



120
FAT BURNING
Meals

Diana Keuilian

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Disclaimer: The information contained in this book is for educational purposes only. This content is meant to supplement, not replace, medical advice. Always consult your physician prior to starting a new nutrition plan.

INTRODUCTION

Hello Friends,

Welcome to the 120 Fat-Burning Meals cookbook! This book is packed with fat-burning recipes for breakfast, snacks, sides, main dishes and desserts. I truly believe that this collection of recipes is my best yet!

Throughout the book you'll see ingredients that are highlighted – these are real food ingredients that contain fat-burning qualities. To read more about these super ingredients check out my ebook the Fat Burning Code, which accompanies this cookbook.

I'd love to get your feedback on which of these fat burning recipes you and your family loved the most!

Reach out to me at RealHealthyRecipes@gmail.com. Also let's be friends on [Facebook](#).

Happy Cooking :)

Diana Keuilian

P.S. 'Like' the [Real Healthy Recipes Facebook Fan Page](#) for support, motivation, healthy eating tips and lots of new recipes!



Indicates a fat-burning ingredient

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BREAKFAST

Breakfast remains the most important meal of the day for more than one reason. Not only are you fueling your body for the day ahead but you're also setting the tone for your eating. If you start out with a bowl of sugary cereal or a greasy breakfast sandwich, then the rest of your day will likely be filled with unwholesome choices. Start your day off right with these real food, fat-burning breakfast recipes!

AMAZINGLY FLUFFY GLUTEN & GRAIN-FREE PANCAKES

Pancakes no longer need to come from a boxed mix. These pancakes can rival any traditional pancake in both taste and consistency, and they do it sans grains and gluten.



AMAZINGLY FLUFFY GLUTEN & GRAIN-FREE PANCAKES

 PREP TIME
10min


 COOK TIME
12min

 SERVES
8



CALORIES **223**
FAT **15g**
CARBS **28g**
SODIUM **126mg**
FIBER **3g**
PROTEIN **12g**

Ingredients

5 organic eggs 

1 cup coconut milk, canned, full fat

2 tablespoons coconut oil, melted


1/3 cup coconut palm sugar

2 tablespoons pure maple syrup

1/4 teaspoon sea salt

1/2 cup coconut flour

1/2 cup arrowroot starch

2 teaspoons lemon juice and zest 

1 tablespoon baking powder

1 cup blueberries, organic, fresh or frozen 

1 tablespoon baking powder

Instructions

1. In a food processor combine all of the ingredients except the berries. Blend until smooth.
2. Fold the berries into the batter.
3. Grease a large skillet or pancake griddle with coconut oil and place over medium heat. Place 1/4 cup scoops of batter onto the skillet, cover with a glass lid, and cook until bubbles form.
4. Remove the lid, flip each pancake and then replace the lid and cook for another minute, until golden on both sides. Cooking with the lid on really helps your pancakes reach amazingly fluffy heights! Enjoy!

SUMMER JUICE

This cleansing juice is a wonderful way to start your day with a boost of real food.



SUMMER JUICE

PREP TIME
10 min

SERVES
2



CALORIES **48**
FAT **1g**
CARBS **10g**
SODIUM **14mg**
FIBER **2g**
PROTEIN **2g**

Ingredients

1 bunch fresh kale 🔥

1 piece of ginger root 🔥

1 nectarine or peach 🔥

Instructions

Wash and chop the kale and fruit. Run everything through a juicer. Drink immediately. Enjoy!

SUNSHINE BREAKFAST SALAD

Eating salad for breakfast is a fantastic way to get a nice dose of fiber first thing in the morning. Don't think for a minute that this salad is boring – it's loaded with egg, bacon, walnuts and a tasty dressing.



SUNSHINE BREAKFAST SALAD

 PREP TIME
10min

 COOK TIME
30min



 SERVES
1





CALORIES **424**
FAT **31g**
CARBS **27g**
SODIUM **258mg**
FIBER **3g**
PROTEIN **12g**

Ingredients

For the Salad

1 strip nitrate-free bacon
1 egg, hard-boiled 
1 teaspoon olive oil 
¼ cup red onion, sliced
2 cups butter lettuce, torn
2 tablespoons walnuts

For the Balsamic Dressing

2 tablespoon balsamic glaze
½ teaspoon garlic, minced 
3 tablespoons olive oil 
Dash of sea salt and black pepper

Instructions

1. Set the oven to 400° F. Line a baking sheet with foil and place the bacon in a single layer. Place in the oven (don't worry that the oven hasn't reached 400 yet) and set the timer for 20 minutes. Remove from oven, drain off the grease and chop.
2. Place the egg (or eggs since hard-boiled eggs are always great to have in the fridge for on-the-go snacks) in a pot of water. Slowly bring the water to a boil over medium heat. Cover and remove from heat. Leave it for 12 minutes, then run under cool water and peel. Slice the peeled egg.
3. In a small skillet heat the olive oil. Add the sliced onion. Sauté until soft and caramelized.
4. Combine the dressing ingredients in a small bowl.
5. Arrange the butter lettuce over a plate. Add the walnuts, onion, chopped bacon and sliced egg. Serve with a drizzle of the dressing. Enjoy!

BANANA CHOCOLATE CHIP

I love making muffins in mini muffin tins – it makes the perfectly portioned size. So you can eat your gluten-free muffin without having a muffin top. Heehee.



BANANA CHOCOLATE CHIP MINI MUFFINS

 PREP TIME
15 min

 COOK TIME
15 min



 SERVES
24





CALORIES **117**
FAT **8g**
CARBS **11g**
SODIUM **125mg**
FIBER **2g**
PROTEIN **3g**

Ingredients

For the Muffins

- 1½ cups blanched almond flour 
- 1 teaspoon baking powder
- ½ teaspoon sea salt
- 3 ripe bananas
- 1 egg 
- ⅓ cup coconut palm sugar
- ⅓ cup coconut oil, melted
- ½ cup mini chocolate chips

For the Crumb Topping

- 2 tablespoons blanched almond flour 
- ¼ teaspoon ground cinnamon 
- ¼ cup coconut palm sugar
- 1 tablespoon palm shortening

Instructions

1. Preheat the oven to 350° F. Line a 24 mini muffin tin with paper liners.
2. In a medium bowl combine the almond flour, baking soda, baking powder and salt. In another bowl mash the bananas. Add the egg, coconut palm sugar and melted coconut oil.
3. Add the dry ingredients to the wet ones. Mix until fully combined. Fold in the chocolate chips.
4. In a separate bowl combine the topping ingredients.
5. Fill each muffin tin to the top with batter. Sprinkle the tops of the muffins with the crumb topping.
6. Bake for 15 minutes. Enjoy!

PALEO STRAWBERRY MINI DONUTS WITH CHOCOLATE & STRAWBERRY GLAZE

I made these mini donuts for Valentine's Day breakfast...so sweet and fun!



PALEO STRAWBERRY MINI DONUTS WITH CHOCOLATE & STRAWBERRY GLAZE

 PREP TIME
45 min

 COOK TIME
15 min


 SERVES
36



CALORIES **84**
FAT **7g**
CARBS **4g**
SODIUM **11mg**
FIBER **1g**
PROTEIN **1g**

Ingredients

Dry Ingredients

1¼ cup blanched almond flour 

¼ teaspoon baking soda


Wet Ingredients


3 tablespoons pure maple syrup, grade B

¼ teaspoon almond extract

½ teaspoon vanilla extract

2 tablespoons coconut oil, melted

1 teaspoon apple cider vinegar 

2 eggs, at room temperature, whites and yolks separated 

½ cup fresh strawberry, minced 

For the Chocolate Glaze

½ cup very dark chocolate (73% cocoa)

¼ cup unsweetened chocolate

2 tablespoons coconut oil

For the Strawberry Glaze

½ cup coconut oil, gently melted


¼ teaspoon vanilla extract

⅛ teaspoon almond extract

1 tablespoon coconut nectar (or raw honey)

Pinch of sea salt

½ cup freeze-dried strawberries, crushed 

¼ cup fresh strawberries, minced 

(Continued on next page)

Instructions

For the Mini Donuts

1. Preheat oven to 425° F. Generously grease a 12-mold mini donut pan with coconut oil.
2. Combine the dry ingredients in a medium bowl. In another medium bowl combine all of the wet ingredients except egg whites and minced strawberries.
3. Mix the wet with dry and set aside.
4. Beat the egg whites until firm peaks form. Gently fold the egg whites into the batter. Fold in the minced strawberries.
5. Use a piping bag to carefully fill each donut mold with batter. Do not overfill. The batter will make 36 mini donuts. Bake for 5 minutes until lightly golden.
6. Allow the donuts to cool, remove from pan and then chill in the fridge for half an hour before frosting.

