

# MODULE 2: RECIPES





## WEEK 1: Breakfasts

# Mushroom and Onion Egg Muffin

*Makes 3 servings*

### INGREDIENTS:

- 6 eggs
- 1½ teaspoons avocado oil or tea seed oil to grease muffin tin
- Salt and pepper to taste
- ½ onion, chopped
- 1 cup white mushrooms, sliced
- 2 tablespoons fresh parsley, chopped

### DIRECTIONS:

1. Preheat oven to 350 degrees F.
2. In a pan, heat oil on medium-high heat. Add onion and sauté until translucent, about 5 to 8 minutes.
3. Transfer the onions to a medium size bowl and using the same pan, cook the mushrooms until golden brown, about 10 minutes.
4. Drain the mushrooms and add to the medium bowl with onions, season with salt and pepper. Mix well.
5. In a separate medium size bowl, whisk the eggs gently.
6. Add the eggs to the onion and mushrooms. Mix well.
7. Grease a 6-cup muffin pan with oil.
8. Pour mixture into the greased muffin tin and sprinkle with parsley.
9. Bake for 15 to 20 minutes or until muffins are set. You can freeze and reheat the muffins. Serve with ¼ avocado.

# Chia Hemp Breakfast Pudding

*Makes 2 servings*

## INGREDIENTS:

- ⅔ cup full-fat coconut milk, plus additional
- ½ cup hemp seeds
- 1 tablespoon chia seeds
- 1 teaspoon monk fruit (optional)
- ½ teaspoon real vanilla extract
- ½ teaspoon Ceylon cinnamon, ground
- Pinch of salt

## TOPPINGS:

- 2 tablespoons pumpkin seeds
- 2 tablespoons almonds, chopped
- 2 tablespoons shredded coconut

## DIRECTIONS:

1. Combine the coconut milk, hemp and chia seeds, monk fruit, vanilla extract, cinnamon and salt, stir until well mixed. Cover and set in the fridge overnight, for at least 8 hours.
2. The next morning, add additional coconut milk until desired consistency is reached. Serve with toppings.



# Greek Egg Muffin

(Should have two leftover from Module 1)

*Makes 3 servings*

## INGREDIENTS:

- 6 large eggs
- 1½ teaspoons avocado or tea seed oil to grease muffin tin
- Salt and pepper to taste
- 1 cup spinach, chopped
- 6 pitted black olives, chopped
- 1 medium tomato, chopped
- 1½ teaspoons dried oregano
- ½ cup feta, crumbled

## DIRECTIONS:

1. Preheat the oven to 350 degrees F.
2. In a pan, heat oil on medium-high heat and cook the spinach until wilted, 1 to 2 minutes. Let cool and set aside.
3. In a large bowl, whisk eggs, salt and pepper until evenly combined.
4. Grease 6-cup muffin pan with oil.
5. Layer the spinach and then olives and tomatoes into each egg tin.
6. Pour 1/3 cup of egg mixture into each egg cup being careful not to overfill.
7. Sprinkle each egg cup with oregano and feta cheese.
8. Bake for 15 to 20 minutes or until eggs are set. Serve with ¼ avocado.

# Lime Ginger Smoothie

*Makes 1 serving*

## INGREDIENTS:

- ¼ avocado
- ½ cup coconut milk
- ½ cup filtered water
- 2 teaspoons lime (or lemon) juice
- ½-1 inch piece ginger root, chopped
- 1 scoop collagen powder
- ¼ cup parsley, chopped
- ½ cucumber, chopped
- ¼ cup broccoli sprouts

## DIRECTIONS:

Place all ingredients in a blender and blend until smooth.



# AvocaGlow with Scrambled Eggs and Cheese

*Makes 1 serving*

## INGREDIENTS FOR AVOCAGLOW:

- ½ avocado
- 2 teaspoons olive oil or tea seed oil
- 1 teaspoon lemon juice
- Salt and red pepper flakes

## INGREDIENTS FOR SCRAMBLED EGGS

- ½ tablespoon grass-fed butter or ghee
- 2 eggs
- 1 tablespoon water, milk or cream
- 1 ounce raw Monterey Jack cheese, or cheese of your preference, shredded

## DIRECTIONS:

1. Heat a small skillet on medium heat and melt butter. Whisk together eggs and water or dairy. Pour egg mixture into hot skillet. As eggs begin to set, gently pull the eggs across the pan with a spatula, forming large soft curds. Mix in cheese and cook until melted.
2. While the eggs are cooking, cut avocado in half.
3. Whisk together oil, juice, salt and pepper flakes.
4. Drizzle over avocado.

# Lemon Bergamot Muffins

*Makes 12 muffins*

## INGREDIENTS:

- 2 cups almond flour
- 2 tablespoons monk fruit (if you prefer less tart muffins, add an additional tablespoon sweetener)
- 4 teaspoons baking powder
- 4 teaspoons Ceylon cinnamon, ground
- ½ teaspoon salt
- 4 large eggs
- ½ cup melted ghee
- ½ cup coconut milk
- Zest of 1 lemon
- 1 teaspoon pure bergamot extract
- ⅔ cup hemp seeds

## DIRECTIONS:

1. Preheat oven to 350 degrees F. Grease a 12-count muffin tin with coconut oil.
2. Place almond flour, monk fruit, baking powder, cinnamon and salt in a large bowl. Mix until combined.
3. In a separate smaller bowl, whisk eggs, ghee, coconut milk, lemon zest and bergamot extract together. Add the egg mixture to the almond flour mixture and mix until combined. Fold in the hemp seeds.
4. Pour the batter evenly into each muffin tin and bake for 15 to 18 minutes, until the tops are golden. Serve warm with butter and a side of kefir.



