

SCRATCH COOKING

IMPROVISATIONAL MEALS

ACCELERATE BENEFITS AND RESULTS BY UPGRADING YOUR MEALS WITH FOODS THAT GIVE BACK

A simple timesaving guide to make food that you love-that loves you back. These meals serve as a foundation that can fit any eating style whether it's keto, low carb, grain-free, gluten-free, or macros.

- ✓ Custom Salad bar in your own kitchen
- ✓ Building improvisational meals based on your goals
- ✓ Cooking without recipes
- ✓ Single dish meals
- ✓ Steam Frying method for maximum flavor and low caloric load

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PANTRY

Having the materials will give you options.

Superfoods to me are ingredients that over-deliver – helping improve the overall environment. These attributes include digestive support, mineral balance, immune & hormone support.

Flavor Insurance - Stock your pantry with the tools that allow you to enjoy vegetables easier.

What if I'm unfamiliar with these ingredients? That's possible and very likely. Don't be intimidated, read about the benefits and flavor profile – use your own judgment if that raises some excitement. As much as I want to encourage you to try new things, I want you to try. Start small and find some extra interest in what you are putting in your body.

SWEETENERS

These are my favorites that will not spike your blood sugar. Play around – mix and match – it's better than relying on a sugar load. Fruits contribute plenty of sweetness to desserts and smoothies but also add calories and trouble with blood sugar that can affect your ability to burn fat. Choose sweeteners in moderation and use them when needed to make something healthy taste more enjoyable. I suggest limiting or avoiding honey, agave, excess fruit, fructose, or sugar if fat loss is a concern of yours.

STEVIA – Stevia, a natural sweetener derived from a leaf, is an antioxidant, lowers blood pressure and sugar, and may fight gingivitis. It doesn't increase calories, but can noticeably alter the flavor of a smoothie. I prefer liquid stevias. I like the brand KAL as it does not have any sort of chemical after-taste. Not all stevia is created equal. I use this a lot in my desserts. Favorite: Caramel, vanilla, and chocolate.

PUMPKIN PIE SPICE - This is a mixture of **cinnamon, ginger, clove, allspice, and nutmeg**. I love to add this to hot sauces, smoothies, stir-fry including sweet potatoes, oatmeal and sauces.

CACAO POWDER – Cacao is chocolate in it's raw form before being sweetened, this is the stuff that makes you feel good and can support with insulin sensitivity as well as antioxidant support. This chocolate can have a stimulating effect so be conscious if consuming before bedtime.

MONK FRUIT – Lo Han Guo/Erythrotol – Chinese herb that is sweeter than sugar with a minimal effect on blood sugar. This is nice for some dessert and ice cream like recipes.

PEPPERMINT OIL – Responsible for the mint taste and commonly used with chocolate. It's a great tool for hiding the taste of greens. Peppermint oil is extremely effective in curing indigestion and other minor stomach troubles. It can be used as a flavoring agent in the food or taken with a glass of warm water by mixing a few drops of the oil in it

POWDERED PEANUT BUTTER – Powdered version of peanut butter with less fat that is useful for ice creams and recipes.

FUNCTIONAL INGREDIENTS

FLAX, CHIA AND HEMP – All great sources of fiber which are crucial for detoxification and blood sugar health. These can be added to smoothies, salads, and sauces to support blood sugar health.

PROTEIN POWDER – Plant proteins work great as a low carb flour alternative. Play around with your recipes to find flavors, and consistencies that you like. Sometimes it takes mixing a few flours together.

BANANA FLOUR—This is a starchy flour that is sugarfree and high in resistant starch fiber which is beneficial for prebiotic to help out the digestive system. This is a perfect flour for pancakes and waffles that can be substituted for oats.

Tiger Nut Flour – Naturally sweet Allergy friendly flour alternative that is grain and nut-free

MESQUITE POWDER – This blood sugar balancing powder is ground from the whole seed pods of the mesquite plant, making it high in protein, lysine, calcium, magnesium, potassium, iron, fiber, and zinc. It has a sweet, nutty, caramel flavor.

HEMPSEED (hemp hearts)—A high protein seed, hemp contains all essential amino acids. Hemp is also rich in fiber, essential fatty acids, vitamin E, and trace minerals. It is one of the richest and most digestible protein sources available.

How to use: I like to add 23 Tbsp to a dish for texture and fiber or into a sauce for creamy effect. Commonly used in stir-fry and salads

Serving: 3 tbsp (30g) Fat 13g Carbs 3g Fiber 3g Protein 10g Sodium 0

GREENS POWDER—Spirulina especially, as well as chlorella, barley, wheat grass and other algae's or green foods that are high in chlorophyll. High amounts of chlorophyll help to build healthy blood and oxygenate bloodstream. Oxygenation of blood improves energy production in all body cells for ultimate athletic performance, and immune health.

How to use: daily in a smoothie, guacamole, or to detoxify and cure a hangover

Look for quality sources: I trust and use Healthforce nutritionals – Vitamineral green, green vibrance.

SEASONING STAPLES – FLAVOR INSURANCE

Flavor is the most common deciding factor in eating what you do, followed by a close 2nd being convenience. Fresh herbs and spices will always be best choice when you have the availability. Seasoning blends and spices can be a go-to option that saves you time and provides the flavor assurance that you need.

