























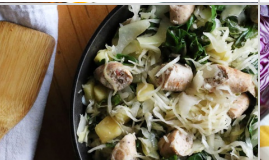

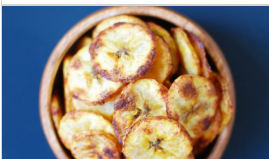
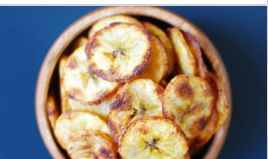


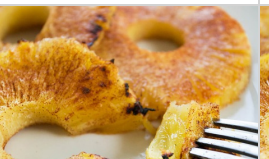
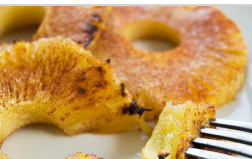




















## Gut Healing Meal Plan

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Tracy Houle

<https://tracyhoule.com/>

	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast	 Gut Healing Green Smoothie	 Gut Healing Green Smoothie	 Gut Healing Green Smoothie	 Paleo Sweet Potato Porridge	 Paleo Sweet Potato Porridge	 Paleo Sweet Potato Porridge
Lunch	 Tuna Salad Stuffed Avocado with Hot Sauce	 Slow Cooker Rotisserie Chicken	 One Pan Honey Garlic Salmon with Bok Choy	 Kimchi Fried Cauliflower Rice	 Roasted Brussels Sprouts Caesar Salad	 Sausage & Sauerkraut Skillet
Snack 1	 Orange	 Immunity Boosting Bone Broth	 Immunity Boosting Bone Broth	 Golden Turmeric Latte	 Golden Turmeric Latte	 Orange
Dinner	 Slow Cooker Rotisserie Chicken	 One Pan Honey Garlic Salmon with Bok Choy	 Kimchi Fried Cauliflower Rice	 Roasted Brussels Sprouts Caesar Salad	 Sausage & Sauerkraut Skillet	 Sausage, Broccoli & Cabbage Stir Fry
Snack 2	 Plantain Chips	 Plantain Chips	 Strawberry Ice Cream	 Strawberry Ice Cream	 Broiled Pineapple with Cinnamon	 Broiled Pineapple with Cinnamon

Mon	Tue	Wed	Thu	Fri	Sat
Fat  31%	Fat  29%	Fat  39%	Fat  57%	Fat  59%	Fat  41%
Carbs  40%	Carbs  38%	Carbs  40%	Carbs  29%	Carbs  28%	Carbs  46%
Protein  29%	Protein  33%	Protein  21%	Protein  14%	Protein  13%	Protein  13%
Calories 1732	Calories 1686	Calories 1038	Calories 1395	Calories 1366	Calories 917
Fat 63g	Fat 57g	Fat 48g	Fat 93g	Fat 92g	Fat 44g
Saturated 15g	Saturated 14g	Saturated 9g	Saturated 51g	Saturated 52g	Saturated 27g
Polyunsaturated 18g	Polyunsaturated 20g	Polyunsaturated 19g	Polyunsaturated 10g	Polyunsaturated 8g	Polyunsaturated 2g
Monounsaturated 24g	Monounsaturated 17g	Monounsaturated 15g	Monounsaturated 23g	Monounsaturated 24g	Monounsaturated 10g
Carbs 180g	Carbs 167g	Carbs 112g	Carbs 105g	Carbs 99g	Carbs 111g
Fiber 31g	Fiber 24g	Fiber 25g	Fiber 25g	Fiber 22g	Fiber 24g
Sugar 89g	Sugar 84g	Sugar 57g	Sugar 44g	Sugar 50g	Sugar 58g
Protein 131g	Protein 144g	Protein 59g	Protein 50g	Protein 47g	Protein 31g
Sodium 2528mg	Sodium 3478mg	Sodium 2322mg	Sodium 1298mg	Sodium 1556mg	Sodium 2126mg
Potassium 4772mg	Potassium 4965mg	Potassium 3272mg	Potassium 3141mg	Potassium 2587mg	Potassium 2119mg
Vitamin A 16285IU	Vitamin A 22425IU	Vitamin A 10284IU	Vitamin A 11746IU	Vitamin A 12443IU	Vitamin A 13514IU
Vitamin C 255mg	Vitamin C 211mg	Vitamin C 216mg	Vitamin C 249mg	Vitamin C 222mg	Vitamin C 338mg
Vitamin B12 3.7µg	Vitamin B12 6.1µg	Vitamin B12 5.0µg	Vitamin B12 1.1µg	Vitamin B12 1.7µg	Vitamin B12 2.2µg

