



THE FIT IN 30 COOKBOOK



BY DIANA KEUILIAN

For more fat burning recipes visit RealHealthyRecipes.com

CONTENTS

Super Slim Down Smoothie	3	Chinese Chicken Salad	24	Baked Parsnip Fries	45
Creamy Chocolate Smoothie	4	Super Dressing	25	Sautéed Cabbage with Apples	46
Green Goddess Smoothie	5	Turkey Kebabs	26	Real Healthy Cauliflower rice	47
Nutty Banana Smoothie	6	Olive Stuffed Meatballs	27	Super Easy Roasted Marinara Spaghetti Squash	48
Easy Pancakes	7	Chicken and Asparagus Stir Fry	28	Roasted Asparagus Pasta Salad	49
Poached Egg Breakfast	8	Herb Broiled Chicken	29	Fluffy Egg White Biscuits	50
Veggie Pesto Scramble	9	One-Pot Chicken	30	Easy Kale Chips	51
Super Slim Down Cereal	10	Chicken Curry Bowl	31	Hard Boiled Egg	52
BLT Egg Muffins	11	Easy Apple Pork Chops	32	Real Healthy Trail Mix	53
Taco Egg muffin	12	Pork Lettuce Wraps	33	No Bake Mint Chocolate Protein Bars	54
Egg White Broccoli Frittata	13	Shrimp and Noodles	34	No Bake Peanut Butter Protein Bars	55
Egg Muffins	14	Ginger Lime Super Salmon	35	Turkey Almond Butter and Raisin Wrap	56
Breakfast Bird Nests	15	Grilled Salmon Noodle Bowl	36	Baked Veggie Chips	57
Sweet Potato Protein Muffins	16	Real Healthy Fish Sticks	37	Real Food Truffles	58
Butternut Squash Hash	17	Best Ever Baked Sea Bass	38	Easy Fruit Dessert	59
Caveman Granola	18	Guilt-free Tuna Salad	39	Fun Fruit Skewers	60
Super Spinach Salad	19	Tuna Fried Rice	40	Garlic Roasted Broccoli and Cauliflower	61
Super Kale Salad	20	Beef Brisket	41	Jicama and Guacamole	62
Super Romaine Salad	21	World's Best Steak Salad	42		
Chicken Fruit and Spinach Salad	22	Eat-Your-Greens Meatloaf	43		
Real Healthy Egg Salad	23	Real Food Ground Beef Spaghetti Sauce	44		

SUPER SLIM DOWN SMOOTHIE



PREP TIME
5 MINS



SERVES
1

INGREDIENTS

1 scoop vanilla egg white protein
2 Brazil nuts
1 tablespoon milled chia seeds
1 tablespoon coconut oil
Sprinkle of ground cinnamon
10 blueberries
1/2 teaspoon ginger, crushed
1/2 cup coconut
water
1/2 cup ice cubes

INSTRUCTIONS

1. Combine all of the ingredients in a high-speed blender. Blend until smooth. Drink immediately. Enjoy!

CALORIES 294

FAT 22g

CARBS 18g

SODIUM 80mg

FIBER 7g

PROTEIN 7g

CREAMY CHOCOLATE SMOOTHIE



PREP TIME

10 MINS



SERVES

2

INGREDIENTS

1/2 cup coconut milk

1/2 frozen banana

2 tablespoons unsweetened cocoa powder

Dash of ground cinnamon

1/2 cup ice cubes

1 scoop chocolate protein

INSTRUCTIONS

1. Combine all of the ingredients in a high-speed blender and mix until smooth. Enjoy!

CALORIES 133

FAT 4g

CARBS 12g

SODIUM 88mg

FIBER 3g

PROTEIN 15g



GREEN GOODNESS SMOOTHIE



PREP TIME

10 MINS



SERVES

2

INGREDIENTS

1 cup coconut water
1 tablespoon almond butter
1/4 cup wheat grass
2 cups spinach
1 scoop high quality, low carb chocolate protein powder
1 inch slice of banana
Optional pinch of Stevia
1/2 cup ice

INSTRUCTIONS

1. Combine all the ingredients in your high speed blender then blend on high for a full minute, or until the tiny pieces of spinach have disappeared and the smoothie turns a brilliant shade of green. Enjoy!

CALORIES 155

FAT 4g

CARBS 15g

SODIUM 105mg

FIBER 2g

PROTEIN 15g



NUTTY BANANA SMOOTHIE



PREP TIME

10 MINS



SERVES

2

INGREDIENTS

- 1 cup coconut milk
- 1/2 frozen banana
- 1 Tablespoon almond butter
- 1/2 cup ice cubes
- 1 scoop vanilla protein

INSTRUCTIONS

1. Combine all of the ingredients in a high-speed blender and mix until smooth. Enjoy!

CALORIES 194

FAT 12g

CARBS 14g

SODIUM 68mg

FIBER 2g

PROTEIN 11g



EASY PANCAKES



PREP TIME
10 MINS



COOK TIME
10 MINS



SERVES
6

INGREDIENTS

3 ripe bananas
2 eggs
3 tablespoons almond butter
1/2 teaspoon vanilla extract or
ground cinnamon *optional

INSTRUCTIONS

1. Mash the bananas in a bowl (or blend in a food processor). Add the eggs, almond butter and flavor additions. Mix until smooth.
2. Preheat a griddle or skillet. Lightly grease with coconut oil. Pour the batter in 1/4 cup scoops.
3. Once you see bubbles form, flip and cook the other side until golden. Serve with fresh fruit. Enjoy!

CALORIES 131

FAT 6g

CARBS 16g

SODIUM 28mg

FIBER 3g

PROTEIN 5g

POACHED EGG BREAKFAST



PREP TIME
10 MINS



COOK TIME
10 MINS



SERVES
1

INGREDIENTS

- 1/2 tomato
- 1 teaspoon sea salt
- 2 teaspoons apple cider vinegar
- 1 egg
- 1 cup Easy Broccolini

For the Easy Broccolini

- 1 lb organic broccolini
- 1/4 teaspoon sea salt
- 1 tablespoon olive oil
- 3 garlic cloves, minced

INSTRUCTIONS

1. Turn the oven on to high broil. Place the tomato half, sliced side up, on a pan. Roast for 5 minutes, or until toasty on top.
2. Bring a quart of water to boil. Add the salt and vinegar.
3. Crack the egg into a small bowl. Use a slotted spoon to swirl the boiling water. Slip the egg into the swirling water. Turn off the heat and leave the egg in the water for exactly 5 minutes. Remove the poached egg with the slotted spoon.
4. Arrange your plate with the tomato halve, broccolini and top with the poached egg. Sprinkle with sea salt and black pepper. Enjoy!

Easy Broccolini

1. Fill a large skillet with water and bring to a boil. Add the salt.
2. Trim the ends from the broccolini and slice into thin pieces.
3. Add the broccolini to the boiling water. Simmer for 6 minutes, until bright green and tender. Drain and return the skillet to heat.
4. Add the olive oil and garlic cloves. Cook for 4 minutes. Enjoy!

CALORIES 132

FAT 5g

CARBS 13g

SODIUM 634mg

FIBER 4g

PROTEIN 10g

VEGGIE PESTO SCRAMBLE



PREP TIME

5 MINS



COOK TIME

8 MINS



SERVES

1

INGREDIENTS

- 1 teaspoon olive oil
- 1 organic zucchini, halved and sliced
- 2 Tablespoons green onions, chopped
- 2 Tablespoons fresh chives, chopped
- 2 organic eggs
- 1 Tablespoon Super Pesto

INSTRUCTIONS

1. Place the olive oil in a skillet over medium heat. Add the sliced zucchini and cook for 5 minutes, until soft. Add the onions, chives and a Tablespoon of pesto.
2. In a small bowl whisk the eggs. Add to the skillet and cook until just set. Enjoy immediately!

CALORIES 342

FAT 17g

CARBS 26g

SODIUM 284mg

FIBER 12g

PROTEIN 27g

SUPER SLIM DOWN CEREAL



PREP TIME

10 MINS



SERVES

1

INGREDIENTS

1/4 cup boiling water

1 Tablespoon raw pepitas (pumpkin seeds)

1 Tablespoon raw walnuts

1 Tablespoon shredded coconut, unsweetened

2 Tablespoons golden flax meal

1 teaspoon milled chia seeds

1 pitted date

1/4 teaspoon ground cinnamon

Pinch of sea salt

Optional toppings: chopped apple, raisins, sliced almonds, ground cinnamon, coconut palm sugar and sea salt.

INSTRUCTIONS

1. In a high-speed blender, combine the pumpkin seeds, walnuts, coconut, flax, chia seeds, date, cinnamon and salt. Blend until smooth.
2. Slowly add the boiling water to the mixture, blending until smooth.
3. Transfer the mixture to a saucepan and place over low heat for 10 minutes, stirring often. Garnish with chopped apples, raisins, sliced almonds and a sprinkle of cinnamon and coconut crystals. It's also delicious with a splash of coconut milk. Enjoy!

CALORIES 213

FAT 18g

CARBS 11g

SODIUM 47mg

FIBER 7g

PROTEIN 6g

BLT EGG MUFFINS



PREP TIME

15 MINS



COOK TIME

27 MINS



SERVES

4

INGREDIENTS

2 strips bacon

1 leek, thinly sliced

1 small tomato, chopped

6 eggs

Sea salt and black pepper

INSTRUCTIONS

1. Preheat oven to 350° F. Line 6 muffin tins with paper liners or grease with coconut oil.
2. Cook the bacon in a skillet over medium-high heat. Once crisp, remove from the skillet, cool and crumble. Add the sliced leek to the hot skillet and sauté for 5 minutes, until soft.
3. In a medium bowl combine the crumbled bacon, cooked leek and chopped tomato. Add the 6 eggs and season with salt and pepper. Whisk until fully combined. Fill the muffin tins.
4. Bake for 20-22 minutes or until the egg is fully set. Enjoy!

CALORIES 113

FAT 7g

CARBS 5g

SODIUM 344mg

FIBER 1g

PROTEIN 8g

TACO EGG MUFFINS



PREP TIME

15 MINS



COOK TIME

22 MINS



SERVES

12

INGREDIENTS

1/2 pound ground beef
1/2 teaspoon chili powder
1/4 teaspoon sweet paprika
1/4 teaspoon cumin
1/4 teaspoon onion powder
Pinch of garlic powder
Dash of sea salt
6 organic, free-range eggs
2 green onions, finely chopped
Handful of sliced olives
1 tomato, chopped

INSTRUCTIONS

1. Preheat oven to 350° F. Line 12 muffin tins with paper liners or grease with coconut oil.
2. In a skillet brown the beef over medium heat. Add in the chili powder, paprika, cumin, onion powder, garlic powder and sea salt. Remove from heat and drain.
3. In a bowl, mix up the eggs and add the browned seasoned beef, chopped green onions, sliced olives and chopped tomato. Fill 6 muffin tins.
4. Bake for 20-22 minutes or until the egg is fully set. Enjoy!