For the Chocolate Glaze

1. Fill a medium skillet with a few inches of water and place over medium-low heat. Place the glaze ingredients in a small saucepan and put the saucepan inside the skillet. Gently mix the ingredients until fully melted.
2. Pour the melted chocolate into a shallow bowl. Dip each chilled donut in the chocolate, then immediately chill for 30 minutes until the glaze hardens.

For the Strawberry Glaze

1. Combine all of the strawberry glaze ingredients in a food processor or high-speed blender.
2. Pulse until completely pureed and uniformly pink. Pour the glaze into a shallow bowl. Dip each chilled donut in the glaze, then immediately chill for 30 minutes until the glaze hardens. If the glaze is not thin enough, then warm slightly to melt the coconut oil.
3. Store the glazed donuts in your fridge. Enjoy!

SWEET POTATO PROTEIN MUFFINS

Using protein powder to replace some of the flour in breads and muffins is a cool way to increase the protein count while lowering the carb count.



SWEET POTATO PROTEIN MUFFINS

 PREP TIME
50 min


 COOK TIME
20 min

 SERVES
12




CALORIES **134**
FAT **6g**
CARBS **10g**
SODIUM **107mg**
FIBER **2g**
PROTEIN **9g**


Ingredients

1 cup almonds (or almond flour) 


10 dates, soaked in hot water for 10 minutes

1 cup baked sweet potato, skin removed 

1 cup vanilla flavored protein powder

3 organic eggs 

1 teaspoon vanilla extract

1 teaspoon ground cinnamon 

½ teaspoon ground nutmeg

¼ teaspoon baking soda

Pinch of sea salt

Instructions

1. Poke a sweet potato all over with a fork and bake at 425 ° F for 40 minutes. Remove from oven, cool and remove the skin. Reduce oven temperature to 350.
2. Pulse the almonds in a food processor until finely ground. Add the remaining ingredients to the food processor and pulse until fully combined.
3. Generously grease a 12-muffin tin with coconut oil. Divide the batter between the 12 muffin tins and bake for 15-20 minutes. Enjoy!

BREAKFAST BURRITO

Breakfast burritos used to be my all-time favorite breakfast indulgence. Since giving up grains and dairy I had to come up with this healthier version!



BREAKFAST BURRITO

 PREP TIME
20 min



 COOK TIME
40 min

 SERVES
6



CALORIES **358**
FAT **19g**
CARBS **12g**
SODIUM **536mg**
FIBER **4g**
PROTEIN **20g**

Ingredients

- 2 sweet potatoes 
- 2 tablespoon coconut oil, divided
- 3 nitrate-free chicken sausage, precooked
- 6 eggs 
- 6 coconut flour tortillas

Instructions

1. Preheat the oven to 400° F. Wash the sweet potatoes, pat dry, poke a few times with a fork and brush with half of the coconut oil. Place directly on the oven rack and bake for 30 minutes until semi-tender yet still pretty firm. Remove from oven and cool.
2. Once the potatoes have cooled, peel and use a grater to shred into small hashbrown sized pieces. Place the remaining tablespoon of coconut oil in a skillet and heat over medium-high heat. Add the shredded sweet potato and cook until crispy.
3. Place the chicken sausage in a medium skillet in an inch of water. Cover with a lid and turn the heat to medium-high for 5-10 minutes, until the water evaporates and the sausage are plump and cooked through. Cool and chop. Scramble the eggs with a dash of salt and pepper.
4. Assemble your breakfast burrito by lining the coconut flour tortillas with chopped sausage, sweet potato hash and scrambled eggs. Roll up and enjoy!

LOW-CARB PASSION FRUIT LOAF

The delightful crunch of fresh passion fruit seeds makes this protein-filled bread really shine. This is another recipe where protein powder replaces some of the flour.



LOW-CARB PASSION FRUIT LOAF

 PREP TIME
10 min

 COOK TIME
40 min

 SERVES
12



CALORIES **202**
FAT **14g**
CARBS **6g**
SODIUM **278mg**
FIBER **9g**
PROTEIN **13g**

Ingredients

$\frac{3}{4}$ cup vanilla protein powder

$\frac{1}{4}$ cup flax meal 🔥

$\frac{2}{3}$ cup coconut flour

1 teaspoon baking soda

$\frac{1}{2}$ teaspoon sea salt

2 packets of stevia

$\frac{1}{2}$ teaspoon ground cinnamon 🔥

$\frac{1}{2}$ cup filtered water 🔥

$\frac{1}{2}$ cup coconut oil

1 teaspoon apple cider vinegar 🔥

$\frac{1}{2}$ cup passion fruit pulp

4 eggs 🔥

Instructions

1. Preheat the oven to 350° F. Generously grease a loaf pan with coconut oil.
2. In a medium bowl combine the protein powder, flax meal, coconut flour, baking soda, salt, stevia and cinnamon. In another medium bowl combine the water, oil, vinegar, passion fruit and eggs.
3. Add the wet ingredients to the dry ones then mix until fully combined. Transfer the dough to prepared loaf pan, smooth out the top.
4. Bake for 40 minutes, until golden on the top and cooked through. Slice and enjoy warm!

SWEET POTATO & APPLE PANCAKES

These pancakes can be served for breakfast or as a side with dinner. The shredded apple and sweet potato add wonderful texture and give the cakes a delicious heartiness.



SWEET POTATO & APPLE PANCAKES

 PREP TIME
50min


 COOK TIME
12min


 SERVES
8




CALORIES **124**
FAT **1g**
CARBS **31g**
SODIUM **231mg**
FIBER **1g**
PROTEIN **1g**

Ingredients


1 cup sweet potato, mashed 

½ cup sweet potato, shredded 

1 egg 


⅓ cup arrowroot starch


¼ teaspoon sea salt

1 teaspoon apple cider vinegar 

1 tablespoon baking powder

2 tablespoons pure maple syrup

1 apple, shredded 

2 teaspoons ground cinnamon 

Instructions

For the Sweet Potato

1. For the mashed sweet potato, preheat the oven to 400° F, pierce the skin all over with a fork and bake for about 45 minutes, until soft. Remove the cooked sweet potato from the skin and mash.
2. For the grated sweet potato, preheat the oven to 400°, pierce the skin all over with a fork and bake for about 30 minutes, until soft yet still firm enough to grate. Once cooled, use a cheese grater to grate the sweet potato.

For the Pancakes

1. Mix all of the ingredients together in a large bowl.
2. Cook on a preheated pancake griddle or large skillet, lightly greased with coconut oil over medium heat. Allow each side to fully set before flipping to cook the other side.
3. Serve with unsweetened apple sauce or pure maple syrup. Enjoy!

EASY PANCAKES

You won't find a real food pancake recipe with fewer ingredients than this one! Incredibly this recipe works, and is in fact one of the best pancakes I've ever tasted.



EASY PANCAKES

 PREP TIME
10min

 COOK TIME
10min


 SERVES
6




CALORIES	131
FAT	6g
CARBS	16g
SODIUM	28mg
FIBER	3g
PROTEIN	5g

Ingredients

3 ripe bananas

2 eggs 

3 tablespoons almond butter 

½ teaspoon vanilla extract or ground cinnamon
*optional

Instructions

1. Mash the bananas in a bowl (or blend in a food processor). Add the eggs, almond butter and flavor additions. Mix until smooth.
2. Preheat a griddle or skillet. Lightly grease with coconut oil. Pour the batter in ¼ cup scoops.
3. Once you see bubbles form, flip and cook the other side until golden. Serve with fresh fruit. Enjoy!

SPICED MAPLE BACON DONUTS

It's fun to make donuts that are free of grains, gluten and refined sugar. These donuts are also baked, which makes them even more healthful than traditional donuts.



