



Bariatric Friendly Meals

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Paleo Grits with Shrimp & Sausage

1 serving
20 minutes

Ingredients

1/4 head Cauliflower (sliced into florets)
1/3 tsp Extra Virgin Olive Oil
2 ozs Shrimp (peeled, deveined)
2 ozs Pork Sausage (sliced)
1/8 tsp Cajun Seasoning
1 tbsp Water
1/8 tsp Sea Salt
3/4 stalk Green Onion (sliced)

Nutrition

Amount per serving	
Calories	284
Fat	19g
Carbs	9g
Fiber	3g
Sugar	3g
Protein	21g

Directions

- 1 Place the cauliflower florets in a large steaming basket on the stove. Cover, bring to a boil and steam for 10 to 15 minutes, or until very soft. Set aside.
- 2 Meanwhile, heat the oil in a pan over medium heat. Add the shrimp, sausage and cajun seasoning. Cook for 6 to 8 minutes, or until cooked through.
- 3 Transfer the steamed cauliflower to a food processor or blender along with the water and salt. Process until desired texture is reached, being sure to allow space for the heat to escape.
- 4 Plate the puréed cauliflower and top with the shrimp, sausage, and green onion. Enjoy!

Notes

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

Serving Size: One serving equals approximately 1/2 cup of puréed cauliflower, three shrimp, and half a sausage.

More Flavor: Use bone broth or coconut milk instead of water in the puréed cauliflower. Add garlic powder and dried herbs.



Slow Cooker Jerk Chicken with Coleslaw

1 serving

3 hours

Ingredients

4 ozs Chicken Breast (boneless, skinless)
 1 tbsp Jerk Marinade
 1 cup Coleslaw Mix
 1 tbsp Mayonnaise
 1/4 tsp Apple Cider Vinegar

Nutrition

Amount per serving	
Calories	272
Fat	14g
Carbs	9g
Fiber	3g
Sugar	5g
Protein	27g

Directions

- 1 Place the chicken breast in the slow cooker with the jerk marinade and toss well to coat. Cook on high for three to four hours, or on low for six hours.
- 2 Meanwhile, combine the coleslaw mix, mayonnaise, and apple cider vinegar. Mix well then refrigerate until ready to serve.
- 3 Slice the chicken breast and plate with the coleslaw. Enjoy!

Notes

Leftovers: Refrigerate the chicken and coleslaw in separate airtight containers for up to three days.

Serving Size: One serving is equal to approximately four ounces (110 grams) of chicken breast and one cup of coleslaw.

More Flavor: Use two forks to shred the chicken breast in the slow cooker and stir to soak up the remaining juices before serving.



Shrimp Madras Curry

1 serving

20 minutes

Ingredients

- 2 tbsps Vegetable Broth
- 1/2 Yellow Onion (medium, finely diced)
- 1/2 Tomato (medium, finely diced)
- 1 tbsp Madras Curry Powder
- 1/4 cup Canned Coconut Milk
- 4 ozs Shrimp, Cooked (peeled, deveined)
- 1 tbsp Cilantro (chopped, for garnish)

Nutrition

Amount per serving	
Calories	251
Fat	11g
Carbs	9g
Fiber	2g
Sugar	5g
Protein	29g

Directions

- 1 In a medium pot, heat the vegetable broth over medium-high heat. Cook the onions for five minutes, or until soft and golden brown. Add a tablespoon of water at a time, if the onions begin to stick.
- 2 Add the tomato and madras curry powder. Cook for one minute.
- 3 Stir in the coconut milk and lower the heat to a simmer for five minutes. Add more water until your desired consistency is reached (optional).
- 4 Add the shrimp and simmer until warmed through, about two to three minutes. Plate and garnish with cilantro. Enjoy!

Notes

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

Serving Size: One serving equals approximately 3/4 cup of curry.

More Flavor: Add red hot chili peppers, chili powder, or cayenne if you prefer it spicier. Instead of using vegetable broth, fry curry leaves and mustard seeds in oil before cooking the onions.

