

True Cellular Detox™

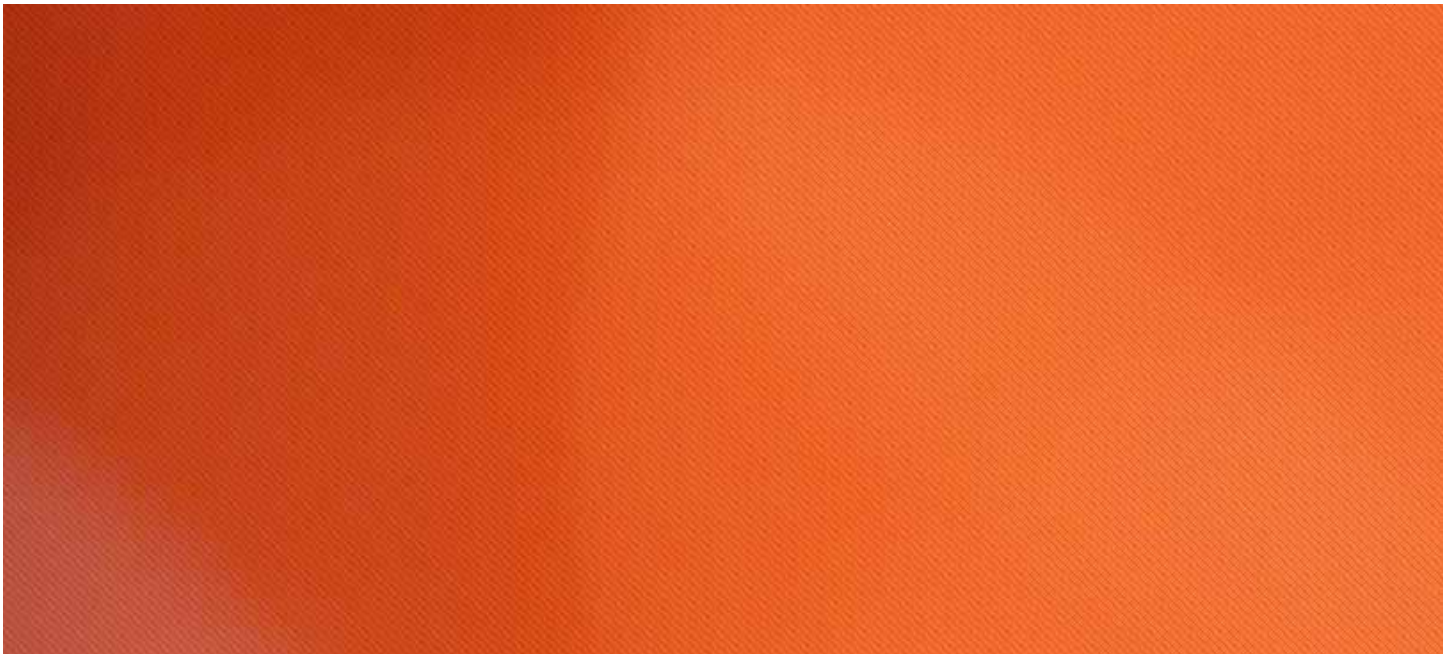
90-Day Menu Plan & Grocery List

 True Cellular Detox™
truecellulardetox.com



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The True Cellular Detox™ 90 Day Menu Plan

The True Cellular Detox™ 90 day menu plan is designed to act as a jumpstart to your new healthy lifestyle and to support your body during the True Cellular Detox™ program. The diet plan includes a wide variety of produce, proteins, healthy fats and some sweet treats to encourage detoxification, weight loss and cellular healing... and tastes delicious too!

1. Begin by making the 3 exchanges:

Exchange your grains

Instead of consuming modern denatured, hybridized, genetically modified (GMO) grains, choose safer grains and starches such as rice varieties, buckwheat (technically a seed), and ancient grains.

Ancient grains include quinoa, amaranth, millet, teff, chia and sorghum (all gluten-free) and farro, kamut and spelt (contain healthy gluten). Ancient grains are different from modern grains because they have not been denatured and changed. Therefore, these types of grains, including those which contain gluten, do not have the negative effects of modern denatured and glutenous grains.

However, if you're interested in removing ALL grains from your diet to more quickly decrease cellular inflammation, choose the Lower Carb (aka "LC") option on the weekly menu plans to make meals grain-free. Also, please watch the "Three Exchange Diet" video for more information on gluten, grains and GMOs, and how they may be connected to leaky gut syndrome.

Exchange your sugars

Instead of toxic refined sugars and artificial sweeteners, replace with small amounts of naturally processed stevia, xylitol, raw honey and Grade B maple syrup (more minerals than Grade A).

Exchange your fats

Instead of rancid, inflammation-producing, GMO vegetable oils like corn, canola and soybean, choose high quality fats like unrefined coconut oil, grass-fed butter and tallow, avocado oil and extra virgin olive oil.

Choose when possible:

- 100% grass-fed (and finished) , organic and local animal products
- Organic, local and seasonal produce
- Raw, organic, cultured and 100% grass-fed dairy products

Avoid as much as possible:

- Toxic vegetable oils (i.e. corn, canola and soybean commonly used in restaurants... ask questions!)
- Avoiding non-approved grains and ALL refined sugars until inflammation is decreased
- Factory farmed animal products
- Genetically Modified Organisms, a.k.a GMOs (corn and soy are the top offenders)

Other notes:

- Smoothie recipes typically make enough for 2 servings or 2 days worth of breakfasts. To enjoy for two days, simply pour smoothie mixture into two mason jars and refrigerate one for the following day. Find more smoothie recipes in the resources section.
- Snacks are optional (or may be eaten with lunch) and likely not needed if consuming enough quality fat.
- Breakfast is optional (see below for intermittent fasting technique) and may not be desired once you've shifted into the "fat burning zone," wherein you become a fat burner instead of a sugar burner. For more info read the two articles on ketosis in the resources section.
- Dinner is prepared fresh nightly and leftovers are re-imagined for lunch the following day.

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- Lunch is typically leftover protein over a mixed greens salad and/or stuffed in lettuce wraps. Salads and wraps can simply be dressed with extra virgin olive oil, vinegar (apple cider, balsamic, red wine) and sea salt, mustard, mashed avocado or any other homemade dressing with healthy fat.
 - Dessert is optional (may decelerate weight-loss).
 - Note Lower Carbohydrate (LC) options on the menu if looking to reduce carbohydrate intake.
 - Include plenty of fermented foods to support a healthy gut (sauerkraut, kimchi, yogurt, kombucha, kefir).
 - See recipe list for meal how-to's.
 - See corresponding grocery lists for shopping guides.
 - Grocery quantities depend upon size of household (and appetite!). When intermittent fasting, less food is purchased.

For intermittent fasting option:

- Simply skip breakfast and drink pure water and/or organic coffee or tea with good quality fat added such as MCT oil, coconut oil, grass-fed heavy cream or butter, coconut milk or homemade nut milk. The good fat added to your beverage helps to prevent blood sugar dips throughout the morning and turns your brain "on" to jumpstart the day. You can also add grass-fed collagen powder to your morning beverage for protein if desired, and a sprinkle of cinnamon is helpful for blood sugar regulation.
- Try to wait and consume a later lunch, between 1PM and 3PM, to extend the fasting window between 16 and 18 hours. A light lunch of quality fat and protein is suggested to maintain your energy levels throughout the day and avoid the dreaded post-lunch "slump." Simply have a smaller lunch portion or enjoy a high fat smoothie.
- Aim to eat dinner between 5PM and 8PM and include most of your daily carbohydrates at this meal. Be sure to make dinner a big and satisfying meal. This is very important! If you do not eat enough food at dinner your body will think it's starving and hang on to fat stores. Eating a large meal with adequate carbs also helps to spike your blood sugar enough to promote restful sleep.

See resource article on intermittent fasting.

- To follow a Lower Carbohydrate (LC) diet and/or ketogenic diet:
 - Focus on eating mostly fat (60-70%), moderate amounts of protein and very small amounts of carbohydrates.
 - See the resource articles 1 and 2 for further information on the ketogenic diet and troubleshooting suggestions.
 - Also, watch the video on implementing this advanced strategy into your program in the resources section.

Remember: Diet Variation!

- Follow the basic diet for a few months and then experiment with intermittent fasting. Perhaps then try the ketogenic diet for a month or two then shift back into eating a moderate carbohydrate diet. The point is to mix it up and take advantage of your body's innate adaptation mechanisms to increase your health, lose stubborn weight and regulate hormones.
- See resource article for further information on implementing the Diet Variation technique.

True Cellular Detox 90 Menu Plan: Pantry Makeover

Get excited to makeover your pantry with foods that support True Cellular Detox™.

Step 1: REMOVE THE JUNK!

First things first: get out a big garbage bag and enter your pantry. Remove anything that is not “real” food (consider donating items to a local pantry or shelter).

Discard:

- ✗ Packaged or canned foods that list ingredients you can't pronounce
Commercial cookies, candy, sweet biscuits, crackers, white flour, whole wheat flour, cake mixes, pretzels, chips, pastries, cereals, sodas, bread, bagels, etc.
- ✗ Foods that contain sugar and high fructose corn syrup
- ✗ Modern, denatured grains which contain gluten (and their flours): wheat, bulgur, couscous, spelt, kamut, triticale, barley, rye, etc.
- ✗ Sauces that contain sugar and preservatives
- ✗ Iodized salt
- ✗ All prepared salad dressings
- ✗ Toxic oils such as canola oil, corn oil, and soybean oil
- ✗ Ice cream
- ✗ Margarine
- ✗ Sweetened yogurt
- ✗ All artificial sweeteners and diet drinks
- ✗ Artificial creamers
- ✗ Deli meats that contain nitrates and nitrites
- ✗ GMO foods such as corn, corn chips or corn tortillas and soy products (unless 100% organic)
- ✗ Frozen convenience foods and commercial energy bars

Make Way for Cellular Healing Ingredients

Phew! Now that you've cleaned out the pantry, it's time to reload it with cellular healing ingredients. Choose organic when possible.

Staple items to keep in stock:

Healthy Fats:

- ✓ Extra virgin cold pressed olive oil
- ✓ Virgin, cold-pressed coconut oil
- ✓ Butter
- ✓ Beef/Lamb tallow (for sautéing)
- ✓ Avocado oil (for high heat cooking)
- ✓ Olive oil or coconut oil cooking spray
- ✓ Optional: MCT oil for smoothies, dressings and sauces (great for fat burning!)

Spices:

- ✓ Sea salt
- ✓ Black pepper
- ✓ Garlic cloves and/or powder
- ✓ Italian seasoning
- ✓ Onion powder
- ✓ Cinnamon
- ✓ Chili powder
- ✓ Cayenne pepper
- ✓ Vanilla extract
- ✓ Nutmeg
- ✓ Dill powder
- ✓ Bay leaf
- ✓ Curry powder
- ✓ Sage
- ✓ Tarragon
- ✓ Thyme
- ✓ Rosemary
- ✓ Turmeric powder
- ✓ Ginger powder (or fresh root)
- ✓ Allspice
- ✓ Marjoram
- ✓ Cilantro

- ✓ Cumin
- ✓ Pumpkin pie spice
- ✓ Parsley
- ✓ Basil

Canned goods (BPA free):

- ✓ Coconut milk (unsweetened)
- ✓ Wild salmon
- ✓ Wild sardines
- ✓ Pumpkin purée
- ✓ Chickpeas
- ✓ Black beans
- ✓ Lentils

Nuts/Seeds (Raw):

- ✓ Almonds
- ✓ Walnuts
- ✓ Sunflower seeds
- ✓ Pumpkin seeds
- ✓ Chia seeds
- ✓ Ground flaxseeds
- ✓ Almond Butter

Condiments:

- ✓ Dijon Mustard
- ✓ Vegemaise with Grapeseed oil
- ✓ Wheat Free Tamari (gluten free soy sauce)
- ✓ Bragg's liquid aminos
- ✓ Hot sauce (all natural)
- ✓ Coconut aminos (optional soy sauce alternative)
- ✓ Salsa (no sugar)

Flours:

- ✓ Coconut flour
- ✓ Almond flour
- ✓ Buckwheat flour

Other Ingredients:

- ✓ Baking soda
- ✓ Baking powder
- ✓ Apple cider vinegar
- ✓ Balsamic vinegar
- ✓ Arrowroot powder
- ✓ Cocoa powder (unsweetened)
- ✓ Tomato sauce (no-sugar)
- ✓ Tomato paste (no-sugar)
- ✓ Gelatin powder (from grass-fed cows)
- ✓ Collagen powder (from grass-fed cows)
- ✓ Coffee/Tea
- ✓ Sauerkraut (or homemade)
- ✓ Olives

Sweeteners:

- ✓ Stevia (naturally processed)
- ✓ Xylitol
- ✓ Raw honey
- ✓ Grade B maple syrup (more minerals than grade A)

Helpful Kitchen Tools:

- ✓ Chef's knife
- ✓ Paring knife
- ✓ Frying pan(s)
- ✓ Glass jars and pitchers
- ✓ High-speed blender (Vitamix brand is great)
- ✓ Parchment paper
- ✓ Sheet pans
- ✓ Spiral vegetable slicer — use to make zucchini, squash or other root veggie "pasta" (aka zoodles)

True Cellular Detox™ Menu Plan: Week 1

Menu Plan	Monday	Tuesday	Wednesday
• Note: Intermittent Fasting (IF) variation. • Note: Lower carb (LC) meal options. • Smoothie recipes make enough for two days (or two servings). • Dinner is reimagined for next day's lunch. • Suggested fats to add to morning beverage: cream and butter, coconut milk or oil, MCT oil. Asterisk mark* and orange text denotes recipes.	Breakfast: Eggnog Smoothie* OR Pure water or coffee/tea with healthy fat (IF) Lunch: Mixed greens salad with black beans or mashed sardines (LC), extra veggies and sliced avocado Snack (optional): Parmesan cheese slices Dinner: Stuffed Peppers* and Skillet Bread* and/or side salad (LC)	Breakfast: Eggnog Smoothie* OR Pure water or coffee/tea with healthy fat (IF) Lunch: Stuffed peppers over mixed greens (LC) with extra veggies and skillet bread croutons Snack (optional): Mixed berries Dinner: Chicken Scampi* and Gorgonzola Cheese Salad* (LC). Side of buttery quinoa	Breakfast: Plain yogurt or Coconut Yogurt* with berries and chia seeds OR Pure water or coffee/tea with healthy fat (IF) Lunch: Chicken and Gorgonzola Cheese Salad* with extra veggies Snack (optional): Almonds Dinner: Bison Burger* in romaine lettuce wrap with caramelized onions, gorgonzola and avocado. Side of roasted broccoli (LC) and/or Butternut Squash Fries*
Thursday	Friday	Saturday	Sunday
Breakfast: Eggs sautéed in coconut oil with mushrooms and scallions OR Pure water or coffee/tea with healthy fat (IF) Lunch: Bison Burger crumbles over mixed greens with extra veggies Snack (optional): Sliced cucumber with Guacamole* Dinner: Turkey Loaf* over sautéed green beans (LC) with baked buttery sweet potato or quinoa	Breakfast: Chia Seed Pudding* OR Pure water or coffee/tea with healthy fat (IF) Lunch: Turkey Loaf* slices over mixed greens with extra veggies (LC) Snack (optional): Almonds Dinner: Black Bean Soup* with scallions or veggie and cheese omelet (LC). Side of sautéed arugula and broccoli	Breakfast: Chia Seed Pudding* OR Pure water or coffee/tea with healthy fat (IF) Lunch: Black bean soup with side salad or Avo-Egg Salad* in lettuce wraps (LC) with extra veggies. Snack (optional): Mixed berries Dinner: Chicken Coconut Curry* served over Cauliflower Rice* (LC) or boiled rice	Brunch: Omelet with choice of leftover veggies, meat and cheese. Side of Sweet Potato Hash* and/or bacon (LC). OR Pure water or coffee/tea with healthy fat (IF) Snack (optional): Leftovers Dinner: Flatbread Pizza* topped with Arugula Pesto*, gorgonzola and sautéed veggies and meat OR salad topped with leftover meat, cheese and veggies (LC) Dessert: Breezy Berry Mousse* with slivered almonds

True Cellular Detox™ Menu Plan: Week 2

Menu Plan	Monday	Tuesday	Wednesday
• Note: Intermittent Fasting (IF) variation. • Note: Lower carb (LC) meal options. • Smoothie recipes make enough for two days (or two servings). • Dinner is re-imagined for next day's lunch. • Suggested fats to add to morning beverage: cream and butter, coconut milk or oil, MCT oil. Asterisk mark* and orange text denotes recipes.	Breakfast: Blueberry Pancakes* with whipped cream and butter OR poached eggs with avocado (LC) OR Pure water or coffee/tea with healthy fat (IF) Lunch: Mixed greens with chickpeas or canned salmon (LC), leftover pizza strips and extra veggies Snack (optional): Almonds Dinner: Spinach Pie* with roasted broccoli, butternut squash and onions	Breakfast: Ricotta cheese with crushed almonds and berries OR Pure water or coffee/tea with healthy fat (IF) Lunch: Spinach pie square over mixed greens with celery sticks Snack (optional): Green apple slices with cheddar Dinner: Lamb Stew* over Cauliflower Rice* (LC) or boiled rice. Side of sautéed asparagus and carrots	Breakfast: Hemp Shake* or hard-boiled eggs with cheddar slices (LC) OR Pure water or coffee/tea with healthy fat (IF) Lunch: Lamb stew with side salad Snack (optional): Olives (LC) or Hummus* with celery sticks Dinner: Zucchini Casserole* with sautéed mushrooms and cabbage (LC) and roasted butternut squash
Thursday	Friday	Saturday	Sunday
Breakfast: Hemp Shake* or poached eggs with spinach, salsa and avocado (LC) OR Pure water or coffee/tea with healthy fat (IF) Lunch: Zucchini Casserole with side salad. Snack (optional): Walnuts Dinner: Antipasto Salad* with side of sauerkraut	Breakfast: Cottage cheese with crushed walnuts and blueberries OR Pure water or coffee/tea with healthy fat (IF) Lunch: Antipasto salad over mixed greens Snack (optional): Coconut Milk Yogurt* with cinnamon Dinner: Wild Salmon Cakes* with quinoa or Cauliflower Rice* (LC) and sautéed asparagus and spinach	Breakfast: Green apple with cheddar slices and/or hard boiled egg (LC) OR Pure water or coffee/tea with healthy fat (IF) Lunch: Salmon crumbles over mixed greens with extra veggies (LC) and quinoa Snack (optional): Olives (LC) or Hummus* with celery sticks Dinner: Chili* with Focaccia-Style Flax Bread* and/or sautéed onions and cabbage (LC)	Brunch: Veggie Frittata* with leftover veggies, cheese and meat topped with avocado slices (LC). Side of roasted butternut squash topped with walnuts and cinnamon OR Pure water or coffee/tea with healthy fat (IF) Snack (optional): Leftovers Dinner: Chicken Salad Casserole* with mixed greens over quinoa or Cauliflower Rice*. Dessert: Dark chocolate pieces with crushed nuts and sea salt or Chocolate Covered Nuts*

