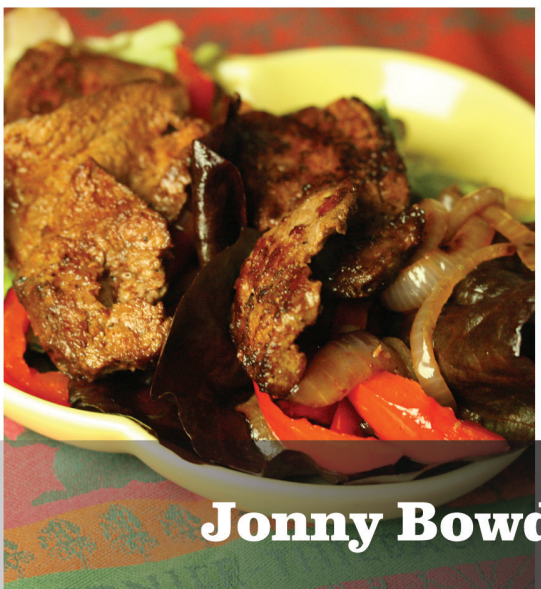
METABOLIC MEALS FOR LIFE

NEW YOU in 22








Jonny Bowden, PhD, CNS

Natural Health Sherpa

Copyright © 2014 Natural Health Sherpa LLC

This publication contains the opinions and ideas of the author. It is intended to provide helpful and informative materials on the subjects in the publications. It is sold with the understanding that the author and publisher are not engaged in rendering medical, health, psychological, or any other kind of personal professional services in the program. If the reader requires personal medical, health, or other assistance or advice, a competent professional should be consulted.

The author and publisher specifically disclaim all responsibility for any liability, loss, or risk, personal or otherwise that is incurred as a consequence, directly or indirectly of the use and application of any of the contents of this program.

CONTENTS

INTRODUCTION **5**

SHOPPING LISTS **7**

Shopping List: Week 1 9
Shopping List: Week 2 12
Shopping List: Week 3 14
Shopping List: Week 4 16

WEEKLY MEAL PLANS **19**

Meal Plans: Week 1 21
Meal Plans: Week 2 22
Meal Plans: Week 3 23
Meal Plans: Week 4 24

BREAKFAST **25**

Roll Your Own Shake 27
Blueberry Pie Shake 29
Chocolate Fudge Shake 30
Orange Creamsicle Shake 31
Raspberry Daiquiri Shake 32
Applesauce Pancakes & Bacon 33
Breakfast Meatballs 34
Greens and Leeks Omelet 35

LUNCHES **37**

Chicken Mesclun Salad 39
Chopped Salad 40
Coconut Herbed Frittata 41
Mediterranean Lunch Wrap 42
Pad Thai Chicken 43
Roll Your Own Salad 44
Shrimp Wraps 45
Slow Cooker Stuffed Cabbage 46
Steak Salad 47
Superfoods BLT Salad 48
Tahini Chicken Salad 49

DINNER **51**

Baked Pesto Chicken 53
Burger with Sliced Avocado 54
Chicken Paleo Piccata 55

Jonny's Almond Butter Chicken 56
Grass-fed Bistro Burger 57
Mini Meatball Minestrone Soup 58
Rainbow Stuffed Peppers 59
Salmon Burger with Avocado 60
Savory Steak with Mushrooms 61
Sloppy Joe's 62
Slow Cooker Coconut Salmon 63
Slow Cooker Indian Lamb 64
Slow Cooker Shrimp Diavolo 65
Sole Filet Over Greens 66
Sweet Sour Lemon Shrimp 67

VEGETABLE SIDES 69

Broccoli Amandine 71
Classic Veggie Stir-fry 72
Dijon Asparagus 73
Gingered Bok Choy 74
Sesame Spinach 75

CARB FEAST MEALS 77

Beef Nachos Grande 79
Fully Loaded Potato Skins 80
General Tso's Chicken 81
Meaty Parmesan Lasagna 82
Pasta Carbonara 83
Penne Alla No-Vodka 84
Pulled Pork with Beans and Rice 85

CARB FEAST DESSERTS 87

Bananas Foster 89
Caramel Coated Apple 90
Chocolate Bread Pudding 91
Chocolaty Waffle Sundae 92
Hot Apple Fritters 93
Maple Fudge 94
S'mores Parfait 95

INTRODUCTION

If you've tasted even a small sampling of the recipes in the *Metabolic Meals Blueprint*, you'll understand immediately why we had to create this bonus book. Once you've sampled food like this, and felt as great as most people feel eating this way, the natural impulse is to want, (as the song lyric goes), "More, more, more!"

Hence this book.

By now, you're probably a convert to the fat-burning metabolism lifestyle, so you'll be happy to know that we've developed shopping lists and weekly meal plans, just as we did in your *Metabolic Meals Blueprint,* to make staying on the program a breeze.

The shake recipes—with flavors like blueberry pie, orange creamsicle, raspberry daiquiri and chocolate fudge shake—are truly extraordinary. Every one of them is a nutritional bonanza as well as a complete treat for your taste buds. With this extended menu of shakes, it's almost impossible to get bored.

The main courses are terrific, from the Slow Cooker Coconut Salmon to my own "Jonny's Almond Butter Chicken" (a personal favorite). And the carb feast meals will blow you away—main courses like Fully Loaded Potato Skins and incredible desserts like Chocolate Bread Pudding.

All I can say is "Wow".

You'd never believe health could taste *this* good.



SHOPPING LISTS

SHOPPING LIST: WEEK 1

The following are the ingredients you will need to make the recipes outlined in the meal plan for week 1.

Quantity	*Type of Food*	
Protein		
1-2 containers	whey protein powder	
1 package	prosciutto	
2 dozen	eggs	
12 ounces	turkey breast	
1 package	bacon	
6 cups	cooked chicken	
½ pound	dark ground turkey meat	
1.5 pounds	ground beef, preferably grass-fed	
4 – 4 ounce	skinless sole fillets	
½ pound	lean pork end roast	
2 – 7.5 ounce cans	wild salmon without bones and skin	
Fruit & Vegetables		
6	avocados	
1	orange	
1 pint	blueberries	
1 bag	frozen raspberries	
1 bag	frozen blueberries	
1 head	cauliflower	
2 heads	broccoli	
1	lemon	
3 packages	baby spinach	
1 package	arugula	
1.5 pounds	bok choy	
2	red bell peppers	
1	green bell pepper	
4	bell peppers (any colors)	
1 package	mesclun greens	
1 head	romaine	
1 bunch	kale	
1 pint	cherry tomatoes	
1 pint	grape tomatoes	
3	shallots	
2	red onions	

4	yellow onion	
2	cucumbers	
1 package	shredded carrots	
2	limes	
3	lemons	
1 package	bean sprouts	
1 bunch	scallions	
1 package	celery	
1 package	mushrooms	
5	tomatoes	
1 pound	asparagus	
1	yellow onion	
1	ginger root	
Herbs and Spices		
1 jar	vanilla extract	
1 jar	dried oregano	
1 bunch	fresh cilantro	
1 bunch	fresh basil	
1 bunch	fresh parsley	
1 bunch	fresh dill	
1 bulb	garlic	
1 jar	chili powder	
1 jar	sesame seeds	
1 jar	ground mustard	
Pantry Items		
4 cans	Full fat coconut milk	
1 bag	Macadamia nuts	
1 bag	Unsalted almonds	
1 bag	Pine nuts	
1 package	stevia	
1 package	Chia seeds	
1 package	Flax seeds	
1	Barlean's omega Key Lime omega swirl	
1 container	Unsweetened, plain almond milk	
1 jar	Almond butter	
1 package	Unsweetened cocoa powder	
32 ounces	Low sodium chicken or vegetable broth	
1 container	Low sodium chicken broth	
2 – 15 ounce cans	Diced tomatoes	

1 large jar	Coconut oil	
1 container	Extra virgin olive oil	
1 container	Balsamic vinegar	
1 container	Red wine vinegar	
1 container	Apple cider vinegar	
1 jar	Roasted red peppers	
1 can	Tomato paste	
1 container	Gluten-free tamari soy sauce	
1 container	Horseradish sauce	
1 container	Organic gluten-free Worcestershire sauce	
1 bag	Almond flour	
1 jar	capers	
1 package	Butter, preferably grass-fed	
Carb Feast Items		
1 jar	Gluten-free barbeque sauce	
4	Gluten-free buns or English muffins	
1 package	Instant white rice	
1 – 15 ounce can	Black beans	
1 package	Raw sugar	
1 package	Potato starch	
1 package	Mini marshmallows	
1 package	Gluten-free graham crackers	
1 jar	Gluten-free chocolate syrup	

SHOPPING LIST: WEEK 2

The following are the ingredients you will need to make the recipes outlined in the meal plan for week 2.

Quantity	*Type of Food*	
Protein		
1-2 containers	Whey protein powder	
1 dozen	eggs	
1 package	bacon	
1 package	gluten-free cooked turkey or chicken sausage	
1 ½ pounds	ground beef, preferably grass-fed	
12 ounces	turkey breast	
1 – 24 ounce	flank steak	
24 ounces	shrimp, shelled and de-veined	
1 package	prosciutto	
1	boneless, skinless chicken breast	
4	boneless, skinless chicken breast cutlets	
1 – 1 ½ pound	sirloin steak	
1 pound	medium shrimp	
1.25 pounds	chicken thighs	
Fruits & Vegetables		
1	orange	
1 package	frozen blueberries	
1 package	frozen raspberries	
4	avocados	
1	red onion	
2	yellow onions	
2	shallots	
1 bunch	scallions	
2	tomatoes	
1 pint	cherry tomatoes	
1 head	savoy or green cabbage	
1 package	mesclun greens	
1 package	arugula	
1 head	romaine lettuce	
2 packages	baby spinach	
2 heads	broccoli	
1 pound	bok choy	
1 bunch	kale	

1	cucumber	
2	limes	
1	lemon	
1 bag	frozen artichokes	
1	green bell pepper	
2 packages	mushrooms	
2 pounds	asparagus	
Herbs and Spices		
1	garlic bulb	
3 bunches	fresh basil	
1 jar	cayenne pepper	
1 jar	red pepper flakes	
1 jar	turmeric	
1 jar	thyme	
Pantry Items		
2 cans	full fat coconut milk	
1 container	unsweetened, plain almond milk	
1 jar	kalamata olives	
1 jar	artichoke hearts	
1 jar	black or green pitted olives	
1 container	low sodium chicken broth	
Carb Feast Items		
1 package	instant white rice	
2	apples	
2 – 12 ounce packages	white chocolate chips	
4 large	baking potatoes	
1 small container	sour cream	
1 jar	salsa	
1 package	frozen corn	
1 jar	maple syrup	
1 can	sweetened condensed milk	

SHOPPING LIST: WEEK 3

The following are the ingredients you will need to make the recipes outlined in the meal plan for week 3.