## Fruits

- 4 Apple
- 5 Avocado
- 14 Banana
- 1 1/2 Lemon
- 8 Navel Orange
- 8 cups Pineapple
- 8 Plantain
- 6 cups Raspberries

## Seeds, Nuts & Spices

- 1 tbsps Black Pepper
- 1 tsp Cayenne Pepper
- 1/3 cup Chia Seeds
- 1 tbsps Chili Powder
- 3 2/3 tbsps Cinnamon
- 2 tpsps Dried Thyme
- 3/4 cup Ground Flax Seed
- 1 1/2 cups Hemp Seeds
- 1 1/3 tbsps Italian Seasoning
- 2 tpsps Onion Powder
- 1 1/3 tbsps Paprika
- 1 cup Pumpkin Seeds
- 1 tpsps Red Pepper Flakes
- 2 2/3 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/3 cup Sesame Seeds
- 1 1/3 tbsps Turmeric

## Frozen

- 2 cups Frozen Peas
- 4 cups Frozen Strawberries

## Vegetables

- 1 cup Baby Spinach
- 8 cups Bok Choy
- 4 cups Broccoli
- 18 cups Brussels Sprouts
- 2 Carrot
- 2 heads Cauliflower
- 6 stalks Celery
- 20 Garlic
- 1/4 cup Ginger
- 6 stalks Green Onion
- 12 cups Kale Leaves
- 2 cups Parsley
- 4 cups Purple Cabbage
- 1 cup Radishes
- 10 Sweet Potato
- 8 cups Swiss Chard
- 5 Yellow Onion

## Boxed & Canned

- 7 cups Canned Coconut Milk
- 2 cans Tuna

## Baking

- 1 1/8 cups Raw Honey
- 1/3 cup Unsweetened Coconut Flakes

## Bread, Fish, Meat & Cheese

- 2 lbs Chicken Sausage
- 2 lbs Extra Lean Ground Chicken
- 2 1/2 lbs Salmon Fillet
- 2 Whole Chicken Carcass
- 8 lbs Whole Roasting Chicken

## Condiments & Oils

- 1/4 cup Apple Cider Vinegar
- 1 cup Coconut Oil
- 1/3 cup Dijon Mustard
- 3/4 cup Extra Virgin Olive Oil
- 4 cups Kimchi
- 4 cups Sauerkraut
- 2 tpsps Sesame Oil
- 1 tsp Tabasco Sauce
- 1/2 cup Tamari

## Cold

- 8 Egg

## Other

- 34 cups Water



## Gut Healing Green Smoothie

4 servings

5 minutes

### Ingredients

- 5 cups Water (cold)
- 4 cups Kale Leaves
- 1 Avocado (peeled and pit removed)
- 2 Banana (frozen)
- 2 tbsps Chia Seeds
- 1/4 cup Ground Flax Seed
- 1/2 cup Hemp Seeds
- 1/4 cup Raw Honey

### Nutrition

Amount per serving	
Calories	374
Fat	22g
Saturated	2g
Polyunsaturated	12g
Monounsaturated	7g
Carbs	42g
Fiber	10g
Sugar	24g
Protein	11g
Sodium	23mg
Potassium	793mg
Vitamin A	1124IU
Vitamin C	30mg
Vitamin B12	0µg

### Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**No Kale:** Use spinach instead.

