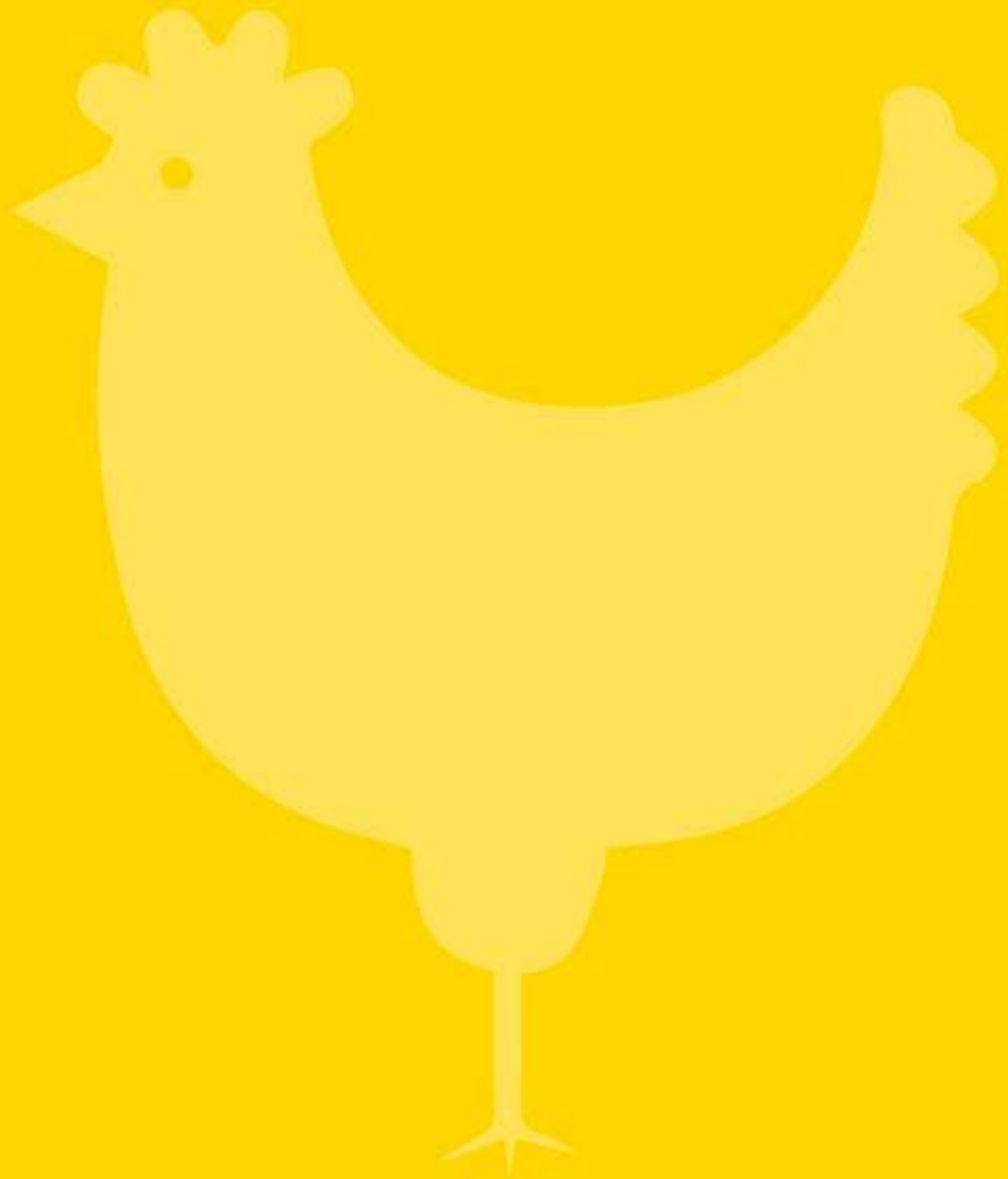


TEAM
LIVELEAN



POULTRY RECIPES

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AMAZING ARTICHOKE CHICKEN

(makes 2 servings)

INGREDIENTS:

- 2 tbsp** Coconut Oil
- 1/3 cup** Pure Olive Oil
- 1 lbs** Chicken Breast Cut Into Cubes
- 1/4 jar** Artichoke Hearts
- Dash** Salt/Pepper
- 1 tsp** Parsley
- 2 tbsp** Chopped Garlic
- 2 tbsp** Anchovies
- 2 tbsp** Lemon Zest



PRO: 34g **CARB:** 13g **FAT:** 40g **CALS:** 548

DIRECTIONS:

1. Turn on the heat under your frying pan.
2. Place coconut oil into the pan letting it melt.
3. Add olive oil & anchovies.
4. As the oil heats up use a wooden spoon to smash the anchovies until they dissolve and make a paste.
5. Once bubbles start to form add the garlic and lemon zest. Add the raw chicken cubes
6. Let the chicken cook till golden brown then flip and do the same on the other sides.
7. When you see that chicken is cooked all the way through, turn the heat off and add the drained artichokes.
8. Stir together, and top with fresh chopped parsley leaves.
9. Plate it up and enjoy!



