



FIT BODY BOOT CAMP



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COOKBOOK By Diana Keulian
Author of The Recipe Hacker cookbooks



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Hi Friends,

Welcome to the Fit Body Boot Camp Cookbook! I'm so happy that you've decided to change your life and body with this amazing program, and can't wait to share over 70 delicious, slimming recipes with you.

My name is Diana Keulian and I am the CFO of Fit Body Boot Camp, though I'm often referred to as The Recipe Hacker.

My recipe trick is to remove the unhealthy ingredients from your favorite recipes while preserving the flavor and enjoyability that you love. This is what propelled me to create the website RealHealthyRecipes.com and was the motivation behind my 2 published cookbooks: The Recipe Hacker, and The Recipe Hacker Confidential. I'm also a devoted FBBC client! You'll find me at the 5 AM session at the beautiful Chino Hills location.

I've designed the Meal Plan and Cookbook to work together. The meal plan outlines 6 daily meals and gives you a guideline to how many ounces of protein, vegetables and complex carbs you should aim for in each. The sections in this cookbook are designed to give you recipes to use for your protein, vegetables, complex carbs, breakfasts and desserts. You can use as much or as little variety in your daily meals as you'd like by trying out recipes from each section of this cookbook.

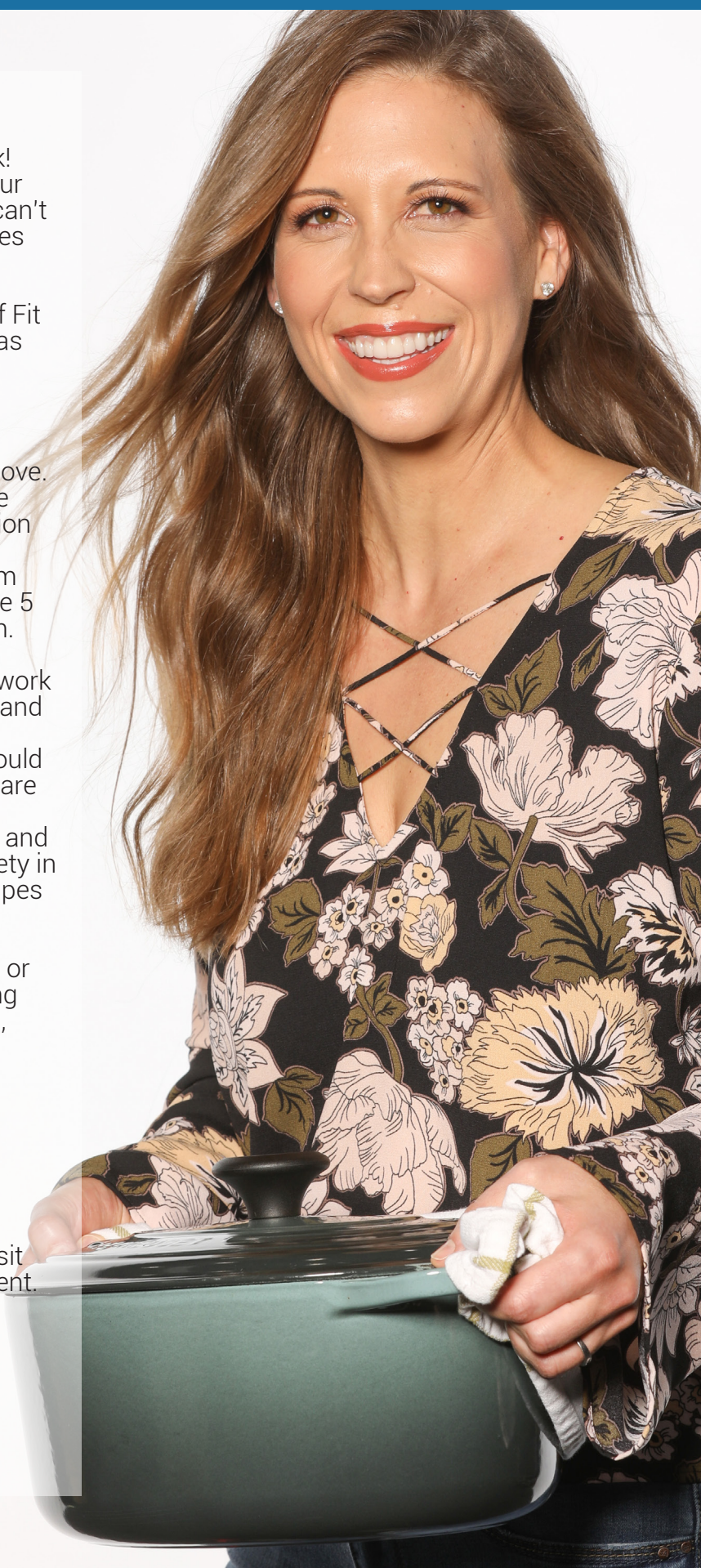
I believe that losing weight shouldn't be boring or bland. There are so many wholesome, slimming ingredients that we can use to create delicious, nutritious meals that promote weight loss. My favorite slimming recipes are collected here.

Good luck with the program!

Stick with it and you'll see the most amazing change in both your body and your energy levels. I'd love to get your feedback on which recipes you and your family loved the most! Visit RealHealthyRecipes.com for more recipe content.

Happy Cooking :)

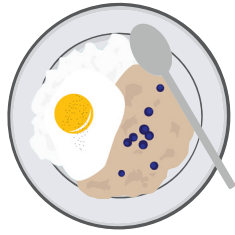
Diana Keulian



MEAL PLAN GUIDE SHEET

BREAKFAST

Includes protein from egg whites and complex carbohydrates from oats.



WOMEN

1 cup egg whites and 1/3 cup oats, both measured before cooking.

MEN

1 ½ cup egg whites and 1/2 cup oats, both measured before cooking.

SNACK #1

Includes protein, complex carbohydrates and vegetables.

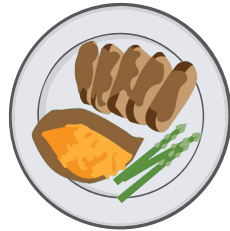


2-3 ounces protein, 1/3 cup complex carbohydrates and 4 ounces vegetables, all measured after cooking.

4-6 ounces protein, 1/2 cup complex carbohydrates and 6 ounces vegetables, all measured after cooking.

LUNCH

Includes protein, complex carbohydrates and vegetables.

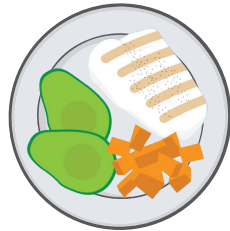


2-3 ounces protein, 1/3 cup complex carbohydrates and 4 ounces vegetables, all measured after cooking.

4-6 ounces protein, 1/2 cup complex carbohydrates and 6 ounces vegetables, all measured after cooking.

SNACK #2

Includes protein and vegetables.

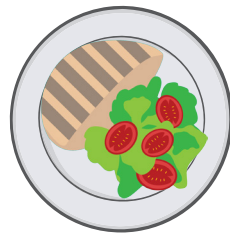


2-3 ounces protein and 4 ounces vegetables, both measured after cooking, and 1/4 an avocado.

4-6 ounces protein and 6 ounces vegetables, both measured after cooking, and 1/2 an avocado.

DINNER

Includes protein and vegetables.



2-3 ounces protein, and 4 ounces vegetables, both measured after cooking, and a teaspoon of olive or coconut oil.

4-6 ounces protein, and 6 ounces vegetables, both measured after cooking, and 2 teaspoons of olive or coconut oil.

DESSERT

Includes protein powder and Greek yogurt.



1 scoop high quality protein powder mixed with 2/3 cup nonfat, plain Greek yogurt.

2 scoops high quality protein powder mixed with 1 cup nonfat, plain Greek yogurt.

Disclaimer: This meal plan is strictly intended as general information. This meal plan should not be considered a substitute for medical advice, diagnosis or treatment. Do not rely upon the Fit Body Boot Camp® meal plan in making any decisions about your health. Instead, discuss your situation with a licensed medical professional. Fit Body Boot Camp® provides information in the abstract but does not provide advice to, or for, any particular user and your use of this meal plan is conditioned upon your understanding of the foregoing.

7 WAYS TO SAVE TIME IN THE KITCHEN

One of the biggest obstacles that will stand in between you and the Meal Plan is the time-crunch factor. Between work, children, hobbies, exercise, and a multitude of other obligations, spending time in the kitchen is often not a high priority. So here are seven ways that you can cut corners and save time in the kitchen.



1) BATCH PROCESS YOUR WEEKLY MEALS. Doing all of your grocery shopping and meal prep on one day – typically Sunday or Saturday – is a fantastic way to stay on track all week and to save time by getting all of your cooking out of the way. You can cook everything ahead of time and either store it in the fridge or freezer. Or you can simply do most of the prep, such as chopping, measuring out, etc. – everything right up to the cooking portion. This method can be time consuming, but it is worth the effort.

2) GET A SLOW COOKER. Slow cooker recipes are a phenomenal way to spend less time in the kitchen while still cooking, planning and packing your meals for the week. When you shop for your slow cooker, I recommend getting a large one so that you're able to make a good amount of food with each recipe. Slow cooker meals typically freeze well, so you can portion out leftovers to freeze for another day.

3) CHOP AND GRATE VEGETABLES FOR THE WHOLE WEEK. Even if you don't take it as far as cooking all of your meals on the weekend, take an hour or so to chop all of the vegetables that you'll need for the week to save time. This is especially awesome to do with cauliflower for rice – get that food processor out once and shred a few heads of cauliflower and then save in large Ziploc bags for a quick side dish during the week.

4) SALAD FOR DAYS. Refrigerate a big salad with hardy veggies such as romaine, carrots, and celery. Each night, portion out what you'll eat and mix in dressing along with other more perishable ingredients such as tomatoes, cucumbers, and peppers.

5) BREAKFASTS ON-THE-GO. Make a big batch of Quinoa Egg Muffins, Blueberry Protein Muffins, or Protein Pancakes and store them in the fridge or freezer for on-the-go healthy breakfasts.

6) COOK CHICKEN BREAST IN A SLOW COOKER WHILE YOU'RE AT WORK. Rub a couple of boneless, skinless chicken breasts with fajita seasoning, sea salt, and black pepper. Place in your slow cooker and cover with chicken broth. Cover and place on low for 6 hours. It's moist, easy to shred, and ready to serve over cauliflower rice or a big salad when you get home.

7) MAKE YOUR COMPLEX CARBS ON THE WEEKEND. Crank out a batch of brown rice or quinoa, bake some sweet potatoes, and cook some squash - enough to accompany your meals for the week. Store them in the fridge or freezer.



BREAKFAST



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Breakfast: Include protein and complex carbs.

This program was designed to make eggs and oats your primary breakfast options. You could stick with the meal plan guide by enjoying egg whites and oatmeal each morning or choose from these 9 breakfast recipes. It's also worth noting that you could use any other protein or complex carb source included in the program for breakfast if eggs and oats aren't something you enjoy.

CHOCOLATE PEANUT BUTTER PROTEIN OATMEAL



PREP TIME
5 MINS



SERVES
1

Take your oatmeal to a new level with chocolate and peanut butter! This recipe mixes protein powder into the oatmeal, eliminating the need to also have egg whites on the side. If peanut butter isn't your thing then feel free to use another nut butter such as almond or cashew.

INGREDIENTS

- 1 cup water
- 1 tablespoon unsweetened cocoa powder
- 1 scoop chocolate protein powder
- 1/2 cup old fashion oats
- 1 tablespoon nut butter, divided
- Sprinkle of sea salt
- *Optional: 1 tablespoon stevia-sweetened chocolate chips (Lily's brand)

INSTRUCTIONS

1. Place a small pot over medium low heat and whisk the water, cocoa powder and protein powder until it reaches a low boil.
2. Add the oats and continue to stir for three or four minutes, until the mixture thickens. Remove from heat.
3. Stir in half of the nut butter and sprinkle with sea salt.
4. In a small saucepan or in the microwave, gently melt the remaining tablespoon of nut butter and the chocolate chips. Drizzle over the oatmeal. Enjoy!

Calories: 236 Fat: 10g Sodium: 156mg Carbs: 21g Fiber: 5g Sugar: 2g Protein: 23g

SCRAMBLED EGG WHITES



PREP TIME
2 MINS



SERVES
1

Scrambled egg whites are a classic go-to recipe for clean eating. This natural form of protein is great for supporting and replenishing your muscles after intense boot camp sessions. I love adding flavor to my egg whites by sprinkling some Parmesan cheese, topping with salsa, or serving with a side of ketchup. Also don't forget to sprinkle with high quality sea salt and freshly ground pepper.

INGREDIENTS

- Olive oil spray
- 1 cup egg whites
- 2 teaspoons Parmesan cheese
- Sea salt

INSTRUCTIONS

1. Place a medium skillet over medium heat. Spray the pan evenly with olive oil.
2. Once the pan is thoroughly heated, add the egg whites. Cook without stirring as the mixture starts to set. Using a spatula gently stir the eggs, creating large curdles. Continue cooking until the egg whites are cooked through but still glossy and moist.
3. Remove from heat and top with the Parmesan and sea salt.

Calories: 147 Fat: 2g Sodium: 329mg Carbs: 2g Fiber: 0g Sugar: 1g Protein: 28g

EGGS IN CLOUDS



PREP TIME
15 MINS



SERVES
4

My kids love it when I make Eggs in Clouds – these flavor-rich, fluffed and baked eggs are great for delivering big nutrition in a fun package. The nutty, cheesy flavor in nutritional yeast is a wonderful substitute for dairy, or sub with Parmesan cheese.

INGREDIENTS

- 4 eggs
- 2 tablespoons nutritional yeast
- 1/4 cup green onions, minced
- 1/4 cup cooked bacon, minced
- Sea salt and black pepper

INSTRUCTIONS

1. Preheat the oven to 450 degrees Fahrenheit. Line a baking sheet with parchment paper.
2. Separate the egg white from the egg yolks, placing the whites in the bowl of an electric mixer and the yolks in individual ramekins, being careful not to break the yolks.
3. Whip the egg whites until stiff peaks form. Fold in the nutritional yeast, minced green onion, and minced bacon.
4. Spoon the egg white mixture onto the prepared baking sheet in 4 mounds. Use the spoon to create a well in the center of each mound. Bake for 3 minutes. Remove from oven and add a yolk to the center of each mound. Return to the oven for 3 minutes, until the yolk has set. Season with sea salt and black pepper. Enjoy!

Calories: 101 Fat: 7g Sodium: 229mg Carbs: 1g Fiber: 1g Sugar: 0g Protein: 8g

SOUTHWESTERN PIZZA EGGS



PREP TIME
5 MINS



SERVES
6

Craving pizza? Here's a quick pizza recipe that is sure to satisfy even the strongest of pizza cravings. But don't worry, this pizza is low carb and guilt-free so you can work it into your weekly meal plan.

The simple technique used to reduce the carbs and the guilt of this pizza is to replace the traditional (flour-based) crust with a protein-rich, egg-based crust. By cooking the egg crust in a skillet and then transferring it to the oven it's possible to create a crust that results in strong-enough-to-hold slices that the whole family will love!

INGREDIENTS

- 8 eggs
- 2 tablespoons half and half
- Sea salt and black pepper
- 2 teaspoons olive oil
- 1/2 cup chunky tomato salsa
- 1/2 cup shredded mozzarella
- 1 cup canned black beans, drained and rinsed
- 1 red bell pepper, thinly sliced
- 2 tablespoons fresh cilantro, chopped

INSTRUCTIONS

1. Heat the oven to 450 degrees Fahrenheit. In a medium bowl whisk the eggs, half and half, sea salt and black pepper.
2. Over medium-high heat, generously grease a large oven-safe skillet with olive oil. Once the skillet is hot, pour in the egg mixture. Leave the eggs, untouched, for 3 minutes. Use a spatula to carefully lift one edge of the egg, then tilt the pan so that the remaining liquid egg on top runs under it. Do this in two places then allow the egg to sit for another 3 minutes.
3. Place the skillet in the oven for 3 minutes. The egg crust will puff slightly and soft eggs on the top will firm. Carefully remove the skillet from the oven (the handle will be hot) and spread with the salsa. Top with the beans, bell pepper and cheese. Return to the oven for 5 minutes, until the cheese has melted.
4. Remove the pizza from the oven, sprinkle with cilantro, slice and enjoy!

Calories: 246 Fat: 10g Sodium: 143mg Carbs: 18g Fiber: 7g Sugar: 2g Protein: 18g

KABOCHA BRUSSELS SPROUTS EGG WHITE MUFFINS



PREP TIME
15 MINS



SERVES
12

What makes these muffins so fancy? The inspiration for these muffins came from a fancy egg white frittata I once enjoyed at a swanky restaurant. It has kabocha squash and Brussels sprouts giving stand-out flavor and texture to the egg whites. Be sure to dice your kabocha very tiny and to shred the Brussels sprouts quite thin. Also if you can't find kabocha squash then butternut squash works too.

