



# Sugar-Free Diet

KIANA FITNESS



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Aloha & welcome to your simple, delicious meal plan with zero added sugars! This Sugar-Free Diet is designed to help people kick their sugar habit without feeling deprived. It's free from all added sugars, including natural sweeteners like maple syrup and honey.

Meals are packed with vegetables, legumes, and whole grains, making it the perfect 7-day detox for anyone new to sugar-free living.

On the next pages, you will find the detox meal plan created for you, along with an itemized grocery list and delicious recipes!

## GROCERY LIST TIPS

Included is a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

## SHOPPING TIPS

To make it super easy for you, the grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

## RECIPE TIPS

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

## LEFTOVERS

You'll notice that some meals on the plan are shaded out. This means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!

**Books & ebooks:** If you enjoy this meal plan, check out my Recipe eBooks, Meal Plans tailored specifically to



your dietary specifications, & my best-selling Fit Cooking Book, available as a download or signed softcover book [here](#)

**Online Personal Training:** How about fitness? For complete home workout plans tailored to your exercise history, fitness level, goals & available gear, [click here](#)

**Lose 20 lbs. or more:** Learn about my structured nutrition program that regulates blood sugar, resulting in weight loss & energy gain. [Click here](#) to schedule a free health assessment. Women lose an average of 8-10 lbs. per month, men lose an average of 12-15 lbs. per month.

Keep on Flexing!

Kiana Tom

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The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. None of my services shall be used to diagnose or treat any health problem or disease. I cannot and do not provide medical advice. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet. The information and recipes provided in this plan should not be used in place of a consultation with your physician or other health care provider. I do not recommend the self-management of health problems. Should you have any healthcare-related questions, please consult your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of the information provided in this plan.



