

90 DAY TRANSFORMATION

PHASE 2 *RECIPE GUIDE*



Green Smoothies

Quick Tip: Blend the water with the greens FIRST, and then add the rest of the ingredients ☺ (each recipe makes 1 serving)

Strawberry-Banana Morning Blast

1 cup of water, 1 cup strawberries (or 1 cup of frozen mixed berries), $\frac{1}{3}$ banana, & 1-2 cups spinach

Mango-Banana Energy Booster

1 cup of water, 1 cup of mango, $\frac{1}{3}$ frozen banana, & 1-2 cups of spinach

Bahama Mama

1 cup of water, 1 cup of tropical fruit blend (freezer aisle) & 1-2 cups of spinach

Blueberry Immune Builder

1 cup of water, $\frac{1}{2}$ cup of blueberries, $\frac{1}{3}$ banana, & 1-2 cups of kale

Berry Superfood Blast

1 cup of water, $\frac{1}{2}$ cup strawberries $\frac{1}{4}$ cup blueberries, $\frac{1}{4}$ cup goji berries, 1 tsp maca powder, 1 tsp chia seeds, 1 cup of spinach

Tropical Delight

1 cup of water, $\frac{1}{2}$ cup of pineapple, 1 medium orange, $\frac{1}{2}$ papaya, $\frac{1}{3}$ banana, 1 cup of spinach

Chocolate-Coconut Superfood Smoothie:

Ingredients: 1 cup fresh coconut milk (you can use almond milk), 1 heaping tsp cacao (raw unprocessed cocoa), 1 tablespoon goji berries, $\frac{1}{2}$ tsp

supergreens, 1 scoop of protein powder, 1 heaping tsp coconut butter (optional), 1/3 of a banana, 4-6 ice cubes

Directions: Process all ingredients until smooth (about 30 seconds). Add 4-6 ice and process until nice and smooth. Serve immediately.

Homemade Salad Dressings

Delicious Balsamic Dressing

(Makes a large batch, so you can store this in your refrigerator to use throughout the week. This is a STAPLE in our home.)

- 1 cup extra virgin olive oil (preferably first cold pressed)
- 1/3 cup good quality aged balsamic vinegar
- 1 tbsp dried parsley
- 1/2 tsp sea salt.
- Freshly ground pepper to taste
- 1 tbsp honey mustard (organic if possible)
- 1 garlic clove, passed through a garlic press or minced (optional)

Directions: Add all ingredients into a bowl & whisk until thick and creamy. Check for seasoning.



Apple Cider Vinegar Dressing

(I keep a bottle of this in the fridge at all times!)

- 1 cup extra virgin olive oil (preferably first cold pressed)
- 1/2 cup of apple cider vinegar
- 1 tsp dried onion powder
- 2 tbsp Dijon mustard
- 2 garlic cloves, passed through a garlic press or minced (optional)
- 1/2 tsp seasalt
- 1/2 tsp of dried thyme
- 1/2 tsp of dried basil
- Freshly ground pepper to taste

Directions: Add all ingredients into a bowl & whisk until thoroughly combined. Check for seasoning.

Homemade “Paleo” Mayo

Ingredients:

- 3 pasteurized large eggs
- 1.5 tsp dry mustard
- 1 tsp kosher or sea salt (preferably Himalayan)
- 1/4 cup fresh lemon juice
- 1 small garlic clove, peeled
- 1 cup coconut oil
- 1/2 cup extra virgin olive oil
- 1/2 cup fresh basil chopped

Directions: Combine the two oils in a small bowl and set aside. Put the eggs, mustard, salt, and lemon juice into blender and process 10 seconds to mix. While machine is running, drop the garlic clove.

Very slowly pour the mixed oils into blender while running. Process until all of the oil is incorporated.

Mixture will be the consistency of mayonnaise.

Add chopped basil & stir to combine. Refrigerate for 1 hour before using. Soooo good

☺ (Stays good in the refrigerator for about a week!)

Breakfast

Pumpkin Pancakes

Serving size: 2 x 4.5" pumpkin pancakes

Makes 2.5 servings. The extra makes a great back-up snack!)

Ingredients:

- ¾ cups almond flour
- ¾ tsp pumpkin pie spice
- ¼ tsp cardamom
- ¼ tsp ground ginger
- ½ tsp cinnamon
- ⅛ tsp bakingsoda
- ½ cup organic pumpkin (from a can)
- ¾ tsp vanilla
- Juice of ¼ lemon
- 1½ tbsp raw, organic honey (can sub coconut sugar)
- 3 large eggs (beaten)
- Coconut oil

Directions: Mix dry ingredients (almond flour, pumpkin pie spice, cardamom, ginger, cinnamon, baking soda) together with a wire whisk.



Preheat a large pan on the stove to medium heat. Then, add the rest of the ingredients (pumpkin, vanilla, lemon, honey, beaten eggs) and mix with a spoon.

Grease the bottom of the pan with a small amount of coconut oil, and ladle a few tablespoons into the pan like pancakes. Cook for about 2-3 minutes on each side.

AMAZING! Serve with fresh fruit & pecans ☺

Frittata with Zucchini, Tomato, Onion, Spinach, & Bacon

Serves 4. Makes a great back-up breakfast during the week if you're in a rush and a great snack alternative.

Ingredients:

- 2 tbsp extra virgin olive oil
- 1 small zucchini, rinsed, halved & sliced into ¼-inch slices
- 1 medium sweet onion, peeled, halved, & cut into thin slices
- 3 plum tomatoes, rinsed, halved & cut into ¼-inch slices
- 3 strips organic nitrite-free bacon, cooked crisp & chopped (can sub

turkey)

- 1 8 oz. package organic baby spinach (or thawed/drained frozen spinach)
- 1 tbsp chopped fresh flat leaf parsley
- 8 brown large organic eggs, adding 1 tbsp cold water, whisk until frothy
- 2 tbsp extra virgin olive oil
- Sea Salt & freshly ground pepper to taste

Directions: In a nonstick oven safe sauté pan, place olive oil on medium heat. Add onion and cook until onions are transparent.

Add zucchini and cook 1 - 2 minutes and add tomatoes and cook until onions are golden brown. Season with sea salt & pepper.

