

## Helpful Hints, Recipes and Resources

### Snack Ideas:

- hard boiled egg(s) and a fruit or veggies
- cooked chicken and cut veggies
- celery filled with almond butter
- raw, unsalted nuts and a fruit
- canned tuna mixed with homemade mayo and fruit or cut veggies
- cooked meat topped with salsa and 1 Tbsp guacamole and rolled in lettuce leaves
- deviled egg(s): cut hard boiled egg(s) in half and remove the yolk, mix the yolk with a little mayo and mustard, spoon into eggs (optional; top with salsa or hot sauce) and serve with cut veggies or a fruit
- shrimp and cut veggies
- kale chips (recipe included)

### Recipes:

#### Breakfast Hash

2 tsp coconut oil

1 lb lean ground meat of choice

1 small onion, finely chopped

1 clove garlic, minced

½ tsp each: ground sage, ground thyme, chopped rosemary, black pepper, fennel seeds, crushed red pepper (optional)

1 sweet potato, peeled and diced

4 eggs

Preheat the oven to 350 degrees. In a covered, microwave safe dish cook the diced sweet potato until it starts to get soft but is not fully cooked or mushy (3-5 min). Meanwhile, heat the oil in a heavy, oven proof skillet and add the onions, garlic and spices. Saute for a few minutes until the onions become soft. Add the ground meat and break up with a spoon. Continue to cook until the meat is no longer pink. With the back of a spoon make 4 wells in the hash and break an egg into each well. Cook the hash in the oven for 5+ minutes depending on how “done” you like your eggs. Scoop up an egg and some of the hash surrounding it. Serve with some sauteed spinach or kale.

## **Crust-less Quiche**

1 tsp oil

6 eggs

½ cup coconut milk

2 cups chopped and sauteed or steamed veggies of choice. Possible combinations include:

peppers, mushrooms, onions

broccoli and halved grape tomatoes

artichoke hearts (frozen or canned in water) and sun dried tomatoes

spinach, summer squash and zucchini

½ cup cooked meat of choice (optional)

Preheat oven to 350 degrees. Using the oil, grease a deep dish pie plate on the bottom and sides. In a large bowl whisk together the eggs and coconut. Add the veggies and meat to the pie plate and pour the egg mixture on top. Bake for 30-45 minutes until eggs are set and the top is brown. Enjoy warm or cold. This makes a great lunch with a side salad.

\*This can also be made in a crock pot: grease the crock pot and add ingredients as above. Cook on low setting for about 4 hours.

\*\*Alternately, you can make these into handy, portable “egg Muffins.” Grease a muffin tin well (otherwise the muffins will stick) and divide the egg and veggie mixture evenly between the cups. Each muffin cup should be no more than ¾ full. Bake for 15-20 min until set.

## **“Bunless” Burgers**

1-2 tsp oil

1 lb ground meat of choice

4 portabella mushrooms caps, stem removed

spice blend of choice - choose a blend to accentuate the flavors in your toppings (ie. Mrs Dash)

veggie toppings of choice\*\*see below for ideas

Make 4 burger patties out of the ground meat and season with spice mix. If you are grilling brush the portabella mushroom caps with 1 tsp oil and grill on both sides until the mushrooms are soft but not mushy (about 3 minutes per side depending on thickness). At the same time grill the burgers until they are no longer pink in the middle (or to desired doneness if using beef). If you are cooking on the stove, heat 1 tsp oil in a skillet and cook the mushrooms on both sides as above. Remove the mushrooms and add remaining tsp oil to the pan, cook burgers until no longer pink inside. Place a mushroom on a plate upside down (gill side up) and top with the burger. Finish by adding veggies and condiments of choice.

\*If desired you can double the amount of mushrooms to make a top “bun” for your burger!

