



## 7 Day Paleolithic (Paleo) Meal Plan

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 meal plan was created using foods compliant with the Paleo Diet guidelines and with the following key considerations:

### Healthy Fats:

Following a Paleolithic diet can improve your lipid profile. This plan is rich in monounsaturated fat from olive oil, avocado, nuts, and seeds, and medium-chain fatty acids from coconut oil. These foods can help reduce the growth of some fungal pathogens in the gut and are beneficial for the immune system and inflammatory responses. Omega-3 fatty acids found in plant-based oils, nuts, and fatty fish provide cardiovascular benefits and reduce inflammation.

### High-Quality Protein:

Getting enough daily protein can help with weight management and preventing muscle loss. This meal plan provides high-quality protein sources such as beef, lamb, pork, chicken, turkey, eggs, and fish. These complete proteins are highly digestible and provide an adequate amount of amino acids. Protein is distributed between meals and snacks to help with building muscle strength and hypertrophy.

### Fibre:

This program is grain-free, gluten-free, and uses mostly low glycemic foods to optimize blood sugars and energy levels. Adequate dietary fibre intake is associated with several health benefits including better digestive health and reduced inflammation. The plan provides up to 30 grams of fibre daily from vegetables, fruits, nuts, and seeds. Soluble fibre in broccolini, sweet potato, and Brussels sprouts has been shown to lower blood cholesterol and generates short-chain fatty acids which have anti-inflammatory effects.

### Bone Health:

Calcium is a mineral that is essential for building healthy bones and a potential nutrient deficiency in paleo diets. Magnesium has a structural role in bone maintenance and influences bone-building cells. Calcium is incorporated in this program from sardines, collard greens, and squash. This plan provides magnesium from avocado, apples, dark leafy greens, and ground flax seeds.

## 7 Day Paleolithic (Paleo) Meal Plan

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Bacon & Eggs Breakfast Jar	Bacon & Heirloom Tomato Frittata	Bacon & Eggs Breakfast Jar	One Pan Steak & Eggs	One Pan Bacon, Eggs & Brussels Sprouts	Bacon & Spinach Omelette	Bacon, Eggs & Fruit
Lunch	Pulled Chicken & Pesto Wraps	Prime Rib	Glazed Salmon with Broccolini	Roasted Turkey Breast & Carrots	Slow Cooker Rotisserie Chicken	Beef & Cauliflower Skillet  Coconut Yogurt with Apple & Hemp Seeds	Glazed Salmon with Broccolini
Snack 1	Coconut Yogurt with Apple & Hemp Seeds	Cinnamon Flax Muffins	Cinnamon Flax Muffins	Sardine Stuffed Avocado	Homemade Coconut Yogurt	Apple & Roast Beef Bites	Apple & Roast Beef Bites
Dinner	Prime Rib	Glazed Salmon with Broccolini	Roasted Turkey Breast & Carrots  Butternut Squash Fries	Slow Cooker Rotisserie Chicken  Butternut Squash Fries	Beef & Cauliflower Skillet	Braised Lamb Shanks	Braised Lamb Shanks
Snack 2	Cinnamon Flax Muffins	Clementines & Macadamia Nuts	Sardine Stuffed Avocado	Homemade Coconut Yogurt	Pistachios	Cinnamon Flax Muffins	Sardines & Mashed Cauliflower with Spinach

# 7 Day Paleolithic (Paleo) Meal Plan

78 items

## Fruits

- ☐ 4 Apple
- ☐ 1 Avocado
- ☐ 3 Clementines
- ☐ 1/2 cup Grapes
- ☐ 1/4 Honeydew Melon
- ☐ 1/3 Lemon
- ☐ 2 3/4 tbsps Lemon Juice
- ☐ 1/2 Navel Orange
- ☐ 1/2 tsp Orange Zest

## Seeds, Nuts & Spices

- ☐ 2/3 tsp Black Pepper
- ☐ 1/4 tsp Cayenne Pepper
- ☐ 1 tbsp Cinnamon
- ☐ 1/2 serving Cinnamon Stick
- ☐ 1 tbsp Dried Chives
- ☐ 1/2 tsp Dried Thyme
- ☐ 1/2 tsp Garlic Powder
- ☐ 1 cup Ground Flax Seed
- ☐ 2 tbsps Hemp Seeds
- ☐ 1 1/2 tsps Italian Seasoning
- ☐ 1/4 cup Macadamia Nuts
- ☐ 1/2 tsp Onion Powder
- ☐ 1 tsp Paprika
- ☐ 1/2 cup Pistachios, In Shell
- ☐ 1 1/4 tbsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 2 2/3 tbsps Walnuts

## Frozen

- ☐ 2 cups Cauliflower Rice

## Vegetables

- ☐ 6 cups Arugula
- ☐ 2 1/2 cups Baby Spinach
- ☐ 1/3 cup Basil Leaves
- ☐ 680 grams Broccolini
- ☐ 3 cups Brussels Sprouts
- ☐ 2 cups Butternut Squash
- ☐ 4 Carrot
- ☐ 1/4 head Cauliflower
- ☐ 1 cup Collard Greens
- ☐ 1/2 tsp Fresh Sage
- ☐ 5 1/2 Garlic
- ☐ 3/4 tsp Ginger
- ☐ 3 cups Mini Potatoes
- ☐ 1/2 tsp Mint Leaves
- ☐ 1/3 cup Parsley
- ☐ 3/4 cup Red Onion
- ☐ 1 1/2 tsps Rosemary
- ☐ 1 Sweet Potato
- ☐ 2 1/4 tsps Thyme
- ☐ 1 gram Thyme Sprigs
- ☐ 2 Tomato
- ☐ 1 1/2 Yellow Onion
- ☐ 1 Yellow Potato
- ☐ 1 Zucchini

## Boxed & Canned

- ☐ 414 milliliters Bone Broth
- ☐ 1 1/2 cups Salsa
- ☐ 99 grams Sardines
- ☐ 1/4 cup Vegetable Broth

## Baking

- ☐ 1 1/2 tsps Baking Powder
- ☐ 1 1/2 tsps Raw Honey

## Bread, Fish, Meat & Cheese

- ☐ 22 slices Bacon
- ☐ 113 grams Chicken Breast
- ☐ 113 grams Deli Roast Beef
- ☐ 283 grams Extra Lean Ground Beef
- ☐ 454 grams Lamb Shank
- ☐ 567 grams Prime Rib, Bone-In
- ☐ 113 grams Ribeye Steak, Boneless
- ☐ 510 grams Salmon Fillet
- ☐ 499 grams Turkey Breast, Skin On
- ☐ 907 grams Whole Roasting Chicken