Salts & Spices

We can name countless spices – Experiment and have fun. These are some staples that YOU CAN USE GENEROUSLY. Health enhancing flavor.

Pink Himalayan Salt: (unrefined) Contains 84 minerals, promotes stable pH balance in cells, controls water levels in the body, aids digestion and facilitates better nutrient absorption and hydration.

How to use: primary salt source, Add in to sauces, crockpot, dressings, and soups

SEASONING BLENDS – Frontier makes a good line of **Mexican, Italian, pizza** and more. Salt-free blends with herbs that can add massive flavor.

Garlic powder: A Milder Alternative To Fresh Garlic that can be used in heavy AMOUNTS FOR A DEEP GARLIC FLAVOR WITHOUT A HEAVY BITE.

Onion powder: Great flavor boost with a much milder flavor note. Onion powder is a convenient flavor boost that compliments garlic-friendly dishes, soups, sauces, and stir-frys.

Nutritional yeast – “Nooch” Natural **inactive** yeast that substitutes cheese and provides a savory/nutty flavor that is great as a combining agent. It is high in B-vitamins and protein while no sodium and low carbohydrates. Use it to thicken sauces, create a cheese substitute with cashews, or topping similar to parmesan.

Pizza Seasoning: Organic dehydrated onion, organic fennel, organic oregano, organic basil, organic dehydrated garlic, organic bell peppers, organic chilies, organic marjoram, organic parsley, organic thyme.



FLAVOR GUIDE

Top flavor enhancers with nutrition to add:

Don't eat bland food

Think of these flavors as insurance to your dish. By adding in a pre-made sauce, it's like marinating without the time.

LIQUIDS:

Broth – Adds savory “stock” flavor. I like to add in half way to prevent from evaporating

Upgraded Hot Sauce – Make your own or add in super-spices like turmeric to store-bought sauces

Pre-Made sauces – Blend herbs and veggies like carrots with an oil and vinegar

Coconut aminos – stand-in for soy sauce or Worcester sauce.

Citrus juice – A splash of lemon or lime juice can bring bright flavor splash to chicken, salmon, and almost any green, orange or yellow vegetable.

Apple Cider Vinegar – Vinegar of choice that works well for leafy greens and vinaigrettes

TOPPERS:

Nuts or seeds like cashews or hemp hearts – provides healthy fat, texture, fiber and x-factor

Kimchi, kraut (or cultured vegetables) – Texture, flavor, and volume that packs digestive health.

Great to add into a cooked stir-fry dish, salad, or side of eggs.

Garlic Sauce – Guacamole or Hummus like garlic condiment, or your own concoctions to add some depth

Fresh Herbs – Fresh is always best but don't let that stop you from using dried herbs to add that flavor kick. Add fresh herbs to your vegetable, or garnish the whole dish at the end

Nutritional Yeast – Savory, nutty blend that looks fish food and tastes like cheese. High in B vitamins.



BUILD YOUR OWN SALAD/BOWL BAR

The popularity of do-it-yourself salad bars like the model of subway, chipotle and sweet greens are growing like crazy because it provides a level of autonomy to “do it your way”. Improvising is a great way to keep things fresh while diversifying your nutrients and adding volume to your meals with satisfaction being the end state goal. Any meal can be a piece of art if you desire, so throw out your recipes and notion that you need to measure the details out.

You are going to see how easy it is to make a one-pot dish (redefined salad) from scratch

Step by step with examples and interchangeable ingredients

TOP BENEFITS:

Cuts back caloric load of relying on heavy oils

Preserves nutrition of vegetables without overcooking them – many nutrients are cooked right out of the food that we eat from excess heat.

Craveable Flavor – opposite of dry

Remix your leftovers

Allows you to sneak in foods that offer health benefits

Combine flavors and textures to discover new desires

FUNDAMENTALS WITHOUT RULES

Tools:

Cutting Board

Non-Stick Sauté Pan

Wooden Cooking spoon

Knife

A theme with all of these One-plate dishes: Build meal around Protein portion

Less than 5 minutes to mix together

1. Pick a base with a vegetable or vegetables
2. Chop up and make more palatable (or buy pre-cut)
3. Pick a protein to add in (chop up to mix in flavors if applicable)
4. Add seasoning, sauce or dressing to marry the foods and flavors together
5. Top with garnishes for texture (seeds, nuts, and sauces add fiber and long term satisfaction)

INGREDIENTS THAT ARE WORTH GOING OUT OF YOUR WAY TO ADD IN

There is no exact amount; the majority of the dish will be made of “free” or unlimited foods such as nutrient dense vegetables. See list below, most vegetables all work the same when chopped up. There are some exceptions when it comes to starches, cauliflower rice, and parsnips.

From liking or tolerating vegetables to LOVING them

Try something new, I want you to use the motivation of feeling better to build the momentum for making vegetables craveable.

Start small – Chop it up, mix it in, and let the flavors absorb.

MY TOP VEGETABLES THAT BECOME THE BASE OF MY MEALS:

Buy chopped vegetables to save time or use knife and cutting board to chop and slice. Go in open minded – I think that I hated every one of these below until I reached my 20's. It was a combination of maturity and realizing that these foods made me feel noticeably better. Pick your favorites but try new ones based on the season and availability.