\*\*Mexi Burger: sauteed onions and peppers, sliced jalapenos, guacamole, salsa

\*\*Caribbean Burger: mango or pineapple salsa (recipe included) and sliced avocado

\*\*Italian Burger:grilled/sauteed summer squash, zucchini and eggplant, tomato sauce

\*\*Gourmet Burger: roasted red peppers, grilled eggplant, fresh basil, goat cheese

\*\*Red Eye: sauteed onions, fried egg (runny is best), hot sauce

## Shepherds Pie

1 lb ground meat of choice  
1 head cauliflower, broken into med. Florets (or 1 bag frozen)  
¼ cup coconut milk  
4 tsp. Coconut oil divided  
2 carrots, peeled and diced  
2 parsnips, peeled and diced  
2 stalks celery, diced  
1 cup frozen or fresh green beans, chopped  
1 med onion, diced  
1 clove garlic, minced  
1 cup + 3 Tbsp chicken broth, divided  
2 Tbsp arrowroot flour  
1 tsp. rosemary  
salt and pepper to taste

Preheat oven to 350 degrees and lightly oil a large casserole dish with coconut oil. Place cauliflower florets in the casserole dish and add 2 Tbsp water. Cover and cook in the microwave until the cauliflower is very soft 10-20 min (depending on microwave). If you are using the frozen cauliflower cooking time will be cut in half and don't add the water. While cauliflower is cooking, heat 2 tsp. oil in a large, heavy skillet and add carrots through garlic. Sautee until onions become transparent and veggies become fragrant, 3-5 min. Add ground meat and break up with a spoon, cook for about 5 min. stirring frequently. Meanwhile, in a bowl mix 3 Tbsp cold chicken broth with arrowroot (use a fork or a whisk). Add 1 cup chicken broth to meat and veggie mixture and bring to a simmer. Re-mix the broth/arrowroot mixture and add to the simmering mixture stirring until mixed in (to avoid lumps). Allow to simmer for a few minutes until thickened. Add rosemary and salt and pepper. Taste for seasoning. When the cauliflower is very soft pour off the water and place the florets in the bowl of a food processor. Add 2 tsp coconut oil, coconut milk and process until the cauliflower resembles mashed potatoes. Add more coconut milk if needed. Season with salt and pepper. Pour the meat and veggie mixture into the casserole dish and top with the mashed cauliflower. Bake uncovered for about 20 min or until the cauliflower crust is lightly browned and the filling is bubbling.

\*\*This is a great make ahead meal, however if the casserole is cold the cooking time will increase to 1+ hour depending on the size of the casserole dish.

\*\*Breakfast doesn't always have to mean eggs, a warmed up bowl of this casserole is a filling and tasty way to start your day.

\*\*The mashed cauliflower is a great side dish as well, a very convincing replacement for mashed potatoes and an easy way to sneak in more veggies!

## **Game Day Chili**

Butternut squash is a surprise ingredient in this recipe. When cooked it has the consistency and flavor of beans (without all the unpleasant side effects)!

2 tsp coconut oil

2 lbs meat (ground beef, stew beef, ground chicken, turkey, diced chicken, diced pork loin, chicken sausage or a mixture)

1 green bell pepper, chopped

1 red bell pepper, chopped

1 medium onion, chopped

3 cloves garlic, minced

1 box pomi diced tomatoes (or two cans no salt added diced tomatoes)

1 box pomi strained tomatoes (or one two cans tomato sauce)

1 cup chicken stock

2 cups diced butternut squash (save the seeds and toast them like pumpkin seeds with a little salt)

2 Tbsp cocoa powder

1-2 Tbsp chili powder (+/- depending on taste)

2 tsp cumin

2 tsp paprika (smoked if you have it)

cayenne pepper, to taste (optional)

salt to taste

chopped cilantro, scallions, minced onions for topping

Heat oil in a large saucepan. Add peppers, onions, and garlic and saute for a few minutes until fragrant then add meat and brown. If you are using ground meat break it up with a spoon as it browns. Add tomatoes, tomato sauce, chicken broth, and spices and allow to simmer for 1 hour. Add butternut squash and continue to simmer until the squash is soft. Adjust seasonings to desired heat level. Serve topped with cilantro, scallions and onions (optional). This is a great recipe to make ahead and freeze in portion sizes or to have a leftovers during the week.

## **Kale Chips**

This is a great accompaniment to your game day chili. It has the same satisfying salty crunch as tortilla chips and is a great way to sneak in extra veggies.

