

Options/

by Sweat Den

The intent in curating this playbook is to provide you with healthy **OPTIONS** so that you, can find what works best for you, while giving you some basic principles and guidelines that empower you to create healthy habits that supports your goals.



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First and Foremost

The intent in curating this playbook is to provide you with healthy OPTIONS so that you, can find what works best for you, while giving you some basic principles and guidelines that empower you to create healthy habits that supports your goals. Nutrition is extremely individualized, and with the amount of information out there today, it's hard to know what is really right for YOU.

The most important aspects of this book, is to focus on the quality of food we are eating first and foremost. Limiting/eliminating highly processed and refined foods, and focusing on the quality of food and ingredients that make up your diet, will be a catalyst for positive change.

Consuming highly processed and refined foods increases inflammation by triggering higher than normal blood sugar levels (amount other things). Just by eliminating these types of foods from your diet, you can see a reduction in body fat, healthy weight loss, improved mood and energy levels, improved gut and digestive health, improved skin health, and a boosted immune system.

The quality of our sleep, hydration levels, what our hormones and neurotransmitters are signaling, and the amount of stress we are carrying with us have a huge impact on the decisions we make with respect to our nutrition . In addition, your environment from a micro level, ie; the kitchen, can make or break your decision making process. So as we move forward on this journey together, set yourself, and your environment, up for success by eliminating as much processed and refined foods from you kitchen as possible.

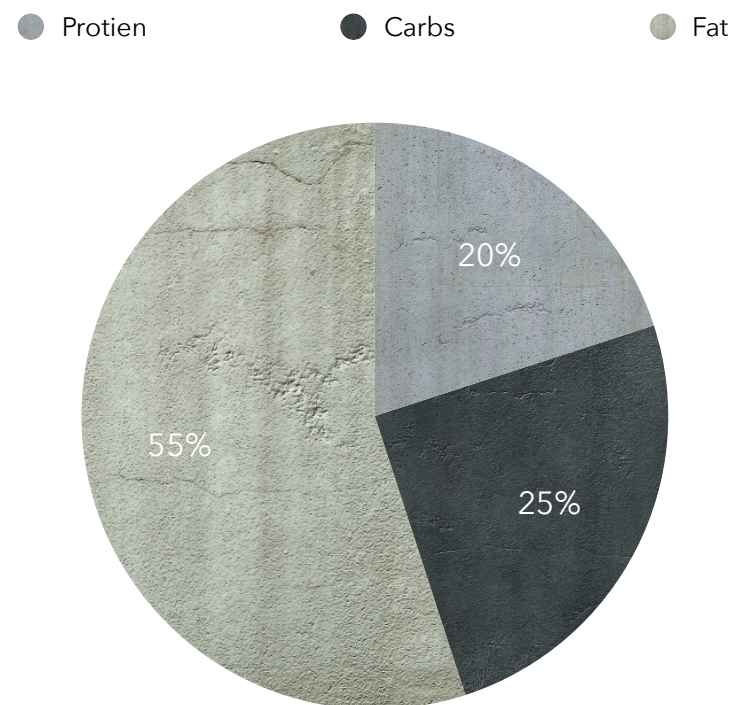
*When we refer to highly processed and refined foods we are referring to ultra-processed foods. Nearly all foods have been processed to some extent. We are referring to things like packaged chips and cookies, sweetened breakfast cereals, sugary beverages, fast food, frozen meals like pizza and TV dinners, candy, packaged breads and buns, margarine and other ultra-processed spreads

Options/ Program goals

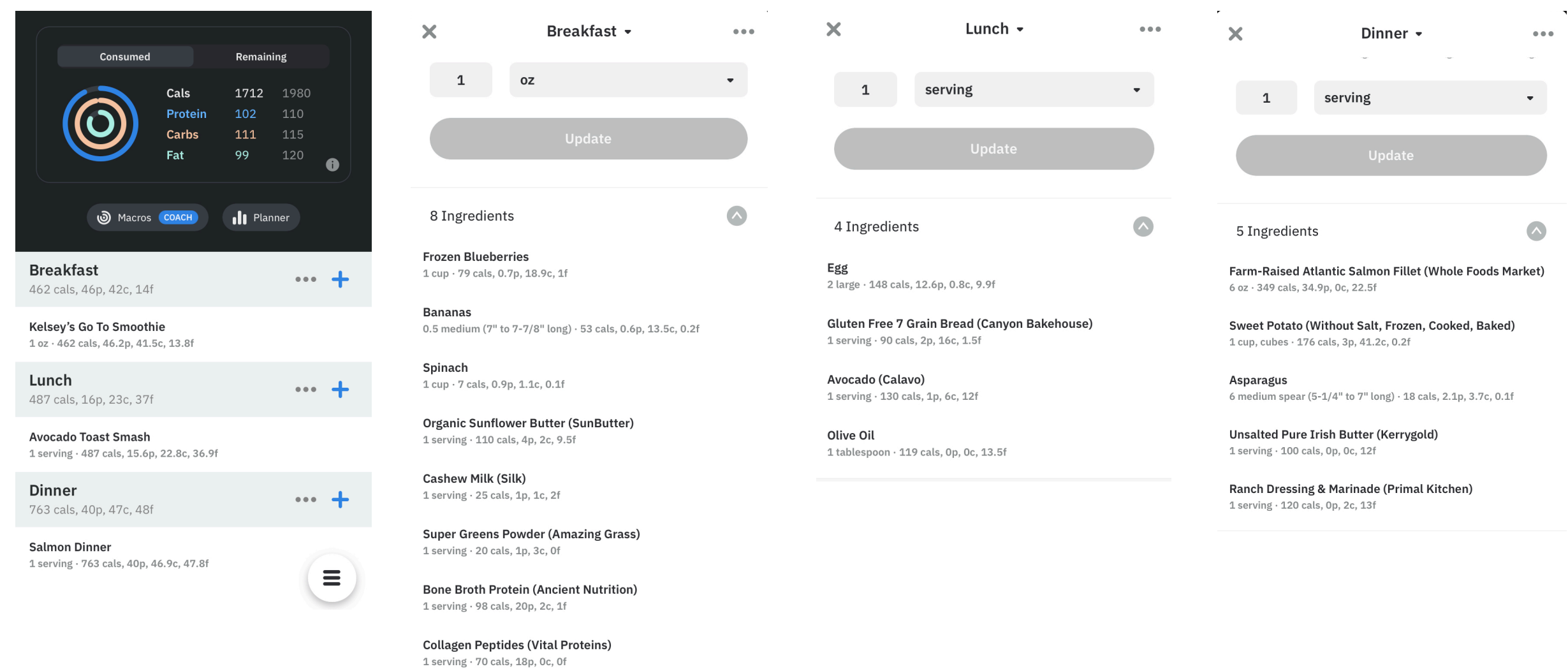
- 100g protein (+), 125g (+/-) carbohydrates, and 100g (+/-) fats, daily. This can be achieved a number of different ways. Eating 3 balanced meals daily, 2 larger meals, or 4-5 smaller meals throughout the day. If you have trouble with snacking or cravings throughout the day, it may help to eat more frequently than not.
- On days where your workouts are intense and/or your overall activity is high, eat a little bit more. On rest days and/or days where your activity levels are low, eat a little bit less. Regardless, your protein goal should stay the same (100g), and your carbohydrate/fat intake shift based on activity levels. Remember there is no perfect macro profile. Consistently eating nutrient dense, quality food, will have the biggest impact on your diet.
- The first meal of the day, regardless of when you have it, will lay the ground work for the rest of the day. It is especially important to limit highly refined/processed carbohydrates during your first meal. For example, having a bowl of a cereal high in sugar, will more than likely leave you unsatisfied, lethargic, and craving more sugar throughout the day. In comparison a serving of a complex carbohydrate like oatmeal, and including a serving of protein like eggs, should leave you feeling satiated, full, clear headed, and energized.
- Drink plenty of water throughout the day, half of your body weight in oz. at a minimum. Try not to eat anything within 3 hours of your bedtime, and strive to get quality, restful sleep. Everyone is different but 8 hours is optimal for most.
- Limit caffeine to 1 cup/daily and alcohol to 1 drink/weekly

Options/ Personalizing Macros

- A balanced approach to each meal, 100g protein, +/- 125g carbohydrates, and +/- 100g fats daily. These numbers are just a suggestion to keep in the back of your mind as a baseline. You may find higher/lower carbs, higher/lower fats work best for you and your body. Lead with the 100g protein, and adjust carbs/fats as needed. Keep in mind these are loose numbers. Don't let the numbers stress you out, and feel like you need to "hit" your macros. Having a general sense of what you are utilizing for fuel can go a long way in making decisions that benefit your health.



