

THE CHANTEL RAY WAY

80/20 RECIPE COLLECTION

YOU'LL LOVE THESE DELICIOUS BREAKFAST, LUNCH, DINNER AND EVEN SNACK AND DESSERT RECIPES, STRAIGHT FROM CHANTEL'S COOKBOOK.



FOLLOW BIBLICAL PRINCIPLE 7 WITH THE 80/20 COLLECTION.

OVER 75 OF CHANTEL RAY'S FAVORITE RECIPES! THESE FOODS TASTE LIKE THEY FALL INTO THE 20% CATEGORY, BUT WILL ENSURE YOU STAY IN YOUR 80%.

WAIST AWAY WHILE ENJOYING THE FOODS YOU LOVE WITH THE 80/20 COLLECTION.

TEACHES US TO FOCUS ON REAL FOOD; EATING 80% CLEAN AND 20% OF WHATEVER YOU WANT.

BREAKFAST RECIPES

THE 80/20 COLLECTION

BREAKFAST

ACAI BOWL

INGREDIENTS

1 UNSWEETENED ACAI FROZEN PACKET
1 BANANA, FROZEN
1 SCOOP VANILLA PROTEIN POWDER
1/2 CUP ALMOND MILK, SEE PAGE 95
1 TEASPOON SPIRULINA
2 CUPS OF SPINACH

DIRECTIONS

BLEND THE INGREDIENTS ABOVE UNTIL SMOOTH.

TOP WITH GRANOLA (SEE PAGE 7), 1/2 SLICED BANANA, BLUE-BERRIES AND SLICED STRAWBERRIES.





BREAKFAST

OATMEAL

INGREDIENTS

1/4 CUP OATMEAL PREPARED
1 SCOOP PROTEIN POWDER
CINNAMON
1/2 CUP BLUEBERRIES

DIRECTIONS

REHEAT OATMEAL AND MIX INGREDIENTS TOGETHER.

BREAKFAST

STRAWBERRY COCONUT BAKE

INGREDIENTS

2 CUPS UNSWEETENED COCONUT FLAKES
3/4 CUPS CHOPPED WALNUTS
1/4 CUP CHIA SEEDS
1 TEASPOON CINNAMON
1/4 TEASPOON SALT
3 LARGE EGGS
1 CUP UNSWEETENED NUT MILK
1 RIPE BANANA MASHED
1/4 CUP COCONUT OIL MELTED
2 CUPS DICED STRAWBERRIES



DIRECTIONS

PREHEAT YOUR OVEN TO 350 DEGREES. GREASE AN 8 INCH SQUARE PAN AND SET ASIDE. IN A LARGE BOWL, MIX TOGETHER YOUR DRY INGREDIENTS: COCONUT FLAKES, WALNUTS, CINNAMON, BAKING POWDER, AND SALT. IN A SMALLER BOWL, WHISK TOGETHER EGGS AND MILK. NOW ADD IN COCONUT OIL AND MASHED BANANA. ADD WET INGREDIENTS INTO DRY AND MIX WELL. NOW FOLD IN STRAWBERRIES. BAKE FOR 40-45 MINUTES, OR UNTIL TOP IS FIRM AND GOLDEN. SERVE WARM.

BREAKFAST

BAKED EGGS IN AVOCADO

INGREDIENTS

2 SMALL EGGS
1 AVOCADO, HALVED AND PITTED
2 SLICES COOKED BACON, CRUMBLED
2 TEASPOONS CHOPPED FRESH CHIVES
1 PINCH DRIED PARSLEY
1 PINCH SEA SALT AND GROUND BLACK PEPPER TO TASTE

DIRECTIONS

PREHEAT OVEN TO 425 DEGREES. CRACK THE EGGS INTO A BOWL, BEING CAREFUL TO KEEP THE YOLKS INTACT. ARRANGE AVOCADO HALVES IN A BAKING DISH, RESTING THEM ALONG THE EDGE SO AVOCADO WON'T TIP OVER.

GENTLY SPOON 1 EGG YOLK INTO THE AVOCADO HOLE. CONTINUE SPOONING EGG WHITE INTO THE HOLE UNTIL FULL. REPEAT WITH REMAINING EGG YOLK, EGG WHITE, AND AVOCADO. SEASON EACH FILLED AVOCADO WITH CHIVES, PARSLEY, SEA SALT, AND PEPPER. GENTLY PLACE BAKING DISH IN THE PREHEATED OVEN AND BAKE UNTIL EGGS ARE COOKED, ABOUT 15 MINUTES. SPRINKLE BACON OVER AVOCADO.



BREAKFAST

ALLY'S FAMOUS CRUSTLESS QUICHE

INGREDIENTS

1 CLOVE GARLIC, MINCED
6 LARGE EGGS, SCRAMBLED
1 ONION, CHOPPED
1 RED PEPPER, CHOPPED
2 CUPS FRESH, FINELY SLICED SPINACH
2/3 CUP HEAVY WHIPPING CREAM
1/4 CUP OF FETA CHEESE (SUBSTITUTE WITH GOAT OR CHEDDAR CHEESE)
1/4 CUP OF PARMESAN, GRATED
1/2 CUP OF SHREDDED MOZZARELLA
SALT AND PEPPER TO TASTE

DIRECTIONS

PREHEAT THE OVEN TO 350 DEGREES. SAUTE GARLIC AND A TABLESPOON OF OLIVE OIL. ADD SPINACH, ONIONS, RED PEPPER AND SALT AND PEPPER AND SAUTE UNTIL FRAGRANT AND THE FLAVORS HAVE BLENDED.

PLACE THE VEGETABLES IN THE BOTTOM OF A PIE DISH WITH NON-STICK SPRAY. CRUMBLE THE FETA ON TOP OF THE VEGETABLE BLEND. IN A MEDIUM BOWL, WHISK TOGETHER THE EGGS, WHIPPING CREAM, AND PARMESAN.

POUR THE EGG MIXTURE OVER THE VEGETABLES AND FETA IN THE PIE DISH. TOP WITH SHREDDED MOZZARELLA. PLACE THE PIE DISH ON A BAKING SHEET FOR EASY TRANSFER IN AN OUT OF THE OVEN. BAKE THE CRUST LESS QUICHE FOR 45-55 MINUTES, OR UNTIL THE TOP IS GOLDEN BROWN.

CUT INTO SLICES, SERVE AND ENJOY!



*GARNISHED WITH ROSEMARY



BREAKFAST

SUNDAY AFTERNOON HASH

INGREDIENTS

32 OZ FROZEN SHREDDED HASH BROWNS, DEFROSTED
1/2 CUP MELTED BUTTER
1 CAN OF ORGANIC CREAM OF CHICKEN SOUP
2 CUPS OF SOUR CREAM
1/2 CUP ONION FINELY CHOPPED
2 CUPS GRATED COLBY CHEESE
1/4 TEASPOON PEPPER

DIRECTIONS

PREHEAT OVEN TO 350 DEGREES. COMBINE ALL INGREDIENTS IN A LARGE BOWL RESERVING 1/2 CUP OF CHEESE FOR TOPPING. PLACE IN A GREASED 9X13 DISH AND TOP WITH RESERVED CHEESE. BAKE FOR 45-55 MINUTES OR UNTIL HOT AND BUBBLY.

BREAKFAST

BEST IN TOWN GRANOLA

INGREDIENTS

1 CUP PECANS
1 CUP PUMPKIN SEED
1 CUP CASHEWS
1 CUP ALMONDS
3 SCOOP CHIA SEEDS
1/2 CUP HEMP
1 CUP COCONUT FLAKES
1/2 CUP COCONUT SUGAR
1 TEASPOON SALT
1/2 TEASPOON NUTMEG
1/4 CUP COCONUT OIL
1/4 CUP HONEY
1 TEASPOON VANILLA



DIRECTIONS

MIX TOGETHER IN A BOWL. SET THE OVEN TO 350 DEGREES. LEAVE IN OVEN FOR 15 - 20 MINUTES STIRRING EVERY 5 MINUTES.

TAKE OUT AND COOL FOR 20 MINUTES AND STIR WHILE COOLING. THEN 8-10 MINUTES BACK IN OVEN STIRRING EVERY 5 MINUTES.

BREAKFAST

GLUTEN FREE SAUSAGE BALLS



INGREDIENTS

1 POUND JIMMY DEAN SAUSAGE, BROWNED AND DRAINED
2 CUPS SHREDDED SHARP CHEDDAR CHEESE
4 EGGS
4.5 TBSP BUTTER, MELTED AND COOLED
2 TBSP SOUR CREAM
1/3 CUP COCONUT FLOUR
1/4 TSP BAKING POWDER
1/4 TSP SALT
1/4 TSP GARLIC POWDER

DIRECTIONS

MELT THE BUTTER, AND THEN PLACE IT IN THE REFRIGERATOR TO COOL FOR 5-10 MINUTES. MEANWHILE, PREHEAT THE OVEN TO 375 DEGREES AND LINE A LARGE BAKING SHEET WITH NON-STICK FOIL OR PARCHMENT PAPER. BROWN AND DRAIN THE SAUSAGE, CHOPPING IT INTO SMALL CHUNKS; SET ASIDE. IN A MEDIUM TO LARGE SIZE BOWL, COMBINE THE MELTED AND COOLED BUTTER, EGGS, SOUR CREAM, SALT AND GARLIC. WHISK TOGETHER. ADD THE COCONUT FLOUR (SLIGHTLY MORE THAN 1/3 CUP) AND BAKING POWDER TO THE MIXTURE AND WHISK UNTIL WELL COMBINED. STIR IN THE BROWNED SAUSAGE AND CHEESE. ROLL OR DROP BATTER INTO 1 INCH BALLS ONTO YOUR LINED BAKING SHEET. I MAKE 35 AND THEY FIT PERFECTLY (5 ROWS OF 7). THEY ONLY NEED TO BE ABOUT 1/2 INCH APART. BAKE FOR 14-18 MINUTES OR UNTIL SLIGHTLY BROWNED. ENJOY IMMEDIATELY, AND STORE ANY LEFTOVERS IN THE FRIDGE FOR UP TO A WEEK.

BREAKFAST

BANANA PANCAKES

INGREDIENTS

1 1/2 LARGE RIPE BANANAS
2 EGGS
1/2 TEASPOON VANILLA EXTRACT
1/4 TEASPOON GROUND CINNAMON
1/8 TEASPOON BAKING POWDER
MAPLE SYRUP (OPTIONAL)

DIRECTIONS

CRACK THE EGGS IN A BOWL AND WHISK THEM. IN ANOTHER BOWL, LIGHTLY MASH THE BANANAS.

ADD THE EGG, THE BAKING POWDER, THE VANILLA, AND THE CINNAMON TO THE MASHED BANANAS AND STIR TO COMBINE.

POUR ABOUT 2 TABLESPOONS OF THE BATTER AT A TIME ONTO A SKILLET PLACED OVER A MED-LOW HEAT AND COOK UNTIL THE BOTTOM APPEARS SET. FLIP WITH SPATULA AND COOK ANOTHER MINUTE.

SERVE IMMEDIATELY.



BREAKFAST

BREAKFAST PIZZA

INGREDIENTS

3 CUPS SHREDDED SWEET POTATO
2 EGGS, WHISKED (FOR BINDING CRUST)
1/2 TEASPOON GARLIC POWDER
1/2 TEASPOON ONION POWDER
1/2 TEASPOON ITALIAN SEASONING
SALT & PEPPER TO TASTE
1/3 POUND GROUND CHICKEN SAUSAGE
1/3 CUP DICED ONION
1/2 CUP BROCCOLI
1/2 CUP SLICED CHERRY TOMATOES
4 FRESH EGGS (FOR TOPPING PIZZA)



DIRECTIONS

PREHEAT OVEN TO 350 DEGREES. LIGHTLY GREASE A PIZZA PAN. MIX EGGS, POTATOES, AND THE SEASONINGS (GARLIC POWDER, ONION POWDER, ITALIAN SEASONING, AND A LITTLE SALT AND PEPPER) TOGETHER IN A SMALL BOWL. USE THE MIXTURE TO FORM A “CRUST” BY SPREADING IT OUT BY HAND IN THE CENTER OF THE PIZZA PAN TO CREATE A FLAT ROUND SHAPE ABOUT 9’-10’ IN DIAMETER AND AROUND 1/4’ THICK. FIRST JUST BAKE THE CRUST BY ITSELF IN THE OVEN AT 350 DEGREES FOR 20-25 MINUTES.

WHILE THE CRUST IS BAKING, SAUTÉ THE ONIONS IN A STOVE TOP SKILLET OVER MEDIUM HEAT FOR 3-4 MINUTES. NEXT ADD THE SAUSAGE TO THE SAME SKILLET WITH THE ONION AND COOK UNTIL SAUSAGE IS BROWNED.

REMOVE PAN WITH THE CRUST FROM THE OVEN AFTER 20-25 MINUTES AND TOP WITH THE ONION/SAUSAGE MIXTURE. NEXT ADD THE TOMATOES AND BROCCOLI. FINALLY CRACK ONE FRESH EGG ON TOP OF EACH QUARTER SECTION OF THE BREAKFAST PIZZA.

PUT BREAKFAST PIZZA INTO THE 350 DEGREE OVEN AND BAKE ABOUT 15 MINUTES, OR JUST UNTIL EGGS ON TOP ARE COOKED THROUGH.

BREAKFAST

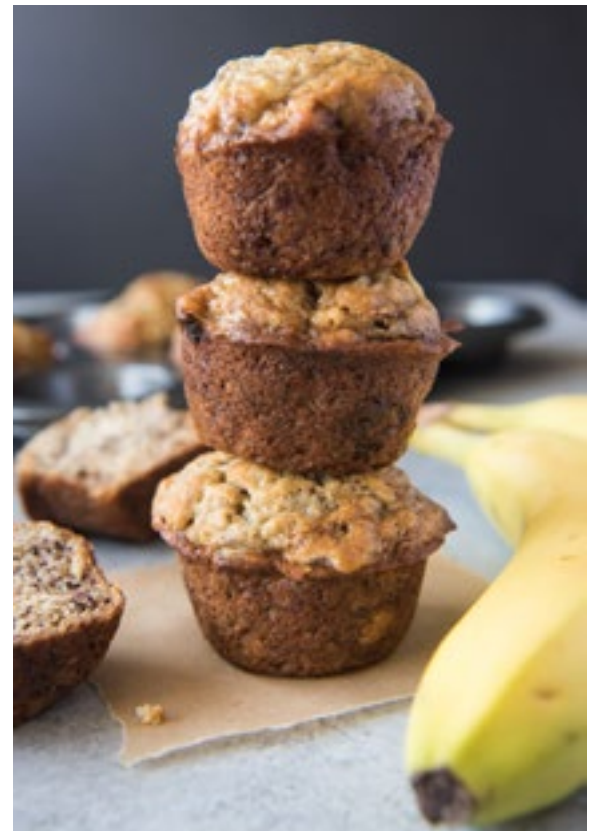
GLUTEN FREE BANANA NUT MUFFIN

INGREDIENTS

2 CUPS ALMOND MEAL
1/3 CUP COCONUT FLOUR
1/2 TEASPOON BAKING SODA
1 TEASPOON BAKING POWDER
1/2 TEASPOON CINNAMON
1/2 TEASPOON SEA SALT
3 LARGE VERY RIPE BANANAS, MASHED*
1/4 CUP UNSWEETENED ALMOND MILK
2 TABLESPOON HONEY
3 EGGS
1 TSP VANILLA EXTRACT
1/2 CUP CHOPPED, MIXED NUTS

DIRECTIONS

PREHEAT OVEN TO 350 DEGREES. IN A LARGE BOWL COMBINE ALMOND MEAL, COCONUT FLOUR, BAKING SODA, BAKING POWDER, CINNAMON AND SEA SALT. IN A SEPARATE BOWL COMBINE BANANAS, ALMOND MILK, HONEY, EGGS AND VANILLA EXTRACT. SLOWLY ADD WET INGREDIENTS TO DRY AND STIR UNTIL JUST COMBINED. STIR IN NUTS. LINE A MUFFIN TRAY WITH MUFFIN LINERS OR GREASE WELL AND FILL EACH CUP 3/4 FULL. BAKE FOR 25 MINUTES. REMOVE FROM OVEN AND LET COOL IN TRAY FOR 20 MINUTES BEFORE REMOVING FROM TRAY TO COOL COMPLETELY ON A RACK.

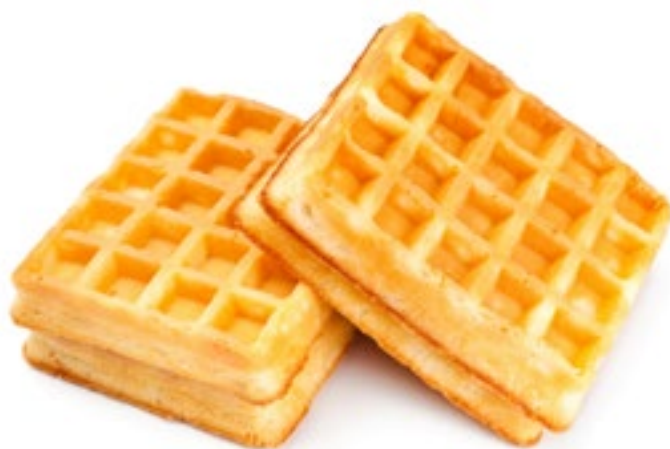


BREAKFAST

GLUTEN FREE WAFFLES

INGREDIENTS

1/2 CUP ALMOND FLOUR
1/2 CUP ARROWROOT FLOUR
1/2 CUP CASSAVA FLOUR
1/2 CUP COCONUT MILK
4 WHOLE EGGS
1 1/2 TEASPOON BAKING POWDER
1 TEASPOON VANILLA EXTRACT
1 TEASPOON SEA SALT
1/2 TEASPOON CREAM OF TARTER
1/3 TEASPOON STEVIA LIQUID
2 TABLESPOONS COCONUT OIL
2 TABLESPOONS GELATIN *OPTIONAL



DIRECTIONS

HEAT THE WAFFLE IRON AND GREASE WITH COCONUT OIL. COMBINE ALL INGREDIENTS FOR THE WAFFLES BY HAND IN A MIXING BOWL.

POUR BATTER INTO THE WAFFLE IRON AND COOK UNTIL YOUR PERSONAL PREFERENCE.

BREAKFAST

NO BAKE PROTEIN BAR

INGREDIENTS

1 CUP COCONUT FLOUR
4 SCOOPS FLAVORED PROTEIN POWDER
1/2 CUP DAIRY FREE MILK OF CHOICE
VEGAN WHITE CHOCOLATE CHIPS *OPTIONAL

DIRECTIONS

LINE A DEEP BAKING DISH WITH BAKING PAPER AND SET ASIDE.
DIVIDE HALF THE QUICK OATS AND BLEND THEM TO A FLOUR.

COMBINE THE COCONUT FLOUR AND PROTEIN POWDER IN A
LARGE MIXING BOWL. SLOWLY ADD MILK UNTIL THE BATTER IS
THICK. STIR THROUGH YOUR CHOCOLATE CHIPS AND TRANSFER
TO BAKING DISH. PRESS FIRMLY.

REFRIGERATE FOR 30 MINUTES UNTIL FIRM.

