METABOLIC MEALS BLUEPRINT

NEW YOU in 22







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Natural Health Sherpa

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INTRODUCTION

Right before starting to write this introduction to the *Metabolic Meals Blueprint*, I decided to read through all the recipes one more time. And when I did, the first thought that popped into my head was this…

"*If I myself could eat exactly this way, every day of my life, I'd probably look ten years younger, live ten years longer, and be ten pounds lighter!"*

To say these recipes are delicious would be an understatement, but that's only half of the story. They're also phenomenally—I mean *phenomenally*—healthy. And sampling them reminds me of the often forgotten truth that food can be a gourmet, five star affair without doing any metabolic damage whatsoever.

I've been involved in seven cookbooks, and I'd say the challenge we had in this one was bigger than any of the others, and here's why. We gave our recipe development team an enormous challenge.

We wanted them to stay away from gluten, wheat, and vegetable oils. For our carb-controlled meals we also asked them to eliminate virtually all dairy and sugar. For our carb feast we were bound and determined to find a way to create the needed insulin spike without any disastrous metabolic effects from unhealthy foods.

In addition, chemical additives like the notorious MSG and artificial sweeteners were all banned.

Honestly, that's a pretty tall order for any chef.

But man, did they rise to the task.

The carb-controlled recipes in this book are free of just about any ingredient or additive you can name that's likely to promote inflammation, which, as you now know, is the mortal enemy of a fat burning metabolism (and of good health in general!)

The oils and fats used in these recipes were chosen specifically so they don't add to the horrific imbalance between omega-6 and omega-3 in our diet, an imbalance that many health professionals believe contributes to a myriad of disease conditions.

The recipes in this book follow the principles of a moderate protein, moderate fat, low carbohydrate eating plan and are thus designed to keep your blood sugar on a nice even keel. These are delicious, nutrient-packed, foods, often rich in fiber, that are exactly what your body needs to keep the hormonal symphony you learned about playing beautifully in tune.

The desserts for the "carb feast" nights were a particular challenge. I mean, how do you tell a chef to make something utterly irresistible, rich and sinful, while limiting sugar and avoiding gluten? And what would such a dessert taste like, anyway?

Well, there's an easy way to find out.

Just go right over to page 93 and try the Flourless Fudgy Brownie. Or to page 95 for (my favorite) the Mini Carmel Swirl Cheesecake. But don't you dare sample this stuff unless you're prepared to give up the idea that all delicious desserts have to be loaded with "bad stuff"!

Now I'm very aware that not everyone has the luxury of being able to prepare three meals a day—or one shake and two meals from scratch. But I suggest that even if you do a "roll your own"—making your own meals according to the diet guidelines of the program—you should still read through the recipes.

They'll inspire you. They'll give you some ideas for how to combine things when you're putting your own meals together. And you'll probably find that, even if you're a "do-it-yourselfer", you'll probably want to try at least some of these incredible recipes yourself. (How can anyone resist Hot Bacon Kale? I certainly can't.)

So feel free to mix and match—using the recipes whenever you feel like it and "rolling your own" the rest of the time.

Just remember to stick within the parameters of the program: Three meals (or one shake and two meals), no snacking, and, if you're on the basic plan, "eat what you want" on carb feast nights.

Enjoy the journey!

A Special Note on Nutrition Facts: I intentionally decided NOT to include nutrition facts for these recipes, because I want you to get away from thinking about food as a bunch of numbers and instead focus on eating high-quality foods. At the end of the day, the quality of your food probably determines more about its metabolic effects than any number ever can. So I omitted that stuff.

But trust me when I say these recipes meet the highest possible nutrition standards, and are designed to help you burn fat and permanently alter your metabolism.



SHOPPING LISTS

SHOPPING LIST: DAYS 1-7

The following are the ingredients you will need to make the recipes outlined in the meal plan for days 1-7. Before purchasing these ingredients, make sure that you don't already have some of these items in your pantry.

Quantity	*Type of Food*	
Protein		
1-2 Containers	whey protein	
2 packages	bacon	
1 ½ pound	flank steak	
6	chicken breasts on bone	
2 – 2 ½ pound	boneless chuck roast	
4 – 6 ounce	salmon steaks	
2 – 8 ounce	NY strip steaks	
2 – 5 ounce cans	chunk light tuna	
8 ounces	gluten free deli turkey meat	
12	thin slices deli roast beef	
1 pound	ground turkey	
Fruits & Vegetables		
1	apple	
1	kiwi	
1 bag	frozen blueberries	
1 bag	frozen cherries	
1 bag	carrots	
1	small zucchini	
1 jar	artichoke hearts	
2 containers	baby spinach	
1 head	romaine lettuce	
1 head	butter or Boston bib lettuce	
1 container	bean sprouts	
4	limes	
8	lemons	
2 containers	salad greens	
8	avocadoes	
1 cup	green beans	
3 heads	broccoli	
1 package	celery	
3	yellow onions	
1	red onion	

1	tomato	
1 pint	cherry tomatoes	
1 bunch	scallions	
2 pounds	asparagus	
1 head	cauliflower	
3	red, orange or yellow peppers	
1 package/bunch	kale	
Herbs and Spices		
1 jar	salt	
1 jar	pepper	
1 jar	capers	
1 jar	almond extract	
1 jar	vanilla extract	
1	fresh ginger	
2 bunch	fresh basil	
1 bunch	fresh mint leaves	
1 jar	cinnamon	
1 jar	cumin	
1 bunch	fresh parsley	
1 bunch	fresh cilantro	
1 bunch	fresh dill	
1 bunch	fresh rosemary	
2 bulbs	garlic	
1 jar	dried basil	
1 jar	dried oregano	
1 jar	chili powder	
1 jar	garlic powder	
1 jar	crushed pepper	
1 jar	turmeric	
Pantry Items		
2 containers	unsweetened, plain almond milk	
4 cans	full fat coconut milk	
1 jar	high quality mayonnaise (containing no vegetable oil)	
1 jar	Dijon mustard	
1 package	butter, preferably grass-fed	
1 – 14 ounce can	diced tomatoes	
1 tube	tomato paste	
1 jar	pitted green olives	
1 container	low sodium chicken broth	

1 large bottle	coconut oil	
1 bottle	extra virgin olive oil	
1 bottle	raw apple cider vinegar	
1 bottle	red wine vinegar	
1 bottle	balsamic vinegar	
1 package	unsalted almonds	
1 package	unsalted cashews	
1 package	walnuts	
1 package	chia Seed	
1 package	flax Seed	
1 package	unsweetened cocoa powder	
1 package	stevia	

SHOPPING LIST: DAYS 8-14

The following are the ingredients you will need to make the recipes outlined in the meal plan for days 8-14.

Quantity	*Type of Food*	
Protein		
1-2 containers	whey protein	
4	skinless, boneless raw chicken cutlets	
1 package	bacon	
1 pound	lean ground beef, preferably grass-fed	
3 pounds	end pork loin roast	
3 – 6 ounce	boneless, skinless chicken breasts	
6-8	chicken thighs (bone-in)	
2 – 5 ounce cans	chunk light tuna	
4 cups	cooked chicken	
12 1/2	eggs	
4	lamb chops	
Fruits & Vegetables		
1	kiwi	
1 package	frozen blueberries	
1 package	Frozen low glycemic fruit	
2	apple	
3	avocado	
2 heads	broccoli	
1 head	cauliflower	
7	peppers (any colors)	
2	red peppers	
2 heads	romaine lettuce	
1 pint	cherry tomatoes	
2 heads	bok choy	
2	tomatoes	
2 jars	sundried tomatoes	
2 bunches	kale	
1 package	white button mushrooms	
5	yellow onions	
1	red onion	
1	small zucchini	
1 pound	asparagus	
1 package	carrots	

1 small piece	fresh ginger	
3 cups	fresh or frozen green beans	
1 package	bean sprouts	
2 containers	salad greens	
Herbs & Spices		
2 bulbs	garlic	
2 bunches	fresh basil	
2 bunches	fresh mint leaves	
4	lemons	
1 bunch	fresh cilantro	
1 bunch	fresh rosemary	
Pantry Items		
1 container	low sodium chicken broth	
1 jar	artichokes	
1 jar	pimento olives	
1 jar	black olives	
1 jar	salsa	
1 container	hot sauce	
2 containers	unsweetened plain almond milk	
4 cans	Full fat coconut milk	
1 container	wheat-free tamari (soy sauce)	
1 – 28 ounce can	diced tomatoes	
1 – 6oz can	tomato paste	
Carb Feast Items		
1 container	grated parmesan	
1 large package	raw sugar	
1 package	potato starch	
1 can	baking soda	
1 small package	powdered sugar	
1 package	gluten-free pasta	
1 package	corn tortilla wraps	
1 jar	caramel sauce	
1 package	gluten-free graham crackers	
1 – 8 ounce package	cream cheese	
1 block	feta cheese	
1 package	instant white rice	
1 – 14 ounce can	refried beans, black or pinto	

SHOPPING LIST: DAYS 15-22

The following are the ingredients you will need to make the recipes outlined in the meal plan for days 15-22.

