

# Fat Burning Meal Recipes



# Healthy Tips

- Use organic whenever possible!
- Sugar Replacements: Monkfruit, Stevia, Swerve, Erythritol
- Avoid Dairy - Dairy breaks down to sugar
- Cheese Replacements: Daiya and Violife
- Most condiments are usually very high in sugar. Primal Kitchen and G Hughes have great sugar free options for ketchup, salad dressings, BBQ sauce and mayo.






- A few recipes in this cookbook have PartnerCo products listed for ingredients.






# Recipe Index




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## DRY INGREDIENT EQUIVALENTS

 =  =   
1/16 cup = 1 tsp = 3 tsp




 =   
1/2 cup = 8 tsp

 =   
1/8 cup = 2 tsp

 =  +   
2/3 cup = 10 tsp + 2 tsp

 =   
1/4 cup = 4 tsp

 =   
3/4 cup = 12 tsp

 =  +   
1/3 cup = 5 tsp + 1 tsp

 =   
1 cup = 16 tsp

	Breakfast	Lunch	Dinner	Snack
DAY 1				
DAY 2				
DAY 3				
DAY 4				
DAY 5				
DAY 6				
DAY 7				



**Fruit** is a Palm

**Fat** is a thumb

**Protein** is the Palm

**Vegetables** is 2 fists

**Carbohydrate** is a tennis ball



Palm=3oz



Thumb=1oz



Fist=1 cup



Tennis Ball=1/2 cup

**Best Choices:** grass-fed, pastured, wild-caught, organic, hormone-free | **Avoid:** Processed meats, deli meat, burgers, bacon, pre-made sausage

### PROTEINS

Beef (Ground) \_\_\_\_\_  
 Beef (Steak) \_\_\_\_\_  
 Beef (Tips) \_\_\_\_\_  
 Beef (Roast) \_\_\_\_\_  
 Beef (Other) \_\_\_\_\_

### VEGETARIAN PROTEIN:

Beans \_\_\_\_\_  
 Chickpeas/ \_\_\_\_\_  
 Garbanzo Beans \_\_\_\_\_  
 Lentils \_\_\_\_\_  
 Raw or Sprouted \_\_\_\_\_  
 Nuts \_\_\_\_\_  
 Tempeh \_\_\_\_\_  
 Low Carb Protein Bar \_\_\_\_\_

Chicken (Ground) \_\_\_\_\_  
 Chicken (Breast) \_\_\_\_\_  
 Chicken (Thigh) \_\_\_\_\_  
 Chicken (Whole) \_\_\_\_\_  
 Eggs \_\_\_\_\_  
 Flounder \_\_\_\_\_  
 Halibut \_\_\_\_\_

Salmon \_\_\_\_\_  
 Talapia \_\_\_\_\_  
 Tuna \_\_\_\_\_  
 White \_\_\_\_\_  
 Fish \_\_\_\_\_  
 Crab \_\_\_\_\_  
 Lobster \_\_\_\_\_  
 Shrimp \_\_\_\_\_

### VEGETABLES

**Best Choices:** fresh, organic

Artichokes \_\_\_\_\_  
 Asparagus \_\_\_\_\_  
 Arugula \_\_\_\_\_  
 Bean Sprouts \_\_\_\_\_  
 Beets Greens \_\_\_\_\_  
 Beets \_\_\_\_\_  
 Brussel Sprouts \_\_\_\_\_

Broccoli \_\_\_\_\_  
 Bamboo Shoots \_\_\_\_\_  
 Bell Peppers \_\_\_\_\_  
 Bok Choy \_\_\_\_\_  
 Cabbage \_\_\_\_\_  
 Cauliflower \_\_\_\_\_  
 Chicory Greens \_\_\_\_\_  
 Chili Peppers \_\_\_\_\_

Collard Greens \_\_\_\_\_  
 Cucumbers \_\_\_\_\_  
 Dandelion Greens \_\_\_\_\_  
 Dill Pickles \_\_\_\_\_  
 Endive \_\_\_\_\_  
 Escarole \_\_\_\_\_  
 Green Beans \_\_\_\_\_  
 Green Leaf Lettuce \_\_\_\_\_

Kale \_\_\_\_\_  
 Mushrooms \_\_\_\_\_  
 Mustard Greens \_\_\_\_\_  
 Onions \_\_\_\_\_  
 Peas \_\_\_\_\_  
 Radicchio Greens \_\_\_\_\_  
 Radishes \_\_\_\_\_  
 Red Leaf Lettuce \_\_\_\_\_

### FRUIT

**Low Sugar Best Choices:**

Raspberries \_\_\_\_\_  
 Blueberries \_\_\_\_\_  
 Blackberries \_\_\_\_\_  
 Strawberries \_\_\_\_\_  
 Apples \_\_\_\_\_

**2nd Best Choices:**

Avocado \_\_\_\_\_  
 Tomatoes \_\_\_\_\_  
 Peaches \_\_\_\_\_  
 Pears \_\_\_\_\_  
 Kiwi \_\_\_\_\_

**3rd Best Choices:**

Oranges \_\_\_\_\_  
 Tangerines \_\_\_\_\_  
 Nectarines \_\_\_\_\_  
 Grapefruit \_\_\_\_\_  
 Grapes \_\_\_\_\_  
 Melons \_\_\_\_\_

### SWEETENERS

Stevia \_\_\_\_\_  
 Monk Fruit \_\_\_\_\_

### HERBS

Basil \_\_\_\_\_  
 Bay Leaf \_\_\_\_\_  
 Chives \_\_\_\_\_  
 Cilantro \_\_\_\_\_  
 Mint \_\_\_\_\_  
 Oregano \_\_\_\_\_  
 Parsley \_\_\_\_\_  
 Rosemary \_\_\_\_\_  
 Thyme \_\_\_\_\_  
 Sage \_\_\_\_\_

### CARBS

Quinoa \_\_\_\_\_  
 Sweet Potato \_\_\_\_\_  
 Brown Rice \_\_\_\_\_  
 Almond Flour/Meal \_\_\_\_\_  
 Beans \_\_\_\_\_  
 Lentils \_\_\_\_\_

### SPICES

Apple Cider Vinegar \_\_\_\_\_  
 Black Pepper \_\_\_\_\_  
 Cayenne \_\_\_\_\_  
 Cumin \_\_\_\_\_  
 Curry \_\_\_\_\_  
 Dulse Flakes \_\_\_\_\_  
 Garlic \_\_\_\_\_  
 Kelp Flakes \_\_\_\_\_  
 Lemon \_\_\_\_\_  
 Lime \_\_\_\_\_  
 Mustard \_\_\_\_\_  
 Onion Powder \_\_\_\_\_  
 Real Sea Salt \_\_\_\_\_  
 Turmeric \_\_\_\_\_

### HEALTHY FATS

Coconut Oil \_\_\_\_\_  
 Avocado \_\_\_\_\_  
 Chia Seeds \_\_\_\_\_  
 Hemp Seeds \_\_\_\_\_  
 Other Seeds \_\_\_\_\_  
 Nuts \_\_\_\_\_  
 Real Butter \_\_\_\_\_  
 Sunflower seeds \_\_\_\_\_  
 Pecans \_\_\_\_\_  
 Cashews \_\_\_\_\_  
 Walnuts \_\_\_\_\_  
 Hazelnuts \_\_\_\_\_  
 Almonds \_\_\_\_\_

### CONDIMENTS

Pickle Relish \_\_\_\_\_  
 Salsa \_\_\_\_\_  
 Soy Sauce \_\_\_\_\_  
 Tabasco Sauce \_\_\_\_\_  
 Horseradish \_\_\_\_\_  
 Ketchup (no sugar) \_\_\_\_\_  
 Mustard \_\_\_\_\_  
 Olives \_\_\_\_\_  
 Picante Sauce \_\_\_\_\_

### WATER

Filtered H2O  
 (no sparkling H2O) \_\_\_\_\_

# EGGVOCADO



## Ingredients:

- 1 avocado
- 2 eggs (Free-Range)
- Finely ground Himalayan rock salt & a pinch of black pepper

## Directions:

- 1.)** Preheat oven to 350° F .
- 2.)** Slice the avocado in half and scoop out a little flesh from each half to make room for the eggs.
- 3.)** Place face-up on a baking sheet.
- 4.)** Crack an egg in each half of the avocado and season with Himalayan salt and pepper.
- 5.)** Bake for 10-15 minutes, depending on how cooked you like your eggs.

# GREEN MACHINE

# VEGGIE CASSEROLE

## Ingredients:

- 1 Tbsp. coconut oil
- 1 yellow onion, diced
- 2-4 cups chopped green vegetables such as broccoli, kale or spinach
- 1/2 cup fresh basil, chopped
- 6 eggs (Free-Range)
- 2 Tbsp. canned coconut milk
- 1 tsp. finely ground Himalayan rock salt
- 1/2 tsp. black pepper

## Directions:

- 1.)** Preheat oven to 375° F and grease an 8" square baking dish.
- 2.)** In a large skillet, heat the coconut oil, add the onion and cook until softened, about 5 minutes.
- 3.)** Add the vegetables and cook for another 5 to 7 minutes or until softened. Add the basil and cook for 5 more seconds.
- 4.)** Whisk together the salt, pepper, eggs and coconut milk.
- 5.)** Transfer the cooked vegetable mixture to your prepared pan. Pour the egg mixture over the vegetables.
- 6.)** Bake for 20 to 30 minutes or until eggs are set. Let cool slightly before slicing and serving.

# PROTEIN PANCAKES



## Ingredients:

- 1 cup unsweetened vanilla almond milk
- 1 egg (Free-Range)
- 2 Tbsp. coconut oil
- 1 tsp. vanilla
- 1 cup almond flour
- 2 scoops Slenderiiz PureNourish Protein Powder
- 2 Tbsp. baking powder
- 1 tsp. finely ground Himalayan rock salt
- Cinnamon to taste

Toppings - Strawberries, Raspberries, Blueberries, Sugar-Free Syrup

## Directions:

- 1.)** Combine wet ingredients in a bowl.
- 2.)** Add dry ingredients and mix well.
- 3.)** Add more almond flour or milk to get the right consistency.
- 4.)** Ladle batter onto a hot griddle and cook until fluffy.
- 5.)** Serve with your favorite toppings.



# EASY EGG CUPS

## Ingredients:

- 10 large eggs (Range-Free)
- 1 - 1 1/2 tsp. finely ground Himalayan rock salt
- 1/4 - 1/2 tsp. black pepper

## Mushroom, Pepper and Spinach

- 1 cup chopped mushrooms white button or cremini
- 1/2 cup diced green bell peppers
- 1 cup chopped spinach

## Turkey Bacon and Spinach

- 1/2 tsp. garlic powder
- 1/2 tsp. dried basil
- 2 cups chopped spinach
- 1/3 cup turkey bacon (Nitrate-Free), crumbled

## Directions:

- 1.)** Preheat oven to 400° F and spray a coat of non-stick cooking spray into your muffin pan.
- 2.)** In a large mixing bowl, whisk together the eggs and salt/pepper. If you are using both recipes above, split egg mixture evenly and add with combine with ingredients for each recipe.
- 3.)** Bake for 12-15 minutes or until eggs are set.