SPICED MAPLE BACON DONUTS

 PREP TIME
25min

 COOK TIME
35min


 SERVES
12





CALORIES **242**
FAT **18g**
CARBS **19g**
SODIUM **116mg**
FIBER **1g**
PROTEIN **5g**

Ingredients

Dry Ingredients

1¼ cup blanched almond flour 
¼ teaspoon baking soda
¼ teaspoon ground nutmeg

Wet Ingredients

3 tablespoons pure maple syrup, grade B
¼ teaspoon almond extract
½ teaspoon vanilla extract
2 tablespoons coconut oil, melted
1 teaspoon apple cider vinegar 
2 eggs, at room temperature, whites and yolks separated 

Candied Bacon

4 slices nitrate-free bacon
¼ cup pure maple syrup
1 tablespoon Dijon mustard

For the Maple Glaze

¼ cup raw honey
¼ cup coconut oil
1 tablespoon bacon fat
2 tablespoons pure maple syrup

(continued on next page)

Instructions

For the Candied Bacon

1. Preheat the oven to 400° F. Line a rimmed baking sheet with foil.
2. Place the bacon in a single layer in the pan.
3. In a small bowl combine the maple syrup and mustard. Mix well. Brush the maple mixture over the bacon.
4. Bake in the preheated oven for 20 minutes, or until crispy. Drain off the bacon grease, saving 1 tablespoon. Once the bacon has cooled, chop into small pieces.

For the Maple Glaze

1. In a small bowl combine the glaze ingredients. Place in the freezer for 5-10 minutes, then stir vigorously until it becomes creamy.

For the Donuts

1. Preheat oven to 350° F. Generously grease your 6-mold donut pan with coconut oil.
2. Combine the dry ingredients in a medium bowl. In another medium bowl combine all of the wet ingredients except egg whites.
3. Mix the wet with dry and set aside.
4. Beat the egg whites until firm peaks form. Gently fold the egg whites into the batter. Mix in half of the candied bacon pieces.
5. Equally distribute the batter between the 6 donut molds. Smooth out the tops of each donut. Bake for 12-15 minutes until lightly golden.
6. Allow the donuts to cool, remove from pan and then chill in the fridge for half an hour. Frost with the glaze and sprinkle with the remaining candied bacon pieces. Enjoy!

PEACH DONUT HOLES

Baked donut holes are always a hit with the fam, and you can rest easy knowing that these tasty morsels are made with only wholesome, real food ingredients.



PEACH DONUT HOLES

 PREP TIME
25 min

 COOK TIME
19 min



 SERVES
12





CALORIES **114**
FAT **9g**
CARBS **8g**
SODIUM **96mg**
FIBER **2g**
PROTEIN **2g**

Ingredients



Dry Ingredients

- 1¼ cup blanched almond flour 
- ¼ teaspoon baking soda
- ½ teaspoon ground cinnamon 

Wet Ingredients

- 3 tablespoons pure maple syrup, grade B
- ¼ teaspoon almond extract
- ½ teaspoon vanilla extract
- 2 tablespoons coconut oil, melted
- 1 teaspoon apple cider vinegar 
- 2 eggs, at room temperature, whites and yolks separated 

Peach Ingredients

- 1 tablespoon coconut oil
- 1 small, organic peach, finely chopped 
- 1 tablespoon maple syrup
- 1 teaspoon ground cinnamon 
- Dash of sea salt

Glaze Ingredients

- ½ cup very dark chocolate (73% cocoa)
- ¼ cup unsweetened chocolate
- 2 tablespoons coconut oil

Instructions

For the Peach Ingredients

1. In a small skillet, heat the coconut oil over medium. Add the finely chopped peach and cook, stirring often until very soft, about 5 minutes. Add the syrup, cinnamon and salt. Continue to cook for another 2 minutes. Remove from heat and allow to cool.

(continued on next page)

For the Donut Holes

1. Preheat oven to 350° F. Generously grease your 20 donut hole pan with coconut oil.
2. Combine the dry ingredients in a medium bowl. In another medium bowl combine all of the wet ingredients except egg whites.
3. Mix the wet with dry and set aside.
4. Beat the egg whites until firm peaks form. Gently fold the egg whites into the batter. Mix in the cooled peach ingredients.
5. Equally distribute the batter between the 20 donut hole molds. Bake for 8-12 minutes until lightly golden. Enjoy!

For the Glaze

1. Fill a medium skillet with a few inches of water and place over medium-low heat. Place the glaze ingredients in a small saucepan and put the saucepan inside the skillet. Gently mix the ingredients until fully melted.
2. Allow the donuts to cool, remove from pan and then chill in the fridge for half an hour. Sprinkle with cinnamon and coconut sugar or dip in dark chocolate glaze. Enjoy!

EGG IN THE HOLE

Remember the egg in a hole that your mom used to make with a piece of crusty toast? This recipe is the same idea, but with a tender seasoned slice of eggplant.



EGG IN THE HOLE

 PREP TIME
25 min

 COOK TIME
18 min

 SERVES
4





CALORIES **184**
FAT **13g**
CARBS **10g**
SODIUM **225mg**
FIBER **5g**
PROTEIN **9g**


Ingredients

1 large eggplant

Sea salt

2 tablespoons olive oil 

1 tablespoon garlic, crushed 

Juice from 1 lemon 

4 eggs 

Instructions

1. Preheat the oven to 450 ° F. Wash and slice the eggplant into 4 (1-inch-thick) slices. Spread the slices over a large baking sheet and sprinkle with sea salt.
2. Allow the eggplant to sit for 20 minutes, until some liquid is drawn out. Use a paper towel to wipe the moisture from the eggplants. Line the eggplant on a baking sheet, flesh side up.
3. In a small cup combine the olive oil, garlic and lemon juice. Generously coat the tops of the eggplant with the garlic mixture. Use a small circular cookie cutter to remove the center of each eggplant slice. Place the little circles of eggplant on the baking sheet as well – these make good snacks!
4. Roast for 10 minutes, until tender.
5. Preheat a grill pan over medium. Lightly grease with olive oil. Place the eggplant rings in the grill pan and cook for 3-4 minutes. Flip the eggplant rings. Crack an egg into the center of each. Allow to cook for 3-4 more minutes. Now you can either serve it this way, sunny side up, with some runny yolks, or carefully flip the eggplant and cook the egg fully. Enjoy!

PUMPKIN PANCAKES

From October through December pumpkin is our favorite flavor! So why not put some pumpkin into pancakes?



PUMPKIN PANCAKES



PREP TIME
25min



COOK TIME
18min



SERVES
6



CALORIES **179**
FAT **12g**
CARBS **16g**
SODIUM **211mg**
FIBER **8g**
PROTEIN **7g**

Ingredients

½ cup pumpkin puree

2 eggs 🔥

¼ cup coconut sugar

¼ teaspoon ground allspice

1 teaspoon ground cinnamon 🔥

¼ teaspoon ground ginger 🔥

1½ cups blanched almond flour 🔥

½ teaspoon baking soda

½ teaspoon sea salt

coconut oil

Instructions

1. Combine the pumpkin puree, eggs, coconut sugar, allspice, cinnamon and ginger in a food processor. Add the flour, soda and salt. Mix well. Let the batter sit for 15 minutes.
2. Preheat coconut oil on your griddle over medium heat. Ladle pancake batter by ¼ cup onto griddle. When bubbles form, flip the pancakes to cook other side.
3. Serve with pure maple syrup. Enjoy!

BUTTERNUT SQUASH HASH

This savory hash is so filling and satisfying!



BUTTERNUT SQUASH HASH

 PREP TIME
15min





 COOK TIME
10min

 SERVES
4



CALORIES **151**
FAT **9g**
CARBS **11g**
SODIUM **326mg**
FIBER **2g**
PROTEIN **8g**

Ingredients

- 1 tablespoon olive oil 
- 1 butternut squash, peeled, seeded and cubed
- ½ yellow onion, chopped
- 2 teaspoons garlic, minced 
- 2 tablespoons fresh rosemary, minced
- 1 cup chopped kale 
- Sea salt and black pepper
- 4 eggs, over easy 

Instructions

1. Heat the oil in a large skillet. Add the butternut squash, onion, garlic and rosemary. Cook over medium-high heat until tender. Mix in the kale and continue to cook until wilted. Season generously, with salt and pepper. Remove from heat.
2. Grease another skillet with olive oil and place over medium-high heat. Individually, crack the 4 eggs into the hot skillet and do not stir. Season with salt and pepper and cook untouched for 2 minutes. The whites should be crispy and the yolks runny. Place on top of the hash and serve hot. Enjoy!

LEMON POPPY SEED MUFFINS

Here's another yummy mini muffin recipe. It's awesome to be able to enjoy a muffin while still losing weight!