# Veggie Hash with Poached Eggs

*Makes 2 servings*

## INGREDIENTS:

- 1 tablespoon avocado oil
- 1 small onion, chopped
- ½ cup mushrooms, chopped
- 1 cup arugula
- 1 cup dandelion leaves, chopped
- 1½ cups cooked cauliflower florets
- 4 eggs
- ¼ cup broccoli sprouts
- 2 tablespoons basil
- 2 tablespoons Avocado Mayo (see page 122)
- 2 slices prosciutto, sliced (optional)

## DIRECTIONS:

1. Heat a medium skillet on medium heat, add oil. When oil is hot add onions and sauté until soft and translucent, about 5 minutes. Add mushrooms and cook until soft, stirring occasionally.
2. Add arugula, dandelion and cooked cauliflower. Cook until greens are wilted and cauliflower is heated through.
3. While hash is cooking, poach four eggs.
4. Serve poached eggs over hash and garnish with broccoli sprouts, basil, Avocado Mayo and optional prosciutto.

# Avocado Mayo

*Makes about 1 cup*

## INGREDIENTS:

- 1 whole egg
- 1 egg yolk
- 1 teaspoon Dijon mustard
- 1½ tablespoons lemon juice
- Pinch of salt
- ½ teaspoon turmeric powder
- ¾ cup avocado oil

## DIRECTIONS:

Place the egg and egg yolk, mustard, lemon juice, salt and turmeric in a food processor. Process until combined, about 30 seconds. Using the attachment that allows you to slowly add oil in, add the avocado oil in until it is completely emulsified. Store in the refrigerator.



**WEEK 1: Lunches****Taco Bowl Salad with Double Greens Dip***Makes 1 serving***INGREDIENTS:**

- 2 cups mixed greens
- 4 ounces of cooked ground beef
- ½ avocado, chopped
- ½ cup cherry tomatoes, cut in half
- ¼ cup chopped cilantro
- ¼ teaspoon ground cumin
- Fresh lime and salt to taste
- ¼ cup broccoli sprouts
- 2 tablespoons Double Greens Dip (page 124)

**DIRECTIONS:**

1. Combine mixed greens, ground beef and avocado in a bowl.
2. Add tomatoes and cilantro and toss to combine.
3. Squeeze fresh lime juice and add salt and cumin to taste. Top with broccoli sprouts and Double Greens Dip.

# Double Greens Dip

*Makes 8 servings*

## INGREDIENTS:

- 6 ounces basil, stems removed, (a couple large handfuls), washed and dried
- 2 bunches of parsley, ends trimmed, washed and dried
- 1 cup olive oil or tea seed oil
- Zest and juice of a lime
- ½ cup coconut aminos

## DIRECTIONS:

Combine all ingredients in food processor until smooth.





## **Leftover Baked Lemon Coconut Chicken Thighs Roasted Thyme Broccoli**

Pages 131 and 132. Serve with a side salad and sauerkraut.

## **Leftover Ground Lamb Patties over Cauliflower Rice with Tzatziki**

Pages 133,134 and 135. Serve with a side salad.

## **Leftover Beef Stew**

Pages 136. Serve with a side salad and sauerkraut.

## **Leftover Turkey Meatballs over Sautéed Cabbage and Mushroom Cream Sauce**

Page 137.

## **Leftover Salmon Chowder**

Page 140. Serve with a side salad.

## **Leftover Cauli Mac 'N Cheese Steamed Green Beans**

Page 141 and 142. Serve with a side salad.



## WEEK 1: Dinners

### Basic Side Salad

Here is a basic salad guideline to follow with lots of ideas to make sure you are getting plenty of nutrient-dense, polyphenol-rich herbs and veggies into your salads every day.

**Greens:** mixed greens, baby greens like kale and Swiss chard, lettuces like green and red leaf, romaine, bibb and butter, watercress

**Bitters:** arugula, radicchio, endive, chicory and dandelion greens

**Fresh Herbs:** basil, parsley, cilantro, dill, rosemary, thyme, chives, mint, oregano, tarragon, grated turmeric, ginger and garlic

**Nuts and Seeds:** pumpkin and sunflower seeds, pili nuts, walnuts, almonds, macadamia nuts, brazil nuts, hemp seeds, flax seeds and chia seeds

**Sprouts:** broccoli, sunflower, radish and clover

**Veggies:** cucumber, celery, radish, artichoke hearts, onions, fennel, mushrooms, bell peppers, broccoli, sauerkraut and kimchi, sea vegetables like wakame, arame, dulse and hijiki

**Toppings:** avocado, cheese, olives and capers

**Dressing:** Make your own simple dressings by tossing your salad with a basic oil and vinegar. Vinegars like rice, red wine, balsamic and apple cider vinegar, lemon and lime juice are great choices. Choose high quality oils like extra-virgin olive oil, tea seed oil, avocado oil, sesame oil, flaxseed oil, macadamia nut and MCT oil. I've included two recipes below for when you want to make a special dressing to have on hand. The Kefir dressing has the added benefit of probiotics.

# Herbed Dressing

*Makes about 1 cup*

## INGREDIENTS:

- ¼ cup extra virgin olive oil or tea seed oil
- 2 tablespoons MCT oil (optional, or increase olive oil by 2 tablespoons)
- 2 tablespoons tahini paste or almond butter
- 1 tablespoon Dijon mustard
- 2 cloves garlic, finely minced
- 2 tablespoons apple cider vinegar
- 2 tablespoons fresh or 2 teaspoons dried herbs of choice (basil, parsley, cilantro, dill, tarragon, rosemary, etc.)
- ½ teaspoon turmeric
- Salt to taste

OPTIONAL: ¼ cup Avocado Mayo if you desire a creamier texture.

## DIRECTIONS:

Place all ingredients into a food processor and blend until smooth. Store in a glass mason jar in the refrigerator for up to one week.





# Green Kefir Dressing

*Makes about 2 cups*

## INGREDIENTS:

- 2 cups kefir
- 2 tablespoons fresh parsley, chopped
- 1 tablespoon fresh dill, chopped
- 1 garlic clove, minced
- 1 tablespoon lemon juice
- ½ teaspoon salt, more to taste
- Dash of black pepper
- 1 teaspoon ground cumin (optional)

## DIRECTIONS:

Place all ingredients into a food processor and blend until smooth. Store in a glass mason jar in the refrigerator for up to one week.

