

FAT BURNING FOOD PLAN



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The Fat-Burning Food Plan

The purpose of this food guide is to help you achieve and maintain a healthy, fat-burning metabolism. Food can be likened to little hinges that swing big doors. Small changes in your diet can lead to big improvements in your health and physique. Food not only fuels your body, it also feeds over 100 trillion microorganisms that inhabit your gut. Eating foods that make these microorganisms unhappy (such as breads, pasta, crackers, cookies, cereals, and processed oils) increase fat storage and cravings, decrease energy, and create imbalances in blood sugar. As we discussed in Chapter 9 of *Belly Fat Effect*, scientists link poor food choices to imbalances in these beneficial microbes of the intestine and to excess body fat.



THE SOLUTION

Increase consumption of color-rich vegetables, fruits, herbs, spices, teas, and healthy fats.

A diet rich in colored foods leads to reduced inflammation and improved blood sugar balance, a key process in sustaining a fat-burning metabolic state. Foods that are naturally green, red, purple, orange, yellow, or blue have the power to shift your metabolism into high gear, reduce inflammation, and ensure the bacteria in your gut are healthy.

As you'll see throughout the 8-Week Transformation Challenge, a core theme is to choose foods that are not only healthy for you but also healthy for the trillions of gut bacteria that profoundly influence your body's metabolism.

During the course of this 8-week challenge, you'll feel the power of real food! Many clients report positive changes in body composition, energy, and mental clarity, but also changes in digestion, sleep, hormone levels and more. Real foods can have huge impacts on your body and health.

The recipes are quick and easy to make, requiring minimal time in the kitchen and minimal ingredients. These recipes are family-friendly and child-tested.

EAT REAL FOOD

If it comes in a box, bag, or can...don't eat it!

Real food—vegetables, fruits, nuts, seeds, healthy fats (butter, coconut oil, avocado), lean protein (wild-caught fish, lamb, beef, turkey)—is actually better for your body; it is not just a fad. In contrast, fake food that is delivered in boxes, bags, and cans is created by chemists in laboratories and usually contains added sugars, artificial sweeteners, processed lipids, genetically modified ingredients, and agents such as corn proteins, wheat, and soy and dairy products that many people are sensitive to. Food sensitivities create low-grade inflammation, and as you'll soon learn, this blocks your body's ability to burn fat properly.

It is best to do most of your food shopping at PCC Natural Markets, Farmers Markets, Madison Markets, or Whole Foods, as they offer a lot of organic foods and natural foods (foods that have



MAKE YOUR FOOD FROM SCRATCH

Avoid maximally processed foods.

The biggest benefit from diving into these fat-burning recipes is that you will now have full control over your metabolism. When you eat fake (processed) food, you're no longer in control: the food companies are. I know it sounds crazy, but food companies have a vested financial interest in making food "extra tasty" so that you eat more and more of what they are selling.

The strategic inclusion of synthetic flavoring agents, artificial sweeteners, sugars, processed lipids, and other additives in processed food sends chemical messages to your brain, triggering you to consume larger amounts of these products which, over time, will make you fat. But that is not all. Many synthetic compounds adversely affect your metabolism, your appetite control, and even your stress and immune response.

In summary, packaged, fast, and prepared foods are, by design, maximally processed to encourage you to eat more. There is nothing wrong with for-profit business practices; but when it comes to food, processing is bad for your waistline and overall health.

In contrast, local farmers and fisherman have a vested financial interest in selling the freshest, tastiest, and best-looking meats, eggs, fish, vegetables, and fruits. Eating these foods will not only stimulate your body's ability to burn fat, but also by purchasing them you will be supporting local small businesses. This is good for your community and the environment.

You can choose fat-burning rather than fat-promoting food staples like flours, breads, potatoes and rice that are linked to weight gain and metabolic challenges. We now know that people who eat diets rich in processed foods, including breads, pastas, crackers, and cookies, experience imbalances in blood sugar, cravings, and impulses to eat more bad foods.

undergone a minimum of processing or treatment with preservatives. So, buy minimally processed foods, such as organic fruits, vegetables, and oils as well as free-range eggs and meats, whenever possible. Non-organic fruits, vegetables, dairy, and meats contain pesticides and may contain other chemicals or harmful metals. These chemicals can stay in your body where they promote fat gain, create inflammation, increase free radical production, weaken immunity, increase chances of developing cancer, and make us tired.



HELPFUL TOOLS FOR THE KITCHEN

Food processor
Spiralizer
Vitamix

DIETARY GUIDELINES

1. Eat 4-6 small meals each day. Incorporate 1 vegan protein shake per day. Try to eat every 2-3 hours, never letting more than 3 hours lapse between meals. Remember: always include a shake with your breakfast.

2. Eat breakfast every day! Breakfast eaters typically weigh less and crave less than non-breakfast eaters. Eating breakfast will also help balance your leptin levels, the key to burning fat. Healthy breakfast items include lean protein, such as vegan protein shakes, eggs, wild-caught salmon, and grass-fed beef, as well as non-gluten containing carbohydrates, such as yams, sweet potatoes, black rice, and oats.

3. Eat a light dinner. Your gut really slows down digestion and absorption later in the day in preparation for sleep. Do your body and your waistline a favor by eating early and keeping dinner light. Strive for lean protein, healthy fats, and ample vegetables.

4. Eat the majority of your day's carbohydrates before 4 pm. Your body digests, absorbs, and processes carbohydrates really well in the early part of the day. In contrast, as the day progresses, your body's ability to process and properly utilize carbohydrates diminishes. So get those carbs in early.

5. Chew your food. Research shows that fast eaters and poor chewers have more metabolic challenges compared to slow eaters and thorough chewers. Scientists suggest around 40 chews per swallow to be ideal. Instead of counting your chews, try to remind yourself not to swallow bites more than 2 times per minute.

6. Eat mindfully, in a calm state. Your body's operating system has a brake pedal and gas pedal. Stress puts the pedal to the metal while mindfulness and calm thoughts put on the brakes. Your gut is active only when the brake pedal is being pushed. When the gas is on, the gut is stagnant, and incoming foods are not properly handled. So, try not to eat while stressed, rushed, or upset.

7. Keep blood sugar balanced. A healthy and stable blood sugar level is imperative to fat burning. One helpful tip is to include some protein and fats in each meal and snack.

8. Ditch the allergens. Wheat, corn, soy, and dairy can skew your body right out of fat-burning mode. Simply put, these foods can increase inflammation, a process that has disastrous effects on your metabolism and blood sugar regulation. (These processes are discussed in Chapter 3 of Belly Fat Effect.)

