

FIT BODY FOOD













*Real Recipes
for Everyday Eating*



SEAN BARKER, CPT







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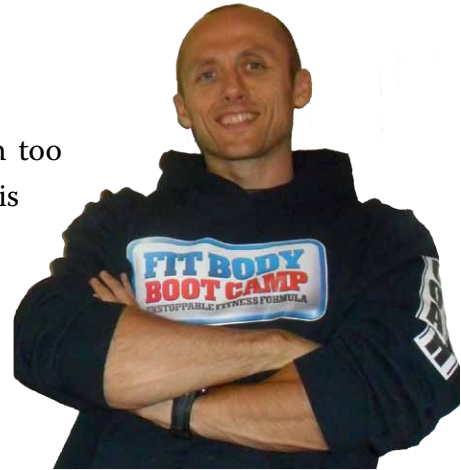
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ABOUT AUTHOR

Sean Barker is a nationally certified personal trainer with too many certifications to count but what counts even more is his 18 years of continuing education and experience in the fitness industry. Once a world-wide winning bodybuilding and strong-man competitor, he now puts most of his efforts into helping other busy men and women get fit and healthy in less time than traditional exercise.



He is the president of Valley Fit Body Bootcamp Inc. and the operating owner of Saint John Fit Body Bootcamp and KV Fit Body Bootcamp in Southern New Brunswick, Canada. He has a pursuing passion for fitness, food and family. He is the author of the book Dad Fitness and Fit Body Food Real Recipes For Everyday Eating and a regular contributing writer for many online and offline health and fitness publications such as Inside Fitness magazine and Fit Parent magazine.

As a freestyle foodie Sean loves cooking for family and friends and spending time outdoors with his wife Kathy and 4 year old daughter Matea. To find out more about Sean and Fit Body Bootcamp go to www.SaintJohnFitBodyBootcamp.com or www.KVFitBodyBootcamp.com.

Both locations also have very popular Facebook Fan Pages at www.facebook.com/saintjohnfitbodybootcamp and www.facebook.com/kvfitbodybootcamp and Sean can be reached by calling 1-800-571-4198.

Wishing you health and happiness,

A handwritten signature in black ink that reads "Sean Barker".

SEAN BARKER

THE PERFECT DIET

This makes for a great magazine headline on your nearest news stand but unfortunately you become disappointed and confused once you flip through the pages.

Whether it's the magical Acai or Gogi berry one week, or the raw, cooked or frozen diet the next, it's all a marketing illusion for companies to sell you more of their stuff.

So let's breakdown the Diet Dogma.

The idea of a "Perfect" Diet is like chasing a moving target, and if you continue to chase this moving target you are setting yourself up for failure.

Even some of the most common advice you hear regarding healthy eating is contradictory and not always perfect or practical for everyone.

Eat 6 small meals a day...

(quite the chore for us busy parents with families who work 8-12 hours a day)

Don't eat late at night...

(kinda sucks for night-shift workers or culture's in the Mediterranean who eat a late dinner)

Eat lots of fruits and vegetables...

(tell that to the Inuit who hardly ate any and have the lowest rate of heart disease)



Eat high protein...

(some of the longest living and highest performing athletes in the world get 75% of their calories from carbs)

Eat low carbs...

(except first thing in the morning, before or after your workout, on Tuesday's or during a full moon)

High fat, low fat...

(high fat diets with healthy fats from fish and nuts is highly recommended these days...but not the best advice if you are going in for surgery or if you have a peanut allergy. As for low fat, you'll have to fight with the French on that one)

Chocolate is healthy

(but only if it's from 87.625% organic dark Cacao beans that hasn't seen the light of day in the northern mountains of Papua New Guinea)

Alcohol is bad

(the healthy elders of Sardinia, Italy or Okinawa, Japan with their red wine and sake would disagree)

As a fitness professional myself who has a passion for encouraging healthy lifestyle habits, I still believe all these methods are valid and do work but their long term success depends on the person's personality and lifestyle, not sheer will power.

From only organic, to vegan vegetarians the list goes on between the battle of the perfect diet and more importantly for your dieting dollar.

Humans have healthily survived for millions of years without having to call Jenny. That's because different cultures from different parts of the world evolved on what worked best for them.

The North American culture continues to feed the media it's law of the land for healthy diets but ironically it is one of the biggest leader's or maybe the biggest losers for preventing heart disease and obesity in the modern world.

Unfortunately, most of the food we now eat is being purchased not prepared. What used to be known as a meal has now become a snack that we eat in-between even bigger meals.

No longer is even food enough. According to every second page in a health and fitness magazine we also need pills and powders to supplement our already sub-standard diet.

The problem is when people believe the media's messages on what is best for them and allow billion dollar companies to dictate what, when and how much we eat.

OCD has turned into OCE, Obsessive Compulsive Eating, and crossing the line between self-discipline because you ate GOOD and self-punishment because you ate BAD is where things go wrong. I always say that the food guilt is sometimes worse than the food itself.

Remember holistic health is mind AND body. So don't beat yourself up the next time you have a slice of cake at your kid's Birthday party.

Continue to move more, enjoy eating and stress less.



Eating healthy without obsessing over eating healthy, now that sounds like the Perfect Diet...

If you want to get REAL results from your workouts then you have to start eating REAL. Try to stay away from foods that are processed or out of a box or package. When you are shopping for groceries just imagine your grandmother is there with you and if it's a food that she would recognize you can throw it in the cart. It's all about PROGRESS not PERFECTION. As long as you are eating real food 90% the time such as lean meats, beans, nuts, fruits and veggies and doing your consistent workouts, YOU will see RESULTS.

Try to eat locally grown natural organic beef, chicken, pork, free-range eggs, wild caught fish, fresh fruits and veggies if at all possible. Grass fed meats are leaner and high in heart healthy omega 3 fatty acids, unlike mass supermarket meat that comes from factory feedlot cows fed

corn and other nasty stuff. This is why they give feedlot cows hormones and antibiotics to keep them from getting sick from feeding them something they are not meant to eat. Cows are meant to eat grass! Paying high prices for organic food that is shipped from the other side of the world doesn't really make much sense to me. So eating local will be fresher and better for you. Get to know your local farmers and they will nourish you while you support your local economy. Visit the farmer's market with your family and teach your kids that real food comes from farms, not factories and boxes.

You will see approximate measurements in each recipe but don't pay too much attention to exact measurement. I like to do "freestyle cooking", using recipes as a guideline and experiment and improvise with whatever is available at the time. This keeps cooking fun and takes the stress away from the numbers. I never did like math. The only time exact measurements really matter is when baking, and well that's not really my forte. So don't be afraid to use a dash of this or a sprinkle of that depending on your tastes.



Grain fed on left, grass fed on right

Simple Spices for Fast Flavor...

It's nice to have a huge collection of fresh and dried spices for trying new recipes but you don't need most of them for making food with fantastic flavour. My personal 3 go to spices are dried oregano, dried parsley and Clubhouse Garlic Pepper Blend Spice. I use these 3 spices in 95% of my meals, fast and flavourful. Of course sea salt and freshly ground black pepper is almost standard in everything as well and even work well by themselves. My other two food flavour boosters are store bought basil pesto and sun-dried tomatoes that make meals magic.



So I hope you're hungry, because if you are not, you will be after looking at these tasty recipes! So move on over Chef Boyardee... It's time for some hearty and healthy meals you can feel good about serving you and your family...

(Puffy white chef hat is optional).

FIT BODY FOOD 4.0 FOURTH EDITION

Neanderthal Nutrition

What's Old is New...

Unlike some labels plastered on fake food products these days the “New and Improved” edition of Fit Body Food means more than just the label.

The original recipes are great to start improving your diet and to incorporate healthier habits in your daily meals. Despite having a higher carbohydrate profile that I now currently recommend they have helped hundreds of people lose fat and inches at an astonishing rate because it still gets people to get back to eating real food most of the time.



But based on The 10 Healthy Habits of nutrition that I advocate at Fit Body Bootcamp and further real world research into human health and nutrition, Real Recipes for Everyday Eating has many NEW healthy recipes based on OLD nutritional science.

Who's interested in Old science you say? You are, if you are interested in a new body. But if you want to start feeling and looking younger then we have to start eating older, even back farther than our grandmother did. I am talking way back, like millions of years ago when humans evolved and “left the monkeys in the trees” as I like to say! So sit back and enjoy a brief science and history lesson that will leave you scratching your head like those monkeys we left behind.

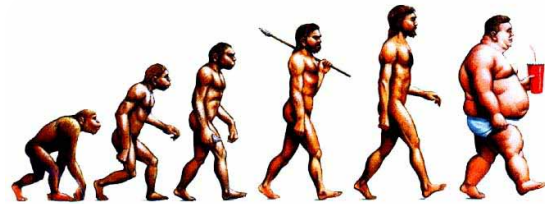
Commonly gaining popularity now as The Paleo Diet, Primal Eating or The Caveman Diet, this natural way of eating is not actually a DIET but a simple, basic way of eating real natural foods that humans evolved on eating over millions of years. Lean wild proteins like meat,

chicken, fish and eggs. Natural energy rich carbohydrates from fruits and vegetables. Healthy fats from grass fed meats and dairy as well as nuts and seeds.

These foods give your body protein for lean muscle growth and cellular repair, fiber and antioxidant rich carbohydrates for energy replenishment and essential fatty acids for healthy brain and hormone function.

The problem with today's common diet is it's drastically high in starchy carbohydrates like breads, pastas, rice and potatoes which only came into the human diet around 12000 years ago when agriculture was invented. Which pales in comparison to the high protein-fat diet which our Palaeolithic ancestors consumed for MILLIONS of years while living strong and vibrant lives and surviving in a lot harsher conditions than we live in today.

Whenever starchy carbohydrates are consumed your body secretes insulin (the fat storage hormone) to distribute the sugars throughout your body and when insulin levels are high your body cannot burn bodyfat for fuel, it's physiologically impossible. Which is a real bummer if you're trying to lose that bulging belly.



Despite your best efforts to follow a “healthy” diet full of whole-grains that is being jammed down your throat by billion dollar food marketing companies you will be left wondering and frustrated that you are not seeing the fat loss progress that you think you should even if your are exercising regularly and following what we have been told is a healthy diet.

There are essential amino acids (protein), there are essential fatty acids (fats) but there are no essential carbohydrates. Makes you think eh? that these cavemen weren't as dumb as the Geico commercials make them out to be.

That's because our bodies can use our stored bodyfat for fuel and energy and even proteins when necessary.

Think protein first when you eat as the word protein in Greek means of “uttermost importance” and the Greek's must know something, they did invent pizza after all. (I also included many Paleo Pizza recipes in this new edition of Fit Body Food). To show you the dominant role protein and fats play in our natural food chain look at these natural foods again and you will

notice they contain mostly protein and fats. Wild animal meats, protein and fat. Eggs, dairy and cheese, protein and fat. Nuts and seeds, protein and fat... not a slice of bread to be seen.

I doubt this evolutionary marvel was a coincidence. It's because our bodies perform and evolved best and achieve optimal body composition when consuming a predominately protein and fat based diet with some veggies and a little fruit on the side. Remember back then, they never had access to fruit and veggies year round like we do today. Oh and if you are a vegetarian you can stop reading now... just kidding. I like plants with my animals as well.

Again, the key to food and fat loss is INSULIN. Managing insulin levels and preventing that constant carb roller coaster in your diet from starchy man-made carbohydrates is what works in the science lab and the real world to manage insulin and maintain low bodyfat levels all while preventing constant hunger.

Protein and fats are more satisfying and satiating than quick fix carbs and they take longer to digest and give you more mental alertness and focus to get through your day. Try reading a book after a big pasta dinner or a pancake breakfast and tell me how far you get before your eyes get heavy and the book falls out of your hand.

Just as important as protein, is natural healthy fats. Fearing fat don't work as the low-fat craze in the 80's just made people fatter because the fats in foods were replaced with carbohydrates. Healthy Omega 3 fats specifically, quench inflammation in the body, and inflammation at the cellular level is the stem of every chronic condition, ailment and disease from headaches to cancer. After all, every cell membrane in your body is made of fat and your brain is 70% fat! So don't feel so bad the next time someone calls you "Fat Head."

Maybe the best thing about eating like a caveman or cavewomen is that you can indulge in tasty satisfying real food that can be prepared using more natural ingredients that allows you to have your cake and eat it too!

So let's stop listening to government agencies for nutrition advice who are focused on selling you cheap food-like-products for profit and start listening to mother nature that has always been here providing us and nourishing us with real life giving food.

I believe the future of food is in the past, so let's get back to eating real, and getting real results real fast!

Doctors Orders...

Changing the Rules of Good Nutrition

By Dr. John Berardi—Founder of [Precision Nutrition](#)

What are the rules of good nutrition? What types of things must you absolutely do to succeed—and what types of things must you avoid?

Seriously, take a moment and think about it.

What rules do you think you'll need to follow if you want to eat in a healthy way—a way that will improve the way your body looks and the way it feels.

Come up with that list in your mind right now.

Now that you've considered these rules, I want you to take a second and think about your list. Specifically, think about where you learned these rules.

Certainly your rules have been influenced by how you were raised, no? Certainly they've been influenced by your experiences dining with friends and relatives—comfort foods, right? Of course, no set of nutrition rules is immune to media influences—you can't help but be bombarded by those Got Milk ads! Your rules have probably also been influenced by what you've heard others say—heck, every 3rd episode of Dr. Oz is about food and dieting. And, no doubt, your nutrition rules have probably been influenced by your own past attempts at changing your body—whether you've been successful or unsuccessful.

I could sit here all day and list potential nutritional influences. But I'll stop here since there are probably hundreds of 'em and to enumerate them all would bore your socks off.

At this junction, I'd just like to go ahead and make my point. And the point is this—very few of your “Good Nutrition Rules” have been influenced by those who know anything about good nutrition—let alone about long-term success and about what it really means to eat in a healthy way! And worse yet, most of those rules have been hammered home without you even knowing it!

It's time to change the rules.

The Triple S Criterion

Now I'll admit it. Changing the rules—just like changing your habits—is difficult. Not only does it take a desire to change—“want to”—but it takes a strategy for change—“how to”.

The “want to” is all your own. But the “how to” is what I do best. I've committed my career to helping people do just this—to change their rules and change their habits—and have gotten pretty good at it. In changing these rules and habits, everything changes—the way clients eat, the way they sleep, the way they look, the way they feel when they wake up in the morning, and the way they perform in day-to-day activities or during athletic events.

Today, I'm going to teach you a good part of that system—a system based on my Triple S Criterion.

What's the Triple S Criterion? Well, it represents a three step way of evaluating a strategy for its usefulness.

Step 1—Simplicity

Are the rules easy to follow?

Step 2—Science

Are the rules based on sound scientific principles?

Step 3—Success

Have the rules produced success in past clients?

Using this criterion, the systems developed for my clients always produce a positive result.

Think again about your nutritional rules—rules that you might be quite attached to. Which criterion did you use when determining your rules? Are your rules based on Simplicity, Science, and Success? Have your rules produced the desired effect—a lean, healthy body that you're able to maintain; a body that you're happy with when looking in the mirror?

If not, perhaps they could use a re-evaluation.

Dr. Berardi's Good Nutrition Rules

Below, I'd like to present my **10 Good Nutrition Rules**, rules based on the Triple S Criterion above. In doing so, I hope to accomplish 2 goals.

- First, I want to help you rethink your whole nutrition approach—providing you with a new set of nutrition rules and habits—a set that swiftly moves you in the direction of your goals.
- Secondly, I want to show specifically how the recipes, cooking tips, and strategies can integrate together to represent a complete success system, fully integrated into the basic habits of good nutrition.



So here are the 10 rules:

1) Eat every 3 hours—no matter what.

Are you doing this—no matter what? Now, you don't need to eat a full meal every 3 hours but you do need to eat 3 meals and 2 small snacks that conform to the other rules below.

2) Ingest complete, lean protein each time you eat.

Are you eating something this is an animal or comes from an animal—every time you feed yourself? If not, make the change. Note: If you're a vegetarian, this rule still applies—you need complete protein and need to find non-animal sources.

3) Ingest vegetables every time you eat.

That's right, every time you eat (every 3 hours, right), in addition to a complete, lean protein source, you need to eat some vegetables. You can toss in a piece of fruit here and there as well. But don't skip the veggies.

4) If you want to eat a carbohydrate that's not a fruit or a vegetable (this includes things like things rice, pasta, potatoes, quinoa, etc), you can—but you'll need to save it until after you've exercised.

Although these often heavily processed grains are dietary staples in North America, heart disease, diabetes and cancer are North American medical staples—there's a relationship between the two! To stop heading down the heart disease highway, reward yourself for a good workout with a good carbohydrate meal right after (your body best tolerates these carbohydrates after exercise). For the rest of the day, eat your lean protein and a delicious selection of fruits and veggies.

5) *A good percentage of your diet must come from fat. Just be sure it's the right kind.*

There are 3 types of fat—saturated, monounsaturated, and polyunsaturated. Eating all three kinds in a healthy balance can dramatically improve your health and even help you lose fat.

Your saturated fat should come from your animal products and you can even toss in some butter or coconut oil for cooking. Your monounsaturated fat should come from mixed nuts, olives, and olive oil. And your polyunsaturated fat should from flaxseed oil, fish oil, and mixed nuts.

6) *Ditch the calorie containing drinks (including fruit juice).*

In fact, all of your drinks should come from non-calorie containing beverages. Fruit juice, alcoholic drinks, and sodas—these are all to be removed from your daily fare. Your absolute best choices are water and green tea.

7) *Focus on whole foods.*

Most of your dietary intake should come from whole foods. There are a few times where supplement drinks and shakes are useful. But most of the time, you'll do best with whole, largely unprocessed foods.

8) *Have 10% foods.*

I know you cringed at a few of the rules above—perhaps #6 in particular. But here's a bit of a reprieve. 10% foods are foods that don't necessarily follow the rules above—but food's you're still allowed to eat (or drink) 10% of the time. One main “treat” meal once a week gives you the mental and physical reward to enjoyr your favorite foods and convince your body to avoid starvation mode from a low calorie diet and convince your body to keep burning bodyfat for fuel.

100% nutritional discipline is never required for optimal progress. The difference, in results, between 90% adherence to your nutrition program and 100% adherence is negligible.

Just make sure you do the math and determine what 10% of the time really means. For example, if you're eating 5 times per day for 7 days of the week—that's 35 meals. 10% of 42 is about 3. Therefore you're allowed to “break the rules” 3 times each week. One “treat” meal and a couple small slipups for meals and snacks.

9) *Develop food preparation strategies.*

The hardest part about eating well is making sure you can follow the 8 rules above consistently. And this is where preparation comes in. You might know what to eat, but if isn't available, you'll blow it when it's time for a meal. Cook extra when you cook, shop and chop your veggies and get up 10 minutes earlier to have a healthy breakfast in the morning. “If you fail to plan, you plan to fail”..

10) *Balance daily food choices with healthy variety.*

Let's face it; during the week –when you're busy—you're not going to be spending a ton of time whipping up gourmet meals. During these times you're going to need a set of tasty, easy to make foods that you can eat day in and day out. However, once every day or a few times a week—you need to eat something different—something unique.

So, what about calories, or macronutrient ratios, or any number of other things that I've covered in many other articles on my own web site and elsewhere? The short answer is that if you aren't already practicing the above-mentioned rules, and by practicing them I mean putting them to use over 90% of the time (i.e., no more than 3 meals out of an average 35 times per week violate any of those rules), everything else is pretty pointless.

Moreover, many people can achieve the health and the body composition they desire using the habits alone. No kidding! In fact, with some of my paying clients I spend the first few months just supervising their adherence to these rules—an effective but costly way to learn them.

If you've reached the 90% threshold, you may need a bit more individualization beyond the habits. If so, visit my web site. Many of these little tricks can be found in my many articles published there. But before looking for them, before assuming you're ready for individualization; make sure you've truly mastered the habits. Then, while keeping the habits as the consistent foundation, tweak away.

100,000 bodies transformed and counting...

We're what some people call a “nutrition education company”—but that's not really what we do. Rather, we're in the business of changing lives. And that's something we're very passionate about. That's why we have Precision Nutrition Practitioners like Sean Barker, CPT so we can reach more people around the world improve their health and their lives.

Our team includes some of the top experts in the fields of health, fitness, and human performance. We've got masters degrees and PhDs. We've published hundreds of articles. And we've coached thousands, from recreational exercisers to multiple gold medalists. But most importantly, every single one of us lives the Precision Nutrition lifestyle.

Since 2000, we've worked with over 100,000 people at [Precision Nutrition](#) in nearly 100 countries. And after working with us, our clients feel fantastic, look incredible, and perform at the top of their game. That's who we are and what we do...

BREAKFAST



Eggs—The Perfect Protein

Do you want to know the one food that has all you need to build lean muscle and burn bodyfat? Oh yeah, and it tastes great AND is easy to prepare!

Your mother always told you to “eat your breakfast,” it’s the most important meal of the day!” Well, your Mom was right... again.

Just think of the word Break-Fast for a minute. You are breaking the fast of going all night without eating and get this... eating breakfast is a daily habit for the people who belong to The National Weight Control Registry. These people have maintained a 30-pound (or more) weight loss for at least a year, and some as long as six years.

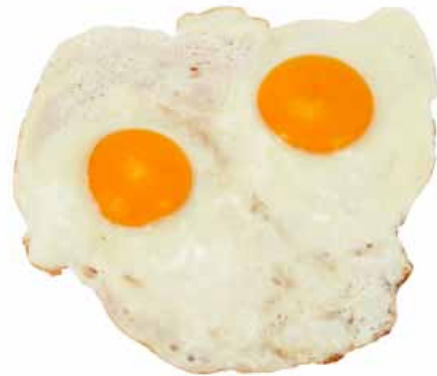
If you skip breakfast you end up replacing calories during the day with mindless nibbling, binging at lunch and dinner, and you are setting yourself up for failure from the start.

Stay away from white breads and bagels if you want to avoid the mid-morning carb coma and reach for some perfect protein... the **egg**.

The egg is a complete protein food because egg protein has all nine of the essential amino acids (as well as all nine of the non-essential amino acids). Egg protein is second only to mother’s milk for human nutrition!

And, despite what Joe bodybuilder at your gym might tell you, eat the **WHOLE** egg. It contains half the protein and all the essential fats, vitamins and minerals...and no they won’t drive your cholesterol sky high.

If that’s not enough to convince you to go yolk, eggs are also great the morning after a few too many as egg yolks also contain large amounts of cysteine, which breaks down the toxin acetaldehyde, one of the culprits behind a hangover...



Starting off the day with a good source of protein and healthy fat will help you **build fat burning muscle**, give you sustained energy and keep you full longer.

Reach for the omega 3 enriched eggs as they are a better choice for the healthy fats as the hens are fed flaxseed; free range eggs from your local farmers market are even better again, as they are of much higher nutritional quality than eggs from confinement chickens.

Just ask your kids to draw and color an egg, and they will reach for the yellow crayon. We all know egg yolks as yellow in color, but take a look at the difference in color of the yolks in mass market eggs compared to free range eggs. The free range egg has a harder shell and brighter bigger yolk.

Fat Food Facts

Coconut Milk, Oil—If you want to fuel your body with HEALTHY saturated fat that your body will use as energy and not store for later use, boost your immune system, fight off viruses and bacteria and enjoy non dairy milk, coconut milk rocks and gives smoothies a nice creamy texture and of course a sweet hint of this fatty fruit.

Coconut oil is also a great natural source of fat that makes it great for cooking and frying. Use it in place of processed vegetable oils and margarine and both coconut milk and oil can be found in most supermarkets.

Almond Milk, Almond Butter—Another great non dairy milk substitute is almond milk which is a low calorie alternative to dairy milk as long as you go with the unsweetened varieties.

Almond butter is my new favourite replacement for natural peanut butter as it has a higher nutrient value and tastes great in place of peanut butter, on oatmeal, shakes, celery and toast. A little pricer than natural peanut butter but easily found in your supermarket.

Spanish Scrambled Eggs

Ingredients

- ✦ 4 Whole Omega 3 Eggs
- ✦ 1 Green onion
- ✦ Pinch of Tex Mex Shredded Cheese
- ✦ Salt and pepper
- ✦ Splash of skim milk

Directions

1. Scrambled eggs in non stick skillet
2. Add chopped green onion, salt and pepper
3. When done add a dash of skim milk and some tex mix cheese and let sit for 5 minutes.



The Mexican Morning Omelet

Ingredients

- ✎ 4 Whole Omega 3 Enriched Eggs (free range is even better)
- ✎ 1lb of lean ground beef
- ✎ Chopped onions, bell peppers and mushrooms
- ✎ Sprinkle of shredded cheese
- ✎ Spoonful of pickled jalapeno peppers
- ✎ sea salt and pepper
- ✎ 2 Tsp of coconut oil



Directions

1. Heat one skillet on medium heat with 1 tsp of coconut oil.
2. Add ground beef and fry until brown, add peppers, onions, mushrooms, salt and pepper and fry for another 5 minutes.
3. In second smaller skillet heat 1 tsp of coconut oil on medium heat and add 4 whole whisked eggs to pan.
4. When eggs begin to cook push in edges and add some of the beef/veggie mixture from the 1st pan onto one half of the eggs and top with cheese.
5. Flip half of omelet over until full cooked.

Kitchen Hacks

Use the leftover ground beef to make omelets for the family or store it in the fridge to make your morning meal quick and easy.

Use the bigger skillet next to the second smaller skillet to transfer the beef mixture with no mess and the smaller pan makes a perfect size omelet.

Pesto Garlic Goat Cheese Omelette

Ingredients

- ✎ 3 omega 3 or free range eggs
- ✎ 1tbsp of jarred basil pesto
- ✎ 2 tbsp of crumbled garlic goat cheese
- ✎ handful of baby spinach
- ✎ sea salt and pepper
- ✎ 2 Tsp of coconut oil

Directions

1. Heat skillet on medium heat with 1 tsp of coconut oil.
2. Whisk eggs, pesto and goat cheese in bowl.
3. Pour eggs into hot pan and add spinach.
4. When eggs begin to cook push in edges. Flip half of omelet over until full cooked.