CALORIES 97

FAT 6g

CARBS 1g

SODIUM 90mg

FIBER 0g

PROTEIN 9g

EGG WHITE BROCCOLI FRITTATA



PREP TIME

10 MINS



COOK TIME

30 MINS



SERVES

8

INGREDIENTS

- 1 Tablespoon olive oil
- 2 cloves garlic, minced
- 1 medium, yellow onion, chopped
- 1 head broccoli, chopped
- 2 cups (16oz) egg whites
- 1/2 teaspoon sea salt
- 1/2 teaspoon fresh pepper

INSTRUCTIONS

1. Place the olive oil in a 9-inch skillet over medium heat. Add the garlic and onions. Sauté for 10 minutes, until soft. Add the broccoli and continue to cook for 10 minutes, until tender.
2. Pour the egg whites over the vegetables, tilting the skillet to evenly distribute. Sprinkle with salt and pepper. Reduce the heat to low, cover and cook for 20-30 minutes, until the eggs are set. Slice into 8 wedges and enjoy.

CALORIES 59

FAT 2g

CARBS 3g

SODIUM 206mg

FIBER 1g

PROTEIN 8g

EGG MUFFINS



PREP TIME
10 MINS



COOK TIME
22 MINS



SERVES
6

INGREDIENTS

6 organic, free range eggs

1/2 red bell pepper, finely chopped

handful of organic shredded cheese

sprinkle of sea salt and pepper

INSTRUCTIONS

1. Preheat oven to 350 degrees F.
2. Line muffin tins with paper liners or grease with coconut oil.
3. Mix up the eggs, add bell pepper, cheese and seasonings. Fill 6 muffin tins. Bake for 20-22 minutes, or until the egg is fully set.

CALORIES 92

FAT 6g

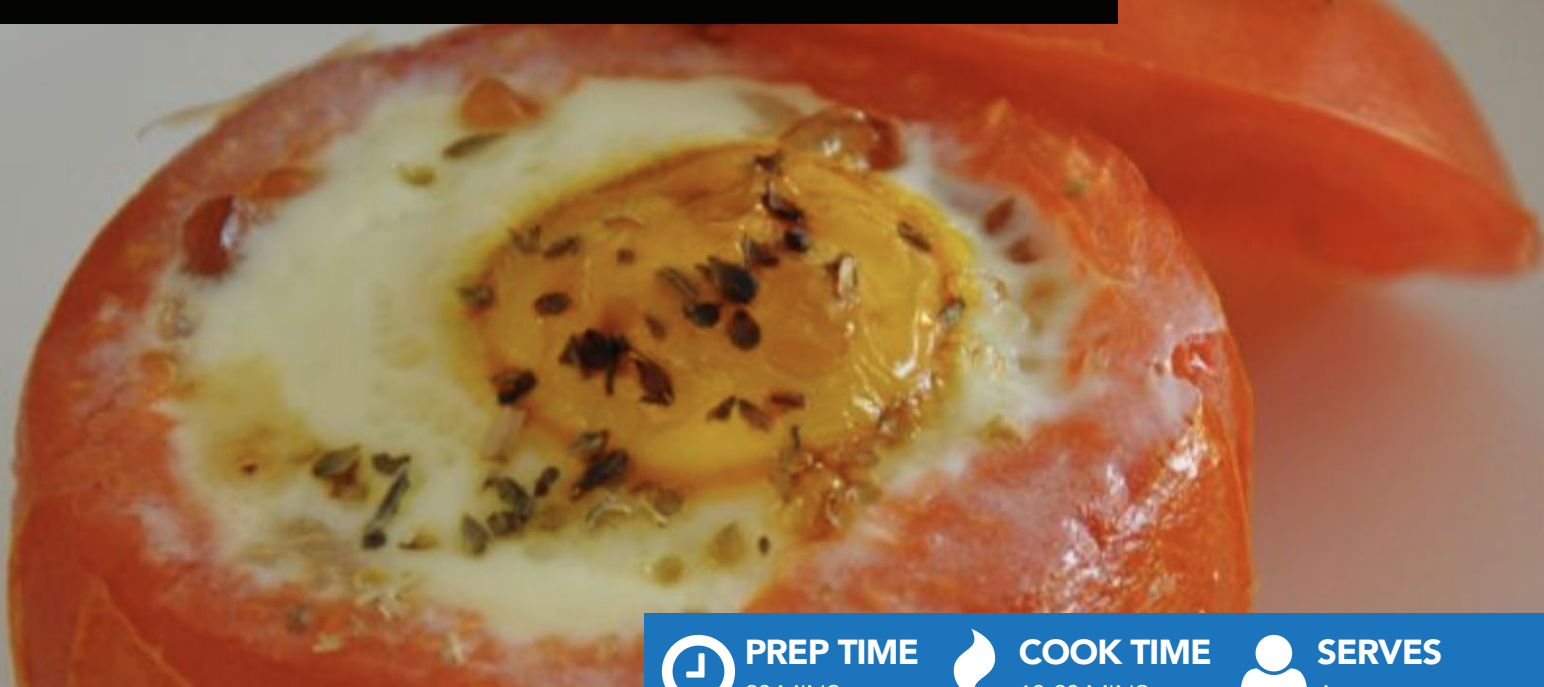
CARBS 4g

SODIUM 141mg

FIBER 0g

PROTEIN 7g

BREAKFAST BIRD NESTS



PREP TIME
20 MINS



COOK TIME
10-20 MINS



SERVES
4

INGREDIENTS

- 4 large, round tomatoes
- 1 teaspoon olive oil
- 1 clove garlic, minced
- 1 small onion, finely chopped
- 3 slices nitrate-free bacon, chopped
- dash of dried oregano, plus more for garnish
- dash of sea salt
- dash of pepper
- 4 organic, free range eggs

INSTRUCTIONS

1. Preheat oven to 400 degrees F.
2. Wash tomatoes, slice off the tops and scoop out the insides. Place tomatoes on a pan, and bake for 5 minutes.
3. In a skillet, heat the oil over medium heat. Add garlic. Add onion. Add chopped bacon. Sauté for 5 minutes, until mostly cooked. Add the spices and mix well.
4. Turn oven to broil. Fill each tomato with the bacon mixture, leaving about 1/2 inch of space at the top of each tomato. Crack an egg into each tomato then sprinkle with oregano. Place in the oven under broiler for 5 minutes. Remove from oven once the top has set, and you'll have perfectly done over easy eggs.
5. For well done eggs: change oven setting back to 400 degrees F, and continue to bake for an additional 10 minutes.

CALORIES 149

FAT 7g

CARBS 9g

SODIUM 280mg

FIBER 3g

PROTEIN 13g

SWEET POTATO PROTEIN MUFFINS



PREP TIME

50 MINS



COOK TIME

20 MINS



SERVES

12

INGREDIENTS

1 cup almonds (or almond flour)
10 dates, soaked in hot water for 10 minutes
1 cup baked sweet potato, skin removed
1 cup vanilla flavored protein powder
3 organic eggs
1 teaspoon vanilla extract
1 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
1/4 teaspoon baking soda
Pinch of sea salt

INSTRUCTIONS

1. Poke a sweet potato all over with a fork and bake at 425 ° F for 40 minutes. Remove from oven, cool and remove the skin. Reduce oven temperature to 350.
2. Pulse the almonds in a food processor until finely ground. Add the remaining ingredients to the food processor and pulse until fully combined.
3. Generously grease a 12-muffin tin with coconut oil. Divide the batter between the 12 muffin tins and bake for 15-20 minutes. Enjoy!

CALORIES 134

FAT 6g

CARBS 10g

SODIUM 107mg

FIBER 2g

PROTEIN 9g

BUTTERNUT SQUASH HASH



PREP TIME

15 MINS



COOK TIME

10 MINS



SERVES

4

INGREDIENTS

1 tablespoon olive oil

1 butternut squash, peeled, seeded and cubed

1/2 yellow onion, chopped

2 teaspoons garlic, minced

2 tablespoons fresh rosemary, minced

1 cup chopped kale

Sea salt and black pepper

4 eggs, over easy

INSTRUCTIONS

1. Heat the oil in a large skillet. Add the butternut squash, onion, garlic and rosemary. Cook over medium-high heat until tender. Mix in the kale and continue to cook until wilted. Season generously, with salt and pepper. Remove from heat.
2. Grease another skillet with olive oil and place over medium-high heat. Individually, crack the 4 eggs into the hot skillet and do not stir. Season with salt and pepper and cook untouched for 2 minutes. The whites should be crispy and the yolks runny. Place on top of the hash and serve hot. Enjoy!

