

BUTIYOGA

CONNECT + THRIVE



30-DAY ASIAN-INSPIRED MEAL PLAN

It's no secret that the Asian population, overall, live longer, look younger, and carry FAR less risk of obesity and heart disease than any culture around.

Here are just a FEW of the many **health benefits you will experience** by Incorporating Asian foods, herbs, traditions and methods into your daily eating practices:

1. **Improved Weight-loss**
2. **Reduced inflammation (digestive and joint related)**
3. **Improved cardiovascular health (reduced cholesterol, blood pressure and risk of heart disease)**
4. **Reduced risk of cancer**
4. **Sustained energy throughout the day**
5. **Radiant, younger looking skin**
6. **Strong hair, teeth, and nails**

Doesn't that all sound appealing? Good news - there is no need to immerse yourself in the Asian culture for years (although I have!) This month we are going to **teach you the basics** of how Asian cultures approach food, food prep and the energetics of eating.

So keep reading and have fun this month as you apply these simple tips into your everyday life.

First things first, let's assess the stage: YOUR KITCHEN

The "Traditional" Japanese Kitchen:





The “Traditional” American Kitchen: Covered in tupperware, clutter, pre-packaged toxic foods, toxic plastic cookware and microwavable meals



Which kitchen do you identify most with?

If kitchen B is your situation, we lovingly say **it's time for a change**. You see the Asian situation (read: their remarkable health, radiant skin, and youthful appearance) is not only a product of **WHAT** they eat but **HOW** they eat and prepare each meal. Their standards for food preparation

and consumption are unparalleled to any culture around.

Let's take a look at the Japanese tradition of food preparation and apply their wisdom:

When Japanese professional chefs and home cooks plan a meal, they naturally incorporate the Five Elements Philosophy. This Philosophy, which originated in China, takes into account the relationship of the five ancient key elements of the universe: earth, wood, fire, water and metal. Each element is tied to a color, taste and cooking technique.

In preparing the dishes, the Japanese try to bring in five colors, not only to entertain the diner's eye, but also to add even more nutrition to the meal. They understand that variously colored vegetables offer different vitamins and nutritional components. Finally, the Japanese meal balances the five taste sensations: sweet, sour, salty, bitter and hot.

The tradition of 5's woven throughout the Asian culture is extensive and impressive. For more information on the topic feel free to check out [this article](#) which we think breaks it down in a helpful (and pretty) way.

Below we have compiled our own list of 5 to help **get you organized** and start **enjoying the benefits** of the Asian way of eating **today!**

5 steps to becoming a "BUTI-Asianista":

- 1. SET THE STAGE:** Do a basic kitchen and pantry clean up:
 - a. Raid your pantry:* get rid of any expired or processed food that is not high frequency. Invest in Asian inspired pantry staples such as: tamari, coconut aminos, coconut vinegar, and ume plum vinegar.
 - b. Detox:* Invest in mason jars and BPA-free plastic containers. Fill with your grain-free ingredients such as almond flour, coconut flour, tapioca flour, arrowroot, etc
 - c. Clean out your refrigerator:* get rid of the junk, wipe the surfaces, fill with fresh veggies and foods for the week ahead. Stock up on Asian ingredients such as: sriracha, minced ginger
- 2. SHARPEN UP:** Invest in a good set of knives and keep them designated for each element. Or simply start with the knives you have by assigning them a purpose from now forward. (<http://www.wusthof.com/desktopdefault.aspx/country-usa/wlang-2/>)
- 3. PROTECT YOUR FOOD:** When preparing meals, resist the urge to prepare the meal in a frantic and chaotic manner. Remember that all things (food is certainly no exception) have an energy associated with it and are affected by the surrounding energies in their field. Keep your food in high vibrational, life-force lifting zones by preparing using methods of peace and an attitude of love. Listen, we get that life is busy and we certainly do not expect you to be singing to your spinach! We're just suggesting a mindfulness of the energy surrounding you. Even setting the smallest intention by playing relaxing music or lighting a candle will do worlds of good and affect the energy of your food in ways you may not see but your body will undoubtedly feel.
- 4. PLAY WITH COLOR AND FLAVOR:** This month's Asian inspired recipes help you do this. Notice in each meal the appealing colors and balance of flavors (sweet, sour, salty, bitter and hot). Asian cuisine incorporates this balance intentionally, understanding that doing so leads to

optimal satisfaction and nutrient delivery. This balance does not just serve for pretty and absolutely delicious meals, it serves as a natural portion controller. When a diner is satisfied, they will feel complete with their meal faster.

5. **SLOW DOWN, SAVOR AND CHEW:** Make a practice of opening each meal by breathing, giving thanks, and chewing each bite! The most hard-core japanese gurus teach to chew each bite 50 times! We suggest a minimum of 30 chews to each bite (more depending on the food). This is undoubtedly a challenging practice for most of us who live busy, on-the-go lives. But we believe if you do nothing else this month, besides this step, you will see major improvements in your digestion and weight-loss, guaranteed!

HOLISTIC PRACTICES

In addition to the meals provided, we recommend incorporating the following holistic practices this month for increased life-force energy, reducing toxins and improvement of your overall sense of well-being.

Self Care: Homemade Mouthwash:

1 cup water
1 teaspoon baking soda
3 drops peppermint essential oils
Mix all ingredients in a glass jar and shake well
Store on bathroom counter.

Skin Care:

Kiwi Face Mask
*For Dry Summer Skin
1 egg yolk
1 tbsp each of kiwi juice
1 tbsp extra-virgin olive oil
Combine all ingredients and apply to face
Leave the mask on your skin for about 15 minutes and then remove it.

Home Care:

Homemade Kitchen cleaner :
1 (16 ounce) spray bottle
16 ounces peroxide (3%)
8 ounces water
5 drops tea tree oil
5 drops lemon oil
Pour all ingredients into spray bottle

Shake well

Spray on counter surfaces and wipe with a clean rag

Try this → Eat with Chopsticks to ensure slower consumption of food and improved digestion.

LET'S GET COOKIN'

*The recipes this month will be 20% Asian inspired. By incorporating these meals with their unique Asian ingredients into your current diet you will see **drastic improvements in your health** that the standard American diet (S.A.D) simply cannot offer.*

If any of the following recipes are too involved for you, please refer to our BUTI staples recipes found at the end of this document. These are always here for you to use as trust-worthy meals to keep you in high vibration and on track!

We want to remind you of the importance of buying organic produce. We understand that not everyone has the budget to buy *all* organic *all* the time, however please consider **ALWAYS** buying the following items organic. A simple step to avoid truly harmful and low-vibrational toxins.

The Dirty Dozen: (contain the most pesticides)

- i. Apples
- ii. Celery
- iii. Strawberries
- iv. Peaches
- v. Spinach
- vi. Nectarines – imported
- vii. Grapes – imported
- viii. Sweet Bell Peppers
- ix. Potatoes
- x. Blueberries – domestic
- xi. Lettuce
- xii. Kale/Collard Green

Asian Inspired High Frequency Foods:

Asian Basil, Asian Cucumber, Asian Pear, Chili, Cilantro, Daikon Radish, Galangal, Ginger, Japanese Eggplant, Lemongrass, Napa Cabbage, Watercress, Water Spinach.

WEEK ONE

DAY ONE

Breakfast: 2 Scrambled eggs with handful of raspberries and 2 slices of ham or turkey (*V
-- no turkey / ham, KF)

Prep Time: 5 minutes

Cook Time: 5 minutes

Servings: 1

Ingredients:

Mixing bowl

Saute Pan

Whisk or fork

Pasture butter (organic)

2 Free-Range Eggs

Handful of organic raspberries

2 slices of hormone-free, nitrate free deli meat

Salt & pepper

Directions:

1. Crack eggs into mixing bowl
2. Whisk or whip eggs quickly with a fork to create even color
3. Add salt and pepper to taste
4. Add 1 Tbsp butter to pan and place on medium-high heat
5. When butter is melted and evenly spread, pour egg mixture into pan and stir frequently
6. When eggs have reached your desired consistency (* we like them a bit runny to preserve the amino acid chains, etc) place onto a plate with deli meat slices and berries
7. If your kids want to add cheese to their eggs, remove yours onto a plate early and add the cheese after your breakfast is plated

Lunch: Large bowl of salad greens with sliced turkey breast & avocado (Bizzie's Dressing)
(*V no turkey sub heirloom tomato)

Bizzie's Dressing

Prep Time: 5 mins

Cook Time: 3 mins

Servings: 1 cup

Ingredients:

1/4 cup Olive Oil

1 tbsp Balsamic Vinegar
1 Tbsp Soy Sauce or Coconut Aminos (if paleo)
1 Clove Garlic (be sure to dice finely if not using a blender)
1 pinch sea salt

Directions:

1. In a blender or mixing bowl add ¼ cup of olive oil, 1 Tbsp Balsamic Vinegar, 1 Tbsp Coconut Aminos, 1 clove garlic and 1 pinch of sea salt
2. Blend and pour atop salad and mix well!

Snack: 1 pack of seaweed and 3 slices of ham or turkey

Dinner: Asian Glazed Salmon with Roasted Broccoli and Asparagus

Prep time: 5 mins

Cook time: 15 mins

Servings: 4

Ingredients:

4 6-ounce fillets of salmon, boneless and skinless
3 tablespoons coconut aminos
2 teaspoons coconut crystals or honey
¼ teaspoon ground ginger
¼ teaspoon minced garlic
pinch of sea salt and fresh cracked pepper

Directions:

- i. Preheat oven to 400 degrees F.
- ii. Combine the aminos, fish sauce, coconut crystals, ginger, garlic, salt, and pepper in a small bowl.
- iii. Place the salmon fillets in a baking dish and pour the marinade over the fish.
- iv. Roast in the oven for 15-20 minutes until flaky, basting the fish every 5 minutes.

Broccolini and asparagus roasted with lemon and garlic

Prep time: 5 min

Cook time: 18 mins

Servings: 4

Ingredients:

10 ounces broccolini, trimmed
10 ounces asparagus, trimmed and cut into 2-inch pieces

2 tablespoons extra-virgin olive oil
2 teaspoons fresh lemon juice
3 garlic cloves, crushed
¼ sea salt
pinch cracked pepper

Instructions

- i. Preheat oven to 400 degrees F.
- ii. Toss all of the ingredients together in a bowl to coat.
- iii. Spread the vegetables on a baking sheet and roast for 15 to 18 minutes, stirring once.
- iv. Tip: you can roast these at the same time as the salmon to expedite the process

DAY TWO

Breakfast: 3 Asian soft boiled eggs with turkey bacon and arugula salad

Prep Time: 5 minutes

Cook Time: 9 minutes

Servings: 4 eggs

Ingredients:

4 Soft-Hard Boiled eggs (8 minute boil)
5 tablespoons Coconut Aminos
8 slices nitrate-free Turkey Bacon
4 cups arugula

Directions

1. Pour the soy sauce into a pan that is approximately 10 inches in diameter. Heat the soy sauce of medium-high heat. When the soy sauce starts foaming up, reduce the heat to medium heat and carefully add the eggs. Roll the eggs around in the soy sauce to coat them, and continue rolling them around the pan until the eggs are a dark brown color and the soy sauce has been reduced to a thick sludge.
2. Remove the eggs, letting any extra soy sauce drain off, and place on a plate to cool.
3. When the eggs have cooled completely, pack them into lunches or enjoy one as a snack. Just don't leave them near my daughter, or else you'll never get to have a bite!
4. Serve over 1 cup of arugula and with 2 slices of cooked turkey bacon

Lunch: Water Spinach Salad with Sesame Seeds

Prep Time: 30 min

Cook Time: 5min

Servings: 4

Ingredients:

large bunch water spinach (or 2 bunches of regular spinach)

3 carrots

5 medium red radishes

2 Tbsp sesame seeds

2 Tbsp lemon juice

1 tsp raw honey

1 tsp coconut aminos (or Tamari)

1 tsp dark sesame oil

3 tsp thinly sliced scallion greens

Directions:

1. Remove leaves from stems. Rinse, dry and cool.
2. Cut stems into 1/4 inch pieces. Soak for a few minutes in lukewarm water to crisp. Dry and refrigerate, covered, for 1/2 hour or more.
3. Thinly slice both carrots and radishes and chill each separately in a bowl with ice water for 20 minutes.
4. In a small pan, toast sesame seeds for about 5 minutes, or until tan.
5. In a small dish, stir together lemon juice, honey, and coconut aminos. Add oil.
6. Toss leaves with half the dressing and 1 Tbsp of sesame seeds.
7. Arrange on plates.
8. In a separate bowl, toss together stems, carrots, radishes, scallions, and the remaining dressing and seeds. Arrange on leaves and serve immediately.

