

LEVEL UP GAMEPLAN

October Freedom & Flexibility

Monthly Goals

Create extra space and develop a better relationship with food and digestion

Challenges:

Meatless Monday – pick one day that you go without meat to give yourself a break and create more resourcefulness. Many notice an increase in energy and it teaches you to make vegetables the spotlight of your meals. See the recipes below for inspiration.

Daily Food Breaks – 12 Hour break from last meal until following day's first meal

This gives your digestive system a break so that it can utilize energy for detoxification and fat burning.

New Recipe and cooking methods – New can be your new favorite. See the guide below in combination with scratch cooking guide to try some entrees.

Daily Movement – Let's commit to a movement goal daily. Think about OTM Opportunities to Move. Park further away, take calls while you go for a walk. Walk for 10 mins after each meal.

Morning Mindfulness – Some say they are too busy to meditate where these are the people that need it most. A mindful minute, breathe meditation, or body scan goes a long way for creating focused energy and clarity.

This can be an opportunity to go over your mantra, journal, or try out a free meditation app such as: Calm, Insight timer, or headspace.

- ✓ 1 Salad - Mix of raw or lightly steamed veggies (fiber, blood sugar support, phytonutrients, and satiety)
- ✓ 1 Shake – Veggies + Protein + fiber (berries, avocado, or seeds)
- ✓ 100+ oz of water daily (10oz before and after each meal)

HABITS OF HIGHLY EFFECTIVE HAPPY PEOPLE

MINDSET & STRESS MANAGMENT (activate parasympathetic nervous system)

Wake up 30 minutes early for some personal time

Contrast Shower - Cold Shower or jump in water

Wake up early and watch sunrise

RSVP your proposed day by design (Schedule workout, meal, gratitude, social event)

Perform a box breathing session when you have the impulse to check your phone or social status

1 minute of controlled breathing
(4 seconds inhale, 6 seconds exhale or look up box breathing)

Morning meditation – If you are new, try out a free app or video with a breath focus meditation

Positive journal experience, what you are grateful for, etc..

Yoga class (especially a YIN class)

Writing to do list for following day (helps relieve stress - brain dump) **PM**

Listen to health related podcast - while driving, cooking, working, exercising, etc..

Pay it forward - pick up tab for coffee or meal for some stranger

20 minutes positive development podcast or audiobook
(even can multi-task while cooking)

Walk for 10+ minutes or 1 mile with no phone or music

10 Minute Walk post meal - or 1,000 steps

Journal entry of a positive experience from healthy eating or lifestyle
(energy, weight, etc..)

What are some habits of people that you admire do?

- 1
- 2
- 3

Choose from:

Breakfast:

Jumpstart smoothie
Apple Pie Smoothie
Mocha Smoothie
Hybrid hemi
Yogurt with oats and protein

Lunch: (be conscious of dressing and fried/breaded foods)

Salad with chicken or salmon + 1 new vegetable
10 minute salmon or tuna salad with avocado
2 Hard boiled eggs over salad
Quinoa Salad with Chicken
Leftovers turned into a salad
Thai lettuce wraps
Taco salad

Dinner:

Bison with steam fried veggies (or ground beef or turkey)
Thai-style “peanut sauced” almond butter stir-fry + cooked chicken or turkey
Veggie Stir-fry with ground Turkey (or chicken)
Pasta with vegetable based noodle (lentil, chickpea, quinoa, zucchini)
Vegetable rice and chicken (pre-packaged cauliflower rice makes this easy)
Or try sweet potato rice
Chicken or greek burger with paleo bread or bun OR over salad

Snack:

Yogurt with berries or sugar-free chocolate chips
Protein bar (more than 10 grams of protein and less than 10 grams of sugar)
Carrots and hummus
Apple and almond butter
Peanut butter yogurt parfait

Protein pancakes or waffles

MEATLESS MONDAY EXAMPLES

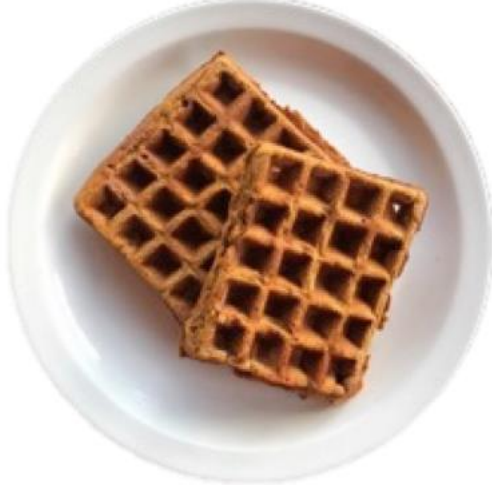
BREAKFAST



LUNCH



SNACK



DINNER



BREAKFAST: Blueberry smoothie bowl

LUNCH: Chickpeas, quinoa, leafy greens, and hummus

SNACK: Protein waffle

DINNER: Black Bean spaghetti

RECIPES

SMOOTHIES

BREAKFAST FRIENDLY

LUNCH (QUICKER MEALS)

SOUPS

DINNER

PLANT BASED MEALS

SNACKS (protein based with good carb options)

The key to consistency is enjoying the eating process! With all recipes, taste as you go and add seasoning where you need it. Sometimes it needs a lot more onion or garlic seasoning, a little more salt, hot sauce, or citrus

SMOOTHIES

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CARROT CAKE SMOOTHIE

Tastes like a chilled smooth form of carrot cake mixed with pumpkin pie. The texture has the perfect mouthfeel plus fiber to keep you satisfied

LOW-FAT, higher carb version below

Ingredients

- 1 large carrot OR ¼ cup baby or shredded carrots (chopped or shredded)
- 1 tablespoon coconut butter (or coconut flakes)
- 2 tablespoon raw walnut pieces (or pecans, almonds, cashews)
- 1-2 Squirts vanilla or caramel stevia liquid, to your taste
- 1 tsp pumpkin pie spice OR cinnamon
- 1 cup unsweetened almond or coconut milk
- 1 scoop Vanilla Bliss
- 1 Tsp Turmeric chai mix, optional (boosts nutrition + color)
- *1 Date, pitted (optional and can leave it for lower carb)
- +1 Cup of ice

Directions: Combine all ingredients in a high-speed blender and blend until perfectly smooth
Macros:

Post-Workout Desert Version

Low-Fat Version:

- 1 large carrot OR ¼ cup baby or shredded carrots (chopped or shredded)
- 2 tablespoon Powdered Peanut Butter
- ¼ Cup Oats, gluten-free
- 1-2 Squirts vanilla or caramel stevia liquid, to your taste
- 1 tsp pumpkin pie spice OR cinnamon
- 1 cup unsweetened almond or coconut milk
- 1 scoop Vanilla plant protein powder + optional collagen
- *1 Date, pitted (optional and can leave it for lower carb)
- +1 Cup of ice

Macros

Protein: 30g Carbs: 46 Fat: 7

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Jumpstart smoothie

Very filling and creamy smoothie with fiber to sustain your energy and blood sugar

1 cup coconut milk unsweetened
2 tbsp avocado (optional)
1 cup blueberries
1 scoop vanilla bliss protein
1-2 stalks of celery
1 squirt vanilla stevia
Dash of cinnamon
1 tbsp of greens powder (optional)
½ Cup ice

Other additions frequently:

2 tbsp Hemp hearts (fiber, protein, healthy fat)
2 tbsp Pumpkin seeds (protein, zinc, magnesium)
Small handful carrots - baby carrots are great for convenience (beta carotene, fiber, vitamin a)

Directions

Mix all ingredients into thick puree

The celery provides you with natural minerals and micronutrients, think of it like mineral water, carrots add nutrients with natural sweetness and fiber, avocado adds antioxidants, fiber, consistency, and improves absorption of nutrients. The cinnamon, vanilla and protein all play a role in balancing the flavor. The greens powder helps with alkalinity, detoxification and energy.

