

# **The Relentless Strength Training Healthy Eating Recipe Guide**



## **Sections**

1. Shake and Smoothie Recipes
2. Breakfast Recipes
3. Lunch/Dinner Recipes

# Shake and Smoothie Recipes

**\*\*\*\*\*Smoothies are great for getting in some fast nutrients, sneaking in vegetables, and getting some post-workout carbohydrates into you. A note: These smoothies tend to be VERY high in carbohydrate and (fruit) sugar. That makes them pretty easy to drink and thus easy to overdrink. For most people, they're going to be best utilized as a Workout Meal as opposed to an Anytime Meal.\*\*\*\*\***

## Strawberry Pineapple Blend

### **Ingredients:**

- 1 1/2 cups Frozen Strawberries
- 1 cup Frozen Pineapple Chunks
- 1/2 cup Milk (could substitute Unsweetened Almond Milk for a lower calorie version)
- 1 1/2 cups Yogurt
- 1 cup Crushed Ice

### **Directions:**

1. Blend the strawberries, pineapple, milk, yogurt, sugar, and ice until smooth.

### **Nutrition Facts (per serving):**

- 4 servings
- 179 calories
- 6.4g protein
- 30.3g carbohydrate
- 2.4g fiber
- 2.2g fat

## Strawberry-Blueberry Smoothie



### Ingredients:

- 1/2 cup Unsweetened Almond Milk
- 1/2 cup Frozen Strawberries
- 1/2 cup Frozen Blueberries
- 1/2 cup low-fat Plain Yogurt
- 1 tsp. Flax Seed Oil
- 1 tsp. Agave Nectar (use Stevia for a slightly lower calorie option)

### Directions:

1. Blend all ingredients in a blender until smooth.

### Nutrition Facts (per serving):

- 1 serving
- 231 calories
- 8.7g protein
- 40.0g carbohydrate
- 6.0g fiber
- 5.3g fat

# Avocado Berry Smoothie

## **Ingredients:**

- 1 cup Frozen Blueberries
- 1 (6 ounce) container Plain Greek-style Yogurt
- 1/2 cup Unsweetened Almond Milk
- 1/2 cup Water
- 1/4 Avocado - peeled, pitted, and diced

## **Directions:**

1. Blend all ingredients until smooth.

## **Nutrition Facts (per serving):**

- 1 serving
- 297 calories
- 11.0g protein
- 39.2g carbohydrate
- 8.1g fiber
- 12.3g fat

# Honey Avocado Smoothie

## **Ingredients:**

- 1 ripe Avocado, halved and pitted
- 1 cup Milk (can substitute Unsweetened Almond Milk for a slightly lower calorie version)
- 1/2 cup Vanilla Yogurt
- 3 TBSP Honey
- 8 Ice Cubes

## **Directions:**

1. Combine all ingredients in a blender and blend until smooth.

## **Nutrition Facts (per serving):**

- 4 servings
- 370 calories
- 9.2g protein
- 48.7g carbohydrate
- 6.8g fiber
- 17.9g fat

## Sunshine Smoothie

### **Ingredients:**

- 1 Mango - peeled, seeded, and cut into chunks
- 1 Banana, peeled and chopped
- 1 cup Orange Juice
- 1 cup Vanilla Nonfat Yogurt

### **Directions:**

1. Blend all ingredients until smooth, and serve with a brandy straw.

### **Nutrition Facts (per serving):**

- 4 servings
- 151 calories
- 4.2g protein
- 34.6g carbohydrate
- 2.0g fiber
- 0.5g fat



## **PB & B Smoothie**

### **Ingredients:**

- 2 Bananas, broken into chunks
- 2 cups Milk (can substitute Unsweetened Almond Milk for a lower calorie option)
- 1/2 cup Peanut Butter
- 2 TBSP Honey, or to taste
- 2 cups Ice Cubes

### **Directions:**

1. Blend all ingredients until smooth.

### **Nutrition Facts (per serving):**

- 4 servings
- 335 calories
- 12.8g protein
- 34.1g carbohydrate
- 3.5g fiber
- 18.8g fat

# Kale and Fruit Smoothie

## **Ingredients:**

- 1 Banana
- 2 cups Chopped Kale
- 1/2 cup Unsweetened Almond Milk
- 1 TBSP Flax Seeds
- 1 tsp. Maple Syrup

## **Directions:**

1. Blend all ingredients until smooth, then pour and enjoy.

## **Nutrition Facts (per serving):**

- 1 serving
- 311 calories
- 12.2g protein
- 56.6g carbohydrate
- 10.1g fiber
- 7.3g fat



## Incredible Hulk Smoothie



### Ingredients:

- 1 Orange, peeled
- 1/2 cup Water
- 1 cup Kale, torn into pieces
- 2 ripe Bananas, peeled

### Directions:

1. Mix ingredients in blender, puree, and then chill.

### Nutrition Facts (per serving):

- 1 serving
- 220 calories
- 3.2g protein
- 55.9g carbohydrate
- 6.5g fiber
- 0.9g fat

## Cinnamon Roll Smoothie

### **Ingredients:**

- 1 cup Unsweetened Almond Milk
- 2 TBSP Vanilla Protein Powder
- 1/2 tsp. Cinnamon
- 1/4 tsp. Vanilla Extract
- 4 tsp. Stevia
- 1 tsp. Flaxmeal
- 1 cup Ice

### **Directions:**

1. Pour all ingredients in blender, add ice last. Blend on high for 30 seconds or until completely blended and thickened.

