



F3

ON THE FLY

RECIPE E-BOOK

BREAKFAST



OPEN FACED EGG & SPINACH SANDWICH

INGREDIENTS:

- 1 slice Ezekiel bread toasted
- 1/2 sliced avocado mashed or sliced
- 2 fists spinach
- 2 eggs
- 1 thumb size of ghee or avocado oil
- Everthing But The Bagel seasoning

DIRECTIONS:

1. Saute spinach in ghee or avocado oil.
2. Spread sliced or mashed avocado on top of toasted Ezekiel bread.
3. Cook eggs in a small amount of oil or ghee.
4. Place eggs on top of sauteed spinach.
5. Top with Everything But The Bagel seasoning.



TURKEY SAUSAGE, KALE & PEPPER STIR FRY

INGREDIENTS:

- 1 palm size of sliced turkey sausage
- 1 fist kale, stems removed
- 1 onion sliced
- 1 tbsp minced garlic
- 1 thumb coconut, avocado, or olive oil

DIRECTIONS:

1. Saute peppers, onions, and garlic in oil 2-3 minutes in a large skillet.
2. Add sausage and cook another 2-3 minutes or until sausage is browned.
3. Add kale and cook until slightly wilted.
4. Add salt and pepper to taste and enjoy!



ARUGULA SALAD TOPPED WITH EGGS

INGREDIENTS:

- 2 eggs
- 2 fists arugula
- 1 thumb olive or avocado oil
- 1 fresh squeezed lemon
- Small cupped palm shredded parmesan
- Pinch of salt and pepper

DIRECTIONS:

1. Combine oil, lemon, salt and pepper
2. Pour dressing over arugula
3. Add parmesan to dresses arugula
4. Cook eggs over easy or medium in a small amount of oil or ghee
5. Top arugula with eggs and enjoy



PROTEIN PANCAKES WITH BERRIES

INGREDIENTS:

- 1/2 cup Kodiak Cakes or Birch Benders whole grain pancake mix
- 1/2 cup water
- 1 fist blueberries, blackberries, or strawberries
- 1/4 cup Vermont Sugar Free Syrup or topped with nut butter

DIRECTIONS:

1. Combine pancake mix with water water according to directions on package (1/2 cup mix to water should make about three 4" pancakes).
2. Cook pancakes in 1 thumb size ghee or good oil
3. Top with syrup
4. Enjoy berries on the top or side.



DREAMY OATMEAL

INGREDIENTS:

- 1/2 cup gluten free, whole grain oats
- 1/2 cup water
- 1/2 cup coconut or almond milk
- 1 cupped palm chopped strawberries /other berries
- 1 thumb almond butter

DIRECTIONS:

1. Cook oats according to package instructions with water and milk combo. Top with other ingredients and enjoy.



GREEN SMOOTHIE

INGREDIENTS:

- 1 cup frozen berries or tropical mix
- 1 cup of fresh greens (spinach, kale, or arugula)
- 1/2-1 cup milk (almond or coconut)
- 1/2 tablespoon ground seeds (flax, chia, etc.)

DIRECTIONS:

1. Place all ingredients into a high-speed blender and blend until smooth. We recommend starting with 1/2 cup of milk and going up from there depending on how thick you like your smoothies.



EGG BITES

INGREDIENTS:

- 1/2 pack of bacon or turkey bacon (4-5 strips), chopped
- 1 head of broccoli, stem removed, roughly chopped
- 2 handfuls of spinach
- 14 eggs
- 1/4 tsp pepper
- 1/4 tsp salt
- 1/2 tsp onion powder

DIRECTIONS:

1. Preheat oven to 350 and spray muffin pan with non stick oil.
2. Heat a skillet on medium heat, add bacon and cook 3--5 min, add in broccoli, peppers and spinach and saute until veggies soften and bacon starts to brown.
3. Set pan aside In a large bowl crack eggs and add spices, beat until blended.
4. Add veggies to the eggs and stir.
5. Using a 1/3 cup measuring cup fill each muffin cup about $\frac{3}{4}$ of the way full with egg mixture.
6. Cook muffins for 20--30 min or until toothpick comes out clean.
7. Pop 2 in the microwave and heat for 45 seconds.

— LOW-CARB —

BREAKFAST



FRIED EGGS & VEGGIES

INGREDIENTS:

- Coconut oil
- Fresh vegetables or frozen vegetable mix (carrots, cauliflower, broccoli, green beans)
- Eggs
- Spices
- Spinach
- Everything But The Bagel seasoning

DIRECTIONS:

1. Add coconut oil to your frying pan and turn up the heat.
2. Add vegetables. If you use a frozen mix, let the vegetables thaw in the heat for a few minutes.
3. Add 3-4 eggs.
4. Add spices – either a blend or simply salt and pepper.
5. Add spinach (optional).
6. Stir fry until ready.



TURKEY SAUSAGE, KALE & PEPPER STIR FRY

INGREDIENTS:

- 1 palm size of sliced turkey sausage
- 1 fist kale, stems removed
- 1 onion sliced
- 1 tbsp minced garlic
- 1 thumb coconut, avocado, or olive oil

DIRECTIONS:

1. Saute peppers, onions, and garlic in oil 2-3 minutes in a large skillet.
2. Add sausage and cook another 2-3 minutes or until sausage is browned.
3. Add kale and cook until slightly wilted.
4. Add salt and pepper to taste and enjoy!



HASH BROWN EGG CUPS

INGREDIENTS:

- ▣ 1 head of cauliflower, stalk and leaves removed, cut into florets
- ▣ 1 extra large egg, whisked
- ▣ 1/2 cup cheddar cheese, (or Mozzarella)
- ▣ 1/4 cup grated Parmesan cheese
- ▣ 1/2-1 tsp salt, (to your tastes)
- ▣ Pepper, (optional - to taste)
- ▣ 1/2 tsp garlic powder, (or 1 tsp onion powder)
- ▣ 12 small-medium sized eggs

DIRECTIONS:

1. Preheat oven to 230C | 350F Lightly spray a 12-hole muffin tin with cooking oil spray (or grease with butter), wipe over excess with a paper towel and set aside.
2. Pulse the cauliflower in two batches for about 30-50 seconds until a fine 'rice' is formed. It's ok if there are a few bigger pieces in there. (Be careful not to over process or the cauliflower will form a raw puree.)
3. Measure out 3 cups (480g or 17oz in weight) of the cauliflower rice into a micro-wave safe bowl and heat for about 8 minutes or until soft. Alternatively, lightly steam over a pot of boiling water or in a vegetable steamer until soft. Remove and allow to cool for a good 5 minutes before handling.
4. Using paper towels, an old tea towel or a cheesecloth, squeeze out as much liquid as you can until hardly any liquid can be squeezed out. (It's easier to wrap the cauliflower in the towel (or cloth) and squeeze it into a ball over the sink.)
5. Transfer back into your bowl (make sure there's no liquid in it), and add the whisked egg, cheeses, salt and garlic powder. Divide the mixture into each muffin hole and firmly press them with your fingertips to create a 'nest' or cup.
6. Bake for about 15-20 minutes or until the cheese has melted, the cups are golden and the edges are browned. Remove from the oven; break the eggs into each cup; season with salt and pepper; return to the oven and bake for a further 10-15 min, or until the whites are set and the yolks are cooked to your liking.
7. Allow them to cool for 5 minutes before handling them, or they may fall apart. Lightly slide a knife around the sides of each cup. Using a fork, gently lift one side first to make sure they're not sticking to the bottom, and lift out of the pan.
8. Garnish with red chilli flakes and parsley (optional) or leave as is.



