

110 FAT BURNING MEAL RECIPES



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Welcome To Your New Favorite Cookbook!

In the following pages, you'll discover 110 Fat Burning Meal Recipes that are fun, innovative and healthy. These delicious recipe were made with my Real Healthy Recipes Eating Guidelines in mind:

The Real Healthy Recipes Eating Guidelines:

1. Enjoy Unlimited Veggies, Eggs, Lean Meats and Fish
2. Enjoy Limited Fruit
3. Enjoy Limited Nuts
4. Enjoy Very Limited Dairy
5. Eat No Grain
6. Eat No Legumes Or Soy
7. Eat No White Potato
8. Eat No Sugar

This is NOT a diet.

It's simply a guideline to use when selecting everyday meals.

By following these guidelines 90% of the time, I'm able to live life at my ideal weight and in good health. I'm able to enjoy real wholesome food made with quality ingredients that nourish and satisfy. And you can too.

You'll note that I have dairy as a 'very limited' item, so some of the following recipes do include a little dairy. Feel free to leave the dairy out if you have any sensitivity to it.

I'm often asked which recipes from this book are the very best, and while I do love them all, here's my family's top 10 favorite recipes from these pages:

The Top 10 Must-Try Recipes From This Book:

1. Herb Chicken Salad on page 44.
2. Real Healthy Pasta Salad on page 65.
3. Chicken Enchiladas on page 73.
4. Real Healthy Tacos on page 129.
5. Real Healthy Chicken Nuggets on page 81.
6. Awesome Crispy Orange Chicken on page 83.
7. Turkey Kebabs on page 113.
8. Real Healthy Pizza Casserole on page 116.
9. Slow Cooker BBQ Pulled Pork Wraps on page 122.
10. Real Healthy Hot Dogs on page 126.

I'd love to get your feedback on which recipes you and your family loved the most! Reach out to me at RealHealthyRecipes@gmail.com. Also let's be friends on Facebook. Like my [Real Healthy Recipes Facebook Page](#) and receive ongoing support, motivation, healthy eating tips and lots of new recipes!

Happy Cooking :)

Diana Keulian

DISCLAIMER:

The information contained in this book is for educational purposes only. This content is meant to supplement, not replace, medical advice. Always consult your physician prior to starting a new nutrition plan.

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Bacon Wrapped Scallops

Prep: 15 minutes **Bake:** 15 minutes **Oven:** 375 **Makes:** 12 servings

One serving equals:

78 calories, 5g fat, 103mg sodium, 0g carbohydrate, 0g fiber, and 6g protein



Here's what you need:

- 4 Tablespoons coconut oil
- 3 cloves garlic, minced
- dash of sweet paprika
- dash of salt and pepper
- 6 slices nitrate free bacon, cut in half lengthwise
- 12 fresh scallops

1. Preheat oven to 375 degrees F. Grease a baking sheet with coconut oil, set aside.
2. Over very low heat, in a small saucepan, melt the coconut oil. Remove from heat, pour into a small bowl. Add the garlic, paprika, salt and pepper.
3. Dip each scallop in the seasoned coconut oil, then wrap with bacon and secure with a toothpick. Place on prepared baking sheet.
4. Bake for 15 minutes or until the scallops are cooked through and the bacon is crisp.
5. Serve immediately.

Prosciutto and Marinated Mint Melon Ball Skewers

Prep: 20 minutes **Makes:** 12 servings

One serving equals:

42 calories, 2g fat, 152mg sodium, 3g carbohydrate, 0g fiber, and 3g protein



Here's what you need:

- 8 fresh mint leaves, minced
- dash of salt and pepper
- 2 teaspoons lime juice
- 1 teaspoon coconut nectar
- 24 cantaloupe balls
- 24 red grapes
- 12 slices prosciutto

1. In a medium bowl combine the minced mint, salt and pepper, lime juice and coconut nectar.
2. Add the melon balls and toss to coat. Place in the fridge for 15 minutes.
3. Fold each slice of prosciutto twice, so that the width gets smaller. Push the prosciutto onto a skewer, add a melon ball and a grape, then fold the prosciutto over and repeat with another melon and another grape. Repeat with the remaining ingredients.

Fig, Goat Cheese and Bacon Appetizer

Prep: 20 minutes **Bake:** 8 minutes **Oven:** 350 **Makes:** 6 servings

One serving equals:

98 calories, 3g fat, 68mg sodium, 14g carbohydrate, 2g fiber, and 4g protein



Here's what you need:

- 6 figs, halved
- 1 Tablespoon balsamic glaze
- 6 Tablespoons goat cheese
- 1 slice nitrate free bacon

1. Preheat oven to 350 degrees F.
2. In a medium skillet cook the bacon until crispy. Allow to cool and then crumble.
3. Lightly grease a baking pan with olive oil.
4. Halve the figs and line, cut side up, on the prepared pan.
5. Drizzle balsamic glaze on the cut side of each fig. Sprinkle with goat cheese and bacon crumbles.
6. Place in oven for 5-8 minutes. Serve immediately.

Olive-Stuffed Meatballs

Prep: 20 minutes **Cook:** 20 minutes **Makes:** 20 servings

One serving equals:

46 calories, 3g fat, 102mg sodium, 0g carbs, 0g fiber, and 6g protein



Here's what you need:

- 20 oz Italian Seasoned Lean Ground Turkey
- 30-40 pitted olives
- 1 Tablespoon olive oil
- 2 cloves garlic, finely minced

1. Take one tablespoon of ground turkey at a time, flatten it in your hand and form around an olive to create a ball. Repeat with all of the turkey and olives.
2. Heat the olive oil in a large skillet. Add the garlic and spread around the pan. Add the meatballs.
3. Turn the meatballs every 3 minutes for 20 minutes of cooking. Remove once all sides are browned and the meatballs are cooked through.
4. Serve on a platter with any remaining olives.

Real Healthy Rice

Prep: 10 minutes **Cook:** 5 minutes **Makes:** 6 servings

One serving equals:

66 calories, 3g fat, 87mg sodium, 7g carbohydrate, 4g fiber, and 3g protein



Here's what you need:

- 1 head organic cauliflower
- 1 Tablespoon coconut oil
- Salt and pepper

1. Wash cauliflower, discard the leaves, and chop into small pieces. Grate the pieces with a food processor.
2. In a large skillet heat the coconut oil over medium. Add the shredded cauliflower. Sauté for about 5 minutes, until tender. Season with salt and pepper. Serve as you would traditional rice.

Stir Fried Rice

Prep: 15 minutes **Cook:** 15 minutes **Makes:** 16 servings

One serving equals:

123 calories, 5g fat, 227mg sodium, 14g carbohydrate, 6g fiber, and 7g protein



Here's what you need:

- 3 cups carrots, chopped
- 2 cups frozen peas
- 4 heads organic cauliflower, cut into small pieces
- 4 Tablespoons olive oil
- 6 omega-3, free-range eggs
- 6 Tablespoons coconut aminos
- salt and pepper to taste

1. Bring a medium pot of water to boil. Add the chopped carrots and boil for 3 minutes. Add the frozen peas and boil for another 2 minutes. Drain the water and set the veggies aside.
2. Using a food processor with the grating blade, grate all of the cauliflower.
3. Heat the olive oil in a large skillet or wok over medium. Add the carrots and peas, sauté for 3 minutes. Add the 6 eggs, stir to combine. When the eggs have set, add the grated cauliflower and mix to combine.
4. Season the rice mixture with coconut aminos, salt and pepper. Reduce the heat to low, cover and allow to cook for another 5 minutes.
5. Add more coconut aminos, salt and pepper to taste.

Healthy Sweet & Sour Rice

Prep: 15 minutes **Cook:** 15 minutes **Makes:** 8 servings

One serving equals:

68 calories, 3g fat, 92mg sodium, 9g carbs, 3g fiber, and 2g protein



Here's what you need:

- 1 head cauliflower
- 1 Tablespoon coconut oil
- 2 cloves garlic
- 1 teaspoon fresh grated ginger
- 1 red onion, minced
- 1 green pepper, minced
- 1/4 cup coconut milk, full fat from can
- 1 cup fresh pineapple, cut into small pieces
- 1 Tablespoon coconut aminos
- 1/2 teaspoon ground allspice
- salt and pepper to taste

1. Wash the cauliflower and cut into small florets. Run through the food processor with the grating blade. Set the grated cauliflower aside.
2. In a large skillet, place the coconut oil over medium high heat. Add the garlic, ginger, onion and green pepper. Sauté until tender, about 5 minutes.
3. Add the grated cauliflower to the skillet, mixing well. Add the coconut milk, pineapple, coconut aminos, allspice, salt and pepper. Sauté for 10-15 minutes longer.

Real Healthy Mexican Style Cauliflower Rice

Prep: 15 minutes **Bake:** 20 minutes **Oven:** 350 **Makes:** 8 servings

One serving equals:

28 calories, 1g fat, 91mg sodium, 5g carbohydrate, 1g fiber, and 1g protein



Here's what you need:

- 1 head organic cauliflower
- 2 small tomatoes, chopped
- 1/2 an onion, chopped
- 2 garlic cloves, minced
- 1 Tablespoon tomato paste
- dash of salt and pepper
- dash of Tajin or red pepper flakes
- 1/4 cup fresh, cilantro, chopped
- juice from one lime

1. Preheat the oven to 350 degrees F. Grease shallow baking pan with olive oil.
2. Using a food processor with the grating blade, grate all of the cauliflower. Set aside.
3. In a high speed blender, or food processor, blend the tomatoes, onion, garlic, tomato paste, salt, pepper and tajin until smooth.
4. Mix the tomato blend evenly into the shredded cauliflower. Pour into prepared pan and bake for 20 minutes. Stir and bake for another 20 minutes.
5. Remove from the oven, transfer to serving dish. Mix in the chopped cilantro and drizzle with lime juice. Enjoy!

Real Healthy Onion Rings

Prep: 25 minutes **Bake:** 30 minutes **Oven:** 400 **Makes:** 5 servings

One serving equals:

105 calories, 8g fat, 48mg sodium, 5g carbohydrate, 2g fiber, and 4g protein



Here's what you need:

- 1 large yellow onion, cut into 1/2 inch slices
- 1 cup almond meal
- dash of salt
- 1/4 teaspoon garlic powder
- 1 cup coconut milk, full fat
- 1 omega-3 egg

1. Preheat oven to 400 degrees F. Lightly grease a baking sheet with coconut oil.
2. In a shallow bowl combine the almond meal, salt and garlic powder. In another shallow bowl whisk the coconut milk and egg.
3. Dip each onion ring in the milk mixture and then coat with the almond meal mixture. Place on prepared baking sheet.
4. Bake for 20 minutes. Remove from oven, flip each onion ring, then return to oven for an additional 10 minutes.
5. Remove from oven and serve immediately.

Real Healthy Zucchini Sticks

Prep: 25 minutes **Bake:** 35 minutes **Oven:** 350 **Makes:** 6 servings

One serving equals:

91 calories, 4g fat, 400mg sodium, 3g carbohydrate, 2g fiber, and 3g protein



Here's what you need:

- 1 Tablespoon coconut oil
- 5 organic zucchini
- 2 organic, free range eggs
- 1/2 cup coconut flour
- 1 Tablespoon dried parsley
- 1/2 teaspoon garlic powder
- 1 teaspoon sea salt

1. Preheat oven to 350 degrees F. Grease a cookie sheet with the coconut oil.
2. Wash zucchini and cut into french fry sized sticks.
3. In a shallow bowl, wide enough for the sticks to fit across, whisk the eggs.
4. In another shallow bowl, wide enough for the sticks to fit across, combine the flour, parsley, garlic powder and salt.
5. Coat each stick in the egg, then dredge in flour mixture. Place on the cookie sheet.
6. Bake for 30 minutes. Change the oven to broil. After 5 minutes flip the sticks over and broil for another 5 minutes.

*Tip For Best Zucchini Sticks: Use very little of the flour mixture – just enough to cover the surface, but not caked on. Allow to get very crispy before removing from oven.

Real Healthy Zucchini Cakes

Prep: 25 minutes **Cook:** 7 minutes **Makes:** 8 servings

One serving equals:

51 calories, 2.7g fat, 188mg sodium, 4g carbohydrate, 2g fiber, and 3g protein



Here's what you need:

- 1 tsp olive oil
- 1 small yellow onion, grated
- 1 garlic clove
- 2 cups grated Zucchini
- 1/2 tsp salt
- 2 eggs
- 1/4 cup coconut flour
- 2 Tablespoons flax meal
- 1/2 tsp baking powder
- Non-Fat Plain Greek Yogurt
- Sweet Paprika

1. Heat half of the olive oil in a large skillet. Sauté the onion and garlic for 2 minutes, then set aside.
2. Place grated zucchini in a colander, sprinkle with the salt and allow to sit in the sink for 10 minutes.
3. Use a clean paper towel to squeeze excess water from the zucchini.
4. In a medium sized bowl whisk the eggs. Add the coconut flour, flax and baking powder. Add the onions and zucchini.
5. Place the remaining olive oil in a large skillet over medium heat. Drop the dough in heaping Tablespoons, press down with a fork. Cook each side for 3 minutes or until golden.

Zucchini Boats (Dairy & Gluten Free)

Prep: 30 minutes **Bake:** 20 minutes **Oven:** 400 **Makes:** 6 servings

One serving equals:

290 calories, 19g fat, 284mg sodium, 15g carbohydrate, 4g fiber, and 9g protein



Here's what you need:

- 4-6 organic zucchini
- 1/2 cup organic spaghetti sauce
- sliced olives
- fresh basil, chopped
- uncured pepperoni, chopped

For the Cheese Spread:

- 6 oz (about 1 cup) raw cashews, soaked in hot water for 10 minutes, then drained
- 1 Tablespoon lemon juice
- 1 Tablespoon water
- 1/4 cup olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon onion powder
- 1/4 teaspoon sweet paprika
- 1/2 clove garlic
- dash of pepper

1. Preheat the oven to 400 degrees F. Lightly grease a shallow baking dish with olive oil.

2. Wash the zucchini and slice in half lengthwise. Scoop out some of the zucchini flesh (that sounds creepy, but you know what I mean) to make little boats. I used a knife to slice down the sides and then a spoon to scoop it out. If the zucchini is pretty soft then you won't need to use a knife.
3. Combine all of the cheese spread ingredients in a food processor. Blend until smooth.
*Optional: mix some finely diced green bell pepper and chopped black olives into the cheese spread.
4. Spread some of the cheese spread into the well of each zucchini boat. Top with spaghetti sauce, sliced olives, chopped pepperoni and fresh chopped basil. Arrange in prepared pan. Bake for 20 minutes or until the toppings are cooked and the zucchini are soft.

Real Healthy Eggplant Parmesan

Prep: 30 minutes **Bake:** 25 minutes **Oven:** 350 **Makes:** 10 servings

One serving equals:

205 calories, 13g fat, 518mg sodium, 15g carbohydrate, 6g fiber, and 9g protein



Here's what you need:

- 2 medium, organic eggplants
- 1 1/2 cup blanched almond flour
- 1 teaspoon salt
- 1 teaspoon dried basil
- 1 Tablespoon flax meal
- 2 omega-3, free range eggs
- 2 Tablespoons filtered water
- 1 Tablespoon olive oil
- 3 cups organic spaghetti sauce
- 1 cup shredded mozzarella cheese
- 1/4 cup grated Parmesan cheese

1. Preheat the oven to 350 degrees F.
2. Slice the eggplant into slices no larger than 1/4 inch.
3. In a medium bowl combine the almond flour, salt, basil and flax. In another medium bowl whisk the eggs and water. Dip each slice of eggplant in the egg mixture and then coat each side with the almond flour mixture.

4. Place a large skillet over medium heat. Coat with the olive oil. Sauté the eggplant slices until tender and golden, about 5 minutes per side. Transfer to a paper towel-lined plate.
5. Spread 1 cup of the spaghetti sauce into a 13×9 baking pan. Place a layer of eggplant over the sauce, then sprinkle 1/2 cup of the mozzarella evenly over it. Cover with another cup of spaghetti sauce and another layer of eggplant. Top with the remaining sauce, mozzarella and Parmesan cheese.
6. Cover with foil, bake for 20 minutes. Remove foil and turn the oven to broil for 3-5 minutes, until the top is browned.

Spaghetti Squash Gratin

Prep: 35 minutes **Bake:** 70 minutes **Oven:** 350 **Makes:** 12 servings

One serving equals:

136 calories, 8g fat, 315mg sodium, 13g carbohydrate, 4g fiber, and 5g protein



Here's what you need:

Cheese Substitute:

- 1 Tablespoon coconut oil
- 1/2 cup pine nuts
- 1/2 cup pecans, chopped
- 1/2 cup nutritional yeast
- 1 teaspoon sea salt

1. In a small pan heat the coconut oil. Add the nuts and sauté them until golden brown. Allow to cool slightly then pulse in a food processor until finely chopped.
2. Place the nuts in a bowl and mix in the nutritional yeast and salt.

Spaghetti Squash Gratin:

- 1 organic spaghetti squash
- 1 organic zucchini, peeled into long strips with vegetable peeler
- 1 Tablespoon olive oil
- 1 yellow organic onion, sliced
- 3 cloves garlic, minced

- 3 heirloom tomatoes, chopped
- dash of salt and pepper
- 1 teaspoon dried thyme
- 1 (15oz) can organic tomato sauce
- 1 cup Cheese Substitute

1. Preheat oven to 350 degrees F. Slice the spaghetti squash in half, lengthwise, scoop out the seeds and brush the cut side with olive oil. Place, cut side down, in a baking dish and bake for 40 minutes, or until tender. Allow to cool, and then spread evenly over a greased gratin dish. Mix in the zucchini strips. Set aside.
2. In a large skillet, heat the olive oil over medium. Add the onions and cook for 4 minutes. Add the garlic and continue to cook until the onions are translucent, about 5 minutes. Add the tomatoes, salt and pepper, dried thyme and tomato sauce. Bring the mixture to a simmer.
3. Spread the tomato mixture over the squash in the gratin pan. Top with the cheese substitute.
4. Bake for 30 minutes, until bubbly with a browned top.

Sautéed Cabbage with Apples

Prep: 10 minutes **Cook:** 10 minutes **Makes:** 8 servings

One serving equals:

65 calories, 1g fat, 164mg sodium, 12g carbs, 3g fiber, and 1g protein



Here's what you need:

- 1 Tablespoon coconut oil
- 1 large yellow onion, thinly sliced
- 1 small head of red cabbage, thinly sliced
- 3 Tablespoons apple cider vinegar
- 2 apples, cored and thinly sliced
- 1/2 teaspoon salt
- 1/2 teaspoon dried rosemary
- 1/2 teaspoon dried thyme
- dash of pepper

1. In a large skillet, place the oil over medium heat.
2. Add the onion and sauté for 3 minutes. Add the cabbage and sauté for 5 minutes.
3. Add the remaining ingredients, mix well and continue to sauté until tender.

Garden Medley with Apple Sausage

Prep: 35 minutes **Bake:** 25 minutes **Oven:** 325 **Makes:** 6 servings

One serving equals:

200 calories, 6g fat, 464mg sodium, 24g carbohydrate, 7g fiber, and 14g protein



Here's what you need:

- 1 medium sized spaghetti squash
- 1 teaspoon olive oil
- 2 cloves garlic minced (or 2 frozen cubes from Trader Joes)
- 1 medium onion, chopped
- 1 cup shredded carrots
- 1 cup sliced mushrooms
- 1 bunch broccoli, chopped
- 12 oz organic sausage, sliced (try Niman Ranch Apple Gouda Sausage)
- dash of salt and pepper
- 1/4 cup kalamata olives, chopped
- 1 cup heirloom cherry tomatoes, halved
- 1 cup Organic spaghetti sauce

1. Preheat oven to 325 degrees F.
2. Cut the squash in half. Scoop out the seeds. Fill a microwave safe dish with an inch of water, and place half of the squash in it, cut side down. Microwave for 10 minutes (OR place oven safe pan with an inch of water into the oven at 350 for 40 minutes).