# OVERNIGHT "OATS"



## Ingredients:

- $\frac{2}{3}$  cup full-fat coconut milk (plus more for the following day)
- $\frac{1}{2}$  cup hemp hearts
- 1 Tbsp. chia seed
- 2 tsp. confectioners' erythritol or 3 to 4 drops of liquid stevia
- $\frac{1}{2}$  tsp. vanilla extract
- A pinch of finely ground Himalayan rock salt
- Toppings - Sliced Almonds, Raspberries, Blueberries, Sliced Strawberries

## Directions:

- 1.)** Add all ingredients to a 12 fl. oz. or larger container with a lid. Stir until combined.
- 2.)** Cover and set in fridge overnight for at least 8 hours.
- 3.)** The following day, add additional coconut milk until desired consistency is reached.
- 4.)** Divide between two small bowls, add toppings if necessary.
- 5.)** Variation: Chocolate Fudge Overnight "Oats". In addition to the ingredients in the Vanilla version above, add 1 tablespoon of Slenderiiz Power Boost. Follow the same instructions as above.

# BRUSSELS SPROUTS HASH WITH EGGS

## Ingredients:

- 4 cups brussels sprouts
- 1 Tbsp. ghee
- 3 cloves garlic
- 6 olives, finely chopped (any kind; we used Kalamata olives)
- 2 eggs (Free-Range)
- Lemon juice
- Finely ground Himalayan rock salt & black pepper

## Directions:

**1.)** Chop off the ends of the sprouts. Slice them in half, then finely shred each half. Place the shreds in a bowl and sprinkle with salt and pepper.

**2.)** Melt the ghee in a nonstick pan on medium-high heat. Swirl it around to coat the pan. Add the shredded Brussels sprouts and garlic, then leave it to cook for about 1 minute. Mix it up and toss it around. Add the olives and mix again.

**3.)** Crack the eggs into opposite sides of the pan. Sprinkle them with salt and pepper. Pour in 2 tablespoons of water and cover with a lid. Let the eggs steam, undisturbed, for 2 minutes.

**4.)** Once the whites of the eggs are cooked through, turn off the heat and sprinkle everything with lemon juice, to taste.

# CAULIFLOWER EGGS

## BENEDICT



### **Ingredients:**

#### Cauliflower Hash Brown:

- 1 cup cauliflower rice
- 1 large egg (Range-Free)
- 1 Tbsp. nutritional yeast
- 2 Tbsp. almond flour
- 1/4 tsp. finely ground Himalayan rock salt

#### Hollandaise Sauce:

- 4 egg yolks
- 1 Tbsp. lemon juice
- 1/2 cup unsalted, melted grass-fed butter
- Pinch of paprika
- 1/4 tsp. finely ground Himalayan rock salt
- 2 large eggs (Range-Free), poached
- 2 slices turkey bacon (Nitrate Free)
- 1 Tbsp. parsley, chopped

# CAULIFLOWER EGGS

## BENEDICT (cont.)

### Directions:

- 1.)** Preheat the oven to 350° F and line a small baking sheet with parchment paper. Combine the ingredients for cauliflower hash browns in a medium mixing bowl and stir well to moisten. Form the mixture into 2 round hash brown patties on a baking sheet. Bake 15 minutes. Flip the hash browns gently and bake for 10 minutes longer.
- 2.)** Heat 1 cup of water in a medium until just barely boiling, about 5 minutes. Place a medium mixing bowl over a saucepan to create a double boiler. Vigorously whisk the eggs and lemon juice in a mixing bowl until thickened and doubled in volume, about 5 minutes. Continue to whisk constantly while heating the eggs. Slowly drizzle in the melted butter until the sauce is thick and creamy, 3 to 4 minutes. The mixture should continue to thicken and double in volume. Remove from the heat and stir in paprika and sea salt. Set the bowl in a warm spot, like on the stove, to stay warm.
- 3.)** In a pan, slowly cook the bacon over medium-low heat until done.
- 4.)** Place the cauliflower hash browns on a serving plate and top with turkey bacon and a poached egg, and drizzle with Hollandaise sauce. Finish with chopped parsley.

# BELL PEPPER EGGS



## Ingredients:

- 1 bell pepper, sliced into 1/4" rings
- 6 eggs (Free-Range)
- 2 Tbsp. chives, chopped
- 2 Tbsp. parsley, chopped
- Finely ground Himalayan rock salt & black pepper

## Directions:

- 1.)** Heat a nonstick skillet over medium heat and grease lightly with cooking spray.
- 2.)** Place a bell pepper ring in the skillet, then sauté for two minutes. Flip the ring, then crack an egg in the middle. Season with salt and pepper, then cook until the egg is cooked to your liking, 2 to 4 minutes.
- 3.)** Repeat with the other eggs, then garnish with chives and parsley.

# PORTOBELLO EGG TOAST

## Ingredients:

- 2 portobello mushrooms
- 4 medium/small tomatoes
- 4 eggs (Free-Range)
- 2 Tbsp. avocado oil
- 6-8 cloves garlic
- Fresh thyme for sprinkling on top
- Finely ground Himalayan rock salt & black pepper

## Directions:

- 1.)** Slice the Portobello mushrooms in half. Drizzle a large fry pan with avocado oil. Place the mushrooms in the pan and cook for about 10 minutes over medium heat on the stovetop (about 5 minutes on each side) until soft and crispy on the edges. Once the mushrooms are cooked set them aside.
- 2.)** Cut tomatoes in half and cook in the fry pan with a drizzle of avocado oil (enough avocado oil so they don't stick or burn). Cook for about 10 minutes (about 5 minutes on each side). Once the tomatoes are cooked remove them from the pan and set aside.
- 3.)** Mince garlic and sauté with a drizzle of avocado oil for about 1 minute until golden and crispy. Then set aside.
- 4.)** Fry the eggs (to your liking). Then layer and assemble the mushroom "toast". Top with crispy garlic, fresh thyme leaves, Himalayan rock salt, and fresh cracked pepper.

# GO TIME PROTEIN SHAKE



## **Ingredients:**

- 1 cup unsweetened vanilla almond milk
- 2 scoops Slenderiiz PureNourish Protein Powder
- 1 Sachet of Go Time Energy Powder
- 4 oz. filtered water
- Handful of ice cubes

## **Directions:**

- 1.)** Combine water, ice, protein powder, energy powder and almond milk.
- 2.)** Mix well or blend ingredients together.



# BLUEBERRY PROTEIN SHAKE

## **Ingredients:**

- ¼ cup fresh blueberries
- 1 Tbsp. flaxseed
- 1 cup unsweetened vanilla almond milk
- 2 scoops Slenderiiz PureNourish Protein Powder
- Low carb simple syrup (optional)

## **Directions:**

- 1.)** Mix all ingredients in a blender and blend until smooth.
- 2.)** Test for sweetness and add syrup as desired.

# RASPBERRY POWER SHAKE



## **Ingredients:**

- 1 cup unsweetened vanilla almond milk
- 2 scoops Slenderiiz PureNourish Protein Powder
- 1 cup fresh or frozen raspberries
- 1/2 tsp. vanilla (optional)
- 1/2 tsp. chia seeds (optional)

## **Directions:**

- 1.)** Blend almond milk and protein powder until dissolved.
- 2.)** Add raspberries, ice and vanilla. Blend until smooth. Garnish with fresh raspberries and chia seeds.

# CHOCOLATE CHERRY BOMB SHAKE

## **Ingredients:**

- 14 oz. filtered water
- 1/4 cup Frozen Cherries
- 1 Scoop Slenderiiz PureNourish Protein Powder
- 1/2 Scoop Slenderiiz Power Boost
- 1 Sachet of Nutrifii Elite

## **Directions:**

- 1.)** Blend water and cherries together.
- 2.)** Add all other ingredients and shake well.

# CHOCOLATE STRAWBERRY SHAKE



## **Ingredients:**

- 1 cup unsweetened almond milk
- 2 scoops Slenderiiz PureNourish Protein Powder
- 1-2 Tbsp. ginger, grated
- 1 Apple, chopped
- 1 Tbsp. fresh mint, chopped
- 1/4 cup bloomed chia seed
- 1/2 cup frozen strawberries
- 1-2 scoops Slenderiiz Giving Greens
- 1 scoop of Slenderiiz Power Boost

## **Directions:**

**1.)** Mix all ingredients in blender and blend until smooth.

# TOOTSIE ROLL SHAKE

## **Ingredients:**

- 2 scoops Slenderiiz PureNourish Protein Powder
- 1 scoop of Slenderiiz Power Boost
- 1 scoop of Slenderiiz Beauty Boost
- 1 package of MOA
- 1 scoop Slenderiiz Giving Greens
- 1 sachet of Nutrifii Elite
- 1 cup filtered water
- Handful of frozen berries
- Handful of ice

## **Directions:**

**1.)** Mix all ingredients in blender and blend until smooth.

# CINNAMON WALNUT SHAKE



## **Ingredients:**

- 2 scoops Slenderiiz PureNourish Protein Powder
- 1 scoop Slenderiiz Power Boost
- 2 cups filtered water
- 1 cup walnuts
- 1 Tbsp. ground cinnamon

## **Directions:**

**1.)** Blend water and walnuts in blender until smooth. Add the cinnamon, protein powder and beauty boost. Mix until smooth.

# INSIDE-OUT

# SMOOTHIE BOWL

## Ingredients:

- 2 scoops Slenderiiz PureNourish Protein Powder
- 1 cup unsweetened vanilla almond milk
- 1/2 cup orange sections
- 1/4 cup grapefruit sections
- 1/2 tsp. vanilla
- 1/2 tsp. nutmeg
- 3 Tbsp. lime juice
- 1 Tbsp. ginger, minced
- 1-2 Tbsp. cilantro

Toppings: 1 Tbsp. chia seeds, 1 Tbsp. hemp seeds, 1 ½ tsp. unsweetened, dehydrated coconut, orange or grapefruit sections.

## Directions:

- 1.)** Add almond milk and PureNourish protein powder. Blend for 15-20 seconds. On medium speed, add the remaining ingredients and blend until smooth. Pour into a wide-mouth glass or small bowl.
- 2.)** Sprinkle the chia seeds evenly on top of the smoothie and let stand for 3 minutes while you cut the fruit toppings. This will allow the chia to bloom and release its nutrients. Add toppings of your choice.

# LEMON GARLIC ROASTED CHICKEN



## Ingredients:

- 6 pound whole roasting chicken (Free-Range)
- 2 lemons halved
- 4 tsp. garlic
- 1 Tbsp. ghee, melted
- 1 Tbsp. Herbes de Provence
- 1 tsp. finely ground Himalayan rock salt and black pepper

## Directions:

- 1.)** Preheat oven to 425° F .
- 2.)** Rinse chicken, pat dry and place in roasting pan.
- 3.)** Stuff cavity with garlic cloves and lemon halves. Rub ghee all over chicken and sprinkle with Herbes de Provence, salt and pepper.
- 4.)** Put chicken in oven and reduce heat to 375°. Roast for about 2 hours.
- 5.)** Remove from oven and allow to rest for 15 minutes.



# PESTO CHICKEN AND VEGGIES

## Ingredients:

- 2 Tbsp. coconut oil
- 1 pound chicken thighs, boneless and skinless, sliced into strips
- 1/3 cup sun-dried tomatoes, drained of oil, chopped
- 1 pound asparagus, ends trimmed, cut in half, if large
- 1/4 cup basil pesto
- 1 cup cherry tomatoes, yellow and red, halved

## Directions:

**1.)** Heat a large skillet on medium heat, add 2 tablespoons coconut oil, add sliced chicken thighs, season chicken generously with salt, add half of chopped sun-dried tomatoes and cook everything on medium heat for 5-10 minutes, flipping a couple of times, until the chicken is completely cooked through. Remove the chicken and sun-dried from the skillet, leaving oil in.

