

SVELTE LIFE SERIES 9 RECIPES

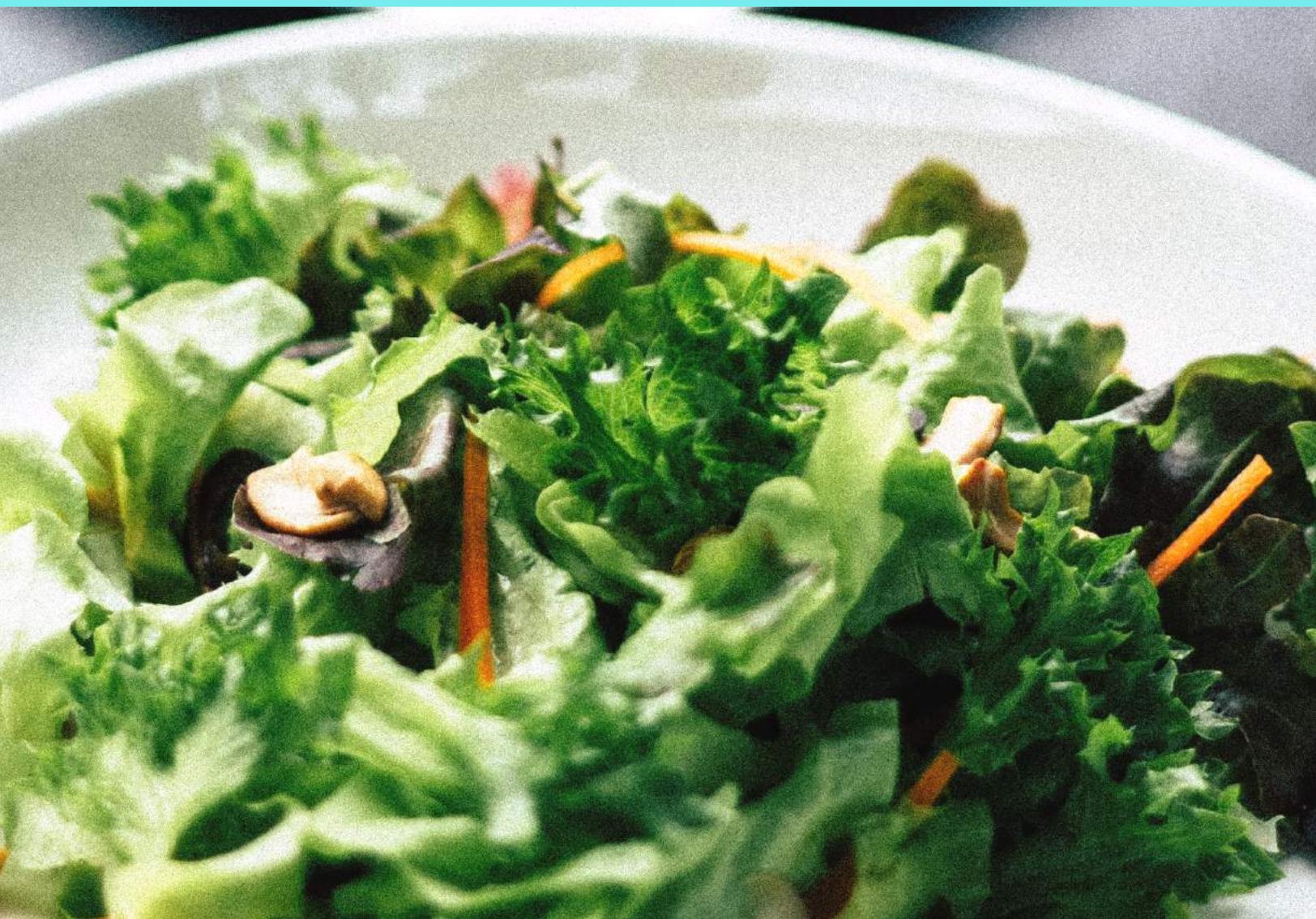


TABLE OF CONTENTS

BREAKFAST

Sweet Potato Toast with Nut Butter & Chia	3
Breakfast Quinoa Cups	4
Mexican Breakfast Bean Bowl	5
Eggs, Spinach & Mushrooms	6
Almond Butter Breakfast Smoothie	7
Turkey & Sweet Potatoes	8
Overnight Oats	9
Cinnamon Apple Peach Granola Bake	10
Coconut Granola Yogurt	11
Lentil Oatmeal	12

LUNCH

Strawberry Mango Guacamole & Chicken Wraps	13
Zucchini Lasagna Leftovers	14
Date & Nut Butter Smoothie	14
Rice Paper Chicken Wraps	15
Chickpea Mediterranean Salad	16
Mushroom & Broccoli Quinoa Bowl	17
Sesame Ginger Skewer Leftovers	18
Warm Portobello Green Salad	19
Detox-Me Soup	20
Asparagus & Spinach Soup	21

DINNER

Salmon & Egg Salad Stuffed Avocados	22
Lam Stew	23
Bacon Wrapped Salsa Chicken Breasts	24
Cajun Chicken Wings	25
Classic Chicken Soup	26
Beet Salad With Whitefish	27
Creamy Avocado & Zucchini Pasta	28
Mushroom & Broccoli Quinoa Bowl with Basic Protein	29
Curry Shrimp With Cauliflower Rice	30
Crab/ Fish Cakes	31
Sesame Ginger Skewers	32
Bison Stuffed Banana Peppers	33

MIX & MATCH

Baked Rosemary & Thyme Beets	34
Mashed Sweet Potato & Turnips	35
Cajun Broccolini	36
Lemon Dill Salmon & Kale	37
Portobello Mushroom Cap Buns	38
Pineapple Chicken Burger	39
Garlic & Jalapeno Chicken Burger	40
Rosemary & Garlic Beef Burgers	41
Zucchini Lasagna	42