## MON



**BREAKFAST**  
Lemon Tart Smoothie



**SNACK 1**  
Yogurt & Berries



**LUNCH**  
Cauliflower, Kale & Lentil Detox Soup



**SNACK 2**  
Crackers & Avocado



**DINNER**  
Turkey Cranberry Squash Bowls

## TUE



**BREAKFAST**  
Lemon Tart Smoothie



**SNACK 1**  
Yogurt & Berries



**LUNCH**  
Cauliflower, Kale & Lentil Detox Soup



**SNACK 2**  
Crackers & Avocado



**DINNER**  
Turkey Cranberry Squash Bowls

## WED



**BREAKFAST**  
Lemon Tart Smoothie



**SNACK 1**  
Apple Slices & Hummus



**LUNCH**  
Cauliflower, Kale & Lentil Detox Soup



**SNACK 2**  
Rice Cakes with Almond Butter



**DINNER**  
One Pan Salmon, Kale & Cabbage

## THU



**BREAKFAST**  
Blueberry Protein Smoothie



**SNACK 1**  
Apple Slices & Hummus



**LUNCH**  
One Pan Salmon, Kale & Cabbage



**SNACK 2**  
Rice Cakes with Almond Butter



**DINNER**  
Swiss Chard, Lentil & Rice Bowl

## FRI



**BREAKFAST**  
Blueberry Protein Smoothie



**SNACK 1**  
Apple with Almond Butter



**LUNCH**  
Swiss Chard, Lentil & Rice Bowl



**SNACK 2**  
Crackers & Hummus



**DINNER**  
Spicy Sweet Potato, Turkey & Kale Bowl

## SAT



**BREAKFAST**  
Avocado Sweet Potato Toast with Poached Egg



**SNACK 1**  
Apple with Almond Butter



**LUNCH**  
Spicy Sweet Potato, Turkey & Kale Bowl



**SNACK 2**  
Crackers & Hummus



**DINNER**  
15 Minute Shrimp & Cabbage Stir Fry

## SUN



**BREAKFAST**  
Avocado Sweet Potato Toast with Poached Egg



**SNACK 1**  
Apple with Almond Butter



**LUNCH**  
15 Minute Shrimp & Cabbage Stir Fry



**SNACK 2**  
Crackers & Hummus



**DINNER**  
Slow Cooker Swedish Meatballs, Quinoa



## MON

FAT 37% CARBS 42% PROTEIN 21%

Calories 1619  
Fat 71g  
Carbs 177g  
Fiber 41g  
Sugar 59g  
Protein 90g

## TUE

FAT 37% CARBS 42% PROTEIN 21%

Calories 1619  
Fat 71g  
Carbs 177g  
Fiber 41g  
Sugar 59g  
Protein 90g

## WED

FAT 47% CARBS 35% PROTEIN 18%

Calories 1611  
Fat 89g  
Carbs 148g  
Fiber 45g  
Sugar 57g  
Protein 77g

## THU

FAT 44% CARBS 36% PROTEIN 20%

Calories 1451  
Fat 74g  
Carbs 137g  
Fiber 37g  
Sugar 46g  
Protein 74g

## FRI

FAT 41% CARBS 40% PROTEIN 19%

Calories 1508  
Fat 72g  
Carbs 157g  
Fiber 35g  
Sugar 46g  
Protein 73g

## SAT

FAT 47% CARBS 30% PROTEIN 23%

Calories 1821  
Fat 100g  
Carbs 141g  
Fiber 37g  
Sugar 46g  
Protein 107g

## SUN

FAT 45% CARBS 32% PROTEIN 23%

Calories 1924  
Fat 101g  
Carbs 158g  
Fiber 37g  
Sugar 47g  
Protein 113g



## FRUITS

- 5 Apple
- 1 1/2 Avocado
- 3 Banana
- 4 Lemon

## BREAKFAST

- 2/3 cup Almond Butter
- 4 Plain Rice Cake

## SEEDS, NUTS & SPICES

- 1/4 tsp Black Pepper
- 1/4 tsp Cayenne Pepper
- 1 1/2 tsps Chili Powder
- 1/2 tsp Cumin
- 2 tsps Ground Flax Seed
- 1/2 tsp Onion Powder
- 1/2 tsp Paprika
- 1 1/2 tsps Poultry Seasoning
- 1/2 tsp Red Pepper Flakes
- 1 1/8 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tsps Sesame Seeds

## FROZEN

- 2 cups Frozen Berries
- 2 cups Frozen Blueberries
- 3 cups Frozen Cauliflower
- 1/4 cup Frozen Cranberries

## VEGETABLES

- 2 cups Baby Spinach
- 1 Carrot
- 1/2 head Cauliflower
- 1 stalk Celery
- 1 Delicata Squash
- 1/4 cup Fresh Dill
- 5 1/2 Garlic
- 14 cups Green Cabbage
- 10 cups Kale Leaves
- 2 cups Microgreens
- 1 1/2 cups Mushrooms
- 1/4 cup Parsley
- 2 Sweet Potato
- 4 cups Swiss Chard
- 1 White Onion
- 1/2 Yellow Onion

## BOXED & CANNED

- 1/4 cup Brown Rice
- 2 1/8 cups Lentils
- 1/4 cup Organic Coconut Milk
- 3 cups Organic Vegetable Broth
- 1/2 cup Quinoa
- 8 3/4 ozs Whole Grain Crackers

## BREAD, FISH, MEAT & CHEESE

- 1 1/2 lbs Extra Lean Ground Turkey
- 1 1/4 cups Hummus
- 8 ozs Salmon Fillet
- 1 lb Shrimp

## CONDIMENTS & OILS

- 2 1/2 tsps Apple Cider Vinegar
- 3 tsps Avocado Oil
- 1 tsp Balsamic Vinegar
- 1 1/2 tsps Coconut Aminos
- 3 tsps Coconut Oil
- 1 tsp Dijon Mustard
- 3 1/2 tsps Extra Virgin Olive Oil

## COLD

- 1/3 cup Coconut Butter
- 4 Egg
- 2 cups Plain Greek Yogurt
- 4 1/2 cups Unsweetened Almond Milk

## OTHER

- 1 1/4 cups Vanilla Protein Powder
- 3 1/8 cups Water



# Lemon Tart Smoothie

1 SERVING 10 MINUTES



## INGREDIENTS

1 Lemon (juiced)  
1 Banana (frozen)  
1 cup Frozen Cauliflower  
2 tbsps Coconut Butter  
1/4 cup Vanilla Protein Powder  
1 1/2 cups Unsweetened Almond Milk

## NUTRITION

### AMOUNT PER SERVING

Calories	488	Fiber	15g
Fat	26g	Sugar	20g
Carbs	48g	Protein	27g

## DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Enjoy!

## NOTES

### WHAT IS COCONUT BUTTER?

The ground up meat of the whole coconut. Also sometimes called coconut manna. Cashew butter can be used instead.

