

Eat Clean Live Lean



COOKBOOK



BRAD GOUTHRO

Danielle Prestejohn

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EAT CLEAN LIVE LEAN COOKBOOK



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Introduction



I get it.

The perception of eating healthy can be scary.

Boring, tasteless “health” foods. Long preparation times. Difficult cooking instructions. Choosing “expensive” whole natural foods vs. the 3 for \$5 sale on frozen dinners.

But guess what?

It doesn't have to be like that.

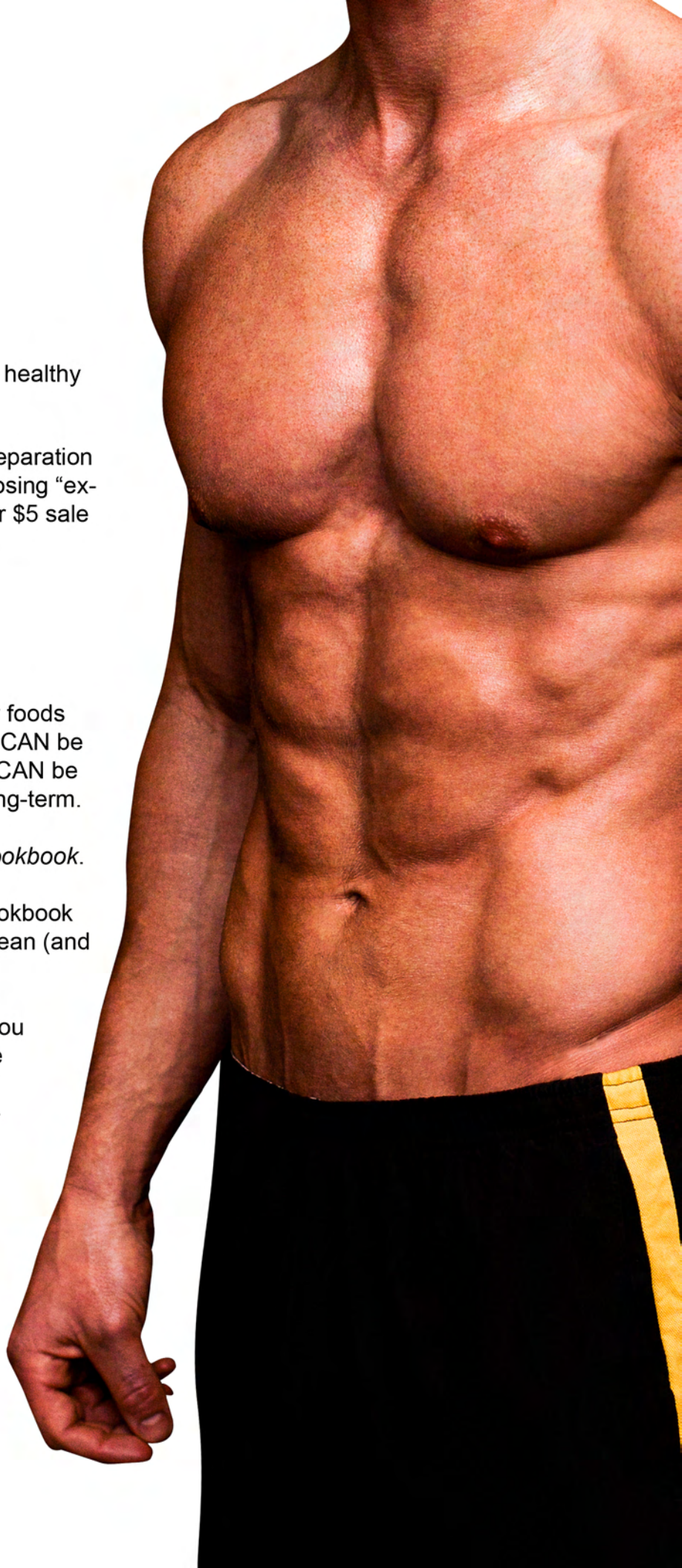
Healthy foods CAN be delicious. Healthy foods CAN be prepared quickly. Healthy foods CAN be easy to make. And finally, healthy foods CAN be affordable and save you money in the long-term.

Welcome to the *Eat Clean, Live Lean Cookbook*.

There is a growing need for a healthy cookbook that overcomes all the myths of eating clean (and ultimately, living lean).

In the *Eat Clean, Live Lean Cookbook*, you will find over 200 healthy recipes that are quick and easy to make in 30 minutes or less. I guarantee, even the most kitchen-phobic person can make these delicious recipes.

And here's the biggest benefit. Every single 30 min or less, delicious recipe is affordable and designed to help you control your weight, feel great, and ultimately achieve the lean sexy body you've always dreamed of.





Each recipe was carefully selected and created by myself and Nutritionist (Master's of Science in Applied Nutrition) Danielle Prestejohn.

It's amazing when you cross paths with another passionate and highly educated person that also promotes the same, and at times, unconventional, philosophies (paleo) on nutrition and living lean.

I can sum up this entire *Eat Clean, Live Lean Cookbook* with the following acronym: **Q-HEAD**. Q-HEAD stands for:

Quick

I want you spending more time with your loved ones, friends, and passions in life. Not in the kitchen. Each recipe is designed with the busy lifestyle in mind. Get ready to eat clean in 30 mins or less.

Healthy

Today's society has become dependent on convenience foods that are processed, and full of sugar, grains, and man made fats. No wonder obesity rate and lifestyle diseases are at all-time highs and continue to rise.

However, that's about to stop. Every recipe in the *Eat Clean, Live Lean Cookbook* is inspired by the "paleo" diet. The paleo way of eating promotes eating whole natural foods that our body's are genetically designed to digest and thrive on, thus leading to weight loss control, increased energy, and hormonal balance. Losing and controlling weight loss (and burning off that ugly fat) is all about balancing your insulin hormone. Even if you don't workout, by learning how to balance your insulin hormone, you WILL lose fat. To balance insulin production, it's necessary to remove insulin inducing foods (often disguised as "health foods" by the mass media). These include grains, and of course one of the most addictive drugs, sugar. Each recipe contains natural whole foods filled with antioxidants, vitamins, minerals, healthy fats, and proteins that also all have a low glycemic impact on your insulin hormone.

I know what you're thinking, "Remove grains from my diet, are you crazy? What will I eat if I can't have pasta, bread, and rice?". We'll show you exactly what to eat in the *Eat Clean, Live Lean Cookbook*. I promise, by going against conventional wisdom and replacing your grain-based diet with natural whole foods like meat, poultry, fish, vegetables, fruits, nuts and seeds, the weight will fall off and you'll feel more energetic and sexy than ever!

You won't even miss these fattening high carb comfort foods since you'll be loving all the foods that are featured in over 200 delicious recipes in the *Eat Clean, Live Lean Cookbook*. If you're a calorie counter, we also take away all the guess work by showing you the calories and macronutrient profile of each recipe so you know exactly what you're putting into your body.

Easy

Even if you've never cooked a thing in your life, anyone can look like a master chef by following these easy to use instructions and ingredients. We're going to make you look like a nicer version of Chef Ramsey on a novice cooking education.

Affordable

Think of the money you spend on food as an investment in your health. The most important real estate you maintain in your life is YOUR BODY. You only ever get one. And I know, yes you may save a little bit of change by purchasing the 3 for \$5 special on frozen dinners, BUT the chemicals and preservatives in those refined foods are quickly racking up your future health care bills. Trust me. Wouldn't you rather spend a few more cents on natural, whole foods that your body was designed to absorb and digest the nutrients? Whole foods equal more energy, more life, more happiness, and less hospital bills. And lastly, eating satiating whole foods high in protein and healthy fat means you'll be feeling fuller, longer. Eating refined, nutrient-less sugar will cause insulin spikes that cause you to crave even more food. Thus you eat more, add more fat, and spend more money on food. Sounds like an easy decision. Eat whole foods.

Delicious

The idea that health foods are bland tasting and boring is so 1992. You'll quickly find that out when you try some of these amazing tasty en-

rees and desserts. Yes, you can eat desserts when the ingredients are healthy.

And how could you ever get bored when we have over 200 recipes for you? Get ready to awaken those tastebuds!

Once again, the initial reaction people give me when I tell them to eliminate grains (like barley, corn, rye, and wheat), legumes (like kidney beans and soy), sugar, trans fat and hydrogenated fats/oils is, "What am I supposed to eat then?"

The goal of the *Eat Clean, Live Lean Cookbook* is to open your eyes to all the healthy and delicious combinations available to you by using natural foods (eggs, fish, meat, poultry, nuts, seeds, and lots of vegetables and fruit) that our bodies were genetically programmed to thrive on.

Bottom line...

By following the recipes in the *Eat Clean, Live Lean Cookbook* you will quickly release the key to endless energy, living lean, and feeling awesome is all about eating plants and eating animals. In other words, FOOD. NOT products.

The *Eat Clean, Live Lean Cookbook* is a perfect fit for people looking to follow a paleo way of eating, i.e. gluten-free, lower carb, and dairy free.

Enjoy the colorful photos. Enjoy the nutrition information. Enjoy the variety of delicious recipes. And most importantly, enjoy the NEW YOU!



Eat Clean, Live Lean Cookbook Meal Categories

To keep the recipes somewhat categorized, we decided to break them up into the following categories:

Breakfast does not need to be high carb sugary cereals. Enjoy meat and nuts for breakfast! It's time to change your conventional thinking on specific foods for specific meal times.

- Chicken & Poultry
-
- Eggs
-
- Red Meat & Pork
-
- Seafood & Fish
-
- Sides
-
- Smoothies & Beverages
-
- Snacks & Desserts

**Chicken
and
Poultry**





Turkey Chili

Ingredients

1 lb extra lean ground turkey
2 cubanelle green peppers, diced
1/2 red bell pepper, diced
1 shallot, minced
3 celery stalks, diced
1 zucchini, shredded
1/2 tsp. minced garlic
28 oz diced tomatoes
28 oz crushed tomatoes
2, 4 oz cans diced green chiles
1 cup beef broth
Tbs. paprika
3 tsp. chili powder
2 tsp. cumin
4 tsp. Olive oil



Makes
8
servings

CALORIES
185 calories
CARBS
17 grams
PRO
15 grams
FAT
7 grams

Directions

- Sauté peppers, shallot, celery, and garlic in a saucepan with 2 tsp. of olive oil until tender.
- Add zucchini and cook for 3 minutes at medium high heat.
- Remove the veggies from the pan and add in another 2 tsp. of olive oil.
- Add ground turkey to the pan as well as all of the seasonings and cook until turkey is no longer pink, breaking up the turkey as it is cooking.
- Add veggies back into the pan along with the 2 cans of tomatoes, the green chiles, and the beef broth at medium heat.
- Let simmer on low heat for at least a half hour to an hour.
- You can add in as much beef broth as you like, depending on how thick you want the chili to be.

Turkey Bolognese

Ingredients

2 tsp. olive oil
1 small shallot
2 chopped carrots
1/2 tsp. minced garlic
1 lb lean ground white turkey
1 28oz can crushed tomatoes
Basil
Black pepper
1 large spaghetti squash (yields around 6 cups)



Makes
4
servings

CALORIES
329 calories
CARBS
34.5 grams
PRO
27.25 grams
FAT
11.5 grams

Directions

- Preheat an oven to 400 degrees.
- While cooking the Bolognese sauce bake the spaghetti squash for around 45 minutes, depending on size at 400 degrees. Be sure to slice the squash in half lengthwise, remove the seeds, and bake facedown on a baking sheet.
- In a skillet heat oil over medium heat.
- Add in shallot and carrots and cook until tender.
- Add in minced garlic and ground turkey and cook until the turkey is no longer pink.
- Add in crushed tomatoes, black pepper, and basil.
- Let the sauce simmer for at least 15 minutes.
- Serve over spaghetti squash.

Spicy Turkey Lettuce Wraps

Ingredients

Rainbow chard
Package of extra lean ground turkey
2 Red bell peppers
Package of shredded carrots
3 cups fresh baby spinach
2 tsp. Paprika
2 tsp. Chili Powder

Makes
4
servings

CALORIES
240 calories
CARBS
17.5 grams
PRO
26.5 grams
FAT
8 grams

Directions

- Spray a skillet with olive oil spray and cook the ground turkey on medium heat.
- While the turkey is cooking, add in a tsp. of paprika and a tsp. of chili powder.
- Add in the shredded carrots, chopped baby spinach, chopped bell pepper and the remaining spices.
- Once the vegetables have cooked serve the turkey mixture with the chard leaves as wraps.

Sweet Potato and Veggie “Hash” with Turkey and Eggs

Ingredients

1 lb lean ground turkey (antibiotic and hormone free if possible)
1 zucchini
2 yellow zucchini (or regular is fine!)
1 red bell pepper
1/2 cup shredded carrots
1 large sweet potato
Chili Powder
Paprika
4 eggs

Makes
4
servings

CALORIES
316 calories
CARBS
19 grams
PRO
31.5 grams
FAT
13.5 grams

Directions

- Start by preheating a skillet coated in olive oil spray. Add your turkey and cook until done (pink is gone). Be sure to break up your turkey into small pieces.
- While the turkey is cooking use a food processor to shred the zucchini and sweet potato, keeping the vegetables separate. Make sure to wash and peel your sweet potato before shredding.
- Also dice up your bell pepper into small pieces.
- Place a pan of about 4-6 cups of water on your stove to boil. When the turkey is cooked, remove it from the pan and respray your skillet with olive oil spray.
- Add in the shredded sweet potato and sauté until it starts to become translucent, about 2-3 minutes.
- Keep your eye on the boiling water, when it starts to boil, crack and drop in your eggs, set your timer for 4 minutes to poach, for runny eggs.
- Add in your shredded carrots to the sweet potatoes and cook 1-2 minutes more.
- Lastly add in the remainder of your veggies, bell pepper and zucchini. Let your vegetables cook until tender about 4 minutes.
- Add your turkey back in, and sprinkle liberally with paprika and chili powder to taste. Combine everything at a low heat 2 minutes more or so.
- Serve with an individual poached egg on top of each serving.

Turkey Meatloaf Muffins

Ingredients

1 lb lean ground turkey (antibiotic and hormone free if possible)
1 small zucchini
1/4 cup almond flour
2 eggs
1 tbs. olive oil
1 tsp. Worcestershire sauce
1 tsp. oregano

Makes
12
muffins

CALORIES
90 calories
CARBS
1 gram
PRO
9 grams
FAT
6 grams
(per muffin)

Directions

- Preheat your oven to 350 degrees.
- Grate your zucchini into fine pieces.
- Then in a mixing bowl combine the zucchini, almond flour, 2 eggs, oil, Worcestershire sauce, and oregano.
- Mix your ingredients well and add in the turkey mixing well.
- Place turkey mixture into muffin tins sprayed well with olive oil spray.
- Bake for 45-50 minutes until a meat thermometer reads at least 160 degrees.

Paleo Turkey Meatballs

Ingredients

1 lb lean ground turkey or extra lean ground beef (grass fed and antibiotic and hormone free when possible!)

1 egg

1/4 cup almond flour

1-2 tsp. crushed red pepper flakes



Makes
18
meatballs

CALORIES
48 calories
CARBS
0 grams
PRO
5.5 grams
FAT
3 grams
(per meatball)

Directions

- Preheat your oven to 350 degrees.
- Meanwhile in a mixing bowl combine your egg, almond flour, basil, pepper flakes, and meat together mixing well.
- Roll into meatballs and place on a greased baking sheet.
- Bake for 45 minutes to an hour until done.

Mango Coconut Stir Fry

Ingredients

1/2 cup carrots, diced
1 and a 1/2 cups sugar snap peas
(swap for broccoli if you are strict
Paleo)
1 red bell pepper, diced
1 mango, cubed
1/4 cup unsweetened coconut
flakes
1/4 cup coconut aminos
1 tbs. unrefined coconut oil
1 lb. of chicken

Makes
4
servings

CALORIES
288 calories
CARBS
30 grams
PRO
23.5 grams
FAT
14 grams
(calculated using
1 lb ground
turkey)

Directions

- Chop up all of your vegetables into small pieces as well as your protein if necessary.
- Warm a large skillet with 1 tbs. coconut oil.
- If cooking raw chicken sauté first, if not skip this step.
- Add your veggies to the skillet and sauté until tender.
- Add in the coconut flakes, precooked protein of choice, and drizzle with coconut aminos.
- Continue to sauté until everything is hot.

Spicy Southwestern Chicken and Spinach



Ingredients

1 lb chicken breast
2 bell peppers
1 bag fresh baby spinach
1 tbs. olive oil
1/2 tbs. blackstrap molasses
2 tsp. chili powder
1 1/2 tsp. paprika
1 tsp. cinnamon
1/2 tsp. oregano
1/8 tsp. cumin
Salt and pepper to taste

Makes
4
servings

CALORIES
171 calories
CARBS
8 grams
PRO
25 grams
FAT
55 grams

Directions

- Heat a non stick skillet with your olive oil.
- Dice your chicken breast into small cubes and sauté in the olive oil.
- Dice your bell peppers into small pieces and heat your spinach if frozen.
- Once your chicken is almost cooked (there is no more pink), add in your diced bell pepper.
- Continue to sauté until the chicken is fully cooked.
- Add in your seasoning and spices starting with the molasses and ending with salt and pepper.
- Continue to stir and sauté and add in your fresh or pre cooked spinach.
- Heat until the spinach has wilted and everything is heated.

Optional: Squeeze with lemon or lime juice and sprinkle with crushed red pepper flakes for extra spice!

Chicken Cacciatore

Ingredients

1 lb chicken breast
1 medium spaghetti squash
1 zucchini
1 red bell pepper
1 green bell pepper
4 cups fresh baby spinach
Fresh basil
1 can crushed tomatoes
1/4-1/2 cup chicken broth
1 tbs. olive oil



Makes
4
servings

CALORIES
290 calories
CARBS
36 grams
PRO
30 grams
FAT
6 grams

Directions

- Preheat your oven to 400 degrees.
- Slice your spaghetti squash in half lengthwise. Scoop out the seeds and bake, open sides down for 1 hour at 400 degrees.
- Meanwhile chop your fresh veggies and chicken into small pieces.
- In a saucepan sauté your olive oil and chicken over medium heat.
- Once the chicken is no longer pink add in your fresh veggies (zucchini and peppers).
- Add in your crushed tomatoes, chicken stock, and fresh baby spinach and continue to sauté.
- Lastly add in your fresh basil and let simmer over low heat.
- Once the spaghetti squash is cooked, scrape out the insides using a fork to make "spaghetti".
- Serve your chicken and vegetable mixture over the spaghetti squash and enjoy!

Turkey Meatloaf

Ingredients

1 lb lean ground turkey
1/2 cup almond meal
1/2 medium zucchini
1 egg
2 tbs. olive oil
2 tsp. Worcestershire sauce
2 tsp. oregano
salt and pepper

Makes
6
servings

CALORIES
216 calories
CARBS
3 grams
PRO
18 grams
FAT
15.5 grams

Directions

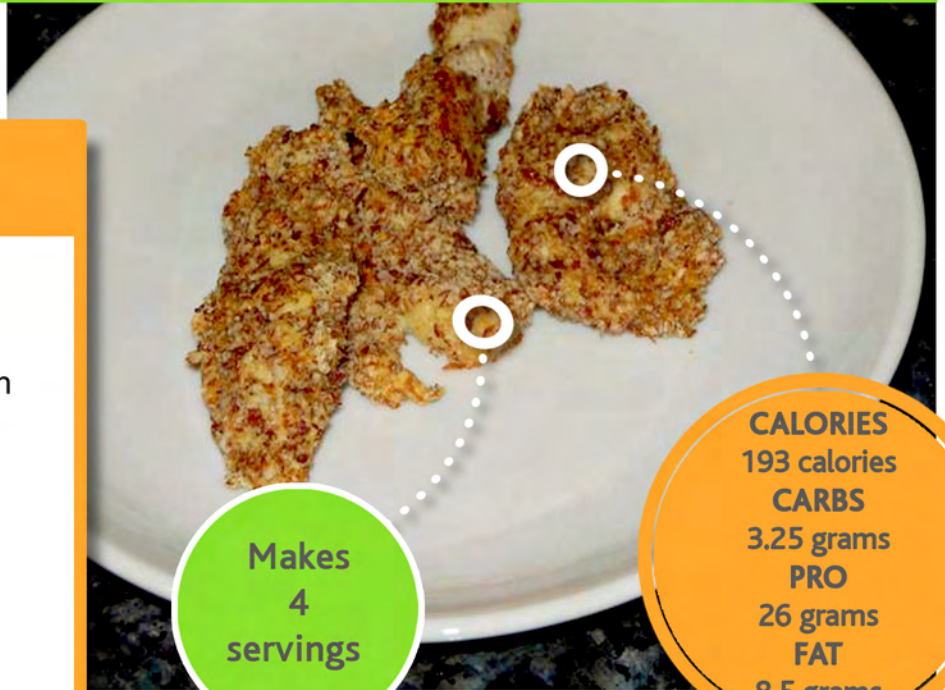
- Preheat your oven to 350 degrees.
- In a mixing bowl finely grate your zucchini.
- Next add in your turkey, almond meal, and egg mixing well.
- Add in your olive oil, sauce, and spices and mix again.
- Place in a loaf pan sprayed with olive oil.
- Bake for 45 minutes to 1 hour.

Baked not Fried Chicken Fingers



Ingredients

1 lb boneless skinless chicken breast
3 egg whites
1/2 cup almond flour



Makes
4
servings

CALORIES
193 calories
CARBS
3.25 grams
PRO
26 grams
FAT
8.5 grams

Directions

- Preheat your oven to 400 degrees.
- Slice your chicken into small thin pieces.
- Dip the chicken into the egg whites and then immediately into the almond flour to coat lightly.
- Place on a greased baking sheet.
- Spray the chicken with olive oil spray.
- Bake for 35-40 minutes until crispy on the outside and cooked on the inside.

Buffalo Chicken Meatballs

Ingredients

1 lb lean ground turkey
1 zucchini, grated
1 red bell pepper
1 egg
1/4 cup almond flour
1 tbs. olive oil
2 tsp. buffalo Tabasco sauce
Crushed red pepper flake



Makes
18
meatballs

CALORIES
58 calories
CARBS
1 gram
PRO
6 grams
FAT
4 grams
(per meatball)

Directions

- Preheat oven to 350 degrees.
- In a mixing bowl grate your zucchini and add in your bell pepper, diced.
- Next mix in your egg, almond flour, and olive oil.
- Add in the Tabasco to your liking as well as crushed red pepper flakes.
- Lastly mix in your meat blending well to combine.
- Shape into meatballs and place on a greased baking sheet.
- Bake at 350 degrees 45 minutes to an hour until done.

Turkey Burgers with Spinach and Cranberries

Ingredients

1 lb lean ground turkey breast
1 bag fresh baby spinach (around 4 cups)
1/3 cup apple juice sweetened cranberries
1 egg
1 tbs. olive oil
1 tsp. sage

Makes
4
servings

CALORIES
213 calories
CARBS
10 grams
PRO
30 grams
FAT
6 grams

Directions

- In a mixing bowl combine all of your ingredients mixing well.
- Form into 4 even burgers.
- On a skillet over medium heat cook the burgers to desired doneness flipping halfway to cook evenly. You may want to cover them as well to allow them to cook a bit faster.
- These work great on a grill too and pair perfectly with the Portobello mushroom “buns”.

Asian Chicken Lettuce Wraps

Ingredients

1/2 tbs. coconut oil
8 oz. chicken breast (hormone free if possible)
2 cups shredded carrots
1/2 diced red bell pepper
1/2 cup diced pineapple
2 tbs. coconut aminos
Collard greens



Makes
2
servings

CALORIES
236 calories
CARBS
35 grams
PRO
26 grams
FAT
5.5 grams

Directions

- In a skillet over medium-high heat warm the coconut oil in the pan.
- Add in the chicken and cook until desired.
- Once the chicken has cooked, lower the heat to medium low and add in the shredded carrots and diced bell pepper and sauté 1-2 minutes.
- Add in the diced pineapple and then finally add in your coconut aminos (hint: this is your Paleo substitute to soy sauce!)
- Serve your chicken and vegetable mixture in the collard greens as wraps. Easy and done!

Turkey Ratatouille

Ingredients

1 medium zucchini
1 medium summer squash
1 red bell pepper
14.5 oz can crushed tomatoes
8 lbs extra lean ground turkey
1 tsp. fennel seeds
1 avocado
1 tbs. olive oil



Makes
4
servings

CALORIES
420 calories
CARBS
31 grams
PRO
36 grams
FAT
19 grams

Directions

- Warm a skillet over medium heat with a tbs. of olive oil.
- Add in your turkey and cook until no longer pink.
- Add in the zucchini, pepper, and summer squash diced and cook 2-3 minutes longer.
- Add in the crushed tomatoes and fennel and let simmer over low heat 5-10 minutes longer.
- Serve with mashed avocado on top.

Zesty Turkey, Carrot and Lime Bowl

Ingredients

2 cups shredded carrots
2 cups baby Spinach
1/2 red bell pepper, diced
1 lime
4 oz lean ground turkey
2 tsp. paprika
2 tsp. chili powder
2 tsp. red pepper flakes
1/2 tbs. coconut oil

Makes
1
serving

CALORIES
325 calories
CARBS
33 grams
PRO
33 grams
FAT
10 grams

Directions

- Warm a skillet with coconut oil and sauté your turkey until no longer pink.
- Add in the carrots and bell pepper and continue to cook 3-4 minutes
- Add in the baby spinach and continue to sauté 1-2 minutes until wilted.
- Lastly add in the spices along with the juice from 1/2 the lime and a tsp. of lime zest.
- Serve with the other lime half on the side as dressing.

Sheppard's Pie

Ingredients

1 lb lean ground turkey
1 can tomato paste
1 cup mushrooms
1 tbs. olive oil
1 tbs. Worcestershire sauce
6 medium carrots
6 cups fresh cauliflower florets
1 tbs. grass fed butter
1 cup fresh cooked peas (optional for strict paleo)



Makes
4
servings

CALORIES
359 calories
CARBS
31.5 grams
PRO
30 grams
FAT
15 grams

Directions

- Preheat your oven to 450 degrees.
- Bring a pot of salted water to boil with the cauliflower and carrots, peeled and diced.
- Once the water begins to boil lower the heat and cook 10-15 minutes until tender.
- Meanwhile in a skillet over medium heat sauté the turkey with the olive oil until cooked.
- Add the mushrooms to the turkey and continue to cook 2-3 minutes longer.
- Once the cauliflower and carrots have cooked. Drain them and mash them with the tbs. of butter and set aside.
- Add the tomato paste to the turkey mixture and cook 2-3 minutes longer.
- Lastly add in the tbs. of Worcestershire sauce and 1 cup of water to the turkey mixture. Bring to a boil and then turn to low heat and simmer 5-10 minutes until thickened.
- Add the peas to the turkey mixture and then pour the turkey mixture into an 8X8 baking pan.
- Top with the cauliflower mash and bake 20 minutes in the oven.
- Let cool 5-10 minutes before serving.

Orange Almond Turkey Cutlets

Ingredients

1/4 cup almond meal
1/2 tsp. orange zest
4 very thin turkey cutlets (cut in half)
Black pepper
Olive oil spray



Makes
4
servings

CALORIES
161 calories
CARBS
2 grams
PRO
28 grams
FAT
5 grams

Directions

- Preheat an oven to 350 degrees.
- Combine the almond meal, orange zest, and black pepper to taste.
- Dip the turkey cutlets in the almond meal mixture to coat them.
- Place the cutlets on a baking sheet sprayed with olive oil and spritz the cutlets with oil.
- Bake for around 30 minutes depending on the thickness of the cutlets.

Coconut Lime Crusted Chicken

Ingredients

For the Chicken

3/4 cup coconut flour
Peel of a grated lime
2 egg whites
1 lb chicken cutlets, thinly sliced

For the Veggies

3 carrots
1.5 cups broccoli
8 oz white button mushrooms
1 tsp. garlic

For the Pineapple

Sliced Pineapple
1/2 Lime

Makes
4
servings

CALORIES
277 calories
CARBS
30 grams
PRO
31 grams
FAT
5.5 grams

Directions

For the Chicken

- Preheat oven to 350 degrees
- Combine the coconut flour and grated lime on a plate and two egg whites on a plate.
- Dip the chicken into the egg white mixture, followed by the coconut flour.
- Spray the chicken with olive oil spray.
- Bake for 35-40 minutes depending on thickness of the chicken.

For the Veggies

- Add olive oil to a saucepan and sauté the chopped vegetables, garlic, and ginger until crisp.
- Add in chicken broth and let simmer until carrots are tender for about 10 minutes.

For the Pineapple

- Spray a grill pan with olive oil
- Top pineapple with grated lime peel and squeeze the lime juice over the pineapple
- Grill the pineapple until grill marks appear

Basil Lime Chicken

Ingredients

1 lb boneless skinless chicken breast
1 tbs. olive oil
1/4 cup coconut aminos
1/4 cup fresh basil
1 lime



Makes
4
servings

CALORIES
148 calories
CARBS
16 grams
PRO
23 grams
FAT
5 grams

Directions

- In a skillet sauté your chicken breast, diced into small pieces in the tbs. of olive oil.
- Once the chicken is no longer pink add in the zest from the entire lime, the coconut aminos and the juice from the lime.
- Let sauté 4-5 minutes.
- Add in the fresh basil, chopped and sauté 1-2 minutes longer.

Chicken Jambalaya

Ingredients

1 lb boneless skinless chicken breast
1 tbs. olive oil
1 14.5 oz can diced tomatoes
1 red bell pepper
Red pepper flakes



Makes
4
servings

CALORIES
154 calories
CARBS
4 grams
PRO
24 grams
FAT
5 grams

Directions

- In a skillet sauté your chicken breast, diced into small pieces in the tbs. of olive oil.
- Once the chicken is no longer pink add in the bell pepper, diced, and sauté a few minutes longer.
- Add in the diced tomatoes and red pepper flakes and let simmer over low heat 4-5 minutes.

Thai Coconut Chicken

Ingredients

1 lb boneless skinless chicken breast
1 tbs. coconut oil
1 red bell pepper, diced
4 cups fresh spinach
1/2 can light coconut milk
Red pepper flakes or cinnamon



Makes
4
servings

CALORIES
180 calories
CARBS
5 grams
PRO
24.5 grams
FAT
8 grams

Directions

- In a skillet sauté your chicken breast, diced into small pieces in the tbs. of coconut oil.
- Once the chicken is no longer pink add in the bell pepper and sauté over medium heat until the pepper begins to soften.
- Add in the baby spinach and coconut milk and let simmer over low heat 4-5 minutes.
- Now you choose spicy, or sweet, add in the red pepper flakes or cinnamon accordingly and let simmer 1-2 minutes longer.

Spicy Chicken Bake

Ingredients

1 lb boneless skinless chicken breast
1 red bell pepper
1 tbs. olive oil
1/4 cup coconut aminos
1 lemon
1 tbs. honey
2-3 tsp. cayenne pepper
Sprinkle of red pepper flake

Makes
4
servings

CALORIES
175 calories
CARBS
23 grams
PRO
24 grams
FAT
5 grams

Directions

- In a skillet sauté your chicken breast, diced into small pieces in the tbs. of olive oil.
- Once the chicken is no longer pink add in the red bell pepper and sauté 2-3 minutes longer.
- Add in the coconut aminos, juice, from the lemon and honey and let sauté 1-2 minutes over low heat.
- Lastly add in the cayenne pepper and red pepper flake and let simmer 3-5 minutes over low heat.

Taco Chicken Tenders

Ingredients

1 lb boneless skinless chicken breast
3 egg whites
3/4 cup almond flour
1 tbs. chili powder
1 tsp. cumin
1 tsp. paprika
Salt and pepper



Makes
4
servings

CALORIES
240 calories
CARBS
6 grams
PRO
30.5 grams
FAT
12.5 grams

Directions

- Preheat your oven to 400 degrees.
- Prepare two plates, one with the egg whites and one with the almond flour and spices.
- Slice your chicken into tenders and dip in the egg whites and then immediately in the flour mixture.
- Place on a greased baking sheet, spray with an olive oil mister and bake for 35 to 40 minutes until fully cooked.

