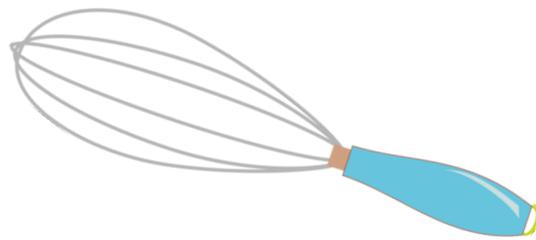


Low Carb,

Healthy

RECIPES



ONE-PAN CRISPY CHICKEN LEGS & BRUSSELS SPROUTS (GLUTEN-FREE & PALEO)

Ingredients:

- 2 whole chicken legs (skin on & bone in)
- 1 stalk of Brussels sprouts, stemmed and chopped
- 1 generous tbsp of coconut oil
- 1 tsp olive oil, for sprouts
- Juice of 1 lemon
- ¼ cup chicken stock
- Pecorino or Parmesan cheese to garnish (optional)

Instructions:

1. Preheat oven to 425 degrees.
2. Wash, prep, de-stem and halve all of your Brussels sprouts.
3. Toss them in a bowl with your olive oil and a pinch to two of salt, pepper and granulated garlic. Season to your taste.
4. Wash your chicken legs and pat them dry.
5. Liberally season both sides of your legs with salt, pepper and granulated garlic. Set aside.
6. Heat up your coconut oil in your cast iron skillet until hot. To test, flick a drop of water into the oil. It should hiss and sizzle.
7. Once your oil is heated up, add your chicken legs to the pan face down.
8. Allow them to sit there and get crispy. This will take several minutes. Don't move them, even if you are tempted. Mine crisped up in 6-8 minutes.
9. Once the first side is crispy, flip your chicken legs over and crisp up the other side.
10. When both sides of the chicken are crisped up, add in your Brussels sprouts to the pan along with your chicken broth and lemon juice. Stir.
11. Place your pan in the oven and bake for 30 minutes or until the chicken is cooked through and the juices run clear.
12. Garnish with some freshly grated Pecornio or Parmesan cheese and serve. If you are eating Paleo this step can be skipped, and it will still be super tasty.
13. Enjoy!

SIMPLE FISH RECIPE

One of my go to favourites is simply fish topped with pesto with a side salad or veggies - any fish that I please, topped generously with pesto (homemade or store bought) and baked in the oven.

CRISPY CHICKEN DIPPERS (from paleomg.com)

Ingredients

- 1 pound boneless, skinless chicken breast, cut into strips (your choice is size)
- 1 egg, whisked
- 1 cup unsweetened shredded coconut
- ½ cup almond flour
- pinch of salt
- coconut oil, for greasing pan

Instructions

1. Preheat oven to 350 degrees.
2. Cut chicken into strips.
3. In a shallow bowl, whisk together egg. In another shallow bowl, mix together coconut, almond flour and salt.
4. Dredge chicken strips in the whisked egg, then straight to the coconut mixture. Coat on all sides then place on a plate. Repeat with all chicken strips.
5. Place a large pan over medium heat. Add a tablespoon or two to the pan. Once the pan is super hot, add the strips to the pan without crowding it. Cook for about 1 minute on both sides. You may need to do this in 2-3 batches depending how big the strips are.
6. Place the strips on a cooling rack that has been placed on top of a baking sheet. This will help the chicken strips cook on both sides without getting soggy. If you don't have a cooling sheet, you will just have to flip them half way through the baking.
7. Place baking sheet in the oven and cook for 10-12 minutes or until no pink remains inside the chicken.
8. Let cool on baking sheet before serving. Dip them into maple mustard sauce!

PEANUT BUTTER BANANA SMOOTHIE

Ingredients:

2 tablespoons peanut butter
1 banana
½ - 1 cup unsweetened almond milk (plain or vanilla)
2 teaspoons cinnamon
4 – 5 ice cubes

Directions:

1. Place all ingredients in blender and blend for approximately 1 minute.

SLOW COOKER CILANTRO LIME CHICKEN

Ingredients:

1 (16 ounce) jar salsa

3 tablespoons chopped fresh cilantro

1 – 2 limes, juiced (or 2 – 4 tablespoons lime juice)

3 pounds skinless, boneless chicken breast halves

Taco seasoning:

- 1 tablespoon chili powder
- 1 ½ teaspoons ground cumin
- ½ teaspoon onion powder
- ½ teaspoon crushed red pepper flakes
- ½ teaspoon paprika
- ¼ teaspoon garlic powder
- ¼ teaspoon dried oregano
- 1 teaspoon sea salt
- 1 teaspoon black pepper

Directions:

1. In a small bowl, mix together taco seasoning ingredients.
2. Place salsa, taco seasoning mix, lime juice, and cilantro into slow cooker and stir to combine.
3. Add the chicken breasts and stir to coat with the salsa mixture.
4. Cover the slow cooker, set to High, and cook until the chicken is very tender, about 4 hours. If desired, set cooker to Low and cook 6 to 8 hours.
5. Shred the chicken with 2 forks and serve.

LEMON LIME TALAPIA

3.5 ounces tilapia or any white fish

1/2 lemon slice

1/2 lime slice

1 garlic clove (minced)

1/4 T. sea salt

1/4 T. black pepper

1/2 t. dry dill

1/2 cup water

Mix together lemon juice, lime juice, garlic, salt, pepper, and dill. Marinate fish in seasonings for 10 minutes and place in non-stick pan with water and cover and steam for 10 minutes.

QUICK & EASY SALMON CAKES

Ingredients:

- 2- 6 oz cans wild salmon, drained
- 2 eggs, beaten
- 3 tbsp minced shallots
- 1-2 cloves garlic, minced or grated
- 2 tbsp green onions, minced
- 1 tsp savory spice blend
- 2 tsp mustard, optional
- 1-2 tsp coconut flour (optional)
- ¼ cup coconut oil or butter

Directions:

Combine salmon, eggs, shallots, garlic, green onions, spice blend and mustard (optional) in a small bowl. If the consistency is runny, sift the coconut flour over the mixture and combine well.

In a large pan over medium heat, melt enough coconut oil to create a layer about ¼" thick. Form the salmon mixture into 4 equally sized patties and place them in the pan, all at once or 2 at a time. Allow the patties to brown on one side before flipping, and cook all the way through.

Serve warm, or cold as leftovers.

FRIED CHICKEN TENDERS

(this is just for 1 serving so depending on how many you serve- multiply the recipe)

- 4oz chicken
- 1 T milk
- 3 melba toast
- Seasonings (salt, pepper, paprika, ground red pepper, garlic powder)

1. Preheat oven to 350.
2. Slice chicken breast into 3 tenders.
3. In small bowl, mix milk and any seasonings you prefer.
4. Grind melba toast in food processor until it is a powder. (I use my coffee grinder.)
5. Put melba toast powder in a separate small bowl.
6. Add chicken to milk mixture and toss to coat well.
7. Then one at a time, place chicken in powder and coat both sides of chicken.
8. Place chicken in glass baking dish and bake 30-40 min., turning over halfway through.
9. In last 5 min., turn on broiler and broil 2-3 min. each side.
10. Serve immediately

ZUCCHINI PANCAKES (From Practical Paleo)

Ingredients

- 1 Tbsp. coconut flour
- 3 eggs
- sea salt and black pepper to taste
- 2 cups shredded zucchini (using a food processor with a shredding disc is ideal, or you can shred them by hand)
- coconut oil or bacon grease to pan-fry in (amount will vary)

1. Sift the coconut flour into the eggs and beat them together.

Note: Coconut flour often has clumps, which is why we want to sift it. Mix in the shredded zucchini, sea salt & pepper.

2. Use a large cast iron skillet over medium-low heat with coconut oil or bacon grease coating the pan.

3. Spoon the mixture into the pan in desired sized "cakes." I made mine pretty large at roughly 4-6" in diameter and cooked them one at a time but you can also make smaller ones and load up a pan with 3-4 at a time.

4. Serve warm or at room temperature/on-the-go- alone or with sausage or bacon. Yum.

Variations

*Add any other spices or fresh herbs that you like. Cilantro or basil would be a nice addition to these grain-free veggie pancakes!

BAKED APPLE

Any apple you like

1 pkg stevia

1 T. cinnamon

1 T. water

1 t. cinnamon

Cut apple core almost through and mix together stevia and cinnamon with 1 T. water. Place apple on a sheet of foil and mold foil to cup the apple. Pour stevia and cinnamon mixture in the apple core and tighten foil securely around apple. Bake 350 for 45 minutes. Serve in a shallow dish and sprinkle cinnamon over the apple.