1 bunch of kale, thick stems removed and cut or torn into large pieces

1-2 Tbsp extra light olive oil

½ tsp sea salt

other seasonings ie. garlic powder, onion powder, chili powder, curry powder (optional)

Preheat oven to 300 degrees. Wash and dry the kale (a salad spinner is a great tool to use if you have one). Place kale in a large bowl and add oil, salt and other seasonings (if using). Toss the kale with your hands until each leaf is coated with the oil. Transfer kale to a cookie sheet with a rim (you may need to use two cookie sheets if your bunch of kale is really large) and place in the oven. Check kale every 3 or 4 minutes and stir. Cooking times will vary so check your chips frequently. The kale chips are done when they are crispy but not burned.

\*\*These are great when you have a salty, crunchy craving. They are also good crumbled up and used in place of Parmesan cheese on your “spaghetti.”

## **Better N' Spaghetti**

1 large or 2 small spaghetti squash

no sugar added spaghetti sauce (Check the labels or make your own. Most commercial sauces have sugar added but there are a few available. Newman's Own Roasted Tomatoes and Garlic is a good choice if you can find it.)

ground meat, meatballs, sausage, grilled chicken etc

grilled or roasted veggies (peppers, onions, zucchini, summer squash, eggplant etc.)

Preheat oven to 350 degrees. Poke a few holes in the squash and place squash in a large casserole dish or lasagna pan. Bake for 30-45 min until a knife is easily inserted in the squash. Remove from oven and allow squash to cool. When the squash is cool enough to handle cut the squash in half and use a spoon to scoop out the seeds. Use a fork to scrape out the squash strands by running the tines from the top to the bottom of the squash until all the strands are removed. Repeat with other half(s). Top with sauce and protein of choice and roasted veggies (optional).

## **Area 51 Chicken/pork**

1-2 pounds of chicken or pork (or a mixture)

1 bunch parsley

2 large or 4 small cloves of garlic

2 Tbsp olive oil

1 Tbsp apple cider vinegar

1 Tbsp lemon juice

½ tsp sea salt and pepper

Place all ingredients (except protein) in a food processor or blender and process until smooth. The puree should be thin enough to pour out. You may need to add water to get the right consistency.

Place chicken/pork in a large dish or Ziploc bag and cover with marinade. Allow to marinate for several hours or overnight in the refrigerator. Grill or broil protein.

\*\*This is really good with “spaghetti.” It is also a great dish to double to make extra protein for use on salads or as dinner later in the week.

## **French Canadian Marriage Soup**

1 package chicken sausage, chopped (the precooked kind)

1 lb boneless, skinless chicken (I like thighs)

2 tsp oil

3 carrots, peeled and chopped

3 stalks celery, chopped

3 parsnips, peeled and chopped

1 small red pepper, diced

1 med. onion, chopped

1-2 cloves garlic minced

½ bunch of kale or collards, large rib removed and chopped

2 tsp Italian Seasoning

4 cups chicken broth (or 1, 32 oz box, low sodium/no msg)

1 box Pomi diced tomatoes or 2 cans no salt added diced tomatoes

salt and pepper to taste

Heat oil in a large soup pot. Add all veggies (except kale), garlic and spices and saute until onions become translucent and the veggies become fragrant. Add broth, tomatoes and chicken. Allow to simmer until the carrots and parsnips begin to soften and the chicken is cooked through (about 20 minutes). Remove the chicken and chop to desired size. Return chicken to pot along with sausage and kale. Stir and cover. Simmer for about 15 more minutes or until the kale is soft but still bright green. This soup is always better the next day!

### **Quick Crock Pot Stuffed Peppers**

4 bell peppers, tops removed and seeded (any color pepper)  
1 lb lean ground meat  
1 egg  
1 cup cauliflower rice  
1 small onion, minced  
2 tsp Italian seasoning  
1 clove garlic, minced  
1 jar no sugar added spaghetti sauce

In a large bowl mix together the meat, egg, "rice," onion, garlic, ½ cup spaghetti sauce and seasoning. Place the peppers cut side up in the crock pot and fill with the meat mixture, dividing evenly between the four peppers. Depending on the size of the peppers your peppers may be overflowing. Cover the peppers with the remaining sauce. Cook on high for 3-4 hours or low for 6-8 hours.

\*\*Alternately this can be cooked in the oven at 350 degrees for about 1 hour. Peppers should be soft and meat should be cooked through.

