



FK Nutriton Recipe Book

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FK Nutrition

<http://franskitchenaz.com>

## FK Nutrition

Frans Kitchen has been developing results driven nutrition protocols since 2015. Our team has worked to change the game when it comes to optimally fueling our clients bodies. We have incorporated years of scientific research and experience into the development of every recipe. We have helped countless individuals break through their perceived limitations with our nutrition plans. We knew this knowledge was too precious not to share with others. These recipes are just a sample of what FK nutrition has to share. We are confident that you will enjoy these recipes as they fuel your body and your goals.







## 10 Minute Hearty Cabbage Bowl

2 servings

10 minutes

### Ingredients

2 tbsps Coconut Oil (divided)  
6 cups Coleslaw Mix  
4 Egg  
1/4 cup Pumpkin Seeds

### Directions

- 1 Heat half of the coconut oil in a large frying pan over medium heat. Add the coleslaw mix. Cover and cook for 5 minutes stirring occasionally.
- 2 Once the coleslaw mixture is softened, season with salt and pepper then transfer to bowls.
- 3 Add the remaining coconut oil to the pan and use it to fry the eggs. Top the cabbage bowls with fried eggs and pumpkin seeds. Enjoy!

### Notes

**On-the-Go:** Add a hard boiled egg onto the cabbage bowl instead of fried.



## Veggie 'Noodles' with Nutty Sauce

3 servings

15 minutes

### Ingredients

- 1 Zucchini (medium)
- 1 Carrot (large, peeled)
- 1 Red Bell Pepper (thinly sliced)
- 1 1/2 cups Purple Cabbage (thinly sliced)
- 2 tbsps Almond Butter (or sunflower seed butter)
- 2 tbsps Water
- 2 tbsps Lime Juice
- 1 tbsp Coconut Aminos
- 1 tbsp Maple Syrup
- 1 Garlic (clove, minced)
- 1 tsp Ginger (minced)
- 1/3 cup Hemp Seeds

### Directions

- 1 Spiralize the zucchini and the carrot and transfer to a large mixing bowl with the bell pepper and cabbage. If you do not have a spiralizer, use a box grater or vegetable peeler instead. (watch your fingers!)
- 2 In a mixing bowl combine the almond butter, water, lime juice, coconut aminos, maple syrup, garlic and ginger. Mix well to combine.
- 3 To serve, toss the veggies in prepared sauce and hemp seeds. Serve immediately and enjoy!

### Notes

**Leftovers:** For best results, refrigerate veggies and sauce in separate airtight containers for up to three days.

**Serving Size:** One serving is equal to approximately 2 cups of veggies and 3 tablespoons of sauce.



## Chocolate Hemp Runners Repair Bars

12 servings

30 minutes

### Ingredients

1/2 cup Almond Butter  
 1/2 cup Unsweetened Shredded Coconut  
 2 Egg  
 1/3 cup Vanilla Protein Powder  
 1/4 cup Hemp Seeds  
 1 tbsp Cacao Powder  
 1 tbsp Chia Seeds  
 1/2 tsp Stevia Powder (if desired)  
 2 tbsps Raw Honey (Optional but suggested if you are accustomed to a higher carbohydrate diet.)

### Directions

- 1 Preheat oven to 350F and line a cookie sheet with parchment paper or a silicon baking mat.
- 2 Add all ingredients to a medium sized bowl and stir until mixed. The dough should be pretty dense.
- 3 Pick up about a 1/4 cup of dough in your hand and shape into a bar. Place the bar on the prepare cookie sheet and repeat with remaining dough.
- 4 Bake for 10-15 minutes or until toothpick inserted comes out clean.
- 5 Allow to cool for 5 minutes before transferring to a cooling rack. Once cool cut evenly into indicated servings.
- 6 For storage: separate each bar using wax or parchment paper and store refrigerated in a well sealed container for up to 7 days or in freezer for 3 months.





