

BEEF RECIPES



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Big Ass Steak Salad Bison Snack Balls Cabbage Roll Explosion **Chipotle Burrito Bowl Collard Burritos** Dad's Fav Steak Asparagus & Mushrooms **Delicious Grain-Less Mexican Burritos** Flank Steak Infused With Espresso **Game Day Short Ribs** Grilled Mexican Taco Steak Salad Korean Cauli Rice Bowl Modernized Spaghetti and Meat Sauce Muscle Builder Steak with The World's Most Flavorful Sauce Paleo Sweet Potato Pasta Bolognese **Snack Patty Sliders** Turn Up The Gainz With Turnip





BIG ASS STEAK SALAD

(makes 4 servings)

INGREDIENTS:

- **1** Romaine Lettuce Thinly Sliced
- 1 Red Onion Thinly Sliced
- **2** Jalapeños Thinly Sliced And Seeded
- ¹/₄ cup Olive Oil
- 2 tbsp Dijon Mustard
- 1 tbsp Red Wine Vinegar
- 1 Ibs Flank Steak Dash Salt & Pepper



PRO: 3g CARB: 1g FAT: 10g CALS: 218

- 1. Slice up the lettuce, onion, and jalepeno peppers and add to a bowl.
- 2. In a separate bowl, mix together the olive oil, mustard (just 1 tbsp), and red wine vinegar.
- 3. Drizzle the liquid over the lettuce mixture.
- 4. Marinate the steak with the other tbsp of mustard, a tbsp of olive oil, and the salt & pepper.
- 5. Sear the steak over higher heat for a few mins until cooked to your liking.
- 6. Thinly slice the steak, and serve over the salad.





BISON SNACK BALLS

(3 snack balls per serving)

INGREDIENTS:

1 lbs	Ground Bison (Or Protein Of
1	Choice)
¼ cup	Egg
2	Parsley Chopped
¼ cup	Garlic Cloves Chopped
1⁄2 tbsp	Pine Nuts
1⁄4 tbsp	Cumin
1⁄4 tbsp	Allspice
¹∕₂ tbsp	Cinnamon
¹∕₂ tbsp	Paprika
1 tbsp	Sea Salt



PRO: 28g CARB: 2g FAT: 15g CALS: 255

- 1. Add all the ingredients to a mixing bowl, mix together, and create 12 golf ball size snack balls.
- 2. Add snack balls to pre-heated pan with coconut oil.
- 3. Cook for 2 mins over medium high heat, flip to another side, cook for another 2 mins, then reduce heat to low, cover, and cook for another 10 minutes (or until cooked thoroughly).
- 4. Remove from heat, add to a plate with vegetables for a meal or take in tupperware as an on the go snack. Enjoy!





CABBAGE ROLL EXPLOSION

(makes 4 servings)

INGREDIENTS:

14 oz	Tomatoes Diced With The Juice
1⁄4 head	Green Cabbage
2	Turnips
¹∕₂ tsp	Onion
1 tbsp	Dried Parsley
Dash	Salt/Pepper
1 lbs	Ground Pork
1 lbs	Ground Beef



PRO: 18g CARB: 23g FAT: 10g CALS: 260

- 1. Chop the cabbage in quarters. Remove the core from each piece
- 2. Boil part of the cabbage in water, about 2 handfuls
- 3. Chop the onion and turnip (after peeling the skin), finely chopped
- 4. Put coconut oil onto the pan and sautee both onion and turnip
- 5. Turn off the heat on the cabbage
- 6. Remove onions and turnip from the pan to make room in the pan for ground pork and beef, after it's cooked combine the onion & meat mixtures back together
- 7. Add spices, pepper and sea salt, tablespoon of dried parsley
- 8. Place the cabbage on the plate first making a bed to lay the other mixture on top of
- 9. Don't tell mom that we've exploded her recipe!
- 10. Hey, it's quick, easy, tasty, and affordable. That's how we roll





CHIPOTLE BURRITO BOWL

(makes 8 servings)

INGREDIENTS:

2 lbs	Ground Beef (Or Protein Of
¹∕₂ cup	Choice)
3	Chopped Red Onion
¹∕₂ tsp	Chopped Garlic Cloves
¹∕₂ tsp	Chili Powder
¹∕₂ cup	Smoked Paprika
2 tbsp	Chopped Spinach
1 tbsp	Salsa
	Coconut Oil



PRO: 21g CARB: 0g FAT: 19g CALS: 259

- Chop onion and garlic. Saute on medium heat in 1 tbsp of Coconut oil, until fragrant, about 3 minutes.
- 2. Add the raw ground beef straight into the frying pan, break it apart with a wooden spoon or spatula.
- 3. Add the chili powder, smoked paprika, spinach and salsa, and continue stirring as it cooks.
- 4. Once cooked through, remove from heat, drain some of the liquid and discard, and allow it to cool.





