



PALEOHACKS

PRIMAL BEAUTY

MEALS

by Kelsey Ale

Copyright Notice

Copyright © 2017. All Rights Reserved.

PaleoHacks, LLC retains 100% rights to this material and it may not be republished, repacked and/or redistributed for any purpose whatsoever without the express written consent from the owners of PaleoHacks, LLC.



About Kelsey Ale

My name is Kelsey Ale (of KelseyAle.com) and I'm a **Certified Nutritional Therapist** living in Santa Monica, California.

In 2011, after suffering from undiagnosable discomfort for over 5 years, I realized that I needed to make key changes to my diet if I wanted to live an enjoyable life. Upon transitioning to the Paleo diet and cutting out gluten, grains, and adding in quality fats and protein I immediately began feeling alive in my body in a way I hadn't felt in years, and my health issues began disappearing one by one.

I teamed up with PaleoHacks.com to create Primal Beauty because I've found that most of the people taking an active role in changing their health and transforming their bodies are women. But in my opinion, women aren't given enough guidance on how to take care of their special health needs (and we do have special needs, as I've learned personally over and over again.)

I wanted to help get that information to you, so here in the program I put everything together to make sure you are taken care of in your health and weight loss journey. I really hope the gems in here help you start feeling better and getting the body you want – starting right now.

Before setting up shop at KelseyAle.com I was a certified massage therapist and Pilates instructor for over 10 years. During this time I pursued my passion for nutrition and delicious, healthy eating on the side, by counseling friends, family, and clients on healthy meal plans, workouts, self-care routines, and dietary supplements.

I know that health and beauty are interrelated, and I believe that a well-rounded holistic approach is the best way to achieve long lasting results. I love seeing the way people light up when they begin to feel empowered and in control of their health and their body.

I've dealt with parasites, Candida, chronic bacterial infections, leaky gut, fatigue, acne, and terrible digestive problems, among other things. I know what it's like to be uncomfortable, and my mission is to use my personal experience and my education to help you get out of discomfort quickly and live a life you love.

This program – Primal Beauty – is just that. It's me providing all the information from my brain (and the experts I've worked with over the years) trying to get you the most useful, practical information so that you can indeed lose that extra fat and be a healthier, more vibrant version of yourself.

If you have any questions about the program or anything at all, please email me at Kelsey@kelseyale.com - I'd love to hear from you!

However, please do not send tech support or product support questions to that address – please send them directly to the customer service team at PaleoHacks – that email address for that is support@paleohacks.com

Table of Contents



BREAKFAST

LUNCH

SNACKS

DINNER



RECIPE MEASUREMENTS KEY

T = Tablespoon
t = teaspoon

A top-down view of a breakfast scene. In the upper left, a coconut is cracked open, showing its white interior. A wooden spoon is positioned diagonally across the center, holding a piece of coconut meat. Below the spoon is a white cup filled with a frothy, light brown beverage, likely coffee. To the right of the cup, three dark brown coffee beans are scattered on the white surface. The word "Breakfast" is written in a white, cursive font across the middle of the image.

Breakfast

BREAKFAST RECIPES

#01 - Healthy Cauliflower Egg Mcmuffin

#02 - Awakening Matcha Smoothie Bowl

#03 - Awakening Coffee with Turmeric

#04 - Golden Turmeric Latte

#05 - Easy Baked Avocado Egg

#06 - Triple Treat Avocado Smoothie

#07 - Eggs In Hash Brown Nests

#08 - Holiday Breakfast Frittata

#09 - Sheet Pan Eggs

#10 - Turmeric Mango Tonic with Green Tea Ice Cubes

#11 - Cauliflower Bagel Recipe

#12 - Bacon & Egg Cups

#13 - Turmeric Lemon Morning Elixir

#14 - Tropikale Smoothie

#15 - Healthy Coconut Oatmeal

#16 - Mexican Mocha with Coconut Oil

#17 - Lox Caper Egg Muffins

#18 - Sweet Potato Egg in a Hole

#19 - Turmeric Ginger Smoothie with Coconut Oil

#20 - Bacon Spinach Frittata

#21 - Eggs Benedict

#22 - Chocolate Breakfast Milkshake

#23 - Easy Eggs in Clouds

#24 - Kale & Mushroom Sausage Patties

#25 - Chocolate Coffee Milkshake

HEALTHY CAULIFLOWER EGG “McMuffin”

 **Prep Time:** 15 minutes  **Cook Time:** 20 minutes  **Yield:** 2 servings

Ingredients:

For Cauliflower Muffins:

- 2 cups riced cauliflower
(½ medium head of cauliflower)
- ½ cup almond meal
- 2 large, pasture-raised eggs
- ½ t sea salt
- ⅓ t turmeric
- ¼ t black pepper

For Egg McMuffin:

- 1 egg per muffin
- 1 strip of bacon per muffin,
cooked
- 4-5 slices of avocado per muffin

Instructions:

- 1.** Preheat oven to 400°F and line a baking sheet with parchment paper. In a large mixing bowl, combine riced cauliflower, eggs and almond meal until well moistened. Sprinkle in turmeric, pepper and sea salt, and stir well.
- 2.** Using a ⅓ cup measuring scoop, form cauliflower mixture into 4 discs on baking sheet. Bake 20 minutes.
- 3.** In the meantime, prepare toppings for Egg McMuffin. Cook the egg and the bacon to your liking, and slice the avocado.
- 4.** Remove cauliflower muffins from oven and cool 5 minutes. Add toppings on one half and place another muffin on top. Serve immediately.



Recipe author
JENNAFER ASHLEY
freshandfit.org



AWAKENING MATCHA Smoothie Bowl

 **Prep Time:** 10 minutes  **Cook Time:** 0 minutes  **Yield:** 2 servings

Ingredients:

- 3 large frozen bananas, sliced into chunks
- 2 cups unsweetened almond milk
- 2 T matcha green tea powder
- ½ cup unsweetened coconut flakes
- ½ cup raspberries
- ½ cup pomegranate arils
- 1 T chia seeds
- 1 serving egg or collagen protein powder, optional

Instructions:

- 1.** Place frozen banana, almond milk and matcha powder in a blender. Blend on high until smooth.
- 2.** Divide smoothie between two bowls. Top each bowl with raspberries, pomegranate arils, chia seeds and coconut flakes or toppings of your choice. Enjoy right away.



Recipe author
JENNAFER ASHLEY
freshandfit.org




4-INGREDIENT AWAKENING COFFEE WITH TURMERIC

Coconut Oil & Coconut Milk

 **Prep Time:** 2 minutes

 **Cook Time:** 3 minutes

 **Yield:** 1 Serving

Ingredients:

- 4 oz. brewed strong coffee or espresso
- 4 oz. coconut milk
- 1 t turmeric
- 1 T coconut oil, melted
- Optional: sweetener of choice, to taste

Instructions:

1. Add coffee, coconut milk, turmeric, and melted coconut oil to a blender. Blend until frothy.
2. Enjoy!



Recipe author

COURTNEY HAMILTON

[instagram.com/cjhamilt/](https://www.instagram.com/cjhamilt/)



GOLDEN TURMERIC

Latte

 **Prep Time:** 5 minutes

 **Cook Time:** 5 minutes

 **Yield:** 1 serving

Ingredients:

- 1 ½ cups non-dairy milk
- ½ t vanilla extract
- ½ T coconut oil
- 1 t turmeric
- ½ t ground cinnamon
- ½ t ginger
- ¼ t black pepper

Instructions:

- 1.** Add ingredients to a small saucepan, and bring to a boil.
- 2.** As the milk heats, whisk the ingredients until it becomes frothy and smooth (about 3-5 minutes).
- 3.** Simmer a few minutes on low, then transfer to a cup and enjoy!



Recipe author
MEGAN OLSON
skinnyfitalicious.com



EASY BAKED Avocado & Egg

 **Prep Time:** 5 minutes  **Cook Time:** 18 minutes  **Yield:** 2 servings

Ingredients:

- 1 organic avocado, halved with pit removed
- 1 egg
- salt
- pepper
- your favorite seasoning -- I use Fajita Seasoning

Instructions:

1. Preheat the oven to 425 degrees F.
2. Flip each avocado side over and slice off enough of the rounded skin so that it can sit flat when the fleshy side is up.
3. Place the avocados, fleshy side up, in a baking pan. Crack some salt into each hole.
4. Whisk the egg in a bowl, divide it between the avocado holes. Sprinkle with salt, pepper and the seasoning of your choice.
5. Bake for 16-18 minutes, until the egg has fully set. Eat with a spoon and enjoy!



Recipe author

DIANA KEULIAN

RealHeathyRecipes.com




TRIPLE THREAT

Avocado Smoothie

 **Prep Time:** 5 minutes

 **Cook Time:** 0 minutes

 **Yield:** 1 serving

Ingredients:

- 1 small avocado, peel and pit removed
- 1 cup coconut water
- ½ T raw honey
- 1 cup ice
- ½ cup mango, diced
- 4-5 mint leaves
- 1 serving egg or collagen protein powder (optional)

Instructions:

1. Add ingredients to a blender. Blend on high until thick and smooth.




Recipe author
JENNAFER ASHLEY
freshandfit.org



EGGS IN *Hash Brown Nests*

 **Prep Time:** 5 minutes

 **Cook Time:** 25 minutes

 **Yield:** 4 servings

Ingredients:

- 1 medium sweet potato, washed and peeled
- 4 large eggs

Instructions:

1. Preheat oven to 400°F and grease 4 cups in a regular-sized muffin tin with coconut oil.

1. Using a coarse cheese grater, grate the sweet potato into a medium sized bowl. Using your fingers, line the 4 greased muffin tins with the sweet potatoes, pressing the sweet potatoes up against the sides to make a "crust".

1. Bake the sweet potato crusts for 5-8 minutes, making sure not to burn the sweet potatoes.

Remove the muffin tin from the oven and carefully crack an egg in each mini-crust. Place the muffin tin back in the oven and bake for 10 minutes or until the egg whites are opaque (be careful not to overcook). Allow the egg nests to cool before removing from the muffin tin.



Recipe author
DEANNA DORMAN
thelivefitgirls.com



HOLIDAY BREAKFAST

Frittata

 **Prep Time:** 10 minutes  **Cook Time:** 25 minutes  **Yield:** 6 servings

Ingredients:

- 5 large eggs
- 5 large egg whites
- 1 T extra virgin olive oil
- 4 T unsweetened almond milk
- ¼ cup white onions, finely chopped
- ¼ cup sun-dried tomatoes, oil drained and finely chopped
- ½ cup roasted red peppers, water drained and finely chopped
- 1 cup peas
- ½ t garlic powder
- Salt and pepper, to taste
- Fresh parsley and sliced avocado for topping (optional)

Instructions:

1. Preheat oven to 325°F. Coat a round baking dish with coconut oil.
2. Heat a medium-sized skillet to medium heat. Add extra virgin olive oil and onion. Sauté 3-4 minutes until onion is translucent.
3. Stir in sun-dried tomatoes and red peppers. Cook 3-4 minutes then turn off the heat and set aside.
4. In a small bowl, whisk together the eggs, egg whites and almonds milk with parsley, garlic pepper, salt and pepper.
5. Add pepper, tomato, onion mixture, and peas.
6. Transfer batter to the prepared baking dish. Use a spatula to spread out the batter to ensure peas, peppers and tomatoes are distributed evenly.
7. Bake for 25 minutes, or until edges are golden brown and the center is set.
8. Remove from the oven and cool 10 minutes before slicing into 6 portions and serving.
9. Top with fresh parsley and avocado as desired and devour!




Recipe author
MEGAN OLSON
skinnyfitalicious.com



SHEET PAN Eggs

 **Prep Time:** 5 minutes

 **Cook Time:** 15 minutes

 **Yield:** 6 servings

Ingredients:

- 12 large eggs
- ½ cup chopped mixed bell peppers
- ¼ cup chopped chives
- Salt and pepper, to taste

Instructions:

1. Preheat the oven to 350°F. Grease a 12x17 rimmed baking sheet with coconut oil.
2. In a large bowl, whisk the eggs with salt and pepper until frothy. Add the mixed bell peppers and chopped chives.
3. Pour the mixture into the prepared sheet pan, and bake for 12-15 minutes or until set.
4. Remove from the oven and let cool slightly. Cut into squares and serve.



Recipe author

DINA HASSAN

dhfoodphotography.com



TURMERIC-MANGO TONIC WITH *Green Tea Ice Cubes*

 **Prep Time:** 10 minutes  **Cook Time:** 0 minutes  **Yield:** 2 servings

Ingredients:

- 2 green tea bags
- 3 cups chopped mango
- 1 T honey
- 1 t turmeric
- ¼ t black pepper

Instructions:

- 1.** Steep the tea bags in 8 ounces of hot water. Let the tea cool, discard the tea bags, and transfer the tea to an ice cube tray to freeze.
- 2.** Once the tea is frozen, prepare the syrup. Add chopped mango, honey, turmeric and pepper to a small saucepan over medium-low heat. Stir and simmer the ingredients for 5 minutes.
- 3.** Transfer the mango mixture to a blender. Add 4 of the green tea ice cubes and blend on high 5 minutes or until ice has broken down.
- 4.** Transfer to a glass, add more green tea ice cubes and enjoy!



Recipe author
MEGAN OLSON
skinnyfitalicious.com



PALEO Cauliflower Bagel

 **Prep Time:** 20 minutes  **Cook Time:** 20 minutes  **Yield:** 4 bagels

Ingredients:

- 1 head small cauliflower (sliced into chunks)
- 1 T coconut oil
- 2 large eggs (beaten)
- 1 t apple cider vinegar
- 2 T almond flour
- 1 t tapioca starch
- 1½ t unsweetened shredded coconut
- 1 t baking powder
- ½ t garlic powder
- Black and white sesame seeds (for topping)

Instructions:

1. Preheat oven to 400°F. Line a baking sheet with parchment paper or a silpat.
2. In a blender, blend the cauliflower pieces in small batches until you get a rice-like texture (also known as "cauliflower rice").
3. In a large skillet over low heat, sauté the cauliflower rice until it's lost almost all of its moisture, but it's still not browned. (This process will take about 10 minutes.) To prevent the cauliflower rice from burning, continue stirring.
4. Place the cooked cauliflower rice in a medium bowl. Add coconut oil, eggs, apple cider vinegar, almond flour, tapioca starch, unsweetened shredded coconut, baking powder, and garlic powder. Mix well to combine.
5. Form 4 baseball-sized balls of the cauliflower mixture. Compact each ball by squeezing out as much moisture as possible. Place the balls at least 3" apart on the prepared baking sheet.
6. Flatten the balls and poke a hole in the center of each ball with your finger.
7. Sprinkle the tops of each bagel with black and white sesame seeds.
8. Bake for 15 to 20 minutes, until the bagels are golden brown on the edges.
9. Serve the bagels warm. Store in an airtight container in the refrigerator for up to 3 days.



Recipe author
FELICIA LIM
dishbydish.net



3-INGREDIENT *Bacon & Egg Cups*

 **Prep Time:** 10 minutes  **Cook Time:** 30 minutes  **Yield:** 6 servings

Ingredients:

- 18 slices of regular-cut bacon
- 6 eggs
- 2 T chopped fresh parsley
- Salt and pepper to taste (optional)

Instructions:

1. Preheat the oven to 350°F and spray a six-cavity, large muffin pan with coconut oil.
2. Create a lattice for each egg cup by weaving three bacon slices together. Press down into each muffin cavity so there are as little holes as possible.
3. Crack an egg into each cavity.

Bake for 25 to 30 minutes until the eggs are fully cooked.
4. Use a spoon to remove the bacon and egg cups from the muffin pan. Garnish with freshly chopped parsley and serve.



Recipe author
FELICIA LIM
dishbydish.net




TURMERIC AND LEMON

Morning Elixir

 **Prep Time:** 5 minutes

 **Cook Time:** 0 minutes

 **Yield:** 1 servings

Ingredients:

- ½ of a lemon, squeezed for juice
- ¼ – ½ t turmeric
- ½ t honey
- ¼ t cinnamon powder
- 1 cup warm water, and/or coconut milk (the coconut milk adds healthy fats, and helps absorption of turmeric)

Instructions:

1. Mix the lemon juice, turmeric and honey into your cup of warm water or milk. You will want to stir these ingredients well. Add cinnamon on top and continue to stir your morning elixir as you drink it — this will ensure that the turmeric does not settle at the bottom of your cup.



