



**Super Slim Down Lunch  
Cookbook**

---



## Turkey Taco Skillet with Cauliflower Rice

4 servings

30 minutes

### Ingredients

- 1 tsp Avocado Oil
- 1 lb Extra Lean Ground Turkey
- 1/2 Yellow Onion (chopped)
- 1 Red Bell Pepper (diced)
- 1 Yellow Bell Pepper (diced)
- 1 tbsp Chili Powder
- 1 tsp Paprika
- 1 tsp Cumin
- 1/4 tsp Sea Salt
- 1 3/4 cups Diced Tomatoes (drained)
- 5 cups Cauliflower Rice
- 1 Avocado (sliced, optional)
- 1/4 cup Cilantro (chopped, optional)

### Directions

- 1 Heat a skillet over medium heat and add the avocado oil. Add the ground turkey, onion, red bell pepper, yellow bell pepper, chili powder, paprika, cumin, and sea salt. Cook for 10 to 15 minutes or until cooked through. Add the tomatoes, stir well and remove from heat.
- 2 Divide the cauliflower rice into bowls then top with the turkey, avocado and cilantro. Enjoy!

### Notes

**Cauliflower Rice:** Can be served raw or cooked. To cook your cauliflower rice, saute in a skillet for 5 to 7 minutes before serving.

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

**Save Time:** Use pre-riced cauliflower.

**Dairy-Lover:** Top with Greek yogurt or grated cheese.

**Leftovers:** Store in the fridge for up to three days.

**No Avocado Oil:** Use coconut or olive oil instead.



## One Pan Sausage & Peppers

4 servings

35 minutes

### Ingredients

- 2 Red Bell Pepper (sliced)
- 1 Yellow Bell Pepper (sliced)
- 1 cup Red Onion (sliced)
- 1 tbsp Avocado Oil
- 1 tsp Italian Seasoning
- 1/4 tsp Sea Salt
- 1 lb Pork Sausage

### Directions

- 1 Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 2 Arrange the sliced peppers and onion on the baking sheet and season with avocado oil, Italian seasoning and sea salt. Place the sausages in the center of the pan. Transfer the pan to the oven and roast for 30 to 35 minutes or until sausages are cooked through.
- 3 Divide between plates and enjoy!

### Notes

**Meal Prep:** Divide between storage containers and store in the fridge for up to 3 days.

**Gluten-Free and Paleo:** Ensure the pork sausage are gluten-free and do not contain wheat crumbs or other grain products.

**More Flavor:** Use a spicy Italian or honey garlic flavored sausage.

**No Pork:** Use chicken, turkey, lamb or veggie sausages instead.

**No Avocado Oil:** Use olive oil or coconut oil instead.



## Pan Fried Lemon Cod

2 servings

20 minutes

### Ingredients

- 1/4 cup Coconut Flour
- 1/2 tsp Oregano (dried)
- 1/2 tsp Dried Thyme
- 1/4 tsp Sea Salt
- 2 tbsps Lemon Juice
- 3 tbsps Extra Virgin Olive Oil (divided)
- 2 Cod Fillet
- 1/4 cup Parsley (chopped)

### Directions

- 1 On a small plate, add coconut flour, oregano, thyme, and sea salt and mix together. In a small bowl, stir together the lemon juice and 2/3 of the olive oil.
- 2 Place the cod in the lemon, olive oil mixture, and coat well. Then place in the flour mixture and ensure all sides are covered.
- 3 Heat a skillet over medium heat and add the remaining oil. Cook for about four to five minutes per side, until flaky and the coating has browned slightly.
- 4 Divide the cod onto plates and top with chopped parsley. Enjoy!

### Notes

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

**No Coconut Flour:** Use almond flour or all-purpose gluten-free flour instead of coconut flour.

**More Flavor:** Use additional spices such as paprika, cayenne or cumin.

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

**Coconut Flour:** This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using another type of coconut flour, note that results may vary.



