



The 21-Day Detox & Food Elimination Guide

JUMPSTART YOUR METABOLISM and EXPERIENCE EMOTIONAL FREEDOM

- Jumpstart your metabolism,
- Cleanse your liver and kidneys,
- Alleviate your overall gut stress,
- Reduce bloating,
- Revive your energy and,
- Boost your immune system

Unlike popular belief among commonly self-defeated dieters, food is not the problem. If food is the villain, emotional chaos will follow because you will fight your body's need for nourishment the whole way!

If you look at food as the solution, you will embrace it and remain emotionally stable to see your body transform for good. Emotions will make or break your health practices -- just ask your hormones! haha

Here we will look at food as an amazing and effective tool to look, feel, and move better.

How to Use This Detox & Elimination Guide to Boost Your Fat-Burning Goals

Because this detox course uses real food to promote health, you can use it repeatedly. It won't have any negative side effects you wouldn't want to repeat.

You can follow this 21-Day Food Detox course for as long as it feels meaningful. You can use it however you like and still see results because it only contains fat-burning/anti-oxidant ingredients in the recipes. That means you give your body less reason to store body fat and every reason to burn it. That's exciting, right?!?!



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How is this program different from a normal fat-loss diet?

This program is designed with very few grains and starches. This is not so you can deprive yourself of foods you love but rather to get the toxins out of the way that are preventing your body from burning fat efficiently. Fruits and vegetables are ALSO carbohydrates, so your body will have the fuel it needs while resetting your metabolism. Your goal is to eat consistently until filled. Remember the hunger scale? You're eating to stay between a 2 and a 3. You're not trying to go without foods; you're fueling your metabolism efficiently and effectively while it can release toxins. As long as your body knows it's not trying to survive a "famine," it will feel less stressed and function efficiently.

The Key to Your Success

Be sure to listen to your body first. If there is a food your body doesn't tolerate, don't eat it. If you have psychological preferences such as adhering to a strictly vegan diet, then pick and choose what works for you. You may be one who loves every single recipe and wants to try them all. Do what works for you.

Jump on in and see how great you can feel uninflamed and with a faster metabolism in just 21 days! This is not an all-or-nothing program but rather, a chance to reset your digestive and metabolic systems one meal at a time. It is also very safe and highly compatible with your current workout program if you have one in place.



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FIRST, A LITTLE EDUCATION:

DIGESTIVE REST

The health of our gut system is more important than we ever suspected. It's at the root of many chronic diseases like heart disease, cancer, depression, arthritis, diabetes, autoimmunity, and even storing body fat. When we eat food that is already partially "digested" by the blending process, our digestive system has less work to do. The energy that is not used for digestion is then freed up for repair and maintenance throughout the body.

We don't abdicate going to extremes as you might find in a weight loss program, BUT we believe there is great benefit in giving your body REST and RECOVERY for periods of time to rejuvenate your energy and boost your metabolic efficiency! Real foods (aka nutritiously dense foods) are the most simple way to support your natural ability to cleanse and detoxify. Your body needs rest from starches and grains that encourage cravings, but at the same time, it needs natural foods to sustain your energy levels so you can remain active.



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DIGESTIVE ENZYMES

Our body's natural supply of digestive enzymes can be depleted over time due to lifestyle and environmental factors. Eating simple foods and paying attention to how our body reacts to combinations can help us with this. That means we WANT to uncomplicate our food combinations. This is another reason to leave out grains and starches as they are not "friends" with proteins in the stomach environment, and often, we don't have enough enzymes to digest both food types at once, and we become bloated.

Eliminating many of the potential issues with food combinations will help you understand how well (or not so well) your body processes proteins and grains together; you'll either feel a whole lot better (and a flatter tummy) after meals or you will notice very little change in your gut or overall feeling of wellbeing.

You will only find a few recipes that incorporate grains and starches. The grains we have chosen to add in (you can decide for yourself if they are right for you--in other words, stay away from foods you know you are allergic to or have an intolerance toward) are more easily digested than your "hard" grains.

Your goal is to pick and choose those foods that energize you and ones you enjoy. The meals/smoothies/snacks contained in this guide taste great and are loaded with nutrition. Not every recipe will be for everybody, so feel free to embrace and repeat the recipes you find easy to make and tasty and incorporate them into your daily eating routine.



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WATER + NUTRIENTS + FIBER

Why we recommend “food-shakes” on a 21-day detox/cleansing diet: Smoothies are a simple way to get water, easily digestible nutrients, and fiber into our body all at one time. Plus, the hydration can clear your “filters,” aka your liver and kidneys, of toxins that may have been holding up your metabolic success. The liquefying process breaks down the cell structure of the ingredients in a blended shake, so the nutrients are more readily available to be digested. That’s why you want to use an emulsifying blender rather than a juicer.

The perks of these smoothie recipes are especially beneficial in the morning after fasting all night, and your body needs hydration. Besides all of that, they save time, travel well, and fuel your body, which are all daily goals to make living a fat-loss lifestyle easy and sustainable! We want to reiterate that we don’t advocate drinking your meals 24/7. It’s not sustainable (we have teeth for a reason), so plan to enjoy some of both meals and smoothies/shakes.

PROTEIN POWDER

Some of the recipes call for protein powder. If you’d like to add it to increase the amount of amino acids you consume (they aid with muscle repair and help with satiation), feel free. Remember, you can’t store protein as fat. If you have any issues with your organs or dietary restrictions, consult your doctor.



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A WORD ABOUT CRAVINGS

Cocoa powder is loaded with bioactive compounds, including serotonin (happy hormones), phenylethylamine (PEA), anandamide (the “bliss” molecule for your brain), tyramine, and others that impact brain chemistry in a way that increases satisfaction and relaxation. Had I not tried it myself, I would not have believed it could be the most “bitterly” satisfying craving fix I have ever experienced. And here’s why: cocoa balances stress hormones by positively impacting cortisol and helps the body release appropriate amounts of insulin that may have direct effects on your body’s ability to burn fat. But the best part is that it will stop cravings. I use it to get myself somewhere “safe” with real foods before I do something my gut won’t like.

To be clear, cocoa comes from the cacao (pronounced ka-cow) bean that has been roasted and ground into a powder. Chocolate is when cocoa butter (fat) is mixed with powdered roasted beans. Chocolate and cocoa are not the same things. Cocoa is amazing for controlling cravings. Chocolate is not. Powdered baking cocoa is the same as what we refer to here, not baking chocolate squares, although we suggest you use organic cacao powder.

YOUR CRAVINGS SOLUTION: Go to bed (cravings in the evening are a sign you are tired) or grab some protein to eat (an egg or two, a piece of chicken, a protein shake) until the craving goes away or use this cocoa secret weapon to kill the cravings:

Here’s your anti-craving cocoa drink: 8 oz. of hot water, 1 tsp of powdered cocoa, and enough Stevia or Monkfruit to make it palatable.