Feel Good French Toast

Ingredients

- ✎ 2 slices sprouted grain bread
- ✎ 3 omega 3 eggs
- ✎ 1/4 cup milk
- ✎ 1 teaspoon cinnamon
- ✎ 1 scoop Vanilla Whey Protein
- ✎ 1 tsp vanilla extract

Directions

1. Take the eggs, milk, cinnamon, splenda and whey and whisk them together in a bowl.
2. Fire up a pan and spray with cooking spray. Soak each piece of bread for at least 1 minute in the mixture pressing down as to make the toast absorb as much as possible.
3. Fry each piece 2-4 minutes each side until golden brown.



Samoan Scrambled Eggs

Ingredients

- ✎ 3 free range or omega 3 eggs
- ✎ 2 tbsp of coconut milk
- ✎ 1 chopped scallion
- ✎ sea salt
- ✎ freshly ground black pepper
- ✎ freshly chopped cilantro and avocado for garnish
- ✎ 1 tbsp of coconut oil



Directions

1. Heat coconut oil in non- stick skillet on medium heat
2. Crack eggs on flat surface and place eggs in medium sized bowl
3. Whisk eggs while adding coconut milk
4. Pour eggs in hot pan, add scallions, salt and pepper and continue to scramble eggs gently with wooden spoon
5. When eggs are firmly cooked, about 5 minutes, serve on plate garnished with cilantro and sliced avocado

Goes great with some chopped pineapple on the side!

Egg Mini Muffins

These omelette “muffins” are so quick and easy to make and are a great breakfast on the run! You can freeze them, bring them to work, or pop them in the microwave for a quick meal.

You can use anything you would put in an omelette—bacon, sausage, veggies, various cheeses, salsa, etc. I chose thawed frozen spinach, garlic, sun dried tomatoes, and parmesan cheese. This recipe makes 12 muffins, but you can easily half it to make 6, or double it for a crowd or to freeze.



Ingredients

- ✎ 10 eggs
- ✎ 1/4 cup milk, half and half, or cream (optional, makes muffins fluffier)
- ✎ salt
- ✎ pepper
- ✎ 3/4 cup thawed frozen spinach
- ✎ 1/3 cup chopped sun dried tomatoes
- ✎ 2-3 cloves garlic, minced
- ✎ 2 Tbs grated parmesan cheese

Directions

1. Grease your muffin tin and preheat your oven to 350 degrees.
2. Whisk together the first 4 ingredients.
3. Add your meats, veggies, and/or cheeses—in this case spinach, tomatoes, garlic and parmesan—and stir to combine. Spoon into muffin tins.
4. You can go ahead and fill each tin to just about the top, they won't get too much bigger. Pop them in the oven for 18 minutes and they are ready to eat!

Superfood Shake

Ingredients

- 2 ice cubes
- 2 cups of water
- 2 scoops of vanilla protein powder
- 1 banana
- 1 spoonful of extra virgin olive oil
- 2 spoonfuls of ground flaxseed
- 1/4 cup of plain greek yogurt
- 1 cup of frozen mixed berries
- 2 nuggets of frozen spinach



Directions

1. Blend on high for 20 seconds. Drink up!

Chocolate Coconut Cream Milkshake

Ingredients

- 2 scoops of chocolate whey protein
- half can of coconut milk (200ml)
- 1 cup of unsweetened vanilla almond milk
- 1 Tbsp of almond butter
- 1 Banana
- 2 ice cubes

Directions

1. Add all ingredients to a blender and enjoy!
Tastes like melted chocolate ice cream;-)



5 Simple SWITCHES for Faster Fat Loss

1. *Nutrition SWITCH #1—No More Dessert for Breakfast*

If you want to lose fat, stop eating dessert for breakfast.

Let's be honest, most of what people eat for breakfast would qualify as dessert if served at any other time of day. So stop with sugary cereals, muffins (let's be honest, we all know that muffins = cake), granola bars, and bagels.

2. *Nutrition SWITCH #2—Switch Your Eating Schedule*

If you find that you often “binge snack” at night, try having a bigger late afternoon healthy snack, and then having a later healthy dinner.

There's no magic to not eating after a certain time. eating late won't make you fat. Eating a pint of ice cream & bag of chips every night while you watch TV makes you fat.

3. *Nutrition SWITCH #3—Minimize the Junk*

Your house doesn't need to be stocked like the local 7-11. Keep the minimum amount of treats at home to avoid mutiny and keep treats out of sight & hard to access.

Make healthy foods (giant bowls of fresh fruit) visible and places encouraging notes to eat the fruit in the kitchen.

Put ready-to-eat produce in most visible part of the fridge & hide junk in the back. All research proven to increase healthy food consumption. And when it's your time for a cheat meal, you can enjoy it guilt-free.

4. *Nutrition SWITCH #4—Go From Processed to Natural*

When possible, switch out all processed or “modified” carbohydrates and replace it with a fruit, vegetable, or nut.

For example, instead of toast with eggs, have an apple and add spinach to the eggs. Instead of a processed carbohydrate with your morning coffee, have 1oz of raw nuts (almonds or walnuts). With steak, eat broccoli, not mashed potatoes or French fries.

5. Nutrition SWITCH #5—*Cut the Sugar From Your Post-Workout Drink*

If you're focused specifically on fat loss, you do NOT need to add sugar (or any variations of sugar) to your after training drink.

I interviewed top nutritionists about this in 2010, and they all agreed that for fat loss, you don't need to force post- workout sugar into your body. So take it out.

BONUS Nutrition SWITCH—Become Your Own Nutrition Expert

Stop getting fooled by fad diets. Become an expert yourself by going through a 2-week “intensive nutrition course”.

Here's how: Eat a wide variety of food for 2 weeks and record all of your meals. You'll quickly know the calorie counts of all foods and proper serving sizes AND most importantly, what works for YOU. Very simple. Very effective.

Banana Bread Protein Smoothie

Ingredients

- ✎ 2 scoops Vanilla Whey Protein
- ✎ 1 Banana
- ✎ 1/2 Cup Quaker Oatmeal (cooked in water)
- ✎ 1/2 Cup Fiber One with Honey Clusters Cereal
- ✎ 350ml of Water
- ✎ 1 tsp of cinnamon
- ✎ 1 tbsp of vanilla extract

Directions

1. Blend and Enjoy!



Chocolate Protein Peanut Butter Oatmeal

Ingredients

- ✎ 1 pack of instant oatmeal
- ✎ 2/3 cup of water
- ✎ 1 scoop of chocolate protein powder
- ✎ 1 tbsp of natural peanut butter
- ✎ 1 square of 85% dark chocolate

Directions

1. Microwave oats in water for 1 minute
2. Add in protein powder and stir
3. Add in peanut butter and chocolate
4. Stir and mix and ENJOY!



Spinach Frittata Recipe with Bacon and Cheddar

A frittata is an Italian-style flat omelet that's baked in a skillet. This frittata recipe features spinach, bacon and cheddar cheese. It's perfect for holiday brunches or other special occasions—even for a Protein and Produce dinner.

Ingredients

- ✎ 8 omega 3 or free range eggs
- ✎ 1/2 cup whole milk
- ✎ 1/2 lb fresh baby spinach torn into roughly 1-inch pieces
- ✎ 8 slices natural bacon
- ✎ 1/2 large onion, peeled and diced
- ✎ 1 cup grated cheddar cheese
- ✎ 1/2 cup of Sun Dried tomatoes in oil
- ✎ Sea salt, to taste



Directions

1. Preheat oven to 450°F.
2. Cook the bacon in a skillet over medium-low heat. When bacon is crispy, remove it from the pan, drain on paper towels and set aside. When it's cool, roughly chop it into 1/4 inch pieces—or just crumble it up.
3. In a glass mixing bowl, thoroughly beat the eggs until nice and frothy. Add the milk, spinach, bacon, onion, dried tomatoes, and cheese and stir until combined. Season to taste with sea salt.
4. Pour the egg mixture into a baking dish sprayed with PAM. Give everything a stir to distribute the ingredients evenly. This is the last time you're going to stir, so get it all out of your system now!
5. Bake 30-40 minutes or until the eggs are fully cooked.

Sweet and Salty Scramble

Ingredients

- ✎ 1 sweet potato
- ✎ 3 slices of natural bacon
- ✎ 1/2 onion
- ✎ 1 free range egg
- ✎ sprinkle of cheese
- ✎ oregano, parsley, salt and pepper

Directions

1. Chop a cleaned sweet potato into small cubes or wedges, wrap in paper towel and microwave for 4 minutes to pre-cook.
2. Fry bacon in non stick skillet and sprinkle with oregano and black pepper
3. Remove bacon on paper towel and break into crumbles
4. Add onion and sweet potato to the pan for 5 minutes, then add bacon in the bacon. Stir everything together into centre of pan.
5. Crack an egg on top of the mixture, sprinkle with a little shredded cheese and parsley and cook for 5 more minutes.



Green Eggs

Ingredients

- ✎ 2 hard boiled eggs
- ✎ 1/2 avocado
- ✎ chives
- ✎ 1 teaspoon hot sauce (or more to taste)
- ✎ 1/2 teaspoon lime juice
- ✎ salt & pepper to taste

Directions

1. Peel and halve the eggs and spoon their yolks into a small bowl.
2. Mash the Refill egg white halves with yolk mixture, and enjoy! with the avocado, hot sauce and lime juice; add salt and pepper to taste.
3. Top with chopped chives



Fast Flax Blueberry Banana Pancakes

Ingredients

- ✎ 1 cup ground flax seeds
- ✎ 2 teaspoons baking powder
- ✎ 4 eggs
- ✎ 2 mashed bananas
- ✎ vanilla extract (optional)
- ✎ Cinnamon to taste (optional)
- ✎ Blueberries, fruit, etc. (optional)

they ROCK with fruit or nuts in them!



Directions

1. Mix ingredients together—the batter will VERY VERY firm. That's okay! Make sure flax is mixed in thoroughly.
2. Then drop/drip/splat the batter onto a hot nonstick griddle. Kinda of swirl the batter out into a pancake medallion shape ... it will not really flatten on it's own. It will puff up and rise though, and it will turn golden like pancakes do.

Tip

When adding in fruit—do NOT add them into the batter! Especially berries! Instead, put the batter on the griddle, and then put the berries into the actual pancakes while they are on the griddle to best preserve the berries—or they will just turn into mush when you mix the batter.

3. Once one side is golden, flip it and press the pancake down to help flatten it and spread it a little wider out—don't worry it will puff up some more! They will cook a little faster than regular pancakes
4. One both sides are golden, take off and serve while warm.

Shredded Sweet Potato Heavenly Hash Browns

Ingredients (Serves Two)

- ✎ One large sweet potato, peeled
- ✎ 1/2 cup chopped onion
- ✎ 1 tsp minced garlic
- ✎ 1 tsp coconut oil
- ✎ Salt and pepper to taste

Directions

1. Shred the sweet potato using a cheese grater.
2. Heat the oil in a skillet and add the onions, cooking until soft, about five minutes.
3. Then add the sweet potato shreds and garlic. Spread in pan, pat down with spatula, flip when brown and cook for about 10 minutes, until both sides are browned and crispy.



Microwave Minute Coffee Cup Scramble

Ingredients

- 2 eggs
- 2 tbsp milk
- 2 tbsp shredded cheddar cheese
- salt pepper

Directions

1. spray mug with pam, add eggs and cheese, blend, microwave for 30s, stir, another 30 secs



NEW Apple Pie Pancakes

Cooking Time: 15-20mins

Serves: 4

Ingredients

- ✎ 2 Apples
- ✎ 3 eggs
- ✎ 1 teaspoon vanilla
- ✎ 1 1/2 Cups coconut milk
- ✎ 1/2 Cup coconut flour
- ✎ Dash of salt
- ✎ 1/2 teaspoon baking soda
- ✎ 1 Tablespoon cinnamon
- ✎ 1/4 teaspoon nutmeg
- ✎ 1 Tablespoon honey (optional)

**Directions**

1. Core your apple and slice it into rings. You can do this by hand or using your mandoline. I cut it at about 1/8 to 1/4" thicknesses. The thinner the quicker it cooks.
2. Beat your eggs until frothy then mix in the rest of your wet ingredients.
3. Add all your dry ingredients together and mix. I like to sift my coconut flour.
4. Gently mix the dry ingredients into your wet ingredients.
5. Add oil to a pan and dip your apple rings into your batter and cook like regular pancakes.
6. Top with some almond butter or maple syrup. Enjoy!

NEW Fit Frittaco

Cooking Time: 5-10 min.

Serves: 1

Ingredients

- ✎ 2 eggs—beaten
- ✎ 1-2 medium sized sausage links—I used zesty italian flavored chicken sausage. Read your label though and watch for fillers, nitrates, and sugar. BAD.
- ✎ 1 small shallot—diced
- ✎ 2 fresh basil leaves—chopped
- ✎ 1 small handful fresh spinach
- ✎ 1 tablespoon sundried tomatoes—chopped
- ✎ 1 pinch garlic powder
- ✎ 1/2 teaspoon italian seasoning
- ✎ salt & pepper to taste
- ✎ very small dab of coconut oil for cooking

**Directions**

1. Remove sausage links from casing, crumble up, and cook in a small frying pan with shallot until shallot becomes tender and translucent.
2. While the sausage is cooking, beat the eggs in a small bowl with garlic powder, italian seasoning and desired amount of salt & pepper.
3. Once sausage is browned and shallots are cooked, remove them from the pan with a slotted spoon.
4. Melt a small amount of coconut oil in the same pan and then add your egg mixture * it's important to use a small pan because your frittaco is going to end up being the same size as your pan *
5. Cook your eggs on medium-low heat for about 2 minutes. Don't stir them!
6. Flip your eggs over using a spatula. It's a little tricky at first, but I have complete faith in you.
7. Once your eggs are cooked through slide them onto a plate and top with sausage and remaining ingredients. 8. Fold that baby in half and eat it!

NEW **Savory Flax & Protein Bread**

The more you cook, the better you look. So let's cook something that a lot of people—especially we Fit Bodies—have had to give up: bread.

Yes, even whole grain bread, Ezekiel bread, and organic bread fertilized with the magic dust of weight-trained pygmies who survive only on acacia berries has to be avoided or limited for those of us that gain fat easily or have a tough time getting and staying lean.

Ingredients

- ✎ 2 cups milled flax seeds
- ✎ 1 tablespoon baking powder
- ✎ 1 teaspoon sea salt
- ✎ 2 whole eggs
- ✎ 3 egg whites
- ✎ 5 tablespoons virgin coconut oil
- ✎ 1/2 cup of hot water

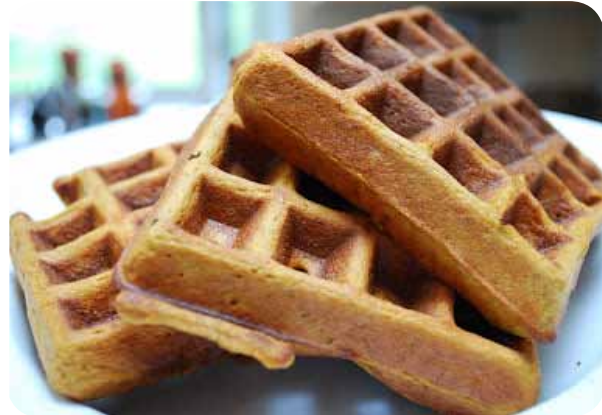
**Directions**

1. Mix the wet ingredients. Mix the dry ingredients. Then mix both together.
2. You may want to warm your coconut oil in a hot bath to get it liquid (it's solid when cool). The hot water should keep your oil from returning to a solid when you add it to the egg mixture. Bringing your eggs up to room temp will help too. If it turns solid, no worries, just place your mixing bowl in a sink with hot water and whisk like a madman.
3. Pour into a loaf pan, a baking dish, or those disposable foil bread pans. Bake at 350 degrees for 35 to 45 minutes

NEW Weekend Waffles

Ingredients

- 4 Eggs
- 1/4 cup Roasted Yam
- 1 T. Coconut Flour
- 1/2 tsp. baking powder
- 1 T. Cinnamon
- 1/2 T. Vanilla Extract



Directions

1. Blend ingredients in the blender (I just use a cheap Hamilton Beach blender, so any blender should work) until smooth.
2. Pour batter into a preheated, greased waffle iron** and cook according to your waffle iron's directions.

NEW **Eggin Avocado**

Directions

1. Preheat oven to 425, have cast iron pan in there
2. Slice avocado in half, take out pit
3. Take pan out, put avocado half on, crack egg in
4. Put whatever you want on top
5. Place in oven and cook till your eggs [are done how you] desire



NEW Zest Zucchini Cakes**Ingredients**

- ✎ 1 tsp olive oil
- ✎ 1 small yellow onion, grated
- ✎ 1 garlic clove
- ✎ 2 cups grated Zucchini
- ✎ 1/2 tsp salt
- ✎ 2 eggs
- ✎ 1/4 cup coconut flour
- ✎ 2 Tablespoons flax meal
- ✎ 1/2 tsp baking powder
- ✎ Non-Fat Plain Greek Yogurt
- ✎ Sweet Paprika

**Directions**

1. Heat half of the olive oil in a large skillet. Saute 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. Cook each side for 3 minutes or until golden.
6. Serve with a dollop of yogurt and a sprinkle of sweet paprika.

NEW Raspberries & Cream Breakfast Cake

Serves 2 (3 inch round ramekins)

Ingredients

- 🍷 1/4 cup coconut flour
- 🍷 1/4 teaspoon baking soda
- 🍷 1/8 teaspoon salt
- 🍷 5 egg yolks*
- 🍷 3 tablespoons honey (or liquid sweetener of choice)
- 🍷 1/4 cup coconut oil
- 🍷 2 tablespoons full-fat coconut milk
- 🍷 2 teaspoons lemon juice
- 🍷 1/4 cup raspberries (I've also used blueberries, strawberries & cherries)



Directions

1. In medium sized bowl, blend together the dry ingredients.
2. In another bowl (using a hand mixer), beat the egg yolks till pale and thick (2-3 minutes). Add the honey, oil, milk and lemon juice. Beat till combined. *If you want, you can mix those last four ingredients together a head of time, and then add them to the beaten egg yolks* **Note:** Because this is such a small amount of batter, I use a small bowl and just one beater attachment in my hand mixer to beat it.
3. Now, add the flour mixture to the egg mixture and beat on low till completely combined (again, using a hand mixer). Be sure there are no lumps.
4. Fill two small ramekins, each about 3/4 full. Do not overfill or you will have a batter volcano in your oven. I find it best to keep the batter no more than an 1 1/2 inches deep for best texture results.
5. Take the raspberries and break them up a bit with your fingers (don't mash them). Place raspberry pieces (or other berries) evenly on top of the batter in each ramekin, gently pressing them into the batter.

6. Bake in a 350 degree oven for 20-25 minutes OR until the cake springs back some when touched. Rotate half way through baking if the cakes aren't browning evenly). It's OK if the center is still slightly under cooked. *Keep an eye on the cakes as every one's oven bakes differently and sizes of ramekins can vary. All these things can affect the baking time.*
7. Remove from the oven when done and cool for about 5 minutes. Best served while still warm.

NEW Before-Bed Breakfast Pumpkin Pie Oatmeal

Don't have time for breakfast, set it and forget it with your slow cooker before you hit the hay and wake up to the smell of pumpkin pie in your kitchen!

Ingredients

- ✎ 1-3/4 cups unsweetened almond milk (or other dairy or non-dairy milk)
- ✎ 1-1/2 cups water
- ✎ 1 cup uncooked steel-cut oats (gluten-free, if desired)
- ✎ 1/4 cup maple syrup (may substitute other preferred sweetener)
- ✎ 3/4 cup pumpkin puree (unsweetened, unflavored)
- ✎ 1/2 cup unsweetened applesauce (or one apple, peeled, cored, and grated)
- ✎ 1 teaspoon vanilla
- ✎ 2 tablespoons pumpkin pie spice
- ✎ 1 tablespoon ground chia or flax seeds
- ✎ 1/4 teaspoon salt
- ✎ 1-1/2 tablespoons coconut oil
- ✎ Optional garnishes: chopped nuts, raisins, maple syrup, brown sugar, additional milk or butter



Directions

1. Before bed coat inside of 3-1/2 quart (or larger) slow cooker with coconut oil.
2. Add all ingredients (except optional toppings) to slow cooker. Stir, cover, and cook on low for approx. 5 hours, or until oats are cooked & softened, but edges haven't browned. (Slow cooker times may vary.)
3. Spoon oatmeal into bowls; add optional toppings, if desired.
4. Store leftovers in refrigerator. Freezes well.

NEW Blueberry Maple Refrigerator Oatmeal

This easy, no-cook “porridge” has make-ahead convenience and is packed with nutrition to get your day off to a healthy start. Make it in individual mason jars for a perfect serving size and an easy grab-and-go breakfast straight from the fridge (it’s eaten cold). Take it along to work or anywhere. Great to serve on a breakfast or brunch buffet. High in protein, calcium & fiber; low in fat & sugar.

Ingredients

- 1/4 cup uncooked old fashioned rolled oats
- 1/3 cup unsweetened almond milk
- 1/4 cup low-fat Greek yogurt
- 1-1/2 teaspoons dried chia seeds
- 2 teaspoons maple syrup (more or less to taste)
- 1/4 cup blueberries (or enough to fill jar)

Directions

1. In a half pint (1 cup) jar, add oats, milk, yogurt, chia seeds, and maple syrup.
2. Put lid on jar and shake until well combined.
3. Remove lid, add blueberries and stir until mixed throughout.
4. Return lid to jar and refrigerate overnight or up to 2 days.
5. Eat chilled.



NEW Breakfast Bites**Ingredients**

- ✎ 12 eggs
- ✎ 6 strips of bacon cut lengthways to make 12 strips
- ✎ 12 bits of prosciutto or ham to fill bottom of muffin tins
- ✎ 12 cherry tomatoes halved
- ✎ 12 slices of mushroom
- ✎ 12 large pieces of flat leaf parsley
- ✎ salt and pepper

**Directions**

1. Pre heat oven to 180 degrees celcius.
2. Spray olive oil in the muffin tin and place prosciutto on the bottom , and bacon around the sides of each muffin spot.
3. Place mushroom slice, two halves of cherry tomato and a piece of parsley in each muffin tin.
4. Crack open an egg on each muffin and sprinkle with salt and pepper.
5. Place in the oven and cook for 10 minutes.

LUNCH



Grilled Greek Feta Burger

Ingredients

- ✎ 2 lbs of ground lamb
- ✎ 1 small onion chopped
- ✎ 1/4 cup of sliced black olives
- ✎ 1/4 cup of crumbled feta cheese
- ✎ 1 omega 3 or free range egg
- ✎ 1tbsp of ground flaxseeds
- ✎ 1 tbsp of garlic powder
- ✎ 1 tbsp of dried parsley
- ✎ 1 tsp of dried oregano
- ✎ dash of sea salt and pepper



Directions

1. Place everything in large bowl and shape into round patties.
2. Press down into centres of patties slightly to prevent burgers from expanding
3. Grill on medium to high heat for 5 mints a side or until cooked through.

Healthy Takeout

Pre-Cooked Rotisserie Chicken from your local supermarket (just don't eat the skin).

Throw together a quick garden salad with veggies with some feta cheese and olive oil sprinkled on top. Voila! A healthy dinner idea for busy people on those busy days. These chickens are also great to have for leftovers the next day at work or other healthy chicken recipes during the week.

Spicy Meat and Mushroom Quesadilla

Ingredients

- ✦ Slice up left over roast or steak into very thin strips.
- ✦ 1/2 cup of sliced mushrooms
- ✦ 1 small onion chopped
- ✦ 1/2 cup of tex mex shredded cheese
- ✦ Whole wheat tortillas
- ✦ 1 tsp of cumin
- ✦ 1tbsp of olive oil
- ✦ sea salt and pepper



Directions

1. Saute meat, mushrooms and onions with spices and olive oil in skillet for 5 minutes.
2. Remove from pan and place 1 tortillas flat into pan and top with sautéed ingredients and cheese.
3. Place another tortilla on top.
4. Fry closed quesidillas on medium heat for 5 minutes and flip over for another 2-3 minutes until brown and cheese is melted.
5. Remove from pan and using pizza cutter or large knife slice into triangular pieces.
6. Use fat free sour cream or plain greek yogurt for dipping

Superfood Spinach Salad

Ingredients

- ✎ bowl of baby spinach
- ✎ 1 sliced pink orange
- ✎ 1 chopped avocado
- ✎ 1 cup of fresh blueberries
- ✎ 1 tsp of crunched walnuts
- ✎ 1 tbsp lemon juice
- ✎ 1 tbsp olive oil

Directions

1. Add spinach to bowl and add ingredients toss and drizzle with lemon juice and olive oil



Simple Spinach Salad

Ingredients

- ✎ Fill half of salad bowl with baby spinach

Directions

1. Add hand full of cherry tomatoes
2. Sprinkle on some crumbled feta or goat cheese
3. Dash of oregano, salt and pepper
4. Drizzle with olive oil and balsamic vinegar



The Easiest Diet Tip For Fat Loss

The easiest diet tip for fat loss is to have a PROTEIN and PRODUCE dinner.

This one small switch without changing anything else in your diet makes a huge difference. Plus, **this easiest diet tip for fat loss** is easy to do and the tasty meal varieties are endless but the results are almost instant!

By eating REAL FOOD such as lean proteins like chicken, turkey, beef, pork, or fish with some vegetables and staying away from starchy carbs like pasta, potatoes, rice, bread and even beans in your evening dinner you **avoid that large spike in insulin (the fat storage hormone)**.

Most of our activity levels are low in the evening anyway so our bodies don't need all this excess energy rich calories (carbohydrates).

