



The Ultimate Fat Blasting Cook Book V6

To Be Used With *Metabolism Reset* Food Plan Templates

BREAKFAST Awesomeness



Coconut Flour Pancakes

INGREDIENTS:

4 eggs
1 cup unsweetened coconut milk
2 tsp vanilla extract
1 tbsp raw honey
½ cup coconut flour
1 tsp baking soda
½ tsp sea salt
Coconut oil or grass feed butter for frying

DIRECTIONS:

1. Preheat griddle over medium-low heat. In a small bowl beat eggs until frothy, about two minutes. Mix in milk, vanilla, and honey.
2. In a medium-sized bowl combine coconut flour, baking soda, and sea salt and whisk together. Stir wet mixture into dry until coconut flour is incorporated.
3. Grease pan with butter or coconut oil. Pour 2-3 tablespoons of batter into pan for each pancake. The pancakes should be 2-3 inches in diameter and fairly thick. Cook for a few minutes on each side, until the batter starts to bubble. Flip and cook an additional 2-3 minutes.
4. Serve hot with butter, coconut oil, honey, syrup, or fruit.

Sausage Stir-Fry Breakfast

Makes 2 Servings

INGREDIENTS:

- 1 tsp coconut oil
- ½ yellow onion, diced
- ½ cup mushrooms
- ½ lb chicken/turkey sausages (nitrate/nitrite free), sliced
- 2 cups of spinach + 2 cups kale, shredded

DIRECTIONS:

1. Heat a skillet over medium heat and add coconut oil when hot.
2. Add diced onions and sauté until they soften. Then add mushrooms and sauté until both are tender.
3. Remove onions and mushrooms from heat and set aside.
4. Add sausage and cook until browned, tossing frequently.
5. Add greens, onions, mushrooms and sausage and reduce heat to medium-low, and cover.
6. Serve when the greens are wilted and soft (about 5 minutes).

Saturday Morning Power Skillet

Makes 2 servings

INGREDIENTS:

- 2 strips nitrate-free bacon
- 2 Tbsp. olive oil
- 1 sweet potato, peeled & cubed in $\frac{1}{4}$ " pieces
- $\frac{1}{4}$ red onion, diced in $\frac{1}{2}$ " pieces
- 1 cloves garlic
- $\frac{1}{4}$ tsp ground cumin
- Pink Salt and pepper, to taste
- 4 Eggs (make 2 eggs per serving. *Save half the hash for following day.*)

DIRECTIONS:

1. In a sauté pan over medium-high heat, add bacon and olive oil.
2. When the bacon begins to sizzle, add sweet potatoes and spread out as much as possible to allow the potatoes to rest in the pan in 1 layer. Cook for about 5 minutes or until potatoes start to brown.
3. Toss potatoes until all sides of potatoes are browned and bacon is crisp. (about 3-5 min)
4. While potatoes are cooking, in a separate pan, cook 2-4 eggs to your liking.
5. Add onions, garlic, cumin, and season with salt and pepper. Allowing everything to sit in the heat of the pan for a minute or 2.
6. Once the eggs are done, add them over the top of the skillet or on the side.

Eggs With Avocado And Salsa

Makes 2 Servings

INGREDIENTS:

- 4 eggs
- 1 tsp olive oil
- ½ avocado, sliced
- ½ cup sliced or slivered raw almonds
- 4 tbsp salsa (Garden Fresh)
- Season with salt and pepper

DIRECTIONS:

1. Heat non-stick skillet over medium-high heat with olive oil.
2. Beat eggs in a small bowl and pour into skillet.
3. Cook for 1 minute and turn heat to medium-low and add seasonings. Finish cooking (about 2-4 minutes longer).
4. Top with almonds, avocado and salsa.

Tex-Mex Breakfast Scramble

Makes 2 Servings

INGREDIENTS:

- 1 tsp coconut oil
- 4 eggs
- ½ tsp cumin
- ½ tsp chilli powder (or ground chipotle)
- ¼ tsp sea salt (optional)
- 1 tbsp water
- ¼ red onion, diced
- 1 green bell pepper, diced

- 1 jalapeno, diced (optional)
- 12 oz chicken breasts, grilled and chopped (use leftovers)
- 1 medium tomato, diced
- ¼ cup fresh cilantro, chopped

DIRECTIONS:

1. Heat coconut oil in a medium skillet over medium-high heat.
2. Scramble eggs in a bowl. Add cumin, chili powder, sea salt, and water.
3. Add onions, bell peppers, and jalapeno to the hot skillet. Sautee 3-5 minutes, or until slightly softened.
4. Add eggs and chicken and cook while continuously stirring until eggs are light and fluffy.
5. Remove from heat. Stir in tomatoes, and top with fresh cilantro to serve.

Breakfast Stir Fry

Makes 2 servings

INGREDIENTS:

- 8 bacon slices (nitrate free), diced
- 1 tbsp coconut oil
- ½ yellow onion, diced
- 1 medium sweet potato, diced
- 1 medium zucchini, diced
- 7-8 green beans
- 2 handfuls spinach
- 1 avocado
- Freshly ground black pepper, to taste

DIRECTIONS:

1. Cook chopped bacon in a medium skillet over medium-low heat.
2. Drain fat when done.
3. Meanwhile, heat a large sauté pan over medium-high heat. Add coconut oil and when hot add sweet potato stirring often for about 10-15 minutes.
4. Once potatoes are softened add in onions and sauté until they turn translucent.
5. Add zucchini and green beans to the sweet potato mixture and cook just until they turn bright green.
6. Combine bacon and vegetables and spinach. Season with freshly ground black pepper, and top with avocado to serve.

Fruit Salad With Cinnamon

Makes 2 Servings

INGREDIENTS:

- 1 cup mixed strawberries and blueberries
- 1 apple, diced
- ½ cup pecans or walnuts, chopped (optional)
- ½ tsp cinnamon

DIRECTIONS:

1. Place the fruit evenly into two bowls.
2. Sprinkle with chopped nuts (optional) and cinnamon.

Smoked Salmon Scrambled Eggs

Makes 2 Servings

INGREDIENTS:

- 1 tsp olive oil
- 4 eggs
- ½ cup egg whites
- 4 oz smoked salmon, sliced or broken into small pieces
- ½ avocado
- freshly ground black pepper, to taste
- 4 chives, minced (or use 1 green onion, thinly sliced)

DIRECTIONS:

1. Heat a medium skillet over medium heat. Add olive oil to pan when hot.
2. Meanwhile, crack eggs into a small bowl and mix in egg whites.
3. Add eggs to the hot skillet, along with smoked salmon. Stirring continuously, cook eggs until soft and fluffy.
4. Remove from heat. Top with black pepper, avocado, and chives to serve.

Breakfast Smoothie

Makes 1 Servings

INGREDIENTS:

- 2 cups frozen berries
- 1 cup unsweetened almond milk (canned coconut if you want more calories/fat)
- 2 tbsp hemp seeds
- 1 tbsp chia seeds
- 1 serving Protein powder

DIRECTIONS:

1. Fill a blender (or magic bullet, etc.) with the frozen berries.
2. Add chia, hemp seeds, protein powder and almond milk.
3. Continue to blend until smooth, and divide into two glasses.

Cashew Strawberry Cream Smoothie

Makes 1 serving

INGREDIENTS:

- ½ cup coconut water
- ½ cup of water
- ½ cup raw cashews
- ½ cup ice cubes
- ¼ cup frozen strawberries
- 1/8 tsp pure vanilla extract
- 2 dates
- 1 serving Protein powder

DIRECTIONS:

1. Place the cashews with water in a blender along with the ice cubes, strawberries, vanilla and dates.
2. Blend until smooth.