INGREDIENTS

- Non-stick olive oil cooking spray
- 2 teaspoons olive oil
- 1 cup kabocha squash, peeled, seeded and finely diced
- 1 cup Brussels sprouts, finely shredded
- Dash of sea salt and black pepper
- 20 egg whites

INSTRUCTIONS

1. Preheat the oven to 350 degrees Fahrenheit. Lightly spray 12 muffins tins with non-stick olive oil spray.
2. In a skillet place the olive oil over medium high heat. Add the squash and Brussels sprouts and sauté until tender, about 5 minutes. Season with salt and pepper. Remove from heat and cool.
3. In a large bowl whisk the egg whites with a sprinkle of salt and pepper. Stir in the tender veggies. Divide the egg mixture into the 12 prepared muffin tins.
4. Bake in the preheated oven for 18-20 minutes, until the eggs have set. Keep in an airtight container in the fridge for up to 5 days. Enjoy!

QUINOA EGG MUFFINS



PREP TIME
10 MINS



SERVES
10

Egg muffins are one of my favorite ways to serve a quick, nutritious breakfast. I whip up a batch and keep it in the fridge for a 3-day supply. It's easy to eat on the run and provides delicious protein and veggies to get the day started right.

Keeping a supply of quick and nutritious breakfast items like this in your fridge is a great way to take positive action that's in-step with your desire to lose the weight and regain your health – yippee!

INGREDIENTS

- 1 cup cooked red quinoa
- 4 eggs
- 2 cups shredded zucchini
- 1 cup diced ham
- 1/4 cup chopped parsley
- 2 scallions, whites and greens, sliced
- Sea salt and black pepper, to taste

INSTRUCTIONS

1. Preheat the oven to 350 degrees Fahrenheit. Grease 10 cups of a muffin tin with coconut oil and set aside.
2. Combine all the ingredients in a large bowl and mix well. Spoon the mixture to the top of each cup. Bake for 15-20 minutes, or until the edges of the cups are golden brown.
3. Let the muffins cool for at least 5 minutes before removing from the muffin tin.

Calories: 91 Fat: 5g Sodium: 156mg Carbs: 7g Fiber: 3g Sugar: 1g Protein: 9g

GREEK YOGURT PARFAIT



PREP TIME
10 MINS



SERVES

3

This recipe makes a tasty breakfast or a high energy snack. Plain Greek yogurt is a fantastic filler that's packed with protein and makes the perfect backdrop for ripe fruit and a sprinkle of crunchy, natural granola. To lighten this recipe up even more feel free to leave out the granola.

INGREDIENTS

- 3/4 cup fat-free plain Greek yogurt
- A few drops of stevia
- 2 cups sliced mixed plums, peaches, nectarines, and sprinkle of cinnamon
- 3/4 cup granola

INSTRUCTIONS

1. In a medium bowl, mix the yogurt with the stevia.
2. In another medium bowl, mix the sliced fruit with the cinnamon.
3. In serving dishes, layer the yogurt, fruit, and granola.

Calories: 146 Fat: 16g Sodium: 34mg Carbs: 39g Fiber: 7g Sugar: 4g Protein: 15g

PROTEIN PANCAKES



PREP TIME
15 MINS



SERVES
12

Traditional pancakes are filled with carbs, grains and a plethora of simple sugars – not something you'd consider healthy. In fact, eat pancakes regularly and you'll find your fitness results quickly disappear. However, this simple, wholesome, protein-packed pancake recipe is the exception. It's a pancake that you're able to enjoy without guilt.

INGREDIENTS

- 1/2 cup (2 scoops) high quality protein powder
- 1/2 cup old fashioned oats
- 1/2 teaspoon baking soda
- 1/4 teaspoon sea salt
- 1 teaspoon liquid stevia (or half a banana)
- 4 eggs
- 1 cup cottage cheese
- 1/2 cup low fat milk
- 1 tablespoon coconut oil

INSTRUCTIONS

1. Preheat your pancake griddle or large skillet over medium-high heat.
2. Combine all of the ingredients in a food processor. Pulse to combine until smooth.
3. Let the batter sit for 10–15 minutes, if you can muster the patience, to help your pancakes bind together.
4. Use a paper towel to carefully rub coconut oil on your preheated griddle or skillet. Reduce the heat to medium. Use a 1/4 cup to scoop the batter onto the griddle in nice big circles. When bubbles form, flip the pancakes to cook on the other side. Serve with fresh fruit and a drizzle of pure maple syrup.

Calories: 88 Fat: 4g Sodium: 206mg Carbs: 3g Fiber: 0g Sugar: 1g Protein: 11g

BLUEBERRY PROTEIN MUFFIN



PREP TIME
15 MINS



SERVES
6

Here's a great protein packed snack that will fill you with energy and help you towards your fat loss goals! It's packaged in a tasty little muffin, which is fun and flavorful, while being filled with superb nutrition. Enjoy two as a single serving!

INGREDIENTS

- Coconut oil spray
- 2 cups liquid egg whites
- 1 cup vanilla protein powder
- 1 cup old fashion oats, divided
- 1 cup frozen blueberries, divided
- 1 teaspoon lemon zest
- 1/2 teaspoon sea salt
- 1/2 teaspoon vanilla extract

INSTRUCTIONS

1. Preheat the oven to 350 degrees Fahrenheit. Lightly grease a 12-tin muffin pan with coconut oil spray.
2. In a blender combine the egg whites, protein powder, 3/4 cup oats, 1/2 cup blueberries, the lemon zest, sea salt and vanilla extract. Blend until smooth.
3. Pour the batter evenly between the 12 muffin tins. Divide the remaining blueberries evenly between the muffins and drop into the batter. Place a sprinkle of the remaining oats on the top of each muffin.
4. Bake in the preheated oven for 18 minutes, or until done. Remove from the oven and cool before removing from the pan. Enjoy for up to 5 days in an airtight container in the fridge. Remember that two muffins equal one serving! Enjoy!

Calories: 150 Fat: 1g Sodium: 290mg Carbs: 12g Fiber: 3g Sugar: 3g Protein: 20g

PROTEIN



Protein: Try these high quality, lean, natural protein recipes.

There are many quality, lean natural protein sources to choose from. In this section you will find recipes with chicken, turkey, beef, pork, lamb, tuna, salmon, halibut, catfish, shrimp, tofu, beans, lentils, cottage cheese and Greek yogurt. A high quality protein powder can also be used as the protein source in meals, however stick with whole, unprocessed protein sources whenever possible for optimal results.

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GINGER SRIRACHA CHICKEN LETTUCE WRAPS



PREP TIME
15 MINS



SERVES
6

If you want to eat for fat loss then look no farther than this fantastic recipe! Fresh ginger and spicy Sriracha take this ground chicken dish to the height of flavor and satisfaction! Enjoy this dish as a quick and healthy dinner with flavors that intensify overnight for an even more satisfying lunch.

INGREDIENTS

- 1 tablespoon arrowroot starch
- 3 tablespoons water
- 1 tablespoon coconut oil
- 6 scallions, trimmed and thinly sliced, greens and whites separated
- 2 tablespoons fresh ginger, minced
- 1 tablespoon fresh garlic, minced
- 1 pound ground chicken
- 1/2 cup bean sprouts, roughly chopped
- 10 drops liquid stevia
- 2 tablespoons coconut aminos
- 1 teaspoon Sriracha (more as desired)
- 1 teaspoon toasted sesame oil
- 1/4 cup fresh cilantro, chopped
- Handful of large lettuce leaves

INSTRUCTIONS

1. In a small bowl combine the arrowroot starch and water. Set aside.
2. In a large skillet or wok, place the coconut oil over medium high heat. Add the scallion whites, ginger and garlic and stir-fry until softened, about 2 minutes. Add the chicken and stir-fry, breaking it into smaller pieces, until no pink remains, about 8 minutes.
3. Add the bean sprouts, stevia, coconut aminos, and Sriracha. Stir the arrowroot starch mixture and add it to the pan, mixing until it thickens. Add the scallion greens and season to taste with the sesame oil.
4. Serve the chicken in large lettuce leaves topped with fresh cilantro and more Sriracha. Enjoy!

Calories: 279 Fat: 13g Sodium: 113mg Carbs: 5g Fiber: 1g Sugar: 1g Protein: 35g

BBQ CHICKEN EN PAPILLOTE



PREP TIME
20 MINS



SERVES
4

This particular en papillote combination of chicken, sweet potato, butter beans, green beans and tangy BBQ sauce is a favorite of my kiddos. They love ripping open their own individual packets at the dinner table and taking in the fragrant steam that wafts into their faces.

INGREDIENTS

- 2 shallots, thin sliced into half moons
- 1 sweet potato, peeled and thinly sliced into half moons
- 1 cup green beans, trimmed and cut into 1 inch pieces
- 1 (16 ounce) can butter beans, rinsed
- 1/2 cup natural BBQ sauce (avoid ones with added sugars)
- 4 thin sliced chicken breasts
- 2 tablespoons fresh chives, minced

INSTRUCTIONS

1. Preheat the oven to 400 degrees Fahrenheit.
2. In a large bowl toss the shallots, sweet potatoes, green beans and butter beans with half of the BBQ sauce. Rub the remaining sauce over the chicken breasts.
3. Cut four 12-by-16-inch pieces of parchment paper and fold each in half. Open the parchment paper and arrange 1/4 of the sweet potato and green beans and a chicken breast in the center of the top half of each parchment. Generously season with salt and pepper. Top with a sprinkle of chives.
4. Fold the bottom half of the parchment paper over the chicken and veggies. Start folding and crimping the parchment paper ends together from one end all the way around to the other end, creating a sealed envelope. Fold the end under the packet. The packet should be fully encased, with no breaks in the parchment paper for steam to escape – we need that steam as part of the cooking process! Place the packets on a pan.
5. Bake the chicken and veggie packets for 30 minutes and remove from the oven. Serve the packets on plates, tearing them open just before serving. Enjoy!

Calories: 268 Fat: 4g Sodium: 625mg Carbs: 22g Fiber: 5g Sugar: 3g Protein: 35g

SLOW COOKER JAMAICAN JERK CHICKEN



PREP TIME
25 MINS



SERVES
12

If you don't already do this, make Mondays slow cooker nights. Mondays have a way of getting super busy and hectic, so taking a few minutes to get dinner in the slow cooker that morning is a way to ensure that you and your family are enjoying a healthy, homemade meal at night!

Here's a new and exciting way to cook up chicken in your slow cooker! The Jamaican jerk seasoning blend brings phenomenal flavor to tender, fall-apart chicken breast and thigh. Pair this protein with a dark leafy salad and a piece of baked sweet potato. Enjoy!

INGREDIENTS

- 3 tablespoons Jamaican jerk seasoning
- 1 teaspoon sea salt
- 1 teaspoon black pepper
- 2 bone-in, chicken breasts, skin removed
- 6 bone-in chicken thighs, skin removed
- 1 cup brewed coffee
- 3 tablespoons lime juice
- 1 teaspoon molasses
- 2 tablespoons jalapeño, seeded and minced
- 1 tablespoon garlic, minced

INSTRUCTIONS

1. Combine the seasoning, salt and pepper in a small bowl. Rub the seasoning into all of the chicken pieces. Place, bone side down, in a slow cooker.
2. In a medium bowl combine the coffee, lime juice, molasses, jalapeño and garlic. Add to the slow cooker. Cover and cook on low for 5 hours.
3. Remove chicken from the slow cooker. Remove and discard the bones, and shred the chicken. Return the shredded chicken to the slow cooker, mixing with the sauce. Serve and enjoy!

FIRECRACKER CHICKEN MEATBALLS



PREP TIME
20 MINS



SERVES

8

I have 3 requirements for stellar meatballs: 1) they must be tender and moist, 2) they must be flavorful, and 3) they must be simple and easy to make. These Firecracker Chicken Meatballs deliver on all fronts!

Using a slow cooker to simmer the meatballs in a flavorful sauce for a couple of hours is the key to locking in moisture and knock-your-socks-off flavor. It's also a bonus that you can 'set it and forget it' while in the slow cooker - no need to worry about meatballs getting burned or overcooked!

INGREDIENTS

For the Chicken Meatballs:

- 1/4 cup blanched almond flour
- 1/4 cup nutritional yeast
- 2 tablespoons flax meal
- 1/2 cup coconut milk, full fat
- 2 pounds ground chicken
- 1 egg
- 2 teaspoons dried parsley
- 1 teaspoon Italian seasoning blend
- 1 teaspoon garlic, minced
- 1/2 teaspoon sea salt
- 1/4 teaspoon black pepper

For the Firecracker Sauce:

- 1/4 cup coconut oil, melted
- 2 tablespoons ground fresh chili paste
- 2 tablespoons natural ketchup
- 1 tablespoon apple cider vinegar
- 2 teaspoons Worcestershire sauce
- Pinch of granulated garlic
- Sprinkle sea salt
- 1/2 cup coconut palm sugar
- 3 tablespoons coconut aminos

For the Garnish:

- 2 tablespoons fresh parsley, minced
- Dash of red pepper flakes

INSTRUCTIONS

1. Combine the almond flour, nutritional yeast, flax meal and coconut milk in a large bowl. Stir together and let soak for 5 minutes.
2. Line a rimmed baking sheet with foil and lightly spray with olive oil.
3. Add the ground chicken, egg, dried parsley, Italian seasoning, garlic, salt and pepper. Mix well and form into 35 meatballs, placing the meatballs on the prepared baking sheet. Spray the tops of the meatballs lightly with olive oil.
4. Place the meatballs under high broil for 5-8 minutes, until lightly browned. Watch closely to avoid burning!
5. Combine the Firecracker Sauce ingredients in a bowl and mix well.
6. Transfer the meatballs to the slow cooker and pour in the Firecracker Sauce. Cover and cook on low for 2 hours. Serve warm with a sprinkle of fresh parsley and a pinch of red pepper flakes. Enjoy!

Calories: 315 Fat: 18g Sodium: 220mg Carbs: 3g Fiber: 2g Sugar: 1g Protein: 34g

MARINATED AND GRILLED CHICKEN BREAST



PREP TIME
2 HOURS



SERVES
4

Many marinades are filled with sweeteners, infusing your healthy dinner with unwanted simple sugars. This recipe removes all worry by using a small amount of liquid stevia along with other fresh and wholesome flavors to liven up this tender, grilled chicken breast. Enjoy!

INGREDIENTS

For the Asian Marinade:

- 1/4 cup coconut aminos
- 1/4 cup balsamic vinegar
- 1 tablespoon olive oil
- 1 teaspoon liquid stevia
- 1 tablespoon garlic, minced
- 2 tablespoons fresh ginger, minced
- 3 fresh scallions, thinly sliced

For the Chicken:

- 4 boneless, skinless chicken breasts

INSTRUCTIONS

1. Combine all of the marinade ingredients in a large ziplock bag. Add the chicken breasts and marinade in the fridge for 2 hours or overnight.
2. Preheat grill for medium-high heat. Oil the grill grate.
3. Place chicken breast on the grill and discard the marinade. Grill for 5-7 minutes on each side, until cooked through with no pink remaining. Enjoy!

Calories: 245 Fat: 7g Sodium: 362mg Carbs: 2g Fiber: 0g Sugar: 0g Protein: 46g

TURKEY MEATBALLS WITH PINE NUTS



PREP TIME
15 MINS



SERVES
12

Most snack foods are complete fat traps that are filled with refined grains and sugars, guaranteed to get you off track with your healthy eating and fit lifestyle. However, there are plenty of wholesome snacks that you can make at home for convenient, on-the-go nutrition.

This recipe for Turkey Meatballs with Pine Nuts is great to make on the weekend, to fill your fridge with healthy snacking options for the week. You could also make a batch of hard-boiled eggs and slice some cucumbers while the meatballs bake. These healthy snacks are all low in carbs and sugar – the two things that your snacks should never contain. Taking control of your snack foods is key to making strides towards your fitness goals.

INGREDIENTS

- 1 cup blanched almond flour
- 1/2 cup nutritional yeast
- 1/4 cup fresh basil, chopped
- 1/4 cup coconut cream
- 1 tablespoon natural ketchup
- 1 tablespoon tomato paste
- 1 teaspoon sea salt
- 1/2 teaspoon black pepper
- 2 eggs, at room temperature
- 1 teaspoon fresh garlic, minced
- 1/2 cup yellow onion, finely chopped
- 1/2 cup pine nuts
- 2 pounds ground turkey
- 2 tablespoons olive oil

INSTRUCTIONS

1. Preheat the oven to 400 degrees Fahrenheit. Lightly grease a large rimmed baking sheet with olive oil.
2. In a large bowl combine the almond flour, nutritional yeast, basil, cream, ketchup, tomato paste, salt, pepper, eggs, garlic, onion and pine nuts. Mix well until fully combined. Add the ground turkey and use your hands to mix all of the ingredients evenly into the meat.
3. Shape the meat into golf ball shaped meatballs and place on the prepared baking sheet. Drizzle with the olive oil.
4. Bake in the preheated oven for 15 minutes, or until cooked through. Enjoy!

Calories: 277 Fat: 17g Sodium: 0mg Carbs: 6g Fiber: 3g Sugar: 0g Protein: 27g

TURKEY GOULASH



PREP TIME
15 MINS



SERVES
8

I really enjoy saying the word goulash. Try to say it without smiling. Goo-La-Shhhh. And I tend to use it as a general term for anything messy. "Kids, you better not spill that goulash on the couch!" Well, it turns out that the word goulash comes from a Hungarian word that means herdsmen. Apparently the shepherds would prepare their dinner in a pot over a fire out in the fields, the original recipe for goulash. I'm guessing that my recipe for Turkey Goulash with apple and bacon is pretty far off from that original recipe crafted by herdsmen in Central Europe back in the 9th century. My version is also different from many recipes that are popular today. For one you'll notice that instead of traditional noodles we are using flat zucchini noodles to lighten it up.