ASIAN CHICKEN LETTUCE WRAPS

(makes 1 serving)

INGREDIENTS:

- 3 oz** Chicken Breast
- 1/2 tsp** Tamari
- 1/2 tsp** Sesame Oil
- Dash** Turmeric
- 2** Green Onions Chopped
- 1 cup** Carrots Shredded
- 1/2** Red Bell Pepper Sliced
- 5** Leaves Romain Lettuce
- 1/2** Cucumber Sliced Into Thin Spears
- 1/2 cup** Fresh Pineapple Diced
- 1/2** Lime Squeeze Juice



PRO: 26g **CARB:** 35g **FAT:** 5g **CALS:** 236

DIRECTIONS:

1. Turn on the heat under your frying pan.
2. Place coconut oil into the pan letting it melt.
3. Add olive oil & anchovies.
4. As the oil heats up use a wooden spoon to smash the anchovies until they dissolve and make a paste.
5. Once bubbles start to form add the garlic and lemon zest. Add the raw chicken cubes
6. Let the chicken cook till golden brown then flip and do the same on the other sides.
7. When you see that chicken is cooked all the way through, turn the heat off and add the drained artichokes.
8. Stir together, and top with fresh chopped parsley leaves.
9. Plate it up and enjoy!



BEET YOUR FAT UP SALAD

(makes 2 servings)

INGREDIENTS:

- 3** Beets Pre-Cooked
- 1/2** Small Watermelon
- 1 cup** Yellow Cherry Tomatoes
- 16** Black Olives
- 10 oz** Chicken Breast Grilled
- 2 cups** Kale Chopped
- 1/4** Red Onion Finely Chopped
- 4 tbsp** Olive Oil (EVOO)
- 2 tbsp** Apple Cider Vinegar



PRO: 41g **CARB:** 27g **FAT:** 38g **CALS:** 615

DIRECTIONS:

1. Put Kale into the bowl, as much as you want.
2. Then add the chopped onions.
3. Chop the watermelon into cubes & throw into the bowl.
4. Chop tomatoes and add to the bowl.
5. Add the olives.
6. Chop the pre-cooked chicken breast, & toss into the bowl.
7. Chop the Beets and add to the bowl.
8. Pour the olive oil and vinegar into the bowl.
9. Mix all together to make sure that dressing coats everything.
10. Serve and enjoy!



BIG ASS SALAD 101

(makes 2 servings)

INGREDIENTS:

- 2 cups** Kale
- 1** Medium Sweet Potato
- 1/2** Cucumber
- 1/2** Avocado
- 1** Chicken Breast Grilled
- 1 tbsp** Olive Oil
- 1 tbsp** Balsamic Vinegar
- Handful** Fresh Mint & Fresh Parsley
- Dash** Salt/Pepper
- Carbohydrate Source Of Choice
- Herbs/Seasonings Of Choice
- Additional Crunchy Vegetables



PRO: 37g **CARB:** 27g **FAT:** 40g **CALS:** 588

DIRECTIONS:

1. Start with the Sweet Potato since it takes a while to bake. We like to process it in the food processor to make very thinly sliced chips, that way it cooks much faster in the oven. You may season with salt and pepper or other spices of your choice.
2. Bake the sweet potato chips in the oven at 400 degrees F for about 15 minutes
3. In the mean time, Chop the kale and place in a big bowl.
4. Chop the chicken breast into small pieces as well as the cucumber and herbs, add the avocado
5. Pour the Olive Oil and Vinegar over the salad with a dash of salt and pepper and mix all together, top with the baked sweet potato chips & enjoy the gainz!



B.L.T.A.

(makes 1 serving)

INGREDIENTS:

- 1 Chicken Breast (Butterflied)
- 2 Pieces Bacon Pre-Cooked
- Avocado Slices
- Tomato Sliced
- Lettuce Or Arugula
- Homemade Mayonnaise
- Coconut Oil For Cooking (Optional)



PRO: 45g **CARB:** 10g **FAT:** 25g **CALS:** 445

DIRECTIONS:

1. First butterfly cut the chicken breast, do not cut all the way through because once cooked you'll be using it as a wrap to hold in the other ingredients.
2. Cook the chicken about 4 minutes on each side or until slightly browned.
3. Place the pre-sliced ingredients onto the cooked chicken.
4. Fold and enjoy! Eat with your hands.