**No Honey:** Use maple syrup, dates or extra banana to sweeten instead.

**Likes it Creamy:** Use almond milk instead of water for extra creaminess.

**Storage:** Make ahead and store in a sealed mason jar. Shake well before drinking. Keeps well in the fridge for 1 - 2 days.



## Paleo Sweet Potato Porridge

4 servings

20 minutes

### Ingredients

- 2 Sweet Potato
- 1 cup Canned Coconut Milk
- 1 cup Water
- 2 cups Raspberries
- 2 tbsps Coconut Oil
- 1 tsp Cinnamon
- 2 tbsps Unsweetened Coconut Flakes

### Nutrition

Amount per serving	
Calories	273
Fat	19g
Saturated	17g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	23g
Fiber	7g
Sugar	6g
Protein	3g
Sodium	54mg
Potassium	406mg
Vitamin A	9244IU
Vitamin C	18mg
Vitamin B12	0µg

### Directions

- 1 Peel and shred the sweet potato using a hand grater or the shredding attachment on your food processor.
- 2 Place shredded sweet potato in a medium sized saucepan, add the coconut milk and water.
- 3 Cover and cook the sweet potato in the liquid over medium-high heat for about 15 minutes, stirring every couple minutes to prevent the bottom from burning. It will seem dry at first, but as it steams, the sweet potato will soften and release liquid. After about 15 minutes, your sweet potato should be a very soft, porridge-like texture.
- 4 Divide the sweet potato porridge between bowls and top with berries, coconut oil, cinnamon, and shredded coconut. Enjoy!

### Notes

**Other Toppings:** Dried fruit, nut butter, chia seeds, hemp seeds or fresh fruit.

**Leftovers:** Store in an airtight container in the fridge up to 3 to 4 days.



## Tuna Salad Stuffed Avocado with Hot Sauce

4 servings

20 minutes

### Ingredients

- 2 Avocado
- 2 cans Tuna (drained and flaked)
- 2 stalks Celery (finely diced)
- 1 cup Baby Spinach (finely chopped)
- 1 Garlic (clove, minced)
- 2 tbsps Dijon Mustard
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/2 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)
- 1 tsp Tabasco Sauce

### Nutrition

Amount per serving	
Calories	261
Fat	17g
Saturated	3g
Polyunsaturated	2g
Monounsaturated	11g
Carbs	10g
Fiber	7g
Sugar	1g
Protein	18g
Sodium	323mg
Potassium	740mg
Vitamin A	1007IU
Vitamin C	15mg
Vitamin B12	2.1µg

### Directions

- 1 Cut your avocados in half and discard the pits. Scoop about 3/4 of the avocado flesh out of each avocado half so that just a bit of avocado remains in the shell. Place the avocado flesh you carved out in a large mixing bowl and mash with a fork.
- 2 Add tuna, celery, baby spinach, minced garlic, mustard, extra virgin olive oil and lemon juice. Season with sea salt and pepper to taste and mix well.
- 3 Use a spoon to pack the tuna salad back into the avocado halves. Drizzle with desired amount of tabasco. Enjoy!

### Notes

**Leftovers:** Best enjoyed immediately. To prep ahead, make the salad ahead of time and slice the avocado just before enjoying.

**Canned Tuna:** One can of tuna is equal to 165 grams or 5.8 ounces, drained.

**Additional Toppings:** Sunflower seeds.

**No Avocado:** Use halved bell peppers or carved out tomatoes instead. Roast them first for some extra yum.

**No Fish:** Use a can of white beans instead.



## Orange

4 servings

2 minutes

### Ingredients

4 Navel Orange

### Nutrition

Amount per serving	
Calories	69
Fat	0g
Saturated	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	18g
Fiber	3g
Sugar	12g
Protein	1g
Sodium	1mg
Potassium	232mg
Vitamin A	346IU
Vitamin C	83mg
Vitamin B12	0µg

### Directions

- 1 Slice into wedges or peel and section. Enjoy!