### NO PROTEIN POWDER

Use 1/4 cup hemp seeds per serving instead.



# Blueberry Protein Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1/4 cup Vanilla Protein Powder  
1 tbsp Ground Flax Seed  
1 cup Frozen Blueberries  
1 cup Baby Spinach  
1 cup Water (cold)

## NUTRITION

### AMOUNT PER SERVING

Calories	206	Fiber	7g
Fat	4g	Sugar	13g
Carbs	23g	Protein	22g

## DIRECTIONS

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

## NOTES

### NO BLUEBERRIES

Use any type of frozen berry instead.

### NO PROTEIN POWDER

Use hemp seeds instead



# Avocado Sweet Potato Toast with Poached Egg

2 SERVINGS 15 MINUTES



## INGREDIENTS

1 Sweet Potato (large)  
4 Egg  
1 Avocado  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	360	Fiber	9g
Fat	24g	Sugar	4g
Carbs	22g	Protein	16g

## DIRECTIONS

- 01 Trim the pointy ends off the sweet potato then lay it on its side on a cutting board. Slice it lengthwise into 1/4 inch slices.
- 02 Pop the sweet potato slices into the toaster and toast twice. You may need to toast a third time depending on your toaster. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 - 6 minutes per side, or until golden brown.
- 03 While the sweet potato toasts, carve the flesh of the avocado out into a bowl. Season with a pinch of sea salt and black pepper and mash with a fork until smooth and creamy.
- 04 Poach, fry or hardboil the eggs.
- 05 Spread the mashed avocado over the sweet potato toasts and top with cooked eggs. Season with sea salt, black pepper and/or red pepper flakes. Enjoy!

## NOTES

### ADD GREENS

Add a layer of baby spinach after you spread on the avocado.

### GUACAMOLE LOVER

Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.

### EGG-FREE

Skip the eggs and top with hemp seeds instead.



# Yogurt & Berries

2 SERVINGS 5 MINUTES



## INGREDIENTS

2 cups Plain Greek Yogurt  
2 cups Frozen Berries (thawed)

## NUTRITION

### AMOUNT PER SERVING

Calories	261	Fiber	5g
Fat	5g	Sugar	21g
Carbs	32g	Protein	23g

## DIRECTIONS

01 Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

## NOTES

### DAIRY-FREE

Use a dairy-free yogurt like coconut, almond or cashew.

### NO FROZEN BERRIES

Use any type of fresh fruit instead.



# Apple Slices & Hummus

1 SERVING 5 MINUTES



## INGREDIENTS

1 Apple  
1/4 cup Hummus

## NUTRITION

### AMOUNT PER SERVING

Calories	240	Fiber	8g
Fat	11g	Sugar	19g
Carbs	34g	Protein	5g

## DIRECTIONS

01 Slice apples and cut out the core. Serve with hummus for dipping. Enjoy!

## NOTES

### NO APPLE

Use pear slices instead.



# Apple with Almond Butter

1 SERVING 5 MINUTES



## INGREDIENTS

1 Apple  
2 tbsps Almond Butter

## NUTRITION

### AMOUNT PER SERVING

Calories	287	Fiber	8g
Fat	18g	Sugar	20g
Carbs	31g	Protein	7g

## DIRECTIONS

- 01 Slice apple and cut away the core.
- 02 Dip into almond butter.
- 03 Yummmmm.