With this easiest diet tip for fat loss **You will get LEANER but also feel a lot better without the drowsiness, bloating and gas that high carb foods cause...**

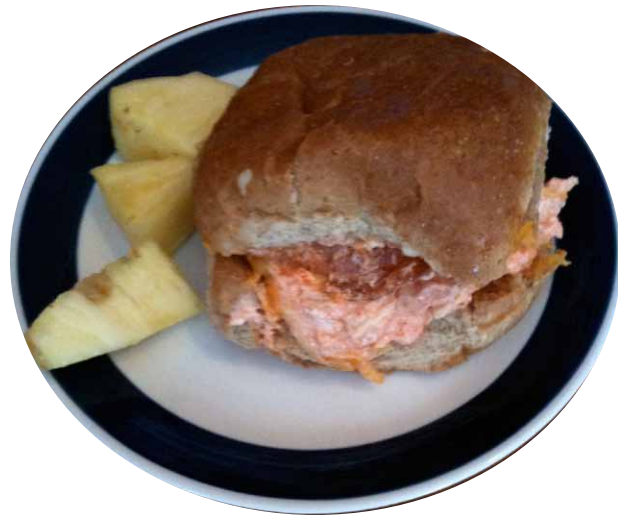
Even if you workout in the evening, lean meats and veggies will provide you with all the nutrients you need to build muscle and burn fat.

Give this easiest diet tip for fat loss a try, **enjoy the foods you do eat and more importantly enjoy the results!**

Buffalo Butter Chicken Sandwich

Ingredients

- ✎ 1 cup of leftover shredded roisterer chicken breast
- ✎ 1 tsp of butter
- ✎ 1 cup of Franks Red Hot sauce
- ✎ Sprouted grain bun
- ✎ Baby spinach
- ✎ Sliced red onion
- ✎ Slice tomato
- ✎ 1 tbsp of plain greek yogurt
- ✎ 1 tsp of Clubhouse Garlic and Pepper spice



Directions

1. Place butter and hot sauce in glass bowl and microwave to melt and mix
2. Toss chicken in bowl with warm hot sauce and butter
3. Place spinach on bottom bun, top with saucy chicken, tomato and red onion
4. Spread yogurt sprinkled with pepper spice on top bun

Minute Mini Pizza

One thing I like to do when people say they can't eat healthy food that actually tastes good, is well...prove them wrong.

I then start by asking them what they normally eat during the day. Pizza and burgers seem to be some family favorites. Then I show them how to make the same unhealthy foods healthy. Or if I am really in the mood I will cook it for them, which really wins them over.



Just take a whole wheat tortilla shell, spoon on some tomato sauce, add some cooked extra lean ground beef or chicken, add some veggies and a little low fat cheese and bake for 10 mins at 400F.

Chunky Chicken Salad Sandwich

Ingredients

- ✎ 1/2 Avocado, mashed
- ✎ 1 cup chopped Chicken
- ✎ 1/4 cup Celery, finely chopped
- ✎ 1/4 cup Green Onion, finely Chopped
- ✎ 1/4 red bell peper, finely chopped
- ✎ 2-3 tbsp plain Yogurt
- ✎ 1 tsp sea salt
- ✎ 1 tsp freshly ground black pepper
- ✎ 1 tsp Paprika
- ✎ 1 tsp Cumin



Directions

1. Mix all ingredients together in a bowl.
2. Serve on some 100% multigrain bread with some baby spinach instead of plain sad looking wilted lettuce and you got a quick and healthy meal in minutes.

Savory Seafood Penne

Ingredients

- ✎ 1 box of whole wheat penne pasta
- ✎ 2 bags of frozen cooked shrimp
- ✎ 1 small cub of garlic goat cheese crumbled
- ✎ 3 cups of baby spinach
- ✎ 2 tomatoes chopped
- ✎ 2 tsp walnuts chopped
- ✎ 3 tsp of ready-made pesto



Directions

1. Defrost shrimp under running water for 5 mins
2. Cook pasta according to directions
3. Transfer pasta to large bowl, add shrimp, cheese, spinach, tomato, walnuts and pesto
4. Stir well to combined ingredients

Crispy Crab Cakes

Ingredients

- ✎ 1 can of crab meat
- ✎ 2 tbsp minced jalapenos
- ✎ 2 green onions
- ✎ 1/2 of minced red bell pepper
- ✎ 1 egg, slightly beaten
- ✎ 2 tsp dijon mustard
- ✎ juice of 1 lemon
- ✎ garlic seasoning
- ✎ salt and pepper
- ✎ 3/4 cup whole wheat bread crumbs



Directions

1. Preheat oven to 425 F
2. Mix everything in a bowl except 1/2 cup of breadcrumbs
3. Using your hands form the crab cakes into patties.
4. Spread the remaining bread crumbs on a plate and coat each pattie in the crumbs.
5. Shape each breaded crab cake into patties the size of hockey pucks....
6. Place them on a non-stick baking sheet. I like to cover the baking sheet with parchment paper for no stick and easy clean-up.
7. Bake for 15 minutes or until brown and crispy.
8. Top with a spoonful of plain yogurt or seafood sauce. Enjoy!

Terrific Turkey Sausage Stir-Fry

Ingredients

- ✎ 1 pkg of Italian Turkey Sausage (hot)
- ✎ 1 bag of Artie Garden's frozen mixed veggies (Thai)

Directions

1. For the sausages: Pre-heat skillet over medium heat, then add sausages and 250ML (1 cup) of water. Cover and heat for 10 minutes, turning sausages once. Remove cover, and cook until golden brown (Approximately 10 minutes).
2. Slice up sausages and set aside.
3. For the veggies: Pour vegetables in a microwaveable dish with 1/4 cup of water. Add vegetables. Cook in microwave on high power for recommended time.
4. Throw cooked sausage slices and cooked veggies back in skillet and stir and fry for a couple minutes.



Polynesian Pineapple Chicken Kabobs

Ingredients

- ✎ 1 lb. boneless skinless chicken breasts, cut into 1-1/2-inch pieces
- ✎ 1 fresh pineapple, peeled, cored and cut into 1-1/2-inch chunks
- ✎ seasoning of choice for chicken

Directions

1. THREAD chicken and pineapple alternately onto 4 pre-soaked wooden skewers.
2. HEAT grill to medium heat. Grill kabobs 12 to 15 min. or until chicken is done, turning occasionally.
3. Serve a Summer Salad on the side using fresh baby spinach, garlic goat cheese, chopped cucumber and cantaloupe. Drizzle with extra virgin olive oil.



Charred Chicken Tacos

Ingredients

- ✎ 12 oz boneless, skinless chicken thighs
- ✎ 1 ripe avocado, peeled and pit removed
- ✎ 1 clove garlic, finely minced
- ✎ 1/4 cup chopped fresh cilantro, plus more for garnish
- ✎ 2 limes (1 quartered)
- ✎ Salt and pepper, to taste
- ✎ Olive oil
- ✎ 1 tsp ground cumin
- ✎ 1 tsp chili powder or 1/2 tsp cayenne pepper
- ✎ 4 jalapeno peppers
- ✎ 1 large yellow onion, peeled and sliced into 1/4-inch rings



Directions

1. First, make the guacamole: In a mixing bowl, combine the avocado, garlic, cilantro, and juice of one lime. Mix thoroughly and season with salt and pepper.
2. Preheat a grill on medium high. Drizzle a bit of olive oil over the chicken pieces and then rub them with the cumin, and chili powder or cayenne. Sprinkle on some salt and pepper. Add the chicken, whole jalapenos, and onion rings to the grill. Cook the chicken for 4 to 5 minutes on each side until it's lightly charred and firm to the touch. Cook the jalapenos and onions for the same amount of time, turning them to make sure they caramelize evenly.
3. Serve the grilled chicken with the guac, grilled vegetables, hunks of fresh lime, and more cilantro.
4. Eat with warm corn tortillas and black beans.

Too-Good Turkey Burgers

Whip these up as a healthy alternative to regular burgers and your kids will love them!

Ingredients

- ✎ 1 pack of lean ground turkey
- ✎ 1 tsp of savory
- ✎ 1/4 ground flaxseed
- ✎ 1 omega 3 egg
- ✎ Sea salt and black pepper

Directions

1. Mix it all in a bowl to make 4 burgers, add to heated pan coated in grapeseed oil until cooked through (cooking them in grapeseed oil is good as it's a healthy oil good for frying and it smells like fried chicken when you cook with it!).
2. Place on toasted whole wheat buns topped with baby spinach, tomatoes, sauteed onions, whole grain Dijon mustard and salsa.



Easy Gourmet Tip for Juicier Grass-Fed Burgers

What makes a burger juicy? It's the fat content. This can be a little problematic when you cook with grass fed beef or bison because the meat from pastured animals is naturally low in fat (though far superior in taste and nutrition). Try adding a red wine reduction to "boost the juice" in your grass-fed patties. For four burgers made from about a pound and a half of pastured ground beef, reduce 1 cup of a fruity merlot or rich cabernet in a small saucepan over medium heat to just over ¼ cup. It will need to simmer for around 10-15 minutes to reduce and thicken. Cool the wine reduction and add it to the ground beef with a heaping tablespoon of Dijon mustard and generous amounts of sea salt and freshly ground cracked black pepper. Work the wine and seasonings gently but thoroughly through the beef and form into four patties. Grill to desired doneness and serve with buttery lettuce and a thin slice of cheddar melted on top.

Dusted Dry Rub Burgers

This dry rub recipe works well on burgers but is also bangin' on rib eye steaks and probably on chicken too (haven't tried that yet, but could imagine it would be tasty...)

Ingredients

- ✎ 1 1/2 tbsp chili powder
- ✎ 2 1/2 tsp paprika
- ✎ 1 tsp cumin
- ✎ 1/4 tsp cayenne pepper
- ✎ 1/4 tsp ground white pepper
- ✎ 2 1/2 lbs grass fed ground beef (makes about 7-9 medium sized burgers)
- ✎ sea salt to taste



Directions

1. Mix all dry rub ingredients together.
2. Form hamburger meat into patties and cover both sides generously with the dry rub. Let the burgers sit in the fridge for about 30 minutes before cooking.
3. Either grill or pan fry about 4 minutes each side for medium, less for rare, more for well... (sprinkle on sea salt once the burgers are in the pan or on the grill).

Sweet Potato Latkes

Ingredients

- ✎ 5 cups grated sweet potato
- ✎ 2 eggs
- ✎ 2 tablespoons onions, minced
- ✎ 1 teaspoon cinnamon
- ✎ Sea salt and black pepper to taste.

Directions

1. Mix all ingredients together in a large mixing bowl.
2. Heat a griddle or skillet over medium heat and melt a spoonful of coconut oil.
3. Take small handfuls of the potato mixture and drop onto the hot griddle or skillet and press down gently into little “cakes”.
4. Cook for 3-5 minutes on each side or until golden brown and crispy and the potatoes are done all the way through.
5. Top with fried eggs and bacon if you so desire. Makes 12 latkes.



Breadless BLT

Ingredients

- 4 slices of cooked natural bacon
- 1 chopped tomato
- 1 sliced avocado
- 2 tbsp of jalepeno greek yogurt
- 2 large romaine lettuce leaves
- salt and pepper

Directions

1. Divide ingredients into the 2 lettuce leaves, wrap and eat. Serves 2.



Eggcellent Egg Salad

It is made with non fat Greek yogurt, fresh celery and onion greens. It is perfect on a bed of lettuce, wrapped in romaine lettuce leaves or in a sprouted grain tortilla. This is egg salad done right.

Ingredients

- ✿ 8 free range eggs
- ✿ 4 celery stalks, chopped
- ✿ 2 Tablespoons onion greens, chopped
- ✿ 1/4 cup plain Greek yogurt
- ✿ 2 teaspoons dijon mustard
- ✿ 1 teaspoon 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. Heat the water to a boil, turn off the heat and cover the pot. Wait exactly 7 minutes, and then place the eggs in a bowl of ice water for 3 minutes.
2. Peel and chop hard boiled eggs. Place in a large bowl. Add celery, onion greens, yogurt, mustard, lemon, salt and pepper. Mix well.
3. Chill and then serve.

NEW **Parmesan & Bacon Sweet Potato Mash**

Cooking Time: 20 minutes

Serves: 3

Ingredients

- ✎ 1 large sweet potato
- ✎ 1/3 cup grated parmesan
- ✎ 3 slices of bacon
- ✎ 1 clove of garlic
- ✎ 2 tbsps of butter
- ✎ salt and pepper to taste

**Directions**

1. Peel and dice the sweet potato. Put in boiling water and boil 10-15 minutes 'til soft.
2. While the potato is cooking, grill the bacon for 8-10 minutes, turning once, until crispy. Cut into tiny pieces.
3. Take the sweet potato off the heat and drain. Add the butter and garlic to the pot. Mash 'til smooth.
4. Stir in the bacon pieces, parmesan and butter.
5. Mix until the butter melts, add the salt and pepper if desired. Serve.

NEW **Crunchy Crusted Pecan Chicken****Ingredients**

- ✎ 2 lbs chicken thighs
- ✎ 1 cup crushed pecans
- ✎ 1 cup crushed gluten free CrunchMaster crackers (Costco)
- ✎ 1/2 tsp nutmeg
- ✎ 1 tsp salt
- ✎ 2 eggs
- ✎ 2 TBL coconut oil (or more depending on how many chicken thighs you have)

**Directions**

1. With each chicken thigh, unroll it, and pound it out till it's slightly thin. Only a couple of hits will do.
2. In a large bowl, combine crushed pecans, crushed crackers, nutmeg and salt.
3. In a separate bowl, crack the eggs and whip till eggs are combined.
4. Heat olive oil in a skillet till hot.
5. Dip each chicken thigh in egg wash, then in the crumbs.
6. Place on hot skillet. Cook both sides until chicken is cooked throughout. About 5 minutes on each side.
7. Take out of skillet. Serve with rice or rolls and green salad.

NEW **Cauli-Egg Sandwich Thins**

Ingredients

- ✦ 2 cups grated (cheese grater) or processed (with food processor) Cauliflower
- ✦ 2 eggs
- ✦ 2 tbsp ground flaxseed (optional)
- ✦ 1 tbsp pesto (optional)
- ✦ 1/4 tsp turmeric
- ✦ salt and pepper to taste



Directions

1. Preheat oven to 450
2. Whisk everything together very well (using a big whisk or fork)
3. Place in 1/4 cup mounds on a parchment lined baking sheet sprayed with olive oil
4. Bake for 10 minutes, flip and bake another 5

NEW **Chipotle Sweet Potato Salad**

Serves: 5

Ingredients

- 2.5 Grilled chicken breasts seasoned w/ garlic salt, ground black pepper and paprika
- 6 small sweet potatoes, chopped
- 1 cup black olives
- 1 cup celery, chopped
- 6 hard boiled eggs, peeled and chopped
- 1/2 white onion, diced
- Olive oil mayo
- 1 TSP chipotle pepper
- 3 TBS olive oil
- Sea salt, garlic salt, black pepper to taste

**Directions**

1. While the chicken is grilling saute the sweet potatoes in olive oil and add the chipotle pepper.
2. Once the chicken is done cooking chop it up and mix with the sweet potatoes in a mixing bowl.
3. Add the celery, black olives, onion and eggs.
4. Add Mayo until your salad reaches the preferred consistency. I usually try to avoid mayo of any kind but I said "F it" and went wild with it like I would a normal potato salad.
5. Now season with the garlic salt, black pepper and sea salt until it floats your boat.

NEW **Tomato Basil Sandwich Wrap**

Makes 10 servings

Ingredients

- ✎ 1 1/4 cup blanched almond flour (or 3/4 cup coconut flour)
- ✎ 5 TBS psyllium husk powder
- ✎ 1 tsp Celtic sea salt
- ✎ 2 eggs (4 if using coconut flour)
- ✎ 1 cup White Linen Marinara sauce from Costco

Directions

1. In a medium sized bowl, combine the almond/coconut flour, psyllium powder (no substitutes: flaxseed meal won't work), and salt. Add in the eggs and combine until a thick dough. Add Marinara sauce into the bowl. Mix until well combined. Let sit for a minute or two until the dough gels up.
2. Separate into 10 balls (about 2 inches in diameter). Place the dough onto a piece of greased parchment paper (I used coconut oil). Top with another greased piece of parchment. Using a rolling pin, roll the dough out in a circle shape with even thickness throughout. This dough is very forgiving, so if you don't make a circle with the rolling pin, use your hands to perfect your tortilla.
3. Heat a large pan to medium-high heat with coconut oil. Once hot, place an unbaked tortilla on the pan (if the tortilla sticks to the parchment the first time, as it did for me, use your hands to close up any holes...the dough is still very forgiving) and saute until light brown, then flip and bake through.



NEW Quinoa Stuffed Mushrooms

Makes 15

Ingredients

- 🍷 15 crimini mushrooms, stemmed
- 🍷 1/3 cup cooked quinoa
- 🍷 1/3 cup shredded sharp cheese (I like goat)
- 🍷 1 shallot, diced
- 🍷 2 garlic cloves, minced
- 🍷 2 tablespoons capers, finely chopped
- 🍷 2 tablespoons olive oil
- 🍷 2 tablespoons fresh basil, coarsely chopped
- 🍷 1 teaspoon crushed red pepper
- 🍷 Salt & pepper to taste

**Directions**

1. Preheat the oven to 400 F. Spray a baking sheet with nonstick cooking spray and place the mushrooms, stem side up, and set the sheet aside.
2. Heat 1 tablespoon olive oil in a saute pan over medium heat and saute the shallots, garlic and capers until fragrant, about 2 – 3 minutes.
3. Add the cooked quinoa, sauteed vegetables and cheese to a mixing bowl. Stir to combine. Toss with the fresh basil and crushed red peppers. Season with salt and pepper.
4. Spoon the mixture into each of the mushrooms, about 1 teaspoon into each (depending on the size). Bake in the center of a warmed oven until the mushrooms have softened and the topping begins to brown, about 20 – 25 minutes. Serve immediately.

DINNER



Tasty Turkey Meatloaf

Ingredients

- ✎ 2 tablespoons olive oil
- ✎ 2 onions, peeled and sliced
- ✎ 2 tsp of bottled basil pesto
- ✎ 4 button mushrooms, cleaned and chopped
- ✎ 2 pounds of ground turkey
- ✎ 1/2 cup of skim milk
- ✎ 1/2 cup of instant oatmeal
- ✎ 2 omega 3 enriched eggs
- ✎ 1/2 cup of your favorite tomato sauce
- ✎ A few dashes Worcestershire sauce
- ✎ 1 tablespoon dried oregano
- ✎ Sea salt and freshly ground black pepper to taste



Directions

1. Preheat your oven to 400 degrees.
 2. Preheat a heavy skillet over medium-high heat, and then add the oil and onions. Sauté them until they are golden brown. Add the mushrooms and continue sautéing until all the liquid has evaporated and the mushrooms have lightly browned. Add the pesto and mix with the mushrooms and onions.
 3. In a large bowl mix together the turkey, milk, oatmeal, eggs, tomato sauce, Worcestershire sauce, oregano and mushroom mixture. Season well with salt and pepper. Press the mixture into a loaf pan, and bake until lightly browned on top and firm, about 1 hour.
- * Remove the meatloaf from the oven and let cool for 10 minutes to make it easy to slice.

Wicked Wings

Ingredients

- ✎ 1 teaspoon dried oregano
- ✎ 1 teaspoon dried rosemary
- ✎ 1/2 teaspoon ground cumin
- ✎ 1 teaspoon kosher or sea salt (1/2 tsp table salt)
- ✎ 2 1/2 pounds chicken wings
- ✎ 3 tablespoons extra-virgin olive oil (or melted butter)
- ✎ 2 tablespoons minced fresh basil
- ✎ 2 garlic cloves, finely minced
- ✎ 1/4 cup grated parmesan cheese
- ✎ 1/2 teaspoon seasoning salt (like Lawry's)
- ✎ *Fat Free Sour Cream or Plain Yogurt for dipping



Directions

1. Preheat oven to 425F. In a small bowl, mix together the oregano, rosemary, cumin and salt. Lay the chicken wings on a baking sheet and season the chicken wings with this mixture.
2. Bake the chicken wings for 45 minutes. While the chicken is baking, mix together the oil, fresh basil, garlic, parmesan cheese and seasoning salt.
3. When the chicken is cooked through, toss the wings with the garlic, cheese and oil.

These wings maybe lower in calories but they make up for it in FLAVOR!

Tips for Wicked Wings

So here are 3 Tips for Wicked Wings that cuts the fat and sugar from your normal pub grub wings that are usually battered, deep fried and drowned in sugar laden sauce that will send your pancreas into insulin overdrive.

1. Baked Is Better—Baking the wings in the oven or even grilling them removes a lot of the grease from the skin and avoids adding even more fat by frying them in oil.
2. Spice Not Sugar—Avoid drowning your wings in sugary bbq sauce and use fresh herbs and spices to bring them to life and create fiery flavors.
3. Ditch the Dressing—Stay away from the Ranch and Blue Cheese dressings for dips and opt for Fat-Free Sour Cream or even Plain Yogurt to cooldown your palette after going heavy on the hot sauce.

Fit Fusilli with Sausage

Ingredients

- ✎ 1 box of multigrain fusilli pasta
- ✎ 6tsp of olive oil
- ✎ 1 onion chopped
- ✎ 2 cloved of garlic
- ✎ 1 bell pepper chopped
- ✎ 6 sundried tomatoes chopped
- ✎ 4 Italian sausages diced
- ✎ a sprinkle of salt, pepper, oregano, parsley and chili flakes
- ✎ grated parmesan cheese



Directions

1. Boil pasta for 12 mins and drain
2. Heat oil in skillet and saute garlic and onions for 5 minutes
3. Add peppers, tomatoes and sausage and cook through
4. Add cooked pasta to mixture and stir
5. Top with cheese

Tight Tummy Tips

Here are 3 secret diet tips to reveal your abs once and for all.

1. *Eat Dinner For Breakfast*

Yes, you read that right, eat dinner for breakfast! Stay away from the highly processed boxed cereals and have what most people see as a dinner meal. Lean meat and veggies. Here is another diet secret that Olympic athletes use to get super lean, super fast. Have a meat and nuts breakfast every morning. This keeps your blood sugar stable and gives your muscles lean protein and healthy fats to keep your metabolism elevated. You will also find that you have better mental clarity. Example meals would be a turkey burger and cashews, or steak and walnuts. Try a different meat and nuts combo every morning.

2. *Earn Your Carbs*

You need carbohydrates for energy right? Yes, but are you consuming more energy in the form of carbs than you are burning up? Here is a simple and easy way to manage your carb intake: Only eat starchy carbs during the 2 hours after your workout. During this time your body will use the carbs to replenish your muscles energy stores and they won't be stored as bodyfat. Starchy carbs are the pasta, potatoes, rice, oatmeals, breads and cereals. Even when you do eat these post-workout, make sure you choose the whole grain and whole wheat varieties. The rest of the day eat fruit or veggies as your carb source.

3. *Eat Breakfast For Dinner*

So you already had dinner for breakfast. It only makes sense to have your normal breakfast for dinner. Keep remembering to do the opposite of what is the norm. Most people's diets are backwards; they eat a small breakfast, if at all, then a medium lunch and top the day off with a large dinner. To achieve a lean body you need to have a large breakfast, a medium lunch and a small dinner. This coincides with most people's activity levels, making sure calories are being used as fuel and not stored as fat. So for dinner an omelet with mixed veggies is a great choice to end the day towards leaner abs. Well, there you go. When you feel overwhelmed with information on finally getting rid of that belly fat or you feel your current weight loss efforts are getting you nowhere. Use these tips to keep you on track to lifelong fitness and to achieving those Awesome Abs.

The Ultimate BBQ Beer Can Chicken

Ingredients

- ✎ 1 or 2 Fresh roasting chickens
- ✎ 1 tsp of olive oil
- ✎ Seasonings and spices of your choice, I like sea salt, freshly ground pepper, garlic powder, oregano, paprika and parsley
- ✎ 1 can of beer for each chicken



Directions

1. Preheat gas grill to 350 degrees. Remove giblets from chicken cavity. Rinse chicken inside and out and pat dry. Rub surface of chicken with oil. Rub cavity with 1 tablespoon seasoning. Sprinkle remaining seasoning evenly over surface of chicken.
2. Drink half a can of the beer. Hold chicken upright (legs pointing down) and insert opened beer can into cavity. Stand chicken in upright position in center of grill. Position legs to best support chicken; (similar to a tripod). Close lid.
3. Grill chicken over INDIRECT heat for one hour and 15 minutes, leave lid closed to keep heat in.
4. When done, let chicken cool for 10-15 minutes and remove can from chicken before serving.
5. For sweet potatoes fries, clean and wash potatoes.
6. Slice up in the shape of fries and toss in bowl with olive oil and spices such as salt, pepper, chili powder, garlic powder and parsley.
7. Place on baking sheet and place in preheated oven at 425F for 30 minutes.

Lean Lasagna

Ingredients

- ✎ 2 large zucchini
- ✎ 1 tablespoon salt
- ✎ 1 pound ground beef
- ✎ 1 1/2 teaspoons ground black pepper
- ✎ 1 small green bell pepper, diced
- ✎ 1 onion, diced
- ✎ 1 cup tomato paste
- ✎ 1 (16 ounce) can tomato sauce
- ✎ 1/4 cup red wine
- ✎ 2 tablespoons dried basil
- ✎ 1 tablespoon dried oregano
- ✎ 1 500 g tub of cottage cheese
- ✎ 2 tablespoons dried parsley
- ✎ 1 cup chopped baby spinach,
- ✎ 1 pound fresh mushrooms, sliced
- ✎ 8 ounces shredded mozzarella cheese
- ✎ 8 ounces grated Parmesan cheese



Directions

1. Preheat oven to 325 degrees F. Grease a deep 9x13 inch baking pan.
2. Slice zucchini lengthwise into very thin slices using a mandolin slicer. Sprinkle slices lightly with salt; set aside to drain on paper towel
3. To prepare the meat sauce, cook and stir ground beef and black pepper in a large skillet over medium high heat for 5 minutes. Add in green pepper, mushrooms and onion; cook and stir until meat is no longer pink. Stir in tomato paste, tomato sauce, wine, basil, and oregano, adding a small amount of hot water if sauce is too thick. Bring to a boil; reduce heat and simmer sauce for about 20 minutes, stirring frequently.
4. Meanwhile, stir cottage cheese and spinach together in a bowl until well combined.
5. To assemble lasagna, spread 1/2 of the meat sauce into the bottom of prepared pan. Then layer 1/2 the zucchini slices, 1/2 the cottage cheese spinach mixture, then 1/2

the mozzarella cheese. Repeat by layering the remaining meat sauce, zucchini slices, cheese spinach mixture, and mozzarella. Spread Parmesan cheese evenly over the top; cover with foil.

