

Breakfast

Avocado, Bacon & Egg Breakfast Sandwiches (page 58)

Serves 2

320 Calories | 16.9g Protein | 14.6g Carbs | 5g Sugar | 21.2g Fat | 5.4g Fiber

Mexican Breakfast Casserole (page 60)

Serves 8

204 Calories | 20.8g Protein | 8.8g Carbs | 2.1g Sugar | 9.9g Fat | 1.6g Fiber

With less butternut squash (keto option)

196 Calories | 20.6g Protein | 6.8g Carbs | 1.7g Sugar | 9.9g Fat | 1.3g Fiber

Salmon, Asparagus & Caper Quiche (page 62)

Serves 8

397 Calories | 21.7g Protein | 12.7g Carbs | 4.1g Sugar | 18.2g Fat | 4.3g Fiber

Without Crust

168 Calories | 14g Protein | 5.8g Carbs | 2.8g Sugar | 9.7g Fat | 2.9g Fiber

Eggplant Shakshuka (page 64)

Serves 4

164 Calories | 8.4g Protein | 15.8g Carbs | 8.6g Sugar | 8.6g Fat | 6g Fiber

Portobello Baked Eggs with Chimichurri (page 66)

Serves 4

182 Calories | 7.6g Protein | 7.1g Carbs | 3.2g Sugar | 14.8g Fat | 2.4g Fiber

Asparagus Soldiers & Eggs (page 68)

Serves 2

568 Calories | 27.7g Protein | 12.2g Carbs | 5.9g Sugar | 35.1g Fat | 5.6g Fiber

Roasted Vegetable Sheet Pan Frittata (page 70)

Serves 10

70 Calories | 4g Protein | 4.6g Carbs | 1.6g Sugar | 4.2g Fat | 1g Fiber

Mexican Eggs Benedict (page 72)

Serves 2 (calories per 2 butternut squash rounds)

555 Calories | 19.8g Protein | 11g Carbs | 2.9g Sugar | 45.3g Fat | 4.7g Fiber

Broccoli & Bacon Muffins (page 74)

Serves 12 (calories per 1 muffin)

105 Calories | 7.6g Protein | 6g Carbs | 1.8g Sugar | 5.6g Fat | 2.5g Fiber

Chunky Banana Muffins (page 76)

Serves 10 (calories per 1 muffin)

251 Calories | 4.9g Protein | 17.9g Carbs | 9.6g Sugar | 11.8g Fat | 2.7g Fiber

Apple Cinnamon Breakfast Cookies (page 78)

Serves 15 (calories per 1 cookie)

175 Calories | 2.8g Protein | 12.3g Carbs | 5.1g Sugar | 8.4g Fat | 2.2g Fiber

Raspberry Orange Muffins (page 80)

Serves 9 (calories per 1 muffin)

218 Calories | 5.3g Protein | 12.5g Carbs | 7.6g Sugar | 9.1g Fat | 2.5g Fiber

Pancakes with Berry Compote (page 82)

Serves 2 (calories per pancake)

141 Calories | 4.5g Protein | 6.1g Carbs | 3.2g Sugar | 4.5g Fat | 0.8g Fiber

Tahini Cherry Granola (page 82)

Serves 16 (calories per 1/4 cup serving)

195 Calories | 3.9g Protein | 10.5g Carbs | 4.5g Sugar | 12.2g Fat | 2.7g Fiber

Pear & Chair Spiced Porridge (page 84)

Serves 2

157 Calories | 4.6g Protein | 23.4g Carbs | 12.4g Sugar | 2.7g Fat | 8g Fiber

Appetizers

Muhammara (page 90)

Serves 4

216 Calories | 3.9g Protein | 7.4g Carbs | 3.1g Sugar | 12.2g Fat | 2.6g Fiber

Cashew Jalapeno Dip (page 92)

Serves 4

209 Calories | 5.9g Protein | 13.9g Carbs | 2.5g Sugar | 12.1g Fat | 1.3g Fiber

With Macadamia nuts (keto option)