**2.)** Add asparagus,, seasoned generously with salt, remaining half of sun-dried tomatoes, and cook on medium heat for 5-10 minutes until the asparagus cooked through. Remove asparagus to serving plate.

**3.)** Add chicken back to the skillet, add pesto, stir to coat on low-medium heat until chicken is reheated, 1 or 2 minutes. Remove from heat. Add halved cherry tomatoes, mix with the pesto and the chicken. Add chicken and tomatoes to the serving plate with asparagus.

# CHICKEN THIGHS WITH OLIVES



## Ingredients:

- 4 chicken thighs, skin on (Free-Range)
- 4 Tbsp. ghee, divided
- 1/2 cup chicken broth
- 1 lemon (1/2 sliced and 1/2 juiced)
- 1/2 cup pitted Kalamata olives
- 1 tsp. finely ground Himalayan rock salt and black pepper

## Directions:

- 1.)** Preheat oven to 425° F.
- 2.)** Pat chicken thighs dry with a paper towel and season with salt and pepper.
- 3.)** In an oven-safe skillet over medium-high heat, melt 2 tablespoons of ghee. When the ghee has melted, add the chicken thighs, skin-side down. Cook for about 8 minutes, or until the skin is brown and crispy.
- 4.)** Flip the chicken and cook for 2 minutes. Pour in chicken broth, and add the lemon slices, lemon juice, and olives.
- 5.)** Bake in the oven for about 30 minutes, until the chicken is cooked through. Add 2 tablespoons ghee to the broth mixture and serve.

# CHICKEN & VEGGIE

## CURRY

### Ingredients:

- 3 Tbsp. coconut oil
- 1 yellow onion, sliced
- 2 cloves garlic, crushed
- 1 lb. boneless chicken thighs, cut into cubes (Free-Range)
- 1 red bell pepper, cut into strips
- 1 carrot, sliced
- 1 cup fresh green beans
- 1 cup broccoli florets
- 2 cups coconut milk (canned)
- 2 Tbsp. red curry paste
- 1 Tbsp. powdered monk fruit sweetener
- 1 tsp. crushed red pepper, for garnish
- Cauliflower rice (optional)
- 4 cups spinach (optional)
- 1 tsp. finely ground Himalayan rock salt and black pepper

### Directions:

**1.)** Heat coconut oil in a pan and sauté the onions and garlic for about 2 to 3 minutes. Add chicken pieces, and sauté for 4 to 5 minutes. Add the red pepper strips, carrots, green beans and broccoli florets.

**2.)** In a blender or mixer, combine the coconut milk, monk fruit sweetener and red curry paste together and add to pan with the chicken and vegetable mixture. Simmer until all vegetables are soft and chicken is thoroughly cooked.

**3.)** Serve on top of a bed of spinach or cauliflower rice, garnish with crushed red pepper and salt and pepper to taste.

# CHICKEN APPLE STIR FRY



## Ingredients:

- 4 chicken breasts (Free-Range)
- 2 Tbsp. coconut oil
- 2 medium apples
- 1 medium onion
- 1 tsp. fennel
- 2 stalks celery
- 4 bulbs of garlic
- 1 tsp. basil
- 1 tsp. finely ground Himalayan rock salt and black pepper

## Directions:

- 1.)** Cut the chicken into bite sized pieces. Heat the coconut oil in large skillet or wok until melted and cook chicken on medium high heat until cooked through.
- 2.)** While the chicken is cooking, dice the apples, onion and celery.
- 3.)** Add the apples, onion, celery and fennel. Add the spices, and sauté over medium heat until all are cooked through and fragrant, approximately 10-12 minutes.

# CHICKEN WITH CREAMY ROSEMARY MUSHROOMS

## Ingredients:

- 4 bone-in, skin-on chicken thighs (Free-Range)
- 2 Tbsp. coconut oil
- 2 Tbsp. ghee
- 8 oz. cremini or button mushrooms, sliced
- 2 Tbsp. fresh rosemary, chopped
- 2 cloves garlic, minced
- 1/4 cup coconut milk
- 1 tsp. finely ground Himalayan rock salt & black pepper

## Directions:

- 1.)** Preheat oven to 425° F. Pat the chicken dry and season with salt and pepper.
- 2.)** In a skillet over medium heat, heat the oil until shimmering. Add the chicken, skin side down. Cook for 5 to 7 minutes, until skin is golden and crisp. Flip over and cook for another 4 minutes.
- 3.)** Transfer the chicken to a baking dish and place in the oven. Bake for 15 minutes.
- 4.)** While the chicken is baking, prepare the mushrooms: Melt the ghee in hot skillet. Add mushrooms and sauté until golden brown, about 5 minutes. Add the rosemary, garlic, salt, and pepper and cook for 1 minute. Stir in the coconut milk and simmer until thickened
- 5.)** Add the chicken and any accumulated juices back to the skillet. Spoon the mushrooms and sauce over the thighs and serve.

# SRIRACHA CHICKEN LETTUCE WRAPS



## Ingredients:

- 1 Tbsp. coconut oil
- 1/2 onion, diced
- 1½ lb. skinless boneless chicken thighs, cut into bite-sized pieces
- 3 garlic cloves, minced
- 1 cup chopped celery
- 1 carrot, shredded
- 3 Tbsp. sugar-free sriracha sauce
- 3 Tbsp. coconut aminos
- Romaine or Butter leaves
- Chopped green onions for garnish

## Directions:

- 1.)** Heat coconut oil in a large skillet over medium high heat. Add onion and sauté for 3 minutes.
- 2.)** Add chicken and cook, stirring for about 10 minutes, until browned on all sides. Stir in garlic, celery, and carrots, and cook for 3 minutes.
- 3.)** Pour in sriracha, coconut aminos and stir until the sauce is thickened and the chicken is coated. Remove from heat and garnish with green onions. Serve in lettuce leaves.

# JERK CHICKEN

## Ingredients:

- 8 chicken breast (Free-Range)
- 2 cloves garlic
- 1 jalapeño, roughly chopped
- Juice of 1 lime
- 2 Tbsp. EVOO
- 1 Tbsp. Stevia
- 1 1/2 tsp. ground allspice
- 1 tsp. dried thyme
- 1/2 tsp. ground cinnamon
- 1 tsp. finely ground Himalayan rock salt & black pepper
- Coconut oil, for grill
- 1 bunch green onions, plus more thinly sliced for garnish

## Directions:

**1.)** In a blender, combine green onions, garlic, jalapeño, lime juice, oil, stevia, allspice, thyme, cinnamon, 1 teaspoon salt, and 2 tablespoons water and blend until smooth. Set aside ¼ cup.

**2.)** Place chicken in a shallow dish and season with salt. Pour remaining marinade over chicken; toss to coat. Let marinate in fridge, turning once or twice, at least 2 hours or up to overnight.

**3.)** When ready to grill, heat grill to medium-high and oil grates. Grill chicken, turning occasionally, until chicken is charred in spots, about 10 minutes.

**4.)** Move chicken to a cooler part of the grill and brush with reserved marinade. Grill, covered, until chicken is cooked through, 10 to 15 minutes more.

# BRUSCHETTA

## CHICKEN



### Ingredients:

- 4 boneless skinless chicken breasts (Free-Range)
- 32 oz. of cherry tomatoes
- 4 cloves of garlic
- 2 Tbsp. coconut oil
- Green onions, chopped
- 1/2 cup fresh basil, chopped
- 1 tsp. EVOO
- 1 tsp. finely ground Himalayan rock salt & black pepper

### Directions:

- 1.)** Preheat oven to 400° F.
- 2.)** In a 9×13 casserole dish combine chicken breasts, tomatoes and coconut oil. Use the back of a fork and slightly smash garlic cloves before adding to the tomatoes.
- 3.)** Place casserole dish in the oven for 10 minutes. Remove and flip the chicken before placing back in the oven for another 10 minutes.
- 4.)** Plate chicken, top with tomatoes, basil and chopped green onions. Drizzle on some extra virgin olive oil, salt and pepper.



# CILANTRO LIME CHICKEN

## WITH AVOCADO

### Ingredients:

- 1.5 lb. boneless chicken breast
- 1/4 cup lime juice
- 2 Tbsp. avocado oil
- 1/4 cup fresh cilantro
- 1/2 tsp. ground cumin
- 1/4 tsp. salt

### Avocado Salsa:

- 4 avocados, diced
- 1/2 cup fresh cilantro, diced
- 3 Tbsp. lime juice
- 1/2 Tbsp. red wine vinegar
- 1/2 tsp. red pepper flakes
- 1 garlic clove, minced
- 1 tsp. finely ground Himalayan rock salt & black pepper

### Directions:

**1.)** To a small bowl, add 1/4 cup of lime juice, avocado oil, 1/4 cup of fresh cilantro, ground cumin, and 1/4 teaspoon of salt. Whisk until mixed.

**2.)** Add chicken and marinade to a large zip lock bag. Let chicken marinate for 15 minutes.

**3.)** Preheat grill to medium high heat (about 400°). Place chicken on grill and grill each side for 4-6 minutes, until chicken is no longer pink. Remove and let sit.

**4.)** To make the avocado salsa: Add avocado, 1/2 cup fresh cilantro, 3 tablespoons lime juice, red wine vinegar, red pepper flakes, garlic clove, and salt to a small bowl. Gently toss to mix.

# MEAT SAUCE AND ZOODLES



## Ingredients:

- 1 lb. ground beef (Grass-Fed) or fresh ground turkey
- 1 - 28 oz. can crushed tomatoes (no added salt or sugar)
- 1 Tbsp. fresh basil
- 1 Tbsp. coconut oil
- 1 clove garlic, minced
- 1/3 cup white cooking wine
- 1 package zucchini noodles or make your own spiraled zucchini
- 1 tsp. finely ground Himalayan rock salt and black pepper

## Directions:

- 1.)** Cook ground beef or turkey in a skillet until browned and remove from heat. Remove meat from pan.
- 2.)** Add the coconut oil and sauté the garlic for 20 seconds, careful not to burn it! Deglaze the pot with the wine. Then add in the tomatoes, basil, salt pepper and stir. Add the meat back into the pot and simmer on medium-low for 30 minutes.
- 3.)** Serve over Zoodles. Season with salt and pepper.

# STUFFED ZUCCHINI BOATS

## Ingredients:

- 4 zucchini, halved lengthwise
- 2 Tbsp. coconut oil
- 1 yellow onion, diced
- 2 cloves garlic, sliced
- 1 lb. ground beef (Grass-Fed) or fresh ground turkey
- 1 cup cauliflower rice
- 1 small bell pepper, diced
- 2 Tbsp. mustard (Dijon, English, or Stone Ground)
- 1 tsp. finely ground Himalayan rock salt & black pepper

## Directions:

- 1.)** Preheat oven to 350° F.
- 2.)** Trim the ends off the zucchini and cut in half lengthwise. Using a small spoon, scoop out the seeds and core of the zucchini (dice and set aside). Season the zucchini boats with salt and pepper; set aside.
- 3.)** Heat coconut oil in a large skillet; add onion and garlic, sprinkle with a little salt, and sauté for two to three minutes.
- 4.)** Add the ground beef and cook for 5 minutes, stirring occasionally.
- 5.)** Add the cauliflower rice, bell pepper, reserved zucchini, and mustard. Stir and season with salt and pepper to taste. Cook for one to two minutes until heated through.
- 6.)** Fill reserved zucchini boats with the beef mixture. Place on greased baking sheet and bake for 25 to 30 minutes or until golden brown. Serve warm.