Be open-minded and try some new vegetables that can be a new garnish, you might find a new favorite. I like to think of the optimistic approach that these foods are enjoyable while contributing to my health and energy.

The following taste good, especially when chopped up and bathed in flavor. As a bonus, they all pack nutritional benefits that keep you healthy while keeping cravings away.

Beets, steamed - Beets are loaded with vitamins and minerals and low in calories and fat. They also contain inorganic nitrates and pigments, both of which have a number of health benefits that support oxygen and bloodflow.

Broccoli – Chop, shave or shred to improve cooking time and transform from boring broccoli. Chopped broccoli also adds some texture to a dish.

Sweet Broccoli (broccolini) more taste than broccoli, nice to chop up and toss in for some texture.

Carrots – chopped or shredded will cook the quickest. Buy pre chopped organic carrots from the market.

Parsnips – Slightly higher in sugar but a game-changer with flavor. Parsnips give you some extra fiber and minerals, I like to transform to rice or noodles with the Spiralizer.

Brussels Sprouts – Can be a fiber-packed flavor sponge once heat and liquid is added. I tend to like the sautéed without liquid for somewhat of a caramelized texture.

Cucumbers – Water based vegetable that provides volume and texture without excess calories. Slicing thin with a tool like a Mandoline slicer makes cucumbers 10X enjoyable.

Fennel – When fennel cooks, the strong licorice or anise flavor tends to subside and, as it caramelizes, the fennel takes on a sweeter flavor. This is a perfect accompaniment to any other grilled vegetable or protein

How to prepare: Chop the fennel bulbs, in halves and then slice thinly

Asparagus – nice texture that cooks quickly especially when chopped up into 1” pieces after removing the stems.

Cauliflower Rice & Parsnip Rice are best cooked without excess liquid and then you can add to the dish later. Layer the rice at the bottom of the bowl or plate.

Add volume to dish with leafy greens – I try to always keep a bag or container of leafy greens in the fridge that can be the base of a dish or an extra volume enhancer to help fill you up.

Nutrition boost to turn up the volume towards the end of the dish. The following should not be cooked more than 2 minutes. Leafy greens provide volume, fiber and nutrients that will help you feel full while providing extra micronutrients.

These can be a base as well, they will just need less cooking time.

Raw or lightly cooked greens: spinach, romaine, arugula, kale, micro greens, sprouts, mustard greens, swiss chard, Herbs (Cilantro, Basil), Cucumbers sliced, etc..

TOP 3 TIPS THAT MAKE THIS EASIER

Precooked proteins like chicken, shrimp, or grass-fed beef come in handy here. If you are preparing a protein, always cook extra and store it in a container. You can reignite the flavor with some heat and lemon juice on a sauté pan

Pre-cut vegetables and leafy greens – remove resistance attached to time and cleanup to make your job as easy as possible. If it's not pre-chopped, get out a cutting board and it's ready in minutes.

Homemade sauce or seasoning blend – When you have your favorite sauce on hand, a couple tablespoons mixed with a protein and vegetable is all you need for a flavorful meal.

Master these 3 principles with 1-2 recipes and simple swaps can provide you with endless possibilities.



TURN ANYTHING INTO A LOW-CARB PASTA

INSTANT NOODLES THAT WORK AS A VOLUME ENHANCER

Kelp Noodles – Zero calories with a pleasant texture

Miracle Noodles – Shirataki fiber noodles, rinse and add the fiber boost

Either of these can be rinsed and blanched with flavor or low heat

10 MINUTE NOODLES WITH PROTEIN AND NUTRIENT BOOST

Black bean spaghetti – High in protein and ready in 10 mins

Edamame Spaghetti - High in protein and ready in 10 mins

Zucchini Noodles – Handheld spiralizer or julienne peeler + sauce or oil

CHOPPING VEGETABLES

Buy pre-chopped or chop your own to make the meal more satiating.



Easier to sneak in – the volume, nutrition, and fiber is worth it. Plus the green is so freakin' pretty.

HOW MUCH TO USE

Per person:

1-2 Handful of vegetables

1-2 Palm size portion of protein

1-2 Tablespoons worth of an oil or fat (account for this if you use a sauce)



A food processor or chopper is a useful tool to break up into rice-texture for carrots, sweet potatoes, cauliflower or parsnips

Might seem high-maintenance but this helps you love your meals.

SCRATCH COOKING

Your sauté pan is your new microwave. Either use a sauté pan or a skillet with lid.
With a small amount of oil and liquid, it cleans up in no time at all.

METHOD: STEAM FRYING

This replaces the microwave

This allows you to cook without oil or frying – reducing calories and damage to food

Blanching or steaming is the best way to preserve the nutrition. When vegetables are overcooked, you begin to lose the vitamins and minerals that are already low due to poor soil conditions.

Makes it easy to **add flavor** and moisture in to dishes and to re-heat and re-flavor dishes

Easy clean up for “1-dish” meals

Works best with wooden cooking spoon to prevent sticking

Add liquid to neutralize heat at the end of the dish to prevent the mess

Chop up vegetables on a cutting board and use the fry-pan to mix together

Similar dishes – variety of seasoning blends and flavors

I'll start with tea to soften and tenderize the subject, then comes seasoning, layers, and flavor.