9. Whenever possible, select fresh, organic, and locally grown foods that are in season. Frozen organic vegetables and fruits are acceptable as well. Pesticides and herbicides are toxic to microorganisms and are toxic to you, too. It's best to avoid them altogether.

10. Get to sleep. Sleep is a time when you burn fat. Having the lights, TV, or computer on after 10 pm or going to bed at different times each night misaligns your biological clock and creates hormone and metabolic imbalances. Dim the lights at night and get in bed before 10 pm. (This is discussed in greater detail in Chapter 8 of Belly Fat Effect).



PROTEINS

BACKGROUND: Protein helps balance blood sugar, curb appetite, and preserve lean muscle. Muscle is where fat is burned. Without muscle, it is nearly impossible to burn fat!

DETAILS:

Adequate protein is needed every day to maintain a lean physique and to burn fat. Muscle is the primary site in the body where fats are physically burned, and amino acids are a building block for many important cell reactions. Physically active women should strive for at least 75 grams of protein per day.

Protein needs:

- When doing aerobic training (like Pure Barre) that is moderate to vigorous, consume 1.2 grams of protein per kg of lean body weight. (Simply take your body weight in pounds and divide by 2.2 to get kg, then multiply that by 1.2 to yield the amount of protein you should be eating over the course of 3-5 meals.)
- Based on this scale, your protein needs are _____.

Protein guidelines:

- Eat protein with each meal and snack if possible.
- MCT Lean Vegan Protein Blend is a great breakfast and snack. It contains a hypoallergenic protein (pea and rice protein) that is very satiating.
- You can get at least 1/4 of your daily protein needs at breakfast by using a vegan protein powder or a whey protein powder to make protein smoothies.
- Ensure red meat is free-range and grass-fed beef, buffalo, or lamb. A handful of red meat is great during lunch and dinner.
- Avoid farm-raised salmon because of toxic compounds, or PCBs; river trout is usually safe to eat.
- Minimize consumption of large fish, such as tuna and swordfish, because of mercury.

- Avoid charring or browning proteins and meats. High-heat cooking is inflammatory! (Inflammation impairs your body's ability to burn fat).
- Use organic meats or free-range meats and poultry (chicken, turkey) when possible.
- Use free-range eggs for protein but avoid browning the eggs. Eggs are great for breakfast!
- Avoid lunch meats that have sodium nitrate or sodium nitrite. Nitrate-free turkey is a good protein source.
- Use walnuts as a protein source for snacks and for the omega-3 fats. (Omega-3 fats help you burn fat!)
- Use mixed nuts and seeds (walnuts, Brazil nuts, macadamia nuts, pumpkin seeds).
- We are going to suggest that you avoid dairy during the challenge. We'll explain why later. But if you slip, ensure that you choose organic dairy.
- For milk substitutes, you can use unsweetened rice, almond, or coconut milk.

FATS

BACKGROUND: Fats and cholesterol don't make you fat; they may actually help you burn fat.

DETAILS:

Although the mainstream media has vilified fats for years, they are actually great for your metabolism. Try to get a few tablespoons daily from MCT (medium-chain triglyceride) oil, walnuts, Brazil nuts, macadamia nuts, raw milk cheeses, pumpkin seeds, Kerrygold (Irish) butter, coconut oil, sesame seed oil, flaxseed oil, and olive oil.

Follow these guidelines:

- High-heat cooking or stir-frying: use coconut oil or butter for higher heat cooking.
- Low-heat cooking: use sesame or olive oil.
- Make your own salad dressing with 2 parts flax oil, 4 parts extra virgin olive oil, and red wine or balsamic vinegar (may add a small amount of toasted sesame for flavor).
- Use sources of omega-3 fats, including flax seeds and oil (don't heat flax), sardines, ocean salmon, and walnuts.
- Use a daily supplement of 1-4 grams of high EPA/DHA fish oils (capsule or liquid) purified to eliminate mercury, pesticides, etc.
- Don't eat dry-roasted nuts; eat raw nuts and seeds.
- Eliminate deep-fried and breaded-fried foods (French fries, Chicken McNuggets, etc.).
- Avoid all partially hydrogenated oils and trans fats by reading labels ("partially hydrogenated _____ oil").
- Avoid highly heated fats, such as crispy bacon and French fries cooked in vats of oil.

CARBOHYDRATES

BACKGROUND: Carbohydrates can and will make you fat!

DETAILS:

Carbohydrates, especially processed ones (sodas, breads, pastas, crackers, and cookies) are rapidly absorbed, converted to fat, and stored. It is best to get your carbohydrates from low-sugar fruits (berries), colored rice (black or red), and vegetables (yams, sweet potatoes, beets, carrots, and zucchini). Asian cultures have been eating rice as a food staple for centuries, and it was not until the recent introduction of highly processed Western breads and fast foods that they experienced rapid increases in obesity and metabolic disorders at all levels of society.

Follow these guidelines:

- Rice, millet, buckwheat, quinoa, amaranth, tapioca, yucca, cassava, arrowroot, and teff, bean, or chickpea flours are examples of gluten-free items that may be used as desired by most individuals. Eliminate gluten-containing foods or those prepared with them. Gluten is a mixture of proteins found in wheat, spelt, kamut, rye, triticale, and barley. Although oats and corn are gluten-free, they are often cross-contaminated. If your doctor suspects that you have severe gluten sensitivity or celiac disease, avoid oats and use only certified or guaranteed gluten-free products.
- Have a daily intake of healthy and colorful fruits (berries, pomegranate, apples, pears, citrus fruits) and vegetables for fiber and beneficial phytochemicals to help your body quench free radicals and biotransform (detoxify) toxins.
 - Eat healthy vegetables (organic, when possible) daily and include cruciferous vegetables (broccoli, cabbage, cauliflower, kale) as they help your body detoxify. (Removing toxins may help you lose fat.)
 - Eat other vegetables for their nutrients and fiber (chard, spinach, celery, squash, zucchini, cucumber).
 - Eat from the onion family daily (onions, leeks, chard, garlic, chives) as these are good for connective tissue and detoxification.
 - Consider juicing organic vegetables to improve your intake of phytochemicals. Try celery, apple, carrot, kale, broccoli, spinach, and beets with some lemon or lime and some protein powder.
 - Limit cookies, cake, scones, muffins, potatoes, starches, sugar, pasta, and breads even if you are training for a long aerobic event as they may still make you soft and chubby.

FOOD ADDITIVES AND ENVIRONMENTAL TOXINS

As discussed on page 160 of *Belly Fat Effect*, environmental toxins are linked to excess body fat. It is best to minimize your exposure to environmental toxins. This is achieved by purchasing local and organic vegetables and fruits and pasture-raised animal products.