LUNCH RECIPES

THE 80/20 COLLECTION

LUNCH

LETTUCE WRAPS

INGREDIENTS

1 T SESAME OIL
2 T PEANUT OIL
1 T GARLIC CHOPPED
1 T GINGER CHOPPED
1 LB GROUND CHICKEN
1 CAN CHOPPED WATER CHESTNUTS (I BUY SLICED, DRAIN AND CHOP UP)

DIRECTIONS

HEAT OIL AND SAUTÉ GARLIC AND GINGER. ADD GROUND CHICKEN AND COOK. DRAIN OFF GREASE AND ADD WATER CHESTNUTS AND THE FOLLOWING MIXTURE.

MIX TOGETHER

¼ C. GLUTEN FREE SOY SAUCE
3 T HONEY
2 T RICE VINEGAR
3 T MIRIN

POUR OVER THE CHICKEN MIXTURE, I USUALLY WILL RESERVE 1 TB OF THE GREASE WITH A TEASPOON OF CORN STARCH AND ADD IT BACK TO THICKEN

SERVE WITH BIBB OR HYDROPONIC LETTUCE, SHREDDED CARROTS AND SIRICHA AND JASMINE RICE

LUNCH

AVOCADO & ASPARAGUS TOAST

INGREDIENTS

5 STEMS OF FRESH ASPARAGUS
2 TSP EXTRA VIRGIN OLIVE OIL
1/4 TSP SEA SALT
A FEW GRINDS OF GROUND PEPPER
1 1/2 AVOCADO
1 FULL LIME SQUEEZED
1/4 CUP OF CILANTRO JUST THE LEAVES CHOPPED FINE
1/4 TSP GARLIC SALT
1 CLOVE OF GARLIC CHOPPED FINELY
4 LEAVES FRESH MINT CHIFFONADE, THEN CHOPPED FINE
2 SPRINGS OF CHIVE ONIONS CHOPPED
1/4 CUP OF GREEN GARBANZO BEANS DRAINED FROM A CUP
1 TABLESPOON TAHINI
1/2 A HANDFUL OF SPROUTS ANY VARIETY (I USED ALFALFA)
4 SLICES OF GLUTEN FREE BREAD

DIRECTIONS

PREHEAT OVEN TO 400F (204C). TRIM THE ENDS OF THE ASPARAGUS. DRIZZLE ASPARAGUS WITH OLIVE OIL AND SPREAD IT AROUND SO THAT IT COVERS THE ASPARAGUS THOROUGHLY. SPRINKLE WITH 1/8 TSP SALT AND A FEW GRINDS OF PEPPER. ROAST FOR 15 MINUTES, ROLLING THE ASPARAGUS OVER AT LEAST ONCE DURING ROASTING. MEANWHILE, MASH THE AVOCADO. ADD THE JUICE OF LIME, REMAINING SALT, AND GARLIC. MIX WELL. TASTE FOR SEASONING ADJUSTMENT. TAKE EVERYTHING PUT IT IN A BLENDER. TOAST THE BREAD. SPREAD THE AVOCADO MIXTURE OVER THE TOAST, THEN ADD THE ASPARAGUS, SQUEEZE OF LIME, SPRINKLE THE MINT OVER THE TOP, THEN ADD THE SPROUTS. IF DESIRED, SPRINKLE A PINCH OF SALT OVER THE ASSEMBLED TOAST. SERVE IMMEDIATELY, WHILE MIXTURE IS STILL HOT.

LUNCH

ZOODLE SALAD

INGREDIENTS

3 ZUCCHINI
1/4 ENGLISH CUCUMBER, CHOPPED
1/4 VERY THINLY SLICED RED ONION
2 TABLESPOONS EXTRA-VIRGIN OLIVE OIL
2 TABLESPOONS FRESH LEMON JUICE
1/2 TEASPOON DRIED OREGANO
SALT AND GROUND BLACK PEPPER TO TASTE



DIRECTIONS

CUT THE ZUCCHINIS INTO NOODLES USING EITHER A SPIRAL SLICER OR JULIENNE PEELER. PLACE “ZOODLES” IN A LARGE BOWL AND TOP WITH CUCUMBER, RED ONION. WHISK OLIVE OIL, LEMON JUICE, OREGANO, SALT AND PEPPER TOGETHER IN A BOWL UNTIL DRESSING IS SMOOTH; POUR OVER “ZOODLE” MIXTURE AND TOSS TO COAT. MARINATE SALAD IN REFRIGERATOR FOR 10 TO 15 MINUTES.

LUNCH

VEGETABLE BEEF SOUP

INGREDIENTS

1 LB. GROUND BEEF
1 CAN OF CORN (DRAINED)
1 CAN OF GREEN BEANS (DRAINED)
2 CANS DICED TOMATOES
4 CUPS BEEF BROTH
2 TABLESPOONS MONTREAL STEAK SEASONING

DIRECTIONS

COMBINE ALL INGREDIENTS IN POT AND COOK AT LEAST 30 MINUTES OR UNTIL READY TO EAT. ALL THE INGREDIENTS NEED TO COOK TOGETHER AND FLAVOR THE SOUP.



LUNCH

CABBAGE BEEF SOUP

INGREDIENTS

1 LB. GROUND BEEF
1 CABBAGE
2 CANS DICED TOMATOES
4 CUPS BEEF BROTH
2 TABLESPOONS MONTREAL STEAK SEASONING

DIRECTIONS

COMBINE ALL INGREDIENTS IN POT AND COOK AT
LEAST 30 MINUTES OR UNTIL READY TO EAT.

ALL THE INGREDIENTS NEED TO COOK TOGETHER
AND FLAVOR THE SOUP.

LUNCH

BUTTERNUT SQUASH SOUP

INGREDIENTS

3 POUNDS (ABOUT 1 LARGE) BUTTERNUT SQUASH, PEELED,
SEEDED AND CUT INTO 1/2 INCH CHUNKS
1 CUP (ABOUT 4) SHALLOTS, SLICED
2 TEASPOONS OLIVE OIL
1/2 TEASPOON SALT
3 CLOVES GARLIC, MINCED
1 CUP LOW-SODIUM CHICKEN BROTH

DIRECTIONS

HEAT OVEN TO 450 DEGREES. TOSS THE SQUASH AND ONION WITH 1 TEASPOON OIL AND SALT ON A RIMMED BAKING SHEET. ROAST IN A SINGLE LAYER UNTIL BROWNED AND SOFT, ABOUT 25-30 MINUTES, STIRRING OCCASIONALLY.

TRANSFER THE ROASTED VEGETABLES TO A LARGE SAUCEPAN WITH THE REMAINING 1 TEASPOON OIL AND COOK OVER MEDIUM-LOW HEAT, STIRRING OFTEN, FOR 3-5 MINUTES.

ADD GARLIC AND COOK FOR ANOTHER 30 SECONDS. ADD THE BROTHS, COCONUT MILK AND BAY LEAF; BRING TO A BOIL. REDUCE HEAT TO MEDIUM-LOW, COVER AND SIMMER FOR 5 MINUTES.

REMOVE BAY LEAF AND TRANSFER SQUASH MIXTURE TO A BLENDER. PUREE UNTIL SMOOTH.

LUNCH

GLUTEN FREE EGG BREAD

INGREDIENTS

1/3 CUP QUINOA (SOAKED 24-48 HRS)
1/3 CUP AMARANTH(SOAKED 24-48 HRS)
1/3 CUP MILLET (SOAKED 24-48 HRS)
1/2 CUP SESAME SEEDS(SOAKED 24-48 HRS)
1/2 CUP COCONUT FLOUR
1/2 CUP RICE FLOUR
2 TABLESPOONS FLAX SEED MEAL
1 1/4CUPS ALMOND MILK
1/4CUP WATER
2 TABLESPOONS COCONUT OIL
2-3 TEASPOONS AGAVE (TO TASTE)
1 TEASPOON SEA SALT
3 TEASPOONS BAKING POWDER
1 TEASPOON BAKING SODA

DIRECTIONS

PREHEAT OVEN TO 350°F. DRAIN AND RINSE SOAKED GRAINS AND SEEDS. PLACE ALL INGREDIENTS IN HIGH SPEED BLENDER AND PUREE. POUR INTO MEDIUM LOAF PAN LINED WITH PARCHMENT PAPER. IF DESIRED SPRINKLE SESAME SEEDS OR ANY TYPE OF SEED OR NUT ON TOP. BAKE FOR ONE HOUR. IF TOP BEGINS TO GET TOO BROWN, COVER WITH FOIL. LET COOL 20-30 MIN AND ENJOY WITH ALMOND BUTTER, AGAVE, HONEY, PESTO SAUCE -- ITS DEEELICIOUS!
**NOTE: BREAD WILL SLICE BEST WHEN COOLED COMPLETELY.

LUNCH

TACO SOUP



INGREDIENTS

1 LB. GROUND BEEF, BROWNED AND DRAINED
1 CAN BLACK BEANS, DRAINED
1 CAN OF CORN, DRAINED
2 CANS DICED TOMATOES, UNDRAINED
3 TABLESPOON ORGANIC BUTTER
3 TABLESPOON WHITE WHOLE WHEAT FLOUR
1 CUP ORGANIC WHOLE MILK
1 1/2 CUP CHEESE, FRESHLY SHREDDED
TOP WITH AVOCADO, SHREDDED CHEESE, AND SOUR CREAM

DIRECTIONS

MELT BUTTER OVER MEDIUM-LOW IN A SAUCEPAN. ADD FLOUR AND WHISK/STIR TOGETHER UNTIL SMOOTH.

SLOWLY ADD MILK AND CONTINUE WHISKING WHILE BRINGING MIXTURE TO A GENTLE BOIL.

ONCE IT THICKENS SLIGHTLY, ADD CHEESE AND STIR UNTIL MELTED.

COMBINE ALL INGREDIENTS IN A SOUP POT AND HEAT UNTIL BOILING. REDUCE HEAT AND SIMMER FOR ABOUT 30 MINUTES. PUT IN BOWLS AND GARNISH WITH AVOCADO, CHEDDAR CHEESE, AND SOUR CREAM.

LUNCH

CHICKEN CRUST PIZZA

INGREDIENTS

10 OZ CANNED CHICKEN
1 OZ GRATED PARMESAN
1 LARGE EGG

TOP WITH YOUR FAVORITE
TOPPINGS, CHANTEL'S
FAVORITE IS CAPRESE WITH
FRESH MOZZEROLLA,
TOMATO AND BASIL.

DIRECTIONS



THOROUGHLY DRAIN THE CANNED CHICKEN, GETTING AS MUCH MOISTURE OUT AS POSSIBLE. SPREAD CHICKEN ON A BAKING SHEET LINED WITH A SILICON MAT. BAKE AT 350 DEGREES FOR 10 MINUTES TO DRY OUT THE CHICKEN. ONCE CHICKEN IS DONE BAKING FOR 10 MINUTES REMOVE AND PLACE IN A MIXING BOWL. INCREASE HEAT OF OVEN TO 500 DEGREES. ADD CHEESE AND EGG TO THE BOWL WITH CHICKEN AND MIX. POUR MIXTURE ONTO BAKING SHEET LINED WITH A SILICON MAT AND SPREAD THIN. PLACING PARCHMENT PAPER ON TOP AND USING A ROLLING PIN MAKES THIS EASIER. OPTIONAL: WITH A SPATULA PRESS THE EDGES OF THE CRUST IN TO FOR A RIDGE FOR THE CRUST. THIS IS BENEFICIAL IF YOU'RE USING TOPPING THAT MAY SLIDE OFF. BAKE THE CRUST FOR 8-10 MINUTES AT 500 DEGREES. REMOVE CRUST FROM OVEN. ADD DESIRED TOPPINGS AND BAKE FOR ANOTHER 6-10 MINUTES AT 500 DEGREES. TOPPINGS WILL DICTATE FINAL COOK TIME. REMOVE FROM OVEN AND ALLOW TO COOL FOR A FEW MINUTES.

LUNCH

PALEO-ISH PIZZA



INGREDIENTS

1 BOX SIMPLE MILLS PIZZA CRUST
2 TABLESPOONS VEGETABLE OIL
2 TABLESPOONS APPLE CIDER VINEGAR
6 TABLESPOONS WATER
OLIVE OIL *TO BRUSH ON CRUST
RED PEPPER
OREGANO
SALT
BASIL

DIRECTIONS

FOLLOW THE DIRECTIONS ON THE SIMPLE MILLS PIZZA CRUST BOX TO MAKE THE CRUST.

THEN BRUSH CRUST WITH OLIVE OIL/GARLIC MIXTURE. SPRINKLE WITH RED PEPPER, OREGANO, SALT AND BASIL.

PUT TOPPINGS ON AND BAKE AT 350 DEGREES UNTIL GOLDEN BROWN.



LUNCH

BEST EVER CRUMBLESS CAULI PIZZA CRUST

INGREDIENTS

2 CUPS CAULIFLOWER FLORETS (GRATED)
1 CUP PARMESAN CHEESE
1 EGG
PARCHMENT PAPER
YOUR FAVORITE PIZZA TOPPINGS
NUT BAG

DIRECTIONS

PREHEAT OVEN TO 400 DEGREES GRATE UP THE CAULIFLOWER, EITHER WITH A MANUAL CHEESE GRATER OR FOOD PROCESSOR. DO NOT GRATE THE STEMS. USE A NUT BAG TO STRAIN ANY EXCESS WATER FROM THE CAULIFLOWER. HEAT ON A SKILLET WITH OLIVE OIL UNTIL THE LIQUID HAS STEAMED OUT. YOU WANT IT NICE AND DRY, AND ARE COOKING AT MEDIUM HEAT- LOW AND SLOW, NOT TOO HIGH. DON'T COOK ALL THE WAY TO BROWN. JUST ENOUGH TO DRY IT OUT! THIS WILL TAKE ABOUT TEN MINUTES. SET CAULI ASIDE A COUPLE MINUTES TO COOL. CRACK YOUR EGG IN A BOWL, AND BEAT IT WELL. ADD THE PARMESAN CHEESE. NO NEED TO ADD SALT, THE PARM WILL ADD PLENTY OF FLAVOR. COMBINE THE CAULIFLOWER WITH THE EGG AND PARMESAN MIXTURE. MIX VERY WELL. COVER YOUR BAKING SHEET WITH PARCHMENT PAPER, AND PRESS INTO A BALL BEFORE SMOOTHING OUT INTO THE SAME OF A PIZZA CRUST. IT SHOULD BE 1/4" THICK. COOK FOR 20 MINUTES.

LUNCH

NO BEAN CHILI

INGREDIENTS

2 1/2 LBS GROUND BEEF
1 MEDIUM RED ONION, CHOPPED AND DIVIDED
4 TBSP MINCED GARLIC
3 LARGE RIBS OF CELERY, DICED
1/4 CUP PICKLED JALAPENO SLICES
6 OZ CAN TOMATO PASTE
14.5 OZ CAN TOMATOES AND GREEN CHILIES
14.5 OZ CAN STEWED TOMATOES WITH MEXICAN SEASONING
2 TBSP WORCESTERSHIRE SAUCE OR COCONUT AMINOS (GET IT HERE)
4 TBSP CHILI POWDER
2 TBSP CUMIN, MOUNDED
2 TSP SEA SALT
1/2 TSP CAYENNE
1 TSP GARLIC POWDER
1 TSP ONION POWDER
1 TSP OREGANO
1 TSP BLACK PEPPER



DIRECTIONS

HEAT SLOW COOKER ON LOW SETTING. IN A LARGE SKILLET OVER MEDIUM-HIGH HEAT, ADD GROUND BEEF, HALF OF THE ONIONS, 2 TBS. MINCED GARLIC, AND SALT AND PEPPER. ONCE THE BEEF IS BROWNED, DRAIN EXCESS GREASE FROM PAN. TRANSFER GROUND BEEF MIXTURE TO SLOW COOKER. ADD REMAINING ONIONS, GARLIC, CELERY, JALAPENOS, TOMATO PASTE, TOMATOES AND CHILIES (WITH LIQUID), STEWED TOMATOES (WITH LIQUID), WORCESTERSHIRE SAUCE, CHILI POWDER, CUMIN, SALT, CAYENNE, GARLIC POWDER, ONION POWDER, OREGANO, BLACK PEPPER, AND BAY LEAF. STIR UNTIL ALL INGREDIENTS ARE WELL COMBINED. COOK ON LOW 6-8 HOURS.

LUNCH

POTATO AND CORN CHOWDER

INGREDIENTS

4 POTATOES (PEELED AND CHOPPI
1 CAN OF CORN (DRAINED)
4 CUPS CHICKEN BROTH
SALT AND PEPPER TO TASTE
8 OZ. CREAM CHEESE



DIRECTIONS

COMBINE POTATOES, CORN, BROTH, AND SALT/PEPPER IN POT
AND COOK UNTIL POTATOES ARE SOFT.

THEN TAKE OFF STOVE AND STIR IN CREAM CHEESE UNTIL
MELTED. YOU CAN GARNISH IN BOWLS WITH CHEDDAR CHEESE.

LUNCH

CABBAGE CRUNCH

INGREDIENTS

8 CUPS GREEN CABBAGE, SHREDDED (1/2 A LARGE HEAD)
1 TEASPOON BLACK SESAME SEED, TOASTED
4 SCALLIONS, SLICED WITH SOME GREEN STEMS
1/4 CUP SLICED ALMONDS

DIRECTIONS

MIX ALL INGREDIENTS TOGETHER. KEEP REFRIGERATED
UNTIL READY TO SERVE.



LUNCH

TOMATO BASIL SOUP



INGREDIENTS

6 TABLESPOONS OLIVE OIL
4 LARGE CARROTS, PEELED AND DICED
1 LARGE ONION, SLICED
1 TABLESPOON DRIED BASIL, CRUSHED
3 28-OUNCE CANS WHOLE PEELED ROMA TOMATOES
1 QUART CHICKEN BROTH
1 PINT ALMOND MILK OR HEAVY CREAM
SALT AND PEPPER TO TASTE

DIRECTIONS

IN A LARGE, HEAVY SAUCEPAN, HEAT THE OLIVE OIL OVER MEDIUM-HIGH HEAT UNTIL SHIMMERING. ADD CARROTS AND ONION AND COOK UNTIL BEGINNING TO SOFTEN, 10 MINUTES, THEN ADD BASIL AND COOK UNTIL VEGETABLES ARE COMPLETELY SOFT, ABOUT 5 MINUTES MORE. ADD TOMATOES AND BROTH, BRING TO A BOIL.

THEN REDUCE HEAT AND SIMMER 20-30 MINUTES, OR UP TO 45 MINUTES IF TIME PERMITS. AFTER SOUP COOLS. PUREE IN A BLENDER UNTIL SMOOTH. STRAIN THE PUREE BEFORE RETURNING THE POT. STIR IN CREAM LITTLE BY LITTLE OVER LOW HEAT, UNTIL DESIRED TEXTURE IS REACHED. SERVE WARM.

