

28-Day Biggest Loser Challenge



Peak Physique

Mketrainer.com

Green & Protein Smoothies

Trainer Tip: Blend the water and greens FIRST, then add the rest of the ingredients ☺ (each recipe makes 1 serving)

Chia Berry Green Protein Smoothie *(green)*

1 cup of water, ½ cup mixed frozen berries, ½ frozen banana, 1-2 cups spinach, handful ice, 1 serving protein powder (chocolate or vanilla) sprinkle of chia seeds

Vanilla Almond Protein Smoothie *(green)*

1/2 banana, handful spinach leaves, 1 ½ cups vanilla unsweetened almond milk, 1 serving vanilla protein powder, 1 tsp. honey (or stevia to taste)

Chocolate Covered Blueberry *(green)*

½ cup unsweetened almond milk, 2 cups spinach, ½ cup frozen blueberries, 1 scoop chocolate protein powder

Sprouted Smoothie *(green)*

1 cup water, 2 cups organic baby spinach, ½ banana, ¼ cup frozen blueberries, ¼ cup frozen blackberries, ½ cup sprouts, 3 ice cubes, vanilla protein - optional

Mighty Brain Booster

½ cup water, ½ avocado ½ banana, ½ cup blueberries, 5-6 walnuts, 1 scoop vanilla protein powder

Pumpkin Smoothie

½ cup vanilla unsweetened almond milk, 3 leaves kale, 1 TB flax seed, ½ frozen banana, ¼ tsp. cinnamon, ½ cup pumpkin puree, 3 ice cubes, vanilla protein optional

Berry Good Morning Smoothie

1/3 can coconut milk, 1 scoop vanilla protein powder, 1 cup frozen berries, ½ tsp. cinnamon, raw honey or stevia to taste

Chocolate Avocado Smoothie

½ cup frozen strawberries, ½ avocado, 1½ tsp cacao powder, ¾ cup coconut or almond milk, ¼ tsp vanilla, raw honey or stevia to taste

Homemade Dressings & Condiments

House Balsamic Dressing

(12 servings, 2 Tbsp. per serving. Store in refrigerator)

- 1 cup extra virgin olive oil (preferably first cold pressed)
- 1/3 cup good quality aged balsamic vinegar
- 1 Tbs. dried parsley
- 1/2 tsp. sea salt.
- Freshly ground pepper to taste
- 1 Tbs. honey mustard (organic if possible)
- 1 garlic clove, passed through a garlic press or minced (optional)

Directions: Add all ingredients into a bowl & whisk until thick and creamy. Check for seasoning.

Beet Dressing

(12 servings, 2 Tbsp. per serving. Store in refrigerator)

- 2 cups cooked beets, chopped
- 2 TB Braggs Apple Cider Vinegar
- 1/2 tsp. Sea Salt
- 2 TB filtered water
- 2 TB Flax Oil

Directions: Blend all ingredients on high. This is perfectly sweet, tart, and creamy and perfect over any type of greens with cucumber, red onion, and carrots. Enjoy! 😊

Creamy Avocado Dressing

(12 servings, 2 Tbsp. per serving. Lasts about 7-10 days in the fridge)

- 2 ripe avocados
- Juice of 1.5 limes
- 1/8 cup balsamic vinegar
- 1/8 cup water
- 4 sprigs of fresh cilantro
- 1-2 pinches of Sea Salt

- 1 tsp. garlic powder
- Fresh ground black pepper, to taste

Directions: Blend all ingredients in a food processor or blender until smooth. If it's too creamy for you, just add a little water (about 1 teaspoon at a time). Enjoy!

Greek Dressing *(6 servings, 2 Tbsp. per serving)*

- ¼ cup olive oil
- 2 gloves pressed garlic
- ¾ tsp. oregano
- ¾ tsp. basil
- ½ tsp. black ground pepper
- ½ tsp. Sea Salt
- ½ tsp. onion powder
- 1 tsp. Dijon mustard
- 1/3 cup red wine vinegar

Directions: Combine all ingredients into a jar or storage container, and shake well. Let the dressing sit for a minimum of 10 minutes before serving to let flavors blend together.

Homemade Mayo

(32 servings, 1 Tbsp. per serving. Compliments of Eileen from PaleoSimplified.com)

Ingredients:

- 3 pasteurized large eggs
- 1.5 tsp. dry mustard
- 1 tsp. Himalayan pink salt
- 1/4 cup fresh lemon juice
- 1 small garlic clove, peeled
- 1 cup unrefined coconut oil
- 1/2 cup extra virgin olive oil
- 1/2 cup fresh basil chopped

Directions: Combine the two oils in a small bowl and set aside. Put the eggs, mustard, salt, and lemon juice into blender and process 10 seconds to mix. While machine is running, drop in peeled garlic clove.

Very slowly pour the mixed oils into blender while running. Process until all of the oil is incorporated. Mixture will be the consistency of mayonnaise.

Add chopped basil & stir to combine. Refrigerate for 1 hour before using. Soooo good 😊

(Stays good in the refrigerator for about a week!)

Breakfast Deliciousness

Saturday Morning Power Skillet

Hash Ingredients: (serves 2)

- 2 strips nitrate-free bacon
- 2 Tbsp. olive oil
- 1 sweet potato, peeled & cubed in 1/4" pieces
- 1/4 red onion, diced in 1/2 " pieces
- 1 cloves garlic
- 1/4 tsp ground cumin
- Pink Salt and pepper, to taste
- **4 Eggs** (make 2 eggs per serving. *Save half the hash for following day.*)

Directions: In a sauté pan over medium-high heat, add bacon and olive oil. When the bacon begins to sizzle, add sweet potatoes and spread out as much as possible to allow the potatoes to rest in the pan in 1 layer. Cook for about 5 minutes or until potatoes start to brown.

Toss potatoes until all sides of potatoes are browned and bacon is crisp. (about 3-5 min) While potatoes are cooking, in a separate pan, cook 2-4 eggs to your liking.

Add onions, garlic, cumin, and season with salt and pepper. Allowing everything to sit in the heat of the pan for a minute or 2. Once the eggs are done, add them over the top of the skillet or on the side. Enjoy!