Quantity	*Type of Food*	
Protein		
4- 4 ounce	salmon fillets	
1 – 1.5 pound	top round or flank steak	
2	skinless, boneless chicken breasts	
6 cups	cooked chicken	
1 pound	shelled, large cooked shrimp	
2 dozen	eggs	
1.5 pounds	lean ground beef	
4	halibut fillets	
1 package	gluten-free Italian turkey or chicken sausage	
6 ounces	gluten-free deli meat of your choice	
1 package	bacon	
½ pound	raw, un-breaded chicken tenders	
1-2 containers	whey protein powder	
Fruits & Vegetables		
2	yellow onions	
2	red onions	
1 bunch	scallions	
5	lemons	
2	lime	
7	peppers (any colors)	
2 packages	baby spinach	
4 packages	mixed greens	
1 head	romaine lettuce	
4	tomatoes	
3 pints	cherry tomatoes	
6	avocados	
2 pounds	asparagus	
2 packages	broccoli slaw	
3 heads	broccoli	
3	zucchinis	
1 package	white button mushrooms	
1	orange	
1	kiwi	

1 package	frozen blueberries	
2	apples	
1 package	frozen low glycemic fruit	
1 package	frozen cherries	
Herbs & Spices		
3 bunches	fresh basil	
1 bunch	fresh cilantro	
1 bunch	fresh rosemary	
1 bunch	fresh mint leaves	
1 jar	paprika	
1 jar	onion powder	
1 jar	thyme	
1 jar	cayenne pepper	
1 jar	Chinese 5 spice	
2 bulbs	garlic	
1 jar	dried sage	
Pantry Items		
1 bag	pine nuts	
2 containers	unsweetened, plain almond milk	
1 jar	pitted Kalamata olives	
1 bag	macadamia nuts	
1 jar	tabasco sauce	
4 cans	full fat coconut milk	
1-14 ounce can	artichoke hearts	
1 jar	coconut oil	
1 package	butter, preferably grass-fed	
1 package	unsalted cashews	
1 package	unsalted almonds	
1 package	walnuts	
1 package	chia seeds	
1 package	flax seed or ground flax	
1 jar	pickled jalapenos	
1 container	100% cocoa powder	

Carb Feast Items		
1 package	white rice	
1 package	mixed frozen veggies (peas, carrots, corn)	
12 ounce bag	white chocolate chips	
1 package	almond flour	
1 package	raw sugar	
1 package	certified gluten-free oats or oat flour	
1 package	frozen gluten-free sweet potato fries	
1 package	gluten-free English muffins or burger buns	



MEAL PLANS

MEAL PLANS: DAYS 1-7

Here is your week 1 meal plan. You can easily find the recipes on the page number listed in parentheses () next to the recipe name.

Meals	Day 1	Day 2	Day 3	Day 4
Breakfast	Apple Strudel Shake (29)	Mojito Shake (32)	Roll Your Own Shake (27)	Chocolate Cashew Crunch Shake (31)
Lunch	Tuna Artichoke Wraps (54)	Roll Your Own Salad (48) using leftover Fajitas and Grilled Peppers and Onions (80)	California Salad (42) using leftovers from Easy Roasted Herb Chicken	Leftover Turkey Chili (75) and Garlic Broccoli (79)
Dinner	Jonny's Paleo Fajitas (68) with Grilled Peppers and Onions (80)	Easy Roasted Herb Chicken (67) with Lemony Asparagus (82)	Turkey Chili (75) with Garlic Broccoli (79)	Steak Dinner with Cauliflower Mash (74)

Meals	Day 5	Day 6	Day 7
Breakfast	Mojito Shake (32)	Cherry Amaretto Shake (30)	Roll Your Own Shake (27)
Lunch	Turkey and Bacon Wraps (55) with leftover vegetables	Roast Beef Wraps (47) with a small Roll Your Own Salad (48)	Salmon Wraps (51) using leftover Dijon Salmon and Lemony Asparagus (82)
Dinner	Southwestern Steak Salad (52) using leftover Steak Dinner	Dijon Salmon Steaks (60) with Lemony Asparagus (82)	Slow Cooker Pot Roast (72) with Zucchini and Spinach with Brown Butter (83)

MEAL PLANS: DAYS 8-14

Here is your week 2 meal plan. You can easily find the recipes on the page number listed in parentheses () next to the recipe name.

Meals	Day 8	Day 9	Day 10	Day 11
Breakfast	Chocolate Cashew Crunch Shake (31)	Apple Strudel Shake (29)	Roll Your Own Shake (27)	Mojito Shake (32)
Lunch	Leftover Pot Roast with Zucchini and Spinach with Brown Butter (83)	Roll Your Own Salad (48)	Leftover Homemade Chicken Soup	Salad Nicoise (50)
Dinner	10 Minute Chicken Soup (66) with Hot Bacon Kale (81)	Grilled Lamb Chops (64) with Garlic Broccoli (79)	**CARB FEAST!** *Meal:* Huevos Rancheros (89) *Dessert:* Mini Caramel Swirl Cheesecake (95)	Chicken Marsala (59) with Hot Bacon Kale (81)

Meals	Day 12	Day 13	Day 14
Breakfast	Chocolate Cashew Crunch Shake (31)	Mojito Shake (32)	Apple Strudel Shake (29)
Lunch	Buffalo Chicken Fingers (41)	Roll Your Own Salad (48)	Chicken Salad Pepper Stuffers (43) using leftover Grilled Chicken and Grilled Peppers and Onions (80)
Dinner	Slow Cooker Pork Loin with Mustard and Rosemary (71) with Lemony Asparagus (82)	Grilled Chicken Thighs in Tomato Sauce (63) with Grilled Peppers and Onions (80)	**CARB FEAST!** *Meal:* Pasta Bolognese (90) *Dessert:* Flourless Fudgy Brownie (93)

MEAL PLANS: DAYS 15-22

Here is your week 3 meal plan. You can easily find the recipes on the page number listed in parentheses () next to the recipe name.

Meals	Day 15	Day 16	Day 17	Day 18
Breakfast	Roll Your Own Shake (27)	Chocolate Cashew Crunch Shake (31)	Cherry Amaretto Shake (30)	Apple Strudel Shake (29)
Lunch	Spicy Chicken and Egg Salad (53)	Leftover Veggie and Sausage Hash and Zucchini and Spinach with Brown Butter (83)	Easy Meat Roll Up (44) with a small Roll Your Own Salad (48)	Mediterranean Frittata (45)
Dinner	Veggie Sausage Hash (76) with Zucchini and Spinach with Brown Butter (83)	Halibut with Cilantro Pesto (65) and Garlic Broccoli (79)	Slow Cooker Meatloaf (70) with Lemony Asparagus (82)	**CARB FEAST!** *Meal:* Chicken Fried Rice (88) *Dessert:* Ultimate White Chocolate Macadamia Cookies (96)

Meals	Day 19	Day 20	Day 21	Day 22
Breakfast	Mojito Shake (32)	Roll Your Own Shake (27)	Chocolate Cashew Crunch Shake (31)	Apple Strudel Shake (29)
Lunch	Pesto Chicken Salad (46)	Roll Your Own Salad (48)	Southwestern Steak Salad (52) using leftover Flank Steak	California Salad (42)
Dinner	Chilled Shrimp Kebabs (61) with Grilled Peppers and Onions (80)	Flavorful Flank Steak (62) with Garlic Broccoli (79)	Nut Crusted Salmon (69) with Lemony Asparagus (82)	**CARB FEAST!** *Meal:* Barbecue Beef Burger with Sweet Potato Fries (75) *Dessert:* Mexican Chocolate Lava Cake (94)



BREAKFAST RECIPES

ROLL YOUR OWN SHAKE

I consider the morning shake an essential part of this program for several reasons.

1. It's easy to make.
2. It primes your metabolism.
3. It sets you up for a clear, clean pattern of eating for the day.

Equally important, the ingredients in it provide the right blend of extremely high-quality protein, fat, fiber and a nice variety of important nutrients all of which are needed for healthy cells and a smooth running metabolism.

If you want to "roll your own" shakes, here is what to do.

Step 1: Begin with Core Shake Ingredients

- **1 Scoop High-Quality Whey Protein Powder.** Your powder should be between 15-25g of protein, less than 6g of carbohydrate, less than 2 grams of sugar and preferably at least 2 grams of dietary fiber. I like whey protein best, but you can also use pea protein.

- **1 Tablespoon Chia and/or Flax Seed.** This adds some healthy omega-3's and fiber to your shake

- **Cup (or Less) of Approved Low- to Moderate-Glycemic Fruit (Optional).** Low to moderate glycemic fruit choices include:
    - ✓ Berries (blueberries, raspberries, strawberries)
    - ✓ Cherries
    - ✓ Pear
    - ✓ Peach or Nectarine
    - ✓ Melon
    - ✓ Orange or Tangerine
    - ✓ Apple
    - ✓ Kiwi

- **4–8+ Ounces Dairy-Free Liquid.** You may use one liquid alone or a combination of two different liquids (i.e. half water and half unsweetened almond milk). Less liquid may be used if you prefer a thicker consistency shake. Add more liquid if you prefer a thinner consistency shake. Dairy-free liquid choices include:
    - ✓ Water
    - ✓ Unsweetened plain almond milk
    - ✓ Unsweetened plain coconut milk
    - ✓ Canned full-fat coconut milk
    - ✓ Chilled herbal tea

Step 2: Choose Any of the Following Smoothie Add-In Options

The add-ins will provide additional nourishment to your smoothie. Adding nutrients in the form of fiber and/or fat will help keep you satiated and satisfied for several hours! I recommend you choose at least 2 items from the list below:

- ✓ ½–1 ripe avocado
- ✓ Additional chia seeds (soaked or un-soaked)[1]
- ✓ 1 Tbsp hemp seeds
- ✓ 1 Tbsp unsweetened coconut flakes
- ✓ 1 Tbsp melted coconut oil
- ✓ 1-2 raw pasture eggs
- ✓ ½–1 ounce nuts (i.e. almonds, cashews, walnuts) or 1 TBSP nut or seed butter (i.e. almond or cashew butter)
- ✓ 1 Tbsp flaxseed oil
- ✓ 1 Tbsp Barlean's Flavored Omega Swirl (http://www.barleans.com/omega-swirl.asp)
- ✓ Lemon or lime rind or juice for extra flavoring
- ✓ 1 Tbsp cinnamon
- ✓ 1 scoop of Greens or Reds powder

You may also consider adding:

- ✓ Additional water or ice depending on how thick or thin you like your shake
- ✓ 1 Tbsp cocoa or cacoa powder for an added chocolate flavoring
- ✓ Stevia or xylitol, to taste

Step 3: Blend and Enjoy!

If you're looking for recipes to inspire you, just check out our shake creations. They are delicious and combine protein, fat, fiber, and flavor in just the right ratio.

1 To soak chia seeds, in a small jar mix a few tablespoons of chia seeds into about 6 ounces of water and keep that in the fridge for about a week. The seeds will expand and gel over time—mix well to prevent clumping.

APPLE STRUDEL SHAKE

Yield: 1 Serving

Cinnamon, apples and walnuts make a fragrant breakfast treat smell like a freshly baked strudel. For spice lovers, add an additional pinch of ground clove or pumpkin pie spice.

Ingredients

1 serving protein powder

⅓ cup chopped apple (peel on)

½ cup unsweetened, plain almond milk

½ cup canned full-fat coconut milk

4 ice cubes

2 teaspoons stevia

½ teaspoon cinnamon

1 tablespoon chia seed

2 tablespoons chopped walnut

½ teaspoon vanilla extract

Pinch of ground clove or pumpkin pie spice, optional

Instructions

Place all ingredients in the blender and add approximately ½ a cup of water to create desired consistency. Process until smooth and then serve immediately.