## Paleo Stuffing

6 servings

1 hour 30 minutes

### Ingredients

1 head Cauliflower (chopped into florets)  
 1 tbsp Coconut Oil  
 Sea Salt & Black Pepper (to taste)  
 1/2 cup Extra Virgin Olive Oil  
 4 cups Portobello Mushroom (diced)  
 1 Leeks (chopped)  
 3 stalks Celery (diced)  
 1 cup Walnuts  
 1 Lemon (juiced)  
 3 Garlic (cloves, minced)  
 1 tbsp Thyme  
 1/2 cup Parsley (chopped)  
 1/2 tsp Sea Salt

### Directions

- 1 Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 2 Toss your cauliflower florets in coconut oil. Season with sea salt and black pepper to taste. Spread the cauliflower across your baking sheet and bake in the oven for 30 minutes.
- 3 Remove cauliflower from oven and set aside. Reduce oven heat to 375°F (191°C).
- 4 While your cauliflower roasts, place a frying pan over medium heat. Add half of your olive oil and saute mushrooms, leek and celery for about 10 minutes or until the mushrooms are soft.
- 5 In a food processor, add the walnuts, lemon juice, garlic, thyme, parsley and sea salt. Add the remaining olive oil and roasted cauliflower and pulse (do not blend) until the mixture reaches a coarse, stuffing-like consistency. Do not over process as you do not want the mixture to turn into a paste. Note: If you don't mind some manual labour, you can skip the food processor and use a fork and knife to finely chop the stuffing. Once it reaches a good consistency, spoon the mixture into a baking dish. Place in the oven and bake for 1 hour. Stir every 15 minutes or so to prevent burning.
- 6 Remove from oven and transfer into a serving dish. Enjoy!

### Notes

**Meat Lover:** Add cooked organic bacon bits, sausage or extra lean ground meat into the mixture as you add it to the baking dish.



## Zucchini Buns

8 servings

20 minutes

### Ingredients

8 Zucchini (spiraled or grated)  
 3/4 cup Almond Flour (or cashew flour)  
 3/4 tsp Arrowroot Powder  
 1/4 cup Cilantro (fresh, roughly chopped)  
 1/2 tsp Sea Salt  
 1/2 tsp Cumin (ground)  
 1/4 tsp Garlic Powder  
 1 tbsp Lime Juice (fresh squeezed)  
 2 Egg  
 1 tbsp Avocado Oil (for frying)

### Directions

- 1 Steam the zucchini noodles in a steamer pot until wilted and tender, about 10 minutes. Turn the hot noodles over onto a plate covered with a clean, dry kitchen towel and place it in the freezer to cool the noodles.
- 2 In a mixing bowl, combine the flours, cilantro, salt, cumin, and garlic powder with a whisk.
- 3 When the noodles are cool enough to handle, remove them from the freezer and squeeze them in the towel to remove as much moisture as possible. Add the noodles, lime juice, and eggs to the dry ingredients and stir to combine.
- 4 Place a 10-inch skillet over medium heat. Add the ghee or avocado oil to the skillet and swirl it around to coat the pan. Drop the zucchini mixture in the pan and use a fork to spread it out to the desired size and thickness. (You can make any size patties that you like.)
- 5 When the bottom is nicely browned, flip them over and brown the second side.
- 6 Tip: Enjoy them as they are or may be used them as burger buns for other recipes.





