



OPEX FITNESS REGINA RECIPE BOOK



INTRODUCTION

Thank you for downloading our recipe book! We have filled it with our favorite recipes that give us a good balance between food, fitness and health.

Here at OPEX Fitness Regina we provide coaching to anyone, at any level of fitness because we believe that everyone should have the ability to improve or enhance their journey through life. It is our desire to provide guidance towards proper lifestyle practices, healthy eating habits and balanced fitness. We are committed to continual learning that constantly improves our coaches and in turn our members fitness journey.

Our purpose, is helping our members reach their highest potential through our core values:

1. Provide a quality product
2. Build trust and reliability
3. Show constancy of purpose; eye on the goal
4. Integrity
5. Family

Yours truly,

OPEX Fitness Regina



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BREAKFAST



Recipe: Apple Pie Spiced Quinoa

PREP TIME



Apple Pie Spiced Quinoa

Breakfast

5 minutes

INGREDIENTS

DIRECTIONS

COOK TIME

- 1 cup quinoa
- 2 cups 1%/2% milk (you can also use almond or rice milk)
- 2 cups water
- 60 grams vanilla protein powder
- 1 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/4 tsp ground ginger
- pinch of salt
- 3 tbsp. honey
- 1 tsp vanilla extract
- 2 egg whites
- 1/4 cup dried fruit (optional)

Rinse quinoa with cold water and discard water. Cook quinoa without any water, stirring frequently until grains are separated and fragrant (about 4 minutes).

Whisk protein into milk until no clumps are visible.

Add milk mixture, water, spices and salt to pot of quinoa.

Bring to a boil. Reduce heat, maintaining a simmer. Cook uncovered, stirring occasionally or until quinoa is tender (about 20-25 minutes).

Remove from heat. Stir in honey and vanilla.

Whisk egg whites in a small bowl with 2 tbsp of hot cereal. Repeat with 5 tbsp of cereal until egg whites are completely incorporated.

Stir in fruit and return to pot. Return pot to stove over med-low heat until thickened (about 2-3 minutes).

30 minutes

YIELD

6 servings

NUTRITION REPORT CARD (amount per serving)



2	grams total fat
14	grams protein
84	milligrams sodium
26	grams carbs

RECIPE TAGS

Suggested Serving Size 1/2 Cup

Recipe: Breakfast Coffee

PREP TIME



Breakfast Coffee

Breakfast

5
minutes

INGREDIENTS

- 1 serving of coffee (approx. 2 cups)
- 1 scoop of protein (chocolate or vanilla)
- 1 tsp. butter
- 1 tsp. MCT or coconut oil

DIRECTIONS

Add all of the contents into your blender and blend for 15-20 seconds...enjoy.
**This is a great recipe if you are running a little behind in the morning.*

COOK TIME

N/A
minutes

YIELD

1
servings

NUTRITION REPORT CARD (amount per serving)



26 grams total fat

24 grams protein

126 milligrams sodium

8 grams carbs

RECIPE TAGS

Recipe: Breakfast in a Pinch



NUTRITION REPORT CARD (amount per serving)



25	grams total fat
29	grams protein
582	milligrams sodium
25	grams carbs

RECIPE TAGS

Breakfast in a Pinch

Breakfast

PREP TIME

5
minutes

INGREDIENTS

- 3 eggs
- 1/3 pound bulk breakfast sausage
- 1/2 sweet potato, diced
- 1 pablano pepper, seeds removed, diced
- 1 garlic clove, minced
- salt and pepper, to taste

DIRECTIONS

Place a large pan over medium heat and add a tablespoon of your choice of fat.

Add minced garlic then the sweet potato and pablano.

Add a tablespoon of water, then cover to help the sweet potato cook quicker.

When the sweet potato has begun to brown, add the bulk sausage to the pan and break up with a wooden spoon.

Once the breakfast sausage is cooked through, crack eggs directly into the pan, salt and pepper the ingredients, and use a spoon to break it all up and cook the eggs.

Once eggs are fully cooked, remove from heat and eat up!

COOK TIME

10
minutes

YIELD

1
servings

Recipe: Easy Gluten Free Pancakes



NUTRITION REPORT CARD (amount per serving)



40	grams total fat
18	grams protein
104	grams sodium
49	grams carbs

RECIPE TAGS

Serving Size: 4 Medium Pancakes

Easy Gluten Free Pancakes

Breakfast

PREP TIME

5
minutes

INGREDIENTS

3 Ripe Bananas
 3 Eggs
 ¼ cup Almond Butter
 ¼ cup Almond Meal/Flour
 ½ tsp Baking Powder
 ½ tsp Vanilla Extract
 2 tbsp Butter

DIRECTIONS

Mash bananas in large bowl and combine all ingredients.
 Pour batter into preheated frying pan covered in melted butter.
 Flip when bubbles begin to form in batter and bake opposite side 1-2 more minutes.

COOK TIME

10
minutes

YIELD

8
pancakes

Recipe: Ham & Egg Cups



NUTRITION REPORT CARD (amount per serving)



11	grams total fat
20	grams protein
607	milligrams sodium
15	grams carbs

RECIPE TAGS

Suggested Serving: 2 Ham Cups

Ham & Egg Cups

Breakfast

PREP TIME

10
minutes

INGREDIENTS

½ cup mushrooms, finely chopped
½ cup shallots, finely chopped
12 large eggs
12 slices of ham
*Variation- to add some color and extra flavor, garnish with chopped chives and pepper.

DIRECTIONS

Preheat oven to 350°F (175°C).
Saute shallots and mushrooms.
Coat muffin pan with olive oil spray and place ham sliced in cups. You may want to cut a sliver in each ham slice to allow it to fold over itself when placed in round muffin tin.
Spoon out saute mushroom/shallot mixture in each cup.
Crack individual eggs into ham cups.
Cook for 15-16 mins or until edge of ham is slightly crisp.

COOK TIME

15
minutes

YIELD

6
servings

Recipe: Cinnamon Yam Hash



Cinnamon Yam Hash

Breakfast

PREP TIME

10
minutes

INGREDIENTS

1 lb. ground gluten-free Italian sausage, uncased
3 yams, peeled and grated
3 tbsp. coconut oil
Cinnamon (to taste)

*Note: we prefer the sausage from Butcher's Best on Rochdale and if you call ahead, they'll even make up a box of loose sausage meat

DIRECTIONS

Brown the sausage in a large frying pan.
Add the coconut oil and shredded sweet potatoes to the cooked sausage.
Stirring often, let the potatoes cook until they are soft, about 7 minutes.
Add a TON of cinnamon and serve.

COOK TIME

14
minutes

YIELD

4
servings

NUTRITION REPORT CARD (amount per serving)

	41	grams total fat
	25	grams protein
	986	milligrams sodium
	22	grams carbs

RECIPE TAGS

Suggested Serving Size 1/2 Cup

Recipe: Caramelized Onion Frittata



NUTRITION REPORT CARD (amount per serving)



18 grams total fat

17 grams protein

634 milligrams sodium

7 grams carbs

RECIPE TAGS

Suggested serving size: 1 cup

Caramelized Onion Frittata

Breakfast

PREP TIME

10 minutes

COOK TIME

25 minutes

YIELD

4-5 servings

INGREDIENTS

- 6 eggs, whisked
- 1/2 pound Italian Sausage
- 2 yellow onions, thinly sliced
- salt and pepper, to taste
- 1-2 tablespoons coconut oil (to grease the 8x8 baking dish)

DIRECTIONS

Pre-heat the oven to 350 degrees.

Cook the Italian Sausage in a large skillet over medium heat until cooked through. Be sure to use a wooden spoon to break up the sausage while it cooks.

Place the Italian sausage in the greased, glass baking dish.

While the pan is still hot and over medium heat, add the sliced onions to the Italian sausage grease.

Cook down for about 8-10 minutes, continuously stirring onions to keep them from burning.

While the onions are caramelizing, mix eggs in with the Italian sausage in the baking dish.

Once the onions are caramelized, place the onions on top throughout the baking dish, covering all the eggs and Italian sausage.

Bake for 10-15 minutes or until the eggs are completely cooked through in the middle. Use the finger poke method to check.

NOTE: You can substitute in ground turkey if you do not like Italian Sausage. Nutrition report will change due to substitution.