ARUGULA SALAD TOPPED W/ EGGS

INGREDIENTS:

- ▣ 2 eggs
- ▣ 2 fists arugula
- ▣ 1 thumb olive or avocado oil
- ▣ 1 fresh squeezed lemon
- ▣ Small cupped palm shredded parmesan
- ▣ Pinch of salt and pepper
- ▣ Everthing But The Bagel seasoning

DIRECTIONS:

1. Combine oil, lemon salt and pepper
2. Pour dressing over arugula
3. Add parmesan to dressed arugula
4. Cook eggs over easy or medium in a small amount of oil or ghee
5. Top arugula with eggs and enjoy



CHAI SEED PUDDING

INGREDIENTS:

- ▣ 6 Tablespoons chia seeds
- ▣ 2 cups unsweetened almond milk
- ▣ 1/2 teaspoon vanilla extract
- ▣ 1/4 cup blueberries

DIRECTIONS:

1. In a bowl or mason jar, mix together chia seeds, milk, stevia and vanilla. If you're using a mason jar, you can put the lid on and shake the mixture to combine everything.
2. Once the chia pudding mixture is well combined, let it sit for 5 minutes, give it another stir/shake to break up any clumps of chia seeds,
3. Cover and put the mixture in the fridge to "set-up" for at least 2 hours or over night. The chia pudding should be nice and thick, not liquidy.
4. Add Stevia to taste. Top with blueberries.



EGG BITES

INGREDIENTS:

- 1/2 pack of bacon or turkey bacon (4-5 strips), chopped
- 1 head of broccoli, stem removed, roughly chopped
- 1/2 bell pepper chopped
- 2 handfuls of spinach
- 14 eggs
- 1/4 tsp pepper
- 1/4 tsp salt
- 1/2 tsp onion powder

DIRECTIONS:

1. Preheat oven to 350 and spray muffin pan with non stick oil.
2. Heat a skillet on medium heat, add bacon and cook 3--5 min, add in broccoli, peppers and spinach and saute until veggies soften and bacon starts to brown.
3. Set pan aside In a large bowl crack eggs and add spices, beat until blended.
4. Add veggies to the eggs and stir.
5. Using a 1/3 cup measuring cup fill each muffin cup about 3/4 of the way full with egg mixture.
6. Cook muffins for 20--30 min or until toothpick comes out clean.
7. Pop 2 in the microwave and heat for 45 seconds.



BRUSSEL SPROUT BREAKFAST HASH

INGREDIENTS:

- Sliced Mushrooms
- Chopped Onion
- Chopped Brussels Sprouts
- Eggs
- Butter or Coconut Oil, for frying

DIRECTIONS:

1. Heat butter or coconut oil in a frying pan.
2. When hot, add the mushrooms and onions. Cook until onions are translucent.
3. Add the brussels sprouts and more butter/coconut oil if needed.
4. Once the vegetables are almost cooked, make room for the eggs and crack them into the frying pan.
5. Cook until done to your liking then enjoy.



KALE VEGGIE MINI FRITTATA

INGREDIENTS:

- 1 tbsp butter (or use oil)
- 2 scallions sliced
- 1 large sweet potato peeled and sliced 1/16" thick
- 1 bunch of asparagus tips
- 4 sun-dried tomatoes sliced
- 8 eggs
- 2 tbsp milk (any type)
- 1/2 tsp kosher salt
- 1/2 tsp fresh black pepper
- Pinch of red pepper flakes (optional)
- 1 cup chopped fresh kale
- 2 tbsp fresh basil sliced
- 1 tbsp fresh parsley minced

DIRECTIONS:

1. Preheat the oven to 375 degrees.
2. Grease a large muffin pan (1cup capacity each) or a standard size muffin pan and set aside.
3. In a non-stick skillet over medium-high heat, melt the butter and add the scallions. Sauté for a minute and add in the sweet potatoes and sauté for another minute.
4. Add in the asparagus and sun-dried tomatoes and sauté for 30 seconds, then lower the heat to low and cover the skillet with a lid.
5. Let the veggies slowly cook and soften up on low heat for about 5 minutes.
6. While the veggies are cooking, in a large bowl, beat the eggs, milk, kale, herbs and seasoning.
7. Arrange the slightly cooled vegetables in each muffin pan cavity in any way you prefer. Pour the egg mixture dividing it evenly over the veggies.
8. Bake the frittatas for about 8 minutes (depending on the size) until eggs are puffed and cooked through.
9. Remove them from the oven and allow them to cool for 1-2 minutes. Gently remove the frittatas from the muffin pan and then serve them on their own or on toasted whole grain bread (or gluten-free bread if needed).

RECIPE NOTES

1. Adding pesto to this recipe makes for a nice Mediterranean flavor.
2. Before baking, sprinkle them with some grated or crumbled cheese
3. Season with your favourite spices and add some chopped cooked chicken or turkey for a non-vegetarian version.
4. Want to make it an extra light and low-cal breakfast? Just use egg whites!
5. You can use a large skillet and cut everything up into wedges. Simply adjust the baking time to 20 minutes at least.



SPRING VEGGIE EGG CASSEROLE

INGREDIENTS:

- 2 tbsp olive oil
- 1 small white onion, peeled and diced
- 1 large carrot (1 cup baby carrots), diced
- 1 lb. asparagus, cut on the diagonal into bite-sized pieces
- 4 oz sugar snap peas, halved
- 3-4 cups chopped broccoli florets (~1 medium head of broccoli)
- 2 cloves garlic, minced
- 8 oz baby bella mushrooms, sliced
- 1 pint cherry tomatoes, halved
- 4 oz crumbled feta cheese
- 12 large eggs, whisked
- 1/2 cup milk
- Salt and pepper

DIRECTIONS:

1. Preheat oven to 350°F. Grease a 9 x 13-inch baking dish with cooking spray.
2. Heat 1 tbsp oil in a large saute pan over medium-high heat. Add onion and saute for 4-5 minutes, or until it is soft and translucent.
3. Add the remaining 1 tbsp of oil, carrot, asparagus, snap peas, broccoli and garlic, and stir to combine. Continue cooking for about 8-10 minutes, stirring occasionally, until the veggies have softened and cooked through. Add the mushrooms and cherry tomatoes, and stir for another 3-4 minutes.
4. Transfer about half of the veggie mixture to the prepared baking dish, and spread the veggies out in an even layer. Sprinkle evenly with half of the feta cheese. Repeat by adding the remaining veggies on top in an even layer, followed by the rest of the cheese.
5. In a separate mixing bowl, whisk the eggs and milk and a generous pinch of salt and pepper together until combined. Then evenly pour the egg mixture over the veggies.
6. Bake for 30-40 minutes, or until a toothpick inserted in the middle of the casserole comes out clean. Serve immediately.

RECIPE NOTES

1. You can also make this dish in advance, just cover and refrigerate for up to 1 day before baking. Then remove cover, let rest at room temperature, then bake.
2. Feel free to add any of your favorite spring veggies to this recipe, too. Just be sure that they are cooked through before combining them with the egg mixture.
3. If you would like extra seasoning with this casserole, you could whisk some seasonings to the egg mixture. For example, you could use 1 tsp Italian seasoning, or 1/4 cup basil pesto, or a few tbsp chopped fresh basil – whatever sounds good!



