



Recipes

By Sarah Hunt

BREAKFAST:

Egg Muffin Recipe: (OR Denea's Veggie Cup Recipe can be substituted)

Eggs/Egg Whites (Approx 1 whole egg + 2-3 additional egg whites)

Favorite greens or veggies (chopped up or can use frozen)

Favorite Spices (i.e. basil, garlic powder, sea salt, pepper, minced onion, parsley)

Coconut oil or EVO to coat pans

- Preheat oven to 375 degrees
- Spray/Spread nonstick pans (I use muffin pans) with olive oil or coconut oil
- Measure out your eggs/egg whites (mix) and pour into pan (about ½ to ¾ way full)
- Add any veggies and/or spices you like
 - * I like to add things like broccoli, spinach, onion, peppers etc. and also Fresh and dried spices like rosemary, turmeric, basil, garlic, etc
- Mix the veggies and spices (I usually do this quickly with a spoon)
- Place in oven and allow it to bake for about 30-35 min at 375 degrees
- Take out and allow to cool. Then I usually will wrap each batch in aluminum foil.
- I will usually make 3-4 batches to last the next few days and store in refrigerator

Ground Turkey Paleo Wrap:

3-4 oz of Ground Turkey (or you can sub in ground chicken)
Handful of favorites greens (i.e. spinach, kale, chard, bok choy, etc)
Favorite Spices (i.e. sage, ginger, garlic, rosemary, etc)
½ TBSP Coconut, grapeseed oil, or ghee (if cooking stovetop for pan)
1 Paleo Wrap or Living or Romaine Lettuce Leaves
1 TBSP Nutritional Yeast

-If cooking turkey on stovetop, place oil or ghee in pan and cook thoroughly (no pink meat is present). If meat is already prepped, reheat and add greens or cook greens separately, adding your favorite spices.

-Divide up meat onto lettuce leaves or place onto paleo wrap and sprinkle top with nutritional yeast.

-Add salsa or a little healthy guacamole on top too (if you desire)

Roasted Squash Veggie Medley:

1 Sweet Potato (Peeled)
½ Butternut Squash (Peeled)
1 Small bag of frozen Lima Beans
½ Red Onion (sliced)
8-10 small pre-washed baby carrots (cut in half)
2 Zucchini (sliced and cut half)
15-20 Brussel Sprouts
2-3 TBSP coconut oil (use ½ TBSP for coating pan)

Spices I used: (can vary these according to preference and tolerance)

1 tsp Cardamom
½ tsp Cumin
1 tsp Thyme (dried)
1 tsp Rosemary (dried)
1 TBSP Basil (dried)
1 tsp minced garlic
½ tsp fennel seeds
Sea Salt and Ground Pepper (to taste)

*Preheat oven to 375 degrees

*Place foil on a baking sheet(s) or spread approx ½ TBSP of coconut oil on a large glass pan

- *Peel the sweet potato and butternut squash
 - *Slice and then cut up into halves or quarter pieces all veggies the sweet potato, butternut squash, baby carrots, and zucchini
 - *Rinse off the brussel sprouts and slice up half of your onion
 - *Place all veggies in a large bowl with spices. Pour the coconut oil on top and mix thoroughly
 - *Bake on 375 degree for 30-35 min (stirring about halfway through)
- Variations: Remove and eat as a side dish w/choice of protein, add in rice or quinoa to make as a stir fry, or mix w/bone broth to eat as a soup.*

Protein Pancakes:

- 2 Whole Eggs + 2 Egg Whites
- 3 TBSP Coconut Flour
- Dash of sea salt
- Stevia (to taste)
- 1-1.5 tsp cinnamon
- ½ tsp pumpkin pie spice
- Coconut oil, grapeseed oil or ghee (to fry)
- *optional for topping- raw honey, fruit, stevia, nut butter, ghee

