



Constipation Diet - Week 4

PEAK BIOME



MON



BREAKFAST

Saucy Berry Citrus Oatmeal



LUNCH

Tuna & Cucumber Sandwich



DINNER

1.5 Baked Chicken with Tomatoes, Avocado & Spinach Salad

TUE



BREAKFAST

Strawberry Kiwi Tropical Smoothie



LUNCH

1.5 Baked Chicken with Tomatoes, Avocado & Spinach Salad



DINNER

1.5 Deconstructed Stuffed Peppers

WED



BREAKFAST

Berry & Nut Breakfast Bowl



LUNCH

1.5 Deconstructed Stuffed Peppers



DINNER

1.5 One Pan Salmon, Kale & Cabbage

THU



BREAKFAST

Triple Berry Protein Bowl



LUNCH

Turkey Hummus Sandwich



DINNER

2 White Bean Chicken Chili

FRI



BREAKFAST

Blueberry Protein Smoothie



LUNCH

2 White Bean Chicken Chili



DINNER

2 Cauliflower Shepherd's Pie

SAT



BREAKFAST

Triple Berry Protein Bowl



LUNCH

1.5 One Pan Salmon, Kale & Cabbage



DINNER

1.5 Spicy Sweet Potato, Turkey & Kale Bowl

SUN



BREAKFAST

Peanut Butter Banana Oat Smoothie



LUNCH

2 Paleo Sweet Potato Porridge



DINNER

2 Cauliflower Shepherd's Pie

MON

FAT 45% **CARBS 29%** **PROTEIN 26%**

Calories 1343 Fiber 29g
Fat 69g Sugar 21g
Carbs 102g Protein 91g

TUE

FAT 37% **CARBS 35%** **PROTEIN 28%**

Calories 1426 Fiber 36g
Fat 61g Sugar 44g
Carbs 130g Protein 102g

WED

FAT 51% **CARBS 26%** **PROTEIN 23%**

Calories 1622 Fiber 31g
Fat 94g Sugar 38g
Carbs 108g Protein 96g

THU

FAT 32% **CARBS 38%** **PROTEIN 30%**

Calories 1296 Fiber 36g
Fat 48g Sugar 31g
Carbs 126g Protein 102g

FRI

FAT 32% **CARBS 34%** **PROTEIN 34%**

Calories 1408 Fiber 41g
Fat 52g Sugar 39g
Carbs 123g Protein 126g

SAT

FAT 54% **CARBS 23%** **PROTEIN 23%**

Calories 1493 Fiber 31g
Fat 93g Sugar 37g
Carbs 87g Protein 90g

SUN

FAT 51% **CARBS 31%** **PROTEIN 18%**

Calories 1557 Fiber 33g
Fat 92g Sugar 46g
Carbs 126g Protein 72g



FRUITS

- 1 1/2 Avocado
- 2 Banana
- 1 1/2 cups Blackberries
- 1 1/4 cups Blueberries
- 1/2 Clementines
- 1 Kiwi
- 1/3 Lemon
- 2 1/8 Lime
- 1/4 cup Pineapple
- 1 cup Raspberries
- 1 3/4 cups Strawberries

BREAKFAST

- 1/4 cup All Natural Peanut Butter
- 2 tbsps Almond Butter

SEEDS, NUTS & SPICES

- 2 tbsps Almonds
- 1/3 tsp Black Pepper
- 1/3 tsp Cayenne Pepper
- 3 tbsps Chia Seeds
- 1 1/3 tbsps Chili Powder
- 1/2 tsp Cinnamon
- 1 tsp Cumin
- 1 tbsp Ground Flax Seed
- 3 tbsps Hemp Seeds
- 1 1/2 tbsps Italian Seasoning
- 2 1/2 tsps Paprika
- 1 tbsp Pumpkin Seeds
- 1/4 tsp Red Pepper Flakes
- 1 1/2 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/4 cup Slivered Almonds
- 2 tbsps Walnuts

FROZEN

- 1 cup Frozen Blueberries
- 1/3 cup Frozen Corn

VEGETABLES

- 4 cups Baby Spinach
- 2 Carrot
- 1 head Cauliflower
- 2 stalks Celery
- 1 1/2 cups Cherry Tomatoes
- 1/3 cup Cilantro
- 1/4 Cucumber
- 1/3 cup Fresh Dill
- 3 1/3 Garlic
- 9 cups Green Cabbage
- 3 stalks Green Onion
- 2/3 Jalapeno Pepper
- 12 cups Kale Leaves
- 1/2 cup Mixed Greens
- 3 cups Mushrooms
- 2 1/8 Red Bell Pepper
- 3 tbsps Red Onion
- 2 tbsps Sunflower Sprouts
- 2/3 Sweet Onion
- 2 1/2 Sweet Potato
- 3/4 White Onion
- 1 Yellow Onion
- 1/2 Zucchini