Veggie Scramble

Ingredients: (Serves 1)

- 1/2 Tbsp. coconut oil
- 1/2 cup broccoli, chopped
- 1/2 cup onion, diced
- 1/3 green pepper, diced
- 2 Eggs
- 1/2 tomato, diced,
- 1/4 Avocado, sliced, for garnish

Directions: Heat coconut oil in a sauté pan over medium heat. Sauté the vegetables for 3-4 minutes or until tender. In a small bowl, whisk eggs.

Pour the eggs over the vegetables and stir. Stir frequently and scramble them in with the veggies. Season with salt and pepper, top with tomato and avocado. Enjoy!

Easy Pumpkin Protein Egg Pancakes

Ingredients: (Serves 1)

- ½ cup egg whites (need about 4 eggs)
- ½ cup pure pumpkin
- 1 scoop vanilla protein powder
- Cinnamon, to taste

Directions: Blend together and cook on a skillet.



Prosciutto Wrapped Mini Frittata Muffins

(6 Servings, serving size = 2 muffins (makes 12 muffins.) Keep in refrigerator on hand for breakfast in a hurry. Inspired by NomNomPaleo.com)

Ingredients:

- 4 TB coconut oil
- ½ medium onion, finely diced
- 3 cloves of garlic, minced
- ½ lb. cremini mushrooms, thinly sliced
- ½ lb. frozen spinach, thawed & squeezed dry
- 8 large eggs
- ¼ cup coconut milk
- 2 TB coconut flour
- 1 cup of cherry tomatoes, halved
- 5 ounces of Prosciutto di Parma
- Himalayan Pink Salt & Fresh Ground Pepper
- 12 cup muffin tin

Directions: Pre-heat oven to 375°F. Heat coconut oil over medium heat in a large cast iron skillet and sauté onion until soft and translucent. Add garlic and

mushrooms and cook until the mushroom moisture evaporates. Season with salt and pepper and spoon to a plate to cool to room temperature.

In a large bowl, beat the eggs with coconut milk, coconut flour, salt, and pepper until combined. Then, add the sautéed the mushrooms and spinach and stir to combine.

Brush the remainder of melted coconut oil onto a muffin tin and line each cup with prosciutto, covering the bottom and sides.

Spoon the egg mixture into the prosciutto cups and top with halved cherry tomatoes. Bake in oven for 20 minutes- rotating the tray at the halfway point. Let muffins cool in the pan for a few minutes. Enjoy!!

Vanilla Almond Overnight Quinoa

Ingredients: (2 servings)

- 1 cup almond milk
- 1/2 cup cooked quinoa
- 1/2 cup almond pulp (or almond flour or finely ground almonds)
- 4 TB chia seeds
- 2 TB maple syrup
- 1/4 tsp. almond extract
- 1/4 tsp. vanilla extract
- Stevia, to taste (optional)
- Chopped almonds, to garnish (optional)

Directions: Divide all ingredients between 2 mason jars. Stir until incorporated. Place in refrigerator and let sit overnight. Remove and garnish with chopped almonds. Enjoy! (save the second serving for another day)

Overnight Oats in a Jar

Ingredients: (1 serving)

- 1/4 cup oat groats, rinsed (soaked for at least 4 hours)
- 1/4 cup steel cut oats
- 1 TB unsweetened shredded coconut
- 1 TB chia seeds

- 1 TB chopped nuts (I used almonds)
- 1/3 cup blueberries or berries of choice
- 1/2 -1 cup almond milk
- 1 tsp. ground vanilla beans (optional)

Directions: Mix all of the ingredients in a mason jar the night before. Store in the fridge overnight. Just pull out and eat in the morning. SO easy!

Salads & Wrap Recipes...

Blueberry, Avocado, & Toasted Pecan Quinoa Salad

(1 serving)

Ingredients:

- 1/2 cups quinoa, cooked
- 1/4 cup blueberries
- 1/2 large avocado, diced
- 1/4 cup pecans

Lime Basil Dressing:

- 1/4 TB extra virgin olive oil
- 1/4 TB maple syrup
- Squeeze of fresh lime juice
- 1 TB basil, finely chopped
- Himalayan Salt, to taste
- Fresh ground black pepper, to taste

Directions: In a large bowl - add quinoa, blueberries and avocados. In a small skillet, toast pecans on low-medium heat until lightly brown, about 4-5 minutes. Stir frequently and watch closely not to burn. Transfer to a bowl with other ingredients.

In a small bowl, whisk together Lime Basil Dressing ingredients, pour over the salad and gently stir to combine. Serve cold.

Signature Steak Salad

Ingredients: (serves 4)

- 1 lbs. Skirt Steak, trimmed of excess fat, halved crosswise (at room temperature)
- 1-2 TB extra virgin olive oil
- 2 cups cherry tomatoes, halved
- 1/2 lbs. baby arugula
- 1/2 cup roasted peppers
- 1/4 sliced avocado
- Choice of dressing (suggested: Balsamic)

Directions: Cast-iron skillet: Heat skillet on medium-high to high and add olive oil. When oil begins to simmer, place steak in skillet and do not move for 5 minutes. Turn it once, and cook for another 3 minutes to med-rare (or more or less depending on preference).

On a grill: Prepare grill for direct-heat cooking over hot charcoal or high heat for gas. Oil grill rack, then grill steak, covered only if using a gas grill, turning once, 4 to 6 minutes total for medium-rare.

Transfer steak to a cutting board and let rest, loosely covered with foil, for five minutes. Arrange arugula on a platter. Thinly slice steak on the diagonal, across the grain. Arrange over arugula, then toss remaining ingredients on top. Drizzle dressing on top and serve.

Veggie “Detox” Lettuce Wraps

****1 Serving. These wraps are included to help rid your body of impurities and detoxify your body.... it's extremely important that you follow the ingredient list below ☺*

Ingredients:

- 2 large leaves of Butter lettuce leaves
- Any sliced up veggies you want to wrap up in there: peppers, cucumber, tomato, broccoli, carrots, mushrooms, etc. (no corn, beans, nuts, or seeds)
- Dressing: Fresh Squeezed Lemon Juice or Balsamic Vinegar ONLY
- (***)**ONLY** add tuna, turkey, or chicken if it calls for it in your meal plan)

Directions: Take all of your sliced veggies and place them inside the middle of your large Butter lettuce leaves. Sprinkle a small amount of balsamic or lemon juice over your veggies and then wrap it UP!