- Whisk the eggs in a large bowl
- Mix in the flour, salt, stevia, cinnamon and pumpkin pie spice until smooth
- Add oil to frying pan and heat up pan on medium heat. Then add a couple tablespoons of batter and fry (easier if you make the pancakes smaller in size).
- When ready, flip and cook remaining side
- When both sides are cooked through and golden brown, remove from frying pan onto plate. Sprinkle with additional stevia and some small slices of fruit and/or a small amount of raw honey or ghee

ALTERNATIVE:

Egg Replacement Options: (For pancakes, the chia seeds or bananas are best options)

- 1.) Mashed Bananas - Use ¼ mashed banana for 1 egg
- 2.) Canned Pumpkin - 2 TBSP pureed pumpkin for 1 egg
- 3.) Apple Butter (PLAIN) - 2 TBSP for 1 egg
- 4.) Chia Seeds or Chia Flour (also called Milled Chia or Chia Bran) 1 TBSP+ 3 TBSP of liquid (water or non-dairy milk) for 1 egg
- 5.) Flax Meal (Ground) - you can use equal amounts of ground flax and liquid to replace both the flour and eggs in recipes

Roasted Sweet Potatoes:

2-4 Sweet Potatoes (peeled and washed)

1-2 TBSP Coconut Oil

Spices - cinnamon, nutmeg, allspice, cloves, cayenne pepper (if you like it spicy), sea salt, etc.

-Place foil on baking sheet and preheat oven to 375 degrees

-Peel, wash and cut up sweet potatoes into bite size pieces and place in large mixing bowl

-Add coconut oil and spices

-Mix up thoroughly until all potatoes are coated and then place them on a single layer on baking sheet

-Bake for approximately 30-40 min (until they are at the texture/consistency you prefer)

Maca Protein Super Oats

1 Individual Packet of Super Oats (LOVE GROWN brand) *can also sub in GF Oats or quinoa

1-2 cups water (or you can use coconut, nut milk, or flax milk to make it more creamy)

½ serving of Protein Powder (I used Orgain Creamy Chocolate Plant Protein)

½ to 1 tsp Maca powder

½ TBSP of cacao nibs (Optional)

½ TBSP of enjoy life mini chocolate chips (Optional)

-Empty super oat packet into a glass bowl and add approx ¾-1 cup of water (or milk)& stir

-Microwave for approx 20-30 sec OR heat on stove top until warm OR do not heat at all and just add a little less water and allow the oats to soak

-Mix in the maca powder and protein powder and stir

-Add in half of your cacao nibs and chocolate chips and stir again, then sprinkle the remaining on top

-Store in refrigerator overnight and enjoy the next day :)

*Variations:

-If you don't like chocolate, or want to change up the flavor, use vanilla protein (vs chocolate), add some cinnamon, pumpkin pie spice and/or any other spices or flavored stevias you prefer instead of the cacao nibs and chips

-You can also add in some nuts or seeds with some cinnamon and even a little fruit (like berries) and use vanilla protein instead of the chocolate version.

Butternut Squash Puree (or Pieces)

1 Butternut Squash

Milk (Coconut, Nut, or Flax) or water if trying to really cut calories

Cinnamon

Stevia (to taste)

-Bake Butternut Squash (can do ahead of time- takes about 40-45 min)

-Peel and cut up the squash

For Puree:

- Place squash into blender
- Add cinnamon and some stevia (to taste-optional) and a little bit of milk at a time (starting with about ½ cup) and mix, adding in more milk as needed until you reach the desired (smooth consistency)
- Scoop out and enjoy (or put into containers for later meals)

For Pieces:

- Peel and cut into bit sized pieces
- Sprinkle with cinnamon and some stevia (if desired) and enjoy
- Package up remaining squash for later meals

Coffee Protein Shake (by McKenna Morgan)

Makes 2 servings

-2 scoops protein powder (I use chocolate) or can do another flavor + cacao powder +stevia

-1/3 c almond milk

-Approx 8oz brewed coffee (i use a keurig so I either do 2 cups at 4oz or 1 at 8oz depending on how much caffeine I want)

*Note: I make them in a blender bottle for fewer dishes!

Shake together almond milk and protein powder (and cacao/stevia if using) in a blender bottle.