INGREDIENTS

- 3 strips bacon, chopped
- 2 pounds ground turkey
- Sea salt and black pepper
- 2 apples, seeded and diced
- 2 yellow onions, diced
- 1 red bell pepper, seeded and diced
- 2 tablespoons fresh thyme
- 1 bay leaf
- 3 tablespoons sweet paprika
- 1 tablespoon ground cumin
- Juice of 1 lemon
- 2 1/2 cups broth (chicken or bone)
- 5 medium zucchinis
- 1 tablespoon olive oil
- 2 tablespoons fresh parsley, minced
- 2 tablespoons fresh dill, chopped

INSTRUCTIONS

1. Place a Dutch oven over medium-high heat. Add the bacon and cook until crispy. Transfer the bacon to a plate with a slotted spoon.
2. Add the ground turkey to the pot in the bacon drippings. Cook, breaking it into smaller pieces. Season with salt and pepper.
3. Add the apples, onions, bell pepper, thyme and bay leaf. Cook until the onions soften, about 5 minutes. Mix in the paprika and cumin.
4. Return the bacon back to the pot, along with the lemon juice and broth. Bring to a boil, reduce the heat to a simmer, and cook until the goulash thickens.
5. Use a veggie peeler to peel the zucchini into flat noodles in a large bowl. Toss with the olive oil and season with sea salt. Mix in the parsley and dill.
6. Serve the goulash warm over zucchini noodles with a dollop of coconut sour cream. Enjoy!

Calories: 360 Fat: 18g Sodium: 359mg Carbs: 19g Fiber: 5g Sugar: 10g Protein: 37g

GROUND TURKEY SPAGHETTI SAUCE



PREP TIME
20 MINS



SERVES
16

Making a big pot of rustic spaghetti sauce is one of the most gratifying things you can do as a home cook. The welcoming aroma rising from the pot makes coming home a heartwarming experience.

To make this Ground Turkey Spaghetti Sauce as good-for-you as it is good-smelling, I've packed it with ground turkey, loads of chopped veggies and mouthwatering Italian flavors.

Serve it up over Braised Cabbage Noodles for a fitness meal at its finest!

INGREDIENTS

- 1 tablespoon olive oil
- 2 tablespoons garlic, minced
- 1 yellow onion, minced
- 1 fennel bulb, minced
- 3 zucchini, diced
- 2 pounds lean ground turkey
- 1 (28 oz) can crushed tomatoes
- 2 (6 oz) cans tomato paste
- 2 (8 oz) cans tomato sauce
- 1 cup water
- 1 tablespoon coconut palm sugar
- 1 teaspoon dried basil
- 2 teaspoons Italian seasoning blend
- 1/2 teaspoon sea salt
- 1/4 teaspoon ground black pepper

INSTRUCTIONS

1. Place an extra-large nonstick skillet or medium saucepan over medium heat. Add the olive oil and warm for 3 minutes. Add the garlic, onion and fennel bulb. Sauté, mixing often, for 5 minutes, until the onion is tender. Add the zucchini and continue to cook for 5 minutes.
2. Add the ground turkey and cook, stirring and breaking the turkey apart with your spoon or spatula, until all the pink is gone. Drain the pan, then return to medium heat.
3. Add the crushed tomato, tomato paste, and tomato sauce to the pan and mix until well combined. Add the water, coconut sugar, basil, Italian seasoning, salt and pepper. Decrease the heat to low and simmer for 20 minutes. Season with additional salt and pepper as needed.
4. Serve this hearty sauce warm over braised cabbage, veggie noodles, baked sweet potato or whatever else your heart desires. Enjoy!

Calories: 319 Fat: 6g Sodium: 451mg Carbs: 12g Fiber: 4g Sugar: 7g Protein: 56g

TURKEY GREEN CHILE SKILLET



PREP TIME
15 MINS



SERVES

8

Here's an easy meal that epitomizes lean eating! It's a simple skillet dish that doesn't require any highfalutin kitchen skills, yet turns out tasting phenomenal! So often healthy eating is brushed off in favor of a quicker, easier option – however with a recipe this simple there's simply no excuse to put off eating healthy any longer.

Grab the ingredients below. Then get home, pull out your favorite skillet, and start cooking. In about 30 minutes you will be done, your home will be filled with yummy food smells, and the family will gather to enjoy a scrumptious, lean-body meal that gets you all one step closer to your fitness goals. Don't wait, let's do this now!

INGREDIENTS

- 1 teaspoon olive oil
- 1 teaspoon garlic
- 1 yellow onion, diced
- 2 cups brussels sprouts, thinly sliced or shredded
- 1 cup butternut squash, finely diced
- 1 can (7 ounces) can, Hatch chopped green chiles
- Sea salt and black pepper
- 1 tablespoon chili powder
- 1 teaspoon cumin
- 1 teaspoon smoked paprika
- 1 pound lean ground turkey
- 1 cup egg whites

INSTRUCTIONS

1. Place a large skillet over medium high heat. Add the olive oil and garlic and sauté until golden, about 3 minutes. Add the onion and sauté for 5 minutes, until tender. Add the Brussels sprouts, butternut squash, and diced chiles and reduce the heat to medium low. Cook, stirring occasionally, for 5 minutes, until tender. Sprinkle with salt and pepper. Remove the veggies from the skillet and set aside in a bowl.
2. In a large bowl combine the chili powder, cumin and smoked paprika. Add the ground turkey and use your hands to work the spices into the meat. Return the skillet to medium high heat and add the turkey. Cook, stirring often and breaking the turkey into small pieces, until no pink remains. Add the veggies back in. Stir well and pour in the egg whites. Cook, stirring continuously, until the egg whites are set. Season with salt and pepper. Serve immediately. Enjoy!

Calories: 139 Fat: 5g Sodium: 126mg Carbs: 8g Fiber: 3g Sugar: 1g Protein: 16g

BBQ CARNITAS LETTUCE WRAPS



PREP TIME
15 MINS



SERVES
12

These BBQ Carnitas Tacos are about as hearty and satisfying as a grain-free meal can be! The tender, savory pulled pork mixed with tangy BBQ sauce is the perfect contrast to crisp lettuce and crunchy radish. Serve with a side of extra BBQ sauce for dipping!

INGREDIENTS

- 2 (3 pound) boneless pork shoulder
- 2 tablespoons olive oil
- 1 yellow onion, sliced
- 6 sprigs fresh oregano
- 2 tablespoons garlic, minced
- 1 cup chicken broth
- 3/4 cup apple cider vinegar
- 2 tablespoons coconut palm sugar
- 1/2 cup natural BBQ sauce (avoid ones with added sugars)
- 1 head butter lettuce
- 2 tablespoons chives, minced
- 1/4 cup tomatoes, seeded and minced
- 1 bunch radishes, thinly sliced

INSTRUCTIONS

1. Place a large skillet over high heat and in two batches. Using 1 tablespoon of olive oil per batch, brown the pork on all sides.
2. Place the onions, oregano and garlic in the bottom of a slow cooker and top with the browned pork. Deglaze the skillet with 1/2 cup of the chicken broth and pour over the pork.
3. In a bowl combine the remaining 1/2 cup broth, vinegar and coconut sugar. Pour over the pork.
4. Cover and cook on high for 6 hours or on low for 8 hours.
5. Remove the meat and shred. Strain the dripping and skim off the fat.
6. Preheat the oven to 400 degrees Fahrenheit. Place the pork on a baking sheet and drizzle with 1/2 cup of drippings. Roast until the pork begins to brown, about 20 minutes. Combine the pork with the BBQ sauce.
7. Assemble the tacos by filling large lettuce leaves with a scoop of pork. Sprinkle with chives, tomatoes and radishes. Enjoy!

Calories: 375 Fat: 11g Sodium: 1054mg Carbs: 6g Fiber: 1g Sugar: 2g Protein: 60g

MUSTARD GLAZED PORK LOIN



PREP TIME
24 MINS



SERVES
12

Here's a spectacular main dish that tastes like you slaved over it, when in reality it's as simple as throwing it in a marinade and then into the oven. I love recipes that are this simple and yield such crowd pleasing results! Enjoy!

INGREDIENTS

For the Brine:

- 1 cup kosher salt
- 1/2 cup coconut palm sugar
- 2 tablespoons black peppercorns
- 2 tablespoons cumin seeds, crushed
- 2 tablespoons mustard seeds
- 10 sprigs fresh thyme
- 2 bay leaves
- 4 cups apple cider vinegar, divided
- 2 cups ice
- 1 (5 pounds) boneless pork loin

For the Glaze:

- 2 tablespoons coconut oil
- 1/2 cup dijon mustard
- 1/3 cup coconut palm sugar
- 2 tablespoons pure maple syrup
- 2 tablespoons fresh thyme
- 2 cups apple cider

INSTRUCTIONS

1. Bring salt, coconut palm sugar, peppercorns, cumin seeds and mustard seeds, thyme, bay leaves, 2 cups apple cider and 2 cups water to a low boil. Cook and whisk until sugar and salt dissolve. Transfer to a large bowl and add 2 more cups apple cider and ice. Cool to room temperature. Place pork and brine in a large ziplock bag. Chill overnight.
2. Remove pork from fridge. Let sit at room temperature for one hour. Place oven rack in lower third of oven at 400 degrees.
3. Season pork with salt and pepper. Heat coconut oil in skillet and sear pork all over, including the ends. 10-12 minutes.
4. Combine the Dijon, coconut palm sugar, syrup, thyme and cider in a small bowl. Place pork, fat side up, in the pan and baste with the mustard glaze. Roast for 50-70 minutes, basting every 15 minutes. Center should register at 140 degrees.
5. Transfer to cutting board and let rest for 15 minutes before slicing. Enjoy!

Calories: 110 Fat: 3g Sodium: 556mg Carbs: 19g Fiber: 2g Sugar: 15g Protein: 2g

MEXICAN MEATBALLS



PREP TIME
15 MINS



SERVES
6

This spaghetti has traveled south-of-the-border! Imagine tiny sombreros on each meatball... In the tender meatballs we are using a combo of pork and beef with cilantro and classic Mexican spices, and some Chipotle chilis in the spaghetti sauce for an extra kick of authentic flavor! Served over a pile of veggie noodles, this is a fiber-filled, fat burning dinner that the whole family will love.

INGREDIENTS

For the Meatballs:

- 1/2 pound ground pork
- 1/2 pound ground beef
- 1/3 cup blanched almond flour
- 1 tablespoon flax meal
- 1 egg, beaten
- 1/4 cup cilantro, chopped
- 1/4 tablespoon fresh scallions, chopped
- 2 teaspoons garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon sweet paprika
- 1/2 teaspoon sea salt
- 1/2 teaspoon black pepper
- 2 tablespoons olive oil

For the Sauce:

- 1 cup yellow onion, minced
- 1 tablespoon garlic, minced
- 1 (28 ounce) can crushed tomatoes
- 1 tablespoon chipotle chile, canned in adobo sauce, minced (or more for spicier!)
- Sea salt and black pepper to taste

For the Noodles:

- 1 butternut squash
- 6 green zucchinis
- 1 teaspoon olive oil
- Fresh cilantro, for garnish

INSTRUCTIONS

For the Meatballs:

1. In a large bowl combine all of the meatball ingredients, save for the olive oil. Mix well with your hands and form into 28 golf ball sized meatballs.
2. In a large skillet, heat the olive oil over medium high heat. Add the meatballs and brown on all sides. Transfer the meatballs to a plate and leave the drippings in the pan.

For the Sauce:

1. Add the onions and garlic to the pan and cook until softened, about 5 minutes. Add the tomatoes and chipotle and season with salt and pepper. Bring to a simmer, and then lower the heat to medium-low.
2. Return the meatballs to the pan. Simmer, partially covered for 15 minutes.

For the Noodles:

1. Peel the narrow, solid, portion of the butternut squash and run through a spiral slicer to create long, thin noodles. Cut the ends off the zucchini and use a veggie peeler to remove all of the green skin. Run through the spiral slicer to create more long, thin noodles. Heat the noodles in a skillet with a teaspoon of olive oil over medium low heat for 3 minutes before serving.
2. Serve the meatballs and sauce over a large pile of the veggie noodles and garnish with fresh cilantro. Enjoy!

Calories: 280 Fat: 10g Sodium: 489mg Carbs: 20g Fiber: 8g Sugar: 11g Protein: 29g

OSO BUCCO



PREP TIME
15 MINS



SERVES

6

My husband, B, spent his early years in a tiny little village in Armenia where lamb was often the main course. Tender, braised, falling-off-the-bone lamb is his favorite meal. The idea of cooking lamb—a meat that I didn't even taste until adulthood—was pretty darn intimidating. Until this recipe. It's so easy! Really, I promise—cross my heart and hope to die—you can make this recipe. And everyone will swoon and liken you to a five-star chef. Promise.

INGREDIENTS

- 2 sweet potatoes
- 5 large carrots
- 1 yellow onion
- 1 can (15 ounce) San Marzano tomatoes
- 5 cloves garlic, chopped
- 2 tablespoons olive oil
- 1 (750 milliliters) bottle white wine
- Pinch of sea salt
- Pinch of black pepper
- 4 lamb shanks, cross-cut

INSTRUCTIONS

1. Preheat the oven to 350 degrees Fahrenheit.
2. Peel and roughly chop the veggies. Place the veggies in a heavy duty cooking pot with a tight fitting lid. Place the lamb shanks on top of the veggies. Top with the tomatoes, garlic, wine, salt and pepper.
3. Cover the pot with a lid and place in the preheated oven for 2–2 1/2 hours. You'll know the lamb is ready when it falls off the bone. Serve warm and enjoy!

Calories: 526 Fat: 16g Sodium: 253mg Carbs: 31g Fiber: 5g Sugar: 6g Protein: 45g

SPICY LAMB LARB



PREP TIME
10 MINS



SERVES
4

Holy smokes! This is the BEST recipe that I've made in quite awhile! The intense Thai-inspired flavors explode on your tongue in the most delicious way. I can't even look at this picture right now without craving another big bite! B would like to point out that he thinks this is the ****Best Recipe I've Ever Made****

I'm not typically a big fan of dishes with lamb as the protein, but in this recipe I cannot get enough of it! If you'd prefer a different protein, feel free to use ground pork or ground chicken. Enjoy!

INGREDIENTS

- 3 tablespoons coconut aminos
- 1 tablespoon coconut palm sugar
- 1 teaspoon fish sauce
- 1/2 teaspoon ground fresh chili paste (sambal oelek)
- 1 tablespoon coconut oil
- 1 large yellow onion, finely chopped
- 1 green chili pepper, seeded and minced
- 1 teaspoon garlic, minced
- 1 pound ground lamb
- 1/2 cup fresh cilantro, chopped
- Dash of sea salt
- 1 teaspoon lime zest
- 1 tablespoon lime juice
- 3 fresh scallions, chopped
- 3 sweet mini bell peppers, diced
- 1/4 cup dry-roasted peanuts, chopped

INSTRUCTIONS

1. In a small bowl whisk the coconut aminos, coconut palm sugar, fish sauce and chili paste.
2. In a medium skillet place the coconut oil over medium-high heat. Add the onions, minced chili pepper, and cook until the onion softens, 2 to 3 minutes. Add the garlic and cook for another minute.
3. Add the lamb and cook, breaking it up, until no longer pink, about 8 minutes.
4. Add the coconut amino mixture, half of the cilantro and 1/4 teaspoon sea salt. Cook, stirring often, until the pan is almost dry, about 2 minutes.
5. Remove the pan from heat and add the lime zest and juice. Mix well and season to taste with more zest, lime and salt.
6. Serve the lamb over Thai roasted cabbage and top with the diced sweet peppers, chopped scallions and chopped peanuts. Enjoy!

Calories: 262 Fat: 11g Sodium: 206mg Carbs: 4g Fiber: 2g Sugar: 2g Protein: 33g

SLOW COOKER LAMB MEATBALLS



PREP TIME
20 MINS



SERVES
12

If you've followed me long enough then you know that my Armenian husband looooooves a hearty lamb dinner! This is my go-to recipe for tender, savory lamb meatballs that utilizes a slow cooker for quick and easy preparation. The recipe calls for a very simple red sauce to be buzzed in a food processor and poured over the meatballs to simmer together for hours over low heat. The result is comfort food at it's best! Feel free to double the recipe and use leftover meatballs on a handful of veggies as small meals and power snacks for days. Enjoy!