Tropical Pineapple Coconut Chicken Salad

Ingredients

1 bag organic baby spinach
1/2 cup shredded carrots
1 red bell pepper
1 lime
2 tbs. shredded unsweetened coconut
1 1/2 cups pineapple
1/2 lb boneless skinless chicken breast
1/2 cup coconut flour
1 egg
1 tbs. coconut oil

Makes
2
servings

CALORIES
468 calories
CARBS
50 grams
PRO
34.5 grams
FAT
17.5 grams

Directions

- Begin by assembling your salad base. In a bowl combine, baby spinach, carrots, 1/2 diced bell pepper, 1/2 lime juiced, and the shredded unsweetened coconut.
- Prepare your chicken by dicing it into small pieces, dipping into the egg and then lightly coating with coconut flour.
- Cook the chicken in a skillet coated with the tbs. of coconut oil.
- While the chicken is cooking prepare your salsa. In a food processor combine 1 cup of the pineapple, 1/2 the bell pepper and the zest from 1/2 the lime. Pulse until it reaches a salsa consistency and set aside.
- Once the chicken has cooked add in the remaining 1/2 cup chopped pineapple and warm 1-2 minutes along with the chicken.
- Top your salad with the chicken and pineapple mixture and serve with your salsa!

My Quick and Easy Warm Vegetable and Spicy Turkey Salad for One

Ingredients

1/4 lb lean ground turkey
1/2 cup Shredded Carrots
1/2 Bell Pepper
3 cups Baby spinach
2 tsp. Paprika
1/4 cup sliced almonds
Red pepper flakes



Makes
1
serving

CALORIES
444 calories
CARBS
28 grams
PRO
37 grams
FAT
22 grams

Directions

- Begin by cooking the turkey in a nonstick skillet.
- Once it is halfway cooked season with 1 tsp. paprika and continue to cook until browned.
- Remove turkey from your skillet and add in 1 1/2 cups baby spinach, carrots, and your bell pepper diced. Sauté until cooked.
- Add the turkey back in with the vegetables and season with another tsp. of paprika. Let simmer 1-2 minutes longer.
- Top your vegetable and turkey mixture on top on the remaining baby spinach and sprinkle with sliced almonds and red pepper flakes.

Fajita Chicken Salad

Ingredients

1 lb boneless skinless chicken breast
1 Zucchini
1 1/2 cups Shredded Carrots
1 Bell Pepper
Baby spinach
2 tsp. Paprika
2 tsp. Chili Powder
1 tsp. red pepper flakes
Salsa (with no added sugar-
Check the label!)
1 avocado

Makes
4
servings

CALORIES
208 calories
CARBS
13 grams
PRO
27 grams
FAT
7 grams
(without salsa)

Directions

- Prep the veggies by slicing up the bell pepper, and chopping the zucchini lengthwise into strips.
- Preheat a skillet on medium high heat and spray with olive oil.
- Add your chicken to the pan season with 1 tsp. paprika, 1 tsp. chili powder, and 1 tsp. red pepper flakes, and sauté until there is no longer pink.
- Add all of your vegetables to the pan.
- Season the vegetables with the remaining chili powder and paprika.
- Continue to sauté the chicken and vegetables until the vegetables are cooked and the chicken is warm.
- Serve on top of a bowl of baby spinach for a fajita style salad
- Top with avocado and salsa

Chicken Sausage, Apple, and Strawberry Salad for One

Ingredients

1 chicken apple sausage-with no sugar (Applegate Farms and Trader Joe's both make good brands)

1/4 cup Shredded Carrots

5 medium strawberries, diced

2-3 cups fresh baby spinach

1/4 bell pepper, diced

Lemon juice

Makes
1
serving

CALORIES
297 calories
CARBS
42 grams
PRO
20 grams
FAT
6 grams

Directions

- Cook your chicken sausage in a skillet over medium heat until warm.
- Meanwhile assemble your salad combining the spinach, carrots, pepper, raisins, and strawberries in a bowl.
- Top with you chicken apple sausage and drizzle with lemon juice for dressing.

Orange Sesame Chicken Salad

Ingredients

1 Bag or Box Baby Spinach
1 cup Shredded Carrots
1 lb Boneless Skinless Grilled
Chicken Breast
1/3 cup raisins
2 tbs. sesame seeds
2 Oranges
1 Lime

Makes
4
servings

CALORIES
218 calories
CARBS
24 grams
PRO
26 grams
FAT
4 grams

Directions

- Grill your chicken if not already cooked (*tip I used Applegate farms pre cooked chicken in this salad)
- In a large bowl assemble you salad. Start by layering the spinach, adding the carrots, chicken, and raisins.
- Slice your oranges into small pieces and put in the salad.
- Lastly sprinkle with sesame seeds and use your lime for juice as dressing for the salad.

Spinach Salad with Chicken, Orange, and Raspberry

Ingredients

1 lb boneless skinless chicken breasts
2 limes
1/2 cup 100% orange juice
Bag of baby spinach
2 oranges
1/2 pint of raspberries
1/4 cup Slivered almonds

Makes
4
servings

CALORIES
191 calories
CARBS
12.75 grams
PRO
26.25 grams
FAT
5.25 grams

Directions

- Marinate chicken breasts in 1/2 cup orange juice, lime juice from 1 lime, lime zest and tbs. olive oil for at least 5 hours.
- Grill the chicken breasts.
- While the chicken is cooking, slice the oranges into small segments, and toast the almonds just until they begin to smell and turn brown...make sure they don't burn!
- Finally assemble the salad combining the spinach, raspberries, orange slices, almonds, and grilled chicken.
- Squeeze the juice of 1/2 an orange and 1/2 of a lime over the salad for dressing.

Grilled Peach and Blueberry Salad

Ingredients

Mixed Greens
1 lb Boneless Skinless Chicken
Breasts
2 Peaches
1/4 cup slivered almonds
1 cup blueberries
1/2 tbs. olive oil



Makes
4
servings

CALORIES
207 calories
CARBS
13.25 grams
PRO
26.5 grams
FAT
7 grams

Directions

- Fire up your grill and grill your chicken breasts
- While the chicken is cooking assemble your salad
- In a bowl combine the mixed greens and 1/2 cup of the blueberries
- Place your peaches on the grill and grill for 5 minutes
- Toast your almonds in a toaster oven for around 1 minute until you start to smell them...watch them carefully cause they will burn quickly!
- Slice up your grilled chicken and grilled peaches and mix into your salad along with the toasted almonds.
- Lastly toss with your dressing
- To make the dressing in a food processor combine 1/2-cup blueberries and 1/2 tbs. olive oil (or coconut oil) until blended

Tex-Mex Chicken

Ingredients

1 cup salsa
1 tbsp olive oil
1 tsp minced garlic
1 tsp chili powder
1 tsp oregano
1 tsp lime juice
4 boneless, skinless chicken breasts (about 6 oz each)
1 green pepper, diced
1 red pepper, diced
salt and pepper to taste

Makes
4
servings

CALORIES
384 calories
CARBS
10 grams
PRO
53 grams
FAT
15 grams

Directions

- Mix salsa, olive oil, garlic, chili powder, oregano, and lime juice together in a bowl.
- Cut chicken and peppers into bite size pieces and add to the mixture.
- Cover bowl and allow chicken and peppers to marinate for 8 hours in the fridge.
- Heat a frying pan over medium high heat (no need for oil) and cook chicken until cooked all the way through (usually 6-10 minutes).
- Once cooked, add chicken to plates.

Roasted Turkey Breast

Ingredients

4 tbsp of cold-pressed extra virgin olive oil
1 tbsp of chopped rosemary (fresh or dried)
1 tbsp of chopped sage (fresh or dried)
1 clove of garlic
2-3 lbs bone-in, skin on turkey breast

Makes
4
servings

CALORIES
382 calories
CARBS
0 grams
PRO
49 grams
FAT
22 grams

Directions

- Pre-heat oven to 325F.
- Mix olive oil, garlic, sage, and rosemary in a bowl.
- Rub onto turkey breast.
- Place turkey breast in a roasting pan, cover with tin foil.
- Cook for 60 mins.
- After it's cooked, remove from oven and let it cook for 5 mins. Carve and enjoy!

Healthy Turkey Balls

Ingredients

2 packs of Ground Turkey
1 cup of chopped portobello mushrooms
1 tbsp Italian Herbs
1 tbsp dill weed
1/2 tsp of ground pepper
pinch of sea salt
2 egg whites
coconut oil (to grease pan)



Makes
1
serving

CALORIES
233 calories
CARBS
0 grams
PRO
47 grams
FAT
5 grams

Directions

- Pre-heat oven to 320 F.
- Add diced up portobello mushrooms to the mixing bowl.
- Add ground turkey, italian seasoning, dill weed, black pepper and sea salt to the mixing bowl.
- Add egg whites to the bowl.
- Mix everything together
- Rub coconut oil on baking sheet.
- Make 12 golf ball sized turkey balls and place on sheet.
- Bake for approximately 20-25 minutes or until cooked throughly.

Dijon Chicken & Cajun Sweet Potatoes

Ingredients

1 chicken breast
1 medium sweet potato
handful of spinach
1 tbsp dijon mustard
1 packet of stevia
dash of sea salt
1 tsp of curry powder
1 tsp paprika
1/4 tsp onion powder
dash cayenne pepper
1/4 tsp thyme
1/4 tsp rosemary
1/4 tsp garlic powder
tbsp of coconut butter
splash of extra virgin olive oil
splash of balsamic vinegar



Makes
1
serving

CALORIES
304 calories
CARBS
27 grams
PRO
40 grams
FAT
4 grams

Directions

- Pre-heat oven to 375 F
- To make the dijon sauce, mix dijon mustard, curry powder, stevia, and sea salt in a mixing bowl.
- Add chicken breast to the mixing bowl and coat the chicken.
- Place chicken in a glass baking dish.
- Add paprika, onion powder, thyme, rosemary, garlic powder, and cayenne pepper to a mixing bowl.
- Cut sweet potato in half and cover with coconut butter.
- Dash each sweet potato with spice mix.
- Cover baking sheet with tin foil and place sweet potatoes on top.
- Put chicken and sweet potatoes in the oven.
- Cook chicken for 35 mins. Cook sweet potatoes for 45 mins.
- Put spinach on a plate and top with a splash of olive oil and balsamic vinegar.
- Enjoy.

Spaghetti Squash and Turkey Meatballs

Ingredients

1/2 lbs of lean ground turkey
1/4 of a full spaghetti squash
1/2 cup of ground almonds
1 tbsp of fresh cilantro
a dash of red pepper flakes
dash of pink himalayan salt and black pepper
2 fully sliced mushrooms
1/4 of diced red pepper
handful of spinach
2 egg whites
hot sauce (optional)



Makes
2
servings

CALORIES
384 calories
CARBS
8 grams
PRO
34 grams
FAT
24 grams

Directions

- Slice spaghetti squash in half, submerge it face down in an inch full of water (in glass baking dish) and bake in oven on the highest heat for 20 mins.
- Blend together bread (or ground almonds), cilantro, red pepper flakes, salt, and pepper and place it in a dish for your coating mixture.
- Put 2 egg whites in another mixing dish.
- Dice up red pepper and mushrooms and place in a third dish.
- Create 4-5 golf ball sized turkey balls, mix in the veggie mix with the ball, coat with egg white, then roll it in the bread coating.
- Cook turkey balls over medium heat in a frying pan coated with cooking spray for 8-10 mins or until cooked through.
- Once the spaghetti is fully baked, remove seeds, and then use your fork to pull all the strings out to make the pasta like base.
- Place any extra veggies on top along with the spinach.
- Add your turkey balls once cooked through.
- Top with Hot Sauce if you like it spicy!

Quick Whole Food Meal on the Go

Ingredients

sliced chicken breast (as many as you want – best to cook in bulk)
2 tbsp of garlic powder
1 tbsp of oregano
1 tsp of paprika
black pepper to taste
apple
1/2 avocado

Makes
1
serving

CALORIES
411 calories
CARBS
22 grams
PRO
41 grams
FAT
18 grams

Directions

- Cover baking sheet with tin foil and pre-heat oven to 375F.
- Add sliced chicken to baking sheet. Mix spices together (this spice mixture makes more than one serving) and coat both sides of the chicken with some of the spice mixture.
- Bake chicken for 10 minutes in oven (or until cooked through).
- Put a single serving of chicken strips in individual tupperware containers and store in the fridge.
- When you're on the go, grab a tupperware with chicken, apple, and avocado slices.

Mexican Fiesta Salad

Ingredients

1 tbsp of olive oil
1/2 cup of sliced onion
1 sliced chicken breast
1/2 tsp of cumin
2 tsp of oregano
1/2 cup of diced red pepper
handful of red leaf lettuce
1/2 cup of diced tomato
1/2 sliced avocado



Makes
1
serving

CALORIES
471 calories
CARBS
7 grams
PRO
41 grams
FAT
31 grams

Directions

- Heat frying pan over medium-low heat. Add and heat up olive oil.
- Add onions and cook until translucent. Add chicken and top with cumin and oregano and cook throughly.
- Add red pepper to the mixture and cook for 1 min.
- Add lettuce to plates and top with fajita mixture. Add tomato and avocado on top.
- Enjoy!

Chicken Sausage and Butternut Squash Skillet

Ingredients

4 chicken apple sausage-
precooked (check the label for
no sugar)
1 tsp. olive oil
2 cups cooked and diced but-
ternut squash
1 medium summer squash
1 bag or box fresh baby spin-
ach
1/4 cup apple juice sweetened
dried cranberries
1/4 cup 100% pure apple juice
Fresh rosemary to taste



Makes
4
servings

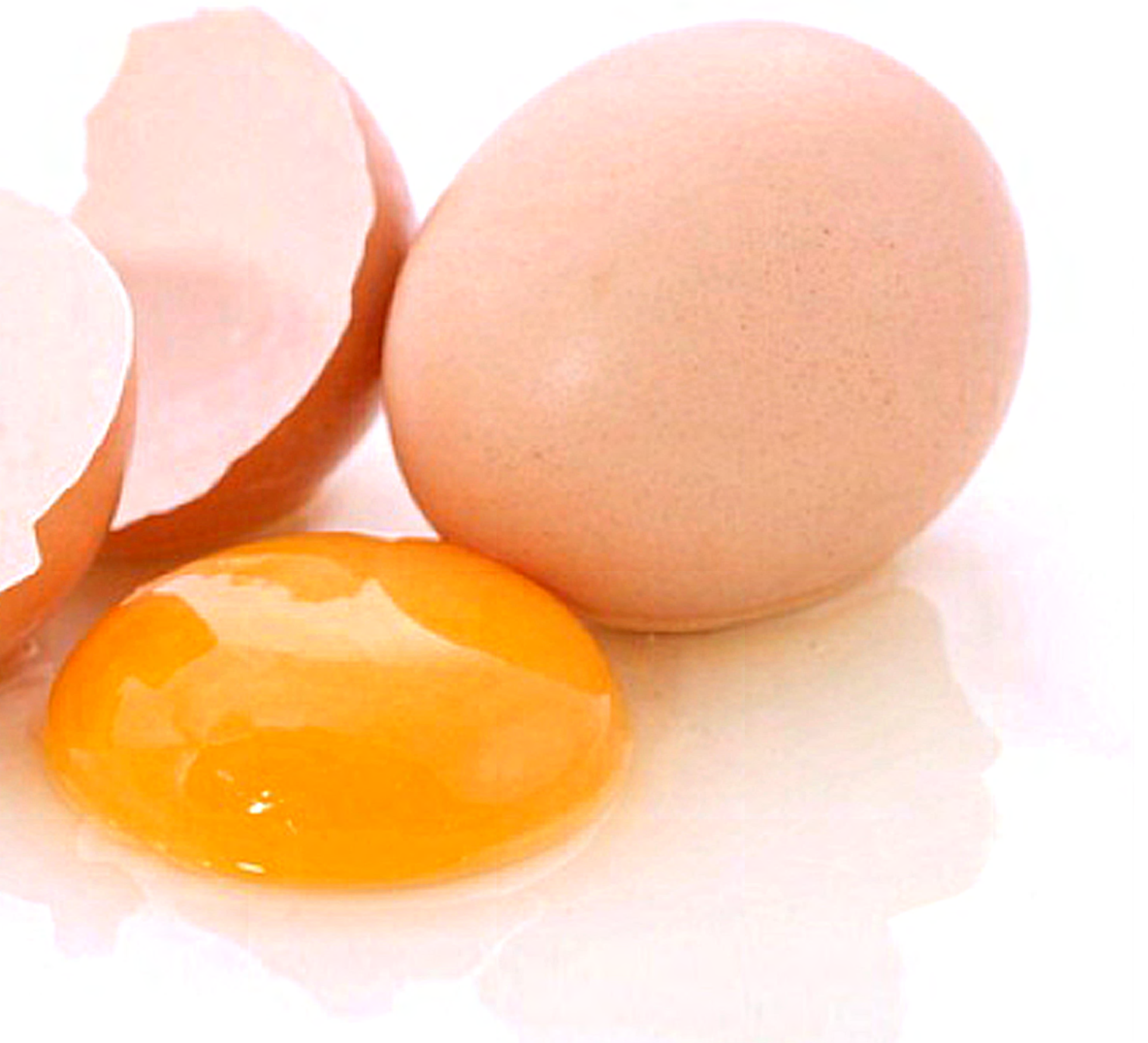
CALORIES
245 calories
CARBS
25 grams
PRO
16 grams
FAT
7.5 grams

Directions

- In a skillet pan warm the olive oil over medium heat and sauté your baby spinach with the apple juice until it begins to wilt.
- Sauté the summer squash diced and as it begins to soften add in the chicken sausage sliced.
- Turn your heat to low and add in the precooked squash and dried cranberries sauté 2-4 minutes longer.
- Add in rosemary to taste and sauté 1-2 minutes longer over low heat.

Eggs





Protein Pizza Omelet

Ingredients

3 eggs
3 small zucchini
1/2 c. tomato sauce
1 cup sliced mushrooms
1/4 cup almond milk mozzarella
cheese (omit if strict Paleo)
Oregano to taste
1 Tbs. olive oil

Makes
2
servings

CALORIES
220 calories
CARBS
13 grams
PRO
10.5 grams
FAT
14 grams
(without
cheese)

Directions

- In a small sauté pan, add olive oil spray and your mushrooms and sauté until cooked
- In a food processor shred your zucchini and squeeze out the excess water
- In a large sauté pan, heat your olive and coat the pan well
- Add in your zucchini, season with pepper, press down into the pan and cook on medium heat 5-6 minutes flipping over once.
- Whisk your 3 eggs and add to the sauté pan.
- Cook the eggs and zucchini on medium heat about 5 minutes.
- When the eggs have almost finishing cooking place the pan in the oven and broil for 1 minute.
- Remove the eggs and top with the sauce, optional almond milk cheese, and sautéed mushrooms, season with oregano as desired.
- Place the pan back into the broiler for one minute more to melt your cheese.

Pumpkin French Toast Egg Muffins

Ingredients

6 whole eggs
6 egg whites
1 and 1/2 cups pumpkin
1 tsp. vanilla
1 tsp. cinnamon
1/2 tsp. pumpkin pie spice
1/2 tsp. baking powder

Makes
12
muffins

CALORIES
57 calories
CARBS
3 grams
PRO
5.25 grams
FAT
2.5 grams
(per muffin)

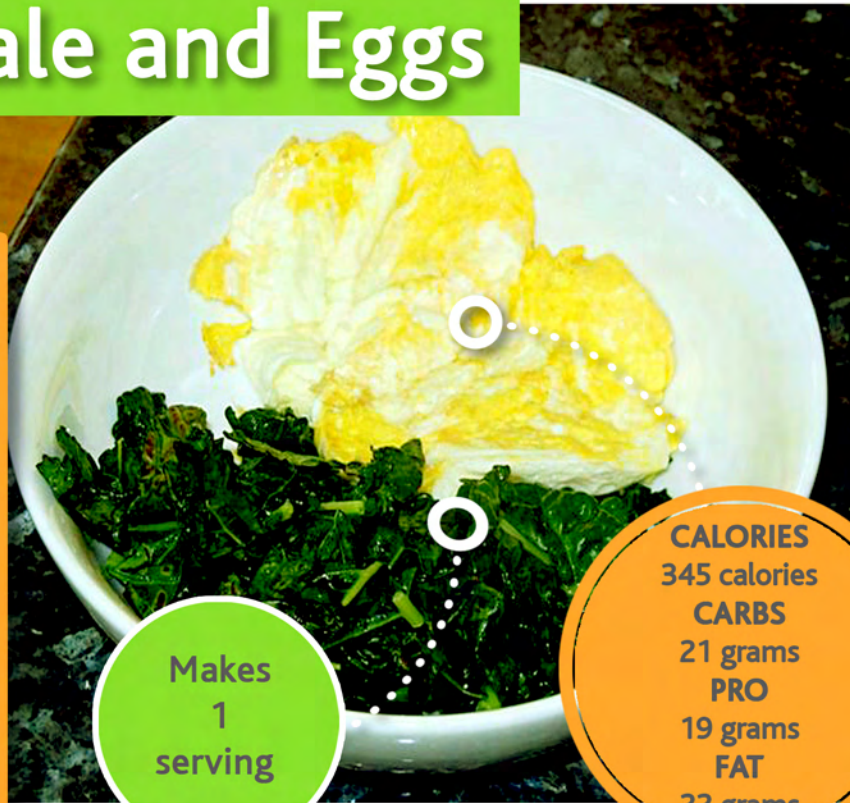
Directions

- Preheat your oven to 350 degrees.
- In a bowl blend the whole eggs and whites.
- Blend in the pumpkin until mixed.
- Add in your vanilla, spices, and baking powder until blended.
- Pour mixture into greased muffin tins (it will be watery).
- Bake for 25 to 30 minutes until the tops puff up and eggs are cooked.
- Let cool and store in the refrigerator to have on hand for the week.

Buttery Kale and Eggs

Ingredients

2 eggs
1 tbs. grass fed butter
3 cups fresh kale
Sea salt and pepper



Makes
1
serving

CALORIES
345 calories
CARBS
21 grams
PRO
19 grams
FAT
22 grams

Directions

- In a skillet melt your butter over medium heat and sauté your kale, tossing often.
- Meanwhile in a small skillet crack your eggs and cook to desired doneness.
- Season the kale with salt and pepper to taste and serve alongside the eggs.

Tomato Basil Omelet

Ingredients

2 eggs
1/2 cup cherry tomatoes
1 and 1/2 cups fresh baby spinach
Fresh basil leaves
1 tsp. olive oil

Makes
1
serving

CALORIES
217 calories
CARBS
7 grams
PRO
15 grams
FAT
14 grams

Directions

- Begin by cooking the cherry tomatoes, halved, and baby spinach in 1 tsp. olive oil in a skillet over medium heat.
- Once the vegetables start to cook and the spinach starts to wilt add in your eggs, already beaten.
- Let the eggs begin to cook and sprinkle with basil turning your heat to low.
- Once the eggs begin to cook around the edges, flip your omelet.
- Let both sides cook completely over low heat and enjoy.

Scrambled Eggs Topped with Avocado & Salsa

Ingredients

2 whole eggs
1/2 cup egg whites
handful of spinach
1/4 avocado
tbsp of salsa

Makes
1
serving

CALORIES
297 calories
CARBS
9 grams
PRO
28 grams
FAT
17 grams

Directions

- Whisk whole eggs and egg whites in a bowl.
- Add to heated pan. Once eggs begin to cook and scramble, add spinach.
- Once eggs are scrambled place on plate and top with avocado slices and salsa.

Western Omelette

Ingredients

3 whole eggs
1/3 cup of diced onion
1/3 cup of diced red pepper
1/3 cup of diced tomato
1 cup of baby spinach
1/2 cup of diced cooked ham
sea salt & pepper to taste
1 tsp of extra virgin olive oil

Makes
1
serving

CALORIES
386 calories
CARBS
4 grams
PRO
42 grams
FAT
23 grams

Directions

- Heat pan over medium heat. Add olive oil to coat the pan.
- Beat the eggs in a dish and add to pan. Let eggs set for 1-2 mins.
- Once eggs are set, add onion, red pepper, tomato, ham, and spinach to one side of the eggs.
- Flip opposite side of egg over top of the ham and veggies and allow to cook for 1 min.
- Add salt and pepper to taste.
- Enjoy!

Vegetable Egg Muffins

Ingredients

1 medium zucchini
2 medium carrots
1/2 red bell pepper
Red pepper flake
Around 24 egg whites



Makes
12
muffins

CALORIES
42 calories
CARBS
2 grams
PRO
7 grams
FAT
0 grams

Directions

- Preheat your oven to 350 degrees.
- Chop up your vegetables into small pieces.
- In a skillet sauté the vegetables until cooked and sprinkle with crushed red pepper flake.
- In a well-greased muffin tin scoop your vegetables into each muffin cup about half-way full.
- Fill the cups 3/4 of the way full by pouring in egg whites.
- Bake at 350 degrees for 20-25 minutes until the edges brown and the tops are cooked.

Paleo Pancake Omelet

Ingredients

1/2 cup egg whites
2 tbs. flax seed
1/4 cup almond flour
1/2 tsp. cinnamon
1/2 tsp. vanilla
1 tsp. coconut oil

Makes
1
serving

CALORIES
339 calories
CARBS
10 grams
PRO
23 grams
FAT
24.5 grams

Directions

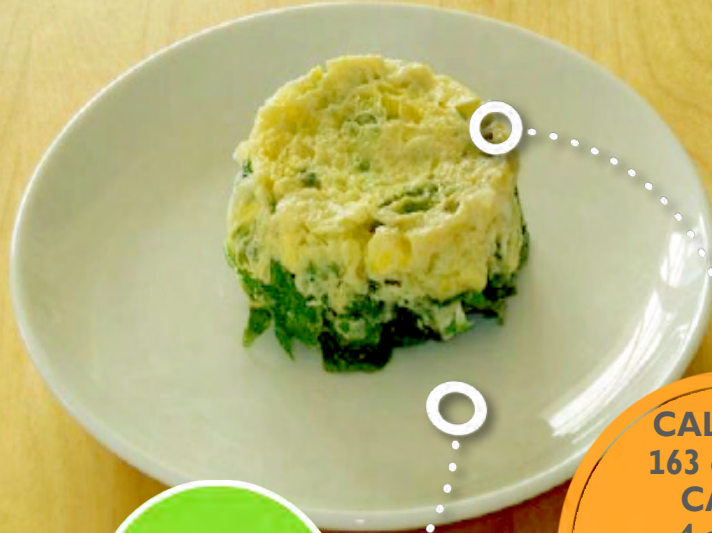
- Mix all ingredients in a bowl, excluding coconut oil.
- Warm a skillet to medium heat and melt coconut oil.
- Pour mixture onto the skillet when the pancakes start to bubble, flip and cook on the other side.
- You can top these with berries, bananas, or almond butter.

3 Minute Egg and Spinach Omelet



Ingredients

- 2 eggs
- 1 cup fresh chopped spinach
- Sea salt and pepper
- Olive oil Spray



Makes
1
serving

CALORIES
163 calories
CARBS
4 grams
PRO
15 grams
FAT
9.5 grams

Directions

- In a mixing bowl scramble the eggs with chopped spinach and salt and pepper.
- Pour into a well greased coffee mug.
- Microwave on high 3-4 minutes.

Mexican Style Eggs



Ingredients

- 1 whole egg
- 1/2 cup of egg whites
- 1 tsp of coconut oil
- 1/3 cup of diced onion
- 1/3 cup of diced tomato
- 1/4 of an avocado
- 1 tsp of chili powder
- 1 tbsp of cilantro



Makes
1
serving

CALORIES
261 calories
CARBS
5 grams
PRO
21 grams
FAT
17 grams

Directions

- Add coconut oil to a frying pan heated over medium heat.
- Add onions to frying pan and cook for 1-2 mins.
- Mix up egg whites and whole egg in a dish and mix in chili powder.
- Add egg mixture to frying pan and scramble/cook for 1-2 mins (until cooked). Add tomato.
- Add egg mixture to a plate and top with avocado and cilantro.
- Enjoy!

Poached Eggs, Berries, & Nuts

Ingredients

4 whole eggs
small handful of raw almonds
1 cup of mixed berries (strawberries, blueberries, raspberries)

Makes
1
serving

CALORIES
261 calories
CARBS
5 grams
PRO
21 grams
FAT
17 grams

Directions

- Spray egg poacher cups with non-stick spray.
- Add a cup of water to pan. Crack one egg into each cup. Cover and add egg poacher to stove top and cook for 5-7 mins (until eggs full cooked)
- Once eggs are cooked, remove from cup holder, add poached eggs to a plate, alongside raw almonds.
- Dice fruit up and add to a separate bowl.
- Enjoy!

Red Meat and Pork





Confetti Mushroom Burgers

Ingredients

1 lb lean ground beef
1/2 green bell pepper
1/2 red bell pepper
4 oz mushrooms
1/2 tsp. minced garlic
Pepper
Olive oil spray
1 tbs. Worcestershire sauce
(check the label and make sure it's gluten free)
Bibb Lettuce
Tomato



Makes
4
burgers

CALORIES
208 calories
CARBS
4 grams
PRO
31 grams
FAT
7 grams

Directions

- Dice your mushrooms and peppers into small pieces.
- Preheat a skillet to medium high heat and spray with olive oil.
- Add in your veggies and spritz them with olive oil spray.
- Sauté the veggies until cooked, adding in the garlic and pepper to taste after about 1 minute.
- Remove the vegetables from the heat and let cool.
- Once the veggies have cooled, in a mixing bowl combine your meat, cooked veggies and the Worcestershire sauce.
- Combine well and form into 4 burgers. Grill your burgers until desired doneness.
- Serve with Bibb lettuce wraps and tomato slices.

Note: Nutrition Information are based per burger with a lettuce wrap and tomato slice.

Stuffed Zucchini Boats

Ingredients

1 extra large zucchini or 2 larger zucchinis
1 lb extra lean ground beef (hormone and antibiotic free if possible)
1/2 cup chopped cherry tomatoes
1/4 cup chopped fresh basil
1 cup chopped mushrooms
1/2 tsp. minced garlic
Olive oil



Makes
4
servings

CALORIES
223 calories
CARBS
7 grams
PRO
34 grams
FAT
7 grams

Directions

- Preheat your oven to 350 degrees.
- Slice your zucchini in half lengthwise and scoop out the insides to create a shell. Save the insides!
- Place your zucchini on a baking sheet with the skins down and spray with olive oil and sprinkle with pepper
- Bake the zucchini for 20 minutes
- While the zucchini is baking brown your ground beef in a skillet sprayed with olive oil
- While the beef is cooking chop your veggies including the insides of the zucchini
- Once the beef is fully cooked add in the mushrooms, tomatoes, basil, garlic, and extra zucchini
- Cover the skillet and cook the mixture, stirring occasionally, until the vegetables have cooked
- After 20 minutes remove the zucchini from the oven and place the mixture in the two halves
- Bake for 20 minutes longer and enjoy.