Recipe author

THE ALTERNATIVE DAILY

TheAlternativeDaily.com



TROPIKALE Smoothie

 **Prep Time:** 5 minute

 **Cook Time:** 1 minute

 **Yield:** 1 serving

Ingredients:

- 1 cup pineapple
- 1 mango
- 1 cup kale, stems removed
- Juice from 1 lime
- ¼ cup coconut water
- 1 serving egg or collagen protein powder (optional)

Instructions:

1. Chop up kale, mango and pineapple.
2. Place all ingredients into a blender. Blend until smooth.
3. Enjoy by itself as a quick refresher or with a hearty chicken salad for lunch!



Recipe author

ERIN DRUGA

thealmondeater.com



HEALTHY *Coconut 'Oatmeal'*

L Prep Time: 5 minutes

L Cook Time: 10 minutes

F Yield: 1 serving

Ingredients:

- 4 T coconut flour, sifted
- 1 T shredded coconut
- ½ cup coconut milk
- 1 large egg, room temperature

Instructions:

1. Heat a small saucepan over medium-high heat. Add coconut flour, coconut milk, shredded coconut. Whisk until the mixture nearly comes to a boil (it should be thick). You may need to adjust the coconut flour and/or coconut milk, depending on the consistency of your coconut flour.
2. Reduce heat to low for 2-3 minutes and then add the egg. Make sure the mixture is fairly cool when you add the egg so that it does not scramble. To be safe, you may want to remove the saucepan from the heat to place the egg into the mixture.
3. Whisk the egg into the mixture another 2-3 minutes until it is fully combined with the batter and thickens more.
4. Transfer oatmeal to a bowl and top with your favorite oatmeal toppings before devouring!

Pro Tip: Leftovers can be refrigerated overnight and warmed in the microwave or on the stove the next morning by adding a little coconut milk to thicken it. Just be sure to check on it and stir periodically as you microwave it to be sure it has enough liquid to avoid burning.




Recipe author
MEGAN OLSON
skinnyfitalicious.com



MEXICAN MOCHA WITH SILKY *Coconut Oil*

 **Prep Time:** 5 minutes

 **Cook Time:** 0 minutes

 **Yield:** 1 Serving

Ingredients:

- 4 oz. brewed strong coffee or espresso
- 4 oz. coconut milk
- 1 T cocoa powder
- $\frac{1}{4}$ - $\frac{1}{2}$ t cayenne or chili powder
- $\frac{1}{2}$ t cinnamon
- 1 T coconut oil
- 1 t maple syrup, raw honey, or coconut sugar, optional

Instructions:

1. Add all ingredients to blender (including sweetener, if you so desire).
2. Blend until frothy. Drink immediately.



Recipe author

COURTNEY HAMILTON

[instagram.com/cjhamilt/](https://www.instagram.com/cjhamilt/)



LOX & CAPER

Egg Muffins

 **Prep Time:** 5 minutes  **Cook Time:** 25 minutes  **Yield:** 6 muffins

Ingredients:

- 2 large eggs
- 4 large egg whites
- ½ cup unsweetened coconut milk
- 2 T capers
- ¼ cup lox, sliced into ¼-inch pieces
- ½ t dried parsley
- Salt and pepper, to taste

Instructions:

1. Preheat the oven to 350°F. Prepare a muffin tin with muffin liners.
2. In a small bowl, combine eggs, egg whites, and coconut milk with a fork until frothy. Add the lox, capers, parsley, salt and pepper and combine.
3. Pour the egg mixture into the muffin cavities, dividing it evenly among 6 muffin cavities.
4. Bake for 22-25 minutes (until the tops of the eggs are set).
5. Remove from the oven and cool in the pan for 5 minutes before removing and placing on a baking rack to cool completely.
6. Store in the refrigerator in an airtight container up to a week.



Recipe author
MEGAN OLSON
skinnyfitalicious.com



SPIRALIZED SWEET POTATO

Egg in a Hole

 **Prep Time:** 5 minutes  **Cook Time:** 7 minutes  **Yield:** 1 serving

Ingredients:

- 1 T extra virgin olive oil
- 1 ½ cups sweet potatoes, spiralized
- ½ red bell pepper, cut into thin strips
- ½ t turmeric
- 1 egg
- Salt and pepper, to taste
- Chopped green onions (optional)

Instructions:

1. Heat extra virgin olive oil in an 8-inch cast iron skillet. Add the spiralized sweet potatoes and the bell pepper. Season with turmeric, salt and pepper and sauté for 5-6 minutes, until soft and tender.
2. Using a wooden spoon, make a well in the middle of the noodles and crack an egg inside.
3. Season with salt and pepper and cook for another 2-3 minutes, or until cooked to your preference. Garnish with chopped green onions and serve.



Recipe author
DINA HASSAN
dhfoodphotography.com



TURMERIC GINGER SMOOTHIE WITH *Coconut Oil*

 **Prep Time:** 5 minutes  **Cook Time:** 0 minutes  **Yield:** 1 serving

Ingredients:

- 1½ cups unsweetened coconut milk
- 1 t turmeric
- 1 t coconut oil, softened
- 2 T pure or Manuka honey
- 1 t ginger, peeled and chopped
- 1 t chia seeds
- 1 cup ice, optional
- 1 serving egg or collagen protein powder (optional)

Instructions:

1. Combine ice, coconut milk, turmeric, coconut oil, honey and ginger in a blender. Blend on high speed until smooth and icy.
2. Pour into a glass and stir in chia seeds. Wait a few minutes before drinking to allow chia seeds to bloom slightly.



Recipe author
JENNAFER ASHLEY
freshandfit.org



BUBBLY HOT

Bacon Spinach Frittata

 **Prep Time:** 7 minutes  **Cook Time:** 30 minutes  **Yield:** 4 servings

Ingredients:

- 8 large eggs
- 4 large egg whites
- 1 cup almond milk (or other nut milk)
- ¼ onion, diced
- 1 cup grape tomatoes, quartered
- 2 cups spinach
- 6 strips nitrate-free bacon

Instructions:

1. Preheat oven to 400°F.
2. Cook the bacon in a cast iron skillet over medium-high heat until cooked through. Remove the bacon from the pan and reserve the bacon grease, setting the pan off to the side for now. Crumble the bacon, once cooled, and set aside.
3. In a medium to large bowl, whisk together eggs, egg whites, and milk. Set aside.
4. In the bacon grease, sauté the onions for 2-3 minutes until tender. Add tomato and spinach and cook for 1-2 more minutes. Spinach should just begin to wilt.
5. Pour your egg mixture in the skillet and add bacon pieces. Let cook for 4-6 minutes. The eggs should just begin to set.
6. Bake for 8-12 minutes, until eggs are completely cooked through.



Recipe author
DEANNA DORMAN
thelivefitgirls.com



SALMON EGGS BENEDICT

with Sweet Potato

"MUFFINS"

L Prep Time: 15 minutes **L** Cook Time: 30 minutes **🍴** Yield: 4 servings

Ingredients:

For Salmon Patties:

- 1 package Alaska Gold Easy Salmon
- 1 egg
- ½ t turmeric
- ½ t garlic powder
- Salt and pepper, to taste

For Sweet Potato "Muffins":

- 1 small sweet potato, peeled and sliced into 4 two-inch thick pieces
- Salt and pepper, to taste

For Egg:

- 1 egg
- Salt and pepper, to taste

For Sauce:

- 1 egg yolk
- 1 T butter
- 2 T lemon juice
- ½ t turmeric
- Pinch of salt

For Topping (optional):

- Sliced avocado

Instructions:

1. Heat grill pan to medium heat and coat with coconut oil.
2. In a small bowl, whisk egg with Easy Salmon, turmeric, garlic powder, salt and pepper. Gently form into 4 patties. Note: they will be loose but they stick together fine after grilling.
3. Place salmon patties on grill pan and gently press down so they aren't too thick (otherwise they won't cook through otherwise).
4. Cook 7 minutes until salmon patties are firm on the bottom. Flip the patties and cook another 7 minutes.
5. Remove cooked salmon patties from pan and transfer to a plate.
6. Place sliced sweet potato on grill pan. Cook 5 minutes on each side until browned and slightly tender.
7. While the sweet potatoes are cooking, preheat a saucepan to low heat and another separate frying pan to medium-low heat.
8. In the frying pan, crack the egg. Once the edges of the egg are firm, cover and continue cooking another 1-2 minutes.
9. While the egg is cooking, whisk together the ingredients for the sauce in the saucepan. Continue whisking 2-3 minutes, then turn off heat. Do not let the sauce sit on the heat without stirring, as the egg will cook. 9. Assemble the eggs Benedict by placing cooked sweet potatoes on a plate. Top with a salmon patty, fried egg, and a healthy drizzle of sauce.




Recipe author
MEGAN OLSON
skinnyfitalicious.com



CHOCOLATE *Breakfast Milkshake*

 **Prep Time:** 5 minutes

 **Cook Time:** 0 minutes

 **Yield:** 1 servings

Ingredients:

- 2 large frozen organic bananas
- 1 cup coconut milk
- 2 t cashew butter
- 1 T raw cacao powder
- ½ t vanilla extract
- 6 ice cubes

Instructions:

1. Start by adding the bananas and the coconut milk to your high speed blender and pulse a couple of times.
2. Add the cashew butter, cacao powder and vanilla and pulse another couple of times.
3. Depending upon the texture, you may want to add fewer than all 6 ice cubes. Perhaps start with four and let the blender rip.
4. Texture is a personal thing, so feel free to add more coconut milk to get your concoction to a milkshake consistency.



Recipe author

REBBECA MACLARY

hunt-gather-thrive.blogspot.ca/



EASY Eggs in Clouds

 **Prep Time:** 5 minutes

 **Cook Time:** 10 minutes

 **Yield:** 4 servings

Ingredients:

- 4 large eggs
- ¼ cup chopped chives
- ¼ cup crumbled bacon or pastrami
- Salt and pepper, to taste

Instructions:

1. Preheat the oven to 350°F. Line a baking sheet with parchment paper.
2. Separate the egg whites from the yolks. Using an electric hand mixer, whip the egg whites until fluffy and stiff peaks form.
3. Carefully fold in the chopped chives and bacon using a spatula.
4. Spoon four mounds of whipped egg whites onto the prepared baking sheet. Use the back of a teaspoon to make egg yolk-size wells in the center of each mound.
5. Bake for three minutes, then remove from the oven and gently add a yolk into the center of each cloud. Return to the oven and bake for two more minutes.
6. Remove from the oven, sprinkle with salt and pepper, and serve immediately.



Recipe author

DINA HASSAN

dhfoodphotography.com



KALE AND MUSHROOM

Sausage Pattie

 **Prep Time:** 10 minutes  **Cook Time:** 10 minutes  **Yield:** 5 servings

Ingredients:

- 2 T coconut oil
- 1 packed cup thinly sliced kale
- 6 ounces fresh mushrooms, chopped
- 2 garlic cloves, minced
- 1 pound ground pork
- ½ t salt
- ½ t garlic powder
- ½ t onion powder
- ¼ t fennel seed
- Pinch of ground ginger
- Dash of nutmeg

Instructions:

1. In a large skillet, melt one T of coconut oil.
2. Add the kale, mushrooms, and garlic and sauté until the veggies are cooked.
3. Place the ground pork in a mixing bowl and add the veggies and spices. Mix well and form into 10 patties.
4. Melt one T of coconut oil over medium heat and add half the sausage patties; cook until golden brown on each side and cooked in the middle. Repeat with the other half.



Recipe author
HEATHER RESLER
cookituppaleo.com



NO SUGAR NATURALLY SWEET DARK CHOCOLATE *Coffee Milkshake*

 **Prep Time:** 5 minutes

 **Cook Time:** 0 minutes

 **Yield:** 1 serving

Ingredients:

- 1 T raw cacao powder
- 2 oz shot of espresso, chilled
- 1 cup unsweetened almond milk
- 1 very ripe banana, frozen
- ½ cup ice
- Optional toppings: Coconut whipped cream, Shaved unsweetened dark chocolate

Instructions:

1. Combine ingredients in a blender and blend on high speed until smooth. Pour into a glass and enjoy immediately.



Recipe author
JENNAFER ASHLEY
freshandfit.org





Lunch

LUNCH RECIPES

- #26** - Spicy Avocado Shrimp Tower
- #27** - Turkey Salad
- #28** - Spicy Rainbow Pasta with All-Veggie Noodles
- #29** - Zucchini Noodles with Tahini Bacon Sauce
- #30** - Detox Beet Soup with Coconut Milk
- #31** - Shrimp & Avocado Salad
- #32** - The Ultimate Immune Boosting Soup
- #33** - Spicy Roasted Cauliflower Kale Carrot Salad
- #34** - Tortilla-Free Cashew Chicken Lettuce Tacos
- #35** - Butternut Squash Soup
- #36** - The Best and Easiest Baked Salmon
- #37** - Rainbow Veggie Pesto Salad
- #38** - Shrimp & Cauliflower Grits
- #39** - One-Pot Detox Vegetable Soup
- #40** - Cajun Chicken Pasta with Light Zucchini Noodles
- #41** - Sweet Thai Chili Glazed Salmon
- #42** - Cream Of Broccoli Soup
- #43** - Chicken Lettuce Wraps with Almond Butter Sauce
- #44** - Carrot Noodles With Turmeric Pesto
- #45** - Guac Stuffed Kali Burgers
- #46** - Salmon Bites Sweet Potato Buns
- #47** - Beef Shrimp Spring Rolls with Almond Butter Sauce

SPICY AVOCADO

Shrimp Tower

 **Prep Time:** 30 minutes  **Cook Time:** 0 minutes  **Yield:** 4 stacks

Ingredients:

- 1 cup cauliflower rice
- 1 cup avocado(diced)
- 1 cup cucumber (peeled and diced)
- 1 cup cooked shrimp (peeled tails removed and coarsely chopped)
- 1 T cilantro (finely chopped)
- 1 T sesame oil
- 1 T Coconut Aminos
- 2 t Sriracha sauce
- ½ cup Paleo mayonnaise
- 1 T sesame seeds
- Black pepper to taste

Instructions:

1. Make cauliflower rice by placing florets in a food processor. Pulse until finely chopped.
2. Combine cauliflower rice and sesame oil. Stir and set aside.
3. In a small bowl, gently mash avocado until slightly chunky. Stir in cilantro.
4. In a separate bowl, toss shrimp in Coconut Aminos to coat.
5. Mix mayonnaise with Sriracha sauce.
6. Using a one cup measuring scoop, layer ¼ cup of cucumber, spread avocado, shrimp, and finished cauliflower rice. Gently press into cup.
7. Set a plate on top, then flip the measuring cup over. Lightly tap on the top to release.
8. Top each shrimp stack with spicy mayo, sesame seeds, and black pepper.