# Easy Crockpot Bone Broth

## INGREDIENTS:

- 1 small organic chicken
- 2 carrots, coarsely chopped
- 2 celery, coarsely chopped
- 1 small onion, coarsely chopped (can leave unpeeled)
- 2 garlic cloves (can leave unpeeled and whole)
- 1 tablespoon apple cider vinegar
- Filtered water, enough to cover chicken and vegetables

## DIRECTIONS:

1. Place chicken in a large (6 quart) crockpot.\* Add carrots, celery, onion, garlic and apple cider vinegar. Fill crock pot with enough water to cover chicken and vegetables, leave 1 to 2 inches of space at the top so the broth doesn't overflow.
2. Cook on low throughout the day for about 8 hours.
3. Turn heat off and when cool enough, strain broth and store in the fridge or freezer.

\*If you only have a smaller crockpot, you can use chicken pieces or just the bones of a cooked chicken.



# Baked Lemon Coconut Chicken Thighs

*Makes 4 servings\**

## INGREDIENTS:

- 1 pound chicken thighs, skin on (4, 4-ounce chicken thighs)
- 1 small onion, cut in half and sliced
- 1 can full-fat coconut milk
  - Juice of ½ lemon
  - Zest of 1 lemon
- ½ teaspoon salt
  - Dash of black pepper

## DIRECTIONS:

Preheat oven to 350 degrees F. Place chicken, onions, coconut milk, lemon juice, zest, salt and pepper in baking dish. Bake for 45 to 55 minutes, until chicken starts to turn golden and is cooked throughout. Occasionally spoon coconut milk over the top of chicken thighs to ensure onions and lemon zest do not burn. Serve with Roasted Thyme Broccoli, a side salad and ½ cup of starchy carbohydrate if needed.

\*Make enough to have leftovers for tomorrow's lunch.

# Roasted Thyme Broccoli

*Makes 4 servings\**

## INGREDIENTS:

- 1½ heads broccoli, cut into small florets
- 2 tablespoons avocado oil
- 1 teaspoon fresh thyme, or ½ teaspoon dried
- ¼ teaspoon salt

## DIRECTIONS:

Preheat oven to 350 degrees F. Toss broccoli with oil, thyme and salt. Cook for about 25 to 30 minutes until broccoli is tender, stir occasionally.

\*Make enough to have leftovers for tomorrow's lunch.



# Ground Lamb Patties over Cauliflower Rice with Tzatziki

*Makes 4 servings\**

## INGREDIENTS for Lamb Patties:

- 1 pound ground lamb
- 2 teaspoons ground cumin
- 1 teaspoon curry powder
- 1 teaspoon salt
- ¼ teaspoon black pepper
- 1 tablespoon avocado or tea seed oil

## DIRECTIONS:

1. In a medium bowl mix all ingredients except oil until thoroughly combined. Use your hands, but be aware that the curry powder will turn them yellow.
2. Heat a large skillet on medium-high heat and add oil. Form eight patties out of the lamb and cook for 4 to 5 minutes. Flip over and cook another 4 to 5 minutes, or until level of doneness is reached. Serve over Cauliflower Rice (page 134), with Tzatziki (page 135) and a side salad and ½ cup of starchy carbohydrate if needed.

\*Make enough to have leftovers for tomorrow's lunch.

# Cauliflower Rice

*Makes 4 servings*

## INGREDIENTS:

- 1 head of cauliflower, cut into chunks
  - 2 tablespoons olive oil or tea seed oil
- Salt and pepper to taste

## DIRECTIONS:

1. Place cauliflower in a food processor and pulse until all the pieces are broken down into rice-size pieces.
2. Heat oil in a large skillet over medium heat, add cauliflower. Cover and cook until heated through, about 3 to 5 minutes. Remove lid and fluff with a fork, season with salt and pepper.



# Tzatziki

*Makes about 1¼ cups\**

## INGREDIENTS:

- 1 cup coconut cream
- 1 4-inch piece English cucumber, grated
- 2 tablespoons Avocado Mayo (page 122)
- 1 tablespoon apple cider vinegar
- 1 tablespoon fresh dill, chopped
- 1 tablespoon fresh parsley, chopped
- Grated zest of ½ lemon
- 1 tablespoon lemon juice
- 1 garlic clove, chopped
- ½ teaspoon salt
- ¼ teaspoon black pepper

## DIRECTIONS;

Place all ingredients in a bowl and mix thoroughly with a fork to combine.

\*Make enough to have leftovers for tomorrow's lunch.

# Beef Stew

*Makes 4 servings\**

## INGREDIENTS:

- 2 tablespoons avocado oil or tea seed oil
- 1½ pounds boneless chuck steak, cut into 2-inch pieces
- 1½ teaspoons salt
- ½ teaspoon black pepper
- 1 medium onion, diced
- 2 celery stalks, chopped in large chunks
- 6 cloves garlic, minced
- ½ teaspoon dried oregano
- ½ teaspoon ground cumin
- 1 teaspoon turmeric
- 1 28-ounce can crushed tomatoes
- 1 cup beef broth
- ½ cup chopped green olives
- ¼ cup capers, drained

## DIRECTIONS:

1. Preheat oven to 300 degrees F.
2. In a large Dutch oven, heat oil over medium-high heat.
3. Season chuck with salt and pepper.
4. Sear until nicely browned on all sides, approximately 1 minutes per side.
5. Add onions, celery, garlic, oregano, cumin, turmeric, tomatoes and bone broth. Cover with a lid and braise in the oven until the meat is fork tender, about 1 and a half hours. Remove from oven, fold in olives and capers. Serve with side salad and optional ½ cup starchy carbohydrate.

\*Make enough leftovers for tomorrow's lunch.