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Apple Pie Smoothie

Flavor fiber and protein to keep you satisfied for the long term.

1 Serving Vanilla Plant Protein
½ tsp Pumpkin Pie Spice
½ Apple
¼ Cup oats
8oz Milk
Sweetener of choice (banana, sugar-free maple, stevia, or monk fruit)

Directions: Mix all ingredients together

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Matcha green energizer

Breakfast booster, coffee alternative or afternoon pick me up. This drink will be a new favorite of yours. Works great as a latte or in refreshing form when blended with ice.

Matcha tea is a green tea powder that is high in theanine which helps balance. You can sub for green tea if you do not have matcha

8 oz Almond or coconut milk
1 tsp matcha powder

1 tsp greens powder
2 tbsp collagen powder (or vanilla protein)
1 Squirt Vanilla Stevia
Dash of cinnamon
6-8 oz coconut milk unsweetened
Directions: Mix all ingredients together and blend into a puree

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Chocolate almond dream (java blend for a buzz)

Morning time? You can add chilled coffee as a base or add 1-2 tbsp ground coffee.

1 cup almond or coconut milk
1 tablespoons almond butter
1 scoop chocolate bliss protein
1 tablespoon cocoa or cacao powder
1 tablespoon flax or chia (for fiber and consistency)
1 squirt to dash of stevia to sweeten if needed
1/2 Cup Ice

*Note a pitted date or 1/2 banana will boost the flavor (and sugar)

Combine all ingredients in a blender and blend thoroughly until smooth. If you have issues with blending, add more water. Enjoy!

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BREAKFAST

Scramble or omelet with equivalent of 4 eggs

Upgrade your oil with coconut oil

Additions: chopped vegetables, leafy greens, avocado, salsa

Omelet

1 egg

2 egg whites

2 oz chicken

2 tbsp goat cheese

½ cup spinach

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Sweet potato toast:

Slice sweet potato into 1/8" slices and run through toaster 2-3 runs or place in toaster oven for 10 minutes

Top with an egg, avocado, or almond butter

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Overnight oats or soaked oats is a satisfying way to eat a chilled version of oatmeal that is similar to an acai bowl, using a smoothie base as an alternative to water or milk.

Simply add a smoothie to ½ cup oats and stir or try an example like below

Overnight oats (look up online for inspiration)

Compared to sugary cereals, overnight oats are a gold mine of nutritional value. Not only do they keep us feeling fuller, longer because of the fiber and protein— they can give us an energy boost to squeeze in morning exercise or get through a marathon meeting at the office.

Ingredients

½ Cup Gluten free oats (old fashioned)

½ Cup Coconut or almond milk

½ Scoop Protein powder

1 Squirt vanilla or chocolate stevia

Directions: Stir together and set in sealed or covered container overnight or 1 hour+

Mix together in the am and add small amount of liquid if needed.

Notes: Make sure to stir well. There should be extra liquid, as the oats will have time to absorb.

Optional Additions: Berries, PB2 powdered peanut butter or other nut-butter of choice

Flavor options: (Same directions) substitute chocolate flavor protein and cacao for vanilla o+ add teaspoon of pumpkin pie spice

Another variation:

Chocolate overnight oats

Ingredients

1/3 c gluten free oats

3/4 c almond milk

1/3 c plain yogurt

1 tsp almond butter

1 tsp chia seeds

1 serving of protein

1/4 c of berries or a

sliced banana

— Optional: Nuts

Stir together oats, milk, yogurt, almond butter, chia and protein. Cover and leave in fridge overnight. In the morning, top with fruit and nuts and serve.

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Chicken hemp hash (low carb) – 5 Minute dish with a ton of flavor.

This reminds me of a chicken parmesan dish. Simple dish with a ton of flavor, the hemp hearts are the “X-factor” with a creamy but crunchy texture that absorbs the flavor. Adding in the hemp provides a boost of healthy fats and fiber that almost make you feel like you’re eating rice. The spinach soaks up more of the flavor and makes you feel like you have cheese in the dish.

4-5 oz chicken shredded (cooked & chopped on cutting board)

Spinach – small handful chopped

2 Tbsp Hemp hearts

2 Tbsp Nutritional Yeast

½ tsp Cayenne

½ tsp garlic powder

1 tbsp olive oil

Lime juice to taste

PRE-HEAT a pan to medium and use 1 tbsp coconut oil. Add chicken, tear up or chop spinach then add, add seasoning or hot sauce blend. Mix together for 2 minutes and then add hemp hearts and nutritional yeast. Finish with dash of sea salt. I will often leave out spices and just add 2 tbsp of “**upgraded hot sauce**” under sauces below

Note: Chicken could be swapped with another protein.

This dish comes together pretty quick because I have my own hot sauce (olive oil, garlic, cayenne, turmeric, lime juice) that I’ll add in with hemp and nutritional yeast. If you have chicken already prepped – you can throw this together in under 5 mins.

REMIX OPTION: CHICKEN APPLE HASH (Single serving)

This breakfast is a chicken apple hash with a seasoning twist

½ cup Free range boneless skinless chicken breast (Use cooked and chopped/shredded)

Directions: Mince, grind or finely chop chicken breast. Grate a Fuji apple. Place a nonstick skillet over medium heat and add water (to steam) and small portion of olive oil. Add 1-2 tsp. of any of the above spices to the oil and add the apples.

Cover pan for 3-5 min, stirring occasionally. If the hash becomes watery, finish cooking uncovered until the apples have cooked down

LUNCH

QUICKER MEALS THAT COULD BE A DINNER AS WELL

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10 min salmon salad (canned wild salmon)

This is a simple low maintenance meal that packs a lot of flavor. I find it super convenient because it's easy to keep cans of salmon around.

Ingredients

1 Can Wild Salmon (boneless and skinless) Trader joes makes a good one

½ Avocado OR 2 tbsp of a clean mayo (or mayo alternative)

Salt, pepper to taste

Herbs or seasoning of choice

2-3 tbsp Kraut or kimchee

Optional additions: Cultured vegetables such as kraut or kimchi, hot sauce, lemon, lime, or seasoning of choice

Directions: Mix ingredients together, enjoy or eat over quality crackers or bread/wrap

*Can substitute for mackerel or sardines (high in selenium, vitamin D, protein, calcium and omega 3's)

More Flavor and Carbs?

Optional addition of white rice: + 40-50 carbs

Season and flavor with: pizza seasoning, mexican seasoning, nutritional yeast or whatever you desire.