APPENDIX

Guacamole	43
Simple Salad	44
Pico de Gallo	45
Zucchini Noodles	46
Cauliflower Mash/ Rice	47

BREAKFAST - (10)



SWEET POTATO TOAST WITH NUT BUTTER & CHIA

2 Servings

Ingredients:

- 2 slices of sweet potato, lengthwise, double toasted
- 2-3 tbsp nut butter (almond/ cashew)
- ½ banana, sliced
- 2 tbsp chia seeds
- Serve alongside fresh fruit if desired

Instructions:

- 1. Prep by toasting slices of sweet potato until slightly browned on outside or desired texture.
- 2. Then spread nut butter overtop slices of sweet potato.
- 3. Then layer with slices of banana followed by sprinkling chia seeds overtop.
- 4. Serve and enjoy.



BREAKFAST QUINOA CUPS

Makes approx. 24-28 mini cups

Ingredients:

- 1 tbsp olive oil
- 2 cups quinoa, cooked
- 3 eggs
- ¾ cup cheese, grated (use either cheddar or a Paleo friendly cheese)
- 1 cup zucchini, shredded
- ½ cup ground turkey, cooked into small chunks
- ¼ cup parsley, chopped
- 2 green onions, chopped
- ¼ cup mushrooms, chopped finely
- salt and pepper

Instructions:

1. Prep by preheating oven to 350F. Then prep a couple mini muffin trays with a small amount of oil.
2. In a large mixing bowl combine all ingredients and stir well. Then portion mixture into muffin tins filling them to the top.
3. Place in oven and bake for 15-20 minutes until the sides turn a golden brown. Remove from heat and let cool for 5 minutes before serving.
4. Serve desired amount and freeze the rest for later. You can start by freezing on a pan with parchment paper until frozen and then transfer to a freezer container.



MEXICAN BREAKFAST BEAN BOWL

2 Servings

Ingredients:

- 1 can black beans, drained. You may keep some of the liquid for cooking.
- 1 clove garlic
- 1 tbsp olive oil
- ¼ cup onions, diced
- 1 portion of Gallo pinto * Recipe in appendix
- ½ ripe avocado, sliced
- salt and pepper

Instructions:

1. Prep by starting with beans. Heat olive oil over medium heat. Then add onions and cook for 2-3 minutes until translucent. Then add garlic and cook for 20-30 seconds stirring constantly so that the garlic doesn't burn.
2. Then add on can of black beans and cook with salt and pepper to season.
3. Stir well and cook for about 5-8 minutes. Then remove from heat and start plating.
4. In a bowl combine a portion of beans, topped with salsa and sliced of avocado. Sprinkle salt and pepper over to taste. Serve and enjoy.



EGGS, SPINACH & MUSHROOMS

2 Servings

Ingredients:

- 2-3 eggs (poaches or fried or scrambled)
- 3 cups spinach
- 1 cup mushrooms, sliced
- 1 clove garlic
- salt and pepper
- 2 tbsp olive oil

Instructions:

1. In a large frying pan, heat oil over medium heat.
2. Then add in garlic and stir for 30 seconds to cook, making sure it doesn't burn.
3. Then add in mushrooms and cook until they start to soften. At this point add in the spinach. Continue to cook and stir until spinach is wilted and mushrooms are tender. Remove from heat and set aside in serving dish, covering it while you cook the eggs.
4. Prep desired amount of eggs (1-2 per person) as desired. Fried or scrambled is generally the easiest and you can use the leftover oil in the pan to cook. Add salt and pepper to taste.
5. Then plate by adding greens and mushrooms and placing eggs overtop. Serve with Pico de Gallo for extra flavor.



ALMOND BUTTER BREAKFAST SMOOTHIE

2 Servings

Ingredients:

- 2 cups almond milk
- ¼ cup almond butter
- 1 banana, frozen
- 2 tbsp flax seeds
- ¼ tsp cinnamon

Instructions:

1. Mix ingredients in a blender and pulse until smooth.
2. Serve and enjoy.



TURKEY & SWEET POTATOES

2 Servings

Ingredients:

- ½ lb ground turkey, cooked and seasoned with salt & pepper (& desired spices)
- 2 tbsp olive oil
- 1 tbsp coconut oil
- 1 sweet potato, diced
- 2 cups baby kale, chopped
- 2 tbsp balsamic dressing
- 1 tbsp brown sugar
- 1/8 cup parsley, chopped
- topping: nuts/ seeds as desired

Instructions:

1. In a large skillet, heat 1 tbsp olive oil over medium heat. Then add in ground turkey and add salt and pepper. Cook over medium heat breaking the turkey up into small pieces until browned. Then add in parsley and stir in well. Cook for another minute and remove from heat, cover.
2. Then in the skillet add more oil to the pan (you can choose coconut oil for this next portion).
3. Once oil is heated, add in sweet potatoes. Stir to cook all sides evenly. Once sweet potatoes start to become tender, add in baby kale and cook until it starts to wilt.
4. Then move veggies to one side of pan. Then add in brown sugar, coconut oil and balsamic vinegar and stir well. Once this starts to bubble stir into veggies.
5. Then portion into plates serving turkey otop veggies. You can top with pumpkin seeds or other nuts and seeds as desired. Enjoy!



OVERNIGHT OATS

2 Servings

Ingredients:

- ¾-1 cup oats
- 1 ½ cups coconut milk
- ¼ cup chia seeds
- 1 banana, mashed
- 1 tsp cinnamon
- 1 + 1 tbsp shredded coconut
- ¼ cup blueberries
- ¼ cup strawberries, sliced

Instructions:

1. In a small mixing bowl combine oats, coconut milk, chia seeds and banana. Stir well.
2. Then add cinnamon and 1 tbsp shredded coconut and let sit overnight.
3. When serving serve in two portions and mix in fruit and top with shredded coconut.