Recipe: Turkey Breakfast Wraps



NUTRITION REPORT CARD (amount per serving)



30	grams total fat
34	grams protein
635	milligrams sodium
35	grams carbs

RECIPE TAGS

Suggested Serving Size: 1 Wrap

Turkey Breakfast Wraps

Breakfast

PREP TIME

5 minutes

INGREDIENTS

- 1 Ancient Grains Wrap (Dempster's)
- 3-4 thin slices of smoked deli turkey
- 1/4 - 1/2 of avocado, sliced
- 1 egg
- 1 tbsp. spicy shredded cheese

DIRECTIONS

- In small bowl, whisk egg with fork. Place in microwave and cook for 1 min.
- Place turkey in center of wrap.
- Add avocado on top of turkey.
- Add cooked egg on top of turkey (it'll be hot).
- Sprinkle cheese over top of egg.
- Wrap.

COOK TIME

1 minutes

YIELD

1 servings

Recipe: Pumpkin Pancakes



NUTRITION REPORT CARD (amount per serving)



17	grams total fat
14	grams protein
16	grams sugar
29	grams carbs

RECIPE TAGS

Suggested Serving Size: 4 Small Pancakes

Pumpkin Pancakes

Breakfast

PREP TIME

10
minutes

INGREDIENTS

- 4 Eggs
- ½ cup Canned Pumpkin
- 1 tsp Vanilla Extract
- 2 tbsp Pure Maple Syrup
- 1 tsp Pumpkin Pie Spice
- 1 tsp Cinnamon
- ¼ tsp Baking Soda
- 2 tbsp Butter or Coconut Oil (plus extra for frying pan)

DIRECTIONS

Whisk eggs, canned pumpkin, vanilla extract and pure maple syrup together. Sift the pumpkin pie spice, cinnamon, and baking soda into wet ingredients.

Melt 2 tablespoons of butter into a large skillet over medium heat. Then, mix butter into batter.

Grease the skillet and spoon the batter into the skillet to make pancakes of your desired size. When a few bubbles appear, flip the pancakes once to finish cooking.

Serve with butter and cinnamon or sliced bananas and maple syrup.

COOK TIME

10
minutes

YIELD

2
servings

Recipe: Stuffed Acorn Squash

PREP TIME



Stuffed Acorn Squash

Breakfast

25 minutes

INGREDIENTS

- 3/4 pound bulk breakfast sausage (no sugar added)
- 1 acorn squash, cut in half, seeds removed
- 2 eggs
- 1/2 yellow onion, diced
- 1 garlic clove, minced
- salt and pepper, to taste

DIRECTIONS

Preheat oven to 375 degrees.

Place acorn squash cut-side down onto the baking sheet.

Bake for 20-25 minutes or until the acorn squash is soft when you press on the skin.

Remove from oven and let cool.

While the acorn squash is cooking, add a tablespoon of some kind of fat to a large pan over medium heat (you can use bacon fat, olive oil or coconut oil) then add the minced garlic and diced onion.

Stir around to keep from burning.

Once the onions become translucent, add the breakfast sausage to the pan.

Cook down, breaking up the breakfast sausage as it cooks.

Once the breakfast sausage is almost all the way cooked through, turn the heat to low and add the insides of the acorn squash. Do this by using a spoon to scoop out the insides, leaving just the skin of the acorn squash. Be careful not to tear the skin!

Mix the acorn squash and the breakfast sausage together then add it back to the acorn squash skin.

Once both of the acorn squash halves are full, press into the middle with a spoon to create a little resting spot for the egg.

Crack the egg on top.

Place back in the oven to cook for 10-15 minutes or until the egg is cooked to your preference.

Serve!

COOK TIME

15 minutes

YIELD

2 servings

NUTRITION REPORT CARD (amount per serving)



49	grams total fat
39	grams protein
1300	milligrams sodium
29	grams carbs

RECIPE TAGS

Suggested Serving Size: Half a Squash

SNACKS



Recipe: Simple Baked Kale Chips

PREP TIME



Simple Baked Kale Chips

Snack

10
minutes

INGREDIENTS

2 bunches of curly kale
1 tbsp. melted coconut oil
½ tsp garlic powder (optional)
Sea salt and black pepper to taste

DIRECTIONS

Preheat the oven to 350 degrees F.

Rinse the kale leaves under cold water, and pat them dry with a towel. Pull the leaves from the stalk by holding tightly onto the end and running your hand up the sides of the stem. You can also just cut the stem out.

Roughly chop the kale into large pieces, and place then in the large mixing bowl. Top the kale with the melted coconut oil, and massage the oil gently into the pieces of kale, spreading it evenly over all of the leaves.

Arrange the kale in a single layer onto the two baking sheets, and sprinkle then with garlic powder, sea salt and black pepper to taste.

Bake for 10-15 minutes or until the kale becomes crispy.

COOK TIME

10
minutes

YIELD

4
servings

NUTRITION REPORT CARD (amount per serving)



5	grams total fat
6	grams protein
50	milligrams sodium
12	grams carbs

RECIPE TAGS

Suggested serving size is 1 cup.

This recipe is also high in Potassium, Vitamin A, Vitamin C, Calcium and Iron

Recipe: Homemade Granola Bars

PREP TIME



Homemade Granola Bars

Snack

10
minutes

INGREDIENTS

- 1-1 1/2 cup Mixed Nuts
- 1/4 cup Shredded Unsweetened Coconut
- 1/4 cup Almond Butter
- 1 tbsp. Coconut Flour
- 2 tbsp. Coconut Oil
- 1 tsp Vanilla Extract
- 1/2 tsp Honey
- 1/4 tsp Sea Salt
- 1/2 cup Dried Fruit (blueberries, raisins or cranberries)

DIRECTIONS

- Place mixed nuts into large zip lock bag. Using a rolling pin crush all nuts until they looked like large pieces of gravel.
- Melt coconut oil in the microwave in 30 second increments.
- Mix the rest of the ingredients together without nuts, coconut and dried fruit. Blend.
- Fold in crushed nuts and dried fruit.
- Flatten into 4 x 8 pan and refrigerate until hard, approximately 2 hours.

COOK TIME

2
hours

YIELD

12
servings

NUTRITION REPORT CARD (amount per serving)



12	grams total fat
3	grams protein
51	milligrams sodium
10	grams carbs

RECIPE TAGS

Suggested Serving Size 2x4 inch pieces

Recipe: Cinnamon Crunch Cereal



A GIRL WORTH SAYING
a girl worth saving

Cinnamon Crunch Cereal

Snack

PREP TIME

15
minutes

INGREDIENTS

- 1 cup Shredded Coconut
- 1/2 cup Sunflower Seeds
- 1/4 cup Chia Seeds
- 1 tbsp. Cinnamon
- 1/4 tsp Sea Salt
- 1/4 cup Maple Syrup
- 1 Egg

DIRECTIONS

Blend coconut, chia seeds, sunflower seeds, cinnamon and salt in food processor.
Add egg and syrup with "flour" from the food processor in a separate bowl.
Roll out on parchment paper into 1/4 inch thick rectangle.
Cut into 1/2 inch squares.
Put parchment on cookie sheet and bake until dark brown about 20-25 minutes.
Break into small precut squares and serve with almond or coconut milk in bowl. Or sprinkle on top of your favorite plain Greek yogurt.

COOK TIME

25
minutes

YIELD

8
servings

NUTRITION REPORT CARD (amount per serving)



18	grams total fat
5	grams protein
82	milligrams sodium
16	grams carbs

RECIPE TAGS

Suggested Serving Size 1/4 cup

Recipe: Sweet Potato Protein Snack



NUTRITION REPORT CARD (amount per serving)



43	grams total fat
34	grams protein
226	milligrams sodium
37	grams carbs

RECIPE TAGS

Sweet Potato Protein Snack

Snack

PREP TIME

30
minutes

INGREDIENTS

1 sweet potato or yam
1/3 cup canned coconut milk
2 tablespoons almond butter
1 scoop protein powder
1/4 teaspoon cinnamon
pinch of salt

DIRECTIONS

1. Preheat oven to 400 F
2. Poke holes in the sweet potato all over with a fork.
3. Bake for 30-35 minutes or until soft.
4. When the sweet potato is almost done cooking, add the coconut milk to a saucepan along with the almond butter, protein powder, cinnamon, and a pinch of salt. Mix until well combined.
5. Once the sweet potato is done cooking, remove skin, place sweet potato in a bowl, pour mixture over the sweet potato, then mash it all together.
6. Eat right there or take on the go.