- Try to avoid artificial colorings and diet beverages with aspartame and other synthetic sweeteners.
- When dining out, choose beef over chicken (chicken tends to harbor more toxic chemicals).
- Minimize and avoid foods containing ingredients that have MSG (monosodium glutamate) or hidden MSG. To get a current list of hidden MSG in foods, do a search for "MSG hidden."

QUICK TIPS FOR HEALTHIER FOOD

- Limit alcohol to 1 drink per day (preferably red wine).
- Avoid sodas, juices, and other packaged drink products.
- Minimize or eliminate (ideally) partially hydrogenated oils in processed foods (use foods labeled "No Trans Fats").
- Minimize or avoid eating at fast-food restaurants. At restaurants, choose butter-based toppings on the side and eliminate sour cream and cream-based dishes. Choose salads (with olive oil and vinegar or vinaigrette) and vegetables, and avoid deep-fried entrées.
- Minimize or avoid deep-fried and breaded foods.

- Minimize sugars and starches (crackers, potatoes, rice, scones, cookies).
- Increase healthy fruits, such as apples and berries (eat 2-3 servings per day).
- Use healthy vegetables, such as those in the vegetable list in the carbohydrates section above (minimum of 3 servings per day).
- Try to choose organic fruits and veggies when your budget and the availability of these items allows.
- Eat protein at every meal.
- Try to purchase free-range poultry and meat (if you are not vegetarian).
- Use a good multivitamin mineral supplement (taken at meals) that requires taking at least 2 per day with minerals (calcium 500 mg per day and magnesium 500 mg per day) and antioxidants (A, C, E, selenium).
- Try some green tea daily (other teas, such as white and red, are also healthy).

PURE BARRE RECIPES

These recipes are indulgent, high in good fats, moderate in protein and low in sugar. Some things to keep in mind regarding the ingredients I use:

coconut oil: use extra-virgin unrefined
ghee butter- is a clarified butter from grass-fed cows
heavy cream- use a grass-fed local source
vegetables: aim for organic if possible
animal meat: grass-fed
eggs- pastured & local if possible
water- filtered

BREAKFAST

1. PALEO CHIA RICE PUDDING

(4 servings)

Ingredients- Cauliflower, 1 can full-fat coconut milk, 1 cup unsweetened coconut flakes, 1 tbsp vanilla extract, 1 tsp vanilla stevia drops, 1/4 cup chia seeds, cinnamon to taste (optional)

Directions:

1 head of cauliflower pulsed in food processor until "rice-like"

Put cauliflower into saucepan with 1 heaping tbsp coconut oil- 10-15 min until golden.

Separate Saucepan- mix other ingredients and bring to a boil, stir until it becomes thicker

Stir in cooked cauliflower.

Add a pinch of cinnamon to taste.

Option: top with fresh organic wild blueberries!

KEY LIME CUSTARD WITH COCONUT WHIPPED CREAM

(4 servings)

Night Before Prep- Soak 2 cups raw cashews over night in bowl of filtered water. You will need a food processor. Still 1 can of BPA-free full-fat coconut milk in the fridge over night.

Ingredients- 2 cups soaked raw cashews, zest of 1 lime, juice of 1/2 lime, 1 tsp vanilla extract, 2 tbsp raw honey, 1 lime, unsweetened coconut flakes, vanilla liquid stevia drops to taste

Directions-

Drain cashews and pat dry. Put into food processor with all other ingredients and blend until smooth. Add coconut flakes last and pulse in for 30 seconds.

Pour into 4 cups or dishes and put into the fridge for 2 hours. (stick in freezer for 30 min if you are in a rush!)

Coconut Whipped Topping- while your custard is chilling and setting in the fridge: Turn your can of coconut milk upside down and open. Drain the coconut water. Spoon out the coconut cream at the bottom. Put into the food processor with 1 tsp vanilla extract (I use 1 tsp fresh vanilla bean). Add a little raw honey (or 1- 2 packages of truvia) to taste. Blend until smooth. Set in the fridge in closed container and put a generous helping onto your custard when you are ready to eat! Coconut whipped cream lasts for days in the fridge!

COCONUT PANCAKES WITH CASHEW BUTTER

Cashew Butter:

a family favorite! Add 1 cup of raw cashews to food processor and pulse for 30 seconds. Add 1/2 cup ghee butter to this mix and blend until smooth. Voila. Set aside to put onto your pancakes. We put it in a glass jar and stick in the fridge for a fudge-like texture.

Ingredients- 4 eggs, 1 cup full-fat coconut milk (or regular coconut milk if you prefer but full-fat makes these decadent and it is a good source of medium-chained fatty acids & fiber), 2 tbsp vanilla extract, 1 tbsp honey (or 2 drops vanilla liquid stevia/to taste), 1/2 cup coconut flour, 1 tsp baking soda, 1/2 tsp sea salt, coconut oil/ghee butter for frying, berries optional.

Directions- beat eggs, coconut milk, vanilla, and honey in a bowl.

Mix dry ingredients in another large bowl.

Blend together. Mix in 1/2 cup berries of choice.

Prep frying pan: medium heat and add coconut oil or ghee to cover bottom of pan.

Cook each side for a few minutes. Spread your cashew butter onto the warm pancakes.

Optional: Add a generous helping of coconut whipped cream to top off and wild organic berries!

SIMPLE OMEGA OMLETTE (2 servings)

4 pasture-raised eggs

Handful of mushrooms washed & sliced

1 small shallot cut into small pieces, greens included

1 zucchini peeled and chopped

1 tbsp ground flaxseed

2 tbsp ghee or coconut oil

2 tbsp coconut aminos optional

Seasoning of choice- salt, pepper

Heat skillet on low- medium. Add your butter/oil to coat the bottom of the pan.

Add your shallots and cook until they become softer. Add your zucchini, mushrooms and a little more coconut oil or ghee if needed to cook veggies until golden.

Mix eggs in separate bowl with a fork. Add flaxseed and mix well. Pour eggs into pan with veggies and mix together with a spatula. Cook until eggs are scrambled.

Serve on two plates and drizzle with coconut aminos. Add a pinch of cayenne for some spice!

GOOD MORNING GREEN PROTEIN SHAKE

1 cup Unsweetened Vanilla Almond Milk

1 cup green tea

1 tsp Spirulina

Pinch of cinnamon

1 tbsp Ground Flaxseed

1 tbsp your favorite raw nut butter

1/2 Frozen Banana or 1/4 cup frozen berries

1 peeled raw baby zucchini cut into big pieces

1 serving vanilla protein powder

Add a probiotic sachet (Xymogens Probiomax Plus DF)

Blend for 20 seconds high speed

Pour into a large frosty glass mug!