Great flavor boost for canned wild salmon:

Preheat oven or toaster oven to 400 (you can put in right away if you are short on time)

Place foil and parchment paper over baking sheet and drain salmon then place on pan with seasoning and drizzle with hot sauce or oil of choice. Place in oven (don't worry about waiting to pre-heat)

Bake/roast in oven or toaster oven for 10 minutes

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Caesar salad with grilled chicken

Ingredients:

Salad

2 Cups romaine lettuce leaves

16 ounces grilled chicken, cubed

Dressing:

Low sodium Caesar (try primal kitchen version)

Or use: 2 tbsp apple cider vinegar, 1 tbsp olive oil, juice from lemon, 1 tbsp Dijon mustard, salt and pepper

Directions:

1. Prepare dressing: Add all dressing ingredients to a blender and blend together until a smooth consistency is reached.
 2. Prepare Salad: Wash lettuce, dry and shred into bite-size pieces with your hand. Place in a large salad bowl.
 3. Add grilled chicken to the salad. Add dressing and toss to coat. Season with extra black pepper for a deeper Caesar flavor.
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Primal Chicken Salad - Serve on wraps, lettuce wraps, pitas, or bowls

This is a satisfying chicken salad that pairs up with cauliflower rice as a bowl or in a wrap.

Spotlight: Riced vegetables

The cool thing about riced vegetables is that you can fill up on something that is high on nutrients and low in calories, therefore it helps keep you satiated long-term.

1 lb chicken, prepared (crockpot, grilled, or rotisserie)

½ Cup Primal Kitchen Mayo

2 tbsp fennel (Small, diced)

2 tbsp Celery (Small, diced)

1 tsp Dijon Mustard

1 tsp Lemon Juice

1 tsp Parsley

Salt and Pepper to taste

Directions:

Mix Primal Kitchen Mayo, dijon, lemon juice, parsley, salt and pepper until smooth.

Toss chicken and vegetables with the mixture.

Enjoy!

*Serve over riced vegetables such as cauliflower, sweet potato, or broccoli

Frozen riced cauliflower makes for simple prep that is very filling. Follow directions for prep. (I like to start on sauce pan without oil for a toasting effect)

***Note:** You can replace or modify chopped vegetables, ex. shredded carrots, onion, etc..

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Veggies Stir-fry (Broccoli and brussels with Cashews)

Serves 2

Time to prep: 5 minutes

Time to cook: 10 minutes

2 tablespoons avocado oil

1 pound broccoli, bagged for convenience
1 tablespoon chopped organic garlic
1 teaspoon garlic powder
1/4 cup raw organic cashews
Bragg Liquid Aminos (see note)
Heat the avocado oil in a medium skillet over medium-high heat.

Add the broccoli, shaved brussels, garlic, garlic powder, and cashews. Cook, stirring often, until the veggies are tender.

Season to taste in the pan with the liquid aminos.

NOTE: Bragg Liquid Aminos is a protein concentrate made from non-GMO soy. You can use one or the other when it comes to brussels or broccoli... Could also sub for cauliflower.

Turn this into a meal by pairing with salmon or ground meat

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Chipotle Beef Bowl

Serves 1

Time to prep: 5 minutes

Time to cook: 15 minutes

1 tablespoon avocado oil

1 cup seasonal organic peppers

1 tsp onion + garlic powder

1 teaspoon chipotle seasoning blend

6 ounces grass-fed ground beef

Sea salt

Black pepper

Optional:

1/2 cup organic broccoli sprouts

1/4 cup fresh organic cilantro, chopped

2 tablespoons whole-milk Greek yogurt (can sub for avocado)

1/4 cup pico de gallo

Heat the avocado oil in a medium skillet over medium-high heat. Add the peppers and onion, and sauté for about 5 minutes, stirring occasionally, until they start to get soft.

Add the chipotle seasoning blend and beef. Lower the heat to medium and cook, stirring often, until the beef is no longer pink (7–10 minutes). Season to taste with salt and pepper.

Serve over the broccoli sprouts, and top with the cilantro, yogurt, and pico.

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DINNER

Wilted spinach and spiced chicken

Much better than it sounds, this has the appearance and taste of cheesy sautéed greens.

Serves 1

Ingredients

1 4-5 ounce chicken breast (vegetarians can use ½ cup cooked chickpeas)
1-2 tablespoons olive oil or coconut oil
2 teaspoons seasoning of choice
2 tablespoons sliced red onions
2 large handfuls of fresh spinach
1 tablespoon lemon juice
1 teaspoon sea salt

Directions:

Prepare chicken: Preheat oven 350°F. Place the chicken breast in a baking dish, coat with olive oil, sea salt, paprika, cumin and coriander.

Bake for 12 minutes or until fully cooked (check with a fork). Remove from the oven and let it cool on a cutting board, once the chicken is slightly cooled, cut into thin pieces.

Meanwhile, heat a large sauté pan over medium-high heat with 1 tablespoon of coconut oil and gently cook the onions for 2-3 minutes, stirring continuously. Add the mango and cook until warmed through. Add in the sliced chicken breast, gently toss then add in the spinach and lemon juice. Cover the pan and allow the spinach to steam. Sprinkle in a touch of sea salt and serve immediately.

Note: a dish like this comes together faster with chicken that is prepared. You can always pick up a rotisserie chicken when pinched for time.

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Chicken breast over cauliflower rice and spinach

The chicken was chopped and heated up over medium with tea and teaspoon of coconut oil in a sauté pan on medium-high heat. After, heating up cauliflower rice and stirring in handful of spinach.

HEAT MEDIUM SAUTE PAN to medium-high

CHOP Chicken breast on cutting board and toss into pan with cauliflower rice and handful of spinach after cooking for 2 minutes. (leafy greens like spinach cook and condense very quickly)

SAUCE PREP: (While baking) Hemp seeds + cilantro + garlic + lime juice + apple cider vinegar

What makes this easy in 5 minutes:

Pre-cooked chicken

Pre-cooked cauliflower rice

Leafy greens in package

Pre-made Sauce – Cashew Lime Sauce (cashews, lime, cilantro, coconut aminos)

Why this is a win:

Low carb but very satisfying from the cauliflower rice, often you can buy pre-cut from many markets. Loaded in fiber, nutrients, and a ton of flavor. This dish doesn't have any excess fat, sugar or processed ingredients. Adding in extra spinach boosts nutrition and overall satisfaction without even noticing it.

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Paleo chicken nuggets

This is a great way to mix up something bland like chicken and transform it into something that is great to indulge or prep for easy meals.

Ingredients

For the nuggets

1lb ground chicken or ground turkey

1 egg, whisked

1 bundle of cilantro, chopped (the more, the better!)

3 scallions, chopped

2 teaspoons sesame oil

1/2 cup Coconut Flour

1/4 teaspoon ginger

salt and pepper, to taste

1-2 tablespoons Virgin Coconut Oil

For the dipping sauce

1/4 cup Coconut Aminos

1/8 cup white wine vinegar or apple cider

1 tablespoon ground stone mustard (from the bottle/container-not powder)

1 teaspoon Raw Honey

Options: I made a batch with papaya instead of mustard that came out great

Instructions

1. Mix all of your nugget ingredients together: ground chicken, egg, cilantro, scallions, sesame oil, ginger, and salt and pepper.

2. Now heat up a large skillet under medium heat and add 1-2 tablespoons of coconut oil.

3. Place your coconut flour in a shallow bowl.

4. Make small balls from your nugget mixture, "nugget sized" and place each nugget in the coconut flour (being sure to only lightly dust the nuggets) then place in your skillet.