### **Crock Pot chicken Cacciatore**

1 ½ -2 lb boneless, skinless chicken  
1 red pepper, sliced  
1 green pepper, sliced  
1 lg onion, sliced into large moons  
1 small package mushrooms, sliced  
1 jar no sugar added spaghetti sauce  
1 clove garlic, minced  
1 tsp Italian seasonings

Place all ingredients in a crock pot. Cook on high 3-4 hours or low for 6-8 hours. Chicken can be served whole or shredded and mixed in with the veggies. Serve atop spaghetti squash or cauliflower rice.

## **Easy Jambalaya**

1 package spicy chicken sausage, sliced (the precooked kind)  
1 lb boneless, skinless chicken  
1 lb shrimp, cooked (like for shrimp cocktail) (optional)  
2 tsp oil  
1 med onion, chopped  
2 cloves garlic, minced  
1 red pepper, diced  
1 green pepper, diced  
3 stalks celery, diced  
1 box Pomi diced tomatoes or 2 cans no salt added diced tomatoes  
1 10 oz can tomato paste  
2 cups chicken broth (homemade or low sodium/no msg)  
1 tsp crushed red pepper flakes (adjust to taste)  
½ tsp cayenne pepper (adjust to taste)  
2 tsp paprika (preferably smoked)  
1 tsp cumin  
salt and pepper to taste

Heat oil in a large soup pot and add veggies and garlic. Saute until onions become translucent and veggies become fragrant. Add tomatoes, tomato paste, broth, spices and chicken. Simmer uncovered until sauce thickens and chicken is cooked through. Remove chicken and chop. Return to pot with sausage and shrimp (if using). Turn off the heat and cover, allowing sausage and shrimp to sit in hot broth (do not continue to cook). Serve alone like soup or over spaghetti squash or cauliflower rice. Top with scallions and hot sauce if desired.

## **No-Fuss Salmon Cakes ( From It Starts With Food)**

1 can wild-caught pink or red salmon (14.75 oz)  
1 cup baked sweet potato, mashed (or squash)  
1 egg  
½ cup almond flour  
2 Tbsp minced fresh parsley (or 2 tsp dried)  
2 scallions, white and green, very thinly sliced  
2 Tbsp minces fresh dill (or 2 tsp dried)  
1 tsp hot pepper sauce  
½ tsp paprika  
1 tsp salt (I only use ½ tsp)  
¼ tsp pepper  
2 Tbsp clarified butter or coconut oil, melted

Preheat oven to 425 degrees and cover a large baking sheet with parchment paper. Drain the liquid from the salmon, and using your fingers, crumble into a large mixing bowl, removing bones. Add all the remaining ingredients except butter or oil and mix with a spoon until well combined. Pop into the fridge to chill for 5-10 minutes. Brush the parchment paper with some of the melted butter, then use a 1/3 cup measuring cup to scoop out salmon mixture and drop onto the parchment. The cakes should be about 2 ½" wide and about 1" thick. Bake for 20 minutes, then flip each patty with a spatula and return to the oven. Bake 10 minutes more, until golden brown and crisp.

### **Cauliflower Rice/Couscous**

1 head cauliflower cut into large florets.

For rice: place shredder blade onto food processor and shred each uncooked floret. Place riced cauliflower in a covered, microwave safe bowl and steam for 3-5 minutes or desired texture.

Alternately, heat 2 tsp oil in a large skillet and add a diced onion and minced garlic. Add riced cauliflower and saute until cauliflower rice reaches desired consistency. Season with salt and pepper.

For couscous: Place florets in a large, covered microwave safe dish and steam for 5 minutes. Place steamed cauliflower florets in the bowl of a food processor fitted with a blade and process until the cauliflower resembles couscous. You may need to do only ½ of the cauliflower at a time depending on the size of your food processor. Serve as is or saute as above.

### **“Souper” Easy Cream of Tomato Soup**

2 tsp oil

1 small onion, finely minced

1-2 garlic cloves, minced

1 Box Pomi Strained Tomatoes or 2 cans of tomato sauce (for chunky soup use diced tomatoes)

1 can coconut milk

1 cup chicken broth

1 tsp Italian seasonings (optional)

salt and pepper to taste

In a saucepan, heat oil over medium heat and add the onions and garlic. Saute until the onions are soft and fragrant but not brown. Add the remaining ingredients and continue to cook over low heat until the soup is hot. For a completely smooth soup whirr with an immersion blender.