COLLARD BURRITOS

(makes 4 burritos, 2 per serving)

INGREDIENTS:

4	Collard Leaves
2	Eggs
1 շսթ	Ground Beef Pre-Cooked
1/2	Avocado
1/8	Red Onion
6-8	Cherry Tomatoes
4 tbsp	Quinoa Cooked
4 tbsp	Fresh Salsa
1 tsp	Yellow Mustard
Dash	Salt/Pepper



PRO: 9g CARB: 31g FAT: 11g CALS: 250

- 1. De-stem the collard greens.
- 2. Crack and whisk the eggs.
- 3. Chop the onion and tomatoes into small pieces.
- 4. Slice the avocado into cubes, flip over and squeeze the cubes out.
- 5. Turn on stove to a low heat with a frying pan and lightly spray with coconut oil.
- 6. Pour in the eggs, season with salt and pepper.
- 7. Add the ground beef, & onions and stir together, cook for 1-2 minutes.
- 8. When it cools a bit add it to the collard greens by spooning 1/4 of the mixture onto each leave.
- 9. Add the quinoa, avocado, tomatoes, salsa and mustard.
- 10.Roll them up, by folding down the top, tucking in the sides, then rolling forward.
- 11. Press down to secure.
- 12.Enjoy eating them!

Tap the image to watch the step by step video recipe



DAD'S FAV STEAK ASPARAGUS & MUSHROOMS

(makes 2 servings)

INGREDIENTS:

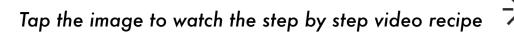
¹∕₂ lbs	Steak Your Favorite
12	Asparagus
¹∕₂ cup	Shallots Diced
2	Garlic Cloves Diced
7	Button Mushrooms
1 tbsp	Olive Oil
1tbsp	Coconut Oil
Dash	ea Salt



PRO: 32g CARB: 8g FAT: 24g CALS: 380

- 1. Add mushrooms to a bowl, cover with water, then cover bowl with plastic wrap, and set aside for 10 mins to create a mushroom broth.
- 2. Heat coconut oil in a pan over medium high heat.
- 3. Once pan is hot, season steak with sea salt then add to the pan and cook for 3-4 mins per side.
- 4. Remove steak once cooked to your liking and let cool on a plate.
- 5. In a new pan, over medium heat, add olive oil and saute the asparagus, shallots, and garlic for 2-3 mins.
- 6. Remove mushrooms from water, slice, and sauté with the other vegetables (keep mushroom broth).
- 7. Add 1/4 cup of the mushroom broth overtop of vegetables, turn up heat to bring to a rapid simmer. Simmer for 5 mins.
- 8. Add everything to a plate and enjoy!.







DELICIOUS GRAIN LESS MEXICAN BURRITOS

(makes 2 per servings)

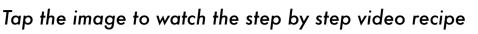
INGREDIENTS:

4	Eggs
1 tbsp	Coconut Oil
1/2	Onion Finely Chopped
1-2	Tomatoes Finely Chopped
¼ cup	Green Chilies Diced
1	Red Pepper Cut Into Strips
¼ cup	Cilantro
1⁄4 lbs	Ground Beef Cooked Extra Lean
1	Avocado
	Hot Sauce Or Salsa To Taste



PRO: 27g CARB: 10g FAT: 27g CALS: 391

- 1. Separate the egg yolks from the whites (but keep both).
- 2. Add coconut oil to a 10 inch pan over medium heat.
- 3. Add ¹/₂ the egg whites to the pan to make the outer shell of the burrito. Make sure the egg whites cover the entire bottom of the pan.
- 4. After 30 seconds, put a lid on the pan and cook until the top of the egg whites cooks throughly.
- 5. Remove the egg white burrito shell from the pan.
- 6. Repeat to make the rest of the egg white shells.
- 7. In another pan, sauté the onions in coconut oil for 1-2 minutes, then add tomatoes, chilies, red pepper, the cooked beef and cilantro. Add egg yolks to the mixture and cook throughly.
- 8. Add the meat mixture on top of the egg white shell and top with a slice of avocado and hot sauce.
- 9. Roll and enjoy!





FLANK STEAK INFUSED WITH ESPRESSO

(makes 4 servings)

INGREDIENTS:

2 tbsp	Chill Powder
2 tbsp	Ground Espresso
¹∕₂ tsp	Sea Salt
¼ tsp	Ground Black Pepper
1 lbs	Flank Steak



PRO: 34g CARB: 8g FAT: 27g CALS: 404

- 1. Mix chili powder, espresso, and salt & pepper together.
- 2. Rub the spice mixture over the entire piece of flank steak.
- 3. Slice flank steak thinly.
- 4. Heat in a heated pan over higher heat for 4 minutes, flipping to cook throughly.
- 5. Add your favorite salad to the plate and enjoy!