253 Calories | 3.3g Protein | 7.4g Carbs | 2.4g Sugar | 20.1g Fat | 3.2g Fiber

Roasted Cauliflower Hummus (page 94)

Serves 4

121 Calories | 3.2g Protein | 8.3g Carbs | 1.6g Sugar | 8.5g Fat | 1.9g Fiber

Harissa Hummus

Serves 4

114 Calories | 2.9g Protein | 6.8g Carbs | 2g Sugar | 9.5g Fat | 1.9g Fiber

Jalapeno Cilantro Hummus

Serves 4

117 Calories | 2.9g Protein | 7.5g Carbs | 2.2g Sugar | 9.5g Fat | 2.4g Fiber

Roasted Pepper Hummus

Serves 4

121 Calories | 3.1g Protein | 7.9g Carbs | 2.9g Sugar | 9.5g Fat | 2.9g Fiber

Tzatziki

Serves 4 (1/2 cup per serving)

154 Calories | 4.3g Protein | 10.5g Carbs | 1.9g Sugar | 12g Fat | 1g Fiber

With Macadamia Nuts (keto option)

189 Calories | 2.3g Protein | 5.6g Carbs | 1.8g Sugar | 19.1g Fat | 2.4g Fiber

“Goat Cheese”, Sun-Dried Tomato & Pesto Tower

Serves 6

197 Calories | 3.8g Protein | 8.6g Carbs | 1.6g Sugar | 17.6g Fat | 1.1g Fiber

With Macadamia Nuts (keto option)

227 Calories | 2.1g Protein | 4.3g Carbs | 1.5g Sugar | 23.9g Fat | 2.3g Fiber

Grilled Prosciutto Wrapped Peaches with Honey Thyme “Cheese”

Serves 4 (2 peach halves per serving)

245 Calories | 23.6g Protein | 19.1g Carbs | 12.1g Sugar | 8.6g Fat | 2.2g Fiber

Zucchini Roll-Ups with Sun-Dried Tomatoes & Black Pepper “Cheese”

Serves 6 (2 rolls per serving)

109 Calories | 2.4g Protein | 5.4g Carbs | 0.8g Sugar | 9.3g Fat | 0.5g Fiber

With Macadamia Nuts (keto option)

134 Calories | 1.5g Protein | 3.1g Carbs | 1.1g Sugar | 13.9g Fat | 1.7g Fiber

Bacon & Scallion Spaghetti Squash Fritters

Serves 12 (per 1 fritter serving)

84 Calories | 2.1g Protein | 3.2g Carbs | 1.1g Sugar | 5.2g Fat | 0.8g Fiber

Vietnamese Summer Rolls

Serves 12 (per 1 roll serving)

85 Calories | 8g Protein | 3.2g Carbs | 1.1g Sugar | 4.9g Fat | 1g Fiber

Crab & Shrimp Stuffed Mushrooms

Serves 15 (per 1 mushroom)

45 Calories | 5.2g Protein | 4.2g Carbs | 1.6g Sugar | 1.4g Fat | 0.6g Fiber

Chicken Stuffed Jalapeno Poppers

Serves 20 (per 1 stuffed jalapeno)

43 Calories | 1.6g Protein | 0.7g Carbs | 0.4g Sugar | 3.8g Fat | 0.3g Fiber

Spicy Orange Chicken Wings

Serves 4 (per 5 wings)

265 Calories | 22.9g Protein | 27.3g Carbs | 18.1g Sugar | 7.3g Fat | 0.5g Fiber

Hot Shrimp Dip

Serves 6

256 Calories | 17.4g Protein | 2.5g Carbs | 1.1g Sugar | 15.2g Fat | 0.5g Fiber

Queso Dip

Serves 6

148 Calories | 4.9g Protein | 9.8g Carbs | 3g Sugar | 10.7g Fat | 2.1g Fiber

Without Carrots (keto option)