CINNAMON APPLE PEACH GRANOLA BAKE

Serves 4 with 2 leftovers for next breakfast.

Ingredients:

- 2 cups steel cut oats
- 1 + 1 tbsp coconut oil, melted
- 2 tbsp raw or brown sugar
- 2 cups coconut milk
- 2 apples, peeled and sliced
- 2 peaches, peeled and sliced
- ¼ cup pumpkin seeds
- ¼ cup sesame seeds
- ½ cup applesauce
- ¼ cup maple syrup or raw honey
- 2 tsp cinnamon
- 1 tsp baking powder
- 2 tsp vanilla
- ¼ inch piece of ginger, shredded or chopped
- ½ tsp nutmeg
- ½ tsp salt
- ½ tsp cloves

Instructions:

1. Preheat oven to 375F. Prep baking pan (2-2.5L) by greasing it lightly with coconut oil.
2. In a large bowl combine oats, spices, salt and baking powder. Stir well.
3. In a separate mixing bowl, combine liquids (milk, apple sauce, maple syrup and vanilla). Mix well.
4. Slowly pour liquid mixture over the oats mixing as you add it in. Once all liquid is mixed in, proceed to mix and fold in the apple and peach slices. Be careful as to not mash the peaches.
5. Then transfer mixture to a pan and use pumpkin seeds and sesame seeds to sprinkle ovetop.
6. Place in oven and bake uncovered for 35-40 minutes until golden brown on top and bubbling at the corners of the pan.
7. Make sure to cool for 10 minutes, serve and enjoy. This will keep in the fridge for 5-6 days or in the freezer for a few weeks.



COCONUT GRANOLA YOGURT

2 -3 Servings

Ingredients

- 2 servings of “cinnamon apple peach granola bake”
- 1 can coconut milk
- 3 capsules probiotics
- 1 tbsp maple syrup
- cheesecloth

Instructions:

1. In a medium size glass sterilized mixing bowl combine coconut milk and probiotic capsules. Stir well to spread the capsule contents. (You must open the capsules to release contents and throw out the gelatin capsules). Let 24-48hours on the counter covered with cheesecloth. You will know it is ready when it is slightly tangy in flavor.
2. Then when serving, add in maple syrup and top with portions of the granola bake.
3. Serve and enjoy.



LENTIL OATMEAL

2 Servings

Ingredients

- 2/3 cup red lentils
- 1 ¾ cup vegetable broth
- 1 clove garlic, minced
- 1 shallot, chopped
- 1-2 green onions, diced
- 1 ripe avocado, sliced
- ½ cup cherry tomatoes, diced
- portion of hummus
- salt and pepper to taste
- dash of paprika

Instructions:

1. In a medium sized saucepan add lentils, vegetable stock, garlic and shallots. Bring it to a boil and let simmer for 10-12 minutes until liquid has absorbed. Season with salt and pepper.
2. One finished, spoon and portion out in 2-3 bowls. Top with hummus, tomatoes, and sliced ripe avocado. Then finish with sliced green onions and a dash of paprika overtop.
3. Serve and enjoy.

LUNCH - (10)



STRAWBERRY MANGO GUACAMOLE & CHICKEN WRAPS

2 -3 Servings

Ingredients:

- 3-6 pieces of large leaf lettuce
- 1 ripe avocado, diced into chunks
- ¼ cup red onion, diced finely
- 1 small mango, diced
- 1/3 cup cilantro, chopped
- 1 cup strawberries, sliced
- 1 lime, juice
- salt and pepper
- ½ tsp chili flakes
- 2-3 portions cooked chicken, chopped into pieces/
sliced.

Instructions:

1. In a medium sided mixing bowl mash ½ the avocado with lime juice. Then add all ingredients except for chicken and lettuce leaves and mix well.
2. Then start to plate. Place 1-2 leaves on each plate followed by a generous portion of mango guacamole and chicken pieces. Serve and enjoy.



ZUCCHINI LASAGNA LEFTOVERS

2 Servings

Instructions:

1. Reheat pieces in a pan or microwave as desired



DATE & NUT BUTTER SMOOTHIE

2 Servings

Ingredients

- 3 cups coconut milk
- 3 tbsp flax seeds
- 3 tbsp chia seeds
- 4 Medjool dates
- 3 tbsp almond butter
- ½ tsp cinnamon
- 1 tbsp honey
- 1 frozen banana
- 1 ½ cups spinach
- ½ cup ice

Instructions:

1. In a blender combine ingredients and blend well. Pulse until smooth. Serve and enjoy. Add extra liquid or coconut milk if desired.



RICE PAPER CHICKEN WRAPS

2 Servings

Ingredients

- 2 large chicken breasts, cooked and sliced lengthwise
- 4 pieces rice paper
- ½ red pepper, sliced in long strips
- 2 tbsp cilantro, chopped
- ¼-1/2 cucumber, sliced in long strips
- 1 ripe avocado, sliced
- 1 tbsp coconut aminos
- 3 tbsp tahini
- salt and pepper to taste
- lime wedges

Instructions:

1. You will need: large plate filled with warm water, clean cutting board or preparation surface.
2. Prep chicken by cooking and cutting into long strips.
3. Prepare veggies and have things ready to stuff the wraps. Avocado slices to be served alongside.
4. Use a large sized plate and fill with a small portion of warm water. This is going to be used for soak the rice paper wraps. When ready, place 1 rice paper wrap in the water swirling it around for a few seconds. This may vary depending on temperature of the water so be ready with a few extras the first time you try this. You should only need it in the water for 20-30 seconds. Then remove and let excess water drain off the rice paper wrap.
5. Then on a clean cutting board, lay the rice paper wrap flat. Start by adding in strips of chicken, then adding veggies, cilantro and a bit of the tahini sauce. Squeeze a lime overtop before wrapping if desired. Then start by folding ends inward and taking the side closest to you, wrapping it over the toppings and tucking it under on the far side. Then simply complete rolling an move on to the next wrap until all fillings are used up with desired amount of wraps.
6. Serve alongside avocado wedges with a dash of salt and pepper and enjoy.