Add 8oz coffee to bottle and allow to cool a bit.

Shake gently.

Transfer to smaller bottles if desired (another reason I use the blender bottle-easy pouring!)

Refrigerate or drink while hot.

Tips: protein powder and hot coffee do not mix well! This is why I mix with almond milk first. Alternatively, you could shake together with cold coffee and omit almond milk

entirely.

Don't shake your blender bottle vigorously while the fluid is hot! This creates pressure from the steam and will pop the top off.

If you have the larger blender bottle, you could probably make 3 at a time. I have the smaller one so only 2 fit.

Super Oats w/Soft Cooked Egg (GF/DF)

1 packet of Super Oats (Love Grown brand) OR serving of GF Oatmeal

Salt and pepper to taste

1-2 eggs

1 TBSP coconut oil (for frying)

1-2 TBSP Nutritional Yeast (for topping) OR Veggie Cheese

1 TBSP scallion greens (thinly sliced)

-Cook Super Oats or Oatmeal (as directed on package)

-Warm skillet to medium heat and add coconut oil, followed by egg(s)

-Cook until white part of egg is done but top is still kind of runny (or desired texture) - should be approx 2 to 3 minutes. Season with salt and pepper

-Add egg to top of oatmeal

-Top with nutritional yeast or sprinkle with veggie cheese and scallions.

Dark Chocolate Quinoa Breakfast Bowl *(recipe from the minimalistbaker.com)*

<http://minimalistbaker.com/dark-chocolate-quinoa-breakfast-bowl/>

Sweet Potato Toast w/Smoked Salmon, Avocado and Cucumber

(Serves 2)

1 Sweet Potato

1 Avocado

1 package of smoked salmon (approx 6 oz)

1 Cucumber (peel and sliced)

2 TBSP EVOO or coconut oil

Salt and pepper

Dill (for garnish)

-To make the sweet potato toast, first wash and scrub potato, then slice lengthwise into ¼ inch slices. Place in toaster just like you would a piece of bread (on high) and repeat process until cooked through. (option- bake in oven at 400 degrees or toaster oven for

25-30 min on pan until toasted).

-Fry or poach your egg (season as desired)

-Once the potato is done, place on plate and then top with avocado, cucumber, smoked salmon and your egg on top. Garnish with salt, pepper, and dill.

LUNCH:

Chicken, Arugula and Cucumber Salad: (single serving)

3-4 oz of Chicken Breast (Shredded or Cut up)

1 cup of arugula (washed and dried)

½ sliced cucumber

2-4 baby carrots

1 tsp sunflower seeds

Healthy Dressing

-Prepare veggies ahead of time and make salad when ready to eat.

Tip: place a piece of paper towel with arugula to help preserve freshness

-Place arugula, cucumbers, and carrots on plate or bowl

-Add chicken, sunflower seeds and any other additional veggies or spices you may enjoy

-Dip salad into a healthy dressing of your choice

Dressing Options: EVOO and Vinegar, Vinegar mixed with Flavored Hummus (if you desire more creamy dressing), plain greek or coconut yogurt mixed with dill and garlic, or a low sugar (<4-5g of sugar) salad dressing. Make sure you measure it out because salad dressings can add significant calories if not careful.

Tip: Always ask for the dressing on the side and try to dip the salad in it, vs spreading it on top.

Kale & Quinoa Chicken Salad:

½-1 bunch of organic kale

2-3 oz of chicken breast per serving of quinoa (shredded or chopped)

Quinoa (make at least 2-4 servings, following directions on the label)*presoak for 20 min

¼ - ½ Red Onion (diced)

Broccoli Sprouts

Brussel Sprouts (chopped and sliced up into bite size pieces)

Slivered Almonds (2-4 TBSP, depending on serving size)

Healthy Dressing

- Soak and prepare quinoa ahead of time and allow it to cool
- Pull off kale leaves from stem, rinse, and air dry (or pat dry with paper towel or use salad spinner)
- Mix or layer your kale and quinoa. Then add chicken, onion, broccoli, brussel sprouts, almonds (and any other extra veggie or spices you want to use to enrich the taste) to the top (or mix all together)
- Dip salad into a healthy dressing of choice

Dressing Options: EVOO and Vinegar, Vinegar mixed with Flavored Hummus (if you desire more creamy dressing), plain greek or coconut yogurt mixed with dill and garlic, or a low sugar (<4-5g of sugar) salad dressing. Make sure you measure it out because salad dressings can add significant calories if not careful.

