

RACHAEL'S GOOD EATS

ONE-WEEK MEAL PLAN



WELCOME

It's finally here, my official RGE One-Week Meal Plan!

My number one tip for eating a more healthy and balanced diet is to become more aware of what you're consuming on a daily basis, and to do that, I recommend cooking for yourself often. When you're the one preparing meals, you have the ability to control exactly what and how much of each ingredient goes into your meal. As a dietitian and active person in general, I like to think about food as fuel. I eat nourishing foods so that I have the energy to train and maintain my busy lifestyle. It's always been my goal to help as many people as possible realize that living healthy doesn't have to be time consuming or daunting. That's why I created this free guide, to make eating healthy feel just a bit less overwhelming.

My [7-Day Added Sugar Detox](#) ebook has quickly become the most popular guide on my site (and for good reason too – after just 7 days without added-sugar, most people feel significantly better than when they started. That guide includes 22 healthy, added-sugar free recipes that so many of us have now incorporated into our everyday lives). One comment I receive all the time from those who have completed this challenge is that they love that their week is almost easier because they have the recipes picked out for them... aka I do all the dirty work so you don't have to. So, if you haven't tried that guide, I would recommend it here!

After many requests, I decided to put together a typical RGE week-long meal plan. This meal-plan is not added-sugar free (though most of the recipes are), but it is based around real, whole foods that are nutrient-dense and Registered Dietitian approved (as always from my site!). You'll find that all recipes are gluten-free and dairy-free, but, feel free to swap ingredients as you see fit. You can expect to find some of my most popular recipes from the blog, as well as two brand new ones. Similar to my past nutrition guides, these recipes are offered for you to incorporate into your daily and weekly routine wherever you see fit. They are simply suggestions and do not need to be followed in any order, or, pick your favorites from the list and stick with those for the week (adjust grocery list accordingly). Download and/or print the guide and the grocery list to make your life just a little bit easier for a week. Who knows, maybe it'll inspire you to do more at-home cooking, which is a major win ;)

Enjoy!

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GROCERY LIST

PRODUCE

- Baby bell peppers (handful)
- Baby bok choy (2)
- Bananas (to freeze + 1 ripe)
- Bell peppers (2)
- Butter lettuce (1 head or burger buns)
- Celery sticks (3)
- Cherry tomatoes (1 cup)
- Cremini mushrooms (3 cups)
- Cucumbers (3 small)
- Garlic (2 heads or jar of minced)
- Green onions (4 bunches)
- Lemons (2)
- Long carrots (3)
- Mixed greens
- Orange (1)
- Red onion (1)
- Romaine (2 heads)
- Spinach (to freeze)
- Strawberries
- Sweet potatoes (2)
- Tricolor carrots (2 bunches)
- White onions (2)
- Zucchini (5)

MEAT

- Organic chicken breasts (8 large)
- Organic grass-fed ground beef (2 lb)
- Organic ground turkey or chicken (2 lb)
- Pasture-raised and no sugar added bacon (1 pack)
- Wild-caught salmon (2 6-ounce fillets)

DAIRY

- Cheese of your choice (for recipes: enchilada skillet, chicken parm, mushroom burger)
- Feta cheese
- Goat cheese (¼ cup soft and crumbled)
- Pasture-raised eggs (dozen)
- Unsweetened almond milk

GROCERY LIST

BAKING

- Almond Butter, unsweetened, no added oil
- Almond flour
- Arrowroot starch
- Baking Soda
- Cacao nibs
- Cacao powder
- Coconut flakes
- Coconut flour
- Coconut sugar
- Dark chocolate dairy-free chips
- Flaxseed (ground and whole)
- Hemp seeds
- Honey
- Macadamia nuts
- Maple syrup
- Marcona almonds
- Nutritional yeast
- Peanut Butter, unsweetened, no added oil
- Pecans
- Pine nuts
- Pitted dates
- Pumpkin seeds
- Sliced almonds
- Sprouted oats
- Vanilla Extract
- Walnuts

HERBS / SPICES

- Chili powder
- Chives
- Cinnamon
- Cumin
- Dried rosemary
- Fresh basil (3 packs)
- Fresh cilantro (3 bunches)
- Fresh parsley (1 bunch)
- Nutmeg
- Paprika
- Pepper
- Red chili flakes
- Sea salt
- Sesame seeds (optional)