## Immunity Boosting Bone Broth

8 servings

12 hours

### Ingredients

2 Whole Chicken Carcass (about 2 lbs of bones)  
 2 Carrot (peeled and chopped)  
 2 Yellow Onion (diced)  
 4 stalks Celery (chopped)  
 6 Garlic (cloves, halved)  
 2 tbsps Apple Cider Vinegar  
 2 tsps Sea Salt  
 2 cups Parsley (chopped)  
 12 cups Water

### Nutrition

Amount per serving	
Calories	30
Fat	0g
Saturated	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	7g
Fiber	2g
Sugar	3g
Protein	1g
Sodium	634mg
Potassium	237mg
Vitamin A	3918IU
Vitamin C	22mg
Vitamin B12	0µg

### Directions

- 1 Place the bones in the slow cooker. Add all remaining ingredients. Set slow cooker to low and let cook for at least 12 hours.
- 2 After 12 hours, strain the broth through a strainer or mesh sack. Discard the vegetables that you strained out. Allow broth to cool. Once cool, remove the layer of fat that forms on the top and discard or save it for future cooking. Freeze broth until ready to use.

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days. Freeze for up to three months.

**Serving Size:** One serving is approximately 1 to 1 1/2 cups.

**Low FODMAP:** Omit garlic and onions.



## Golden Turmeric Latte

4 servings

10 minutes

### Ingredients

- 2 tbsps Ginger (grated)
- 2 cups Canned Coconut Milk
- 2 cups Water
- 2 tsps Turmeric (powder)
- 2 tbsps Raw Honey
- 1 tsp Cinnamon
- 1 tbsp Coconut Oil

### Nutrition

Amount per serving	
Calories	281
Fat	25g
Saturated	23g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	14g
Fiber	1g
Sugar	10g
Protein	2g
Sodium	34mg
Potassium	228mg
Vitamin A	2IU
Vitamin C	0mg
Vitamin B12	0µg

### Directions

**1** Grate the ginger then squeeze the juice out of it into a saucepan. Discard the pulp. Add the remaining ingredients to the saucepan and place over medium heat. Heat through for about 3 to 5 minutes, not letting it come to a boil. Whisk continuously.

**2** Carefully transfer into a mason jar and seal with a lid. Shake vigorously for about 30 seconds, or until a foam starts to form. (Note: You can also use a blender for this step, but the turmeric can stain the blender cup.) Pour into glasses through a sieve and enjoy!

### Notes

**Use Fresh Turmeric Root:** Skip the turmeric powder and use fresh turmeric root instead. Peel turmeric root and grate. Measure out about 1 tbsp grated turmeric root per serving.

**Avoid a Mess:** Rinse all glasses and mugs out right after use to avoid turmeric stains. Use baking soda on turmeric stains if they do happen.

**On-the-Go:** Add all ingredients except water to a mason jar. When ready to drink, just add hot water from the kettle and shake up for a warming, anti-inflammatory snack.

**Vegan:** Use maple syrup to sweeten instead of honey.



## Slow Cooker Rotisserie Chicken

8 servings

4 hours

### Ingredients

- 8 lbs Whole Roasting Chicken
- 2 tbsps Sea Salt
- 1 1/3 tbsps Paprika
- 2 tpsps Onion Powder
- 2 tpsps Dried Thyme
- 2 tpsps Italian Seasoning
- 1 tsp Cayenne Pepper
- 2 tpsps Black Pepper
- 4 Sweet Potato (diced into 1 inch cubes)
- 8 cups Brussels Sprouts (halved and trimmed)
- 2 tpsps Extra Virgin Olive Oil

### Nutrition

Amount per serving	
Calories	636
Fat	16g
Saturated	4g
Polyunsaturated	4g
Monounsaturated	6g
Carbs	23g
Fiber	6g
Sugar	5g
Protein	97g
Sodium	2170mg
Potassium	1689mg
Vitamin A	10763IU
Vitamin C	77mg
Vitamin B12	1.6µg