No Broth: Use water instead. Be sure to add salt and any other spices.

No Madras Curry Powder: Use yellow curry powder instead, adding additional chili powder according to your preference.



Sausage & Sauerkraut Plate

1 serving
20 minutes

Ingredients

4 ozs Turkey Sausage
1/4 cup Sauerkraut (drained)
1 tbsp Dijon Mustard

Nutrition

Amount per serving	
Calories	198
Fat	9g
Carbs	2g
Fiber	1g
Sugar	1g
Protein	22g

Directions

- 1 Preheat the oven to 425°F (220°C). Line a baking sheet with foil.
- 2 Cook the sausage for 20 minutes or until browned and cooked through.
- 3 Slice the sausage and serve with the sauerkraut and dijon mustard. Enjoy!

Notes

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

More Flavor: Sauté the sauerkraut with onions and mushrooms.

Additional Toppings: Avocado, plain yogurt, potatoes, or mashed cauliflower.

Make it Vegan: Use vegan sausage instead.



Philly Cheesesteak Stuffed Red Peppers

1 serving
40 minutes

Ingredients

- 1 Red Bell Pepper (medium, halved)
- 1/4 tsp Extra Virgin Olive Oil
- 1/4 Yellow Onion (small, sliced)
- 1/4 Green Bell Pepper (small, diced)
- 3 ozs Top Sirloin Steak (thinly sliced)
- Sea Salt & Black Pepper (to taste, divided)
- 1 oz Provolone Cheese (sliced)

Nutrition

Amount per serving	
Calories	339
Fat	21g
Carbs	12g
Fiber	4g
Sugar	8g
Protein	26g

Directions

- 1 Preheat the oven to 325°F (165°C). Arrange the red bell pepper halves on a parchment-lined baking sheet and bake for 30 minutes.
- 2 Meanwhile, heat the oil in a large skillet over medium-high heat. Cook the onions and green bell pepper until soft, about six minutes. Season with salt and pepper. Add the steak and cook for three minutes, or until your desired doneness is reached. Season with more salt and pepper, if needed.
- 3 Top red pepper halves with the steak mixture and a slice of provolone. Set the oven to broil and return the stuffed peppers to the oven. Cook for about three minutes, or until golden brown. Enjoy!

Notes

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

Serving Size: One serving equals one stuffed bell pepper halves.

Dairy-Free: Use vegan cheese instead of provolone cheese or omit completely.

More Flavor: Add horseradish, or Italian seasoning.

Additional Toppings: Add garlic and mushrooms to the steak mixture.



Grilled Fajita Burgers

1 serving

25 minutes

Ingredients

- 3 ozs Extra Lean Ground Beef
- 1 tsp Taco Seasoning
- 1/8 Yellow Onion (small, finely chopped)
- 1/8 Jalapeno Pepper (medium, finely chopped)
- 1/2 Garlic (clove, minced)
- 1/4 Orange Bell Pepper (stem and seeds removed, quartered)
- 1/4 tsp Avocado Oil
- 2 leaves Romaine
- 1/4 Avocado (small, mashed)

Nutrition

Amount per serving	
Calories	280
Fat	17g
Carbs	14g
Fiber	6g
Sugar	3g
Protein	20g

Directions

- 1 Preheat your grill to medium heat.
- 2 In a mixing bowl combine the beef, taco seasoning, onion, jalapeno, and garlic. Mix until well combined. Form the meat into tightly packed patty.
- 3 Rub the peppers with the oil.
- 4 Grill the burger patty and peppers for five to seven minutes per side or until the burger is cooked through and peppers are tender.
- 5 To serve, use a few leaves of lettuce as a bun and top burger with mashed avocado and grilled peppers. Enjoy!

Notes

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

Additional Toppings: Salsa, cilantro, hot sauce, pickled jalapeno, or mayonnaise.

More Flavor: If your taco seasoning doesn't have salt added, be sure to add salt to the meat mixture. Season the bell peppers with salt and pepper before grilling.

No Lettuce Bun: Serve over a bed of lettuce instead.

