



# MetaBoost *Shopping List & Recipes*

MetaConnection Series

*Meredith Shirk CPT, FNS, WLS, BCS*

**SVELTE**

This book is not proposed as a substitute for medical guidance from a doctor. The reader should regularly consult a doctor in all matters relating to his or her health, particularly when there are any symptoms that may require diagnosis or medical attention.

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# About Meredith Shirk, CPT

Meredith Shirk has been in the health and fitness industry for over a decade with a Magna Cum Laude Biology degree, certification as a personal trainer with the National Academy of Sports medicine (NASM), and a mind, body nutrition specialist.

Over the years she's helped athletes, celebrities, models... and people just like yourself... make their dreams become reality achieving their best body, inside and out.



“Mere,” as her clients and subscribers know her, is the CEO of [Svelte Media & Training](#). She's also the creator of the cutting-edge 1-minute workout plan, One & Done, that she's successfully taught to clients for the past 12 years.

Mere has over 60K subscribers and followers combined on Facebook and her YouTube channel, spreading the message of ‘total mind, body, health’ globally.

Let's get social! Double click the icons below to follow and subscribe to stay up to date with free video workouts, weight loss tips, recipes and more.



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# Introduction

Hi again, it's Mere.

First, I want to give you a HUGE thumbs up for completing the ***MetaClean*** and ***MetaSlim*** days.

I'm sure you're feeling leaner and lighter because of it.

Your body is now prepped, primed and poised for a complete ***MetaLifestyle***.

And for sustainable weight loss and weight management – especially when you're over 40 – it is about committing to a lifestyle change (not a diet).

Diet is a four-letter word that I don't like to use.

That is why SO many people lose weight only to gain it back. Because a diet doesn't teach you long term lifestyle changes to keep the weight off.

Living the ***MetaLifestyle*** you will make healthy food choices. You will incorporate a certain level of activity and fitness into your daily life. You will keep your mind and body in balance. And most importantly, you'll put yourself first!

I don't mean in a selfish way.

I mean that no one will care about your body and health as much as you do, so you have to listen to your body and make the ***MetaLifestyle*** your #1 priority for longevity and long-term weight loss.

I would like you to consider this ebook to be your ‘supreme super food’ bible. It will arm you with tips as well as tasty meal plans to help you live a **MetaLifestyle** easily and effortlessly.

I will show you how to create the right **MetaMeal** food combinations using **MetaInfluencers** and other supreme super foods that will not only rev up your cellular engine, but keep it running even when your body is finished exercising.

The combination of nutrient-dense **MetaInfluencer** calories, along with doing the **MetaBoost Body** video, will create a **MetaBurn**.

In the pages to come, I’ll teach you how to make sinfully delicious meals you’ll love (and your family will, too!).

I promise you, you won’t even believe you’re doing something good for your body, but you’ll SEE and FEEL the difference.

# Understanding the MetaBurn

As you may or may not know, metabolism is the process by which your body converts what you eat and drink into energy. During this complex biochemical process, calories in your food are combined with oxygen to produce fuel for your cellular engine.

In combination with consuming the correct blend of ***MetaInfluencer-rich MetaMeals***, creating a metabolic afterburn, or ***MetaBurn***, will increase your metabolism and you'll continue burning fat and calories long after you stop doing the actual physical exercise.

So what is the best workout to compliment ***MetaMeals***?

Its high intensity workouts, also known as HIIT workouts.

But let me take a sec to clarify something... high intensity doesn't necessarily mean high speed or high impact.

HIIT can be high intensity even if you're also hyper-focused and targeting select muscles, thereby isolating just that muscle with repetition.

For example, isometrics. These are movements you do with targeted muscle groups but you can be theoretically sitting down (no impact), yet the isolations of those muscles are intense.

The MetaBoost Body video will be the perfect activity for you while you're living your MetaLifestyle as it contains low impact, high result fitness routines using laser-focused exercises and muscle-awakening isometric movements.

And did I mention I created the MetaBoost Body program specifically

for +40 and fabulous ladies to target the notorious “4 Ls” (lower belly, love handles, lifted butt, and lose arms). You’ll drop fat and inches, quickly and consistently.

So in a nutshell, the MetaBurn is an increased state of metabolic efficiency that can be achieved as a result of the right combination of input (MetaMeals) and output (intense exercise or intense muscle movements, MetaBoost Body).

This is the key to rapid weight loss and long-term weight management.

Say “bye bye” to yo-yo weight loss and fad diets.