Simple Greek Salad

Ingredients: (1 serving)

- 2-3 cups chopped romaine lettuce
- 1/2 tomato, chopped
- 1/2 cucumber, sliced
- 2 Tbsp. chopped purple onion
- 1/4 cup Kalamata olives (optional)

- 1/4 cup Pepperoncini peppers (optional)
- 2 Tbsp. Greek dressing (*recipe on page 4*)
- Protein of choice (suggested: chicken)

Directions: Combine all ingredients and toss in a bowl. Top with your protein of choice, and enjoy!

Fennel, Pear, Arugula & Walnut Salad

Ingredients: (1 Serving)

- 1 cup baby arugula, packed
- 1/2 fennel bulb, sliced thinly
- 1 pear (core removed & cut into 1/4" chunks)
- 1/4 cup roasted walnuts (unsalted- see below for directions)
- 2 Tbsp. Balsamic Dressing (*recipe page 3*)
- Add Sliced Turkey – if called for in plan

Directions: Combine all ingredients in a bowl and mix well. Next, whisk the oil and vinegar together in a small bowl before dressing the salad.

**Roasted Walnuts: Preheat the oven to 400F. Roast for 5-6 minutes on a baking sheet and keep a close eye to make sure they don't burn.*

Kitchen Sink Salad

Ingredients: (1 serving)

- 2-3 cups Mixed Greens (not iceberg)
- 1/2 tomato
- 1 TB Pumpkin seeds
- Shaved carrot (1/2)
- Sliced zucchini (1/2)
- Diced Red Bell Pepper (1/2)
- Handful of Sprouts
- 1/4 avocado, sliced
- 2 Tbsp. Balsamic Dressing (*recipe page 3*)
- 4-8 oz. Protein of choice (chicken, fish, turkey)

Directions: In a bowl, toss everything together any way that you please. Enjoy!

Go-To Chicken Salad Roll-Ups

Ingredients: (1 Serving)

- 4-8 ounces Chopped chicken breast (precooked)
- 2-3 Butter lettuce leaves
- 1/4 cup chopped almonds
- 1/4 cup red seedless grapes, halved
- 1/4 Mashed avocado
- Salt & pepper, to taste

Directions: Mix all ingredients (minus the lettuce leaves) in a bowl. Spoon into butter lettuce leaves to make a nice wrap!

Protein: Chicken & Turkey Recipes...

Sesame Crusted Turkey

Ingredients: (3-4 servings)

- 1 lb. organic turkey loin
- 1.5 oz. toasted sesame seeds
- 1 tsp. ground cumin
- 1 tsp. lemon pepper
- 1 egg white, lightly beaten
- 1 pinch salt
- 1 TB extra virgin olive oil

Directions: Preheat oven to 400°F. Mix the sesame seeds, cumin, and lemon pepper together in a large bowl. Also- preheat a sauté pan to medium-high.

Season the turkey with 1/4 tsp. salt. Dip the turkey the egg allowing the excess egg to drip off. Finish by coating it completely with sesame seeds.

Add 1 Tbsp. olive oil to the sauté pan and sear crusted turkey for 1-2 minutes each side until crispy and golden. Place in a glass baking dish. Roast in oven for 15 minutes or until internal temp 150°F. Let rest 5 minutes once cooked.

Hummus Chicken

Ingredients: (Serves 3)

- 3 boneless, skinless chicken breasts
- 1 yellow squash, sliced
- 1 zucchini, sliced
- 1 red bell pepper, 2" chopped
- 1 medium onion, chopped
- 2 lemons
- Salt and pepper, to taste
- Italian seasoning
- 1/2 cup hummus, homemade or store-bought
- 2 Tbsp. dried rosemary



- 1 Tbsp. extra virgin olive oil
- 1 tsp. smoked paprika
- Generous drizzle of Balsamic Vinegar

Directions: Preheat oven to 450°. Prepare one large baking dish and lightly coat with olive oil. Season the chicken breasts with salt, pepper, and Italian seasoning.

In a large bowl, toss the sliced zucchini, squash and onion with olive oil until evenly coated. Season with salt, pepper, and Italian seasoning.

Cover each chicken breast with 1 TB of hummus each. Then place on top of the vegetables. Place all vegetables on the bottom of a 9×13 dish in an even layer. Lay the chicken evenly on top. Squeeze the juice of one lemon over the chicken and vegetables.

Lightly season the entire dish with chopped rosemary and paprika. Thinly slice the remaining lemon, and place a few thin slices in the dish.

Drizzle balsamic vinegar over the top, then bake for about 25-30 minutes, until the chicken is cooked through and the vegetables are tender. Serve immediately.

Chicken with Sautéed Onions and Lemon

Ingredients: (3 servings)

- 6 pastured chicken thighs, boned but with skin
- 1 Tbsp. Coconut oil
- 1 sweet onion, halved and thinly sliced
- 1-2 garlic cloves, thinly sliced
- 1/2 lemon thinly sliced
- 1/4 cup organic chicken or vegetable broth
- 2 Tbsp. fresh flat leaf parsley
- Salt and pepper, to taste

Directions: Season chicken with salt and pepper. In a large sauté pan over medium heat, place chicken skin side down in a preheated pan with extra virgin olive oil or unrefined coconut oil. *The trick is not to turn the chicken over until the pieces are well browned.

When both sides are browned and cooked through, remove chicken from pan and continue with remaining pieces. Remove chicken from pan. Pour off all but 2 tbsp.'s of the remaining oil. Add onions. Season with salt and pepper, to taste. Sauté onions until almost golden brown. Add the garlic and cook until onions are golden.

Add the lemon slices and sauté for one minute. Add the stock and stir. Add the chicken back to the pan. Add the parsley and stir. Check for proper seasoning. Enjoy!

Cilantro Lime Chicken

Ingredients: (Serves 3-4)

- 1 lb. organic chicken breasts
- 1 Tbsp. Extra Virgin Olive Oil
- 1 lime, juice and zest
- 2 TB fresh cilantro, coarsely chopped
- 1/2 jalapeno, coarsely chopped (optional)
- 1 clove garlic, coarsely chopped
- Salt and pepper, to taste

Directions: Puree the oil, lime, juice and zest, cilantro, jalapeno and garlic in a food processor until smooth.