Beef Stew



Ingredients

3/4 pound New York Sirloin, trim the fat and cut into small pieces
2-3 cups vegetable broth (low sodium and gluten free)
5-6 carrots, peeled and chopped
1 cup fresh broccoli
3 stalks celery
2 tbs. arrowroot starch
1 tbs. olive oil
Salt and pepper



Makes
4
servings

CALORIES
254 calories
CARBS
15 grams
PRO
27 grams
FAT
9 grams

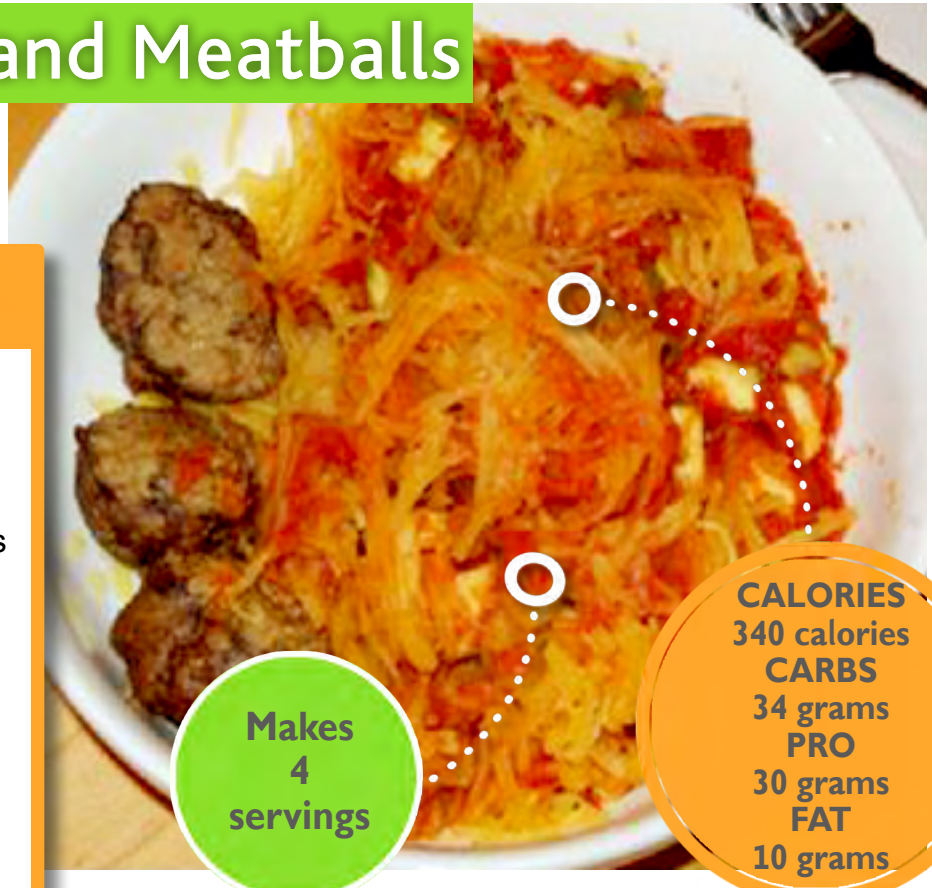
Directions

- In a mixing bowl combine the arrowroot and salt and pepper to your liking.
- Add the chopped steak to the arrowroot starch mixture and toss to coat.
- Meanwhile in a saucepan parboil the chopped carrots and potatoes ten minutes or so.
- In a Dutch oven pan add the tbs. of olive oil and sauté the beef until browned.
- Once browned add in the chopped celery and 2 cups vegetable broth, bringing to a boil.
- When the broth begins to boil, lower the heat to bring to a simmer and add in the parboiled carrots and potatoes.
- Next add in the broccoli.
- Cover the pan and let simmer 1 hour over low heat. You may add in additional broth as needed.

Spaghetti and Meatballs

Ingredients

1 medium spaghetti squash,
precooked
14.5 oz can crushed tomatoes
1 6 oz can tomato paste
1 medium zucchini
5/4 lb extra lean ground beef
1 egg
1/4 cup almond flour
Red pepper flakes



Makes
4
servings

CALORIES
340 calories
CARBS
34 grams
PRO
30 grams
FAT
10 grams

Directions

- Plan to cook your squash ahead of time. Preheat your oven to 400 degrees.
- Slice your squash in half lengthwise and scoop out the seeds. Bake open side down on a baking sheet for 40-50 minutes at 400 degrees.
- Once your squash is ready preheat the oven to 350 degrees and prepare the meatballs by mixing together the ground meat, egg, almond flour and red pepper flakes.
- Portion the meat mixture into meatballs and place on a baking sheet.
- Bake at 350 degrees 45 minutes to an hour until cooked.
- Meanwhile in a saucepan, sauté the zucchini until it begins to soften.
- Add in the crushed tomatoes and tomato paste and let simmer over low heat 10-15 minutes.
- Scrape your spaghetti squash out with a fork and add into the sauce mixture. Let simmer over low heat until the meatballs are ready.
- Serve together or save to have on hand for the week.

Beef and Broccoli Stir Fry

Ingredients

8 oz sirloin, sliced thin
2 c. broccoli
1 c. shredded carrots
1/4 tsp. minced garlic
2 tbs. slivered almonds
1/2 c. orange marmalade
(doesn't contain added sugar,
should be 100% fruit)
1 tbs. coconut aminos
Red pepper flakes
Olive oil spray



Makes
2
servings

CALORIES
432 calories
CARBS
50 grams
PRO
38.5 grams
FAT
11 grams

Directions

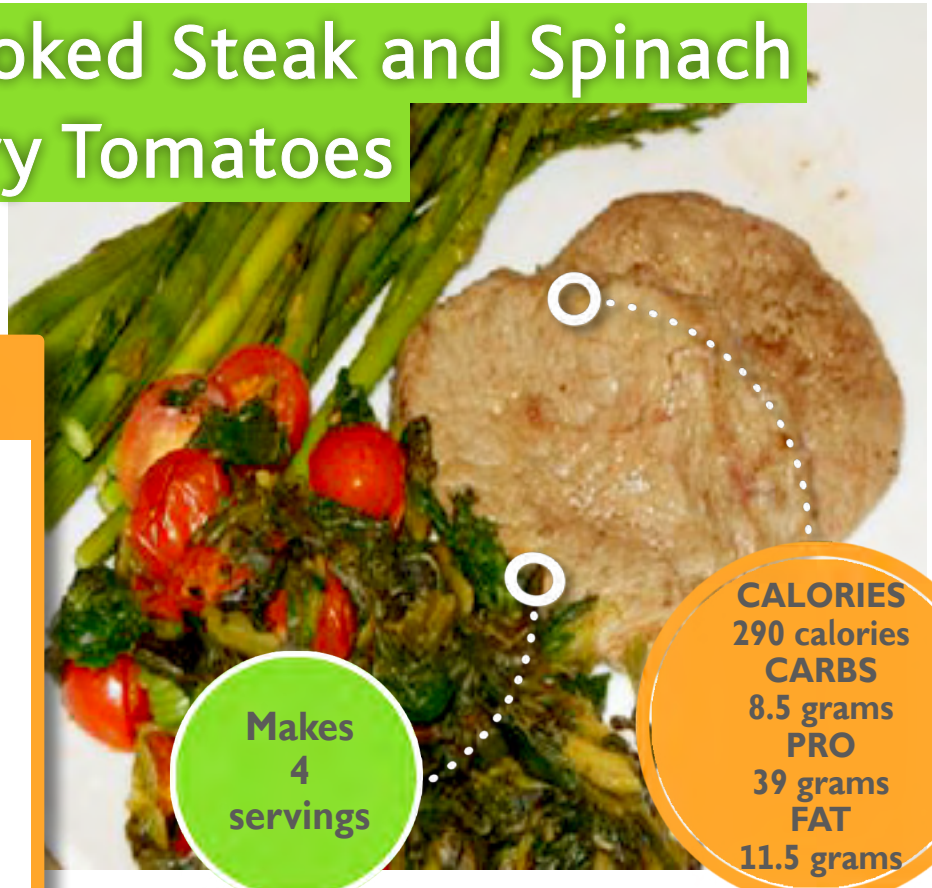
- Spray a skillet with olive oil spray and cook the sirloin until fully cooked at medium high heat.
- Remove the beef from the skillet.
- Add the broccoli, carrots, and garlic to the skillet and sauté for 2-3 minutes
- Add the beef back into the skillet as well as the slivered almonds.
- Combine the coconut aminos and the orange marmalade and pour into the skillet.
- Cook for another 2 minutes or so.
- Top with red pepper flakes and serve.

Perfect Cooked Steak and Spinach with Cherry Tomatoes



Ingredients

4 small steaks (4 oz each)
1 bunch fresh asparagus
1 bunch fresh or frozen spinach
1 cup cherry tomatoes
1/8 onion
1/4 tsp mined garlic
1 tbs. olive oil



Makes
4
servings

CALORIES
290 calories
CARBS
8.5 grams
PRO
39 grams
FAT
11.5 grams

Directions

- Light your grill or preheat a grill pan for you steaks.
- Cook the steaks to desired doneness. About 4-6 minutes each side.
- While the steaks are cooking steam your asparagus in a skillet cooking lightly on each side and using 1/2 tbs. olive oil to sauté.
- In a separate pan sauté the olive oil with onion, spinach, garlic, and tomatoes until cooked and the spinach is wilted.
- Let the steaks sit 5 minutes or so before serving.

Meat and Potatoes: The Paleo Version

Ingredients

2-4 oz steaks
8 oz chopped mushrooms
8 oz chopped spinach
1/2 peeled butternut squash
2 tsp. olive oil
Cinnamon
Black pepper
1/4 tsp. minced garlic



Makes
2
servings

CALORIES
350 calories
CARBS
20 grams
PRO
42 grams
FAT
13 grams

Directions

For the Squash:

- Cube half of a butternut squash into medium size pieces
- Place in a saucepan filled 3/4 of the way with water
- Turn the pan to high heat until the water begins to boil
- Lower heat to medium high for around 20 minutes or until the squash is soft to the touch
- Sprinkle liberally with ground cinnamon and pepper
- Mash together with a masher

For the Mushrooms & Spinach:

- Spray a skillet with olive oil spray
- Cook chopped mushrooms in the pan for 3-4 minutes
- Add in 1/4 tsp. minced garlic and sauté for 1 minute *Tip! Don't add the garlic too soon or it will burn in the pan
- Add in 8 oz of chopped spinach and cook with mushrooms on low heat

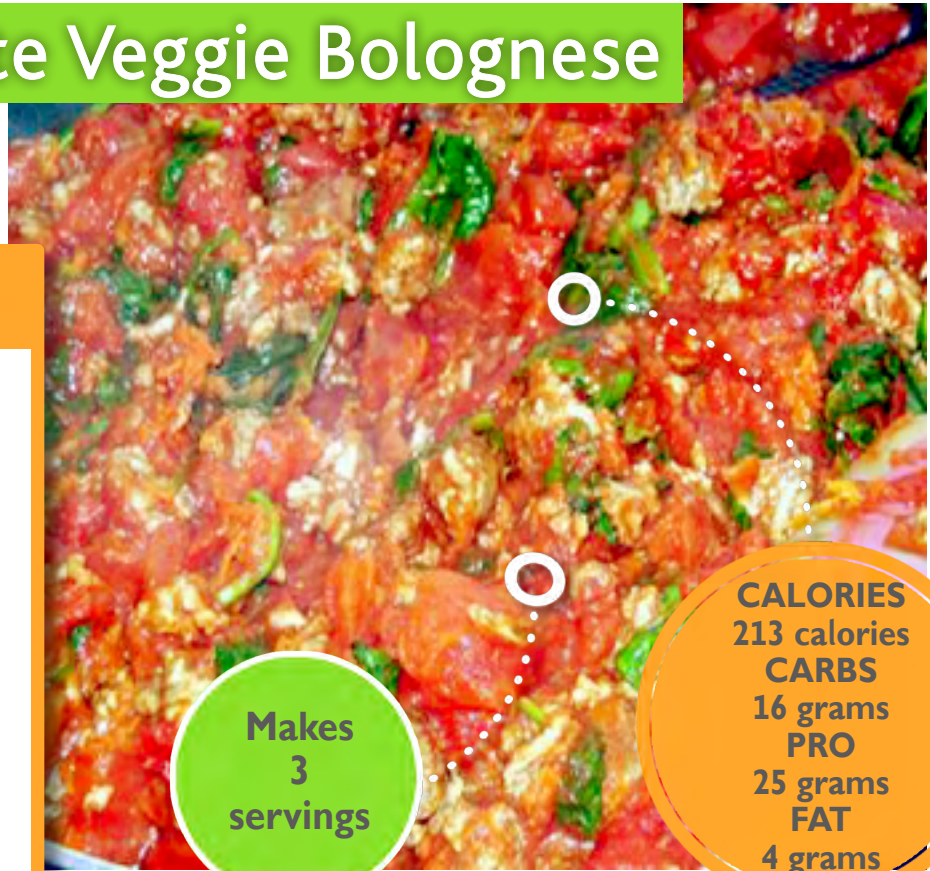
For the Steak:

- Preheat a grill pan to medium high heat and spray with olive oil
- Season steaks with salt and pepper
- Cook steaks on the grill pan until desired doneness *Tip! Make sure the pan is hot enough before cooking, the steaks should start to sizzle when placed on the pan

10-Minute Veggie Bolognese

Ingredients

1/2 lbs lean ground meat
1/2 large carrot
2 cups fresh baby spinach
14.5 oz can diced tomatoes
6 oz can tomato paste
Fresh basil



Makes
3
servings

CALORIES
213 calories
CARBS
16 grams
PRO
25 grams
FAT
4 grams

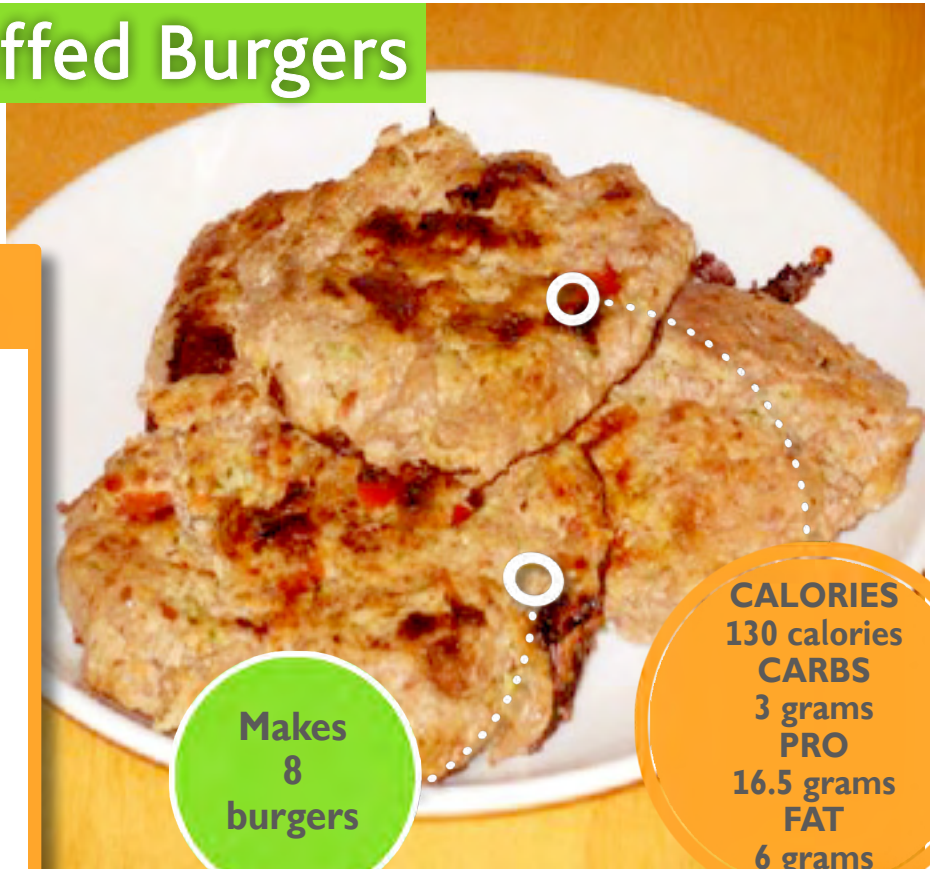
Directions

- Begin by cooking the meat in a nonstick skillet.
- Once the meat starts to brown grate in the half carrot and add in the spinach and sauté a couple minutes longer.
- Add in your crushed tomatoes and tomato paste and simmer over lower heat 5-6 minutes.
- Add in the fresh basil and let simmer 1-2 minutes longer.
- Serve over zucchini noodles or spaghetti squash and enjoy

Veggie Stuffed Burgers

Ingredients

1 lbs lean ground meat
1 egg
1/4 cup almond flour
1 medium zucchini
1/2 red bell pepper
1 medium carrot



Makes
8
burgers

CALORIES
130 calories
CARBS
3 grams
PRO
16.5 grams
FAT
6 grams

Directions

- Grate the zucchini, and carrot using a shredder and set aside.
- Chop the bell pepper into small pieces and combine with the vegetables.
- Mix in an egg and almond flour to the vegetables and finally add in the meat.
- Shape into 8 small burgers and grill or cook on a grill pan until desired doneness.

Steak and Spinach Salad



Ingredients

3/4 lb Steak
Fresh Baby spinach
1 Red bell pepper, diced
1 cup mushrooms, chopped
1/2 cup Shredded carrots
2 tbs. Orange juice (fresh squeezed)
1 tbs. Olive oil
Black pepper to taste



Makes
4
servings

CALORIES
222.5 calories
CARBS
6.5 grams
PRO
27.75 grams
FAT
9.25 grams

Directions

- Preheat a grill pan and spray with olive oil. Cook the steaks 3-4 minutes on each side until desired temperature.
- While this is cooking combine the baby spinach, shredded carrots, bell pepper, and mushrooms in a bowl.
- Combine the orange juice, olive oil, and season with black pepper to make a dressing.
- Pour dressing over the vegetable mixture.
- Serve the sliced steak on top of the salad when finished cooking

Meat and Nuts Breakfast

Ingredients

4 oz diced steak
2 whole eggs
1 oz of walnuts
diced onion
diced garlic
diced broccoli
handful of spinach
dash onion powder
dash garlic powder
dash black pepper
tsp of hot sauce



Makes
1
serving

CALORIES
508 calories
CARBS
6 grams
PRO
40 grams
FAT
36 grams

Directions

1. Fry onion and garlic in a frying pan over medium high heat for 30-60 sec.
2. Add steak and cook for 2-3 minutes.
3. Add whisked eggs.
4. Cook until eggs begin to set. Add onion powder, garlic powder, and black pepper.
5. Add spinach, broccoli, and hot sauce. Scramble.
6. Add to a plate with a side of walnuts.
7. Enjoy.

Autumn Spiced Pork Loin

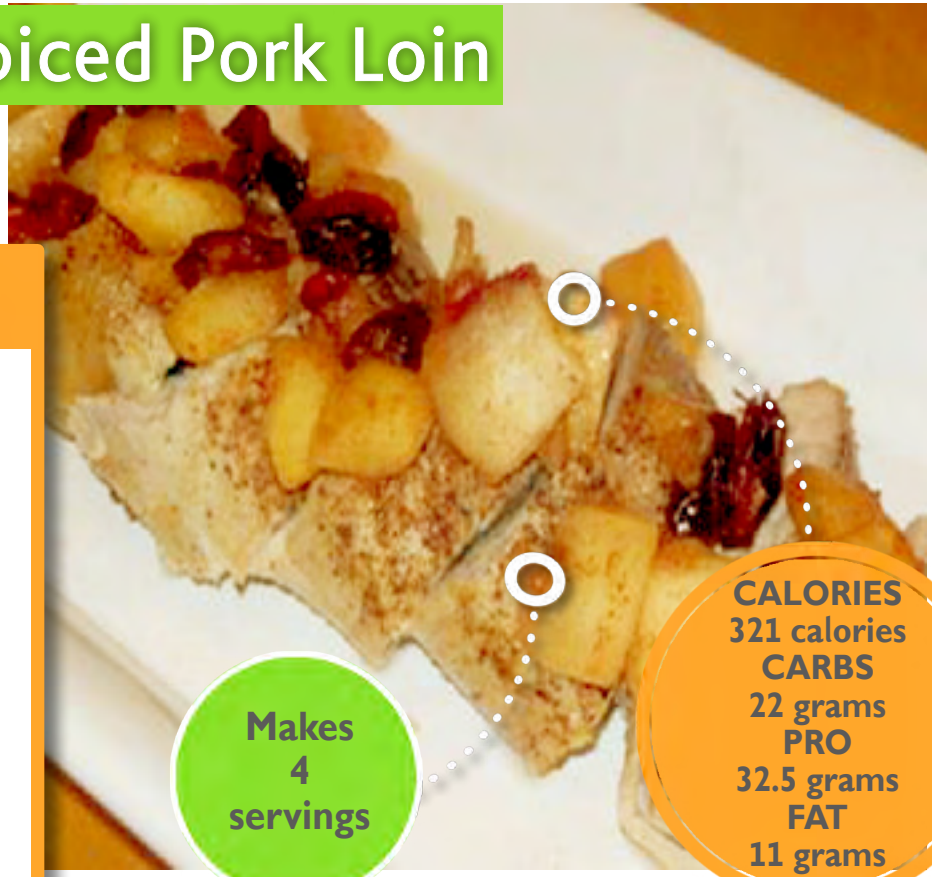
Ingredients

For the Apple Topping

2 apples, peeled and diced
1/4 cup water
1/2 tsp. cinnamon
1/2 tsp. nutmeg
1/3 cup dried cranberries

For the Pork

1 pork loin
1/2 tsp. pepper
1/2 tsp. ginger
1/2 tsp. nutmeg
1/2 tsp. cinnamon



Makes
4
servings

CALORIES
321 calories
CARBS
22 grams
PRO
32.5 grams
FAT
11 grams

Directions

- Preheat your oven to 350 degrees.
- Combine all of your pork spices together and rub on your pork loin to season.
- Roast the pork for around 40 minutes or until a meat thermometer reads 145 degrees.
- Meanwhile prepare your apple topping.
- In a saucepan over medium to low heat, simmer your apples, cinnamon and nutmeg in the water until tender.
- Lastly mix in your cranberries and let simmer 1-2 minutes longer.
- Serve your apple mixture over the pork loin and enjoy!

Pork Tenderloin Slow Cooker Meal

Ingredients

Pork Tenderloin (as much as you want)
Full jar of tomato sauce (containing olive oil – not soybean oil)
Cauliflower
Zucchini
2 tbsp of basil



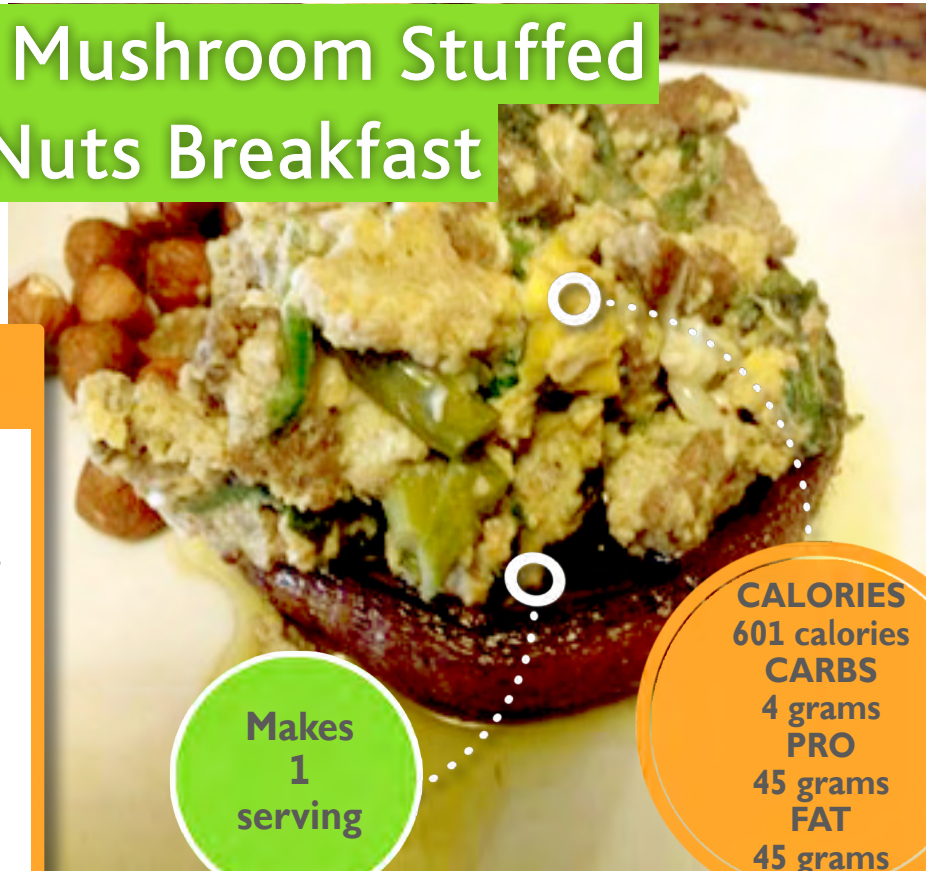
Directions

- Add everything to a slow cooker.
- Cook over low temperature for 6-7 hours (or until pork is cooked through)
- Enjoy!

Portobello Mushroom Stuffed Meat and Nuts Breakfast

Ingredients

1 portobello mushroom
1 tbsp coconut oil
spinach (as many handfuls as you want)
3 whole eggs
4 oz of steak or ground beef
seasonings of your choice (I like: 2 tsp of chili powder, 2 tbsp ground espresso, 1/2 tsp of sea salt, 1/4 tsp of black pepper)
1 tbsp olive oil (optional)



Makes
1
serving

CALORIES
601 calories
CARBS
4 grams
PRO
45 grams
FAT
45 grams

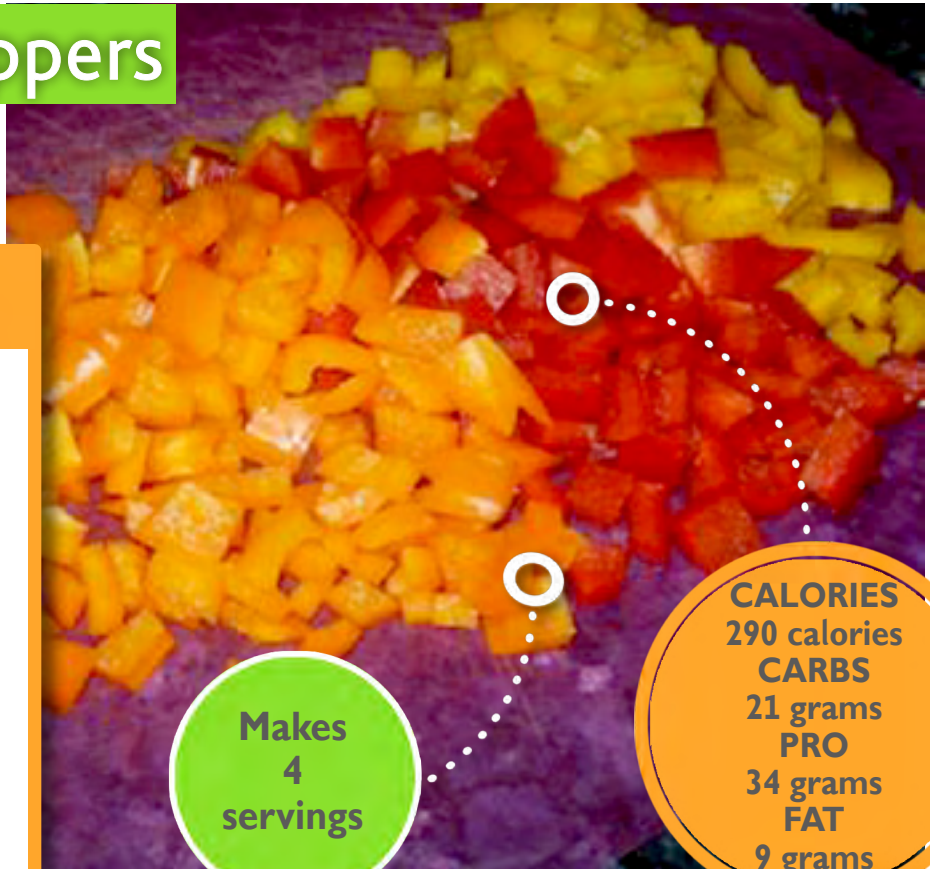
Directions

- Pre-heat oven to 425F.
- Remove stem from Portobello mushroom and cover both sides with coconut oil.
- Bake Portobello mushrooms on a baking sheet for 15 mins.
- While that's baking, add a little coconut oil to a pan and sauté spinach.
- Add all the seasonings together and spread over steak (or beef). Press the spices into the meat so they stick. Then dice up steak into bite size pieces.
- Add steak to the sautéing spinach and cook thoroughly.
- Once steak is cooked, add whisked eggs and cook over lower heat until they set.
- Top Portobello mushrooms with steak/egg/spinach mixture.
- Top with 1 tsp of olive oil (optional)
- Add a small handful of hazelnuts (or your fav nut).
- Enjoy.

Stuffed Peppers

Ingredients

1 lb grass fed beef
1 tsp. olive oil
5 red bell peppers
1 green bell pepper
1 zucchini
1 summer squash
1 cup crushed tomatoes
(canned)
2 tbs. tomato paste
2 tsp. red pepper flake
2 tsp. oregano
Fresh basil



Makes
4
servings

CALORIES
290 calories
CARBS
21 grams
PRO
34 grams
FAT
9 grams

Directions

- Preheat your oven to 350 degrees.
- In a skillet over medium heat sauté your meat in the olive oil until it begins to brown.
- Once the meat has cooked, remove the meat from the pan.
- In the same skillet add in the zucchini, summer squash, and green bell pepper diced, along with 1 of the red bell peppers, diced.
- Sauté the vegetables until cooked. Turn the heat to low and add in the tomato paste, red pepper flake, oregano, and basil.
- Once the tomato paste has cooked down, add in the meat and sauté 1-2 minutes longer.
- Core your 4 bell peppers and stuff with the meat and vegetable filling.
- In an 8X8 baking pan cover your peppers with the crushed tomatoes and bake at 350 degrees for 10 minutes.

Beef Stir-Fry



Ingredients

1/2 lb lean sirloin
1/2 tbs. coconut oil
2 cups fresh broccoli
1 red bell pepper
2 large carrots
2 tbs. coconut aminos
1 tbs. arrowroot starch
2 tsp. red pepper flake



Makes
2
servings

CALORIES
325 calories
CARBS
35 grams
PRO
33 grams
FAT
11 grams

Directions

- In a skillet pan warm the olive oil over medium heat and begin to brown your meat.
- Cook your meat over medium low heat until mostly browned.
- Add in the broccoli, diced bell pepper, and carrots and continue to sauté 3-4 minutes longer.
- In a separate bowl mix the arrowroot starch and coconut aminos and immediately pour into your skillet.
- Sauté 2-3 minutes longer, adding in the red pepper flakes and serving with additional coconut aminos if desired.

Grilled Steaks with Mushroom Gravy

Ingredients

1 lb sirloin steaks
1/2 tbs. olive oil
2 tbs. beef broth
1 tbs. arrowroot starch
1 cup fresh mushrooms
2 tbs. Worcestershire sauce



Makes
4
servings

CALORIES
219 calories
CARBS
3 grams
PRO
31 grams
FAT
9 grams

Directions

- On a grill pan or on your grill cook your steaks until desired.
- Meanwhile in a skillet pan sauté your mushrooms in olive oil over medium heat 2-3 minutes.
- In a mixing bowl combine the Worcestershire sauce, arrowroot starch and beef broth as needed to thin.
- Immediately pour this mixture into the skillet and continue to cook over low heat.
- Serve your mushroom sauce on top of your steaks and enjoy.

Pork Sausage Stuffed Baby Portobello Mushrooms



Ingredients

1/2 lb ground pork sausage
1 tsp. olive oil
24 small button mushrooms
2 zucchini
1 red bell pepper
1 cup shredded carrots
1/2 cup to 1 cup crushed tomatoes
Fresh basil

Makes
8
side dish
servings

CALORIES
120 calories
CARBS
8 grams
PRO
8 grams
FAT
7 grams

Directions

- Preheat your oven to 350 degrees.
- In a skillet pan brown your pork sausage over medium low heat in the tsp. of olive oil.
- Once the meat has cooked remove it from the skillet.
- Add the zucchini, diced, shredded carrots, and diced bell pepper into the skillet and sauté over medium heat 2-4 minutes.
- Add the fresh basil and crushed tomatoes to the vegetable mixture along with the sausage and sauté 1-2 minutes.
- Remove the stems from your mushrooms and top each mushroom with the meat and vegetable mixture.
- Bake the mushrooms at 350 5-10 minutes.

Leftovers for Dinner: Chopped Steak Salad for One

Ingredients

4 oz leftover grilled steak
3 oz baby carrots
1/2 tbs. olive oil
1/2 medium bell pepper
4 cups fresh spinach
1/2 roasted sweet potato (or
regular potato)
Olive oil and vinegar to taste

Makes
1
serving

CALORIES
422 calories
CARBS
38 grams
PRO
36 grams
FAT
15 grams

Directions

- Preheat your oven to 400 degrees.
- On a baking sheet toss the baby carrots with olive oil and season with salt and pepper.
- Roast your carrots 45 minutes or so until cooked. While the carrots are cooking also bake your potato in the oven.
- Once your carrots and potato have cooked assemble your salad.
- In a bowl combine the spinach, diced bell pepper, and leftover steak chopped.
- Toss the salad with your roasted chopped baby carrots and serve the sweet potato on the side.
- Use olive oil and vinegar to taste as your dressing.