Tip: Always ask for the dressing on the side and try to dip the salad in it, vs spreading it on top.

Lunch Meat Roll-Ups (Applegate- NO NITRATES or added hormones):

4-6 slices (depending on how many roll-ups you plan to make)

Fresh and dried spices to taste

Additional veggies to taste

¼ -½ of an avocado OR ½-1 TBSP Hummus of choice

Note: I used 2 slices per roll-up to prevent it from tearing and also can use ½ of a tooth pick to help hold it together

Here are three different variations I made:

- 1.) 2 slices of Applegate Ham + spicy (Sabra) hummus, fresh rosemary and parsley, and sliced cucumbers
- 2.) 2 slices of Applegate Ham + avocado slice (approx 7-10 grams), mixed greens (chopped up in small pieces), basil, minced garlic and fresh parsley
- 3.) 2 slices of Applegate Ham + avocado slice (approx 7-10 grams), 1 small baby carrot (sliced in thin strips), mixed greens, sprinkle of cardamom, cumin and fennel seeds

*Simply lay out the meat flat, layer ingredients/spices, roll up (can place small toothpick to hold) and enjoyOR I put mine on the stovetop for just about 1-2 min on low/medium heat to warm them up and it helped to melt the avocado and hummus inside - super yummy!

Spaghetti (Squash) and Meatballs or Meat w/Sauce

1 Spaghetti Squash

1 lb of lean ground turkey or chicken

1 container of Pasta Sauce (try to get a natural/low sugar one - about 5-6g or less/serving)

1 tsp dried oregano

1 tsp dried italian seasoning

1 tsp basil

1 handful of fresh parsely

1-2 stems fresh rosemary

Minced garlic (to taste)

Onion (fresh or seasoning - to taste)

Sea salt and ground black pepper

*Plus any other additional spices/herbs you enjoy

1 TBSP Nutritional Yeast Flakes (or Vegan Parmesan Substitute)

-Bake Spaghetti Squash (approx 40-45 min) *you can do this while making the meat sauce

OR you can make ahead and just warm back up with the sauce the day that you make it

-De-seed the squash and use a fork to scrape out the inside spaghetti noodles. You can place in a container for later use, or scrape them out when you are ready to eat

**For Quick & Easy Meat Sauce:*

- On stovetop, warm up large skillet and cook the ground turkey or chicken, adding in the additional herbs/spices. Cook thoroughly, until meat is completely cooked through (no pink showing). Drain the juices/oil in skillet.

- Add in the container of sauce to the skillet, mix with the meat, then allow to simmer for a few minutes.

- Scrape out the spaghetti and add the meat sauce to top and add the nutritional yeast on top (or the Vegan Parmesan) and eat with a side of your favorite veggies.

**For Meatballs:*

- Place turkey or chicken in a big bowl, add in all the herbs and spices, mix thoroughly (I usually just use my hands).

- Roll into meatballs (or you can measure out each one to fit macros) and either bake them (on a lined sheet or in muffin pans) for about 20 min at 375 degrees or you can cook on stovetop (approx 10 min).

-Warm up the sauce on the stovetop and then add with meatballs to the spaghetti and enjoy :)

Baked Salmon

2-4 Salmon Fillets (depending on how many you want to make for the week)

1 TBSP Lemon juice or juice from one fresh lemon

Fresh or dried rosemary

Fresh or dried basil

Sea Salt and Ground Black Pepper

*or any additional herbs/spices you would like to add

-Lay out the fillets on lined baking sheet and top with lemon juice, herbs and spices (or you can also marinate before cooking)

-Bake salmon for approx 12-15 min at 350 degrees

-Package any leftovers for later meals and enjoy

*If you are making this with the cheesy baked kale chips, bake the salmon at the same time as the kale chips (both take approx 15 min).