Place the chicken on foil on a baking sheet, pat dry, and season with salt and pepper.

Spread the cilantro and lime mixture and bake in a preheated 400° oven (or on the grill) until internal temperature reads 165 degrees F (about 25-35 minutes.)

Protein: Pork & Steak...

Simple & Delicious Pork Chops

***Makes 2 servings. (you may want to double this recipe- it's a GOOD one!)

Ingredients:

- 2 pork chops (all-natural or organic, 1" thick)
- 1 teaspoon olive oil
- 1/2 lemon
- 2 cloves of garlic
- Pink Himalayan Salt & Fresh Ground Pepper to taste

Directions: Preheat your oven to 350 degrees F. Then, pre-heat an oven-safe sauté pan to med to med-high on the stove. Rinse and pat dry both pork chops. Season both sides of chop with salt and pepper. Smash your garlic cloves with the side of your knife and cut your lemon in half.

Once your sauté pan is heated, add the olive oil. Once oil is heated (in a couple of seconds), place the 2 garlic cloves in the pan carefully separated by a few inches).

Place each pork chop on top of a garlic clove. Allow to sear for 2-3 minutes. Flip chops and sear for an additional 2-3 minutes. (You're looking for a nice crust on each side). Squeeze 1/2 lemon over the chops.

Place the pan in the oven for about 10 minutes or until the internal temperature reaches 145 degrees. Let rest for 3 minutes and enjoy!

Chimichurri Steak

*Compliments of Eileen from
PaleoSimplified.com (Serves 3-4)*

Chimichurri Ingredients:

- 1 cup fresh flat leaf parsley
- 1/4 cup fresh cilantro
- 1/2 cup extra virgin olive oil
- 1/3 cup red wine vinegar



- ½ tsp. sea salt
- 2 cloves garlic
- ½ tsp. cumin powder
- ½ tsp. red pepper flakes

For the Steak:

- 2 boneless rib-eye steaks (8 ounces each)
- 1 TB balsamic vinegar
- Extra virgin olive oil
- Salt and pepper, to season

Directions: Chimichurri: Blend all ingredients in a food processor or blender until smooth.

Steak: Let steaks sit out for about 30 minutes to bring to room temperature before cooking. Season with salt and pepper. Drizzle with balsamic vinegar and just enough olive oil to coat.

Heat a grill-pan over medium heat. Add the steaks to the pan and cook for 4-5 minutes, then flip the steaks and cook an additional 5-6 minutes. Avoid moving the steaks around in the pan while cooking. Remove from the pan, and let rest about 5 minutes. Slice the meat in thin strips and drizzle with the chimichurri sauce. Serve and enjoy!

Easy Grass-Fed Beef Burgers

(Serves 3)

Ingredients:

- 1 pound of grass-fed (and finished) ground beef
- Himalayan Pink Salt & Fresh Ground Pepper
- Any other seasoning you like!

Directions: Take meat out of the fridge and allow it to come to room temperature for 20-30 minutes. Divide the meat into 3 parts and by hand, create four separate patties. Heat a sauté pan to medium heat.

Season both sides of the patties with salt and pepper (and any other seasoning you like). Place all 3 patties in the pan for 3-5 minutes per side. Remove from the pan and allow to rest for a few minutes. Enjoy!

Fish & Seafood Dishes...

Pan Seared Trout with Tomato Basil

****Makes 2 servings*

Ingredients:

- 1 ounce chopped pancetta
- 1 cup cherry tomatoes, halved
- 1/2 tsp minced garlic
- 1/2 tsp freshly ground black pepper, divided
- 1/4 tsp Himalayan salt, divided
- 1/4 cup small basil leaves
- 1 tablespoon olive oil, divided
- 2 trout fillets, divided (12-16 ounces total)
- 2 lemon wedges

Directions: Over low heat, heat pancetta in skillet. Cook just until pancetta begins to brown (for about 4 minutes).

Add cherry tomatoes, garlic, 1/2 the pepper, and 1/2 the salt, and cook for 3 minutes or until tomatoes begin to soften. Remove from the heat, and stir in basil leaves.

In another large non-stick skillet, heat over medium-high heat. Add enough oil to lightly coat the bottom of the pan. Sprinkle fish evenly with remaining salt and pepper.

Add both fillets to the pan; cook for 2 minutes on each side or until fish flakes easily when tested with a fork. Remove fish from pan. Top fish with tomato sauté. Serve with lemon wedges.

Citrus Fish Tacos (Serves 2)

Ingredients (marinade):

- 2 large oranges (juiced)
- 1/2 lime (juiced)
- 3 TB olive oil
- 1 tsp. cumin powder
- 1/2 tsp. salt
- 2 wild-caught tilapia fillets (cut in 1" chunks)

Ingredients (wraps):

- 3-6 butter lettuce leaves
- ½ red pepper (diced)
- ½ red onion (diced)
- ½ mango (diced)
- ½ avocado (sliced)

Directions: Mix the orange juice, lime juice, olive oil, cumin, and salt in a bowl and combine well.

Gently place the pieces of Tilapia into a large Ziploc bag and pour in the juice. Marinate for 2-4 hours in the refrigerator, flipping the bag over about half way through.

Next, heat some olive or coconut oil over a large skillet. When the pan is warm, add the Tilapia and cook for about 4-5 minutes on 1 side, then **turning only once**, finish cooking on the other side (about 8-9 minutes total)

Then, simply prepare your tacos to your liking, adding the fish, pepper, onion, & mango! (be creative and add anything else you think may taste great on there!)

It's very refreshing and absolutely DELICIOUS! Once you get the marinade in the fridge, it will only take you about 10 minutes to prepare them. **Serves 2.**

Chipotle Salmon Burgers with Mango Salsa

*Serves 3. Serve with Mango Salsa (*recipe page 26*).

Ingredients:

- 1 lb. salmon (Wild if possible)
- 2 TB chipotle peppers in adobo sauce – chopped
- 1 TB + 1 tsp. wholegrain mustard
- 1 lime (just the zest)
- 1/2 lime (just the juice)
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1 TB extra virgin olive oil

Directions:

Combine all ingredients in a food processor and pulse for 30 seconds to combine. If no food processor available, finely dice the salmon in a large mixing bowl combine everything together and mix. Divide into 3 burger patties...

