



## Bariatric Winter Reset

---

[Sheri Burke](#)

<http://international-patient-facilitators.com>

Let's Eat!

I've prepared a "Bariatric Winter Reset" menu and food plan for you to follow.

This is a one-week plan but you can easily follow it for a few weeks.

It is high in protein, low in sugar.

It is a menu that follows my "whole, live, fresh, natural, good quality food" ideology.

I've repeated the meals two days in a row in order to cut down on meal prep time, save money and eliminate food waste.

I've included a meal plan, full recipes, detailed macronutrient information and a grocery shopping list.

I hope you try it, enjoy it, and share it.

Healthy Hugs,

Sheri Burke

RHN, specializing in bariatric nutrition





























s.burke@ipf-mail.com

1 208 258 9011 (US number)

1 819 230 9763 (Canada number)

for bariatric information:

<https://international-patient-facilitators.com/bariatric-surgery-program>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Air Fryer Broccoli & Cheddar Quiche Cups	 Air Fryer Broccoli & Cheddar Quiche Cups	 Simple Vanilla Protein Shake	 Simple Vanilla Protein Shake	 Cottage Cheese Breakfast Bowl	 Cottage Cheese Breakfast Bowl	 Simple Chocolate Protein Shake
Lunch	 Chicken & Parmesan Salad	 Chicken & Parmesan Salad	 Grilled Chicken with Cucumber Salad	 Grilled Chicken with Cucumber Salad	 Greek Chopped Salad with Shrimp	 Greek Chopped Salad with Shrimp	 Jalapeno Turkey Burger Salad
Dinner	 Beef & Mushroom Stew	 Beef & Mushroom Stew	 Seafood & Cabbage Miso Soup	 Seafood & Cabbage Miso Soup	 Beef, Cauliflower, & Mushroom Soup	 Beef, Cauliflower, & Mushroom Soup	 Pork & Cabbage Soup
Snack 3	 Easy Dill Pickles	 Easy Dill Pickles	 Chili Lime & Rosemary Roasted Nuts	 Chili Lime & Rosemary Roasted Nuts	 Cheddar Cheese & Cucumber	 Cheddar Cheese & Cucumber	 Dark Chocolate Almond Mousse

Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Fat	<div><div></div></div> 54%	Fat	<div><div></div></div> 54%	Fat	<div><div></div></div> 51%	Fat	<div><div></div></div> 51%	Fat	<div><div></div></div> 51%	Fat	<div><div></div></div> 51%	Fat	<div><div></div></div> 57%
Carbs	<div><div></div></div> 6%	Carbs	<div><div></div></div> 6%	Carbs	<div><div></div></div> 19%	Carbs	<div><div></div></div> 19%	Carbs	<div><div></div></div> 13%	Carbs	<div><div></div></div> 13%	Carbs	<div><div></div></div> 16%
Protein	<div><div></div></div> 40%	Protein	<div><div></div></div> 40%	Protein	<div><div></div></div> 30%	Protein	<div><div></div></div> 30%	Protein	<div><div></div></div> 36%	Protein	<div><div></div></div> 36%	Protein	<div><div></div></div> 27%
Calories	1071	Calories	1071	Calories	1145	Calories	1145	Calories	1028	Calories	1028	Calories	1056
Fat	65g	Fat	65g	Fat	67g	Fat	67g	Fat	60g	Fat	60g	Fat	71g
Carbs	17g	Carbs	17g	Carbs	57g	Carbs	57g	Carbs	35g	Carbs	35g	Carbs	45g
Fiber	4g	Fiber	4g	Fiber	14g	Fiber	14g	Fiber	6g	Fiber	6g	Fiber	20g
Sugar	6g	Sugar	6g	Sugar	21g	Sugar	21g	Sugar	13g	Sugar	13g	Sugar	11g
Protein	106g	Protein	106g	Protein	89g	Protein	89g	Protein	95g	Protein	95g	Protein	77g