GAME DAY SHORT RIBS

(makes 4 servings)

INGREDIENTS:

2 lbs	Short Ribs
¹∕₂ cup	Sesame Oil
1 cup	Blackberries Fresh Or Frozen
¼ cup	Tamari
¼ cup	Rice Vinegar
¼ cup	Fresh Ginger
1	Clove Of Garlic
1 tbsp	Coconut Oil
	Salt And Pepper To Taste



PRO: 30g CARB: 4g FAT: 34g CALS: 448

- 1. Pre-heat oven to 350 degrees
- 2. Heat 1 tbsp coconut oil in a pan over medium heat
- 3. Sprinkle salt & pepper over both sides of the ribs and add to pan. Sear for 4-5 mins per side.
- 4. While ribs are searing, add 1/4 cup of sesame oil, blackberries, tamari, rice vinegar, ginger, and garlic to a blender and blend.
- 5. Once searing is finished, remove ribs and place in a roasting pan.
- 6. Pour 1/2 of the marinade sauce over the top. Then flip ribs and pour remaining sauce over to completely cover the ribs.
- 7. In another bowl add chopped green onion and top with the other 1/4 cup of sesame.
- 8. Add green onion mixture to the roasting pan.
- 9. Cover roasting pan with tin foil, and add it to the oven. Set timer for 3-4 hours but check it every hour.
- 10. It's ready once the ribs fall off the bone when you touch it with a fork.
- 11. Optional: after removing from oven, allow to cool down for 30 mins, then enjoy. Or just eat it right away!







GRILLED MEXICAN TACO Steak Salad

(makes 3 servings)

INGREDIENTS:

1 lbs	Flank Steak
¼ tsp	Paprika
¼ tsp	Chili Powder
1⁄4 tsp	Cumin
Dash	Sea Salt
2 tbsp	Olive Oil
1	Romaine Lettuce
1	Avocado
1	Green Pepper Medium
1/2	Onion



DIRECTIONS:

- To create the rub for the steak, add 2 tbsp of olive oil, 1/2 tsp cumin, 1/4 tsp paprika, and 1/4 tsp chill powder to a bowl and mix. Then rub flank steak with the mixture. Add dash of sea salt.
- 2. Pre-heat pan over medium high heat and add flank once the pan is hot. Flip after 4-5 mins and cooking for another 3-4 mins.
- 3. While flank is cooking add thinly diced romaine lettuce, sliced onion, sliced tomato, diced green pepper, and avocado slivers to the bowl.
- 4. Once flank is cooked to your liking, remove from heat and allow to sit for 3-5 minutes, then thinly slice and add to salad.
- 5. Top salad with lime juice, cilantro, and another small drip of olive oil and enjoy!



PRO: 40g CARB: 14g FAT: 30g CALS: 486





KOREAN CAULI RICE BOWL

(makes 2 servings)

INGREDIENTS:

- 8 oz Steak sliced thin and marinated (with tamari, sesame oil, and rice vinegar)
- **2** Eggs
- 2 Green Onions
- ¹/₂ Cauliflower Riced.
- 2 Carrots Large
- 1 Clove garlic
- 5-6 Shitake mushrooms



PRO: 32g CARB: 42g FAT: 14g CALS: 402

- 1. Steam the riced cauli with a bit of water until you see it turn translucent and golden color
- 2. Cook eggs over a low heat with some Sesame oil
- 3. Chop the green onion into small pieces for garnish and set aside
- 4. Chop Carrots garlic and mushrooms and set aside to sautee after eggs are done.
- 5. Set the eggs aside to cool
- 6. Sautee the veggie mix until soft and slightly brown
- 7. slice the eggs into ribbons
- 8. Place the steamed cauliflower in the bottom of serving bowl
- 9. Once the veggies are fully cooked add the pre cooked steak just to heat it up.
- 10.Place the steak and veggie mix on top of the cauli rice
- 11. Garnish with egg ribbons and green onion.