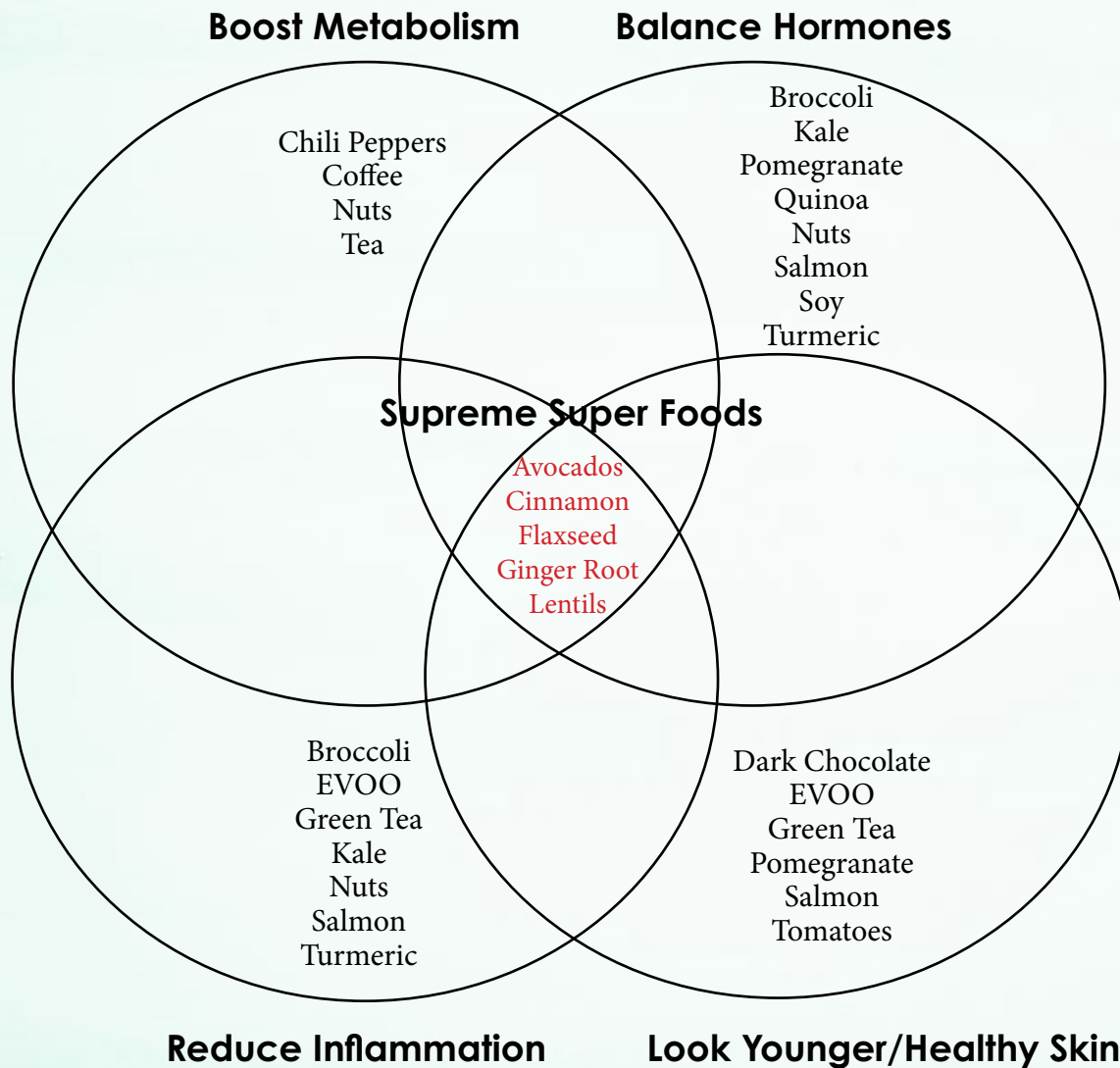
# MetaLifestyle & MetaMeals

So I briefly explained the MetaBoost Connection between MetaMeals and MetaBoost Body to get MetaBurn.

Now I'm going to give you a bunch of delicious, nutritious recipes to make living the MetaLifestyle easier (and tastier) than you could ever imagine.

Just as a reminder, below are the key MetaInfluencers and Supreme Super Foods that will be staples in many of these MetaMeal recipes.