COOK TIME

10
minutes

YIELD

1
servings

Recipe: Banana Nut Muffins



NUTRITION REPORT CARD (amount per serving)



11	grams total fat
5	grams protein
34	milligrams sodium
13	grams carbs

RECIPE TAGS

Serving Size: 1 muffin

Banana Nut Muffins

Snack

10
minutes

INGREDIENTS

4 bananas, mashed with a fork (the more ripe, the better)
 4 eggs
 1/2 cup almond butter
 2 tbsp. coconut oil, melted
 1 tsp vanilla
 1/2 cup coconut flour
 2 tsp cinnamon
 1/2 tsp nutmeg
 1 tsp baking powder
 1 tsp baking soda
 1/4 tsp salt

DIRECTIONS

Preheat oven to 350 degrees F. Line a muffin tin with cups.
 In a large bowl, add bananas, eggs, almond butter, coconut oil, and vanilla. Using a hand blender, blend to combine.
 Add in the coconut flour, cinnamon, nutmeg, baking powder, baking soda, and salt.
 Blend into the wet mixture, scraping down the sides with a spatula.
 Distribute the batter evenly into the lined muffin tins, filling each about two-thirds of the way full.
 Bake for 20-25 minutes, until a toothpick comes out clean.
 Serve warm or store in the refrigerator in a resealable bag.

COOK TIME

20-25
minutes

YIELD

12
servings

Recipe: Banana Bread



NUTRITION REPORT CARD (amount per serving)



12	grams total fat
6	grams protein
9	grams sugar
18	grams carbs

RECIPE TAGS

Serving Size: 1 inch slice

Banana Bread

Snack

10
minutes

COOK TIME

45
minutes

YIELD

12
servings

INGREDIENTS

- ¾ tsp Baking Soda
- ¾ tsp Baking Powder
- 1 tsp Cinnamon
- ¼ tsp Nutmeg
- ¾ cup Almond Flour
- ¼ cup Coconut Flour
- 2 tbsp. Melted Coconut Oil
- 2 Large Eggs
- 2 Ripe Bananas, mashed
- ¼ cup Maple Syrup
- 1 tsp Vanilla

DIRECTIONS

- Combine wet ingredients.
- Combine dry ingredients.
- Slowly combine wet and dry ingredients but do not overmix.
- Pour into a nonstick loaf pan and bake for 45-55 minutes.
- *Add nuts to recipe or on top for extra texture.

Recipe: Banana Cookies



NUTRITION REPORT CARD (amount per serving)



2	grams total fat
1	grams protein
3	grams sugar
8	grams carbs

RECIPE TAGS

Serving Size: 2 Cookies

Banana Cookies

Dessert

PREP TIME

20
minutes

INGREDIENTS

- 3 Ripe Bananas
- 2 Cups Rolled Oats
- 1 cup Dates or Raisins
- 1/3 cup Extra Virgin Olive Oil
- 1 tsp Vanilla Extract

DIRECTIONS

- Preheat oven to 350 degrees
- In a large bowl, mash the bananas, stir in oats, dates or raisins, oil and vanilla.
- Mix well, and allow to sit for 15 minutes.
- Drop by the teaspoon onto a greased cookie sheet.
- Bake for 20 min in the preheated oven, or until lightly brown.
- *Substitution: Chunky applesauce instead of oil. Add 1/3 cup honey and another 1/2 cup oatmeal.

COOK TIME

20
minutes

YIELD

36
servings

APPETIZERS



Recipe: Bacon Wrapped Pecan, Dates and Pineapple

PREP TIME



Bacon Wrapped Pecan, Dates and Pineapple

Snack

15
minutes

COOK TIME

20
minutes

YIELD

24
servings

INGREDIENTS

- 12 dried Medjool dates
- 2 dozen pecan halves
- 12 slices of bacon
- 1-2 cups fresh pineapple

DIRECTIONS

Preheat oven to 425 degrees F.

Slice the dates down the centre lengthwise; remove and discard the pits. Place 2 pecan halves in the center of each date where the pit had been.

Slice the bacon in half so that you now have two pieces of each strip, each approximately 4 inches long. Wrap one piece of bacon around each pecan stuffed date, and secure with a toothpick. Wrap the remaining bacon, 1 piece each, around the pineapple chunks, and secure with a toothpick.

Place the bacon-wrapped dates and bacon-wrapped pineapple onto a baking sheet, and bake of 20-30 minutes or until the bacon is done to your liking.

NUTRITION REPORT CARD (amount per serving)



14	grams total fat
7	grams protein
14	grams sugar
19	grams carbs

RECIPE TAGS

Suggested Serving Size: 4 Pieces

Recipe: Double Tomato Bruschetta



NUTRITION REPORT CARD (amount per serving)



9	grams total fat
10	grams protein
2	grams sugar
25	grams carbs

RECIPE TAGS

Suggested Servings: 2-3 pieces

Double Tomato Bruschetta

Appetizer

PREP TIME

10
minutes

INGREDIENTS

- 6 Roma Tomatoes
- ½ cup Sundried Tomatoes
- 3 Cloves of Garlic
- ¼ cup Olive Oil
- 2 tbsp. Balsamic Vinegar
- ¼ cup Basil Fresh or 3 tbsp. Dried
- ¼ tsp Salt
- ¼ tsp Pepper
- 1 French Baguette
- 2 cups Shredded Mozzarella

DIRECTIONS

- Preheat the oven on broiler.
- Combine finely chopped roma tomatoes, sun-dried tomatoes, minced garlic, olive oil, vinegar, basil, salt and pepper. Allow to sit for 10 minutes.
- Cut baguette into ¾ inch sliced diagonally. On baking sheet, arrange the baguette slices in single layer. Broil 1-2 minutes.
- Divide tomato mixture evenly over baguette slices. Top slices with shredded mozzarella.
- Broil for 5 minutes or until cheese melts.

COOK TIME

2
minutes

YIELD

12
servings

Recipe: Roasted Grape, Bacon and Kale Salad

PREP TIME



Roasted Grape, Bacon and Kale Salad

Side dish

20 minutes

COOK TIME

10 minutes

YIELD

3-4 servings

INGREDIENTS

- 1 bundle of kale, roughly chopped (equivalent to 5-6 cups chopped)
- 1 cup red, seedless grapes
- 5-6 strips of bacon, diced
- salt and pepper, to taste
- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar

DIRECTIONS

Preheat oven to 425 degrees F.

Place red grapes on baking sheet and pour the olive oil and balsamic vinegar over the grapes, along with a sprinkle of salt.

Bake for 15-20 minutes or until grapes begin to split a little.

When the grapes have about 8 or so minutes left, add the diced bacon to a large skillet over medium heat.

Break up bacon and cook on both sides until crispy. Use a slotted spoon to remove bacon from the skillet and place on a paper towel to soak up the excess fat.

With 3 or so tablespoons of bacon fat left behind, toss in a roughly chopped kale and cover. Let kale cook down, tossing kale to make sure it does not burn. Cook kale for 5-6 minutes then remove from heat.

In a bowl, pour in the roasted grapes along with kale and bacon, and toss. Sprinkle with salt and pepper, then serve.

NUTRITION REPORT CARD (amount per serving)



13	grams total fat
8	grams protein
318	milligrams sodium
17	grams carbs

RECIPE TAGS

Recommended Serving Size: 2 cups

Recipe: Spinach and Artichoke Dip



NUTRITION REPORT CARD (amount per serving)



48 grams total fat

15 grams protein

976 milligrams sodium

55 grams carbs

RECIPE TAGS

Suggested Serving Size: 1/3 cup

Spinach and Artichoke Dip

Snack

PREP TIME

10 minutes

COOK TIME

40 minutes

YIELD

2-3 servings

INGREDIENTS

For the dip:

- 2 (14 ounce) cans artichoke hearts drained and roughly chopped
- 16 ounces frozen spinach
- 1 cup cashews, roasted and unsalted
- 2 tbsp. olive oil
- 1 tbsp. garlic powder
- 1 tsp onion powder
- 1 tsp dried basil
- 1 tsp sea salt
- 1 tsp black pepper
- 1 tsp cayenne pepper

For the chips:

- 2 pounds plantains, peeled, and thinly sliced on the diagonal
- 1/4 cup coconut oil
- coarse salt and black pepper

DIRECTIONS

For the Chips:

Preheat oven to 350 degrees.

Toss sliced plantains with coconut oil, then arrange in a single layer on two baking sheets.

Season with salt and pepper.

Bake for 30-35 minutes or until golden and crisp baking, flipping plantains halfway through.

Dry plantains on paper towels to soak up excess oil.

For the Dip:

While the chips are baking, add frozen spinach and artichokes to large saucepan over medium heat and sprinkle with just a bit of salt.