## Minty Green Protein Shake

### **Ingredients:**

- 1/2 Avocado
- 1 cup Spinach, fresh
- 1 scoop Chocolate or Vanilla Protein Powder
- 1/2 cup Unsweetened Almond Milk
- 10 to 12 drops of Liquid Stevia
- 1/4 tsp. Peppermint Extract
- 1 cup Ice

### **Directions:**

1. Place avocado, spinach, protein powder and milk in a blender and blend until smooth. Add the Stevia drops, extract, and ice, and blend until thick. Taste and adjust stevia, as needed.

# Breakfast Recipes

## Ultimate Antioxidant Paleo Breakfast Bowl

### Ingredients:

- 1 Handful of Blueberries
- 1 Handful of Raspberries
- 2 or 3 Small Plums
- 3/4 cup Raw Almonds
- 15 to 20 Cloves
- 1 TBSP Coconut Oil
- 20 Mint Leaves
- 1-2 tbsp Raw Cacao, unsweetened

### Directions:

1. Pre-soak almonds at least 8 hours in advance of preparation. To remove the skins after soaking, pour boiling water over the almonds and wait 45 seconds. Pour off the water and pinch the almonds; the skins will slide off.
2. To prepare the cloves, place into a small saucepan with about 1 cup water. Bring to boiling, reduce heat, and simmer 30 minutes or until they are soft. Remove the cloves, saving the water. Put the peeled almonds into the blender with the coconut oil and most of the clove water. Begin blending, adding just enough water to achieve a smooth, creamy consistency.
3. Finely chop the cacao.
4. Stack the mint leaves on top of each other and rip off pieces. Tearing the mint like this prevents it from turning black.
5. Pour a layer of the almond cream into a bowl.
6. Slice the plums and arrange them on the almond cream.
7. Top with the berries, mint, cacao, and cloves. This makes a pretty high-calorie breakfast, for those looking for a lighter meal would want to split the recipe or make two servings.

## **Breakfast Paleo Sausage Balls**

### **Ingredients:**

- 1 pound Ground Pork
- 2 tsp. Salt
- 1 tsp. Ground Turmeric
- 1 tsp. Dried Sage
- 1/2 tsp. Dried Oregano
- 1/2 tsp Ground Black Pepper
- 1/2 tsp. Paprika
- 2 TBSP Olive Oil, or as needed

### **Directions:**

1. Place ground pork in a large bowl.
2. Combine salt, turmeric, sage, oregano, black pepper, and paprika in a small bowl.
3. Sprinkle half of the seasonings over the pork.
4. Mix well with your hands or a wooden spoon to combine.
5. Sprinkle remaining seasonings onto the pork and mix until evenly distributed.
6. Cover bowl with plastic wrap and refrigerate, 8 hours to overnight.
7. Scoop out 1/4 cup of the chilled pork mixture at a time and shape into balls.
8. Heat olive oil in a large skillet over medium-high heat.
9. Cook patties until no longer pink in the center and browned, about 4 minutes per side

## "All the Protein" Yogurt

### **Ingredients:**

- 1 cup Dannon Light and Fit Greek Vanilla Yogurt
- 1 scoop Protein Powder (Your favorite flavor)
- 1 TBSP Natural Peanut Butter
- 1/2 cup Protein Granola

### **Directions:**

1. Add yogurt and protein powder into a bowl. Stir until the powder has dissolved into the yogurt.
2. Add granola and peanut butter to bowl and mix it in.
3. Enjoy! It's as easy as that.

Recipe credit: Dan Rich



## "Get Ya Hands Off My Egg Sandwiches"



### Ingredients:

- 1/4 cup Liquid Egg Whites
- 2 wedges Laughing Cow Creamy Swiss Light Cheese
- 3 Avocado Slices
- 2 Tomato Slices
- 1/2 cup Spinach
- 2 High-Fiber English Muffins

### Directions:

1. Slice a tomato and avocado into needed amounts.
2. Add egg whites into a frying pan. Cook on medium heat until completely solidified. Stir often.
3. Toast English muffins if preferred.
4. Spread Laughing Cow on to one half of each sandwich.
5. Add 1.5 slices of avocado and 1 slice of tomato on each sandwich. Add egg whites and spinach evenly to each sandwich.
6. Enjoy hot!