QUICK ALMOND PANCAKES

1 1/2 cups almond meal

1 tsp vanilla extract

1 tsp sea salt

2 eggs

2 tbsp raw honey

1/2 cup coconut flakes

1 tbsp melted coconut oil

Splash of filtered water

- blend together with a fork

Mixture can be cooked like regular pancakes on a frying pan with coconut spray or in a waffle maker.

COFFEE OMEGA PROTEIN SHAKE

pre workout

1 scoop vanilla protein powder (pea protein/grass-fed whey)

1/2 cup strong coffee/espresso

1/2 cup unsweetened coconut milk (or 2 tbsp full fat coconut milk)

1 tbsp ground flaxseeds

2 tsp honey/5 drops liquid stevia

1 tsp pure vanilla extract

1/2 tsp cinnamon

1 cup Ice cubes

Blend on high 15 -20 seconds

JULIANS POST WORKOUT PROTEIN SHAKE

(consume 30 -60 minutes post workout)

Blender:

1 cup unsweetened vanilla almond milk
1 cup coconut water
1 serving vanilla/chocolate whey protein
(grass-fed source)
1/2 peeled frozen banana (keep a bunch in freezer- ziplock bags)
1/2 cup pumpkin purée (optional)
1 tbsp raw nut butter/ seed butter of choice (optional)
1 peeled baby raw zucchini cut into big pieces
Pinch of cinnamon
1 tsp raw cacao (optional)
1 probiotic (powder put directly into shake)

It is good to "chew" each sip of your protein shake to activate digestive enzymes!

GREEN POST WORKOUT SMOOTHIE

8 oz +/- unsweetened almond milk/coconut milk
2 scoops grass-fed vanilla whey protein
1 cup fresh spinach
1 tsp spirulina
1 tsp coconut oil
1 tbsp ground flaxseed
1 tsp lemon juice
2 probiotics
1/4 cup fresh frozen berries of choice
Blend together high speed. Enjoy within an hour of resistance training or exercise.

"PALEO" BREADS

CAULIBREAD (inspired by Aglaee Jacob M.S, R.D.
"Digestive Health with Real Food"

Ingredients- 3 cups cauliflower grated in food processor, 2 tbsp ghee/coconut oil softened, 3 eggs, 1 cup fresh basil/cilantro chopped (can throw into food processor with cauliflower), 1 cup mushrooms, 1/4-1/2 cup diced tomatoes optional, 1 onion.

Prep; sautee onions in 1 tsp ghee butter until light golden. Cookie sheet or round pizza sheet if making pizza crust, lined with parchment paper. Preheat oven 400-425 F.

Directions: Pulse cauliflower in food processor until they are fairly small pieces.

Add the basil or cilantro and pulse until mixed in. Add 2 tbsp ghee butter that is softened. Mix in food processor.

Large mixing bowl- add cauliflower mixture, chopped mushrooms, tomatoes, and sautéed onions. Mix with a spoon. Pour onto pan of choice lined with parchment paper. Press evenly and it should be around 1/4 inch thick +/-.

Set into oven for 20-25 minutes or until firm & light golden brown. Cool for 10 minutes once you take it out of the oven. You can store what you do not eat in the fridge for around 6 days or freeze these. Great as pizza crust, bread with dinner, or burger buns if you make them smaller rounds on cookie sheet.

Optional- brush extra-virgin olive oil on top once you take it out of the oven. Highly recommended.

PALEO BANANA BREAD

preheat oven 300 degrees F, spray bread pan with coconut spray and line with parchment paper.

Ingredients-

1 cup coconut flour, 3 very ripe bananas, 4 pastured eggs, 6 tbsp ghee butter or softened coconut oil, 4-6 tbsp maple syrup, 3 drops vanilla liquid stevia, 1/4 tsp sea salt, cinnamon to taste (1 tsp), 1/2 tsp baking soda, 1 tbsp vanilla extract.

Directions-

mix wet ingredients in 1 bowl- making sure to mash bananas well with a fork, mix dry ingredients in another. Put both in food processor and blend together well. Pour into bread pan and put into the oven for 38-40 minutes, every oven cooks differently. It is finished when you can stick a fork in the center and it comes out clean. Let it cool for 5 minutes. Enjoy this with ghee butter or with homemade cashew/ghee butter (recipe in breakfast section).

PALEO LEMON LOAF

Preheat oven 350 F

Ingredients:

6 eggs
1/4 cup coconut oil/ghee butter
zest 2 organic lemons
juice of 2 lemons PLUS unsweetened coconut milk to equal 1 cup of liquid.
1/3 cup raw honey or grade B maple syrup
2/3 cup coconut flour
1 tsp baking soda
1/4 tsp salt
pinch ground cloves
pinch cinnamon

Mix dry ingredients in a bowl. Combine wet ingredients in food processor. Add dry ingredients to the wet ingredients in the food processor. Pour into Bread Pan that has been greased with a little coconut oil. I also put parchment paper on the bottom so bread is easier to get out. Bake 35-45 minutes or until fork comes out clean. Let cool 10 minutes on top of stove in the pan.

Optional- Glaze for top of lemon loaf: (highly recommended!)

mix together: 2 tbsp ghee butter/coconut oil
2 tbsp honey
2 tbsp unsweetened coconut milk
juice & zest of 1 lemon
1/2 tsp pure vanilla extract.

Put all ingredients in a small saucepan, bring to a simmer stirring frequently. Remove from heat and let cool in the fridge. Pour glaze over the bread and put the bread in the fridge for another 30-60 minutes.

Best stored in the fridge.

KELP STIR FRY- (serves 4)

Ingredients- 2 packages of kelp noodles, rinsed. Soak in filtered water for 30 minutes to soften.

2 cups fresh kale, 2 cups collard greens, 1 large onion, 2 packages brussel sprouts frozen, 1 package cauliflower frozen, 1 avocado, coconut aminos to taste, Eden Hot Pepper Sesame Oil to taste, 2 tbsp ghee butter/coconut oil, 2 garlic cloves, spices to taste (cumin, turmeric, white pepper, sea salt).