LEMON POPPY SEED MUFFINS

 PREP TIME
25min

 COOK TIME
18min

 SERVES
24



CALORIES **80**
FAT **6g**
CARBS **4g**
SODIUM **175mg**
FIBER **0g**
PROTEIN **2g**


Ingredients

6 eggs

½ cup coconut oil, melted over low heat

1 teaspoon vanilla extract

¼ cup coconut palm sugar

1 lemon, zest and juice 

½ cup coconut flour

½ teaspoon salt

¼ teaspoon baking soda

1 tablespoon poppy seeds

Instructions

1. Preheat oven to 350 ° F. Grease a mini muffin pan with coconut oil.
2. Separate the egg yolks and whites beat the whites into soft peaks.
3. In a medium bowl combine the egg yolks, melted (and cooled) coconut oil, vanilla extract, coconut palm sugar, lemon juice and zest.
4. In a small bowl, whisk the coconut flour to remove lumps and then add salt and baking soda.
5. Mix the dry ingredients into the wet ones, then gently fold in the egg whites. Stir in the poppy seeds.
6. Fill each mini muffin tin to the top. Bake for 30 minutes, then turn on the broil for 1-2 minutes (watch closely) to lightly brown the tops. Allow to cool before removing from muffin tin. Store in an airtight container in the fridge for up to a week. Enjoy!

CARROT CAKE MUFFINS

These muffins taste like dessert! These are perfect for an on-the-go breakfast or snack.



CARROT CAKE MUFFINS

 PREP TIME
25min

 COOK TIME
35min

 SERVES
8



CALORIES	243
FAT	17g
CARBS	18g
SODIUM	367mg
FIBER	3g
PROTEIN	5g


Ingredients

3 large carrots, shredded

6 eggs 


½ cup coconut oil, melted over low heat

1 teaspoon vanilla extract

1 teaspoon fresh ginger, minced 

¼ cup coconut palm sugar

½ cup coconut flour

2 teaspoons ground cinnamon 

½ teaspoon salt

¼ teaspoon baking soda

5 dates, pitted and minced

½ cup macadamias, chopped

12 walnut halves, for garnish

Instructions

1. Preheat oven to 350° F. Grease a muffin pan with coconut oil. Run the carrots through a food processor with a grating attachment.
2. In a medium bowl combine the eggs, melted (and cooled) coconut oil, vanilla extract, ginger and coconut palm sugar.
3. In a small bowl, whisk the coconut flour to remove lumps. Add cinnamon, salt and baking soda.
4. Mix the dry ingredients into the wet ones. Stir in the shredded carrot, minced dates and chopped macadamia.
5. Fill each mini muffin tin to the top and garnish with a walnut half. Bake for 25 minutes, then turn on the broil for 1-2 minutes (watch closely) to lightly brown the tops. Allow to cool before removing from muffin tin. Store in an airtight container in the fridge for up to a week. Enjoy!

SWEET POTATO EGG MUFFINS

These tasty little sweet potato and egg cups are my 9-year-old son's favorite breakfast. He can put away 4 in one sitting!



SWEET POTATO EGG MUFFINS

 PREP TIME
15 min


 COOK TIME
50 min

 SERVES
12



CALORIES	186
FAT	14g
CARBS	6g
SODIUM	268mg
FIBER	1g
PROTEIN	7g

Ingredients

3 sweet potatoes 

½ cup coconut oil, melted and divided

Sea salt and black pepper

12 eggs 

Instructions

1. Preheat the oven to 400 ° F. Lightly grease 12 muffin tins with coconut oil.
2. Scrub the sweet potatoes and place in a baking pan. Rub with coconut oil and season with salt and pepper. Bake for 25 minutes, until semi-tender. Once the sweet potatoes are cool enough to handle, peel the skin, leaving just enough skin to grip one end. Use a cheese grater to shred the sweet potato.
3. Place the shredded sweet potato in a medium bowl. Season with salt and pepper. Press the shredded sweet potato mixture into each of the 12 muffin tins. Lightly brush with melted coconut oil. Bake for 15 minutes.
4. Crack an egg into each sweet potato cup. Season with sea salt and black pepper. Bake for another 10 minutes. Enjoy!

BLT EGG MUFFINS

Bacon, leek and tomato fill these egg muffins with awesome flavor and tons of protein.



BLT EGG MUFFINS

 PREP TIME
15 min

 COOK TIME
27 min

 SERVES
4



CALORIES **113**
FAT **7g**
CARBS **5g**
SODIUM **344mg**
FIBER **1g**
PROTEIN **8g**

Ingredients

2 strips bacon

1 leek, thinly sliced

1 small tomato, chopped 🔥

6 eggs 🔥

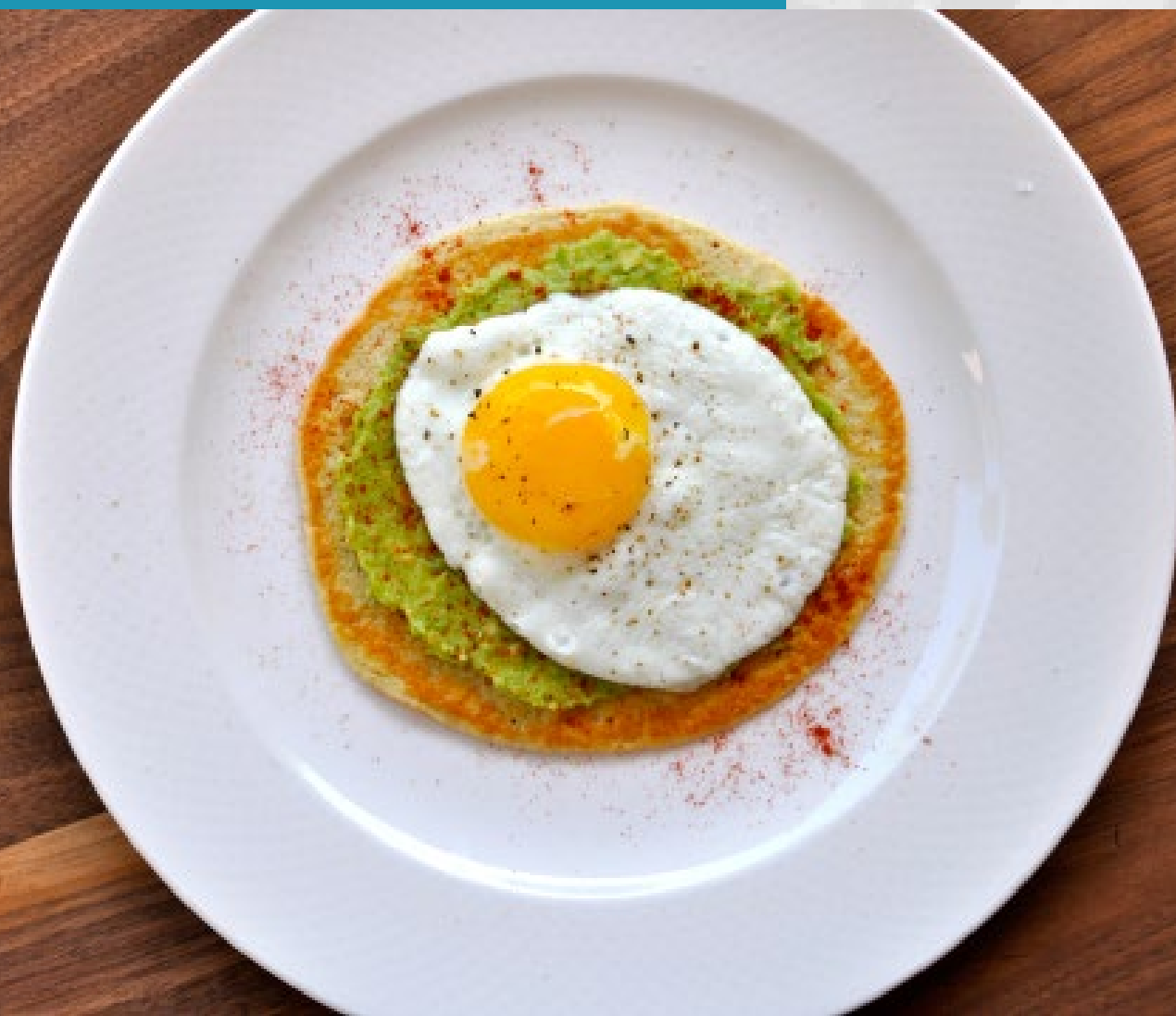
Sea salt and black pepper

Instructions

1. Preheat oven to 350° F. Line 6 muffin tins with paper liners or grease with coconut oil.
2. Cook the bacon in a skillet over medium-high heat. Once crisp, remove from the skillet, cool and crumble. Add the sliced leek to the hot skillet and sauté for 5 minutes, until soft.
3. In a medium bowl combine the crumbled bacon, cooked leek and chopped tomato. Add the 6 eggs and season with salt and pepper. Whisk until fully combined. Fill the muffin tins.
4. Bake for 20-22 minutes or until the egg is fully set. Enjoy!

