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UNBUN 5-DAY RESET



Cait Mizzi
<http://www.caitmizzi.ca>

	Mon	Tue	Wed	Thu	Fri
Breakfast	 Papaya Breakfast Box	 Bacon, Egg & Avocado Breakfast Unbun Tortilla	 Bell Pepper & Spinach Egg Bake	 Eggs & Grapefruit Breakfast Box	 PB & Berry Baked French Toast
Lunch	 Fennel & Arugula Salad with Chicken	 Turkey & Egg Lunch Box	 Turkey Sausage Scramble	 Peanut Lime Chicken Mason Jar Salad	 Paleo Cobb Salad
Dinner	 Coconut Cod Unbun Tacos	 Grilled Cilantro Lime Pesto Shrimp	 Avocado & Steak Salad	 Slow Cooker BBQ Pulled Pork Unbun Tortillas	 Mediterranean Cod with Roasted Tomatoes



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Fruits

- 3 Avocado
- 1 Grapefruit
- 1/4 Lemon
- 1/3 cup Lemon Juice
- 1 Lime
- 1/3 cup Lime Juice
- 1 Navel Orange
- 1 cup Papaya
- 2 cups Strawberries

Breakfast

- 1/3 cup All Natural Peanut Butter
- 2 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1 tsp Black Pepper
- 1 tbsp Chili Powder
- 1 tsp Cinnamon
- 1 tsp Cumin
- 1 tsp Garlic Powder
- 1 tsp Ground Ginger
- 2 tbsps Hemp Seeds
- 1 tsp Onion Powder
- 2 1/2 tsps Paprika
- 3 tbsps Pistachios
- 1 3/4 tsps Sea Salt

Frozen

- 16 Unbun Tortilla
- 12 slices Unbun Bread

Vegetables

- 4 cups Arugula
- 4 cups Baby Spinach
- 1 Carrot
- 2 1/4 cups Cherry Tomatoes
- 1 1/2 cups Cilantro
- 1 Cucumber
- 1 bulb Fennel
- 4 Garlic
- 7 stalks Green Onion
- 1 1/3 cups Parsley
- 2 Red Bell Pepper
- 1/3 cup Red Onion
- 18 leaves Romaine
- 2 tbsps Shallot
- 2 Tomato
- 1/4 cup Watermelon Radish
- 1 Yellow Bell Pepper

Boxed & Canned

- 1 cup Chicken Broth

Baking

- 1/4 cup Coconut Flour
- 1/2 cup Unsweetened Shredded Coconut
- 1 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- 2 slices Bacon
- 4 slices Bacon, Cooked
- 1 1/2 lbs Chicken Breast, Cooked
- 4 Cod Fillet
- 8 ozs Flank Steak
- 1 1/2 lbs Pork Tenderloin
- 1 lb Shrimp
- 4 ozs Sliced Turkey Breast
- 8 1/8 ozs Turkey Sausage

Condiments & Oils

- 2 tsps Avocado Oil
- 3 tbsps Capers
- 2 tsps Dijon Mustard
- 1 1/8 cups Extra Virgin Olive Oil
- 1/4 cup Kimchi
- 2 tsps Sesame Oil
- 2 tsps Tamari

Cold

- 34 Egg
- 1/16 fl oz Unsweetened Coconut Milk



Papaya Breakfast Box

1 serving
15 minutes

Ingredients

- 2 Egg
- 1 cup Papaya (peeled, seeds removed, chopped)
- 1/2 Cucumber (medium, chopped)

Directions

- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Peel the eggs when they are cool enough to handle and slice into halves.
- 3 Serve the eggs with the papaya and cucumbers. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

More Flavor: Season the eggs with salt and pepper to taste.

Additional Toppings: Add nuts, seeds or a slice of toasted Unbun bread with butter, coconut oil or nut butter.



Bacon, Egg & Avocado Breakfast Unburn Tortilla

2 servings

5 minutes

Ingredients

4 Egg
Sea Salt & Black Pepper (to taste)
1 1/2 tsps Avocado Oil
2 Unburn Tortilla
4 slices Bacon, Cooked (chopped)
1/2 Avocado (sliced)

Directions

- 1 Crack the eggs into a bowl and whisk well. Season with salt and pepper.
- 2 Heat a skillet over medium-low heat and once hot, add the avocado oil. Once warmed, add the eggs to the pan and move them around with a spatula continuously. Keep pushing the eggs around the skillet until fluffy and cooked to your desired consistency.
- 3 Add the eggs to the tortilla along with bacon and avocado. Wrap and repeat with any remaining tortillas. Enjoy!