### 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!

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### Notes

**Save the Carcass:** Make our Immunity Boosting Bone Broth.

**AIP-Friendly:** Omit the black pepper and cayenne.



## One Pan Honey Garlic Salmon with Bok Choy

8 servings  
20 minutes

### Ingredients

2 tbsps Raw Honey  
 1/4 cup Tamari  
 6 Garlic (cloves, minced)  
 1 tbsp Chili Powder  
 2 1/2 lbs Salmon Fillet  
 Sea Salt & Black Pepper (to taste)  
 8 cups Bok Choy (halved)  
 2 tsps Sesame Oil  
 1 tsp Red Pepper Flakes  
 1 tbsp Sesame Seeds

### Nutrition

Amount per serving	
Calories	254
Fat	11g
Saturated	2g
Polyunsaturated	4g
Monounsaturated	4g
Carbs	8g
Fiber	1g
Sugar	5g
Protein	31g
Sodium	640mg
Potassium	928mg
Vitamin A	3575IU
Vitamin C	32mg
Vitamin B12	4.5µg

### Directions

- 1 Preheat oven to 510°F (266°C).
- 2 In a bowl, whisk together the honey, half of the tamari, minced garlic and chili powder. Stir well to mix.
- 3 Lay salmon across a baking sheet and season with sea salt and black pepper. Use a brush to paint the honey garlic mix onto the fillets.
- 4 Add bok choy to a large mixing bowl and drizzle with remaining tamari and sesame oil. Toss well. Transfer bok choy to the baking sheet and organize it around the salmon. Place baking sheet in the oven and bake for 7 to 10 minutes or until salmon flakes with a fork and bok choy is starting to char.
- 5 Remove from oven and sprinkle bok choy with red pepper flakes and sesame seeds. Divide onto plates. Enjoy!

### Notes

**No Salmon:** Any fish fillet will do. Baking time will vary depending on thickness.

**No Bok Choy:** Use asparagus, green beans or broccoli instead.

**Make it on the Grill:** Use a grilling basket for the fish and place the bok choy on the grill face down. Cook over medium-low heat.

**Leftovers:** Store in an airtight container in the fridge for two to three days. Enjoy cold or reheat in the microwave or oven.



## Kimchi Fried Cauliflower Rice

8 servings  
20 minutes

### Ingredients

2 heads Cauliflower (medium, chopped into florets)  
 2 tbsps Coconut Oil  
 4 cups Kimchi (liquid drained off)  
 1/4 cup Tamari  
 2 tbsps Apple Cider Vinegar  
 1 tsp Black Pepper  
 1/4 cup Sesame Seeds  
 1 1/3 tbsps Sesame Oil  
 6 stalks Green Onion (chopped)  
 2 cups Frozen Peas (thawed)  
 8 Egg

### Nutrition

Amount per serving	
Calories	236
Fat	14g
Saturated	5g
Polyunsaturated	3g
Monounsaturated	4g
Carbs	18g
Fiber	7g
Sugar	6g
Protein	14g
Sodium	1022mg
Potassium	728mg
Vitamin A	1542IU
Vitamin C	76mg
Vitamin B12	0.5µg

### Directions

- 1 Use a food processor to process your cauliflower florets into a rice-like consistency. Transfer to a bowl and set aside.
- 2 Heat coconut oil in a large skillet over medium heat. Add kimchi and cauliflower rice then saute for 5 minutes. Add in tamari, apple cider vinegar, black pepper, sesame seeds, sesame oil, green onion and green peas. Stir well to mix and saute for another 2 to 4 minutes or until heated through. Reduce heat to lowest setting.
- 3 In a separate frying pan, fry your eggs.
- 4 Divide kimchi fried rice between bowls and top with a fried egg. Enjoy!