## Fruits

- ☐ 1/4 Avocado
- ☐ 3 1/3 tbsps Lemon Juice
- ☐ 1 1/3 Lime

## Breakfast

- ☐ 1 2/3 tbsps Almond Butter

## Seeds, Nuts & Spices

- ☐ 2 cups Almonds
- ☐ 2 tsps Black Peppercorns
- ☐ 2 cups Cashews
- ☐ 3 1/4 tbsps Chia Seeds
- ☐ 1/2 tsp Chili Flakes
- ☐ 1 1/16 tbsps Chili Powder
- ☐ 1/2 tsp Cinnamon
- ☐ 1 tsp Dried Basil
- ☐ 1 1/3 tsps Garlic Powder
- ☐ 2 tsps Greek Seasoning
- ☐ 1/4 tsp Ground Ginger
- ☐ 1 tsp Oregano
- ☐ 2 2/3 tbsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 3/4 tsp Smoked Paprika

## Frozen

- ☐ 18 Ice Cubes

## Vegetables

- ☐ 1 cup Arugula
- ☐ 1 1/3 cups Broccoli
- ☐ 1/2 Carrot
- ☐ 1/2 head Cauliflower
- ☐ 2 cups Cherry Tomatoes
- ☐ 2 tbsps Cilantro
- ☐ 6 1/2 Cucumber
- ☐ 1 1/2 cups Fresh Dill
- ☐ 9 Garlic
- ☐ 2 tbsps Ginger
- ☐ 1 1/2 cups Green Cabbage
- ☐ 5 stalks Green Onion
- ☐ 1/4 Jalapeno Pepper
- ☐ 9 cups Mushrooms
- ☐ 4 cups Napa Cabbage
- ☐ 2 Orange Bell Pepper
- ☐ 1/3 cup Red Onion
- ☐ 2 heads Romaine Hearts
- ☐ 1/3 cup Rosemary
- ☐ 2 cups Shiitake Mushrooms
- ☐ 2 Tomato
- ☐ 1 Yellow Onion

## Boxed & Canned

- ☐ 1 1/2 pints Bone Broth
- ☐ 2/3 cup Canned Coconut Milk
- ☐ 3 cups Chicken Broth
- ☐ 7 cups Vegetable Broth, Low Sodium

## Baking

- ☐ 3 1/4 tbsps Cocoa Powder
- ☐ 1 1/4 tbsps Monk Fruit Sweetener
- ☐ 1/3 tsp Vanilla Extract

## Bread, Fish, Meat & Cheese

- ☐ 4 slices Bacon, Cooked
- ☐ 7 1/4 ozs Cheddar Cheese
- ☐ 8 ozs Chicken Breast, Cooked
- ☐ 1 lb Chicken Thighs
- ☐ 4 ozs Extra Lean Ground Turkey
- ☐ 1/2 cup Feta Cheese
- ☐ 8 ozs Lean Ground Pork
- ☐ 1/3 cup Parmigiano Reggiano
- ☐ 10 1/2 ozs Salmon Fillet
- ☐ 1 3/4 lbs Shrimp
- ☐ 2 1/3 lbs Stewing Beef

## Condiments & Oils

- ☐ 1/16 oz Avocado Oil Spray
- ☐ 1 1/3 tbsps Cilantro Lime Dressing
- ☐ 3 1/2 tbsps Coconut Aminos
- ☐ 1 1/2 tsps Coconut Oil
- ☐ 2/3 cup Extra Virgin Olive Oil
- ☐ 3 tbsps Miso Paste
- ☐ 1/4 cup Pitted Kalamata Olives
- ☐ 2 tbsps Red Wine Vinegar
- ☐ 3 tbsps Sesame Oil
- ☐ 1 cup White Wine Vinegar

## Cold

- ☐ 2 tbsps Butter
- ☐ 1 cup Cottage Cheese
- ☐ 10 1/4 Egg
- ☐ 2 3/4 cups Unsweetened Almond Milk

## Other

- ☐ 1/4 cup Chocolate Protein Powder
- ☐ 1/2 cup Vanilla Protein Powder
- ☐ 7 1/2 cups Water



## Air Fryer Broccoli & Cheddar Quiche Cups

2 servings

20 minutes

### Ingredients

1/16 oz Avocado Oil Spray  
 4 Egg (whisked)  
 Sea Salt & Black Pepper (to taste)  
 2/3 cup Broccoli (florets, chopped very small)  
 1 2/3 ozs Cheddar Cheese (grated, divided)  
 2 slices Bacon, Cooked (chopped)