CHEESY GREEK-STYLE BAKED QUINOA

I used frozen spinach and sautéed red bell peppers and zucchini instead of artichokes (olive oil instead of the oil from the artichokes). It was really good and I think it's a good versatile recipe. I served it with sautéed garlic and butter mushrooms and homemade baked sweet potato fries (recipe also below).

Ingredients:

- 2 1/2 cups Cooked Quinoa
- 1 1/4 cup Fat Free Feta Cheese
- 1/2 cup Reduced Fat Shredded Mozzarella or Cheddar
- 1 cup Marinated Artichoke Hearts (in Oil)
- 1 cup Chopped Spinach
- 1 cup Diced Cherry Tomatoes
- 1/2 cup Skim Milk
- 1 tsp Crushed or Minced Garlic
- 1 tsp Lemon Juice
- 1 tsp Parsley
- 1 tsp Onion Powder
- 1/4 tsp Sea Salt & Coarse Black Peppercorn - approx.

Directions:

1. Prepare the quinoa as directed. While quinoa cooks, dice cherry tomatoes and chop spinach leaves, then set aside. Next, in food processor combine 1 cup feta, skim milk, garlic, lemon juice, and parsley, blending until smooth.
2. When ready, stir artichoke hearts, cherry tomatoes, and spinach into quinoa, plus 1 tbsp oil from artichokes, stirring well. Pour over with feta sauce, then season with onion powder and salt & pepper, combining thoroughly.
3. Transfer mixture to oven safe casserole dish, spreading evenly. Top with remaining feta and mozzarella (or cheddar), then bake at 400F for 15 minutes until top has melted. Immediately plate and serve.

HOMEMADE BAKED SWEET POTATO FRIES (my own recipe)

Preheat a baking sheet in the oven at 400 degrees

Peel and cut sweet potatoes into long skinny fries (try and keep them the same size)

Toss with Peanut oil to coat lightly

Place in single layer on prepared (hot) baking sheet

Bake for 20 minutes at 400, turning once

Remove from oven and place on a paper towel in a bowl. Salt and pepper to taste and serve immediately. NOTE: Can add crumbled blue cheese for a tasty treat

ZUCCHINI BLINIS

Ingredients

1 tablespoon coconut flour
3 eggs
2 cups of zucchini, grated
Salt and pepper
Coconut oil or butter

Method

1. Sift flour into eggs and beat together
2. Mix in zucchini, salt and pepper
3. 3. Heat oil or butter in a pan and spoon dollops of mix into pan
4. Serve warm with cream cheese and chopped chives on top

Makes 8-10. I freeze these and use as a snack.

MINI FRITTATAS

Ingredients

4 eggs
½ cup grated cheese
Spinach
½ Avocado
2 tbsps Ricotta or cottage cheese
½ tbsp flax meal

Method

1. Preheat oven to 180*c
2. Mix all ingredients together in a bowl
3. Grease a mini muffin tin with coconut oil or butter
4. Pour mix into tin
5. Bake in oven until golden and cooked through (10 to 15 mins)

I freeze these and use as a snack.

BRUSCHETTA CHICKEN

Ingredients

Chicken

2 eggs
2 tbsp water (30ml)
½ cup ground almonds
1 tbsp flax meal
1/3 cup grated parmesan
½ cup Italian seasoning
Salt and pepper
6 chicken breasts

Bruschetta

2 large tomatoes, chopped
2 tbsp olive oil
2 tsp crushed garlic
1 cup grated cheese

Method

1. Combine chopped tomatoes, 1 tbsp olive oil, garlic and basil. Set aside. Drain before using.
2. Preheat oven to 190*c. Spray 22 x 33cm casserole dish. In medium bowl combine eggs, water and beat until frothy.
3. On a dinner plate combine almonds, flax, parmesan, seasoning and salt and pepper, mix well. Set aside.
4. Coat chicken with egg mix. Place on plate next to mix and poke chicken with a fork in several places. Spoon almond mixture over chicken on both sides and lay in casserole dish.
5. Bake uncovered for 25mins. Remove from oven.
6. Place bruschetta topping over chicken. Drizzle with olive oil. Bake lightly and cover with foil for 10mins.
7. Top with cheese and bake for a further 15mins uncovered.

SLOW COOKER APRICOT CHICKEN

Ingredients:

- 1.5 lb boneless skinless chicken breasts (or thighs)
- 2 tsp coconut oil
- 1 large onion, chopped
- 3 cloves garlic, minced
- 2-inch piece ginger, grated
- 1/2 tsp cinnamon
- 1/8 tsp allspice
- Sea salt and pepper to taste
- 1 14.5 oz can no salt added diced tomatoes
- 1 cup chicken broth, preferably homemade
- 3/4 cup unsweetened, unsulphered dried apricots, halved

Directions:

1. Melt the 1 tsp of the coconut oil in a pan over medium heat. Season the chicken with sea salt and pepper, and add to the pan. Brown on both sides for a couple minutes. Then, remove from heat and set aside.
2. In the same pan, melt the remaining 1 tsp of coconut oil. Add more if needed. Add the onion and saute a few minutes, until it becomes translucent. Stir in the ginger, garlic, cinnamon and allspice. Cook and stir for 30 seconds, or until fragrant.
3. Add the tomatoes and chicken broth. Cook a few minutes longer, until heated through. Pour mixture into slow cooker and add the dried halved apricots. Place chicken on top of the mixture and cover.
4. Cook on low for 5-6 hours or on high for 3-4.
5. When done, shred the chicken with two forks and mix together.
6. Serve atop vegetable of choice (kale, squash, etc.). I used mashed butternut squash.

Yields: 4-5 servings

We usually put it over quinoa or spaghetti squash but you can even have it plain and it's delicious.

MELT IN YOUR MOUTH CHICKEN

1/2 cup parmesan cheese - grate yourself
1 cup Greek yogurt - Full fat/plain
1 tsp garlic powder
1 1/2 tsp salt
1/2 tsp pepper

Spread mixture over chicken breasts, bake at 375 degrees for 45 mins

ROASTED ASPARAGUS

1) Use water or olive oil to coat asparagus
2) sprinkle garlic powder, sea salt, and pepper. (Optional Italian seasoning and Parmesan cheese)
3) bake at 350 for 12-15 min

HAM & AVOCADO SCRAMBLE

Ingredients

- 8 eggs
- 1/4 cup 2% milk
- 1 teaspoon garlic powder
- 1/4 teaspoon pepper
- 1 cup cubed fully cooked ham
- 1 tablespoon butter
- 1 medium ripe avocado, peeled and cubed
- 1 cup (4 ounces) shredded Colby-Monterey Jack cheese

Directions

- In a large bowl, whisk the eggs, milk, garlic powder and pepper; stir in ham. In a large skillet, melt butter over medium-high heat. Add egg mixture; cook and stir until almost set. Stir in avocado and cheese. Cook and stir until completely set. Yield: 4 servings.

BLUBERRY MUFFINS

Ingredients:

3 eggs (room temperature-very important)
1/3 Cup Coconut flour
¼ Cup melted butter
½ teaspoon vanilla
¼ teaspoon salt
¼ Cup sugar substitute equivalent (Stevia)
½ teaspoon baking powder
2-5 Tablespoons water (see below)
½ Cup blueberries (or raspberries)

Preparation:

Heat oven to 375 degrees. Prepare muffin tins with a generous amount of butter. This recipe makes six "regular"-sized muffins.

Step 1) Whisk or beat eggs until yolks and whites are well mixed. Stream in the butter while continuing to mix. Add salt & vanilla until combined.

Step 2) Mix the remaining dry ingredients together-coconut flour, baking powder, and sweetener (if using powdered)

Step 3) Mix the wet and dry ingredients together. Now you will whisk in water one tablespoon at a time. The coconut flour will absorb the moisture from the wet ingredients like crazy. You want to get it to a consistency that will "hold up" the berries, but not be too thick. I usually end up using about 4T of water.

Step 4) Gently mix in the berries and divide among 6 muffin cups. Bake for about 15-18 minutes, or just until turning golden on top.

BACON CHEDDAR FRITTATA

Ingredients

- 3 eggs
- 1/2 cup 2% milk
- 1 green onion, chopped
- 1 tablespoon butter, melted
- 1/4 teaspoon salt
- Dash pepper
- 1/2 cup shredded cheddar cheese
- 1 bacon strip, cooked and crumbled

Directions

- In a bowl, whisk the eggs, milk, onion, butter, salt and pepper. Pour into a shallow 3-cup baking dish coated with cooking spray. Sprinkle with cheese and bacon. Bake, uncovered, at 400° for 12-15 minutes or until eggs are set. Yield: 2 servings.