Notes

Leftovers: Best enjoyed immediately after cooking.

Serving Size: One serving is equal to one wrap.

More Flavor: Add spices to the eggs while cooking. Add extra greens such as spinach or arugula to the wrap.

Make it Vegan: Use cooked beans, lentils or organic tempeh instead of bacon.



Bell Pepper & Spinach Egg Bake

6 servings

30 minutes

Ingredients

- 1 1/2 tsps Extra Virgin Olive Oil (divided)
- 1 Red Bell Pepper
- 2 cups Baby Spinach (chopped)
- 1/2 cup Cherry Tomatoes (halved)
- 3 stalks Green Onion (chopped)
- 8 Egg
- 1/2 cup Water
- 1/2 tsp Sea Salt

Directions

- 1 Preheat the oven to 400°F (204°C). Grease a baking dish with half of the oil.
- 2 Add the remaining oil to a pan over medium heat. Add the peppers and cook for about five minutes or until just tender and starting to brown. Add the spinach, tomatoes, and green onion. Continue to cook until the spinach wilts. Transfer the vegetables to the prepared baking dish and arrange them in an even layer.
- 3 Add the eggs, water, and salt to a bowl and whisk well. Pour the egg mixture into the baking dish.
- 4 Bake for 23 to 25 minutes or until the eggs have set and are firm to touch. Cut into squares and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: An 8.5- x 11.5-inch baking dish was used to make six servings. You can also make this in a 9 x 9-inch baking dish.

More Flavor: Season the vegetables with your favourite dried herbs and spices.

Veggies: This recipe works well with nearly any vegetable. Use kale, steamed broccoli, cooked sweet potato, red onion, or mushrooms instead.



Eggs & Grapefruit Breakfast Box

1 serving
10 minutes

Ingredients

- 3 Egg
- 1/2 tsp Butter
- 1 Grapefruit (peeled, cut into sections)
- 1/2 Avocado (medium, halved)

Directions

- 1 Crack the eggs into a bowl and whisk well.
- 2 Heat a skillet or non-stick pan over medium-low heat and melt the butter. Add the eggs and move them around with a spatula continuously. Keep pushing the eggs around the skillet until fluffy and cooked to your liking.
- 3 Arrange the scrambled eggs, grapefruit, and avocado to a container. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add paprika, salt, pepper, or your choice of herbs/spices to the scrambled eggs and avocado. Drizzle honey over top the grapefruit.

Dairy-Free: Use olive oil, coconut oil or avocado oil instead of butter.



PB & Berry Baked French Toast

6 servings

50 minutes

Ingredients

12 slices Unbun Bread (chopped)
2 cups Strawberries (stems removed, chopped)
1/16 fl oz Unsweetened Coconut Milk
8 Egg
2 tbsps Maple Syrup
1 tsp Vanilla Extract
1 tsp Ground Ginger
1 tsp Cinnamon
1/4 cup All Natural Peanut Butter

Directions

- 1 Preheat the oven to 350°F (175°C) and grease a baking dish with oil or butter.
- 2 Arrange the bread and strawberries in an even layer in the baking dish.
- 3 In a mixing bowl, whisk together the milk, eggs, maple syrup, vanilla, ginger, and cinnamon. Pour the mixture over the bread and strawberries. Gently press down the bread to ensure all pieces are drenched.
- 4 Add dollops of peanut butter. Bake for 45 minutes, or until browned and cooked through. If the top is browned before the cooking time is reached, place a sheet of foil or lid on top to prevent burning. Let cool a bit before serving. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: A 9- by 13-inch baking dish was used to make six servings.

Nut-Free: Use pumpkin seed butter, tahini, instead of peanut butter. You can also omit the peanut butter completely.

More Flavor: Add nutmeg or your choice of additional spices. Top with flaky sea salt.

Additional Toppings: Serve with maple syrup, nuts, fruits or coconut whipped cream.