Quantity	*Type of Food*	
Protein		
1-2 containers	whey protein powder	
12 ounces	turkey breast	
1.5 dozen	eggs	
1 package	bacon	
4 cups	cooked chicken	
6	boneless, skinless chicken breasts	
4 – 4 ounce	salmon fillets, preferably wild salmon	
1 pound	lean 90% ground beef (for carb feast), preferably grass-fed	
2.5 pounds	lamb stew meat	
½ pound	ground beef, preferably grass-fed	
4 – 4 ounce	sole fillets	
Fruits & Vegetables		
1	orange	
1 bag	frozen blueberries	
1 bag	frozen raspberries	
1 pint	blueberries	
6	avocadoes	
1	lime	
2	lemons	
1 bunch	kale	
1 head	bok choy	
2 heads	romaine lettuce	
1 package	arugula	
3 containers	baby spinach	
1	cucumber	
4	red onions	
2	yellow onions	
3	shallots	
1 package	bean sprouts	
1 bunch	scallions	
1	red bell pepper	
2	bell peppers (any color)	
1 package	green beans	
1 package	snap peas	

1 pint	grape tomatoes	
1 pound	asparagus	
1 container	mushrooms	
2 heads	broccoli	
1 head	cauliflower	
1 pound	asparagus	
Herbs and Spices		
1 bulb	garlic	
1 bunch	fresh cilantro	
2 bunches	fresh basil	
1 chunk	fresh ginger	
1 jar	garlic powder	
1 jar	coriander	
1 jar	cumin	
Pantry Items		
1 large container	coconut oil	
2 containers	unsweetened, plain almond milk	
1 package	macadamia nuts	
1 package	unsalted almonds	
3 cans	full fat coconut milk	
1 jar	tahini	
16 ounce can	tomato paste	
1- 28 ounce can	diced tomatoes	
1 – 15 ounce can	diced tomatoes	
14 ounce can	crushed tomatoes	
32 ounce container	low sodium chicken or vegetable broth	
1 jar	jalepenos	
1 container	unsweetened cocoa powder	
Carb Feast Items		
2	ripe bananas	
1 package	raw sugar	
1 container	rice milk	
1 container	parmesan cheese	
1 10 ounce box	gluten free lasagna noodles	
6 ounce package	gluten-free corn tortilla chips	
15 ounce can	pinto or black beans	
1 jar	salsa	
1 block	feta cheese	
1 package	gluten-free waffles	

SHOPPING LIST: WEEK 4

The following are the ingredients you will need to make the recipes outlined in the meal plan for week 4.

Quantity	*Type of Food*	
Protein		
1-2 containers	whey protein	
1 ½ pound	ground beef, preferably grass-fed	
2 dozen	eggs	
6	boneless, skinless chicken breasts	
12 ounces	turkey breast	
1 package	bacon	
40 ounces	shrimp, shelled and deveined	
1 – 24 ounce	flank steak	
½ pound	dark meat ground turkey	
1 – 1 ½ pound	sirloin steak	
Fruits & Vegetables		
1 package	frozen blueberries	
1 package	frozen raspberries	
1	orange	
5	avocados	
1 head	savoy or green cabbage	
2 heads	romaine lettuce	
3 packages	baby spinach	
1 package	mesclun greens	
1 pound	bok choy	
3	yellow onions	
3	red onions	
2	shallots	
3	lemons	
3	limes	
1 package	green beans	
1	red bell pepper	
1	green bell pepper	
4	bell peppers (any colors)	
3 heads	broccoli	
1 pint	grape tomatoes	
1	cucumber	
1	tomato	

4 oz. package	frozen artichokes	
2 pounds	bok choy	
1 package	celery	
2 packages	mushrooms	
Herbs and Spices		
3 bunches	fresh parsley	
1 bulb	garlic	
2 bunches	fresh basil	
1 chunk	ginger	
Pantry Items		
2 containers	unsweetened, plain almond milk	
2 cans	full fat coconut milk	
1 jar	almond butter	
1 package	butter, preferably grass-fed	
1 container	coconut flour	
2 container	low sodium chicken broth	
1 bag	unsalted cashew nuts	
1 can	tomato paste	
15 ounce can	tomatoes	
Carb Feast Items		
8 ounces	gluten free pasta	
1 package	frozen corn	
1 small package	cream cheese	
8 ounces	gluten-free bread	
1 container	rice milk	
1 package	chocolate semi-sweet chips	
4	apples	
1 small bag	individually wrapped caramels	
1 package	gluten-free penne pasta	
1 container	parmesan cheese	
4	craft sticks or small skewers	



WEEKLY MEAL PLANS

MEAL PLANS: WEEK 1

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	Orange Creamsicle Shake (31)	Raspberry Daiquiri Shake (32)	Roll Your Own Shake (27)	Blueberry Pie Shake (29)
Lunch	Superfoods BLT Salad (48)	Coconut Herbed Frittata (41) and leftover Broccoli Almandine	Leftover Minestrone Soup with a side of salad or vegetables	Chicken Mesclun Salad (39)
Dinner	Rainbow Stuffed Peppers (59) with Broccoli Amandine (71)	Mini Meatball Minestrone Soup (58) with small side salad	Sole Filet Over Greens (66) with a side of Dijon Asparagus (73)	**CARB FEAST!** *Meal:* Pulled Pork with Beans and Rice (85) *Dessert:* S'mores Parfait (95)

Meals	Day 5	Day 6	Day 7
Breakfast	Orange Creamsicle Shake (31)	Roll Your Own Shake (27)	Chocolate Fudge Shake (30)
Lunch	Chopped Salad (40)	Pad Thai Chicken (43)	Leftover Salmon Burger over a large mixed salad
Dinner	Grass-fed Bistro Burger (57) over Greens and Sesame Spinach (75)	Salmon Burger with Avocado (60) and Gingered Bok Choy (74)	Sloppy Joe's (62) with Broccoli Amandine (71)

MEAL PLANS: WEEK 2

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.

Meal	Day 8	Day 9	Day 10	Day 11
Breakfast	Orange Creamsicle Shake (31)	Raspberry Daiquiri Shake (32)	Roll Your Own Shake (27)	Blueberry Pie Shake (29)
Lunch	Mediterranean Lunch Wrap (42)	Slow Cooker Stuffed Cabbage (46)	Chopped Salad (40) (using leftover Chicken and Stir Fry)	Steak Salad (47) using leftover steak
Dinner	**CARB FEAST!** *Meal:* General Tso's Chicken (81) *Dessert:* Hot Apple Fritters (93)	Chicken Paleo Piccata (55) with Classic Veggie Stir-fry (72)	Savory Steak with Mushrooms (61)	Slow Cooker Shrimp Diavolo (65) with Dijon Asparagus (73)

Meal	Day 12	Day 13	Day 14
Breakfast	Chocolate Fudge Shake (30)	Roll Your Own Shake (27)	Raspberry Daiquiri Shake (32)
Lunch	Shrimp Wraps (45) with leftover asparagus	Superfoods BLT Salad (48)	Roll Your Own Salad (44) with leftover Broccoli Amandine
Dinner	**CARB FEAST!** *Meal:* Fully Loaded Potato Skins (80) *Dessert:* Maple Fudge (94)	Baked Pesto Chicken with Broccoli Amandine (71)	Burger with Sliced Avocado (54) and Gingered Bok Choy (74)

MEAL PLANS: WEEK 3

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.

Meal	Day 15	Day 16	Day 17	Day 18
Breakfast	Chocolate Fudge Shake (30)	Roll Your Own Shake (27)	Blueberry Pie Shake (29)	Raspberry Daiquiri Shake (32)
Lunch	Chopped Salad (40)	Leftover Salmon with Dijon Asparagus (73)	Tahini Chicken Salad (49)	Pad Thai Chicken (43)
Dinner	Slow Cooker Coconut Salmon (63) with Dijon Asparagus (73)	**CARB FEAST!** *Meal:* Meaty Parmesan Lasagna (82) *Dessert:* Bananas Foster (89)	Slow Cooker Indian Lamb (64)	Mini Meatball Minestrone Soup (58) with small side salad

Meal	Day 19	Day 20	Day 21
Breakfast	Orange Creamsicle Shake (31)	Roll Your Own Shake (27)	Chocolate Fudge Shake (30)
Lunch	Chicken Mesclun Salad (39)	Roll Your Own Salad (44)	Coconut Herbed Frittata (41) and leftover Broccoli Almandine
Dinner	Jonny's Almond Butter Chicken (56) with Broccoli Amandine (71)	**CARB FEAST!** *Meal:* Beef Nachos Grande (79) *Dessert:* Chocolaty Waffle Sundae (92)	Sole Filet Over Greens (66) with a side of Dijon Asparagus (73)

MEAL PLANS: WEEK 4

Here is your week 4 meal plan. You can easily find the recipes on the page number listed in parentheses () next to the recipe name.