Snack: Apple and 1 cup of Lentil Chips (available at Whole Foods or other natural foods stores -- preferred brands are Plentil or Simply 7)

Dinner: Baked and Brined Chicken with lemon sesame bok choy

Baked and Brined Chicken

Prep time: 5 min + 1 hour marinate

Cook time: 30 min

Servings: 6

Ingredients:

6 Free Range Chicken Breasts

1 cup apple cider vinegar + 1 cup coconut aminos (or store-bought brining solution)

Directions:

1. Preheat oven to 400 degrees
2. Slice breasts with a sharp knife into tenders
3. Place tenders into ziplock bag with apple cider vinegar and coconut aminos (or store-bought brining solution)
3. Brine for 1 hour in the refrigerator
4. Place tenders on a cooking sheet and cook for 20 mins on first side, flip and cook an additional 10 minutes or until all meat is white NOT PINK

Lemon Sesame Bok Choy

Prep Time: 3 min

Cook Time: 5-10 min

Servings: 2

Ingredients:

- 3 heads of baby bok choy cut in half
- 2 Tbsp of olive oil
- 2 Tbsp of coconut aminos
- Juice of 1/2 a lemon
- 1 Tbsp sesame oil
- 1 green onion, thinly sliced

Directions:

1. Prepare the grill.
2. Mix together coconut aminos, lemon juice, sesame oil, and green onion.
3. Rub the cut bok choy with olive oil and place cut side down on the grill.
4. Cover the grill and cook for several minutes on each side depending on the heat of the grill.
5. When done, dress with soy dressing and serve hot.

DAY THREE

Breakfast: 2 Egg Omelette with spinach and avocado (*V, KF)

Prep Time: 5 min

Cook Time: 5 min

Servings: 2

Ingredients:

Mixing bowl

Whisk or fork

Saute pan

3 cage-free eggs

½ spoonful of Earth Balance, organic pasture butter or coconut oil

1 avocado

1 handful of organic spinach

Sea salt

Directions:

1. Scramble two whole cage free eggs in a mixing bowl using a whisk or a fork
2. Salt the egg mixture to taste
3. Place 1/2 spoonful of Earth Balance, organic pasture butter or coconut oil on pan
4. Pour egg mixture into pan and cook at medium-high heat
5. Slice avocado in half and cut into small cubes discarding the rind
6. Place avocado cubes into the omelette
7. Place handful of spinach into the omelette and check the consistency of the bottom with a spatula
8. If you can easily place the spatula under the egg and it comes off clean, you are ready to flip your omelette
9. If you kids want to add cheese cut off your portion before coating the top of the omelette with organic sprinkle cheese

Lunch: Chinese Chicken Salad (*use leftover chicken from Dinner 2 Week 1)

Prep Time: 5 min

Cook Time: 5 min

Servings: 1

Ingredients:

leftover chicken, cut into pieces

1 head romaine lettuce

2 cups jicama, cut into ½ inch cubes

¼ cup sesame seeds, toasted

½ shallot, minced

Dressing

1/4 cup Olive Oil

2 Tbsp Toasted Sesame Oil
1 Tbsp Ume Plum Vinegar
1 Tbsp Raw Honey
1 Tbsp Orange Juice freshly Squeezed

Directions:

1. In a large bowl, combine chicken, lettuce, jicama, sesame seeds and shallot
2. Mix all dressing ingredients together and drizzle

Snack: 1 Pack of Korean Roasted Seaweed with side of fruit (berries or pomegranate seeds) (*V, KF)

Dinner : Mongolian ef

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Prep time: 10 mins

Cook time: 15 mins

Servings: 2-3

Ingredients:

1 lb. flank steak
1/4 cup arrowroot powder
1/2 tsp. sea salt (optional)
1/2 tsp. ground pepper
1 Tbsp. coconut oil
1 Tbsp. garlic
1 tsp. ginger
Dash red pepper flakes (optional)
1 Tbsp. sesame oil
1/2 cup coconut aminos
1/2 cup chicken or beef broth
1/3 cup raw honey
3 green onions, diced

Equipment:

Sharp Knife
Cutting Board
Medium Bowl
Measuring Spoons
Measuring Cups
Drying/Cooling rack (like you use for cookies)
Medium Saucepan
Large Skillet

Paper towel lined plate

Tongs

Directions:

1. Cut the flank steak against the grain into 1/4 inch slices
2. Add the arrowroot powder to a medium sized bowl and mix together with the pepper and sea salt (optional). Dip each piece of steak into the arrowroot powder and shake off any excess coating. Lay coated steak on a drying rack and allow to sit for 10-15 minutes. This allows the powder to adhere to the steak better.
3. While your steak is hanging out, you can make the sauce. Heat the 1 Tbsp. of coconut oil in a large saute pan over medium heat. Add the garlic,ginger and dash of red pepper flakes (optional) and cook for about 1 minute.
4. Add the sesame oil, coconut aminos and broth to the pan and stir the ingredients together. Add the raw honey and allow it to melt into the sauce, stirring frequently.
5. Turn the heat up to high and continue to stir until the sauce thickens slightly, about 3 minutes. Turn off the sauce and allow it to sit in the pan while you cook the steak.
6. Add your 1/2 cup of favorite fat to a large skillet. Cook over medium heat until hot. Gently drop the beef into the oil using your tongs. Cook for 2-3 minutes until lightly browned around the edges. Remove the beef with the tongs and place on a paper towel lined plate.
7. Pour out the oil from the pan and add the beef back in. Cook for about 1 minute and then add the sauce. Cook together for about 3 minutes, then add the green onions and cook for 1 additional minute.
8. Remove the beef from the pan and pour any excess sauce into a bowl for anyone who might like some extra at the table.

DAY FOUR

Breakfast: 4 Soft-Boiled eggs with turkey bacon

Prep Time: 1 minute

Cook Time: 8 minutes

Servings: 2

Ingredients:

Medium pot

4 cage-free eggs

Nitrate-free turkey bacon

Directions:

1. Boil water in a pot filling up $\frac{3}{4}$ of the way
2. Once the water is at a roaring boil place your 4 eggs into the water

3. Set your oven timer for 6 minutes
4. Remove the eggs at 6 minutes, draining hot water and replacing it with cold water from the tap, put eggs aside for 1 minute
5. Turkey bacon can be sauteed or broiled for approximately 8 minutes - 4 minutes each side (Try to do no more than 3 slices per 1 person as it is high in sodium)
6. Remove shells and enjoy your perfect 6-minute eggs

Lunch: Leftover Mongolian Beef, avocado & cilantro Wrap in romaine lettuce with

Asian Dressing

Beef Wrap with Asian Dressing

Prep Time: 10min

Cook Time: 0 min

Servings: 1

Ingredients:

For Wraps:

2 Romaine Lettuces

4 - 6 oz leftover Mongolian Beef

1/2 Avocado

2 Tbsp Cilantro

For Dressing:

1/4 cup Olive Oil

2 Tbsp Toasted Sesame Oil

1 Tbsp Ume Plum Vinegar

1 Tbsp Raw Honey

1 Tbsp Orange Juice freshly Squeezed

Directions:

1. Take 1 lettuce leaf and fill with 2 -3 slices beef, avocado, cilantro and top with dressing.

Snack: 1 ½ cups of sliced fruit (watermelon or Asian Pear)

Dinner: “Breaded” Chicken with Asian Slaw

“Breaded” Chicken

Prep Time: 5 min

Cook Time: 25 min

Servings: 2 adults (1-2 kids)

Ingredients:

3 Chicken Breasts
2 eggs
1/2 cup Almond flour
2 tbsp coconut flour
1 tsp dried garlic
1 tsp sea salt(truffle salt if you have it)

Directions:

1. Preheat the oven to 400 degrees
2. Crack eggs (free range) into a mixing bowl and scramble
3. Place almond flour + coconut flour on a side plate (large).
4. Sprinkle the flour mixture with dried garlic and sea salt
5. Mix up the flour so that all ingredients are evenly distributed
6. Get a cutting board and slice the breasts into tenders (thin strips)
7. Place each "breaded" chicken tender onto a oven safe pan lightly coated in coconut oil
8. Cook for 25 min and check to be sure all meat is WHITE NOT PINK

Asian Slaw

Prep Time: 15 min

Cook Time: 0

Servings: 2

Ingredients:

For Slaw:

1/2 head Napa cabbage
2 large carrots, grated

For Dressing:

1/4 cup creamy roasted almond butter
1 tablespoon apple cider vinegar
1 teaspoon ume plum vinegar
1 tablespoon toasted sesame oil
1 tablespoon lime juice
1/4 teaspoon fresh ginger, zested
7 drops stevia
1/4 cup toasted sesame seeds (2 tablespoons for dressing and 2 tablespoons for garnishing)

Directions:

1. Place chopped cabbage and grated carrots in a large bowl (will be about 5-7 cups of veggies)
2. In a separate bowl, combine almond butter, vinegars, oil, lime juice, ginger and stevia, mixing thoroughly
3. Stir in 2 tablespoons of the sesame seeds

4. Stir dressing into bowl with veggies
5. Serve, topping with remaining sesame seeds

DAY FIVE

Breakfast: Egg quiches with 1 cup of mixed berries

Prep Time: 5 min

Cook Time: 25 min

Servings: 15

Ingredients:

10 -12 cage-free eggs whisked well
Large handful of Kale or Spinach
2 Tomatoes
1 Handful of Basil
4-6 Slices of Proscuitto (to taste)
*Shredded Daiya non-dairy cheese if you desire
Sea Salt or Truffle Salt (to taste)

Directions:

1. Preheat oven to 350 and grease with olive oil two muffin pans.
 2. Whisk your eggs in a big bowl and add salt or truffle salt to taste.
 3. In a food processor or blender throw in the greens, tomato, proscuitto, and basil and process until finely chopped but NOT smooth.
 4. Add this mixture to your eggs.
 5. Mix the egg mixture and veggie mix well and pour into mufin pans using a 1/4 measuring cup
 6. Bake for 20-25 minutes or until the eggs are set in the middle.
- NOTE; These are great to take on the go and if you'd like to sprinkle cheese on top, do so about 5 minutes before pulling them out of the oven.

Lunch: Baked sweet potato with Hot & Sour Cucumber Salad

Baked Sweet Potato

Prep Time: 1 min

Cook Time: 30-45 min (depending on size of potato)

Servings: 1

Ingredients:

Sweet potato

Directions:

1. Heat the oven to 450°F and arrange a rack in the middle.
2. Slice an "X" into the top of a sweet potato and place it directly on the rack with a piece of foil on the rack below.
3. Bake until the potato is easily pierced with a knife, about 30-45 minutes.