CALORIES 151

FAT 9g

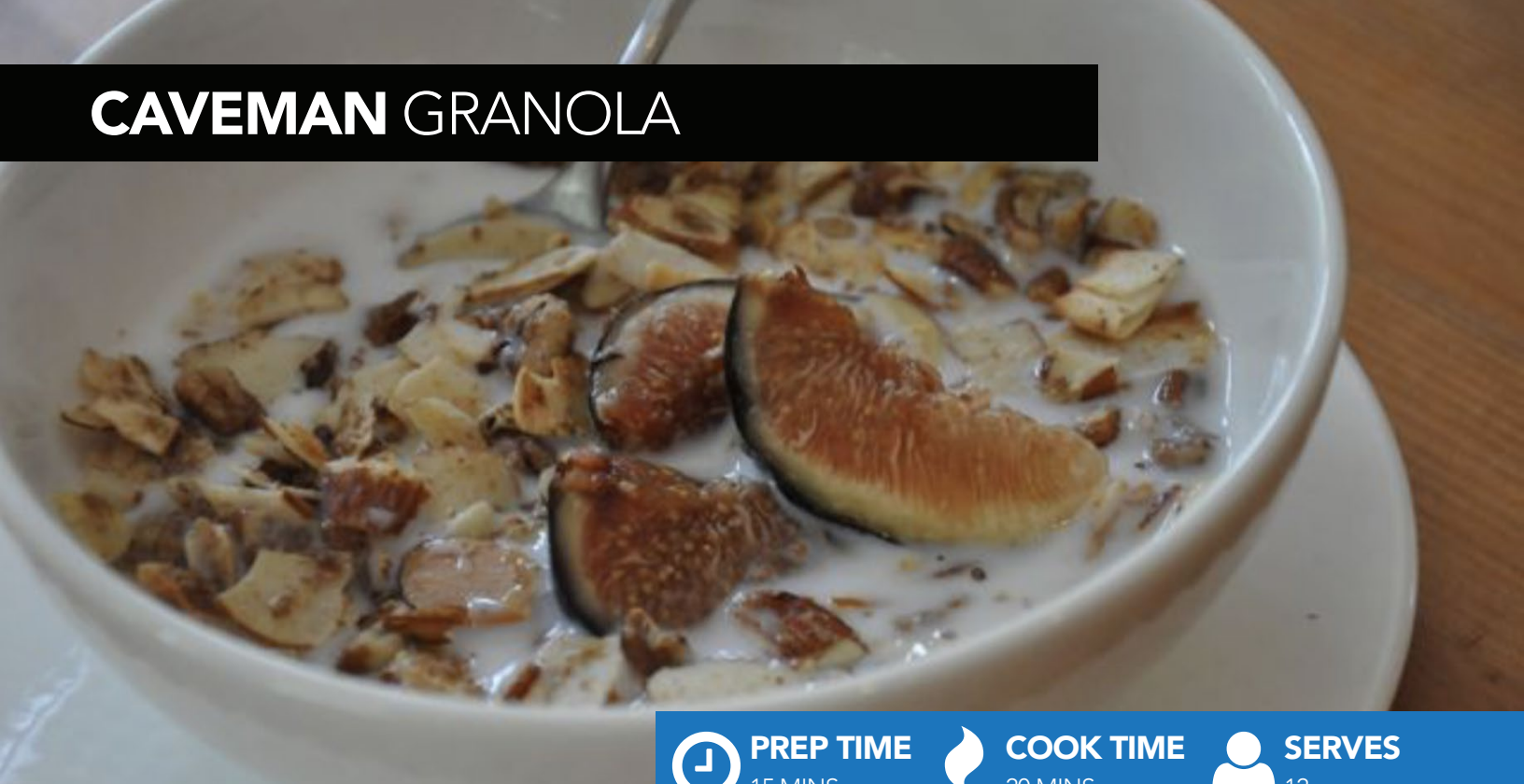
CARBS 11g

SODIUM 326mg

FIBER 2g

PROTEIN 8g

CAVEMAN GRANOLA



PREP TIME
15 MINS



COOK TIME
20 MINS



SERVES
12

INGREDIENTS

- 3 Tablespoons coconut oil, melted
- 3 Tablespoons raw honey, melted
- 1 Tablespoon vanilla extract
- 1/4 teaspoon almond extract
- 1 cup unsweetened coconut flakes
- 1 cup sliced almonds
- 1 cup pecans, chopped
- 2 Tablespoons flax seeds, ground
- 2 Tablespoons chia seeds, ground (optional)
- 2 teaspoons cinnamon, ground
- 1 teaspoon nutmeg, ground

INSTRUCTIONS

1. Preheat oven to 300 degrees F. Lightly grease baking sheet with coconut oil.
2. Melt the coconut oil and honey together over low heat. Remove from heat. Mix in the vanilla and almond extracts.
3. In a large bowl combine all of the remaining ingredients, then mix in the coconut oil mixture until evenly coated.
4. Spread granola over prepared pan. Bake for 10 minutes, stir, and then bake for another 10 minutes or until golden brown.

CALORIES 210

FAT 18g

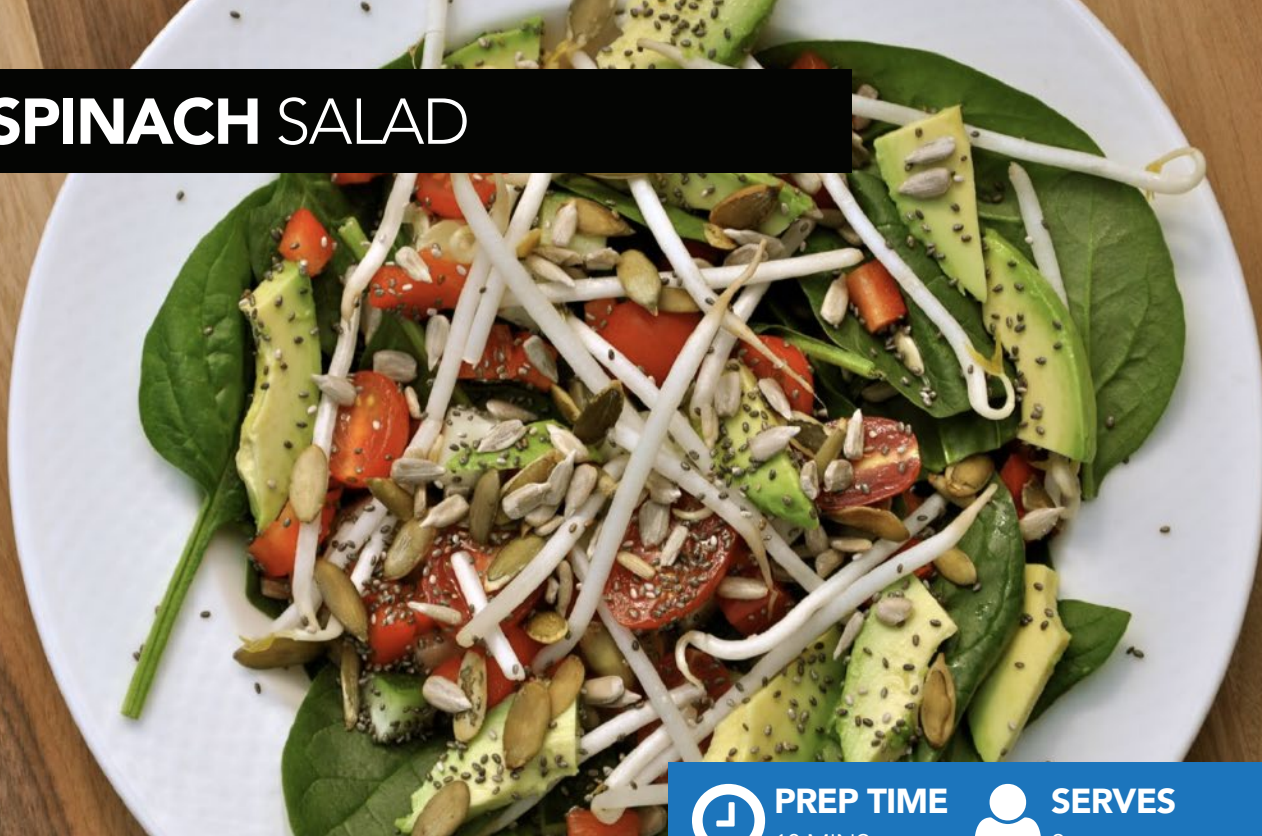
CARBS 10g

SODIUM 2mg

FIBER 4g

PROTEIN 4g

SUPER SPINACH SALAD



PREP TIME

10 MINS



SERVES

2

INGREDIENTS

- 1 cup baby spinach
- 5 cherry tomatoes
- 1/2 an avocado
- 1/4 cup diced cucumber
- 1/2 red bell pepper, diced
- 1/2 cup bean sprouts
- 1 Tablespoon pumpkin seeds
- 1 Tablespoon sunflower seeds
- 1 Tablespoon chia seeds
- 1 Tablespoon olive oil and sea salt and black pepper OR Super Dressing

INSTRUCTIONS

1. Combine all of the ingredients on your plate. Enjoy!

CALORIES 256

FAT 19g

CARBS 11g

SODIUM 239mg

FIBER 7g

PROTEIN 7g

SUPER KALE SALAD



PREP TIME

10 MINS



SERVES

2

INGREDIENTS

- 1 cup kale, shredded
- 1/2 cup purple cabbage, shredded
- 1 large carrot, shredded
- 4 asparagus stalks, shredded
- 1 Tablespoon sesame seeds
- 1 Tablespoon black raisins

INSTRUCTIONS

1. Combine all of the ingredients on your plate. Enjoy!

CALORIES 128

FAT 3g

CARBS 21g

SODIUM 70mg

FIBER 10g

PROTEIN 9g



SUPER ROMAINE SALAD



PREP TIME

10 MINS



SERVES

2

INGREDIENTS

1 cup romaine lettuce, chopped

1 hard boiled egg, minced

5 cherry tomatoes, halved

1/2 avocado, sliced

1 green onion, finely chopped

1/4 cup fresh basil, chopped

INSTRUCTIONS

1. Combine all of the ingredients on your plate. Enjoy!

CALORIES 230

FAT 9g

CARBS 34g

SODIUM 171mg

FIBER 13g

PROTEIN 9g

CHICKEN, FRUIT AND SPINACH SALAD



PREP TIME

10 MINS



SERVES

4

INGREDIENTS

For the Dressing:

1/4 cup olive oil

1/4 cup fresh squeezed orange juice

1 Tablespoon orange zest

Stevia to taste

1 Tablespoon Dijon mustard

dash of salt and pepper

For the Salad:

2 cups shredded roasted chicken

1 organic apple, chopped

2 organic celery stalks, chopped

1/4 cup fresh mint leaves, finely chopped

1 cup organic, red grapes, halved

4 cups baby spinach

INSTRUCTIONS

For the Dressing:

1. In a small bowl whisk the olive oil, orange juice, orange zest, stevia, Dijon, salt and pepper.

For the Salad:

1. In a medium bowl combine the chicken, apple, celery, mint and grapes. Toss with the dressing.

2. Prepare each plate with a pile of spinach. Top with the turkey salad mixture.

CALORIES 289

FAT 15g

CARBS 17g

SODIUM 795mg

FIBER 2g

PROTEIN 25g

REAL HEALTHY EGG SALAD



PREP TIME

20 MINS



SERVES

4

INGREDIENTS

8 organic, free range eggs
4 celery stalks, chopped
2 Tablespoons onion greens, chopped
1/4 cup Greek yogurt
2 teaspoons champagne mustard
1 teaspoon fresh squeezed lemon
dash of salt and pepper

INSTRUCTIONS

1. To boil the perfect egg: place eggs in a large pot and cover with cold water by half an inch. Heat the water to a boil, turn off the heat and cover the pot. Wait exactly 7 minutes, and then place the eggs in a bowl of ice water for 3 minutes.
2. Peel and chop hard boiled eggs. Place in a large bowl. Add celery, onion greens, yogurt, mustard, lemon, salt and pepper. Mix well.
3. Chill and then serve.