MEXICAN EGG WHITE OMELETTE

INGREDIENTS:

- 2 tsp olive oil
- 1 small jalapeno, thinly sliced and seeded (if desired), stem discarded
- 1/2 cup diced red onion
- 1 clove garlic, minced
- Handful of grape or cherry tomatoes, halved
- Salt and pepper
- 6 egg whites, whisked
- Half avocado, peeled, pitted and diced
- Chopped fresh cilantro
- Crumbled cotija cheese

DIRECTIONS:

1. Heat oil in a medium saute pan over medium-high heat. Add jalapeno and onion and saute for 3 min, stirring occasionally. Add the garlic and tomato and continue sauteing for 3 min, stirring occasionally. Season to taste with a pinch of salt and pepper. Then transfer the mixture to a separate plate.
2. Return pan to the stove, and reduce heat to medium (add a bit more oil if necessary). Add the whisked egg whites and cook for 2-3 min. until the eggs are set and the bottom of the egg is golden. Remove from heat. Add the onion mixture, diced avocado, cilantro and cotija cheese to the egg, and fold over to form omelet. Serve warm, garnished with extra cilantro and cheese if desired.



BAKED EGG W/ WILTED SPINACH

INGREDIENTS:

- 2 tsp olive oil
- 1/4 cup diced shallots
- 1 1/2 lb baby spinach, large stems removed
- 4 large eggs
- Salt and pepper, to taste
- 2 tbsp shredded Asagio cheese
- Baking spray

DIRECTIONS:

1. Preheat an oven to 400°F.
2. Lightly spray four oven-safe dishes or ramekins with cooking spray.
3. Heat a large skillet over medium-low heat, add oil, shallots and cook 2-3 min.
4. Add spinach, salt and pepper and cook until the spinach wilts, about 2-3 min.
5. Mix in Asagio cheese and remove from heat.
6. Place the wilted spinach in dishes, making a well in the center of each.
7. Break an egg into each dish and season with salt and pepper.
8. Place on rimmed baking sheets and bake about 17 minutes or to your liking.

LUNCH



SALAD WITH YOUR CHOICE OF PROTEIN

INGREDIENTS:

- Arugula, spinach, kale or mixed greens are all good (no iceberg lettuce)
- Any other raw veggies you like including: cucumbers, peppers, mushrooms, tomatoes, carrots, broccoli
- 1 palm size of your choice of protein including: salmon, steak, chicken, shrimp, eggs, tuna (be careful of pre-made tuna salad...it's usually loaded with mayo. No Bueno!)

DIRECTIONS:

1. Combine all ingredients.
2. Drizzle with your choice of dressing including including <https://www.self.com/gallery/store-bought-salad-dressings-dietitians-actually-use>.



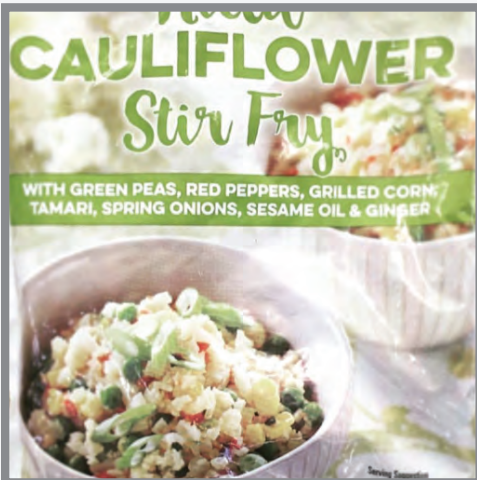
ZUCCHINI PIZZA BOATS AND SIDE SALAD

INGREDIENTS:

- One large zucchini, halved lengthwise
- One Palm part skim shredded mozzarella
- One Palm mini pepperoni or turkey pepperoni chopped into smaller pieces
- Chopped fresh basil for garnish

DIRECTIONS:

1. Preheat oven to 350 degrees F. Score zucchini (like you're dicing an avocado) and scoop out insides into a large bowl.
2. In a large skillet over medium heat, heat olive oil. Add zucchini and sauté until tender, 6 to 8 minutes, then pour in marinara.
3. Place hollowed zucchini on a large baking sheet. Spoon on sauce, then top with mozzarella and mini pepperoni. Bake until zucchini is tender and cheese is golden, about 15 minutes.
4. Garnish with basil.



TURKEY AND VEGGIE STIR FRY

INGREDIENTS:

- 1 package ground turkey
- 1 package Trader Joe's frozen veggie fried rice
- 1 package Trader Joe's cruciferous crunch
- Coconut aminos (soy sauce substitute)

DIRECTIONS:

1. Sauté ground turkey and a little bit of olive oil in a large skillet over medium-high heat, breaking it apart with a spatula or spoon in the same way you would ground beef. Season it to taste. You'll know the turkey is cooked thoroughly when it turns completely white with no pink color. Remove pan and set aside.
2. Sauté package of fried rice and cruciferous crunch in a bit good oil or ghee or a mixture of both over medium-high for about 5 minutes.
3. Add cooked turkey and coconut aminos the last minute or two and enjoy.
4. We like to prepare the entire package of turkey, whole bag of fried rice and cruciferous crunch and save extra portions for later, but feel free to cook only the desired amounts if you prefer. You can also substitute scrambled eggs instead of ground turkey.



TUNA SALAD, PITA CHIPS & FRUIT

INGREDIENTS:

- One (5 oz) can albacore tuna packed in water
- ¼ cup celery, chopped
- ¼ cup nonfat Greek yogurt
- 1 tbsp reduced fat mayonnaise
- ½ tsp lemon juice
- ½ tsp salt
- ½ tsp pepper
- ¼ tsp celery seed

DIRECTIONS:

1. Mix ingredients together and enjoy with a small handful of whole grain pita chips or gluten free crackers with a cup of fruit.



CHICKEN, BROWN RICE, AND BROCCOLI

INGREDIENTS:

- ▣ 1 palm chicken breast
- ▣ 2 fists broccoli
- ▣ 1 palm brown rice

DIRECTIONS:

1. Cook Chicken: 3 easy ways to prepare

Bake: Drizzle with a small amount of olive oil and seasoning of your choice. It can be as simple as a pinch of salt and pepper, or spice it up with your favorite seasoning. Flavor God has some great ones! Bake breast at 350 degrees 20-30 minutes or until it reaches an internal temp of 165 degrees.

Pan Sear or Stir Fry: Cut chicken breast into bite sizes, drizzle with good oil (olive, avocado, coconut), season the way like. Heat skillet or wok to high with 1 thumb size amount good oil and cook chicken bites for 3-5 min or until no longer pink in the middle

Poach: Place breast in enough water or chicken broth to cover chicken breast by about an inch in saucepan or pot. Bring to boil, then reduce heat to low and allow chicken to simmer for about 8-10 minutes until no longer pink in middle or 165 degrees internal temp.

2. Cook broccoli according to package directions or steam on stovetop if using fresh broccoli.

3. Cook rice according to package directions

— LOW-CARB —
LUNCH



CAPRESE AVOCADO SALAD

INGREDIENTS:

- 1/2 cup balsamic vinegar
- 2 tbsp brown sugar, packed
- 1 tbsp olive oil
- 2 boneless, skinless thin-sliced chicken breasts
- Kosher salt and freshly ground pepper, to taste
- 6 cups chopped romaine lettuce
- 6 oz ovaline fresh mozzarella
- 1 cup cherry tomatoes, halved
- 1 avocado, halved and diced
- 1/4 cup basil leaves, chiffonade

DIRECTIONS:

1. To make the balsamic reduction, add balsamic vinegar and brown sugar to a small saucepan over medium heat. Bring to a slight boil and reduce by half, about 6-8 minutes; set aside and let cool.
2. Heat olive oil in a medium skillet over medium high heat.
3. Season chicken breasts with salt and pepper.. Add to skillet and cook, flipping once, until cooked through, about 3-4 minutes per side. Let cool before dicing into bite-size pieces.
4. Place romaine lettuce in a large bowl; top with chicken, mozzarella, tomatoes, avocado and basil. Pour balsamic on top and gently toss to combine.
5. Serve immediately.