CHICKPEA MEDITERRANEAN SALAD

2 Servings

Ingredients

- 1 small can chickpeas
- ½ cup cucumber, diced
- ½ cup cherry tomatoes, halved
- 1/8 cup Kalamanta olives, sliced
- 2 tbsp feta cheese
- 2 tbsp parsley, chopped
- 2 portions chicken breast- cooked

Dressing:

- 4 tbsp olive oil
- 2 tbsp apple cider vinegar
- 1 tbsp maple syrup
- 1 clove garlic, minced
- salt and pepper

Instructions:

1. Start by prepping chicken breasts. Chop into chunks and set aside.
2. Then prep dressing by combining all ingredients in a small mixing bowl or shaker bottle. Whisk well and set aside.
3. In a large mixing bowl combine chickpeas, veggies and olives. Toss well.
4. Portion into serving bowls topped with chicken and feta. Then drizzle over the dressing mixture. Be sure to whisk or shake up dressing again before topping salad. Enjoy!



MUSHROOM & BROCCOLI QUINOA BOWL

Serves 2 with 2 leftover for dinner

Ingredients

- 1 cup quinoa
- 1 ½ cups chicken stock
- 1 cup mushrooms, chopped
- 1 cup broccoli florets, chopped
- 1 tbsp coconut oil
- 2 clove garlic, minced
- 1 sprig rosemary, chopped
- salt and pepper

Instructions:

1. In a large stockpot add in chicken stock, rinsed quinoa, rosemary, garlic and salt and pepper. Bring to a boil and let simmer. This may need to cook for 25-30 minutes, but be sure to also refer to individual quinoa cooking recipe on box of quinoa.
2. Prep broccoli by steaming in a steamer. While steaming prep mushrooms.
3. Then in a large saucepan, heat coconut oil over medium heat. Add in mushrooms. Cook stirring frequently until mushrooms are tender. Remove from heat.
4. Once all are cooked and ready, use a large mixing bowl to combine quinoa, mushrooms and broccoli. Add extra salt and pepper to taste and serve.



SESAME GINGER SKEWER LEFTOVERS

2 Servings

Ingredients

- leftover chicken from skewer recipe & sauce
- 2-4 large leaf lettuce
- 1 carrot, shredded
- ¼ red pepper, sliced lengthwise
- ¼ cup cashews, chopped
- ¼ cup red cabbage, grated

Instructions:

1. Prep wraps by stuffing with veggies, chicken and a bit of the leftover sesame sauce. Serve and enjoy.



WARM PORTOBELLO GREEN SALAD

2 Servings

Ingredients:

- 2 Portobello mushrooms, sliced
- 1 ripe avocado, chopped into chunks
- 2-3 cups mixed greens
- ¼ cup red onion, diced finely
- 1 tbsp olive oil

Toppings:

- 1/8 cup pumpkin seeds
- 1/8 cup dried cranberries

Dressings:

- 3 tbsp apple cider vinegar
- 3 tbsp olive oil
- 2 tbsp balsamic vinegar
- 2 tbsp maple syrup
- 2 tsp Dijon mustard
- salt and pepper

Instructions:

1. Start by prepping dressing. Then in a medium bowl, combine ½ dressing with mushrooms and let sit and marinate for 30-40 minutes.
2. Then in a large saucepan, heat 1 tbsp oil over medium heat. Place mushrooms in pan and cook for 4-5 minutes stirring so all sides are cooked. Mushrooms should be tender. Remove from heat.
3. In a large salad bowl, combine ingredients for salad. Toss well.
4. Then serve by plating a portion of the mixed greens followed by grilled mushrooms, then the toppings. Drizzle the remainder or desired amount of dressing overtop and enjoy!



DETOX-ME SOUP

2 - 3 Servings

Ingredients:

- 4 cups vegetable broth
- 2 tbsp olive oil
- 1 yellow onion, chopped finely
- 3 cloves garlic, minced
- ¼ inch piece of ginger, minced
- 2 cups mushrooms, sliced
- 2 tbsp parsley, chopped
- 1 cup broccoli florets, chopped
- 2 stalks celery, chopped
- 1-2 carrots, sliced
- 2 cups baby kale, chopped
- 1 tsp cumin
- 1 tsp curry powder
- 1 tsp curcumin
- ½ tsp chili flakes
- salt and pepper

Instructions:

1. In a large saucepan heat oil over medium heat. Add in onions and garlic and cook for 2-3 minutes stirring constantly until it becomes fragrant.
2. Then add carrots, celery, ginger, broccoli, mushrooms and spices. Stir well and cook for another few minutes.
3. Then add in vegetable stock and bring to a boil. Reduce to a simmer and let simmer for 20 minutes covered.
4. Before serving add in baby kale and stir in. Cook for a minute or two until kale is wilted and soft. Add salt and pepper to taste if needed and serve.