Meal	Day 22	Day 23	Day 24	Day 25
Breakfast	Blueberry Pie Shake (29)	Chocolate Fudge Shake (30)	Roll Your Own Shake (27)	Raspberry Daiquiri Shake (32)
Lunch	Slow Cooker Stuffed Cabbage (46)	Tahini Chicken Salad (49)	Chopped Salad (40)	Shrimp Wraps (45) with Avocado and a small side salad
Dinner	Chicken Paleo Piccata (55) with Gingered Bok Choy (74)	Grass-fed Bistro Burger (57) over Greens with Broccoli Amandine (71)	**CARB FEAST!** *Meal:* Pasta Carbonara *Dessert:* Chocolate Bread Pudding	Savory Steak with Mushrooms (61) and Classic Veggie Stir-fry (72)

Meal	Day 26	Day 27	Day 28
Breakfast	Orange Creamsicle Shake (31)	Chocolate Fudge Shake (30)	Blueberry Pie Shake (29)
Lunch	Steak Salad (47)	Leftover Rainbow Stuffed Peppers and vegetables	Roll Your Own Salad (44)
Dinner	Rainbow Stuffed Peppers (59) with Sesame Spinach (75)	Sweet Sour Lemon Shrimp (67) with Gingered Bok Choy (74)	**CARB FEAST!** *Meal:* Penne Alla No-Vodka (84) *Dessert:* Caramel Coated Apple (90)



BREAKFAST

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.

BLUEBERRY PIE SHAKE

Yield: 1 Serving

This shake smells like blueberry pie cooling on a window sill but it delivers far more nutrition than any pie could. Start your day on the right "food" with fine rich almonds, good quality fats and plenty of filling protein.

Ingredients

1 serving protein powder

½ cup plain, unsweetened almond milk

½ cup canned full-fat coconut milk

⅓ cup blueberries

4 ice cubes

2 teaspoons stevia

3 tablespoons almond butter

1 tablespoon chia seed

½ teaspoon vanilla extract or almond extract

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 FUDGE SHAKE

Yield: 1 Serving

This thick, rich pudding like shake can be eaten with a spoon or blended with an additional ¼ cup water for a lighter consistency. Choose a ripe avocado that is soft to the touch or buy harder avocados that you can ripen on your countertop for 2-3 days.

Ingredients

1 ripe Hass avocado

1 serving protein powder

½ cup unsweetened, plain almond milk

½ cup water

4 ice cubes

2 tablespoons unsweetened cocoa powder

3 teaspoons stevia

½ teaspoon vanilla extract

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.

ORANGE CREAMSICLE SHAKE

Yield: 1 Serving

The flavor of tangy, sweet orange with creamy coconut milk will take you back to your childhood, minus the popsicle stick. Go ahead and buy those oranges on sale because you can freeze peeled leftovers in snack baggies to save time on prep.

Ingredients

⅓ cup chopped orange

½ cup canned coconut milk

¼ cup macadamia nuts

1 serving protein powder

4 ice cubes

2 teaspoons stevia

1 tablespoon chia seed

1 teaspoon vanilla extract

Instructions

Place all ingredients in the blender and process until smooth, serve immediately.

RASPBERRY DAIQUIRI SHAKE

Yield: 1 Serving

You'll feel like you're sitting at a sunny resort when you sip this festive berry shake. This daiquiri will start your day off with plenty of protein and fat to help you fuel up. Use vanilla extract for a mellower berry flavor or almond extract if you'd like it to taste more like your favorite frozen party drink.

Ingredients

1 serving protein powder

½ cup plain, unsweetened almond milk

½ cup canned coconut milk

⅓ cup raspberries

4 ice cubes

2 teaspoons stevia

2 tablespoons chopped macadamia nuts

½ teaspoon vanilla extract or almond extract

1 tablespoon Barlean's Omega Key Lime Flavored Swirl, 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.

APPLESAUCE PANCAKES & BACON

Yield: 2 pancakes

Pancakes, an American breakfast favorite, are typically loaded with sugar and processed flour. This version uses protein powder and almond flour to boost its nutritional content, increase protein, and lower the carbohydrate load. Additionally, the cinnamon will help to slow down any insulin response so that you can enjoy these with a side of bacon as an occasional breakfast treat.

Ingredients

2 teaspoons coconut oil

1 egg white

¼ cup unsweetened, plain almond milk

½ teaspoon vanilla

1 ½ scoops vanilla low-carb protein powder

2 tablespoons blanched almond flour

¾ teaspoon baking powder

1 teaspoon cinnamon

¼ cup or less unsweetened applesauce

4 slices cooked bacon

Instructions

Melt coconut oil in a skillet over medium heat.

In a small bowl, whisk the egg white until foamy. Add the almond milk and vanilla stevia and whisk to combine. In another small bowl combine the protein powder, coconut flour, baking powder and cinnamon and whisk lightly.

Add the wet mixture to the dry mixture and whisk until well combined. Form two pancakes in the preheated pan and cook for 2–3 minutes until lightly brown the bottom. Flip, flatten slightly with a spatula and cook for about 2 minutes or until lightly browned on the second side.

Serve hot with bacon and a little applesauce

BREAKFAST MEATBALLS

Yield: 4 servings

Pump up your protein in the morning with these delicious homemade meatballs. At first it might seem strange to consume meat for breakfast but a dish like this will give you just the right balance of macronutrients to power your brain and your body until lunch. Serve with a side of leftover veggies for the ultimate breakfast.

Ingredients

1 egg

1 pound ground beef, preferably grass-fed

3 tablespoons coconut flour

¼ cup minced green onion

¼ cup chopped cilantro

1 teaspoon onion powder

½ teaspoon each salt and fresh ground pepper

1 tablespoon coconut oil, melted

1 medium sweet onion, finely chopped

2 large tomatoes, chopped

Instructions

In a large bowl whisk the egg until lightly beaten. Add the beef, coconut flour, green onion, cilantro, onion powder, salt and pepper and mix until well combined. Form into 1-inch balls.

Heat the oil over medium in a large skillet or Dutch oven. Add the meatballs and cook, turning frequently, for about 4 minutes.

Add the onion and cook for 3-4 minutes until starting to soften. Add the tomatoes and cook for about 3 minutes more or until the meatballs are cooked through and the vegetables have softened.

GREENS AND LEEKS OMELET

Yield: 1 serving

Get your morning dose of greens in with this easy to prepare omelet that's loaded with plenty of flavor and substance.

Ingredients

2 teaspoons coconut oil

¼ cup stemmed and finely chopped collard greens, kale or spinach

¼ cup finely chopped leek

1 tablespoon water

½ teaspoon each salt and fresh ground pepper

2-3 eggs

1 tablespoon water

Instructions

Heat the coconut oil in a 12-inch non-stick skillet over medium heat. Add the greens, leeks, and water and cover for 2 minutes. Cook, stirring occasionally, until the vegetables are tender, 2-4 minutes.

While the veggies are cooking, combine the eggs, salt, pepper, and water in a small bowl and whisk until lightly beaten.

When the vegetables are tender, increase the heat to medium high for 1 minute.

Pour the eggs evenly over the veggies and allow to sit, undisturbed for 1 minute.

Working gently, lift one half of the omelet and flip it over the other half. Cook for about 30 seconds and flip once to cook to desired doneness.



LUNCHES

CHICKEN MESCLUN SALAD

Yield: 4 servings

This basic salad gets dressed up with a delicious red pepper, pine nut and vinegar flavoring. Mesclun greens originated from France but can be found at your local grocer. Or if you prefer, try a mix of other greens like arugula, romaine, kale, or spinach.

Ingredients

Dressing

3 prepared roasted red peppers, drained, divided (or make your own*)

2 tablespoons pine nuts

1 small shallot, peeled and quartered

2 tablespoons red wine vinegar

½ teaspoon Dijon mustard

¼ teaspoon each salt and fresh ground pepper

3 tablespoons water

1 tablespoons olive oil

Salad

6 cups mesclun greens

1 pint grape tomatoes

1 cup chopped cucumber, peeled and seeded

2/3 cup shredded carrots

2 cups cubed chicken

2 ripe avocadoes

Instructions

Combine 1 of the roasted red peppers with all the dressing ingredients through olive oil in a food processor and process until mostly smooth. Set aside.

Dice the remaining 2 roasted red peppers. In a large salad bowl combine the peppers, lettuce, tomatoes, cucumber, chicken and avocado and toss gently to combine.

Dress to taste and serve immediately.

**To roast fresh colored bell peppers, preheat broiler, slice peppers in half lengthwise, remove stems and veins and clap together to remove seeds. Place face down on a broiler sheet and broil for 10-15 minutes or until skin is charred. Remove peppers, place in a bowl and seal tightly with plastic wrap for 10 minutes. Remove wrap, slip off charred skins and discard, and peppers are ready for use.*

CHOPPED SALAD

Yield: 4 Servings

Chopped salad is quite popular at many take-out salad spots. This do-it-yourself version can be prepped ahead of time by chopping up some of the ingredients and storing them in the fridge until you're ready to eat.

Ingredients

6 cups chopped Romaine lettuce

2 cups baby spinach

12 ounces turkey breast (nitrate-free, try Applegate Farms), sliced thick

2 hard boiled eggs, peeled and quartered lengthwise

2 medium Haas avocadoes, peeled, pitted and sliced thickly

½ medium cucumber, peeled and coarsely chopped

2 slices bacon, cooked

1 tablespoon finely chopped red onion

4 tablespoons extra-virgin olive oil

½ tsp Dijon mustard

2 tablespoons apple cider vinegar

A pinch of sea salt and black pepper

Instructions

In a large salad bowl make a bed of the chopped lettuce and arrange the rest of the salad ingredients over the lettuce as desired. Chop all ingredients into smaller pieces.