CHICKEN & ASPARAGUS LEMON STIR FRY

INGREDIENTS:

- 1/2 tbsp olive oil
- 2 chicken breasts sliced
- 1 tsp salt
- 1/2 tsp pepper
- 1 tbsp garlic, minced
- 4 oz asparagus
- 1/2 lemon zested
- 3 tbsp soy sauce
- Lemon, zested to garnish
- Rice to serve

DIRECTIONS:

1. Season the chicken with the salt and pepper and fry with the olive oil. After a few minutes, add the garlic.
2. After a few minutes, then add asparagus, lemon zest and juice.
3. Stir again, before mixing in the soy sauce.
4. Serve with rice and sprinkle with lemon zest on to. Enjoy!



ZUCCHINI PASTA W/ POACHED EGGS & CHERRY TOMATO BASIL SAUCE

INGREDIENTS:

- 1/2 pint heirloom or regular cherry tomatoes
- 1/3 cup oil-packed sun-dried tomatoes
- 1 cup fresh basil, chopped plus more for serving
- 1 clove garlic, minced or grated
- Juice of 1 lemon
- Pinch of crushed red pepper flakes
- 4 medium sized zucchinis
- 1/4-1/2 lb. angel hair pasta (or more zucchini)
- 1/3 cup kalamata olives, chopped
- 4 tbsp olive oil
- Kosher salt and pepper
- 4 poached eggs
- 4 oz freshly grated parmesan cheese
- 2 tbsp toasted pine nuts

DIRECTIONS:

1. Bring a large pot of salted water to a boil.
2. Meanwhile, finely chop/mince 1 pint of cherry tomatoes and add them to a bowl. Add the sun-dried tomatoes (do not drain all the oil), basil, garlic, lemon juice and crushed red pepper flakes. Season with salt and pepper to your liking. Set aside and allow to sit at least 10 minutes.
3. Once the water is boiling, boil the pasta according to package directions. Drain.
4. Meanwhile using a spiralizer*, spiralize the zucchini and add it to large bowl. Toss in the hot pasta and allow it to slightly cook the zucchini noodles. Add the kalamata olives, olive oil and a pinch of salt and pepper. Toss well.
5. Divide the pasta among 4 plates or bowls. Top each portion with tomato sauce and 1 poached egg. Sprinkle with parmesan and toasted pine nuts. Break the poached egg and toss the pasta allowing it to create a sauce. Add more parmesan and basil. EAT.

RECIPE NOTES

1. *If you do not have a spiralizer just thinly slice the zucchini into matchsticks.
2. The pasta can be eaten warm or cold, but I find it best if the pasta is a little warm as it helps the egg to create a sauce for the pasta.
3. This can also be served as a pasta salad. Maybe use hard boil eggs.



GRILLED BUFFALO CHICKEN LETTUCE WRAPS

INGREDIENTS:

- ▣ 3 large chicken breasts, cut into 1/2" cubes
- ▣ 3/4 cup Frank's Red Hot Sauce
- ▣ 15-20 butter lettuce cups
- ▣ 3/4 cup halved cherry tomatoes
- ▣ 1 avocado, diced
- ▣ 1/4 cup sliced green onions
- ▣ 1/2 cup ranch dressing

DIRECTIONS:

1. Add cubed chicken and 1/2 cup Frank's to bowl. Cover and place in fridge for 30 min.
2. Preheat grill to 400 degrees.
3. Place grill basket directly on grill. Add marinated chicken to grill basket and grill for 8-10 min, stirring throughout. (if you don't own a grill basket, use kabob stick)
4. Remove from grill and place chicken in a bowl, toss with 1/4 cup of buffalo sauce.
5. Assemble lettuce cups: place lettuce cups, 2-3 cubes of chicken, 2-3 diced tomatoes, 2-3 diced avocados, a pinch of green onions, and a drizzle of ranch dressing.



GRILLED CHICKEN W/ SPINACH AND MOZZARELLA

INGREDIENTS:

- ▣ 3 large chicken breasts sliced in half lengthwise (6 cutlets)
- ▣ Salt and pepper to taste
- ▣ 1 tsp olive oil
- ▣ 3 cloves garlic, crushed
- ▣ 10 oz frozen spinach, drained
- ▣ 3 oz shredded part skim mozzarella
- ▣ 1/2 cup roasted red pepper, sliced in strips (set in water)
- ▣ Olive oil spray

DIRECTIONS:

1. Preheat oven to 400°. Season chicken with salt and pepper. Lightly spray grill with oil (I used my George Forman). Cook chicken until no pink, careful not to overcook.
2. Meanwhile, heat a sauté pan on medium heat. Add oil and garlic, sauté a few seconds, add spinach, salt and pepper. Cook a few minutes until heated through.
3. When chicken is done, lay on a baking sheet lined with foil or parchment for easy clean-up. Divide spinach evenly and place on top of chicken. Top each with half oz mozzarella, then slices of roasted pepper and bake until melted, about 6-8 minutes.



OH MY GOSH, SPAGHETTI SQUASH

INGREDIENTS:

- 1 spaghetti squash
- 1 bunch kale
- 1 1/2 cups cooked chickpeas (or 1 can)
- 3 cloves garlic
- Olive oil
- Sea salt
- Pinch crushed chilies
- 3/4 cup toasted hazelnuts
- Pecorino Romano (hard sheep's milk cheese)

DIRECTIONS:

1. Preheat oven to 400°F.
2. Prepare the spaghetti squash by cutting it in half lengthwise, removing the seeds, rubbing the inside of each half with a drizzle of olive oil, then seasoning with salt and pepper. Place face down on a lined baking tray and place in the oven - cook for about 45 minutes.
3. While the squash is baking, prepare the rest of the filling. Wash kale well and remove the tough center rib of each leaf. Roughly chop kale into small pieces.
4. Heat oil, ghee, or butter in a frying pan, then add minced garlic, crushed chilies to taste, and a pinch of sea salt. Cook 2 minutes until fragrant, then add chopped kale and cook until the leaves are bright green and just starting to lose structure. Throw in the chickpeas and cook just to warm. Remove from heat.
5. Remove squash from the oven when it is cooked through. Using a fork, scrape out the insides, which will pull away from the shell in strands, like spaghetti!
6. Place all strands in a bowl, and toss with the kale and chickpea mixture. At this point you can either serve it from the bowl, or mix it everything together and place back in one half of the empty squash shells for a beautiful presentation.
7. Sprinkle with chopped toasted hazelnuts and shaved Pecorino Romano. Enjoy!