CHERRY AMARETTO SHAKE

Yield: 1 Serving

Almonds and cherries in this recipe taste like a cherry pie. Spinach might seem like a strange addition, but you won't taste it and you'll reap its nutritional benefits of fiber, folate, vitamin C and much more.

Ingredients

1 serving protein powder

½ cup unsweetened, plain almond milk

½ cup canned full fat coconut milk

4 ice cubes

¼ cup cherries, fresh or frozen

⅓ cup baby spinach leaves, optional

2 teaspoons stevia

¼ teaspoon almond extract, optional

2 tablespoon chopped almonds

1 tablespoon ground flax seed

Instructions

Place all ingredients in the blender and add approximately ½ a cup of water to create desired consistency. Process until smooth and then serve immediately.

CHOCOLATE CASHEW CRUNCH SHAKE

Yield: 1 Serving

Sweet blueberries and dark chocolate make this shake sweet and antioxidant rich. Fresh or frozen berries work equally well but frozen berries are more economical.

Ingredients

1 serving protein powder

½ cup canned full-fat coconut milk

1 tablespoon unsweetened cocoa powder

4 ice cubes

⅓ cup blueberries

1 tablespoon ground flax or chia seeds

1 tablespoon cashew pieces

2 teaspoons stevia

Instructions

Place all ingredients in the blender and add approximately ½ a cup of water to create desired consistency. Process until smooth and then serve immediately.

MOJITO SHAKE

Yield: 1 Serving

Love the burst of fresh flavor from mojitos at the local watering hole? This shake has the same flavors with plenty of protein, fiber and fat to boot. Don't toss the leftover kiwi, peel it and transfer to a sandwich baggy to freeze for later use.

Ingredients

1 serving protein powder

½ cup unsweetened, plain almond milk

½ cup fresh mint leaves

½ cup almonds

½ cup canned full-fat coconut milk

4 ice cubes

½ kiwi, peeled (about cup)

2 tablespoons chia seeds

2 teaspoons stevia

Instructions

Place all ingredients in the blender and add approximately ½ a cup of water to create desired consistency. Process until smooth and then serve immediately.

ANY STYLE EGGS WITH BACON

Yield: 1 serving

On the mornings when you're not in the mood for a shake, eggs with bacon serve as an excellent alternative. Be sure to include the yolks which contain choline, an essential nutrient for your body.

Ingredients

2-3 eggs

Coconut oil for cooking

2-3 slices of bacon

Assorted vegetables (i.e. spinach, onion, summer squash)

Instructions

Prepare your eggs any style that you choose. Some ideas include scrambled, poached and over-easy. While eggs are cooking sauté cut-up vegetables in coconut oil and cook bacon. Serve eggs with the side of vegetables and bacon.

BREAKFAST STACK

Yield: 1 serving

Get your omega 3's first thing in the morning with a serving of wild salmon for breakfast. This stack is packed with nutrition that will fuel you until lunchtime.

Ingredients

2 teaspoons butter

2-3 eggs

Salt and fresh ground pepper to taste

3 ounces smoked wild salmon

2 prepared roasted red pepper halves

½ avocado, thinly sliced

4 thin red onion rings

Instructions

Heat the butter in a large skillet over medium and crack the eggs carefully into the pan. Season the eggs lightly with salt and pepper and cook to desired doneness, flipping once.

Transfer the cooked eggs onto a plate and layer with smoked wild salmon, red pepper, avocado slices and onion rings.

JONNY'S EGGS AND GREENS

Yield: 2 servings

Dress up your standard eggs with some colorful greens. Use spinach, arugula or kale and you'll be guaranteed a plethora of vitamins and minerals to help keep you going throughout the day.

Ingredients

4 cups assorted baby greens (spring mix, Romaine, spinach, arugula, etc.)

3 tablespoons butter

2 shallots, finely chopped

2 tablespoons red wine vinegar

2 teaspoons Dijon mustard

4 eggs

Instructions

Make 2 beds of 2 cups greens each and set aside.

Heat the butter in a large nonstick skillet over medium and add the shallots. Cook for 2–3 minutes or until softened. Add the vinegar and Dijon and stir constantly for about 10 seconds. Pour the mixture over the greens beds.

Return the pan to the burner and crack four eggs carefully into the pan. Cook to desired doneness, flipping once. Place 2 fried eggs carefully over the top of each plate of greens to serve.

JONNY'S POACHED EGGS AND TURKEY SAUSAGE

Yield: 2 servings

For an extra protein punch, pair your eggs with some gluten-free turkey sausage. If you purchase the pre-cooked variety, you can gently heat and have this substantial breakfast served in a matter of minutes.

Ingredients

2 teaspoons coconut oil

½ pound Italian gluten-free turkey sausage, thinly sliced

1 pint cherry or grape tomatoes, halved

2 eggs

Instructions

Place a small covered saucepan half full of water over medium high to boil.

Heat the coconut oil in a large skillet over medium heat and add the sausage. Cook for about 5 minutes and add the tomatoes, cooking for an additional 3–4 minutes or until sausage is cooked through and tomatoes are hot and soft.

When the water comes to a simmer, remove the lid and carefully crack the eggs into a small bowl without breaking the yolks. Slowly and carefully slide them out of the bowl and into the simmering water, up against the side of the pan, if possible. Simmer the eggs for 3–5 minutes to desired doneness and carefully remove them with a slotted spoon. Serve the eggs over the sausage and tomatoes.

TRI-COLOR PEPPER SCRAMBLE WITH BACON

Yield: 1 serving

Start your day with a rainbow of colors in your eggs. The bacon will help keep you full by providing a good source of quality fat and protein.

Ingredients

2 teaspoons butter

⅓ cup prepared diced tri-color bell peppers

1 shallot, finely chopped, optional

2 eggs

Few leaves fresh basil, minced or ½ teaspoon dried

½ teaspoon each salt and fresh ground pepper

2-3 slices of bacon

Instructions

Heat the butter in a skillet over medium heat. Add the peppers and cook, stirring occasionally, until they reach desired softness. Add the shallot and stir. Cook for a couple of minutes until vegetables are tender.

While the vegetables are cooking, combine the eggs, basil, salt and pepper in a small bowl and whisk until lightly beaten and set aside. Pour the egg mixture over the vegetables.

Using a spatula to turn the eggs and veggies occasionally, cook for a few minutes to desired doneness.

Serve with 2-3 slices of cooked bacon.



LUNCHES

BUFFALO CHICKEN FINGERS

Yield: Serves 4

This restaurant inspired spin on Buffalo Wings (minus the greasy skin or breading) will have any finger food fan clamoring for more. Broccoli fills out the meal, but these tasty fingers can also be served over leftover salad.

Ingredients

3 6-ounce boneless, skinless chicken breasts, cut into fingers
¼ teaspoon salt
¼ teaspoon freshly ground black pepper
1 tablespoon coconut oil
¼ cup gluten- free hot sauce
2 tablespoons tomato paste
2 tablespoons water
4 tablespoons unsalted butter, preferably grass-fed
4 cups broccoli florets or chopped bok choy

Instructions

Sprinkle the chicken with the salt and pepper. Heat a large skillet over medium-high heat. Add the coconut oil, chicken, and broccoli. Cook 1-2 minutes, turning occasionally until the chicken and broccoli starts to brown. Turn the heat to low.

Add the hot sauce, tomato paste and ¼ cup of water, stir well. Add the butter and stir, until a thick sauce forms. Serve immediately.

CALIFORNIA SALAD

Yield: 4 Servings

Sunny California skies and balmy weather means fresh produce year round, like tomatoes and avocado that you'll enjoy in this out of the ordinary salad. Seasoned chicken and smoky bacon add plenty of savory flavor and help you feel full longer.

Ingredients

2 skinless, boneless chicken breasts

½ teaspoon chili powder, mild or hot

½ teaspoon garlic powder

¼ teaspoon salt

¼ teaspoon freshly ground black pepper

1 tablespoon coconut oil

6 cups mixed greens

4 slices bacon, chopped

2 tablespoons balsamic vinegar

2 garlic cloves

4 scallions, thinly sliced

2 cups cherry tomatoes, halved

2 avocados, sliced

Instructions

Sprinkle the chicken with chili powder, garlic powder, salt and pepper. Heat a large skillet over high heat and add the coconut oil. Add the chicken and reduce the heat to medium. Cook 7-8 minutes, turning once or twice until the chicken is cooked through and no longer pink in the center. Transfer the chicken to a cutting board and rest 5 minutes before slicing. In the skillet where you cooked the chicken, place the bacon. Warm the skillet over medium heat and cook 4-5 minutes, stirring often until the bacon is crisp. Transfer the bacon to plate. Pour off half the bacon fat then add the balsamic vinegar and garlic. Stir well and set aside.

Spread the greens out on a platter. Sprinkle with the bacon, tomatoes, avocado, and the balsamic mixture in the skillet. Add the chicken and serve.

Short on time? Use leftover cooked chicken to create this salad in minutes.

CHICKEN SALAD PEPPER STUFFERS

Yield: 4 servings

This healthier version of chicken salad is a terrific lunch option. The peppers make this meal not only delicious but also beautiful on the plate!

Ingredients

⅓ cup high quality mayonnaise containing no vegetable oils

1 tablespoon Dijon mustard

1 ½ cups cooked chicken, diced or shredded

4 hard-boiled eggs, chopped

Homemade pickles, optional

3 tablespoons diced pimento-stuffed green olives

3 tablespoons finely diced red bell pepper

1 tablespoon finely diced red onion

4 hollowed out bell peppers

Instructions

In a large bowl, mix together mayonnaise, and mustard until well combined. Add poultry, eggs, olives, pickle, pepper, and onion, and stir gently to combine.

Stuff equal portions of the salad into 4 hollowed out peppers and serve. To hollow peppers, just slice off the tops, remove the veins and tap out the seeds.

Note: Store-bought pickles can be high in sodium and contain sugar. Try these easy homemade pickles. Place ½ cup vinegar in a saucepan with ½ teaspoon salt, and a handful of fresh dill. Bring to a boil then add 4 peeled cucumbers cut into chunks. Turn the heat off and cover. Rest for 30 minutes then chill.