LUNCH

CORN & RED PEPPER CHOWDER

INGREDIENTS

2 TABLESPOONS OLIVE OIL
1 MEDIUM YELLOW ONION, DICED (ABOUT 2 CUPS)
1 MEDIUM RED BELL PEPPER, SEEDED AND DICED
3 MEDIUM YUKON GOLD POTATOES, DICED (ABOUT 3 CUPS)
4 CUPS FROZEN SWEET CORN KERNELS, DIVIDED
4 CUPS VEGETABLE BROTH
1 TEASPOON GROUND CUMIN
1/2 TEASPOON SMOKED PAPRIKA
1/8 TEASPOON CAYENNE PEPPER
1 TEASPOON KOSHER SALT
1 CUP SOY OR ALMOND MILK
ADDITIONAL SALT & FRESHLY GROUND BLACK PEPPER TO TASTE
CHOPPED RED BELL PEPPER TO GARNISH
CORN KERNELS TO GARNISH
SLICED SCALLIONS TO GARNISH

DIRECTIONS

HEAT THE OLIVE OIL IN A MEDIUM SAUTE PAN OVER MEDIUM HEAT. ADD THE ONION AND COOK, STIRRING OCCASIONALLY, UNTIL TRANSPARENT AND SOFT, ABOUT 5 MINUTES. TRANSFER THE ONION TO THE SLOW COOKER, ALONG WITH THE RED BELL PEPPER, POTATOES, 1 CUP CORN, BROTH, CUMIN, SMOKED PAPRIKA, CAYENNE PEPPER, AND SALT. COOK ON LOW FOR 8-10 HOURS OR ON HIGH FOR 4-6 HOURS, UNTIL THE POTATOES ARE TENDER. TURN THE SLOW COOKER OFF AND REMOVE THE LID. ALLOW THE SOUP TO COOL SLIGHTLY.

USING AN IMMERSION BLENDER OR WORKING IN BATCHES WITH A REGULAR BLENDER, PUREE THE SOUP. RETURN IT TO THE SLOW COOKER AND TURN IT BACK ON. STIR IN THE REMAINING 3 CUPS CORN AND SOY MILK. COVER THE SLOW COOKER AND COOK ON LOW FOR ANOTHER 20-30 MINUTES, UNTIL HEATED THROUGH. SEASON WITH SALT AND PEPPER TO TASTE. SERVE TOPPED WITH ADDITIONAL CORN, DICED BELL PEPPER, AND/OR SLICED SCALLIONS.

LUNCH

CHICKEN NO-NOODLE SOUP

INGREDIENTS

1 WHOLE CHICKEN
1 LARGE YELLOW ONION, PEELED AND CHOPPED
2 LARGE CARROTS, WASHED AND CHOPPED
2 CELERY STALKS, CHOPPED
1/2 TEASPOON WHOLE PEPPERCORNS
5 CLOVES GARLIC, PEELED
2 TEASPOON SALT, DIVIDED
2 ONIONS
BASIL LEAVES



DIRECTIONS

CUT THE CHICKEN INTO 4 PIECES, CUTTING FIRST IN HALF ALONG ONE SIDE OF THE SPINE AND THEN CUTTING OFF THE THIGHS. PLACE THE PIECES IN A LARGE POT AND COVER WITH COLD WATER. TURN THE HEAT TO HIGH.

ADD ONE CARROT, ONE CELERY STICK, THE ONION, PEPPERCORN AND GARLIC TO THE POT, ALONG WITH ONE TEASPOON OF SALT. ONCE THE WATER BOILS, TURN THE HEAT TO SIMMER AND COVER. COOK FOR 90 MINUTES.

REMOVE THE PIECES OF CHICKEN TO A CUTTING BOARD AND ALLOW TO COOL ENOUGH TO HANDLE. STRAIN THE LIQUID FROM THE POT INTO A LARGE BOWL USING A CHEESECLOTH. PLACE THE STRAINED STOCK BACK INTO THE POT AND ADD THE REMAINING VEGETABLES. ADD THE REMAINING TEASPOON OF SALT AND BRING TO A BROIL. TURN THE HEAT DOWN TO SIMMER FOR 12-15 MINUTES UNTIL THE CARROTS ARE TENDER.

WHILE THE STRAINED BROTH IS SIMMERING, REMOVE THE CHICKEN SKIN AND SHRED THE MEAT. RETURN THE SHREDDED MEAT TO THE POT. REMOVE THE POT FROM HEAT AND ADD PARSLEY. COVER AND LET REST FOR FIVE MINUTES BEFORE SERVING.

LUNCH

CRAB CAKES



80%

INGREDIENTS

1/4 CUP CELERY, FINELY DICED
1/4 CUP ONION, FINELY DICED
1 LARGE EGG, LIGHTLY BEATEN
2 TABLESPOONS MAYONNAISE, PREFERABLY HOMEMADE
2 TABLESPOONS COCONUT MILK
6 OUNCES LUMP CRAB MEAT
1 TEASPOON OLD BAY SEASONING
2 TEASPOONS DILL PICKLE, FINELY CHOPPED
2 TABLESPOONS FRESH PARSLEY, FINELY CHOPPED
2 TABLESPOONS COCONUT FLOUR
1/2 TEASPOON KOSHER SALT
FEW GRINDS BLACK PEPPER
2 TABLESPOONS COCONUT OIL

DIRECTIONS

GENTLY COMBINE ALL OF THE INGREDIENTS EXCEPT THE COCONUT OIL IN A MEDIUM MIXING BOWL. CAREFULLY SHAPE INTO THREE PATTIES; COVER WITH PLASTIC WRAP AND REFRIGERATE FOR 30 MINUTES.

HEAT THE COCONUT OIL IN A LARGE, HEAVY SKILLET OVER MEDIUM-HIGH HEAT. FRY THE CRAB CAKES UNTIL GOLDEN BROWN, ABOUT 4 MINUTES PER SIDE. SERVE WITH FRESH LEMON AND TARTAR OR COCKTAIL SAUCE.

LUNCH

DETOX SALAD



INGREDIENTS

3 LARGE BEETS, PEELED AND SHREDDED
1/2 HEAD GREEN CABBAGE, FINELY CHOPPED
1 BUNCH DINOSAUR KALE, DE-STEMMED AND SHREDDED
1/2 CUP FRESH CILANTRO, FINELY CHOPPED
ZEST OF 1 LEMON

DETOX SALAD DRESSING

2 LEMONS, JUICED
1/3 CUP SUNBUTTER
1 TABLESPOON FRESH GINGER, GRATED
4 TABLESPOON RAW UNFILTERED APPLE CIDER VINEGAR

DIRECTIONS

DETOX SALAD: COMBINE ALL THE INGREDIENTS IN A LARGE MIXING BOWL.

DETOX SALAD DRESSING: COMBINE ALL INGREDIENTS IN A FOOD PROCESSOR OR BLENDER AND BLEND FOR 1-2 MINUTES, OR UNTIL SMOOTH AND CREAMY.

TOSS THE SALAD INGREDIENTS WITH THE DRESSING. PLATE AND TOP OFF WITH A GENEROUS SPRINKLING OF THE FRESH LEMON ZEST.

LUNCH

CRUNCHY ASIAN CHOPPED SALAD

INGREDIENTS

JUICE OF 3 LIMES

1.5 TBSP TOASTED SESAME OIL

2 TBSP RICE VINEGAR

3 TBSP COCONUT AMINOS

2 TSP RED PEPPER FLAKES

SEA SALT AND GROUND PEPPER TO TASTE

1 LARGE BOK CHOY, THINLY SLICED

1 LARGE GREEN CABBAGE, SLICED VERY THIN

1 CARROT, THINLY SLICED

1 MINI PERSIAN CUCUMBERS, THINLY SLICED INTO ROUNDS

1 FULL BUNCH CILANTRO, CHOPPED

3 TBSP FRESH MINT LEAVES , CHOPPED

3 SCALLIONS, THINLY SLICED

1.3 CUP CRUSHED PEANUTS, FOR GARNISH



DIRECTIONS

WHISK TOGETHER THE LIME JUICE, SESAME OIL, VINEGAR, TAMARI, RED PEPPER FLAKES, AND SALT AND PEPPER. IN SEPARATE BOWL, COMBINE THE BOK CHOY, CABBAGE, CARROT, CUCUMBER, CILANTRO, MINT, AND SCALLIONS. TOSS TO COMBINE.

ADD THE DRESSING AND TOSS GENTLY TO COAT THE SALAD. GARNISH WITH PEANUTS AND SERVE.

LUNCH

CHICKEN TORTILLA SOUP

INGREDIENTS

2 POUNDS CHICKEN BREAST COOKED AND DICED
1 TBSP. COCONUT OIL
2 TSP. TACO SEASONING
1 MEDIUM ONION
6 CLOVES GARLIC
2 JALAPEÑO PEPPERS
2 POBLANO PEPPERS
2 QUARTS (8 CUPS) CHICKEN STOCK
28 OZ FIRE ROASTED TOMATOES
2 LIMES JUICE OF
1 CUP CILANTRO CHOPPED
AVOCADO AND FRESH CILANTRO FOR GARNISH

DIRECTIONS

MIX THE OIL, CHICKEN BREAST, AND TACO SEASONING TOGETHER IN YOUR SLOW COOKER UNTIL WELL COATED. PLACE ONION, GARLIC, AND PEPPERS IN A NINJA OR BLENDER. CHOP TO DESIRED CONSISTENCY. PLACE ONION MIXTURE, CHICKEN STOCK, TOMATOES, CILANTRO, AND LIME JUICE IN THE SLOW COOKER. COOK ON LOW FOR 6 HOURS OR HIGH FOR 3. SERVE WITH DICED AVOCADO.



LUNCH

EGG DROP SOUP

INGREDIENTS

3 CUPS CHICKEN STOCK;
1/8 TEASPOON GROUND GINGER;
2 TABLESPOON FRESH CHIVES, CHOPPED;
1/4 TEASPOON SALT
2 EGGS
1 EGG YOLK

DIRECTIONS

POUR THE CHICKEN STOCK INTO A LARGE SAUCEPAN OVER A MEDIUM-HIGH HEAT. ADD THE GINGER, CHIVES AND SALT TO THE LIQUID AND ALLOW IT TO COME TO A BOIL.

IN A SMALL BOWL, WHISK TOGETHER THE EGGS AND YOLK. AS THE BROTH CONTINUES TO BOIL, USE A FORK AND DRIZZLE THE EGGS INTO THE POT. THE EGGS SHOULD COOK IMMEDIATELY.



LUNCH

ASIAN SLAW

INGREDIENTS

1 SMALL HEAD SHREDDED GREEN OR WHITE CABBAGE
2 LARGE CARROTS, PEELED AND GRATED
1 RED BELL PEPPER, THINLY SLICED
1 CUP COOKED AND SHELLS EDAMAME
2 MEDIUM SCALLIONS, FINELY SLICED
1/2 CUP CHOPPED OR WHOLE SALTED PEANUTS
1/2 CUP LOOSELY PACKED FRESH CILANTRO, CHOPPED

DIRECTIONS

IN A LARGE BOWL, COMBINE ALL INGREDIENTS AND MIX.

SEE PAGE 76 FOR ASIAN SLAW DRESSING.



LUNCH

CRACK SLAW

INGREDIENTS

1 LB GROUND BEEF
2 TABLESPOON TOASTED SESAME OIL
2 MINCED GARLIC CLOVES
3 SLICED GREEN ONIONS
14 OZ COLESLAW MIX
SALT AND PEPPER TO TASTE



DIRECTIONS

BROWN THE GROUND BEEF IN A SKILLET AND SEASON IT WITH SALT AND PEPPER TO TASTE. WHILE THE MEAT IS BROWNING COMBINE HOT SAUCE, SOY SAUCE, SWEETNER, VINEGAR AND GINGER. REMOVE THE BEEF FROM THE PAN AND SET ASIDE. DRAIN OFF THE FAT. HEAT UP THE SESAME OIL AND SAUTE THE GARLIC, ONIONS AND CABBAGE, UNTIL THE CABBAGE IS COOKED TO THE DESIRED TENDERNESS. STIR IN THE SAUCE. ADD THE GROUND BEEF IN AND MIX WELL TO COMBINE.

FOR THE SAUCE, STIR IN 1/4 TEASPOON WHITE SUGAR OR SWEETNER, 1/2 TEASPOON GINGER PASTE, 1 TEASPOON WHITE VINEGAR, 2 TABLESPOONS SOY SAUCE AND CHILI PASTE.

LUNCH

BUFFALO CHICKEN SOUP

INGREDIENTS

2 TABLESPOONS GHEE
1 CUP DICED CARROTS
1 CUP DICED CELERY
1/2 WHITE ONION, MINCED
3 GARLIC CLOVES, MINCED
4 CUPS CAULIFLOWER FLORETS
32 OUNCES CHICKEN BONE BROTH
2/3 CUP FRANK'S RED HOT SAUCE
SALT AND PEPPER, TO TASTE
1 ROTISSERIE CHICKEN, PULLED AND SHREDDED
FRESH CILANTRO, FOR GARNISH
CHOPPED GREEN ONIONS, FOR GARNISH
PRIMAL KITCHEN AVOCADO OIL RANCH, FOR GARNISH



DIRECTIONS

PLACE GHEE IN THE BASIN OF THE INSTANT POT THEN PRESS THE SAUTÉ BUTTON. ONCE THE GHEE BEGINS TO MELT, ADD THE CARROTS, CELERY, ONION AND GARLIC AND SAUTÉ FOR ABOUT 5 MINUTES, UNTIL ONION BECOMES TRANSLUCENT. PRESS THE KEEP WARM/CANCEL BUTTON, ADD THE CAULIFLOWER, CHICKEN BROTH, HOT SAUCE AND A HEFTY PINCH OF BOTH SALT AND PEPPER, THEN SECURE THE LID, CLOSE OFF THE PRESSURE VALVE AND PRESS THE SOUP BUTTON. THIS WILL COOK FOR 30 MINUTES ONCE IT COMES UP TO PRESSURE. ONCE THE SOUP IS DONE COOKING, YOU CAN LET IT NATURALLY RELEASE OR DO A QUICK RELEASE. ONCE YOU REMOVE THE LID, USE AN IMMERSION BLENDER TO BLEND THE SOUP UNTIL COMPLETELY SMOOTH. TASTE TO SEE IF THE SOUP NEEDS ANY EXTRA SALT OR PEPPER. TURN THE SOUP BACK ONTO THE SAUTE FUNCTION AND ADD THE ROTISSERIE CHICKEN AND LET COOK DOWN FOR 8-10 MINUTES, STIRRING EVERY 2 MINUTES TO KEEP FROM STICKING. PRESS THE KEEP WARM/CANCEL BUTTON BEFORE SERVING. GARNISH SOUP WITH A SWIRL OF RANCH, HOT SAUCE, GREEN ONIONS AND CILANTRO.

LUNCH

TURKEY CHILI



80%

INGREDIENTS

24 OZ GROUND TURKEY
1 CUP CHOPPED PEPPERS (I USED 1 RED, 1 ORANGE, 1 YELLOW)
1.5 CUPS CHOPPED CARROTS
1 CUP CHOPPED ZUCCHINI (**KEEP OFF TO THE SIDE AND ADD
IN ONCE THE CHILI IS COOKED OTHERWISE IT WILL COOK
TOO QUICKLY)
28 OZ CAN OF CHOPPED TOMATOES OR TOMATO SAUCE
2 TABLESPOONS PAPRIKA
1 TEASPOON HOT PEPPER FLAKES
1 TEASPOON PEPPER
2 TEASPOON CHILI POWDER
1 TEASPOON CUMIN
½ TEASPOON SALT

DIRECTIONS

IN A SAUCE PAN BROWN ALL OF THE TURKEY. ADD BROWNEED TURKEY
TO CROCKPOT. ADD IN ALL OF THE REMAINING INGREDIENTS EXCEPT
FOR THE ZUCCHINI. STIR ALL OF THE INGREDIENTS TOGETHER UNTIL
THOROUGHLY MIXED.

COOK IN THE CROCKPOT ON HIGH FOR 3-4 HOURS. STIRRING
OCCASIONALLY. ADD IN ZUCCHINI 5 MINUTES BEFORE SERVING.

LUNCH

CHICKEN ENCHILDA SOUP

INGREDIENTS

1/2 CUP VEGETABLE OIL
1/4 CUP CHICKEN BASE
3 CUPS DICED YELLOW ONIONS
2 TEASPOON GROUND CUMIN
2 TEASPOON CHILI POWDER
2 TEASPOON GRANULATED GARLIC
1/2 TEASPOON CAYENNE PEPPER
2 CUPS MASA HARINA
4 QUARTS OF WATER
2 CUPS CRUSHED TOMATOES
1/2 LB PROCESSED AMERICAN CHEESE, SMALL CUBES
3 LB COOKED, CUBED CHICKEN

DIRECTIONS

IN A LARGE POT, PLACE OIL, CHICKEN BASE, ONION AND SPICES. SAUTE UNTIL ONIONS ARE SOFT AND CLEAR, ABOUT 5 MINUTES. IN ANOTHER CONTAINER, COMBINE MASA HARINA WITH 1 QUART OF WATER. STIR UNTIL ALL LUMPS DISSOLVE. ADD TO SAUTEED ONIONS AND BRING TO BOIL. ONCE MIXTURE STARTS TO BUBBLE, CONTINUE COOKING 2-3 MINUTES, STIRRING CONSTANTLY. THIS WILL ELIMINATE ANY RAW TASTE FROM MASA HARINA. ADD REMAINING 3 QUARTS WATER TO POT. ADD TOMATOES; LET MIXTURE RETURN TO BOIL STIRRING OCCASIONALLY. ADD CHEESE TO SOUP. COOK STIRRING OCCASSIONALY, UNTIL CHEESE MELTS. ADD CHICKEN; HEAT THROUGH. MAKES 16-20 SERVINGS.

LUNCH

GRILLED CHEESE SANDWICHES

INGREDIENTS

ONE HEAD RICED CAULIFLOWER
1 EGG BEATEN
1 ½ CUPS CHEDDAR OR EDAM CHEESE GRATED
12 SLICES MOZZARELLA CHEESE
1/8 TEASPOON DRIED SAGE
1/8 TEASPOON DRIED OREGANO
DASH TEASPOON GROUND MUSTARD SEED
DASH TEASPOON DRIED THYME
GROUND BLACK PEPPER
BUTTER FOR GREASING
FRESH PARSLEY FOR GARNISHING



DIRECTIONS

STRAIN EXCESS LIQUID OF RICED CAULIFLOWER. COMBINE RICED CAULIFLOWER, BEATEN EGG AND 1/2 CUP OF THE GRATED CHEESE IN A BOWL THEN SPRINKLE SOME PEPPER, MUSTARD SEED, SAGE, OREGANO AND THYME. MIX WELL. IN A SLIGHTLY GREASED BAKING SHEET, FORM CAULIFLOWER MIXTURE RESEMBLING A SLICE OF BREAD. THIS RECIPE MADE 4 SLICES, ABOUT ½ INCH THICK FOR EACH SLICE. MORE SLICES FOR THINNER PIECES. BAKE CAULIFLOWER SLICES IN A PREHEATED OVEN OF 350F FOR ABOUT 10 TO 12 MINUTES. IN A SKILLET, MELT BUTTER AT LOW HEAT AND LAY ONE SLICE OF CAULIFLOWER “BREAD,” COVER WITH SLICES OF MOZZARELLA CHEESE, SPRINKLE WITH THE GRATED QUESO DE BOLA, THEN TOP WITH SLICES OF MOZZARELLA CHEESE AND COVER WITH ANOTHER SLICE OF CAULIFLOWER “BREAD.” COVER SKILLET AND WATCH CLOSELY AS MOZZARELLA CHEESE MELTS OVER LOW HEAT. OCCASIONALLY CHECK THE BOTTOM SIDE TO AVOID BURNING. IF THE HEAT MAY SEEM TOO LOW, TURN TO MEDIUM HEAT BUT MOVE THE QUESO DE BOLA CAULIFLOWER “BREAD” AT THE SIDES THEN COVER THE SKILLET AGAIN. FLIP TO THE OTHER SIDE AND CONTINUE TO MELT MOZZARELLA CHEESE. EDAM CHEESE DOESN’T MELT QUICKLY SO IT WILL JUST BLEND WITH THE MELTED MOZZARELLA CHEESE. USE A MULTI-SERVING WIDE FLAT/WIDE-SLOTTED TONGS TO SAFELY FLIP THE CAULIFLOWER SANDWICH. I USED A MULTI-SERVING WIDE FLAT/WIDE-SLOTTED TONGS TO SAFELY FLIP THE SANDWICH. ONCE MOZZARELLA HAS MELTED TO YOUR DESIRED CONSISTENCY, PLACE ON A PLATE, GARNISH WITH PARSLEY AND ENJOY!