## Condiments & Oils

- ☐ 2 tbsps Avocado Oil
- ☐ 2 1/4 tbsps Coconut Aminos
- ☐ 1/4 cup Coconut Oil
- ☐ 1/3 cup Extra Virgin Olive Oil
- ☐ 1 tbsp Mayonnaise

## Cold

- ☐ 27 Egg
- ☐ 1 tbsp Orange Juice
- ☐ 2 cups Unsweetened Coconut Yogurt

## Other

- ☐ 227 grams Coconut Meat
- ☐ 1 Probiotic Capsules
- ☐ 1 cup Water

# Bacon & Eggs Breakfast Jar

7 ingredients · 20 minutes · 2 servings



## Directions

1. Cook the bacon and wrap in paper towel while you prepare the rest.
2. Add half the coconut oil to a frying pan and heat over medium. Add the diced potato and cover with a lid. Saute periodically until browned (about 10 minutes). Transfer the potato to a dish, season with a bit of sea salt and black pepper and set aside.
3. Add the remaining coconut oil to the pan and scramble the eggs until cooked through (add a splash of almond milk for fluffier eggs). Transfer to a dish and set aside.
4. Add a few spoonfuls of salsa to the bottom of the jars (500 mL in size). Add in a layer of potato and top with a layer of scrambled eggs then chopped bacon. Finish off with a layer of arugula and seal the jar. When ready to eat, dump into a bowl, toss well and enjoy!

## Notes

### Vegetarian

Replace the bacon with roasted chickpeas.

### Leftovers

Store covered in the fridge up to 4 days.

### The Best Bacon

Read the label. Look for quality bacon with no sugar added. Check out your local butcher.

## Ingredients

**4 slices** Bacon

**1 1/2 tsps** Coconut Oil (divided)

**1 cup** Mini Potatoes (quartered)

Sea Salt & Black Pepper (to taste)

**4** Egg (whisked)

**1/2 cup** Salsa

**2 cups** Arugula

## Nutrition

Amount per serving

<b>Calories</b>	475	Vitamin D	91IU
<b>Fat</b>	34g	Vitamin E	2mg
Saturated	13g	Vitamin K	26µg
<b>Carbs</b>	19g	Thiamine	0.3mg
Fiber	3g	Riboflavin	0.6mg
Sugar	4g	Niacin	4mg
<b>Protein</b>	23g	Vitamin B6	0.7mg
Cholesterol	409mg	Folate	80µg
Sodium	1035mg	Vitamin B12	1.2µg
Potassium	822mg	Phosphorous	366mg
Vitamin A	1336IU	Magnesium	56mg
Vitamin C	19mg	Zinc	2mg
Calcium	120mg	Selenium	43µg
Iron	3mg		



# Bacon & Heirloom Tomato Frittata

6 ingredients · 30 minutes · 2 servings



## Directions

1. Preheat the oven to 350°F (177°C).
2. In a small bowl, whisk the eggs together and add the basil and sea salt. Set aside.
3. Heat a small cast iron pan over medium heat and add the bacon. Cook until the fat renders off, about 5 minutes. Remove the bacon and set aside. Add the onion and cook for 2 to 3 minutes.
4. Add the bacon back to the pan along with the eggs. Cook over medium heat for about 4 to 5 minutes, careful not to disturb the setting egg. Add the tomato slices on top and place in the oven to cook for 20 minutes.
5. Remove from the oven and garnish with extra basil if desired. Let it cool slightly, serve and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to two days.

### More Flavor

Add minced garlic and/or chili flakes.

### No Pork

Use turkey bacon instead.

## Ingredients

- 5 Egg
- 1 **tbsp** Basil Leaves (chopped)
- 1/8 **tsp** Sea Salt
- 4 **slices** Bacon (chopped)
- 3/4 **cup** Red Onion (thinly sliced)
- 2 Tomato (heirloom, sliced)

## Nutrition

Amount per serving

<b>Calories</b>	441	Vitamin D	111IU
<b>Fat</b>	33g	Vitamin E	2mg
Saturated	11g	Vitamin K	6µg
<b>Carbs</b>	10g	Thiamine	0.3mg
Fiber	2g	Riboflavin	0.7mg
Sugar	3g	Niacin	3mg
<b>Protein</b>	25g	Vitamin B6	0.5mg
Cholesterol	502mg	Folate	103µg
Sodium	795mg	Vitamin B12	1.4µg
Potassium	612mg	Phosphorous	391mg
Vitamin A	2427IU	Magnesium	38mg
Vitamin C	22mg	Zinc	3mg
Calcium	95mg	Selenium	50µg
Iron	3mg		

# One Pan Steak & Eggs

8 ingredients · 30 minutes · 1 serving



## Directions

1. In a small bowl combine the parsley, mint, garlic, oil, and lemon juice. Set it aside.
2. Pat the steak very dry with paper towel. Season with salt and pepper.
3. Heat a cast-iron skillet over medium heat until hot. Place the steak in the middle of the skillet and cook for 10 to 12 minutes, flipping and turning every two to three minutes, until a dark crust has formed on both sides and the steak is cooked to your liking. Remove and let rest for about 10 minutes.
4. In the same skillet, crack the eggs, season with salt and pepper, and cook until the whites are set and the yolk is cooked to your liking. Take the skillet off the heat.
5. Spoon the parsley sauce over the steak and eggs. Serve and enjoy!

## Notes

### Leftovers

Best served immediately. Store steak and eggs separate from the sauce in an airtight container in the fridge for up to two days. Reheat in skillet for the best result.

### More Flavor

Cook the steak with rosemary and thyme.

### No Parsley

Use cilantro instead.

### No Mint

Omit or use tarragon or dill.