Preheat non-stick skillet on medium for 1 minute. Drizzle olive oil and sear burgers for 3-4 minutes each side until golden brown. Enjoy!

Broiled Salmon

Makes 2 servings

Ingredients:

- 2 x 6 oz. ounces Salmon Fillets
- Himalayan Pink Salt
- Fresh ground pepper
- 1 tsp grated lemon rind
- 2 Tbsp. fresh squeezed lemon juice, divided
- 2 Tbsp. extra virgin olive oil, divided
- 1 tsp. dried rosemary
- Lemon slices for garnish

Directions: Season salmon fillets evenly with salt and pepper. In a plastic bag, place salmon, lemon rind, 1 Tbsp. of the lemon juice, 1 Tbsp. of the olive oil, and rosemary in a Ziploc bag. Make sure the salmon is evenly coated. Marinate in the refrigerator for 30 minutes.

Preheat your broiler. Brush a baking dish with olive oil. Remove salmon from marinade. Place fillets, skin side down, on the oil-coated dish. Broil fish 6 inches from heat for about 8-10 minutes or until fillets flake easily with a fork.

Whisk together remaining tablespoon of lemon juice and 1 tablespoon oil; drizzle over fillets. Garnish, with lemon slices.

Sautéed Shrimp

****Makes 2 servings*

Ingredients:

- 2 Tbsp. Grass-fed Butter (or olive oil)
- 8-12 ounces Wild-Caught Shrimp, shelled & deveined
- 1 Red or Yellow Bell Pepper
- 2 garlic cloves, minced
- Himalayan Pink Salt & fresh ground pepper to taste
- 1 tsp. fresh thyme, chopped

Directions: In a skillet, melt the butter over medium-low heat. Add the bell peppers and cook for about a few minutes until softened. Add garlic and cook until fragrant (about 30 seconds)

Add the shrimp and salt and pepper and sauté for 5-6 minutes (until shrimp is no longer translucent)

Add the thyme, mix all of the ingredients one last time, and enjoy!

****Shrimp cooks very fast, so a good rule of thumb is to remove the pan from the heat as they are almost finished cooking. Once you remove the pan from the heat, continue tossing and the heat of the pan will continue to cook them until they're done.*

Favorite Soups...

Chilled Avocado Soup

* 3-4 servings

Ingredients:

- 3 ripe avocados
- 3 cups chicken broth
- 3 Tbs. fresh lime juice
- 1/3 cup fresh cilantro leaves
- 1 tsp. ground cumin
- 1/2 jalapeno, diced into small pieces (optional)
- 1/4 tsp. cayenne pepper
- 1 tsp. Himalayan Pink Salt
- Fresh Ground pepper, to taste

Directions: Combine all of the ingredients in a blender or food processor and blend until smooth. Season with additional salt and pepper if necessary. Refrigerate for about 2 hours.

Zucchini and Fennel Soup

*3-4 servings

Ingredients:

- 1 Tbsp. extra virgin olive oil
- 3 zucchini, chopped and peeled
- 1/2 Vidalia onion, chopped
- 1/2 fennel bulb, chopped
- 3 cups chicken stock (low-sodium)
- Salt and pepper, to taste

Directions: Heat olive oil in a large skillet or soup pot with zucchini, onion, and chopped fennel. Season with salt and pepper. Cook for about 10-15 min.

Add stock, bring to a boil and then simmer until soft. Put everything in blender and blend. Serve immediately and enjoy!

Butternut Squash & Bacon Soup

**6 servings. (inspired by civilizedcavemancooking.com)*

Ingredients:

- 1 large butternut squash, peeled and cut into large chunks (about 2.5-3 pounds)
- 3 carrots, peeled and cut into large chunks
- 1 1/2 tablespoons coconut oil, melted
- 1/2 pound raw bacon, chopped
- 1 small onion, chopped
- 1 small apple, chopped
- 2 cups chicken stock
- 1 cup full fat coconut milk
- 1 teaspoon salt
- 1-2 Tbsp. cinnamon
- 1 Tbsp. nutmeg
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Directions: Preheat your oven to 350 Degrees F. Toss squash and carrots with the coconut oil. Place in a baking dish and roast uncovered for 35 minutes or until tender.

In a large stock pot over medium heat, cook bacon until crisp. Remove bacon and set aside for the garnish. Add the onion and apple to the pot and sauté in bacon fat over medium heat until tender, about 5 minutes.

Add the roasted butternut squash, carrots, chicken broth, and coconut milk to stock pot and bring to a boil, stirring often.

Remove from heat. Use an immersion blender to blend your soup or working in several small batches, blend soup in food processor or blender until smooth.

Return to stock pot, bring to a simmer and season with salt, cinnamon, and nutmeg. Serve soup in large bowls garnished with bacon! Enjoy.

Oh So Good! Chili with a Twist

**4 servings. Inspired by Primal Cravings (I recommend doubling this recipe- it's AWESOME!)*

Ingredients:

- 1 Tbsp. Extra Virgin Olive Oil
- 1/2 yellow onion, diced
- 2 garlic cloves, minced
- 1/2 lb ground grass-fed beef
- 1/2 lb ground turkey
- 1/4 cup pumpkin puree
- 14-ounce can crushed tomatoes
- 8 ounces tomato sauce
- 2 ounces can diced green chili's
- 1/2 cup beef stock
- 1 Tablespoons chili powder
- 1/2 Tablespoon ground cumin
- 1/2 Tablespoon paprika
- 1 teaspoon ground coriander
- 1 teaspoon cocoa powder
- 1/2 teaspoon granulated garlic
- 1/4 teaspoon cayenne pepper
- Pink Himalayan salt to taste
- OPTIONAL: 1/2 jalapeno, seeded and finely diced to taste
- Sliced avocado

Directions: In a large soup pot over medium heat, sauté the onion and garlic until onions begin to soften. Then, add the beef and turkey, and stir occasionally until browned.

Add the rest of the chili ingredients (except the avocado). Let simmer, stirring every so often for 15 minutes. Garnish with sliced avocado. Serve and enjoy!