# Turkey Meatballs over Sautéed Cabbage and Mushroom Cream Sauce

*Makes 4 servings\**

## INGREDIENTS:

- 1    tablespoons coconut oil or avocado oil
- 1    onion, finely chopped
- 1    celery stalk, finely chopped
- ½    cup mushrooms, finely chopped
- ¼    cup fresh parsley, chopped
- ½    teaspoon white pepper
- ½    teaspoon salt
- 1    tablespoon coconut aminos
- 1    egg, beaten
- ¼    cup almond flour
- 1    pound ground turkey

## DIRECTIONS:

1. Preheat the oven to 400 degrees F. Heat a large skillet on medium heat and add the oil. Add the onion and cook until translucent, about 5 minutes. Add the celery and mushrooms and cook for another 5 minutes, just until they soften.
2. Transfer the onion mixture to a large bowl. Add the parsley, pepper, salt, coconut aminos, egg, almond flour and ground turkey. Mix well with clean hands until all the ingredients are incorporated.
3. Form into 2-inch balls and place on a baking sheet. Bake 20 to 25 minutes, until browned and cooked all the way through. Serve over sautéed cabbage with Mushroom Cream Sauce (page 138) and a side salad. Add an additional ½ cup starchy carbohydrate if needed.

\*Make enough for leftovers for tomorrow's lunch.

# Mushroom Cream Sauce

*Makes 4 to 6 servings*

## INGREDIENTS:

- 2 tablespoons grass-fed butter
- 1 small shallot, finely chopped
- 1 teaspoon fresh thyme or ½ teaspoon dried
- 14 ounces of mushrooms, sliced
- ¼ cup dry white wine
- 1 cup cream
- Salt and pepper to taste

## DIRECTIONS:

1. Heat a sauté pan over medium heat. Add butter and shallots and cook for a few minutes until they turn translucent and soft. Mix in the thyme.
2. Slightly increase the heat and add the mushrooms. Cook until they have become soft and brown, stirring occasionally.
3. Remove from heat to add the wine and then return the pan to cook off the alcohol. Cook until most of the liquid has evaporated.
4. Add the cream and bring to a simmer. Reduce the heat to low. Allow to simmer until the sauce has slightly thickened.





# Sautéed Cabbage

*Makes 4 servings*

## INGREDIENTS:

- 2 tablespoons grass-fed butter or olive oil
- 1 small onion, chopped
- 1 garlic clove, chopped
- 1 small head of cabbage, core removed, shredded
- 1 teaspoon salt
- Dash of pepper

## DIRECTIONS:

1. Heat a large sauté pan over medium-high heat. Add the butter and onions. Cook for about 5 minutes until onions are soft and translucent.
2. Add garlic, cabbage, salt and pepper and sauté for 10 to 15 minutes, until the cabbage is tender, stir occasionally.

# Salmon Chowder

*Makes 4 servings\**

## INGREDIENTS

- 2 tablespoons coconut oil
- 1 small onion, chopped
- 3 cloves garlic, minced
- 1 small head of cauliflower, cut up into ½ inch florets
- 3 stalks celery, chopped
- 4 cups bone broth
- 1 tablespoon apple cider vinegar
- 1 tablespoon fresh thyme, chopped
- 1 tablespoon fresh dill, chopped
- 1 teaspoon salt
- 1 pound salmon fillet, cut into bite sized pieces
- 1 can of coconut milk
- 2 tablespoons lemon juice
- ¼ cup fresh parsley, chopped (garnish)

## DIRECTIONS:

1. Melt coconut oil in a large pot on medium heat. Sauté onions until soft and translucent, about 5 minutes. Add garlic and cook another minute.
2. Stir in cauliflower and celery. Cook for another 5 to 10 minutes. Stir in the broth, vinegar, thyme, dill and salt. Reduce heat, cover and simmer for 30 minutes, until the vegetables soften.
3. Place 2 cups of the soup into a blender (or use an immersion blender and partially puree) to puree and add back into the soup pot.
4. Add the salmon and coconut milk and continue to simmer until the fish is cooked.
5. Remove from heat and stir in lemon juice. Garnish with parsley and serve with a side salad.

\*Make enough to have leftovers for tomorrow's lunch.



# Cauli Mac 'N Cheese

*Makes 4 to 6 servings\**

## INGREDIENTS:

- 8–10 pieces of nitrate-free bacon
- 2 pounds cauliflower florets
- ½ cup heavy cream
- ½ cup milk
- 2 tablespoons ghee or avocado oil
- 10 ounces cheddar cheese, shredded, divided
- 3 ounces full-fat ricotta cheese
- 1 teaspoon Dijon mustard
- 1 teaspoon turmeric, ground
- ⅛ teaspoon white pepper
- Salt, to taste

## DIRECTIONS:

1. Heat a large skillet on medium low. Cook the bacon on both sides until cooked throughout, don't overcook. Set aside on paper towel or a paper bag to absorb the grease. Chop into ½ inch pieces once cool.
2. If you are using frozen cauliflower, make sure the florets are thawed before continuing. In a large saucepan, add in the milk and heavy cream until it simmers. Add in 8 ounces of the cheddar cheese, ricotta and oil.
3. Once the cheese has melted, remove from the heat and add in the Dijon mustard, turmeric, white pepper and salt. Add in the cauliflower and return to the heat and toss to coat. Once the cauliflower is warmed through, sprinkle the remaining 2 ounces of cheddar cheese over the top. Stir in the bacon and serve hot. Serve with Steamed Green Beans, side salad and optional ½ cup starchy carbohydrate if necessary.

\*Make extra to have for tomorrow's lunch.

# Steamed Green Beans

*Makes 4 servings\**

## INGREDIENTS:

- 1 pound green beans, ends trimmed
- 1 tablespoon olive oil
- 3 tablespoons fresh dill, chopped
- Fresh lemon juice to taste
- Dash of salt

## DIRECTIONS:

1. Place a few inches of water in a large saucepan with a steamer basket (water level should be just below the level of the basket). Add beans and bring to a boil. Lower heat to medium and cover. Steam about 5 minutes, or until beans are tender and bright green.
2. Toss with oil, dill, lemon and salt.

\*Make extra to have for tomorrow's lunch.