BOXED & CANNED

- 1/2 cup Brown Rice
- 1 3/4 cups Crushed Tomatoes
- 1/2 cup Diced Tomatoes
- 2 cups Organic Chicken Broth
- 1/2 cup Organic Coconut Milk
- 1 can Tuna
- 2 cups White Navy Beans

BAKING

- 1 cup Oats
- 1 tbsp Unsweetened Coconut Flakes

BREAD, FISH, MEAT & CHEESE

- 12 ozs Chicken Breast
- 10 2/3 ozs Chicken Thighs
- 12 ozs Extra Lean Ground Beef
- 1 3/4 lbs Extra Lean Ground Turkey
- 2 slices Gluten Free Bread
- 1 tbsp Hummus
- 2 slices Organic Bread
- 12 ozs Salmon Fillet
- 4 ozs Turkey Breast, Cooked

CONDIMENTS & OILS

- 3 tbsps Apple Cider Vinegar
- 1/4 cup Avocado Oil
- 1 3/4 tbsps Coconut Oil
- 1 tbsp Dijon Mustard
- 1/4 cup Extra Virgin Olive Oil
- 2 tbsps Mayonnaise

COLD

- 3 cups Unsweetened Almond Milk

OTHER

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



■ 1 cup Frozen Strawberries



Saucy Berry Citrus Oatmeal

1 SERVING 15 MINUTES



INGREDIENTS

1 cup Water (divided)
1/2 cup Oats (quick or rolled)
1/4 cup Blueberries (fresh or frozen)
1/4 cup Strawberries (fresh or frozen)
1/2 Clementines (peeled, sliced)
2 tbsps Chia Seeds

NUTRITION

AMOUNT PER SERVING

Calories	323	Fiber	12g
Fat	11g	Sugar	9g
Carbs	50g	Protein	10g

DIRECTIONS

- 01 Bring 2/3 of the water to a boil in a small saucepan. Add the oats. Reduce to a steady simmer and cook, stirring occasionally for about 5 minutes or until oats are tender and most of the water is absorbed. Set aside.
- 02 Wipe the saucepan clean and add the blueberries, strawberries, clementine, chia seeds and remaining water. Bring to a simmer and cook for 5 minutes or until tender and thick.
- 03 Transfer the oatmeal to a bowl or container if on-the-go, and top with the berry clementine sauce. Garnish with a slice of clementine (optional). Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add vanilla extract and sweeten with maple syrup, honey or any alternative sweetener.

ADDITIONAL TOPPINGS

Top with peanut butter, almond butter, sunflower seed butter, almond milk, nuts, seeds, yogurt, honey, maple syrup or granola.

MAKE IT THICKER

Whisk in a bit of arrowroot powder or tapioca starch with the fruit, or add more chia seeds until your desired consistency is reached.

NO STOVE TOP

Cook oats in the microwave instead.



Strawberry Kiwi Tropical Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 1/4 cups Unsweetened Almond Milk
1 cup Frozen Strawberries
1 Kiwi (peeled, chopped)
1/4 cup Pineapple (fresh or frozen)
1/2 Zucchini (chopped)
1 tbsp Chia Seeds
2 tbsps Vanilla Protein Powder

NUTRITION

AMOUNT PER SERVING

Calories	295	Fiber	13g
Fat	8g	Sugar	23g
Carbs	46g	Protein	16g

DIRECTIONS

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

NOTES

NUT-FREE

Use hemp milk, rice milk, oat milk or water instead of almond milk.

NO CHIA SEEDS

Use ground flax seeds instead.

NO ZUCCHINI

Use frozen cauliflower, spinach or kale instead.

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder.



Berry & Nut Breakfast Bowl

1 SERVING 10 MINUTES



INGREDIENTS

1/2 cup Strawberries (chopped)
1/2 cup Blackberries (cut in half)
2 tbsps Walnuts (chopped)
2 tbsps Almonds (chopped)
1 tbsp Pumpkin Seeds
1 tbsp Hemp Seeds
1/4 cup Unsweetened Almond Milk

NUTRITION

AMOUNT PER SERVING

Calories	356	Fiber	10g
Fat	28g	Sugar	8g
Carbs	21g	Protein	13g

DIRECTIONS

- 01 Add strawberries and blackberries to a bowl. Top with the nuts and seeds.
- 02 Pour the almond milk over top and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days. Keep the almond milk, berries and nuts separately until ready to serve.