Recipe credit: Dan Rich

## Omelet Muffins

### Ingredients:

- 8 Eggs
- 8 ounces Cooked Ham, crumbled
- 1 cup diced Red Bell Pepper
- 1 cup diced Onion
- 1/4 tsp. Salt
- 1/8 tsp. Ground Black Pepper
- 2 TBSP Water

### Directions:

1. Preheat oven to 350 degrees F (175 degrees C). Grease 8 muffin cups or line with paper liners.
2. Beat eggs together in a large bowl. Mix ham, bell pepper, onion, salt, black pepper, and water into the beaten eggs. Pour egg mixture evenly into prepared muffin cups.
3. Bake in the preheated oven until muffins are set in the middle, 18 to 20 minutes.



## Zucchini and Egg Stir-Fry



### Ingredients:

- 2 tsp. Coconut Oil
- 1 small Zucchini, sliced
- 1 Egg, beaten
- Salt and Pepper to taste

### Directions:

1. Heat a small skillet over medium heat.
2. Pour in oil and sauté zucchini until tender.
3. Spread out zucchini in an even layer,

and pour beaten egg evenly over top.

4. Cook until egg is firm. Season with salt and pepper to taste. For a larger portion, simply increase the amount of zucchini and egg.



# Sausage Breakfast Casserole

## **Ingredients:**

- 1 1/2 lbs. Breakfast Sausage
- 1/2 TBSP Coconut Oil
- 12 Eggs
- 2 Sweet Potatoes, peeled and cubed
- 1/2 large Sweet Onion, cubed
- 1 tsp. Garlic Powder
- 1/4 tsp. Nutmeg
- 1 tsp. Sea Salt
- 1 tsp. Pepper
- 1/4 cup Coconut Milk
- 4 cups Greens (Kale, Spinach, Arugula)

## **Directions:**

1. Heat oven to 375 degrees.
2. Melt coconut oil in large skillet over medium heat and then add sausage. Brown and break up with a spatula or wooden spoon.
3. Beat eggs in extra large bowl. Using your shredding attachment with your food processor, shred sweet potatoes and onion. If you don't have a food processor, you can shred with a cheese grater.
4. Mix into eggs, add seasonings, coconut milk and greens.
5. Grease 9x13 casserole dish with more coconut oil.
6. Pour in egg mixture and stir in sausage.
7. Cook for 45 minutes. Cover with foil and cook for 10 more minutes or until center is set.

# Lunch/Dinner Recipes

## Chicken Vegetable Soup

### **Ingredients:**

- 6 cup Water
- Meat of 1 whole chicken, diced
- 2 Cloves Garlic, minced
- 1 Yellow Onion, diced
- 1 Bay Leaf
- 1 tsp. Black Pepper
- 6 Fresh Tomatoes, diced
- 2 small Zucchini, sliced thin
- 3 Carrots, diced

### **Directions:**

1. In a large pot, combine water, chicken, garlic, onion, bay leaf, and pepper
2. Bring to a boil. Reduce heat and cover, simmering about 2 hrs. or until chicken is tender
3. Remove bay leaf and discard
4. Add remaining ingredients and bring to a boil
5. Reduce heat and cover
6. Simmer about 20 min. or until veggies are tender



# Shrimp Stuffed Avocados

## **Ingredients:**

- 4 large Avocados, peeled and halved, seeds removed
- 1 1/2 c. small Salad Shrimp, cooked and washed
- 1 TBSP Lemon Juice
- 1 TBSP Onion Powder
- 1 tsp. Black Pepper
- 1 TBSP Paprika

## **Directions:**

1. Set avocados on serving plate with cut side facing up
2. Combine shrimp, lemon juice, onion and pepper in a medium sized mixing bowl
3. Spoon shrimp mixture onto each avocado, covering generously
4. Sprinkle the top of each stuffed avocado with paprika before serving

## "It's Almost Thanksgiving, Right?"



### Ingredients:

- 4oz boneless, skinless Chicken Breast, hand-trimmed
- 2 cups Sweet Potato, whole (or two medium-large Sweet Potatoes)
- 1 cup Green Beans

### Directions:

1. Start off by adding Herb/spice Chicken as seen fit. Suggestions- Basil, Garlic Powder, Oregano, Cayenne.
2. Get a medium sized sauté pan with lid. Turn the stove top burner to medium and place the pan on the burner.
3. PAM (spray oil) the pan and allow the pan to heat up.
4. Add Chicken and Beans to the pan. Put lid on the pan and allow cooking for 6-8mins.
5. Poke holes in sweet potato with a fork and wrap in wet paper towel. Cook in microwave on high for 6-8mins.
6. Remove cooked chicken and green beans from pan. Serve with sweet potato and season with light salt and pepper. Best served with spray butter (0 calorie)

Recipe credit: Dan Rich

## "It's almost Chipotle" Lettuce Wraps

### Ingredients:

- 4oz boneless, skinless Chicken Breast or Ground
- 3-4 big, crisp Romaine Lettuce Leaves
- 3/4 cup salsa (personal preference on type)
- 1/2 cup Sweet Onion
- 1/2 cup Red Bell Pepper
- 1/4 cup Fat-Free Mozzarella Cheese



### Directions:

1. Start off by spraying Pam in a medium sized sauce pan and putting it on a burner at medium heat
2. While the pan is heating up, cut the Peppers, Onions, and Chicken into strips (if using breast). Season as desired.
3. Add the Peppers, Onions, and Chicken to the pan and place a lid on top.
4. Let cook for 6-8mins.
5. Lay out the lettuce leaves and drizzle the salsa down the middle of the leaves.
6. Place the cooked chicken, onions, and peppers on the lettuce, and add cheese.
7. Enjoy the tasty, low-carb, low-fat meal!