LUNCH

TURKEY CUCUMBER ROLL UPS

INGREDIENTS

1 CUCUMBER
1/2 CUP VEGGIE DIP
2 SLICES APPLGATE TURKEY DELI MEAT

DIRECTIONS

USE YOUR VEGGIE PEELER TO CREATE LONG “NOODLES” WITH THE CUCUMBER. TAKE TWO NOODLES AND OVERLAP THEM TO FORM ONE LARGE NOODLE. SPREAD ABOUT 1 TABLESPOON OF VEGGIE DIP ON THE CUCUMBER SLICES THEN ADD 1/4 SLICE OF TURKEY MEAT. CUT CUCUMBER NOODLES IN HALF THEN ROLL EACH HALF UP.



LUNCH

SAUSAGE AND CABBAGE

INGREDIENTS

6 CHICKEN SAUSAGE, 1 POUND
2 POUNDS CABBAGE
4 STRIPS RAW BACON
4 OUNCES ONION, SLICED THINLY
1 CLOVE GARLIC, CHOPPED
SALT AND PEPPER TO TASTE

DIRECTIONS

GRILL THE SAUSAGE. CUT THE CABBAGE IN HALF (FROM TOP TO BOTTOM) AND THEN INTO QUARTERS. CUT OUT THE CORE OF THE CABBAGE ON EACH QUARTER. CUT THE CABBAGE QUARTERS INTO THIN STRIPS AS IF YOU WERE MAKING COLESLAW. CHOP THE BACON INTO SMALL PIECES. COOK THE BACON IN A FRYING PAN UNTIL CRISPY. ADD THE ONION AND GARLIC TO THE BACON AND SAUTE UNTIL SOFTENED. ADD THE SLICED CABBAGE AND SAUTE UNTIL IT IS WILTED AND COOKED DOWN. IT WILL TAKE A WHILE AND YOU MAY HAVE TO ADD THE CABBAGE IN BATCHES. WHILE THE CABBAGE IS COOKING, SLICE THE SAUSAGE INTO BITE SIZED PIECES. WHEN THE CABBAGE IS JUST ABOUT COOKED THROUGH, ADD THE SAUSAGE TO WARM IT THROUGH. ADD SALT AND PEPPER TO YOUR TASTE.



LUNCH

CHICKEN ENCHILADA SOUP

In Crockpot

INGREDIENTS

3 FAMILY SIZE LARGE CREAM OF CHICKEN SOUP
3 SMALL CANS OF SHOEPEG WHITE CORN
1 CAN ROTEL TOMATOES
1 PACKAGE TACO SEASONING
8 OZ NATURAL AMERICAN CHEESE
2 CUPS SHREDDED CHEDDAR CHEESE
½ CUP ALMOND MILK
1 YELLOW BELL PEPPER, CHOPPED
1-2 STALKS OF CELERY, CHOPPED
2 TB GARLIC, MINCED
½ LARGE WHITE ONION
1 TABLESPOON GROUND CUMIN
3 BONELESS SKINLESS CHICKEN BREASTS

DIRECTIONS

COOK AND SHRED CHICKEN, ADD ALL INGREDIENTS TO CROCK POT EXCEPT CHICKEN, COOK ON MEDIUM FOR 4 HOURS, ADD CHICKEN 2 HOURS BEFORE SERVING.

DINNER RECIPES

THE 80/20 COLLECTION

DINNER

GRILLED PINEAPPLE CHICKEN

INGREDIENTS

4 CHICKEN BREASTS, SKINLESS, BONELESS
1 ZUCCHINI, SLICED
1 BELL PEPPER, CHOPPED
1 PINEAPPLE, PEELED AND SLICED
1 RED ONION, SLICED

TERIYAKI-STYLE SAUCE INGREDIENTS

½ CUP COCONUT AMINOS
2 TBSP WHITE WINE VINEGAR
JUICE OF 1 LEMON
¼ CUP FRESH PINEAPPLE JUICE
¾ TSP. GROUND GINGER



DIRECTIONS

IN A SAUCEPAN, COMBINE ALL THE INGREDIENTS FOR THE TERIYAKI SAUCE AND SEASON TO TASTE. BRING TO A BOIL OVER MEDIUM-HIGH HEAT, LOWER THE HEAT AND LET SIMMER FOR 5 TO 6 MINUTES.

RUB THE CHICKEN WITH ¼ OF THE TERIYAKI SAUCE, AND LET MARINATE 30 MINUTES. PREHEAT A GRILL TO MEDIUM-HIGH.

GRILL THE CHICKEN BREASTS FOR 5 TO 8 MINUTES PER SIDE. PLACE THE VEGETABLES IN A GRILL BASKET AND GRILL UNTIL SOFT, 4 TO 5 MINUTES. GRILL THE PINEAPPLE FOR 3 MINUTES PER SIDE. SLICE THE CHICKEN BREASTS AND PINEAPPLE, AND SERVE ON TOP OF A BED OF VEGETABLES, WITH THE REMAINING TERIYAKI SAUCE.

DINNER

CAULIFLOWER SHRIMP

FRIED RICE



INGREDIENTS

2 TABLESPOONS COCONUT OIL
250 G / 8 OZ RAW PEELED SHRIMP
PINCH OF SALT
1 STEM LEMONGRASS, FINELY CHOPPED
½ LONG RED CHILLI, FINELY CHOPPED
½ RED OR WHITE ONION, FINELY DICED
1 LARGE CARROT, DICED INTO SMALL CUBES
1 CELERY STICK, DICED INTO SMALL CUBES
1 MEDIUM HEAD OF CAULIFLOWER, GROUND UP
2 LARGE CLOVES OF GARLIC, FINELY DICED
1 TABLESPOON FISH SAUCE
2 TABLESPOONS COCONUT AMINOS
GENEROUS PINCH OF SEA SALT
1 TEASPOON SESAME OIL
1 TABLESPOON LIME JUICE
HANDFUL OF CILANTRO LEAVES, CHOPPED

DIRECTIONS

HEAT A TABLESPOON OF COCONUT OIL IN A LARGE FRYING PAN OVER HIGH HEAT AND ADD THE PRAWNS. SPRINKLE WITH A LITTLE SEA SALT AND STIR-FRY FOR 2-3 MINUTES, UNTIL THE PRAWNS CURL AND CHANGE COLOUR. TRANSFER TO A BOWL. REDUCE THE HEAT TO MEDIUM-HIGH AND ADD AN EXTRA TABLESPOON OF COCONUT OIL. ADD THE LEMONGRASS, CHILLI, ONIONS, CARROTS AND CELERY AND STIR-FRY FOR 3 MINUTES, UNTIL SOFTENED AND FRAGRANT. NOW ADD THE FINELY DICED CAULIFLOWER AND THE REST OF THE INGREDIENTS AND STIR-FRY FOR 2-3 MINUTES. ADD A FEW TABLESPOONS OF WATER IF THE FRYING PAN GETS DRY. STIR IN THE SHRIMP RIGHT AT THE END TO REHEAT AND TOP WITH FRESH CILANTRO.

DINNER

SHEPHERD'S PIE

INGREDIENTS

1.25 LBS GROUND BEEF
½ MEDIUM ONION, CHOPPED
5 LARGE GARLIC CLOVES, MINCED
1 MEDIUM CARROT, SHREDDED
1 MEDIUM ZUCCHINI, SHREDDED
1 TABLESPOON OLIVE OIL
1½ TEASPOONS SALT
1 TEASPOON CHILLI POWDER
MASHED CAULIFLOWER RECIPE
2 SMALL CAULIFLOWER HEADS
7 LARGE ROASTED GARLIC CLOVES*
1 TEASPOON SALT



DIRECTIONS

HEAT THE OLIVE OIL IN A LARGE SKILLET OVER MEDIUM HEAT, AND SAUTÉ THE ONION AND GARLIC UNTIL TENDER. ADD THE CARROT AND ZUCCHINI, AND COOK UNTIL THEY START TO SOFTEN. ADD THE GROUND BEEF, SALT, AND CHILI POWDER, AND COOK UNTIL THE BEEF BROWNS AND ALL OF THE MOISTURE BEGINS TO DRY OUT. MEANWHILE PREPARE THE MASHED CAULIFLOWER. CHOP THE CAULIFLOWER HEADS INTO SMALL CHUNKS, AND STEAM UNTIL THEY SOFTEN (A FORK CAN EASILY PIERCE). ADD THE STEAMED CAULIFLOWER, ROASTED GARLIC AND SALT TO A BLENDER AND BLEND UNTIL YOU HAVE A SMOOTH PUREE. USE THE TAMPER TO HELP BLEND THE CAULIFLOWER IF YOU HAVE ONE. TO ASSEMBLE THE PIE, DISTRIBUTE THE GROUND BEEF EVENLY IN THE BOTTOM OF AN 8-INCH BAKING DISH. SPREAD THE MASHED CAULIFLOWER OVER THE TOP OF THE GROUND BEEF, AND BAKE IN A PREHEATED OVEN TO 350 DEGREES FOR 25 MINUTES. IF YOU'RE ADDING CHEESE (I USE MOZZARELLA) TO THE TOP OF YOUR SHEPHERD'S PIE, SPRINKLE THE CHEESE AFTER YOU BAKE IT, AND THEN BROIL IT UNTIL THE CHEESE BROWNS.

DINNER

POT ROAST

INGREDIENTS

1 CHUCK ROAST OR TRADER JOE CABERNET POT ROAST
1/4 CUP COPY CAT LIPTON ONION SOUP MIX **RECIPE BELOW
1 GREEN BELL PEPPER CHOPPED
1 CARROT CHOPPED
PEPPER
WATER

DIRECTIONS

PLACE ALL INGREDIENTS IN CROCK POT AND COVER WITH WATER 3/4 WAY UP THE MEAT. PLACE LID ON AND COOK ON LOW FOR 8-10 HOURS. WHEN FINISHED, REMOVE MEAT AND SLICE, USUALLY FALLS APART. POUR THE LIQUID AND VEGGIES IN A BLENDER AND PUREE (OR USE STICK BLENDER RIGHT IN CROCK POT). MAY NEED TO ADD WATER IF TASTES TOO CONCENTRATED, AND THEN THICKEN WITH CORN STARCH IF TOO THIN.

COPY CAT LIPTON ONION SOUP MIX

INGREDIENTS

3/4 CUP DRIED MINCED ONIONS (ONION FLAKES; FOUND IN THE SPICE AISLE)
1/3 CUP BEEF BOUILLON POWDER (SEE NOTES)
1 TABLESPOON PLUS 1 TEASPOON ONION POWDER
1/4 TEASPOON CELERY SEEDS
1/4 TEASPOON GRANULATED SUGAR
1/4 TEASPOON FRESHLY GROUND PEPPER
1/8 TEASPOON PAPRIKA

DIRECTIONS

CHOP OR GRIND THE CELERY SEEDS TO BREAK THEM UP A LITTLE. (I FIND THIS EASIEST TO DO WITH MY CHEF'S KNIFE.) MIX ALL INGREDIENTS. SOME BRANDS OF BOUILLON MAY BE A BIT CLUMPY, IN THIS CASE, BREAK UP THE CLUMPS. ONE PACKET OF THE PURCHASED MIX EQUALS 1 OUNCE OR ABOUT 1/4 CUP OF THIS MIX. DIVIDE INTO INDIVIDUAL ZIPPER TOP BAGS OR SMALL JARS, AND STORE IN A CUPBOARD OR OTHER COOL, DARK PLACE.

DINNER

LOADED BAKED POTATO CHICKEN CASSEROLE

INGREDIENTS

1 LBS CHICKEN BREASTS
4-5 POTATOES
1/4 CUP OLIVE OIL
1 TEASPOON PEPPER
1 TABLESPOON GARLIC POWDER
3 TABLESPOONS HOT SAUCE

TOPPINGS:

1 CUP FIESTA MEXICAN BLEND CHEESE
1/2 CUP CRUMBLED COOKED BACON
1/2 CUP DICED GREEN ONION

DIRECTIONS

PREHEAT OVEN TO 500 DEGREES. IN A LARGE BOWL MIX TOGETHER THE OLIVE OIL, HOT SAUCE, SALT, PEPPER, GARLIC POWDER AND PAPRIKA. ADD THE CUBE POTATOES AND STIR TO COAT. ADD THE POTATOES TO A GREASED BAKING DISH. WHEN SCOOPING THE POTATOES INTO THE BAKING DISH, LEAVE BEHIND ANY EXTRA OLIVE OIL/HOT SAUCE MIX. ADD THE DICED CHICKEN TO THE "LEFT BEHIND" OLIVE OIL/HOT SAUCE MIX AND STIR TO COAT ALL THE CHICKEN. ALLOW TO MARINATE AS THE POTATOES BAKE. ROAST THE POTATOES FOR 45-50 MINUTES, STIRRING EVERY 10-15 MINUTES, UNTIL COOKED THROUGH AND NICE AND CRISPY ON THE OUTSIDE. ONCE THE POTATOES ARE FULLY COOKED ADD THE MARINATED CHICKEN. ONCE THE POTATOES ARE FULLY COOKED, REMOVE FROM THE OVEN AND LOWER THE OVEN TEMPERATURE TO 400 DEGREES. IN A LARGE BOWL MIX ALL THE TOPPING INGREDIENTS TOGETHER. TOP THE RAW CHICKEN WITH THE TOPPING. BAKE 15 MINUTES OR UNTIL THE CHICKEN IS COOKED THROUGH AND THE TOPPING IS MELTED AND BUBBLY DELICIOUS.



DINNER

TOM JONES SHRIMP

INGREDIENTS

1 LB. SHRIMP
1 TBSP PEPPER
1 1/2 TSP SALT
JUICE OF 1 LEMON
1 TBSP WORCHESTER SAUCE
HOT SAUCE
1 CLOVE OF GARLIC CRUSHED
3 TBSP OLIVE OIL
3 TBSP BUTTER



DIRECTIONS

MIX TOGETHER ALL INGREDIENTS SPREAD ON BAKING SHEET AND BAKE AT 350 DEGREES FOR 20 MIN. OR UNTIL SHRIMP IS COOKED.

DINNER

MEATBALLS

INGREDIENTS

1 POUND GRASS-FED GROUND BEEF
1 POUND GROUND TURKEY CHECK FOR NO ADDED INGREDIENTS
1 LARGE EGG ROOM TEMPERATURE
2 TABLESPOONS ITALIAN SEASONING
1/2 TEASPOON SALT
1/2 CUP ALMOND FLOUR
2 TABLESPOONS COCONUT AMINOS

DIRECTIONS

PREHEAT THE OVEN TO 400 DEGREES AND LINE A SHEET TRAY WITH PARCHMENT PAPER. IN A LARGE BOWL, COMBINE BEEF, TURKEY, EGG, ITALIAN SEASONING, SALT, ALMOND FLOUR, AND COCONUT AMINOS. MIX UNTIL EVERYTHING IS COMPLETELY COMBINED. THE BEST WAY TO DO THAT IS WITH CLEAN HANDS. WASH YOUR HANDS, THEN USE A COOKIE SCOOP TO MAKE BALLS. ROLL BETWEEN PALMS TO MAKE SMOOTH. PLACE ON PREPARED SHEET TRAY AND BAKE FOR 20 MINUTES.



DINNER

TERIYAKI CHICKEN

INGREDIENTS

FOR MARINADE:

2 TBS. PINEAPPLE JUICE

1½ TBS. BRAGG LIQUID AMINOS

1 TBS. HEMP OIL

1 TBS. WHITE VINEGAR

1 TSP. AGAVE NECTAR (OR MAPLE SYRUP)

1-2 CLOVES CRUSHED GARLIC (DEPENDING ON HOW GARLICKY YOU LIKE IT)

DIRECTIONS

CUT BONELESS SKINLESS BREASTS IN CHUNKS AND POUR ½ OF DRESSING IN ZIPLOC AND MARINATE OVER NIGHT. CUT GREEN PEPPERS, ONION AND FRESH PINEAPPLE. CUT IN CHUNKS AND PUT ON SKEWERS. GRILL ALL AND THEN POUR LEFT OVER MARINADE OVER TOP. SERVE WITH JASMINE RICE.

DINNER

CASHEW CHICKEN

INGREDIENTS

3 RAW CHICKEN THIGHS BONELESS, SKINLESS
2 TBSP CANOLA OIL(FOR COOKING)
1/4 CUP CASHEWS
1/2 MEDIUM GREEN BELL PEPPER
1/2 TSP GROUND GINGER
1 TBSP RICE WINE VINEGAR
1 1/2 TBSP SOY SAUCE
1/2 TBSP CHILI GARLIC SAUCE
1 TBSP MINCED GARLIC
1 TBSP SESAME OIL
1 TBSP SESAME SEEDS
1 TBSP GREEN ONIONS
1/4 MEDIUM WHITE ONION
SALT + PEPPER



DIRECTIONS

HEAT A PAN OVER LOW HEAT AND TOAST THE CASHEWS FOR 8 MINUTES OR UNTIL THEY START TO LIGHTLY BROWN AND BECOME FRAGRANT. REMOVE AND SET ASIDE. DICE CHICKEN THIGHS INTO 1 INCH CHUNKS. CUT ONION AND PEPPER INTO EQUALLY LARGE CHUNKS. INCREASE HEAT TO HIGH AND ADD CANOLA OIL TO PAN. ONCE OIL IS UP TO TEMPERATURE, ADD IN THE CHICKEN THIGHS AND ALLOW THEM TO COOK THROUGH (ABOUT 5 MINUTES). ONCE THE CHICKEN IS FULLY COOKED. ADD IN THE PEPPER, ONIONS, GARLIC, CHILI GARLIC SAUCE AND SEASONINGS (GINGER, SALT, PEPPER). ALLOW TO COOK ON HIGH FOR 2-3 MINUTES. ADD SOY SAUCE, RICE WINE VINEGAR, AND CASHEWS. COOK ON HIGH AND ALLOW THE LIQUID TO REDUCE DOWN UNTIL IT IS A STICKY CONSISTENCY, THERE SHOULD NOT BE EXCESS LIQUID IN THE PAN UPON COMPLETING COOKING. SERVE IN A BOWL, TOP WITH SESAME SEEDS AND DRIZZLE WITH SESAME OIL. ENJOY!