# MIXED SPICE BURGERS



## Ingredients:

- 1 1/2 lbs. ground beef (Grass-Fed)
- 1 medium onion, finely chopped
- 3 Tbsp. fresh parsley, minced
- 2 Tbsp. fresh mint, minced
- 1 garlic clove, minced
- 3/4 tsp. ground allspice
- 3/4 tsp. black pepper
- 1/2 tsp. ground cinnamon
- 1/2 tsp. finely ground Himalayan rock salt
- 1/4 tsp. ground nutmeg
- Romaine or Butter Leaves

## Directions:

**1.)** Combine the first 9 ingredients. Add beef; mix lightly but thoroughly. Shape into six 4x2-inch oblong patties.

**2.)** Grill patties over medium heat for 4-6 minutes on each side. Place on lettuce leaves and serve.

# BURRITO BOWL

## Ingredients:

- 2 Tbsp. coconut oil
- 3 bell peppers, thinly sliced
- 1 large yellow onion, thinly sliced
- 2 cups cherry tomatoes, halved
- 1 lb. ground beef (Grass-Fed) or fresh ground turkey
- 1/2 tsp. cumin
- 1/4 tsp smoked paprika
- 2 ripe avocados
- 1 small red onion, finely chopped
- Juice of 1 lime
- 1 tsp. finely ground Himalayan rock salt & black pepper
- Cauliflower Rice

## Directions:

**1.)** Add 1 Tbsp. of the coconut oil to the skillet and turn the heat to medium-high. Add the peppers, onions, and 1/4 tsp salt. Cook, stirring occasionally, until softened, about 5 minutes. Transfer the vegetables to a plate. Don't wipe out the pan.

**2.)** Add the remaining 1 Tbsp. coconut oil to the pan, and add the ground beef, cumin, paprika, and 1/2 tsp salt. Cook over medium-high heat, breaking up the meat as needed, until browned and cooked through.

**3.)** In a small bowl, mash together the avocados, red onion, and lime juice. Season with salt and pepper to taste.

**4.)** Serve over cauliflower rice. Top with a dallop of guacamole.

# CABBAGE ROLLS



## Ingredients:

- 1 large head cabbage
- 1 can (8 ounces) tomato sauce (no added salt or sugar)
- 1 small onion, chopped
- 2 Tbsp. chili powder
- 1/4 tsp. garlic powder
- 1/8 tsp. finely ground Himalayan salt
- 1 lb. ground beef (Grass-Fed) or fresh ground turkey
- 1 can (15 ounces) tomato sauce (no added salt or sugar)

## Directions:

**1.)** Cook cabbage in boiling water just until leaves fall off head. Set aside 12 large leaves for rolls. (Refrigerate remaining cabbage for another use.) Cut out the thick vein from the bottom of each reserved leaf, making a V-shaped cut.

**2.)** In a large bowl, combine tomato sauce, onion, chili powder, garlic powder and salt. Crumble beef over mixture; mix well. Shape into 12 balls. Place 1 meatball on each cabbage leaf; overlap cut ends of leaf. Fold in sides, beginning from the cut end. Roll up completely to enclose meatball. Secure with toothpicks.

**3.)** Place in a 5-qt. slow cooker. Pour remaining tomato sauce over cabbage rolls. Cover and cook on low for 8 hours or until meat is no longer pink and cabbage is tender. Discard toothpicks.

# PHILLY STUFFED PEPPERS

## Ingredients:

- 2 large bell peppers, halved lengthwise, seeds removed
- 1 Tbsp. EVOO
- 1 large onion, halved and sliced
- 1 (8 ounce) package mushrooms, thinly sliced
- 12 oz. top round steak (Grass-Fed), thinly sliced
- 1 Tbsp. Italian seasoning
- 1 Tbsp. Worcestershire sauce
- 1 tsp. finely ground Himalayan rock salt & black pepper
- Daiya Provolone Cheese Slices

## Directions:

**1.)** Preheat oven to 375° F. Place pepper halves on a rimmed baking sheet. Bake until tender but still holding their shape, about 30 minutes.

**2.)** Meanwhile, heat oil in a large skillet over medium heat. Add onion and cook, stirring, until starting to brown, 4 to 5 minutes. Add mushrooms and cook, stirring, until they're softened and release their juices, about 5 minutes more. Add steak, Italian seasoning, pepper and salt; cook, stirring, until the steak is just cooked through, 3 to 5 minutes more. Remove from heat and stir in Worcestershire.

**3.)** Preheat broiler to high. Divide the filling between the pepper halves and top each with a slice of cheese. Broil 5 inches from the heat until the cheese is melted and lightly browned, 2 to 3 minutes.

# BEEF STROGANOFF



## Ingredients:

- 1/4 cup almond flour
- 1 lb. tenderloin beef, cut into pieces
- 1/4 cup ghee, softened
- 1/2 cup diced onion
- 2 cloves garlic, finely chopped
- 1 cup fresh mushrooms, sliced
- 1 1/2 cup beef broth (low sodium)
- 1 tsp. of mustard (Dijon, English, or Stone Ground)
- 1 cup canned coconut milk
- Zucchini noodles or cauliflower rice
- 1 tsp. finely ground Himalayan rock salt & black pepper

## Directions:

- 1.)** Place almond flour, salt and pepper in a plastic bag and add beef pieces. Close bag and shake to combine well.
- 2.)** In a pan, melt ghee over medium-high heat. Sauté onion and garlic with a pinch of salt for a few minutes, stirring occasionally.
- 3.)** Add beef pieces and mushrooms to pan and brown lightly for 3 to 4 minutes. Stir in beef broth and mustard; combine well. Cover and cook over low heat for about 20 to 25 minutes.
- 4.)** Add coconut milk and cook for a further 5 minutes. Salt and pepper to taste. Serve warm with zucchini noodles or cauliflower rice.



# MEATLOAF

## Ingredients:

- 2 lbs. ground beef (Grass-Fed)
- 1/2 cup almond flour
- 2 eggs (Free-Range)
- 1/2 onion, diced finely
- 1/4 cup carrot, grated
- 4 cloves garlic, minced
- 2 Tbsp. coconut aminos
- 1 Tbsp. sugar free ketchup
- 2 tsp. Italian seasoning
- 1 tsp. finely ground Himalayan rock salt & black pepper

## Topping:

- 1/3 cup sugar-free ketchup
- 1 Tbsp. coconut aminos
- 1 tsp. Dijon mustard

## Directions:

- 1.)** Preheat oven to 350° F. Lightly grease a 9x5 loaf baking pan.
- 2.)** Combine all of the ingredients in a large bowl and mix well using your hands. Transfer the mixture to the loaf pan and push down to even it out and ensure there are no air bubbles. Bake for 30 minutes.
- 3.)** While it's baking, making the topping (if you're using it). When the meatloaf comes out of the oven, spread the topping on top evenly. Place back into the oven for 30-35 minutes. Let the meatloaf cool for 15-20 minutes before slicing.

# TURKEY MEATBALLS



## Ingredients:

- 2 lbs. fresh ground turkey
- 1 cup shredded zucchini liquid squeezed out (measured before squeezing)
- 2 large eggs (Free-Range)
- 4 large garlic cloves, grated
- 2 Tbsp. onion powder
- 1 tsp. dried oregano
- 1 tsp. finely ground Himalayan rock salt & black pepper

## Directions:

- 1.)** Preheat oven to 375° F. Line 2 baking sheets with parchment paper or cooking spray.
- 2.)** In a large bowl, add ground turkey, zucchini, eggs, garlic, onion powder, oregano, salt and pepper; mix well with your hands.
- 3.)** Using small cookie scoop form 47 meatballs (it helps to dip hands in a bowl with cold water occasionally) and lay on baking sheets.
- 4.)** Bake for 15 minutes, turn and toss with spatula and bake for 5 more minutes. Serve hot.

# SHEET PAN FAJITAS

## Ingredients:

- Beef (Grass-Fed) and Chicken (Free-Range) as much as you need for your family - Make extra, this heats up well and makes a great salad topper
- Several Bell Peppers - Green, Yellow & Red, sliced
- 2 large onions
- 2 garlic cloves
- 1 lime
- Make your own Fajita spice blend - Cumin, Chili, Paprika and Oregano. For a large pan use a tsp. of each.
- 1 tsp. finely ground Himalayan rock salt & black pepper
- Romaine or butter leaves
- Coconut Oil

## Directions:

- 1.)** Preheat oven to 375° F. Cut steak or chicken into bit size pieces drizzle with coconut oil and fajita spiced blend. Spread out on a large sheet pan, put in oven and bake for 10 minutes.
- 2.)** While the meat is cooking chop onions, garlic and peppers. Take sheet out of oven and add chopped veggies sprinkle with salt and pepper, mix in with partially cooked meat and place back in hot oven.
- 3.)** Cook for 10-15 more minutes until veggies and at desired tenderness. Remove from oven and drizzle with lime juice.
- 4.)** Fill lettuce leaves with fajita mixture. Top with tomatoes if you wish.

# GARLIC BUTTER

# SHRIMP



## Ingredients:

- 3 Tbsp. ghee
- 1/2 pound shrimp
- 1 tsp. finely ground Himalayan rock salt & black pepper
- 1 lemon, halved
- 2 garlic cloves, crushed
- 1/4 teaspoon red pepper flakes (optional)

## Directions:

- 1.)** Preheat oven to 425° F.
- 2.)** Place the ghee in an 8-inch baking dish and place into the oven while it is preheating, just until the butter melts. Sprinkle the shrimp with salt and pepper.
- 3.)** Slice one half of the lemon into thin slices and cut the other half into 2 wedges.
- 4.)** Add garlic to ghee in the baking dish. Spread shrimp in a single layer over bottom of baking dish. Top with the lemon slices. Sprinkle the top of the fish with the red pepper flakes (optional).
- 5.)** Bake for 15 minutes, stirring halfway through. Remove shrimp from oven and squeeze lemon wedges over dish.

# FISH TACO BOWL

## Ingredients:

- 2 (5-ounce) tilapia fillets
- 1 Tbsp. coconut oil
- 4 tsp. tajin seasoning, divided
- 2 cups pre-sliced coleslaw cabbage mix
- 1 Tbsp. Primal Kitchen Mayo, plus more for serving
- 1 avocado, mashed
- 1 tsp. finely ground Himalayan rock salt & black pepper

## Tajin Seasoning:

- 1 Tbsp. paprika
- 1 tsp. lime zest
- 1/2 tsp. ground cumin
- 1/4 tsp. each garlic powder, onion powder, ground coriander, salt and cayenne pepper

## Directions:

- 1.)** Preheat oven to 425° F.
- 2.)** In a small bowl, combine and mix ingredients for Tajin seasoning.
- 3.)** Rub the tilapia with coconut oil and coat with 2 tsp. of seasoning.
- 4.)** Bake for 15 minutes, or until the fish is opaque when you pierce it with a fork. Put the fish on a cooling rack and let it sit for 4 minutes
- 5.)** Meanwhile, in a medium bowl, mix the coleslaw with the mayo until lightly coated. Add the mashed avocado and the remaining Tajin seasoning. Season with salt and pepper. Divide the salad between two bowls. Shred the fish into small pieces and add to bowls. Drizzle with mayo and serve.