Recipe credit: Dan Rich

## Low-Carb Tuna Salad



### Ingredients:

- 1 can of Tuna, canned in water
- 1 head of Iceberg lettuce
- 4 slices of Turkey Pepperoni
- 4 TBSP of Salsa (heat is up to preference)
- 1 cup chopped Carrots
- 1/2 cup chopped Celery
- 1 dash of Garlic Powder

### Directions:

1. Cut head of lettuce width-wise into lettuce slices.
2. Add slices, chopped carrots and celery into a bowl.
3. Add tuna and pepperoni into the bowl.
4. Add salsa and garlic powder to the bowl. Mix well. Enjoy!

Recipe credit: Dan Rich

## **BBQ Spicy Chicken**

### **Ingredients:**

- 2 TBSP fresh Lemon Juice
- 1 TBSP fresh Orange Juice
- 2 Scallions, finely chopped
- 1 tsp. fresh Tarragon, finely chopped
- 1 tsp. fresh Thyme, finely chopped
- 1 tsp. fresh Sage, finely chopped
- 1 tsp. Fennel Seeds, toasted and crushed
- Freshly ground Black Pepper to taste
- 4 boneless, skinless Chicken Breast halves

### **Directions:**

1. In a large bowl, combine all ingredients except chicken, mix well to produce marinade
2. Place the chicken in the bowl, coat thoroughly and marinate for 1-2 hours
3. For grilling: Fire up the barbecue and grill the chicken on medium heat, turning constantly while basting with the marinade until the breasts are cooked
4. For broiling: Broil on medium heat, turning constantly while basting with the marinade until done



## One-Pan Healthy Sausage & Veggies (Serves 4)

### Ingredients:

- 2 small (1 cup) Red Potatoes, cubed
- 3/4 lb. Green Beans, ends trimmed
- 1 large head of Broccoli (1 and 1/2 cups), chopped
- 2 large or 6-7 mini (1 and 1/2 cups) Sweet Bell Peppers, chopped
- 9 oz. Sausage
- 6 TBSP Extra Virgin Olive Oil
- 1/4 tsp. Red Pepper Flakes, optional
- 1 tsp. Paprika
- 1/2 tsp. Garlic Powder
- 1 TBSP Dried Oregano
- 1 TBSP Dried Parsley
- 1/4 tsp. Salt
- 1/4 tsp. Black Pepper

\*Optional: fresh parsley, quinoa/rice to serve with, Parmesan cheese



### Directions:

1. Preheat the oven to 400 degrees F.
2. Line a large sheet pan with foil or parchment paper.
3. Slice sausage like thick coins.
4. Place all the veggies and sausage on a sheet pan. Pour the olive oil and all the spices on top. Toss to evenly coat all the veggies and meat.
5. Bake 15 minutes, remove from the oven and flip/stir all the veggies around. Return to the oven and bake for another 10-15 minutes or until vegetables are crisp tender and sausage is browned.
6. If desired, sprinkle freshly grated Parmesan cheese over the veggies and sausage as soon as they come out of the oven.
7. Enjoy with rice or quinoa and fresh parsley if desired.

(Credit [http://www.chelseasmessyapron.com/one-pan-healthy-sausage-and-veggies/#\\_a5y\\_p=5830687](http://www.chelseasmessyapron.com/one-pan-healthy-sausage-and-veggies/#_a5y_p=5830687))



# Sautéed Chicken Thighs with Garlic, Red Wine, and Rosemary

Serve the chicken with a nice crisp salad.

## **Ingredients:**

- 2 TBSP Extra Virgin Olive Oil
- 12 boneless, skinless Chicken Thighs
- 3 Garlic Cloves, minced or passed through a garlic press
- 1 cup medium-body Red Wine
- 1 cup organic Chicken Stock
- 1 28 oz. can crushed Tomatoes (San Marzano if possible)
- 1 ½ tsp. fresh chopped Rosemary or ¾ tsp. Dried
- ¼ cup fresh Flat Leaf Italian Parsley or 1 TBSP dried

## **Directions:**

1. Preheat Oven to 350°. In an oven safe sauté pan, on medium heat, put olive oil and chicken in one layer and cook until slightly golden. (Repeat, if necessary). Lower heat and remove chicken from the pan. Add garlic, and cook for 10 seconds. Do not let the garlic burn. Add the wine and bring to a boil, scraping up any browned bits from the bottom of the pan. Add the broth. Simmer for 5 minutes and let the liquid reduce by 1/3.
2. Return the chicken to the pan, along with any juices. Add the crushed tomatoes, rosemary and parsley.
3. Place pan in preheated oven and cook for approximately 30 minutes until chicken is done and tender.
4. Check for seasoning. If you like, add Kosher or Sea Salt, optional.