Blueberry Carrot Smoothie

Makes 1 serving

INGREDIENTS:

- 1 cup frozen blueberries
- 1 carrot (peeled and sliced)

- 2 tbsp cashews
- 1 cup spinach
- 1 serving protein powder
- ½ cup unsweetened almond milk
- ½ cup ice cubes
- 1 serving Protein powder

DIRECTIONS:

Place all the ingredients in a blender and blend on high until smooth.

Mighty Brain Booster

Makes 2 serving

INGREDIENTS:

- 1 cup water
- 1 avocado
- 1 banana
- 2 cup blueberries
- 10-12 walnuts
- 2 scoops protein powder

DIRECTIONS:

Place all the ingredients in a blender and blend on high until smooth.

Low Carb Green Smoothie

Makes 1 Serving

INGREDIENTS:

- 1 cup coconut water
- 1 tbsp almond butter
- ¼ cup wheat grass
- 2 cups spinach
- 1-inch slice of banana
- Optional pinch of Stevia
- ½ cup of ice
- 1 serving Protein powder

DIRECTIONS:

Place all ingredients in the blender and blender until smooth.

Creamy Chocolate Shake

Makes 2 Servings

INGREDIENTS:

- 2 bananas
- ½ cup unsweetened coconut milk
- 1/8 raw cocoa powder
- 2 tbsp raw honey
- 2 tbsp raw almond butter
- Dash of sea salt
- Dash of fresh ground cinnamon
- 2 cups ice
- 1 serving Protein powder

Lunch & Dinner Deliciousness



Baked Veggie and Chicken Skewers

Makes 8 servings

INGREDIENTS:

- 15 bamboo skewers, cut in half
- 1 cup coconut aminos
- 1 cup filtered water
- 1/2 cup pure maple syrup
- 3 Tablespoons apple cider vinegar
- 3 Tablespoons olive oil
- 1 Tablespoon onion powder
- 2 teaspoon garlic powder
- 1 Tablespoon minced ginger root
- 1 lb chicken breast tenders, cut into 2-inch pieces
- 1 orange bell pepper, cut into 1 inch pieces
- 1 green bell pepper, cut into 1 inch pieces
- 1 yellow bell pepper, cut into 1 inch pieces

DIRECTIONS:

1. Soak the bamboo skewers in water for an hour.
2. Combine all of the ingredients, except the bell peppers, in large ziplock bag. Marinate in the fridge for 1 hour.
3. Preheat the oven to 375 degrees F.
4. Thread the chicken pieces, alternating with bell pepper pieces, on the skewers. Line on a lightly greased pan and bake for 30 minutes, or until fully cooked through.

Albacore Lettuce Wraps

Makes 8 servings

INGREDIENTS:

- 1 can albacore chunk tuna, packed in water
- 2 Tablespoons finely chopped white onion
- 1/2 red bell pepper, finely chopped
- 1/2 yellow bell pepper, finely chopped
- 1/2 apple, finely chopped
- 2 Tablespoons nonfat mayonnaise
- 1 Tablespoon nonfat ranch salad dressing
- 1 teaspoon dried dill
- 4 large lettuce leaves, washed
- Pepper to taste

DIRECTIONS:

1. Combine the tuna, onion, bell pepper, and apple in a medium bowl. In a small bowl mix the mayonnaise, ranch dressing and dill.
2. Add the mayonnaise mixture to the tuna and mix until well combined.
3. Arrange the lettuce leaves on two plates, and fill with tuna. Garnish with a dash of pepper.

Baked Catfish and Mint Cabbage Salad

Makes 4 servings

INGREDIENTS:

For the Catfish:

- 1 teaspoon olive oil
- 1 bunch of fresh cilantro, washed and stems trimmed
- 4 catfish fillets
- curry powder
- salt
- sweet paprika
- 1 lemon, juiced
- 4 garlic cloves, finely minced

DIRECTIONS:

1. Preheat oven to 350 degrees F.
2. In a glass baking pan, drizzle the olive oil and scatter the cilantro over the bottom of the pan.
3. Generously season both sides of each fillet with curry, salt and sweet paprika. Place the fillets evenly across the bottom of the pan, on top of the cilantro.
4. In a small bowl, combine the lemon juice and finely minced garlic. Pour over the tops of the fillets.
5. Cover the pan with foil. Bake for 30 minutes. Remove foil and bake for an additional 5 minutes.

For the Salad:

- 1 head green, organic cabbage, shredded
 - 1/8 cup crushed, dry mint leaves
 - 1/8 cup fresh squeezed lemon juice
 - 4 garlic cloves, finely minced
 - 1 teaspoon olive oil
 - dash of salt
1. Wash the shredded cabbage and place in a medium sized bowl. Sprinkle with the dried mint, mix well.
 2. In a small bowl combine the remaining ingredients. Pour over the cabbage and mix well.

Beverly Hills Chopped Salad

Makes 4-6 Servings

INGREDIENTS:

- 1 bunch of asparagus chopped
- 4 large carrots, chopped
- 5 green onions, chopped
- 1 green zucchini
- 1 yellow zucchini
- 1 tsp olive oil
- dash of salt and pepper
- 1 avocado, chopped
- 2 heads of romaine lettuce, chopped
- ¼ kalamata olives, chopped
- ¼ cup pine nuts, toasted

For the dressing:

- 1/8 cup olive oil
- 2 tbsp lime juice
- 2 tbsp agave nectar
- 1 clove garlic, minced
- 1 tsp champagne mustard

DIRECTIONS:

1. Preheat oven to 425 degrees F. Place the asparagus, carrot, onion and zucchinis in a large bowl, mix well with the olive oil and salt and pepper. Place on a baking sheet and roast for 20 minutes, stirring after the first 10 minutes.
2. Meanwhile place the remaining salad ingredients into a large bowl. In a small bowl combine all of the dressing ingredients and whisk with a fork.
3. Once the veggies are roasted, mix into the salad bowl and toss with the dressing.

Teriyaki Chicken Salad

Makes 4 Servings

INGREDIENTS:

- 1 can stevia sweetened lemon lime soda
- 1/2 cup coconut aminos
- 3/4 cup brown rice vinegar
- 1 medium yellow onion – half minced and half thinly sliced
- 4 cloves garlic, smashed
- 1 tbsp fresh ginger, grated
- 1 packet of stevia
- 2 pounds boneless, skinless, chicken thighs
- 2 tsp coconut oil
- 1 bunch asparagus, trimmed and cut into 1-inch segments
- 2 tbsp cilantro, chopped

DIRECTIONS:

1. Combine the soda, soya sauce, vinegar, minced onion, garlic, ginger and coconut crystals in a bowl. Add chicken and turn to coat.
2. Place in refrigerator overnight.
3. Remove chicken from marinade and pat dry. Reserve 1 cup of marinade.
4. Heat one teaspoon of coconut oil in a large skillet. Add the chicken and heat on medium high, turning once for 8-10 minutes, until browned and transfer to a plate.
5. Wipe out the skillet. Heat remaining 1 teaspoon of coconut oil. Add the sliced onion and asparagus. Cook for 5 minutes until browned. Add the reserved marinade and boil until slightly reduced. Add the cilantro.