True Cellular Detox™ Menu Plan: Week 3

Menu Plan	Monday	Tuesday	Wednesday
• Note: Intermittent Fasting (IF) variation. • Note: Lower carb (LC) meal options. • Smoothie recipes make enough for two days (or two servings). • Dinner is re-imagined for next day's lunch. • Suggested fats to add to morning beverage: cream and butter, coconut milk or oil, MCT oil. Asterisk mark* and orange text denotes recipes.	Breakfast: Perfect Dessert Breakfast* OR scrambled eggs with turkey bacon (LC) OR Pure water or coffee/tea with healthy fat (IF) Lunch: Chicken salad casserole over mixed greens with extra veggies Snack (optional): Sunflower seeds Dinner: Salmon with Pine Nuts* and Mediterranean Spinach* over rice or zucchini noodles (LC)	Breakfast: Perfect Dessert Breakfast* OR yogurt with olive oil, sea salt and sunflower seeds (LC) OR Pure water or coffee/tea with healthy fat (IF) Lunch: Salmon slices over mixed greens with extra veggies Snack (optional): Berries or hard-boiled egg with mustard (LC) Dinner: Chicken Fajitas* with Avocado Feta Salsa* (LC) and boiled corn	Breakfast: Eggs sautéed in coconut oil with kale, chives and feta cheese OR Pure water or coffee/tea with healthy fat (IF) Lunch: Sliced chicken over mixed greens with avocado and extra veggies Snack (optional): Toasted pine nuts Dinner: Beef Pot Roast with Sauerkraut* over rice, zoodles, and/or sautéed zucchini and cabbage (LC)
Thursday	Friday	Saturday	Sunday
Breakfast: Yogurt with berries and/or hard-boiled egg (LC) OR Pure water or coffee/tea with healthy fat (IF) Lunch: Beef Pot Roast* slices over mixed greens with extra veggies Snack (optional): Sunflower seeds Dinner: Bison Burger Taco Salad*	Breakfast: Berry Green Smoothie* OR poached eggs with avocado (LC) OR Pure water or coffee/tea with healthy fat (IF) Lunch: Bison burger crumbles over mixed greens with extra veggies Snack (optional): Sliced cheddar cheese Dinner: Not-Fried Chicken* with Creamy Coleslaw* (LC) and buttered corn	Breakfast: Berry Green Smoothie* OR veggie omelet (LC) OR Pure water or coffee/tea with healthy fat (IF) Lunch: Chicken strips over mixed greens with avocado Snack (optional): Toasted pine nuts Dinner: Turkey Burgers* with sautéed onions, carrots and peppers (LC) over quinoa	Brunch: Vanilla Pancakes* topped with berries and side of turkey bacon OR Pure water or coffee/tea with healthy fat (IF) Snack (optional): Leftovers Dinner: Flatbread Pizza* topped with veggies, meat and cheese. Serve with salad (Omit pizza crust for LC) Dessert: Coconut Cookies*

True Cellular Detox™ Menu Plan: Week 4

Menu Plan	Monday	Tuesday	Wednesday
• Note: Intermittent Fasting (IF) variation. • Note: Lower carb (LC) meal options. • Smoothie recipes make enough for two days (or two servings). • Dinner is re-imagined for next day's lunch. • Suggested fats to add to morning beverage: cream and butter, coconut milk or oil, MCT oil. Asterisk mark* and orange text denotes recipes.	Breakfast: Omelet with feta, onions and mushrooms, topped with sour cream and scallions OR Pure water or coffee/tea with healthy fat (IF) Lunch: Pizza strips or wild sardines (LC) over mixed greens with extra veggies Snack (optional): Carrot sticks with mixed olives Dinner: Asian Chicken Almond Stir-fry* with fried rice or Cauliflower Rice* (LC)	Breakfast: Buttered Blueberry Muffin* or yogurt (LC) with sunflower seeds and blueberries OR Pure water or coffee/tea with healthy fat (IF) Lunch: Asian chicken slices over mixed greens with extra veggies Snack (optional): ½ avocado with sea salt Dinner: French Onion Soup* with Grain-free Bread*. Side of roasted sweet potatoes and/or sautéed garlic broccoli and zucchini (LC)	Breakfast: Grain-free Bread* with almond butter and/or scrambled eggs with arugula and salsa (LC) OR Pure water or coffee/tea with healthy fat (IF) Lunch: French Onion Soup* with side salad and sunflower seeds Snack (optional): Apple slices with cinnamon Dinner: Broiled steak with caramelized onions and mushrooms. Side of mixed quinoa and corn and/or roasted cauliflower and carrots (LC)
Thursday	Friday	Saturday	Sunday
Breakfast: Plain yogurt and hard boiled egg with mustard OR Pure water or coffee/tea with healthy fat (IF) Lunch: Steak salad with extra veggies (LC) Snack (optional): Sunflower seeds Dinner: Baked salmon with fresh dill and sautéed snap peas (LC). Serve with Sweet Potato Purée*	Breakfast: Blueberry Muffin* with butter and almonds OR feta cheese slices with blueberries and almonds (LC) OR Pure water or coffee/tea with healthy fat (IF) Lunch: Salmon salad over mixed greens with extra veggies Snack (optional): Apple slices with cinnamon Dinner: Garlic-Lime Chicken* served with buttery corn and/or Mashed Faux-tatoes* (LC)	Breakfast: Whole sliced avocado with olive oil, sunflower seeds and sea salt OR Pure water or coffee/tea with healthy fat (IF) Lunch: Chicken strips over mixed greens with extra veggies. Snack (optional): Mixed olives Dinner: Zucchini Soup* with buttered rice and/or Roasted Carrot Fries* (LC)	Brunch: Baked Eggs with Veggies and Feta* (LC). Side of Sweet Potato Hash* and blueberries OR Pure water or coffee/tea with healthy fat (IF) Snack (optional): Leftovers Dinner: Southwestern Cod* with Avocado Dressing* and side of sautéed arugula (LC) and/or corn Dessert: Dates stuffed with almond butter topped with whipped cream and cinnamon or Simple Cocoa Pudding* (LC)

True Cellular Detox™ Menu Plan: Week 5

Menu Plan	Monday	Tuesday	Wednesday
• Note: Intermittent Fasting (IF) variation. • Note: Lower carb (LC) meal options. • Smoothie recipes make enough for two days (or two servings). • Dinner is re-imagined for next day's lunch. • Suggested fats to add to morning beverage: cream and butter, coconut milk or oil, MCT oil. Asterisk mark* and orange text denotes recipes.	Breakfast: Salad Shake* and almonds OR Pure water or coffee/tea with healthy fat (IF) Lunch: Cod cakes over mixed greens with extra veggies Snack (optional): Strawberries Dinner: Double Onion Quiche* with sautéed spinach, carrots, and mushrooms (LC). Side of quinoa with chopped olives	Breakfast: Salad Shake* with sunflower seeds OR Pure water or coffee/tea with healthy fat (IF) Lunch: Slice of quiche with side salad and extra veggies Snack (optional): Blue Cheese Dip* with celery and carrot sticks Dinner: Chicken and Broccoli Casserole* with buckwheat or Cauliflower Rice* (LC)	Breakfast: Yogurt with strawberries and almonds OR Pure water or coffee/tea with healthy fat (IF) Lunch: Chicken and Broccoli Casserole* slice over mixed greens with extra veggies Snack (optional): Sunflower seeds Dinner: Almond Crusted Wild Salmon* over lemony wilted spinach (LC) with mixed peas and quinoa
Thursday	Friday	Saturday	Sunday
Breakfast: Strawberry Banana Dreamsicle Smoothie* or hard boiled eggs with mustard (LC) OR Pure water or coffee/tea with healthy fat (IF) Lunch: Salmon cakes over mixed greens with extra veggies Snack (optional): Blue Cheese Dip* with celery and carrot sticks Dinner: Buckwheat Wraps* or lettuce wraps (LC) with cheese, avocado and extra veggies. Side of Roasted Carrot Fries*	Breakfast: Strawberry Banana Dreamsicle Smoothie* or apple slices with cheddar and almonds (LC) OR Pure water or coffee/tea with healthy fat (IF) Lunch: Veggies and chopped hard-boiled egg in a buckwheat wrap Snack (optional): ½ avocado with sea salt and olives Dinner: Herb Seasoned Steak Broil* topped with sautéed mushrooms, onions and melted blue cheese. Side of buttery peas and mashed cauliflower	Breakfast: Yogurt with sunflower seeds OR Pure water or coffee/tea with healthy fat (IF) Lunch: Steak slices in lettuce wraps with Blue Cheese Dip* and extra veggies Snack (optional): Apple with almond butter Dinner: Roasted Cauliflower Soup* with sautéed celery, spinach and onions (LC) over buckwheat	Brunch: Baked Eggs in Avocados* with salsa and roasted broccoli (LC). Side of sliced banana and cinnamon OR Pure water or coffee/tea with healthy fat (IF) Snack (optional): Leftovers Dinner: Baked chicken breast over mixed greens with sautéed peas and carrots Dessert: Cinnamon Almond Candies*

True Cellular Detox™ Menu Plan: Week 6

Menu Plan	Monday	Tuesday	Wednesday
• Note: Intermittent Fasting (IF) variation. • Note: Lower carb (LC) meal options. • Smoothie recipes make enough for two days (or two servings). • Dinner is re-imagined for next day's lunch. • Suggested fats to add to morning beverage: cream and butter, coconut milk or oil, MCT oil. Asterisk mark* and orange text denotes recipes.	Breakfast: Yogurt with pumpkin seeds and sliced banana OR Pure water or coffee/tea with healthy fat (IF) Lunch: Roasted chicken slices over mixed greens with extra veggies Snack (optional): Berries Dinner: Beef with Peppers and Tomatoes* served over rice or with sautéed green beans (LC)	Breakfast: Poached eggs with avocado, scallions and salsa OR Pure water or coffee/tea with healthy fat (IF) Lunch: Beef slices with extra veggies and mashed avocado in lettuce wraps Snack (optional): Celery sticks with almond butter Dinner: Dill Salmon* with sautéed collard greens and carrots (LC) over quinoa	Breakfast: Goat cheese slices with berries OR Pure water or coffee/tea with healthy fat (IF) Lunch: Steamed collard green wraps stuffed with salmon and extra veggies Snack (optional): Brazil nuts Dinner: Creamy Lemon Mahi-Mahi* with steamed green beans (LC) and buttered corn
Thursday	Friday	Saturday	Sunday
Breakfast: Wake-Me-Up Mocha Smoothie* OR Pure water or coffee/tea with healthy fat (IF) Lunch: Mahi-Mahi cakes over mixed greens with extra veggies Snack (optional): Pumpkin seeds Dinner: Mixed veggie omelets with roasted parsnips, sweet potatoes, goat cheese and onions	Breakfast: Wake-Me-Up Mocha Smoothie* OR Pure water or coffee/tea with healthy fat (IF) Lunch: Avo-Egg Salad* with extra veggies in steamed collard green wraps Snack (optional): Celery sticks with almond butter Dinner: Mexican salad bowl of shredded romaine, sautéed ground beef (LC) or black beans, corn, salsa, scallions and avocado	Breakfast: Yogurt with pumpkin seeds and sliced banana OR Pure water or coffee/tea with healthy fat (IF) Lunch: Mexican salad bowl leftovers with extra veggies Snack (optional): Brazil nuts Dinner: Rosemary Lamb Chops* over roasted and puréed parsnips (LC) or quinoa. Side of steamed and buttered carrots	Brunch: Veggie, cheese and sliced lamb omelets topped with mashed avocado (LC). Side of Sweet Potato Hash* OR Pure water or coffee/tea with healthy fat (IF) Snack (optional): Leftovers Dinner: Curried Carrot Soup* with side salad with extra veggies (LC) and fried rice Dessert: Almond Cake* topped with berries or berries with goat cheese (LC)

True Cellular Detox™ Menu Plan: Week 7

Menu Plan	Monday	Tuesday	Wednesday
• Note: Intermittent Fasting (IF) variation. • Note: Lower carb (LC) meal options. • Smoothie recipes make enough for two days (or two servings). • Dinner is re-imagined for next day's lunch. • Suggested fats to add to morning beverage: cream and butter, coconut milk or oil, MCT oil. Asterisk mark* and orange text denotes recipes.	Breakfast: Poached eggs with salsa, cheddar, sour cream and sliced avocado OR Pure water or coffee/tea with healthy fat (IF) Lunch: Curried carrot soup and mixed greens salad with extra veggies Snack (optional): Walnuts Dinner: Slow Cooker Chicken* with sautéed broccoli and cauliflower (LC) over quinoa.	Breakfast: Chia Seed Pudding* with walnuts OR Pure water or coffee/tea with healthy fat (IF) Lunch: Chicken slices with extra veggies and avocado in lettuce wraps Snack (optional): Apple slices with almond butter Dinner: Burgers (LC) or black beans in lettuce wraps with melted cheese and sautéed onions and peppers. Side of Roasted Carrot Fries*	Breakfast: Chia Seed Pudding* with walnuts OR Pure water or coffee/tea with healthy fat (IF) Lunch: Burger crumbles over mixed greens with extra veggies Snack (optional): Hard boiled egg with mustard Dinner: Teriyaki Salmon* with sautéed bok choy. Served over rice or Cauliflower Rice* (LC)
Thursday	Friday	Saturday	Sunday
Breakfast: Ginger Zinger Smoothie* OR Pure water or coffee/tea with healthy fat (IF) Lunch: Salmon cakes over mixed greens with extra veggies Snack (optional): Walnuts and apple slices Dinner: Turkey Meatballs* with marinara sauce over roasted spaghetti squash (LC) or rice. Side of sautéed garlicky kale	Breakfast: Ginger Zinger Smoothie* OR Pure water or coffee/tea with healthy fat (IF) Lunch: Turkey crumbles over mixed greens with extra veggies Snack (optional): Yogurt with cinnamon Dinner: Lemon Baked Cod* with sautéed onions, mushrooms and broccoli (LC). Side of fried rice	Breakfast: Apple slices with almond butter and cinnamon OR Pure water or coffee/tea with healthy fat (IF) Lunch: Cod cakes over mixed greens with extra veggies Snack (optional): Hard boiled egg with mustard Dinner: Fiesta bowl with shredded romaine, cheddar, avocado, salsa, black beans (or leftover meat for LC) and sour cream	Brunch: Southwestern omelets with veggies, cheese and black beans. Side of guacamole, salsa and sour cream OR Pure water or coffee/tea with healthy fat (IF) Snack (optional): Leftovers Dinner: Chicken Paprika* over buttered rice or roasted spaghetti squash (LC) with side of steamed kale with butter Dessert: Chocolate Chip Cookies*

True Cellular Detox™ Menu Plan: Week 8

Menu Plan	Monday	Tuesday	Wednesday
• Note: Intermittent Fasting (IF) variation. • Note: Lower carb (LC) meal options. • Smoothie recipes make enough for two days (or two servings). • Dinner is re-imagined for next day's lunch. • Suggested fats to add to morning beverage: cream and butter, coconut milk or oil, MCT oil. Asterisk mark* and orange text denotes recipes.	Breakfast: Green Mean Smoothie* OR Cheese and Egg Muffins* (LC) OR Pure water or coffee/tea with healthy fat (IF) Lunch: Chicken slices in lettuce wraps with extra veggies and avocado Snack (optional): Strawberries Dinner: Beef Filet with Béarnaise Sauce* Served with roasted beets and sautéed kale	Breakfast: Green Mean Smoothie* OR Cheese and Egg Muffins* (LC) OR Pure water or coffee/tea with healthy fat (IF) Lunch: Sliced beef over mixed greens with extra veggies Snack (optional): Cashews Dinner: Stuffed Portobello Mushrooms* with Roasted Carrot Fries*	Breakfast: Whole sliced avocado with walnuts, olive oil and sea salt OR Pure water or coffee/tea with healthy fat (IF) Lunch: Portobello slices over mixed greens with extra veggies Snack (optional): Hard boiled egg with mustard Dinner: Grain-free Meatballs* with marinara sauce over zoodles (LC) or quinoa topped with ricotta cheese. Serve with roasted cauliflower and onions
Thursday	Friday	Saturday	Sunday
Breakfast: Hard boiled eggs with cheddar slices and mustard OR Pure water or coffee/tea with healthy fat (IF) Lunch: Meatball lettuce wraps with melted ricotta cheese and extra veggies Snack (optional): Strawberries Dinner: Black Bean and Quinoa Burgers* or beef burgers (LC) with caramelized onions and spinach salad. Side of Spicy Sweet Potato Wedges*	Breakfast: Poached eggs with olive oil and sautéed kale OR Pure water or coffee/tea with healthy fat (IF) Lunch: Burger crumbles over mixed greens with extra veggies and cheese Snack (optional): Cashews Dinner: Lemon Pepper Cod* with sautéed carrots and kale over quinoa or Cauliflower Rice* (LC)	Breakfast: Ricotta Cheese with strawberries and walnuts OR Pure water or coffee/tea with healthy fat (IF) Lunch: Cod cakes over mixed greens with extra veggies Snack (optional): Hard boiled egg with mustard Dinner: Baked and buttered chicken breasts with roasted beets and sautéed zucchini and spinach	Brunch: Veggie, meat and cheese omelets (LC) topped with avocado slices and side of Sweet Potato Hash* OR Pure water or coffee/tea with healthy fat (IF) Snack (optional): Leftovers Dinner: Buckwheat Pancakes* with banana slices, whipped cream, walnuts and butter. Side of bacon. Dessert: Chocolate Chunks*