## Chicken Thighs with Mushrooms

4 servings

40 minutes

### Ingredients

- 1 lb Chicken Thighs (boneless, skinless)
- 1/4 tsp Sea Salt
- 1/2 tsp Coconut Oil
- 14 White Button Mushrooms (quartered)
- 2 tbsps Shallot (diced)
- 2 Garlic (cloves, minced)
- 1/2 cup Chicken Broth
- 1/3 cup Canned Coconut Milk
- 2 tpsps Tarragon

### Directions

- 1 Heat a pan over medium heat. Season the chicken thighs with sea salt. Add the coconut oil to the pan and once melted, add the chicken. Cook for 5 to 6 minutes per side. Remove and set aside.
- 2 Lower the heat to medium-low and add the mushrooms. Cook for 3 to 4 minutes. Add the shallot and cook for 2 to 3 minutes. Add the garlic cloves and cook for 1 minute and then add the chicken back in along with the broth. Cover and simmer for 8 to 10 minutes.
- 3 Remove the lid and add the coconut milk and tarragon. Stir to combine. Cook for 2 to 3 minutes. Divide the chicken and mushrooms between plates and spoon your desired amount of liquid over top. Serve and enjoy!

### Notes

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

**No Tarragon:** Use thyme instead.

**Serve it With:** Cauliflower rice.

**No Coconut Oil:** Use extra virgin olive oil or avocado oil instead.



## Mini Eggplant Pizzas

4 servings

30 minutes

### Ingredients

- 1 Eggplant (medium)
- 1/4 cup Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 3/4 cup Tomato Sauce
- 1/2 tsp Oregano
- 4 1/3 ozs Mozzarella Ball (grated)
- 1/2 tsp Red Pepper Flakes (Optional)
- 2 tbsps Basil Leaves (finely chopped)

### Directions

- 1 Cut the eggplant into equal slices about 1/2 inch thick. Generously brush each side of the eggplant with the oil and season with sea salt and black pepper.
- 2 Heat a large non-stick pan over medium heat. Cook eggplant in batches until tender and browned about 3 to 5 minutes per side.
- 3 Meanwhile, turn the broiler on high.
- 4 Transfer the browned eggplant slices to a baking sheet and top each with tomato sauce, dried oregano and shredded cheese. Broil the eggplant pizzas for 3 to 5 minutes until the cheese is melted, bubbly and browned.
- 5 Top with red pepper flakes and fresh basil. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days. Reheat in the microwave or oven until warmed through.

**Serving Size:** One serving is approximately three eggplant pizzas.

**Dairy-Free:** Use a dairy-free shredded cheese instead.

**More Flavor:** Add minced garlic and Italian seasoning to the tomato sauce.

**Additional Toppings:** Top eggplant pizza with your favorite pizza toppings like pepperoni, bacon, olives, bell peppers or mushrooms.



## Turkey Stuffed Zucchini Boats

2 servings

40 minutes

### Ingredients

- 2 Zucchini (medium)
- 1 cup Tomato Sauce (divided)
- 1 1/2 tsps Extra Virgin Olive Oil
- 8 ozs Extra Lean Ground Turkey
- 1 Garlic (clove, minced)
- 1 1/2 tsps Italian Seasoning
- 1/2 tsp Sea Salt
- 1/4 tsp Red Pepper Flakes
- 1/2 Red Bell Pepper (chopped)
- 2 cups Baby Spinach (chopped)

### Directions

- 1 Preheat the oven to 350°F (177°C).
- 2 Cut the zucchini in half lengthwise and scoop out the seeds using a spoon. Add half of the tomato sauce to the bottom of a baking dish. Place the hollowed-out zucchini cut side up on top of the tomato sauce. Set aside.
- 3 Heat the oil in a frying pan or skillet over medium-high heat. Add the turkey and cook until browned breaking it into small pieces as it cooks.
- 4 Add the garlic, Italian seasoning, salt and red pepper flakes to the turkey and stir to combine. Add the bell pepper and spinach and continue to cook until the spinach is wilted. Add the remaining tomato sauce to the turkey mixture and stir to combine. Season with additional salt, if necessary.
- 5 Spoon the turkey mixture into the hollowed out zucchini boats.
- 6 Cover the baking dish with a lid or foil and bake for 20 to 25 minutes or until the zucchini is tender.
- 7 Divide zucchini boats between plates and enjoy!