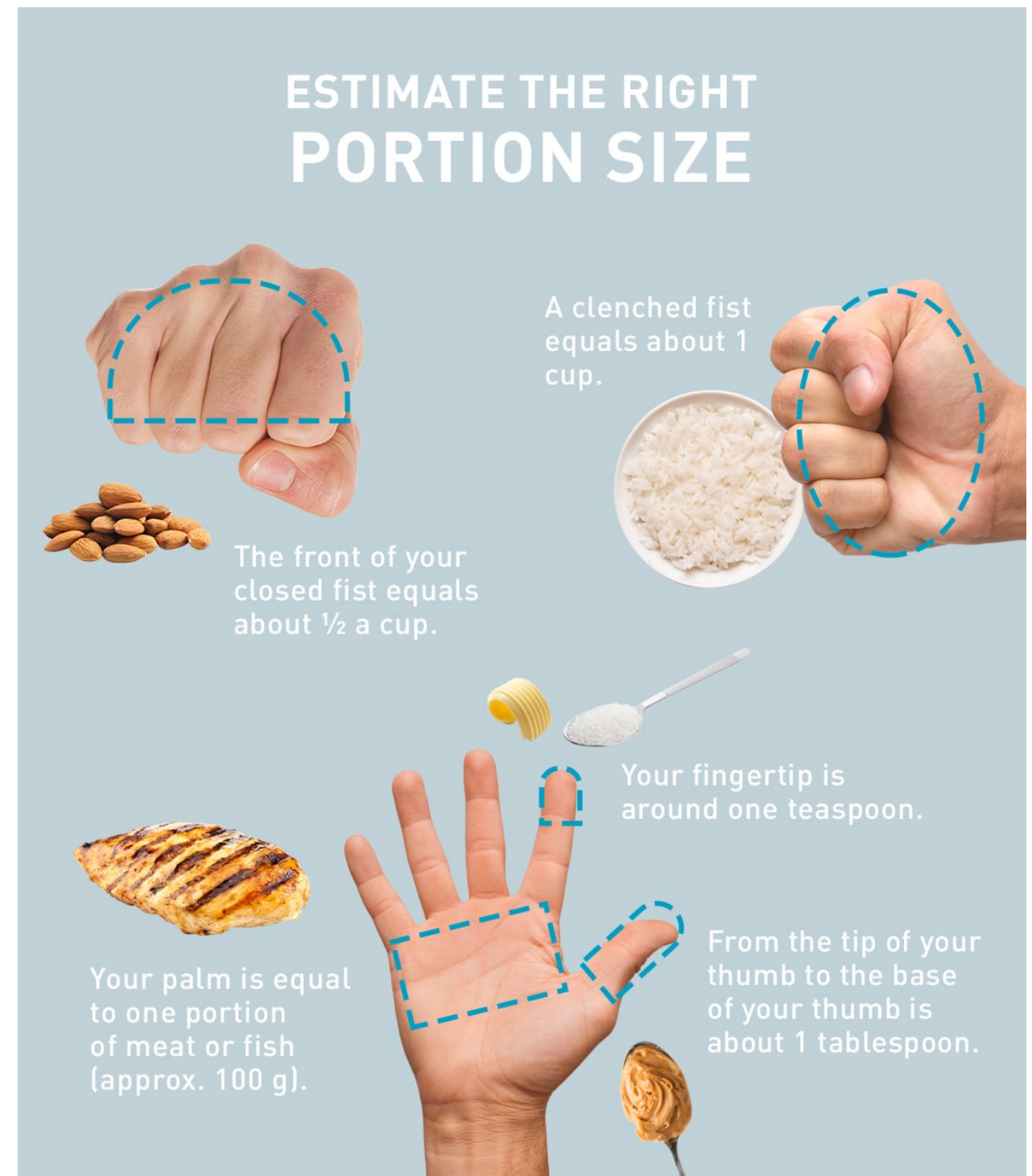
Options/ Personalizing Macros



Above is an example of a day that consisted of 3 balanced meals, all protein forward, with moderate carbs and fats. 102g protein, 111g carbs, 99g fats. This example is not a template. It is strictly an example to show what macros look like, given the ingredients listed. The protein and hydration goals are pretty straight forward. From that point, depending on your activity throughout the day your lunch and dinner can/should be tweaked to accommodate your lifestyle. Shifting carbs and fats up or down based on your energy expenditure is where you start to personalize your nutrition. If you had a taxing workout, maybe you add another serving of sweet potato to dinner, or another 1/2 avocado to lunch, or a cup of cottage cheese to your dinner. Creating a baseline for your nutrition, and then tweaking based on how your day is going, can be very helpful in creating balance and consistency.

Options/ Quick & easy portion tips

- 1 pound protein equals roughly 100g protein
- 1 cup rice equals roughly 40g carbs
- 1 cup sweet potato equals 1/2 sweet potato which is roughly 40g carbs
- 1 cup blueberries equals roughly 20g carbs
- 1 banana equals roughly 25g carbs
- 1 apple equals roughly 20g carbs
- 1 tbsp EVOO, avocado, coconut oil equals roughly 15g fat
- 2 tbsp nut butter equals roughly 15g fat



Grocery List

(This grocery list is an example of a healthy, balanced approach when striving for clean eating for the week. Review the list below and decide what works best for you on a weekly basis. If you are planning on making any of the recipes we have provided, be sure to crosscheck the ingredients needed vs. the general list to make sure you have what you need.)

Protein

- 1 pound salmon or white fish
- 1 pound grass fed ground beef, turkey, chicken
- Chicken/pork sausage links
- Smoked Salmon
- Pasture raised eggs (*Vital Farms)
- Cottage Cheese (*Good Belly)
- Greek Yogurt (*Green Mountain, Stoneyfield)
- Epic protein bars (*bison)

Carbs

- Banza pasta
- organic basmati white rice
- sweet potatoes (we love oriental and hannah)
- Canyon House Gluten Free Bread
- Rudi's Sourdough Bread
- Purely Elizabeth granola and oat meal
- rainbow chard or kale
- fresh arugula or mixed greens
- fresh broccoli
- fresh asparagus
- 1 bag spinach
- fresh blueberries
- frozen organic or wild blueberries
- Frozen cauliflower rice

- bananas
- red or green apples

Fats

- Avocado oil and/or EVOO
- lactose free sour cream (*Good Belly)
- avocados
- olives
- Mixed nuts
- Nut Butter (almond, cashew, sunflower)
- 1 stick/jar of Kerry Gold grass fed butter or ghee
- Non dairy milk (Cashew, almond, coconut)

Dressings/Sauces/Seasoning

- salsa
- Organic pasta sauce (*Raos or Primal Kitchen)
- Taco seasoning (Seite)
- dried basil
- Himalayan sea salt
- pepper
- Primal Kitchen's Dressing (Ranch, Lemon Turmeric)

Snacks/Desserts

- Tulsi, ashwagandha tea (*Organic India)
- Lesser Evil Paleo Puffs
- Epic Bars and Pork Rinds
- Theo dark chocolate
- Three Wishes Cereal
- Catalina Crunch Cereal
- Shelled pistachios

SUPPLEMENTS (OPTIONAL)

- Ancient Nutrition Vanilla Bone Broth Protein (Vitamin Cottage, Sprouts, Whole Foods, Amazon)
- Tera's Whey (Vitamin Cottage, Sprouts, Whole Foods, Amazon)
- Amazing Grass Green Superfood (Sprouts, Whole Foods, Amazon)
- Vital Protein's Collagen Peptides (Costco, Sprouts, Whole Foods, Vitamin Cottage)
- Ancient Nutrition Collagen Peptides (Sprouts, Whole Foods, Vitamin Cottage, Amazon)

Options/ Sample week of eating

	Breakfast	Lunch	Dinner	Healthy Snacks + Add Ons
Sunday	60 second power bowl	Scramble w/ chicken sausage, spinach, tomatoes, avocado	Grilled chicken + Roasted Beet & Arugula Salad + Sweet Potato	Apple w/nut butter
Monday	Kelsey's Go To Smoothie	Left over roasted beet & arugula salad + grilled chicken	Macro Monday Meal	Cottage Cheese
Tuesday	2 eggs w/ 1/2 avocado	Kitchen Sink Salad	Taco Bowls	Epic Bison Bar Tbsp Nut Butter
Wednesday	60 Second Power Bowl	Left Over Turkey Bolognese w/ 2 eggs over medium	Baked Ranch Chicken Thighs w/ Balsamic Roasted Brussel Sprouts + 1/2 Avocado	Apple w/ Nut Butter Paleo Puffs
Thursday	Banana + Almond Butter Shake	2 eggs w/ 1/2 avocado	GF Ground Turkey Bolognese w/ Arugula Salad	Cottage Cheese
Friday	Kelsey's Go To Smoothie	2 eggs + 1 chicken Sausage + Apple	Salmon Picata + Basmati White Rice	Epic Pork Rinds
Saturday	Kelsey's Go To Smoothie	Mediterranean salad + chicken	Dinner Out	Homemade Popcorn

60 SECOND POWER BOWL

INGREDIENTS (SERVES 1)

- 1 cup Greek Yogurt
- Handful of fresh blueberries
- 1-2 tbsp of nut butter
- 1 serving Hemp seeds (typically 3 tbsp)_
- 1 serving bee pollen (optional but great for sustainable energy)

PREPERATION

THROW together in a bowl and enjoy.

BON APPETIT!



Simple, protein and fat forward, lower carbs. Prepared in less than 60 seconds. A simple, satisfying, and effective way to start out the day on the right foot.

KELS GO TO SMOOTHIE

INGREDIENTS (SERVES 1)

1 cup frozen blueberries

1 cup fresh or frozen spinach

8-16 oz unsweetened cashew, almond, or coconut milk

1/2 banana

1 tbsp almond, cashew or sunflower butter

1-2 scoops of quality protein (bone broth or Tera's Whey or Empact trim down shake)

2 scoops of Vital Proteins Collagen Peptides

1 scoop of “amazing greens” or like product

PREPERATION

BLEND all ingredients together and enjoy! Top with 1/4 cup of gluten free granola if you want an extra kick!

BON APPETIT!



This smoothie is a staple in Kelsey's daily routine. It's a simple, nutritious smoothie that great for lunch, dinner, or post workout!