INGREDIENTS

For the Meatballs:

- 1/2 yellow onion, grated
- 1/4 cup coconut cream
- 2 egg yolks
- 1/2 teaspoon ground cinnamon
- 1 teaspoon ground cumin
- 1/4 teaspoon red pepper flakes
- Pinch of ground cayenne pepper
- Sea salt and black pepper
- 1/4 cup fresh mint, minced
- 1/4 cup sun dried tomatoes, minced
- 2 tablespoons coconut flour
- 2 tablespoons ground flax seed
- 2 pounds ground lamb
- 1 tablespoon olive oil

For the Red Sauce:

- 1 (28 ounce) can whole tomatoes, undrained
- 1/4 teaspoon red pepper flakes
- 1 sprig fresh rosemary
- 1 teaspoon fresh thyme
- 1/4 teaspoon ground cumin
- 1/4 teaspoon ground cinnamon
- 1/4 cup fresh orange juice
- Sea salt and black pepper
- 1 bay leaf

INSTRUCTIONS

1. In a large bowl, combine all meatball ingredients, except the olive oil, and form 1-inch meatballs.
2. Place the olive oil in a large skillet over medium-high heat. Cook each meatball for 2 minutes per side, then transfer to a slow cooker.
3. For sauce: Process all of the ingredients, except the bay leaf, in a food processor until smooth.
4. Pour the sauce over the meatballs. Add the bay leaf. Cook on low for 6-8 hours. Remove the bay leaf. Serve the meatballs with a spoonful of sauce. Enjoy!

Calories: 195 Fat: 9g Sodium: 70mg Carbs: 4g Fiber: 2g Sugar: 2g Protein: 23g

MARINATED AND GRILLED FLANK STEAK



PREP TIME
10 HOURS



SERVES
6

Why flank steak? It's a lean cut of beef that's high in protein while low in fat. This means that you can enjoy a satisfying cut of red meat while sticking with your healthy, fat-burning meal plan! Do make sure to eat less steak than you would chicken, because it is higher in calories. This simple Asian marinade is low in sugar and high in wholesome, naturally flavorful ingredients. Marinate overnight in the fridge for the best flavor. Enjoy!

INGREDIENTS

For the Asian Marinade:

- 1/4 cup coconut aminos
- 1/4 cup balsamic vinegar
- 1 tablespoon olive oil
- 1 teaspoon liquid stevia
- 1 tablespoon garlic, minced
- 2 tablespoons fresh ginger, minced
- 3 fresh scallions, thinly sliced

For the Steak:

- 2 pounds flank steak

INSTRUCTIONS

1. Combine all of the marinade ingredients in a large ziplock bag. Add the flank steak and marinade in the fridge for 10 hours or overnight.
2. Preheat grill for medium-high heat. Oil the grill grate.
3. Place steaks on the grill and discard the marinade. Grill for 5 minutes on each side, until desired doneness is reached. Enjoy!

Calories: 336 Fat: 15g Sodium: 98mg Carbs: 4g Fiber: 1g Sugar: 0g Protein: 43g

BRAISED CUBAN FLANK STEAK



PREP TIME
20 MINS



SERVES
8

Here's a savory recipe that you simply must try! Flank steak is a lean cut of beef, one that is encouraged in fat loss programs. However it can tend to be tough or dry when grilled. Not so with this recipe!

By braising lean flank steak in an amazing blend of spices and veggies, this recipe creates a tender, fall-apart steak experience that's oh-so-enjoyable. If you're a fan of braised short ribs then you'll seriously love this recipe. Enjoy!

INGREDIENTS

- 2 pounds flank steak
- Olive oil spray
- 1/2 cup chicken broth
- 2 medium tomatoes, seeded and chopped
- 2 yellow onions, chopped
- 1 red bell pepper, seeded and chopped
- 1 green bell pepper, seeded and chopped
- 2 tablespoons garlic, minced
- 2 tablespoons dried oregano
- 1 tablespoon ground cumin
- 2 teaspoons smoked paprika
- 1 teaspoon sea salt
- 1/2 teaspoon red pepper flakes
- Lime (for garnish)

INSTRUCTIONS

1. Place a large skillet over medium-high heat. Lightly coat with the olive oil spray. Add the flank steak and sear on both sides, about 4 minutes per side. Transfer the steak to a plate.
2. Deglaze the pan with the broth, scraping any drippings from the bottom. Set aside.
3. Combine the remaining ingredients together in the slow cooker. Add the steak and pan drippings. Cover and cook on low for 8 hours, until the steak is fall-apart tender.
4. Remove the meat and let it rest for 5 minutes. Shred with two forks then serve with the tender veggies and a squeeze of fresh lime. Enjoy!

Calories: 258 Fat: 9g Sodium: 351mg Carbs: 7g Fiber: 2g Sugar: 3g Protein: 34g

SLOW BRAISED BEEF



PREP TIME
12 HOURS



SERVES
16

The south-of-the-border flavors of this fork-tender meat make it perfect for shredding and using in tacos, enchiladas and even on nachos. You could also serve it over cauliflower rice, butternut squash noodles, or on a pile of fresh greens. Tender, braised beef is the ultimate comfort food, and this recipe makes the braising process simple and fool-proof.

INGREDIENTS

- 1/4 cup chili powder
- 4 1/2 teaspoons sea salt
- 2 tablespoons coconut palm sugar
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1/4 teaspoon ground allspice
- 1 (4 pound) beef chuck roast, bone in
- 1 can (28 ounce) diced tomatoes
- 1 yellow onion, chopped
- 6 cloves garlic, minced
- 1/2 cup water
- Sea salt

INSTRUCTIONS

1. Combine the chili powder, sea salt, coconut palm sugar, cumin, oregano and allspice in a small bowl. Coat the roast all over with the rub, massaging it in on all sides.
2. Place the roast in a Dutch oven. Cover and refrigerate for at least 12 hours, and up to 3 days.
3. Remove the roast from the fridge and let it sit out at room temperature for an hour before cooking.
4. Preheat the oven to 300 degrees Fahrenheit and place a rack in the center. Add the diced tomatoes, chopped onion, minced garlic and water over the roast. Cover and cook for 3 to 3 1/2 hours, until the meat is tender.
5. Transfer the meat from the pot to a rimmed baking sheet to cool slightly. Break the meat into large pieces and remove and discard any fat. Skim any fat from the top of the veggie mixture in the pot. Return the meat to the pot in a single layer.
6. Increase the oven temperature to 425 degrees Fahrenheit and cook the beef, uncovered, until the exposed skin is deeply brown, flipping it once, about 45 minutes.
7. Shred the beef with two forks and mix with the veggies. Serve warm. Enjoy!

Calories: 425 Fat: 29g Sodium: 619mg Carbs: 2g Fiber: 1g Sugar: 0g Protein: 31g

BEEF RAGU



PREP TIME
15 MINS



SERVES
6

Here's a satisfying, protein-filled sauce to serve over veggie noodles.

This simple dish is proof that it is possible to enjoy spaghetti night while living a fit and lean lifestyle. This is accomplished with noodles made from fresh zucchini (or spaghetti squash, or butternut squash noodles, or simply chopped zucchini) and a sauce that is made with wholesome ingredients and packed with protein.

INGREDIENTS

- 2 pounds lean flank steak, minced
- 2 tablespoons tomato paste
- 1 (8 ounce) can tomato sauce
- 1 tablespoon chili sauce
- 1 cup cherry tomatoes, halved
- 1/2 teaspoon sea salt
- 4 medium zucchini
- 1/2 cup fresh parsley

INSTRUCTIONS

1. In a large skillet, brown the steak over medium-high heat. Drain the skillet and turn down to medium heat.
2. Add in the tomato paste, tomato sauce, chili, cherry tomatoes and sea salt. Mix to combine. Sauté until the cherry tomatoes are soft, about 5 minutes.
3. Peel the green skins from the zucchini, then run through a spiral slicer to create long, thin spaghetti noodles.
4. Plate a handful of zucchini noodles topped with the beef sauce and a sprinkle of parsley.

Calories: 255 Fat: 7g Sodium: 136mg Carbs: 9g Fiber: 2g Sugar: 1g Protein: 33g

BEEF BRISKET



PREP TIME
24 HOURS



SERVES
12

This is one of our favorite dinners. And it's easy to see why. Tender, fall-apart slices of brisket make a mouthwatering meal. Add a simple, dark green salad, a baked sweet potato, and a fluffy egg white biscuit, and you've got a great meal. Oh and maybe a glass of red wine . . .

Note: In addition to being one of the most delicious dishes I've ever made, this also ranks as one of the easiest. Don't let the lengthy cook time deter you. It's as simple as mixing up a marinade, letting it sit overnight, and then popping it in the oven to slow cook for half of the day. Make it on the weekend and enjoy the delightful aroma as you putter around the house waiting for dinnertime.

INGREDIENTS

- 1 lemon
- 5 cloves garlic
- 4 cups beef broth
- 1 cup coconut aminos
- 1 tablespoon liquid smoke
- 5 pounds beef brisket

INSTRUCTIONS

1. Combine all of the ingredients, except the brisket, in a bowl. Mix well.
2. Place the brisket in a large roasting pan, fat side up. Cover with the marinade. Cover the roasting pan tightly with foil. Marinate in the fridge for 24–48 hours. Let those juices do their flavorful magic!
3. Roast at 300 degrees Fahrenheit for 4 hours, or 40 minutes per pound. Remove the foil after 4 hours. Place under the high broil for a few minutes to lightly char the top. Transfer to a cutting board and slice. Put the slices back in the juices. Serve hot. Enjoy!

Calories: 310 Fat: 9g Sodium: 321mg Carbs: 4g Fiber: 0g Sugar: 0g Protein: 47g

GROUND CHILI



PREP TIME
12 MINS



SERVES
12

There are many ways that you could play around with the ingredients and flavors in this recipe. Use your favorite combination of beans, or whatever you have on hand. I'm having great success with my kids enjoying butter beans lately, so it's butter beans all day for us! The meat could also be swapped out to suit your needs or to just use up whatever it is that you have in the fridge today. Lean ground turkey or ground chicken would be an easy way to lighten this dish.

INGREDIENTS

- 3 pounds ground chuck
- 1 tablespoon olive oil
- 2 yellow onions, diced
- 2 tablespoons garlic, minced
- 3 tablespoons chili powder
- 2 tablespoons ground cumin
- 1 tablespoon dried oregano
- 2 teaspoons smoked paprika
- 1/4 teaspoon cayenne pepper
- 3 cups low-sodium beef broth
- 1 (28 ounce) can crushed tomatoes
- 1 tablespoon apple cider vinegar
- 1 (15 ounce) can butter beans, drained and rinsed
- 1 (14.5 ounce) can diced tomatoes, in juice
- 1/2 cup fresh cilantro, chopped
- 1 Anaheim chile, minced
- 2 teaspoons sea salt
- 1/4 cup red onion, minced

INSTRUCTIONS

1. Sauté the chuck in olive oil until fully cooked. Drain off the fat and return the beef to the pot with the onion, garlic, chili powder, cumin, oregano, paprika and cayenne. Reduce the heat to medium-low and sauté until the onions are soft, about 10 minutes, stirring often.
2. Add the broth, crushed tomatoes and vinegar. Increase the heat to high and bring to a boil. Reduce to medium-low and simmer for 10 minutes. Add the butter beans, diced tomatoes, cilantro and Anaheim chile and cook for another 5 minutes. Season with sea salt. Top with minced red onion and chopped fresh cilantro. Enjoy!

Calories: 217 Fat: 7g Sodium: 606mg Carbs: 26g Fiber: 7g Sugar: 7g Protein: 15g

SALMON AND LENTILS EN PAPILOTE



Here's a delicious en papillote recipe to try! This one combines tender salmon fillets with fresh kale, savory lentils, and tangy cherry tomatoes in a refreshing cilantro dressing. Mmmmmmm!

As much as I've really enjoyed all of the en papillote recipes that I've been playing around with, this one is my FAVORITE! Yes, you heard me. But that might just be because it's the latest one that I've tried.

INGREDIENTS

- 1 tablespoon olive oil
- 2 tablespoons dry sherry (or white grape juice)
- 1 teaspoon ground cumin
- 1 teaspoon sweet paprika
- 1/2 cup fresh cilantro
- 1 lemon, zested and juiced
- 1 teaspoon garlic, minced
- 4 (6 ounce) salmon fillets
- 1/2 teaspoon sea salt
- 1/4 teaspoon black pepper
- 8 ounces cooked lentils
- 4 cups kale, steamed and chopped
- 20 cherry tomatoes (various colors, halved)

INSTRUCTIONS

1. Preheat the oven to 400 degrees Fahrenheit.
2. In a blender combine the olive oil, wine, cumin, paprika, cilantro, lemon juice, lemon zest and garlic.
3. Season the salmon fillets with 1/2 teaspoon sea salt and 1/4 teaspoon black pepper.
4. Cut four 12-by-16-inch pieces of parchment paper and fold each in half. Open the parchment paper and arrange 1/4 of the lentils and of the chopped kale in the center of the top half of each parchment. Top with a salmon fillet, 10 tomato halves and 1/4 of the cilantro dressing.
5. Fold the bottom half of the parchment paper over the salmon and veggies. Start folding and crimping the parchment paper ends together from one end all the way around to the other end, creating a sealed envelope. Fold the end under the packet. The packet should be fully encased, with no breaks in the parchment paper for steam to escape – we need that steam as part of the cooking process! Place the packets on a pan.
6. Bake the salmon packets for 25 minutes and remove from the oven. Serve the packets on plates, tearing them open just before serving. If desired, garnish with fresh cilantro, lemon zest and more cherry tomatoes. Enjoy!

ONE PAN GARLIC SALMON



PREP TIME
10 MINS



SERVES
6

Here's the too-tasty-to-believe one-pan recipe that I'm making for dinner tonight...

Buttery, flaky salmon fillets and crispy roasted broccoli are perfectly seasoned with garlic and lemon in this simple, nutritious dish. Enjoy!

INGREDIENTS

For the Broccoli:

- 2 heads broccoli, cut into florets
- 2 tablespoons olive oil
- 1 tablespoon garlic, minced
- Sea salt and black pepper, to taste

For the Salmon:

- 5 (6 ounces) salmon fillets, skin-on
- 1 tablespoon olive oil
- 2 teaspoons garlic, minced
- 1 teaspoon lemon zest
- 2 teaspoons dried marjoram
- 1/2 teaspoon sea salt
- Ground black pepper, to taste
- 1 lemon, cut into 5 slices

INSTRUCTIONS

1. Preheat the oven to 450 degrees Fahrenheit. Lightly grease a rimmed baking sheet with olive oil.
2. In a large bowl toss the broccoli ingredients together, seasoning generously with sea salt and black pepper. Mix until well combined.
3. Spread the seasoned broccoli in a single layer over the prepared baking sheet and roast in the preheated oven for 10 minutes.
4. Meanwhile, drizzle the olive oil over the salmon fillets and evenly sprinkle with the minced garlic, lemon zest and dried marjoram. Season generously with sea salt and black pepper.
5. Remove the baking sheet from the oven, and move the broccoli to create open spaces for the fillets. Place the salmon in the empty spaces and put back in the oven for 10 to 12 minutes, until the salmon is flaky and cooked through. Top each fillet with a slice of lemon and place under the high broil for 1 minute. Remove from the oven. Enjoy!

Calories: 401 Fat: 19g Sodium: 356mg Carbs: 12g Fiber: 8g Sugar: 3g Protein: 42g

WHITE FISH EN PAPILOTE



PREP TIME
20 MIN



SERVES

4

It's hard to find a dinner recipe that's as healthy as this one: white fish and veggies, steamed in a parchment parcel with fresh herbs, lemon and white wine. You'd also be hard pressed to find a white fish recipe that is this easy to make and tastes this darn good! En papillote is a fancy French way of saying "cooked in paper" so we are going to be French and fancy today while making this super-quick-n-awesome recipe!

This recipe cooks in a packet made with parchment paper, which is one of the reasons that it's so quick and healthy. Parchment paper packets use steam to quickly and healthfully cook the contents. It also makes clean up a breeze – crumpling up some paper and throwing it in the trash is my kind of KP! Parchment paper is grease and moisture resistant paper that has been specially treated for oven use. It won't burn in the oven on bake, however don't put it under the broiler – it will burn there! There is no right or wrong side of parchment paper – either side can be used.

INGREDIENTS

- 1/2 cup red onion, cut into thick matchsticks
- 1 zucchini, cut into matchsticks
- 1 carrots, cut into matchsticks
- 1 teaspoon garlic, minced
- 1 teaspoon olive oil
- 4 (6 ounces) halibut fillets, or other white fish
- Sea salt and black pepper
- 1 lemon, thinly sliced into half moons
- 8 sprigs fresh thyme
- 1/4 cup white wine

INSTRUCTIONS

1. Preheat the oven to 375 degrees Fahrenheit.
2. In a large bowl toss the thinly sliced onion, zucchini and carrot with the olive oil and minced garlic.
3. Cut four 12-by-16-inch pieces of parchment paper and fold each in half. Open the parchment paper and arrange each fillet in the center of the top half of each parchment. Generously season with salt and pepper. Top each fillet with one quarter of the veggies, 2 slices of lemon, two sprigs of thyme and 1 tablespoon of white wine.
4. Fold the bottom half of the parchment paper over the fish. Start folding and crimping the parchment paper ends together from one end all the way around the fish to the other end, creating a sealed envelope. Fold the end under the fish. The fish and veggies should be fully encased, with no breaks in the parchment paper for steam to escape – we need that steam as part of the cooking process! Place the packets on a pan.
5. Bake the fish packets for 12 to 18 minutes and remove from the oven. Serve the packets on plates, tearing them open just before serving. Enjoy!

Calories: 231 Fat: 4g Sodium: 166mg Carbs: 8g Fiber: 2g Sugar: 3g Protein: 36g

SUZY'S CATFISH



PREP TIME
15 MINS



SERVES

4

My mother-in-law Suzy introduced me to this simple, delicious recipe for catfish. Anyone could make this recipe, literally, anyone! It's that easy. And delicious.