143 Calories | 4.8g Protein | 8.8g Carbs | 2.5g Sugar | 10.7g Fat | 1.8g Fiber

Salmon Gravlax & “Cream Cheese” Platter

Serves 8

162 Calories | 16.1g Protein | 11.6g Carbs | 1.8g Sugar | 7.2g Fat | 2.8g Fiber

With Macadamia Nuts (keto option)

173 Calories | 15.4g Protein | 9.9g Carbs | 1.7g Sugar | 9.5g Fat | 1.7g Fiber

Celery Root Latkes

Serves 6

164 Calories | 3.3g Protein | 4.6g Carbs | 0.9g Sugar | 9.3g Fat | 1g Fiber

Salads

Charred Snap Pea & Bacon Salad with Creamy Herb Dressing (page 126)

Serves 4

321 Calories | 8g Protein | 11.1g Carbs | 5g Sugar | 18.2g Fat | 3.5g Fiber

Roasted Broccoli, Butternut Squash & Kale Salad with Roasted Garlic Dressing (page 128)

Serves 4

219 Calories | 4.1g Protein | 17.1g Carbs | 4.3g Sugar | 16.6g Fat | 3.5g Fiber

Cajun Shrimp Caesar Salad (page 130)

Serves 4

295 Calories | 16.2g Protein | 17.9g Carbs | 4.3g Sugar | 17.6g Fat | 7.2g Fiber

Spicy Shrimp, Avocado & Peach Salad (page 132)

Serves 2

393 Calories | 19.2g Protein | 22.5g Carbs | 8g Sugar | 22g Fat | 11g Fiber

Sun-Dried Tomato, Chicken & Cauliflower Salad with Balsamic Dressing (page 134)

Serves 4

223 Calories | 11.9g Protein | 17.9g Carbs | 6.5g Sugar | 12.9g Fat | 5.4g Fiber

Chicken, Avocado & Bacon Salad with Ranch Dressing (page 136)

Serves 2

540 Calories | 40.6g Protein | 19g Carbs | 5.3g Sugar | 34.5g Fat | 7.3g Fiber

Vietnamese Beef Salad (page 138)

Serves 2

418 Calories | 40.2g Protein | 23.8g Carbs | 13.4g Sugar | 18.3g Fat | 4g Fiber

Without carrot & honey (keto option)

376 Calories | 40g Protein | 12.7g Carbs | 3.5g Sugar | 18.3g Fat | 3.3g Fiber

Moroccan “Couscous” Salad (page 140)

Serves 4

315 Calories | 4.4g Protein | 17.8g Carbs | 10.8g Sugar | 18.2g Fat | 4.5g Fiber

Without dried apricots (keto option)

295 Calories | 4.2g Protein | 12.7g Carbs | 6.5g Sugar | 16g Fat | 3.9g Fiber

Roasted Cauliflower, Date, Red Onion & Parsley Salad (page 142)

Serves 4

165 Calories | 4g Protein | 11.6g Carbs | 4.7g Sugar | 13.2g Fat | 4g Fiber

Roasted Butternut Squash, Red Onion Salad w/ Orange Cinnamon Dressing (page 144)

Serves 4

238 Calories | 2.4g Protein | 14.8g Carbs | 4.3g Sugar | 20.8g Fat | 3.5g Fiber

Chipotle Butternut Squash Salad (page 146)

Serves 4

272 Calories | 3.6g Protein | 29.1g Carbs | 9.5g Sugar | 17.7g Fat | 6.1g Fiber

Roasted Pepper, Tomato & Basil Salad (page 148)

Serves 4

92 Calories | 1.3g Protein | 7.4g Carbs | 3.9g Sugar | 6.9g Fat | 2.4g Fiber

Smashed Cucumber Salad (page 150)

Serves 2

171 Calories | 3.7g Protein | 9.4g Carbs | 2.4g Sugar | 14.1g Fat | 1.5g Fiber

Crunchy Asian Coleslaw (page 152)