Banana Almond Butter Smoothie

INGREDIENTS (SERVES 1)

1 frozen banana

1 cup fresh or frozen spinach

8-16 oz unsweetened cashew, almond, or coconut milk

1-2 tbsp almond, cashew or sunflower butter

1/2 cup greek yogurt

1-2 scoops of quality protein (bone broth or Tera's Whey or Empact trim down shake)

2 scoops of Vital Proteins Collagen Peptides

1 scoop of “amazing greens” or like product

PREPERATION

BLEND all ingredients together and enjoy! BON APPETIT!



This shake works great as a post workout refuel or to get the day started off on the right foot. The banana and nut butter add a bit of sweetness to a smoothie already packed with nutrients.

SUPERFOOD OVERNIGHT OATS

INGREDIENTS (serves 2)

2 cups dried oats (we have been using Purely Elizabeth's superfood oats of McCanns Instant Irish oats)

2 cups of milk (we have been using unsweetened vanilla cashew milk)

1 handful of chopped walnuts

1 cup of apple or blueberries

1 tbsp raw honey

1 tsp cinnamon

2 scoops Vital Protiens unflavored collagen (optional)

PREPERATION

PLACE all ingredients in a large bowl and mix together

COVER and place in fridge overnight

ADD milk in morning if consistency is not ideal

BON APPETIT!



We have been using this overnight oats recipe since college. It is super tasty, and is loaded with amazing ingredients. Give it a go if you enjoy oatmeal or granola to start your day!

PROTEIN BALL BITES

INGREDIENTS (MAKES 6-10 BITES)

1 cup gluten free oats

1/2 cup nut butter

1/4 cup shredded coconut

1/4 cup chia seeds

1/4 cup cacao nibs

1/3 cup raw honey or agave

1-2 scoop of collagen protein

PREPERATION

MIX together all dry ingredients in a medium size bowl (oats, coconut, chia seeds)

ADD nut butter, honey, and fold in cacao nibs

USE a cookie scooper or large spoon to roll into firm bites

TOSS in the fridge to chill for 10-15 minutes

BON APPETIT!



This is an awesome grab and go snack and also curbs a sweet tooth. These can be modified to any/all ingredients that intrigue you, and can be breakfast, lunch, or a snack!

CLASSIC BREAKFAST CASSEROLE

INGREDIENTS (SERVES 4-6)

1 large sweet potato

1 pound of breakfast sausage or ground turkey

1 red pepper

1 green pepper

2 cups chopped spinach

10 eggs

2 tbsp of coconut oil, butter, or ghee

1 tsp himalayan salt

1/2 tsp garlic powder

PREPARATION

PREHEAT oven to 375-400 degrees and grease 8x10 or 9x12 baking dish.

MICROWAVE sweet potato for 6-8 minutes (until soft) and then dice OR dice sweet potato and bake at 400 degrees for 25 minutes.

WHILE potato's are cooking, add meat, and diced red and green peppers to pan over medium heat.

ADD 1 tbsp avocado oil, salt and pepper to taste and cook until meat is browned.

WISK 10 eggs together in separate bowl.

PLACE cooked meat, peppers, sweet potato's, and spinach in baking dish and mix together.

ADD a dash of salt, pepper, and garlic powder to eggs and then pour over the top of everything and mix ingredients around to make sure everything is even.

COOK for 25-30 minutes until eggs are fully cooked in the middle.



A breakfast casserole is an amazing dish for so many different reasons. It can be prepped on a Sunday and keeps for a couple days, it can be a healthy leftover option for lunch and dinner if you don't feel like cooking, and it gives you the ability to add whatever it is you decide to the casserole to get your taste buds rolling. This option is a traditional style but feel free to modify the ingredients and switch it up with different veggies.

BON APPETIT!

EGG FREE BREAKFAST BOWL

INGREDIENTS (SERVES 1)

1/2 SWEET POTATO

6-8OZ. GROUND TURKEY OR PORK SAUSAGE

1/2 AVACADO

1 CUP KALE

HIMALAYAN SALT

PEPPER

1-2 TBSP AVOCADO OIL

HOT SAUCE TO TASTE

PREPERATION

MICROWAVE sweet potato for roughly 5-6 minutes until sweet potato has softened. Dice into small cubes once fully cooked.

AT the same time prep cooking pan with 1-2 tbsp of avocado oil over medium heat and add meat to pan.

BEGAN to break up meat into small pieces and season with salt and pepper.

ONCE meat has fully cooked remove from pan.

DICE up cooked sweet potato into small cubes and began to cook in pan over medium heat. Again, add 1 tbsp avocado oil, salt and pepper (add a dash of garlic salt, onion salt, oregano if you prefer). Remove sweet potato's from pan once browned.

LASTLY, use the same pan and saute Kale over medium heat for about 5 minutes. Add avocado oil and salt to taste.

ONCE kale has fully cooked build your bowl with sweet potato's as base, topping with ground turkey and kale.



If you are looking for a quick and easy breakfast option, but don't prefer eggs, or have a sensitivity to them, fear not, you have options! Check out this simple breakfast bowl that is a perfectly balanced meal to get your day started off on the right foot!

TOP off the bowl with a half of sliced avocado and some hot sauce to taste. Easy enough!

BON APPETIT!

EGG FREE VEGGIE & CHICKEN SAUSAGE HASH

INGREDIENTS

1/2 cup sweet onions

1/2 cup bell peppers

1/2 cup carrots

1 cup spinach

1/2 cup black beans (optional)

4oz (1) chicken sausage

EVOO or avocado oil

salt and pepper to taste

PREPERATION

PREHEAT pan to medium heat and add EVOO or avocado oil

CHOP up all of the veggies and toss into pan, and begin to sauté

ONCE veggies have cooked thoroughly, add sliced (pre cooked chicken sausage)

ADD EVOO or avocado oil, salt and pepper to taste

HEAT beans over stovetop or microwave

PLACE veggie and sausage mix onto plate, add beans on the side, and enjoy!

BON APPETIT!



For anyone that doesn't love a typical breakfast, or doesn't/can't consume eggs, this breakfast bowl is an example of how you build your first meal of the day to set you up for success!

SCRAMBLED TOFU WRAPS

INGREDIENTS (SERVES 4)

2 pounds extra firm tofu

1 tsp sea salt

1 tsp ground cumin

1 tsp ground turmeric

1/2 tsp ground black pepper

1 tbsp cooking oil

1 small onion, diced

1 red bell pepper

1 tbsp EVOO

12oz package soy chorizo, crumbled

8 avocado slices

4 gluten free tortillas (try Siete if you haven't yet)

PREPERATION

MIX together tofu, salt, cumin, turmeric, and black pepper

HEAT cooking oil in medium pan over medium-high heat

ADD chopped pepper, onion, and cook until onion has browned or is translucent

ADD tofu and chorizo to pan and mix well with veggies. Cook over medium-high heat until mixture turns golden brown

DIVIDE the tofu scramble, top with avocado slices, and roll tortillas tightly into burritos

CUT in half and serve with your favorite hot sauce

BON APPETIT!



Scrambling tofu instead of eggs is good way to get the healthy benefit of soy. With the added benefits of the powerful anti-inflammatory benefits of the spices included in this dish, it makes a perfect hearty dish!

QUINOA PANCAKES WITH BLUEBERRIES OR BANANA

INGREDIENTS (MAKES 10-12 PANCAKES)

2 cups red quinoa

2 cups of flour of your choice (we love Bob's Red Mill options)

2 tbsp plus 1 1/2 tsp baking powder

1 pinch sea salt

1 tsp ground cinnamon

2 cups milk of your choice

4 large eggs

1 tsp vanilla extract (optional)

1 tsp oil of your choice

1 cup blueberries or diced bananas

1 cup greek or plain style yogurt (we prefer Fage)

Syrup for topping

PREPERATION

BRING a saucepan with 4 cups of water and pinch of salt to a boil. Add quinoa and stir. Lower heat to a simmer, cover, and cook until quinoa is dry and fluffy (about 20 minutes)

COMBINE the flour, baking powder, salt, and cinnamon in a large bowl. Whisk well to combine. In another large bowl combine milk, eggs, vanilla, and oil and whisk to combine

ADD the dry ingredients to the wet and whisk well until fully combined

AT this point it's best to let the ingredients rest for at least 10 minutes but not necessary

HEAT medium pan to medium-high heat and add cooking oil and ladle about 1/2 cup of the batter onto hot pan

DROP 8-10 blueberries or banana slices onto each pancake



The famous True Foods gluten free pancakes. These are a must try! Option for either blueberry or bananas depending on your preference!

ONCE bubble form in the batter, flip and cook other side until golden brown

SERVE with a a dollop of yogurt and syrup on top

BON APPETIT!

GLUTEN FREE PROTEIN PANCAKES

INGREDIENTS (SERVES 2)

1 cup Bob's Redmill Gluten Free Pancake Mix

1 tbsp melted grass fed butter or coconut oil

1 egg

3/4 cup almond, cashew, or coconut milk

1 scoop of protein of your liking

1-2 scoops vital proteins collagen protein

1 tsp cinnamon

1/2 cup frozen blueberries (optional)

PREPERATION

HEAT a lightly greased pan over medium/high heat.

MIX all ingredients together in a bowl.

Pour 1/4 to 1/2 mix onto hot pan until top side bubbles, and then flip (roughly 2-4 minutes per side.

TOP with butter, light syrup, or coconut brown sugar.