Recipe author
JENNAFER ASHLEY
freshandfit.org



RAINBOW

Turkey Salad

L Prep Time: 20 minutes

L Cook Time: 2 hours

🍴 Yield: 6 servings

Ingredients:

For the Turkey:

- 3 pounds, one split turkey breast
- 2 T extra virgin olive oil
- 1 T grass-fed butter, softened
- 4 cloves garlic, minced
- 1 t lemon zest
- 1 t fresh lemon juice
- 1 T finely chopped fresh rosemary
- 1 T finely chopped fresh sage
- 1 T finely chopped fresh thyme
- 1 t salt
- ½ t freshly ground black pepper
- 1 large onion, cut into 4 thick slices
- 1 lemon, sliced

For the Salad:

- 1 cup baby plum tomatoes
- 1 cup pomegranate, seeds only
- 2 ripe avocados, de-stoned and sliced
- 2 cups baby wild rocket
- 1 yellow bell pepper, diced
- 2 medium carrots, sliced
- 1 ½ cups chopped purple cabbage
- ½ cup sliced red onions

For the Dressing:

- 2 T lemon juice
- 2 ½ T olive oil
- 1 t raw honey
- 1 t minced garlic
- ½ t salt
- ¼ t paprika ⅓ C cilantro, chopped
- 1 garlic clove, minced
- 1 inch piece of ginger, peeled and grated

Instructions:

1. Preheat the oven to 325°F.
2. In a bowl, combine olive oil, butter, garlic, lemon zest, lemon juice, herbs, salt and pepper.
3. Using the handle end of a wooden spoon, carefully separate the skin from the turkey breast (without tearing it). Gently rub the turkey breast with the olive oil-herb mixture, stuffing it under the skin.
4. Line a baking pan with 2½-foot long x 15-inch wide parchment paper. Lay the onions and lemon slices on top, and place the turkey breast on top of the slices. Fold the sheet over the turkey and pleat the top to seal. Bake for 1 hour and 20 minutes.
5. Cut the parchment paper open and unwrap the turkey, folding back the paper and exposing the skin-side of the turkey.
6. Baste the turkey using a spoon to scoop up the juices from the bottom of the pan, pouring them over the top of the turkey. Increase the oven temperature to 425°F and continue roasting for 20 to 30 minutes, until the breast is browned and a thermometer inserted into the thickest part reads 165°F.
7. Meanwhile, prepare the vegetables. Slice avocados lengthwise; dice yellow bell pepper into bite-size pieces; roughly chop red cabbage; and cut the carrots and red onions into thin slices.
8. For the dressing, mix lemon juice, olive oil, raw honey, minced garlic, salt and paprika. Set aside.
9. When the turkey is done, remove from the oven, cover with foil and let it rest for 15 minutes.
10. When the turkey is cool enough to handle, cut into slices. Place the salad ingredients on a large plate, pour the dressing over the salad, and serve.

Tip: If you have a busy schedule, you can make this ahead for an easy, ready-to-go salad for the week (just keep the dressing separate from the veggies and turkey until ready). Arrange the turkey salad ingredients neatly on a serving plate, or just toss them all in a large salad bowl and dig in!



Recipe author

DINA HASSAN

dhfoodphotography.com



SPICY RAINBOW PASTA

WITH

All-Veggie Noodles

L Prep Time: 10 minutes **L Cook Time:** 20 minutes **🍴 Yield:** 2 servings

Ingredients:

- 1 medium red beet, washed and peeled
- 1 medium sweet potato, washed and peeled
- 1 medium zucchini
- 1 medium summer squash
- 2 t Paleo sriracha sauce
- 2 T extra virgin olive oil
- 2 t apple cider vinegar
- 2 t coconut aminos
- Pinch of salt and pepper
- Fresh parsley for garnish
- ½ cup pistachios, unshelled and chopped

Instructions:

1. Cut the ends of the zucchini, summer squash, sweet potato and beet. Spiralize them using a small, 3mm blade.
2. Heat a large skillet over medium-high heat. Add the extra virgin olive oil, apple cider vinegar, coconut aminos and sriracha sauce to the pan. Heat a few minutes, then add the vegetable noodles.
3. Toss to coat the vegetables with the sauce. Cook 5-7 minutes until the noodles are al dente.
4. Remove from the stovetop and transfer to bowl. Garnish with chopped pistachios and parsley and serve.



Recipe author
MEGAN OLSON
skinnyfitalicious.com



ZUCCHINI NOODLES DRIZZLED IN *Tahini Bacon Sauce*

L Prep Time: 5 minutes

L Cook Time: 10 minutes

F Yield: 2 servings

Ingredients:

For the Tahini Bacon Sauce:

- 4 slices cooked bacon
- 5 T tahini
- 1 T extra virgin olive oil
- 2 T lemon juice
- 3 t coconut aminos
- 1 clove of garlic
- ½ t dried turmeric
- Salt and pepper to taste
- ¼ cup water (start with less and then gradually add more to thin the sauce as needed)

For the Zucchini Noodles:

- 4 medium zucchini
- Red pepper flakes for topping
- Fresh marjoram or basil for topping

Instructions:

1. Add cooked bacon and other ingredients for the tahini bacon sauce to a blender or food processor.
2. Blend together until combined. If the sauce is too thick, add another ¼ cup of water to thin.
3. Next, spiralize the zucchini. Any size blade works.
4. Bring a skillet to medium-low heat, add zucchini noodles and tahini bacon sauce. Using tongs, coat the zucchini noodles completely with the sauce.
5. Transfer to a bowl, top with red chili peppers and fresh marjoram or basil.



Recipe author
MEGAN OLSON
skinnyfitalicious.com



DETOX BEET SOUP

WITH

Coconut Milk

L Prep Time: 10 minutes **L Cook Time:** 60 minutes **🍴 Yield:** 4 servings

Ingredients:

- 3 large red beets
- 4 medium sweet potatoes
- 1 T extra virgin olive oil
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 3 cups vegetable stock
- 1 can coconut milk
- ½ t salt
- ¼ t freshly ground black pepper
- 1 t cumin powder
- ½ t coriander powder
- ¼ cup coconut milk
- 2 T fresh chives, chopped (for garnish)

Instructions:

1. Preheat oven to 400°F.
2. Wash the sweet potatoes and beets under cool running water. Wrap them in separate foil sheets, place them on a baking tray, and roast for 1 hour. Remove from oven and set aside to cool.
3. Meanwhile, chop and sauté the onion with extra virgin olive oil until translucent. Add minced garlic and sauté for another minute. Season with salt, pepper, cumin and coriander. Set aside.
4. Once the beetroots and potatoes are cool enough to handle, peel the skin off, chop into cubes, and place them into a blender. Add onion mix, coconut milk and 3 cups of vegetable stock. Blend until smooth. If you find it too thick, gradually add another cup of stock until you reach your desired consistency.
5. If you'd like to enjoy it hot, heat soup in a saucepan. Pour into serving bowls and garnish with coconut milk and chopped chives.



Recipe author
DINA HASSAN

dhfoodphotography.com



SHRIMP AND AVOCADO SALAD WITH *Light Cilantro Dressing*

L Prep Time: 20 minutes **L** Cook Time: 10 minutes **L** Yield: 2 servings

Ingredients:

For the salad:

- 4 cups romaine lettuce, chopped
- ½ cup red onion, sliced
- 1 cup cucumber, sliced
- ½ cup grape tomatoes, sliced in half
- 1 cup summer squash, diced
- 1 avocado, diced

For the shrimp:

- ½ pound shrimp, deveined with tail removed
- 1 T extra virgin olive oil
- 1 T minced garlic
- ½ t crushed red pepper flakes

For the dressing:

- 4 T extra virgin olive oil
- ½ t cumin
- 2 T cilantro leaves
- ¼ t crushed red pepper flakes
- 2 T lime juice

Instructions:

1. Preheat oven to 400°F.
2. Wash the sweet potatoes and beets under cool running water. Wrap them in separate foil sheets, place them on a baking tray, and roast for 1 hour. Remove from oven and set aside to cool.
3. Meanwhile, chop and sauté the onion with extra virgin olive oil until translucent. Add minced garlic and sauté for another minute. Season with salt, pepper, cumin and coriander. Set aside.
4. Once the beetroots and potatoes are cool enough to handle, peel the skin off, chop into cubes, and place them into a blender. Add onion mix, coconut milk and 3 cups of vegetable stock. Blend until smooth. If you find it too thick, gradually add another cup of stock until you reach your desired consistency.
5. If you'd like to enjoy it hot, heat soup in a saucepan. Pour into serving bowls and garnish with coconut milk and chopped chives.



Recipe author
MEGAN OLSON
skinnyfitalicious.com



THE ULTIMATE IMMUNE-BOOSTING Soup

L Prep Time: 10 minutes **L Cook Time:** 50 minutes **Yield:** 6 servings

Ingredients:

- 1 T extra virgin olive oil
- 1 cup leeks, diced
- 3 cups broccoli florets
- ½ cup unsweetened coconut yogurt
- 6 cups organic vegetable broth
- ½ t turmeric
- ¼ t black pepper
- ½ t ground ginger
- ½ t dried thyme

Instructions:

1. Heat extra the virgin olive oil in a large pot over medium heat. Add the leeks and cook for 3-4 minutes until fragrant.
2. Add the broccoli florets and stir. Cook for another 5 minutes until the broccoli becomes tender, then add all the remaining ingredients.
3. Cover the pot and simmer at a medium heat for 10 minutes, then reduce the heat to low and cook another 30 minutes. (Note: Do not simmer at a higher heat as the soup will become bitter).
4. Remove the pot from the heat and let the soup cool for 10 minutes.
5. Carefully pour the soup into a blender. Blend on high until smooth, then transfer to a bowl and enjoy!



Recipe author
MEGAN OLSON
skinnyfitalicious.com



SPICY ROASTED CAULIFLOWER *Kale & Carrot Salad*

L Prep Time: 5 minutes

L Cook Time: 40 minutes

🍴 Yield: 2 servings

Ingredients:

For the salad:

- 2 cups kale
- 2 cups cauliflower
- 3 small carrots
- 2 T pumpkin seeds
- 1 t extra virgin olive oil
- Salt and pepper, to taste

For the Dressing:

- 1 t red pepper flakes
- 1 t Dijon mustard
- 2 T extra virgin olive oil
- 1 T lemon juice
- Salt and pepper, to taste

Instructions:

1. Preheat oven 375°F. Prepare a baking sheet with parchment paper.
2. Transfer cauliflower florets onto parchment paper. Drizzle with extra virgin olive oil and sprinkle with salt and pepper.
3. Bake for 40 minutes until browned around the edges.
4. While cauliflower is roasting, whisk together dressing ingredients in a small bowl. Set aside.
5. Using a vegetable peeler, peel the carrots into thin ribbons.
6. Remove cauliflower from the oven and cool on the baking sheet while you assemble the salad.
7. To assemble the salad, layer the kale, carrot ribbons and cauliflower. Sprinkle pumpkin seeds on top. Drizzle with dressing and enjoy!



Recipe author
MEGAN OLSON
skinnyfitalicious.com



TORTILLA-FREE CASHEW CHICKEN *Lettuce Tacos*

L Prep Time: 10 minutes

L Cook Time: 2 hours

Yield: 4 servings

Ingredients:

- 1 large head cauliflower, stem removed, florets only
- 2 T melted coconut oil
- 1 T curry powder
- 1 T ground turmeric
- Salt and pepper, to taste
- Fresh cilantro, to garnish
- Black kale, to accompany (optional)

Instructions:

1. Blanch cauliflower florets in a pot of boiling water for about 1 minute, until tender.
2. In a large mixing bowl, whisk the melted coconut oil with curry powder, ground turmeric, salt and pepper.
3. Add cauliflower florets and toss with the coconut oil-spice mixture until florets are evenly coated.
4. In a large skillet over medium heat, sauté the florets until they are fully cooked.
5. Garnish with fresh cilantro. Serve alongside a kale salad.



Recipe author
FELICIA LIM
dishbydish.net



BUTTERNUT SQUASH

Soup

L Prep Time: 15 minutes **L** Cook Time: 30 minutes **🍴** Yield: 4 servings

Ingredients:

For the Soup:

- 1 medium to large butternut squash
- 1 shallot
- 1 carrot
- 2 sweet potatoes
- 4 cups vegetable broth
- ½ cup coconut milk
- 1 t salt
- ¼ t ground black pepper
- 1 t ground cumin
- 1 t smoked paprika

For the Garnish:

- 1/3 cup large coconut flakes
- 2 T chopped parsley
- 2 T pomegranate seeds
- ¼ cup full-fat coconut milk

Instructions:

1. Peel the outer skin of the squash, scrape out the seeds, and cut into small cubes.
2. Chop the shallot, carrot and potato into similar-sized cubes.
3. Heat the oil in a large pot over medium heat and add squash, shallot, carrot and potato. Saute for 5 minutes, or until lightly browned and the shallot is translucent.
4. Add the vegetable broth, coconut milk, salt, pepper, cumin and smoked paprika. Bring the pot to boil, cover and reduce the heat. Simmer for 25-30 minutes or until the squash and vegetables are tender.
5. While the soup is cooking, toast the coconut flakes over low heat, until fragrant and golden at the edges, then transfer to a bowl and set aside.
6. Remove the soup from heat, and let cool slightly. Working in batches, transfer the contents of the pan to a blender. Be careful to avoid splatters (soup will be hot!).
7. Blend until smooth. Pour into a large serving bowl.
8. Ladle soup into individual serving bowls. Use a spoon to drizzle coconut milk over each bowl, then lightly swirl a toothpick through the topmost layer.
9. Top with toasted coconut flakes, chopped fresh parsley and pomegranate seeds.



Recipe author

DINA HASSAN

dhfoodphotography.com



THE BEST (AND EASIEST)

Baked Salmon

 **Prep Time:** 5 minutes  **Cook Time:** 15 minutes  **Yield:** 2 servings

Ingredients:

- 2 salmon filets (4 oz each), room temperature
- 1 summer squash, sliced into ¼ inch rounds
- 1 zucchini, sliced into ¼ inch rounds
- 9 cherry tomatoes, halved
- 2 T avocado oil
- 1 lemon, sliced into thin rounds
- Sea salt and black pepper, to taste
- Parsley for garnish

Instructions:

- 1.** Preheat oven to 375°F. Prepare 2 9"x9" pieces of aluminum foil by lying them flat on a baking sheet.
- 2.** Place zucchini and summer squash rounds on the foil in an even layer, then add sliced cherry tomatoes on top. Next, place a salmon filet on each foil. Add 1 T of the avocado oil on each fillet, and sprinkle pepper over it. Place 2-3 slices of lemon on top of the salmon. Roll the ends of the foil packs together, forming it into a sack.
- 3.** Bake for 20-25 minutes until salmon is cooked and veggies are roasted. Remove from oven. Serve immediately with parsley for garnish.



Recipe author
MEGAN OLSON
skinnyfitalicious.com



RAINBOW VEGGIE

Pesto Salad

 **Prep Time:** 15 minutes  **Cook Time:** 0 minutes  **Yield:** 1 serving

Ingredients:

- ½ lb carrots
- 2 green zucchini (outside only)
- 2 yellow zucchini (outside only)
- 1 handful parsley
- Almonds
- 1 ½ - 2 T olive oil or avocado oil
- 1 clove garlic
- ½ lemon

Instructions:

- 1.** Start off by peeling the carrots as well as the green and yellow zucchinis (you could also use yellow summer squash instead). Whether you're using a peeler or a mandolin, use the "Julienne" setting so you end up with beautiful, long, thin strips.
- 2.** Set the strips aside and toss the parsley, almonds, olive or avocado oil, garlic, lemon and salt into a food processor.
- 3.** Process until it becomes a thick, pesto-like paste.
- 4.** Transfer the pesto and the rainbow veggie strips into a large bowl and mix everything together. Because you're mixing a thick, pesto-like paste into veggies strips, I recommend using both hands instead of tongs to really spread everything evenly and avoid clumps.
- 5.** Once the pesto is evenly distributed, serve as is. In my opinion, this would go nicely alongside some grilled shrimp or poached fish, but it is quite hearty and can certainly hold its own as a standalone meal.



Recipe author
DELFINA BONILLA LOPEZ
codetowellness.com



SHRIMP & CAULIFLOWER "Grits"

L Prep Time: 5 minutes

L Cook Time: 30 minutes

Yield: 4 servings

Ingredients:

For Shrimp:

- 1 lb large shrimp, peeled/deveined (thawed if frozen)
- 1 T grass-fed butter (or ghee)
- 2 garlic cloves, minced
- 2 t paprika
- ½ t onion powder
- ½ t dried thyme
- ¼ t cayenne pepper
- ¼ t sea salt

For Cauliflower Grits:

- 1 head of cauliflower, broken into florets
- ½ cup almond milk, unsweetened
- 1 T grass-fed butter (or ghee)
- 1 T nutritional yeast
- ¼ t sea salt

Optional Toppings:

- Green onion, finely chopped
- Lemon wedges
- Hot sauce

Instructions:

1. Start off by peeling the carrots as well as the green and yellow zucchinis (you could also use yellow summer squash instead). Whether you're using a peeler or a mandolin, use the "Julienne" setting so you end up with beautiful, long, thin strips.
2. Set the strips aside and toss the parsley, almonds, olive or avocado oil, garlic, lemon and salt into a food processor.
3. Process until it becomes a thick, pesto-like paste.
4. Transfer the pesto and the rainbow veggie strips into a large bowl and mix everything together. Because you're mixing a thick, pesto-like paste into veggies strips, I recommend using both hands instead of tongs to really spread everything evenly and avoid clumps.
5. Once the pesto is evenly distributed, serve as is. In my opinion, this would go nicely alongside some grilled shrimp or poached fish, but it is quite hearty and can certainly hold its own as a standalone meal.