Add spinach and cook until spinach is wilted. Add bacon and parsley and cook one minute more. Remove from pan and set aside.

Preheat oven set to broil, placing top rack ¾ of the way up to the broiling element.

Wipe the same pan with a paper towel and return heat to pan.

Add olive oil, heat for 10 seconds and add eggs. (Do NOT stir)

Lower heat. When the bottom of the egg has set to medium-firm, remove pan from heat.

Scatter the cooked vegetables across the entire surface of the egg and place pan under the broiler element. Some ovens broil with the door open, others shut. Follow your recommended settings.

Cook until the egg is set on the top. It will rise, thicken & bubble. When top is lightly golden, remove the pan from the oven with a potholder.

Let cook for 1 - 2 minutes longer out of the oven. With a spatula, remove the frittata from the pan onto a flat dish. Slice into 4 equal quarters.



Scramble

Makes 4-6 servings. *If you prep the veggies ahead of time, this is an excellent and FAST breakfast during the week!*

Sauté veggies: prep ahead to save time

- 1-2 tbsp coconut oil
- 1 lb. fresh spinach
- sea salt & freshly ground pepper
- Any veggies you have in the house! (about 2-4 cups total depending on how much you want to make)
 - I use chopped sweet onion, red pepper, tomato, zucchini, squash
 - (You can use any veggies: mushrooms, artichoke, asparagus, etc.)

In a large sauté pan, turn the heat to medium. Take ½ bag of spinach and place into pan. With tongs, gently continue tossing until the spinach has wilted (1 minute).

Don't leave the spinach in the pan, it will burn! As soon as it's finished wilting, remove spinach into a plate and repeat with the rest of the spinach.

Next, heat 2 tbsp coconut oil and sauté onion for a few minutes BEFORE adding the other chopped veggies to the pan. Season with salt & pepper. Sauté to your liking (about 5 minutes).

Drain the spinach and add to the sauté mixture. Let cool for a few minutes and then store in a covered container (for up to a week).

I usually make a BIG batch of this once a week and use this in my eggs throughout the week if I don't make a green smoothie.

To Complete the Scramble:

- ½ tsp coconut oil
- 2-3 eggs (whisked in a bowl)
- sea salt & fresh ground pepper for seasoning

In a medium sauté pan, heat coconut oil over med heat. Add the eggs and season with salt and pepper. Stir and then let sit until nearly set. Add your desired amount of sautéed veggies to the eggs. (I like a LOT of veg and will put about a ½ - 1 cup of vegetables in mine!)

With a wooden spoon, continue to mix eggs until cooked. Serve HOT and enjoy! ☺

Egg Muffins

Makes 8 servings. *Keep in the refrigerator. These also make a great back-up breakfast during the week if you're in a rush as well as a great snack alternative.*

Ingredients:

- 12 eggs
- ½ onion, diced
- 1 fresh red pepper, seeded & diced
- 2 zucchini squash, diced
- 6 slices of bacon/turkey bacon (nitrate-free)
- 4 cups of fresh spinach
- Fresh ground pepper to taste

Directions: Preheat oven to 350°F, and lightly grease 2 muffin tins with coconut oil.

In a medium sauté pan, heat coconut oil over and sauté onions for 3-4 minutes, until softened. Add pepper and sauté for another 2-3 minutes until the pepper has softened. Drain any excess oil and set aside.

In a food processor, put in the zucchini and bacon, and process until finely chopped.

Whisk the 12 eggs and season with pepper. Mix your zucchini & bacon mixture in with your eggs.

Then, add the 4 cups of spinach to your processor to finely chop, and add these to your eggs in the bowl. Add the onion and pepper mixture to your eggs.

Mix the egg mixture thoroughly and fill muffin tins with ¼ cup of your mixture. Bake for 20-25 minutes or until the egg-muffins have set in the middle ☺

Fresh Salads

Avocado Egg Salad on a Thick Slice of Tomato

*****Makes 1 Serving.** Make sure to double this recipe if you want extra for later!

Ingredients:

- 2 Hard Boiled Eggs, chopped
- ½ avocado, mashed
- 1 tbsp Greek yogurt OR Paleo Mayo (see recipe on page #4)
- ¾ tsp apple cider vinegar
- ½ tsp cayenne pepper
- Sea salt & pepper to taste
- 2-4 thick slices of a ripe tomato (organic if possible)

Directions: Take all of these ingredients and gently mix them together! Scoop a heaping mound over 1-2 tomato slices and enjoy ☺

“Naked” Lettuce Wraps

These wraps are included to help rid your body of impurities and detoxify your body.... it's extremely important that you follow the ingredient list below ☺

Ingredients:

- 1-2 large leaves of Romaine lettuce
- Any sliced up veggies you want to wrap up in there: peppers, cucumber, tomato, broccoli, carrots, mushrooms, etc. (no corn, beans, nuts, or seeds)
- Dressing: balsamic vinegar ONLY, or juice of a fresh squeezed lemon
- (***)**ONLY** add tuna, turkey, or chicken if it calls for it in your meal plan)

Directions: Take all of your sliced veggies and place them inside the middle of your large Romaine leaves. Sprinkle a small amount of balsamic or lemon juice over your veggies and then wrap it UP!

Waldorf Salad ... fresh & healthy!

Makes 1 Serving

Ingredients:

- 1 diced red apple
- ¼ cup chopped walnuts
- ½ cup celery (diced)
- ¼ cup grapes, halved
- 1 tbsp fresh squeezed lemon juice
- 4 oz. Cooked Chicken Breast or Turkey
- 1 - 2 cups spinach (chopped)
- **Optional:** 1 – 1 ½ tbsp Paleo Mayo

Directions: Mixed the first 6 ingredients together and serve over the top of the fresh spinach.

Crab Salad with Mango & Avocado

Makes 2 Servings

Ingredients:

- 1½ tbsp juice from a fresh orange
- ½ tbsp fresh lime juice
- ½ tbsp honey
- 1½ tbsp olive oil
- ¼ red onion, sliced paper-thin
- ½ lb. fresh lump crabmeat, separated into chunks
- ½ pound of mangos (8 oz), peeled, pitted, sliced
- ½ large avocado, halved, pitted, peeled, sliced
- 2 strips Applewood smoked bacon, cooked (optional)
- 6 large Boston lettuce leaves

Directions: Combine orange juice, lime juice, and honey in small bowl; and then whisk in oil. Season with salt & pepper. Mix in onion; let marinate 15 minutes.



