



Super Slim Down Dinner
Cookbook



Chicken Ranch Spaghetti Squash

4 servings

30 minutes

Ingredients

- 8 ozs Chicken Breast (boneless, skinless)
- 1 Red Bell Pepper (halved and seeds removed)
- 1 Spaghetti Squash (cut in half lengthwise, seeds removed)
- 2 tbsps Extra Virgin Olive Oil
- 1/4 cup Mayonnaise
- 2 tbsps Unsweetened Coconut Yogurt
- 1/2 tsp Apple Cider Vinegar
- 1/2 tsp Dried Chives
- 1/8 tsp Sea Salt
- 1 tbsp Canned Coconut Milk (full fat)

Directions

- 1 Preheat the oven to 375°F (177°C) and line your baking sheets with aluminium foil.
- 2 Brush the chicken, bell pepper and the inside of the spaghetti squash with oil. Transfer to the baking sheets, placing the bell pepper and squash face down.
- 3 Roast the pepper for about 20 to 25 minutes or until slightly charred. Remove and set aside. Continue cooking the chicken and squash for an additional 10 minutes or until cooked through and tender.
- 4 Meanwhile, combine the mayonnaise, yogurt, apple cider vinegar, chives, salt and coconut milk in a jar. Cover with a lid and shake until well combined.
- 5 When cool enough to handle, use a fork to shred the squash into noodles. Chop the chicken and bell pepper, and transfer to the spaghetti squash bowl. Drizzle with the dressing and enjoy!

Notes

Leftovers: Refrigerate in an airtight container up to 3 days.

Serving Size: One serving equals approximately 1/4 of a stuffed spaghetti squash with 1 1/2 tablespoons of dressing.

No Bell Peppers: Use mushrooms, peas or broccoli instead.

No Coconut Yogurt: Use any alternative plain yogurt or sour cream.

Egg-Free: Use sour cream or yogurt instead of mayonnaise.



Taco Salad with Beef

4 servings

25 minutes

Ingredients

- 1 lb Extra Lean Ground Beef
- 2 tbsps Chili Powder
- 1 tbsp Cumin
- 1/2 tsp Sea Salt
- 1 cup Cherry Tomatoes (chopped)
- 1 Jalapeno Pepper (chopped)
- 2 stalks Green Onion (chopped)
- 3 tbsps Lime Juice (divided)
- 2 heads Romaine Hearts (chopped)
- 2 tbsps Extra Virgin Olive Oil
- 2 Avocado (sliced)

Directions

- 1 In a pan over medium-high heat, brown the beef. Break the meat into very small pieces with a spatula and cook until no longer pink, about 5 minutes. Drain any excess drippings, but keep the beef in the pan.
- 2 Add the chili powder, cumin, salt, tomatoes, jalapeno and green onion to the beef. Stir to combine. Cook for another 5 minutes until tomatoes are very soft. Remove from heat and stir in half of the lime juice. Season with additional salt if needed.
- 3 In a large mixing bowl toss the chopped romaine lettuce with olive oil and remaining lime juice.
- 4 To assemble the salad, divide lettuce between plates and top evenly with beef and avocado. Serve immediately and enjoy.

Notes

Storage: Refrigerate beef and lettuce separately in airtight containers for up to 3 days. Assemble salad just before serving.

More Flavor: Top salad with additional tomatoes, sliced jalapenos, green onions, salsa, cilantro, lime juice or hot sauce.

Make it Vegan: Use black beans instead of ground beef.



Steak with Creamy Chimichurri Sauce

2 servings

20 minutes

Ingredients

- 1/2 Avocado
- 1/2 cup Parsley
- 1/4 cup Cilantro
- 2 tbsps Lemon Juice
- 1 Garlic (clove)
- 1/2 tsp Sea Salt (divided)
- 2 tbsps Extra Virgin Olive Oil
- 1/2 tsp Avocado Oil
- 8 ozs NY Striploin Steak

Directions

- 1 In a blender, add the avocado flesh, parsley, cilantro, lemon juice, garlic and half of the sea salt. Blend together while slowly adding the extra virgin olive oil. Blend until smooth and creamy. Set aside.
- 2 Heat a cast iron pan over medium heat and add the avocado oil. Meanwhile, season the steak with the remaining sea salt.
- 3 Add the steak to the pan once it is hot. Cook for 3 to 4 minutes per side.
- 4 Let the steak rest for about 10 minutes on a plate. Serve with chimichurri sauce on top. Enjoy!