INGREDIENTS

- 1 teaspoon olive oil
- Fresh cilantro, washed and stems trimmed
- 4 catfish fillets
- Curry powder
- Sea salt
- Sweet paprika
- 1 lemon, juiced
- 4 cloves fresh garlic, finely minced

INSTRUCTIONS

1. Preheat oven to 350 degrees Fahrenheit.
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.

Calories: 158 Fat: 7g Sodium: 65mg Carbs: 3g Fiber: 2g Sugar: 0g Protein: 23g

HUMMUS TUNA SALAD



PREP TIME
15 MINS



SERVES
6

Here's a brand new take on tuna salad for your tasting enjoyment. While most tuna salad recipes use mayonnaise, sour cream or yogurt to create the desired creamy consistency, this recipe does something completely different. We are using hummus! And not just any hummus: white bean hummus.

Nutritionally these creamy tuna lettuce boats are exactly the type of meal that you should be eating in order to see noticeable improvements in your shape. Albacore tuna is a lean protein that provides essential macronutrients to help your muscles develop and recover from your workouts.

To boost the fiber content we are adding some finely chopped celery, red onion and parsley in addition to whole grain mustard. Resist the urge to spread this divine tuna salad over toast and give it a try over crunchy butter lettuce leaves instead. Enjoy!

INGREDIENTS

- 3 cans (5 ounce) albacore tuna, in water
- 1/2 cup white bean hummus
- 1/2 cup celery, finely chopped
- 2 tablespoons red onion, finely minced
- 2 tablespoons whole grain mustard
- 1 teaspoon fresh parsley, minced
- 2 heads butter lettuce

INSTRUCTIONS

1. Drain the tuna and flake into a large bowl. Mix in the hummus, celery, onion, mustard and parsley.
2. Serve scoops of the tuna mixture on butter lettuce leaves. Enjoy!

Calories: 144 Fat: 4g Sodium: 209mg Carbs: 8g Fiber: 3g Sugar: 1g Protein: 18g

THAI COCONUT SHRIMP SOUP



PREP TIME
20 MINS



SERVES

8

Thai food is filled with fantastic flavors that require some interesting ingredients (like fish sauce!) Don't be intimidated by the new ingredients, these are necessary to create the perfectly Thai experience of this delightful soup. A few helpful tips for making the very best Thai Coconut Shrimp Soup:

- Be sure to use unsweetened coconut milk in this recipe (and really in all of my recipes) otherwise your soup will turn out quite differently and quite sweet!
- Be careful not to brown any of the ingredients, in order to preserve the white color of your soup.
- The cucumbers and bell peppers are added off heat, in order to maintain their color and allow them to keep their crunch.
- Watch the shrimp cook time – 2 minutes – like a hawk. Overcooked shrimp is tough and not as tasty.
- The flavors, textures and colors of this soup are best right off the stove! Plan to enjoy it in one sitting, as it doesn't reheat well.

INGREDIENTS

For the Cauliflower Rice

- 1 head cauliflower
- 1 teaspoon olive oil
- Salt and pepper

For the Soup

- 1 teaspoon coconut oil
- 1 large shallot, sliced
- 1 tablespoon fresh garlic, minced
- 1 tablespoon fresh ginger, peeled and minced
- 1 tablespoon lemongrass, minced
- 4 cups broth (chicken or vegetable)
- 2 cans (13.66 ounce) coconut milk, unsweetened, full fat
- 1/4 cup fish sauce
- 2 tablespoons lime juice
- 1/8 teaspoon liquid stevia
- 1/2 pound large shrimp, peeled and deveined
- 1 Thai chili, thinly sliced into rings with seeds
- 1 cucumber, halved lengthwise, seeded and sliced into half moons
- 1 red bell pepper, seeded and diced
- 1/4 cup fresh basil (for garnish)
- 1 lime, cut into wedges (for garnish)

INSTRUCTIONS

For the Cauliflower Rice:

1. Wash the cauliflower, discard the leaves, and chop into small pieces. Grate the pieces with a food processor. 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.
2. Place the coconut oil in a large saucepan over medium heat. Add the shallots, garlic, ginger and lemongrass. Sauté, stirring often, for 5 minutes, until soft. Avoid browning, to keep your soup color bright white.
3. Add the broth, coconut milk, fish sauce, lime juice and stevia. Bring to a simmer and cook for 5 minutes.
4. Stir in the shrimp and chili rings, simmering until the shrimp are just cooked, about 2 minutes. Avoid overcooking the shrimp, to prevent them from becoming tough. Remove the soup from heat.
5. Off the heat, add the cucumber and red bell pepper. Place a scoop of cauliflower rice in each serving bowl and ladle soup over it. Garnish with fresh basil and lime wedges. Enjoy!

Calories: 306 Fat: 25g Sodium: 1139mg Carbs: 14g Fiber: 4g Sugar: 6g Protein: 12g

SHRIMP EN PAPILOTE



PREP TIME
15 MIN



SERVES

4

This isn't any plain old en papillote recipe, where veggies and protein are steamed in parchment paper in the oven. Well, it is and it isn't. The veggies and protein in this recipe are steamed in parchment paper in the oven, but the resulting dish is anything but plain!

Spicy chili is balanced with sweet, fresh orange in this dish of plump, juicy shrimp and tender, sweet butternut squash noodles. While you'd expect that a dish with this much flavor would take time and effort, you'll be pleasantly surprised to find that this dish is ready from start to finish in only 30 minutes. And clean up is a breeze, simply crumble up the parchment paper packet once you've devoured its contents, and just like that clean up duty is done.

INGREDIENTS

- 2 teaspoons fresh ginger, minced
- 2 teaspoons fresh garlic, minced
- 1 tablespoon fresh orange juice
- 2 tablespoons coconut aminos
- 1 teaspoon olive oil
- 1 teaspoon chili paste (more to taste for spicier)
- 1 butternut squash, turned into noodles with spiral slicer
- 1 1/2 pounds large shrimp, peeled and deveined
- Sea salt and black pepper
- 1/4 cup fresh cilantro, minced

INSTRUCTIONS

1. Preheat the oven to 400 degrees Fahrenheit.
2. In a small bowl combine the ginger, garlic, orange juice, coconut aminos, olive oil and chili paste.
3. In a large bowl toss the butternut squash noodles and shrimp with the marinade.
4. Cut four 12-by-16-inch pieces of parchment paper and fold each in half. Open the parchment paper and arrange 1/4 of the noodles and shrimp in the center of the top half of each parchment. Generously season with salt and pepper. Top with a sprinkle of fresh cilantro.
5. Fold the bottom half of the parchment paper over the shrimp and noodles. Start folding and crimping the parchment paper ends together from one end all the way around to the other end, creating a sealed envelope. Fold the end under the packet. The packet should be fully encased, with no breaks in the parchment paper for steam to escape – we need that steam as part of the cooking process! Place the packets on a pan.
6. Bake the shrimp and noodle packets for 15 minutes and remove from the oven. Serve the packets on plates, tearing them open just before serving. Enjoy!

Calories: 198 Fat: 2g Sodium: 265mg Carbs: 17g Fiber: 2g Sugar: 2g Protein: 33g

RED BEAN AND LENTIL CASSEROLE



PREP TIME
10 MINS



SERVES

8

Is there anything better this time of year than a homemade casserole, hot from the oven? The comforting aroma and the heart-warming enjoyment of that first, delicious bite stay with you for days to come.

This fiber-filled casserole is simple to make, contains many vital nutrients and delivers a wonderful flavor that only gets better when enjoyed the next day for lunch. It's a fantastic way to learn how to make and enjoy sprouted lentils – which are highly nutritious. Enjoy!

INGREDIENTS

- 1 teaspoon olive oil
- 1 large onion, peeled and finely chopped
- 1 teaspoon garlic, peeled and finely chopped
- 1 red bell pepper, seeded and chopped
- 1/2 cup dry sprouted lentils, such as Puy or green
- 2 1/2 cups low-sodium, organic vegetable broth
- 1 large cooking apple such as Granny Smith or McIntosh, peeled, cored, and chopped
- 2 teaspoons dried basil
- 1/4 cup white wine
- 1 (14 ounces) can chopped tomatoes
- 1 (15 ounces) can kidney beans, drained and rinsed
- 1/2 cup shaved Parmesan cheese
- Salt and pepper to taste
- Grated Parmesan cheese (optional)

INSTRUCTIONS

1. Preheat the oven to 350 degrees Fahrenheit. Lightly grease a 9x13 casserole pan with olive oil.
2. Heat the olive oil gently in a large saucepan, add onion and garlic, and cook for five minutes until the onions are translucent.
3. Add lentils and stir, then add vegetable stock. Bring to a boil, then reduce heat and simmer for 25 minutes.
4. Add the peppers, basil, apple, white wine, shaved Parmesan cheese, and canned tomatoes and mix well.
5. Transfer the mixture to and sprinkle grated Parmesan cheese on top. Cook in oven for 30 minutes.
6. Serve immediately or freeze remaining portions in individual servings.

Calories: 260 Fat: 3g Sodium: 335mg Carbs: 42g Fiber: 10g Sugar: 10g Protein: 18g

BAKED TOFU FRIES



PREP TIME
15 MIN



SERVES

2

Who doesn't occasionally crave a big basket of French fries dipped in tangy ketchup? It's only natural! So rather than throw your results out the window by chowing down on some seriously greasy fries that propel your eating habits on a downward spiral, try these Baked Tofu Fries.

There's no need for a fryer, these fries get nice and crispy on the outside by simply baking. Also feel free to get creative with the spices – if you like Cajun then throw in some garlic powder, paprika, black pepper, onion powder, cayenne pepper, oregano, thyme, and red pepper flakes. Or if you prefer sweet throw in some cinnamon and coconut palm sugar.

INGREDIENTS

- 1 (14 ounces) block of firm tofu
- 2 teaspoons olive oil
- Dash of sea salt
- Dash of black pepper
- Pinch of fresh parsley, minced
- Dash of Parmesan cheese or nutritional yeast

INSTRUCTIONS

1. Preheat the oven to 375 degrees Fahrenheit.
2. Remove the block of tofu from the packaging and place on a few folded paper towels. Place another couple of paper towels on top of the tofu and top with a couple of cans of food. Leave the tofu like this, to drain off excess liquid, for 10 minutes.
3. Slice the tofu into 1/2 inch French fry-like pieces. Lightly grease a rimmed baking sheet with olive oil and arrange the fries in a single layer. Brush the tops of the fries with the olive oil and then sprinkle with the remaining ingredients.
4. Bake for 20-30 minutes, until golden and crispy. Serve with ketchup. Enjoy!

Calories: 187 Fat: 13g Sodium: 271mg Carbs: 3g Fiber: 2g Sugar: 1g Protein: 17g

FIESTA BOWL WITH BBQ TOFU



PREP TIME
15 MINS



SERVES

4

When it comes to your diet, small and steady changes made in the long term will make the biggest impact on your fat loss goals. Take this fiesta bowl, for example. We've taken a traditional burrito bowl and have lightened it up by using quinoa instead of rice. Feel free to top this flavorful bowl with chicken or steak, if you'd prefer instead of tofu. Enjoy!

INGREDIENTS

- 1 (14 ounces) extra firm tofu, pressed and sliced
- 1/4 cup BBQ sauce
- 2 cups red quinoa, cooked
- 1 (15 ounces) can black beans, drained and rinsed
- 1 small red bell pepper, seeded and diced
- 1/2 cup canned corn
- 1/4 cup goat cheese, crumbled
- 2 tablespoons fresh cilantro, chopped
- 1 teaspoon olive oil
- 1 teaspoon fresh lime juice
- Sea salt and black pepper to taste

INSTRUCTIONS

1. Preheat the oven to 350 degrees Fahrenheit. Lightly grease a casserole pan with olive oil. Arrange the tofu slices in a single layer in the pan and bake for 30 minutes, flipping each slice halfway through. Cover the tofu with the BBQ sauce, turning each slice to coat each side. Bake for 15 more minutes. Set aside.
2. In a large bowl combine all of the remaining ingredients, and top with slices of the BBQ tofu. Enjoy!

Calories: 266 Fat: 4g Sodium: 67mg Carbs: 38g Fiber: 2g Sugar: 8g Protein: 15g

VEGETABLES



Vegetables: Fiber is an important part of any successful meal plan.

You will see vegetables included as part of most of your meals. The key here is to stick with vegetables that are low in sugar and high in fiber. As a rule of thumb, green vegetables are consistently low in sugar and high in fiber, whereas more colorful vegetables, such as carrots or beets, are higher in sugar. When in doubt, eat more green vegetables!

The recipes in this Vegetables section includes asparagus, broccoli, Brussels sprouts, cabbage, spinach, arugula, fennel, zucchini, cucumber, green beans, cauliflower, mushroom, lettuce and kale.

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ROASTED VEGETABLES



PREP TIME
20 MINS



SERVES
6

You won't find a recipe that's as simple and delicious as this one for roasted vegetables. It's a classic!

I like to leave the root veggies undisturbed when adding the green beans, so that they have one really nicely charred side to them at the end of the cook time. The onions become mouthwateringly tender.

Feel free to use other veggies, such as sweet potato, beets, cauliflower, or bell peppers.

INGREDIENTS

- 3 parsnips, peeled and cut into large chunks
- 8 large carrots, peeled and cut into large chunks
- 1 red onion, cut into thick wedges
- 1 tablespoon olive oil
- Sea salt and black pepper
- 1/2 pound green beans, trimmed

INSTRUCTIONS

1. Preheat the oven to 425 degrees Fahrenheit. Lightly grease a rimmed baking sheet with olive oil.
2. In a large bowl, toss the parsnips, carrots and onion with the olive oil and generously season with salt and pepper. Arrange on the prepared baking sheet in a single layer. Roast in the preheated oven for 30 minutes.
3. After 30 minutes, add the green beans on top of the roasting veggies and place back in the oven for an additional 15 minutes. Mix the veggies together and serve. Enjoy.

Calories: 95 Fat: 3g Sodium: 138mg Carbs: 18g Fiber: 5g Sugar: 7g Protein: 2g

AMAZING ROASTED BROCCOLI



PREP TIME
10 MINS



SERVES

6

If your nose wrinkles at the thought of serving broccoli with your meal, then this recipe is about to rock your world! Tough, bland, soulless broccoli beware...this recipe for Amazing Roasted Broccoli is seriously delicious!

What makes it taste so amazing? First, we cut the florets in half, vertically, in order to create a nice flat side for maximum roasting area. Second, we toss it with flavor-packed minced garlic. Third, we roast it at a very high temperature, 450 F, until each floret is charred on the outside and tender on the inside. And finally, we sprinkle some fresh lemon juice right before serving. Perfection!

INGREDIENTS

- Olive oil spray
- 2 bunches broccoli
- 1 teaspoon garlic, minced
- Sea salt and black pepper
- 1/2 teaspoon lemon juice

INSTRUCTIONS

1. Preheat the oven to 450 degrees Fahrenheit. Lightly spray 2 rimmed baking sheets with olive oil.
2. Cut the broccoli into florets, slicing each floret in half lengthwise. Place the florets in a large bowl and lightly spray with olive oil. Toss with the garlic and season with salt and pepper.
3. Spread the florets evenly over both prepared trays. Roast in the preheated oven for 20 minutes, or until tender and charred. Sprinkle with fresh lemon juice, toss and serve. Enjoy!

Calories: 42 Fat: 1g Sodium: 40mg Carbs: 8g Fiber: 3g Sugar: 2g Protein: 3g

LEMON BLANCHED ASPARAGUS



PREP TIME
10 MINS



SERVES
4

This is my go-to quick and healthy asparagus recipe to use throughout the week. Part of my on-going meal plan is to eat small, protein + fiber based meals every 2-3 hours, and this lemon blanched asparagus is one of my favorite recipes to use for the greens and fiber in my meals. I like to make a triple batch that will last in the fridge in a large ziplock bag for about 3 days of meals. Make sure not to blanch too long, so that the asparagus maintains a crisp-tender consistency so it'll remain fresh-tasting for a few days and never mushy. Enjoy!

INGREDIENTS

- 1 lemon
- 1 large bunch asparagus, ends trimmed
- Sea salt and black pepper

INSTRUCTIONS

1. Bring 4 cups of water to boil in a large skillet. Juice the lemon and add to the water.
2. Add the asparagus to the boiling water for 4 minutes. Remove the asparagus with tongs, or by pouring into a colander. Generously season with salt and pepper. Enjoy!

Calories: 20 Fat: 0g Sodium: 2mg Carbs: 4g Fiber: 2g Sugar: 1g Protein: 2g

ASPARAGUS SHAVED AND ROASTED



PREP TIME
10 MINS



SERVES
6

Why shave your asparagus before roasting it? Here's why:

- It looks fancy.
- It's easier to chew.
- It's fun.
- It cooks more quickly.
- It's served like this in swanky steakhouses, so it must be cool.

Note: Be careful of your fingertips while shaving the asparagus. I've found that placing the stalks flat against a cutting board and using a veggie peeler to swipe away from your body is the best method.

