



30 Day Reset

PALEO APPROACH

DAY
1:

Breakfast:

Lunch:

Dinner:

**Snacks/
Supplements:**

WOD:

Sleep:

1 2 3 4 5 6 7 8 9 10

Energy:

1 2 3 4 5 6 7 8 9 10

Hunger:

1 2 3 4 5 6 7 8 9 10

Performance:

1 2 3 4 5 6 7 8 9 10

DAY
2:

Breakfast:

Lunch:

Dinner:

**Snacks/
Supplements:**

WOD:

Sleep:

1 2 3 4 5 6 7 8 9 10

Energy:

1 2 3 4 5 6 7 8 9 10

Hunger:

1 2 3 4 5 6 7 8 9 10

Performance:

1 2 3 4 5 6 7 8 9 10

DAY
3:

Breakfast:

Lunch:

Dinner:

**Snacks/
Supplements:**

WOD:

Sleep:

1 2 3 4 5 6 7 8 9 10

Energy:

1 2 3 4 5 6 7 8 9 10

Hunger:

1 2 3 4 5 6 7 8 9 10

Performance:

1 2 3 4 5 6 7 8 9 10

DAY
4:

Breakfast:

Lunch:

Dinner:

**Snacks/
Supplements:**

WOD:

Sleep:

1 2 3 4 5 6 7 8 9 10

Energy:

1 2 3 4 5 6 7 8 9 10

Hunger:

1 2 3 4 5 6 7 8 9 10

Performance:

1 2 3 4 5 6 7 8 9 10

DAY
5:

Breakfast:

Lunch:

Dinner:

**Snacks/
Supplements:**

WOD:

Sleep:

1 2 3 4 5 6 7 8 9 10

Energy:

1 2 3 4 5 6 7 8 9 10

Hunger:

1 2 3 4 5 6 7 8 9 10

Performance:

1 2 3 4 5 6 7 8 9 10

DAY
6:

Breakfast:

Lunch:

Dinner:

**Snacks/
Supplements:**

WOD:

Sleep:

1 2 3 4 5 6 7 8 9 10

Energy:

1 2 3 4 5 6 7 8 9 10

Hunger:

1 2 3 4 5 6 7 8 9 10

Performance:

1 2 3 4 5 6 7 8 9 10

DAY
7:

Breakfast:

Lunch:

Dinner:

**Snacks/
Supplements:**

WOD:

Sleep:

1 2 3 4 5 6 7 8 9 10

Energy:

1 2 3 4 5 6 7 8 9 10

Hunger:

1 2 3 4 5 6 7 8 9 10

Performance:

1 2 3 4 5 6 7 8 9 10

DAY
8.

Breakfast:

Lunch:

Dinner:

**Snacks/
Supplements:**

WOD:

Sleep:

1 2 3 4 5 6 7 8 9 10

Energy:

1 2 3 4 5 6 7 8 9 10

Hunger:

1 2 3 4 5 6 7 8 9 10

Performance:

1 2 3 4 5 6 7 8 9 10

DAY
9:

Breakfast:

Lunch:

Dinner:

**Snacks/
Supplements:**

WOD:

Sleep:

1 2 3 4 5 6 7 8 9 10

Energy:

1 2 3 4 5 6 7 8 9 10

Hunger:

1 2 3 4 5 6 7 8 9 10

Performance:

1 2 3 4 5 6 7 8 9 10

DAY
10:

Breakfast:

Lunch:

Dinner:

**Snacks/
Supplements:**

WOD:

Sleep:

1 2 3 4 5 6 7 8 9 10

Energy:

1 2 3 4 5 6 7 8 9 10

Hunger:

1 2 3 4 5 6 7 8 9 10

Performance:

1 2 3 4 5 6 7 8 9 10

DAY
11:

Breakfast:

Lunch:

Dinner:

**Snacks/
Supplements:**

WOD:

Sleep:

1 2 3 4 5 6 7 8 9 10

Energy:

1 2 3 4 5 6 7 8 9 10

Hunger:

1 2 3 4 5 6 7 8 9 10

Performance:

1 2 3 4 5 6 7 8 9 10

DAY
12:

Breakfast:

Lunch:

Dinner:

**Snacks/
Supplements:**

WOD:

Sleep:

1 2 3 4 5 6 7 8 9 10

Energy:

1 2 3 4 5 6 7 8 9 10

Hunger:

1 2 3 4 5 6 7 8 9 10

Performance:

1 2 3 4 5 6 7 8 9 10

DAY
13:

Breakfast:

Lunch:

Dinner:

**Snacks/
Supplements:**

WOD:

Sleep:

1 2 3 4 5 6 7 8 9 10

Energy:

1 2 3 4 5 6 7 8 9 10

Hunger:

1 2 3 4 5 6 7 8 9 10

Performance:

1 2 3 4 5 6 7 8 9 10

DAY
14:

Breakfast:

Lunch:

Dinner:

**Snacks/
Supplements:**

WOD:

Sleep:

1 2 3 4 5 6 7 8 9 10

Energy:

1 2 3 4 5 6 7 8 9 10

Hunger:

1 2 3 4 5 6 7 8 9 10

Performance:

1 2 3 4 5 6 7 8 9 10

DAY
15:

Breakfast:

Lunch:

Dinner:

**Snacks/
Supplements:**

WOD:

Sleep:

1 2 3 4 5 6 7 8 9 10

Energy:

1 2 3 4 5 6 7 8 9 10

Hunger:

1 2 3 4 5 6 7 8 9 10

Performance:

1 2 3 4 5 6 7 8 9 10

DAY
16:

Breakfast:

Lunch:

Dinner:

**Snacks/
Supplements:**

WOD:

Sleep:

1 2 3 4 5 6 7 8 9 10

Energy:

1 2 3 4 5 6 7 8 9 10

Hunger:

1 2 3 4 5 6 7 8 9 10

Performance:

1 2 3 4 5 6 7 8 9 10

DAY
17:

Breakfast:

Lunch:

Dinner:

**Snacks/
Supplements:**

WOD:

Sleep:

1 2 3 4 5 6 7 8 9 10

Energy:

1 2 3 4 5 6 7 8 9 10

Hunger:

1 2 3 4 5 6 7 8 9 10

Performance:

1 2 3 4 5 6 7 8 9 10

DAY
18:

Breakfast:

Lunch:

Dinner:

**Snacks/
Supplements:**

WOD:

Sleep:

1 2 3 4 5 6 7 8 9 10

Energy:

1 2 3 4 5 6 7 8 9 10

Hunger:

1 2 3 4 5 6 7 8 9 10

Performance:

1 2 3 4 5 6 7 8 9 10

DAY
19:

Breakfast:

Lunch:

Dinner:

**Snacks/
Supplements:**

WOD:

Sleep:

1 2 3 4 5 6 7 8 9 10

Energy:

1 2 3 4 5 6 7 8 9 10

Hunger:

1 2 3 4 5 6 7 8 9 10

Performance:

1 2 3 4 5 6 7 8 9 10

DAY
20:

Breakfast:

Lunch:

Dinner:

**Snacks/
Supplements:**

WOD:

Sleep:

1 2 3 4 5 6 7 8 9 10

Energy:

1 2 3 4 5 6 7 8 9 10

Hunger:

1 2 3 4 5 6 7 8 9 10

Performance:

1 2 3 4 5 6 7 8 9 10

DAY
21:

Breakfast:

Lunch:

Dinner:

**Snacks/
Supplements:**

WOD:

Sleep:

1 2 3 4 5 6 7 8 9 10

Energy:

1 2 3 4 5 6 7 8 9 10

Hunger:

1 2 3 4 5 6 7 8 9 10

Performance:

1 2 3 4 5 6 7 8 9 10

DAY
22:

Breakfast:

Lunch:

Dinner:

**Snacks/
Supplements:**

WOD:

Sleep:

1 2 3 4 5 6 7 8 9 10

Energy:

1 2 3 4 5 6 7 8 9 10

Hunger:

1 2 3 4 5 6 7 8 9 10

Performance:

1 2 3 4 5 6 7 8 9 10

DAY
23:

Breakfast:

Lunch:

Dinner:

**Snacks/
Supplements:**

WOD:

Sleep:

1 2 3 4 5 6 7 8 9 10

Energy:

1 2 3 4 5 6 7 8 9 10

Hunger:

1 2 3 4 5 6 7 8 9 10

Performance:

1 2 3 4 5 6 7 8 9 10

DAY
24:

Breakfast:

Lunch:

Dinner:

**Snacks/
Supplements:**

WOD:

Sleep:

1 2 3 4 5 6 7 8 9 10

Energy:

1 2 3 4 5 6 7 8 9 10

Hunger:

1 2 3 4 5 6 7 8 9 10

Performance:

1 2 3 4 5 6 7 8 9 10

DAY
25:

Breakfast:

Lunch:

Dinner:

**Snacks/
Supplements:**

WOD:

Sleep:

1 2 3 4 5 6 7 8 9 10

Energy:

1 2 3 4 5 6 7 8 9 10

Hunger:

1 2 3 4 5 6 7 8 9 10

Performance:

1 2 3 4 5 6 7 8 9 10

DAY
26:

Breakfast:

Lunch:

Dinner:

**Snacks/
Supplements:**

WOD:

Sleep:

1 2 3 4 5 6 7 8 9 10

Energy:

1 2 3 4 5 6 7 8 9 10

Hunger:

1 2 3 4 5 6 7 8 9 10

Performance:

1 2 3 4 5 6 7 8 9 10

DAY
27:

Breakfast:

Lunch:

Dinner:

**Snacks/
Supplements:**

WOD:

Sleep:

1 2 3 4 5 6 7 8 9 10

Energy:

1 2 3 4 5 6 7 8 9 10

Hunger:

1 2 3 4 5 6 7 8 9 10

Performance:

1 2 3 4 5 6 7 8 9 10

DAY
28:

Breakfast:

Lunch:

Dinner:

**Snacks/
Supplements:**

WOD:

Sleep:

1 2 3 4 5 6 7 8 9 10

Energy:

1 2 3 4 5 6 7 8 9 10

Hunger:

1 2 3 4 5 6 7 8 9 10

Performance:

1 2 3 4 5 6 7 8 9 10

DAY
29:

Breakfast:

Lunch:

Dinner:

**Snacks/
Supplements:**

WOD:

Sleep:

1 2 3 4 5 6 7 8 9 10

Energy:

1 2 3 4 5 6 7 8 9 10

Hunger:

1 2 3 4 5 6 7 8 9 10

Performance:

1 2 3 4 5 6 7 8 9 10

DAY
30:

Breakfast:

Lunch:

Dinner:

**Snacks/
Supplements:**

WOD:

Sleep:

1 2 3 4 5 6 7 8 9 10

Energy:

1 2 3 4 5 6 7 8 9 10

Hunger:

1 2 3 4 5 6 7 8 9 10

Performance:

1 2 3 4 5 6 7 8 9 10

MEALS week1

	Breakfast	Lunch	Dinner
SUN	Paleo Eggs Benedict	Southwest Chicken Soup	Flaky Sriracha Cod +Parsnip Carrot Mash
MON	Tomato Dill Frittata	Crispy Sesame Brussels Sprouts +Creamy Curry Dipping Sauce	Brisket Chili
TUE	Green Eggs And Yum	Chicken Pumpkin Curry Sliders	Baked Salmon With Lemon + Thyme
WED	Cilantro Chipotle Deviled Eggs (2-3)	Garlic Shrimp + Asparagus	Mini Buffalo Chicken Meatloaf
THU	Hard Boiled Eggs (2-3)	Creamy Zucchini + Mushroom Soup	Dinner Breakfast Hash
FRI	Egg Scramble + Protein Of Choice +2 Veggies Of Choice	Turkey Bowl	Baked Tuna Stuffed Portobello
SAT	Spaghetti Squash Crusted Quiche	Crab Taco Salad	Tuscan Chicken Skillet

MEALS

week2

	Breakfast	Lunch	Dinner
SUN	Breakfast Bacon + Maple Meatballs	Shrimp + Citrus Avocado Mash	Green Chile Chorizo Cauliflower Casserole
MON	Egg Muffins (2)	Seared Chicken + Pureed Cauliflower	Jambalaya
TUE	Stuffed Breakfast Peppers	Bacon Brussels Sprouts Slaw	Baked Garlic Mushroom Chicken
WED	Egg Muffins (2)	Chicken Bacon Rice Bowl	Coconut Lime Chicken Soup
THU	Egg Scramble + Protein Of Choice +2 Veggies Of Choice	Chipotle Chicken Salad	Baked Halibut + Bacon Herb Butter
FRI	Egg Muffins (2)	Lemon Garlic Scallops + Spinach	Chicken + Delicata Squash
SAT	Pumpkin Espresso Muffins Or French Toast Rounds	Roasted Cauliflower Soup	Buffalo Chicken "Pasta"

MEALS

week3

	Breakfast	Lunch	Dinner
SUN	Breakfast Meat Sauce	Ratatouille Stuffed Zucchini	Pizza Spaghetti Pie
MON	Breakfast "Pie"	Lomi Lomi Salmon	Pumpkin Chicken Chili
TUE	Kale + Bacon Stir Fry + 2 Fried Eggs	Warm Broccoli + Carrot Slaw	Southwest Meatballs + Creamy Cilantro Sauce
WED	Egg Scramble + Protein Of Choice +2 Veggies Of Choice	Cilantro Pork Stir Fry	Shrimp + Garlic + Artichoke Pasta
THU	Baked Eggs In Avocado (2)	Smoked Salmon Salad + Cucumber Slices	Spinach + Mushroom Chicken
FRI	Coconut Turkey Scramble	Gingered Beef Salad	Crab Stuffed Mushrooms
SAT	Morning' Meatloaf	Asparagus Ribbon Salad + Lemon Dressing	Pumpkin Cream Chicken Casserole

MEALS week4

	Breakfast	Lunch	Dinner
SUN	Summer Squash Pancakes	Pesto Stuffed Mushrooms	Beef Stroganoff
MON	Brussels Sprouts Bacon Breakfast Hash	Tuna Salad Stuffed Celery (Or Lettuce Wrapped)	Asian Marinated Crockpot Beef Spare Ribs With Cauliflower Fried "Rice"
TUE	Egg Scramble + Protein Of Choice +2 Veggies Of Choice	Creamy Dill Salmon	Turkey Kale Burgers
WED	Bacon Jalapeno Egg Salad	Cauliflower Bites	Coconut Ginger Mushroom Chicken
THU	Kale + Mushroom Sauté + 1 Fried Egg	Chipotle Lettuce Wrap	Taco Salad
FRI	Breakfast Ham "Burritos"	Chicken + Broccoli Stir Fry	Cod + Italian Style Salsa
SAT	Steak + Eggs	Spicy Egg Drop Soup	Chicken Pumpkin Curry Sliders

MEALS week5

	Breakfast	Lunch	Dinner
SUN	Dill Smoked Salmon + Red Pepper Scramble	Roasted Squash + Bacon Wrapped Meatballs	Creamy Avocado +Spinach Chicken "Pasta"
MON	Egg Muffins (2)	Sweet Potato Basil Soup	Portobello Pizza

RECIPES: Breakfast

Breakfast Meat Sauce:

INGREDIENTS:

3 garlic cloves, minced
2 bell peppers (any color), diced
1 yellow onion, diced
1 lb. breakfast sausage
½ lb. ground pork mild italian
sausage 1 tsp. garlic powder
1 tsp. cayenne pepper
½ tsp. dried oregano
½ tsp. dried parsley
½ tsp. dried thyme
½ tsp. dried rosemary
14 oz. tomato sauce
½ cup fresh basil, finely chopped
salt + pepper
5-6 eggs

DIRECTIONS:

1. Preheat oven to 350 degrees
2. Grease and heat pan over med heat
3. Add minced garlic cloves, bell peppers, onion, salt + pepper
4. Mix veggies until onions are translucent
5. Add breakfast sausage + italian sausage
6. When meat has begun to cook through, add all spices
7. When meat is close to done, pour in tomato sauce
8. Salt + pepper once more
9. Reduce heat + let simmer for 5-7min
10. Add basil, mix well
11. Place meat sauce in small individual baking dish
12. Press a small spot in the middle, crack an egg or two into the middle
13. Put in oven and cook for 8-10 minutes until egg is cooked to preference

Breakfast Ham “Burritos”

INGREDIENTS:

sliced ham, med thickness
2 eggs
¼ cup chopped veggies (of choice – spinach,
pepper, onion, tomato, mushroom)
salsa
spices (of choice)
5-6 eggs

DIRECTIONS:

1. Heat pan over med heat + grease
2. Sauté veggies + spices of choice
3. Whisk eggs, pour over veggie mix
4. Scramble until cooked thoroughly
5. Remove from pan
6. Spoon egg mixture into slice of ham
7. Roll ham, place back in pan
8. Cook until brown, flip + repeat
9. Top with salsa

Breakfast Pie

INGREDIENTS:

8 eggs, whisked
1 sweet potato,
shredded 1 lb. ground
turkey
1 yellow onion
1 tbsp. garlic powder
2 tsp. dried basi

DIRECTIONS:

1. Grease crockpot with coconut oil
2. Shred sweet potato
3. Add all ingredients to crockpot; mix
4. Add veggies of choice (optional)
5. Cook on low for 7-8 hours

RECIPES: Breakfast

Cilantro Chipotle Deviled Eggs

INGREDIENTS:

6 eggs
¼ paleo mayo
⅓ tsp. garlic powder
⅓-1/4 tsp. salt
pinch of pepper
handful of cilantro, roughly chopped

DIRECTIONS:

1. Boil, + peel eggs
2. Once eggs have cooled, cut in half
3. Scoop out the yolks, place in a bowl + smash with a fork (you can also puree in a food processor to get an even smoother texture)
4. Add mayo, mix well until smooth
5. Add garlic powder, salt + pepper, mix well.
6. Place yolk mixture into a Ziploc bag, cut off the end + squeeze mixture into egg white halves. Garnish with chopped cilantro.
7. Chill before serving.

Dill Smoked Salmon + Red Pepper Scramble

INGREDIENTS:

2 whole eggs
1 egg yolk, whisked
2 pieces of smoked salmon, torn apart
1 tbsp. fresh dill, finely chopped
⅓ tsp. garlic powder
⅓ tsp. red pepper flakes
salt + pepper

DIRECTIONS:

1. Grease + heat pan over med heat
2. Whisk eggs in a bowl
3. Add salmon, dill, garlic, red pepper flakes, salt + pepper, mix together
4. Once pan is warm, add egg mixture. Use a wooden spoon to continuously whisk the mixture around until eggs completely cook through

Coconut Turkey Scramble

INGREDIENTS:

2 eggs, whisked
3 oz. turkey breast, sliced thin
2 cup spinach
½ cup coconut flakes, unsweetened

DIRECTIONS:

1. Grease + heat pan over med heat
2. Scramble all ingredients until turkey breast is slightly browned

Egg Muffins

INGREDIENTS:

12 eggs
½ lb. ground turkey
spinach
garlic powder
salt + pepper

DIRECTIONS:

1. Can be made with any meat, any
2. veggie, any seasoning; be creative!
3. Preheat oven to 350
4. Using a muffin pan, crack 1 egg into each spot
5. Add small amount of ground turkey, spinach, season
6. to taste Bake for 30min

RECIPES: Breakfast

Green Eggs and Yum

INGREDIENTS:

6 eggs
4 broccoli florets
1 cup spinach
4 green onions
2 garlic cloves
1 cup mushrooms

DIRECTIONS:

1. Steam broccoli
2. Chop garlic, slice green onion, slice mushrooms, sauté on med heat
3. until soft Add spinach + broccoli to pan
4. Cover with eggs, cook for 1min

Kale + Bacon Stir Fry

INGREDIENTS:

1 bunch of kale,
chopped 2 slices of
bacon
lemon juice
salt + pepper

DIRECTIONS:

1. Wash + finely chop kale
2. Sauté bacon strips until crispy, cool + chop into small pieces
3. Add kale
4. Add lemon juice, salt + pepper to taste
5. Stir until kale is slightly wilted

Mornin' Meatloaf Stir Fry

INGREDIENTS:

1 lb. ground beef
10-12 oz. pork breakfast
sausage 2 garlic cloves,
minced
1 yellow onion, diced
1 medium zucchini, diced
4 oz. button mushrooms,
sliced
2 tbsp. dried parsley
2 tbsp. dried basil
1 tsp. garlic powder
salt + pepper

DIRECTIONS:

1. Preheat oven to 400 degrees
2. Grease + heat pan over med heat
3. Add garlic gloves + onion
4. Once onions begin to become translucent, add zucchini + cover to steam
5. Cook 3-4min, add mushrooms on top + cover again for 4-5min
6. Once veggies have softened, add parsley, basil, garlic powder, salt + pepper
7. Mix well, remove from heat to cool
8. Once veggies are cool, in a large bowl add ground beef, breakfast sausage
9. Mix well to combine, trying not to squish the zucchini too much
10. Line a large bread pan with foil or parchment paper
11. Place meat mixture into pan, press firmly so it all sticks together
12. Bake for 40-45 minutes
13. Let sit for 10 minutes after baking

RECIPES: Breakfast

Paleo Eggs Benedict

INGREDIENTS:

12 eggs, poached
6 slices canadian bacon
3 egg yolks
1 tbsp. lemon juice
½ tsp. salt
1/8 tsp. paprika
dash of pepper
4 tbsp. melted coconut oil