DINNER

TUNA POKE AVOCADO BOATS

INGREDIENTS

1 POUND SUSHI-GRADE TUNA, DICED
¼ CUP COCONUT AMINOS (PLUS MORE FOR SERVING)
1 TABLESPOON TOASTED SESAME OIL
1 CUCUMBER, SEEDS REMOVED AND DICED
3 TABLESPOONS MACADAMIA NUTS, CHOPPED
1 TABLESPOON BLACK SESAME SEEDS, FOR GARNISH (OPTIONAL)
8 AVOCADOS, HALVED

DIRECTIONS

IN A LARGE BOWL, COMBINE DICED TUNA, COCONUT AMINOS AND TOASTED SESAME OIL AND COMBINE WELL. PLACE IN THE FRIDGE WHILE YOU CHOP THE CUCUMBER AND MACADAMIAS TO ALLOW THE FISH TO MARINATE A BIT. ONCE THE CUCUMBER AND NUTS ARE CHOPPED, ADD TO THE BOWL WITH THE TUNA.

IF YOU DON'T PLAN ON SERVING THIS RIGHT AWAY, COVER AND KEEP FISH IN THE FRIDGE. WHEN YOU ARE READY TO EAT, HALVE TWO AVOCADOS AND PLACE A BIT OF THE FISH INTO THE HOLE IN THE AVOCADO. TOP WITH BLACK SESAME SEEDS.



DINNER

ZUPPA TOSCANA

INGREDIENTS

1 LB. ORGANIC SPICY CHICKEN SAUSAGE
1 HEAD CAULIFLOWER, CUT INTO SMALL FLORETS
1 ONION, CHOPPED
¼ CUP REAL BACON PIECES
2 TABLESPOON MINCED GARLIC (ABOUT 3 OR 4 CLOVES)
32 OZ. CHICKEN BROTH
1 CUP KALE CHOPPED

DIRECTIONS

BROWN SAUSAGE LINKS IN SAUTÉ PAN. CUT LINKS IN HALF LENGTHWISE, THEN CUT SLICES. PLACE SAUSAGE, CHICKEN BROTH, GARLIC, CAULIFLOWER AND ONION IN SLOW COOKER. ADD JUST ENOUGH WATER TO COVER THE VEGETABLES AND MEAT.

COOK ON HIGH 3-4 HOURS (LOW 5-6 HOURS). 30 MINUTES BEFORE SERVING MIX FLOUR INTO CREAM REMOVING LUMPS. ADD CREAM, KALE AND BACON TO THE CROCK POT, STIR. COOK ON HIGH 30 MINUTES OR UNTIL BROTH THICKENS SLIGHTLY.

ADD SALT, PEPPER AND CAYENNE TO TASTE.



DINNER

CHICKEN TENDERS

INGREDIENTS

1 LB ORGANIC BONELESS SKINLESS CHICKEN BREAST, CUT INTO STRIPS
1 EGG
1/2 CUP ALMOND MEAL
1/4 CUP UNSWEETENED SHREDDED COCONUT
1 TEASPOON PAPRIKA
1/2 TEASPOON CAYENNE PEPPER
1/2 TEASPOON GARLIC POWDER
1/2 TEASPOON SEA SALT
1/4 TEASPOON BLACK PEPPER

DIRECTIONS

PREHEAT OVEN TO 400 DEGREES. PLACE ALMOND MEAL, COCONUT, PAPRIKA, CAYENNE, GARLIC, SEA SALT AND BLACK PEPPER IN A SMALL BOWL. STIR TO COMBINE. CRACK EGG INTO ANOTHER SHALLOW BOWL AND WHISK. ONE BY ONE, DREDGE EACH CHICKEN TENDER IN THE EGG BOWL, WIPING OFF ANY EXCESS AND THEN DIP EACH INTO THE ALMOND MEAL MIXTURE. ROLL UNTIL EACH TENDER IS COVERED COMPLETELY. PLACE THE COATED TENDERS ON A BAKING PAN LINED WITH PARCHMENT PAPER OR A WIRE RACK THAT FITS ON A BAKING SHEET. THE WIRE RACK WILL MAKE FOR A CRISPIER TEXTURE. BAKE FOR 20 MINUTES, FLIPPING THE TENDERS ONCE AT THE 10 MINUTE MARK. WHEN DONE THE CHICKEN TENDERS WILL BE GOLDEN BROWN AND COMPLETELY COOKED THROUGH. REMOVE TENDERS FROM THE OVEN AND ALLOW TO COOL SLIGHTLY BEFORE SERVING.

DINNER

BROCCOLI SLAW

INGREDIENTS

2 PACKAGES BROCCOLI COLE SLAW 12 OUNCES EACH
1/2 CUP DICED SWEET VIDALIA ONIONS
1/2 CUP OLIVE OIL
1/2 CUP CIDER VINEGAR
1/2 TEASPOON BLACK PEPPER
1 TEASPOON DILL WEED
1/2 TEASPOON CELERY SEED
1/2 TEASPOON SALT
1/4 TEASPOON TURMERIC
1/4 TEASPOON ONION POWDER
1/4 TEASPOON GARLIC POWDER
1/4 TEASPOON PAPRIKA
1 CUP SLICED ALMONDS



DIRECTIONS

PLACE THE BROCCOLI COLE SLAW IN A LARGE BOWL. ADD THE ONIONS AND MIX. SET ASIDE. IN A SMALL BOWL OR SHAKER CUP, COMBINE THE OLIVE OIL, VINEGAR AND SPICES. STIR OR SHAKE WELL.

POUR THE DRESSING OVER THE COLE SLAW AND STIR TO COAT. JUST BEFORE SERVING, MIX IN THE SLICED ALMONDS.

DINNER

MONGOLIAN BEEF

INGREDIENTS

1 LB. FLANK STEAK
3 TABLESPOON ARROWROOT FLOUR
1/2 TEASPOON SEA SALT
1/2 TEASPOON GROUND PEPPER
1 TABLESPOON + 1/2 CUP LARD/BACON FAT OR TALLOW
2 CLOVES GARLIC, MINCED
1 TEASPOON DRIED GINGER
DASH RED PEPPER FLAKES (OPTIONAL)
1 TABLESPOON TOASTED SESAME OIL
1/2 CUP COCONUT AMINO'S
1/2 CUP CHICKEN OR BEEF BROTH
1/3 CUP RAW HONEY
3 GREEN ONIONS, CHOPPED

DIRECTIONS

CUT THE FLANK STEAK AGAINST THE GRAIN INTO 1/4 INCH SLICES. ADD THE ARROWROOT FLOUR TO A MEDIUM SIZED BOWL AND MIX TOGETHER WITH THE PEPPER AND SEA SALT. DIP EACH PIECE OF STEAK INTO THE ARROWROOT FLOUR AND SHAKE OFF ANY EXCESS COATING. LAY COATED STEAK ON A DRYING RACK AND ALLOW TO SIT FOR 10-15 MINUTES. THIS ALLOWS THE POWDER TO ADHERE TO THE STEAK BETTER. WHILE YOUR STEAK IS HANGING OUT, YOU CAN MAKE THE SAUCE. HEAT THE 1 TBSP. OF LARD/BACON FAT OR TALLOW IN A MEDIUM SIZED SAUCEPAN OVER MEDIUM HEAT. ADD THE GARLIC, GINGER AND DASH OF RED PEPPER FLAKES (OPTIONAL) AND COOK FOR ABOUT 1 MINUTE. ADD THE SESAME OIL, COCONUT AMINO'S AND BROTH TO THE PAN AND STIR THE INGREDIENTS TOGETHER. ADD THE RAW HONEY AND ALLOW IT TO MELT INTO THE SAUCE, STIRRING FREQUENTLY. TURN THE HEAT UP TO HIGH AND CONTINUE TO STIR UNTIL THE SAUCE THICKENS SLIGHTLY, ABOUT 3 MINUTES. TURN OFF THE SAUCE AND ALLOW IT TO SIT IN THE PAN WHILE YOU COOK THE STEAK. ADD YOUR 1/2 CUP OF FAVORITE FAT TO A LARGE SKILLET. COOK OVER MEDIUM HEAT UNTIL HOT. GENTLY DROP THE BEEF INTO THE OIL USING YOUR TONGS. COOK FOR 2-3 MINUTES UNTIL LIGHTLY BROWNED AROUND THE EDGES. REMOVE THE BEEF WITH THE TONGS AND PLACE ON A PAPER TOWEL LINED PLATE. POUR OUT THE OIL FROM THE PAN AND ADD THE BEEF BACK IN. COOK FOR ABOUT 1 MINUTE AND THEN ADD THE SAUCE. COOK TOGETHER FOR ABOUT 3 MINUTES, THEN ADD THE GREEN ONIONS AND COOK FOR 1 ADDITIONAL MINUTE. REMOVE THE BEEF FROM THE PAN AND POUR ANY EXCESS SAUCE INTO A BOWL.

DINNER

SIZZLIN ' BEEF ROAST

INGREDIENTS

1 BEEF SHOULDER
2 CUPS OF BABY CARROTS
4-5 STALKS OF CELERY
1 WHITE ONION
1 TEASPOON GARLIC
2 TEASPOONS SALT
1 TEASPOON PEPPER

DIRECTIONS

ADD ALL INGREDIENTS INTO A PAN AND FILL IT 3/4 OF THE WAY UP. OVEN SET AT 300 DEGREES FOR 7 HOURS.

TO MAKE SAUCE, TAKE BUTTER, GLUTEN FREE FLOUR AND BEEF SAUCE TO PUT ON TOP OF BEEF BROTH.

DINNER

CAULIFLOWER RICE

INGREDIENTS

2 TABLESPOONS AVOCADO OIL
2 GARLIC CLOVES, FINELY CHOPPED
1 TSP FRESH GRATED GINGER
3 GREEN ONIONS, CHOPPED
1 LARGE BELL PEPPER, SEEDED AND DICED
1 LB RICED CAULIFLOWER (FROZEN IS OKAY)
2 CUPS FINELY CHOPPED KALE
3 TBSP COCONUT AMINOS
1 TSP SEA SALT
1/4 TSP CRUSHED RED PEPPER FLAKES
1 CUP HEAVY WHIPPING CREAM
2 TABLESPOON CORN STARCH



DIRECTIONS

ADD AVOCADO OIL TO THE SAME SKILLET YOU USED FOR THE SHRIMP, AND TURN THE HEAT UP A BIT.

ADD THE GARLIC, GINGER AND GREEN ONIONS TO OIL. SAUTÉ, STIRRING FREQUENTLY, FOR 1 MINUTE.

ADD BELL PEPPER, CAULIFLOWER, KALE, COCONUT AMINOS, SALT AND PEPPER FLAKES. STIR-FRY UNTIL VEGGIES ARE TENDER, ABOUT 5 TO 7 MINUTES. SERVE WITH SHRIMP, HOT SAUCE AND EXTRA COCONUT AMINOS IF DESIRED.

DINNER

BANG-BANG SHRIMP TACOS

INGREDIENTS FOR SHRIMP

- 1 LB SHRIMP 26-30, PEELED & DEVEINED
- 6 BAMBOO SKEWERS (OPTIONAL)
- 4 TABLESPOONS PLAIN GREEK YOGURT
- 3 TABLESPOONS SWEET CHILI SAUCE
- 1 TEASPOON SRIRACHA SAUCE
- 2 TABLESPOONS CHOPPED GREEN ONIONS SLICED AT AN ANGLE, DIVIDED

INGREDIENTS FOR CILANTRO LIME COLESLAW

- 1/4 RED ONION, FINELY DICED
- 4 CUPS SHREDDED GREEN CABBAGE
- 2 TEASPOONS HONEY
- 3/4 CUP MAYONNAISE
- 1/2 TEASPOON RICE VINEGAR
- 2 GARLIC CLOVES, MINCED
- 1/2 CUP FRESH CILANTRO
- 1 LIME, ZESTED
- 2 TEASPOONS FRESH LIME JUICE

DIRECTIONS

IF USING SKEWERS, PLACE THEM IN A SHALLOW BAKING DISH AND COVER THEM WITH WATER AND SOAK THEM 10 MINUTES PRIOR TO USING. IN A SMALL BOWL, COMBINE YOGURT, SWEET CHILI SAUCE, SRIRACHA AND 1 TABLESPOON GREEN ONIONS. MIX WELL. POUR HALF THE SAUCE IN A SMALLER BOWL TO USE AS A DIPPING SAUCE. SET ASIDE. IF USING SKEWERS, THREAD 4-5 SHRIMP ON EACH AND BRUSH THE REMAINING SAUCE OVER THE SHRIMP. HEAT A SKILLET OR GRIDDLE OVER MEDIUM HEAT. DRIZZLE 2 TABLESPOONS OIL ONTO THE SKILLET OR GRIDDLE AND PLACE THE SHRIMP IN THE SKILLET. COOK THE SHRIMP 3 MINUTES PER SIDE, OR UNTIL SHRIMP IS OPAQUE. (ADJUST THE COOKING TIME IF USING DIFFERENT SIZE SHRIMP.) WHILE THIS IS COOKING, MIX ALL THE SLAW INGREDIENTS IN A MIXING BOWL. PLACE 3-4 SHRIMP ON A CORN OR FLOUR TORTILLA OF YOUR CHOICE, WITH A DOLLOP OF SAUCE DIPPING SAUCE, AND ADD A SCOOP OF COLESLAW.

DINNER

SPRING ROLLS

INGREDIENTS

1 LARGE BUNCH OF COLLARD GREENS
6-7 MEDIUM-SIZED RAW SHRIMP (ABOUT 1/4 POUND)
1 CARROT, THINLY SLICED
1/2 A CUCUMBER, SEEDS REMOVED AND THINLY SLICED
2 GREEN ONIONS, DARK GREEN TOPS REMOVED AND THINLY SLICED
1 BUNCH OF FRESH MINT, BASIL OR CILANTRO LEAVES
1 PACKAGE KELP NOODLES (YOU'LL USE ABOUT HALF), OPTIONAL
1/4 CUP OF UMAMI MAYO FOR DIPPING, OPTIONAL

DIRECTIONS

YOU'LL NEED TO BLANCH THE COLLARD LEAVES SO THEY BECOME MORE PLIABLE AND LOSE SOME OF THEIR BITTER FLAVOR (THIS CAN BE DONE AHEAD OF TIME). SET UP A LARGE BOWL WITH ICE WATER. BRING A VERY LARGE POT OF WATER TO BOILING. DIP THE WHOLE COLLARD LEAVES IN THE BOILING WATER FOR 1 MINUTE. IMMEDIATELY PLACE THEM IN THE ICE WATER TO COOL AND STOP THE COOKING PROCESS. DRAIN AND SET ASIDE. PEEL AND DEVEIN THE SHRIMP, IF NEEDED. INTO A SMALL SKILLET OVER MEDIUM HEAT, PLACE THE RAW SHRIMP AND 2-3 TABLESPOONS OF WATER. COVER AND STEAM UNTIL THE SHRIMP ARE PINK, ABOUT 2 MINUTES. SET ASIDE TO COOL. SLICE IN HALF FROM HEAD TO TAIL. RINSE AND DRAIN THE KELP NOODLES. SET ASIDE. PREPARE THE CARROT, CUCUMBER AND GREEN ONION. HOW THINLY YOU SLICE THEM DEPENDS ON HOW MUCH CHEWING YOU WANT TO BE INVOLVED. NOW THAT THE COLLARD LEAVES ARE COOL, REMOVE THE TOUGH STEM WITH A SHARP KNIFE BY CUTTING UPWARD TOWARD THE TOP OF THE LEAF IN AN UPSIDE-DOWN V SHAPE. THE LEAVES WILL ROLL BETTER. NOW ASSEMBLE A WRAP: LAY THE COLLARD LEAF ON A FLAT SURFACE. PLACE TWO HALVES OF SHRIMP AT THE TOP OF THE LEAF. NEXT, PUT A SMALL AMOUNT OF KELP NOODLES (A LITTLE LESS THAN A 1/4 CUP WORKED FOR ME). ON TOP OF THE SHRIMP. NOW YOU'RE READY TO WRAP, BURRITO-STYLE. GENTLY BUT WITH A BIT OF PRESSURE, ROLL FROM THE SHRIMP END TOWARD THE STEM END. ONCE YOU'VE ROLLED OVER ONCE, FOLD IN THE SIDES AND THEN FINISH ROLLING ALL WAY DOWN. REPEAT WITH THE REMAINING INGREDIENTS. SLICE EACH WRAP IN HALF AND SERVE COLD WITH YOUR CHOICE OF DIPPING SAUCES, IF DESIRED.

DINNER

CHICKEN BOWL

INGREDIENTS

2 AVOCADOS
12 OZ JAR OF ROASTED PEPPERS - DRAINED
2 CLOVES GARLIC - PEELED
1 POUND BONELESS SKINLESS CHICKEN THIGHS
1 TBSP AVOCADO OR OLIVE OIL
1/2 RED ONION - PEELED AND DICED
2 CUPS MUSHROOMS - SLICED
6 CUPS GREENS (SPINACH, KALE, ETC.)
SALT AND PEPPER



DIRECTIONS

FIRST MAKE ROASTED PEPPER SAUCE BY PLACING 1 AVOCADO, THE PEPPERS, GARLIC CLOVES AND A PINCH OF SALT AND PEPPER INTO A FOOD PROCESSOR. BLEND UNTIL SMOOTH AND PLACE IN REFRIGERATOR TO CHILL. SEASON CHICKEN WITH SALT AND PEPPER ON BOTH SIDES. HEAT A LARGE SKILLET OVER MEDIUM HEAT AND ADD AVOCADO OIL. ONCE HOT, ADD CHICKEN TO COOK, ABOUT 4-5 MINUTES PER SIDE.

WHILE THE CHICKEN IS COOKING, CUT UP ONION, MUSHROOMS, AND GREENS. ONCE THE CHICKEN IS COOKED THROUGH, REMOVE FROM SKILLET AND PLACE ON A COOKING BOARD TO REST. ADD ONION TO SKILLET AND COOK FOR 3-4 MINUTES, STIRRING FREQUENTLY UNTIL ONIONS BEGIN TO SOFTEN. ADD MUSHROOMS AND COOK UNTIL THEY START TO SOFTEN, ANOTHER 2-3 MINUTES. ADD GREENS AND COOK UNTIL THEY BEGIN TO WILT, ABOUT 1-2 MINUTES. REMOVE FROM HEAT. SLICE CHICKEN INTO BITE-SIZED PIECES AND MIX WITH VEGGIES.

SERVE IN BOWLS AND TOP EACH BOWL WITH 1/2 AVOCADO AND A GENEROUS AMOUNT OF ROASTED PEPPER SAUCE.