Carefully remove from microwave (will be hot). Repeat with the other half. Put aside to cool.

3. In a large skillet heat the olive oil on medium. Add garlic. Add the onions and cook for about 3 minutes. Add the shredded carrots and mushrooms. After a few minutes toss the broccoli pieces on top and cover for 5 minutes. Remove cover, stir and cook for another minute until the veggies are all tender.
4. In a medium skillet, heat the sliced sausage over medium heat. Once browned, remove from heat.
5. In a large bowl scrape out the insides of the spaghetti squash and discard the skin. Add the veggies and sausage. Add a dash of salt and pepper. Add olives and tomatoes.
6. Lightly grease a large casserole pan with olive oil. Evenly press the veggie and sausage mixture into the pan.
7. Bake for 25 minutes or until bubbly.
8. Serve with a spoonful of spaghetti sauce.

Okra & Carrot Stew

Prep: 15 minutes **Cook:** 30 minutes **Makes:** 4 servings

One serving equals:

118 calories, 3g fat, 587mg sodium, 19g carbohydrate, 6g fiber, and 6g protein



Here's what you need:

- 1 Tablespoon olive oil
- 4 cloves garlic, minced (or save time and use 4 cubes of frozen minced garlic from Trader Joe's)
- 1 cup baby carrots, sliced lengthwise and crosswise
- 1 large sweet onion, chopped
- 1 pound fresh okra
- 1 (28oz) can whole tomatoes
- 1 quart veggie broth (32oz)
- 1/2 teaspoon freshly ground peppercorns
- 1/4 teaspoon sea salt
- 1/2 teaspoon dried oregano
- 1/2 teaspoon ground cumin
- 1 teaspoon dried thyme

1. In a very large skillet, or medium pot, heat olive oil. Add garlic, carrots and onion. Cover and cook, stirring occasionally, for 5 minutes. Meanwhile, trim the ends from Okra and cut in half crosswise.
2. Add okra, tomatoes, broth and spices to skillet. Gently break tomatoes apart with spoon. Mix and allow to cook, uncovered, on medium heat for 20-25 minutes, until okra is tender.

Amazing Veggie Medley

Prep: 20 minutes **Cook:** 40 minutes **Makes:** 8 servings

One serving equals:

145 Calories, 2g fat, 89mg sodium, 28g carbs, 9g fiber, 7g protein



Here's what you need:

- 1 Tablespoon olive oil
- 3 bay leaves
- 2 onions, (1 red & 1 yellow) chopped into large pieces
- 8 large garlic cloves, peeled and halved
- 4 fresh thyme sprigs
- 20 small carrots
- fresh ground sea salt and pepper
- 28oz bag of mixed potatoes (I use the Red, Gold & Purple Potato Medley from Trader Joe's)
- 8oz bag French green beans (Trader Joe's comes already trimmed)
- 12 oz bag Bean Medley, Trader Joe's (or any other cooked beans you have on hand)
- 5 medium tomatoes, peeled, seeded and chopped into large pieces
- 1 yellow bell pepper, cut into 1 inch strips
- 5 zucchini, cut into large pieces
- 1 batch of Pesto

1. In a large pot, warm the oil and bay leaves. Add onions, garlic and thyme. Cover and cook while you prepare the rest of the vegetables.

2. Add the carrots to the pot – leave small ones whole and cut larger ones in half. Season with salt and pepper. Cut larger potatoes into sections, leave small ones whole. Add the potatoes on top of the carrots. Season with salt and pepper. Cut the green beans in half and add to the pot, along with the beans, tomatoes, bell pepper and zucchini, seasoning each layer with salt and pepper.
3. Cover and cook until tender, about 40 minutes. If the veggies seem dry then add water or white wine.
4. Make the Pesto while the veggies cook.
5. Top each serving of veggies with plenty of Pesto.

For the Pesto:

- 4 garlic cloves
- 2 cups basil leaves
- 1/2 cup walnuts
- juice from half a lemon
- 1/2 cup nutritional yeast
- 1 cup olive oil

1. In a food processor, combine the garlic, basil, walnuts, lemon juice and nutritional yeast. Pulse until all ingredients are mixed in.
2. With the blade spinning, slowly pour in the olive oil. Continue to blend until the mixture is smooth.

Sweet Potato Roasted with Thyme

Prep: 20 minutes **Bake:** 40 minutes **Oven:** 450 **Makes:** 8 servings

One serving equals:

98 calories, 3g fat, 120mg sodium, 17g carbohydrate, 3g fiber, and 1g protein



Here's what you need:

- 2 orange sweet potatoes, peeled and cut into thin rounds
- 2 purple sweet potatoes, peeled and cut into thin rounds
- 2 Tablespoons olive oil
- 4 garlic cloves, minced
- 1/4 cup fresh thyme
- 1/2 teaspoon salt

1. Preheat the oven to 450 degrees F. Lightly grease a baking dish with olive oil
2. In a large bowl combine all of the ingredients together. Toss until evenly coated.
3. Spread the sweet potato rounds onto the prepared baking dish in a single layer. Bake for 40 minutes, or until tender and golden.

Mango & Cucumber Salsa

Prep: 15 minutes **Makes:** 16 servings

One serving equals:

32 calories, 0g fat, 20mg sodium, 8g carbohydrate, 1.5g fiber, and .5g protein



Here's what you need:

- 3 organic, ripe mangoes – peeled, seeded and diced
- 1 organic cucumber – peeled, seeded and diced
- 2 jalapeno peppers, seeded and finely chopped
- 1 red onion, finely diced
- 1 garlic clove, minced
- 1/2 cup cilantro, chopped
- Juice and zest from one lime
- dash of salt and pepper

1. Combine all of the ingredients in a medium bowl. Chill for a few hours in the fridge before serving.
2. Will last about a week, so make lots and enjoy for days!

Garlic Roasted Broccoli & Cauliflower

Prep: 10 minutes **Bake:** 25 minutes **Oven:** 425 **Makes:** 6 servings

One serving equals:

143 calories, 10g fat, 302mg sodium, 9g carbohydrate, 4g fiber, and 2g protein



Here's what you need:

- 2 heads broccoli
- 1 head cauliflower
- 5 Tablespoons olive oil
- 1 teaspoon sea salt
- 1/2 teaspoon pepper
- 4 garlic cloves, minced
- juice from 1 lemon

1. Preheat your oven to 425 degrees F. Lightly grease a large baking sheet with olive oil.
2. Wash the broccoli and cauliflower heads and then pat dry. It's important to dry thoroughly so that it will roast properly. Cut into small florets.
3. In a medium bowl combine the florets, olive oil, salt, pepper and garlic cloves. Toss until well combined and then spread over the prepared baking sheet.
4. Roast for 25 minutes, stirring halfway through. Remove from oven once the florets are tender with crispy bottoms.
5. Drizzle the lemon juice over the cooked florets and serve immediately.

Roasted Harvest Veggies

Prep: 15 minutes **Bake:** 40 minutes **Oven:** 450 **Makes:** 8 servings

One serving equals:

162 calories, 4g fat, 36mg sodium, 26g carbohydrate, 6g fiber, and 9g protein



Here's what you need:

- 2 cups sweet potato, peeled and cubed
- 2 cups butternut squash, peeled, seeded and cubed
- 5 green onions, thinly sliced
- 2 rosemary sprigs, leaves stripped from stem
- 2 cups frozen, shelled edamame
- 2 cups fresh corn kernels
- 1 garlic clove, minced
- 1 Tablespoon olive oil plus 1 teaspoon
- 1 Tablespoon lime juice
- 1 Tablespoon coconut nectar
- 1/8 cup yellow onion, minced
- dash of salt and pepper

1. Preheat oven to 450 degrees F. Lightly grease a rimmed baking pan with olive oil.

2. In a medium bowl combine the sweet potatoes, butternut squash, green onions, fresh rosemary, 1 teaspoon of olive oil and a dash of salt and pepper. Spread over the prepared baking pan. Cook, uncovered, for 35-40 minutes, stirring halfway through.
3. While the veggies roast, bring a pot of water to boil. Add the edamame for 2 minutes. Remove from water.
4. In a small bowl whisk together the garlic, remaining 1 Tablespoon of olive oil, lime juice, minced onion, coconut nectar and a dash of salt and pepper.
5. In a casserole dish, combine the roasted veggies, edamame, fresh corn kernels. Toss with the dressing and serve.

Almond Bread

Prep: 15 minutes **Bake:** 45 minutes **Oven:** 300 **Makes:** 24 servings

One serving equals:

157 calories, 12g fat, 98mg sodium, 7g carbohydrate, 3g fiber, and 7g protein



Here's what you need:

- 5 cups almond meal OR for whiter bread, Blanched Almond Flour
- 1 heaping teaspoon baking soda
- 1/2 teaspoon salt
- 6 omega-3, free range eggs
- 2 Tablespoons raw honey
- 2 teaspoons apple cider vinegar

1. Preheat oven to 300 degrees F. Generously grease a loaf pan with coconut oil.
2. In a large bowl combine all of the dry ingredients.
3. In a separate bowl, whisk eggs then add honey and vinegar. Add the wet ingredients to dry ones and mix until fully combined. Fill prepared loaf pan, smooth the top of the dough. Bake for 45 mins or until golden brown.
4. Loosen side of bread immediately after removing from oven, then allow to cool completely before removing from pan.

Nut-Free Coconut Flour Bread

Prep: 15 minutes **Bake:** 40 minutes **Oven:** 350 **Makes:** 12 servings

One serving equals:

151 calories, 12g fat, 164mg sodium, 6g carbohydrate, 3g fiber, and 4g protein



Here's what you need:

- ¼ cup flax meal
- ½ cup filtered water
- ¾ cup coconut flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- 4 eggs
- ½ cup coconut oil
- 1 Tablespoon raw honey
- 1 teaspoon apple cider vinegar

1. In a small bowl, combine the flax meal and water. Set aside for 10 minutes.
2. Preheat the oven to 350 degrees F. Generously grease a loaf pan with coconut oil.
3. In a food processor, combine the coconut flour, baking soda and salt. Add the eggs, coconut oil, honey, flax mixture and vinegar.
4. Transfer the batter into the prepared loaf pan and bake for 35-40 minutes, until a knife inserted into the middle of the loaf comes out clean. Cool in the pan for about an hour before slicing. Enjoy!

Fluffy Egg White Biscuits

Prep: 15 minutes **Bake:** 15 minutes **Oven:** 350 **Makes:** 20 servings

One serving equals:

186 calories, 14g fat, 64mg sodium, 8g carbohydrate, 4g fiber, and 6g protein



Here's what you need:

- 2 cups blanched almond flour
- 2 cups flax meal
- 1 teaspoon baking soda
- 2 Tablespoons raw honey, melted
- 1/2 cup coconut oil, melted
- 8 egg whites

1. Preheat the oven to 350 degrees F. Lightly grease a baking sheet.
2. In a medium bowl combine the almond flour, flax meal and baking soda. Mix well and set aside.
3. Using an electric mixer, beat the egg whites until stiff peaks form.
4. Mix the honey and oil into the flax mixture, then quickly fold in the egg whites. Be careful not to over mix the egg whites, so the fluffiness remains.
5. Use an ice cream scooper to drop mounds of the batter on prepared baking sheet. Bake for 15 minutes, or until the tops are golden brown. Enjoy!

Gluten Free Hot Dog Buns

Prep: 15 minutes **Bake:** 20 minutes **Oven:** 350 **Makes:** 10 servings

One serving equals:

343 calories, 28g fat, 15mg sodium, 13g carbohydrate, 7g fiber, and 12g protein



Here's what you need:

- 2 cups blanched almond flour
- 2 cups flax meal
- 1 teaspoon baking soda
- 2 Tablespoons raw honey, melted
- 1/2 cup coconut oil, melted
- 8 eggs, whites and yolks separated

1. Preheat the oven to 350 degrees F. Lightly grease a baking sheet.
2. In a medium bowl combine the almond flour, flax meal and baking soda. Mix well and set aside.
3. Using an electric mixer, beat the egg whites until stiff peaks form.
4. Mix the honey, oil and egg yolks into the flax mixture, then quickly fold in the egg whites. Be careful not to over mix the egg whites, so the fluffiness remains.
5. Use foil to form hot dog bun-shaped boats. Coat foil with coconut oil then fill with batter.
6. Bake for 15-20 Minutes. Enjoy!

Real Healthy Coconut Flour Tortillas with Flax

Prep: 10 minutes **Total Cook Time:** 20 minutes **Makes:** 12 tortillas

One tortilla equals:

100 calories, 9g fat, 117mg sodium, 2g carbohydrate, 1g fiber, and 5g protein



Here's what you need:

- 6 eggs
- 1 (13.66oz) can of coconut milk, full fat
- 1/4 cup coconut flour
- 1/4 cup flax meal
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1 packet Stevia (optional)

1. Preheat a medium sized, non-stick skillet over medium low heat.
2. Combine all of the ingredients in a high speed blender and mix until smooth.
3. Coat the skillet with coconut oil. Pour 1/3 cup of batter into the skillet in a large tortilla shape. Allow to cook until set, then flip to brown the other side. Repeat with all of the batter – should make 12 tortillas.

Real Healthy Coconut Flour Tortillas with Egg Whites

Prep: 10 minutes **Cook:** 20 minutes **Makes:** 6 tortillas

One tortilla equals:

72 calories, 1g fat, 139mg sodium, 4g carbohydrate, 3g fiber, and 9g protein



Here's what you need:

- 6 Tablespoons coconut flour
- 12 egg whites
- 1/2 teaspoon baking powder
- 3/4 cup water

1. Preheat a medium sized, non-stick skillet over medium low heat.
2. Combine all of the ingredients in a medium bowl. Allow to sit for 5 minutes, then mix again until lumps have disappeared.
3. Coat the skillet with coconut oil. Pour 1/3 cup of batter into the skillet in a large tortilla shape. Allow to cook until set, then flip to brown the other side. Repeat with all of the batter – makes 6 tortillas.

Faux Cornbread

Prep: 15 minutes **Bake:** 25 minutes **Oven:** 350 **Makes:** 24 servings

One serving equals:

111 calories, 8g fat, 63mg sodium, 6g carbohydrate, 1g fiber, and 3g protein



Here's what you need:

- 1 1/2 cups blanched almond flour
- 1/3 cup arrowroot starch
- 1/3 cup coconut flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 4 omega-3 eggs
- 3/4 cups coconut milk, full fat from can
- 2 teaspoons apple cider vinegar
- 1/4 cup coconut oil, melted over low heat
- 3 Tablespoons raw honey, melted over low heat
- 1/4 teaspoon turmeric

1. Preheat the oven to 350 degrees F. Lightly grease an 8×8 pan with coconut oil. Set aside. In a medium bowl combine the almond flour, arrowroot, coconut flour, baking soda and salt. In another medium bowl combine the eggs, coconut milk, vinegar, coconut oil (cooled), and honey.
2. Add the dry ingredients to the wet ones and mix well. Sprinkle in the turmeric and mix until fully combined (this will give your faux cornbread a gorgeous golden yellow color).
3. Pour the batter into your prepared pan and bake for 20-25 minutes, until lightly golden on top and fully set.

Beverly Hills Chopped Salad

Prep: 20 minutes **Bake:** 20 minutes **Oven:** 425 **Makes:** 4-6 servings

One serving equals:

236 calories, 14g fat, 147mg sodium, 25g carbohydrate, 8g fiber, and 6g protein



Here's what you need:

- 1 bunch asparagus, chopped
- 4 large carrots, chopped
- 5 green onions, chopped
- 1 green zucchini
- 1 yellow zucchini
- 1 teaspoon olive oil
- dash of salt and pepper
- 1 avocado, chopped
- 2 heads of romaine lettuce, chopped
- 1/2 cup cherry tomatoes, chopped
- 1/4 cup kalamata olives, chopped
- 1/4 cup pine nuts, toasted

For the dressing:

- 1/8 cup olive oil
- 2 Tablespoons lime juice
- 2 Tablespoons agave nectar
- 1 clove garlic, minced (or better yet use one frozen garlic cube from Trader Joes)
- 1 teaspoon champagne mustard

1. Preheat oven to 425 degrees F. Place the asparagus, carrot, onion and zucchinis in a large bowl, mix well with the olive oil and salt and pepper. Place on a baking sheet and roast for 20 minutes, stirring after the first 10 minutes.
2. Meanwhile place the remaining salad ingredients into a large bowl. In a small bowl combine all of the dressing ingredients and whisk with a fork.
3. Once the veggies are roasted, mix into the salad bowl and toss with the dressing.

Arugula Salad with Citrus & Asparagus

Prep: 15 minutes **Bake:** 15 minutes **Oven:** 350 **Makes:** 4 servings

One serving equals:

182 calories, 13g fat, 246mg sodium, 15g carbs, 7g fiber, and 4g protein



Here's what you need:

For the Dressing:

- 1/4 cup red wine vinegar
- 1 packet Stevia
- zest from a lemon
- 1 Tablespoon Dijon mustard
- 1 Tablespoon olive oil
- 1 Tablespoon fresh tangerine juice
- dash of salt and pepper

For the Asparagus:

- 1 bunch skinny asparagus
- 1 Tablespoon olive oil
- dash of salt and pepper

For the Salad:

- 4 cups organic arugula
- 2 tangerines, peeled and segmented
- 1 avocado, peeled, pitted and sliced

1. In a small bowl combine the dressing ingredients.
2. Preheat oven to 350 degrees F and lightly grease a baking pan with olive oil.

3. Trim and discard the asparagus ends. Cut into 1-inch segments. Toss with the olive oil, season with salt and pepper.
4. Spread the asparagus over the prepared pan, bake for 10-15 minutes, until tender. Remove from oven and allow to cool.
5. In a large bowl combine the arugula, tangerine segments, avocado slices and cooked asparagus. Drizzle with the dressing and serve.

Herb Chicken, Arugula and Mango Salad

Prep: 75 minutes **Cook:** 10 minutes **Makes:** 4 servings

One serving equals:

332 calories, 13g fat, 740mg sodium, 16g carbs, 4g fiber, and 34g protein



For the Herb marinade:

- Juice from 1 lemon
- 1 teaspoon olive oil
- 1 teaspoon salt
- 1 teaspoon dried basil
- 1 teaspoon crushed rosemary
- 1/2 teaspoon garlic powder
- 1/2 teaspoon sweet paprika
- 1/2 teaspoon black pepper
- 1/2 teaspoon dried thyme
- 1/4 teaspoon celery seeds
- 1/4 teaspoon dried parsley
- 1/8 teaspoon ground cumin

For the Salad:

- 1 lb skinless, boneless, chicken breasts
- 1 bunch asparagus, ends trimmed and cut into 1 inch pieces
- 8 cups organic arugula
- 2 small mangoes, peeled and sliced
- 6 oz crumbled goat cheese

1. Combine the herb marinade ingredients in a small bowl. Place 1 Tablespoon of the marinade in a large ziplock bag with the asparagus pieces, and the rest in another large ziplock bag with the chicken breasts. Make sure the chicken and asparagus are fully coated with the marinade, then place in the refrigerator for an hour.
2. Heat a grill pan and another medium pan. Place the chicken breasts on the grill pan, and cook 4 minutes each side, until there is no longer any pink in the middle. Sauté the asparagus in the medium pan, stirring often. Remove both pans from heat.
3. Once the chicken has cooled, slice each breast into even strips.
4. In a large bowl combine the arugula, mango slices and crumbled goat cheese. Add the cooked asparagus and the chicken. Mix and serve.