### Nutrition

Amount per serving	
Calories	293
Fat	21g
Carbs	4g
Fiber	1g
Sugar	1g
Protein	22g

### Directions

- 1 Preheat the air fryer to 300°F (150°C) and grease ramekin(s) with oil spray.
- 2 Season the whisked eggs with salt and pepper. Add the broccoli, 3/4 of the cheese, and the bacon to the eggs and mix to combine.
- 3 Divide the egg mixture evenly between the ramekin(s) and place in the air fryer. Bake for 13 to 14 minutes, until cooked through.
- 4 Top with the remaining cheese and increase the temperature to 380°F (195°C). Bake for two minutes longer or until the cheese has melted.
- 5 Carefully remove from the air fryer. Enjoy!

### Notes

**Leftovers:** Cover and refrigerate for up to three days. Reheat in the microwave or air fryer on low until warmed through.

**Serving Size:** One ramekin is equal to one serving. Each ramekin is eight ounces (120-mL).

**Additional Toppings:** Top with green onions, chives, or parsley.

**Dairy-Free:** Use dairy-free cheese.

**Avocado Oil Spray:** One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.



## Simple Vanilla Protein Shake

**1 serving****5 minutes**

### Ingredients

2/3 cup Unsweetened Almond Milk  
1/4 cup Vanilla Protein Powder  
6 Ice Cubes (large)

### Nutrition

Amount per serving	
Calories	105
Fat	2g
Carbs	2g
Fiber	1g
Sugar	0g
Protein	20g

### Directions

**1**

Add all of the ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**Serving Size:** One serving is approximately 1 1/4 cups.

**More Flavor:** Use frozen fruit instead of ice cubes.

**No Vanilla Protein Powder:** Use chocolate or another flavor instead.

**Nut-Free:** Use oat milk, rice milk, or dairy instead of almond milk.

**Ice:** Six ice cubes is approximately one cup of ice.

**Protein Powder:** A plant-based protein powder was used to create and test this recipe.



## Cottage Cheese Breakfast Bowl

1 serving

15 minutes

### Ingredients

1 Egg  
1/4 Cucumber (sliced)  
1/2 cup Cottage Cheese

### Nutrition

Amount per serving	
Calories	186
Fat	9g
Carbs	7g
Fiber	0g
Sugar	4g
Protein	18g

### Directions

- 1 Place the egg in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Peel the egg when cool enough to handle and slice into halves.
- 3 Top the cottage cheese with the egg halves and cucumber slices. Enjoy!

### Notes

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

**Dairy-Free:** Use oatmeal, coconut yogurt or vegan cheese instead of cottage cheese.

**More Flavor:** Add sea salt, black pepper, everything bagel seasoning, or a dash of tamari.

**Additional Toppings:** Sautéed mushrooms, zucchini, or chopped bacon.



## Simple Chocolate Protein Shake

1 serving

5 minutes

### Ingredients

2/3 cup Unsweetened Almond Milk  
1/4 cup Chocolate Protein Powder  
6 Ice Cubes (large)

### Nutrition

Amount per serving	
Calories	105
Fat	2g
Carbs	2g
Fiber	1g
Sugar	0g
Protein	20g

### Directions

1

Add all the ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**Serving Size:** One serving is approximately 1 1/4 cups of shake.

**More Flavor:** Use frozen fruit instead of ice cubes.

**Nut-Free:** Use oat milk, rice milk, or dairy instead of almond milk.

**No Chocolate Protein:** Use vanilla or another flavour instead.

**Ice:** Six ice cubes is approximately one cup of ice.

**Protein Powder:** A plant-based protein powder was used to create and test this recipe.



## Chicken & Parmesan Salad

1 serving

10 minutes

### Ingredients

1 head Romaine Hearts (chopped)  
4 ozs Chicken Breast, Cooked (shredded)  
1 tbsp Extra Virgin Olive Oil  
2 tsps Lemon Juice  
2 1/2 tsps Parmigiano Reggiano  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	366
Fat	22g
Carbs	2g
Fiber	1g
Sugar	1g
Protein	41g