Real Healthy Egg Salad

Makes 4 Servings

INGREDIENTS:

- 8 organic eggs
- 4 celery stalks, chopped
- 2 tbsp onion greens, chopped
- ¼ cup Greek yogurt
- 2 tsp Champaign mustard
- 1 tsp fresh squeezed lemon
- dash of salt and pepper

DIRECTIONS:

1. To boil the perfect egg: place eggs in a large pot and cover with cold water by half an inch.
2. Heat the water to a boil, turn off heat and cover the pot.
3. Wait exactly 7 minutes and then place the eggs in a bowl of ice water for 3 minutes.
4. Peel and chop hardboiled eggs. Place in the large bowl. Add celery, onion greens, Greek yogurt, mustard, lemon, salt and pepper and mix well.
5. Chill and then serve.

Sweet and Smoky Chicken

Makes 4 Servings

INGREDIENTS:

- 4 bone in organic, skin on chicken thighs
- 1 tsp smoked paprika
- 1 tsp garlic powder
- 1 tsp ground cumin
- 1 tbsp olive oil
- ¼ tsp Allspice
- ½ tsp onion powder
- 1 packet Stevia
- Dash of salt and pepper

DIRECTIONS:

1. Preheat oven to 450 degrees F
2. Rinse the chicken and pat dry. Place in a ziplock bag.
3. In a small bowl combine the remaining ingredients. Add to the ziplock bag and toss until the chicken is fully coated
4. Add the coated chicken thighs on a broiling pan and bake for 40 minutes.

Fully Loaded-Lettuce Wrapped Turkey Bacon Burgers

Makes 6 Servings

INGREDIENTS:

- 8 strips nitrate free bacon
- ½ yellow onion, sliced
- 1/8 cup blanched almond flour
- 1-pound extra lean ground turkey
- 2 tsp balsamic glaze
- 1 tsp tomato paste
- ¼ tsp smoked paprika
- ½ tsp garlic powder
- ½ tsp onion powder
- 1/8 red bell pepper minced
- 1 tbsp fresh chives chopped
- Large lettuce leaves
- Sliced tomato

DIRECTIONS:

1. Set the oven to 400 degrees F. Line a baking sheet with foil and place a metal cooling rack in the center. Arrange the bacon pieces on the rack and bake for 20 minutes, or until crispy. Remove from oven and set aside to cool.
2. Grill the sliced onion in a grill pan over medium high heat with a few drops of olive oil. Grill until tender and caramelized. Remove from heat and set aside to cool.
3. Chop 6 of the bacon strips and place in a medium bowl.
4. Chop 1/4 cup of the grilled onions and add to the bowl. Add the almond flour, turkey, balsamic glaze, tomato paste, paprika, garlic powder, onion powder, bell peppers and chives to the bowl. Mix well with your hands — it's OK to get messy here! Form into 6 patties.
5. Place the patties on your grill pan over medium high heat for about 4 minutes per side, until cooked through.

6. Serve your Fully Loaded-Lettuce Wrapped-Turkey Bacon Burgers on large lettuce leaves and topped with sliced tomato and the extra grilled onions and bacon pieces.

Braised Cabbage and Sausage

Makes 6 Servings

INGREDIENTS:

- 1 head green cabbage
- 1 yellow onion chopped
- 4 large carrots, sliced
- ¼ cup veggie broth
- 1/8 cup of olive oil
- 1/8 tsp crushed red pepper
- Dash of freshly ground pepper
- 1-pound cooked chicken sausage
- ¼ cup balsamic vinegar

DIRECTIONS:

1. Preheat oven to 325 degrees F. Lightly grease a large baking pan with olive oil.
2. Peel off the outer leaves of cabbage. Cut into 8 equal wedges. Arrange in prepared dish — each wedge should lay flat.
3. Sprinkle the onion and carrot pieces over the cabbage. Drizzle with olive oil and evenly apply the seasonings.
4. Cover tightly with foil. Bake for 1 hour.
5. Turn each wedge with tongs, add a touch of water if cabbage is dry. Replace the foil tightly and bake for another hour.

6. Remove the foil, sprinkle the chicken sausage slices over cabbage, increase oven temp to 400 degrees F, then bake, uncovered, for additional 10 minutes.
7. Remove from oven and drizzle with balsamic vinegar. Serve warm.

Fish Tacos

Makes 4 Servings

INGREDIENTS:

- 16 ounces of wild cod fillets
- 1 lime
- 1 head lettuce
- Dressed avocado
- 1 cup shredded cabbage, buy pre-shredded
- Papaya mango salsa

DIRECTIONS:

1. Defrost frozen cod by placing in the fridge overnight.
2. Preheat oven to 375 degrees F. Grease a pan with olive oil.
3. Place defrosted cod in prepared pan, cut lime in half and squeeze juice over cod. Bake for 15 minutes.
4. While cod is baking, separate leaves from lettuce, being careful to keep them intact.

Shrimp and Noodles

Makes 4 Servings

INGREDIENTS:

- 4 zucchini
- ½ cup macadamia nuts
- 2 cups fresh basil leaves
- 2 garlic cloves
- 1/3 cup nutritional yeast
- Dash of sea salt
- Juice of ½ lemon
- ¼ cup olive oil
- 2 dozen large shrimp

DIRECTIONS:

1. **For the noodles:** Run a vegetable peeler along each zucchini until you reach the seeds. Place your zucchini noodles in a bowl.
2. **For Pesto:** Place the macadamia nuts, basil leaves, garlic, nutritional yeast, salt and lemon juice in a food processor. Pulse until well combined while drizzling in the olive oil.
3. Peel and devein the shrimp, pulling off the tail and then the rest of the shell.
4. Heat a pot of water under a steamer basket. Steam your noodles for about 5 minutes, until tender. Remove to a medium bowl.
5. Steam the shrimp for 3 minutes, until fully pink.
6. Combine the noodles with the pesto and top with warm shrimp.

Buffalo Chicken Wings In "Peanut Sauce"

Makes 2 Servings

INGREDIENTS:

- 1-1/2 lbs chicken wings
- 2 tbsp almond butter
- ¼ cup hot pepper sauce
- 1 - 2 tbsp tamari sauce
- 2 tsp olive oil
- ¼ tsp sea salt (optional)
- Pepper to taste

DIRECTIONS:

1. Preheat oven to 375° F.
2. Line a rimmed baking sheet with parchment paper and spread wings out evenly. Sprinkle salt and pepper over wings. Bake for 20 minutes.
3. Meanwhile, soften almond butter in a small saucepan over medium heat. Stir occasionally.
4. When soft, stir in hot pepper sauce, tamari sauce, olive oil, and sea salt (if desired). If sauce gets too thick, add a bit of hot water.
5. After 20 minutes of cooking, remove wings from oven. Turn and brush each wing with sauce. Return to oven for 10 more minutes.
6. Turn each wing, baste with sauce, and return to oven for 10 additional minutes (or until completely cooked).

Rosemary Chicken And Mushroom Glaze

Makes 2 Servings

INGREDIENTS:

- 4 boneless, skinless chicken breasts (4-6 oz each)
- sea salt (optional) and freshly ground black pepper to taste
- 4 tbsp coconut oil, divided
- 2 cloves garlic, minced

- 2 tsp fresh rosemary leaves or 2 tsp dried rosemary
- 2 tsp hazelnuts, chopped
- 10 white button or cremini mushrooms, sliced

DIRECTIONS:

1. Season chicken breasts with sea salt (optional) and black pepper.
2. Heat a large skillet over medium heat. Add 1 tbsp coconut oil when pan is hot.
3. Add chicken breasts and cook until there is no pink in the center and set aside.
4. In a different heated pan add remaining coconut oil. When pan is hot, add rosemary, hazelnuts, and garlic. Simmer together for 5 minutes.
5. Add mushrooms and cook for another 5 minutes, or until mushrooms are browned. Season with sea salt and black pepper if desired.
6. Pour mushroom mixture over chicken and heat through. When hot serve.