Compliments of Eileen Forte and Paleo Simplified. [www.paleosimplified.com](http://www.paleosimplified.com)

## Broccoli Stir-Fry With Chicken and Mushrooms



### Ingredients:

- 2 TBSP good-quality Extra Virgin Olive Oil
- 2 TBSP minced Garlic
- 1 TBSP minced fresh Ginger
- 4 Scallions, chopped
- 1 lb Broccoli, cut into bite-size pieces, the stems no more than 1/4-inch thick
- 8 ounces Button Mushrooms, cleaned, trimmed and sliced
- Salt
- 1 cup Water

- 8 ounces boneless, skinless Chicken Breasts or Thighs, cut into 1/2- to 3/4-inch chunks or thin slices and blotted dry
- 2 TBSP Soy Sauce
- Freshly ground Black Pepper

### Directions:

1. Put a large, deep skillet over medium-high heat. When it's hot, add half the oil, swirl it around, and immediately add half the garlic and ginger. Cook for 15 seconds, stirring, then add the broccoli, mushrooms and all but a sprinkling of the scallions.
2. Raise heat to high, and cook, stirring, until mushrooms release their water and broccoli is bright green and beginning to brown, 3 to 5 minutes.
3. Sprinkle with salt; add 1-cup water. Stir and cook until almost all liquid evaporates and broccoli is almost tender, another minute or two more, then transfer to a plate.
4. Turn heat to medium, add remaining oil, then remaining garlic and ginger. Stir, then add chicken and turn heat to high. Cook, stirring occasionally, until chicken has lost its pink color, three to five minutes.
5. Turn heat to medium. Return broccoli, mushrooms and juices to the pan, and stir. Add soy sauce, sprinkle with more salt and some pepper; add a little more water if mixture is dry. Raise heat to high and cook, stirring occasionally, until liquid is reduced slightly and you've scraped up all the bits of chicken. Taste and adjust seasoning, garnish with remaining scallion and serve.

(Credit: Mark Bittman <http://cooking.nytimes.com/recipes/1013417-broccoli-stir-fry-with-chicken-and-mushrooms>)

## BLTA Roll-Ups! (serves 2)

### Ingredients:

- 4-6 slices Turkey Cold Cuts (Applegate is my favorite)
- 1 Plum Tomato, seeded and cut into strips
- 2 slices Bacon, cooked and cut in half lengthwise and then cut in half width wise (you'll end up with 8 pieces)
- 1 Avocado, sliced
- Baby Spinach Leaves

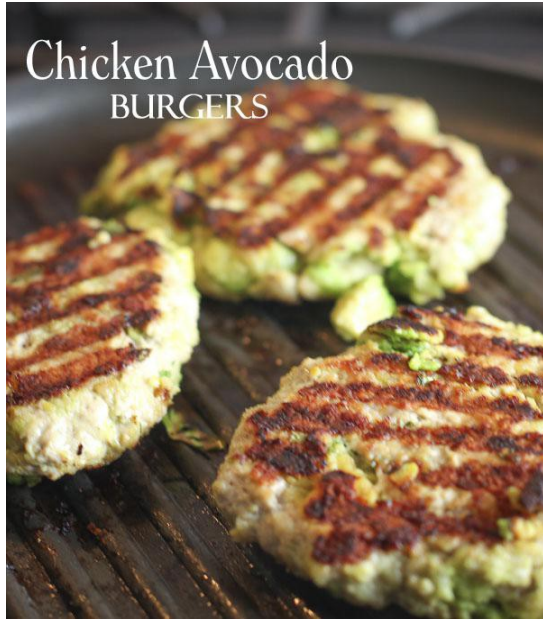
### Directions:

1. Lay out a turkey slice on a plate or cutting board (or whatever you want, you don't have to listen to me).
2. Layer 3-6 spinach leaves (depending on size or how much you like spinach) in the center of the cold cut, width-wise across the short side (see picture above because I suck at explanations).
3. Layer a few strips of tomato, 1-2 strips of bacon, and 1 slice of avocado on top of that.
4. Starting at the left side, flip one end of the turkey slice to the right, over the layers you just added. Then roll that folded side over to the non-folded side on the right to create the roll.
5. Just pick it up and eat it. No toothpicks necessary to hold it together.