Recipe author
JENNAFER ASHLEY
freshandfit.org



PRIMAL BEAUTY MEALS - LUNCH

ONE-POT DETOX

Vegetable Soup

 **Prep Time:** 15 minutes  **Cook Time:** 20 minutes  **Yield:** 4 servings

Ingredients:

- 1 cup shredded purple cabbage
- 1 cup shredded carrots
- 2 cups kale (destemmed and torn into pieces)
- 1 cup celery (diced)
- 3 cups broccoli florets
- 1 cup diced tomatoes
- 1 T minced garlic
- 1 T minced ginger
- ½ cup lemon juice
- ¼ cup organic vegetable broth
- 6 cups water
- ¼ t cinnamon
- ¼ t cayenne pepper
- 1 t turmeric
- Salt & pepper to taste

Instructions:

- 1.** Heat a large pot over medium-high heat. Add celery, carrots, minced garlic, and ginger to the pot. Sauté for 5 minutes (until the veggies are a bit tender).
- 2.** Next, add broccoli, tomatoes, salt, and pepper. Sauté another 3-5 minutes.
- 3.** Add water and vegetable broth, then cover and bring the pot to a boil.
- 4.** Once boiling, immediately reduce the heat to a simmer. Then add lemon juice, cayenne, cinnamon, turmeric, cabbage, and kale. Stir to combine. Let the ingredients simmer 10-15 minutes (or until vegetables are soft).



Recipe author
MEGAN OLSON
skinnyfitalicious.com



CAJUN CHICKEN PASTA

WITH LIGHT

Zucchini Noodles

L Prep Time: 5 minutes

L Cook Time: 15 minutes

🍴 Yield: 4 servings

Ingredients:

- ½ cup cashews (soaked for 3 hours and drained)
- 3 T unsweetened coconut milk
- ½ T extra-virgin olive oil
- 2 medium chicken breasts (sliced into thin strips)
- 2 zucchinis (spiralized)
- 1 red bell pepper (sliced into 1-inch strips)
- 1 green bell pepper (sliced into 1-inch strips)
- 2 plum tomatoes (diced)
- 1 t garlic powder
- 1 t onion powder
- 1 t cayenne pepper
- 1 t paprika
- 1 t oregano
- ½ t crushed red pepper flakes
- Salt & pepper to taste

Instructions:

1. Add cashews and coconut milk to a blender. Blend on high until cashews are broken down. Consistency should be crumbly. Set aside.
2. Preheat a skillet at medium heat. Add extra virgin olive oil to the skillet with red and green bell peppers. Sauté 5 minutes, then add sliced chicken breast, salt, pepper, and other seasonings. Cook 5 minutes until chicken is cooked through.
3. Stir in diced tomatoes and blended cashews, covering the ingredients with the sauce. Cook another 5 minutes until the sauce thickens.
4. Turn off the heat, add spiralized zucchinis, and toss to combine.
5. Serve immediately!



Recipe author
MEGAN OLSON
skinnyfitalicious.com



SWEET THAI CHILI

Glazed Salmon

 **Prep Time:** 15 minutes  **Cook Time:** 15 minutes  **Yield:** 6 servings

Ingredients:

- For the Sweet Chili Sauce:
- ½ cup apple cider vinegar
- ¼ cup raw honey
- 4 cloves garlic, minced
- 4-6 Thai chili peppers or 1 Serrano pepper, minced
- 2 t fresh grated ginger root
- 2 t arrowroot powder
- For the Salmon:
- 2 - 6 ounce salmon fillets
- 1 T coconut oil
- 1 lime, cut into wedges for garnish
- 1 green onion, chopped for garnish

Instructions:

1. In a small saucepan, combine all the Sweet Chili Sauce ingredients together - the apple cider vinegar, honey, garlic, Thai peppers, ginger, and arrowroot powder - making sure to dissolve the arrowroot powder completely.
2. Bring the sauce to a boil over medium-high heat and allow the sauce to boil for about 1 minute to thicken. Remove from heat and allow to cool slightly before marinating the salmon.
3. Once the sauce has cooled slightly, pour the sauce over the salmon fillets and allow the salmon to marinate for at least 15 minutes.
4. Preheat oven to 400° and grease a glass baking dish or cast iron skillet with coconut oil.
5. Place the salmon in the baking dish and drizzle with the remaining marinade.
6. Bake for 12-15 minutes or until the salmon flakes easily with a fork.
7. Garnish with lime wedges and green onions and serve.



Recipe author
DEANNA DORMAN
thelivefitgirls.com



CREAM OF *Broccoli Soup*

L **Prep Time:** 5 minutes

L **Cook Time:** 20 minutes

🍴 **Yield:** 4-6 servings

Ingredients:

- 1 T ghee or grass-fed butter
- ½ white onion (diced)
- 2 cloves garlic (minced)
- 3 cups chicken or bone broth
- 1 pound broccoli florets
- 1 leek (slice the whites only)
- 1 cup full-fat coconut milk (shaken)
- Salt & pepper to taste

Instructions:

1. Heat the ghee over a medium-high heat. Add the onion, and saute for 1-2 minutes until it starts to turn translucent. Add the garlic, and cook for one minute (until fragrant).
2. Pour in the broth, and add in the broccoli florets and leek. Salt and pepper to taste. Bring to a boil, then lower heat to a simmer for 20 minutes (or until the broccoli is fork-tender).
3. Add the coconut milk, and allow it to fully warm (about 2 minutes).
4. Transfer the ingredients to a food processor, and puree until smooth.



Recipe author
DEANNA DORMAN
thelivefitgirls.com



CHICKEN LETTUCE WRAPS

WITH

Almond Butter Sauce

L Prep Time: 5 minutes

L Cook Time: 15 minutes

Yield: 4 servings

Ingredients:

For the Wraps:

- 1 lb. chicken breast, sliced into 1-inch pieces
- 1 head Bibb lettuce
- ¼ cup sliced unsalted almonds
- 1 cup shredded carrots
- 1 cup red bell pepper, julienned
- ¼ cup chopped cilantro
- 1 T coconut oil for cooking

For the Sauce:

- ½ cup creamy almond butter
- ½ cup full-fat unsweetened coconut milk
- 2 T apple cider vinegar
- ½ t turmeric
- ¼ t sea salt
- ⅛ t chili flakes

Instructions:

1. Heat coconut oil in a medium pan over low heat. Add chicken breast and cook 10 minutes, stirring occasionally.
2. While chicken cooks, use a fork to stir together ingredients for sauce in a mixing bowl. Reserve ⅓ cup of sauce.
3. Pour remaining sauce over chicken and stir well to coat. Cook 5 minutes longer. Serve chicken in lettuce cups topped with bell pepper, carrots, sliced almonds, cilantro and reserved sauce for dipping.



Recipe author
JENNAFER ASHLEY
freshandfit.org



CARROT NOODLES

WITH

Turmeric Pesto

 **Prep Time:** 15 minutes  **Cook Time:** 10 minutes  **Yield:** 2 servings

Ingredients:

- 5 large rainbow carrots
- 1 handful of fresh basil
- 1 lemon, juiced
- ½ cup extra virgin olive oil
- ½ cup pine nuts
- 1 T minced garlic
- 1 t salt
- 1 t turmeric
- 1 t ground ginger
- ½ t cayenne pepper

Instructions:

1. Spiralize 3 carrots. Set carrot "noodles" aside. Give the other 2 carrots a rough chop.
2. In a blender, add the roughly chopped carrots, basil, lemon juice, olive oil, pine nuts, minced garlic, salt, turmeric, ginger and cayenne. Blend until smooth and creamy.
3. In a pan, sauté the carrot "noodles" and pesto together until carrot "noodles" are tender, about 5 to 7 minutes. Garnish with fresh b



Recipe author

COURTNEY HAMILTON

[instagram.com/cjhamilt/](https://www.instagram.com/cjhamilt/)



GUAC-STUFFED *Kali Burgers*

L Prep Time: 10 minutes **L** Cook Time: 10 minutes **🍴** Yield: 4 servings

Ingredients:

- 1 lb. grass-fed ground beef
- 1 large, ripe avocado
- ¼ cup chopped sundried tomatoes
- 1 T freshly squeezed lemon juice
- Salt and pepper to taste

Instructions:

1. Preheat a grill pan to medium heat.
2. In a small bowl or ramekin, mash the avocado. Add the chopped sundried tomatoes with lemon juice and mix until combined. Set aside.
3. Divide the meat into fours and form into patties by pressing them thin between your hands.
4. Place a heaping spoonful of the guacamole in the center of each patty. Fold the edges of the meat around the guacamole until it forms into a ball.
5. Gently pat the meat between your hands to flatten into a patty again. If some guacamole comes out of the edges, that is fine.
6. Place the patties on the preheated grill pan. Cook 4-5 minutes, then flip the burgers and cook another 4-5 minutes on the other side until the burgers are browned on both sides.
7. Remove the burgers from the skillet. Serve immediately and top with any leftover guacamole.



Recipe author
MEGAN OLSON
skinnyfitalicious.com



SALMON BITES WITH *Sweet Potato 'Buns'*

 **Prep Time:** 5 minutes  **Cook Time:** 10 minutes  **Yield:** 6-8 servings

Ingredients:

- 2 sweet potatoes
- 1 salmon filet, thawed
- 1 medium-sized tomato, chopped
- ¼ cup lettuce or spinach
- 3 T olive oil
- Salt and pepper to taste

Instructions:

1. Preheat oven to 400°F.
2. Chop sweet potatoes into ½ slices and place on a baking sheet; drizzle 2 T overtop and place in oven. Cook potatoes for 5 minutes, then flip them over and cook for another 5 minutes.
3. While the potatoes are roasting, cook the salmon. Heat a large skillet with 1 T olive oil and place the salmon, skin side down, in the skillet. Cook until both sides are slightly golden and salmon is soft to cut.
4. Once the potatoes are done, remove from oven and set aside on a plate.
5. Once the salmon is done, cut it into bite-size pieces (the "buns").
6. Stack a piece of salmon, piece of tomato, and 2-3 spinach/lettuce leaves on top of 1 sweet potato slice, and then place another sweet potato slice overtop. Use a toothpick or skewer to hold everything together.



Recipe author

ERIN DRUGA

thealmondeater.com



NO-RICE BEEF AND SHRIMP SPRING ROLLS WITH *Almond Butter Sauce*

 **Prep Time:** 15 minutes  **Cook Time:** 30 minutes  **Yield:** 6 servings

Ingredients:

For the Spring Rolls:

- 6 collard green leaves, stems removed
- 1 T coconut oil or butter
- ½ lb ground grass-fed beef
- ½ cup purple cabbage
- 1 cucumber, sliced into ½ inch thick sticks
- 1 cup matchstick (thinly sliced) carrots
- 6 sprigs cilantro
- ½ lb small shrimp (cooked, peeled, deveined, tails removed)

For Almond Dipping Sauce:

- ½ cup creamy almond butter
- 2 T lime juice
- 1 T coconut aminos
- 1 T toasted sesame oil

Instructions:

- 1.** Fill the large stock pot with water and bring it to the boil. Turn the heat off. Place the collard greens in the hot water and submerge them using the tongs. After 2-3 minutes, use the tongs to remove the greens, and pat the leaves dry with the paper towel.
- 2.** Melt the coconut oil or butter in a skillet over medium heat. Add the ground beef and cook for about 10 minutes, until lightly browned. Use the wooden spatula to break the beef into small pieces.
- 3.** Lie the collard greens flat with the dull side facing up, and assemble each with veggies, a sprig of cilantro, 2-3 shrimp and 2 Ts ground beef. Tuck the sides in and roll lengthwise. Slice in half with a sharp knife.
- 4.** Whisk together the ingredients for the Almond Dipping Sauce in a small bowl. Serve the wraps alongside the sauce for dipping.



Recipe author
JENNAFER ASHLEY
freshandfit.org





Dinner

DINNER RECIPES

- #48** - Crispy-Skin Fish Mashed Cauliflower
- #49** - Noodle-less Butternut Squash Lasagna
- #50** - Meatball Soup with Bone Broth
- #51** - Sesame Almond Zucchini Noodles
- #52** - Turmeric Cauliflower Rice Pilaf
- #53** - Tangy Sweet Pork Chops with Beet Purée
- #54** - Honey-Lime Chicken Skewers with Avocado Dipping Sauce
- #55** - Zucchini Noodles with Meatless Mushroom Sauce
- #56** - Easy Cauliflower Turmeric Burgers
- #57** - Mahi Mahi with Mango Jalapeño Salsa
- #58** - Easy 20-Minute Mustard Pork Chops
- #59** - Mashed Garlic Cauliflower and Meatballs
- #60** - Zucchini Pasta Puttanesca
- #61** - Whole Cauliflower in Heavenly Beef Ragoût
- #62** - Spaghetti Squash with Grass-Fed Beef and Mushrooms
- #63** - One Pan Harvest Chicken Dinner
- #64** - Easy Creamy Chicken Zoodle Casserole
- #65** - One Pan Shrimp Dinner
- #66** - Easy Baked Coconut Crusted Salmon
- #67** - Asian Style Cabbage Wraps
- #68** - Salmon Burgers with Mango Jicama Slaw
- #69** - Maple Dijon Chicken & Brussels Sprouts
- #70** - Sweet Potato Gnocchi with Caramelized Brussels Sprouts
- #71** - Pad See Ew with Light Zucchini Noodles
- #72** - New York Strip Steak Dinner

CRISPY-SKIN FISH

MASHED CAULIFLOWER

& Oregano Butter

 **Prep Time:** 10 minutes  **Cook Time:** 40 minutes  **Yield:** 4 servings

Ingredients:

For the Cauliflower Puree:

- 1 medium cauliflower head
- 1 T grass-fed butter
- ¼ cup coconut milk
- ¼ cup chicken stock
- 1 garlic clove, minced
- Salt and pepper, to taste

For the Crispy-Skin Fish:

- ½ T extra virgin olive oil
- 4 7-oz hake fillets
- Salt and pepper, to taste

For the Oregano Butter:

- 3 oz grass-fed butter
- 2 t dried oregano
(or 1 T fresh oregano)
- 1 garlic clove, minced

Instructions:

1. For the mashed cauliflower: In a saucepan over medium heat, add the grass-fed butter, coconut milk, chicken stock and minced garlic.
2. Bring to a boil, then reduce the heat to low. Simmer for 7-8 minutes or until the garlic is completely soft. Set aside.
3. Next, heat water in a large stock pot until it is boiling.
4. Cut cauliflower head in half and remove the stem, chop into florets, and add them to the boiling water. Cook for 15-20 minutes or until the cauliflower is soft when pierced with a fork. Remove from heat and strain.
5. Place cauliflower in blender. Add the butter and stock mixture. Blend on high until smooth. Set aside and keep warm.
6. For the fish: Season the hake fillet with salt and freshly ground black pepper.
7. Heat the extra virgin olive oil in a large skillet over medium-high heat and add the seasoned fillets, skin-side down. Cook for 4-5 minutes or until golden and crisp. Flip fillets and cook for another 3-4 minutes. Remove from the pan, keep warm and set aside.
8. Add the grass-fed butter and oregano to the same skillet and allow the butter to gently melt over medium-low heat. Once melted, remove from heat and stir in the minced garlic.
9. Spoon the oregano butter over the fillets and serve with mashed cauliflower.