Notes

Cook Time: Time will vary depending on the temperature of your cast iron pan and the thickness of the steak. In our tests, three minutes per side created a medium-rare steak.

Leftovers: Store the sauce and steak separately. Refrigerate in an airtight container for up to three days.

More Flavor: Season the steak ahead of time with tamari, coconut aminos or red wine vinegar.

Grill Lover: Grill the steak over medium heat for approximately three to five minutes per side for medium-rare.



Coconut Ginger Pan-Fried Pork Chops

4 servings
20 minutes

Ingredients

- 1 1/4 lbs Pork Chop
- 1/2 tsp Sea Salt
- 1 tbsp Extra Virgin Olive Oil
- 1/4 Yellow Onion (very finely chopped)
- 2 Garlic (cloves, minced)
- 1 tbsp Ginger (fresh, minced)
- 1/4 cup Water
- 1 cup Canned Coconut Milk (full fat)
- 1/4 cup Cilantro (chopped)
- 1 1/2 tsps Lime Juice

Directions

- 1 Pat the pork chops dry with a paper towel and season both sides with the salt.
- 2 Heat the oil in a large skillet over medium-high heat. Add the pork chops to the pan and cook for 3 to 5 minutes per side or until cooked through. Transfer the cooked pork chops to a plate and cover to keep warm.
- 3 Reduce the heat to medium and add the onion, garlic and ginger to the same pan. Cook, stirring continuously, for about a minute until very fragrant. Add the water to the pan and scrape any brown bits away from the bottom of the pan. Stir in the coconut milk.
- 4 Bring the sauce to a gentle boil and let it simmer until the sauce has thickened, about 8 minutes. Remove the pan from the heat and stir in the cilantro and lime juice. Season the sauce with salt or additional lime juice if needed.
- 5 To serve, divide pork chops between plates and top generously with the coconut pan sauce. Enjoy!

Notes

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

Serving Size: One serving is one pork chop (5 oz) and approximately 1/4 cup of the coconut ginger pan sauce.

More Flavor: Stir red pepper flakes, fish sauce, coconut aminos or honey into the sauce.

Additional Toppings: Garnish with additional cilantro.

No Extra Virgin Olive Oil: Use coconut oil instead.



Lemon Cilantro Cod with Peppers

2 servings

35 minutes

Ingredients

- 3 tbsps Lemon Juice
- 3 tbsps Avocado Oil (divided)
- 3/4 cup Cilantro (finely chopped, divided)
- 1/2 tsp Sea Salt (divided)
- 2 Cod Fillet
- 1/2 Red Bell Pepper (sliced)
- 1/2 Yellow Bell Pepper (sliced)
- 1 Tomato (diced)

Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 In a zipper-lock bag add the lemon juice, 2/3 of the oil, 2/3 of the cilantro and 1/2 of the sea salt. Add the cod and massage the marinade into the fillets. Marinate them for at least 15 minutes or up to an hour.
- 3 Meanwhile, heat the remaining oil over medium heat. Add the bell peppers and tomato and cook for 8 to 10 minutes or until the peppers are just tender and the tomatoes have released their juices. Stir in the remaining cilantro and season with the remaining salt. Remove from heat.
- 4 Place cod fillets to a baking dish and transfer the peppers mixture on top of the cod fillets. Cover the dish with foil, or a tight-fitting lid, and bake for 18 to 20 minutes or until the fish is cooked through and flakes easily.
- 5 Divide the fish and peppers between plates and season with additional salt if needed. Enjoy!

Notes

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

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

More Flavor: Add more herbs like parsley or oregano. Serve with additional lemon wedges.

No Lemon: Use lime instead.

No Cod: Use another white fish, like haddock, instead.



Chicken & Broccoli Casserole

4 servings

50 minutes

Ingredients

- 1 lb Chicken Thighs (boneless, skinless)
- 1/4 tsp Sea Salt (divided)
- 1 tsp Avocado Oil
- 5 cups Broccoli (cut into florets)
- 1/2 Yellow Onion (thinly sliced)
- 1 1/4 cups Canned Coconut Milk (full fat)
- 1 tbsp Nutritional Yeast
- 1 tbsp Tapioca Flour
- 1/2 tsp Garlic Powder
- 3/4 cup Chicken Broth

Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Season the chicken thighs with half of the sea salt. Heat a skillet over medium heat and add the avocado oil. Working in batches, add the chicken and cook for 6 to 7 minutes per side or until cooked through. Remove the chicken and set aside to cool. Once cool, shred the chicken with two forks.
- 3 In the same skillet, using the fat from the chicken, add the broccoli and yellow onion and cook for 3 to 4 minutes until the broccoli is bright green. Remove from the pan.
- 4 Meanwhile, in a saucepan over medium-low heat, add the coconut milk, nutritional yeast, tapioca flour, garlic powder and remaining sea salt. Whisk to combine. Bring to a simmer, then turn off the heat and add the chicken broth.
- 5 Add the chicken thighs to an oven-safe dish and top with the broccoli and onions. Add the coconut milk sauce on top and give it a stir. Place it in the oven and bake for 20 to 25 minutes. Remove, let it cool slightly and then serve. Enjoy!