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Your 21-Day Food Detox & Elimination Guide Shopping List

FRUITS

Apples	Huckleberries
Apricots	Kiwi
Bananas	Loganberries
Blackberries	Pears
Blueberries	Plums
Cherries	Raspberries
Coconut	Strawberries
Figs	

Note: All fruits are preferred to be fresh, organic, and local/seasonal whenever possible. Dried fruits have a high sugar concentration (albeit natural sugars) and are not recommended for a 21 Day Detox as they may cause constipation. The goal is to naturally clean house, not clutter it. ☺

VEGETABLES

Artichoke	Chives	Radishes
Arugula	Cucumber	Rutabaga
Asparagus	Dandelion greens	Snow peas
Avocado	Endive	Spinach
Bamboo shoots	Green beans	Sprouts: all
Beet & beet greens	Jicama	Swiss chard
Bok Choy	Kale	Turnip
Broccoli	Kohlrabi	Watercress
Brussel sprouts	Leeks	Yams
Cabbage	Mushrooms: all	Zucchini
Carrots	Onions	
Cauliflower	Okra	
Celery	Seaweed	



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NON-GLUTEN GRAINS

Brown rice
Steel Cut Oatmeal

OTHER PROTEIN SOURCES

Eggs
Kefir Yogurt or Greek Yogurt

MEATS

Free-range chicken, turkey, duck
Lamb
Buffalo
Wild game: venison, quail, pheasant, rabbit
Cold water ocean fish: wild Pacific salmon, ocean char, cod, halibut, haddock, sole, tuna, striped bass
Water-packed canned tuna (without added soy protein)

GOOD FATS

Almonds	Pumpkin
Almond Butter	Safflower Oil
(just says almonds	Sesame Oil
on the label)	Sunflower Oil
Flax seed	Truffle Oil
Coconut Oil	
Olive Oil	

Note: Please ensure oils are unrefined, extra virgin, non-GMO, organic, cold-pressed, etc.



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VINEGARS

Apple cider Balsamic Red wine Rice

Nuts & Seeds

Almonds

Cashews

Flax seeds

Hazelnuts (filberts)

Pecans

Poppy seeds

Pumpkin seeds

Sesame seeds

Sunflower seeds

Walnuts

Hemp seed

Note: Please ensure oils are unrefined, extra virgin, non-GMO, organic, cold-pressed, etc.



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DAIRY SUBSTITUTES

Almond milk (unsweetened)

Hemp milk (unsweetened)

Coconut milk or water

Rice (whole grain, brown rice)

*rice milk is the most processed of the dairy substitutes and often sweetened.

*If you suspect or know of an allergy to dairy products, either find a substitute, leave that ingredient out, or avoid making those recipes.

BEVERAGES

Teas: herbal

Kombucha

Mineral water

Spring water



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Herbs, Spices & Extracts

Allspice	Cinnamon	Mint	Tarragon
Anise	Clove	Nutmeg	Thyme
Basil	Coriander	Oregano	Turmeric
Bay leaf	Cumin	Parsley	Vanilla extract (pure)
Caraway seeds	Dandelion	Saffron	Raw cacao
Cardamom	Dill	Sage	Note: chili and
Celery seeds	Dry mustard	Salt-free herbal	cayenne powders
	Fennel	blends	belong to the
	Garlic	Savory	nightshade family, so
	Ginger root	Sea salt	beware of allergens.

Sweeteners

Whole fruit sweeteners (dates)
Stevia
Xylitol
Monkfruit

*Note about Sweeteners: The sweet taste, in general, is meant for us to consume in small amounts. Natural fructose in whole fruits is available seasonally and comes “packaged” with beneficial fiber, vitamins, minerals, and enzymes in fresh fruits.

CONDIMENTS

Mustard (made with apple cider vinegar)
Nutritional yeast
Wheat-free tamari*
Nama shoyu*
Miso*

*These have small amounts of fermented soy – avoid if you know you are sensitive to soy

We highly recommend that any processed sweetener always be used in moderation, especially during this program, where the detoxification organs work extra hard to eliminate toxins.



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EASY MEAL PREP FOR SUCCESSFUL FUELING



We always say, cook once, eat 5 times. If you make a dish, make sure you can put a couple of meal-size containers in the fridge for another day that week. By prepping everything, whether it's at the beginning of the week or one day at a time, you not only have delicious food on hand, but you also avoid reaching for (or ordering up) unhealthier options. Easy meal prep can set you up for success with this 21-Day Detox & Food Elimination Recipe Guide.

NOTE: This is also not an all-or-nothing course. It's a listen to your body and do your best so you can get the maximum benefits, of course. Again, no extreme thinking will help. Common sense is recommended to enjoy this program to its fullest.

RECIPES FOR YOU TO EXPERIMENT AND ENJOY

Super-food smoothie



GREEN GODDESS DRESSING



Thai Chicken Salad



Strawberry Banana Protein Smoothie



Superfood Smoothie



Ingredients

- 1 cup baby spinach loosely packed (organic)
- 1 sm frozen banana, slice before freezing
- 1 cup frozen berries, unsweetened (blueberries were used in the photo)
- Fresh ginger root (1/2" slice)
- 1/2 cup Kefir or Greek Yogurt, plain, low-fat
- 1 cup chilled green tea (unsweetened)...home brewed is best.
- 1/2 cup pure pomegranate juice
- 1 cup crushed ice



Direction

Toss all ingredients in the blender and blend until smooth. The blender will be filled to the top with loads of superfoods, so be sure the lid is on securely before blending. It will take a minute or so for all the ingredients to blend completely. For a thinner smoothie, add more green tea.

Enjoy and reap the benefits!!!

Superfood Smoothie



Ingredients

- 1 organic (sweet) apple, cored, keep peeling
- 1 cup frozen red grapes
- 1 teaspoon freshly grated ginger
- 1/2 cup kefir, plain, fat-free
- 1/2 cup chilled green tea, unsweetened, home brewed is best
- 1 tablespoon honey (optional)
- ice cubes



Direction

Add all the ingredients to a blender and blend until smooth.
Add the amount of ice according to your preferred thickness.

Chia Seed Berry Yogurt Smoothie

Ingredients

- 2 tablespoons chia seeds
- 1 cup no sugar added orange juice
- 1/2 cup fresh strawberries
- 1/2 cup fresh blueberries
- 1/2 cup fresh raspberries
- 1/2 cup fresh blackberries
- 1 large banana, cut into quarters
- 2 tablespoons honey
- 1/4 teaspoon cinnamon
- 2 cups plain Greek yogurt



Directions

In a small bowl, combine chia seeds and orange juice, mix well, and refrigerate.

While the chia seeds are set, add the remaining ingredients to a blender. Blend until smooth. Remove chia seeds from the refrigerator (the seed should have absorbed the liquid and will be gel-like). Add the mix to the blender and blend until well combined. Serve and enjoy!

