





Coconut Cod Tacos

4 servings

35 minutes

Ingredients

- 1 Egg
- 1/2 cup Unsweetened Shredded Coconut
- 1/4 cup Coconut Flour
- 1/2 tsp Paprika
- 1/4 tsp Sea Salt
- 2 Cod Fillet (cut into small pieces)
- 8 Corn Tortilla
- 1 Yellow Bell Pepper (sliced thinly)
- 1/4 cup Watermelon Radish (thinly sliced)
- 1 Lime (juiced)
- 1/4 cup Cilantro (optional, roughly chopped)
- 1 Avocado (cubed)

Nutrition

Amount per serving	
Calories	447
Fat	18g
Carbs	43g
Fiber	10g
Protein	27g
Calcium	241mg

Directions

- 1 Preheat the oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 2 Beat the egg in a bowl. Then in a separate bowl, mix together the unsweetened shredded coconut, coconut flour, paprika, and sea salt.
- 3 Dip each piece of cod into the egg mixture and then into the flour mixture, making sure to coat all sides of the fish. Transfer the cod onto the baking sheet. Place in the oven and bake for 5 minutes then flip and cook for an additional 5 minutes or until cooked through.
- 4 Remove the cod from the oven and divide between tortillas. Top with sliced bell pepper, radish, lime juice, cilantro (optional) and avocado. Enjoy!

Notes

Leftovers: Store leftover fish in the fridge separate from the veggies. Reheat the fish in the oven for a few minutes to warm before assembling tacos.

Serving Size: One serving is equal to two tacos.

Fillet Size: One fillet is equal to 231 grams or 8 ounces.

No Tortillas: Use lettuce as a wrap.

No Watermelon Radish: Omit or use regular radish.

Likes it Spicy: Add hot sauce or cayenne pepper to the assembled tacos.

Likes it Saucy: Drizzle the assembled tacos with mayonnaise or sour cream.



Date, Chia & Tahini Energy Balls

3 servings
35 minutes

Ingredients

1/2 cup Pitted Dates
2 tbsps Tahini
2 tbsps Chia Seeds
2 tbsps Unsweetened Shredded Coconut

Nutrition

Amount per serving	
Calories	189
Fat	10g
Carbs	25g
Fiber	6g
Protein	4g
Calcium	103mg

Directions

- 1 In a blender or food processor, add the dates, tahini, and chia seeds. Blend until smooth paste forms.
- 2 Use a one-inch cookie scoop to scoop out the paste and roll it in your hands to create a ball. Continue until you have used up all of the paste.
- 3 Roll each ball in shredded coconut until evenly coated. Chill in the fridge for about 30 minutes and 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 equal to two energy balls.

More Flavor: Add vanilla and walnuts.

No Shredded Coconut: Roll the balls in ground pistachio, cocoa powder, or sesame seeds.



One Pan Cauliflower, Mushroom & Egg

2 servings
20 minutes

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1/4 head Cauliflower (small, chopped into florets)
- 4 Cremini Mushrooms (sliced)
- 4 Egg
- 1 tbsp Fresh Dill
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	189
Fat	12g
Carbs	6g
Fiber	2g
Protein	15g
Calcium	74mg

Directions

- 1 Heat the oil in a pan over medium heat. Add the cauliflower and cook for seven to eight minutes, stirring often to cook evenly, until starting to become fork-tender.
- 2 Add the mushrooms to the pan and cook for another three to four minutes or until browned.
- 3 In a bowl, whisk together the egg, dill, salt, and pepper. Pour into the pan and turn the heat down to low. Cook for about six to seven minutes or until the egg has set.
- 4 Divide evenly between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: This recipe was made in a 10-inch (26 cm) pan. One serving is half of the pan.

More Flavor: Add paprika and chili flakes.

Additional Toppings: Top with mozzarella cheese.

No Fresh Dill: Use parsley or green onion instead.



Air Fryer Zucchini Parmesan Fritters

3 servings

30 minutes

Ingredients

- 1 Zucchini (medium, shredded)
- 1 Egg
- 1/2 cup All Purpose Gluten-Free Flour
- 1/2 cup Parmigiano Reggiano (finely grated)
- Sea Salt & Black Pepper (to taste)
- 4 grams Avocado Oil Spray (divided)
- 1/3 cup Parsley (optional, chopped)

Nutrition

Amount per serving	
Calories	204
Fat	7g
Carbs	24g
Fiber	5g
Protein	10g
Calcium	229mg

Directions

- 1 Preheat the air fryer to 380°F (195°C).
- 2 Place the grated zucchini in a dishtowel or paper towel and squeeze out all of the excess liquid, then transfer to a bowl.
- 3 In the same bowl, whisk in the egg, then mix in the flour and parmesan cheese. Season with salt and pepper.
- 4 Line the air fryer basket with parchment paper. Scoop the zucchini mixture into your hands and form two to three-inch diameter patties.
- 5 Place the patties into the air fryer basket and spray with half of the avocado oil spray. Cook for 20 to 25 minutes, flipping and spraying with the remaining oil halfway through. The fritters should be browned and crispy.
- 6 Serve with chopped parsley and additional parmesan cheese if desired. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Reheat in the air fryer for best results.

Serving Size: One serving is equal to approximately three fritters.

More Flavor: Add garlic and onion.

Additional Toppings: Greek yogurt or sour cream.

Avocado Oil Spray: One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.



One Pan Chicken Meatballs & Peanut Sauce

4 servings

35 minutes

Ingredients

454 grams Extra Lean Ground Chicken
1 Egg
2 tbsps Coconut Flour
Sea Salt & Black Pepper (to taste)
2 stalks Green Onion (chopped)
2 Garlic (clove, minced)
1 tbsp Sesame Oil
1 3/4 cups Canned Coconut Milk (full fat)
1/3 cup All Natural Peanut Butter
2 tbsps Tamari
2 Red Bell Pepper (medium, sliced)
1 1/2 cups Frozen Peas

Nutrition

Amount per serving	
Calories	611
Fat	44g
Carbs	23g
Fiber	6g
Protein	33g
Calcium	55mg

Directions

- 1 In a large bowl, combine the chicken, egg, flour, salt, and pepper, green onion, and garlic. Mix well and roll into 1 1/2-inch (4 cm) balls.
- 2 Heat a large skillet over medium heat and add the oil. Once hot, add the meatballs to the skillet and brown for about four to five minutes per side. Remove and set aside.
- 3 Add the coconut milk, peanut butter, and tamari and whisk to combine until smooth.
- 4 Reduce the heat to medium-low and add the meatballs back in along with the peppers. Cover and simmer for 10 minutes. Remove the lid and add the peas. Cover and simmer for five minutes, until everything is cooked through.
- 5 Divide the meatballs, sauce, peppers, and peas into bowls. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is about four meatballs with 1/2 cup of sauce.

More Flavor: Add minced ginger and/or sriracha to the meatballs.

Additional Toppings: Serve with rice on the side, extra veggies or cilantro on top.