CHEESE CRISPS (MICROWAVE METHOD)

8 ounce bag shredded cheese, any flavor

You can also use Deluxe Cheese squares and cut them into 9 small squares

Place a square of parchment paper (do NOT use wax paper) on a microwaveable dinner plate. Place a generous tablespoon of cheese in center of plate and, with your fingers, gently spread into a circle about 3 1/2-4" in diameter and not too thick in the middle. Microwave on HIGH about 30-40 seconds or until a toasty color and they sound crisp when tapped with your fingernail. Lift it off the paper with tongs and set on paper towel to cool. You can use the same piece of parchment over and over for the current crisp-making session. These will keep quite well in an air-tight container at room temperature for several days or longer.

Makes about 18-20 crisps

Can be frozen

PULLED PORK (CROCKPOT)

Ingredients

- 4 lbs pork roast (shoulder or butt)
- 2 large onions
- 1 cup ginger ale
- 1 (18 ounce) bottles favorite barbecue sauce (I like Sweet Baby Ray's)
- barbecue sauce, for serving (optional)

Directions

1. Slice one onion and place in crock pot.
2. Put in the roast and cover with the other onion, sliced. Pour over the ginger ale. Cover and cook on LOW for about 12 hours. See Note2 below regarding amount of time needed!
3. Remove the meat, strain and save the onions, discard all liquid. With two forks, shred the meat, discarding any remaining fat, bones or skin. Most of the fat will have melted away.
4. Return the shredded meat and the onions to the crock pot, stir in the barbecue sauce. Continue to cook for another 4 to 6 hours on LOW.
5. Serve with hamburger buns or rolls and additional barbecue sauce. Any leftovers freeze very well.
6. TIP: freeze ready-made sandwiches - a scoop of meat on a bun, well-wrapped. These make a great quick meal or snack. To reheat, remove wrapping, wrap in a paper towel, and zap 1-2 minute in the microwave.
7. Note: Shoulder or butt are recommended because the meat shreds very well. Other cuts do not shred as readily. It is a fattier cut, but the fat melts away in the cooking and is poured away when you discard the liquid.
8. Note 2: I have an older, smaller crock pot. The above times work perfectly for me. But if you have a newer or bigger crock pot, you may need to revise times downward, esp. after the bbq sauce is added. I think you need at least a couple of hours for it all to meld, but that may be all you need. Update: I recently bought a bigger crockpot, I think 5 or 6 qts. I cooked a 6 lb pork shoulder in it for 8 hours and it was shreddable at that point. Shredded, added the sauce, and cooked for another hour or so to meld everything. So use your best judgment on timing!
9. Note3: You might want to turn your roast over after it's cooked a while, to ensure more even cooking. I think this may depend on the size and shape of your roast and the size of your slow cooker. Remember that each time you remove the lid you lose heat and be careful, as turning a large piece of meat is awkward.

ZUCCHINI LASAGNA

Ingredients:

1 lb 93% lean beef
3 cloves garlic
1/2 onion
1 tsp olive oil
salt and pepper
28 oz can crushed tomatoes
2 tbsp chopped fresh basil
3 medium zucchini, sliced 1/8" thick
15 oz part-skim ricotta
16 oz part-skim mozzarella cheese, shredded
1/4 cup Parmigiano Reggiano
1 large egg

Directions:

In a medium sauce pan, brown meat and season with salt. When cooked drain in colander to remove any fat. Add olive oil to the pan and saute garlic and onions about 2 minutes. Return the meat to the pan, add tomatoes, basil, salt and pepper. Simmer on low for at least 30-40minutes, covered. Do not add extra water, the sauce should be thick.

Preheat oven to 350.

In a medium bowl mix ricotta cheese, parmesan cheese and egg. Stir well.

In a 9x12 casserole spread some sauce on the bottom and layer the zucchini to cover. Then place some of the ricotta cheese mixture, then top with the mozzarella cheese and repeat the process until all your ingredients are used up. Top with sauce and mozzarella and cover with foil.

Bake 45 minutes covered at 375, then uncovered 15 minutes. Let stand about 5 - 10 minutes before serving.

ROASTED ASPARAGUS WITH BALSAMIC VINEGAR

Rinse and dry asparagus and snap off the woody ends. Place on a cookie sheet and drizzle olive oil and balsamic vinegar over asparagus. Add a 1 tsp minced garlic. Bake at 350 degrees for 20-30 minutes. So delicious!

CARB-FREE CLOUD BREAD

Ingredients

- 3 eggs, separated
- 3 tablespoons whole milk cottage cheese or 3 tablespoons cream cheese
- 1/4 teaspoon cream of tartar
- 1 (1 g) packet artificial sweetener

Directions

- Preheat oven to 300 degrees.
- Separate the eggs very carefully, there must be no yolk in the white.
- In one bowl, mix together the egg yolks, the 3 T. of Cottage Cheese OR Cream Cheese and the one packet of Sweetener until smooth.
- In the other bowl add 1/4 teaspoon of Cream of Tartar to the whites and beat the whites on high speed until they are fluffy and form nice peaks.
- Very carefully fold the egg yolk mixture into the egg whites until mixed, but try and not break down the fluffiness of the egg whites too much.
- Spray two cookie sheets with Pam or other fat-free cooking spray.
- With a large spoon, "scoop" the mixture into 10 even rounds on the sheets (about the size of the top-half of the McDonalds hamburger bun; roughly 3/4 inch thick and 4 to 5 inches across).
- Bake on the middle rack. Here is when you have to watch them, because the cooking time the same on any two batches. It is somewhere around 1/2 hour, but it could be less or more. You just need to watch them until them become nice and golden brown (again, the color of a McDonalds bun).
- Remove from the pans and cool on a rack or cutting board.
- While warm they are crumbly and similar to cooked meringue - but don't let this fool you! Once completely cool, seal them in a ziplock storage baggie or a tupperware over night. They will totally change their consistency, to something much more like bread - a softer texture that is nice and chewy. If you do not like softer chewy bread, then eat them as they are, nice and crisp.

BAKED SPAGHETTI SQUASH WITH GARLIC AND BUTTER

Ingredients

- 1 small spaghetti squash (about 3-4 pounds)
- 2 tablespoons butter
- 2 cloves garlic, finely minced
- 1/4 cup finely minced parsley (or basil)
- 1/2 teaspoon salt (or to taste)
- 1/4 cup shredded parmesan cheese

Instructions

1. Preheat oven to 375F. Pierce squash a few times with sharp paring knife (to let steam escape). Bake spaghetti squash for 60 minutes, or until a paring knife pierces easily through skin with little resistance. Let squash cool for 10 minutes.
2. Cut squash in half, lengthwise. Use a fork to remove and discard the seeds. Continue using fork to scrape the squash to get long, lovely strands. If the squash seem difficult to scrape, return the squash to bake for an additional 10 minutes.
3. Heat a large saute pan with the butter and the garlic over medium-low heat. When garlic becomes fragrant, add parsley, salt and spaghetti squash strands. Toss well, sprinkle in the parmesan cheese and taste to see if you need additional salt. The spaghetti squash should have a slight crunch (i.e. not mushy) - but if you like it softer, cover the pan and cook 2 more minutes.

BAKED CAULIFLOWER POPPERS

- 2 heads of cauliflower
- 1/4 cup of olive oil
- 1 1/2 teaspoon of salt
- 1 teaspoon of pepper

Directions:

- Preheat oven to 400 degrees
- Wash and clean the cauliflower. Cut off and discard the stem. Cut the cauliflower up into small pieces.
- In a large bowl, combine the olive oil, salt and pepper. Add the cauliflower pieces and thoroughly coat each piece.
- Place cauliflower pieces onto a baking sheet lined with parchment paper. Bake for one hour and turn 3 times during cooking until each piece has a nice brown coloring. The browner they are the better.
- Remove from oven and enjoy!

LOW-CARB CHEESECAKE CUPCAKES

Ingredients

16 oz (2 packs) Regular Cream Cheese, softened
1/2 stick (4 tbsp) Unsalted organic butter
1/2 c Almond meal/flour
3/4 c Stevia
1 tsp Vanilla extract
2 large eggs
Cool Whip

Instructions

1. Pre-heat oven to 350 degrees F. & line a 12-cup muffin tin with cupcake liners. Set aside
2. In a small bowl, melt the butter & then stir in the almond flour for the crust. Mix well & then place a small amount in the bottom of each muffin cup, then pat down to form a thin crust.
3. Next, in a food processor or mixer, combine the cream cheese, eggs, vanilla, & sugar substitute. Mix until smooth.
4. Fill each cupcake liner to just about to the top, just so that they are all even.
5. Bake in the oven for about 17 minutes, then remove & let cool some.
6. Place tray in the fridge & chill for a few hours.
7. Once you're ready to enjoy, remove the cupcake from the tray & top with about 2 tbsp of the fat-free Cool Whip topping. Enjoy!!