Notes

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

More Flavor: Add chopped bacon or mushrooms to the dish. Season with your favorite dried herbs.

Additional Toppings: Serve with rice or cauliflower rice.

No Tapioca Flour: Use arrowroot flour or corn starch.



Bison Meatballs & Cauliflower Mash

2 servings

40 minutes

Ingredients

- 1 lb Ground Bison
- 4 Garlic (cloves, minced, divided)
- 1 tsp Lemon Zest
- 1/4 cup Parsley (chopped)
- 1 tsp Sea Salt (divided)
- 1 head Cauliflower (large, chopped into florets)
- 1 tbsp Extra Virgin Olive Oil

Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a large bowl, combine the bison, half the minced garlic, lemon zest, parsley and half the sea salt. Form into meatballs, about 2 inches thick. Place on the baking sheet and bake for 23 to 25 minutes.
- 3 Meanwhile, bring a large pot of water to a boil under a steamer basket. Place the cauliflower florets in the steamer basket and cook for 10 to 12 minutes, or until soft. Remove and place the florets into a blender or food processor.
- 4 In a small skillet over low heat add the extra virgin olive oil and the remaining minced garlic. Heat through until fragrant and lightly browned, being careful not to let the garlic burn. Add this to the cauliflower along with the remaining salt and process until smooth.
- 5 Serve the cauliflower mash along with the bison meatballs. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. Freeze the meatballs for up to three months.

Serving Size: One serving is roughly 5 to 6 meatballs and 1 cup of cauliflower mash.

Additional Toppings: Garnish with minced chives, parsley or dill.

No Bison: Use another meat such as ground beef, lamb or chicken.



Baked Blackened Salmon

2 servings

20 minutes

Ingredients

- 1 tsp Paprika
- 1/2 tsp Oregano
- 1/4 tsp Garlic Powder
- 1/4 tsp Dried Thyme
- 1/8 tsp Sea Salt
- 1/8 tsp Black Pepper
- 1/8 tsp Cayenne Pepper
- 10 ozs Salmon Fillet
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/4 Lemon (cut into wedges, optional for serving)

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 In a small bowl combine the paprika, oregano, garlic, thyme, salt, black pepper and cayenne pepper.
- 3 Rub the salmon with the oil on all sides and place on the prepared baking sheet. Coat the top sides of the salmon with the spice mixture.
- 4 Bake for 12 to 15 minutes or until salmon is cooked through and flakes easily. Season with additional salt if needed and serve with lemon wedges, if using. Enjoy!

Notes

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

More Flavor: For a spicier salmon use more cayenne pepper. For a smoky flavor, used smoked paprika instead.

Make it a Meal: Serve with roasted veggies and potatoes or on top of a salad.



Pork Roast with Creamy Onion Gravy

6 servings
1 hour 20 minutes

Ingredients

- 2 cups Chicken Broth
- 3 Yellow Onion (cut into wedges)
- 4 Garlic (clove, roughly chopped)
- 2 1/4 lbs Pork Loin Roast
- 1 tbsp Extra Virgin Olive Oil
- 1 1/2 tsp Italian Seasoning
- 1 tsp Sea Salt
- 1 tbsp Coconut Aminos

Directions

- 1 Preheat the oven to 425°F (218°C).
- 2 Add the broth, onion and garlic to the bottom of a small roasting pan, dutch oven or high-sided baking dish.
- 3 Drizzle the pork with the olive oil and then season with the Italian seasoning and salt. Rub the seasoning on all sides of the roast. Place the pork roast on top of the onions in the roasting pan.
- 4 Transfer the meat to the oven and roast for 20 minutes. Reduce the oven temperature to 350°F (176°C) and continue to roast for 40 to 55 minutes (about 20 to 25 minutes per pound) or until the pork is cooked through. Transfer the cooked roast to a plate to rest for 10 to 15 minutes.
- 5 Meanwhile, make the gravy. Transfer the cooking liquid, roasted onions and garlic from the roasting pan to a blender or food processor. Add the coconut aminos and blend until smooth. Add extra chicken broth to achieve your desired consistency, if necessary. Season with additional salt if needed.
- 6 To serve, slice the pork, divide between plates and top with the gravy. Enjoy!