5. Use a spatula to slightly flatten out each nugget. It only needs just a little press down.

6. Cook on both sides for 5-7 minutes or until cooked through.

7. While your nuggets cook, mix your dipping sauce ingredients together.

8. Once your nuggets are done cooking, dip those little guys in the sauce and eat those grown up nuggets up!

This can be done with chicken breasts – dip in coconut mix (quicker version)

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Thai chicken lettuce wraps

Ingredients

1 tablespoon olive oil
1/2 yellow onion
3 cloves garlic
1 pound ground pork, turkey or ground chicken
Optional additions: 1/2 cup shredded carrots, mushrooms, onion
salt and freshly ground black pepper
1/4 cup coconut aminos (or soy sauce alternative)
2 teaspoons sesame oil
1 teaspoon rice wine vinegar
1 tablespoon almond butter
1 tablespoon Whole30 compliant hot sauce
1 head Bibb lettuce

Sauce:

1/4 cup coconut aminos
1 1/2 teaspoons sesame oil
1 teaspoon rice wine vinegar
Optional hot sauce to taste
Salt
Garnishes
black sesame seeds
thinly sliced green onions

Directions

1. In a large skillet set over medium heat, heat olive oil. When the oil is hot, add onion and cook for about 3 minutes or until beginning to soften, then add mushrooms and cook 3 more minutes, or until onion is translucent and mushrooms are softening. Add garlic and cook just until fragrant, about 30 seconds, stirring constantly.
2. Add ground pork and cook until browned, crumbling with a wooden spoon or spatula. Add carrots and stir until starting to soften, about 3 minutes.
3. In a small bowl, combine 1/4 cup coconut aminos, 2 teaspoons sesame oil, 1 teaspoon rice wine vinegar, almond butter, ginger, and hot sauce. Whisk until smooth then pour over meat mixture. Stir until combined, then add the chestnuts and green onions. Cook for 3-4 minutes then remove from the heat.
4. Make sauce: whisk together all sauce ingredients in a small bowl.
5. When ready to serve, spoon 3-4 tablespoons of the mixture into the center of a lettuce leaf and serve with sauce

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Turkey Taco Bowl with rice (or cauliflower rice)

These simple Ground Turkey Taco Bowls come together with cauliflower Spanish Rice and all of your favorite taco toppings! A wonderful and nutritious way to enjoy your tacos that everyone will love.

Makes 3-4 servings

1lb Ground turkey
2 tbsp Pico de gallo or tomato sauce
1 tsp Mexican seasoning (cumin, paprika, chipotle, garlic, onion)
Cheese (optional)
Avocado for topping (optional)

For the cauliflower rice:

1 large head of cauliflower*
1 tbsp olive oil or avocado oil
½ cup diced onion
3 cloves garlic minced
1 tsp cumin
1 tsp salt + more to taste
2 tbsp tomato paste
¼ - ½ cup chicken or vegetable broth
Fresh cilantro for garnish optional

Begin by making the taco meat. You can make the cauliflower rice while the taco meat is cooking, or cook the cauliflower rice ahead of time. Heat a large skillet to medium heat. Once hot, add oil and onion. Let cook for 2-3 minutes, then add in your ground turkey or beef. Continue to stir so the meat cooks evenly.

Once meat is no longer pink, add in your spices. Coat the meat with spices. Now mix in tomato paste, apple cider vinegar, and chicken broth. Bump up the heat just a tad and continue to mix everything until spices and liquid is evenly cooked. Reduce temperature to medium low. Let simmer for 3-5 minutes until most of the liquid is completely absorbed.

For the Cauliflower Spanish Rice:

Cut your cauliflower in half and in half again. Remove stem and discard. Chop the head of the cauliflower into chunks (1-2 inch pieces). Place inside a food processor and pulse. You probably need to do this in 2-3 batches. Between each batch, remove and set aside.

Heat up a large skillet to medium heat. Add onion and saute for 3 minutes, then add garlic and saute another 1-2 minutes.

Add in riced cauliflower, salt, and cumin. Stir around the veggie mixture to coat.

Add in tomato paste, then ¼ cup broth, and bump up heat to medium high. continue to stir around until the tomato paste dissolves in the mixture. If the mixture is too dry, add in more broth by the tablespoon. If the mixture is slightly wet, continue to cook until the liquid dissolves.

Make your taco bowls:

Assemble the cauliflower rice on the bottom, then top with taco meat. Add in all of your favorite toppings: tomatoes, avocados, green onion, cilantro, salsa, lettuce, cheese, etc.

RECIPE NOTES

*You can also use Trader Joe's frozen Organic Cauliflower in place of a large head of cauliflower. Follow the same instructions on heating.

Zucchini and carrot hash

Quickly grate vegetable with a food processor and use a quick saute to turn them into a delicious and healthy side dish.

Recipe type: Vegetable Side Dish or Breakfast Base

Ingredients

Garlic cloves – 2, minced

Carrots – 2, grated

Zucchini or Squash– 2, grated OR Chopped (see below)

Cooking oil – 1 tbs. (coconut oil or grass-fed butter)

Garlic – Chopped

Carrots / Zucchini – Grate in a food processor (or box grater).

Keep the two grated vegetables separated though.

Directions: Heat a saute pan or skillet over medium-high heat. Add cooking oil and then garlic to heated oil. Once you can smell the garlic, add the carrots with a dash of salt. Saute for about 2 minutes and then add zucchini. Saute for another 2 to 3 minutes to your desired level of crunchiness. Season to taste with salt and pepper.

Pair this up with a protein of choice: Chicken, beef, turkey or fish.

Juicy Baked Salmon & veggies

Increase portions based on desired servings – great for single servings

Vegetables are interchangeable: asparagus, broccoli, potatoes, tomatoes, etc..

INGREDIENTS

Parchment paper or aluminum foil, 12x18 inches (makes for easy clean up)

3 ounces green beans

Olive oil to taste

Salt & pepper to taste

6-8 ounces skinless salmon

2 tablespoons pesto or desired sauce

10 cherry tomatoes, halved

Directions

1. Preheat oven to 350°F/180°C.

2. Fold the parchment paper in half, then open up.

3. In a bowl, combine the butter, garlic, and parsley.

4. On one half of the parchment, lay down the potatoes. Drizzle on half of the garlic butter mixture. Add salt and pepper as desired.

5. Lay the salmon on the potatoes, and drizzle the remaining garlic butter. Add salt and pepper as desired..

6. Fold the parchment paper over the salmon, and cinch the paper together by folding it over itself along the edges.
7. Bake for 30 minutes or until internal temperature of salmon reaches 145°F/63°C.
7. Enjoy!

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Berry Roasted Salmon on Cashew Kale Salad

4, 4-6oz wild salmon filets
1 clove garlic, minced
¼ cup chives, chopped
½ cup extra virgin olive oil
¼ cup red wine vinegar
¼ cup fresh blueberries

In a bowl, whisk together all ingredients except the salmon. Use the back of a fork to lightly mash the berries and stir again. Place the salmon in this mix and cover or seal in a plastic bag and allow to marinate at least 1 hour.