Why this works:

The Lid Traps the steam in and that helps for infusing flavor and cooking thoroughly

What to use:

Water with seasoning such as Italian herbs blend, Broth or stock, Neutral Tea such as ginger turmeric)

STEAM-FRYING:

SAUTEEING WITHOUT OIL

Easy steps to speed up cooking, flavor.. While cutting back on clean up time.

Step 1: Place a large Sauté pan over medium-high heat (wait for adding oil to control unnecessary caloric load)

Step 2: Prepare Chopped veggies and add to pan, you should here them sizzle

Step 3: Stir with rapid motion – allowing color to form on the vegetables. Caramelization creates deeper flavor. If you want extra steam, add a splash of liquid and place the lid on the pan.

Step 4: Add as plash of water, stock, fresh juice, vinegar, tea or homemade sauce. Use the liquid to loosen the vegetables, continue stirring them until tender, adding more liquid a splash at a time as needed and to help scrape up the browned flavor bits.

Step 5: Optional: Choose your fat. This can be a sauce with pureed nuts, an oil, avocado or a nut butter. You can add optional oil at the end for flavor without burning. Save yourself money and calories.

**Tip: make fat go a long way – add liquid to dilute and spread the flavor.
Fat tastes really really good.**

Mix in Protein to reheat as an option – this should only take the last 1-2 minutes in most cases.

Proteins:

Chicken Breast

Rotisserie chicken (store bought and cooked to save time)

Beef

Eggs (hard boiled or fried)

Turkey

Salmon

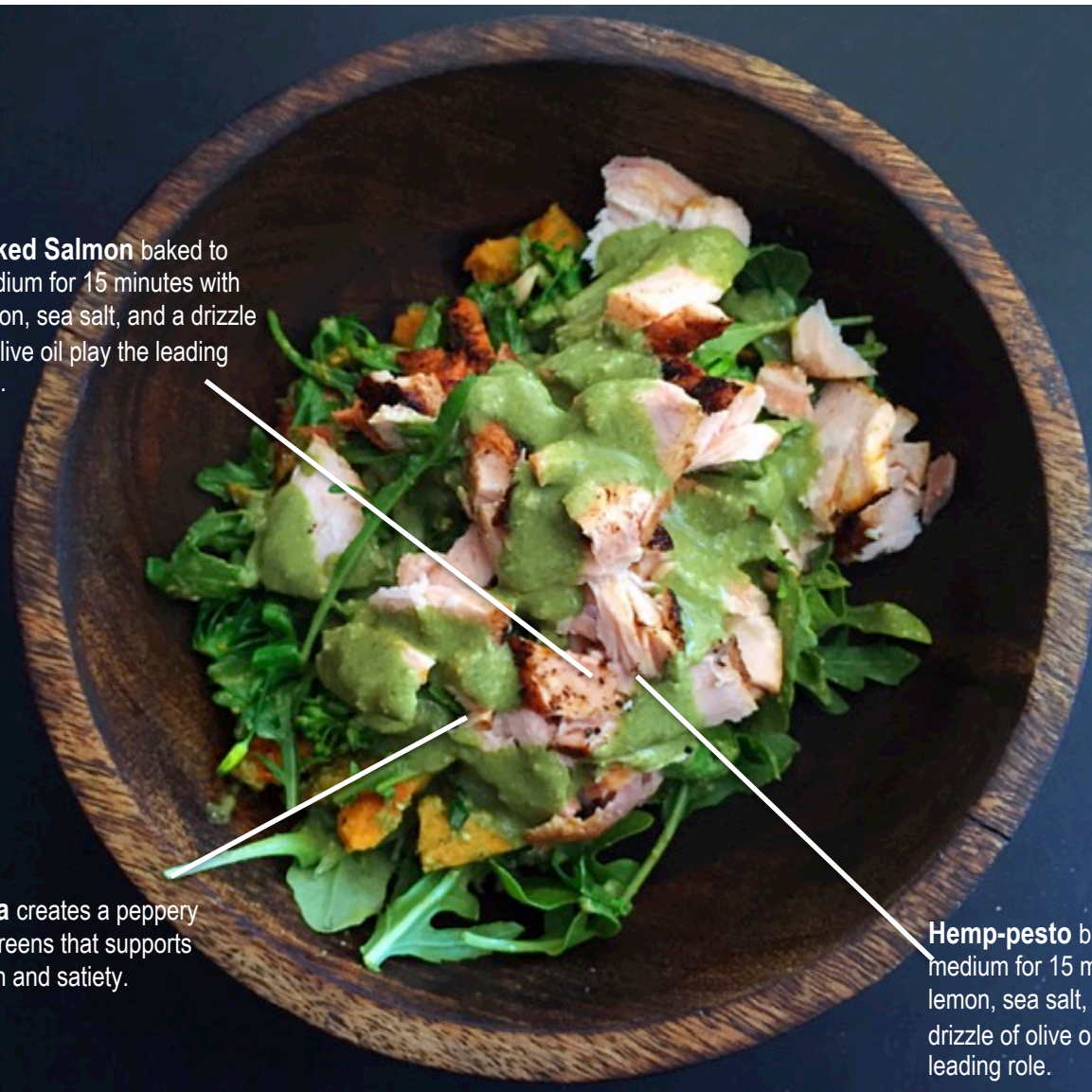
Sardines

Quick method:

Canned salmon: You can bake or mix with a mayo alternative such as: garlic sauce or avocado



SCRATCH MEALS (STEAL THESE IDEAS FOR INSPIRATION)



Baked Salmon baked to medium for 15 minutes with lemon, sea salt, and a drizzle of olive oil play the leading role.