Hot & Sour Cucumber Salad**Prep Time:** 10 min**Cook Time:** Marinate for 4 hours**Servings:** 4**Ingredients:**

- 1 pound Asian cucumbers
- 1/4 cup cider vinegar
- 1 tbsp coconut crystals
- 1 tsp sea salt
- 1/2 ounce fresh red chili, finely sliced
- 1 tsp finely chopped garlic

Directions:

1. Slice the cucumbers in half lengthways and, using a teaspoon, remove the seeds.
2. Cut the cucumber halves into 3-inch by 1/2 inch pieces.
3. Combine the cucumber pieces with the rest of the ingredients in a bowl and allow them to marinate for at least 4 hours or more in the refrigerator, stirring them from time to time.
4. When you are ready to serve, drain them thoroughly.

Snack: Avocado with 2 Tsp of coconut aminos

Prep time: 2 min

Cook time: 0 min

Servings: 1

Ingredients:

- 1 avocado
- 2 tsp coconut aminos
- 2 tsp nutritional yeast (optional)

Directions:

1. Cut avocado in 1/2
2. Discard pit
3. Top with remaining ingredients
4. Eat with a spoon

Dinner: Seared Ahi Tuna with “Cauliflower Fried Rice”

Seared Ahi Tuna

Prep Time: 1 min

Cook Time: 3-5 min

Servings: 1

Ingredients:

6 oz sushi grade ahi (tuna)

2 tbsp peppercorns

1 pinch sea salt

Directions:

1. Heat saute pan with medium-high heat. DO NOT COAT THE PAN
2. Coat tuna with peppercorns and sea salt all sides of the ahi slab
3. Take the slab with your hands and carefully place each flat edge down until browned (one at a time)DO NOT BURN YOUR HANDS --BE CAREFUL
4. Once your slab is lightly seared on all four sides place onto a cutting board
5. Thinly slice with a non-serrated sharp kitchen blade

Cauliflower Fried Rice

Prep Time: 10 Min

Cook Time: 10 Min

Servings: 4 cups

Ingredients:

1 head cauliflower (organic)

1 clove garlic, minced

2 tablespoons Olive Oil

1 tablespoon Coconut Oil

2 free-range eggs

1 teaspoon sea salt

Equipment:

Sharp Knife

Cutting Board

Food Processor or Blender

Large Skillet

Directions:

1. Trim the cauliflower florets and remove the core.
2. Divide into 3 even piles and put into the food processor or blender to pulse to “rice” or “couscous” like size.
3. Heat a non-stick pan for just under a minute then add desired oil (Coconut or Olive).
4. Add garlic and other spices (if any) to the hot oil for a few seconds and swish the oil (carefully) around in the skillet.
5. Add the pulsed Cauliflower to the searing oil and stir.
6. Drop heat to medium and stir continuously for approximately 5 minutes or until slightly golden brown.
7. Reduce heat one last time to medium-low and add any additional veggies and two eggs. When cracking the eggs directly onto rice be careful to immediately stir thoroughly into your “rice” dish.
8. Feel free to drizzle coconut aminos on top of the rice (approximately 1 tablespoon) to taste.

DAY SIX:

Breakfast: Grain-Free Pancakes with chocolate chips and sliced strawberries

Prep Time: 10 min

Cook Time: 15 min

Servings: 2

Ingredients:

- 3 eggs
- 2 VERY ripe bananas
- 1/3 cup almond flour (finely ground is best)
- 2 Tbsp of coconut flour
- 1/2 tsp baking soda
- 1/4 tsp sea salt
- 1/4 cup almond or coconut milk
- 1 tbsp honey
- 1 tsp vanilla extract
- 1 tbsp earth balance, ghee, or coconut oil

Directions:

1. Mix 3 eggs with almond or coconut milk + 1 Tsp vanilla extract + 1 TBSP honey
2. In a separate bowl mix almond flour, coconut flour, baking soda and sea salt
3. Combine wet and dry ingredients together in the blender and add bananas and pulse until well mixed
4. Add chocolate chips by hand and mix around with a spoon -DO not blend again

5. Heat a griddle or saute pan with med-high heat and coat with Earth Balance, ghee, or coconut oil
6. Pour small batches of batter about 4 small pancakes per griddle load
7. Wait until bubbling, flip carefully and then serve!

Lunch: Lettuce wrap with sliced chicken avocado and tomato with Asian Dressing

Lettuce Wrap

Prep Time: 5 min

Cook Time: 0 min

Servings: 1

Ingredients:

- 4 Romaine Lettuces or Napa Cabbage
- 6 oz chicken (or other protein on hand)
- 1/2 Avocado
- 2 slices heirloom tomato
- 2 tbsp Asian Dressing

Directions:

- Place all ingredients into lettuce cups
- Drizzle with dressing
- Enjoy!

Asian Dressing

Prep Time: 5 min

Cook Time: 0 min

Servings: 4-6

Ingredients:

- 1/4 cup Olive Oil
- 2 Tbsp Toasted Sesame Oil
- 1 Tbsp Ume Plum Vinegar
- 1 Tbsp Raw Honey
- 1 Tbsp Orange Juice freshly Squeezed

Directions:

1. In a medium mason jar, combine all ingredients
2. Shake well until combined
3. Store in mason jar for up to 4 days

Snack: 3-4 Slices of deli meat (chicken, turkey, ham) and an apple

Dinner: Thin Egg Pizza with sauteed greens

Prep Time: 5 min

Cook Time: 5 min

Servings: 2

Ingredients:

2 cage-free eggs

Sea salt or truffle salt

Tomato sauce

Handful of basil

Mixing bowl

Saute pan

Spatula

Cutting board

Sharp knife

Directions:

1. Scramble two eggs well with a pinch of sea salt
2. Heat a saute pan with med-high heat and a light coat of a butter substitute
3. Pour egg batter onto the pan and wait for it to turn to a “crepe-like” consistency
4. DO NOT FLIP!
5. Drizzle the top lightly with your choice of tomato sauce, diced basil and prosciutto or other meat option (thin so that it does not break the egg)
6. Take two spatulas and remove from the saute pan (one on each side)
7. Place onto cutting board and slice into “pizza” slices

DAY SEVEN

Breakfast: Cinnamon Bun Muffins with side of Almond yogurt and berries

Prep Time: 5 min

Cook Time: 12 min

Servings: 12 muffins

Ingredients:

Cinnamon Topping:

2 Tablespoon agave nectar

1 Tablespoon cinnamon

1 Tablespoon grapeseed oil

Muffin Mixture:

1 cup blanched almond flour
2 Tbsp coconut flour
1/2 Tsp baking soda
1/4 Tsp sea salt
1/4 cup grapeseed oil
1/4 cup agave nectar
3 eggs
1 Tbsp vanilla extract

Directions:

1. To make cinnamon topping, combine agave, cinnamon and oil into a small bowl, set topping aside
2. Combine almond flour, coconut flour, baking soda and salt in a medium bowl
2. In a large bowl blend together oil, agave, eggs and vanilla
3. Blend dry ingredients into wet and scoop a scant 1/4 cup at a time into lined muffin cups
4. Spoon topping onto muffins and swirl with a fork
5. Bake muffins for 8-12 minutes at 350 degrees

Lunch: Hamburger with avocado, lettuce and tomato

Prep Time: 10 min

Cook Time: 14 min

Servings: 2-3

Ingredients:

one pack of grass-fed ground beef
1 Tsp of sea salt,
1 tsp dried garlic
1 avocado
2 slices of heirloom tomato

Directions:

1. Preheat oven to 400
2. Take one pack of grass-fed ground beef and mix in 1 Tsp of sea salt, 1 tsp dried garlic
3. Form into 4 patties
4. Place patties on the cooking sheet and bake at 400 for 8 minutes, flip and cook an additional 6 minutes on opposite side, cook more if you like it well-done
5. Dress your burger with sliced avocado and heirloom tomato and enjoy!

Snack: 1 cup of Lentil Chips with Baba Ganoush

Prep Time: 15 min

Cook Time: 35 min

Servings: 6

Ingredients:

1 large eggplant
1/4 cup tahini, plus more as needed
3 garlic cloves, minced
1/4 cup fresh lemon juice, plus more as needed
1 pinch ground cumin
salt, to taste
1 tablespoon extra virgin olive oil
1 tablespoon chopped fresh flat-leaf parsley
1/4 cup brine-cured black olives, such as kalamata

Directions:

1. Prepare a medium-hot fire in a charcoal grill.
2. Preheat an oven to 375°F.
3. Prick the eggplant with a fork in several places and place on the grill rack 4 to 5 inches from the fire.
4. Grill, turning frequently, until the skin blackens and blisters and the flesh just begins to feel soft, 10 to 15 minutes.
5. Transfer the eggplant to a baking sheet and bake until very soft, 15 to 20 minutes.
6. Remove from the oven, let cool slightly, and peel off and discard the skin.
7. Place the eggplant flesh in a bowl.
8. Using a fork, mash the eggplant to a paste.
9. Add the 1/4 cup tahini, the garlic, the 1/4 cup lemon juice and the cumin and mix well.
10. Season with salt, then taste and add more tahini and/or lemon juice, if needed.
11. Transfer the mixture to a serving bowl and spread with the back of a spoon to form a shallow well.
12. Drizzle the olive oil over the top and sprinkle with the parsley.
13. Place the olives around the sides.
14. Serve at room temperature.

Dinner: Lemongrass Beef and Bok Choy

Prep Time: 30 min

Cook Time: 10-15 min

Servings: 6-8

Ingredients:

2-3 pounds grass fed beef (or chicken)
3 heads of bok choy (cut into 1 inch pieces)
1 large onion
1 tsp sea salt

1 tsp ground chiles
2-3 green onion stalks
4 cloves garlic
3 tbsp coconut oil
2 Tbsp minced lemongrass
4 Tbsp coconut aminos
1 Tbsp honey

Directions:

1. Cut beef or chicken into small pieces.
2. Peel garlic and slice finely.
3. Cut onion into 1/2 inch strips.
4. Peel off the hard outer layers of lemon grass stalk and discard.
5. Peel off the medium layers of lemon grass stalk for stewing purposes.
6. Mince the soft inner layers of the stalk.
7. Heat oil in large frying pan over medium heat.
8. Add salt, garlic and onion.
9. Fry over medium heat until onion is opaque.
10. Add lemongrass and chili.
11. Stirfry 1 - 2 minutes until fragrant.
12. Add bok choy cook 5 min
13. Add beef and cook until lightly browned.
14. Mix in coconut aminos and honey.
15. Cook to preference. We like medium rare. Stir occasionally and add water if necessary.
16. Remove the medium layers of lemon grass stalk before serving.