Recipe author
JENNAFER ASHLEY
freshandfit.org



NOODLE-LESS BUTTERNUT SQUASH *Lasagna*

 **Prep Time:** 30 minutes  **Cook Time:** 60 minutes  **Yield:** 6 servings

Ingredients:

- 1 lb ground grass-fed beef
- 1 large butternut squash
- 1 28 oz jar tomato sauce
- 1 T extra virgin olive oil
- 1 cup white onion, diced
- 6 cloves garlic, minced
- 5 T sundried tomatoes, diced with oil drained
- 2 basil leaves
- Salt & pepper to taste

Instructions:

- 1.** Peel the butternut squash and slice in half. Remove the seeds with a spoon. Slice both halves in half widthwise. Slice each section into thin slices, lengthwise.
- 2.** Preheat the oven to 375°F.
- 3.** Bring a large saucepan to medium heat. Add extra virgin olive oil, garlic and onion.
- 4.** Once onions are translucent, add the meat, salt, pepper and basil. Cook until meat is browned.
- 5.** Add sun-dried tomatoes and marinara to the pan.
- 6.** To assemble the lasagna, place 2-3 Ts of the sauce on the bottom of a 9"x13" baking pan.
- 7.** Layer with slices of butternut squash so they overlap slightly. Add a layer of meat and sauce to cover the squash.
- 8.** Repeat step 7 until there is no more squash or sauce left, about 3 layers.
- 9.** Bake in the oven 60 minutes uncovered at 375°F.
- 10.** Remove from the oven, slice into 6 pieces and serve immediately.



Recipe author
MEGAN OLSON
skinnyfitalicious.com



5-INGREDIENT MEATBALL SOUP WITH *Bone Broth*

 **Prep Time:** 20 minutes  **Cook Time:** 35 minutes  **Yield:** 10 servings

Ingredients:

For the Soup:

- 8 cups beef bone broth
- 2 cups green cabbage, coarsely chopped
- 1 cup celery, chopped
- 1 cup carrots, chopped
- ½ cup white onion, minced
- 2 T olive oil
- 1 sprig rosemary
- 1 t dried thyme
- 1 t ground turmeric
- 2 garlic cloves, minced
- 2 t sea salt
- ½ t black pepper

For the Meatballs:

- 1 lb ground, grass-fed beef
- 2 T nutritional yeast
- 1 egg
- 1 t dried basil
- 1 t cracked fennel

Instructions:

1. Prepare bone broth in advance. See link below for recipe.
2. Next prepare meatballs by combining ground beef, egg, nutritional yeast, dried basil and cracked fennel in a large bowl. Stir to combine until egg is completely mixed in.
3. Form mixture into small meatballs using a T to scoop and then rolling with hands into balls.
4. Lightly grease a large skillet with extra virgin olive oil and heat over medium heat until hot. Add meatballs and brown for 5 minutes, turning occasionally for even browning. Remove pan from heat. Note: Meatballs should NOT be completely cooked.
5. In a large Dutch oven or pot, heat extra virgin olive oil over medium heat. Add celery, onion, and carrot. Cover and cook 5 minutes.
6. Stir in garlic, thyme, turmeric and cabbage. Cover and cook an additional 5 minutes.
7. Pour in bone broth and add meatballs, salt, pepper and sprig of rosemary. Bring to a low boil and reduce heat to simmer for 15 minutes. Remove rosemary sprig. Ladle into bowls and serve hot.



Recipe author
JENNAFER ASHLEY
freshandfit.org



SPICY SESAME ALMOND ZUCCHINI Noodles

 **Prep Time:** 20 minutes  **Cook Time:** 0 minutes  **Yield:** 4 servings

Ingredients:

The Salad:

- 2 medium zucchini (ends cut off)
- ½ cup cabbage (shredded)
- ½ cup carrots (shredded)
- 1 handful cilantro (chopped)

The Dressing:

- ½ cup creamy almond butter (at room temperature)
- ⅓ cup toasted sesame oil
- 1 T blackstrap molasses
- 2 T lime juice
- 1 t ginger (grated)
- ½ t chili flakes

Instructions:

- 1.** Using the 3mm blade of spiralizer, slice zucchini into a large bowl. Add cabbage and carrots. Set aside.
- 2.** Combine ingredients for dressing. Stir until smooth and thick.
- 3.** Pour dressing over zucchini. Stir to coat. Garnish with cilantro. Refrigerate until ready to serve.



Recipe author
JENNAFER ASHLEY
freshandfit.org



TURMERIC CAULIFLOWER RICE *Pilaf*

L **Prep Time:** 10 minutes **L** **Cook Time:** 15 minutes **🍴** **Yield:** 2 servings

Ingredients:

- 1 head cauliflower (florets only)
- 1 large onion (diced)
- 2 garlic cloves (minced)
- ¼ cup golden raisins
- ½ cup roughly chopped almonds
- 2 t turmeric
- 1 t black pepper
- Chopped parsley (for garnish)

Instructions:

1. Wash and cut cauliflower into florets. Remove the stems.
2. Process cauliflower florets in a food processor until you get a rice-like texture. You may need to process the florets in small batches.
3. In a large skillet over medium heat, sauté diced onions for about 5 minutes (until tender). Add garlic and stir-fry until fragrant.
4. Add in cauliflower rice and cook over medium heat for another 5 minutes (until tender).
5. Sprinkle ground turmeric and pepper over the cauliflower rice. Mix until spices are evenly distributed.
6. Add golden raisins and chopped almonds, mixing well and stirring for another 2 minutes.
7. Evenly divide between two bowls. Garnish with chopped parsley before serving.



Recipe author
FELICIA LIM
dishbydish.net



TANGY SWEET PORK CHOPS WITH *Beet Purée*

L Prep Time: 15 minutes **L** Cook Time: 1 hr 15 min **🍴** Yield: 4 servings

Ingredients:

For the Beetroot Puree:

- 5 medium beetroots
- 1 T extra-virgin olive oil
- 1 medium onion (thinly sliced)
- 2 garlic cloves (minced)
- ¼ t coriander
- ¼ t cumin
- Salt and pepper to taste
- 2 T coconut cream (for garnish)
- Wild rocket (for garnish)

For the Brine:

- 3 cups cold water (divided)
- 3 T salt
- For the Pork Chops:
- 4 bone-in pork loin chops
- Ground black pepper (to taste)
- 2 T extra-virgin olive oil

For the Balsamic Glaze:

- 2 green onions (thinly sliced)
- 1 garlic clove (minced)
- ⅓ cup balsamic vinegar
- ⅓ cup raw honey
- ¼ t salt
- ⅛ t black pepper
- 2 T grass-fed butter



Recipe author
FELICIA LIM
dishbydish.net

Instructions:

1. For the beet puree: Preheat the oven to 400°F.
2. Wrap the beets in foil, place on a baking tray, and roast for 50-60 minutes (until tender enough to be pierced with a knife).
3. While the beets are roasting, heat 1 T of extra-virgin olive oil in a small skillet. Add the onion and saute until translucent (about 2 minutes).
4. Add the minced garlic and saute for another minute (until fragrant). Remove from the heat and season with cumin, coriander, salt, and pepper.
5. Remove the beets from the oven, and cool enough to handle. Then peel and cut into slices. In a blender, add beetroot and the onion mix; blend on high until smooth.
6. For the balsamic pork chops: While the beets are roasting, brine the pork chops. Bring 1 cup of water to a boil. Add the salt, and stir until dissolved. Add two more cups of cold water to bring the brine down to room temperature. Place the pork chops in a shallow dish, and pour the brine on top (until it's covering them). Cover the dish and refrigerate for 1 hour.
7. Pat the pork chops dry, and sprinkle both sides with ground black pepper. Heat 1 T of extra-virgin olive oil in a large skillet over medium-high heat. Add the pork chops, and cook for about 5-7 minutes on each side until it's browned. Transfer to a plate and cover loosely with foil to keep it warm. Set aside.
8. Add 1 T of olive oil to the same skillet. Add the green onion and minced garlic. Cook for 1 minute until the garlic is fragrant. Add the balsamic vinegar, honey, salt, and pepper. Stir until the honey is dissolved. Bring to a boil, then reduce the heat and simmer for about 3-5 minutes until slightly thickened and reduced. Stir in the butter and whisk until melted.
9. Then add the pork back into the skillet, including any juices accumulated on the plate. Simmer for 2-3 minutes, turning a couple of times to coat with the sauce (until the pork is reheated). Remove from the heat, and let it rest for at least 5 minutes before serving.
10. To assemble: Transfer the pork chops to a platter, and pour the sauce over it. Spoon the beet puree and garnish with coconut cream and wild rocket. Serve warm.



HONEY LIME CHICKEN SKEWERS WITH *Avocado Dipping Sauce*

L Prep Time: 5 minutes

L Cook Time: 15 minutes

🍴 Yield: 14 servings

Ingredients:

- 3 organic chicken breasts
- 2 T olive oil
- ¼ cup honey
- 2 garlic cloves, minced
- Juice from 1 lime
- 2 ripe avocados
- ¼ cup coconut cream
- Juice from ½ lime

Instructions:

1. Cut up chicken into bite-size cubes.
2. Heat olive oil in a skillet and place chicken in skillet. Once pink is no longer showing, add honey, garlic and lime juice to the chicken.
3. While chicken is cooking, make the dipping sauce. Do so by smashing the avocado in a bowl with a fork.
4. Add coconut cream and lime juice to the avocado and mix with an electric mixer until creamy and smooth.
5. Once the chicken is cooked, remove from heat.
6. Once it's a bit cooler, put chicken cubes on skewers.
7. Serve with avocado dipping sauce.



Recipe author

ERIN DRUGA

thealmondeater.com



ZUCCHINI NOODLES WITH *Meatless Mushroom Sauce*

L Prep Time: 20 minutes **L** Cook Time: 20 minutes **🍴** Yield: 2 servings

Ingredients:

- ¼ cup raw cashews
- 1 T nutritional yeast
- ¼ t garlic powder
- 1-2 t himalayan salt
- 1 T coconut oil
- ½ onion, chopped
- 2 garlic cloves, minced
- 2 cups shiitake mushrooms, finely chopped
- 1 small eggplant, finely chopped
- 1 ¼ cup organic tomato paste
- 1 T ground oregano
- 1 medium zucchini, spiralized
- A handful of fresh Italian basil

Instructions:

- 1.** For the Parmesan "cheese:" Add cashews to your food processor and pulse until reduced to small crumbs. Add in nutritional yeast, garlic powder and salt; pulse again until combined. Set aside.
- 2.** For the meatless sauce: Heat the coconut oil in a saucepan over medium heat. Add the onion and garlic, and sauté for 2-3 minutes, stirring often so they don't burn.
- 3.** Add the mushrooms and eggplant, and sauté for 10 minutes, continuing to stir.
- 4.** Add the tomato paste, oregano, "cheese" and salt to taste.
- 5.** Reduce the heat to medium-low and sauté for 10-12 minutes, until the sauce has thickened.
- 6.** Plate the zucchini noodles and top with the sauce. Garnish with fresh basil and enjoy!



Recipe author
CONSUELO MORCILLO
honeyandfigskitchen.com



EASY CAULIFLOWER

Turmeric Burgers

 **Prep Time:** 25 minutes  **Cook Time:** 30 minutes  **Yield:** 8 servings

Ingredients:

- 3 large eggs
- 3 cups cauliflower
- ½ cup almond flour
- 3 T coconut flour
- 1 t coconut oil melted
- ½ t garlic powder
- ½ t turmeric
- ½ t parsley
- Salt and pepper, to taste

Instructions:

1. Preheat oven to 375°F. Prepare a baking sheet with parchment paper or a slip pad.
2. Rice the cauliflower by placing sliced chunks in a blender or food processor. Pulse until it turns into "rice."
3. In a large bowl, combine cauliflower rice, almond flour, coconut flour, garlic powder, turmeric, and parsley.
4. In a smaller bowl, whisk together the eggs and coconut oil. Pour over the cauliflower mixture and stir to combine.
5. Using a ¼ measuring cup, scoop the batter onto the baking sheet to form burgers. They'll be a bit runny, but that's ok; they form together nicely after baking.
6. Cup both your hands around the batter, and gently push any pieces that crumbled back together.
7. Repeat the process of forming burgers until all the batter is used.
8. Bake for 25-30 minutes, or until the edges of the burgers are slightly browned.
9. Remove from the oven. You can serve this solo, lettuce-wrapped, or on a coconut flour biscuit topped with avocado.



Recipe author
MEGAN OLSON
skinnyfitalicious.com



MAHI MAHI WITH MANGO *Jalapeño Salsa*

 **Prep Time:** 15 minutes  **Cook Time:** 8 minutes  **Yield:** 4 servings

Ingredients:

For Fish:

- 4 mahi-mahi filets
- 2 T extra virgin olive oil
- 1 T cumin
- ½ t onion powder
- 1 t chili powder
- ¼ t sea salt

For Salsa:

- ½ cup mango, diced
- ½ cup Roma tomato, diced
- ¼ cup red onion, finely chopped
- ¼ cup cucumber, peeled and diced
- 2 T cilantro, finely chopped
- 1 T lime juice
- 1 t jalapeño, minced
- Sea salt, to taste

Instructions:

1. Preheat grill to medium heat.
Set mahi-mahi filets on a plate and drizzle with olive oil. Rub to coat.
2. Mix together cumin, chili powder, onion powder and sea salt. Rub seasonings over each filet.
3. Combine ingredients for salsa in a small bowl. Stir. Refrigerate until serving.
4. Place mahi-mahi on grill. Cook 3-4 minutes, then gently turn over and cook 3-4 minutes longer.
5. Serve mahi-mahi with salsa.



Recipe author
JENNAFER ASHLEY
freshandfit.org



MUSTARD *Pork Chops*

 **Prep Time:** 4 minutes  **Cook Time:** 16 minutes  **Yield:** 4 servings

Ingredients:

- 4 boneless pork chops
- ½ cup dijon mustard
- 1 T thyme, fresh and chopped
- 1 T nutritional yeast
- 1 t dried dill
- Sea salt, to taste
- Ghee, for cooking

Instructions:

- 1.** In a small bowl, stir together nutritional yeast, thyme, dill, and sea salt. Set pork chops onto a plate and brush with mustard on all sides.
- 2.** Sprinkle each chop with herbs, using hands to press into pork chops.
- 3.** Melt ghee in a large skillet over medium heat until very hot. Place chops into pan and cook 8 minutes. Flip and cook an additional 8 minutes. Serve hot.



Recipe author
JENNAFER ASHLEY
freshandfit.org



MASHED GARLIC CAULIFLOWER AND *Meatballs in Gravy*

L Prep Time: 15 minutes **L** Cook Time: 8 minutes **🍴** Yield: 4 servings

Ingredients:

For the Mashed Cauliflower:

- 1 medium cauliflower head
- 1 T grass-fed butter
- ¼ cup coconut milk
- ¼ cup beef stock
- 2 garlic cloves, minced
- Salt and pepper, to taste
- Fresh parsley, to garnish

For the Meatballs:

- 1 lb ground beef
- ¼ onion finely chopped
- 1 T parsley
- 1 garlic clove, minced
- 1 egg
- ½ t salt
- ½ t black pepper
- ¼ t allspice
- ¼ t cinnamon

For the Gravy:

- 2 cups beef stock
- ½ cup coconut milk
- 2 T tapioca flour
- Salt and pepper, to taste

Instructions:

1. For the mashed cauliflower: In a saucepan over medium heat, add the grass-fed butter, coconut milk, beef stock and minced garlic.
2. Bring to a boil, then reduce the heat to low and simmer for 7-8 minutes or until the garlic is completely soft. Set aside.
3. Next, heat water in a large stock pot until it is boiling.
4. Cut cauliflower head in half and remove the stem, chop into florets, and add them to boiling water. Cook for 15-20 minutes or until the cauliflower is soft when pierced with a fork. Remove from heat and strain.
5. Place cauliflower in blender. Add the butter and stock mixture. Blend on high until smooth. Set aside and keep warm.
6. For the meatballs: In a bowl, combine the minced beef, onion, parsley, garlic, egg, allspice, cinnamon, salt and pepper.
7. Mix the ingredients until well combined. Form meatball by hand or with an ice cream scoop (about two Ts of meat mixture for each meatball).
8. Heat two Ts of extra virgin olive oil in a large skillet over medium heat. Add the meatballs to the skillet and cook for 8-10 minutes, rotating each ball, until cooked through and browned. Remove from the heat and set aside.
9. For the gravy: Dissolve the tapioca flour in 1 T of beef stock and set aside.
10. Place the beef stock and coconut milk in the same skillet you cooked the meatballs in. Using a wooden spoon, stir well and simmer for 2-3 minutes, until heated.
11. Remove from heat and stir in the tapioca flour mixture. Return to low heat and continue stirring until slightly thickened.
12. Remove from the heat. Sieve to get any lumps out. Season with salt and pepper.
13. To assemble: On a serving plate, place the mashed cauliflower, top with meatballs, drizzle with the gravy and serve.