### Directions

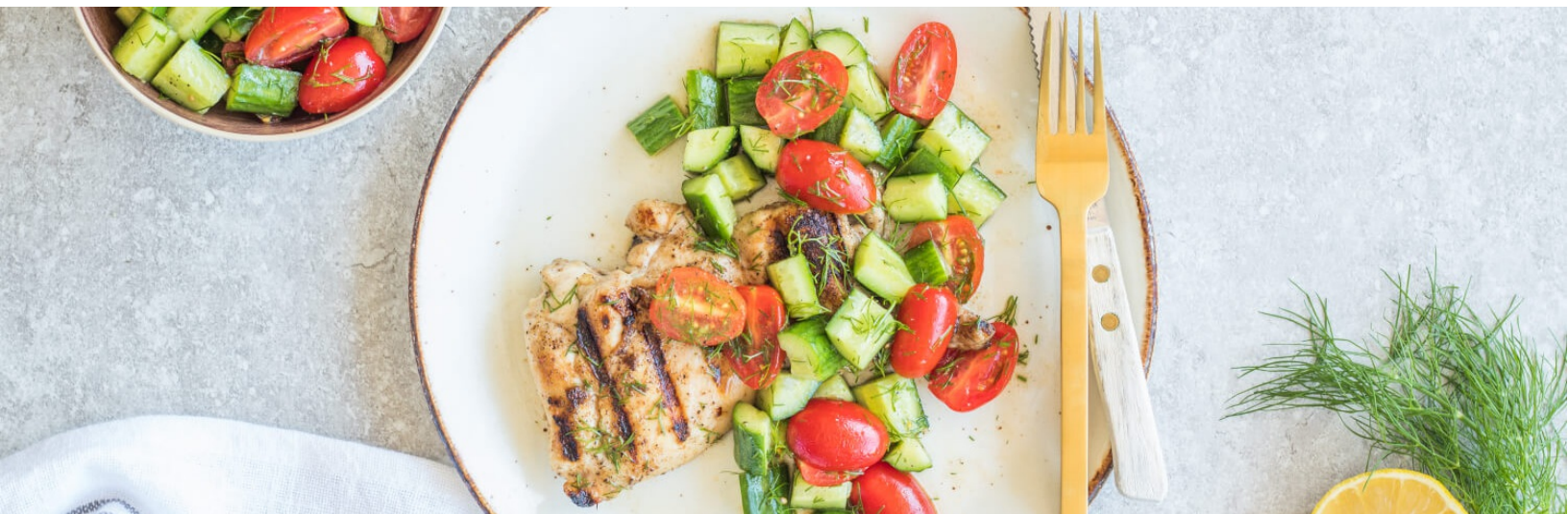
- 1 Add all of the ingredients to a bowl and toss to combine. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately 2 1/2 cups of salad with chicken.

**Additional Toppings:** Add any vegetables on hand like cucumber, tomatoes, and bell peppers.



## Grilled Chicken with Cucumber Salad

2 servings

25 minutes

### Ingredients

8 ozs Chicken Thighs (boneless, skinless)  
 Sea Salt & Black Pepper (to taste)  
 1 tbsp Extra Virgin Olive Oil  
 1 tbsp Lemon Juice  
 1 cup Cherry Tomatoes (halved)  
 1 Cucumber (medium, diced)  
 1/4 cup Fresh Dill (chopped)

### Nutrition

Amount per serving	
Calories	235
Fat	12g
Carbs	9g
Fiber	2g
Sugar	5g
Protein	24g

### Directions

- 1 Preheat a grill or grill pan over medium heat.
- 2 Season the chicken with salt and pepper. Place on the preheated grill and cook for about eight to 10 minutes per side, or until cooked through and charred. Remove from the grill and let rest for two minutes.
- 3 Meanwhile, combine the oil, lemon juice, tomatoes, cucumber, and dill in a bowl. Season to taste and set aside.
- 4 Serve the grilled chicken alongside the cucumber salad. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately 1 1/2 chicken thighs and 1 1/2 cup of salad.