PERSONAL PORTOBELLO PIZZA

INGREDIENTS:

1 large portobello mushroom, stem removed	1/2 tablespoon sliced black olives
1 tablespoon spaghetti sauce	4 slices pepperoni sausage
1/2 cup mozzarella cheese	1 clove garlic, chopped

DIRECTIONS:

1. Preheat the oven to 375 degrees F (190 degrees C).
2. Place the mushroom on a baking sheet, and bake for 5 minutes in the preheated oven. Remove from the oven, and spread spaghetti sauce in the cup of the cap. Top with cheese, olives, pepperoni and garlic.
3. Bake for an additional 20 minutes, or until cheese is melted and golden.

SIMPLY STRAWBERRY GREEN SMOOTHIE

Ingredients: 2 cups frozen strawberries 1/2 frozen banana 2 tablespoons flaxseeds 3 cups fresh organic baby spinach 1 cup unsweetened vanilla almond milk

COCONUT CHICKEN STRIPS

4 organic boneless skinless chicken breasts, cut into strips

¼ cup coconut oil, melted

Breading:

1 cup finely shredded coconut

¼ cup coconut flour

½ tsp salt

½ tsp pepper

½ tsp granulated onion

½ tsp granulated garlic

½ tsp paprika

In shallow dish, combine breading ing. Drizzle half of coconut oil over chicken strips. Dredge strips in breading. Place chicken in greased 9x13 glass baking dish. Pour remaining oil over strips. Bake at 375 for 20 min. Change oven to broil and broil about 5 min, until golden.

VEGGIE CHOW MEIN

Here's one of my favorites: It's vegetarian, but I love it cuz it's filling and it feels like you're eating real chinese!

Ingredients

- 1 teaspoon coconut oil
- ¼ cup chopped onion
- 2 celery stalks, chopped
- 1 large carrot, chopped
- 1 clove garlic, minced
- Tamari, to taste (gluten-free soy sauce) or coconut aminos
- liquid stevia, or honey to taste (optional)
- 2 cups spinach
- 2 cups cooked spaghetti squash noodles
- optional: sliced mushrooms, diced chicken, cashews...anything you want!
- sea salt, to taste

Instructions

1. In a large skillet, saute the onion, garlic, celery, and carrots in coconut oil, until crisp-tender. Use a splash of water, if needed, to prevent sticking.
2. Once the veggies are cooked to your liking, add a splash of Tamari– and a few drops of liquid stevia, to taste.
3. Stir well, then add in the squash noodles! Toss well, until the flavors have combined and the noodles are piping hot. (You may need another splash of water at this point to prevent sticking)
4. Add the fresh spinach at the very end, as it will wilt quickly from the heat.
5. Add a pinch of salt, and adjust seasonings to your liking, then serve immediately!

<http://detoxinista.com/2011/10/veggie-chow-mein/>

ZUCCHINI NOODLES

Either with a mandoline slicer or a julienne peeler or a spiralizer, make your zucchini into noodles to use in place of pasta! It's an amazing way to eat zucchini. I mix mine with homemade spaghetti sauce, or pesto, or creamy avocado sauce and sausage. Delicious!

CAULIFLOWER "FRIED RICE"

Cauliflower rice is one of my favorites. I make it a lot to eat with meatballs, curry, stir fry, etc. This is one way to make it into a meal in itself.

- 1 medium head (about 24 oz) cauliflower, rinsed
- 1 tbsp sesame oil
- 2 egg whites
- 1 large egg
- pinch of salt
- cooking spray
- 1/2 small onion, diced fine
- 1/2 cup frozen peas and carrots
- 2 garlic cloves, minced
- 5 scallions, diced, whites and greens separated
- 3 tbsp soy sauce, or more to taste (Tamari for Gluten Free)

Directions:

Remove the core and let the cauliflower dry completely. Coarsely chop into florets, then place half of the cauliflower in a food processor and pulse until the cauliflower is small and has the texture of rice or couscous – don't over process or it will get mushy. Set aside and repeat with the remaining cauliflower.

Combine egg and egg whites in a small bowl and beat with a fork. Season with salt.

Heat a large saute pan or wok over medium heat and spray with oil. Add the eggs and cook, turning a few times until set; set aside.

Add the sesame oil and saute onions, scallion whites, peas and carrots and garlic about 3 to 4 minutes, or until soft.

Raise the heat to medium-high. Add the cauliflower "rice" to the saute pan along with soy sauce. Mix, cover and cook approximately 5 to 6 minutes, stirring frequently, until the cauliflower is slightly crispy on the outside but tender on the inside. Add the egg then remove from heat and mix in scallion greens.

http://www.skinnytaste.com/2014/03/cauliflower-fried-rice.html#_a5y_p=1424481

ALMOST 5 INGREDIENT PIZZA SPAGHETTI PIE

Ingredients

- 1 large spaghetti squash (about 600 grams)
- 1 pound italian sausage
- ½ yellow onion, diced
- 1 cup pizza sauce (no sugar added)
- 1 teaspoon dried basil
- salt and pepper, to taste
- 3 eggs, whisked
- (optional: add anything you like with pizza: veggies, basil, even cheese if you do primal)

Instructions

1. Preheat oven to 400 degrees.
2. Cut spaghetti squash in half lengthwise. Place spaghetti squash cut side down on a baking sheet and bake for 20-25 minutes or until the skin of the squash gives when you press on it. Then reduce oven heat to 350 degrees.
3. Once squash is done cooking, remove threads and place in an 8×8 greased baking dish.
4. Place a large pan over medium heat. Add italian sausage and onion. Cook until pink no longer remains in the sausage and it is broken up into pieces.
5. Add pizza sauce, dried basil and salt and pepper to the pan and mix well.
6. Add sausage mixture to the 8×8 dish and mix well with spaghetti squash threads.
7. Lastly, add whisked eggs to the baking dish and mix everything together until you can no longer see the eggs.
8. Place in oven and bake for 1 hour or until the top of the mixture forms a slight crust that doesn't give when you press on it in the middle of the dish.
9. Let rest for 5 minutes before serving. <http://paleomg.com/almost-5-ingredient-pizza-spaghetti-pie/>

CARROT FRIES OR SWEET POTATO FRIES

Take a bunch of carrots or sweet potato, peel, and then cut into fry slices. Spread out on a parchment paper or tin foil lined baking sheet, set oven to 425. Drop spoonfuls of coconut oil over fries, sprinkle with salt, and bake for about a half hour. Stir a few times to coat all fries with oil and help them to get nice and crispy. YUM

ROASTED VEGGIES

Brussel sprouts cut into halves or fourths, beet chunks, broccoli or cauliflower florets, zucchini chunks, carrots, mushrooms, etc. are all SO TASTY when roasted! Spread on lined baking sheet, drop a few tablespoons of coconut oil over them and sprinkle with sea salt. Roast at 425, stirring around a few times, until a little browned and crispy, about 30 minutes or until it's done to your liking. I love roasted veggies.

KALE CHIPS

Tear off bite sized pieces of kale off a few kale stems, discarding the stalky part. Spread out on baking sheet, drop some spoonfuls of coconut oil, sprinkle with sea salt, bake at 375 for about 12 minutes until crispy, stirring at least once to coat with the oil. This is one of my favorite snacks!

BAKED FISH

An easy go to weeknight meal for us is to buy bags of frozen individually wrapped tilapia and salmon, and then thaw however many we need, and lay them on a lined baking sheet. Drizzle with olive oil or drops of coconut oil, salt, pepper, lemon if you want. Bake for however long it says...about 15 minutes. Fish is yummy and easy, served with a green veggie and sweet potato or carrot fries.

BANANA PANCAKES

- 1 large banana
- 2 eggs
- 1/8 tsp baking powder (optional, but recommended)
- 1/8 tsp ground cinnamon (optional, but recommended)

Instructions

Heat a skillet on the stove top to medium heat. While pan is heating, mash banana well and then mix in eggs, baking powder, and cinnamon. When pan is hot (water droplets should sizzle) Spray pan lightly with non-stick spray. Pour 2 tablespoons of batter at a time and cook until bottom appears set (30-60 seconds) flip with spatula and cook additional minute or less. Serve warm with butter and syrup. Yield: 10-12 3" pancakes.

(I serve these with maple almond butter and a tiny bit of maple syrup.....delicious!!)

SCD WHITE "CHOCOLATE" CANDY – COCONUT BUTTER CANDY

This is a super yummy treat when you're craving something sweet. Coconut butter- I love it!!