CALORIES 174

FAT 10g

CARBS 3g

SODIUM 229mg

FIBER 1g

PROTEIN 15g

CHINESE CHICKEN SALAD



PREP TIME

15 MINS



SERVES

6

INGREDIENTS

- 1/4 cup slivered almonds
- 1 small organic green cabbage
- 1 cup pea pods, thinly sliced
- 1 red bell pepper, thinly sliced
- 2 cup shredded cooked chicken

For the Sesame Dressing:

- 6 Tablespoons olive oil
- 4 Tablespoons apple cider vinegar
- 4 Tablespoons coconut aminos
- 1 packet Stevia
- 1 teaspoon toasted sesame oil
- 1 teaspoon sesame seeds

INSTRUCTIONS

1. In a small skillet place the slivered almonds over medium-low heat. Stir often until golden brown. Remove from heat.
2. Wash the cabbage and cut into long thin strands. Do the same with the pea pods and the red bell peppers — the thinner you slice the better.

CALORIES 202

FAT 10g

CARBS 10g

SODIUM 89mg

FIBER 3g

PROTEIN 17g

SUPER DRESSING



PREP TIME

10 MINS



SERVES

6

INGREDIENTS

2 Tablespoons raw honey
1 packet Stevia – optional
1/4 cup apple cider vinegar
1/4 cup olive oil
1 Tablespoon Dijon mustard
1/2 teaspoon dried basil
1 small shallot, minced
Juice from 1 lemon
Salt and pepper

INSTRUCTIONS

1. Combine all of the ingredients in a container. Drizzle over your salad. Enjoy!

CALORIES 112

FAT 9g

CARBS 8g

SODIUM 61mg

FIBER 0g

PROTEIN 0g

TURKEY KEBABS



PREP TIME

25 MINS



COOK TIME

16 MINS



SERVES

4

INGREDIENTS

1 1/2 pounds turkey breast, de-boned, trimmed
of skin and cut into thin strips

2 garlic cloves, minced

1 teaspoon olive oil

2 eggs

1/4 cup almond meal (more if needed)

1 teaspoon cumin

1 teaspoon sweet paprika

1/2 teaspoon cinnamon

dash of salt (optional)

2 Tablespoons fresh parsley, finely chopped

1 Tablespoon fresh mint, finely chopped

INSTRUCTIONS

1. In a food processor, blend the turkey strips until ground. Add the remaining ingredients and pulse until well blended.
2. Pre-heat your grill or grill pan.
3. Lightly grease your hands, then press the meat into the wooden skewers until it covers about 3-4 inches in an elongated meatball shape. If the meat is not sticking then add some more almond meal.
4. Grill for about 8 minutes per side.

CALORIES 254

FAT 8g

CARBS 2g

SODIUM 156mg

FIBER 1g

PROTEIN 47g

OLIVE-STUFFED MEATBALLS



PREP TIME

20 MINS



COOK TIME

20 MINS



SERVES

20

INGREDIENTS

20 oz Italian Seasoned Lean Ground Turkey

30-40 pitted olives

1 Tablespoon olive oil

2 cloves garlic, finely minced

INSTRUCTIONS

1. Take one tablespoon of ground turkey at a time, flatten it in your hand and form around an olive to create a ball. Repeat with all of the turkey and olives.
2. Heat the olive oil in a large skillet. Add the garlic and spread around the pan. Add the meatballs.
3. Turn the meatballs every 3 minutes for 20 minutes of cooking. Remove once all sides are browned and the meatballs are cooked through.
4. Serve on a platter with any remaining olives.

CALORIES 46

FAT 3g

CARBS 0g

SODIUM 102mg

FIBER 0g

PROTEIN 6g

CHICKEN AND ASPARAGUS STIR-FRY



PREP TIME
25 MINS



COOK TIME
20 MINS



SERVES
4

INGREDIENTS

2 Tablespoons olive oil
3 cloves garlic, minced
1 Tablespoon ginger, minced
2 chicken breasts, cut into 1/2 inch strips
1/4 cup raw cashews
1/2 red bell pepper
4 green onions
1 bunch asparagus
1/2 cup chicken broth
1 Tablespoon lemon juice
1 Tablespoon chia seeds
Dash of salt and pepper

INSTRUCTIONS

1. Place a large skillet over high heat. Add half of the olive oil. Once hot, add the garlic, ginger, chicken pieces and cashews. Cook for 4-5 minutes, until the chicken is cooked through. Remove the chicken mixture from the skillet and set aside on a clean plate.
2. Add the remaining oil to the hot skillet. Add the bell peppers, onions and asparagus and cook for 3 minutes. Add the chicken broth to the skillet and cook for another 2 minutes.
3. Return the chicken mixture to the skillet and combine with the veggies. Stir in the lemon juice, chia seeds and a dash of sea salt and black pepper. Enjoy!

CALORIES 346

FAT 12g

CARBS 30g

SODIUM 168mg

FIBER 4g

PROTEIN 22g

HERB BROILED CHICKEN



PREP TIME

25 MINS



COOK TIME

25 MINS



SERVES

4

INGREDIENTS

2 pounds of bone-in chicken thighs, skin off

2 tablespoons lemon juice

2 Tablespoons olive oil

Sea salt and freshly cracked black pepper

1/2 teaspoon of garlic powder

1/2 teaspoon smoked paprika

3 Tablespoons chopped fresh rosemary

INSTRUCTIONS

1. Preheat the broiler. Line a baking sheet with aluminum foil and lightly grease with olive oil.
2. Place the chicken, skin side down on the baking sheet. Combine the olive oil and lemon juice. Brush about a third of the oil mixture on the chicken and sprinkle lightly with a portion of the salt, pepper, garlic powder, smoked paprika and fresh rosemary.
3. Broil about 4 to 6 inches from the heat until lightly browned, about 7 minutes.
4. Carefully remove the chicken and using tongs, turn skin side up and brush with another third of the oil mixture. Lightly sprinkle with more of the seasonings. Return to the broiler for another 7 minutes.
5. Remove the chicken, turn the oven down to 450 degrees F, and brush the remaining oil mixture on the chicken. Return to the oven and bake about another 10 minutes, until cooked through. Enjoy!

CALORIES 173

FAT 14g

CARBS 3g

SODIUM 27mg

FIBER 1g

PROTEIN 11g

ONE-POT CHICKEN



PREP TIME

15 MINS



COOK TIME

30 MINS



SERVES

6

INGREDIENTS

1/3 cup coconut flour

Sea salt and black pepper

3 pounds boneless, skinless chicken thighs

2 yellow onions, cut into half moon slices

2 heads of garlic

2 tablespoons olive oil

1 cup sparkling white wine

1 cup chicken broth

INSTRUCTIONS

1. Combine the coconut flour and a pinch of salt and pepper in a small bowl and mix well.
2. Rinse the chicken and pat dry. Arrange the chicken next to the bowl of flour and a clean plate.
3. Coat the chicken pieces with the flour mixture and place on the clean plate.
4. Pour the olive oil into the bottom of a heavy-bottomed pot. Place over medium-high heat. Brown both sides of each chicken piece. If your pot isn't big enough to fit all the pieces on the bottom then do this in batches.
5. Once the chicken pieces are browned, remove from the pot and set aside on a clean plate. Add the onion and garlic to the pot. Reduce the heat to medium and cook until the onions soften.
6. Add the broth, wine and chicken to the pot. Cover and simmer for 20 minutes, until the chicken is cooked through. Plate the chicken and spoon garlic, onion and sauce on each piece. Enjoy!

CALORIES 334

FAT 7g

CARBS 10g

SODIUM 246mg

FIBER 2g

PROTEIN 53g

CHICKEN CURRY BOWL



PREP TIME

45 MINS



COOK TIME

30 MINS



SERVES

4

INGREDIENTS

For the Cauliflower Rice

1 head cauliflower
1 tablespoon coconut oil
Salt and pepper

For the Chicken Curry

1 tablespoon coconut oil
1 yellow onion, chopped
4 garlic cloves, minced
1 teaspoon turmeric
1/2 teaspoon ground cinnamon
1 teaspoon garam masala
2 teaspoons curry powder
1 tablespoon cumin
1 teaspoon chili powder
2 teaspoons sea salt
2 chicken breasts, cubed
4 large carrots, chopped
1 cup butternut squash, cubed
1 (14 ounce) can coconut milk
2 cups chicken broth
4 cups kale, chopped

INSTRUCTIONS

For the Cauliflower Rice

1. Wash cauliflower, discard the leaves and chop into small pieces. Grate the pieces with a food processor.
2. In a large skillet heat the coconut oil over medium. Add the shredded cauliflower. Sauté for about 5 minutes, until tender. Season with salt and pepper. Set aside.

For the Chicken Curry

1. Heat the coconut oil in a large skillet. Add the onion and garlic and cook over medium heat for 3 minutes. Add all of the spices and the salt. Continue to cook until the onions are soft.
2. Add the cubed chicken breast and cook for 5 minutes. Add the carrots and butternut squash and cook for another 5 minutes. Add the coconut milk and chicken broth and mix well. Cover and simmer on low heat for 20 minutes. Add the kale and cook for 5 more minutes.
3. Serve in bowls with a scoop of cauliflower rice on top. Enjoy!

CALORIES 492

FAT 28g

CARBS 41g

SODIUM 156mg

FIBER 12g

PROTEIN 12g

EASY APPLE PORK CHOPS



PREP TIME

20 MINS



COOK TIME

15 MINS



SERVES

4

INGREDIENTS

2 apples, chopped

1 medium yellow onion, chopped

2 Tablespoons coconut oil

ground cinnamon

sea salt

4 lean pork chops

1/4 cup white wine

1/4 cup sliced almonds

INSTRUCTIONS

1. In a large skillet warm 1 Tablespoon of the coconut oil over medium heat. Add the apples and onions. Sauté for 5 minutes until the apples are tender.
2. Remove the apples and onions from the pan.
3. Add the remaining Tablespoon of coconut oil to the pan and leave the heat on medium. Sprinkle cinnamon and salt on both sides of the pork chops then rub in.
4. Place the pork chops in the pan, sear on each side for 2 minutes.
5. Add the wine and bring to a boil. Add the apples and onions back to the pan, cover and cook for about 6 minutes.
6. Sprinkle with the almonds and serve the chops with a generous helping of the apples and onions.