INGREDIENTS

- 2 bunches asparagus, tough ends trimmed
- 1 tablespoon extra-virgin olive oil
- 1/4 teaspoon sea salt
- Pinch of black pepper
- 1 tablespoon lemon juice

INSTRUCTIONS

1. Preheat the oven to 425 degrees Fahrenheit. Lightly grease a large rimmed baking sheet with olive oil.
2. Lay each asparagus spear on a cutting board and use a vegetable peeler to shave off the skin 2 inches from the tip all the way to the ends.
3. Toss the shaved asparagus stalks in a large bowl with the remaining ingredients until fully coated. Spread them on the prepared pan and bake until just tender, 12–15 minutes.

Calories: 33 Fat: 2g Sodium: 127mg Carbs: 2g Fiber: 3g Sugar: 1g Protein: 2g

BONE BROTH BRAISED BRUSSELS SPROUTS



PREP TIME
15 MINS



SERVES

8

This is a tender take on Brussels sprouts, infusing flavorful nutrients into each plump bite by simmering in bone broth. Ground turmeric adds pretty color and a host of nutritional benefits as well. Make tons, these keep well in the fridge for the better part of a week.

INGREDIENTS

- 1 pound Brussels sprouts trimmed and halved (about 5 cups)
- 1 tablespoon olive oil
- 1 yellow onion, sliced
- 1 tablespoon garlic, minced
- 1 tablespoon ground turmeric
- Sprinkle of sea salt
- Sprinkle of black pepper
- Pinch of red pepper flakes
- 1 teaspoon garlic powder
- 1 cup bone broth
- 1/4 cup fresh parsley

INSTRUCTIONS

1. Place the olive oil in a large skillet over medium-high heat until warmed. Add the garlic and onions. Cook for 5 minutes, until the onions begin to soften.
2. Add the turmeric, salt, pepper, red pepper flakes and garlic powder and allow the spices to bloom for 3 minutes.
3. Add the Brussels sprouts and cook for 5 minutes, until the sprouts are caramelized. Add the bone broth, reduce the heat to low and cover. Cook for 15 minutes, stirring every 5 minutes, until very tender.
4. Season with more sea salt and black pepper and sprinkle with fresh parsley. Enjoy!

Calories: 57 Fat: 2g Sodium: 28mg Carbs: 7g Fiber: 3g Sugar: 1g Protein: 4g

MAPLE GLAZED BRUSSELS SPROUTS



PREP TIME
12 MINS



SERVES
4

Brussels sprouts are a quintessential holiday side dish. However many traditional recipes are dairy smothered and undercooked. I prefer sprouts that are crispy on the outside and creamy-tender on the inside, and this technique of roasting them face down at a high oven temp gets the job done beautifully. Feel free to double or even triple the recipe, depending on the size of your holiday gathering. These sprouts turn out so delicious that even the kids will go back for more. Enjoy

INGREDIENTS

- 1 pound Brussels sprouts, trimmed and halved
- 1 tablespoon olive oil
- 1 tablespoon pure maple syrup
- Scant 1/2 teaspoon sea salt
- 1/4 teaspoon black pepper

INSTRUCTIONS

1. Preheat the oven to 425 degrees Fahrenheit. Line a rimmed baking sheet with foil.
2. In a large bowl combine the halved Brussels sprouts with the olive oil, syrup, sea salt and black pepper. Toss to evenly coat.
3. Place the sprouts, cut side down, on the prepared baking sheet. Roast for 12-15 minutes, until lightly charred and very tender. Enjoy!

Calories: 92 Fat: 3g Sodium: 453mg Carbs: 13g Fiber: 5g Sugar: 5g Protein: 4g

BRAISED CABBAGE NOODLES



PREP TIME
10 MINS



SERVES
12

I think that I've found the perfect noodle hack with this very simple method of slow braising green cabbage with a nice dollop of coconut oil and some seasoning. It's simple to make - simply wilt it on the stove and then stick it in the oven for an hour, removing it once to stir. The resulting noodles are tender, flavorful, low carb, low calorie and downright tasty!

INGREDIENTS

- 2 heads green cabbage, thinly sliced
- 1/4 cup coconut oil
- 1 yellow onion, thinly sliced
- Sprinkle of sea salt and black pepper
- Sprinkle of red pepper flakes
- Sprinkle of onion powder
- 2 tablespoons fresh parsley, minced

INSTRUCTIONS

1. Preheat the oven to 250 degrees Fahrenheit. Core the cabbage and slice into 1/4 inch strips.
2. Place a Dutch oven (heavy bottomed, oven safe pot with lid) over medium heat. Add the coconut oil and melt.
3. Add the sliced onion and sauté until soft, about 4 minutes. Add the shredded cabbage and mix to combine. Continue to cook over medium heat, until the cabbage has wilted, about 5 minutes.
4. Cover the pot and transfer to the preheated oven. Bake for 60 minutes, stirring once at the 30 minute mark. Remove from the oven after 60 minutes, once the cabbage is very tender.
5. Season the braised cabbage noodles with salt, pepper, red pepper flakes, onion powder and minced fresh parsley. Enjoy!

Calories: 73 Fat: 4g Sodium: 22mg Carbs: 7g Fiber: 3g Sugar: 4g Protein: 2g

CUBAN SLAW



PREP TIME
10 MINS



SERVES
10

This simple, vibrant slaw is the perfect side to tender, savory steak.

INGREDIENTS

For the Dressing:

- 1 teaspoon ground cumin
- 1/2 cup fresh orange juice
- 1/4 cup lime juice
- 1/2 cup red onion, thinly sliced
- 1/4 cup fresh cilantro, chopped
- 1 tablespoon raw honey
- 2 tablespoons olive oil
- Sprinkle of sea salt and black pepper

For the Slaw:

- 1 head red cabbage, finely shredded
- 1 carrot, peeled and shredded
- 1/4 cup fresh cilantro, chopped

INSTRUCTIONS

1. Blend the dressing ingredients in a high-speed blender or food processor until smooth.
2. Place the slaw ingredients in a large bowl. Toss in the salad dressing. Serve immediately.

Calories: 61 Fat: 3g Sodium: 18mg Carbs: 9g Fiber: 2g Sugar: 4g Protein: 1g

LEMONY SQUASH AND FENNEL SALAD



PREP TIME
15 MINS



SERVES

4

This salad wins the award for the most refreshing side dish ever! The combined essence of fennel and lemon give ordinary zucchini extraordinary flavor in this simple, summer salad. It is my new go-to side dish to enjoy with grilled steak or chicken.

Here's another flavorful reason to ask more from your side dishes. Do we really need traditional, grain-filled noodle salads when it's possible to create a veggie noodle salad like this instead? This one tastes better and is better for you...one taste and you'll get it.

INGREDIENTS

For the Squash and Fennel Salad:

- 2 green zucchinis
- 1 yellow squash
- 1 fennel bulb and fronds
- 1 teaspoon kosher salt, course

For the Lemony Dressing:

- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1/2 teaspoon lemon zest
- 1/2 teaspoon garlic, minced
- 2 tablespoons fennel bulb and fronds, minced
- Sea salt and black pepper to taste

INSTRUCTIONS

1. Use a veggie peeler to turn the zucchini and squash into long, flat noodles. Cut the fennel bulb in half, and then slice into thin half moons.
2. Throw the squash noodles and fennel slices into a large colander and sprinkle with the coarse salt. Mix the salt into the veggies and let sit for 20 minutes over a plate. Squeeze the veggies gently to release excess water and transfer to a salad bowl.
3. In a small bowl combine the dressing ingredients. Toss the dressing with the veggies and chill until serving. Enjoy!

CREAMY PESTO NOODLES



PREP TIME
10 MINS



SERVES

4

Today we are going to take said pesto to the next level by mixing it in with creamy goodness and tender noodles. Sound good?

I couldn't hear you. Sound good?!?!?!?

Yes, yes it does sound good! Because creamy, pesto-y pasta is the bomb. Now what's really fantastic is how we can make this beloved dish without grains, gluten or dairy.

Really, it is possible and I am going to show you exactly how to do it. Make this dish a complete meal by adding meatballs or simple grilled chicken. Enjoy and let me know how you liked it!

INGREDIENTS

For the Creamy Pesto Sauce:

- 1 tablespoon coconut oil
- 1 tablespoon coconut flour
- 1 can (13.66 ounce) coconut milk, full fat
- 1/2 cup nutritional yeast
- 1/3 cup pesto

For the Zucchini Noodles:

- 6 medium zucchinis

INSTRUCTIONS

For the Creamy Pesto Sauce:

1. In a large skillet, melt the coconut oil over medium heat. Whisk in the coconut flour and continue to whisk until browned. Add the coconut milk, nutritional yeast, and pesto. Whisk frequently until the sauce begins to boil. Reduce the heat to a simmer and continue whisking for 5 minutes, as the sauce thickens. Remove from heat.

For the Zucchini Noodles:

1. Wash the zucchini and pat dry. Use a veggie peeler to remove the green skin. Run the veggie peeler from the top of the zucchini all the way to the bottom to create long, flat noodles. Repeat with the remaining zucchini.
2. Toss the noodles with the creamy pesto sauce and serve immediately. Enjoy!

Calories: 246 Fat: 18g Sodium: 37mg Carbs: 16g Fiber: 7g Sugar: 5g Protein: 10g

GREEN BEANS AND EGGS



PREP TIME
25 MINS



SERVES
8

Here's a recipe to help you use your garden's summer bounty, or to use up all those farmers' market treasures, for those of us who never got around to planting a garden this year. Tender green beans, plump tomatoes, fresh dill, and organic eggs come together in a savory, mouthwatering fashion in this simple dish.

This dish is filled with fiber, vitamins, minerals, and protein. It's wonderful alongside dinner, but the leftovers taste even better as the flavors mingle and marinate. You can bet that if I'm serving this for dinner, I'll be enjoying a scoop or two of this tasty dish the next day.

INGREDIENTS

- 1 tablespoon extra virgin olive oil
- 1 yellow onion, thinly sliced into half-moons
- 3 cups tomato, chopped
- 2 pounds fresh green beans, trimmed and cut into 1-inch pieces
- 1/2 cup fresh dill, chopped
- 1/2 teaspoon sea salt
- 1/8 teaspoon black pepper

INSTRUCTIONS

1. Heat the olive oil in a medium pot over low heat. Add the onion and cook for 3 minutes. Add the tomatoes and cook, stirring often, for 5 minutes. Add the green beans and enough water so that it's not quite covering the beans. Cover the pot and cook over low heat for 25–30 minutes, stirring every 5 minutes or so.
2. Once the beans are tender, drain off the water. Return the pot to low heat and add the dill, salt, and pepper. Mix well, cover, and cook for 3 minutes.
3. Mix the eggs into the green beans and cook for 5 minutes while stirring. Remove from the heat and serve.

Calories: 85 Fat: 4g Sodium: 175mg Carbs: 10g Fiber: 5g Sugar: 3g Protein: 6g

CAULIFLOWER COUSCOUS



PREP TIME
15 MINS



SERVES
6

Cauliflower rice is a concept that has been in the healthy eating world for quite a while. I have made a whole bunch of different cauliflower rice recipes, with everything from Asian flavors to Mexican flavors to Hawaiian flavors.

But nothing compares to this recipe that I accidentally created. Instead of shredding the cauliflower raw and then throwing it into a skillet for a few minutes, I started with a boiled head of cauliflower that resulted in plumper, softer rice—more like couscous. Wow! Both the flavor and the consistency blew me away—and the kids gobbled it down when I served grilled salmon fillets over it.

INGREDIENTS

- 2 heads cauliflower
- 2 tablespoons extra virgin olive oil
- 1 teaspoon garlic, minced
- 1 zucchini, cut into matchsticks
- 4 carrots, cut into matchsticks
- 1 red onion, minced
- 2 teaspoons lemon juice
- 1/4 cup fresh parsley, minced
- 1/2 teaspoon sea salt
- 1/4 teaspoon black pepper

INSTRUCTIONS

1. Bring a large pot of water to a boil. Meanwhile, trim the leaves and stems from the cauliflower heads and place both heads in the boiling water, covered, for 5 minutes. Carefully remove the cauliflower with tongs and set aside until cooled.
2. In a skillet, heat 1 tablespoon of the olive oil over medium-high heat. Add the garlic, zucchini, carrots, and red onion. Sauté for 10 minutes, until the vegetables are golden and tender. Set aside.
3. Cut the cooled cauliflower heads into florets, then run them through the food processor fitted with the grating attachment. Transfer the shredded cauliflower to a large bowl and mix in the remaining 1 tablespoon olive oil, plus the lemon juice, fresh parsley, sea salt, and black pepper. Mix in the sautéed veggies and serve. Enjoy!

Calories: 139 Fat: 8g Sodium: 313mg Carbs: 16g Fiber: 12g Sugar: 6g Protein: 8g

BROCCOLI AND ALMOND CAULIFLOWER RICE



PREP TIME
25 MINS



SERVES

8

Cauliflower rice is a staple side dish in my kitchen. It is just as it sounds—cauliflower shredded into little “rice” pieces and served just as you would serve traditional rice. It’s fantastic for losing weight and increasing the fiber content of your diet, and it’s easy to get used to once you’ve stuck with it for a month or so.

I like to think of cauliflower rice as a blank canvas on which to bestow whatever flavors marry well with my main dish. In this recipe, we use an orange dressing to lend sweet and spicy flavor. Feel free to add any veggies, herbs, spices, or even a couple of eggs to your cauliflower rice.

INGREDIENTS

For the Sweet and Spicy Orange Dressing:

- 2 tablespoons fruit-only orange marmalade
- 1 tablespoon pickled sweet cherry peppers, minced
- 1 tablespoon pickled sweet cherry pepper juice
- 1 tablespoon apple cider vinegar
- 2 teaspoons coconut aminos
- 1 teaspoon bottled chili garlic sauce (no sugar added)

For the Cauliflower Rice:

- 1 head cauliflower, stemmed and cut into florets
- 1 teaspoon toasted sesame oil
- 1 cup carrot, diced
- 1 head broccoli, cut into florets
- 1/2 cup chicken broth
- 1/2 cup dry toasted sliced almonds

INSTRUCTIONS

1. Using a food processor with the grating blade, grate all of the cauliflower.
2. In a large skillet, heat the sesame oil over medium heat. Add the garlic and cook until golden, about 3 minutes, being careful not to let it burn. Add the onion and carrot and cook until tender, about 12 minutes. Mix in the cauliflower, broccoli, and chicken broth. Cover the pan and decrease the heat to low. Cook for 10 minutes, stirring occasionally.
3. Remove the lid and mix in the Sweet and Spicy Orange Dressing. Cook, uncovered, for another 3 minutes. Stir in the sliced almonds and serve hot.

Calories: 87 Fat: 4g Sodium: 138mg Carbs: 11g Fiber: 6g Sugar: 6g Protein: 6g

MARINATED AND GRILLED MUSHROOM



PREP TIME
40 MINS



SERVES
4

You don't have to be a vegetarian to enjoy this meat-free dish on the grill! Tender mushroom, marinated in fresh flavors and then grilled to perfection makes a wonderful main dish or side dish. Enjoy!

INGREDIENTS

For the Asian Marinade:

- 1/4 cup coconut aminos
- 1/4 cup balsamic vinegar
- 1 tablespoon olive oil
- 1 teaspoon liquid stevia
- 1 tablespoon garlic, minced
- 1 tablespoon fresh ginger, minced
- 3 fresh scallions, thinly sliced

For the Mushroom:

- 4 portobello mushrooms, stems removed

INSTRUCTIONS

1. Combine all of the marinade ingredients in a large ziplock bag. Add the mushrooms and marinade at room temperature for 3 minutes.
2. Preheat grill for medium-high heat. Oil the grill grate.
3. Place mushrooms on the grill and discard the marinade. Grill for 5-7 minutes on each side, until desired doneness is reached. Enjoy!

Calories: 65 Fat: 3g Sodium: 21mg Carbs: 6g Fiber: 1g Sugar: 0g Protein: 1g

ASIAN SPINACH SALAD



PREP TIME
5 MINS



SERVES
4

Here's the perfect fresh salad to serve as a complement to your next healthy stir-fry dinner. The dressing is simple to mix together at home and is filled with delicious Asian flavors like sesame and chili garlic. Use fresh organic spinach, radish and cucumber for the best flavor and highest nutritional value.

INGREDIENTS

For the Salad Dressing:

- 3 tablespoons apple cider vinegar
- 1 tablespoon olive oil
- 1 teaspoon toasted sesame oil
- 1 teaspoon coconut palm sugar or honey
- 1 teaspoon Dijon mustard
- 1/2 teaspoon sea salt
- 1/4 teaspoon bottled chili garlic sauce (no sugar added)

For the Salad:

- 4 cups fresh spinach
- 1 cucumber, sliced
- 1 bunch radish, sliced

INSTRUCTIONS

1. Whisk the dressing ingredients in a small bowl.
2. Combine the spinach, cucumber and radish in a salad bowl. Toss with the dressing and season with salt and pepper. Enjoy!

Calories: 67 Fat: 5g Sodium: 282mg Carbs: 5g Fiber: 2g Sugar: 2g Protein: 2g

ITALIAN PASTA SALAD



PREP TIME
20 MINS



SERVES
12

This isn't your mamma's pasta salad recipe! Welcome to a whole new pasta salad, one that has ditched the chewiness of pasta for crisp, fresh veggies, and contains all of the Italian flavors that you love. It's a salad worth getting excited about!