Ingredients

1/3 cup coconut butter
1 TB honey
1/4 tsp vanilla extract (or just a few drops)
1/2 TB butter

In a small saucepan over medium low heat, melt coconut butter and stir in honey, vanilla, and butter until well combined. It will not melt to a smooth liquid like melted chocolate, but is more of a thicker consistency almost like grits or cream of wheat. Spoon into candy molds. Each mold I used took about 1/2 tsp of melted mixture. Put mold in freezer for 15 minutes. Pop candies out and enjoy.

Makes about 12 1" candies.

CRUSTLESS PUMPKIN PIE

This is a yummy, easy, custard like treat

Ingredients:

2 cups cooked butternut squash puree (1 medium butternut squash, roasted in the oven. Scoop out flesh and puree in blender until smooth) OR one 15 oz can of Trader Joes pumpkin puree
1/2 cup coconut milk
2 eggs (I use 1 egg) OR substitute with 4 Tbs boiled water whisked with 2 tsp unflavored gelatin
1 Tbs cinnamon
1 Tbs vanilla
1/4 to 1/2 cup honey, depending on how sweet you want it
1/2 tsp sea salt
1/2 tsp nutmeg
1/4 tsp ginger

Preheat oven to 350. Mix all ingredients together in a bowl until smooth. Pour into a glass pie dish and bake for 1 hour. Let cool, keep in refrigerator and eat like pudding. It's yummy with some refrigerated coconut milk "cream" and a scoop of almond butter!

CASHEW COOKIE NO-BAKE BARS

- 30 grams unsalted cashews (1/4c)
- 80 grams dates, which is a scant 2/3c (I use SunMaid, as they're softer.)
- tiny pinch salt (brings out the sweetness)
- Optional: a drop or two of good-quality vanilla extract (I use about 1/8 tsp)

Blend in your food processor (I use the Magic Bullet short cup. If you're using a bigger food processor than that, I'd recommend at least doubling the recipe for smoother blending). Enjoy!

HOMEMADE GUMMIES

You can use any kind of juice, mixed with unflavored gelatin to make your own jello or gummies! This recipe for homemade gummy bears uses real gelatin, which is rich in nutrients for your growing children (and adults too!).

What you will need to make your own healthy gummy bears:

- 1/3 cup fresh squeezed lemon juice
- 3 Tbsp grass fed gelatin
- 2 Tbsp raw honey
-

Directions:

1. Pour lemon juice and honey into a skillet on low heat- not hot since it will kill the probiotic awesomeness of the raw honey!
2. Once warm mix in the gelatin.
3. Mix thoroughly until the gelatin has dissolved.
4. Pour into a measuring cup, and then into molds (we used these super cute bear ones and heart ones)
5. Put in freezer for 15 minutes.
6. Take out and enjoy!

Read more: Homemade Lemon Gummy Bears Recipe - Hollywood Homestead <http://www.hollywoodhomestead.com/lemon-gummies>

FROZEN GRAPES

They're an amazing snack and taste delicious!

CHICKEN BROCCOLI CASSEROLE

- 1/2 of a 52 oz pkg. of frozen pre-cooked grilled chicken strips from Costco, thawed and diced (or 4 whole chicken breasts cooked and diced)
- 1/2 pkg. of broccoli from Costco, cooked and cut up (or one large head)
- 1 can cream of mushroom soup
- 1 salad dressing (fat free) such as Miracle Whip
- 1/3 cup milk or half & half
- 1 tsp. curry powder
- 1 tsp. lemon juice
- 2 cups shredded cheddar cheese (one 8 oz. package pre-grated)

Mix well and bake for 30 min. at 350 degrees. If you have made ahead and stored in the fridge, it may take up to 45 min.

LENTIL VEGETABLE SOUP

- 2 c. lentils, washed
- 1 lb. bulk country sausage, browned and drained
- 1 c. chopped onion
- 1 c. chopped celery
- 1 c. chopped carrots
- 1 clove garlic
- 2 1/2 tbsp. salt
- 1/4 tsp. pepper
- 1/2 tsp. oregano
- 7 c. water
- 3 T. snipped or dried parsley
- 2 cans diced tomatoes
- 2 Tbs. wine vinegar

Simmer about first 11 ingredients for 1 1/2 hours or in crockpot as long as you wish. Add tomatoes and wine vinegar the last half hour.

Again, this keeps well, and actually gets better with age. Or freeze it for later.

LOW CARB SOUTHWESTERN TACO SOUP

Ingredients

- 1 # ground beef
- 1/2 c onion, chopped
- 2 cloves garlic, minced
- 1 T cumin
- 1 t chili powder
- 2 10 oz cans Rotel tomatoes, undrained (tomatoes with green chilies)
- 2 cans beef broth
- 1/2 c heavy cream
- 8 oz cream cheese, cubed
- salt, to taste

Directions

In a large soup pot, brown the beef with the onion and garlic; drain. Add spices and cook a couple of minutes before adding the tomatoes, broth and cream. Bring to a rolling boil and gradually add the cream cheese, stirring until completely melted and smooth. Season with salt to taste. Makes 8 1-cup servings.

Number of Servings: 8

CROCK POT SPARE RIBS

Place 1/2 cup of your favorite barbeque sauce in the bottom of the crock pot. (Optional: stir in two Tbs. brown sugar.) Add a package of pork spareribs, dipping each so that it is covered on all sides. Cook five or more hours until fork tender.

MEAT & VEGGIE MEAL

My favorite fast and easy low carb meals consist of simply a piece of meat, (pork chops, chicken, etc.) a cooked vegetable, and a salad. No recipes necessary. Low fat hamburger patties on whole grain thin buns with lettuce and sliced tomato are quick and easy.

GRANOLA

Ingredients

3 cups mixed nuts (I use 1 cup each of 3 different raw nuts)
1 cup shredded coconut
4 tbsp coconut oil melted
1/4 cup honey
2 tsp cinnamon
1/2 tsp salt
1 cup dried fruit

Instructions

- Preheat oven to 325F
- Pour the nuts into your food processor and pulse a few times, just enough to chop the larger nuts into smaller chunks
- In a bowl combine the nuts, shredded coconut, coconut oil, honey, cinnamon and salt and mix well
- Place the mixture on a parchment lined baking sheet and spread out thinly
- Bake for 15-20 minutes
- Remove from oven, let cool, and break up into pieces.
- Mix in the dried fruit

Adapted from:

<http://livinpaleocuisine.com/2012/07/29/granola/>

SPAGHETTI SQUASH SPAGHETTI

1 large Spaghetti Squash
1 jar of your favorite spaghetti sauce

1. Cut the Spaghetti squash in half and scoop out all of the seeds
2. Place the squash in the oven with cut side facing up. I always put a piece of foil under the squash to avoid getting spills in the oven.
3. Bake the squash at 375 for approximately 30 to 40 minutes or until it is soft
4. Remove the squash from the oven and let it cool until you can scoop it out with a fork
5. Add your favorite sauce or meat to the squash- this can be used to replace pasta

COCONUT CREPES:

Ingredients

2 eggs
2 tablespoons coconut oil, melted
1/4 teaspoon vanilla extract (can substitute almond extract)
1/8 teaspoon salt
2 tablespoons coconut flour
pinch of cinnamon
1/3 cup coconut milk

Instructions

In a medium bowl with a wire whisk, beat together the eggs, oil, vanilla, and salt. Mix in coconut flour, and cinnamon; stir in coconut milk.

Heat an 8-inch skillet over medium heat. When hot, melt a tiny pat of butter or coconut oil in the pan. Pour 1/8 cup of batter in the skillet and swirl around in pan until a thin layer of batter covers the bottom. The crepe should be about 6-inches in diameter.

Cook 1-2 minutes, or until batter is bubbly and cooked around the edges. Flip the crepe and cook the other side for 1-2 minutes more, or until done.

Fill the crepes with the berries, top with a little homemade whipped cream, or a light dusting of coconut flour.

Makes about 6 crepes.

Adapted from:

<http://glutenfreegluttongirls.blogspot.com/2013/01/coconut-flour-crepes-yum.html>

ZUCCHINI TOTS

(Note: These zucchini tots are a staple for us at our house. I make sure to wring out the shredded zucchini really well to get rid of the excess water and then I omit the breadcrumbs all together so these really are low carb. I make a huge batch and freeze them in bunches. Then, when I need them for Jack, I just pop a few in the toaster oven or microwave until they are heated through again.)

Ingredients:

- 1 cup zucchini, grated
- 1 large egg
- 1/4 medium onion, diced
- 1/4 cup reduced fat sharp cheddar cheese, grated
- 1/4 cup seasoned breadcrumbs
- salt and pepper to taste
- cooking spray

Directions:

Preheat oven to 400°. Spray a mini muffin tin with cooking spray.