Mom's Minestrone

* 6 Servings

Ingredients:

- 1 slice (¼-inch-thick) prosciutto, about 4 ounces, cut into ¼-inch dice (do not trim off the fat)
- ¼ cup extra-virgin olive oil, plus more for serving
- 1 large yellow onion, cut into ½-inch dice
- 1 large leek, white and pale green parts only, cut into ½-inch dice
- 2 celery ribs, cut into ½-inch dice
- 2 small carrots, cut into ½-inch dice
- 4 garlic cloves, minced
- 1 teaspoon oregano
- ¼ teaspoon crushed hot red pepper flakes
- 1 zucchini, trimmed and cut into ½-inch dice
- 1 can (14.5 ounces) diced tomatoes in juice
- 1 tablespoon tomato paste
- 6-8 cups reduced-sodium chicken broth
- Rind from a 1-lb chunk of Parmesan cheese (**OPTIONAL**)
- 1 bay leaf
- 1 can kidney beans
- 1½ cups packed thinly sliced kale, thick stems removed
- Sea salt & freshly ground black pepper

Directions: Cook the prosciutto and oil together in a soup pot over medium heat just until the prosciutto is lightly browned, about 3 minutes.

Then, add the onion and leeks. Cook, stirring occasionally, until softened, about 3 minutes. Add the celery, carrots, garlic and oregano, and cook until the vegetables are beginning to soften, about 3 minutes more.

Add the zucchini and cook until it begins to soften, about 3 minutes. Add the tomatoes and their liquid and the tomato paste, bring to a boil and cook 3 minutes.

Add the broth, bay leaf and the Parmesan rind. Bring to a boil. Reduce the heat to medium-low. Simmer until the flavors are blended, about 1 hour.

Stir in the beans and kale and cook until tender, about 5 minutes. Remove the

Amazing Side Dishes...

Simple Roasted Butternut Squash

Ingredients: (serves 4)

- 1 small butternut squash, seeded and cubed
- 2 Tbsp. Extra Virgin Olive Oil
- Himalayan Pink Salt
- Fresh Ground Pepper

Directions: Preheat oven to 400 degrees F. Toss squash with the olive oil and spread on a baking sheet, making sure none of the cubes are touching each other. Season with salt and pepper. Roast until lightly browned (about 25-30 minutes.)

Butternut Squash with Pancetta and Sage

**Serves 6-8.*

Ingredients:

- 2 TB Extra Virgin Olive Oil
- 4 oz. Pancetta or nitrite free bacon, chopped
- ½ finely chopped fresh sage or ¼ tsp. dried
- 2 lbs. butternut squash, peeled, seeded and cut in to 1" chunks
- 1 small onion, chopped
- 1 garlic clove, minced
- 1 dash of ground nutmeg
- Salt and pepper, to taste (white pepper if you have it)
- 1 cup organic chicken stock

Directions: Add bacon and olive oil to sauté pan and cook until bacon is crisped. Remove bacon with a slotted spoon. Add squash and chopped onions. Cook over medium heat until onions are clear and started to turn golden. Add sage, nutmeg and season with salt and pepper (white pepper if you have it).

Add broth and bring to a boil, reduce heat to simmer and cover with lid. Cook until squash is tender when pierced with a fork. Serve and enjoy. 😊

Mango Salsa

(Compliments of PaleoSimplified.com) **4-6 servings, Serving Size is ½ cup.*

- 2 mangos (peeled & cubed)
- 1 purple onion (peeled & diced)
- 2 kiwi (peeled & diced)
- 1 jalapeno (seeds removed, minced)
- 1 red pepper (seeds removed, diced)
- 1 avocado (peeled & diced)
- 1 tomato, diced
- Juice of 1 lime
- Bunch of cilantro, chopped
- ½ tsp. sea salt

Directions: Mix ingredients in a bowl & refrigerate for 2 hours. Serve and enjoy!

Mashed Cauliflower

**4 servings*

Ingredients:

- 1 entire head of cauliflower, remove leaves (chopped into small pieces)
- 1 cup of low sodium chicken stock
- 2-3 cloves of garlic
- Sea salt & pepper to taste

Directions: In a large pot, add the chicken stock and cauliflower. Cover and bring it to a boil. Reduce the heat and simmer for 30-35 minutes until the cauliflower is until very tender, and you can smash it with your fork. (If you need to add more stock during this time, you can add it. Make sure your pot doesn't run dry.)

Add the garlic cloves and simmer for a few minutes longer (about 5). Drain the liquid and add all of the remaining ingredients to a food processor or blender. Blend to your desired consistency. (I like mine pureed with a few chunks.)

Season with salt & pepper, and any other seasoning you like! Enjoy.

Zucchini Pasta with Sundried Tomatoes

Ingredients: (Serves 2)

- 2-3 zucchini, shredded (can be made ahead and refrigerated)

Pesto:

- ¼ cup roasted unsalted almonds
- 1 cups tightly packed basil leaves
- 2 Tbsp. extra virgin olive oil
- 1 TB lemon juice
- ¼ cup sundried tomatoes
- Salt and pepper, to taste

Directions: With a spiralizer, mandolin, or peeler – cut the zucchini into long noodle shaped pieces and set aside.

In a blender, place all of the other ingredients except olive oil and sundried tomatoes and process for 5 seconds. With machine running, drizzle in the olive oil until blended.

Place all ingredients (including zucchini) in a bowl. Stir in sundried tomatoes. Toss and serve.

Spaghetti Squash

Ingredients: (Serves 4-6)

- 1 Spaghetti Squash cut in half length-wise, and de-seeded (use a spoon)
- Extra Virgin Olive Oil
- Sea salt & fresh ground pepper to taste

Directions: Pre-heat your oven to 400. Cover a baking pan in aluminum foil and set aside. Place your two halves face up, and lightly brush the inside with olive oil. Then, season with salt & pepper to taste. Let the oil soak in for a couple of minutes. Then, place the two pieces of squash face DOWN in the pan, and place into the oven. Cook for 45-60 minutes.

Flip over the squash when it's finished cooking, Use a fork to "shred" & pull out the spaghetti squash. It comes out like spaghetti- pretty AWESOME! Place the squash in a colander to drain any excess water for a minute or two (covered with foil to keep warm). Top with tomato sauce or season with salt & pepper and enjoy!