Teriyaki Chicken Salad

Marinate: 8 hours **Cook:** 15 minutes **Makes:** 4 servings

One serving equals:

289 calories, 13g fat, 963mg sodium, 4.8g carbs, 3g fiber, and 29g protein



Here's what you need:

- 1 can stevia sweetened, lemon lime soda (Zevia brand)
- 1/2 cup coconut aminos
- 3/4 cup brown rice vinegar
- 1 medium yellow onion - half minced and half thinly sliced
- 4 cloves garlic, smashed
- 1 Tablespoon fresh ginger, grated
- 1 packet Stevia
- 2 pounds boneless, skinless chicken thighs
- 2 teaspoons coconut oil
- 1 bunch asparagus, trimmed and cut into 1 inch segments
- 2 Tablespoons chopped cilantro
- optional *baby arugula and cooked quinoa

1. Combine the soda, soy sauce, vinegar, minced onion, garlic, ginger and coconut crystals in a bowl. Add the chicken and turn to coat. Place in refrigerator overnight.
2. Remove chicken from marinade and pat dry. Reserve 1 cup of marinade.

3. Heat one teaspoon of coconut oil in a large skillet. Add the chicken and heat on medium high, turning once, for 8-10 minutes, until browned and cooked through. Transfer to a plate.
4. Wipe out the skillet. Heat remaining 1 teaspoon of coconut oil. Add the sliced onion and asparagus. Cook for 5 minutes, until browned. Add the reserved marinade and boil until slightly reduced. Add the cilantro.
5. Serve over a bed of baby arugula and cooked quinoa.

Chicken, Fruit and Spinach Salad

Prep: 10 minutes **Makes:** 4 servings

One serving equals:

289 calories, 15g fat, 795mg sodium, 13g carbs, 2g fiber, and 25g protein



Here's what you need:

For the Dressing:

- 1/4 cup olive oil
- 1/4 cup fresh squeezed orange juice
- 1 Tablespoon orange zest
- Stevia to taste
- 1 Tablespoon Dijon mustard
- dash of salt and pepper

1. In a small bowl whisk the olive oil, orange juice, orange zest, stevia, Dijon, salt and pepper.

For the Salad:

- 2 cups shredded roasted chicken
- 1 organic apple, chopped
- 2 organic celery stalks, chopped
- 1/4 cup fresh mint leaves, finely chopped
- 1 cup organic, red grapes, halved
- 4 cups baby spinach

1. In a medium bowl combine the turkey, apple, celery, mint and grapes. Toss with the dressing.
2. Prepare each plate with a pile of spinach. Top with the turkey salad mixture.

The World's Best Steak Salad

Prep: 10 minutes **Makes:** 3 servings

One serving equals:

364 calories, 28g fat, 110mg sodium, 13g carbohydrate, 7g fiber, and 15g protein



Here's what you need:

For the Dressing:

- 1 clove garlic, minced
- 1/2 teaspoon powdered stevia
- juice from 1 lemon
- 2 teaspoon balsamic vinegar
- 2 Tablespoon olive oil
- 2 Tablespoons fresh chives, minced
- dash of salt and pepper

For the Salad

- 4 oz cooked and sliced rib-eye steak (grass-fed of course!)
- 2 hard boiled eggs, sliced
- 1/2 cup cherry tomatoes, halved
- 1 avocado, sliced and dressed with lemon juice and sweet paprika
- 6 green onions, grilled
- 4 cups mixed greens

1. Prepare your ingredients and set them aside, ready for salad assembly.
2. In a small bowl whisk together the dressing ingredients.
3. Arrange the greens on plates, then top with the remaining salad ingredients. Drizzle with the dressing.

Arugula, Quinoa and Warm Vegetable Salad

Prep: 10 minutes **Cook:** 22 minutes **Makes:** 4 servings

One serving equals:

137 calories, 6g fat, 323mg sodium, 10g carbohydrate, 3g fiber, and 7g protein



Here's what you need:

- 1/2 cup uncooked quinoa
- 3/4 cup chicken broth
- 1 teaspoon olive oil
- 2 garlic cloves, minced
- 1 bunch asparagus, chopped
- 1 small red onion, chopped
- salt and pepper
- 1/4 cup sun dried tomatoes, chopped
- 4 cups organic, baby arugula
- 2 oz crumbled goat cheese

1. Place the quinoa and chicken broth in a small pot and bring to a boil over medium heat. Reduce heat to low, cover and cook for 15 minutes. Remove from heat and fluff.
2. In a large skillet, place the olive oil over medium heat. Add the garlic and sauté until lightly golden. Add the asparagus and onion. Sauté for 5 minutes, until the asparagus is bright green and the onions are translucent. Season with salt and pepper. Add sun dried tomatoes and sauté for 1 minute. Remove from heat.
3. In a large salad bowl, combine the arugula, quinoa, warm veggies and sprinkle with the goat cheese. Serve with a side of grilled or baked chicken breast, or other lean protein.

Grapefruit, Goat Cheese and Avocado Salad

Prep: 10 minutes **Makes:** 4 servings

One serving equals:

188 calories, 10g fat, 90mg sodium, 17g carbohydrate, 10g fiber, and 7g protein



Here's what you need:

- 1 bunch flowering kale, de-stemmed and cut into bite-sized pieces
- 1 bunch endive (chicory)
- 1 red grapefruit
- 1 yellow grapefruit
- 1 avocado
- 3 tablespoons creamy goat cheese
- 1 teaspoon olive oil
- 1/4 cup grapefruit juice
- 1 teaspoon poppy seeds

1. Place the kale and endive in a bowl. Peel and slice the grapefruits and add to the bowl, reserving 1/4 cup juice. Chop the avocado and add to the bowl.
2. Add the goat cheese in small dollops.
3. In a small cup mix the grapefruit juice, olive oil and poppy seeds. Drizzle on the salad.

Spicy Green Pasta

Prep: 10 minutes **Makes:** 6 servings

One serving equals:

124 calories, 9g fat, 89mg sodium, 11g carbohydrate, 3g fiber, and 3g protein



Here's what you need:

- 2 fresh jalapenos (or more depending on how spicy you like it!)
- 1/4 cup olive oil
- 2 Tablespoons lime or lemon juice
- 1 Tablespoon raw honey OR 5 drops liquid stevia
- 3/4 cup fresh cilantro, chopped
- 1/4 cup fresh parsley, chopped
- 2 green onions, chopped
- 3 garlic cloves, minced
- Dash of sea salt
- 4-6 organic zucchini

1. Grill the jalapenos, on a skillet or the grill, turning until tender. Remove the seeds and stems. Chop. In a high speed blender, or food processor, combine all of the ingredients except the zucchini. Blend until smooth. Taste for salt, add another sprinkle if necessary.
2. Using a veggie peeler, create long strands of zucchini to resemble noodles. Stop peeling once you reach the seeds in the center of the zucchini, discard the center, seedy piece. Place all the noodles in a large bowl and combine with green dressing.

Gourmet Spring Salad

Prep: 20 minutes **Makes:** 4 servings

One serving equals:

137 calories, 5g fat, 270mg sodium, 11g carbohydrate, 4g fiber, and 11g protein



Here's what you need:

- 4 organic, omega-3 eggs
- 1 bunch asparagus, ends trimmed
- 1 cup curly endive
- 1 cup dandelion greens
- 1/2 cup cherry tomatoes, halved
- 1/8 cup red onion, thinly sliced
- 1/2 red bell pepper, thinly sliced into matchsticks
- 2 Tablespoons agave nectar
- 2 Tablespoons lime juice
- 1 garlic clove, minced
- 2 teaspoons Dijon mustard
- 1 Tablespoon raspberry vinegar

1. Place the eggs in a pan of water, bring to a simmer for 6 minutes. Remove from heat.
2. Crack the eggs all over, then place in a pan of cold water for one minute. Remove from water, peel, and slice. Set aside.
3. Bring a medium pot of salted water to boil. Add the asparagus and cook for 4 minutes. Rinse in cold water then set aside. In a large salad bowl combine the endive, dandelion greens, tomato, onion and pepper.
4. In a small bowl combine the agave, lime juice, garlic, Dijon and vinegar. Mix well.
5. Coat the salad with the dressing. Top with asparagus and sliced egg.

World's Best Cobb Salad

Prep: 25 minutes **Makes:** 12 servings

One serving equals:

165 calories, 11g fat, 379mg sodium, 7g carbohydrate, 2g fiber, and 10g protein



Here's what you need:

- 2 bags of Butter Lettuce (or 2 heads of butter lettuce, chopped)
- 6 hard boiled eggs
- 1 cup fresh corn kernels
- 1 cup kalamata olives, halved
- 1 cup cherry tomatoes, halved
- 1 cup blue cheese crumbles
- 1/2 cup pine nuts, toasted
- 1 cup shredded purple cabbage
- 1/4 cup chives, chopped
- 1 cup cooked turkey bacon, chopped
- Your choice of dressing

1. Spread the butter lettuce over a large platter.
2. Start by creating a line of turkey bacon down the center of the lettuce, then create identical lines of toppings on either side of the bacon.
3. Serve with dressing on the side.

Honey Mustard Spinach Salad with Roasted Onions

Prep: 20 minutes **Makes:** 4 servings

One serving equals:

136 calories, 5g fat, 262mg sodium, 13g carbohydrate, 2g fiber, and 7g protein



Here's what you need:

For the Honey Mustard Dressing:

- 2 Tablespoons raw honey, gently melted into liquid form
- 2 Tablespoons Dijon mustard
- 2 Tablespoons apple cider vinegar

For the Spinach Salad:

- 1 teaspoon olive oil
- 1 clove garlic, minced
- 1 red onion, sliced
- 3 hard boiled eggs, peeled and sliced
- 6 cups baby spinach

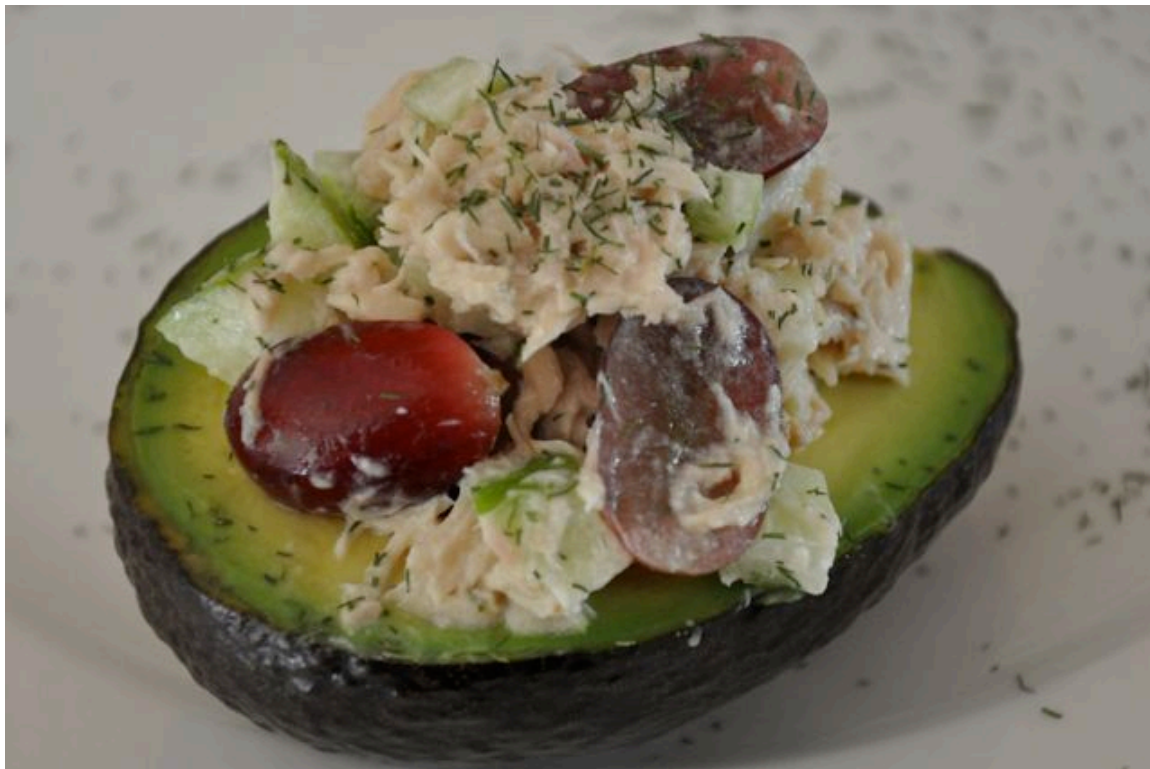
1. In a small bowl combine the dressing ingredients. Whisk and set aside.
2. Grease a grill pan with the olive oil, place over medium high heat. Add the onion slices and garlic. Sauté until translucent. Remove from heat.
3. In a large salad bowl combine the spinach, dressing, sliced eggs and roasted onions. Toss and serve.

Tasty Tuna Boats

Prep: 15 minutes **Makes:** 6 servings

One serving equals:

268 calories, 22g fat, 147mg sodium, 13g carbohydrate, 8g fiber, and 12g protein



Here's what you need:

- 2 cans of wild caught albacore tuna, packed in water
- 2 celery stalks, finely chopped
- half of green apple, finely chopped
- 1/2 cup red grapes, halved
- 1/4 cup full fat canned coconut milk
- 1 teaspoon dried dill weed, and more for garnish
- 3 Avocados, pitted and halved

1. Drain tuna, then flake into a medium bowl.
2. Add the remaining ingredients, except avocado, and mix until well combined.
3. Serve by placing a scoop of tuna into each avocado half. Sprinkle with dill weed.

Real Healthy Egg Salad

Prep: 20 minutes **Makes:** 4 servings

One serving equals:

174 calories, 10g fat, 229mg sodium, 3g carbohydrate, 1g fiber, and 15g protein



Here's what you need:

- 8 organic, free range eggs
- 4 celery stalks, chopped
- 2 Tablespoons onion greens, chopped
- 1/4 cup Greek yogurt
- 2 teaspoons champagne mustard
- 1 teaspoon fresh squeezed lemon
- dash of salt and pepper

1. To boil the perfect egg: place eggs in a large pot and cover with cold water by half an inch. Heat the water to a boil, turn off the heat and cover the pot. Wait exactly 7 minutes, and then place the eggs in a bowl of ice water for 3 minutes.
2. Peel and chop hard boiled eggs. Place in a large bowl. Add celery, onion greens, yogurt, mustard, lemon, salt and pepper. Mix well.
3. Chill and then serve.

Di's Favorite Tuna

Prep: 10 minutes **Makes:** 4 servings

One serving equals:

188 calories, 5g fat, 563mg sodium, 10g carbohydrate, 3g fiber, and 21g protein



Here's what you need:

- 2 cans Albacore tuna, packed in water
- 1 Tbl yellow onion, finely minced
- 1/2 cup white bean hummus
- 1 tsp dried dill weed
- 1 small apple, finely minced
- dash of Pepper
- 1 TBL Dijon mustard

1. Drain and flake the tuna in a medium sized bowl.
2. Add the remaining ingredients and mix well.
3. Serve in a bowl, on large lettuce leaves or in half of an avocado, garnish with dried dill weed.

Creamy Chicken Salad

Prep: 20 minutes **Makes:** 8 servings

One serving equals:

286 calories, 20g fat, 80mg sodium, 6g carbs, 2g fiber, and 19g protein



Here's what you need:

For the Creamy Coconut Dressing:

- 1 (14oz) can coconut milk, full fat
- ¼ cup fresh cilantro, chopped
- 1 Tablespoon apple cider vinegar
- 1 Tablespoon coconut oil, melted
- 1/8 teaspoon garlic powder
- lemon zest (all you can get from one small lemon)
- 1 teaspoon lemon juice
- dash salt
- dash pepper

For the Salad:

- 1 cup celery, finely chopped
- 1 cup red grapes, halved
- ½ cup pecans, chopped
- 1 apple, finely chopped
- 4oz can mild chopped green chiles
- 1 lb roasted chicken, chopped

1. For the Creamy Coconut Dressing: Combine all of the ingredients in a medium bowl. Whisk well and then set in the fridge to chill while you prepare the salad.

2. For the Salad: Combine all of the ingredients in a large bowl. Add the creamy coconut dressing and mix well. Season with salt and pepper. Serve with large lettuce leaves and Dijon mustard.

Chicken Salad with Mango Chutney

Prep: 40 minutes **Makes:** 5 servings

One serving equals:

286 calories, 6 fat, 185mg sodium, 22g carbohydrates, 3g fiber, and 35g protein



Here's what you need:

- 1 teaspoon olive oil
- 2 cloves garlic, minced
- 1 inch ginger root, minced
- 1 small red onion, chopped
- 1 small red bell pepper, chopped
- 2 ripe mangoes, chopped
- Juice from 2 limes
- 1 Tablespoon curry powder
- 1 teaspoon ground cinnamon
- Dash of nutmeg
- Dash of red pepper flakes
- 1 1/2 cups plain Greek yogurt
- 1 Tablespoon Dijon mustard
- Dash of salt and pepper
- 3 cups cooked chicken breast, chopped
- 4 cups salad greens

1. In a large skillet, heat oil over medium heat. Add garlic and ginger root and sauté for a minute.
2. Add the onion and bell peppers and sauté for a few minutes.

3. Add the mango and spices. Continue to sauté for another 5 minutes, until everything has softened.
4. Turn the heat down to low, cover and simmer for another 10 minutes. Remove from heat. Chill for 20 minutes in the refrigerator.
5. Combine the yogurt, mustard, salt and pepper together in a small bowl. Place the chopped chicken in a medium sized bowl and mix in the yogurt blend.
6. Prepare each plate with a pile of greens topped with a scoop of chicken and a spoonful of chutney.

Chinese Chicken Salad

Prep: 15 minutes **Makes:** 6 servings

One serving equals:

202 calories, 10g fat, 89mg sodium, 10g carbohydrate, 3g fiber, and 17g protein



Here's what you need:

- 1/4 cup slivered almonds
- 1 small organic green cabbage
- 1 cup pea pods, thinly sliced
- 1 red bell pepper, thinly sliced
- 2 cup shredded cooked chicken

For the Sesame Dressing:

- 6 Tablespoons olive oil
- 4 Tablespoons apple cider vinegar
- 4 Tablespoons coconut aminos
- 1 packet Stevia
- 1 teaspoon toasted sesame oil
- 1 teaspoon sesame seeds

1. In a small skillet place the slivered almonds over medium-low heat. Stir often until golden brown. Remove from heat.
2. Wash the cabbage and cut into long thin strands. Do the same with the pea pods and the red bell peppers – the thinner you slice the better.

3. Mix the cabbage, bell pepper, pea pods, chicken and almond slivers in a large salad bowl.
4. Combine the salad dressing ingredients together.
5. Plate the salads and drizzle with some dressing. Enjoy!