In a small bowl, combine the olive oil, cider vinegar, mustard, salt and pepper until lightly emulsified. Drizzle dressing over the salad, toss and serve immediately.

COCONUT HERBED FRITTATA

Yield: 4 servings

This coconut-herbal infusion makes this frittata a warming and satisfying meal. You'll just need 15-20 minutes to create this scrumptious, warm lunch.

Ingredients

2 tablespoons coconut oil

6 eggs, separated into whites and yolks

½ teaspoon salt

¼ teaspoon ground pepper

¼ cup chopped cilantro

¼ cup chopped basil

Instructions

Preheat oven to 350. Place oil in a 12-inch cast iron (or other kitchen over safe) skillet and place in the oven to melt the oil. Remove the pan as soon as oil is melted and swirl it around to coat the bottom of the pan. Pour the remaining oil into a medium bowl to cool

Transfer the egg whites to a mixer bowl and beat until stiff peaks form. Set aside. Add the egg yolks, salt and pepper to the cooled oil and whisk until well combined. Fold the egg yolks, cilantro and basil gently into the egg whites and pour into skillet. Bake for 15 minutes or until cooked through and remove carefully with a spatula to slice and serve.

MEDITERRANEAN LUNCH WRAP

Yield: 1 Serving

Add some Mediterranean flare to your egg wrap with fresh tomatoes, Kalamata olives and basil. Eggs are an easy and very quick lunch option as long as you've got access to a stove.

Ingredients

2 eggs

1 gluten-free cooked turkey or chicken sausage

Pinch of salt and pepper

1 tablespoon coconut oil

⅓ cup diced tomatoes

2 tablespoons finely diced pitted Kalamata olive

Fresh basil

Instructions

In a small bowl whisk eggs, salt and pepper together until well mixed. Heat a large nonstick skillet over medium heat. When pan is well heated, pour in the eggs and swirl the contents until they coat the entire bottom surface of the pan very thinly. When the egg sets, loose the bottom with a large spatula and slide it carefully onto a larger flat platter in one large piece. Cover the egg evenly with pre-cooked room temperature or hot sausage, tomatoes, olives and basil, and gently roll it up away from you like a cigar. Slice it in half with a sharp knife and serve immediately.

PAD THAI CHICKEN

Serves 4 (2 cups is one serving)

Crunchy cabbage or kale served with savory chicken makes a satisfying meal. Savory fish sauce and lime makes a flavor-charged salad dressing that gives the dish that signature Pad Thai taste—you won't even miss the noodles!

Ingredients

¼ cup coconut oil

1 lime, zested and juiced

1 tablespoon fish sauce (optional)

1 tablespoon reduced sodium gluten-free tamari soy sauce

4 cups shredded kale

1 cup thinly sliced bok choy or cabbage

1 red bell pepper, thinly sliced

2 cups bean sprouts

4 cups shredded chicken

4 scallions, thinly sliced

¼ cup chopped almonds (optional)

Instructions

Place the coconut oil in a large mixing bowl and whisk with the lime zest, juice, fish sauce, and soy sauce. Toss in the cabbage or kale, bok choy, bell pepper, and bean sprouts mixing until the dressing coats the vegetables. Top with the chicken, scallions, and almonds if using. Serve immediately.

ROLL YOUR OWN SALAD

Yield: 4 servings

Get creative in the kitchen by constructing your own salad bar. Prep your favorite items ahead of time so that you can easily toss together your own masterpiece of textures and tastes.

Ingredients

Suggested Base

4 cups baby spinach

4 cups romaine lettuce

1 cup raw peppers

1 cup quartered artichoke hearts

Suggested Toppings

½ cup pitted black or green olives

1 avocado

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

1 cup bean sprouts

1 cup diced celery

Protein of choice (chicken, steak, etc)

Instructions

Mix and match from the base and toppings category. Serve with a healthy homemade dressing of your choice.

SHRIMP WRAPS

Yield: 4 servings

Get your seafood fix at lunch with these delicate Asian cuisine inspired wraps. Add a side of veggies and you can season those with the lime too!

Ingredients

8 large lettuce leaves

2 tablespoons sesame oil

2 tablespoons minced ginger

24 ounces medium shrimp, shelled and de-veined

¼ teaspoon cayenne pepper

1 tablespoon gluten free tamari

1 lime, halved

Instructions

Lay out 4 plates with 2 lettuce leaves each and set aside. Heat the oil over medium in a large skillet.

Add the ginger and sauté 1 minute. Add the shrimp and season with cayenne. Cook, stirring frequently, for 2 minutes. Add the tamari, toss lightly, and cook for another minute or until shrimp just turn pink.

Divide shrimp evenly among the lettuce wraps, squeeze lime over all, and serve.

SLOW COOKER STUFFED CABBAGE

Yield: Serves 4 (3 stuffed cabbage is one serving)

Stuffed cabbage is a warming cold weather meal that reheats beautifully. Make this on a Sunday to have several days as a hot lunch that you can take in a soup thermos, or as a fast meal that you can warm in a saucepan on low heat.

Ingredients

Sauce

¼ cup balsamic vinegar

2 tablespoons tomato paste

2 tablespoons unsalted butter, room temperature (preferably grass-fed)

1 large head Savoy or green cabbage, including outer leaves (if using green cabbage, you will have leftover cabbage)

Filling

½ pounds ground beef, preferably grass-fed

1 egg, lightly beaten

½ yellow or red onions, finely chopped

¼ cup chopped parsley

1 teaspoon mild chili powder

1 teaspoons salt

¼ teaspoon freshly ground black pepper

1/8 teaspoon cinnamon (optional)

Instructions

For the sauce, place the balsamic vinegar, tomato paste and coconut oil in the slow and stir slightly. Bring a large pot of water to a boil.

Remove the entire core of the cabbage with a paring knife. Immerse the head of cabbage in the boiling water for a few minutes, peeling off each leaf with tongs as soon as it is flexible. Set the leaves aside. You will have around 12 leaves. Remove the core of the cabbage and chop, set aside.

For the filling, in a large bowl, combine the ground beef, eggs, onion, parsley, chili powder, salt, pepper, and cinnamon if using. Mix well until the parsley and spices are well incorporated.

Remove the hard triangular rib from the base of each cabbage leaf with a small paring knife. Place ⅓ cup of filling near the rib edge of each leaf and roll up toward the outer edge, tucking the sides. Place the cabbage rolls, seam sides down, over the sauce. Scatter the chopped cabbage on top and set the cooker to low for 3 hours. Cut one of the stuffed cabbages to see if it's cooked through then serve immediately.

STEAK SALAD

Yield: 4 servings

A parsley-basil sauce will bring enjoyment to your senses and perfectly complement the flank steak. Consider cooking extra steak so that you can use it throughout the week for other salads and wraps.

Ingredients

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

½ cup loosely packed fresh basil leaves

1 clove garlic, crushed

2 tablespoons red wine vinegar

¼ teaspoon each salt and fresh ground pepper, or to taste

¼ cup olive oil

1 24-ounce flank steak

6 cups mesclun salad greens

½ small red onion, thinly sliced

Instructions

Preheat the grill to medium high.

Combine the parsley, basil, garlic, vinegar, salt and pepper in a food processor, start to process, and drizzle the oil in a thin stream, scraping down the sides frequently until smooth, creamy, and bright green. Set aside.

Season the flank steak lightly with salt and pepper and grill for about 7 minutes per side for medium rare. Let rest for at least 5 minutes and slice thinly across the grain.

Make 4 beds of the lettuce greens; top each with equal portions of the onion and steak and dress to taste with the parsley basil sauce or other dressing of choice.

SUPERFOODS BLT SALAD

Yield: 4 Servings (2 heaping cups is one serving)

Bacon, lettuce and tomato minus the bread is still super delicious! Spinach, kale, and watercress are incredibly nutritious greens that are also in the "superfood" category because of their dense nutritional load. Crisp prosciutto adds a pleasing crunch that contrasts well with the tangy balsamic dressing.

Ingredients

12 slices prosciutto

4 cups baby spinach

2 cups thinly sliced kale or watercress

2 cups cherry tomatoes, quartered

¼ cup coconut oil

¼ cup balsamic vinegar

¼ teaspoon salt

¼ teaspoon freshly ground black pepper

Instructions

Preheat the oven to 400°F. Place the prosciutto on an ungreased cookie sheet. Bake 8-10 minutes until crisp. Remove and cool on the sheet. Meanwhile prepare the dressing.

Place the coconut milk, balsamic vinegar, salt and black pepper in a large bowl. Whisk well and add the spinach, kale or watercress along with the cherry tomatoes. Toss well. Crumble the baked prosciutto over the greens and serve immediately.

TAHINI CHICKEN SALAD

Yield: 4 Servings

Tahini is a rich paste that's made from ground sesame seeds and is sometimes called sesame paste or sesame butter. The paste goes very well with a versatile meat such as white chicken. In addition to using Tahini in this recipe, try adding it into a Roll Your Own Shake!

Ingredients

1 clove garlic, crushed

¼ cup tahini

Juice and zest of ½ lemon

1 tablespoon apple cider vinegar

1 teaspoon low-sodium, wheat-free tamari

2-3 tablespoons water

2 cooked boneless, skinless chicken breasts, diced or shredded

1 ½ cups raw or blanched green veggies (1-inch green beans, mini broccoli florets, chopped sugar snap peas, diced bell pepper, etc.)

1 cup grape tomatoes

¼ cup sliced almonds

¼ cup pitted black olives

8-12 large lettuce leaves

Instructions

Combine tahini, lemon juice and zest, cider vinegar, tamari, and 2 tablespoons of the water in a food processor and process until smooth, scraping down the sides, as necessary. If dressing is too thick or sticky, add more water a tablespoon at a time.

Transfer dressing to a medium bowl, add chicken, green veggies, tomatoes, almonds, and olives and toss gently to coat well. Serve over lettuce leaves.