DINNER

CHEESY BROCCOLI CASSEROLE

INGREDIENTS

30-32 OUNCES (7 CUPS PACKED) FROZEN OR FRESH BROCCOLI FLORETS
1 HEAD CAULIFLOWER
1 TABLESPOON GRASS-FED BUTTER
1 1/2 CUPS (13.6 OUNCES) FULL-FAT CANNED COCONUT MILK
2 EGGS, LIGHTLY BEATEN
1/2 CUP AND 2 TABLESPOONS NUTRITIONAL YEAST, DIVIDED
1 TEASPOON SEA SALT
1/4 TEASPOON GROUND BLACK PEPPER
2 CUPS PORK RINDS, CRUSHED

DIRECTIONS

PREHEAT THE OVEN TO 350 DEGREES. STEAM THE BROCCOLI FLORETS UNTIL THEY'RE FORK-TENDER. DRAIN AND SET ASIDE. CUT THE FLORETS FROM THE HEAD OF THE CAULIFLOWER. EITHER USING THE GRATING ATTACHMENT ON YOUR FOOD PROCESSOR OR BY SIMPLY ADDING THEM TO THE FOOD PROCESSOR BOWL, BREAK THEM UP INTO RICE-SIZED PIECES. TRANSFER THE "RICE" TO A MICROWAVE-SAFE BOWL WITH A FEW TABLESPOONS WATER. COVER AND COOK FOR 7 MINUTES. DRAIN AND SET ASIDE. MELT THE BUTTER IN A LARGE FRYING PAN AND THEN ADD THE "RICE." STIR WELL, COVER, AND LET IT STEAM FOR 5 MINUTES OVER MEDIUM HEAT. REMOVE THE LID AND CONTINUE TO STIR AND COOK FOR AN ADDITIONAL 5-10 MINUTES, OR UNTIL THE RICE IS COOKED. IN A LARGE MIXING BOWL, WHISK TOGETHER THE COCONUT MILK, BEATEN EGGS, 1/2 CUP NUTRITIONAL YEAST, SEA SALT, AND PEPPER. ADD THE COOKED BROCCOLI AND CAULIFLOWER RICE. STIR TO INCORPORATE. POUR THE MIXTURE INTO A LARGE (9X13) CASSEROLE DISH. COVER WITH ALUMINUM FOIL AND BAKE AT 350 FOR 20 MINUTES. IN A SMALL BOWL, MIX THE 2 CUPS CRUSHED PORK RINDS WITH THE REMAINING 2 TABLESPOONS OF NUTRITIONAL YEAST. REMOVE THE CASSEROLE FROM THE OVEN AND SPRINKLE THE TOP WITH THE NUTRITIONAL YEAST AND PORK RIND BREADING. RETURN TO THE OVEN AT 350 FOR AN ADDITIONAL 15 MINUTES. LET COOL FOR 5-10 MINUTES AND THEN SERVE WARM.

DINNER

KUNG PAO CHICKEN



80%

INGREDIENTS

1 LB. BONELESS, SKINLESS CHICKEN THIGHS
SEA SALT
GROUND BLACK PEPPER
2 TEASPOON ARROWROOT FLOUR
2 TEASPOON SESAME OIL
3 TABLESPOON COCONUT AMINOS
2 TEASPOON RAW HONEY
1/2 TEASPOON DRIED GINGER
1 TABLESPOON LARD/BACON FAT OR TALLOW
6 SMALL DRIED RED CHILI PEPPERS, CUT IN HALF AND REMOVED SEEDS
CRUSHED RED PEPPER FLAKES (OPTIONAL)
2 CLOVES OF GARLIC, MINCED
1/4 CUP CHOPPED GREEN ONION
1/3 CUP CHOPPED RAW CASHEWS

DIRECTIONS

CUT THE CHICKEN THIGHS INTO 1" PIECES AND SEASON WITH SEA SALT AND GROUND BLACK PEPPER. SET ASIDE. TO MAKE THE SAUCE, PLACE THE ARROWROOT FLOUR, SESAME OIL AND COCONUT AMINOS IN SMALL SAUCEPAN AND STIR TO COMBINE. ADD THE RAW HONEY AND DRIED GINGER, PLACE OVER MEDIUM HEAT AND BRING JUST TO A LIGHT BOIL, STIRRING FREQUENTLY. REMOVE FROM HEAT AND SET ASIDE. IN A LARGE SKILLET OR WOK, MELT THE FAT OVER MEDIUM-HIGH HEAT. ADD THE CHILI PEPPERS, GARLIC AND A FEW DASHES OF RED PEPPER FLAKES OR SICHUAN PEPPERCORNS AND SAUTE FOR ABOUT 30 SECONDS. ADD THE CHICKEN AND COOK 3-5 MINUTES OR UNTIL BROWNED ON ALL SIDES. ADD THE GREEN ONION TO THE PAN AND TOSS TO COMBINE. POUR IN THE SAUCE AND COOK FOR ANOTHER 2-3 MINUTES UNTIL HEATED THROUGH AND THE CHICKEN IS FULLY COOKED. ADD THE CHOPPED CASHEWS, STIR AND SERVE.

DINNER

CILANTRO LIME SHRIMP

INGREDIENTS

1 1/2 POUNDS PEELED AND DEVEINED JUMBO SHRIMP
1/4 TEASPOON PLUS 1/8 TEASPOON GROUND CUMIN
KOSHER SALT AND FRESHLY GROUND BLACK PEPPER
2 TEASPOONS EXTRA-VIRGIN OLIVE OIL
5 GARLIC CLOVES, CRUSHED
2 TABLESPOONS LIME JUICE (FROM 1 MEDIUM LIME)
3 TO 4 TABLESPOONS CHOPPED FRESH CILANTRO

DIRECTIONS

SEASON THE SHRIMP WITH CUMIN, AND SALT AND PEPPER TO TASTE. HEAT A LARGE NONSTICK SKILLET OVER MEDIUM-HIGH HEAT. ADD 1 TEASPOON OF THE OIL TO THE PAN, THEN ADD HALF OF THE SHRIMP. COOK THEM UNDISTURBED FOR ABOUT 2 MINUTES. TURN THE SHRIMP OVER AND COOK UNTIL OPAQUE THROUGHOUT, ABOUT 1 MINUTE. TRANSFER TO A PLATE. ADD THE REMAINING 1 TEASPOON OIL AND THE REMAINING SHRIMP TO THE PAN AND COOK, UNDISTURBED, FOR ABOUT 2 MINUTES. TURN THE SHRIMP OVER, ADD THE GARLIC, AND COOK UNTIL THE SHRIMP IS OPAQUE THROUGHOUT, ABOUT 1 MINUTE. RETURN THE FIRST BATCH OF SHRIMP TO THE SKILLET, MIX WELL SO THAT THE GARLIC IS EVENLY INCORPORATED AND REMOVE THE PAN FROM THE HEAT. SQUEEZE THE LIME JUICE OVER ALL THE SHRIMP. ADD THE CILANTRO, TOSS WELL, AND SERVE.

DINNER

ROASTED VEGGIES CHICKEN SAUSAGE

INGREDIENTS

2 PARSNIPS, SLICED
1½ CUPS BROCCOLI, CHOPPED
1½ CUPS CAULIFLOWER, CHOPPED
¼ CUP RED ONION, SLICED
1½ TABLESPOON AVOCADO OIL
2 TEASPOON ITALIAN SEASONING
¼ TEASPOON SALT
¼ TEASPOON PEPPER

DIRECTIONS

PREHEAT OVEN TO 425 DEGREES. TOSS 2 SLICED PARSNIPS, CHOPPED BROCCOLI, CAULIFLOWERRED ONION WITH AVOCADO OIL, ITALIAN SEASONING AND SALT AND PEPPER; SPREAD IN A SINGLE LAYER ON A LARGE BAKING SHEET.

ROAST, STIRRING OCCASIONALLY, UNTIL VEGETABLES ARE TENDER AND BEGINNING TO CARAMELIZE. IN THE LAST 10 MINUTES, ADD 2 SLICED CHICKEN SAUSAGES.



80%

DINNER

STUFFED SHELLS

INGREDIENTS

1 TABLESPOON OLIVE OIL
20 JUMBO PASTA SHELLS, HALF A 12 OUNCE BOX
1 PINCH OF CRUSHED PEPPER FLAKES
3 CUPS MARINARA SAUCE
15 OUNCE CONTAINER OF RICOTTA CHEESE
2/3 CUP PARMESAN CHEESE
1 LARGE EGG
2 TABLESPOONS CHOPPED ITALIAN PARSLEY
1 TEASPOON CHOPPED FRESH ROSEMARY
3/4 TEASPOON SALT
1/2 TEASPOON PEPPER
1/4 TEASPOON GROUND NUTMEG
1 CUP SHREDDED MOZZARELLA CHEESE

DIRECTIONS

LIGHTLY OIL OR SPRAY A 9 X 13 INCH BAKING PAN AND SET ASIDE. PRE-HEAT THE OVEN TO 350 DEGREES F. BRING A LARGE POT OF SALTED WATER TO A BOIL. PARTIALLY COOK THE PASTA SHELLS IN WATER, 4-6 MINUTES. STRAIN THE SHELLS AND LAY IN THE PAN. MIX THE RICOTTA, PARMESAN, EGG, PARSLEY, ROSEMARY, SALT, PEPPER, AND NUTMEG TOGETHER IN A MEDIUM BOWL. FILL EACH SHELL WITH 1-2 TABLESPOONS OF THE CHEESE MIXTURE. SPOON THE SAUCE ON AND AROUND THE SHELLS. TOP WITH MOZZARELLA CHEESE. BAKE UNTIL BUBBLY AND GOLDEN, ABOUT 25 MINUTES.

DINNER

SHORT RIBS

INGREDIENTS

2 LBS. SHORT RIBS
1 CUP WATER
1 CUP KETCHUP
6 OZ. TOMATO PASTE
3/4 CUP BROWN SUGAR
1/2 CUP VINEGAR
2 TABLESPOON PREPARED MUSTARD
1 TABLESPOON SALT

DIRECTIONS

MIX WATER, KETCHUP, TOMATO PASTE, BROWN SUGAR, VINEGAR, MUSTARD AND SALT IN SLOW COOKER.

PLACE SHORT RIBS INTO SAUCE STIR TO COAT. SET COOKER ON LOW AND COOK FOR 8 HOURS.



DINNER

MEXICAN ZUCCHINI LASAGNA

INGREDIENTS

ZUCCHINI NOODLES

1 1/2 LB GROUND BEEF, UNCOOKED

16 OZ SOUR CREAM

4 OR 8 OZ MONTEREY JACK CHEESE, SHREDDED

PACE PICANTE MEDIUM SALSA

1 16 OZ CAN OF REFRIED BEANS

3 TEASPOON OREGANO

3 TEASPOON CUMIN

3/4 TEASPOON GARLIC SALT

DIRECTIONS

PREHEAT OVEN AT 350 DEGREES. MAKE MEAT MIX WITH GROUND BEEF, REFRIED BEANS, OREGANO, CUMIN AND GARLIC SALT.

DIVIDE MEAT MIX INTO TWO PORTIONS

IN AN 8X10 PAN LAYER 4 UNCOOKED NOODLES AND MEAT MIX, 4 UNCOOKED NOODLES AND MEAT MIX, 4 UNCOOKED NOODLES AND MEAT MIX. THEN 4 MORE UNCOOKED NOODLES.

THEN POUR 16 OUNCE SALSA ON TOP OF LAYERS OF NOODLES AND MEAT AND ON SIDES. AFTER EMPTYING SALSA FILL BACK UP WITH WATER AND THEN POUR WATER THE SAME WAYS AS THE SALSA.

PLACE 16 OUNCE SOUR CREAM ON TOP AND THEN SHREDDED CHEESE. PLACE BACK IN OVEN FOR 5 MINUTES UNTIL CHEESE MELTS.

DINNER

SHRIMP & SCALLOPS

INGREDIENTS

BUTTER

1 LB LARGE SHRIMP

1 LB SEA SCALLOPS

1/2 CUP BASIL

1/2 CUP PESTO SAUCE

1/2 CUP HEAVY WHIPPING CREAM

DIRECTIONS

MIX HEAVY WHIPPING CREAM, BASIL AND PESTO SAUCE TO BE USED FOR DIPPING SAUCE.

ADD THE BUTTER TO A LARGE SAUTE PAN USING HIGH HEAT. ONCE THE BUTTER HAS MELTED, ADD THE SHRIMP AND SCALLOPS AND SAUTE FOR 2 MINUTES, TURNING SEVERAL TIMES.

SEASON WITH SALT AND PEPPER FOR TASTE.



DINNER

LOBSTER MASHED POTATOES

INGREDIENTS

6 YUKON GOLD POTATOES,
PEELED AND QUARTERED
3 TABLESPOON ORGANIC UNSALTED BUTTER
2 CLOVES GARLIC, MINCED
1/2 CUP WHOLE MILK
2 TABLESPOON FULL-FAT CREAM CHEESE
1/2 TEASPOON EACH SEA SALT AND GROUND
BLACK PEPPER
1 CUP
COOKED LOBSTER CHUNKS
(1/2-INCH CHUNKS; TAIL AND CLAW
MEAT PREFERABLY)
1/2 CUP GRATED CHEDDAR CHEESE
2 TBSP CHOPPED FRESH CHIVES



DIRECTIONS

TO A LARGE POT, ADD POTATOES AND COVER WITH COLD WATER BY 1 INCH. BRING TO A BOIL, REDUCE HEAT TO MEDIUM AND SIMMER UNTIL POTATOES ARE VERY TENDER, 20 TO 25 MINUTES.

MEANWHILE, IN A SMALL SAUCEPAN, MELT BUTTER ON MEDIUM. ADD GARLIC AND COOK, STIRRING CONSTANTLY UNTIL FRAGRANT, ABOUT 45 SECONDS. REMOVE FROM HEAT AND SET ASIDE TO COOL.

DRAIN POTATOES, RESERVING 1 CUP COOKING WATER. RETURN POTATOES TO POT AND MASH WITH A POTATO MASHER UNTIL SMOOTH, ADDING BACK RESERVED CUP OF COOKING LIQUID WHILE MASHING. ADD GARLIC-BUTTER MIXTURE, MILK, CREAM CHEESE, SALT AND PEPPER AND CONTINUE TO MASH UNTIL FULLY INCORPORATED. FOLD IN LOBSTER, CHEDDAR AND CHIVES.

DINNER

CHEESE CRUSTED BROCCOLI CASSEROLE

INGREDIENTS

9×13 CASSEROLE DISH
1 CUP OF MAYONNAISE
10.5 OZ CAN OF ORGANIC CREAM OF CHICKEN SOUP
2 EGGS, BEATEN
1 MEDIUM SIZE ONION, DICED
1 CUP GRATED SHARP CHEDDAR CHEESE
20 OZ FROZEN BROCCOLI
BUTTER
ORGANIC CHEESE NIBS OR RITZ CRACKERS

DIRECTIONS

IN A LARGE BOWL, MIX TOGETHER THE MAYO, CREAM OF CHICKEN SOUP, EGGS (BEATEN), SHREDDED CHEESE, ONION AND BROCCOLI. THE BROCCOLI WILL STILL BE FROZEN WHEN YOU MIX IT TOGETHER.

SPRAY THE CASSEROLE DISH WITH NON STICK COOKING SPRAY. POUR THE MIXTURE IN THE CASSEROLE DISH. ADD ABOUT 2 OR 3 CUPS OF ORGANIC CHEESE NIBS IN A LARGE BAGGY AND USE A ROLLING PIN TO CRUSH THE CRACKERS. THIS WILL BE THE CRUST FOR THE TOP OF THE CASSEROLE.

SPRINKLE THE CRUMBLER CHEESE CRACKER TOPPING OVER THE TOP OF THE UNCOOKED CASSEROLE.

PUT SMALL PATS OF BUTTER OVER THE CRACKER TOPPING. I USED VERY THIN SLICES OF REAL BUTTER. BAKE AT 375 DEGREES FOR 45 MINUTES.

DINNER

SPINACH CAULIFLOWER MASHED POTATOES



INGREDIENTS

2 BAGS OF CAULIFLOWER
2 CUPS SPINACH
1/2 STICK OF BUTTER
1/2 CUP ONION
1/8 CUP OLIVE OIL
1 CUP FRESH CHIVES
1/2 CUP ONIONS
PINCH OF SALT

DIRECTIONS

PUT THE CAULIFLOWER IN A POT AND BOIL UNTIL TENDER. THEN PLACE THE CAULIFLOWER IN A FOOD PROCESSOR - ADD BUTTER AND OLIVE OIL BEFORE YOU START TO MIX IT UP!

TRANSFER THE CAULIFLOWER MASHED POTATOES INTO SEPERATE PAN AND MIX SPINACH AND FRESH CHIVES INTO IT.

THEN SAUTE ONIONS IN A PAN WITH OLIVE OIL. ADD IN THE CAULIFLOWER MIXTURE WITH SPINACH AND CHIVES. MAKE SURE TO MIX TO COOK THE SPINACH A LITTLE LONGER. THEN ADD SALT TO TASTE.

POUR SPINACH CAULIFLOWER MASHED POTATOES INTO A PAN AND TOP WITH CHIVES. SERVE AND ENJOY!

DRESSING RECIPES

THE 80/20 COLLECTION

DRESSING

CHAMPAGNE VINAIGRETTE

INGREDIENTS

1 TABLESPOON CHOPPED SHALLOT
1 TABLESPOON DIJON MUSTARD
2 TABLESPOONS SUGAR
1 TEASPOON MINCED GARLIC
1/2 CUP CHAMPAGNE VINEGAR
1 1/2 CUPS SALAD OIL
3/4 TEASPOON SALT
1/2 TEASPOON WHITE PEPPER

DIRECTIONS

IN A MEDIUM BOWL, USE A WHISK TO COMBINE ALL INGREDIENTS.



DRESSING

THAI SWEET RED CHILI & GINGER

INGREDIENTS

3 LIMES, JUICED
2-3 TABLESPOONS SWEET CHILI SAUCE
2-3 TEASPOONS CHILI GARLIC SAUCE
1 TEASPOON CORIANDER
1/2 TEASPOON GARLIC POWDER
1/2 TEASPOON TURMERIC
1 TEASPOON GINGER ROOT, MINCED
1 1/2 CUPS CANOLA OIL
2 TABLESPOONS RICE VINEGAR
1 TABLESPOON FISH SAUCE

DIRECTIONS

COMBINE ALL INGREDIENTS IN A BLENDER. BLEND UNTIL SMOOTH AND COMBINED.

DRESSING

CUCUMBER SALSA

INGREDIENTS

3-4 BABY CUCUMBERS, DICED
1/4 CUP RED ONION, DICED
3 SCALLION, THINLY SLICED, GREEN PARTS ONLY
1/4 CUP RICE WINE VINEGAR
1 TEASPOON SESAME OIL
1 LIME, JUICED
1 JALAPEÑO CHILI; MINCED
1/3 CUP CILANTRO LEAVES
2 TABLESPOONS AGAVE

DIRECTIONS

IN A LARGE BOWL, COMBINE ALL INGREDIENTS.

REFRIGERATE FOR 30 MINUTES.

ADJUST SEASONINGS TO TASTE.



DRESSING

SWEET CHILI AND GINGER

INGREDIENTS

6 OZ VERMICELLI RICE NOODLES
1 RED OR YELLOW BELL PEPPER, JULIENNED
2 OZ SNOW PEAS, TRIMMED AND THINLY SPRICED
1 CUP BEAN SPROUTS
2 GREEN ONIONS, GREEN PARTS ONLY, THINLY SLICED
1/2 CUP FRESH CILANTRO, ROUGH CHOPPED
1 CUP SHREDDED CARROT
1/2 ENGLISH CUCUMBER, CUT IN HALVES
3 CUPS ROMAINE LETTUCE, CHOPPED
2 CUPS SAVORY CABBAGE, SHREDDED
1/2 THAI SWEET CHILI AND GINGER OIL AND VINEGAR
1 CUP CHOPPED PEANUTS/ALMONDS

DIRECTIONS

SOAK RICE NOODLES IN COOL WATER FOR 15 MINUTES. ADD WATER TO A LARGE POT AND BRING TO A BOIL WHILE NOODLES SOAK. MEANWHILE, BEGIN PREPARING THE VEGETABLES AND PLACE IN A LARGE BOWL. COOK RICE NOODLES AS DIRECTED ON THE PACKAGE OR UNTIL TENDER. DRAIN AND RINSE UNDER COLD WATER, TOSSING. USING A KITCHEN SHEARS, CUT NOODLES INTO SHORTER PIECES. ADD DRESSING TO SALAD INGREDIENTS IN THE BOWL. SEASON WITH SALT AND PEPPER TO TASTE. THEN ADD NOODLES AND TOSS. TOP SALAD WITH CHOPPED PEANUTS.