Combine crab, mango, and avocado in large bowl. Gently mix in dressing. Spoon mixture into 1 Boston lettuce leaf and wrap like a soft taco to eat them 😊

Summer Tomato Salad

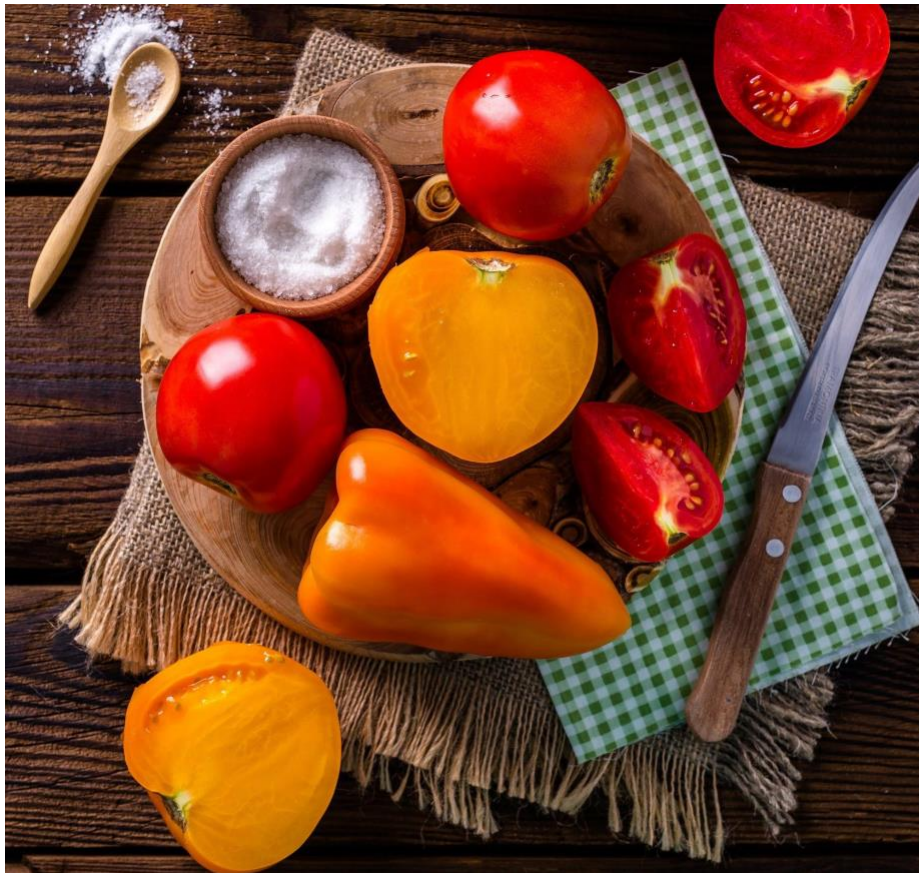
Makes 2-3 servings depending on the size of your tomatoes.

Ingredients:

- 2 heirloom tomatoes, or red & yellow tomatoes (mix & match as you like, slice to your liking)
- 1 clove garlic, minced
- ¼ cup chopped fresh basil
- Sea salt & freshly ground black pepper to taste

Directions:

In a bowl, toss the tomatoes, garlic, basil, black pepper, and sea salt. Refrigerate 30 minutes and toss again before serving.



Chicken & Turkey

Classic Turkey Burgers

Makes 6-8 burgers. *(Goes great with guacamole also!)*

Ingredients:

- 1.5 lb. ground turkey meat
- 1 tbsp coconut oil
- 1 sweet onion, diced
- ½ red pepper, diced
- 1 tsp ground cumin
- ⅛ tsp cayenne pepper or red pepper flakes (optional)
- ½ tsp garlic powder
- ½ cup flat leaf parsley, finely chopped
- Sea salt & pepper to taste

Directions: Over medium heat, sauté onion in coconut oil until translucent. Add red pepper, cumin, garlic powder, parsley, cayenne pepper, and salt and pepper. Sauté for 5 minutes more, and remove from heat. Once cool, add ground turkey to the mix, and form 4 oz. patties.

Heat large skillet under medium heat and add burgers. (1 tsp coconut oil optional for cooking burgers). Flip after 4-6 minutes and cook through on the other side until done.

Burgers freeze well. Make sure to securely wrap & freeze for a back-up meal!

Amazing Turkey Meatballs

Makes 8 servings. *(3-4 meatballs depending on size – about 5 oz. per serving.) Keep these frozen for back-up meals!*

Ingredients:

- | | |
|---------------------------------|--------------------------------------|
| ● 1 zucchini, lightly chopped | ● 2 lbs. of lean ground turkey |
| ● ½ med onion, lightly chopped | ● 1 cup of almond meal/flour |
| ● 2 cloves of garlic | ● 2 large eggs |
| ● ½ red pepper, lightly chopped | ● 2 tablespoons olive oil |
| ● ½ yam, lightly chopped | ● ½ tsp kosher or sea salt & freshly |
| ● ½ cup carrots, chopped | ground pepper to taste |

Directions:

Preheat oven to 400°.

In a food processor, finely chop the zucchini, onion, garlic & pepper. Set aside in a large bowl.

Next, add the yam and carrots to the food processor, finely chop, and then add to the zucchini mixture.

Then, combine your veggie mixture with the turkey, almond meal, eggs, salt & pepper. Mix really well, and then form lots of golf-ball size (1") meatballs.

Bake meatballs for about 20 minutes or until cooked through & no longer pink in the middle.

Easy Breezy Marinated Chicken Breast

*****Makes 6-8 servings** *(Always good to have on hand for salads & lettuce wraps)*

Ingredients:

- 4 boneless, skinless chicken breasts (6-8 oz. each)
- ½ cup lemon juice
- 3 cloves garlic, minced
- 2 tsp olive oil
- 2 tsp tarragon
- 1 tsp thyme
- ¾ tsp salt
- 2 tsp black pepper

Directions: In a 1-gallon plastic Ziploc bag, combine lemon juice, garlic, olive oil, tarragon, thyme, salt & pepper.