**Illustration 1: MetaInfluencers**



# Almond Berry Fluffcakes

Serves: 1-2



## Ingredients:

- 1 cup almond flour - *MetaInfluencer*
- 1/3 cup coconut milk
- 2 eggs
- 2 Tbsp maple syrup
- Sea salt, to taste
- Coconut oil, for cooking
- 1 cup berries of your choice
- 1 banana, sliced
- 2 Tbsp non-fat plain Greek yogurt

## Directions

- 1 In a large mixing bowl, combine all ingredients, except coconut oil, and mix well with a wooden spoon – until a batter is formed.
- 2 Over medium heat, heat the coconut oil in a large skillet.
- 3 Drop 1/2 cup of batter onto skillet and cook until bubbles appear in pancake's surface (approximately 3 minutes)
- 4 When bubbles appear, flip the pancakes with a rubber spatula, and cook for an additional 2–3 minutes.
- 5 Top with a dollop of yogurt, berries, and banana

*Not sure which berries to use? A flavonoid, anthocyanin, gives blueberries some of their amazing health benefits. Blueberries are low in calories, but high in nutrients. Also known as 'King of Antioxidant Foods,' blueberries help reduce DNA damage, which may help against aging and cancer. Many studies suggest a link between blueberries and decreasing risk of obesity, diabetes, and heart disease.*

# Mexi Egg Casserole

Serves: 4



## Ingredients:

8 large eggs  
 1-2 Tbsp grass fed butter  
 6 Tbsp non-fat milk  
 3/4 tsp. salt  
 1/4 tsp. pepper  
 14 oz. can green chilies -  
*MetaInfluencer*  
 Chopped tomato sauce, ketchup chili  
 or taco sauce

## Directions

- 1 Preheat oven to 350 degrees
- 2 Put butter in 8" square baking pan.
- 3 Set pan in oven melt butter. Shake pan to distribute butter evenly.
- 4 Slightly beat eggs, milk, salt and pepper. Pour into pan.
- 5 Bake at 350 for 10 minutes or until eggs begin to set. Sprinkle with chilies.
- 6 Use wide metal spatula across bottom of pan several times to break up mixture.
- 7 Bake, breaking up mixture again several times, for 5 more minutes or until desired doneness.
- 8 Serve with tomato sauce or chili sauce, if used and Garnish with sliced tomatoes.

*This dish is great for breakfast, lunch, or dinner and freezes nicely.*

*Whether it's for your family or a party, it's a healthy, high protein alternative to many carb-intensive, high fat casseroles.*



# Toast A La Francoise

Serves: 2



## Ingredients:

- 4 large eggs
- 1 grapefruit
- 1/2 cup non-fat milk
- 1/2 tsp salt
- 1/2 tsp ground cinnamon - *MetaInfluencer*
- 2 slices multigrain or 7-grain bread
- 4 thin slices prosciutto (~2 oz. \*optional)

## Directions

- 1 Using a sharp knife, peel grapefruit, remove all white membrane, separate sections and set aside.
- 2 In a wide, shallow dish, whisk together 2 eggs, milk, salt, and cinnamon.
- 3 Using a small biscuit cutter cut a hole in the center of each slice of bread. Save inside rounds for other use. Put bread slices (with holes) in egg mixture and soak for 1 min. on each side (or until fully coated).
- 4 In a large saute pan or skillet, melt the butter over medium heat.
- 5 Carefully transfer bread slices to the pan. Crack 1 egg in each hole of the bread.
- 6 Cook until bread is well browned on the bottom, about 3 min. or until egg is firm enough to flip bread
- 7 Gently turn the slices over and cook until the second side is well browned, about 2-3 minutes.
- 8 Place 1 center of the slices on each of the serving plates. Lay 2 slices of the prosciutto over each. Serve immediately, with grapefruit sections.

*Instead of prosciutto, substitute low sodium, nitrate-free, thin sliced turkey. AppleGate Organic Oven Roasted Turkey Breast is non-GMO, gluten free, organic and nitrate free. The sodium is a little high, so be sure to drink lots of water to flush your system. For a lower sodium option, consider Boar's Head Ovengold® Roasted Turkey Breast – Skinless.*



# Almond Butter Banana Rama

*Serves: 1*



## Ingredients:

- 1 banana
- 1 tbsp almond butter *MetaInfluencer*
- 1 pinch cinnamon *MetaInfluencer*
- Dark cacao chips, pistachios, or raisins (\*optional) *MetaInfluencer*

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## Directions

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- 1 Spoon almond butter atop banana and sprinkle with cinnamon.
  - 2 \*Optional add additional toppings.
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# MetAcai Bowl

Serves: 1



## Ingredients:

### *Acai Puree:*

1 cup fresh spinach

1 cup fresh kale *MetaInfluencer!*

½ small banana

1 (3.5-oz) pack frozen, unsweetened acai pulp

½ cup frozen mango chunks

½ cup unsweetened almond milk OR ½ cup coconut milk combined with ½ cup water.