GROCERY LIST

OIL/SAUCES

- Apple cider vinegar
- Avocado oil
- Beef bone broth
- Coconut aminos
- Coconut oil
- Extra-virgin olive oil
- Ghee
- Sesame oil
- Spicy brown mustard
- 1 (15-oz) jar red enchilada sauce (I prefer Siete)
- 2 (14-ounce) cans crushed tomatoes
- 2 (15-ounce) cans diced tomatoes
- 2 (8-ounce) cans of tomato paste
- Marinara sauce

IN THE AISLES

- Burger buns (or butter lettuce)
- Dill pickles
- Frozen blueberries
- Frozen raspberries
- Simple Mills sea salt crackers
- Sprouted brown rice (non-sprouted works too!)
- Tortillas (I prefer Siete)
- Vanilla protein powder
- Pasta (I prefer gluten-free brown rice pasta)

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CINNAMON PROTEIN OATS

Servings: 1

Ingredients

Oatmeal

- 1 cup water
- 1/2 cup sprouted oats
- 1 tbsp ground flaxseed
- 1/2 tsp cinnamon
- 1 scoop vanilla protein
(option to leave out)

Toppings

- Coconut flakes
- Fresh organic strawberries
- Manuka honey
- Peanut butter
- Unsweetened almond milk



Instructions

1. Boil water in a small saucepan over the stove. Add oats and bring down to simmer for 4-5 minutes.
2. Stir in ground flaxseed & cinnamon and cook until oats have absorbed all the water.
3. Remove from heat and stir in protein powder. Add toppings and serve!

GLOW-TO SMOOTHIE

Servings: 1

Ingredients

- 1 cup unsweetened almond milk
- 1 handful ice cubes
- 1/3 cup frozen blueberries
- 1 cup frozen spinach
- 1 tbsp ground flaxseed
- 1 tbsp cacao powder
- 1 serving plant protein
- 1 tbsp cacao nibs
- 1/4 tsp ceylon cinnamon
- 1/2 tbsp coconut oil



Instructions

1. Blend all ingredients in a high-powered blender and top with my [Paleo Granola](#) and crushed pecans.

PEANUT BUTTER CHIP

PB CHIP SMOOTHIE

Servings: 1

Ingredients

- 1 cup unsweetened almond milk
- 1/2 cup ice
- 1/2 frozen banana (this is key)
- 1-2 frozen pitted dates (this is key)
- 1 serving vanilla protein
- 1-2 tbsp cacao nibs
- 1 tbsp ground flaxseed
- 1-2 tbsp unsweetened peanut butter
- Few shakes cinnamon



Instructions

1. Blend all ingredients in a high-powered blender. Enjoy!

RASPBERRY BANANA SMOOTHIE

Servings: 1

Ingredients

- ¾ cup unsweetened almond or cashew milk
- ⅓ cup frozen raspberries
- ⅓ frozen banana
- 3 ice cubes
- 1 serving vanilla protein
- 1 tbsp raw almond butter
- 1 tbsp hemp seeds
- Few shakes cinnamon



Instructions

1. Using a high-powered blender, blend for 1-2 minutes, or until smooth. Option to top with additional hemp seeds, almond butter and fresh raspberries.

WEEKEND SHAKSHUKA

Servings: 3-4

Ingredients

Shakshuka

- 2 tbsp avocado oil or extra virgin olive oil
- 1/2 cup diced onion
- 2 (15oz) canned diced tomatoes, no salt added
- 1 (6oz) can tomato paste
- 1 small zucchini, sliced into 1/2 inch thick half moons
- 1 orange, yellow or red bell pepper, roughly sliced
- 1/2 tsp cumin
- 1/2 tsp chili powder
- 1/2 tsp paprika
- 1/4 tsp garlic powder
- 1/2 tsp pink salt
- 1/2 tsp ground pepper
- 4-6 pasture-raised eggs

Toppings

- Fresh parsley
- Fresh cilantro
- Fresh chives
- Feta cheese
- Avocado
- Pink Salt
- Ground Pepper



Instructions

1. Heat oil in a 12-inch skillet on medium and add diced onions to caramelize for 4-5 minutes.
2. Reduce heat and add tomatoes, tomato paste, zucchini, bell pepper, and spices. Stir until thoroughly combined and let cook for an additional 5 minutes.
3. Create little egg “nests” in the mixture using the bottom of a spoon or spatula and crack an egg in each.
4. Cook on low heat until the egg whites are solidified.
5. Tip: Add a lid or create air vents through the egg whites using a knife to speed up cooking time.
6. Once eggs are done, add crumbled feta, avocado, fresh herbs, salt, and pepper to taste. Serve with toasted sourdough and eat family style!