EASY MEAT ROLL UP

Yield: 2 servings

Disguise your vegetables in these protein roll ups. These are an easy on-the-go lunch that can be prepared ahead of time and sealed closed with a toothpick. If you need a little more protein or fat to keep you full longer, add some extra deli meat and/or some slices of avocado.

Ingredients

1 cup broccoli slaw (or other shredded veggies of choices)

6 ounces sliced gluten-free deli meat of your choice (roast beef, chicken, turkey, etc.)

1 tomato, seeded and chopped

3 tablespoons high quality mayonnaise containing no vegetable oils

Instructions

In medium bowl, combine the shredded veggies, tomato and mayonnaise and mix gently to evenly coat. Spread the filling onto deli meat and roll up tightly to enclose the filling.

MEDITERRANEAN FRITTATA

Yield: 3-4 Servings

Consider preparing this recipe ahead of time so that you can consume for breakfast, lunch or even dinner. This Italian inspired open-faced omelet is loaded with flavorful ingredients that can be enjoyed any time of day.

Ingredients

7 eggs

⅔ cup unsweetened, plain almond milk

1 teaspoon dried oregano

¾ teaspoon dried basil

½ teaspoon salt and fresh ground pepper

2 tablespoons coconut oil

2 cloves garlic, minced

2 cups baby spinach

1 14-ounce can artichoke hearts in water, well drained and coarsely chopped

½ cup sliced and pitted Kalamata olives

2 tomatoes, thinly sliced across the middle (to make circles)

Instructions

Preheat oven to broil.

In a large bowl, combine the eggs, almond milk, oregano, basil, salt, and pepper, and whisk until beaten. Set aside. Smooth the oil over the entire surface of a 10-inch cast iron skillet to lightly coat and heat over medium.

Add the garlic, spinach, artichoke hearts and olives, cover and cook for 2 minutes or until spinach is wilted. Remove cover, stir the vegetables and pour the beaten eggs over the veggies. Lay the tomato slices on top in one layer and sprinkle oregano evenly over all. Cook for about 5 minutes or until the outer edge is cooked, but the center is still unset.

Put the pan under the broiler for about 3-4 minutes or until center is set and surface has begun to brown, watching carefully to prevent overcooking.

PESTO CHICKEN SALAD

Yield: 4 servings

Delight your senses by combining basil, garlic, olive oil and pine nuts to create this easy pesto sauce that turns your typical chicken salad into a gourmet delight.

Ingredients

12-ounce bag broccoli slaw mix

2 cups diced cooked chicken

1 cup basil or baby arugula

1 garlic clove

¼ cup pine nuts

3-4 TB olive oil

Salt and pepper, to taste

Olives, optional

Mixed greens

Instructions

First, prepare a vegan pesto by combining the basil (or arugula), garlic, pine nuts, olive oil, salt and pepper in a food processor. Process until chopped and well blended, scraping the sides as necessary.

Combine the slaw mix, chicken and pesto in a large bowl and mix well to coat.

Pile the pesto mix onto mixed greens or on lettuce leaves to wrap. Top with sliced olives (optional).

ROAST BEEF WRAPS

Yield: 2 servings

Keep deli roast beef on hand for this simple lunchtime meal that can be created in less than 5 minutes. If you aren't a fan of roast beef, use another deli meat such as turkey or chicken.

Ingredients

2 packed cups baby spinach

¾ cup carrots

2 teaspoons seasoning of your choice (try finely minced fresh ginger OR fresh-squeezed lemon juice)

12 thin slices high-quality gluten-free deli roast beef

1-2 Hass avocado, peeled, and mashed into a paste

Instructions

Combine the spinach and carrots in a food processor and pulse until finely chopped, but not pureed, scraping down the sides as necessary.

Stir in the seasoning of your choice.

Double up the roast beef slices and lay out 6 roast beef "wraps". Spread equal amounts of the avocado onto each wrap. Spoon out equal portions of the spinach carrot mixture over the avocado and roll the beef wraps up tightly like cigars.

Serve immediately.

ROLL YOUR OWN SALAD

Yield: 4 servings

Taking a trip to the salad bar is fun because it means plenty of selection! So, set up a salad bar home using the following ingredients or substitute with your own favorites. Prep partitioned storage containers in your fridge so your salad bar is ready any time you open your fridge.

INGREDIENTS

Suggested Base

4 cups salad greens

4 cups romaine lettuce, sliced

1 cup steamed green beans

1 cup raw broccoli florets

1 cup quartered artichokes

Suggested Toppings

Protein of your choice (chicken, turkey steak, etc.)

½ cup pitted black or green olives

1 avocado

Crumbled bacon

½ ounce nuts (i.e. walnuts, almonds, macadamia, sunflower seeds)

1 cup bean sprouts

1 cup homemade cucumber, optional

SUGGESTED DRESSINGS

Lime Dressing

1 lime, zested and juiced (about 2 tablespoons)

1 tablespoon coconut oil, melted

1 teaspoon Dijon mustard

Combine ingredients and whisk well. This dressing must be stored at room temperature so that coconut oil does not solidify.

Balsamic Dressing

¼ cup coconut oil

¼ cup balsamic vinegar

¼ teaspoon salt

¼ teaspoon pepper

Combine ingredients and whisk well. This dressing must be stored at room temperature so that coconut oil does not solidify.

Basil Vinaigrette Dressing

⅓ cup low-sodium chicken broth

1 tablespoon chopped fresh basil

1 tablespoon extra-virgin olive oil

1 tablespoon fresh lemon juice

1 tablespoon apple cider vinegar

1 garlic clove, minced

1 teaspoon Dijon mustard

Ground pepper, to taste

Using a blender, combine all ingredients and process until smooth.

Parsley Basil Dressing

1 packed cup flat leaf parsley, lower stems removed (about 1 small batch)

½ cup loosely packed fresh basil leaves

1 clove garlic, crushed

2 tablespoons red wine vinegar

Salt and ground pepper, to taste

¼ cup extra-virgin olive oil

Combine everything but olive oil in a food processor to start. Then, drizzle the oil in a thin stream, scraping down the sides frequently until smooth, creamy and bright green.

Herb Dressing

3 tablespoons extra virgin olive oil

2 tablespoons flaxseed oil, optional

Juice of 1 lemon

2 teaspoons red wine vinegar

2 cloves garlic, minced

1 teaspoon dried oregano

½ teaspoon dried basil

Salt and pepper, to taste

Combine ingredients and whisk well.

INSTRUCTIONS

Mix and match from the base and toppings category to make the salad of your choice! Serve with one of the recommended dressings.

Note: Store-bought pickles can be super high in sodium and contain sugar. Try these easy homemade pickles. Place ½ cup vinegar in a saucepan with ½ teaspoon salt, and a handful of fresh dill. Bring to a boil then add 4 peeled cucumbers cut into chunks. Turn the heat off and cover. Rest for 30 minutes then chill.

SALAD NICOISE

Yield: 4 servings

This recipe is a twist on a classic French salad. Use your creativity to dress it up with other fresh vegetables like steamed cauliflower or broccoli or keep it simple and traditional with the tomatoes and green beans.

Ingredients

2 5-ounce cans chunk light tuna packed in extra virgin olive oil, well drained

2 eggs, hardboiled and quartered

1 ½ tablespoon capers, drained, or to taste

6 cups chopped Romaine

1 cup black olives, pitted and drained

1 pint cherry tomatoes

¼ red onion, very thinly sliced

2 cups cut fresh or frozen green beans, prepared according to package directions

¼ teaspoon salt

¼ teaspoon fresh ground pepper

Herb Dressing

3 tablespoons extra virgin olive oil

2 tablespoons flaxseed oil, optional

Juice of 1 lemon

2 teaspoons red wine vinegar

2 cloves garlic, minced

1 teaspoon dried oregano

½ teaspoon dried basil

Salt and pepper, to taste

Combine ingredients and whisk well

Instructions

In a medium bowl, combine the tuna, artichoke hearts, capers, fold in a portion of the herb dressing to coat.

In a large salad bowl, make a bed of lettuce; add the olives, tomatoes, onions, and green beans, and spoon tuna evenly over the top. Add the quartered hard boiled eggs.

Pour desired amount of dressing evenly over the salad.

SALMON WRAPS

Yield: 1 serving

Use precooked salmon for this recipe or to keep your lunch even simpler. Purchase canned wild salmon and drain any excess juices. There will be leftover dressing so use it again on another salad or wrap of your choice!

Ingredients

½ cup boneless, skinless cooked salmon

2 tablespoons finely diced cucumber

2 tablespoons finely diced celery

2 teaspoons minced red onion

Romaine Leaves

Chopped tomato, to taste

2-4 tablespoons Basil Vinaigrette Dressing

Basil Vinaigrette Dressing:

cup low sodium chicken broth

1 tablespoon chopped fresh basil

1 tablespoon extra-virgin olive oil

1 tablespoon fresh lemon juice

1 tablespoon apple cider vinegar

1 garlic clove, minced

1 teaspoon Dijon mustard

Ground pepper, to taste

Instructions

For the dressing, combine all ingredients in a blender. In a small bowl combine the salmon, cucumber, celery, onion, and vinaigrette and mix well to combine. Lay the mixture out on the romaine leaves and top with tomato. Roll up and serve. Store leftover dressing for future use.

SOUTHWESTERN STEAK SALAD

Yield: 4 servings

This savory steak salad with creamy lime dressing that clings to the leaves will soon be a regular on your lunch or dinner table. For leftover meat, store for up to 3 days to make the salad again. You can also make this salad quickly by using leftover prepared steak.

Steak

1 ½ pound flank steak

2 garlic cloves, minced

1 teaspoon coconut oil

½ teaspoon salt

1 teaspoon mild or hot chili powder

½ teaspoon ground cumin

Salad

1 lime, zested and juiced (about 2 tablespoons)

1 tablespoon coconut oil

1 teaspoon Dijon mustard

8 ounces romaine lettuce, chopped

1 cup thinly sliced raw red bell pepper OR grilled peppers and onions (see vegetable side recipes)

¼ cup cilantro leaves

2 tablespoons pickled jalapenos, chopped (optional)

Instructions

Prepare the steak. Heat a large skillet or grill over medium heat. Rub the steak with the garlic cloves, coconut oil, salt, and chili powder. Transfer the steak to the skillet or grill and cook 20-25 minutes, turning occasionally until the meat is pink in the center but not translucent. Rest 5 minutes on a cutting board and thinly slice against the grain.