SHAWARMA CHICKEN BOWLS W/ LEMON VINAIGRETTE

INGREDIENTS

- 1 lb organic chicken breast, cut into 3-inch strips
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 3/4 tsp fine grain sea salt
- 3 garlic cloves, minced
- 1 tsp curry powder
- 1/2 tsp ground cumin
- 1/4 tsp ground coriander

SALAD

- 6 cups spring greens
- 1 cup cherry tomatoes, halved
- 2 handfuls torn fresh basil leaves
- 1 avocado, sliced

VINAIGRETTE

- 2 large handfuls fresh basil leaves
- 1 clove garlic, smashed
- 1/2 tsp fine grain sea salt
- 2 tbsp fresh lemon juice
- 5 tbsp olive oil

DIRECTIONS:

1. In a bowl whisk olive oil, lemon juice, garlic, salt, curry powder, cumin and coriander until combined.
2. In a shallow sealable container or in a large Ziploc bag, combine chicken strips and marinade.
3. Cover or seal and marinate in the refrigerator for at least 20 minutes (marinate overnight for fullest flavor.)
4. When you're ready to make the meal, heat a large nonstick skillet over medium-high heat.
5. Add a tiny bit of olive oil, add the chicken and cook until golden brown and cooked through, about 6 to 8 minutes turning regularly, until juices run clear.
6. In the meantime make the vinaigrette. In a food processor (or small blender), process the basil, garlic, salt, and lemon juice until smooth. With the motor running, slowly add the oil. Blend until combined. Set aside.
7. To make the salads, add the greens in a large bowl and toss them with a sprinkle of salt and pepper. Add the chicken on top along with the tomatoes, basil, and avocado.
8. Drizzle the bowl with the basil-lemon vinaigrette. Serve!



SOUTHWESTERN TURKEY QUINOA STUFFED PEPPERS

INGREDIENTS:

- 2 tbsp olive oil
- 1 red onion, diced
- 3 garlic cloves
- 1 large chipotle pepper, minced (from can in adobe sauce)
- 1 lb. ground lean turkey
- 1 tsp smoked paprika
- 1 tsp cumin
- 1/2 tsp salt
- 1/4 tsp ground black pepper
- 15 oz. Muir Glen diced fire roasted tomatoes
- 3/4 cup black beans, drained and rinsed
- 3/4 cup frozen corn
- 1/4 cup fresh cilantro, diced
- 1/2 cup dried quinoa
- 7 large bell peppers, tops cut off, seeds removed (assorted colors)
- 3/4 cup shredded colby jack cheese
- Optional garnish: sliced green onions, diced cilantro, sliced avocado

DIRECTIONS:

1. Preheat oven to 350°F.
2. In a small saucepan add 1 cup of water. Bring to a boil and add quinoa. Cover. Bring to a boil and then reduce to simmer for 10-13 minutes until water is evaporated. Fluff with a fork and set aside.
3. Heat a large saute pan to medium high heat. Add olive oil and diced onions.
4. Saute onions until translucent, about 2-3 minutes.
5. Add garlic and chipotle peppers to onion mixture, saute for 1 minute.
6. Add in ground turkey, cook until no longer pink. Approximately 5-7 minutes.
7. Next, add in smoked paprika, cumin, salt, ground pepper, fire roasted tomatoes, black beans, corn, and fresh cilantro. Cook until liquid is evaporated, about 4-5 minutes. Stirring occasionally.
8. Add turkey mixture to a bowl with quinoa and toss to mix.
9. Place peppers in a 13×9 baking dish open side up. Stuff with turkey quinoa mixture. Bake for 40 minutes.
10. Remove from oven and top each pepper with 1 tablespoon of shredded cheese.
11. Place back in oven and cook until cheese is melted, another minute.
12. Serve! Top with fresh cilantro, green onions, and avocado.



SKINNY SHRIMP SCAMPI OVER LOW CARB ZOODLES

INGREDIENTS:

- 2 large zucchini, cut into noodles (3 cups of zoodles)
- 2 tbsp reduced-fat butter or Smart Balance Light
- 2 tsp garlic, minced
- 1/8 tsp crushed red pepper flakes (optional)
- 12 large shrimp, shelled and deveined (about 1/2 lb)
- 2 1/2 tbsp white wine or reduced-sodium chicken broth
- 1 1/2 tbsp freshly lemon juice
- 2 tsp Parmesan cheese, grated

DIRECTIONS:

1. Prepare zoodles. Place zoodles in a microwave-safe bowl and cook in microwave for about 2 minutes, until softened.
2. In the meantime, in a large nonstick pan, heat butter over medium-low heat. Add garlic and crushed red pepper flakes and cook for 1 minute, stirring constantly.
3. Add shrimp to pan and cook, stirring often, until they are cooked throughout and pink on all sides, about 2 minutes. Season shrimp with a little salt and pepper. Using a slotted spoon, transfer them to a bowl, leaving any liquid in the pan.
4. Increase heat to medium. To the same pan, add white wine and lemon juice. Using a wooden spoon or rubber spatula, scrape any brown bits from the bottom of the pan, cooking the wine and lemon juice for 2 minutes. Add the softened zucchini noodles and cooked shrimp. Toss to combine and heat about 30 seconds.
5. Divide the zoodles among 2 plates and spread out over plate. Top each with 6 shrimp. Sprinkle each serving with 1 teaspoon Parmesan cheese. Serve immediately.
Makes 2 servings. Each serving is 6 shrimp and 1/2 the zoodles.

DINNER



CHICKPEA, SPINACH, & SWEET POTATO BROWN RICE BOWL

INGREDIENTS:

- 1 can chickpeas
- 1 sweet potato
- 2/3 cups brown rice
- 5 cups packed spinach
- 1 tbsp garlic powder
- 1 tsp turmeric
- 1/2 tsp cayenne pepper
- 1/2 tsp cinnamon
- 2 cloves garlic
- 2 tsp olive oil
- 2 tbsp tahini
- lime juice
- 1 tsp maple syrup
- chili, salt, pepper

DIRECTIONS:

1. Start by cooking brown rice. Add rice and 2 cups of water to a pot, season with salt and cook for 30-40 minutes or until soft.
2. Preheat oven to 180°C/350°F. Line a baking tray with parchment paper.
3. Rinse, drain, then dry chickpeas. Remove skins for an extra crunchy finish. Mix chickpeas with 1 teaspoon of oil, garlic powder, turmeric, cayenne, salt and pepper. Arrange chickpeas on one side of the baking tray in a single layer.
4. Cut sweet potatoes into bite sized pieces and place them on the baking tray too. Sprinkle with cinnamon and chili. Bake chickpeas and sweet potato for 25-30 minutes.
5. Heat up 1 teaspoon of olive oil in a large pan, add crushed garlic and sauté for 2 minutes. Add spinach, salt and pepper and cook for 3--5 minutes.
6. For the tahini dressing mix together tahini, lime juice, maple syrup with a little water.
7. Add rice, sweet potatoes, chickpeas and spinach to a big bowl and top with the tahini dressing. Enjoy!



LETTUCE WRAPS

INGREDIENTS:

Meat-

- One lb. ground beef, chicken, turkey or buffalo meat
- 2 Tbsp chili lime seasoning blend Traders Joe's brand or taco seasoning and lime zest to taste
- Salt and pepper to taste

Salsa-

- 1 mango diced
- 1/2 avocado diced
- 1/2 red bell pepper diced
- 1/2 cup cilantro chopped
- 1/2 red onion diced
- 1/2 jalapeno minced
- Lime juice from 1 lime
- Salt and pepper to taste

Other-

- 1 head butter lettuce
- 1 cup purple cabbage shredded
- 1 cup baby heirloom tomatoes sliced in half

Sauce-

- 1 large avocado
- 3/4 cups fresh pineapple chunks
- 1/4 cup cilantro
- Lime juice from 1 lime

DIRECTIONS:

1. Brown protein with seasonings in a skillet, stirring on occasion until fully cooked (about 8-10 minutes until no red left in the meat).
2. Chop and combine ingredients for salsa in a bowl.
3. Blend ingredients for sauce in a food processor or blender to desired consistency.
4. Prepare tacos by layering ground beef, salsa, shredded cabbage, tomatoes, and sauce into a lettuce leaf. Optional: Garnish with cilantro and lime wedges.