(Credit: [www.ourpaleolife.com/2013/03/turkey-blta-roll-ups](http://www.ourpaleolife.com/2013/03/turkey-blta-roll-ups) )



## Chicken Avocado Burger (serves 4)



### Ingredients:

- 1 pound Ground Chicken
- 1 large ripe Avocado - cut into chunks
- 1 chopped Clove of Garlic
- $\frac{1}{3}$  cup Panko Crumbs or Almond Meal
- 1 minced Poblano or Jalapeño Pepper (optional but recommended)
- $\frac{1}{2}$  tsp. Salt
- $\frac{1}{4}$  tsp. Black Pepper

### Directions:

1. Add all ingredients to a large bowl and toss gently.
2. Shape into desired size patties and grill inside or out!

(Credit: <http://laughingspatula.com/chicken-avocado-burger/>)

## Spinach Stuffed Portobello Mushrooms (serves 4)

### Ingredients:

- 4 Portobello Mushroom Caps, stems removed, wiped clean
- Olive Oil cooking spray
- 1 tsp. Kosher Salt, divided
- ¼ tsp. Black Pepper, divided
- 10oz frozen chopped Spinach
- 2 TBSP Olive Oil, divided
- 1 small Onion, finely chopped (6oz)
- 1 TBSP minced Garlic
- ¼ cup grated Parmesan Cheese



### Directions:

1. Preheat broiler, setting temperature to high. Set oven rack in the middle of the oven. Line a baking sheet with foil.
2. Spray the mushroom caps with olive oil cooking spray on both sides. Sprinkle with ½ teaspoon kosher salt and ⅛ teaspoon black pepper. Broil 5 minutes on each side, or until just tender.
3. Meanwhile, defrost spinach in the microwave according to the directions on the package (my package said to cut a small slit in the wrapper, place on a microwave-safe plate and microwave for 4-6 minutes). Place in a colander to drain. When cool enough to handle, press on the cooked spinach with your hands and extract as much water as possible out of it. Repeat this until you're sure you can no longer extract more water.
4. Remove mushrooms from oven. Heat 1 Tbsp. olive oil in a large skillet over medium heat, about 3 minutes. Add the onion and cook 5-7 minutes, stirring occasionally, until golden. Add the garlic, spinach, ½ teaspoon kosher salt and ⅛ teaspoon black pepper and cook, stirring to combine everything, 1-2 more minutes. Remove from heat and allow to cool a few minutes, then mix in the Parmesan.
5. Evenly distribute the spinach mixture among the mushrooms. Don't press down on the filling - it's prettier when it's piled high on top of the mushrooms.
6. Place back under the broiler for 2-3 minutes, or until filling is golden.

(Credit: [healthyrecipesblogs.com/2014/02/03/stuffed-portobello-mushrooms/#more-7637](http://healthyrecipesblogs.com/2014/02/03/stuffed-portobello-mushrooms/#more-7637))

## **Paleo Meatloaf**

### **Ingredients:**

- 2 lbs. extra lean Ground Beef
- 2 Red Onions, finely chopped
- 4 Garlic Cloves, minced
- 1/2 Red Pepper, chopped
- 1/2 cup fresh Cilantro, chopped
- 1/2 cup fresh Parsley, chopped
- 2 tsp. Cumin
- 1 tsp. Pepper
- 3 Eggs, beaten
- 2 TBSP flaxseed oil

### **Directions:**

1. Mix all ingredients in a large mixing bowl.
2. Spread mixture evenly in an 8 1/2 x 11 baking dish.
3. Bake at 400 degrees for 45 min. or until well cooked.

# Baked Salmon

## **Ingredients:**

- ½ cup fresh Basil
- 3 Garlic Cloves, crushed
- 1 ripe Avocado
- 1 tsp. Capers, drained and finely chopped
- 1 TBSP Lemon Zest (about 1 lemon)
- 4 6-8 oz. Salmon Fillets

## **Directions:**

1. Line a baking dish with parchment paper.
2. Preheat oven to 350F.
3. Add avocado, capers, garlic, basil, and lemon zest to a food processor. Process until smooth.
4. Lay salmon fillets on prepared baking dish. Spread avocado topping over the top of the salmon.
5. Bake for 18-20 minutes. Turn oven up to broil. Broil for 3-4 minutes until avocado topping starts to brown.

# Beef Jerky

## **Ingredients:**

- 3 lb. Flank Steak, as lean as you can get
- 3 Garlic Cloves, minced or pressed
- 1 cup Coconut Aminos
- 1 tsp. Black Pepper
- 1 tsp. Salt
- 1 tsp. Smoked Paprika
- 1 tsp. Onion Powder
- 1 tsp. Garlic Powder
- 1 tsp. Chipotle Powder

## **Directions:**

1. Partially freeze meat for 2-4 hours, until mostly solid. Slice meat into 1/10th inch thickness strips.
2. Mix the coconut aminos with minced garlic in a bowl, then toss with sliced beef.
3. Marinate jerky from 2-24 hours in refrigerator.
4. Evenly coat beef with spices and allow to sit in the refrigerator up to 24 hours.
5. If using an oven in place of a dehydrator, set up racks over cookie sheets lined with aluminum foil or parchment paper. Heat oven to 170 degrees.
6. Lay strips of beef out on racks, add salt and pepper if desired, and place racks in oven.
7. Cook at 170 for 3-4 hours.
8. Make sure to monitor meat to ensure it doesn't dry out too much.