### *Toppings:*

½ small banana, sliced

1 tbsp almonds *MetaInfluencer!*

2 tbsp. peeled & chopped pineapple, strawberries and blackberries

1 to 2 tbsp. shredded unsweetened coconut

½ tbsp. of raw honey

1 tbsp pomegranate jewels *MetaInfluencer!*

1 tsp. of spirulina (optional)

1 tbsp flaxseed *MetaInfluencer!*

1 tsp dark chocolate chips *MetaInfluencer!*

## Directions

- 1 In a blender add spinach, kale, banana, acai pulp, mango and a splash of milk.
- 2 Blend on low until large chunks are smooth, gradually increase speed, adding a splash of milk at a time
- 3 When all milk is added and ingredients are blended, blend on high for 15 to 20 seconds more.
- 4 Pour acai puree into a bowl. Add toppings and drizzle with honey.

# Salmon Egg Skillet

Serves: 1



## Ingredients:

- 1 tbsp. olive oil
- 1 cup sliced mushrooms
- 2 cups spinach
- 1-2 eggs
- 1 tbsp. Chili pepper sauce/hot sauce
- MetaInfluencer!*
- 4 oz. Salmon *MetaInfluencer!*

## Directions

- 1 Add half the olive oil to a heated skillet, saute mushrooms and spinach.
- 2 Set aside after spinach is wilted.
- 3 Add remaining olive oil to the skillet. Crack eggs into the pan, and cook sunny-side up.
- 4 Plate the eggs, add the vegetables and fish atop, and serve immediately

*Who says fish can't be eaten at breakfast? Salmon is a wonderful, versatile fish that's rich in high-quality protein, vitamins and minerals (including potassium, selenium and vitamin B12). However, it's the Omega-3 fatty acids which makes it the perfect protein to accompany eggs at breakfast or brunch!*

# Country Breakfast Bowl

Serves: 1

## Ingredients:

- 3 tbsp quinoa *MetaInfluencer!*
- 2/3 cup water
- 1/4 tsp cinnamon *MetaInfluencer!*
- 1 tsp flaxseed *MetaInfluencer!*
- 1-2 tsp honey *MetaInfluencer!*
- 1 Tbsp almonds *MetaInfluencer!*
- 1 Tbsp blueberries



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## Directions

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- 1 Rinse quinoa under cold water. Mix quinoa and water. Bring to boil. Cover pan and let simmer for 15 minutes.
- 2 Remove from pan and fluff quinoa with fork,
- 3 Add almonds, honey, flaxseed, cinnamon and honey and enjoy.

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*If you'd like to make it more of a parfait, you can add 1/2 cup of non-fat plain Greek yogurt, then layer the ingredients.*



# Bird In A Blanket

*Serves: 1*



## Ingredients:

5-6oz. sliced deli turkey  
1 hard boiled egg, sliced  
3 leaves of romaine, iceberg, sweet butter lettuce (or kale, *MetaInfluencer!*)  
½ apple, sliced  
3 tbsp. non-fat cottage cheese  
½ avocado *MetaInfluencer!*  
1 tbsp. mustard  
Salt & pepper

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## Directions

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- 1 Lay the lettuce (or kale) leaves open on a plate.
  - 2 Divide the hard-boiled egg, apple, cottage cheese, avocado and mustard into proper portions on each romaine leaf.
  - 3 Do the same with the sliced turkey. Add desired salt and pepper
  - 4 Roll and enjoy!
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# Lemon Grilled Chicken Primavera Medley

Serves: 4

## Ingredients:

- ½ cup of zucchini
- 2 tbsp. chopped fresh basil
- 2 bell peppers (chopped)
- 1 ½ tsp. grated lemon rind, divided
- 2 tbsp. honey mustard
- 4 (4-oz) skinless, boneless chicken breast halves
- 1 (14-oz) can fat-free, less-sodium chicken broth
- 1 head of broccoli (chopped)
- *MetaInfluencer!*
- ¼ cup sliced pimiento-stuffed olives (chopped)
- ¼ cup sliced pitted kalamata olives (chopped)
- ¼ tsp. black pepper (or chili pepper, if you like it spicy) *MetaInfluencer!*



## Directions

- 1 Pre-heat the grill
- 2 Spray grill with a non-stick cooking spray.
- 3 Place chicken on grill. Cook about 5 minutes per side or until chicken is cooked through.
- 4 Combine 1 tsp. lemon rind with mustard; brush over chicken while cooking.
- 5 In a medium sauté pan, add broccoli, bell pepper olives.
- 6 Remove the chicken from the grill and top with veggie mixture and garnish with basil, pepper and remaining lemon rind.