WEEK TWO Meals & Recipes

DAY ONE

Breakfast: 3 Asian soft boiled eggs with handful of raspberries

Prep Time: 2 min

Cook Time: 8 min

Servings: 2

Ingredients:

3 cage-free eggs
Handful of raspberries
A pot to boil water
Sea salt

Directions:

1. Pour the soy sauce into a pan that is approximately 10 inches in diameter. Heat the soy sauce of medium-high heat. When the soy sauce starts foaming up, reduce the heat to medium heat and carefully add the eggs. Roll the eggs around in the soy sauce to coat them, and continue rolling them around the pan until the eggs are a dark brown color and the soy sauce has been reduced to a thick sludge.
2. Remove the eggs, letting any extra soy sauce drain off, and place on a plate to cool.
3. When the eggs have cooled completely, pack them into lunches or enjoy one as a snack. Just don't leave them near my daughter, or else you'll never get to have a bite!
4. Serve over 1 cup of arugula and with 2 slices of cooked turkey bacon

Lunch: BUTI COBB salad (if dining out order cobb no blue cheese with Balsamic Vinaigrette on the side)

Prep Time: 10min

Cook Time: 0 min

Servings: 1

Ingredients:

lettuce

1 diced avocado

1 diced pieces of nitrate free turkey bacon or regular bacon (or sliced ham)

1 diced hard boiled egg

1 diced tomato

Directions:

Combine all ingredients into large bowl

Dress with Bizzie's Dressing - recipe above and mix well

Snack: 1 pack of seaweed and 3 slices of ham or turkey

Dinner: Mustard Lime Chicken with Orange Arugula Salad

Mustard Lime Chicken

Prep Time: 15min

Cook Time: 15 min

Servings: 4

Ingredients:

1 lb skinless, boneless chicken breasts

½ cup fresh lime juice

½ cup fresh cilantro, chopped

¼ cup dijon mustard

1 tablespoon olive oil

1 tablespoon chili powder

½ tsp celtic sea salt

½ tsp pepper

Directions:

1. Combine lime juice, cilantro, mustard, olive oil, chili, salt and pepper in a food processor.
2. Pulse until ingredients are well combined.
3. Rinse chicken breasts, pat dry and place in an baking dish
4. Pour marinade over chicken, cover and refrigerate for at least 15 minutes or up to 6 hours.
5. Heat grill and cook chicken for 5-7 minutes per side until browned and cooked in the center.
6. Serve.

Orange Arugula Salad

Prep Time: 10 min

Cook Time: 15 min

Servings: 2

Ingredients:

4 cups arugula

2 oranges, peeled and cut into segments

3 tablespoons olive oil

1 tablespoon balsamic vinegar

celtic sea salt to taste

Sharp Knife

Cutting Board

Measuring Spoons

Medium Bowl

Directions:

1. Place arugula and oranges in a bowl
2. Drizzle with olive oil and vinegar, then sprinkle with salt
3. Toss and serve

DAY TWO

Breakfast: Asparagus Benedict

Prep Time: 15 min

Cook Time: 35 min

Servings: 4

Ingredients:

8 large asparagus stalks, about 12-ounces

4 large eggs

2 teaspoons apple cider vinegar

chives for garnishing

2 large egg yolks

¼ cup melted grassfed butter

2 teaspoons fresh lemon juice

¼ teaspoon paprika

¼ teaspoon sea salt

Directions:

1. Break each egg into a separate small bowl or ramekin
2. Cut the asparagus stalks about 2 inches from end, discard and slice lengthwise
3. Bring a pot filled with water to a boil and cook asparagus until bright green and soft, add coconut vinegar and reduce the heat to a low
4. Remove asparagus and carefully place each egg in separately
5. Cover the pot, removing it from the heat, let sit for 8 minutes
8. Drain on a towel.

Hollandaise

1. In a blender blend the egg yolks with the lemon juice, salt, and paprika.
2. Slowly pour in the hot melted butter.
4. Blend for about 30 seconds. Sauce will thicken as it cools.
5. Serve each egg over a plate of asparagus stalks and topped with hollandaise and chives

Lunch: Napa Cabbage Zesty Chicken Wraps (use leftover chicken from D:1)

Prep Time: 5 min

Cook Time: 0 min

Servings: 1

Ingredients:

Mustard Lime Chicken (recipe D:1)
Napa Cabbage Cups
Shredded Carrots
1/2 avocado
Fresh Cilantro
dash of chili powder (optional)
Lime

Directions:

1. Fill 2-3 Cabbage Cups with chicken, carrots, and avocado
2. Top with fresh cilantro, chili powder and lime juice
3. Fold and enjoy!

Snack: Apple and 1 cup of Lentil Chips (available at Whole Foods or other natural foods stores -- preferred brand is Plentil or Simply 7)

Dinner: Asian Squash Coconut Soup

Prep time: 20 mins

Cook Time: 20 mins

Servings: 6-8

Ingredients:

5 cups vegetable broth
6 oz squash, peeled, seeded and in bite size pieces
1 cup coconut milk
2 large shallots, minced
1 tsp salt
1/4 tsp pepper
1 large stalk bok choy in bite size pieces
3 scallions, chopped fine

Directions:

1. In a large pan, heat the broth and add the squash.
2. Stir occasionally to a boil.
3. Reduce the heat and add the coconut milk, shallots, salt, pepper.
4. Return to a boil. Reduce heat again and simmer for 15 minutes until the squash is tender.
5. Add the bok choy and stir for 1 minute.
6. Remove from the heat.
7. Serve sprinkled with the scallions (optional)

DAY THREE

Breakfast: BUTI Breakfast Bars

Prep time: 5 min

Cook Time: 20 min + cool time (2 hours)

Servings: 16

Ingredients:

- 1 cup blanched almond flour
- ¼ teaspoon celtic sea salt
- ¼ cup coconut oil
- 2 tablespoons honey
- 1 tablespoon water
- 1 teaspoon vanilla extract
- ½ cup unsweetened shredded coconut
- ¼ cup chia or flax seeds
- ¼ cup chocolate chips or dried fruit

Directions:

1. In a food processor combine almond flour and salt
2. Pulse in coconut oil, honey, water and vanilla
3. Pulse in coconut, chia or flax seeds and chocolate chips or dried fruit
4. Press dough into an 8 x 8 inch baking dish, wetting your hands with water to pat dough down
5. Bake at 350° for 20 minutes
6. Cool bars in pan for 2 hours, then serve

Lunch: Kale Salad with Grapefruit, Avocado

Prep Time: 10 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 1 bunch kale (Lacinato or Dinosaur)
- 1 tablespoon olive oil
- ⅛ teaspoon sea salt
- 1 lime
- 1 teaspoon balsamic vinegar
- 1 grapefruit, sliced and chopped

1 avocado

Directions:

1. Chop the kale into thin ribbons
2. Drizzle the olive oil onto the kale and then massage the kale with your hands
3. Sprinkle with salt, then add lime juice and vinegar
4. Add grapefruit + Avocado to kale and toss salad
5. Let sit for 15 minutes to allow kale to soften

Snack: 6 strawberries topped with 4 oz Dang Toasted Coconut Chips

Dinner: Pad Thai

Prep time: 30 min

Cook time: 25 min

Servings: 6

Ingredients:

- 6 ounces mung bean noodles
- 3 tablespoons olive oil
- 1 large onion, diced
- 1 head broccoli, chopped into small spears
- ¼ cup water
- 3 cloves garlic
- ½ teaspoon celtic sea salt
- 1 tablespoon toasted sesame oil
- 1 tablespoon agave nectar
- 1 tablespoon ume plum vinegar
- 1 tablespoon arrowroot powder
- 1 tablespoon water
- ¼ cup scallion, thinly sliced
- 1 tablespoon cilantro, finely chopped
- ¼ cup peanuts, roasted and chopped

Directions:

1. Bring water for noodles to boil in a large pot
2. Cook noodles according to instructions on package, then drain and set aside
3. In a large skillet, heat olive oil, then add onion
4. Saute onions for 10-15 minutes, over medium-low heat until lightly browned
5. Add broccoli and ¼ cup water
6. Cover pan and saute 5 minutes or so until broccoli turns bright green and begins to soften
7. Stir in garlic and salt then stir in sesame oil, agave and ume vinegar

8. In a small bowl, combine arrowroot and 1 tablespoon water, stirring vigorously to make a paste without any lumps
9. Pour the paste over the broccoli and mix quickly and vigorously to loosen any of the mixture that sticks to the bottom of the pan
10. Place noodles on individual plates, then top with broccoli mixture
11. Garnish with scallions, cilantro and peanuts
12. Top with your favorite protein: chicken, seafood, etc.

DAY FOUR

Prep Time: 10 min
Cook Time: 10 min
Breakfast: Soft boiled eggs with Broccoli Dippers
Servings: 1

Ingredients:

- 6 tenderstem broccoli spears
- 3 slices of prosciutto
- 2 free-range egg

Directions:

1. Boil broccoli spears in boiling water for 1 minute.
2. Drain & wrap each one with 1/2 slice of prosciutto then sautee over a medium heat
3. Place the 2 eggs in boiling water for 6 minutes.
4. Place in cool water for 1 minute.
5. Crack off the shell and serve the soft-boiled eggs with the prosciutto wrapped broccoli

Lunch: Ceviche

Prep Time: 15 mins
Total Time: 4 hours to sit
Servings 2-4

Ingredients:

- 1 lb of firm, fresh red snapper fillets (or other firm-fleshed fish), cut into 1/2 inch pieces, completely deboned
- 1/4 cup of fresh squeezed lime juice
- 1/4 cup of fresh squeezed lemon juice
- 1/4 red onion, finely diced

1/2 cup of chopped fresh seeded tomatoes
1/2 serrano chili, seeded and finely diced
1 teaspoon of salt
Dash of ground oregano
Dash of Tabasco or a light pinch of cayenne pepper
Cilantro
Avocado

Equipment:

Sharp Knife
Large Baking Dish
Plastic Wrap or tight lid for baking dish

Directions:

1. In a non-reactive casserole dish, either Pyrex or ceramic, place the fish, onion, tomatoes, chili, salt, Tabasco, and oregano.
2. Cover with lime and lemon juice.
3. Let sit covered in the refrigerator for an hour, then stir, making sure more of the fish gets exposed to the acidic lime and lemon juices.
4. Let sit for several hours, giving time for the flavors to blend.
5. Serve with chopped cilantro and slices of avocado.

Snack: 1 Cup Dried Fruit with 3 Slices of Nitrate-Free Deli Meat

Dinner: Ginger and Cilantro Baked Chicken with Cauliflower Mash

Prep Time: 10 min

Cook Time: 20-25 min

Servings: 2

Ingredients:

1 pound free-range chicken breasts (cut into tenders)
Sea salt and freshly ground pepper
3 garlic cloves diced or smashed
1 inch fresh ginger, grated (1 tablespoon)
1/3 cup roughly chopped cilantro leaves
1/4 cup white wine
2 tablespoons coconut aminos or tamari
1 teaspoon sesame oil
Scallions, thinly sliced

Cauliflower mash

1 head cauliflower
1/4 cup olive oil
2 heaping spoonfuls of Grass-fed Butter
2 tsp sea salt

Directions:

1. Heat the oven to 475°F.
2. Season the chicken lightly with salt and pepper, and put in baking dish coated with olive oil
3. Put the garlic, grated ginger and cilantro in a small food processor with the white wine, coconut aminos or tamari, and sesame oil.
4. Pour the sauce over the chicken.
5. Bake for 15-20 minutes.
6. Remove from oven and flip tenders
7. Continue cooking 5 minutes or until the chicken is no longer pink on the inside
8. Garnish with scallions.

Cauliflower Mash

1. Chop 1 head of cauliflower into small piece and Steam to a very SOFT consistency
2. In a blender place 1/4 cup olive oil, 2 heaping spoonfuls of grass-fed butter), 2 Tsp of sea salt
3. Place bits of steamed cauliflower into blender or food processor (being sure both are made of plastic!!!)
4. DO NOT place entire batch of cauliflower into blender or food processor at one time
5. Do in small batches and add more when the consistency has become soft like mashed potatoes
6. When entire batch is done blend smooth once more and place in large bowl
7. Add butter substitute or salt to taste and ENJOY!

