



**SERVING SIZE**  
\*Recipe makes 2 servings

## Pancake Bacon Strips



### INGREDIENTS

- 2 large eggs
- 2 tbsp vegetable oil
- 2/3 cup unsweetened almond milk, or regular milk
- ¼ cup coconut flour
- ¼ tsp baking soda
- ¼ tsp salt
- 1 tsp ghee, melted
- 4 strips cooked uncured, no sugar added bacon

### INSTRUCTIONS

1. Preheat a griddle to medium-high heat.
2. In a large bowl, whisk the eggs. Stir in the oil and milk and mix until well combined.
3. Whisk in the flour, baking soda and salt.
4. Brush griddle with ghee.
5. Drop the batter onto the griddle using a ¼ cup measuring cup. Repeat with a second scoop of batter.
6. Smooth into vertical pancakes, using an offset spatula.
7. Cook for 5 minutes.
8. Top one of the pancakes with a strip of bacon; do the same with the second pancake.
9. Cook until the pancakes are cooked through, approximately 2 minutes.
10. Repeat with the rest of the batter and enjoy with maple syrup.

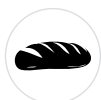
### FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras

## Grilled California Chicken

### INGREDIENTS

- ½ cup balsamic vinegar
- ¼ cup honey
- 2 tbsp olive oil
- 2 ½ tsp Italian seasoning
- 1 clove garlic, diced
- 4 boneless chicken breasts
- 4 slices mozzarella
- 2 avocados, pitted and roughly chopped
- 1 ½ cups roughly chopped cherry tomatoes
- 1 tbsp lemon juice
- ½ tsp sea salt
- ½ tsp freshly ground black pepper
- ¼ cup roughly chopped fresh basil

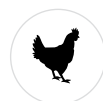
### INSTRUCTIONS

1. In a medium bowl combine the vinegar, honey, oil, Italian seasoning, and garlic clove.
2. Place chicken in a large, resealable plastic bag. Pour mixture over chicken, and marinate in the refrigerator for 30 minutes+.
3. Preheat grill to medium-high heat.
4. Place chicken on grill, and discard marinade.
5. Cook for 7 minutes, and flip. Cook for an additional 5 minutes, or until chicken registers 165 degrees with a meat thermometer. Top with cheese.
6. In a medium bowl, combine tomatoes, avocado, lemon juice, salt, pepper, and basil together.
7. Divide avocado mixture between chicken.

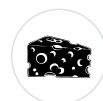
### SERVING SIZE

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### FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables

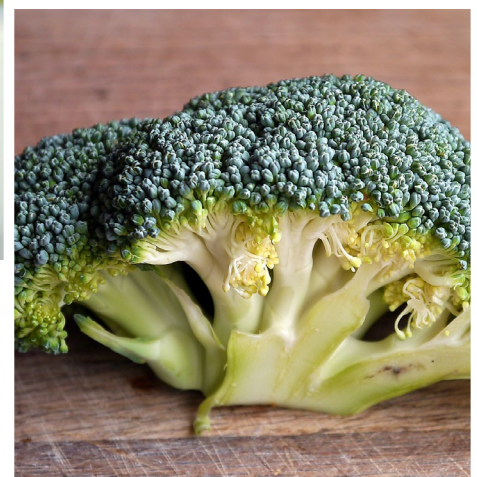


Extras





**SERVING SIZE**  
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## Dairy Free Crockpot Broccoli Potato Soup

### INGREDIENTS

- 6 medium Idaho potatoes, peeled and cubed into 1-inch pieces
- 1 large red onion, roughly chopped
- 32 ounces chicken or vegetable broth
- ½ tsp ground sea salt
- ½ tsp freshly ground black pepper
- 2 ½ cups frozen broccoli
- 1/2 cup unsweetened almond milk
- ¼ cup plain Greek yogurt
- ¼ cup sharp cheddar or nondairy cheese, shredded

### INSTRUCTIONS

1. Place potatoes, onion, and broth in a large crockpot. Season with salt and pepper.
2. Cook on low for 4 hours, or until potatoes are cooked through.
3. Add in the broccoli, and cook for 1 hour.
4. Pour in the almond milk and cook for 30 minutes.
5. Divide mixture between bowls, and swirl in yogurt and top with cheese.

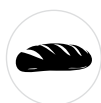
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## Chicken Cordon Bleu Casserole

### INGREDIENTS

- 1 ½ lbs. chicken tenders, cut into 1-inch pieces
- 2 tbsp olive oil
- ½ tsp salt
- ½ tsp freshly ground black pepper
- ½ lb deli ham, cut into small pieces/ shredded
- 2 ½ cups frozen cauliflower
- 1 small red onion, diced
- 1 cup chicken broth
- 8 oz. full-fat cream cheese, cubed
- ⅓ cup plain full-fat Greek yogurt
- ½ cup shredded Swiss cheese

### INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. In a large frying pan, sauté the chicken with the olive oil. Season with salt and pepper.
3. Cook until chicken is cooked through.
4. Add the ham, cauliflower, onion, and chicken broth. Simmer for 5 minutes.
5. Remove from heat, and stir in the cream cheese and yogurt.
6. Pour into a 9x13 baking dish.
7. Top with cheese, and bake for 20 minutes

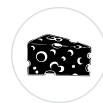
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## 5 Ingredient Banana Brownies

### INGREDIENTS

- 3 large frozen bananas, lightly thawed and roughly chopped
- ½ cup cocoa powder
- 1 cup smooth almond or peanut butter
- ¼ cup roughly chopped almonds
- ½ tsp vanilla

### INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. Line a 9x9 baking pan with parchment paper.
3. In a medium bowl, combine all of the ingredients.
4. Stir well to combine.
5. Spoon mixture into the prepared baking pan.
6. Smooth with an offset spatula.
7. Bake for 20-22 minutes, or until brownie mixture pulls away from the parchment slightly.
8. Let cool completely, and cut into 9 pieces.

### SERVING SIZE

1 serving = 2 brownies

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