ASPARAGUS & SPINACH SOUP

4-6 Servings

Ingredients:

- 2 lbs. fresh asparagus, ends removed
- ½ cup coconut milk
- 4 cups chicken stock
- 1 onion, diced finely
- 2-3 cloves garlic, minced
- 1 tbsp avocado oil
- 1 cup baby spinach
- ¼ cup chopped and cooked bacon
- 1 tbsp chives, chopped
- salt and pepper

Instructions:

1. In a large stockpot, heat oil over medium heat. Add in onions and garlic and cook for 2-3 minutes.
2. Then add in asparagus and a bit of the chicken stock. Stem for a couple minutes.
3. Then add in the rest on the chicken stock and bring to a boil. Reduce to a simmer and simmer for 8-10 minutes until asparagus are tender.
4. Then transfer contents to blender, or use immersion blender to blend soup until it is creamy. At this point add in coconut milk and mix using immersion blender.
5. Then let simmer for another 2-3 minutes and do the final seasoning with salt and pepper. Finally before serving add in spinach and stir and cook until spinach is wilted cooked in.
6. Serve in bowls topped with bacon bits and chives.

DINNER - (20)



SALMON & EGG SALAD STUFFED AVOCADOS

2 Servings

Ingredients:

- 4 hardboiled eggs, diced finely
- 2 ripe avocados, halved with some of the insides scooped out
- 6-8 oz Salmon, cooked and diced
- 1-2 celery sticks, diced finely
- 1 tbsp fresh dill, chopped
- ¼ cup Paleo mayo
- 1 green onion, diced for the topping
- ¼ tsp paprika
- 1 lime, juice
- salt and pepper

Instructions:

1. Prep avocados and scoop out a portion of the centers. In a small mixing bowl use a fork to mash this up with a bit of lime juice.
2. Then combine this with all the other ingredients (except green onion) in a medium sized mixing bowl. Use salt and pepper to taste. Once mixed, scoop into avocado halves. Top with green onion and serve.



LAM STEW

4 Servings

Ingredients:

- 1 lb of lamb stew meat
- 2 tbsp olive oil
- 2 tbsp almond flour
- salt and pepper
- 1 large yellow onion, diced finely
- 2 cloves garlic, minced
- 3 cups beef or chicken stock
- 1-2 carrots, sliced
- 2-3 celery stalks, diced
- 2 sprigs of thyme
- 1 cup baby potatoes, halved or in quarters
- 1 sweet potato, peeled and diced into chunks
- 1/3 cup white wine
- 1 bay leaf

Instructions:

1. In a medium to large mixing bowl mix flour with a bit of salt and pepper. Make sure to coat each piece of lamb.
2. Then in a large stockpot, heat oil over medium heat. Then add in the lamb pieces to brown stirring so all sides are cooked for about 8-10 minutes.
3. Then add in garlic, onion and a bit more oil if needed.
4. Then add in the stock and spices and let simmer covered for 30 minutes.
5. Then add in potatoes, sweet potatoes, celery and carrots and white wine and again let simmer for another 20 minutes or so until the veggies are tender. When finished remove bay leaf.



BACON WRAPPED SALSA CHICKEN BREASTS

2-3 Servings

Ingredients:

- 4-6 chicken thighs, skinless and boneless
- 12 slices bacon
- Pico de Gallo as seen in appendix
- Toothpicks

Instructions:

1. Preheat oven to 400F. Prep a baking sheet with parchment paper.
2. Prep salsa in a bowl. Then proceed to put a spoonful of salsa in each chicken breast. Then use 1-2 strips of bacon to wrap chicken placing wrapped chicken on baking pan. Use the remainder of the salsa to serve with the chicken. Use toothpicks as needed to secure wrapped chicken breasts.
3. Place chicken in oven for 30 minutes until cooked through. Then for 5 minutes broil so that the bacon becomes crispy. Serve with remainder of salsa and enjoy.



CAJUN CHICKEN WINGS

Makes 1 dozen (double or triple recipe as needed)
Serve alongside simple salad or veggie dish

Ingredients:

- 1 dozen chicken wings
- 1 clove garlic, minced
- 2 tbsp coconut oil, melted
- 1 tsp Cajun spice
- ½ tsp paprika
- ¼ tsp oregano
- ¼ tsp thyme
- ¼ tsp cumin
- 1/8 tsp cayenne pepper
- ¼ tsp curcumin
- 1 tsp kosher salt
- Pepper

Instructions:

1. Preheat oven to 375F and prep baking sheet with parchment paper.
2. In a small mixing bowl combine dry spices and set aside.
3. Then in larger bowl, combine garlic and coconut oil and mix well. Use this mixture to coat chicken wings first.
4. Then spread out chicken wings over baking sheet. Use a portion of the dry spices to cover the chicken wings. Make sure to flip over and do it to the other side as well.
5. Place in oven and cook for about 30-35 minutes, until chicken is cooked through.



CLASSIC CHICKEN SOUP

6 Servings

Ingredients:

- 5-6 boneless skinless chicken breasts
- 1 tbsp olive oil
- 1 yellow onion, chopped
- 1 carrots, sliced
- 4 stalks celery, chopped
- 2-2L chicken stock
- 4 cloves garlic, minced
- 1 tbsp fresh basil, chopped
- 2 tsp oregano
- 1 tbsp fresh dill, chopped
- 1 sprig rosemary
- 1 sprig of thyme
- salt and pepper
- optional: cauliflower rice portions

Instructions:

1. In a large saucepan, heat oil over medium heat.
2. Add in garlic and onions and cook for 2-3 minutes.
3. Then add in chicken stock and spices. Bring to a boil and then add in chicken. Reduce to medium heat and let cook covered for 30 minutes.
4. Then add in carrots and celery and cook for another 30-45 minutes.
5. If desired serve over cauliflower rice. Enjoy!