## Ingredients

- 1 **tbsp** Parsley (chopped)
- 1/2 **tsp** Mint Leaves (chopped)
- 1 Garlic (cloves, minced)
- 3/4 **tsp** Extra Virgin Olive Oil
- 3/4 **tsp** Lemon Juice
- 113 **grams** Ribeye Steak, Boneless (room temperature)
- Sea Salt & Black Pepper (to taste)
- 1 Egg

## Nutrition

Amount per serving

<b>Calories</b>	320	Vitamin D	46IU
<b>Fat</b>	21g	Vitamin E	1mg
Saturated	7g	Vitamin K	66µg
<b>Carbs</b>	4g	Thiamine	0.1mg
Fiber	0g	Riboflavin	0.5mg
Sugar	0g	Niacin	4mg
<b>Protein</b>	29g	Vitamin B6	0.6mg
Cholesterol	258mg	Folate	34µg
Sodium	173mg	Vitamin B12	4.1µg
Potassium	511mg	Phosphorous	344mg
Vitamin A	610IU	Magnesium	36mg
Vitamin C	8mg	Zinc	10mg

Calcium	46mg	Selenium	45µg
Iron	4mg		



# One Pan Bacon, Eggs & Brussels Sprouts

6 ingredients · 1 hour · 1 serving



## Directions

1. Preheat oven to 390°F (200°C) and brush a sheet pan with some oil.
2. Toss the potatoes and brussels sprouts with the avocado oil, sea salt and pepper. Mix in the bacon and transfer to the sheet pan. Bake for 30 minutes.
3. Remove the pan from the oven and toss the vegetables gently. Form small 'wells' in the veggies and crack the eggs into them. Return to the oven and bake for 10 more minutes or until eggs are cooked to your liking.
4. To serve, use a spatula to lift the eggs and veggies from the pan and divide between plates. Enjoy!

## Notes

### Vegetarian

Omit the bacon.

## Ingredients

- 1 Yellow Potato (medium, diced)
- 1 cup Brussels Sprouts (halved)
- 1 1/2 tps Avocado Oil
- Sea Salt & Black Pepper (to taste)
- 1 slice Bacon (cut into 1 inch pieces)
- 2 Egg

## Nutrition

Amount per serving

<b>Calories</b>	517	Vitamin D	86IU
<b>Fat</b>	27g	Vitamin E	2mg
Saturated	8g	Vitamin K	160µg
<b>Carbs</b>	46g	Thiamine	0.4mg
Fiber	8g	Riboflavin	0.6mg
Sugar	4g	Niacin	4mg
<b>Protein</b>	24g	Vitamin B6	1.1mg
Cholesterol	390mg	Folate	133µg
Sodium	387mg	Vitamin B12	1.0µg
Potassium	1442mg	Phosphorous	427mg
Vitamin A	1218IU	Magnesium	85mg
Vitamin C	117mg	Zinc	3mg
Calcium	120mg	Selenium	39µg
Iron	5mg		

# Bacon & Spinach Omelette

4 ingredients · 20 minutes · 1 serving



## Directions

1. Cook the bacon over medium heat, being sure to stir every few minutes. Just before the desired doneness is reached, add the spinach until wilted. Transfer the mixture to a paper towel-lined plate to cool slightly. Leave behind a small splash of bacon fat to keep the pan greased.
2. Whisk the eggs in a small bowl and season with salt and pepper to taste. Transfer to the pan and cook until almost set. Place the spinach and bacon on one half of the omelette and fold the other half over top. Remove from heat and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### More Flavor

Red pepper flakes or hot sauce.

### Additional Toppings

Shredded cheese or avocado slices.

### No Spinach

Use kale instead.

### Make it Fluffy

For a fluffier omelette, whisk the eggs with milk.

## Ingredients

**2 slices** Bacon (chopped)

**1 cup** Baby Spinach

**2** Egg

Sea Salt & Black Pepper (to taste)

## Nutrition

Amount per serving

<b>Calories</b>	370	Vitamin D	91IU
<b>Fat</b>	30g	Vitamin E	2mg
Saturated	10g	Vitamin K	145µg
<b>Carbs</b>	2g	Thiamine	0.2mg
Fiber	1g	Riboflavin	0.6mg
Sugar	1g	Niacin	3mg
<b>Protein</b>	21g	Vitamin B6	0.4mg
Cholesterol	409mg	Folate	105µg
Sodium	586mg	Vitamin B12	1.2µg
Potassium	418mg	Phosphorous	306mg
Vitamin A	3374IU	Magnesium	43mg
Vitamin C	8mg	Zinc	2mg
Calcium	89mg	Selenium	42µg
Iron	3mg		



# Bacon, Eggs & Fruit

5 ingredients · 15 minutes · 1 serving



## Directions

1. Heat a pan over medium heat and add the bacon. Cook until browned and crispy, about four to five minutes per side. Transfer the bacon to a paper towel-lined plate and set aside.
2. Discard most of the bacon grease from the pan, leaving a small amount to cook the eggs. Add the whisked eggs to the pan and stir frequently as they cook. Season with salt and pepper to taste.
3. Divide the melon, grapes, scrambled eggs, and bacon between plates. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days. Store fruits separately from bacon and eggs.

### Additional Toppings

Add hot sauce or ketchup to the eggs. Add cinnamon or honey to the fruit. Serve with toast.

### Fruit

Use oranges, apples, banana, and/or berries instead.

## Ingredients

**3 slices** Bacon

**2** Egg (whisked)

Sea Salt & Black Pepper (to taste)

**1/4** Honeydew Melon (small, peeled, seeds removed and chopped)

**1/2 cup** Grapes

## Nutrition

Amount per serving

<b>Calories</b>	594	Vitamin D	95IU
<b>Fat</b>	41g	Vitamin E	2mg
Saturated	14g	Vitamin K	14µg
<b>Carbs</b>	31g	Thiamine	0.4mg
Fiber	2g	Riboflavin	0.6mg
Sugar	28g	Niacin	5mg
<b>Protein</b>	26g	Vitamin B6	0.7mg
Cholesterol	427mg	Folate	96µg
Sodium	819mg	Vitamin B12	1.3µg
Potassium	965mg	Phosphorous	370mg
Vitamin A	742IU	Magnesium	50mg
Vitamin C	47mg	Zinc	3mg
Calcium	82mg	Selenium	49µg
Iron	3mg		



# Pulled Chicken & Pesto Wraps

10 ingredients · 1 hour 10 minutes · 1 serving



## Directions

1. Preheat oven to 325°F (163°C).
2. Place chicken breasts in a oven-safe glass dish and pour in vegetable broth. Tightly cover with foil. Bake in the oven for 60 minutes.
3. Meanwhile, create your pesto by combining walnuts, olive oil, lemon juice, spinach, basil, sea salt and black pepper in a food processor. Blend until smooth.
4. Remove chicken from oven. Use a fork to shred the chicken.
5. Place the pulled chicken in a bowl and toss with desired amount of pesto.
6. Drop a few spoonfuls into a collard green and wrap it up. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Save Time

Throw your chicken into the slow cooker in the morning and shred by night.

