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1/2 cup Almonds (raw)



# One Pan Chicken & Pesto Spaghetti Squash

4 ingredients · 35 minutes · 3 servings



## Directions

1. Preheat the oven to 425°F (220°C).
2. Line a large baking sheet with parchment paper. On one half of the baking sheet, place the spaghetti squash flesh-side down. On the other half, evenly spread out the chicken. Cook for about 30 to 35 minutes, or until the squash is fork-tender and the chicken is cooked through.
3. When cool enough to handle, use a fork to shred the squash into noodles. Gently mix in the pesto.
4. Chop the chicken and place overtop the spaghetti squash. Garnish with basil and sea salt, if needed. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving equals one half of a spaghetti squash.

### More Flavor

Season the chicken with garlic powder and onion powder.

### Additional Toppings

Leftover veggies, avocado, red pepper flakes, and/or pine nuts.

### Make it Vegan

Use chickpeas, tempeh, or tofu.

## Ingredients

**1 1/2** Spaghetti Squash (medium, halved lengthwise, seeds removed)

**340 grams** Chicken Breast (skinless, boneless, cubed)

**1/3 cup** Pesto

**3 tbsps** Basil Leaves (chopped)

# Grapes & Pistachios

2 ingredients · 5 minutes · 2 servings



## Directions

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1. Divide into bowls and enjoy!

## Ingredients

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**2 cups** Grapes

**1 cup** Pistachios, In Shell



# Chicken Guacamole

6 ingredients · 10 minutes · 4 servings



## Directions

1. Shred the cooked chicken breast until no large pieces remain. Set aside.
2. In a mixing bowl, mash the avocado then stir in the lemon juice, garlic and sea salt. Fold in the shredded chicken. Season with additional salt or lemon juice if needed.
3. Serve with cucumber slices and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately one cup.

### More Flavor

Add cilantro, tomato, onion or jalapeno.

### No Lemon

Use lime juice instead.

### No Cucumbers

Serve with carrot sticks or crackers instead.

## Ingredients

**125 grams** Chicken Breast, Cooked

**2** Avocado

**2 tbsps** Lemon Juice

**1** Garlic (clove, minced)

**1/4 tsp** Sea Salt

**1** Cucumber (sliced)

# Kiwi & Grapes

2 ingredients · 5 minutes · 2 servings



## Directions

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1. In a small bowl or container, combine the kiwi and grapes. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to four days.

## Ingredients

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2 Kiwi (peeled and sliced)

2 cups Grapes

# Sardine Salad with Peppers, Celery & Blueberries

5 ingredients · 10 minutes · 2 servings



## Directions

1. Using a fork, mash together the sardines and red onion. Serve alongside the celery, bell pepper and blueberries. Enjoy!

## Notes

### No Sardines

Use canned tuna instead.

### Leftovers

Refrigerate in an airtight container for up to three days.

## Ingredients

**170 grams** Sardines (packed in oil, drained)

**1/4 cup** Red Onion (minced)

**4 stalks** Celery (sliced into sticks)

**1** Red Bell Pepper (stems and seeds removed, sliced)

**1 cup** Blueberries



# Macadamia Nuts

1 ingredient · 2 minutes · 4 servings



## Directions

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1. Divide between bowls and enjoy!

## Ingredients

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1 1/3 cups Macadamia Nuts

# Beef Burrito Bowl with Cauliflower Rice

11 ingredients · 30 minutes · 2 servings



## Directions

1. In a large skillet heat half of the oil over medium. Add garlic and onions and cook for two minutes, or until onions become translucent.
2. Add ground beef to the skillet. With a wooden spoon or spatula, break the beef into small pieces as it cooks, stirring occasionally, until no longer pink.
3. When meat is cooked through, drain the grease. Place back over medium heat and add the cumin, coriander, oregano, half of the salt and lime juice to the pan. Stir to coat the beef with the spice and continue to cook for another minute until very fragrant. Transfer the meat to a dish and cover to keep warm.
4. Place the pan back over heat and add the remaining olive oil. Add the cauliflower rice and season with remaining sea salt. Cook the cauliflower rice, stirring occasionally, until cauliflower is warmed through and just tender.
5. Divide the cauliflower rice between bowls and top with seasoned beef and diced avocado. Enjoy!