BON APPETIT!



These nutrition protein packed pancakes are great for any meal. If you aren't feeling like making an elaborate dinner, these are great breakfast for dinner option! Side note, we love all of the "Bob's Redmill" brand for baking.

ROASTED BEET AND ARUGULA SALAD

INGREDIENTS (SERVES 4)

6-7 large golden and red beets

2-3 turnips (optional)

1 bag arugula greens

pumpkin seeds

goat cheese

3-4 tbsp avocado oil/EVOO

Himalayan salt (to taste)

Option to add Primal Kitchen Lemon Turmeric Vinaigrette or Balsamic Vinaigrette (both optional)

PREPERATION

PREHEAT oven to 350-375 degrees

WRAP beets in foil place on baking sheet and cook for 1 to 1.5 hours.

REMOVE beets from oven, cut into wedges, and throw into a bowl to let beets cool to moderate temp

ADD arugula, pumpkin seeds, EVOO/Balsamic Vinaigrette and/or Primal Kitchen Lemon Turmeric Dressing to taste, Himalayan salt and mix all ingredients

TOP with goat cheese to taste

ADD your favorite protein and you are ready to roll

BON APPETIT!



When you are looking to stay on track thru the week, having a go to nutritious base for meals is crucial. This roasted beet and arugula salad pairs well with any kind of protein for a complete meal at breakfast lunch or dinner!

QUICK AND EASY MACHO SALAD

INGREDIENTS (SERVES 2)

SALAD

1-2 cartons (8-12oz) of arugula or mixed greens

1 fully cooked rotisserie chicken

1 cup grape tomatoes

Handful dates, roughly chopped

1 cup avocado, diced

1/2 cup fresh corn kernels

1/2 cup almonds, roasted and chopped

goat cheese

DRESSING

1/2 cup spicy brown mustard

1/2 cup lemon juice

1/4 cup apple cider vinegar

2 tbsp. coconut brown sugar

2 tsp. kosher salt

1 tsp. black pepper

1/4 cup fresh garlic

1 tsp. dried basil

1 tsp. dried oregano

1/8-1/4 cup EVOO



This salad takes 10 minutes to prepare and is delicious and nutritious. Whenever possibly, and specifically for the salad, put together your own salad dressing with quality ingredients. If you don't have a ton of time to prepare lunch or dinner, this is great everyday option!

PREPERATION

DICE all veggies and rotisserie chicken.

MIX dressing in separate bowl.

TOSS everything together and enjoy!

BON APPETIT!

KALE SALAD w/ GRILLED CHICKEN

INGREDIENTS (serves 4)

1/2 cup extra virgin olive oil

3/4 cup freshly squeezed lemon juice

3 garlic cloves, mashed

1/2 tsp salt

Pinch red pepper flakes

2 bunches of kale (remove ribs and slice into shreds)

1/2 cup finely grated parmesan cheese

1 pound chicken breast (optional)

PREPERATION

HEAT grill or medium pan to medium-high heat.

PREP chicken with an all purpose seasoning, pepper, and salt

GRILL chicken until fully cooked

IN a salad bowl, whisk together the oil, lemon juice, garlic, salt, and pepper flakes. Add the kale and toss well to coat.

ADD the grated cheese before serving.

BON APPETIT!



This recipe is a play off of True Food's signature kale salad and we added grilled chicken for a complete meal. You could also opt for the original recipe without chicken and have this salad as a side to another entree.

Mediterranean Pasta Salad

INGREDIENTS (SERVES 2-3)

- 1 box Banza rotini pasta
- 1 large cucumber, diced
- 1 pint grape tomatoes, sliced in half
- 1/2 red onion, diced
- 1 cup kalamata olives
- 1 cup feta OR goat cheese
- 1 tsp salt
- 1 tsp pepper
- 1/3 cup Primal Foods dressing (oil and vinegar, Italian, Greek Vinaigrette)
- 1 pound grilled chicken (Optional)

PREPERATION

COOK pasta according to the directions on the and drain well

ADD the cucumber, tomatoes, red onion, olives, cheese on top

PREPARE chicken on grill or bake to your liking

POUR dressing over the top and toss well

PLACE in refrigerator for at least 2 hours

SERVE chilled

BON APPETIT!



This GF Mediterranean pasta is a great option to prep for the day or week ahead and easily be tweaked to accommodate protein choices of your liking!

CURRIED CHICKEN SALAD w/ ROTISSERIE CHICKEN

INGREDIENTS (SERVES 2)

1 whole cooked rotisserie chicken (fully cooked)

1/2 cup avocado mayonnaise

2-4 stalks diced celery

1/4 cup cashew (chopped)

2 tbsp curry powder

1 tsp Himalayan salt

1/4 tsp turmeric

1/8 tsp cayenne pepper

2 tsp pepper

1/4 cup chopped cilantro

PREPERATION

DICE all ingredients and place together in large bowl.

MIX ingredients together (add additional mayo to get desired consistency).

PLACE in fridge for a go to meal or eat right away!

BON APPETITE!



This recipe is great because you can buy a fully cooked rotisserie chicken, and have this meal fully prepped within 10 minutes. There are so many ways to enjoy this meal. If you want to keep it super clean for lunch or dinner, add to a bed of greens or a salad of your choice and you are all set! This also works great as a simple sandwich with some gluten free bread, avocado, avocado mayo, and arugula.

GF CHICKEN TENDERS w/ SUMMER SALAD

INGREDIENTS (SERVES 2)

CHICKEN TENDERS

1 pound Organic Chicken Tenders
2 cups organic grass fed butter milk
2 tbsp hot sauce
2 cups Almond flour
1 tsp Black Pepper
2 tsp Himalayan Salt
1 tsp Garlic Powder
1 tsp Chili Powder
1 tsp Baking Soda
2 eggs

SALAD

1-2 cartons (8-12oz) of arugula or mixed greens
1 cup grape tomatoes
1/2 diced cucumber
1 diced avocado
goat cheese
Dairy free ranch or balsamic vinaigrette dressing

PREPARATION (CHICKEN TENDERS)

CHOP up chicken into strips



If you are looking for comfort food, or something to mix it up during the week, try making these healthy gluten free chicken tenders with a hearty summer salad!

MIX butter milk, hot sauce, and pinch of Himalayan salt into bowl.

ADD chicken to bowl and let sit for 15-60 minutes in fridge.

MIX almond flour, black pepper, Himalayan salt, garlic powder, chili powder, and baking soda in bowl.

TAKE chicken back and forth between whisked eggs and above almond flour mix until tenders are completely coated.

COOK chicken tenders on stove top at medium heat flipping every 3-4 minutes until fully cooked OR in oven at 375-400 degrees for 20-25 minutes.

PAIR with salad and enjoy!

BON APPETIT!

INSTANT POT CREAMY TOMATO PESTO SOUP

INGREDIENTS (SERVES 4)

2 (28oz) cans of peeled San Marzano tomatoes

1 (16oz) bag of frozen cauliflower

3 tablespoons of basil pesto

1-2 tsp salt

1 tsp dried oregano

1-2 tsp black pepper (to taste)

fresh basil to top (optional)

PREPERATION

PLACE all of the ingredients in the Instant Pot, close pressure valve, and cook on “soup” mode for 15 minutes.

ONCE soup has cooked either use an immersion blender or pour soup into food processor/blender, until smooth consistency is reached.

PLACE soup back in Instant Pot on “keep warm” mode.

TOP with basil if you choose and you are all set!

BON APPETIT!



We love this tomato soup recipe for colder days or weekend hangs. This recipe is simple, has minimal ingredients, and is fairly easy to put together. Give it a go and let us know what you think!

CHICKEN NOODLE SOUP

INGREDIENTS (SERVES 4)

2 pounds of organic chicken breast

2 bunches of kale

1-2 cups diced carrots

1-2 cups diced celery

1-2 boxes Banza Pasta

32oz organic chicken bone broth

1 tbsp black peppercorns

1 tbsp himalayan salt

2 tbsp EVOO

1-2 tbsp dried basil

PREPERATION

SAUTEE chicken in Instant Pot adding 1 tbsp of avacado oil and salt/pepper to taste.

ONCE chicken has started to cook through, shred by pulling apart with two forks.

ADD chopped kale, diced carrots and celery, bone broth, pasta, and herbs, seasoning, and EVOO to the pot.

ADD water to reach desired consistency of soup.

PRESSURE cook for 4 minutes.

RELEASE pressure and let soup continue to simmer on slow for 10-20 minutes.

BON APPETIT!



As the weather get's cooler and you are feeling like something warm and savory throw together this simple chicken noodle soup that has tons of health benefits! Cook extra for leftovers to have a great healthy lunch option for the next couple of days!

HEARTY BISON CHILI

INGREDIENTS (MAKES 4-6 SERVINGS)

3 tbsp EVOO

12-16oz ground bison

1/2 tsp salt

1/2 tsp ground pepper

1 small onion, finely chopped

2 garlic cloves, chopped

1 tbsp ground cumin

2 tbsp chili powder

1/2 tsp red pepper flakes

1 cup canned diced San Marzano tomatoes

1 can white beans, rinsed and drained

1/2 cup Chicken broth

1 (1 inch square) piece 70% dark chocolate

1 tsp dried oregano

1/2 tsp paprika

1/8 tsp ground cinnamon

1/2 tsp chopped oregano

PREPERATION

IN large pot, heat EVOO over medium to high heat. Add the ground bison and season with salt and pepper. Stir occasionally, to brown the meat. 3-5 minutes.