Directions-

1. Sauté 2 garlic cloves (minced) in small saucepan until soft and golden.
2. Chop all of the veggies, onion, chop up the avocado. Frozen Brussel sprouts and cauliflower are fine as is right out of the package. Throw every thing into large sauce pan that has had coconut oil or ghee added to bottom of the pan. Drizzle a generous helping of coconut aminos to the veggies making sure they are all covered. Cover with a lid. Keep heat on low-medium and stir occasionally.
After around 5 minutes, add Eden Hot Pepper Sesame Oil to the veggies and stir in. Add all spices of choice. ADD the garlic. ADD the kelp noodles and stir in. Cover with a lid.

3. Once veggies are softer (but keep fresh! not over-cooked), take off of the heat and add chopped avocado and drizzle with a little more extra-virgin olive oil.
Add wild-caught salmon or grass-fed meat of choice for good source of protein with fibrous veggies!



PALEO ZUCCHINI BASIL NOODLES

-Serves 4

Prep: you will need to order a "Spirilizer" on line which run approx \$20-. We use this a couple of times a week for veggie noodle dishes and root vegetable chips!

Ingredients- 4 large raw Zucchini peeled and cut into 3. Spirilized into noodles.

1/4 cup Extra-virgin olive oil, 1 cup fresh Basil leaves. Salt & Pepper. Avocado optional for thicker dressing, 1/2 fresh squeezed lemon.

Directions-

1. Spirilize your zucchini and put into large bowl. Throw into a large sauce pan with 2 tbsp coconut oil or ghee butter and drizzle with coconut aminos and spices of choice (white pepper, cumin, turmeric, curry). Cover on medium heat with a lid and stir occasionally for 4-5 minutes.

2. Blend extra-virgin olive oil, lemon and fresh basil leaves in vitamix or food processor to make fresh basil dressing. Add 1 avocado to make thick- optional.

Take off heat, fresh dressing, sea salt & pepper to taste and enjoy!

DILL "NOODLE" PESTO BOWL

You will need a food processor, large skillet and small saucepan.

Ingredients-1 head Fresh Broccoli, 1 head Cauliflower, 2 packages Fresh Basil leaves, 1 large onion, 2 garlic cloves optional, mushrooms optional, 1/4 cup extra-virgin olive oil, coconut oil for pan, sea salt & pepper to taste, cumin seasoning, Thai Kitchen Fish Sauce (optional), coconut aminos, 3-4 heaping tbsp nutritional yeast.

"Noodles"- "Shiritaki Noodles" - PCC or Whole Foods, gluten & soy-free, 0 Carb.

Directions:

Prepare Pesto- food processor add basil leaves, olive oil and nutritional yeast and blend until smooth.

Stir Fry- add coconut oil to pan and set to medium heat. Add veggies all at once chopped. Drizzle generous amount of coconut aminos to cover all, drizzle with fish sauce and spices of choice (cumin, white pepper, turmeric, cayenne). Cook until veggies are softer and absorb spices- cover with lid and stir occasionally around 8 or so minutes.

Boil sauce pan of water and throw in "noodles" for 1 minute. Rinse and set on paper towel to dry off a little.

Put "noodles" in your large dish. Add 1 heaping tsp of ghee butter or coconut oil. Stir in the butter while noodles are warm. Sprinkle with a little nutritional yeast. Add 2 tbsp of pesto mixture. Mix into noodles. Add in helping of stir fry veggies. Mix in and enjoy!!

Option- Add wild caught salmon, grass-fed meat of choice or plant protein of choice such as sprouted nuts, chia or hemp seeds!

CREAMY ZUCCHINI "MAC 'N CHEESE" (Serves 2-4)

Prep: spirilizer (Amazon \$20-)

Ingredients:

2 cups raw cashews soaked in filtered water overnight
4 large organic zucchinis
1/3 cup filtered water
1/4 cup fresh lemon juice
1/2 cup nutritional yeast
Garlic powder to taste
1 tbsp extra virgin olive oil
Sea Salt & pepper to taste
1 tbsp fresh chopped herbs optional

Directions:

wash and peel zucchini. Spirilize zucchini into noodles and place into large bowl. Set aside.
Sauce- drain and rinse cashews. Place in food processor. Pulse until crumbly. Add water, lemon juice, nutritional yeast. Blend until smooth and creamy. Add in garlic, salt and pepper to taste. Pour sauce over zucchini noodles and mix well. Serve into 2 large bowls or 4 smaller bowls.
Tip- wild caught salmon or grass-fed lamb is wonderful mixed in with this!

For a lighter sauce:

1/4 cup extra virgin olive oil
Handful fresh basil (taken off stems)
Salt & pepper to taste
2 Fresh garlic cloves /garlic powder to taste
Blend all ingredients in Vitamix or food processor. Pour over zucchini noodles and enjoy!

For a different taste:

Put zucchini noodles in a pan with a heaping tbsp of coconut oil or ghee butter. Add generous amount of coconut aminos. Cook "noodles" until soft. Then add sauce of choice !

GRASS-FED LAMB AND BOKCHOY (servings 2-4)

Time to prepare and cook- 30 minutes

Prep- 2 medium sized skillets

Ingredients

2 ground grass-fed lamb patties (we buy ours at PCC Market)
4 Bok Choy Stalks chopped
1 large white or yellow onion chopped
2 garlic cloves minced
1 small bag frozen brussel sprouts
1 small bag frozen cauliflower
Handful washed mushrooms sliced
Coconut Aminos
Turmeric spice ground
Cumin Spice
Coconut Oil for cooking
Sea Salt & Pepper to taste

Directions

1. Cover bottom of medium skillet with coconut oil and place lamb patties in pan on low. Cover the lamb with a lid. Flip over as the meat starts to brown.
2. Meanwhile, put coconut oil in another skillet, add Bok Choy, chopped onion, garlic. Cook until onion is golden and softer.
3. Add more coconut oil to the pan and mix veggies around. Add your small bags of brussel sprouts and cauliflower, your mushrooms and spices. Drizzle with generous amount of coconut aminos and mix veggies around. Cover with lid on medium heat. Stir occasionally. Add spices as frozen veggies get softer and cook until a little golden.

Option: Serve lamb and veggies next to each other on a plate!

SHASTAS SPICY METABOLIC STIRFRY

Put 1 tbsp coconut oil in a frying pan
Chop 1 full Kale, mushrooms, onions, red pepper,
and 2 zucchinis, throw into pan
Add gluten- free reduced sodium Tamari until
veggies are covered
Add 1 tbsp walnut oil
Stir veggies, put lid on pan and let simmer on low
for 7 min occasionally stirring

Add:

1 tbsp cumin
1 tsp white pepper
1 tsp cayenne
2 garlic cloves
A little grated fresh ginger

Simmer for 4-5 more min

Add some pan fried Wild Caught Salmon or
Grass-Fed Lamb for a perfect Paleo Meal!