DINNER

BAKED PESTO CHICKEN

Yield: 4 servings

Let your senses take you to Italy with this pesto chicken recipe that only takes 30 minutes to cook. It goes very well with a side or two of vegetables and a side salad.

Ingredients

1.25 pounds chicken thighs

1 cup basil or baby arugula

1 garlic clove, crushed

¼ cup toasted pine nuts

4 tablespoons olive oil

Salt and pepper to taste

Instructions

Preheat the oven to 350 degrees.

Make pesto by combining the basil, garlic, pine nuts, olive oil, salt and pepper in a food processor. Process until chopped and well blended, scraping down sides, as necessary.

Arrange the chicken thighs in a single layer 11x7 inch baking pan. Spoon pesto evenly over the top and distribute it all over the chicken with a knife. Bake for 30-35 minutes until cooked through and juicy.

BURGER WITH SLICED AVOCADO

Yield: 4 Servings

This burger without a bun is presented on a bed of lettuce. It will offer you a slight kick from the chipotle seasoning that is mellowed out from the avocado slices as a topping.

Ingredients

1 pound grass-fed ground beef

½ teaspoon sea salt

¼-½ teaspoon chipotle chili pepper (or cayenne), to taste

5 cups mesclun mix

2 ripe avocados, sliced

Instructions

Preheat grill to medium. In a bowl, combine beef, salt and chili powder. Mix gently and form four loosely packed patties – do not over handle beef or pack too tightly or burgers will be dry.

Grill patties for 7-9 minutes for medium burgers, or to desired doneness, turning once halfway through cooking time. Make a bed of lettuce for each burger and top with avocado slices.

CHICKEN PALEO PICCATA

Yield: 4 servings

Piccata is a traditional Italian dish that's typically breaded with white flour. Instead, this dish uses a small amount of coconut flour for its coating and offers the same great taste that everyone in the family will love.

Ingredients

4 boneless, skinless chicken breast cutlets (about 12 ounce)

½ teaspoon salt

¼ teaspoon freshly ground black pepper

4 cloves garlic, thinly sliced

2 tablespoons capers, rinsed under cold running water

1 tablespoon coconut flour

1 cup low-sodium chicken broth

4 ounces frozen defrosted artichokes, chopped

1 lemon, zest and juiced (about ¼ cup)

4 tablespoons unsalted butter, grass-fed

3 tablespoons chopped parsley

Instructions

Sprinkle the chicken with salt and pepper. Warm a large skillet over medium-high heat and add the coconut oil. Add the chicken and cook 1-2 minutes, turning once or twice, until the chicken browns. Add the garlic cloves and cook 1 minute more until the garlic becomes fragrant.

Add the capers, coconut flour and stir. Add the chicken broth, artichokes, lemon zest and juice, and bring to a simmer about 1 minute. Turn the heat to low and stir in the butter and sprinkle with the parsley. Stir immediately.

JONNY'S ALMOND BUTTER CHICKEN

Yield: 4 servings

Use your leftover almond butter from the morning shakes to create this simple chicken dish. The nutty, rich flavoring of the almond butter compliments the chicken breasts. This recipe will soon become a family standby.

Ingredients

3 tablespoons coconut oil, divided

3 tablespoons lemon juice, divided

½ teaspoon ground cumin

¼ teaspoon salt

4 large boneless, skinless chicken breasts

1 medium sweet onion

¼ teaspoon garlic powder

½ cup water

⅓ cup almond butter

Instructions

In a glass storage container, combine 2 tablespoons each of oil, lemon juice, cumin, and salt. Add the chicken and marinate 10-60 minutes.

Preheat oven broiler. Place chicken breasts on broiler sheet and broil for about 6-7 minutes per side or until cooked through but still juicy.

While the chicken is cooking, heat the remaining tablespoon of olive oil in a skillet over medium heat. Add the onion and sauté for about 6 minutes or until translucent. Add the water, the garlic powder, and remaining tablespoon of the lemon juice. Bring the mixture to a boil and remove from heat. Whisk in the almond butter until melted and incorporated.

Pour the sauce over the chicken and serve warm.

GRASS-FED BISTRO BURGER

Yield: 4 servings

Adding an egg on top of your burger is the latest rage at the restaurants. Skip the bun and still have fun!

Ingredients

1 pound ground beef, grass-fed

2 tablespoons prepared horseradish

1 teaspoon ground mustard

½ teaspoon each salt and cracked black pepper

4 teaspoons Dijon mustard

4 thick slices red onion, optional

4 thick slices tomato, optional

4 eggs, optional

Coconut oil for cooking

Instructions

Preheat grill or grill pan to medium heat.

In a large bowl, combine the beef, horseradish, ground mustard, salt and pepper and mix gently with your hands. Form 4 equal patties.

Lightly melt coconut oil in a pan and cook burgers to desired length. Fry 4 eggs in a separate pan using coconut oil.

Top each burger with 1 egg (optional), 1 teaspoon Dijon mustard, 1 tomato slice and 1 onion slice, if using, to serve. Serve over greens and with a side of vegetable

MINI MEATBALL MINESTRONE SOUP

Yield: 8 Servings

Mini meatballs take the place of pasta or beans in this twist on classic minestrone. Grass-fed ground beef is rich in omega-3's and has a deep beefy flavor compared to corn-fed beef. If you shop for ground beef by the pound, freeze the extra ½ pound to make this soup another time.

Ingredients

Mini meatballs

½ pound ground beef, preferably grass-fed

4 mushrooms, grated or chopped

2 tablespoons ground flax

¼ cup fresh basil chopped

1 egg

¼ teaspoon salt

¼ teaspoon freshly ground black pepper

2 tablespoons coconut oil

Soup

½ yellow or red onion, chopped

2 garlic cloves, minced

1 15-ounce cans diced tomatoes

1 teaspoon dried oregano

2 cups broccoli florets

2 cups cauliflower florets

32 ounces low-sodium chicken or vegetable broth

¼ cup lemon juice (from 1 lemon)

Instructions

Prepare the meatballs. Place the beef, grated mushroom, ground flax, basil, egg, salt and pepper in a large bowl. Mix well. Form into small meatballs, 1 inch in diameter, and transfer to a plate.

Heat a large stockpot over medium heat and add the coconut oil. Add the meatballs and cook 2-3 minutes turning occasionally until the meatballs brown. Scatter the onions and garlic around the meatballs. Add the oregano and cook 1-2 minutes gently stirring until the onions soften. Add the broccoli, cauliflower, and broth. Bring to a simmer over medium heat and cook 5-6 minutes, until the broccoli is tender. Before serving stir in the lemon juice.

RAINBOW STUFFED PEPPERS

Yield: 4 Servings

Homey stuffed peppers are the perfect cold weather comfort food. Dark ground turkey is tasty, but grass-fed ground beef can also be substituted.

Ingredients

4 red, yellow, or orange bell peppers

½ pound dark meat ground turkey

2 stalks grated celery

5 ounces grated mushroom

½ cup chopped parsley

4 garlic cloves minced

1 egg

2 tablespoon ground flax

¼ teaspoon salt

¼ teaspoon freshly ground black pepper

2 slices raw bacon, chopped

2 tablespoons tomato paste

2 cups low-sodium chicken broth

Instructions

Cut the tops of the peppers and clean out the seeds. Place the turkey, celery, mushrooms, parsley, garlic egg, flax, salt and pepper in a large bowl. Mix well. Stuff each pepper with X amount of the turkey mixture.

Place the bacon in a large stockpot over medium heat. Cook 4-5 minutes until the bacon crisps and gives off its fat. Set the peppers in the stockpot, cut side up on top of the bacon. Divide the turkey mixture between the four peppers with a spoon.

Tuck the tomato paste into a corner of the pot, around the peppers. Pour in the canned tomatoes and the chicken broth around the peppers. Increase the heat to medium, and bring to a simmer. Cover and cook 35-40 minutes until the peppers are soft and the filling is cooked through. Serve immediately.

SALMON BURGER WITH AVOCADO

Yield: 4 servings

There's very little preparation time needed for these healthy burgers that are loaded in Omega 3's. Pair with a side of vegetables to complete this heart and brain healthy meal.

Ingredients

1 egg

2 7.5-ounce cans wild salmon, bones and skin removed

⅓ cup blanched almond flour

1 tablespoon lemon zest

1 tablespoon finely chopped fresh dill

1 tablespoon capers, drained

1 teaspoon Dijon mustard

Coconut oil for cooking

1 lemon, quartered

¼ cup sweet onions, chopped

1 ripe avocado, optional

Instructions

In a medium bowl, lightly beat the egg. Add the salmon, almond flour, zest, dill, capers and mustard. Mix well to thoroughly combine and shape firmly into 4 patties.

Lightly coat large skillet with coconut oil and place over medium heat. Cook for 4-5 minutes per side or until lightly browned on each side and cooked through. Squeeze ¼ lemon over each patty to serve. Add avocado on top of burgers, optional.

SAVORY STEAK WITH MUSHROOMS

Yield: 4 servings

Grass-fed steak is full of flavor, but when paired with mushrooms, shallots, and oils you have the ideal combination. Enjoy this recipe for a special meal at home with your loved ones.

Ingredients

1-1½-pound sirloin steak (1-inch thickness), preferably grass-fed

½ teaspoon salt + 1 pinch

½ teaspoon pepper

1 tablespoon coconut oil

2 teaspoons butter, preferably grass-fed

2 shallots, chopped

8 ounces sliced mushrooms (white, button, cremini, shitake all work well)

1 tablespoon minced fresh thyme (or ¾ teaspoon dried)

6 cups baby arugula, spinach, or other chopped tender lettuce+

Dressing

2 tablespoons olive oil

1 tablespoon red wine vinegar

1 teaspoon Dijon mustard

1 teaspoon lemon zest, optional

Pinches salt and fresh ground pepper, to taste

Instructions

Preheat broiler and lightly oil broiler pan. Set aside. Pat steak dry, and season lightly with salt and pepper on both sides. Broil steak 3-4 inches from heating element for 4-5 minutes and turn. Broil for 4-5 minutes more for medium rare.

