



Body Reset Wk 3

Pineapple Fitness
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Recipe Notes!

- x All dinners recipes are to serve 4 people (2 serves for the meal at dinner with 2 serves leftover for lunch the next day)
- x Breakies are to serve 1 person so make sure you add more to those recipes if you are making it for another person too
- x Some recipes have chocolate protein powder in it! If you have the Bare Blends Vanilla protein that we sell, you can use this and add a little cacao powder to it to make it a bit more chocolatey!
- x There are plenty of dip options in the snack resources of the program to go with the seedy crackers in week 2 of the program! You can also have these dips with cut up carrots or celery if you'd prefer that for a snack or haven't had a chance to make the seedy crackers!
- x You will see 1 treat meal listed in the meal plans per week! You can take these at anytime you like during the week (if you have a party or event on)
- x If there is something you do not like on the menu, just swap it for another meal and make double of that!
- x We are aiming to just have breakfast, lunch and dinner plus coffee and tea each day. There is a daily snack option there if you do feel like you need a snack! Let us know in the Facebook group if you have any questions!

| | Mon | Tue | Wed | Thu | Fri | Sat | Sun | |
|-----------|---|---|---|---|---|--|--|--|
| Breakfast |  Zucchini Bread (by Luke Hines) |  Zucchini Bread (by Luke Hines) |  Scrambled Eggs with Peppers and Kale |  Chocolate Cauliflower Shake |  Scrambled Eggs with Peppers and Kale |  Brownie Protein Pancakes |  Blueberry Overnight Oats | |
| Snack 1 |  Yogurt & Berries |  Organic Popcorn |  Greek Yogurt |  Organic Popcorn |  Greek Yogurt |  Raspberry Zinger Smoothie |  Chocolate Zucchini Muffins | |
| Lunch |  Simple Tuna Salad |  Slow Cooker Lamb & White Bean Stew |  Chermoula Chicken |  Vegan Stuffed Mushrooms |  Unstuffed Cabbage Rolls |  Lentfer Family Fave Frittata |  Treat Meal! | |
| Dinner |  Slow Cooker Lamb & White Bean Stew |  Chermoula Chicken |  Vegan Stuffed Mushrooms |  Unstuffed Cabbage Rolls |  Lentfer Family Fave Frittata |  One Pan Crispy Chicken with Potatoes & Greens |  Beef Burrito Bowl with Cauliflower Rice | |
| Snack 3 | |  Dark Chocolate | |  Dark Chocolate | | | | |

Fruits

- 1 Apple
- 2 Avocado
- 1 Banana
- 1/2 cup Blueberries
- 1 Green Apple
- 1 Lemon
- 2 tbsps Lemon Juice
- 1 Lime

Breakfast

- 1 tbsp Almond Butter
- 1/3 cup Maple Syrup

Seeds, Nuts & Spices

- 4 cups Almonds Meal
- 1 1/2 tps Black Pepper
- 1 1/8 cups Chia Seeds
- 1/2 tsp Cinnamon
- 1 1/3 tbsps Coriander
- 1 2/3 tbsps Cumin
- 1 tsp Garlic Powder
- 2 tbsps Ground Flax Seed
- 1 tsp Oregano
- 2 1/2 tbsps Sea Salt
- 2 Sea Salt & Black Pepper
- 1/4 cup Sesame Seeds
- 1/2 cup Slivered Almonds
- 1 tsp Smoked Paprika
- 2 tps Turmeric
- 2 cups Walnuts

Frozen

- 1 cup Frozen Berries
- 2 cups Frozen Cauliflower
- 1 cup Frozen Raspberries

Vegetables

- 1 1/3 cups Baby Spinach
- 4 cups Cauliflower Rice
- 2 cups Cilantro
- 24 Cremini Mushrooms
- 8 Garlic
- 8 cups Green Cabbage
- 2 stalks Green Onion
- 4 cups Kale Leaves
- 2 cups Mini Potatoes
- 2 1/4 cups Parsley
- 1 Red Bell Pepper
- 1 tbsp Rosemary
- 1 Sweet Potato
- 1 1/3 tbsps Thyme
- 2 Tomato
- 4 Yellow Onion
- 1 Yellow Potato
- 1 Zucchini
- 6 Zucchinis