No Beef: Use chicken or turkey instead.



Baked Cod with Green Beans & Carrots

1 serving

35 minutes

Ingredients

- 1 Carrot (large, peeled and thinly sliced)
- 1 cup Green Beans (trimmed)
- 1 tsp Coconut Oil (melted, divided)
- 1/3 tsp Sea Salt (divided)
- 1/4 tsp Paprika
- 1/8 tsp Turmeric
- 1/8 tsp Cumin
- 1/8 tsp Ground Ginger
- 1 Cod Fillet

Nutrition

Amount per serving	
Calories	290
Fat	7g
Carbs	14g
Fiber	5g
Sugar	6g
Protein	44g

Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Add the carrots and green beans to the baking sheet and season with half of the coconut oil and half of the salt. Toss to evenly coat, arrange in a single layer, and bake for 15 minutes.
- 3 Meanwhile, in a small bowl combine the paprika, turmeric, cumin, ginger, and remaining salt.
- 4 Remove the vegetables from the oven and flip. Make space for the cod fillet in the center of the baking sheet. Add the fillet and drizzle with the remaining coconut oil and the spice blend. Rub to coat all sides evenly. Continue to bake for 15 to 18 minutes or until the fish is cooked through and flakes easily and the vegetables are tender. Plate and enjoy!

Notes

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

More Flavor: Add other dried herbs and spices. Serve with lime or lemon wedges.

No Cod Fillets: Use another white fish instead.

Vegetables: Use any vegetables you have on hand, like broccoli, cauliflower, or bell pepper.

Fillet Size: One cod fillet is equal to 4 ounces.



Greek Yogurt Chicken

1 serving

2 hours 15 minutes

Ingredients

3 ozs Chicken Breast (sliced into long strips)
 2 tbsps Plain Greek Yogurt
 1/2 tsp Curry Powder
 Sea Salt & Black Pepper (to taste)
 1 tsp Extra Virgin Olive Oil
 1 cup Baby Spinach

Nutrition

Amount per serving	
Calories	174
Fat	8g
Carbs	3g
Fiber	1g
Sugar	1g
Protein	23g

Directions

- 1 In a large bowl, combine the chicken with the yogurt, curry powder, and salt and pepper. Place in the fridge to marinate for two hours, or longer.
- 2 Heat a skillet over medium heat and add the oil. Once hot, add the chicken strips and cook for five to six minutes. Flip the strips over and cook for an additional five to six minutes, until browned slightly.
- 3 Add the remaining yogurt marinade to the skillet and cook for two to three minutes, until bubbling. Toss in the spinach and stir to combine and cook until wilted, another two minutes.
- 4 Serve and enjoy!

Notes

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

No Coconut Yogurt: Use another type of yogurt, such as coconut yogurt.

More Flavor: Add chili flakes.



Lemon & Dill Baked Sole

1 serving**15 minutes**

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1/4 Lemon (divided)
- 1 1/2 tsps Fresh Dill (chopped)
- Sea Salt & Black Pepper (to taste)
- 4 ozs Sole Fillet (boneless)
- 1 cup Asparagus (woody ends trimmed)

Nutrition

Amount per serving	
Calories	149
Fat	7g
Carbs	6g
Fiber	3g
Sugar	3g
Protein	17g

Directions

- 1 Preheat the oven to 350°F (180°C) and line a baking sheet with parchment paper or a silicone mat.
- 2 In a bowl, combine the olive oil, juice of half the lemon, dill, salt, and pepper.
- 3 Arrange the sole fillet and asparagus onto the baking sheet and coat evenly in the lemon-dill mixture. Top with the remaining lemon cut into slices. Bake for 10 to 15 minutes or until the fish is opaque and the asparagus is tender. Plate and enjoy!

Notes

Leftovers: Refrigerate in airtight container up to two days.

Serving Size: One serving equals approximately 113 grams (4 ounces) of sole and 1 cup of asparagus.

More Flavor: Add garlic and red pepper flakes.