CABBAGE PASTA ALFREDO

(makes 2 servings)

INGREDIENTS:

- 8 oz** Chicken, (grilled)
- 3 cups** Shredded Cabbage
- 1 cup** Shredded White Onion
- 4 tbsp** Sesame Tahini
- 2 tbsp** Olive Oil
- Salt/Pepper to taste



PRO: 37g **CARB:** 7g **FAT:** 35g **CALS:** 480

DIRECTIONS:

1. Slice the Cabbage & Onion into thin enough pieces to be able to feed into the food processor.
2. Make sure you have the SLICE blade on to make the cabbage & onion into thin ribbons.
3. Slice all of your cabbage then put into a steamer basket.
4. Mix the sauce by combining the Tahini & Olive Oil in a bowl, whisk it together and then add some salt and pepper to taste.
5. Once the Cabbage is done steaming (about 5 minutes) place into the bowl with the sauce and mix it around to coat the cabbage.
6. Top with pre-cooked grilled chicken or any other protein of choice.



CHICKEN FINGERS WITH ALMOND DIPPING SAUCE

(makes 2 servings)

INGREDIENTS:

- 3 tbsp** + 1 tsp Tamari Sauce
- 2 tsp** Ground Coriander
- 1 tsp** cumin
- 1 tbsp** + 2 tsp Sesame Oil
- 12 oz** Chicken Breast or Tenders sliced
- 1/2 cup** Almond Butter
- 1/4 cup** Coconut Milk
- 1/4 cup** Water
- 1** Garlic Clove sliced
- 2 tsp** Ginger sliced



PRO: 40g **CARB:** 4g **FAT:** 25g **CALS:** 401

DIRECTIONS:

1. Pre-heat grill on medium-high heat.
2. In a mixing bowl add 3 tbsp of tamari sauce, 2 tsp coriander, 1 tsp cumin, 1 tbsp of sesame oil and mix.
3. Add sliced chicken fingers to a separate bowl and top with the marinade and mix. Lets set for 2 minutes.
4. Add chicken to grill and cook for approximately 3 mins per side.
5. While chicken is cooking, in a bowl add almond butter, coconut milk, water, garlic, ginger, tamari sauce, sesame oil then whisk until it thickens.
6. Add chicken fingers to a plate with a side of almond dipping sauce.



CHICKEN FRIED CAULI RICE

(makes 4 servings)

INGREDIENTS:

- 2** Eggs
- 2 cups** Frozen Peas
- 1/2** Cauliflower Head
- 1-2** Green Onions
- Pre Cooked Chicken
- Tamari Sauce
- Onion Chopped
- Chopped Garlic
- Coconut Oil



PRO: 45g **CARB:** 10g **FAT:** 25g **CALS:** 445

DIRECTIONS:

1. Sautee the onions in coconut oil.
2. Add the pre cooked chicken.
3. Add about 1 tsp of tamari sauce (low sodium if you like).
4. Add the "riced" cauliflower and the garlic and mix it all together so it all gets cooked. Add more coconut oil if needed.
5. Whisk the eggs and then scramble it into the mix.
6. Add peas & green onions.
7. Enjoy! Dayum that's good.



CHINESE CHICKEN SKEWERS

(makes 6 servings)

INGREDIENTS:

- 4** Chicken Breasts Diced Into Cubes
- ¼ cup** Coconut Oil
- 1 tbsp** Honey
- 1 tbsp** Tamari Sauce
- Dash** Black Pepper
- Dash** Cinnamon
- Dash** Ground Ginger
- Dash** Ground Cloves
- ¼ cup** Almond Flour Or Sesame Seeds
- Skewers



PRO: 40g **CARB:** 5g **FAT:** 14g **CALS:** 306

DIRECTIONS:

1. Heat grill over medium high heat.
2. In a mixing bowl add coconut oil, honey, tamari sauce, and all the spices.
3. Add the mixture to a frying pan to melt the marinade (30 sec).
4. In a big mixing bowl, add diced chicken, then pour the melted marinade on top.
5. Mix so the marinade covers all the chicken.
6. Skewer the chicken and add to the grill for 4-6 mins per side.
7. Sprinkle the chicken skewers with almond flour.
8. Enjoy.



COCONUT CURRIED TURKEY BALLS

(makes 6 servings)

INGREDIENTS:

- 1 lbs** Ground Turkey
- 1** Grated Carrot
- 1** Cilantro Handful Of Diced
- 3** Garlic Cloves Chopped
- 2 tsp** Curry Powder
- 1** Egg
- 1 tsp** Coconut Oil
- Dash** Sea Salt



PRO: 25g **CARB:** 2g **FAT:** 18g **CALS:** 270

DIRECTIONS:

1. Add all the ingredients to a mixing bowl, mix together, and create golf ball size (or smaller) turkey balls.
2. Add snack balls to pre-heated pan with coconut oil.
3. Cook for 2 mins over medium high heat, flip to another side, cook for another 5 mins, then reduce heat to low, cover, and cook for another 5 minutes (or until cooked thoroughly).
4. Remove from heat, add to a plate with vegetables for a meal or take in tupperware as an on the go snack. Enjoy!