MODERNIZED SPAGHETTI AND MEAT SAUCE

(makes 2 servings)

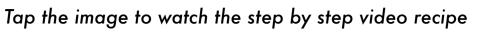
INGREDIENTS:

- 2 Tomatoes Diced
- **3** Sliced Red Bell Peppers Roasted
- 1 tbsp Oregano Or Basil
- 1 Onion Diced
- **3** Garlic Cloves Chopped
- 1 lbs Ground Beef
- Spaghetti Squash
 Sea Salt & Pepper To Taste



PRO: 40g CARB: 18g FAT: 20g CALS: 412

- 1. Pre-heat oven to 500F.
- 2. Cut spaghetti squash in half, cut ends off, then place face down on a baking sheet. Add 1 inch of water to baking sheet. Bake for approximately 20 mins.
- 3. Add tomatos, roasted red peppers, and oregano to food processor to blend together (this makes the sauce.
- 4. In a sauce pan, sauté onions in olive oil over medium heat. Add ground beef and cook throughly. Season with sea salt and pepper to taste.
- 5. Add sauce mixture over meat mixture and allow to simmer for 5 mins.
- 6. Once spaghetti squash is cooked, remove from oven and with a fork, scrape out the insides to create noodles.
- 7. Add to a plate and pour meat sauce over top.
- 8. Top with more oregano and enjoy!





MUSCLE BUILDER STEAK WITH THE WORLD'S MOST FLAVORFUL SAUCE

(makes 2 servings)

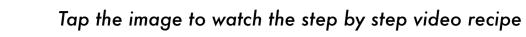
INGREDIENTS:

Flank Or Sirloin Steak 8 oz 1 cup **Cherry Tomatoes** ¹/4 CUP Sliced Almonds **Cloves Of Garlic** 2 **Red Pepper Roasted** 1 ¹/₄ cup Olive Oil Sherry Vinegar 1 tbsp ¹/₄ tsp **Red Pepper Flakes**



PRO: 50g CARB: 13g FAT: 35g CALS: 632

- 1. Heat a pan over medium high heat.
- 2. Salt and pepper the steak.
- 3. Once pan is heated, add steak and cook throughly (approx. 3-4 mins per side).
- 4. Meanwhile, add the tomatoes, almonds, and garlic in another pan (or the same pan but just keep it separate from the steak).
- 5. Cook the tomato mixture for 4-5 mins, stirring, then add it to a blender. Add roasted red pepper, olive oil, sherry vinegar, and red pepper flakes to the blender and blend until it reaches a smooth consistency.
- 6. Once the steak is cooked, remove from heat and thinly slice.
- 7. Top the sliced steak with the sauce.







PALEO SWEET POTATO PASTA BOLOGNESE

(makes 4 servings)

INGREDIENTS:

Onion Diced
Red Bell Pepper Diced
Mushrooms Diced
Olive Oil
Extra Lean Ground Beef
Oregano
Sweet Potatoes Skins Peeled Off
Tomatoes Crushed
Black Pepper And Sea Salt To Taste



PRO: 40g CARB: 42g FAT: 17g CALS: 481

- 1. Heat olive oil in a pan over medium heat
- 2. Add diced onion, red pepper, and mushrooms to pan and sauté for 5 mins
- 3. Add ground beef to the pan, crumble, and cook throughly
- 4. Sprinkle black pepper, sea salt, and oregano over top of the mixture
- 5. Once beef is cooked, with a peeler, begin peeling the sweet potatoes into thin strips directly into the pan
- 6. Add crushed tomatoes on top and mix together.
- 7. Lower heat and simmer for 15 mins.
- 8. Top with more oregano (if needed) and enjoy!





SNACK PATTY SLIDERS

(makes 2 servings)

INGREDIENTS:

- 1 lbs Extra Lean Ground Beef
 1/4 cup Chopped Onion
 1/4 tsp Sea Salt
- **1 tsp** Black Pepper
- ¹/₄ tsp Cinnamon
- ¹/₄ tsp All Spice
- 1 tbsp Chopped Rosemary
- 1 tbsp Chopped Parsley



PRO: 27g CARB: 1g FAT: 27g CALS: 277

- 1. Mix all the ingredients together in a bowl.
- 2. Form patties with your hands (approx. 1/2 inch thick).
- 3. Over medium high heat, cook patties in a frying pan for 3 minutes per side.





TURN UP THE GAINZ WITH TURNP

(makes 2 servings)

INGREDIENTS:

1Shallot Diced1Turnip Chopped (Approx. 3 Cups)1 cupChicken Stock1 ½ tbspCoconut Oil½ lbsSteak Sliced1 tbspOlive OilHandfulDill HandfulDash Salt & Pepper



PRO: 40g CARB: 14g FAT: 22g CALS: 414

- 1. Boil 1 cup of chicken stock in a pot.
- 2. While chicken stock is boiling, add 1 tbsp of coconut oil to a heated pan over medium high heat, then add the chopped turnip.
- 3. Once chicken stock is boiling, add it over top of the turnip and cook for another 10-12 minutes.
- 4. In a separate pan, add 1/2 tbsp of coconut oil to a pan over medium high heat, then add the sliced steak to the pan with a sprinkle of salt and pepper. Cook for 2-3 minutes, then add in the diced shallots and cook for another 1-2 minutes to your liking.
- 5. Add the turnip to a plate and top with steak and dill.
- 6. Enjoy!