DAY FIVE

Breakfast: 2 Scrambled eggs + 2 slices of ham or turkey (*V -- no turkey / ham, KF)

Lunch: Avocado, Watercress, & Cumin Salad + Lemon Tahini Dressing

Prep Time: 5 min

Cook Time: 5 min

Servings: 1

Ingredients:

2 tsp cumin seeds
3 large ripe avocados thinly sliced
1 bunch watercress, chopped
Lemon tahini dressing

Directions:

1. Roast cumin seeds in a dry skillet. Remove and crush.
2. Place watercress on a large plate, arrange avocado on top.
3. Sprinkle with store-bought Amy's or homemade dressing and garnish with roasted cumin.

Snack: 1 ½ Cups of Tropical Fruit (Pineapple, Papaya, Melon) with a Coconut or Almond Milk Yogurt

Dinner: Broiled Steak with Garlic-Ginger Broccoli

Prep Time: 5 min

Cook Time: 1 hour marinate + 7min cook

Servings: 2

Ingredients:

2-6 oz steaks (Grass Fed Ribeye)
1 cup Coconut Aminos or Soy Sauce
1 diced garlic clove
2 Tbsp Apple Cider Vinegar
1 bunch broccoli
3 cloves garlic, minced
6 cups water
1 tablespoon olive oil
2 tablespoons tamari soy sauce or coconut aminos
5-inch piece fresh ginger, finely grated
Tarragon or basil for garnish

Directions:

Broiled Steak

1. In a large tupperware or ziplock place the coconut aminos, garlic, apple cider vinegar
2. Place steaks (Grass Fed Ribeye is our favorite) in the marinade for up to 1 hour (place in fridge)
3. Turn on the broiler and place steaks under the broiler for 7 minutes on the first side, flip and then 4 min on the second side for a perfectly Med-Rare steak
4. Take out of the oven and let sit for 2 minutes before thinly slicing

****Be sure to make two steaks -- one for tonight and one or part of one for your steak salad lunch**

Ginger Garlic Broccoli

1. Wash and cut broccoli into florets.
 2. Cut into ½-inch pieces.
 3. Add to boiling water for 3 minutes
 4. Heat sautee pan with oil, add garlic and sauté for a few seconds before adding broccoli.
- Sauté broccoli and garlic, adding tamari soy sauce and ginger.
*(Try this dish with cauliflower or Brussels sprouts too!)

DAY SIX:

Breakfast: Green Eggs + Ham with 1 cup fresh berries

Prep Time: 5 min

Cook Time: 7 min

Servings: 2

Ingredients:

3 cage free eggs

1 Tbsp pasture butter

Sea Salt

2 slices nitrate-free deli ham (torn into bite size pieces)

In a blender place 1/2 cup of olive oil

1 chopped bunch of cilantro

1 clove of fresh garlic

**either 1/4 cup nutritional yeast or dairy-free parmesan substitute

Directions:

1. Whisk the eggs, yolks, and a good pinch of salt until combined. Add ham pieces to bowl.
2. Set aside while you make the pesto
3. For pesto place 1 bunch of chopped cilantro and olive oil into the blender with garlic, sea salt and cheese or cheese substitute
4. Blend until smooth being aware you may need to add additional olive oil until you reach desired consistency
- 5 Melt butter in a sautee pan over medium heat
6. Add the eggs and stir continuously.
7. Once the eggs are to your desired consistency add in pesto and stir well removing from heat.
8. Plate and serve with 1 cup fresh berries

Lunch: Asparagus Basil Salad topped with Broiled Steak (leftover D:5)

Prep Time: 5 min

Cook Time: 7 min

Servings: 2-3

Ingredients:

1 lb asparagus, trimmed and halved

1 cup grape tomatoes, halved

1 ripe avocado, cut into cubes

1 cup sliced basil leaves

¼ cup olive oil

2 teaspoons lemon juice

2 teaspoons dijon mustard

½ teaspoon celtic sea salt

½ teaspoon pepper

Directions:

1. Steam asparagus for 5-7 minutes until tender
2. Place asparagus, tomatoes, avocado and basil in a large mixing bowl
3. Stir in olive oil, lemon juice and dijon mustard
4. Sprinkle with salt and pepper

Snack: 3-4 Slices of Deli Meat (chicken, turkey, ham) and an Apple

Dinner: Asian Glazed Salmon with Sauteed Sesame Spinach

Prep Time: 5 min

Cook Time: 20min

Servings: 4

Ingredients:

Asian-Glazed Salmon

4 6-ounce fillets of salmon, boneless and skinless

3 tablespoons coconut aminos

2 teaspoons coconut crystals or honey

¼ teaspoon ground ginger

¼ teaspoon minced garlic

pinch of sea salt and fresh cracked pepper

Sesame Spinach

2 teaspoons toasted sesame oil

1 tablespoon sesame seeds

2 cloves garlic, minced

2 teaspoons minced ginger

10 oz fresh spinach leaves

2 teaspoons coconut vinegar
1 teaspoon coconut aminos or tamari sauce

Directions:

1. Preheat oven to 400 degrees F.
2. Combine the aminos, coconut crystals, ginger, garlic, salt, and pepper in a small bowl.
3. Place the salmon fillets in a baking dish and pour the marinade over the fish.
4. Roast in the oven for 15-20 minutes until flaky, basting the fish every 5 minutes.
5. For sesame spinach, heat oil in a large nonstick sautee pan over medium-high heat
6. Add sesame seeds, garlic and ginger
7. Stir every 20 seconds and begin to add spinach
8. Remove from heat and add remaining ingredients (coconut vinegar and coconut aminos)

DAY SEVEN:

Breakfast: Tomato, Prosciutto and Arugula Quiche with Sweet Potato Crust

Prep Time: 15 min

Cook Time: 50 min

Servings: 4

Ingredients:

2 cups of shredded sweet potato or yam (1-2 large)
2 1/2 tbsp coconut oil or pasture butter (warmed and soft)
Sea salt and pepper
4 slices Prosciutto
1/2 Cup of olive oil
8 Cherry tomatoes, quartered
1 Handful baby arugula
2-3 garlic cloves, minced
6 cage free eggs

Directions:

1. Preheat oven to 450 degrees
2. Grate sweet potatoes and wrap in paper towel to get rid of excess moisture
3. Add grated sweet potatoes to a 9" pie pan with olive oil, salt & pepper then mix and press evenly into the bottom and up the sides
4. Bake for 20 minutes or until golden brown
5. Remove and set aside. Turn the oven down to 350 degrees
6. While the crust is baking, cook prosciutto in a sautee pan over medium heat until crisp. At this time you can also add tomatoes and arugula and sautee for 3-4 more minutes
7. Add garlic and mix well for 30 more seconds then remove from heat
8. Whisk together eggs, salt, and pepper in a mixing bowl.

9. Add your vegetable and prosciutto mixture to eggs and pour over crust.
10. Bake for 30 minutes or until golden brown

Lunch: Stuffed Avocado

Prep Time: 5 min

Cook Time: 5 min

Servings: 1

Ingredients:

1 avocado
mixing bowl
sharp knife
free-range / nitrate-free deli meat
1 tomato

Directions:

1. Peel one whole Avocado. removing skin like an orange
2. Cut in half and discard the pit
3. In a mixing bowl place small strips of the favorite slice deli meat (free-range/nitrate free)
4. Dice 1 tomato, place into the mixing bowl
5. Pour 1 T of the favorite dressing, we like Bizzie's Dressing (recipe above) and mix the meal and tomato well with the dressing
6. Place the contents of the mixing bowl into the hole of the avocado (where pit was) **If you made a lot of filling you may need to stuff additional avocados
7. Put the two halves of the avocado and side salad with pinch of sea salt
8. Drizzle lemon juice onto avocado and side salad with a pinch of sea salt
9. Cut into your stuffed avocado using a fork and knife and ENJOY like a steak!

Snack: 1 cup of Lentil Chips with Baba Ganoush

Dinner: Asian Slow Cooked Pork

Prep Time: 15 min

Cook Time: 8 hours

Servings: 8

Ingredients:

2-3 lbs pastured pork roast
1 cup chicken stock

½ cup tamari or coconut aminos
½ cup coconut vinegar
4-5 cloves minced garlic, plus 1 clove
1 4 inch piece of ginger (grated)
2 tbsp organic orange juice
1 tsp red pepper flakes
1 tsp sesame oil
½ tsp Chinese Five Spice
Salt and pepper to taste
8 oz mushrooms, sliced
1 lb kale or your favorite dark leafy green

Directions:

1. Pour all of the liquid ingredients, Chinese 5 Spice, red pepper flakes, garlic, and ginger into the crock pot.
2. Salt your pork roast evenly on both sides. Place it into the crock pot.
3. Cook on low for 7-8 hours and then remove the pork.
4. Add mushrooms to the crock pot and shred the pork on a plate.
5. Mix the pork back in the pot and cook for 1 more hour.
6. Right before serving, sautee your dark leafy greens in oil and garlic, serve pork on top of bed of leafy greens

WEEK THREE Meals & Recipes

DAY ONE:

Breakfast: Strawberry Almond Flapjacks

Prep Time: 5 min

Cook Time: 7 min

Servings: 4

Ingredients:

1 cage-free egg
1 tbsp non-dairy milk or water
1 heaping tsp almond flour
1 tsp coconut flour
Pasture butter to grease the pan
Pinch of baking soda

1/2 tsp cream of tartar
Agave or maple syrup to taste
organic strawberries (diced or thinly sliced)

Directions:

1. Heat pasture butter on sautee pan
2. Whisk egg and add non-dairy milk or water
3. Add almond flour and tsp of coconut flour, baking soda, and agave
4. Blend to a smooth texture
5. Spoon mixture onto the pan to make pancakes -- when the batter is beginning to firm, fold in diced strawberries
6. Flip when bubbles are seen evenly across the pancake

Lunch: Sweet potato with chili-lime dressing

Prep Time: 15 min

Cook Time: 8-10 min

Servings: 3-4

Ingredients:

2 pounds sweet potatoes cut into small pieces
1/3 cup olive oil
2 tablespoons fresh squeezed lime juice
1 teaspoon chili powder or diced serrano pepper
1/2 teaspoon ground cumin
1/4 cup finely chopped fresh cilantro leaves
Sea salt to taste
4 scallions finely chopped

Directions:

1. Boil potatoes in a large pot (approximately 8-9 minutes)
2. Drain and place in large mixing bowl
3. Make your dressing by blending olive oil, lime juice, diced serrano or chilli, cumin, cilantro, and salt
4. Add thinly diced scallions to the potatoes and coat well with dressing

Snack: 1 pack of seaweed and 1/2 mashed avocado

Dinner: Peach Roasted Chicken with fresh green salad of choice

Ingredients:

1 3 ½ to 4 pound chicken
3 Tbsp. olive oil
2 tsp sea salt
1/2 tsp pepper
4 peaches, quartered (peeled, if desired)
1 tbsp balsamic vinegar
6 sprigs fresh thyme

Directions:

1. Heat oven to 400 F.
2. Rub the chicken with oil, salt and pepper
3. Place in a roasting pan or baking dish.
3. Combine the peaches, vinegar, thyme and the remaining oil, salt and pepper in a mixing bowl
4. Pour the peach mixture all over the chicken.
5. Roast until the chicken about a half hour per pound (approx. 1 hour and 10 min)
6. Serve with peach mixture

DAY TWO:**Breakfast: Ham and Basil Eggs**

Prep Time: 5 min

Cook Time: 10 min

Servings: 2

Ingredients:

4 eggs, lightly beaten
1 Cup diced cooked ham
¼ Cup crumbled feta cheese
1 Tbsp. dried basil
Salt and pepper to taste
1 ½ Tsp. butter

Directions:

1. Place a skillet over medium heat. Place the lightly beaten eggs in a bowl; stir in ham, feta cheese, basil, salt and pepper.
2. Melt the butter in the skillet. Pour in the egg mixture; cook and stir eggs until firmed and no longer runny, about 5 minutes.