AVOCADO TORTILLA WITH EGG

This is another one of my family's favorite quick breakfast recipes. It helps to have a stack of coconut flour tortillas ready to go in the fridge, in order to make speedy breakfasts like this one.



AVOCADO TORTILLA WITH EGG

 PREP TIME
25min


 COOK TIME
18mins

 SERVES
1



CALORIES **333**
FAT **22g**
CARBS **13g**
SODIUM **425mg**
FIBER **8g**
PROTEIN **14g**


Ingredients

1 teaspoon olive oil 

1 egg 

1 coconut flour tortilla

½ avocado

1 teaspoon lemon juice 

Sprinkle of sweet paprika

Sprinkle of ground cumin 

Sprinkle of sea salt

Instructions

1. Lightly grease a skillet with the olive oil over medium-high heat. Add the egg, and do not move. Cook for 2 minutes, until whites are crispy and yolk still runny. Remove from heat.
2. Mash the avocado with lemon juice and spread over a coconut flour tortilla. Sprinkle with sweet paprika, ground cumin and garlic salt. Top with the cooked egg. Enjoy!

QUINOA AND HAM CUPS

I like to think of these savory cups as energy muffins. Between the quinoa, eggs and ham, just one will fill you up and fuel your day.



QUINOA AND HAM CUPS

 PREP TIME
10min

 COOK TIME
20min


 SERVES
10




CALORIES **116**
FAT **4g**
CARBS **15g**
SODIUM **330mg**
FIBER **3g**
PROTEIN **6g**


Ingredients

1 cup cooked red quinoa

4 eggs 

2 cups zucchini, shredded 

1 cup diced ham

¼ cup parsley, chopped 

2 green onions, sliced

Sea salt & black pepper

Instructions

1. Preheat oven to 350° F. Grease 10 muffin tins with coconut oil.
2. Combine all ingredients in a large bowl and mix to combine. Spoon the mixture to the top of each cup. Bake for 15-20 minutes, or until the edges of the cups are golden brown.
3. Let cool for at least 5 minutes before removing from the muffin tin. Enjoy!

PUMPKIN HOT CEREAL

No need for grains in this comforting hot cereal recipe. Instead, we use nuts, seeds and coconut. All wholesome, delicious ingredients!



PUMPKIN HOT CEREAL

 PREP TIME
15 min


 COOK TIME
20 min

 SERVES
4



CALORIES **255**
FAT **20g**
CARBS **13g**
SODIUM **534mg**
FIBER **5g**
PROTEIN **5g**


Ingredients

1 cup boiling water 

¼ cup raw pepitas (pumpkin seeds)


¼ cup raw walnuts


¼ cup shredded coconut, unsweetened

½ cup golden flax meal 

1 tablespoon milled chia seeds

2 tablespoons coconut palm sugar

1 teaspoon ground cinnamon 

Pinch of ground cloves, ground allspice and ground ginger 

¼ teaspoon sea salt

¼ cup pumpkin puree

Optional toppings: chopped apple, raisins, sliced almonds, ground cinnamon, coconut palm sugar and sea salt

Instructions

1. Set a kettle to boil the water. Combine the pepitas, walnuts, coconut, flax, chia, coconut palm sugar, cinnamon, cloves, allspice, ginger and sea salt in a high-speed blender. Blend until a fine powder forms.
2. Slowly pour in the boiling water. Add the pumpkin puree and continue to blend until smooth. Pour into individual serving bowls.
3. Gather the toppings of your liking. Sprinkle on top of the warm hot cereal. If you're feeling a little crazy, douse your hot cereal with chilled coconut milk and a sprinkle of coconut palm sugar. That's what I do. Enjoy!

COCONUT FLOUR TORTILLAS

Coconut flour tortillas are a staple in my kitchen. I make a batch nearly every week and have a big stack of them ready to grab in the fridge.



COCONUT FLOUR TORTILLAS

 PREP TIME
5min


 COOK TIME
15min

 SERVES
12



CALORIES	100
FAT	9g
CARBS	2g
SODIUM	117mg
FIBER	1g
PROTEIN	5g

Ingredients

6 eggs 

1 (13.66 ounce) can of coconut milk, full fat

¼ cup coconut flour

¼ cup flax meal 

½ teaspoon baking powder

½ teaspoon salt

1 packet Stevia (optional)

Instructions

1. Preheat a medium-sized, non-stick skillet over medium-low heat.
2. Combine all of the ingredients in a high-speed blender and mix until smooth.
3. Coat the skillet with coconut oil. Pour ⅓ cup of batter into the skillet in a large tortilla shape. Allow to cook until set, then flip to brown the other side. Repeat with all of the batter — should make 12 tortillas.

PUMPKIN PROTEIN MUFFINS

Pumpkin makes everything taste better!



PUMPKIN PROTEIN MUFFINS

 PREP TIME
15 min


 COOK TIME
20 min

 SERVES
12



CALORIES	146
FAT	6g
CARBS	19g
SODIUM	65mg
FIBER	3g
PROTEIN	6g


Ingredients

1 cup almonds (or almond flour) 


10 dates, soaked in hot water for 10 minutes

1 cup canned pumpkin

1 cup vanilla flavored protein powder

3 organic eggs 

1 teaspoon vanilla extract

1 teaspoon ground cinnamon 

½ teaspoon ground nutmeg

¼ teaspoon baking soda

Pinch of sea salt

Instructions

1. Pulse the almonds in a food processor until finely ground. Add the remaining ingredients to the food processor and pulse until fully combined.
2. Generously grease a 12-muffin tin with coconut oil. Divide the batter between the 12 muffin tins and bake for 15-20 minutes.

TACO EGG MUFFINS

*Here's a fun way to get a boost of protein and fiber in the morning.
It's always a good time of day for a taco egg muffin!*



TACO EGG MUFFINS

 PREP TIME
15 min

 COOK TIME
22 min

 SERVES
12



CALORIES **97**
FAT **6g**
CARBS **1g**
SODIUM **90mg**
FIBER **0g**
PROTEIN **9g**

Ingredients

½ pound ground beef 🔥

½ teaspoon chili powder

¼ teaspoon sweet paprika

¼ teaspoon cumin 🔥

¼ teaspoon onion powder

Pinch of garlic powder

Dash of sea salt

6 organic, free-range eggs 🔥

2 green onions, finely chopped

Handful of sliced olives

1 tomato, chopped 🔥

Instructions

1. Preheat oven to 350° F. Line 12 muffin tins with paper liners or grease with coconut oil.
2. In a skillet brown the beef over medium heat. Add in the chili powder, paprika, cumin, onion powder, garlic powder and sea salt. Remove from heat and drain.
3. In a bowl, mix up the eggs and add the browned seasoned beef, chopped green onions, sliced olives and chopped tomato. Fill 6 muffin tins.
4. Bake for 20-22 minutes or until the egg is fully set. Enjoy!

CINNAMON ROLLS

When you have a craving for an ooey-gooey cinnamon roll, don't give in and indulge on one that's made with grains, gluten and refined sugar. Instead, try this wholesome version of cinnamon rolls. It's yum!



CINNAMON ROLLS

 PREP TIME
20 min

 COOK TIME
20 min



 SERVES
18 (½ roll servings)




CALORIES	251
FAT	17g
CARBS	21g
SODIUM	71mg
FIBER	3g
PROTEIN	5g

Ingredients

For the Dough

- 2 ½ cups blanched almond flour 
- ¼ cup coconut flour
- ¼ teaspoon baking soda
- ½ teaspoon sea salt
- ¼ cup coconut oil
- 2 tablespoons raw honey
- 2 eggs at room temp 
- 1 tablespoon vanilla
- ¼ cup coconut sugar

For the Filling

- ½ cup coconut sugar
- 2 tablespoons ground cinnamon 
- 2 tablespoons coconut oil
- ¼ cup raisins
- ¼ cup pecans, chopped

For the Glaze

- ¼ cup raw honey
- ¼ cup coconut oil
- ¼ teaspoon almond extract
- 2 teaspoons vanilla

Instructions

1. Preheat the oven to 350° F. Lightly grease a pan with coconut oil.
2. Combine the dry dough ingredients in a medium bowl and mix to remove any lumps. Combine the wet dough ingredients in another medium bowl and mix well. Combine the wet and dry ingredients together and mix well. Chill the dough for 15 minutes.
3. Cut two rectangular pieces of parchment paper and place the dough in-between them. Use a rolling pin to flatten the dough evenly into a large rectangle. Remove the top piece of parchment paper.