### Notes

**No Cauliflower:** Use cooked quinoa or brown rice instead.

**Meat Lover:** Add chopped bacon.

**No Eggs:** Use diced chicken breast or roasted chickpeas instead.



## Roasted Brussels Sprouts Caesar Salad

8 servings

1 hour

### Ingredients

2 lbs Extra Lean Ground Chicken (cooked)  
 10 cups Brussels Sprouts (halved)  
 1 cup Radishes (sliced)  
 1 cup Pumpkin Seeds  
 2/3 cup Extra Virgin Olive Oil  
 2 Garlic (whole head)  
 1 Lemon (juiced)  
 1/4 cup Dijon Mustard  
 Sea Salt & Black Pepper

### Nutrition

Amount per serving	
Calories	461
Fat	34g
Saturated	6g
Polyunsaturated	7g
Monounsaturated	19g
Carbs	13g
Fiber	5g
Sugar	3g
Protein	29g
Sodium	185mg
Potassium	1193mg
Vitamin A	833IU
Vitamin C	99mg
Vitamin B12	0.6µg

### Directions

- 1 Preheat oven to 400°F (204°C). In a large bowl, toss brussels sprouts with a splash of your olive oil and season with sea salt and pepper. Toss well and place on baking sheet lined with parchment paper or foil.
- 2 Slice the top off of the head of garlic and peel away the skin so the cloves are showing. Drizzle with olive oil and wrap in foil. Place on the baking sheet with the brussels sprouts. Place in oven and bake for 30 minutes. At the 30 minute mark, remove the brussel sprouts and let the garlic cook for another 15 minutes.
- 3 Remove garlic from oven and let cool. When cool enough to handle, pinch the cloves out one-by-one into a food processor/blender. Add the remaining olive oil, lemon juice, mustard and season with a bit of salt and pepper. Blend until creamy.
- 4 Place the brussels sprouts, radish and ground chicken into the large mixing bowl and add desired amount of garlic dressing. Toss well. Place in bowl and garnish with seeds, sea salt and pepper. Enjoy!

### Notes

**Leftovers:** Store in the fridge in an airtight container up to three days.

**Save Time:** Cook the ground chicken and make the roasted garlic dressing in advance.

**No Extra Lean Ground Chicken:** Use any other type of ground meat instead.

**Vegan & Vegetarian:** Use cooked lentils instead of ground meat.



## Sausage & Sauerkraut Skillet

8 servings

40 minutes

### Ingredients

- 1 1/4 lbs Chicken Sausage
- 2 tbsps Coconut Oil
- 2 Yellow Onion (diced)
- 4 Apple (peeled, cored and diced)
- 4 Garlic (cloves, minced)
- 8 cups Swiss Chard (washed, stems removed and chopped)
- 4 cups Sauerkraut (liquid drained off)

### Nutrition

Amount per serving	
Calories	265
Fat	14g
Saturated	6g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	26g
Fiber	6g
Sugar	15g
Protein	12g
Sodium	1281mg
Potassium	575mg
Vitamin A	2264IU
Vitamin C	26mg
Vitamin B12	1.1µg

### Directions

- 1 Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper. Add sausage and bake for 30 minutes or until cooked through. Remove from oven and cut into 1/4" pieces.
- 2 Heat coconut oil in a frying pan over medium heat. Add yellow onion and apple. Saute just until onion is translucent (about 5 minutes). Add garlic and saute for another minute.
- 3 Add swiss chard and continue to saute just until it is wilted. Reduce heat to low and add in chopped sausage and sauerkraut and saute for another minute or until heated through. Remove from heat and divide into bowls. Enjoy!