Add chicken breasts to the bag and make sure they are all coated evenly with marinade. Squeeze the air out of the bag and seal it.

Marinate the chicken in the refrigerator for at least 1-2 hours, turning occasionally.

Preheat the oven to 350°. Place the chicken breasts in a glass baking dish. Bake covered in aluminum foil for about 10 minutes, and then cook for about 10 minutes more **UNCOVERED** or until juices run clear.

Mom's Chicken Soup

Serving Size is about a 1½ cups. But...if you want 2 cups, that's ok ☺

Ingredients:

- 2 chicken breasts on the bone skin removed (organic if possible)
- 1 onion quartered and then sliced into ¼-inch slices
- 2 celery stalks, rinsed and sliced into ¼-inch pieces
- 3 carrots, peeled, and sliced into ½-inch pieces
- 1 rutabaga, peeled & cubed
- 1 bunch fresh dill, rinsed
- Sea salt & pepper to taste
- 2-3 tbsps olive oil
- 1 pound of baby spinach

Directions:

Heat olive oil in a large heavy stockpot. On medium heat, put in chicken and lightly brown on top and bottom. Remove from pot and add onions.

Season onions with salt and pepper and cook until tender and lightly golden. Return chicken to the pot and add enough water to cover chicken, and then about 1 inch higher.

Bring to a boil and add all the vegetables including the dill. Bring to a simmer and cook with the pot half covered for about 30 minutes (or until all the vegetables are fork tender). Turn off the heat.

Remove the chicken and let cool until you are able to handle it with your hands. Remove the dill.

Shred the chicken and return it to the pot. Season the broth with salt and pepper. Add the spinach. The heat from the soup will cook the spinach. If you like you can put some sliced avocado on top.

Baked Chicken Oreganata with Onions & Lemon

Makes 4 servings (*Make only half of this recipe if you are cooking it for yourself during the challenge*)

Ingredients:

- 1 chicken cut up into 8 pieces, skin removed **OR** 4 boneless chicken breasts (or 2 double breasts)
- 2-3 tbsp olive oil
- 2 yellow onions, halved & sliced into ¼" pieces
- 1 clove garlic, minced
- ½ cup white wine or low sodium chicken stock
- 2 lemons, washed, and sliced thin
- ½ teaspoon oregano
- ¼ cup fresh parsley, chopped
- Sea salt & freshly ground pepper to taste
- Optional: scatter some pitted green olives (around ½ cup or small jar, drained)

Directions: Preheat oven to 350°. In an ovenproof sauté pan, on medium heat, brown the chicken on top and bottom in olive oil and remove from pan.

In the same pan, lower heat and add onion and sauté until golden and tender (onion will be clear). Add garlic and cook for 10 seconds. Add wine or chicken stock. Bring to a simmer for 2-3 minutes to cook out the alcohol.

Return chicken to the pan, coating each piece in the sauce. Season with salt & pepper to taste. Add lemons, oregano and parsley. If you like, add the olives. Cover the pan and place in the oven for 20-25 minutes until the chicken is cooked through.

Pan-Seared Chicken & Curried Parsnips

Makes 4 servings *(This recipe was inspired by Sarah Fragoso from EverydayPaleo.com)*

Ingredients:

- 1 lb boneless, skinless chicken breast, cut into 2-3 long strips
- 2 parsnips, cut into bite-sized pieces
- ½ medium sweet onion, diced
- 2 Bosc or other variety of ripe pear, peeled, seeded, & diced
- 2 garlic cloves, minced
- ½ tbsp curry powder
- ½ tbsp cinnamon
- ½ cup chicken broth
- ¼ cup canned full-fat coconut milk
- 2-3 tbsp coconut oil
- ¼ cup chopped cilantro
- Sea salt & black pepper to taste

Directions: In a large skillet, melt coconut oil over medium heat. Season chicken tenders with salt & pepper on both sides.

Sear the tenders in HOT coconut oil for 3-5 minutes on each side until golden brown. Remove the chicken and set it aside.

Add diced onions to the pan and sauté for 2-4 minutes in the same pan. (add more coconut oil if necessary) Next, add the parsnips and sauté until they start to turn golden brown.

Add the garlic and pears to the pan and sauté another 2-3 minutes.

Sprinkle curry powder and cilantro over mixture and then pour chicken broth and coconut milk in, and stir very well. Bring mixture to a simmer and stir until parsnips are fork tender and sauce begins to thicken.

Season mixture with salt & pepper. Next, place the chicken tenders over the veggies in the pan, cover, turn heat to low, and cook for 5 minutes more

Chicken & Pineapple Skewers

1 serving = 2.5 skewers (makes 4 servings).

Ingredients:

- 3 tbsp of olive oil
- 2 garlic cloves, smashed
- 1 tsp ground cumin
- ½ tsp paprika
- ⅛ tsp ground cinnamon
- 1 lb. boneless, skinless chicken breasts, cut into small pieces
- 1 red pepper and 1 yellow pepper, (take out seeds and cut 1-inch squares)
- 1 medium sweet onion, cut into 8 wedges
- ½ fresh pineapple cut into 1-inch squares
- Sea salt & pepper to taste
- 8 bamboo skewers (soaked in water for 30 min)

Directions: Put the olive oil, garlic, cumin, paprika, and cinnamon into a large bowl and mix well. Add the chicken to the mixture and let them marinate for 30 minutes at room temperature or in the refrigerator (covered) overnight.

Skewer the chicken, pineapple, peppers, and onions onto the Bamboo skewers. Brush any leftover marinade over the pineapple, peppers and onion. Season skewers with salt and pepper to taste.

Over medium to medium-high heat, grill the skewers for 10-12 minutes, turning about 5-6 minutes through. This is great served with our LBD guacamole recipe!



Pork

Grilled Pork Chops with Mango Salsa

Serving Size is 1 chop (about 4-5 oz) and 1/3 a cup of mango salsa.

Mango Salsa:

- 2 mangos (peeled & cubed)
- 1 onion (peeled & diced)
- 2 kiwi (peeled & diced)
- 1 jalapeno (seeds removed, minced)
- 1 red pepper (seeds removed, diced)
- 1 avocado (peeled & diced)
- 1 tomato, diced
- Juice of 1 lime
- Bunch of cilantro, chopped
- ½ tsp seasalt

Directions: Mix ingredients in a bowl & refrigerate for 2 hours.