Turkey Vegetable Meatballs

Makes 2 Servings

INGREDIENTS:

- 1 lb ground turkey or chicken
- 2 medium carrots (or a handful of baby carrots)
- 1 red or green bell pepper
- 5 large mushrooms
- handful of fresh parsley
- 1/2 yellow onion
- 1 clove garlic
- 2 tsp granulated garlic (garlic salt)
- 2 tbsp Italian seasoning
- 1/2 tsp freshly ground black pepper
- 3 tbsp ground chia seeds

DIRECTIONS:

1. Preheat oven to 350°F
2. Combine carrots, bell pepper, mushrooms, onion, garlic, chia seeds and seasonings in a food processor and blend until well chopped.
3. Empty the food processor into a large bowl, add the ground turkey and mix together completely.
4. Form meatballs and place on a non-greased baking sheet (about 1 1/2" - 2" each).
5. Bake for about 25 minutes, or until completely cooked.

Beef And Sweet Potato Chili

Makes 10 Servings

INGREDIENTS:

- 2 tbsp olive oil
- 1 large yellow onion, diced
- 2 tbsp chili powder
- 1 tsp ground chipotle
- 2 tsp sea salt (optional)
- 1 tsp cumin
- 1 tsp garlic salt
- 2 lbs beef stew meat, cut into 1"x1" chunks
- 2 (28 oz) cans diced tomatoes
- 2 (4 oz) can diced green chilis
- 1/2 of a (4 oz) can diced jalapenos (may add more if desired)
- 1/2 tsp oregano
- 1/2 tsp thyme
- 1 bay leaf
- 7-8 medium mushrooms, sliced
- 2 medium carrots, sliced
- 2 medium zucchinis, diced
- 1 large red pepper, diced
- 2 large sweet potatoes, cut into even chunks
- 4-6 large kale leaves, shredded

DIRECTIONS:

1. Heat large soup pot over medium-high heat.
2. When hot, add olive oil and onion to pot and brown slightly.
3. Meanwhile, combine chili powder, sea salt, cumin and garlic salt in a large dish. Roll raw beef stew meat in the mixture to coat on all sides.
4. When onions have browned slightly, add beef and brown on all sides.
5. Add the diced tomatoes. Fill the empty can with water and add to the pot. Add sweet potato, green chilis, jalapenos, chipotle peppers, mushrooms, carrots, oregano, thyme and bay leaf. Make sure the liquid covers all of the ingredients.
6. Turn heat down to medium and cook for about 40 minutes, stirring occasionally.
7. Add zucchini and red pepper and cook for another 20 minutes.
8. Add kale and finish cooking for 10 more minutes. Season with sea salt if desired.

Ginger Beef and Broccoli

Makes 2 Servings

INGREDIENTS:

- 2 tbsp coconut oil
- 2 cloves of garlic, minced
- 1 lb petite sirloin steak, cut into very thin strips
- 2 tbsp lemon juice
- 1 tbsp ground chia seeds
- 2 tsp freshly grated ginger
- 2 tsp freshly ground black pepper
- 1/2 tsp red pepper flakes
- 1/4 to 1/2 cup organic low sodium chicken broth
- 2 cups broccoli, cut into flowerets
- 2 cups carrots, thinly sliced
- 1 cup celery, thinly sliced
- 1 green onion, thinly sliced
- 2 tbsp sesame seeds (garnish)

DIRECTIONS:

1. Heat the 1 tbsp coconut oil and garlic in a large skillet over medium-high heat.
2. Add the sliced beef and 1/4 tsp sea salt, and brown. Remove beef from pan to a side dish and get rid of excess juice left in pan.
3. In a small bowl mix lemon juice, ground chia seeds, grated ginger, freshly ground black pepper and red pepper flakes with 1/4 cup broth.
4. Heat pan again over medium heat. Add 1 tbsp. coconut oil when pan is hot.
5. Add broccoli, celery and carrots to pan. Pour liquid ingredients on top and toss to coat.
6. Cook over medium heat until broccoli is tender.
7. Return the beef to the pan and add the green onions. Add the extra chicken broth if preferred.
8. Stir beef in until it's coated with sauce and let simmer for a few minutes until beef warmed through.
9. Sprinkle sesame seeds on top and serve.

Slowed Cooking Pork Loin

Makes 2 Servings

INGREDIENTS:

- 1-1/2 lb pork loin
- 1 (16 oz) can tomato sauce
- 2 medium (6"-8") zucchini, sliced
- 1 head cauliflower, separated into medium florets
- 1-2 tbsp dried basil
- 1/4 tsp freshly ground black pepper
- 1/2 tsp sea salt (optional)

DIRECTIONS:

1. Add all of the ingredients to a large crock pot.
2. Cook on high for 6-7 hours.

Sausage and Artichokes

Makes 2 Servings

INGREDIENTS:

- 1 lb high quality pork sausages (nitrate free)
- 2 tbsp olive oil
- 2 medium onions
- 1 clove of garlic, chopped
- 1/4 lb white button or cremini mushrooms (about 5 medium)
- 1/2 lb Jerusalem artichokes (also "sunchokes")
- half of 1 large lemon
- 1 cup of organic low sodium chicken stock or water to cover
- a small bunch of flat-leaf parsley, roughly chopped

DIRECTIONS:

1. Brown the sausages all over in a little oil in a deep cast iron skillet or pot. Take out of skillet and set aside.
2. Peel the onions and cut them into thick segments, then add to the pan in which you browned the sausages. On medium heat, let the onions soften.
3. Add the garlic to the onions. Cut the mushrooms in half and add to the skillet.
4. Peel or simply scrub the artichokes, then cut them into 1" pieces. Add them to the pan, pushing the onions aside, and let them colour slightly.
5. Put the sausages back into the pan along with the cooking vegetables.
6. Cut the lemon into fat chunks and mix them in the skillet along with a good seasoning of salt and black pepper.
7. Pour over enough stock or water to cover and bring to the boil.
8. Turn the heat down and simmer for about 30 minutes, until the vegetables are truly tender. If there is too much liquid, turn up the heat and let it reduce a little.
9. Stir in the parsley, check the seasoning and eat with the steamed greens.

Sausage and Tomatoes

Makes 2 Servings

INGREDIENTS:

- 6 large firm tomatoes
- 1 lb sausage, nitrite/nitrate-free
- 6 mushrooms, sliced
- 1 medium yellow onion, chopped
- fresh cilantro

DIRECTIONS:

1. Preheat oven to 350°F
2. Over medium-high heat, brown onions, sausage and mushrooms together in a skillet.
3. While the above is cooking, cut the tops off the tomatoes. Spoon out the middle and add to the skillet.
4. Let all ingredients simmer for 7 – 10 minutes.
5. Serve with fresh cilantro.

Lamb And Spaghetti Squash

Makes 2 Servings

INGREDIENTS:

- 1 small or medium spaghetti squash
- 1 lb ground lamb
- 1/2 yellow onion, diced
- 1/2 tsp sea salt (optional)
- 1/2 tsp garlic
- 1/4 tsp oregano
- 8 medium white button or cremini mushrooms, sliced
- 2 tbsp coconut oil

DIRECTIONS:

1. Preheat oven to 375°F
2. Cut the spaghetti squash in half lengthwise with a large knife or cleaver. Remove seeds and loose flesh.
3. Place cut side down in a shallow baking dish. Add 3/4" of water to the dish.
4. Bake for 45 minutes or so, until the squash is soft to the touch.
5. After about 30 minutes of baking, heat a large sauté pan over medium-high heat.
6. Add lamb, onions, sea salt, garlic, and oregano, and cook 5 minutes, stirring frequently.
7. Add mushrooms and continue to cook until lamb is fully done (10-12 minutes). Set aside.
8. When squash is done cooking, remove it from the oven and cool until it can be comfortably handled.
9. Turn the cut side up and remove from the rind with a fork. This should be done crosswise, so the strands of squash fall out like spaghetti.
10. Spoon lamb mixture over spaghetti squash to serve. If you need a little extra flavor add some tomato sauce on top.