DRESSING

POPPY SEED



80%

INGREDIENTS

1/4 CUP WHITE WINE VINEGAR OR CHAMPAGNE VINEGAR
1/4 CUP SUGAR
1 SMALL SHALLOT
1 TO 1 1/2 TABLESPOONS POPPY SEEDS
1/2 TEASPOON SALT
1/2 TEASPOON GROUND MUSTARD
2 TEASPOONS MAYONNAISE
1/2 CUP OLIVE OIL OR GRAPESEED OIL

DIRECTIONS

WHISK THE WHITE WINE VINEGAR AND SUGAR UNTIL THE SUGAR IS MOSTLY DISSOLVED. PEEL THE SHALLOT AND GRATE IT ON A MICROPLANE OR THE SMALLEST HOLES ON A BOX GRATER DIRECTLY INTO THE BOWL. ADD THE POPPY SEEDS, SALT, AND GROUND MUSTARD AND WHISK TO COMBINE. TRANSFER TO A COVERED CONTAINER AND STORE IN THE FRIDGE FOR SEVERAL WEEKS. THE DRESSING WILL SEPERATE AS IT SITs; SHAKE TO RECOMBINE BEFORE USING.

DRESSING

CHIPOTLE CORN SALSA

INGREDIENTS

WHITE FROZEN CORN
2 POBLANO CHILLIES
1/2 RED ONION
2 RED JALAPENOS
1/3 CUP CHOPPED CILANTRO
1 TABLESPOON LIME JUICE
SALT AND PEPPER TO TASTE



DIRECTIONS

ROAST THE CORN AND POBLANO CHILLIES ON A GRILL AND LET IT COOL. DICE THE POBLANO CHILLIES, ONION, AND RED JALEPENOS. COMBINE ALL THE INGREDIENTS AND SEASON TO TASTE.

DRESSING

CAESAR SALAD



INGREDIENTS

2 SMALL GARLIC CLOVES, MINCED
1 TEASPOON ANCHOVY PASTE
2 TABLESPOONS FRESHLY SQUEEZED LEMON JUICE,
1 TEASPOON DIJON MUSTARD
1 TEASPOON WORCESTERSHIRE SAUCE
1 CUP MAYONNAISE
1/2 CUP FRESHLY GRATED PARMIGIANO-REGGIANO
1/4 TEASPOON SALT
1/4 TEASPOON FRESHLY GROUND BLACK PEPPER

DIRECTIONS

IN A MEDIUM BOWL, WHISK TOGETHER THE GARLIC, ANCHOVY PASTE, LEMON JUICE, DIJON MUSTARD AND WORCESTERSHIRE SAUCE. ADD THE MAYONNAISE, PARMIGIANO-REGGIANO, SALT AND PEPPER AND WHISK UNTIL WELL COMBINED. TASTE AND ADJUST TO YOUR LIKING.

THE CHANTEL RAY WAY

80%

DRESSING

CABBAGE SALAD



INGREDIENTS

SILVERED SWEET VIDALIA ONIONS
SLIVERED CELERY
SESAME OIL
SESAME SEEDS
SILVERED CABBAGE

DIRECTIONS

IN A MEDIUM BOWL, MIX INGREDIENTS.

DRESSING

ASAIN SLAW

INGREDIENTS

1/4 CUP HONEY
1/4 CUP VEGETABLE OIL
1/4 CUP UNSEASONED RICE VINEGAR
1 TABLESPOON SOY SAUCE
1 TEASPOON TOASTED SESAME OIL
1 TABLESPOON PEANUT BUTTER
1/2 TEASPOON SALT
1/2 TEASPOON SRIRACHA SAUCE, OPTIONAL
1 TABLESPOON MINCED FRESH GINGER
1 LARGE GARLIC CLOVE, MINCED

DIRECTIONS

IN A MEDIUM BOWL, MIX INGREDIENTS.



DRESSING

YUM-YUM SAUCE

INGREDIENTS

1 AND 1/4 CUP PALEO MAYO
1 TEASPOON TOMATO PASTE
1 TABLESPOON OF BUTTER
1/2 TEASPOON GARLIC POWDER
1/2 A PACKET OF STEVIA
1/4 TEASPOON PAPRIKA
WATER

DIRECTIONS

IN A LARGE BOWL PUT IN ALL THE INGREDIENTS.
WHISK EVERYTHING TOGETHER UNTIL SMOOTH.
PLACE IN FRIDGE OVERNIGHT TO CHILL.



DRESSING

FAJITA SEASONING

INGREDIENTS

1 TABLESPOON CORNSTARCH
2 TEASPOONS CHILI POWDER
1 TEASPOON SALT
1 TEASPOON PAPRIKA
1 TEASPOON WHITE SUGAR
1/2 TEASPOON ONION POWDER
1/2 TEASPOON GARLIC POWDER
1/4 TEASPOON CAYENNE PEPPER
1/2 TEASPOON GROUND CUMIN

DIRECTIONS

STIR CORNSTARCH, CHILI POWDER, SALT, PAPRIKA, SUGAR, ONION POWDER, GARLIC POWDER, CAYENNE PEPPER, AND CUMIN TOGETHER IN A SMALL BOWL.

DRESSING

CHICKEN MARINADE

INGREDIENTS

2 TABLESPOONS CUMIN
1 GREEK YOGURT
APRICOT PRESERVES

INGREDIENTS - SAUCE

3 TABLESPOONS OF BASIL PESTO
2 CUPS HEAVY WHIPPING CREAM

DRESSING

GINGER DRESSING

INGREDIENTS

1/2 CUP MINCED ONION
1/2 CUP PEANUT OIL
1/3 CUP RICE VINEGAR
2 TEASPOONS WATER
2 TABLESPOONS MINCED FRESH GINGER
2 TABLESPOONS MINCED CELERY
2 TABLESPOONS KETCHUP
4 TEASPOONS SOY SAUCE
2 TEASPOONS SUGAR
2 TEASPOONS LEMON JUICE
1/2 TEASPOON GARLIC MINCED
1/2 TEASPOON SALT
1/4 TEASPOON PEPPER



DIRECTIONS

IN A MEDIUM BOWL, USE A WHISK TO COMBINE ALL INGREDIENTS.

DRESSING

RANCH

INGREDIENTS

1/4 CUP OF PALEO MAYO
1/4 CUP COCONUT MILK
1 CLOVE OF GARLIC, CRUSHED
1/2 TEASPOON ONION POWDER
1 TABLESPOON FRESH PARSLEY, FINELY CHOPPED
1 TABLESPOON FRESH CHIVES, FINELY CHOPPED
1 TEASPOON FRESH DILL, FINELY CHOPPED
DASH OF SALT
DASH OF PEPPER

DIRECTIONS

MIX THE MAYO, COCONUT MILK, ONION POWDER, SALT, AND PEPPER WITH A FORK IN A BOWL. THEN ADD THE GARLIC AND FRESH HERBS.



DRESSING

AVOCADO RANCH

INGREDIENTS

1/2 CUP MILK
1 1/2 CUP MAYONNAISE
2 WHOLE AVOCADOS
2 HANDFULS OF CILANTRO
5 CLOVES OF GARLIC
1 1/12 LIMES - JUICED
1/2 TEASPOON CAYENNE PEPPER
SALT AND PEPPER TO TASTE



DIRECTIONS

CUT AND PIT THE AVOCADOS, WASH CILANTRO, AND JUICE LIMES.

PUT ALL INGREDIENTS INTO VITA MIX BLENDER AND BLEND ON HIGH UNTIL SMOOTH AND CREAMY. ADD SALT AND PEPPER TO TASTE.

THE CHANTEL RAY WAY

80%

DRESSING

ITALIAN



INGREDIENTS

1 TABLESPOON CHOPPED FRESH HERBS
1 TEASPOON DRIED OREGANO
1 CLOVE GARLIC MINCED WITH GARLIC PRESS
1/2 TEASPOON SEA SALT OR MORE TO TASTE
1/4 TEASPOON FRESH CRACKED BLACK PEPPER
1/4 CUP RED WINE VINEGAR
3/4 CUP ORGANIC EXTRA VIRGIN OLIVE OIL

DIRECTIONS

ADD ALL INGREDIENTS TO A CLOSED LID JAR
AND SHAKE UNTIL WELL MIXED.

DRESSING

SOUTHWEST CHILI-LIME

INGREDIENTS

1/4 CUP MAYO
1/2 TEASPOON OF MINCED GARLIC
1/4 TEASPOON OF CHILI POWDER
1 TABLESPOON OF MINCED FRESH JALAPEÑO
JUICE OF ONE LIME
SALT AND PEPPER TO TASTE

DIRECTIONS

IN A MEDIUM BOWL, USE A WHISK TO COMBINE ALL INGREDIENTS.



DRESSING

BALSAMIC

INGREDIENTS

1/2 CUP EXTRA VIRGIN OLIVE OIL
1/4 CUP BALSAMIC VINEGAR
PINCH OF SALT
PINCH OF CELERY SEED
2 TSP RAW HONEY
FRESH GROUND PEPPER

DIRECTIONS

IN A MEDIUM BOWL, USE A WHISK TO COMBINE ALL INGREDIENTS.



DRESSING

CILANTRO LIME

INGREDIENTS

1 CUP CILANTRO
3/4 CUP CANOLLA OIL
1 CLOVE MINCED GARLIC
2 TBSP HONEY
1/3 CUP RICE VINEGAR
1 SQUEEZED LIME
1/2 TSP KOSHER SALT
1 CUP CHIPOTLE PEPPERS *OPTIONAL

DIRECTIONS

IN A MEDIUM BOWL, USE A WHISK TO COMBINE ALL INGREDIENTS.



SNACK RECIPES

THE 80/20 COLLECTION

SNACKS

AVOCADO KALE SMOOTHIE BOWL

INGREDIENTS

1 AVOCADO, PEELED AND SEEDED
1 CUP KALE, ROUGHLY CHOPPED
1 RIPE BANANA
1/4 CUP STRAWBERRIES
1/4 CUP RASPBERRIES
1/4 CUP BLUEBERRIES
1/2 CUP ALMOND OR COCONUT MILK
2 TBSP. ALMOND BUTTER
MIXED BERRIES (FOR SERVING)
MIXED NUTS (FOR SERVING)

DIRECTIONS

PLACE ALL THE INGREDIENTS IN A BLENDER EXCEPT THE BERRIES AND NUTS FOR THE TOPPING, AND PULSE UNTIL EVERYTHING IS SMOOTH.

IF SMOOTHIE IS TOO THICK ADD MORE ALMOND MILK, 1/4 CUP AT A TIME, AND PULSING WITH EACH ADDITION.

SERVE THE SMOOTHIE IN A BOWL TOPPED WITH FRESH BERRIES AND NUTS.



SNACKS

CHOCOLATE MOUSSE



INGREDIENTS

1 CUP RAW, UNSALTED CASHEWS
1 CUP WATER (PLUS MORE FOR SOAKING)
4 OUNCES UNSWEETENED CHOCOLATE (MELTED)
1/3 CUP HONEY
1/2 CUP UNSWEETENED CACAO (OR COCOA)
1 VANILLA BEAN*, DIVIDED (SLICED AND SCRAPED)
1/8 TEASPOON SEA SALT
WHIPPED CASHEW CREAM

DIRECTIONS

PLACE CASHEWS IN A LARGE BOWL AND COVER WITH HOT WATER. SET ASIDE TO SOAK FOR 15 MINUTES, OR MORE.

DRAIN AND RINSE THE CASHEWS AND PLACE THEM IN A BLENDER. ADD 1 CUP OF WATER AND PUREE UNTIL SMOOTH. ADD THE MELTED CHOCOLATE, HONEY, UNSWEETENED CACAO, SALT, AND 3/4TH OF THE VANILLA BEAN. PUREE MIXTURE UNTIL LIGHT AND FLUFFY.

SERVE IMMEDIATELY, OR STORE IN THE REFRIGERATOR UNTIL READY TO USE. WAIT UNTIL THE CHOCOLATE HAS COOLED DOWN, BREAK INTO PIECES, AND SERVE.

SNACKS

ALMOND JOYS



INGREDIENTS

3 CUPS UNSWEETENED SHREDDED COCONUT
4 TABLESPOON MAPLE SYRUP
6 TABLESPOON EXTRA VIRGIN COCONUT OIL
1/4 TEASPOON SALT
2 SUGAR FREE CHOCOLATE BARS FROM TRADER JOES
1/2 CUP NATURAL ALMONDS

DIRECTIONS

COMBINE THE COCONUT, MAPLE SYRUP AND COCONUT OIL IN A FOOD PROCESSOR. BLEND FOR 2 MINUTES, PAUSING HALFWAY TO SCRAPE DOWN THE SIDES. SPOON THE MIXTURE INTO A 16-SLOTTED PLASTIC ICE TRAY AND PRESS DOWN. PLACE IN THE FREEZER WHILE YOU PREPARE THE MELTED CHOCOLATE. TO TEMPER THE CHOCOLATE, PLACE 1 CUP OF THE CHOCOLATE CHIPS IN A GLASS BOWL OVER A SIMMERING POT OF WATER. STIR CONSTANTLY WITH A RUBBER SPATULA UNTIL MELTED OR BETWEEN 110F AND 115F. REMOVE FROM HEAT AND PLACE ON A TOWEL, LET THE CHOCOLATE COOL TO 95F AND ADD THE REMAINING 1/2 CUP OF CHOCOLATE CHIPS. STIR UNTIL SMOOTH WITH THE RUBBER SPATULA. BREAK THE COCONUT CANDY FROM THE ICE TRAYS THEN DIP THE BOTTOM OF EACH ONE IN THE MELTED CHOCOLATE AND PLACE ON A WIRE COOLING RACK. PLACE A DOT OF THE MELTED CHOCOLATE ON TOP OF EACH CANDY TO SERVE AS GLUE, THEN PLACE AN ALMOND ON THE DOT. GRAB A SPOONFUL OF THE CHOCOLATE AND POUR IT OVER EACH CANDY, SMOOTHING IT OVER EACH SIDE UNTIL TOTALLY COVERED. TRANSFER THE CANDIES FROM THE WIRE RACK TO PARCHMENT PAPER THEN PLACE IN THE REFRIGERATOR FOR ONE HOUR OR UNTIL SET.



SNACKS

MATCHA COCONUT ICE CREAM

INGREDIENTS

2 15 OUNCE CANS FULL FAT UNSWEETENED COCONUT MILK
3 TABLESPOONS MAPLE SYRUP
1 TABLESPOON MATCHA POWDER
1 TEASPOON VANILLA EXTRACT

DIRECTIONS

REFRIGERATE COCONUT MILK OVERNIGHT SO THAT THE LIQUID AND CREAM SEPARATE. SET ASIDE THE LIQUID, YOU WILL ONLY BE USING THE CREAM. MIX INGREDIENTS TOGETHER IN A MEDIUM BOWL. MIX TOGETHER WITH AN ELECTRIC MIXER OR FOOD PROCESSOR UNTIL THOROUGHLY COMBINED. LINE A FREEZER SAFE PAN WITH PARCHMENT PAPER (I USED A 9 X 5 INCH LOAF PAN). POUR ICE CREAM MIXTURE INTO PAN AND COVER WITH ALUMINUM FOIL. PLACE IN THE FREEZER OVERNIGHT TO ALLOW TO FULLY FREEZE. ALLOW TO SIT ON THE COUNTER FOR 10 MINUTES TO SOFTEN BEFORE SERVING.

SNACKS

SUGAR COOKIES

INGREDIENTS

1 1/2 CUPS SIFTED, BLANCHED ALMOND FLOUR
1 CUP ARROWROOT FLOUR
1/2 TEASPOON SEA SALT
1/4 TEASPOON BAKING SODA
1/2 CUP SOFTENED COCONUT OIL
1/2 CUP HONEY
1/3 CUP APPLESAUCE
1 TEASPOON VANILLA EXTRACT



DIRECTIONS

PREHEAT OVEN TO 350F. IN THE LARGE BOWL, MIX ALMOND FLOUR, ARROWROOT FLOUR, SALT, BAKING SODA, AND LEMON RIND TOGETHER. SET ASIDE. IN ANOTHER BOWL, MIX WET INGREDIENTS OF COCONUT OIL, HONEY, VANILLA AND APPLESAUCE. POUR WET INGREDIENTS INTO DRY AND MIX THOROUGHLY. PLACE THE DOUGH INTO THE REFRIGERATOR FOR AN HOUR TO “SET”. ONCE THE DOUGH HAS SET, ROLL THE DOUGH OUT ONTO PARCHMENT PAPER UNTIL IT IS AT THE DESIRED THICKNESS. 1/4 INCH THICK IS PROBABLY BEST. DUST WITH ALMOND FLOUR AS NECESSARY. MAKE YOUR KIDS CUT OUT COOKIE SHAPES WITH CUTE, FESTIVE COOKIE CUTTERS. PLACE THE COOKIES ON A PARCHMENT-PAPER LINED COOKIE SHEET. BAKE FOR 8 MINUTES OR UNTIL LIGHTLY BROWN. COOL COMPLETELY ON THE WIRE RACK, SET IN THE REFRIGERATOR.

SNACKS

ALMOND BUTTER COOKIES

INGREDIENTS

1 CUP HOMEMADE ALMOND BUTTER (OR STORE BOUGHT), ROOM TEMPERATURE
1 CUP COCONUT SUGAR
1 LARGE EGG, ROOM TEMPERATURE
1 TEASPOON BAKING POWDER
1 TEASPOON PURE VANILLA EXTRACT
1/2 CUP RAW, UNSALTED CASHEWS
14 - 1/3 CUPS WATER (PLUS MORE FOR SOAKING)
VANILLA BEAN*
1 TABLESPOON HONEY



DIRECTIONS

PREHEAT OVEN TO 350 DEGREES WITH 2 OVEN RACKS CLOSEST TO THE CENTER. LINE 2 COOKIE SHEETS WITH PARCHMENT PAPER.

COMBINE ALL INGREDIENTS IN A MEDIUM SIZE BOWL AND STIR TO COMBINE. USE A MEDIUM SIZE COOKIE SCOOP TO SCOOP OUT THE DOUGH (1.5 TABLESPOON BALLS), PLACING 8 COOKIES ON EACH SHEET (4 ROWS OF 2 THAT ARE STAGGERED. BAKE FOR 9-10 MINUTES, UNTIL THE EDGES ARE SET AND THE CENTERS ARE PUFFED. (THE COOKIES WILL FLATTEN AND “CRACKLE” AS THEY COOL)

COOL FOR 10 MINUTES AND ENJOY! PARTICULARLY GOOD WITH MY HOMEMADE ALMOND MILK. COOKIES WILL KEEP IN AN AIRTIGHT CONTAINER FOR 1 WEEK, OR IN THE FREEZER FOR 1 YEAR.