### More Carbs

Serve on bread or in a brown rice wrap.

### Make it Crunchy

Add diced celery, cherry tomatoes or sunflower seeds.

### Vegetarian

Skip the chicken and use roasted chickpeas.

## Ingredients

**113 grams** Chicken Breast

**1/4 cup** Vegetable Broth

**2 2/3 tbsps** Walnuts

**2 tbsps** Extra Virgin Olive Oil

**1/4** Lemon (juiced)

**1/2 cup** Baby Spinach

**1/4 cup** Basil Leaves

**1/16 tsp** Sea Salt

**1/8 tsp** Black Pepper

**1 cup** Collard Greens (washed and stems removed)

## Nutrition

Amount per serving

<b>Calories</b>	529	Vitamin D	1IU
<b>Fat</b>	43g	Vitamin E	6mg
Saturated	6g	Vitamin K	292µg
<b>Carbs</b>	7g	Thiamine	0.2mg
Fiber	3g	Riboflavin	0.3mg
Sugar	1g	Niacin	12mg
<b>Protein</b>	31g	Vitamin B6	1.1mg
Cholesterol	82mg	Folate	115µg
Sodium	381mg	Vitamin B12	0.2µg
Potassium	685mg	Phosphorous	335mg

Vitamin A	3941IU	Magnesium	93mg
Vitamin C	24mg	Zinc	2mg
Calcium	147mg	Selenium	27µg
Iron	2mg		

# Coconut Yogurt with Apple & Hemp Seeds

3 ingredients · 5 minutes · 1 serving



## Directions

1. Add the yogurt to a bowl and top with the apple and hemp seeds. Enjoy!

## Notes

### Leftovers

Best enjoyed fresh.

### Serving Size

One serving is approximately 1 1/2 cups.

## Ingredients

**1 cup** Unsweetened Coconut Yogurt

**1** Apple (small, chopped)

**1 tbsp** Hemp Seeds

## Nutrition

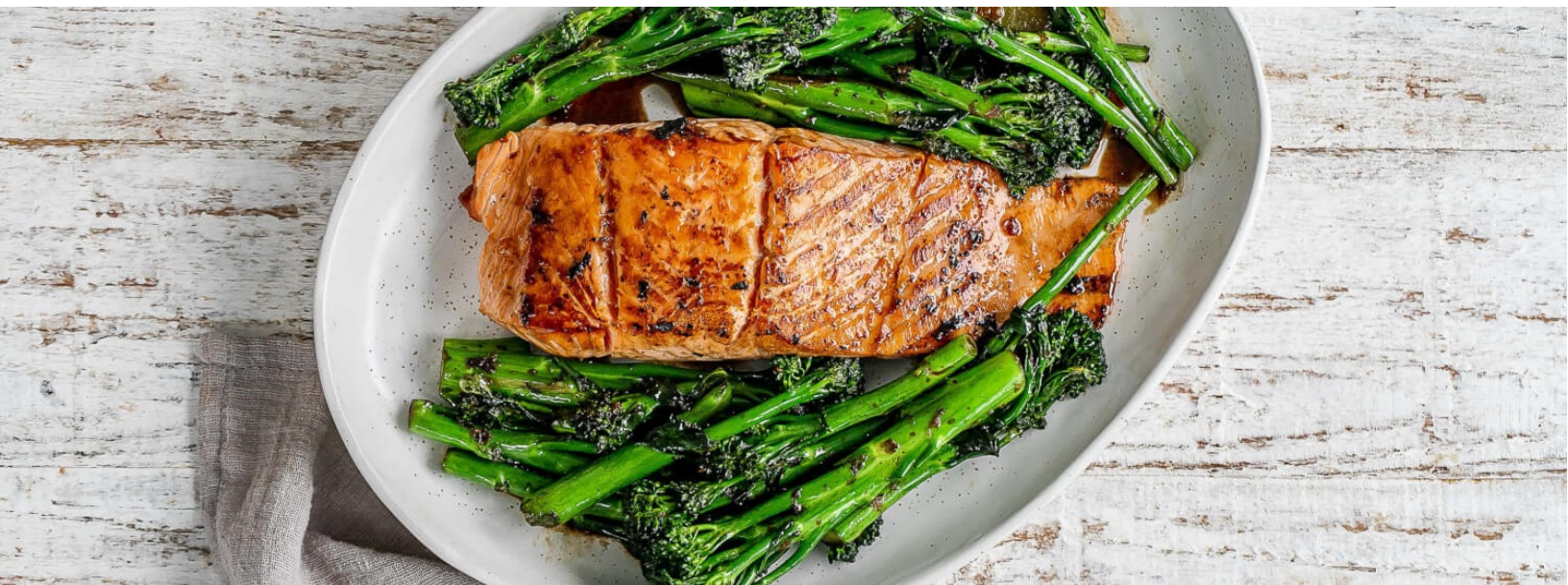
Amount per serving

<b>Calories</b>	260	Vitamin D	0IU
<b>Fat</b>	12g	Vitamin E	0mg
Saturated	7g	Vitamin K	4µg
<b>Carbs</b>	38g	Thiamine	0.2mg
Fiber	8g	Riboflavin	0.1mg
Sugar	20g	Niacin	1mg
<b>Protein</b>	5g	Vitamin B6	0.1mg
Cholesterol	0mg	Folate	16µg
Sodium	52mg	Vitamin B12	2.7µg
Potassium	315mg	Phosphorous	185mg
Vitamin A	99IU	Magnesium	79mg
Vitamin C	8mg	Zinc	1mg
Calcium	517mg	Selenium	0µg
Iron	1mg		



# Glazed Salmon with Broccolini

8 ingredients · 20 minutes · 2 servings



## Directions

1. Pat the salmon dry with paper towel and season with salt.
2. In a small bowl, whisk together the coconut aminos, garlic, ginger, and honey.
3. Heat a large pan over medium heat. Once hot, add the oil. Place the salmon in the pan skin-side down, cooking for about three to five minutes or until the skin is crispy. Brush the salmon with 1/4 of the sauce and then flip and cook for one minute, until the flesh is opaque throughout. Remove and set aside.
4. Deglaze the pan with a splash of water if needed to remove any browned bits. Add the broccolini and cook, stirring occasionally, until tender and bright green, about four minutes. Lower the heat and add the remaining sauce. Cook for 30 seconds or until the sauce has thickened and then remove from the heat.
5. Divide the salmon and broccolini evenly between plates. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to two days.