## Paleo Chicken Ranch Spaghetti Squash

3 servings

30 minutes

### Ingredients

6 ozs Chicken Breast (boneless, skinless)  
 3/4 Red Bell Pepper (halved and seeds removed)  
 3/4 Spaghetti Squash (cut in half lengthwise, seeds removed)  
 1 1/2 tbsps Extra Virgin Olive Oil  
 3/4 cup Mayonnaise (select dairy free and organic if possible)  
 1/3 cup Unsweetened Coconut Yogurt  
 1 1/2 tsps Apple Cider Vinegar  
 1 1/2 tsps Dried Chives  
 1/3 tsp Sea Salt  
 3 tbsps Organic Coconut Milk (full fat, from the can)

### Directions

- 1 Preheat the oven to 375°F (177°C) and line your baking sheets with aluminium foil.
- 2 Brush the chicken, bell pepper and the inside of the spaghetti squash with oil. Transfer to the baking sheets, placing the bell pepper and squash face down.
- 3 Roast the pepper for about 20 to 25 minutes or until slightly charred. Remove and set aside. Continue cooking the chicken and squash for an additional 10 minutes or until cooked through and tender.
- 4 Meanwhile, combine the mayonnaise, yogurt, apple cider vinegar, chives, salt and coconut milk in a jar. Cover with a lid and shake until well combined.
- 5 When cool enough to handle, use a fork to shred the squash into noodles. Chop the chicken and bell pepper, and transfer to the spaghetti squash bowl. Drizzle with the dressing and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container up to 3 days.

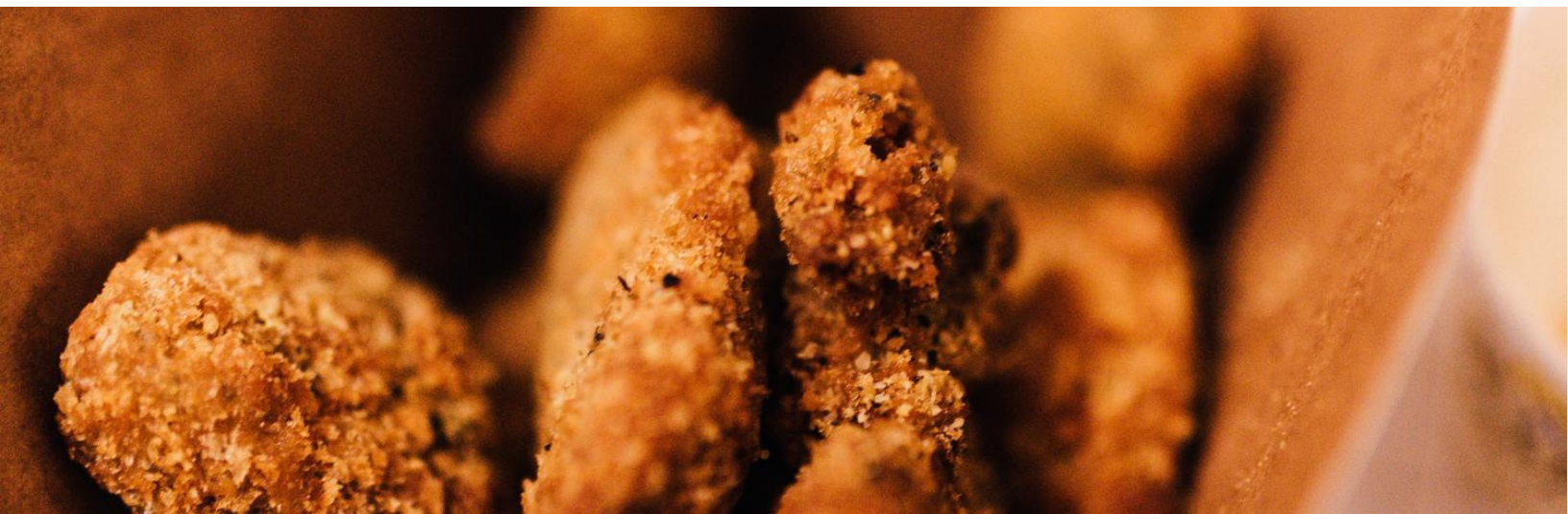
**Serving Size:** One serving is equal to approximately 1/4 of stuffed spaghetti squash.