Spinach Taco Salad for One

Ingredients

1 lb grass fed beef
1 tsp. olive oil
1 tsp. red pepper flake
1 tsp. Chili powder
1/2 tsp. Cumin
1 tsp. Paprika
Dash of sea salt
3-4 cups fresh baby spinach
1/4 cup shredded carrots
1/2 red bell pepper
2 tbs. sunflower seeds
Salsa



Makes
4
servings

CALORIES
455 calories
CARBS
21 grams
PRO
28 grams
FAT
30 grams

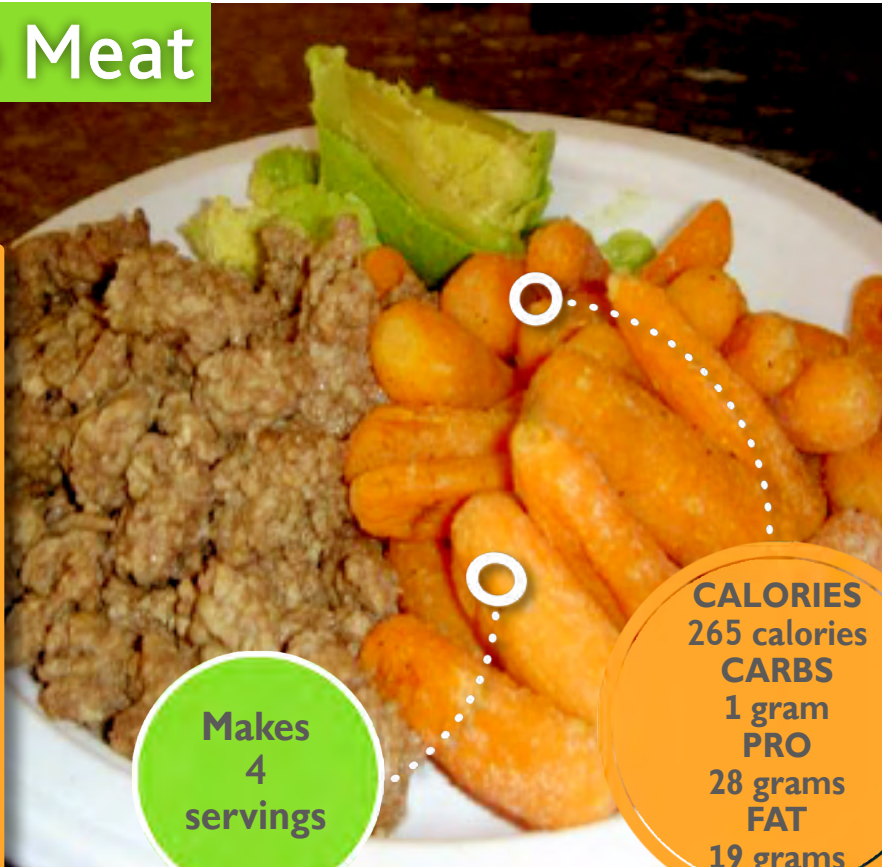
Directions

- In a skillet pan warm the olive oil over medium heat and begin to brown your meat.
- Cook your meat over medium low heat until mostly browned.
- Add in the red bell pepper diced and continue to sauté 2-3 minutes.
- Lastly add in your spices and sauté 1-2 minutes longer.
- Serve your meat and peppers over the spinach, carrots, and seeds.
- Top with salsa to taste.

Paleo Taco Meat

Ingredients

1 lb grass fed beef
1/2 tbs. olive oil
2 tsp. red pepper flake
2 tsp. Chili powder
1 tsp. Cumin
2 tsp. Paprika
Dash of sea salt



Makes
4
servings

CALORIES
265 calories
CARBS
1 gram
PRO
28 grams
FAT
19 grams

Directions

- In a skillet pan warm the olive oil over medium heat and begin to brown your meat.
- Cook your meat over medium low heat until mostly browned.
- Add in your seasonings and continue to sauté over low heat 3-4 minutes longer.



Seafood and Fish





Zucchini Ribbon Pasta and Shrimp

Ingredients

1 pint cherry tomatoes
2 tsp. olive oil
1 tsp. minced garlic
1/4 cup fresh basil
2 small zucchini
1 small summer squash
1/2 cup chicken broth
1 lb shrimp



Makes
4
servings

CALORIES
178 calories
CARBS
9 grams
PRO
25 grams
FAT
4.75 grams

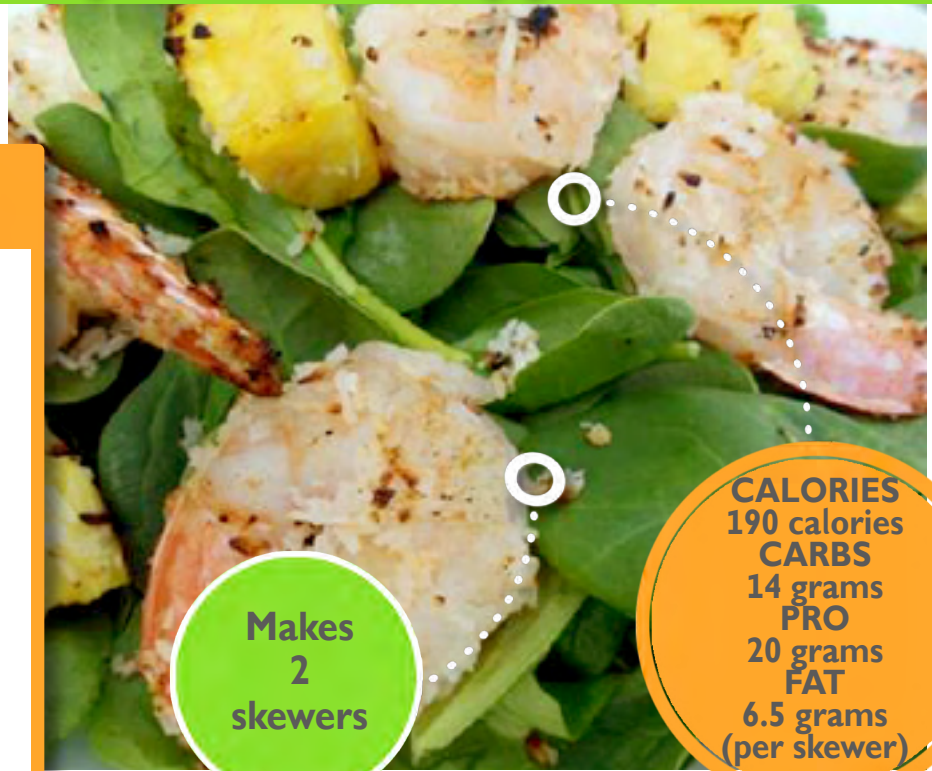
Directions

- Place olive oil, tomatoes, and minced garlic in a skillet at medium high heat until pan starts to sizzle, about 2 minutes
- Reduce the heat to low and let simmer for 30 minutes
- Add in fresh basil and use a potato masher to crush up the tomatoes in the pan
- Add in cooked shrimp to sauce just enough to warm the shrimp
- Slice the zucchini and summer squash with a mandolin if available or slice into thin strips to resemble fettuccine pasta
- Spray a skillet with olive oil spray and sauté zucchini and squash in the pan with black pepper for 2 minutes
- Add chicken broth to the squash and let simmer for 5 minutes
- Combine the sauce and squash in one pan and let simmer for a minute

Grilled Shrimp and Pineapple Skewers

Ingredients

3/4 lb Shrimp
3/4 cup finely shredded un-sweetened coconut
2 egg whites
16 pineapple chunks



Makes
2
skewers

CALORIES
190 calories
CARBS
14 grams
PRO
20 grams
FAT
6.5 grams
(per skewer)

Directions

- Begin by placing your egg whites and coconut in two separate plates.
- Dip the shrimp into the egg white and then into the coconut to lightly coat the shrimp.
- Place 4 shrimp onto a skewer alternating between shrimp and pineapple. This will make 4 skewers.
- Grill your skewers on a grill, being careful not to use too hot of a flame or the coconut will burn.
- Also watch the coconut as it gets brown, once it starts to brown it will burn shortly after. Cook until the shrimp is done and pink!
- Serve your skewers and salsa any way you like! I had mine on top of a baby spinach salad, but you could also serve them with a side of grilled vegetables if you like!

Apricot Scallop Stir Fry

Ingredients

3/4 lb scallops
1/2 cup all natural apricot preserves
1-2 tsp. coconut aminos
5 oz chopped mushrooms
10 oz bag of frozen or fresh snap peas (If you're strict Paleo swap this for broccoli)
tbs. fresh ginger, chopped
1/2 tsp. minced garlic
olive oil, 1 tbs.



Makes
3
servings

CALORIES
224 calories
CARBS
28 grams
PRO
23 grams
FAT
6 grams

Directions

- In a small bowl, mix together your coconut aminos and apricot preserves and let sit.
 - Meanwhile microwave or sauté your snap peas until fully cooked.
 - In a sauté pan, add around 1 tbs. olive oil and sauté your mushrooms.
 - When they are almost fully cooked add in your ginger and garlic.
 - Remove the mushrooms from the pan.
 - Add another tbs. or so of olive oil in the pan and cook your scallops. Cook on both sides about 5-6 minutes each side depending on how well done you like them.
 - When the scallops are done cooking combine the scallops, apricot sauce, mushrooms, and snap peas in your sauté pan and warm together over low heat 2-3 minutes!
- Note:** Snap peas are technically not Paleo because they are legumes. To make this dish 100% Paleo swap the snap peas for broccoli, spinach, kale, or any other green veggie.

Shrimp and Veggie Stir Fry Medley

Ingredients

1/2 lb fresh shrimp
1 egg
1/2 red bell pepper, diced
1 carrot, thinly sliced
1 cup sugar snap peas (If you're strict Paleo swap this for broccoli)
1/2 cup fresh pineapple, diced
1 inch fresh ginger, finely minced
1/8 tsp. minced garlic
2 tsp. olive oil
2 tsp. sesame oil
4 tsp. coconut aminos
1 tbs. Sesame seeds



Makes
2
servings

CALORIES
312 calories
CARBS
21 grams
PRO
28.5 grams
FAT
16 grams

Directions

- Warm a skillet over low heat with your olive oil.
- Scramble your egg in the pan and cook until done. Remove from the skillet.
- Next sauté the shrimp in the same skillet until cooked. Remove from the skillet.
- Lastly sauté the vegetables until cooked.
- Once your veggies have cooked add in your ginger and garlic (this will prevent it from burning).
- Next back in the shrimp, egg, and pineapple and let simmer over low heat.
- In a bowl combine your coconut aminos and sesame oil and then pour over your stir fry.
- Sauté a few minutes longer.
- Serve as is or over cauliflower rice and sprinkle with sesame seeds.

Spaghetti Squash and Shrimp Skewers

Ingredients

4 oz mushrooms, chopped
3-4 oz diced plum tomatoes
1/4 tsp. garlic
1/4 cup chopped basil
Small spaghetti squash
8 oz shrimp
Black pepper
Olive oil spray



Makes
2
servings

CALORIES
221 calories
CARBS
24.5 grams
PRO
28 grams
FAT
2 grams

Directions

- Preheat oven to 400 degrees.
- Pierce squash with a fork in several places.
- Place in oven for 20 minutes.
- Remove the squash from the oven and slice lengthwise.
- Scoop out the seeds and place the cut side down on a baking sheet.
- Bake for another 20-30 minutes longer.
- While the squash is baking, sauté the mushrooms in a pan sprayed with olive oil.
- Add in tomatoes, garlic, and black pepper and simmer.
- Add in the cooked spaghetti squash.
- Meanwhile, in a grill pan grill shrimp sprayed with olive oil and black pepper.
- Serve the grilled shrimp onto of the squash mixture.

Pineapple Shrimp Stir Fry Take Two



Ingredients

1/4 tsp. minced garlic
1/4 tsp. minced ginger
1 c. mushrooms
2 carrots
1 medium zucchini
1/2 red pepper
1/2 yellow pepper
3/4 lbs shrimp
1/2 cup pineapple
1 tbs. fresh pineapple juice
1/4 cup chicken broth



Makes
2
servings

CALORIES
274 calories
CARBS
23 grams
PRO
38.5 grams
FAT
3.5 grams

Directions

- Chop up all of the vegetables into small pieces
- Heat a skillet with olive oil spray and sauté the vegetables on medium high heat
- After the vegetables have been added, add in the garlic and ginger
- Cook the vegetables until tender, about 3 minutes
- Add in the cubed pineapple, chicken broth, and pineapple juice
- Add in fresh or pre cooked shrimp and cook until the shrimp turns pink

Tropical Grilled Shrimp

Ingredients

3/4 lb shrimp
1 cup of chopped grapefruit
1 cup of chopped pineapple
Half an avocado chopped
Teaspoon olive oil
Pepper
2 cups cooked spinach
Zest half of a lime, and juice
half of a lime



Makes
2
servings

CALORIES
350 calories
CARBS
28 grams
PRO
38 grams
FAT
11 grams

Directions

- Mix lime zest and juice with shrimp and let it sit for 10-15 minutes.
- Heat a skillet to medium high heat and add in olive oil.
- Cook the shrimp until it turns pink.
- Toss the shrimp with the pineapple, grapefruit, and avocado.
- Serve over spinach, cooked or raw, and squeeze extra lime juice on top.

Note: This recipe is also great on top of a salad with whatever veggies you like. Use extra lime or lemon juice for dressing.

Grilled and Chopped Shrimp Summer Salad



Ingredients

1/2 lb shrimp
1 avocado
2 heads Romaine Lettuce
1 large zucchini
1 cup of frozen corn
2 plum tomatoes roasted in the oven
1 lemon



Makes
4
servings

CALORIES
222 calories
CARBS
25.25 grams
PRO
18.25 grams
FAT
7.75 grams

Directions

- Slice the tomatoes and sprinkle with pepper, and spray with olive oil.
- Roast in an oven at 400 degrees for 40 minutes, before you prep your salad.
- You can also grill them later if you don't have the time or want to skip the extra step.
- Place your shrimp on skewers, spray with olive oil, sprinkle with pepper and squeeze half of the lime juice over the shrimp.
- Grill your shrimp until done.
- While the shrimp is grilling place your two heads of romaine on the grill and grill on both sides, turning once.
- Also add the zucchini sliced lengthwise into strips on the grill, this is where you could also grill your tomatoes, if desired.
- While everything is grilling defrost your corn.
- Once the zucchini and romaine have grill marks, chop them and add them to your salad bowl, along with the roasted tomatoes and corn.
- Place the shrimp on top of your salad and drizzle with lemon juice.

Cedar Plank Salmon

Ingredients

1 cedar plank
1 lb of wild salmon fillets
2 tbsp of extra virgin olive oil
1 tbsp of dill
1 tbsp basil
Juice from
1/2 lemon
black pepper to taste
dash of paprika



Makes
2
servings

CALORIES
378 calories
CARBS
0 grams
PRO
45 grams
FAT
22 grams

Directions

- Pre-heat oven to 425 F.
- Soak cedar plank in water as indicated on package.
- Add salmon to cedar plank and brush on olive oil, black pepper, dill, paprika, and basil.
- Flip salmon and brush on another tbsp of olive oil.
- With spiced side down, place the cedar plank with salmon on top in the pre-heated oven.
- Bake for 15-20 mins depending on how thick salmon is.
- Once salmon is cooked through and flakes when you break it apart, it's done.
- Create a tin foil tent over plank and salmon for 5 mins to allow it to cool down.
- Enjoy!

Sun Dried Tomato Tuna Salad



Ingredients

can of tuna packed in water
(drain and rinse with water)
4 sun dried tomatoes (or 2
tbsp)
1 tbsp of extra virgin olive oil
1/2 tsp of parsley
1 clove of garlic
salt and pepper to taste



Makes
1
serving

CALORIES
295 calories
CARBS
0 grams
PRO
36 grams
FAT
17 grams

Directions

- In a blender, add sun dried tomatoes, olive oil, parsley, garlic, salt and pepper. Blend.
- Drain and rinse tuna.
- Add tuna to a bowl and top with the sun dried tomato mixture.
- If you prefer it hot, you can heat it up or just eat it cold.

Tilapia Pizza



Ingredients

2 fillets of tilapia
2 tbsp of salsa
2 tbsp of cheese
Any type of veggies: mushrooms, orange peppers, broccoli, onion, etc.
Dash of oregano



Makes
1
serving

CALORIES
299 calories
CARBS
0 grams
PRO
52 grams
FAT
10 grams

Directions

- Pre-heat oven to 375F.
- Add tin foil to a baking sheet and grease with coconut oil (or non-stick spray).
- Add tilapia to sheet and top with salsa, cheese, veggies, and oregano.
- Bake for 15-20 mins.
- Enjoy!

Tuna Cabbage Salad

Ingredients

Shredded Cabbage (as much as you want)
2 cans of white tuna (drained)
2 tbsp of sesame oil



Makes
2
servings

CALORIES
264 calories
CARBS
0 grams
PRO
40 grams
FAT
12 grams

Directions

- Add shredded cabbage to a big mixing bowl.
- Add 2 cans of drained white tuna to the mixing bowl.
- Top with 2 tbsp of sesame oil and mix.
- Enjoy!

Shrimp Marinara

Ingredients

- 1 cup pre-cooked shrimp
- 1/4 cup marinara sauce
- 1/2 lemon
- 1 tbsp olive oil
- 1 tbsp of basil

Makes
1
serving

CALORIES
370 calories
CARBS
5 grams
PRO
46 grams
FAT
18 grams

Directions

- Defrost pre-cooked shrimp and remove tails. Rinse under cool water.
- Add shrimp to a bowl, top with marinara sauce, olive oil, lemon juice, and basil.
- You can eat cold or heat it up if you like.
- Enjoy.



Sides





Strawberry Watermelon and Peach Salsa



Ingredients

6 strawberries
1 peach
3/4 cup watermelon



Makes
8
servings

CALORIES
15 calories
CARBS
3.75 grams
PRO
3 grams
FAT
0 grams

Directions

- Pre-heat oven to 375F.
- Add tin foil to a baking sheet and grease with coconut oil (or non-stick spray).
- Add tilapia to sheet and top with salsa, cheese, veggies, and oregano.
- Bake for 15-20 mins.
- Enjoy!

Coconut Brussels Sprouts Slaw



Ingredients

Bag of shaved Brussels sprouts (around 4 cups)
Bag of shredded carrots
1/2 cup Apple juice sweetened dried cranberries (no added sugar)
2 tbs. coconut oil
1/4 cup coconut aminos



Makes
6
servings

CALORIES
118 calories
CARBS
26 grams
PRO
2.5 grams
FAT
4.5 grams

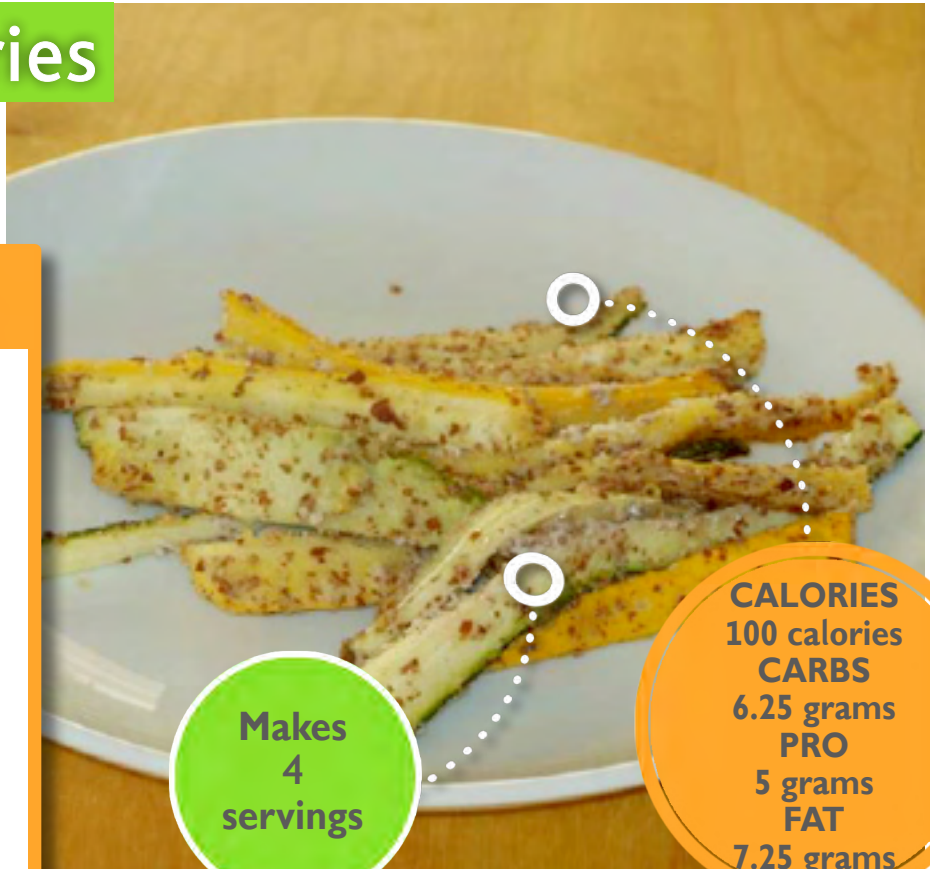
Directions

- Preheat a skillet with 2 tbs. coconut oil.
- Once the oil has melted, add in the carrots and Brussels sprouts and sauté 3-4 minutes.
- Add in the dried cranberries and coconut aminos and sauté 1-2 minutes longer.

Zucchini Fries

Ingredients

2 medium Zucchini or Summer Squash
1/2 cup almond meal
1 egg white
Olive oil spray



Makes
4
servings

CALORIES
100 calories
CARBS
6.25 grams
PRO
5 grams
FAT
7.25 grams

Directions

- Preheat your oven to 400 degrees.
- Slice your zucchini lengthwise into thin strips.
- Dip your slices into 1 egg white to coat and then immediately into the 1/2 cup of almond meal.
- Lightly coat the “fries” with almond meal.
- Spread onto a baking sheet sprayed with olive oil spray, careful not to overlap your fries.
- Spray the tops of your fries with olive oil spray.
- Bake for about 30 minutes until the zucchini is fully cooked.

Creamy Spinach



Ingredients

3 cups organic frozen spinach
2/3 cup light canned coconut
milk
1/2 6 oz can tomato paste
2 tbs. pine nuts



Makes
4
servings

CALORIES
111 calories
CARBS
10 grams
PRO
4 grams
FAT
5 grams

Directions

- Spray a skillet with olive oil and sauté your spinach until it begins to defrost over medium to high heat.
- Turn your heat down to low medium and add in the coconut milk and tomato paste.
- Cook everything together stirring occasionally 2-3 minutes longer.
- Top with your pine nuts and enjoy!

Dreaming of Hawaii Sweet Potatoes

Ingredients

2 medium sweet potatoes
(precooked)
1 red bell pepper
1 cup pineapple chunks
2 tsp. coconut oil
1 tsp. cinnamon
Salt & pepper



Makes
4
servings

CALORIES
130 calories
CARBS
26 grams
PRO
2.25 grams
FAT
2.5 grams

Directions

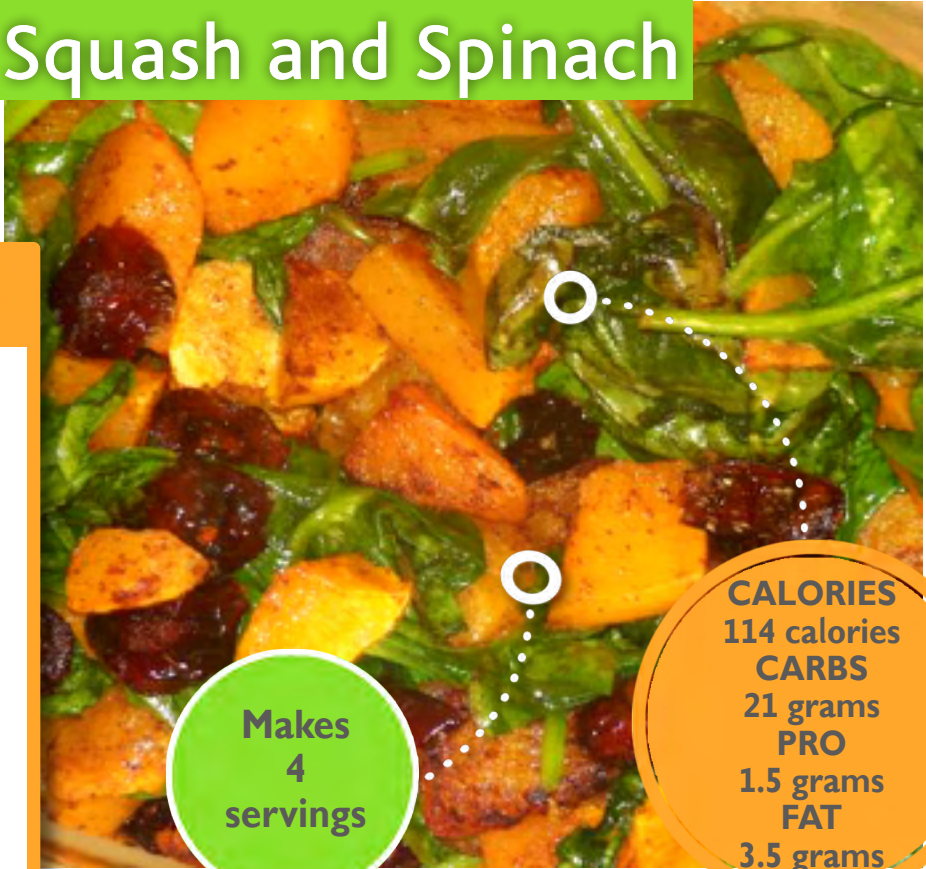
- Start by heating your 2 tsp. of coconut oil in a sauté pan.
- Slice your bell pepper vertically into strips and dice your pineapple and sweet potato into small cubes.
- When the oil starts to sizzle a bit add in the bell pepper and cook 2-3 minutes.
- Next add in your pineapple and continue to cook 1 minute more.
- Lastly add in your sweet potato and sauté 2-3 minutes longer adding in the cinnamon and seasoning with salt and pepper to your liking.

Cinnamon Squash and Spinach



Ingredients

Butternut Squash, 2 cups
chopped
2.5 oz baby spinach
1/2 tbs. cinnamon
1 tbs. coconut oil
1/3 cup dried apple juice
sweetened cranberries



Makes
4
servings

CALORIES
114 calories
CARBS
21 grams
PRO
1.5 grams
FAT
3.5 grams

Directions

- Preheat your oven to 350 degrees.
- Chop your squash into small cubes and bake for 45 minutes until done.
- In a skillet over medium high heat, warm your coconut oil and add in your cooked squash.
- Sprinkle the cinnamon over the squash and stir.
- Add in your spinach and cover until wilted.
- Continue to mix adding in your cranberries.

Sweet Potato Fries

Ingredients

2 sweet potatoes
Olive oil spray
Sea salt and pepper to taste



Makes
4
servings

CALORIES
81 calories
CARBS
18.5 grams
PRO
1.8 grams
FAT
0 grams

Directions

- Preheat your oven to 400 degrees.
- Meanwhile slice your potatoes into thin strips and soak in a bowl of water about 30 minutes. This removes some the starch and results in crispier fries.
- Remove your potatoes from the water and pat dry removing all the excess water.
- Put your fries on a greased baking sheet and sprinkle with sea salt and pepper.
- Bake 40-45 minutes until crispy.

Spicy Kale Chips



Ingredients

4 cups chopped kale
2 tsp. olive oil
Red pepper flakes
2 tsp. chili powder
Sea Salt



Makes
2
servings

CALORIES
115 calories
CARBS
15 grams
PRO
4.75 grams
FAT
6 grams

Directions

- Preheat your oven to 400 degrees.
- In a large bowl toss your kale with the olive oil, chili powder, and red pepper flakes to your liking.
- On a greased baking sheet spread out your kale in one even layer, be sure not to overlap pieces.
- Sprinkle with sea salt.
- Bake at 400 degrees for 10-15 minutes until crispy

Quick and Easy Roasted Carrots



Ingredients

8 large carrot sticks

1 tbs. olive oil

Sea salt and pepper



Makes
4
servings

CALORIES
90 calories
CARBS
14 grams
PRO
1 grams
FAT
5 grams

Directions

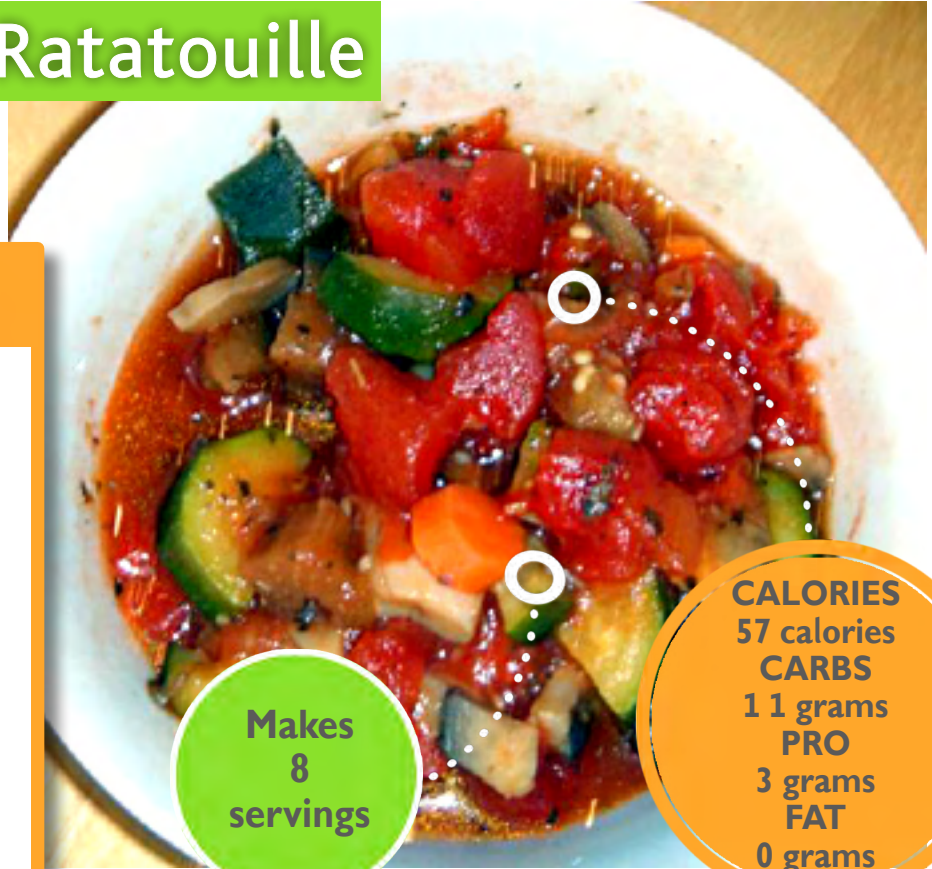
- Peel, wash, and slice your carrots into carrot sticks.
- Preheat your oven to 350 degrees.
- Place the carrots on a baking sheet, drizzle with the olive oil, salt, and pepper, and toss to coat.
- Bake 45 minutes to an hour until tender.

Vegetable Ratatouille



Ingredients

1 small eggplant
23 small zucchini
12 oz mushrooms
1 carrot
2 14.5 oz cans diced tomatoes
Fresh basil
3 tsp. oregano



Makes
8
servings

CALORIES
57 calories
CARBS
11 grams
PRO
3 grams
FAT
0 grams

Directions

- Spray a saucepan with olive oil spray and bring to medium high heat
- Chop up all of the vegetables and sauté in the pan about 5 minutes
- Once the vegetables are cooked add in the diced tomatoes and seasoning and let cook at low heat for 10 minutes longer.

Rosemary Carrots and Green Beans

Ingredients

Fresh carrots (1 bag of organic baby carrots or 6 large organic carrots)
2 cups fresh green beans
(*keep in mind these are technically not Paleo, swap for broccoli if you are strict Paleo)
2 tsp. fresh rosemary
1 tbs. olive oil



Makes
4
servings

CALORIES
92 calories
CARBS
14 grams
PRO
2 grams
FAT
4 grams

Directions

- Preheat oven to 400 degrees.
- Toss the chopped and peeled carrots and green beans with the rosemary and olive oil.
- Bake for 45 minutes to an hour until cooked to your liking.