Pick Me Up Breakfast Smoothie

Ingredients

- 1 tablespoon ground flax seed
- 6 ounces coconut water, optional plain water
- 4 strawberries fresh or frozen
- 5-6 baby spinach leaves
- 1 whole banana

Directions:

Blend in blender and drink up
for a healthy!



Strawberry Banana Protein Smoothie



Ingredients

- 1 large frozen banana (slice into 1" pieces before freezing)
- 6 large frozen strawberries (unsweetened)
- 1/2 " slice fresh ginger root (optional)
- 1 cup skim rice milk (or almond)
- 1/2 cup Greek Yogurt, plain fat-free
- 1/4 cup wheat germ
- Optional – 1 scoop of high-quality vanilla protein powder



Direction

Place all the ingredients in a blender and blend until creamy...just like a milkshake.

Vanilla Almond Shake



INGREDIENTS

- ☐ 2 cups almond milk
- ☐ 2 teaspoons vanilla extract
- ☐ 1 heaping tablespoon of almond butter
- ☐ 1/2 teaspoon of cinnamon
- ☐ 1/2 teaspoon of nutmeg
- ☐ A dash of sea salt
- ☐ Optional: A dash of Stevia to taste

DIRECTION

- ☐ Blend until smooth.

Chocolate Peanut Butter Protein Smoothie



INGREDIENTS

- ☐ 2 tablespoons cocoa powder
- ☐ 3 tablespoons natural peanut butter (optional, organic Powdered Peanut Butter which is much lower in fat & calories than regular peanut butter.)
- ☐ 1 cup low-fat milk, (optional, almond or soy milk)
- ☐ 1 frozen banana, pre-sliced

DIRECTION

- ☐ Blend and enjoy!

Hydrating Drink

Take a look at what's inside this super hydrating drink:

Carrot Juice: Healing, contains pro-vitamin A, vitamins C, D, E, K, B1, and B6, and helps with acne, ulcers, asthma, cholesterol, constipation, and water retention, just to name a few.

Coconut Water: The juice is packed with simple sugar, electrolytes, and minerals to replenish hydration levels within the body. What makes this so beneficial are the naturally occurring bioactive enzymes such as acid phosphatase, catalase, dehydrogenase, diastase, peroxidase, RNA-polymerases, etc. In effect, these enzymes help in digestion and metabolism. Coconut water also contains electrolyte potassium, and fresh coconut water has a small amount of vitamin C (Ascorbic acid).

Pineapple: Contains vitamin C, Vitamin B6, thiamin, copper, manganese, and dietary fiber. It has a Rich amount of manganese for strong bones, and anti-cancer properties, helps recover sore throat symptoms, gout, and swellings, promotes healthy immunity, and helps with nausea.

Cucumber: Re-hydrates and replenishes the body, helps with digestion, reduces cholesterol, and controls blood pressure. Cucumber is an excellent source of silica, which is known to promote joint health by strengthening the connective tissues. They are also rich in vitamins A, B1, B6, C & D, Folate, Calcium, Magnesium, and Potassium. When mixed with carrot juice, they can relieve gout and arthritis pain by lowering uric acid levels.

NOTE: If this is a combo you don't love, then just drink the Coconut Water. It's like natural Gatorade on steroids! But if you like a little ba-da-bing in your drink, then you'll love the other ingredients added in!

Chocolate Ginger Shake



INGREDIENTS

- ☐ 1 cup unsweetened chocolate almond milk
- ☐ 1 1" piece of ginger, peeled and minced finely (save any juice that comes from it) or 1 tablespoon ginger powder
- ☐ 1/2 teaspoon cardamom
- ☐ 1 heaping tablespoon of cacao or cocoa powder
- ☐ 1 heaping tablespoon almond or cashew butter (sunflower seed butter works too)
- ☐ 1 scoop protein powder
- ☐ Add Stevia or Monkfruit to taste.

DIRECTION

- ☐ Blend until smooth and creamy.



No Bake Workout Bars

Ingredients

- 2 cups steel-cut rolled oats
- 1/2 cup quality chocolate or vanilla protein powder
- 1/2 cup mini chocolate chips (Enjoy Life was used in this recipe)
- 1/2 cup chia seeds or ground flax seeds
- 1/2 cup raisins
- 1 cup natural peanut butter
- 1/2 cup lite coconut milk (more or less as needed to reach the desired consistency)
- 1/4 cup honey (raw honey if possible)

Directions

In a blender, pulse 1½ cups of the oats until flour-like consistency. In a large bowl, toss to combine oat flour, remaining 1/2 cup oats, protein powder, chocolate chips, chia or flax seeds, and raisins. Stir together in a medium bowl the coconut milk, peanut butter, and honey. Pour the peanut butter mixture over the oat mixture and stir until thoroughly incorporated.

Spread mixture into a 9 x 9-inch square pan or an 11 x 7-inch pan. Press mixture down and cover with a lid or foil and refrigerate overnight, or until they harden some. Slice into 12 bars and keep stored in the refrigerator.

Hazelnut Coco Crunch Bars



Ingredients

- 1 cup cacao powder
- 1/2 cup melted coconut oil
- 1/4 cup coconut sugar or nectar
- 1/2 teaspoon sea salt
- 1/2 cup hazelnuts
- 1/2 cup coconut flakes or shredded coconut
- Optional for “milk” chocolate
- 1/2 cup almond or coconut milk

Directions

In a medium bowl add the cacao powder, coconut sugar, and sea salt.
Melt the coconut oil over low heat until liquid. Add to the bowl and mix well.

If we are making the “milk” chocolate version, add coconut or almond milk.

Add the hazelnuts and coconut flakes (or add nuts, seeds, swirls of almond butter, etc.)
Line the baking dish with parchment paper and pour the mixture into the bottom, smoothing it out so it's even on top. Add more toppings, if desired, on top of the chocolate. We recommend coconut flakes or sea salt on top of this chocolate bar recipe.

Place in the freezer until hardened, break into pieces, or cut into more even pieces, and enjoy!

Store in the freezer as they're not tempered and will eventually melt at room temperature.

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Superfood Energy Bars

Ingredients

- 1 cup walnuts
- 1/3 cup chia seeds
- 1/3 cup ground flax seeds
- 1/3 cup hemp seeds
- 1/4 cup cacao nibs
- 1/4 cup coconut flakes
- 3/4 cup pumpkin seeds
- 1/2 cup raisins
- 1 cup dates
- 1-2 tablespoons melted coconut oil, if needed



Directions

Throw the dry ingredients (keep a little bit of each ingredient to add in a second) in your food processor, then add the dates and raisins and process until everything it starts to stick together. If too dry, add more dates or coconut oil. Put in the remaining dry ingredients you left out and mix in with your hands. Press into a lined pan and set in the fridge for an hour or more. Cut into bars and store for up to one week. If you have extra, shape them into cupcakes and top off with raw chocolate.