One Pan Chicken Thighs & Veggies

1 serving
25 minutes

Ingredients

3 ozs Chicken Thighs With Skin (bone-in, trimmed)
1/2 cup Broccoli (cut into florets)
1/2 Red Bell Pepper (medium, chopped)
1/4 cup Cherry Tomatoes (whole)
1 1/2 tsps Extra Virgin Olive Oil
1/2 tsp Dried Parsley
1/4 tsp Garlic Powder
1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	288
Fat	21g
Carbs	9g
Fiber	3g
Sugar	4g
Protein	16g

Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 2 Place the chicken thighs in the center of the pan and add the broccoli, bell pepper, and cherry tomatoes. Drizzle with the oil and season with parsley, garlic powder, and salt. Toss to coat the vegetables in the seasoning.
- 3 Bake for 20 to 25 minutes or until the chicken is cooked through and the veggies are tender. For crispier skin transfer the chicken thighs to a clean baking sheet and turn the oven to broil. Broil for two to three minutes or until the skins have browned.
- 4 Plate and enjoy!

Notes

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

No Extra Virgin Olive Oil: Use avocado oil instead.



Garlic Butter Chicken Thighs

1 serving
40 minutes

Ingredients

3 ozs Chicken Thighs With Skin
1/4 tsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
3 Cremini Mushrooms (roughly torn)
1 Garlic (cloves, smashed and roughly chopped)
1/2 tsp Butter
3 tbsps Chicken Broth
1 tsp Lemon Juice
1 cup Baby Spinach

Nutrition

Amount per serving	
Calories	241
Fat	18g
Carbs	5g
Fiber	1g
Sugar	2g
Protein	17g

Directions

- 1 Preheat the oven to 425°F (218°C). Pat the chicken dry with a paper towel. Rub the oil on the skin side of the chicken and season with salt and pepper.
- 2 Heat a cast-iron skillet over medium-low heat and once hot, add the chicken skin-side down. Cook for five minutes. Increase the heat to medium and continue cooking skin side down for eight minutes, until browned, flip and cook for two minutes. Transfer to a plate skin side up and set aside, leaving the oil from the chicken in the skillet.
- 3 Toss the mushrooms in the skillet and cook undisturbed for three minutes, over medium heat. Lower the heat to medium-low and add in the garlic and butter and toss to combine. Cook for two to three more minutes.
- 4 Pour in the chicken broth and lemon juice and stir to release any browned bits on the skillet. Place the chicken on top and transfer to the oven and cook for 17 to 20 minutes, until the chicken is cooked through.
- 5 Remove the chicken and set aside. Return the skillet to medium heat and whisk until bubbling and the sauce has thickened, about two minutes. Add the spinach to the skillet and cook until wilted, about one to two minutes.
- 6 Plate the chicken and vegetables, drizzling the sauce over everything. Enjoy!

Notes

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

Dairy-Free: Omit the butter.



Beef Chow Mein

1 serving

20 minutes

Ingredients

1/2 tsp Extra Virgin Olive Oil
 1/4 Sweet Onion (large, diced)
 1/2 Garlic (cloves, minced)
 3 ozs Stewing Beef (sliced or cubed)
 1/4 tsp Ginger (peeled, grated)
 1/8 tsp Sea Salt (to taste)
 2 tsps Coconut Aminos (or soya sauce)
 1 cup Broccoli Slaw

Nutrition

Amount per serving	
Calories	199
Fat	6g
Carbs	15g
Fiber	3g
Sugar	8g
Protein	21g

Directions

- 1 Heat the oil in a large pan over medium-high heat. Cook the onions and garlic for two to three minutes. Add the beef, ginger, and salt. Cook for six to eight minutes, or until cooked through.
- 2 Stir in the coconut aminos and broccoli slaw. Cook for two minutes, or until warmed through. Plate and enjoy!

Notes

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

Serving Size: One serving equals approximately 1 to 1 1/2 cups.

Stewing Beef: This recipe was tested with stewing beef sliced into 1/2 cm pieces. Adjust the cooking time as needed based on the thickness of the beef slices/cubes.

More Flavor: Add a splash of orange juice and/or fish sauce.