# Cauliflower, Kale & Lentil Detox Soup

3 SERVINGS 40 MINUTES



## INGREDIENTS

1 tbsp Extra Virgin Olive Oil  
1/2 Yellow Onion (diced)  
1 stalk Celery (diced)  
1 Carrot (medium, peeled and diced)  
2 Garlic (cloves, minced)  
1/2 head Cauliflower (chopped into florets)  
2 cups Kale Leaves (chopped)  
3 cups Organic Vegetable Broth  
1 1/8 cups Lentils (cooked)  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	187	Fiber	10g
Fat	5g	Sugar	7g
Carbs	27g	Protein	10g

## DIRECTIONS

- 01 Heat the olive oil in a large pot. Add the onion, celery, and carrots. Cook for about 10 minutes, or until veggies are softened. Add the garlic and cook for 2-3 more minutes.
- 02 Add the cauliflower, kale, and vegetable broth. Bring to a boil then reduce heat to a simmer. Let simmer for 20 minutes.
- 03 Stir in the cooked lentils and season to taste with sea salt and black pepper. Divide between bowls. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in a covered container up to 4 days. Freeze up to 6 months.

### SERVING SIZE

One serving is equal to approximately 2 cups of soup.



# Crackers & Avocado

2 SERVINGS 10 MINUTES



## INGREDIENTS

3 1/2 ozs Whole Grain Crackers  
1/2 Avocado  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	321	Fiber	5g
Fat	18g	Sugar	6g
Carbs	38g	Protein	5g

## DIRECTIONS

01 Mash the avocado onto the crackers and sprinkle with salt and pepper to taste. Enjoy!

## NOTES

### MAKE IT PALEO

Use grain-free flax crackers instead.

### MORE PROTEIN

Top with hemp seeds, sliced hard boiled egg, or smoked salmon.



# Rice Cakes with Almond Butter

1 SERVING 5 MINUTES



## INGREDIENTS

2 Plain Rice Cake  
2 tbsps Almond Butter

## NUTRITION

### AMOUNT PER SERVING

Calories	262	Fiber	4g
Fat	18g	Sugar	2g
Carbs	21g	Protein	8g

## DIRECTIONS

01 Spread almond butter across the rice cakes and enjoy!

## NOTES

### NO ALMOND BUTTER

Use any type of nut or seed butter instead.

### LIKES IT SWEET

Add honey, jam, sliced bananas or berries.



# Crackers & Hummus

1 SERVING 5 MINUTES



## INGREDIENTS

1 3/4 ozs Whole Grain Crackers  
1/4 cup Hummus

## NUTRITION

### AMOUNT PER SERVING

Calories	387	Fiber	5g
Fat	21g	Sugar	6g
Carbs	43g	Protein	8g

## DIRECTIONS

01 Dip the crackers into the hummus and enjoy!

## NOTES

### CRACKERS

Choose whole grain or gluten-free crackers, rice crackers, sprouted grain, almond flour, or your own homemade crackers!



# Turkey Cranberry Squash Bowls

2 SERVINGS 40 MINUTES



## INGREDIENTS

1 Delicata Squash (small)  
1 tbsp Extra Virgin Olive Oil  
8 ozs Extra Lean Ground Turkey  
1 1/2 tsps Poultry Seasoning  
1/2 tsp Sea Salt  
1/4 cup Frozen Cranberries (thawed, or use fresh)  
2 cups Microgreens  
1 tbsp Balsamic Vinegar

## NUTRITION

### AMOUNT PER SERVING

Calories	362	Fiber	6g
Fat	17g	Sugar	5g
Carbs	32g	Protein	25g

## DIRECTIONS

- 01 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 Rinse the outside of the squash and slice in half lengthwise. Brush the flesh with a small amount of olive oil and place face-down on the baking sheet. Bake for 30 minutes.
- 03 Meanwhile, heat the remaining oil in a large skillet over medium heat. Add the turkey and saute until cooked through and browned. Break it up into tiny pieces as it cooks.
- 04 Once the turkey is cooked through, stir in the poultry seasoning, sea salt and cranberries. Turn the heat to the lowest setting to keep warm until your squash is cooked.
- 05 Remove squash from oven and stuff each half with the turkey/cranberry mix. Serve with microgreens and a drizzle of balsamic vinegar. Enjoy!

## NOTES

### VEGAN & VEGETARIAN

Use lentils or chickpeas instead of ground meat.

### NO MICROGREENS

Use any leafy green like baby spinach, kale, or arugula.

### LEFTOVERS

Keeps well in the fridge up to 3 days.