Pork Chops:

- 2-4 cut pork chops with large tenderloin

Directions: (Grill or Broil)

To Grill: Rub olive or coconut oil on pork chop, season with salt and pepper on each side. Place grill on med-high heat & grill pork chops until nicely golden on the outside and slightly pink on the inside. Approx. 5 - 6 minutes per side. Watch carefully as not to overcook them.

To Broil: Preheat broiler (around 450°) and make sure the chops will be 4-5 inches from the broiler when you place it in the oven. Brush with olive oil or coconut oil and season both sides with sea salt and pepper. Broil for 8-12 minutes on each side.

Once the meat is finished cooking, let it rest for a few minutes and serve with Mango Salsa.

Herb Marinated Pork Tenderloin

Makes 4 servings.

Ingredients:

- ½ lemon, zest grated into a small bowl
- ¼ cup freshly squeezed lemon juice (1 to 2 lemons)
- Extra virgin olive oil
- 2-3 cloves minced garlic
- ½ tbsp fresh rosemary, minced
- 1 tsp fresh thyme, chopped
- 1 tsp Dijon mustard
- 1 pork tenderloin (about 1 pound)
- Sea salt & fresh ground pepper to taste

Directions: In a 1-gallon plastic Ziploc bag, combine lemon zest, lemon juice, ¼ cup of olive oil, garlic, rosemary, thyme, mustard, & ¾ teaspoon of salt. Add pork tenderloin to the bag and make sure it is coated evenly with marinade. Squeeze the air out of the bag and seal it. Marinate the pork in the refrigerator overnight (or for at least 3 hours).

Preheat the oven to 400°.

Remove the tenderloins from the bag. Discard the marinade but leave the herbs that stick to the meat. Season the pork generously with salt & pepper.

Heat 1-2 tablespoons of olive oil in a large ovenproof sauté pan over med-high heat. Sear the pork tenderloins on each side until golden brown.

Place the sauté pan in the oven and roast the tenderloins for 10 to 15 minutes or until the meat reaches 137°.

Transfer the tenderloin to a platter and cover tightly with aluminum foil. Allow to rest for 10 minutes. Carve in ½-inch-thick diagonal slices. Season with salt and pepper to taste, and enjoy.

Fish & Seafood

Fast & Delish Sautéed Shrimp in Garlic Tomato Sauce ***Makes 3-4 servings.***

Ingredients:

- 2 tbsp extra virgin olive oil
- 3 scallions, finely chopped
- 3 garlic cloves, sliced thin
- 4 Roma tomatoes, chopped
- ¼ cup clam juice
- 2 tbsp fresh squeezed lemon juice
- 14 Colossal Shrimp, shelled & deveined (keep tail on, about 1 pound)
- Sea salt & fresh ground pepper to taste

Directions: In a large sauté pan over medium heat, add olive oil, scallions, garlic, and salt & pepper to taste. Cook until scallions are wilted and darkened, and until the garlic is tender and slightly golden-brown (about 3-4 minutes).

Add tomatoes and cook (continually stirring) until tomatoes are softened (about 2 minutes). Add the clam juice and lemon juice, and bring to a light simmer (continually stirring gently).

Season shrimp with salt & pepper and add to the pan. Cook on 1 side until the shrimp begins to turn opaque and slightly curl (2 to 3 min.) Then, flip the shrimp and cook until they begin to turn pink on the other side (1 to 2 more min.)

Shrimp cooks very fast, so a good rule of thumb is to remove the pan from the heat as they are almost finished cooking. Once you remove the pan from the heat, continue tossing and the heat of the pan will continue to cook them until done.

Quick & Easy Baked Salmon Fillets

Makes 2 servings. *You may want to double this recipe.*

Ingredients:

- 2 (5 oz.) salmon fillets (ask for skin off on both sides)
- 1 tsp olive oil plus 1 tbsp
- Sea salt & freshly ground pepper
- 7 oz. can chopped tomatoes, drained
- **Optional:** ½ cup white wine
- 1 chopped shallot
- 1 tbsp fresh lemon juice
- ½ tsp dried oregano
- ½ tsp dried thyme



Directions: Preheat the oven to 400°

Brush 1 side of the salmon with olive oil and season with salt and pepper. In a medium bowl, stir the tomatoes, (optional white wine), shallots, 1 tbsp of olive oil, lemon juice, oregano, thyme, salt and pepper until mixed.

Tear 2 large sheets of foil. Place salmon fillet, oiled side down, in the middle of the foil. Twist the ends of the foil to form a “pouch” around the salmon. Spoon tomato mixture over the salmon. Fold the sides of the foil over the fish and mixture, making sure to cover completely, sealing them into the pouch. Repeat with the other Salmon Fillet and then place on a baking sheet.

Bake for about 25 minutes or until salmon is cooked to your liking. Serve in foil ... it's fun and very easy to clean up! ☺

Salmon Steaks with Grapefruit

Serves 2.

Ingredients:

- 2 tsp olive oil
- ½ red onion, peeled, halved, & sliced thin
- ½ cup fresh grapefruit juice & segments
- 2 (5 oz.) boneless, skinless salmon steaks
- Fresh grapefruit segments for garnish

Directions: Heat olive oil in large nonstick skillet over medium heat. Add onions and cook until tender. Place salmon and grapefruit juice with segments in pan.

Cover and simmer over low heat for 6-8 minutes or until fish is cooked to taste. Serve salmon with pan sauce, garnished with grapefruit segments.

***If you are on certain medications that may interact with grapefruit, you may substitute lemon for grapefruit ☺

Fresh Lemon & Pepper Baked Cod

Serves 2. *Consider trying this recipe with flounder, whitefish, snapper, or any other similar variety that you enjoy.*

Ingredients:

- ½ pound of fresh cod fillets
- 1 tbsp coconut oil, melted
- ¼ cup white wine
- 1/2 lemon, quartered
- Sea salt & fresh ground black pepper, to taste
- 1 tbsp of fresh chopped parsley

Directions: Preheat the oven to 375°.