True Cellular Detox™ Menu Plan: Week 9

Menu Plan	Monday	Tuesday	Wednesday
• Note: Intermittent Fasting (IF) variation. • Note: Lower carb (LC) meal options. • Smoothie recipes make enough for two days (or two servings). • Dinner is re-imagined for next day's lunch. • Suggested fats to add to morning beverage: cream and butter, coconut milk or oil, MCT oil. Asterisk mark* and orange text denotes recipes.	Breakfast: Poached eggs with salsa and sour cream OR Pure water or coffee/tea with healthy fat (IF) Lunch: Buckwheat Wrap stuffed with veggies and melted cheese Snack (optional): Celery sticks with almond butter Dinner: Broiled mahi-mahi with sautéed garlic broccoli. Served over wild rice or Mashed Faux-tatoes* (LC)	Breakfast: Chocolate Shake* OR Pure water or coffee/tea with healthy fat (IF) Lunch: Mahi-Mahi cakes served over mixed greens with extra veggies Snack (optional): Apple slices with cinnamon Dinner: Steak with sautéed mushrooms and spinach. Side of crispy Onion Rings*	Breakfast: Chocolate Shake* OR Pure water or coffee/tea with healthy fat (IF) Lunch: Sliced steak in lettuce wrap with extra veggies and cheese Snack (optional): Hard-boiled egg with mustard Dinner: Wild Salmon Cakes* with sautéed brussel sprouts and mushrooms (LC) over quinoa
Thursday	Friday	Saturday	Sunday
Breakfast: Yogurt with chia seeds and raspberries OR Pure water or coffee/tea with healthy fat (IF) Lunch: Salmon crumbles over mixed greens with extra veggies Snack (optional): Cheddar slices Dinner: Mixed veggie omelets. Serve with sautéed spinach (LC) and/or garlic roasted red potatoes and onions	Breakfast: Apple slices with almond butter OR Pure water or coffee/tea with healthy fat (IF) Lunch: Avo-Egg Salad* in lettuce wrap with extra veggies Snack (optional): Carrot sticks Dinner: Chickpea Burgers* or leftover meat (LC) in lettuce wraps with Guacamole*. Side of Zucchini Fries*	Breakfast: Yogurt with raspberries and chia seeds OR Pure water or coffee/tea with healthy fat (IF) Lunch: Mashed chickpea burger in lettuce wrap with avocado slices and extra veggies Snack (optional): Celery sticks with almond butter Dinner: Slow Cooker Beef Roast* with roasted Brussels sprouts. Serve over quinoa and/or with side salad (LC)	Brunch: Veggie Frittata* with meat topped with sour cream and avocado slices. Side of roasted red potatoes and onions OR Pure water or coffee/tea with healthy fat (IF) Snack (optional): Leftovers Dinner: Flatbread Pizza* crust with marinara sauce, cheese and extra veggies (meat optional). Serve with side salad Dessert: Cheesecake* with raspberries

True Cellular Detox™ Menu Plan: Week 10

Menu Plan	Monday	Tuesday	Wednesday
• Note: Intermittent Fasting (IF) variation. • Note: Lower carb (LC) meal options. • Smoothie recipes make enough for two days (or two servings). • Dinner is re-imagined for next day's lunch. • Suggested fats to add to morning beverage: cream and butter, coconut milk or oil, MCT oil. Asterisk mark* and orange text denotes recipes.	Breakfast: Berries with sliced goat cheese and almonds OR Pure water or coffee/tea with healthy fat (IF) Lunch: Flatbread pizza slices or mashed sardines (LC) over mixed greens with extra veggies Snack (optional): Avocado slices with sea salt Dinner: Baked wild salmon with roasted onions, celery and carrots (LC) over wild rice	Breakfast: Scrambled eggs with sautéed broccoli and sauerkraut OR Pure water or coffee/tea with healthy fat (IF) Lunch: Salmon salad lettuce wraps with extra veggies Snack (optional): Spinach and Artichoke Dip* with celery sticks Dinner: Rosemary Lamb Chops* with sautéed cabbage and zucchini (LC) and buttered baked potatoes	Breakfast: Berry Smoothie* OR Pure water or coffee/tea with healthy fat (IF) Lunch: Sliced lamb over mixed greens with extra veggies Snack (optional): Spinach and Artichoke Dip* with carrot sticks Dinner: Sautéed ground bison (or beef) (LC) or black beans with melted cheese and sautéed onions. Side of roasted beets and sautéed beet greens
Thursday	Friday	Saturday	Sunday
Breakfast: Berry Smoothie* OR Pure water or coffee/tea with healthy fat (IF) Lunch: Lettuce wraps stuffed with bison or beans, veggies and cheese Snack (optional): Almonds Dinner: Not-Fried Chicken* with Creamy Coleslaw*	Breakfast: Thin Mint Smoothie* or yogurt with flaxseeds and berries OR Pure water or coffee/tea with healthy fat (IF) Lunch: Chicken salad over mixed greens with extra veggies Snack (optional): Berries Dinner: Grain-free Meatballs* over rice or sautéed onions and garlic (LC) with marinara sauce and parmesan cheese. Side of roasted beets	Breakfast: Thin Mint Smoothie* or hard-boiled eggs with mustard and almonds OR Pure water or coffee/tea with healthy fat (IF) Lunch: Meatballs in lettuce wraps with extra veggies Snack (optional): Avocado slices with sauerkraut Dinner: Roasted Turkey breasts (LC) or black beans with sautéed garlic broccoli, zucchini and carrots (LC) over quinoa	Brunch: Egg and Cheese Muffins* with side of sautéed cabbage and carrots (LC) and/or roasted potatoes OR Pure water or coffee/tea with healthy fat (IF) Snack (optional): Leftovers Dinner: Simple Veggie Chili* with Grain-free Cornbread* and side salad. Dessert: Coconut Macaroons*

True Cellular Detox™ Menu Plan: Week 11

Menu Plan	Monday	Tuesday	Wednesday
• Note: Intermittent Fasting (IF) variation. • Note: Lower carb (LC) meal options. • Smoothie recipes make enough for two days (or two servings). • Dinner is re-imagined for next day's lunch. • Suggested fats to add to morning beverage: cream and butter, coconut milk or oil, MCT oil. Asterisk mark* and orange text denotes recipes.	Breakfast: Anti-oxidant Berry Blast Smoothie* OR yogurt with raspberries OR Pure water or coffee/tea with healthy fat (IF) Lunch: Veggie Chili with Grain-Free Cornbread Snack (optional): Almonds Dinner: Grass-fed Steak* and Spaghetti Squash with Spinach and Garlic*	Breakfast: Anti-oxidant Berry Blast Smoothie* OR yogurt with pumpkin seeds OR Pure water or coffee/tea with healthy fat (IF) Lunch: Lettuce wraps with sliced steak, avocado, veggies and sauerkraut Snack (optional): Cheddar slices Dinner: Fried Chicken* with sautéed broccoli (LC) and Spicy Sweet Potato Wedges*	Breakfast: Whole avocado sliced with olive oil and sea salt and almonds OR Pure water or coffee/tea with healthy fat (IF) Lunch: Sliced chicken over mixed greens with extra veggies Snack (optional): Mixed berries Dinner: Baked wild cod with Grecian Spinach Sauté* (LC). Served over wild rice
Thursday	Friday	Saturday	Sunday
Breakfast: Soft boiled eggs with feta, olives, salsa and sautéed kale OR Pure water or coffee/tea with healthy fat (IF) Lunch: Cod Cakes over mixed greens with extra veggies Snack (optional): Almonds Dinner: Creamy Broccoli Soup* with Grain-free Cornbread* and/or salad (LC)	Breakfast: Berry Cocoa Smoothie* OR Pure water or coffee/tea with healthy fat (IF) Lunch: Creamy broccoli soup with salad (LC) and/or grain-free cornbread Snack (optional): Feta slices Dinner: Omelet with veggies, meat and cheese of choice. Served with Sweet Potato Hash* and/or salad (LC)	Breakfast: Berry Cocoa Smoothie* OR Pure water or coffee/tea with healthy fat (IF) Lunch: Lettuce wraps filled with Avo-Egg Salad* and extra veggies. Side of carrot sticks Snack (optional): Pumpkin seeds Dinner: Hearty Vegetable Soup*. Served over rice and/or with sautéed broccoli and spinach (LC)	Brunch: Buckwheat Pancakes* with chopped almonds and butter. Side of berries with yogurt OR Pure water or coffee/tea with healthy fat (IF) Snack (optional): Leftovers Dinner: Roasted turkey breast with melted cheddar and caramelized onions. Side of Kale Chips* (LC) and roasted spaghetti squash Dessert: Pumpkin Pie* topped with whipped cream

True Cellular Detox™ Menu Plan: Week 12

Menu Plan	Monday	Tuesday	Wednesday
• Note: Intermittent Fasting (IF) variation. • Note: Lower carb (LC) meal options. • Smoothie recipes make enough for two days (or two servings). • Dinner is re-imagined for next day's lunch. • Suggested fats to add to morning beverage: cream and butter, coconut milk or oil, MCT oil. Asterisk mark* and orange text denotes recipes.	Breakfast: Scrambled eggs with goat cheese, roasted red peppers and sautéed spinach OR Pure water or coffee/tea with healthy fat (IF) Lunch: Buckwheat wrap stuffed with roasted turkey and extra veggies. Snack (optional): Chocolate Almond Fat Bomb* Dinner: Pepper Steak and Cabbage* with roasted Brussels sprouts (LC) over quinoa	Breakfast: Whole avocado sliced with olive oil and sea salt and almonds OR Pure water or coffee/tea with healthy fat (IF) Lunch: Steak slices over mixed greens with extra veggies Snack (optional): Fresh berries Dinner: Stuffed Chicken Breasts* with garlic roasted broccoli and onions (LC) over rice	Breakfast: Lemon Cream Smoothie* OR Pure water or coffee/tea with healthy fat (IF) Lunch: Chicken slices in lettuce wraps with avocado and extra veggies Snack (optional): Almonds Dinner: Warm Lentil Salad with Goat Cheese* Side of berries
Thursday	Friday	Saturday	Sunday
Breakfast: Lemon Cream Smoothie* OR Pure water or coffee/tea with healthy fat (IF) Lunch: Lentil salad over mixed greens with extra veggies Snack (optional): Chocolate Almond Fat Bomb* Dinner: Grilled Turkey Legs* over wild rice or Cauliflower Rice* (LC). Side of sautéed Brussels sprouts and onions	Breakfast: Poached eggs with chives, sautéed spinach, and avocado slices OR Pure water or coffee/tea with healthy fat (IF) Lunch: Turkey salad in lettuce wraps with extra veggies Snack (optional): Goat cheese slices with berries Dinner: Baked wild cod with butter and lemon. Side of roasted butternut squash with cinnamon or sautéed broccoli (LC)	Breakfast: Whipped cream with berries and almonds OR Pure water or coffee/tea with healthy fat (IF) Lunch: Cod cakes over mixed greens with extra veggies Snack (optional): Avocado slices with sea salt Dinner: Roasted Cauliflower Soup* with chives and sautéed spinach, cabbage and mushrooms	Brunch: Veggie Frittata* with choice of veggies, cheese and meat topped with chives (LC). Side of Butternut Squash Fries* and berries OR Pure water or coffee/tea with healthy fat (IF) Snack (optional): Leftovers Dinner: Baked salmon with Creamy Dill Sauce* and sautéed broccoli and cauliflower (LC) over quinoa Dessert: Mocha Brownies*

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VEGGIES

Zucchini Fries

2 zucchinis, cut into "fries" and patted dry
1 egg
½ cup almond flour
1 tsp. garlic powder
1 tsp. sea salt
Freshly ground pepper
Coconut oil for greasing pan (or use parchment paper)

1. Preheat oven to 425° F.
2. Mix all dry ingredients in bowl and whisk egg in separate bowl.
3. Dip zucchini slices into egg then dip into dry mixture.
4. Lay on baking sheet (greased with coconut oil).
5. Bake each side 12-14 minutes, flipping once.
6. Allow to cool and enjoy!

Spaghetti Squash with Spinach and Garlic

1 medium spaghetti squash
3 heads garlic, roasted whole
3 Tbsp. olive oil
Freshly ground black pepper
3 scallions, chopped
1 tsp. salt
1 bag fresh spinach

1. Cut spaghetti squash in half and scoop out seeds.
2. Place halves face down on baking sheet and roast for 40-50 minutes.
3. Sauté onions, garlic and salt in olive oil until fragrant.
4. Add spinach.
5. Once roasted, scrape spaghetti squash into a bowl and mix with olive oil.
6. Add spaghetti squash to sauté pan and mix.
7. Add more salt/pepper if desired and enjoy!

Cauliflower Rice

1 head of cauliflower
1 sweet yellow onion, diced
4 cloves of garlic, minced
1 tsp. sea salt
3 Tbsp. coconut oil or butter
¼ cup fresh parsley (optional)

1. Chop cauliflower head into florets. In batches, pulse in food processor till rice-like consistency is reached (avoid over-blending).
2. Add coconut oil or butter to a pan over medium heat. Add in onion and garlic and sauté until slightly browned.
3. Add in grated cauliflower, salt, and parsley and stir until heated. Adjust seasonings if needed.
4. Enjoy!

Butternut Squash Fries

1 large butternut squash
¼ cup of olive oil
1 Tbsp. garlic powder
1 tsp. cayenne pepper (optional)
Sea salt and freshly ground black pepper to taste

1. Preheat oven to 400° F.
2. Cut squash in two and remove the seeds. Peel, then cut into "fry" sticks.
3. Place fries in a mixing bowl and coat with oil and seasonings.
4. On a greased baking sheet (or on parchment paper), arrange fries in a single layer.
5. Roast for 30-35 minutes or until golden and crisp.
6. Add more salt and pepper if desired and enjoy!

Spicy Sweet Potato Wedges

2 lb. sweet potatoes, cut into wedges
2 Tbsp. olive oil or melted coconut oil
1 Tbsp. paprika
1 tsp. cayenne pepper
3 tsp. garlic powder
2 tsp. onion powder
2 tsp. sea salt
1 tsp. freshly ground pepper

1. Preheat oven to 400° F.
2. Place oil and all dry ingredients in a bowl and combine.
3. Add in wedges and mix until coated thoroughly.
4. Place on baking sheet and bake for 30 minutes or until crispy.
5. Enjoy!

Sweet Potato Hash

1 large onion, sliced
3 Tbsp. olive oil, divided
2 sweet potatoes
3 Tbsp. fresh rosemary or 2 Tbsp. dried
3 cloves fresh garlic or 1 Tbsp. dried powder
Salt and freshly ground black pepper, to taste

1. Preheat the oven to 425° F.
2. Heat olive oil and sauté until caramelized, about 30 minutes.
3. Meanwhile, peel and dice sweet potatoes and chop into bite-size pieces. Place into a large bowl with more olive oil and remaining seasonings.
4. Add caramelized onions to sweet potatoes and toss. Adjust seasonings to taste.
5. Spread potatoes evenly onto baking sheet.
6. Roast for 30-35 minutes until the potatoes are soft and browned.
7. Enjoy!

Simple Veggie Chili

4 Tbsp. extra-virgin olive oil
1 large sweet onion, diced
6 garlic cloves, roughly chopped
2 tsp. ground cumin
1 tsp. chili powder
½ tsp. cinnamon
Sea salt and freshly ground pepper
1 large zucchini, cut into bite size pieces
½ cup tomato paste
1 can black beans, rinsed and drained
1 can diced tomatoes, or fresh
Sour cream and avocado for garnish

1. In a large pot, heat oil over medium-high heat.
2. Add onion and garlic and sauté until fragrant.
3. Add cumin and chili powder, salt and pepper to taste, and cook until spices are fragrant.
4. Add zucchini and tomato paste then stir in black beans and diced tomatoes. Add 2 cups filtered water and bring mixture to a boil. Reduce to a medium simmer and cook about 30 minutes.
5. Season with more salt and pepper as needed.
6. Garnish with sour cream and avocado slices and enjoy!

Chickpea Burgers

15 oz. can chickpeas, drained and rinsed
½ cup chopped onion
½ tsp. ground cumin
1 tsp. salt
½ tsp. ground pepper
½ tsp. turmeric, optional
2-3 Tbsp. almond flour
2-4 Tbsp. olive oil or coconut oil, for blending and frying

1. In a food processor, blend all ingredients except almond flour, adding olive oil to ease mixing as needed.
2. Form mixture into burgers and place each into flour blend, coating each side.
3. In a frying pan, heat oil to medium-high and cook patties on each side until brown.
4. Enjoy!

Roasted Carrot Fries

6 large carrots
3 Tbsp. avocado oil or olive oil
1 tsp. sea salt
Freshly ground pepper to taste
1 tsp. garlic powder

1. Cut each carrot into “french fry” slices.
2. In a bowl toss carrot with oil and seasonings.
3. Spread carrots on an oil greased baking sheet.
4. Bake at 425° for 18-22 minutes until carrots are browned.

Mashed Faux-Tatoes

1 medium head fresh cauliflower, about 1 ½ lb.
¼ cup butter
¼ cup half and half or crème fraiche (if not used, double the amount of butter)
¾ tsp. sea salt
5-8 grinds black pepper
Minced chives or scallions (optional)

1. Steam cauliflower in steamer basket or small amount of water in saucepan until tender and drain.
2. In food processor, blend cauliflower, butter, cream, sea salt, and pepper until smooth.
3. Transfer to a serving bowl, and serve immediately.