Arugula creates a peppery bed of greens that supports digestion and satiety.

Hemp-pesto baked to medium for 15 minutes with lemon, sea salt, and a drizzle of olive oil play the leading role.

LOW CARB

Baked Salmon over arugula with a hemp-seed pesto. The salmon over greens was a simple dish with protein and healthy omega 3's. Adding a sauce with extra fiber and nutrients tied everything together.

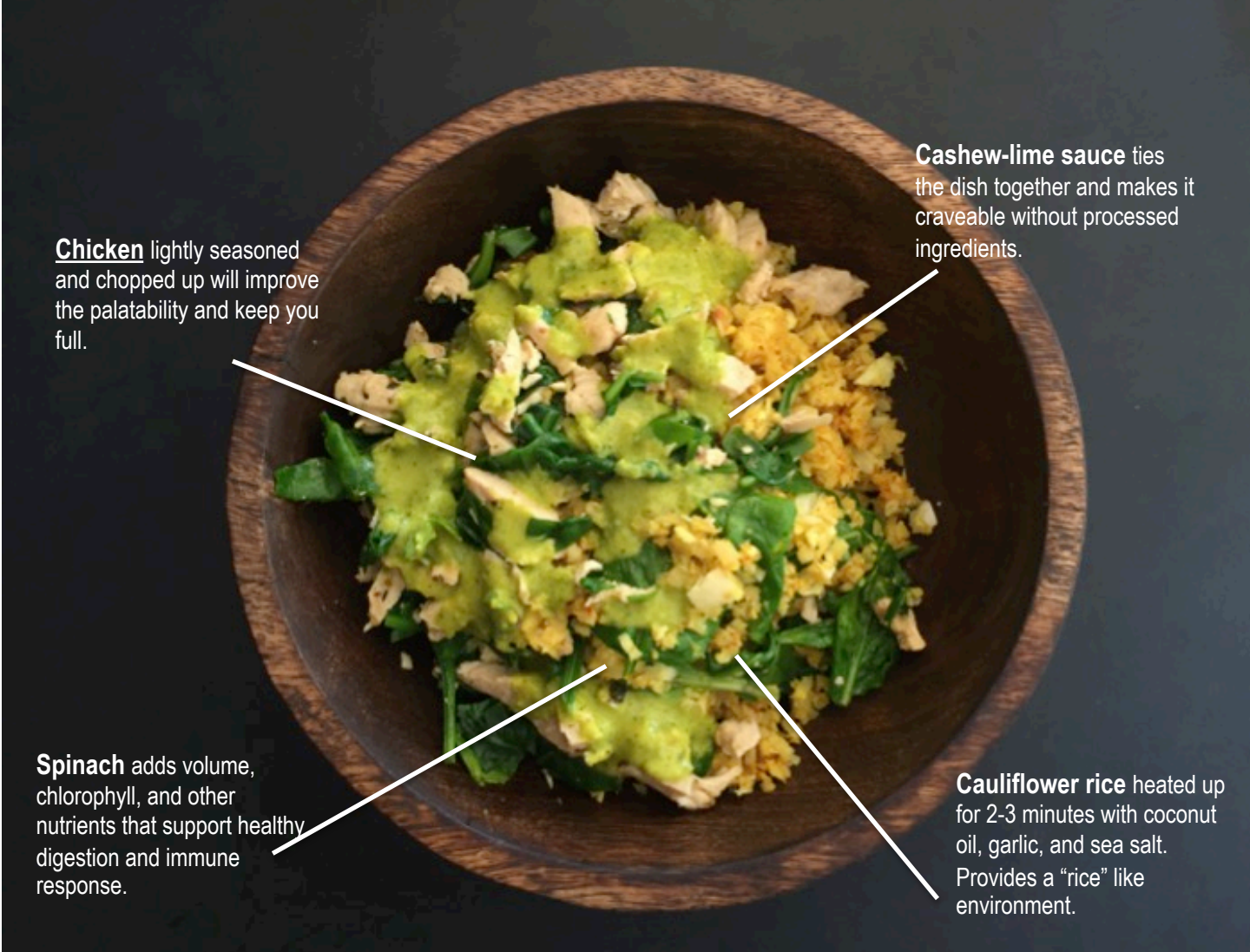
PREHEAT OVEN to 375

BAKE Salmon on cooking sheet with parchment paper for 15 minutes at **375 degrees**

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

Single Serving sauce

2 Tbsp Hemp seeds, ½ tsp basil or small pinch of fresh leaves , 1 clove garlic or ½ tsp garlic powder
2 oz lime juice, 2 oz apple cider vinegar, 1 tsp nutritional yeast (optional), puree – add extra liquid in form of water, oil, or tea



Chicken lightly seasoned and chopped up will improve the palatability and keep you full.