BEET SALAD WITH WHITEFISH

2 Servings

Fish:

- 2, 4-6oz pieces of whitefish
- 1 tbsp olive oil
- 1 shallot, diced finely
- ½ lemon juice, 2 wedges
- 1 garlic, minced
- salt and pepper

Beet Salad:

- 2 golden beets, cooked and chopped into chunks
- 3 cups mixed greens
- ¼ cup roasted almond slices
- 1 tbsp olive oil
- 2 tbsp apple cider vinegar
- 1-2 tsp honey
- 1 apple, pitted and sliced

Instructions:

1. Prep golden beets before starting.
2. Preheat oven to 400F. Line baking sheet with parchment paper.
3. Place fillets of fish on baking sheet. Use oil, lemon juice, garlic, and onions to coat fish. Then season with salt and pepper. Roll up parchment paper to cover fish. Place in oven and bake for 10-12 minutes. Be sure to check as depending on the thickness, you may need to bake for 2-3 minutes longer.
4. While fish is cooking prep salad. In a small mixing bowl mix vinegar, oil and honey. This will be the dressing for the salad.
5. Then in a large mixing bowl, toss apples, beets and mixed greens.
6. Serve portions onto plate and drizzle with dressing. Serve alongside fish when finished.



CREAMY AVOCADO & ZUCCHINI PASTA

2-3 Servings

Ingredients:

- Prep zucchini noodles using 3-4 zucchinis
- 1 ripe avocado
- ¼ cup fresh basil
- 2 tbsp olive oil
- 2 cloves garlic
- 1 lemon, juice
- 1 lime, juice

Instructions:

1. Prep zucchini noodles and set aside.
2. In a blender or food processor add in basil, avocado, oil, garlic, and lemon and lime juice. Pulse until smooth. Add in salt and pepper to taste. If needed add 1 tbsp water at a time.
3. Scrape contents from blender and place in pan with zucchini. Return to low to medium heat and stir over heat until mixed well.
4. You can serve alongside a basic protein or alone. Enjoy!



MUSHROOM & BROCCOLI QUINOA BOWL WITH BASIC PROTEIN

2 servings. Leftovers from lunch

Basic Protein Prep: Chicken

- 2, 4-6oz pieces of whitefish
- 1 tbsp olive oil
- 1 shallot, diced finely
- ½ lemon juice, 2 wedges
- 1 garlic, minced
- salt and pepper

Ingredients:

- 2 chicken breasts
- 1 sprig rosemary, chopped
- 1 tbsp lemon juice
- 2 Tbsp extra virgin olive oil (coconut oil or sesame oil depending on flavors of meal)
- salt and pepper

Instructions:

1. Sprinkle oil, spices, and lemon juice over chicken.
2. Let sit in fridge to marinate several hours if possible.
3. Heat grill to medium to high heat. Then place chicken on grill and cook about 5 minutes per side. Make sure chicken is cooked in center before removing from heat. Cooking times may vary depending on thickness of chicken.
4. Serve alongside heated portion of mushroom and broccoli quinoa.



CURRY SHRIMP WITH CAULIFLOWER RICE

3-4 Servings

Ingredients:

- 1 lb shrimp, peeled, deveined and rinsed
- 3 tbsp coconut oil, melted
- 2 tbsp curry powder
- 1 tsp cumin
- 1 tsp curcumin
- 2 cloves garlic, minced
- ¼ inch piece of ginger, minced
- salt and pepper

Instructions:

1. Find recipe for cauliflower rice in appendix and prep.
2. In a bowl toss shrimp in oil and spices. Marinate for 30-60 minutes.
3. Then in a large saucepan, heat 1 tbsp extra coconut oil over medium heat.
4. Place shrimp in pan once oil is heated and cook until shrimp turns pink. This should take about 4-5 minutes depending on the size of shrimp. Be sure not to overcook them.
5. Once cooked, remove from heat and serve otop cauliflower rice.



CRAB/ FISH CAKES

2 Servings

Ingredients:

- 8-10 oz crab or whitefish
- 1 egg
- 1 tbsp Paleo mayo
- 1 shallot
- ½ tbsp. chives, chopped
- ½ tsp paprika
- ½ tsp red pepper flakes
- salt and pepper
- lemon wedge

Instructions:

1. Preheat oven to 350F. Prep baking sheet with parchment paper.
2. In a large mixing bowl, combine fish/ crab, egg, Paleo mayo, and spices. Mix well.
3. Form into palm sized balls and flatten slightly.
4. Place in oven and bake for 20-25 minutes, flipping half way through.
5. Serve with lemon wedges and simple salad recipe found in appendix.



SESAME GINGER SKEWERS

Serves 2 with 2 leftovers

Ingredients:

Sauce:

- 1-2 cloves garlic, minced
- ¼ inch piece ginger, shredded/ minced
- 2 tbsp sesame oil
- 2 tbsp coconut aminos
- 1 tbsp sesame seeds
- ½ tsp chili flakes
- salt and pepper

Chicken:

- 4 chicken breasts, sliced in strips
- 2-3 tbsp coconut oil, melted
- 1 clove garlic, minced
- salt and pepper
- ¼ inch piece of ginger, minced
- Wooden skewers, soaked in water for 30+ minutes

Instructions:

1. In a small bowl mix all ingredients and whisk well. Set aside to serve with chicken.
2. In a medium size bowl mix coconut oil, garlic, ginger and salt and pepper. Place in chicken strips and let marinade for 20-30 minutes or a couple hours if you have the time.
3. Once ready, prep skewers with chicken slices.
4. Prep grill by heating to medium to high heat.
5. Once heated, grill for 8-10 minutes flipping as needed.
6. Serve with sauce drizzled otop and alongside side of veggies.