Tropical Brussels Sprouts



Ingredients

4 cups raw Brussels Sprouts
1 tbs. Coconut oil
2 tbs. Orange Zest



Makes
4
servings

CALORIES
70 calories
CARBS
8.5 grams
PRO
3 grams
FAT
4 grams

Directions

- Preheat your oven to 400 degrees.
- Combine your Brussels sprouts, coconut oil and orange zest tossing to coat.
- Spread them in an even layer on a baking sheet.
- Cook 35-40 minutes. You can remove them from the oven halfway and toss them.
- Make a batch and store these to have on hand for the week.

Butternut Squash and Olive Oil Spinach

Ingredients

12 oz fresh spinach
1 tbs. olive oil
Sea salt and pepper
2 cups chopped and peeled
butternut squash
1 tbs. coconut oil
2 tsp. cinnamon



Makes
4
servings

CALORIES
115 calories
CARBS
12 grams
PRO
3 grams
FAT
7.5 grams

Directions

Note: My two favorite sides that take minutes to prep.

- Preheat your oven to 350 degrees.
- Toss the butternut squash with the melted coconut oil and cinnamon.
- Place on a baking sheet and bake 40-45 minutes until cooked.
- Meanwhile, in a skillet pan sauté the spinach, olive oil, sea salt and pepper to tasted until hot. Keep warm over low heat until the squash is cooked.

Portobello Mushroom Bun



Ingredients

8 large Portobello mushrooms
1 tbs. olive oil
Sea salt and pepper



Makes
4
servings

CALORIES
74 calories
CARBS
8.5 grams
PRO
4 grams
FAT
4 grams

Directions

Note: For Nutrition Information (1 bun = two mushroom tops)

- Preheat the oven to 400 degrees.
- Clean and dry your mushroom tops, removing the stems and scraping out the gills.
- Brush the tops with olive oil and season with salt and pepper.
- Bake for 15-20 minutes and use as a bun for turkey burgers or burgers.

Cauliflower Rice

Ingredients

1 medium head cauliflower



Makes
4
servings

CALORIES
36 calories
CARBS
7.5 grams
PRO
3 grams
FAT
0 grams

Directions

- Slice and chop your cauliflower into small florets.
- In a food processor pulse small pieces of cauliflower to “rice” it. You can also use your shredder attachment on the food processor.
- Use your riced cauliflower as a replacement for rice in everything from stir-fry to risotto.

Perfect Roasted Vegetables



Ingredients

1 medium zucchini
1 medium summer squash
1 cup fresh cherry tomatoes
1 red bell pepper
1 orange bell pepper
1 cup fresh sliced mushrooms
2 tbs. olive oil
Fresh basil
Salt and Pepper



Makes
8
servings

CALORIES
50 calories
CARBS
4 grams
PRO
1 gram
FAT
4 grams

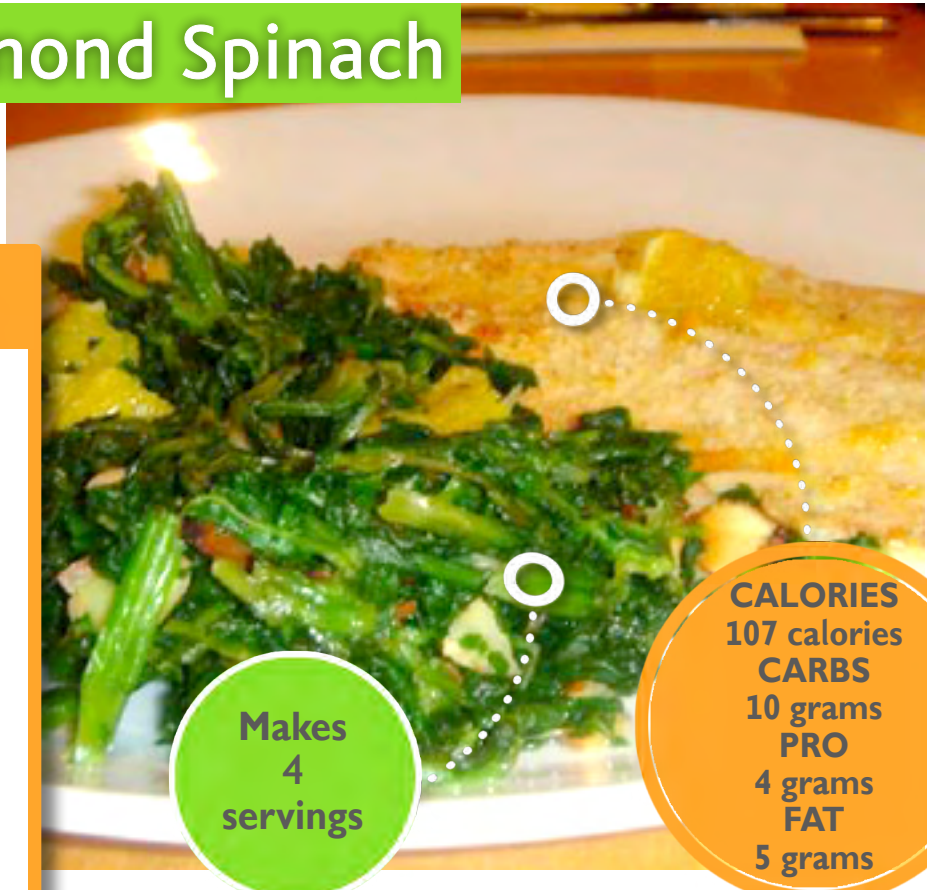
Directions

- Preheat your oven to 400 degrees.
- Slice all of your vegetables into small pieces.
- Toss the vegetable with the olive oil, fresh basil, and sprinkle with salt and pepper.
- Bake for 45 minutes or until cooked to your liking.

Orange Almond Spinach

Ingredients

2 bag frozen spinach, defrosted (18 oz total)
2 oranges
1/4 cup slivered almonds
1/2 tbs. coconut oil



Makes
4
servings

CALORIES
107 calories
CARBS
10 grams
PRO
4 grams
FAT
5 grams

Directions

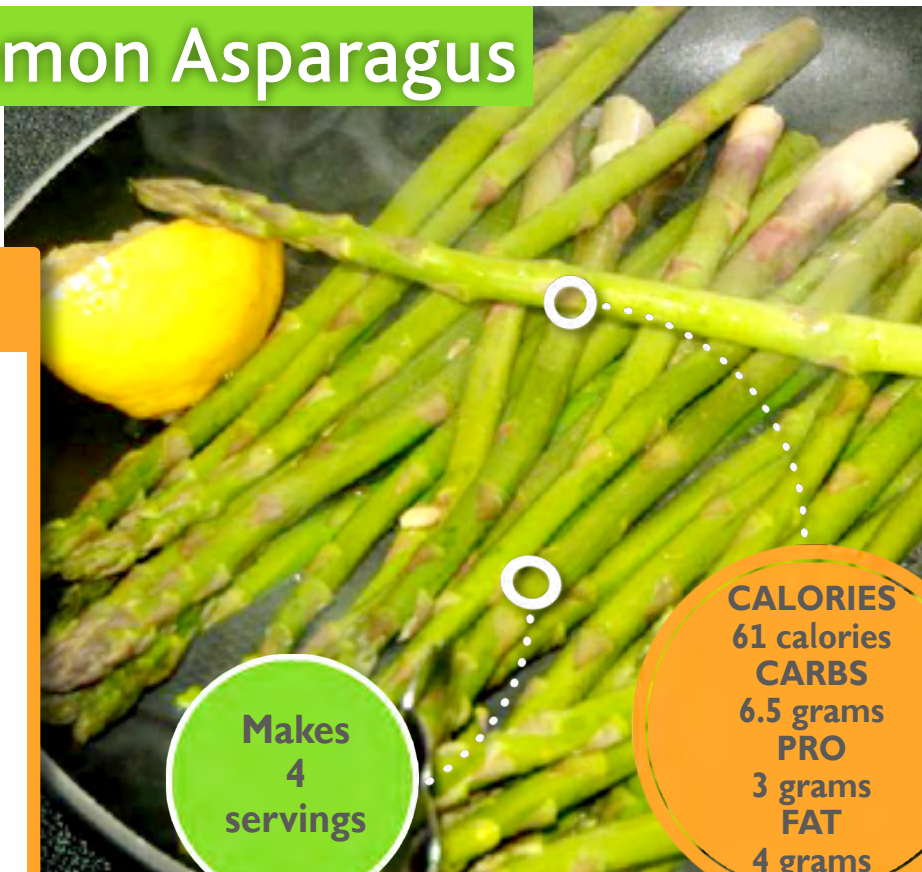
- In a saucepan over medium to low heat, warm your pan with coconut oil.
- Add your spinach to the skillet along with 1/2 the orange diced into small pieces, let cook 1-2 minutes over low heat.
- Squeeze the juice of half of your remaining orange into the pan and sprinkle with slivered almonds.
- Toss the spinach and continue to cook until warm.

Sautéed Lemon Asparagus



Ingredients

1 bunch of fresh asparagus
(around 28 spears)
1 lemon
1 tbs. olive oil
Fresh ground pepper



Makes
4
servings

CALORIES
61 calories
CARBS
6.5 grams
PRO
3 grams
FAT
4 grams

Directions

- Preheat a skillet with your olive oil over medium heat.
- When the oil starts to warm add in the asparagus and turn the heat to low cooking around 2 minutes.
- Toss the asparagus and continue to sauté 1-2 minutes longer.
- Slice your lemon in halfway and squeeze the juice from the lemon into your pan. Put the remaining lemon in the pan.
- Cover your pan and continue to cook 2-3 minutes longer until tender.
- Season with pepper to taste and serve.

Chunky Tomato Basil Soup

Ingredients

4 lbs quartered tomatoes
1 Tbs. olive oil
1 Tbs. Balsamic vinegar
1/4 tsp. minced garlic
Black pepper
2 tsp. olive oil
3 carrots
1 small zucchini
1/4 cup basil



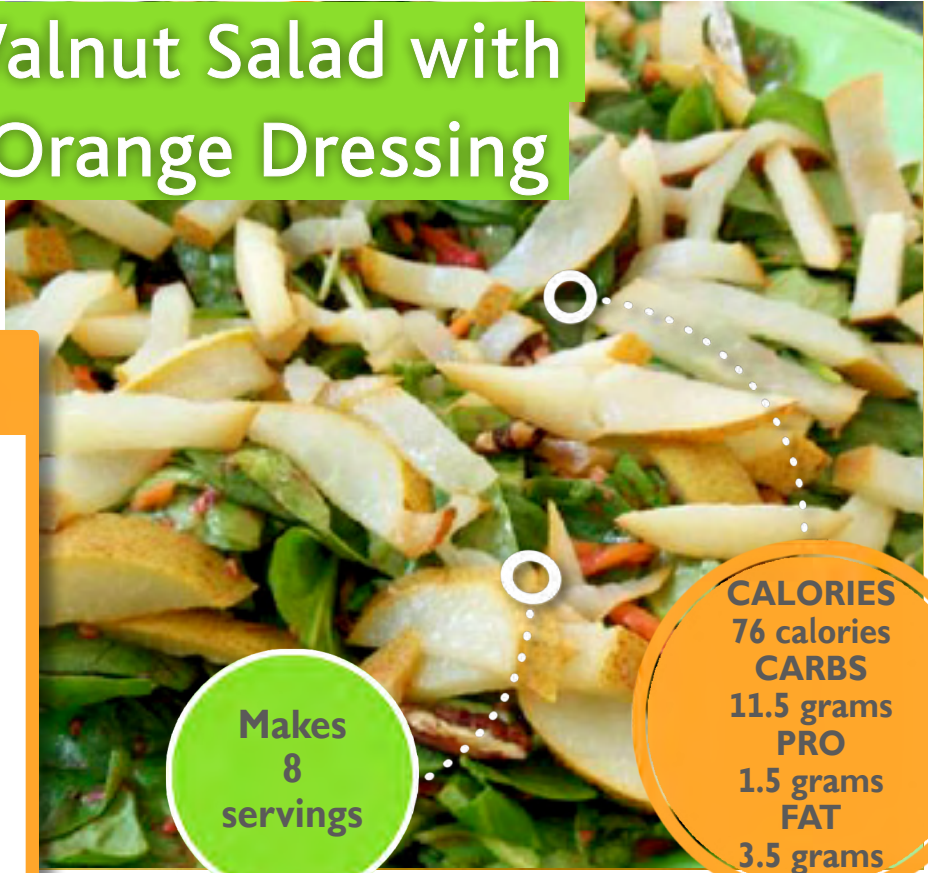
Makes
8
servings

CALORIES
82 calories
CARBS
13 grams
PRO
3 grams
FAT
3.5 grams

Directions

- Preheat oven to 500 degrees.
- On a baking sheet place quartered tomatoes covered with olive oil, balsamic vinegar, pepper, and garlic.
- Bake tomatoes for 35 minutes.
- Once the tomatoes have cooked puree them in a blender or food processor.
- In a saucepan on medium high heat sauté 2 teaspoons of olive oil, finely chopped carrots, and zucchini until soft.
- Add in the pureed tomatoes and fresh basil.
- Let the soup simmer for 10 minutes before serving.
- If the broth is too thick you can add in water or chicken broth.

Pear and Walnut Salad with Raspberry Orange Dressing



Ingredients

Box of baby spinach
1 cup shredded carrots
1/4 cup toasted walnuts
2 ripe pears
1/2 pint raspberries
2 tbs. orange juice
2 tsp. olive oil

Makes
8
servings

CALORIES
76 calories
CARBS
11.5 grams
PRO
1.5 grams
FAT
3.5 grams

Directions

- Begin by toasting your walnuts and poaching the pears.
- Slice the pears into thin strips and place into a pan with water. Bring the water to a boil on medium to low heat. When the water starts to boil set a timer for 5 minutes and let the pears poach at a low heat.
- While the pears are cooking you can assemble the dressing. In a food processor puree the olive oil, raspberries, and orange juice. Adjust the amount of orange juice based on whether you want your dressing thicker or thinner.
- After five minutes remove the pears from the heat and make the salad.
- In a bowl, combine the spinach, carrots, walnuts and pears, and toss with the dressing.

Cinnamon and Lemon Flavored Sweet Potatoes

Ingredients

3 sweet potatoes
1 1/2 cups of apple juice
1 tsp ground cinnamon
1 tsp ground nutmeg
1 tsp lemon zest
1/2 tsp sea salt
3 tbsp olive oil
Juice of 1/2 lemon
Cooking spray

Makes
6
servings

CALORIES
260 calories
CARBS
48 grams
PRO
2 grams
FAT
6 grams

Directions

- Pre-heat oven to 375F.
- Add sweet potatoes to a saucepan and cover with water.
- Cover the pot and bring the water to a boil.
- Once the water is boiling, reduce the heat to low and let it simmer until the potatoes are just tender (you don't want to overcook as you are going to be baking these in the oven).
- While the potatoes are boiling, add apple juice, nutmeg, cinnamon, lemon zest and salt to a saucepan.
- Simmer over low heat for a few minutes.
- Stir in the lemon juice and olive oil to the saucepan.
- Once sweet potatoes are tender, drain off the water and let the sweet potatoes cool down.
- Spray a large baking sheet with cooking spray.
- Cut sweet potatoes into bite size cubes and place them on the baking sheet (don't pile cubes on top of each other).
- Pour liquid over the sweet potatoes and place the baking sheet in the oven.
- Bake for 20 minutes.

Baked Zucchini Fries



Ingredients

2 medium sized zucchinis
sliced into fries
1 tbsp of cumin
1 tbsp of oregano



Makes
2
servings

CALORIE-FREE
FOOD

Directions

- Pre-heat oven to 500F.
- Slice and add to a baking sheet.
- Mix spices and sprinkle on top of zucchini.
- Bake for 15-18 mins.

Rosemary Basil Green Beans

Ingredients

1-2 cups of green beans
1/2 cup of diced celery
1/3 cup of diced onion
1/2 tsp of rosemary
1/2 tsp of basil
sea salt & pepper to taste



Makes
2
servings

CALORIE-FREE
FOOD

Directions

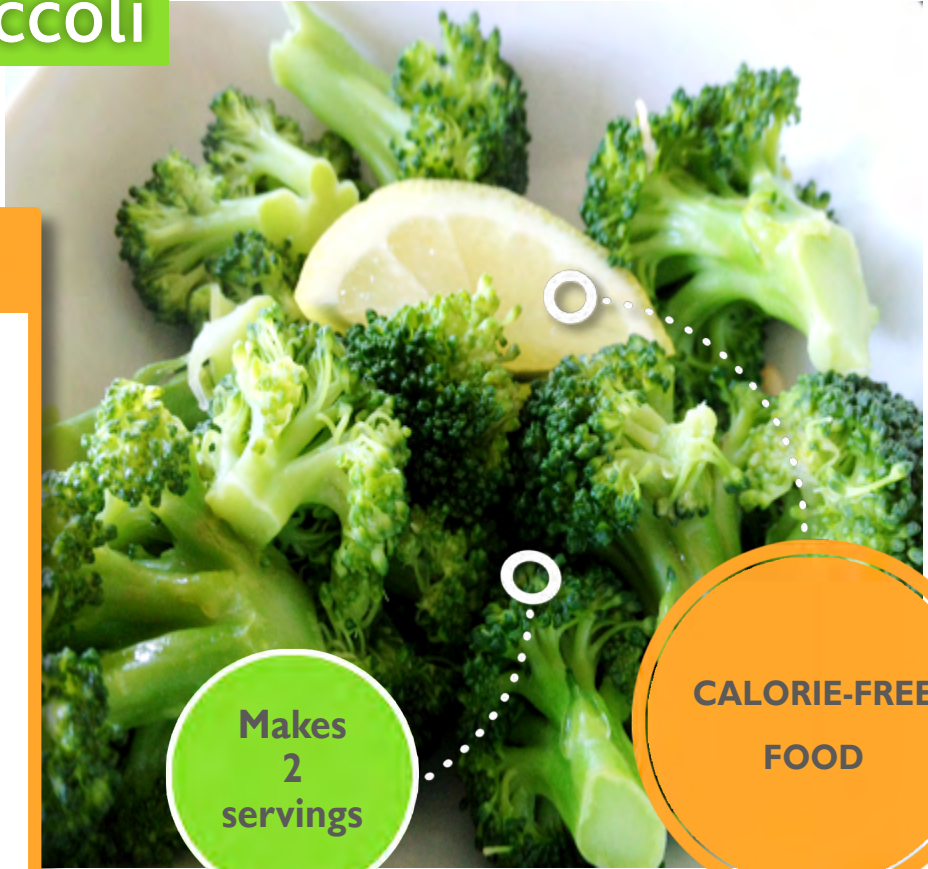
- Place all the veggies in a steamer.
- Remove from steam after cooked, and top with spices.

Lemon Broccoli



Ingredients

1 cup of broccoli
Juice of 1/2 lemon
Pepper to taste



Makes
2
servings

CALORIE-FREE
FOOD

Directions

- Steam broccoli.
- Top with lemon juice and pepper.

Sweet Potato Hash Browns

Ingredients

1 cubed sweet potato
1/3 cup of diced onion
1/3 cup of diced red pepper
2 tsp of olive oil
pepper
1 tbsp water



Makes
1
servings

CALORIES
296 calories
CARBS
51 grams
PRO
3 grams
FAT
9 grams

Directions

- Add olive oil to a pan and heat over medium to low heat.
- Add onions and sauté for 2 mins.
- Add red pepper and sweet potatoes. Cover with a lid and cook for 8 mins or until sweet potatoes are soft. Be sure to stir the mixture every few minutes.
- Add pepper.
- Enjoy!

Vegetable Crepes



Ingredients

1/4 cup almond flour
1 egg
2-3 tbs. unsweetened almond
or coconut milk



Makes
1
serving

CALORIES
242 calories
CARBS
7 grams
PRO
12.5 grams
FAT
19.5 grams

Directions

- In a mixing bowl combine the almond flour, egg, and enough milk of choice to thin your batter.
- Preheat a nonstick skillet sprayed well with olive oil spray.
- Once warm, pour the batter in your skillet and cook over medium to low heat until sides start to brown.
- Flip the crepe over and cook on the other side until done.
- Fill with your choice of sautéed or roasted vegetables.

Stuffed Baked Sweet Potatoes

Ingredients

- 4 sweet potatoes
- 1 medium zucchini
- 1 cup fresh broccoli
- 1/2 red bell pepper
- 1 medium carrot
- 1 tbs. coconut oil



Makes
8
servings

CALORIES
109 calories
CARBS
21 grams
PRO
3 grams
FAT
2 grams

Directions

- Bake your sweet potatoes either in an oven at 400 for 45 minutes to an hour or in the microwave 8-10 minutes.
- Meanwhile, dice the vegetables into small pieces and sauté in a skillet over medium heat until cooked.
- Once the sweet potatoes have cooked, slice them in half and scoop out the potato.
- Mash the potato with the tbs. of coconut oil and then fold in the sautéed vegetables.
- Scoop your vegetable potato mixture into the potato skins and place back in the oven 4-5 minutes to set.

Pumpkin Risotto

Ingredients

4 cups riced cauliflower
1 cup pumpkin
1 cup light (canned) coconut milk
1 cup cooked spinach
1/2 tsp. nutmeg
1/2 tsp. allspice
1/2 tsp. sage
1 tbs. coconut oil



Makes
4
servings

CALORIES
160 calories
CARBS
18 grams
PRO
6.5 grams
FAT
8 grams

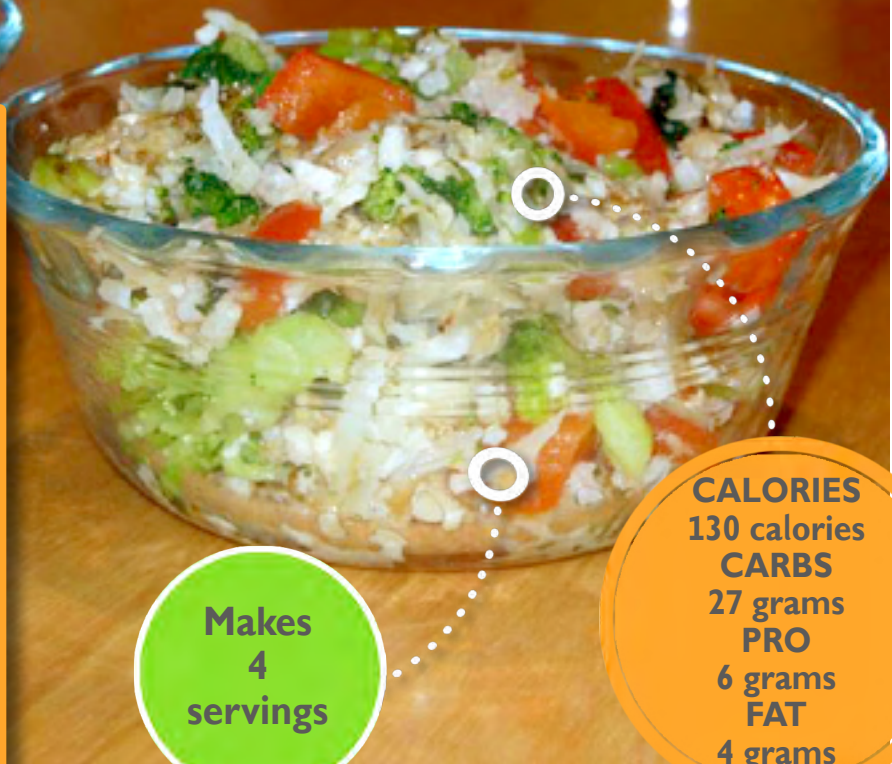
Directions

- In a skillet heat up 1 tbs. coconut oil.
- Warm your cauliflower rice and spinach over medium high heat for 2-3 minutes.
- Next add in your pumpkin and coconut milk and combine with the vegetables and continue to cook 2-3 minutes more.
- Lastly add in your spices and continue to warm 2-3 minutes more.

Paleo Stir Fry Complete with Rice

Ingredients

- 4 cups cauliflower "rice"
- 1 red bell pepper, diced
- 2 cups cooked broccoli
- 1 tbs. coconut oil
- 1 tbs. arrowroot starch
- 2 tbs. coconut aminos



Makes
4
servings

CALORIES
130 calories
CARBS
27 grams
PRO
6 grams
FAT
4 grams

Directions

- In a skillet sauté your coconut oil, "rice" and bell pepper 2-3 minutes.
- Add in your cooked broccoli and continue to sauté 2 minutes longer.
- In a bowl mix your arrowroot starch and coconut aminos and pour it into your stir fry immediately.
- Continue to sauté 2 minutes longer. Top with your protein of choice for a complete meal!

Eggplant Parmesan Stacks

Ingredients

1 small eggplant
1/4 cup almond meal
1/4 cup fresh basil
1 egg
1/2 tbs. olive oil
Crushed tomatoes (fresh or
canned)



Makes
4
eggplant
stacks

CALORIES
132.5 calories
CARBS
15 grams
PRO
6 grams
FAT
7 grams

Directions

- Slice your eggplant into rounds.
- In a small saucepan warm your crushed tomatoes over medium to low heat.
- Prepare two separate plates, one with a whisked egg and the other with the almond meal and 1/4 cup chopped fresh basil.
- Preheat your skillet over medium heat with the 1/2 tbs. olive oil.
- Dip your eggplant rounds into the egg mixture, and then the almond meal and place on your skillet.
- Cook thoroughly on each side flipping once until the eggplant is tender.
- Serve in stacks with the crushed tomatoes in between each layer.

Gluten Free Zucchini Noodles and Sauce

Ingredients

2 large zucchini
2 large summer squash
2-12 oz cans of crushed tomatoes
1 small can tomato paste
1 container sliced mushrooms
Fresh basil
Oregano
Parsley



Makes
4
servings

CALORIES
192 calories
CARBS
40 grams
PRO
13 grams
FAT
1 gram

Directions

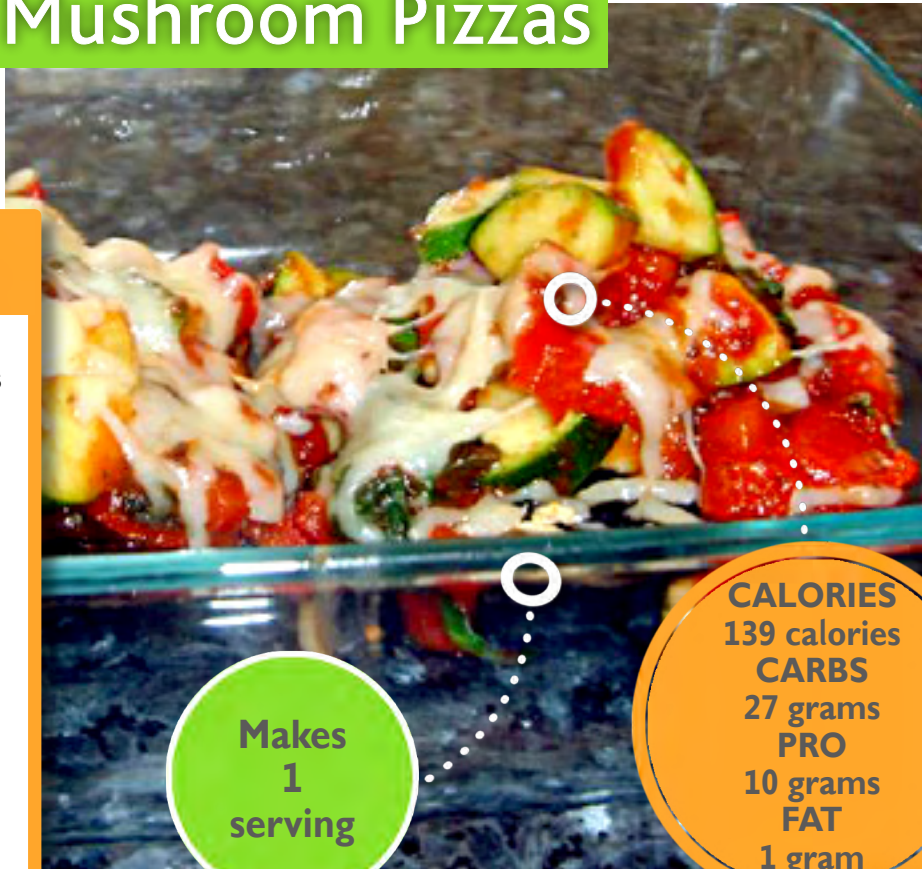
- Start by slicing your zucchini and summer squash lengthwise into small strips resembling “noodles”
- In a large saucepan spritzed with olive oil at your zucchini, summer squash and mushrooms and sauté for about 5 minutes until tender at medium to high heat
- Turn your heat down to low and add in the crushed tomatoes and tomato paste. Let it sit and stir occasionally about 5 minutes
- Lastly add in fresh chopped basil, oregano, and parsley to taste, let sit for a few more minutes and enjoy!

Tip: This is great topped with some lean ground beef

Portobello Mushroom Pizzas

Ingredients

2 large Portobello mushrooms
Cup of baby spinach
1/2 cup zucchini
1/2 cup chopped red pepper
1/2 cup chopped crushed tomatoes
Basil
1 oz almond cheese if you aren't strict Paleo



Makes
1
serving

CALORIES
139 calories
CARBS
27 grams
PRO
10 grams
FAT
1 gram

Directions

- Preheat oven to 400 degrees.
- Place the mushrooms on a baking sheet and bake for 15 minutes or so.
- Meanwhile in a skillet sprayed with olive oil, sauté the spinach, red pepper, and zucchini.
- Add the crushed tomatoes to the vegetables as well as basil to taste.
- When the mushrooms are done scoop the vegetable mixture into the mushroom caps and top with the cheese if desired.
- Place back into the oven for 1-2 minutes until the cheese is melted.

Strawberry and Watermelon Kale Salad



Ingredients

4 cups chopped and rinsed Kale
1 cup diced watermelon
1 cup shredded carrots
10 medium strawberries, chopped
1/4 cup dried apple juice sweetened cherries (no sugar)
1 lime
1 tbs. coconut oil



Makes
8
servings

CALORIES
60 calories
CARBS
10.5 grams
PRO
1.5 grams
FAT
2 grams

Directions

- In a large bowl combine your chopped kale, diced watermelon, shredded carrots, sliced strawberries, and dried cherries.
- Once mixed, use a zest to zest about 1/4 of the lime peel into the salad.
- Lastly slice your lime in half and squeeze one half over the salad.
- Drizzle with a tbs. of coconut oil and toss the salad!

Grapefruit Honey Salad

Ingredients

1 bag or box fresh baby spinach
1 large grapefruit
1 avocado
1 lime
1 tbs. honey



Makes
4
servings

CALORIES
113 calories
CARBS
16.5 grams
PRO
2.25 grams
FAT
5.25 grams

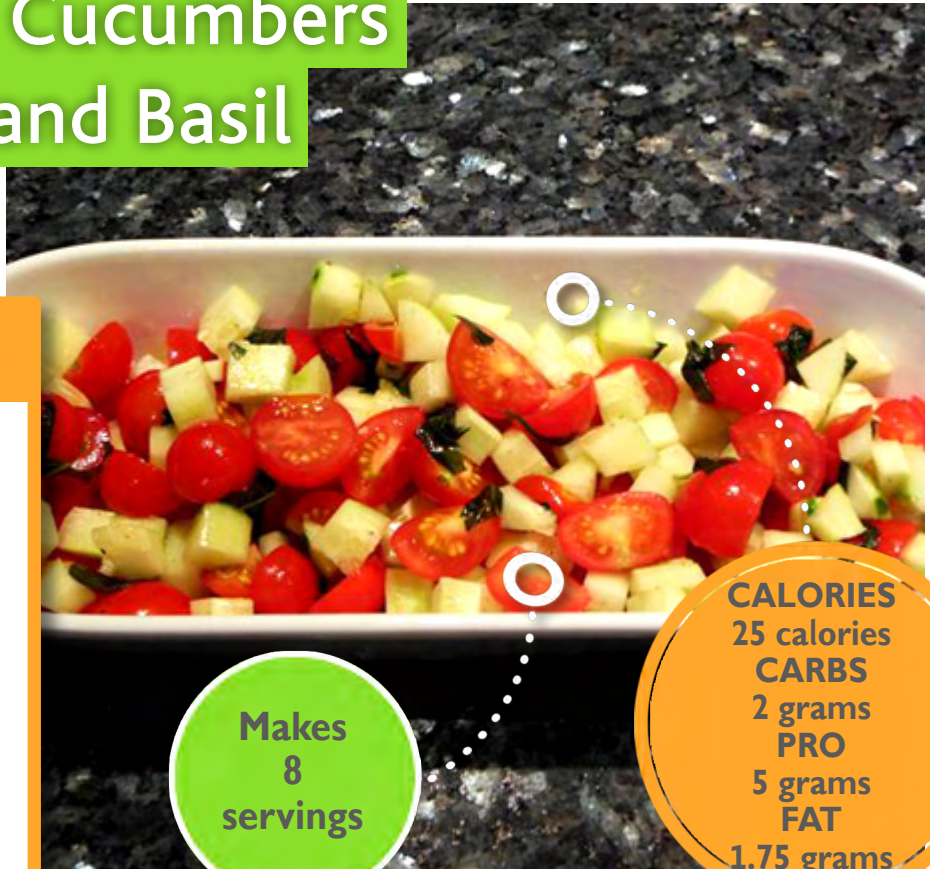
Directions

- In a large bowl add in your baby spinach.
- Peel and dice your grapefruit into small pieces and mix into the spinach.
- Dice your avocado and add in.
- Toss your salad with the juice from the lime and a drizzle of honey.
- Think of summer and enjoy!