Chia Banana Bites

Ingredients

- ¾ cup almond meal
- 2 tablespoons coconut flour
- 2 tablespoons chia seeds
- 1 teaspoon cinnamon
- ¼ teaspoon salt
- ½ teaspoon baking soda
- 1 large ripe banana, mashed
- 1 egg
- 1 tablespoon coconut oil, melted
- 2 tablespoons unsweetened almond milk (or other milk)
- ½ teaspoon vanilla extract
- ¼ cup chopped pecans (optional)



Directions

Preheat oven to 350° degrees and grease a mini-muffin pan.

Combine almond meal, coconut flour, chia seeds, cinnamon, salt & baking soda in a large bowl.

Whisk together remaining ingredients (besides nuts if using) in a small bowl. Add the wet ingredients to the dry and stir to combine. If using the nuts, fold into the batter until evenly distributed. Spoon batter into mini-muffin pan and bake for about 15 minutes until tops start to turn golden brown. Remove from oven and let cool for a few minutes before transferring to a cooling rack.

Chili-Lime Spiced Pumpkin Seeds

Ingredients

- 2 cups pumpkin seeds or squash seeds
- 1/2 teaspoon cayenne pepper
- 1/2 tablespoon chili powder
- 2 teaspoons fresh squeezed lime juice
- 1/2 teaspoon Sea Salt



Directions

Rinse pumpkin or squash seeds in a colander. Spread evenly on a baking sheet and allow to dry for 1 hour or longer. Pat dry with a clean dish towel or paper towels if desired to save time.

Preheat oven to 275° degrees F.

Toss the seeds in spices and lime juice. Place the seeds back on the baking sheet and roast for 15 to 20 minutes. Remove from the oven, and allow them cool on a plate. Put in a bowl and serve as a shared snack.

Superfood Chia Energy Bites

Ingredients

- 1/2 cup creamy raw almond butter
- 1/2 cup hemp hearts
- 2 tablespoons chia seeds
- 1/2 cup unsweetened coconut flakes
- 1/2 cup maple syrup or raw honey
- 1 teaspoon vanilla
- 1/4 cup cacao nibs or chopped dark chocolate
- 1/4 cup raw cacao powder

Directions

In a bowl, mix together all ingredients (except cacao powder) until well combined. Roll into 1" balls, then roll into cacao powder. Refrigerate until ready to serve and enjoy!



Coconut & Flaxseed Granola Bars



Ingredients

- 2 Ripe Bananas
- 1/2 cup Unsweetened Almond Milk
- 1 TBSP Vanilla Extract
- 1 1/2 cup Steel Cut Oats
- 1 packet Perfect Fit Protein Powder (or 1 serving of your favorite Vanilla Protein Powder)
- 2 packets Stevia
- 2 cups Unsweetened Shredded Coconut
- 1/2 cup Ground Flaxseeds

Directions

Preheat oven to 350°F. Mash the bananas well or puree them in a food processor. Combine with the milk and vanilla. In a separate bowl, mix the dry ingredients. Slowly combine the wet and dry ingredients and mix well. If you are going to use dried fruit, add it in here. Press the batter into a large baking dish or cookie sheet. Make sure the mixture is evenly distributed throughout. You can add chocolate chips on top here if you want chocolate chips. Place in the oven for 15-20 minutes or until the edges start to brown. Let cool and cut into 16 even-sized bars.

GREEN GODDESS DRESSING

Ingredients

- 1/2 cup tahini
- 1/2 cup extra-virgin olive oil
- 3 tablespoons apple cider vinegar
- 3 tablespoons lemon juice
- 2 garlic cloves, minced
- 1/4 cup miso
- 1/4 cup fresh parsley
- 1/4 cup fresh cilantro
- 1/4 fresh basil
- 1 scallion, roughly chopped
- 1/2 teaspoon sea salt



Directions

In a blender, purée together the tahini, olive oil, vinegar, lemon juice, garlic, and miso until the mixture is smooth and creamy. Add the parsley, cilantro, basil, scallion, and salt, and blend again.

Store dressing in a sealed glass mason jar or bottle in the fridge for up to one week.

Not Yo Momma's Ranch Dip



Ingredients:

- 1 cup Greek Yogurt, plain, fat-free
- 1/2 cup reduced-fat sour cream
- 1 Hidden Valley Ranch Dressing Seasoning Packet

No Guilt Dipping Sauce

Ingredients

- 2 teaspoons olive oil
- 1 small sweet onion, diced
- 2 cloves garlic, minced
- 1 cup hot sauce: I used Frank's Red Hot Original
- 1 (4 ounces) can of diced green chilies
- 1/2 cup honey (preferably raw wildflower honey)
- 1 teaspoon chili powder
- 1 teaspoon paprika, I used Hungarian paprika
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon black pepper
- Kosher or sea salt to taste



Directions

In a small skillet, add oil and heat to medium-low. Add onion and sauté until translucent, about 15 minutes. Add garlic and sauté one additional minute. Add onion, garlic, and all remaining ingredients to a medium saucepan, bring to a boil, reduce heat, and simmer for approximately 30 minutes.

If desired, pour sauce through a sieve and discard onion and peppers. Allow sauce to cool to room temperature and store in a glass jar with a lid until ready.

Creamy Avocado Dip

Ingredients

- 2 avocados, peeled, pit removed
- 2 cloves garlic
- 1/4 cup Greek yogurt, fat-free, plain
- 1/2 cup cream cheese, fat-free
- Juice of one lime
- 1/2 cup fresh cilantro
- 1 Jalapeño chili pepper, seeded and core removed
- 1 teaspoon cumin
- 1/4 teaspoon black pepper
- 1/2 teaspoon crushed red pepper flakes
- Kosher or sea salt to taste



Directions

Add all ingredients to a food processor. Pulse until ingredients are combined and of a smooth consistency. Refrigerate until ready to serve. Recommend serving the same day as prepared. Enjoy with fresh veggies.

Salsa Dip



INGREDIENTS

- ☐ 2 Chicken breasts filets, skinless
- ☐ 1 tablespoon olive or canola oil
- ☐ 1 (12-ounce) Jar of Salsa, no sugar added
- ☐ 1 cup non-fat shredded cheese (almost any cheese will work)

DIRECTION

- ☐ Cut the chicken into small pieces. Add oil to a medium skillet and sauté over medium heat until done. Add salsa and simmer for 5-10 minutes. Remove from heat, add cheese, and stir until melted.