Grilled Shrimp And Veggies On A Stick

Makes 2 Servings

INGREDIENTS:

- 3/4 lb shrimp, peeled and de-veined
- juice of 1 lime
- 2 tsp minced garlic
- freshly ground black pepper
- 1 medium zucchini, sliced into 1" pieces
- 2 cups button mushrooms
- 1 red bell pepper, sliced into 2" pieces
- 1 green bell pepper, sliced into 2" pieces
- 1 red onion, cut into eighths
- 4 cloves garlic, minced
- 3 tbsp olive oil
- wooden skewers, soaked in cold water for 15 minutes to prevent burning

DIRECTIONS:

1. Soak wooden skewers (at least 15 minutes).
2. Peel shrimp and put in medium bowl and toss with minced garlic.
3. Add lime juice and season with pepper. Set aside for five minutes.
4. Wash and chop vegetables.
5. Prepare grill.
6. Add vegetables and garlic to the shrimp and add olive oil. Toss.
7. Stack veggies and shrimp onto skewers and grill until fully cooked.

Curried Fish And Vegetables

Makes 2 Servings

INGREDIENTS:

- 1 lb white fish fillets, cut crosswise into 1" slices
- 1 can unsweetened coconut milk
- 2 tbsp red curry paste
- 2 medium carrots, cut into thin matchsticks
- 1/2 small red cabbage, thinly sliced
- handful fresh cilantro, chopped

DIRECTIONS:

1. Put coconut milk and red curry paste in a large sauté pan over medium heat. Cook for 3 minutes, stirring until combined.
2. Add carrots and red cabbage to pan. Cover and simmer for 4-5 minutes.
3. Add fish and simmer an additional 4-5 minutes, or until fish is fully cooked.
4. Serve with fresh cilantro.

Dijon Almond Crusted Salmon

Makes 2 Servings

INGREDIENTS:

- 3/4 lb salmon fillet(s), skin on
- 1/2 cup almond meal
- 1/4 cup Dijon mustard
- 1/2 tsp ground coriander
- 1/2 tsp ground cumin
- juice of 1 lemon
- sea salt and freshly ground black pepper
- 2 tsp coconut oil

DIRECTIONS:

1. Preheat the oven to 350° F.
2. Combine almond meal, coriander and cumin in a small bowl.
3. Season salmon with salt and pepper. Brush on Dijon mustard to coat each piece.
4. Coat each fillet with the almond meal mixture (both sides).
5. Place skin side down on a broiler pan, greased lightly with coconut oil.
6. Bake for 12-15 minutes, or until salmon flakes easily with a fork.

Shrimp Cakes

Makes 12 Cakes (4 Servings)

INGREDIENTS:

- 1-pound shrimp, raw, peeled and deveined
- 1 red or yellow bell pepper, finely chopped
- 1 clove garlic, minced
- 2 tbsp green onions, thinly sliced
- 1 tbsp lime juice, freshly squeezed
- 1 tbsp raw honey
- 1/2 tsp sea salt (optional)
- 1/4 tsp ground chipotle

- 1 egg
- ½ cup cilantro, finely chopped
- ½ cup almond flour
- 3 tbsp olive oil, for sautéing

DIRECTIONS:

1. Place shrimp in food processor, pulse until finely chopped.
2. In a large bowl, combine chopped shrimp, bell pepper, garlic, scallions, lime juice, honey, sea salt (optional), chipotle, egg and cilantro.
3. Form mixture into 12 (½) inch thick patties, dip each in almond flour, coating thoroughly.
4. In a large skillet, over medium heat, warm 1 tablespoon oil.
5. Add 4 patties to the skillet and cook about 5 minutes per side, until browned; remove and place on paper towel lined plate.
6. Repeat with remaining cakes.

Halibut With Dijon And Almonds

Makes 2 Servings

INGREDIENTS:

- 1 tbsp olive oil
- 1 lb halibut or other white fish
- 2 tbsp Dijon mustard
- Salt and pepper to taste
- 2 tbsp almonds, sliced and toasted

DIRECTIONS:

1. Preheat the oven to 350° F.
2. Lightly grease a baking sheet with olive oil.
3. Lay fish in the pan skin side down.
4. Season fish with salt and pepper and then coat with Dijon mustard.
5. Bake for 12-15 minutes, or until fish flakes easily with a fork.
6. Sprinkle with toasted sliced almonds.

Mexican Salad

Makes 2 Servings

INGREDIENTS:

- 1 lb lean ground turkey
- 2 tbsp chili powder
- 1 tsp garlic salt
- 1 tsp cumin
- 1/2 tsp oregano
- 1/2 tsp sea salt
- 3/4 cup water
- 1/2 yellow onion, diced
- 1 medium tomato, diced
- 4 roasted red peppers, chopped
- 6 cups baby spinach
- 1 can black olives, sliced
- 1 avocado
- fresh cilantro
- ½ cup salsa (divided into two portions)

DIRECTIONS:

1. Heat medium skillet over medium-high heat. Add beef or turkey and onion to pan. Cook for about 10 minutes, or until browned.
2. Add chili powder, garlic salt, cumin, oregano, roasted red pepper, sea salt and water, and let simmer for 5 minutes more.
3. Meanwhile, separate spinach onto two plates.
4. Top with meat, sliced avocado, black olives, tomatoes, cilantro and salsa.

Chicken Waldorf Salad

Makes 2 Servings

INGREDIENTS:

- 2 (4-6 oz) chicken breasts, cooked and diced
- 1 head of romaine lettuce
- 1 large tart apple, cored and diced
- 1 large stalk celery, chopped
- ½ cup walnuts, chopped
- ¼ cup avocado
- 2 tsp lime juice
- 2 tsp raw honey
- freshly ground black pepper to taste

DIRECTIONS:

1. In a medium bowl, combine chicken, apple, celery and walnuts. Set aside.
2. In a small bowl, combine avocado, lime juice and honey and mix until well blended. Use extra lime juice if more liquid is needed.
3. Season with sea salt and freshly ground black pepper if desired.
4. Spoon dressing over chicken and toss to coat completely. If making salad ahead of time, keep chicken mixture and dressing separate until just before eating.
5. Wash and dry lettuce. Separate the lettuce into two bowls. Spoon chicken salad equally onto the two plates.

Balsamic Asparagus and Steak Salad

Makes 4 Servings

INGREDIENTS:

- 1 lb flank steak
- 1 lb asparagus, ends trimmed
- 1 tbsp red onion, minced
- 1 tbsp extra virgin olive oil
- 4 tsp balsamic vinegar

- 1 clove garlic, minced
- sea salt, to taste (optional)
- freshly ground black pepper, to taste

DIRECTIONS:

1. Bring a medium pot of water to boil.
2. Add asparagus and boil 3 min. Drain and rinse under cold water immediately. Dry thoroughly.
3. Heat a grill until hot. Trim away excess fat if desired. Cut into 4 steaks. Season with salt and pepper. Place on grill.
4. Grill for 4 to 5 minutes per side. Leave medium rare to rare.
5. Once its cooked, set aside and let rest about 10 minutes. Then cut each piece into strips.
6. Mix all other ingredients together. Toss asparagus with balsamic mixture. Stop with steak slices.
7. Serve chilled or at room temperature.