Remove from heat and tent with foil while preparing the mushrooms. Heat coconut oil and butter in large sauté pan over medium heat.

Add shallots, mushrooms and a pinch of salt, and sauté 3-5 minutes until mushrooms are just tender. Stir in thyme and sauté 1 more minute or until mushrooms reach desired tenderness. Remove from heat.

While mushrooms are sautéing, in a small bowl, whisk together oil, red wine vinegar, mustard, lemon zest, if using, and salt and pepper, to taste. Slice the steak into thick strips.

On a serving platter or individual plates, make a layer of lettuce, add the warm mushroom and shallot mixture, dress lightly, and top with steak strips.

SLOPPY JOE'S

Yield: 4 servings

Sloppy Joe's are a favorite among kids and adults alike. This dish does not include beans but offers plenty of other nutrition from the bell peppers, spices, tomatoes, oil and meat. Let the flavors bring you back to one of your favorite childhood food delights.

Ingredients

2 teaspoons coconut oil

1 sweet onion, diced

1 large red bell pepper, seeded and diced

1 pound ground dark turkey meat (or grass-fed ground beef)

3 cloves garlic, minced

1 tablespoon chili powder

½ teaspoon each salt and cracked black pepper

1 15-ounce can fire-roasted diced tomatoes, undrained

½ 5.5-ounce can tomato paste

2 tablespoons Dijon mustard

2 tablespoons organic Worcestershire sauce (organic to avoid high fructose corn syrup)

Few tablespoons water, if necessary

4 large tomatoes, room temperature and sliced

Instructions

Heat the oil in a large skillet over medium. Add the onion and pepper and cook for 3–4 minutes until starting to soften. Add the turkey and cook, stirring often, until no pink remains in the meat, about 7 minutes. Drain any excess oils and return to the heat.

Stir in the garlic, chili powder, salt and pepper and cook for 2 minutes.

Add the diced tomatoes, tomato paste, Dijon, Worcestershire and stir gently to combine. Cook for about 10 minutes until the flavors have combined and the vegetables are tender.

To serve, pile equal amounts of the sloppy Joe mix over the sliced tomatoes.

SLOW COOKER COCONUT SALMON

Yield: 4 Servings

If cooking fish seems daunting, then this no fuss slow cooker recipe is perfect for you. Using a slow cooker insures that the fish isn't over cooked while creating an over-the-top, deeply flavored sauce infused with garlic and chili. If you're not a fan of heat, omit the chili flakes and use mild chili powder.

Ingredients

½ cup canned coconut milk

2 scallions, thinly sliced

4 cloves garlic, minced

2 tablespoons coconut oil

½ teaspoon salt

1 teaspoon chili powder, mild or hot

¼ teaspoon crushed red chili flakes (optional)

4 4-ounce salmon filets, skin removed

2 tablespoons minced cilantro or parsley

2 tablespoons coconut oil

4 cups baby spinach

Instructions

Place the coconut milk, garlic, coconut oil, salt, chili powder, and red chili flakes if using in the slow cooker and stir well. Add the salmon filets and turn them to coat in the coconut mixture. Set the slow cooker to low and cook 2 hours until the salmon is cooked through but still tender. During the last 20 minutes of cooking layer the spinach on top. Serve immediately.

SLOW COOKER INDIAN LAMB

Yield: 6 Servings

You can easily put all these ingredients into your slow cooker in the morning and come home from a day of work to a full flavored delicacy. Finish the dish off with a side of vegetables and your meal is as easy as 1-2-3.

Ingredients

1 red onion, quartered

6 cloves garlic, crushed

1 chunk fresh peeled ginger, about 1-square inch

¼ cup red wine vinegar

1 tablespoon turmeric

1 tablespoon coriander

2 teaspoons cumin

¾ teaspoon salt

½ teaspoon black pepper

½ teaspoon red pepper flakes

2 ½ pounds lamb stew meat (2-inch cubes)

1 14.5 ounce can crushed tomatoes

Instructions

Combine the onion, garlic, and ginger in a food processor and process until pureed, scraping down the sides as necessary. Add the vinegar, turmeric, coriander, cumin, salt, pepper, and red pepper flakes and process until well incorporated. Transfer the contents to a non-reactive storage container and add the lamb cubs, tossing well to coat. Cover and refrigerate overnight. Transfer contents to a slow cooker and stir in crushed tomatoes. Cover and cook on low 5-7 hours until lamb is cooked through and tender.

SLOW COOKER SHRIMP DIAVOLO

Yield: 4 Servings

Diavolo, "Devil" in Italian, is a sinfully delicious spicy tomato sauce. If you are not a fan of heat, simply leave out the chili flakes or replace them with 2 tablespoons chopped fresh basil or ¼ teaspoon dried oregano.

Ingredients

1 pound medium shrimp, shelled, tails removed

1 bunch asparagus, trimmed, cut into wedges

1 cup diced canned tomatoes

1 tablespoon tomato paste

1 teaspoon crushed red chili flakes

¼ cup chopped parsley

Instructions

Place shrimp, asparagus, canned tomatoes, tomato paste, and chili flakes, in the slow cooker on low heat. Toss well and cook 1 ½ hours until the shrimp is tender. Sprinkle with parsley and serve immediately.

SOLE FILET OVER GREENS

Yield: 4 servings

The sweetness from the blueberries will balance this fish dish and provide you with an assortment of antioxidants for great body composition and overall good health.

Ingredients

1 tablespoon coconut oil

2 large shallots, sliced

4 4-ounce skinless sole fillets

Sprinkles salt and fresh ground pepper, to taste

½ pint blueberries

6 ounces baby spinach, arugula or a combination

Instructions

Melt the coconut oil in a large skillet or Dutch oven over medium heat. Add the shallot and sauté for 2-3 minutes until soft. Remove from skillet and set aside.

Reduce the heat to medium-low and transfer the sole fillets to the pan. Sprinkle lightly with salt and pepper. Cook for about 4 minutes, gently flip, sprinkle lightly with salt and pepper, and cook on remaining side for 4-5 minutes or until it flakes easily with a fork.

Transfer fillets to a platter and set aside in a warm place. Add the blueberries, baby greens and shallots and cover pan for 1 minute. Remove cover and stir gently, cooking for about 2 more minutes or until hot and greens are wilted.

Make 4 beds of the wilted greens and blueberries and top each bed with 1 sole fillet to serve.

SWEET SOUR LEMON SHRIMP

Yield: 4 Servings

Sweet and sour take-out is a haven for sugar but this version has that same sweet taste without the MSG or High Fructose Corn Syrup. For a prep time-saver, use pre-cut raw chicken for stir fry that you can find in most meat counters.

Ingredients

Sauce

1 lemon, zest and juice

2 garlic cloves, minced

2 teaspoons minced ginger

1 tablespoon tamari (optional)

1 tablespoon coconut flour

1 teaspoon stevia

Stir Fry

3 tablespoons coconut oil

1 pound medium shrimp, peeled, tails removed

2 cups chopped bok choy or broccoli florets

2 celery stalks, thinly sliced

½ cup unsalted cashews

Instructions

Make the sauce. Place the lemon zest, juice, garlic, tamari, coconut flour, and stevia. Whisk well.

Heat a large skillet over high heat. Add the coconut oil and the shrimp. Reduce the heat to medium and cook 1-2 minutes until the shrimp begin to turn pink. Add the bok choy, broccoli, and celery. Cook 2 minutes more, stirring often until the vegetables start to soften. Reduce the heat to low and add the sauce. Cover and cook 1 minute until the sauce thickens and the vegetables are tender. Sprinkle with the cashews and serve.



VEGETABLE SIDES

BROCCOLI AMANDINE

Yield: 2 servings (2 cups is one serving)

Crunchy almonds add interest and good quality fat to this fast, healthy side dish. If you can't find slivered almonds in your local supermarket, you can chop the almonds yourself with a knife or in a mini-chopper.

Ingredients

1 tablespoon coconut oil

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

1 teaspoon chili powder, mild or hot

¼ teaspoon salt

1 lemon, zested and juice

¼ cup slivered or chopped almonds

Instructions

Heat a large skillet over medium-high heat. Add the coconut oil, broccoli, chili powder, salt, and lemon zest. Cook 1-2 minutes until the broccoli browns slightly.

Cover and reduce the heat to low and cook another 2 minutes until the broccoli is tender. Add the juice and the almonds, toss well. Serve immediately.

CLASSIC VEGGIE STIR-FRY

Yield: 2 servings (2 ½ cups is one serving)

Take-out fans will warm to this fast stir fry that you can cook in less than 5 minutes. To cut back on prep time, use a food processor to chop the onions and garlic and buy pre-cut broccoli from the produce isle.

Ingredients

2 tablespoons coconut oil

1 red or yellow onion, chopped

1 green bell pepper, seeded, chopped

5 ounces mushrooms, such as white button, quartered

2 cups broccoli florets

2 cloves garlic, minced

4 teaspoons minced ginger

Pinch of turmeric, optional

1 tablespoon gluten free tamari

Instructions

Heat a large skillet over medium high heat. Add the coconut oil, onion, pepper, mushrooms, broccoli, garlic, ginger, turmeric and cook 3-4 minutes, stirring often until the vegetables soften and begin to brown.

Turn the heat off and add the turmeric and tamari along with 2 tablespoons of water. Toss well and serve immediately.

DIJON ASPARAGUS

Yield: 2 servings (2 cups is one serving)

Tangy Dijon mustard makes a tasty glaze for this cleansing spring vegetable that you can find year round in your local grocery store. When shopping for asparagus, look for spears with firm tips that aren't mushy. The stalks should be firm and unwrinkled.