CALORIES 296

FAT 12g

CARBS 10g

SODIUM 94mg

FIBER 2g

PROTEIN 21g

PORK LETTUCE WRAPS



PREP TIME
25 MINS



COOK TIME
8 HOURS



SERVES
10

INGREDIENTS

- 1 (3 pound) boneless pork shoulder
- 10 garlic cloves, chopped
- 1 tablespoon ground cumin
- 1 teaspoon dried oregano
- 1 teaspoon sea salt
- 1/2 teaspoon black pepper
- 1 tablespoon Tajin
- 1 cup orange juice
- 1 yellow onion, thinly sliced
- 1 (4 ounce) can mild green chiles, diced
- 4 chipotle chiles canned in adobo sauce, plus
1 tablespoon (or more!) of the sauce
- 2 heads of butter lettuce
- 1 mango, chopped
- 1/2 cup pico de gallo
- 1/4 cup fresh cilantro, chopped

INSTRUCTIONS

1. Place the pork shoulder in a large slow cooker. Rub all over with the garlic.
2. Combine the cumin, oregano, sea salt, pepper and Tajin in a small bowl. Rub over the pork.
3. In a medium bowl combine the orange juice, sliced onion and green chiles. Chop the chipotle chiles and add to the bowl with some adobo sauce. It's pretty spicy, so be careful to add your desired amount. Pour this mixture over the pork.
4. Cook on low heat for 8 hours.
5. Remove the pork from the slow cooker and shred with 2 forks. Serve the pork on large butter lettuce leaves and top with chopped mango, pico de gallo and cilantro. Enjoy!

CALORIES 359

FAT 23g

CARBS 15g

SODIUM 862mg

FIBER 4g

PROTEIN 23g

SHRIMP AND NOODLES



PREP TIME
20 MINS



COOK TIME
10 MINS



SERVES
4

INGREDIENTS

4 zucchini
1/2 cup macadamia nuts
2 cups fresh basil leaves
2 garlic cloves
1/3 cup nutritional yeast
dash of sea salt
juice of 1/2 a lemon
1/4 cup olive oil
2 dozen large shrimp

INSTRUCTIONS

1. For the noodles: Run a vegetable peeler along each zucchini until you reach the seeds. Place your zucchini noodles in a bowl.
2. For Pesto: Place the macadamia nuts, basil leaves, garlic, nutritional yeast, salt and lemon juice in a food processor. Pulse until well combined while drizzling in the olive oil.
3. Peel and devein the shrimp, pulling off the tail and then the rest of the shell.
4. Heat a pot of water under a steamer basket. Steam your noodles for about 5 minutes, until tender. Remove to a medium bowl.
5. Steam the shrimp for 3 minutes, until fully pink.
6. Combine the noodles with the pesto and top with warm shrimp. Serve and enjoy.

CALORIES 328

FAT 28g

CARBS 15g

SODIUM 85mg

FIBER 8g

PROTEIN 12g

GINGER LIME SUPER SALMON



PREP TIME

5 MINS



COOK TIME

20 MINS



SERVES

4

INGREDIENTS

4 salmon fillets

3 inches of ginger root, peeled and minced

4 garlic cloves, thinly sliced

4 green onions, thinly sliced

1 red bell pepper

4 limes, sliced

INSTRUCTIONS

1. Preheat oven to 400 degrees F.
2. Place each of the salmon fillets in the center of a rectangle of parchment paper. Top with the ginger, garlic, green onions, bell pepper and lime slices. Fold the parchment paper over each fillet, and tuck the edges to form a parcel.
3. Bake for 12-15 minutes, until cooked through. Enjoy!

CALORIES 546

FAT 13g

CARBS 55g

SODIUM 147mg

FIBER 6g

PROTEIN 35g

GRILLED SALMON NOODLE BOWLS



PREP TIME

25 MINS



COOK TIME

10 MINS



SERVES

4

INGREDIENTS

For the Bowls

4 zucchini

1 bunch asparagus, trimmed and cut into 3rds

2 tablespoons Dijon mustard

1 tablespoon raw honey

1 teaspoon ginger, minced

1 tablespoon toasted sesame oil

4 (6 ounce) salmon fillets, skin off

Sea salt and black pepper

4 red bell peppers, roasted and chopped

For the Dressing

1 tablespoon raw honey

1 tablespoon toasted sesame oil

1 teaspoon orange zest

1 tablespoon orange juice

1 teaspoon fresh ginger, minced

1/4 teaspoon sea salt

1/4 teaspoon black pepper

INSTRUCTIONS

1. Peel the zucchini and run through a spiral slicer to create long, thin noodles.
2. Bring a large pot of water to boil. Drop the asparagus into the water and remove after a few minutes, when it becomes a darker shade of green.
3. Combine the Dijon, honey, ginger and sesame oil in a small bowl. Rinse the salmon fillets and pat dry. Season with salt and pepper, then cover with the Dijon mixture. Grill until cooked through, about 10 minutes. Once cooled, cut into bite-sized pieces.
4. In a small bowl combine the dressing ingredients.
5. Assemble each serving with a pile of noodles, a sprinkling of asparagus and roasted pepper, 1/4 of the salmon pieces and a drizzle of the dressing. Enjoy!

CALORIES 397

FAT 21g

CARBS 24g

SODIUM 356mg

FIBER 5g

PROTEIN 31g

REAL HEALTHY FISH STICKS



PREP TIME
25 MINS



COOK TIME
20 MINS



SERVES
4

INGREDIENTS

Olive oil

18 oz white fish fillet, cut into strips

1/3 cup coconut flour

1 teaspoon garlic salt

dash of pepper

1/2 cup almond meal

1/2 cup ground walnuts

2 organic, free range eggs

INSTRUCTIONS

1. Preheat oven to 450 degrees F. Prepare a baking sheet by drizzling with olive oil and coating evenly. Set aside.
2. In a small bowl combine the coconut flour, garlic salt and pepper. In another small bowl combine the almond meal and ground walnuts. In a third small bowl whisk the eggs until frothy.
3. Take each strip of fish and dredge it in the flour mixture, then dip in the egg, and then coat with the ground nuts. Place on prepared pan.
4. Bake for 20 minutes or until golden and crispy.

CALORIES 278

FAT 14g

CARBS 6g

SODIUM 443mg

FIBER 4g

PROTEIN 33g

BEST EVER BAKED SEA BASS



PREP TIME

10 MINS



COOK TIME

20 MINS



SERVES

4

INGREDIENTS

4 (3oz) Sea Bass Fillets

1/3 cup white wine

3 garlic cloves, minced

salt and pepper

1 Tablespoon fresh parsley, minced

fresh squeezed lemon juice

INSTRUCTIONS

1. Preheat oven to 450 degrees F.
2. Arrange the fillets on a baking pan. Pour the wine over the fillets. Rub each fillet with the minced garlic and season with a touch of salt and pepper.
3. Bake for 15 minutes. Remove from oven, sprinkle each fillet with the fresh, minced parsley, return to oven for 5 minutes.
4. Drizzle fresh squeezed lemon juice on each fillet before serving.

CALORIES 150

FAT 2g

CARBS 1g

SODIUM 89mg

FIBER 1g

PROTEIN 24g

GUILT-FREE TUNA SALAD



PREP TIME

15 MINS



SERVES

4

INGREDIENTS

- 1 green apple, chopped
- 2 green onions, tops only, chopped
- 1/4 cup fresh parsley, chopped
- 2 cans albacore tuna, drained
- 1 tablespoon dijon mustard
- 1/4 cup coconut oil, melted
- 1/4 cup red grapes, halved
- Sea salt and pepper to taste

INSTRUCTIONS

- Mix all of the ingredients in a large bowl and serve immediately.
- Serve this salad in large butter lettuce leaves or scooped onto avocado halves. Enjoy!

CALORIES 222

FAT 16g

CARBS 9g

SODIUM 194mg

FIBER 4g

PROTEIN 14g

TUNA FRIED RICE



PREP TIME

15 MINS



COOK TIME

10 MINS



SERVES

4

INGREDIENTS

- 1 head cauliflower
- 2 teaspoons olive oil
- 4 green onions, chopped
- 1/2 red bell pepper, thinly sliced
- 1 can albacore tuna, in water
- 2 eggs
- Sea salt and black pepper

INSTRUCTIONS

1. Using a food processor with the grating blade, grate all of the cauliflower.
2. Heat the olive oil in a large skillet or wok over medium. Add the onions and bell peppers, sauté for 3 minutes. Add the tuna and eggs, stir to combine. When the eggs have set, add the grated cauliflower and mix to combine.
3. Season the rice mixture with salt and pepper. Reduce the heat to low, cover and allow to cook for another 5 minutes. Enjoy!

CALORIES 146

FAT 4g

CARBS 14g

SODIUM 311mg

FIBER 7g

PROTEIN 15g

BEEF BRISKET



PREP TIME

5 MINS



COOK TIME

20 MINS



SERVES

12

INGREDIENTS

- 1 lemon, juiced
- 5 cloves garlic
- 2 cups beef broth
- 1 cup coconut aminos
- 1 Tablespoon liquid smoke
- 3.5 lb beef brisket

INSTRUCTIONS

1. Place the brisket in a large roasting pan, fat side up. Combine all of the remaining ingredients in a bowl. Pour the mixture over the brisket.
2. Cover the roasting pan tightly with foil. Marinate in the fridge for 24 to 48 hours. Let those juices do their flavorful magic!
3. Roast at 300 degrees F for 3 hours, or about 40 minutes per pound. Remove the foil, place under the high broil for a few minutes to lightly char the top. Transfer to a cutting board and slice. Put the slices back in the juices. Serve hot. Enjoy!

CALORIES 295

FAT 10g

CARBS 19g

SODIUM 211mg

FIBER 1g

PROTEIN 31g

THE WORLD'S BEST STEAK SALAD



PREP TIME

10 MINS



SERVES

3

INGREDIENTS

For the Dressing

1 clove garlic, minced
1/2 teaspoon powdered stevia
juice from 1 lemon
2 teaspoon balsamic vinegar
2 Tablespoon olive oil
2 Tablespoons fresh chives, minced
dash of salt and pepper

For the Salad

4 oz cooked and sliced rib-eye steak
(grass-fed of course!)
2 hard boiled eggs, sliced
1/2 cup cherry tomatoes, halved
1 avocado, sliced and dressed with lemon juice
and sweet paprika
6 green onions, grilled
4 cups mixed greens

INSTRUCTIONS

1. Prepare your ingredients and set them aside, ready for salad assembly.
2. In a small bowl whisk together the dressing ingredients.
3. Arrange the greens on plates, then top with the remaining salad ingredients. Drizzle with the dressing.