Spinach Pie

3 eggs, beaten
16 oz. carton of cottage cheese
8 oz. shredded cheddar cheese
10 oz. box of chopped frozen spinach – defrost and squeeze out the water
3 Tbsp. coconut flour
6-8 sliced mushrooms
¼ cup melted butter
Salt and pepper to taste

1. Preheat oven to 325° F. Lightly grease a 9-inch deep dish pie pan with butter. Combine all ingredients.
2. Pour mixture into pie pan. Place a cookie tray under the pie pan to catch any drips. Bake for 1 hour to 1 hour 10 minutes.

Grecian Spinach Sauté

1 Tbsp. coconut oil
½ small red onion, sliced into thin rings
2 lb. fresh baby spinach, washed and stemmed
½ tsp. grated lemon peel
¼ tsp. sea salt and pepper
¼ cup crumbled feta
¼ cup black olives, diced

1. Heat a large pan with a lid over medium high heat (if pan cannot hold all the spinach, cut the recipe in half). Add coconut oil, diced black olives, and sliced red onion. Sauté until onion starts to wilt.
2. Add spinach and quickly sauté for 2-3 minutes. Add lemon peel, salt and pepper. Cook a few seconds more to release flavors.
3. Add crumbled feta and stir to incorporate. Transfer to serving dish and serve immediately.

Mediterranean Spinach

1 Tbsp. coconut oil
½ small onion, sliced very thin
6 pitted black olives, diced
2 lb. fresh baby spinach, washed and stemmed
½ tsp. lemon juice
Sea salt
Pepper
¼ cup crumbled feta

1. Heat a large pan with a lid over medium high heat.
2. Add oil and sliced onion, then sauté until onion starts to wilt. Add spinach and black olives. Quickly sauté for 2-3 minutes.
3. Add lemon juice, salt, and pepper.
4. Cook one more minute to enhance flavor. Sprinkle crumbled feta and stir.
5. Transfer to serving dish and serve.

Stuffed Portobello Mushrooms

4 large Portobello mushrooms stemmed
4 Tbsp. coconut oil (melted)
Sea salt and pepper
½ cup diced onion
2 cups spinach
½ cup grated cheddar cheese
Sautéed ground beef (optional)

1. Preheat the oven to 450° F. Coat mushrooms with oil and salt and pepper. Broil the mushrooms and turn a few times, approximately 2 minutes or until soft. Place in glass casserole dish and set aside.
2. Heat coconut oil over medium until liquefied. Sauté onion until slightly browned. Add spinach and cook until softened.
3. Spoon spinach and onions onto Portobello caps in casserole dish. Top with shredded cheese.
4. Bake until cheese is melted, approximately 15 to 20 minutes. Enjoy!

Onion Rings

1 large onion, sliced into 1 inch rings
2 eggs
½ cup almond flour
1 Tbsp. garlic powder
1 tsp. cayenne pepper
Sea salt and pepper
Coconut oil (if frying)

1. In one bowl, whisk eggs. In another bowl, combine flour and seasonings.
2. Line a baking sheet with parchment paper.
3. Dip onion slices into eggs, then dip into flour mixture and place on baking sheet.
4. Bake in oven at 450° F for approximately 10 minutes, or until edges are browned.
Optional: Fry on stove top over medium heat in ½ an inch coconut oil until golden, approximately 3 minutes per side.

Kale Chips

1 bunch kale
Garlic powder
Sea salt
Coconut oil

1. Remove the stems and ribs from the kale and cut/rip into 1 ½ pieces.
2. Toss with coconut oil, salt, and garlic powder.
3. Lay single layered on a baking sheet.
4. Bake until crisp, flipping once, about 15-20 minutes.

Double Onion Quiche

3 cups yellow onions, thinly sliced
3 Tbsp. butter
1 cup green onions, thinly sliced
3 eggs
1 cup heavy cream
½ cup Parmesan cheese
¼ tsp. hot sauce
Oregano, parsley, and basil to taste

1. Preheat oven to 350° F.
2. In a medium skillet, cook yellow onions in butter, stirring occasionally for 10 minutes.
3. Add green onions and cook 5 minutes.
4. Remove from heat, cool.
5. Whisk eggs in a large bowl until frothy.
6. Whisk in cream, cheese, pepper sauce, and a sprinkle of oregano, parsley, and basil.
7. Stir in cooled onion mixture.
8. Bake for approximately 30-40 minutes until knife inserted in center comes out clean
9. Cool 10 minutes before serving.

Veggie Frittata

5 eggs
2 Tbsp. coconut oil
¼ cup chopped chives or diced onions
½ cup chopped leafy green
½ cup small cubes of cooked beef (optional)
¼ cup cheese crumbles (optional)
Sea salt
Freshly ground black pepper

1. Preheat oven to 350° F.
2. In a stainless steel pan or cast iron skillet, heat coconut oil on medium until liquefied.
3. Add greens, chives, beef cubes, cheese and salt and pepper (to taste) and sauté until softened.
4. In a mixing bowl, crack eggs and add a touch of salt and pepper. Whisk until combined.
5. Pour egg mixture over veggies sautéing in skillet. Cook on medium heat for approximately four to five minutes.
6. To finish cooking, place skillet in heated oven for approximately two to three minutes, watching carefully to avoid burning.
7. When done, frittata should be firm on top.
8. Top with your favorite salsa and sliced avocado.
9. Enjoy!

Sweet Potato Purée

6 medium sweet potatoes
1 can unsweetened coconut milk
1 tsp. cinnamon
1 tsp. ground cloves
1 tsp. sea salt

1. Bake sweet potatoes in oven at 375° for 1 hour or until soft and cooked through.
2. Remove from oven and allow to cool. Remove and discard peels.
3. Place peeled potatoes, coconut milk, cinnamon, cloves and salt into a high-speed blender and mix until combined and smooth.
4. Pour into serving vessel and garnish with clove or cinnamon powder.
5. Enjoy!

SALADS

Bison Burger Taco Salad

For the burgers:

1 lb. ground bison meat (lean ground beef can also be used)
½ cup chopped white onion
½ cup chopped red pepper
½ cup chopped mushrooms
1 tsp. sea salt
1 Tbsp. Bragg's Liquid Aminos (available at most health food stores)
1 tsp. chili powder

For the salad:

Mixed greens
Bean sprouts (optional)
1 can black beans
1 chopped large tomato
1 chopped red bell pepper
½ cup olives
Guacamole (recipe in snack section)
Organic or homemade salsa

1. In a large bowl mix buffalo burgers. Add buffalo, onion, red pepper, mushrooms, sea salt, Liquid Aminos, and chili powder. Mix well and make into 4 large patties.
2. Place burgers on a grill at medium heat and cook until desired. While burgers are cooking, prepare the salad. Place a handful of greens on plates, top with bean sprouts, black beans, tomato, red bell pepper, and olives.
3. Place cooked burger onto the salad. Top burger with homemade guacamole and salsa.
4. Hot sauce can be added if desired.

Warm Lentil Salad with Goat Cheese

1 can lentils
1 medium onion, diced
4 garlic cloves, minced
Sea Salt to taste
¼ cup apple cider vinegar
¼ cup extra-virgin olive oil
6 ounces goat cheese, crumbled
¼ cup minced chives
2 cups wild arugula or mixed greens

1. Sauté onions and 2 cloves garlic in olive oil until fragrant.
2. Add in lentils, salt and 1 cup of filtered water.
3. Bring to a boil then simmer for 10 minutes until warmed thoroughly.
4. Drain lentils and return to pot.
5. Stir in vinegar, remaining garlic, goat cheese, chives, salt and pepper to taste and olive oil.
6. Line plates with arugula and top with the lentil mixture. Serve warm.

Antipasto Salad

½ lb. grass fed feta or cheddar cheese
1 cup finely chopped celery
1 red bell pepper, chopped
1 cup diced asparagus
1 cup artichoke hearts, diced
1 cup pitted black olives, sliced
1 Tbsp. chopped capers or finely chopped dill pickle
4 Tbsp. extra virgin cold pressed olive
1 tsp. fresh lemon juice
1 tsp. oregano
Sea salt and pepper to taste

1. In small glass mixing bowl, combine cheese, chopped celery, asparagus, artichoke hearts, olives, chopped red pepper, capers, olive oil, lemon juice, and oregano. Stir to combine ingredients evenly. Add sea salt and pepper to taste.
2. Great for lunch or a snack anytime. Very refreshing. Store leftovers in covered glass container.
Option: Add 2 to 4 Tbsp. balsamic vinaigrette.

Chicken Scampi and Gorgonzola Cheese Salad

5 Tbsp. extra virgin olive oil
5 gloves garlic, chopped
1 lb. skinless chicken breast, cubed
½ cup fresh lemon juice (approximately 3 lemons)
Sea salt and pepper to taste
3 Tbsp. unsalted butter
¼ cup fresh parsley, chopped
½ lb. mixed baby greens or field salad mixture
¼ cup crumbled Gorgonzola cheese
2 Tbsp. coconut oil

1. In a medium pan, sauté chicken in coconut oil over medium heat to cook through,
2. In another pan, place 3 Tbsp. of the olive oil and the chopped garlic clove. Cook on low for 2 minutes, do not let garlic brown.
3. Turn heat to medium and add the chicken to the olive oil and garlic pan. Add 2 Tbsp. of the lemon juice. Season with salt and pepper. Cook for approximately 5 minutes.
4. Remove chicken from pan and set aside.
5. De-glaze pan with the remaining lemon just and olive oil. Add butter and stir until melted. Taste sauce and season with salt and pepper.
6. Return chicken to pan, add parsley, and toss in mixture to coat chicken.
7. Remove from heat. Place greens on plate, spoon chicken and sauce over the greens. Sprinkle with Gorgonzola cheese and serve.

Avo-Egg Salad

3-4 hard-boiled eggs
1 avocado
1-2 Tbsp. Dijon mustard
1 tsp. garlic powder
1 tsp. sea salt
Freshly ground pepper to taste

1. Place all ingredients in a small bowl and mash.
2. Enjoy in a lettuce wrap with extra veggies or scooped over mixed greens.

BREADS/PANCAKES

Skillet Bread

- 1 egg
- ½ tsp. baking soda
- ½ cup yogurt, unsweetened, full fat
- 1 ½ tsp. olive oil
- 1 cup almond flour
- Sea salt to taste
- ½ tsp. dill weed or other seasoning

1. Beat the egg, yogurt and baking soda. Let it foam for 1-2 minutes and then beat in the oil. Add the dill and salt. Add the flour last. The batter should be thick.
2. Spray a skillet with grapeseed oil spray. Place the skillet over medium heat. For each piece of bread, make a pancake using 2 rounded Tbsp. of batter dropped onto the skillet. Use a spatula, coated with spray, and spread out the batter. Cook like a pancake on both sides. When done, move the bread to a plate to cool.
3. Use the bread for an open faced sandwich or make an individual pizza. Wrap extras and store them in the refrigerator.

Focaccia-Style Flax Bread

- 2 cups flax seed meal
- 1 Tbsp. baking powder
- 1 tsp. salt
- 1-2 Tbsp. stevia
- 5 beaten eggs
- ½ cup water
- ½ cup olive oil

1. Preheat oven to 350° F. Prepare a 10x15 pan (with sides) with oiled parchment paper or a silicone mat.
2. Whisk dry ingredients well
3. Add wet to dry and combine well. Make sure there are no obvious strings of egg white hanging out in the batter
4. Let batter sit for 1 or 2 moments to thicken up (if left too long, it gets to a point where it's difficult to spread)
5. Pour batter on pan. Because it's going to tend to mound in the middle, you'll get a more even

thickness if you spread it away from the center somewhat in roughly a rectangle an inch or so from the sides of the pan (you can go all the way to the edge, but it will be thinner).

6. Bake for 17 to 20 minutes until it springs back when you touch the top and/or is visibly browned even more than the flax already is.
7. Cool and cut into sliced of desired thickness.

Other alterations to recipe: add in 3 Tbsp. of Italian seasoning and 4 Tbsp. of Parmesan cheese. You can also add asiago cheese and chopped black olives on top and keep the sweetener out of the recipe.

Grain-Free Bread

- 1 ½ cups almond flour (can be purchased or make your own in VitaMix or food processor, add arrowroot to almonds while flouring to avoid caking)
- ¾ cup arrowroot powder
- ¼ cup flax seed meal
- ½ tsp. sea salt
- ½ tsp. baking soda
- 4 medium eggs
- 1 tsp. raw apple cider vinegar
- ¼ tsp. stevia or 1 ½ tsp. xylitol*
- 1 Tbsp. bakers yeast (it does not activate much but adds flavor)

* You can substitute 1 tsp. honey for stevia or xylitol

1. Blend eggs until frothy, then add vinegar and mix.
2. Combine almond flour, yeast, stevia, or xylitol, arrowroot, flax meal, salt and baking soda.
3. Mix dry and liquid ingredients
4. Grease medium sized bread loaf pan and allow dough to rise for 1 hour (note: it will not rise much)
5. Back at 350° F for 30-35 minutes or until a centered toothpick can be removed cleanly.
6. Cool and serve warm with butter, cinnamon, and xylitol sprinkles, and/or with raw almond butter. Makes great toast!

Blueberry Pancakes

6 Tbsp. coconut flour
½ tsp. baking powder
½ tsp. sea salt
½ tsp. stevia
4 eggs
1 cup whole milk
4 Tbsp. butter
½ tsp. pure vanilla
1 pint blueberries
A very generous sprinkling of ground cinnamon
Coconut oil spray

1. Mix ingredients together.
2. Spray preheated pan with coconut oil spray.
3. Use small ladle to drop pancake batter on hot pan.
4. Drop blueberries throughout.
5. Flip over.
6. Butter and eat plain or top with your favorite berries.

Vanilla Pancakes

½ cup coconut flour
2-3 Tbsp. gelatin (optional)
8 eggs
2-3 capfuls vanilla extract
2 Tbsp. melted butter or coconut oil
1 can, unsweetened coconut milk
Pinch of sea salt
Coconut oil or butter for skillet
Optional add-ins: Ground flaxseed, cinnamon, sugar-free chocolate chips, pumpkin purée, fresh berries

1. Whisk flour and gelatin together and stir in eggs until a smooth paste forms.
2. Stir in vanilla, softened butter or melted coconut oil, and coconut milk until combined.
3. Scoop pancake mixture onto hot skillet greased with melted coconut oil or butter.
4. Cook pancakes on both sides until desired.
5. Top with real maple syrup, berries, and/or butter. Enjoy!

Buckwheat Pancakes or Wraps

2 cups buckwheat flour
2 tsp. sea salt
3 1/3 cups water
1 egg
2 tsp. cinnamon (optional, if preparing sweet)
Butter for frying

1. Mix flour and salt in a large bowl.
2. Add water gradually, stirring well after each addition.
3. Add the egg.
4. Heat butter over medium and skillet and ladle in batter.
5. Cook until browned on both sides.
6. Enjoy topped with whipped cream and/or berries, or as a savory wrap stuffed with meat, cheese and/or veggies.

Grain-free Cornbread

4 eggs, room temperature
1 cup water
2 Tbsp. of apple cider vinegar
2 Tbsp. honey (optional)
½ cup of coconut flour
¼ cup coconut oil melted, plus extra for greasing pan
1 tsp. sea salt
½ tsp. baking soda
Topping: melted butter, coconut oil, and/or honey (optional)

1. In blender, mix eggs, vinegar, water and melted coconut oil on low for 30 seconds.
2. Then add in the coconut flour, salt and baking soda and blend for one minute.
3. Grease glass baking dish(es) with coconut oil.
4. Pour the batter into pan(s) bake at 350° F for 40 minutes or until a toothpick comes out clean and loaf appears golden.
5. Enjoy!

Flatbread Pizza

½ cup arrowroot powder
¼ cup, plus 2 tbsp. coconut flour
½ tsp. baking soda
1 tsp. sea salt
2 Tbsp. olive or avocado oil (plus extra for sautéing)
½ cup warm water

Topping ideas:

- Sautéed ground meat, caramelized onions, mushrooms, garlic, leafy green strips, carrot shreds, cheese, no-sugar tomato sauce, or your favorite herbs and spices.
- The options are endless!

Instructions:

1. Preheat oven to 425°. Line baking sheet with parchment paper or grease with avocado or coconut oil.
2. In a bowl, whisk arrowroot flour, coconut flour, baking soda and salt. Once combined, stir in oil then warm water
3. Gently mix with hands until dough ball has formed.
4. Place dough on lined or greased baking sheet and roll out into a flat circle or square.
5. Bake crust for about 12 minutes or until golden.
6. While crust is baking, sauté ground meat and veggies in coconut oil or avocado oil for topping.
7. Once crust is baked, remove from oven, top crust with toppings and bake another 5 minutes until warm.
8. Slice and enjoy!

SOUPS & SAUCES

Black Bean Soup

2 cans black beans, drained
1 cup water
¼ cup white onion, chopped
¼ cup green onions, chopped
3 cloves garlic, finely chopped
2 tsp. cilantro
2 Tbsp. coconut oil
Sea salt to taste
Chili powder to taste
Cumin powder to taste
Hot sauce to taste

1. In a food processor or a blender, purée 1 can of black beans with 1 cup water. You will place the remaining can of whole black beans into the soup in step 3.
2. In a medium sauce pan, sauté onions and garlic in 2 Tbsp. coconut oil.
3. When vegetables are tender, add the black beans and water from the blender, as well as the remaining can of whole black beans, and stir on a medium-low heat. Add sea salt, chili powder, cumin, and hot sauce to taste.
4. Can top with raw and/or sharp cheddar cheese, and a scoop of plain, whole fat yogurt.

Hearty Vegetable Soup

3 Tbsp. olive oil or coconut oil
1 large yellow onion, diced
3 medium carrots, diced
4 cloves garlic, minced
1 large sweet potato, peeled and diced
2 cups broccoli florets
1 ½ cups vegetable broth or bone broth
1 can diced tomatoes
1 Tbsp. Italian seasoning
Salt and freshly ground pepper, to taste

1. Heat oil in a heavy-bottomed saucepan. Sauté the onion, carrots, broccoli and garlic with salt for 4-5 minutes. Add the diced sweet potatoes and cook for 10 minutes.
2. Stir in the broth, diced tomatoes with the juices, and seasoning.
3. Simmer, cover, and cook on low heat for 45 minutes, stirring occasionally.
4. Enjoy!