Prepare the salad dressing. Using a grater or zester, zest 1 teaspoon form the lime and place it in a large bowl. Squeeze the lime and add it to the bowl along with the coconut oil and mustard. Whisk well. Add the romaine, grilled peppers or red bell pepper, cilantro and pickled jalapeno if using. Top with the flank steak and serve immediately.

SPICY CHICKEN AND EGG SALAD

Yield: 2 servings

Like it spicy? Modify the dish according to your preferred temperature gauge. The Tabasco sauce provides a nice flavor and you can get that extra kick with just a couple more splashes.

Ingredients

4 eggs

¼ cup high quality mayonnaise, preferably without any vegetable oils

1 tablespoon freshly squeezed lemon juice

½ teaspoon Tabasco sauce, to taste (add more if desired)

¼ teaspoon sea salt

1 cup shredded cooked chicken

4 lettuce leaves

1 tomato, chopped

Instructions

Cover the eggs with cold water in a medium saucepan, set the time for 15 minutes and bring to a boil. Reduce the heat to keep a low boil until timer goes off. Drain and cool the eggs by submerging in cold water. Peel and chop the eggs and set aside.

In a medium bowl combine the mayonnaise, lemon juice, hot sauce, and salt, and whisk together until well blended. Fold in the chicken and eggs.

Lay 2 pieces of lettuce and half the tomatoes over each wrap. Top with half the salad mixture and roll to close.

TUNA ARTICHOKE WRAPS

Yield: 2–3 servings

Instead of a tuna salad, try these lettuce wraps which provide plenty of healthy fats from the green olives, olive oil and avocado slices. The artichokes are an antioxidant-rich food and a great source of dietary fiber, folate and vitamins C and K.

Ingredients

1 15-ounce jar artichoke hearts in water, drained

½ cup pitted green olives

2 5-ounce cans chunk light tuna in water, well drained

2 teaspoons capers, rinsed to remove excess salt

2 teaspoons olive oil

Juice and zest of ½ small lemon

Salt, to taste

1 avocado, sliced

Romaine lettuce leaves for wraps

Instructions

Combine the artichoke hearts and olives in a food processor and pulse until well chopped and mixed, but retaining some chunkiness.

Transfer contents to a medium bowl and stir in the tuna, capers, olive oil, lemon juice, zest, and salt until well mixed. Adjust seasonings, if necessary.

Spoon small amounts into lettuce and top with slices of avocado. Wrap and serve.

TURKEY AND BACON WRAPS

Yield: 2 servings

These wraps will quickly become a favorite! Keep cooked chopped bacon on hand so that you can easily create this healthy version of a BLT.

Ingredients

2 tablespoons high quality mayonnaise, preferably containing no vegetable oils

1 tablespoon Dijon mustard

4 ounces gluten-free deli turkey, chopped

4 slices nitrate-free bacon, cooked and broken up

1 tomato, seeded and chopped

1 avocado, peeled, pitted and sliced

2 cups baby spinach

Romaine lettuce leave for wraps

Instructions

In a medium bowl combine the mayo and mustard and whisk to combine. Add the turkey, bacon, and tomato and mix gently to evenly coat.

Lay out the lettuce leaves and line with half the spinach and avocado slices. Add half the turkey mix and roll up the lettuce to serve.



DINNERS

CHICKEN MARSALA

Yield: 4 servings (1 serving is 2 ½ cups)

Chicken Marsala gets its flavor from piling on the mushrooms and sweet Marsala wine. This recipe has loads of detoxifying mushroom but replaces the wine with balsamic vinegar for extra zip.

Ingredients

4 skinless, boneless raw chicken cutlets

1 teaspoon dried oregano

¼ teaspoon salt

¼ teaspoon freshly ground black pepper

2 tablespoons coconut oil

2 cloves garlic, minced

2 tablespoons unsalted butter, preferably grass-fed

½ red or yellow onion, sliced thinly (about ½ cup)

1 small zucchini thinly sliced

8 ounces sliced mushrooms, white button

1 tablespoon balsamic vinegar mixed with cup water

¼ cup fresh basil, thinly sliced

Ground Flax or coconut flour, sprinkling

Instructions

Heat the oil over medium high in a large skillet. Sprinkle the chicken with the oregano, salt, and pepper. Add the coconut oil to the skillet along with the chicken and garlic. Cook until lightly browned (about 2-3 minutes) turning once.

Add the butter along with the onion, zucchini, and mushrooms. Cook 2-3 minutes until the vegetables are soft and sprinkle with the flax or coconut flour. Stir well and add the balsamic water mixture. Cook 1 minute more until the sauce thickens slightly. Sprinkle with the basil, and then serve.

DIJON SALMON STEAKS

Yield: 4 servings

Salmon is an excellent source of Omega 3's which when consumed regularly, can aid with cardiovascular, joint, brain and even eye health. Be sure to purchase wild salmon when you can as this will ensure the intake of far less contaminants.

Ingredients

4 6-ounce salmon steaks

1 lemon, halved

Salt and fresh ground pepper, to taste

2 tablespoons Dijon mustard

4 teaspoons minced fresh dill

Instructions

Preheat the broiler. Lightly oil a broiler rack with high heat cooking spray and set aside.

Squeeze the lemon halves evenly over the salmon to coat with juice and set aside to rest for 5 minutes. Season the salmon steaks to taste with salt and pepper and arrange them on the broiler rack.

Broil for about 4 minutes and remove the broiling pan.

Flip the steaks and spread equal amounts of the mustard over the tops. Return to the broiler and cook until salmon is just opaque, about 3-4 minutes longer.

Transfer the steaks to a platter and sprinkle the dill over the top to serve.

CHILLED SHRIMP KEBABS

Yield: 4 servings

Kebabs make for a fun gourmet presentation! Grab some skewers and have a ball threading these simple ingredients. Then, top with a rich, nutty easy to prepare macadamia topping. This dish also tastes delicious over a large plate of greens where you can drizzle any of the remaining sauce.

Ingredients

1 cup packed fresh basil

⅓ cup macadamia nuts

3 tablespoons balsamic vinegar

½ cup extra-virgin olive oil

1 pound chilled, large cooked shrimp, shelled, cleaned and de-veined

2 yellow or orange bell peppers, seeded and diced into ¾-inch squares

Approximately 20 cherry tomatoes

2 avocadoes

Instructions

Combine the basil, macadamia nuts and vinegar in a food processor and process until finely chopped. Add the oil in a thin stream with the processor running and process to desired consistency, scraping down the sides as necessary.

Thread 4 skewers, alternating shrimp, pepper and tomato and spoon dressing to taste over each to serve. Slice avocado evenly and place alongside the skewers.

FLAVORFUL FLANK STEAK

Yield: 4 servings

Enjoy this flank steak recipe as a hearty dinner with a large side of vegetables. Be sure to cook extra so you can use it as a protein layer on tomorrow's salad!

Ingredients

2 teaspoons paprika

1 teaspoon garlic powder

1 teaspoon onion powder

½ teaspoon oregano

½ teaspoon thyme

1 teaspoon salt

½ teaspoon black pepper

½ teaspoon cayenne pepper

1 1-1.5-pound top round or flank steak

Unsalted butter, preferably grass-fed

Instructions

Combine the rub ingredients from paprika through cayenne pepper in a small bowl and mix. Lightly coat the steak with a little grass-fed butter and sprinkle evenly with the spice mixture, distributing with your hands, if necessary. Allow it to rest for 15-30 minutes at room temp before cooking.

Grill over medium high heat for 8–10 minutes, flipping once, for medium rare, or cook on the stovetop in a griddle pan over high heat for 5–7 minutes, flipping once, or until it reaches desired doneness.

Slice thinly against the grain to serve.

GRILLED CHICKEN THIGHS IN TOMATO SAUCE

Yield: 4 servings

A rich tomato sauce over chicken thighs will help you to feel fully nourished on a cold winter's night.

Ingredients

2 ripe tomatoes, halved

1 large red bell pepper, seeded and quartered

½ cup sundried tomato strips in oil, well drained

Small handful of fresh basil leaves

1 large clove garlic, crushed

1 teaspoon dried oregano

¼ teaspoon each salt and fresh ground pepper

3 tablespoons coconut oil, melted

6-8 chicken thighs (bone-in)

Sprinkles salt and freshly ground pepper, to taste

Instructions

Preheat grill to high.

Combine the tomatoes, pepper, sundried tomato strips, basil, garlic, oregano, salt and pepper in a food processor. Drizzle the oil over all. Pulse a few times to break up the larger pieces, then process steadily, scraping down the sides as necessary, until the mixture forms a sauce that is mostly smooth. If the mixture is too thick, drizzle in a little more melted oil one teaspoon at a time until you reach the desired consistency. Taste the sauce and adjust seasonings if necessary. Set aside.

Season chicken breasts lightly with salt and pepper. Place the chicken on the hottest part of the grill and leave undisturbed for 4–5 minutes until becoming opaque. Flip and cook for another 4–5 minutes until just cooked through. Allow to rest for a couple of minutes before serving.

Top with sauce to taste and serve.

GRILLED LAMB CHOPS

Yield: 4 servings

By using a variety of herbs you can upgrade grilled lamb chops into an elegant yet easy to serve dish that the entire family will appreciate. Be on the lookout for lamb from Australia as this will likely ensure that it is a grass-fed product.

Ingredients

⅓ cup gluten-free tamari

3 tablespoons coconut oil, melted

Juice of 1 lemon

3 cloves garlic, minced

⅓ cup mint leaves, chopped

¼ cup fresh rosemary leaves, chopped

3 tablespoons fresh thyme leaves, chopped

3/4 teaspoon fresh ground pepper

½ teaspoon salt

4 lamb chops

Instructions

In a shallow glass storage container, whisk together the tamari, oil, and lemon juice. Add garlic, mint, rosemary, thyme, pepper, and salt, and mix thoroughly.

Lay lamb chops in a single layer in the dish and flip a few times to coat with the herbs and marinade.

Cover and marinate for 30 minutes, flipping a few times.

Grill chops over medium heat for about for 6–7 minutes, flip, and grill for 4–5 minutes more for medium rare or to desired doneness.

HALIBUT WITH CILANTRO PESTO

Yield: 4 servings

The slightly sweet flavor of halibut combined with the satisfying flavor from cashews will make you savor this dish. Like salmon, halibut is rich in Omega 3's.