Fennel & Arugula Salad with Chicken

2 servings

10 minutes

Ingredients

- 3 tbsps Extra Virgin Olive Oil
- 3 tbsps Lemon Juice
- 1 tsp Dijon Mustard
- 1 Garlic (clove, small)
- 1 bulb Fennel (thinly sliced)
- 2 tbsps Red Onion (thinly sliced)
- 2 tbsps Parsley (finely chopped)
- 4 cups Arugula
- 8 ozs Chicken Breast, Cooked
- 3 tbsps Pistachios (chopped)

Directions

- 1 In a mixing bowl combine the oil, lemon juice, mustard, and garlic. Add the fennel, red onion, and parsley and stir to coat with the dressing.
- 2 Divide the arugula between plates and top with the fennel mixture and any excess dressing. Add the cooked chicken and sprinkle with the chopped pistachios. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to a day. Store ingredients separate from the dressing for longer.

Nut-Free: Omit the pistachios or use sunflower or pumpkin seeds instead.

Make it Vegan: Omit the chicken or use white beans, chickpeas, lentils, or tofu instead.

No Arugula: Use baby spinach or mixed greens instead.



Turkey & Egg Lunch Box

1 serving

5 minutes

Ingredients

1/2 tsp Avocado Oil
2 Egg
1/4 cup Kimchi
4 ozs Sliced Turkey Breast
1/4 cup Cherry Tomatoes
1 Navel Orange

Directions

- 1 Heat the avocado oil in a skillet over medium-low heat. Add the eggs to the pan and move around with a spatula continuously until fluffy, about two minutes.
- 2 Arrange the scrambled eggs, kimchi, turkey breast, tomatoes, and orange in a container and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Additional Toppings: Add sliced green onions, avocado, macadamia nuts, organic cheese, or grain-free crackers.

No Kimchi: Use sauerkraut, pickles, salsa, or olives instead.



Turkey Sausage Scramble

2 servings

10 minutes

Ingredients

- 8 1/8 ozs Turkey Sausage (casing removed)
- 2 cups Baby Spinach (chopped)
- 4 Egg (whisked)
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Heat a pan over medium heat then add the sausage to the pan. Brown for five to six minutes or until cooked through, breaking it up as it cooks. Add the spinach to the pan and move it around until it's wilted.
- 2 Move the sausage and spinach to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the spinach and sausage into the egg once the eggs are cooked through. Season with salt and pepper if needed and enjoy!

Notes

Leftovers: Best enjoyed immediately. Sausage can be cooked ahead of time and reheated in the pan to save time.

More Flavor: Add onion, mushrooms, or bell pepper.

Additional Toppings: Hot sauce, ketchup, avocado, or salsa.

No Spinach: Use kale instead.

No Turkey Sausage: Use pork, chicken, or beef sausage instead. Use crumbled tofu to make it vegetarian.



Peanut Lime Chicken Mason Jar Salad

2 servings

10 minutes

Ingredients

- 2 tbsps All Natural Peanut Butter
- 2 tbsps Lime Juice
- 1/4 cup Water
- 2 tsps Tamari
- 2 tsps Sesame Oil
- 8 ozs Chicken Breast, Cooked (cut into cubes)
- 1 Red Bell Pepper (medium, chopped)
- 1 Carrot (medium, cut into matchsticks)
- 2 stalks Green Onion (chopped)
- 2 leaves Romaine (chopped)

Directions

- 1 Combine the peanut butter, lime juice, water, tamari, and sesame oil in a small bowl. Divide the dressing between jars. Add the chicken to the dressing in the bottom of the jars.
- 2 Add the pepper, carrot, and green onion to the jars followed by the romaine lettuce. When ready to eat, shake well and dump into a bowl. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: 16oz (473 mL) mason jars were used for this recipe. One serving is one mason jar.

Nut-Free: Use sunflower seed butter instead.

More Flavor: Add garlic, ginger, red pepper flakes or liquid sweetener of choice to the dressing.

Make it Vegan: Use chickpeas or lentils instead of chicken.

No Tamari: Use coconut aminos or soy sauce instead.