### Notes

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

**Serving Size:** One serving is equal to two zucchini boats.

**More Flavor:** Use a flavored pasta sauce instead of plain tomato sauce.

**Additional Toppings:** Broil cheese on the top of each zucchini boat before serving. Garnish with additional red pepper flakes and fresh herbs like parsley or basil.

**No Turkey:** Use ground chicken or pork sausage instead.



## Turkey Mushroom Lettuce Wraps

4 servings

20 minutes

### Ingredients

- 1 tsp Avocado Oil
- 12 White Button Mushrooms (sliced)
- 1 Garlic (clove, minced)
- 1 lb Extra Lean Ground Turkey
- 2 tbsps Coconut Aminos
- 1 head Boston Lettuce
- 1/4 cup Cilantro (chopped)

### Directions

- 1 In a skillet over medium heat, add the avocado oil along with the mushrooms and cook for 5 to 6 minutes. Reduce the heat slightly and add the garlic. Cook for one minute more.
- 2 Add the ground turkey and cook for 8 to 10 minutes, stirring occasionally until it is cooked through. Add the coconut aminos, stir and set aside.
- 3 Scoop the turkey mixture on to lettuce leaves and top with cilantro. Serve and enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately two lettuce wraps.

**No Coconut Aminos:** Use tamari instead.

**No Ground Turkey:** Use ground chicken instead.

**More Flavor:** Add hot sauce and/or chili flakes.

**Additional Toppings:** Top with additional vegetables such as carrots, celery or bell pepper.

**No Cilantro:** Omit, or use basil instead.





## Thai Green Curry Chicken

4 servings

30 minutes

### Ingredients

- 1 Lime (juiced and zested)
- 3 Green Chili Pepper (seeds removed)
- 1 tbsp Ginger (fresh, grated)
- 1/2 cup Cilantro (roughly chopped)
- 1/2 cup Basil Leaves (roughly chopped)
- 1 tsp Cumin
- 1 tsp Fish Sauce
- 1 tbsp Coconut Oil (melted)
- 1 lb Chicken Breast (cut into cubes)
- 1 1/4 cups Canned Coconut Milk (full fat)
- 1 Yellow Bell Pepper (sliced)

### Directions

- 1 To create the sauce, add the lime juice, lime zest, chili peppers, ginger, cilantro, basil, cumin, fish sauce and coconut oil into a blender or food processor. Blend until fully combined and thick.
- 2 Add the green curry sauce to a pan over medium heat along with the chicken and cook for 3 to 4 minutes. Add the coconut milk and bell pepper, reduce the heat to medium-low and simmer for 15 minutes. Remove, serve and enjoy!

### Notes

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

**More Flavor:** Add minced garlic or chili flakes to the sauce.

**Additional Toppings:** Serve over top of rice or cauliflower rice.

**Make it Vegan:** Replace the chicken with baked tofu.

**No Fish Sauce:** Add sea salt to taste.



## Steamed White Fish with Tomato & Olive Sauce

2 servings

20 minutes

### Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1/4 tsp Sea Salt (divided)
- 1/4 tsp Black Pepper (divided)
- 1 cup Cherry Tomatoes (cut in half)
- 1/4 cup Black Olives (pits removed)
- 1 stalk Green Onion (chopped)
- 1/4 cup Basil Leaves (chopped)
- 1/4 cup Water
- 2 Haddock Fillet

### Directions

- 1 Heat the oil in a medium-sized pan with a lid over medium heat. Season the fish with half of the salt and half of the pepper and set aside.
- 2 Add the cherry tomatoes to the pan and cook for about five minutes or until the tomatoes have softened and released their juices. Season the tomatoes with the remaining salt and pepper. Add the olives, green onions, basil and water. Stir to combine, bringing the mixture to a simmer.
- 3 Place the fish fillets on top of the tomato mixture and cover with a lid. Let the fish steam for 4 to 8 minutes or until the fish is cooked through and flakes easily.
- 4 Divide between bowls and enjoy!