COCONUT CURRY CHICKEN SOUP

(makes 7 servings)

INGREDIENTS:

- 2 tbsp** Coconut Oil
- 20 oz** Chicken Thighs
- 4-5** Leaves Of Dino Kale
- 3** Sized Zucchini
- 2** Green Onions
- 1/2** Fresh Lime
- 1 hand** Cilantro
- 6 cups** Chicken Broth
- 1 can** Regular Coconut Milk
- 1** Shallot
- 1/2 tbsp** Coriander
- 1/2 tbsp** Turmeric
- 1/2 tbsp** Garlic Powder
- 2 tbsp** Red Curry Paste
- Salt/Pepper To Taste



PRO: 29g **CARB:** 31g **FAT:** 8g **CALS:** 315

DIRECTIONS:

1. Cook chicken on both sides until golden brown.
2. Shred the Chicken using the Food Processor with the "Slice" blade.
3. Chop the shallot in the Food Processor by first peeling off the skin then using the "S-blade". Set the chopped shallots aside as well.
4. Spiralize all 3 of the zucchini's. Chop the Kale and Green Onion into bite size pieces
5. Sautee in a pan with 1 tbsp Coconut Oil.
6. Once the Kale and Onion look done set them aside and use the same pan to sautee the zucchini Noodles. Set them aside once cooked.
7. In the sauce pan or soup pan heat the other 1 tbsp of Coconut oil and add all the spices with the shallots. Cook until browned. Add the Chicken Broth and the Coconut Milk. Add the Shredded Chicken. Cook for another 2-3 minutes.
8. Put the veggies in first then use a ladle to scoop the chicken and broth over the top.
9. Top it with the fresh cilantro and fresh squeezed lime.



CRISPY CHICKEN NUGGETS

(makes 3 servings)

INGREDIENTS:

- 3** Small Sized Chicken Breasts Diced
- 1 tbsp** Coconut Flour
- 1/4 cup** Almonds Diced
- 1 tbsp** Chia Seeds
- Dash** Salt And Pepper To Taste
- 1/4 cup** Unsweetened Shredded Coconut
- 1 tbsp** Garlic Powder



PRO: 40g **CARB:** 5g **FAT:** 14g **CALS:** 306

DIRECTIONS:

1. Preheat oven at 400 F.
2. Mix all dry ingredients.
3. In a separate bowl, add the diced chicken.
4. Add 1/4 of water and 1 egg white and mix into the chicken.
5. Remove chicken from the liquid and toss it into the dry mixture.
6. Bake for 10 mins.
7. Flip.
8. Bake for another 5-6 mins.
9. Enjoy.



DIJON GLAZED BAKED CHICKEN AND CAJUN STYLE SWEET POTATOES

(makes 3 servings)

INGREDIENTS:

1 tbsp	Dijon Mustard
1 packet	Stevia
Dash	Sea Salt
1 tsp	Curry Powder
6 oz	Chicken Breast
1 tsp	Paprika
1/4 tsp	Onion Powder
1/4 tsp	Thyme
1/4 tsp	Rosemary
1/4 tsp	Garlic Powder
Dash	Cayenne Pepper
1 oz	Sweet Potato
1/2 tbsp	Coconut Butter
Handful	Spinach
1 tsp	Extra Virgin Olive Oil
1 tsp	Balsamic Vinegar



PRO: 41g **CARB:** 28g **FAT:** 16g **CALS:** 420

DIRECTIONS:

1. Pre-heat your oven to 375F.
2. Next, mix up the chicken marinade sauce by adding 1 tbsp of dijon mustard, one packet of stevia, a dash of sea salt, and 1 tsp of curry powder to a mixing bowl. Stir.
3. Add the chicken breast to the mixing bowl and coat it with the marinade sauce.
4. Add the chicken breast to a glass baking dish and set it aside as you prepare the cajun style sweet potatoes.
5. To prepare the homemade cajun spice mix, add the following spices to a mixing dish: 1 tsp paprika, 1/4 tsp onion powder, 1/4 tsp thyme, 1/4 tsp rosemary, 1/4 tsp garlic powder, and a dash of cayenne pepper. Mix together.
6. Next, prepare the sweet potato by chopping off the ends, then cut it vertically straight down the middle (watch your fingers!).
7. Spread the coconut butter or coconut oil over the inside of the sweet potato, then sprinkle with the cajun spice mix.
8. Add the sweet potato to a baking sheet (you can cover the baking sheet with tin foil to reduce clean up), then add it to the pre-heated oven for 45 minutes.
9. Since the chicken only takes 35 minutes to bake, wait for 10 minutes before adding the chicken to the oven.
10. While you wait for the food to bake, clean up, and give your loved ones a kiss (including your dog). Then prepare the side of greens by adding a handful of baby spinach to a plate.
11. For the salad dressing, top the spinach with 1 tsp of extra virgin olive oil and balsamic vinegar.
12. Once the timer goes off, remove the chicken and sweet potato from the oven and add them to the plate with the spinach. Take a bite and yell, DAMN that's good!