## Notes

### Optional Toppings

Chopped cilantro, green onion, extra lime juice, cheese, sour cream or Greek yogurt.

### Leftovers

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

## Ingredients

- 1 **tbps** Extra Virgin Olive Oil (divided)
- 2 Garlic (cloves, minced)
- 1/2 Yellow Onion (small, finely diced)
- 227 **grams** Extra Lean Ground Beef
- 1 1/2 **tsps** Cumin (ground)
- 1 1/2 **tsps** Coriander (ground)
- 1 1/2 **tsps** Oregano (dried)
- 3/4 **tsp** Sea Salt (divided)
- 1/2 Lime (juiced)
- 2 **cups** Cauliflower Rice
- 1 Avocado (diced)

# Prime Rib

3 ingredients · 3 hours 20 minutes · 2 servings



## Directions

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1. Preheat the oven to 500°F (260°C).
2. Add the prime rib to a roasting pan and generously season it all over with salt and pepper. Make sure the fat side is up (bone side down).
3. Add the broth to the pan, leaving about an inch (2.5 cm) of liquid all around the pan.
4. Cook in the oven for 15 minutes then reduce the heat to 325°F (165°C) and cook for two and a half to three hours, depending on desired doneness. Add more broth if needed.
5. Remove from the oven and let the prime rib rest for 30 minutes in the pan or on a cutting board. Slice against the grain and add some of the pan juices to serve. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately two cups.

### More Flavor

Add garlic, rosemary, thyme, and/or any herbs of choice to the spice rub.

### Serve it With

Mashed potatoes, mashed cauliflower and/or roasted vegetables.

### Resting Time

Allow the prime rib to come to room temperature before cooking (approximately two to three hours before cooking).

### Cooking Time

The cooking time of the beef will vary depending on the size and desired doneness. For medium-rare, 20 to 25 minutes per pound (125°F/52°C internal temperature). For medium, 25 to 30 minutes per pound (135°F/57°C internal temperature). For medium-well, 30 to 35 minutes per pound (145°F/63°C internal temperature).

## Ingredients

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**567 grams** Prime Rib, Bone-In

Sea Salt & Black Pepper (to taste)

**59 milliliters** Bone Broth



# Seared Cod with Bacon & Kale

6 ingredients · 20 minutes · 2 servings



## Directions

1. In a skillet over medium heat, add the bacon and cook for 5 to 7 minutes or until cooked through. Remove and set aside, leaving the rendered fat in the pan.
2. Add the cod fillet to the pan and cook for 4 minutes, and then remove and set aside. It won't be fully cooked at this point. Add the red pepper to the pan and cook for 2 to 3 minutes, then add the kale. Add the cod back to the pan and cover with a lid. Cook for 6 to 8 minutes, until the cod is cooked through and flaky.
3. Add the fillet to a plate along with the kale, peppers and bacon. Squeeze the lemon juice on top and season with sea salt. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to two days.

### More Flavor

Add minced garlic to the veggies.

### No Pork

Use turkey bacon instead.

### Fillet Size

One fillet is equal to 231 grams or 8 ounces.

## Ingredients

- 4 slices Bacon (chopped)
- 2 Cod Fillet
- 1 Red Bell Pepper (sliced)
- 4 cups Kale Leaves (roughly chopped)
- 2 tsps Lemon Juice
- 1/4 tsp Sea Salt

# Taco Salad with Beef

11 ingredients · 25 minutes · 2 servings



## Directions

1. In a pan over medium-high heat, brown the beef. Break the meat into very small pieces with a spatula and cook until no longer pink, about 5 minutes. Drain any excess drippings, but keep the beef in the pan.
2. Add the chili powder, cumin, salt, tomatoes, jalapeno and green onion to the beef. Stir to combine. Cook for another 5 minutes until tomatoes are very soft. Remove from heat and stir in half of the lime juice. Season with additional salt if needed.
3. In a large mixing bowl toss the chopped romaine lettuce with olive oil and remaining lime juice.
4. To assemble the salad, divide lettuce between plates and top evenly with beef and avocado. Serve immediately and enjoy.