Recipe author
JENNAFER ASHLEY
freshandfit.org



ONE-PAN ZUCCHINI

Pasta Puttanesca

 **Prep Time:** 15 minutes  **Cook Time:** 15 minutes  **Yield:** 2 servings

Ingredients:

- 2 large zucchini, spiralized or julienned into thin noodles
- 6 T extra virgin olive oil
- 4 large garlic cloves, minced
- 6 anchovy fillets, finely chopped
- 1 t red pepper flakes
- ¼ cup capers, drained
- ¼ cup pitted black olives, sliced
- 1 cup whole peeled roma tomatoes, roughly chopped
- Fresh parsley, for garnish

Instructions:

1. Heat up the olive oil in a large skillet over medium heat and sauté the garlic, chopped anchovies, and red pepper flakes. Cook for a few minutes until the garlic is lightly golden and fragrant (about 2 to 3 minutes).
2. Add the capers and sliced olives, and stir to combine.
3. Add in the chopped roma tomatoes and their juices and stir to combine. Bring heat down to low, and bring to a bare simmer for 10 minutes.
4. Add the zucchini noodles and mix well to combine, until zucchini noodles are tender.
5. Divide the zucchini spaghetti puttanesca evenly into two bowls, and then garnish with fresh parsley.



Recipe author
FELICIA LIM
dishbydish.net



WHOLE CAULIFLOWER IN HEAVENLY *Beef Ragoût*

 **Prep Time:** 15 minutes  **Cook Time:** 45 minutes  **Yield:** 2 servings

Ingredients:

- 1 head cauliflower, with large outside leaves removed
- 2 T coconut oil
- 1 large yellow onion, diced
- 1 large carrot, diced
- 4 celery stalks, diced
- 3 large garlic cloves, minced
- ½ lb beef tenderloin, cubed
- 2 T balsamic vinegar
- 1 cup red wine
- 3 cups beef stock
- Salt and pepper, to taste
- Fresh chopped parsley, to garnish

Instructions:

1. Wash the cauliflower head and remove any large outside leaves.
2. Heat up the coconut oil in a large pot over medium heat. Sauté the onions, carrots, celery, and garlic for about 3 to 5 minutes, until just cooked.
3. Reduce heat to low and add in the beef cubes. Sauté for 1 minute until browned on the outside.
4. Make a well in the middle of the beef and vegetables and place the whole cauliflower head in the center. Pour in the balsamic vinegar, red wine, and beef stock (the sauce should come up to half of the height of the cauliflower) and cover. Cook for 40 minutes, until the cauliflower is fork tender.
5. Add salt and pepper to taste. Sprinkle with fresh chopped parsley and serve.



Recipe author
FELICIA LIM
dishbydish.net



SPAGHETTI SQUASH WITH GRASS-FED *Beef and Mushrooms*

 **Prep Time:** 15 minutes  **Cook Time:** 45 minutes  **Yield:** 2 servings

Ingredients:

- 1 large spaghetti squash
- 1 lb 90% lean grass-fed ground beef
- 1 small white onion, sliced into strips
- 8 oz package sliced portobello mushrooms
- 1 t fennel seed
- 1 t minced garlic
- 4 T chopped fresh basil, divided
- 1 T dried oregano
- ½ t red pepper flakes
- 1 t sea salt
- 2 T olive oil

Instructions:

1. Preheat oven to 400°F. Slice spaghetti squash in half lengthwise and scoop out seeds with a large spoon.
2. Place spaghetti squash in a pan with enough water to cover the bottom of the pan. Transfer to oven. Bake 35-45 minutes depending on size of squash. Most squash will be ready around 40 minutes.
3. In the meantime, in a large pan begin to brown the beef over medium heat, breaking it up in the pan.
4. Once beef starts to brown, add in mushrooms and onions. Continue to break up any large pieces of beef. Cook 10 minutes.
5. Stir in oregano, ½ of the basil, fennel seed, red pepper flakes, sea salt and garlic. Allow to cook until mushrooms and onions are tender and beef is cooked through, about 10 minutes.
6. Carefully remove from the oven and set squash on a separate plate using tongs.
7. Use tongs to hold squash and a fork to scrape out squash into a bowl forming the "spaghetti" noodles. Stir in olive oil to coat. Season with sea salt to taste.
8. Serve beef mixture over the top of noodles or stir to incorporate. Top with the rest of the fresh basil.



Recipe author
JENNAFER ASHLEY
freshandfit.org



ONE-PAN HARVEST

Chicken Dinner

WITH BRUSSELS SPROUTS
& BUTTERNUT SQUASH

 **Prep Time:** 15 minutes  **Cook Time:** 45 minutes  **Yield:** 4 servings

Ingredients:

- 4 chicken breasts
- 3 cups Brussels sprouts, halved
- 3 cups butternut squash, cubed
- 1 cup red onion, coarsely chopped
- ½ cup olive oil
- 2 T apple cider vinegar
- 1 T garlic, minced
- 1 T oregano
- 4 sprigs thyme
- 1 t sea salt
- ¼ t black pepper

Instructions:

1. Preheat oven to 400°F and line a large baking sheet with parchment paper. In a large mixing bowl, combine olive oil, apple cider vinegar, garlic, oregano, sea salt and black pepper.
2. Add chicken, Brussels sprouts, butternut squash and onion to bowl. Toss with hands to coat.
3. Place everything onto the baking sheet and arrange evenly. Top with sprigs of thyme. Bake 40-45 minutes, or until center of chicken breasts are cooked through.

Pro Tip: If you want to switch up the veggies (or don't have Brussels sprouts and squash on hand), swap in chopped sweet potatoes and broccoli instead.



Recipe author
JENNAFER ASHLEY
freshandfit.org



EASY CREAMY CHICKEN ZOODLE Casserole

L Prep Time: 10 minutes **L** Cook Time: 50 minutes **🍴** Yield: 4 servings

Ingredients:

- 2 lb boneless skinless chicken breasts, diced
- ½ cup minced white onion
- ¾ cup unsweetened, full-fat coconut milk
- ¼ cup hatched green chiles or minced jalapeños
- 2 t ground cumin
- ½ t oregano
- 1 t sea salt, divided
- ½ cup almond meal
- 1 T nutritional yeast
- 2 medium zucchini, spiralized into ribbons using flat blade
- 1 handful cilantro, chopped

Instructions:

1. Preheat oven to 375°F. In a casserole dish, evenly spread diced chicken and onions.
2. In a small mixing bowl, stir together coconut milk, chilies, cumin, oregano and ½ teaspoon sea salt. Pour over chicken. Cover with lid or aluminum foil. Bake 35 minutes.
3. Stir together almond meal, nutritional yeast, and remaining sea salt. Remove casserole from oven and use tongs to gently incorporate zucchini noodles. Top with almond meal mixture and return to oven for 15 minutes uncovered.
4. Serve hot with chopped cilantro.



Recipe author
JENNAFER ASHLEY
freshandfit.org



ONE-PAN SHRIMP AND *Veggie Dinner*

 **Prep Time:** 20 minutes  **Cook Time:** 20 minutes  **Yield:** 2 servings

Ingredients:

- 1 sweet potato, peeled and cubed
- 3-4 cloves garlic, crushed
- 3 T avocado oil or coconut oil
- Salt and pepper, to taste
- ½ pound Brussels sprouts, halved
- ½ red onion, sliced
- 1 small bunch asparagus, ends trimmed
- 1 pound jumbo shrimp, peeled and deveined

Instructions:

1. Preheat oven to 400°F.
2. Place the cut sweet potatoes and crushed garlic on the baking sheet, drizzle with half of the oil, and season with salt and pepper to taste.
3. Place the pan in the oven and allow the sweet potatoes to cook about 20-25 minutes.
4. While the sweet potatoes are cooking, prepare the remaining veggies, and peel and devein your shrimp.
5. In a bowl, combine the remaining chopped veggies and shrimp, and drizzle with the remaining oil.
6. Remove the pan from the oven, place the remaining ingredients on the baking sheet, and season with more salt and pepper, if desired. Bake for 15-20 minutes until shrimp is fully cooked through and pink.



Recipe author
DEANNA DORMAN
thelivefitgirls.com



EASY BAKED COCONUT-CRUSTED *Salmon*

L Prep Time: 5 minutes

L Cook Time: 30 minutes

Yield: 2 servings

Ingredients:

- 2 salmon fillets (around ½ pound each)
- 1 T melted coconut oil, divided, for greasing and brushing
- ½ cup unsweetened shredded coconut
- 2 T dried garlic-parsley mix
- Salt to taste

Instructions:

1. Preheat the oven to 350°F and grease the baking pan with coconut oil.
2. Place salmon fillets skin-side-down on the prepared baking pan and brush the tops with coconut oil. Let the fillets cook for 5 minutes.
3. As the fish bakes, combine the unsweetened shredded coconut, dried garlic-parsley mixture, and salt. Mix well until the ingredients are evenly distributed.
4. Remove the salmon from the oven, brush the tops with more coconut oil, and press the shredded coconut mixture on top of the fillets with the back of a spoon.
5. Drizzle coconut oil over the coconut crust and return the salmon to the oven for 15 more minutes, until the fillets are cooked through and the coconut crust is golden-brown.
6. Serve the coconut-crusting salmon with fresh salad greens seasoned with salt and olive oil.



Recipe author
FELICIA LIM
dishbydish.net



ASIAN-STYLE Cabbage Wraps

 **Prep Time:** 15 minutes  **Cook Time:** 50 minutes  **Yield:** 8 servings

Ingredients:

For the Wraps:

- 12-14 savoy cabbage leaves
- ½ lb. ground turkey
- 1 cup water chestnuts, chopped
- ½ cup green onion, thinly sliced
- 1 C shredded carrots
- 1 T olive oil, for brushing

For the Sauce:

- 3 T coconut aminos
- 2 T sesame oil
- ½ cup cilantro, chopped
- 1 garlic clove, minced
- 1 inch piece of ginger, peeled and grated

Instructions:

1. In a medium pan, begin to brown ground turkey.
2. While turkey cooks, bring a large pot of water to boil and place cabbage leaves in water to tenderize, for about 5 minutes. Remove from pot and set aside on paper towel.
3. Once turkey is browned, pour into a mixing bowl. Add carrots, onion, and water chestnuts. Mix.
4. In a separate small bowl, whisk together sauce ingredients. Pour over vegetable and turkey mixture. Stir to coat.
5. Preheat oven to 350°F. Line a 9x13 baking pan with 6 cabbage leaves.
6. Place ½ cup filling in the center of cabbage leaves. Fold in the sides and roll up from the bottom.
7. Place in pan seam side-down. Brush cabbage with olive oil. Bake 35-40 minutes. Cabbage rolls should be lightly browned on top.



Recipe author
JENNAFER ASHLEY
freshandfit.org



SALMON BURGERS WITH MANGO *Jicama Slaw*

 **Prep Time:** 20 minutes  **Cook Time:** 10 minutes  **Yield:** 4 burgers

Ingredients:

For Salmon Burgers:

- 16 oz salmon filets, skin removed
- 2 eggs
- ¾ cup almond meal
- ½ cup red onion, minced
- 3 garlic cloves, minced
- ¼ cup cilantro, finely chopped
- Sea salt and black pepper, to taste
- 2 T olive oil for cooking

For Jicama Mango Slaw:

- 2 cups green cabbage, shredded
- 1 cup jicama, julienned
- 1 cup mango, diced
- ½ cup red onion, thinly sliced
- ¼ cup fresh lime juice
- 2 T olive oil
- ⅓ cup cilantro, minced
- Sea salt to taste

Instructions:

1. Begin by finely chopping the salmon filets and add to a large mixing bowl. Add the rest of the burger ingredients and stir to combine.
2. Form mixture into patties. Set onto a plate.
3. Heat olive oil in a large pan over medium heat. Allow pan to become very hot. Place salmon burgers on pan. Use spatula to reform patties if they become loose. Cook 5 minutes. Flip and cook 5 minutes on other side.
4. While burgers cook, make the slaw by combining cabbage, red onion, mango, jicama and cilantro in a large bowl. Pour in lime juice and olive oil. Season with sea salt. Toss to coat. Refrigerate until serving.
5. Serve salmon patties with slaw.



Recipe author
JENNAFER ASHLEY
freshandfit.org



ONE-PAN MAPLE DIJON *Chicken & Brussels Sprouts*

 **Prep Time:** 10 minutes  **Cook Time:** 30 minutes  **Yield:** 2 servings

Ingredients:

For Marinade:

- 1 T extra virgin olive oil
- 2 T maple syrup
- 2 T Dijon mustard
- ½ t crushed red chili peppers
- Salt and pepper to taste

For Chicken:

- 2 large uncooked chicken breasts, at room temperature 30 minutes
- 1 lb Brussels sprouts
- ¼ t crushed red chili peppers
- 1 T extra virgin olive oil

Instructions:

1. In a medium bowl, mix together the ingredients for the marinade.
2. Place the chicken in the bowl with the marinade. Marinate in the refrigerator 1 hour (overnight is recommended for best results).
3. Remove chicken from refrigerator and rest at room temperature 30 minutes prior to baking. In the meantime, chop the Brussels sprouts.
4. Preheat oven to 350°F. Prepare a large baking sheet with a slip mat or grease with extra virgin olive oil.
5. Place in a bowl and toss together with extra virgin olive oil and red pepper flakes.
6. Assemble the chicken in the middle of the sheet pan with Brussels sprouts around it.
7. Bake at 350°F for 30 minutes. Remove from the oven and serve immediately.

Tip: To make this dinner even easier, toss the ingredients for the marinade together the night before with the chicken and refrigerate overnight to let the flavors soak into the meat. The next day, all you do is toss everything on the pan with your chopped Brussels sprouts and bake.



Recipe author
MEGAN OLSON
skinnyitalicious.com



SWEET POTATO GNOCCHI WITH CARAMELIZED *Brussels Sprouts*

L Prep Time: 10 minutes **L** Cook Time: 30 minutes **🍴** Yield: 2 servings

Ingredients:

For the sweet potato gnocchi:

- 2 lbs sweet potatoes
- 2 cups almond flour
- 1½ cup tapioca flour, plus extra for dusting
- ⅓ cup coconut flour
- ½ t salt
- 1 t baking soda
- ¼ t ground allspice
- 1 egg

For balsamic Brussels sprouts:

- 1 lb Brussels sprouts
- 1½ T extra virgin olive oil
- ½ t salt
- 2 T balsamic vinegar
- 2 t raw honey

Instructions:

1. Preheat the oven to 350°F. Line a baking tray with parchment paper (this will be for the Brussels sprouts).

Wash sweet potatoes and prick skin with a fork several times. Wrap in foil and bake in the oven for about 60 minutes.

2. In a medium bowl, combine the almond flour, tapioca flour, coconut flour, salt, baking soda and ground allspice. Set aside. Lightly dust a clean work surface with some extra tapioca flour.

3. Remove the sweet potatoes from the oven, let cool slightly and while warm, peel the skin off and mash using a potato masher. Let cool to room temperature, then add the flour mix and the egg to the potato; knead the dough into a smooth ball.

4. Divide the dough into two equal parts, then split each ball into 8-10 smaller portions. Roll out each portion into a ¾-inch thick rope. Slice rope into 1-inch segments and score each dumpling with the tip of a fork. Repeat with the remaining dough. Place the gnocchi on a plate, cover and set in the fridge to chill, about 15-20 minutes.

5. Meanwhile, prepare the Brussels sprouts by trimming the outer dry layer, then cut the bottom off and slice lengthwise. In a large bowl, toss Brussels sprouts with olive oil, salt, balsamic vinegar and honey. Transfer to prepared baking tray and bake for about 25 minutes, until tender and caramelized. Remove from the oven and set aside.