Ingredients

1 ½ packed cups fresh cilantro

Juice of 1 small lime

1 teaspoon gluten-free tamari soy sauce

⅓ cup roasted cashews

Drizzle of olive oil, optional

4 Halibut fillets

Salt and fresh ground pepper

Instructions

Preheat grill to medium.

In a food processor, combine the cilantro, lime juice, and nuts and process until finely chopped, scraping down the sides as necessary. If you didn't get much lime juice and your mixture is a little dry, drizzle in a few teaspoons of olive oil until pesto reaches desired consistency. Set aside.

Season the fish lightly with salt and pepper and grill for 6-8 minutes per side (depending on thickness) or until it flakes easily with a fork.

Transfer the fillet to a serving platter and coat with a thick layer of the pesto to serve.

10 MINUTE CHICKEN SOUP

Yield: 4 servings

Nothing is more soothing than a bowl of chicken soup and this quick version can be made start to finish in just under 10 minutes. Consider topping with some freshly sliced avocado.

Ingredients

2 tablespoons coconut oil

1 onions, chopped

2 garlic cloves, minced

1 tablespoon minced ginger

4 cups low-sodium chicken broth

2 cups broccoli florets

2 cups cauliflower florets

2 cups cooked chicken, shredded or diced

¼ cup fresh basil leaves, sliced

1 avocado, sliced

Instructions

Heat a large stockpot over medium heat. Add the coconut oil, along with the onions, garlic, and minced ginger. Cook 1-2 minutes, stirring often until the onions soften. Add the chicken broth, broccoli, and cauliflower. Cook 2-3 minutes until the broccoli and cauliflower are tender. Add the chicken and fresh basil and serve immediately. Top with a few slices of avocado.

EASY ROASTED HERB CHICKEN

Yield: 4 Servings

Roast chicken is comforting but roasting a whole bird can take some time. This version uses chicken on the bone, so the chicken is still moist and juicy, while cutting the cooking time by 1 hour.

Ingredients

4 cups broccoli florets or chopped bok choy

2 tablespoons unsalted butter, grass-fed

2 tablespoons chopped basil

2 tablespoons chopped parsley or cilantro

1 tablespoon chopped rosemary

¼ teaspoon salt

4 chicken breast on the bone, skin intact

Instructions

Preheat the oven to 400°F. Cover a baking sheet with aluminum foil. Arrange the broccoli or the bok choy in the center of the tray. Place the chicken breast on top.

Place the butter, basil, rosemary, parsley or cilantro, and salt in a small bowl. Mash the herbs into the butter. Spread the butter evenly over the chicken with a spatula. Roast 25-30 minutes or until the chicken is cooked through to the bone and no longer pink. Serve immediately with a cup of the roasted vegetables beneath.

JONNY'S PALEO FAJITAS

Yield: Serves 4 (4 filled lettuce wraps is a serving)

Festive fajita spiced the Mexican way is a fast and satisfying meal. Turn leftover steak from another recipe and/or leftover grilled peppers and onions into a fast no-cook version of this meals, just gently warm both for 5 minutes in a an oven preheated to 350°F.

Ingredients

1 ¼ pounds flank steak

1 tablespoon coconut oil

2 teaspoons chili powder

½ teaspoon cumin

½ teaspoon dried oregano

¼ teaspoon salt

¼ teaspoon freshly ground pepper

2 cups prepared sliced onions and bell peppers (see vegetable sides)

1 head butter or Boston bib lettuce

2 limes, cut into wedges

Instructions

Prepare the steak. Rub the steak with the coconut oil. Sprinkle the flank steak with chili powder, cumin, oregano, salt and pepper. Heat a large skillet or grill over medium heat. Transfer the flank steak to the skillet or grill and cook 20-25 minutes, turning occasionally until the meat is pink in the center but not translucent. Rest 5 minutes on a cutting board and thinly slice against the grain.

Break the lettuce head into separate leaves and place 2 slices of the meat along with a spoonful of the peppers and onions. Repeat with remaining leaves and meat. Serve with lime wedges.

NUT CRUSTED SALMON

Yield: 4 Servings

This incredibly easy recipe has serious gourmet appeal. Serve this at your next dinner party to wow your guest and stay on track with your eating plan. Pair this tasty salmon with any of the vegetable side dishes.

Ingredients

4 4-ounce salmon filets, skin on

4 tablespoons mustard

4 tablespoon chopped nuts, walnuts, almonds, or macadamia

¼ cup thinly sliced scallions or chopped cilantro

Instructions

Preheat the oven to 400°F. Place the salmon, skin side down in an 7X11 baking dish. Top each filet with 1 tablespoon of mustard and sprinkle each with a tablespoon of the nuts. Bake 10-12 minutes until the salmon is still pink in the center but not translucent. Cook 2 minutes more for well done.

Top with the scallions and serve immediately.

Chef's note: when cooking for two this can be done in the toaster oven if you don't feel like turning on the oven. For variety, you can mix the nuts and do an assorted nut topping.

SLOW COOKER MEATLOAF

Yield: 4 servings (2 slices per person)

Meatloaf is an American classic and is usually made with cubed white bread. Juicy grated zucchini takes the place of bread, and keeps in the moisture with less calories and carbs.

Ingredients

1 tablespoon coconut oil

½ yellow or red onion, finely chopped

3 garlic cloves minced

1 teaspoon chili powder, mild or hot

½ teaspoon dried oregano

¼ teaspoon freshly ground black pepper, ground

1/8 teaspoon cinnamon, optional

2 tablespoons low sodium tamari or ½ teaspoon salt

1 cup grated zucchini (about ½ small zucchini)

1 pound ground beef

1 egg

1 tablespoon tomato paste mixed with 1 teaspoon coconut oil

Instructions

Preheat the oven to 400°F. Heat a large skillet over medium-high heat and add the coconut oil. Add the onions, garlic, oregano, salt, black pepper, and cinnamon if using. Cook 3-4 minutes, stirring often, until the vegetables soften and begin to brown. Stir in the soy sauce or salt. Transfer to a large bowl and cook slightly about 5 minutes.

Add the zucchini and toss. Add the beef and egg, mix well. Transfer to the prepared baking dish and cover with the tomato paste. Bake 45-50 minutes until the meatloaf is firm around the edges and cooked through. Rest out of the oven for 5 minutes before serving.

SLOW COOKER PORK LOIN WITH MUSTARD AND ROSEMARY

Yield: serves 6 (2 slices)

A slow cooker pork roast never comes out dry when you set your cooker to low and follow the simple timing guidelines. When shopping for this savory roast recipe, look for a "loin end" roast that has darker, juicy meat and is also cheaper than the center cut loin.

Ingredients

2 tablespoons Dijon mustard

2 tablespoon chopped fresh rosemary

4 garlic cloves, thinly sliced

1 3-pound end pork loin roast

Instructions

Place one tablespoon of the mustard inside the slow cooker. Add the pork and spread the remaining tablespoon of mustard over the pork. Sprinkle the rosemary and garlic on top and cover.

Set the slow cooker to low and cook 3 -3 ½ hours until the pork roast is cooked through but still slightly pink in the center. Transfer the roast to a cutting board and rest 5 minutes before slices then serve.

Chef's tip: These roasts don't come in smaller sizes, they all start around 2½- 3 pounds but this a nice opportunity to cook once and use the meat for leftovers.

SLOW COOKER POT ROAST

Yield: 8 Servings (1 ¼ cups meat and juice is one serving)

A tender pot roast can be as easy as switching on your slow cooker, and tossing in flavorful spices.

Ingredients

1 yellow or red onion, coarsely chopped

3 stalks celery, sliced

1 14-ounce can diced tomatoes

3 tablespoons balsamic vinegar

2 tablespoons tomato paste

1 tablespoon Dijon mustard

4 garlic cloves, crushed and chopped

½ each teaspoon salt and cracked black pepper

1 teaspoon chopped fresh rosemary

1 teaspoon chili powder, mild or hot

¼ teaspoon cumin

¼ teaspoon turmeric

2-2 ½ pound boneless chuck roast

Instructions

Transfer the roast to a slow cooker. Add the remaining ingredients. Using a rubber spatula coat the top of the roast with all the ingredients.

Cook on low for 6 to 8 hours or until the meat is cooked through and very tender. Slice and serve with a salad or veggie side dish.

SOUTHWESTERN STEAK SALAD

Yield: 4 servings

This savory steak salad with creamy lime dressing that clings to the leaves will soon be a regular on your dinner table. For leftover meat, store for up to 3 days to make the salad again. You can also make this salad quickly by using leftover prepared steak.

Steak

1 ½ pound flank steak

2 garlic cloves, minced

1 teaspoon coconut oil

½ teaspoon salt

1 teaspoon mild or hot chili powder

½ teaspoon ground cumin

Salad

1 lime, zested and juiced (about 2 tablespoons)

1 tablespoon coconut oil

1 teaspoon Dijon mustard

8 ounces romaine lettuce, chopped

1 cup thinly sliced raw red bell pepper OR grilled peppers and onions (see vegetable side recipes)

¼ cup cilantro leaves

2 tablespoons pickled jalapenos, chopped (optional)

Instructions

Prepare the steak. Heat a large skillet or grill over medium heat. Rub the steak with the garlic cloves, coconut oil, salt, and chili powder. Transfer the steak to the skillet or grill and cook 20-25 minutes, turning occasionally until the meat is pink in the center but not translucent. Rest 5 minutes on a cutting board and thinly slice against the grain.

Prepare the salad dressing. Using a grater or zester, zest 1 teaspoon form the lime and place it in a large bowl. Squeeze the lime and add it to the bowl along with the coconut oil and mustard. Whisk well. Add the romaine, grilled peppers or red bell pepper, cilantro and pickled jalapeno if using. Top with the flank steak and serve immediately.

STEAK DINNER WITH CAULIFLOWER MASH

Yield: 4 Servings

This big juicy New York strip recipe cooks in under 20 minutes.

Ingredients

Cauliflower Mash

1 head cauliflower, cut into florets

2 tablespoons unsalted butter, preferably grass-fed

¼ cup chopped scallions

1 teaspoon salt

1 teaspoon freshly ground black pepper

Steaks

2 8-ounce New York strip steaks

1 teaspoon coconut oil

Instructions

Place one inch of water in a large stockpot. Bring to a boil and then add the cauliflower. Cover and cook 3-4 minutes until fork tender, and the most of the water has evaporated. Turn the heat to medium and remove the lid. Add the butter, scallions, half the salt and pepper. Cover and cook 1 minute more to cook off any residual water. Turn the heat off and mash with a fork or hand held potato masher.

