

Steak salad with Roasted sweet potato

3-4 oz grilled steak

1 cup of roasted sweet potato cubes

Handful mixed greens

Spray Coconut or avocado oil for baking

1/2 tbsp Extra virgin olive oil and vinegar

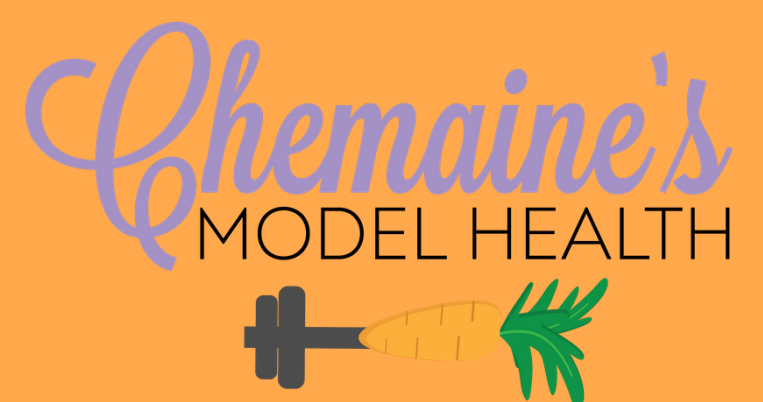
Grill steak to desired temperature.

Preheat oven to 425 degrees fahrenheit

Toss sweet potato cubes in coconut or avocado oil and bake until tender.

Mix greens with sweet potato, drizzle with extra virgin olive oil and vinegar - serve with steak xo

Serves 1



Roast sweet potato salad bowl

1 small sweet potato cut in half lengthways and sliced

1 tsp extra virgin olive oil

sea salt and black pepper to taste

6 oz cooked and sliced chicken breast

mixed salad greens

Dressing - 1/4 avocado, 1 tbsp full fat natural greek yogurt, 1 tbsp lemon juice, 1
tbsp of minced cilantro, 1/2 clove of garlic and a pinch of sea salt

Toss potatoes in extra virgin olive oil, sea salt and pepper. Roast until tender.

In a blender, mix all the dressing ingredients until smooth.

Place 2 cups of mixed greens in a bowl, top with chicken and sweet potatoes.

Drizzle with dressing xo

Serves 1

Bacon, brussel sprouts and sweet potato

1 large sweet potato
2 cups of brussel sprouts
1 small onion sliced
1/2 lb or 4 strips of bacon chopped
2 cloves garlic
1 tbsp coconut oil
2 tbsp balsamic vinegar

Preheat oven to 425 degrees fahrenheit.

peel and cube potato, cut sprouts into fourths,. Toss potato and sprouts in a bowl with bacon and onion, along with oil and vinegar. Spread on a baking sheet until evenly distributed. Bake for about 20 minutes until potatoes and sprouts are tender xo

Serves 2

Lemon garlic sweet potato chicken

4 chicken thighs with skin removed

1 large sweet potato

1 lemon

3 cloves of garlic

1/2 tsp of sea salt

1/2 tsp black pepper

spray coconut oil

Preheat oven to 400 degrees fahrenheit

Place chicken, potatoes and garlic cloves in a baking pan and squeeze lemon juice over them. Sprinkle with sea salt and black pepper. Spray with coconut oil. Bake for about 30 minutes or until chicken is done xo

Serves 2

Chicken sweet potato curry

2 skinless chicken breast (about 4oz each breast)

1 large sweet potato cubed

1/2 small onion chopped

1/2 clove of garlic

1/3 can of coconut cream

1/2 to 1 tbsp of curry powder depending on your tastes

In a large skillet, brown the chicken. Add the onion and cook til translucent. Add the garlic and then cook for another minute. Next add the curry powder and cook for another minute to let the flavors develop.

Add the coconut cream plus add the same volume of water. Now add the sweet potatoes. Turn the heat down and let cook until the sweet potatoes are tender.

Enjoy xo

Serve 2