Thai Chicken Salad (Serves 2-4)



Ingredients:

- 1 pound ground chicken
- 2 tablespoons coconut oil
- 1 shallot, minced
- 3 garlic cloves, minced
- 3 cups Napa Cabbage, shredded
- 1/2 cup carrots, grated
- Juice of 2 limes
- 2-3 tablespoons of fish sauce (Red Boat brand)
- 1" ginger piece, peeled and grated
- Stevia to taste
- Handful of basil, julienned
- 12 mint leaves, minced
- 1/2 cucumber, seeded and sliced into 1/2 moons
- 2 green onions, chopped
- Small handful of cilantro, chopped
- Optional: 1-2 tsp red pepper flakes

Directions:

In a medium skillet, add coconut oil over medium/ high heat. Add shallot and garlic. Sauté until they are starting to caramelize - about 5 minutes. Add chicken and sauté until brown. Set aside. Whisk limes, red pepper flakes, fish sauce, ginger and stevia. Toss chicken, veggies, and herbs.

Rainbow Salad with Honey-Lemon Dressing



Ingredients:

- 1 red bell pepper, cut into strips
- 1 yellow bell pepper, cut into strips
- 1 green bell pepper, cut into strips
- 6 radishes, thinly sliced
- 1 small red onion, quartered, thinly sliced
- 1 small cucumber, cut in half and thinly sliced
- Optional basil leaves for garnish
- ¼ cup blue cheese or feta cheese crumbles

Directions:

In a medium skillet, add coconut oil over medium/ high heat. Add shallot and garlic. Sauté until they are starting to caramelize - about 5 minutes. Add chicken and sauté until brown. Set aside. Whisk limes, red pepper flakes, fish sauce, ginger and stevia. Toss chicken, veggies, and herbs.

Honey-Lemon Dressing

- 1 tablespoons honey
- 2 tablespoons lemon juice
- 3 tablespoons extra virgin olive oil
- 1/2 teaspoon dried oregano
- 1 clove garlic, pressed
- 1/8 teaspoon freshly ground black pepper
- Kosher or sea salt to taste

Cucumber Egg Salad (Serves 2-4)



Ingredients

- 4 cage-free eggs
- 1 small English cucumber (or two tiny pickling cukes)
- 1 tablespoon mayo (made with real eggs and olive oil, no soy)
- 2 teaspoons mustard
- 1 tablespoon dill
- 1 teaspoon paprika
- Sea salt and black pepper to taste

Directions

Place the eggs in a saucepan and cover with water. Bring the water to a boil over high heat and turn the heat off as soon as it's a rolling boil. Let the eggs sit for 8 minutes. Have another bowl of ice-cold water ready to move the eggs into after the 8 minutes. Remove the eggs from the hot water with a slotted spoon and into the ice bath to stop the cooking. Let's sit while you prep the other ingredients.

Chop the cucumbers into rounds and then halves if they're tiny or quarters if they're larger. Peel and cut the eggs, mashing them up in a bowl with the mayonnaise, mustard, paprika, and dill. Sprinkle with a pinch of sea salt and black pepper, adjusting to your taste. Add the cucumbers and combine it all together. Serve on top of lettuce leaves, either as a "wrap" or just salad topping.

Snap Pea Salad



Ingredients

Dressing:

- 2 teaspoons Dijon mustard
- 1 tablespoon finely minced shallots
- 1/4 cup white wine vinegar or champagne vinegar
- 1/2 teaspoon kosher salt
- 1/4 cup extra-virgin olive oil
- Fresh ground black pepper to taste

Salad

- 5 ounces arugula and spinach mix (or just arugula)
- 4 ounces snap peas
- 2 nectarines
- 1/2 cup radishes
- 1/4 cup pine nuts
- 1/4 cup mint

Directions

Toast the pine nuts. Place one teaspoon of olive oil in a sauté pan over medium-low. Add the pine nuts and toast, constantly tossing until lightly browned (don't step away from the pan as they burn easily).

Make the dressing. Finely mince the shallots and shake or whisk with the other dressing ingredients.

Prepare the vegetables. Wash and dry the arugula mix. Thinly slice the radishes (preferably with a mandolin slicer). Wash the snap peas. Thinly slice the nectarines. Pick mint leaves from the stem and (optionally) chop. Toss salad with dressing and enjoy. Refrigerate unused salad dressing.

Cobb Salad



Ingredients

- 6 cups chopped romaine heart lettuce
- 2 ripe avocados, seeded and peeled, slice into 1" pieces
- 1 split chicken breast, cooked, skin removed and cubed
- 2 vine-ripe tomatoes, chopped
- 2 hard-boiled eggs, peeled and sliced

Dressing

- 1/4 cup red wine vinegar
- 1/2 cup extra-virgin olive oil
- 1 teaspoon honey or maple syrup
- Kosher or sea salt to taste
- 1/8 teaspoon black pepper

Directions

Combine salad ingredients in a large bowl. Combine dressing ingredients and drizzle over salad.

SLOW COOKER HEARTY VEGETABLE AND BEAN SOUP



Directions

Add all the above ingredients to the slow cooker, stir to combine, cover, and cook on low for 8-10 hours or until carrots are tender.

*Note: To make this a meat dish, add 1 pound of chicken fillets (cut into 1" cubes) to a slow cooker and the other ingredients.

Tip: If you prefer a thicker soup, near the end of cooking time, remove 1/2 cup of soup (liquid and veggies) and puree. Return them to the slow cooker. A fork works well to mash the ingredients. Minimum Slow Cooker Size: 4 quarts

Ingredients

- 1 sweet onion, diced
- 2 cloves garlic, minced
- 1 medium sweet potato, peeled and cut into 1" cubes (optional, white or red potato)
- 2 carrots, peeled and sliced into 1" pieces
- 2 stalks celery, diced
- 1 cup whole kernel corn (optional)
- Kosher or sea salt to taste
- 1/2 teaspoon black pepper
- 1/8 teaspoon allspice
- 1 teaspoon paprika
- 1 bay leaf
- 1/2 teaspoon crushed red pepper flakes, more or less to taste (can be substituted with cayenne pepper)
- 2 cups frozen or fresh green beans
- 4 cups vegetable broth, low sodium (chicken broth can be substituted)
- 1/4 cup freshly chopped parsley
- 1 (14.5 oz.) can diced tomatoes
- 2 cans cannellini beans, drained (navy, black, or pinto can be substituted)

THAI COCONUT CHICKEN SOUP

(Serves 2-4)



Ingredients

- A few spoonfuls of coconut oil
- 2 garlic cloves, minced
- 1/2 red onion, chopped
- 1 jalapeño, seeded and minced (use less if you are sensitive to spice)
- 2 cans of coconut milk
- 4 cups vegetable or chicken broth
- 2-inch chunk of ginger, grated
- Zest and juice of 1 lime
- 2 stalks of lemongrass, cut into chunks and bruised with the back of a knife to bring out
- 3-4 tablespoons fish sauce (Red Boat brand is great); start with less and add to taste
- 1 pound chicken, sliced thinly
- 1 cup of mushrooms chopped
- Dash of Stevia
- Fresh cilantro chopped for garnish
- Wheat-free tamari to taste

Directions

Melt coconut oil in a soup pot. Add jalapeño, onions, and garlic and sauté until fragrant (a couple of minutes).