INGREDIENTS

For the Italian Vinaigrette:

- 1/3 cup white wine vinegar
- 2 tablespoons olive oil
- 1 tablespoon fresh oregano, chopped
- 2 teaspoons garlic, minced
- 1/2 teaspoon sea salt
- 1/4 teaspoon black pepper, ground
- 1/8 teaspoon liquid stevia

For the Salad:

- 4 medium zucchini, peeled and cut into thin 1-inch pieces
- 2 English cucumbers, seeded and chopped
- 2 cups cherry tomatoes, quartered
- 1 cup green olives, quartered
- 1/3 cup red onion, finely minced

INSTRUCTIONS

1. Whisk together all of the vinaigrette ingredients in a small bowl.
2. Combine all of the salad ingredients in a large salad bowl. Toss with the vinaigrette and chill before serving. Keeps in the fridge for several days. Enjoy!

Calories: 81 Fat: 4g Sodium: 504mg Carbs: 9g Fiber: 3g Sugar: 3g Protein: 2g

RADICCHIO BUTTER LETTUCE SALAD



PREP TIME
10 MINS



SERVES
4

Need a new salad in your life? I've got a refreshing one for you.

The green basil dressing is what makes this salad something special. Be sure to blend it until all of the basil leaves have disappeared and the dressing takes on a vibrant green hue.

Feel free to use whatever lettuce you love most, or whatever you have fresh and on hand.

INGREDIENTS

For the Basil Dressing:

- 3 tablespoons white wine vinegar
- 3 tablespoons fresh basil, chopped
- 2 teaspoons fresh lemon juice
- 1/2 teaspoon Dijon mustard
- 3 drops liquid stevia
- 1/2 teaspoon sea salt
- 1/4 cup olive oil

For the Salad:

- 4 cups butter lettuce, torn
- 2 cups radicchio, torn

INSTRUCTIONS

1. Combine the dressing ingredients, except the oil, in a high-speed blender. Blend until smooth, then drizzle in the oil with the blender running. Blend until emulsified. Toss the lettuce and radicchio with basil dressing right before serving. Enjoy!

Calories: 124 Fat: 13g Sodium: 250mg Carbs: 3g Fiber: 1g Sugar: 1g Protein: 0g

MASSAGED KALE AND APPLE SALAD



PREP TIME
15 MINS



SERVES
4

Massage kale? Sounds a little silly, doesn't it? The technique of massaging the kale helps break down the fibers in the leaves, making it easier to digest. This also improves the mouthfeel of the kale and makes it easier to chew a nice big mouthful of these super greens. While you massage the kale, you'll actually see it start to change—it will become softer and more vibrantly green. To massage, simply use the back of a large spoon to press down on the kale. Then mix the leaves and press down again. Keep repeating until the kale is noticeably softened.

INGREDIENTS

- 1 bunch curly kale
- 2 scallions, whites and greens, minced
- 1 apple, finely chopped
- 1 tablespoon dried mint
- 2 tablespoons lemon juice
- 1/4 teaspoon sea salt
- Pinch of black pepper
- 2 tablespoons extra virgin olive oil

INSTRUCTIONS

1. Wash the kale and pat dry. Remove the stems and finely chop the leaves. Put them in a large salad bowl. Massage the kale with the back of a large spoon (see note above) until visibly softened.
2. Add the scallions, apple, mint, lemon juice, sea salt, and black pepper to the bowl. Drizzle in the olive oil, mix well, and serve.

Calories: 116 Fat: 7g Sodium: 169mg Carbs: 10g Fiber: 3g Sugar: 2g Protein: 3g

A close-up photograph of a white bowl with a blue rim, filled with a vibrant orange sweet potato salad. The salad consists of cubed sweet potatoes, thinly sliced red onions, and finely chopped green herbs. The bowl is set on a wooden surface.

COMPLEX CARBS

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Complex Carbs: Include a small portion of complex carbs in half of your meals.

There are several options when it comes to complex carbs. This Complex Carb section includes recipes with oats, quinoa, brown rice, spaghetti squash, sweet potatoes, green beans, butternut squash, and parsnips.

SWEET POTATO STEAK FRIES



PREP TIME
15 MINS



SERVES
6

You won't even notice that these fries are baked and not fried – the flavors are THAT good! By baking at a very high oven temp – 500 degrees F – and by heating up the pan beforehand, these fries get crispy on the outside and tender on the inside, just like a steak fry should be! Make lots and enjoy!

INGREDIENTS

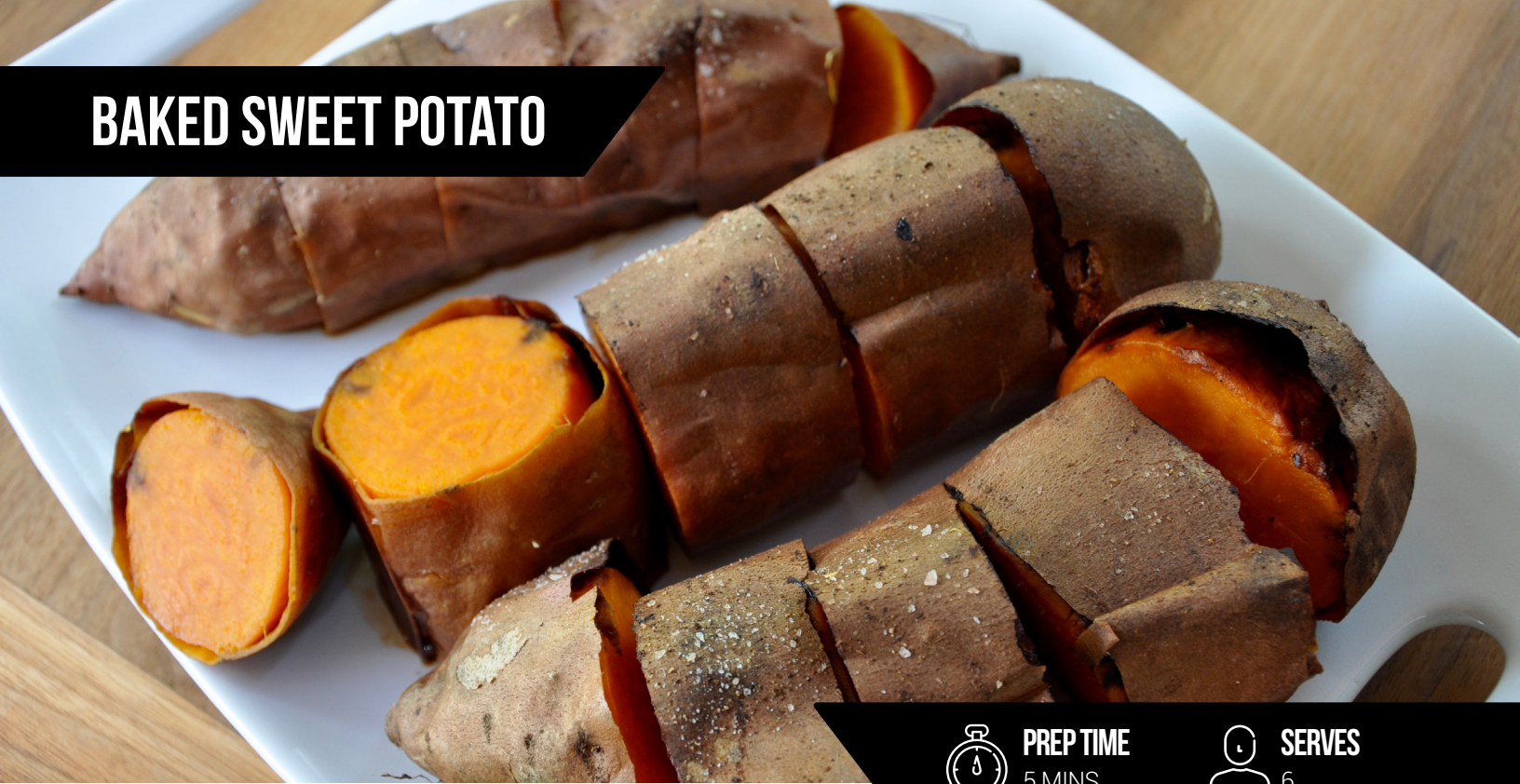
- 3 sweet potatoes
- 3 tablespoons coconut oil, melted
- 1 1/2 teaspoons sea salt
- 2 teaspoons sweet paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder

INSTRUCTIONS

1. Preheat the oven to 500 degrees Fahrenheit. Place a nonstick baking sheet in the oven.
2. Peel the sweet potatoes and cut into 1/2" - 1/4" wedges. Place in a large bowl.
3. Toss the sweet potatoes with the coconut oil, salt, paprika, garlic powder and onion powder. Mix until evenly coated.
4. Carefully remove the baking sheet from the oven, and arrange the sweet potato wedges in an even layer. Return to the oven for 8 minutes, remove and flip all of the fries. Bake for an additional 6-10 minutes, until tender on the inside and crispy on the outside. Serve with a side of ketchup. Enjoy!

Calories: 182 Fat: 7g Sodium: 478mg Carbs: 29g Fiber: 4g Sugar: 1g Protein: 2g

BAKED SWEET POTATO



PREP TIME
5 MINS



SERVES
6

Baked sweet potato is a wonderful complex carb to include in a few of your daily meals. The natural sweetness is a welcome addition to a meal of protein and veggies! Feel free to bake enough for several days and store in the fridge to use as needed. Enjoy!

INGREDIENTS

- 2 sweet potatoes
- Olive oil spray
- Sea salt
- Black pepper

INSTRUCTIONS

1. Preheat the oven to 400 degrees Fahrenheit. Line a baking sheet or pan with parchment paper.
2. Rinse and scrub the sweet potatoes. Pat dry with a paper towel and pierce several times with a fork or knife. Place in the prepared pan.
3. Lightly spray the sweet potatoes with olive oil and season with salt and pepper. Bake in the preheated oven for 45 minutes to an hour, until tender when poked.
4. Cut each sweet potato into 3 segments. Each segment is one serving. Enjoy!

Calories: 53 Fat: 1g Sodium: 20mg Carbs: 12g Fiber: 2g Sugar: 5g Protein: 1g

SWEET POTATO SALAD WITH TARRAGON DRESSING



PREP TIME
25 MINS



SERVES
16

Most of the time sweet potato recipes are more on the sweet side, so I thought I'd come up with one that was tangy and savory instead. This Sweet Potato Salad with Tarragon Dressing is a wonderful replacement for traditional, creamy potato salad.

This is my new favorite side to serve with roasted chicken and hot-off-the-grill steaks! It keeps well in the fridge for several days so it's also great for your weekly packed meals. Enjoy!

INGREDIENTS

- 4 sweet potatoes
- Olive oil spray
- Salt and pepper
- 2 pink shallots, thinly sliced into rings
- 2 tablespoons apple cider vinegar

For the Dressing:

- 1 tablespoon lemon juice
- 1/2 teaspoon Dijon mustard
- 1/4 teaspoon black pepper
- 1/8 teaspoon sea salt
- 1/2 teaspoon garlic, minced
- 3 tablespoons olive oil
- 3 tablespoons fresh tarragon, chopped
- 1 tablespoon fresh chives, chopped

INSTRUCTIONS

1. Turn the oven to 425 degrees Fahrenheit, no need to preheat.
2. Wash and dry the sweet potatoes and prick with a fork or knife a couple of times. Lightly spray with olive oil and generously season with salt and pepper. Place on a baking sheet and bake for 40 minutes, or until tender but not soft. Remove from oven and cool.
3. While the potatoes bake, combine the shallot and vinegar in a small bowl. Soak for 5 minutes, then drain off the vinegar.
4. Once the potatoes have cooled, peel, quarter and then slice into 1" pieces and place in a serving bowl. Mix in the shallots.
5. In a small bowl whisk the dressing ingredients. Pour over the potatoes and mix to combine. Chill, serve and enjoy!

Calories: 53 Fat: 2g Sodium: 36mg Carbs: 6g Fiber: 1g Sugar: 1g Protein: 1g

TANGY MASHED SWEET POTATO



PREP TIME
10 MINS



SERVES

8

Most of the mashed sweet potato recipes out there emphasize the sweetness of sweet potato, rather than the savory. This recipe is a fun mix of sweet, savory and...tangy! The tangy comes in from minced green olives, and it's just the little flavor kick needed to make this dish memorable. To cook your sweet potatoes, either place them under meat in a slow cooker dish, boil them until tender, or bake in the oven. I suppose you could even use canned sweet potato, however that won't taste as good as fresh ones will! Enjoy these creamy, tangy, dreamy sweet potatoes with your next family dinner!

INGREDIENTS

- 2 cooked sweet potatoes
- 6 pimento-stuffed green olives, minced
- Sea salt and black pepper

INSTRUCTIONS

1. Peel the cooked sweet potatoes and cut into 1-inch slices. Place in a medium sized pot, over low heat, along with the remaining ingredients.
2. Cook, stirring often, until creamy, warmed and fully incorporated. Remove from the heat. Serve and enjoy!

Calories: 78 Fat: 1g Sodium: 159mg Carbs: 15g Fiber: 3g Sugar: 0g Protein: 1g

QUINOA WALNUT BALLS



PREP TIME
15 MINS



SERVES
20

After baking you could brown these quinoa balls further in a skillet over medium heat with a bit of olive oil. This will make the balls a little more savory, but it's not a necessary step.

INGREDIENTS

- 1 1/4 cups uncooked quinoa
- 2 1/2 cups vegetable broth
- 1/4 cup flax meal
- 3/4 cup water
- 1 teaspoon extra virgin olive oil
- 3 large carrots, finely chopped
- 1 teaspoon dried oregano
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried basil
- 1 cup walnuts
- 2 tablespoons coconut aminos
- 1 tablespoon balsamic glaze
- 2 teaspoons molasses
- 1/2 teaspoon sea salt

INSTRUCTIONS

1. Preheat the oven to 350 degrees Fahrenheit and lightly grease an 18x26 rimmed baking sheet with olive oil.
2. In a medium saucepan, combine the quinoa and broth over medium heat. Bring it to a boil, then decrease to a simmer and cover. Cook for 20 more minutes and set aside.
3. In a small bowl, combine the flax meal and water. Whisk them together with a fork and set aside.
4. Place a medium skillet over medium heat and add the olive oil, onion, carrots, oregano, thyme, and basil. Sauté for 10 minutes, until tender. Transfer the mixture to a bowl and wipe out the skillet.
5. Return the skillet to the stove over medium-low heat. Add the walnuts and toast, stirring often, until golden, about 8 minutes. Remove from the heat and cool.
6. Combine the walnuts, coconut aminos, balsamic glaze, molasses, sea salt, cooked onion and carrot, and flax mixture in the bowl of a food processor. Pulse until fully pureed.
7. Transfer the mixture to a large bowl and stir in the cooked quinoa and chives. Use your hands to form 60 ping-pong-size balls. Place the balls on the prepared baking sheet spaced 1" apart. Bake for 20–25 minutes, until cooked through. To test for doneness, cut one of the balls in half—if it holds its shape, then it's done.

Calories: 96 Fat: 6g Sodium: 168mg Carbs: 12g Fiber: 3g Sugar: 3g Protein: 3g

QUINOA STUFFED SQUASH



PREP TIME
15 MINS



SERVES

3

This quinoa stuffed squash is a seriously satisfying meat-less dish!

INGREDIENTS

- 3 yellow summer squash
- Sea salt
- Black pepper
- 1 tablespoon olive oil
- 1 leek, diced
- 1 teaspoon fresh thyme
- 1 tablespoon tomato paste
- 1/4 cup dry white wine
- 1/2 cup quinoa, cooked
- 1/4 cup fresh basil, minced

INSTRUCTIONS

1. Preheat the oven to 400 degrees Fahrenheit. Halve the squash lengthwise and scrape out the seeds. Lightly rub both sides of each squash half with olive oil and sprinkle with sea salt and black pepper. Place, cut side down, on a baking sheet. Roast for 10-15 minutes, until tender. Gently remove the tender center of each squash, leaving the skins intact. Chop the removed squash flesh and set aside. Line the squash halves, hollow side up, back onto the baking sheet.
2. Place a skillet over medium heat. Add the olive oil and diced leek. Cook, stirring often, for 4 minutes. Add the diced mushroom, fresh thyme and tomato paste. Cook for another 4 minutes. Deglaze the skillet with the wine, cooking for an additional 3 minutes.
3. Remove the skillet from the heat. Stir in the cooked quinoa; fresh basil; and reserved, chopped squash flesh. Fill the squash skins with the quinoa mixture. Place back in the preheated oven for 15 minutes. Enjoy!

Calories: 163 Fat: 3g Sodium: 15mg Carbs: 25g Fiber: 3g Sugar: 2g Protein: 6g

MEDITERRANEAN ARUGULA SALAD



PREP TIME
15 MINS



SERVES
8

Now this is what I call a salad! It has everything that your little heart desires, from arugula to quinoa, and from chickpeas to fresh basil.

I came up with this simple Mediterranean dressing that has a base of lemon-flavored olive oil, which I found at a specialty oil and vinegar shop. If you aren't able to come up with lemon-flavored olive oil then simply use olive oil and fresh lemon juice. It's wonderfully refreshing.