DIRECTIONS:

1. Grease + heat pan over med heat
 2. Cook canadian bacon
 3. Poach eggs
 4. Mix hollandaise sauce
 5. Sauce: Mix egg yolks, lemon juice, salt, paprika, pepper in
 6. blender 10sec Set blender to medium speed, pour coconut oil
 7. slowly until thick
- stack egg + canadian bacon + egg, top with sauce

Pumpkin Espresso Muffins Or French Toast Rounds

INGREDIENTS:

⅓ cup pumpkin puree
½ cup sunflower seed butter (or other nut butter) ¼ cup coconut oil, melted
3 tbsp. honey
1 tsp. vanilla extract
3 eggs
3 tbsp. coconut flour
2 tsp. instant coffee
¼ tsp. cinnamon
¼ tsp. baking soda
¼ tsp. baking powder pinch of salt

FOR THE FRENCH TOAST:

1 egg
½ cup canned coconut milk ½ tsp. vanilla extract
pinch of cinnamon

DIRECTIONS:

1. Preheat oven to 350 degrees.
2. Place pumpkin puree, sunflower seed butter, coconut oil, honey, vanilla extract + eggs in a food processor + puree until smooth
3. Add coconut flour, instant coffee, cinnamon, baking soda, baking powder + pinch of salt + puree once more until combined
4. Grease muffin tin, scoop ingredients evenly into 6-8 muffin tins
5. Cook for 20-23min
6. Once muffins are done cooking, either eat them as muffins OR let them cool to use as french toast rounds.
7. When muffins have cooled, cut each muffin in half widthwise
8. Mix together french toast ingredients
9. Grease + heat pan over med-high heat
10. Drench each french toast round in french toast ingredients on both sides.
11. Place directly into pan + cook on both sides for 2-3min

RECIPES: Breakfast

Spaghetti Squash Crusted Quiche

INGREDIENTS:

1 medium spaghetti squash
 $\frac{3}{4}$ lb. pork breakfast sausage
6 eggs, whisked
 $\frac{1}{2}$ tbsp. dried parsley
 $\frac{1}{2}$ tbsp. dried basil
salt + pepper
handful of sliced mushrooms

DIRECTIONS:

1. Prepare spaghetti squash (see extras)
2. Heat oven to 350 degrees.
3. Cook breakfast sausage over med heat until no pink left
4. Remove from heat + drain excess fat
5. Whisk together eggs, parsley, basil, salt + pepper in a bowl
6. Grease a pie pan
7. Add all spaghetti squash threads
8. Evenly press flat into the plate + up onto the sides
9. Pour eggs into the pan + add crumbled sausage on top + sliced mushrooms + sprinkle with salt
10. Bake for 30-35min
11. Let rest before cutting

Steak + Eggs

INGREDIENTS:

1 good quality large steak
2 free range eggs;
paprika
garlic powder
salt + pepper

DIRECTIONS:

1. Note: Let stand your steak for about 40 minutes at room temperature for a perfectly cooked and juicy result.
2. Grease + heat pan over med heat
3. Season your steak with salt + pepper, add to hot pan
4. Cook steak to your likings (about 3min on each side will give you a nice medium rare steak)
5. Remove steak from the pan, set aside + lower temp to med-low.
6. Cook eggs to liking, season to taste with paprika, garlic, salt + pepper

Stuffed Breakfast Peppers

INGREDIENTS:

2 bell peppers, cored
4 eggs
1 cup white mushrooms
1 cup broccoli
 $\frac{1}{4}$ tsp. cayenne pepper
salt + pepper

DIRECTIONS:

1. Preheat oven to 375
2. Dice mushrooms + broccoli
3. Mix eggs, salt, pepper, cayenne pepper + vegetables
4. Cut bell peppers into equal halves
5. Pour egg/veggie mixture equally into the 4 halves
6. Bake for 35min

RECIPES: Breakfast

Summer Squash Pancakes

INGREDIENTS:

1 small zucchini
1 small yellow squash
1 small carrot
½ yellow onion
1 cup coconut flour
2 eggs
2 garlic cloves, minced
1 tsp. dried basil
1 tsp. dried parsley
salt + pepper
avocado, diced (to garnish)
green onions, diced (to garnish)

DIRECTIONS:

1. Shred all vegetables
2. Mix vegetables + coconut flour, eggs, garlic cloves, basil, parsley, and salt + pepper with your hands
3. Make 6-7 flattened patties
4. Grease large pan + heat over med-high heat
5. Cook 5-7 minutes per side, until pancakes are browned
6. Top with avocado and green onions
7. Add meat, if desired

Tomato Dill Frittata

INGREDIENTS:

8 eggs, whisked
4 tomatoes, diced
2 tbsp. fresh dill, chopped
2 tbsp. fresh chives, chopped
½ cup crumbled goat cheese
(optional) 2 garlic cloves, minced
1 tsp. red pepper flakes
salt + pepper

DIRECTIONS:

1. Preheat oven to 325 degrees
2. Whisk together eggs + add the rest of the ingredients + mix well
3. Pour ingredients into greased baking dish
4. Bake for 30-35min or until cooked through in the middle
5. Garnish with extra dill + chives

RECIPES: Lunch

Asparagus Ribbon Salad + Lemon Dressing

INGREDIENTS:

1 lb. asparagus (try to get ones with fairly substantial stalks)
1½ cup cherry tomatoes, halved
2 tbsp. fresh chives, finely chopped
Lemony Dressing:
2 tbsp. lemon juice
2 tsp. EVOO
½ tsp. Dijon mustard
salt + pepper

DIRECTIONS:

1. Cut heads + ends off asparagus
2. Using a veggie peeler, shave about 3 cups of asparagus into
3. ribbons Steam asparagus ribbons for 3-4min, remove + let
4. cool
5. Combine all dressing ingredients, season to taste + mix well.
6. Combine asparagus, tomatoes + chives in a medium bowl
Drizzle dressing over top, toss gently to coat

Bacon Brussels Sprouts Slaw

INGREDIENTS:

½ lb. bacon, diced
16 oz. brussels sprouts, shredded
½ red onion, diced
2 tsp. apple cider vinegar
2-3 precooked sausages (pick your preferred meat)
¼ tsp. garlic powder
salt + pepper

DIRECTIONS:

1. Place a dutch oven over med heat
2. Add bacon + cook until crispy
3. Remove with a slotted spoon + set aside
4. Add brussels sprouts, onion + apple cider vinegar to rendered bacon fat
5. Sprinkle with salt + pepper + a bit of garlic powder
6. Cook down for about 10min, stirring every couple minutes
7. Once brussels sprouts become soft, add sausage + bacon, mix + cook until sausage is hot

Cauliflower Bites

INGREDIENTS:

1 cauliflower
½ onion
5-10 Garlic Cloves
1 Egg
10 oz. cheddar cheese, grated
(optional) 1 tsp. dijon mustard
cilantro (optional)
salt + pepper

DIRECTIONS:

1. Preheat oven to 400 degrees
2. In a food processor, make the cauliflower into breadcrumbs
3. Add garlic at the same time so you don't have to use a garlic crush (You can also chop or grate)
4. Stir cauliflower + garlic mix into remaining ingredients in a bowl + spoon into a greased muffin tin
5. Bake 15-20min, until browned

RECIPES: Lunch

Chicken Bacon Rice Bowl

INGREDIENTS:

4 pieces of bacon, diced
2 garlic cloves, minced
½ yellow onion, minced
1 ½ lb. chicken, cut into 1 inch cubes
14 oz. tomatoes, diced
12 oz. green chiles, diced
1 small cauliflower, riced
½ tsp. chili powder
½ tsp. red pepper flakes
salt + pepper
green onions

DIRECTIONS:

1. Place a large dutch oven or pot over medium heat
2. Add pieces of bacon + cook until crispy, remove with slotted spoon + set aside Leave 3-4 tbsp. of bacon fat
3. Add garlic cloves, yellow onion, chicken + sprinkle with salt
4. Cook until chicken is almost cooked through, add diced tomatoes, green chiles + cauliflower + mix well.
5. Add a good amount of salt, chili powder + red pepper flakes, mix well
6. Place heat to med-low + let simmer for about 10min
7. Mix bacon pieces into the rice mixture
8. Place in bowl, garnish with salt, pepper + green onions

Chicken + Broccoli Stir Fry

INGREDIENTS:

2 c chicken, cubed
2 c broccoli florets
1 c carrots
1 red pepper
1 can water chestnuts
coconut aminos, lemon + lime juice, garlic powder, salt + pepper, red pepper flakes

DIRECTIONS:

1. Grease + heat pan over med
2. heat Thinly slice carrots + red pepper Cook chicken to almost done
3. Add veggies + all ingredients to taste Sauté until veggies are tender

Chicken Pumpkin Curry Sliders

INGREDIENTS:

1 ½ lb. ground chicken
¼ cup pumpkin puree
1 cup coconut flour
2-3 tbsp. curry powder
1 tsp. garlic powder
1 tsp. onion powder
½ tsp. salt
¼ tsp. pepper

DIRECTIONS:

1. Mix all ingredients together
2. Grease + heat pan over med heat
3. Roll medium sized meatballs by hand + place in pan, flatten to patties Once the bottom has seared, flip + gently flatten again
4. Cover + let cook for about 3min

Chipotle Chicken Salad

INGREDIENTS:

1 lb. chicken
4 stalks of celery
¼ white onion
¾ cup chipotle mayo

DIRECTIONS:

1. Chop chicken into cubes
2. Finely chop celery + onion
3. Mix together chopped chicken, celery + white onion Add mayo, mix well + chill

RECIPES: Lunch

Chipotle Lettuce Wrap

INGREDIENTS:

4 butter lettuce leaves
2 pieces sliced turkey
2 pieces of thinly sliced
ham 2 tbsp. chipotle
mayo
red onion, sliced thin
 $\frac{1}{4}$ avocado, sliced

DIRECTIONS:

1. Place 2 butter leaves on top of each other
2. Top with turkey, ham, mayo, red onion + avocado. 3. Wrap + repeat with other butter leaves

Creamy Dill Salmon (10min)

INGREDIENTS:

2 6 oz. salmon filets
 $\frac{1}{4}$ cup paleo mayo
1 tbsp. fresh dill,
minced $\frac{1}{4}$ tsp. garlic
powder
salt + pepper

DIRECTIONS:

1. Preheat oven to 450 degrees
2. Place filets on a greased baking sheet
3. In a bowl, mix together mayo, dill, garlic powder, salt + pepper
4. Sprinkle filets with salt, divide mayo mixture evenly + spread
5. over top filets Place in oven + bake for 7-8 minutes

Cilantro Pork Stir Fry

INGREDIENTS:

1 lb. pork, cooked, sliced
thin 4 garlic cloves,
chopped
1 tbsp. ginger, chopped
1 cup cilantro, chopped
 $\frac{1}{4}$ cup olive oil;
2 onions, sliced thin
1 red bell pepper, sliced
thin

DIRECTIONS:

1. Mix garlic, ginger, half the cilantro + olive oil in a bowl, add pork + put in refrigerator to marinate for an hour or two
2. Grease + heat pan over med heat
3. Sauté onions until almost translucent, add bell peppers, cook for 3min
4. Add pork mix + lime juice + the other half cilantro leaves, cook for another minute while tossing to blend the flavors
5. Sprinkle filets with salt, divide mayo mixture evenly + spread over top filets
6. Place in oven + bake for 7-8 minutes

Crab Taco Salad

INGREDIENTS:

1 lb. cooked crab
8 cups salad greens
1 avocado, sliced
 $\frac{1}{4}$ cup green onions,
 $\frac{1}{2}$ cup onion,
chopped
4 Roma tomatoes,
diced 1 garlic clove,
minced;
2 jalapeños, sliced
3 tbsp. lime juice
 $\frac{1}{2}$ cup fresh cilantro
salt + pepper

DIRECTIONS:

1. In a food processor, combine tomatoes, garlic, one jalapeño, half the cilantro + lime juice
2. Pulse a few times, season to taste + set salsa aside
3. Grease + heat pan over med heat
4. Sauté onion + one jalapeño until soft
5. Add crab + cook until warm
6. In a bowl or separate plates, top lettuce with the crabmeat,
7. avocado, green onions + remaining cilantro
Serve with salsa

RECIPES: Lunch

Creamy Zucchini + Mushroom Soup

INGREDIENTS:

1 lb. mushrooms, chopped 1 large zucchini, chopped
1 medium onion, chopped 2 garlic cloves, minced
1 tbsp. dried thyme
2 bay leaves
3 cups chicken stock
1 cup coconut milk
salt + pepper

DIRECTIONS:

1. Grease + heat pan over med heat
2. Cook onion + garlic until soft
3. Add mushrooms, thyme + bay leaves + cook for another 5min
4. Add zucchini + cook another 10-15min
5. Add chicken stock to saucepan + bring to a boil
6. Reduce heat + simmer for 5min
7. Remove bay leaves
8. Add coconut milk + let simmer for 5min, stirring frequently
9. Puree the soup with an immersion blender (or with a regular blender) until smooth

Crispy Sesame Brussels Sprouts + Creamy Curry Dipping Sauce

INGREDIENTS:

2 cups brussels sprouts, cut in half 3 tbsp. coconut oil, melted
3 tbsp. sesame oil
¼ tsp. salt
¼ tsp. garlic powder
For dipping sauce:
½ cup paleo mayo
2 tsp. curry powder
⅛ tsp. cayenne pepper

DIRECTIONS:

1. Preheat oven to 400 degrees.
2. Mix together all ingredients + coat brussels sprouts on all sides
3. Spread brussels sprouts on a baking sheet
4. Bake for 35min
5. While waiting, mix together all ingredients for dipping sauce + place in fridge to cool
6. Serve crispy brussels sprouts with dipping sauce

Garlic Shrimp + Asparagus

INGREDIENTS:

1 lb. shrimp ½ lemon,
1 asparagus bunch juiced dill to
4 cloves garlic taste
butter, to taste salt + pepper

DIRECTIONS:

1. Heat a pan over med heat
2. Melt butter, cook garlic + shrimp for 5-7min
3. Add Lemon juice, seasoning, dill, peas and asparagus and cook for 1-2 minutes with a lid to cover, so it steams

Gingered Beef Salad

INGREDIENTS:

1 lb. beef sirloin, cut into thin strips
2/3 cup ginger vinaigrette salad dressing
3 cups broccoli floret
8 cups mixed greens
1 red bell pepper, sliced thin
1 red onion, sliced thin

DIRECTIONS:

1. Heat a pan over med-high heat + warm 2 tbsp. of ginger vinaigrette
2. Add the broccoli to warm vinaigrette + cook for 3min
3. Add beef + cook another min,
4. In a salad bowl, combine mixed greens, bell pepper, onion, beef
5. and broccoli Drizzle the salad with remaining vinaigrette, toss + serve

RECIPES: Lunch

Lemon Garlic Scallops + Spinach

INGREDIENTS:

3 tbsp. garlic, minced
2 tbsp. lemon juice
3/4 cup butter
2 pounds large scallops; salt + pepper

DIRECTIONS:

1. Heat a pan over medium heat
2. Melt butter + add minced garlic until fragrant
3. Add scallops + cook for a 3-5min on the first side so they are about halfway cooked, Turn scallops + finish cooking until firm + opaque
4. Set scallops aside + add lemon juice to the hot butter + garlic in the pan
5. Plate with spinach or add asparagus and sprinkle fresh parsley or chives on top if available.

Lomi Lomi Salmon

INGREDIENTS:

1 lb. wild salmon, skinless,
cubed
2 plum tomatoes, seeded and
diced 4 scallions, sliced
¼ cup fresh cilantro, chopped
1 jalapeño, minced
2 tbsp. EVOO
1 lime, juiced

DIRECTIONS:

1. Grease + heat pan over med heat
2. Cook salmon cubes fully + let cool
3. Combine tomatoes, scallions, cilantro, jalapeño, cooked salmon, lime juice + EVOO
4. Toss gently to coat + serve cold

Pesto Stuffed Mushrooms

INGREDIENTS:

12 large crimini mushrooms, stems
removed 2 tbsp. EVOO
½ tomato, diced thin
¼ cup pesto
salt + pepper

DIRECTIONS:

1. Brush mushrooms on both sides with olive oil + season with salt + pepper
2. Heat a large skillet over med heat + cook mushrooms 5 minutes on each side, or until tender
3. Fill each mushroom with a tsp. of pesto sauce + top with diced tomato

Ratatouille Stuffed Zucchini

INGREDIENTS:

2 zucchinis, halved
lengthwise 2 tomatoes,
chopped
1 small eggplant, cubed
1 onion, chopped
2 garlic cloves, minced
parsley, to taste
salt + pepper

DIRECTIONS:

1. Using a mini ice cream scoop, remove balls of flesh from zucchinis until only shells are left + set aside
2. Preheat oven to 350 degrees
3. Grease + heat a pan over med-high heat
4. Cook onions until soft
5. Add garlic + cook 1min, add cubed eggplant + zucchini balls
6. Cover + cook 8-10min
7. Add tomatoes + cook another 5min, stirring frequently
8. Stir in parsley, salt + pepper to taste
9. Fill each zucchini shell with ratatouille
10. Bake for 10min or until shell is tender

RECIPES: Lunch

Roasted Cauliflower Soup

INGREDIENTS:

2 heads of cauliflower, cut into florets
3 garlic cloves, minced
2 shallots, minced
3 cups chicken stock
1 cup water
1 bay leaf
1 tsp. dried thyme
2 cups coconut milk
4 bacon slices, chopped (optional)
1 tbsp. coconut oil, melted
parsley, to garnish
salt + pepper

DIRECTIONS:

1. Preheat oven to 425 degrees
2. Combine cauliflower, garlic, shallots + coconut oil
3. Spread cauliflower on a roasting pan
4. Roast for 30min
5. Transfer cauliflower to a saucepan + add chicken stock + water.
6. Add thyme + bay leaf, bring to a boil over med-high heat
7. Cover saucepan + lower heat
8. Let simmer for 30min
9. Remove bay leaf
10. Puree the soup using an immersion blender or a regular blender
11. Stir in coconut milk + season to taste with salt + pepper
12. Add bacon on top, if desired

Roasted Squash + Bacon Wrapped Meatballs

INGREDIENTS:

1 large butternut squash
10 pieces of bacon
3 tbsp. fat of choice (bacon fat, coconut oil, ghee, butter, etc.)
¼ tsp. garlic powder
¼ tsp. onion powder
1 lb. ground pork
½ yellow onion, minced
2 garlic cloves, minced
salt + pepper

DIRECTIONS:

1. Preheat oven to 375 degrees.
2. Cut bulb off butternut squash + use just the end
3. Remove skin from squash, dice into bite size pieces
4. Place squash pieces on a greased baking sheet
5. Drizzle choice of fat on top + sprinkle with garlic, onion powder + salt
6. Mix together ground pork, onion, garlic cloves + salt + pepper
7. Make 10 equal sized meatballs
8. Cut all pieces of bacon in half + wrap a half piece of bacon around each meatball + the other half in the opposite direction, tuck ends of bacon underneath the meatball
9. On a second baking dish, place meatballs cut side down
10. Bake both sheets 25-30min, until butternut squash is soft

Seared Chicken + Pureed Cauliflower

INGREDIENTS:

1 large head of cauliflower, cut into florets
3 chicken thighs
3 cups button mushrooms, sliced
1 small yellow onion, chopped
1 tsp. garlic powder
salt + pepper

DIRECTIONS:

1. Cut cauliflower into florets + steam
2. Grease + heat pan over med-high heat
3. Sprinkle chicken thighs + ½ tsp. of garlic powder, salt + pepper
4. Once pan is hot, add chicken thighs + cook on both sides for 5-10min
5. Grease + heat a second pan over med heat
6. Add onions + when onions become translucent, add mushrooms, ½ tsp. of garlic powder, salt + pepper
7. Cook until mushrooms are soft
8. In food processor or blender, puree cauliflower until smooth
9. Then just stack away: cauliflower, chicken, mushrooms + onions

RECIPES: Lunch

Shrimp + Citrus Avocado Mash

INGREDIENTS:

1 lb. shrimp, cooked
2 tbsp. coconut oil
½ tbsp. garlic powder salt, to taste
For the avocado mash:
2 avocados, mashed
1 tbsp. hot sauce
1 lime, juiced
½ lemon, juiced
1 garlic clove, minced
½ red onion, minced
½ cup cilantro, chopped salt to taste

DIRECTIONS:

1. Preheat oven to 350 degrees
2. Line a baking sheet with foil for easy clean up.
3. Coat shrimp with melted coconut oil
4. Place on baking sheet + sprinkle with salt + garlic powder
5. Place in oven 10min or until they start browning
6. While shrimp bake, mix together all ingredients for avocado mash.
7. Serve shrimp with avocado mash

Smoked Salmon Salad + Cucumber Slices

INGREDIENTS:

12 oz. smoked salmon, coarsely chopped
¼ cup green onions, finely chopped
3 tbsp. paleo mayo
2 tbsp. capers (optional)
1 tbsp. fresh dill, chopped + some for garnish
1-2 cucumbers, sliced
salt + pepper

DIRECTIONS:

1. In a bowl, combine green onions, dill, capers +mayonnaise
2. Add chopped salmon + give mixture a good stir, season to taste
3. Make each cucumber slice into a small cup by scooping out the center with a small spoon, leaving the bottom intact
4. Fill each cucumber cup with salmon mixture
5. Sprinkle fresh dill, season to taste + serve