Lunch: Napa Cabbage Chicken Cups (use leftover chicken from D:1)

Prep Time: 5min

Cook Time: 0 min

Servings: 1

Ingredients:

Napa Cabbage Cups

Chicken (or other protein on hand)

Any veggies on hand

Avocado

fresh herbs

2 tbsp Dressing of choice

Directions:

Place all ingredients in cabbage cups and enjoy at home or on-the-go!

Snack: Kale Dream Smoothie

Prep Time: 5min

Cook Time: 3 min

Servings: 2

Ingredients:

1 cup of kale, chopped

1 whole orange, peeled and chopped

¼ cup water

1 scoop Vanilla Vega Sport Protein Powder

1 cup ice cubes

Directions:

1. Combine kale, orange, water and puree on high speed in blender

2. Add in protein powder and ice

Dinner: Pineapple Chicken Kabobs

Prep Time: 10 min

Cook Time: 30 min

Servings: 4

Ingredients:

Kabob Ingredients:

3-4 boneless, skinless chicken breasts

1 cup of sliced pineapple chunks

Veggies (mushrooms and peppers, or any you have on hand)

Marinade Ingredients:

- 3 tbsp. coconut aminos
- 3 tbsp. coconut vinegar
- 2 tbsp. raw honey
- 2 tbsp. olive oil
- 1 garlic clove, crushed

Directions:

1. Cut chicken into chunks
2. Combine coconut aminos, coconut vinegar, honey, oil and garlic in a small bowl and blend well
3. Put chicken (and veggies, if marinating) into dish and pour marinade over top of the chicken. Stir to coat.
4. Cover and refrigerate for at least 1 hour.
5. Secure the chicken on skewers. Alternate with pineapple chunks and veggies.
6. Place kabobs on grill or under broiler for 10 min per side

DAY THREE:

Breakfast: Simple Summer Frittata

Prep Time: 5 mins

Cook Time: 10 mins

Servings: 4

Ingredients:

- 1 cup diced ham
- 1 small yellow summer squash, diced
- 1 cup finely diced broccoli florets
- 1/2 cup finely diced tomatoes
- 7 eggs, whisked
- Sea salt and black pepper to taste
- Coconut oil

Directions:

1. Preheat oven to 375.
2. In the bottom of sautee pan melt coconut oil or pasture butter over medium heat.
3. Add broccoli, squash, ham, and tomatoes and sautee
4. Whisk together the eggs and pour them over the veggie/ham mixture in the sautee pan
5. Transfer the egg to a baking dish and place in preheated oven and cook for another 10 minutes

Lunch: Mac Nut Spinach Salad with bacon (or protein of choice)

Prep Time: 5 min

Cook Time: 10 min

Servings: 2

Ingredients:

5 ounces baby spinach

½ cup mac nuts

½ cup dried cherries

2 Tbsp. olive oil

1 Tbsp. balsamic vinegar

1 Tbsp. orange juice, fresh squeezed

1 Tsp. dijon mustard

Directions:

1. In a large salad bowl, toss spinach, mac nuts and cherries.
2. In a jar, combine olive oil, vinegar, orange juice, mustard and shake well.
3. Coat salad with dressing.

Snack: 1 organic banana and 1/2 pack Justin's Chocolate Hazelnut Butter

Dinner: Turkey Hash

Prep Time: 15 min

Cook Time: 45 min

Servings: 4

Ingredients:

2 tbsp. olive oil

3 cups potato or sweet potato, peeled and cut into small cubes

1 cup water

2 cups turkey, diced

½ tsp. sea salt

¼ tsp pepper

Directions:

1. Heat olive oil in a large skillet.
2. Saute onion for 10-15 mins, until carmelized.
3. Add squash or pumpkin, cover and cook for 10 mins.
4. Add water, cover, and cook an additional 10 mins.
5. Add turkey, salt and pepper and cook 10 mins.
6. Serve

DAY FOUR:

Breakfast: 2 Egg Omelette with arugula and prosciutto (*V, KF)

Prep Time: 5 min

Cook Time: 5 min

Servings: 2

Ingredients:

3 cage-free eggs

½ spoonful of Earth Balance, organic pasture butter or coconut oil

1 avocado

1 handful of organic arugula

4 slices of nitrate-free prosciutto

Sea salt

Directions:

1. Scramble two whole cage free eggs in a mixing bowl using a whisk or a fork
2. Salt the egg mixture to taste
3. Place 1/2 spoonful of Earth Balance, organic pasture butter or coconut oil on pan
4. Pour egg mixture into pan and cook at medium-high heat
5. Slice avocado in half and cut into small cubes discarding the rind
6. Place avocado cubes into the omelette
7. Place handful of arugula into the omelette and check the consistency of the bottom with a spatula
8. If you can easily place the spatula under the egg and it comes off clean, you are ready to flip your omelette
9. If you kids want to add cheese cut off your portion before coating the top of the omelette with organic sprinkle cheese

Lunch: Leftover Turkey Hash with spring mix greens salad w/side balsamic dressing

Snack: Guacamole + fresh veggie dippers (jicama, carrots, celery)

Prep Time: 10 min

Cook Time: 15 min

Servings: 3 cups

Ingredients:

4 avocados

¼ cup red onion, finely chopped

½ cup tomato, chopped

2 garlic cloves, minced

1 lime, juiced

½ Tsp. salt
⅛ Tsp. pepper
Dash of red pepper flakes
1 Tbsp. cilantro, chopped

Directions:

1. Halve the avocados and remove the seeds. With a spoon, scoop the fruit into a bowl.
2. Add the remaining ingredients and use a potato masher to mash and blend until the avocados are smooth.

Dinner: Blackened Salmon with Mango Salsa

Prep Time: 20 min

Cook Time: 40 min

Servings: 5

Ingredients:

1 ½ to 2 pounds of wild salmon fillets, boneless and skin on
3 tsp. melted grassfed butter
1 garlic clove, crushed
1 ½ tsp. paprika
1 tsp. sea salt
½ tsp. onion powder
½ tsp. oregano
½ tsp. cumin
½ tsp. chilli powder
½ tsp. cracked pepper
¼ tsp. thyme
¼ tsp. cayenne
1 garlic clove, crushed
1 large ripe mango, seeded, peeled and diced
1 large avocado, seeded and diced
¼ cup diced grape tomatoes
2 Tbsp. diced red onion
1 Tsp. fresh lime juice
1 Tsp. sea salt

Directions:

1. Slice the salmon evenly into 4 to 6 smaller fillets.
2. Combine the butter and all of the spices in a bowl. Rub all over both sides of the salmon. Leave at room temperature while the grill heats.
3. Preheat a grill to medium-high heat.
4. Meanwhile, combine the salsa ingredients together in a bowl and store in the refrigerator

while the fish cooks.

5. Sear the salmon, skinless side down first. Close the grill lid. Cook 1-3 minutes on the first side, depending on how thick the fillets are. (Try not to move them until you are going to flip them over to help keep them in one piece.)
6. Using tongs and a metal spatula in the other hand, carefully turn the fish over, so that the skin side is down, and reduce the heat to medium. For charcoal grills, finish cooking over indirect heat furthest from the coals.
7. Close the grill lid and finish cooking for another 5 minutes, depending on the thickness of the fillets.
8. Salmon should be just barely opaque and will start to flake along the center of the fillet when done.
9. Serve hot with the mango-avocado salsa spooned over it.

DAY FIVE:

Breakfast: 2 Scrambled eggs with handful of raspberries and 2 slices of ham or turkey (*V -- no turkey / ham, KF)

Prep Time: 5 min

Cook Time: 5 min

Servings: 1

Ingredients:

2 cage free eggs
pasture butter
sautee pan
handful raspberries
2 slices of deli meat

Directions:

1. Crack eggs into mixing bowl
2. Whisk or whip eggs quickly with a fork to create even color
3. Add salt and pepper to taste
4. Add 1 Tbsp butter to pan and place on medium-high heat
5. When butter is melted and evenly spread, pour egg mixture into pan and stir frequently
6. When eggs have reached your desired consistency (* we like them a bit runny to preserve the amino acid chains, etc) place onto a plate with deli meat slices and berries
7. If your kids want to add cheese to their eggs, remove yours onto a plate early and add the cheese after your breakfast is plated

Lunch: Leftover Salmon +Spiced Coconut Spinach

Prep Time: 5 mins

Cook Time: 10 mins

Servings: 1

Ingredients:

1 shallot
1 large clove of garlic
1/4 teaspoon fine-grain sea salt
1 tablespoon ghee
1/4 teaspoon yellow mustard seeds
1/4 teaspoon whole cumin seeds
1/4 teaspoon red pepper flakes
1 cup finely sliced asparagus - optional
7 oz spinach, well washed, and chopped
squeeze of lemon
1 1/2 tablespoons unsweetened coconut, lightly toasted

Directions:

1. Place the shallot and garlic on a cutting board, add salt and make into a paste
2. Heat oil in large sautee pan over medium heat. Add the seeds, cover with a lid, and let them toast a bit.
3. Remove the lid, stir in the red pepper flakes and let cook for a minute.
4. Stir in the asparagus if you're using it, let cook roughly another minute, then stir in the garlic-shallot paste and all of the spinach. Keep stirring for about one minute.
5. Finish with a bit of fresh lemon juice and the coconut.
6. Serve with Salmon from night before or 2 fried eggs.

Snack: 1 pack of Justin's Chocolate Hazelnut Butter

Dinner: Strawberry Arugula Salad (w/ Sweet Honey Cilantro Dressing)

Prep Time: 15 min

Cook Time: 0 mins

Servings: 2

Ingredients:

4 cup arugula
1 cup sliced strawberries
1 cup chopped cucumber
1 avocado, sliced
1 whole strawberry, fan cut

Dressing:

1 cup cilantro
1 cup olive oil

2 Tbsp honey (or agave nectar)
4 cloves garlic

Directions:

1. Place all dressing ingredients in a mini food processor or Vitamix and blend until smooth.
2. Place arugula in a bowl and layer strawberries and cucumbers on top
3. Place the avocado and strawberry slices on top
4. Add chopped chicken (or 2 slices of nitrate free turkey bacon)
5. Drizzle the salad with dressing.

DAY SIX

Breakfast: Matcha Muffins

Prep Time: 10 min

Cook Time: 20 min

Servings: 12 muffins

Ingredients:

3/4 cup almond flour
1 tbsp coconut flour
3 cage free eggs
1 teaspoon baking soda
1 tablespoon matcha
2 tablespoons coconut sugar
1/2 cup almond milk
1 tablespoon maple syrup
1 tsp of coconut aminos or tamari

Directions:

1. Mix wet and dry ingredients together and stir well
2. Pour into lined muffin tin
3. Bake at 325 degrees for 15-20 min or until a chopstick comes out clean

Lunch: Grilled Proscuitto-Peach Salad

Prep Time: 15 min

Cook Time: 30 min

Servings: 4

Ingredients:

2 ripe yellow peaches, pitted and cut into 12 slices
12 thin slices of proscuitto
6 cups baby watercress
2 tbsp. slivered almonds

2 tbsp. extra virgin olive oil
1 tbsp. balsamic vinegar
Salt and Pepper to taste

Directions:

1. Preheat a grill to medium heat.
2. Wrap each peach slice with a thin slice of prosciutto.
3. Grill the peaches over medium heat for 3-4 minutes on each side, until the prosciutto is crisp and peaches are slightly tender.
4. Toss the watercress with the almonds, olive oil, vinegar, and a pinch of sea salt and cracked pepper.
5. Serve the grilled peaches over the dressed watercress.