While the spinach thaws and artichokes warm up, pull out your handy dandy food processor.

Place cashews in food processor. Grind until the cashews become a meal/flour, then begin to pour olive oil until you get a creamy consistency. Kind of like a cashew butter.

Once the spinach is completely thawed and it's warm, drain the excess water from the saucepan and add the spinach and artichokes to a large bowl.

Add the creamy cashews and seasonings to the bowl and mix thoroughly.

Recipe: Spinach Salad



NUTRITION REPORT CARD (amount per serving)



33	grams total fat
15	grams protein
385	milligrams sodium
7	grams carbs

RECIPE TAGS

Suggested Serving Size: 2 cups

Spinach Salad

Salad

PREP TIME

10
minutes

COOK TIME

N/A
minutes

YIELD

4
servings

INGREDIENTS

- 8-10 cups of spinach
 - 2 hardboiled eggs
 - 6 cooked pieces of bacon
 - 1 cup of sliced brown mushrooms
- Dressing:
- 6 tbsp. avocado or olive oil
 - 2 tbsp. apple cider vinegar
 - 1 tsp agave nectar or 1/6th tsp stevia
 - 1 tsp dry mustard powder
 - 1/4 tsp salt
 - 1/4 tsp pepper
 - 2 crushed garlic cloves

DIRECTIONS

- Combine all dressing ingredients in a bowl and whisk until combined.
- Slice hardboiled eggs, bacon and mushrooms. Combine all in a large salad bowl.
- Drizzle dressing over salad or serve on the side to allow your guests to dress their own salad.

Recipe: Spinach Salad with Strawberries

PREP TIME



Spinach Salad with Strawberries

Salad

5 minutes

INGREDIENTS

Salad Ingredients

- 1 Pound Fresh Spinach
- 1 Pint Strawberries
- ½ cup Slivered Almonds

Dressing

- ¼ cup Honey
- 2 tbsp Poppy Seeds
- 1 tbsp Onion, Finely Chopped
- ¼ tsp Worcestershire Sauce
- ¼ tsp Paprika
- ½ cup Olive Oil
- ¼ cup Cider Vinegar
- ¼ tsp Salt
- ¼ tsp Dry Mustard

DIRECTIONS

Place spinach in serving bowl, slice strawberries in half and arrange over spinach.
 Combine dressing ingredients in food processor and blend until smooth.
 Just before serving, pour dressing over salad. Garnish with slivered almonds.
 *To make salad into a full meal, add cooked chicken breast seasoned with salt and pepper.

COOK TIME

N/A minutes

YIELD

4 servings

NUTRITION REPORT CARD (amount per serving)



34	grams total fat
13	grams protien
200	milligrams sodium
7	grams carbs

RECIPE TAGS

Suggested Serving Size 2 cups

MAIN COURSE



Recipe: Buffalo Chicken Lettuce Wraps



NUTRITION REPORT CARD (amount per serving)

	378	calories
	30	grams total fat
	18	grams protein
	3	grams sugar
	14	grams carbs

RECIPE TAGS

Suggested Serving Size: 2 Lettuce Wraps

Buffalo Chicken Lettuce Wraps

Main Course

PREP TIME

10
minutes

COOK TIME

10
minutes

YIELD

4
servings

INGREDIENTS

- 1 pound boneless, skinless chicken thighs
- 2 tsp chipotle powder
- ½ tsp garlic powder
- ½ tsp onion powder
- Sea salt and black pepper to taste
- 2 tbsp. coconut oil
- 1 head of butter lettuce
- 1 avocado, sliced
- ½ cup cherry or grape tomatoes, halved
- 2 tbsp. chopped green onions

DIRECTIONS

Slice the chicken thighs into ¼-inch strips. Toss the chicken in a mixing bowl with the chipotle powder, garlic powder, onion powder, sea salt, and black pepper.

In skillet over medium heat, melt the coconut oil, and then place the chicken thighs in the skillet. Cook for approximately 5-10 minutes, turning occasionally until the chicken is cooked all the way through.

Serve in lettuce cups, and top with sliced avocado, halved cherry or grape tomatoes, and chopped onions.

Recipe: Cauliflower Crust Pizza

PREP TIME



Cauliflower Crust Pizza

Main Course

20
minutes

INGREDIENTS

- 1 small head cauliflower, chopped (5 to 6 cups)
- 1 cup grated Parmesan
- 1/2 tsp dried Italian seasoning
- 1 clove garlic, minced
- 1/2 tsp kosher salt
- Freshly ground black pepper
- 1 egg
- 1 1/2 cups shredded low-moisture mozzarella
- 1/2 cup marinara sauce
- 1/4 cup fresh basil leaves, torn

DIRECTIONS

Special equipment: a pizza stone and peel or two rimless baking sheets

Place a pizza stone or rimless baking sheet in the oven; preheat to 475 degrees F.

Add the cauliflower to a food processor; pulse until finely ground, about the consistency of couscous. Pour the cauliflower onto a clean kitchen towel (I like flour sack towels for this) and squeeze out as much liquid as possible.

To a large bowl, add the cauliflower, Parmesan, Italian seasoning, garlic, salt, some black pepper and the egg. Mix until the mixture holds together when pinched.

Line a pizza peel or a second rimless baking sheet with parchment paper; liberally brush with olive oil. Spread the cauliflower mixture into a 12-inch-wide circle on the parchment. Slide the parchment onto the preheated pizza stone or baking sheet. Bake until the cauliflower crust is barely golden and darker at the edges, about 15 minutes.

Remove the crust from the oven, sprinkle with the mozzarella and spread the marinara sauce over the top (this keeps the crust dry). Slide the pizza back onto the pizza stone or baking sheet and bake until bubbly and browned in spots, about 4 minutes.

Scatter the basil over the top. Slice and serve. You can add any topping that you prefer to this recipe.

COOK TIME

15
minutes

YIELD

4
servings

NUTRITION REPORT CARD (amount per serving)



16	grams total fat
23	grams protein
636	milligrams sodium
12	grams carbs

RECIPE TAGS

Suggested Serving Size: 1/4 of pizza

Recipe: Cauliflower Rice

PREP TIME



Cauliflower Rice

Slow Cooker

15
minutes

INGREDIENTS

- 1 head cauliflower, trimmed and coarsely chopped
- 2 tbsp. butter
- 1 medium onion, diced
- 4 cloves garlic, crushed
- 1 tbsp. grated fresh ginger
- 1/2 tsp sea salt
- 1 cup chicken broth

DIRECTIONS

- Place the cauliflower in a food processor and blend until it is the texture of rice.
- Melt the butter in a heavy-bottomed pan over medium heat. Saute the onion until soft, about 5 minutes.
- Add the garlic and ginger, and saute until fragrant, about another 3 minutes.
- Add the cauliflower and salt, and cook for another 2 minutes.
- Add broth and simmer for about 10 minutes or until the liquid has evaporated.

COOK TIME

20
minutes

YIELD

4
servings

NUTRITION REPORT CARD (amount per serving)



6	grams total fat
4	grams protein
98	milligrams sodium
8	grams carbs

RECIPE TAGS

Suggested Serving Size: 1 cup cooked rice

Recipe: Italian Style Stuffed Peppers

PREP TIME



Italian Style Stuffed Peppers

Main Course

15
minutes

INGREDIENTS

- 2 Bell Peppers, halved and cleaned
- 1 tbsp. Coconut Oil
- ½ large Onion, diced
- Sea Salt and black pepper to taste
- 4 Cloves Garlic, pressed or chopped
- ½ cup Diced Tomatoes, fresh or canned
- 1 pound ground beef, bison, turkey or chicken
- 6 Fresh Basil Leaves, finely chopped

DIRECTIONS

Preheat oven to 375 degrees F.

Place the bell pepper halves in the roasting dish face down for 10-15 minutes. (You can skip this step if you want to keep the bell peppers more firm).

While the bell peppers are cooking, heat the coconut oil in a large skillet over medium-high heat. Saute the onions, adding sea salt and black pepper to taste, until they're translucent and slightly browned on the edges. Add tomatoes and garlic to the onions, and simmer for two minutes.

Add the meat and cook until fully browned. Taste the mixture, and adjust the seasoning to your liking. Mix in the chopped basil.

Remove the peppers from the oven - they should be just a bit softened - and flip them over. Spoon the stuffing mixture into each one. You can go ahead and eat them at this point, or put them back in the oven 15-10 minutes to allow the flavours of the bell pepper and the meat mixture to blend together more.

You can refrigerate or freeze and reheat later.