6. Bake for 45 minutes. Remove foil; raise oven temperature to 350 degrees F, and bake an additional 15 minutes. Let stand for 10 minutes before serving.

Snow Storm Soup

Another hot and hearty meal that your family will love on those stormy winter days. Get your kids involved in the kitchen when it's too stormy for them to get outside. Crock Pots are great for this as there is no risk for little hands to be around hot burners or stoves.

Always add your ingredients to the cold crock pot, then throw on the lid and turn it on your desired setting.



Directions

1. Fry up a pack of lean ground turkey in grapeseed oil with 1 onion.
2. Chop up 2 sticks of celery and some baby carrots.
3. Add two cans of Alymer Chili style crushed tomatoes, 1 can of Campbells tomato soup, 1 cup of whole wheat elbow macaroni and 1 can of kidney beans to the crockpot.
4. Add the cooked turkey and veggies to the crockpot.
5. Throw in a dash of sea salt, ground pepper, red pepper flakes, oregano and basil.
6. Then add 1 cup of water.
7. Mix it up and let cook on low for 4 hours. Supper will be ready and waiting when you get home from work

Spaghetti Squash Spaghetti

Ingredients

- ✎ 4 cups spaghetti squash
- ✎ 1 tablespoon coconut oil or butter (melted)
- ✎ 1/4 teaspoon salt
- ✎ 1/8 teaspoon pepper
- ✎ 1/8 teaspoon cinnamon
- ✎ Olive oil cooking spray
- ✎ 12 oz (340g) ground sirloin or extra lean ground beef
- ✎ 1 cup onion (small diced)
- ✎ 2 cups tomato sauce
- ✎ 1/4 cup cashews (crushed)
- ✎ 1/2 cup parmesan cheese (grated)



Directions

1. Preheat oven to 375 degrees F.
2. Cut squash in half and clean out the centre and seeds. Place on a baking sheet and drizzle with oil or butter. Season with salt, pepper, and cinnamon and then place in the oven.
3. Bake squash for 45 minutes or until squash is tender enough to stick a fork into it with minimal resistance. Remove from oven and allow to cool a little.
4. While the squash is baking, preheat a non-stick frying pan on medium heat, lightly coat with spray and add the ground sirloin. Sauté the sirloin in batches if necessary, until lightly browned and cooked all the way through. Add onions and sauté for 2 minutes more.
5. Remove from heat, add in the tomato sauce and cashews, and set aside.
6. Once squash has cooled a little, scoop the flesh out of the skin with a spoon, measure and add it to the meat sauce. Next, reheat in the frying pan on medium until warm.
7. Garnish with the parmesan.

BBQ Wild Salmon

Are you sick of steaks and burgers for your healthy meals? Well, here is a great tasting quick recipe for heart healthy salmon done on the grill.

I use this all the time to cook tasty salmon in a flash. A bonus to cooking on the BBQ is you won't stink out our house! Just make sure you get Wild Salmon instead of Farm raised salmon. The omega 3 (the good fats) profile of wild salmon is way better.



Directions

1. Light your outdoor BBQ grill, close the cover and heat to 350 degrees.
2. Place a Wild Salmon Fillet on a sheet of foil wrap skin side down.
3. Sprinkle spices of your choice over Salmon. I like to use a Salmon seasoning made by Clubhouse.
4. Squeeze a drop of lemon juice over the fillet.
5. Fold the foil wrap into a pocket covering the fillet. Leave a little opening in the center to allow steam to escape.
6. Place over INDIRECT heat. Not over the burner that is lit.
7. Close the cover and cook for 12-14 mins. When you can insert a fork into the fillet and its warm and flaky it should be done.
8. Remove from grill, let cool and slide the spatula underneath the fillet between the skin and the flesh, it should slide right off the skin.

Stuffed Baked Bell Peppers

Here is a great recipe for stuffed peppers. Add a little shredded cheese to them at the end and broil for 10 minutes.

Ingredients

- ✎ 4 bell peppers
- ✎ Salt
- ✎ 5 tbsp extra-virgin olive oil
- ✎ 1 medium yellow onion, peeled and chopped
- ✎ 1 clove of garlic, peeled and chopped
- ✎ 1 lb of extra lean ground beef
- ✎ 1 ½ cups of cooked instant brown rice
- ✎ 1 cup chopped tomatoes, fresh or canned
- ✎ 1 tbsp chopped fresh oregano or 1 tsp of dried oregano
- ✎ Fresh ground pepper
- ✎ ½ cup ketchup
- ✎ ½ tsp of Worcestershire Sauce
- ✎ Dash of Tabasco sauce



Directions

1. Bring a large pot of water to a boil over high heat. Meanwhile, cut top off peppers 1 inch from the stem end, and remove seeds. Add several generous pinches of salt to boiling water, then add peppers and boil, using a spoon to keep peppers completely submerged, until brilliant green (or red if red peppers) and their flesh slightly softened, about 3 minutes. Drain, set aside to cool.
2. Preheat oven to 350 degrees F. Heat 4 tbsp of the oil in a large skillet over medium heat. Add onions and garlic, and cook, stirring often, until soft and translucent, about 5 minutes. Remove skillet from heat, add meat, rice, tomatoes, and oregano, and season generously with salt and pepper. Mix well.
3. Drizzle remaining 1 tbsp. Oil inside peppers, arrange cut side up in a baking dish, then stuff peppers with filling. Combine ketchup, Worcestershire sauce, Tabasco sauce, and 1/4 cup of water in a small bowl, then spoon over filling. Add 1/4 cup of water to the

baking dish. Place in oven and bake for 30-40 minutes, until the internal temperature of the stuffed pepper is 150-160°F.

Bell peppers have many health benefits:

- ✎ They contain small amounts of vitamin K which is important in bone health.
- ✎ Red bell peppers contain both lycopene which reduces the rate of some cancers and beta-cryptoxathin which is a ceratoid that also lowers the risk of certain cancers
- ✎ Bell pepper is an excellent source of vitamin A and C, two very powerful antioxidants that may help to reduce risk of cardiovascular diseases and several cancers.
- ✎ Red pepper has more vitamin C than oranges and are also high in beta-carotene.



Goopy Goulash

Every busy parent needs to have a staple of quick meals he can fall back on when he feels like getting creative in the kitchen and cooking something that even the kids will eat. You can get really creative with this “recipe” and mix and match the pasta, meat, veggies, cheese and spices. Use this meal as a base to try a different combination every week to keep your families taste buds guessing.



Ingredients

- ✎ 2 cups of whole wheat pasta
- ✎ 1lb of extra lean ground beef
- ✎ 1 bell pepper chopped
- ✎ 1 small onion chopped
- ✎ 2 stalks of celery chopped
- ✎ Half a can of slice black olives
- ✎ A few chopped sun dried tomatoes
- ✎ Half a cup of shredded parmesan cheese
- ✎ 1 cup of tomato sauce
- ✎ Sprinkle of sea salt, freshly ground black pepper, oregano, parsley, hot chili flakes, and clubhouse garlic pepper seasoning

Directions

1. Add pasta to boiling water and boil for 10-12 mins
2. Cook ground beef in pan with veggies
3. Add spices to beef and veggies
4. Drain pasta and add to pan with beef and veggies
5. Add tomato sauce to beef and pasta mixture, stir and simmer for 5 minutes
6. Sprinkle cheese over top and turn off heat allowing cheese to melt with remaining heat.

Saucy Stuffed Cabbage Rolls

Ingredients (makes 10 cabbage rolls)

Meat Mixture

- ✦ 2lbs of lean ground beef
- ✦ 1 head of green savoy cabbage
- ✦ 1 pkg of Uncle Bens Express Instant Brown rice
- ✦ 3 garlic cloves (minced)
- ✦ 1/2 med. onion (chopped)
- ✦ 1 tsp dry basil
- ✦ 1 tsp dry oregano
- ✦ 1/2 tsp garlic powder



Sauce

- ✦ 1 can crushed tomato
- ✦ 1/2 can of diced tomatoes
- ✦ 1 garlic clove crushed
- ✦ Mix all 3 ingredients

Directions

1. Wash and cut bottom stem out of cabbage
2. Boil head of cabbage and gradually removes leaves with tongs while boiling (they should fall off easily)
3. In a frying pan, add garlic, onions and herbs, sauté on med for 2-3 mins, add ground beef and cooked rice
4. Cut bottom stem out of each cabbage leaf in a v pattern
5. Add half of the tomato sauce into the meat and rice mixture and stir
6. Add a spoonful of the meat filling to the center of the cabbage leaf. Starting at the stem end, begin to roll while tucking in both sides. Place it in the casserole dish seam-side down.
7. Repeat with the other cabbage leaves—you should end up with about 10-12 rolls
8. Pour the tomato sauce over top of your cabbage rolls and bake in the oven for 1 hour.

3 Healthy Snack Hacks

You had your workout, you ate healthy all day, only to be ruined with those late night munchies while you sit back with your family and wrestle with the remote control.

After a long day, and the house finally quiet with the kids in bed, these evil evening hours can bring on the snack attack that can make the difference between being fit or fat father.

From chips, candy to chocolate, whatever junk food you have in the house will eventually be eaten, despite your best efforts. It's one of the basic laws of the universe, if food is in your house, it will end up in your gut. So shop smart and don't take it home with you when you leave the supermarket. That's half the battle right there.

Now to win the war on the snack attack I have 3 quick and nutritious healthy snack recipes that are salty, crunchy and sweet. They only take minutes to make, are high in nutrients AND taste, the perfect win-win!

1. *Krispy Kale Chips*

- 1 bunch of kale
- 1 tbsp of extra virgin olive oil
- 1 tsp of garlic powder
- 1 tsp of sea salt
- Wash and dry Kale, tear small pieces of leaves off.
- Toss in small bowl, drizzle with olive oil, garlic and sea salt
- Spread them out on parchment lined baking sheet and put in 350 deg oven for 15 mins until slightly brown.

You will be so surprised how crunchy and salty they turn out and how they taste like REAL potato chips!

2. *Perfect Pistachios*

- 3 tbsp of natural butter
- 1/4 cup of Worcestershire sauce
- 1 tsp of cumin powder
- 1 tsp garlic powder

- ♦ 1/2 tsp ground cinnamon
- ♦ 4 cups shelled dry-roasted pistachios
- ♦ Stir everything together in a bowl, tossing to coat. Place pistachios in a single layer on a parchment lined baking sheet.
- ♦ Bake at 350° for 10 minutes, give em a shake and stir and bake for another 10 minutes.

You will love the smell coming out of your oven and they taste even better the next day stored in a air tight container.

3. *Guiltless Greek Garlic Dip*

- ♦ 1 cup of plain Greek Yogurt
- ♦ 1 tsp of Clubhouse Roasted Garlic and Pepper Spice
- ♦ Add to bowl and stir to mix. Takes 5 seconds to make and probably 5 seconds to eat with some homemade whole wheat pita chips!

Now you and your family will be fighting over the food instead of the remote...

Slowcooker Bubbling Beef Soup

Ingredients

- ✎ 1 pack of stewing beef
- ✎ 1 cup of chopped carrots
- ✎ 2 stalks of chopped celery
- ✎ 1 small onion chopped
- ✎ 2 cloves of chopped garlic
- ✎ 2 cups of beef broth
- ✎ 1 can of chili style stewed tomatoes
- ✎ 1/2 cup of frozen mixed vegetables
- ✎ 1 tbsp of dried oregano
- ✎ 1 tsp of dried savoury
- ✎ 1 tbsp of dried parsley
- ✎ 1 tsp of cayenne pepper
- ✎ sea salt and pepper



Directions

1. Place everything in slowcooker, stir, close lid and set on low for 8 hours or high for 4 hours.

Butter Baked Garlic Chicken Thighs

Ingredients

- ✎ 1/2 cup butter
- ✎ 3 tablespoons minced garlic
- ✎ 3 tablespoons soy sauce
- ✎ 1/4 teaspoon black pepper
- ✎ 1 tablespoon dried parsley
- ✎ 6 boneless skinless chicken thighs
- ✎ dried parsley, to taste



Directions

1. Preheat the oven to 375
Lightly grease a baking pan.
2. In a microwave safe bowl, mix the butter, garlic, soy sauce, pepper, and parsley. Cook 2 minutes on High in the microwave, or until butter is melted.
3. Arrange chicken on the baking pan, and coat with the butter mixture, reserving some of the mixture for basting.
4. Broil chicken 20 minutes in the preheated oven, until juices run clear, turning occasionally and basting with remaining butter mixture. Sprinkle with parsley to serve.

Sloppy Joes

Ingredients

- 1 pound lean ground beef
- 1/4 cup chopped onion
- 1/4 cup chopped green bell pepper
- 4 sprouted grain hamburger buns
- 1/2 teaspoon garlic powder
- 1 teaspoon prepared yellow mustard
- 3/4 cup ketchup
- 3 teaspoons brown sugar
- salt to taste
- ground black pepper to taste



Directions

1. In a medium skillet over medium heat, brown the ground beef, onion, and green pepper; drain off liquids.
2. Stir in the garlic powder, mustard, ketchup, and brown sugar; mix thoroughly. Reduce heat, and simmer for 30 minutes. Season with salt and pepper.

Pulled Pork Sandwiches

Ingredients

- ✎ 1 boneless pork loin roast
- ✎ 1 can of beer
- ✎ 1 can of beef broth
- ✎ 1 large sliced onion
- ✎ 4 sprouted grain hamburger buns
- ✎ 1/2 cup of bbq sauce
- ✎ garlic powder
- ✎ paprika
- ✎ cayenne
- ✎ sea salt
- ✎ pepper



Directions

1. Put pork, beer, broth, onions and spices in crock pot.
2. Cook on low for 6 hours.
3. When done shred the meat with a fork, and place back in crock pot with remaining sauce and stir to coat.
4. Serve on toasted multi-grain rolls with coleslaw on the side.

The Perfect Burger

Here is a simple recipe to avoid the artery clogging fast food burger and make your own Perfect Burger that's tastes great without the burger belly!

Ingredients

- ✎ 1 pounds extra-lean ground beef
- ✎ Vegetable oil, for grates
- ✎ 4 whole wheat hamburger buns, split and lightly grilled or toasted
- ✎ Lettuce, tomato, onion, or other toppings, as desired



Directions

1. Evenly divide meat into 4 portions. With a light touch, gently form each one into a ball, then shape into a 3/4-inch-thick patty. With thumb, make a 1/4-inch-deep indentation in the center of each (this prevents burgers from getting rounded tops during grilling). Transfer to a plate; cover with plastic wrap, and refrigerate until ready to cook, up to 1 day.
2. Heat grill to high (it should be difficult to hold your hand above the grates). Moisten a folded paper towel with vegetable oil; grasp with tongs, and quickly wipe over the grates.
3. Generously season patties on both sides with salt and pepper. Place patties on grill; cover, and cook to desired doneness, 2 to 4 minutes per side for medium-rare. Serve burgers on buns with desired toppings.

Easy Enchiladas

Made with wholesome and healthy ingredients that will rival any artery popping Enchiladas at your local Chilis, Fridays, Tuesdays or whatever they call some of these restaurants these days!

You can feel good about feeding your family REAL food that everyone will love and will keep you burning off that belly fat with your workouts. Just be sure to keep the portions under control and have one Enchilada with a side salad. That's the SECRET to eating good food and staying fit!



Ingredients

- 1 pound extra lean ground beef
- 1 small onion, chopped
- 6 whole wheat tortillas
- 2 cups low fat shredded cheese
- 1 (2.25 ounce) can sliced black olives, drained
- 1 can of black beans

Healthy Homemade Enchilada Sauce

Ingredients

- ✎ 2 tablespoons olive oil
- ✎ 2 tablespoons whole wheat flour
- ✎ 2 tablespoons chili powder
- ✎ teaspoon ground cumin
- ✎ 1 cup tomato sauce
- ✎ 2 cups water
- ✎ teaspoon garlic powder

Directions

1. Heat oil in large 2-quart saucepan; stir in flour and chili powder cook for 1 minute. Add remaining ingredients bring to a boil and simmer for about 10 minutes.
2. Pour 1/4 cup of the sauce into the bottom of a 9?13 inch baking dish.
3. On each flour tortilla, place an equal portion of the ground beef mixture and about 1 ounce of Cheddar cheese, reserving at least 1/2 cup of cheese.
4. Then tightly roll the tortillas and place seam side down in the baking dish.
5. Pour the remaining sauce over the top of the enchiladas and sprinkle with the remaining cheese and olives.
6. Bake in a preheated oven for 20 minutes, or until the sauce is bubbly and cheese is thoroughly melted.



Provalone Philly Cheese Steak Sandwich

This savoury sandwich packs just a fraction of the fat and calories found in its traditional counterpart, and you don't have to travel to Philadelphia to get it.

Ingredients

- ✎ 2 tsp extra-virgin olive oil
- ✎ 1 medium onion, sliced
- ✎ 8 oz mushrooms, sliced
- ✎ 1 red or green bell pepper, sliced
- ✎ 2 tbsp minced
- ✎ Fresh oregano, or 2 tsp dried
- ✎ tsp freshly ground black pepper
- ✎ 1 lb sirloin steak, trimmed and thinly sliced
- ✎ tsp salt
- ✎ 1 tbsp all-purpose flour
- ✎ cup sliced hot banana peppers (optional)
- ✎ cup reduced-sodium chicken broth
- ✎ 3 oz thinly sliced reduced-fat provolone cheese
- ✎ 4 whole-wheat buns, split and toasted



Directions

1. Heat oil in a large nonstick skillet over medium-high heat. Add onions and stir until brown, 2-3 minutes. Add mushrooms, bell peppers, oregano, and black pepper and stir until the vegetables are soft, about 7 minutes.
2. Add sirloin and salt and cook, stirring, until the beef is just cooked through, about 4 minutes.
3. Reduce heat to low; sprinkle the vegetables and beef with flour; stir to coat. Stir in banana peppers (optional) and broth; bring to a simmer. Remove from the heat, lay cheese slices on top of the vegetables and beef, cover, and let stand until melted, 1-2 minutes.
4. Divide into 4 portions with a spatula, leaving the melted-cheese layer on top. Scoop a portion onto each toasted bun and serve immediately.

Classic Chicken Roll-Ups

Ingredients

- ✎ 4 small boneless skinless chicken breasts (1 lb.), pounded to 1/4-inch thickness
- ✎ 1 cup KRAFT Tex Mex Shredded Cheese, divided
- ✎ 1/3 cup thick and chunky salsa, divided
- ✎ 1 pouch SHAKE'N BAKE Classic Herb and Parmesan Crusted



Directions

1. PREHEAT oven to 400°F. Place 2 of the chicken breasts in large freezer-weight resealable plastic bag. Pound chicken with the side of a heavy can, rolling pin or meat mallet until chicken is 1/4-inch thick. Remove chicken from bag; set aside. Repeat with remaining 2 chicken breasts. Place chicken, top-sides down, on large cutting board. Spread each breast with 2 Tbsp. of the cheese and 1 Tbsp. of the salsa. Starting at one of the short ends, tightly roll up each chicken breast.
2. EMPTY coating mixture into pie plate. Moisten chicken roll-ups with water; add to coating mix, turning over to evenly coat all sides. Place, seam-sides down, in foil-lined 8-inch square baking dish.
3. BAKE 30 to 35 min. or until chicken is cooked through (170°F), topping chicken with the remaining salsa and remaining cheese for the last 5 min. of the baking time.

Meaty Meatballs

Ingredients

- ✎ 1 pound ground beef
- ✎ 1/2 cup ground flaxseed
- ✎ 2 teaspoons dried Italian seasoning
- ✎ 2 cloves garlic, minced
- ✎ 1 small finely chopped onion
- ✎ 2 tablespoons chopped fresh parsley
- ✎ 2 tablespoons grated Parmesan cheese
- ✎ 1 omega 3egg, beaten
- ✎ 1 tablespoon extra-virgin olive oil
- ✎ 1 pinch salt and pepper to taste
- ✎ 2 cups of White Linen Marinara Sauce (from Costco)
- ✎ 1 can of tomato paste
- ✎ 1/2 cup natural honey



Directions

1. Preheat the oven to 350 degrees F (175 degrees C).
2. In a medium bowl, gently mix by hand the ground beef, ground flaxseed, Italian seasoning, garlic, parsley, Parmesan cheese, and egg. Shape into 12 meatballs, and place in a baking dish.
3. Bake for 15 to 20 minutes in the preheated oven, or until cooked through.
4. Add sauce and stir and bake for additional 10-15 min.

Baked Chicken Stir Fry

Boneless, skinless, chicken breasts are a great source of high quality protein. Try to choose the grain fed brands if possible, as the stuff they feed chickens these days well... you just don't want to know! Frozen mixed veggies come in many varieties, are full of nutrients, fiber and antioxidants and are easy to prepare.

Ingredients

- 1 bag of mixed frozen veggies
- 1 lb. boneless skinless chicken breasts, cut into strips
- 1 pkt. SHAKE 'N BAKE Classic Herb & Parmesan Crusted Seasoned Coating Mix



Directions

1. PREHEAT oven to 400°F. Spread vegetables into shallow baking pan lined with parchment paper.
2. COAT chicken with mix as directed on package; place evenly over vegetables. Sprinkle with any remaining coating mix.
3. BAKE 20 min. or until chicken is cooked through. Spoon veggies onto serving plate; top with the chicken mixture.

Oven Baked Fish & Chips

Ingredients

- ✎ 1 pkg. (400g) frozen whitefish (Do not thaw.) I used cod fillets.
- ✎ 1 env. SHAKE'N BAKE Fish Crispy Original Coating Mix
- ✎ 1 sweet potato cut into wedges, tossed in olive oil and spices

Directions

1. PREHEAT oven to 450°F. Lightly moisten block of frozen fish with water. Add to shaker bag with coating mix; close bag and shake until evenly coated.
2. PLACE on parchment lined baking sheet; surround with potatoes.
3. BAKE 20 min. or until fish flakes easily with fork.



Tartar sauce

- ✎ 1 cup of plain yogurt
- ✎ 1 tsp of lemon juice
- ✎ 1 tsp capers
- ✎ Dash of dill weed, salt, pepper
- ✎ Fresh parsley
- ✎ Mix up in bowl and drop a spoonful over fish

The Biggest Weight Loss Mistake

Surprisingly, it's not about protein, carbs or fat. Or even specific workouts. It comes WAY before any of that he said...

The BIGGEST weight loss-mistake people make is in setting goals. Don't get me wrong, setting goals are good, but most people have it all WRONG! They don't know the difference between a behavior goal and an outcome based goal...

Understanding this is a big eye-opener for a lot of people and it's CRUCIAL for achieving your health and fitness goals. A behavior goal is based on something you can directly control and do yourself; an outcome goal is based on the end product of a series of behaviors.

Most people set only outcome goals, such as the following:

- "I will lose ten pounds in ten weeks"
- "I will bench press 250lbs this summer"

While these goals are specific and measurable and may be challenging and attainable, one problem is this: they're outcomes. And outcomes are often beyond your control.

After all, you can't control your fat cells and their rate of fat metabolism by just hoping they'll shrink. And you can't defy gravity by making 250lbs feel like 150lbs. **What you can control, however, are your behaviors.**

So how can you pick better goals, goals based on behaviors? Try these on for size:

Want to lose ten pounds in ten weeks? Then start by understanding what behaviors you can adopt immediately that'll lead to this result. Make these your goals. Here are a few examples:

- I will exercise for at least 3 hours per week.
- I will eat three to five meals each day.
- I will eat vegetables with every meal.
- I will avoid alcohol this week

Hope this helps you take the actions you need to get the results you want.

Simple Sausage Stir Fry

You can't beat wild meat for a lean high quality protein source that is naturally grass-fed therefore containing high amounts of omega 3 fats, opposed to most grocery store beef which is grain-fed and fattened up in large scale feedlots and pumped full of hormones and antibiotics. Cows are not meant to eat corn, they are meant to eat grass! If you can get access to wild meat such as venison, bison, buffalo, caribou or moose get some and you will never want to switch back to supermarket beef.



Ingredients

- ✎ 4 italian sausages (or any lean beef or turkey sausages)
- ✎ 1 yellow bell pepper
- ✎ 1 onion
- ✎ Sun dried tomatoes
- ✎ Mushrooms
- ✎ Garlic, salt and pepper

Directions

1. Fry up the sausages first, cut them up and set aside.
2. Then stir-fry the veggies and add the sausages back in for 10 min.

Country Chicken Soup

Ingredients

- ✎ Two boneless chicken breasts
- ✎ 4 or 5 stalks of celery
- ✎ Baby carrots
- ✎ Small onion
- ✎ Can of crushed tomatoes (I like the Almers Chilli or Italian type)
- ✎ Cup of brown rice
- ✎ Cup of whole wheat macaroni noodles
- ✎ Either a carton or two of chicken broth OR a package of Lipton Chicken noodle soup mix
- ✎ Savory, oregano, salt and pepper



Directions

1. First, chop up the chicken into really small cubes and fry it up in the bottom of a big pot with the onions, olive oil and sometimes a little butter.
2. When the chicken is done, scoop it into a bowl while leaving as much juice -oil on the bottom of the pot. Then put all the veggies (onion, celery and carrots—finely chopped) in the pot and cook them until they are soft (you might have to add some more oil, or even a little water to help steam and soften the veggies).
3. Once the veggies are done put the chicken back in the pot with the veggies and cook—toss it for another couple of minutes, adding salt and pepper. Once you're sure everything is cooked, add the chicken broth (or lipton soup mix and water) to the pot. I like to use two cartons of chicken broth instead of the lipton soup mix, but both taste good.
4. Once everything is boiling add the tomatoes... rice and noodles and keep it boiling—simmering. Also add the savory and oregano... more salt and pepper to taste.
5. After 20-30 minutes the rice and noodles will be cooked and you have a great pot of soup. You might definitely have to add water... probably lots of it... cuz the rice and noodles absorb a lot. If you do add lots of water, keep tasting to see if you need more salt—oregano, etc.