PALEO GRANOLA

Servings: 3-4 cups

Ingredients

- 1/2 cup walnuts
- 1/3 cup pecans
- 1/3 cup coconut flakes (I prefer dessicated coconut)
- 1/3 cup pumpkin seeds
- 1/3 cup sliced almonds
- 3 tbsp flaxseeds
- 1/4 cup macadamia nuts
- 3 tbsp hemp seeds
- 1 tbsp arrowroot starch
- 1 tsp vanilla extract
- 1/2 tsp cinnamon
- 2 tbsp maple syrup
- pinch sea salt
- 1/4 cup coconut oil



Instructions

1. Preheat oven to 325 degrees F.
2. In a food processor, pulse only the nuts + seeds one to two times, or enough to chop just slightly. You can also use a cutting board & knife instead and give a good chop of the nuts + seeds before tossing them in a big bowl.
3. Combine with melted coconut oil, vanilla, maple syrup, arrowroot starch, coconut flakes, cinnamon and sea salt. Toss together until thoroughly combined then pour mixture over a parchment paper covered baking sheet, making sure not to spread out completely (bigger chunks of granola = better).
4. Bake for 12-15 minutes and let cool for 5 minutes.
5. *Do not break up the granola* -- once cooled, immediately transfer to freezer for 15 minutes to allow coconut oil to harden and chunks to form. Once chilled, remove, break granola into chunks/pieces, then transfer to air-tight container.
6. Mixture will keep fresh in the fridge for several weeks.
7. Can use granola as cereal with almond milk, fresh organic berries and cinnamon, or as a snack throughout the day. Enjoy!

LUNCH

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RGE COBB SALAD

Servings: 3-5

Ingredients

Salad

- 2 heads of romaine, chopped
- 2 large organic chicken breasts
- 2 tbsp avocado oil
- 3 Persian cucumbers, chopped
- 1 medium sweet potato, peeled and cubed
- 2-3 sliced hard boiled eggs
- 5 strips organic bacon
- 1 cup cherry tomatoes, halved
- 4 stalks green onion, chopped

Dressing

- 2 tbsp white wine vinegar
- 1/4 cup extra virgin olive oil
- 1/2 lemon, juiced
- salt + pepper, to taste



Instructions

1. Turn oven to Broil at 500 degrees F.
2. Trim chicken and slice in half, lengthwise to make thinner breasts. In a medium pot or skillet, heat avocado oil until warm but not smoking. Add chicken and season with salt and pepper. Let cook on medium for about 4-5 minutes either side, or until seared/browned and cooked all the way through. I like covering with a lid the last few minutes to steam. Once done, remove from heat and set aside.
3. For sweet potatoes: add cubes to parchment paper covered baking sheet. Spray with avocado oil and season with salt and pepper. Broil for about 8-12 minutes, flipping towards the end. They should be slightly charred.
4. Slice bacon strips in half and cook in a large skillet. I like adding ground pepper for flavor here. Once done, set aside.
5. Chop all toppings on large cutting board and start building your salad. Add romaine, chicken, bacon, sweet potato, cherry tomatoes, eggs and green onion.
6. To make dressing, whisk all ingredients together in a bowl with a fork and add to a side dish for guests to use on their own. Enjoy!

PESTO CHICKEN SALAD

Servings: 2-4

Ingredients

Chicken

- 2 organic chicken breasts

Pesto

- 2 big handfuls fresh basil
- 1/3 cup extra virgin olive oil
- 1 whole lemon, juiced
- 1/4 cup pine nuts (or cashews/walnuts)
- 1 tsp sea salt
- 1 tbsp nutritional yeast
- 1-2 garlic cloves



Instructions

1. In a food processor, make the pesto by combining all ingredients listed underneath pesto.
2. Boil a pot of water, add 2 organic chicken breasts and cook for 10-12 minutes. Remove and shred with 2 forks or a stand mixer if you have one.
3. Add the chicken to a large bowl with the pesto then mix. Adjust with salt and pepper, if needed. Serve warm, chilled or at room temp by itself, over greens, or with crackers and veggies to dip.