**No Bell Peppers:** Use mushrooms, peas or broccoli instead.

**No Coconut Yogurt:** Use any alternative plain yogurt or sour cream.

**Egg-Free:** Use sour cream or yogurt instead of mayonnaise.





## Macadamia Crusted Chicken Thighs

4 servings

45 minutes

### Ingredients

2 lbs Chicken Thighs  
 1/4 cup Macadamia Nuts (Finely chopped or ground)  
 1/4 cup Almond Flour  
 1 tbsp Avocado Oil  
 1/2 tsp Sea Salt  
 1/4 tsp Black Pepper  
 2 Egg (whipped)

### Directions

- 1 Preheat oven to 375 F (190 C).
- 2 Blend avocado oil, egg, salt, and pepper in a small bowl.
- 3 If needed pulse macadamia nuts in high speed blender or food processor to reach a coarsely ground texture. Mix with Almond Flour
- 4 Brush chicken thighs with egg mixture. Roll chicken thigh around in ground macadamia/ almond mixture until completely covered and place in baking dish.
- 5 Bake chicken breast until no longer pink, approx. 15-30 minutes. Depending on size of the chicken thighs. When the chicken reaches at least 165 F. on a meat thermometer, it's done.
- 6 Remove from oven and allow to cool slightly. Serve with healthy dipping sauces such as hot sauce or mustard.



## Mushroom Immune Defense Winter Berry Smoothie

1 serving

10 minutes

### Ingredients

1 cup Unsweetened Almond Milk  
 1 1/2 tsps Ground Flax Seed  
 2 tsps Hemp Seeds  
 1/2 Navel Orange (peeled and sectioned)  
 3/4 cup Frozen Berries  
 1 cup Baby Spinach  
 1 tbsp Greens Powder (We suggest Amazing Grass Brand/ Target: 30 cal/serving (tbsp))  
 1/4 cup Water (Add more or less to achieve desired consistency)  
 1 serving Mushroom Blend Powder (We suggest Host Defense 7 mushroom powder or Four Sigmatic )

### Directions

1

Place all ingredients together in a blender. Blend until smooth. Pour into glasses and enjoy! (Pour into a mason jar if you are on the go.)





## Toaster Oven Sweet Potato Toast with Avocado & Sauerkraut

2 servings

15 minutes

### Ingredients

2 Sweet Potato (scrubbed and sliced into 1/2-inch-thick planks. )

1 Avocado (peeled and mashed)

1/3 cup Sauerkraut (select raw fermented if possible. We suggest bubbies brand.)

1/4 tsp Sea Salt

### Directions

1

Set your toaster oven to broil and bake on a sheet for 3 to 6 minutes per side, or until golden brown. Tip: if you have a standard toaster you can also pop each slice in the toaster a few times until golden.

2

Top the sweet potato toasts with mashed avocado and sauerkraut. Season with sea salt. Enjoy!

### Notes

**Add Greens:** Add a layer of baby spinach before you spread on the avocado.

**Guacamole Lover:** Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.

**Storage:** Best enjoyed immediately but can be refrigerated in an airtight container up to 3 days.



## Keto Roasted Farmer's Market Spring Salad with Sunbutter Dressing copy

3 servings

20 minutes

### Ingredients

3/4 Zucchini (sliced into rounds)  
 1 1/2 cups Purple Cabbage (sliced thinly)  
 1 1/2 tbsps Sunflower Seed Butter  
 3 tbsps Extra Virgin Olive Oil (divided)  
 2 1/4 tps Apple Cider Vinegar  
 1 tsp Monk Fruit Sweetener  
 3 tbsps Sunflower Seeds

### Directions

- 1 Heat the toaster oven to broil and line baking pan with foil.
- 2 Brush cabbage and zucchini rounds with oil and season with salt and pepper.
- 3 Cook for 5 minutes. Flip zucchini and stir or flip cabbage and continue cooking for 3-5 minutes depending on thickness.
- 4 In a small mason jar, combine sunflower seed butter, remaining olive oil, apple cider vinegar and monk fruit sweetener. Close the jar and shake well.
- 5 Divide cabbage and zucchini onto plates or containers. Top the grilled veggies with dressing and seeds. Enjoy!