# Grilled Fish Tacos With Watermelon Salsa

Serves: 4

## Ingredients:

- ½ small red onion, finely diced
- ½ cup fresh cilantro, roughly chopped
- Juice of 2 limes
- 1 lb. skinless wild striped bass fillets or halibut
- 1 tsp. chipotle chili powder
- 8 corn tortillas
- 1 avocado, sliced *MetaInfluencer!*
- Pinch of salt & pepper
- 1 tbsp. PLUS 2 tsp. EVOO, separated
- MetaInfluencer!*
- 1 romaine lettuce (preferably the heart), thinly sliced
- 1 jalapeno / chili pepper, seeded and finely diced *MetaInfluencer!*



## Directions

### *Watermelon salsa:*

- 1 Combine watermelon, red onion, cilantro, lime juice and jalapeno in a bowl.
- 2 Toss with 1 tbsp. olive oil and ½ tsp. salt
- 3 Toss lettuce with 2 tbsp. of juice from watermelon salsa and a pinch of salt.

*Directions continued on next page...*

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## Directions

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### ***Tacos:***

- 4 Preheat grill to high. Sprinkle fish chili powder and ½ tsp. salt. on both sides of filets and drizzle both sides with the remaining 2 tsp. olive oil.
- 5 Brush the grill with olive oil and add the fish filets.
- 6 Grill until cooked through, 4 to 5 min. per side and transfer the fish to a plate and break into small pieces. Cover with foil until ready to serve.
- 7 Warm the tortillas on the grill
- 8 Once warmed, remove the tortillas and fill with fish, watermelon salsa, avocado and lettuce.

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*For less carbs and calories, you can always use iceberg, romaine, or sweet butter lettuce as your 'green' tortilla.*



# Turkey Stir Fry

*Serves: 1*

## Ingredients:

- 5oz. ground turkey
- 2 cups arugula
- ¼ bell pepper (color of your choice, diced)
- ¼ head of broccoli (chopped) *MetaInfluencer!*
- ¼ head cauliflower
- ¼ cup carrots
- ¼ cup flaxseed *MetaInfluencer!*
- ½ tsp EVOO *MetaInfluencer!*



## Directions

- 1 Steam vegetables until al dente (don't oversteam to prevent a mushy texture)
- 2 Cook turkey meat until browned (5-10 min. on medium-high heat, constantly stirring)
- 3 Mix in veggies and stir fry with flaxseed, and arugula until wilted.

# Char-Grilled Lamb with Tangy Pomegranate Molasses

Serves: 1

## Ingredients:

4 -5 lbs of boneless leg of lamb, rolled and tied  
½ cup pomegranate molasses, plus extra for serving - *MetaInfluencer!*  
Salt & pepper to taste

### *Pomegranate Molasses:*

4 cups pomegranate juice  
½ cup sugar  
1 Tbsp freshly squeezed lemon juice



## Directions

### *Pomegranate Molasses:*

- 1 Place the pomegranate juice, sugar and lemon juice in a 4-quart saucepan set over medium heat.
- 2 Cook, stirring occasionally, until the sugar has completely dissolved.
- 3 Once sugar has dissolved, reduce heat to medium-low and cook until mixture is reduced to about 1 cup with the consistency of thick syrup (approximately 1 hour 10 minutes).
- 4 Remove from heat and allow to cool in the saucepan for 30 minutes.
- 5 Transfer to a glass jar and allow to cool completely before covering and storing in the refrigerator (Can be stored for up to 6 months)!

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**Directions ctd.**

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***Lamb:***

- 1 Preheat grill to 375 degrees F.
- 2 Unroll the lamb and brush on all sides with the molasses.
- 3 Season on all sides with salt and pepper.
- 4 Roll the lamb up and secure with butchers' twine.
- 5 Place lamb over indirect heat and cook for 15 minutes, brush with the molasses again (Turn 1/4 turn and cook for another 15-17 minutes)
- 6 Complete brushing and turning procedure 2 more times for a total cooking time of approximately 1 hour OR until the lamb reaches an internal temperature of 130° F.
- 7 Remove from heat and allow to rest for 10 minutes before slicing. Serve with molasses.