Ingredients

1 tablespoon coconut oil

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

1 tablespoon Dijon mustard

2 garlic cloves, minced

½ teaspoon stevia

2 tablespoons macadamia nuts, chopped

Instructions

Heat a large skillet over medium heat and add the coconut oil. Add the asparagus and cook 1-2 minute, stirring often, until the asparagus begins to brown.

Reduce the heat to low and add the mustard, garlic, stevia and 2 tablespoons of water. Cover and cook 1 minute more until the asparagus is tender. Sprinkle with the macadamia nuts and serve immediately.

GINGERED BOK CHOY

Yield: 2 servings (2 ½ cups is one serving)

Bok choy is a delicious Asian cruciferous vegetable, in the same family as kale and broccoli. If your local market doesn't carry bok choy, you can also substitute the same amount of kale or broccoli. Just slice kale or cut broccoli into florets before cooking.

Ingredients

1 teaspoon coconut oil

4 teaspoons minced ginger

4 garlic cloves, minced

1 pound bok choy, chopped

¼ teaspoon salt

1 tablespoon unsalted butter

1 lime zested and juiced

Instructions

Heat a large stockpot over medium-high heat. Add the coconut oil, ginger, and the garlic and cook about 1 minute until fragrant. Add the bok choy and salt, cook 2-3 minutes more, stirring often. Add the butter, lime zest, and lime juice. Toss well and serve immediately.

Chef's tip: Don't have lime on hand? Lemon is also delicious here.

SESAME SPINACH

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

Sesame and gluten-free tamari make a perfect match for this superfood rich in a multitude of nutrients, including folate, fiber and vitamin A. Serve this along salmon or grilled beef for a satisfying meal.

Ingredients

2 tablespoons coconut oil

1 pound baby spinach

1 tablespoon gluten-free tamari

1 tablespoon sesame seeds, black or white

Instructions

Heat a large stockpot over high heat and add the coconut oil. Add the spinach and press down with a small lid to help it to wilt. Continue to add the spinach, pressing down with the lid until all the spinach has wilted, 1-2 minutes.

Turn the heat to low and add the tamari and sesame seeds, toss well to coat. Serve immediately.



CARB FEAST MEALS

BEEF NACHOS GRANDE

Yield: 4 servings (3 cups is one serving)
Gluten-Free
Carb Feast Meal Only

This beef nacho recipe hits the spot for carb feasts that are also game nights! If you're a fan of more heat, increase the jalapenos and make the meat mixture with hot salsa.

Ingredients

6 ounces gluten-free corn tortilla chips

½ pound lean 90% ground beef

1 red or green bell pepper, chopped

1 red or yellow onion, chopped

1 teaspoon chili powder, mild or hot

1 teaspoon cumin

¼ teaspoon salt

1 15-ounce can pinto or black beans, drained, well rinsed

⅓ cup salsa, mild, medium, hot

¼ cup crumbled feta

¼ cup pickled jalapenos, chopped (optional)

Instructions

Preheat the oven to 400°F. Cover a baking sheet with aluminum foil. Spread out the chips and set aside.

Heat a large skillet over medium-high heat. Add the coconut oil along with the beef. Sear about 1 minute, without moving to allow the beef to brown. Scatter the peppers around and sprinkle with the chili powder, cumin, and salt. Reduce the heat to medium, add the beans and salsa. Stir the beef once or twice to break it up. Cook 3-4 minutes more, until the beef is cooked through and no longer pink.

Spoon the beef mixture over the chips and sprinkle with the feta. Bake 10 minutes, until the feta is warm and the chips are hot. Serve immediately with jalapenos if using.

FULLY LOADED POTATO SKINS

Yield: 4 Servings
Gluten-Free
Carb Feast Meal Only

Love to order that appetizer portion of potato skins at your neighborhood restaurant? Then you'll enjoy this big dinner size portion of tasty tater skins that are bursting with toppings.

Ingredients

4 large baking potatoes, such as Russet

½ cup sour cream

1 cup salsa, mild, medium, or hot

2 cups frozen corn, defrosted

2 slices cooked bacon, crumbled (about ¼ cup)

2 scallions, thinly sliced

Instructions

Preheat the oven to 400°F. Cover a baking dish with aluminum foil. Poke the potatoes with the tines of a fork. Place the potatoes on a baking sheet and bake 50 minutes-1 hour, or until soft to the touch. Set aside to cool slightly, about 5 minutes.

Cut the potatoes into quarters and scoop the flesh into a bowl and add the sour cream. Mash with a fork. Arrange the potato slices, skin side down on the baking sheet and spoon the mashed potato over. Transfer to the oven and bake 10 minutes more until the filling browns.

In a small bowl mix the corn and the salsa. Spoon the salsa over the potatoes and top with the bacon and scallions. Serve immediately.

GENERAL TSO'S CHICKEN

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

Take-out General Tso's chicken is a sweet slightly spicy fare that is made with dried chilies. This version uses dried chili flakes and has the same classic flavor with ingredients that you can find locally. To save on prep time shop for thinly sliced chicken cut for stir-fry in the meat department.

Ingredients

1 boneless, skinless chicken breast (about 6 oz), thinly sliced on the diagonal

2 garlic cloves, minced

2 teaspoons finely chopped ginger

2 teaspoons potato starch

3 tablespoons raw sugar

2 tablespoons tamari sauce

2 tablespoons balsamic vinegar

1 teaspoon red pepper flakes (decrease to ½ teaspoon for mild)

1 tablespoon coconut oil

1 head broccoli, cut into florets

4 cups cooked instant rice

Instructions

Mix chicken, garlic, ginger, vinegar and the potato starch in a bowl. Set aside. Whisk sugar, tamari, balsamic, pepper flakes in a medium bowl along with ½ cup of water.

Add oil and heat skillet over medium-high heat. Add broccoli until it browns lightly, 2 to 3 minutes. Slowly add chicken and cook, stirring occasionally, until chicken browns, 2 to 3 minutes more. Add soy sauce mixture and bring to a boil.

Cook, stirring constantly, until sauce thickens, about 1 minute. Remove from heat and serve immediately with rice.

Chef's tip: if you don't have instant rice on hand you can cook long grain white rice. 1 cup dry makes 2 cups cooked.

MEATY PARMESAN LASAGNA

Yield: 6 servings (One large slice is one serving)
Gluten-Free
Carb Feast Meal Only

Craving Grandma's Italian sauce? Dried oregano is the secret ingredient that gives the filling that real Italian homemade flavor. Grated Parmesan gives this meaty tomato-based lasagna a delicious crusty top.

Ingredients

1 10-ounce box gluten free lasagna noodles

1 tablespoon coconut oil

½ pound lean 90% ground beef

1 onion, chopped

4 garlic cloves, minced

1 6-ounce can tomato paste

1 28-ounce can diced tomatoes

1 cup grated Parmesan

Instructions

Cook the lasagna noodles 2 minutes less than the package instructions indicate. Heat a large skillet over medium heat. Add the coconut oil and the beef, cook 1-2 minutes without stirring so the meat can brown. Scatter the onions and garlic around the meat and cook 2-3 minutes, stirring occasionally to break up the beef. Add the tomato paste and canned tomatoes, along with 1 cup of water. Cook 2-3 minutes more, stirring once or twice until a thick sauce forms.

Spoon ½ of the sauce inside a 7X12 baking dish. Cover with a layer of the noodles. Top with ½ cup of the sauce and another layer of noodles. Layer the remaining meat sauce over top and sprinkle with the Parmesan and bake uncovered for 25 minutes until the cheese has lightly brown and the edges of the lasagna are bubbly. Cool 5 minutes before serving, then slice and serve.

Chef's note: to make sure that you use all the lasagna noodles and everything fits in the pan, use a large pan for 6 servings instead of 4.

PASTA CARBONARA

Yield: 4 Servings (2 cups is one serving)
Gluten-Free
Carb Feast Meal Only

Legend has it that pasta Carbonara was traditionally eaten for breakfast by Italian coal workers as a way to use up leftover pasta from the night before. This creamy dish with a hint of smoke will soon become your favorite carb feast splurge.

Ingredients

8 ounces gluten-free pasta, such as brown rice or potato

4 slices nitrate free bacon, chopped

¼ cup finely grated Parmesan

2 tablespoons almond or rice milk

3 egg yolks

2 cups frozen corn, defrosted

2 tablespoons cream cheese room temperature

¼ cup fresh basil leaves

Instructions

Cook the pasta according to the package instructions. Drain and set aside.

Place the bacon in a large skillet over medium heat. Cook 4-5 minutes, stirring often until the bacon crisps and is cooked through. Turn the heat to low and add the Parmesan the rice milk, stir well. Stir in the yolks, and the cream cheese, mixing well.

Add the pasta and toss well to coat. Add the peas and toss once more. Garnish with the fresh basil leaves and serve immediately

PENNE ALLA NO-VODKA

Yield: 4 Servings (2 cups is one serving)
Gluten-Free
Carb Feast Meal Only

Creamy tomato sauce minus the vodka still hits the spot when you're craving pasta. This fast and easy dish uses many items you'll already find in your pantry, or things you might have on hand in your fridge.

Ingredients

½ pound gluten free penne

1 tablespoon coconut oil

3 cloves garlic, minced

1 yellow or red onion, chopped finely

¼ teaspoon salt

¼ teaspoon freshly ground black pepper

3 ounces tomato paste (½ a small can)

1 15-ounce container canned tomatoes

2 tablespoons cream cheese, room temperature

¼ teaspoon red pepper flakes, optional

¼ cup grated Parmesan, for serving

Instructions

Cook the pasta according to package directions and set aside. Place a large stockpot over medium heat and add the coconut oil, onion, garlic, salt, black pepper, and red pepper flakes. Cook 2-3 minutes stirring often. Add the tomato paste and cook 1 minute more, stirring often until the tomato paste becomes fragrant.