SNACKS

COCONUT SUGAR COOKIES

INGREDIENTS - COOKIE

3/4 CUP NUTIVA ORGANIC SHORTENING
3/4 NUTIVA ORGANIC COCONUT SUGAR
2 EGGS
2 TEASPOON VANILLA EXTRACT
2 1/2 CUPS ALMOND FLOUR
1/2 CUP NUTIVA ORGANIC COCONUT FLOUR, SIFTED
1/2 TEASPOON SEA SALT
1/2 TEASPOON BAKING SODA



DIRECTIONS - COOKIE

PREHEAT THE OVEN TO 350 DEGREES. IN A LARGE BOWL, COMBINE THE ALMOND FLOUR, COCONUT FLOUR, SEA SALT AND BAKING SODA. SET ASIDE. ON A MEDIUM SPEED, USING A STAND UP MIXER, HAND MIXER OR FOOD PROCESSOR, COMBINE THE SHORTENING AND COCONUT SUGAR UNTIL CREAMY. ADD THE EGGS AND VANILLA EXTRACT. ADD THE DRY INGREDIENTS AND BEAT UNTIL JUST COMBINED. FORM THE DOUGH INTO A BALL AND CHILL FOR 30 MINTUES. PLACE THE DOUGH BETWEEN TWO LAYERS OF PARCHMENT PAPER, DUSTED WITH COCONUT FLOUR, AND ROLL ABOUT TO 1/2 INCH THICK. USE COOKIE CUTTERS TO CREATE DESIRED SHAPES. PLACE COOKIES ON A PARCHMENT LINED BAKING SHEET. BAKE FOR 12-13 MINUTES, UNTIL GOLDEN. LET COOL BEFORE YOU START FROSTING.

INGREDIENTS - FROSTING

2 CUPS NUTIVA ORGANIC SHORTENING
2 TABLESPOON NUTIVA ORGANIC VIRGIN COCONUT OIL
2 CUPS POWDERED SUGAR
2 TEASPOON VANILLA EXTRACT

DIRECTIONS - FROSTING

USING A STAND UP MIXER, HAND MIXER OR FOOD PROCESSOR, COMBINE THE SHORTENING, COCONUT OIL AND POWDERED SUGAR UNTIL SMOOTH AND FLUFFY (2-3 MINUTES). ADD THE VANILLA EXTRACT. ADD NATURAL FOOD COLORING, OR LEAVE WHITE. ICE COOKIES USING A PASTRY BAG.

SNACKS

CHIA SEED PUDDING



INGREDIENTS

1 CUP COCONUT OR ALMOND MILK
1/2 CUP CHIA SEEDS
1/2 TEASPOON ORGANIC VANILLA EXTRACT
1/8 CUP RAW HONEY
1 TEASPOON CINNAMON
2 TABLESPOONS PROTEIN POWDER *OPTIONAL

DIRECTIONS

PLACE ALL INGREDIENTS IN A BOWL AND MIX UNTIL SMOOTH.

POUR MIXTURE INTO A JAR OR GLASS CONTAINER.

TOP WITH CINNAMON AND FRUIT. SERVE AND ENJOY!

SNACKS

CHAI GINGERBREAD COOKIES

INGREDIENTS

6 TABLESPOONS MELTED COCONUT OIL (EXTRA FOR GREASING)
1 TSP PURE VANILLA EXTRACT
1/4 CUP MOLASSES
2 CUPS GLUTEN FREE ALL PURPOSE FLOUR
1/4 CUP COCONUT SUGAR
2 TSP BAKING POWDER
1 TSP BAKING SODA
2 TSP GRATED FRESH GINGER
1 TSP GRATED FRESH TURMERIC
1 TSP GROUND CINNAMON
1/2 TSP GROUND NUTMEG
PINCH OF SEA SALT
FRESHLY GROUND BLACK PEPPER
1/4 CUP COCONUT MILK

DIRECTIONS

PREHEAT THE OVEN TO 350 DEGREES. GREASE A BAKING SHEET WITH COCONUT OIL. MELT THE COCONUT OIL OVER MEDIUM HEAT IN A SMALL SAUCE PAN. ADD THE VANILLA AND MOLASSES. IN A LARGE BOWL, COMBINE THE FLOUR, SUGAR, BAKING POWDER, BAKING SODA, FRESH GINGER, TURMERIC, CINNAMON, NUTMEG, SALT AND PEPPER TO TASTE. STIR TO COMBINE.

ADD THE MELTED COCONUT OIL MIXTURE TO THE BOWL AND MIX TO INCORPORATE. ADD THE COCONUT MILK AND MIX TOGETHER. THE BATTER WILL BE STICKY- YOU CAN PLACE IT IN THE FREEZER FOR 15 MINUTES SO IT WILL BE EASIER TO WORK WITH. USE YOUR HANDS TO FORM BATTER INTO 2 INCH BALLS.

PLACE THE BALLS ON A BAKING SHEET ABOUT 1.5 INCHES APART AND FLATTEN LIGHTLY WITH YOUR PALM. BAKE FOR 8 TO 12 MINUTES, OR UNTIL THE EDGES ARE BROWNED AND CRISPY. STORE THE COOKIES IN AN AIRTIGHT CONTAINER AT ROOM TEMP FOR UP TO 1 WEEK. THESE ALSO FREEZE WELL!

SNACKS

BLUEBERRY CHIA MUFFINS

INGREDIENTS

1/3 CUP COCONUT OIL, MELTED AND COOLED **EXTRA TO GREASE YOUR MUFFIN TINS
1/4 CUP ALMOND MILK
2 LARGE EGGS
1.5 CUPS GREEK YOGURT
1 TSP PURE VANILLA EXTRACT
2 CUPS GLUTEN FREE ALL PURPOSE FLOUR BLEND
1/2 CUP COCONUT SUGAR
2 TSP BAKING POWDER
PINCH OF SEA SALT
1/4 CUP CHIA SEEDS
2 TSP GROUND CINNAMON
2 CUPS FRESH BLUEBERRIES

DIRECTIONS

PREHEAT THE OVEN TO 325 DEGREES, AND GREASE A MUFFIN TIN WITH COCONUT OIL, STIR TOGETHER THE COCONUT OIL, MILK, EGGS, YOGURT, AND VANILLA. IN SEPARATE BOWL, WHISK TOGETHER THE FLOUR, COCONUT SUGAR, BAKING POWDER, SALT, CHIA SEEDS, AND CINNAMON. ADD THE FLOUR MIXTURE TO THE COCONUT OIL MIXTURE IN THREE ADDITIONS, MIXING WELL AFTER EACH.

FOLD THE BLUEBERRIES INTO THE BATTER AND THEN DIVIDE THE BATTER EVENLY AMONG THE WELLS OF THE PREPARED MUFFIN TIN.

BAKE FOR 25 TO 35 MINUTES, UNTIL A TOOTHPICK INSERTED INTO THE MIDDLE OF A MUFFIN COMES OUT CLEAN. LET COOL IN THE PAN ON A WIRE RACK. STORE IN THE FRIDGE, LOOSELY COVERED, FOR UP TO ONE WEEK.

SNACKS

GOOD FOR THE BODY BREAD

INGREDIENTS

2 TABLESPOONS FLAX MEAL
1 2/4 CUP GLUTEN FREE ALL PURPOSE FLOUR BLEND
1 1/4 CUP ROLLED OATS
1/2 TSP SEA SALT
1 TSP BAKING SODA
2 TBSP CHIA SEEDS
2 TBSP HEMP SEEDS
1 STICK UNSALTED BUTTER (ROOM TEMPERATURE)
3 LARGE EGGS
1 CUP COCONUT SUGAR
1/3 CUPS YOGURT
2 TBSP ALMOND MILK
1 TSP PURE VANILLA EXTRACT

DIRECTIONS

PREHEAT OVEN TO 350 DEGREESE AND GREASE A 9X5 LOAF PAN. IN A LARGE BOWL, MIX TOGETHER THE FLAX MEAL, FLOUR, OATS, SALT, BAKING SODA, CINNAMON, CHIA SEEDS, AND HEMP SEEDS. IN A SEPARATE LARGE BOWL, MIX THE BUTTER, EGGS, COCONUT, SUGAR, YOGURT, MILK, AND VANILLA. SLOWLY ADD THE FLOUR MIXTURE TO THE BUTTER MIXTURE AND MIX THOROUGHLY TO COMBINE. POUR THE BATTER INTO THE PREPARED LOAF PAN AND BAKE FOR 1 HOUR, OR UNTIL A TOOTHPICK INSERTED INTO THE CENTER COMES OUT CLEAN. REMOVE FROM THE PAN AND LET COOL. WRAP IN FOIL OR A CLEAN DISHTOWEL. THIS WILL KEEP ON THE COUNTER FOR A DAY OR TWO, OR YOU CAN SLICE AND FREEZE TO ENJOY LATER.



SNACKS

ULTIMATE CHEX MIX

INGREDIENTS

3 ½ CUPS RICE CHEX
3 ½ CUPS CORN CHEX
2 CUPS GLUTEN-FREE O'S CEREAL
1 CUP GLUTEN-FREE PEANUTS
6 TABLESPOONS BUTTER- MELTED (CAN BE SUBSTITUTED FOR VEGAN ALTERNATIVE)
¼ CUP GLUTEN FREE WORCESTERSHIRE SAUCE
2 TSP HOMEMADE SEASONED SALT ** RECIPE BELOW
½ TSP GARLIC POWDER
½ TSP ONION POWDER
1 CUP BITE-SIZED GLUTEN FREE PRETZELS

HOMEMADE SEA SALT

1 ½ TBSP SALT
¾ TSP PAPRIKA
¾ TSP GARLIC POWDER
¼ TSP ONION POWDER
¼ TSP SUGAR

DIRECTIONS

PREHEAT OVEN TO 250 DEGREES. COMBINE INGREDIENTS FOR HOMEMADE SEASONED SALT IN SMALL DISH THEN SET ASIDE.

IN A VERY LARGE BOWL COMBINE RICE CHEX, CORN CHEX, GLUTEN-FREE O'S CEREAL, AND PEANUTS. IN A SMALL BOWL STIR TOGETHER BUTTER, WORCESTERSHIRE SAUCE, 2 TEASPOONS SEASONED SALT (NOT THE WHOLE BATCH YOU MADE!), GARLIC POWDER, AND ONION POWDER. POUR BUTTER MIXTURE OVER CEREAL MIXTURE THEN STIR WITH A SPATULA TO COAT. POUR INTO A 11X17" OR LARGER BAKING DISH THEN BAKE FOR 45 MINUTES TO 1 HOUR, STIRRING EVERY 15 MINUTES.

STIR IN PRETZELS WHEN CHEX MIX IS COOL, THEN SERVE!

SHAKES & SMOOTHIES RECIPES

THE 80/20 COLLECTION

SHAKES/SMOOTHIES

CHOCOLATE ALMOND BUTTER PROTEIN SHAKE

INGREDIENTS

3 CUPS ICE
1 CUP ALMOND MILK
1 ½ SCOOPS CHOCOLATE PROTEIN POWDER
2 TABLESPOONS CHIA SEEDS
2 TEASPOONS CINNAMON
1 TABLESPOON ALMOND BUTTER
OPTIONAL: 1 TABLESPOON FIBER POWDER

DIRECTIONS

MIX ALL INGREDIENTS IN BLENDER AND ENJOY.



SHAKES/SMOOTHIES

BROWNIE BATTER PROTEIN SHAKE

INGREDIENTS

1 BANANA, PEELED (FROZEN IF YOU WANT A THICK ICE-CREAM LIKE SHAKE)
1/2 RIPE AVOCADO
2 SCOOPS PROTEIN POWDER
3 TABLESPOONS DARK COCOA POWDER
1 TEASPOON MAPLE SYRUP
1/2 CUP FULL-FAT CANNED COCONUT MILK
3/4 CUP WATER
PINCH OF SALT

DIRECTIONS

PLACE ALL THE INGREDIENTS IN A HIGH SPEED BLENDER AND MIX ON HIGH FOR 1 MINUTE, UNTIL ALL THE INGREDIENTS ARE WELL BLENDED.

SERVE AND DRINK IMMEDIATELY.



SHAKES/SMOOTHIES

RAVISHING RED JUICE

INGREDIENTS

5 CARROTS
1 BEET WITH STEMS
½ BUNCH CELERY
1 CUCUMBER WITH ENDS REMOVED
1 GREEN APPLE CORED
2 INCHES OF FRESH GINGER ROOT
½ KALE BUNCH (OPTIONAL)
¼ PARSLEY BUNCH (OPTIONAL)



DIRECTIONS

WASH ALL VEGETABLES THOROUGHLY AND
PLACE INTO LARGE BOWL.

JUICE EACH VEGETABLE IN THIS ORDER – CARROTS, BEETS, CELERY,
APPLE, GINGER, CUCUMBER (IF YOU ARE ADDING KALE AND PARSLEY
START WITH THOSE FIRST AND THEN ADD THE REST).

STIR MIXTURE BEFORE SERVING AND CLEAN JUICER IMMEDIATELY.

SHAKES/SMOOTHIES

ALMOND MILK

INGREDIENTS

1 CUP RAW ORGANIC SPROUTED ALMONDS (SOAKED OVERNIGHT)
4 CUPS PURE FILTERED WATER
VANILLA BEAN (OPTIONAL)
DATES, HONEY OR STEVIA (OPTIONAL)

DIRECTIONS

SOAK ALMONDS FOR AT LEAST 12 HOURS IN PURE WATER WITH 1/2 TEASPOON OF SEA SALT. RINSE ALMONDS WELL. MIX ALMONDS WITH PURE WATER IN BLENDER. BLEND SEVERAL MINUTES UNTIL SMOOTH AND CREAMY. STRAIN MIXTURE INTO A LARGE BOWL THROUGH A SPROUT BAG, CHEESE CLOTH OR KITCHEN TOWEL. PUT MIXTURE BACK INTO BLENDER WITH VANILLA, SOAKED DATES, OR OTHER SWEETNER. POUR INTO GLASS JAR AND STORE INTO FRIDGE FOR UP TO ONE WEEK.



SHAKES/SMOOTHIES

GREEN DETOX SMOOTHIE

INGREDIENTS

1 MEDIUM GREEN APPLE (GRANNY SMITH), SEEDED
1/2 CUCUMBER, PEELED (APPROX. 1 CUP OR 145 G OR 5 OZ)
JUICE OF 1/2 LIME
JUICE OF 1/2 LEMON
1 TBSP FRESH GINGER, CHOPPED (APPROX. 7 - 8 G)
1 CUP KALE, CHOPPED AND PACKED (APPROX. 18 G OR 7 OZ)
1 CUP COCONUT WATER
1 TBSP UNFLAVORED GELATIN POWDER *OPTIONAL

DIRECTIONS

PLACE ALL THE INGREDIENTS IN A HIGH SPEED BLENDER AND MIX ON HIGH FOR 20 SECONDS, UNTIL ALL THE INGREDIENTS ARE WELL BLENDED.

SERVE AND DRINK IMMEDIATELY.



SHAKES/SMOOTHIES

BANANA AVOCADO SMOOTHIE

INGREDIENTS

1 BANANA
½ AVOCADO
¼ CUP COCONUT MILK - I USE FULL FAT
1 TABLESPOON HONEY
5-6 ICE CUBES

DIRECTIONS

BLEND BANANA, AVOCADO, COCONUT MILK AND HONEY IN BLENDER UNTIL SMOOTH. ADD ICE CUBES AND BLEND.



SHAKES/SMOOTHIES

TROPICAL COCONUT SMOOTHIE

INGREDIENTS

1 BANANA
PINEAPPLE CHUNKS ($\frac{1}{2}$ CUP)
 $\frac{1}{4}$ CUP COCONUT CREAM
 $\frac{1}{4}$ CUP COCONUT MILK
4 ICE CUBES
PINCH OF SHREDDED COCONUT FOR TOPPING



DIRECTIONS

PLACE ALL THE INGREDIENTS IN A HIGH SPEED BLENDER AND MIX UNTIL SMOOTH.

SERVE AND DRINK IMMEDIATELY.

SHAKES/SMOOTHIES

TROPIKALE SMOOTHIE

INGREDIENTS

1 CUP PINEAPPLE
1 MANGO
1 CUP KALE, STEMS REMOVED
JUICE FROM 1 LIME
1/4 CUP COCONUT WATER

DIRECTIONS

CHOP UP KALE, MANGO AND PINEAPPLE.

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH.

SHAKES/SMOOTHIES

COFFEE SMOOTHIE



INGREDIENTS

1 CUP ALMOND MILK
1/2 CUP FULL FAT COCONUT MILK
1/2 CUP COFFEE - COLD BREWED OR CHILLED
(DON'T POUR HOT COFFEE INTO YOUR BLENDER BECAUSE YOU
WON'T END UP WITH A SMOOTHIE)
1/2 TO 1 FULL BANANA - FROZEN
1 TBSP ALMOND BUTTER
1 TSP UNSWEETENED COCOA POWDER - OPTIONAL

DIRECTIONS

PLACE ALL OF THE INGREDIENTS IN YOUR BLENDER IN THE
ORDER LISTED ABOVE. BLEND UNTIL SMOOTH AND CREAMY.

SERVE COLD AND ENJOY THIS TO START YOUR MORNING.

SHAKES/SMOOTHIES

FIGHT HUNGER SMOOTHIE

INGREDIENTS

1 TABLESPOON CINNAMON
1 CUP WATER
1/2 CUP COCONUT MILK
1/2 AVOCADO
1 BANANA

DIRECTIONS

BLEND EVERYTHING IN BLENDER UNTIL THE MIXTURE IS SMOOTH.

THIS SMOOTHIE IS PERFECT FOR WHEN YOU ARE HUNGRY BUT WANT TO MANAGE YOUR CRAVINGS IN ONE DELICIOUS SMOOTHIE!

SHAKES/SMOOTHIES

GREEN SMOOTHIE

INGREDIENTS

1/2 CUP ALMONDS
2 CUPS WATER
1 CUP ALMOND MILK
1 CUP ICE
2 CUPS SPINACH
1/2 AVOCADO
1 TABLESPOON OF CHIA SEEDS
1 1/2 SCOOPS OF PROTEIN
1/4 TABLESPOON VANILLA EXTRACT

DIRECTIONS

PLACE ALMONDS AND WATER IN YOUR BLENDER AND BLEND FOR A MINUTE UNTIL SMOOTH. POUR THE MIXTURE INTO A NUT BAG AND SQUEEZE EXCESS OUT.

RINSE OUT BLENDER. ADD 1 CUP ALMOND MILK, ICE, SPINACH, AVOCADO, CHIA SEEDS, PROTEIN AND VANILLA EXTRACT.

BLEND UNTIL SMOOTH AND ENJOY!

SHAKES/SMOOTHIES

BLUEBERRY AGAI PIE SMOOTHIE

INGREDIENTS

1 ½ CUPS FROZEN STEAMED CAULIFLOWER
1 SCOOP UNFLAVORED PROTEIN
¾ CUP FROZEN BLUEBERRIES
1 ½ CUPS ALMOND MILK
1 TBSP CINNAMON
½ TEASPOON PURE VANILLA EXTRACT
1 TEASPOON CHIA SEEDS
1 TEASPOON ALMOND BUTTER

DIRECTIONS

COMBINE ALL THE INGREDIENTS IN A BLENDER UNTIL SMOOTH.

SHAKES/SMOOTHIES

SPINACH & PEA SMOOTHIE

INGREDIENTS

1/2 SMALL AVOCADO
1/2 CUP FROZEN PEAS
1 FROZEN BANANA
1 1/2 CUPS NONDAIRY MILK
1 SCOOP VANILLA PROTEIN POWDER
1 TSP VANILLA EXTRACT
1 CUP FRESH SPINACH
3 ICE CUBES

DIRECTIONS

COMBINE ALL THE INGREDIENTS IN A BLENDER UNTIL SMOOTH.