ADD the onions and saute for 2 minutes.

ADD garlic and continue to cook for another 2 minutes.



Perfect for game day if you have people coming over to the house, or just a great option for a nutrient dense meal packed with protein. Bison is a great source of protein, and relatively low in saturated fat.

ADD the tomatoes, beans, and chicken stock. Stir well and bring to a simmer.

REDUCE heat and simmer for 30 minutes, stirring often to prevent sticking.

ADD the chocolate, oregano, paprika, cinnamon, and salt.

STIR and let simmer for another 15 minutes.

ADD final seasoning to your liking.

BON APPETIT!

HEALTHY GAME DAY CHILI

INGREDIENTS (SERVES 4)

1 tablespoon olive oil

2 zucchini

1 tablespoon adobo sauce

2 lbs ground bison or turkey

1 32 oz can diced tomatoes

2-3 medium sweet potatoes, cut into small cubes

3 tablespoons chili powder

2 tablespoons cumin powder

salt and pepper to taste

(Swap out about seasonings for 1-2 chili packets if you have a go to that you prefer)

bone broth or water to reach desired consistency

Toppings

avocado (optional)

walnuts (optional)

PREPARATION

ADD 1 tsp oil to Instant Pot and began to cook bison, turkey, or other meat option on sauté until fully cooked, adding salt and pepper to taste.

DICE up vegetables and add veggies, canned tomatoes, spices, bone broth/water to Insta Pot.

CLOSE Insta Pot and select meat/stew and cook for 30-35 minutes.

ONCE chili has cooked thru, add seasoning to taste and add additional bone broth/water to Insta Pot to reach desired consistency and taste.



Try this healthy option the next time you feel like making something warm and savory. We prefer to add meat to ours, but this dish could be prepared vegetarian by swapping out the meat for something like garbonzo beans.

TOP chili with sliced avocado and small amount of walnuts or pair with corn tortilla chips.

BON APPETIT!

BALSAMIC ROASTED BRUSEEL SPROUTS

INGREDIENTS (SERVES 4)

3/4-1 pound brussel sprouts
3 tbsp EVOO, ghee, or coconut oil
1/2 cup balsamic vinegar
1/2 tsp himalayan salt
1/4 tsp black pepper
2-3 slices bacon (optional)

PREPERATION

PREHEAT oven to 400 degrees

PLACE brussel sprouts and diced bacon (optional) in bowl and add EVOO, salt, pepper and stir or toss

ON separate baking sheet place brussel sprouts and bacon and spread evenly across pan

BAKE for 20-30 minutes until brussel sprouts reach desired crispiness

SAUCE

BRING vinegar to a boil in small saucepan over medium to high heat

TURN heat down to low and let vinegar reduce to about half, and allow to cool

DRIZZLE balsamic over brussel sprouts and enjoy!

BON APPETIT!



These balsamic glaze brussel sprouts are great at a base for a meal, or as a side. We like to bake the brussel sprouts so that they crisp up, but the recipe can be done in an Instant Pot as well. Bacon can always be added to this recipe as well!

BRAISED CABBAGE WITH GOAT CHEESE

INGREDIENTS (SERVES 4)

1 head red cabbage

1/2 cup Bragg's apple cider vinegar

1/4 cup water

2 tbsp ghee or Kerry Gold unsalted butter

3 tbsp coconut brown sugar

goat cheese

PREPERATION

CHOP up head of cabbage and place in CROCK POT or bake in oven at 325 degrees in covered baking dish

ADD all ingredients and stir together

BAKE for 2 hours or cook in crock pot for roughly 1 hour on high heat (preferred)

STIR occasionally

TOP with goat cheese to taste

BON APPETIT!



This braised cabbage recipe is one of our favorite dishes, and is a healthy take on Hillstone's braised red cabbage recipe. This is super easy to make, and so delish and healthy. Give it a go!

ROASTED SPRING VEGETABLE MEDLEY

INGREDIENTS (SERVES 4)

I bunch asparagus
1 bunch rainbow carrots
4-5 yellow squash
1-2 sweet potatoes (optional)
2-3 cups grape tomatoes
3-4 tbsp avocado oil/EVOO
Himalayan salt (to taste)

PREPERATION

PREHEAT oven to 375-400 degrees

PLACE all veggies on baking sheet and drizzle with avocado oil/EVOO and salt, and cook for 30-45 minutes.

ON separate baking sheet place cubed sweet potatoes, drizzle with avocado/EVOO and salt, and cook for 35-40 minutes.

COMBINE both once fully cooked and you have a great meal base for days to come!

BON APPETIT!



When you are looking to stay on track thru the week, roasted vegetables are perfect way to set yourself up for success. They pair well with almost any protein to provide a healthy and easy breakfast, lunch, or dinner option!

ROASTED VEGETABLE MEDLEY

INGREDIENTS (SERVES 4)

I bunch asparagus

1 bunch carrots

1 head of cauliflower

1 head of broccoli

4-6 sweet potatoes

3-4 tbsp avocado oil/EVOO

Himalayan salt (to taste)

PREPERATION

PREHEAT oven to 425 degrees

PLACE all veggies on baking sheet and drizzle with avocado oil/EVOO and salt, and cook for 25-30 minutes.

ON separate baking sheet place cubed sweet potatoes, drizzle with avocado/EVOO and salt, and cook for 35-40 minutes.

COMBINE both once fully cooked and you have a great meal base for days to come!

BON APPETIT!



When you are looking to stay on track thru the week, roasted vegetables are perfect way to set yourself up for success. They pair well with almost any protein to provide a healthy and easy breakfast, lunch, or dinner option!

ASIAN CAULIFLOWER

INGREDIENTS (4-6 SERVINGS)

1 tbsp cooking oil (we us avocado oil)

2 shallots, thinly sliced

3 garlic cloves, minced

2 tbsp Bragg's liquid aminos

3 tomatoes, peeled, seeded, and diced

1 large head cauliflower, cut into pieces

1 small onion, thinly sliced

1/2 tsp fresh squeezed lemon juice

1/2 cup chopped fresh cilantro

PREPERATION

HEAT oil in a skillet over medium heat.

ADD shallots and garlic and sauce for 1 minute.

ADD Braggs liquid aminos and tomatoes and cook for an additional 3 minutes.

ADD the cauliflower, onion, lemon juice, and scallions.

REDUCE heat and cook, stirring frequently, until cauliflower is tender but still crispy (about 10 minutes).

ADD 2 tbsp water as it cooks to prevent sticking to pan.

TRANSFER cauliflower to bowl and sprinkle with cilantro.

BON APPETIT!



If you find cauliflower boring, try this flavorful, Asian dish. Don't overcook the cauliflower. It should have a bit of a crunch.

TOFU SHIITAKE LETTUCE CUPS

INGREDIENTS (MAKES 8 SERVINGS)

2/3 cup unseasoned rice wine vinegar

1/2 cup cane or coconut sugar

1 tsp salt

16 butter cup leaves

1 1/2 tbsp olive oil

5oz extra firm tofu, diced

handful of shiitake mushrooms (or any mushroom of your choice)

1 tbsp Bragg's liquid aminos

2 cups Primal Foods Teriyaki sauce

1 scallion, chopped

3/4 cup jicama

1/4 cup roasted/salted cashews

1 carrot shaved into thin slices

1 tbsp sesame seeds

PREPERATION

IN a small saucepan, combine the vinegar, sugar, and salt over medium-high heat and cook until sugar and salt dissolve. Remove from heat and set aside.

PLACE 1 lettuce leaf inside another leaf to make a large cup, for a total of 8 cups.

HEAT a medium size skillet over medium-high heat with cooking oil. Add the tofu, shiitakes, and Bragg's liquid aminos. Cook until tofu starts to brown. Lower heat to medium and add the teriyaki sauce. Cook until the sauce has thickened (about 5 minutes). Add the chopped scallion, jicama, cashews, and sesame seeds and cook for 1-2 minutes.

DIVIDE the mixture into the 8 cups.



Lettuce cups with chicken and vegetables are a standard at most restaurants. This vegetarian option can be enjoyed by anyone that doesn't eat meat.

POUR the vinegar mixture into a small bowl, and the carrots and scallions, and divide amount the lettuce cups as a topper.

BON APPETIT!

AVACADO AND FAVA BEAN MASH

INGREDIENTS (4 SERVINGS)

9oz podded fava beans (still in their shell but not in the pods)

1 large avocado (peeled and roughly chopped)

1 lemon (juiced)

1/4 cup olive oil

salt (to taste)

PREPERATION

FILL small saucepan with salted water and bring to a boil.

BLANCH fava beans for 2 minutes, then drain, rinse, and peel off and discard skins (set aside 1/3 of the beans).

PUT 2/3 of the beans into a foods processor with avocado, lemon juice, 2tbsp olive oil, salt (or mash with fork).

FLASH fry 1/3 fava beans over medium/high heat in remaining 2tbsp of olive oil.

DISH the mash into bowl, add the fried beans with olive oil to center of mash.

BON APPETIT!



This dish is a nice twist to a typical avocado only guacamole. Side note, the fava beans do need to be shelled after cooking them.

