



Day 1 LC less than 90g carbs

Created by food for healthy guts



Pineapple Yogurt Bowl

3 ingredients · 5 minutes · 2 servings



Directions

1. Divide the coconut yogurt between bowls and top with the pineapple and shredded coconut (if using). Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Additional Toppings

Top with chopped nuts, seeds, and/or granola.

More Fruit

Add berries, mango, banana, or kiwi.

No Coconut Yogurt

Use plain or Greek yogurt instead.

Ingredients

225 grams Unsweetened Coconut Yogurt

165 grams Pineapple (chopped)

5 grams Unsweetened Shredded Coconut (optional)

Nutrition

Amount per serving

Fat	5g	Vitamin C	39mg
Carbs	17g	Iron	0mg
Fiber	3g	Folate	15µg
Sugar	9g	Vitamin B12	1.4µg
Protein	1g		

Coconut Chocolate Bars

5 ingredients · 1 hour 15 minutes · 12 servings



Directions

1. Line a small baking sheet or plate with parchment paper.
2. Add the shredded coconut, coconut milk, maple syrup, and 2/3 of the coconut oil to a food processor. Blend until a wet, coarse sand-like texture forms.
3. Form the coconut mixture into small bars approximately two inches long. Place the bars on the prepared baking sheet or plate and freeze for at least 30 minutes or until the logs are chilled and firm.
4. Meanwhile, melt the chocolate and the remaining coconut oil in a small bowl in 30-second increments in the microwave or by using a double boiler over the stove.
5. Using forks, carefully dip the coconut bars into the melted chocolate until completely covered. Allow any excess chocolate to drip off before placing the chocolate-covered coconut bar back on the baking sheet. Use a spoon to drizzle any remaining melted chocolate over the top of each bar, if desired. Place the bars back in the freezer for at least 15 minutes or until the chocolate has set.
6. Store the bars in an airtight container in the fridge or freezer until ready to enjoy.

Notes

Leftovers

Refrigerate in an airtight container for up to a week or freeze for up to three months.

Serving Size

One serving is approximately one two-inch chocolate bar.

More Flavor

Add vanilla extract or coconut extract. Add more maple to the coconut filling for a sweeter bar.

No Dark Chocolate

Use milk chocolate instead.

Ingredients

120 grams Unsweetened Shredded Coconut

61 milliliters Canned Coconut Milk

20 grams Maple Syrup

44 milliliters Coconut Oil (divided)

100 grams Dark Chocolate

Nutrition

Amount per serving

Fat	14g	Vitamin C	0mg
Carbs	8g	Iron	1mg
Fiber	2g	Folate	0µg
Sugar	4g	Vitamin B12	0µg
Protein	1g		

One Pan Salmon with Green Beans & Roasted Tomato

5 ingredients · 25 minutes · 4 servings



Directions

1. Preheat oven to 510°F (266°C).
2. Place green beans and cherry tomatoes in a mixing bowl and toss with olive oil. Season with sea salt and black pepper. Transfer to a baking sheet and bake in the oven for 10 minutes.
3. Season your salmon fillets with sea salt and black pepper.
4. Remove veggies from oven and place salmon fillets over top. Place back in the oven and bake for 7 to 10 minutes or until salmon flakes with a fork.
5. Divide veggies between plates and top with salmon. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

No Salmon

Use any type of fish fillet. Baking times will vary depending on thickness.

Vegan

Use roasted chickpeas instead of salmon.

More Carbs

Serve with quinoa or rice.

Added Touch

Toss the green beans in balsamic vinegar before serving.

Ingredients

400 grams Green Beans (washed and trimmed)

298 grams Cherry Tomatoes

15 milliliters Extra Virgin Olive Oil (or coconut oil)

Sea Salt & Black Pepper (to taste)

567 grams Salmon Fillet

Nutrition

Amount per serving

Fat	13g	Vitamin C	22mg
Carbs	10g	Iron	2mg
Fiber	4g	Folate	80µg
Sugar	5g	Vitamin B12	4.5µg
Protein	31g		

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Turkey & Spinach Roasted Acorn Squash Bowls

10 ingredients · 50 minutes · 4 servings



Directions

1. Preheat the oven to 450°F and line a baking sheet with parchment paper.
2. Carefully slice the pointy tips off the bottom of the acorn squash to create a flat surface. Then carefully slice them in half through the center. Carve out the seeds and pulp. Brush the inside of the halves with olive oil. Place face up on the baking sheet and bake for 35 to 45 minutes or until golden brown.
3. Meanwhile, heat the coconut oil in a large skillet over medium heat. Add the turkey and saute until cooked through and browned. Break it up into tiny pieces as it cooks.
4. Once the turkey is cooked through, stir in the chili powder, oregano, cumin, sea salt and water. Mix very well then add in the baby spinach and continue to stir just until wilted. Turn the heat to the lowest setting to keep warm until your squash is cooked.
5. Remove squash from the oven and stuff each half with the turkey/spinach mix. Enjoy!

Notes

Vegan & Vegetarian

Use lentils or black beans instead of ground meat.

Save Time

Roast acorn squash ahead of time and warm it at the time of meal.

Leftovers

Store covered in the fridge up to 3 days. Reheat in the oven, toaster oven or slow cooker.

Extra Protein and Healthy Fat

Top with a fried or poached egg.

Waste Not, Want Not

Set aside the seeds from the acorn squash. Rinse them and spread them across a tea towel to dry. Roast in the oven using our Cinnamon Toast Crunch Pumpkin Seeds recipe.

Ingredients

- 2 Acorn Squash
- 15 milliliters Extra Virgin Olive Oil
- 15 milliliters Coconut Oil
- 454 grams Extra Lean Ground Turkey
- 16 grams Chili Powder
- 1 gram Oregano
- 2 grams Cumin
- 2 grams Sea Salt
- 59 milliliters Water
- 120 grams Baby Spinach (chopped and packed)

Nutrition

Amount per serving

Fat	17g	Vitamin C	32mg
Carbs	26g	Iron	5mg
Fiber	5g	Folate	105µg
Sugar	0g	Vitamin B12	1.4µg
Protein	24g		

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Chocolate Layered Chia Pudding

5 ingredients · 25 minutes · 2 servings



Directions

1. In a large bowl, combine the chia seeds, coconut milk and cocoa powder. Whisk thoroughly making sure the seeds are mixed well. Refrigerate for at least 20 minutes or overnight to thicken.
2. Divide the chia pudding and coconut yogurt between jars into layers. Top with strawberries and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Likes it Sweet

Add a drizzle of maple syrup or honey.

Additional Toppings

Add granola or cacao nibs on top for crunch.

No Coconut Yogurt

Use another type of yogurt instead.

Ingredients

48 grams Chia Seeds

180 milliliters Plain Coconut Milk (from the carton)

5 grams Cocoa Powder

169 grams Unsweetened Coconut Yogurt

108 grams Strawberries (cut in half)

Nutrition

Amount per serving

Fat	12g	Vitamin C	32mg
Carbs	23g	Iron	3mg
Fiber	11g	Folate	14µg
Sugar	6g	Vitamin B12	2.1µg
Protein	5g		