Southwest Chicken Soup

INGREDIENTS:

1 lb. chicken breasts
2 bell peppers, diced
1 large onion, diced
32 oz. chicken stock
14 oz. tomatoes, diced
4 oz. green chiles, diced
2 tsp. ground cumin
2 tsp. smoked paprika salt + pepper

DIRECTIONS:

1. Bake + shred chicken breast
2. Add chicken stock, diced tomatoes, diced chilies in a pot
3. Sauté remaining veggies in a pan, once tender, add to the pot
4. Add remaining spices + chicken
5. Heat thoroughly

RECIPES: Lunch

Spicy Egg Drop Soup

INGREDIENTS:

32 oz. chicken broth, thai ginger
flavored (Swanson's brand)
3 eggs, whisked
¼ onion, thinly sliced
garlic powder
salt + pepper

DIRECTIONS:

1. Bring chicken broth to a boil
2. Add all ingredients (except eggs)
3. Drizzle small spoonfuls of egg into broth

Sweet Potato Basil Soup

INGREDIENTS:

2 sweet potatoes,
diced ½ yellow
onion, sliced
14 oz. coconut milk
1 cup veggie broth
2 garlic cloves,
minced
1 tbsp. dried basil
salt + pepper

DIRECTIONS:

1. Place all ingredients in crockpot
2. Mix well
3. Cook 3 hours on high, stirring occasionally
4. Use a hand blender, blender, or food processor + puree mixture until smooth

Turkey Bowl

INGREDIENTS:

1 lb. ground turkey ½ tbsp. garlic
½ onion, minced powder 1 avocado
1 tbsp. hot sauce 1 tbsp. lime juice
14 oz. diced tomatoes

DIRECTIONS:

1. Grease + heat pan over med heat
2. Cook turkey until no pink left + onion until it become
3. translucent Add hot sauce, tomatoes + spices + mix
4. well
Mash avocado + lime juice + serve over turkey

Warm Broccoli + Carrot Slaw

INGREDIENTS:

2 cups broccoli,
shredded 2 cups
carrots, shredded
2 cloves garlic, minced
salt + pepper

DIRECTIONS:

1. Grease + heat pan over med-high heat
2. Add garlic to pan + cook until lightly golden
3. Add broccoli + carrots + cook until soft but still crunchy,
4. 5-6min Season to taste with salt + pepper

RECIPES: Dinner

Asian Marinated Crockpot Beef Spare Ribs

INGREDIENTS:

4-6 lb. beef short ribs
1 lime, juiced
3 tbsp. coconut aminos
2 tbsp. white wine vinegar 1 tbsp. raw honey
1 tbsp. sesame oil
2 tbsp. ginger, grated
1 tsp. sriracha
2 tbsp. sesame seeds
salt + pepper

DIRECTIONS:

1. Place spare ribs in a large baking dish
2. Mix all ingredients together in a bowl, other than the ribs
3. Pour marinade over ribs
4. Cover + place in fridge to marinate for 8+ hours
5. Place ribs in crockpot
6. Pour extra marinade on top
7. Turn crockpot to low + cook for 6-8 hours or until meat is tender + falls off the bone

Baked Garlic Mushroom Chicken

INGREDIENTS:

1 ½ lb. chicken
8 oz. cremini mushrooms, sliced
1 c chicken broth
8 garlic cloves, peeled + smashed ¼ tsp. onion powder
¼ tsp. ground sage
1/8 tsp. cayenne pepper
salt + pepper

DIRECTIONS:

1. Preheat oven to 375
2. Grease + heat pan over high heat
3. Sear each chicken breast for 2min per side, remove + put in
4. baking dish In same pan, sauté garlic for 1min
5. Add mushrooms + broth, stir + simmer for 1-2min
6. Add mushroom sauce to chicken
7. Bake 15-18min, until no longer pink

Baked Halibut + Bacon Herb Butter

INGREDIENTS:

1 pound halibut, cut in half
1 tbsp. olive oil
1 tsp. lemon juice
1/8 tsp. cayenne pepper
3 tbsp. butter
1 cooked piece of bacon, finely minced
2 tsp. dried parsley
1 tsp. dried basil
garlic powder, to taste
salt + pepper

DIRECTIONS:

1. Preheat oven to 375 degrees.
2. Place halibut on a rimmed baking sheet lined with parchment paper
3. Sprinkle with a bit of olive oil + lemon juice, cover with cayenne pepper + salt + pepper.
4. Bake for 15-20min, unless fish is flaky
5. While fish bakes, cook bacon, if needed + mix together butter, bacon, parsley, basil, garlic powder, salt + pepper in a small bowl, until well combined
6. Once fish is done, top with butter

RECIPES: Dinner

Baked Salmon With Lemon + Thyme

INGREDIENTS:

32 oz. salmon
1 lemon, sliced thin 1 tbsp. capers
salt + pepper
1 tbsp. fresh thyme olive oil, drizzle

DIRECTIONS:

1. Line a rimmed baking sheet with parchment
2. paper Place salmon, skin down
3. Season with salt + pepper
4. Arrange capers on salmon
5. Top with sliced lemon + thyme
6. Place in cold oven, turn heat to 400
7. Bake for 25min

Baked Tuna Stuffed Portobello

INGREDIENTS:

2 portobello mushroom
caps 2 cans tuna
cayenne pepper
¼ tsp. garlic powder
2 tbsp. capers

DIRECTIONS:

1. Preheat oven to 450
2. Mix all ingredients; then stuff into
3. Portobello caps Lightly grease a baking
4. sheet for mushrooms
Bake for 15-20min

Beef Stroganoff

INGREDIENTS:

2 lb. beef chuck roast or sirloin cut into
strips 6 oz. mushrooms, sliced
4 green onions, sliced;
1 cup beef stock
1/3 cup coconut milk
1/3 cup white wine (optional)
½ tbsp. tapioca starch (optional)
1 tsp. Dijon mustard
salt + pepper, to taste

DIRECTIONS:

1. Season beef strips to taste with salt + pepper to taste
2. Grease + heat pan over med-high heat + brown beef for 1-2min
3. Add green onions + cook for another 4min
4. Add white wine + bring to a boil;
5. Turn down heat + cook, uncovered, until liquid is reduced by half
6. Add beef stock + bring to a boil
7. Lower heat + simmer for 45 min or until beef is cooked through but
still tender 8. Add mushrooms + coconut milk to the skillet + cook for
another 5min
9. (Optional) If you like a thicker sauce, add tapioca starch now + stir it
in well
10. Season to taste again + serve

RECIPES: Dinner

Brisket Chili

INGREDIENTS:

1 lb. brisket, cut into small cubes
2 yellow onions, chopped
1 green bell pepper, diced
1 cup carrots, diced
4 garlic cloves, minced
3 tbsp. ancho chile powder
1 tbsp. dried oregano
1 tbsp. ground cumin
¼ tsp. cayenne pepper
28 oz. tomatoes, diced
6 oz. tomato paste
balsamic vinegar
salt + fresh pepper

DIRECTIONS:

1. Grease + heat pan over med heat
2. Add onions, garlic + cook until soft + fragrant, about 6min
3. Add carrots + bell peppers + cook for another 6min
4. Add chile powder, oregano, cumin, cayenne + season to taste with salt + pepper + cook for 1-2min
5. Stir in tomatoes + tomato paste
6. Add brisket cubes + bring to a boil
7. Reduce heat to low
8. Simmer, covered, until brisket is tender + sauce is flavorful, about 30min
9. Season again to taste with salt + pepper + add a dash of vinegar

Buffalo Chicken “Pasta”

INGREDIENTS:

1 large spaghetti squash
1 lb. chicken breast, cubed
2 garlic cloves, minced
½ sweet onion, finely chopped
1 large carrot, finely chopped
2 stalks of celery, finely chopped
½ cup hot sauce
green onions, chopped, to garnish sprinkle of red pepper flakes
2/3 cup paleo mayo

DIRECTIONS:

1. Prepare spaghetti squash
2. Grease + heat pan over med heat
3. Cook chicken to brown with a bit of salt + pepper
4. Once chicken has browned, remove from pan + place in a bowl
5. In same pan, add garlic, onion, carrot + celery
6. Sprinkle with a bit more salt
7. Once onion has become translucent, remove from heat
8. Add the spaghetti squash threads to the pan, with chicken, mayo + hot sauce
9. Mix together + sprinkle with a bit more salt + pepper
10. Garnish with green onions + red pepper flakes

Chicken + Delicata Squash

INGREDIENTS:

2 delicata squash
4 chicken breasts, cut into cubes 6 oz.
button mushrooms, sliced
1 medium onion, finely diced
1 large carrot, finely diced;
2 celery stalks, finely diced
2 tbsp. Paleo cooking fat, melted; 2 garlic cloves, minced
14 oz. coconut milk;
¼ cup parsley, chopped
1 tbsp. tapioca starch (optional) salt + pepper

DIRECTIONS:

1. Prepare squash the same way as spaghetti squash
2. Grease + heat pan over med heat
3. Sauté onion, garlic, carrot + celery until soft
4. Add chicken + cook until done
5. Add mushroom + cook for another 1-2min
6. Add coconut milk, parsley, salt + pepper to taste. Give everything a good stir; at this point, if sauce is not thick enough for your taste, add tapioca starch
7. Once squash is ready, let it cool, until it's just cool enough to handle + scrape out flesh + set aside
8. Add a generous amount of squash each bowl. Top with creamy chicken sauce + serve

RECIPES: Dinner

Coconut Ginger Mushroom Chicken

INGREDIENTS:

1 lb. chicken thighs
1 can coconut milk
3 tbsp. ginger, grated
1 package shitake mushrooms, sliced 1 package crimini mushrooms, sliced 2 garlic cloves, minced
½ sweet onion, thinly chopped
1 tsp. garlic powder
1 tsp. onion powder
salt + pepper

DIRECTIONS:

1. Grease + heat pan over med heat
2. Cook onions + garlic until onion becomes translucent
3. Add coconut milk + mushrooms to begin to cook down.
4. Reduce heat + let simmer
5. Once mushrooms are tender, use grater for fresh ginger directly into pan + mix together
6. Add salt + pepper + cover to let cook
7. Heat another pan over med-high heat
8. Season chicken thighs with salt, pepper, garlic + onion powder
9. Add chicken thighs to pan + cook on both sides 4-6min
10. Once chicken is almost done, add them directly to your coconut milk pan, cover + let cook about 3-5min

Coconut Lime Chicken Soup

INGREDIENTS:

2 lb. cooked chicken 1 lime
15 oz. *For thai
coconut milk seasoning: 1/2
3 cups chicken tsp. curry powder
broth ¼ cup lime 1/4 tsp. cinnamon
juice 1/4 tsp. ginger
3 medium carrots 1/4 tsp. chili
1 cup broccoli, powder 1/4 tsp.
1 cup rutabaga, paprika
2 tsp. thai 1/4 tsp. salt
seasoning*

DIRECTIONS:

1. Cut chicken into cubes
2. Shred carrots, broccoli + rutabaga
3. Combine chicken broth, coconut milk, lime juice, Thai seasoning, shredded veggies, salt, pepper + chicken pieces in a large saucepan
4. Bring soup to a boil + reduce heat
5. Let simmer, covered, for 15min or until the vegetables are getting slightly tender
6. Serve warm, with lime wedges

Cod + Italian Style Salsa

INGREDIENTS:

4 cod fillets 1 tbsp. EVOO
2 limes, quartered 1 tbsp. balsamic
Ingredients for vinegar
salsa:
4 plum tomatoes
2 green onions,
12 black olives,
pitted 2 garlic
cloves, minced 2
tbsp. parsley

DIRECTIONS:

1. Dice tomatoes, slice onions + chop olives
2. In a bowl, combine all salsa ingredients + season to taste with salt
3. + pepper Cover + chill until ready to serve
4. Grease + heat pan over med-high heat
5. Fry cod for 2-3min. on each side, or until the fish easily breaks
6. with a fork Top with the salsa +serve with a slice of lime
7. *Any white fish works for this dish*

RECIPES: Dinner

Crab Stuffed Mushrooms

INGREDIENTS:

16 crimini mushrooms ½ onion, minced
1 cup crabmeat
2 tbsp. paleo mayo
½ tsp. lemon juice
½ tsp. dried oregano ½ tsp. salt
¼ tsp. dried thyme

DIRECTIONS:

1. Preheat oven to 350
2. Remove stems, hollow inside of mushroom cap,
3. set aside Grease + heat pan over med heat
4. Cook stems + onions until tender
5. Combine crab, mayo, lemon juice, spices, salt
6. Add in sautéed veggies
7. Fill each mushroom cap
8. Bake mushrooms for 15-18min

Creamy Avocado + Spinach Chicken “Pasta”

INGREDIENTS:

1 spaghetti squash
2 avocados,
6 cups spinach
1 lb. chicken, diced
½ yellow onion, diced ½ cup basil
3 garlic cloves, minced juice of 1 lemon
1 tbsp. parsley
1 tbsp. thyme
1 tbsp. garlic powder salt + pepper

DIRECTIONS:

1. Prepare spaghetti squash
2. Grease + heat pan over med heat
3. Add two minced garlic cloves + spinach, let spinach wilt down + add it to food processor
4. In same pan, add diced chicken + onion to cook down
5. Mix in ½ tbsp. parsley, thyme, garlic powder, salt + pepper to pan
6. While chicken cooks down, add 2 avocados to food processor with lemon, basil, ½ tbsp. parsley, thyme, garlic powder, salt + pepper
7. Puree until smooth
8. Scrape out flesh from squash + add chicken
9. Top off with spinach + avocado sauce
10. Mix thoroughly + top with a bit of basil

Dinner Breakfast Hash

INGREDIENTS:

4 slices of bacon, diced
1 poblano pepper, diced
¼ yellow onion, diced
1 large sweet potato, shredded
5-6 baby portobello mushrooms,
sliced 2 chicken italian sausage
links, diced
1 tsp. garlic powder
¼ tsp. smoked paprika
salt + pepper, to taste
4 eggs
hot sauce, to garnish

DIRECTIONS:

1. Cook diced bacon, until it begins to brown
2. Once bacon is half way cooked, add diced poblano pepper, yellow onion + sweet potato
3. Mix together + cover to help steam sweet potato
4. After 6-8min of cooking, add in mushrooms, chicken sausage, garlic powder, smoked paprika, salt + pepper
5. Mix well, cover again + let cook for 7-9min, being sure to mix frequently
6. Once everything is nice + toasty, use a spoon to press four spots into your hash mix
7. Crack an egg into each spot + add a tbsp. of water to the pan + cover to steam the eggs
8. Let steam until eggs are cooked to preference

RECIPES: Dinner

Flaky Sriracha Cod + Parsnip Carrot Mash

INGREDIENTS:

2 parsnips, peeled
2 large carrots, peeled
¾ cup paleo mayo
3 tbsp. sriracha
1 tsp. red pepper flakes ¼ tsp. chili powder
1 lb. cod, cut into 4
¼ cup veggie broth green onions, to garnish

DIRECTIONS:

1. Preheat oven to 400 degrees
2. Cut carrots + parsnips into pieces, coat lightly with coconut oil + sprinkle with salt and place in oven
3. Bake for 20-25 minutes until soft
4. Mix mayo with sriracha, red pepper flakes + chili powder
5. Place cod on parchment paper lined baking sheet
6. Spread sriracha mayo onto each piece
7. Remove veggies from oven
8. Reduce oven heat to 350 degrees
9. Bake fish for 10-15min or until flaky
10. Place carrots + parsnips in food processor or blender
11. Add veggie broth, salt + pepper
12. Puree until as smooth as possible.
13. Place flaky fish over parsnip carrot puree + top with green onions

Green Chile Chorizo Cauliflower Casserole

INGREDIENTS:

1 pound chorizo
1 yellow onion, diced
12 oz. diced green chiles
1 cauliflower, cut into florets ½ tsp. garlic powder
4 eggs, whisked
lots of salt + pepper
diced green onions

DIRECTIONS:

1. Preheat oven to 375 degrees
2. Heat large pan over med heat
3. Cook chorizo + yellow onion
4. Once meat is fully cooked through, add diced green chiles + mix well
5. After everything is mixed, remove from heat and add to a large bowl.
6. Using a food processor with shredding attachment, add cauliflower florets + puree until you get "rice"
7. Place cauliflower rice in bowl
8. Add garlic powder, whisked eggs, lots of salt + pepper to bowl + mix well
9. Add mixture to a greased 9×13 glass baking dish
10. Bake for 45min
11. Let set for 5min
12. Top with diced green onions

RECIPES: Dinner

Jambalaya

INGREDIENTS:

2 andouille sausage, sliced
2 chicken breasts
2 garlic cloves, minced
1 yellow onion, diced
1 bell pepper, diced
1 cauliflower, riced
6oz. tomato paste
14oz. diced tomatoes
1 cup chicken broth
1 tsp. paprika
1 tsp. dried oregano
½ tsp. dried thyme
½ tsp. dried parsley
½ tsp. cayenne pepper

DIRECTIONS:

1. Dice all veggies + throw cauliflower in food processor with shredding attachment to rice the cauliflower
2. Heat a large pot over med-high heat
3. Melt 1 tbsp. coconut oil
4. Add garlic until it becomes fragrant, then add onion + bell pepper
5. Once onion is translucent, add cauliflower, broth, chicken + sausage
6. Mix well, cover + let cook about 5min
7. Add tomatoes, tomato paste + spices
8. Stir well, cover + cook for another 5-8min or until cauliflower is tender + meats are cooked through
9. *Try subbing sausage with shrimp*

Mini Buffalo Chicken Meatloaf

INGREDIENTS:

1lb. ground chicken
1 egg
3 tbsp. coconut flour 3-4 tbsp. hot sauce
2 celery stalks, diced
¼ yellow onion, diced
1 tsp. garlic powder
½ tsp. cayenne pepper ¼ tsp. celery salt

DIRECTIONS:

1. Preheat oven to 375 degrees.
2. Place all ingredients in a bowl + use your hands to mix thoroughly
3. Plop mixture into two mini loaf pans
4. Bake for 25-35 or until chicken is completely cooked through
5. Use the poke technique - if it sinks in, like it's uncooked, it probably is

Portobello Pizza

INGREDIENTS:

4 Roma tomatoes
4 portobello mushrooms
4 garlic cloves, minced
salami slices (or pepperoni slices)
1 bell pepper
1 onion, chopped
4 basil leaves, minced
½ lemon, juiced
salt + pepper

DIRECTIONS:

1. Preheat oven to 400 F degrees
2. Grease + heat pan over med heat
3. Add onion + cook until golden
4. Add diced tomatoes, garlic, chopped bell pepper + season to taste
5. Sauté until tomatoes are soft
6. Add lemon juice + fresh basil, stir well + remove from heat
7. Grease a baking sheet + place mushrooms bottom side up
8. Add a slice of salami on top
9. Top with ingredients from pan
10. Bake for 12min

RECIPES: Dinner

Pizza Spaghetti Pie

INGREDIENTS:

1 large spaghetti squash 1 lb. italian sausage
½ yellow onion, diced
1 cup pizza sauce
1 tsp. dried basil
salt + pepper
3 eggs, whisked

DIRECTIONS:

1. Prepare spaghetti squash
2. Once squash is done, remove threads + place in 8×8 greased baking dish
3. Heat a large pan over med heat
4. Add italian sausage + onion, cook until no more pink in the sausage + it is broken up into pieces
5. Add pizza sauce, dried basil, salt + pepper to pan + mix well
6. Add sausage mix to 8×8 dish and mix well with spaghetti squash threads
7. Add whisked eggs to baking dish + mix everything together until you can no longer see the eggs
8. Bake for 1 hour or until the top of the mixture forms a slight crust that doesn't give when you press on it in the middle of the dish
9. Let rest for 5min before serving

Pumpkin Chicken Chili

INGREDIENTS:

3 lb. chicken, cooked
3 cups pumpkin puree
2 cups bell peppers
2 cups red onion,
3 jalapenos
1 cup chicken stock
28 organic tomatoes with juice,
diced 6 oz. tomato paste
1 garlic clove, minced

3 tbsp. chili powder
2 tbsp. pumpkin pie spice 2 tbsp.
cilantro, diced
1 tbsp. cocoa powder
1 tsp. ground coriander
½ tsp. salt
1 cinnamon stick

DIRECTIONS:

1. Cut chicken into cubes
2. Dice bell peppers, red onions + jalapenos
3. Grease crockpot with coconut oil, turn to high heat
4. Sauté onions until lightly brown, add bell peppers, jalapenos, garlic + cook for 5min
5. Add veggies, chicken, chicken stock, tomatoes, tomato paste, chili powder, pumpkin pie spice, coriander, salt, cinnamon stick to crockpot, simmer for 30min
6. Stir in pumpkin, cilantro, cocoa powder, cook for additional 5-10min
7. Reduce heat to low until ready to eat

RECIPES: Dinner

Pumpkin Cream Chicken Casserole

INGREDIENTS:

1-1.5 lb. chicken breasts, chopped into 1 inch cubes
1 spaghetti squash
1 cauliflower, chopped
1 large can pumpkin puree
½ can coconut milk
3 garlic cloves, minced
½ yellow onion, diced