GRILLED CHICKEN SALAD

Servings: 3-4

Ingredients

Vinaigrette

- 1/4 cup squeezed orange juice (1/2 an orange)
- 3 tbsp extra virgin olive oil
- 1 tbsp apple cider vinegar
- 1/2 tbsp honey

Salad

- 2 organic chicken breast trimmed, butterflied and halved. Seasoned with Pink salt and ground pepper.
- 3-4 large handfuls mixed greens
- 1/3 cup cilantro chopped
- 1/2 orange peeled and sliced into bite-size pieces
- 1/3 cup Marcona almonds
- 1/4 cup soft goat cheese crumbled



Instructions

1. Whisk together the vinaigrette ingredients. Set aside in the fridge to chill.
2. Once the chicken is seasoned, grill.
3. In a large serving bowl add the mixed greens, cilantro, orange slices and almonds.
4. Pour a few tablespoons of the vinaigrette over the salad, reserving the rest. Toss until well coated.
5. Slice the chicken into strips and place on top of the salad.
6. Spoon a few tablespoons of the vinaigrette over the chicken and sprinkle the cheese evenly across the salad. Enjoy!
7. *Vinaigrette can be stored in an airtight container in the fridge for up to one week.

AVO EGG SALAD

Servings: 1

Ingredients

- 2 hard boiled eggs
- 1/2 large ripe avocado
- 1 tbsp spicy brown mustard
- 1 dill pickle
- 1/4 cup chopped green onion
- 1/2 tsp red pepper flakes
- 1/2 tsp ground pepper
- 1/8 tsp sea salt



Instructions

1. Boil eggs for 15 minutes, set in ice bath for 10 minutes and set aside
2. Mash avocado and mustard together in a bowl
3. Add rest of ingredients, including roughly chopped hard boiled eggs, mix and add to toasted sourdough, over greens, with crackers or on its own!

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GF CHICKEN PARMESAN

Servings: 3-4

Ingredients

- 1.5 cups almond flour crackers (I used Simple Mills sea salt, but feel free to use ~1 cup almond flour or breadcrumbs, if you need)
- 2 tbsp ground flax seed (great boost of fiber!)
- 1 tsp dried oregano
- 1/2 tsp pink salt
- 1 pasture-raised egg
- 2 large organic chicken breasts, trimmed, then sliced in half, end to end so they're very thin (should be 1/4-inch thick. Beat with a meat tenderizer until thin, if needed)
- 1-2 cups marinara sauce (I love Primal Kitchen or Rao's)
- 2.5 cups freshly grated hard goat cheese (I like the sharp cheddar goat cheese from Trader Joe's, but feel free to use whatever cheese you'd like)
- handful fresh parsley, chopped



Instructions

1. Preheat oven to 400 degrees F.
2. In a food processor, add crackers, flax, 1/4 cup grated goat cheese, oregano & sea salt, and pulse until you get an extra fine texture. Pour in a deep dish bowl and set aside.
3. In a separate deep dish bowl, whisk one egg. Prepare assembly line with chicken breasts, egg wash, 'breadcrumbs' and a fresh clean plate.
4. With a fork, take turns dipping chicken in egg wash, then pressing down in breading mixture until fully covered, then transferring to clean plate. Repeat until all chicken is done.
5. Sear chicken in a large skillet with 3-4 tbsp avocado oil until browned on either side, about 5-7 minutes total. It should be nearly all the way cooked through, and will finish cooking in the oven.
6. Transfer chicken to baking dish, top with marinara, then sprinkle grated cheese over the top. Bake for 10 minutes, then pop on broil for an additional 2 minutes to brown.
7. Remove from oven, top with fresh parsley and enjoy!