Add coconut milk, broth, ginger, lemongrass, lime zest, fish sauce, and chicken to the soup pot.

Simmer for 15 minutes. Add the mushrooms, lime juice, dash of stevia, and tomatoes to the pot. Simmer for an additional 5 minutes. Garnish with cilantro. Add a splash of wheat-free tamari if additional salt is desired.

VEGETABLE FRITTATA (Serves 2)



Ingredients

- 6 eggs from pastured (happy) hens
- 1/2 cup coconut milk
- 1 medium-sized onion, sliced thin
- 3-4 cups diced zucchini and/or summer squash
- 2 garlic cloves, sliced thin
- Sea salt, to taste
- 1/4 cup chopped fresh herbs (chives, basil or parsley, whatever you prefer)

Directions

Preheat the oven to 350°F. Chop vegetables. Heat a 5-6 inch oven-proof pan (preferably cast iron) over medium-high heat. Melt a few coconut oil tablespoons, then add the onions and zucchini. Cook until soft. Add the garlic and continue to cook until aromatic and the garlic is golden. While the veggies cook, whisk the eggs, coconut milk, chopped herbs, and sea salt.

Pour the egg mixture into the vegetable pan, then transfer it to the oven. Bake for about 15-25 minutes (the size of the pan will determine how long it takes in the oven). Once the center of the frittata is “set” (you can use a toothpick or fork to check), remove it from the oven and serve with or over mixed salad greens.

BRAISED BEEF WITH MUSHROOMS OVER MASHED CAULIFLOWER

(Serves 2)



Ingredients

- 1 1/2 pounds grass-fed stew beef or short ribs
- 2 tablespoons coconut oil, divided
- 2 tablespoons coconut flour
- 1 pound baby bella mushrooms, sliced
- 1 onion, diced
- 3 stalks celery, diced
- 3 cloves garlic, minced
- 1 tablespoon tomato paste
- 1/2 cup red wine
- 1/4 cup balsamic vinegar
- 2 rosemary sprigs
- 3 thyme sprigs
- 1 cup organic broth (beef or vegetable)
- Sea salt and pepper to taste

Directions

Preheat the oven to 300°F. Toss beef with coconut flour, salt, and pepper. Heat coconut oil in a Dutch oven over medium-high heat.

Brown meat on all sides remove from Dutch oven and set aside. Add another tablespoon of coconut oil to the Dutch oven. Add onions, mushrooms, and celery - sauté until translucent and starting to brown.

Add tomato paste and sauté for 30 seconds. Add garlic, beef, wine, vinegar, rosemary, thyme and broth. Bring to a boil. Cover and place in oven.

Cook for 3-4 hours or until beef is tender. Serve over mashed cauliflower.

PARCHMENT SALMON AND ASPARAGUS

(Serves 2)



Ingredients

- 3/4 - 1 lb. wild salmon
- 2 large handfuls of asparagus
- Drizzle of walnut (or olive) oil
- 1 tablespoon dill
- 2 tablespoons balsamic vinegar
- Sea salt and black pepper to taste

Directions

Break the tough ends off the asparagus. Lay two fairly large rectangles of parchment out and divide the asparagus between the two. Drizzle with some walnut (or olive) oil and add a crack of fresh ground pepper. Cut the salmon fillet into two pieces, drizzle with the balsamic, and then add the dill.

Place a piece of salmon on each asparagus stack and add a tiny splash of oil. Roll the parchment up and fold it into packages, placing it on a baking sheet. Preheat the oven to 375°F, or if you're making these ahead of time, keep them in the fridge until ready to eat. Place the baking sheet in the oven and set a timer for 20 minutes. Do not open the packages while they're cooking.

When the timer goes off, check the parchment, and the fish is most likely done if the edges are nice and brown. If the edges aren't quite browned, leave it in for another 2-3 minutes.

Remove from the oven and serve warm. Open them right at the table and either eat out of the parchment or transfer them to plates. The smell is amazing; just be careful of the hot steam!

HEMP PESTO CRUSTED HALIBUT

(Serves 2)



Ingredients

- 1 pound halibut (or any local wild-caught fish), cut into 4 fillets
- 2 large handfuls of lettuce greens tossed in a lemon vinaigrette
- 1/2 cup hemp seeds
- 1 medium beet, finely diced (approx. 1 cup)
- 1 garlic clove, diced
- 2 lemons, sliced thin
- 1/2 cup basil leaves
- 1/4 cup olive oil, plus extra to dress the fish
- 1 or 2 teaspoons sea salt
- Black pepper, freshly ground

Directions

To make the pesto, place the hemp seeds, beets, and garlic into a food processor and pulse until the beet is finely chopped. Add lemon, basil, and seasonings. Keep processing while drizzling in the olive oil. The pesto is best on the thicker side, so only add enough oil to puree the mixture.

Pour the pesto into a bowl and set aside. Preheat oven to 350°F. Coat the fish fillets with olive oil, sea salt, and black pepper and cover with thin slices of lemon. Place fillets in a baking dish. Bake for 10 to 25 minutes or until cooked through. Divide the lettuce greens onto 4 plates, top with the halibut, and place a scoop of pesto on each piece of fish. Serve warm.

ROASTED CAULIFLOWER AND RED PEPPERS WITH OLIVES



Ingredients

- 1 head cauliflower, florets
- 1 tablespoon freshly squeezed lemon juice (about 1/2 lemon squeezed)
- 1 cup green or black olives (without pits preferred)
- 1 red bell pepper, stemmed, seeded, and cut into thin strips OR 1 cup cherry tomatoes, halved
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon capers
- 1 cup cremini mushrooms
- 1/2 teaspoon kosher or sea salt
- Freshly ground black pepper
- 1/4 cup chopped parsley, optional

Directions

Preheat the oven to 400° F.

Remove the florets from the head of the cauliflower. Toss the cauliflower and red pepper strips or halved cherry tomatoes and mushrooms with salt, pepper, lemon juice, and olive oil.

Spread in an even layer on a rimmed baking sheet, and cook for 25 to 30 minutes until the cauliflower has browned slightly. Remove from the oven and stir in the olives and capers. Stir in chopped parsley if desired before serving. Serve over a bed of Spring Mix.

THAI CHICKEN LETTUCE WRAPS



Ingredients

Chicken

- 1 lb. pasture-raised ground chicken
- 4-5 cloves garlic
- 1 large red bell pepper (omit if cleansing, or substitute a favorite veggie)
- 1 large or 2 small shallots
- 4-5 green onions
- 1 8-ounce can of water chestnuts

Sauce

- 3 tablespoons gluten-free Tamari
- 1.5 tablespoons Rice Vinegar
- 1 tablespoon coconut palm sugar
- 1/2 lime, juiced
- 2 teaspoons fish sauce
- 1/2 teaspoon red pepper flakes
- 1 heaping teaspoon ginger, grated

Directions

Heat two tablespoons of olive oil over medium heat. Add chicken along with a generous pinch of salt and black pepper.