Boxed & Canned

- 1/2 cup Brown Rice
- 3 cups Diced Tomatoes
- 8 cups Organic Popcorn
- 1 tbsp Tomato Paste
- 2 cans Tuna
- 2 cups White Navy Beans

Baking

- 2 cups Almond Flour
- 2 cups Arrowroot Powder
- 1 2/3 tbsps Baking Powder
- 1/4 tsp Baking Soda
- 2 tbsps Cacao Powder
- 1/2 cup Chickpea Flour
- 1/3 cup Cocoa Powder
- 100 grams Dark Organic Chocolate
- 2/3 cup Dried Unsweetened Cranberries
- 2 tbsps Nutritional Yeast
- 3/4 cup Oats

Bread, Fish, Meat & Cheese

- 1.1 kilograms Chicken Thighs With Skin
- 907 grams Extra Lean Ground Beef
- 1 cup Feta Cheese
- 397 grams Lamb Shank

Condiments & Oils

- 3 1/3 tbsps Apple Cider Vinegar
- 2 tbsps Avocado Oil
- 1 1/2 tbsps Coconut Oil
- 1 1/4 cups Extra Virgin Olive Oil
- 2 tbsps Mayonnaise

Cold

- 9 Egg
- 26 Eggs
- 2 cups Plain Greek Yogurt
- 4 1/4 cups Unsweetened Almond Milk

Other

- 3/4 cup Chocolate Protein Powder
- 1 1/2 tps Maca Powder
- 1/4 cup Vanilla Protein Powder
- 6 2/3 cups Water
- 1 Whatever Your Soul Desires!

1/4 cup Organic Dark Chocolate Chips



Zucchini Bread (by Luke Hines)

18 servings

1 hour 30 minutes

Ingredients

- 6 Eggs (free range, organic)
- 3 Zucchinis (grated)
- 1 cup Arrowroot Powder (or tapioca flour)
- 2 cups Almonds Meal (or hazelnut meal)
- 1/2 cup Chia Seeds
- 1 tsp Baking Powder
- 1/2 tsp Sea Salt
- 2 tsps Apple Cider Vinegar
- 2 tbsps Sesame Seeds

Directions

- 1 Preheat the oven to 160C and line a 22 cm loaf tin with baking paper.
- 2 Combine the arrowroot or tapioca flour, hazelnut or almond meal, chia seeds, baking powder and salt in a large mixing bowl.
- 3 In a separate bowl, lightly whisk the eggs and stir in the apple cider vinegar and grated zucchini. Combine the wet and dry ingredients and mix everything together with a spoon to form a thick and slightly wet dough, this is when you add the olives if using. Pour the dough into the loaf tin and sprinkle with the sesame seeds.
- 4 Bake for 1 hour, or until golden on top. To test, press down gently on the top of the loaf - if it holds its shape, its ready.
- 5 To store, cover in plastic cling wrap or keep in an airtight container for up to 5 days.



Scrambled Eggs with Peppers and Kale

1 serving
15 minutes

Ingredients

3/4 tsp Extra Virgin Olive Oil
1/2 Red Bell Pepper (sliced)
1 cup Kale Leaves (chopped)
3 Egg
Sea Salt & Black Pepper (to taste)

Directions

- 1 Heat the olive oil in a skillet over medium heat. Add the red bell pepper and kale leaves and saute until softened, about 5 to 7 minutes.
- 2 While the veggies are cooking, crack the eggs into a bowl and season with salt and pepper. Beat gently with a fork until well combined.
- 3 Push the veggies to one side of the pan, and pour the beaten eggs into the empty side. Use a spatula to scramble, slowly incorporating the veggies once the eggs are no longer very wet.
- 4 Divide between plates and enjoy!

Notes

More Carbs, Serve with toast, roasted potatoes, or sweet potatoes.

Egg-Free, Use mashed tofu instead of eggs.



Chocolate Cauliflower Shake

1 serving
5 minutes

Ingredients

- 1 cup Frozen Cauliflower
- 1 Banana (frozen)
- 1 tbsp Almond Butter
- 2 tbsps Cacao Powder
- 1/4 cup Chocolate Protein Powder
- 1 cup Unsweetened Almond Milk
- 1 1/2 tsps Maca Powder

Directions

- 1 In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

Notes

Make it Mocha, Replace half of the almond milk with chilled coffee.