# CREAMY DILL SALMON



## Ingredients:

- 4 salmon fillets
- 1/3 cup vegan sour cream
- 1/3 cup mayonnaise
- 1 garlic clove, minced
- 1/8 tsp. onion powder
- 1/2 Tbsp. lemon juice
- 1 tsp. prepared horseradish
- 2 Tbsp. fresh dill, chopped
- 1 tsp. finely ground Himalayan rock salt & black pepper
- Lemon wedges, for serving

## Directions:

- 1.)** Preheat oven to 400° F. Place salmon on a baking sheet lined with parchment paper. Season fillet with salt & pepper to taste.
- 2.)** Bake for 15 – 20 minutes, until salmon is cooked through and easily flakes.
- 3.)** In a medium bowl, whisk the remaining ingredients until evenly combined.
- 4.)** Serve with dill sauce and fresh lemon wedges.

# CAJUN JAMBALAYA

## Ingredients:

- 1 lb. chicken, diced (Free-Range)
- 1 lb. shrimp (peeled with tails removed)
- 3 bell peppers, diced
- 1 onion
- 3 cloves garlic
- 1 tsp. finely ground Himalayan rock salt and black pepper
- 1 tsp. Cajun seasoning
- 1 tsp. parsley
- ½ tsp. basil
- ½ tsp. oregano
- 15 oz. canned diced tomatoes (no added salt or sugar)
- 2 bags frozen riced cauliflower

## Directions:

- 1.)** In large skillet, cook chicken. While the meat is cooking, dice the bell peppers and onion and mince the garlic. Remove from pan and set aside.
- 2.)** Sauté the diced bell peppers and onions in the skillet until soft, adding the minced garlic in the last minute or two. Season with the spices listed.
- 3.)** When the onion mixture is done softening, add the can of diced tomatoes. Add the chicken, shrimp and cauliflower rice and simmer another 10-15 minutes until shrimp is cooked.

# BLACKENED SALMON



## Ingredients:

- 3 Tbsp. ghee
- 4-6 oz. salmon fillet
- 1 avocado
- 1/4 tsp. smoked paprika
- 1/4 tsp. cayenne
- 1/4 tsp. black pepper
- 1 lemon
- 1 Tbsp. coconut oil
- 1 package zucchini noodles or make your own spiraled zucchini
- 1 tsp. finely ground Himalayan rock salt & black pepper

## Directions:

- 1.)** Preheat oven to 450° F.
- 2.)** Season salmon with paprika, cayenne, black pepper, juice of lemon and coconut oil. Bake salmon in the oven for 12 minutes.
- 3.)** Add zucchini noodles to a skillet and sauté in the ghee until tender crisp, about 3-4 minutes, while constantly tossing with tongs. Season with salt and pepper, to taste.
- 4.)** Remove the salmon from the oven and serve over zoodles with sliced avocado on the side.



# CAJUN SHRIMP WITH PESTO ZOODLES

## Ingredients:

- 1 lb. large shrimp, peeled and deveined
- 2 tsp. Cajun seasoning
- 1 garlic clove, pressed
- 2 Tbsp. coconut oil
- ½ cup basil pesto, room temperature
- ½ cup grape tomatoes, halved
- 1 package zucchini noodles or make your own spiraled zucchini
- 1 tsp. finely ground Himalayan rock salt & black pepper

## Directions:

- 1.)** In a medium bowl, toss the shrimp with cajun seasoning and garlic.
- 2.)** Melt coconut oil in a large non-stick skillet over medium-high heat. Add the shrimp in a single layer. Shrimp should sizzle on contact with skillet. Cook the shrimp for about 2 minutes per side, without disturbing, or until fully cooked. Remove to a clean bowl.
- 3.)** Add zucchini noodles to the skillet and sauté until tender crisp, about 3-4 minutes, while constantly tossing with tongs. Season with salt and pepper, to taste.
- 4.)** Remove the pan from the heat and toss the zoodles with the pesto. Then add the cooked shrimp (without the juices) and tomatoes. Taste for salt and pepper. Serve immediately.

# LEMON HERB TUNA STEAKS



## Ingredients:

- 4  $\frac{3}{4}$ -inch thick tuna fillets
- 4 Tbsp. avocado oil
- Juice of  $\frac{1}{2}$  lemon
- $\frac{1}{4}$  tsp. dried oregano
- $\frac{1}{4}$  tsp. dried thyme
- $\frac{1}{4}$  tsp. dried basil
- 1 tsp. garlic powder
- $\frac{1}{2}$  tsp. finely ground Himalayan rock salt
- $\frac{1}{4}$  tsp. black pepper

## Directions:

- 1.)** Preheat oven to 450° F.
- 2.)** Combine all ingredients in a large resealable bag along with the tuna filets. Seal the bag and massage the fillets to rub in the seasoning and distribute all the ingredients. Chill for 15 minutes.
- 3.)** Put tuna fillets onto a baking sheet and add lemon slices if desired. Bake for 6 minutes. Flip tuna fillets and cook for another 6 minutes.

# Chimichurri Salmon

## Ingredients:

- 4 (6 oz.) salmon fillets, fresh or frozen, thawed
- 1 Tbsp. coconut oil
- 1 tsp. finely ground Himalayan rock salt & black pepper
- Lemon wedges, optional

## Chimichurri sauce:

- 2 cups fresh parsley
- 1/4 cup fresh basil
- 1 shallot
- 1/2 cup coconut oil
- 2 Tbsp. white vinegar
- 1 Tbsp. lemon juice
- 4 cloves garlic
- 1/2 finely ground Himalayan rock salt
- 1/4 tsp. crushed red pepper flakes (or more if you like heat)

## Directions:

**1.)** Preheat oven to 425° F.

**2.)** Place salmon skin-side down on the prepared baking sheet and brush with with oil. Generously season each filet with salt and pepper. Bake salmon in the oven for 8 to 10 minutes then turn the broiler on and cook for an additional 2 to 3 minutes, until edges of salmon are crisp.

**3.)** To make the chimichurri sauce: Using a food processor or a blender, combine all the ingredients and blend until chopped. Spoon chimichurri sauce over the salmon, serve with lemon wedges.

# LOBSTER ROLL SALAD



## Ingredients:

- 1 lb. lobster meat
- 2 Tbsp. lemon juice
- 1/2 cup Primal Kitchen mayo
- 1/2 tsp. Dijon mustard
- 1 pinch Paprika
- 1 tsp. finely ground Himalayan rock salt & black pepper
- Romaine or Butter leaves
- Lemon wedges, optional

Toppings: 1/4 cup chopped celery or 2 Tbsp. green onions

## Directions:

- 1.)** Sprinkle lobster meat with lemon juice; chill.
- 2.)** Mix mayonnaise with the mustard; season with salt and pepper.
- 3.)** Place lobster meat on the lettuce leaves; add a spoonful of dressing to each serving. Sprinkle with paprika and squeeze lemon wedge over top. Top with toppings if desired.

# Ingredients: **CRAB CAKES**

- 4 Tbsp. EVOO
- 1 stalk Celery (finely chopped)
- ½ Shallot (finely chopped)
- 1 egg (Free-Range), beaten
- 2 tsp. Dijon mustard
- 2 tsp. Old Bay seasoning
- 1 tsp. Worcestershire
- 2 Tbsp. Parsley (finely chopped)
- 1 ½ tsp. almond flour
- 1 cup Crab meat (lump)
- 2 Tbsp. Ghee

## **Directions:**

- 1.)** Heat 1 tablespoon of EVOO in a nonstick sauté pan over medium heat. Sauté the celery for 3 minutes, then add the chopped shallot and sauté for an additional 2 minutes. Set aside to cool.
- 2.)** In a small bowl, combine the egg, Worcestershire, and Dijon mustard, mixing until smooth. In a another bowl, combine the Old Bay, parsley, almond flour, and cooled vegetables, mixing thoroughly.
- 3.)** Gently add the crab meat to the egg mixture, folding to combine. Try not to break up the crab lumps. Add the dry ingredients to the crab mixture, again folding gently.
- 4.)** Heat the remaining EVOO and ghee over medium heat in the nonstick sauté pan. Divide the crab mixture into equal parts to form 4 cakes, squeeze firmly to form a solid cake.
- 5.)** Place the cakes carefully in the hot oil. Cook for about 3 minutes per side until golden brown. Cover your pan so they cook through. Lift an edge after three minutes. They should be browned and hold together well. Remove from the pan gently, and plate.

# BEANLESS BEEF CHILI



## Ingredients:

- 1 Tbsp. ghee, softened
- 1 onion, finely chopped
- 1 garlic clove, minced
- 1 lb. ground beef (Grass-Fed) or fresh ground turkey
- 1 Tbsp. tomato paste (no added salt or sugar)
- 1 jar of medium salsa
- 1 jar of diced tomatoes (no added salt or sugar)
- 1 Tbsp. chili powder
- 1 Tbsp. hot chili sauce
- 1 tsp. finely ground Himalayan rock salt & black pepper

## Directions:

**1.)** Heat ghee in a large skillet over medium heat. Sauté the onion and garlic for about 4 minutes.

**2.)** Add ground beef, season with salt and ground pepper. Cook just long enough to brown the meat. Stir in the tomato paste. Add salsa, tomatoes, chili powder and chili sauce to meat mixture. Reduce heat to low, and simmer for about 15 minutes; stirring often. Serve Hot.

# FIESTA LIME

# CHICKEN CHOWDER

## Ingredients:

- 2 Tbsp. avocado oil
- 1 lb. boneless, skinless, chicken thighs, diced (Free-Range)
- 1 onion, chopped
- 1 jalapeno pepper, diced
- 2 tsp. garlic, minced
- 2 cups low-sodium chicken stock
- 1 (14-ounce) can diced tomatoes (no added salt or sugar)
- 6 oz. Kite Hill non-dairy cream cheese
- 1/2 cup coconut milk
- 2 Tbsp. fresh cilantro, chopped
- Juice of 1 lime

## Directions:

**1.)** In a large saucepan over medium-high heat, heat the avocado oil. Cook the chicken thighs until cooked through, about 10 minutes, and use a slotted spoon to remove the chicken to a plate.

**2.)** Sauté the onion, jalapeno pepper, and garlic until the vegetables are softened, about 4 minutes. Add chicken stock, diced tomatoes, and reserved chicken to the pot, and bring the liquid to a boil. Reduce the heat to low, and simmer for 30 minutes

**3.)** Whisk in the Kite Hill cream cheese, coconut milk, lime juice, and cilantro. Cook until the soup is creamy, about 5 minutes.

# TURKEY CABBAGE ROLL SOUP



## Ingredients:

- 1 lb. ground turkey
- 1/2 medium onion, coarsely chopped
- 2-3 garlic cloves
- 1 cup carrots, shredded
- 1/3 head purple cabbage, thinly sliced
- 1 - 8oz. can tomato sauce (no added salt or sugar)
- 1/2 bell pepper diced
- 1 can of mushrooms
- 2-3 tsp. Worcestershire sauce
- 1/2 lemon, juiced
- 1 tsp. cumin
- 8 oz. low-sodium beef broth
- 1 tsp. finely ground Himalayan rock salt

## Directions:

**1.)** Brown ground turkey. Add garlic, mushrooms, peppers and onions. Cook until slightly softened. Add cumin, salt/pepper, Worcestershire sauce and lemon juice. Cook for 2 more minutes. Add tomato sauce and beef broth. Simmer everything together. Add cabbage at the end and simmer until cabbage is as soft as you want it.