CHILI LIME BURGER WITH CUCUMBER, TOMATO, AVOCADO SALAD

INGREDIENTS:

Purchase Trader Joe's Chili Lime Burgers or make your own-

- 1lb ground chicken
- 2 tsp minced garlic
- Green onions, chopped
- 1/2 tsp salt
- 1/4 cup chopped red bell pepper
- 2 tbsp chopped cilantro
- Lime, cut in half
- 1/4 tsp red pepper flakes

Salad-

- 1 cup cherry tomatoes
- 1 large cucumber
- 1 avocado
- 1/2 bunch cilantro
- 1 tbsp olive or avocado oil
- Juice of 1 lemon
- Pinch salt and pepper

DIRECTIONS FOR BURGERS:

1. Combine chicken, green onions, bell pepper, cilantro, garlic, salt, red pepper flakes and juice of half a lime in a large bowl.
2. Mix until thoroughly combined, then form into 4 patties and spray each side generously with non-stick spray.
3. Heat a large grill pan or skillet over medium--high heat. Grill burgers for 3-4 minutes a side, or until cooked all the way through.

DIRECTIONS FOR SALAD:

1. Place chopped tomatoes, sliced cucumber, diced avocado and chopped cilantro into bowl. Drizzle with oil and lemon juice and toss gently to combine. Add salt and pepper to taste.



SPINACH, MOZZARELLA, SUN DRIED TOMATO STUFFED CHICKEN

INGREDIENTS:

- 2 large chicken breasts
- Thumb of olive oil
- Pinch salt and pepper
- ½ jar sundried tomatoes
- Fist of baby spinach
- Palm of mozzarella cheese

DIRECTIONS:

1. Cut chicken breasts along one long side almost in half leaving breast attached at one side.
2. Open breast and lie flat in between two pieces of waxed paper or plastic wrap or re-sealable plastic bag.
3. Using the flat side of a meat mallet or hammer, lightly pound to ¼ inch thickness.
4. Brush chicken breasts with olive oil and sprinkle with salt and pepper
5. Heat skillet and sear chicken for about 3 minutes on each side. Searing one side to a nice brown color and leaving the other a little less browned.
6. Remove from pan and let cool until you can safely stuff with remaining ingredients divided equally between breasts. Just shove it in there as best you can and hold closed with a couple of toothpicks.
7. Place on baking sheet and cook in 350 degree oven until meat thermometer registers 165 degrees. Serve with a small side salad



FIRECRACKER SALMON, ASPARAGUS & CAULIFLOWER MASH

INGREDIENTS:

- 2 salmon filets
- 1 thumb ghee or olive oil
- 1 tbsp honey
- ¼ tsp chipotle chili powder
- Pinch of salt and pepper
- 1 tbsp minced garlic
- 1 bunch asparagus
- Small palm shredded mozzarella
- 1 package Trader Joe's frozen cauliflower mash

DIRECTIONS:

1. Combine honey, chipotle seasoning, melted ghee and salt and pepper.
2. Spread evenly over salmon fillets
3. In a non stick skillet, heat a little ghee or good oil for a minute, add salmon filets skin side up and sear for 3 minutes, flip and cook another 3--4 minutes.
4. Place asparagus (ends snapped off) on cookie sheet and drizzle with a small amount of olive or avocado oil. Toss with salt and garlic and roast in 425 degree oven for 10 min
5. Top with mozzarella and broil for a couple of minutes until cheese is melted and browned.
6. Heat frozen Cauliflower Mash in saucepan on medium--high heat until warmed and creamy.



TURKEY MEATBALLS OVER ZUCCHINI NOODLES

INGREDIENTS:

- 1 package Trader Joe's frozen turkey meatballs
- Marinara Sauce
- 1 package fresh zucchini noodles or spiralize your own
- Thumb of fresh parmesan

DIRECTIONS:

1. Heat meatballs on cookie sheet according to package instructions.
2. Heat a small amount of good oil in a skillet on medium-high heat. Add zucchini noodles and cook until warm. Be careful not to overcook or they will be mushy.
3. Heat marinara in small sauce pan.
4. Top noodles with marinara, meatballs and parmesan.

— LOW-CARB —
DINNER



VEGAN PORTOBELLO PIZZAS

INGREDIENTS:

- ▣ 3 large portobello mushrooms (wiped clean, stems removed)
- ▣ Olive oil
- ▣ 1/4 tsp garlic powder
- ▣ 1/4 tsp dried basil
- ▣ 1/4 tsp dried oregano
- ▣ Vegan parm. cheese
- ▣ 1 cup pizza sauce
- ▣ 1/2 cup mixed veggies (onion, mushroom, tomato, green pepper, etc.)

DIRECTIONS:

1. Preheat oven to 400 degrees F (204 C).
2. Place cleaned mushrooms on a baking sheet and lightly drizzle both sides with a little olive oil. Sprinkle with garlic powder, basil, and oregano. Then bake for 5 minutes.
3. In the meantime, prep veggies and prepare pizza sauce if you haven't done so already.
4. Once par-baked, pull mushrooms out of the oven and top with desired amount of pizza sauce, veggies, and a sprinkle of vegan parmesan.
5. Bake for 15-20 minutes, or until the veggies are mostly cooked.
6. Serve with fresh basil, red pepper flake and extra vegan parmesan.



GROUND BEEF TACO SALAD

INGREDIENTS:

Salsa-

- 2 tomatoes, diced
- 1/4 cup red onion, diced
- 1 green bell pepper, diced
- 1 tsp jalapeno, chopped
- Fresh cilantro
- 1 tbsp lime juice
- 1 clove garlic, minced
- Salt and pepper

Meat-

- 1 tbsp olive oil
- 1.5 lbs lean ground beef (grass-fed organic is best)
- 1 cup white onion, diced
- 1/2 tsp cayenne (optional)
- 1/2 cup red bell pepper
- 3 cloves garlic minced
- 1 tsp paprika
- 1 tbsp onion powder
- Salt and pepper to taste
- 1 tsp coriander
- 1 tsp chili powder
- 1 tsp cumin
- 1 tbsp dried oregano
- 1 cup chicken broth

Salad-

- 4-6 cups romaine, chopped
- 1/2 avocado, sliced
- Salt and pepper to taste
- Lime wedges and cilantro for garnish

DIRECTIONS:

Meat-

1. In a large pot or Dutch oven, heat olive oil over high heat. Add the ground beef and cook it until it gets completely brown. Set it aside.
2. Reduce the heat to medium--low, add onion and bell pepper. Cook until onions are soft and translucent. It's about 5 to 8 minutes.
3. Add garlic and sauté for 30 seconds. Add all the spices (paprika, onion powder, coriander powder, chili powder, cumin powder, dried oregano, cayenne pepper, salt and black pepper).
4. Stir everything together and bring cooked ground beef to the pot. Give a stir and add chicken stock.
5. Bring the ground beef mixture to a boil and then, lower the heat to low, cover with a lid and cook 30--60 min (the longer, the better), stirring occasionally to avoid burning.

Salsa- Combine all the ingredients in a bowl. Cover tightly and refrigerate for up to 5 days.

Salad- In a large salad bowl, add lettuces, sliced avocado, salsa and half of the cooked ground beef. Squeeze some lime on top of the salad and season it with salt and pepper if necessary. Garnish with fresh cilantro. Enjoy!