Notes

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

More Flavor: Add garlic powder or onion powder to the pork seasoning.

Serve it With: Serve alongside roasted vegetables, and mashed potatoes or mashed cauliflower.

Gravy: If most of the liquid evaporated during cooking, add more chicken broth to the blender, then thin the gravy with additional broth after blending if needed.



Sausage & Cauliflower Rice Stuffed Peppers

4 servings
1 hour 5 minutes

Ingredients

- 1/3 cup Water
- 4 Yellow Bell Pepper
- 1 lb Pork Sausage (casing removed)
- 1/2 Yellow Onion (chopped)
- 2 Garlic (clove, minced)
- 1 1/2 tsps Italian Seasoning
- 1/4 tsp Sea Salt
- 1 1/2 cups Cauliflower Rice
- 1 cup Tomato Sauce

Directions

- 1 Preheat the oven to 350°F (176°C). Add the water to the bottom of a baking dish.
- 2 Cut off the tops of the peppers and discard the seeds and ribs.
- 3 Heat a pan over medium-high heat. Add the sausage to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, about 8 minutes, drain any excess drippings from the pan.
- 4 Add the onion, garlic, Italian seasoning and salt to the pan with the sausage. Cook for 3 to 5 minutes until the onions have softened. Remove the pan from the heat and stir in the cauliflower rice and tomato sauce until well combined.
- 5 Stuff the peppers with the sausage and cauliflower rice filling. Place the peppers so that they are standing up right in the prepared baking dish. Cover with foil or a lid and bake for 45 to 50 minutes or until the peppers are very tender.
- 6 Divide between plates and enjoy!

Notes

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

Serving Size: One serving is 1 stuffed pepper.

More Flavor: Add red pepper flakes for more spice. Use your favorite pasta or marinara sauce instead of plain tomato sauce. Use hot or mild Italian-spiced sausages or honey garlic sausages instead.

Additional Toppings: Top with cheese, fresh herbs or serve with extra tomato sauce.

Peppers: Use any colour of bell pepper. If your bell peppers are tipsy and do not stand upright on their own, try thinly slicing the bottom of them to create a flat surface.



Chicken Thighs & Chunky Guacamole

4 servings

45 minutes

Ingredients

- 1 lb Chicken Thighs (boneless, skinless)
- 1 Lime (juiced, divided, zested)
- 1/2 tsp Sea Salt (divided)
- 1/2 tsp Cumin
- 1 tsp Avocado Oil
- 2 Avocado (chopped)
- 2 tbsps Red Onion (finely chopped)
- 1 Garlic (clove, minced)
- 1/3 cup Cilantro (finely chopped)

Directions

- 1 In a large dish, add the chicken thighs along with half the lime juice, the lime zest, half the sea salt and cumin. Mix well and let it marinate for about 15 minutes.
- 2 Heat a skillet over medium heat and add the oil. Discard the marinade. Working in batches if needed, cook the chicken for 6 to 7 minutes per side until cooked through.
- 3 In a small bowl, add the avocado, red onion, garlic, cilantro, remaining sea salt and remaining lime juice. Stir to combine.
- 4 Divide the chicken evenly between plates and top with the avocado mixture. Enjoy!

Notes

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

Refrigerate the avocado in a separate container for up to two days.

More Flavor: Add chili flakes to the marinade or the avocado mixture.

Serve it With: Rice, cauliflower rice, roasted vegetables or a side salad.



Walnut Crusted Salmon with Asparagus

2 servings

20 minutes

Ingredients

- 1/4 cup Walnuts (very finely chopped)
- 1 stalk Green Onion (very finely chopped)
- 1/4 tsp Sea Salt
- 1/2 tsp Italian Seasoning
- 1/2 tsp Lemon Juice
- 1 tbsp Extra Virgin Olive Oil (divided)
- 8 ozs Salmon Fillet
- 2 cups Asparagus (trimmed)

Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Combine the walnuts, green onion, salt and Italian seasoning. Add the lemon juice and 1/3 of the oil and stir to mix.
- 3 Rub another 1/3 of the oil over all sides of the salmon fillets and place the salmon on the prepared baking sheet, skin side down. Spoon the walnut mixture on the top side of the fillets and gently press it down with the back of the spoon so the walnut mixture stays in place.
- 4 Toss the asparagus in the remaining oil and season with sea salt to taste. Place the seasoned asparagus in an even layer on the baking sheet with the salmon
- 5 Bake for 12 to 15 minutes or until the salmon is cooked through and flakes easily and asparagus is tender. Divide between plates and enjoy!