Likes it Sweeter, Add pitted medjool dates.

No Maca Powder, Leave it out or use cinnamon instead.



Brownie Protein Pancakes

2 servings

15 minutes

Ingredients

- 2 tbsps Ground Flax Seed
- 1/3 cup Water
- 1/2 cup Chickpea Flour
- 1/2 cup Chocolate Protein Powder
- 1 tbsp Cocoa Powder
- 1 tbsp Baking Powder
- 1 cup Unsweetened Almond Milk (or water)
- 1/4 cup Organic Dark Chocolate Chips
- 1 1/2 tsps Coconut Oil

Directions

- 1 Combine the ground flax and water in a small bowl. Whisk and set aside to thicken for about 5 minutes.
- 2 In a medium sized bowl, combine the chickpea flour, protein powder, cocoa powder, and baking powder.
- 3 Add the almond milk and flax mixture to dry ingredients. Mix well until a smooth batter forms. Fold in the chocolate chips.
- 4 Heat coconut oil in a nonstick skillet over medium heat. Spoon the batter into the pan in 1/4 cup portions. Cook pancakes for about 3 to 4 minutes per side.
- 5 Plate the pancakes and enjoy!

Notes

Protein Powder, This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, results may vary.

Save Time, Make the pancake batter in a blender.

Toppings, Maple syrup, honey, fresh fruit, granola, seeds or nuts.

Leftovers, Store in a sealed container in the fridge up to 3 days. Reheat in the oven, toaster oven or in a skillet.

No Chickpea Flour, Try oat flour instead. Results may vary.



Blueberry Overnight Oats

2 servings

8 hours

Ingredients

- 3/4 cup Oats
- 3/4 cup Unsweetened Almond Milk
- 1 tbsp Chia Seeds
- 1 tbsp Maple Syrup
- 1/2 tsp Cinnamon
- 1/4 cup Water
- 1/2 cup Blueberries
- 1/2 cup Slivered Almonds

Directions

- 1 Combine oats, almond milk, chia seeds, maple syrup, cinnamon and water together in a large tupperware container. Stir well to mix. Seal and place in the fridge overnight (or for at least 8 hours).
- 2 Remove oats from fridge. Use single-serving size mason jars and place a large spoonful of the oat mix in the bottom of each, then a layer of blueberries followed by a layer of slivered almonds. Repeat until all ingredients are used up. Store in the fridge until ready to eat. Enjoy hot or cold!



Yogurt & Berries

1 serving
5 minutes

Ingredients

- 1 cup Plain Greek Yogurt
- 1 cup Frozen Berries (thawed)

Directions

- 1 Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

Notes

Dairy-Free, Use a dairy-free yogurt like coconut, almond or cashew.

No Frozen Berries, Use any type of fresh fruit instead.



Organic Popcorn

2 servings

2 minutes

Ingredients

4 cups Organic Popcorn

Directions

- 1 Pour into bowls and enjoy!



Greek Yogurt

2 servings

5 minutes

Ingredients

1 cup Plain Greek Yogurt

Directions

- 1 Scoop into a bowl and enjoy!

Notes

Toppings, Fresh or frozen fruit, granola, bee pollen, nuts, coconut, honey or maple syrup.

Dairy-Free, Use coconut, almond or cashew yogurt instead.



Apple

1 serving
2 minutes

Ingredients

1 Apple

Directions

- 1 Slice into wedges, or enjoy whole.



Raspberry Zinger Smoothie

1 serving
10 minutes

Ingredients

- 1 cup Frozen Cauliflower
- 1 cup Frozen Raspberries
- 1 Lemon (juiced)
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Chia Seeds
- 1 1/2 cups Unsweetened Almond Milk

Directions

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

Notes

No Protein Powder, Use 1/4 cup hemp seeds per serving instead.