### Notes

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

**Serving Size:** One serving is one fish fillet and approximately 3/4 cup of the tomato & olive sauce.

**More Flavor:** Add garlic or red pepper flakes. Use chicken broth instead of water.

**Additional Toppings:** Top with additional basil, green onions and/or red pepper flakes.

**No Haddock:** Use another white fish, like cod, instead of haddock.

**Fillet Size:** Each haddock fillet is equal to 150 grams or 5.3 ounces.



## Shrimp Fried Cauliflower Rice

2 servings

20 minutes

### Ingredients

8 ozs Shrimp (peeled, deveined)  
1/4 tsp Chili Powder  
1 tsp Avocado Oil (divided)  
2 Egg  
2 1/2 cups Cauliflower Rice  
1 Red Bell Pepper (diced)  
2 tbsps Coconut Aminos  
2 stalks Green Onion (sliced)

### Directions

- 1 Season the shrimp with the chili powder and heat a skillet over medium heat. Add half of the avocado oil and cook the shrimp for about 3 minutes per side. Remove and set aside.
- 2 In the same pan, add the eggs and scramble. Once cooked, remove and set aside.
- 3 Add the remaining avocado oil to the pan and cook the cauliflower rice and red pepper over medium heat. Let it cook undisturbed for 3 to 4 minutes, allowing the cauliflower rice to get crispy. Then stir and cook for 5 more minutes. Add the coconut aminos and stir.
- 4 Add the shrimp and egg back to the pan and stir. Top with the green onion, serve and enjoy!

### Notes

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

**More Flavor:** Season with toasted sesame oil, lime juice, hot sauce and/or chili flakes.

**Additional Toppings:** Add additional vegetables such as peas or carrots.

**Make it Vegan:** Use edamame and tofu instead of egg and shrimp.

**No Coconut Aminos:** Use tamari or soy sauce instead.



## Lemon Paprika Chicken Drumsticks

3 servings

1 hour 30 minutes

### Ingredients

- 1/4 cup Extra Virgin Olive Oil
- 3 Garlic (clove, minced)
- 1 Lemon (juice and zest)
- 1 tbsp Paprika
- 2 tsp Chili Powder
- 1 tsp Italian Seasoning
- 1/2 tsp Sea Salt
- 1/4 tsp Red Pepper Flakes
- 1 1/3 lbs Chicken Drumsticks

### Directions

- 1 Combine the olive oil, garlic, lemon juice, lemon zest, paprika, chili powder, Italian seasoning, salt and red pepper flakes in a bowl. Mix well.
- 2 Add the drumsticks to a large zipper-lock bag followed by the marinade. Seal the bag and massage the marinade into the chicken. Place in the fridge for at least 1 hour or up to 24 hours.
- 3 Preheat the oven to 400°F (204°C).
- 4 Transfer the marinated drumsticks to a baking dish and discard the excess marinade. Bake for 25 to 30 minutes or until the chicken is cooked through.
- 5 Divide between plates and enjoy!

### Notes

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

**Serving Size:** One serving is approximately 2 drumsticks.

**More Flavor:** For a spicier chicken add more red pepper flakes, cayenne pepper or hot sauce to the marinade.



## Cheezy Beef & Zoodle Bowl

2 servings

25 minutes

### Ingredients

- 1 lb Extra Lean Ground Beef
- 3 tbsps Nutritional Yeast
- 1 tbsp Fresh Dill (chopped, divided)
- 1/4 tsp Sea Salt
- 2 Zucchini (spiralized)

### Directions

- 1 Add the beef to a pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, add the nutritional yeast, half of the fresh dill and sea salt. Mix together until evenly combined and set the mixture aside in a bowl.
- 2 Drain the excess beef drippings and place the pan back on medium heat. Toss in the zucchini and cook for 2 to 3 minutes, or until cooked to your preference.
- 3 Divide the zucchini noodles into bowls and top with the ground beef mixture and remaining dill. Enjoy!