ADDITIONAL TOPPINGS

Add a pinch of cinnamon, shredded coconut, additional nuts and seeds, a dollop of yogurt or a drizzle of honey.

NO BERRIES

Use peaches, mango, pineapple or banana instead.

NO ALMOND MILK

Use another non-dairy milk instead.



Triple Berry Protein Bowl

2 SERVINGS 10 MINUTES



INGREDIENTS

1 cup Strawberries (sliced)
1 cup Blueberries
1 cup Blackberries
2 tbsps Almond Butter
2 tbsps Hemp Seeds
1/4 cup Slivered Almonds
1/2 cup Unsweetened Almond Milk

DIRECTIONS

01 Wash berries and place in bowl(s). Sprinkle berries with hemp seeds and slivered almonds. Top with almond butter and pour almond milk over top. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	360	Fiber	11g
Fat	24g	Sugar	16g
Carbs	31g	Protein	13g



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



Peanut Butter Banana Oat Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

1/2 cup Oats (quick or traditional)
1/4 cup All Natural Peanut Butter
2 Banana
1 cup Unsweetened Almond Milk

NUTRITION

AMOUNT PER SERVING

Calories	389	Fiber	7g
Fat	20g	Sugar	18g
Carbs	48g	Protein	12g

DIRECTIONS

- 01 Place all ingredients into a blender and blend well until smooth. Divide into glasses and enjoy! (Note: This smoothie will thicken if not had right away. Just add a splash of almond milk until you reach your desired consistency.)

NOTES

NO BANANA

Sweeten with raw honey, maple syrup or a few soaked dates.

NO PEANUT BUTTER

Use any nut or seed butter.

STORAGE

Store in a mason jar with lid in the fridge up to 48 hours.

MORE PROTEIN

Add hemp seeds or a scoop of protein powder.

MORE FIBRE

Add ground flax seed.



Tuna & Cucumber Sandwich

1 SERVING 10 MINUTES



INGREDIENTS

1 can Tuna
2 tbsps Mayonnaise
2 slices Gluten-Free Bread (toasted)
1/4 Cucumber (sliced)
2 tbsps Sunflower Sprouts (optional)

NUTRITION

AMOUNT PER SERVING

Calories	501	Fiber	3g
Fat	28g	Sugar	6g
Carbs	28g	Protein	37g

DIRECTIONS

- 01 In a small bowl add the tuna and mayonnaise. Mix together until well combined.
- 02 Add the tuna to one piece of the toast and top with cucumber and sprouts, if using. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate leftover tuna in an airtight container for up to three days. For best results, construct sandwich just before enjoying.

MORE FLAVOR

Add additional spices or herbs such as cayenne, cumin, dill or garlic.

ADDITIONAL TOPPINGS

Add sliced avocado or tomato.

NO MAYONNAISE

Use hummus or yogurt instead of mayonnaise.

NO SUNFLOWER SPROUTS

Use alfalfa sprouts instead.



Turkey Hummus Sandwich

1 SERVING 5 MINUTES



INGREDIENTS

2 slices Organic Bread (or gluten-free)
4 ozs Turkey Breast, Cooked
1 tbsp Hummus
1 1/2 tsps Dijon Mustard
1/2 cup Mixed Greens

NUTRITION

AMOUNT PER SERVING

Calories	356	Fiber	3g
Fat	10g	Sugar	5g
Carbs	27g	Protein	39g

DIRECTIONS

- 01 Lightly toast the bread.
- 02 Spread one slice of the bread with hummus and mustard. Layer on the turkey and mixed greens. Place the second slice of bread over top. Slice and enjoy!

NOTES

NO TURKEY

Use chicken breast instead.

VEGAN & VEGETARIAN

Use smashed chickpeas instead of turkey.