EGG DROP IT LIKE IT'S HOT CHICKEN SOUP

(makes 2 servings)

INGREDIENTS:

- 1** Chicken Breast
- 4 cup** Chicken Broth approx
- 2** Eggs
- 2 cups** Frozen Veggies
- 2** Green Onions approx



PRO: 29g CARB: 0g FAT: 8g CALS: 188

DIRECTIONS:

1. Pour broth into pot, bring to a boil.
2. Add Raw Chicken & cook till it turns white
3. Add frozen Veggies
4. Scramble the eggs in a small bowl
5. Carefully pour into the hot soup using a steady stream
6. Stir to make sure the egg is incorporated
7. Garnish with Green Onion
8. Enjoy!



EVERYTHING & THE KITCHEN SINK SALAD

(makes 1 serving)

INGREDIENTS:

2 oz	Chicken Breast Pre-Grilled
1	Hard Boiled Egg
2 handfuls	Spinach
2 handfuls	Veggies
1/4	Avocado
2 tbsp	Olive Oil
	Champagne Vinegar



PRO: 22g CARB: 5g FAT: 43g CALS: 497

DIRECTIONS:

1. Chop all ingredients to bite size pieces, place into a large bowl, pour oil and vinegar on top and then mix and eat!



EVERYTHING IN THE FRIDGE STIR FRY

(makes 4 servings)

INGREDIENTS:

1/2 cup	Cabbage & Carrots Shredded
1/2 cup	Broccoli
3 stalks	Asparagus
1/2	Sweet Potato
4 oz	Chicken Pre-Cooked
1 tbsp	Coconut Oil
	Salt/Pepper To Taste



PRO: 32g CARB: 19g FAT: 20g CALS: 384

DIRECTIONS:

1. Chop everything up into bite size pieces.
2. Turn stove on to medium heat, drop 1 tbsp Coconut Oil in the pan.
3. Add veggies & cook em up!
4. Add in the pre-cooked chicken just to warm, add salt & pepper to taste.



GRILLED GARLIC PEPPER CHICKEN

(makes 4 servings)

INGREDIENTS:

4	Chicken Breasts
1 tsp	Garlic Powder
1/2 tsp	Salt
1/2 tsp	Pepper



PRO: 43g **CARB:** 0g **FAT:** 5g **CALS:** 230

DIRECTIONS:

1. Pre-heat your grill
2. Sprinkle the chicken with garlic, salt and pepper
3. Place the chicken on the grill
4. Cook on each side for 5 minutes
5. After letting it cool, store in a glass tupperware container and use in various recipes throughout your week



HEALTHY MUSCLE BUILDING PIZZA

(makes 1 serving)

INGREDIENTS:

1	whole wheat pita
1 tbsp	Extra Virgin Olive Oil
1 minced	Garlic Clove
1 tbsp	tomato sauce
1/2 sliced	Tomato
1/2 tsp	dried basil
1/2 tsp	dried oregano
Dash	crushed red pepper flakes
Dash	sea salt
Dash	black pepper
1/2 cup	sliced mushrooms
1/4 cup	mozzarella cheese (optional)
4 oz	Chicken Breast pre-cooked
1/4 cup	pineapple diced (optional)
	Cooking Spray



PRO: 46g **CARB:** 43g **FAT:** 27g **CALS:** 599

DIRECTIONS:

1. Pre-heat the oven to 375F.
2. Add tinfoil to a baking sheet (this will make clean up easier) and lightly spray with cooking spray.
3. Brush olive oil on pita and spread it around. This will add a lot of flavor to the pizza crust, as well as adding in a good source of healthy monounsaturated fats.
4. Sprinkle fresh minced garlic on top of the pizza crust. Again, this will add a lot of flavor, so spread it around evenly to avoid getting a big chunk of garlic in one bite.
5. Spread tomato sauce on top of the pizza crust.
6. Add thinly sliced tomatoes.
7. Next up is the spices. Don't be shy, spice it up by adding basil and oregano to the pizza.
8. Add a dash of sea salt to your palm and sprinkle it over the pizza so you don't overdue it. Then add some black pepper.
9. Next up is one of my special ingredients, crushed red pepper flakes for a little bit of heat. Go easy and spread it evenly, as it can be hot if you get too much in one bite.
10. Add the pre-cooked chicken to add a healthy source of protein to the pizza.
11. Add the sliced mushrooms and diced pineapple to get the pizza a Hawaiian flavor.
12. Before you add the cheese, put the pizza in the oven for approximately 8 minutes to crisp up the crust.
13. As you wait for the pizza to finish baking in the oven, be efficient and fill that time by cleaning up!
14. Once the 8 minutes is up, take the pizza out of the oven, then add a small handful of cheese (not too much) on top.
15. Place the pizza back in the oven and bake for approximately 2 minutes or more, depending on how long it takes for the cheese to melt.
16. Remove the pizza from the oven and give it a taste!