### Notes

**Leftovers:** Store in an airtight container in the fridge up to three days.

**Vegan and Vegetarian:** Skip the sausage and use cooked lentils instead.

**No Swiss Chard:** Use kale or spinach instead.





## Sausage, Broccoli & Cabbage Stir Fry

4 servings

25 minutes

### Ingredients

- 10 ozs Chicken Sausage
- 1 Yellow Onion (small, diced)
- 1 Garlic (clove, minced)
- 4 cups Broccoli (chopped into small florets)
- 4 cups Purple Cabbage (finely sliced)
- 2 tsps Italian Seasoning

### Nutrition

Amount per serving	
Calories	224
Fat	11g
Saturated	4g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	21g
Fiber	5g
Sugar	9g
Protein	14g
Sodium	788mg
Potassium	721mg
Vitamin A	1560IU
Vitamin C	132mg
Vitamin B12	1.1µg

### Directions

- 1 Remove casings from the sausage and discard. Heat a large skillet over medium-high heat. Add the sausage meat, onion, and garlic. Saute for about 5 to 10 minutes, or until fragrant.
- 2 Add the broccoli, cabbage and italian seasoning. Cover and cook for 10 to 15 minutes, stirring occasionally, until the vegetables are wilted and the sausage is cooked through. Divide onto plates and enjoy!

### Notes

**Leftovers:** Keeps well in the fridge up to 3 days.

**No Sausage:** Use ground meat instead.

**Make it Quick:** Use bagged coleslaw mix to save time on slicing cabbage.



## Plantain Chips

4 servings  
30 minutes

### Ingredients

- 4 Plantain (medium size)
- 2 tbsps Coconut Oil (melted)
- 1 tsp Cinnamon

### Nutrition

Amount per serving	
Calories	392
Fat	8g
Saturated	6g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	87g
Fiber	5g
Sugar	47g
Protein	4g
Sodium	11mg
Potassium	1318mg
Vitamin A	3045IU
Vitamin C	50mg
Vitamin B12	0µg

### Directions

- 1 Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper.
- 2 Peel the plantains then slice as thinly as possible with a mandolin or knife. Do your best to keep the thickness consistent. Slice on the diagonal for bigger chips. Gently toss the slices in coconut oil and cinnamon. Arrange in an even layer on the baking sheet then bake for 30 to 35 minutes, flipping at the halfway point. (Note: Chips are done when they start to brown around the edges.)
- 3 Remove from oven and let cool on a baking rack lined with paper towel to soak up any excess oil. Enjoy!

### Notes

**Storage:** Store in an airtight container at room temperature.

**Make Them Crispy:** Plantain chips last 1 - 2 days. If they get soggy, crisp them back up by placing them in the oven at 350 degrees F for 5 to 10 minutes.



## Strawberry Ice Cream

4 servings

5 minutes

### Ingredients

4 Banana (sliced and frozen)  
2 cups Frozen Strawberries

### Nutrition

Amount per serving	
Calories	144
Fat	1g
Saturated	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	37g
Fiber	5g
Sugar	19g
Protein	2g
Sodium	3mg
Potassium	586mg
Vitamin A	125IU
Vitamin C	56mg
Vitamin B12	0µg

### Directions

- 1 Add frozen bananas and strawberries to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
- 2 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

### Notes

**More Creamy:** Add 2 tbsp coconut milk.

**More Scoopable:** Add 1 tbsp vodka to prevent hard freeze.

**Make it Chunky:** Set aside 1/4 cup of the strawberries before blending and add them to the processor after blending. Pulse until roughly chopped.



## Broiled Pineapple with Cinnamon

4 servings  
10 minutes

### Ingredients

4 cups Pineapple (cored and sliced into rounds)  
2 tsp Cinnamon

### Nutrition

Amount per serving	
Calories	86
Fat	0g
Saturated	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	23g
Fiber	3g
Sugar	16g
Protein	1g
Sodium	2mg
Potassium	185mg
Vitamin A	100IU
Vitamin C	79mg
Vitamin B12	0µg

### Directions

- 1 Adjust oven rack to the top, closest to the broiler. Set oven to high broil.
- 2 Place pineapple slices on a foil-lined baking sheet and sprinkle both sides with cinnamon.
- 3 Broil in oven for about 10 minutes, flipping halfway. Watch closely for burning as oven temperatures may vary.
- 4 Remove from oven and enjoy!

### Notes

Serve it With: Coconut ice cream, granola or over oatmeal.