## Notes

### Storage

Refrigerate beef and lettuce separately in airtight containers for up to 3 days. Assemble salad just before serving.

### More Flavor

Top salad with additional tomatoes, sliced jalapenos, green onions, salsa, cilantro, lime juice or hot sauce.

### Make it Vegan

Use black beans instead of ground beef.

## Ingredients

**227 grams** Extra Lean Ground Beef  
**1 tbsp** Chili Powder  
**1 1/2 tsp** Cumin  
**1/4 tsp** Sea Salt  
**1/2 cup** Cherry Tomatoes (chopped)  
**1/2** Jalapeno Pepper (chopped)  
**1 stalk** Green Onion (chopped)  
**1 1/2 tbsps** Lime Juice (divided)  
**1 head** Romaine Hearts (chopped)  
**1 tbsp** Extra Virgin Olive Oil  
**1** Avocado (sliced)



# Parmesan Chicken & Kale Skillet

8 ingredients · 20 minutes · 3 servings



## Directions

1. In a large skillet or pan, heat the oil over medium heat. Cook the chicken and season with salt and pepper to taste, until cooked through, about five to seven minutes. Transfer the chicken to a bowl.
2. To the same skillet, add the kale and water. Cook the kale until soft and all the water is gone, stirring frequently. Return the chicken to the skillet and stir in the lemon juice and parmigiano reggiano.
3. Divide onto plates and sprinkle the red pepper flakes overtop. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving equals approximately 1 1/2 cups.

### Dairy-Free

Use nutritional yeast instead of parmesan or omit.

### More Flavor

Add onions and garlic.

### Additional Toppings

Add leftover vegetables or serve over rice, pasta, or quinoa.

## Ingredients

**1 1/2 tbsps** Extra Virgin Olive Oil

**510 grams** Chicken Breast (skinless, boneless, cut into strips)

Sea Salt & Black Pepper (to taste)

**12 cups** Kale Leaves (stems removed, torn into pieces, packed)

**1/3 cup** Water

**2 1/4 tsps** Lemon Juice

**1/3 cup** Parmigiano Reggiano (finely grated)

**2 1/4 tsps** Red Pepper Flakes



# Mediterranean Cod with Roasted Tomatoes

10 ingredients · 25 minutes · 2 servings



## Directions

1. Heat a large cast-iron skillet over medium heat. Once hot, add the olive oil and capers. Let them sizzle and crisp for about three minutes. Lower the heat to medium-low and then add the shallot and garlic. Cook for one to two minutes, until fragrant and the shallot is crispy. Transfer the capers, shallot, and garlic to a bowl, leaving a bit of oil behind in the skillet.
2. Add the halved cherry tomatoes to the skillet and cook for about seven to eight minutes or until jammy. Add the water and half the salt. Cook until thickened slightly, about four to five minutes.
3. Season the cod with the remaining salt. Add to the skillet, cover and cook for five to seven minutes, or until cooked through.
4. Divide the cod onto plates along with the tomatoes. Drizzle the remaining oil, capers, and shallot mixture on top. Garnish with parsley and serve with a lemon wedge. Enjoy!

## Notes

### Fillet Size

One cod fillet is equal to 231 grams or 8 ounces.

### Leftovers

Refrigerate in an airtight container for up to two days.

### More Flavor

Add 1/2 tsp red pepper flakes to the shallot and garlic when cooking for more spice.

### Additional Toppings

Serve with a grain such as rice, quinoa or couscous.

### No Cod

Use another fish such as halibut.

## Ingredients

- 3 **tbsps** Extra Virgin Olive Oil
- 3 **tbsps** Capers
- 2 **tbsps** Shallot (peeled, finely sliced)
- 2 Garlic (cloves, smashed and sliced thin)
- 1 **1/2 cups** Cherry Tomatoes (halved)
- 3/4 **cup** Water
- 1/2 **tsp** Sea Salt (divided)
- 2 Cod Fillet
- 1/4 **cup** Parsley (roughly chopped)
- 1/4 **Lemon** (cut into wedges)