Roasted Broccoli & Garlic

** 3-4 servings*

Ingredients:

- 1 entire broccoli (about 1.5 pounds) Cut into florets. (if you want to use the stems, cut into bite-sized pieces) *(this is great with cauliflower, too!)*
- 2 Tbsp. Extra Virgin Olive Oil
- 1 entire garlic, cloves peeled. (I prefer not to slice the cloves, but you can if you like)
- Himalayan Pink Salt & Freshly Ground Pepper to taste

Directions: Preheat oven to 450 degrees. In a large bowl, drizzle the olive oil over the broccoli. Add the garlic, salt, and pepper and toss well with your hands.

Spread the mixture on a large baking sheet, trying not to let any broccoli overlap. Cook for about 20 min. or until the edges of broccoli are crispy!

Protein Packed Grain Salad

**Serves 6-8. Perfect to make ahead of time and keep in fridge. You'll have a little extra on hand for a quick and easy side in case you need one!*

Ingredients:

- 1/4 cup brown rice
- 1/4 cup red rice
- 1/4 cup quinoa, rinsed
- 1/2 can chickpeas, drained and rinsed
- 2 roasted red peppers, chopped (jar)
- 8 marinated artichoke hearts, chopped (from a jar)
- 1 medium handful of parsley, chopped
- 1/4 cup pine nuts, roasted

- Sea salt and freshly ground pepper, to taste

Directions: Combine the brown and red rice together in a medium size pot with 1 cup of water. Bring to a boil, cover, and reduce heat to medium-low. Cook for 15 minutes and then add the quinoa and another cup of water. Cook for another 10 minutes or so. You may need to add another ¼ cup water. While the grains are cooking prepare the rest of your ingredients.

Once the grains are cooked, remove from heat and allow to cool for 15 minutes. Combine all the ingredients together in a bowl and mix well. Taste and adjust seasoning. Enjoy!

Simple Sautéed Spinach

**Serves 2*

Ingredients:

- 1.5 lbs. of baby spinach, cleaned & dried
- 3 cloves of garlic, peeled & thinly sliced
- 1/2 fresh lemon
- 1.5 Tbsp. coconut oil
- Sea salt & fresh ground pepper to taste

Directions: Heat up a large sauté pan with coconut oil over med heat. Add 1/3 of the spinach to the pot and with tongs, continually turn the spinach for 1-2 minutes. Add the next 1/3 of spinach to the pot, continually turning (about 1 min). Add the final 1/3 of spinach AND the sliced garlic, and continually turn until all of the spinach is mostly wilted (another 1-3 minutes).

Remove spinach mixture from the pot and squeeze ½ lemon over the spinach. Season with salt & pepper and toss well. That's it! Very easy & super healthy!

Snacks and Such...

Spicy Baked Plantain Chips

Serves 1-2

Ingredients:

- 1 green plantain
- ½ tsp. paprika
- ½ tsp. ground cumin
- ½ tsp. dried thyme
- ½ tsp. sea salt
- ¼ tsp. black pepper
- ¼ tsp. cayenne pepper
- 2 TB coconut oil

Directions: Preheat the oven to 450 F with a rack in the center of the oven. Mix all the spices together in a bowl. Peel the plantains with a knife.

Slice the plantain into thin slices (about 2mm thick). Place the plantain slices in a mixing bowl. Pour the coconut oil into the bowl and all but ½ tsp. of the spice mix. You'll use the remaining ½ tsp. once they are cooked.

Mix the slices together with the oil and spices until they are coated. Lay the slices out flat onto a baking sheet making sure none are stuck together.

Place in the oven and bake for about 7 minutes. Remove the sheet from the oven and flip the chips over one at a time. Place back in the oven and bake for another 3-5 minutes being sure not to burn the chips.

Remove from the oven. Transfer to a bowl and add the rest of the spice mix. Mix well and enjoy. Better than potato chips! 😊

Roasted Butternut Squash Seeds

Directions: Preheat the oven to 250-300 with the rack in the middle.

Scoop the seeds out of the squash and remove as much of the stringy orange pulp as you can. Rinse the seeds.

Lay the seeds out on a plate or baking sheet to dry overnight. If you want to use them right away pat them dry with a kitchen towel.

Spread the seeds out on a baking sheet and put it in the oven and roast for 10-15 min until crispy. **Keep your eyes on deck because these can burn quickly!

“Grab & Go” Choices:

- Apple & 1 TB Almond Butter
- Lox salmon with sliced tomato (a few capers – optional)
- 4 oz. Sliced Nitrate-Free Turkey roll-ups with ½ sliced bell pepper (red, yellow, green)
- Greek Yogurt & Fresh Berries (blueberries, raspberries, blackberries, strawberries)

How-To's...

How to Hard Boil an Egg

Ingredients: 4-6 eggs (you can make as many as you want at a time)

Directions: Fill a small sauce pot half way with water & add your eggs. Do not crowd the pot.

Bring water to a boil over med - high heat. When the water boils, remove the pot from the heat and set aside with a tight lid for 15 minutes.

Drain water and place eggs in a bowl with cold water & ice. Peel when ready to use!

How to Bake a Sweet Potato

Ingredients:

- 2-4 Sweet potatoes, rinsed & dried

Directions: Pre-heat oven to 400° Pierce each sweet potato a few times with a fork (don't get trigger happy... it's just to let some of the steam out).

Please the sweet potatoes on a *rimmed* baking sheet lined with foil. Bake for about 45 minutes, or until potatoes are tender. That's it! (Serving size = 4 oz.)

How to Steam Veggies (Broccoli, Carrots, Mixed Veg, etc.)

Ingredients:

- Any Vegetable of choice, cut to bite sized pieces (Broccoli, Pepper, Cauliflower, Asparagus, Carrots, etc.)
- ½ tsp. Sea Salt (Optional)



Directions for Steaming in a Pan: Bring a 1/4 inch of water to a boil in a large sauté pan.

Add salt to the water if desired. Add your vegetable of choice, cover, and then steam your veg until they are as tender as you want (about 3-5 minutes).

Directions for Steaming in a Steamer Basket: Bring an inch of water to a boil in the bottom of a pot (where you will then place your steamer basket into).