ROSEMARY MUSHROOM BURGERS

Servings: 4

Ingredients

Burger

- 1 lb organic ground turkey or chicken
- 1.5 cups cremini mushrooms, chopped
- ¼ onion, chopped
- 2 garlic cloves, chopped (or 1 tsp minced garlic)
- 2 tbsp avocado oil
- 1 tbsp dried rosemary
- 1 tsp sea salt
- ½ tsp ground pepper

Toppings

- 1.5 cups cremini mushrooms, thinly sliced
- 2 tbsp ghee
- 1 garlic clove, chopped (or ½ tsp minced garlic)
- ¼ tsp sea salt
- 1 head butter lettuce (or burger buns)
- 1 avocado, sliced
- Sliced cheese of choice (I prefer goat mozzarella)
- Red chili flakes

Carrots

- 2 bunches tricolor carrots, washed, stems trimmed
- 1 tbsp avocado oil
- 1 tsp cumin
- ½ tsp sea salt
- ¼ tsp ground pepper
- ¼ cup raw pumpkin seeds



ROSEMARY MUSHROOM BURGER

Instructions

1. Preheat the oven to 400 degrees F. Cover a sheet pan with parchment paper, then toss carrots with avocado oil, cumin ¼ tsp sea salt and ground pepper. Let bake for 35-40 minutes, tossing when there's 15 minutes left.
2. In a small skillet, add a touch of oil, pumpkin seeds and ¼ tsp sea salt, and toast for 3-4 minutes on medium to low heat. Cook until golden. Add over the top of the carrots once they're done.
3. To make burgers, add mushroom, onion and garlic to a medium skillet with 1 tablespoon avocado oil. Cook on medium heat for 3-5 minutes.
4. Add ground turkey to a large bowl, then add remaining burger ingredients. Stir well until thoroughly combined. Form into four patties.
5. Add the other tablespoon of avocado oil to the same skillet, then add each of the burger patties to cook on medium to high heat. Brown on either side, about 4-5 minutes each, then reduce heat and cover to finish cooking for several minutes. If the pan needs additional moisture, add 1-2 tbsp water or bone broth before covering to let steam. Add the sliced cheese over the top of each burger for the last 2 minutes to melt. Serve immediately.
6. In a smaller, separate skillet, combine sliced mushrooms, ghee, garlic and sea salt to saute on medium heat. Continue to stir and let cook until tender, about 8-10 minutes.
7. Once done, build each plate with butter lettuce (or buns), burgers, mushrooms, avocado and carrots. Top with red chili flakes.

BEEF BOLOGNESE

Servings: 4-5

Ingredients

- 2 tbsp extra virgin olive oil
- 1 white onion, finely diced
- 3 long carrots, finely diced
- 3 celery sticks, finely diced
- 2-4 cloves garlic, finely diced
- 2 lbs pasture-raised organic ground beef
- 1 cup beef bone broth
- 1 tbsp white wine vinegar
- 2 14 oz cans crushed tomatoes
- 8 oz tomato paste
- 1 tbsp oregano
- 1/2 tsp parsley
- 1/2 tsp garlic powder
- 2 tsp sea salt
- ground pepper, to taste
- 1/2 cup unsweetened almond milk
- 1 box pasta (I prefer gluten-free brown rice pasta)
- fresh basil, to top

Instructions

1. Heat a large skillet on medium heat.
2. Once hot, add olive oil, diced veggies & garlic and sauté for 10-12 minutes, tossing every few minutes.
3. Once veggies are soft, add beef in the middle and break into very small pieces using a wooden spoon or spatula. Cook until no longer red.
4. Add vinegar and bone broth and cook for another 30 minutes, covered, on medium to low heat.
5. Add remaining ingredients, toss, then cook for 45 minutes on low until thickened.
6. Make preferred noodles (I use gluten-free brown rice pasta) and serve with sauce and fresh basil once done.



ENCHILADA SKILLET

Servings: 2-4

Ingredients

- 2 tbsp avocado oil
- 1/2 cup diced red onion
- 1 tsp minced garlic
- 1 lb organic ground turkey or chicken
- 2 cups chopped zucchini
- 1 large red bell pepper, diced
- few shakes cumin, chili powder, paprika
- sea salt, to taste
- black pepper, to taste
- 4 regular sized tortillas, cut into strips (I used Siete Foods tortillas)
- 1/2 cup chopped cilantro
- 1/2 cup shredded goat cheese (sub your favorite cheese)
- 1/4 cup green onions, chopped
- 1 avocado
- 1 tsp red chili flakes
- 1 (15-oz) jar enchilada sauce (I used Siete Foods red enchilada sauce)



Instructions

1. Heat oil and garlic in skillet with onions on medium for several minutes.
2. Add organic turkey to brown for 5 minutes. Next, add seasonings, zucchini, red bell pepper, 1/2 can enchilada sauce and let cook for several minutes. Then pour in remaining sauce, 1/4 cup chopped cilantro, 1/4 cup shredded cheese.
3. Stir in tortilla strips immediately after and cover with lid to cook for 10 minutes on medium to low heat.
4. Add rest of cheese, green onion, cilantro and cover for one more minute to melt. Serve with sliced avocado, red chili flakes and whatever side you like. We typically do a salad or steamed broccolini. Enjoy!