# Asian Shiitake Chicken Soup

*Makes 4 servings\**

## INGREDIENTS:

- 1    tablespoon avocado oil or tea seed oil
- 1    small onion, diced
- 1    celery stalk, diced
- ½    teaspoon salt
- ¼    teaspoon black pepper
- 2    garlic cloves, minced
- 12   ounces shitake mushrooms, sliced
- 6    cups bone broth
- 1    tablespoon coconut aminos
- 1    tablespoon rice vinegar
- 2    boneless, skinless chicken breasts, cooked and shredded
- 3    cups spinach
- 2    tablespoons miso paste
- ½    cup fresh cilantro leaves, chopped
- ½    cup broccoli sprouts

## DIRECTIONS:

1. Heat a large pot over medium heat and oil. Stir in onions, celery, salt and pepper and cook until soft, about 5 minutes.
2. Add the garlic and mushrooms and cook until the mushrooms become soft, about 5 minutes.
3. Add the broth and bring to a boil. Reduce to a simmer and cook for 10 minutes. Add the coconut aminos and rice vinegar.
4. Stir in the chicken and spinach, and cook until wilted.
5. Remove from heat. In a small bowl remove ½ cup of the liquid and mix with the miso paste until dissolved. Add miso back into soup pot. Serve garnished with cilantro and broccoli sprouts and a side salad.

\*Make extra to have for tomorrow's lunch.

## WEEK 1: Snacks (phase out in Week 2)

# FAT BOMBS

## Smoked Salmon Basil Bombs

*Makes 12 fat bombs*

### INGREDIENTS:

- 10 ounces plain goat cheese
- 1 tablespoon olive oil or tea seed oil
- ¼ cup fresh chopped basil leaves (about 15 large leaves)
- 1 tablespoon fresh chopped dill
- ½ teaspoon lemon juice
- 2 ounces wild, cold smoked salmon, torn or cut into small pieces
- 1 teaspoon capers or 1 tablespoon Kalamata olives (optional)

### DIRECTIONS:

1. In a medium sized bowl, combine the goat cheese, oil, basil, dill and lemon juice with a fork. Add the salmon and optional capers or olives, mix to combine.
2. With a spoon, scoop about 1 to 1 1/2 tablespoons and roll into a ball. Place on a parchment lined plate or tray and refrigerate for 1 to 2 hours until firm. Repeat until all the mixture is used.
3. Store in a covered container in refrigerator for up to one week. Best enjoyed cold as fat bombs soften at room temperature.





# Cacao Lime Fat Bomb

*Makes 16 fat bombs*

## INGREDIENTS:

- Unsweetened, finely shredded coconut flakes
- ¾ cup macadamia nuts
- 1 cup coconut butter\*
- ½ cup coconut oil\*
- Zest of one lime, or more to taste
- 2 tablespoons cacao powder
- 1 teaspoon Ceylon cinnamon
- 1 teaspoon monk fruit (optional)

## DIRECTIONS:

1. Place shredded coconut on a plate and set aside.
2. Pulse macadamia nuts in a food processor until coarsely chopped. Add coconut butter, oil, lime zest, cacao, cinnamon and optional monk fruit and blend until smooth.
3. Cool the mixture in the refrigerator for 30 minutes, or until it thickens.
4. With a spoon, take about 2 tablespoons of the mixture and form into a ball. Roll in coconut flakes. Chill in the refrigerator in a covered glass container, best enjoyed cold.

\*If necessary, soften coconut butter and coconut oil by melting on low heat for 1 minute, to make processing easier.

# Pumpkin Pecan Pie Fat Bombs

*Makes 10 fat bombs*

## INGREDIENTS:

- 2 tablespoons ghee, melted
- ¾ cup raw pecans
- dash sea salt
- ½ cup real pumpkin (canned is okay, use BPA-free lined can)
- 2 teaspoons pumpkin pie spice
- 1 teaspoon monk fruit extract
- ½ teaspoon real maple extract (optional)
- 1 tablespoon collagen powder
- ¼ cup coconut butter
- 1 tablespoon coconut oil
- Ground Ceylon Cinnamon (for dusting)

## DIRECTIONS:

1. Place the pecans on a parchment lined baking sheet. Drizzle the ghee over the nuts, sprinkle with salt, and lightly toast until you smell a nutty aroma, about 5 to 10 minutes. Set aside to cool.
2. When the nuts are at room temperature, place a 1/2 cup of them with the remaining ingredients in a high speed blender and process until a slightly uniformed texture is formed. Reserve the remaining 1/4 cup for later.

NOTE: A little chunkiness from the pecans is fine and adds a delightful crunch to the texture. Line a mini-muffin pan with parchment paper liners. Fill the tins with mixture. Sprinkle each tin with remaining pecans and a dusting of cinnamon. Store in the fridge.



## WEEK 2: Breakfasts

# Mushroom and Onion Egg Muffin

Should have left over from Week 1. Serve with  $\frac{1}{4}$  avocado.

## Green Smoothie

*Makes 1 serving*

### INGREDIENTS:

- 1½ cups greens (baby kale, chard, lettuce)
- 1 stalk celery
- ½ large cucumber
- ¼ cup broccoli sprouts
- ¼ cup chopped fresh parsley (with stems)
- 1 tablespoon coconut oil
- 2 tablespoon hemp seeds
- ¼ avocado
- ½ cup full-fat coconut milk
- ½ cup filtered water
- 1 serving collagen powder

### DIRECTIONS:

Place all ingredients into a blender with enough liquid to cover half of the ingredients. Blend until smooth. Add additional water if necessary to desired consistency. Enjoy immediately.

# Spinach, Bacon, Goat Cheese Egg Muffin

*Makes 3 servings*

## INGREDIENTS:

- 2 slices of nitrite-free bacon
- 1½ teaspoons avocado or tea seed oil to grease muffin tin
- 6 eggs
- Salt and pepper to taste
- 1 cup chopped spinach
- 2 tablespoons goat cheese, crumbled
- 2 tablespoons fresh parsley, chopped

## DIRECTIONS:

1. Preheat the oven to 350 degrees F.
2. In a medium sized pan cook bacon over medium-low heat until golden, pat dry with a paper towel and chop. Set aside.
3. In the same pan add a drop of oil over medium-high heat and cook the spinach until wilted, 1 to 2 minutes. Set aside.
4. In a large bowl, whisk eggs, salt and pepper until evenly combined. Set aside.
5. Grease 6-cup muffin pan with more oil.
6. Layer the spinach and then bacon into the muffin tin.
7. Pour egg mixture into each cup using a ⅓ measuring cup being careful not to overfill.
8. Sprinkle the top of each muffin with goat cheese and parsley.
9. Bake for 15 to 20 minutes or until eggs are set. You can freeze and reheat the muffins.