### No Broccolini

Use broccoli or bell peppers instead.

### More Flavor

Add chili flakes or sriracha to the sauce.

### Additional Toppings

Top with sesame seeds and/or green onion.

## Ingredients

**340 grams** Salmon Fillet (skin on)

**1/8 tsp** Sea Salt

**1 1/2 tbsps** Coconut Aminos

**1** Garlic (clove, minced)

**1/2 tsp** Ginger (minced)

**1 tsp** Raw Honey

**1 tbsp** Avocado Oil

**454 grams** Broccolini (trimmed)

## Nutrition

Amount per serving

<b>Calories</b>	367	Vitamin D	957IU
<b>Fat</b>	17g	Vitamin E	3mg
Saturated	2g	Vitamin K	202µg
<b>Carbs</b>	16g	Thiamine	0.5mg
Fiber	6g	Riboflavin	0.7mg
Sugar	7g	Niacin	16mg
<b>Protein</b>	41g	Vitamin B6	1.4mg
Cholesterol	87mg	Folate	246µg
Sodium	499mg	Vitamin B12	8.0µg
Potassium	1253mg	Phosphorous	537mg
Vitamin A	4176IU	Magnesium	95mg
Vitamin C	68mg	Zinc	2mg
Calcium	256mg	Selenium	54µg

Iron

2mg

# Apple & Roast Beef Bites

2 ingredients · 5 minutes · 1 serving



## Directions

1. Divide the roast beef evenly between apple slices and enjoy!

## Notes

### Leftovers

Best enjoyed immediately.

### Serving Size

One serving is approximately eight apple slices or one apple with 2 oz of roast beef.

### More Flavor

Add cheddar or brie cheese.

## Ingredients

**57 grams** Deli Roast Beef

**1** Apple (medium, cored and sliced)

## Nutrition

Amount per serving

<b>Calories</b>	169	Vitamin D	2IU
<b>Fat</b>	3g	Vitamin E	0mg
Saturated	1g	Vitamin K	5µg
<b>Carbs</b>	25g	Thiamine	0.1mg
Fiber	4g	Riboflavin	0.2mg
Sugar	19g	Niacin	3mg
<b>Protein</b>	14g	Vitamin B6	0.4mg
Cholesterol	39mg	Folate	8µg
Sodium	39mg	Vitamin B12	1.8µg
Potassium	419mg	Phosphorous	146mg
Vitamin A	102IU	Magnesium	23mg
Vitamin C	8mg	Zinc	3mg
Calcium	14mg	Selenium	16µg
Iron	1mg		



# Prime Rib

3 ingredients · 3 hours 20 minutes · 2 servings



## Directions

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

### 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

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

Sea Salt & Black Pepper (to taste)

**59 milliliters** Bone Broth

## Nutrition

Amount per serving

<b>Calories</b>	511	Vitamin D	14IU
<b>Fat</b>	31g	Vitamin E	0mg
Saturated	13g	Vitamin K	4µg
<b>Carbs</b>	1g	Thiamine	0.2mg
Fiber	0g	Riboflavin	0.6mg
Sugar	0g	Niacin	10mg
<b>Protein</b>	56g	Vitamin B6	0.9mg
Cholesterol	211mg	Folate	9µg
Sodium	278mg	Vitamin B12	9.4µg
Potassium	887mg	Phosphorous	530mg
Vitamin A	110IU	Magnesium	60mg
Vitamin C	1mg	Zinc	23mg
Calcium	36mg	Selenium	63µg
Iron	7mg		

# Roasted Turkey Breast & Carrots

10 ingredients · 1 hour 5 minutes · 2 servings



## Directions

1. Preheat the oven to 425°F (218°C). Arrange the orange and onion quarters in a large baking dish or a roasting pan.
2. Season the turkey breast on all sides with two-thirds of the salt. Place the seasoned turkey breast on top of the orange and onion in the baking dish.
3. In a small mixing bowl combine half of the oil with the sage, rosemary and two-thirds of the thyme. Spoon the oil mixture evenly over top of the turkey breast. Add the water to the bottom of the baking dish then bake the turkey breast for 20 minutes.
4. Meanwhile, line a baking sheet with parchment paper. Place the carrots on the baking sheet and season with the remaining oil and salt.
5. After the turkey has cooked for 20 minutes, reduce the oven to 350°F (176°C). Place the carrots in the oven with the turkey. Continue cooking for 30 to 40 minutes or until the turkey is cooked through, the skin is brown and crispy and the carrots are cooked. Be sure to add more water to the pan if it evaporates too quickly or if the pan juices start to burn.
6. Let the turkey rest for at least 10 minutes before slicing. Season the roasted carrots with the remaining thyme. Divide the turkey and carrots between plates and enjoy.

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately 6 oz of cooked turkey and 1 cup of carrots.

### Additional Toppings

Spoon pan juices over top of the sliced meat.

### No Carrots

Use parsnips or squash instead.

## Ingredients

**499 grams** Turkey Breast, Skin on (bone-in)  
**1/2** Navel Orange (cut into quarters)  
**1/2** Yellow Onion (cut into quarters)  
**1/3 tsp** Sea Salt (divided)  
**1 1/2 tbsps** Extra Virgin Olive Oil (divided)  
**1/2 tsp** Fresh Sage (finely chopped)  
**1 1/2 tsps** Rosemary (finely chopped)  
**2 1/4 tsps** Thyme (finely chopped, divided)  
**1/3 cup** Water  
**3** Carrot (medium, peeled, roughly chopped)

## Nutrition

Amount per serving

<b>Calories</b>	544	Vitamin D	30IU
<b>Fat</b>	29g	Vitamin E	2mg
Saturated	6g	Vitamin K	21µg
<b>Carbs</b>	16g	Thiamine	0.2mg
Fiber	4g	Riboflavin	0.5mg
Sugar	10g	Niacin	25mg
<b>Protein</b>	56g	Vitamin B6	2.0mg
Cholesterol	157mg	Folate	48µg
Sodium	688mg	Vitamin B12	3.2µg
Potassium	1017mg	Phosphorous	481mg
Vitamin A	15572IU	Magnesium	78mg

**No Water**  
Use chicken broth instead.

Vitamin C	28mg	Zinc	3mg
Calcium	90mg	Selenium	51µg
Iron	4mg		



# Butternut Squash Fries

2 ingredients · 40 minutes · 2 servings



## Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Place the butternut squash fries on the baking sheet and season with salt. Toss to coat the fries with the salt then arrange into a single, even layer (do not overcrowd the pan).
3. Bake for 35 to 40 minutes, flipping halfway through, or until the fries are cooked through and have browned on both sides. Season with additional salt, if needed, and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### More Flavor

Add dried spices like chili powder or cinnamon.