Preheat your oven to 425 degrees. Remove the salmon from the fridge and onto a baking pan skin-side down. Cover the fish with the remainder of the marinade. Season the fish lightly with sea salt and pepper.

Roast about 12-18 minutes, depending on the thickness of your salmon. While the salmon is cooking, prepare the salad.

4 cups Tuscan kale, washed and thinly sliced, no stems
¼ cup raw cashews
¼ cup blueberries
1 avocado, peeled, pitted and diced
3 tablespoons olive oil
1 teaspoon dijon mustard
1 tablespoon red wine vinegar
1 teaspoon honey
Sea salt and pepper to taste

In a bowl, whisk together the olive oil, dijon, vinegar and honey. Toss together the kale, cashews, blueberries, and avocado. Drizzle with the dressing and toss again, season with salt and pepper if need be.

Garnish the kale salad with the roasted salmon and enjoy!

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Cauliflower rice OR Sweet Potato Rice OR Parsnip Rice

Transform vegetables into rice. A must if you have never tried. The rice will take on whatever flavor that you mix in and is very satisfying. This can be a main entrée or commonly served with ground chicken, grass fed beef, or fish. This can be a main entrée or commonly served with ground chicken, grass fed beef, or fish.

Ingredients

1 head Cauliflower or **buy pre-cut cauliflower rice.**

1 clove Garlic

1 Tbsp Coconut Aminos (or tamari)

2 Tbsp Nutritional Yeast

1 Tbsp Coconut oil

2 Tbsp lime juice (Juice of 1 lime)

½ Tsp Cayenne

Tsp fresh minced ginger

Dash of sea salt

Prepare the cauliflower

Break the cauliflower into "florets, removing the stems.

Place the florets in the food processor bowl & pulse until the cauliflower looks like rice. Takes about 10 to 15 one-second pulses. You may need to do this in two batches to avoid overcrowding (which leads to mush).

Heat a large skillet over medium-high heat, about 3 minutes.

Add the "riced" cauliflower to the heated pan **without** oil and move around with wooden spoon to allow the cauliflower to caramelize and dry out. Add in 1 tablespoon of coconut oil, garlic, onion and seasoning of choice.

NOTE: Some prefer to sauté onions and garlic in a butter or oil and then add the rice. My preference cuts back on some unnecessary calories and still packs a nice flavor.

Optional garnish or additions: Garlic, Hemp, Nutritional Yeast, basil, dill, mint, cilantro

EGG-FRIED RICE? ADD 1-2 Eggs (optional for fried rice feel)

CLEAN UP TIP: Prevent mess by breaking up cauliflower in a bag.

TIP: Add the "riced" vegetables without any oil for the first 2 minutes to the heated pan without oil and move around with wooden spoon to allow the cauliflower to caramelize and dry out. Add in 1 tablespoon of coconut oil, garlic, onion and seasoning of choice.

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Bison with steam fried veggies (or ground beef)

½-1 lb Ground Bison or Grassfed Beef

½ Teaspoon Cayenne (or Mexican seasoning)

2 Cloves garlic (minced)

6 Stalks of Asparagus or sub with another vegetable like broccoli

1 Cup of spinach

Directions:

Heat skillet on medium high, add ground bison, stir occasionally. After browning add garlic, cayenne, spice blend of choice and cook for 5 mins.

*Drain fat and oil from pan with lid or strainer. Add more seasoning and stir.

Empty bison in on to plate or bowl rinse out pan and add water and more chopped garlic, then add chopped asparagus (or other veggies such as broccoli/asparagus/kale) put top on and cook for 2-3 mins until steamed. Add spinach at the end to prevent cooking away nutritional value.

After all is cooked I mix together on plate/bowl and pour Superfood dressing over.

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All-time cheddar-stuffed sliders

Prep time: 10 mins // **Cook time:** 8 minutes

These fat friendly burgers have so much flavor that they'll make you want to slap your mother. And you'll forget that you even need a bun. Hun.

Serves 2-4

What you need:

1 lb grass fed beef

¼ cup organic or raw cheddar

1 small-medium avocado, chopped

½ tsp onion powder

½ tsp garlic powder

2 tbsp coconut aminos (or Worcester sauce)

2 tbsp nutritional yeast

¼ tsp cayenne or 2 tsp jalepeno hot sauce

Directions

Pre-heat medium large skillet on stove-top to medium-high'sh heat.

Mix ground meat and seasonings very thoroughly and make into 5-6 slider sized burgers and set on parchment paper.

Place bugers on the pan and cook while pressing down to heat-evenly every minute or so. Flip over after 2 minutes to prevent burning and let cook 3-4 more minutes.

Serve over a salad, lettuce wraps, or whatever you prefer as a delivery vessel.

Extra flavor tip: tsp of Mexican seasoning or pizza seasoning from frontier spices

Another flavor tip: Use the delicious grease to steam up some sautéed greens or riced vegetables. Or if you're feeling really naughty, throw some dirty rice in there.

Loaded Greek chicken burgers

Prep time: 10 minutes // Cook time: 10 minutes, plus time to make the cauliflower buns and tzatziki sauce

Inspired from: Real Food with Dana

Serves: 3-4 servings

Ingredients

For the burgers

1 lb ground chicken

1/3 cup kalamata olives, chopped

Zest of 1 lemon

2 Tbsp chopped fresh oregano

2 Tbsp chopped sun-dried tomatoes

1 tsp minced garlic (about 1 large clove)

1 tsp dried minced onion

1/2 tsp sea salt

1/4 tsp black pepper

DIRECTIONS: Combine all the burger ingredients in a medium sized bowl. Form 3-4 burger patties and set aside.

Heat a cast iron pan with 2 tbsp ghee or coconut oil for 2 minutes, so the oil gets hot.

Cook for 5 minutes on the first side, then flip and cook an additional 4-5 minutes second side, until cooked through. Rest those babies for a couple minutes before cutting into them, unless you want all the delicious juices to run out!

Assemble your burgers with the cauliflower buns, and top with your favorites. For this burger, I put on: tzatziki sauce, red onion slaw, and sun-dried tomatoes. And served them with my famous dill roasted carrots, of course!

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Thai-style "peanut sauced" almond butter stir-fry

This brings the full-flavor effect with creaminess, texture, spice, and incredible aroma. The cashews soak up a bit of flavor but still keep their pleasant crunch as a nice contrast to the tender vegetables. Great filling base dish that gives you the option of adding lean ground beef or chicken as an option. That's what I would do.

2 Cups Veggies chopped (Brussels, broccolini, fennel, or carrots)

2 Tbsp almond butter

1 Tbsp coconut oil or sesame seed oil

Juice of 1 lime

3 tbsp coconut aminos

1/4 Cup Cashews

Directions: Heat the coconut oil in a skillet over medium heat.

When the pan is hot, add the vegetables. Add a splash of tea or water – then saute vegetables with glass top on for 2 minutes to create some steam and tenderize the vegetables. After a few minutes, add nut

butter and coconut aminos –then stir with wooden spoon to break up the nut butter. Cook for another 2-3 minutes and then add cashews as an optional garnish or “mix-in” for texture.

Add: chicken, hemp hearts, ground beef or chickpeas

CHICKEN PALEO PIZZA – Low Carb & guilt-free

This is a fun dish to make and leftovers are twice as good... if there are any. You are forming the crust out of ground chicken and flaxseed. The toppings and sauce are based on your preference.