## Lemon Bergamot Muffins

Page 120. Serve with a side of kefir.

## Chia Hemp Breakfast Pudding

Page 116



# Almond Flax Waffles with Whipped Bergamot Coconut Cream

*Makes 2 servings*

## INGREDIENTS:

- 1 cup almond flour
- ½ cup ground flaxseed (freshly ground if you can)
- ¼ cup hemp seeds
- 1 teaspoon baking soda
- ½ teaspoon baking powder
- 1½ teaspoons Ceylon cinnamon, ground
- Pinch of salt
- 2 eggs, at room temperature
- ¼ cup full-fat coconut milk
- 2 tablespoons coconut oil or butter, melted
- Zest of one lemon

## DIRECTIONS:

1. Preheat the waffle iron.
2. Stir together almond flour, hemp seeds, baking soda, baking powder, cinnamon and salt in a medium bowl and set aside.
3. Put eggs, coconut milk, oil or butter and lemon zest into a blender and blend just until mixed and frothy.
4. Pour wet ingredients into dry ingredients and stir, just until incorporated.
5. When waffle iron is hot, pour ½ the batter into waffle iron and cook until crisp.
6. Top with butter and Whipped Bergamot Coconut Cream (Page 150).

# Whipped Bergamot Coconut Cream

*Makes about 4 to 6 servings*

## INGREDIENTS:

- 1 15-ounce full-fat coconut milk
- ½ teaspoon real bergamot extract

## DIRECTIONS:

1. Place the can of coconut milk in fridge for a few hours, overnight if you have time.
2. Remove just the solidified coconut cream from the top of the can and place in a large bowl.
3. Whip with hand beaters on high speed for about 3 to 5 minutes, until cream becomes fluffy and light. Mix in bergamot extract.



# Poached Eggs over Sautéed Dandelion Greens and Avocado Crema

*Makes 2 servings*

## INGREDIENTS for Eggs:

- ½ tablespoon coconut oil or ghee
- 1 small shallot, finely chopped
- 2 small garlic cloves, chopped fine
- ½ teaspoon curry powder
- 1 bunch dandelion greens, washed and dried, ends trimmed, chopped
  - Dash sea salt
  - Dash ground black pepper
- 4 large pasture raised, organic eggs

## INGREDIENTS for Avocado Crema:

- ½ large avocado, halved and pitted
- 2 tablespoons full-fat coconut milk
- 1 tablespoon avocado oil
- ½ tablespoon lime juice
- ¼ teaspoon ground cumin
- ¼ teaspoon sea salt

## DIRECTIONS:

1. Heat the oil in a large sauté pan or cast-iron skillet over medium-low heat for 30 seconds. Add the shallot and sauté, stirring occasionally, until lightly golden, about 5 minutes. Add the garlic and curry powder, stir and cook for 2 more minutes.
2. Add the dandelion greens, salt and pepper, stir and cook for 3 minutes. Turn heat to low and cook a few minutes more, wilting the dandelion greens, but don't overcook, you want them to retain their brilliant green color.
3. Meanwhile poach the eggs.
4. While the water is boiling, make the avocado crema. Put the avocado, coconut milk, oil, lime juice, cumin and salt in a food processor and process until smooth and creamy, about 30 seconds.
5. Serve the poached eggs over the dandelion greens, topped with a dollop of avocado crema.

## WEEK 2: Lunches

# Leftover Asian Shiitake Chicken Soup Page 143.

## Okinawan Bitter Salad

## Okinawan Bitter Salad

*Makes 1 serving*

### INGREDIENTS:

- 1 cup lettuce, chopped (green, red, or bibb)
- ½ cup arugula
- ½ cup bitter greens, chopped (dandelion, endive or chicory),
- 1 2-inch piece of daikon radish, grated (can sub red radish)
- 1 scallion, finely chopped (green and white parts)
- 2 tablespoons fresh basil, chopped
- ½ teaspoon fresh ginger, grated
- 2 teaspoons toasted sesame oil
- ½ teaspoon coconut aminos
- ½ teaspoon rice vinegar
- 2 tablespoons broccoli sprouts

### DIRECTIONS:

Place lettuce, arugula, bitter greens, radish, scallion and basil in a medium bowl. Add ginger, oil, coconut aminos and vinegar on top, toss to mix. Add more vinegar, oil or coconut aminos if desired. Top with broccoli sprouts.





## **Leftover Beef Stroganoff over Cauliflower Rice**

Pages 156 and 134. Serve with a side salad.

## **Leftover Creamy Curry Baked Cod Massaged Kale Salad**

Pages 157 and 158.

## **Leftover Bison Chili**

Page 159. Serve with side salad and sauerkraut.

## **Leftover Mediterranean Chicken Bake**

Page 160. Serve with side salad and sauerkraut.

# Salmon Caesar Salad

*Serves 1*

## DRESSING INGREDIENTS:

Makes about  $\frac{3}{4}$  cup

- 1 egg yolk
- $\frac{1}{4}$  teaspoon salt
- Dash of coarsely ground black pepper
- 3 garlic cloves, chopped
- 2 anchovy fillets
- 2 teaspoons Dijon mustard
- 2 tablespoons lemon juice
- $\frac{1}{2}$  cup avocado oil or tea seed oil

## SALAD INGREDIENTS:

- $\frac{1}{2}$  head of Romaine lettuce, coarsely chopped
- $\frac{1}{4}$  cup pumpkin seeds
- 2 tablespoons broccoli sprouts
- 2 tablespoons shredded parmesan cheese (optional)
- 1 4-ounce Wild Alaskan salmon fillet, cooked

## DIRECTIONS:

1. Make the dressing: add egg yolk, salt, pepper, garlic and anchovies to a blender. Blend until combined, about 15 seconds. Add Dijon mustard and lemon juice and blend again. With the blender still running, gently remove the blender top and slowly pour in oil until dressing is emulsified. Set aside.
2. Place lettuce, pumpkin seeds and broccoli sprouts in a medium bowl. Spoon 2 tablespoons or more of dressing on salad and toss to combine. Add parmesan cheese and place salmon on top.