Tasty Tuna Salad

Makes 2 Servings

INGREDIENTS:

- 2 cans light tuna
- ½ cup green or black olives, chopped
- 1 green onion, chopped
- 1 jalapeno pepper, finely chopped (no seeds and/or le
- 3 tbsp capers, rinsed
- 1/2 tsp red chili flakes
- juice of 2 lemons
- splash of olive oil
- 6 cups mixed greens (optional)
- 1 avocado, sliced

DIRECTIONS:

1. Portion out lettuce onto two plates.
2. In a bowl combine all the ingredients and divide onto two plates on top of lettuce.
3. Serve with sliced avocado on top.
4. Serve immediately or store it in the fridge for a day for more flavor.

Ground Turkey Casserole

Makes 4 servings

INGREDIENTS:

- 1 cup coconut milk
- 1 tsp turmeric
- 1 tsp coriander
- 1 tsp salt
- 1 cup low sodium vegetable broth
- Olive oil cooking spray
- 1 lb extra lean ground turkey
- 1 cup sweet onion, diced
- 1 cup baby carrots thinly sliced
- 1 ½ cup asparagus (cut into 1-inch pieces)
- 2 cups green cabbage (grated)
- ½ cup sliced almonds
- ½ cup aged white cheddar, shredded

DIRECTIONS:

1. Reheat oven to 350F.
2. Mix the half the coconut milk, turmeric, coriander and salt until smooth and set aside.
3. Stir in the rest of the coconut milk and the vegetable broth to the mixture.
4. Preheat a non -stick frying pan on medium heat and lightly coat with coconut oil.
5. Sauté the turkey in batches until lightly browned, then transfer to a large casserole dish.
6. Add remaining ingredients to the casserole dish, including the liquid mixture.
7. Stir well to incorporate and bake for 25-30 minutes.

No Fry Salmon Patties

Makes 2 servings

INGREDIENTS:

- 1 can sockeye salmon with bones
- 1 whole egg
- 1 small red pepper finely chopped
- 2-3 celery stocks finely chopped
- ½ cup brown rice breadcrumbs
- Salt and pepper to taste

DIRECTIONS:

1. Preheat oven to 375F.
2. Drain both the tuna and salmon and mix together in a bowl.
3. Use a mini processor to chop pepper and celery and drain excess water.
4. Mix all ingredients together until the consistency holds together.
5. Line a baking sheet with parchment paper.
6. Using your hands make patties and place on baking sheet with space between them.
7. Depending on the size of the patties will depend on cook time.
8. The patties should be firm and hold together when cooked – approximately 20 minutes.

Sassy Sides



Bacon Wrapped Scallops

Makes 12 Servings

INGREDIENTS:

- 4 tbsp coconut oil
- 3 garlic cloves, minced
- Dash of sweet paprika
- Dash of salt and pepper
- 6 slices of nitrate free bacon, in half lengthwise
- 12 fresh scallops

DIRECTIONS:

1. Preheat oven to 375 degrees F. Grease a baking sheet with coconut oil, set aside.
2. Over very low heat, in a small saucepan, melt the coconut oil.
3. Remove from heat, pour into a small bowl. Add the garlic, paprika, salt and pepper.
4. Dip each scallop in the seasoned coconut oil, the wrap with bacon and secure with a toothpick. Place on prepared baking sheet.
5. Bake for 15 minutes or until the scallops are cooked through and the bacon is crisp.

Stir Fried Rice

Makes 16 Servings

INGREDIENTS:

- 3 cups carrot, chopped
- 2 cups frozen peas
- 4 heads organic cauliflower cut into small pieces
- 4 tbsp olive oil

- 6 whole eggs
- 6 tbsp coconut aminos
- Salt and pepper to taste

DIRECTIONS:

1. Bring a medium pot of water to boil. Add the chopped carrots and boil for 3 minutes.
2. Add the frozen peas and boil for another 2 minutes.
3. Drain the water and set the veggies aside.
4. Using a food processor with the grating blade, grate all of the cauliflower.
5. Heat the olive oil in a large skillet or wok over medium.
6. Add the carrots and peas, sauté for 3 minutes. Add the 6 eggs, stir to combine. When the eggs have set, add the grated cauliflower and mix to combine.
7. Season the rice mixture with coconut aminos, salt and pepper.
8. Reduce the heat to low, cover and allow to cook for another 5 minutes.
9. Add more coconut aminos, salt and pepper to taste.

Real Healthy Zucchini Cakes

Makes 8 Servings

INGREDIENTS:

- 1 tsp olive oil
- 1 small yellow onion, grated
- 1 garlic clove
- 2 cups grated zucchini
- ½ tsp salt
- 2 eggs
- ¼ cup coconut flour
- 2 tbsp flax meal
- ½ tsp baking powder
- 2% Greek yogurt
- Sweet paprika

DIRECTIONS:

1. Heat half of the olive oil in a large skillet. Sauté the onion and garlic for 2 minutes, then set aside.
2. Place grated zucchini in a colander, sprinkle with the salt and allow to sit in the sink for 10 minutes.
3. Use a clean paper towel to squeeze excess water from the zucchini.
4. In a medium sized bowl whisk the eggs. Add the coconut flour, flax and baking powder. Add the onions and zucchini.
5. Place the remaining olive oil in a large skillet over medium heat. Drop the dough in heaping tablespoons, press down with a fork.
6. Cook each side for 3 minutes or until golden.

Grapefruit, Goat Cheese & Avocado Salad

Makes 4 Servings

INGREDIENTS:

- 1 bunch flowering kale, de-stemmed and cut into chunks
- 1 bunch endive
- 1 red grapefruit
- 1 yellow grapefruit
- 1 avocado
- 3 tbsp creamy goat cheese
- 1 tsp olive oil
- ¼ cup grapefruit juice
- 1 tsp poppy seeds

DIRECTIONS:

1. Place the kale and endive in a bowl.
2. Peel and slice the grapefruits and add to the bowl, reserving ¼ cup juice. Chop the avocado and add to the bowl.
3. Add the goat cheese in small dollops.
4. In a small cup mix the grapefruit juice, olive oil and poppy seeds. Drizzle on the salad.

Butternut Squash Soup

Makes 8 – 12 servings

INGREDIENTS:

- 2 tablespoons salted butter
- 1 medium onion, diced
- 3 carrots, cut into chunks
- 2 medium butternut squash, peeled, seeded and diced in 2 inch cubes
- 8 cups water or stock

DIRECTIONS:

1. In a large soup pot, warm the butter.
2. Caramelize onion in the pot, sautéing 8 - 10 minutes until golden brown.
3. Add the squash cubes and carrots. Cook for 10 more minutes until the outside of the squash cubes are a bit soft.
4. Pour the water over the onion/squash mixture.
5. Bring entire mixture up to a boil and simmer for 20 - 30 minutes until squash and carrots are soft.
6. In a blender, puree soup in very small batches (as not to scorch yourself and have soup splattered on your ceiling) at low, then working up to high speed until mixture is smooth and creamy.
7. Serve piping hot.