Serves 4

246 Calories | 5.7g Protein | 15.2g Carbs | 4.3g Sugar | 19.7g Fat | 3g Fiber

Soups

Quick Vietnamese Pho (page 156)

Serves 2

246 Calories | 5.7g Protein | 12.2g Carbs | 4.3g Sugar | 19.7g Fat | 3g Fiber

Wonton Meatball Soup (page 158)

Serves 4

312 Calories | 43.8g Protein | 4.5g Carbs | 1.8g Sugar | 13.2g Fat | 0.5g Fiber

Hot & Sour Soup (page 160)

Serves 4

91 Calories | 1.4g Protein | 8.7g Carbs | 2.9g Sugar | 3.6g Fat | 1.6g Fiber

Zuppa Toscana (page 162)

Serves 6

380 Calories | 22.1g Protein | 11g Carbs | 4.1g Sugar | 18g Fat | 1g Fiber

Southwest Chicken & Bacon Chowder (page 164)

Serves 6

173 Calories | 16.3g Protein | 13.4g Carbs | 5.6g Sugar | 6.8g Fat | 4.5g Fiber

Mom's Feel Better Chicken & Rice Soup (page 166)

Serves 6

167 Calories | 23g Protein | 8.5g Carbs | 3.4g Sugar | 4.6g Fat | 2.2g Fiber

Chicken Pot Pie Soup (page 168)

Serves 4

400 Calories | 31g Protein | 16.1g Carbs | 5.9g Sugar | 14.2g Fat | 5.7g Fiber

Greek Avgolemono Soup (page 170)

Serves 4

235 Calories | 26.3g Protein | 9.1g Carbs | 4.1g Sugar | 10.4g Fat | 2.2g Fiber

Cheesy Broccoli Soup (page 172)

Serves 4

211 Calories | 10g Protein | 16.8g Carbs | 5.2g Sugar | 12.2g Fat | 5.4g Fiber

Butternut Squash, Leek & Apple Soup (page 174)

Serves 4

138 Calories | 4.6g Protein | 15.7g Carbs | 6g Sugar | 7.3g Fat | 2.5g Fiber

Chicken

Kung Pao Chicken (page 180)

Serves 4

391 Calories | 41.8g Protein | 22.2g Carbs | 7g Sugar | 14.7g Fat | 2.9g Fiber

Without Honey & Cashews (keto option)

315 Calories | 39.5g Protein | 14.1g Carbs | 3.1g Sugar | 10.2g Fat | 2.1g Fiber

Peanut Chicken Noodle Bowl (page 182)

Serves 2

493 Calories | 35.5g Protein | 28.7g Carbs | 6.1g Sugar | 28.1g Fat | 7.4g Fiber

Hawaiian Chicken Skewers (page 184)

Serves 8

170 Calories | 13.5g Protein | 18.5g Carbs | 10.1g Sugar | 4.8g Fat | 1.1g Fiber

Harissa & Orange Spatchcock Roast Chicken (page 186)

Serves 6

276 Calories | 35.2g Protein | 9.5g Carbs | 4.4g Sugar | 10.3g Fat | 1.8g Fiber

Balsamic Chicken & Grapes (page 188)

Serves 6

402 Calories | 46.3g Protein | 22.3g Carbs | 16.1g Sugar | 13.4g Fat | 1.6g Fiber

Without grapes (keto option)

350 Calories | 45.7g Protein | 8.6g Carbs | 4.4g Sugar | 13.2g Fat | 0.9g Fiber

Spicy Honey Un-Fried Chicken (page 190)

Serves 3

479 Calories | 39.7g Protein | 11g Carbs | 9g Sugar | 30.9g Fat | 0.8g Fiber

Without honey (keto option)

347 Calories | 39.7g Protein | 2.2g Carbs | 0.3g Sugar | 30.9g Fat | 0.8g Fiber

Italian Chicken Burgers (page 192)