Notes

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

More Flavor: Season the salmon with salt, pepper and garlic powder to taste before spooning the walnut mixture on top.

No Green Onion: Use yellow or red onion instead.

Salmon: Wild salmon was used to create this recipe. For thicker fillets of salmon adjust cooking time to ensure salmon is cooked through and flakes easily.

Asparagus: Choose asparagus that are roughly the same size. Adjust cooking time for thicker asparagus spears.



Simple Cast-Iron Steak

2 servings

1 hour 15 minutes

Ingredients

1 tsp Sea Salt (divided)

1 lb NY Striploin Steak

Directions

- 1 Add half of the salt to the steak on all sides. Allow it to sit at room temperature for 45 to 60 minutes. This will allow the steak to cook more evenly.
- 2 When your steak is ready to cook, heat a cast-iron skillet over medium-high heat for 4 to 5 minutes or until very hot. Pat your steak dry and sprinkle the remaining sea salt into the pan.
- 3 Place the steak into the pan. It should sear loudly. Leave it in the pan until it is easy to move, about one minute. Flip the steak and cook for 30 seconds, occasionally pushing it down.
- 4 Continue flipping the steak until it has reached your desired doneness, approximately 5 total minutes for medium-rare. The steak shouldn't feel too spongy.
- 5 Remove the steak and place it on a plate. Cover it with tinfoil and allow it to rest for 10 minutes before cutting into it. Enjoy!

Notes

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

More Flavor: Top with your favorite pesto or chimichurri. Add a pat of butter to the steak as it rests on the plate.

Serve it With: Add to a bed of greens, roasted potatoes or alongside roasted vegetables.



One Pan Chicken & Radishes

2 servings

45 minutes

Ingredients

10 ozs Chicken Leg, Bone-in (skin on)
1/4 tsp Ground Sumac (divided)
1/2 tsp Fennel Seed (ground)
Sea Salt & Black Pepper (to taste)
1 tsp Extra Virgin Olive Oil
1 Lemon (sliced, zest from half the lemon reserved)
2 cups Radishes (trimmed, halved, tops removed and washed/dried)
4 Garlic (cloves, skin on)
2 tbsps Fresh Oregano (divided)

Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Season the chicken with half the sumac, ground fennel seed, salt and pepper. Heat a cast-iron pan over medium heat, and add the oil. Add the chicken, skin side down, and sear for 8 to 10 minutes, until lightly browned and crispy.
- 3 Add the lemon zest to the chicken. Add the radishes, garlic cloves and lemon slices to the pan. Season the radishes with salt, pepper, half the oregano and remaining sumac. Place in the oven and cook for 30 minutes, turning the chicken halfway.
- 4 Remove the skillet from the oven and take the chicken out. Add the radish tops and place back in the oven for 2 to 3 minutes, until just wilted.
- 5 Divide everything evenly between plates. Garnish with the remaining oregano. Enjoy!

Notes

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

No Sumac: Omit or replace with another herb.

No Fresh Oregano: Use dried and reduce the amount or use another fresh herb such as rosemary.

Radish Tops: If using fresh radishes, the tops should be nice and green. Simply cut them from the radishes, wash and dry them. If they don't look fresh or they aren't attached, omit or use another green such as kale, spinach or arugula.



Steak with Garlic Butter

2 servings

20 minutes

Ingredients

- 2 tbsps Butter (room temperature, divided)
- 1 Garlic (clove, minced)
- 1 tsp Parsley
- 2 tsps Sea Salt (divided)
- 1 lb Flat Iron Steak

Directions

- 1 Mix half of the butter with the garlic, parsley and half of the sea salt. Set aside.
- 2 Heat a cast-iron pan over medium-high heat. Once hot, add the remaining butter. Once the butter is melted, add the steak. Cook for at least 4 minutes before flipping. Cook for at least 4 minutes per side, but up to 10 depending on preference. In the final few minutes, tilt the pan towards you and carefully spoon the butter over top of the steak.
- 3 Remove the steak from the pan and let it rest for 5 minutes. Serve with the garlic butter and enjoy!

Notes

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

More Flavor: Add pepper or red pepper flakes to the butter mixture.

Additional Toppings: Caramelized onions and mushrooms.

Serve it With: Add to a bed of greens, roasted potatoes or alongside roasted vegetables.