6. To cook the gnocchi, bring a large pot of water to a gentle boil over medium-high heat. Cook the gnocchi in batches; they are done when they float to the surface, about 90 seconds. Remove from water and toss with the balsamic glazed Brussels sprouts. Serve warm.



Recipe author
DINA HASSAN
dhfoodphotography.com



PAD SEE EW WITH *Light Zucchini Noodles*

L Prep Time: 45 minutes **L** Cook Time: 15 minutes **🍴** Yield: 2 servings

Ingredients:

For the Pad See Ew:

- 1 ½ lb chicken breast, sliced into 1-inch thick strips
- 2 T coconut oil
- ¼ cup fish sauce
- 4 garlic cloves, minced
- 3 medium zucchini
- ½ lb Chinese broccoli
- 2 large eggs, beaten
- 3 garlic cloves, minced

For the Stir-fry Sauce:

- ¼ cup coconut aminos
- 2 T fish sauce
- 3 T water

Instructions:

1. Whisk together the coconut oil, fish sauce and minced garlic. Marinate the chicken in the mixture for at least 30 minutes.
2. While the chicken is marinating, use a vegetable peeler to slice the zucchini into thin, wide ribbons.
3. Wash and cut the Chinese broccoli into small pieces, removing the stem.
4. To make the stir-fry sauce, mix the coconut aminos, fish sauce, and water in a small bowl. Set aside.
5. Heat up a large skillet over medium heat and cook the marinated chicken strips until they are cooked through, then set aside.
6. In the same skillet, pour in the beaten eggs and scramble them slightly until just cooked. Set aside.
7. Add a bit of coconut oil to the skillet and cook the garlic and Chinese broccoli until the vegetables are just wilted.
8. Return the scrambled eggs and chicken strips to the skillet. Add the zucchini ribbons and stir-fry sauce. Use a wooden spoon to stir for one minute. Transfer to a plate and serve!



Recipe author
FELICIA LIM
dishbydish.net



ONE-PAN New York Strip Steak

 **Prep Time:** 5 minutes  **Cook Time:** 15 minutes  **Yield:** 2 servings

Ingredients:

- 1 bunch of asparagus
- 2 Butcher Box New York Steak Strips
- 2 slices of grass-fed butter
- 1 T coconut oil
- ¼ t thyme
- ½ t garlic powder
- Salt and pepper to taste

Instructions:

1. Cover a baking pan with tinfoil, and set the broiler to high.
2. Chop 1 inch off the ends of the asparagus. Rinse them clean, and pat dry with paper towels.
3. Add the steaks to the pan. Top each steak with a slice of butter, and sprinkle with salt and pepper.
4. Arrange the asparagus around the steak. Sprinkle 1 T coconut oil over the asparagus, along with thyme and garlic powder.
5. Place the pan in the oven, 6 inches from the heat. Cook 10 minutes for medium-rare steak. For well-done, flip the steak and cook another 5 minutes.
6. Remove the pan from the oven, and cover with tinfoil for 5 minutes to set.
7. Transfer to a plate and enjoy!



Recipe author
MEGAN OLSON
skinnyfitalicious.com



A rustic wooden background featuring two wooden bowls and a wooden spoon filled with green pumpkin seeds. The seeds are scattered across the surface, and the word "Snacks" is written in a white, cursive font over the center of the image.

Snacks

SNACK RECIPES

#72 - Cauliflower Breadsticks with Zero Gluten

#73 - Pink Almond Butter

#74 - Coconut Chips

#75 - Raw Zucchini Rolls with Paleo Pesto

#76 - Creamy Cauliflower Dip

#77 - Baked Brussels Sprouts Chips

#78 - Chocolate Turmeric Truffles with Coconut Oil

#79 - Blueberry Iced Tea

#80 - Turmeric-Gummies

#81 - Oven-Baked Tomato Chips

#82 - Coconut Oil Fat Bombs

#83 - Golden Cauliflower Turmeric Flatbread

#84 - Turmeric Elixir with Apple Cider Vinegar + Honey

#85 - Fiber-Rich Plantain Chips

#86 - Cauliflower Naan

#87 - Nacho Cheese Kale Chips

#88 - No Bake Energy Bites

#89 - Raw Chocomole Avocado + Chocolate

#90 - No-Bake Apple Chips

#91 - Moonberry Detox Milkshake

#92 - Homemade Sour Gummies

#93 - Cloud Bread

#94 - Delicious Kombucha

#95 - Pumpkin Zucchini Muffins

#96 - Buttery Cauliflower Hummus

CAULIFLOWER BREADSTICKS WITH *Zero Gluten*

L Prep Time: 20 minutes **L** Cook Time: 30 minutes **🍴** Yield: 2 servings

Ingredients:

- 1 head cauliflower (or 4 cups riced cauliflower)
- ¼ cup white sesame seeds
- ¼ cup hemp seeds
- 2 eggs
- 1 t salt
- 3 T extra virgin olive oil
- ¼ cup chopped fresh parsley
- 3 garlic cloves, minced
- 3 T water

Instructions:

1. Preheat the oven to 375°F and line a baking sheet with parchment paper.
2. Cut the cauliflower into florets and discard the stem. Wash the florets well.
3. Process the florets in a food processor or electric blender until you get the texture of rice.
4. Sauté the cauliflower rice in a large skillet over medium heat for approximately 10 minutes, stirring with a wooden spoon until cooked.
5. Cool the cauliflower rice before placing it in a cheesecloth and squeezing out as much moisture as possible.
6. Combine the riced cauliflower, sesame seeds, hemp seeds, eggs, and salt in a large mixing bowl until it forms a dough.
7. Transfer the mixture to the prepared baking sheet, and use the back of a slotted spoon to flatten it down until it is about ½-inch thick.
8. In a medium bowl, combine the olive oil, parsley, and garlic together and mix well. Brush the garlic-parsley-oil mixture on top of the prepared "dough".
9. Bake for 30 minutes until golden on the edges or crispy. Cut into pieces and serve!



Recipe author
FELICIA LIM
dishbydish.net



PRETTY IN PINK

Almond Butter

 **Prep Time:** 20 minutes  **Cook Time:** 10 minutes  **Yield:** 3 servings

Ingredients:

- 2 cups raw almonds
- ½ t vanilla extract
- 1 T maple syrup
- 1 cup fresh strawberries
- 1 cup dragon fruit

Instructions:

1. Preheat oven to 350°F. Prepare a baking sheet with parchment paper. Spread the almonds out evenly.
2. Bake for 8-10 minutes.
3. Remove from the oven and cool..
4. Transfer roasted almonds to a food processor or high speed blender with maple syrup and vanilla. Blend on high for 15 minutes or until almonds are broken down into a thick, creamy consistency. You may need to stop every 5 minutes or so to scrape down the sides of the food processor.
5. Add strawberries and dragon fruit, then blend on high for another 3-5 minutes until fully broken down and incorporated into the almond butter. Store in a glass jar in the fridge.



Recipe author
MEGAN OLSON
skinnyfitalicious.com



3-INGREDIENT

Coconut Chips

 **Prep Time:** 5 minutes

 **Cook Time:** 20 minutes

 **Yield:** 4 servings

Ingredients:

- 4 cups large unsweetened coconut flakes
- ¼ t pink Himalayan sea salt
- 2 T pure maple syrup

Instructions:

1. Preheat oven to 300°F. Line a baking sheet with parchment paper.
2. In a large mixing bowl, combine coconut flakes and sea salt. Pour maple syrup over and gently stir to coat.
3. Pour the coconut mixture onto the baking sheet and bake 18-20 minutes, using a wooden spatula to stir every 5 minutes.



Recipe author
JENNAFER ASHLEY
freshandfit.org



RAW ZUCCHINI ROLLS WITH *Paleo Pesto*

 **Prep Time:** 20 minutes  **Cook Time:** 0 minutes  **Yield:** 8-10 servings

Ingredients:

- 1 large zucchini
- ⅓ cup bell pepper julienned
- ½ cup carrots, sliced into matchsticks
- 2 radishes, sliced into matchsticks
- 8-10 basil leaves
- ¼ cup paleo pesto

Instructions:

1. Using a vegetable peeler, thinly peel zucchini into 8-10 long, wide ribbons.
2. Lay the zucchini ribbons flat on the work surface and lightly brush with pesto using a basting brush. Add the bell pepper, carrots, radish slices and a basil leaf, leaving 1-2 inches of zucchini at the end.
3. Gently but firmly roll the zucchini into pinwheels and secure with a toothpick. Serve immediately or refrigerate. Drizzle extra pesto over the roll-ups before serving.




Recipe author
JENNAFER ASHLEY
freshandfit.org



CREAMY Cauliflower Dip

 **Prep Time:** 5 minutes

 **Cook Time:** 0 minutes

 **Yield:** 4 servings

Ingredients:

- 1 head cauliflower, steamed
- 2 T tahini
- 2 T olive oil
- 1 clove garlic
- Juice from 1 lemon
- Dash of sea salt and black pepper
- Pinch of cumin, paprika, garlic powder, turmeric, and onion powder

Instructions:

- 1.** Throw all of the ingredients into a food processor and blend until smooth.
- 2.** Taste and add more seasoning as you see fit.
- 3.** Serve with sliced veggies, olives and homemade almond flour crackers or even as a dip for finger foods



Recipe author

DIANA KEULIAN

RealHeathyRecipes.com



BAKED Brussels Sprouts Chips

 **Prep Time:** 10 minutes  **Cook Time:** 5 minutes  **Yield:** 2 servings

Ingredients:

- 1 lb brussels sprouts
- 2 t olive oil
- sea salt to taste

Instructions:

1. Preheat oven to 350°F.
2. Using a small knife, cut the bottom of a Brussels sprout off so that a few of the outer leaves fall off. Place the separated leaves into a medium bowl. Repeat until all the Brussels sprouts have been cut and leaves have been removed.
3. Once you peel all the brussels sprouts, toss the leaves with a small drizzle of olive oil and layer them on a baking sheet in a single layer.
4. Bake the brussels sprout leaves for 4-6 minutes or until the tips are lightly browns and the leaves are crispy. Watch them carefully so they don't burn!



Recipe author
DEANNA DORMAN
thelivefitgirls.com



CHOCOLATE TURMERIC TRUFFLES WITH *Coconut Oil*

L Prep Time: 25 minutes **L** Cook Time: 5 minutes **🍴** Yield: 8 Truffles

Ingredients:

- 1 cup unsweetened shredded coconut
- ½ cup raw honey, softened
- 1 T coconut oil, melted
- 1 t ground turmeric
- ¼ cup dark chocolate chips
- ¼ t sea salt
- 1 serving egg or collagen protein powder (optional)

Tip:

To make this smoothie even more powerful, add these ingredients:

- Store in an airtight container in the refrigerator.
- Turmeric can stain light-colored surfaces, so make sure to wash your hands periodically and to cover any surfaces you don't want stained with parchment paper.
- Remove the truffles from the fridge for 15 minutes before you eat them to let them soften.

Instructions:

1. In a mixing bowl, combine coconut, sea salt and turmeric. Stir to combine and break up any lumps of coconut.
2. Pour in coconut oil and honey. Stir until completely mixed in.
3. Roll mixture into small balls and place on a small parchment paper-lined baking sheet. Place in freezer for 10 minutes to set.
4. Melt dark chocolate in a small saucepan over the stove using low heat. Stir until smooth.
5. Use a butter knife to dip into chocolate and drizzle over truffles. Set in refrigerator for 10 minutes.



Recipe author
JENNAFER ASHLEY
freshandfit.org



BLUEBERRY ICED TEA FOR *Glowing Skin*

L Prep Time: 15 minutes **L** Cook Time: 5 minutes **🍴** Yield: 3 servings

Ingredients:

- 4 cups water, divided
- 2 bags green tea
- 1 cup wild blueberries
- 1 T honey
- ½ cup cucumber, sliced
- 6 sprigs mint leaves

Instructions:

1. Bring 2 cups of water to a boil in the saucepan. Transfer the water to a teapot and add the green tea bags.
2. Place the wild blueberries, honey and the remaining 2 cups of water into the small saucepan and bring to a simmer. Simmer on low for 5 minutes until bubbly.
3. Mix the blueberry sauce with the green tea in a pitcher. Place in the refrigerator for 10 minutes to chill.
4. Transfer the tea to a glass, add ice, cucumber slices and 2 mint leaves to each cup, and enjoy.




Recipe author
MEGAN OLSON
skinnyfitalicious.com



TURMERIC ANTI-INFLAMMATORY *Gummies*

 **Prep Time:** 5 minutes

 **Cook Time:** 4 hr 10 min

 **Yield:** 4 servings

Ingredients:

- 3 ½ cups water
- 1 t ground turmeric
- 6 T maple syrup
- 8 T unflavored gelatin powder
- Pinch of ground pepper

Instructions:

1. In a large pot, combine the water, ground turmeric, and maple syrup. Heat on medium high for about 5 minutes, making sure to stir well so that the ingredients are well distributed.
2. Remove the pot from the heat, and sprinkle the gelatin powder over the liquid, mixing well to hydrate the gelatin.
3. Return the pot to the heat, and mix with a wooden spoon until the gelatin is completely dissolved.
4. Pour the liquid mixture into a deep dish and cover it with plastic wrap. Chill the mixture in the refrigerator for at least 4 hours, until firm.
5. Once fully chilled, slice into small squares, or preferred shape, and serve.



Recipe author
MEGAN OLSON
skinnyfitalicious.com



OVEN BAKED *Tomato Chips*

 **Prep Time:** 10 minutes  **Cook Time:** 8 hours  **Yield:** 4 servings

Ingredients:

- 2 lbs plum tomatoes (sliced to ½" thickness)
- 2 T olive oil
- 2 T fresh basil (finely chopped)
- 2 t nutritional yeast
- Sea salt and black pepper to taste

Instructions:

- 1.** Preheat oven to 250 degrees, and line a baking sheet with parchment paper. In a large bowl, combine tomatoes and olive oil. Season with sea salt and black pepper. Gently toss to coat.
- 2.** Place tomato slices on parchment paper. Sprinkle with nutritional yeast and chopped basil.
- 3.** Bake for 6-8 hours. Since oven times may vary, check your tomatoes after 4 hours. If you want a juicier tomato, remove from oven after 6 hours. If you like a chewier tomato, bake the full 8 hours. Allow tomatoes to cool for about 2 hours. Store in an airtight container.



Recipe author
JENNAFER ASHLEY
freshandfit.org



COCONUT OIL

Fat Bombs

 **Prep Time:** 15 minutes  **Cook Time:** 5 minutes  **Yield:** 14 servings

Ingredients:

- 2 cups shredded unsweetened coconut
- 1/3 cup coconut oil, melted
- 2 T raw honey
- 4 ounces raw dark chocolate chips
- ½ t vanilla bean powder, optional

Instructions:

- 1.** In a blender, add shredded coconut, coconut oil, raw honey and vanilla bean powder. Blend until mixture is fine and crumbled.
- 2.** Line a small baking sheet or plate with wax paper. Using a T-size measuring spoon, scoop mixture and form into small mounds, using your hands. Set onto wax paper. Place in freezer 10 minutes to set.
- 3.** Using a double boiler, melt chocolate until smooth. Use a butterknife to drizzle coconut bombs with chocolate. Place back into refrigerator to set 10 minutes. Store in refrigerator.



Recipe author
JENNAFER ASHLEY
freshandfit.org



GOLDEN CAULIFLOWER

Turmeric Flatbread

 **Prep Time:** 10 minutes  **Cook Time:** 30 minutes  **Yield:** 8 slices

Ingredients:

- 2 cups raw riced cauliflower
- 4 eggs
- 1 cup almond meal
- 3 t turmeric powder
- ½ t sea salt

Instructions:

1. Preheat oven to 350°F. Line a baking tray with parchment paper.
2. In a medium bowl, mix all ingredients and combine well with a spoon.
3. Transfer mixture to the lined baking tray and evenly press it into a rectangle. Make sure the layer is about ½-centimeter thick.
4. Fan-bake at 350°F for 30 minutes, or until golden.
5. Once baked, cool completely and gently peel the parchment paper from the flatbread.
6. Slice flatbread into 8 pieces.
7. Store bread in a container in the refrigerator for up to one week.