### Additional Toppings

Serve with your favorite dipping sauce.

## Ingredients

**2 cups** Butternut Squash (peeled, cut into thick fries)

**1/8 tsp** Sea Salt

## Nutrition

Amount per serving

<b>Calories</b>	63	Vitamin D	0IU
<b>Fat</b>	0g	Vitamin E	2mg
Saturated	0g	Vitamin K	2µg
<b>Carbs</b>	16g	Thiamine	0.1mg
Fiber	3g	Riboflavin	0mg
Sugar	3g	Niacin	2mg
<b>Protein</b>	1g	Vitamin B6	0.2mg
Cholesterol	0mg	Folate	38µg
Sodium	153mg	Vitamin B12	0µg
Potassium	493mg	Phosphorous	46mg
Vitamin A	14882IU	Magnesium	48mg
Vitamin C	29mg	Zinc	0mg
Calcium	67mg	Selenium	1µg
Iron	1mg		

# Slow Cooker Rotisserie Chicken

11 ingredients · 4 hours · 2 servings



## Directions

1. Rinse chicken and pat dry with paper towels. Remove innards of chicken if not already done. Crumple up sheets of tinfoil to create 6 to 8 round balls (about the size of a golf ball). Place in the bottom of the slow cooker. This helps to prevent the chicken from sticking to the bottom, cook more evenly and keep it moist.
2. Rub the inside of your slow cooker with a bit of olive or coconut oil to make it non-stick.
3. In a bowl, combine the sea salt, paprika, onion powder, thyme, italian seasoning, cayenne pepper and black pepper. Rub this spice mix evenly all over the chicken (inside and out).
4. Place chicken (breast side up) in the slow cooker on top of the foil balls. Cook 4 to 5 hours on high or 8 to 9 hours on low (aim for 1.5 hours per pound). Check that it is cooked through by using a knife to make a slit to the bone. The chicken should be cooked at the bone and no longer pink.
5. One hour before you are ready to eat, preheat your oven to 415°F (215°C). Add chopped sweet potato and brussels sprouts to a large mixing bowl. Add olive oil and season with sea salt and pepper. Toss well. Line a baking sheet with parchment paper and spread the vegetables across evenly. Roast in the oven for 30 minutes.
6. Remove vegetables from the oven and increase heat to 450°F (235°C). Line a pan with foil. Ensure chicken is cooked through then transfer it to the foil-lined pan. Place chicken in the oven for 10 minutes to make it crispy.
7. Remove from oven and carve the chicken. Plate chicken with roasted sweet potato and brussels sprouts. Enjoy!

## Notes

### Save the Carcass

Make our Immunity Boosting Bone Broth.

### AIP-Friendly

Omit the black pepper and cayenne.

## Ingredients

**907 grams** Whole Roasting Chicken

**1 1/2 tsps** Sea Salt

**1 tsp** Paprika

**1/2 tsp** Onion Powder

**1/2 tsp** Dried Thyme

**1/2 tsp** Italian Seasoning

**1/4 tsp** Cayenne Pepper

**1/2 tsp** Black Pepper

**1** Sweet Potato (diced into 1 inch cubes)

**2 cups** Brussels Sprouts (halved and trimmed)

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

## Nutrition

Amount per serving

<b>Calories</b>	636	Vitamin D	0IU
<b>Fat</b>	16g	Vitamin E	3mg
Saturated	4g	Vitamin K	176µg
<b>Carbs</b>	23g	Thiamine	0.5mg
Fiber	6g	Riboflavin	0.7mg
Sugar	5g	Niacin	37mg
<b>Protein</b>	97g	Vitamin B6	2.3mg
Cholesterol	295mg	Folate	95µg
Sodium	2170mg	Vitamin B12	1.6µg
Potassium	1689mg	Phosphorous	997mg

Vitamin A	10763IU	Magnesium	146mg
Vitamin C	77mg	Zinc	6mg
Calcium	115mg	Selenium	79µg
Iron	7mg		



# Beef & Cauliflower Skillet

8 ingredients · 20 minutes · 2 servings



## Directions

1. Heat a large skillet over medium heat. Add the beef to the pan, breaking it up as it cooks. Once it is cooked through and no longer pink, transfer to a bowl and drain any excess drippings from the pan if needed, leaving behind a small splash of beef fat to keep the pan greased.
2. Add the onion to the pan and cook for two to three minutes until just translucent. Add the zucchini and continue to cook for three to five minutes until the zucchini has softened. (Add a few drops of water to the pan if the zucchini or onions begin to stick.)
3. Add the beef and cauliflower rice to the pan and stir to combine with the zucchini and onion. Season with Italian seasoning, garlic powder, and salt. Continue to cook for two to three minutes or until the beef is warmed through and the cauliflower is cooked to the desired doneness.
4. Remove the pan from the heat and stir in the lemon juice (if using) and season with additional salt to taste. Divide between plates and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately equal to two cups.

### More Flavor

Add other dried herbs and spices to taste.

### Additional Toppings

Green onion, fresh herbs, or red pepper flakes.

### No Beef

Use ground chicken, turkey, or pork instead.

### No Zucchini

Use red pepper or mushrooms instead.