SIDE DISHES

NEZZYS SWEET POTATO VEGGIE MASH

Steam 2 heads of raw or frozen cauliflower and 2
cups frozen sweet potatoes until soft
Put into a glass food processor and pulse.

Add:

1 tsp sea salt
1 tsp cumin
1 tsp white pepper
1 tsp or 1 tbsp of cayenne pepper (depends on
how hot you like it)
1/2 cup coconut milk
1 tbsp coconut oil

Blend until it is smooth and thick

Serve immediately

This is delicious when scooped into portobello
mushroom halves that have been cooked on a
frying pan with coconut oil.

CAULIFLOWER ROSEMARY POTATOES (approx 4 servings)

Ingredients-

3 cups cauliflower florets
2 tbsp ghee butter/coconut oil

2 tbsp full fat coconut milk/heavy cream
(grass-fed source)/"cashew cream"
Handful fresh rosemary
Salt & white pepper to taste
Optional: garlic powder or cayenne pepper
to taste

Directions-

Steam cauliflower until very soft
Place into food processor and add ghee/co-
conut oil, coconut milk/cream, rosemary,
salt & pepper to taste. Add more butter if
needed. You want a fairly thick consistency
like mashed potatoes.
Serve warm!



ROASTED ROOT VEGGIES (Great side dish)-- approx 4 servings

You will need a large baking dish and tin foil to cover the dish. Preheat oven 400 degrees F

Ingredients-

2 medium sweet potatoes peeled and chopped
1 large yellow onion
1 cup mushrooms washed and pat dry
4 small beets tails trimmed
4 large carrots peeled and chopped
1 large zucchini peeled and sliced
1 cup brussel sprouts from frozen package
1 cup cauliflower from frozen package
1/4 cup extra virgin coconut oil/ extra virgin olive oil
Seasonings of choice- white pepper, sea salt, coconut aminos, fresh garlic or garlic/onion powder, cumin, turmeric, cayenne.

Directions-

Grease baking dish with oil/ghee butter. Mix veggies in large bowl with oil & seasonings of choice. Put into the baking dish.
Drizzle with coconut aminos.
Cover with foil. Roast for 45 minutes, stirring half way through. Cook until veggies & sweet potatoes are golden and soft.

"FRIED RICE" (Serves 2-4)

Prep- food processor with S blade. Large skillet. Medium skillet. Spatula. Small bowl.

Ingredients

2 heads cauliflower with stems cut off and chopped
4 tbsp unsweetened coconut milk
2 tbsp coconut oil or ghee butter
3 eggs scrambled
2 shallots chopped
2 carrots diced
2 tbsp coconut aminos
2 tbsp fish sauce (PCC market/whole foods)
2 tbsp sesame oil
Sea salt & white pepper to taste

To make Cauliflower Rice: pulse your chopped cauliflower in food processor until you see small pieces "rice-like". Do one batch at a time. You may need to scrap sides to make sure all florets get "riced". Put coconut oil in large skillet to cover bottom of pan. Add "riced" cauliflower and sauté until slightly golden mixing frequently. Mix in coconut milk and a little sea salt to taste. Cover with a lid on low stirring occasionally and cook for around 7 minutes.

While cauliflower is cooking, put coconut oil into medium pan and sauté onions, carrots with coconut aminos, fish sauce and sesame oil on medium stirring frequently.
Mix eggs in small bowl with a fork. Add to pan with onions when onions look softer and slightly golden. Mix everything together and cover with lid stirring frequently.

When eggs look cooked, add his mixture to the skillet with your cauliflower rice and mix well. Add sea salt and pepper to taste if needed.

SWEET BAKED SQUASH

This is wonderful as a side dish or even a dessert!

Preheat oven 350 Degrees F

Cut an Acorn Squash in halves and place each into its own baking dish with a little water on the bottom. Place in oven for 40 min or until it is soft when pierced with a fork.

Take squash out of oven, flip each half over.
Add 1/4 cup grade B maple syrup to each half.
Add 1 tbsp coconut oil to each half/ ghee butter
Pinch of nutmeg to each and pinch of salt
Add raw walnuts/ pecans to each center
Put back into the oven for 10 min reducing heat to 300 Degrees F.

Take out of oven. Mix and mash the squash.
Voila!

PALEO CREAMED KALE

Ingredients-

1 bunch of kale (approx 2 cups leaves pulled from stems)
1/3 cup full-fat coconut milk (or lite coconut milk but not as tasty!)
Pinch of tsp cinnamon
2 heaping tbsp coconut oil or ghee butter
Salt and pepper to taste

Directions-

Sautee on low-medium and cover the pan, stir frequently until it it thick.
Add more coconut milk if it looks a little dry to make this creamer.

Add a dollop of "cashew cream" on top of each serving or grate some raw grass-fed sheep/goat cheese on top!

QUICK CUMIN BRUSSEL SPROUTS

Ingredients-

2 bags frozen brussel sprouts, 2 tsp ground cumin, sea salt to taste, coconut aminos to taste. 1 tbsp ghee butter. Coconut oil for cooking.
Extra-virgin olive oil.

Directions-

put a little coconut oil in a medium frying pan to coat the bottom, set heat on medium. Add brussel sprouts and drizzle generously with coconut aminos, mix in ghee butter. Cover and stir occasionally. When brussel sprouts appear soft and a little golden, add remaining spices and drizzle olive oil on to='89'-1. Mix well. Enjoy!
Option- Top with bacon pieces and grated raw cheese/grated almond cheese (soy-free).



DESSERTS

PALEO VANILLA BEAN "CHEESE"CAKE

- Servings 8- 10

PREP-

You will need regular muffin sheet with liners. Soak 3 cups raw cashew overnight in filtered water.

Preheat oven 400 F

Crust Ingredients-

1/2 cup ghee butter, 2 eggs, 1/4 tsp salt, 3/4 cup coconut flour, 1-3 tsp grade B maple syrup. Mix eggs, salt and syrup in a bowl. Add in coconut flour and mix until becomes thick. Use hands to form a ball of dough. Separate into 8-10 muffin liners and press in to the liners covering them. Put into oven for 7-9 minutes (until golden). Remove from oven and stick the muffin sheet into the freezer immediately before you begin mixing the filling. Leave in for 15 minutes minimum.

Filling- Ingredients:

3 cups soaked cashews, 3/4 cup lemon juice (fresh squeezed is best), 1/2 cup honey/maple syrup, 3/4 cup coconut oil, 1 tbsp vanilla, half zest of lemon, 1 tsp fresh vanilla bean/vanilla powder.