HEALTHY TURKEY BURGERS WITH SWEET POTATOES AND STEAMED BROCCOLI

(makes 6 serving)

INGREDIENTS:

2 lbs	Ground Turkey
1	Egg White
1	Whole Egg
1/2	Sliced Avocado
1/2	Sliced Onion
1 cup	Oats Optional
1/4 tsp	Dried Dill
1/4 tsp	Italian Seasoning
1/4 tsp	Cayenne Pepper (Optional)
Dash	Himalayan Sea Salt
1/4 tsp	Dried Oregano
Dash	Black Pepper
2 tbsp	Extra Virgin Olive Oil
2 tbsp	Coconut Oil Or Olive Oil
1 head	Broccoli
1	Sweet Potato
1 tsp	Grass Fed Butter
Dash	Cinnamon
1 tsp	Balsamic Vinegar



PRO: 35g **CARB:** 61g **FAT:** 16g **CALS:** 528

DIRECTIONS:

1. Add all the ingredients (except the sweet potatoes and broccoli) to a bowl and mix together with your hands, make 12 golf ball sized turkey balls.
2. Lightly grease a pan with 1 tsp of coconut oil over medium high heat.
3. Add the turkey balls to the pan (it should

- sizzle), then press down on the balls with a spatula to form a disc shaped patty.
4. Flip the turkey burgers once they are golden brown on one side. Allow them to cook thoroughly. Set aside.
5. Add 1 tsp of butter, 1 tsp of coconut oil, and 4 tbsp of water to a pot, then add in the sliced sweet potatoes, add a cover to the pot, and allow to heat up on medium high heat for approximately 5 minutes.
6. Steam the broccoli in another pot over medium high heat for approximately 5 minutes.
7. Add everything to a plate and store the rest for left overs.
8. Add a sprinkle of cinnamon to the sweet potatoes and some balsamic on top of the broccoli. Enjoy!



LIVE LEAN MAC N CHZ

(makes 4 servings)

INGREDIENTS (SAUCE):

2 cups	Butternut Squash Cubed
1/2	White Onion
1 tbsp	Coconut Oil
To taste	Salt/Pepper To Taste
1 can	Full Fat Coconut Milk
1 tsp	Ground Thyme
1/2 tsp	Dried Mustard
1/2 tsp	Ground Turmeric
2 tbsp	Nutritional Yeast
Dash	Hot Sauce (Optional)



PRO: 10g **CARB:** 14g **FAT:** 10g **CALS:** 187

INGREDIENTS (BASE):

2	Zucchini
1/2	White Onion
1	Pre-Cooked Chicken Breast

DIRECTIONS:

1. This recipe requires several steps but is well worth it because it's super delicious and a completely healthy version of one of America's favorite comfort foods.
2. Enjoy!



MOROCKIN' A SIX PACK CHICKEN

(makes 4 servings)

INGREDIENTS:

2 lbs	Chicken Breast Diced
4 tbsp	Paprika
4 cloves	Minced Garlic
8 tbsp	Olive Oil
4 tbsp	Sherry Vinegar
1	Orange
1/4 cup	Parsley Chopped
1/2 cup	Olives
1/4 tsp	Red Pepper Flakes
Dash	Sea Salt



PRO: 53g **CARB:** 6g **FAT:** 22g **CALS:** 440

DIRECTIONS:

1. Set oven to broil.
2. Cover a baking sheet with tin foil and add diced chicken. Dash with sea salt.
3. In a bowl whisk together paprika, garlic, olive oil, and vinegar. Add half the mixture over top of the chicken.
4. Put the chicken in the oven on broil for 12 mins or until cooked throughly.
5. Remove the peelings (including the white skin) from the orange and cut each wedge of orange into thirds.
6. Add orange, olives to a plate. Top with red pepper flakes and parsley.
7. Once chicken is cooked, add the chicken on top and drizzle with the remaining sauce.



MUSTARD CHICKEN CHOPT SALAD

(makes 2 servings)

INGREDIENTS:

2	Chicken Breast Pre-Cooked
Handful	Spinach + Baby Kale Mix
1/2	Zucchini
Handful	Frozen Veggies
	Honey Dijon Mustard
	Rice Vinegar
	Olive Oil



PRO: 46g **CARB:** 3g **FAT:** 32g **CALS:** 48

DIRECTIONS:

1. Pre-Cook the chicken ahead of time. Steam the frozen Vegetables.
2. Chop all fresh ingredients up, add to a large bowl, stir in the warm steamed veggies, chicken, dressing and toss till nicely coated.
3. Enjoy!