*Tip: If you can handle dairy, sprinkle your favorite grated cheese on top of each pepper and allow to melt in the oven for about 5 minutes.

COOK TIME

30
minutes

YIELD

4
servings

NUTRITION REPORT CARD (amount per serving)



21	grams total fat
25	grams protein
138	milligrams sodium
8	grams carbs

RECIPE TAGS

Suggested Serving Size 1 Bell Pepper Halved

Recipe: Sloppy Joes

PREP TIME



Sloppy Joes

Main Course

20
minutes

INGREDIENTS

- 1 cup onion, chopped
- 1lb ground beef
- 3 tbsp. tomato paste
- 2 tbsp. balsamic vinegar
- 1 tsp smoked paprika
- 3/4 tsp salt
- 1/4 tsp black pepper
- 3 cups of beef broth

DIRECTIONS

- Saute onions and ground beef in olive oil until brown.
- Combine tomato paste, vinegar, paprika, salt and pepper. Mix well. Add to beef.
- Once mixed in with beef, add beef broth.
- Simmer until evaporated.
- Serve on toasted bun with coleslaw.
- *Macros do not include the toasted bun.

COOK TIME

10
minutes

YIELD

4
servings

NUTRITION REPORT CARD (amount per serving)



17	grams total fat
28	grams protein
746	milligrams sodium
14	grams carbs

Coleslaw

Ingredients:

- Package of coleslaw mix
- 2 tbsp. plain low fat Greek yogurt
- 1 tbsp. white balsamic vinegar
- Salt & Pepper to taste

RECIPE TAGS

Suggested Serving Size: 1 cup of beef

Recipe: Spaghetti Squash Bolognese

PREP TIME



Spaghetti Squash Bolognese

Main Course

15
minutes

INGREDIENTS

- 1 Spaghetti Squash
- Sea Salt and Black Pepper to taste
- 2 tbsp Butter
- 1 Onion, finely diced
- 1 Carrot, finely diced
- 1 Stalk Celery, finely diced
- 1 Clove Garlic, grated or finely diced
- ½ pound ground beef
- ½ pound ground pork
- 4 Slices of Bacon, chopped
- ½ cup full-fat coconut milk
- ½ can tomato paste
- ½ cup dry white wine

DIRECTIONS

Preheat the oven to 375 degrees

Slice the spaghetti squash in half lengthwise so that two shallow halves remain. Scoop out the seeds and inner portion of the squash, and then sprinkle with sea salt and black pepper. Place both halves face down on a baking sheet. Roast for 34-45 minutes - until the flesh of the squash becomes translucent on color and the skin begins to soften and easily separate from the “noodles” that make up the inside.

Allow the squash to cool enough so that you can handle it, and then scoop the flesh out from the inside of the skin into a large serving bowl. Set aside until the sauce is finished.

While the squash bakes: In a large skillet over medium-high heat, melt the butter, and saute the onions, carrots, and celery until they become translucent. Add the garlic and cook for an additional minute.

Add the ground beef, pork and bacon and cook until browned through. Once the meat is done, add the coconut milk, tomato paste, and white wine and simmer over medium-low heat for 20-30 minutes or until the sauce is well combined and any alcohol is cooked out.

Add sea salt and black pepper to taste before removing the sauce from the heat. Serve over the roasted spaghetti squash.

COOK TIME

60
minutes

YIELD

4
servings

NUTRITION REPORT CARD (amount per serving)



15	grams total fat
24	grams protein
7	grams sugar
18	grams carbs

RECIPE TAGS

Suggested Serving Size: 1 Cup of Sauce and 2 cups of Squash

Recipe: Chicken & Veggie Roll-Up

PREP TIME



Chicken & Veggie Roll-Up

Main Course

15
minutes

INGREDIENTS

4 chicken breasts cut in half
 3 carrots cut into strips
 3 zucchini cut into strips
 3 tbsp. olive oil
 ½ tsp sea salt
 palm full of fresh minced rosemary
 crushed black pepper to taste
 8 slices of bacon
 ½ cup chicken broth

DIRECTIONS

Preheat oven to 350°F.

With a kitchen mallet, flatten the halved chicken breasts between two pieces of waxed paper.

Toss the sliced carrots and zucchini with the olive oil, salt, pepper, and fresh rosemary.

Place 2 zucchini and 2 carrot slices in the middle of the flattened chicken breasts, roll tightly, wrap with a piece of bacon, and secure with a toothpick.

Place chicken in a baking dish and pour the chicken broth over the chicken roll-ups.

Bake for 45 minutes or until chicken is tender and no longer pink in the middle.

Quick tip – cook bacon prior to wrapping the chicken, but do not cook it until it's too crisp to wrap! Also, make sure you thinly slice your veggies or they will not be cooked enough.

Sauce:
 2 eggs
 2 tbsp. cider vinegar
 ½ tsp yellow mustard
 1 tsp sea salt
 ¼ tsp white pepper
 a pinch or two of cayenne pepper

1 cup olive oil
 1 tbsp. lemon juice

COOK TIME

45
minutes

YIELD

4
servings

NUTRITION REPORT CARD (amount per serving)



39 grams
total fat

21 grams
protein

235 milligrams
sodium

3 grams
carbs

RECIPE TAGS

Suggested Serving: 2 Roll-Ups

Recipe: Steak with Blue Cheese Butter



Steak with Blue Cheese Butter

Main Course

PREP TIME

10
minutes

INGREDIENTS

1/2 cup butter or 1/2 cup margarine, softened
 1/2 cup crumbled blue cheese
 1 tbsp. chopped parsley
 1 tbsp. chopped fresh basil or 1 teaspoon dried basil
 1 clove garlic, minced
 2 beef T-bone steaks or 2 porterhouse steaks

DIRECTIONS

In a small bowl combine butter, blue cheese, parsley, basil and garlic.
 Set aside.
 Grill steaks to desired doneness.
 Top each steak with a generous amount of the butter mixture.
 Chill the remaining butter for another time.
 (Try the butter mixture tossed with hot cooked vegetables).
 *Note: this makes a lot of butter. Half the recipe if you do not want left overs.

COOK TIME

8
minutes

YIELD

10
servings

NUTRITION REPORT CARD (amount per serving)



64 grams total fat

37 grams protein

879 milligrams sodium

2 grams carbs

RECIPE TAGS

Suggested Serving - 1 steak and 2 tablespoons of the butter

Recipe: Chicken Piccata



NUTRITION REPORT CARD (amount per serving)



16	grams total fat
17	grams protein
196	milligrams sodium
5	grams carbs

RECIPE TAGS

Suggested Serving Size 1 Chicken Thigh

Chicken Piccata

Main Course

PREP TIME

5 minutes

INGREDIENTS

6 chicken thighs
 2 tbsp. butter
 3 green onions diced
 6 garlic cloves minced
 3 tbsp. capers
 ¼ cup white wine
 ½ cup chicken stock
 3 tbsp. olive oil
 Juice from 1 lemon
 Sea salt and fresh ground pepper to taste

DIRECTIONS

Place the butterflied chicken pieces in between two pieces of parchment paper and with the flat side of a meat mallet, gently pound the chicken until it's approximately ¼ inch in thickness.

Season chicken with salt & pepper.

In a large sauté pan heat the 2 tbsp of butter over medium high heat. Your pan should be really hot.

Place the chicken into the hot skillet and cook on both sides for 3-5 minutes until the chicken is no longer pink in the middle but still tender – do not overcook – nobody likes rubber chicken.

Remove the chicken from the pan and add to the same pan the olive oil, garlic, and onions. Using a wooden spoon, quickly sauté the garlic and onions for 2 minutes, scraping any of the chicken drippings off the bottom of the pan.

Add the wine, chicken stock, lemon juice and capers and bring to a simmer for 3-5 minutes.

Pour the sauce over the chicken and serve immediately.

The end result is yummy, garlic, lemon, tender chicken goodness!

COOK TIME

15 minutes

YIELD

6 servings

Recipe: Clam Chowder



Clam Chowder

Soup

PREP TIME

20 minutes

COOK TIME

30 minutes

YIELD

6 servings

INGREDIENTS

- 2 tbsp. butter or ghee
- 3 slices thick cut nitrite-free bacon, chopped
- 1 medium onion, chopped
- 2 ribs celery with greens, chopped
- 4 sprigs fresh thyme
- salt and pepper
- 2 teaspoons hot sauce (optional)
- 2 tbsp. blanched almond (or coconut) flour
- 1 pint coconut milk
- 2 cups chicken broth
- 1 cup hash brown style raw shredded potatoes
- 2 cans whole baby clams and their juice

DIRECTIONS

Melt butter in a medium-sized pot. Add bacon, onion, celery and thyme. Season with salt, pepper and hot sauce and cook for 5 minutes or until onion is soft.