Directions-

Drain the cashews, rinse and pat dry. Put into food processor with the rest of the ingredients. Blend until smooth. Pour into the individual pie crusts that have been cooled in the freezer. Stick back into the fridge and let set for a minimum of 2 hours. Voila! Keep these in the fridge or you can freeze them.

Optional-

add coconut whipped cream to the tops (recipe in breakfast section).

SNACKS

KALE CHIPS

Ingredients-2 cups fresh Kale taken off stems, rinsed and pat dry. Extra-virgin olive oil, spices of choice. Preheat oven 400 F

Directions- Place kale evenly on baking sheet lined with parchment paper. Drizzle generously with olive oil. Add spices (we love white pepper, cumin and cayenne pepper). Set in the oven for 10 minutes or until crispy!

VEGGIES AND DIP

Arrange an array of root vegetable in a big bowl with ice cubes in the bottom. Pealed carrots, zucchini, mushrooms, radishes, cucumber, broccoli and cauliflower, red/orange and yellow peppers. Make this look colorful!

Dip- In a food processor add: 1 avocado, 1 bunch fresh pesto, salt and pepper to taste, 1/4 cup extra-virgin olive oil. Blend well.

HOMEMADE COCONUT-CHOCOLATE ICE CREAM

Need- food processor

Ingredients-

2 cans BPA-free coconut milk. Vanilla extract, 1 frozen banana, 1/3 up raw honey/maple syrup. 1 tbsp raw cacao optional if you would like chocolate ice-cream, 1/2 cup dark chocolate chips optional, 1/2 cup unsweetened coconut flakes optional.

Prep-

Put the cans of full-fat coconut milk in the fridge over night.

Directions-

flip coconut cans over and open, drain the liquid. Spoon out the coconut "cream" into the food processor. Add all other ingredients and blend until smooth. This is great as is or you can add this to your Ice Cream maker for more of an Ice cream consistency. We have a cuisine art brand which is wonderful and use this weekly. Coconut Icecream is best stored in glass container with sealed lid in the fridge, not the freezer! This will stay thick!

PALEO ORANGE/ LEMON CHOCOLATE MOUSSE

Serves 4

Option 1:

made with avocado

Ingredients-

2 ripe avocados, 2 tbsp raw cacao, 1-2 tsp vanilla extract or 1 tsp fresh vanilla bean, 2 drops lemon liquid stevia or to taste, 1 drop orange extract.

Directions:

Blend with a fork or food processor and set in fridge for min 2 hours.

Optional- add fresh berries of choice and coconut whipped topping (recipe in breakfast section). Enjoy!

COCONUT LEMON PUDDING-

serves 4

Ingredients-

3 cups cauliflower, 1 cup unsweetened almond milk, 1/2 tsp lemon liquid stevia (or 2 tbsp honey), zest of 1 large organic sweet lemon, 1/4 cup lemon juice.

Directions-

put everything except the lemon juice and zest in a saucepan and bring to a boil. Set heat on low and leave uncovered while string occasionally for 5-7 minutes or until mixture is smooth. Remove from heat. Add lemon juice and zest. Pour into food processor. Blend 1 minute or until smooth. Let it cool to room temperature. Pour into 4 dessert dishes. Let chill in fridge over night at least 18 hours.

Optional-

add coconut whipped cream as a topping (recipe in breakfast section)

LEMON COCONUT PANNA COTTA (Gelatin is good for hair, skin, nails!)

(Servings 4)

Prep-4 ramekins/dessert bowls, medium
saucepan

Ingredients:

3 tbsp grade B maple syrup (or stevia substitute)
1 1/2 cups unsweetened almond milk/coconut
milk
1/2 cup fresh squeezed lemon juice
Zest 1 organic sweet lemon
1 tsp pure vanilla extract
2 tbsp hot water
2 tbsp unflavored gelatin powder
1/4 Unsweetened coconut flakes

1. In saucepan medium heat, combine almond milk, maple syrup, lemon juice, vanilla and let simmer, stir frequently. Remove from heat.
2. Separate bowl- combine the hot water and gelatin. Let gelatin dissolve as you whisk with a fork. Pour this mixture into almond milk mixture and mix in lemon zest and 1/4 cup coconut flakes.
3. Divide into 4 ramekins/dessert glasses
4. Chill minimum 4 hours in fridge.
- when ready to eat you can run a knife along sides of ramekin/glass and pop out the mold onto a dessert plate OR leave as is :)

FAT BURNING COCONUT BARS

Preparation Time: 30 minutes

1/4 cup coconut oil
2 cups shredded unsweetened coconut
1/4 cup honey or liquid stevia substitute
1/4 teaspoon kosher salt
1/2 cup chocolate chips (I used dairy-free ones,
but whatever you want will work)
Warm coconut oil until it is liquid. Place
everything except the chocolate chips in a blender and blend on high until smooth. (This will take about 5 minutes or so).

Spread into a 9x5 plastic container. Freeze for about 15 minutes. While coconut mixture is freezing, melt chocolate chips. Spread melted chocolate over frozen coconut and stick in the freezer again until chocolate is hardened. Pop out of container and chop into pieces.

Store leftovers in the fridge.

COCONUT FUDGE

Ingredients:

2 cups unsweetened coconut flakes, 1
tbsp extra-virgin unrefined coconut oil, 2
tbsp fresh lemon juice, zest of 1 lemon,
pinch salt.

Directions:

put coconut flakes in food processor with
S Blade. Blend until smooth- this may take
5 or so minutes. Add the remaining ingredients.

Pour mixture into mini cupcake tins that
are lined, almost to the top for each serving.
OR Pour into a medium baking dish.
Set in the fridge for 30 minutes. Cut into
squares if in baking dish.
Best stored in the fridge covered. (If in
cupcake tins, pop out and store in zip lock
bags!)

For chocolate version:

add 3 tablespoons of raw cacao, 1 tbsp of
grade B maple syrup optional and omit
the lemon juice. Same directions: blend all
in food processor.

For chocolate-orange version:

add 3 tbsp of raw cacao, 3 tbsp of fresh
orange juice, 1 tsp orange zest and omit
the lemon juice. Same directions: mix all in
food processor.

ORANGE BANANA PALEO CUPCAKES

Prepare night before: put 2 cans of full fat coconut milk (BPA-free cans) in fridge overnight.

Preheat oven 350 Degrees F
Line 10 muffin tins

Ingredients:

4 eggs
1/2 cup fresh squeezed orange juice
4 drops liquid stevia/ 2 tbsp raw honey
1/4 cup unsweetened coconut milk
1/4 cup ripe smashed banana (1/2 banana)
1 tsp vanilla extract
1/2 cup coconut flour
1 tsp baking soda
Pinch sea salt

Directions:

Combine first 6 ingredients. Mix well.
Add coconut flour, baking soda and salt. Mix well.
Pour evenly into 10 muffin liners. Bake 18-20 min or until toothpick comes out clean from center.
Let cool completely.