Creamy Dill Sauce

¾ cup olive oil
1 egg
1 tsp. Dijon mustard
1 tsp. garlic powder
1 tsp. sea salt
2 Tbsp. fresh dill

1. Blend all ingredients gently until mixed well.
2. Enjoy over fish or mixed with shredded poultry or diced hard-boiled eggs.

Zucchini Soup

1 medium onion
½ cup butter
1 ½ lb. of zucchini (approximately 3 large) chopped*
2 ½ cups of chicken broth*
½ tsp. nutmeg
1 tsp. basil
Salt and pepper to taste
Garlic powder to taste (optional)
1 cup whole fat heavy cream (optional)

** Can also substitute half of the zucchini with butternut squash for a rich unique blend of butternut squash/zucchini soup.

1. Melt butter, sauté onion until limp.
2. Add zucchini, sauté a few minutes, then add broth and spices.
3. Cover and simmer for 15 minutes.
4. Purée mixture in 2-3 batches in blender.
5. Taste to adjust spices (can add more nutmeg, salt, and pepper if desired). Add cream now if you wish. Serve hot or cold.

*Can also use vegetable broth.

Creamy Broccoli Soup

2 Tbsp. coconut oil
2 scallions, coarsely chopped
1 large red bell pepper
3 cloves garlic, minced
1 large head fresh broccoli, washed and chopped
1 Tbsp. basil leaves, dried
2 cups chopped spinach, kale, turnip greens, collards, or Swiss chard
2 quarts vegetable or chicken broth
1 can coconut milk
1 tsp. sea salt
1 Tbsp. curry powder

1. In large soup pan, melt coconut oil. Add scallions, red pepper, and garlic. Cover on medium heat for 3-4 minutes.
2. Purée broccoli and add to soup pan. Cook covered over medium heat, stirring until broccoli turns bright green.
3. Remove ¼ of cooked broccoli.
4. Add basil and additional chopped greens such as chopped spinach or mustard greens. Cook covered for 3-4 more minutes.
5. Transfer vegetables, except the ¼ cooked broccoli, into food processor, blender or VitaMix. Add a little coconut milk and purée contents.
6. Transfer both purée, cooked whole broccoli into soup pot and add chicken broth, remaining coconut milk, salt, and curry. Reheat gently and stir.

French Onion Soup

2 Tbsp. coconut oil and/or butter
3-4 cloves garlic, minced
2-3 medium onions, peeled and sliced into rings
1 scallion, coarsely chopped
1 lb. button mushroom, diced
1 Tbsp. dried thyme leaves
2 tsp. dried marjoram leaves
¼ cup Bragg's liquid aminos or tamari soy sauce
1 tsp. sea salt
2 quarts chicken broth

1. In medium soup pot over medium heat, melt coconut oil. Add garlic and onions, and cook for a few minutes until translucent. Add mushrooms and scallions. Cook, stirring frequently, until mushrooms are tender, then 2 - 3 more minutes.
2. Stir in thyme, marjoram leaves, and 1 Tbsp. Bragg's or tamari. Sauté for a minute or until spices are well hydrated.
3. Add chicken broth and bring soup to a boil. Add remaining Bragg's or tamari. Reduce heat and simmer for 8 additional minutes.

Arugula Pesto Sauce

½ cup pine nuts
8 cloves garlic, chopped
5 cups fresh arugula
1 tsp. sea salt and freshly ground black pepper
1 ½ cups olive oil
1 cup grated Parmesan cheese

1. In food processor, blend pine nuts and garlic into a paste.
2. Add arugula, salt, pepper, oil, and Parmesan and purée.

Roasted Cauliflower Soup

1 large head cauliflower, cut into florets
4 garlic cloves, minced
3 shallots or onions, sliced
1-2 cans coconut milk or 1-2 cups heavy cream
1 bay leaf
1 tsp. dried thyme
Sea salt and pepper to taste
Olive oil

1. Place florets and shallots on baking sheet and drizzle with olive oil and salt and pepper. Roast at 400° F for about 30 minutes or until golden.
2. Place roasted florets, shallots, and all other ingredients in a large saucepan.
3. Bring to a boil, cover, and allow to simmer for 35-45 minutes. Add water to thin out mixture.
4. Remove the bay leaf. If desired, purée soup in high-speed blender for smooth texture.
5. Season with more salt and pepper if needed.
6. Enjoy!

Curried Carrot Soup

1 bunch chopped carrots or bag baby carrots
1 bunch celery, chopped
2 cans, plain coconut milk
3-4 cloves garlic, pressed
2-4 Tbsp. curry powder
Sea salt and freshly ground pepper to taste

1. Purée carrots and celery in high-speed blender.
2. Pour mixture into stain-less steel soup pot and add 2 cans coconut milk.
3. Heat and add garlic, curry, salt and pepper to taste. Garnish with freshly cracked pepper.

POULTRY & EGGS

Asian Chicken Almond Stir-Fry

For the stir-fry:

3 Tbsp. coconut oil
3 cups broccoli
1 cup mushrooms, sliced
3 celery stalks, chopped
1 cup snap peas
½ cup water chestnuts (optional)
3 scallions, chopped
2 tsp. Asian sesame oil or olive oil
1 cup lightly toasted almonds

For the marinade:

3 Tbsp. Bragg's liquid aminos
¼ cup coconut milk, no sugar
¼ tsp. pepper
3 cloves of garlic, minced
2 Tbsp. fresh ginger, minced
1 Tbsp. extra-virgin olive oil
2 lb. chicken breast, cut into ½ inch strips or squares
Marinate for at least 15 minutes

1. Heat wok or large skillet. Add 1 Tbsp. of coconut oil. Stir-fry the broccoli over medium heat for 3-4 minutes.
2. Remove from pan and set aside. Add remaining coconut oil and stir-fry mushrooms, celery, and snap peas for 2-3 minutes. Remove and set aside.
3. Remove chicken from marinade and add chicken only to the wok, add 2 tsp. sesame oil and stir-fry the chicken until white throughout, about 5 minutes.
4. Add remaining vegetables, chestnuts, scallions, and almonds and mix well.
5. Remove from heat and serve. Try topping stir-fry with tamari, sesame oil, or other favorite Asian or Thai seasoning.

Cheese and Egg Muffins

8 Eggs
½ cup milk or cream
⅓ cup cheddar cheese or favorite cheese
¼ cup fresh parsley (or dried)
1 tsp. sea salt
½ tsp. cayenne pepper (optional)
Freshly ground pepper to taste
Coconut oil

1. Preheat oven to 375° F.
2. Mix eggs and milk in a bowl.
3. Fold in remaining ingredients.
4. Grease an 8 cup muffin tin with coconut oil.
5. Pour mixture into cups, filling about ¾ full.
6. Bake for 16-18 minutes or until golden.
7. Cool and enjoy, or freeze for later.

Baked Eggs with Veggies and Feta

8 eggs
2 cups thinly sliced mushrooms
1 red onion, diced;
4 garlic cloves, minced
10 oz. arugula
½ cup crumbled feta
Coconut oil
Cayenne pepper
Sea salt and freshly ground black pepper

1. Preheat your oven to 425F.
2. Melt coconut oil in a large skillet over a medium heat.
3. Sauté onions and garlic till fragrant.
4. Add the mushrooms and sauté a few more minutes.
5. Stir in arugula and cook until the greens are wilted, and season to taste with salt and pepper and cayenne.
6. Spread the vegetables evenly across the bottom of a baking dish.
7. Make 8 small holes in the veggie mixture. Gently crack the eggs into the holes and season to taste. Crumble feta cheese over mixture.
8. Bake in the oven until the egg whites are cooked, about 12-15 minutes.
9. Enjoy!

Chicken Paprika

4 boneless chicken breasts cut into bite-size portions
2 bell peppers (red or green)
1 Tbsp. coconut oil
1 small carton of mushrooms, sliced
½ tsp. sea salt
1 tsp. garlic, minced
½ tsp. pepper
2 tsp. paprika or to taste
¾ cup sour cream
2 Tbsp. butter

1. Cut the bell peppers into chunks and sauté in the coconut oil over medium heat in a large skillet. Slice the mushrooms and add them to the skillet. Cook until just tender. Remove the vegetables from the pan.
2. Add the garlic to the skillet. Season the chicken with salt, pepper, garlic, and paprika. Brown the chicken. Return the vegetables to the skillet and add the butter. Continue cooking until the butter is melted and the vegetables are cooked.
3. Turn the heat to low and add the sour cream. Stir until melted, making sure to scrape the bottom of the skillet and get all the flavors mixed into the sour cream. If you want more sauce, add more sour cream.

Chicken Fajitas

2 lb. skinless, boneless chicken breast
2 Tbsp. coconut oil
1 green bell pepper, sliced
1 red bell pepper, sliced
1 white onion
2 cloves of garlic, finely chopped
1 tsp. sea salt
1 tsp. cumin
1 tsp. chili powder
15 oz. can of black beans

1. On a medium setting, heat coconut oil and a little water in a large skillet, add chicken breast. Sprinkle with half of sea salt and garlic and cook until white throughout.
2. Remove chicken and let cool. Using a knife and a fork, pull apart the chicken breast until shredded.
3. In same skillet, add enough water to cover the bottom. Add sliced bell peppers and onion. Add the remaining garlic and sea salt. Cook for 5-10 minutes. Add chicken back into skillet with the peppers and onions. Add cumin and chili powder. Cook until veggies are tender.
4. Serve with cooked black beans.

Chicken Coconut Curry

2 lb. skinless, boneless chicken breast
1 can coconut milk
2 cups broccoli
1 cup mushrooms
1 white onion
1 Tbsp. of curry powder
1 tsp. garlic, minced
1 tsp. ginger, minced
Sea salt to taste

1. In a large skillet, add coconut milk, chicken, broccoli, mushrooms, and onion. Cook on medium-high for 15 minutes.
2. Add in curry powder, garlic, ginger, and sea salt. Turn heat down to medium-low and cook for 15 minutes. Garnish with fresh parsley.
3. Serve and enjoy.

Slow Cooker Chicken

2 lb. chicken parts in bone
1 small onion thinly cut into rings
1 cup mushrooms, sliced
3 large celery stalks, coarsely chopped
3 garlic cloves, minced
3 bay leaves
¼ tsp. salt or added to taste
¼ tsp. pepper
2 Tbsp. arrowroot powder (thickener)
2 Tbsp. butter
½ cup half and half cream, buttermilk or whipping cream or coconut milk. All full fat and no added sugar.
Broth produced from cooked chicken

1. In crockpot, place chicken pieces, onion, celery, garlic, mushrooms, basil leaves, salt, and pepper. Cook on low for 5-6 hours.
2. Remove chicken from crockpot to colander set in large bowl. Let drain and cool slightly. Remove chicken from bones. Reserve stock.
3. Combine remaining liquid from crockpot with 2 Tbsp. arrowroot in a medium saucepan. Bring to a boil and cook until the mixture thickens slightly.
4. Reduce heat, add half and half, buttermilk, whipping cream, or coconut milk. Add cooked chicken meat, butter, and additional salt to taste.
5. Serve with any combination of favorite vegetables. Recommended vegetables are broccoli, asparagus, cauliflower, mushrooms, and peas.

Garlic-Lime Chicken

2 lb. skinless, boneless chicken breast
2 limes
4 cloves garlic, finely chopped
½ tsp. sea salt
¼ tsp. chili powder
¼ tsp. cumin

1. Place chicken into a glass baking dish. Squeeze the juice of 2 limes over the chicken.
2. Sprinkle the chicken with sea salt. Top the chicken breast evenly with the garlic. Sprinkle with chili powder and cumin.
3. Cover and let marinate in the refrigerator for 2 hours. Place on grill or in broiler until golden brown.

Chicken and Broccoli Casserole

4 boneless, skinless chicken breasts
2 bunches broccoli
16 oz. jar grapeseed oil Veganaise
8 oz. package pepper jack or cheddar cheese, shredded
1 bunch green onions
1-2 tsp. garlic powder
2 Tbsp. no-salt seasoning
1 ½ cups raw almonds, chopped
½ stick butter, melted
Pepper to taste

1. Boil chicken in water.
2. Add a generous sprinkling of the no-salt seasoning.
3. Cut in small cubes (easier to cut if chilled in refrigerator first).
4. Steam broccoli until tender.
5. Slice green onions all the way to the green tip.
6. Combine all ingredients together except almonds and butter. Mix well.
7. Press mixture into 9x13 glass baking dish. Sprinkle the almonds evenly over mixture.
8. Drizzle melted butter over top.
9. Bake at 375° F for about 30 minutes.
10. Let stand for about 5 minutes.

Fried Chicken

3 medium chicken breasts
2 eggs
1 cup almond or coconut flour
2 tsp. garlic powder
1 tsp. onion powder
1 tsp. salt
½ tsp. paprika (optional)
2 cups coconut oil for cooking

1. Cut the chicken into strips
2. Beat eggs in a medium bowl.
3. Add chicken and coat
4. In another bowl, mix dry ingredients.
5. Heat oil in a large skillet over medium high heat.
6. Once oil is hot, coat chicken in egg mixture and then coat in flour mixture and place in pan. Cook 4 minutes per side or until golden brown.
7. Enjoy!

Grilled Turkey Legs

8 turkey legs (2 per person)
3 Tbsp. olive oil
Italian seasoning
Sea salt

1. With a pair of kitchen scissors, cut through the tendons at the base of the turkey legs.
2. Baste turkey legs with olive oil. Cover with Italian seasoning and sea salt.
3. Place turkey legs on grill over medium heat. Cook until golden brown. A broiler can also be used. Place turkey legs on a broiler pan and set oven to broil setting. Watch carefully, and cook until golden brown.

Turkey Meatballs

Coconut oil, for pan
1 lb. ground turkey breast
1 egg
1 onion, finely diced
¼ cup almond flour and ½ almond flour, divided
1 tsp. Italian seasoning
½ tsp. sea salt
½ tsp. ground black pepper

1. Preheat oven to 400°
2. In a large bowl combine turkey, ¼ cup almond flour and remaining ingredients.
3. Place remaining ½ cup of almond flour in a small bowl.
4. Form meatballs into 2" balls.
5. Roll balls in almond flour.
6. Heat coconut oil over medium heat to melt.
7. Drop meatballs into pan and allow to brown on all sides.
8. Place browned meatballs on cookie sheet and bake in oven for 25 minutes.
9. Remove, cool and enjoy!

Turkey Burgers

1 lb. ground turkey
½ cup celery, finely chopped
¼ cup red onion, chopped
1 Tbsp. fresh or dried tarragon leaves
1 Tbsp. Dijon mustard
½ tsp. all purpose seasoning, or ½ tsp. salt
¼ tsp. pepper
2 eggs
3 Tbsp. olive oil, cold pressed

1. Preheat drying pan and 3 Tbsp. olive oil on low heat. Can also be cooked in broiler pan in the oven. In mixing bowl, combine ground turkey with celery, onion, tarragon, and mustard.
2. Add all purpose season, pepper, and eggs. Mix thoroughly.
3. Shape into patties. Place on drying pan or broiler pan. Increase to medium-low heat. Fry for approximately 7 minutes a side and browned. Serve immediately.

Turkey Loaf

1 large egg
1 Tbsp. + 1 ½ tsp. liquid aminos
1 Tbsp. + 1 ½ tsp. tomato paste
1 Tbsp. Dijon mustard
1 small garlic clove, minced
1 Tbsp. onion powder
½ tsp. sea salt
½ tsp. dried savory or dill
½ tsp. ground allspice
¼ tsp. black pepper
1 ½ lb. ground turkey or turkey breast
2 Tbsp. (1/3 ounce) grated Parmesan cheese
⅔ cup of finely chopped walnuts

1. Preheat oven to 375°. Coat a baking dish with grapeseed oil cooking spray.
2. In a large bowl, lightly beat the egg, liquid aminos, tomato paste, mustard, garlic, salt, savory or dill, allspice, and pepper.
3. Stir in the turkey, Parmesan cheese, onion powder, and walnuts.
4. Use a fork and thoroughly combine the ingredients.
5. Form the mixture into a loaf and place in the baking dish.
6. Bake until cooked through and a meat thermometer registers 165° F (45-50 minutes)

** This can be frozen and reheated. It is even good cut into small pieces and added to a tossed salad.

Stuffed Chicken Breasts

2 boneless, skinless chicken breasts
3 oz. soft goat cheese
½ cup frozen chopped spinach
½ onion, diced
2 cloves garlic, finely chopped
¼ cup sliced mushrooms
Butter for sautéing
Sea salt and pepper

1. Preheat oven to 400° F.
2. Sauté onions, spinach, mushrooms and garlic in butter.
3. Lay out chicken breast and rub with butter, salt and pepper. Top each breast with portion of goat cheese and veggie filling.
4. Gently fold each breast and secure with toothpick.
5. Place on baking sheet and bake for 20-25 minutes, flipping breasts halfway through.

Not Fried Chicken

2 eggs
⅓ cup coconut flour
2 tsp. sea salt
1 tsp. freshly ground pepper
1 ½ lbs. chicken legs
Coconut oil for greasing pan

1. Preheat oven to 375° F and grease a large glass casserole dish with coconut oil.
2. Crack eggs into a bowl, whisk and set aside.
3. In another bowl, add flour, salt and pepper. Mix to combine.
4. Dip each chicken leg into the egg mixture, then into the flour mixture, until well coated.
5. Place legs in greased casserole dish.
6. Add another sprinkle of salt and pepper to the legs and bake for 50-60 minutes, or until chicken is fully cooked through.
7. Enjoy!

Baked Eggs in Avocado

2 ripe avocados
4 eggs
Sea salt and ground pepper
Drizzled olive oil (optional)
Garnish: Crumbled natural beef bacon, feta cheese, chopped walnuts, salsa, cayenne pepper, fresh chives or cilantro, turmeric powder, sauerkraut, etc.

1. Preheat oven to 425° F.
2. Cut avocados in half and remove pit.
3. Remove 2 spoonfuls of flesh from each half to allow space for an egg.
4. Gently crack egg into each avocado half.
5. Place avocados in glass or stainless steel baking dish.
6. Bake for 17 to 20 minutes, depending on size.
7. Season, drizzle with olive oil, garnish and enjoy!