Chocolate Zucchini Muffins

12 servings

30 minutes

Ingredients

2 cups Almond Flour
1/4 cup Cocoa Powder
1/4 tsp Sea Salt
1/4 tsp Baking Soda
1/4 cup Extra Virgin Olive Oil
1/4 cup Maple Syrup
3 Egg
1 Zucchini (medium, grated)

Directions

- 1 Preheat your oven to 350°F (177°C) and line a muffin tin with muffin liners. Brush each liner with a small amount of coconut oil, to prevent sticking.
- 2 In a large mixing bowl, combine the almond flour, cocoa powder, sea salt, and baking soda. Mix well.
- 3 In a medium-size bowl, whisk together the olive oil, maple syrup, and eggs. Add the wet ingredients to the dry. Mix until combined then stir in the zucchini.
- 4 Spoon the muffin batter between cups, so it's evenly divided then bake for 18 to 20 minutes, or until a toothpick inserted into the centre of a muffin comes out clean.
- 5 Let cool completely before eating, to prevent the muffins from sticking to the liners.

Notes

Serving Size, One serving is equal to one muffin.

Zucchini, One medium zucchini is equal to about 2 cups of grated zucchini.

Storage, Store in the fridge for 5 days or in the freezer for a few months.



Simple Tuna Salad

2 servings

10 minutes

Ingredients

- 2 cans Tuna (drained)
- 1 Green Apple (chopped)
- 2 stalks Green Onion (finely sliced)
- 2 tbsps Mayonnaise
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Add all ingredients to a large bowl and mix until well combined. Enjoy!

Notes

How to Serve, Enjoy alone, on crackers, on a sandwich, or over greens.
Leftovers, Keeps well in the fridge for 2 to 3 days.



Chermoula Chicken

4 servings

35 minutes

Ingredients

- 1 cup Parsley
- 1 cup Cilantro
- 1 tsp Cumin (ground)
- 1/2 tsp Coriander (ground)
- 1/2 tsp Smoked Paprika
- 3/4 tsp Sea Salt (divided)
- 1/2 tsp Black Pepper (divided)
- 1 Garlic (clove)
- 1 tbsp Lemon Juice
- 1/3 cup Extra Virgin Olive Oil
- 454 grams Chicken Thighs with Skin (boneless)
- 1/2 tsp Garlic Powder
- 1 tbsp Avocado Oil
- 2 tbsps Water

Directions

- 1 Make the chermoula sauce by adding the parsley, cilantro, cumin, coriander, paprika, two-thirds of the salt, half of the pepper, garlic and lemon juice to a food processor and pulse to combine. While the food processor is running, stream in the extra virgin olive oil. Scrape down the sides of the bowl as needed. Set aside.
- 2 Preheat the oven to 400°F (204°C) and season the chicken thighs with remaining salt, remaining pepper and garlic powder.
- 3 In a large cast iron skillet (or other oven-safe pan) heat the avocado oil over medium-high heat. Brown the seasoned chicken thighs starting with skin sides down for 5 to 7 minutes then flip and brown the other side for another 3 to 5 minutes. Transfer the browned chicken to a plate.
- 4 Remove any excess drippings from the pan then place the browned chicken back into the skillet skin side up. Spoon half of the chermoula sauce evenly over each browned chicken thigh. Add the water to the pan (to keep the chicken very moist while cooking) and cover the skillet with foil. Transfer the skillet to the oven and bake for 15 to 20 minutes, or until the chicken is cooked through.
- 5 Remove the pan from the oven and carefully remove the foil. Serve the chicken with the remaining chermoula sauce spooned over top and enjoy.

Notes

Leftovers, Keeps in the fridge for up to 3 days.

No Chicken Thighs, Use chicken breasts instead.



Vegan Stuffed Mushrooms

4 servings
35 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1/2 Yellow Onion (finely chopped)
- 1 cup Walnuts (raw, chopped)
- 2 tsps Thyme (fresh)
- 1 Garlic (clove, minced)
- 1/4 tsp Sea Salt
- 1/3 cup Dried Unsweetened Cranberries (roughly chopped)
- 12 Cremini Mushrooms (whole, stems and gills removed)
- 1 tbsp Nutritional Yeast
- 2 tsps Parsley (chopped)

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Heat a pan over medium heat and add the extra virgin olive oil along with the onion, walnuts, and thyme. Cook until lightly toasted, about 4 to 5 minutes and then add the minced garlic and cook for 30 seconds longer. Add the sea salt and cranberries and remove from heat.
- 3 Use a spoon to add the walnut mixture to the mushrooms and sprinkle the nutritional yeast on top. Transfer to the baking sheet and bake for 16 to 18 minutes.
- 4 Remove the mushrooms from the oven and top with minced parsley. Enjoy immediately.