Sprinkle the steaks with half the salt and pepper. Heat a medium skillet over high heat. Add the coconut oil and the steaks. Lower the heat to medium and cook 3-4 minutes without turning until the steaks are well browned. Turn and cook 3-4 minutes more to sear the other side. Cook an additional 8-10 minutes turning occasionally until the meat is still pink in the center but not translucent. Transfer to a cutting board and rest 5 minutes. Cut each steak in half and serve with the cauliflower mash.

TURKEY CHILI

Yield: Serves 6 (2 cups is 1 serving)

Fresh cilantro and lime give this standard chili pizazz. It stores well in your fridge for five days, or you can freeze it in two-cup portions to store in the freezer at work for a fast, no hassle work lunch. Just don't forget to your write your name on it!

Ingredients

2 tablespoons coconut oil

1 pound ground dark meat turkey

½ cup chopped fresh cilantro

½ yellow or red onion, finely chopped

3 garlic cloves, minced

2 tablespoons chili powder, mild or hot

2 teaspoons ground cumin

1 teaspoon dried oregano

3 ounces canned tomato paste

16 ounces low-sodium gluten-free chicken broth

1 15-ounce canned diced tomatoes

1 small zucchini, sliced

1 cup kale, stemmed and chopped or torn into bite-sized pieces

¼ cup fresh lime juice, (about 2 limes)

Instructions

Heat a large stockpot over medium heat. Add the coconut oil. Add the turkey sear 1-2 minutes without stirring. Scatter the cilantro, onion and garlic around the turkey and cook 2-3 minutes more, stirring once or twice to break up the meat. Add the chili powder, cumin, oregano and stir. Add the tomato paste and cook 1 minute more stirring once or twice until the paste becomes fragrant.

Add the chicken broth, the diced tomatoes, zucchini, kale and bring to a simmer over medium heat. Cook 5-6 minutes until the meat is cooked through and the vegetables are tender. Add the lime juice and serve immediately.

VEGGIE SAUSAGE HASH

Yield: 2 Servings

A typical hash uses potatoes but to keep this low carb, a plethora of hearty vegetables such as peppers, broccoli, zucchini and tomatoes are included. For quicker cooking time, be sure to thinly slice the sausage.

Ingredients

4 teaspoons coconut oil, divided

4 4-ounce gluten-free Italian turkey or chicken sausages

1 cup prepared diced peppers

1 cup of broccoli, cut into florets

1 large zucchini, grated or diced

1 pint cherry tomatoes, halved

1 teaspoon dried oregano

1 teaspoon dried basil

1 teaspoon garlic granules

Salt and fresh pepper, to taste

¼ teaspoon red pepper flakes, optional

Instructions

Preheat oven to 375. Spread 2 teaspoons of the coconut oil evenly over the bottom of a baking or casserole dish. Slit the sausage and spread their content out on the pan, then add broccoli, peppers and zucchini. Top with tomatoes and sprinkle the oregano, basil and garlic evenly over all. Season to taste with salt, ground pepper and red pepper flakes, if using. Drizzle remaining oil over all and baked for 20 minutes or until all vegetables are tender and sausage is cooked through.



VEGETABLE SIDES

GARLIC BROCCOLI

Yield: 2 servings (2 cups per serving)

Garlic lovers will enjoy this savory yet light garlicky broccoli side dish. There's no need to steam the broccoli first as covering it will allow its natural water content to cook the broccoli through.

Ingredients

2 tablespoons coconut oil

1 bunch broccoli cut into florets (about 8 ounces, 4 cups)

4 garlic cloves

¼ teaspoon salt

¼ teaspoon crushed red pepper flakes

Instructions

Heat a large skillet over medium high heat. Add the coconut oil, broccoli, garlic, salt, and red pepper flakes. Cook 2 minutes, stirring often until the garlic becomes fragrant. Reduce the heat to low and cover. Cook 2-3 minutes until the broccoli is tender and cooked through. Serve immediately.

GRILLED PEPPERS AND ONIONS

Yield: 2 servings (2 ½ cups per serving)

If you're a fan of grilled peppers and onions on a sausage sandwich, then you'll love this side dish. Leftovers are ideal in scrambled eggs or served next to pork or beef, gently warmed.

Ingredients

2 tablespoons coconut oil

2 onions, peeled, sliced

2 red, orange, or yellow bell peppers, seeded, and sliced

½ teaspoon salt

Pinch of turmeric, optional

1 teaspoon fresh rosemary leaves

Instructions

Heat a large skillet over medium-high heat. Add the coconut oil. Add the onions, peppers, salt, turmeric if using, and rosemary.

Cook 3-4 minutes stirring often until the peppers and onions soften. Serve immediately.

HOT BACON KALE

Yield: 2 servings (2 ½ cups per serving)

A tasty twist on hot bacon spinach salad gives you a bigger portion of greens since hearty kale leaves keep their shape even when cooked. The rich bacon flavor paired with slightly sweet kale, from the cabbage family, it's an ideal flavor combo.

Ingredients

4 slices bacon, chopped

1 bunch kale (about 10 ounces)

2 tablespoons sherry or apple cider vinegar

2 teaspoons Dijon mustard

Instructions

Place the bacon in a cold large stockpot over medium heat. Cook 2-3 minutes, until the bacon browns. Add the kale and cook an additional 2-3 minutes, turning often, and pressing it down with a small lid or spatula until the kale reduces in size and is tender.

Turn the heat to low and add the sherry or apple cider vinegar, mustard and 2 tablespoons of water. Toss well and serve immediately.

Chef's note: starting bacon in a cold pot insures that it browns evenly and crisps perfectly, without burnt edges or fatty raw pieces.

LEMONY ASPARAGUS

Yield: 2 servings (1 ½ cups per serving)

Lemon and asparagus have a "spring flavor fling" in this zesty recipe that is fancy enough to serve for evening entertaining. Short on time during the week days? Zest and juice the lemon the night before, store in the fridge along the side of trimmed and sliced asparagus for faster prep time the next day.

Ingredients

2 tablespoons coconut oil

1 pound asparagus, trimmed, cut into 1-inch pieces

2 lemons, zested and juice

¼ cup fresh basil leaves, sliced

Instructions

Heat a large skillet over medium high heat. Add the coconut oil, asparagus and lemon zest. Toss well and cook 2-3 minutes until the asparagus starts to soften.

Reduce the heat to low and cover. Cook an additional 2-3 minutes until the asparagus is tender then carefully add the lemon juice. Cook 1 minute more, uncovered, to allow the lemon juice to reduce. Add the basil and toss, serve immediately.

ZUCCHINI AND SPINACH WITH BROWN BUTTER

Yield: 2 servings (2 cups per serving)

Browning butter gives this dish a wonderful nutty taste that dresses up plain vegetables. Fresh sage leaves become mild and crispy when cooked with butter and add additional spark of flavor.

Ingredients

2 tablespoons unsalted butter

4-6 fresh sage leaves or ½ teaspoon dried sage (optional)

1 small zucchini, thinly sliced

5 ounces baby spinach

⅓ teaspoon salt

Instructions

Place the butter in a large skillet over medium heat. Add the sage and cook 30 seconds more until the sage crisps. Add the zucchini, baby spinach, and a sprinkle of the salt.

Toss well and serve immediately.



CARB FEAST MEALS

BARBECUE BEEF BURGER WITH SWEET POTATO FRIES

Yield: 4 servings
Gluten-Free
Carb Feast Meal Only

A juicy burger with crisp fries is the ticket when you're craving rich food. Mushrooms, high in water content, are the secret to this moist burger that's made with a leaner ground of beef. Place the mushrooms in a food processor to chop or simply grate on a box grater.

Ingredients

8 ounces store-bought, frozen sweet potato fries

½ pound 90% ground beef

6 ounces mushrooms, white button or cremini, finely chopped

¼ teaspoon salt

2 teaspoons coconut oil

2 red onions, peeled, cut into ½ inch thick slices

1 teaspoon raw sugar

¼ teaspoon Chinese five spice (optional)

½ cup barbecue sauce

4 gluten-free English muffins or burger buns

Instructions

Bake the sweet potato fries according to the package instructions. While the fries are baking prepare the burgers.

Place the beef in a large bowl along with the mushrooms and the salt. Mix well and form into 4 even 4-inch in diameter patties. Transfer to a plate.

Warm the coconut oil in a large skillet over medium, low heat. Add the onions, sugar, salt, and Chinese five spice if using. Cook 3-4 minutes, turning occasionally often until the onions turn golden and become soft. Transfer to a plate.

Using the same skillet, place it over medium heat. Add the burgers and cook 8-10 minutes total, turning once or twice until pink in the center but no longer translucent. Transfer each to an English muffin and top with 2 tablespoons of the barbecue sauce and a few golden onion slices. Serve immediately with the fries.

Chef's tip: Not big on beef? You can still have this luscious burger, just swap the same amount of beef for organic ground turkey or chicken. If you have extra organic chicken breasts on hand, simple cut them in thirds and grind in your food processor until finely chopped. Two popular brands of gluten-free sweet potatoes fries are Alexia and Ore Ida.

CHICKEN FRIED RICE

Yield: 4 servings (2 ½ cups per serving)
Gluten-Free
Carb Feast Meal Only

Chicken fried rice is a take-out favorite, that's loaded with oil and MSG. You can enjoy this cleaner version with the same great taste and better quality ingredients. Head to your freezer to cut down on prep time. The frozen veggies are already peeled and dice, and they don't lose any of their nutrition in the freezing process.

Ingredients

½ pound raw (un-breaded) chicken tenders

1 teaspoon Chinese five spice or chili powder, optional

2 tablespoons coconut oil

1 egg scrambled with 1 egg white

8 cups cooked white rice

8 ounces frozen mixed vegetables, such as corn, peas and carrots

2 tablespoons gluten-free tamari

Instructions

Cut the chicken tenders into ½ inch slices and transfer to a plate. Sprinkle the chicken with Chinese five spice or chili powder if using. Heat a large skillet over high heat and add the coconut oil. Cook the chicken 4-5 minutes, stirring often until it's no longer pink and translucent in the center.