Additional Toppings: Top with roasted cashews or peanuts.

Make it Vegan: Use crumbled tofu or tempeh instead of beef.

No Coconut Aminos: Use tamari or soy sauce instead.



Sweet Ginger Beef & Cauliflower Rice Bowl

1 serving

20 minutes

Ingredients

- 1 1/2 tbsps Water
- 2 tsps Tamari
- 1 tsp Monk Fruit Sweetener (granulated)
- 1/2 Garlic (clove, minced)
- 1/2 tsp Ginger (minced or grated)
- 1/2 stalk Green Onion (chopped, divided)
- 1 tsp Sesame Oil (divided)
- 3 ozs Ny Striploin Steak (thinly sliced)
- 1 cup Cauliflower Rice

Nutrition

Amount per serving	
Calories	199
Fat	11g
Carbs	10g
Fiber	2g
Sugar	2g
Protein	21g

Directions

- 1 Add the tamari, water, monk fruit sweetener, garlic, ginger, and half of the green onion to a small bowl and mix well. Set aside. (The granulated monk fruit sweetener may not dissolve completely.)
- 2 Heat half of the sesame oil in a cast-iron pan over medium-high heat. Add the steak and cook for one to two minutes per side or until cooked to your liking. Remove from the pan.
- 3 Add the sauce to the same pan and cook for two to three minutes until the sauce has thickened. Add the steak back to the pan and stir to coat the steak in the sauce. Set aside.
- 4 Add the remaining oil to a non-stick pan over medium heat. Add the cauliflower rice and cook for three to five minutes or until the cauliflower is cooked to the desired doneness.
- 5 Plate the cauliflower rice and top with the steak and any excess sauce and the remaining green onions. Enjoy!

Notes

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

Serving Size: One serving is approximately a half cup of beef and one cup of cauliflower rice.

Additional Toppings: Red pepper flakes, sesame seeds, sriracha, and/or extra tamari.

No Striploin Steak: Use top sirloin or flank steak instead.

No Tamari: Use soy sauce or coconut aminos instead.

Like it Spicy: Add red pepper flakes to the sauce.



Pork & Cabbage Soup

1 serving
45 minutes

Ingredients

3 ozs Lean Ground Pork
3/4 tsp Coconut Oil
1/4 Yellow Onion (chopped)
1/2 Garlic (clove, minced)
1/8 tsp Ground Ginger
1/4 Carrot (large, cut into matchsticks)
1/2 cup Green Cabbage (sliced thin)
1 cup Chicken Broth
3/4 tsp Coconut Aminos (no coconut aminos? use soya sauce)
1/2 stalk Green Onion (chopped, plus more for garnish)

Nutrition

Amount per serving	
Calories	267
Fat	18g
Carbs	10g
Fiber	2g
Sugar	6g
Protein	18g

Directions

- 1 Heat a large pot over medium heat. Add the pork to the pan, breaking it up as it cooks. Once it is cooked through transfer it to a plate and set aside. Drain any excess drippings from the pan.
- 2 Add the coconut oil to the same pot. Add the onions and cook for about five minutes or until the onions begin to soften. Add the garlic and ginger. Continue to cook for another minute.
- 3 Add the browned pork back to the pot and then add the carrots and cabbage and stir to combine. Add the chicken broth and bring the soup to a gentle boil. Continue to cook for 15 to 20 minutes or until the carrots and cabbage are tender.
- 4 Stir in the coconut aminos and green onion. Season the soup with additional salt if needed. Place in bowl and garnish with additional green onion (if desired). Enjoy!

Notes

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

Serving Size: One serving is approximately equal to one cup of soup.

More Flavor: Use fresh ginger instead or use sesame oil instead of coconut oil.

Additional Toppings: Bean sprouts, cilantro, and/or sriracha.

More Veggies: Add mushrooms, celery, and/or kale.

No Pork: Use ground chicken or turkey instead.