LOW CARB CHICKEN ZUCCHINI ENCHILADAS

INGREDIENTS:

- 1 large onion – chopped
- Salt and pepper to taste
- 2 cloves garlic – minced
- 1 tsp ground cumin
- 3 cups free-range organic shredded chicken
- 2 tsp chili powder
- 1 1/3 cups enchilada sauce, divided
- 4 large zucchini, sliced with mandolin or peeler
- 1 cup shredded cheddar
- 1 cup shredded Monterey Jack
- Sour cream, for drizzling
- Cilantro leaves, for garnish

DIRECTIONS:

1. Preheat oven to 350°F.
2. In large skillet over medium heat, heat the oil. Add the onion and salt.
3. Cook until golden and brown, about 5 minutes. Add the garlic, cumin, chili powder, shredded chicken, and 1 cup enchilada sauce.
4. Stir well until combined.
5. Using a vegetable peeler or mandolin, make thin slices of zucchini. On a cutting board, lay out 4 zucchini slices slightly overlapping. Then, add 2 tablespoons of the chicken mixture on top. Roll up, and transfer carefully to a baking dish. Repeat with the remaining zucchini and chicken mixture.
6. After that, use the remaining enchilada sauce to top the zucchini enchiladas.
7. Sprinkle with the shredded Monterey Jack and cheddar cheese.
8. Bake for approximately 20 minutes, until the cheese is melted.
9. Garnish with sour cream and cilantro, and serve.



SALMON AVOCADO BURGERS

INGREDIENTS:

Dressing-

- 1/2 cup + 2 tablespoons mayo (for Whole30 use Primal Kitchen brand)
- 1/4 cup canned full fat coconut milk
- 1/4 tsp garlic powder
- 1/4 tsp dried basil
- Salt & pepper to taste

Burger-

- 1 pound salmon fillet
- 1/2 cup Panko style breadcrumbs or almond meal for Paleo and Whole30 approved
- 1 egg, slightly beaten
- 1/2 tsp dried basil
- 1 large ripe avocado, cut into chunks
- 1 minced jalapeño pepper, remove seeds for less heat (optional)
- 1/2 lime, juiced
- 1 garlic clove, minced
- 1/2 tsp dried basil
- Pinch of chili pepper flakes (optional)
- 1/2 tsp salt
- 1/4 tsp pepper

DIRECTIONS:

1. Remove skin from salmon fillet and dice salmon or pulse it in a food processor a couple of times.
2. Add salmon and remaining ingredients to a bowl and toss to combine. Do not over mix.
3. Form into 6 patties.
4. Heat grill pan, BBQ or skillet to medium to medium high.
5. Cook 4 minutes on one side and 2--3 on the next side or until completely cooked through and center feels slightly firm.
6. These cook fast, be careful not to over cook or they will become dry.
7. Serve burgers with dressing on a bun, in a salad or on its own.
8. Mix all dressing ingredients together and add more seasonings as needed. Serve with burger and enjoy!



ROASTED BABY BOK CHOY & SALMON WITH MISO VINAIGRETTE

INGREDIENTS:

- 4 tsp vegetable oil
- 2 tsp white miso
- 2 tsp rice wine vinegar
- 1 tsp toasted sesame oil
- 1 tsp honey
- 1 tsp black pepper
- 1 tsp salt
- 4 salmon fillets (5 oz each)
- 1 1/2 tbsp sesame oil
- 12 ounces halved baby bok choy
- 1 sliced scallion

DIRECTIONS:

1. Heat oven to 450°. In a small bowl, combine 4 tsp vegetable oil; 2 tsp white miso; 2 tsp rice wine vinegar; 1 tsp each toasted--sesame oil, honey and water; and a grind of black pepper.
2. Arrange 4 salmon fillets (5 oz each) on a parchment--lined baking sheet; brush with 1 tsp sesame oil.
3. Arrange 12 oz halved baby bok choy, cut side down, on a second lined baking sheet.
4. Coat with 1 tbsp sesame oil. Season with salt and pepper; transfer to oven, placing salmon on top rack and bok choy below.
5. Roast until salmon is just cooked through and bok choy is lightly charred, about 8 minutes.
6. Drizzle with vinaigrette; sprinkle with sliced scallions.



GRILLED CHICKEN FAJITA KEBABS

INGREDIENTS:

- 16 oz. boneless skinless chicken breast, chopped into squares (3 medium breasts)
- 3 large bell peppers, chopped into squares
- 2 tsp paprika
- 1/4 tsp sea salt
- Fresh cilantro, chopped
- 1 medium purple onion, chopped into squares
- 1 tbsp of olive oil
- 1 tbsp ground cumin
- 1 tbsp garlic powder
- 1 tbsp chili powder
- 1/4 teaspoon pepper
- 1 lime cut into wedges

DIRECTIONS:

1. Preheat grill or oven to 400°F.
2. Prepare veggies by slicing into squares. Transfer into a gallon--sized bag and add a tablespoon of olive oil. Shake.
3. Prepare chicken breast by slicing into squares (make sure they're all around the same size) and transfer into another gallon--sized bag.
4. In a small bowl, mix together all of the spices to create your rub.
5. Add half of the spice mixture to the vegetables and the other half to the chicken. Shake well and let sit for 10 minutes (place chicken in the fridge).
6. Place peppers, onion, and chicken onto skewers (alternating between the three). Repeat.
7. Lay a piece of tin foil onto the grill and spray with cooking spray.
8. Set kebabs on top of tin foil and grill for around 15 minutes rotating kebabs every five minutes.
9. Remove from heat and squeeze on lime juice (THIS PART IS KEY) and sprinkle on fresh cilantro. Enjoy!



EASY PAD THAI NOODLES

INGREDIENTS:

- 3 large zucchini
- 2 tbsp olive oil
- 1 garlic clove, minced
- 2 large free-range organic eggs
- 1 1/2 tbsp organic wheat-free soy sauce (or coconut aminos)
- *If you don't care about paleo, use peanuts.*
- 2 tbsp fresh lime juice
- 2 tbsp coconut palm sugar
- 1 tbsp tamarind paste
- 1 tsp fish sauce
- 1/8 tsp red pepper flakes
- 3 scallions, sliced
- Fresh cilantro, chopped
- 1 cup bean sprouts
- 4 tbsp roasted cashews or almonds, chopped*

DIRECTIONS:

1. In a small bowl stir together soy sauce, lime juice, sugar, fish sauce, tamarind paste and red pepper flakes. Set aside.
2. Using a spiralizer or peeler create zucchini spaghetti (always read the directions for your spiral slicer as they vary by brand.) If you don't have a spiralizer use a regular vegetable peeler to vertically peel long, thin strips of the zucchini. This will form more of a wider "noodle" from the zucchini, like fettuccini.
3. Heat one tablespoon of olive oil in a large pan over medium-high heat. Once hot, add zucchini noodles and cook for about 2 to 3 minutes, until zucchini noodles are tender but still retain some crunch.
4. Let the noodles rest for about 3 minutes so that they can release all of the moisture. Transfer noodles to a bowl and drain the excess water from the pan.
5. Wipe the pan and heat the remaining tablespoon of olive oil over medium-high heat. Add garlic and saute' for about 1 to 2 minutes, until fragrant.
6. Add scallions and saute' for 1 to 2 minutes or until tender.
7. In a small bowl lightly beat eggs with a fork. Pour them into the pan and cook until they solidify, but are still moist- move the eggs around the skillet as they cook, so that they scramble a bit.
8. Pour the sauce into the skillet with scrambled eggs.
9. Add the zucchini noodles and cook for about 1 more minute or until heated through.
10. Sprinkle with chopped cilantro and chopped almonds/cashews and serve.