CALORIES 364

FAT 28g

CARBS 13g

SODIUM 110mg

FIBER 7g

PROTEIN 15g

EAT-YOUR-GREENS MEATLOAF



PREP TIME

25 MINS



COOK TIME

60 MINS



SERVES

6

INGREDIENTS

- 1 onion
- 2 zucchini
- 1 pound ground turkey
- 1 tablespoon coconut oil
- 2 garlic cloves, minced
- 2 eggs, whisked
- 1/4 cup natural ketchup (no sugar or HFCS)
- 1/4 cup ground flax
- 1/4 cup almond flour
- 1 teaspoon sea salt
- 1/2 teaspoon black pepper
- 1/4 cup fresh basil

INSTRUCTIONS

1. Preheat the oven to 350° F. Lightly grease a loaf pan with coconut oil.
2. Shred the onion and zucchini by using a food processor with a grating attachment.
3. In a large bowl combine all of the ingredients. Mix well then press into the prepared pan.
4. Bake for 60 minutes or until cooked all the way through and lightly golden on the top. Liquid may accumulate around the loaf as it cooks. This is normal. Simply drain the liquid off once the loaf is fully cooked.
5. Serve over a bed of roasted asparagus. Enjoy!

CALORIES 180

FAT 11g

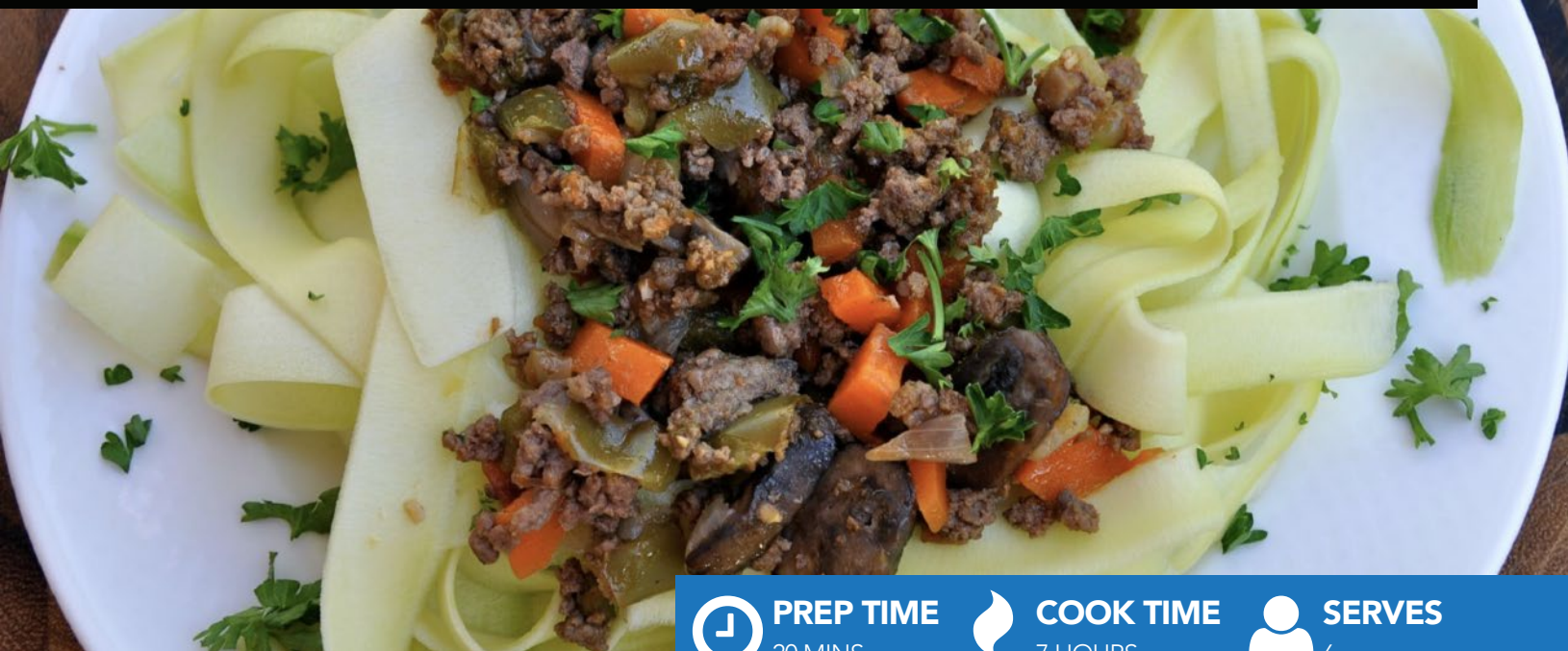
CARBS 9g

SODIUM 332mg

FIBER 4g

PROTEIN 12g

REAL FOOD GROUND BEEF SPAGHETTI SAUCE



PREP TIME
20 MINS



COOK TIME
7 HOURS



SERVES
6

INGREDIENTS

1 tablespoon olive oil
6 cloves garlic, minced
1 yellow onion, chopped
1 fennel bulb, chopped
4 carrots, sliced
1 cup mushrooms, sliced
1/4 cup chopped olives
2 (14.5 ounce) cans diced tomatoes
1 (14.5 ounce) can tomato sauce
2 tablespoons tomato paste
1/2 cup dry red wine (Cabernet works well)
2 tablespoons Italian seasoning
1/2 teaspoon sea salt
1/4 teaspoon black pepper
1/4 teaspoon sweet paprika
1 pound ground beef
6 zucchinis
1/4 cup fresh Italian parsley, chopped

INSTRUCTIONS

1. Coat the inside of your slow cooker with olive oil. Add the veggies, mushrooms, olives, tomatoes, tomato sauce, tomato paste, wine and the seasonings. Mix well.
2. Add the ground beef on top of the veggie mixture, breaking it into chunks. Lightly press the beef down into the sauce, but be careful not to break up the chunks.
3. Cook on low heat for 7 hours.
4. Wash the zucchini, and do one of these methods for making noodles: 1) Use a vegetable peeler to create long, flat noodles. Stop when you get to the seedy middle part of the zucchini. Or 2) Use a spiral slicer to create noodles
5. Plate the zucchini noodles and top with warm beef spaghetti sauce. Sprinkle with chopped parsley. Enjoy!

CALORIES 364

FAT 28g

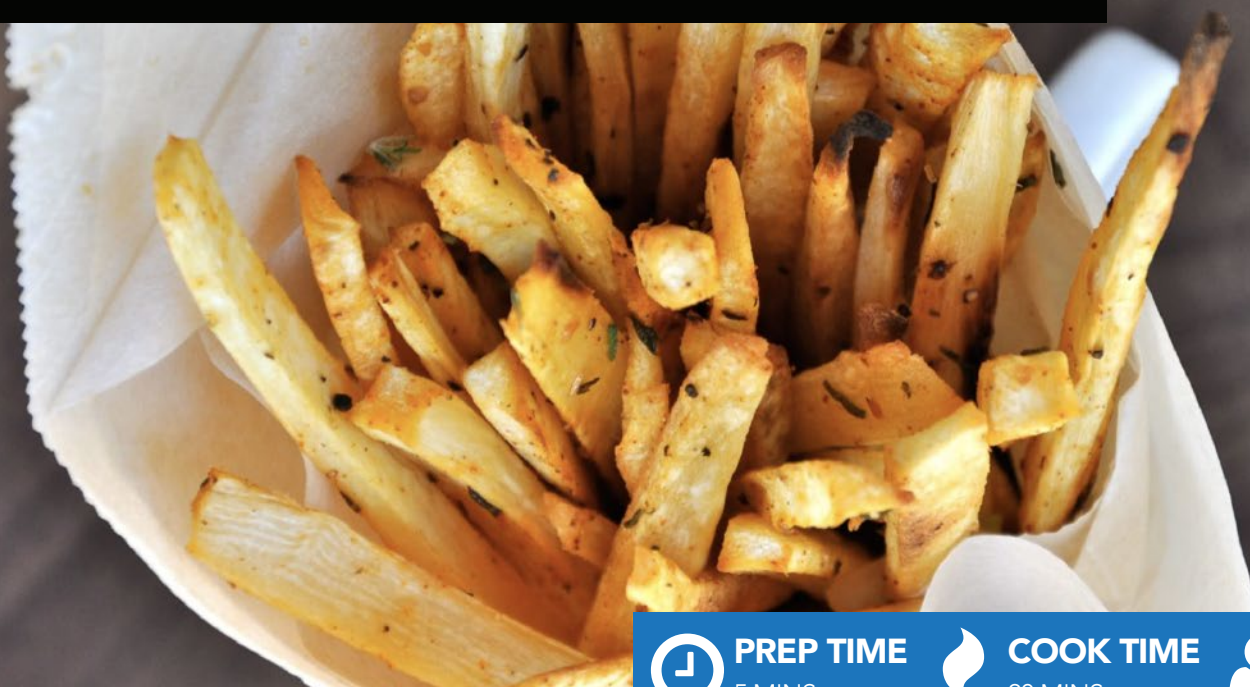
CARBS 13g

SODIUM 110mg

FIBER 7g

PROTEIN 15g

BAKED PARSNIP FRIES



PREP TIME

5 MINS



COOK TIME

20 MINS



SERVES

4

INGREDIENTS

2 large parsnips

1 tablespoon fresh rosemary, minced

2 garlic cloves, chopped

3 tablespoons olive oil

Dash of sea salt and black pepper

1/2 teaspoon sweet paprika

INSTRUCTIONS

1. Preheat the oven to 450° F. Line a rimmed baking sheet with parchment paper.
2. Peel the parsnips and trim the ends. Cut each parsnip in half, horizontally, then make 2 cuts in each direction to create 8 sticks. In a large bowl toss the parsnip fries with the rosemary, garlic, olive oil, sea salt, pepper and sweet paprika.
3. Spread the fries over your prepared baking sheet. Roast for 10 minutes, flip and then roast for another 10-15 minutes, until browned and crispy. Serve with natural ketchup and enjoy!

CALORIES 133

FAT 7g

CARBS 15g

SODIUM 163mg

FIBER 5g

PROTEIN 3g

SAUTÉED CABBAGE WITH APPLES



PREP TIME
10 MINS



COOK TIME
10 MINS



SERVES
8

INGREDIENTS

1 Tablespoon coconut oil
1 large yellow onion, thinly sliced
1 small head of red cabbage, thinly sliced
3 Tablespoons apple cider vinegar
2 apples, cored and thinly sliced
1/2 teaspoon salt
1/2 teaspoon dried rosemary
1/2 teaspoon dried thyme
dash of pepper

INSTRUCTIONS

1. In a large skillet, place the oil over medium heat.
2. Add the onion and sauté for 3 minutes. Add the cabbage and sauté for 5 minutes.
3. Add the remaining ingredients, mix well and continue to sauté until tender.