Add flour and stir to combine, cooking one minute more.

Add coconut milk, broth, potatoes and clams. Raise heat and bring to a boil, then lower and simmer for 15 minutes.

Taste for seasoning and remove thyme sprigs.

NUTRITION REPORT CARD (amount per serving)



9	grams total fat
11	grams protein
493	milligrams sodium
15	grams carbs

RECIPE TAGS

Suggested Serving Size: 3/4 Cup

Recipe: Zucchini Lasagna



NUTRITION REPORT CARD (amount per serving)



19	grams total fat
24	grams protein
340	milligrams sodium
7	grams carbs

RECIPE TAGS

Suggested Serving 1 - 4x4 piece

Zucchini Lasagna

Main Course

PREP TIME

20
minutes

COOK TIME

60
minutes

YIELD

4
servings

INGREDIENTS

- 2 1/2 tablespoons extra-virgin olive oil
- 1 small onion, finely chopped
- 1/2 tsp red pepper flakes
- 1 pound ground turkey
- 1 (28-ounce) can diced tomatoes
- 3 tbsp. chopped fresh oregano
- 2 tsp salt
- 2 medium zucchini
- 1 cup part-skim ricotta cheese
- 1/4 tsp freshly ground black pepper
- 1/2 cup freshly grated Parmesan cheese (2 ounces)

DIRECTIONS

Preheat the oven to 375°F.

In a large straight-sided skillet set over medium heat, heat 2 tablespoons of the oil. Add the onion and red pepper flakes and cook, stirring occasionally, until the onion is tender, about 8 minutes. Add the turkey and cook, breaking up any large pieces with the back of a spoon, until brown throughout, 3 to 4 minutes. Add the tomatoes and bring the mixture to a boil. Reduce the heat to medium and simmer until it thickens, about 20 minutes. Stir in the oregano and salt. Let cool.

Slice the zucchini lengthwise into thin strips (about 1/8 inch thick). Put 5 or 6 zucchini slices, overlapping slightly, in the bottom of an 8 x 8-inch baking dish. Top with 1 cup of the sauce dot with 1/4 cup of the ricotta. Repeat the layers twice, alternating the direction of the zucchini. Top with the remaining zucchini and brush the top with the remaining 1/4 teaspoon olive oil. Dot with the remaining 1/4-cup ricotta and season with the black pepper to taste and top with the Parmesan cheese.

Bake for 50 to 60 minutes, until the lasagne is bubbling and the top is brown. Let stand for 10 minutes before serving.

For an easy meal, prepare the casserole through step 4. Wrap in foil and freeze for up to 2 months. Thaw the casserole overnight in the refrigerator before baking as stated in the recipe.

*Note that casseroles that have not been completely thawed may take 15 to 30 minutes longer; so be sure to check for bubbling edges and a hot center.

SLOW COOKER



Recipe: Easy Crockpot Fajitas

PREP TIME



Easy Crockpot Fajitas

Slow Cooker

10 minutes

COOK TIME

6 hours

YIELD

6-8 servings

INGREDIENTS

- Ingredients
- 1 medium red bell pepper
 - 1 medium yellow bell pepper
 - 1 medium green bell pepper
 - 1 medium onion
 - Taco or fajita seasoning *See below for homemade recipe
 - 1 pound skinless chicken breasts (bone in or boneless)
 - 1/2 cup chicken broth
 - 6-8 flour tortillas
 - toppings (cheese, sour cream, guacamole, salsa)

DIRECTIONS

- Slice bell peppers and onions in 1/4 inch slices. Add to bottom of Crockpot.
- Sprinkle taco or fajita seasoning packet over bell peppers and onions in Crockpot. Add chicken breasts and chicken broth.
- Cook on low for 4-6 hours, or on high for 3-4 hours.
- Remove chicken from the Crockpot and let cool slightly. Use two forks to shred the chicken. If using chicken on the bone, discard bones after shredding. Add shredded chicken back to Crockpot and mix with peppers and onions.
- Serve over tortillas with your choice of toppings (cheese, salsa, guacamole, sour cream, fresh cilantro).
- *Bell Peppers can be added any time throughout the cooking process. If you like crisper peppers add later in the cooking process.

**Note that nutritional values do not include the tortillas or any toppings you may choose.

*Tortilla Shells Marcros:
 4 grams of fat
 4 grams of protein
 390 grams of sodium
 26 grams of carbohydrates
 150 calories

NUTRITION REPORT CARD (amount per serving)



1	grams total fat
6	grams protein
3	grams sugar
12	grams carbs

RECIPE TAGS

Suggested Serving Size: 1 cup

Recipe: Ratatouille



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Ratatouille

Slow Cooker

PREP TIME

10
minutes

INGREDIENTS

- 2 eggplants, cut into 1-inch cubes
- 2 onions, chopped
- 2 large zucchini, sliced
- 3 bell peppers, seeded and chopped
- 6 tomatoes, halved, seeded and chopped
- 1/2 tsp oregano
- 1 tbsp. chopped parsley
- 1 bunch of basil leaves, coarsely chopped
- 1/4 cup olive oil
- Salt and pepper just before serving

DIRECTIONS

Layer the slow cooker with vegetables and herbs, starting with the eggplants and reserving the fresh basil.

Cook on low for 4-5 hours.

Add the basil and drizzle with olive oil. Salt and pepper to taste, then serve.

COOK TIME

5
hours

YIELD

4-6
servings

NUTRITION REPORT CARD (amount per serving)



10	grams total fat
3	grams protein
32	milligrams sodium
24	grams carbs

RECIPE TAGS

Suggested Serving Size: 1 Cup

Recipe: Cauliflower Chicken Curry



Cauliflower Chicken Curry

Slow Cooker

PREP TIME

10
minutes

COOK TIME

6
hours

YIELD

4
servings

INGREDIENTS

- 1 tsp cumin
- 1 tsp coriander
- 1 pinch of ground cloves
- 1/2 tsp turmeric
- 1/4 tsp cayenne
- 2 lbs. chicken breasts, cubed
- 2 tbsp. ghee or butter
- 1 onion, diced
- 3 cloves garlic, crushed
- 2 sweet potatoes, peeled and cubed
- 1 cauliflower, cut into florets
- 1 green chile, minced
- 1 can coconut milk
- 1 tbsp. grated fresh ginger
- Salt and pepper just before serving

DIRECTIONS

- Combine the dry spices and toss with the chicken to coat it.
- Melt 1 tablespoon of ghee or butter in a heavy-bottomed pan over medium heat. Brown the chicken in batches for about 5 minutes a batch and set aside.
- Add the remaining ghee or butter to the pan and saute the onion until translucent, about 5 minutes.
- Add the garlic and cook another 3 minutes, then transfer to the slow cooker.
- Add the sweet potatoes and then cauliflower to the slow cooker. Place chicken on top.
- Add the rest of the ingredients and cook on low for 6 hours.
- Salt and pepper to taste before serving.

NUTRITION REPORT CARD (amount per serving)



19	grams total fat
25	grams protein
164	milligrams sodium
24	grams carbs

RECIPE TAGS

Suggested Serving Size: 2 cups

Recipe: Beyond Easy Pulled Pork



Beyond Easy Pulled Pork

Slow Cooker

PREP TIME

10
minutes

COOK TIME

5-6
hours

YIELD

4
servings

INGREDIENTS

Ingredients:

- 4-5 pound Pork Butt Roast
- 2 Yellow Onions Sliced
- Slow Cooker

Dry Rub Ingredients:

- 3 tbsp Chili Powder
- 1 tsp Coriander
- 2 tsp Cumin
- 2 tsp Onion Powder
- 2 tbsp Dried Parsley
- ¼ tsp Chipotle Powder
- 2 tsp Sea Salt

DIRECTIONS

Mix all dry ingredients together and rub over entire roast.

Place layer of onions on bottom of slow cooker, reserve ¼ cup for on top of roast. Place roast on top of sliced onions and reserved onions on top if roast.

NO LIQUID NECESSARY!!

Cook on high for 5-6 hours, then low 3-4 hours until roast in falling apart.

Pull roast apart while it is still hot. Serve over rice, your favorite whole wheat bun or chill and serve over salad.

*Macros do not include rice or bun.