SESAME SALMON RICE BOWL

Servings: 2

Ingredients

Sesame Salmon

- 2 wild-caught salmon fillets
- 1 tbsp avocado oil
- 2 tbsp coconut aminos
- 1 tbsp sesame seeds
- 2 tbsp sesame oil
- ground pepper, to taste
- pink salt, to taste

Sweet Potato

- 1/2 medium sweet potato, peeled and thinly sliced
- 1/2 tbsp avocado or extra virgin olive oil
- pink salt, to taste
- ground pepper, to taste

Roasted Bok Choy

- 2 baby bok choy
- avocado oil/olive oil spray
- pink salt, to taste
- ground pepper, to taste

Bowls

- 1 cup cooked sprouted brown rice
- 1 small avocado
- 1 cup sliced baby bell peppers
- 1/4 cup chopped green onions
- 1/4 cup chopped cilantro



SESAME SALMON RICE BOWL

Instructions

Sesame Salmon & Bok Choy

1. Let salmon marinate in a deep bowl for 10 minutes with sesame oil, avocado oil, coconut aminos, pink salt and sesame seeds. Flip twice.
2. Cover a sheet pan with parchment paper or foil and lay the salmon flat, skin down, one half of the pan and pour the rest of the marinade over the top.
3. Slice the ends off bok choy, then again lengthwise. Spray with avocado oil & season with pink salt + ground pepper. Add to sheet pan and broil in the oven, center rack, 500 degrees F for about 10 minutes, or until bok choy starts to char on the ends.

Sweet Potato

1. Once sweet potato is peeled and sliced thin, add to skillet with 1/2-1 tbsp avocado oil and saute until browned, about 8-10 minutes.

Bowls

1. Time to build your bowls! Layer with mixed greens, rice, sweet potato, salmon & the rest of your ingredients. Give a drizzle of extra virgin olive oil over the top & you're good to go!

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LOW-SUGAR SNACK IDEAS

- **Fruit & roasted nuts**

- Low-sugar fruits: berries and summer fruits: kiwis, peaches, melons, nectarines
- For nuts, it's important to make sure the only ingredients are nuts and salt. Most packaged nuts are roasted in inflammatory vegetable oils like canola oil, sunflower oil, etc.. Another option is to make your own (I have two recipes for this in my [7-Day Added Sugar Detox](#)).

- **Veggies & hummus**

- Carrots, cucumbers, jicama and bell peppers are great. Hummus is also quick to make in the blender or food processor, but if you're in a pinch, I love Hope Hummus brand (spicy avocado in particular)

- **Paleo Granola and unsweetened almond milk**

- Great option as a quick snack or breakfast

- **Hard boiled eggs**

- Add salt, pepper and a drizzle of extra virgin olive oil for healthy fats

- **Half an avocado mashed with crackers (I personally love Simple Mills)**

- Get creative and add organic deli turkey or salami for added protein

- **Bone broth**

- Heated over the stove with your favorite spices, then blended together until frothy. Sip like a latte!

- **Apple slices with almond butter**

- This has been my go-to afternoon or post-dinner snack on repeat. I'll also add cinnamon for an added sweet flavor.

- **Coconut yogurt (unsweetened)**

- Add a handful of berries, cinnamon & nuts/seeds

- **Mini charcuterie**

- Use salami, olives/olive tapenade, nuts, fruit, brown rice crackers/almond flour crackers

- **Popcorn**

- Make it over the stove, in an air popper, or grab a bag from the store (I love the Pink Himalayan Salt Lesser Evil popcorn)

GLUTEN-FREE ZUCCHINI BREAD

Servings: 1 loaf

Ingredients

- 2 pasture-raised eggs
- 1 mashed ripe banana
- 1/2 cup almond butter (any nut or seed butter to substitute)
- 1/4 cup maple syrup
- 1 tsp vanilla extract
- 2 cups shredded zucchini, then drained + squeezed
- 1 cup almond flour
- 1/2 tbsp cinnamon
- 2 pinches of nutmeg
- 2 tbsp coconut sugar
- 1/2 tsp sea salt
- 1 tsp baking soda
- 1/2 cup dark chocolate dairy-free chips, plus more for the topping