Paleo Sweet Potato Porridge

2 SERVINGS 20 MINUTES



INGREDIENTS

1 Sweet Potato
1/2 cup Organic Coconut Milk (canned)
1/2 cup Water
1 cup Raspberries
1 tbsp Coconut Oil
1/2 tsp Cinnamon
1 tbsp Unsweetened Coconut Flakes

NUTRITION

AMOUNT PER SERVING

Calories	273	Fiber	7g
Fat	19g	Sugar	6g
Carbs	23g	Protein	3g

DIRECTIONS

- 01 Peel and shred the sweet potato using a hand grater or the shredding attachment on your food processor.
- 02 Place shredded sweet potato in a medium sized saucepan, add the coconut milk and water.
- 03 Cover and cook the sweet potato in the liquid over medium-high heat for about 15 minutes, stirring every couple minutes to prevent the bottom from burning. It will seem dry at first, but as it steams, the sweet potato will soften and release liquid. After about 15 minutes, your sweet potato should be a very soft, porridge-like texture.
- 04 Divide the sweet potato porridge between bowls and top with berries, coconut oil, cinnamon, and shredded coconut. Enjoy!

NOTES

OTHER TOPPINGS

Dried fruit, nut butter, chia seeds, hemp seeds or fresh fruit.

LEFTOVERS

Store in an airtight container in the fridge up to 3 to 4 days.



Baked Chicken with Tomatoes, Avocado & Spinach Salad

3 SERVINGS 40 MINUTES



INGREDIENTS

12 ozs Chicken Breast
Sea Salt & Black Pepper (to taste)
1 1/2 tsps Paprika
1 1/2 cups Cherry Tomatoes (halved)
1 1/2 Avocado (peeled and pitted)
1 1/2 Lime (juiced)
3 tbsps Red Onion (finely diced)
3 cups Baby Spinach
1 1/8 tsps Extra Virgin Olive Oil
1/3 Lemon (juiced)

NUTRITION

AMOUNT PER SERVING

Calories	346	Fiber	9g
Fat	20g	Sugar	4g
Carbs	16g	Protein	29g

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 Season your chicken breasts with sea salt, black pepper and paprika to taste. Place them to one side of the baking sheet. Spread your cherry tomatoes across the other side of the baking sheet. Bake the chicken and the cherry tomatoes together in the oven for 30 minutes or until chicken is cooked through.
- 03 In the mean time, place avocado, lime juice and red onion together in a mixing bowl. Season with a pinch of sea salt and pepper. Mash with a fork until a creamy consistency forms.
- 04 Toss spinach with olive oil and lemon juice.
- 05 Plate the spinach, and then serve baked chicken over top. Top with guacamole and roasted tomatoes. Enjoy!



Deconstructed Stuffed Peppers

3 SERVINGS 50 MINUTES



INGREDIENTS

1/2 cup Brown Rice
12 ozs Extra Lean Ground Beef
1 1/2 tsps Extra Virgin Olive Oil
1 1/2 Red Bell Pepper (chopped)
1 1/2 tsps Italian Seasoning
1 tsp Paprika
1/2 tsp Sea Salt
1/4 tsp Red Pepper Flakes
1 3/4 cups Crushed Tomatoes (from the can)
1/2 cup Diced Tomatoes (from the can)
3/4 cup Water
3 stalks Green Onion (chopped, divided)

NUTRITION

AMOUNT PER SERVING

Calories	408	Fiber	6g
Fat	15g	Sugar	10g
Carbs	40g	Protein	28g

DIRECTIONS

- 01 Cook the rice according to the package directions.
- 02 Meanwhile, heat a large pot over medium-high heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, transfer the meat to a plate and drain any excess drippings from the pan.
- 03 Add the oil to the same pot and cook the peppers for about 8 minutes until just tender. Add the browned beef back to the pot and season with with Italian Seasoning, paprika, salt and red pepper flakes.
- 04 Add the crushed tomatoes, diced tomatoes, water and half of the green onions. Bring to a gentle boil then let simmer for 25 to 30 minutes or until the peppers are very tender. Season with additional salt if needed.
- 05 To serve, divide the beef mixture and rice between bowls. Stir together and then top with the remaining green onions. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 1 1/3 cups of the beef mixture and 2/3 cups of the rice.

MORE FLAVOR

Use garlic-infused olive oil instead. Make it spicier with more red pepper flakes or cayenne pepper. Make it smokier with smoked paprika or chipotle chili powder.

NO RED BELL PEPPER

Use any colour of bell pepper instead.



NO BEEF

Use ground pork or sausage meat instead.

NO BROWN RICE

Use white rice, quinoa or cauliflower rice instead.



One Pan Salmon, Kale & Cabbage

3 SERVINGS 20 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

Calories	436	Fiber	8g
Fat	29g	Sugar	10g
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.