NUTRITION REPORT CARD (amount per serving)



42	grams total fat
40	grams protein
2	grams sugar
5	grams carbs

RECIPE TAGS

Suggested Serving Size: 1/2 cup

Recipe: Sweet and Sour Shrimp



NUTRITION REPORT CARD (amount per serving)



1	grams total fat
30	grams protein
592	milligrams sodium
16	grams carbs

RECIPE TAGS

Suggested Serving Size: 1 Cup

Sweet and Sour Shrimp

Slow Cooker

10
minutes

INGREDIENTS

1/2 cup chicken stock
 1 cup fresh pineapple chunks
 1 cup, thinly sliced onion
 3 cloves garlic, crushed
 2 tsp minced ginger
 2 tbsp. apple cider vinegar
 2 tbsp. coconut aminos
 1 tsp red pepper flakes
 1 cup chunks of green bell peppers
 1lb cooked shrimp, peeled
 Salt and pepper just before serving

DIRECTIONS

Place all ingredients except shrimp in the slow cooker.

Cook on low for 4 hours.

Add the shrimp and cook for another 30 minutes.

Salt and pepper to taste, then serve.

*Serve on brown rice, on top of your favorite rice noodles or eat by itself for a protein packed snack.

COOK TIME

4.5
hours

YIELD

4
servings

Recipe: Honey Mustard Caveman Drumsticks

PREP TIME



Honey Mustard Caveman Drumsticks

Slow Cooker

10
minutes

INGREDIENTS

- 3 lb. chicken drumsticks
- Salt and pepper for browning and just before serving
- 1/4 cup coconut oil
- 1/3 cup honey
- 2 tbsp. stone-ground mustard
- 3 cloves garlic, crushed

DIRECTIONS

Salt and pepper drumsticks and brown them in a broiler for 5 minutes, turning once. Each broiler is different so watch closely to make sure drumsticks don't burn.

Meanwhile, melt the coconut oil and mix it with the rest of the ingredients in a large bowl.

Place browned chicken in bowl and mix until coated with the sauce.

Pour everything into the slow cooker and cook on low heat for 5 hours.

Salt and pepper to taste before serving.

COOK TIME

5
hours

YIELD

8
servings

NUTRITION REPORT CARD (amount per serving)



27	grams total fat
27	grams protein
46	milligrams sodium
12	grams carbs

RECIPE TAGS

Suggested Serving Size: 2 Drumsticks

Recipe: Butternut Squash Soup



Butternut Squash Soup

Slow Cooker

PREP TIME

10
minutes

INGREDIENTS

- 1 tbsp. butter
- 1 leek, cleaned and chopped
- 3 cloves garlic, crushed
- 1 large butternut squash, peeled, seeded, and cut into cubes
- 5 cups chicken broth
- 1 cup coconut milk
- 1/2 tsp dried thyme
- 1/2 tsp dried rosemary
- Salt and pepper just before serving

DIRECTIONS

Heat the butter in a heavy-bottomed pan over medium heat and saute the leek until soft, about 5 minutes.

Add the garlic, cook another 3 minutes, until fragrant, then transfer the mixture to the slow cooker.

Add the rest of the ingredients and cook on low for 6-8 hours, until the squash is soft.

Use your immersion blender or carefully scoop everything into the blender. Blend until smooth.

Salt and pepper to taste, then serve.

COOK TIME

6
hours

YIELD

6
servings

NUTRITION REPORT CARD (amount per serving)



11	grams total fat
8	grams protein
71	milligrams sodium
32	grams carbs

RECIPE TAGS

Suggested Serving Size: 3/4 cup

Recipe: Slow Cooker "Rotisserie" Chicken

PREP TIME



Slow Cooker "Rotisserie" Chicken

Slow Cooker

10
minutes

COOK TIME

8
hours

YIELD

6
servings

INGREDIENTS

- 1 Whole Chicken (about 4-5lbs.) insides removed
- 1 tbsp. smoked paprika
- 2 tsp salt
- 1 tsp freshly ground black pepper
- 1/2 tsp garlic powder
- 1/4 tsp onion powder
- Aluminum foil, or thickly sliced onions for under chicken

DIRECTIONS

Rinse the chicken thoroughly and pat it dry with paper towels.

In a small bowl, whisk together the paprika, salt, pepper, garlic powder and onion powder until combined. Rub the seasoning mix all over the chicken - on the outside skin, the inside cavity and on the breasts underneath the skin.

Roll up a few small balls of aluminum foil (or thickly sliced onions) place them on the bottom of your slow cooker bowl to serve as a rack for the chicken, so that it doesn't have to cook in the juices that will accumulate in the bottom of the slow cooker.

Place the chicken on top of the aluminum foil (or onions), pressing it down a bit if needed.

Cover and cook on low for 6-8 hours, or on high for 4-5 hours until the chicken is cooked through and reaches an internal temperature of 160 degrees.

Carefully remove the chicken from the slow cooker, discard the bones, and serve the chicken as desired.

NUTRITION REPORT CARD (amount per serving)



6	grams total fat
28	grams protein
75	milligrams sodium
0	grams carbs

RECIPE TAGS

Suggested Serving Size: 0.5 pound

DESSERT



Recipe: Avocado Pudding



NUTRITION REPORT CARD (amount per serving)



14	grams total fat
2	grams protein
1	grams sugar
9	grams carbs

RECIPE TAGS

Serving Size: 1/2 of pudding

Avocado Pudding

Dessert

PREP TIME

5
minutes

INGREDIENTS

- 1 Ripe Small or Medium Avocado
- ¼ cup Cocoa Powder
- ⅓ cup Honey
- ¼ cup Coconut Milk or Almond Milk

DIRECTIONS

- Combine all ingredients by mixing well or using the hand mixer.
- Serve in small ramekins and top with your favourite nuts, seeds or berries.

COOK TIME

N/A
minutes

YIELD

2
servings

Recipe: Decadent Fruit Dip

PREP TIME



Decadent Fruit Dip

Dessert

5
minutes

INGREDIENTS

- 1 cup Coconut Milk
- 1 tsp Vanilla Extract
- 2 Ripe Bananas
- 2 tsp Coconut Flour
- *Optional: 1 ½ tbsp Unsweetened Cocoa Powder

DIRECTIONS

Combine all ingredients into the blender and blend until smooth.

Add cocoa powder if desired.

Serve with your favorite fruit.

Keep refrigerated.

*Macros do not include fruit. We suggest sticking with your dark berries if you are trying to keep your carbohydrates low. Choose fruit such as blueberries, blackberries or strawberries.

COOK TIME

N/A
minutes

YIELD

4
servings

NUTRITION REPORT CARD (amount per serving)



13 grams total fat

2 grams protien

18 milligrams sodium

17 grams carbs

RECIPE TAGS

Suggested Serving Size 1/4 cup

Recipe: Pumpkin Pie Apple Dip



NUTRITION REPORT CARD (amount per serving)



24	grams total fat
1.5	grams protein
149	milligrams sodium
24	grams carbs

RECIPE TAGS

Suggested Serving Size: 1/4 cup

Pumpkin Pie Apple Dip

Dessert

PREP TIME

10
minutes

INGREDIENTS

- 1 (14 ounce) can of pumpkin puree
- 1/2 cup coconut butter, melted
- 3 tbsp. raw honey
- 2 tbsp. canned coconut milk
- 1 tsp maple syrup
- 1 tsp vanilla extract
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 1/4 tsp ground cloves
- 1/4 tsp ground ginger

DIRECTIONS

- Place all ingredients in a food processor.
- Puree.
- Put into bowl and serve with apples or graham crackers.
- *Macros do not include apples or graham crackers.

COOK TIME

10
minutes

YIELD

2-4
servings

SALAD DRESSINGS AND SAUCES



Recipe: Sunshine Sauce - Great for a Chicken Satay



NUTRITION REPORT CARD (amount per serving)



11	grams total fat
4	grams protein
64	milligrams sodium
10	grams carbs

RECIPE TAGS

Suggested Serving Size: 1/4 cup

Sunshine Sauce - Great for a Chicken Satay

Sauce

10
minutes

COOK TIME

5
minutes

YIELD

4
servings

INGREDIENTS

- 2 tbsp. lime juice
- 1 clove garlic, minced (about 1 teaspoon)
- 1/2 tsp crushed red pepper flakes
- 1 tbsp. coconut aminos (or soy sauce)
- 1 tbsp. honey
- 1/4 tsp powdered ginger
- 1/2 tsp rice vinegar
- 1/4 cup sunflower seed butter (or any other favorite nut butter)
- dash ground cayenne pepper (optional)
- 1/4 cup coconut milk

DIRECTIONS

Place all the ingredients except the coconut milk in the bowl of a food processor and whirl until well blended.