OMG BACON WRAPPED CHICKEN TENDERS

(makes 4 servings)

INGREDIENTS:

1 lbs Chicken tenders
12 oz bacon
Coconut oil cooking spray



PRO: 45g **CARB:** 0g **FAT:** 31g **CALS:** 459

DIRECTIONS:

1. Over medium high heat, spray pan with cooking spray and cook chicken tenders until just slightly undercooked (2-3 mins per side).
2. Cut bacon strips in half.
3. Once chicken is 90% cooked through, remove from heat and wrap each chicken tender with a half strip of bacon.
4. Add bacon wrapped chicken back to the pan and cook for 3-4 mins per side until bacon is crispy. This additional time will also cook chicken all the way through.
5. Remove from heat and eat!
6. Guaranteed to make you yell Damn That's Good!



QUINOA CRUST PIZZA

(makes 2 servings)

INGREDIENTS:

3/4 cup	Quinoa (Soaked For 8 Hrs)
1/4 cup	Water
1 tsp	Baking Powder
1/2 tsp	Salt
To taste	Coconut Oil Cooking Spray
10 slices	Turkey Pepperoni
	Pizza Sauce (Tomato Sauce)
	White Button Mushrooms
Sprinkle	Garlic Powder
Sprinkle	Hot Cracked Pepper Flakes



PRO: 24g **CARB:** 81g **FAT:** 11g **CALS:** 518

DIRECTIONS:

1. Pre-heat oven to 425 degrees f.
2. Rinse and drain the soaked quinoa.
3. Pour the rinsed quinoa into a food processor.
4. Add the baking powder and salt.
5. Blend for at least 2 minutes until it becomes a smooth liquidy texture without lumps.
6. Place a sheet of parchment paper on a baking sheet and coat with a light spray of coconut non-stick cooking spray.
7. Pour the quinoa mixture onto the parchment making a round or square shape.
8. Bake in the oven at 425 for 15 minutes.
9. Now it's ready for toppings. Place 2 t. Of tomato sauce on top and spread it around in a thin layer, add toppings of your choice, i put garlic powder, mushrooms, pepperoni, and hot chili flakes.
10. Put back in the oven for an additional 5 minutes.
11. Slice and enjoy!



SPANISH CHICKEN AND CAULI RICE

(makes 4 servings)

INGREDIENTS:

2	Whole Chicken Breast
1 tbsp	Coconut Oil
8 cups	"Riced" Cauliflower
1 tbsp	Chopped Garlic
1 cup	Chopped Onion
1	1 Jalapeño, Chopped & Seeded
1 cup	Chicken Broth
28 oz	Canned Diced Tomatoes
1 cup	Frozen Peas
1	Red Bell Pepper, Chopped
1	Green Bell Pepper, Chopped
1 tsp	Cumin
1 tsp	Saffron
	Salt To Taste



PRO: 27g **CARB:** 13g **FAT:** 8g **CALS:** 235

DIRECTIONS:

1. "Rice" the Cauliflower in a food processor.
2. Sautee the chicken.
3. Once you notice the chicken is mostly cooked add all chopped veggies and garlic to the pan.
4. After veggies start to soften it's time to add the cauli rice, tomatoes and chicken broth, then let the whole thing simmer for 10 minutes with a lid on.
5. Your dish is complete! let it cool a bit and serve! make sure to store the leftovers, this dish gets even tastier as it soaks in the flavors overnight! We love leftovers.



SUPER SHREDDED SALAD

(makes 5 servings)

INGREDIENTS:

1/4	green cabbage
1/4	Purple Cabbage
2	Carrots
1 handful	Cilantro
1/2	lemon
4 tbsp	Extra Virgin Olive Oil
4 tbsp	Apple Cider Vinegar
7 oz	Chicken Pre-Cooked
	Salt and Pepper to taste



PRO: 29g **CARB:** 31g **FAT:** 8g **CALS:** 315

DIRECTIONS:

1. Peel the Carrots, remove the outer skin and chop off the ends, & cut in half.
2. Feed them into the food processor with the "Shred" side of the blade.
3. Dump the carrots into the large mixing bowl.
4. flip the blade over to the "Slice" side of the blade.
5. Slice the cabbage long ways to make the cabbage pieces thin enough to feed into the processor.
6. Shred all of the cabbage, both colors.
7. Remove the lid and the blade and pour all of that cabbage in with the carrots.
8. Chop the Cilantro finely after you've rinsed and dried it.
9. Sprinkle the Cilantro into the bowl with everything else.
10. Stir it all together and begin to add the dressing.
11. Start with the 1/2 a lemon, squeeze it into the bowl.
12. Measure out 4 T of Olive Oil, as well as 4T of ACV.
13. Season with Pink Salt an Black Pepper.
14. Stir it around to coat the entire salad evenly with the dressing.
15. Enjoy! This should last you several meals throughout the week!