SIDES AND SNACKS

These are some of my favorite new recipes for sides and snacks, and I know you're gonna love them, too. Most popular snacks are packed with sugar, and most popular sides are filled with simple carbs – both encourage weight gain. These recipes, on the other hand, lean toward fiber and protein in order to get you the results that you want.

ROASTED VEGETABLE SALAD WITH RAINBOW QUINOA

Quinoa is a powerhouse seed that contains a nice dose of protein. This salad pairs tender, roasted veggies with rainbow quinoa – it really satisfies.



ROASTED VEGETABLE SALAD WITH RAINBOW QUINOA

 PREP TIME
30 min

 COOK TIME
50 min




 SERVES
16







CALORIES **135**
FAT **4g**
CARBS **21g**
SODIUM **28mg**
FIBER **3g**
PROTEIN **5g**

Ingredients

For the Quinoa Salad

2 cups uncooked rainbow quinoa (find at Sprouts Market)
4 cups organic chicken broth
1 organic butternut squash
Olive oil 
Sea salt
Ground nutmeg
1 fennel bulb, plus the fronds
1 green zucchini 
1 yellow zucchini 
1 orange bell pepper
1 red onion

For the Dressing

1 organic pomegranate
3 tablespoons fresh lemon juice 
2 cloves garlic, minced 
3 tablespoons olive oil 
1 green onion, minced
1 cup flat-leaf parsley, minced 
1/3 cup fresh mint, minced

Instructions

1. Preheat the oven to 425° F. Lightly grease a rimmed baking pan and a rimmed baking sheet with olive oil.
2. Place the uncooked quinoa and chicken broth in a small pot and bring to a low boil over medium-high heat. Reduce to low heat, cover and cook for 15 minutes. Remove from heat and fluff the quinoa.

3. Peel and seed the butternut squash. Cut into bite-sized cubes. Toss with a drizzle of olive oil and season generously with salt, pepper and nutmeg. Pour into the prepared baking pan and roast in the oven for 20-35 minutes.
4. Chop the fennel bulb, along with the fronds and place in a large bowl. Chop the zucchinis and add to the bowl. Seed and chop the bell pepper, and chop the red onion and add to the bowl. Drizzle with olive oil and season with salt and pepper.
5. Spread into the prepared baking sheet and roast in the oven for 15-20 minutes. Fill a medium bowl with water. Cut the pomegranate in half, place in the water and use your fingers to remove all of the seeds from the skins. Drain the water and place the seeds in a small bowl.
6. Add the remaining dressing ingredients to the bowl and mix to combine. In a large salad bowl combine the cooked quinoa with the dressing. Add the roasted butternut squash and roasted veggies. Mix well and, if needed, season with additional salt and pepper. Enjoy!

COCONUT CURRY WITH ZUCCHINI NOODLES

Talk about guilt-free! These noodles are made with zucchini.



COCONUT CURRY WITH ZUCCHINI NOODLES

 PREP TIME
15 min

 COOK TIME
12 min

 SERVES
4




CALORIES **262**
FAT **20g**
CARBS **16g**
SODIUM **264mg**
FIBER **9g**
PROTEIN **4g**

Ingredients

1 tablespoon coconut oil

1 red onion, halved lengthwise and thinly sliced

2 red bell peppers, seeded and thinly sliced lengthwise

¼ cup filtered water 

2 tablespoons Thai red curry paste

1 (13.6-ounce) can unsweetened coconut milk

1 cup fresh basil leaves

1 tablespoon fresh lime juice

6 zucchini, made into noodles with a spiral slicer 

Instructions

1. In a large skillet warm the coconut oil over medium-high heat. Add the onion, bell peppers and water. Season with sea salt and freshly ground pepper. Cook, stirring occasionally until the vegetables are tender, about 4 minutes. Add the curry paste and cook for another minute, stirring constantly.
2. Add the coconut milk and simmer as the sauce thickens, 4 to 5 minutes. Remove from heat and stir in the basil, lime juice and the zucchini noodles. Season with salt and pepper and serve warm. Enjoy!

SHIITAKE STIR-FRIED CAULIFLOWER RICE

Shredded cauliflower is my go-to rice substitute. It's high in fiber and is a blank canvas when it comes to flavor – you can dress it up to suit your tastes. This recipe is perfect for when you crave stir fried-rice!



SHIITAKE STIR-FRIED CAULIFLOWER RICE

 PREP TIME
20min


 COOK TIME
25min


 SERVES
6



CALORIES **139**
FAT **4g**
CARBS **21g**
SODIUM **126mg**
FIBER **12g**
PROTEIN **4g**

Ingredients

2 heads organic cauliflower 

1 tablespoon olive oil 

2 organic eggs, beaten

1 yellow onion, chopped


2 carrots, halved and thinly sliced

1 red bell pepper, seeded and thinly sliced

10 ounces shiitake mushrooms, stems removed,


caps thinly sliced

2 garlic cloves, minced 

2 teaspoons fresh ginger, peeled and minced 

6 ounces snow peas, stems and strings removed,
sliced diagonally

3 tablespoons coconut aminos

2 tablespoons apple cider vinegar 

Instructions

1. Wash and roughly chop the cauliflower. Run through a food processor with the grating attachment, until finely shredded. Season with salt and pepper and set aside.
2. Heat 1 teaspoon of olive oil in a large skillet over medium. Add the beaten eggs, swirl to coat the bottom of the pan. Don't stir, and cook for 2 minutes until set. Transfer to a cutting board and slice lengthwise into thirds and crosswise into thin strips.
3. Add the remaining 2 teaspoons of oil to the skillet. Cook the onion until softened, about 4 minutes. Add the carrots and bell pepper and cook until lightly browned, about 6 minutes. Add the mushrooms and cook until tender, about 5 minutes. Add the garlic, ginger and snow peas and cook for an additional 3 minutes.
4. Stir in the shredded cauliflower, coconut aminos and apple cider vinegar. Toss to coat and cook over medium for 5 minutes. Season with salt and pepper and fold in the sliced egg. Enjoy!

COLD AND FLU RECOVERY SOUP

Feel a cold or flu coming on? Quick, whip up a batch of this comforting recovery soup.



COLD AND FLU RECOVERY SOUP

 PREP TIME
153min


 COOK TIME
8min

 SERVES
4



CALORIES **153**
FAT **8g**
CARBS **6g**
SODIUM **201mg**
FIBER **1/2g**
PROTEIN **8g**

Ingredients

1 tablespoon olive oil 


7 garlic cloves, minced 

1 leek, chopped

1 teaspoon ground sage

1 teaspoon sweet paprika

5 cups organic chicken broth

2 cups filtered water 

1 bay leaf

4 organic eggs, beaten 

Instructions

1. Heat the olive oil in a large soup pot over medium. Add the garlic and chopped leek. Cook for 3 minutes, stirring often. Add the sage and sweet paprika. Mix well and cook for another 3 minutes, until soft.
2. Add the chicken broth, water and bay leaf. Bring to a boil. Cover partially and boil for 10 minutes.
3. Remove the soup from heat and remove the bay leaf. Use an immersion blender to puree the leeks. Return to heat and bring to a low boil. Pour the beaten eggs into the soup slowly while mixing. Remove from heat and serve. Enjoy!

ROASTED ASPARAGUS PASTA SALAD

You won't miss the grains one bit when you dig into this wholesome, zucchini-noodle pasta salad.



ROASTED ASPARAGUS PASTA SALAD

 PREP TIME
20min

 COOK TIME
10min





 SERVES
4






CALORIES **134**
FAT **8g**
CARBS **10g**
SODIUM **210mg**
FIBER **5g**
PROTEIN **5g**

Ingredients

For the Pasta

- 1 bunch organic asparagus 
- 1 teaspoon olive oil 
- Dash of sea salt and pepper
- 5 organic zucchini 
- 2 tablespoons sun-dried tomatoes, chopped 

For the Dressing

- 1 garlic clove, chopped 
- 2 tablespoons yellow onion, chopped
- 1 tablespoon Dijon mustard
- 1 tablespoon lemon juice 
- ¼ teaspoon sweet paprika
- 2 tablespoons olive oil 
- ¼ cup fresh chives, thinly sliced

Instructions

1. Preheat the oven to 425° F.
2. Trim the ends off the asparagus, and chop into ½ inch pieces. Place in a medium bowl and combine with the olive oil and a dash of salt and pepper. Transfer to a baking sheet and bake for 10 minutes.
3. Trim the ends from the zucchini and use a veggie peeler to remove the green skin. Cut the zucchini in half, width-wise, then run through a spiral slicer to create long angel hair noodles. Place the noodles in a large bowl. Add the sun-dried tomatoes and roasted asparagus.
4. In a small bowl combine all of the dressing ingredients. Pour the dressing over the noodle salad and mix well until combined. Enjoy!