Cashew-lime sauce ties the dish together and makes it craveable without processed ingredients.

Spinach adds volume, chlorophyll, and other nutrients that support healthy digestion and immune response.

Cauliflower rice heated up for 2-3 minutes with coconut oil, garlic, and sea salt. Provides a “rice” like environment.

LOW CARB

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

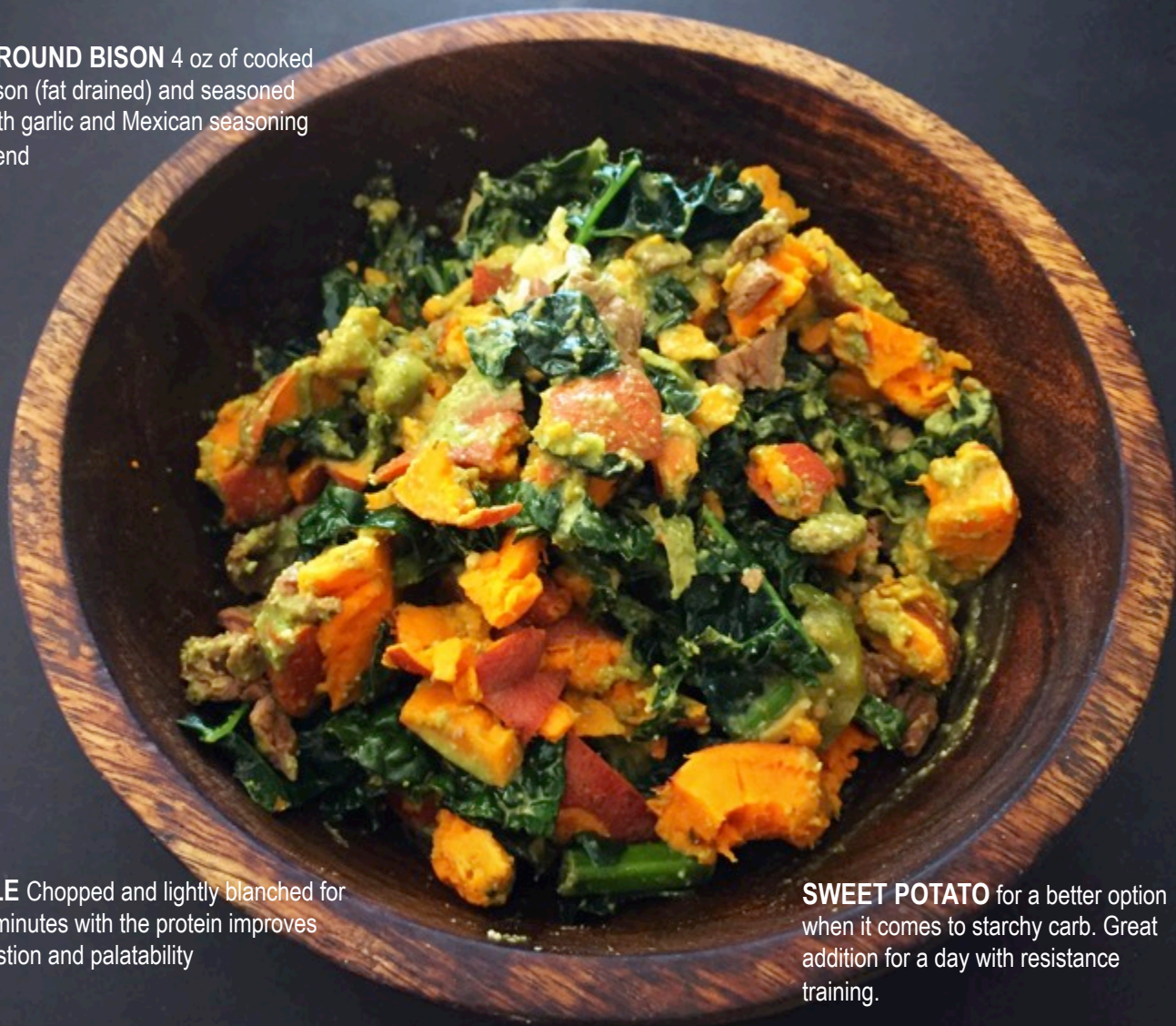
Leafy greens in package

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. The extra sautéed spinach boosts nourishment and satisfaction

GROUND BISON 4 oz of cooked bison (fat drained) and seasoned with garlic and Mexican seasoning blend



KALE Chopped and lightly blanched for 2-3 minutes with the protein improves digestion and palatability

SWEET POTATO for a better option when it comes to starchy carb. Great addition for a day with resistance training.

MODERATE CARB

GRASSFED BISON HARVEST BOWL. If you have precooked meat, you can reheat on a pan with chopped kale and sweet potato. Use 2 oz broth or tea to create steam and then add sauce or flavor. Here, I used mashed avocado with lemon juice and hot sauce.

PREHEAT SAUTE PAN to medium-high heat and cook protein for 2 minutes.

CHOP: Kale and sweet potato to speed up cooking time

This dish came together in 5 minutes because I reheated ground bison and tossed in the pan with kale and added a quick-steam sweet potato that was mashed up.