Serves 6

465 Calories | 50.8g Protein | 14.3g Carbs | 5.7g Sugar | 18.9g Fat | 5.8g Fiber

Sun-Dried Tomato, Basil & Goat Cheese Stuffed Chicken Breasts (page 194)

Serves 4

295 Calories | 13g Protein | 16.3g Carbs | 5g Sugar | 21.1g Fat | 1.8g Fiber

Chicken Enchiladas (page 196)

Per enchilada

116 Calories | 16.8g Protein | 5.6g Carbs | 2.9g Sugar | 2.8g Fat | 1.5g Fiber

One Pan Spanish Chicken & Rice Enchiladas (page 198)

Serves 4

525 Calories | 45g Protein | 17.2g Carbs | 6.7g Sugar | 21.2g Fat | 4.5g Fiber

Sheet Pan Greek Chicken (page 200)

Serves 4

385 Calories | 31.4g Protein | 15.5g Carbs | 6g Sugar | 23g Fat | 3.9g Fiber

Butter Chicken Meatballs (page 202)

Serves 6

328 Calories | 20.8g Protein | 10.4g Carbs | 4.1g Sugar | 21.3g Fat | 1.8g Fiber

Creamy Chicken & Spinach Cannelloni (page 204)

Serves 8

144 Calories | 6.3g Protein | 9.4g Carbs | 3.3g Sugar | 13.4g Fat | 1.7g Fiber

Meat

Grilled Skirt Steak with Asian Salsa Verde (page 208)

Serves 4

580 Calories | 46.7g Protein | 10.2g Carbs | 6.3g Sugar | 43.2g Fat | 1.8g Fiber

The Most Epic Grain Free Lasagna (page 210)

Serves 4

314 Calories | 32g Protein | 15.8g Carbs | 5.7g Sugar | 14.7g Fat | 2.9g Fiber

Shredded Beef Ragu (page 212)

Serves 8

330 Calories | 42.5g Protein | 11.6g Carbs | 6.3g Sugar | 12.3g Fat | 2.9g Fiber

Korean Beef Tacos (page 214)

Serves 8

281 Calories | 18.6g Protein | 9.3g Carbs | 5.2g Sugar | 18.8g Fat | 1.1g Fiber

Steak Fajitas Skewers with Cilantro Chimichurri (page 216)

Serves 8

310 Calories | 19.8g Protein | 6g Carbs | 2.5g Sugar | 23.7g Fat | 1.7g Fiber

Beef Stroganoff (page 218)

Serves 4

309 Calories | 28.6g Protein | 6.5g Carbs | 3.5g Sugar | 9.6g Fat | 1.5g Fiber

Short Rib Beef Bourguignonne (page 220)

Serves 6

636 Calories | 65.6g Protein | 13.1g Carbs | 6g Sugar | 32.1g Fat | 2.8g Fiber

Greek 7-Layer Lamb Dip (page 222)

Serves 4

576 Calories | 24.8g Protein | 16.1g Carbs | 4g Sugar | 47.2g Fat | 3.8g Fiber

Slow Cooker Honey Balsamic Ribs (page 224)

Serves 6

676 Calories | 71.3g Protein | 12g Carbs | 9.8g Sugar | 45.2g Fat | 0.4g Fiber

Dan Dan Noodles (page 226)

Serves 2

513 Calories | 55.1g Protein | 29.5g Carbs | 19.2g Sugar | 21.6g Fat | 4.4g Fiber

Without the Dates/Honey (keto option)

446 Calories | 54.7g Protein | 11.5g Carbs | 3.3g Sugar | 21.6g Fat | 2.8g Fiber

BBQ Pulled Pork & Coleslaw (page 228)

Serves 4

674 Calories | 61.2g Protein | 22.6g Carbs | 9.9g Sugar | 25.1g Fat | 5.6g Fiber

Without the Carrots & Butternut Squash (keto option)

644 Calories | 52.1g Protein | 15.1g Carbs | 5.3g Sugar | 25g Fat | 4.1g Fiber

Pork Belly, Applesauce & Pickled Onion Lettuce Cups (page 230)