Notes

Serving Size, One serving is equal to three stuffed mushrooms.

No Cremini Mushrooms, Use portobello mushrooms or white button mushrooms instead.

No Thyme, Use another herb like sage or rosemary.

Prep Ahead, Make the onion/walnut mix ahead of time and then prepare the rest before eating by stuffing the mushrooms and cooking them.

TREAT YOURSELF

Treat Meal!

1 serving

1 minute

Ingredients

1 Whatever Your Soul Desires!

Directions

1

We are not about to ask you to enter a difficult period of food restriction, like... 'No, I'm not eating anymore cookies.' 'No, I can't order pizza either.' 'NO. I'm not having anymore chocolate,' ...the food you think you *want* is likely to be all of those things. Not just because they're bloody delicious (they are) but because they're currently off-bounds. Like that pang of regret when your annoying ex gets a new girlfriend. Now imagine you put all of those foods back on the menu and gave yourself permission to enjoy everything without wanting to slap yourself around the face. Maybe your days will initially consist of cookies, pizza and chocolate. Maybe they won't. But what you'll likely find is after time, what you *want* dramatically shifts from being centred on food which you've cancelled from your life - towards food which make you feel good and allow you to have a nice day without feeling dizzy or doing a mini sick in your mouth etc etc. Chocolate for breakfast lunch and dinner might sounds delicious to someone who's diet is largely made up of kale. But the reality of this would mean; - Low energy - Low mood - And a shit load of deficiencies over time (Like when you actually get back with your ex and after a week you remember they're still annoying and still breathe too loudly.) 'Yeh but I actually would just eat cookies all day!!!' Sure - this may well be the case for some - in which case it might be time to enlist the help from a professional if you feel it's becoming detrimental to your health physically and mentally ♥ But yeah. Giving yourself permission to eat food without guilt doesn't mean donuts superset with pizza all day everyday. It just means giving yourself permission to eat food without guilt. Which is great.



Slow Cooker Lamb & White Bean Stew

4 servings

5 hours

Ingredients

- 5 cups Water
- 397 grams Lamb Shank
- 2 cups White Navy Beans (cooked)
- 1 Yellow Onion (medium, diced)
- 2 Tomato (diced)
- 1 Yellow Potato (medium, diced)
- 2 tsps Turmeric
- 2 tbsps Apple Cider Vinegar
- 1 tbsp Tomato Paste
- 2 tsps Sea Salt

Directions

- 1 Add all ingredients to the slow cooker and set to high for 5 hours, or low for 8 hours.
- 2 Before serving, remove the bones and shred the meat with a fork (if it hasn't fallen apart already). Enjoy!

Notes

Serve it With, Toasted bread, our Cleaned Up Biscuits, rice, quinoa or cauliflower rice.
More Veggies, Add watercress, kale or spinach before serving.

No Potato, Use cauliflower instead.

Serve as Iranian Abgoosht, Separate the broth and serve with bread. The remaining ingredients are mashed up and served separately alongside the broth.

Leftovers, Store in an airtight container in the fridge up to 3 days. Freeze for up to 2 months.

Vegan & Vegetarians, Replace the lamb with chickpeas.



Unstuffed Cabbage Rolls

4 servings

45 minutes

Ingredients

- 1/2 cup Brown Rice (uncooked)
- 3/4 cup Water
- 1 tbsp Coconut Oil
- 454 grams Extra Lean Ground Beef
- 1 Yellow Onion (small, finely diced)
- 8 cups Green Cabbage (finely sliced)
- 3 cups Diced Tomatoes
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper

Directions

- 1 Combine the rice and water in a sauce pot and lightly salt the water. Bring to a boil over medium-high heat then reduce to a simmer. Cover the pot and let cook for 40 minutes or until rice is tender.
- 2 While the rice cooks, heat the coconut oil in a large stock pot over medium-high heat. Add the ground beef and onions and saute for about 5 to 7 minutes, or until beef is cooked through and browned. Drain off the fat.
- 3 Add the cabbage, diced tomatoes, sea salt and black pepper. Bring to a boil, then reduce to a simmer. Let simmer uncovered for 15 to 20 minutes, or until cabbage is tender.
- 4 Stir in the cooked rice until everything is well mixed. Let sit over low heat for another 5 minutes.
- 5 Divide into bowls and enjoy!