### Notes

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

**Additional Toppings:** Add cherry tomatoes or bell peppers.

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

**No Spiralizer:** Chop the zucchini into small circles and sauté until they're cooked to your preference.



## Brussels Sprouts Slaw with Chicken

2 servings

20 minutes

### Ingredients

8 ozs Chicken Breast (cut into cubes)  
1/4 tsp Oregano (dried)  
1/8 tsp Garlic Powder  
1/4 tsp Sea Salt (divided)  
1 1/2 tbsps Extra Virgin Olive Oil (divided)  
3 cups Brussels Sprouts (shredded)  
2 cups Purple Cabbage (sliced thin)  
1 1/2 tbsps Lemon Juice  
1 tsp Coconut Aminos

### Directions

- 1 Add the cubed chicken to a small bowl with the oregano, garlic powder and half the salt. Toss to combine.
- 2 Heat a skillet over medium heat and add 1/3 of the oil. Once hot, add the chicken and cook for 10 to 12 minutes or until cooked through. Remove and set aside.
- 3 Add the brussels sprouts and cabbage to a bowl. Add the lemon juice, coconut aminos, remaining oil and remaining salt. Mix well with your hands to combine.
- 4 Divide the slaw evenly between plates. Top with chicken and enjoy!

### Notes

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

**More Flavor:** Add additional spices and/or herbs to the dressing or chicken.

**Additional Toppings:** Sliced onion, avocado, slivered almonds, sesame or sunflower seeds.

**Make it Vegan:** Omit the chicken and use grilled tofu.

**No Coconut Aminos:** Use tamari instead.



## Sausage with Sauerkraut Avocado Mash

3 servings  
20 minutes

### Ingredients

- 8 ozs Pork Sausage
- 2 Avocado (peeled, pit removed)
- 1/2 cup Sauerkraut (roughly chopped)

### Directions

- 1 Preheat the oven to 425°F (218°C).
- 2 Place sausage on a pan and bake for 20 minutes or until cooked through.
- 3 Meanwhile, use the back of a fork to mash together the avocado and sauerkraut in a bowl.
- 4 Slice the sausage and serve with the sauerkraut avocado mash. Enjoy!

### Notes

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

**Additional Toppings:** Chopped apple chunks.

**What To Look For:** When buying pre-made sauerkraut, look for one that is kept in the refrigerated section and is raw/unpasteurized/naturally fermented.



## Chicken, Lettuce & Tomato Egg Wrap

4 servings

15 minutes

### Ingredients

4 Egg  
1/4 tsp Sea Salt  
1 tsp Extra Virgin Olive Oil (divided)  
4 leaves Romaine (large, whole)  
1 Tomato (sliced)  
7 ozs Chicken Breast, Cooked (thinly sliced)

### Directions

- 1 In a mixing bowl, whisk the eggs and salt together until well combined.
- 2 Heat a small non-stick pan over medium heat. Add enough oil to the pan to evenly coat it.
- 3 Add a 1/4 cup of the egg to the oiled pan and tilt the pan in a circular motion to distribute the egg evenly. Cook for 60 to 90 seconds or until just set and the egg releases easily from the pan then flip the egg and continue cooking for 30 to 60 seconds until cooked through. Repeat with remaining egg.
- 4 To serve, layer the lettuce, tomato and cooked chicken on the egg wrap and roll or fold altogether. Enjoy!

### Notes

**Leftovers:** Refrigerate the egg wraps in an airtight container for up to three days or freeze for up to one month. Assemble wraps just before serving.

**Pan Size:** This recipe was tested in a 8-inch non-stick pan.

**Serving Size:** One serving is approximately one egg wrap with topping evenly divided.

**More Flavor:** Add garlic powder or dried herbs to the eggs.

**Additional Toppings:** Add cheese or avocado slices.

**No Chicken:** Use cooked turkey or additional vegetables and/or avocado instead.