Snack: 1 apple or pear with Almond or Mac Nut Butter

Dinner: Eggplant Sliders (use raw goats milk cheese - omit cheese if needed)

Prep Time: 15 min

Cook Time: 45 min

Servings: 4

Ingredients:

2 medium-sized Italian eggplants
Olive oil
Sea salt or truffle salt
Roll of raw goat cheese
Thin cut heirloom tomatoes
Fresh basil leaves
Macadamia nuts (crushed)

Directions:

1. Preheat oven to 400 F.
2. Slice the eggplants into "patties"
3. Prepare the baking sheet with olive oil
4. Place the eggplant patties on the baking sheet and lightly coat with oil
5. Lightly season with salt and pepper and place in oven.
6. Cook for 8 minutes and remove and flip slices and brush oil on top side and return to oven.
7. Keep checking and flipping until tender.
8. Once your pattie is finished top with goat cheese, tomato slice and basil

DAY SEVEN:

~~DUCK NOODLES WITH SESAME DRESSING~~ **DUCK NOODLES WITH SESAME DRESSING**

Prep Time: 5 min

Cook Time: 2 min

Servings: 1

Ingredients:

2 large leaves of romaine lettuce

2 slices of deli meat

avocado

cucumber

cilantro

Annie's Lemon Dill Dressing (or your favorite)

Directions:

1. Fill lettuce leaves with deli meat, sliced avocado & cucumber, diced cilantro and drizzle with dressing
2. Eat like a taco!

Snack: 1-2 cups fresh watermelon

Dinner: Kale Umeboshi Cucumber Salad (add protein of choice)

Prep Time: 10 min

Cook Time: 15 min

Servings: 2

Ingredients:

Dressing

2 tablespoons umeboshi plum paste

3 tablespoon olive oil

1 medium cucumber, peeled & chopped

1 small clove garlic, pressed

3 large kale leaves

Directions:

1. Place all ingredients except for kale in a blender or food processor
2. Steam, bake or finely slice and eat your kale raw -topped with with this delicious dressing

WEEK 4 Meals & Recipes

DAY ONE:

Breakfast: Asian

Pancakes

Prep Time: 10 min

Cook Time: 20 min

Servings: 5

Ingredients:

5 ounces sweet potatoes

1 heaping tsp of Vietnamese cinnamon (or preferred kind)

2 cage free eggs

1 tbsp. maple syrup

3/4 can coconut milk

2 tbsp. almond flour

1/3 cup coconut flour

1.5 tbsp. arrowroot powder

1/4 tsp sea salt

Pasture butter or coconut oil to grease sautee pan

Directions:

1. Peel and cube sweet potatoes.
2. Cook sweet potatoes until tender.
3. Blend all of the ingredients (except toppings)
4. Melt pasture butter in sautee pan on medium-high heat.
5. Spoon small silver dollar-sized pancakes in the skillet. Flip when ready.
6. Serve by stacking with your choice of topping!

Lunch: Kale Market Salad

Prep Time: 15 min

Cook Time: 0 min

Servings: 2

Ingredients:

1/2 bunch Lacinato kale torn into pieces

1 cup organic shredded carrots

1 small bulb of fennel, transparently sliced

1 avocado, cut into small cubes

4 Tbls of almond slices, toasted(optional)

Add 4-6oz of protein of choice (chicken, beef, fish, eggs, nitrate-free deli meat)

Directions:

1. Combine the kale with about half of dressing in a large bowl use your hands to soften and work the dressing into the kale.
2. Add the carrots, fennel, the remaining dressing, and a couple pinches of salt, and toss again.
3. Add the avocados and almonds and give one last toss.
4. Add protein of choice
5. Toss with Bizzie's dressing or Annie's Goddess Dressing

Snack: 2 stalks of celery + 2 tbsp nut butter + 2 tbsp raisins

Dinner: Turkey "amazeballs"

Prep Time: 10 min

Cook Time: 25 min

Servings: 4

Ingredients:

1 pack ground turkey
sea salt
dried garlic
½ cup of almond meal
cap full of coconut aminos
1 tbsp turmeric
coconut or olive oil to coat baking tin

Directions:

1. Preheat oven to 400 degrees
2. In a large mixing bowl place contents of 1 pack ground turkey
3. Add sea salt to taste no more than 3 tsp
4. Add dried garlic to the taste
5. Add almond meal, coconut aminos and turmeric
6. Mix all ingredients together and roll into small meatballs
7. Grease a baking tin with olive or coconut oil
8. Place meatballs on the baking tin and bake for 25 min
9. Be sure to check halfway through to flip the meatballs over

DAY TWO:

Breakfast: 2 eggs any way + 2 slices of nitrate free bacon + 1/2 grapefruit

Lunch: Turkey Wrap with lemon dill dressing

Prep Time: 5 min

Cook Time: 0 min

Servings: 1

Ingredients:

Use long leaves of romaine lettuce to create your lettuce cup, Iceberg lettuce also works well but has less nutrients- your call!

Sliced deli meat Turkey (free-range, nitrate-free)

Avocado

Thin slices of cucumber

Cilantro

Directions:

Drizzle with Annie's Lemon Dill Dressing or your favorite dressing!

Eat lettuce cups like a taco!

Snack: 1 banana + 6 macadamia nuts

Dinner: Asian Chicken Meatballs

Prep Time: 5 min

Cook Time: 10-15 min

Servings: 4

Ingredients:

1 pound ground chicken (preferably dark meat)

½ tsp. coarse sea salt

½ tsp. freshly ground black pepper

1 garlic clove, very finely minced

1 tsp. freshly grated ginger

1 tbsp. coconut aminos

2 tsp. good-quality maple syrup

2 tbsp grapeseed oil

Directions:

1. Thoroughly mix the chicken with the salt, pepper, garlic, ginger, coconut aminos, and maple syrup.

2. Roll the mixture into golf ball-sized meatballs.

3. Grill or pan-fry the meatballs until they're cooked through and serve with sauce.

DAY THREE:

Breakfast: Egg quiches with 1 cup of mixed berries

Prep Time: 5 min

Cook Time: 25 min

Servings: 15

Ingredients:

10 -12 cage-free eggs whisked well

Large handful of Kale or Spinach
2 Tomatoes
1 Handful of Basil
4-6 Slices of Prosciutto
*Raw Goat Cheese- if you want to add dairy
Sea Salt or Truffle Salt (to taste)

Directions:

1. Preheat oven to 350 and grease with olive oil two muffin pans.
 2. Whisk your eggs in a big bowl and add salt or truffle salt to taste.
 3. In a food processor or blender throw in the greens, tomato, prosciutto, and basil and process until finely chopped but NOT smooth.
 4. Add this mixture to your eggs.
 5. Mix the egg mixture and veggie mix well and pour into muffin pans using a 1/4 measuring cup
 6. Bake for 20-25 minutes or until the eggs are set in the middle.
- NOTE; These are great to take on the go and if you'd like to sprinkle cheese on top, do so about 5 minutes before pulling them out of the oven.

Lunch: Tuna Nicoise Salad with Lemon Herb Vinaigrette

Prep Time: 10 min

Cook Time: 20 min

Servings: 4-6

Ingredients:

1 lb ahi tuna steak, good quality sushi grade
6 cups mixed lettuce (I used baby romaine, spinach, and a little arugula)
3 asparagus spears, trimmed and cut into 2 inch pieces
¼ pound green beans, trimmed
½ cup Niçoise or kalamata olives, pitted
1 tablespoon capers
½ cup grape tomatoes, halved
2 tablespoons fresh parsley, chopped
4 eggs, hard boiled and halved
¼ cup Lemon Herb Vinaigrette

Lemon Herb Vinaigrette

1 teaspoon chopped shallot
2 teaspoons dijon mustard
2 tablespoons red wine vinegar
juice of ½ of a lemon
2 garlic cloves, chopped
½ cup extra-virgin olive oil
¼ teaspoon herbs du provence

¼ teaspoon sea salt
⅓ teaspoon fresh ground pepper
2 teaspoons honey

Directions:

1. Make your dressing first so the flavors can meld while you fix the rest of the salad ingredients.
2. Place all of the vinaigrette ingredients except for the olive oil in a food processor or blender and pulse until a paste forms. With the machine running, slowly drizzle in the oil until emulsified. Leave at room temperature until you're ready to assemble the salad.
3. Heat a skillet over medium-high heat. Rub the ahi steak with 2 tablespoons of the vinaigrette, then sear it in the skillet for 2 minutes on each side. You want the center to still be rare. Slice the tuna against the grain into very thin slices.
4. Bring a pot of water to a boil, then quickly blanch the asparagus and green beans for about a minute. Immediately plunge the vegetables into cold water to stop the cooking process. You can also steam the vegetables for a few minutes if that's easier for you. They should be slightly cooked but still crunchy.
5. To serve, pile the lettuce on a platter then surround it with the green beans, asparagus, olives, capers, tomatoes, eggs. Drizzle ¼ cup of the vinaigrette over top and sprinkle with parsley

Snack: 1/2 grapefruit and sprinkle coconut sugar

Dinner: Thai Basil Chicken

Prep Time: 10 min

Cook Time: 20 min

Servings: 2

Ingredients:

3/4 lb chicken boneless skinless thighs (cut into 1/2" bite-sized cubes)
3-5 thai chili (seeded and sliced thinly)
1 shallot, thinly sliced
3 garlic cloves, chopped
1/4 red bell pepper, cut into thin 1" pieces
1 1/2 tbsp. coconut aminos
1 tsp. tamari (gluten-free soy sauce)
1 tbsp agave nectar
1/4 tsp black pepper
12 large leaves Thai basil
coconut oil for the pan

Equipment:

Sharp Knife
Cutting Board
Grater
Measuring Spoons
Skillet

Directions:

1. Make the sauce by stirring together coconut aminos, tamari, agave, and black pepper. Set it aside
2. Heat a cast iron skillet (or other heavy-bottomed pan) over medium-high heat.
3. Add about 1 tbsp coconut oil to the pan. Once the pan becomes hot, add shallots to the pan. Sauté for about a minute. Add garlic and chili to the pan. Continue stirring until shallots are lightly brown.
4. Add chicken to the pan. Sauté for about 2 minutes until the chicken is almost cooked through.
5. Add the red bell pepper pieces to the pan. Continue to stir until the chicken is cooked through.
6. Add the sauce to the pan. Mix well to ensure that the sauce is well distributed.
7. Turn the heat off once the pan is dry.
8. Add the basil and mix. The basil should wilt nicely from the residual heat from the pan.
9. You can also serve topped with a fried egg made over easy.