Brush each side of the cod fillet with melted coconut oil. Season each side with salt & pepper to taste. Place the cod fillets in the baking dish and pour in the optional white wine.

Cut the lemon into quarters & squeeze fresh lemon juice over the Cod fillets. Bake for 10-15 minutes or until fish flakes easily with a fork.

Baked Halibut & Veggies in a Pouch

Makes 4 servings. *Avoid farm-raised fish or color-enhanced fish.*

Ingredients:

- 1 lb. halibut (or other fish of your choice: sea bass, cod, snapper, salmon, etc.) rinsed, and make sure there are no bones)
- ½ onion, peeled, cut in half & sliced in ¼-inch pieces
- ½ tomato, cut into chunks
- ½ zucchini, rinsed, cut in quarters & sliced into ½-inch pieces
- ½ squash, rinsed, cut in quarters & sliced into ½-inch pieces
- 1 garlic clove, smashed & peeled
- ½ lemon, sliced
- ½ tsp parsley, chopped
- ¼ tsp thyme
- ½ carrot, peeled & cut into ½-inch pieces
- Sea salt & pepper to taste

Directions: Preheat oven to 350°.

Divide halibut into 2 equal parts. Take 4 large (about 12"x12") pieces of heavy-duty aluminum foil (or double a thin foil) and lay them shiny side down. Place a piece of halibut on ½ of each piece of foil.

Combine the rest of the ingredients in a medium bowl and mix to combine. Divide the mixture into 4 equal amounts and place in each piece of foil. Season with salt & pepper.

Fold the foil into a triangle and then fold up all the sides to seal all of the juices. Cook in oven until all of the vegetables are tender and the halibut is cooked, about 30 minutes.

Place each piece of foil in plate & serve. Be careful when you open it, as steam will come out. Enjoy!

Steak

Grilled Steak with Mixed Vegetables

Serves 4

For the Steak:

- 1 pound of strip steaks or other lean steak (about 2" thick)
- Kosher or sea salt
- Freshly ground pepper

For the Grilled Vegetables:

- 1-2 tbsp olive oil
- 1 large sweet onion, cut in half, each half cut down the middle & sliced ¼-inch thick
- ½ red pepper, cored, seeded and cut into wedges
- ½ zucchini, halved, then sliced ½" thick
- ½ yellow squash, halved, seeded, then sliced ½" thick
- ½ cup broccoli florets
- ½ pint mushrooms (optional), bottoms trimmed, halved
- 2 whole cloves garlic, peeled and halved
- Sea salt & pepper to taste

Directions: Let the steak stand covered at room temperature for 30 minutes before cooking. In the meantime, heat the grill to medium high.

In an aluminum tray for the grill (or make your own tray out of heavy duty aluminum foil) place onions, pepper, zucchini, squash and broccoli florets on foil with olive oil and season with salt and pepper.

Sauté until vegetables are almost tender, stirring occasionally. Add mushrooms and garlic and continue cooking until onions are golden and all vegetables are cooked. Check for seasoning. Remove from grill and set aside covered to keep warm.

Raise the grill to **very** high for 2 minutes. Season steak with sea salt and pepper, and then carefully place steaks on the grill and cook to desired temperature. I like mine medium-rare so I cook them about 4-5 minutes per side.

Let the steaks rest for a few minutes, covered.

Sides

Easy Balsamic Roasted Brussels Sprouts

Serving size = 1 cup.

Ingredients:

- 2-3 cups Brussels sprouts, halved
- 3 tbsp balsamic vinegar
- Optional: 2 strips of crisp bacon, chopped
- 3 tbsp olive oil
- Sea salt & pepper, to taste

Directions: Preheat oven to 375°.

Whisk the balsamic vinegar, salt and pepper together in a small bowl. Slowly incorporate the olive oil until dressing is formed.

Place the Brussels sprouts in a single layer on a baking sheet. Drizzle the oil and vinegar over the sprouts and gently toss to coat.



Bake for 25 minutes, turning once. Sprouts are done when they are lightly browned. Once they are cooked, add the chopped bacon and serve!

Mashed Cauliflower

Serving size = 1 cup.

Ingredients:

- 1 entire head of cauliflower, remove leaves (chopped into small pieces)
- 1 cup of low-sodium chicken stock
- 2-3 cloves of garlic
- Sea salt & pepper to taste

Directions: In a large pot, add chicken stock and cauliflower. Cover and bring it to a boil. Reduce the heat and simmer for 30-35 minutes until the cauliflower is until very tender, and you can smash it with your fork. (If you need to add more stock during this time, you can add it. Make sure your pot doesn't run dry.)

Add the garlic cloves and simmer for a few minutes longer (about 5). Drain the liquid and add all of the remaining ingredients to a food processor or blender. Blend to your desired consistency. (I like mine pureed with a few chunks.)

Season with salt & pepper, and any other seasoning you like! Enjoy.

Mashed Rutabaga with Sautéed Onions

Serving size = 1 cup.

Ingredients:

- 2 rutabaga, peeled & cut into chunks
- 1 large sweet onion, peeled, sliced in half, then sliced in ¼-inch slices
- 2-3 tbsp extra virgin olive oil
- Sea salt & pepper to taste.
- Dash of apple cider or chicken stock (optional)

Directions: Place rutabaga in a large pot of boiling water and cook until fork tender (10-15 minutes). In the meantime, place olive oil in skillet & sauté sliced onions until tender and golden brown.

When rutabaga is done, drain and place in a large bowl. Mash with fork, potato masher or place in an electric mixer. Work until fluffy. You can add a dash or two of apple cider or chicken stock here to moisten. Add onions and olive oil to mixture. Mix until incorporated.

Season with salt & pepper. Sprinkle with fresh parsley, and enjoy.

Spaghetti Squash

Serving size = 1 cup.

Ingredients:

- 1 Spaghetti Squash cut in half lengthwise, with seeds removed
- Extra virgin olive oil
- Sea salt & fresh ground pepper to taste

Directions: Preheat your oven to 400°. Cover a baking pan in aluminum foil and set aside.

Place your two halves face up, and lightly brush the inside with olive oil. Then, season with salt & pepper to taste. Let the oil soak in for a couple of minutes. Then, place the two pieces of squash face DOWN in the pan, and place into the oven. Cook for 45-60 minutes.