Serves 6

399 Calories | 6.5g Protein | 13.4g Carbs | 9.8g Sugar | 35.5g Fat | 2g Fiber

Seafood

Sweet Chili Salmon (page 234)

Serves 4

415 Calories | 51.1g Protein | 22.6g Carbs | 16g Sugar | 14.5g Fat | 0.8g Fiber

Creamy Honey Mustard Baked Salmon (page 236)

Serves 4

193 Calories | 25.5g Protein | 8.5g Carbs | 16g Sugar | 5.9g Fat | 0.6g Fiber

Easy Canned Tuna Cakes (page 238)

Serves 4

140 Calories | 15.9g Protein | 2.5g Carbs | 0.7g Sugar | 4.1g Fat | 0.5g Fiber

Spicy Fish Tacos (page 240)

Serves 4

227 Calories | 8.8g Protein | 18.5g Carbs | 8.4g Sugar | 14.1g Fat | 5.2g Fiber

Sheet Pan Roasted Cod with Fennel, Olive, Red Onion & Tomatoes (page 242)

Serves 4

201 Calories | 6.6g Protein | 10.6g Carbs | 4.5g Sugar | 16.1g Fat | 3.4g Fiber

Chili Mayo Shrimp Lettuce Cups (page 244)

Serves 4

263 Calories | 25.1g Protein | 7.7g Carbs | 3g Sugar | 14.8g Fat | 2.9g Fiber

Ginger & Black Pepper Shrimp Stir Fry (page 246)

Serves 4

221 Calories | 22g Protein | 15.8g Carbs | 8.3g Sugar | 8.8g Fat | 3.3g Fiber

Without the Honey (keto option)

205 Calories | 22g Protein | 11.5g Carbs | 4g Sugar | 8.8g Fat | 3.3g Fiber

Creamy Lemon Dill Shrimp (page 248)

Serves 4

214 Calories | 25.9g Protein | 7g Carbs | 1.5g Sugar | 10g Fat | 0.8g Fiber

Bacon & Garlic Herb Butter Seared Scallops (page 250)

Serves 4

243 Calories | 15.3g Protein | 4g Carbs | 0.5g Sugar | 17.2g Fat | 0.1g Fiber

Vegetarian

Cashew e Pepe (page 254)

Serves 2

437 Calories | 10.7g Protein | 19.3g Carbs | 3.3g Sugar | 31.1g Fat | 2.9g Fiber

Creamy Spring Risotto (page 256)

Serves 4

215 Calories | 7.8g Protein | 26.3g Carbs | 6.8g Sugar | 6.8g Fat | 5.2g Fiber

Butternut Squash Ravioli with Kale Pesto (page 258)

Serves 5

358 Calories | 6.4g Protein | 14.5g Carbs | 2.7g Sugar | 18.2g Fat | 3.9g Fiber

Eggplant Ragu (page 260)

Serves 4

101 Calories | 4.1g Protein | 14.2g Carbs | 7.8g Sugar | 3.9g Fat | 4.6g Fiber

Eggplant Meatless Meatballs (page 262)

Serves 10

186 Calories | 5.8g Protein | 11.9g Carbs | 5.4g Sugar | 7.4g Fat | 3g Fiber

Tandoori Grilled Cauliflower Steaks (page 264)

Serves 2

251 Calories | 8.1g Protein | 28.8g Carbs | 9.3g Sugar | 13.6g Fat | 6.4g Fiber

Mushroom & Onion Risotto (page 266)

Serves 4

155 Calories | 7.5g Protein | 16.4g Carbs | 4.6g Sugar | 7.7g Fat | 5.7g Fiber

Sides

Grilled Veggie Platter with Green Goddess Sauce (page 270)

Serves 6

327 Calories | 3.9g Protein | 14g Carbs | 5.6g Sugar | 21.2g Fat | 5.6g Fiber

Coconut Cauliflower Rice (page 272)