If you had to cook protein, it would only take 6-7 minutes on a pan and you can prepare sweet potato and kale while it is cooking.

Time-saving tip: Bake or boil Sweet Potatoes ahead of time.

Instant Method: Rinse sweet potato, poke holes with fork and wrap in paper towels. Microwave for 3-5 minutes depending on the size.

Slow Cooked Chicken

Cooked 3lbs overnight with Mexican seasoning, ¼ cup broth, and turmeric tea

"Peanut Sauce"

1 tbsp Almond butter + splash of coconut milk, lime juice, coconut aminos + cayenne

Kelp Noodles zero carb noodle, rinsed and ready to go. Tossed on pan to reheat chicken with seasoning. Tossed with handful of arugula and spinach.

LOW CARB – 10 minutes

Thai Chicken over kelp noodles with mixed greens . This is a very filling dish when you're craving something pasta-like (with less than 10 grams of carbs total.) The kelp noodles add volume and soak up flavor. Tossed a handful of baby greens in for the volume and nutrition boost.

HEAT MEDIUM SAUTE PAN to medium-high

CHOP Chicken breast on cutting board and toss

RINSE OFF Kelp noodles and toss into pan to cook with chicken

SEASONING: "Peanut Sauce" – While warm, add 1 tbsp Almond butter + splash of coconut milk, lime juice, coconut aminos + cayenne

What makes this come together quick: Pre cooked chicken from slow cooker or rotisserie

Chicken lightly seasoned and chopped up will improve the palatability and keep you full.

Garlic Sauce tbsp of creamy garlic sauce gives the full mouth feel similar to hummus. (flax, lime juice, garlic)

Hemp Seeds mixed in the last minute of cooking to add creamy texture that absorbs flavor. Hemp is high in protein, fiber and omega 3's.

Sweet Potato + kale chopped in food processor and pan-fried with coconut oil.

LOW CARB

CHICKEN OVER SWEET POTATO RICE . Slow cooked chicken reheated and tossed over sweet potato rice with shredded kale.

HEAT MEDIUM SAUTE PAN to medium-high

CHOP Chicken breast on cutting board and toss

SAUCE PREP: Garlic sauce + avocado + lemon

Comes together quick with precooked or chopped vegetables

I added magic garlic sauce to this specific dish

Avocado

Creamy, buttery-mouth coat flavor that plays well with others. Healthy-Fat Source for nutrient absorption.

Sundried tomatoes, Cashews, & Hemp Hearts

Extra Credit Garnish that provide chewy punch of tomato flavor, while the hemp & cashews pack a subtle crunch with a creamy undertone.



Grass-fed Steak that was cut thinly provides the tender-chewiness to finish off the dish. This was prepared prior to the dish and mixed in after a couple minutes of sautéing the vegetables. I saved time by pan-frying the steak with Upgraded Hot Sauce instead of a marinade.

Sautéed Fennel & Broccolini make up the base that offers a refreshing crunch with citrus flavor absorbed in each bite. Upgraded hot sauce is the x-factor with citrus, spice from cayenne, and a bold sweetness from pumpkin pie spice.

LOW CARB

SKIRT STEAK OR SHREDDED BEEF mixed with broccolini, fennel, and avocado. Topped with hemp hearts and sundried tomatoes.

Pre-portioned protein makes this easy to light sauté veggies and protein with desired flavor. Another example of putting a meal together on a single pan.

CHOOSE YOUR OWN ADVENTURE Single Serving pancakes and waffles

Low carb or low fat based on your flour.



335
CALORIES
Protein: 35 g
Carbs: 15 g
Fat: 15 g
Fiber: 7 g

CHOCOLATE PROTEIN WAFFLE
LOW CARB/GRAIN-FREE
CHOCOLATE PROTEIN, COCONUT
FLOUR, COFFEE, EGGS, COCONUT MILK



408
CALORIES
Protein: 35 g
Carbs: 40 g
Fat: 12 g
Fiber: 6 g

VANILLA-CARAMEL WAFFLE
MODERATE CARB W/GLUTEN-FREE OATS
VANILLA PROTEIN, EGGS, COCONUT MILK
TOP WITH SUGAR-FREE MAPLE OR NUT BUTTER

Types of flour or base – Waffles or pancakes require some sort of starch (even something like a banana can be a base. I recommend combining a few to diversify nutrients and consistency.

Protein powder: Almost all of these waffles incorporate plant protein as a flour alternative. This can be substituted with ¼ cup of nut flour such as almond or coconut in almost all of them.

Banana flour – 2 tbsp Fat: 0g, Carbs: 13g, Protein: 0

This is a resistant starch, no sugar and has a minimal impact on blood sugar

Arrowroot flour – ¼ cup = 28 grams of carbohydrates (low carb, grain-free, paleo friendly)

Coconut flour - Low carb option that fits in grain-free, gluten-free, nut-free, paleo preferences

Almond Flour – Low carb option that fits in grain-free, gluten-free, paleo preferences

Paleo flour – A blend of coconut, almond and arrowroot from Bob's Redmill

Tiger Nut Flour – Naturally sweet Allergy friendly flour alternative that is grain and nut-free

Oats or oat flour – I use gluten-free as a preference. Higher carb but contains fiber for slow release

Milk (liquid base)

Coconut Milk (beverage is often my preference but can be substituted for an milk that you desire)

I use coconut milk because it is sugar-free and I like the small amount of MCT fats. It's also least likely to have allergic issue with people.