LETTUCE WRAPS

INGREDIENTS:

Meat-

- One lb. ground beef, chicken, turkey or buffalo meat
- 2 Tbsp chili lime seasoning blend Traders Joe's brand or taco seasoning and lime zest to taste
- Salt and pepper to taste

Salsa-

- 1 mango diced
- 1/2 avocado diced
- 1/2 red bell pepper diced
- 1/2 cup cilantro chopped
- 1/2 red onion diced
- 1/2 jalapeno minced
- Lime juice from 1 lime
- Salt and pepper to taste

Other-

- 1 head butter lettuce
- 1 cup purple cabbage shredded
- 1 cup baby heirloom tomatoes sliced in half

Sauce-

- 1 large avocado
- 3/4 cups fresh pineapple chunks
- 1/4 cup cilantro
- Lime juice from 1 lime

DIRECTIONS:

1. Brown protein with seasonings in a skillet, stirring on occasion until fully cooked (about 8-10 minutes until no red left in the meat).
2. Chop and combine ingredients for salsa in a bowl.
3. Blend ingredients for sauce in a food processor or blender to desired consistency.
4. Prepare tacos by layering ground beef, salsa, shredded cabbage, tomatoes, and sauce into a lettuce leaf. Optional: Garnish with cilantro and lime wedges.



CHILI LIME BURGER WITH CUCUMBER, TOMATO, AVOCADO SALAD

INGREDIENTS:

Purchase Trader Joe's Chili Lime Burgers or make your own-

- 1lb ground chicken
- 2 tsp minced garlic
- Green onions, chopped
- 1/2 tsp salt
- 1/4 cup chopped red bell pepper
- 2 tbsp chopped cilantro
- Lime, cut in half
- 1/4 tsp red pepper flakes

Salad-

- 1 cup cherry tomatoes
- 1 large cucumber
- 1 avocado
- 1/2 bunch cilantro
- 1 tbsp olive or avocado oil
- Juice of 1 lemon
- Pinch salt and pepper

DIRECTIONS FOR BURGERS:

1. Combine chicken, green onions, bell pepper, cilantro, garlic, salt, red pepper flakes and juice of half a lime in a large bowl.
2. Mix until thoroughly combined, then form into 4 patties and spray each side generously with non-stick spray.
3. Heat a large grill pan or skillet over medium--high heat. Grill burgers for 3-4 minutes a side, or until cooked all the way through.

DIRECTIONS FOR SALAD:

1. Place chopped tomatoes, sliced cucumber, diced avocado and chopped cilantro into bowl. Drizzle with oil and lemon juice and toss gently to combine. Add salt and pepper to taste.



SPINACH, MOZZARELLA, SUN DRIED TOMATO STUFFED CHICKEN

INGREDIENTS:

- ▣ 2 large chicken breasts
- ▣ Thumb of olive oil
- ▣ Pinch salt and pepper
- ▣ ½ jar sundried tomatoes
- ▣ Fist of baby spinach
- ▣ Palm of mozzarella cheese

DIRECTIONS:

1. Cut chicken breasts along one long side almost in half leaving breast attached at one side.
2. Open breast and lie flat in between two pieces of waxed paper or plastic wrap or re-sealable plastic bag.
3. Using the flat side of a meat mallet or hammer, lightly pound to ¼ inch thickness.
4. Brush chicken breasts with olive oil and sprinkle with salt and pepper
5. Heat skillet and sear chicken for about 3 minutes on each side. Searing one side to a nice brown color and leaving the other a little less browned.
6. Remove from pan and let cool until you can safely stuff with remaining ingredients divided equally between breasts. Just shove it in there as best you can and hold closed with a couple of toothpicks.
7. Place on baking sheet and cook in 350 degree oven until meat thermometer registers 165 degrees. Serve with a small side salad



FIRECRACKER SALMON, ASPARAGUS & CAULIFLOWER MASH

INGREDIENTS:

- 2 salmon filets
- 1 thumb ghee or olive oil
- 1 tbsp honey
- ¼ tsp chipotle chili powder
- Pinch of salt and pepper
- 1 tbsp minced garlic
- 1 bunch asparagus
- Small palm shredded mozzarella
- 1 package Trader Joe's frozen cauliflower mash

DIRECTIONS:

1. Combine honey, chipotle seasoning, melted ghee and salt and pepper.
2. Spread evenly over salmon fillets
3. In a non stick skillet, heat a little ghee or good oil for a minute, add salmon filets skin side up and sear for 3 minutes, flip and cook another 3--4 minutes.
4. Place asparagus (ends snapped off) on cookie sheet and drizzle with a small amount of olive or avocado oil. Toss with salt and garlic and roast in 425 degree oven for 10 min
5. Top with mozzarella and broil for a couple of minutes until cheese is melted and browned.
6. Heat frozen Cauliflower Mash in saucepan on medium--high heat until warmed and creamy.



TURKEY MEATBALLS OVER ZUCCHINI NOODLES

INGREDIENTS:

- 1 package Trader Joe's frozen turkey meatballs
- Marinara Sauce
- 1 package fresh zucchini noodles or spiralize your own
- Thumb of fresh parmesan

DIRECTIONS:

1. Heat meatballs on cookie sheet according to package instructions.
2. Heat a small amount of good oil in a skillet on medium-high heat. Add zucchini noodles and cook until warm. Be careful not to overcook or they will be mushy.
3. Heat marinara in small sauce pan.
4. Top noodles with marinara, meatballs and parmesan.

SNACK

On the Regular Carb days, you can incorporate 1-2 servings per day of the following snacks. Make sure to stick to recommended portions sizes on the packages. You may also continue any of the low carb snack options on these days.

- ❑ KIND'S MAPLE GLAZED PECAN BAR
- ❑ SMALL APPLE W/ ALMOND BUTTER
- ❑ HEALTH WARRIOR CHIA BAR COCONUT
- ❑ DANG COCONUT CHIPS
- ❑ LARABAR CRUNCHY NUT & SEED GLUTEN FREE BAR, MAPLE CINNAMON W/ SPROUTED CHIA SEEDS
- ❑ THE LAUGHING COW CHEESE DIPPERS, SWISS GARLIC & HERB
- ❑ ALTER ECO DARK CHOCOLATE COCONUT CLUSTERS
- ❑ PERFECT KETO BARS
- ❑ CHIA SEED PUDDING
- ❑ RICE CAKE W/ ALMOND BUTTER
- ❑ AVOCADO TOAST
- ❑ RICE CAKE W/ AVOCADO
- ❑ 1 CUP STRAWBERRIES, RASPBERRIES, OR BLACKBERRIES
- ❑ HIPPIE SNACKS CAULIFLOWER CRISPS OR AVOCADO CRISPS
- ❑ ½ GRAPEFRUIT
- ❑ JILZ CRACKERS
- ❑ FLACKERS
- ❑ 1/2 CUP BLUEBERRIES

- CHEESE STICK/STRING CHEESE
- COTTAGE CHEESE
- PLAIN GREEK YOGURT
- KALE CHIPS
- VEGGIES DIPPED IN GUACAMOLE, SALSA, HUMMUS
- CELERY AND ALMOND BUTTER
- EPIC JERKY OR CHICKEN BARS
- EMERALD 100 CALORIE NUT SNACK PACKS
- OLIVES
- HARDBOILED EGG
- SEAWEED SNACK
- BUMBLE BEE LEMON & PEPPER SEASONED TUNA
- WHOLLY GUACAMOLE MINIS WITH VEGGIES
- CELLO WHISPS PARMESAN CHEESE CRISPS
- KETO CUPS