Grilled Garlic-Stuffed Steaks

Ingredients

- 2 boneless top loin steaks, cut 2 inches thick (about 1 pound each)
- 1 Tbsp olive oil
- ¼ c garlic, chopped very fine
- ½ c green onions, thinly sliced
- ¼ tsp salt
- ¼ tsp pepper



Directions

1. In a small nonstick skillet, heat oil over medium low heat until hot. Add garlic. Cook and stir 4-5 minutes or until tender, but not browned. Add onions. Continue cooking and stirring 4-5 minutes or until onions are tender. Add the salt and pepper and let cool completely.
2. Meanwhile, with a sharp knife, cut a pocket in each steak by cutting horizontally along one long side to within ½-inch of each of the other 3 sides. Spread half of garlic mixture inside each steak pocket. Secure openings with wooden toothpicks.
3. Grill steaks, covered, over medium coals for 22-24 minutes for medium rare to medium doneness, turning occasionally. Remove wooden toothpicks. Carve steaks crosswise into ½-inch thick slices.

Drunk & Dunk Beer-Marinated Flank Steak with Guacamole

Ingredients

- ✎ 2 flank or sirloin strip steaks
- ✎ 1 tablespoon dried oregano
- ✎ 2 teaspoons ground cumin
- ✎ Coarse kosher salt
- ✎ 1/4 cup extra-virgin olive oil
- ✎ 6 thinly sliced green onions
- ✎ 1 12-ounce bottle of beer
- ✎ 1/2 cup Worcestershire sauce
- ✎ 2 ripe avocados, quartered, pitted, and peeled
- ✎ 1/2 cup chopped fresh cilantro
- ✎ 1/2 cup minced white onion
- ✎ 1 fresh serrano chile including seeds, minced
- ✎ 2 teaspoons fresh lime juice, or to taste
- ✎ 1 1/2 teaspoons kosher salt, or to taste
- ✎ 3/4 to 1 cup cold water



Directions

1. Mash together all ingredients in a bowl with a fork until smooth, using enough water for desired consistency. For a smoother dip, purée in a blender.
2. Using sharp knife, lightly score flank steaks about 1/8 inch deep on both sides in a crisscross pattern at 1/2-inch intervals. Place steaks in 13x9x2-inch glass baking dish. Sprinkle steaks on both sides with oregano and cumin and generous amount of coarse salt and freshly ground pepper. Drizzle olive oil over both sides of steaks, rubbing oil and spices into meat. Add green onions, beer, and Worcestershire sauce, turning steaks several times to coat both sides. Cover and chill at least 3 hours, turning occasionally. *DO AHEAD: Can be made 1 day ahead. Keep chilled.*
3. Prepare barbecue (medium-high heat). Brush grill rack lightly with oil. Grill steaks to desired doneness, 3 to 4 minutes total per side for medium-rare, turning steaks 1/4 turn after 1 1/2 minutes to form crisscross grill marks, if desired. Transfer steaks to cutting board; let rest 5 minutes. Thinly slice steaks across grain
4. Transfer to platter and dunk pieces of steak in Guacamole.

Easy Breezy Beef Stew

Ingredients

- ✎ 2 pounds lean stewing beef, cut into 1 inch cubes
- ✎ 1/4 cup almond flour
- ✎ 1/2 teaspoon sea salt
- ✎ 1/2 teaspoon freshly ground black pepper
- ✎ 1 clove garlic, minced
- ✎ 1 bay leaf
- ✎ 1 teaspoon paprika
- ✎ 1 teaspoon Worcestershire sauce
- ✎ 1 onion, chopped
- ✎ 1 1/2 cups beef broth
- ✎ 3 red skin potatoes, diced
- ✎ 4 carrots, sliced
- ✎ 1 stalk celery, chopped



Directions

1. Place meat in slow cooker. In a small bowl mix together the flour, salt, and pepper; pour over meat, and stir to coat meat with flour mixture. Stir in the garlic, bay leaf, paprika, Worcestershire sauce, onion, beef broth, potatoes, carrots, and celery.
2. Cover, and cook on Low setting for 8 hours or on high for 4 hours. Remove bay leaf before serving.

Italian Turkey Meatballs

Ingredients

- ✎ 1 small onion, grated
- ✎ 3 garlic cloves, minced
- ✎ 1 large omega 3 egg
- ✎ 1/4 cup ground flaxseed
- ✎ 1/4 cup dried parsley leaves
- ✎ 1/4 cup grated Parmesan
- ✎ 1/4 cup shredded garlic herb cheese
- ✎ 1 teaspoon sea salt
- ✎ 1/4 teaspoon ground black pepper
- ✎ 2 packs extra lean ground turkey
- ✎ 3 tablespoons olive oil
- ✎ 1 bottle of a low sugar low sodium tomato sauce



Directions

1. Add the onion, garlic, egg, bread crumbs, parsley, cheese, salt and pepper to a large bowl and blend. Mix in the turkey. Shape the turkey mixture into 1 1/4-inch-diameter meatballs. Place on a baking sheet lined with parchment paper.
2. Place in a oven heated to 400F for 30 minutes turning at halfway. Heat the sauce in a large pan over medium heat. When the meatballs are done add the meatballs and saute for about 5-10 minutes. or until the sauce thickens slightly and the flavors blend. Season the sauce, to taste, with salt and pepper.

Coconut Crust Chicken Pizza

Ingredients

- ✎ 4 omega 3 eggs
- ✎ 1/2 cup of coconut milk (or full fat milk)
- ✎ 1/3 cup coconut flour
- ✎ 1/3 cup flax meal
- ✎ any spices or flavors you'd like to get a tasty crust
- ✎ 1 tbsp oregano
- ✎ 1 tbsp basil
- ✎ 1 tbsp garlic powder

Directions

1. Preheat oven to 350F and line a baking sheet or pizza pan with TWO sheets of parchment paper. One on top of the other.
2. Add coconut flour to bowl and whisk it to remove lumps. Add rest of dry ingredients and then add eggs and milk. Whisk all ingredients well.
3. Pour dough batter onto top sheet of pizza pan lined with parchment paper.
4. Bake for 10 minutes and remove dough. Pick up and flip the dough over onto the bottom layer of parchment paper by holding the top level of parchment paper.
5. Place bake in oven and bake other side for 10 minutes.
6. Remove cooked dough and top your pizza with sauce and toppings.
7. Broil for 5 minutes, or until cheese is browned and crust is crisp.
8. When done, remove from oven and slide off of parchment for serving and easy cleanup!



Crispy Honey-Chipotle Crispers

Ingredients

- ✎ 1 lb boneless, skinless chicken tenders
- ✎ Salt and black pepper to taste
- ✎ 3 egg whites, lightly beaten
- ✎ 2 cups panko bread crumbs
- ✎ 2 Tbsp Dijon mustard
- ✎ 1 tsp chipotle pepper puree
- ✎ 1 Tbsp honey



Directions

1. Preheat the oven to 450°F. Season the chicken with salt and pepper. Place the egg whites in a shallow bowl. Place the crumbs on a plate and season those, too. Dip the chicken tenders into the egg, then toss in the crumbs, being sure to coat fully.
2. Place the breaded chicken pieces on a baking sheet coated with nonstick cooking spray and bake for 10 to 12 minutes, until the crumbs have browned and the chicken is firm.
3. Combine the mustard, chipotle, and honey in a large bowl. Toss the cooked chicken tenders in the mixture so they are all evenly coated with the spicy-sweet sauce.

Roasted Chicken with Chicken Apple Stuffing

Ingredients

- ✎ 1 roasting chicken, preferably free-range, organic
- ✎ 2 medium onions
- ✎ 2 carrots
- ✎ 2 sticks of celery
- ✎ 1 bulb of garlic
- ✎ olive oil
- ✎ sea salt and freshly ground black pepper
- ✎ 1 lemon
- ✎ a small bunch of fresh thyme, rosemary, bay or sage, or a mixture



Directions

To prepare your chicken

1. Take your chicken out of the fridge 30 minutes before it goes into the oven
2. Preheat your oven to 240°C/475°F/gas 9
3. There's no need to peel the vegetables—just give them a wash and roughly chop them
4. Break the garlic bulb into cloves, leaving them unpeeled
5. Pile all the veg and garlic into the middle of a large roasting tray and drizzle with olive oil
6. Drizzle the chicken with olive oil and season well with salt and pepper, rubbing it all over the bird
7. Carefully prick the lemon all over, using the tip of a sharp knife (if you have a microwave, you could pop the lemon in there for 40 seconds at this point as this will really bring out the flavour)
8. Put the lemon inside the chicken's cavity, with the bunch of herbs

To cook your chicken

9. Place the chicken on top of the vegetables in the roasting tray and put it into the preheated oven
10. Turn the heat down immediately to 200°C/400°F/gas 6 and cook the chicken for 1 hour and 20 minutes
11. If you're doing roast potatoes and veggies, this is the time to crack on with them—get them into the oven for the last 45 minutes of cooking
12. Baste the chicken halfway through cooking and if the veg look dry, add a splash of water to the tray to stop them burning
13. When cooked, take the tray out of the oven and transfer the chicken to a board to rest for 15 minutes or so
14. Cover it with a layer of tinfoil and a tea towel and put aside. Now is the time to make your gravy

Sweet Treat Tip

Everyone wants TIGHT lean abs...and

Everyone wants to eat CHOCOLATE...

Stick to a piece of antioxidant rich DARK chocolate that contains 80-90% cocoa.

I usually have a piece of 90% dark chocolate for a healthy dessert 3-4 days a week after supper with a glass of blueberry wine or a cup of peppermint tea.

Sausage and Apple Stuffing

Ingredients

- ✎ 10 slices bacon, diced
- ✎ 2 pounds chicken apple sausage
- ✎ 2 large onions, chopped
- ✎ 8 oz. medium mushrooms, sliced
- ✎ 3 medium ribs of celery, chopped
- ✎ 1 tsp. dried sage leaves, crumbled
- ✎ 1 tsp. dried thyme leaves
- ✎ 1/2 tsp. salt
- ✎ 1/4 tsp. pepper
- ✎ 1 pound tart apples, cored and cut into 1/2" pieces (3 c)
- ✎ 1 cup chopped fresh parsley



Directions

1. Cook bacon until it just begins to brown, crumble sausage meat in same pan and cook till done.
2. Add onions, mushrooms and celery cooking until onions and mushrooms are wilted.
3. Stir in sage, thyme, salt and pepper, then the apples. Remove from heat, add parsley.

Sweet and Salty Bacon Brussell Spouts

Picky eaters...it plagues us as kids and comes back to bite us when we have our own kids. The most common veggie that we all screwed up our faces to come dinner time was BRUSSEL SPROUTS!

You probably have not so fond memories of your mother telling you to “eat all your brussel sprouts before you leave the table.” But I found an AWESOME brussel sprouts recipe that you and the kids will love so you can all be healthy and happy.



These sweet and salty treats taste like candy but are powerhouse veggies when it comes to healthy nutrition. This recipe allowed us to make brussel sprouts a weekly rotation in our dinner time meals;-)

Ingredients

- ✎ 1 bag of frozen brussel sprouts or fresh if you have more time
- ✎ 1/2lb of bacon, chopped
- ✎ 2 tbsp of olive oil
- ✎ 3 tbsp of maple syrup
- ✎ sea salt and pepper

Directions

1. Preheat oven to 400 degrees. Line a baking sheet with parchment paper.
2. Toss the Brussels sprouts in a bowl with olive oil, maple syrup, bacon, salt, and pepper. Spread the mixture in a single layer on the baking sheet.
3. Roast for 30 minutes, turning several times, or until the Brussels sprouts are tender and caramelized and the bacon is crisp and golden

These sweet and salty brussel sprouts taste as good as candy and even your kids will agree!

Guiltless Garlic Low-Carb Cauliflower Crust Pizza

Ingredients

- ✎ 1 bag of frozen cauliflower (microwaved and mashed)
- ✎ 1 omega 3 egg
- ✎ 1 cup of part skim mozzarella cheese
- ✎ 1 tsp of garlic powder
- ✎ 1 tsp oregano, 2 tsp parsley
- ✎ 1/2 bottle of tomato sauce
- ✎ veggie toppings.

Double recipe for large pizza.

Directions

1. Preheat oven to 450 degrees Spray a cookie sheet with non-stick spray or use parchment paper. Press moisture out of cooked mashed cauliflower with paper towel. In a medium bowl, combine cauliflower, egg and mozzarella and spices. Press evenly on the pan.
2. Bake at 450 degrees for 15 minutes Remove the pan from the oven. To the crust, add sauce, then toppings and cheese. Place under a broiler until goat cheese is melted.



The dough also makes great Breadless Breadstick!

Easy Cheesy Flax Fiber Pizza Crust

Ingredients

- ✎ 2 cups of shredded cheese (part skim or low-fat to reduce calories)
- ✎ 3 omega-3 eggs
- ✎ 2 tablespoons of coconut flour
- ✎ 2 tablespoons of milled flax seed (flax meal)
- ✎ 1/2 teaspoon of baking powder

Directions

1. Preheat oven to 350 degrees.
2. Mix all the ingredients together until “dough” forms.
3. Form into a ball and plop it onto double lined parchment paper on pizza pan. Flatten into pizza shape
4. Bake for 15 minutes or so, flip on to bottom layer of parchment on pan, then bake for another 10 to 15 minutes, or until it’s as golden brown as you like it.
5. Add pizza toppings, set oven to broil, and put it back in for a couple of minutes just to melt everything together.



This dough is also great for “breadsticks” as well. Great for healthy dips like the zuchinni hummus.

The Perfect Primal Pizza

This is my favourite new grain-free pizza dough recipe, it looks and tastes just like a multi-grain pizza crust!

Ingredients

- ✎ 1 lb shredded fresh eggplant
- ✎ 1/2 cup (60 grams) shredded parmesan cheese
- ✎ 1/2 cup almond flour
- ✎ 1 omega 3 or free range egg
- ✎ oil or butter (to grease the parchment and baking sheet)
- ✎ your favorite primal pizza toppings



Directions

*Wrap shredded eggplant in lots of paper towel to squeeze out moisture over sink

1. Mix all ingredients thoroughly in a large bowl.
2. Transfer mixture to a baking sheet lined with a double layer of greased parchment paper.
3. Use your hands to pat and form the 'dough' until it is approximately 1/4 inch thick and your desired shape. I like to make either one large round pizza or two smaller individual pizzas.
4. Bake crust at 450 degrees for 15 minutes.
5. As you hold the parchment, flip the pizza crust over onto the bottom parchment paper on the baking sheet. Discard the top parchment and return the crust to the oven for 5 more minutes.
6. Remove the crust from the oven and allow to cool for 10 minutes.
7. Top the crust with your favorite toppings and bake at 350 degrees for 10 minutes or until toppings are melted and or heated to your taste. Enjoy!!

Smokey Spare' Ribs

Ingredients

- ✎ 5lbs of local spare pork ribs (or however many will fit in your crock pot)
- ✎ 2 large onions, diced
- ✎ 2 cups of diced tomatoes
- ✎ 2 cups of diced peppers
- ✎ 2 heaping tsp dried oregano
- ✎ 1 heaping tsp garlic powder
- ✎ 1 heaping tbsp chili powder
- ✎ 2 heaping tsps cumin



Directions

1. Mix all dry spices in a small bowl.
2. Mix the diced tomatoes and peppers in a separate bowl.
3. Put down one layer of the ribs in the bottom of the crock. Sprinkle a spoonful of the spice mixture over the meat and spread around some of the tomato/pepper mixture. Top with onions. Make a second layer of ribs and continue until you are out of ingredients. I like to finish with ribs on top, not onions, so the layers are slightly uneven.
4. Turn crockpot to low and cook for at least eight hours.

Fiddlehead Ferns With Bacon, Onions and Garlic

Ingredients

- ✎ 1/2 pound of fiddlehead ferns
- ✎ 1/2 pound of natural bacon
- ✎ 1 small or medium onion
- ✎ 1-3 cloves of garlic
- ✎ 1/4 cup of dry white cooking wine
- ✎ 2-3 tbsp grass fed butter
- ✎ Salt and Pepper

Directions

Total preparation and cooking time: 20-30 minutes



1. Inspect each fiddlehead individually because they're really cool. I think they look like shrimp. You can trim the stock off if it's already browning or much more than an inch long.
2. Rinse and re-rinse your fiddleheads to get all the dirt off of them, you can also brush them gently to loosen any clingy dirt.
3. Bring a pot of water to a rolling boil and then boil the fiddleheads for about 3-4 minutes. Immediately, drain the water and place the fiddleheads into an ice bath to retain some of the color. After they've cooled, allow them to dry.
4. While the fiddleheads are boiling, you can slice the bacon into bite-sized squares.
5. Saute the bacon to desired crispiness. I usually prefer softer bacon, but in this particular dish, I think the crispy texture contrasts well with the softer onions.
6. Slice the onion and garlic.
7. Plop about 1 tbsp of butter into another pan for the fiddleheads.
8. Saute the fiddleheads on medium-high heat for about 3-4 minutes. Then add the garlic and keep sauteing.
9. Once the garlic is just beginning to brown, add the white wine. Stir constantly until most of the liquid is absorbed.

- 10.** After the bacon is done cooking, set it aside. Remove most of the bacon fat from the pan and use the remaining grease to saute the onions on high until slightly browned.
- 11.** Once most of the white wine is absorbed and before the fiddleheads get mushy, kill the burner and plate the greens.
- 12.** Top with bacon. Begin the process of drooling.
- 13.** Top with onion. Wipe your mouth.
- 14.** Add salt and pepper to taste.

Grouchy Green Chicken

Ingredients

- ✎ 12 Chicken Drumsticks
- ✎ 2 C Fresh Spinach
- ✎ 1 Tbsp Fresh Garlic
- ✎ 2 Tbsp Onion Powder
- ✎ 1 Tsp Salt
- ✎ 2 Tbsp Lemon Juice
- ✎ 1/2 C Extra Virgin Olive Oil



Directions

1. In a food processor, blend all ingredients (except drumsticks).
2. In a large bowl, slather marinade over drumsticks and allow to marinate in the refrigerator for at least 4 hours, or as long as overnight if you have the time.
3. When ready to cook, light grill to medium high.
4. Once grill is hot, grill for about 20-30 min (depending on size), turning chicken every 5 minutes or so to get a nice even coloring.

Goopy Garlic Barbecue Sauce

Ingredients

- ✎ 1 tablespoon olive oil
- ✎ 1 large onion, finely chopped
- ✎ 3 tablespoons minced garlic
- ✎ 3 tablespoons honey
- ✎ 5 1/2 oz can tomato paste
- ✎ 1 cup beef broth
- ✎ 1/2 teaspoon mustard powder
- ✎ 2 tablespoons cider vinegar
- ✎ salt and pepper, to taste
- ✎ 1/4 tsp worcestershire sauce; pinch cayenne pepper



Directions

1. In a medium sized pot, over medium-high heat, heat olive oil.
2. Saute the onions and garlic for 5-7 minutes, until the onions are softened and opaque. Reduce heat to medium and stir in honey and tomato paste until the honey is runny.
3. Stir in beef broth, mustard powder, cider vinegar, salt, pepper, worcestershire sauce, and cayenne pepper. Bring to a boil and reduce heat to low.
4. Simmer over low for 20-30 minutes, until the sauce thickens (to your liking).
5. Use immediately or refrigerate for up to 1 week.

Personal Portabello Pizzas

Ingredients

- ✎ 1 large portobello mushroom, stem and gills removed
- ✎ 1 tablespoon spaghetti sauce
- ✎ 1/2 cup mozzarella cheese
- ✎ your favourite pizza toppings
- ✎ 1 clove garlic, chopped

Directions

1. Preheat the oven to 375 degrees F.
2. Place the mushroom on a baking sheet, and bake for 5 minutes in the preheated oven. Remove from the oven, and spread spaghetti sauce in the cup of the cap. Top with cheese, toppings and garlic.
3. Bake for an additional 20 minutes, or until cheese is melted and golden.



Fit Fishsticks

Cooking Time: 30 Minutes

Serves: 4

Ingredients

- ✎ 4 pieces of solid white fish like wild haddock or cod
- ✎ 1/2 c almond meal
- ✎ 1/2 c coconut flour
- ✎ 3 T coconut oil
- ✎ 3 T ghee
- ✎ salt and pepper, to taste
- ✎ 1 tsp garlic salt
- ✎ 2 T parsley
- ✎ 1 T paprika
- ✎ 2 eggs, beaten



Directions

1. Mix seasonings, almond flour and coconut flour together.
2. Dip fish in the eggs and then coat with the flour mixture.
3. Heat oil and ghee together. Once the oil is hot, place the fish in the pan and cook till golden brown on the first side. Carefully lift with spatula and turn over.
4. Cook till golden brown and fish is flaky on the inside.
5. Adjust seasonings to taste.....and experiment with flavor!

Sweet Potato Shepards Pie

Ingredients

- ✎ 2 sweet potatoes
- ✎ 2 tablespoons coconut oil
- ✎ salt & pepper taste
- ✎ 3 tablespoons olive oil
- ✎ 1 medium onion, chopped
- ✎ 1 cup frozen opeas & carrots, thawed
- ✎ 1 pound ground grass-fed beef
- ✎ 1 tablespoon coconut flour or almond flour
- ✎ 3/4 cup beef stock or broth
- ✎ 1 tablespoon chopped fresh thyme or 1 teaspoon dried
- ✎ 1 tablespoon chopped fresh rosemary or 1 teaspoon dried



Directions

1. Slit top of sweet potatoes from end to end. Wrap sweet potatoes in paper towel and cook in microwave for 10 mins. Remove and let cool.
2. Heat coconut oil in a skillet over medium-low heat. Add onion and sauté several minutes until soft. Add beef and cook for about 5 minutes, stirring to break up the meat so it browns evenly. Add peas, carrots and and cook another five minutes.
3. Stir in the coconut flour. Add broth and herbs and reduce the heat to low and simmer, stirring occasionally, for about 5 minutes. Add salt and pepper to taste. Remove from skillet and put into a 9-inch casserole dish.
4. Scoop out potato flesh from peel into bowl and mash with 1 tsp of butter and salt and pepper. Spread the mashed potato mixture over the top of the beef veggie mixture with a fork.
5. Bake 30-35 minutes until potato crust turns golden brown.
6. For a really low-card alternative to the potatoes, you can also substitute the potato mixture for cooked mashed cauliflower.

Turnip Fries

Ingredients

- ✎ 3 pounds turnips
- ✎ 1 tablespoon olive oil
- ✎ 1/3 cup grated Parmesan cheese
- ✎ 1 teaspoon garlic salt
- ✎ 1 teaspoon paprika
- ✎ 1 teaspoon onion powder

Directions

1. Preheat oven to 425 degrees F (220 degrees C). Line a baking sheet with a piece of parchment paper
2. Peel the turnips, and cut into French fry-sized sticks, about 1/3 by 4 inches. Place into a large bowl, and toss with the olive oil to coat.
3. Place the Parmesan cheese, garlic salt, paprika, onion powder in a resealable plastic bag, and shake to mix. Place the oiled turnips into the bag, and shake until evenly coated with the spices. Spread out onto the prepared baking sheet.
4. Bake in preheated oven until the outside is crispy, and the inside is tender, about 20 minutes. Serve immediately.
5. Or you can just grab the pre-cut turnips sticks found at Sobeys to save time!



Sweet and Sticky Chicken Drumsticks

Ingredients

- ✎ 16 chicken drumsticks
- ✎ 4 tablespoons honey
- ✎ 1 lemon, juiced and zested
- ✎ 1 orange, juiced and zested
- ✎ 3 tablespoons Worcestershire sauce
- ✎ 4 tablespoons honey mustard

Directions

1. Preheat your oven to 350 degrees F.
2. Use a sharp knife and cut into the fleshy part of each drumstick, several times. Place the drumsticks in a roasting pan in a single layer and set aside.
3. Using a small bowl, mix together the lemon and orange juice and zest, Worcestershire sauce and mustard.
4. Use a brush to apply the mixture to the chicken.
5. Bake for about 50 minutes, turning and basting the chicken throughout the cooking time. Continue until the chicken is cooked through and thickly coated with the glaze. Serve drumsticks hot.



Egg Drop Soup

Ingredients

- ✎ 6 cups veggie or chicken broth
- ✎ 1 teaspoon olive oil
- ✎ 1 cup shredded carrot
- ✎ 4 celery stalks, thinly sliced
- ✎ 1/4 tsp ginger
- ✎ 1/4 tsp salt
- ✎ 2 eggs
- ✎ 1 yolk



Directions

1. In a medium pot heat the broth.
2. Meanwhile, heat the olive oil in a skillet. Add shredded carrots and sliced celery. Cook over medium heat for 5 minutes, stirring often.
3. Transfer the veggies into the broth, add the ginger and salt. In a small bowl whisk the eggs and yolk together.
4. Once the broth begins to boil, use a fork to drizzle in the egg. Egg should cook immediately in the boiling broth.
5. Serve warm.

Spaghetti Squash Caveman Carbonara

Ingredients

- ✎ 1 spaghetti squash
- ✎ 1 lb. bacon
- ✎ 1 yellow onion, chopped
- ✎ 4 gloves garlic, minced
- ✎ 2 handfuls of walnuts, roughly chopped
- ✎ Parmesan cheese to taste
- ✎ Red Pepper flakes or black pepper, to taste



Directions

1. Heat the oven to 400°F. Cut the squash in half and scoop out all the seeds. Lightly coat the inside of the squash with some olive oil, salt and pepper on a baking sheet, place in the oven for 30 minutes. Remove let cool and shred the noodle like strands into your serving bowl.
2. While the squash is roasting, start the sauce. With the bacon placed horizontally on your cutting board, cut the strips into 1/2" pieces. Don't worry about separating the strips, just cut away. Add the bacon pieces to a saute pan that's on medium heat. Cook the bacon until it's browned and add to your serving bowl. Remove 3/4 of the bacon grease and reserve for another use. Place the onion and garlic in the pan and cook until translucent. Add them to your serving bowl. Toss the walnuts into the pan and toast until slightly brown. Add them to the serving bowl. Add pepper and grated Parmesan cheese to taste.
3. Serve immediately.

Buffalo-Ranch Pulled Chicken

Ingredients

- ✎ 5 Frozen Boneless/Skinless Chicken Breasts
- ✎ 1/2 Tbsp Dried Parsley
- ✎ 1 tsp Garlic Powder
- ✎ 1 Tbsp Onion Powder
- ✎ 1/2 tsp Dried Thyme
- ✎ 1/4 tsp Salt
- ✎ 1 C Frank's Red Hot Sauce



Directions

1. Place frozen chicken breasts into the slow cooker.
2. Mix together all remaining ingredients in a bowl.
3. Pour sauce over frozen chicken breasts and turn to low.
4. Cook for about 5 hours. Using two forks or tongs, shred chicken. Enjoy!