Use a wooden spoon to break apart the chicken and cook until lightly cooked but not cooked through (about 3-4 minutes). Remove chicken from pan and set aside. Wipe the pan clean.

While the chicken is cooking, prepare vegetables. Finely chop bell peppers, mince garlic, slice green onion (keep green and whites separate), mince shallots, grate ginger, and chop water chestnuts. Next, prepare the sauce by whisking all sauce ingredients together in a small bowl.

Heat a tablespoon of olive or coconut oil over medium heat. Add bell peppers and cook for 2 minutes. Add shallots and white ends of green onions and cook for another 2 minutes. Add garlic, ginger, and chicken next and stir ingredients together. Pour sauce over the meat and let the chicken cook through (about 3-5 additional minutes). Remove from heat. Gently fold the water chestnuts into the cooked chicken and place on a serving platter with green onions. Serve Thai lettuce wraps with butter lettuce leaves or romaine lettuce.

HEART-HEALTHY VEGETABLE KEBABS WITH TZATZIKI SAUCE



Ingredients

For the kebabs:

- 1/2 lb. baby bella mushrooms
- 1 zucchini
- 1 summer squash
- 1/2 red onion
- 1 tablespoon olive oil
- 1/2 teaspoon sea salt
- 1/4 teaspoon black pepper
- Fresh chopped parsley, for serving

For the tzatziki sauce:

- 1 cup raw cashews
- Juice of 1/2 lemon
- 1 small garlic clove
- 1 teaspoon dried dill
- 1 teaspoon dried parsley
- 1/2 teaspoon salt
- 1/4 tsp. black pepper
- 1/4 cup water (plus extra to thin, as necessary)

Directions

To make the tzatziki sauce, measure the raw cashews into a large bowl and cover with water. Soak for four to six hours, then drain.

Halve the lemon, mince the garlic clove, and measure the dill, parsley, salt, and black pepper. Add the soaked cashews, lemon juice, garlic, and spices to the bowl of a food processor or high-speed blender. Pour in the water. Blend the mixture until well combined. If the mixture is too dry, add more water, one tablespoon at a time, until you achieve a smooth, creamy consistency. Cover and set in the fridge to chill.

Prep your veggies. Remove the woody stems from the mushrooms and slice the zucchini and summer squash into 1/2-inch rounds. Cut the onion into large chunks. Combine the veggies in a large bowl and toss with olive oil, salt, and black pepper.

Thread the veggies onto bamboo or metal skewers, leaving a few inches bare on each end.

Pre-heat grill. When hot, place the veggie kebabs directly on the grate. Cover and cook for 15 minutes, rotating the kebabs occasionally so the vegetables are cooked on all sides. Transfer the cooked veggie kebabs to a platter. Drizzle with tzatziki sauce and sprinkle with fresh chopped parsley. Enjoy warm.

LAMB or BISON BURGERS with BAKED ZUCCHINI FRIES



Ingredients

- 4 Tablespoons avocado oil
- 1/2 small red onion
- 1 lb. grass-fed ground lamb OR bison burger
- 2 Tablespoons fresh parsley, finely chopped
- 2 Tablespoons fresh mint, finely chopped
- 2 teaspoons Dijon mustard
- 1 tsp. dried oregano
- 1/2 tsp. ground coriander
- 1/2 tsp. ground cumin
- 3 cloves of garlic, finely chopped
- 3 cloves garlic, finely chopped

Directions

Heat 2 tablespoons oil in an 8" skillet over high heat. Add onions; cook until browned, about 6 minutes. Transfer onions to a plate; let cool.

In a large bowl mix together the onions, lamb, mustard, herbs, spices, garlic, and salt and pepper. Form meat into two 1"-thick patties; set aside. You will have enough meat to make 4 patties.

Heat 2 tablespoons of avocado oil in skillet on medium heat and add your lamb patties. Allow patties to cook until browned on each side, about 5-6 minutes on each side. Watch carefully.

Serve patties on large lettuce leaves and spread Dijon mustard on top, thinly sliced red onion, and fresh parsley. Serve with a side of baked zucchini fries, recipe below.

To Serve

- 4 large lettuce leaves
- 1/3 red onion thinly sliced
- Dijon mustard
- Fresh parsley
- Lamb Burgers

BAKED ZUCCHINI FRIES



Ingredients

- 3 zucchinis
- 1/2 cup of gluten-free bread crumbs
- 1/4 cup cashew parmesan cheese (1/2 cup raw cashews, 1 tsp garlic powder, 1/2 teaspoon salt blended together in food processor)
- 1/4 cup avocado oil
- salt to taste
- Baked Zucchini Fries

Directions

Preheat your oven to 425°F. Lightly grease a cooking sheet with avocado oil. Cut the zucchini in half lengthwise and remove the seeds. Slice the zucchini into 1/2 x 4-inch pieces.

CHICKEN SLIDERS



Ingredients

- 16 oz. organic ground chicken
- 1 leek, chopped white part only (yields 1/2 cup)
- 1 TBSP fresh thyme leaves
- 2 tsp minced or fresh pressed garlic
- 1 & 1/2 tsp salt
- 1-2 tsp coconut oil for the pan

Directions

You'll likely only need one leek to produce the 1/2 cup chopped leek. Slice it right where the white starts to turn green. Throw away the green part and the tip. Slice the white portion in half, length-wise, to make it easier on the cutting board. Chop until small or fine slices of onion. Pluck the thyme leaves off of approximately 10 stems. This should produce the necessary 1 TBSP measurement of fresh thyme.

Mix all ingredients together and form into circular burgers. Heat a pan on the stovetop with about 1-2 tsp coconut oil. Cook the burgers on medium to low heat to ensure they are cooked through. Serve in a butter or romaine lettuce wrap or even on a bed of 3-5 bites of brown rice. Top with sliced avocado or your desired topping.

GLUTEN-FREE CAULIFLOWER CRUST PIZZA

Ingredients

Crust

- 1/2 cup quinoa, soaked for 3 hours
- 1/2 large cauliflower (about 1/2 pound)
- 1/4 cup water
- 1 tablespoon flax seed
- 1 teaspoon baking powder
- 1 clove garlic
- 3 tablespoons olive oil
- 1/2 teaspoon salt
- 1 teaspoon dried oregano



Pesto

- Zest of one lemon
- 2 cups packed basil
- 1/4 cup olive oil
- 1 tablespoon nutritional yeast
- 2-3 cloves garlic
- 1/4 cup raw pine nuts

Toppings

- 1/4 packed sun-dried tomatoes (omit if cleansing)
- 1/2 purple onion
- 2 cups dyno kale
- (Optional: add chicken for a heartier meal)

GLUTEN-FREE CAULIFLOWER CRUST PIZZA



Directions

Cut cauliflower head in half, storing one-half for use later. Chop the other half roughly and discard the leaves.