White Bean Chicken Chili

4 SERVINGS 40 MINUTES



INGREDIENTS

2 tsps Extra Virgin Olive Oil
2/3 Sweet Onion (medium, chopped)
2/3 Jalapeno Pepper (seeded and chopped)
2/3 Red Bell Pepper (chopped)
1 1/3 Garlic (cloves, minced)
1 tsp Cumin
2 tsps Chili Powder
1/3 tsp Sea Salt
2 cups Organic Chicken Broth (divided)
2 cups White Navy Beans (cooked and divided)
10 2/3 ozs Chicken Thighs (boneless, skinless)
1/3 cup Frozen Corn
1/3 cup Cilantro (chopped)
2/3 Lime (sliced into wedges)

NUTRITION

AMOUNT PER SERVING

Calories	290	Fiber	11g
Fat	7g	Sugar	5g
Carbs	34g	Protein	25g

DIRECTIONS

- 01 Heat oil in a large pot with a lid over medium-high heat. Add onion, jalapeno and bell pepper and cook for about 5 minutes or until onion is soft. Add garlic, cumin, chili powder and salt and cook for another minute until fragrant.
- 02 While vegetables are cooking, add a third of the stock and half of the beans to a food processor or blender and blend to puree the beans.
- 03 Add the remaining stock and pureed beans to the pot and stir to combine. Place the chicken in the pot, cover with lid and reduce heat to medium-low. Cook at a gentle boil for 20 minutes or until the chicken is cooked through.
- 04 Remove the cooked chicken thighs from the pot and carefully shred the chicken with two forks. Return the chicken and any juices back to the pot with the remaining beans, frozen corn kernels and cilantro. Stir to combine and season with additional salt if needed. Allow soup to cook for an additional 5 to 10 minutes.
- 05 Divide the chili into bowls and serve with a lime wedge. Enjoy!

NOTES

LEFTOVERS

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

ADDITIONAL TOPPINGS

Corn chips, sour cream and/or shredded cheese.

NO CHICKEN THIGHS

Use chicken breast instead.

VEGETARIAN

Omit the chicken and use extra beans.



SERVING SIZE

One serving is equal to approximately one cup of chili.

SAVE TIME

Use cooked beans from the can.



Cauliflower Shepherd's Pie

4 SERVINGS 50 MINUTES



INGREDIENTS

1 head Cauliflower (chopped into florets)
2 tbsps Extra Virgin Olive Oil (divided)
1 Yellow Onion (diced)
2 Garlic (cloves, minced)
1 lb Extra Lean Ground Turkey
3 cups Mushrooms (sliced)
2 Carrot (diced)
2 stalks Celery (diced)
1 tbsp Italian Seasoning
1/4 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	311	Fiber	6g
Fat	17g	Sugar	8g
Carbs	16g	Protein	27g

DIRECTIONS

- 01 Preheat oven to 350°F (177°C).
- 02 Place cauliflower florets in a medium sized saucepan, cover with water and bring to a boil. Let the florets boil until they are soft, about 15 minutes.
- 03 While the cauliflower is boiling, heat half of the olive oil in a large frying pan over medium heat. Add the onions and garlic, cook for 5 minutes or until onions are translucent.
- 04 Add the meat, and cook until browned.
- 05 Add the mushrooms, carrots, celery, Italian seasoning, and salt. Continue to cook for a few minutes, until the meat is cooked through. Remove from heat.
- 06 Drain the cauliflower and discard cooking water. Return the cauliflower to the pot and add the other half of the olive oil and a sprinkle of salt. Mash well until the cauliflower becomes almost like a puree.
- 07 Transfer the meat mixture to a casserole or pie dish and distribute into an even layer. Top with the cauliflower mash and spread it evenly across the top.
- 08 Place in the oven and bake for 20 minutes. Turn the oven to a low broil and broil for 10 minutes or until golden. Remove from oven and serve. Enjoy!

NOTES

VEGAN AND VEGETARIAN

Use cooked lentils instead of ground meat.



Spicy Sweet Potato, Turkey & Kale Bowl

3 SERVINGS 25 MINUTES



INGREDIENTS

- 1 1/2 Sweet Potato (medium)
- 2 1/4 tsps Extra Virgin Olive Oil
- 2 1/4 tsps Chili Powder
- 1/3 tsp Cayenne Pepper (optional)
- 2 1/4 tsps Coconut Oil
- 3/4 White Onion (diced)
- 12 ozs Extra Lean Ground Turkey
- 1/3 tsp Sea Salt
- 1/3 tsp Black Pepper (optional)
- 6 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.