Bacon Wrapped Salmon

Serving: Serves 4

Ingredients

- 4 wild salmon fillets
- 4 slices of natural bacon
- 1/4 cup of whole grain mustard
- a sprinkle or two of sea salt and freshly ground pepper

Directions

1. Preheat your oven to 375°F (190°C).
2. Meanwhile, season the salmon fillets with a sprinkle of salt and pepper. Evenly spread the mustard on the top surface of each fillet. Tightly roll each fillet in a slice of bacon so that the end is weighed down beneath the salmon. The fillet should be sitting on the seam, and the ends of the salmon will protrude beyond the bacon
3. Place wrapped fillets on a parchment lined baking pan, seam sides down. Bake until done, about 15 minutes.



Healthy Hemp Citrus Dressing

Ingredients:

- ✎ Juice from 1 orange
- ✎ Juice from 1 lemon
- ✎ Juice from 1 lime
- ✎ 1/2 clove of garlic
- ✎ 1/4 cup shelled hemp heart seeds
- ✎ 1 tbsp extra virgin olive oil
- ✎ sprinkle of sea salt



Directions

1. Blend all ingredients together in your blender. Pour over some mixed organic greens and sliced avocado. Perfect, just don't inhale...

NEW Caveman Cordon Bleu

These were so simple and tasted amazing!

Ingredients

- 6-8 boneless skinless chicken thighs,
- 6-8 slices of naturally smoked ham slices cut in half
- 1 cup of your favourite shredded cheese blend
- 1 cup of almond meal
- 2 cups of White Linen natural marinara sauce (Costco)
- Italian seasoning, Salt, Pepper

**Directions**

1. Pour 1 cup of sauce in bottom of casserole dish.
2. Place half ham slice and sprinkle of cheese inside each chicken thigh and pinch and roll in plate full of almond flour.
3. Place coated chicken in dish, sprinkle with seasoning and pour remaining sauce over chicken to coat.
4. Bake at 400F for 30 mins.

NEW Walnut Hemp Seed Burger

This raw combination of walnuts, hemp seeds, oils, and seasoning is absolutely spectacular. The burgers are filling, and because they don't need to be stored or cooked, they're great for travel.

Ingredients

- ✎ 1 Cup of walnuts
- ✎ 1/2 Cup of hemp seeds
- ✎ 2 tbsp apple cider vinegar
- ✎ 2 tbsp of coconut oil
- ✎ 1/2 tsp of basil
- ✎ 1/2 tsp of oregano
- ✎ Sea salt to taste

**Directions**

1. Combine all ingredients in a food processor or blender.
2. Mix until nuts are chopped and oil is mixed evenly. Form mixture into patties. We love to serve these on buns with a small side of fries and kale juice. If you're looking for a completely raw meal serve on top of a green salad. Enjoy!

NEW **Pepper-and-Herb-Crusted Steak****Ingredients**

- ✎ 1/4 cup fresh thyme, minced
- ✎ 2 Tbsp fresh tarragon leaves, minced
- ✎ 1 Tbsp fresh rosemary leaves, minced
- ✎ 2 Tbsp black pepper, coarsely ground
- ✎ 4 garlic cloves, minced
- ✎ 2 Tbsp salt
- ✎ 2 tsp dark brown sugar
- ✎ 1 tsp red pepper flakes
- ✎ 2 tsp extra-virgin olive oil
- ✎ 2 tsp soy sauce Flank or skirt steak, about 2 pounds

**Directions**

1. Set the steaks aside and combine all other ingredients in a bowl. Mix into a paste and spread it evenly over the steak. Wrap the steak in plastic and refrigerate for 2 to 12 hours.
2. Heat the grill to very hot, approximately 450 to 500 degrees. Sear the steaks for 3-to-5 minutes on each side (if you're using a thermometer, you're looking for 135°F to 145°F for medium rare). Remove the steaks from the grill and let them rest under foil for 10 to 15 minutes before slicing across the grain. Serves 4.

NEW **Lime Grilled Chicken**

Cooking Time: 20 Minutes

Serves: 2

Ingredients

- ✎ 2 Boneless Chicken Breasts
- ✎ Juice of 4 limes
- ✎ 2 Tbsp Extra Virgin Olive Oil
- ✎ 2 Tbsp Chili Powder
- ✎ 1 Tsp Dried Oregano
- ✎ 1 Tsp Ground Cumin
- ✎ 1 Tsp Dried Sage
- ✎ Salt and Pepper to Taste

**Directions**

1. Combine all the above ingredients except your chicken in a bowl and mix well Place your chicken breasts in a shallow dish and pour your marinade over the top and cover. Place in the refrigerator for at least 3 hours or up to 48 hours
2. When ready to cook, pull your chicken out of the fridge and let it come to room temperature
3. Place chicken breasts on a plate and pour your marinade into a sauce pan
4. Heat your marinade on the stove and bring to a boil and then reduce to a simmer for 10 minutes until it thickens up so you can baste the chicken while cooking
5. Preheat your grill on medium heat and then go cook your chicken breasts, should be about 10 minutes per side
6. While your chicken is cooking keep basting them with your marinade reduction
7. Your chicken is done when it reaches an internal temperature of 165 Degrees

NEW Chicken and Sausage Roulade

Serves: 4

Ingredients

- 4 boneless skinless chicken breasts
- 1 pound italian sausage
- olive oil
- salt
- pepper
- garlic and herb seasoning

**Directions**

1. Butterfly 4 boneless skinless chicken breasts, place between 2 sheets of Saran wrap and pound to about a 1/8" thick or so (just so it will roll nicely)
2. Place a thin layer of Italian sausage on top of each chicken breast covering about 3/4 of it. Roll.
3. Tie the roll together using butchers twine or pin together with tooth picks (just remember to take them out when done cooking).
4. Add a splash of olive oil and sprinkle salt, pepper and some garlic/herb seasoning if so desired before placing into a 350 degree oven.
5. Cook for about 1 1/2 hours or an internal temp of 165 is reached.

NEW Bacon-Basil Zucchini “Pasta”

I bought myself a relatively inexpensive Mandoline Slicer and I love it! It makes so many jobs in the kitchen so much faster. There are some jobs that would take so long with a knife that I just never even bother. Making paleo “noodles” out of vegetables is one such job. If you’re looking for a mandolin, make sure you get one that can do a fine julienne. A ton of different vegetables can be julienned into long strips and steamed, braised or sautéed as mock noodles. And my daughter LOVE them, win-win! This recipe features zucchini as a mock noodle, which has such a lovely flavor for Italian-inspired dishes.

Ingredients:

- ✎ 4 large zucchini (about 2 pounds)
- ✎ 2 tsp Salt (to salt the zucchini)
- ✎ 1/3 cup crumbled bacon
- ✎ 1/4 cup chopped fresh basil
- ✎ 2 large garlic cloves, crushed
- ✎ 1/2 cup chopped Walnuts (optional)

**Directions**

1. Finely julienne zucchini lengthwise to create long strips of zucchini. Toss with salt in a colander and let sit in the sink for 1 hour.
2. Rinse the zucchini very, very thoroughly (have a taste to make sure it’s not salty at all). Drain on a tea towel or paper towels to get rid of as much moisture as possible.
3. Cook bacon in an oversized frying pan over medium-high heat and crumble. Add garlic and zucchini and sauté, stirring frequently until zucchini is cooked “al dente”, about 4-5 minutes (should be a very hot pan).
4. Toss in basil and walnuts (if using) and cook another 2 minutes, stirring a couple of times.
5. Serve!

NEW Stuffed Marinara Mozza Meatballs

Ingredients

- ✎ 1 pound Ground beef, turkey or lamb
- ✎ 1 whole Egg
- ✎ 1/4 cups ground flaxseed
- ✎ 1/4 cup Parmesan Cheese
- ✎ 1/4 teaspoons Dried Basil
- ✎ Salt And Pepper
- ✎ 4 ounces, bocconcini baby mozzarella balls
- ✎ 2 Tablespoons Olive Oil
- ✎ 1/2 whole Large Onion, Chopped
- ✎ 2 cloves Garlic
- ✎ 1 Jar if White Linen natural marinara sauce from Costco
- ✎ 4 chopped sun-dried tomatoes in oil
- ✎ 1 teaspoon Red Pepper Flakes
- ✎ 1 teaspoon Sugar
- ✎ 1 teaspoon Garlic Powder
- ✎ 1 teaspoon Worcheshire Sauce
- ✎ 1 teaspoon Italian Seasoning
- ✎ 4 whole Basil Leaves, Chopped



Directions

1. In a bowl combine ground meat, egg, flaxseed, Parmesan, dried basil, sun dried tomato, salt and some pepper. Mix with your hands until the mixture comes together but don't overmix.
2. Take about 1/4 cup of the meat mixture, flatten it in your palm, put 1 ball of mozzarella in the middle and shape it into a meatball. Repeat with the rest of the meat mixture and cheese.
3. In a Dutch oven over medium heat, heat up the olive oil until nice and hot. Drop in the meatballs and brown on all sides; don't worry if they are not cooked all the way through.
4. Transfer the browned meatballs to a plate.

5. Add the onions and garlic to the Dutch oven, scrape the browned bits from the bottom of the pan, and cook for 5 minutes or until the onions are translucent, stirring occasionally.
6. Add in the marinara sauce and all the seasonings (just not the fresh basil), bring to a boil, then turn the heat down to low and simmer for 30minutes.
7. Add the meatballs and simmer for another 30 minutes.
8. Add the fresh basil.

NEW Russian Shashlik Shish-Kebabs

Serves: 4

Ingredients

- 🍴 2lbs of lamb or pork shoulder
- 🍴 2 medium onions, blended
- 🍴 6 cloves garlic, blended
- 🍴 4 bay leaves
- 🍴 1/4 cup apple cider vinegar
- 🍴 1/4 cup water
- 🍴 juice of 1/2 lemon (2 tsp)
- 🍴 1 tbsp black pepper
- 🍴 1 tbsp oregano
- 🍴 1 tsp sea salt

**Directions**

1. Cut the lamb into 2" chunks, and place in a ziploc bag. In a blender or food processor, blend the onion, garlic, and water. Combine with the bay leaves, apple cider vinegar, pepper, oregano, and lemon juice and pour everything into the ziploc bag. Marinate in the fridge for four hours.
2. After four hours, skewer the lamb pieces (if using wooden skewers, soak them for 30 minutes first) and warm up your grill on med/high heat.
3. Grill on direct heat, rotating the skewers with a pair of tongs every few minutes, and sprinkle the salt over the skewers as they cook.
4. When you have a hard time looking at the skewers because they are so delicious, remove them from the grill. Should take about 10 minutes altogether.
5. Let the shashlik rest for five minutes and serve. This dish is commonly served outdoors in Russia, with fresh, lightly-salted vegetables like tomato, mushrooms, or cucumbers as its only accompaniment.

NEW **Parma Spinach Bites****Ingredients**

- ✎ 1lb of ground beef, sausage or pork
- ✎ 150g fresh spinach leaves
- ✎ 1 large onion
- ✎ 1 egg
- ✎ 4 cloves of garlic
- ✎ 3 tomatoes
- ✎ 1 tablespoon of tomato paste
- ✎ 2 teaspoons of dried oregano
- ✎ 2 teaspoons of dried basil
- ✎ Parma ham / prosciutto or bacon

**Directions**

1. Preheat the oven to 200 C.
2. Put the spinach leaves, onion and garlic cloves in a food processor and whizz it up.
3. Add your tomatoes, tomato paste, egg, and herbs to combine.
4. Dump it out into a bowl with the ground meat and use your hands to combine it well.
5. Take a handful of the meat mixture, form it into a sausage shape and wrap it in a slice of parma ham. Repeat until you've used all the meat mixture. Now, my parma ham was all stuck together so they aren't totally pretty as it was slivers here and there of parma ham.
6. Bake in the oven on a baking tray lined with parchment paper for about 40 minutes.

NEW Drunken Pumpkin Chili

Ingredients

- ✎ 1 pound 93% Lean Ground Beef
- ✎ 3 cloves Garlic, Minced
- ✎ 1 Medium Onion, Diced
- ✎ 2 Large Carrots, Diced
- ✎ 1 Yellow Bell Pepper, Stem And Seeds Removed Then Diced
- ✎ 1 Bay Leaf
- ✎ 1 Tablespoon Cumin
- ✎ 1 Tablespoon Oregano
- ✎ 1/2 teaspoons Cinnamon
- ✎ 1/4 teaspoons Allspice
- ✎ 1 Tablespoon Tomato Paste
- ✎ 1 cup Pumpkin Ale
- ✎ 15 ounces, weight Canned Pure Pumpkin Puree
- ✎ 15 ounces, weight Canned Chopped Tomatoes
- ✎ 2 Canned Chipotle Peppers In Adobo Sauce, Seeds Removed And Minced
- ✎ 15 ounces, weight Canned Black Beans, Drained And Rinsed
- ✎ Salt And Freshly Ground Black Pepper



Directions

1. Add the ground beef to a Dutch oven or large stock pot and adjust heat to medium-high. Break up the meat using a wooden spoon then immediately add the minced garlic, diced onion, diced carrots, and diced bell pepper. Season with salt and pepper. Cook for about 7 minutes, or until the meat is nicely browned and the veggies are softened. Reduce the heat to medium.
2. Add the bay leaf, cumin, oregano, cinnamon, allspice, and tomato paste, and stir to combine. Add the pumpkin ale and stir to deglaze the bottom of the pan. Allow the pumpkin ale to cook and reduce for about 5 minutes.
3. Add the pumpkin purée and diced tomato. Add the minced chipotle peppers, and stir to combine. Partially cover the pot, reduce the heat to low, and allow the chili to cook for about 45 minutes. Add the black beans, stir, and allow the chili to cook another 10 minutes. Taste and season with salt and pepper if needed.

WARNING – Vegetarians, look away! Vegans, get away from the computer and run! Run I tell you, don't walk!

Okay, now that the vegetarians and vegans have been properly warned, allow me to introduce you to Meatza. I guess you could say it's a pizza, but instead of the carb heavy crust, you use ... meat. Oh yeah, baby.

NEW Meatza

Ingredients

- 2 pounds *grass fed* ground beef
- 2 free range eggs
- 1 tsp dried thyme
- 2 tsp dried oregano
- 1 tsp dried onion powder
- 2 tsp salt
- 2 garlic cloves, minced



Directions

1. Preheat your oven to 450 degrees.
2. Combine all of the ingredients in a large bowl and mix with your hands. Your hands are your best kitchen tool, after all.
3. Spread the meat-tastic mixture in an 11"x17" pan (or close to that size). Please make sure the pan has a one inch side all the way around! If it doesn't have a lip, you'll have a huge mess in your oven.
4. Bake for about 20 minutes or until it's cooked through.
5. Take it out, drain any excess grease, and then add your toppings of choice.
6. I used natural marinara sauce, shredded mozzarella, mushrooms, olives, and diced green peppers and onions.
7. Put the meaty beast back in the oven and broil on high for about 5-9 minutes until golden, bubbly, brown and delicious.
8. Cut it up, serve, and enjoy. Then send me an email telling me how much you love me and how this meal changed your life.
9. I should mention that this is also good topped with a healthy dose of Franks Red Hot and/or banana hot pepper slices. Yes I put that sh**t on everything!

SNACKS



Blueberry Banana Butter Snack Wrap

Ingredients

- 1 whole wheat tortilla
- 1 banana
- 1 tbsp of almond butter or natural peanut butter
- 1 tbsp of blueberry jam

Directions

1. Spread nut butter and jam on tortilla
2. Place banana in middle of tortilla
3. Fold bottom of tortilla over an inch vertically and roll tortilla up horizontally to wrap the ingredients tightly.



Garlic Parmesan Flax Seed Crackers

Ingredients

- ✎ 1 cup flax seed meal
- ✎ 1/3 cup Parmesan cheese, grated
- ✎ 1 and 1/2 teaspoon garlic powder
- ✎ 1/2 teaspoon salt
- ✎ 1/2 cup water

Directions

1. Heat oven to 400 F.
2. Mix all ingredients together.
3. Spoon onto baking pan which is covered with parchment paper.
4. Cover the mixture with a piece of parchment or waxed paper. Even out the mixture to about 1/8 inch. I find a straight edge, like a ruler, works well, though you can use a rolling pin or wine bottle too. The important thing is not to let it be too thin around the edges or that part will overcook before the center firms up. So after you spread it out, remove the paper and go around the edges with your finger and push the thin part inwards to even it up.
5. Bake until the center is no longer soft, about 15-18 minutes. If it starts to get more than a little brown around the edges, remove from oven. Let cool completely—it will continue to crisp up.
6. Break into pieces.



Watch Your Waistline, 5 Tips for Eating Out

Follow these 5 simple tips to eating healthy while eating at your favorite restaurants.

- 1. Never go to a restaurant starving!** You are setting yourself up for failure right from the start. Have a quick snack before you go if at all possible. A piece of fruit, some mixed nuts or a protein shake will help satisfy you without filling you up so you can enjoy your meal. If you are really stuck, just grab a bottle of water on the way and drink it before you arrive. This alone will help you avoid ordering the entire menu. If you are visiting a spot that you are familiar with and you are really hungry and in a rush, avoid looking at the menu all together and tell the waiter what you want as soon as they come to your table. This way you won't cave in to all the gut busting choices on the menu while you try to ignore your growling stomach.
- 2. Once you arrive and sit down at your table, skip the bread and alcohol.** There is a reason they serve you this before your meal. It's because it has been proven in studies bread and alcohol stimulate your appetite. The biological reason behind this is your body needs food to absorb the alcohol so you don't get alcohol poisoning. But if you're anything like me you still enjoy an ice cold beer or a vintage wine so if you really want a drink, stick to one glass of wine or one light beer without the bread and have it in place of an appetizer.
- 3. When looking at the menu, remember that you don't have to order something exactly as its shown.** You are paying for the food, so don't be afraid to ask for certain dishes with or without certain ingredients. Even if you do opt for the carb laden pasta ask for whole wheat pasta to sneak in a little extra fiber and avoid the blood sugar crash of refined flour. Always remember to ask how large the servings sizes are because most times the "single" portions these days are enough for two or more!
- 4. You don't have to be a nutritionist to know you should stay away from the obvious food choices that are breaded, battered or deep fried.** Trans-Fats are not the new villains in this summers new Transformers movie, they are deadly lab created forms of fats that are foreign to your body's natural chemistry and wreck havoc on our hearts and our health. Also be wary of any dishes smothered and baked in creamy sauces. Just remember to ask how the dish is prepared.

5. Go for any lean protein source such as beef, chicken, pork or fish. Nothing beats lean cuts of meat seared over a hot flame. Pair it with any side dish like a green salad or fresh grilled veggies. Think protein and fats for your meal and avoid the processed carbs unless you are running a marathon the next day. Take the time to relax and eat slow, have some good conversation with others, and learn to enjoy the whole dining out experience, just because you are eating out doesn't mean you need to pig out...and if it's a special occasion and you do want to treat yourself go ahead and enjoy it and get back to your healthy habits the very next meal.

Peanut Butter Protein Balls

Ingredients

- 1.5 cups of instant oats
- 3/4 cup natural peanut butter
- 2 scoops of chocolate whey protein
- 1 cup of unsweetened coconut flakes
- 1 cup of crushed walnuts
- 3/4 cup of water

Directions

1. Mix oats, protein, peanut butter and 1/2 cup of coconut in bowl
2. Slowly add water mixing until moist and sticky but not wet
3. Form into small balls and roll in plate of crushed walnuts and coconut flakes
4. Let cool in fridge for 1 hour



Thai Chili Spice Shrimp

Instead of munching on chips or buttery popcorn during movie night, give this tasty treat a try. It's high in protein and tastes awesome!

Directions

1. Thaw out a bag of frozen shrimp.
2. Toss in a hot pan with olive oil.
3. A few chopped scallions.
4. 1 clove of garlic
5. A drop (I mean a drop!) of hot tai chili sauce
6. Juice of 1 squeezed lime
7. Sprinkle a mixture of spices over shrimp,
8. I used roasted garlic and pepper spice
 - Parsley
 - Salt
 - Pepper
 - Chili powder



Serve with appetizer toothpicks and your all set for a healthy movie snack!

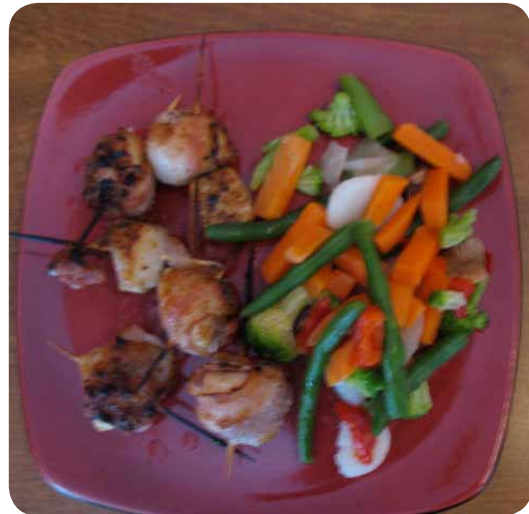
Super Simple Bacon Wrapped Scallops

Ingredients

- ✎ 1 lb. sea scallops Lemon pepper seasoning
- ✎ 1/4 c. butter
- ✎ 1 lb. sliced bacon
- ✎ Black Pepper
- ✎ Dried Oregano

Directions

1. Preheat broiler.
2. Rinse scallops under cold water to wash off any remaining grits of sand.
3. Dip sea scallops in melted butter. Sprinkle both sides of scallops with lemon pepper seasoning.
4. Wrap each with 1/2 slice of bacon. Fasten with toothpick.
5. Sprinkle freshly ground black pepper and oregano over bacon wrapped scallops
6. Broil, turning once, for 10 minutes or until bacon is crisp.



Gourmet Greek Sundae

Ingredients

- 1 cup of plain Greek Yogurt
- 1/2 cup of mixed berries
- 1 tbsp of chopped walnuts

Directions

1. Place yogurt in bowl
2. Stir in berries
3. Top with chopped walnuts
4. Serve layered in wine glasses for a decadent dessert during Sunday brunch!



Zesty Zucchini Hummus

Beans, beans, the magical fruit, the more you eat the more you think, “Gee, these are kinda carby, aren’t they? And those Paleo dudes say to stay away. Should I be eating them?”

Well, I’ve never known someone to get fat from beans alone, but yeah, I can see being careful with them as they are really high in carbs, especially when they find their way onto nachos.

Here’s an amazing new recipe I picked up from somewhere and modified a bit. It’s no-legume hummus, or more precisely, no garbanzo bean (chickpea) hummus. Not that garbanzos are Justin-Bieber evil, but I really like the idea of replacing them with zucchini. And the flavor here is outta this world.

You’ll need a food processor for this one, though a blender and some patience will do the trick too if you work in small batches.

Ingredients

- ✦ 3 zucchinis, peeled and chopped
- ✦ 5 tablespoons lemon juice
- ✦ 4 cloves of garlic
- ✦ 2 teaspoons paprika
- ✦ 2 teaspoons sea salt
- ✦ 1/2 teaspoon cumin
- ✦ 1 teaspoon turmeric
- ✦ a few sprinkles of cayenne pepper, to taste
- ✦ 1/2 cup tahini (sesame seed butter)
- ✦ 1 cup of sunflower seeds
- ✦ Optional toppings/garnishes: extra virgin olive oil, sesame seeds, parsley



Directions

1. Pop all the ingredients except the optional garnishes into the food processor. Blend until fairly smooth (I like mine on the coarse side.)
2. Top with garnishes. Serve with “Breadless Breadstick” or celery.

Crunchy Coconut Shrimp

Ingredients

- ✎ 1 lb shrimp, peeled with tails on
- ✎ coconut oil
- ✎ 2 eggs
- ✎ 1/3 cup coconut flour
- ✎ 2/3 cup to 1 cup unsweetened coconut flakes, finely ground

Directions

1. Heat coconut oil about an inch deep over medium high heat. Put coconut flour, coconut flakes (grind into smaller pieces in a blender), and eggs each into separate bowls.
2. Rinse shrimp well and shake off excess water. Dip shrimp into coconut flour and coat well. Shake off the excess.
3. Then dip into eggs and gently shake off excess. Finally, dip into coconut flakes and coat well.
4. Place in heated oil (ready when a piece of coconut sizzles) and cook 30 to 45 seconds (until shrimp are opaque). Turn over and cook another 30 to 45 seconds.
5. Remove shrimp from oil and serve immediately.



Chili Lime Spiced Almonds

Ingredients

- ✎ 2 Cups of Almonds
- ✎ 4 tbsp olive oil
- ✎ 2 tsp chili powder
- ✎ 1 tsp salt
- ✎ 1 tsp cumin
- ✎ 1/2 tsp garlic powder
- ✎ 1 tsp onion powder
- ✎ 2 tsp lime juice



Directions

1. In a large pan, toast almonds until they become fragrant.
2. Remove almonds from pan and add in olive oil and spices. Stir to combine.
3. Once oil is hot and begins to bubble slightly, add almonds back in and mix to coat.
4. Add in lime juice, carefully as it may splatter a bit. Stir to combine. Enjoy!

Chocolate Banana Coconut Blender Ice Cream

Ingredients

- 3 cups coconut milk
- 3 frozen bananas
- 2 tablespoons cocoa powder
- 2/3 cup of natural honey or agave nectar
- 1/2 teaspoon cinnamon
- 2 teaspoons vanilla extract

Directions

1. Place all ingredients into a blender.
2. Blend for 30-60 seconds, or until mixture thickens.
3. Over-processing will cause ice cream to be too soft



Peanut Butter and Banana Ice Cream

Ingredients

- 2 to 3 ripe bananas
- 1 tbsp natural peanut butter
- 1 to 2 tablespoons honey or agave nectar
- 1 tbsp of vanilla extract
- 1 small square of 85% dark chocolate chopped



Directions

1. Cut the bananas into 1-inch pieces and freeze.
2. Put the frozen bananas in a food processor and puree, scraping down sides periodically, until smooth.
3. Add the peanut butter, honey, vanilla, chocolate and puree. Serve immediately or refreeze until ready to enjoy.