1 tsp. garlic powder
1 tsp. onion powder
½ tsp. cinnamon
¼ tsp. nutmeg
salt and pepper, to taste

DIRECTIONS:

1. Preheat your oven to 425 degrees
2. Chop cauliflower + put it in a baking dish topped with a little bit of coconut oil, salt + pepper
3. Prepare spaghetti squash + roast with cauliflower for 20-30min
4. While squash + cauliflower are cooking, heat a large pan over med-high heat + grease with coconut oil
5. Add minced garlic, once garlic is fragrant, add onions + cook until translucent
6. Add cubed chicken to onions, cover + let steam for 5min
7. Once the chicken is about ¾ cooked, add pumpkin puree, coconut milk, + all spices directly to pan
8. Mix thoroughly + taste to see if any more spices or salt are needed
9. Once your squash + cauliflower are done cooking, de-thread spaghetti squash into a 9x11 glass baking dish, add roasted cauliflower + chicken mix to the dish
10. Cook about 5min under the broiler, getting a little dark on the top.
11. Remove from oven + let sit for 10min

Shrimp + Garlic + Artichoke Pasta

INGREDIENTS:

1 spaghetti squash
1 lb. shrimp
2 garlic cloves, minced
½ cup artichoke hearts,
chopped 2 tbsp. capers

DIRECTIONS:

1. Prepare spaghetti squash
2. Grease + heat pan over med heat
3. Sauté shrimp until it begins to turn opaque
4. Add garlic, artichokes + capers; cook until shrimp
5. is done Serve over squash "noodles"

Southwest Meatballs + Creamy Cilantro Sauce

INGREDIENTS:

For the meatballs:
1 lb. ground turkey
¼ small red onion, minced
½ red bell pepper, finely chopped
2 garlic cloves, minced
½ jalapeño, minced
1 tsp. cumin
½ tsp. chili powder
¼ tsp. paprika

handful of cilantro, roughly chopped
½ lime, juiced
1 tsp. lemon juice
¼ jalapeño, minced
½ tsp. cayenne pepper
¼ tsp. cumin
¼ cup paleo mayo

For the sauce:
1 avocado

DIRECTIONS:

1. Preheat oven to 375 degrees
2. Grease an 8x8 glass baking dish
3. Place all ingredients for the meatballs into a bowl + use your hands to mix together
4. Using a cookie scoop, scoop out each meatball + form into balls (this should make about 18 small meatballs)
5. Place each meatball into the greased baking dish
6. Bake for 20-25min
7. While the meatballs cook, create the dipping sauce by placing everything for the sauce, except for the mayo, into a food processor
8. Puree until smooth
9. Once smooth, add mayo + puree once more until well combined

RECIPES: Dinner

Spinach + Mushroom Chicken

INGREDIENTS:

4 boneless skinless chicken breasts;
3 cups baby spinach;
2 cups mushrooms, sliced;
3 green onions, sliced;
2 tbsp. pecans, chopped;
2 tsp. paprika;
1 tsp. onion powder;
½ tsp. garlic powder;
1 tsp. dried thyme;
Cooking fat;
Sea salt and freshly ground black pepper;

DIRECTIONS:

1. Preheat grill to a medium-high heat.
2. Combine the paprika, onion powder, garlic powder and dried thyme in a small bowl. Season with salt and pepper to taste.
3. Sprinkle the chicken with the seasoning mixture.
4. Grill the chicken for 10 to 15 minutes per side on the preheated grill.
5. Melt some cooking fat in a large skillet and sauté the spinach, mushrooms, onions, and pecans until the mushrooms are tender. Set aside and keep warm.
6. Top each chicken breast with the spinach mixture to serve.

Taco Salad

INGREDIENTS:

1 lb. ground beef
1 head romaine lettuce
3 Roma tomatoes,
5 green onions
1 bell pepper
1 cucumber
½ - 1 cup Catalina dressing *
4 tbsp. taco seasoning*
*Ingredients for Catalina dressing:
1 cup of EVOO
½ cup ketchup
½ cup red wine vinegar
½ cup onion powder
1 tsp. paprika
½ tsp. worcestershire sauce
*Ingredients for taco meat seasoning:
2 tbsp. chili powder
2 tsp. paprika
1 tsp. onion powder
1tsp. garlic powder
2 tsp. ground cumin
1 tsp. dried oregano

DIRECTIONS:

1. In a medium bowl, combine all Catalina sauce ingredients + season with salt + pepper to taste (for a smoother sauce, combine in a food processor)
2. In a small bowl, combine all taco seasoning ingredients, season again with salt + pepper to taste
3. Grease + heat pan over med-high heat
4. Cook ground beef until well done
5. When beef is almost done, add taco seasoning + mix well, making sure all meat is covered.
6. Chop romaine lettuce bell pepper + cucumber
7. Dice Roma tomatoes + slice green onions
8. In a big salad bowl, combine the bell peppers, cucumbers, tomatoes, green onions + beef
9. Top with Catalina dressing

Turkey Kale Burgers

INGREDIENTS:

1 lb. turkey breast, minced
1 cup kale, chopped
1 onion, chopped
2 tbsp. worcestershire sauce
2 tbsp. tomato puree
½ cup coconut flour
2 tbsp. parsley salt + pepper

DIRECTIONS:

1. Mix all ingredients together + form into patties
2. Cook in a skillet on medium until browned 10 minutes on each side.

RECIPES: Dinner

Tuscan Chicken Skillet

INGREDIENTS:

1 lb. chicken breast tenderloins
1 onion, diced
3 cloves garlic, minced
12 oz. mushrooms, sliced
½ cup sun-dried tomatoes,
chopped 15 oz. fire-roasted
tomatoes, diced
1 tsp. oregano
½ tsp. thyme
salt + pepper

DIRECTIONS:

1. Grease + heat pan over med-high heat
2. Add chicken + brown for 3min on each side
3. Remove chicken and set aside
4. Grease pan again over med heat
5. Add sliced mushrooms in a single layer + brown for 2-4min per side
6. Remove mushrooms + set aside
7. Add onion + cook until soft
8. Add sun-dried tomatoes + sauté for 2-3min
9. Stir in diced tomatoes, oregano, thyme, + season with salt + pepper to taste
10. Transfer chicken back to the pan
11. Cover + cook until chicken is cooked through, about 10-12min
12. Return mushrooms to the pan, combine well, adjust the seasoning if needed, and serve.

RECIPES: Sides/Extras

Baked Kale Chips

INGREDIENTS:

2 bunches of kale, remove stems
2 tbsp. coconut oil, melted
seasonings of choice

DIRECTIONS:

1. Preheat oven to 350
2. Wash leaves thoroughly
3. Dry WELL!
4. Tear leaves into medium sized “chips”
5. Mix or spray with coconut oil
6. Add seasonings of choice
7. Lay flat on baking tray
8. Bake for 8-10min

Baked Sweet Potato Fries

INGREDIENTS:

2 large sweet potatoes
2 tbsp. coconut oil,
melted salt + pepper
cinnamon

DIRECTIONS:

1. Preheat oven to 400
2. Peel sweet potatoes
3. Cut into even matchsticks
4. Place on foil lined bake tray
5. Toss with remaining ingredients to taste
6. Bake for 30min

RECIPES: Sides/Extras

Brussels Sprout Salad

INGREDIENTS: DIRECTIONS:

- | | |
|---|--|
| 1 lb. brussel sprouts | 1. Grease + heat pan over medium heat |
| 2 tbsp. olive oil | 2. Cut brussels sprouts in half, lightly cook 3-4min each side |
| ½ tsp. apple cider vinegar ½ tsp. dijon mustard | 3. For dressing, mix olive oil, apple cider vinegar, dijon mustard, salt + pepper to taste |
| salt + pepper | |

Cauliflower Fried “Rice”

INGREDIENTS:

- 1 head of cauliflower
- 4 Tbsp. coconut oil
- 4 carrots, chopped
- 1 small onion, chopped
- 2 Tbsp. garlic, chopped
- 4 eggs, whisked
- 6 Tbsp. coconut aminos
- 1/2 tsp. sesame oil
- 1/2 tsp. fish sauce
- salt + pepper to taste

DIRECTIONS:

1. Chop cauliflower into florets
2. Grate cauliflower on large side of a cheese grater or use food processor until rice sized *DO NOT over process
3. Grease + heat pan over med heat
4. Sauté carrots, onion + garlic 2-3min, set aside in large bowl
5. Scramble eggs with salt + pepper to taste, add to bowl
6. Cook “rice” 5-7min on med-high heat
7. Add veggie + egg mixture to pan + combine well
8. Add sesame oil, coconut aminos + fish oil + combine well

Cauliflower Lime Cilantro

INGREDIENTS:

- 1 cauliflower, chopped
- 1 lime, juiced
- 2 garlic cloves, minced
- ½ cup cilantro, chopped
- 1 tsp. cumin
- 1 avocado, diced
- salt + pepper

DIRECTIONS:

1. Preheat oven to 425 degrees
2. In a bowl, combine the cauliflower, lime juice, garlic, cilantro, cumin, + season with salt + pepper to taste
3. Place the cauliflower mixture in a baking dish + bake for 15min
4. Top with chopped avocado

Coconut Flour Tortilla

INGREDIENTS:

- ¼ c coconut flour
- 8 large Egg Whites
- ¼ tsp. baking powder
- ½ cup water
- coconut oil

DIRECTIONS:

1. Whisk all ingredients together
2. Grease + heat pan over med heat
3. Add 3 tbsp. of batter in pan + tilt pan around to spread batter into a thin tortilla
4. Once golden brown, flip carefully + cook until golden brown

RECIPES: Sides/Extras

Cream Of Zucchini Soup

INGREDIENTS: DIRECTIONS:

- | | |
|--|--|
| <p>3 medium zucchinis, skin on, cut in large chunks
1 onion, quartered
2 garlic cloves
4 cups chicken stock
2 tbsp. coconut milk
salt + pepper</p> | <ol style="list-style-type: none">1. Grease + heat pan over med heat2. Add onion + zucchinis + cook 4-5min3. Add chicken stock, season to taste with salt + pepper, bring to a boil4. Lower heat, cover + let simmer until zucchinis are tender, about 20min5. Remove from heat, add coconut milk, + purée with an immersion blender (or pour into a standalone blender).6. Adjust the seasoning and serve hot. |
|--|--|

Creamed Spinach

INGREDIENTS:

24 oz. spinach
1 onion, finely diced
3 garlic cloves, finely minced
2 cups coconut milk
¼ tsp. nutmeg
¼ tsp. cayenne pepper
2 tbsp. tapioca starch
3 tbsp. butter
salt + pepper

DIRECTIONS:

1. Melt butter in pot over med heat
2. Slowly whisk in tapioca starch + cook
3. about 5min Add onion + garlic, cook for
4. 1min
5. Add all spinach and cook until soft
6. Add coconut milk, nutmeg + cayenne
7. pepper
Stir well + cook another 5min
Season to taste with salt + pepper and serve