## Ingredients

**283 grams** Extra Lean Ground Beef

**1/2** Yellow Onion (chopped)

**1** Zucchini (halved lengthwise, seeds removed, and diced)

**2 cups** Cauliflower Rice

**1 tsp** Italian Seasoning

**1/2 tsp** Garlic Powder

**1/2 tsp** Sea Salt

**1 1/2 tps** Lemon Juice (optional)

## Nutrition

Amount per serving

<b>Calories</b>	311	Vitamin D	4IU
<b>Fat</b>	15g	Vitamin E	0mg
Saturated	6g	Vitamin K	5µg
<b>Carbs</b>	11g	Thiamine	0.1mg
Fiber	4g	Riboflavin	0.3mg
Sugar	7g	Niacin	8mg
<b>Protein</b>	32g	Vitamin B6	0.7mg
Cholesterol	92mg	Folate	33µg
Sodium	718mg	Vitamin B12	3.1µg
Potassium	954mg	Phosphorous	302mg
Vitamin A	216IU	Magnesium	47mg
Vitamin C	61mg	Zinc	7mg

Calcium	64mg	Selenium	24µg
Iron	5mg		

# Braised Lamb Shanks

11 ingredients · 2 hours 50 minutes · 2 servings



## Directions

1. Preheat your oven to 350°F (175°C). Season the lamb shanks on all sides with half of the salt.
2. In a dutch oven, or other large, oven-safe pot, heat half of the oil over medium-high heat on the stove. Brown the lamb on all sides, in batches if necessary, about 15 to 20 minutes. Transfer the browned lamb shanks to a plate and set aside.
3. Reduce the heat to medium and in the same pot add the remaining oil. Add the onions and carrots and sauté until the onions start to soften about 5 minutes. Season with the remaining salt. Add the bone broth to the onions and carrots followed by the garlic, thyme, cinnamon and orange zest. Stir to combine. Bring the bone broth liquid to a gentle boil then add lamb shanks back to the pot.
4. Cover the pot with a lid or foil and place in the oven. Braise the lamb covered for 75 minutes and then remove the lid and continue to cook uncovered for another 75 minutes, basting occasionally. Additional bone broth or water may need to be added to the pot if the braising liquid evaporates too quickly and the pot becomes dry.
5. Remove the lamb shanks from the pot and set aside to keep warm. Remove the thyme sprigs and cinnamon stick from the braising liquid and whisk the orange juice. Season with additional salt if needed.
6. Divide the lamb shanks between plates and serve with the braising liquid as a sauce. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### More Flavor

Add a bay leaf, black pepper, parsnip, celery or fennel seeds to the braising liquid.

### No Bone Broth

Use water, vegetable broth or beef broth instead.

## Ingredients

**454 grams** Lamb Shank  
**1/4 tsp** Sea Salt (divided)  
**1 tbsp** Extra Virgin Olive Oil (divided)  
**1/2** Yellow Onion (chopped)  
**1** Carrot (chopped)  
**355 milliliters** Bone Broth  
**3** Garlic (clove, peeled and left whole)  
**1 gram** Thyme Sprigs  
**1/2 serving** Cinnamon Stick (small)  
**1/2 tsp** Orange Zest  
**1 tbsp** Orange Juice (freshly squeezed)

## Nutrition

Amount per serving

<b>Calories</b>	641	Vitamin D	0IU
<b>Fat</b>	43g	Vitamin E	2mg
Saturated	16g	Vitamin K	8µg
<b>Carbs</b>	11g	Thiamine	0.4mg
Fiber	4g	Riboflavin	0.6mg
Sugar	5g	Niacin	14mg
<b>Protein</b>	50g	Vitamin B6	0.4mg
Cholesterol	179mg	Folate	54µg
Sodium	740mg	Vitamin B12	5.7µg
Potassium	767mg	Phosphorous	423mg



**The Sauce**

Whisk in additional bone broth if the braising liquid is too thick or until the desired consistency is reached. For a smooth sauce puree the braising liquid in a blender or food processor before serving.

Vitamin A	5698IU	Magnesium	61mg
Vitamin C	13mg	Zinc	8mg
Calcium	80mg	Selenium	49µg
Iron	6mg		

# Cinnamon Flax Muffins

7 ingredients · 30 minutes · 6 servings



## Directions

1. Preheat the oven to 350°F (177°C) and line a muffin tray with liners or use a silicone muffin tray.
2. In a medium bowl, mix together ground flax seed, baking powder, salt, and cinnamon. Use a whisk to stir until well combined.
3. In another bowl, beat eggs with a whisk for 30 to 60 seconds. Add coconut oil and water, mixing until combined.
4. Add wet ingredients to dry and stir until combined. Let the batter sit for 1 to 2 minutes to thicken slightly.
5. Divide the batter between muffin cups and bake for 20 minutes, or until a toothpick inserted into the centre comes out clean.
6. Let cool and enjoy!

## Notes

### Storage

Store in an airtight container in the fridge for up to 5 days, or in the freezer for longer.

### Serving Size

One serving is equal to one muffin.

### Likes it Sweet

If you want these muffins to be sweet, use 1/3 cup coconut sugar, or granulated stevia.

## Ingredients

- 1 cup Ground Flax Seed
- 1 1/2 tsps Baking Powder
- 1/8 tsp Sea Salt
- 1 tbsp Cinnamon
- 3 Egg (room temperature)
- 2 1/2 tsps Coconut Oil (melted)
- 1/4 cup Water (warm)

## Nutrition

Amount per serving

Calories	183	Vitamin D	21IU
Fat	14g	Vitamin E	0mg
Saturated	5g	Vitamin K	1µg
Carbs	7g	Thiamine	0mg
Fiber	5g	Riboflavin	0.1mg
Sugar	0g	Niacin	0mg
Protein	7g	Vitamin B6	0mg
Cholesterol	93mg	Folate	12µg
Sodium	207mg	Vitamin B12	0.2µg
Potassium	40mg	Phosphorous	76mg
Vitamin A	139IU	Magnesium	4mg
Vitamin C	0mg	Zinc	0mg
Calcium	122mg	Selenium	8µg
Iron	2mg		

# Clementines & Macadamia Nuts

2 ingredients · 5 minutes · 1 serving



## Directions

1. Divide the macadamia nuts and clementines onto plates. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days, or longer if the clementines are left unpeeled.

### Nut-Free

Use pumpkin seeds or sunflower seeds instead of macadamia nuts.

### No Macadamia Nuts

Use almonds or walnuts instead.