Salad with Cucumbers Tomatoes and Basil

Ingredients

1 Cucumber
Cherry tomatoes, 2 cups
Fresh Basil
1 tbs. Olive oil
Red Wine Vinegar
Pepper



Makes
8
servings

CALORIES
25 calories
CARBS
2 grams
PRO
5 grams
FAT
1.75 grams

Directions

- Chop the cucumber and dice the cherry tomatoes in half and toss in a bowl.
- Once mixed add in fresh chopped basil.
- Sprinkle with a pinch of salt and pepper to your liking and a drizzle of olive oil and red wine vinegar (around 1/2 tbs. each).

Tip: this salad is great with a little chopped red onion too, I just didn't have any on hand

Roasted Kabocha Squash



Ingredients

- 1 medium kabocha squash
(makes about 4 cups)
- 1 tbs. coconut oil
- 1 tbs. cinnamon



Makes
4
servings

CALORIES
114 calories
CARBS
8 grams
PRO
1 gram
FAT
3.5 grams

Directions

- Preheat your oven to 400 degrees.
- Slice your squash in half, removing the seeds.
- Cut the squash into chunks.
- Brush the melted coconut oil over the inside of the squash and sprinkle with cinnamon.
- Bake for 45-50 minutes or until soft.
- Enjoy my favorite way in a burger bowl alongside fresh spinach and topped with coconut butter.

Roasted Veggie Tacos

Ingredients

Cubed and pre roasted butter-nut squash, 2 cups
1 red bell pepper
2 carrots
1 large zucchini
1 avocado
1 lime
4 Fresh Collard Green leaves
1/2 tsp. red pepper flakes
1 tsp. chili powder
1/2 tbs. olive oil
4 tbs. hemp Seeds



Makes
4
servings

CALORIES
216 calories
CARBS
25 grams
PRO
7.5 grams
FAT
12 grams

Directions

- In a skillet warm your olive oil over medium heat.
- Dice up your zucchini, bell pepper and carrots into small pieces and add into your skillet.
- Once your veggies are mostly cooked add in the roasted squash cubes.
- Next squeeze the juice of 1/2 lime over your vegetables and add in the red pepper flakes and chili powder.
- Place your chard leaves on top of your skillet for 30 seconds to warm.
- Scoop your veggie mixture into the chard leaves to make “tacos”.
- Serve topped with avocado, extra lime juice, and sprinkle with hemp seeds for added protein!



Smoothies and Beverages





Banana Maple Post Workout Protein Shake

Ingredients

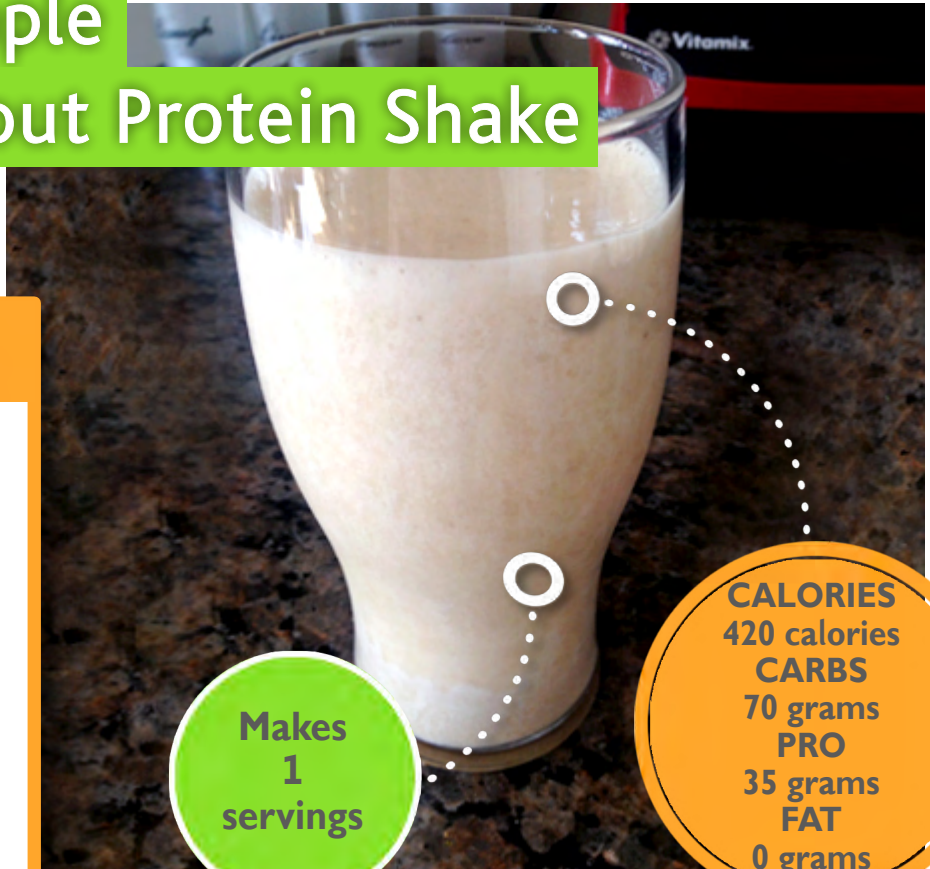
- 1 cup of water
- 1 serving of protein powder
- 1 & 1/2 frozen bananas
- 2 tbsp of pure maple syrup

Makes
1
servings

CALORIES
420 calories
CARBS
70 grams
PRO
35 grams
FAT
0 grams

Directions

- Add to blender.
- Enjoy.



Strawberry Banana Smoothie

Ingredients

1 scoop vanilla whey
1/2 cup water
1/2 frozen banana
5 medium strawberries
2 tsp. orange zest
1/2 cup ice



Makes
1
serving

CALORIES
196 calories
CARBS
22 grams
PRO
26 grams
FAT
2 grams

Directions

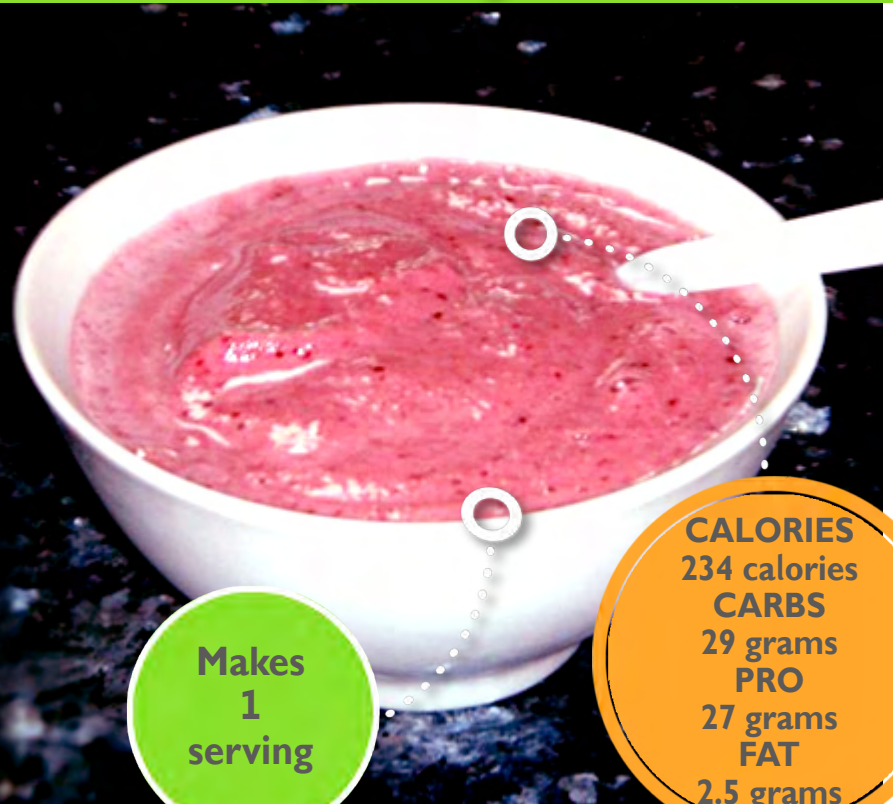
- Combine all ingredients in a blender and enjoy.

White Chocolate Raspberry Smoothie



Ingredients

- 1 scoop vanilla whey protein
- 3/4 cup frozen raspberries
- 1 tsp. vanilla extract
- 1/2 tbs. honey
- 1/2 cup ice
- 1/2 cup water



Makes
1
serving

CALORIES
234 calories
CARBS
29 grams
PRO
27 grams
FAT
2.5 grams

Directions

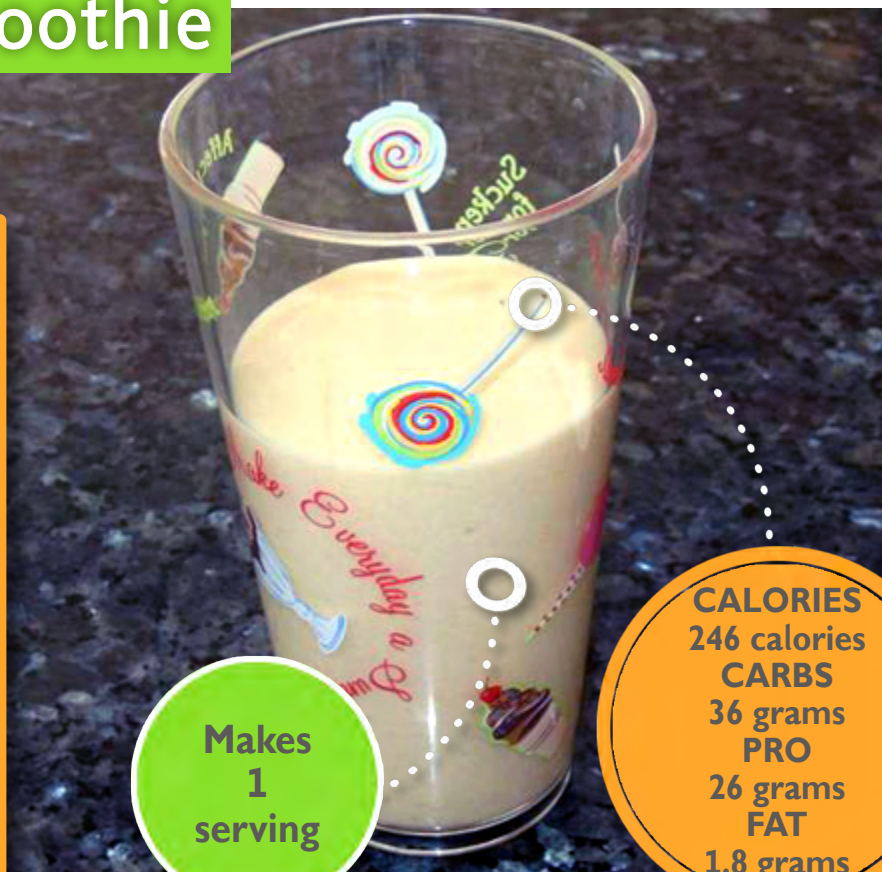
- Combine all ingredients in a blender and enjoy.

Tropical Smoothie



Ingredients

- 1/2 cup pineapple
- 1/2 banana
- 1 scoop vanilla whey
- 1/2 tbs. honey
- 1/2 cup ice
- 1/2 cup -1 cup water



Makes
1
serving

CALORIES
246 calories
CARBS
36 grams
PRO
26 grams
FAT
1.8 grams

Directions

- Combine all ingredients in a blender and enjoy.

Pumpkin Protein Pudding



Ingredients

- 1 scoop vanilla whey
- 1/2 cup pumpkin
- 1 tsp. cinnamon
- 1 tsp. pumpkin pie spice
- 1 tsp. ground ginger
- 2 tbs. unsweetened almond milk



Makes
1
serving

CALORIES
182 calories
CARBS
17 grams
PRO
27 grams
FAT
2.5 grams

Directions

- In a mixing bowl stir and mix all the ingredients well. Refrigerate for at least one hour before enjoying post workout!

Apple Cinnamon Smoothie

Ingredients

1 scoop vanilla whey
1 cup unsweetened vanilla
almond milk
1/2 medium apple, diced into
small pieces
1 tsp. vanilla extract
1 tbs. ground cinnamon
1/2 cup ice



Makes
1
serving

CALORIES
225 calories
CARBS
23 grams
PRO
26.5 grams
FAT
5 grams

Directions

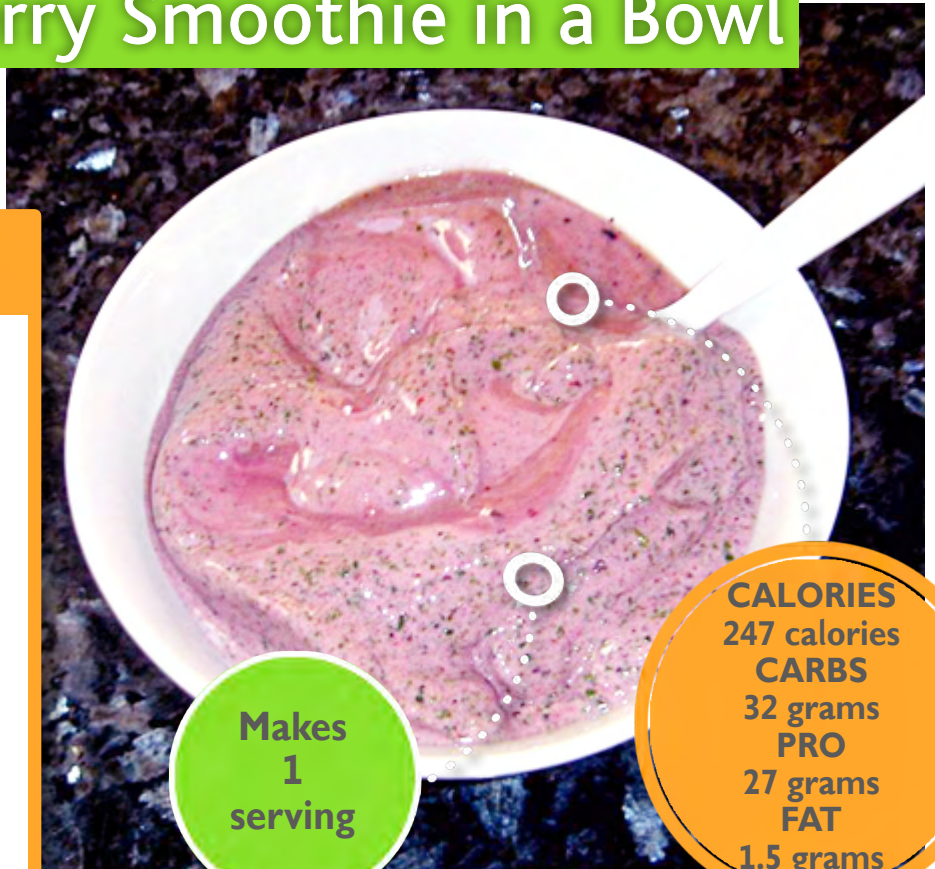
- Combine all ingredients in a blender and enjoy.

Spinach Berry Smoothie in a Bowl



Ingredients

- 1 cup mixed berries
- 1/2 cup frozen spinach
- 1 scoop vanilla whey
- 1/2 tbs. honey
- 1/2 cup - 1 cup water



Makes
1
serving

CALORIES
247 calories
CARBS
32 grams
PRO
27 grams
FAT
1.5 grams

Directions

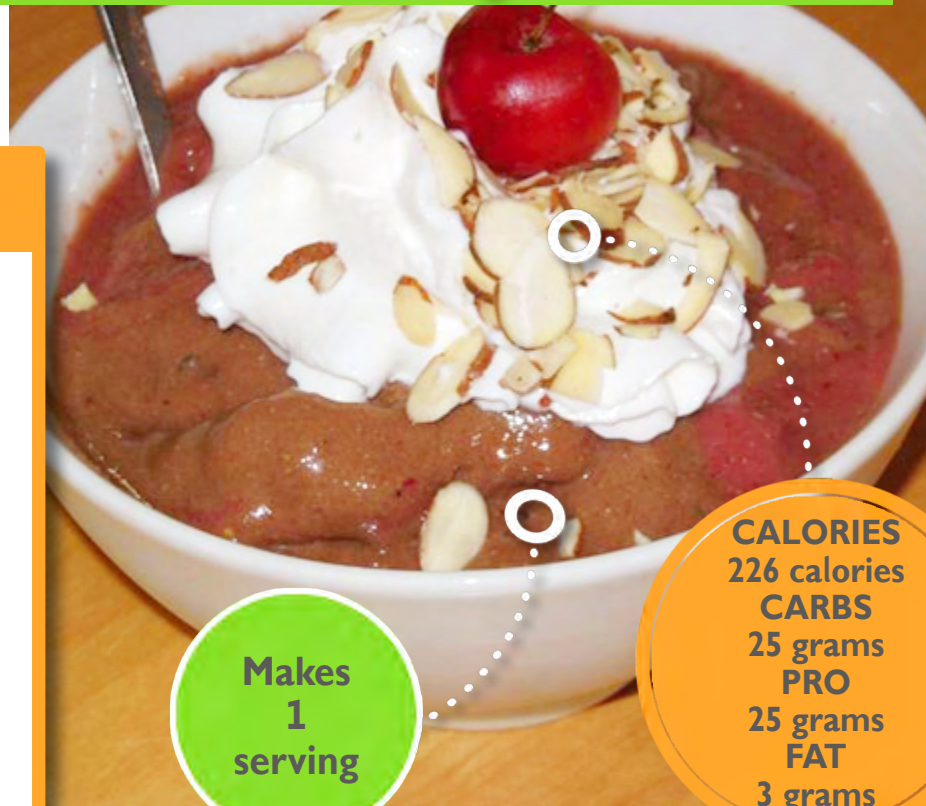
- Combine all ingredients in a blender and enjoy.

Chocolate Covered Cherry Smoothie



Ingredients

- 1 scoop chocolate whey protein
- 1 cup frozen unsweetened cherries
- 1/2 cup unsweetened almond milk
- 1/2 tsp. almond extract



Makes
1
serving

CALORIES
226 calories
CARBS
25 grams
PRO
25 grams
FAT
3 grams

Directions

- Blend all ingredients in a blender until blended.

Almond Butter Banana Smoothie

Ingredients

- 1/2 banana
- 1 scoop vanilla whey
- 1/2 tbs. honey
- 1/2 tbs. almond butter
- 1/2 cup ice
- 1/2 cup



Makes
1
serving

CALORIES
255 calories
CARBS
27 grams
PRO
27 grams
FAT
6 grams

Directions

- Combine all ingredients in a blender and enjoy.

Antioxidant Blend Smoothie

Ingredients

1 scoop vanilla whey protein
1/2 cup frozen unsweetened
cherries
1/2 cup frozen raspberries
1/2 cup frozen blueberries
1/2 cup -1 cup water

Makes
1
serving

CALORIES
240 calories
CARBS
32 grams
PRO
27 grams
FAT
2.5 grams

Directions

- Combine all ingredients in a blender and enjoy.

Chocolate Peppermint Protein Smoothie



Ingredients

Scoop of Chocolate whey
1/2 cup unsweetened almond
milk
1/2 cup water
Ice
Drop of peppermint extract



Makes
1
serving

CALORIES
140 calories
CARBS
9 grams
PRO
20.5 grams
FAT
2 grams

Directions

- Blend all ingredients in a blender.
- Serve with a banana for a complete post workout meal.

Banana Coffee Smoothie



Ingredients

- 1 Scoop vanilla whey
- 1/2 c. unsweetened almond milk
- Splash of black iced coffee
- 1/2 frozen banana
- 1 tsp. cinnamon
- 1/2 c. ice



Makes
1
serving

CALORIES
200 calories
CARBS
24 grams
PRO
21 grams
FAT
2.3 grams

Directions

- Mix all ingredients in a blender until blended.

Chocolate Banana Milkshake

Ingredients

- 1 Scoop of chocolate whey protein
- 1/2 cup unsweetened almond milk or water
- 1/2 cup ice
- 1 frozen banana
- 1/2 tbs. cocoa powder



Makes
1
serving

CALORIES
250 calories
CARBS
37.5 grams
PRO
22 grams
FAT
3 grams

Directions

- Blend and serve.

Sweet Potato Smoothie

Ingredients

1/2 cup mashed sweet potato
1 scoop vanilla whey protein
1/2 cup unsweetened almond
milk
1/2 cup ice
1/2 frozen banana
1 tsp. cinnamon

Makes
1
serving

CALORIES
289 calories
CARBS
45 grams
PRO
23 grams
FAT
2.5 grams

Directions

- Combine all ingredients in a blender until blended.

Blueberry Ginger Smoothie



Ingredients

- 1 scoop vanilla whey protein
- 1/2 cup unsweetened almond milk
- 1/2 cup ice
- 1/2 cup frozen blueberries
- 1 inch fresh ginger root
- Handful of fresh spinach (optional)



Makes
1
serving

CALORIES
200 calories
CARBS
21 grams
PRO
23 grams
FAT
2.5 grams

Directions

- Combine all ingredients in a blender until blended.

Chocolate Strawberry Milkshake

Ingredients

1 cup of unsweetened almond milk
2 scoops of chocolate protein powder
1/2 cup of fresh or frozen strawberries
3 ice cubes



Makes
1
serving

CALORIES
187 calories
CARBS
15 grams
PRO
25 grams
FAT
3 grams

Directions

- Add everything to a blender and blend.
- Top with one strawberry for style.

Cinnamon Bun Flavoured Protein Shake



Ingredients

- 1 serving of vanilla whey protein powder
- 1/4 tsp vanilla extract
- 1/4 tsp cinnamon
- 1/4 tsp nutmeg
- 1 cup of almond milk
- 3 ice cubes



Makes
1
serving

CALORIES
130 calories
CARBS
2 grams
PRO
21 grams
FAT
4 grams

Directions

- Add almond milk to blender.
- Add remaining ingredients and blend for 30 seconds (or until blended).

Almond Butter and Jelly Post Workout Shake



Ingredients

- 1 serving of protein powder
- 1/2 cup of liquid egg whites
- 1 tbsp of natural almond butter
- 1 cup of grape juice
- 1/2 cup raspberries
- 3 large strawberries



Makes
1
serving

CALORIES
520 calories
CARBS
63 grams
PRO
49 grams
FAT
8 grams

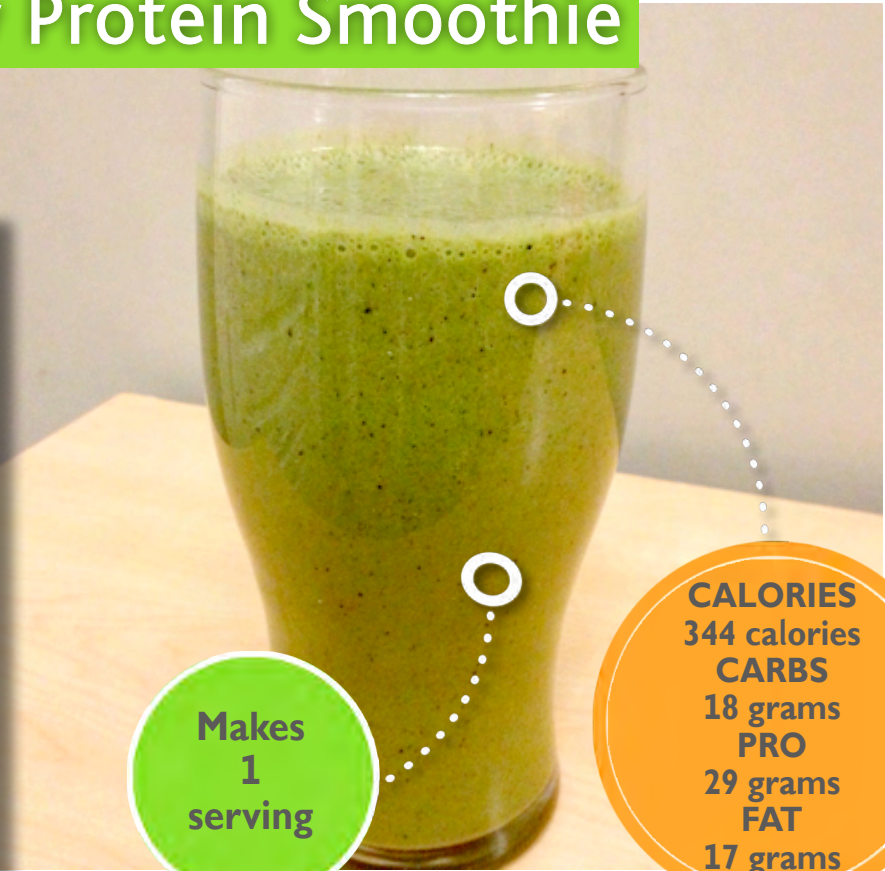
Directions

- Add to blender. Enjoy.

Green Whey Protein Smoothie

Ingredients

1 cup unsweetened almond milk
1 serving of whey protein powder (I like Promasil Protein from RIVALUS (use coupon code: BGFitness for 30% discount) or Prograde Whey Protein)
tbsp ground flax seed
1/3 cup mixed berries
1/2 cup raw spinach
tbsp natural almond butter



Makes
1
serving

CALORIES
344 calories
CARBS
18 grams
PRO
29 grams
FAT
17 grams

Directions

- Add to blender, blend, and drink.

Choc-o-late Night Time Shake

Ingredients

1 cup of water
5 ice cubes
1 serving of chocolate protein
1 tsp of cocoa powder
1 packet of stevia natural sweetener

Makes
1
serving

CALORIES
248 calories
CARBS
15 grams
PRO
37 grams
FAT
5 grams

Directions

- Add to a blender and blend this bad boy up!
- Enjoy!

Perfect Paleo Iced Coffee



Ingredients

1 1/2 cups fresh brewed coffee
2 tsp. cinnamon
1/2 tsp. vanilla extract
1/4 cup light canned coconut milk



Makes
1
serving

CALORIES
75 calories
CARBS
5 grams
PRO
1 gram
FAT
5 grams

Directions

- Mix all ingredients together and serve. No cream or sugar necessary.

Hot Chocolate



Ingredients

1 cup unsweetened almond milk (or coconut milk)
2 tbs. unsweetened cocoa powder
1/2 tsp. vanilla extract
1/2 tsp. cinnamon
1/2 tbs. honey



Makes
1
serving

CALORIES
106 calories
CARBS
18 grams
PRO
3 grams
FAT
4.5 grams

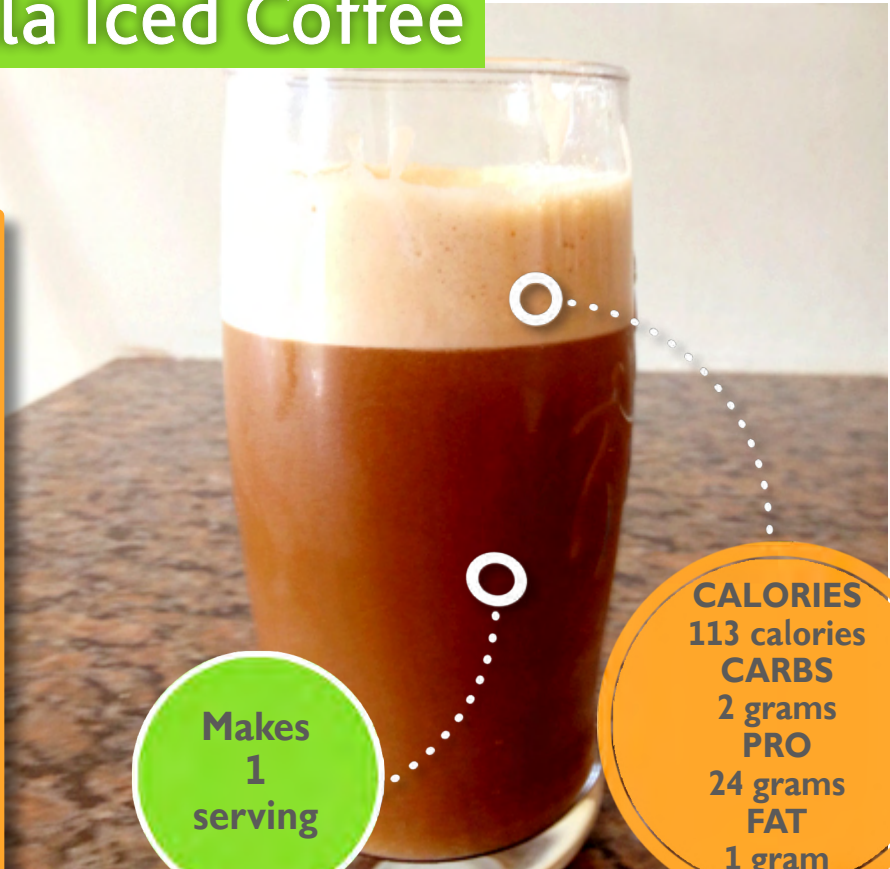
Directions

- In a saucepan over low heat add in all of your ingredients, starting with the almond milk.
- Stir over low heat until everything begins to blend and the cocoa powder has dissolved.
- Continue to heat until warm and enjoy.

French Vanilla Iced Coffee

Ingredients

1 cup of water
2 scoops of instant coffee
1 scoop of whey protein powder
1 packet of Stevia (or 5 drops if using liquid Stevia)
3 ice cubes



Makes
1
serving

CALORIES
113 calories
CARBS
2 grams
PRO
24 grams
FAT
1 gram

Directions

Tip: For a more intense tasting coffee drink – make the ice cubes out of frozen coffee

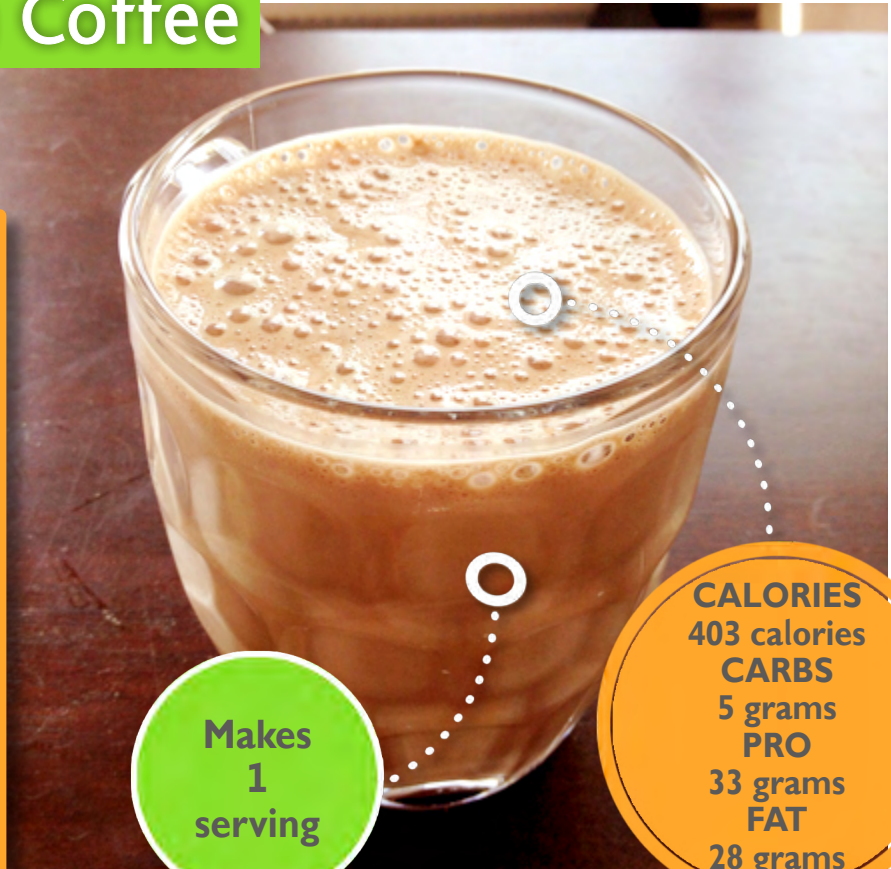
- Brew up coffee and pour into ice cube tray. (Optional)
- Freeze ice cube tray to make coffee ice cubes. (Optional)
- Once ice cubes are frozen put 3 coffee ice cubes in a glass. (Optional)
- Blend water, instant coffee, Protein Powder, and stevia in a blender.
- Pour liquid over the 3 coffee ice cubes (or plain ice cubes) and drink.