# CHIPOTLE CHICKEN AND VEGGIE SOUP

## Ingredients:

- 2 Tbsp. coconut oil
- 1 cup onion, chopped
- 2 large cloves garlic, minced
- 1 yellow pepper, chopped
- 1 tsp. ground chipotle
- 1 ½ tsp. ground cumin
- ¼ tsp. allspice
- 8 cups low-sodium chicken broth
- 2 lb. chicken breasts (Free-Range)
- 2 cups zucchini, chopped (about 1 medium)
- 2 cups halved cherry tomatoes (about 1 pint)
- 2-3 tablespoons lime juice
- 1 tsp. finely ground Himalayan rock salt and black pepper

## Directions:

**1.)** Heat oil in a large pot over medium heat. Add onion and garlic and cook, stirring occasionally, until softened, 2 to 3 minutes. Add chipotles, yellow pepper, cumin and allspice; cook, stirring, for 1 minute. Add broth and chicken. Cover, increase heat to high and bring to a simmer. Uncover and cook, turning the chicken occasionally for 20-22 minutes. Transfer the chicken to a clean cutting board. When cool enough to handle, remove the meat and shred. Meanwhile, add the zucchini and tomatoes and return to simmer. Cook until the vegetables are tender, 4 to 10 minutes. Stir in the shredded chicken and salt and pepper, cook until heated through. Stir in lime juice to taste.

# TOMATO SOUP



## Ingredients:

- 2.5 pounds of Tomatoes (mix of fresh heirlooms, cherry, wine and plum)
- 6 cloves of garlic, peeled
- 2 small yellow onions
- 1/2 cup of EVOO
- 1 quart low-sodium chicken stock
- 2 bay leaves
- 1 tsp. finely ground Himalayan rock salt and black pepper

## Directions:

- 1.)** Preheat oven to 450° F.
- 2.)** Wash core and cut tomatoes into halves. Spread the tomatoes, garlic cloves, and onions onto a baking tray. If using vine cherry tomatoes for garnish, add them as well, leaving them whole on the vine. Drizzle with 1/2 cup of olive oil and season with salt and pepper. Roast for 20 to 30 minutes.
- 3.)** Remove roasted tomatoes, garlic and onions from the oven and transfer to stick pot. Add 2/4 of the chicken stock and bay leaves. Bring to a boil, reduce heat and simmer for 15 to 20 minutes or until liquid has reduced by a third.
- 4.)** Use a blender to puree the soup until smooth. Return soup to low heat and add remainder chicken broth, season to taste.

# TACO SOUP

## Ingredients:

- 2 Tbsp. ghee
- 1 large yellow onion, diced
- 3 large bell peppers, julienned
- 8 garlic cloves, minced
- 1 1/2 lb. ground beef (Grass-Fed) or fresh ground turkey
- 2 Tbsp. each chili powder, smoked paprika
- 1 1/2 Tbsp. cumin
- 1 tsp. each paprika, red pepper flakes, onion powder, oregano
- 28 oz. diced tomatoes fire roasted (no added salt or sugar)
- 24 oz. low sodium chicken broth
- 1 cup canned coconut milk
- 8 oz. diced green chilies
- 2 tsp. finely ground Himalayan rock salt and black pepper

Toppings: Jalapenos, green onions, avocado, cilantro, lime

## Directions:

- 1.)** Melt the ghee in a large sauté pan over medium heat. Add the onions and bell peppers, and a big pinch of salt. Sauté until soft and tender. This will take about 5-7 minutes. Add garlic cloves and cook for 1 minute, stirring occasionally.
- 2.)** Add the grass-fed ground beef and stir until it is cooked through and no longer pink.
- 3.)** Transfer the vegetables and meat to your slow cooker and turn it on.
- 4.)** Add all of the spices and stir well. Add diced tomatoes, broth, coconut milk and green chilies and stir until well combined.
- 5.)** Cover and cook on low for about 8 hours. Taste for additional salt and pepper and add desired toppings.

# BEETROOT SOUP



## Ingredients:

- 2 white onions, sliced thinly
- 2 garlic cloves, crushed
- 3 tsp. coconut oil
- 2 apples, peeled and chopped
- 5 beetroots, raw or cooked (vacuum-packed)
- 2 liters yeast-free vegetable stock
- Small bunch flat-leaf parsley, chopped
- 1 tsp. finely ground Himalayan rock salt and black pepper

## Directions:

- 1.)** In a large saucepan, heat the oil and fry the onion until golden and crispy. Set aside half of the crispy onion for garnish.
- 2.)** Add the beetroot and apple to the remaining fried onion. Stir in the vegetable stock and pepper and bring to a boil. Simmer for 15 minutes, longer if using raw beetroot.
- 3.)** Remove from heat and blend until smooth. Garnish with crispy onion and flat-leaf parsley.

# VEGETABLE SOUP

## Ingredients:

- 1 small onion, diced
- 2 cloves garlic, minced
- 1 cup carrots, diced
- 4 cups cabbage (approx. 1/4 head of cabbage), chopped
- 1 cup green beans (1" pieces)
- 2 whole bell peppers , chopped
- 1 can (28 oz.) diced tomatoes (no added salt or sugar)
- 6 cups low-sodium beef broth
- 2 Tbsp. tomato paste
- 2 bay leaves
- 1/2 tsp. each thyme & basil
- 2 cups broccoli florets
- 2 cups sliced zucchini
- 1 tsp. finely ground Himalayan rock salt and black pepper

## Directions:

- 1.)** In a large pot, cook onion & garlic over medium heat until slightly softened.
- 2.)** Add carrots, cabbage & green beans and cook an additional 5 minutes.
- 3.)** Stir in bell peppers, undrained tomatoes, broth, tomato paste, bay leaves and seasonings. Simmer 6-7 minutes. Add in zucchini & broccoli. Simmer an additional 5 minutes or until softened.
- 4.)** Remove bay leaves before serving.

# CHICKEN TORTILLA SOUP



## Ingredients:

- 2 Tbsp. avocado oil
- 1 Tbsp. cumin
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 jalapeno, seeded and finely chopped
- 6 cups low-sodium chicken broth
- 1 cup canned diced tomatoes (no added salt or sugar)
- 1 lb. chicken thighs (3-4 thighs) (Free-Range)
- 1/4 cup fresh lime juice
- 1 cup fresh cilantro, chopped
- 1 tsp. finely ground Himalayan rock salt and black pepper

## Directions:

**1.)** In a large saucepan, heat the oil. Add the onions and cook until softened. Then, add the garlic and jalapeno and cook for another minute.

**2.)** Pour the chicken broth and tomatoes into the pot and bring to a boil. Turn the heat to low and add the chicken. Cook the chicken at a simmer for 20 to 25 minutes.

**3.)** Once the chicken is cooked remove it from the pot and cool for 5 minutes and then shred it. Set aside. Add the cumin, lime juice, and fresh cilantro to the soup. Add the chicken back to the soup. Season with salt and pepper to taste.

# CARROT GINGER TURMERIC SOUP

## Ingredients:

- 1 bulb garlic, minced
- 2 lbs. carrots (sliced into rounds)
- 1/4 cup coconut oil (divided)
- 2 medium leeks (sliced; white part only)
- 2 Tbsp. fresh ginger, minced
- 2 Tbsp. turmeric
- 1 tsp. fresh thyme
- 8 cups low-sodium vegetable broth
- 1 cup full-fat coconut milk
- 1 tsp. finely ground Himalayan rock salt and black pepper

## Directions:

- 1.)** Preheat oven to 400° F.
- 2.)** Toss carrots with 2 Tbsp. coconut oil, sprinkle with salt, and arrange on a baking sheet in a single layer. Roast for 45-50 minutes, until tender.
- 3.)** In a large soup pot, heat the remaining 2 Tbsp. of coconut oil over medium-high heat. Sauté the leeks, ginger, and garlic for 3-4 minutes, until soft. Stir in the spices and toast for 30 seconds, until fragrant. Stir in the carrots and broth. Cover and simmer for 1.5 hours.
- 4.)** Add the coconut milk. Using an immersion blender, blend the soup until smooth. Taste for salt. Divide between bowls and swirl in a bit more coconut milk (optional).

# ROASTED CHICKPEAS



## **Ingredients:**

- 1 15 oz. can of organic chickpeas
- 2 Tbsp. of melted coconut oil
- 1 tsp. finely ground Himalayan rock salt
- 1 tsp. of garlic powder
- 1/2 tsp. of onion powder
- 1/4 tsp. of black pepper

## **Directions:**

- 1.)** Preheat oven to 425° F.
- 2.)** Mix all ingredients into a bowl and mix well.
- 3.)** Pour the chickpeas in an even layer on a baking sheet. Cook for 12 minutes.
- 4.)** Take baking sheet out of oven, stir the chickpeas and bake for another 12 minutes. Let the chickpeas fully cool before storing them. Great to add to any dish or salad.



# CAULIFLOWER SALAD

## Ingredients:

- 1 large head cauliflower, rough chopped
- 3/4 medium red onion, sliced
- 1/4 medium red onion, minced
- 2 garlic cloves, minced
- 4 hard-boiled eggs, roughly chopped
- 1/2 cup Primal Kitchen mayo
- 2 Tbsp. mustard
- 1/4 cup + 2 Tbsp. dill pickle relish
- 1 tsp. celery salt
- 1 tsp. smoked paprika
- 1 Tbsp. dill, dried or fresh

## Directions:

- 1.)** Remove the stem from cauliflower and cut into smaller bite size chunks. Slice 1/2 of the red onion and mince the remainder of the onion. Mince garlic.
- 2.)** Put cauliflower pieces in steam pan and cover with onions and garlic (Reserve the minced onion until the end). Cover and steam 10 minutes or less until cooked but slightly firm.
- 3.)** Remove cauliflower mixture, place in a medium mixing bowl and cool in the refrigerator for 45-60 minutes.
- 4.)** Once cooled, add remaining ingredients and mix well.

# MEDITERRANEAN SALAD



## Ingredients:

- 1 English cucumber, chopped
- 1 cup cherry tomatoes, chopped
- 1 cup Kalamata olives
- 1 can hearts of palm, sliced
- 1 can artichoke hearts, sliced
- 1 sprig fresh oregano, chopped
- 1 Tbsp. coconut oil
- Juice of 1 lemon

## Directions:

- 1.)** Mix cucumber, tomatoes, olives, hearts of palm, artichoke hearts and oregano in a bowl.
- 2.)** Drizzle with coconut oil and lemon juice.

# LEMON PEPPER GREEN BEANS

## **Ingredients:**

- 3 lbs. fresh green beans
- 2 Tbsp. coconut oil or ghee
- 2 cloves garlic, minced
- 1/4 cup lemon juice
- 2 tsp. lemon peel, grated
- 1 tsp. finely ground Himalayan rock salt and black pepper

## **Directions:**

- 1.)** In large skillet over medium-high heat, stir-fry green beans and garlic in coconut oil until crisp tender, about 10 minutes.
- 2.)** Reduce heat to medium; add lemon juice, lemon peel, pepper and salt. Cover and let steam for 2–3 minutes, stirring occasionally.
- 3.)** Transfer to a bowl and serve immediately.

# ROASTED VEGETABLES



## Ingredients:

- 1 red onion, cut in large chunks
- 1 red bell pepper, cut in large chunks
- 1 green bell pepper, cut in large chunks
- 5 cloves garlic
- 2 yellow squash, sliced
- 2 zucchini, sliced
- 2 tomatoes, cut in large chunks
- 1 Tbsp. basil, sliced
- 1 tsp. lemon pepper
- 2 tsp. coconut oil

## Directions:

- 1.)** Preheat oven to 425° F.
- 2.)** Add all vegetables to roasting pan. Top with basil and lemon pepper. Drizzle with olive oil and bake for 45 minutes. Serve warm.