BISON STUFFED BANANA PEPPERS

2 -3 Servings

Ingredients:

- 4 hot banana peppers, tops and seeds removed
- ¾ lb ground bison
- 1 tbsp olive oil
- 1 tsp chili peppers
- 2 cloves garlic, minced
- 1/8 yellow onion, diced finely
- salt and pepper

Instructions:

1. Heat oil over medium heat. Add onions and garlic and cook until onions are translucent, stirring well.
2. Then add in bison and spices and cook until browned.
3. Once cooked, fill in banana peppers and prepare grill by heating to medium to high heat.
4. Once heated, place stuffed peppers on grill for 8-10 minutes being sure to flip as needed.

MIX & MATCH:

The next 3 side dishes can be mixed and matched with the basic protein prep using the same spices as in the side dish.



SIDE #1 BAKED ROSEMARY & THYME BEETS

2 Servings

Ingredients:

- 3 large beets, peeled and chopped (or sliced)
- 2 tbsp olive oil
- 2 sprigs of thyme
- 2 tbsp fresh rosemary, chopped
- salt and pepper

Instructions:

1. Preheat oven to 400F and prepare baking sheet with parchment paper.
2. In a bowl, toss beets with oil, salt and pepper and rosemary.
3. Then spread evenly on pan and top with sprigs of thyme.
4. Place in oven and bake for 35-40 minutes. You can open half way through to move around and flip. Beets should be slightly crispy on the outside and tender on the inside. Prep basic protein using salt and pepper, rosemary, and thyme as seasonings.



SIDE #2 MASHED SWEET POTATO & TURNIPS

2-3 Servings

Ingredients:

- 2 large sweet potatoes, chopped
- 1 turnips, chopped
- 1 onion, chopped
- 2 tbsp olive oil
- salt and pepper
- 1-2 tbsp fresh rosemary: optional

Instructions:

1. Preheat oven to 400F and prep pan with parchment paper.
2. In a large mixing bowl, toss veggies with olive oil, salt and pepper and rosemary if desired.
3. The spread out evenly on pan. Place in oven and bake for 40-45 minutes until veggies are tender. The turnips may take a bit longer than the sweet potatoes so just be sure that the sweet potatoes don't burn.
4. Then, once cooked, remove from pan and blend in a blender or food processor. You can always use 1 tbsp melted coconut oil to help it blend nicely. Serve alongside basic protein using lemon and rosemary to season the chicken.



SIDE #3 CAJUN BROCCOLINI

2 Servings

Ingredients:

- ½ lb broccolini, washed
- 1 tbsp olive oil
- 1 clove garlic, minced
- ½ tsp paprika
- ½ tsp cayenne
- salt and pepper

Instructions:

1. Preheat oven to 400F. Prepare a baking sheet with parchment paper.
2. In a mixing bowl toss broccolini with olive oil, spices and garlic. Then place on baking sheet spreading evenly.
3. Place in oven and bake for 25-30minutes until tender and slightly crispy on the ends. Serve with basic protein prep using the same spices as in the broccolini recipe and enjoy.



LEMON DILL SALMON & KALE

2 Servings

Ingredients:

- 2 6oz pieces of salmon
- 2 tbsp olive oil
- 1 tbsp oil- cooking
- 1 clove garlic, chopped
- ½ bunch of large leaf kale (about 3-4 leaves each)
- 3-4 sprigs of fresh dill
- ½ lemon juice, 2 wedges
- 1 tsp Cajun spice
- salt and pepper

Instructions:

1. Preheat oven to 400F.
1. Start by prepping the salmon. In a medium sized bowl, or flat container mix garlic, olive oil, dill, and salt and pepper and stir. Then add salmon pieces and coat in marinade and set aside, keep this chilled.
2. Then place salmon on a baking sheet covered with a piece of parchment paper. Position salmon pieces evenly on sheet and squeeze 1-2 lemon wedges overtop. Then bake in oven 12-15 minutes.
3. In this time you can cook the kale. In a medium to large sized skillet heat 1 tbsp oil over medium heat. Then add in kale while seasoning with salt and pepper, a bit of the lemon juice and desired spices (Cajun spice).
4. Cook until kale starts to wilt. Then remove from heat and plate.
5. Then add a portion of salmon overtop once it is cooked. Then use remainder of lemon overtop if desired and serve with a sprig of dill overtop.

For next 3 burgers use the following recipe for the mushroom caps:



PORTOBELLO MUSHROOM CAP BUNS

Instructions:

1. Preheat oven to 450F. Prep baking sheet with aluminum foil.
2. Remove stems of mushrooms and place on baking sheet, cap down/ gill side up.
3. Place in oven and bake until they are lightly brown, this should take about 10-12 minutes to cook.
4. Remove from oven and they are ready to be used at burger buns.



PINEAPPLE CHICKEN BURGER

2 Servings

Ingredients:

- 2 chicken breasts
- 2-4 slices pineapple, width wise
- 2 tbsp balsamic dressing
- ½-1 tbsp brown sugar

Instructions:

1. Prep grill by heating to medium to high heat.
2. In a small mixing bowl combine balsamic dressing and brown sugar. Brush over chicken and place on grill (you could also let the chicken sit in marinade and a bit of melted coconut oil prior to cooking). You can always add more of the dressing once on the grill.
3. The chicken should need about 5 minutes per side, depending on thickness. Be sure to check it is cooked thoroughly.
4. Grilling pineapple will take about 2-3 minutes per side so make sure to start when you have flipped the chicken.
5. Add to mushroom burger and serve. Serve alongside simple salad if desired.



GARLIC & JALAPENO CHICKEN BURGER

2 Servings

Ingredients:

- ¾-1 lb ground chicken
- 1-2 jalapenos, diced finely
- 4 cloves garlic, diced finely
- ¼ cup onions, diced finely
- salt and pepper

Instructions:

1. In a large mixing bowl combine ingredients and mix well.
2. Portion into 4 round patties, and slightly flatten them. Then heat the grill to a medium setting.
3. Place on grill for 4-5 minutes per side. Ensure they are cooked through and serve with desired fixings on mushroom bun.