# Crock Pot Beef



## Ingredients:

- 3 lb. Beef Chuck Roast
- 2 cups chopped Carrots
- 1 small White or Yellow Onion, sliced
- 4-5 cloves Garlic, chopped
- 1 tsp. Sea Salt
- 1 tsp. Garlic Powder
- 1 tsp. dried Basil
- 1 tsp. dried Oregano
- 1/2 tsp. dried Thyme
- 1/8 tsp. ground Cinnamon
- 1.5 cups organic crushed Tomatoes
- 2 cups organic Beef Stock
- 1 TBSP Tomato Paste

## Directions:

1. Cut your roast into 3-4 inch chunks and set in your crock pot.

2. Peel and chop the carrots, slice the onion and chop the garlic. Add to the crock pot with the beef

along with the seasonings: salt, garlic powder, basil, oregano, thyme, and cinnamon.

3. Pour in the beef stock and crushed tomatoes. Add the tomato paste and give everything a good stir.

4. Cover the slow cooker, set to low for 5-6 hours. This would be wonderful over spaghetti squash or alongside cooked green vegetables.

## Fried “Rice”

### **Ingredients:**

- 1/4 cup diced Onion
- 1/4 cup diced Carrot
- 1/2 cup Ghee
- 2 Eggs, beaten
- 1/4 cup Coconut Aminos
- 2 TBSP chopped Parsley
- 1 tsp. Sea Salt
- 4 cups grated Cauliflower
- 3/4 cups Chicken Broth (organic and/or homemade is best)

### **Directions:**

1. In a skillet over medium heat, sauté onion and carrot in ghee until tender.
2. Add beaten eggs over low heat and cook until almost set, breaking them up into small pieces as you cook them.
3. Add remaining ingredients and cook over medium-high heat until liquid is absorbed, stirring often.

# Colombian-Style Zucchini Rellenos

## **Ingredients:**

- 4 medium (7 ounce each) Zucchini, cut in half lengthwise
- 8 oz 90% lean Ground Beef
- 1/4 tsp. Cumin
- 3 Garlic Cloves
- 2/3 cup Onion, diced
- 2 cups Plum Tomatoes, chopped fine
- 1 tsp. Olive Oil
- Kosher Salt
- Black Pepper, to taste
- 1/4 cup organic Chicken Broth
- 2 Hard-boiled Eggs, chopped

## **Directions:**

1. Using a small spoon or melon baller, hollow out the center of the zucchini halves, leaving 1/4-inch thick shell on each half.
2. Chop the scooped out flesh of the zucchini in small pieces and set aside 2/3 of a cup to use in the meat filling, saving the rest to use in another recipe.
3. Drop the zucchini in boiling water for 1 minute, remove and drain.
4. Heat a large non-stick skillet over medium-high heat and cook the ground beef with 1/2 teaspoon salt and 1/4 teaspoon cumin until browned and cooked through, breaking up into smaller pieces with a wooden spoon as it cooks, about 3-4 minutes. Transfer the cooked meat to a bowl.
5. Add the oil to the skillet and cook the onions and garlic over medium heat until golden, about 3 minutes.
6. Add the tomatoes, a pinch of salt and simmer about 4 to 5 minutes, until it creates a sauce.
7. To the skillet, add 2/3 cup of the reserved chopped zucchini and season with salt and pepper, to taste. Cook until soft, about 4 minutes.
8. Return the cooked meat to the skillet and simmer covered for about 8 minutes until tender. Add the chopped hard boiled eggs and cook 2 to 3 minutes, adjusting salt and pepper to taste as needed.
9. On a clean working surface, fill the hollowed out zucchinis with the meat filling, dividing equally between each one.
10. Place the broth in large deep 6-quart saucepan with a fitted lid. Heat over medium heat and add the stuffed zucchini halves into the saucepan, cover and reduce heat to low, cook for about 10 minutes, or until the zucchini is soft and cooked through.

## Olive Oil Mashed Cauliflower

### **Ingredients:**

- 1 head Cauliflower
- 1/4 cup Coconut Milk
- 1/4 cup high-quality Extra-Virgin Olive Oil
- 1/2 tsp. Sea Salt
- 1/2 tsp. fresh-ground Black Pepper

### **Directions:**

1. Remove any leaves from the cauliflower and chop both the stems and florets into small pieces.
2. Put in a large saucepan and cover with water. Add a pinch of salt and bring to a boil. Reduce to a simmer and simmer for 15 minutes, or until very tender. Drain.
3. Add the coconut milk and olive oil and mash with a potato masher. For creamier cauliflower, use an immersion blender to puree until smooth.
4. Drizzle with more olive oil before serving.