# One Pan Salmon, Kale & Cabbage

2 SERVINGS 20 MINUTES



## INGREDIENTS

6 cups Green Cabbage (roughly chopped)  
4 cups Kale Leaves (roughly chopped)  
3 tbsps Avocado Oil  
8 ozs Salmon Fillet  
Sea Salt & Black Pepper (to taste)  
1/4 cup Fresh Dill (finely chopped)  
2 tbsps Apple Cider Vinegar  
1 tsp Dijon Mustard

## NUTRITION

### AMOUNT PER SERVING

Calories	434	Fiber	8g
Fat	29g	Sugar	9g
Carbs	18g	Protein	27g

## DIRECTIONS

- 01 Preheat oven to 450°F (232°C) and line a baking pan with foil.
- 02 Add cabbage and kale to the baking pan and toss with 1/3 of the avocado oil. Bake for 6 minutes. Remove from oven and stir.
- 03 Pat the salmon fillets dry and season with salt and pepper. Lay the salmon over the cabbage and kale. Bake together for 10 minutes, or until salmon is cooked through.
- 04 Meanwhile, add the remaining avocado oil, dill, vinegar, mustard, salt and pepper to a small mason jar. Cover with the lid and shake before serving.
- 05 Divide salmon, cabbage and kale onto plates. Drizzle with your desired amount of dressing. Enjoy!

## NOTES

### NO AVOCADO OIL

Use olive oil instead.

### NO APPLE CIDER VINEGAR

Use lemon juice instead.

### LEFTOVERS

Keep covered in the fridge up to two days.



# Swiss Chard, Lentil & Rice Bowl

2 SERVINGS 1 HOUR



## INGREDIENTS

1/4 cup Brown Rice (uncooked)  
1/3 cup Water  
1 1/2 tps Coconut Oil  
4 cups Swiss Chard (washed, stems removed and chopped)  
1/2 tsp Cumin  
1/2 tsp Paprika  
1 tbsp Extra Virgin Olive Oil  
1/2 Garlic (clove, minced)  
1 1/2 tps Apple Cider Vinegar  
1 cup Lentils (cooked, drained and rinsed)  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	309	Fiber	10g
Fat	12g	Sugar	3g
Carbs	41g	Protein	12g

## DIRECTIONS

- 01 Combine the rice and water in a medium sized pot and lightly salt the water. Bring to a boil over medium-high heat then reduce to a simmer. Cover the pot and let cook for 40 to 50 minutes or until rice is tender.
- 02 Heat a large skillet over medium heat and add the coconut oil. Add the swiss chard and saute just until wilted. Reduce the heat to low and stir in the cumin, paprika, olive oil, garlic, apple cider vinegar and lentils. Stir well until everything is well mixed. Add in the rice once it is cooked, and continue to saute. Season with sea salt and black pepper to taste. Divide into bowls and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

One serving is approximately 1 1/4 cups.

### SPEED IT UP

Use quinoa or brown rice pasta instead of brown rice.

### NO SWISS CHARD

Use kale, spinach or collard greens instead.



# Spicy Sweet Potato, Turkey & Kale Bowl

2 SERVINGS 25 MINUTES



## INGREDIENTS

- 1 Sweet Potato (medium)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 1/2 tsps Chili Powder
- 1/4 tsp Cayenne Pepper (optional)
- 1 1/2 tsps Coconut Oil
- 1/2 White Onion (diced)
- 8 ozs Extra Lean Ground Turkey
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper (optional)
- 4 cups Kale Leaves (finely diced)

## NUTRITION

### AMOUNT PER SERVING

Calories	319	Fiber	5g
Fat	17g	Sugar	4g
Carbs	19g	Protein	24g

## DIRECTIONS

- 01 Preheat oven to 425°F (218°C) and line a large baking sheet with parchment paper.
- 02 Wash and dice your sweet potato into half inch cubes. Toss in olive oil, chili powder and cayenne pepper. Spread across the baking sheet and bake in the oven for 20 minutes.
- 03 Meanwhile, heat a large skillet over medium heat. Add the coconut oil. Add the onion, ground turkey, sea salt and black pepper. Use a spatula to stir and break up the turkey as it cooks.
- 04 Once the turkey is cooked through, drain off any excess liquid and return to heat. Add the kale. Stir and saute just until wilted and remove from the heat immediately. Divide into bowls and top with the roasted sweet potato. Enjoy!