Baked "Cheesy" Kale Chips (non dairy)

1 bunch of kale

1 TBSP coconut oil (or you can use another oil like grapeseed, sesame, EVOO, etc)

2 TBSP Nutritional Yeast

Sea salt and ground pepper

Dried Basil

Minced Garlic

Fresh rosemary (1-2 stems)

-Tear off kale from stem, wash/rinse, and pat dry (with paper towels) or use a salad spinner to get the leaves dried off (otherwise it will be difficult for them to get crispy)

-Place kale in a large, mixing bowl and pour the oil on top and mix

-Add the herbs and spices and half of the Nutritional Yeast (about 1 TBSP)

-Place as a single layer on a lined baking sheet (I use aluminum foil) and then sprinkle remaining 1 TBSP of Nutritional Yeast on top with some additional salt, pepper and spices

-Bake at 350 (if making with salmon- see above recipe) or 375 for approx 15 min. Keep a close watch after about 10-12 min since it can start to burn quickly after it gets too hot

-Take off sheet and enjoy :) You can store any leftovers in a container

Warm Potato and Salmon Salad (see recipe from [thekitchn.com](http://www.thekitchn.com))

<http://www.thekitchn.com/recipe-warm-potato-and-salmon-salad-lunch-recipes-from-the-kitchn-13103>

Wild Rice and Mixed Greens Salad (see recipe from thekitchn.com)

<http://www.thekitchn.com/recipe-wild-rice-and-mixed-greens-salad-lunch-recipes-from-the-kitchn-50061>

**Note- use Coconut Palm sugar (vs Brown or regular sugar in recipe) or for lower sugar, use Sweet Leaf Stevia/Cane Sugar Blend (or omit dressing in recipe all together and just use a low sugar flavored balsamic)*

Dinner:

Slow Cooked Beef & Veggies (Crockpot)

**Note- can also sub in poultry (if not eating red meat)*

1 onion (chopped)

2 sweet potatoes (peeled and chopped into bite-size pieces)

2 medium carrots (peeled and chopped or 6-8 baby carrots cut in half)

3 lb bottom round roast

1 tsp salt

Ground pepper to taste

3 TBSP Gluten Free Flour

15 oz tomato sauce (no salt added)

⅓-½ cup coconut palm sugar (depending on how sweet you like it)

2 tsp chili powder

1 tsp ground cumin

1 tsp ground mustard

-Place onions, potatoes and carrots at the bottom of the slow cooker

-Season beef with salt and pepper. Rub GF flour on the beef and place it on top of the vegetables

-In a bowl, combine the tomato sauce, coconut sugar, chili powder, cumin and mustard powder. Stir well and pour on top of the beef

-Cover and cook for 8 hours (high temp) or 12 hours (low temp)

Chicken with Beans & Salsa (Crockpot):

1 cup dried black (or Pinto), rinsed and soaked ahead (if time permits)

1.5 cups mild or medium salsa (approx 11oz)

2 TBSP chopped canned chipotle chiles (or can use fresh)

2 TBSP Gluten Free Flour
2 lbs Boneless Chicken Breasts
Sea Salt and Ground Pepper
1 red onion (chopped)
1 red bell pepper (seeded and chopped)
¼ cup fresh cilantro (chopped)
¼ cup greek or coconut or goats milk yogurt - *optional (for topping) or
Nutritional Yeast (optional non dairy topping)

- Stir together the beans, salsa, chiles, flour and 1 cup water in slow cooker
- Season chicken with salt and pepper and place it on top of bean mixture
- Place onions and bell peppers on top of chicken
- Cover and cook for 8 hours on low temp (keep lid on - do not open or stir)
- Remove the chicken and shred with fork. Return back into the stew. Serve topped with cilantro and greek yogurt topping (optional) or sprinkle some nutritional yeast on top (for “cheesy flavor” and added protein)