# CAULIFLOWER RICE

## Ingredients:

- 1 head of cauliflower, cut roughly into florets
- 1 medium yellow onion, cut into quarters
- 1 Tbsp. ghee
- 1 Tbsp. fresh lemon juice

## Directions:

**1.)** Put onion in food processor and chop finely. Add roughly chopped cauliflower. Process only until uniformly chopped — you don't want to get it too fine, and may have to remove that one last chunk that doesn't seem to want to submit to the blades.

**2.)** Heat oil in a medium pot or cast iron skillet. Add the cauliflower/onion mixture and stir. Keep the pan hot. Squeeze in some lemon juice and add salt and pepper, then stir and let cook until tender, but still just a little "toothsome." You can put a lid on it briefly if it doesn't seem to be getting tender, but keep an eye on it. Taste and season.

# CARROT FRENCH FRIES



## **Ingredients:**

- 1 lb. fresh carrots
- 2 tsp. coconut oil
- 1 tsp. finely ground Himalayan rock salt and black pepper

## **Directions:**

- 1.)** Preheat oven to 450° F.
- 2.)** Peel carrots into thick slices or cut into strips of desired thickness. Toss slices in oil and salt/pepper.
- 3.)** Bake for 10-12 minutes or until desired crispiness is achieved.

# OVEN-BAKED ZUCCHINI CHIPS

## Ingredients:

- 1 large zucchini
- 2 Tbsp. avocado oil
- 1 tsp. finely ground Himalayan rock salt and black pepper

Add: 1/4 tsp chili powder and 2 tsp. lime juice if you want chili-lime chips

## Directions:

- 1.)** Preheat oven to 425° F. Line two large baking sheets with parchment paper.
- 2.)** Slice zucchini on a mandolin. Place slices on a paper towel, with another paper towel on top, and press them. This helps draw out the liquid so they will cook faster.
- 3.)** Line up the zucchini slices on the prepared baking sheet, making sure not to overlap. Brush avocado oil on the top of each slice. Season with salt and pepper. Bake for 2 hours.

# CUCUMBER TOMATO SALAD



## Ingredients:

- 5 roma tomatoes, chopped
- 7 mini cucumbers, cut in circular slices
- 3 Tbsp. red onion, chopped
- 1 Tbsp. fresh dill, finely minced
- 1/4 cup red wine vinegar
- 3 Tbsp. coconut oil
- 1 tsp. finely ground Himalayan rock salt and black pepper

## Directions:

**1.)** Chop all ingredients per the instructions, then combine all ingredients. You can enjoy right away, or let marinate for a few hours before serving.



# BRUSSEL SPROUTS W/ BEAUTY BOOST DRESSING

## **Ingredients:**

- 4 cups Brussels sprouts, sliced
- 3/4 cup frozen peas
- 1/2 cup raw fennel, shaved thin
- 1/4 cup fresh cilantro

## Beauty Boost Dressing:

- 3 Tbsp. coconut oil, melted
- 1 Tbsp. fresh lemon juice
- 1/2 tsp. Slenderiiz Beauty Boost
- Dash of nutmeg

## **Directions:**

**1.)** Slice Brussels sprouts into thin discs. Steam until tender and keep warm. Defrost frozen peas in a sealed bag in a bowl of hot water. Toss the uncooked warm peas and the fennel with the warm Brussels sprouts.

**2.)** For the dressing whisk all the ingredients together until mixed well.

**3.)** Serve Brussels sprouts with 2 Tbsp. of Beauty Boost Dressing and garnish with fresh cilantro.

# CHICKEN CHOPPED SALAD



## Ingredients:

- 1 lb. chicken breasts or thighs (Free-Range)
- 3 tsp. cumin
- 1 tsp. chili powder
- 8 slices turkey bacon (Nitrate-Free)
- 4 cups mixed greens
- 1 large red bell pepper, diced
- 1 medium tomato, diced
- 1 avocado, diced
- 1/2 medium cucumber, diced

## Directions:

- 1.)** Season the chicken with cumin and chili powder, then grill or bake until cooked through. Cut into bite-sized pieces.
- 2.)** Chop the turkey bacon into small pieces and cook over medium heat until crisp.
- 3.)** Divide the mixed greens onto plates. Add the chicken, bell pepper, tomato, avocado, cucumber, and turkey bacon.

# STEAK FAJITA SALAD

## Ingredients:

- 1/2 lb. flank steak
- 1 tsp. finely ground Himalayan rock salt and black pepper
- 1 tsp. chili powder
- 1/2 tsp. oregano
- 2 garlic cloves, minced
- 1/4 cup cilantro, divided
- 1/4 cup lime juice
- 1 cup sliced bell pepper
- 1 cup sliced yellow onion
- 3 Tbsp. avocado oil
- 3 cups romaine lettuce

Topping: Pico de Gallo and guacamole

## Directions:

**1.)** Mix salt, pepper, chili powder, oregano, garlic, some of the cilantro, and lime juice in bowl. Add steak and place in refrigerator to marinate for 20 minutes.

**2.)** Meanwhile, cook the onion and bell peppers in 1 Tbsp. avocado oil and fajita seasoning. When steak is done marinating, place in hot skillet and cook for 3–4 minutes on each side. Let cool 10 minutes before slicing.

**3.)** While it's cooling, chop the romaine lettuce and place in skillet for 20 seconds to warm/lightly grill. Assemble the salad and top with guacamole, Pico de Gallo and remaining cilantro.

# SMOKED SALMON & AVOCADO SALAD



## **Ingredients:**

- 1 cup blueberries
- 1 (12-oz.) bag sweet kale salad mix
- 4 oz. smoked salmon (cut into bite-size pieces)
- 1/3 cup hemp seeds
- 1/2 medium avocado (cubed)

## Dressing:

- 1/4 cup Primal Kitchen mayo
- 1 Tbsp. coconut oil
- 1 Tbsp. lemon juice
- 1/4 tsp. garlic powder
- 2 Tbsp. powdered monk fruit sweetener
- 1 tsp. poppy seeds (optional)

## **Directions:**

- 1.)** Combine Sweet Kale Salad mix, smoked salmon, and blueberries in a large bowl.
- 2.)** Whisk together all dressing ingredients, until emulsified. Toss the dressing with the salad.
- 3.)** Add the hemp seeds and cubed avocado, then toss again.

# GRILLED YAM SALAD

## Ingredients:

- 2 large yams
- 2 tsp. coconut oil
- 1/4 cup green bell pepper, minced
- 1/4 cup red bell pepper, minced
- 1 small jalapeño pepper, seeded and minced
- 3 cups mixed greens

## Dressing:

- 2 scallions, thinly chopped
- 1 tsp. fresh ginger
- ¼ c. rice wine vinegar
- 1 scoop Slenderiiz Beauty Boost
- 4 drops liquid stevia
- 3/4 cup walnut oil

## Directions:

- 1.)** Place the yams in a large pot and cover with cold water. Bring to a simmer and cook for 15 minutes or until the tines of a fork can be inserted ½ inch, but the center is still firm. Do not boil, just simmer. Remove from water and cool completely. Peel and slice ¼-inch thick. Brush slices with coconut oil and season with salt and pepper, then grill on a medium-high heat for 3–5 minutes on each side or until done.
- 2.)** In a bowl or shaker cup, whisk together the remaining ingredients except greens to make the vinaigrette dressing. Taste and season if necessary.
- 3.)** Place a mound of greens on a plate, place yams on greens and drizzle about 2 tsp. of dressing.

# COBB SALAD



## Ingredients:

- 4 eggs, hard boiled
- 6 slices turkey bacon (Nitrate Free), cooked
- 3 cups mixed greens
- 1 cup cherry tomatoes, halved
- 1/2 cup black olives
- 1 avocado, peeled, pitted and diced
- 2 cups cooked chicken breasts, chopped (Free-Range)

## Directions:

- 1.)** Hard boil your eggs and cook your turkey bacon to your preference.
- 2.)** On a plate, lay down a bed of mixed greens.
- 3.)** Top with chicken, avocado, turkey bacon, eggs, olives and cherry tomatoes. Serve immediately.

# MEDITERRANEAN CRAB SALAD

## **Ingredients:**

- 4 oz. mixed greens
- 6 cherry tomatoes cut in half
- 1/4 cup diced cucumber
- 1/4 cup diced Kalamata olives
- 2 oz. fresh crab
- 1 Tbsp. EVOO
- 1 Tbsp. champagne vinegar
- 1 Tbsp. fresh mint
- 1 tsp. finely ground Himalayan rock salt and black pepper

## **Directions:**

- 1.)** Combine first 6 ingredients together in a bowl.
- 2.)** Drizzle oil and vinegar over all ingredients.
- 3.)** Sprinkle with mint. Grind fresh pepper on top.

# SUMMER POWER SALAD



## **Ingredients:**

- 4 cups of kale leaves, massaged
- 1 cup strawberries, quartered
- 1/2 cup fresh blueberries
- 1 cup broccoli florets
- 1 granny smith apple, sliced
- 2 green onions, sliced
- 1/4 cup sliced almonds

## **Directions:**

**1.)** On a plate, add kale, strawberries, blueberries, broccoli, apples, green onions and top with sliced almonds.



# CAULIFLOWER KALE BOWL

## Ingredients:

- 1-1/2 cups cooked, warm cauliflower rice
- 1 bunch kale, washed, stems removed, roughly chopped
- 1 large yam, washed and cubed
- 1 avocado, skin and seed removed, cut into slices
- 1/2 cup white onion
- 1/2 cup water
- 1/2 Tbsp. coconut oil
- 1 tsp. finely ground Himalayan rock salt and black pepper

## Directions:

- 1.)** Preheat oven to 400° F. Place yam on a baking sheet and bake until it begins to soften, but still has some structure, about 20-30 minutes. Once cooked, remove and allow to cool before chopping into cubes.
- 2.)** Heat the coconut oil in a medium saucepan and once hot, add the onions and stir until translucent. Add the kale and season with salt and pepper. Pour in the water and cover with a lid until the kale softens, about 5-10 minutes.
- 3.)** Take a large bowl and place the cauliflower rice at the bottom and layer the kale, yam and avocado on top. Drizzle with the lemon tahini dressing.

# APPLE WALNUT GREEN SALAD



## Ingredients:

- 15 oz. mixed greens
- 1 green apple, very thinly sliced
- 1 small bulb of fennel, shaved thin
- 1/4 of a small red onion, thinly sliced
- 1 Tbsp. lemon juice
- 1/2 cup toasted walnuts
- Fresh parsley leaves

## Directions:

**1.)** Thinly sliced the apple, shave the fennel, and thinly slice the red onion. Add them all to a medium sized bowl & toss with 1 tablespoon lemon juice to prevent browning. Set aside.

**2.)** On a plate, lay down a bed of mixed greens. Top with apples, fennel and red onion, toasted walnuts, fresh parsley and drizzle with dressing.

# ARUGULA BEET SALAD

## Ingredients:

- 2 lbs. beets
- 5 oz. arugula
- 1 1/2 cups walnuts
- 2 Tbsp. sugar-free maple syrup

## Balsamic Dressing:

- 1/4 cup EVOO
- 2 Tbsp. balsamic vinegar
- 1 Tbsp. Dijon mustard
- 1 tsp. garlic powder
- 1 tsp. finely ground Himalayan rock salt and black pepper

## Directions:

**1.)** Preheat oven to 400° F.

**2.)** Wash beets and trim off the root part and the leafy and top part. Line a baking sheet with parchment paper and roast for 50-60 minutes or until for tender.

**3.)** In a large skillet, add walnuts and toast on medium heat for 5 minutes or until fragrant, stirring often. Turn off the heat and add maple syrup. Stir until walnuts are all coated.