FULLY LOADED SWEET POTATO WEDGES WITH BACON AND CREAMY ADOBO SAUCE

Here's an awesome snack to serve on game day or at a tailgate. The adobo sauce has sensational, fiery flavor!



FULLY LOADED SWEET POTATO WEDGES WITH BACON AND CREAMY ADOBO SAUCE



CALORIES	139
FAT	5g
CARBS	17g
SODIUM	179mg
FIBER	3g
PROTEIN	3g

PREP TIME
15 min

COOK TIME
24 min

SERVES
6

Ingredients

For the Sweet Potato Wedges

- 4 organic sweet potatoes
- 1 tablespoon olive oil
- 1 teaspoon sweet paprika
- ½ teaspoon ground cinnamon
- 1 teaspoon garlic powder
- 4 slices bacon, cooked and crumbled
- 3 green onions, green stalks only, chopped

For the Creamy Adobo Sauce

- 1 tablespoon adobo sauce (a small can of chiles in adobo sauce works perfectly, just use the sauce, unless you really like heat - then add a chile!)
- ½ cup canned coconut milk, full fat
- ¼ teaspoon garlic powder
- 1 tablespoon fresh cilantro, chopped
- 1 teaspoon lime juice
- Dash of salt and pepper

Instructions

For the Sweet Potato Wedges

1. Preheat the oven to 425° F. Line a baking sheet with parchment paper.
2. Wash the sweet potatoes. Cut in half lengthwise, then cut each half into 3 lengthwise wedges. Place in a large bowl.
3. In a small bowl combine the oil, paprika, cinnamon and garlic. Drizzle over the sweet potato wedges, tossing to coat each wedge. Place in a single layer on the prepared baking sheet.
4. Bake for 12 minutes, flip each wedge over and bake for another 12 minutes. Wedges should be tender. Remove from oven.

(continued on next page)

5. Line the roasted wedges on a serving platter. Drizzle with the creamy adobo sauce and sprinkle with the bacon and green onions. Serve with additional sauce on the side. Enjoy!

For the Adobo Sauce

1. Combine all of the ingredients in a blender and process until smooth. *Note: the adobo sauce is quite spicy, so add as much or as little as you want. It's a wonderful flavor!

SUN-DRIED TOMATO ROLLS WITH ROSEMARY

I used to love traditional bread rolls until giving up grains. Now whenever I'm in the mood for a roll with dinner I make a batch of these savory rolls.



SUN-DRIED TOMATO ROLLS WITH ROSEMARY

 PREP TIME
15 min

 COOK TIME
18 min

 SERVES
20





CALORIES **138**
FAT **11g**
CARBS **9g**
SODIUM **122mg**
FIBER **2g**
PROTEIN **4g**

Ingredients

½ cup coconut oil, melted and cooled

2 eggs 

¼ cup filtered water 

2 cups blanched almond flour (or ground sun-flowers) 

⅓ cup coconut flour


¼ cup arrowroot starch

½ teaspoon baking soda

½ teaspoon sea salt

1 teaspoon cream of tartar

1 tablespoon fresh rosemary, minced

4 sun-dried tomatoes, minced 

Instructions

1. Preheat the oven to 350° F. Line a baking sheet with parchment paper.
2. In a small bowl combine the coconut oil, eggs and water. In a medium bowl combine the almond flour, coconut flour, arrowroot, baking soda, salt and cream of tartar. Add the wet ingredients to the dry ones and mix well. Mix in the rosemary and sun-dried tomatoes.
3. Shape the dough into golf ball-sized rolls and place on the prepared baking sheet. Bake for 15-18 minutes, until golden. Enjoy!

GLAZED SESAME PECANS

Make a batch of these sweet glazed pecans to sprinkle over your salad or to eat as a crunchy snack.



GLAZED SESAME PECANS

 PREP TIME
15min

 COOK TIME
12min

 SERVES
16



CALORIES **184**
FAT **17g**
CARBS **8g**
SODIUM **122mg**
FIBER **2g**
PROTEIN **2g**

Ingredients

3 cups raw pecan halves (a full 8 ounce bag from Trader Joe's)

1/3 cup pure maple syrup

2 teaspoons coconut aminos

2 teaspoons balsamic vinegar glaze

Dash of sea salt

2 tablespoons sesame seeds

Instructions

1. Preheat the oven to 375° F. Place a metal cooling rack in the center of a rimmed baking sheet. Cover the rack with parchment paper.
2. Place the pecans in a large skillet over medium heat.
3. Meanwhile, in a small bowl combine the syrup, coconut aminos and balsamic vinegar glaze.
4. Lower the heat under the skillet and pour the glaze over the pecans. Mix to combine and sprinkle with a dash of sea salt. Cook for 4 minutes, until the glaze is covering the pecans yet still sticky.
5. Remove from heat. Sprinkle with the sesame seeds and carefully mix to coat.
6. Spread the pecans over the prepared baking sheet. Bake for 8-12 minutes, until toasty. Enjoy!

BEST KALE SALAD

Kale is an acquired taste, and once you learn to love it you won't be able to get enough of the green goodness! I love this salad. It's wholesome comfort food at its best.



BEST KALE SALAD

 PREP TIME
15 min

 COOK TIME
12 min

 SERVES
16




CALORIES **169**
FAT **17g**
CARBS **9g**
SODIUM **122mg**
FIBER **3g**
PROTEIN **6g**

Ingredients


For the Salad

6 slices nitrate-free bacon

6 small white onions


1 bunch kale 

1 bunch romaine lettuce

2 tablespoons warm water 

1 tablespoon toasted sesame oil

2 teaspoons coconut aminos

1 tablespoon apple cider vinegar 

1 tablespoon maple syrup, or raw honey, or coco-nut nectar, or pinch of stevia

Dash of sea salt and black pepper

For the Tahini Sesame Dressing

2 tablespoons tahini

Instructions

1. Preheat the oven to 400° F. Line a rimmed baking sheet with foil. Place the bacon on the baking sheet in a single layer. Bake for 20 minutes or until crispy. Drain the bacon grease from the pan and set the bacon aside to cool and then chop into small pieces.
2. Slice the onions in half, and then in half again, to form 4 moon-shaped pieces. Lightly grease a grill pan with olive oil and place over medium-high heat. Grill the onions until lightly charred and very tender. Set aside.
3. Wash the kale and romaine and slice into thin ribbons.
4. Mix the dressing ingredients together. If needed, add more water to reach a pourable consistency.
5. Prepare each serving with a bed of greens, a sprinkle of bacon and onions and a drizzle of dressing. Enjoy!

ROASTED ZA'ATAR CAULIFLOWER

If you haven't tried za'atar, it's worth picking up a bottle of the savory spice. It gives cauliflower a whole new flavor dimension.



ROASTED ZA'ATAR CAULIFLOWER

 PREP TIME
5min



 COOK TIME
30min

 SERVES
4



CALORIES	122
FAT	7g
CARBS	13g
SODIUM	101mg
FIBER	7g
PROTEIN	5g

Ingredients

- 1 head cauliflower, chopped into florets 
- 2 tablespoons olive oil 
- 2 tablespoons za'atar spice
- ½ teaspoon sea salt

Instructions

1. Preheat the oven to 375° F. Lightly grease a rimmed baking sheet with olive oil.
2. Wash and chop the cauliflower into florets. Combine the florets, olive oil, za'atar and sea salt in a large bowl.
3. Spread the floret mixture over the prepared pan. Roast for 30 minutes. Enjoy!

ASPARAGUS NOODLES WITH LEMON AND DILL

Who said real food noodles only come from zucchini? With a simple veggie peeler, asparagus turns into savory noodles.