Crust (made out of chicken):

1 lb ground chicken breast
2 Tbsp Flax seed, ground
2 tbsp pumpkin & sunflower seed mix (ground) optional
2 Tbsp Italian or Pizza seasoning
2 tbsp nutritional yeast
Sea Salt to taste

Sauce of choice:

12 tbsp tomato sauce (low or no salt), Blend with pizza seasoning and or/ roasted red peppers (Or Sani Pasta sauce, BELOW)

Toppings of choice:

1/4 cup spinach or arugula leaves , 1/4 cup broccoli, chopped , 3-4 cherry tomatoes, sliced
1/4 cup mushrooms, sliced. Replace or add other veggies, like peppers, jalapeños, onions, etc.

Preheat oven to 400°F.

Line round pan with aluminum foil or parchment paper (greased).

MIX flax and ground pumpkin seed, if using.

MIX in herbs, seasoning, nutritional yeast – be generous with seasoning.

ADD ground chicken to the bowl and mix together thoroughly.

PRESS mixture to create “crust” on the bottom of the pan.

TOP with tomato sauce.

Garnish with selected toppings.

Bake for 20 to 25 minutes.

Remove from pan, and cut into quarters. Eat it just like you would a slice of pizza!

Note: Be generous with the seasoning when mixing “crust”. I like a combination of Italian herbs, sea salt, and garlic. Adding a tspn of lemon juice and olive oil can help with consistency and flavor . If you prefer cheese – a little can go a long way and add a lot of flavor to the crust or as a topping.

I occasionally will grill up mushrooms, peppers, pineapple and jalapeños before applying them on the pizza.

Sani Pasta-Pizza Sauce

Ingredients

¼ Cup Roasted red peppers (you can use bottled)
½ Cup Tomato sauce – unsalted organic
2 Tbsp Sun dried tomatoes (jarred in olive oil)
2 Tbsp Nutritional Yeast (optional)
2 Tbsp Pumpkin/Sunflower Seed Mix
3 Cloves Garlic (or 1 tbsp garlic powder)

¼ Cup Olive Oil

2 Tbsp chopped Onion or 1 tsp onion powder

1 Tbsp Italian Herbs seasoning (thyme, oregano, marjoram, basil, rosemary, sage)

How to use it Use as a base for pizza, pasta, stir-fried veggies and more

SINGLE PAN DISHES

Sheet pan chicken and veggie dinner

30 Mins - Serves: 2 - 4

one-pan meal – limited time and clean up – mix and match whatever vegetables that you have or want.

Ingredients:

Optional ingredients:

6 rainbow carrots, sliced

1 bunch asparagus

1 bunch of broccoli

1 sweet potato

1-2 purple potatoes, sliced

1/2 lb. brussels sprouts

1 red onion, sliced

4 garlic cloves, crushed

1 lb. boneless chicken breast

2-4 tablespoons avocado oil or extra-virgin olive oil

1 teaspoon fine sea salt, more to taste

1/2 teaspoon black pepper, more to taste

Additional seasoning of choice

Directions:

Preheat oven to 400°F

In a bowl combine all chopped veggies and garlic. Add in whole chicken breasts or halved chicken breasts. Coat with oil, salt, and pepper.

In a small bowl mix together all spices. Pour spice mix over veggie and chicken mixture and coat evenly. Add thyme sprigs to the mixture.

Place on a lined baking sheet and bake for 25-30 minutes until chicken is fully cooked through. Add additional salt and pepper as desired.

Notes *Adjust oil based on how much veggies you have. You want the veggie chicken mixture well coated.

*Use any other veggies you have on hand! *To keep chicken as juicy as possible, bake chicken breasts whole, then cut up

PLANT BASED MEALS

PUTTING IT TOGETHER – WEEK ONE

Vegetables should vary based on what is in your local season and that helps prepare your body with the nutrients which it needs at that time. Make a list of the essentials to pick up and remember to cook extra for leftovers to make your life easier.

Trader joes or costco:

Black bean spaghetti, lentil pasta

Leafy Greens for volume

Seasonings: nutritional yeast, pizza seasoning, garlic, blends, etc..

Chopped vegetables: Cauliflower rice X 2, chopped variety, large bag of mixed greens, sweet potatoes

DAY 1

MEAL ONE – Hybrid Hemi Shake (can pour over or add oats)

**MEAL TWO – Grilled veggies over leafy greens with avocado + hemp hearts (3 tbsp)
*or mix of sprouted pumpkin/sunflower seeds**

MEAL THREE – Parsnip Rice, spinach and cashews + shake (pea protein + almond milk)

OPTIONAL SNACK – Thin Mint Energy Bites or Waffle

***Optional substitute for any meal: Salad + protein pasta salad with olive oil + lemon**

DAY 2

MEAL ONE – Vanilla Chia Bowl + Bulletproof blizzard

MEAL TWO – Leftover Parsnip Rice, Spinach, and Crockpot chicken

MEAL THREE – Kelp Noodle Pasta with sundried tomatoes, cashews, and spinach

OPTIONAL SNACK – Blue Berry Instant Nice Cream w/pea protein

DAY 3

MEAL ONE – Waffle with protein frosting

MEAL TWO – Cauliflower rice+ + avocado + hemp hearts

MEAL THREE – Lentil Pasta+ serving of vegetables

OPTIONAL SNACK – shake

BLACK BEAN SPAGHETTI

Black Bean Pasta is exactly what you'd think it was, spaghetti noodles made from black beans. That's it.

Ingredients

1 package of black bean pasta
1 tablespoon + 1 teaspoon of avocado oil or olive oil
2 cloves of garlic – peeled and minced (OR ADD 2 TBSP GARLIC SAUCE)
1/4 cup of water
Optional: 1/2 teaspoon of oregano, paprika, chili powder
1 teaspoons of ground sea salt & 1/2 teaspoon of black pepper
1 avocado – sliced
Juice of lime (about 1-2 oz)

Instructions: Bring a large pot of water to a boil. Salt the water with 2 teaspoons of salt and put the pasta in to cook for 7 minutes or until al dente. Drain the water and put the pasta back in the pan. Drizzle some avocado oil and the lime juice in the pasta and toss well.

Mexican Sauce

Heat 1 tablespoon of avocado oil in a large pan on medium high heat. Add the onions and jalapeno and cook until the onions begin to lose their water and become translucent. Add the tomatoes and cook for 4 minutes. Add the garlic and cook for one minute. Add the water, spices, and 1 teaspoon of salt, and the pepper. Stir to combine well. Add the corn and cook for 4 minutes. Add the spinach and 1/2 cup of the cilantro and cook for 2 minutes. Pour half of the sauce into the pot with the spaghetti and toss well. Plate and spoon the extra sauce on each plate and sprinkle the remaining cilantro on each plate. Put a few slices of avocado on each plate.