Recipe author
ZOE RAISSAKIS
wildblend.co



BELLY BOOST SHOT:
TURMERIC ELIXIR
WITH APPLE CIDER
Vinegar + Honey

 **Prep Time:** 10 minutes  **Cook Time:** 2 hrs 5 min  **Yield:** 4 servings

Ingredients:

- 4 cups filtered water
- ¼ cup raw apple cider vinegar
- ¼ cup raw honey
- 1 t ground turmeric
- ⅛ t cayenne pepper

Instructions:

1. Heat the water in a saucepan, over medium heat, until just steaming. Remove from heat and stir in the honey until dissolved.
2. Stir in the apple cider vinegar, turmeric and cayenne pepper. Pour into a pitcher and refrigerate for 2 hours to chill. Pour into a 2 oz glass, and drink as needed.



Recipe author
JENNAFER ASHLEY
freshandfit.org



FIBER-RICH *Plantain Chips*

 **Prep Time:** 5 minutes  **Cook Time:** 30 minutes  **Yield:** 4 servings

Ingredients:

- 2 green plantains
- 3-4 T coconut oil
- 1 T Himalayan pink salt

Instructions:

1. Preheat the oven to 350°F.
2. Chop off the ends of plantains, then score them down the side (not down the spine). You want to cut deep enough so that you get all the way through the peel, but not so deep that you cut the plantain.
3. Once you've scored it, lift the peel off the plantain. I usually do a little bit at a time so I don't break it.
4. Slice your plantains into thin, chip-like slices, about 1/8-inch thick.
5. Transfer your plantain slices to a large bowl and toss them with the coconut oil so that the oil is spread across each slice evenly.
6. Line a large baking sheet with parchment paper and organize the slices evenly across so that none of the slices are touching.
7. Sprinkle with salt and bake for 15 minutes.
8. Remove from the oven, flip, and bake for another 15 minutes.
9. When the timer goes off, remove them from the oven and serve warm. Dip with guacamole or Paleo ketchup to keep it savory. Or almond butter for a sweeter treat!



Recipe author
DELFINA BONILLA LOPEZ
codetowellness.com



CAULIFLOWER

Naan Bread

 **Prep Time:** 10 minutes  **Cook Time:** 20 minutes  **Yield:** 4 servings

Ingredients:

- 1 cauliflower
- 2 eggs
- ¼ cup ground almonds
- ½ t garlic powder
- Salt and pepper, to taste
- Chopped fresh coriander, for garnish
- ⅓ cup sultanas, optional
- ⅓ cup chopped pistachio, optional

Instructions:

1. Preheat the oven to 350°F.
2. Line a baking tray with parchment paper.
3. To steam the cauliflower, cut into florets. Next, fill the bottom of a stockpot with 2 inches of water. Set up the steamer and add the cauliflower florets. Cover with a lid and steam over medium-high heat. Steam for about 5-7 minutes until the cauliflower is tender.
4. Remove from heat and cool to room temperature. Drain any water.
5. In a blender, pulse the florets to couscous-sized granules.
6. Transfer cauliflower to a medium-sized bowl and add eggs, almond flour, garlic powder, salt and pepper. Mix well until a dough forms.
7. Divide dough into 4 equal parts and roll into balls. Gently flatten each ball into circles on the parchment-lined tray; top with chopped pistachio and sultanas.
8. Bake for 15-20 minutes until golden-yellow and cooked through. Remove from oven and top with fresh chopped coriander. Serve warm.



Recipe author
DINA HASSAN
dhfoodphotography.com



NACHO 'CHEESE' Kale Chips

L Prep Time: 10 minutes **L Cook Time:** 1 hr 40 min **🍴 Yield:** 10 servings

Ingredients:

- 1 large bunch of kale
- 2 cups raw cashews, soaked overnight
- $\frac{2}{3}$ cup jarred roasted peppers (+ 2 to 3 T of the juice)
- $\frac{1}{3}$ cup nutritional yeast
- 3 T olive oil
- 1 lemon, juiced
- $\frac{1}{2}$ t garlic powder
- $\frac{1}{2}$ t chili powder
- $\frac{1}{4}$ t sea salt
- $\frac{1}{4}$ t black pepper

Instructions:

1. Preheat oven to 200°F.
2. Wash the kale and pat dry.
3. Remove the stems by tearing kale off into large, palm-sized leaves and place in a large bowl. Discard the stems (or add them to smoothies for later).
4. In a food processor or high-powered blender make the cheese sauce by processing the remaining ingredients (not the kale) together until smooth. This may take a few minutes and you may need to scrape the sides of your food processor or blender during this step. Sauce will be slightly thick.
5. Add the sauce to the bowl of kale leaves and massage kale and sauce together until leaves are evenly coated.
6. Single layer the kale leaves on two large baking sheets.
7. Bake for 1 hour. Flip and bake for another 30 to 40 minutes or until dry and crispy.
8. Cool and store in an airtight container.



Recipe author

THE REAL FOOD DIETITIANS
therealfoodrds.com



NO-BAKE GOLDEN TURMERIC *Energy Bites*

 **Prep Time:** 20 minutes  **Cook Time:** 0 minutes  **Yield:** 18 servings

Ingredients:

- 1 cup almond or coconut butter
- ¾ unsweetened coconut flakes
- 4-6 T plant based protein powder
- 1 t coconut oil
- ½ t maple syrup
- 2 t turmeric

Instructions:

1. To a blender, add nut butter, ½ coconut flakes, almond butter, coconut oil, maple syrup, protein powder and turmeric.
2. Blend ingredients on high until evenly distributed. Place the dough in the refrigerator for 30-60 minutes to harden.
3. Remove the dough from refrigerator and roll into bite-sized balls about ½-inch in diameter.
4. Place balls on a plate that's covered with parchment paper, then return to refrigerator for 3-4 hours.
5. Remove from refrigerator. Add remaining shredded coconut to a plate and roll the balls in the flakes. Enjoy!



Recipe author
MEGAN OLSON
skinnyfitalicious.com



RAW CHOCOMOLE

Avocado + Chocolate

 **Prep Time:** 15 minutes  **Cook Time:** 0 minutes  **Yield:** 2 servings

Ingredients:

- 2 large ripe avocados
- ½ cup raw cacao powder
- ½ cup maple syrup
- ½ cup water (or more, if necessary)
- 1 T chopped cashew nuts, for sprinkling on top
- 1 green apple, cored and cut into slices, for serving

Instructions:

1. Remove the seed from the avocados and cut the flesh into small pieces.
2. Combine avocado, raw cacao powder, maple syrup, and water in an electric blender.
3. Pulse until smooth. If mixture is too thick, add one tablespoon of water at a time until you've reached the desired consistency.
4. Transfer Chocomole into a bowl, top with chopped cashews, and serve with sliced green apple!



Recipe author
FELICIA LIM
dishbydish.net



NO-BAKE Apple Chips

 **Prep Time:** 5 minutes  **Cook Time:** 0 minutes  **Yield:** 8 servings

Ingredients:

- 1 large apple
- ½ cup almond butter
- Optional toppings: chopped pecans, almond slices, unsweetened cranberries, dark chocolate chips, pomegranate arils, unsweetened coconut flakes

Instructions:

1. Slice apple horizontally in ¼-inch slices. Discard top, bottom and remove seeds.
2. Spread 1 T almond butter over each slice and sprinkle on your favorite toppings.



Recipe author
JENNAFER ASHLEY
freshandfit.org



MOONBERRY

Detox Milkshake

 **Prep Time:** 5 minutes  **Cook Time:** 0 minutes  **Yield:** 1 serving

Ingredients:

- 1 cup wild blueberries
- Half of a ripe avocado
- ½ cup unsweetened almond milk
- ½ cup red cabbage
- ¼ t nutmeg
- ¼ t ginger
- ¼ t parsley
- ½ t cinnamon

Instructions:

1. Place all ingredients in a blender. Blend on high 2-3 minutes until smooth.
2. Transfer to a glass. Top with extra blueberries and shredded coconut and serve!



Recipe author
MEGAN OLSON
skinnyfitalicious.com



STRAWBERRY-LEMON

Gingerbread Men

GUMMIES

L Prep Time: 24 minutes **L** Cook Time: 0 minutes **🍴** Yield: 4-8 servings

Ingredients:

- 1 cup frozen strawberries, thawed and puréed
- 3 T fresh lemon juice
- 3 T pure honey or paleo friendly-sweetener of your choice
- 4 T grass-fed gelatin

Instructions:

1. Place thawed strawberries in food processor or blender and blend until smooth. Use measuring cup to make sure you reach 1 cup of puréed strawberries.
2. Place puréed strawberries in a saucepan. Stir in lemon juice and honey. Heat mixture over medium/low heat until hot, about 3 minutes.
3. Slowly sprinkle in gelatin while whisking to break up clumps. Bring to a low boil. whisk continuously once boiling for about two minutes. Gelatin should be dissolved.
4. Remove mixture from heat. Using a T as measurement, carefully pour mixture into molds.
5. Set mold in refrigerator for at least 1 hour to set. Remove from molds and store in an airtight container in refrigerator.

Pro Tip: Set silicone mold onto a plate or small baking sheet for easy transfer to refrigerator.



Recipe author
FELICIA LIM
dishbydish.net



3-INGREDIENT

Cloud Bread

 **Prep Time:** 5 minutes  **Cook Time:** 30 minutes  **Yield:** 7-8 servings

Ingredients:

- 3 eggs, separated
- ¼ t baking soda
- 3 T mayonnaise

Instructions:

1. Heat oven to 300°F and line 2 baking sheets with parchment paper.
2. In a mixing bowl, combine egg whites and baking soda. Beat using a hand mixer until stiff peaks form.
3. In a separate mixing bowl, combine mayonnaise and egg yolks. Beat until smooth. Gently fold in beaten egg whites.
4. Use a 1/3 measuring cup to pour mixture onto baking sheet, leaving space in between. Bake 30 minutes, until firm. Top with your favorite Paleo toppings.



Recipe author
JENNAFER ASHLEY
freshandfit.org



DELICIOUS Kombucha

 **Prep Time:** 20 minutes

 **Set Time:** 7 days

 **Yield:** 1 gallon

Ingredients:

- 6 green tea bags
- 1 cup sugar
- 1 ½ cups unflavored starter tea
- 1 SCOBY
- 1 stock pot
- 1-gallon glass jar or two 2-quart glass jars
- Glass bottles
- Flavorings like fruit, ginger, herbs, or juice

Instructions:

1. Bring the water to a boil in your stockpot. Take it off the heat and stir in the sugar. Add the tea bags and let it steep as the water cools.
2. Once the tea mixture is cooled, remove the tea bags and add the starter tea. This step is important as it will acidify the mixture so that no bad bacteria can take hold before fermentation starts.
3. Pour the tea/starter mixture into your brewing jar(s) and add the SCOBY in using clean hands. Secure some cheesecloth or paper towel over the top of the jar(s) with an elastic band.
4. Put the jar somewhere out of direct sunlight. Leave it for seven to 10 days.
5. Starting around the seventh day, pour out a bit of the kombucha every day and have a sip. When it tastes just right to you, you can bottle it or pour it into storage jars to keep in your fridge.
6. If you plan on making another batch, now's the time. Follow the steps to prepare the tea mixture and transfer the SCOBY (and two cups of this batch of kombucha) into the cooled tea/sugar mixture of the new batch. Make sure you've washed the jar for this fresh batch! If the SCOBY is getting really thick, carefully peel off a bottom layer.
7. To flavor your finished kombucha, put some herbs, juice, or fruit in some soda bottles or swing-top jars. Leave about ½-inch of room at the top when you pour in the kombucha. Let it sit for one to three days at room temperature. If you're using glass, please check it often to make sure it isn't getting too carbonated. You don't want your bottles to explode!
8. Store the kombucha in the fridge for up to 1 month.



Recipe author
JENNAFER ASHLEY
freshandfit.org



PUMPKIN ZUCCHINI

Muffins

 **Prep Time:** 15 minutes  **Cook Time:** 30 minutes  **Yield:** 6 servings

Ingredients:

- 1 small zucchini, chopped
- ½ cup pumpkin seeds (peptias) ground in a food processor + extra for topping
- 2 large eggs, room temperature
- 2 T golden flax meal, ground
- ¼ cup tapioca flour
- ¼ t garlic powder
- ⅛ t sea salt

Instructions:

1. Preheat the oven to 350°F. Prepare a muffin tin by lightly greasing with melted coconut oil.
2. In a blender, blend the pumpkin seeds until roughly ground.
3. Transfer the pumpkin seeds to a medium mixing bowl. Set aside.
4. Place the chopped zucchini in the blender and gently pulse to shred.
5. Transfer shredded zucchini to the mixing bowl with the ground pumpkin seeds, then add the eggs.

Whisk the three ingredients together until eggs are broken down.
6. Add flax meal, salt, garlic powder and tapioca powder to the mixing bowl. Whisk together until ingredients are well combined.
7. Transfer the batter to the prepared muffin tin, evenly dividing it into 6 cavities.
8. Place 4-5 extra pumpkin seeds on top of each muffin. Press them gently into the batter to set.
9. Bake for 30 minutes until the edges are golden brown. Remove from the oven and transfer muffins to a wire rack to cool.



Recipe author
JENNAFER ASHLEY
freshandfit.org



BUTTERY CAULIFLOWER *Hummus*

 **Prep Time:** 15 minutes  **Cook Time:** 30 minutes  **Yield:** 6 servings

Ingredients:

- 1 medium head cauliflower, chopped
- 4 garlic cloves, peeled
- ½ cup tahini
- 3 T extra-virgin olive oil
- 2 T fresh lemon juice
- Salt to taste
- Black pepper to taste

Instructions:

1. To a saucepan, add the cauliflower and garlic cloves. Add a couple inches of water, cover, and steam until soft.
2. Drain and place in a food processor.
3. Add the tahini, olive oil, lemon juice, salt, and pepper.
4. Process until smooth (you may need to stir in a couple times).
5. Taste and season as needed, Serve with cut veggies or try putting a dollop on your salad, spreading it on a burger patty, or even on grilled chicken or fish!



Recipe author
HEATHER RESLER
cookituppaleo.com



DISCOVER MORE PALEOHACKS COOKBOOKS

The Paleo hacks Cookbook Collection

Our bestselling cookbook collection will teach you everything you need for your Paleo lifestyle:

- Cook quick & easy Paleo meals at home (with over 200+ recipes to choose from)
- How to eat Paleo safely at restaurants (and avoid foods with sneaky ingredients like gluten & dairy)
- How to save money on real food (eat healthy, real meals even on a budget!)

With over 200+ recipes at your disposal, you'll always have a delicious meal just minutes away.

[Get your copy here.](#)



Paleo Eats

Enjoy a variety of delicious, simple, and gourmet Paleo recipes (created by Chef Peter Servold)

Eat meals like Bacon Bars, Mongolian Red Pepper Beef, Pulled Pork, and over 75 more insanely tasty recipes
Get the book shipped to your door for FREE - just pay shipping!

With over 80 delicious chef-created Paleo recipes, you'll always have a tasty meal at hand!

[Get your copy here.](#)



Paleo Snacks

Enjoy a variety of delicious, simple, and gourmet Paleo snacks (created by our amazing team of chefs)

Eat meals like Pecan & Banana Mini Bars, No-Bake Hazelnut Brownies, Pomegranate Chicken Bites, and over 75 more ridiculously tasty snack recipes!

With over 80 delicious chef-created Paleo snack recipes, you'll never run out of tasty snacks for when you're at work, on the go, or traveling!

[Get your copy here.](#)



The Paleo hacks Bone Broth Cookbook

Enjoy a variety of delicious, simple, and gourmet Paleo Bone Broth Recipes (created by our very own Casey Thaler), which will help improve digestion, boost your immune system, and improve your hair, skin, and nails

Try delicious bone broth recipes like Fire Chili, The Ultimate Wellness Bone Broth, Ocean Stew, and over 75 more ridiculously tasty broth recipes!

With over 80 delicious Paleo Bone Broth recipes, you'll never run out of different ways to enjoy nature's ultimate superfood.

[Get your copy here.](#)