### **Get Well Chicken and “Rice” Soup**

1 cauliflower, riced\*

1 ½ lbs chicken, thighs or breast

8 cups chicken broth (homemade or low sodium, no MSG)

2 eggs, beaten

2 tsp sesame oil

2 tsp coconut oil or extra light olive oil

1 small onion, diced

3 cloves garlic, minced

1 Tbsp fresh ginger root, grated

2 tsp fresh ginger root, minced

coconut aminos to taste (about 1 Tbsp)

optional toppings: hot sesame oil

                    chopped cilantro

                    chopped scallions

In a large soup pot heat chicken broth and grated ginger. Add chicken and simmer on low until chicken is cooked through. When chicken is no longer pink remove and shred with two forks (or chop if you prefer). Return to pot. Meanwhile, in a large skillet heat the oils. Add the cauliflower rice, onions, garlic and minced ginger. Saute until the onions become transparent and fragrant, about 5 minutes. Remove from heat and keep warm. Bring broth to a slow boil and while stirring pour in the beaten egg. Turn off heat. Add coconut aminos to taste. To serve, place a scoop of the cauliflower rice mixture in a bowl, top with hot broth and chicken mixture and add optional toppings.

\*To make cauliflower rice: wash and chop cauliflower into large florets, run through the shredder on your food processor. Easy-peasy-lemon-squeezy!

### **Simple Skillet Supper**

2 tsp light olive oil or coconut oil

1 pound ground meat of choice (you can also use sausage or boneless, skinless chicken cut into chunks)

1 red pepper, roughly diced

1 green pepper, roughly diced

1 med onion, roughly diced

1 bunch of greens, roughly chopped (if you use kale cut out the large rib before chopping)

1-2 cloves garlic, minced

1 tsp chili powder

1 tsp cumin

1 tsp paprika (I like smoked paprika)

1/4-1/2 tsp crushed red pepper flakes (or to taste)

salt and pepper to taste

Optional Toppings: sliced scallions

chopped cilantro

diced avocado/guacamole

salsa/hot sauce

1. Heat oil in a large skillet over med. heat. Add meat and brown breaking up large pieces with a spoon.
2. When the meat is no longer pink but not fully cooked add the peppers, onions, garlic and spices. Cook until the onions and peppers begin to get soft.
3. Add the greens. Mix well and cover. Cook for about 5 minutes or until the greens are soft and the meat is cooked through.
4. Spoon into bowls and serve with toppings.

Obviously you could really play with this recipe. For example, instead of tex-mex make it Italian by using sliced chicken sausage instead of ground meat, broccoli rabe instead of greens, some diced tomatoes and Italian seasonings.

## **Crock Pot Thai Chicken Curry (adapted from Paleo Pot)**

1 to 1.5 pounds of boneless, skinless chicken thighs

1 or 2 cans of coconut milk (2 cans makes it more like soup)

Curry paste – Types and amounts obviously vary. I use the paleo friendly brand Thai House, and use about 3 tbsp

1 small yellow onion

1 medium red bell pepper

1 medium green bell pepper

1/2 head of cabbage

1. Turn your crock pot on before you start your prep, and get a head start.
2. Pour your coconut milk into your Crock Pot and add your curry paste. Make sure you stir until dissolved in the coconut milk. Some recipes will call for you to do this in a sauce pan first, yet I really would rather not do more dishes than I have to.
3. Cut your chicken thighs into 1" cubes. Don't be fancy. Just cut them up and dump them into the pot and stir.
4. Cut your red and green peppers into similar 1" cubes. Dump into pot and stir.
5. Cut your onion into similar chunks, you get the idea.
6. Cut your head of cabbage in half, and quarter the half you are going to use. Simply cut the wedges into thin strips and then break apart with your hands. Add the cabbage to the top of your pot and again stir, trying to coat the cabbage with the coconut milk. It is fine if the cabbage is not submerged, it will cook down.
7. Cover and let cook on low for 4 hours. This recipe should take about 10 minutes of combined prep and cleanup time, and is very cost effective.
8. Optional: serve over cauliflower rice and garnish with scallions and cilantro.

## **Toasted Coconut**

2 cups unsweetened, flaked coconut

1 Tbsp coconut oil, melted

½ tsp salt

Preheat oven to 325 degrees. In a large bowl combine ingredients and pour onto a large, rimmed cookie sheet. Bake for 8-12 minutes until coconut is lightly toasted brown. I recommend checking and stirring the coconut every 3-4 minutes because it burns easily.