ROSEMARY & GARLIC BEEF BURGERS

2 Servings

Ingredients

- ¾ -1 lb ground beef
- 3 cloves garlic, minced
- 1-2 sprigs fresh rosemary, chopped
- salt and pepper

Instructions:

1. In a medium sized mixing bowl, combine ingredients and mix well.
2. Portion into 4 round patties, and slightly flatten them. Then heat the grill to a medium setting.
3. Place on grill for 3-5 minutes per side. Ensure they are cooked through and serve with desired fixings on mushroom bun.



ZUCCHINI LASAGNA

Serves 2 with 2 leftovers

Ingredients

- 1- 1 ½ lb ground beef
- 3 zucchinis, cut into lengthwise strips
- 3 cloves garlic, minced
- 1 yellow onion, chopped
- 1 ½ cup mushrooms, sliced
- 1 can tomato paste
- 1 can diced tomatoes
- 2-3 tbsp olive oil
- ½ red pepper, diced
- 1 tbsp rosemary
- 1 tbsp basil
- ½ tsp oregano
- salt and pepper

Instructions:

1. Preheat oven to 350F. Prep a 9 x 13 inch pan for the lasagna.
2. Prep zucchinis strips by placing them in paper towel to soak up the extra liquid.
3. In a blender combine garlic, ½ the onions, tomato paste, diced tomatoes and spices. Pulse until smooth.
4. In a large saucepan heat oil over medium heat. Add in the remaining onions and cook until translucent. Then add in the ground beef and cook until browned. Once browned, add in the sauce from the blender and bring it to a simmer. Then add in mushrooms and simmer mixture until mushrooms are tender.
5. Then start layering the dish. Start with a layer of meat, followed by a layer of zucchinis, then meat again and then zucchinis a second time. Finish it off with a bit of the remaining meat and cover with foil.
6. Place in the oven and bake for 25-30 minutes. Then uncover and bake another 10-15 minutes. Depending on the zucchinis it may need to cook slightly longer, but you will know it is done when sides are bubbling and top is slightly browned.
7. Serve and save 2 portions for lunch the next day.

APPENDIX:



GUACAMOLE:

Ingredients:

- 1 avocado, diced
- juice from ½ lime (use more if desired)
- ¼ red onion, chopped finely
- 2 tbsp fresh cilantro, chopped
- salt and pepper to taste

Instructions:

1. In a medium sized bowl mash avocado using a fork.
2. Then add in lime and mash & stir well.
3. Next add red onion, cilantro, and salt and pepper to taste. You can add ¼ tsp chili flakes for some extra heat. Set aside.

Basic Protein Prep: For chicken, fish, turkey

- 3-4 portions of protein, depending on how much recipe calls for
- desired fresh and dried spices (MSG free).
- 2 Tbsp extra virgin olive oil (coconut oil or sesame oil depending on flavors of meal)

Instructions:

5. Sprinkle oil and spices over protein.
6. Let sit in fridge to marinate several hours.
7. When ready to prep meal add 1-2 Tbsp to pan and grill protein until thoroughly cooked. You can also place on portable grill.



SIMPLE SALAD

2 Servings

Ingredients:

- 1 Roma tomato, diced
- ½ cucumber, diced
- 1 ½ cup mixed greens
- ¼ red onion, sliced
- salt and pepper

Dressing:

- 1 tbsp olive oil
- 1 tbsp apple cider vinegar
- 1 tsp honey- optional
- 2 lemon wedges

Instructions:

1. Mix dressing ingredients in a small bowl to start, Set aside. You may find you want double the recipe depending on your taste buds.
2. In a large mixing bowl combine lettuce and other veggies.
3. Drizzle dressing and toss with a few dashes of salt.
4. Portion out, serve and enjoy alongside protein dish.



PICO DE GALLO

Ingredients:

- 2 tomatoes, diced
- juice from 1-2 limes
- salt and pepper to taste
- 1 tsp chili flakes
- 3 Tbsp fresh cilantro, chopped
- 1 small red onion, chopped finely
- 1 thick orange wedge or 1 Tbsp fresh squeezed orange juice

Instructions:

1. Mix all ingredients in a medium sized mixing bowl.
Adjust taste by adding desired salt and pepper.



ZUCCHINI NOODLES-

Serves 2 with 2 leftover for dinner

Zucchini Noodles:

- 2-4 zucchinis, peeled (depending on size and amount desired)
- 1 Tbsp Extra virgin olive oil
- ¼ cup water
- 1 tsp salt and pepper (to taste)

Zucchini Noodles:

1. Use spiralizer to spiral zucchini into noodles.
2. In large skillet or pan heat oil. Add zucchini into the oil and heat for 1 minute. Add in water and cook until zucchini is soft, or as desired. Note: zucchini cooked quite quickly, and also shrinks in volume when cooked. Be sure to have enough zucchini, and be sure not to cook for too long.
3. Season with salt and pepper. Portion and divide onto plates.
4. Add sauce and other fixings onto plates.



CAULIFLOWER MASH/ RICE

Serves 3-4 depending on portion
needed for recipe

Ingredients

- 1 cauliflower, cut into florets
- 1 tbsp coconut oil
- salt and pepper to taste

Instructions:

1. Start by cooking cauliflower in veggie steamer. Steam until you are able to pierce with fork, between 5-10 minutes.
2. Use a food processor to pulse cauliflower until it is in fine grains (bigger pieces for more of a rice texture, smooth for more of a mashed texture). You can always add a tbsp. of oil (coconut) to get a smoother texture. Add salt and pepper to taste and stir.