Creamy Mushroom Stew

INGREDIENTS:

1 lb. mushrooms, chopped
¼ cup of butter
2 onions, chopped
4 cloves garlic, minced
1 tbsp. thyme
¼ cup red wine
½ cup coconut milk
2 green onions, chopped
salt + pepper to taste

DIRECTIONS:

1. Rinse + remove stems from mushrooms
2. Melt butter in pan on med heat
3. Add onions + garlic, cook until they begin to brown
4. Add mushrooms + season to taste with salt + pepper
5. After cooking for a few minutes you will notice that they let off moisture, continue cooking until this moisture evaporates entirely
6. Add wine + coconut milk + stir well
7. Once the stew has simmered for a few minutes, add thyme, green onions + adjust salt + pepper seasoning.
8. Allow to sit on a low heat for a few more minutes to thicken

RECIPES: Sides/Extras

Grilled Cilantro Lime Sweet Potatoes

INGREDIENTS: DIRECTIONS:

- | | |
|---------------------------------|--|
| 3 sweet potatoes | 1. Boil potatoes until tender |
| salt + pepper | 2. Let cool, slice into eighths lengthwise |
| 2 tsp. lime zest, finely grated | 3. Preheat grill to medium |
| cayenne pepper | 4. Mix salt, lime zest, cayenne pepper |
| ¼ c chopped cilantro | 5. Brush potatoes with oil, and season |
| coconut oil (melted or spray) | 6. Grill on all sides until golden brown, 3-4min each side |

Lemon Garlic Roasted Mushrooms

INGREDIENTS:

- ½ cup avocado oil
- 3 tbsp. lemon juice
- 6 garlic cloves
- ½ tsp. salt
- 3-4 portobello mushroom

DIRECTIONS:

1. Remove gills + stems from mushrooms; wipe cap clean
2. Press garlic cloves through a garlic press
3. Mix all ingredients into a large Ziploc bag; lay flat to marinate mushrooms for 60min
4. Preheat oven to 400
5. Remove from marinade; wrap each one in foil
6. Cook in baking dish for 25min
7. Let cool for 10min in foil

Mashed Cauliflower

INGREDIENTS:

- 1 head cauliflower
- 5 garlic cloves, minced
- 1 tbsp. chives, chopped salt + pepper

DIRECTIONS:

1. Steam cauliflower 7-9min
2. Drain cauliflower
3. Mix all ingredients in bowl and mash by hand or place in food processor
4. Add grass fed butter to taste (if needed)

Mixed Veggie Sauté

INGREDIENTS:

- kale or spinach
- veggies of choice
- coconut oil
- spices of choice

DIRECTIONS:

1. Get creative! Try different veggies with different spices; the options are unlimited!
2. Grease pan with coconut oil
3. Sauté all on medium heat

RECIPES: Sides/Extras

Pumpkin Apple Spice Soup

INGREDIENTS: DIRECTIONS:

- | | |
|--|---|
| <ul style="list-style-type: none">6 cups pumpkin flesh, cut into cubes;2 onions, chopped (about 2 cups);1 cup carrot, peeled and chopped;2 cups apple chunks, peeled and cored;4 garlic cloves, minced;4 cups chicken stock;½ cup full-fat coconut milk;½ tsp. dried thyme¼ tsp. ground sage;1 tbsp. smoked paprika;½ tsp. ground cumin;1 pinch cayenne pepper;1 pinch cinnamon;2 tbsp. Paleo cooking fat;Sea salt and freshly ground pepper to taste; | <ul style="list-style-type: none">1. Heat some cooking fat in a large saucepan over a medium-high heat.2. Add the onions and garlic. Cook for 3-4 minutes, until softened.3. Add the pumpkin, carrot, and apple, and cover with the chicken stock.4. Add the cumin, thyme, sage, paprika, cayenne pepper and season with salt and pepper to taste.5. Bring the soup to a boil, then lower the heat to medium and let it simmer 30 to 40 minutes or until the vegetables are soft.6. Using a food processor, process in batches to the consistency of a purée.7. Bring the soup back to the saucepan. Add the coconut milk, combine and season again with salt and pepper to taste. Warm up the soup again a little bit.8. Add a pinch of cinnamon over top before serving. |
|--|---|

Roasted Broccoli (or Cauliflower or Both!)

INGREDIENTS:

2 bunches of broccoli (or cauliflower) 5
garlic cloves, diced
coconut oil
salt + pepper

DIRECTIONS:

- 1. Preheat oven to 400
- 2. Cut broccoli into florets
- 3. Mix all ingredients together
- 4. Evenly layer onto foil lined
- 5. bake tray Roast 30-35min
- 6. Flip contents every 10min

Spaghetti Squash

INGREDIENTS:

1 spaghetti squash coconut oil
salt + pepper
garlic powder

DIRECTIONS:

- 1. Place squash in microwave for 2min to
- 2. soften Cut in half long way
- 3. Remove seeds
- 4. Coat halves lightly with oil
- 5. Add salt + pepper, garlic
- 6. Microwave for 12-15min

RECIPES: Sides/Extras

Zucchini + Squash Sauté

INGREDIENTS: DIRECTIONS:

- | | |
|-------------------------|---|
| ½ yellow onion, diced | 1. slice zucchinis + yellow squash |
| 2 garlic cloves, minced | 2. grease pan with coconut oil |
| 2 zucchinis | 3. cook onion until tender |
| 2 yellow squash | 4. add zucchini + yellow squash, vinegar, lemon juice and |
| coconut vinegar | 5. spices to taste cook until tender |
| lemon juice | |
| spices to taste | |

RECIPES: Condiments

Barbecue Sauce (about 1½ cups)

INGREDIENTS:

- | | |
|---------------------------|------------------------|
| 16 oz. tomato sauce | ½ tbsp. onion powder |
| 2 tbsp. tomato paste | ½ tbsp. ground mustard |
| 1 cup water | 1 tsp. paprika |
| ½ cup apple cider vinegar | 1 tbsp. lemon juice |
| 5 tbsp. raw honey | |
| ½ tbsp. pepper | |

DIRECTIONS:

1. Place all ingredients in a medium saucepan over med-high heat + stir to combine
2. Taste + adjust seasonings to your liking
3. Bring just to a boil
4. Reduce heat to low + allow to simmer for 1 hour or until thickened to your liking

Ginger Vinaigrette Salad Dressing (about 1 cup)

INGREDIENTS:

- 1 tbsp. fresh ginger, minced
2 tbsp. shallots, minced
1 tbsp. rice wine vinegar
2 tbsp. lime juice
½ cup EVOO
salt + pepper

DIRECTIONS:

1. Combine all ingredients
2. Season to taste
3. Whisk well

Guacamole (about 2½ cups)

INGREDIENTS:

- 3 medium avocados
1 firm tomato, finely diced
½ white onion, diced
½ cup cilantro
2 tbsp. lemon juice
2 tbsp. lime juice
salt + pepper to taste
garlic powder to taste

DIRECTIONS:

1. Open avocados + scoop out flesh
2. Mash flesh with a fork, it can still have chunks, follow your preference
3. Stir in other ingredients
4. Enjoy right away or store in refrigerator

RECIPES: Condiments

Ketchup (about 1½ cups)

INGREDIENTS:

6 oz. tomato paste
2 tbsp. vinegar
1/4 tsp. dry mustard 1/3 cup water
1/4 tsp. cinnamon
1/4 tsp. salt
1/8 tsp. cloves
1 pinch g allspice 1/8 tsp. cayenne
pepper

DIRECTIONS:

1. Combine all ingredients in a bowl
2. Whisk until well combined
3. Refrigerate overnight

Mustard (about ½ cup)

INGREDIENTS:

1/2 cup mustard powder 1/2 cup water
salt to taste

DIRECTIONS:

1. Combine mustard powder + water in a bowl, mix well
2. Optionally, add a bit of chopped fresh parsley or basil, lemon or lime zest + a tbsp. of your favorite vinegar
3. Let mustard stand about 15min before enjoying

Paleo Mayo/Paleo Mayo (chipotle) (about ⅔ cup)

INGREDIENTS:

⅔ cup avocado oil
1 egg
1 tsp. lemon juice
½ tsp. dijon mustard ⅓ tsp. garlic powder
salt + pepper
For chipotle:
replace dijon mustard
with:
1 tsp. chipotle adobo
sauce
¼ tsp. cayenne
pepper

DIRECTIONS:

1. Add all mayo ingredients to a tall container
2. Place an immersion blender to the bottom + turn on
3. Once the mixture begins to thicken, slowly pull the blender up to make sure mixture mixes completely

Pesto (about 1 cup)

INGREDIENTS:

2 cups fresh basil 3 garlic cloves,
1/2 cup EVOO minced Salt +
1/2 cup Parmesan pepper to taste
cheese (optional)
1/3 cup pine nuts
(cashews or walnuts
also work)

DIRECTIONS:

1. Put basil, garlic + nuts in a food processor + pulse until everything is
2. chopped Add olive oil + Parmesan, if using, pulse again until smooth
3. Season to taste with salt + pepper
4. Enjoy immediately or make a bigger batch + freeze leftovers
5. Ice cube trays make a good vessel to freeze the finished pesto. Pour pesto in the small cubes + freeze. When making a recipe with pesto, thaw a couple of cubes + you've got pesto

RECIPES: Condiments

Sriracha

INGREDIENTS:

1½ lbs. fresh red hot peppers,
(jalapeño or Fresno), roughly
chopped
4 Thai chilies, sliced thin
5 garlic cloves
3 tbsp. white wine vinegar
2 tbsp. tomato paste
2 tbsp. raw honey
2 tbsp. fish sauce
2 tbsp. EVOO
salt, to taste

DIRECTIONS:

1. Place red hot peppers, Thai chilies + garlic in a blender or food processor
2. Add remaining ingredients + pulse until smooth
3. Season to taste with salt
4. (If sauce is too thick, add 1 tbsp. of water at a time until it reaches the right consistency)
5. Pour sauce into a saucepan + bring to a boil over med-high heat
6. Reduce heat to low + let sauce simmer 10 minutes, stirring occasionally
7. Allow sauce to cool + pour into a jar

Worcestershire Sauce (about 1 cup)

INGREDIENTS:

½ cup apple cider
vinegar 2 tbsp. water
2 tbsp. soy sauce
1/4 tsp. ground ginger
1/4 tsp. mustard
powder 1/4 tsp. onion
powder
1/4 tsp. garlic powder
1/8 tsp. cinnamon
1/8 tsp. pepper

DIRECTIONS:

1. Combine all the ingredients in a saucepan + slowly bring to a bowl while stirring frequently
2. Let simmer about a minute for flavors to develop
3. Cool and store in refrigerator