DAY FOUR:

Breakfast: 2 fried eggs + Garlic Grilled Tomatoes

Prep time: 5min

Cook Time: 10min

Servings: 2

Ingredients:

4 Roma tomatoes
salt
pepper
1 tbsp garlic crushed
2 tbsp olive oil
1 tsp fresh thyme (or dried)
dash of parmesan cheese

Directions:

1. Cut your tomatoes in half crosswise, season with salt and pepper.
2. In a small frying pan add crushed garlic, olive oil and fresh thyme, cook til golden,
3. take off the heat and add in grated parmesan cheese.
4. Place your tomato halves cut side down on an oiled grill until you get grill marks, then turn them over with tongs and spoon the garlic cheese mixture on top and continue cooking. (if you are not using a grill place tomatoes with garlic mixture in broiler for 10 minutes)

5. Serve with 2 fried eggs

Lunch: Sautéed Greens (serve with 6 oz of any protein on hand)

Prep time: 5min

Cook Time: 10min

Servings: 2

Ingredients:

Organic kale, collards, mustard greens, and spinach

olive oil

1 cap full coconut aminos

1 diced garlic clove

Directions:

1. In a wok or large sauté pan place 1 cup of water
2. Chop kale, collards or spinach on a cutting board in 1/2 inch thick slices width wise
3. Place chopped greens into the water cook until lightly wilted and most water evaporated (medium heat)
4. Pour out remaining water and drizzle with olive oil
5. Add 1 cap full of coconut aminos and 1 diced garlic clove
6. Mix well and serve when lightly crisped on the ends

Snack: 2 tbsp Justin's nut butter + 1 organic banana

Dinner: Asian Lettuce Wraps

Prep time: 15 min

Cook Time: 10min

Servings: 4

Ingredients:

2 teaspoons coconut oil

1 pound ground beef or chicken

2-inch piece ginger, peeled and finely grated

2 scallions, chopped

2 cloves garlic, minced

2 tablespoons tamari

1 teaspoon red pepper flakes

1/4 cup hoisin sauce

1/4 cup cashews

Salt and freshly ground black pepper

1 head Boston lettuce, leaves separated, cleaned and dried

Directions:

1. In a skillet over medium-high heat, add the coconut oil and saute beef/chicken until brown.
2. Stir in ginger, scallions, garlic, tamari, red pepper flakes, and hoisin and cook for 1 minute.
3. Remove from the heat and stir in the cashews. (optional)
4. Season with salt and pepper and serve warm wrapped in lettuce cups.

DAY FIVE

Breakfast: Asparagus & Bok Choy Frittata

Prep time: 10 min

Cook Time: 20 min

Servings: 4

Ingredients:

2 tablespoons coconut oil or ghee

3 scallions including green tops, sliced thin

1 teaspoon grated fresh ginger

1 clove garlic, minced

1 small head bok choy (about 3/4 pound), cut into 1-inch pieces

3/4 pound asparagus, tough ends snapped off and discarded, spears cut into 1-inch pieces

3/4 teaspoon salt

9 eggs, beaten to mix

1/4 teaspoon fresh-ground black pepper

1 teaspoon Asian sesame oil

Equipment:

Sharp Knife

Cutting Board

Medium cast-iron skillet or non-stick frying pan

Directions:

1. Heat the oven to 325°.
2. In a medium cast-iron or ovenproof nonstick frying pan, heat the cooking oil over moderate heat.
3. Add the scallions, ginger, and garlic and cook, stirring, until fragrant, about 30 seconds.
4. Add the bok choy and cook, stirring, until the leaves wilt, about 2 minutes.
5. Add the asparagus and 1/2 teaspoon of the salt and continue to cook, stirring occasionally, until the vegetables are almost tender, about 3 minutes more.
6. Evenly distribute the vegetables in the pan and then add the eggs, pepper, and the remaining 1/4 teaspoon of salt.
7. Cook the frittata until the edges start to set and the middle is 90% cooked, about 10 minutes.

8. Put the frittata in the oven and under the broiler for 2 minutes. Drizzle the sesame oil over the top.

Lunch: Berry Summer Salad

Prep time: 5 min

Cook Time: 10 min

Servings: 2

Ingredients:

1 Cup of Raspberries

1 Cup of Blackberries

Avocado

several sliced mushrooms (optional)

6 cups of Fresh Spring Mix or Spinach

1/2 cup of Raw Goat Cheese (optional)

3 Tbps. olive oil

2 Tbsp. balsamic vinegar

a dash of salt

Grilled Chicken (optional)

Directions:

1. Toss leaves in a bowl.

2. Toss on top the rinsed fruit and diced avocado.

3. Add Cheese. In a small bowl add Olive oil, and balsamic, and a pinch of salt. Stir well and add to salad.

4. Simply grill chicken if adding chicken and place on top.

Snack: 1 apple

Dinner: Mung Bean pasta sauteed with Napa cabbage, Bok Choy and julienned carrots

Prep time: 20 min

Cook Time: 10 min

Servings: 2

Ingredients:

Mung Bean Pasta Noodles

Chopped: 1 head napa cabbage, 3 heads bok choy

2 Julienned Carrots

1 clove diced garlic

2 tsps coconut aminos

2 spoonfuls coconut oil

Directions:

1. Follow cooking directions on the packet for your Mung Bean Pasta also called "Bean Thread"
2. In a separate wok place thinly sliced and chopped Napa cabbage (purple), chopped Bok Choy and julienned carrots with two spoonfuls of coconut oil
3. Add garlic and coconut aminos
4. Sautee until wilted
5. Add cooked noodles to the vegetable wok, toss and serve

DAY SIX:

Breakfast: **Super Berry Acai Bowl**

Prep time: 5 min

Cook Time: 10 min

Servings: 2

Ingredients:**Base**

4 packs frozen Açaí berry puree - we love unsweetened from Sambazon (each pack is 3.5 oz)

2 cups coconut water

2 bananas

1 cup frozen strawberries

2 tbsp Vega Sport protein powder

Toppings:

1 cup slivered almonds

2 handfuls fresh berries

4 tbsp hemp seeds

Directions:

Place all ingredients in a blender and pulse until thick and creamy.

Add more coconut water if you prefer.

Pour the blend into two bowls, top with almonds, berries and hemp seeds and serve immediately!

Lunch: Spinach, Avocado, Mandarin & Pomegranate Salad

~~Prep time: 10 min~~

Cook Time: 0 min

Servings: 2

Ingredients:

Salad:

4 cups baby spinach

1 sliced ripe avocado

1 mandarin divided in sections

Seeds of 1 pomegranate

Ginger Lime Vinaigrette:

1 inch peeled fresh ginger

Juice and zest of 1 lime

2 tablespoons apple cider vinegar

2 tablespoons extra virgin olive oil

1 cube frozen cilantro

Sea salt and pepper to taste

Directions:

1. Plate the baby spinach, creamy sliced avocado, plump juicy mandarin slices & pomegranate seeds.

2. Dress with the homemade Ginger Lime Vinaigrette.

3. To make the dressing, combine all ingredients and blend.

4. Drizzle over the salad and enjoy!

~~Prep time: 10 min~~

Snack: Tropical Green Smoothie

Cook Time: 0 min

Servings: 2 large drinks

Ingredients:

5- 6 chunks frozen pineapple
1/2 cup cilantro
1/3 cup parsley
1/4 cucumber
1 lemon, juiced
1 inch chunk of ginger root
1/2 cup fresh orange juice
10 drops of liquid stevia
1/2 grapefruit, peeled

Directions:

Mix all of the above in a high speed blender until smooth.

Dinner: Fennel, Mushrooms, + Arugula (add protein of choice our marinated steak here)

Prep time: 10 min

Cook Time: 0 min

Servings: 2-3

Ingredients:

12 ounces mushrooms, brushed clean
1 tablespoon grass-fed butter
a few pinches fine grain sea salt
1 small bulb of fennel, trimmed and sliced very thinly
2 tablespoons fresh dill, chopped
a small bunch of chives, minced
freshly ground black pepper
a small bunch of arugula
1 teaspoon of olive oil

Directions:

1. Cut mushrooms into 1/2 inch slices
2. In your largest skillet, over high heat, melt the butter.
3. Add the mushrooms and a few pinches of salt.

4. Saute, stirring every minute or so, until the mushrooms release their water and brown a bit (4-5 minutes).
5. Two minutes before the mushrooms are done cooking, stir in the fennel.
6. When finished, remove from heat and add the dill and chives, pepper and more salt if needed.
7. Quickly toss the arugula with the olive oil and a pinch of salt. Serve the mushrooms immediately alongside the arugula.

DAY SEVEN:

Breakfast: Fried Egg and Sweet Potato Hash

Prep time: 10 min

Cook Time: 20 min

Servings: 2

Ingredients:

- 1 sweet potato
- spoonful of unrefined coconut oil
- salt + pepper to taste
- canola oil for the pan
- 2 eggs
- 3 green onions

Equipment:

- Sharp Knife
- Cutting Board
- Grater or food processor
- Measuring Spoons
- Skillet
- Paper Towel

Directions:

1. To make the hash-browns, peel the sweet potato and then shred it (I used a food processor for efficient shredding).

2. Put your shredded sweet potato on some paper towels and get as much moisture out as possible.
3. Place a large skillet on medium high heat.
4. Plop in some coconut oil and wait until the oil begins to bubble slightly.
5. Add a thin layer of shredded sweet potato and spread evenly so no area is thicker than another, sprinkle with salt and pepper.
6. Cook for a few minutes and turn it over and do it all again.
7. Remove from pan and put in your next load of sweet potatoes.
8. When done with potatoes, grill green onions until tender.
9. Fry up your two eggs.

Lunch: Bunless Turkey Burger

Prep time: 5 min

Cook Time: 20 min

Servings: 4

Ingredients:

1 pack of free-range or natural ground turkey

sea salt

dried garlic flakes

Directions:

form 4 patties with the turkey meat

Sprinkle with light sea salt and dried garlic flakes

Bake at 400 degrees for 10 minutes each side, or until meat is no longer PINK

Add your favorite veggie toppings we suggest avocado, tomato and lettuce

Snack: Pineapple Kale-Aid

Prep time: 5 min

Cook Time: 0 min

Servings: 1

Ingredients:

~~2 apples~~ 1 apple, 1 pear, 1 kiwi removed

Directions:

Combine all ingredients in a juicer or a blender and enjoy!

Dinner: Chicken Coconut Curry

Prep time: 30 mins

Total time: 60 mins

Servings: 6

Ingredients:

1 1/2 pounds boneless, skinless chicken breast, cut into bite-size cubes

6 teaspoons curry powder, divided

3/4 teaspoon salt, divided

2 tablespoons coconut oil, divided

1 large yellow onion, chopped

1 tablespoon chopped garlic

1 14-ounce can "lite" coconut milk

1 14-ounce can reduced-sodium chicken broth

4 cups 1-inch chunks Yukon Gold potatoes (about 3 medium)

1 cup sliced carrots

1/2 cup chopped celery

3/4 cup frozen peas

1/4 cup chopped fresh cilantro

Equipment:

Sharp Knife

Cutting Board

Medium Bowl

Measuring Spoons

Paper Towel

Dutch oven or a deep pot you can cover

Spoon

Directions:

1. Place chicken in a medium bowl. Sprinkle with 1 teaspoon curry powder and 1/4 teaspoon salt; toss to coat.
2. Heat 1 tablespoon oil in a large Dutch oven over medium-high heat. Add chicken and cook, stirring once or twice, until mostly browned, 6 to 8 minutes. Transfer to a plate.
3. Heat the remaining 1 tablespoon oil in the pot and add onion and garlic.
4. Cook, stirring often, until the onion is starting to soften, 2 to 4 minutes.
5. Stir in the remaining 5 teaspoons curry powder and cook, stirring, until fragrant but not browned, 30 seconds to 1 minute.
6. Add coconut milk, broth, potatoes, carrots, celery and the remaining 1/2 teaspoon salt and bring to a boil over high heat, stirring often.
7. Reduce heat to medium-low to maintain a gentle simmer and cook, stirring occasionally, until the potatoes and carrots are tender, 10 to 12 minutes.
8. Return the chicken to the pot and add peas. Increase heat to high and continue cooking until the chicken is cooked through, 4 to 5 minutes more. Remove from the heat and stir in cilantro.