Greek Tomato & Feta Omelette

1 serving

5 minutes

Ingredients

- 2 Egg
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp Extra Virgin Olive Oil
- 1 Tomato (small, chopped, seeds removed)
- 1 tbsp Pitted Kalamata Olives (chopped)
- 1 tbsp Feta Cheese (crumbled)
- 1 1/2 tsps Parsley (chopped)

Nutrition

Amount per serving	
Calories	216
Fat	15g
Carbs	5g
Fiber	1g
Sugar	0g
Protein	15g

Directions

- 1 In a small bowl, whisk the eggs with a fork and season with salt and pepper. Set aside.
- 2 Heat a small skillet over medium heat and add the oil. Pour in the egg mixture and cook until almost set. Place the chopped tomato, olives, and feta on one half of the omelette and fold the other half over top. Remove from heat and top with parsley. Enjoy!

Notes

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

Dairy-Free: Omit the feta, or use a vegan cheese.

More Flavor: Add chili flakes.

Make it Fluffy: For a fluffier omelette, whisk the eggs with milk.



Beef Stroganoff

1 serving

25 minutes

Ingredients

1 tsp Extra Virgin Olive Oil (divided)
 3 ozs Beef Tenderloin (thinly sliced)
 Sea Salt & Black Pepper (to taste)
 1/4 Yellow Onion (medium, finely diced)
 2 Cremini Mushrooms (sliced)
 1/3 cup Beef Broth
 1/2 tsp Dijon Mustard
 3/4 tsp Arrowroot Powder (no arrowroot? use cornstarch)
 1 tbsp Plain Greek Yogurt

Nutrition

Amount per serving	
Calories	317
Fat	24g
Carbs	7g
Fiber	1g
Sugar	3g
Protein	19g

Directions

- Heat half the oil in a large skillet over medium-heat. Cook the beef and season with salt and pepper, for about five minutes or until cooked through. Drain any excess liquid and transfer to a plate.
- Heat the remaining oil in the same skillet over medium-high heat. Cook the onions and mushrooms until soft, about five to eight minutes. Stir in the beef broth and dijon mustard.
- In a small bowl, whisk the arrowroot powder with a bit of water until dissolved. Add the mixture to the skillet and lower the heat to a gentle simmer for five minutes.
- Add the yogurt and cooked beef slices. Add more salt and pepper as needed. Plate and enjoy!

Notes

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

Serving Size: One serving equals approximately one cup.

Dairy-Free: Use coconut cream instead of yogurt.

More Flavor: Add garlic, thyme, Worcestershire sauce, and white wine.

Additional Toppings: Garnish with fresh parsley. Serve with noodles, brown rice, cauliflower rice, or quinoa.



Meal Prep Taco Bowl

1 serving

15 minutes

Ingredients

3 ozs Lean Ground Beef
 1/3 tsp Taco Seasoning
 1 Egg
 Sea Salt & Black Pepper (to taste)
 1 cup Baby Spinach
 1/4 Avocado (sliced)
 1 tbsp Salsa

Nutrition

Amount per serving	
Calories	383
Fat	29g
Carbs	8g
Fiber	5g
Sugar	2g
Protein	23g

Directions

- Heat a large skillet over medium heat. Once hot, add the beef into the skillet. Use a spatula to break it apart. Add the taco seasoning and cook until browned and cooked through, remove with a slotted spoon and set aside. Drain any excess drippings from the pan.
- Whisk the egg in a bowl. In the same skillet, over medium-low heat, add the egg and cook until fluffy and cooked through. Season with salt and pepper and set aside.
- Plate the spinach, or into a container. Top with beef, eggs, avocado, and salsa. Enjoy!

Notes

Leftovers: Store in an airtight container in the fridge for up to two days.

Additional Toppings: Top with shredded cheese or sour cream.