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*If you're not a fan of lamb, you can also try this recipe with pork tender loin, turkey or chicken breast.*

# Shrimp 'N Pineapple Kabobs

Serves: 4-6

## Ingredients:

- ¼ cup low sodium teriyaki sauce
- 1 Tbsp minced fresh ginger - *MetaInfluencer!*
- 1/2 Tbsp sugar
- 1/2 tsp crushed red pepper flakes - *MetaInfluencer!*
- 1 dash kosher salt
- 2 cloves garlic, minced
- 1 green onion, sliced
- Juice of 1/2 lemon
- 1 fresh pineapple
- 1 lb jumbo shrimp, peeled & de-veined



## Directions

- 1 Soak about 20 wooden skewers in water for 30 minutes minimum (up to 2 hours).
- 2 Preheat oven to 400°F. Set a roasting rack in a large baking pan.

### *Marinade:*

- 1 Pour teriyaki sauce in bowl with ginger, sugar, crushed red pepper, salt, garlic, green onions, and lemon juice. Stir and set aside.



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**Directions ctd.**

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***Skewers:***

- 1 Cut fresh pineapple into chunks.
  - 2 Stick a skewer through alternating pieces of pineapple and shrimp to form the kabob.
  - 3 Brush each skewer with marinade and lay flat on the rack in baking pan.
  - 4 Continue steps until remaining ingredients are used.
  - 5 Leave skewers in the oven for 10 minutes (re-basting the skewers with marinade if desired).
  - 6 Roast until shrimp is cooked about 15 minutes.
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# Steak with Cocoa Cranberry Chimichurri

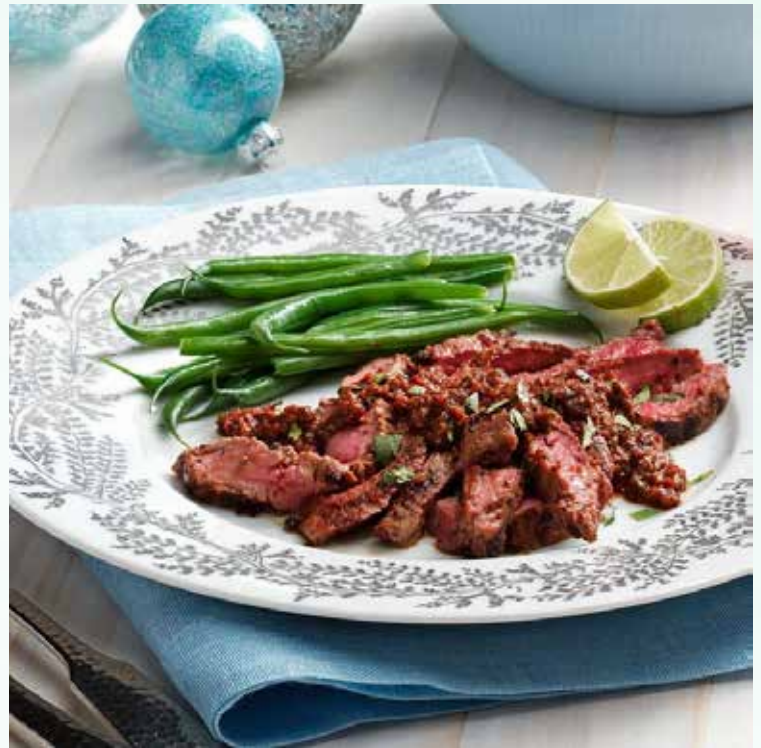
*Serves: 2*

## Ingredients:

8-10 oz. grass fed flank steak  
1 tbsp. EVOO *MetaInfluencer!*  
1/4 cup raw honey  
1/3 cup unsweetened cocoa powder  
*MetaInfluencer!*  
Dash of paprika  
Dash of chili powder *MetaInfluencer!*  
1 tsp. sea salt  
1 tsp. espresso, ground *MetaInfluencer!*

## *Sauce Ingredients:*

1 tbsp. EVOO  
Half an onion, diced  
1/4 cup dried cranberries  
1/2 cup vegetable broth  
2 tbsp. balsamic vinegar  
Dash of rosemary  
Dash of sea salt



## Directions

- 1 Preheat your oven to 375 degrees and grease a baking dish.
- 2 Lay out steak and rub in extra virgin olive oil and honey.
- 3 Next, mix together cocoa, paprika, chili powder, salt and espresso. Combine well, and apply evenly to steak and rub in, along with the extra virgin olive oil and honey.