PROTEIN PACKED MACRO BOWL

INGREDIENTS (SERVES 2)

1 pound high quality protein source (85% lean or better salmon, ground beef, bison, chicken, ground turkey, or tofu)

1-2 cups root vegetables (oriental, hannah, or white sweet potato)

1 whole avocado

2-3 cups green vegetables (asparagus, broccoli, kale, Brussel sprouts, spinach)

2-3 tbsp Primal foods dressing (Avocado Ranch or Lemon Turmeric)

1-2 tbsp avocado oil

PREPERATION

HEAT skillet to medium and grease with avocado oil or EVOO

PREPARE protein source of your choice

PRE HEAT OVEN TO 350 degrees

DRIZZLE EVOO over green vegetables and place in oven (option to steam veggies)

ONCE root vegetable is fully cooked, cube and prep for bowl

PLACE protein over bed of root vegetable, green vegetable, and 1/2 diced avocado in a bowl and drizzle Primal Foods dressing to taste

BON APPETIT!



This is a little blue print as to how we throw together a majority of our dinners when the goal is a quick/healthy meal, but also satisfying food packed with sustenance. The layout is always the same and we switch out the ingredients to keep things fresh. The below ingredients make up 75% of our dinners for the week. We typically make these into bowls, and drizzle Primal Kitchen dressing as a topper (this is the secret sauce).

CHICKEN CURRY BOWL

INGREDIENTS (SERVES 2)

1.5 pounds bone in chicken thigh

1 cup dry basmati rice

1 can garbanzo beans

1 avocado

1 bunch of broccoli

1/2-1 tbsp curry powder

EVOO/Avocado Oil

salt/pepper to taste

PRIMAL KITCHEN lemon turmeric dressing

PREPERATION

HEAT skillet to medium and grease with avocado oil or EVOO

BOIL or cook basmati rice in INSTANT POT

PREP oven to bake at 375 degrees

DRAIN and wash garbanzo beans, place on baking sheet, drizzle with avocado or EVOO, salt, and pepper to taste and place in oven for 30-40 minutes until crispy

COAT chicken thigh (or meat substitute) with light avocado oil, EVOO, or coconut oil, salt, pepper, garlic/onion powder (whatever your favorite seasoning is)

PLACE chicken in pan and cook for 25-35 minutes, flipping every 10 minutes ish until chicken is fully cooked and golden brown

STEAM broccoli in pot or INSTANT pot

ONCE rice is fully cooked, add curry powder 1/2-1 tbsp depending on how spicy you like your dish



This chicken curry bowl offers a ton of different flavors as well as a ton of options to sub out or add your favorite veggies and proteins.

PLACE chicken over bed of rice, with chickpeas, broccoli, and 1/2 diced avocado in a bowl and drizzle Primal Foods lemon turmeric dressing to taste

BON APPETIT!

VEGGIE MEDITERRANEAN BUDDHA BOWL

INGREDIENTS (SERVES 2)

1 tsp EVOO
1 can chickpeas
1/3 tsp dried basil
1/4 tsp garlic powder
Himalayan Salt to taste
Black pepper to taste
1/2 cup quinoa
2 cups arugula or mixed greens
1 cup grape tomatoes
1 yellow bell pepper
1/2 cup Kalamata or black olives
1/2 store bought hummus
1 cucumber
1/2 avocado

PREPERATION

IN small bowl mix together the drained chickpeas, olive oil, basil, garlic powder, salt, and pepper.

ROAST chickpeas on baking sheet at 400 degrees for 25-30 minutes.

MEANWHILE cook quinoa with water over stove top until it reaches a boil and then reduce heat until quinoa has fully cooked and water has dissipated.

Layer greens on bottom of the bowl, and then place grape tomatoes, cucumbers, bell peppers, olives, avocado, chickpeas, and quinoa around the center of plate.



When we want something super healthy, with tons of fresh veggies, this is our go to lunch or dinner. It provides such a great switch up from our typical dinner's. If you are a vegetarian, or just like switching it up and not always having meat, this is a great option to try out!

SPOON as much hummus as you like to the middle of the plate and you are ready to rock!

BON APPETITE!

Taco Bowls

INGREDIENTS (SERVES 2)

1 pound of grass fed ground beef 85/15 or 93/7 (can substitute with ground turkey, chicken, or meat substitute)

1 cup (dry) basmati white rice or brown rice (we prefer organic basmati white rice in flavor and digestion)

2 avocados

1 jar salsa

1 bunch fresh cilantro

1 bag white or blue corn tortilla chips

Lactose free sour cream

2-3 tbsp Adobo seasoning

1-2 limes

1 tbsp avocado oil

salt to taste

pepper to taste

PREPERATION

PREPARE pan with 1 tbsp of avocado oil and bring to medium heat. We love using avocado oil when cooking as the avocado oil has a much higher smoke point. Add ground beef, turkey or chicken to pan and add salt, pepper to taste.

IN Insta Pot or traditional pot began boiling 1 cup dry organic white basmati rice.

ONCE meat (or meatless option) has begun to cook, add 1-2 tbsp of Adobo seasoning, another dash of pepper if you like spicy (we prefer making our taco seasoning vs. the pre made packets that have tons of sodium). If meat seems dry, add 1-2 tbsp of water. Lower heat and let meat simmer with adobo seasoning.

MIX GUACAMOLE (we like to add 1 tbsp of salsa, 1/2 fresh squeezed lime, and salt to taste, with 2 avocados).



If you are into Taco Tuesday or burrito bowls this healthy option will be sure to satisfy. Again, simple ingredients packed with sustenance, but also satisfying. We have this meal once a week as you can tailor the bowl to your activity profile for the day. For example, if I did not workout or lacked activity throughout the day, I would have 1/2 the typical portion of rice that I usually do. On the other hand, if I had a big workout and went for a walk, I would consume a full portion of rice to replenish my energy stores from the day.

DISH rice as base of the bowl adding meat over the rice and diced fresh cilantro. Include dollop of guacamole, lactose free sour cream, and salsa with a handful of chips and you are all set.

BON APPETITE!

CHICKEN TERIYAKI BOWL

INGREDIENTS (MAKES 4 SERVINGS)

Brown Rice

1 cup brown rice

1 tbsp EVOO

1 tsp salt

CHICKEN & VEGETABLES

2 tbsp avocado oil

1 pound boneless, skinless chicken breast, sliced into 1/4 inch pieces

2 tbsp Bragg's liquid aminos

4 heads baby bok hoy, cut in half

2 cups broccoli florets

4 oz green beans, cut into 1/2 inch pieces

4 oz sugar snap peas

1 medium onion, thinly sliced

1/2 cup Primal Foods teriyaki sauce

1 avocado, sliced

1 tbsp sesame seeds (optional)

PREPERATION

COMBINE the rice, 2 cups of water, oil, and salt in a saucepan.

PLACE over medium-high heat and bring to a boil. Stir and cover. Reduce heat and let simmer until water has evaporated and rice is fully cooked.

HEAT skillet over medium-high heat and add 1 tbsp avocado oil.

ADD chicken and cook until golden brown.



This classic chicken teriyaki dish checks all of the boxes. Vegetable forward, with a healthy amount of protein and complex carbs. Substitute the chicken as well as the brown rice for a meat and carbohydrate that works well for you!

ADD vegetables and Bragg's liquid aminos and lower heat to medium.

COOK, stirring occasionally, until vegetables are crisp-tender and chicken is cooked through.

ADD 1/2 cup Primal Foods teriyaki sauce and mix all ingredients together.

REMOVE skillet for heat.

DISH a serving of rice, and top with chicken and vegetables

GARNISH with avocado and sesame seeds

BON APPETIT!

HEALTHY HARDSHELL TACOS

INGREDIENTS (Serves 2-3)

Ground turkey, chicken, or beef

Adobo seasoning **INSTEAD** of taco packet seasoning (this is a little healthy hack to avoid high sodium and/or MSG)

shredded iceberg lettuce (either bagged or 1/2 head)

1-2 avocado

salsa

1 lime

lactose free sour cream

fresh cilantro

Corn Taco Shells (Siete makes amazing hard shell tacos but they are \$\$\$)

Primal Foods Cilantro Lime Dressing (optional as topper)

PREPERATION

PREHEAT OVEN TO 350 degrees.

SAUTEE meat in pan over stove top at medium heat. Once meat (or meatless option) has begun to cook, add 1-2 tbsp of Adobo seasoning, another dash of pepper if you like spicy (we prefer making our taco seasoning vs. the pre made packets that have tons of sodium). If meat seems dry, add 1-2 tbsp of water. Lower heat and let meat simmer with adobo seasoning. Add additional adobo seasoning to taste.

MIX GUACAMOLE (we like to add 1 tbsp of salsa, 1/2 fresh squeezed lime, and salt to taste, with 2 avocados).

PUT desired amount of taco shells in oven until they are heated up (should only take a couple minutes).



These traditional tacos are quick to make, loaded with protein, and satisfying if you are looking for a solid Taco Tuesday option!

Layer tacos how you see fit! We like to start with a layer guacamole at the bottom, add lettuce, then meat, and top with a little salsa, lactose free sour cream, cilantro lime dressing, and fresh cilantro.

BON APPETIT!