ITALIAN REMIX: Swap out sauce with tomato sauce

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Lemon-garlic Pasta Salad

Quinoa, lentil, or chickpea based pasta that will provide extra fiber

These vegetable based pastas are often high in protein and very satisfying

1 Cup broccoli, chopped and shredded
Juice of 2 lemons
1/4 cup olive oil
1/2 tsp Italian herbs blend
Salt and pepper to taste

Prepare the pasta or grain per directions
After cooked, drain excess liquid and add:
1 cup chopped spinach
1/2 tsp Italian herbs blend

Optional modifications and/or additions:

- Add garlic based sauce with ¼ cup broth/stock at the end
- Try a pesto as a base
- Shredded carrots (you can buy pre-cut)

Coconut lime Curry Chickpea Stir-Fry

Protein-rich and alkalizing, this electrolyte-packed main course is filling yet easily digested. The addition of natural anti-inflammatory ingredients such as turmeric enhances soft tissue repair:

1 tbsp coconut oil
3 cloves garlic, minced
½ large onion, cut lengthwise into thin strips
1 cup chopped broccoli florets and/or cauliflower
1-cup bite-size torn spinach
½ tsp curry
¼ mild chili pepper, finely sliced (or substitute ½ tsp dried chili flakes)
1-cup chickpeas
1-cup coconut milk
1 tbsp limejuice
½ cup chopped fresh cilantro

Heat frying pan to medium-high. Add coconut oil, ginger, and garlic. Lightly stir-fry. Turn heat to medium-low. Add vegetables, curry, turmeric, cumin, chili pepper, chickpeas, and coconut milk. Cover and cook for 5 minutes. Add lime juice and cilantro. Serve with sprouted quinoa or buckwheat. Brown rice also works nicely

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Emperor bowl

Single pan dish full of plant based protein that is sure to satisfy

Quinoa or Farro

1 Cup quinoa or farro

2 Cups water or broth

2 Tbls Coconut Aminos or soy sauce alternative

¾ cup diced red peppers or yellow peppers

Pinch of Cilantro (optional)

Tbsp Coconut oil

2 Tbsp Lime juice

1 cup leafy greens (spinach or kale to mix in with steamed rice)

Bring rice, water and pinch of salt to a quick bowl, cover and lower heat to a simmer for 30 minutes. Let rice sit while you whisk together While rice is still warm toss in the sesame oil and aminos mixture.

Let cool, then add leafy greens, red peppers, yellow peppers, and salt, pepper to taste

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Cauliflower rice burrito bowl

INGREDIENTS

Cilantro Lime Cauliflower Rice (recipe below)

Canned Black Beans, drained and rinsed

Corn or Corn Poblano Salsa (recipe below)

Pico de Gallo

Shredded Lettuce

Shredded Raw Cheddar

Guacamole

for the Cilantro Lime Cauliflower Rice

1/2 red onion, chopped

3 tablespoons olive oil

2 cloves garlic, minced

1 head cauliflower, riced*

Kosher salt

1/4 cup chopped cilantro

1 lime, zested and juiced

*Can sub black beans for chickpeas (great toasted over pan on medium heat)

SNACKS AND ALTERNATIVES

Protein Yogurt Dessert (dairy-free option)

Low carb option, dairy-free/plant-based option

This is a super satisfying snack that has a dessert-like experience and you can modify based on your preferences (low carb, more sweetness, etc..)

½ Coconut yogurt (plain or vanilla)

2 tbsp powdered pb or almond butter

2 tbsp vanilla protein (optional) collagen, plant based, etc..

½ Cup blueberries (frozen are great)

¼ Cup gluten-free quick oats

Optional Sweetener: Vanilla Stevia, cinnamon, etc..

*Extra sweetener such as vanilla stevia or monk fruit can help cover bitter flavor from yogurt

INSTANT BLUEBERRY SOFTSERVE

This is as close as you're gonna get to blueberry soft serve ice cream without an ice cream machine. AND it's only gonna take you 2 minutes. There is a little technique that involves a powerful enough blender to break up the ice and puree the berries.

1 Cup frozen blueberries

1 Cup Coconut milk beverage unsweetened

2 tbsp avocado (you will not taste it, it plays a role in keeping it creamy)

1 serving of vanilla protein

1 squirt vanilla stevia or 1 tsp monk fruit – optional

Place all ingredients in the blender and mix.

This will be thick and require a couple of shakes and stirs to get it right.

If there is too much liquid, add avocado and ice 1 tablespoon at a time. Have a little patience, it's worth it.

Top it with ¼ cup frozen blueberries and/or coconut whipped cream

Tip: the magic here is in the thickness, you can always add more liquid but it's hard to fix if you have too much liquid. A powerful blender helps for breaking up the ice.

REMIX: You can swap out for strawberries or any other berry that you desire

The avocado is a star ingredient that creates the instant-ice cream effect.

20+ grams of protein

6 grams of fiber

A bowl full of delicious that you can eat anytime without feeling guilty.

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Protein Rich Snacks and refeed meals

These meals are meant to replenish caloric demands and assist with recovery. Higher carb meals make more sense for those that are lean, focused on building, and performance.

Find ingredients like cereals and yogurts that don't have:

Soy, corn-syrup, added sugars and processed ingredients

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PEANUT BUTTER YOGURT PARFAIT

A light and delicious peanut butter cream snack that can work for breakfast or an anytime snack. Always aim for plain yogurt, that way you control the amount of added sugar and, at the same time, avoid artificial colors and other unexpected ingredients. If you don't do well with dairy, you could try Lavva, Goat or coconut.

Serves 1

Ingredients

3/4 cup (6.6 oz.) plain Greek yogurt

1 Tbsp Powdered peanut butter

2 tbsp protein powder of choice

1 Squirt of flavored stevia (vanilla or caramel is nice)

Optional toppings: flax, banana, or sliced almonds

Directions: Combine yogurt and PB2 into a small bowl and mix until well combined

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ORGANIC CEREAL CRUNCH

This is a snack that is a great alternative to most sugar-rich desserts or cereals.

1 Cup of cereal

1/2 Cup Berries (frozen wild blueberries work great)

2 tbsp powdered PB

2 tbsp Protein Powder

*Can sun berries for organic or stevia chocolate chips

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LOW SUGAR ICE CREAM

1/3 Cup So Delicious Coconut Ice Cream (or protein ice cream like enlightened with less than 10 grams of sugar per serving)

1/4 Cup Frozen Blueberries

Optional additions: Powdered peanut butter, sugar-free chocolate chips

PROTEIN PANCAKES / WAFFLES

ALMOND BUTTER PANCAKES (low carb version)

½ cup flour (tiger nut, paleo, or coconut)
½ cup almond or coconut milk
1 Scoop Plant based protein
Squirt of vanilla stevia or splash of vanilla (optional)
2 tbsp cup almond butter or sunflower butter
tsp cinnamon
2 eggs
coconut oil for pan or griddle
Toppings: cashew or almond butter + fresh or frozen berries

Directions: Mix batter until well-combined and almond flour is smooth. On high heat, bring a frying pan or griddle to a very warm temperature, add a teaspoon of coconut oil and let it melt, spreading on the pan to avoid sticking (or use spray). Lower heat to medium and with a measuring cup pour pancakes onto the pan/griddle and wait until they begin to bubble on top and then flip. Serve warm with almond or cashew butter and fresh berries as an option.