Real Healthy Pasta Salad

Prep: 30 minutes **Makes:** 4 servings

One serving equals:

92 calories, 7g fat, 68mg sodium, 7g carbohydrate, 2g fiber, and 2g protein



Here's what you need:

- 3 organic zucchini
- 1/2 cup organic cherry tomatoes, quartered
- 2 Tablespoons olive oil
- 1 clove garlic, crushed
- juice from 1/2 a lemon
- 1 teaspoon dried basil
- dash of salt and pepper

1. Trim the zucchini ends. Peel down the length of each zucchini until you reach the seeded center, creating long, noodle strands.
2. Place the noodles in a medium bowl, add the quartered cherry tomatoes.
3. In a small bowl combine the oil, garlic, lemon juice, dried basil, salt and pepper. Pour over the noodles and mix to combine.
4. Chill for at least 20 minutes in the fridge.

*Optional, garnish with drops of balsamic vinegar glaze before serving.

Fruity Slaw Recipe

Prep: 10 minutes **Makes:** 3 servings

One serving equals:

174 calories, 6g fat, 90mg sodium, 29g carbohydrate, 5g fiber, and 3g protein



Here's what you need:

- 12oz Organic Broccoli Slaw mix (Trader Joe's); Or 12oz shredded broccoli stalks and carrots
- 5 celery stalks, thinly sliced
- 2 apples, chopped
- 1/4 cup walnuts, chopped
- 1/8 cup dried blueberries
- 1/4 cup mango vinaigrette (Bolthouse, Tropical Mango)

1. In a large bowl mix all of the ingredients. Serve immediately.

Tropical Chopped Chicken Salad

Prep: 20 minutes **Bake:** 35 minutes **Oven:** 350 **Makes:** 5 servings

One serving equals:

240 calories, 3g fat, 285mg sodium, 23g carbohydrate, 6g fiber, and 29g protein



Here's what you need:

- 4 skinless chicken breast, organic and vegetarian fed
- Bolthouse Farms Tropical Mango Olive Oil Vinaigrette
- 1 head cabbage, chopped
- 1 red bell pepper, chopped
- 1 mango, chopped
- 1/2 cup pineapple, chopped
- 1 bunch cilantro, chopped
- 1/3 cup green onions, chopped

1. Rinse the chicken breasts and place in a large ziplock bag. Pour in enough of the Mango Vinaigrette to fully cover the chicken. Place in the fridge for at least 4 hours.
2. Preheat oven to 350 degrees F and grease a pan with coconut oil.
3. Bake the marinated chicken breasts for 30 minutes until cooked through, then turn on the broiler for 3-5 minutes until deeply golden. Chop and set aside.
4. In a large bowl combine all of the remaining ingredients along with the chopped chicken. Drizzle a little of the mango vinaigrette and mix well.

Manly Man Salad

Prep: 10 minutes **Makes:** 4 servings

One serving equals:

170 calories, 10g fat, 337mg sodium, 5g carbohydrate, 2g fiber, and 13g protein



Here's what you need:

- 6 cups organic baby spinach
- 4 hard boiled eggs, chopped
- 6 pieces cooked bacon, crumbled
- 1 cup cherry tomatoes, halved
- 1 teaspoon olive oil
- Juice from one lime
- dash of pepper

1. Combine the spinach, eggs, bacon and tomatoes in a large bowl.
2. In a small bowl whisk the olive oil, lime juice and pepper.
3. Pour the dressing over the salad, mix and serve.

Real Healthy Tomato Salad

Prep: 15 minutes **Makes:** 5 servings

One serving equals:

47 calories, 3g fat, 6mg sodium, 4 carbohydrate, 1g fiber, and 1g protein



Here's what you need:

- 1.5 lbs assorted fresh tomatoes
- 1 cup fresh basil leaves
- 2 Tablespoons balsamic vinegar
- 1 Tablespoon olive oil
- 1 clove garlic
- dash of cracked pepper
- 1 packet Stevia
- juice from 1/2 a lemon

1. Wash the tomatoes and slice the larger ones into halves or quarters. Place in a medium bowl.
2. Wash the basil leaves, pat dry. Set 10 leaves aside. Chop the remaining leaves roughly and add to the bowl.
3. Combine the 10 basil leaves, balsamic vinegar, olive oil, garlic, pepper, stevia and lemon juice in a high speed blender. Blend on high until fully combined.
4. Pour the dressing over the tomato mixture. Chill for one hour in refrigerator. Drain off dressing and serve.

Mint Cabbage Salad

Prep: 10 minutes **Makes:** 6 servings

One serving equals:

42 calories, 1g fat, 25mg sodium, 7g carbohydrate, 4g fiber, and 2g protein



Here's what you need:

- 1 head green, organic cabbage, shredded
- 1/8 cup crushed, dry mint leaves
- 1/8 cup fresh squeezed lemon juice
- 4 garlic cloves, finely minced
- 1 teaspoon olive oil
- dash of salt

1. Wash the shredded cabbage and place in a medium sized bowl.
2. In a small bowl combine the remaining ingredients. Pour over the cabbage and mix well.
3. Taste test and play with adding more of whatever seasoning seems lacking!

Beet & Asparagus Salad

Prep: 10 minutes **Makes:** 6 servings

One serving equals:

134 calories, 9g fat, 131mg sodium, 10g carbohydrate, 4g fiber, and 4g protein



Here's what you need:

For the Healthy Salad Dressing:

- 1 Tablespoon Dijon mustard, organic
- 1/4 cup red wine vinegar
- 1/4 cup olive oil (or up to 1/2 a cup)
- 2 Tablespoons fresh orange juice
- 1 Tablespoon dried, ground mint
- 1 packet Stevia

For the Beet & Asparagus Salad:

- 3 beets
- 1 bunch asparagus
- 1 apple, chopped
- 2 celery stalks, chopped
- 4 cups mixed greens

1. For the dressing: Combine all the ingredients in a small bowl and whisk until well combined. Set aside.

2. Trim the ends from each beet. Place in a small pot of water and boil for 10-15 minutes. Remove from the water and allow to cool before peeling and slicing. Set aside.
3. Trim the ends from the asparagus and cut into 1-inch pieces. Bring a small pot of water to boil and fill a medium bowl with ice and cold water. Add the asparagus pieces and boil for about 3 minutes, until bright green. Remove from the hot water and throw into the ice bowl for 20 seconds. Remove from the water and set aside.
4. Place the mixed greens in a large salad bowl and top with the beets, asparagus, apple and celery. Drizzle with the dressing and serve.

Chicken Enchiladas (Gluten Free)

Prep: 30 minutes **Bake:** 20 minutes **Oven:** 350 **Makes:** 12 servings

One serving equals:

159 calories, 3g fat, 389mg sodium, 9g carbohydrate, 4g fiber, and 19g protein



Here's what you need:

- 12 Real Healthy Coconut Flour Tortillas
- 2 boneless, skinless chicken breasts
- dash of salt & pepper
- dash of fajita seasoning
- 2 cups chicken broth
- 1 Tablespoon olive oil
- 1 onion, chopped
- 3 bell peppers, thinly sliced
- 2 cloves garlic, minced
- 8 oz can, chopped green chiles
- 1 teaspoon cumin
- 1 teaspoon fajita seasoning
- 16 oz jar enchilada sauce
- Chopped fresh cilantro

1. Make 12 Real Healthy Coconut Flour Tortillas, found on page 38.
2. Rinse the chicken breasts and pat dry. Season with salt, pepper and fajita seasoning. Place in the slow cooker and add the chicken broth. Cook on low for 6 hours. Once cooled, shred the chicken breasts with a fork and set aside. *If you don't want to use a

slow cooker then brown the chicken in a skillet over medium high heat, about 7 minutes per side, until there is no longer any pink in the center.

3. Preheat the oven to 350 F. Lightly grease a casserole pan with olive oil.
4. Place a large skillet over medium high heat. Add the olive oil, onion, bell peppers, and garlic. Sauté until tender. Add the chiles, cumin and fajita seasoning and chicken. After a minute, remove from heat.
5. Pour some of the enchilada sauce into a shallow bowl. Dip a tortilla into the sauce, then place 1/2 cup of the chicken filling in a line down the middle. Wrap the enchilada and place into the prepared pan, seam side down. Repeat with the remaining tortillas and filling, then pour the remaining sauce over the enchiladas.
6. Bake for 20 minutes. Serve with chopped cilantro.

Sweet & Smokey Chicken

Prep: 20 minutes **Bake:** 40 minutes **Oven:** 425 **Makes:** 4 servings

One serving equals:

248 calories, 18g fat, 428mg sodium, 1g carbs, 0g fiber, and 18g protein



Here's what you need:

- 4 bone-in, skin-on, organic chicken thighs
- 1 teaspoon smoked paprika
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- 1 Tablespoon olive oil
- 1/4 teaspoon allspice
- 1/2 teaspoon onion powder
- 1 packet Stevia
- dash of salt and pepper

1. Preheat oven to 425 degrees F.
2. Rinse the chicken and pat dry. Place in a large ziplock bag.
3. In a small bowl combine the remaining ingredients. Add to the ziplock bag and toss until the chicken is fully coated.
4. Place the coated chicken thighs on a broiling pan. Bake for 40 minutes

Southwest Stuffed Chicken

Prep: 30 minutes **Bake:** 35 minutes **Oven:** 350 **Makes:** 4 servings

One serving equals:

242 calories, 7g fat, 549mg sodium, 10g carbohydrate, 3g fiber, and 34g protein



Here's what you need:

- 1 batch cashew cheese
- 1 (15oz) can diced tomatoes, drained
- 1/2 cup frozen corn kernels
- 1 (4oz) can Hatch green chiles, roasted and chopped
- Salt and pepper
- 4 organic, boneless, skinless chicken breasts
- Olive oil
- Tajin seasoning (blend of dehydrated lime, ground chile peppers and salt)

1. Preheat oven to 350 degrees F.
2. In a medium bowl with an electric mixer on low speed, combine the cream cheese, drained tomatoes, corn and chiles.

3. Slice through the thick part of each chicken breast so that it opens like a book. Double wrap the chicken with plastic wrap and out it with a meat mallet (really good activity for stress relief!) until it's 1/2 to 1/4 inches thick.
4. Season one side of each chicken breast with salt and pepper, then flip it over and spread with 1/4 of the cream cheese filling. Roll each chicken breast up and place it seam side down in a baking dish. Rub a little olive oil over the top of the chicken then season with Tajin and salt and pepper.
5. Cover and bake for 35 minutes. Remove the cover and bake for another 15 minutes.
6. Thinly slice and then serve.

For the Cashew Cheese:

- 6 oz (about 1 cup) raw cashews, soaked in hot water for 10 minutes
- 1 Tablespoon lemon juice
- 1 Tablespoon water
- 1/4 cup olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon onion powder
- 1/4 teaspoon sweet paprika
- 1/2 clove garlic
- dash of pepper

1. Discard the cashew soaking water. Combine all of the ingredients in a food processor and pulse until smooth and creamy.

Real Healthy Fried Chicken

Prep: 30 minutes **Bake:** 40 minutes **Oven:** 350 **Makes:** 6 servings

One serving equals:

256 calories, 6g fat, 376mg sodium, 5g carbohydrate, 2g fiber, and 39g protein



Here's what you need:

- 2 eggs
- 2 Tablespoons fruit-only apricot preserves
- 2 Tablespoons Dijon mustard
- 1/2 teaspoon garlic powder
- 1/2 teaspoon red pepper flakes
- 1/2 cup almond flour
- 1/2 cup almond meal
- 1/2 cup coconut flour
- 1/2 teaspoon black pepper
- 1/2 teaspoon dried thyme
- 1/2 teaspoon sweet paprika
- 1/2 teaspoon salt
- 2 lbs boneless, skinless organic chicken tenders

1. Preheat oven to 350 degrees F. Lightly grease a 13 x 9 inch baking pan with coconut oil.
2. In a medium bowl whisk the eggs, apricot preserves, mustard, garlic powder, and red pepper flakes.
3. In another medium bowl combine the almond flour, almond meal, coconut flour, pepper, thyme, paprika and salt.
4. Dip each chicken tender in the egg mixture, then dredge through the flour mixture. Place in the prepared pan.
5. Bake for 35 minutes. Change oven to high broil for 2 minutes, flip each chicken tender and broil the other side for 2 minutes.
6. Serve with a side of sugar-free BBQ sauce or organic honey mustard.

Baked Chicken Chiles Rellenos

Prep: 40 minutes **Bake:** 30 minutes **Oven:** 375 **Makes:** 12 servings

One serving equals:

209 calories, 12g fat, 223mg sodium, 8g carbohydrate, 3g fiber, and 15g protein



For the Dairy-free cheese spread:

- 6 oz (about 1 cup) raw cashews, soaked for 10 minutes
- 1 Tablespoon lemon juice
- 1 Tablespoon water
- 1/4 cup olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon onion powder
- 1/4 teaspoon sweet paprika
- 1/2 clove garlic
- dash of pepper

For the Rellenos:

- 6 skinless, boneless, organic chicken breast halves
- 2 Tablespoons coconut flour
- 2 Tablespoons almond flour
- 2 Tablespoons nutritional yeast
- 1/4 teaspoon smoked paprika
- 1 omega-3 egg
- 1 Tablespoon water
- 1 (4oz) can whole green chile peppers, rinsed, seeded and cut in half lengthwise
- 2 Tablespoons snipped fresh cilantro
- 1/2 teaspoon black pepper
- 8oz salsa

1. Preheat the oven to 375 degrees F. Lightly grease a casserole pan with olive oil.
2. Discard the cashew soaking water. Combine all of the cheese spread ingredients into a high speed blender. Mix until completely smooth. Set aside.
3. Rinse the chicken and pat dry. Place between 2 pieces of plastic wrap. Using the flat side of a meat mallet, pound meat lightly into a rectangle about 1/8 inch thick. Repeat with remaining chicken breast halves.
4. In a shallow bowl combine the coconut flour, almond flour, nutritional yeast and paprika. In another shallow bowl place the egg and water, beat lightly to combine.
5. For each roll, place a chile pepper half on a chicken piece near the edge, smear with 1/6 of the cheese spread, sprinkle with cilantro and a dash of pepper. Fold in sides, roll up starting from the edge with the chile pepper. Secure with a toothpick.
6. Dip each chicken roll in the egg mixture and then the flour mixture. Place rolls, seam side down, in prepared baking dish.
7. Bake, uncovered, for 25-30 minutes, until the chicken is no longer pink. Remove the toothpicks. Heat the salsa, pour over the rolls and serve. Enjoy!

Real Healthy Chicken Nuggets

Prep: 35 minutes **Bake:** 20 minutes **Oven:** 400 **Makes:** 80 nuggets

One nugget equals:

37 calories, 1g fat, 44mg sodium, 2g carbohydrate, 1g fiber, and 4g protein



Here's what you need:

- 3 boneless skinless chicken breasts
- 1/4 cup almond flour
- 1/4 cup arrowroot starch
- 1/2 teaspoon salt
- dash of pepper
- 3 Tablespoons Dijon mustard (gluten free)
- 3 eggs
- 3 Tablespoons olive oil
- 1 box Mary's Gone Crackers, gluten free crackers, ground to crumbs
- 1 cup nutritional yeast

1. Preheat the oven to 400 F. Lightly grease 2 baking sheets with olive oil.
2. Rinse the chicken breasts and pat dry. Place between two sheets of parchment paper and pound it down to half an inch thickness. Trim off any excess fat and cut into 2-inch strips. Cut the strips into about 80 2 x 2 inch nuggets.

3. Arrange 3 shallow bowls next to your prepared baking pans. In the first bowl combine the almond flour, arrowroot starch, salt and pepper. In the second bowl combine the Dijon, eggs and olive oil. In the third bowl combine the gluten free cracker crumbs and nutritional yeast.
4. Take each chicken piece and drag it through bowl #1, dip into bowl #2 and roll in bowl #3. Place each coated nugget on the prepared baking sheets.
5. Bake the chicken for 20 minutes, then turn the oven on high broil for about 2 minutes to get them really crispy.
6. Serve with natural ketchup and mustard.

*Freeze leftover nuggets in a freezer safe bag. To reheat place on a baking sheet at 350 degrees F for 20 minutes, or until warmed through.

Awesome Crispy Orange Chicken

Prep: 20 minutes **Cook:** 15 minutes **Makes:** 6 servings

One serving equals:

282 calories, 12g fat, 505mg sodium, 12g carbs, 1g fiber, 35g protein



Here's what you need:

- 1/2 cup orange juice concentrate (no sugar added)
- 3 Tablespoons coconut aminos
- 1 Tablespoon olive oil
- Zest from one orange
- 3 cloves garlic, minced
- dash of granulated onion
- 3 green onions, chopped
- dash of red pepper flakes
- 2 packets Stevia
- 1 Tablespoon coconut oil
- 2.5 pounds boneless, skinless chicken tenders, cut into bite sized pieces
- dash of salt and pepper
- 1 Tablespoon sesame seeds

1. Combine the orange juice concentrate, coconut aminos, olive oil, orange zest, red pepper flakes and Stevia in a small bowl. Mix well and set aside.
2. In a large skillet, heat the coconut oil on medium-high.

3. Generously season the chicken pieces with salt, pepper and granulated onion. Add chicken to hot skillet and brown on all sides.
4. When chicken is almost fully cooked, add the orange sauce, stirring to coat all of the chicken. Cook, uncovered, simmering the sauce until thickened and fully sticking to the chicken.
5. Garnish with sesame seeds and freshly chopped green onion.

Real Healthy Orange Chicken

Prep: 40 minutes **Bake:** 15 minutes **Oven:** 400 **Makes:** 4 servings

One serving equals:

302 calories, 13g fat, 161mg sodium, 19g carbohydrate, 4g fiber, and 29g protein



For the Chicken:

- 2 cups fresh orange juice
- 2 Tablespoons grated orange zest
- 4 skinless, boneless, chicken breasts
- fresh ground pepper
- 1 Tablespoon olive oil

For the Green Beans:

- 10 oz fresh, organic, green beans
- 1/4 cup fresh orange juice
- 1 Tablespoon grated orange zest
- 1 teaspoon olive oil
- dash of salt and pepper

For the Orange-Brandy Sauce:

- 2 Tablespoon coconut oil
- 3 shallots, minced
- 2 Tablespoons brandy
- 1 cup fresh orange juice
- 1/2 cup chicken broth
- 1 navel orange, peeled and each segment cut into 3 pieces
- 1 Tablespoon parsley, chopped
- Dash of salt and pepper

Cook the Chicken:

1. Place the orange juice and orange zest in a large ziplock bag. Season each side of the chicken breasts with salt and pepper. Place the chicken breasts in the ziplock bag, coating each side with juice. Marinate in the refrigerator for 2-3 hours.
2. Preheat the oven to 400 degrees F.
3. Grease a 12-inch, oven-proof skillet with the olive oil. Place over medium-high heat. Add the chicken breasts in a single layer, cooking for 3 minutes. Turn the chicken, season with a sprinkle of salt and pepper. Place the skillet in the oven for 15 minutes, or until a thermometer registers 165 degrees F in the center of the thickest breast.
4. Remove from oven and cover with foil as you make the sauce and cook the beans.

Cook the Green Beans:

1. Wash the beans, snap off and discard the stems. Place in a large ziplock bag with the orange juice and orange zest. Allow to marinate in the refrigerator for 30 minutes.
2. Heat a medium sized skillet over medium heat. Grease with the olive oil. Remove beans from refrigerator, discarding the juice. Add to the skillet and cook, covered for about 5 minutes, stirring occasionally. Remove cover, increase the heat and cook for an additional 3 minutes, until the beans are bright green.