Pork & Coleslaw Skillet

1 serving

20 minutes

Ingredients

3 ozs Lean Ground Pork
 1 Egg
 1/4 tsp Ginger (minced)
 1/2 Garlic (cloves, minced)
 1/2 cup Coleslaw Mix
 1/2 tsp Fish Sauce
 1/2 cup Cauliflower Rice
 1 tbsp Coconut Aminos (no coconut aminos? use soya sauce)
 1/3 tsp Sesame Seeds (for garnish, optional)

Nutrition

Amount per serving	
Calories	303
Fat	19g
Carbs	10g
Fiber	2g
Sugar	6g
Protein	23g

Directions

- Heat a large cast iron skillet over medium heat. Once hot, add the pork and let it brown before using a spatula to break it apart and flip over. Continue cooking until no longer pink and somewhat browned and crispy.
- In a small bowl, whisk the egg and set it aside.
- Reduce the heat to medium-low and add in the ginger and garlic, cook until fragrant, about one minute. Add in the coleslaw and fish sauce and stir to combine. Cook until the veggies have softened a little, about two to three minutes.
- Make a small well in the centre and add the eggs, stirring to cook. Add the cauliflower rice and continue tossing to combine everything. Cook for an additional four to five minutes. Remove from the heat and pour in the coconut aminos.
- Plate and garnish with sesame seeds.

Notes

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

Serving Size: One serving is approximately 1 to 1.5 cups.

More Flavor: Add sriracha and green onions.

No Coconut Aminos: Use tamari or soy sauce instead.



Turkey & Mushroom Cauliflower Risotto

1 serving
30 minutes

Ingredients

1/2 tsp Avocado Oil
3 ozs Extra Lean Ground Turkey
1/2 Carrot (medium, diced)
1 Cremini Mushrooms (diced)
1 cup Cauliflower Rice
1/4 cup Beef Broth
1/2 tsp Apple Cider Vinegar
Sea Salt & Black Pepper (to taste)
1 1/2 tsps Arrowroot Powder (no arrowroot/ use cornstarch)

Nutrition

Amount per serving	
Calories	201
Fat	9g
Carbs	11g
Fiber	3g
Sugar	4g
Protein	19g

Directions

- 1 Heat the oil in a pan over medium-high heat. Cook the ground turkey for eight to 10 minutes or until cooked through. Drain and transfer to a bowl.
- 2 In the same pan, add the carrot and mushrooms. Cook for about five minutes.
- 3 Stir in the cauliflower rice, broth, apple cider vinegar, salt and pepper. Lower the heat to a gentle simmer and cook until the carrot is soft and broth is absorbed, about six to 10 minutes.
- 4 In a small bowl, stir the arrowroot powder with a bit of water until dissolved. Stir the slurry and turkey into the risotto to incorporate.
- 5 Add more salt and pepper, if needed. Plate and enjoy!

Notes

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

Serving Size: One serving equals approximately two cups.

More Flavor: Add butter, onions, and garlic.

Additional Toppings: Top with chopped parsley, nutritional yeast, or parmesan.

No Ground Turkey: Use ground beef instead.

No ArrowRoot: If you don't have arrowroot, switch it out with a 1/2 to 1 teaspoon of cornstarch



Mayo-Dijon Salmon with Broccoli

1 serving

15 minutes

Ingredients

- 1 1/2 tps Mayonnaise
- 1 tsp Dijon Mustard
- 3 ozs Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Broccoli (sliced into small florets)
- 1 tsp Extra Virgin Olive Oil

Nutrition

Amount per serving	
Calories	228
Fat	15g
Carbs	3g
Fiber	1g
Sugar	1g
Protein	18g

Directions

- 1 Preheat the oven to 450°F (230°C) and line a baking sheet with parchment paper.
- 2 In a bowl, mix together the mayonnaise and dijon mustard.
- 3 Place the salmon fillets on the baking sheet and season with salt and pepper. Coat the salmon generously in the mayo-dijon mixture.
- 4 Toss the broccoli florets in the oil and season with salt and pepper. Add them to the baking sheet, arranging them around the salmon fillets.
- 5 Bake the salmon and broccoli in the oven for 10 to 15 minutes, or until the salmon flakes with a fork and is browned on top. Divide onto plates and enjoy!

Notes

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

Serving Size: One bariatric serving equals approximately three ounces of salmon and 1 cup of broccoli.