



## 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.