Cooke the Sauce:

1. In a medium skillet heat the coconut oil over medium-high heat. Add the minced shallot, cook, stirring often, for 2 minutes. Turn off the heat, add the brandy. Return to the heat and cook, scraping the bottom, until the brandy has almost evaporated, about 30 seconds. Increase the heat to high, add the orange juice. Boil for 5 minutes. Add the chicken broth, boil for 3 minutes.
2. Add in the orange segments and the parsley. Turn off heat. Season with salt and pepper.

To Serve:

1. Cut the chicken on the diagonal into thin slices and arrange over a pile of green beans. Drizzle with the orange-brandy sauce.

Roasted Chicken and Veggies

Prep: 30 minutes **Bake:** 120 minutes **Oven:** 400 **Makes:** 5 servings

One serving equals:

251 calories, 14g fat, 113mg sodium, 19g carbs, 7g fiber, and 17g protein



Here's what you need:

- 3 bulbs garlic
- 1/4 cup olive oil
- salt and pepper
- 4 Tablespoons coconut oil, gently melted
- 1 Tablespoon each minced, fresh rosemary, oregano, tarragon
- 1 teaspoon minced garlic
- zest and juice from one lemon
- 4 large organic carrots, cut into 1 inch pieces
- 3 organic zucchini, cut into 1 inch half-moons
- 1 cup pearl onions, ends trimmed
- 1 cup Brussels sprouts, halved
- 1 hormone-free, organic chicken
- 2 cups chicken broth
- 1 Tablespoon coconut flour

1. Preheat the oven to 400 degrees F.
2. Cut off the tips of each section of the garlic bulbs. Place bulbs in a small glass pan. Brush the tops with olive oil and sprinkle with salt and pepper. Cover the pan with aluminum foil and set aside.

3. In a small bowl combine the melted coconut oil, fresh herbs, minced garlic, lemon zest and lemon juice. Set 1/3 of the mixture aside for the veggies.
4. In a large bowl combine the carrots, zucchini, pearl onions and Brussels sprouts with 1/3 of the herb mixture. Season with salt and pepper. Set aside.
5. Rinse your chicken and pat dry. Carefully slide your hand between the skin and the breast and liberally rub some of the herb mixture. Rub the rest of the herb mixture over the top of the chicken. Season the chicken with salt and pepper and tie the legs together with kitchen string. Place the chicken on a large roasting pan, and surround it with the veggies.
6. Roast the chicken and veggies for 30 minutes. Reduce oven to 350° F, pour 1/2 cup of chicken broth over the chicken and veggies, and place the garlic pan in the oven to the side.
7. For the next 90 minutes, pour 1/2 cup of broth over the chicken and veggies every 30 minutes as it cooks at 350 degrees F.
8. To see if the chicken is done, poke the tip of a sharp knife between the leg and body and see that the juices run clear. Transfer the chicken and veggies to a large platter. Add a couple of the roasted garlic bulbs to the chicken platter, reserving one for the gravy.
9. To make gravy: Pour all of the roasting pan juices into a skillet and bring to a simmer. Remove the garlic cloves from one of the roasted blubs and smash with a fork. Add garlic to skillet. Mix in the tablespoon of coconut flour, and whisk the gravy as it simmers. Cook for 10 minutes, or until desired thickness. Season with salt and pepper.

Slow Cooker Chicken Breast with Figs and Squash

Prep: 15 minutes **Slow Cooker:** 6 hours - low **Makes:** 6 servings

One serving equals:

389 calories, 7g fat, 400mg sodium, 27g carbs, 2g fiber, and 48g protein



Here's what you need:

- 1 Tablespoon olive oil
- 1 small red onion, chopped
- 1 small yellow onion, chopped
- 3 garlic cloves, minced
- 3 lbs organic, boneless, skinless chicken breasts
- salt and pepper
- 12 dried figs, chopped (it looks pretty to use both dark and light ones)
- 1 cup butternut squash, chopped
- 1 cup chicken broth
- 1 teaspoon dried rosemary
- 2 Tablespoons fresh tarragon, chopped
- 2 Tablespoons fresh sage, chopped

1. In a large skillet place the olive oil over medium heat. Add the onions and garlic and sauté for 5 minutes.
2. Rinse the chicken and pat dry. Season with salt and pepper. Add to the skillet, browning each side for about 5 minutes.
3. Transfer the contents of the skillet to your slow cooker and top with the remaining ingredients.
4. Cook on low for 6 hours

Macnut-Crusted Pesto-Stuffed Chicken with Acorn Squash

Prep: 35 minutes **Bake:** 90 minutes **Oven:** 400 **Makes:** 6 servings

One serving equals:

328 calories, 17g fat, 614mg sodium, 13g carbohydrate, 3g fiber, and 29g protein



For the Acorn Squash:

- 1 acorn squash
- juice from half a lemon
- salt and pepper

For the Pesto:

- 1/2 cup macadamia nuts
- 2 cups fresh basil leaves
- 2 garlic cloves
- 1/3 cup nutritional yeast
- Juice from half a lemon
- 1/4 cup olive oil
- dash of sea salt

For the Chicken:

- 2 lbs boneless skinless chicken tenders
- 1/3 cup Dijon mustard
- 2 Tablespoon olive oil
- 2 Tablespoons pure maple syrup, grade B
- 1 Tablespoon sweet paprika
- 1/3 cup macadamia nuts, finely chopped
- 1/8 cup coconut flour
- salt and pepper

1. Preheat oven to 400 degrees F. Lightly grease 2 baking pans with olive oil.
2. For Acorn Squash: Slice the acorn squash in half, scoop out the seeds and using a sharp knife score the inside of the squash flesh. Place in one of the prepared baking pans and drizzle with the lemon juice, and season with salt and pepper. Bake for 50 minutes. Remove from oven and set aside.
3. For Pesto: Place the macadamia nuts, basil leaves, garlic, nutritional yeast, salt and pepper and lemon juice in a food processor. Pulse until well combined while drizzling in the olive oil. Set 1/3 of the pesto aside to serve with the chicken.
4. For Chicken: Rinse the chicken tenders with cold water and pat dry. Place between two sheets of wax paper and lightly pound with the back of a wooden spoon. The idea is to flatten the tenders out so they are wider, yet still intact.
5. Place a tablespoon of pesto in the center of each tender, and spread out until the pesto evenly covers the entire side. Roll the tender up and place, seam side down, in the prepared baking pan, leaving space between each chicken roll.
6. In a small saucepan combine the mustard, olive oil, syrup and paprika over low heat. Mix constantly, and remove from heat after 3 minutes, when the sauce is uniform. Spread a tablespoon of the mustard sauce over the top of each chicken roll, reserve the leftover sauce.
7. In a small bowl combine the chopped macnuts, coconut flour, salt and pepper. Press a tablespoon of the macadamia nut topping over the top of each chicken roll.
8. Cover the entire pan with foil. Bake for 25 minutes covered. Remove the foil and turn on the high broiler. Broil, watching closely, for 2-5 minutes, until the tops are nicely browned.
9. Scoop the cubed acorn squash out of the shells and place in a skillet over medium heat. Add the reserved mustard sauce, and mix until fully combined. Continue to heat until the squash is fork-tender and the sauce covers each piece.
10. Place a scoop of acorn squash on each plate, then top with slices of chicken roll. Serve with a few dollops of the reserved pesto.

Spicy Pineapple Chicken Tenders

Prep: 25 minutes **Bake:** 16 minutes **Oven:** 425 **Makes:** 4 servings

One serving equals:

224 calories, 5g fat, 489mg sodium, 22g carbohydrate, 3g fiber, and 23g protein



Here's what you need:

- 1 lb chicken tenders
- 1 Tablespoon onion powder
- dash of ground cayenne
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 Tablespoon olive oil
- 1 Tablespoon coconut aminos
- 20 oz can crushed pineapple
- 1 teaspoon fresh ginger, minced
- 1 clove garlic, minced
- 1/2 cup water

1. Preheat oven to 425 degrees F. Lightly grease a baking pan with olive oil.
2. Rinse the chicken tenders and pat dry. Season with the onion powder, cayenne, salt and pepper. Place in the oven for 8 minutes each side, or until cooked all the way through.

3. In a medium saucepan combine the remaining ingredients. Bring to a boil, then reduce to a simmer for 3 minutes. Remove from heat. Using an immersion blender, puree the pineapple sauce until smooth.
4. Serve the chicken tenders with a side of pineapple sauce.

Blackberry Chicken Tenders on Asparagus

Prep: 6 hours **Bake:** 34 minutes **Oven:** 375 **Makes:** 4 servings

One serving equals:

342 calories, 10g fat, 395mg sodium, 14g carbohydrate, 6g fiber, and 38g protein



Here's what you need:

For the Chicken:

- 1.5 pounds organic, skinless, boneless chicken tenders
- 1 cup organic blackberries
- 1/4 cup coconut aminos
- 1/4 cup plum vinegar
- 1 Tablespoon olive oil
- 1/8 cup yellow onion, minced
- 4 garlic cloves, minced
- 1 packet Stevia

1. Rinse the chicken tenders and pat dry. Place in a large ziplock bag.
2. Combine the rest of the ingredients in a high speed blender until smooth.
3. *optional* Strain the seeds from marinade (If you don't mind the crunch, then leave the seeds in!)

4. Pour the marinade into the bag of chicken, seal and place in the refrigerator for 4 to 6 hours.
5. Preheat oven to 375 degrees F. Place the marinated chicken in a baking pan and bake for 30 minutes.
6. Remove from oven, drain off excess marinade, then place under high broil for 4 minutes, watching closely.

For the Blackberry Sauce:

- 1 TBL coconut oil
- 1 cup organic blackberries
- 1 packet Stevia
- 1 Tbl plum vinegar

1. In a skillet over medium low heat, combine all of the ingredients and bring to a simmer.
2. Simmer, stirring often, until the blackberries become bright and the sauce reaches desired consistency.
3. If you wish to thicken the sauce more, add 1/2 teaspoon of arrowroot powder.
4. *optional* Strain the seeds from the sauce (If you don't mind the crunch, then leave the seeds in!)
5. Serve over the cooked chicken.

For the Asparagus:

- 1 bunch skinny asparagus, ends trimmed and cut into 1-inch pieces
- 1 Tablespoon Olive oil
- Dash of Salt and pepper
- 2 cloves garlic, minced
- 1 Tablespoon lemon juice

1. Preheat oven to 375 degrees F. Lightly grease a baking sheet with olive oil.
2. In a bowl, combine the asparagus, oil, salt, pepper, garlic and lemon juice. Spread over prepared pan.
3. Bake for 17 minutes, or until tender and bright green.

Spice-Rubbed Chicken Breast & Moroccan Herb Dressing

Prep: 2 hours **Cook:** 10 minutes **Makes:** 8 servings

One serving equals:

244 calories, 12g fat, 657mg sodium, 2g carbohydrate, 1g fiber, and 30g protein



Here's what you need:

For the Brining:

- 2 garlic cloves, crushed
- 7 cups filtered water
- 2 Tablespoons salt
- 1 Tablespoon coconut aminos
- 1 bay leaf
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon whole black peppercorns
- 2.5 pounds organic, skinless, boneless chicken breast

For the Spice Rub:

- 1 Tablespoon ground cumin
- 2 teaspoons curry powder
- 1 teaspoon chili powder
- 2 teaspoons allspice
- 1 teaspoon cinnamon
- 1 teaspoon black pepper
- 1 Tablespoon coconut oil, melted

For the Moroccan Herb Dressing:

- 1/4 cup lemon juice
- 1 garlic clove, minced
- 1/2 teaspoon cumin
- 2 teaspoons sweet paprika
- 1/2 teaspoon salt
- dash of pepper

- 1/4 cup olive oil
- 1/4 cup fresh cilantro, minced
- 1/4 cup fresh parsley, minced

1. For the Brining: Place all of the brining ingredients into a gallon-sized Ziplock bag. Add the chicken breasts. Place in the fridge for 2 full hours.
2. For the Spice Rub: Preheat your grill on high heat. Combine all of the spices in a small bowl and then add the melted coconut oil.
3. Remove the chicken from brine, rinse well and pat dry. Rub the spice mixture all over the chicken breasts. Place on the preheated grill for 4 minutes each side, with the lid closed. Remove once the chicken is cooked through.
4. For the Dressing: In a small bowl combine all of the ingredients together. Whisk until well combined.
5. Slice the cooked chicken breasts and top with a generous serving of dressing.

Teriyaki Chicken Plate

Marinate: 8 hours **Cook:** 15 minutes **Makes:** 4 servings

One serving equals:

289 calories, 13g fat, 963mg sodium, 4.8g carbohydrate, 3g fiber, and 29g protein



Here's what you need:

- 1 can stevia sweetened, lemon lime soda (Zevia brand)
- ½ cup coconut aminos
- ¾ cup brown rice vinegar
- 1 medium yellow onion - half minced and half thinly sliced
- 4 cloves garlic, smashed
- 1 Tablespoon fresh ginger, grated
- 1 packet Stevia
- 2 pounds boneless, skinless chicken thighs
- 2 teaspoons coconut oil
- 1 bunch asparagus, trimmed and cut into 1 inch segments
- 2 Tablespoons chopped cilantro
- optional *baby arugula and cooked quinoa

1. Combine the soda, coconut aminos, vinegar, minced onion, garlic, ginger and stevia in a bowl. Add the chicken and turn to coat. Place in refrigerator overnight.

2. Remove chicken from marinade and pat dry. Reserve 1 cup of marinade.
3. Heat one teaspoon of coconut oil in a large skillet. Add the chicken and heat on medium high, turning once, for 8-10 minutes, until browned and cooked through. Transfer to a plate.
4. Wipe out the skillet. Heat remaining 1 teaspoon of coconut oil. Add the sliced onion and asparagus. Cook for 5 minutes, until browned. Add the reserved marinade and boil until slightly reduced. Add the cilantro.
5. Serve over a bed of baby arugula and cooked quinoa.

One Pot Chicken Dinner

Prep: 25 minutes **Cook:** 35 minutes **Makes:** 5 servings

One serving equals:

192 calories, 6g fat, 424mg sodium, 14g carbs, 4g fiber, and 20g protein



Here's what you need:

- 2 cups butternut squash, cube
- 2 Tablespoons coconut oil
- 1 pound organic chicken breast tenders
- 1/2 teaspoon salt
- 1 teaspoon dried basil
- 1 teaspoon crushed rosemary plus a dash more
- 1/2 teaspoon sweet paprika plus a dash more
- 1/2 teaspoon dried thyme
- 1/4 teaspoon garlic powder
- dash of pepper
- 1/4 teaspoon celery seeds
- 1/2 teaspoon dried parsley
- pinch of ground cumin
- 3 organic zucchini, cut into half moons
- 2 large heirloom tomatoes, chopped
- 1 yellow onion, chopped
- 4 garlic cloves, minced

1. In a large skillet heat 1 Tablespoon of coconut oil over medium heat. Add the cubed butternut squash and sauté, covered, for about five minutes, until tender. Transfer the squash to a bowl, then set the skillet back on medium heat.
2. Add the remaining 1 Tablespoon of coconut oil. Season the chicken with salt and pepper, add to the hot skillet. Sear for about 5 minutes, until browned on all sides.
3. Turn the heat down to medium-low. Sprinkle with all the seasonings. Add the remaining ingredients and cook, covered, for 15 minutes. Add the butternut squash back into the pot for the remaining 5 minutes.

Tasty Chicken Drumsticks

Prep: 2 hours **Bake:** 45 minutes **Oven:** 375 **Makes:** 4 servings

One serving equals:

189 calories, 9g fat, 183mg sodium, 0g carbohydrate, 0g fiber, and 21g protein



Here's what you need:

- 2 garlic cloves, minced
- 1 teaspoon fresh ginger, minced
- 3 Tablespoons coconut aminos
- 1 Tablespoon olive oil
- 1/2 cup orange juice
- 2.5 lbs organic free-range chicken drumsticks
- sesame seeds

1. In a gallon-sized ziplock bag, combine the garlic, ginger, coconut aminos, olive oil and orange juice. Mix well.
2. Rinse the drumsticks and pat dry. Season with salt and pepper. Place in the ziplock and coat with the marinade. Store in the fridge for 2 hours or longer.
3. Preheat the oven to 375 degrees F. Lightly grease a baking sheet with olive oil.
4. Remove the drumsticks from the marinade, shaking off any excess. Place the drumsticks on the prepared baking sheet, evenly spaced apart.
5. Roast for 40-45 minutes, turning the drumsticks once halfway through the cooking time. Sprinkle with sesame seeds before serving.

Chicken Skewers with Pineapple & Bacon

Marinate: 2 hours **Bake:** 12 minutes **Oven:** 400 **Makes:** 12 servings

One serving equals:

195 calories, 8g fat, 404mg sodium, 16g carbohydrate, 1g fiber, and 11g protein



Here's what you need:

For the Teriyaki Chicken:

- 1 lb organic chicken breast tenders, cut into 2-inch pieces
- 1 cup coconut aminos
- 1 cup filtered water
- 1/2 cup pure maple syrup
- 3 Tablespoons apple cider vinegar
- 3 Tablespoons olive oil
- 1 Tablespoon onion powder
- 2 teaspoon garlic powder
- 1 Tablespoon minced ginger root
- 1/4 cup red bell pepper, finely minced
- 1/4 cup green bell pepper, finely minced

For the Maple Glazed Bacon:

- 16 oz nitrate-free bacon slices
- 1 cup pure maple syrup
- 1 Tablespoon Dijon or yellow mustard

For the Skewers:

➤ 1 organic pineapple, cut into 1 1/2 inch cubes

1. For the Teriyaki Chicken: Cut the chicken tenders into 2 inch pieces and place in a large ziplock bag. Mix all of the teriyaki marinade ingredients in a medium bowl, add to the ziplock bag of chicken and place in the fridge for 2 to 24 hours.
2. For the Maple Bacon: Preheat the oven to 400 degrees F. Prepare a rimmed baking sheet by covering it with foil and placing a metal cooling rack in the center. In a shallow bowl, combine the maple syrup and mustard. Mix well. Dip each slice of bacon in the maple mixture, then on the metal rack. Bake for 10-12 minutes until the bacon is cooked, but not crispy. You may need to cook the bacon in 2 batches. Cut each slice of bacon into 3 equal pieces.
3. For the Skewers: Prepare the skewers by alternately threading pineapple, chicken and a folded piece of bacon.
4. Grill: In order to prevent major sticking on the grill, grease the grill with olive oil OR place foil down on the grill, coat with olive oil and place skewers on the foil. Grill 10-12 minutes, until the chicken is cooked through and the bacon is crispy. Enjoy!

Sesame Coconut Crispy Chicken

Prep: 20 minutes **Bake:** 22 minutes **Oven:** 450 **Makes:** 4 servings

One serving equals:

346 calories, 17g fat, 330mg sodium, 4g carbohydrate, 2g fiber, and 38g protein



Here's what you need:

- 1.5 lb organic, boneless, skinless chicken breast – cut into 1 inch squares
- 1/3 cup canned, full fat coconut milk
- 1 egg yolk
- 2 Tablespoons Dijon mustard
- 1 teaspoon toasted sesame oil
- dash of salt and pepper
- 1/3 cup sesame seeds
- 1/4 cup unsweetened, shredded coconut

1. Preheat oven to 450 degrees F. Lightly grease a baking sheet with coconut oil.
2. In a medium bowl combine the coconut milk, egg yolk, Dijon, sesame oil, salt and pepper. Mix well then add the 1 inch chicken pieces. Mix to coat.
3. On a plate, combine the sesame seeds and coconut shreds. Briefly place the chicken pieces on the plate, then sprinkle the tops with more of the sesame coconut mixture. Place on the prepared pan.
4. Bake for 20-22 minutes, then turn on the high broil for 1-3 minutes to toast the tops.