FISH

Almond Encrusted Wild Salmon

¾ cup almonds
2 Tbsp. parsley
2-4 Tbsp. Veganaise with grapeseed oil
Dash of sea salt and pepper
4 wild salmon fillets
4 Tbsp. coconut oil
4 cups spinach
Lemon wedges

1. Grind the almonds in coffee grinder or food processor. Mix almond powder, parsley, salt and pepper on a plate or pie plate.
2. Spread thin layer of Veganaise over entire surface of salmon fillets. Cover both sides of the fillets in almond powder mix. Either dip in almond mix or sprinkle over entire surface of fillet. Try to use up the mix on the fillets.
3. Steam or sauté spinach in olive oil. Add dash of salt and pepper.
4. Heat coconut oil in a large skillet over medium heat. Add almond covered salmon and cook for 5 minutes on each side or until salmon flakes. Serve with spinach and top with fresh lemon juice from wedge.

Creamy Lemon Mahi-Mahi

4 fillets of Mahi-Mahi (can also be done with a snapper variety)
Approximately ½ cup Veganaise (made with grapeseed oil)
1 fresh lemon
Sea salt and pepper to taste

1. Heat oven to 400° F.
2. Spray a baking or broiling pan with grapeseed oil spray.
3. Place fish fillets on baking sheet.
4. Top fillets with a very generous portion of Veganaise. Spread the Veganaise over the entire top of the fish fillet to cover completely.
5. Squeeze lemon juice over the tops of all fish fillets and sprinkle with salt and pepper.
6. Place fish in oven and bake for approximately 5 minutes to cook the inside of the dish. Turn on broiler, approximately 450° F-500° F and broil fish for anywhere from 4-8 minutes depending on thickness of fish. Do not burn fish, lower broiler rack if needed.
7. Remove from oven when fish is fully cooked and enjoy!

Lemon Pepper Cod

3 Tbsp. coconut oil
4 (6 oz.) wild cod fillets
1 lemon, juiced
Ground black pepper and sea salt

1. In a large skillet, heat coconut oil until liquefied.
2. Place fillets in hot oil and squeeze ½ of the lemon's juice over fish. Sprinkle with pepper and salt. Cook for 3-4 minutes and flip.
3. Squeeze remaining lemon juice and sprinkle with more pepper and salt. Cook until fillets are no longer translucent flake with a fork.

Lemon Baked Cod

1 lb. cod
1 tsp. sea salt
3 Tbsp. unsalted butter, sliced
2 lemons, thinly sliced
Fresh parsley sprigs

1. Preheat oven to 425° F.
2. Rinse and place cod into glass baking dish.
3. Sprinkle cod with salt and layer sliced butter, lemon slices and fresh parsley.
4. Bake uncovered for 25-30 minutes.

Salmon with Pine Nuts

1/3 lb. pine nuts
4 (6 oz.) wild Alaskan salmon fillets
4 Tbsp. olive oil
¼ tsp. sea salt
Pepper
3 oz. butter, cold
1 small lemon
½ tsp. rosemary

1. Rinse salmon with cold water and pat dry. Rub salmon with olive oil. Salt and pepper both sides. Add 1 Tbsp. of olive oil to iron skillet or fry pan over medium heat. If olive oil smokes, reduce heat. Sauté fillets until firm to touch.
2. Place equal parts of butter on each fillet. Cover salmon and butter parts with rosemary, lemon and pine nuts.
3. Remove from heat.
4. Add remaining olive oil and pine nuts to the pan and cook on low heat until butter is melted.
5. Serve with your favorite vegetable.

Southwestern Cod

2 lb. wild cod
2 limes, juiced
1 cup salsa
1 tsp. sea salt
Coconut oil

1. Lightly coat the bottom of a baking dish with coconut oil. Add in tilapia and pour the lime juice over the fish.
2. Sprinkle the fish with sea salt and top with salsa.
3. Bake in the oven at 400° F for 15-20 minutes or until fish easily flakes apart.

Teriyaki Salmon

For teriyaki sauce:

¼ cup reduced-sodium Tamari
¼ cup dry sherry
1 Tbsp. coconut oil
1 Tbsp. freshly grated ginger root
2 garlic cloves, minced

For the fish:

2 lb. wild Alaskan salmon fillets
Lemon wedges

1. Combine the ingredients for the sauce. Place fish in a glass dish and pour the marinade over. Marinate in the refrigerator for 2 hours.
2. Grill the fish or bake on a broiler setting. Cook 3-4 minutes on each side while basting with leftover marinade. Serve fish with lemon wedges.

Dill Salmon

Wild salmon
Sea salt
Dijon mustard
Dill, preferably fresh

1. Preheat oven 350° F.
2. Spray baking sheet with grapeseed oil spray.
3. Salt salmon and place on baking sheet.
4. Add a thin layer of Dijon mustard and coat with dill.
5. Bake for 20-22 minutes depending on size of fish, then broil for 5-7 minutes.

Wild Salmon Cakes

1 can sockeye salmon (with bones and skin)
1 onion, diced
1 Tbsp. fresh garlic
2 Tbsp. capers
1 stalk celery, diced
3-4 Tbsp. gelatin or 1 egg
1 Tbsp. turmeric
1 tsp. sea salt
Coconut oil

1. Over medium heat, sauté diced onion, celery and garlic in solid cooking fat (like coconut oil). Once translucent and fragrant, spoon into a large bowl and allow to cool.
2. Place all remaining ingredients into the bowl with onions, celery and garlic. Mix thoroughly with hands or a spoon.
3. Form the mixture into cakes.
4. Sauté cakes over medium heat in solid cooking fat. May finish cooking through in oven heated to 350° F to ensure doneness.
5. Serve over salad or with your favorite vegetables.
6. Enjoy!

MEATS

Beef Fillet with Béarnaise Sauce

2 (6 oz.) beef fillets
1 Tbsp. sea salt
1 Tbsp. pepper

For sauce:

3 egg yolks
2 Tbsp. lemon juice
¼ tsp. salt
1 pinch cayenne
1 Tbsp. tarragon vinegar (or other vinegar)
1 tsp. tarragon
1 tsp. shallots or onion
Salt and pepper

Beef fillet

1. Preheat oven to 500° F.
2. Coat fillets with butter and salt and pepper. Roast for 20 to 30 minutes, depending on preferred doneness. Remove from oven; allow cooling, and spoon Béarnaise sauce over fillets and serve.

Béarnaise sauce:

1. Place egg mixture into blender. Turn blender on low speed
2. Melt ½ cup butter to bubbling, do NOT brown
3. Add hot butter gradually to egg mixture
4. Blend for 15 seconds or until sauce is thickened and smooth. You can increase blender speed.

Black Bean and Quinoa Burgers

2 cans black beans, rinsed and strained
1 onion, diced
2 garlic cloves, minced or 1 tsp. garlic powder
1 tsp. chili powder
1 tsp. cumin
1 cup cooked quinoa
1 egg, beaten
Sea salt to taste
Freshly ground pepper to taste
Coconut oil for frying

1. Place beans in food processor and pulse till desired consistency.
2. Scoop bean mixture into bowl and combine with remaining ingredients.
3. Form into patties and allow to chill in fridge for 30 minutes if time allows.
4. Heat coconut oil over medium on stovetop and fry patties until browned, 4-5 minutes per side.
5. Enjoy!

Beef with Peppers and Tomatoes

2 lb. ground beef
2 bell peppers (red or green)
2 Tbsp. olive oil
1 small onion, chopped, or 2 Tbsp. onion flakes
1 tsp. garlic, minced
½ tsp. sea salt
½ tsp. pepper
4 medium to large tomatoes, chopped*
1 tsp. dried thyme or Italian seasoning

* You can substitute a can of chopped tomatoes for fresh.

1. Chop the bell peppers and onion and sauté in olive oil over medium heat.
2. Add the ground beef and seasonings. Brown the ground beef.
3. Add the tomatoes, and cook until the tomatoes are tender and turn to sauce.
4. Serve with a vegetable of your choice.

Use your leftovers to make a taco salad! Season with chili powder. Reheat and serve over a vegetable salad. Add some grated cheddar cheese, a Tbsp. of sour cream and a slice of avocado.

Zucchini Casserole

2 small zucchini
2 lb. ground meat
½ small onion
3 cloves garlic
3 eggs
2 Tbsp. Bragg's liquid aminos
2 (15 oz.) cans tomato paste
1 pint ricotta cheese
1 pinch of stevia
Black pepper and sea salt to taste

1. In a glass bowl, mix liquid aminos, garlic, onion, eggs, and ground meat.
2. Flatten mixture into a 9x4 deep glass casserole dish.
3. Slice zucchini ¼ inch thick and lay over the meat bead mixture.
4. Mix ricotta cheese, on egg, pepper, and salt into glass bowl and spread over zucchini.
5. Mix tomato paste, sauce, and a pinch of stevia in a glass mixing bowl and pour over ricotta.
6. Preheat and bake for approximately 1 ½ hours at 350° F.

Stuffed Peppers

9 medium peppers
3 lb. ground meat
4 cloves garlic, chopped ½ medium onion, chopped
2 Tbsp. Bragg's liquid aminos
2 eggs
3 (15 oz.) cans tomato sauce
2 (7 oz.) cans tomato paste
Black pepper and sea salt to taste

1. Wash peppers and cut off tops. Clean inside of peppers by removing seeds and pepper flesh.
2. Mix ground meat, garlic, onion, liquid amino's and eggs into glass mixing bowl and stuff mixture into peppers. Replace pepper tops. Place stuffed peppers into roasting pan.
3. Mix tomato sauce and paste and pour over stuffed peppers and into roasting pan.
4. Cover and bake at 350° F for 1 ½ to 2 hours.

Variation with stuffed cabbage:

1. Bring large soup pot of water to boil. Add 2 medium heads of cabbage and boil 10-15 minutes or until soft.
2. Remove and cool.
3. Grind 1 to 2 cups raw almonds in VitaMix, blender, or food processor until fine.
4. Add ground almonds to same pepper and meat mixture above.
5. Lay cabbage leaf flat and add ground meat – portion size according to leaf size – and roll up leaf tucking in ends.
6. Lay each stuffed cabbage into roasting pan, pouring tomato sauce mixture over top just as you would with peppers.

Beef Pot Roast and Sauerkraut

4 lb. beef rump roast, bottom round or brisket
¼ tsp. salt
¼ tsp. pepper
2 Tbsp. coconut oil
¾ cup onions, chopped
1 tsp. thyme leaves
¼ tsp. oregano
2 lb. sauerkraut
2 bay leaves
2 cups boiling water or natural beef stock/broth
4 medium kohlrabi, peeled and quartered (optional)
2 cups chopped tomatoes or 1 can diced tomatoes
4 stalks celery
4 medium carrots, quartered

1. Season the meat with salt and pepper. In crockpot, large Dutch oven, or heavy pot over medium high heat, melt coconut oil. Brown the beef on both sides with the onions. Add thyme leaves.
2. Cover beef with sauerkraut, chopped tomatoes, and bay leaves. Add 2 cups boiling water or beef stock. Cover and simmer several hours or until tender.
3. Add vegetables after approximately 1.5 hours. Cover and continue to simmer.

Chili

1 Tbsp. coconut oil
½ cup onions, chopped
2 medium garlic cloves, minced
1 ½ cups celery, chopped
1 cup green pepper, chopped
1 ½ lb. ground bison or beef
2 tsp. thyme leaves
2 tsp. chili powder
2 tsp. ground cumin
½ tsp. sea salt
8 oz. can tomatoes (with no added sugar)
12 oz. jar salsa (homemade or all-natural)

1. In large skillet or crockpot with heat set on medium-high, melt oil and sauté onions, garlic, celery and pepper until onion is translucent, 3-4 minutes.
2. Add ground meat, thyme, chili powder, and cumin, and cook stirring frequently for 5-6 minutes.
3. Pour salt, tomatoes, and salsa into pot. Cover, reduce heat, and simmer for a minimum of 1 hour. Crockpot on low can simmer for a few hours.
4. Serve alone or with Mashed Faux-tatoes.

Herb Seasoned Steak Broil

1 lb. top steak
1 Tbsp. coconut oil
2 Tbsp. Dijon mustard
2 tsp. grated or prepared horseradish
2 tsp. dried thyme leaves
1 tsp. ground celery seed
1 tsp. onion powder
1 tsp. sea salt
½ tsp. pepper

1. Preheat oven to broil. Set oven rack 6 inches from broiler until.
2. Rub both sides of steak with coconut oil. Mix Dijon mustard and horseradish together. Spread evenly over both sides of meat. Place meat on lightly greased broiler pan.
3. In small cup, mix thyme leaves, ground celery seed, onion powder, coarse salt, and ground pepper. Divide mixture, sprinkling half on each side of meat.
4. Broil steak 3-4 minutes on each side. Or until browned on top. Remove to a serving platter, let rest 1 minute. Slice and serve.

Fried Chicken

8 chicken legs or thighs
2 cups coconut flour
2 eggs
Coconut oil
Sea salt and pepper
Garlic powder

1. Whisk eggs in a bowl.
2. In another bowl, mix flour, salt, and pepper.
3. Drip chicken into egg mixture then into flour mixture.
4. Heat coconut oil in pan until liquefied.
5. Gently place chicken pieces into the pan.
6. Cook pieces about 9-11 minutes per side on medium heat until done.

Grass-Fed Steak

4 steaks (6-8 oz.)
Sea salt
Garlic powder
Onion powder
Dried rosemary
Dried thyme
Olive oil

1. Top steaks with seasonings and oil to taste. Refrigerate for 2 hours and place on grill or broil in oven.

Grain-Free Meatballs

1 lb. ground beef
1 onion, diced
1 tsp. garlic powder
1 tsp. oregano
1 tsp. parsley
½ tsp. cayenne
2 eggs
½ cup almond flour
Sea salt and pepper
3 Tbsp. coconut oil

1. Combine ingredients in a bowl and hand-mix gently.
2. Form ingredients into balls.
3. Heat pan with the coconut oil over medium heat until liquefied. Place meatballs in the pan and cover with lid. Turn meatballs until browned. Enjoy!

Lamb Stew

4-5 lb. lamb roast
4-5 cups onion, slivered
Olive oil to coat
2 tsp. salt
3 tsp. cinnamon
6-8 cloves garlic
1 ½ tsp. nutmeg
3 tsp. pepper

1. Coat the lamb with olive oil.
2. Rub the spices on the lamb.
3. Cut slits into the lamb and stuff with herbs.
4. Place lamb onto a bed of slivered onions.
5. Roast the lamb slowly for 4 to 6 hours at 325° F.
6. Remove the meat from the pot and refrigerate.
7. Refrigerate the meat drippings and onions.
8. Remove cold lamb from refrigerator, cube the meat.
9. Remove drippings and skim off the fat.
10. Add the cubed lamb to the drippings.
11. Add cinnamon, salt, garlic, nutmeg, pepper, and onions to the lamb and broth mixture.
12. Simmer until vegetables are tender.

Rosemary Lamb Chops

2 meaty lamb chops
6 whole garlic cloves
3 Tbsp. extra virgin olive oil
¼ cup coarsely chopped fresh rosemary, plus 2 sprigs for garnish
Sea salt
Freshly ground black pepper

1. Place chops in glass bowl and coat with olive oil and generous amount of salt and pepper.
2. Press 3 whole garlic cloves into meat of each chop to infuse with flavor. Cover chops with rosemary.
3. Put in fridge and allow to marinate at least two hours, preferably overnight.
4. Place chops on baking sheet and preheat broiler to high.
5. Broil chops 4 to 5 inches from heat source, about 3 minutes per side for medium-rare.
6. Transfer chops to plate. Garnish with sprig of fresh rosemary.
7. Serve with your favorite vegetables or over fresh salad dressed with Mustard Vinaigrette.

Pepper Steak and Cabbage

1 lb. beef or bison rib eye steaks
2-3 Tbsp. dried green and black peppercorns
1 tsp. sea salt
1 tsp. grated lemon zest
4 cups cabbage, chopped (substitute 2-3 cups broccoli if desired)
2 medium garlic cloves, minced
8 oz. bottle roasted red peppers, half and slide into ¼ inch strips
1 tsp. Tamari Bragg's liquid amino

1. Crush peppercorns with back of spoon or in grinder. Mix sea salt. Press crushed peppercorns and salt into both sides of steak(s). Let marinate with this coating for 10 minutes.
2. Sear steaks by broiling in oven broiler, over the grill, on in heavy cast iron skillet on medium high heat, 3 minute son a side. Add 1 tsp. coconut oil to pan if frying. Do not overcook. If frying, remove steaks from pan. Add chopped cabbage, sliced red peppers, Tamari, and garlic to pan drippings and stir-fry until wilted. Cook over medium to medium low heat.
3. If not pan frying steaks, stir-fry vegetables in 1 Tbsp. coconut oil and 1 Tbsp. butter.
4. Serve pepper steak with cooked vegetables side.

Slow Cooker Beef Roast

2 cups bone broth or filtered water
2 lbs. beef roast
2 onions, diced
3 carrots, diced
4 cloves garlic, minced
1 Tbsp. sea salt
Freshly ground black pepper
1 Tbsp. dried parsley

1. Pour the stock into the bottom of the crock-pot and turn onto low. Season with salt, pepper and parsley and place the roast in the crockpot.
2. Place the carrots and onions around the roast and garlic on top.
3. Cover and allow the roast to cook on low for 6-8 hours, or until tender.
4. Remove the roast and vegetables from the crock-pot and place on a platter with remaining broth.
5. Enjoy!