INGREDIENTS

For the Mediterranean Dressing:

- 2 tablespoons red wine vinegar
- 1 teaspoon garlic, minced
- 1/2 teaspoon dried oregano
- 1/2 teaspoon sea salt
- 1/4 teaspoon black pepper
- 1/4 cup lemon flavored olive oil (or 1/4 cup olive oil and 1 tablespoon lemon juice)

For the Arugula Salad:

- 8 cups baby arugula
- 1 cup cooked quinoa
- 1 can (15 ounce) chickpeas, drained and rinsed
- 1 heirloom tomato, finely chopped
- 1/2 cup celery, minced
- 1/4 cup fresh scallions, thinly sliced
- 1/4 cup fresh basil, thinly sliced

INSTRUCTIONS

1. Combine the dressing ingredients in a jar. Close the lid and shake until fully combined.
2. Combine the salad ingredients in a large salad bowl. Toss with the dressing and serve immediately. Enjoy!

Calories: 196 Fat: 8g Sodium: 262mg Carbs: 25g Fiber: 4g Sugar: 1g Protein: 7g

LEMON AND BASIL SPAGHETTI SQUASH



PREP TIME
20 MINS



SERVES
6

This is one of those recipes that you simply MUST TRY. I realize that the picture just looks like a simple bowl of spaghetti squash, but folks, looks can be deceiving! What you can't see with the naked eye are the flavor molecules bursting on each strand of tender squash. Fresh lemon, basil and green olive combine for a lively, can't-get-enough-of-it taste that will have you going back for more. Eating your veggies has never been easier than this...

INGREDIENTS

- 3 spaghetti squashes
- Sea salt and black pepper
- Coconut oil spray

For the Dressing:

- 1/2 cup pitted green olives
- 1/2 cup fresh basil leaves
- 3 tablespoons lemon zest
- 3 tablespoons lemon juice
- 3 tablespoons olive oil
- Sea salt and black pepper

INSTRUCTIONS

1. Preheat the oven to 400 degrees Fahrenheit. Line 2 baking sheets with parchment paper.
2. Cut the ends off each spaghetti squash and discard. Slice the rest of the spaghetti squash into 1-inch rings. Use a spoon to remove the seeds from the center of each ring.
3. Spray or rub coconut oil over all of the spaghetti squash flesh. Generously season each ring with salt and pepper. Place the rings on the parchment paper lined baking sheet and roast in the preheated oven for 30 minutes. Flip each of the rings and roast for another 30 minutes, or until very tender.
4. Once cooled use a spoon to remove the noodles. Place all of the noodles in a large bowl.
5. Combine the dressing ingredients in a food processor and pulse until well combined. Pour the dressing over the spaghetti squash noodles and mix until fully incorporated. Serve immediately. Enjoy!

Calories: 126 Fat: 9g Sodium: 253mg Carbs: 12g Fiber: 3g Sugar: 4g Protein: 2g

ROASTED SPAGHETTI SQUASH RINGS



PREP TIME
8 MINS



SERVES
4

Spaghetti squash is nature's own low calorie, high fiber version of noodles. To create a delicious bowl of this perfect pasta, all we have to do is scoop out the seeds and roast it. A cool trick to keep the spaghetti strands as long as possible is to slice the spaghetti squash into 1-inch rings, rather than cutting it in half lengthwise. As an added bonus, it's a lot easier to cut a spaghetti squash in this manner; it doesn't require as much muscle and force as cutting it fully in half!

INGREDIENTS

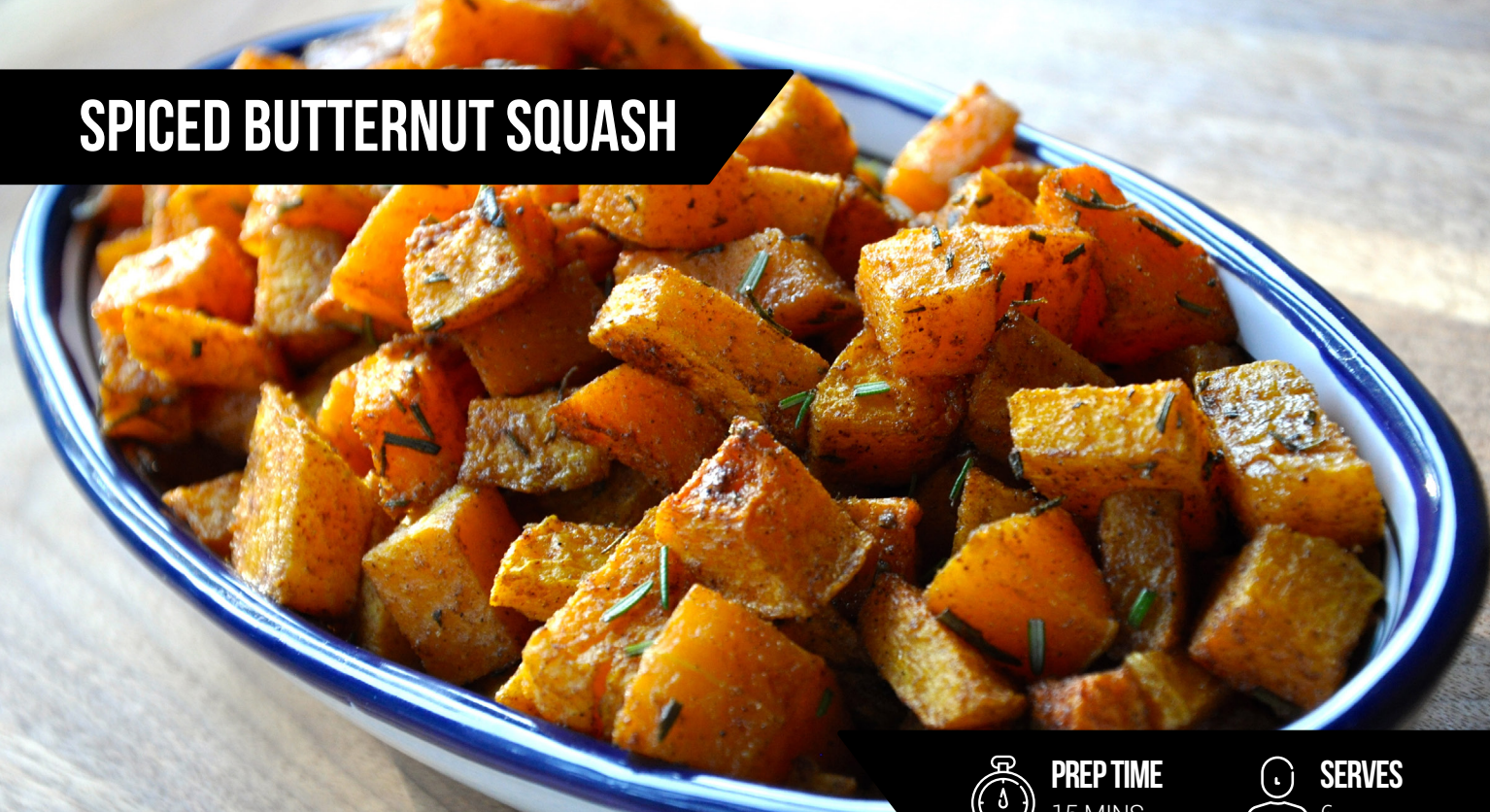
- 1 spaghetti squash
- 1 tablespoon coconut oil
- Sea salt and black pepper

INSTRUCTIONS

1. Preheat the oven to 400 degrees Fahrenheit. Line a baking sheet with parchment paper.
2. Cut the ends off the spaghetti squash and discard. Slice the rest of the spaghetti squash into 1-inch rings. Use a spoon to remove the seeds from the center of each ring.
3. Rub the coconut oil over all of the spaghetti squash flesh. Generously season each ring with salt and pepper. Place the rings on the parchment paper lined baking sheet and roast in the preheated oven for 30 minutes. Flip each of the rings and roast for another 30 minutes, or until very tender.
4. Once cooled use a spoon to remove the noodles. Place all of the noodles in a large bowl and season to taste with salt and pepper. Use as a base for your favorite spaghetti sauce. Enjoy!

Calories: 61 Fat: 4g Sodium: 17mg Carbs: 7g Fiber: 3g Sugar: 0g Protein: 1g

SPICED BUTTERNUT SQUASH



PREP TIME
15 MINS



SERVES

6

Spread the cubed squash far enough apart on the baking sheet so that the pieces aren't touching, and you'll ensure that your squash comes out crispy on the outside and creamy on the inside. If the squash is roasted all piled together, with pieces touching, it ends up steaming instead.

INGREDIENTS

- 2 butternut squash, peeled, seeded and cubed
- 1/4 cup extra virgin olive oil
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander seed
- 1/2 teaspoon ground ginger
- 1/2 teaspoon sea salt
- 1/4 teaspoon white pepper
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground allspice
- 1/8 teaspoon ground cayenne pepper
- 1 tablespoon fresh rosemary, minced

INSTRUCTIONS

1. Preheat the oven to 425 degrees Fahrenheit. Line a large rimmed baking sheet with parchment paper and set aside.
2. Peel, seed, and cube the butternut squash. In a large bowl, toss the cubed squash with all of the remaining ingredients. Spread the squash in a single layer on the prepared baking sheet.
3. Roast for 25–30 minutes, without stirring, until the squash is golden on the outside and tender all the way through.

Calories: 178 Fat: 13g Sodium: 241mg Carbs: 18g Fiber: 4g Sugar: 3g Protein: 2g

BUTTERNUT SQUASH AND KALE RICE



PREP TIME
15 MINS



SERVES

4

You'll never miss traditional rice once you try this fiber-filled cauliflower rice recipe! The addition of butternut squash, kale and walnuts really amps up the flavor and the heartiness of this tasty side dish.

INGREDIENTS

- 1 butternut squash
- 2 tablespoons fresh rosemary or sage, minced
- 2 cloves garlic
- 2 tablespoons olive oil
- 1 red onion
- 1 head cauliflower
- 1 cup kale, chopped into ribbons
- 1/4 cup walnuts, chopped

INSTRUCTIONS

1. Preheat the oven to 375 degrees Fahrenheit. Peel, seed and chop the butternut squash. Combine the squash with the fresh rosemary or sage leaves, garlic and half of olive oil. Roast for 25 minutes.
2. Meanwhile, cook the onion in skillet with other tablespoon of olive oil. Shred the cauliflower and add to pan. Season with salt and pepper, then add the kale and cook until soft.
3. Combine the butternut squash with the rice and walnuts. Enjoy!

Calories: 311 Fat: 12g Sodium: 92mg Carbs: 36g Fiber: 9g Sugar: 0g Protein: 11g

PARSNIP FRIES



PREP TIME
10 MINS



SERVES
6

The secret that these perfectly seasoned, crispy, mouthwatering fries have is that they are made out of.....baked parsnips!

Who knew that parsnips could be so delicious? If you, and your family, love a good French fry, then you've simply got to try this recipe. Give it a try and let me know what you think! Quite frankly, I'm addicted...

INGREDIENTS

- 2 parsnips
- 1 tablespoon fresh rosemary, minced
- 2 cloves garlic, chopped
- 3 tablespoons olive oil
- Sea salt and black pepper
- 1/2 teaspoon sweet paprika

INSTRUCTIONS

1. Preheat the oven to 450 degrees Fahrenheit. Line a rimmed baking sheet with parchment paper.
2. Peel the parsnips and trim the ends. Cut each parsnip in half, horizontally, then make 2 cuts in each direction to create 9 sticks. In a large bowl toss the parsnip fries with the rosemary, garlic, olive oil, sea salt, pepper and sweet paprika.
3. Spread the fries over your prepared baking sheet. Roast for 10 minutes, flip, and then roast for another 10-15 minutes, until browned and crispy. Serve with natural ketchup and enjoy!

Calories: 133 Fat: 7g Sodium: 73mg Carbs: 15g Fiber: 5g Sugar: 1g Protein: 3g

DESSERT



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Dessert: If you have a sweet tooth then try these low impact desserts.

It's possible to come up with a few sweet treats to enjoy while still being successful with your body transformation. However these are very strategic desserts. The best one is to simply combine plain, nonfat Greek yogurt with high quality protein powder. It's surprisingly satisfying and pudding-like. You could also sprinkle a handful of berries over this pudding. There are 3 other options in this Dessert section for you to love.

CINNAMON SUGAR ACORN SQUASH



PREP TIME
12 MINS



SERVES
8

Thankfully for us, there are desserts worth craving that love us back, rather than the bait and switch of that sugary cake, and it's all in the ingredients. By using wholesome building blocks to construct a tantalizing dessert, the good times will keep on rolling after you've swallowed the last bite.

This recipe for Cinnamon Sugar Acorn Squash starts with a vibrant squash that's simply garnished with coconut sugar, cinnamon and sea salt; all ingredients that support synergy and health. Go on, treat yourself right by only loving desserts that love you back.

INGREDIENTS

- 2 acorn squash, seeds removed and cut into quarters
- 3 tablespoons coconut oil
- 3 tablespoons coconut palm sugar
- 1/2 teaspoon sea salt
- 1/4 teaspoon ground cinnamon

INSTRUCTIONS

1. Preheat the oven to 400 degrees Fahrenheit. Fill a large casserole pan with 1/2 an inch of water.
2. Rub each piece of the acorn squash with the coconut oil and place, cut side up, in the prepared pan. Evenly sprinkle with the coconut sugar, salt and cinnamon.
3. Bake in the preheated oven for 60 minutes, or until very tender. Enjoy!

Calories: 105 Fat: 5g Sodium: 124mg Carbs: 15g Fiber: 2g Sugar: 4g Protein: 1g

DESSERT BARK



PREP TIME
15 MINS



SERVES
6

It's important to have go-to healthy desserts to turn to when your sweet tooth strikes. Treats like this Dessert Bark will keep you from making regrettable food choices even in the face of ice cream cravings. Enjoy this sweet treat without guilt!

INGREDIENTS

- 2 cups unsweetened Greek yogurt
- 1 teaspoon honey
- 10 drops liquid stevia
- 1/8 teaspoon almond extract
- 3 tablespoons stevia-sweetened mini chocolate chips, divided
- 5 fresh strawberries, halved and sliced
- 2 tablespoons unsweetened coconut flakes

INSTRUCTIONS

1. Find a tray that fits in your freezer and line it with parchment paper.
2. In a medium bowl mix the yogurt, honey, stevia, almond extract and 1 tablespoon of the chocolate chips.
3. Spread the mixture over the prepared pan to 1/2-inch thick. Sprinkle with the sliced strawberries, coconut flakes and remaining chocolate chips. Place in the freezer for 3 hours, until completely frozen.
4. Remove from the freezer and use a knife to break the dessert bark into pieces. Store in an airtight bag in the freezer. Enjoy!

Calories: 87 Fat: 3g Sodium: 25mg Carbs: 7g Fiber: 1g Sugar: 2g Protein: 8g

PROTEIN COOKIE DOUGH



PREP TIME
10 MINS



SERVES
12

Most of the time cookie dough is an off-limits indulgence that you may dip into on a Friday night while watching a movie at home...only to wake up feeling guilty the next day. Sure, you know you should resist, but sometimes you simply need a sweet, satisfying treat.

Enter this exciting new recipe for guilt-free Protein Cookie Dough! It has all of the creamy, cookie-dough goodness that you crave without the regrettable ingredients. Instead of butter, flour and sugar this cookie dough treat is made with creamed chickpeas, peanut butter (or almond butter), stevia and a touch of honey.

Just one creamy spoonful is all it will take to convince you that you can have your cookie dough...and eat it too. :-)

INGREDIENTS

- 1 (15 ounce) can chickpeas, drained and rinsed
- 1/4 cup creamy, natural peanut butter or almond butter (no sugar added)
- 1 tablespoon honey
- 20 drops liquid stevia
- 2 tablespoons ground flax seeds
- 2 teaspoons vanilla extract
- 1 tablespoon coconut milk
- 2 cracks of fresh sea salt
- 1/4 cup Lily's stevia-sweetened dark chocolate chips

INSTRUCTIONS

1. Combine all of the ingredients, except the chocolate chips, in a food processor. Blend until smooth and creamy. Add more coconut milk if needed.
2. Transfer the dough to a bowl. Mix in the chocolate chips. Enjoy!

Calories: 197 Fat: 6g Sodium: 12mg Carbs: 25g Fiber: 7g Sugar: 6g Protein: 10g

CHOCOLATE PROTEIN PUDDING



PREP TIME
5 MINS



SERVES
1

As you change your eating habits from unhealthy to wholesome, finding desserts that are low in natural sugars will facilitate your results. It will take some time for your taste buds to adjust from enjoying intense, refined sugars to appreciating the subtly and delight of the natural, wholesome sugar found in fruit.

This pudding is a spectacular way to enjoy creamy chocolate while avoiding refined sugars entirely.

INGREDIENTS

- 2/3 cup non-fat, plain Greek yogurt
- 1 scoop chocolate protein powder
- Sprinkle of ground cinnamon
- Sprinkle of sea salt
- *Optional: 1/4 cup fresh berries

INSTRUCTIONS

1. Combine the yogurt and protein powder in a bowl, mixing well until fully combined.
2. Sprinkle with cinnamon and sea salt. Top with some berries. Enjoy!

Calories: 205 Fat: 0g Sodium: 496mg Carbs: 11g Fiber: 0g Sugar: 4g Protein: 40g

FIT BODY BOOT CAMP