Easy Turkey Loaf

Prep: 15 minutes **Bake:** 90 minutes **Oven:** 325 **Makes:** 12 servings

One serving equals:

146 calories, 2g fat, 322mg sodium, 5g carbohydrate, .5g fiber, and 25g protein



Here's what you need:

- 2 teaspoons olive oil
- 2 garlic cloves, minced
- 1 yellow onion, chopped
- 1 red bell pepper, chopped
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon dried thyme
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1 Tablespoon tomato paste
- 2 omega-3 rich eggs
- 2.5 pounds organic, ground turkey
- 1 cup Real Healthy Ketchup, or Organic Ketchup

1. Preheat the oven to 325 degrees F. Lightly grease a small casserole pan with olive oil.
2. Place a skillet over medium heat, add the olive oil, garlic, onions and peppers. Sauté until soft, about 10 minutes. Remove from heat and allow to cool slightly.
3. Add the spices, tomato paste, eggs and turkey. Mix well then transfer to the prepared pan, shaping into a loaf. Pour the ketchup evenly over the top of your loaf. Bake for 90 minutes, and until no longer pink in the center.

Fully Loaded-Lettuce Wrapped Turkey Bacon Burgers

Prep: 35 minutes **Bake:** 20 minutes **Oven:** 400 **Makes:** 6 servings

One serving equals:

175 calories, 9g fat, 256mg sodium, 3g carbohydrate, 1g fiber, and 18g protein



Here's what you need:

- 8 strips nitrate-free bacon
- 1/2 a yellow onion, sliced
- 1/8 cup blanched almond flour
- 1 pound organic, ground turkey
- 2 teaspoons balsamic glaze
- 1 teaspoon tomato paste
- 1/4 teaspoon smoked paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/8 cup red bell pepper, minced
- 1 Tablespoon fresh chives, chopped
- Large lettuce leaves
- sliced organic tomato

1. Set the oven to 400 degrees F. Line a baking sheet with foil and place a metal cooling rack in the center. Arrange the bacon pieces on the rack and bake for 20 minutes, or until crispy. Remove from oven and set aside to cool.
2. Grill the sliced onion in a grill pan over medium high heat with a few drops of olive oil. Grill until tender and caramelized. Remove from heat and set aside to cool.

3. Chop 6 of the bacon strips and place in a medium bowl. Chop 1/4 cup of the grilled onions and add to the bowl. Add the almond flour, turkey, balsamic glaze, tomato paste, paprika, garlic powder, onion powder, bell peppers and chives to the bowl. Mix well with your hands – it's OK to get messy here! Form into 6 patties.
4. Place the patties on your grill pan over medium high heat for about 4 minutes per side, until cooked through.
5. Serve your Fully Loaded-Lettuce Wrapped-Turkey Bacon Burgers on large lettuce leaves and topped with sliced tomato and the extra grilled onions and bacon pieces. Serve with a side of Mexican Style Cauliflower Rice. Enjoy!

Turkey-Stuffed Bell Peppers

Prep: 35 minutes **Bake:** 20 minutes **Oven:** 350 **Makes:** 5 servings

One serving equals:

294 calories, 14g fat, 347mg sodium, 15g carbohydrate, 4g fiber, and 28g protein



Here's what you need:

- 5 organic bell peppers
- 1 Tablespoon olive oil
- 2 cloves garlic (or 2 frozen minced garlic cubes from Trader Joe's)
- 2 Tablespoons fresh basil, minced (or 2 frozen minced basil cubes from Trader Joe's)
- 1 yellow onion, minced
- 1 Tablespoon fresh rosemary, minced
- 1 teaspoon dried parsley
- dash of salt and pepper
- 20 oz organic ground turkey
- 1 organic tomato, chopped
- 3/4 cup spaghetti sauce

1. Bring a large pot of water to boil, add a pinch of salt. Cut the tops off the bell peppers and remove the seeds. Place in the boiling water, using a spoon to keep them submerged for 3 minutes or until the skin is slightly softened. Drain and set aside.

2. Preheat the oven to 350 degrees F. Prepare a baking pan with non-stick cooking spray and set aside.
3. In a large skillet heat the oil on medium. Add the garlic, basil, onion, rosemary, parsley, salt and pepper. Cook for about 5 minutes, until the onions begin to soften. Add the ground turkey and continue to heat until the meat is browned. Add the tomato and cook for another 2 minutes.
4. Remove from heat. Pour the spaghetti sauce into the turkey mixture and mix well.
5. Stuff each prepared bell pepper with the turkey mixture and place on prepared baking sheet. Cook for 15-20 minutes until the bell peppers are tender.

Cinnamon Ground Turkey Lettuce Wraps with Quick Apple Chutney

Prep: 25 minutes **Cook:** 30 minutes **Makes:** 6 servings

One serving equals:

248 calories, 9g fat, 156mg sodium, 25g carbohydrate, 5g fiber, and 17g protein



Here's what you need:

- 12 large Romaine lettuce leaves

For the Cinnamon Ground Turkey Rice:

- 1 Tablespoon olive oil
- 2 carrots, shredded
- 1/2 yellow onion, minced
- dash of sea salt
- 1/2 teaspoon ground cinnamon
- 1 lb ground, organic turkey
- 1 head cauliflower, shredded (To shred: cut into florets and run through a food processor with the grating attachment)
- 1/3 cup golden raisins
- 1 cup chicken broth
- dash of freshly ground pepper

For the Quick Apple Chutney:

- 1 Tablespoon coconut oil
- 1/2 yellow onion, minced

- 2 green apples, chopped
- 1/4 teaspoon ground cinnamon
- 1 Tablespoon coconut crystals
- 1/2 cup apple juice or apple cider
- sprinkle of sea salt

1. For the Cinnamon Ground Turkey Rice: In a large skillet place the olive oil over medium heat. Add the carrots and onions, cook for 3 minutes, until soft. Add salt, cinnamon and ground turkey. Cook until the meat is no longer pink. Add the head of shredded cauliflower, raisins, broth and pepper. Cook for another 4 minutes, until heated through.
2. For the Quick Apple Chutney: In a medium skillet place the coconut oil over medium heat. Add the onion and apples. Cover and cook for 10 minutes. Uncover, add the cinnamon, coconut crystals, apple juice and salt. Bring to a boil, then simmer for another 4 minutes until apples are tender.
3. Assemble Your Lettuce Wraps: Spread a generous spoonful of the turkey mixture along the center of a Romaine lettuce leaf, top with a spoonful of chutney. Enjoy!

Turkey Kebabs

Prep: 25 minutes **Cook:** 16 minutes **Makes:** 4 servings

One serving equals:

254 calories, 8g fat, 156mg sodium, 2g carbohydrate, 1g fiber, and 47g protein



Here's what you need:

- 1 1/2 pounds turkey breast, de-boned, trimmed of skin and cut into thin strips
- 2 garlic cloves, minced
- 1 teaspoon olive oil
- 2 eggs
- 1/4 cup almond meal (more if needed)
- 1 teaspoon cumin
- 1 teaspoon sweet paprika
- 1/2 teaspoon cinnamon
- dash of salt (optional)
- 2 Tablespoons fresh parsley, finely chopped
- 1 Tablespoon fresh mint, finely chopped

1. In a food processor, blend the turkey strips until ground. Add the remaining ingredients and pulse until well blended.
2. Pre-heat your grill or grill pan.
3. Lightly grease your hands, then press the meat into the wooden skewers until it covers about 3-4 inches in an elongated meatball shape. If the meat is not sticking then add some more almond meal.
4. Grill for about 8 minutes per side.

Turkey, Apple & Goat Cheese Omelet

Prep: 10 minutes **Cook:** 23 minutes **Makes:** 2 servings

One serving equals:

239 calories, 10g fat, 455mg sodium, 10g carbohydrate, 1g fiber, and 25g protein



Here's what you need:

- 3 slices organic nitrate-free turkey
- 3 slices organic nitrate-free bacon
- 1 small organic apple
- dash of cinnamon
- 4 egg whites
- 2 whole free range eggs
- dash of salt
- dash of pepper
- 1 Tablespoon of unsweetened coconut milk
- 3 Tablespoons organic goat cheese

1. Place a non-stick skillet over medium heat. Cook the bacon strips for 4 minutes each side, until golden.
2. While bacon cooks, dice the apple. Remove bacon strips from skillet, place on a cutting board. Place the apple pieces in the heated skillet and sauté for 5 minutes, sprinkling with a dash of cinnamon. Dice the bacon and place in a medium sized bowl.
3. In a bowl whisk the egg whites, whole eggs and coconut milk. Beat the eggs until frothy and add dash of salt and pepper.

4. Remove apples from skillet and add to the bowl of bacon. Pour half of the egg mixture in the skillet, cook until set and then flip and cook the other side. Repeat with the other half of egg mixture.
5. While eggs cook, mix the bacon, apples and goat cheese together.
6. Fill each omelet with half of the bacon, apple and goat cheese mixture.

Real Healthy Pizza Casserole

Prep: 20 minutes **Bake:** 105 minutes **Oven:** 375 **Makes:** 8 servings

One serving equals:

251 calories, 13g fat, 460mg sodium, 9g carbs, 2g fiber, and 20g protein



Here's what you need:

- 1/2 of a spaghetti squash (or 7 zucchini, turned into zucchini noodles with a vegetable peeler. If using zucchini, skip step 1.)
- 1 pound organic, grass-fed ground beef
- 2 cloves garlic, minced
- 1 teaspoon fennel seed
- 2 teaspoons smoked paprika
- 1/2 a yellow onion, minced
- 1 1/2 cups organic marinara sauce
- 4 eggs
- 1 (14oz) bag frozen roasted onions and bell peppers (Trader Joe's has a good one)
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- dash of salt and pepper
- 20 Nitrate free salami slices
- 1/4 cup Greek olives, sliced
- 1/4 cup fresh pineapple pieces
- 1/4 cup fresh bell pepper, chopped

1. Preheat the oven to 375 degrees F. Place the spaghetti squash half in an oven safe pan in 2 inches of water, cut side down. Bake for 45-60 minutes, until the squash is tender. Remove from oven and set aside to cool. Increase the oven temperature to 400 degrees F.
2. In a large skillet brown the beef along with the garlic, fennel, paprika and onion. Once browned, remove from heat.
3. Remove the seeds from the spaghetti squash. Scrape the squash strands into a large mixing bowl. Add the marinara, eggs, frozen veggies, oregano, basil, salt, pepper, and browned beef. Mix well.
4. Lightly grease a 9 x 13 inch casserole pan with olive oil. Spread the mixture evenly into the pan, smoothing out the top. Bake for 35 minutes.
5. Top the casserole with the salami, olives, pineapple and bell pepper pieces (or choose your own favorite pizza toppings and use those!) Return to the oven for 10 minutes. Finish with a couple minutes on broil to brown the top.

Tropical Pork Ribs

Prep: 15 minutes **Cook:** 4-6 hours **Slow Cooker:** Low **Makes:** 6 servings

One serving equals:

359 calories, 12g fat, 405mg sodium, 23g carbs, 4g fiber, and 23g protein



Here's what you need:

For the Tropical Spice Rub:

- 1/4 cup coconut flour
- 1/2 teaspoon pepper
- 2 teaspoon dried ground mustard
- 1 teaspoon allspice
- 1 teaspoon smoked paprika

For the Tropical Pork Ribs:

- 1-3 lbs boneless country style ribs
- 2 Tablespoons coconut oil
- 1/2 yellow onion, chopped
- 2 red apples, chopped
- 1/2 cup fresh pineapple, chopped
- dash of smoked paprika
- salt and pepper to taste
- small butternut squash, peeled, seeded and cubed
- 1/2 orange bell pepper, chopped
- 1/2 red bell pepper, chopped
- 1/2 cup apple sauce

1. In a medium bowl combine the Tropical Spice Rub ingredients.
2. Rinse and pat dry the pork ribs. Season with salt and pepper, then coat each side with the Tropical Spice Rub.
3. In a large skillet, place the coconut oil over medium-high heat. Place the coated ribs in the skillet, and brown on all sides.
4. Place the browned ribs in your slow cooker.
5. In the skillet, over medium heat, combine the remaining ingredients. Heat for 5 minutes, mixing until fully incorporated. Remove from heat and spread evenly over the top of the ribs.
6. Cover and cook on low for 4-6 hours.
7. Serve over Real Healthy Sweet & Sour Rice found on page 12.

Easy Apple Pork Chops

Prep: 20 minutes **Cook:** 15 minutes **Makes:** 4 servings

One serving equals:

296 calories, 12g fat, 94mg sodium, 10g carbohydrate, 2g fiber, and 21g protein



Here's what you need:

- 2 apples, chopped
- 1 medium yellow onion, chopped
- 2 Tablespoons coconut oil
- ground cinnamon
- sea salt
- 4 lean pork chops
- 1/4 cup white wine
- 1/4 cup sliced almonds

1. In a large skillet warm 1 Tablespoon of the coconut oil over medium heat. Add the apples and onions. Sauté for 5 minutes until the apples are tender.
2. Remove the apples and onions from the pan.
3. Add the remaining Tablespoon of coconut oil to the pan and leave the heat on medium. Sprinkle cinnamon and salt on both sides of the pork chops then rub in.
4. Place the pork chops in the pan, sear on each side for 2 minutes.

5. Add the wine and bring to a boil. Add the apples and onions back to the pan, cover and cook for about 6 minutes.
6. Sprinkle with the almonds and serve the chops with a generous helping of the apples and onions.

Slow Cooker BBQ Pulled Pork Wraps

Prep: 20 minutes **Slow Cooker:** High- 5-6 hours **Makes:** 12 servings

One serving equals:

368 calories, 19g fat, 218mg sodium, 8g carbohydrate, 2g fiber, and 28g protein



Here's what you need:

- 1 teaspoon olive oil
- 1 (4lb) pork shoulder roast
- 1/2 cup organic chicken broth
- 1 cup organic, sugar-free barbeque sauce
- 1/2 cup apple cider vinegar
- 1 Tablespoon Dijon or yellow mustard
- 1 Tablespoon chili powder
- 1 large organic yellow onion, chopped
- 3 garlic cloves, minced
- 2 teaspoons dried thyme
- 1 green bell pepper
- 1 organic red bell pepper
- 1 organic yellow bell pepper
- 1 large organic yellow onion
- 1 head organic romaine lettuce

1. Place the olive oil in the bottom of your slow cooker.

2. Add the pork roast and pour the chicken broth over it.
3. In a medium bowl combine the barbeque sauce, vinegar, Dijon, chili powder, onion, garlic and thyme. Pour over the pork.
4. Cover and cook on high for 5 hours and 30 minutes. Once done, remove the pork from the slow cooker, discard the fat and shred the meat with two forks. Return the shredded meat to the juices in the slow cooker, on warm, until ready to serve.
5. Thinly slice the bell peppers and remaining onion. Sauté in a skillet with a drizzle of olive oil. Once very tender, season with salt and pepper and remove from heat.
6. Serve the pork on large romaine lettuce leaves and top with the tender peppers and onions. Enjoy!

Low Carb Lasagna

Prep: 35 minutes **Bake:** 25 minutes **Oven:** 400 **Makes:** 12 servings

One serving equals:

161 calories, 7g fat, 276mg sodium, 9g carbs, 3g fiber, and 15g protein



Here's what you need:

For the noodles:

- 1 small spaghetti squash
- 4 zucchini, sliced into 1/8 inch noodles
- 1 Tablespoon olive oil
- 2 garlic cloves, crushed
- dash of salt and pepper
- 2 teaspoons dried basil

For the filling:

- 1-2 lbs free range ground turkey
- 2 cloves garlic, minced
- 1 yellow onion, chopped
- 2 teaspoons dried oregano
- 1 cup organic marinara sauce

For the assembly:

- 6 egg whites
- 1 cup organic marinara sauce

1. Preheat oven to 400 degrees F. Lightly grease 2 baking sheets and a 9 x13 casserole dish with olive oil.

2. For the noodles: Cut the spaghetti squash in half, scrape out the seeds, then put into a microwave safe dish with 2 inches of water. Microwave each half separately for 10 minutes. Be careful when removing from microwave, it will be very hot. (If you don't want to use a microwave then pierce it and bake it whole at 375 F for an hour.) Set aside to cool.
3. Using a mandoline slicer, slice the zucchini into 1/8 inch lasagna noodles. Place in a single layer on the prepared baking sheets. In a small bowl combine the olive oil, salt and pepper and dried basil. Brush over the noodles. Bake at 400 F for 10 minutes.
4. For the filling: In a large skillet, place the turkey, garlic, onion and oregano over medium high heat. When the turkey is browned add the marinara sauce. Turn off the heat, and scrape the spaghetti squash into the skillet. Mix well. Press down on the filling with a spoon to release as much of the spaghetti squash's water as possible.
5. For the assembly: Check out the pictures below for the step-by-step. Start by making a single layer of zucchini noodles at the bottom of your casserole dish. Top with 2/3's of the filling. Crack 3 egg whites over the top of the filling layer. Top with the remaining zucchini noodles, the remaining filling, the remaining marinara, and then carefully crack the remaining 3 egg whites – It's very important to crack the egg whites on and to not touch them or try to spread them around. This will ensure that they come out looking pretty and white. If you spread them around then it will get cloudy with the marinara sauce and won't look so much like cheese. Sprinkle a little more oregano and basil on the very top.
6. Bake for 25 minutes and then turn on the broil for about 3 minutes. Enjoy!

Real Healthy Hot Dogs

Prep: 20 minutes **Bake:** 40 minutes **Oven:** 350 **Makes:** 15 hot dogs

One hot dog equals:

103 calories, 5g fat, 256mg sodium, 2g carbohydrate, 1g fiber, and 11g protein



Here's what you need:

- 2 beaten eggs
- ½ cup blanched almond flour
- ¼ cup flax meal
- ½ cup onion, finely minced
- 2 Tablespoons coconut milk, canned, full fat
- 1 teaspoon Dijon mustard
- ¼ teaspoon black pepper
- 12 oz ground cooked ham
- 12 oz ground raw pork

1. In a large bowl combine eggs, almond flour, flax meal, onion, coconut milk, Dijon, and pepper. Add ground ham and ground pork; mix well. Shape into 15 hot dogs, using about 1/3 cup mixture for each ball. Place hot dogs in a lightly greased baking dish.
2. Bake, uncovered, in a 350 degree F oven for 35-40 minutes or until done. Transfer hot dogs to a serving platter and enjoy!

To make Gluten-Free Hot Dog Buns turn to page 37.