This makes a yummy anytime snack on its own but I really like to mix it with some raw nuts, unsweetened, dried cherries or gogi berries and raw cacao nibs for a trail mix. This is what I bring with me when I go to see a movie!

## Olive Oil Mayo

1 egg (preferably pastured) @ room temperature  
1-2 tablespoons apple cider vinegar @ room temperature  
1/2 teaspoon salt  
1/4 cup plus 1 cup olive oil (light, not extra virgin)

Place the egg, 1 Tbsp of vinegar and salt in a food processor or blender with ¼ cup of the oil. Whirr until well mixed, about 30 seconds. Begin to slowly drizzle in the remaining 1 cup of oil. The slower you drizzle the better. Try to keep the drizzle about the size of a pencil lead. Eventually, the mayonnaise will start to form. It is done when all of the oil is incorporated and it is thick and glossy. If the mayonnaise becomes too thick before you have added all of the oil add in the remaining vinegar 1 tsp at a time. Store in the fridge in an airtight container for up to 2 weeks.

## Mango Salsa

2 mangoes diced (or 2 ½ cups diced fresh pineapple or peaches)  
1 small red onion, diced  
1 small red pepper, diced  
2 scallions, minced  
1 clove garlic, minced  
½ cup chopped, fresh cilantro  
1 fresh jalapeno, seeded and finely minced  
1 Tbsp extra virgin olive oil  
juice of 1 lime  
sea salt to taste

Mix all ingredients together and taste for seasoning. Refrigerate for 1 hour to allow flavors to develop. Excellent on grilled chicken, pork and fish and as a dressing on salad.  
\*\*add chopped avocado to make the salsa more robust and filling.

## Sunshine Sauce (From Well Fed)

2 tablespoons lime juice  
1 clove garlic, minced (about 1 teaspoon)  
1/2 teaspoon crushed red pepper flakes  
1 tablespoon [coconut aminos](#)  
1/4 teaspoon powdered ginger  
1/2 teaspoon rice vinegar  
1/4 cup sunflower seed butter (I like [Sunbutter](#); no sugar added)  
dash ground cayenne pepper (optional)  
1/4 cup coconut milk

Place all the ingredients except the coconut milk in the bowl of a food processor and whirl until well blended. Scrape down the sides of the bowl with a rubber scraper, then add the coconut milk. Process until it's blended and smooth. Store covered in the fridge. This sauce transforms the even the simplest chicken and broccoli into something special

## Helpful Ideas:

- Make 3 or 4 recipes at once, that way you have food prepped for the week and you only have to clean up once. You can even store in portion sizes so lunches are grab and go.
- Dig out your crock pot. Cook a roast or make a chili.
- Boil 6-12 eggs at the same time for easy protein to add to breakfast, lunches and snacks.
- Bake some sweet potatoes so they are ready to eat.
- Prepare a bunch of chopped veggies so they are ready for snacks and recipes.
- Keep frozen veggies on hand to make quick meals and soups. Frozen cauliflower is great for mashed cauliflower and it tastes just as good.
- Roast a chicken on Sunday. While still warm remove the meat and store in a Ziploc bag for easy weekday lunches and snacks. Use the carcass and drippings to make broth to use in recipes. This way, you control what goes into the stock.
- If you don't want to roast a chicken cook 2 or 3 pounds of chicken breast on the grill or under the broiler for use during the week.
- Brown ground meat with chopped onions and minced garlic. Add frozen veggies and spaghetti sauce (check the label) for quick, healthy dinners or lunches.
- Pack your lunches at night so they are ready to go in the morning.
- If your mornings are rushed prepare your breakfast the night before. Choose something you can eat on the way to work or heat and eat when you arrive.
- Keep a few non-perishable snacks handy (car, desk, gym bag, purse) so you don't get caught in a situation where you're hungry and there are no healthy food choices available.
- If you are eating out try to look at the menu online before you get to the restaurant. Have a plan for what you will order and stick to it. Ask for veggies to be steamed without butter and chicken and fish to be grilled without any added butter or sauce. If you get a salad order it without croutons and cheese and ask for olive oil and vinegar on the side. Request lemon wedges for flavor.