Paleo Cobb Salad

2 servings

25 minutes

Ingredients

2 Egg
2 slices Bacon
2 tbsps Extra Virgin Olive Oil
2 tbsps Lemon Juice
1/2 tsp Dijon Mustard
8 leaves Romaine (chopped)
7 ozs Chicken Breast, Cooked (chopped)
1/2 Cucumber (sliced)
2 stalks Green Onion (chopped, greens parts only)

Directions

- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat then turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes. Transfer the eggs to a bowl of cold water and let the eggs sit until cool enough to handle. Peel and slice.
- 2 Meanwhile, cook the bacon in a large pan over medium heat for about five minutes per side or until the bacon is cooked through and crispy. Transfer to a paper towel-lined plate to let the bacon cool slightly then chop into small pieces.
- 3 To a jar add the oil, lemon juice, and mustard. Shake to combine.
- 4 To serve, divide the romaine between plates and top with the chicken, egg, bacon, cucumber, and green onion. Drizzle the dressing on top. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add honey or maple syrup, dried herbs, fresh garlic, salt, and/or pepper to the dressing.

Additional Toppings: Olives, tomatoes, and/or avocado.

No Romaine: Use baby spinach or another salad green instead.



Coconut Cod Unbun Tacos

4 servings

35 minutes

Ingredients

- 1 Egg
- 1/2 cup Unsweetened Shredded Coconut
- 1/4 cup Coconut Flour
- 1/2 tsp Paprika
- 1/4 tsp Sea Salt
- 2 Cod Fillet (cut into small pieces)
- 8 Unbun Tortilla
- 1 Yellow Bell Pepper (sliced thinly)
- 1/4 cup Watermelon Radish (thinly sliced)
- 1 Lime (juiced)
- 1/4 cup Cilantro (optional, roughly chopped)
- 1 Avocado (cubed)

Directions

- 1 Preheat the oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 2 Beat the egg in a bowl. Then in a separate bowl, mix together the unsweetened shredded coconut, coconut flour, paprika, and sea salt.
- 3 Dip each piece of cod into the egg mixture and then into the flour mixture, making sure to coat all sides of the fish. Transfer the cod onto the baking sheet. Place in the oven and bake for 5 minutes then flip and cook for an additional 5 minutes or until cooked through.
- 4 Remove the cod from the oven and divide between tortillas. Top with sliced bell pepper, radish, lime juice, cilantro (optional) and avocado. Enjoy!

Notes

Leftovers: Store leftover fish in the fridge separate from the veggies. Reheat the fish in the oven for a few minutes to warm before assembling tacos.

Serving Size: One serving is equal to two tacos.

Fillet Size: One fillet is equal to 231 grams or 8 ounces.

No Tortillas: Use lettuce as a wrap.

No Watermelon Radish: Omit or use regular radish.

Likes it Spicy: Add hot sauce or cayenne pepper to the assembled tacos.



Grilled Cilantro Lime Pesto Shrimp

4 servings

30 minutes

Ingredients

- 1 cup Cilantro (tough stems removed)
- 1 cup Parsley (tough stems removed)
- 1 Garlic (clove, minced)
- 3 tbsps Lime Juice
- 2 tbsps Hemp Seeds
- Sea Salt & Black Pepper (to taste)
- 1/3 cup Extra Virgin Olive Oil
- 1 lb Shrimp (peeled, deveined, tails removed)
- 4 Barbecue Skewers

Directions

- 1 Add the cilantro, parsley, garlic, lime juice, hemp seeds, salt, and pepper to the food processor. Pulse to finely chop the cilantro and parsley. With the food processor running, stream in the olive oil. Blend for about a minute, scraping down the sides of the bowl as needed.
- 2 Add half of the sauce to a zipper-lock bag then add the shrimp. Marinate the shrimp for at least 15 minutes.
- 3 Shake off any excess marinade and pierce the shrimp onto the barbecue skewers. Discard the leftover marinade that was touching the shrimp.
- 4 Grill over medium-high heat for four to five minutes, flipping halfway through or until the shrimp are cooked through. Divide the shrimp skewers between plates and serve with the remaining sauce. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to one 12-inch skewer.

More Flavor: Add cumin or red pepper flakes to the pesto sauce.

No Parsley: Use more cilantro instead.

No Hemp Seeds: Omit or use walnuts or pine nuts instead.

Barbecue Skewers: If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.

Serve With: Grilled veggies, a fresh salad, roasted potatoes, or corn on the cob.



