





Creamy Tomato & Chicken Soup

*makes approx. 4 meal sized servings

INGREDIENTS

- 3 chicken breasts (boneless, skinless, shredded)
- 2 cans of tomatoes (look for low sodium and organic)
- 3 tbsp olive oil
- 1 yellow onion (chopped)
- 3 garlic cloves (minced)
- 1 red bell pepper (chopped)
- 2 tbsp pesto
- 1 tsp dried thyme
- 1 tsp sea salt
- 1 tsp black pepper
- 1 cup canned coconut milk (full fat)
- 2.5 cups low sodium chicken or vegetable stock
- 3 cups fresh baby spinach

DIRECTIONS:

In a pan on medium heat, cook your chicken in small chunks in half of the olive oil until it's fully cooked. Feel free to add any extra seasonings you like here.

On a cutting board, use a fork in each hand to shred up the chunks of chicken into tiny shreds.

In a big pan, cook the chopped garlic and onion with the rest of the olive oil on medium heat. After they begin to clear (2-3 minutes) add the red pepper.

After 2 more minutes add all remaining ingredients except for the shredded chicken and spinach.

Allow it to simmer on low heat for 15 minutes, stirring occasionally.

Carefully pour the soup into a blender and blend until smooth.

Put the soup back in the saucepan and add the chicken and spinach. Mix well and allow it to sit on low heat for another 10 minutes before serving.

MACRONUTRIENT BREAKDOWN

Protein

24g

Carbs

31g

Fibre

5g

Fat

19g

Cals

391



Shrimp Chowder

**makes approx. 4 meal sized servings*

INGREDIENTS

- 1 lb of large shrimp (peeled)
- 1 head of broccoli (cut into florets)
- 1 head of cauliflower (cut into florets)
- 1 yellow onion (chopped)
- 2 tbsp coconut oil
- 1 can of corn (rinsed and drained)
- 1 tsp xanthan gum
- 3 cups low sodium vegetable broth
- 1 tsp garlic powder
- 1 cup unsweetened cashew milk
- Salt and pepper
- Garnish with: cilantro (optional)



DIRECTIONS:

In a large saucepan, add broccoli, cauliflower, onion, and coconut oil. Cook on medium heat until soft (for about 7 minutes) stirring regularly.

Pour in vegetable broth and cashew milk, and mix in garlic, salt & pepper, and xanthan gum. Turn the heat to low and allow to simmer on the stove for 10-15 more minutes.

Carefully transfer the soup into the blender, and blend until thick, smooth, and creamy.

Transfer back to the saucepan and stir in the corn and shrimp. Allow it to simmer for another 10 minutes on low until the shrimp is fully cooked.

Enjoy! This is by far my favourite healthy comfort recipe this season. xx

MACRONUTRIENT BREAKDOWN

Protein

26g

Carbs

35g

Fibre

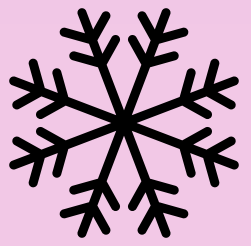
7g

Fat

13g

Cals

360



Thai Curry

*makes approx. 3 meal sized servings

INGREDIENTS

- 1 package of uncooked large frozen shrimp
- 1 large yam (cut into small cubes)
- 1 tbsp coconut oil
- 1 cup broccoli florets
- 1 red bell pepper (sliced)
- 1 cup green onions (chopped)
- 1/2 yellow onion (sliced)
- 1 tbsp fresh ginger (grated)
- 2 cloves of garlic (minced or grated)
- 2 tablespoons red thai curry paste
- 1 can lite coconut milk
- Juice from 1 lime Salt and pepper
- Garnish with: red pepper flakes & fresh basil



DIRECTIONS

Before you begin, you'll need to prep the yam as it takes much longer to cook than the other veggies.

With your oven at 400'C cook the yam cubes (sprayed with avocado oil) for about 10 minutes on each side.

In a large pan or wok on medium heat, begin to cook the onions and garlic in the coconut oil. As they begin to go clear, add in the pre-cooked yams, broccoli, bell pepper, and green onions. Cook for about five minutes, stirring the whole time.

Add in the shrimp, curry paste, ginger, coconut milk, lime, salt, and pepper.

Lower the heat and cook everything with a slow simmer. You want some but not all of the liquid to evaporate so that the texture gets thicker. Cook for about 10 minutes total on low heat and make sure that the shrimp are cooked through.