Taco Pizza Supreme (Gluten Free)

Prep: 20 minutes **Bake:** 12 minutes **Oven:** 425 **Makes:** 12 servings

One serving equals:

223 calories, 11g fat, 230mg sodium, 13g carbohydrate, 3g fiber, and 16g protein



Here's what you need:

- 1 Tablespoon raw honey
- 1 packet (2 tsp) active dry yeast
- 1/4 cup warm, filtered water
- 3/4 cup blanched almond flour
- 3 Tablespoons coconut flour
- 1/2 cup arrowroot starch
- 1/4 teaspoon sea salt
- 1 omega-3 egg
- 1 Tablespoon olive oil
- 1 teaspoon apple cider vinegar

Toppings:

- 1 jar medium salsa
- 1 pound grass fed, ground beef
- 1 cup guacamole
- 1/2 cup chopped organic tomato
- 1 cup shredded lettuce

1. Preheat oven to 425 degrees F. Lightly grease a baking sheet with olive oil.

2. In a small bowl combine the honey, yeast and warm water. Mix carefully with a fork. Set aside for 5 minutes, until foamy.
3. In a medium bowl combine the almond flour, coconut flour, arrowroot starch and salt. Work out the lumps with a fork. Add the egg, olive oil and vinegar to the yeast mixture and mix to combine.
4. Add the wet ingredients to the dry ones. Mix well and form a ball of dough. Work the dough for about 30 seconds with your hands, smoothing out any lumps.
5. Place the dough ball in the middle of your prepared pan. Dip your fingers in olive oil, then use them to flatten the dough into a big circle. Place the dough in preheated oven for 10-12 minutes until golden.
6. While the crust cools slightly, brown the ground beef in a skillet. Add a dash of onion powder, garlic powder, cumin, sweet paprika and salt. Drain off excess fat.
7. Spread the salsa over your cooked crust. Top with the ground beef, guacamole, lettuce and tomatoes.
8. Slice and watch how quickly this stuff disappears!

Real Healthy Tacos

Prep: 20 minutes **Cook:** 10 minutes **Makes:** 12 servings

One serving equals:

265 calories, 14g fat, 220mg sodium, 3g carbohydrate, 3g fiber, and 21g protein



Here's what you need:

- 12 Real Healthy Tortillas
- 2 lb grass fed ground beef
- 2 teaspoons chili powder
- 1/2 teaspoons sweet paprika
- 1/2 teaspoon cumin
- 1/2 teaspoon onion powder
- 1/4 teaspoon garlic powder
- dash of sea salt

Toppings:

- diced tomato
- shredded lettuce
- sliced olives
- guacamole or chopped avocado
- salsa
- pico de gallo

1. Make 12 Real Healthy Tortillas on page 38.
2. In a large skillet over medium high heat, brown the ground beef with all of the spices.
3. Place the tortillas, ground beef and all the toppings on the table for a make-your-own-taco buffet!

Gluten and Dairy Free Pizza

Prep: 20 minutes **Bake:** 14 minutes **Oven:** 425 **Makes:** 6 servings

One serving equals:

244 calories, 12g fat, 339mg sodium, 22g carbohydrate, 4g fiber, and 9g protein



Here's what you need:

- 1 Tablespoon raw honey
- 1 packet (2 tsp) active dry yeast
- 1/4 cup warm, filtered water
- 3/4 cup blanched almond flour
- 1/2 cup arrowroot starch
- 1/2 teaspoon sea salt
- 1 omega-3 egg
- 1 Tablespoon olive oil
- 1 teaspoon apple cider vinegar
- 1/2 cup organic pizza sauce (no sugar added)
- 1/2 cup ground sausage
- 1/2 cup green bell pepper, thinly sliced
- 1/4 cup red onion, thinly sliced
- 3 Tablespoons sliced black olives

1. Preheat oven to 425 degrees F. Lightly grease a baking sheet with olive oil.
2. In a small bowl combine the honey, yeast and warm water. Mix carefully with a fork. Set aside for 5 minutes, until foamy.

3. In a medium bowl combine the almond flour, coconut flour, arrowroot starch and salt. Work out the lumps with a fork. Add the egg, olive oil and vinegar to the yeast mixture and mix to combine.
4. Add the wet ingredients to the dry ones. Mix well and form a ball of dough. Work the dough for about 30 seconds with your hands, smoothing out any lumps.
5. Place the dough ball in the middle of your prepared pan. Dip your fingers in olive oil, then use them to flatten the dough into your preferred pizza shape (hearts are fun!). Place the dough in preheated oven for 5-7 minutes.
6. In a small skillet sauté the bell pepper and red onion with a drizzle of olive oil for 5 minutes or until tender. Remove from skillet. Add the ground sausage to the skillet and cook until browned, about 5 minutes.
7. Top the crust with sauce, sausage, bell pepper, onion and sliced olives. Bake for another 5-7 minutes.
8. Slice and enjoy immediately.

Real Healthy Pizza

Prep: 15 minutes **Cook:** 10 minutes **Makes:** 1-2 servings

One serving equals:

319 calories, 20g fat, 500mg sodium, 5g carbohydrate, 1g fiber, and 27g protein



Here's what you need:

- 3 eggs
- dash of salt and pepper
- non-stick cooking spray
- 2 Tablespoons pizza sauce
- 1/4 cup shredded mozzarella cheese
- Toppings of your choice: Canadian bacon, pineapple, pepperoni, olives, broccoli, tomatoes...

1. Preheat your oven to high broil and position a rack at the very top position. Spray a baking sheet with non-stick cooking spray and set aside.
2. Place two skillet on medium heat – the perfect size is about a 7 inch diameter– and spray both with non-stick spray.

3. Whisk the eggs, salt and pepper until well combined. Pour into one of the prepared skillets, place a lid on, and cook for about 3 minutes.
4. **Don't move the eggs around** When the eggs are set remove the lid and flip it into the other prepared skillet to cook the other side. This method works perfectly for creating an egg crust that is intact and strong. Cook for about a minute, then flip the egg crust onto the prepared baking sheet.
5. Spread the crust with sauce, sprinkle with cheese and add your toppings. Place in the oven under high broil for exactly 1 minute and 30 seconds.
6. Remove from oven and enjoy.

Grain-Free Dolmas

Prep: 30 minutes **Bake:** 45 minutes **Oven:** 350 **Makes:** 20 servings

One serving equals:

88 calories, 4g fat, 25mg sodium, 7g carbohydrate, 2g fiber, and 5g protein



Here's what you need:

- 1 Tablespoon olive oil
- 1 yellow onion, diced
- 1 pound ground pork (or ground meat of your choice)
- 2 gloves garlic, minced
- 1/2 teaspoon ground cinnamon
- 1 teaspoon cumin
- 1 teaspoon dried oregano
- pinch of allspice
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground coriander
- 12 prunes, finely minced
- 1 head cauliflower, shredded in food processor
- 2 lemons, one for juice and one sliced
- dash of salt and pepper
- 20 grape leaves
- 1/4 cup water
- 3 bay leaves

1. Preheat oven to 350 degrees F.

2. In a large skillet, over medium heat, warm the coconut oil. Add the onion and cook until clear. Add the pork, garlic, cinnamon, cumin, oregano, allspice, ginger, coriander and prunes. Cook until the meat is still a little pink.
3. Add the shredded cauliflower and combine with the meat mixture, cooking for 3 minutes. Squeeze the lemon juice over the mixture, season with salt and pepper, and stir. Set the mixture aside until it is cool enough to handle.
4. Carefully separate the grape leaves and unroll. Spoon a small amount of the meat mixture in the center of the leaf, roll the bottom of the leaf up, then fold the sides over and continue to roll until the end is tucked underneath.
5. Lay the dolmas in a 9 x 13 baking pan, seam-side down. Lay the lemon slices over the dolmas and squeeze any remaining lemon juice over the pan. Add the water and bay leaves to the pan.
6. Tightly cover with foil. Bake for 30-45 minutes until the leaves turn a dark shade and the water has evaporated. Remove the bay leaves.
7. Serve on a bed of shredded cabbage.

Beef and Broccoli

Prep: 15 minutes **Cook:** 12 minutes **Makes:** 6 servings

One serving equals:

371 calories, 14g fat, 684mg sodium, 15g carbohydrate, 2g fiber, and 34g protein



Here's what you need:

- 2/3 cup coconut aminos
- 1 and 1/2 Tablespoons fresh ginger, minced
- 4 garlic cloves, minced
- 1/2 cup filtered water
- 1/3 cup pure maple syrup, grade B
- 3 Tablespoons arrowroot starch
- 2 Tablespoons olive oil, divided
- 1 bunch green onions, chopped
- 4 cups organic broccoli, cut into small pieces
- 1.5 pounds grass-fed flank, skirt or minute steak, cut into very thin strips

1. In a medium bowl combine the coconut aminos, ginger, garlic, water, syrup and arrowroot. Set aside.
2. Heat 1 tablespoon of the olive oil, on high, in a large skillet or wok. Add the green onions and broccoli, sauté for 5 minutes. Remove from skillet.
3. Heat the remaining 1 tablespoon of olive oil and stir-fry the steak until almost done, about 4 minutes.

4. Return the veggies to the skillet and add the sauce. Heat until the sauce boils and thickens, about 3 minutes.
5. Serve over Stir Fried Cauliflower Rice, found on page 11.

Braised Cabbage & Sausage

Prep: 15 minutes **Bake:** 70 minutes **Oven:** 325-400 **Makes:** 6 servings

One serving equals:

224 calories, 9g fat, 457mg sodium, 21g carbohydrate, 6g fiber, and 14g protein



Here's what you need:

- 1 head green cabbage
- 1 yellow onion, chopped
- 4 large carrots, sliced
- 1/4 cup veggie broth
- 1/8 cup olive oil
- 1/8 teaspoon crushed red pepper
- dash of sea salt
- dash of freshly ground pepper
- 1 1lb cooked chicken sausage
- 1/4 cup balsamic vinegar

1. Preheat oven to 325 degrees F. Lightly grease a large baking pan with olive oil.
2. Peel off the outer leaves of cabbage. Cut into 8 equal wedges. Arrange in prepared dish – each wedge should lay flat.
3. Sprinkle the onion and carrot pieces over the cabbage. Drizzle with olive oil and evenly apply the seasonings.

4. Cover tightly with foil. Bake for 1 hour.
5. Turn each wedge with tongs, add a touch of water if cabbage is dry. Replace the foil tightly and bake for another hour.
6. Remove the foil, sprinkle the chicken sausage slices over cabbage, increase oven temp to 400 degrees F, then bake, uncovered, for additional 10 minutes.
7. Remove from oven and drizzle with balsamic vinegar. Serve warm.

Real Healthy Meatloaf

Prep: 15 minutes **Bake:** 70 minutes **Oven:** 350 **Makes:** 6 servings

One serving equals:

397 calories, 23g fat, 143mg sodium, 11g carbohydrate, 3g fiber, and 32g protein



Here's what you need:

- 1/2 cup unsweetened coconut milk
 - 1 egg, beaten
 - Dash of salt and pepper
 - 1 Tablespoon balsamic vinegar glaze
 - 1 cup almond meal
 - 1 1/2 lbs grassfed ground beef
 - 1 cup mushrooms, chopped
 - 1 yellow onion, chopped
 - 4 hard boiled eggs, peeled
- For Glaze:
- 1/2 cup natural ketchup
 - 2 Tablespoons balsamic vinegar glaze

1. Preheat oven to 350 degrees F.
2. In a large mixing bowl combine the coconut milk, egg, salt and pepper, balsamic glaze, and almond meal.
3. Add the ground beef, mushrooms, and onion. Press half of the mixture in a loaf pan. Line up the 4 hard boiled eggs and then press the remaining beef mixture on top. Smooth out the top. Bake for an hour.

4. While the meatloaf bakes, mix the ketchup and balsamic glaze. After an hour of baking, remove the meatloaf from oven, pour the glaze over the top and smooth out. Return to oven for 10 minutes.

Spaghetti and Meatballs

Prep: 25 minutes **Bake:** 1 hour **Slow Cooker:** 6 hours **Oven:** 375 **Makes:** 12 servings

One serving equals:

266 calories, 12g fat, 426mg sodium, 14g carbs, 4g fiber, and 26g protein



For the Meatballs:

- 2 pounds lean, organic, grass-fed ground beef
- 1/2 cup almond meal
- 1 pound lean, sweet turkey sausage
- 2 Tablespoons dried oregano
- 4 celery stalks, diced
- 1 teaspoon garlic powder
- 1 yellow onion, diced
- dash of salt and pepper
- 3 carrots, diced
- Optional: handful of olives
- 3 omega-3, eggs

For the Sauce:

- 14.5 oz can diced tomatoes
- 2 cups fresh basil, chopped
- 1 can tomato paste
- 6 garlic cloves, chopped
- splash of white wine
- dash of salt and pepper

For the Noodles:

- 1 spaghetti squash

1. Preheat oven to 375 degrees F. Wash spaghetti squash and poke all over with a knife. Place directly on the middle oven rack and bake for 1 hour. Remove from oven and allow to cool. Once cooled, slice in half and remove the seeds. Scoop the spaghetti squash strands out with a large spoon, set aside in a bowl.
2. Throw all of the meatball ingredients into a large bowl and mix with your hands. Form into large, golf ball sized meatballs.
3. Combine all of the sauce ingredients into a medium bowl and mix well.
4. **Cook with Crockpot:** Place the meatballs in your slow cooker. Cover with the sauce and cook on low for 6-8 hours. OR **Cook with stovetop:** Place meatballs in a large pot. Cover with sauce and cook, covered, over low heat for 2-3 hours.
5. Place a scoop of spaghetti squash noodles on each plate, top with meatballs and some sauce and then throw on a few olives.

Easy Baked Meatballs

Prep: 20 minutes **Bake:** 30 minutes **Oven:** 425 **Makes:** 24 servings

One serving equals:

77 calories, 4g fat, 76mg sodium, 1g carbohydrate, .5g fiber, and 8g protein



Here's what you need:

- 2 lbs ground pork
- 1/2 teaspoon salt
- 1/2 teaspoon ground fennel
- 1/4 teaspoon ground sage
- 1/4 teaspoon onion powder
- 1/4 teaspoon garlic powder
- dash of pepper
- 2 teaspoons coconut oil
- 2 cloves garlic, minced
- 1 small onion, finely chopped
- 2 celery stalks, finely chopped
- 2 carrots, finely chopped
- 1/4 cup pecans, finely chopped
- 1/4 cup fresh parsley, finely chopped

1. Preheat oven to 425 degrees F.
2. In a medium bowl combine the ground pork with all of the spices. Don't be afraid to get your hands dirty!

3. Place a skillet over medium heat and warm the coconut oil. Add the garlic, onion, celery, carrots, pecans and parsley. Cook for about 3 minutes, until soft. Set the mixture aside to cool.
4. Add the vegetable mixture into the ground pork and combine well. Use your hands to form golf ball sized meatballs.
5. Place the meatballs in an oven-safe baking dish. Bake for 30 minutes, or until cooked all the way through.

Caveman BLT

Prep: 10 minutes **Cook:** 10 minutes **Makes:** 6 servings

One serving equals:

99 calories, 7g fat, 315mg sodium, 2g carbohydrate, 2g fiber, and 5g protein



Here's what you need:

- 12 slices bacon
- 1 avocado
- 1 Tablespoon lemon juice
- 1/2 teaspoon garlic powder
- dash of freshly ground black pepper
- 6 large Romaine lettuce leaves
- 6 tomato slices, halved

1. Cook the bacon in a skillet over medium high heat. The crispier the better!
2. In a small bowl mash the avocado, lemon juice, garlic powder and ground pepper.
3. Spread some avocado on each lettuce leaf, then top with tomato and 2 slices of bacon.

Suzy's Healthy Catfish

Prep: 15 minutes **Bake:** 30 minutes **Oven:** 350 **Makes:** 4 servings

One serving equals:

158 calories, 7g fat, 65mg sodium, 3g carbohydrate, 1.5g fiber, and 23g protein



Here's what you need:

- 1 teaspoon olive oil
- bunch of fresh cilantro, washed and stems trimmed
- 4 catfish fillets
- curry powder
- salt
- sweet paprika
- 1 lemon, juiced
- 4 garlic cloves, finely minced

1. Preheat oven to 350 degrees F.
2. In a glass baking pan, drizzle the olive oil and scatter the cilantro over the bottom of the pan.
3. Generously season both sides of each fillet with curry, salt and sweet paprika. Place the fillets evenly across the bottom of the pan, on top of the cilantro.
4. In a small bowl, combine the lemon juice and finely minced garlic. Pour over the tops of the fillets.

5. Cover the pan with foil. Bake for 30 minutes. Remove foil and bake for an additional 5 minutes.
6. Serve with Mint Cabbage Salad, found on page 70.

Fish Tacos

Prep: 20 minutes **Bake:** 15 minutes **Oven:** 375 **Makes:** 4 servings

One serving equals:

246 calories, 12g fat, 602mg sodium, 15g carbohydrate, 4g fiber, 20g protein



Here's what you need:

- Wild Marinated Soy Ginger Cod Fillets, Trader Joe's
- 1 lime
- 1 head living lettuce
- dressed avocado
- 1 cup shredded cabbage, buy pre-shredded
- Papaya mango salsa, Trader Joe's has a good one

1. Defrost frozen cod by placing in the fridge overnight.
2. Preheat oven to 375 degrees F. Grease a pan with olive oil.
3. Place defrosted cod in prepared pan, cut lime in half and squeeze juice over cod. Bake for 15 minutes.
4. While cod is baking, separate leaves from lettuce, being careful to keep them intact.

5. Assemble individual tacos by putting a slice of dressed avocado on a lettuce leaf, topped with a sprinkle of cabbage.
6. Once fish is done, change oven to broil for a few minutes, watching closely until top is browned. Remove from oven and cut into 1 inch pieces.
7. Top each prepared taco with a piece of fish, a spoonful of salsa, and a slice of the remaining lime half.

For the Dressed Avocado:

- Sliced avocado
- Fresh squeezed lemon juice
- Dash of Paprika
- Dash of Garlic powder
- Dash of Sea Salt

1. Arrange the avocado sliced on a plate. Top with the lemon juice and seasoning.

Teriyaki Salmon & Roasted Veggies & Balsamic Salad

Prep: 35 minutes **Bake:** 20 minutes **Oven:** 350 **Makes:** 6 servings

One serving of Salmon, Veggies & Salad equals:

456 calories, 26g fat, 349mg sodium, 23g carbohydrate, 6g fiber, and 29g protein



Here's what you need:

For the Teriyaki Salmon:

- 4 cloves garlic, crushed
- 1 1/2 Tablespoons fresh ginger, crushed
- 1 cup coconut aminos
- 2 Tablespoons pure maple syrup, grade b
- 4 fillets, wild caught salmon

1. Combine all the marinade ingredients in a large ziplock bag. Add the salmon fillets and evenly cover with marinade. Place in fridge for 40-60 minutes.
2. To Bake: Preheat oven to 350 degrees F. Remove salmon fillet from marinade and place in a large glass pan. Strain the minced garlic and ginger pieces from marinade and arrange on the fillet. Bake for 20 minutes. Turn on broiler for additional 5 minutes.
3. To Grill: Preheat grill to medium. Lightly oil the grate. Remove salmon from marinade and place on the grill. Grill each side for 6-8 minutes or until the fish flakes easily.

For the Roasted Veggies:

- 1 cup Brussels sprouts, halved
- 1 cup carrots, chopped
- 1 cup sweet potato, chopped
- 1/2 cup red onion, chopped
- 2 Tablespoons olive oil
- dash of salt and pepper
- 3 cloves garlic, minced
- 1 Tablespoon fresh rosemary, minced

1. Preheat oven to 400 degrees F. Lightly grease a roasting pan with olive oil.
2. In a large bowl combine all of the ingredients. Spread onto prepared pan.
3. Roast for 25-35 minutes until golden and tender, stirring every 10 minutes.

For the Balsamic Spinach Salad:

- 1/8 cup balsamic vinegar glaze
- 1/4 cup olive oil
- 1 packet Stevia
- 4 cups baby spinach
- 8 strawberries, sliced
- 4 hard boiled eggs, sliced
- 1/4 cup sliced almonds, toasted
-

1. Combine the balsamic glaze, oil and stevia in a small bowl.
2. Divide the spinach between 4 salad bowls. Top each bowl with strawberries, eggs and almonds. Drizzle on dressing.