Flip over the squash when it's finished cooking, Use a fork to "shred" & pull out the spaghetti squash.

Place squash in a colander to drain any excess water for a minute or two (covered with foil to keep warm). Top with sauce or season with salt & pepper and enjoy!

Roasted Broccoli & Garlic

Serving size = 1 cup.

Ingredients:

- 1 entire broccoli head (about 1.5 pounds) cut into florets. (*If you want to use the stems, cut into bite-sized pieces*)
- 2 tbsp extra virgin olive oil
- 1 entire garlic, cloves peeled. (I prefer not to slice the cloves, but you can if you like)
- Kosher or Sea Salt & Freshly Ground Black Pepper to taste

Directions: Preheat oven to 450°.

In a large bowl, drizzle the olive oil over the broccoli. Add garlic, salt, and pepper and toss well with your hands.

Spread the mixture on a large baking sheet, trying not to let any broccoli overlap.

Cook for about 20 min. or until the edges of broccoli are crispy! Try not to eat the entire thing! ☺

Guacamole

Makes 4-6 servings depending on the size of the avocados. Serving is about ½ cup. This was inspired by chef Alton Brown from the Food Network ... you'll never go back to store-bought guacamole!

Ingredients:

- 3 Haas Avocados, halved, seeded, peeled, & diced (prep this last to prevent browning)
- 1 fresh lime, juiced
- ½ tsp cayenne pepper
- ½ tsp ground cumin
- ½ tsp sea salt
- 2 Roma tomatoes, seeded & diced
- ½ white onion, diced
- 1 garlic clove, minced
- 2 tbsp fresh cilantro, chopped

Directions: In a large bowl, gently toss the avocado with the lime juice. (This will prevent the avocado from turning brown.) Drain the lime juice into a separate bowl.

Add the cayenne, cumin, and salt to the avocado, and gently mix, mashing the avocado to the consistency of your choice. Then, gently mix in the tomatoes, onion, garlic, and cilantro. Add 1 tbsp of the saved lime juice.



Perfectly Baked Sweet Potato

Ingredients:

- 2-4 Sweet potatoes, rinsed & dried

Directions: Preheat oven to 400°. Pierce each sweet potato a few times with a fork (don't get trigger happy... it's just to let some of the steam out).

Please the sweet potatoes on a *rimmed* baking sheet lined with foil.

Bake for about 45 minutes, or until potatoes are tender. That's it! (Serving size = 4 oz.)

Steamed Veggies (Broccoli, Carrots, Mixed Veg etc...)

Serving size = 1 cup ... *but you can always eat more veggies when they're steamed!*

Ingredients:

- Your vegetable of choice, cut to bite sized pieces: This includes: Broccoli, Cauliflower, Asparagus, Carrots, etc.
- ½ tsp sea salt (Optional)

Directions for Steaming in a Pan: Bring a ¼-inch of water to a boil in a large sauté pan.

Add salt to the water if desired. Add your vegetable of choice, cover, and then steam your veg until they are as tender as you want (about 3-5 minutes).

Directions for Steaming in a Steamer Basket: Bring an inch of water to a boil in the bottom of a pot (into which you will place your steamer basket).

Place veggies into the steamer basket, set over the boiling water.

Cover and steam until cooked to your liking (about 3-5 minutes).



Simple Sautéed Spinach

Serves 2.

Ingredients:

- 1.5 lbs. of baby spinach, cleaned & dried
- 3 cloves of garlic, peeled & thinly sliced
- ½ fresh lemon
- 1½ tbsp coconut oil
- Sea salt & fresh ground pepper to taste

Directions: Heat up a large sauté pan with coconut oil over med to med-high heat. Add about a third of the spinach to the pot and cook, stirring continually with tongs, for about 1-2 minutes, until it reduces in volume. Add another third and repeat, before adding the remaining spinach plus the sliced garlic, and continually turn until all of the spinach is mostly wilted (another 1-3 minutes).

Remove spinach mixture from the pot and squeeze ½ lemon over the spinach. Season with salt & pepper and toss well. That's it! Very easy & super healthy!

Approved Snacks

Berry Green Smoothie Popsicles

Ingredients:

- 2 cups of spinach
- 2 cups of frozen berries (your choice)
- 2 bananas
- 1 cup water

Directions: Blend until creamy smooth, pour into Popsicle molds, and freeze!



Kale Chips

Use purple kale if you can find it!

Ingredients:

- 3-4 huge handfuls of kale, rinsed & patted dry
- 1 clove minced garlic (optional)
- 1 tbsp extra virgin olive oil
- Pinch of sea salt

Directions: Preheat oven to 350°. In a small bowl, gently stir the minced garlic into the olive oil. Set aside to infuse.

Tear the kale from the stems into chip-sized pieces and put them into a large bowl.

Drizzle oil mixture over the kale and toss until every “chip” is coated lightly. Spread leaves onto 1-2 baking sheets and sprinkle lightly with sea salt. Bake for about 18-20 minutes or until kale has reached your favorite “chip-like” consistency!

How to Hard Boil an Egg

Ingredients: 4-6 eggs (you can make as many as you want at a time)

Directions: Fill a small sauce pan halfway with water & add your eggs. Do not crowd the pan. Bring water to a boil over medium-high heat. When the water boils, remove the pan from the heat and set aside with a tight lid for 15 minutes.

Drain the water and place eggs in a bowl with cold water & ice. Peel or refrigerate until needed.

Trail Mix & Protein Bars

Trail Mix Option 1: Paleo Crunch

WARNING: this is very addictive! Make sure only to have ¼ cup at a time!

Dry Ingredients:

- ½ cup ground flax seeds
- 1 cup raw pumpkin seeds
- 1 cup raw sunflower seeds
- 1½ cup almond meal
- 3 cups shredded unsweetened coconut
- 4 cups raw slivered almonds
- 1 tsp cinnamon
- 1 tsp sea salt
- ½ tsp baking soda
- (optional) ½ cup unsweetened dried fruit (cherries, raisins, etc..)

Wet Ingredients:

- ¼ cup liquefied coconut oil
- ⅓ cup raw organic honey
- 3 tsp pure vanilla extract

Directions: Preheat oven to 250°F. Combine all of the dry ingredients (**EXCEPT** the dried fruit) into a large bowl. Mix well to make sure all of the ingredients are evenly distributed.