CHICKEN TINGA TACOS w/ VEGETARIAN OPTION

INGREDIENTS FOR CABBAGE MIX (TOPPING)

1 bag shredded cabbage mix

1/4 cup Primal Kitchen's Cilantro Lime Dressing

1-2 tbsp EVOO

1 tbsp Bragg's Apple Cider Vinegar

Sunflower Seeds

PREPARE CABBAGE MIX

MIX all ingredients in a large bowl and use as a base for toppings on below taco options

ADDITIONAL TOPPINGS

Sliced avocado

Chopped Cilantro

Lactose free sour cream

Cojita or goats cheese

Fresh squeezed lime

CHICKEN TINGA TACOS

1 pound shredded chicken

2-3 Chipotle peppers in adobo sauce

1/4 cup chicken stock

1/2 cup crushed fire roasted tomatoes

1 tbsp EVOO

Himalayan salt to taste

PREPARE



There are sooo many different ways to do street tacos. We like to have a consistent topping option and then vary the protein to your liking. Here is a great recipe for chicken Tinga. If you don't eat meat, the Tinga sauce could be used as topper for a black bean puree base. The cabbage mix is the secret ingredient to making these tacos epic. We love using Siete Food's soft tortilla's but also go with white corn soft tortillas from time to time.

CUT chicken into small squares

COOK chicken on large pan with drop of EVOO or avacado oil

ONCE chicken is fully cooked add all ingredients for Tinga sauce (option to blend all sauce ingredients together prior to added to pan)

REDUCE heat to low and let ingredients come together

TOP with cabbage mix and some of the below options for a great meal!

BON APPETIT!

ADDITIONAL TOPPINGS

Avocado, cilantro, lactose free sour cream, cojita/goat cheese, fresh squeezed lime

CHICKEN FRIED RICE

INGREDIENTS (SERVES 2)

1-2 cups dry Basmati white or brown rice

1 bag frozen peas and carrots

2 eggs

1 pound chicken thigh

Braggs Liquid Aminos

1 tsp salt

1 tsp pepper

1 tbsp avocado oil

PREPARATION

COOK rice in insta Pot or traditional pot.

WHILE rice is cooking, cut up chicken thigh into smaller cubes and cook in pan over medium heat. Add salt and pepper to taste.

ONCE chicken is fully cooked, and broken down into small pieces, add the bag of frozen peas, carrots to the pan. Let cook for 5 minutes.

ONCE peas and carrots have warmed add the rice to pan and mix everything together.

WHISK 2 eggs together, and pour in small pan over low/medium and let egg scramble began to cook.

SCRAMBLE the eggs once they have cooked almost fully (the key is to let eggs cook in thin layer, and then scramble once they are almost done cooking).

SEASON your fried rice by adding 2-3 tbsp of Braggs Liquid Aminos and mix around to coat rice and chicken.

THROW in a bowl and you are ready to eat.

BON APPETIT!



We fell upon this recipe back in the day because we didn't have much in the fridge and thought we might be able to throw together a tasty chicken fried rice with minimal ingredients. We were right! One of the most important ingredients to this recipe is a soy sauce alternative called Braggs' Liquid Aminos (most grocery stores carry the brand).

This option is an extremely healthy way to not load up on sodium but still get that classic salty fried rice taste.

GLUTEN FREE TURKEY BOLOGNESE

INGREDIENT LISTS (SERVES 2)

1 box Banza pasta (we prefer penne)

1 pound 85/15 ground turkey or chicken

1 jar of organic pasta (look for lower sugar option)

1 tablespoon of dried basil

pepper to taste

himalayan or sea salt to taste

1-2 tbsp extra virgin olive oil

1 tbsp avocado oil

PREPERATION

PREPARE pan with 1 tbsp of avocado oil and bring to medium heat. We love using avocado oil when cooking as the avocado oil has a much higher smoke point. Add ground turkey or chicken to pan and add salt, pepper, and dried basil to taste.

PREPARE water to a boil for pasta.

ONCE meat has fully cooked at tomato sauce and mix together with meat. Lower heat to a simmer and add 1-2 tbsp of EVOO, and additional salt, pepper, and dried basil to taste and leave at low simmer until pasta is fully cooked.

TRANSFER cooked pasta (typically 7-10 minutes cook time) to plate and top with pasta sauce.

FINISH with dried pepper flakes, grated parmesan cheese, and fresh basil (if you have any on hand).

BON APPETITE!



This quick and healthy pasta bolognese is one of our favorite go-to meals when we are craving Italian or something savory. A key to this dish is using Banza pasta or a gluten free alternative that you enjoy cooking with. Banza is a great gluten free, low glycemic carbohydrate option that cooks well. This meal as a whole is protein dominate, with clean carbohydrates, and healthy fats. As a whole, this is the profile we typically strive for in a meal. Pair this dish with a simple arugula salad or cruciferous veggie (asparagus or broccoli) as we always strive to have a bit of greens with every dinner.

LOW CARB EGGPLANT LASAGNA

PREPARATION (SERVES 4)

2 eggplant

1 pound of ground turkey or chicken

1 jar marinara sauce

1 bag spinach

goat or parmesan cheese

basil

oregano

balsamic vinegar

Himalayan sea salt

red pepper flakes

pepper

EVOO

1-2 zucchini

PREPARATION

PREHEAT oven to 400 degrees.

THERE are two ways to prep the eggplant. If you have the time, you can slice eggplant in 1/4” long strips and coat with EVOO, salt, pepper, and put in oven for 400 degrees to cook on it’s own until it’s soft (roughly 15-20 minutes). If you don’t have the time you can layer the eggplant without pre-baking, and just ensure eggplant is cooked fully when removing lasagna from oven.

FIRST step is to make the marinara sauce. Brown the meat of your choice over stove top. Coat pan with 1 tsp of avocado or coconut oil. Add salt and pepper to meat while cooking.

ONCE meat is cooked thru add marinara sauce, 1 tsp balsamic vinegar, 1 tbsp EVOO, 1 tbsp dried or fresh basil and oregano, 1 tsp red pepper flakes, and salt/pepper to taste.



This simple recipe is a great alternative to traditional lasagna and is packed with protein, and high quality carbohydrates. If you are a vegetarian, you can easy sub out the meat for a meat substitute or vegetable (like zucchini) of your choice. This also saves great as leftovers, and works well for a healthy lunch option. Double up serving size and have lunch prepared for the next couple of days!

SLICE eggplant into long 1/4” strips.

Using a casserole dish, coat bottom and sides with coconut, avocado, EVOO oil. Began to layer the lasagna starting with the eggplant, then a bit of spinach, some goat or parmesan cheese (or both), then some of the meat marina sauce. Repeat this a couple times until you have layered to desired amount.

TOP lasagna with goat or parmesan cheese, more red pepper flakes if you like spicy, and fresh or dried basil.

THROW in oven for roughly 15-25 minutes until top is golden brown, and marinara sauce is bubbling.

ONCE zucchini starts to cook increase heat slightly, sprinkle parmesan cheese and salt to taste onto zucchini and cook until both sides are golden brown and parmesan has melted/ crusted zucchini.

BON APPETIT

GF PASTA CARBONARA w/ SPRING VEGETABLES

INGREDIENT LISTS (SERVES 2)

1 box Banza pasta (we prefer penne)

1 package (7oz) uncured Canadian bacon

2 yellow squash

8-10 grape tomatoes

1 cup frozen or fresh green beans

pepper to taste

himalayan or sea salt to taste

1-2 tbsp extra virgin olive oil

1 tbsp avocado oil

Fresh basil to taste

CARBONARA SAUCE

2-3 eggs (depending on how much sauce you desire)

1/4-1/2 cup parmesan cheese

salt to taste

PREPERATION

PREPARE pan with 1 tbsp of avocado oil and bring to medium heat. We love using avocado oil when cooking as the avocado oil has a much higher smoke point. Add uncured Canadian bacon (optional) to pan.

PREPARE water to a boil for pasta.

ONCE meat is cooking, add vegetables to pan and cook on medium heat. Add salt/pepper to taste.

AFTER pasta has fully cooked, strain and toss cooked pasta (typically 7-10 minutes cook time) in pan with meat/vegetables. Turn heat OFF at this point.



This quick and healthy pasta carbonara is one of our favorite go-to meals when we are craving Italian or something savory. A key to this dish is using Banza pasta or a gluten free alternative that you enjoy cooking with. Banza is a great gluten free, low glycemic carbohydrate option that cooks well. This meal as a whole is protein dominate, with clean carbohydrates, and healthy fats. The carbonara sauce is guilt free as it is simply eggs and parmesan cheese. As a whole, this is the profile we typically strive for in a meal.

PREPARE carbonara sauce by whisking two eggs together, add about 1/4-1/2 cup of parmesan cheese to eggs, and mix thoroughly. This will be the carbonara base.

*If heat is too high when you pour the sauce into the pan, the eggs will scramble.

POUR carbonara sauce into pan and began to mix the sauce around with a spatula, making sure to mix thoroughly so that sauce covers all of the pasta. Add more parmesan to taste and finish mixing.

FINISH with dried pepper flakes, grated parmesan cheese, and fresh basil (if you have any on hand).

BON APPETITE!

RICOTTA & OREGANO MEATBALLS

INGREDIENTS (SERVES 4)

1/4 cup olive oil

1 onion (finely chopped)

1/2 cup oregano leaves

1 jar tomato sauce

salt and black pepper to taste

1 lb ground meat (Turkey, chicken, bison)

1 cup gluten free breadcrumbs (optional)

1 cup ricotta cheese

1/4 cup parmesan cheese

1 large egg (whisked)

1 cup parsley (chopped)

PREPERATION

PLACE onion and oregano in a large bowl with meat, breadcrumbs, ricotta, parmesan, egg, parsley, tsp salt, and some black pepper.

MIX together thoroughly and shape into 12-14 balls.

PUT 1 tbsp cooking oil (we us avocado oil), heat to medium-high.

ADD meatballs (you will need to do this in 2 batches).

SEAR for 8-10 minutes, turning throughout, then transfer to a plate.