Grate the zucchini into a clean dish towel. Wring all of the excess water out of the zucchini. In a medium bowl, combine all of the ingredients and season with salt and pepper to taste.

Fill each muffin section to the top, pushing down on the filling with your spoon so it's nice and compacted so they don't fall apart when you take them out of the tin.

Bake for 16-18 minutes, or until the tops are golden.

Use a plastic knife or rubber spatula around the edges of each tot to remove them from the muffin tin. Enjoy!!

BALSAMIC FISH/CHICKEN

I make this sauce that can go on top of a fish fillet or a chicken breast.

Ingredients:

Fish fillets (our favorite is Swai) or chicken breasts- cooked

1 teaspoon extra virgin olive oil

10 to 15 cherry tomatoes

1 diced shallot

1 to 2 cloves of garlic diced

3 to 4 tablespoons of balsamic vinegar

2 tablespoons chopped fresh basil

1. Place the cherry tomatoes on baking sheet and broil in the oven on high until the tomatoes split and start to char a little
2. Meanwhile, heat the olive oil in a pan on medium low heat
3. Add the diced shallot and diced garlic. Make sure that the pan is not too hot to burn the garlic. Cook until the shallots until they begin to get soft
4. Add the cherry tomatoes to the shallot/garlic mixture after the tomato skins have begun to turn black
5. After adding the tomatoes, add the balsamic vinegar- i cook all of these together until the balsamic vinegar begins to reduce (you may need to add more vinegar if it cooks off too soon)
6. Once the vinegar has reduced, add the basil to the pan and reduce heat to low and simmer for approximately 5 minutes.
7. Add the sauce on top of the fish or chicken fillet and enjoy!

THAI CHICKEN STIR FRY

1 pound skinless, boneless chicken breast halves
3 Tbs. rice wine (I used regular white wine)*see note below
3 tablespoons soy sauce
1 tablespoon water
1 tablespoon fish sauce (optional) Can be found in the Asian aisle of most supermarkets
1 teaspoon cornstarch
1/2 teaspoon crushed red pepper (I used 1/4 tsp, and it was spicy enough for us)
1 tablespoon cooking oil
1 teaspoon grated or minced fresh ginger
2 cloves garlic, minced
1-1/2 cups bias-sliced carrots (3 medium)
2 cups fresh pea pods, tips and strings removed, or one 6-ounce package frozen pea pods, thawed
4 green onions, bias-sliced into 1-inch pieces
1/3 cup dry roasted peanuts
2 cups hot cooked rice
Chopped peanuts (optional)

Cut chicken into 1-inch pieces; set aside.

For sauce, stir together rice wine, soy sauce, water, fish sauce (if using), cornstarch, and red pepper. Set aside.

Pour oil into a wok or large skillet. (If necessary, add more oil during cooking.) Heat over medium-high heat. Add ginger and garlic to wok; cook and stir for 15 seconds. Add carrot; cook and stir for 2 minutes. Add pea pods and green onion; cook and stir for 2 to 3 minutes more or until vegetables are crisp-tender. Remove vegetables from wok.

Add chicken to hot wok. Cook and stir for 3 to 4 minutes or until chicken is no longer pink. Push chicken from center of wok. Stir sauce; add to center of wok. Cook and stir until thickened and bubbly. Return vegetables to wok. Stir in 1/3 cup peanuts. Cook and stir for 1 to 2 minutes more or until heated through. Serve with rice. If desired, sprinkle with additional chopped peanuts. Makes 4 servings.

CURRIED CHICKEN LEGS WITH CARROTS AND RICE

4 whole chicken legs (drumsticks and thighs), about 3 pounds total
1 tablespoon curry powder (I use a little more, since most curry powders are not strong enough for my taste)
2 pounds carrots, cut into 2-inch lengths, halved lengthwise if thick
1 cup brown or white basmati rice
2 limes, zest slivered and juice squeezed

Directions

1. Preheat oven to 475 degrees. Place chicken in the center of a large rimmed baking sheet; season with curry powder, salt, and pepper. Scatter carrots around chicken. Roast, occasionally brushing chicken and tossing carrots with pan drippings, until chicken is cooked through, and an instant-read thermometer inserted in the thickest part of thigh (avoiding bone) registers 165 degrees, 35 to 45 minutes.
2. Meanwhile, in a small saucepan with a lid, bring 2 cups water to a boil; season with salt and pepper. Add rice; return to a boil. Stir, and reduce heat to low. Cover, and simmer 18 to 20 minutes. Remove from heat, and scatter lime zest over rice. Cover pan, and let steam 5 to 10 minutes. (see note below)
3. Transfer chicken to a plate. Sprinkle lime juice over carrots (still on hot baking sheet); toss, scraping up and incorporating any browned bits. Fluff rice gently with a fork; serve with chicken and carrots.

EASY HAM, CHEESE, BROCCOLI BREAKFAST CASSEROLE

6 oz chopped ham
2 handfuls shredded cheddar cheese
bag frozen broccoli

Spread on bottom of 9x13 glass casserole dish

Mix 8 eggs, splash of milk or cream, salt and pepper to taste. Pour over other ingredients and mix a bit with a fork.

Bake 350 for 45 minutes.

HONEY-SOY GLAZED DRUMSTICKS WITH WARM POTATO-VEGGIE SALAD

Honey-Soy Glazed Drumsticks

½ cup honey

2 tablespoons soy sauce

8 skinless chicken drumsticks, about 3 pounds total (and did I mention that chicken drumsticks are usually super-cheap? I just buy them with the skins on and pull them off myself)

coarse salt and ground pepper

(those are ALL the ingredients! Sweet, huh?)

Preheat oven to 475 degrees. Line a shallow roasting pan or 9-by-13-inch baking dish with aluminum foil. (Please use foil, or you will regret it!) In a large bowl, mix together honey, soy sauce, and 1/3 cup water. Add chicken, and toss to coat; season with salt and pepper. Transfer chicken and honey mixture to roasting pan.

Bake chicken, basting with juices from edges of pan every 10 minutes, until well browned and an instant-read thermometer inserted into thickest part of drumstick (avoiding bone) registers 165 degrees, 30 to 40 minutes. Serve chicken drizzled with pan juices.

While the chicken is cooking, make...

Warm Potato Veggie Salad

1 ½ lbs. baking potatoes, peeled and cut into 1-inch pieces

Coarse salt and ground pepper

6 ounces frozen green beans

½ cup light mayonnaise

2 to 3 teaspoons white-wine or rice-wine vinegar

1 scallion, thinly sliced

1 carrot, coarsely grated

Place potatoes in a large pot; cover with water by 1 inch, and add 1 tablespoon salt. Bring to a boil; reduce to a simmer, and cook until potatoes are tender, 15 to 20 minutes. With a wire skimmer or slotted spoon, transfer potatoes to a large bowl (reserve water in pot).

To the simmering water, add green beans, and cook until crisp-tender, 2 to 3 minutes. Drain and add to potatoes, along with mayonnaise, vinegar, scallion, and carrot. Toss to combine, and lightly mash; season with salt and pepper, and serve warm.

BLACK BEAN AND TURKEY CHILI

1 lb ground turkey

1/2 onion, chopped

2 cloves garlic

1/2 c chopped carrots

1/2 c chopped red pepper

(jalapeno chopped, if desired)

beef stock

chili powder, salt and pepper to taste

2 cans black beans drained and rinsed

Brown turkey and veggies with spices, add beef stock to desired amount; bring to boil, add black beans. reduce heat and simmer

Optional: toss in 1 c frozen corn at end

GREEN SMOOTHIE

3 handfuls baby spinach, 1/2 avocado sliced; 1/2 c blueberries, 1/4 pineapple, 2 Tbsp flax seed

add water for desired consistency

blend (can add fish oil and probiotic)

(can pack all but water in quart bags and freeze for smoothie packs)

SHRIMP & CAULIFLOWER RICE

Sauté 1 minced garlic clove and 1 bunch of chopped scallions in 1 TBS coconut oil for 2-3 mins. Add in 2 whisked eggs and continue to sauté until eggs are cooked. Add in 1 cup chopped mushrooms and 1 shredded carrot. Also add 1/2 tsp each of ground ginger, salt, pepper. When mushrooms are cooked remove veggie/egg mixture. Add 1TBS coconut oil to the pan and 1 lb raw, cleaned and deveined large shrimp. Sauté until shrimp are no longer translucent. Add 1 head raw "riced" cauliflower, and veggie mixture back to pan. Add 1/4c low sodium chicken broth and 1/4c liquid aminos. Keep over heat until everything is combined and caul-rice is tender. EAT!