## Ingredients

**1/4 cup** Macadamia Nuts

**3** Clementines (peeled and sectioned)

## Nutrition

Amount per serving

<b>Calories</b>	345	Vitamin D	0IU
<b>Fat</b>	26g	Vitamin E	1mg
Saturated	4g	Vitamin K	0µg
<b>Carbs</b>	31g	Thiamine	0.6mg
Fiber	7g	Riboflavin	0.1mg
Sugar	22g	Niacin	2mg
<b>Protein</b>	5g	Vitamin B6	0.3mg
Cholesterol	0mg	Folate	57µg
Sodium	4mg	Vitamin B12	0µg
Potassium	516mg	Phosphorous	110mg
Vitamin A	0IU	Magnesium	66mg
Vitamin C	109mg	Zinc	1mg
Calcium	95mg	Selenium	1µg
Iron	2mg		



# Sardine Stuffed Avocado

6 ingredients · 5 minutes · 2 servings



## Directions

1. Remove the avocado pit. Scoop out additional flesh of the avocado from where the pit was removed, creating space for the sardines to go. Set aside in a small bowl.
2. In the same small bowl, mash together the avocado flesh, sardines, mayonnaise, lemon juice, sea salt and parsley.
3. Stuff the avocado with the sardine mixture. Serve immediately and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to two days.

### Serving Size

One serving is equal to one half of a stuffed avocado.

### More Flavor

Add additional spices, such as cayenne or chili flakes.

## Ingredients

1 Avocado (large, cut in half)

56 grams Sardines

1 tbsp Mayonnaise

1 tbsp Lemon Juice

1/4 tsp Sea Salt

1/4 cup Parsley (chopped)

## Nutrition

Amount per serving

Calories	270	Vitamin D	55IU
Fat	23g	Vitamin E	3mg
Saturated	3g	Vitamin K	158µg
Carbs	10g	Thiamine	0.1mg
Fiber	7g	Riboflavin	0.2mg
Sugar	1g	Niacin	3mg
Protein	9g	Vitamin B6	0.3mg
Cholesterol	43mg	Folate	98µg
Sodium	436mg	Vitamin B12	2.5µg
Potassium	650mg	Phosphorous	196mg
Vitamin A	822IU	Magnesium	44mg
Vitamin C	23mg	Zinc	1mg
Calcium	131mg	Selenium	15µg
Iron	2mg		

# Homemade Coconut Yogurt

4 ingredients · 24 hours · 2 servings



## Directions

1. In a blender add the coconut meat, water and lemon juice. Blend on high until smooth and creamy. Remove from the blender and add to a large glass container such as a mason jar.
2. Open up the probiotic capsules and empty the contents into the coconut meat mixture. Stir with a wooden or plastic spoon until incorporated.
3. Place a piece of cheesecloth over top of the jar and tie loosely with an elastic band. Place the jar in a warm spot, such as your oven with the light on and let it sit. Taste test after 18 hours. If it isn't tangy enough, allow the mixture to ferment up to 36 hours. Once fermented, put a tight lid on in place of the cheesecloth and store in the fridge.

## Notes

### Leftovers

Refrigerate in an airtight container for up to seven days.

### Probiotic Sensitivity

Due to the sensitivity of the probiotics, do not use a metal spoon to mix the probiotic in.

### More Flavor

Use coconut water instead of water.

## Ingredients

**227 grams** Coconut Meat (thawed)

**1/4 cup** Water

**1 tbsp** Lemon Juice

**1** Probiotic Capsules

## Nutrition

Amount per serving

<b>Calories</b>	104	Vitamin D	0IU
<b>Fat</b>	7g	Vitamin E	0mg
Saturated	5g	Vitamin K	0µg
<b>Carbs</b>	11g	Thiamine	0mg
Fiber	3g	Riboflavin	0mg
Sugar	4g	Niacin	0mg
<b>Protein</b>	2g	Vitamin B6	0mg
Cholesterol	0mg	Folate	2µg
Sodium	18mg	Vitamin B12	0µg
Potassium	473mg	Phosphorous	46mg
Vitamin A	0IU	Magnesium	37mg
Vitamin C	7mg	Zinc	0mg
Calcium	3mg	Selenium	0µg
Iron	0mg		

# Pistachios

1 ingredient · 1 minute · 1 serving



## Directions

- 1. Divide into bowls, peel and enjoy!

## Ingredients

1/2 cup Pistachios, In Shell

Nutrition		Amount per serving	
Calories	318	Vitamin D	0IU
Fat	26g	Vitamin E	0mg
Saturated	4g	Vitamin K	0µg
Carbs	16g	Thiamine	0mg
Fiber	6g	Riboflavin	0mg
Sugar	4g	Niacin	0mg
Protein	12g	Vitamin B6	0mg
Cholesterol	0mg	Folate	0µg
Sodium	216mg	Vitamin B12	0µg
Potassium	0mg	Phosphorous	0mg
Vitamin A	0IU	Magnesium	0mg
Vitamin C	0mg	Zinc	0mg
Calcium	40mg	Selenium	0µg
Iron	2mg		



# Sardines & Mashed Cauliflower with Spinach

7 ingredients · 15 minutes · 1 serving



## Directions

1. Add the sardines and lemon juice to a small bowl and let them marinate.
2. Bring a large pot of water to a boil under a steamer. Steam the cauliflower for 10 to 12 minutes, or until soft.
3. Remove from heat and blend in a food processor until smooth. If needed, add water until your desired consistency is reached.
4. Divide the mashed cauliflower, sardines and spinach onto plates or into containers if on-the-go. Garnish with dried chives and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

Each serving equals approximately 3/4 cup of mashed cauliflower, 1.5 ounces of sardines and one cup of spinach.

### More Flavor

Use oil or milk of your choice instead of water to reach the desired consistency for the mashed cauliflower.

### No Sardines

Use canned tuna or salmon.

## Ingredients

- 43 grams** Sardines (in oil, drained)
- 1/8** Lemon (juiced)
- 1/4 head** Cauliflower (chopped into florets)
- 1 tbsp** Water
- 1/8 tsp** Sea Salt
- 1 cup** Baby Spinach
- 1 tbsp** Dried Chives

## Nutrition

Amount per serving

<b>Calories</b>	134	Vitamin D	82IU
<b>Fat</b>	5g	Vitamin E	2mg
Saturated	1g	Vitamin K	169µg
<b>Carbs</b>	9g	Thiamine	0.1mg
Fiber	4g	Riboflavin	0.2mg
Sugar	3g	Niacin	3mg
<b>Protein</b>	14g	Vitamin B6	0.4mg
Cholesterol	60mg	Folate	148µg
Sodium	494mg	Vitamin B12	3.8µg
Potassium	788mg	Phosphorous	289mg
Vitamin A	2996IU	Magnesium	64mg
Vitamin C	83mg	Zinc	1mg
Calcium	228mg	Selenium	24µg
Iron	3mg		