IN medium size saucepan, add meatballs, and tomato sauce (add a little water or chicken broth if you need to make up the liquid to cover meatballs).

COOK at low-medium heat for 30 minutes.



Using ricotta makes the meatballs super light and fluffy. This dish can be made a day in advance, kept in the fridge, and reheated.

ADD extra oregano and serve.

BON APPETIT!

PALEO SWEET ASIAN MEATBALLS

INGREDIENTS (SERVES 2)

1 pound 93/7 ground turkey, beef, chicken, or meat substitute

1 whisked egg

1 tbsp Sweet Red Chilli sauce

1/4-1/2 chopped green onion OR sweet/vidalya onion

1/3 cup almond, cassava, or coconut flour

sesame seeds (optional)

salt/pepper to taste

PREPERATION

PREHEAT oven to 375-400 degrees

MIX in a medium bowl ground turkey, egg, flour, sweet red chili sauce, chopped onions, salt/pepper

ROLL into balls and place on greased baking sheet

BAKE for 15-20 minutes until cooked through out (internal temp of 165+)

TOP with green onion and sesame seeds (optional)

ADD a side of roasted Brussel sprouts, and a bit of red pepper flakes, and you are all set!

BON APPETIT!



These meatballs are great to prep for the week as they make great leftovers or to pair with a healthy side dish that makes for a tasty and effortless meal. We typically use ground turkey for this recipe, but ground chicken works just as well.

MACRO MONDAY MEAL

INGREDIENTS (SERVES 2)

1 pound of Atlantic or coho salmon

2 medium size sweet potatoes (we prefer oriental, Hannah, or white over a typical yam)

1 8oz bag or carton of fresh arugula

Himalayan or sea salt to taste

pepper to taste

1 tbsp avocado oil

ranch or EVOO/Balsamic dressing to taste

PREPERATION

PREHEAT oven to a high broil.

COAT top of salmon with a drizzle of avocado oil, salt, and pepper

THROW salmon in the oven and cook for roughly 20 minutes until top is browning and side profile looks cooked to your liking.

AT the 10 minute mark place sweet potatoes in the microwave and cook for 6-8 minutes and mix arugula with salad dressing of your choice.

ALL should come together at about the 20 minute mark.

DOCTOR up your sweet potato to your liking. We prefer a small amount of Kerry gold or ghee butter, with either salt and pepper OR coconut brown sugar and cinnamon.

FINISH salmon with fresh lemon juice on top and you are all set!

BON APPETIT!



This is our go to meal on Monday's to get the week started off right! We love salmon for the sustenance but also for easy prep. If you are not a fan of salmon or fish, replace with a chicken breast. This meal is all about balance, being protein forward, moderate/low carbohydrates, cruciferous veggies, and healthy fats.

STUFFED BELL PEPPERS

INGREDIENTS (SERVES 2)

3-4 red, green, yellow bell peppers

1 pound 93/7 ground turkey, beef, chicken, or meat substitute

1/4-1/2 cup dry basmati white rice

1 (12oz) can San Marzano diced tomatoes

1/2 sweet/Vidalya onion

1/4 cup chicken, bone, or vegetable broth

Shredded parmesan

salt, pepper, dried basil to taste

Avocado or EVOO

PREPERATION

PREHEAT oven to 375 degrees

CUT tops off of peppers and hollow out/clean inside of peppers

COOK basmati rice in pot or pressure cooker

HEAT pan to medium temp and prep with tbsp of avocado oil or EVOO

CHOP onion and start to sauté in heated pan sprinkling salt/pepper to taste

ONCE onions are fully cooked add meat, salt/pepper/dried basil, and simmer until fully cooked

ADD 1 can San Marzano tomatoes

ADD fully cooked rice

ADD 1/4 cup chicken or bone broth

ADD 1/4 cup shredded parmesan cheese



Stuffed bell peppers are great option when you feel like something savory and warm, but still healthy. In addition, this recipe can be modified to a meat or meat/meat substitute of your choice, and the amount of rice can be adjusted to suit your needs as well!

Side note, we opt to use diced tomatoes for this dish. If you are looking for more of an Italian style dish, replace the tomatoes with a marinara of your choice.

STIR all ingredients together, lower heat, and let simmer for 5-10 minutes until broth has cooked into meat

STUFF peppers with mixture, top with shredded parmesan cheese, and throw into oven

BAKE uncovered in baking dish until peppers are tender (30-35 minutes)

ADD a side of green veggies, and a bit of red pepper flakes, and parmesan cheese and you are all set!

BON APPETIT!

PALEO SHORT RIBS AND MASHED SWEET POTATO

INGREDIENTS (SERVES 2)

2-3 pounds bone in beef short ribs

3-4 large carrots

2-4 large sweet potato's (we use Hannah or oriental/Japanese for this recipe)

1 tsp dried rosemary

1-2 tbsp EVOO

2 tbsp brown coconut sugar

1/2 tsp Himalayan salt to taste

3 tbsp balsamic vinegar

splash of beef bone broth

3-4 springs of fresh oregano

1 tbsp fat (Kerry Gold butter, coconut oil, ghee)

1 tsp cinnamon

PREPARATION

SET Instant Pot to “sauté”, add 1-2 tbsp EVOO and let the insta pot heat up for 2-3 minutes.

PREP the short ribs with sea salt to taste and put in insta pot searing for 5-7 minutes until side is golden brown, and then flip and cook other side (s) for addition 3-5 minutes each side.

ADD in the chopped carrots, beef broth, 1 tbsp EVOO, dried rosemary, oregano, and sea salt, secure lid of Insta Pot and select “stew/meat mode” and set time for 45 minutes.

MEAT can cook for longer than 45 minutes, and will continue to tender if left on “keep warm” mode for additional 15 minutes.

WHILE meat is cooking, microwave sweet potato's until fully cooked (8-10 minutes).



If you have the time (and the budget) I highly suggest trying out this beef short ribs and sweet potato recipe. The two pair so well together, and if you have an insta pot, the meal is pretty darn easy to put together. Try it out and let us know what you think!

MASH sweet potato's in a separate bowl and add 1-2 tbsp of brown sugar and 1 tbsp of fat (butter, coconut oil, ghee), 1 tsp cinnamon and mix together.

ONCE the meat has fully cooked remove from the Insta Pot and turn Insta Pot back to “sauté” mode. Began to let sauce boil, and add balsamic vinegar and salt to taste. If you prefer, add a dash of red wine at this point as well.

ONCE sauce has thickened slightly turn off Instant Pot.

PREP dish by adding the mashed sweet potato to bowl or plate, then add the short ribs, and pour sauce over both the ribs and sweet potato's.

BON APPETIT!

BAKED CHICKEN THIGHS

INGREDIENTS (SERVES 2-3 people)

6 skin on chicken thighs (about 1-1.5 pounds)

1/2 tsp himalayan salt

1/2 tsp pepper

1/2-3/4 cup of Primal Kitchen's Ranch dressing

PREPERATION

Preheat oven to 400°F.

PLACE chicken thighs in an oven-safe casserole dish. Sprinkle both sides of the chicken thighs with salt and pepper. Place the skin side up in the casserole dish and baste with the ranch dressing.

BAKE for 35–40 minutes, or until the internal temperature of the chicken reaches 165°F.

FOR crispy chicken skin, turn the oven to broil. Place the casserole dish under the broiler (top rack) for 2–3 minutes.

PAIR with roasted Brussel sprouts or braised cabbage for a low carb, savory meal!

BON APPETIT!



This is a simple way to prepare a healthy and savory base for any meal, and as an added bonus most kiddos dig the ranch dressing! Of course we use the Primal Kitchen's Ranch but any ranch dressing with a healthy oils will work.

GF TUNA CASSEROLE

INGREDIENTS (SERVES 4)

1 box of Banza chickpea Mac and Cheese

Butter/Ghee and Milk for Mac and Cheese

1 cup frozen peas and carrots

2 cans of light tuna, albacore tuna

Option to add 1-2 slices diced sourdough bread

1/4 cup parmesan cheese

1-2 tbsp EVOO/avocado oil

PREPERATION

PREHEAT oven to 400 degrees

PREPARE Mac and Cheese per box instructions

ONCE Mac and Cheese is prepared...

ADD peas, tuna, and sourdough to bowl, and mix ingredients together

TOP with drizzle of EVOO or Avocado Oil and parmesan cheese

Bake for 15-20min at 400 degrees until golden brown

BON APPETIT!



Short on time, and have a family to feed? This healthy and delicious, protein packed tuna casserole can be ready in less than 20 minutes!

GF, LOW SUGAR, BANANA BREAD

INGREDIENTS (8-10 slices or muffins)

Simple Mills gluten free almond flower banana muffin and bread baking mix

3 eggs

1/2 cup water

1/4 cup avocado or EVOO

*add two medium size bananas

* add 2-4 scoops of collagen protein

* add 1/4-1/2 cup cacao nibs

PREPERATION

HEAT oven to 325 degrees

PUREE 2 bananas

WHISK eggs, water, oil, bananas, baking mix, cacao, and collagen protein together until well blended

POUR batter into lightly greased 8x4-inch pan

BAKE 15 minutes, then cover and bake another 25-35 minutes until center of loaf bounces back when pressed

BON APPETIT!



When we are craving something sweet for dessert this is one of our favorite baking recipes if you like banana bread. In addition to the directions on the box, we add Vital Proteins unflavored collagen powder, 2 bananas, and cacao nibs to the mix!

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