DESSERTS

Pumpkin Pie

8 oz. package cream cheese, softened
2 cups canned pumpkin, mashed
¼ cup xylitol
½ tsp. stevia
¼ tsp. salt
1 egg & 2 egg yolks, slightly beaten
1 cup half and half
¼ cup (1/2 stick) melted butter
1 tsp. vanilla extract
½ tsp. ground cinnamon
¼ tsp. ground ginger (optional)
½ tsp. pumpkin pie spice

1. Preheat oven to 350° F.
2. Prepare the crust following instructions below.
3. In a large mixing bowl, beat the cream cheese with a hand mixer. Add the pumpkin and beat until combined.
4. Add xylitol, stevia, and salt. Beat until combined.
5. Add the eggs mixed with the yolks, half and half, and melted butter. Beat until combined.
6. Finally, add the vanilla, cinnamon, and ginger (optional), and beat until incorporated.
7. Pour the filling into the warm prepared pie crust and bake for 50 minutes or until the center is set.
8. Place the pie on a wire rack and cook to room temperature.
9. Cut into slices and top each piece with a generous amount of whipped cream.

For Almond Flour Pie Crust:

1 and ½ cups almond meal or almond flour
3 Tbsp. melted butter
1 tsp. stevia

1. Heat oven to 350° F.
2. Melt the butter and mix the ingredients in the pan and pay into place with your fingertips.
3. Bake for about 10 minutes, until the crust is beginning to brown.
4. After 8 minutes, check every minute or so, because once it starts to brown it goes quickly.
Note: Great for quiche and pumpkin pie (just alter your favorite pumpkin pie recipe and replace sweeteners with stevia and xylitol).

Cinnamon Almond Candies

1 cup almond butter
1 cup coconut milk
2 tsp. vanilla extract
1 tsp. cinnamon
½ tsp. sea salt
1 tsp. stevia powder
1 cup unsweetened shredded coconut (optional)

1. Place all ingredients but shredded coconut into a double boiler over medium heat.
2. Mix ingredients while melting and remove from heat.
3. Refrigerate bowl until mixture is hard enough to roll into balls (about 20 minutes)
4. Roll mixture into balls and roll into shredded coconut if desired.
5. Refrigerate before serving and enjoy!

Mocha Brownies

½ cup coconut flour or almond flour, sifted
 3 Tbsp. stevia powder
 ½ cup butter
 ½ cup brewed coffee
 3 Tbsp. unsweetened cocoa powder
 3 eggs
 ½ cup unsweetened almond milk or coconut milk+ 2
 tsp. apple cider vinegar, mixed together in a separate
 bowl ("buttermilk").
 2 tsp. vanilla extract
 1 tsp. baking soda
 1 tsp. cinnamon
 ½ tsp. sea salt
 Coconut oil
 Optional: walnuts

1. Preheat oven to 400 F and grease an 8x8 pan with coconut oil.
2. In a large mixing bowl combine flour, baking soda, cinnamon, salt and stevia. Set aside.
3. In a medium size saucepan, combine butter, coffee and cocoa powder. Stir and heat to boiling.
4. Pour boiling cocoa mixture over flour mixture in bowl and combine.
5. Add remaining ingredients and combine well with spoon or electric mixer.
6. Pour batter into greased pan and bake for 20 minutes or until toothpick comes out of center clean.
7. Top with whipped cream or coconut cream, dust with cocoa powder and enjoy!

Simple Cocoa Pudding

1 can coconut milk
 3-4 Tbsp. cocoa powder
 1 tsp. stevia
 2 tsp. quality gelatin mixed in 2 Tbsp. water
 ½ tsp. sea salt
 Toppings: your favorite nuts, seeds, berries and/or
 whipped cream

1. Over medium heat in saucepan mix coconut milk, cocoa powder, stevia and salt.
2. Slowly add in gelatin until dissolved.
3. Pour mixture into ramekins and refrigerate at least 1 hour.
4. Top with favorite toppings and enjoy!

Chia Seed Pudding

¼ cup chia seeds
 ½ can coconut milk
 1 tsp. vanilla extract
 Pinch of sea salt
 2 Tbsp. cacao nibs (optional)
 Nuts and/or berries for topping

1. In a small bowl or jar, add chia seeds, coconut milk, nibs, vanilla, salt and mix well. Place in the refrigerator for at least two hours, but preferably overnight. Top with berries or nuts and enjoy!

Chocolate Chunks

½ cup xylitol
 1 tsp. stevia
 ½ tsp. salt
 ½ cup of almond butter
 4 oz. butter
 ¼ cup cocoa powder
 Waxed paper baking cups

1. In a saucepan over low heat, melt butter. Add cacao, stevia, xylitol and salt. Mix well.
2. Add almond butter. Mix well.
3. Place empty baking cups on plate, pour chocolate in cups and freeze for 1 hour.
4. Take out of freezer and cut up into chunks.

Dr. Pompa's Perfect Dessert Breakfast

½ -1 cup milled flax seed or flax meal chia seeds or
 chia meal
 ½ cup berries (blueberries, raspberries, blackberries,
 etc.)
 1 cup full fat yogurt or half can of coconut milk

1. Add contents together and mix in a cereal bowl, adding stevia to taste.

Grain-Free Chocolate Chip Cookies

2 ½ cups blanched almond flour
¼ tsp. sea salt
¼ tsp. baking soda
⅔ cup butter, melted
1 Tbsp. vanilla extract
¼ cup xylitol
1 tsp. stevia
3 Tbsp. coconut flour
1 Tbsp. coconut oil
1 cup dark chocolate chunks

1. Combine dry ingredients in a large bowl.
2. Slowly melt butter with stevia and xylitol.
3. Stir together wet ingredients in a smaller bowl.
4. Mix wet ingredients into dry.
5. Form 1" balls and press onto a parchment lined baking sheet.
6. Bake at 350° F for 7-10 minutes
7. Cool and serve.

Note: Chocolate melts fast, so when making cookies, I would suggest freezing cookie dough for ½ hour, adding chocolate chunks, re-freezing cookie dough for another ½ hour, then scooping cookies right out of freezer on sheet and place in oven.

Coconut Macaroons

1 cup raw almonds
2 cups raw dehydrated coconut flakes, unsweetened
2-3 Tbsp. raw unsweetened cocoa
Stevia to taste
6-9 Tbsp. warm liquid virgin coconut oil, enough to achieve a slightly soft consistency
2 Tbsp. flax seeds

1. In blender or food processor, grind almonds and flax seeds. Blend in remaining ingredients.
2. Remove mixture and place Tbsp. sized serving on a cookie sheet or shallow baking dish and chill

Coconut Cookies

2 Tbsp. unsalted butter
2 ½ cups unsweetened shredded coconut
2 large eggs
¾ cup xylitol

1. Preheat oven to 350° F.
2. Melt butter in a medium saucepan. Remove from heat and add in the shredded coconut, stirring gently.
3. In a separate bowl, beat the eggs with an electric mixer on medium speed until blended.
4. Beat in the xylitol and increase the speed to beat until light and fluffy,
5. Stir in the coconut and butter mixture until thoroughly mixed.
6. Line two baking sheets with wax or parchment paper.
7. Drop rounded tsp. of the batter onto the prepared baking sheets.
8. Bake for 8-10 minutes until tips of cookies are a pale golden color.
9. Remove baking sheet from oven and slide parchment paper off baking sheet with cookies on it, and let cool completely.

Coconut Milk Yogurt

1 can coconut milk
1 capsule high quality probiotic

1. In a clean glass jar, spoon entire can of coconut milk and powder contents of probiotic capsule (discard capsule itself).
2. Stir until thoroughly mixed, and place lid on jar but leave slightly ajar so a small amount of air can pass in.
3. Allow to sit on the counter in a dark, room temperature area for 24 hours.
4. Stir mixture again. Wait another 24 hours (totaling 48 hours) and stir mixture again before placing in refrigerator.
5. After 48 hours of fermenting, yogurt can be consumed. If you wait a few more days, yogurt will thicken to Greek-style consistency.
6. Enjoy!

Almond Cake

¾ cup butter, unsalted
1 cup xylitol
1 ½ cups almond meal/flour
½ cup coconut flour
2 tsp. baking powder
¼ tsp. sea salt
4 eggs
½ cup milk
1 tsp. pure vanilla extract

1. Cream together butter and sugar with electric hand mixer until smooth.
2. Add in eggs one at a time, and beat until fully blended.
3. Add milk and vanilla and mix until combined.
4. In a separate bowl, combine flour, salt, and baking powder.
5. Beat the dry ingredients into the wet ingredients until creamy.
6. Spread into a 9x13 cake pan greased with grapeseed oil spray and bake at 350° F for 30 minutes, or until a toothpick comes out clean. Serve with fresh berries as topping.

Chocolate Covered Nuts

4 oz. butter
3 cups nuts (walnuts/pecans)
½ cup cocoa powder
1/8 tsp. Salt
½ tsp. Vanilla
1 ½ tsp. stevia
¼ cup xylitol
½ cup almond butter

1. In a saucepan, melt butter over low heat. Remove from heat. Add cocoa, stevia, xylitol, almond butter and salt. Mix well.
2. Add nuts (walnuts/pecans). Mix to cover nuts. Spread onto parchment paper and refrigerate until solid. Keep refrigerated.

Cheesecake

4-8 oz. cream cheese, softened
1 cup sour cream
4 farm-fresh eggs, beaten
1 Tbsp. stevia
¾ cup xylitol
1 Tbsp. vanilla
10 oz. bag frozen raspberries (if desired)

1. Beat cream cheese until smooth. Mix in sour cream, eggs, stevia, xylitol, vanilla and raspberries.

If you want a nut crust:

1. Wrap foil around the bottom of a 10" spring form pan. Butter the bottom of the spring form pan and sprinkle ground walnuts or pecans on top.
2. Pour the cream cheese mixture on top. Place the cheesecake in an oven safe dish that is larger than 10".
3. Pour hot water in outer dish so it reaches half way up around cheesecake. Bake at 350° F for 45-60 minutes until center is nearly set.
4. Cool 15 minutes. Scrape sides of pan with a knife and release spring.
5. Cool 30 minutes. Remove spring and refrigerate for 4 hours.

I like to make it in small ramekin dishes with no crust for individual servings. Just reduce the baking time if you reduce the size of your pan.

Blueberry Sauce (if desired for topping):

1 pint blueberries, just washed (so there's a little water left on them)
¼ cup xylitol
½ tsp. stevia
1 Tbsp. arrowroot powder
½ tsp. lemon juice

Breezy Berry Mousse

1 can unsweetened, coconut milk, chilled overnight
1 cup frozen raspberries or berries of choice
Generous pinch of sea salt
Garnish: berries and/or nuts and seeds

1. Whip mixture for 20 seconds (do not over whip).
2. Spoon into parfait glasses, add garnish and chill in fridge.
3. Enjoy!

Chocolate Almond Fat Bomb

1 cup melted Coconut Oil
1/2 tsp. vanilla extract
1 Tbsp. stevia
1/2 to 1 tsp. sea salt
4 Tbsp. unsweetened cocoa powder
1/2 cup almond butter
2 Tbsp. butter
Add-ins: Almonds, unsweetened coconut, berries (optional)
Paper cupcake liners

1. Mix all ingredients in a food processor until smooth.
2. Pour mixture into paper cupcake liners.
3. Sprinkle in almonds (whole or sliced), berries, coconut shreds, or toppings of your choice. Top with a touch of sea salt if desired.
4. Refrigerate until solid and store in the fridge.

SHAKES/SMOOTHIES

Antioxidant Berry Blast

1/2 cup of raspberries
1/2 cup of blueberries
1/2 cup of strawberries
1 cup of ice
1/2 tsp. of stevia
1 cup yogurt, 1/2 can coconut milk or 2 cups water

1. Blend all ingredients together until smooth.

Chocolate Shake

1 scoop protein powder or 2 whole eggs
1 cup yogurt or 1/2 can unsweetened coconut milk
1 cup ice.
1-2 Tbsp. of all-natural unsweetened cocoa
1 capful vanilla extract
Stevia to taste
1 Tbsp. coconut oil and/or hemp seeds

Optional:

3 drops peppermint oil for chocolate mint flair
1 Tbsp. raw cocoa nibs for chocolate crunch

1. Blend all ingredients together until smooth.

Hemp Shake

1 scoop hemp protein
1 cup yogurt or 1/2 can unsweetened coconut milk
1 cup ice
Stevia to taste

Options:

1-2 Tbsp. of all-natural, unsweetened cocoa for a chocolate Hemp Shake.
1 cup frozen strawberries (with no added sugar) or other low glycemic berry for a Berry Hemp Shake.

1. Blend all ingredients together until smooth.

Dr. Pompa's Salad Shake

2 heads romaine lettuce
½ cup water
1 Tbsp. raw cocoa powder unsweetened
Stevia to taste

1. Wash, drain, and tear lettuce. Place in blender.
2. Add water, cocoa powder, and stevia. Blend until frothy.
3. Pour into glass and drink with your favorite protein and fats.
4. Add a egg for a complete snack or meal.

Eggnog Smoothie

2 whole eggs
½ can unsweetened coconut milk
1 cup ice
2 capfuls vanilla extract
2 tsp. fresh-ground nutmeg and cinnamon
2 Tbsp. MCT oil (optional)
Stevia to taste
Pinch of salt

1. Blend all ingredients together until smooth.

Berry Smoothie

1 scoop protein powder or 2 whole eggs
1 cup yogurt or ½ can coconut milk
1 cup frozen berries
1 cup ice
Stevia to taste

1. Blend all ingredients together until smooth.

Berry Cocoa Smoothie

1 can unsweetened coconut milk
1 bag frozen berries
¼ cup cocoa powder
2 tsp. vanilla extract
2-4 Tbsp. collagen powder
Pinch of sea salt

1. Put all ingredients, excluding collagen, in high-speed blender and mix.
2. Once thoroughly mixed, add collagen and incorporate at low speed.
3. Enjoy!

Lemon Cream Smoothie

1 can unsweetened coconut milk
2 whole lemons, juiced
2-3 Tbsp. gelatin powder
2 Tbsp. collagen powder
1 Tbsp. raw honey
Pinch of sea salt
Lemon zest for garnish

1. Put all ingredients, excluding gelatin and collagen, in high-speed blender and mix.
2. Once thoroughly mixed, add gelatin and collagen, and incorporate at low speed.
3. Enjoy!

Thin Mint Smoothie

1 can unsweetened coconut milk
4 Tbsp. cacao powder
2-3 Tbsp. collagen powder
2-3 drops peppermint essential oil or 1 tsp. peppermint extract
1 cup of ice cubes
Stevia to taste

1. Put all ingredients, excluding collagen, in high-speed blender and mix.
2. Once thoroughly mixed, add collagen and incorporate at low speed.
3. Enjoy!

Green Mean Smoothie

1 can unsweetened coconut milk
1 avocado
1 banana
2 cups spinach, lightly steamed and drained
2 cups kale, lightly steamed and drained
2-4 Tbsp. collagen powder
Pinch of sea salt

1. Put all ingredients, excluding collagen, in high-speed blender and mix.
2. Once thoroughly mixed, add collagen and incorporate at low speed.
3. Enjoy!

Ginger Zinger Smoothie

1 can coconut milk
1 frozen banana
2 cups kale, lightly steamed and drained
1 Tbsp. maca powder (optional)
2 one-inch pieces fresh ginger root
Sea salt to taste
2 Tbsp. collagen powder

1. Put all ingredients, excluding collagen, in high-speed blender and mix.
2. Once thoroughly mixed, add collagen and incorporate at low speed.
3. Enjoy!

Wake-Me-Up-Mocha Smoothie

1 can unsweetened coconut milk
1 banana
½-1 cup cold brewed coffee
2-4 Tbsp. collagen powder
4 Tbsp. cocoa powder
Pinch of stevia (optional)

1. Put all ingredients, excluding collagen, in high-speed blender and mix.
2. Once thoroughly mixed, add collagen and incorporate at low speed.
3. Enjoy!

Strawberry Banana Dreamsicle Smoothie

1 can unsweetened coconut milk
1 bag frozen strawberries
1 banana
2-3 Tbsp. gelatin powder
Pinch of sea salt

1. Put all ingredients, excluding gelatin, in high-speed blender and mix.
2. Once thoroughly mixed, add gelatin and incorporate at low speed.
3. Enjoy!
Note: Refrigerate for a few hours or overnight for pudding consistency.

Berry Green Smoothie

1 can coconut milk
1 bag frozen strawberries (or berries of choice)
1 cup kale, lightly steamed
1 tsp. vanilla extract
1 Tbsp. raw honey (optional)
1 Tbsp. collagen powder (optional)
Pinch of sea salt

1. Put all ingredients in high-speed blend and mix until smooth.
2. Enjoy!

DIPS/DRESSINGS

Guacamole

2 avocados
1 lime
2 cloves garlic
1 small tomato
Sea salt
Chili powder
Cumin

1. To clean avocados, take a knife and cut avocado in the middle lengthwise, twist avocado apart and take out seed.
2. Spoon out avocados into a large bowl, add lime juice, finely chopped garlic, and chopped tomato.
3. With a spoon, mash together until mixture becomes creamy. Add sea salt, chili powder, and cumin to taste.
4. Refrigerate and serve with sliced bell peppers.

Spinach and Artichoke Dip

½ cup roasted garlic purée (make fresh or use garlic purée in jar)
½ cup fresh-grated Parmesan cheese
10 oz. chopped frozen spinach, defrosted and squeezed dry
3 cans artichoke hearts, drained well and coarsely chopped
1 cup heavy cream
Sea salt and pepper to taste
1 ½ cups shredded pepper jack cheese

1. Preheat oven to 375° F.
2. Combine all ingredients except jack cheese in a mixing bowl. Make sure squeezed spinach is well distributed.
3. Transfer entire mixture to a 1 quart crock dish and sprinkle top with jack cheese.
4. Bake in oven for 10-15 minutes or until cheese melts and dip is bubbling around sides. Can broil for a few minutes to brown top.

Can be served with veggies or grain-free crackers for dipping.

Hummus

1 ½ cups cooked chickpeas
3 cloves of garlic, peeled
3 Tbsp. extra-virgin olive oil
Juice of 1 lemon or 2 Tbsp.
1 tsp. sea salt
Cayenne pepper or paprika

1. Place all ingredients into a food processor and blend until creamy.

Avocado Feta Salsa

1 large or 2 small avocados, not too ripe
2 Roma tomatoes
¾ cup purple onion, finely chopped
1 clove garlic
1 Tbsp. parsley, fresh
½ tsp. extra-virgin olive oil
½ Tbsp. red wine vinegar
4 oz. feta cheese

1. Mix together all ingredients except the avocado and cheese, add these two at the very last minute.

Serve with Lydia's crackers, fresh cut veggies, or as a topping on your favorite chicken or fish recipe. Best to double recipe.