Place veggies into the steamer basket, set over the boiling water. Cover and steam until cooked to your liking (about 3-5 minutes).

How to Make Quinoa

Ingredients:

- 1 cup quinoa
- 2 cups water
- ½ tsp. salt

Directions: Rinse quinoa in a fine sieve until water runs clear. Then, drain and transfer to a medium pot. Add 2 cups water and salt and bring to a boil. Cover, reduce heat to medium low and simmer until water is absorbed, about 15-20 minutes. Set aside away from heat for about 5 minutes. Uncover and fluff with a fork. Will make 3 cups quinoa.

**Quinoa naturally has a protective coating, called saponins, that easily rinse off. However if not rinsed, will be bitter and may cause an upset stomach.

**If you toasted quinoa in a skillet with a little olive oil over low heat for a few minutes before adding to the boiling water, it will have an even tastier, nutty flavor.

Desserts...

Lemon Bites

Dry Ingredients:

- 1 ½ cup almond flour
- 1/3 cup organic raw coconut flour
- 1 - 2 pinch Himalayan pink salt

Wet Ingredients:

- 6 TB organic liquid sweetener (maple syrup, coconut nectar, or raw honey)
- 1/4-1/3 cup organic lemon juice
- 1 TB organic lemon zest
- 2 tsp. organic vanilla extract
- 1/4 cup organic coconut oil (+ 1 TB, melted/liquid)

Directions: Add all the dry ingredients into a bowl and fold together. Next, add all the wet ingredients (EXCEPT the coconut oil) to a *separate* small bowl and mix

Slowly add the wet ingredients (EXCEPT the coconut oil) to the dry ingredients until they are mixed well. Slowly add the melted/liquid coconut oil and mix until it is blended in.

Take out about a spoonful at a time and roll them in the palms of your hand into a bite-sized ball.

Leave them plain or roll in shredded coconut flakes, almond flour, or sprinkle with coconut sugar. Put them in the refrigerator to firm for about 20-30 minutes. Keep them in the cold until ready to serve because they will get soft/mushy if left out at room temperature. Enjoy!

Pumpkin Pie Chia Pudding

Ingredients:

- 1.5 cups almond milk
- ½ cup pumpkin puree
- 1 scoop ID Life protein powder
- 2 TB almond butter
- 1 TB raw honey
- 1 tsp. vanilla extract
- 1 tsp. cinnamon
- ¼ tsp. nutmeg
- 1/8 tsp. ground ginger
- 1/8 tsp. ground cloves
- ¼ cup chia seeds
- Sea Salt, a pinch

Directions: Blend all ingredients, except chia seeds, until smooth. Place the blended mixture into a reseal-able large jar (or 2 smaller jars) then add chia seeds. Seal jar and shake.

Place in refrigerator overnight or for at least 3+ hours. Feel free to shake jars once or twice in between to make sure they didn't become too gelatinous. Breakfast, snack or post workout recovery is served!

Cookie Dough Greek Yogurt

Ingredients:

- 1 serving vanilla Greek Yogurt (full fat)
- 1 tsp. almond butter
- 1 TB mini chocolate chips

Directions: Just mix together ingredients and enjoy!

Chocolate Chip Pumpkin Mug Cake

(Compliments of Running with Spoons Blog)

Ingredients:

- 2 TB coconut flour
- ¼ tsp. baking powder
- ¼ tsp. ground cinnamon

- 1/8 tsp. ground ginger
- 1/8 tsp. ground nutmeg
- 1 TB sweetener (raw honey, maple sugar)
- ¼ cup unsweetened almond milk
- 1 egg white
- 2-3 TB pumpkin puree
- 1 TB chocolate chips

Directions: Add coconut flour, baking powder, and spices to a microwave-safe mug or bowl. Stir until well combined.

Add in sweetener of choice and milk, stirring until no clumps remain before adding in your egg white. Use a fork or whisk to beat the egg into the batter. Add pumpkin, mixing well to make sure that everything is fully incorporated. Fold in chocolate chips, reserving a few to sprinkle on the top.

Microwave on high for 2 ½ to 3 minutes, depending on microwave strength and thickness of mug. Remove from microwave, grab a spoon, and enjoy!

Salted Chocolate Coconut Pistachio Clusters

(Compliments of PaleOMG)

Ingredients:

- 1 cup mini dark chocolate chips
- 1 tsp. coconut extract
- 1 ½ cup raw pistachios
- ¼ cup unsweetened shredded coconut
- 1 pinch of Himalayan Pink Salt

Directions:

Melt chocolate in a bowl (microwave or in a double boiler on the stove). Mix in coconut extract. Fold in pistachios.

Line a plate with parchment paper. Use a spoon to scoop a spoonful of the chocolate mixture and push onto the parchment paper. Sprinkle a tiny bit of salt and sprinkle with coconut.

Repeat with all the chocolate pistachios. Makes 10-12 clusters. Place in freezer and let cool for 30 minutes or more. Once chocolate is hard, eat up. 1 cluster is a serving size. Store in the refrigerator.

Juices & Drinks...

Homemade Super-Hero Juice

(Great for reducing inflammation and cell maintenance)

Ingredients:

- 32 oz. Water
- 1/2 Lemon (sliced)
- 1/4 tsp. Turmeric
- 1/4 tsp. Cumin
- 1 Pinch Cayenne
- 1 Pinch Cinnamon
- 1 Pinch CoQ10 Powder (Coenzyme Q-10)

Directions: Mix ingredients together and drink.

Homemade Gatorade:

Ingredients:

- 33 oz. Water or Coconut Water
- 1/4 tsp. Himalayan Pink Salt
- 1/2 tsp. calcium magnesium powder or crushed tablets
- 1/4 cup of juice (lemon, lime, grape, apple, etc.)
- 1 tsp. sweetener (raw honey or stevia)

Directions: Mix ingredients together and drink.

Morning Mojo: Lemon Ginger Detox

Ingredients:

- 12 oz. glass water (at room temperature)
- Juice of 1/2 lemon
- Either: 1/2 inch knob ginger root OR pinch of cayenne pepper

Directions: Add the lemon juice to the glass of water.

If ginger: finely grate the ginger using a zester, and add the zest to the glass of water.
If cayenne pepper: add a pinch of cayenne to your water. Perfect way to start your day!