Avocado Salsa

Makes 4 Servings (3 Cups)

INGREDIENTS:

- 2 avocados, diced (save the pits)
- 1 jalapeno pepper, seeded and diced
- 3 medium tomatoes, seeded and diced
- 1/4 of a red onion, diced
- 1 bunch cilantro, finely chopped
- juice of 1 lime

DIRECTIONS:

1. Combine all ingredients in a medium bowl.
2. Keep the avocado pits in the mixture to serve. This will slow the oxidation of the avocados (what makes them turn brown) and will help the salsa last longer.

Cauliflower Mash

Makes 4 Servings

INGREDIENTS:

- 1-1/2 large heads cauliflower
- 3/4 cup unsweetened coconut milk
- 3 tbsp coconut oil
- 2/3 cup fresh chives
- 3 cloves garlic
- 2 tsp dried rosemary or 1 sprig fresh rosemary
- sea salt, pepper to taste

DIRECTIONS:

1. Roughly chop the cauliflower, removing all leaves.
2. Place in pot of boiling water and cook until it's easy to stick a fork in it
3. Mince the garlic and finely chop the chives. Sauté the garlic, chives and rosemary in coconut oil until the garlic is light golden brown.
4. Drain cauliflower and use a food processor or handheld blender to mash up or puree the steamed cauliflower florets.
5. Put the mashed florets into a pot on the stove and add coconut milk, and the chive and garlic mixture. Cook through until hot. Use hand blender again if you want the mixture creamier.
6. Add sea salt and pepper to taste.

Rosemary Green Beans

Makes 2 Servings

INGREDIENTS:

- 1 lb fresh green beans, trimmed
- 1/2 tsp salt, divided
- 1 tsp coconut oil
- 2 green onions, sliced
- 2 tsp fresh rosemary, chopped
- 1/4 cup pecans, chopped and toasted
- 2 tsp lemon rind, grated

DIRECTIONS:

1. Heat 1-1/2" water in a medium pot with a steamer basket insert to a boil.
2. Sprinkle green beans evenly with 1/4 teaspoon sea salt (if desired) and place in the basket.
3. Cover and steam 4-5 minutes or until crisp-tender.
4. Immediately plunge green beans into ice water to stop cooking. Drain.
5. Meanwhile, heat a non-stick skillet over medium-high. Add oil when hot.
6. Add green onions and rosemary, and sauté 2-3 minutes or until softened.
7. Add green beans, pecans, lemon rind and remaining sea salt (if desired), stirring until thoroughly heated.

Steamed Brussels Sprouts With Ginger And Almonds

Makes 4 Servings

INGREDIENTS:

- 1 lb Brussels sprouts
- 1/2 cup slivered or sliced almonds (or nuts of choice)
- 4 tbsp olive oil
- 1 tsp fresh ginger root, grated
- 2 tsp lemon juice

DIRECTIONS:

1. Add 1" of water to the bottom of a medium pot with a steamer insert or basket. Add Brussels to steamer, cover, and cook over medium-high heat for 10-12 minutes, or until just tender and bright green.
2. Meanwhile, dry roast the almonds in a small skillet over low heat. Stir constantly and remove from heat when they begin to brown.
3. Combine the olive oil, ginger root and lemon juice in a small bowl. When Brussels are fully cooked, toss with dressing and top with toasted almonds.

Olive Tapanede *Excellent topping on fish or chicken

Makes About 2 1/2 Cups

INGREDIENTS:

- handful fresh flat leaf parsley (about 1/4 cup)
- few fresh basil sprigs (about 1/4 cup)
- 2 cloves garlic
- 1 oz sun-dried tomatoes
- 1 cup Kalamata olives, pitted
- 1 cup large green olives, pitted
- 2 tbsp capers
- juice of 1/2 lemon
- 3 tbsp extra virgin olive oil

DIRECTIONS:

1. Rough chop fresh herbs, sun-dried tomatoes and garlic.
2. Add all ingredients to a food processor until rough chopped.

Sautéed Sweet Potatoes Hash

Makes 2 Servings

INGREDIENTS:

- 1 tbsp olive oil
- 1 large sweet potato, grated
- 1/4 tsp cinnamon

DIRECTIONS:

1. Heat a skillet over medium heat. Add olive oil.
2. Once skillet is heated, sauté grated sweet potatoes until tender (a few minutes or so).
3. Sprinkle with cinnamon and mix well.

Zucchini Hash

Makes 5-5 inch or 10-2 inch hash browns

INGREDIENTS:

- 2 cups shredded zucchini (about 2 medium zucchini)
- 3 eggs
- 1 tbsp coconut flour
- ½ tsp sea salt
- ¼ tsp freshly ground black pepper
- 1 – 3 tsp coconut oil

DIRECTIONS:

1. Shred zucchini with a box grater or in a food processor and set aside. Blot dry with a paper towel.
2. In a large bowl, beat eggs together.
3. Sift coconut flour into eggs and beat together. Note: coconut flour often has clumps, which is why sifting is important.
4. Mix shredded zucchini, sea salt and freshly ground black pepper together, and combine with egg mixture.
5. Meanwhile, set a large sautee pan over medium-low heat. When hot, add coconut oil to coat the bottom of the pan.
6. Spoon the mixture into the pan in desired sized hash browns. Sautee until light brown and then flip.
7. Serve warm or at room temperature.

Snacks Nom, Nom, Nom



Grain Free Chocolate Chip Cookies

Makes 24-36 Cookies

INGREDIENTS:

- 3 cups almond flour
- ½ cup coconut oil, melted
- ½ cup raw honey
- 2 large eggs
- 1 tsp baking soda
- 1 tsp sea salt
- 1 tsp vanilla extract
- 1 1/2 cups Enjoy Life Semi-Sweet Chocolate Chips

DIRECTIONS:

1. Preheat oven to 375°F
2. Line a baking sheet with parchment paper.
3. In a small mixing bowl, combine dry ingredients. Set aside.
4. In a medium mixing bowl, beat the eggs, honey, and vanilla extract with a hand mixer, or wire whisk.
5. Pour wet ingredients slowly into dry ingredients and beat with mixer or fork until combined.
6. Add the melted coconut oil and continue to blend until combined. Stir in chocolate chips.
7. Drop Tbs. size balls of cookie dough onto prepared baking sheet.
8. Bake for approximately 8-10 minutes.

Kale Chips

Makes 2 Servings

INGREDIENTS:

- 1 bunch kale
- 1 tsp olive oil
- 1/4 tsp Celtic sea salt (optional)

DIRECTIONS:

1. Preheat oven to 350°F.
2. Wash kale and remove tough stems.
3. Cut kale into 2"-3" sections and place on baking sheet.
4. Drizzle with olive oil and sprinkle with sea salt, if desired. Toss kale to fully coat with oil.
5. Bake for 10-15 minutes, or until kale is crispy. Serve hot.

Apple Cider Coleslaw

Makes 4 Servings

INGREDIENTS:

- 1 tbsp olive oil
- 3-4 tbsp apple cider vinegar
- 1/4 tsp ground mustard seed
- 1/8 tsp whole cumin seed
- 1/4 tsp celery seed
- 1/8 tsp poppy seed
- 1/4 tsp freshly ground black pepper
- 1/4 tsp sea salt (optional)
- 1 tsp raw honey (optional)
- 1 small red or green cabbage (or 1/2 of each)
- 2 cups shredded kale

DIRECTIONS:

1. In a small bowl, whisk together all ingredients except cabbage and kale to make the dressing. Set aside.
2. Finely shred cabbage and kale and put in large bowl.
3. Add the dressing to cabbage and mix thoroughly.
4. Serve immediately, or store in the refrigerator overnight for more flavor

NOTES

Biofuel

Having your Biofuel every morning is a great way to start the day! This little concoction will jump-start your metabolism, rehydrate your body, and help you detox your body all at the same time!