# Leftover Herbed Pork Tenderloin Roasted Green Beans

Pages 163 and 164. Serve with a side salad and sauerkraut.

## WEEK 2: Dinners

# Beef Stroganoff over Cauliflower Rice

*Makes 4 servings\**

### INGREDIENTS:

- 1 pound beef chuck
- ½ teaspoon salt
- Pepper to taste
- 1 tablespoon olive oil or tea seed oil
- 1 tablespoon grass-fed butter
- 1 small onion, chopped
- 2 cloves garlic, chopped
- 6 ounces mushrooms, sliced
- 1 teaspoon fresh thyme
- ½ teaspoon onion powder
- 2 cups bone broth
- ½ cup full-fat sour cream
- ¼ cup heavy cream
- ½ cup fresh parsley, chopped

### DIRECTIONS:

1. Cut the beef into long strips and season with salt and pepper.
2. Over medium-high heat, heat oil in a Dutch oven or large heavy saucepan. Add beef and brown in batches. Remove from pan and set aside.
3. Add butter to pan and sauté onions for 5 minutes until soft and translucent. Add garlic, mushrooms, thyme and onion powder.
4. Add beef back to the pot and add stock or broth.
5. Cover and cook until the beef is fork tender and the liquid has reduced by half or more.
6. Add sour cream and heavy cream, mix well. Turn off heat.
7. Garnish with parsley and serve with Cauliflower Rice (page 134), side salad and optional starchy carbohydrate if needed.

\*Make enough for leftovers for tomorrow's lunch.



# Creamy Curry Baked Cod

*Makes 4 servings\**

## INGREDIENTS:

- 1 pound Alaskan cod fillet
- 2 teaspoons curry powder
- ½ cup heavy cream
- ½ cup grass-fed butter, melted
- ¾ teaspoon salt
- Dash of black pepper
- Lemon wedges for garnish
- ¼ cup parsley, chopped for garnish

## DIRECTIONS:

1. Preheat oven to 375 degrees F.
2. Arrange cod in a shallow casserole dish. Mix curry powder into heavy cream. Pour cream and butter on cod. Sprinkle with salt and pepper.
3. Bake for about 15 to 20 minutes until the fish flakes with a fork, basting occasionally.
4. Garnish with parsley and lemon wedges. Serve with Massaged Kale Salad (page 158) and optional ½ cup chopped apple if needed.

\*Make extra to have for tomorrow's lunch.

# Massaged Kale Salad

*Makes 4 servings\**

## INGREDIENTS:

- 10 ounces Lacinato kale, shredded and de-stemmed
- 1 teaspoon sea salt
- ¼ cup finely diced red onion
- ¼ cup walnuts, chopped
- ¼ cup hemp seeds
- 1 cup broccoli sprouts
- 2 tablespoons apple cider vinegar
- ¼ cup extra virgin olive oil
- 4 ounces feta or goat cheese
- 1 avocado, cut in slices
- 1 cup Granny Smith apple, chopped (optional)

## DIRECTIONS:

1. Place the kale and salt in a large mixing bowl. Massage the kale for about 5 minutes or until kale softens and becomes dehydrated (it will appear like it was steamed).
2. Add the onion, walnuts, seeds, apple pieces, sprouts and combine. Drizzle the vinegar and olive oil on the salad and toss salad. Top with feta and avocado slices and optional apple.

\*Make extra to have for tomorrow's lunch.



# Bison Chili

*Makes 6 servings\**

## INGREDIENTS:

- 1 tablespoon avocado oil or tea seed oil
- 1 small onion, chopped
- 2 red bell peppers, chopped
- 1½ pounds ground bison (or substitute ground beef)
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 tablespoon cumin, ground
- 1½ tablespoons chili powder
- 1 teaspoon cayenne powder
- 1 teaspoon garlic powder
- 8 cups spinach
- 1 15-ounce can diced tomatoes
- ½ cup fresh parsley, chopped
- 1 avocado, sliced for garnish
- ¾ cup sour cream for garnish (optional)
- ½ cup fresh parsley, chopped for garnish

## DIRECTIONS:

1. Heat a large sauté pan over medium heat and add oil. Add onions and cook for 5 minutes until soft and translucent. Add peppers and cook until both are soft and cooked through, stirring occasionally.
2. While the vegetables are cooking, brown the bison. Heat a Dutch oven or large pan over medium-high heat. Add bison and start to brown it. Season with salt and pepper.
3. Add cumin, chili powder, cayenne powder and garlic powder to bison. Stir to combine.
4. When the meat is browned, add spinach to the pan and cook until wilted, about 2 to 3 minutes.
5. Add tomatoes and reduce heat to medium-low, simmer for 10 minutes.
6. Add onions and peppers to bison and stir to combine. Serve garnished with avocado, sour cream and parsley. Serve with a side salad and optional starchy carbohydrate if needed.

\*Make enough for leftovers for tomorrow's lunch.