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**Directions ctd.**

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- 4 Bake until meat is fully cooked, anywhere from 30-45 minutes.
  - 5 While steak is cooking, prepare your sauce by heating the extra virgin olive oil on medium-low, and sauté onions until translucent.
  - 6 Add veggie broth, vinegar, cranberries, rosemary and salt.
  - 7 Allow sauce to cook on low heat for 10 minutes, stirring occasionally.
  - 8 Once meat is done, drizzle sauce over it, and serve with a side salad.
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*If you are sensitive to the effects of caffeine, you can leave out the espresso. The other spices have enough MetaInfluencers to still give your metabolism a kick!*

# Avocado Chocolate Mousse

*Serves: 2*

## Ingredients:

1 avocado, mashed until smooth

*MetaInfluencer!*

4 tbsp. raw cacao powder (or unsweetened cocoa powder) *MetaInfluencer!*

3 tbsp. raw honey

2 tbsp. almond butter *MetaInfluencer!*

4-5 Slice strawberries, raspberries or blueberries

1 tbsp. flaxseed *MetaInfluencer!*

Salt to taste



## Directions

- 1 With your hands, back of a fork, or a masher, mash the avocado until totally
- 2 smooth.
- 3 Once mashed, add your cacao powder, honey, almond butter and salt, and mix together well. Use a blender/immersion blender if you prefer.
- 4 Top with berries and flaxseeds and Serve!

*Both flaxseeds and chia seeds are both supreme super foods. You can use each of them interchangeably with this recipe and still have the same great taste and health benefits.*



# Skinny Dark Chocolate Brownies

*Serves: 10-12 Brownies*

## Ingredients:

- 4 oz. grass fed butter or ghee
- 8 oz. dark chocolate, chopped finely
- MetaInfluencer!***
- 1½ tbsp. unsweetened cocoa powder
- MetaInfluencer!***
- 3 tbsp. unrefined coconut oil
- 2-3 tbsp. raw honey
- 1 tsp. baking powder
- 3 organic eggs
- 1/3 cup almond flour ***MetaInfluencer!***
- 1 tbsp. coconut flour



## Directions

- 1 Preheat oven to 350 degrees.
- 2 Grease an 8 x 8 baking dish with butter or ghee, and place the remaining butter
- 3 (or ghee) in a double boiler, stirring constantly until mixture is smooth. Add all other ingredients, continuing to stir until thick.
- 4 Pour everything into baking pan and place in the oven. (Cook time will vary depending on oven) but check at 30 minutes, inserting a fork to check for doneness.

*The honey and coconut oil will make these brownies super moist. If you'd like to add a little crunch, you can sprinkle the top of the brownie with flaxseeds or almond slices, both are MetaInfluencers and add a nice taste.*

# Raspberry Chia Dark Chocolate Cookies

*Serves: About 10 Cookies*

## Ingredients:

- 1 large, ripe banana, mashed
- ½ cup almond butter *MetaInfluencer!*
- 3 tbsp. chia seeds *MetaInfluencer!*
- 2 tbsp. raw cacao powder *MetaInfluencer!*
- 3 tbsp. raw honey
- ¾ tsp. vanilla
- 1/3 tsp. baking soda
- Pinch of salt
- ½ cup fresh or frozen raspberries
- ½ cup dark chocolate chips *MetaInfluencer!*



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## Directions

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- 1 Preheat oven to 350 degrees, and grease a large baking sheet.
  - 2 Once banana is thoroughly mashed, mix in almond butter, cacao powder, chia seeds, vanilla, salt and baking powder.
  - 3 Mix well, and begin slowly adding in raspberries and dark chocolate chips.
  - 4 Mix everything well, and then form individual with the dough (using wet hands).
  - 5 Place balls on your baking sheet, and flat each a bit.
  - 6 Bake for roughly 10 minutes or until done, and serve!
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# Choco-Cayenne Truffles

*Serves: 20 Truffles*

## Ingredients:

½ cup organic whipping cream/heavy cream

½ -1 tsp. cayenne pepper (depends on desired spiciness) *MetaInfluencer*

8 oz. dark chocolate *MetaInfluencer*

¼ cup raw cacao powder *MetaInfluencer*



## Directions

- 1 Place heavy cream in small pot and add cayenne pepper. Allow mixture to come to a low simmer, and then turn off heat.
- 2 Let this mixture sit about 20 minutes, soaking in the spice of the cayenne.
- 3 Finely chop your dark chocolate and place into a bowl.
- 4 Reheat the cream/cayenne mixture and slowly add it to the chocolate. Stir and let everything sit for another 10 minutes.
- 5 Reheat if needed in order to melt everything together.
- 6 Set the bowl in the fridge for 40 minutes, or until cooled.
- 7 Next, scoop the cooled batter on a plate in ball-shapes (use your hands to shape them).
- 8 Roll each truffle in raw cacao powder, and store in fridge once they're evenly coated. Enjoy!