Tuna Cakes with Lemon Dill Sauce

Prep: 15 minutes **Cook:** 6 minutes **Makes:** 8 servings

One serving equals:

171 calories, 9g fat, 214mg sodium, 3g carbs, .5g fiber, and 15g protein



For the Tuna Cakes:

- 3 (5oz) cans albacore tuna, in water
- 2 omega-3 eggs
- 1 teaspoon lemon juice
- 2 teaspoons Dijon mustard
- 2 Tablespoons flax seeds, ground
- 1 Tablespoon fresh dill, minced; or 1 teaspoon dried dill
- dash black pepper
- 2 Tablespoons olive oil

For the Lemon Dill Sauce:

- 1/4 cup shallots, minced
- 1 clove garlic, minced
- 1/2 cup dry sherry
- juice from 1 lemon
- 2 Tablespoons fresh dill, minced
- 1 teaspoon Dijon mustard
- 1/2 cup canned coconut milk, full fat
- 1 Tablespoon coconut oil
- dash of salt and pepper
- 2 teaspoons arrowroot starch

1. For the Tuna Cakes: Drain the tuna and flake into a medium size bowl. Add the eggs, lemon, Dijon, flax, dill and pepper. Mix well.
2. In a large skillet place the olive oil over medium heat. Form the tuna mixture into 8 patties. Flatten each patty onto the skillet and cook for 3 minutes per side.
3. For the Lemon Dill Sauce: Bring the shallots, garlic and sherry to a boil in a saucepan over medium heat. Add the lemon juice, fresh dill and Dijon. Reduce the heat slightly and add the coconut milk, coconut oil, salt, pepper and arrowroot. Whisk until the mixture is smooth and thick, about 5 minutes. Remove from heat and serve over your tuna cakes.

Moroccan Salmon with Braised Kale

Prep: 20 minutes **Bake:** 25 minutes **Oven:** 375 **Makes:** 8 servings

One serving equals:

416 calories, 23g fat, 253mg sodium, 9g carbohydrate, 3g fiber, and 46g protein



For the Salmon:

- 1/2 cup Greek yogurt
- 1 lime, juiced
- 1 Tablespoon olive oil
- 3 garlic cloves, minced (or 3 frozen minced garlic cubes from Trader Joe's)
- 1 1/2 teaspoons ground coriander
- 1 1/2 teaspoons ground cumin
- 4 (6oz) wild caught salmon fillets

For the Kale:

- 1/2 cup sliced almonds
- 1 Tablespoon organic butter
- 1 yellow onion, chopped
- 1 (10oz) bag kale, chopped (or 1 large bunch kale chopped)
- 1/2 cup hot water
- 1 vegetable bouillon
- dash of freshly ground pepper
- dash of freshly ground salt

1. Preheat oven to 375 degrees F. Coat a baking pan with nonstick spray and set aside.
2. In a small bowl combine the yogurt, lime juice, garlic, spices, salt and pepper. Put half of the yogurt mixture aside in the fridge. Coat the salmon with the other half of the yogurt mixture and marinate in the fridge for 30 minutes.
3. While the salmon marinates, place a large skillet over medium heat. Add the almonds and toast for 5 minutes, until golden. Add the butter and allow to brown. Add the garlic and onions and cook for another 5 minutes.
4. Dissolve the bouillon in the water and then add to the skillet. Cook for another 10 minutes until tender and the liquid has evaporated.
5. Place the salmon on prepared pan and bake for 20 minutes. Turn on the high broil for an additional 5 minutes until the top of the salmon has browned.
6. Serve the salmon on a bed of kale with a dollop of the reserved yogurt.

Real Healthy Fish Sticks

Prep: 25 minutes **Bake:** 20 minutes **Oven:** 450 **Makes:** 4 servings

One serving equals:

278 calories, 14g fat, 443mg sodium, 6g carbohydrate, 4g fiber, and 33g protein



Here's what you need:

- Olive oil
- 18 oz white fish fillet, cut into strips
- 1/3 cup coconut flour
- 1 teaspoon garlic salt
- dash of pepper
- 1/2 cup almond meal
- 1/2 cup ground walnuts
- 2 organic, free range eggs

1. Preheat oven to 450 degrees F. Prepare a baking sheet by drizzling with olive oil and coating evenly. Set aside.
2. In a small bowl combine the coconut flour, garlic salt and pepper. In another small bowl combine the almond meal and ground walnuts. In a third small bowl whisk the eggs until frothy.
3. Take each strip of fish and dredge it in the flour mixture, then dip in the egg, and then coat with the ground nuts. Place on prepared pan.
4. Bake for 20 minutes or until golden and crispy.

Agave Teriyaki Salmon

Marinate: 60 minutes **Bake:** 20 minutes **Oven:** 350 **Makes:** 2 servings

One serving equals:

350 calories, 6g fat, 811mg sodium, 38g carbohydrate, 2g fiber, and 39g protein



Here's what you need:

- Wild caught salmon fillet
- 1 cup soy sauce
- 1/4 cup pure maple syrup
- 3 Tablespoons minced garlic
- 3 Tablespoons minced ginger root

1. Combine all ingredients in a large ziplock bag. Allow to marinate in fridge for 40-60 minutes.
2. Preheat oven to 350 degrees F. Remove salmon fillet from marinade and place in a large glass pan. Strain the minced garlic and ginger pieces from marinade and arrange on the fillet. Bake for 20 minutes. Turn on broiler for additional 5 minutes.

Low Carb Tuna Casserole

Prep: 20 minutes **Bake:** 25 minutes **Oven:** 300 **Makes:** 8 servings

One serving equals:

246 calories, 14g fat, 211mg sodium, 16g carbohydrate, 7g fiber, and 17g protein



Here's what you need:

- 1 cup baby carrots, thinly sliced into flat 1 inch pieces
- 3 green zucchini, thinly sliced into flat 1 inch pieces
- 3 yellow zucchini, thinly sliced into flat 1 inch pieces
- 3 cloves garlic, minced (or 3 frozen garlic cubes from Trader Joe's)
- 1 Tablespoon minced cilantro (or 3 frozen cilantro cubes from Trader Joe's)
- 1 can coconut milk
- 3 egg yolks
- dash of salt
- dash of pepper
- 1/4 cup flax meal
- 1/4 cup nutritional yeast OR 1/4 cup finely shredded Parmesan cheese
- 1 cup frozen peas
- 2 cans wild caught Albacore Tuna

1. Preheat oven to 300 degrees F.

2. Slice the carrots and zucchini, place in steamer and top with garlic and cilantro. Steam for 12 minutes.
3. In small saucepan whisk the coconut milk, egg yolks, salt and pepper over medium heat. Whisk constantly until it starts to boil gently. Remove from heat and whisk in the flax and nutritional yeast (or Parmesan cheese).
4. In a large bowl combine the frozen peas, the zucchini and carrots, and the coconut milk mixture. Drain and flake the tuna and mix in.
5. Spread the tuna mixture in a large casserole pan. Bake for 20-25 minutes.

Mango Chutney Smothered Mahi Mahi on Sautéed Cabbage

Prep: 25 minutes **Bake:** 12-20 minutes **Oven:** 375-450 **Makes:** 4-6 servings

One serving equals:

400 calories, 14g fat, 217mg sodium, 27g carbohydrate, 11g fiber, and 26g protein



Here's what you need:

For the Mahi Mahi:

- juice from 1 lemon
- 1/4 cup olive oil
- 1 teaspoon salt
- 1 teaspoon pepper
- dash of red pepper flakes
- 4 cloves garlic (or 4 frozen minced garlic cubes from Trader Joe's)
- 4 Wild caught Mahi Mahi fillets (I buy mine from freezer section in Trader Joe's)

1. Place all ingredients, except the fish, in a high speed blender. Blend until fully combined.
2. Combine the marinade with fillets in a large ziplock bag. Place in the fridge for 60 minutes.

3. Preheat oven to 450 degrees F, if fish is frozen; or 375 degrees F, if fish is thawed.
4. Grease a pan and place fish fillets on it. For frozen fish, bake for 12-20 minutes, until fish is opaque and flakes easily. For thawed fish, bake for 6 minutes, then flip and bake for additional 6 minutes.

For the Chutney:

- | | |
|---|--|
| ➤ 1 Tablespoon coconut oil | sweetest – once cooked it tastes much sweeter) |
| ➤ 2 cloves garlic, minced (or 2 frozen minced garlic cubes from Trader Joe's) | ➤ juice from 2 limes |
| ➤ 1 inch ginger root, minced | ➤ 1 Tablespoon curry powder |
| ➤ 1 small red onion, chopped | ➤ 1 teaspoon ground cinnamon |
| ➤ 1 small red bell pepper, chopped | ➤ dash of nutmeg |
| ➤ 1 small green bell pepper, chopped | ➤ dash of red pepper flakes |
| ➤ 3 ripe mangoes, chopped (don't worry if your mangoes aren't the | |

1. In a large skillet, heat coconut oil over medium heat. Add garlic and ginger root and sauté for a minute.
2. Add the onion and bell peppers and sauté for a few minutes.
3. Add the mango and spices. Continue to sauté for another 5 minutes, until everything has softened.
4. Turn the heat down to low, cover and simmer for another 10 minutes.

For the Sautéed Cabbage:

- | | |
|----------------------------|------------------|
| ➤ 1 small green cabbage | ➤ dash of salt |
| ➤ 1 Tablespoon coconut oil | ➤ dash of pepper |

1. Wash cabbage and discard the first few leaves. Slice it thinly.
 2. Place a large skillet on medium heat. Add the coconut oil, and once that melts, add the cabbage.
 3. Sprinkle with salt and pepper, and cook for 5 minutes, stirring frequently.
- ❖ Arrange each plate with a bed of cabbage, then top with a fillet smothered in chutney.

Shrimp and Noodles

Prep: 20 minutes **Cook:** 10 minutes **Makes:** 4 servings

One serving equals:

328 calories, 28g fat, 85mg sodium, 15g carbohydrate, 8g fiber, and 12g protein



Here's what you need:

- 4 zucchini
- 1/2 cup macadamia nuts
- 2 cups fresh basil leaves
- 2 garlic cloves
- 1/3 cup nutritional yeast
- dash of sea salt
- juice of 1/2 a lemon
- 1/4 cup olive oil
- 2 dozen large shrimp

1. For the noodles: Run a vegetable peeler along each zucchini until you reach the seeds. Place your zucchini noodles in a bowl.
2. For Pesto: Place the macadamia nuts, basil leaves, garlic, nutritional yeast, salt and lemon juice in a food processor. Pulse until well combined while drizzling in the olive oil.
3. Peel and devein the shrimp, pulling off the tail and then the rest of the shell.

4. Heat a pot of water under a steamer basket. Steam your noodles for about 5 minutes, until tender. Remove to a medium bowl.
5. Steam the shrimp for 3 minutes, until fully pink.
6. Combine the noodles with the pesto and top with warm shrimp. Serve and enjoy.

Best Ever Baked Sea Bass

Prep: 10 minutes **Bake:** 20 minutes **Oven:** 450 **Makes:** 4 servings

One serving equals:

150 calories, 2g fat, 89mg sodium, 1g carbohydrate, 1g fiber, and 24g protein



Here's what you need:

- 4 (3oz) Sea Bass Fillets
- 1/3 cup white wine
- 3 garlic cloves, minced
- salt and pepper
- 1 Tablespoon fresh parsley, minced
- fresh squeezed lemon juice

1. Preheat oven to 450 degrees F.
2. Arrange the fillets on a baking pan. Pour the wine over the fillets. Rub each fillet with the minced garlic and season with a touch of salt and pepper.
3. Bake for 15 minutes. Remove from oven, sprinkle each fillet with the fresh, minced parsley, return to oven for 5 minutes.
4. Drizzle fresh squeezed lemon juice on each fillet before serving.

Best Spaghetti Squash Casserole

Prep: 20 minutes **Bake:** 25 minutes **Oven:** 400 **Makes:** 8 servings

One serving equals:

238 Calories, 11g fat, 131mg sodium, 33g carbs, 4g fiber, 4g protein



Here's what you need:

- 1 spaghetti squash
- 1 tablespoon olive oil
- 3 cloves garlic
- 1 sweet onion, chopped
- 2 zucchini, chopped
- 2 medium tomatoes, chopped
- 1/3 cup basil leaves, chopped
- 2 teaspoons dried oregano
- 1 jar organic spaghetti sauce
- Shredded organic cheese

1. Preheat oven to 400 degrees F.
2. Cut spaghetti squash in half. Scoop out the seeds. Splash inside of squash with water, then microwave each half individually for 5 minutes. Careful when removing from microwave – it will be hot. Set aside to cool.
3. Heat olive oil in a large skillet over medium heat. Add garlic. After a few minutes add onion. After a few minutes add zucchini. Finally add tomatoes, basil and oregano and cook for another 5 minutes, until everything is tender.

4. Scoop out the spaghetti squash and place in a large mixing bowl. Add the veggies from skillet. Pour the entire jar of spaghetti squash into the bowl and mix well.
5. Place the squash mixture in a large casserole dish, top with cheese and bake for 20-25 minutes, until the cheese is golden.

(Bean-less) Chili Loaded Sweet Potato

Prep: 30 minutes **Bake:** 45 minutes **Oven:** 400 **Makes:** 8 servings

One serving equals:

272 calories, 11g fat, 532mg sodium, 24g carbohydrate, 7g fiber, and 22g protein



Here's what you need:

- 3 purple sweet potatoes
- 2 Tablespoons olive oil
- 3 cloves garlic, minced
- 3 bell peppers, red, orange and yellow, chopped
- 1 yellow onion, chopped
- 1.5 pounds ground pork sausage (or your ground meat of choice)
- 1 Tablespoon chilli powder
- 1/2 teaspoon allspice
- 1 Tablespoon sweet paprika
- pinch of cloves
- 1 1/2 Tablespoon unsweetened cocoa
- 1 teaspoon ground cinnamon
- 2 teaspoons cumin
- 1/2 teaspoon sea salt
- 2 (15oz) cans organic tomato sauce
- 1 Tablespoon apple cider vinegar
- 1/2 cup filtered water
- 1 avocado

1. Preheat oven to 400 degrees F. Wash the sweet potatoes and pierce the skin in several places with a knife. Bake for 45 minutes.

2. In a large pot, heat the olive oil over medium. Add garlic, bell peppers and onion. Cook for about 5 minutes, until tender.
 3. Add the pork and chili powder and cook until the meat is no longer pink.
 4. Add the rest of the spices, tomato sauce, vinegar and water. Bring to a simmer. Reduce heat to low and simmer, uncovered for 1 1/2 hours.
 5. To serve: Slice open a piece of sweet potato and top with a big scoop of chili and avocado slices. Season the avocado with lemon juice, cumin, sweet paprika and sea salt.
- For a meal lower in carbs, serve your chili over scrambled eggs or cauliflower rice instead of sweet potato

Hearty Hash & Eggs

Prep: 20 minutes **Cook:** 20 minutes **Makes:** 4 servings

One serving equals:

333 calories, 16g fat, 640mg sodium, 27g carbs, 2g fiber, and 24g protein



Here's what you need:

- 2 Tb olive oil
- 2 cloves garlic
- 1 small red onion, thinly sliced
- 1 cup diced mushrooms
- 1 small sweet potato, peeled and cubed
- 1 small butternut squash, peeled, seeded and cubed
- 7oz uncured Canadian Bacon, chopped
- 1 tsp rubbed dried sage
- sea salt and black pepper to taste
- 1 tsp smoked paprika
- 6 eggs
- finely chopped cilantro for garnish

1. In a large skillet place the olive oil over medium heat. Add the garlic and onions. Sauté for 4 minutes.
2. Add the mushroom, sweet potato and butternut squash. Continue to cook until tender. Add the bacon, sage, salt, pepper and paprika.
3. Create 6 holes in the hash and crack one egg into each hole. Cover with a lid and cook on medium-low until the egg whites are done all the way through and the yolk is still runny.
4. Scoop out the eggs and serve with a generous portion of the hash.

Real Healthy Stuffed Eggplant

Prep: 30 minutes **Bake:** 35 minutes **Oven:** 375 **Makes:** 8 servings

One serving equals:

153 calories, 4g fat, 86mg sodium, 25g carbohydrate, 11g fiber, and 6g protein



Here's what you need:

- 3 medium eggplants
- 1 teaspoon olive oil
- 2 medium onions, diced
- 2 cups cherry tomatoes, halved
- ¼ cup walnuts, chopped
- 2 teaspoons ground cinnamon
- 2 teaspoons dried oregano
- 1/4 cup goat cheese

1. Cut the eggplants in half, lengthwise, and scoop out the flesh, leaving ½ inch on the shell. Chop the scooped-out flesh into ½ inch cubes and set in a colander. Sprinkle the eggplant cubes and the inside of the eggplant shells with salt. Let stand for 30 minutes, then rinse and pat dry.
2. Bring a large pot of salted water to boil. Drop the eggplant shells in the water and simmer for 7 minutes. Shells should be barely tender when poked with a fork. Drain and pat dry.

3. Heat the olive oil in a large skillet over medium heat. Sauté the onions for 5 minutes. Add the chopped eggplant, tomatoes, walnuts, cinnamon, oregano and $\frac{1}{4}$ cup filtered water. Cook for 8 minutes, until softened and browned.
4. Preheat oven to broil. Place eggplant shells on a greased baking sheet. Broil for 5 minutes. Reduce oven heat to 375 degrees F.
5. Fill each eggplant shell with the veggies, sprinkle with the goat cheese. Bake for 35 minutes, or until browned on top.

Baked Mac and Cheese

Prep: 20 minutes **Bake:** 25 minutes **Oven:** 350 **Makes:** 12 servings

One serving equals:

288 calories, 22g fat, 137mg sodium, 15g carbohydrate, 4g fiber, and 10g protein



Here's what you need:

For the Cheese Sauce:

- 12 oz (about 2 cups) raw cashews, soaked for 1-2 hours
- 2 Tablespoons lemon juice
- 2 Tablespoons water (plus more if needed)
- 1/2 cup olive oil
- 1 teaspoon salt
- 1/2 cup nutritional yeast
- 1/2 teaspoon onion powder
- 1/2 teaspoon sweet paprika
- 1/4 teaspoon turmeric
- 1 clove garlic
- dash of pepper

For the Casserole:

- 6-8 yellow squash (the ones shaped like zucchini)
- 1/2 cup finely chopped pecans (optional)

1. Preheat the oven to 350 degrees F. Lightly grease a casserole pan with olive oil.
2. Discard the cashew soaking water. Combine all of the cheese sauce ingredients into a high speed blender. Mix until completely smooth. If the mixture is too thick add an extra tablespoon or two of water.
3. Wash the squash, then slice the long way into fourths. Cut out the seeds.
4. To make the noodles you could use a mandoline slicer or a spiral slicer. If you don't have any of those, or just don't want to fish them out from the back of your cupboard, then a simple vegetable peeler works perfectly fine. Hold one of the squash pieces in the middle and peel along the edge of the piece. Once you've peeled as far as you can, turn the piece over and peel the other side. Do this with all of the squash pieces, putting the squash noodles into a large colander. Sprinkle with a touch of salt and allow to sit for 15 minutes.
5. In a large bowl combine the squash noodles with the cheese sauce. Spread into the prepared pan and sprinkle with the chopped pecans if desired.
6. Bake for 25 minutes or until the pecans are golden and the noodles are warmed.

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Happy Cooking :)

Diana Keulian