Add the egg, and cook 1 minute more, stirring continuously until it scrambles and cooks through. Add the rice and vegetables along with ¼ cup of water. Reduce the heat to low and cook 2 minutes more until the vegetables are warmed through. Add the tamari, toss well and serve immediately.

Chef's note: The instant rice tastes surprisingly good, texture is great. Do ahead tip, they can make double the rice and allow to cool. Freeze half the rice in a ziplock bag to make the dish faster for their next high carb cycle.

HUEVOS RANCHEROS

Yield: 1 serving (about 2 cups total per serving)
Gluten-Free
Carb Feast Meal Only

Huevos Rancheros are the Mexican version of a "sausage and eggs" breakfast. Mexican ranchers would bank on this hearty fare to give them plenty of energy while roping cattle. This version doesn't have the sausage (chorizo) but you'll find the same Latin flavors that everyone loves from the salsa, cilantro, and refried beans.

Ingredients

4 corn tortillas

4 eggs

1 tablespoon coconut oil

1 14-ounce can refried beans, black beans or pinto beans

4 cups cooked instant white rice

½ cup crumble feta

¼ cilantro leaves

½ cup jarred salsa, mild, medium, or hot

Instructions

In a saucepan over medium heat, warm tortillas slightly. Warm coconut oil in large skillet over medium heat, gently crack the eggs into the skillet and cook 3-4 minutes for sunny side up or cook 3-4 minutes covered once over lightly. Sprinkle feta cheese over top and set aside. In a separate large skillet, warm the beans and rice, sprinkle the cilantro over the rice.

Warm the tortillas in a toaster oven or preheated 350°F oven for 5 minutes. Transfers the tortillas to a plate and top with the egg and spoon over the beans and rice. Top with salsa and serve immediately.

To assemble, set out 4 plates and place one tortilla on each. Top each tortilla with fried egg, feta, rice, beans, and salsa.

Chef's note: some people don't like cilantro so they can substitute with a squeeze of fresh lime or leave it out. Instant rice doubles, so ½ cup dried makes 1 cup cooked

PASTA BOLOGNESE

Yield: 4 servings (1 ½ cups sauce with 1 ½ cup cooked pasta per serving)
Gluten-Free
Carb Feast Meal Only

Bolognese is a delicious rich, beefy meat sauce that is surprisingly quick to cook and gets its smoky flavor from a small amount of bacon. Chop the vegetables in a food processor to cut the prep time in half. To make this easy meal entertaining worthy, top with tender fresh basil leaves.

Ingredients

8 ounces gluten-free pasta

2 sliced nitrate-free pork bacon, chopped

1 teaspoon coconut oil

1 pound 90% lean ground beef, preferably grass-fed

4 carrots, peeled, chopped

3 stalks celery, peeled and chopped

1 onion, any kind, chopped (about 1 cup)

1 6-ounce can tomato paste

1 28-ounce canned diced tomatoes

½ cup grated Parmesan

Instructions

Place the bacon and coconut oil in a large stockpot over medium heat. Cook 2-3 minutes until the bacon starts to brown. Add the beef and increase the heat to high. Cook 2-3 minutes more, without stirring to allow the beef to brown.

Reduce the heat to medium. Scatter the carrots, celery, and onion around the beef and stir once or twice to break up the beef. Cook 2 to 3 minutes more until the vegetables start to soften. Add the tomato paste and cook 1 minute until the tomato paste becomes fragrant. Add the diced tomatoes along with 1 cup of water. Bring to a simmer over medium heat.

Cook 20-25 minutes until the mixture is very thick. While the sauce is cooking prepare the pasta according to the package instructions and drain. Toss the sauce with the pasta and top with Parmesan. Serve immediately.

Chef's notes: most gluten free brands of pasta can come out soggy. For better texture, cook 1-2 minutes less than instructed by the package directions. Do not cook gluten-free pasta ahead of time to reheat, cook to serve immediately to avoid mushiness or broken pasta shapes. Pasta Joy Rice Pasta, Bonanaturae Potato Pasta, and Boles Corn pasta are the best tasting.



CARB FEAST DESSERTS

FLOURLESS FUDGY BROWNIE

Yield: Makes 9 large brownies (1 serving is a 3-ounce brownie)
Gluten-Free
Carb Feast Dessert Only

These dense, deep chocolate brownies are prepared in a saucepan, no mixer or bowl required! The cocoa powder paired with potato starch holds them together, creating a dense crumb so that brownie aficionados won't know that they are flour free.

Ingredients

2 tablespoons unsalted butter, plus one teaspoon for greasing

1 cup raw sugar

1 teaspoons vanilla extract

1 cup unsweetened cocoa powder

2 egg whites

1 egg

⅓ cup potato starch

1 teaspoon baking soda

1 tablespoon powdered sugar

Instructions

Preheat the oven or toaster oven 325ºF. Coat the inside of an 8X8 pan with the one teaspoon of butter and set aside. Place the sugar in a small saucepan along with ½ cup of water. Warm over high heat, stirring often about 1 minute until the sugar dissolves. Off the heat, stir in the 2 tablespoons of butter and the vanilla extract. Stir in the cocoa powder, until a thick creamy mixture forms. Stir in the egg whites and egg, the mixture will resemble a pudding. Stir in the potato starch and baking soda.

Transfer to the prepared pan and bake 25-30 minutes, until the edges of the brownies spring back to the touch. Transfer to a wire rack, and cool completely in the pan. Sprinkle with the powdered sugar then slice into 9 squares and serve.

Chef's note: To freeze, transfer the sliced brownies into zipper lock bags and store in the freezer for up to 3 months.

MEXICAN CHOCOLATE LAVA CAKE

Yield: 4 servings
Gluten-Free
Carb Feast Dessert Only

Rich chocolate spiked with sweet and hot spices takes this intense chocolate cake over the top. If you're not a fan of heat, don't use the cayenne or swap in the same amount of nutmeg for added interest.

Ingredients

1 cup unsweetened cocoa powder

1 ½ cup raw sugar

2 tablespoons unsalted butter, plus 1 tablespoon for greasing

¼ cup potato starch

¼ cup oat flour (certified gluten-free oats)

3 egg whites

1 egg

½ teaspoon vanilla extract

1/8 teaspoon ground cayenne (optional)

1/8 teaspoon grated nutmeg (optional)

Instructions

Preheat oven to 425°F. Grease 4 (6-ounce) ramekins of coffee cups with the one teaspoon of butter. Place the cocoa powder, sugar, remaining butter, and 3/4 cup water in a small saucepan over low heat and cook 2 to 3 minutes, whisking well until the mixture melts and is smooth.

Pull off the heat and cool 1-2 minutes. Whisk in the potato starch, the oat flour, egg, egg whites, vanilla, and cayenne or nutmeg if using until a smooth loose batter forms.

Divide the batter evenly among the ramekins or coffee cups. Bake 12-14 minutes, until the edges begin to firm but the center is still soft to the touch. Cool for 2 minutes before serving. Run a knife around the inside edges to loosen and invert onto dessert plates, or serve warm directly in the cups.

Chef's notes: This recipe also works in coffee mugs, but its best cooked in ramekins. The cayenne tastes amazing in it as well- and anyone who loves really fudgy brownies will love this as well.

MINI CARAMEL SWIRL CHEESECAKE

Yield: 4 serving (1 serving is 4 mini cheesecakes)
Gluten-Free
Carb Feast Dessert Only

You'll look forward to these buttery caramel minis that are easy to make. Once cooled, transfer them to an air-tight container and freeze (they freeze remarkably well!). Rest on the counter for 30 minutes to defrost. For gourmet flare, add a flake or two of gourmet sea salt for the "salted caramel cheesecake" you'll feel proud to serve to any foodie.

Ingredients

Crust

1 tablespoon unsalted butter, room temperature

2 tablespoons hot water

3 gluten free graham cracker sheets

⅓ cup raw sugar

Filling

1 8-ounce package cream cheese, softened to room temperature

½ cup raw sugar

1 teaspoon vanilla

2 small egg whites

½ cup caramel sauce

Instructions

Preheat oven to 325°F. Set out two mini muffin tins and fill with 24 mini muffin papers.

Place the butter and hot water in a large bowl to allow the butter to melt. Place the graham cracker sheets and sugar in a food processor and pulse until fine crumbs form. Transfer the graham crumbs to the large bowl containing the butter/ water mixture and stir until a thick, slightly crumbly mixture forms. Press a tablespoon of the mixture into each muffin paper and set aside.

Place cream cheese in a large bowl along with the sugar and vanilla. Beat with an electric mix until smooth. On low speed, beat in the eggs one at a time until smooth. Spoon the mixture to the top of each muffin paper. Bake 8-10 minutes until the edges of the cheesecakes are firm but the center is still soft to the touch. Transfer to a wire rack to cool directly in the pans.

Top with store bought good quality gluten-free caramel sauce.

Chef's note: as an alternative to the caramel sauce, you can buy dulce de leche (the Latin caramel sauce that's high in sugar) in most grocery stores. Most chain grocery stores carry it including Shoprite and Wegmans.

ULTIMATE WHITE CHOCOLATE MACADAMIA COOKIES

Yield: Makes 12 Cookies (1 serving is 1 cookie)
Gluten-Free
Carb Feast Dessert Only

This extra large cookie is too big to dunk in a glass of milk, but it has all the sweetness paired with crunch that cookie monsters love. Store in a zipper lock bag on your counter top to keep these cookies crisp with home baked taste for 5 days. Add fresh orange zest for a gourmet twist.

Ingredients

1 cup potato starch

3/4 cup almond flour

1 cup raw sugar

½ teaspoon baking soda

¼ teaspoon salt

2 egg whites

1 egg

12 ounce bag white chocolate chips

⅓ cup chopped macadamia (about 3 ounces)

2 teaspoons of finely grated orange zest (from 1 medium orange), optional

Instructions

Preheat the 400°F. Place the potato starch, almond flour, sugar, baking soda and salt in a large bowl and whisk to combine. Stir in the eggs until a thick batter forms. Stir in the chocolate chips, macadamia nuts, and orange zest if using.

Line two baking sheets with parchment paper. Drop 2 heaping tablespoons of the batter onto the baking sheets about 2 inches apart.

Bake 6-8 minutes until the edges of the cookies are firm but the centers are still soft. Rest on the trays to cool slightly 2-3 minutes then transfer to a wire rack to cool completely. Serve or store on the countertop in an air-tight container for up to 5 days.