Stuffed Portobella Mushrooms Mini Pizzas:

(Makes 2-3 servings)

2-4 Portobella Mushrooms (with centers removed)

Pizza Sauce (natural ingredients and low sugar - 5 or 6 grams or less/serving)

Meat of Choice for topping (I use meat already pre-cooked)

(OR for VEGAN -Add beans, lentils or tofu with sauce and seasonings)

Seasonings of choice (i.e. oregano, italian seasoning, basil, garlic, parsley, pepper, etc)

Nutritional Yeast (or Vegan Parmesan Cheese) for topping

Any other additional veggies you may want to top pizza with (i.e. spinach, peppers, onions, etc)

- Preheat oven to 350 degrees
- Core and scrape out the inside of each mushroom
- On the stovetop, heat up a skillet and add sauce, your pre-cooked meat or non-meat protein of choice and any additional seasonings (if you want a super quick method, you can also just scoop out what sauce you need, add the protein and spices and mix together in a bowl and microwave it till its warm)
- Fill each mushroom with the sauce and meat from stovetop (or bowl)
- Top each mushroom with nutritional yeast (or Vegan Parmesan cheese)
- Bake on a lined cookie sheet for approx 10-15 min (or until your desired temperature and tenderness of mushroom)

Mini Rice Cake Pizzas: (*Alternative to the Mushroom Pizzas)

(Makes 2-3 servings)

4-6 Organic Brown Rice Cakes (I use the Lundberg Farms Lightly Salted brand)

Pizza Sauce (natural ingredients and low sugar - 5 or 6 grams or less/serving)

Meat of Choice for topping (I use meat already pre-cooked)

(OR for VEGAN -Add beans, lentils or tofu with sauce and seasonings)

Seasonings of choice (i.e. oregano, italian seasoning, basil, garlic, parsley, pepper, etc)

Nutritional Yeast (or Vegan Parmesan Cheese) for topping

-Preheat oven to 350 degrees

-Lay out each rice cake on baking sheet and then top with about a teaspoon of pizza sauce, then add your meat (or non-meat vegan substitution), herbs/spices and any extra veggies you may want to include (i.e spinach, onion, peppers, etc)

- Top each rice cake with nutritional yeast (or Vegan Parmesan cheese)

-Bake on a lined cookie sheet for approx 10-15 min (or until your meat/toppings are warm)

-Take off cookie sheet and enjoy

Chicken Lentil Soup (recipe from thekitch.com)

<http://www.thekitchn.com/lentil-soup-loving-food-while-losing-weight-214900>

**Note- to make Dairy Free (DF), use ghee or an oil vs the Butter and substitute Nutritional Yeast, Veggie Cheese, or Vegan Parmesan Cheese for the topping (vs. Parmesan)*

***Also- for added health benefits, use BONE BROTH in place of the chicken stock*

Vegetarian Pumpkin Chili (recipe from thekitch.com)

<http://www.thekitchn.com/vegetarian-recipe-pumpkin-chili-recipes-from-the-kitchn-196046>

**Note- To make it DF, use ghee vs butter. You can also sub in your bone broth for the veg broth (if you eat meat) to add to the healing/nutritional benefits.*

Sweet & Sour Cabbage Soup (recipe from eatingwell.com)

<http://www.eatingwell.com/recipe/252457/sweet-sour-beef-cabbage-soup/>

**Note-Suggested substitutions: use Bone Broth for Beef Broth, use raw (local) honey if using honey or can sub in sugar substitute.*

SIDES & TOPPINGS:

Rosemary Mashed Cauliflower:

1 Head of Cauliflower (I will use purple to make it look more fun sometimes) :)

½ TBSP Coconut Oil or EVOO
Approx 4-5 TBSP Coconut Milk (or can sub in other nut milks, flax milk, etc)
2-3 stems of fresh rosemary
1 tsp minced garlic
2-3 stems of fresh parsley
Sea salt and ground pepper (to taste)