Strawberry Almond Chocolate Brownies

Ingredients

- ✎ 1/4 cup melted natural grass fed butter
- ✎ 1/4 cup coconut oil
- ✎ 3 omega 3 or free range eggs
- ✎ 3/4 cup strawberries, diced
- ✎ 1/2 cup natural honey & 1/2 cup sliced raw almonds
- ✎ 2 tablespoons vanilla extract
- ✎ 1/2 teaspoon baking soda
- ✎ 1/4 teaspoon sea salt
- ✎ 1/4 cup cocoa powder
- ✎ 1 heaping tablespoon cinnamon



Directions

1. Preheat oven to 325°F.
2. Mix all ingredients in a large mixing bowl, but save 1/4 cup almonds for the topping.
3. Mix with a hand mixer.
4. Pour into baking dish You can grease the baking dish with coconut oil or spray with olive oil cooking spray.
5. Sprinkle the rest of the almonds on top.
6. Bake for about 25 minutes or until the toothpick comes out clean. These will serve quite a few yummy brownies to your friends.

Tangy Taco Spice Blend

Ingredients:

- 2 Tbsp chili powder
- 1-1/2 Tbsp cumin
- 1-1/2 Tbsp paprika
- 1 Tbsp onion powder
- 1 Tbsp garlic powder
- 2 tsp oregano
- 1/2 tsp red pepper flakes



Painted Peanut Butter Cups

Ingredients

- ✎ 2 bars of 80% dark chocolate, cut into small pieces
- ✎ 1/2 cup natural peanut butter
- ✎ 1/2 cup cream cheese
- ✎ 2 tablespoons of natural honey
- ✎ 1 tablespoon vanilla extract
- ✎ 1 scoop of chocolate protein powder
- ✎ 12 muffin cup liners

Directions

1. Melt chocolate in a bowl set over a small pot of simmering water.
2. Using a pastry brush paint chocolate onto the inside of the muffin cups.
3. Place them in a muffin tin for easier handling.
4. Paint a thick layer and then refrigerate until it has set hard.
5. Puree the peanut butter, cream cheese, protein powder, honey and vanilla in a food processor until smooth.
6. Spoon or pipe into the hardened chocolate cups and then pour a thick layer of the remaining melted chocolate over the top making sure the edges are sealed.
7. Put back in fridge until the tops have set.
8. Peel liners off before serving.



Munchy Mint Chocolate Chip Cookies

Ingredients

- ✎ 1 1/2 Cup Almond Flour
- ✎ 1/2 Cup Coconut Flour
- ✎ 1/4 Cup Coco Powder
- ✎ 1 tsp Baking Soda
- ✎ 3 omega 3 or free range eggs
- ✎ 1/4 Cup Honey
- ✎ 2 tsp Mint Extract
- ✎ 1/3 Cup Coconut Oil- melted
- ✎ 1/3 Cup dark Chocolate chips



Directions

1. Preheat oven to 350.
2. In two separate bowls, combine dry and wet ingredients, excluding the coconut oil and chocolate chips. Stir wet mixture into the dry.
3. Once combine, add in coconut oil. (By adding it last it will not cool in the wet and harden). Once batter has come together, add in chocolate chips.
4. Spoon by heaping tbsp onto parchment paper or a silicone baking liner on a cookie tray.
5. Flatten the cookie slightly with the back of the spoon.
6. Bake in oven for 10-12 minutes.
7. This usually makes 32 cookies.

Chocolate Chip Coconut Macaroons

Ingredients

- ✎ 6 egg whites
- ✎ 3 cups unsweetened shredded coconut
- ✎ 1/2 cup raw honey
- ✎ 1/4 teaspoon salt
- ✎ 1 TBSP vanilla extract
- ✎ 1 tsp cinammon
- ✎ 1/2 bag dark chocolate chips



Directions

1. In a mixing bowl whisk egg whites and salt until stiff
2. Fold in honey, vanilla, coconut, and cinnamon. Then add chocolate chips (if desired) and continue to fold in
3. Drop batter onto a parchment lined baking sheet, one rounded tablespoonful at a time (**Make sure that the parchment or baking sheet is greased with coconut oil, butter, or some kind of spray in order to ensure that they don't stick)
4. Pinch each macaroon at the top (like a kiss)
5. Bake at 350° for 10-15 minutes, until lightly browned (baking time will depend on size of macaroons... if you make 40 small ones, may only take 10 minutes, but the larger 20 will probably take at least 15 minutes)

Zesty Zucchini Salsa

Ingredients

- ✎ 10 Cups zucchini chopped into small pieces
- ✎ 3 cups of white onion finely chopped
- ✎ 3.5 cups of green pepper chopped into small pieces
- ✎ 6-10 jalapeno peppers finely chopped and seeded



Directions

1. Chop all the above, put into a large bowl and cover with water. Add 5tbsp of coarse salt stir and let sit overnight.
2. Do not peel zucchini. Do not use a food processor for the peppers. Use gloves when chopping the jalapenos and take the seeds out.
3. Next morning, drain, put in a large pot and add:
 - ✎ 5-8 diced tomatoes
 - ✎ 1/4 cup of brown sugar
 - ✎ 2 cups vinegar
 - ✎ 1 tbsp cornstarch
 - ✎ 1 tsp cumin
 - ✎ 2 tsp dry mustard
 - ✎ 1 tbsp crushed red chilli peppers
 - ✎ 1 tsp nutmeg
 - ✎ 1 tsp black pepper
 - ✎ 1 tsp tumeric
 - ✎ 1-2 16oz cans of tomato sauce for color
4. Bring to a boil reduce heat and simmer for one hour, Makes about 10 2 cup jars.
5. Process in water bath canner for up to 15 mins.

Thanks to Fit Body Bootcamper Susan Petkau for this one!

Health Nut Cookies

Ingredients

- ✎ 2 bananas smashed
- ✎ 1/3 cup coconut flour
- ✎ 3/4 cup almond butter
- ✎ 1/2 tsp baking soda
- ✎ 1/3 cup raw walnuts
- ✎ 1 apple finely chopped
- ✎ 1/3 cup coconut milk
- ✎ 1 tbsp cinnamon



Directions

1. Preheat oven to 350 degrees.
2. In a medium mixing bowl, use a fork to smash the bananas to baby food consistency.
3. Add the coconut flour, almond butter, and baking soda and mix well.
4. Using a hand held chopper or food processor, chop the walnuts and apples to a very fine dice.
5. Add the walnuts, apples, coconut milk, and cinnamon to the bowl and mix in remaining ingredients.
6. Cover two cookie sheets with parchment paper and spoon heaping tablespoons of the cookie mix onto the parchment paper, placing an inch or two apart.
7. Bake for 25 minutes. Makes approximately 20-22 cookies.

Fit Body Frozen Yogurt

Serves: 4

ingredients

- 1/2 bag of mixed frozen berries
- 1 cup fresh blueberries
- 3–4 tablespoons natural honey
- 1 tub of plain greek yoghurt
- a few sprigs of fresh mint
- optional: 4 small ice cream sundae glasses



Directions

1. In advance: Put 4 small ice cream glasses in the freezer
2. Put the glasses (if using) and the frozen berries out of the freezer. Divide the fresh blueberries between the glasses. Put the honey and yogurt and leaves from the sprigs of mint into the food processor and mix, then add the frozen berries and mix again until combined. Spoon the frozen yogurt over the fresh berries and serve. Instant high protein ice cream, yum!

Zesty Zucchini Sticks

Ingredients

- ✎ 1 Tablespoon coconut oil
- ✎ 5 organic zucchini
- ✎ 2 organic, free range eggs
- ✎ 1/2 cup coconut flour
- ✎ 1 Tablespoon dried parsley
- ✎ 1/2 teaspoon garlic powder
- ✎ 1 teaspoon sea salt



Directions

1. Preheat oven to 350 degrees F. Grease a cookie sheet with the coconut oil. Wash zucchini and cut into french fry sized sticks.
2. In a shallow bowl, wide enough for the sticks to fit across, whisk the eggs.
3. In another shallow bowl, wide enough for the sticks to fit across, combine the flour, parsley, garlic powder and salt.
4. Coat each stick in the egg, then dredge in flour mixture. Place on the cookie sheet. Bake for 30 minutes. Change the oven to broil.
5. After 5 minutes flip the sticks over and broil for another 5 minutes.

Tip For Best Zucchini Sticks

Use very little of the flour mixture — just enough to cover the surface, but not caked on. Allow to get very crispy before removing from oven.

Simple Skillet Apple Pie

Ingredients for 3 servings

- ✎ 1 teaspoon coconut oil
- ✎ 3 organic apples, try pink lady
- ✎ 1 1/2 teaspoons ground cinnamon
- ✎ Dash of ground nutmeg
- ✎ Dash of sea salt
- ✎ 2 Tablespoons golden raisins
- ✎ 1/4 cup ground walnuts

Directions

1. Melt coconut oil in skillet over medium heat. Wash and chop apples then add to skillet.
2. Cook apples, stirring occasionally, for 5 minutes. Add remaining ingredients, mix and continue to cook until apples are tender.
3. Top with greek yogurt!



Sweet and Spicy Pineapple Sauce

Ingredients

- 1 Cup freshly diced pineapple
- 1 Jalapeno, seeds removed (optional), and chopped
- 1/4 of White onion diced (can use red onion too)
- Juice of 1 lime

Directions

1. Place all of the above ingredients in your food processor
2. Turn on high and keep mixing until you get a slightly chunky but more smooth dipping sauce consistency
3. Serve in a bowl on the side with shrimp or pork



The Muscle Monkey Shake

Ingredients

- 1 Scoop chocolate protein powder
- 1 cup unsweetened chocolate almond milk
- 1 tbsp all natural peanut butter
- 1 ripe banana
- 1 tsp unsweetened cocoa
- Stevia if not sweet enough
- Add ice for desired consistency.



Spicy Chick Pea Snack

Ingredients

- ✎ 1 can of drained chickpeas patted dry
- ✎ 2 teaspoons olive oil
- ✎ Salt and pepper to taste
- ✎ 1/4 tea garlic powder
- ✎ 1/4 tea onion powder
- ✎ 1/8 tea cayenne pepper (optional)
- ✎ 2 tbsp light parmesan cheese (works better from the shaker, not fresh)



Directions

1. 400* oven
2. Toss peas with oil then toss all spices in
3. Pour on to pan lined with foil, make sure none are over lapping one another, bake 15 minutes, stir and bake 15 more minutes. Yummy!!!

Peanut Butter Balls

Ingredients

- 1/2 cup natural honey
- 1/2 cup organic dark cocoa
- 1 cup of your favourite nut butter

Directions

1. Mix first 2 ingredients together.
2. Fold in the third.
3. Shape into balls.
4. Freeze for 2 hours. Et voila! Get fancy by adding fruit, nuts, coconut, etc...



Barker's Dark Bark

Ingredients

- 9-10 ounces dark chocolate (aim for 85—90% cacao), chopped into small pieces
- 1/2 cup macadamia nuts, roughly chopped
- 1/4—1/2 teaspoon sea salt

Directions

1. Heat 2/3 of the chocolate in the microwave or on the stove. If using a microwave, heat the chocolate in 30-second increments, stopping to stir vigorously each time. It should take 2 minutes or less to melt the chocolate. If using the stove, create a double boiler by filling a pot with a few inches of water then balance or hold a smaller pot filled with the chocolate just above the water line. As the water gently boils, the steam will melt the chocolate in the smaller pot without burning it. Stir occasionally, removing from heat as soon as the chocolate melts completely.
2. Remove the melted chocolate from the microwave or stove. Add the remaining hard chocolate to the hot melted chocolate, stirring vigorously until it melts as well.
3. Stir the macadamia nuts into the chocolate.
4. Line a rimmed dish of your choice with parchment paper or wax paper. The size of the dish will determine how thick the bark is. A 2-quart square baking dish makes thicker bark (like in the photos). A larger dish will obviously yield thinner bark.
5. Spread the chocolate evenly in the rimmed dish. Sprinkle with sea salt. Refrigerate for at least 10 minutes, longer if chocolate isn't solid yet. Use a knife to cut the bark into squares or misshapen pieces. Store the bark at room temperature.



Crunchy Chocolate Coconut

Cooking Time: 50 mins

Serves: 5

Ingredients

- ✎ 1 85% dark chocolate bar broken down into pieces
- ✎ 3/4 cup unsweetened shredded coconut
- ✎ splash vanilla extract
- ✎ 1 TBS coconut oil



Directions

1. Melt chocolate and coconut oil over a double boiler, constantly stirring.
2. Once melted, add vanilla extract and shredded coconut, mix well and remove from heat.
3. Let mixture sit for about 15-20mins to cool and thicken. Drop spoonfuls onto wax-paper lined plate or small pan, and place into refrigerator for about 30mins to harden.
4. Enjoy! I also recommend keeping these cold as they have a better, crunchy texture that way.

Crunchy “Cookie Dough”

Ingredients

- ✎ 1 tbsp cacao nibs
- ✎ 1 tbsp chopped walnuts
- ✎ 2 tbsp almond butter
- ✎ 1 tbsp coconut oil
- ✎ 1-2 drops natural vanilla extract
- ✎ Pinch sea salt
- ✎ Pinch cinnamon



Directions

1. In a small bowl, combine “wet” ingredients (coconut oil, almond butter, and vanilla). Add “dry” ingredients next (nibs, walnuts, sea salt and cinnamon) and mix well.
2. Eat with a spoon (or off of a mixer attachment if feeling particularly nostalgic.)

Fit Body Fruit Nut Bars

Ingredients

- ✎ 1 Cup Slivered Almonds
- ✎ 1 Cup Pecans
- ✎ 1/2 Cup Almond Flour
- ✎ 1/2 Cup Almond Butter
- ✎ 1/2 Cup Coconut Oil
- ✎ 1/4 Cup Agave Nectar
- ✎ 2 tsp Vanilla extract
- ✎ 1/2 tsp Sea Salt
- ✎ 1 Cup of Dried Fruit, chopped into small pieces
- ✎ 1/4 Cup of Shredded Coconut
- ✎ 2 scoops BluesStar Vanilla Protein



Directions

1. Place the slivered almonds and pecans on a cookie sheet and toast in a 350 degree oven for a few minutes until they're golden brown. Stir them occasionally. Keep an eye on them as they can quickly burn.
2. Toss the nuts into the food processor until they are coarse.
3. In a medium bowl, mix the nuts, protein powder and the almond flour together.
4. In a microwaveable bowl, warm the coconut oil and the almond butter for about 20 seconds in the microwave until liquid-y. Stir together well.
5. Stir the agave nectar, vanilla and salt into the liquid mixture. (You can use light or dark agave nectar.)
6. Add the liquid mixture to your dry mix. Combine well.
7. Add your fruit to the mix. You can add the coconut in at this time if you chose to use it. Or you could use the coconut to coat the top of the bars.
8. Lay parchment paper down in an 8×8 inch baking pan. Pat the mixture into the prepared pan with your fingers, making sure it is all good and snug in there.
9. Leave in the refrigerator or freezer for at least 1 hour. Cut into pieces and serve. Serves 5.

Baked Butternut Squash Chips

NOTE: This recipe uses only the necks of the squash, so reserve the base of the squash for a soup or salad!

Ingredients

- ✎ 2 butternut squashes with long necks
- ✎ Parmesan cheese
- ✎ Olive oil sea salt

Directions

1. Preheat the oven to 375°F. Bring a large pot of salted water to a boil.
2. Cut the necks of the squashes off of the bases. Peel each neck and slice it into thin slices using a mandolin slicer.
3. Drop the slices into the boiling water and boil for 2 minutes (this allows the squash to get crispy when baked). After 2 minutes, carefully drain and rinse under the faucet until the slices are cool to the touch. Pat the slices with a towel to remove excess water.
4. Cover two baking sheets with parchment paper, and top them with slices. Be careful that the slices do not touch. Brush with a bit of olive oil, sprinkle on a little sea salt, and top with finely grated Parmesan cheese.
5. Bake the chips until crispy, for about 15-20 minutes. Make sure to keep an eye on them and remove them when they turn brown and crispy.



Mini Melting Moulton Chocolate Cakes

Ingredients

- ✎ 1 bar of 85% dark chocolate
- ✎ 1 cup of coconut oil
- ✎ 8 7oz oven-safe ramekins
- ✎ Mixing bowl
- ✎ 7 free run eggs
- ✎ 6 tbsp. palm sugar
- ✎ 1 cup almond flour
- ✎ unsweetned shredded coconut
- ✎ pinch of sea salt



Directions

1. Preheat the oven to 375 F.
2. Melt the chocolate and coconut oil together in a double boiler.
3. Lightly grease the ramekins with coconut oil on paper towel.
4. In a mixing bowl, whisk four of the eggs together with the sugar. Add the flour and salt and whisk well again. Add the three remaining eggs and keep whisking until the mixture is blended.
5. Add the egg mixture to the chocolate mixture and mix well. Pour the batter into the individual ramekins approx half way to top as cakes will rise.
6. Bake for 15 minutes until just done. The interior of the cakes should be melty and soft when you remove them from the oven.
7. Sprinkle the tops of the cakes with a little shredded coconut
8. Serve immediately

Bootcamp Banana Chocolate Bars

Ingredients

- ✎ 2 teaspoons Chia seeds
- ✎ 6 Tablespoons water
- ✎ 1/2 cup dark chocolate, 85% cocoa

For Banana layer:

Drop the chocolate batter in spoonfuls over banana batter. Then use a knife to “connect the dots” to create a swirl.

- ✎ 1 1/2 cups Almond Flour
- ✎ 1 teaspoon baking soda
- ✎ 1 teaspoon baking powder
- ✎ 1/2 teaspoon cinnamon
- ✎ 1/2 teaspoon sea salt
- ✎ 2 ripe organic bananas
- ✎ 2 Tablespoons coconut oil, melted
- ✎ 2 Tablespoons raw honey, melted
- ✎ 1 teaspoon vanilla extract
- ✎ 4 omega 3, free range eggs



For the Chocolate layer:

- ✎ 2/3 cup Almond Flour
- ✎ 1/4 cup unsweetened cocoa powder

Who doesn't love swirled batter?

- ✎ 1/2 teaspoon baking powder
- ✎ 1/2 teaspoon baking soda
- ✎ 1 Tablespoon coconut oil, melted
- ✎ 2 Tablespoons raw honey, melted
- ✎ 1/2 teaspoon vanilla extract



Directions

1. In a cup combine chia seeds with water. Mix well and set aside for at least 15 minutes.
2. Preheat oven to 350 degrees F. Lightly grease a large baking pan with coconut oil.
3. For the banana layer: In a medium bowl combine the almond flour, baking soda, baking powder, cinnamon and salt. In another bowl mash the bananas, then add coconut oil, honey, vanilla, eggs and 4 Tablespoons of the Chia seed gel. Add the almond flour mixture to the banana mixture and combine well. Set aside.
4. For the chocolate layer: In a medium bowl combine the almond flour, cocoa powder, baking powder, and baking soda. In another bowl combine the coconut oil, honey, vanilla, eggs and 2 Tablespoons of the Chia seed gel. Add the almond flour mixture into the wet ingredients and combine well.
5. Spread the banana batter evenly in the prepared pan. Drop spoonfuls of the chocolate batter over the banana batter (see picture). To create a swirl, place a blunt knife in the top left-hand corner of the pan. Drag the knife through the chocolate dots in that row, then without taking the knife out of the batter, turn and go back up the next row of dots. Once you get to the end of the pan, change direction and draw the knife through the rows the long way.
6. Bake for 25-30 minutes, until lightly golden.
7. Once cooled, cut the bars into squares and place on a wax paper-lined tray. Melt the dark chocolate over very low heat, stirring constantly, then drizzle over each square. Chill in the fridge for 20 minutes before serving.

Chocolate Cinnamon Surprise Muffins

Cooking Time: 40

Serves: 5

Ingredients

- ✎ 2 1/4 cups almond flour
- ✎ 1/4 tsp sea salt
- ✎ 1/2 tsp baking soda
- ✎ 1 tbsp cinnamon
- ✎ 1 tsp nutmeg
- ✎ 2 ripe bananas
- ✎ 2 tsp vanilla extract
- ✎ 1 tbsp honey
- ✎ 3 tbsp coconut oil, melted
- ✎ 3 eggs, 2 tbsp cocoa powder



Directions

1. Preheat oven to 350 F.
2. In a large bowl, add almond flour, salt, baking soda, cinnamon, and nutmeg. Mix well and set aside.
3. In a separate bowl, mash the bananas. Add vanilla, honey, softened coconut oil or ghee and eggs into bowl with bananas. Whisk until large clumps disappear and mixture is mostly smooth.
4. Pour wet ingredients into bowl with dry ingredients and mix well.
5. Transfer 1 cup of the muffin batter to a small bowl. Add cocoa powder and stir until well incorporated.
6. Line a muffin tin with liners or spray with cooking spray. I also spray the liners just for a little extra insurance that the muffins won't stick.
7. Using a spoon, scoop about two tablespoons of the regular muffin batter into each tin. Top each with a spoonful of the chocolate batter. Finish by topping each muffin tin with an even amount of the regular batter until you have used it all up.
8. Pop the muffins into the oven for 20-25 minutes (until a toothpick entered into center of the muffin comes out clean). Makes 12 Muffins.

Lemon Mint Iced Green Tea

Ingredients

- Water
- 5 Mint Green Tea Bags.
- 1 lemon
- 2-3 Tbsp of Agave nectar OR natural honey is great too

*Agave is a natural sweetener which has a low glycemic index, tastes great, and adds just the right amount of sweetness.



Directions

1. Fill a kettle 3/4 full with water and bring to a rolling boil.
2. Add 5 tea bags to a boiler pot.
3. Let tea bags steep in water for about an hour, or till cooled down to a luke warm temperature.
4. Once the tea steeps remove the tea bags and pour the strong tea mixture into a 2 quart pitcher.
5. Fill the pitcher the rest of the way with cold water, ice, sliced lemons and stir.
6. Stir in 2-3 Tbsp of Agave Nectar
7. Refrigerate until cold.

That is it! So easy, healthy and delicious.

NEW Protein Pops

This is the easiest recipe ever, and SUCH a great way to cool off. These are also a great low-carb treat for when those night-time cravings hit.

I bought my popsicle molds at Walmart. They only make eight pops, so if you buy more molds, you may need to add more protein to maintain the standard of 10 grams of protein per pop.

Ingredients

- 1 pack Sugar-Free Jell-o
- 1 pack Sugar-Free Kool-Aid
- 1/2c Splenda
- 4 scoops BlueStar IsoSmooth Vanilla Dream

Directions

1. Boil one cup of water and pour over your gelatin/Splenda/Kool-Aid mix.
2. Stir it until it is all dissolved, then stir in on cup of COLD water and a few ice cubes to speed things up.
3. After the mixture is cooled down, slowly stir in one scoop at a time of the protein, so it doesn't get too frothy.
4. Freeze for at least 4 hours or overnight.
5. Run warm water over the molds to loosen the Pops.
6. Enjoy! These are also a great low-sugar kid treat!



NEW Hot Artichoke Spinach Dip

This dip is amazing—so cheesy and fragrant. If you don't like artichokes, don't worry—you'll never know they're in there! My only question is: Is it okay to just eat it with a spoon right out of the dish?

Ingredients

- ✎ 1 (8 ounce) package cream cheese, softened
- ✎ 1/4 cup greek yogurt
- ✎ 1/4 cup Parmesan cheese
- ✎ 1/4 cup goat cheese
- ✎ 1 clove garlic, peeled and minced
- ✎ 1/2 teaspoon dried basil
- ✎ 1/4 teaspoon garlic salt
- ✎ salt and pepper to taste
- ✎ 1 (14 ounce) can artichoke hearts, drained and chopped
- ✎ 1/2 cup frozen chopped spinach, thawed and drained
- ✎ 1/4 cup shredded mozzarella cheese

**Directions**

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a small baking dish.
2. In a medium bowl, mix together cream cheese, mayonnaise, Parmesan cheese, Romano cheese, garlic, basil, garlic salt, salt and pepper. Gently stir in artichoke hearts and spinach.
3. Transfer the mixture to the prepared baking dish. Top with mozzarella cheese. Bake in the preheated oven 25 minutes, until bubbly and lightly browned.

NEW Perfect Protein Pudding

Ingredients

- ✎ 1 ripe avocado,
- ✎ 1/4 cup chocolate IsoSmooth protein powder,
- ✎ 1/3 cup natural honey,
- ✎ 1/4 cup So Delicious Coconut Milk

Directions

1. Blend until smooth and creamy, topped with 90% dark chocolate chunks



NEW Almond Coconut Chocolate Drops

Cooking Time: 5 Minutes

Serves: 5

Ingredients

- ✎ 1 Cup Almond Butter
- ✎ 1/2 Cup shredded Unsweetened Coconut
- ✎ 1/8 Tsp coconut oil melted
- ✎ 1/8 Tsp Salt
- ✎ 1 Cup Dark Chocolate Chips

**Directions**

1. First melt your ghee in a mixing bowl in the microwave
2. Next add your almond butter to that bowl and mix well and then place back in the microwave for about 60 seconds more to soften it to make it more moldable
3. Mix in the salt and coconut and ensure an even distribution of all ingredients
4. Once mixed, line a baking sheet with wax paper or parchment paper and roll the dough like almond butter into little balls, between 1/2 inch or 1 inch
5. Place on the sheet and put in the refrigerator for at least 20 minutes to let the almond butter set
6. In a sauce pan over low heat or a double broiler, melt your chocolate chips
7. Dip your almond butter balls in the chocolate, you can just dip half or the whole thing and then place back on your parchment paper
8. Once all is dipped and back on your baking sheet, place back in the refrigerator for about an hour so everything solidifies. Remove and enjoy.