Notes

No Beef, Any type of ground meat will work.

Vegetarian & Vegan, Use lentils instead of ground meat.

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



Lentfer Family Fave Frittata

6 servings
45 minutes

Ingredients

- 14 Eggs (whisked)
- 1 1/3 cups Baby Spinach (roughly chopped)
- 1 Sweet Potato (baked)
- 1 cup Feta Cheese (diced)
- 2 Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat 200°C oven
- 2 Combine all the ingredients in a bowl
- 3 Pour into pie dish lined with baking paper
- 4 Cook approx 35 mins [you want the centre to be springy and golden on top]
- 5 You can mix this up with whatever left over veggies you have, be creative!



One Pan Crispy Chicken with Potatoes & Greens

2 servings

35 minutes

Ingredients

227 grams Chicken Thighs with Skin
2 cups Mini Potatoes (halved)
1/8 tsp Sea Salt
1 tbsp Rosemary (chopped)
2 cups Kale Leaves (chopped)

Directions

- 1 Preheat the oven to 425°F (218°C).
- 2 Heat a cast iron pan over medium heat and season the chicken and potatoes with sea salt. Place the chicken skin side down on the pan and arrange the potatoes around the chicken. Add the chopped rosemary. Cook for 15 minutes without moving the chicken and occasionally tossing the potatoes.
- 3 After 15 minutes, flip the chicken over and place the pan in the oven for 10 to 12 minutes.
- 4 Remove the chicken and potatoes from the oven and transfer to a plate, leaving the drippings in the pan. Add the kale to the pan, and saute over medium heat for 1 to 2 minutes or until wilted. Turn off the heat.
- 5 Divide the chicken, potatoes and kale onto plates and enjoy!

Notes

No Rosemary, Use thyme or another herb instead.

No Kale, Use another green such as Swiss chard or spinach.

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



Beef Burrito Bowl with Cauliflower Rice

4 servings

30 minutes

Ingredients

2 tbsps Extra Virgin Olive Oil (divided)
4 Garlic (cloves, minced)
1 Yellow Onion (small, finely diced)
454 grams Extra Lean Ground Beef
1 tbsp Cumin (ground)
1 tbsp Coriander (ground)
1 tbsp Oregano (dried)
1 1/2 tsps Sea Salt (divided)
1 Lime (juiced)
4 cups Cauliflower Rice
2 Avocado (diced)

Directions

- 1 In a large skillet heat half of the oil over medium. Add garlic and onions and cook for two minutes, or until onions become translucent.
- 2 Add ground beef to the skillet. With a wooden spoon or spatula, break the beef into small pieces as it cooks, stirring occasionally, until no longer pink.
- 3 When meat is cooked through, drain the grease. Place back over medium heat and add the cumin, coriander, oregano, half of the salt and lime juice to the pan. Stir to coat the beef with the spice and continue to cook for another minute until very fragrant. Transfer the meat to a dish and cover to keep warm.
- 4 Place the pan back over heat and add the remaining olive oil. Add the cauliflower rice and season with remaining sea salt. Cook the cauliflower rice, stirring occasionally, until cauliflower is warmed through and just tender.
- 5 Divide the cauliflower rice between bowls and top with seasoned beef and diced avocado. Enjoy!

Notes

Optional Toppings, Chopped cilantro, green onion, extra lime juice, cheese, sour cream or Greek yogurt.

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



Dark Chocolate

1 serving

1 minute

Ingredients

50 grams Dark Organic Chocolate (at least 70% cacao)

Directions

- 1 Break apart chocolate into pieces and divide into bowls. Enjoy!

Notes

Next Level Chocolate, Sprinkle with a bit of coarse sea salt or cayenne pepper for a kick.