Iced Protein Coffee



Ingredients

1/2 cup coconut milk
serving of hot coffee (i used a
tsp of instant coffee mixed in
1/2 cup of water)
packet of stevia
tsp of cocoa
1 scoop of chocolate protein
powder
ice cubes



Makes
1
serving

CALORIES
403 calories
CARBS
5 grams
PRO
33 grams
FAT
28 grams

Directions

- Add to a blender. Blend. Enjoy!

Spark Green Drink

Ingredients

- Handful of spinach
- Handful of pineapple
- 1 full apple
- Handful of romaine
- Handful of kale

Makes
1
serving

CALORIES
153 calories
CARBS
37 grams
PRO
1 gram
FAT
0 gram

Directions

- Add to a juicer or powerful blender.
- Enjoy!

Snacks
and
Desserts

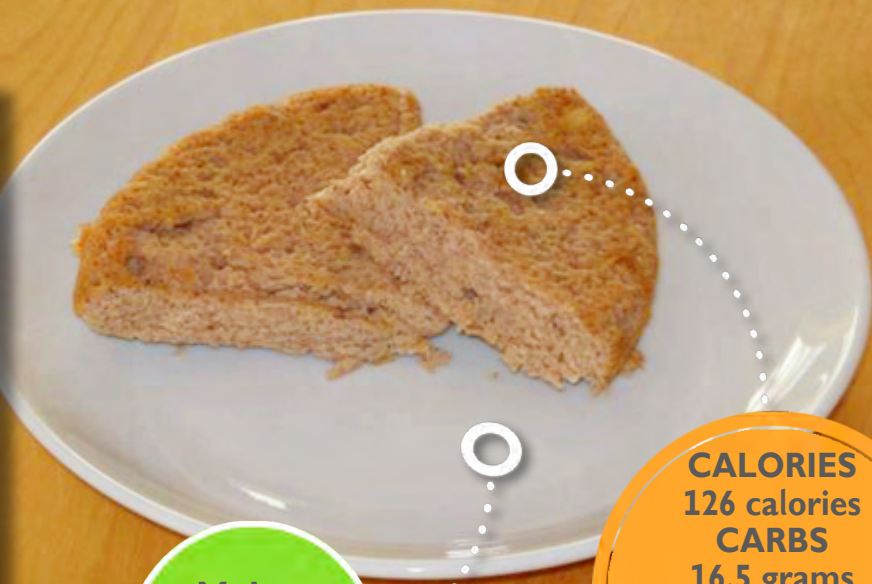




Apple Cinnamon Protein Bake

Ingredients

1/2 cup egg whites
1/2 cup unsweetened apple-
sauce
2 tbs. coconut flour
1/2 tbs. almond butter
1 tsp. honey
1 tsp. cinnamon
1/2 teaspoon vanilla extract
1/2 teaspoon baking powder



Makes
2
servings

CALORIES
126 calories
CARBS
16.5 grams
PRO
8.5 grams
FAT
3 grams

Directions

- Preheat your oven to 375 degrees.
- Mix all ingredients in a mixing bowl until well blended.
- Pour into a well-greased baking dish.
- Bake for 20-25 minutes until the edges brown and the top begins to crack.

Chocolate Banana Protein Bake

Ingredients

1/2 cup egg whites
1/4 cup unsweetened cocoa powder
1/2 small mashed banana
1 tbs. coconut flour
1 tbs. honey
1/2 tsp. baking powder
1/2 tsp. cinnamon
1/2 tsp. vanilla



Makes
2
servings

CALORIES
132 calories
CARBS
24.5 grams
PRO
9.5 grams
FAT
2 grams

Directions

- Preheat your oven to 375 degrees.
- In a mixing bowl combine all ingredients until well blended.
- Place the batter into a well greased baking dish.
- Bake 18-22 minutes until cake has set.

Gingerbread Cake for One

Ingredients

1 tbs. coconut flour
1 tbs. almond flour
1 tbs. coconut sugar
1/2 tsp. baking powder
1/2 tsp. ginger
1/8 tsp. cinnamon
1/8 tsp. allspice
1/4 tsp. cloves
1 tsp. vanilla
2 egg whites
1/2 tbs. blackstrap molasses
1 tbs. unsweetened apple-sauce



Makes
1
serving

CALORIES
200 calories
CARBS
29 grams
PRO
10 grams
FAT
4.5 grams

Directions

- Mix your flours, sugar, baking powder, and spices in a bowl.
- Add in your vanilla, egg whites, molasses, and applesauce, mixing well.
- Pour into a greased microwave safe mug and microwave on high 3-4 minutes.

Cinnamon Sugar Paleo Donuts

Ingredients

For the Donuts

1/4 coconut flour
1 cup almond flour
3/4 cup arrowroot powder
1/4 cup coconut sugar
1/2 tsp. xanthan gum
1 tsp. baking powder
1 tsp. vanilla extract
1 tsp. cinnamon
1 cup almond milk
2 eggs
1/4 cup melted coconut oil

For the Topping

2 tbs. almond milk
2 tbs. coconut sugar
2 tbs. cinnamon
3/4 cup arrowroot powder



Makes
8
donuts

CALORIES
258 calories
CARBS
26.5 grams
PRO
5 grams
FAT
16 grams

Directions

- Preheat your oven to 350 degrees.
- In a bowl combine your coconut flour, almond flour, arrowroot powder, xanthan gum, baking power, coconut sugar, and cinnamon.
- Next add in your vanilla extract, 2 eggs, and melted coconut oil.
- Lastly add in your almond milk. It will seem like too much liquid at first but keep stirring and it will soak up the liquid.
- Pour your batter into a greased donut pan and bake for 20-25 minutes.
- While your donuts are baking prepare your cinnamon sugar topping.
- Combine the sugar and cinnamon first and slowly add your almond milk until the mixture thins.
- Lightly drizzle your cinnamon sugar mixture over the donuts and enjoy!

Almond Butter Bites

Ingredients

- 2 tbs. almond butter
- 2 tbs. coconut butter
- 2 tbs. sunflower seeds
- 1/4 cup raisins
- 1/4 cup macadamia nuts
- 2 tbs. honey

Makes
10
bites

CALORIES
95 calories
CARBS
8.5 grams
PRO
1 gram
FAT
7 grams

Directions

- In food processor add in all of your ingredients and pulse 2-3 minutes until blended.
- Your mixture will be rather runny but roll it into balls.
- Freeze for 3-4 hours and then remove from the freezer and place in your refrigerator.
- Store in the refrigerator and grab one or two when you need some healthy fats on the go.

Strawberry Parfait

Ingredients

1/3 c. canned coconut milk
1/4 tsp. coconut extract
4 Strawberries, chopped
1/2 tbs. Slivered almonds
1/2 tbs. Shredded unsweet-
ened coconut



Makes
1
serving

CALORIES
213 calories
CARBS
7.5 grams
PRO
3 grams
FAT
21 grams

Directions

- Stir the 1/3-cup coconut milk and leave it in the refrigerator overnight.
- To use it should be the consistency of cool whip.
- In a large bowl, whip the coconut milk and extract on high until fluffy.
- In a dish layer the chopped strawberries, “yogurt”, almonds and coconut.

Tip: This recipe is not super sweet, if you are okay with it and want it to be sweeter add a little bit of honey to the coconut milk mixture.

Grain Free Apple Bake

Ingredients

1 tbs. coconut oil
2 Green apples
1/4 cup raisins
1 tbs. lemon juice
2 tsp. cinnamon
1 tsp. nutmeg
2 tbs. coconut sugar
1/2 cup almond flour
1 egg and 1 yolk
1 tbs. coconut oil



CALORIES
278 calories
CARBS
31 grams
PRO
6 grams
FAT
17 grams

Makes
4
servings

Directions

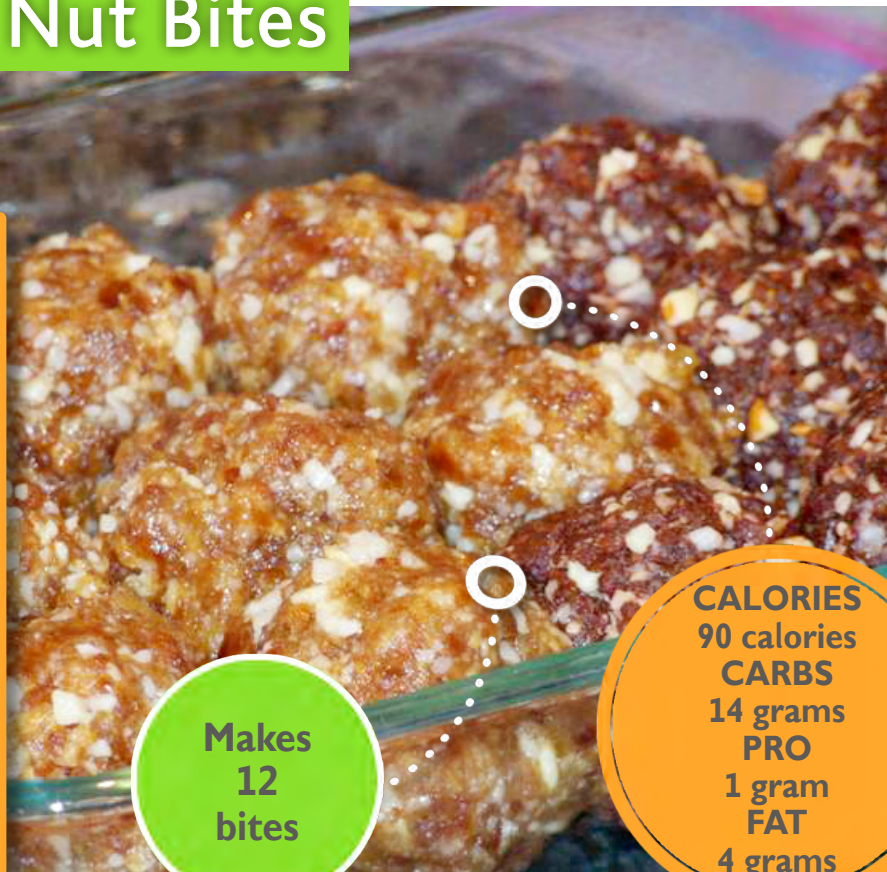
- Preheat your oven to 350 degrees.
- Chop your apples into thin slices and place in a skillet over medium heat with a tbs. of coconut oil.
- Sauté the apples for 2-3 minutes and preheat your oven to 350 degrees.
- Add in your lemon juice, raisins, spices, and coconut sugar and continue to sauté over medium to low heat 5-8 minutes more.
- Remove your mixture from the skillet and pour into a greased 6-inch round baking pan.
- In a separate bowl combine the almond meal, 1 whole egg and tbs. of coconut oil to create a batter.
- Drop your batter on top of the apple mixture and spread over the apples.
- Lastly brush your egg yolk over the top and sprinkle with cinnamon.
- Bake for 25-30 minutes at 350 degrees.

Macadamia Nut Bites



Ingredients

20-25 pitted dates
1/2 cup macadamia nuts



Makes
12
bites

CALORIES
90 calories
CARBS
14 grams
PRO
1 gram
FAT
4 grams

Directions

- In a food processor combine your dates and macadamia nuts until mixed.
- Form your mixture into balls.
- Refrigerate to store.

Banana Bread

Ingredients

1/4 cup almond flour
1/4 cup coconut flour
1/2 tbs. cinnamon
1 tsp. baking powder
1 tsp. baking soda
Dash of salt
1 tsp. vanilla extract
1/4 cup almond butter
2 eggs
4 egg whites
3 ripe bananas



Makes
8
servings

CALORIES
154 calories
CARBS
16 grams
PRO
6 grams
FAT
8 grams

Directions

- Preheat your oven to 350 degrees.
- In a mixing bowl combine your almond flour, coconut flour, cinnamon, baking powder, baking soda, and salt.
- Add in the vanilla, almond butter, eggs and egg whites, and blend with a hand mixer.
- Lastly add in two of the three bananas and continue to blend until the mix is completely blended.
- Chop up your last banana and gently mix in with a spoon. You want them to stay as banana chunks.
- Pour into a greased loaf pan and bake for 30-40 minutes. Keep your eye on the bread baking times will vary.

Pumpkin Raisin Bread



Ingredients

Dry

1/4 cup Almond flour
1/4 cup Coconut flour
1 tsp. Baking soda
1 tsp. Baking Powder
1 tbs. Cinnamon
2 tsp. Cloves
2 tsp. Ginger
1/4 cup Raisins
Dash of Salt

Wet

2 tsp. Vanilla
2 whole Eggs
4 Egg whites
3/4 cup Pumpkin puree
1/4 cup almond butter



Makes
8
servings

CALORIES
142 calories
CARBS
12 grams
PRO
6 grams
FAT
8 grams

Directions

- Preheat your oven to 350 degrees.
- Combine the dry ingredients in a mixing bowl.
- Add in your wet ingredients.
- Blend the mix with a hand mixer for 2-3 minutes.
- Pour the batter into a loaf pan sprayed with olive oil.
- Bake for 30-40 minutes. Times may vary slightly.

Chocolate Chip Blondies

Ingredients

3 eggs
1/2 cup cashew butter
1/4 cup coconut sugar
1/4 cup almond meal
1 tsp. vanilla
1/2 tsp. baking powder
1/2 tsp. sea salt
1/2 cup enjoy life chocolate chips



Makes
12
bars

CALORIES
136 calories
CARBS
10 grams
PRO
4 grams
FAT
9 grams

Directions

- Preheat your oven to 350 degrees.
- In a mixing bowl lightly beat your eggs and cashew butter together.
- Add in the vanilla and continue to mix.
- Slowly mix in the almond flour, coconut sugar, baking powder, and sea salt.
- Lastly gently mix in your chocolate chips.
- Pour into a greased 8x8 baking pan.
- Bake for 18-20 minutes until browned.
- Let cool, slice into bars, and enjoy!

Coconut Carob Chip Macaroons

Ingredients

2 cups shredded unsweetened coconut
1/2 cup pure maple syrup
1/2 cup almond flour
1/4 cup cacao nibs
2 tbs. coconut oil, melted
2 tsp. vanilla
dash of sea salt



Makes
20
macaroons

CALORIES
103 calories
CARBS
8 grams
PRO
1 gram
FAT
8 grams

Directions

- Preheat your oven to 350 degrees.
- In a mixing bowl combine the coconut, almond flour, cacao nibs, and sea salt.
- Add in the vanilla and melted coconut oil and begin to mix.
- Slowly add in the maple syrup until the coconut mixture begins to get sticky. You may need more or less syrup depending.
- Shape your macaroons in tbs. sized balls and place on well greased (these will stick!) baking sheet.
- Bake at 350 degrees for 15-18 minutes until the tops start to brown slightly.

Snickerdoodle Cookies

Ingredients

1 cup almond flour
1/4 cup arrowroot flour
1/4 cup coconut sugar
1/4 tsp. xanthan gum
1/2 tsp. baking powder
2 tsp. cinnamon
2 tsp. vanilla extract
3 eggs
1/4 cup melted coconut oil



Makes
14
cookies

CALORIES
120 calories
CARBS
8 grams
PRO
3 grams
FAT
9 grams

Directions

- Preheat your oven to 350 degrees.
- In a mixing bowl combine your flours, sugar, xanthan gum, baking powder, and cinnamon. Mix well.
- Next add in your vanilla, eggs, and the coconut oil, melted.
- Mix your ingredients well.
- Drop your mixture onto a well greased cookie sheet by the tablespoonful. Your batter will be thin but they will only spread slightly.
- Sprinkle the tops of the cookies with a little coconut sugar and cinnamon.
- Bake for 8-10 until the outsides start to crisp.

Black Forest Cookies

Ingredients

2 tbs. cocoa powder
2 tbs. coconut flour
1/4 cup almond flour
1/4 cup arrowroot flour
2 tbs. coconut sugar
1/4 tsp. xanthan gum
1/2 tsp. baking powder
2 eggs
1 tbs. melted coconut oil
1/2 cup cherry juice
1/2 cup enjoy life mini chocolate chips
1/4 cup black cherry fruit spread (should be just cherries and fruit pectin, no added sugar!)



Makes
12
cookies

CALORIES
106 calories
CARBS
14 grams
PRO
2 grams
FAT
5 grams

Directions

- Preheat your oven to 350 degrees.
- In a mixing bowl combine all your flours, cocoa powder, coconut sugar, baking powder and xanthan gum.
- Add in your eggs, coconut oil and 1/2 cup of cherry juice mixing well.
- Lastly fold in 1/4 cup of chocolate chips. Reserve the remaining for later.
- Drop cookies on a greased cookie sheet in 1/2 rounded tablespoon.
- Bake for 12 minutes.
- After 12 minutes remove your cookies from the oven and the back of a spoon to make an impression in the middle of each cookie.
- Put your cookies back into the oven 3-4 minutes longer.
- While still warm scoop a teaspoon of fruit spread onto the top of each cookie.
- Once your cookies have cooled melt your remaining 1/4 cup of chocolate chips and use extra cherry juice to thin the mixture.
- Drizzle your chocolate mixture over your cookies, let harden and enjoy!

Paleo Fig Bars

Ingredients

1/4 cup coconut flour
1 cup almond flour
3/4 cup arrowroot powder
1/4 cup coconut sugar
1/2 tsp. xanthan gum
1/2 tsp. baking soda
1 tsp. vanilla extract
1 tsp. cinnamon
1 cup unsweetened almond milk
2 eggs
1/4 cup coconut oil, melted
1 cup fresh figs
1/4 cup water



Makes
20
bars

CALORIES
117 calories
CARBS
14 grams
PRO
2 grams
FAT
6 grams

Directions

- Preheat your oven to 350 degrees.
- In a saucepan over low heat combine your 1/4 cup water and your figs chopped into small pieces.
- While your figs are cooking in a bowl combine your flours, baking soda, sugar, and cinnamon.
- Next add in the vanilla, almond milk, oil, and eggs, mixing well.
- Pour half of your batter into a greased 8X8 baking pan.
- Put your figs into a blender and pulse until pureed.
- Spread your fig jam on top of the batter.
- Next layer the remaining batter on top of the fig layer.
- Bake 25-30 minutes until a toothpick in the center comes out clean.

Chocolate Coconut Cookies

Ingredients

1/2 cup shredded unsweetened coconut
1/2 cup coconut flour
2 tbs. coconut sugar
1/4 tsp. baking powder
1/4 tsp. baking soda
1/4-1/2 cup enjoy life chocolate chips (finely chopped)
1 egg
2 egg whites
2 tbs. coconut oil
1/3 water



Makes
16
cookies

CALORIES
75 calories
CARBS
7 grams
PRO
2 grams
FAT
5 grams

Directions

- Preheat your oven to 350 degrees
- In a bowl combine your dry ingredients (coconut, coconut flour, coconut crystals, baking powder and baking soda)
- Next add in your eggs, coconut oil, and water and mix until blended
- Lastly mix in the chocolate chips. Make sure they are finely chopped so they spread throughout the cookies, you can add more chocolate if you prefer your cookies more chocolaty
- Drop cookies on a greased baking sheet in small spoonfuls
- Bake for 12-16 minutes until done!

Paleo Apple Spice Cookies

Ingredients

1 large green apple
1 tsp. coconut oil
2 tbs. arrowroot starch
2 tsp. cinnamon
1/4 cup coconut flour
1/4 cup coconut sugar
2 tbs. almond meal
1/2 tsp. baking powder
1/2 cup applesauce
2 eggs
1 tsp. coconut oil



Makes
16
cookies

CALORIES
50 calories
CARBS
8 grams
PRO
1 gram
FAT
2 grams

Directions

- Preheat your oven to 350 degrees.
- Dice up your green apple into small pieces. The smaller the better.
- In a small skillet, warm a tsp. of coconut oil and 1 diced apple.
- Sauté the apple for about 1 minute and mix in 2 tbs. of arrowroot starch and 2 tsp. of cinnamon.
- Continue to sauté for 5 minutes or so.
- While the apple is cooking, in a mixing bowl combine the coconut flour, coconut sugar, almond meal, and baking powder.
- Next add in the applesauce, eggs, and coconut oil.
- Lastly mixed in your warm apples.
- Drop cookies in tbs. sized drops onto a baking sheet sprayed with olive oil spray.
- Bake in the oven for 20-22 minutes until they start to brown.

Paleo Pumpkin Mug Cake for One

Ingredients

1/2 cup pumpkin
2 tbs. coconut flour
1 egg
1/2 tsp. baking powder
1 tbs. unsweetened almond milk
1 tsp. pumpkin pie spice
1 tbs. mini enjoy life chocolate chips or 1tbs. raisins



Makes
1
serving

CALORIES
208 calories
CARBS
29 grams
PRO
10 grams
FAT
7 grams

Directions

Note: Nutrition Information: (Made with raisins)

- Spray a large mug with olive oil spray
- Combine all of your ingredients omitting the chocolate chips or raisins well in your mug.
- Lastly stir in your chocolate chips or raisins or both!

Chocolate Covered Strawberry Paleo Whoopie Pies



Ingredients

For the Cake

- 1/2 cup cocoa powder
- 1/4 cup coconut sugar
- 1 tsp baking powder
- Dash of salt
- 1/2 cup coconut oil, melted
- 1/4 cup honey
- 2 eggs
- 1/4 cup almond breeze

For the Filling

- 15 fresh strawberries
- 1 can coconut milk
- 1 tbs. coconut sugar
- 1 tsp. vanilla extract
- 1 tsp. xanthan gum

Makes
6
whoopie
pies

CALORIES
360 calories
CARBS
29 grams
PRO
4 grams
FAT
28 grams

Directions

For the filling

- You will prepare your filling a day ahead for these. Before making the filling refrigerate your coconut milk in the can at least 24 hours.
- For the filling use a food processor to puree the strawberries.
- Add in your sugar, vanilla, and xanthan gum and continue to blend.
- Add in the thick part of your coconut milk (omit the water) and puree just until blended.
- Refrigerate your filling overnight.

For the cake

- Preheat the oven to 350 degrees.
- In a mixing bowl combine the cocoa powder, sugar, baking powder, and salt.
- Next mix in the eggs, melted coconut oil, honey and almond breeze mixing well until combined.
- Pour your batter into a greased large muffin tin.
- Bake for 20-25 minutes until done.
- Let the muffins cool completely. Slice them in half lengthwise to create your whoopie pies.
- Using a hand mixer whip your filling on high speed until fluffy.
- Fill your pies and enjoy!

Baked Apples



Ingredients

1 apple
1 tbs. almond butter
1 tbs. raisins
Cinnamon to taste



Makes
1
serving

CALORIES
229 calories
CARBS
37.5 grams
PRO
3.5 grams
FAT
10 grams

Directions

- Preheat your oven to 350 degrees.
- Use an apple corer to core your apple.
- Stuff the core with almond butter and raisins alternating between the two.
- Bake your apple in an oven safe dish for 30 minutes.
- Let cool, sprinkle with cinnamon and enjoy!

Note: You can bake this in the microwave too if you like! Core your apple and bake in the microwave for around 8 minutes on high. Then stuff the middle with the fillings.

Chocolate Coconut Date Bites

Ingredients

25 small dates
1/2 cup unsweetened coconut flakes
1/4 cup almonds
2 tbs. unsweetened cocoa powder
1 tsp. coconut oil
Dash sea salt



Makes
13
bites

CALORIES
79 calories
CARBS
13 grams
PRO
1 gram
FAT
3 grams
/bite

Directions

- In a food processor add all of your ingredients.
- Pulse your ingredients until well blended. About 2-3 minutes. They will be a bit chunky still.
- Roll your mixture into balls.
- Refrigerate to store and enjoy!

Peppermint Chocolate Cupcake for One

Ingredients

1 tbs. coconut flour
1 tbs. cocoa powder
1 tbs. enjoy life chocolate chips
1/2 tbs. coconut sugar
1/2 tsp. baking powder
1/4 tsp. pure peppermint extract
2 large egg whites
1 tbs. applesauce



Makes
1
serving

CALORIES
106 calories
CARBS
17 grams
PRO
9 grams
FAT
1.5 grams

Directions

- In a microwave safe mug sprayed with olive oil mix together your coconut flour, cocoa, chocolate chips, coconut sugar, and baking powder.
- Next mix in your extract, egg whites, and applesauce. Mix well.
- Bake in your microwave 3-4 minutes on high.
- Flip your mug upside down to pop out your cupcake!

Antioxidant Packed Ice Cream

Ingredients

1/2 sliced frozen banana
1/4 cup frozen blueberries
1/2 cup frozen spinach
1 cup light canned coconut milk (I love Trader Joe's brand)



Makes
1
serving

CALORIES
245 calories
CARBS
26 grams
PRO
5.5 grams
FAT
14 grams

Directions

- Only 1 step! Blend all your ingredients in a blender! Top with crushed freeze dried fruit and enjoy!!!

Strawberry Coconut Chocolate Chip Mousse

Ingredients

15 Strawberries
1 can coconut milk
1 tbs. coconut sugar
1 tsp. vanilla extract
1/4 cup unsweetened coconut
flakes
2 tbs. cacao nibs



Makes
6
servings

CALORIES
160 calories
CARBS
8 grams
PRO
1.5 grams
FAT
12.5 grams

Directions

- Refrigerate your coconut milk for at least 24 hours.
- In a food processor pulse your strawberries until pureed.
- Add in the coconut sugar and vanilla.
- Lastly add in the thick part of your coconut milk. Save the remaining coconut water in the can.
- Blend until combined.
- Mix in your coconut flakes and chocolate chips
- Refrigerate overnight and enjoy!

Paleo Pumpkin Chocolate Chip Bars

Ingredients

1/4 cup coconut flour
1/4 cup coconut sugar
1/2 tsp. pumpkin pie spice
1/2 tsp. baking powder
1 cup pumpkin
2 eggs
1/4 cup coconut oil
1 tsp. vanilla
1/4 cup Enjoy Life Mini chocolate chips



Makes
9
bars

CALORIES
139 calories
CARBS
13 grams
PRO
2.5 grams
FAT
9 grams

Directions

- Preheat oven to 350 degrees.
- In a mixing bowl combine your dry ingredients (the coconut flour, sugar, pumpkin pie spice, and baking powder).
- Next add in the pumpkin, eggs, coconut oil, and vanilla, and blend with a hand mixer.
- Lastly stir in your chocolate chips.
- Spread your batter into an 8X8 pan sprayed with olive oil.
- Bake for 25-30 minutes until a toothpick in the middle comes out clean.
- Enjoy!

Mini Brownie Bites

Ingredients

1/3 cup unsweetened cocoa powder
1/4 cup almond flour
1/4 tsp sea salt
1/4 tsp baking powder
1/4 cup honey
1/4 cup almond butter
1/4 cup chocolate chips (I used enjoy life brand)
2 eggs
tsp vanilla



Makes
12
brownie
bites

CALORIES
110 calories
CARBS
12 grams
PRO
3.5 grams
FAT
7 grams
/bite

Directions

- Preheat your oven to 350 degrees.
- In a mixing bowl combine your almond flour, cocoa powder, salt and baking powder.
- Add in your eggs, honey, vanilla, and almond butter blending well.
- Lastly stir in your chocolate chips.
- Pour the batter into greased mini muffin tins.
- Bake 8-10 minutes.

Banana Cashew Butter Brownies

Ingredients

1/2 cup cocoa powder
1/4 cup almond flour
1/4 tsp. sea salt
1/4 tsp. baking powder
1/4 cup honey
1/4 cup cashew butter
2 eggs
1 mashed banana
1 tsp. vanilla
2-4 tbs. cashew butter



Makes
9
brownies

CALORIES
153 calories
CARBS
17 grams
PRO
4.5 grams
FAT
9.5 grams

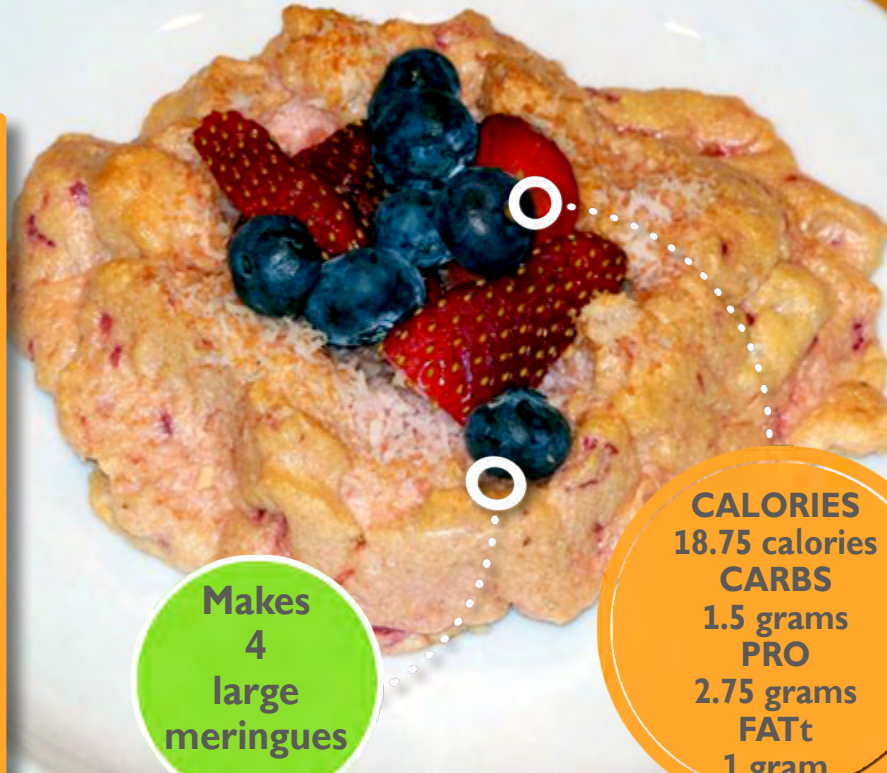
Directions

- Preheat oven to 350 degrees.
- In a bowl combine your cocoa, almond flour, sea salt and baking powder.
- Using a hand mixer add in a ripe mashed banana, honey, 1/4 cup cashew butter and eggs.
- Lastly mix in your vanilla.
- Once blended pour into a greased 8X8 baking pan.
- Drop your remaining cashew butter by the teaspoon on top of your batter. Use a knife to swirl into the batter.
- Bake for 20-25 minutes.

Strawberry Meringue Cups

Ingredients

3 egg whites, at room temperature
dash of salt
6 fresh strawberries
fresh berries of your choice
unsweetened coconut (optional)



Makes
4
large
meringues

CALORIES
18.75 calories
CARBS
1.5 grams
PRO
2.75 grams
FATt
1 gram

Directions

Note: Nutrition Information are based per meringue (without topping)

- Preheat your oven to 200 degrees.
- In a food processor blend the fresh strawberries until pureed.
- In a mixing bowl beat your egg whites and salt on high speed until stiff peaks form.
- Gently fold the strawberries into the egg white mixture.
- On a greased baking sheet scoop the egg whites into circles and be sure to make an indentation in the middle for your berries using the back of the spoon.
- Sprinkle with coconut if desired.
- Bake for 1 and 1/2 hours at 200 degrees.
- After 1 1/2 hours turn off the oven and let the meringues cool inside of the oven (about 1 hour longer).
- Remove from the oven and fill with fresh berries.
- Enjoy!