CALORIES 65

FAT 1g

CARBS 12g

SODIUM 164mg

FIBER 3g

PROTEIN 1g

REAL HEALTHY RICE



PREP TIME

10 MINS



COOK TIME

5 MINS



SERVES

6

INGREDIENTS

1 head organic cauliflower

Salt and pepper

1 Tablespoon coconut oil

INSTRUCTIONS

1. Wash cauliflower, discard the leaves, and chop into small pieces. Grate the pieces with a food processor.
2. In a large skillet heat the coconut oil over medium. Add the shredded cauliflower. Sauté for about 5 minutes, until tender. Season with salt and pepper. Serve as you would traditional rice.

CALORIES 66

FAT 3g

CARBS 7g

SODIUM 87mg

FIBER 4g

PROTEIN 3g

SUPER EASY ROASTED MARINARA SPAGHETTI SQUASH



PREP TIME

15 MINS



COOK TIME

45 MINS



SERVES

8

INGREDIENTS

2 spaghetti squash, halved length wise

1 Tablespoon olive oil

4 cloves garlic, chopped

1 large yellow onion, chopped

1 (24 oz) jar organic marinara sauce

1/4 cup fresh basil leaves, chopped

INSTRUCTIONS

1. Preheat the oven to 450 degrees F. Line a baking sheet with foil.
2. Scoop out and discard the spaghetti squash seeds. Season the squash with salt and pepper. Bake, cut side down, on the prepared baking sheet for 45 minutes.
3. Heat the olive oil in a medium pot over medium heat. Add the garlic and onions. Cook until tender. Add the spaghetti sauce and bring to a simmer. Mix in the basil. Remove from heat.

CALORIES 132

FAT 3g

CARBS 19g

SODIUM 72mg

FIBER 4g

PROTEIN 7g

ROASTED ASPARAGUS PASTA SALAD



PREP TIME

20 MINS



COOK TIME

10 MINS



SERVES

4

INGREDIENTS

For the Pasta

1 bunch organic asparagus

1 teaspoon olive oil

Dash of sea salt and pepper

5 organic zucchini

2 tablespoons sun-dried tomatoes, chopped

For the Dressing

1 garlic clove, chopped

2 tablespoons yellow onion, chopped

1 tablespoon Dijon mustard

1 tablespoon lemon juice

1/4 teaspoon sweet paprika

2 tablespoons olive oil

1/4 cup fresh chives, thinly sliced

INSTRUCTIONS

1. Preheat the oven to 425° F.
2. Trim the ends off the asparagus, and chop into 1/2 inch pieces. Place in a medium bowl and combine with the olive oil and a dash of salt and pepper. Transfer to a baking sheet and bake for 10 minutes.
3. Trim the ends from the zucchini and use a veggie peeler to remove the green skin. Cut the zucchini in half, width-wise, then run through a spiral slicer to create long angel hair noodles. Place the noodles in a large bowl. Add the sun-dried tomatoes and roasted asparagus.
4. In a small bowl combine all of the dressing ingredients. Pour the dressing over the noodle salad and mix well until combined. Enjoy!

CALORIES 66

FAT 3g

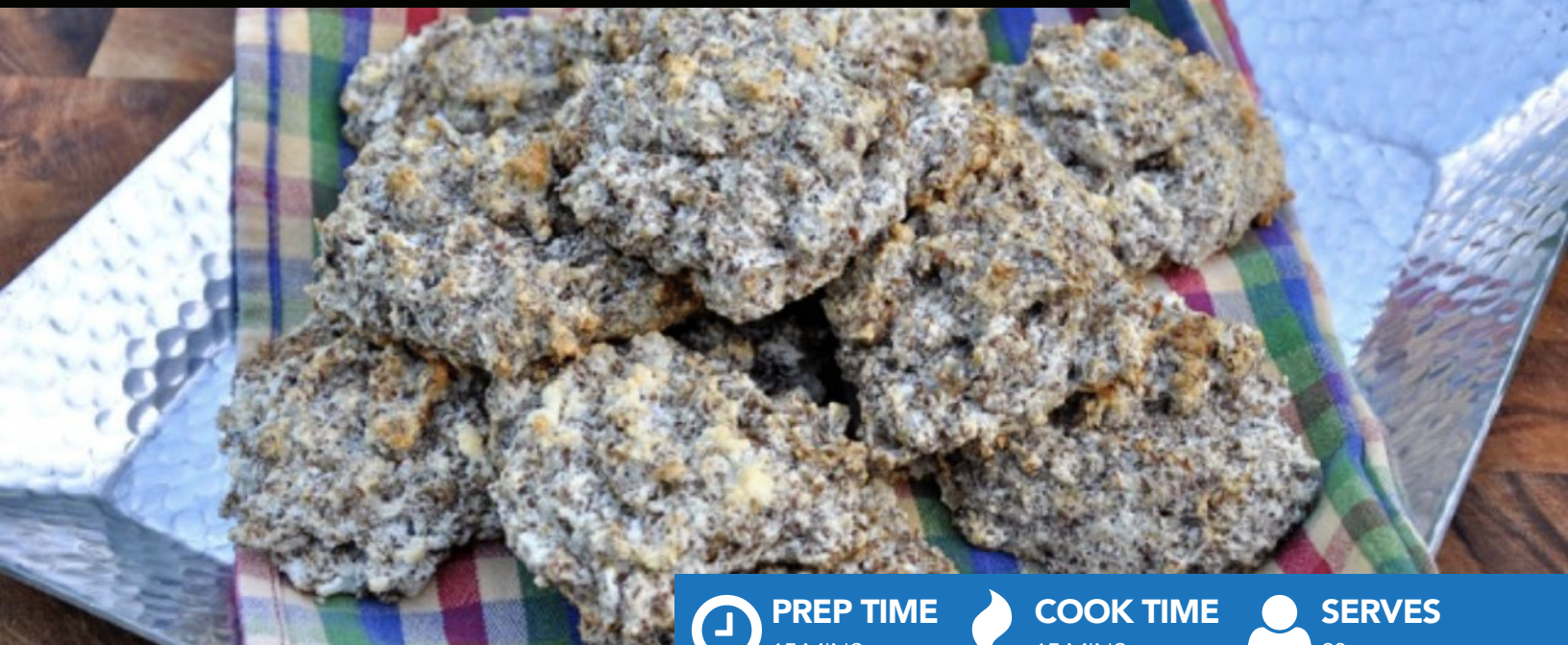
CARBS 7g

SODIUM 87mg

FIBER 4g

PROTEIN 3g

FLUFFY EGG WHITE BISCUITS



PREP TIME

15 MINS



COOK TIME

15 MINS



SERVES

20

INGREDIENTS

2 cups blanched almond flour
2 cups flax meal
1 teaspoon baking soda
2 Tablespoons raw honey, melted
1/2 cup coconut oil, melted
8 egg whites

INSTRUCTIONS

1. Preheat the oven to 350 degrees F. Lightly grease a baking sheet.
2. In a medium bowl combine the almond flour, flax meal and baking soda. Mix well and set aside.
3. Using an electric mixer, beat the egg whites until stiff peaks form.
4. Mix the honey and oil into the flax mixture, then quickly fold in the egg whites. Be careful not to over mix the egg whites, so the fluffiness remains.
5. Use an ice cream scooper to drop mounds of the batter on prepared baking sheet. Bake for 15 minutes, or until the tops are golden brown. Enjoy!

CALORIES 186

FAT 14g

CARBS 8g

SODIUM 64mg

FIBER 4g

PROTEIN 6g

EASY KALE CHIPS



PREP TIME

15 MINS



COOK TIME

12 MINS



SERVES

7

INGREDIENTS

1 bunch kale, washed and torn, stems discarded
1 Tablespoon olive oil
Dash of salt and pepper

INSTRUCTIONS

1. Preheat oven to 300 degrees F.
2. In a large bowl mix the kale pieces with all of the ingredients.
3. Spread evenly on foil-lined baking sheets.
4. Bake for 12 minutes, watching closely that they do not burn. Remove from oven when crispy.

CALORIES 57.4

FAT 1.36

CARBS 6.8

SODIUM 54.8

PROTEIN 2.2

HARD BOILED EGG



INGREDIENTS

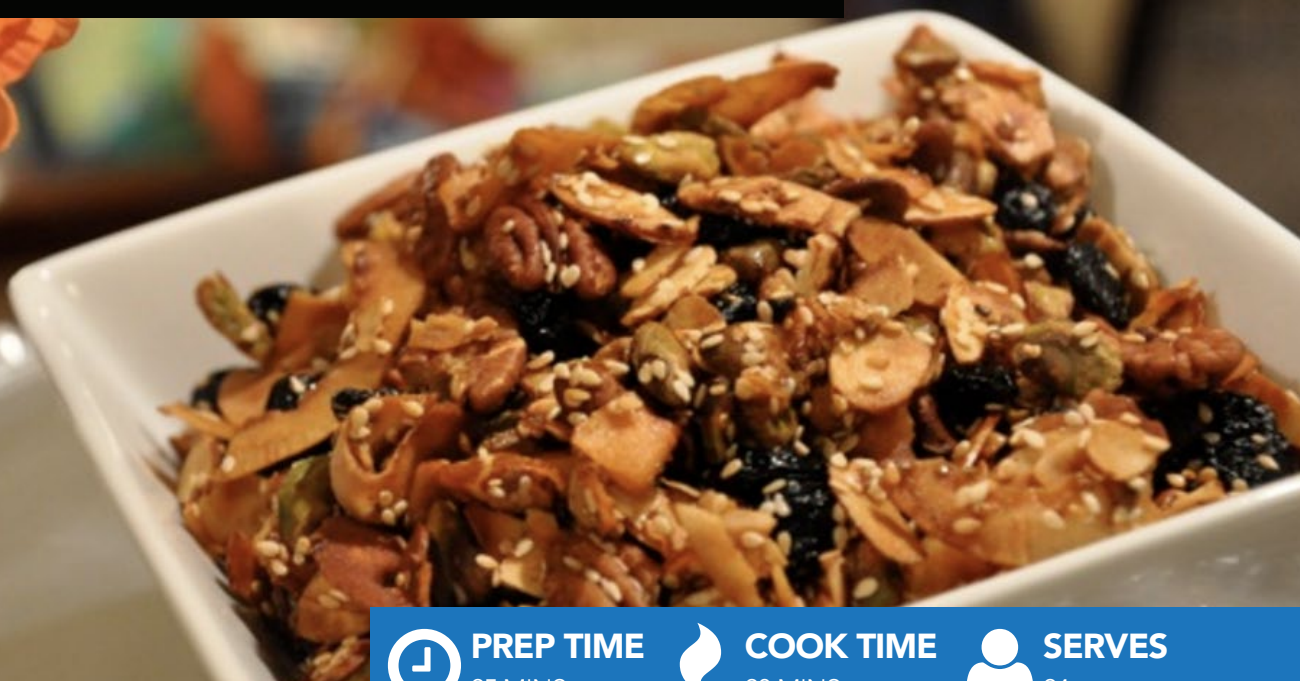
eggs

INSTRUCTIONS

One of my big pet peeves is difficult-to-peel hard-boiled eggs. There's nothing like having shards of egg and little pieces of egg white crumbling in your hands when all you want is a nice, smooth egg. Hard-boiling eggs the traditional way--by bringing to a boil and letting sit in the hot water--is a great method to use when your eggs aren't really fresh. However, when you are using fresh eggs, this method often results in eggs that are difficult and frustrating to peel (ugh!).