NEW Mint Chocolate Brownie Protein Bars**Ingredients**

- ✦ 1 cup (114gm) walnuts
- ✦ 2 cups (280gm) dates
- ✦ 3/4 cup (90gm) hemp seeds
- ✦ 3/4 tsp mint extract
- ✦ 1 teaspoon honey
- ✦ 2 scoop protein powder,
- ✦ 6 tablespoons (30gm) cocoa powder
- ✦ 1/4 cup + 1 tablespoon maple syrup

**Directions**

1. In the bowl of a large food processor, process the walnuts for 2-3 minutes, until very soft and nearly smooth (almost like a nut butter.)
2. Add the dates and hemp seeds, and process again until the mixture forms a paste, stopping several times to scrape the sides and bottom of the bowl.
3. Blend in the mint extract and stevia. Add the protein powder and cocoa powder and blend again until incorporated. Finally, blend in the brown rice syrup. The mixture will appear crumbly but will hold together when pressed.
4. Line a 9x9" baking dish with foil. Pour the mixture into the pan and press firmly with your hands into a packed, even layer. Let the bars set in the refrigerator for at least 30 minutes.
5. Using the edges of the foil, lift the bars out of pan and transfer to a cutting board. Slice into 16 squares, and wrap each individually in plastic wrap. The bars may be stored at room temperature.

NEW Primal Popsicles

Cooking Time: 12 hours

Serves: 5

Ingredients

- ✎ 1 lb. fresh strawberries
- ✎ Unsweetened coconut milk
- ✎ 1 scoop BlueStar Vanilla Dream protein

Directions

1. Wash and cut 1 lb. fresh strawberries and put in blender.
2. Add unsweetened coconut milk (I use about 1 cup).
3. Blend.
4. Pour into popsicle molds.
5. Put in freezer for several hours.
6. Enjoy for a refreshing, primal treat!



Hint

Might need to run a little hot water over the mold after freezing to break the popsicle out of the mold.

NEW Garlic Herb Crackers

Yield will vary depending on the size you cut your crackers

Ingredients

- 🍷 1 1/2 cups blanched almond flour
- 🍷 1/2 cup raw sunflower seeds
- 🍷 1 tablespoon salt-free Italian seasoning or dried herb blend
- 🍷 1 teaspoon granulated garlic powder
- 🍷 1/2 teaspoon sea salt
- 🍷 1 tablespoon extra-virgin olive oil
- 🍷 1 tablespoon dark maple syrup, honey, or organic agave nectar
- 🍷 1 tablespoon water

**Directions**

1. Preheat the oven to 350 degrees F. In a food processor fitted with the steel blade, process the almond flour, sunflower seeds, herb seasoning, garlic powder, and salt until finely ground. Transfer to a large mixing bowl.
2. In a small bowl, whisk together the olive oil, maple syrup, and water. Add this mixture to the dry ingredients and stir with a rubber spatula until a thick dough forms. Use your hands to form the dough into a thick square or rectangular mass. Place the dough between two sheets of parchment paper and roll out to about 1/8-inch thick.
3. Transfer the dough (parchment paper and all) to a baking sheet. Remove the top sheet of parchment and cut the dough into cracker shapes using a pizza cutter. Bake for about 12 minutes or until golden brown and fragrant. Cool completely before separating into crackers. (Store in an airtight container at room temperature.)

NEW Paleo Apple Crisp**Ingredients****Apples:**

- 4 Apples, peeled and sliced
- 1 tsp. Cinnamon
- 1/2 tsp. Nutmeg
- 1/4 tsp. Ground Ginger

Crisp Topping:

- 2 Tbsp Coconut Oil, melted
- 1/2 cup Almond Flour/Meal
- 1/4 cup Ground Flax Seed
- 1/4 cup Almonds, sliced
- 1/4 cup Shredded Unsweetened Coconut
- 1 Tbsp Vanilla Extract
- 1 tsp. Cinnamon
- Dash of Sea Salt

**Directions**

1. Preheat oven to 350.
2. Toss together all Apple ingredients, in a bowl.
3. Place in a 9×9 pan or pie pan.
4. Mix crisp topping ingredients together.
5. Top with apples with crisp topping mixture.
6. Bake for 45-60 minutes, until apples are soft and topping is golden brown.

NEW Nut Butter Cookies**Ingredients**

- ✎ 3 c. Almond Meal
- ✎ 1 t Baking Soda
- ✎ 1 t Salt
- ✎ 1/2 c. Local Honey
- ✎ 2 Eggs + 1 Egg Yolk
- ✎ 1 t Vanilla
- ✎ 1/2 c Nut Butter of Choice
- ✎ 1 Bag Enjoy Life Chocolate Chunks (or Dark Chocolate Chips)

**Directions**

1. Whisk all dry ingredients together. Add the eggs, nut butter, vanilla, and honey and blend well by hand or with an electric mixer.
2. Grease 2 large cookie sheets. Make golf-ball sized dough balls and press them down lightly on the cookie sheets.
3. Bake at 375 degrees for 13 minutes, or until golden brown.
4. Makes 18.

NEW Coconut Almond Butter Cookies

Cooking Time: 12-14min

Serves: 5

Ingredients

- ✎ 1 cup almond butter
- ✎ 1 large egg
- ✎ 1 teaspoon of vanilla
- ✎ 1 cup of coconut/palm sugar

Directions

1. Preheat oven to 350.
2. Add all ingredients to a medium sized bowl and stir until integrated. Using a tablespoon, scoop dough and roll into balls. Flatten and place on a greased cookie sheet (or use parchment paper).
3. You can place the cookies pretty close together as they don't spread much. I fit all 14 onto one standard sized cookie sheet.
4. Bake for 12 minutes. The cookies should still feel a little soft if you press gently on the center. They will lighten in color and flatten when they are done.



NEW **Coco Nana Nuts**

Serves: 4

Ingredients

- 2 large bananas
- 2 tbsp. of unsweetened coco powder
- 1/3 cup coconut flakes

Directions

1. Mashed bananas then mix in the unsweetened coco powder and coconut flakes.
2. Form into balls and Freeze for a few hours.



This recipe is also good with the addition of a small handful of chopped nuts of your choice.

NEW Sweet Potato Brownies

Cooking Time: 60 minutes

Serves: 5

Ingredients

- ✎ 2 small to medium Sweet Potatoes
- ✎ 3 eggs whisked
- ✎ 1/4 cup Coconut oil
- ✎ 1/3 cup Raw honey
- ✎ 1/2 cup Dark Chocolate chips
- ✎ 3 TBS Coconut flour
- ✎ 2 TBS unsweetened cocoa powder
- ✎ 1/4 tsp baking powder, cinnamon, vanilla extract
- ✎ pinch of salt

**Directions**

1. Boil your sweet potatoes till soft when poked with a fork. Peel off the skin and mash in a bowl. Preheat oven to 350.
2. Now add your wet ingredients: coconut oil, honey, vanilla, and eggs and mix together. Then add your dry ingredients: coconut flour, cocoa powder, baking powder, cinnamon, salt, and chocolate chips. Mix on low to medium speed for 1 to 2 minutes.
3. Pour into an 8×8 glass baking dish.
4. Bake for 30 -35 minutes Let cool.

NEW **Ants on a Log**

Ingredients

- 5 stalks of celery
- 1/2 cup of almond or natural peanut butter
- 1/4 cup raisins

Directions

1. Cut the celery stalks in half. Spread with but
tner. Sprinkle with raisins.



NEW **Dark Chocolate Cacao Cinnamon Dusted Almonds****Ingredients**

- ✦ 1 1/2 cups unsalted roasted almonds
- ✦ 1 1/2 cups dark chocolate – about 2 dark chocolate bars (I used this 70% dark chocolate bar)
- ✦ 2 tablespoons cacao powder
- ✦ 1/2 tablespoons ground cinnamon

Directions

1. Add the chocolate to a double broiler over medium-high heat. Stirring the chocolate constantly until it is melted.
2. Remove from heat and stir almonds into the dark chocolate until well coated.
3. Place the almonds on a parchment lined or wax lined baking sheet. Just a note: one that can fit inside your refrigerator.
4. Refrigerate the almonds for 30 to 60 minutes or until the chocolate hardens. If you need things to move quicker than the 30-60 minutes place the chocolate coated almonds in the freezer.
5. Place the chocolate covered almonds in a large bowl and sprinkle with cacao powder and cinnamon. Toss until well coated.



NEW Zucchini Brownies

Ingredients for 16 servings:

- ✎ 5 oz dark chocolate, 72% or higher cocoa content
- ✎ 1/4 cup coconut oil
- ✎ 2 omega-3, free range eggs
- ✎ 1/4 cup agave nectar
- ✎ 2 teaspoons vanilla extract
- ✎ 1/4 teaspoon almond extract
- ✎ 1 cup blanched almond flour
- ✎ 1/4 cup unsweetened cocoa powder
- ✎ 1 1/2 teaspoons baking soda
- ✎ 1/4 teaspoon salt
- ✎ 1 1/2 cups shredded zucchini



Directions

1. Preheat oven to 350 degrees F. Grease an 8×8 pan with coconut oil, then dust with blanched almond flour. Set aside.
2. In a double boiler, gently melt the chocolate. (If you don't have a double boiler then fill a skillet with a few inches of water and set a small pot in the water, place over very low heat.) Add the coconut oil and mix until fully combined. Remove from heat and set aside to cool.
3. In small bowl combine the eggs, agave nectar and vanilla and almond extracts. Add the cooled chocolate mixture.
4. In a medium bowl combine almond flour, cocoa powder, baking soda and salt. Pour in the wet ingredients and mix until fully combined.
5. Using a food processor, shred the zucchini. Then place on a cutting board and finely chop the shredded pieces. Having very tiny pieces of zucchini is the key to making this recipe work!
6. Fold the zucchini into the batter. Pour into prepared pan and bake for 25 minutes, or until fully set. Allow to cool in the pan for at least 30 minutes before cutting. *Tip: Use a serrated, plastic knife to cut your brownies — this makes it less likely to crumble.

NEW **Healthy Homer Chocolate Glazed Donuts**

Serves: 5

Ingredients

- 🍷 1/2 c Coconut Flour
- 🍷 1/2 t Baking Soda
- 🍷 5 Eggs
- 🍷 1/2 c Butter
- 🍷 1/4 c Raw Honey
- 🍷 1 T Vanilla
- 🍷 1/2 c Dark Chocolate Chips
- 🍷 1 T Coconut Oil

**Directions**

1. With an electric mixer, cream the butter and honey. With the mixer running, add one egg at a time until blended. Add the vanilla.
2. Combine the coconut flour and baking soda in a separate bowl. Add the dry mixture bit by bit to the wet ingredients until fluffy and well blended.
3. Spoon the batter into greased donut pan—you want to fill them to the top.
4. Bake at 325 degrees for 15-20 minutes, or until a toothpick inserted comes out clean. Cool completely, then remove from the pan and frost with chocolate glaze.
5. For the glaze, combine chocolate chips and oil in a microwave-safe bowl. Nuke for 30-45 seconds, then stir until completely melted and smooth.

NEW Almond Butter Banana Cookies

Serves: 5

Ingredients

- 🍷 3/4 cup creamy almond butter
- 🍷 1/3 cup raw honey
- 🍷 1/4 cup coconut flour
- 🍷 1/4 cup + 2Tbsp almond meal
- 🍷 1 banana
- 🍷 1 tsp baking powder
- 🍷 1 egg



Directions

1. Pre-heat oven to 350 degrees.
2. In a mixing bowl, blend all ingredients until well-mixed.
3. On a parchment-lined cooking sheet, drop small spoonfuls about 1-inch between cookies. Cook for 12 minutes until the edges start to brown.
4. Let stand for at least 30 minutes so that the cookies can set.

NEW Caveman Chocolate Chip Cookies

Serves: 5

Ingredients

- 🍷 1 1/2 cups sifted blanched almond flour
- 🍷 1/4 teaspoon baking soda
- 🍷 1/4 teaspoon sea salt
- 🍷 2 tablespoons coconut oil, melted (melted, not softened)
- 🍷 1/2 teaspoon vanilla extract
- 🍷 1/4 cup maple syrup
- 🍷 1 whole egg
- 🍷 1/2 cup dark chocolate chips

**Directions**

1. In a bowl, mix together your almond flour, baking soda, and sea salt. In a separate bowl mix together your melted coconut oil, vanilla extract, room temperature maple syrup, and room temperature egg. Incorporate your wet ingredients into your dry ingredients, then add your chocolate chips.
2. After everything is mixed, preheat your oven to 350F and refrigerate your batter for 30 minutes.
3. Once the 30 minutes are up and your oven is heated, line a cookie sheet with parchment paper and roll your dough into even balls-to whichever size you desire. I made mine pretty small.
4. Put them in the oven for about 5-7 minutes, then take them out and slightly flatten them with the back of a spatula. Put them back in the oven for about 5 more minutes, or until they look done. I like to take mine out RIGHT when I see just a hint of golden brown, which is one of the best baking tips that my aunt shared with me. If you do that, they won't look done, but they are-and they'll be soo soft and chewy. Even after they've cooled off!
5. Remove from the oven and set on the counter to cool.

NEW Caramelized Garlic

Serves: 4

Ingredients

- 1 whole head of garlic
- 2 tbsp Extra Virgin Olive Oil

Directions

1. Set your oven to 350 degrees. Cut off the top of the garlic bulb, exposing the tip of each individual clove. Peel away any excess skin, and place the garlic on a sheet of aluminum foil.
2. Drizzle with olive oil and wrap the bulb with the foil, twisting the excess aluminum foil together at the top.
3. Put in the oven on a baking sheet and allow it to cook for 20-30 minutes. Let the garlic cool slightly before opening, as hot steam and oil may escape when it is fresh out of the oven.
4. Use as a topping for meats, mix into roasted squash or potatoes, or substitute for dishes that call for raw garlic.



NEW Wonderful Watermelon Lemonade

Here is an enjoyable twist on the old traditional favorite.

Ingredients

- 🍷 1 Cup of seeded watermelon (rind removed)
- 🍷 2 Lemons juiced
- 🍷 6 drops liquid Stevia
- 🍷 Water

Directions

1. Add all ingredients into a blender, fill with water and blend until smooth.
2. Pour over ice and serve. You can modify to your own taste. I like mine sweeter.
3. Dazzle your family and friends with this new variation on a classic recipe. For extra special occasions, serve in a rimmed martini glass with a lemon twist (with or without vodka). It makes a fabulous presentation. Try playing with different fruit combinations with lemon. Strawberries and raspberries are quite refreshing with lemonade too.



NEW Bowl Licking Baba Ghanoush**Ingredients**

- ✎ 2 large eggplant
- ✎ 1/4 cup tahini, plus more as needed
- ✎ 1 garlic clove, minced
- ✎ 1/4 cup fresh lemon juice, plus more as needed
- ✎ 1 T. ground cumin
- ✎ Sea Salt, to taste
- ✎ 1 Tbs. extra-virgin olive oil

**Directions**

1. Preheat an oven to 425°F.
2. Prick the eggplant with a fork in several places (unless you want it to explode, yes you read that right, trust me) and place on a baking sheet. Bake until very soft, 25-30 minutes.
3. Remove from the oven, let cool slightly, and peel off and discard the skin. Place the eggplant flesh in a bowl.
4. Puree the eggplant flesh in a food processor. Add the tahini, garlic, lemon juice and cumin. Puree until creamy, or to desired consistency.
5. Season with salt, then taste and add more tahini and/or lemon juice, if needed.
6. Transfer the mixture to a serving bowl and spread with the back of a spoon to form a shallow well. Drizzle the olive oil over the top.
7. Serve with your favorite veggies or some gluten free flax crackers.

NEW Coconut Popcorn

Ingredients

- ✦ Desired amount of Melted Organic Coconut Oil
- ✦ Sea Salt
- ✦ Organic Popping Corn
- ✦ Optional—dill, cayenne or cinnamon and stevia

Directions

1. Using an air popper, pop the desired amount of popcorn (I usually use 1/3 cup to make a big bowl)
2. Melt 2-4 TBSP of coconut oil and pour over popcorn. Stir to coat everything.
3. Salt for desired taste. IT'S AMAZING! ENJOY!



NEW Honey Nut Candy Brittle

With a little imagination, you can get all sorts of tastes from this one recipe. Try altering the type of nuts used, or adding cocoa or carob powder or even coconut flakes for different variations. The basic recipe is as follows:

Ingredients

- 1 cup local natural honey
- 1/4 teaspoon pure vanilla extract (optional)
- 4 tablespoons of butter
- 1 1/2 cups coarsely chopped nuts (of your choice – any type can be used)

Directions

1. Pour honey into a heavy saucepan and simmer over medium-low heat until it reaches 275 degrees F on a candy thermometer. This will take several minutes, up to 30 if you are using low heat.
2. While the honey is simmering, spread the nuts over a cookie sheet and toast in a 350 degree F oven for about 10 minutes or until lightly golden brown. Remove from oven, sprinkle with salt and set aside.
3. Once soft crack stage is reached, keep the candy mixture over the heat source and stir in butter, vanilla (if desired), toasted nuts and any further additions you wish to add to your candy. Cook for one additional minute, remove from heat and spread over a parchment lined baking sheet.
4. Place in freezer for around 30 minutes to cool. Break into pieces and store in the freezer in single layers between parchment paper. Keep frozen until ready to eat since the candy turns soft at room temperature.



NEW **Amazing Oatmeal Creme Pies****Cookie Ingredients**

- ✎ 1 cup creamy almond butter
- ✎ 1/3 cup raw honey
- ✎ 2 tsp. vanilla extract
- ✎ 3 Tbsp. water
- ✎ 1 Tbsp. ground chia seeds (I ground mine in a coffee grinder)
- ✎ 1 1/2-2 tsp. cinnamon
- ✎ 1/8 tsp. nutmeg
- ✎ Scant less than 1/2 tsp. salt
- ✎ 1/2 tsp. baking soda
- ✎ 1/2 cup shredded unsweetened coconut
- ✎ 1/2 cup raisins

**Cookie Directions**

1. Preheat oven to 350 degrees.
2. Mix all the cookie ingredients together in a large bowl. Allow to set a few minutes so that the chia will bind the batter.
3. Line a cookie sheet with parchment paper. Drop spoonfuls of dough onto the the paper. (I made mine small...so I could make LOTS of oatmeal cream pies...you can also make them big and have giant ones.)
4. Bake cookies in preheated oven for 8-12 minutes (or until lightly browned on top).
5. Remove cookies from oven and press down gently with a small piece of parchment paper to flatten (be careful not to push too hard to break the cookies).
6. Cool completely.

NEW Marshmallow Creme*

Ingredients:

- ✦ 1 cup water (split in half)
- ✦ 1 cup raw honey (*I made one batch with 2/3 cup honey and another batch with 1/2 cup honey—both worked well for me!*)
- ✦ 1 Tbsp. gelatin (I did 1 packet of gelatin which is a bit less than 1 Tbsp.)
- ✦ 1 tsp. vanilla extract pinch of salt

Makes 12 portions



NEW **Banana Blueberry Muffins****Ingredients**

- ✎ 3 cups almond meal or almond flour
- ✎ 1/4 teaspoon salt
- ✎ 1 1/2 teaspoons baking soda
- ✎ 2 tablespoons butter, melted and cooled
- ✎ 4 large eggs
- ✎ 2 cups (5 to 6) mashed ripe bananas
- ✎ 1 cup frozen blueberries, thawed and drained

**Directions**

1. Preheat oven to 350 degrees (or 325 degrees convection). Butter a 12-cup muffin tray.
2. In a large bowl, combine the almond meal, salt, and baking soda. In a medium bowl, whisk together the eggs and melted, cooled butter. Stir the wet ingredients into the dry ingredients until combined. Stir the bananas into the batter, mix to incorporate, then fold in the blueberries. Spoon the batter into the muffin cups.
3. Bake for 30-40 minutes, until the muffins are golden brown and spring back to the touch.
4. Pumpkin season is my favorite time of year. When the days get shorter, the nights cool and crisp, I indulge in my fascination with those odd shaped, brightly colored vegetables known as winter squash

NEW Paleo Pumpkin Bars

Ingredients

- ✎ 1/3 cup coconut flour
- ✎ 1/4 teaspoon celtic sea salt
- ✎ 1/2 teaspoon baking soda
- ✎ 1/2 teaspoon cinnamon
- ✎ 4 large eggs
- ✎ 1 cup fresh baked pumpkin or winter squash
- ✎ 1/3 cup honey
- ✎ 1/4 cup coconut oil
- ✎ 1/2 cup dark chocolate chips



Directions

1. In a food processor, combine coconut flour, salt, baking soda and cinnamon
2. Pulse in eggs, pumpkin, honey and oil until well combined
3. Stir in the chocolate chips by hand
4. Transfer batter to an 8x8 inch Pyrex baking dish
5. Bake at 350° for 20-30 minutes
6. Cool and serve

Makes 16 Squares

NEW Mint-Chocolate Chip Ice Cream

Serves: 4

Ingredients

- 1—14oz. can full-fat coconut milk
- 1/2-1 cup baby spinach leaves (lightly steamed or raw, if desired)
- 3-4 Tbsp. raw honey
- 1/2-1 tsp. peppermint flavoring
- 1/2 tsp. vanilla
- 1/4-1/3 cup dark chocolate chips

**Directions**

1. Put spinach, coconut milk and honey in a blender and blend on high speed until there are no spinach pieces left. (In mine, you can barely see little flecks of green. If your blender isn't powerful to blend fully, strain mixture through a fine mesh strainer.)
2. Add peppermint and vanilla and blend briefly to combine. Taste and adjust flavoring/sweeteners to your liking.
3. Pour mixture into frozen bowl of ice cream maker and follow directions for your ice cream maker to make into ice cream.
4. Once ice cream is soft-serve consistency, stir in chocolate chips by hand and enjoy or freeze in a sealed container for later!

NEW Thyme for Jam**Ingredients**

- ✦ 1 pound medium strawberries, hulled and quartered (about 4 cups)
- ✦ 8 ounces blueberries (about 2 cups)
- ✦ 1 cup pure maple syrup
- ✦ 2 tablespoons fresh lemon juice (1/2 a large lemon)
- ✦ 2 tablespoons fresh orange juice
- ✦ 2 1/2 tablespoons chopped fresh thyme leaves

**Directions**

1. Place the berries in a medium saucepan. Using a potato masher, lightly mash the berries.
2. Add the maple syrup, lemon juice, orange juice, and thyme.
3. Bring the mixture to a simmer and cook, stirring occasionally, until thick, 50 to 55 minutes.
4. Cool to room temperature, about 1 1/2 hours (the jam will continue to thicken as it cools).
5. Refrigerate in an air-tight container for up to 1 month.

NEW Carrot Cake Balls

Makes 14 – 1 tsp balls

Ingredients

- 🌀 1/2 cup raw organic baby carrots
- 🌀 1/4 cup cashews (I used dry-roasted with sea salt)
- 🌀 1/4 cup almonds (Dry-roasted with sea salt)
- 🌀 5 dates
- 🌀 2 tsp cinnamon
- 🌀 1/8 tsp nutmeg
- 🌀 1/8 tsp clove

**Directions**

1. Place your 1/2 cup of baby carrots in the food processor and process until they become little chunks. Then, take them out of the food processor, place them in a paper towel, and squeeze out the excess liquid.
2. Put the carrots back in the food processor, and process with the rest of the ingredients until a ball of dough forms – about 35 seconds. (You'll need to scrape the sides once).
3. Take a 1 tsp measure, and roll 14 little balls. Set them on a parchment-paper-lined-plate, and place in the fridge for at least 15 minutes. Of course, you could eat them at room temperature too, but I preferred them chilled:)

NEW Double Layer Fudge

Ingredients

- ✎ 1 cup Coconut Oil
- ✎ 1 cup almond butter
- ✎ 1/2 cup raw honey
- ✎ 1/3 cup unsweetened shredded coconut
- ✎ 4-5 heaping tablespoons of unsweetened cocoa powder
- ✎ 1 teaspoon vanilla extract
- ✎ pinch of salt
- ✎ a handful of Dark Chocolate Chips
- ✎ extra sprinkle of unsweetened shredded coconut



Directions

1. Add your coconut oil to a food processor. It doesn't have to be melted so don't you worry your little heart about melting it down!
2. Then add your almond butter, unsweetened shredded coconut, vanilla extract, and honey and just a small pinch of salt.
3. Mix all ingredients until fully combined.
4. Pour half the ingredients into a bread pan and use a spoon to spread out evenly. It doesn't matter what size bread pan you use. The smaller it is, the taller your fudge will be and vice versa.
5. Place in freezer to harden.
6. Then place food processor bowl back on the motor and add your cocoa powder. Add 1-2 tablespoons at a time, mixing as you go to make sure you don't use too much.
7. Once cocoa powder is incorporated in, add a pinch of salt, mix thoroughly, then pour your chocolate fudge on top of your now hardened light fudge.
8. Sprinkle with chocolate chips, shredded coconut, and a bit of salt and place in freezer for 10-15 minutes.
9. Cut into chunks.
10. Eat the chunks.
11. Store the leftover chunks in the fridge.

NEW Caveman Chocolate Chunk Cookies

Ingredients

- ✎ 4 cups almond meal
- ✎ 1 teaspoons baking soda
- ✎ 1/2 teaspoon salt
- ✎ 1/4 cup coconut oil
- ✎ 1/4 cup raw honey
- ✎ 2 omega-3 eggs
- ✎ 1 teaspoon vanilla extract
- ✎ 1 teaspoon almond extract
- ✎ 10 oz (2 cups) roasted, unsalted macadamia nuts, chopped or pulsed in food processor
- ✎ 4 squares 85% dark chocolate, chopped or pulsed in food processor



Directions

1. Preheat oven to 350 degrees F. Line baking sheet with parchment paper.
2. In a large bowl combine the almond meal, baking soda and salt. Mix well.
3. Over low heat or in microwave, in small saucepan, gently melt coconut oil and honey. Add to bowl. Add eggs and mix well. Add vanilla and almond extracts. Add macadamia nuts and chocolate. Mix until fully incorporated.
4. Shape dough into golf ball-sized balls, then flatten onto pan. Bake for 12-15 minutes until golden.
5. Allow to cool before removing from pan.

Crunchy Cavemen Cereal from above recipe

Crumble cookies into a bowl, add ice cold almond milk and top with frozen organic blueberries and unsweetened coconut flakes



Deep health doesn't come from
a pill or an operation.

Deep health comes from
a balanced diet of fresh, whole foods.

It comes from
**sufficient exercise combined
with genuine rest.**

It comes from
clean air and clean water.

And it comes from
living with purpose and joy.