Chocolate Banana Frosty

Ingredients

2 frozen bananas (diced into pieces)
1 can coconut milk (full fat not light) *Refrigerate overnight before using*
1 tbs. cocoa powder
1 tbs. almond butter (or peanut flour)



Makes
4
servings

CALORIES
290 calories
CARBS
22 grams
PRO
3.25 grams
FAT
20.25 grams

Directions

- In a food processor blend your bananas until they started to break down into smaller pieces.
- Next add in the thick part of your coconut milk from the can. You will scoop this off of the top. The bottom will still be a liquid.
- Continue to blend until it thins out to a soft serve like consistency.
- Add in your cocoa powder and almond butter and blend 1-2 minutes longer.
- Serve and enjoy!

Almond Milk Frozen Blueberries

Ingredients

1 cup frozen blueberries
1 cup unsweetened almond
milk
1 tbs. cinnamon



Makes
1
serving

CALORIES
120 calories
CARBS
21 grams
PRO
2 grams
FAT
4 grams

Directions

- In a bowl layer your frozen blueberries with almond milk and cinnamon. Put back in the freezer for 5 minutes before enjoying.

Baked Almond Butter Apple



Ingredients

- 1 medium apple
- 1/2 tbs. almond butter
- 1 tbs. cinnamon



Makes
1
serving

CALORIES
163 calories
CARBS
32 grams
PRO
2 grams
FAT
5 grams

Directions

- Core your apple.
- Microwave on high 6-8 minutes until cooked.
- Drizzle with almond butter and sprinkle with cinnamon.

Turkey Carrot Roll Ups



Ingredients

2 oz oven roasted turkey
breast (nitrate free)
3 oz carrot sticks



Makes
1
serving

CALORIES
80 calories
CARBS
10 grams
PRO
10 grams
FAT
5 grams

Directions

- Wrap one slice of turkey around one carrot. Easy as that! Quick protein and carbs before your workout!

Orange Baked Berries



Ingredients

- 1/4 cup blueberries
- 1/2 cup raspberries
- 1/2 cup blackberries
- 2 tsp. orange zest
- 1/2 orange, juiced
- 1 tbs. cinnamon



Makes
1
serving

CALORIES
107 calories
CARBS
25.5 grams
PRO
2.4 grams
FAT
1 gram

Directions

- Combine the berries and simmer over low heat with the orange zest and the juice from 1/2 of the orange.
- Heat until warm and enjoy

Cinnamon Apple Carbohydrate Boost



Ingredients

1 apple
2 tsp. cinnamon
1/3 cup apple juice sweetened
dried cranberries



Makes
1
serving

CALORIES
247 calories
CARBS
62 grams
PRO
1 gram
FAT
1 gram

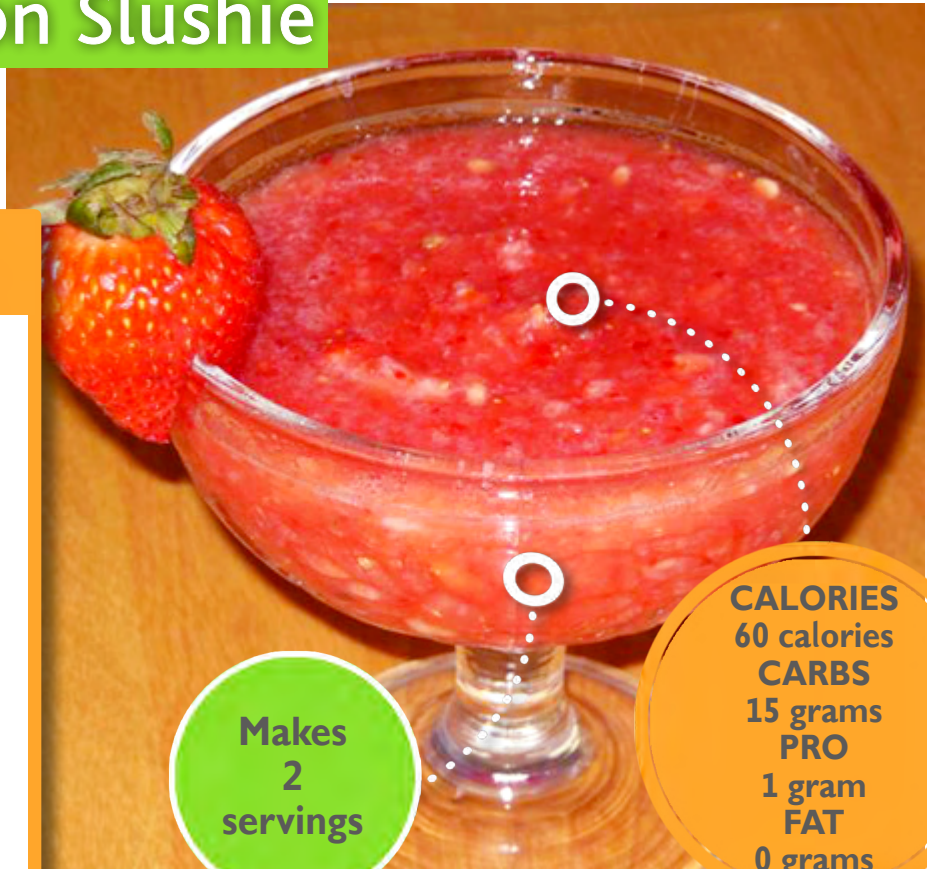
Directions

- Slice and apple, sprinkle with cinnamon and dried berries

Watermelon Slushie

Ingredients

6 strawberries chopped
Half a lime
2 cups chopped watermelon
1 cup crushed ice



Makes
2
servings

CALORIES
60 calories
CARBS
15 grams
PRO
1 gram
FAT
0 grams

Directions

- In a food processor add in the strawberries and watermelon. Do not mix yet!
- Top with the juice from half your lime as well as the zest from 1/2 of the lime.
- Lastly add in your cup of ice, already crushed.
- Pulse all the ingredients together in the food processor until they reach a slushy consistency.
- Be careful not to over mix them. Portion into 2 bowls and enjoy. Or you can freeze for 30 minutes for an even colder treat!

Cherry Almond Crumble

Ingredients

1lb pitted cherries
3 tbs. slivered almonds
3 tbs. almond meal/flour
1 tbs. coconut sugar



Makes
6
servings

CALORIES
95 calories
CARBS
15 grams
PRO
2 grams
FAT
4 grams

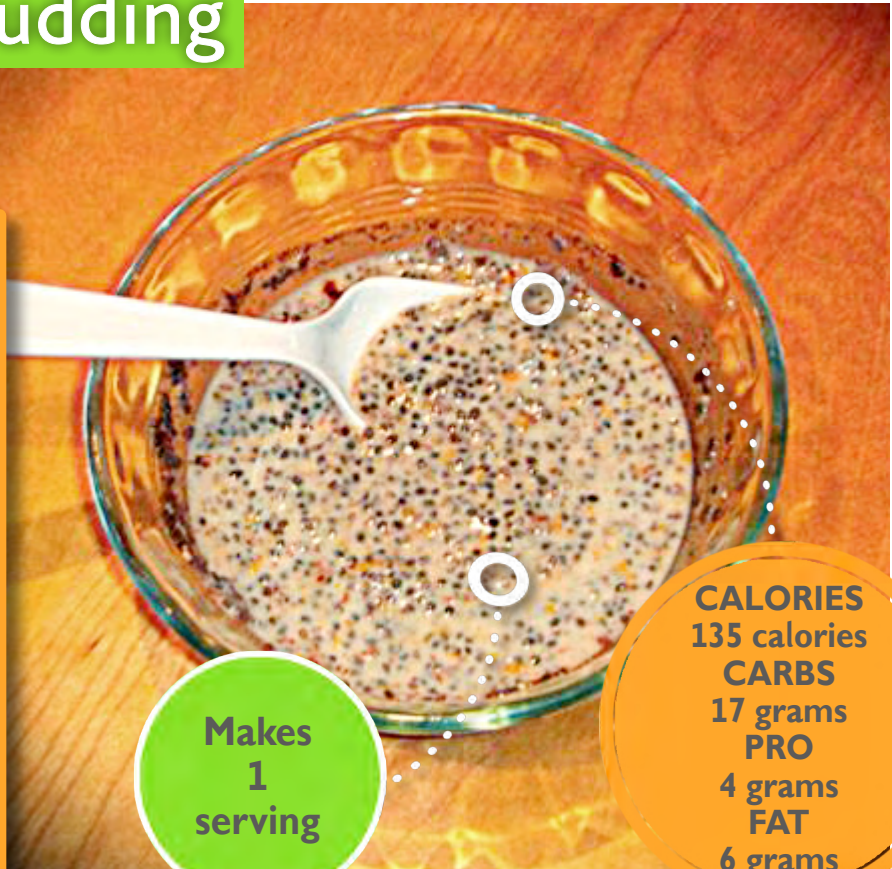
Directions

- Preheat the oven to 350 degrees.
- Pit and dice your cherries into small chunks.
- In a ramekin sprayed with olive oil combine your cherries with 2 tbs. of slivered almonds, 2 tbs. of almond meal and the 3 tbs. of coconut sugar.
- Top with the remaining tbs. of almond meal and slivered almonds and spray with olive oil.
- Bake for 20-30 minutes until the top of the crumble starts to brown.

Chia Seed Pudding

Ingredients

1 tbs. chia seeds
1/3 cup unsweetened almond
milk (or coconut milk)
Orange zest
2 tsp. cinnamon
1-2 tsp. honey



Makes
1
serving

CALORIES
135 calories
CARBS
17 grams
PRO
4 grams
FAT
6 grams

Directions

- Mix together chia seeds and almond milk.
- Add in orange zest, cinnamon, and sweetener as desired.
- Let chill in a refrigerator, stirring every so often.
- It should take at least one hour to set but is best if prepared the night before and left overnight.

Paleo English Muffin



Ingredients

- 2 tbs. almond flour
- 1 small mashed banana (the riper the better)
- 1/4 tsp. baking power
- 1 egg
- 1 tsp. cinnamon
- 1 tsp. vanilla extract



Makes
1
serving

CALORIES
261 calories
CARBS
29 grams
PRO
11 grams
FAT
12 grams

Directions

- Mix all ingredients together in a mixing bowl.
- Pour into a very well greased coffee mug.
- Microwave 3 minutes on high and enjoy.

Banana Bread Mug Cake

Ingredients

- 1 egg
- 1 banana
- 1 tbs. almond butter
- 1/2 tsp. baking powder
- 1/2 tsp. cinnamon



Makes
1
serving

CALORIES
276 calories
CARBS
32 grams
PRO
11 grams
FAT
13 grams

Directions

- In a mixing bowl scramble your egg with the banana, almond butter, baking powder, and cinnamon.
- Pour into a well greased coffee mug
- Microwave on high 5-6 minutes.

Pumpkin Pie for One

Ingredients

3/4 cup pumpkin
1 egg
1 tbs. honey
1/2 tsp. baking powder
1/2 tsp. cinnamon
1/2 tsp. ginger
1/4 tsp. pumpkin pie spice



Makes
1
serving

CALORIES
207 calories
CARBS
35 grams
PRO
9 grams
FAT
5 grams

Directions

- In a mixing bowl scramble your egg with the spices, honey, and baking powder.
- Pour into a well greased coffee mug
- Microwave on high 5-8 minutes.

Orange Raspberry Muffins

Ingredients

1/4 cup coconut flour
1/4 cup almond flour
1/4 cup unsweetened shredded coconut flakes
2 tbs. coconut sugar
1 tsp. baking soda
1 tsp. baking powder
1/2 orange, zested
2 tbs. coconut oil
2 eggs
3/4 cup orange juice (only ingredient should be oranges)
1 cup fresh Raspberries



Makes
12
muffins

CALORIES
85 calories
CARBS
7.75 grams
PRO
2 grams
FAT
5.5 grams

Directions

- Preheat your oven to 350 degrees.
- In a mixing bowl combine your dry ingredients (coconut flour, almond flour, coconut flakes, coconut sugar, baking soda and powder, and the zest of 1/2 an orange
- Next add in your coconut oil, eggs, and orange juice, mixture will be thick.
- Lastly fold in your raspberries.
- Place your mix in a well greased muffin tin.
- Bake your muffins 25-30 minutes. These are dense muffins so they take a bit longer to bake!
- Enjoy!

Pumpkin Spice Mini Muffins

Ingredients

1/4 cup almond flour
1/4 cup coconut flour
1/4 cup raisins
1/2 tsp baking powder
2 tsp. cinnamon
1 tsp. cloves
1 tsp. ginger
Dash of salt
3/4 cup pumpkin
2 eggs
1/4 cup honey
1/4 cup almond butter (only ingredient should be almonds!)



Makes
18
mini
muffins

CALORIES
75 calories
CARBS
9 grams
PRO
2 grams
FAT
3.5 grams

Directions

- Preheat your oven to 350 degrees.
- In a mixing bowl combine your flours, spices and baking power.
- Next add in the pumpkin, eggs, honey and almond butter, blending well.
- Lastly fold in your raisins.
- Bake in greased mini muffin cups 15-20 minutes.

Coconut Protein Balls

Ingredients

1 serving of protein powder
4 dates
1 cup of walnuts
1/2 cup of macadamia nuts
2 tbsp of coconut oil
1/2 cup of blueberries
1/2 shredded coconut



Makes
6
balls

CALORIES
350 calories/ball
CARBS
11 grams
PRO
11 grams
FAT
29 grams

Directions

- Add dates, walnuts, and macadamia nuts to a food processor and blend.
- Once blended, add coconut oil and protein powder. Blend.
- Allow it to set in the fridge for 5-10 mins.
- Once the batter is at a consistency to be made into balls, mix in the blueberries and shredded coconut and form into balls.
- (Optional) If you like extra crunch, roll the balls in sesame seeds.
- Enjoy.

Kale Chips



Ingredients

1/4 bunch of kale
1 tsp of extra virgin olive oil
1 tsp of sea salt



Makes
1
serving

CALORIES
64 calories
CARBS
1 gram
PRO
2 grams
FAT
6 grams

Directions

- Pre-heat oven to 350F.
- Line a baking sheet with parchment paper or tin foil.
- Wash kale, dry it in a lettuce spinner, then remove the stem by cutting it out.
- Cut the kale it's the size of a potato chip.
- Place the kale in a single layer on the baking sheet.
- Drizzle with olive oil and sea salt.
- Bake for 10 mins. Be sure to watch them closely. Do not over cook.
- They are ready once the kale is crispy.

Protein Berry Popsicles

Ingredients

1 serving of protein powder
4 dates
1 cup of walnuts
1/2 cup of macadamia nuts
2 tbsp of coconut oil
1/2 cup of blueberries
1/2 shredded coconut

Makes
1
serving

CALORIES
256 calories
CARBS
39 grams
PRO
16 grams
FAT
4 grams

Directions

- Blend blueberries, strawberries, almond milk, lemon juice (or water), Prograde vanilla whey protein powder, and stevia together.
- Pour mixture into popsicle mold containers and add a popsicle stick to the liquid mixture.
- Place container in freezer and allow mixture to harden.

Lime Mango Ice Cream

Ingredients

2 cups coconut milk juice
zest of 1 lime
1 scoop of Whey Protein
Powder
1/4 of ripe mango

Makes
2
servings

CALORIES
201 calories
CARBS
24 gram
PRO
14 grams
FAT
6 grams

Directions

- Add all the ingredients to a blender and blend.
- Add blended ingredients to an ice cream maker.

Gluten Free Paleo Biscuits

Ingredients

1/4 cup of coconut flour
3/4 cup of ground almonds
1 tsp of baking powder
1/4 tsp of sea salt
6 egg whites
1 & 1/2 tbsp of coconut oil



Makes
4
servings

CALORIES
246 calories
CARBS
9 grams
PRO
11 grams
FAT
18 grams

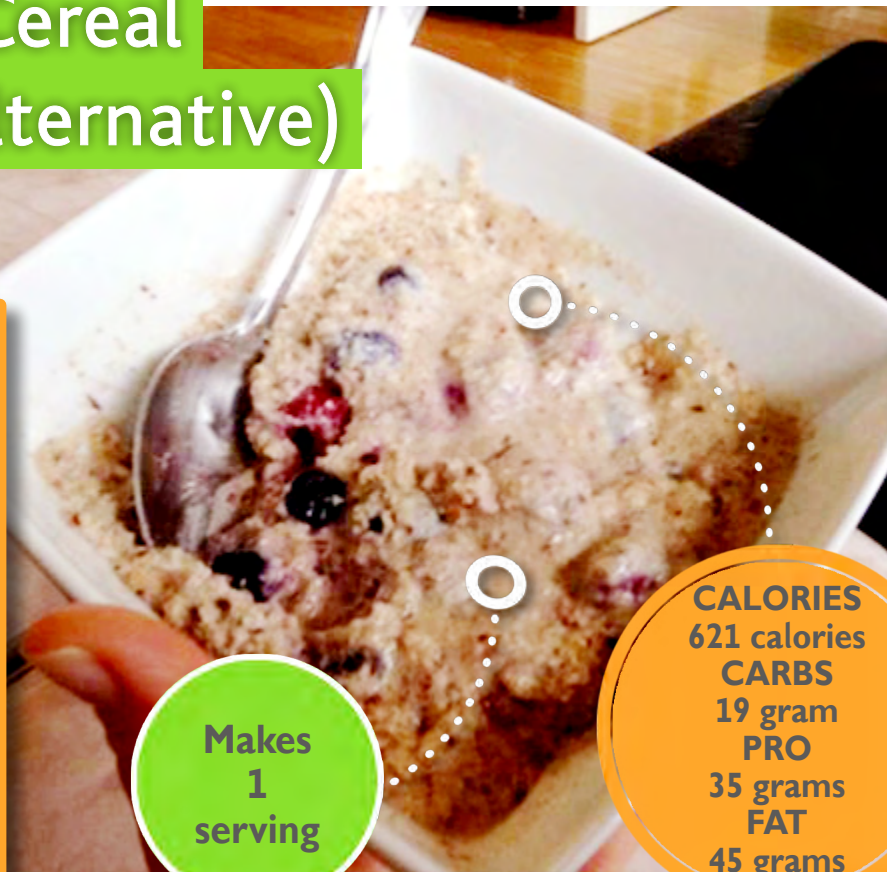
Directions

- Pre-heat oven to 400F.
- In a mixing bowl, add coconut flour, ground almonds, baking powder, sea salt, and coconut oil. Stir briefly then place in fridge for 10 mins.
- Add egg whites to a separate bowl and beat until frothy. Once 10 mins is up, add egg whites to the flour mixture and stir until consistent.
- Place parchment paper on a baking sheet, spray with a light coating of cooking spray, and scoop out 1/4 cup of mixture to make one biscuit (my version made 4 biscuits).
- Mold each to form the shape of a biscuit.
- Add to oven and bake for 15 mins or until golden.
- You're done! Enjoy!

Hot Nutty Cereal (Oatmeal Alternative)

Ingredients

1/2 cup of any nuts (I used 1/4 cup of hazelnuts with 1/4 cup of walnuts)
1/4 banana
1/4 tsp of cinnamon
1/8 tsp of sea salt
1/4 coconut milk
1 serving of protein powder
cup of berries



Makes
1
serving

CALORIES
621 calories
CARBS
19 gram
PRO
35 grams
FAT
45 grams

Directions

- Add all the ingredients (except berries) to a food processor and blend.
- Heat up the mixture (Optional)
- Top with berries.

Paleo Pancake

Ingredients

2 eggs
1 ripe medium banana
2 tsp. cinnamon
1 tsp. vanilla extract
1/2 tbs. almond butter

Makes
1
serving

CALORIES
323 calories
CARBS
34 grams
PRO
15 grams
FAT
15 grams

Directions

- In a bowl mash together the banana, eggs, cinnamon, and vanilla.
- Preheat a skillet over medium heat and spray with olive oil.
- Pour in your mixture to make one large pancake.
- Cook over low heat, flipping once the sides begin to cook.
- Once cooked on both sides top with your almond butter and enjoy.

Pumpkin Flax Pancakes

Ingredients

2 tbs. coconut flour
2 tbs. flaxseed
2 egg whites
1/4 cup unsweetened almond milk
1/4 cup pumpkin
1/2 tsp. vanilla extract
1/2 tsp. baking powder
1/4 tsp. cinnamon
1/4 tsp. ginger
1/4 tsp. nutmeg



Makes
1
serving

CALORIES
218 calories
CARBS
22 gram
PRO
13 grams
FAT
9 grams

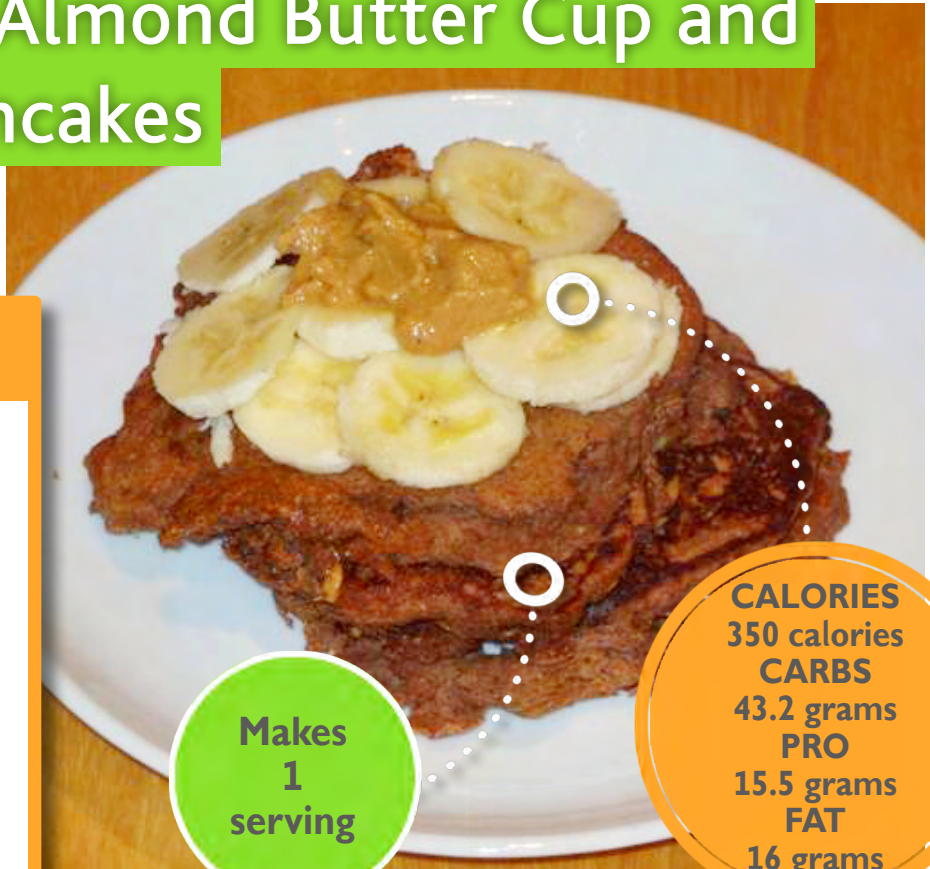
Directions

- In a mixing bowl combine all of your ingredients starting with the dry and adding in the wet last.
- Combine all ingredients well and let sit 2 minutes or so.
- Heat a skillet with olive oil spray and then form your pancakes into 4 medium to small size pancakes.
- Cook until the edges start to curl up and then flip, cooking the other side.
- Top with coconut butter and enjoy!

Chocolate Almond Butter Cup and Banana Pancakes

Ingredients

2 tbs. coconut flour
1 tbs. flax
1 tbs. unsweetened cocoa powder
1/2 tsp. baking powder
1 small banana
2 egg whites
1/4 cup unsweetened almond milk
1 tbs. almond butter



Makes
1
serving

CALORIES
350 calories
CARBS
43.2 grams
PRO
15.5 grams
FAT
16 grams

Directions

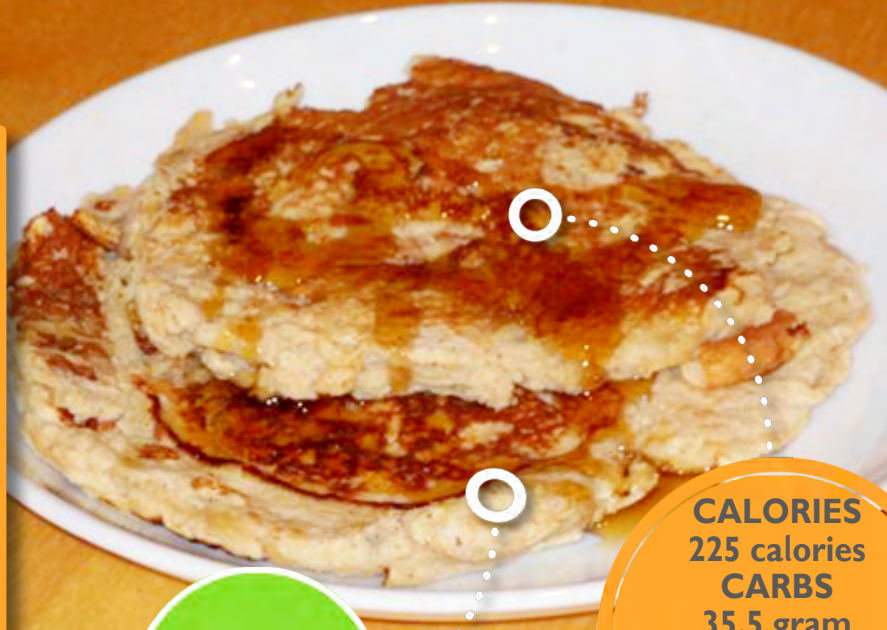
Note: Makes 1 serving (4 small to medium sized pancakes)

- In a bowl combine your flax, coconut flour, cocoa powder, and baking powder making sure to rid the mix of any clumps from the cocoa powder.
- Add in 1/2 of your banana mashed, the egg whites and almond breeze and mix.
- Lastly add in your almond butter.
- In a skillet sprayed with olive oil spray cook your pancakes making sure to flip and cook on both sides.
- Top your pancakes with the other half of the banana sliced
- Dessert for Breakfast is Served!

Banana Vanilla Bean Pancakes

Ingredients

2 tbs. coconut flour
1 mashed banana
3 egg whites
1/2 tsp. baking powder
1 tsp. vanilla bean extract
1/2 a vanilla bean



Makes
1
serving

CALORIES
225 calories
CARBS
35.5 gram
PRO
14 grams
FAT
3 grams

Directions

- In a mixing bowl combine your flour, protein, baking soda and stevia. Mix well.
- Add in your banana, egg whites, and vanilla extract and blend with a hand mixer until there are no lumps from the banana.
- Lastly scrape the bean from 1/2 a vanilla bean and stir into your batter.
- Cook the batter as pancakes on a skillet with coconut oil.

Gingerbread Pancakes

Ingredients

1 tbs. coconut flour
1 tbs. almond flour
1 tbs. coconut sugar
1/2 tsp. baking powder
1/2 tsp. ginger
1/4 tsp. cloves
1/8 tsp. cinnamon
1/8 tsp. all spice
1/8 tsp. xanthan gum
1/2 tbs. blackstrap molasses
3 egg whites



Makes
1
serving

CALORIES
200 calories
CARBS
28 grams
PRO
13.5 grams
FAT
4.5 grams

Directions

- In a mixing bowl combine all of your dry ingredients (flour, sugar, and spices).
- Next mix in your molasses and egg whites and stir well.
- Preheat a skillet with coconut oil.
- Pour your batter into 3 smaller pancakes and bake until the edges start to round and cakes bubble and flip.
- Cook until done and enjoy!

Pink Paleo Pancakes

Ingredients

2 tbs. coconut flour
3 egg whites
4 diced strawberries
1/2 tsp. baking powder
1/4 tsp. almond extract
1/2 tbs. shredded unsweet-
ened coconut



Makes
1
serving

CALORIES
144 calories
CARBS
16 grams
PRO
13 grams
FAT
3 grams

Directions

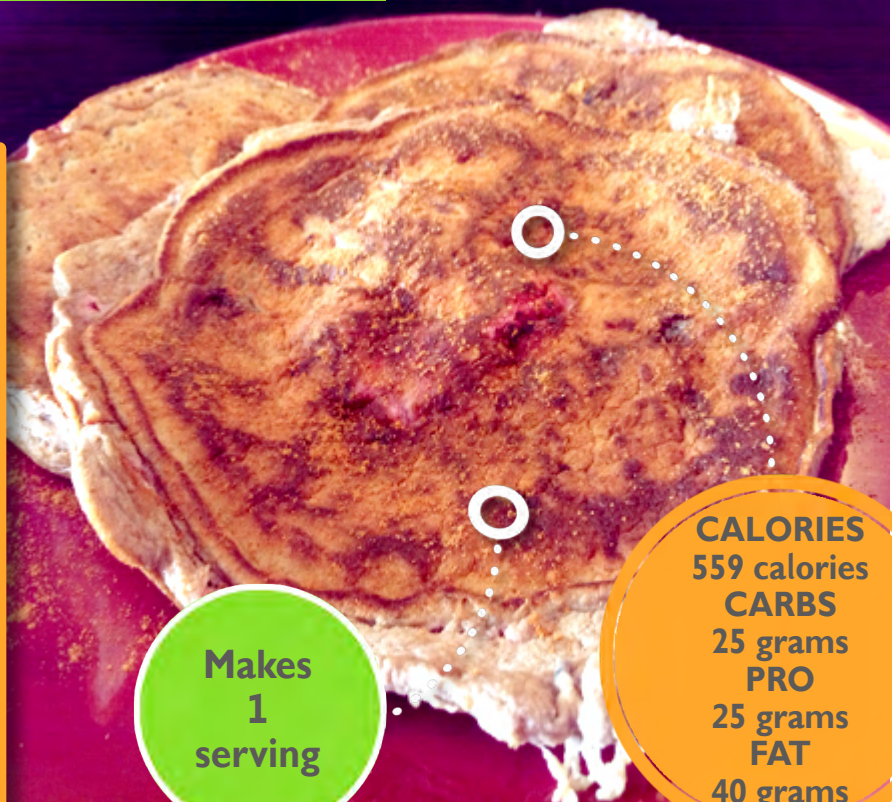
Note: Makes 1 serving (4 small cakes or 1 large)

- Combine all ingredients in a blender or food processor except for the shredded coconut.
- Once mixed, spread onto a skillet to make 4 small cakes, or one larger one.
- Cook the first side until the mix starts to bubble and flip. Serve with 1/2 tbs. unsweetened coconut sprinkled on top.

Berry Protein Pancakes

Ingredients

6 egg whites
1/2 cup ground nuts (I used a
combo of walnuts & almonds)
capful of vanilla extract
dash of cinnamon
packet of stevia
1/2 cup of berries
1/4 tsp of baking soda
cooking spray
shredded coconut (Optional)



Makes
1
serving

CALORIES
559 calories
CARBS
25 grams
PRO
25 grams
FAT
40 grams

Directions

Note: Nutritional Information Per Serving (serving is 3 pancakes)

- Blend eggs, ground nuts, vanilla extract, cinnamon, stevia, shredded coconut (optional) and baking soda in a blender or food processor.
- Heat frying pan over medium - high heat. Lightly coat with cooking spray.
- After pancake mixture has been blended, add berries to the batter.
- Add 1/4 cup of the pancake mixture to the heated pan.
- Heat pancake until small bubbles begin to form on top and then flip pancake to heat other side.
- Repeat for remaining pancake batter.

ABOUT THE AUTHORS

EAT CLEAN LIVE LEAN COOKBOOK



Brad Gouthro is host of [Live Lean TV](#) and the publisher of [BradGouthroFitness.com](#). He's the internationally selling author of [Awaken The Abs Within](#), and the creator of the [Live Lean Afterburn](#) workout system and the [Live Lean Meltdown](#) DVD program. His show reaches thousands of "Live Leaners" every week, teaching his fitness and nutrition philosophies on how to "Live Lean" 365 days/year. Brad was also recently named one of Shape Magazine's "Top 50 Hottest Trainers In America". Not bad for a guy from Canada.



Danielle Prestejohn is a nutrition and health coach with a Master's Degree in Applied Nutrition from Northeastern University. In addition she is a Certified Holistic Health Coach through the Institute of Integrative Nutrition, is a NASM certified personal trainer, and also holds her Cross-Fit Level One Certificate. She blogs about all things nutrition at <http://danielleprestejohn.com> and is eager to spread the benefits of great nutrition with as many people as she can.

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