Instructions

1. Preheat oven to 350 degrees F.
2. Whisk or use electric mixer for all wet ingredients (everything through vanilla extract).
3. Shred zucchini and measure out in 2 cups. Fold paper towels about 4x, or use kitchen towel, and squeeze out all the liquid before adding to the mixing bowl. Whisk again until thoroughly mixed.
4. Next, gently fold in the dry ingredients, just enough until fully combined (don't over stir!! It may not rise).
5. Prep loaf tin with parchment paper, then pour in batter. Top with chocolate chips then bake for 55 minutes, or until a toothpick comes out clean.
6. Let cool for AT LEAST 40 minutes before you dive in. Trust me, it's worth the wait!

PEANUT BUTTER PROTEIN BARS

Servings: 10-12

Ingredients

- 1.5 cups almond flour
- 1/2 cup protein powder (vanilla or unflavored)
- 3/4 cup creamy peanut butter (the natural, drippy kind)
- 5 tbsp honey
- 3 tbsp unsweetened almond milk
- 1/3 cup chocolate chips
- pinch sea salt



Instructions

1. Mix all dry ingredients together in large bowl. Then stir in wet ingredients (including warmed honey). Lastly, stir in chocolate chips + sea salt.
2. Line an 8x8 dish or pan with parchment and pour dough inside. Flatten with silicone spatula, add some more choc chips and place in freezer to set for 30 min.
3. Remove and cut into bars. They're ready to go! Store in airtight container in the fridge. Enjoy!

HEALTHY TWIX BARS

Servings: 12-18

Ingredients

Shortbread Layer

- 1/2 cup coconut flour
- 1/2 cup almond flour
- 1/3 cup coconut oil, melted
- 3 tbsp honey, warmed (feel free to sub maple syrup)

Caramel Layer

- 1/2 cup almond butter, creamy or crunchy (swap for your fave nut or seed butter)
- 1/4 cup coconut oil
- 1 tsp vanilla extract
- 1/4 cup maple syrup
- pinch sea salt

Chocolate Layer

- One 2.5 oz dark chocolate bar (I use Evolved Eating Signature Dark) Or sub 1/2 cup chocolate chips
- 1 tbsp coconut oil
- 1/4 tsp flakey sea salt



HEALTHY TWIX BARS

Instructions

Shortbread Layer

1. Preheat oven to 350 degrees F.
2. Combine coconut + almond flours with melted coconut oil and warmed honey in a large bowl. Stir out all the crumbles of flour until thoroughly combined.
3. Line a smaller baking dish (I prefer a 6x6 baking dish) with parchment paper and pack down shortbread mixture into the base using a silicone spatula. If shortbread mix starts to stick to spatula, dip in melted coconut oil and continue to gently press down evenly into entire base of dish.
4. Bake for 10-12 minutes, or until starting to turn golden brown. Remove once done and let cool completely.

Caramel Layer

1. Combine almond butter, coconut oil, vanilla, maple syrup and sea salt in a saucepan over the stove on medium-low heat and heat until completely liquified, whisking together, about 2-3 minutes.
2. Remove from burner and let cool completely.

Chocolate Layer

1. Break up chocolate bar into small bowl and add coconut oil. Warm in microwave for 30 sec intervals, stirring in between, until completely liquified. Or, heat over the stove.

TWIX BARS

1. Once shortbread & caramel have completely cooled, pour caramel sauce over the base layer, spreading out evenly. Set in freezer until it hardens *completely,* about 1-2 hours.
2. Remove from freezer once frozen (if still soft, keep in freezer until fully hardened) and pour chocolate over the top, spreading out evenly. Sprinkle flakey sea salt as the last touch and set back in fridge for 5-10 minutes to harden.
3. Once chilled, remove the hardened mold from pan by pulling on the sides of the parchment paper. Lay on cutting board and using a large chef's knife, slice into 1/2-inch strips, and from there, slice each strip into thirds. *if you leave the chocolate layer in the freezer for too long, it may crack when you cut into slices.
4. Ready to serve!! Enjoy! Store in airtight container in the freezer or fridge

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