### Notes

**No Sunflower Seed Butter:** Use almond butter or tahini instead. Season with salt to taste.  
**No Cabbage:** Use cauliflower steaks, squash or romaine hearts instead.  
**No Zucchini:** Use asparagus, bell pepper or eggplant instead.  
**More Protein:** Mix in your favourite protein source like hemp seeds, lentils, chickpeas, beans, chicken, turkey or beef.  
**No Monk Fruit Sweetener:** Substitute Stevia to keep it keto or 1 tablespoon of honey for a higher carb option.





## Vegan Cheesy Cauliflower & Broccoli Casserole

4 servings

1 hour

### Ingredients

2 cups Butternut Squash (peeled, seeded and cubed)  
 1 Yellow Onion (medium, diced)  
 2 Garlic (cloves, minced)  
 1/2 cup Water  
 1 head Cauliflower (medium, chopped into florets)  
 4 cups Broccoli (chopped into florets)  
 1/2 cup Cashews  
 1/2 cup Nutritional Yeast  
 1/2 tsp Sea Salt  
 1/4 tsp Paprika  
 1/4 cup Hemp Seeds

### Directions

- 1 Preheat oven to 375°F (191°C).
- 2 In a small saucepan, combine the butternut squash, onion, garlic and water. Cover the pot and bring to a boil over high heat for about 5 minutes or until everything is soft. Remove from heat when done.
- 3 While the squash is cooking, place cauliflower and broccoli in a steamer. Steam for 3 minutes or until tender.
- 4 To make the "cheese" sauce, add the cashews, hemp seeds, nutritional yeast, salt and paprika to your blender. Pour in the softened butternut squash, onion, garlic and water. Blend on high for about 1 minute or until smooth. (Note: If you do not have a high powered blender, you might need to add a little extra water to get it going. Add 1 tbsp at a time.)
- 5 Place the steamed cauliflower and broccoli into a baking dish. Pour the cheese sauce over the veggies and stir gently to mix.
- 6 Bake for 40 minutes. Serve immediately. Enjoy!

### Notes

**Save Time:** Buy frozen, pre-sliced butternut squash cubes.

**More Protein:** Serve with roasted chicken or top with bacon.

**More Carbs:** Serve with brown rice macaroni or quinoa.



## Hearty Bison Green Sliders

4 servings

30 minutes

### Ingredients

- 1 tsp Oregano (dried)
- 3/4 tsp Sea Salt
- 2 cups Kale Leaves (very finely chopped)
- 2 cups Broccoli (very finely chopped)
- 1 tbsp Avocado Oil
- 1 head Boston Lettuce
- 1 1/4 lbs Ground Bison (May substitute ground beef)
- 1 Avocado (sliced)

### Directions

- 1 Combine all ingredients except the lettuce in a bowl and mix well. Form the mixture into even sliders, about 3 inches in diameter, and set aside.
- 2 Note: for accurate nutrition ensure that you have divided the mixture evenly based on the indicated serving size.
- 3 Preheat grill to medium heat.
- 4 Cook the sliders for about 8 to 10 minutes per side, or until cooked through.
- 5 Serve patties in a lettuce wrap with avocado. Feel free to top with sliced onion and tomato. Enjoy!

### Notes

**Serving Size:** One serving is equal to two sliders.

**More Carbs:** Serve on a bun or on top of rice.

**Topping Ideas:** Mustard, cheese, pickles, tomato, lettuce, onion, avocado, sour cream or plain Greek yogurt.

**Leftovers:** These keep well in an airtight container in the fridge up to three days or freeze for up to three months.