# **Slow Cooker Southwest Chicken & Sweet Potato Stew**

## **Ingredients:**

- 1 pound Chicken Breasts, boneless and skinless
- 1 medium Red Bell Pepper (cut into bite size)
- 1 medium Yellow Bell Pepper (cut into bite size)
- 1 medium Onion (cut into bite size)
- 2 medium Sweet Potatoes, peeled and cubed
- 3 medium Tomatoes
- 1 tsp. Chili Powder
- 1 tsp Cumin
- ½ tsp Paprika
- ½ tsp Red Pepper flakes
- ½ tsp Sea Salt
- 4 cups organic Bone Broth
- 2 cups of Water
- 1 medium Lime
- 1 medium Avocado
- 1 cup fresh Cilantro

## **Directions:**

1. Put all of the ingredients except the lime juice, avocado, and cilantro in your slow cooker pot and give it a quick stir. Cover and cook on low for 6-8 hours.
2. Then top with remaining ingredients and serve.

# Coconut Lime Chicken

## **Ingredients:**

- 4 boneless skinless Chicken Breasts, about 1 1/2 pounds
- 1/4 tsp. Sea Salt
- 1/4 tsp. Black Pepper
- 1 TBSP Coconut Oil
- 1/2 cup Red Onion, chopped
- 1 whole Red Chili, chopped, optional
- 1 cup organic Chicken Stock
- 2 TBSP Lime Juice, about 1 large lime
- 1 TBSP chopped Cilantro
- 1/2 tsp. Red Chili Flakes
- 1/2 cup full-fat canned Coconut Milk or Coconut Cream
- 1 TBSP Arrowroot Starch or Cornstarch mixed into 1 TBSP Water, optional

## **Directions:**

1. Place the chicken breasts between two pieces of plastic cling wrap and pound them down to make them even in thickness. This will help the chicken cook evenly and make for more tender chicken. Sprinkle each side of the chicken with salt and pepper.
2. Melt the coconut oil in a large skillet over a medium high heat on the stove. Add the chicken breasts and cook each side for 5-7 minutes or until browned on each side. Remove the chicken from a skillet and set aside on a plate. The chicken doesn't need to be fully cooked yet because you'll be returning it to the heat shortly.
3. Add the chopped onion to the same skillet and sauté for a few minutes to soften. Add the chili pepper if you're using it. Sauté another couple of minutes. Add the chicken stock, lime juice, cilantro and chili flakes. Bring the mixture to a boil and then reduce down to a simmer. Let simmer for about 5 minutes to let reduce down. Add the coconut milk and bring to simmer again for another 5 minutes. Add the starch and water at this time if you're using it. You may need to raise the heat slightly higher to bring this to a boil to activate the starch. Once the sauce thickens reduce it back down to a simmer.
4. Add the chicken back to the skillet, cover and let cook for another 5-10 minutes or until the chicken is cooked all the way through.
5. Serve with rice or cauliflower rice with the sauce spooned over the top.
6. Add an extra sprinkling of cilantro & chilies and enjoy!

# Spinach Garlic Meatballs

## **Ingredients:**

- 1-2lb lean ground beef
- 1/4 cup Dehydrated Onion
- 10 oz. chopped Spinach, thawed and drained of all liquid
- 2 TBSP Garlic, minced
- Black Pepper and Herbs (Sage, Oregano, Basil, your call)

## **Directions:**

1. In a large bowl, combine lean ground beef with chopped spinach, dehydrated onion, and garlic.
2. Mix all ingredients until thoroughly combined.
3. Season mixture with pepper and herbs to taste.
4. Divide batch and roll into balls, placing each one inch apart on a nonstick cookie sheet or muffin tin.
5. Bake at 350°F for 30 minutes or until cooked thoroughly.

## **Pork Chops with Dijon Herb Sauce**

### **Ingredients:**

- 1 tsp. Butter
- 4 Pork Chops (22-24 oz. with bone, fat removed), 1 inch thick, trim all visible fat
- 1/2 tsp. Salt
- fresh ground Black Pepper
- 3 TBSP Onion, chopped
- 3/4 cup organic Chicken Stock or Broth
- 1 TBSP Dijon Mustard
- 2 TBSP chopped, fresh herbs like Parsley, Chives, and Rosemary

### **Directions:**

1. Melt the butter in a large skillet over moderately-low heat.
2. Season the pork with salt and pepper.
3. Raise heat to medium and add the chops to the pan and sauté for 7 minutes. Turn and cook until chops are browned and done to medium, about 7-8 minutes longer. Remove the chops and put in a warm spot.
4. Add the onion to the pan and cook, stirring, until soft, about 3 minutes. Add the stock and boil until it reduces to 1/2 cup, about 2 to 3 minutes.
5. Stir in the mustard, herbs, and 1/8 tsp pepper.
6. Put the chops on a platter and pour the sauce over the meat.