**More Flavor:** Add feta cheese and red onions to the salad.



## Greek Chopped Salad with Shrimp

2 servings

15 minutes

### Ingredients

10 ozs Shrimp (peeled, deveined)  
 1 Orange Bell Pepper (medium, chopped)  
 1 Tomato (medium, chopped)  
 1/2 Cucumber (medium, chopped)  
 2 tbsps Pitted Kalamata Olives  
 2 tbsps Red Onion (thinly sliced)  
 1/4 cup Feta Cheese (crumbled)  
 2 tbsps Extra Virgin Olive Oil  
 1 tbsp Red Wine Vinegar  
 1 tsp Greek Seasoning

### Nutrition

Amount per serving	
Calories	350
Fat	20g
Carbs	13g
Fiber	2g
Sugar	2g
Protein	33g

### Directions

- 1 Bring a large pot of water to a boil. Blanch the shrimp in the boiling water for one to two minutes or until the shrimp turn a salmon pink color. Drain and set aside.
- 2 In a large bowl, toss together the bell peppers, tomato, cucumber, olives, red onion, and feta cheese. Mix the oil, vinegar, and Greek seasoning together to make a dressing and toss it with the vegetables.
- 3 Top the salad with the shrimp and enjoy!

### Notes

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

**Serving Size:** One serving is approximately 1 1/2 cups of salad with shrimp.

**More Flavor:** Add minced garlic to the dressing and chopped dill to the salad.

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



## Jalapeno Turkey Burger Salad

1 serving  
15 minutes

### Ingredients

4 ozs Extra Lean Ground Turkey  
1/4 Egg (whisked)  
3/4 tsp Smoked Paprika  
1/2 tsp Chili Powder  
1/4 Jalapeno Pepper (finely chopped, seeds removed for less heat)  
1 1/3 tbsps Red Onion (grated and drained of excess water)  
Sea Salt & Black Pepper (to taste)  
1 cup Arugula (packed)  
1/4 Avocado (sliced)  
1 1/3 tbsps Cilantro Lime Dressing

### Nutrition

Amount per serving	
Calories	408
Fat	32g
Carbs	8g
Fiber	5g
Sugar	2g
Protein	25g

### Directions

- 1 In a large bowl, combine the turkey, egg, smoked paprika, chili powder, jalapeño, and red onion. Mix well and season with salt and pepper. Form the mixture into even patties.
- 2 Preheat the grill to medium heat.
- 3 Add the patties to the grill and cook for six to seven minutes per side or until cooked through.
- 4 Divide the arugula onto plates and top with the burger and avocado. Drizzle with the dressing. Enjoy!

### Notes

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

**Serving Size:** One serving is one cup of arugula and one burger patty.

**More Flavor:** Add green onion, garlic, and/or chopped cilantro to the turkey mixture.

**Additional Toppings:** Add sliced radish, cilantro, cherry tomatoes, or chopped pepper to the salad.

**Wet Mixture:** To avoid a wet mixture, be sure to squeeze out excess liquid from the onion after grating on a box grater.

**No Cilantro Lime Dressing:** Use dressing of choice.



## Beef & Mushroom Stew

2 servings

3 hours

### Ingredients

- 10 2/3 ozs Stewing Beef (cubed)
- 1/2 tsp Sea Salt (divided)
- 3/4 tsp Extra Virgin Olive Oil
- 1/4 Yellow Onion (large, diced)
- 2 cups Mushrooms (sliced)
- 2 Garlic (clove, minced)
- 1 tbsp Rosemary (fresh)
- 12 1/16 fl ozs Bone Broth
- 1/3 cup Canned Coconut Milk (full fat)
- 1 tbsp Cilantro (chopped)

### Nutrition

Amount per serving	
Calories	404
Fat	22g
Carbs	10g
Fiber	2g
Sugar	4g
Protein	43g

### Directions

- 1 Season the beef all over with half of the salt. Heat the oil in a pot over medium-high heat. Once hot, add the beef and sear on all sides, until browned, about three minutes per side.
- 2 Add the onion and mushrooms and sauté for about five minutes. Add the garlic and rosemary and cook for two to three minutes.
- 3 Add the broth, stir, and bring to a simmer. Turn down the heat to low. Cover the pot with a lid and simmer for about two hours.
- 4 Uncover the pot, add the coconut milk and remaining salt. Stir and simmer uncovered over low heat for another 30 minutes or until the beef is tender and cooked through.
- 5 Adjust the seasoning to your taste. Top with cilantro and enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately 1 1/2 cups.