Serves 4

83 Calories | 4g Protein | 10.4g Carbs | 4g Sugar | 4g Fat | 4.2g Fiber

Spicy Rice (page 272)

Serves 4

81 Calories | 4.4g Protein | 12.8g Carbs | 4.7g Sugar | 2.6g Fat | 4.8g Fiber

Patty's Melt in Your Mouth Fennel & Leeks (page 274)

Serves 4

120 Calories | 1.7g Protein | 8.8g Carbs | 3.5g Sugar | 9.5g Fat | 2.6g Fiber

Lemon & Garlic Roasted Asparagus (page 276)

Serves 4

91 Calories | 4.1g Protein | 16.7g Carbs | 7.2g Sugar | 6.2g Fat | 3.5g Fiber

Without Honey (keto option)

111 Calories | 4.1g Protein | 14.2g Carbs | 4.7g Sugar | 6.2g Fat | 3.5g Fiber

Green Beans with Hazelnuts & Tahini Lemon Sauce (page 278)

Serves 4

85 Calories | 3.7g Protein | 11g Carbs | 4.1g Sugar | 12.2g Fat | 3.7g Fiber

Garlic Roasted Mushrooms (page 280)

Serves 4

137 Calories | 3.8g Protein | 4.9g Carbs | 2.3g Sugar | 12.5g Fat | 1.3g Fiber

The Best Cauliflower Mash (page 282)

Serves 2

136 Calories | 4.4g Protein | 7.9g Carbs | 2.5g Sugar | 10.6g Fat | 2.7g Fiber

Roasted Brussels Sprouts & Bacon (page 284)

Serves 4

236 Calories | 8.3g Protein | 13g Carbs | 5g Sugar | 15.3g Fat | 4.4g Fiber

Loaded Cauliflower Casserole (page 286)

Serves 10

132 Calories | 5.6g Protein | 5.9g Carbs | 2.3g Sugar | 9.6g Fat | 1.9g Fiber

Creamed Spinach & Kale (page 288)

Serves 6

107 Calories | 4.8g Protein | 8.8g Carbs | 1.7g Sugar | 7g Fat | 2.7g Fiber

Snacks

Seeded Crackers Sauce (page 292)

Serves 6

327 Calories | 3.9g Protein | 14g Carbs | 5.6g Sugar | 21.2g Fat | 5.6g Fiber

Seeded Crackers Sauce (page 294)

Serves 6

327 Calories | 3.9g Protein | 14g Carbs | 5.6g Sugar | 21.2g Fat | 5.6g Fiber

Lemon Blueberry Mug Cake (page 296)

Serves 6

327 Calories | 3.9g Protein | 14g Carbs | 5.6g Sugar | 21.2g Fat | 5.6g Fiber

Orange, Cranberry & Pecan Energy Balls (page 298)

Serves 20

53 Calories | 0.4g Protein | 3.9g Carbs | 3.3g Sugar | 3.3g Fat | 0.6g Fiber

Hazelnut & Coffee Energy Balls (page 299)

Serves 24

33 Calories | 0.8g Protein | 1.9g Carbs | 1g Sugar | 3.7g Fat | 0.7g Fiber

Sweet & Spicy Almonds (page 300)

Serves 8 (1/4 cup nuts)

263 Calories | 7.8g Protein | 12.5g Carbs | 4.1g Sugar | 18.3g Fat | 4.6g Fiber

Crunchy Nut Bars (page 302)

Serves 12 bars

191 Calories | 5.4g Protein | 11.5g Carbs | 3.5g Sugar | 9.2g Fat | 3.9g Fiber

Mango Chili Roll-Ups (page 304)

Serves 12 rolls

17 Calories | 0.2g Protein | 4.2g Carbs | 3.8g Sugar | 0.1g Fat | 0.5g Fiber

Apple Ginger Gummy Bears (page 306)

Per 10 Bears

7 Calories | 0g Protein | 1.9g Carbs | 1.5g Sugar | 0g Fat | 1.5g Fiber

Vanilla Coated Frozen Banana Bites (page 308)