Icing-

Take coconut milk cans out of fridge. Flip over and open. Drain water. Scoop out "coconut cream" into food processor with S blade. Add juice and zest of 1 organic lemon, 5 drops liquid vanilla stevia (or 2 tbsp raw honey/grade B maple syrup), 1 tsp pure vanilla extract
Blend well. Spoon onto muffin tops. Best refrigerated for 30 minutes before eating!

RAINIERS RADICULOUS RAW COOKIES

Food Processor Add:

1 1/2 cup walnuts
1/2 cup Grade B maple syrup/raw honey
3 tbsp melted coconut oil
1/2 cup raw nut butter (almond/walnut/pecan/-cashew)
4 pitted dates
1/2 frozen banana

Pulse in Food Processor until blended.

Put scoopfuls on cookie sheet

Place in freezer for 15 min

Ready to eat!

Best stored in air tight glass container in the fridge

Have with a warm mug of loose leaf green tea!

EASY PALEO ALMOND COCONUT COOKIES

Better than girl scout cookies!
Preheat oven 325 F

1 1/2 almond meal
1 tsp vanilla extract
2 tbsp melted coconut oil
4 tbsp raw honey
1/4 cup coconut flakes
1/4 tsp baking soda
1/4 tsp sea salt

Mix together with a fork in medium sized bowl

Put spoonfuls onto parchment paper on cookie tray

Bake for 6-8 min

Cookies will be really soft when you take them out of the oven. Let cool for 10 min.

CONDIMENTS/DIPS

BASIC CASHEW "CREAM"

Use in place of heavy cream or full fat coconut milk if you are vegan or do not like coconut milk. A great base for desserts, whipped toppings and dips!

Soak 2 cups raw cashews in filtered water overnight

Rinse the next morning and place in food processor

Pulse until cashews are crumbly, add 1/3 cup filtered water (water should barely cover cashews)

Blend until smooth and creamy. Add a pinch of salt to taste.

MACADAMIAN NUT "CHEESE" DIP

(great for a veggie dip or root vegetable chip dip)

1 cup raw macadamian nuts NOT soaked

1/2 cup fresh lemon juice

1/2 tsp sea salt

Filtered water as needed for desired thickness of dip

Place in food processor. Pulse until nuts are crumbly then add all ingredients. Blend until smooth. Add water as needed for desired consistency. Chill in fridge so it can become firmer if needed.

CINNAMON CASHEW GHEE BUTTER

2 cups raw cashews
1/2 cup ghee butter (coconut oil if dairy-free)
Dash cinnamon
Pinch sea salt

Pulse cashews in food processor with S blade then mix until powder-like. Add ghee butter, cinnamon and salt, blend until very smooth.
Pour into glass container or mason jar with a lid and set in fridge for at least 20 minutes.
Best stored in fridge. Let sit at room temp for 10 minutes before eating or eat right out of jar with a spoon :-).

FERMENTS

FERMENTED PICKLES

16 cups organic pickling (small) cucumbers
2 bunches fresh dill;
16 cloves garlic, whole and peeled;
3 tbsp mustard seeds and peppercorns mixed
5 tbsp sea salt;

Soak the cucumbers in cold water for a few hours then scrub them thoroughly. Prevents mold during fermenting process.

Place the cucumbers, dill, garlic and spices in a extra large mason jar and sprinkle a bit of sea salt as you go along.

Mix the sea salt and 8 cups of filtered water. Stir well to dissolve the salt. Make sure cucumber are covered with water in the mason jar.

Place a lid on the jar and place it in a warm spot in your kitchen. It will take 5-10 days for the cucumbers to ferment.

THE BEST DAILY WATER MIX

If you struggle to drink apple cider vinegar this is much better tasting!

2 cups filtered water
1/4 tsp liquid vanilla stevia
1/8 tsp ground ginger
1 tbsp coconut vinegar
pinch cinnamon
Mix together with a spoon.
Enjoy!



DESSERTS

10 MINUTE COCONUT ALMOND BISCUITS

Preheat oven 325 F

Ingredients:

1 1/2 cups blanched almond flour
1/4 tsp baking soda
1/4 tsp salt
2 tbsp soft ghee butter/coconut oil
4 tbsp grade B maple syrup
1/2 tsp pure vanilla extract
1/2 tsp pure almond extract

Optional-

1/4 cup unsweetened coconut flakes and/or 2 tbsp raw cacao

Directions-

Blend all ingredients in a medium bowl with a fork until mixed well. Dollop on baking sheet lined with parchment paper. Bake 8-9 minutes. They will be very soft when you take them out of the oven. Let the cookies cool for 6 or so minutes and they will become more firm. Stick them in the freezer for 4 minutes if you are in a rush to eat them!

You can add coconut ice cream in between 2 of these cookies for healthy ice-cream sandwiches!

These are best stored in ziplock bags in the freezer...these cookies taste better with age and are so yummy when eaten right out of the freezer!!

CONDIMENTS

SPICY SALAD SAUCE

(great as a salad dressing or on spirilized zucchini/Shirataki noodles)

Ingredients:

5 tbsp raw almond butter
1/4 cup coconut aminos
1 tbsp fresh lemon juice
2 tbsp grade B maple syrup
1 garlic clove minced
2 tsp Eden Hot Pepper Sesame Oil
Combine all ingredients in a blender.

This is great as a sauce for "noodle" dishes, such as spirilized zucchini, kelp noodles, spaghetti squash or Shirataki Noodles (soy-free). Store left-overs in the fridge. Great for dipping veggies or a simple salad dressing!

SIDES

CINNAMON SWEET POTATO "NOODLES"

Ingredients

2 tbsp olive oil
2 medium pealed sweet potatoes , peeled, spirilized into thin noodles
1 tbsp minced garlic
1 cup low sodium chicken or beef broth
salt and pepper to taste

Directions

Add 1 tbsp of olive oil to a large pan on medium heat and add spirilized sweet potato noodles. Cover and cook for approximately 8-10 minutes. You want the "noodles" to be soft with a slight crunch. Stir these frequently so they do not stick to the bottom of the pan. You may need to add more coconut oil or ghee butter to the pan.

Add 2 tbsp extra virgin olive oil or ghee butter and 1 tsp cinnamon, stir into the noodles.

EAT REAL
FOOD. ■