Add the canned tomatoes and bring to a simmer over medium heat. Turn the heat off and stir in the cream cheese and toss in pasta. Sprinkle with Parmesan and serve immediately.

PULLED PORK WITH BEANS AND RICE

Yield: 4 servings
Gluten-Free
Carb Feast Meal Only

No time to cook the pork on the stovetop? Try making this pulled pork in a slow cooker, simply put the pork, onions, and barbecue sauce in a slow cooker set at low for 4 hours. Shred the meat and serve.

Ingredients

½ pound lean pork end roast

1 red or yellow onion, chopped

1 cup barbecue sauce

4 gluten-free buns or gluten-free English muffins

1 tablespoon coconut oil

1 green bell pepper, seeded, finely chopped

1 cup cooked instant white rice

1 15-ounce can black beans, drained, well rinsed under cold running water.

Instructions

Place the pork in a small saucepan along with the barbecue sauce. Place over medium heat and bring to a simmer. Cover and reduce the heat to low. Cook about 1 hour until the pork is tender and cooked through. Transfer the pork to a cutting board and cool slightly about 5 minutes. Using a fork, shred the meat and return to the saucepan and toss well in the sauce. Set out four buns or English muffins on plates. Divide the pulled pork between the buns or muffins.

Heat a large skillet over high heat. Add the coconut oil along with the bell pepper. Cook 2-3 minutes, stirring often, until the pepper softens. Add the beans and rice. Lower the heat and co 2-3 minutes more, stirring often until the beans are warm. Serve immediately with the pork.



CARB FEAST DESSERTS

BANANAS FOSTER

Yield: 4 serving (1 ¼ cups is one serving)
Gluten-Free
Carb Feast Dessert Only

Warm banana topping over chilly vanilla ice cream is a great fix for any sweet tooth that craves something beyond chocolate. This is also an excellent dessert alternative for those who can't have dairy.

Ingredients

1 ½ cups rice milk

1 teaspoon vanilla extract

3 egg yolks

¾ cup raw sugar, divided

1 tablespoon coconut oil

2 ripe bananas, cut into 1-inch chunks

Instructions

Place the milk, vanilla and of the add-ins listed below in a heavy saucepan. Bring to a slow boil over medium high heat. In a large bowl, whisk the sugar and egg yolks until very smooth, about 1 minute. Temper the eggs by adding ½ cup of the milk into the egg mixture while stirring constantly until well combined. Repeat. Add the remaining milk mixture and whisk until smooth.

Return the milk mixture to the saucepan and heat over medium low, stirring constantly with a wooden spoon until the liquid coats the back of a spoon -- about 4 to 5 minutes -- do not boil. Refrigerate covered for one hour until cool then transfer to an ice cream maker and freeze according to the manufacturer's instructions.

Heat a large skillet over medium heat and add the coconut oil. Add the bananas and sprinkle with the sugar. Add 2 tablespoons of water and cook 2-3 minutes, stirring often until the bananas start to brown and a thick sauce forms. Stir in the vanilla extract off the heat. Divide the bananas over the ice cream scoops and serve immediately.

CARAMEL COATED APPLE

Yield: 4 Servings (1 caramel coated apple is one serving)
Gluten-Free
Carb Feast Dessert Only

You'll savor this fall holiday treat that's usually reserved for the kids at Halloween. Cut these into wedges to make them more portable or lay wedges out on a tray for entertaining.

Ingredients

4 apples, any variety

7 ounces individually wrapped caramels, unwrapped (about 24)

2 tablespoons almond or rice milk

4 craft sticks or small skewers

Instructions

Press a craft stick or skewer into the top of each apple near the stem.

Place caramels and milk in a small saucepan to melt over low heat, stirring occasionally, about 2-3 minutes. Roll each apple quickly in caramel sauce until well coated and transfer to the prepared tray. Cool to room temperature and then serve.

CHOCOLATE BREAD PUDDING

Yield: 4 Servings
Gluten-Free
Carb Feast Dessert Only

Dark cocoa powder mixed with chocolate morsels melt to perfection in this dish warm from the oven. Gluten-free bread tends to soak up moisture quickly so this gluten-free bread pudding doesn't require much baking.

Ingredients

8 ounces gluten free bread such as ciabatta or pullman loaf, cubed

1 cup almond or rice milk

½ cup sugar in the raw

½ cup cocoa powder

1 tablespoon vanilla extract

1 teaspoon almond extract

½ cup chocolate semisweet morsels

2 egg whites

1 egg

Instructions

Preheat oven to 325°F. Lightly grease an 8X8-inch baking dish and place the bread in the dish. In a small sauce, whisk together the milk and sugar. Place in a large saucepan and heat and cook about 1 minute until the sugar dissolves. Off the heat stir in the cocoa powder, extracts, and chocolate. Set aside to cool 5 minutes. Whisk in the egg whites and the egg.

Place the cubed bread in a large bowl and pour the chocolate mixture over top. Toss well and let the mixture stand, stirring occasionally for approximately 20 minutes or until bread absorbs most of the liquid

Transfer to the prepared pan and baking 15-20 minutes until firm around the edges but still moist in the center. Serve warm or cool to room temperature and serve.

CHOCOLATY WAFFLE SUNDAE

Yield: 4 Servings (1 ½ cups is one serving)
Gluten-Free
Carb Feast Dessert Only

Warm waffles with cold dark chocolate sorbet is an upscale ice cream parlor treat that's easy to make in your own kitchen. If you can't find frozen cherries for the fruit topping, frozen strawberries work just as well.

Ingredients

½ cup unsweetened cocoa powder

½ cup raw sugar

1 teaspoon potato starch

1 teaspoon vanilla extract

4 store-bought gluten free waffles

Cherry Syrup

1 cup frozen cherries or raspberries

¼ cup raw sugar

¼ teaspoon almond extract, optional

Instructions

Make the dark chocolate sorbet: Place the cocoa powder, sugar, vanilla extract, and ½ cup water in a small saucepan. Bring to a boil, whisking well. Cool to room temperature for about 20 minutes, then transfer to an air-tight container to cool. Freeze 4 hours or until firm.

Prepare the cherry syrup. Place the cherries in a small saucepan along with the sugar, almond extract and ¼ cup water. Bring to a simmer over medium heat and cook 4-5 minutes until a thick syrup forms. Set aside.

Warm the waffles according to the package instructions. Top each with one large scoop of the chocolate sorbet and spoon over ¼ cup of the cherry syrup. Serve immediately.

HOT APPLE FRITTERS

Yield: 4 servings (2 large fritters is one serving)
Gluten-Free
Carb Feast Dessert Only

White chocolate chips with grated apple make a sweet fritter that's easy to make and goes down easy too! Serve these with a hot mug of herbal apple-scented tea, hot or iced.

Ingredients

2 apples, any variety

½ cup raw sugar

1 egg white

2 tablespoons ground flax

1 tablespoon potato starch

1 teaspoon baking powder

½ cup white chocolate morsels

4 teaspoons coconut oil

Instructions

Grate apples grated on a box grater or in a food processor with a grater attachment. Place the grated apple in a colander and squeeze to release some of the apple's liquid.

Transfer the apple to a large bowl with the sugar, egg white, ground flax, potato starch, baking powder. Mix until a dry batter forms. Stir in the chocolate chips.

Heat a large skillet over medium high heat and add two teaspoons of the coconut oil. Drop 4 (¼ cup spoonfuls) of the batter into the skillet, allowing 1-inch between each. Cook 2-3 minutes, until the fritters brown, then flip. Transfer to a plate to cool. Repeat with remaining coconut oil and batter. Serve immediately.

For an added bonus, add a drizzle of chocolate syrup or caramel sauce

MAPLE FUDGE

Yield: 9 servings (one large piece of fudge is one serving)
Gluten-Free
Carb Feast Dessert Only

You don't have to wait for the holidays to indulge in this thick, impossibly rich fudge that even a beginning cook can whip together. It's also an ideal, travel-friendly dessert, no fork or knife required, just tuck squares into zipper lock snack baggies.

Ingredients

1 12-ounce bag white chocolate morsels

¼ cup maple syrup

1 can sweetened condensed milk

Instructions

Line an 8x8 baking dish with aluminum foil. Set aside.

Place the white chocolate and the maple syrup in a small saucepan over low heat. Cook 2-3 minutes, stirring often until the chocolate melts. Stir in the sweetened condensed milk and the maple syrup. Transfer to the prepared pan.

Cover with another layer of aluminum foil. Chill 4 hours until firm. Cut into 4 inch wide squares and serve. Store in an air-tight container on the countertop for up to three days.

S'MORES PARFAIT

Yield: 4 servings (1 ¼ cup parfait is one serving)
Gluten-Free
Carb Feast Dessert Only

Cooking s'mores by the campfire is a real treat for kids at camp. This grown-up version has the same flavors of chocolate, marshmallows, and grahams. This parfait is constructed in tasty layers that only takes minutes to put together.

Ingredients

½ cup unsweetened cocoa powder

½ cup raw sugar

1 teaspoon potato starch

1 teaspoon vanilla extract

2 cups mini marshmallows

3 gluten-free grahams (crushed in a food processor)

4 tablespoons store-bought chocolate syrup

Instructions

Make the dark chocolate sorbet: Place the cocoa powder, sugar, vanilla extract, and ½ cup water in a small saucepan. Bring to a boil, whisking well. Cool to room temperature about 20 minutes then transfer to an air-tight container to cool. Freeze 4 hours or until firm.

Meanwhile, place the grahams in a food processor and pulse until fine crumbs form about 15 pulses.

To construct the parfaits, set out 4 parfait glasses. Fill each with a tablespoon of the graham cracker crumbs. Scatter with 4 mini marshmallows each and top with a scoop of sorbet. Repeat with another layer and drizzle with chocolate syrup. Serve immediately.