## NOTES

### SAVE TIME

Chop the sweet potato and onion in advance. Store in the fridge until ready to cook.

### VEGAN & VEGETARIAN

Skip the ground meat and roast chickpeas on the baking sheet along with the sweet potatoes. Saute the onion on its own in step 3.



# 15 Minute Shrimp & Cabbage Stir Fry

2 SERVINGS 15 MINUTES



## INGREDIENTS

2 tbsps Coconut Oil (divided)  
1 lb Shrimp (raw, peeled and deveined)  
3 Garlic (cloves, minced)  
1 Lemon (juiced)  
1/2 tsp Red Pepper Flakes  
8 cups Green Cabbage (finely sliced)  
Sea Salt & Black Pepper (to taste)  
2 tbsps Sesame Seeds

## NUTRITION

### AMOUNT PER SERVING

Calories	468	Fiber	10g
Fat	20g	Sugar	12g
Carbs	26g	Protein	52g

## DIRECTIONS

- 01 Heat half the coconut oil in a large skillet over medium heat. Add the shrimp, minced garlic, lemon juice and red pepper flakes. Saute until shrimp is pink and cooked through (about 2 to 3 minutes). Transfer the shrimp and juices into a bowl and cover to keep warm. Set aside.
- 02 Place the skillet back over medium heat and add the remaining coconut oil. Add the green cabbage and season with sea salt and black pepper to taste. Saute for about 8 to 10 minutes, stirring occasionally. The cabbage is done when it is softened and starting to brown.
- 03 Add the shrimp and marinade back into the skillet and mix well. Divide onto plates and garnish with sesame seeds. Add extra red pepper flakes or hot sauce if you like it spicy. Enjoy!

## NOTES

### MORE CARBS

Serve with brown rice or quinoa.

### LEFTOVERS

Store in an airtight container in the fridge up to 2 days.



# Slow Cooker Swedish Meatballs

2 SERVINGS 4 HOURS 30 MINUTES



## INGREDIENTS

8 ozs Extra Lean Ground Turkey  
1/4 cup Parsley (chopped and divided)  
1/2 tsp Onion Powder  
1/3 tsp Sea Salt  
1 1/2 cups Mushrooms (sliced)  
1/2 White Onion (chopped)  
1/4 cup Organic Coconut Milk (canned)  
1 1/2 tbsps Coconut Aminos (or tamari)

## NUTRITION

### AMOUNT PER SERVING

Calories	266	Fiber	2g
Fat	15g	Sugar	5g
Carbs	9g	Protein	24g

## DIRECTIONS

- 01 In a bowl, mix together the ground turkey, half of the parsley, onion powder and salt. Form meatballs about 1-inch in diameter.
- 02 Place mushrooms, onion, coconut milk and coconut aminos into the bottom of the slow cooker. Set meatballs on top. Cover with lid and cook on low for 6 to 8 hours, or on high for 4 hours (or until meatballs are cooked through).
- 03 Once meatballs are cooked through, use a slotted spoon to lift them out of the slow cooker into a serving dish. Set aside.
- 04 Transfer the cooked mushrooms, onion and coconut milk from the bottom of the slow cooker into a blender and puree into a gravy. Once smooth, pour it over top of the meatballs. Garnish with remaining parsley. Enjoy!

## NOTES

### SERVE IT WITH

Spaghetti squash, pasta, cauliflower rice or zucchini noodles. These are also great served alone as an appetizer!

### LEFTOVERS

Keeps well in the fridge up to 3 days. Freeze for longer.



# Quinoa

2 SERVINGS 15 MINUTES



## INGREDIENTS

1/2 cup Quinoa (uncooked)  
3/4 cup Water

## NUTRITION

### AMOUNT PER SERVING

Calories	156	Fiber	3g
Fat	3g	Sugar	0g
Carbs	27g	Protein	6g

## DIRECTIONS

- 01 Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