(TIP: you can buy bagged cooked and crumbled cauliflower in the frozen food section to save time!) Drain and rinse quinoa. Place quinoa, cauliflower, water, flax, baking powder, oregano, garlic, 3 tablespoons olive oil, and salt into a blender.

Blend on high until a smooth mixture remains (it will resemble pancake batter). Heat a generous layer of olive oil over medium heat. When oil is shimmering but not smoking, pour in the batter and use a spoon to even it out.

Cook until the crust is lightly browned, about 3-5 minutes. Use a spatula to flip the batter carefully. Place the entire pan into the oven and bake for 10-15 minutes. Remove crust from pan and set aside to cool slightly.

While crust bakes, prepare pesto sauce. Place all ingredients except olive oil into a food processor. Pulse a few times to mix ingredients, then slowly drizzle olive oil with speed on low to create pesto sauce. You can continue to add olive oil until your desired consistency is reached.

Thinly slice purple onions, finely chop sundried tomatoes and destem and chop kale. Drizzle a small amount of olive oil over the kale and toss with your hands.

Place parchment paper over a baking sheet. Place crust on the baking sheet, spread pesto over top, and sprinkle red onions and tomatoes over top. Sprinkle kale last so that it will crisp up in the oven. Bake for 10-15 additional minutes until the veggies are cooked and the kale is crispy. Let the pizza cool for 5 minutes before serving.

ZUCCHINI NOODLES



Ingredients

- Noodles
- 4 medium zucchini's
- 1 cup cherry tomatoes
- Pesto
- 2 cups fresh basil
- 2 small garlic cloves
- 1/3 cup pistachios
- 1/4 cup olive oil
- 1 tsp. salt
- 1/2 tsp. pepper

Directions

Cut off the ends of the zucchini. Use a spiralizer or julienne slicer and slice zucchini into thin pasta-like strands in a bowl.

Absorb the moisture from the noodles with a paper towel. Set noodles aside. Wash the basil and dry. Cut the cloves of garlic in halves.

Blend together all of the pesto ingredients in a food processor or blender. Add more basil, garlic, salt, or olive oil to taste. Make sure the pesto is creamy and not dry.

Mix together the zucchini noodles with about 1/3 cup of pesto and top off with thinly sliced tomatoes and fresh basil.

CROCKPOT POT ROAST



Ingredients

- 1 ounce cremini mushrooms
- 10 small onions
- 2 medium-sized carrots
- 4 celery stalks
- 1 pound grass-fed lamb OR beef
- 2 bay leaves
- 32 ounces of mushroom broth
- 2 sprigs of rosemary, well chopped
- 1 tablespoon sea salt

Directions

First, prep your vegetables. Slice the mushrooms in thirds. Peel the outer skin of the onions, but leave them whole. Cut the carrots and celery into large chunks.

Combine all the ingredients except the rosemary in a crock pot and set to low. Cook for 6-8 hours, making the beef quite tender.

Finish with fresh chopped rosemary, season the stew with sea salt, then serve.

BUDDHA BOWL



Green Goddess Dressing

Ingredients

- 3 cups cooked and cooled brown rice
- 1 ripe avocado
- handful of olives, any variety
- 1 handful sprouts, any variety
- 1 large carrot, washed
- sweet potato, peeled, diced, and steamed
- 1/2 cup sauerkraut
- 1/4 cup pumpkin seeds

IMMUNE BOOSTING CHICKEN SOUP



Ingredients

- 4 celery stalks
- 1 large onion
- 2 tablespoons olive oil
- 1 pasture-raised chicken
- 1 large sprig of rosemary
- 4 garlic gloves
- 3 medium-sized carrots
- 2 cups sliced shiitake mushrooms
- 1 bunch of Swiss chard stems removed, greens roughly chopped

Directions

Roughly chop the celery and onion. Heat a large Dutch oven, add the olive oil, then sauté the 2 veggies for 2-3 minutes.

Gently add the whole chicken, rosemary, and garlic and cover with water. Bring the water to a boil, then lower the heat and gently simmer for an hour.

Remove the chicken, let it cool slightly, and then pick the meat off the bone. Add the meat, sliced carrots, and mushrooms back to the pot and simmer again for 30 minutes. Add the Swiss chard in the last 10 minutes of cooking. Taste, season with sea salt, and serve.

BAKED HALIBUT



Ingredients

- 2 6-8 ounce halibut steaks
- 1 bunch of fresh thyme
- ¼ cup olive oil, sea salt, to taste
- 1 large zucchini cut into ⅛ inch-thick rounds
- 1 medium-sized summer squash or patty pan
- 1 red onion, sliced thin
- 1 cup fresh peas
- ½ pound green beans cut into 3rds
- 1 tablespoon fresh mint
- 1 pint of raspberries

Directions

First, prep your vegetables by slicing the zucchini, squash, and onions. Shuck the peas and set aside. Heat a large skillet over medium heat with a few tablespoons of olive oil. Cook the onion and squash for a few minutes, stirring occasionally until soft and translucent.

Meanwhile, bring a pot of salted water to a boil. Blanch the peas and green beans just until soft, about 2-3 minutes. Remove from the water, drain, and add to the remaining vegetables.

To cook the halibut, lightly oil a baking dish, then lay a few sprigs of thyme on the bottom. Top with the halibut. Season with sea salt. Chop a few sprigs of thyme and sprinkle over the fish. Move to the oven and cook for about 5-10 minutes at 350°, being mindful not to overcook the fish. Once the veggies and fish are cooked, fold some chopped mint into the veggie pan. Season with sea salt. Divide the veggies amongst two plates and top with the fish.

PROTEIN PANCAKES



Ingredients

- 1½ cups brown rice flour or oatmeal flour
- 2 teaspoons baking powder
- 2 tablespoons coconut sugar
- ½ teaspoon sea salt
- 2 tablespoons coconut oil melted
- 2 large eggs, lightly whipped
- 1 cup Greek Yogurt (plain)
- ¾ cup coconut milk (optional use almond milk)
- 1 teaspoon pure vanilla
- 1 cup blueberries, divided
- ¼ cup honey or pure maple syrup for serving

Directions

Whisk together flour, baking powder, coconut sugar, and salt in a small mixing bowl.

Whisk together coconut oil, eggs, Greek yogurt, and milk separately. and vanilla. Gradually add the flour mix to the yogurt mix. Gently stir until just combined; a few lumps will remain. Fold in ½ cup blueberries.

Lightly spray the griddle or nonstick skillet with nonstick spray and turn to medium heat. Once hot, pour approximately ¼ cup batter onto skillet or griddle. When the edges of the pancakes begin to look dry and bubbles appear in the center, flip over. Cook until the second side is golden, about 1-2 minutes. Repeat with the remaining batter.

Serve sprinkled with remaining blueberries and drizzle with honey or maple syrup. If desired, top with sliced almonds.



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Teresa Ford
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Teresa Ford
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