Scrape down the sides of the bowl with a rubber scraper, then add the coconut milk. Process until it's blended and smooth. Store covered in the fridge.

Eat with abandon and joyousness.

Recipe: Balsamic Vinaigrette



NUTRITION REPORT CARD (amount per serving)



10	grams total fat
0	grams protein
58	milligrams sodium
1	grams carbs

RECIPE TAGS

Suggested Serving Size 2 TBSP.

Balsamic Vinaigrette

Dressing

PREP TIME

10
minutes

INGREDIENTS

- 1/3 cup balsamic vinegar
- 1 tsp Dijon mustard
- 1/2 tsp anchovy paste
- Sea salt and black pepper to taste
- 2/3 cup extra-virgin olive oil

DIRECTIONS

In a small bowl, whisk together the balsamic vinegar, Dijon mustard, anchovy paste, sea salt, and black pepper.

Slowly drizzle in the extra-virgin olive oil, and continue whisking until well combined.

Store extra dressing in a glass bottle in the refrigerator for up to two weeks.

COOK TIME

N/A
minutes

YIELD

16
servings

Recipe: Orange Vinaigrette



NUTRITION REPORT CARD (amount per serving)



14	grams total fat
0	grams protein
1	milligrams sodium
2	grams carbs

RECIPE TAGS

Suggested Serving Size: 2 Tablespoons

Orange Vinaigrette

Dressing

10
minutes

INGREDIENTS

2 tbsp. fresh orange juice (from half a fresh orange)
 1 tbsp. unfiltered apple cider vinegar
 1 tsp Dijon mustard
 Sea salt and black pepper to taste
 Pinch of garlic powder
 Pinch of fennel seeds
 3 tbsp. extra-virgin olive oil
 1 tsp orange zest

DIRECTIONS

In a small mixing bowl, whisk the orange juice, apple cider vinegar, Dijon mustard, sea salt, black pepper, garlic powder and fennel seeds together.

 Slowly drizzle in the extra virgin olive oil, and continue whisking until well combined.

 Garnish with orange zest.

COOK TIME

N/A
minutes

YIELD

3
servings

Recipe: Lemon-Tahini Dressing

PREP TIME



Lemon-Tahini Dressing

Dressing

5 minutes

INGREDIENTS

- 1 tbsp. tahini
- 1 tbsp. Extra-virgin Olive Oil
- Juice of 1 Lemon
- Pinch of Garlic Powder
- Sea Salt and Black Pepper to taste

DIRECTIONS

In a small mixing bowl, make the dressing by whisking together the tahini, extra-virgin olive oil, lemon juice, garlic powder, sea salt and black pepper.

Serve!

COOK TIME

N/A minutes

YIELD

2 servings

NUTRITION REPORT CARD (amount per serving)



11	grams total fat
2	grams protein
9	milligrams sodium
4	grams carbs

RECIPE TAGS

Suggested Serving Size: 1 tablespoon

GUIDE TO FATS, OILS, SWEETNERS, & CARBOHYDRATES



Guide to Fats & Oils

Using the right fats and oils is essential to improving your health. Changing the fats that you use at home is the first step toward creating dishes that are more nutrient dense, whole foods. Avoid overly processed and refined forms of fats and oils.

Saturated for Hot Uses

Buy unrefined forms of:

- Coconut Oil
- Butter
- Ghee
- Lard, bacon grease
- Full-fat Dairy
- Eggs, Meat and Seafood



Unsaturated for Cold Uses

Buy Extra-Virgin and Cold- Pressed Forms:

- Olive Oil
- Sesame Oil
- Macadamia Nut Oil
- Walnut Oil
- Avocado Oil
- Nuts & Seeds (including nut & seed butters)

*Note: Unsaturated fats (typically liquid at 68 degrees) are easily damaged/oxidized when heat is applied to them. Do not consume damaged oils.

Ditch these man-made fats that are never a healthy choice:

- Margarine
- Canola Oil
- Corn Oil
- Vegetable Oil
- Soybean Oil
- Grapeseed Oil
- Sunflower Oil
- Safflower Oil

Shortening made from one or more of the oils listed above.



*Hydrogenated or partially hydrogenated oils, as well as man-made trans-fats are not a healthy choice. Such things as I Can't Believe It's Not Butter, Becel or Earth Balance. These oils are highly processed and oxidize easily when exposed to light, air or heat.

**If the recipe you found and fell in love with calls for any of the above oils you can EASILY swap it for a healthy version above!

Guide to Sweeteners

Artificial sweeteners are never recommended but more naturally derived sweeteners can be okay for treats and special occasions. Sweeteners should never be considered food or a source of nourishment.

Natural Sources - Use Sparingly	Natural - But Not Recommended	Artificial - Never Consume
<p>Buy organic where possible:</p> <ul style="list-style-type: none">Brown SugarWhole DatesCane SugarRaw SugarCoconut SugarRaw HoneyMaple Syrup (grade b)Molasses 	<ul style="list-style-type: none">AgaveAgave NectarBrown Rice SyrupCaramelCorn SyrupDextroseFructoseFruit Juice ConcentrateGolden SugarHigh Fructose Corn SyrupLight Brown Sugar 	<ul style="list-style-type: none">Acesulfame K (Sweet One)Aspartame (Equal, Nutra-Sweet)Saccharin (Sweet'N Low)Stevia (white/bleached: Truvia, Sun Crystals)Sucralose (Splenda)Tagatose 

Contrary to popular belief and the mainstream media, it does make a difference which sweeteners you select and evaluating where they have a place in your diet.

Consider the following when allowing sweeteners in your diet:

1. How are they made?

The more refined the sugar is the worse it is for you. High fructose corn syrup and Stevia are factory-made products that are highly processed. Honey, molasses and coconut sugar are less processed and have been made for hundreds of years.

2. Where are you using it?

Food manufacturers will often hide sugar in foods that you do not think are sweet! Many foods that are low-fat or non-fat have added sweeteners or artificial sweetener to make them taste good. We recommend avoiding these products and opting for full-fat, less processed foods (e.g. full fat yogurt, cheeses, creams, etc).

3. How does your body process it?

Did you know that your body does not metabolize all sugars the same way? High-fructose corn syrups are actually taxing on the liver which can be quite harmful to our health. Fructose is the primary sugar in all fruit. However, when eating whole fruit the micronutrients and fiber content actually supports the metabolizing of the sugar in the fruit! Whole foods are the best!

Guide to Carbohydrates

Check out these dense sources of carbohydrates. This is a list of starchy vegetables is your source of "good carbs"!

NAME	CARBS PER 100 GRAMS	FIBER PER 100 GRAMS	CARBS PER 1 CUP	OTHER NUTRIENTS
YAM	27G	4G	37G, CUBED	VITAMIN C, VITAMIN B, MANGANESE, POTASSIUM
WHITE POTATO	22G	1G	27G, PEELED	TRACES OF VITAMIN C
SWEET POTATO	21G	3G	58G, MASHED	VITAMIN A, VITAMIN C, VITAMIN B6, POTASSIUM, MANGANESE, IRON, VITAMIN E
PARSNIPS	17G	4G	27G, SLICED	VITAMIN C, MANGANESE
WINTER SQUASH	15G	4G	30G, CUBED	VITAMIN C, THIAMIN, VITAMIN B6
ONION	10G	1G	21G, CHOPPED	VITAMIN C, POTASSIUM
BEETS	10G	2G	17G, SLICED	FOLATE, MAGANESE
CARROTS	10G	3G	13G, CHOPPED	VITAMIN A, VITAMIN C
BUTTERNUT SQUASH	10G	-	22G	VITAMIN A, VITAMIN C
RUTABEGA	9G	2G	21G, MASHED	VITAMIN C, POTASSIUM, COPPER, MANGANESE
JICAMA (RAW)	9G	5G	12G, SLICED	VITAMIN C
KOHLRABI	7G	1G	11G, SLICED	VITAMIN C, VITAMIN B6, POTASSIUM, COPPER, MANGANESE
SPAGHETTI SQUASH	6G	1G	9G	TRACE
TURNIPS	5G	2G	12G, MASHED	VITAMIN C, POTASSIUM, CALCIUM, VITAMIN B6, FOLATE, MANGANESE
PUMPKIN	5G	1G	12G, MASHED	VITAMIN C, VITAMIN E, POTASSIUM