SWEET POTATO BLT

(makes 1 serving)

INGREDIENTS:

2	Sweet Potato Long Thin Slices
100g	Avocado
2 slices	Tomato
2 slices	Uncured Bacon
1	Lemon
4 oz	Pre-Cooked Grilled Chicken
1 slice	Slices Romaine Lettuce



PRO: 45g **CARB:** 44g **FAT:** 28g **CALS:** 604

DIRECTIONS:

1. Cook the chicken and bacon ahead of time.
2. To make the chicken season with lemon, salt and pepper and grill on your outdoor grill or pan fry.
3. Fry the bacon in a pan and sop off the excess bacon grease with a paper towel.
4. Turn your oven onto Broil and place the sweet potato slices directly on the rack
5. Let cook for approximately 8-10 minutes per side but keep a close watch so they don't burn.
6. Mash your avocado with a squeeze of lemon juice and a dash of garlic powder.
7. Once the sweet potato slices look toasty brown take them out of the oven and place on a plate.
8. Place your pre-cooked grilled chicken breast onto one piece of the sweet potato.
9. Top the chicken with the bacon, lettuce and tomato.
10. Spread the avocado on the other piece of sweet potato and lay it face down on top of the pile to make a sandwich that you can pick up and eat with your hands.



TURKEY LOAF & SWEET POTATO FRIES

(makes 4 servings)

INGREDIENTS:

1 lbs	Lean Ground Turkey
2	Fresh Garlic Cloves
1/4	Yellow Onion
2	Eggs
4-5	4-5 White Button Mushrooms
1/2 cup	Dry Rolled Oats
1 tbsp	Brown Mustard
1/2 tbsp	Ground Cumin
Dash	Salt & Pepper To Taste
2	Sweet Potatoes
1/2 tbsp	Ground Cumin
2 tbsp	Olive Oil
1 tbsp	Parsley Flakes
	Salt And Pepper To Taste



PRO: 29g **CARB:** 28g **FAT:** 14g **CALS:** 357

DIRECTIONS:

1. Pre-heat your oven to 350 degrees F
2. Dump all of the ground turkey into the mixing bowl.
3. chop garlic and onion as finely as possible.
4. Rinse mushrooms, and chop finely
5. Add the onion, garlic, and mushroom with the ground turkey
6. Crack the two eggs over top add 1/2 cup dry oats, 1 tbsp Mustard, and salt and pepper.
7. Use Fork to mix and stir everything together, pour the mixture into the loaf pan and bake for 350 for 30 minutes.
8. Rinse and chop sweet potato into fries shapes.
9. Drizzle about 2 tbsp Olive Oil over top.
10. Sprinkle Cumin and Parsley flakes over top.
11. Add Salt and pepper if you like.
12. Cook together with the loaf for about 20 minutes at 350 F.



TASTY CHICKEN FAJITAS

(makes 4 servings)

INGREDIENTS:

1 cup	Salsa
1 tbsp	Avocado Oil
1 tsp	Minced Garlic
1 tsp	Chilli Powder
1 tsp	Oregano
1 tsp	Lime Juice
4 - 6 oz	Chicken fajitas
1	Green Bell Pepper
1	Red Bell Pepper
1	Red Onion
2 handfuls	Arugula
2 tbsp	Green Onions

DIRECTIONS:

1. Mix salsa, avocado oil, minced garlic, chili powder, oregano, and lime juice together in a big bowl.
2. Slice up 4 x 6oz chicken into bite sized pieces and add them to the marinade mixture.
3. Dice up 1 green pepper and 1 red pepper into bite sized pieces and add them to the marinade mixture.
4. Thinly slice up 1 red onion and add it to the marinade mixture.
5. Cover the bowl with a plastic wrap or a lid and allow the chicken fajita mix to



PRO: 57g **CARB:** 6g **FAT:** 10g **CALS:** 342

marinate for at least 8 hours in the fridge. You could also stir fry it immediately, however it won't be as flavorful.

6. After at least 8 hours, remove the mixture from the fridge and heat a frying pan over medium high heat. No need to add more oil as there is already avocado oil in the marinade. Cook chicken for 6-10 minutes, stirring occasionally, until the chicken is cooked all the way through.
7. After removing the chicken fajita mixture from the pan, cut up 2 handfuls of arugula, and add them to the bowls.
8. Add the chicken fajita mixture on top of the arugula.
9. Top each chicken fajita bowl with 1 tbsp of sliced green onions.
10. Add the remaining chicken fajita mix to some tupperware and store for leftovers.
11. Enjoy.