Remove from heat and garnish with fresh basil and red pepper flakes (if you want some heat)

Store the rest in an airtight container in the fridge for later this week. xx

MACRONUTRIENT BREAKDOWN

Protein

23g

Carbs

36g

Fibre

6g

Fat

12g

Cals

344



Sweet Roast Salad

**serves approx. 6 people as a side dish*

INGREDIENTS

- 3 medium yams (diced into cubes)
- 4 cups of brussel sprouts (quartered)
- 1 large red onion (sliced)
- 8 strips of organic nitrate-free bacon
- 2 heads of kale (finely chopped)
- 3/4 cup crumbled blue cheese
- 1 cup pecans (chopped)
- 1 cup dried cranberries
- 1 tsp cinnamon
- 3 tbsp olive oil or avocado oil
- salt & pepper

DRESSING

- 1/4 cup olive oil
- 3 tbsp unpasteurized raw honey
- 3 tbsp dijon mustard (grainy or smooth depending on preference)
- 1/4 cup balsamic vinegar
- juice from one lemon

DIRECTIONS:

- Preheat the oven to 400°F
- In a mixing bowl, toss your cubed yams in the oil, lay them out in a single layer on a baking sheet and sprinkle cinnamon on top (use tinfoil to help with the mess!)
- On a separate baking sheet, place onions and brussel sprouts. Spray or drizzle with oil and season with salt and pepper (use tinfoil to help with the mess!)
- YAMS: Bake for approx 20 min/side
- ONIONS & BRUSSEL SPROUTS: Bake for approx 15 min/side
- Once those are in the oven, cook your bacon on the stove until crispy. Pat to dry and eliminate excess fat.
- Arrange the salad by layering chopped kale, then roast veggies, then bacon, pecans, blue cheese, and cranberries. Drizzle dressing on approximately 30 minutes before you want to serve.
- Enjoy babe!

MACRONUTRIENT BREAKDOWN

Protein

8g

Carbs

42g

Fibre

12g

Fat

17g

Cals

353



Sugar-free Shortbread Cookies

INGREDIENTS

- 1 cup coconut flour
- 3/4 cup powdered Monkfruit Sweetener (powdered Stevia will work too)
- 1/2 cup organic butter
- 1 tbsp vanilla extract
- 1 tsp pink sea salt
- 1 egg
- 1/2 tsp baking powder
- 1/2 tsp xanthan gum
- Optional: Cinnamon to sprinkle on top
- Note: If you find your mixture is too dry and won't form easily into cookies, add a small splash of almond or cashew milk



DIRECTIONS:

Preheat oven to 350°F

Mix all dry ingredients together in a bowl

Add in the vanilla, softened butter, egg, and milk (only if needed)

Knead the dough into a ball and place it back in the bowl. Cover the bowl and place it in the fridge for about 10-15 minutes

This part is up to you! When you take the dough out of the fridge you can flatten it with a rolling pin and use cookie cutters to make fun shaped cookies, or you can use your hands to form small balls of dough

Place your cookies on a parchment paper covered baking sheet and cook for approximately 5-7 minutes (depending on the heat of your oven, and how well done you like your cookies)

Let cool and enjoy! xx

MACRONUTRIENT BREAKDOWN FOR 2 COOKIES

Protein	Carbs	Fibre	Fat	Cals
6g	12g	8g	15g	203



Crab Cakes

*makes approx. 4 servings (2 cakes/serving)

INGREDIENTS

- 1 pound of crabmeat

1 medium cucumber (peeled, finely chopped)

1 large carrot (grated)

1 bell pepper (finely chopped)

1/2 yellow onion (finely chopped)

1 tbsp chopped garlic

1 large egg
- 3 tbsp olive oil

1 cup parmesan cheese

1 tbsp Worcestershire sauce

1 tbsp Dijon mustard

2 tbsp light mayonnaise (or Vegannaise)

Salt and pepper

DIRECTIONS:

In a large pan on medium heat add half the olive oil and cook the cucumber, carrot, pepper, onion, garlic, salt, and pepper. Cook for about 10 minutes until veggies are soft.

In a bowl, mix all wet ingredients together well. Add in your sautéed veggies, and make sure they are evenly coated.

Mix the crab and part cheese into the veggies using your hands to break down the crab and smush everything together properly.

Make 8 patties with your hands, and fry them in the remaining olive oil on the skillet until golden brown.

How to Serve:

Top off these bad boys with our Avocado Dill Dressing (you can find it in "Sandwiches, Salads, and Bowls". Love always, your Sauce Boss

MACRONUTRIENT BREAKDOWN	Protein	Carbs	Fibre	Fat	Cals
	35g	10g	10g	11g	291



Chai love you a Latte

because there is nothing like a sweet and spicy chai on a cold day.
Now we can enjoy it without all the bullshit.

INGREDIENTS

2 black tea bags
2 cups unsweetened almond or cashew milk (We prefer cashew for the taste!)
1 tsp cinnamon
1/2 tsp of nutmeg
Sprinkle of ground cloves
Sprinkle of ground ginger
1 tbsp stevia (depending on how sweet you like it)

DIRECTIONS:

In a saucepan on medium-high heat, add all ingredients. Whisk them together and continue to stir until the tea is very hot (about 5 minutes)
Leave in the tea bags for as long as you like, depending on how strong you prefer your tea.
Get cozy and enjoy!