- Bring a big pot of water to boil
- Cut and rinse cauliflower and place in pot of boiling water
- Cook for approx 15 min until cauliflower is tender (with fork)
- Drain and put into blender
- Add oil, milk (start with 3-4 TBSP and add as needed), herbs/spices, salt and pepper
- Blend until smooth
- Scrape out of blender and serve. Store leftovers in containers for later meals

Vegan Parmesan Cheese (from Lana Semmens- doesn't remember exact source of recipe):

½ cup almonds (slivered)
½ cup nutritional yeast
1 tsp onion powder
1 tsp garlic powder
½-1 tsp salt

- Grind the almonds in a blender
- Add other ingredients and blend briefly
- Store in refrigerator

Homemade Ranch (recipe by F6 Wellness):

1 cup Mayonnaise (can use Vegan mayo)
½ cup Greek yogurt
½ tsp dried chives
½ tsp dried parsley
½ tsp dried dill weed
¼ tsp garlic powder
¼ tsp onion powder
⅛ tsp salt
⅛ tsp ground black pepper

- Whisk together the mayo, yogurt, and seasonings

- Cover and refrigerate
- Add milk to make it more like a dressing

*Variations: Can mix in sriracha sauce or (Kroger) Organix Chipotle Hot Sauce to change the flavoring

Tofu Mayo (Vegan) (from Lana Semmens - doesn't remember the exact source of recipe):

- 1 (12.3) package of silken tofu
- ½ to ¾ tsp salt
- ¾ tsp onion powder
- ½ tsp garlic powder
- ½ tsp sugar (can sub in coconut palm sugar or try sugar substitute)
- 2 tsp Dijon mustard
- 1 TBSP Apple Cider Vinegar
- 2 TBSP raw cashews (best if soaked and chopped up before adding)

- Combine all ingredients in blender and process until smooth
- Chill thoroughly before use
- *Also makes a good salad dressing by adding some vinegar (rice, white or other flavored balsamics) with your seasonings of choice, blended all together.

SNACKS:

Sweet & Salty Chocolate Snack Mix:

- (Makes approx 2 Snack size portions)
- 1 TBSP Cacao Nibs
- 1 TBSP Enjoy Life Chocolate Chips (Dark Chocolate or Mini Chocolate Chips)
- 1 TBSP Slivered Almonds
- 2 TBSP Cashews (Raw)

*Mix all ingredients together and store in small container or baggie to take with you on the go.

Protein Pudding:

- Measure out your protein in container
- Add ⅛ tsp sea salt
- Add a little water to protein and mix (depending on the protein powder, some take more

liquid than others). Add water and mix until you find the pudding consistency that you prefer.

-Optional: stevia (if you prefer more sweetness), cacao powder or cacao nibs, spices (like cinnamon, pumpkin pie spice or apple spice, nutmeg, etc), flavored extracts and about ¼ tsp of pudding/gelo powder mix can also help change up the flavor without adding all the calories and sugar.

*Note- If you have an additional “fat” you can also mix in some nut butter with your protein pudding in this meal.

I will make a couple batches at a time and store in the refrigerator so I can grab them and go!

Chocolate Protein Energy Bites:

3 scoops Orgain Chocolate (Plant Based) Protein Powder

½ TBSP cacao nibs

½ TBSP Enjoy Life (dairy, gluten, soy, peanut free) mini chocolate chips

1 TBSP Sunflower Seed Butter

2 TBSP Ground Flax Meal

2 TBSP Gluten Free Quick Oats

3-4 TBSP Unsweetened Coconut Milk

-Mix protein powder, cacao nibs, chocolate chips, flax, oats together then mix in the sunflower seed butter

-Add in 2 TBSP coconut milk, mix and if needed add more coconut milk until you get a soft mixture but not too moist

-Roll the mixture into balls and refrigerate

****EPIC BARS or Ostrim Beef and Elk and Salmon Jerky - can be purchased online (Amazon or other retailers), as well as Whole Foods, Trader Joes, and Sprouts**