**4.)** In a small bowl, add olive oil, balsamic vinegar, Dijon mustard, garlic powder, pepper and whisk with a fork until well combined.

**5.)** In a large salad bowl, add arugula, beets, pecans and dressing. Mix gently with tongs until well combined. Serve immediately.

# CAESAR DRESSING



## Ingredients:

- 1 cup avocado oil
- 2 garlic cloves, minced
- 1 tsp. Dijon mustard
- 1 cup Primal Kitchen mayo
- 1 whole lemon, juiced
- 1 Tbsp. oregano
- 1 tsp. finely ground Himalayan rock salt and black pepper

## Directions:

**1.)** In a small bowl, whisk together all dressing ingredients.

# THOUSAND ISLAND DRESSING

## **Ingredients:**

- 3/4 cup Primal Kitchen mayo
- 1/4 cup almond milk
- 1/4 cup sugar-free ketchup
- 2 Tbsp. Apple Cider Vinegar
- 2 Tbsp. powdered monk fruit sweetener
- 1 ½ Tbsp. dill pickles, finely chopped
- 2 tsp. onion, minced
- 1/4 tsp. finely ground Himalayan rock salt
- 1/8 tsp black pepper
- 1 Tbsp. coconut aminos

## **Directions:**

**1.)** In a small bowl, whisk together all dressing ingredients.

# GREEK DRESSING



## **Ingredients:**

- 1/4 cup avocado oil
- 1/4 cup lemon juice
- 1 tsp. red wine vinegar
- 2 Tbsp. garlic powder
- 1 tsp. finely ground Himalayan rock salt and black pepper

## **Directions:**

**1.)** In a small bowl, whisk together all dressing ingredients.

# LEMON TAHINI DRESSING

## **Ingredients:**

- 1/4 cup avocado oil
- 1/4 cup tahini
- 3 Tbsp. lemon juice
- 1 tsp. Dijon mustard
- 1/2 tsp. smoked paprika
- 5-10 drops stevia
- 1/2 tsp. finely ground Himalayan rock salt and black pepper
- 2 tablespoons cold water (thin to a desired consistency)

## **Directions:**

**1.)** In a small bowl, whisk together all dressing ingredients. Chill 30 minutes to let flavors combine. Serve over salad. \*If you would like to use as a veggie dip, omit the water.\*

# RANCH DRESSING



## Ingredients:

- 1 cup avocado oil
- 1 egg (Free-Range)
- 1 Tbsp. white wine vinegar
- 1 1/2 Tbsp. dried parsley
- 1 1/2 Tbsp. freeze-dried chives
- 3/4 tsp. granulated garlic
- 1/2 tsp. finely ground Himalayan rock salt and black pepper
- 1/4 tsp. paprika
- 1 – 4 Tbsp. unsweetened almond milk

## Directions:

- 1.)** Place all ingredients (except almond milk) in a large cup.
- 2.)** Blend with an immersion blender, working from the bottom up, until ingredients are combined and thick.
- 3.)** Slowly stir in almond milk, one tablespoon at a time, until desired consistency is reached. (less if you want more of a dip)



# APPROVED SNACKS

- Sliced Apple with almond butter
- Walnuts, Pecans & Pumpkin Seeds Mix
- Handful of berries (Raspberries, Blackberries, Blueberries)
- Sliced cucumbers dipped in wasabi + coconut aminos
- Slenderiiz PureNourish Protein Shake
- Sliced Carrots & Celery
- Pickles
- Veggies & Hummus
- Limu Lean Burn
- Hardboiled eggs
- Sliced tomatoes with basil
- Grapefruit
- Grass-Fed Beef Jerky
- Avocado
- Frozen Grapes
- Oranges or Nectarines



# COCONUT PROTEIN BALLS

## Ingredients:

- 4 Tbsp. coconut butter
- 1 tsp. powdered monk fruit sweetener
- 1 Tbsp. sugar-free maple syrup
- 3 Tbsp. filtered water
- 1 tsp. ground cinnamon
- 2 scoops Slenderiiz PureNourish Protein Powder
- 2 Tbsp. hemp seeds
- 1/8 tsp. cacao nibs
- 1/4 cup organic desiccated coconut

## Directions:

**1.)** In a medium sized bowl, add coconut butter and monk fruit sweetener and whisk to combine.

**2.)** Add all remaining ingredients and form into 8 balls. If the mixture is dry you can add a little water to help combine. Serve right away or place in refrigerator.

# VEGGIE CUPS



## Ingredients:

- 6 stalks celery
- 1 lb. whole carrots, peeled
- 2 bell peppers
- 1 large English cucumber
- 1 pint grape tomatoes
- 16 cups clear individual serving ( $\frac{1}{3}$  cup size)

## Directions:

- 1.)** Cut all the veggies into 3-inch long strips. With English cucumbers, you don't even need to peel them since the peel is tender and edible.
- 2.)** Place 2 Tbsp. of veggie dip or hummus into the bottom of each clear cup.
- 3.)** Place veggie sticks into the dip in the bottom of each cup (placing the grape tomatoes in the middle.)

# DOUBLE CHOCOLATE ALMOND BUTTER BARS

## Ingredients:

- 1/2 cup almond butter
- 1 1/4 Tbsp. coconut flour
- 1 1/2 tsp. powdered monk fruit sweetener
- 2 tsp. cacao nibs
- Two Scoops of Slenderiiz PureNourish Protein Powder
- 2 Tbsp. filtered water

## Directions:

- 1.)** Preheat oven to 350° F.
- 2.)** In a large bowl, add half of the almond butter, half of the coconut flour, half monk fruit and 1 scoop of protein powder.
- 3.)** In a separate bowl, place all remaining ingredients. Mix each bowl separately with a fork and knead to combine.
- 4.)** Line a small oven proof dish with parchment paper and place the first mixture in, ensuring it is evenly spread and top with the second mixture to create a two layer bar.
- 5.)** Bake for 10-15 minutes or until browning around edges and set. Remove from oven and allow to cool before cutting into bars.

# APPLE & CINNAMON PROTEIN PUDDING



## Ingredients:

- 2 tsp. vanilla extract
- 6 Tbsp. black chia seeds
- 1 1/2 cups unsweetened almond milk
- 1/2 tsp. ground cinnamon
- 2 scoops Slenderiiz PureNourish Protein Powder
- 1/3 cup filtered water
- 1/4 cup walnuts, chopped

## Directions:

- 1.)** Mix all ingredients (except pecans) into a mixing bowl. Cover the bowl with plastic wrap and store in the refrigerator to thicken for 1 hour. After 1 hour, stir again and separate into 2 serving dishes or mason jars, wrap with plastic wrap and store in the fridge overnight.
- 2.)** Top each portion with chopped walnuts when serving.

# BUFFALO CHICKEN CELERY STICKS

## **Ingredients:**

- 2 cups shredded chicken (Free-Range)
- 1/4 cup Primal Kitchen mayo
- 1/2 tsp. garlic powder
- 1/4 tsp. finely ground Himalayan rock salt and black pepper
- 3 Tbsp. Primal Kitchen Buffalo Sauce
- 6 celery stalks, cut in half
- Chopped chives for garnish

## **Directions:**

- 1.)** Mix the chicken, mayonnaise, garlic powder, salt, pepper and buffalo wing sauce together in a bowl.
- 2.)** Fill each celery stalk with the chicken filling and garnish with chopped chives.

# CHOCOLATE WALNUT ICE CREAM



## Ingredients:

- 2 cans coconut milk
- 3/4 cup Allulose
- 1 tsp. vanilla
- 1/3 cup chocolate chips (Sugar Free, Semi Sweet)
- Pinch of finely ground Himalayan rock salt
- 1/3 cup chopped walnuts

## Directions:

**1.)** Mix the milk, sugar, vanilla and salt. Then add to a 1 1/2 quart ice cream maker machine. Some machines have an add mix in option, at that time I add the chocolate chips and walnuts. You can also mix these ingredients by hand and then put it into the freezer. This makes a soft serve type ice cream. Allulose is the only sugar I have found that will remain soft in the freezer and not become a hard rock.

# FUDGEY COCOA COOKIES

## Ingredients:

- 1 cup almond butter
- 1/4 cup powdered monk fruit sweetener
- 1 egg (Free-Range)
- 1/2 cup Slenderiiz Power Boost
- 1 tsp. baking soda
- 1 tsp. vanilla extract
- Pinch of finely ground Himalayan rock salt

## Directions:

- 1.)** Preheat oven to 350° F. Line baking sheets with parchment paper.
- 2.)** In a large bowl, mix almond butter (remove as much excess oil as possible), monk fruit and egg until thoroughly combined.
- 3.)** Add PureNourish Power Boost 1/4 cup at a time until batter is thoroughly combined. Mix in baking soda, vanilla extract and salt. Batter will be quite thick!
- 4.)** Scoop by rounded tablespoonful and roll dough into a ball, then place on baking sheets. Using a fork, slightly flatten dough balls. Bake in preheated oven for 10 minutes. Allow cookies to cool approximately 5 minutes before removing.



# CHOCOLATE FROSTY



## **Ingredients:**

- Two Scoops of Slenderiiz PureNourish Protein Powder
- One Scoop Slenderiiz Power Boost
- 2 cups unsweetened almond milk
- 2 cups ice

## **Directions:**

**1.)** Mix all ingredients together and blend well.

# POWER BOOST COCONUT PEPPERMINT POPPERS

## **Ingredients:**

- 1 cup coconut oil
- 3 scoops Slenderiiz Power Boost
- Pinch of finely ground Himalayan rock salt
- Pinch of cacao nibs
- 3 squirts vanilla-flavored liquid stevia
- 1 tsp. peppermint oil
- Ice cube tray-like candy molds

## **Directions:**

**1.)** Heat coconut oil in a double boiler over medium heat until melted. Remove from heat. Add Power Boost and stir until smooth. Blend in stevia and peppermint oil. Spoon into candy molds. Sprinkle cacao nibs and sea salt on top. Place in freezer to harden for 20 minutes. Pop out of molds and enjoy! May store in freezer for several months.

# CHOCOLATE AVOCADO PROTEIN PUDDING



## **Ingredients:**

- 1 ripe avocado
- 1/2 to 1 scoop of Slenderiiz Power Boost
- 2 scoops Slenderiiz PureNourish Protein Powder
- 2 Tbsp. unsweetened almond milk

## **Directions:**

**1.)** Remove pit from avocado and scoop into a mixing bowl. Add Power Boost, protein powder and mix with an immersion blender until well combined. Put in refrigerator for a few hours until chilled. This recipe is easy to double or triple! Enjoy!

# CHOCOLATE CHIP COOKIES

## Ingredients:

- 1 cup finely ground almond flour
- 2-4 Tbsp. sugar free chocolate chips
- 2 Tbsp. powdered erythritol OR stevia equivalent
- 1/4 tsp. finely ground Himalayan rock salt
- 1/8 tsp. baking soda
- 2 Tbsp. coconut oil
- 1 tsp. pure vanilla extract
- 2-3 tsp. unsweetened almond milk, as needed

## Directions:

- 1.)** Preheat oven to 325° F.
- 2.)** Stir dry ingredients very well (so you don't end up biting into a clump of baking soda!). Add wet to form a dough. Shape into cookies – Use a cookie scoop to first form balls and then shape into cookies.
- 3.)** Place on a cookie tray, and bake on the center rack 10-12 minutes.
- 4.)** Let cool an additional 10 minutes before handling, as they are very delicate at first but firm up completely once cool.