LOW CARB CHEESY STUFFED PEPPERS

Ingredients

- 6-8 green, orange, or yellow bell peppers
- 1-2 pounds ground beef
- 1 medium white onion, chopped
- 1 large can of diced tomatoes
- 2 garlic wedges, minced
- 1 cup of cheddar cheese
- Salt and pepper to taste

Preparation

1. Preheat oven to 350°F.
2. Cut the tops off the peppers and remove all the seeds and white stuff. Simmer peppers in boiling water for 5 minutes
3. Heat olive oil in large skillet over medium heat. Stir in onions, garlic and diced tomato and fry for about 3 minutes. Stir in ground beef. Cook the meat until it is no longer pink.
4. Stuff the mixture into the hollowed-out peppers. Place stuffed peppers onto a baking tray
5. Bake in preheated oven for 12-15 minutes. Top with cheddar cheese and bake for 5 additional minutes.

CHICKEN & MUSHROOMS WITH ASPARAGUS

Ingredients

3 drops vegetable oil
2 1/4 pounds button mushrooms
2 onions, very thinly sliced
2 1/4 pounds boneless, skinless chicken breasts, cut into cubes
1 pound asparagus tips, cut into small pieces
1 lemon, juiced
salt and freshly ground black pepper
1/4 cup chopped fresh parsley

Instructions

1. Heat a nonstick frying pan over medium heat. Add the oil and wipe out any excess with a paper towel.
2. Add the mushrooms, cook for 5 minutes, stirring often, and remove from pan and set aside.
3. Add the onion and cook until brown, about 5 minutes.
4. Add the chicken and cook until brown, about 6 minutes.
5. Add the asparagus, cooked mushrooms, lemon juice, and parsley, along with salt and pepper to taste.
6. Reduce the heat, cover, and continue cooking 10 minutes.

MASHED CAULIFLOWER WITH GARLIC & DILL

Ingredients:

- 1 large head of cauliflower.
- 6 cloves of garlic.
- 1 small package of fresh dill, or about 1/3 cup chopped.
- Salt and pepper to taste.
- Splash or coconut milk or a tbsp or two of butter or [ghee](#).

How you make it:

- Place your head of cauliflower in your crock pot. Remove the leaves and base stem. Use a paring knife to cut the head into florets. This method avoids having to clean up (or waste) any florets.
- Add your garlic and half of your dill. The rest of your dill will go into the mash fresh.
- Add enough water to your slow cooker to cover your cauliflower mostly (some will float). In a 4-quart crock pot, I used 6 cups of water.
- Cook on low for up to 6 to 8 hours or on high for 4 to 5.
- Carefully drain your crock into your colander. Either wait for the crock to cool or use heavy duty oven mitts. Please be careful with a hot crock and hot water.
- Remove the “cooked” dill from your mixture and transfer your cauliflower and garlic to a bowl.
- Add a pinch of salt and pepper, remaining freshly minced dill sprigs (no stems), and your coconut milk or butter if you choose to do so.
- Puree with your immersion blender, and you are done! If you are using a food processor, skip using a bowl and simply add everything into your food processor.
- Garnish with more fresh dill sprigs and see how many people you can fool into thinking these are actually potatoes, and not cauliflower mashed potatoes.

NO CRUST PIZZA BITES (GLUTEN FREE, LOW CARB)

You will need:

Regular muffin tin

Thicker cut Canadian bacon- not the thin stuff (I get mine at Costco)

Shredded Mozzarella cheese

Pizza sauce (or I prefer spaghetti sauce)

Pizza toppings of choice (I used pineapple, well drained)

****please note: you can modify this recipe to use a mini muffin tin if you would like, using only one slice of canadian bacon per cup and only a little of the toppings****

First, lightly grease your muffin tin. Place 3 pieces of your thick cut canadian bacon, slightly separated as shown in the picture below, into each cup of your muffin tin. Press down into cups. They won't stay in cup form very well, but that's okay. They will take that shape more when you add the toppings.

Gather your toppings, sauce, and shredded cheese.

Drop 1 Tbls. of sauce into each cup.

Add toppings. Load up those cups! I like them decently full.

Top with a generous amount of Mozzarella cheese.

Bake at 350 degrees uncovered for about 27 minutes or until the top is bubbly and golden brown. Watch them carefully toward the end to avoid overcooking.

Remove them from the pan using a fork to pop them out. There will be a little bit of juice to discard in the bottom of each cup.

You can eat them with a fork or by hand, but just to warn you they are a bit messy. We still eat them with our hands, but I thought I would warn you anyway :)

SAUSAGE & KALE SOUP

Ingredients

- 1 lb of Italian sausage (I used mild, but you can use spicy if you wish), cooked and crumbled
- 6 or 7 pieces of cooked bacon, chopped
- 1 qt of chicken broth
- 1 qt of water
- ½ to ¾ of a cauliflower, chopped
- 3 garlic cloves, minced
- 1 red or yellow onion, chopped (I used half of a large red onion)
- 2-1/2 cups of chopped kale
- 1 cup of coconut milk
- dash of salt and pepper

Instructions

1. You have the option of having this slow cook all day or heating in a saucepan at med-high heat for about 30 minutes. Add the water and broth to a crockpot or saucepan, toss in everything except for the kale and coconut milk.
2. Cook on low at least 4 hours in crockpot or med-high heat for about 30 minutes. About 20 minutes before serving, add in the kale, coconut milk, salt, and pepper.

CREAM CHEESE PANCAKES (LOW CARB & GLUTEN FREE)

Ingredients

- 2 oz cream cheese
- 2 eggs
- 1 packet stevia (or any) sweetener
- 1/2 teaspoon cinnamon

Instructions

- Put all ingredients in a blender or magic bullet. Blend until smooth. Let rest for 2 minutes so the bubbles can settle. Pour 1/4 of the batter into a hot pan greased with butter or pam spray. Cook for 2 minutes until golden, flip and cook 1 minute on the other side. Repeat with the rest of the batter. Serve with sugar free syrup (or any syrup of your choice) and fresh berries.

CAULIFLOWER MAC & CHEESE

1 large head of Cauliflower
Vegetable Oil Spray
1 Cup Heavy Cream
2 oz Cream Cheese, cut into small pieces
1 1/2 tsp Dry Mustard
1 1/2 Cups Sharp Cheddar, Shredded plus 1/2 cup for sprinkling on top
1/4 tsp Pepper
1/8 tsp Garlic Powder

Preheat oven to 375 degrees. Bring a large pot of water to a boil. Season the water with salt.

Spray the 8 x 8 baking dish with vegetable oil spray.

Chop the cauliflower into bite size pieces. In a large pot cover the cauliflower with water; bring to a boil. Cook the cauliflower in the boiling water until crisp-tender, about 5 minutes. Drain well and pat between several layers of paper towels to dry. Transfer the cauliflower to the baking dish and set aside.

Bring the cream to a simmer in a small saucepan, and whisk in the cream cheese and mustard until smooth. Stir in 1 1/2 cups of the cheese, salt, pepper, and garlic and whisk just until the cheese melts, about 1 to 2 minutes. Remove from heat, pour over the cauliflower and stir to combine. Top with remaining 1/2 cup cheese and bake until browned and bubbly hot, about 15 minutes. Serve.

PUMPKIN PANCAKES (PALEO)

Ingredients

- 4 eggs
- 1/2 cup pumpkin puree
- 1 teaspoon pure vanilla extract
- 1/4 teaspoon baking soda
- 1 teaspoon pumpkin pie spice
- 1 teaspoon cinnamon
- pinch salt

Blend all ingredients together (either by hand or in a blender or mixer). Grease the skillet and spoon the batter into the skillet to make pancakes of your desired size. When a few bubbles appear, flip the pancakes once to finish cooking.

Serve with grass-fed butter and cinnamon or sliced bananas.

CAULIFLOWER PIZZA BITES

Ingredients

- ½ head cauliflower (about 2 cups riced)
- 1 clove garlic, minced
- 1 cup part-skim shredded mozzarella cheese
- 1 egg, beaten
- 1 teaspoon basil
- 1 teaspoon oregano
- parchment paper
- toppings (pizza sauce, cheese, pepperoni, pineapple, etc)

Instructions

- Preheat the oven to 400 degrees
- Wash and trim the cauliflower, then cut off half of the florets. Place them in a food processor. Use the pulse feature until the cauliflower takes the form of rice- small, textured pieces.
- Transfer the cauliflower “rice” to a nonstick pan. Sauté over medium heat for 6-8 minutes.
- In a separate bowl, mix together the mozzarella, garlic, egg, oregano and basil.
- Once the cauliflower is cooked, add it to the bowl and stir to combine well.
- Press the "dough" into bite-sized pieces on parchment paper, then baked them at 400 degrees for 25-30 minutes.
- Top your pizzas, then stick under broil for 3-5 minutes until cheese is melted.
- Enjoy.