# Pecan & Chocolate Clusters

*Serves: Between 20-25 Bites*

## Ingredients:

1 can organic coconut milk  
10 oz. dark chocolate chips *MetaInfluencer!*  
2 ½ cups walnut or pecan halves  
*MetaInfluencer!*  
3 tbsp. coconut sugar or honey  
1 tsp. cinnamon *MetaInfluencer!*  
3 tbsp. coconut oil  
Pinch of sea salt

\*\*\*You'll need a mini muffin tin



## Directions

- 1 The night before: Put coconut milk in the fridge to chill for cooking. It should be solid.
- 2 In a food processor, add your nuts and blend until finely ground. Add sugar/honey, cinnamon, and melted coconut oil. Blend everything until smooth. Remove and roll dough into a ball.
- 3 Spoon mixture into your muffin tin, leaving plenty of space above each for filling. Place tin into the fridge and allow to cool for about a half hour.
- 4 Preheat oven to 350 degrees.
- 5 Once the crusts are cooled, place them in the oven and bake from 10 minutes.
- 6 Remove and allow to cool.



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**Directions ctd.**

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- 7 Next, place your chilled/solid coconut milk into a small pot and add your chocolate chips, heating on low. Stir constantly until everything is melted together.
  - 8 Now, place a spoonful of chocolate mixture into each crust in the muffin tin.
  - 9 Place muffin tin again into the fridge and allow chocolate/coconut mixture to harden.
  - 10 They're ready! Top with berries, if desired.
- 

*To add splash of color and flavor, consider adding pomegranate jewels (the small, red, drops inside called arils) atop of the cluster. The tart and juicy flavor really compliments the dark chocolate and pecan taste. And bonus... pomegranates are a MetaInfluencer! This is a great treat anytime, but I like to make these especially around the holidays!*

# Shopping List

*Ordered Alphabetically*

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- » almond butter
- » almond flour
- » almond milk
- » almonds
- » apple
- » arugula
- » avocado
- » baking powder
- » banana
- » bell peppers
- » black berries
- » black pepper
- » blueberries
- » boneless leg of lamb, rolled and tied
- » can fat-free, less-sodium chicken broth
- » carrots
- » cauliflower
- » cayenne pepper
- » chia seeds
- » chili pepper sauce/hot sauce
- » chili powder
- » chipotle chili powder
- » coconut flour
- » coconut milk
- » coconut oil

# Shopping List

*Ordered Alphabetically*

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- » coconut sugar or honey
- » corn tortillas
- » crushed red pepper flakes
- » dark cacao chips
- » dark chocolate chips
- » eggs
- » espresso, ground
- » extra virgin olive oil (EVOO)
- » flaxseed
- » fresh basil
- » fresh cilantro
- » fresh ginger
- » fresh kale
- » fresh spinach
- » frozen mango chunks
- » frozen raspberries
- » frozen unsweetened acai berry pulp
- » garlic
- » grapefruit
- » grass fed butter
- » grass fed flank steak
- » green chilies
- » green onions
- » ground cinnamon
- » ground turkey

# Shopping List

*Ordered Alphabetically*

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- » head of broccoli
- » honey mustard
- » jalapeno
- » jumbo shrimp
- » kosher salt
- » lemons
- » lettuce
- » limes
- » low sodium teriyaki sauce
- » maple syrup
- » multigrain or 7-grain bread
- » mushrooms
- » mustard
- » non-fat milk
- » non-fat cottage cheese
- » non-fat plain Greek yogurt
- » organic whipping cream/heavy cream
- » paprika
- » pineapple
- » pitted kalamata olives
- » pomegranate
- » prosciutto
- » quinoa
- » raw cacao powder (or unsweetened cocoa powder)



# Shopping List

*Ordered Alphabetically*

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- » raw honey
- » red onion
- » salmon
- » sea salt
- » skinless wild striped bass fillets or halibut
- » skinless, boneless chicken breast halves
- » sliced deli turkey
- » sliced pimiento-stuffed olives
- » spinach
- » spirulina
- » strawberries
- » sugar
- » tomato sauce
- » unrefined coconut oil
- » unsweetened cocoa powder
- » vanilla
- » walnuts
- » zucchini

***[Editor's Note: If you're committed about making your post-40 years the BEST years in your life (and the best body you'll have in years!), then you may be interested in being part of my special inner circle devoted to the MetaLifestyle. You'll have exclusive access to me and my community, for inspiration and motivation, to achieve the best you possible. Your body, mind and spirit will be transformed into a lean wellness machine. This access includes weekly professional coaching, private Facebook group, monthly live calls, monthly customized meal plans, and so much more.]***