The technique that I've found to work every single time is to steam the eggs, rather than boil them. Heat water to boiling in a steamer. Place the eggs on top of the steamer, cover, and steam for 12 minutes. Immediately plunge the eggs into a bowl of ice water. Once they're cool enough to handle, roll the eggs on the counter to quickly and painlessly peel.

REAL HEALTHY TRAIL MIX



PREP TIME

25 MINS



COOK TIME

20 MINS



SERVES

24

INGREDIENTS

- 1 teaspoon Chia seeds plus
3 Tablespoons filtered water
- 2 Tablespoons raw honey, melted
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon almond extract
- 2 Tablespoon coconut oil, melted
- 1 cup sliced almonds, raw and unsalted
- 1 cup pecans, raw and unsalted
- 1 cup pistachio nutmeats, unsalted
- 1 cup dried blueberries, unsweetened
- 1/2 cup sesame seeds
- 1 cup large, unsweetened coconut flakes

INSTRUCTIONS

1. Mix the chia seeds and water in a small cup and set aside for 15 minutes, until it becomes gel-like.
2. Preheat oven to 375 degrees F. Generously grease a baking pan with coconut oil.
3. In a small bowl combine the honey, extracts, coconut oil and chia seed mixture.
4. In a large bowl combine the nuts, berries, seeds and coconut flakes. Mix in the wet ingredients until well combined.
5. Spread over the prepared baking sheet. Bake for 10 minutes, stir, and then bake for another 10 minutes until evenly golden.

CALORIES 160

FAT 12g

CARBS 11g

SODIUM 2mg

FIBER 4g

PROTEIN 4g

NO-BAKE MINT CHOCOLATE PROTEIN BARS



PREP TIME

1 HOUR



SERVES

12

INGREDIENTS

- 1 cup Chocolate Protein Powder
- 1/2 cup coconut flour plus 1 Tablespoon
- 1/3 cup natural almond butter
- 1 cup coconut milk
- 1 teaspoon vanilla extract
- 1/2 teaspoon peppermint extract
- 2 Tablespoons mini chips
- 1 oz dark chocolate (70% cocoa or higher)
- 1 teaspoon coconut oil

INSTRUCTIONS

1. In a medium bowl combine the protein powder and coconut flour.
2. In another medium combine the almond butter, coconut milk, vanilla and peppermint extract. Mix until smooth. Add the dry ingredients and mix until fully combined. If the batter is dry then add a few drops of water, if the batter is too wet then add a sprinkle of coconut flour. Mix in the chocolate chips.
3. Line a freezer-safe plate with wax paper. Form the dough into 12 bars. Place on the wax paper and put in the freezer for 20 minutes.
4. In a double boiler over medium-low heat (make your own by placing a small saucepan directly in a skillet that has few Tablespoons of water) melt the dark chocolate and coconut oil.
5. Remove the bars from the freezer and drizzle or dip in the melted dark chocolate. Return to the freezer for 10 minutes until the chocolate has hardened.
6. I suggest storing these bars in the freezer — Then simply allow to defrost slightly before enjoying!

CALORIES 177

FAT 5g

CARBS 10g

SODIUM 94mg

FIBER 4g

PROTEIN 15g

NO BAKE PEANUT BUTTER CHOCOLATE PROTEIN BARS



PREP TIME

30 MINS



SERVES

12

INGREDIENTS

1 cup chocolate protein powder
1/2 cup coconut flour plus 1 Tablespoon
crack of sea salt
1/3 cup natural peanut butter
1 cup coconut milk
1 teaspoon vanilla extract
1/4 teaspoon almond extract
1 oz dark chocolate, 73% cocoa or higher
1 teaspoon coconut oil

INSTRUCTIONS

1. In a medium bowl combine the protein powder, coconut flour and sea salt.
2. In another medium combine the peanut butter, coconut milk, vanilla and almond extracts. Mix until smooth. Add the dry ingredients and mix until fully combined. If the batter is dry then add a few drops of water.
3. Line a freezer-safe plate with wax paper. Form the dough into 12 bars. Place on the wax paper and put in the freezer for 20 minutes.
4. In a double boiler over medium-low heat (make your own by placing a small saucepan directly in a skillet that has few Tablespoons of water) melt the dark chocolate and coconut oil.
5. Remove the bars from the freezer and drizzle or dip in the melted dark chocolate. Return to the freezer for 10 minutes until the chocolate has hardened.
6. I suggest storing these bars in the freezer — Then simply allow to defrost slightly before enjoying!

CALORIES 138

FAT 8g

CARBS 7g

SODIUM 69mg

FIBER 3g

PROTEIN 9g

TURKEY, ALMOND BUTTER AND RAISIN WRAP



PREP TIME

10 MINS



SERVES

4

INGREDIENTS

4 turkey slices

3 tablespoons almond butter 1 small apple,
thinly sliced

1 tablespoon raisins

INSTRUCTIONS

1. Spread the almond butter over the turkey slices. Top with a line of apple slices and raisins. Roll up. Enjoy!

CALORIES 231

FAT 4g

CARBS 16g

SODIUM 158mg

FIBER 2g

PROTEIN 11g

BAKED VEGGIE CHIPS



PREP TIME

10 MINS



COOK TIME

20 MINS



SERVES

4

INGREDIENTS

2 pounds of root vegetables, thinly sliced
(sweet potato, parsnips, beets or carrots)

Sea salt

Cajun spice

INSTRUCTIONS

1. Preheat the oven to 375° F. Line a rimmed baking sheet with parchment paper.
2. Thinly slice the root vegetables with a mandoline slicer, to 1/8 inch thickness. Toss the sliced veggies with a sprinkle of sea salt and Cajun spice.
3. Spread the sliced veggies over the prepared baking sheet. Roast for 20 minutes or until crispy. Enjoy!

CALORIES 139

FAT 0g

CARBS 32g

SODIUM 287mg

FIBER 8g

PROTEIN 3g

REAL FOOD TRUFFLES



PREP TIME

20 MINS



SERVES

50

INGREDIENTS

- 2 cups pecans
- 1 cup coconut oil
- 2 cups organic almond butter
- 1/2 cup coconut flour
- 1/2 cup unsweetened cocoa powder
- 1 cup shredded, unsweetened coconut, toasted
- 1 cup ground chia seeds
- 1 Tablespoon vanilla extract
- 1/2 teaspoon almond extract
- 1/2 teaspoon sea salt
- 1/3 cup macadamia nuts, ground

INSTRUCTIONS

1. In a food processor, grind the pecans. Mix in the coconut oil and almond butter. Mix in the coconut flour and cocoa powder. Blend thoroughly.
2. Transfer the mixture to a large mixing bowl and mix in the shredded coconut, chia seeds, vanilla and almond extracts and the salt.
3. Form small balls with the chocolate mixture. Roll each ball in the ground macadamia nuts.
4. Refrigerate 20 minutes to harden, and store in an airtight container in the fridge.

CALORIES 186

FAT 17g

CARBS 6g

SODIUM 19mg

FIBER 3g

PROTEIN 4g

EASY FRUIT DESSERT



PREP TIME

20 MINS



SERVES

4

INGREDIENTS

3 apples, peaches, nectarines or pears, chopped

2 tablespoons dates, chopped

2 tablespoons raisins

1/4 sliced almonds

Sprinkle of ground cinnamon

INSTRUCTIONS

Combine all of the ingredients in a bowl and mix well. Enjoy!

CALORIES 113

FAT 3g

CARBS 21g

SODIUM 1mg

FIBER 4g

PROTEIN 3g

FUN FRUIT SKEWERS



PREP TIME

25 MINS



SERVES

20

INGREDIENTS

Wooden skewers (I found these thick ones in the cake decorating section at WalMart — these don't have pointed ends)

1 small watermelon

1 small cantaloupe

1 small honeydew

1 pineapple

20 large strawberries

INSTRUCTIONS

1. Slice the melons in half and use a melon baller to create red, orange and green melon balls.
2. Twist the top off the pineapple, slice the skin off and cut out the tough core. Slice 20 triangular pieces, carefully cut a small X in the center of each piece.
3. Use a slightly damp paper towel to wipe down the strawberries (this will prevent them from getting soggy).
4. To assemble: slide 8 melon balls in alternating colors onto each skewer, top with a slice of pineapple and a strawberry.

CALORIES 73

FAT .3g

CARBS 18g

SODIUM 14mg

FIBER 2g

PROTEIN 2g

GARLIC ROASTED BROCCOLI & CAULIFLOWER



PREP TIME
10 MINS



COOK TIME
25 MINS



SERVES
6

INGREDIENTS

2 heads broccoli
1 head cauliflower
5 Tablespoons olive oil
1 teaspoon sea salt
1/2 teaspoon pepper
4 garlic cloves, minced
juice from 1 lemon

INSTRUCTIONS

1. Preheat your oven to 425 degrees F. Lightly grease a large baking sheet with olive oil.
2. Wash the broccoli and cauliflower heads and then pat dry. It's important to dry thoroughly so that it will roast properly. Cut into small florets.
3. In a medium bowl combine the florets, olive oil, salt, pepper and garlic cloves. Toss until well combined and then spread over the prepared baking sheet.
4. Roast for 25 minutes, stirring halfway through. Remove from oven once the florets are tender with crispy bottoms.
5. Drizzle the lemon juice over the cooked florets and serve immediately.

CALORIES 143

FAT 10g

CARBS 9g

SODIUM 302mg

FIBER 4g

PROTEIN 2g

JICAMA AND GUAC



PREP TIME

10 MINS



SERVES

2

INGREDIENTS

1 jicama

1 avocado

Sea salt

INSTRUCTIONS

1. Peel and slice the jicama into chip-like pieces.
2. Mash the avocado with sea salt.

CALORIES 105

FAT 7g

CARBS 0g

SODIUM 187mg

FIBER 5g

PROTEIN 2g