In a medium bowl, add all of the wet ingredients & mix together until well combined. Next, mix wet ingredients thoroughly into dry ingredients.

Divide the mixture in a thin layer between 2 rimmed baking sheets and press mixture with the back of a spoon or spatula until flat. Bake until lightly toasted, about 45 minutes.

Remove pan from oven, stir mixture & return to oven for another 15 minutes.

Remove from oven, stir in dried fruit if using and let cool in pans. Store in a container with a paper towel on bottom to absorb any excess oil.

Trail Mix Option #2: On-the-Go Raw Deliciousness

WARNING: this is also very addictive! Make sure only to have ¼ cup at a time!

Ingredients:

- ½ cup raw walnuts
- ½ cup almonds
- ½ cup pecans
- ½ cup raw pumpkin seeds
- ½ cup sunflower seeds
- ¼ cup chopped dried apricots
- ¼ cup dried cranberries (sweetened with apple juice)
- ¼ cup dried unsweetened blueberries
- ¼ cup dried golden raisins
- ½ tsp coarse kosher salt or coarse sea salt

Directions: Mix all ingredients and store in an airtight container.

Homemade Protein Bar Option 1:

Ingredients:

- 1¼ cups slivered almonds, lightly toasted
- 1 cup pecans, lightly toasted
- ⅓ cup ground flax meal
- ¾ teaspoon ground cinnamon
- 7 large Medjool dates, pits removed
- ⅓ cup dried unsweetened cherries or blueberries
- ⅓ cup dried apricots
- ½ teaspoon vanilla
- ½ tablespoon honey
- 2 scoops (about 60 grams) of protein powder
- 4-5 tbsp water

Directions: In a food processor, coarsely grind the almonds and pecans. Set aside in a large bowl. Add the flaxseed and protein powder to the nut blend.

Next, put the dates, blueberries, and apricots into the food processor and pulse just a few times to chop the fruit (should still be small pieces). Add the water, vanilla, and honey and pulse a few more times to combine.

Add your fruit mixture to the nut mixture, and hand mix to combine all the ingredients well.

Simply press your mixture into a glass baking dish and refrigerate for 60 minutes before cutting into bars. Try not to eat them all at once ;-)

Homemade Protein Bar Option 2:

Ingredients:

- ½ cup slivered almonds
- ½ cup chopped pecans
- ¼ cup almond butter (although cashew, hazelnut, walnut)
- ⅛ - ¼ cup coconut oil
- ¼ cup almond meal (pulse approximately ¼ cup of almonds until it creates a coarse flour)
- 1½ tsp pure vanilla extract
- ½ tsp of raw honey (although this is optional, because egg will help hold the mixture together)
- ½ cup unsweetened whey protein powder (or 60g)
- 1 large egg
- ½ tsp seasalt
- ½ cup dried cranberries or blueberries
- ¼ cup unsweetened coconut to sprinkle on top



Directions: On a cookie sheet, toast nuts and shredded coconut until golden brown. Shake up the tray at least once during cooking.

Once toasted, pour mixture into a food processor and pulse until nuts are chopped and the mixture becomes coarsely ground (sort of the consistency of bread crumbs).

In a mixing bowl, melt coconut oil and almond butter (about 30 seconds) in microwave. Remove from microwave and stir until smooth.

Add vanilla extract, honey and sea salt. Mix thoroughly. Fold in nut mixture, almond meal and protein powder until mixed thoroughly. Add whole egg and mix thoroughly. Fold in blueberries/cranberries.

Press mixture into an 8 x 8 loaf pan. Cook in a preheated oven at 325 degrees for 10 minutes.

Remove from oven, sprinkle a ¼ cup of shredded coconut on top and place under broiler until top begins to brown. Let cool for 10-15 minutes. Cut into 12 pieces/bars.

Bonus Fun Foods

You won't find these in your meal guide, but they're great for a snack on your cheat / free days

Spicy Sweet Potato Chips – Your New Best Friend

Ingredients:

- 4 sweet potatoes (on the smaller side), peeled and rinsed
- Coconut oil
- Kosher or Sea Salt
- 1 Tablespoon coconut sugar
- ½ teaspoon ground cinnamon
- 1 pinch cayenne pepper
- ½ teaspoon sweet paprika

Directions:

Preheat oven to 400°. With a mandolin or sharp knife, slice the potatoes very thin. Brush a baking pan with a thin coating of coconut oil. (If necessary melt the oil.)

Place sliced sweet potato on the pan in a single layer. Brush each slice *lightly* with melted coconut oil.

Lightly sprinkle the potatoes evenly with salt, sugar, cinnamon, cayenne pepper & paprika.

Place both trays in oven with equal spacing. Bake until potatoes are tender and begin to crisp on the sides. Watch them carefully once they start to brown. (approximately 15 - 20 minutes)

Remove from oven and let cool. Serve immediately.

If you have a convection oven, this would be a good time to use it as it allows the air to circulate will around the chips.

Fudge Babies

Ingredients:

- 1½ cups pitted dates (220 grams) (I often use SunMaid dates, which are super-soft.)
- 1 tsp vanilla extract
- ¼ tsp sea salt, divided in half
- 3-4 tbsp raw unprocessed cocoa powder (or even Dutch cocoa)

Directions: Blend all ingredients, using a food processor, Magic Bullet, etc. (No need to blend the dates first; I just blend everything all at once in a Cuisinart food processor.)

Roll into small little balls. Use plastic wrap if you wish, or smush it all together in a plastic bag so it'll stay together better. Or, if you want true brownies, shape the dough into bars!

This is true love in a bite.



Grilled Bananas

Ingredients:

- 1-4 Bananas
- 1 tbsp fresh squeezed lemon juice
- Cinnamon to sprinkle
- Optional: a dash or raw, organic honey

Directions: Preheat grill for medium-low heat. Oil the grill grates well so the banana doesn't stick.

Without removing the peel, cut each banana in half lengthwise. Sprinkle each half with lemon juice.

Place banana halves on the grill, with the peel side facing up. Cook for about 2 minutes on each side. Remove bananas from grill, sprinkle with cinnamon and (a little raw honey if you want), and enjoy.