Per 1 Banana Bite

39 Calories | 0.8g Protein | 2.1g Carbs | 1.4g Sugar | 3.1g Fat | 0.8g Fiber

Three Hidden Veggie Smoothies (page 310)

Per 1 serving

Cauliflower

77 Calories | 3.8g Protein | 7.3g Carbs | 2.4g Sugar | 4.7g Fat | 3.3g Fiber

Spinach

63 Calories | 2.5g Protein | 11.1g Carbs | 7.9g Sugar | 0.5g Fat | 2.5g Fiber

Zucchini

26 Calories | 0.7g Protein | 6.1g Carbs | 3.7g Sugar | 0.3g Fat | 1.6g Fiber

Desserts

Chewy Almond & Orange Cookies (page 314)

Serves 20 (per 1 cookie)

157 Calories | 3.4g Protein | 8.1g Carbs | 4.4g Sugar | 9.2g Fat | 1.6g Fiber

Peanut Butter & Jam Thumbprint Cookies (page 316)

Serves 12 (per 1 cookie)

122 Calories | 1.7g Protein | 9.1g Carbs | 6.5g Sugar | 8.5g Fat | 2.1g Fiber

N'Oatmeal & Raisin Cookies (page 318)

Serves 12 (per 1 cookie)

194 Calories | 2.9g Protein | 9.4g Carbs | 8.7g Sugar | 10.9g Fat | 1.8g Fiber

Nut Butter Cookies (page 320)

Serves 12 (per 1 cookie)

180 Calories | 4g Protein | 9.3g Carbs | 6.2g Sugar | 10.8g Fat | 1.7g Fiber

Pecan & Salted Caramel Shortbread Bars (page 322)

Serves 15 (per 1 bar)

202 Calories | 2.4g Protein | 8.9g Carbs | 6.2g Sugar | 9.7g Fat | 1.5g Fiber

Individual Strawberry Rhubarb Crumbles (page 324)

Serves 4

377 Calories | 3.3g Protein | 28.5g Carbs | 13.7g Sugar | 18.6g Fat | 4.4g Fiber

Carrot Cupcakes (page 326)

Serves 9 (per cupcake)

259 Calories | 5.4g Protein | 14.8g Carbs | 8.7g Sugar | 13.1g Fat | 1.9g Fiber

Lemon & Berry Layer Cakes (page 328)

Serves 8 (per slice)

441 Calories | 10.2g Protein | 21.4g Carbs | 14.1g Sugar | 18.8g Fat | 3.7g Fiber

Cherry Parfait Cups (page 330)

Serves 4 (per 1 cup)

494 Calories | 6.9g Protein | 32.6g Carbs | 24.9g Sugar | 10.4g Fat | 6.3g Fiber

Caramelized Peach Skillet Crisp (page 332)

Serves 4

405 Calories | 4.4g Protein | 26g Carbs | 20.9g Sugar | 18.1g Fat | 3.9g Fiber

Vanilla Ice Cream with Crunchy Pecans (page 334)

Serves 6

401 Calories | 7.9g Protein | 28.4g Carbs | 14.8g Sugar | 21.1g Fat | 2.3g Fiber

Granita (page 336)

Serves 4 per flavour

Blackberry Granita

160 Calories | 1.1g Protein | 31.8g Carbs | 28.8g Sugar | 0.4g Fat | 3.9g Fiber

Lemon Granita

143 Calories | 0.4g Protein | 29.3g Carbs | 26.4g Sugar | 0.1g Fat | 0.4g Fiber

Coconut & Lime Granita

302 Calories | 1.9g Protein | 29.2g Carbs | 25.2g Sugar | 18.1g Fat | 0.3g Fiber

Strawberry Lemonade Ice Pops (page 338)

Serves 8 (per 1 Ice Pop)

15 Calories | 0.1g Protein | 1.5g Carbs | 0.5g Sugar | 0.1g Fat | 0.1g Fiber