# Mediterranean Chicken Bake

*Makes 4 to 6 servings\**

## INGREDIENTS:

- 3 tablespoons olive oil or tea seed oil, divided
- 3 cups spinach
- 1½ pounds chicken thighs, bone-in, with skin
- ½ teaspoon salt
- ½ teaspoon black pepper
- ⅔ cup cherry tomatoes, chopped in half
- ½ cup pitted green olives
- 1 cup quartered artichoke hearts, canned or frozen
- 5 garlic cloves, chopped
- 2 tablespoons lemon juice
- 1 tablespoon fresh thyme leaves
- ½ cup bone broth

## DIRECTIONS:

1. Preheat oven to 425 degrees F.
2. Quickly wilt the spinach in a skillet with 1 tablespoon oil. When cool, place in a colander to drain water.
3. Place chicken in a baking dish and sprinkle with salt and pepper.
4. In a large mixing bowl combine spinach, tomatoes, garlic, artichoke hearts, thyme, lemon juice and rest of oil, toss to coat.
5. Pour veggies over chicken and add chicken broth. Bake for 40 to 45 minutes, until chicken is cooked throughout. Serve with side salad and optional starchy carbohydrate.

\*Make sure to make enough for leftovers for tomorrow's lunch.





# Pan Fried Rosemary Salmon

*Makes 4 servings\**

## INGREDIENTS:

- 1 pound Wild Alaskan salmon, cut into 4 fillets  
Salt and pepper to taste
- 2 tablespoons grass-fed butter
- 1 teaspoon fresh rosemary leaves, chopped

## DIRECTIONS:

1. Sprinkle the salmon with salt and pepper.
2. Heat a large cast iron, or heavy bottom skillet on medium-high heat. When hot, add the butter and rosemary and stir to coat the bottom of the pan. Add salmon fillets, skin side down and cook for about 4 minutes, depending on thickness. Flip and cook for another 4 minutes until salmon is opaque and cooked throughout. Cooking times may vary, don't overcook. Serve with Cucumber Salad (page 162) and optional starchy carbohydrate if needed.

\*Make sure to make enough salmon to make Salmon Caesar Salad for leftovers for tomorrow's lunch.

# Cucumber Salad

*Makes 2 servings*

## INGREDIENTS:

- 3 tablespoons olive oil or tea seed oil
- 2 tablespoons lemon juice
- 2 cucumbers, sliced
- 2 cups shredded red cabbage
- 1½ cups arugula
- ¼ cup chopped fresh dill
- ½ avocado, sliced

## DIRECTIONS:

1. In a medium bowl, combine lemon juice and oil, and whisk well.
2. Add cucumbers, cabbage, arugula and dill, toss to coat. Add sliced avocado on top.





# Herbed Pork Tenderloin

*Makes 2 servings\**

## INGREDIENTS:

- 1    tablespoon avocado oil or tea seed oil
- 1    teaspoon fresh thyme, chopped
- 1    teaspoon fresh rosemary, chopped
- 2    cloves garlic, minced
- ¼    teaspoon salt
- ¼    teaspoon pepper
- 10   ounces pork tenderloin
- 1    cup bone broth

## DIRECTIONS:

1. In a glass bowl, add oil, thyme, rosemary, garlic, salt and pepper. Mix to combine.
2. Add pork tenderloin to the bowl and massage the pork, coating it well, and refrigerate for at least an hour and up to 6 hours.
3. Place the pork in a slow cooker with the bone broth and cook on low for 3 to 4 hours.
4. Slice into 1-inch slices. Serve with Roasted Green Beans (page 164), side salad and optional ½ cup starchy carbohydrate.

\*Make sure to make enough for leftovers for tomorrow's lunch.

# Roasted Green Beans

*Makes 4 servings\**

## INGREDIENTS:

- 1 pound green beans, ends trimmed
- 2 tablespoons olive oil or tea seed oil
- 1 garlic clove, chopped
- 1 teaspoon fresh thyme, chopped or ½ teaspoon dried
- ¼ teaspoon salt

## DIRECTIONS:

1. Preheat oven to 375 degrees F. Place green beans in a bowl and toss with oil, garlic, rosemary and salt.
2. Spread beans evenly on a baking sheet. Roast for about 15 to 20 minutes, until beans are tender and just start to turn brown.

\*Make sure to make enough for leftovers for tomorrow's lunch.



# Seared Scallops with Cilantro Mint Sauce

*Makes 4 servings*

## INGREDIENTS FOR SCALLOPS:

- 1 pound sea scallops\*
- 1 tablespoon avocado oil
- ½ cup broccoli sprouts

## INGREDIENTS FOR SAUCE:

Makes about 1 cup

- 2 cups packed cilantro, washed and dried
- 30 large mint leaves (about 5 sprigs), washed and dried
- 3 tablespoons avocado oil
- 1 tablespoon fresh lime juice
- 2 teaspoons coconut aminos
- Dash of cayenne pepper (optional)

## DIRECTIONS:

1. Put scallops on a paper towel lined plate and salt all sides. Pat dry with a paper towel. Put in refrigerator for 15 minutes, remove and pat dry again. Meanwhile, make the sauce.
2. Place cilantro, mint, oil, lime juice, coconut aminos and cayenne in a food processor and mix until smooth and all ingredients are incorporated.
3. Heat oil on medium-high in a cast iron or stainless steel skillet. Oil should be very hot and spatter with a drop of water. Add scallops and sear for 1 to 2 minutes until a golden brown crust develops. Carefully flip scallops and brown the second side, 1 to 2 minutes. You want a golden crust on both sides, cooked throughout, but not overcooked in the center. Place cooked scallops on a paper towel lined plate to drain and serve immediately topped with the mint cilantro sauce and sprouts. Serve over Zoodles (page 166) with side salad and optional starchy carbohydrate if needed.

\*Fresh is best. Use scallops the day you purchase them for optimum freshness.

# Zoodles

*Makes 4 servings*

## INGREDIENTS:

- 2 tablespoons olive oil or tea seed oil
- 4 garlic cloves, minced
- 2 cups kale, well chopped
- 2 medium zucchinis, cut into long noodle shape-strands (aka zoodles)

## DIRECTIONS:

1. Heat oil in a skillet over medium heat, add garlic and heat until fragrant.
2. Sauté kale until it begins to wilt.
3. Add in zoodles until tender and liquid is absorbed, about 5 to 10 minutes.

**SEE YOU AT MODULE 3 WHERE FAT NEVER FELT SO GOOD!**





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*MMNWB02*

*MKTG – Switch to Better Health MOD 2*