**More Flavor:** Add celery.

**Stew Consistency:** Check the stew two to three times during cooking and add more broth or water if necessary.



## Seafood & Cabbage Miso Soup

2 servings

15 minutes

### Ingredients

- 3 1/2 cups Vegetable Broth, Low Sodium
- 1 1/2 tbsps Sesame Oil
- 1 1/2 tbsps Coconut Aminos
- 1 1/2 tbsps Miso Paste
- 1 tbsp Ginger (finely chopped)
- 1 cup Shiitake Mushrooms (sliced)
- 2 cups Napa Cabbage (thinly sliced)
- 2 stalks Green Onion (chopped)
- 4 ozs Shrimp (peeled, deveined, and rinsed)
- 5 1/4 ozs Salmon Fillet (skinless, cubed)

### Nutrition

Amount per serving	
Calories	354
Fat	15g
Carbs	26g
Fiber	5g
Sugar	13g
Protein	32g

### Directions

- 1 In a large pot, bring the broth, sesame oil, coconut aminos, miso, and ginger to a boil. Simmer over low heat for five minutes.
- 2 Add the mushrooms, cabbage, green onions, shrimp, and salmon to the broth and cook for four to five minutes or until cooked through.
- 3 Divide evenly between bowls and enjoy!

### Notes

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

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

**More Flavor:** Add Sriracha or wasabi paste.

**Additional Toppings:** Garnish with lime zest, lime juice, and/or mint leaves.



## Beef, Cauliflower, & Mushroom Soup

2 servings

45 minutes

### Ingredients

- 1 tbsp Butter
- 2 1/2 cups Mushrooms (sliced)
- 8 ozs Stewing Beef (cut into one-inch cubes)
- 1/4 head Cauliflower (large, chopped)
- 3 cups Water
- 1/2 tsp Dried Basil
- 1/2 tsp Oregano
- 1/4 tsp Cinnamon
- 1 1/2 tsps Sea Salt

### Nutrition

Amount per serving	
Calories	244
Fat	12g
Carbs	8g
Fiber	3g
Sugar	4g
Protein	30g

### Directions

- 1 Melt the butter in a large pot over medium heat. Add the mushrooms and cook for a few minutes, until softened.
- 2 Add the beef and continue to cook for another five to 10 minutes, stirring a few times. Add the cauliflower and cook for one minute, then add the water and bring it to a boil.
- 3 Reduce the heat to medium-low. Add the basil, oregano, cinnamon, and salt. Simmer for 20 to 30 minutes or until everything is cooked through. Enjoy!

### Notes

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

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

**More Flavor:** Use bone, beef, or mushroom broth and add garlic, onion, and allspice.

**Thicken It Up:** Mix in one to two tablespoons of cornstarch, tapioca flour, or whole wheat flour.



## Pork & Cabbage Soup

2 servings

45 minutes

### Ingredients

8 ozs Lean Ground Pork  
 1 1/2 tsps Coconut Oil  
 1/2 Yellow Onion (chopped)  
 1 Garlic (clove, minced)  
 1/4 tsp Ground Ginger  
 1/2 Carrot (large, cut into matchsticks)  
 1 1/2 cups Green Cabbage (sliced thin)  
 3 cups Chicken Broth  
 1 1/2 tsps Coconut Aminos  
 1 stalk Green Onion (chopped, plus more for garnish)

### Nutrition

Amount per serving	
Calories	342
Fat	22g
Carbs	12g
Fiber	3g
Sugar	8g
Protein	24g

### 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. Divide between bowls 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 two cups 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.