Note: When I make this, I sauté the cauliflower with the garlic, basil and oregano in a little bit of coconut oil....then I add the egg and cheese last.

CHEESY CAULIFLOWER DIPPERS

- 1 medium head cauliflower
 - 1 egg, slightly beaten
 - 1 cup Mozzarella cheese, shredded, divided in half
 - 1/2 cup shredded Parmesan cheese
 - 1 teaspoon dried oregano
 - 1 teaspoon dried basil
 - 1/2 teaspoon Garlic salt
1. Preheat oven to 425 degrees
 2. Wash and clean the cauliflower and cut it into chunks. Make sure you remove the core.
 3. Place the cauliflower in a food processor and pulse it until it's a "rice" consistency
 4. Transfer the cauliflower "rice" to a nonstick pan. Sauté over medium heat for 6-8 minutes.
 5. Transfer the cauliflower to a large bowl. Add 1/2 cup mozzarella cheese, 1 egg slightly beaten, 1 teaspoon dried oregano, 1 teaspoon dried basil, and 1/2 teaspoon Garlic salt. Stir the mixture well.
 6. Line a baking sheet with parchment paper and spray it lightly with cooking spray. Spoon the cauliflower mixture onto the pan and use your hands to form it into a 8 1/2 x 11 inch rectangle.
 7. Place in the oven for 30 minutes, or even longer until the crust is golden brown and firm.
 8. Remove the crust from the oven and top the crust with remaining mozzarella and Parmesan cheeses.
 9. Return the pan to the oven and bake for another 7-10 minutes, or until the cheese is melted.
 10. Cut into "breadsticks" and serve with warm marinara sauce for dipping. Makes about 10 breadsticks. This recipe could easily be doubled.

LOW CARB HOT COCOA

- 1 T Powdered Cocoa (not Dutch processed)
- 2 T Sweetener of your choice, equal to 2 T of sugar (I use 4 packets Truvia)
- 4 oz. Heavy Cream
- 2 oz. Water

Mix the cocoa and sweetener with a couple Tablespoons of heavy cream in a mug (there will be lumps of cocoa still. These will dissolve when heated) When mixed add the rest of the cream and water. Heat for approximately 2 minutes in microwave. Stir, and enjoy! For those of you who would rather not use a microwave you may heat on low to medium low heat on the stove in a saucepan.

BLACKENED SALMON WITH MANGO-AVOCADO SALSA

Ingredients:

- 1½ to 2 pounds wild salmon fillets, boneless and skin on
- 3 teaspoons melted grassfed butter
- 1 garlic clove, crushed
- 1½ tsp paprika
- 1 tsp sea salt
- ½ tsp onion powder
- ½ tsp oregano
- ½ tsp cumin
- ½ tsp chili powder
- ½ tsp cracked pepper
- ¼ tsp thyme
- ¼ tsp cayenne

Mango Salsa

- 1 large ripe mango, seeded, peeled and diced
- 1 large avocado, seeded and diced
- ¼ cup diced grape tomatoes
- 2 tablespoons diced red onion
- 1 teaspoon fresh lime juice
- ½ teaspoon sea salt

Instructions:

1. Slice the salmon evenly into 4 to 6 smaller fillets.
2. Combine the butter and all of the spices in a bowl. Rub all over both sides of the salmon. Leave at room temperature while the grill heats.
3. Preheat a grill to medium-high heat.
4. Meanwhile, combine the salsa ingredients together in a bowl and store in the refrigerator while the fish cooks.
5. Sear the salmon, skinless side down first. Close the grill lid. Cook 1-3 minutes on the first side, depending on how thick the fillets are. (Try not to move them until you are going to flip them over to help keep them in one piece.)
6. Using tongs and a metal spatula in the other hand, carefully turn the fish over, so that the skin side is down, and reduce the heat to medium. For charcoal grills, finish cooking over indirect heat furthest from the coals.
7. Close the grill lid and finish cooking for another 5 minutes, depending on the thickness of the fillets.
8. Salmon should be just barely opaque and will start to flake along the center of the fillet when done.
9. Serve hot with the mango-avocado salsa spooned over it.

CREAMY ALMOND BUTTER FREEZER FUDGE

Ingredients

- 1 cup raw creamy almond butter (unsalted) (I use Justin's Maple Almond Butter)
- ¼ cup coconut oil, softened
- 1½ Tablespoons raw honey
- ½ teaspoon fine sea salt

Instructions

1. Simply mix all the ingredients together in a bowl, until smooth and creamy. (note: It helps if everything is at room temperature, to keep the coconut oil soft!)
2. Transfer the mixture to a square baking dish, lined with plastic wrap, then smooth with a spatula, and freeze until solid, about an hour.
3. Remove the fudge by lifting the plastic wrap out of the pan, then cut into squares.
4. Return the fudge squares to a sealed container, and store in the freezer until ready to eat!

Note: Please, don't be tempted to reduce the amount of coconut oil in this recipe– it's what makes this fudge hold together! Also, be sure to serve chilled, as the fudge will melt if left at room temperature for too long.

ROASTED BROCCOLI

Ingredients

- Head of broccoli
- 2-3 cloves of garlic (or ½ tsp powdered garlic)
- Ziploc Bag
- 2 TBSP Olive Oil
- Salt and Pepper – to taste
- Sometimes I add onion powder too – ¼ tsp

Instructions

1. Preheat oven to 375°
2. Chop a head of broccoli (do not rinse) – or rinse and let thoroughly dry
3. Mince 2-3 cloves of fresh garlic or you can use 1 tsp powdered garlic
4. Place broccoli into a gallon size ziploc bag.
5. Add garlic with 2 TBSP olive oil and salt and pepper to taste.
6. Shake your ziploc bag well until coated
7. Spread out on baking sheet
8. Place on top rack and bake for about 30 minutes. The Broccoli will start to brown up and get crunchy and that is when you are ready to pull it out of the oven.

BAKED CHICKEN STRIPS WITH HONEY MUSTARD SAUCE (PALEO)

Ingredients:

- 1 pound chicken tenders
- ¼ cup extra virgin olive oil
- 1 cup dried shredded coconut, unsweetened
- ½ cup coconut flour
- ½ teaspoon coarse salt
- ⅛ teaspoon pepper
- ¼ teaspoon garlic salt
- ¼ teaspoon ground mustard seed
- ¼ teaspoon onion powder
- 2 teaspoons whole grain mustard
- 4 teaspoons honey

Instructions:

1. Preheat oven to 375 degrees and line a baking sheet with parchment paper.
2. Mix all of the spices and coconut flour in a shallow bowl.
3. Pour the olive oil into a separate shallow bowl, and the shredded coconut into a third bowl.
4. Dip each tender in the coconut flour first, then lightly shake off the excess. Next, dip in the bowl with the olive oil and shake off the excess oil. Lastly, dip the chicken in the coconut shreds and use your fingers to press press the coconut onto the strips.
5. Place the chicken strips on prepared baking sheet. Bake for 10 minutes, then turn the chicken over and bake another 10 minutes.
6. Turn the oven to broil, and continue baking for another 3-5 minutes until the chicken has evenly browned.
7. While the chicken is cooking, mix the mustard and the honey in a small bowl.
8. Serve the chicken strips hot with the honey mustard sauce or sauce of your choice!

SPICED PUMPKIN CHOCOLATE CHIP MUFFINS (adapted from Against All Grain)

Ingredients:

2 cups almond flour
3 tablespoons coconut flour
1 teaspoon baking soda
2 teaspoons cinnamon
3/4 teaspoon nutmeg
1/4 teaspoon ground ginger
1/4 teaspoon cardamom
1/4 teaspoon cloves
1/4 teaspoon sea salt
3/4 cup pumpkin puree, fresh or canned
1/3 cup pure maple syrup or honey (at room temperature)
2 large eggs at room temperature
2 tablespoons coconut oil, melted
1 teaspoon pure vanilla extract
1/4 cup dairy-free chocolate chips (Optional)

Instructions:

1. Preheat the oven to 350 degrees.
2. Line a muffin tin with baking cups
3. Place the almond flour, coconut flour, baking soda, spices, and salt in a small bowl and mix to combine.
4. Place the remaining wet ingredients in the bowl of a stand mixer and beat on high until combined, or use a hand mixer.
5. Slowly incorporate the dry ingredients into the wet, mixing until smooth.
6. Gently mix in the chocolate chips, if desired.
7. Pour the batter into the prepared muffin tin, filling each cup 2/3 of the way full.
8. Bake for 25 minutes, until a toothpick inserted into the center of a muffin comes out clean.