Avocado Dressing or Veggie Dip

1 ripe avocado, chopped
1 Tbsp. chopped shallot (approximately 1 small shallot) or onion
¼ cup whole fat sour cream
¼ cup whole fat plain yogurt
1 tsp. apple cider vinegar
Salt and pepper to taste
Garlic powder to taste

1. Chop avocado and shallot, add to food processor or blender.
2. Add the remaining ingredients and process or blend until smooth.
3. Serve as salad dressing or use as veggie dip.

Blue Cheese Dressing or Dip

1 pack Bleu cheese crumbles
16 oz. container of whole fat plain yogurt
6-8 oz. whole fat sour cream
3 Tbsp. Vegenaïse with grapeseed oil
Splash of milk
Salt and pepper to taste

1. Add all ingredients together and mix well.
2. Season with salt and pepper to desired taste.
3. Refrigerate overnight before serving.

Arugula Pesto

½ cup pine nuts
8 cloves garlic, chopped
5 cups fresh arugula
1 tsp. sea salt and freshly ground black pepper
1 ½ cups olive oil
1 cup grated Parmesan

1. In food processor, blend pine nuts and garlic into a paste.
2. Add arugula, salt, pepper, oil, and parmesan and purée.

Creamy Coleslaw

½ head green cabbage, grated
½ head purple cabbage, grated
3 large carrots, grated
½ cup chopped. fresh chives
½ cup Vegenaïse with grape seed oil
1 lemon, juiced
¼ cup apple cider vinegar
1 Tbsp. garlic powder
2 tsp. sea salt

1. Place all ingredients in a large bowl and combine.
2. Allow to set up in fridge for an hour and enjoy!

MUFFINS/CRUSTS

Blueberry Muffins

3 eggs
2 Tbsp. butter, melted
2 Tbsp. unsweetened coconut milk
¼ tsp. stevia
¼ tsp. sea salt
¼ tsp. vanilla
¼ cup sifted coconut flour
¼ tsp. baking powder
½ cup blueberries (pat dry after rinsing)

1. Blend together eggs, butter, coconut milk, stevia, salt, and vanilla.
2. Combine coconut flour with baking powder and thoroughly mix into batter until there are no lumps.
3. Gently fold in blueberries.
4. Pour batter into greased muffin cups.
5. Bake at 400° F for 30-33 minutes.

Almond Flour Pie Crust

1 and ½ cups almond meal or almond flour
3 Tbsp. melted butter
1 tsp. stevia

1. Heat oven to 350° F.
2. Melt the butter and mix the ingredients in the pan and pat into place with your fingertips.
3. Bake for about 10 minutes, until the crust is beginning to brown.
4. After 8 minutes, check every minute or so, because once it starts to brown it goes quickly.

Note: Great for quiche and pumpkin pie (just alter your favorite pumpkin pie recipe and replace sweeteners with stevia and xylitol).

Grocery List: Week 1

Meat & Eggs:	Dairy (full fat):	Vegetables:
☐ eggs ☐ chicken breasts ☐ ground beef ☐ ground bison (or extra beef) ☐ ground turkey ☐ bacon (optional)	☐ butter ☐ gorgonzola cheese ☐ plain yogurt ☐ parmesan cheese ☐ heavy whipping cream	☐ sweet potatoes ☐ butternut squash ☐ mixed greens ☐ bell peppers ☐ onions ☐ scallions ☐ green beans ☐ cucumber ☐ tomato ☐ arugula ☐ broccoli ☐ mushrooms ☐ romaine lettuce ☐ cauliflower
Fruits:	Nuts & Seeds:	Grains:
☐ lemons ☐ limes ☐ mixed berries ☐ avocados	☐ almonds ☐ chia seeds ☐ pine nuts	☐ rice ☐ quinoa
Fresh Herbs & Spices: <i>(Optional)</i>	Canned Goods:	Other:
☐ cilantro ☐ rosemary	☐ coconut milk ☐ black beans ☐ wild sardines	☐ arrowroot powder ☐ coconut flour ☐ almond flour ☐ stevia ☐ Bragg's liquid aminos ☐ tomato sauce ☐ tomato paste ☐ Dijon mustard ☐ hot sauce

Grocery List: Week 2

Meat & Eggs:	Dairy (full fat):	Vegetables:
☐ eggs ☐ chicken ☐ ground beef or bison ☐ lamb roast	☐ whole milk ☐ half and half ☐ heavy whipping cream ☐ butter ☐ cottage cheese ☐ cheddar cheese ☐ ricotta cheese	☐ frozen spinach (chopped) ☐ mushrooms ☐ celery ☐ onions ☐ carrots ☐ spinach ☐ Napa cabbage ☐ zucchini ☐ bell peppers ☐ asparagus ☐ cauliflower ☐ butternut squash ☐ mixed greens
Fruits:	Nuts & Seeds:	Grains:
☐ blueberries ☐ lemons ☐ green apples ☐ avocados	☐ ground flaxseeds ☐ almond butter ☐ almonds ☐ walnuts ☐ cashews	☐ rice ☐ quinoa
Fresh Herbs & Spices: <i>(Optional)</i>	Canned Goods:	Other:
	☐ chickpeas ☐ coconut milk ☐ wild salmon ☐ tomatoes	☐ hemp protein powder ☐ Veganaise with grape seed oil ☐ dark chocolate chips ☐ chocolate bar (70% or more cacao) ☐ gelatin ☐ cocoa powder ☐ stevia ☐ xylitol ☐ coconut flour ☐ Bragg's liquid aminos ☐ tomato paste ☐ artichoke hearts ☐ black olives ☐ capers ☐ salsa ☐ sauerkraut

Grocery List: Week 3

Meat & Eggs:	Dairy (full fat):	Vegetables:
☐ ground bison (or beef) ☐ wild salmon fillets ☐ eggs ☐ chicken breasts and legs ☐ beef rump roast ☐ ground turkey ☐ turkey bacon	☐ plain yogurt ☐ butter ☐ cheddar cheese ☐ feta cheese	☐ onions ☐ bell peppers ☐ cabbage ☐ chives ☐ mushrooms ☐ celery ☐ scallions ☐ zucchini ☐ tomatoes ☐ carrots ☐ kale ☐ corn ☐ mixed greens
Fruits:	Nuts & Seeds:	Grains:
☐ mixed berries ☐ limes ☐ lemons	☐ flax seeds ☐ chia seeds ☐ sunflower seeds ☐ pine nuts	☐ rice ☐ quinoa
Fresh Herbs & Spices: <i>(Optional)</i>	Canned Goods:	Other:
☐ parsley	☐ black beans ☐ coconut milk	☐ red wine vinegar ☐ shredded coconut ☐ coconut flour ☐ collagen powder ☐ arrowroot powder ☐ Dijon mustard ☐ Bragg's liquid aminos ☐ apple cider vinegar ☐ xylitol ☐ sauerkraut ☐ olives ☐ Vegenaïse with grapeseed oil

Grocery List: Week 4

Meat & Eggs:	Dairy (full fat):	Vegetables:
☐ eggs ☐ steaks ☐ chicken breasts ☐ wild cod ☐ wild salmon	☐ butter ☐ heavy cream ☐ feta cheese ☐ plain yogurt ☐ sour cream	☐ broccoli ☐ mushrooms ☐ celery ☐ snap peas ☐ scallions ☐ arugula ☐ carrots ☐ onions ☐ sweet potatoes ☐ cauliflower ☐ zucchini ☐ mixed greens ☐ corn
Fruits:	Nuts & Seeds:	Grains:
☐ blueberries ☐ limes ☐ apples ☐ dates ☐ avocados	☐ almonds ☐ flaxseed meal ☐ sunflower seeds ☐ almond butter	☐ rice ☐ quinoa
Fresh Herbs & Spices: <i>(Optional)</i>	Canned Goods:	Other:
☐ ginger ☐ dill	☐ coconut milk ☐ wild sardines	☐ baker's yeast ☐ arrowroot powder ☐ gelatin powder ☐ Bragg's liquid aminos ☐ stevia ☐ almond flour ☐ apple cider vinegar ☐ cocoa powder ☐ chicken broth ☐ salsa ☐ olives

Grocery List: Week 5

Meat & Eggs:	Dairy (full fat):	Vegetables:
☐ eggs ☐ chicken breast ☐ wild salmon fillets ☐ steak fillets	☐ sour cream ☐ plain yogurt ☐ parmesan cheese ☐ blue cheese crumbles ☐ whole milk ☐ butter ☐ heavy cream ☐ cheddar cheese	☐ romaine lettuce ☐ celery ☐ peas ☐ onions ☐ scallions ☐ mushrooms ☐ cauliflower ☐ broccoli ☐ spinach ☐ carrots ☐ mixed greens
Fruits:	Nuts & Seeds:	Grains:
☐ strawberries ☐ bananas ☐ lemons ☐ apples ☐ avocados	☐ almonds ☐ sunflower seeds ☐ almond butter	☐ quinoa ☐ buckwheat
Fresh Herbs & Spices: <i>(Optional)</i>	Canned Goods:	Other:
☐ horseradish paste or fresh grated	☐ coconut milk	☐ cocoa powder ☐ Veganaise ☐ anchovy paste ☐ gelatin ☐ hot sauce ☐ buckwheat flour ☐ shredded coconut ☐ Dijon mustard ☐ olives

Grocery List: Week 6

Meat & Eggs:	Dairy (full fat):	Vegetables:
☐ ground beef ☐ eggs ☐ wild salmon ☐ mahi-mahi ☐ lamb chops	☐ goat cheese ☐ plain yogurt ☐ butter ☐ whole milk	☐ carrots ☐ tomatoes ☐ scallions ☐ bell peppers ☐ onions ☐ mixed greens ☐ collard greens ☐ celery ☐ green beans ☐ sweet potatoes ☐ parsnips ☐ corn ☐ romaine lettuce
Fruits:	Nuts & Seeds:	Grains:
☐ lemons ☐ berries ☐ bananas ☐ avocados	☐ pumpkin seeds ☐ brazil nuts ☐ almond butter	☐ rice ☐ quinoa
Fresh Herbs & Spices: <i>(Optional)</i>	Canned Goods:	Other:
☐ dill ☐ rosemary	☐ coconut milk ☐ black beans	☐ Veganaise with grapeseed oil ☐ almond flour ☐ coconut flour ☐ collagen powder ☐ cocoa powder ☐ Dijon mustard ☐ salsa ☐ xylitol ☐ collagen powder

Grocery List: Week 7

Meat & Eggs:	Dairy (full fat):	Vegetables:
☐ eggs ☐ chicken breast ☐ turkey breast ☐ ground beef ☐ wild salmon fillets ☐ wild Cod	☐ butter ☐ whipping cream ☐ cheddar cheese ☐ plain yogurt ☐ sour cream	☐ romaine lettuce ☐ carrots ☐ onions ☐ mushrooms ☐ celery ☐ broccoli ☐ bell peppers ☐ bok choy ☐ cauliflower ☐ kale ☐ spaghetti squash ☐ mixed greens
Fruits:	Nuts & Seeds:	Grains:
☐ apples ☐ lemons ☐ avocados	☐ walnuts ☐ almond butter ☐ chia seeds	☐ rice ☐ quinoa
Fresh Herbs & Spices: <i>(Optional)</i>	Canned Goods:	Other:
☐ ginger root	☐ chickpeas ☐ coconut milk ☐ black beans	☐ balsamic vinegar ☐ arrowroot powder ☐ Tamari soy sauce (low sodium) ☐ dry sherry ☐ almond flour ☐ xylitol ☐ stevia ☐ coconut flour ☐ dark chocolate chunks (sugar free) ☐ mustard ☐ honey ☐ tomato sauce ☐ gelatin ☐ collagen ☐ salsa

Grocery List: Week 8

Meat & Eggs:	Dairy (full fat):	Vegetables:
☐ eggs ☐ beef fillets ☐ chicken breasts ☐ wild cod fillets ☐ ground beef ☐ bacon	☐ butter ☐ ricotta cheese ☐ cheddar cheese ☐ milk or cream	☐ romaine lettuce ☐ onions ☐ kale ☐ spinach ☐ carrots ☐ zucchini ☐ cauliflower ☐ beets ☐ portobello mushrooms ☐ mixed greens ☐ sweet potatoes
Fruits:	Nuts & Seeds:	Grains:
☐ lemons ☐ strawberries ☐ bananas ☐ avocados	☐ cashews ☐ almond butter ☐ walnuts	☐ quinoa
Fresh Herbs & Spices: <i>(Optional)</i>	Canned Goods:	Other:
☐ parsley	☐ coconut milk ☐ wild salmon ☐ wild sardines ☐ black beans	☐ almond flour ☐ buckwheat flour ☐ Veganaise with grapeseed oil ☐ mustard ☐ xylitol ☐ cocoa powder ☐ collagen powder ☐ stevia ☐ olives ☐ tomato sauce

Grocery List: Week 9

Meat & Eggs:	Dairy (full fat):	Vegetables:
☐ eggs ☐ chicken breast ☐ mahi-mahi fillets ☐ beef fillets ☐ beef roast	☐ plain yogurt ☐ butter ☐ cheddar cheese ☐ cream cheese ☐ sour cream	☐ carrots ☐ Brussels sprouts ☐ romaine lettuce ☐ onions ☐ spinach ☐ celery ☐ mushrooms ☐ red potatoes ☐ zucchini ☐ tomato ☐ mixed greens ☐ broccoli
Fruits:	Nuts & Seeds:	Grains:
☐ lemons ☐ raspberries ☐ apples ☐ limes ☐ avocados	☐ chia seeds ☐ almond butter	☐ wild rice ☐ quinoa
Fresh Herbs & Spices: <i>(Optional)</i>	Canned Goods:	Other:
	☐ coconut milk ☐ chickpeas ☐ wild salmon	☐ cocoa powder ☐ stevia ☐ almond flour ☐ xylitol ☐ apple cider vinegar ☐ ground mustard ☐ arrowroot powder ☐ coconut flour ☐ gelatin ☐ capers ☐ mustard ☐ tomato sauce

Grocery List: Week 10

Meat & Eggs:	Dairy (full fat):	Vegetables:
☐ chicken legs ☐ eggs ☐ wild salmon fillets ☐ turkey breast ☐ ground bison (or beef) ☐ lamb chops	☐ plain yogurt ☐ parmesan cheese ☐ heavy whipping cream ☐ pepper jack cheese ☐ butter	☐ frozen spinach (chopped) ☐ celery ☐ cabbage ☐ carrots ☐ onions ☐ mixed greens ☐ romaine lettuce ☐ beets ☐ broccoli ☐ potatoes ☐ zucchini
Fruits:	Nuts & Seeds:	Grains:
☐ mixed berries ☐ avocados	☐ almonds ☐ flaxseeds	☐ wild rice ☐ quinoa
Fresh Herbs & Spices: <i>(Optional)</i>	Canned Goods:	Other:
☐ rosemary ☐ parsley ☐ peppermint extract	☐ chickpeas ☐ coconut milk ☐ black beans ☐ tomatoes	☐ stevia ☐ coconut flour ☐ almond flour ☐ coconut flakes ☐ cocoa powder ☐ Veganaise with grapeseed oil ☐ red wine vinegar ☐ honey ☐ collagen powder ☐ apple cider vinegar ☐ tomato sauce ☐ tomato paste ☐ artichoke hearts ☐ olives ☐ sauerkraut ☐ salsa

Grocery List: Week 11

Meat & Eggs:	Dairy (full fat):	Vegetables:
☐ eggs ☐ chicken ☐ ground beef or bison ☐ lamb roast	☐ whole milk ☐ half and half ☐ heavy whipping cream ☐ butter ☐ cottage cheese ☐ cheddar cheese ☐ ricotta cheese	☐ frozen spinach (chopped) ☐ mushrooms ☐ celery ☐ onions ☐ carrots ☐ spinach ☐ Napa cabbage ☐ zucchini ☐ bell peppers ☐ asparagus ☐ cauliflower ☐ butternut squash ☐ mixed greens
Fruits:	Nuts & Seeds:	Grains:
☐ blueberries ☐ lemons ☐ green apples ☐ avocados	☐ ground flaxseeds ☐ almond butter ☐ almonds ☐ walnuts ☐ cashews	☐ rice ☐ quinoa
Fresh Herbs & Spices: <i>(Optional)</i>	Canned Goods:	Other:
	☐ chickpeas ☐ coconut milk ☐ wild salmon ☐ tomatoes	☐ hemp protein powder ☐ Veganaise with grape seed oil ☐ dark chocolate chips ☐ chocolate bar (70% or more cacao) ☐ gelatin ☐ cocoa powder ☐ stevia ☐ xylitol ☐ coconut flour ☐ Bragg's liquid aminos ☐ tomato paste ☐ artichoke hearts ☐ black olives ☐ capers ☐ salsa ☐ sauerkraut

Grocery List: Week 12

Meat & Eggs:	Dairy (full fat):	Vegetables:
☐ eggs ☐ steak fillets ☐ chicken breast ☐ turkey legs ☐ cod fillets	☐ goat cheese ☐ cheddar cheese ☐ butter ☐ heavy whipping cream ☐ parmesan cheese	☐ mixed greens ☐ onions ☐ mushrooms ☐ cabbage ☐ Brussels sprouts ☐ spinach ☐ broccoli ☐ chives ☐ butternut squash ☐ cauliflower ☐ roasted red peppers
Fruits:	Nuts & Seeds:	Grains:
☐ lemons ☐ berries ☐ avocados	☐ almonds ☐ almond butter	☐ rice ☐ quinoa
Fresh Herbs & Spices: <i>(Optional)</i>	Canned Goods:	Other:
☐ dill	☐ lentils ☐ coconut milk	☐ Bragg's liquid aminos ☐ apple cider vinegar ☐ Dijon mustard ☐ Vegenaise with grapeseed oil ☐ cocoa powder ☐ salsa ☐ gelatin powder ☐ collagen powder ☐ coconut flour ☐ almond flour ☐ artichoke hearts