## Easy Dill Pickles

12 servings

25 hours

### Ingredients

- 1/2 cup White Wine Vinegar
- 3/4 cup Water
- 1 1/2 tsps Sea Salt
- 1 tsp Black Peppercorns
- 1/4 tsp Chili Flakes
- 1/2 cup Fresh Dill
- 2 Garlic (clove, quartered)
- 1 Cucumber (large, sliced lengthwise)

### Nutrition

Amount per serving	
Calories	8
Fat	0g
Carbs	1g
Fiber	0g
Sugar	0g
Protein	0g

### Directions

- 1 In a small saucepan over medium heat, bring the vinegar, water, and salt to a boil. Stir the mixture until the salt is fully dissolved, for about three minutes. Remove from the heat.
- 2 Meanwhile, place the peppercorns, chili flakes, dill, and garlic in a glass jar. Pack the cucumbers tightly into the jar.
- 3 Carefully pour the vinegar mixture over the cucumbers, ensuring that they are completely submerged in the liquid.
- 4 Allow the jar to cool uncovered at room temperature for approximately one hour. Then cover the jar and place it in the refrigerator, leaving it for at least 24 hours. Enjoy!

### Notes

**Leftovers:** Store the pickled cucumbers in a jar in the fridge for up to two weeks.

**Serving Size:** One serving is equal to approximately two cucumber slices. A 16-ounce (473 mL) jar was used to make 12 servings.

**More Flavor:** Use mini or kirby cucumbers left whole or slice the cucumbers in thick rounds.



## Chili Lime & Rosemary Roasted Nuts

4 servings

35 minutes

### Ingredients

- 1 1/3 tbsps Extra Virgin Olive Oil
- 2/3 Lime (small, juiced)
- 1 1/3 tsps Chili Powder
- 2/3 tsp Garlic Powder
- 1 1/3 tbsps Rosemary (fresh)
- 1/3 tsp Sea Salt
- 1 cup Almonds (raw, unsalted)
- 1 cup Cashews (raw, unsalted)

### Nutrition

Amount per serving	
Calories	451
Fat	38g
Carbs	20g
Fiber	6g
Sugar	3g
Protein	13g

### Directions

- 1 Preheat the oven to 325°F (165°C) and line a baking sheet with parchment paper.
- 2 In a bowl, combine the oil, lime juice, chili powder, garlic powder, rosemary, and salt.
- 3 Add the nuts to the baking sheet and pour the chili lime mix on top. Toss to combine. Spread the nuts out into an even layer.
- 4 Cook in the oven for 13 to 15 minutes, stirring occasionally to prevent burning. Remove from the oven and let the nuts cool for 10 to 15 minutes. Serve and enjoy!

### Notes

**Leftovers:** Store in an airtight container for up to two weeks.

**Serving Size:** One serving is approximately 1/2 cup.

**No Olive Oil:** Use avocado oil.



## Cheddar Cheese & Cucumber

1 serving

5 minutes

### Ingredients

2 ozs Cheddar Cheese (cubed)

1/2 Cucumber (sliced)

### Nutrition

Amount per serving	
Calories	248
Fat	19g
Carbs	7g
Fiber	1g
Sugar	3g
Protein	14g

### Directions

1

Serve cheese cubes and cucumber slices on a plate or in a bowl and enjoy!

### Notes

**Leftovers:** Store cheese cubes and cucumber separately in the fridge.

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

**Serve it With:** Crackers, vegetables, nuts or cooked meat slices.

**No Cheddar:** Use swiss or gouda cheese instead.



## Dark Chocolate Almond Mousse

2 servings  
3 hours 5 minutes

### Ingredients

3/4 cup Unsweetened Almond Milk  
3 1/4 tbsps Chia Seeds  
3 1/4 tbsps Cocoa Powder  
1 2/3 tbsps Almond Butter  
1 1/4 tbsps Monk Fruit Sweetener  
1/3 tsp Vanilla Extract  
1/4 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	201
Fat	15g
Carbs	23g
Fiber	11g
Sugar	1g
Protein	8g

### Directions

- 1 Add all the ingredients to a high-speed blender and blend for 2 to 3 minutes until thickened, smooth and creamy.
- 2 Transfer to a bowl and refrigerate until chilled, about 3 hours. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days. Stir well before serving.

**Serving Size:** One serving is roughly 1/2 cup.

**Additional Toppings:** Extra cocoa powder, chopped nuts, fresh berries and/or shredded coconut.

**No Almond Butter:** Use another nut or seed butter instead.