Put 1 tbs in 4 – 16 oz of water to taste.

Wait 15 minutes to consume food

** Due to the rapid absorption, avoid if you have a weak stomach, avoid drinking it quickly or very concentrated as this may cause nausea.

Protein Powder

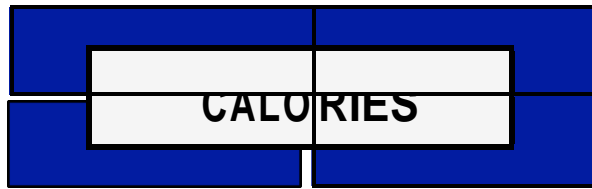
We use & recommend “Pure Whey Protein Isolate” by Body Fortress despite the sucralose as we have found it to be the most cost effective, minimal ingredient.

If you are allergic to or prefer not to consume artificial sweeteners, BE SURE your protein powder follows the following guidelines:

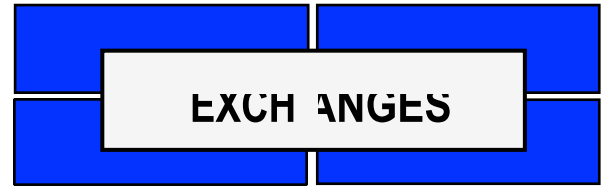
1. 1 serving = 150 calories or fewer
2. 1 serving = 25-30 grams of protein
3. 1 serving = fewer than 5g carbs and fat

Fitness St. Pete | Tierra Verde Fitness

REAL RESULTS, GUARANTEED!



and



CALORIES - 1200

(This should only be used for calorie staggering purposes and not as a continuous daily intake)

Protein	93g
Bread/Carbs	3
Fruits	3
Veggies	4
Fats	5

CALORIES - 1500

Protein	93-105g
Bread/Carbs	4
Fruits	3
Veggies	4
Fats	5

CALORIES - 1600

Protein	118-136g
Bread/Carbs	5
Fruits	3
Veggies	5
Fats	6

CALORIES - 1800

Protein	129-150g
Bread/Carbs	6
Fruits	4
Veggies	5
Fats	7

LEAN PROTEINS

Roughly 25-30g/per serving

Fish, (4 oz.), Turkey, Chicken, (3 oz.), Lean Beef, (3 oz. & add 1 fat serving), Eggs, (4 & add 1 fat)

Eggs (whole)
Turkey breast
Chicken breast
Top round steak (very lean red meat)
Salmon (fresh or can)
Tuna (fresh or can)
Tilapia/White fish (lean)
Shellfish
Greek Yogurt 1c.
Protein powders/shakes, (whey, casein or mixes, 1 scoop)

VEGGIES

Serving size, 1cup raw, ½ cup cooked, (fresh or frozen)

Kale, Spinach
Broccoli, Cauliflower
Asparagus
Green Beans
Onions
Red/Green Bell Peppers
Tomatoes
Cucumber
Celery
Squash, Zucchini
Carrots
Mushrooms
Brussels Sprouts

STARCHY CARBS

Serving size ½ of it em or ½ cup

Old fashioned rolled or steel cut oatmeal (unsweetened)
Yams/Sweet Potatoes
Brown Rice
Beans, Peas, Legumes
Quinoa (Grains-Spelt, Amaranth, etc.) 1/3 cup
Popcorn
Corn Tortillas

FRUITS

Serving size ½ of it em or ½ cup, (fresh or frozen)

Raspberries
Blackberries
Bananas
Blueberries
Apples

FATS

Serving size 1 t easpoon or 4. 5 g in processed foods

Butter
Olive Oil
Peanut Butter
8-Almonds
16-Pistachios
2 or 4 halves-Walnuts,
Pecans
Avocado-1 /4

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~ Extended Exchange Guide ~

The foods in our original exchange list represent the most nutrient dense foods in their group per calorie and you should aim to make the most swaps from foods on that list. This means MAXIMUM nutrition for every bite and less hunger with fewer calories ☺

If you have certain allergies or get bored easily, you may swap out foods from this expanded list. Move a little out of your comfort zone- if there are foods on here that you normally wouldn't eat, try them before swapping them out! ☺

Non-Starchy Vegetable Swap:

A single serving of a non-starchy vegetable is: ½ cup of cooked vegetables 1 cup of raw vegetables

- | | |
|---|--|
| ☆ Broccoli | ☆ Okra |
| ☆ Cabbage (green, bok choy) | ☆ Onions |
| ☆ Carrots | ☆ Peppers (all varieties) |
| ☆ Cauliflower | ☆ Radishes |
| ☆ Celery | ☆ Sauerkraut |
| ☆ Cucumber | ☆ Spinach |
| ☆ Eggplant | ☆ Squash (summer, crookneck, zucchini) |
| ☆ Greens (collard, kale, mustard, turnip) | ☆ Tomatoes, fresh and canned |
| ☆ Jicama | ☆ Tomato sauce |
| ☆ Mushrooms, all kinds, fresh | |

Fruit Swap:

Each serving has about 15 grams of carbs & 60 calories. One serving equals:

- | | |
|---|--|
| ☆ Apple, unpeeled, small (4 oz.) | ☆ Grapes, small, 17 (3 oz.) |
| ☆ Applesauce, unsweetened, ½ cup | ☆ Guava, ½ cup |
| ☆ Banana, extra small (4 oz.), or ½ regular size | ☆ Kiwi (3 ½ oz.) |
| ☆ Blackberries, ¾ cup | ☆ Mango, small, ½ fruit (5 ½ oz.) or ½ cup |
| ☆ Blueberries, ¾ cup | ☆ Orange, small (6 ½ oz.) |
| ☆ Raspberries, 1 cup | ☆ Papaya, 1/2 fruit or 1 cup cubed (8 oz.) |
| ☆ Strawberries, 1 ¼ cup whole berries | ☆ Passion fruit, ¼ cup |
| ☆ Cantaloupe, small, 1/3 melon or 1 cup cubed (11 oz.) | ☆ Peach, fresh, medium (6 oz.) |
| ☆ Cherries, sweet, fresh, 12 (3 oz.) | ☆ Pear, fresh, large, ½ fruit (4 oz.) |
| ☆ Dried fruits (blueberries, cherries, cranberries, raisins, etc.), 2 Tbsp. | ☆ Pineapple, fresh, ¾ cup |
| ☆ Grapefruit, large, 1/2 fruit (11 oz.) | ☆ Plums, fresh, 2; or dried (prunes), 3 |

Lean Protein Swap:

Each serving has about 55 calories and 2-3g fat per serving. One serving equals:

- ☆ Chicken—dark meat, skin removed, 1 oz.
- ☆ Turkey—dark meat, skin removed, 1 oz.
- ☆ Salmon, swordfish, herring, 1 oz.
- ☆ Lean beef (flank steak, London broil, tenderloin, roast beef) 1 oz.
- ☆ Veal, roast or lean chop, 1 oz.
- ☆ Lamb, roast or lean chop, 1 oz.
- ☆ Pork, tenderloin or fresh ham, 1 oz.
- ☆ 4.5% cottage cheese, ¼ cup
- ☆ Whole Egg (2/3 of an egg)

Fat Swap:

Each serving has about 45 calories and 5g fat per serving. One serving equals: _

- ☆ Coconut Oil, 1 tsp.
- ☆ Paleo Mayonnaise, 1 tsp.
- ☆ Large Black olives (8)
- ☆ Bacon, 1 slice
- ☆ Nut Butters, 1 ½ tsp