Healing Tea

This is my go-to cure for feeling tired, cold, and under the weather in any way. It honestly works some pretty serious magic for me, and I hope it does the same for you.

INGREDIENTS

2 tbsp fresh ginger (grated)
2 tbsp fresh turmeric (grated)
Juice from 1 lemon
2 tbsp honey or agave nectar
1 tsp black pepper
1 litre water

DIRECTIONS:

In a medium saucepan boil turmeric, ginger, pepper and water
Reduce heat, cover and let it simmer for 10-15 minutes.
Let cool slightly and then strain it with any kind of kitchen strainer you have
Add lemon and a bit of or agave honey just before drinking.



Eggnog Smoothie

INGREDIENTS

- 1 cup unsweetened nut milk
1 scoop vanilla whey isolate
1 tsp vanilla extract
1/2 cup ice
1/2 cup frozen spinach
1 small frozen banana
1 pinch pink sea salt
1 pinch ground cloves

1 tsp cinnamon
1 tsp nutmeg
1 tbsp stevia
2 tbsp chia seeds (these can be ground or whole depending on the texture you prefer!)

MACRONUTRIENT BREAKDOWN

Protein	Carbs	Fibre	Fat	Cals
29g	34g	15g	10g	342

Apple Pie Smoothie

INGREDIENTS

- 1 cup unsweetened nut milk
1 scoop vanilla whey isolate
1 whole apple (use whatever kind you like best! I love Granny Smith)
1 cup ice
1 tsp vanilla extract

1 tbsp coconut oil or MCT oil
1 cup frozen spinach
pinch of ground ginger
1 tsp cinnamon
1 tsp nutmeg
1 tbsp stevia

MACRONUTRIENT BREAKDOWN

Protein	Carbs	Fibre	Fat	Cals
26g	27g	8g	15g	347g



Chunky Bean Salsa

*makes approximately 6 servings

INGREDIENTS

- 15 ounce can black beans - low sodium (drained and rinsed)

15 ounce can corn (drained and rinsed)

15 oz can lentils - low sodium (drained and rinsed)

1 red bell pepper (chopped)

1 yellow bell pepper (chopped)
- 1/2 red onion (chopped)

2 cups red cabbage (chopped)

2 vine ripe tomatoes

2 avocados (diced)

1 bunch fresh cilantro (finely chopped)

3 tbsp balsamic vinegar

3 tbsp olive oil

Juice from 3 limes

Sea salt

MACRONUTRIENT BREAKDOWN	Protein	Carbs	Fibre	Fat	Cals
	26g	43g	14g	11g	381



Chewy Gingerbread Cookies

INGREDIENTS

- 2 cups coconut flour
- 2 tbsp xanthan gum
- 1 tbsp ground ginger
- 1 tbsp ground cinnamon
- 1/2 tsp baking soda
- 1/4 tsp ground cloves
- 1/2 cup organic butter softened
- 1/2 cup natural peanut butter
- 1 cup granular stevia sweetener
- 2 large eggs room temperature
- 2 tbsp sugar-free syrup (We like Walden Farms!)
- 1/2 tsp vanilla extract



DIRECTIONS

Preheat the oven to 325°F and line two baking sheets with parchment paper.

In a bowl, mix together the coconut flour, xanthan gum, ginger, cinnamon, baking soda, and cloves.

In a separate bowl, beat the butter, peanut butter and sweetener until smooth. Beat in the eggs, syrup, and vanilla extract well!

Add the flour mixture to the wet mixture and continue to beat until the dough comes together.

Roll into 1 inch balls and place them a few inches apart on the sheet

Bake 5 minutes, then remove from the oven and gently press down a bit (to help them spread out).

Return to the oven and bake for about another 7 minutes, until just barely golden brown. They will still be very soft. Remove and let them cool on the pan.

Enjoy babe! xoxo

MACRONUTRIENT BREAKDOWN FOR 2 COOKIES

Protein

6g

Carbs

11g

Fibre

7g

Fat

15g

Cals

198



Jo's Favourite Bowl

**low carb, high fat edition*

INGREDIENTS

2 handfuls leafy green base: My favourite will always be spinach
 Roasted veggies: Combo of broccoli, mushrooms, onions, and brussel sprouts cooked in 1 tbsp avocado oil
 Approximately 25g of lean protein: I typically use chicken, tuna, shrimp, 2 hard boiled eggs, or salmon
 Big handful of finely chopped nuts: Cashews are always my go- to!
 Big handful of hard veggies for added crunch: I usually use pre- packaged kale mix or broccoli slaw
 2 tbsp crumbled goat cheese (optional)



DRESSING

3 tbsp Apple Cider Vinegar
 2 tbsp dijon mustard
 Fresh or dried dill (as much as desired)
 Sprinkle of sea salt
 Juice from 1/2 fresh lemon
 2 tbsp olive oil

MACRONUTRIENT BREAKDOWN

Protein

32g

Carbs

11g

Fibre

3.5g

Fat

39g

Cals

523