Avocado & Steak Salad

2 servings

30 minutes

Ingredients

3 tbsps Extra Virgin Olive Oil (divided)
8 ozs Flank Steak
Sea Salt & Black Pepper (to taste)
8 leaves Romaine (chopped)
2 Tomato (quartered)
1/4 cup Red Onion (thinly sliced)
1 tbsp Lime Juice
1/2 tsp Dijon Mustard
1 Avocado (cubed)
1/4 cup Cilantro (roughly torn)

Directions

- 1 Heat a cast-iron skillet over medium-high heat. Add 1/3 of the oil. Dry the steak well and season with salt and pepper. Place the steak in the pan and cook for about 18 to 20 minutes, flipping once. The timing will depend on how thick your steak is and your desired doneness. Remove, let rest for 10 minutes, and then slice against the grain and set aside.
- 2 In a large bowl, add the romaine, tomato, and red onion.
- 3 In a small bowl combine the remaining olive oil, lime juice, and mustard and season to taste with salt and pepper. Drizzle the dressing over the salad and toss to combine. Divide onto plates and top with the avocado, cilantro, and steak. Enjoy!

Notes

Leftovers: Salad is best stored separate from the dressing. Keep in an airtight container for up to three days.

No Steak: Use chicken, bacon, tempeh, chickpeas, or lentils instead.



Slow Cooker BBQ Pulled Pork Unbun Tortillas

4 servings

6 hours

Ingredients

- 1 1/2 lbs Pork Tenderloin
- 2 tbsps Extra Virgin Olive Oil
- 1 cup Chicken Broth
- 1/2 tsp Sea Salt
- 1 tsp Black Pepper
- 1 tbsp Chili Powder
- 2 tsps Paprika
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- 1 tsp Cumin
- 6 Unbun Tortilla

Directions

- 1 Place pork tenderloin in the slow cooker. Drizzle with olive oil and pour in the broth.
- 2 In a small bowl, combine sea salt, black pepper, chili powder, paprika, garlic powder, onion powder and cumin. Sprinkle this spice mix over the meat ensuring it is well coated. Cover the slow cooker with a lid and cook on low for 6 to 8 hours, or high for 4 hours or until pork is tender.
- 3 Once the pork is cooked, use two forks to shred it in the slow cooker. Toss it well to coat in the juices and add extra broth if necessary. Let sit for 5 minutes to absorb juices. Toss again and serve with Unbun tortillas and your favourite paleo-friendly toppings!

Notes

No Pork: Replace the pork with skinless, boneless chicken breasts.



Mediterranean Cod with Roasted Tomatoes

2 servings

25 minutes

Ingredients

3 tbsps Extra Virgin Olive Oil
3 tbsps Capers
2 tbsps Shallot (peeled, finely sliced)
2 Garlic (cloves, smashed and sliced thin)
1 1/2 cups Cherry Tomatoes (halved)
3/4 cup Water
1/2 tsp Sea Salt (divided)
2 Cod Fillet
1/4 cup Parsley (roughly chopped)
1/4 Lemon (cut into wedges)

Directions

- 1 Heat a large cast-iron skillet over medium heat. Once hot, add the olive oil and capers. Let them sizzle and crisp for about three minutes. Lower the heat to medium-low and then add the shallot and garlic. Cook for one to two minutes, until fragrant and the shallot is crispy. Transfer the capers, shallot, and garlic to a bowl, leaving a bit of oil behind in the skillet.
- 2 Add the halved cherry tomatoes to the skillet and cook for about seven to eight minutes or until jammy. Add the water and half the salt. Cook until thickened slightly, about four to five minutes.
- 3 Season the cod with the remaining salt. Add to the skillet, cover and cook for five to seven minutes, or until cooked through.
- 4 Divide the cod onto plates along with the tomatoes. Drizzle the remaining oil, capers, and shallot mixture on top. Garnish with parsley and serve with a lemon wedge. Enjoy!

Notes

Fillet Size: One cod fillet is equal to 231 grams or 8 ounces.

Leftovers: Refrigerate in an airtight container for up to two days.

More Flavor: Add 1/2 tsp red pepper flakes to the shallot and garlic when cooking for more spice.

No Cod: Use another fish such as halibut.