Almond milk, hemp milk, dairy, or any other nut milk will work just fine.

Vegan Substitution: Any eggs can be replaced with 2 tbsp flax ground or mixed or 2 tbsp chia
The Banana flour also works nice as a binder

Note: The combination of oats, flax, & banana flour bind very well if you want to avoid eggs.

QUICKSTART GUIDE FOR WEEK OF MEALS

Pickup from grocery store – Shop with your meals in mind - Makes 6+ meals

Imagine your favorite salad bar and stock up on 3 of your favorite items to make your job easy.

Trader joes is great for pre-cut veggies and portions.

ESSENTIALS

2-4 lbs of protein in total

1 lbs of protein = 4 Servings (Average serving = 4oz)

Eggs

Lean Beef, Bison (grass-fed)

Wild Salmon, halibut, mahi mahi

Chicken

Short notice: pick up rotisserie chicken for 3-6 servings

Vegetables – Aim for chopped if you need training wheels to make prep easier.

Imagine what your favorite salad bar looks like. Pick a few of your favorite items and keep them ready to go.

2 bags Leafy greens – Spinach, kale, arugula

Great roasted or pan-fried:

Fennel, Parsnips, Carrots, Brussels Sprouts, Cauliflower, Broccoli or Broccolini

Liquids

Lemon Juice

Coconut Milk or Almond Milk beverage (unsweetened)

Cooking Fats & oils

Coconut Oil

Extra Virgin Olive oil

Seasoning and flavors – Be generous – USE ENOUGH.

Seasoning blend (garlic, mexican, pizza seasoning, sea salt)

Coconut Aminos

Nutritional Yeast

Dry Ingredients & Powders

Gluten-free oats

Vanilla Protein Powder (I like nutrasomma pea protein for recipes)

Seeds & nuts – Hemp, chia, almonds, cashews

GATHERING SUPPLIES & QUICK LINKS

Many ingredients and tools can be ordered on Amazon

SUPPLEMENTS & POWDERS

Greens powder (vitamineral green) - <http://amzn.to/2htl9Qy>

Golden Ratio Bliss Protein - <https://www.mygoldenratio.com/collections/protein-powder>

SWEETENERS

Stevia - Vanilla - All liquids, desserts, waffles, coffee, etc..
<http://amzn.to/2gWL2YQ>

Stevia Caramel - <http://amzn.to/2gxg8FF>

Chocolate - <http://amzn.to/2gWOyT1>

Monk Fruit (lakanto) <http://amzn.to/2hBG4EM>

Lilly's Chocolate Chips (sugar-free - delicious)
<http://amzn.to/2hrK87B>

SEASONING

Nutritional Yeast (nutty-cheesy seasoning) –
<http://amzn.to/2hBC9rw>

Coconut Aminos (soy sauce alternative) - <http://amzn.to/2hiU7OB>

Mexican Seasoning (frontier) - <http://amzn.to/2jF9Q8H>

Pizza Seasoning (frontier) - <http://amzn.to/2jfQR8c>

Pumpkin Pie Spice (frontier) - <http://amzn.to/2it9qV7>

Organic Jalepeno Hot sauce - <http://amzn.to/2iQCluF>
(pick up at local store or order)

RECIPE VIDEOS

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

Blueberry Instant Ice cream - <https://youtu.be/00jZl9mh8RU>

Avocado Ice Cream (thicken shake) - <http://bit.ly/2hvxBQp>

DIY Protein Bars (cookie dough) - <https://youtu.be/PZbZ-V8wTyE>

Cream Of Broccoli Soup- <https://youtu.be/hZgSGXaKaa8>

Common low-carb meal (shredded veggies and chicken) -
<https://youtu.be/97hijY4zyxU>

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

Craving buster smoothie - Mint-essential - <http://bit.ly/2jsBl61>

Caramel Energy Bites (coffee creamer drops) -
<https://youtu.be/QQJ3wTjaHHA>

Fat Burning Ice Cream - <https://youtu.be/iGxvQXUWU7w>

Upgraded Nuggets - <https://youtu.be/RdPS5NFFEvq>

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

Cucumber refresher salad - <https://youtu.be/uRtrHMMOIlQ>

Cooking With Tea - <https://youtu.be/jJxw33KjVgk>

Pumpkin Curry with parsnip rice - <https://youtu.be/Ps47G7RP2XQ>

Salmon and parsnip chips - https://youtu.be/KBTxS3kz_0

Making healthy on a budget - <https://youtu.be/97hijY4zyxU>

Common meal mack/sard/salm - <https://youtu.be/VH9sQG4USZc>

KITCHEN TOOLS

Joseph joseph santoku knife - <http://amzn.to/2u5tEMt>

Ninja prep processor <https://amzn.to/2vpLnz1>

NutriBullet blender - <http://amzn.to/2u7XOPk>

Hand-held mandoline slicer - <http://amzn.to/2s92fr9>

Black and decker toaster oven - <http://amzn.to/2lUciee>

Breville smart waffle - <https://amzn.to/2sqlo5n>