Lower Fat version: Use Powdered Peanut butter or less nut butter and Use oats for flour

Keto Mocha latte waffles

Grain-free option (low carb)
Chocolate, coffee, and waffles while burning fat.
This is something that you will look forward to consuming and comes together in a few minutes. If you don't have a waffle maker, try the same mix as pancakes.
¾ Cup coconut milk beverage
2 Eggs
3 tbsp coconut flour
2 Tbsp Ground Coffee
1 Scoop Chocolate or Vanilla protein
2 tbsp coconut butter
1 tbsp cacao powder (optional)
2 tbsp chocolate chips or cacao nibs (unsweetened)
1 squirt vanilla or chocolate stevia
1-2 tbsp extra

Directions: mix into puree and pour into pre-heated griddle or pan (coat with spray of coconut oil)
Top with coconut or almond butter

*Note: Add 2 tbsp of banana flour or Tiger Nut flour for best consistency
If you are okay with oats, you can sub in ¾ Cup of gluten-free oats instead of coconut flour

Adding 1-2 pitted dates makes these taste amazing if you're okay with the extra sugar 😊

CARROT CAKE WAFFLES (don't knock 'em 'til you try 'em)

Single serving – 2 waffles – Under 10 minutes (CAN ALSO BE A PANCAKE)

This reminds me of a gingerbread cookie or cake. Carrots are Sweet! It's a Dessert-like treat without the sugar that is great for a meal anytime. This was created from trying to sneak in vegetables for a client who was deficient in betacarotene and needed a fiber boost.

Add an egg for more protein. I like to top with a maplecaramel sauce. These waffles are made with coconut milk and rolled oats instead of flour. The fiber and nutrients keep you full and satisfied for the long term. Eggfree and vegan friendly option

INGREDIENTS

½ Cup Oats

1 Egg

¼ Cup Chopped carrots, (I often use baby carrots)*

1 Cup Coconut Milk (or any milk you prefer)

1 tsp Pumpkin pie spice

2 Heaping Tbsp Vanilla Protein powder (or coconut flour)

Optional: ¼ Cup pecans (or other nuts), coconut flakes

Directions: Heat waffle maker until hot and spray with cooking spray. Add ingredients to a blender and blend on high until completely combined and oats, carrots, and flax are broken down. Pour the waffle batter onto the iron and close the lid.

Cook until the indicator light comes on or you have browned waffles that are cooked through and do not stick to the iron. This mixture will make 2 waffles.

Suggested topping : Caramel-Maple Cream

This involves the batter that's left over or similar ingredients to create a complimentary flavor.

½ Cup coconut milk

2 tbsp protein powder

1 tsp pumpkin pie spice

1 squirt vanilla stevia

1 squirt caramel stevia

2 tbsp powdered peanut butter or 2 tbsp Avocado to thicken (optional)

Blend all ingredients in the same mixer for the batter

*Note: You do not have to steam the carrots but it may help with the texture and consistency

PLANT BASED & GRAIN-FREE PANCAKES OR WAFFLES (EGG-FREE)

This Also works as a Waffle

These taste great fresh OR refrigerated as a snack or protein bar replacement.

Low carb, Grain-free, Dairy-free, Egg-free

A lot of people can't or don't want to eat grains, gluten, eggs, etc..

These are for you. And me too :)

The banana flour and chia seeds work as a binder.

Banana flour is a low sugar resistant starch that can be supportive for digestive issues.

Ingredients

3/4 Cup coconut milk

1/4 Cup plant based protein

2 tbsp chia

2 tbsp banana flour OR Tiger nut flour

1/4 Cup coconut flour

Sweetener of choice (vanilla stevia or monk fruit is great)

Directions

Mix all ingredients together, it will be thick. If needed, slowly add more milk 1 tablespoon at a time. Let set for 5 minutes.

Pour over a heated griddle with oil and cook for a few minutes on each side. Start out small as they are easier to flip.

Top with nut butter or syrup of choice. (Monk fruit sugar-free Maple used here)

COFFEE CAKES

Mocha chocolate that you will not be able to get enough of. Whether you add cold brew, ground coffee or both. The coffee taste is the perfect compliment to the rich chocolate that keeps you buzzin.

Ingredients

1/2 Cup oats (gluten-free)

2 tbsp coconut flour

2 Eggs

1 Scoop of Chocolate protein powder close to 1/4 cup

3/4 Cup Coconut milk (beverage) – You could use water or almond milk

2 tbsp cacao or cocoa powder

2 tbsp ground coffee (or instant coffee)

Extra sweetener of choice (stevia, lucuma, honey, maple syrup, coconut sugar, almond butter)

2 tbsp cacao nibs or chocolate pieces

1-2 dates, pitted makes these a home run!

Directions: mix into puree and pour into pre-heated griddle or pan (coat with spray of coconut oil)

Top with coconut or almond butter + optional chocolate protein

Mocha-Chocolate cream

1/4 Cup Coffee(or less if you want thick)

1/4 Cup Coconut milk

2 tbsp cacao powder

2 tbsp chocolate protein powder

1 squirt of vanilla and/or chocolate stevia

1 tbsp coconut butter or 2 tbsp avocado to thicken

Optional: 1 tbsp chocolate chips or cacao nib

Directions: Mix all ingredients in blender and pour over

FOOD PREP

Top Two Chicken Thigh Prep

video link: <https://youtu.be/G2EhpSi-vOI>

Shredded and Sautéed

This is the best chicken that you will eat while still being healthy.
Healthy Chicken Thighs with easy prep, minimal mess, and maximum flavor.

1-2 lbs Boneless Chicken Thighs

Instant Pot Shredded Chicken

Using a pressure cooker for cooking chicken gives you perfect taco style chicken

Ingredients

4 oz pineapple juice

4 oz Chicken Broth or stock

2-4 oz Coconut Aminos

Hot sauce to taste (I like jalapeño sauce)

1 tbsp Seasoning of choice (I like pizza or Italian seasoning)

Directions: set on sauté to warmup and add chicken with seasoning. Seal and set on pressure cook for 45 mins. Let it naturally de-pressure for 15 mins.
Open lid and use two forks to shred apart.

Sautéed Savory Chicken

2 oz coconut aminos

2 oz broth or tea (to tenderize and create steam)

1 tsp Pizza seasoning or herb blend of choice

Splash of lemon or lime juice

Salt to taste

Heat sauté pan to medium and use kitchen shears to cut chicken

Cook over medium heat and use wooden spatula to move around and chop chicken apart which helps it cook evenly and faster.

Add desired seasoning and salt with citrus at the end

RESOURCES

You can order or find at local market

SUPPLEMENTS & POWDERS

Green banana flour (resistant starch) - <http://amzn.to/2tJlN5T>

Paleo Flour (Bobs Red Mill) - <http://amzn.to/2Dg4nQT>

Tiger Nut Flour - <https://amzn.to/2nhkr18>

RECIPE VIDEOS

Overnight Oats - <https://youtu.be/H5GAZ2Md-z8>

Blueberry Instant Ice cream - <https://youtu.be/-mUYk0Q72LE>

Breakfast Buzz coffee waffle - <https://youtu.be/7FGutVcTeU4>

Common Jumpstart smoothie - <https://youtu.be/CnoPEuh3EmA>

Mint-essential shake - <https://youtu.be/RxcJBa0ibtQ>

Plant Based Waffle with Nice Cream - <https://youtu.be/mfhG0AePqtQ>

Chocolate protein crunch bowl - Good carb dessert - https://youtu.be/UYFFqrM_DWk

Meatless Monday day of meals- <https://youtu.be/stBa87s5784>