ASPARAGUS NOODLES WITH LEMON AND DILL

 PREP TIME
15 min

 COOK TIME
2 min




 SERVES
2




CALORIES **117**
FAT **7g**
CARBS **13g**
SODIUM **147mg**
FIBER **6g**
PROTEIN **5g**

Ingredients

For the Noodles

- 1 bunch thick asparagus spears 
- 1 tablespoon fresh dill, minced 
- 1 tablespoon olive oil 

For the Dressing

- 3 tablespoons fresh lemon juice 
- 1 teaspoon raw honey, melted
- $\frac{1}{8}$ teaspoon sea salt
- Dash black pepper

Instructions

1. Wash the asparagus spears. Resist the urge to chop off the tough stalks. These are your handles! Cut off the asparagus tips and save. Hold onto the tough stalks and use a vegetable peeler to peel long asparagus noodle strands into a large bowl. Mix in the fresh dill.
2. Mix the dressing ingredients in a small bowl.
3. Heat the olive oil in a medium skillet. Add the asparagus noodles. Sauté for 2 minutes then remove from heat. If you'd like, sauté the asparagus heads by throwing them in the pan after 1 minute. Toss with the dressing.
4. Serve the noodles warm and garnish with fresh dill. Enjoy!

SUMMER GARDEN PASTA

When your garden is overflowing with zucchini and cherry tomatoes, you'll be glad to have this recipe! It's reminiscent of traditional pasta recipes, all without the guilt.



SUMMER GARDEN PASTA

 PREP TIME
15min

 COOK TIME
10min

 SERVES
4





CALORIES **307**
FAT **18g**
CARBS **31g**
SODIUM **577mg**
FIBER **9g**
PROTEIN **9g**

Ingredients

For the Pasta

10 small sweet peppers

8 zucchini 

1 cup cherry tomatoes 

Handful of basil leaves

1 teaspoon dried oregano

¼ teaspoon dried thyme


¼ teaspoon dried basil

1 teaspoon dried parsley 


½ teaspoon sea salt

Crack of black pepper

For the Dressing

2 tablespoons apple cider vinegar 


1 teaspoon raw honey, melted

¼ cup olive oil 

1 teaspoon freeze dried garlic 

2 teaspoons minced, dried onion

For the Sprinkle Topping

3 tablespoons blanched almond flour 

½ teaspoon garlic salt

1 teaspoon coconut oil

Instructions

1. Wash the peppers and grill until charred. Peel, seed and chop. Wash and halve the tomatoes. Chop the basil leaves.
2. Peel the zucchini. Use a spiral slicer to create long, thin strands. Gather the dressing ingredients. Mix together and toss with the noodles. Add the rest of the vegetables to the bowl.
3. Combine the sprinkle topping ingredients in a skillet. Place over low heat for 5-10 minutes, stirring constantly. Once lightly browned, remove from heat. Sprinkle over the top of your pasta, as you would Parmesan cheese. Enjoy!

JICAMA AND GUAC

Forget fried chips and guacamole – these real food chips are made with simple sliced jicama. The crunchy, mildly sweet flavor of the chips is so delicious. You won't need greasy chips ever again!



JICAMA AND GUAC

 PREP TIME
10min

 SERVES
2



CALORIES **105**
FAT **7g**
CARBS **0g**
SODIUM **187mg**
FIBER **5g**
PROTEIN **2g**

Ingredients

1 jicama 

1 avocado

Sea salt

Instructions

1. Peel and slice the jicama into chip-like pieces.
2. Mash the avocado with sea salt.

CARROT FRENCH FRIES

Craving french fries? Give these simple baked carrot fries a try. You'll be pleasantly surprised!



CARROT FRENCH FRIES

 PREP TIME
10 min

 COOK TIME
20 min


 SERVES
4



CALORIES	104
FAT	7g
CARBS	10g
SODIUM	356mg
FIBER	3g
PROTEIN	1g

Ingredients

6 large carrots

2 tablespoons olive oil 

¼ teaspoon sweet paprika

½ teaspoon sea salt

Instructions

1. Preheat the oven to 425° F. Line a baking sheet with parchment paper.
2. Cut the carrots in half, and then slice into thin, French fry-like pieces.
3. In a medium bowl toss the carrots with the olive oil and spices. Spread over the prepared pan and bake for 20 minutes, until browned. Enjoy!

GRAIN-FREE DOLMAS WITH GROUND CHICKEN

Craving french fries? Give these simple baked carrot fries a try. You'll be pleasantly surprised!



GRAIN-FREE DOLMAS WITH GROUND CHICKEN

 PREP TIME
30 min


 COOK TIME
60 min

 SERVES
20




CALORIES **70**
FAT **3g**
CARBS **7g**
SODIUM **569mg**
FIBER **2g**
PROTEIN **7g**

Ingredients


1 tablespoon olive oil 

1 yellow onion, diced

1 pound ground chicken

2 gloves garlic, minced 


½ teaspoon garam marsala

1 teaspoon cumin 

1 teaspoon dried oregano


Pinch of allspice

¼ teaspoon ground ginger 

¼ teaspoon ground coriander 

8 prunes, finely minced

1 head cauliflower, shredded in food processor 

2 lemons, one for juice and one sliced 

Dash of salt and pepper

20 grape leaves

¼ cup water

Instructions

1. Preheat oven to 350° F.
2. In a large skillet, over medium heat, warm the coconut oil. Add the onion and cook until clear. Add the chicken, garlic, garam marsala, cumin, oregano, allspice, ginger, coriander and prunes. Cook until the meat is still a little pink.
3. Add the shredded cauliflower and combine with the meat mixture, cooking for 3 minutes. Squeeze the lemon juice over the mixture, season with salt and pepper and stir. Set the mixture aside until it is cool enough to handle.

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4. Carefully separate the grape leaves and unroll. Spoon a small amount of the meat mixture in the center of the leaf, roll the bottom of the leaf up and then fold the sides over and continue to roll until the end is tucked underneath.
5. Lay the dolmas in a 9×13 baking pan, seam-side down. Lay the lemon slices over the dolmas and squeeze any remaining lemon juice over the pan. Add the water to the pan.
6. Tightly cover with foil. Bake for 30-45 minutes until the leaves turn a dark shade and the water has evaporated. Enjoy!

EGGPLANT PESTO ROLLS

These savory eggplant pesto rolls are so filled with flavor. It's one of my go-to appetizer recipes.



EGGPLANT PESTO ROLLS

 PREP TIME
40min

 COOK TIME
20min

 SERVES
8






CALORIES	227
FAT	16g
CARBS	21g
SODIUM	597mg
FIBER	11g
PROTEIN	6g

Ingredients

For the Pesto

- ½ cup walnuts
- 2-3 cups basil leaves
- 4 cloves garlic 
- 1 teaspoon salt
- ¼ cup olive oil 
- ½ cup nutritional yeast
- 1 tablespoon lemon juice 

For the Eggplant Rolls

- 4 large eggplants
- Many cracks of sea salt
- ⅛ cup olive oil 
- 1 heaping tablespoon crushed garlic 
- Juice from 1 lemon 
- 2 red bell peppers, roasted and cut into thin strips

Instructions

For the Pesto

1. Toast the walnuts in a toaster oven for a few minutes - watch closely, they go from browned to black very quickly.
2. Combine the walnuts, basil, garlic and salt in a food processor, add the olive oil, then the nutritional yeast and lemon juice. Combine until your pesto is a nice consistency - don't over blend.

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For the Eggplant Rolls

1. Trim the ends from the eggplants and thinly slice, $\frac{1}{4}$ inch thick, the long way. Arrange on parchment paper-lined baking sheets and generously sprinkle with sea salt. Allow the eggplant to sit for 20 minutes, until some liquid is drawn out. Preheat the oven to 400° F.
2. Use a paper towel to wipe the moisture and most of the salt from the eggplants.
3. Generously coat the tops of the eggplant with the garlic mixture. Roast in the preheated oven for about 20 minutes. Let it get really tender. Remove from heat and cool.
4. Spread 1 tablespoon of pesto down the center, crosswise, of each slice of roasted eggplant. Top with a strip of bell pepper, then roll and secure with a toothpick. Arrange on a serving platter, and repeat with the remaining eggplant, pesto and bell pepper. Top with chopped, fresh basil and serve chilled. Enjoy!

SAVORY ARTICHOKE

For some reason my kids absolutely love tender artichokes. I like to use this simple recipe to prepare organic, fresh artichokes anytime I find them at the farmer's market.



SAVORY ARTICHOKE

 PREP TIME
15 min

 COOK TIME
60 min


 SERVES
4




CALORIES	74
FAT	0g
CARBS	17g
SODIUM	115mg
FIBER	8g
PROTEIN	4g

Ingredients

2 whole artichokes

¼ cup fresh lemon juice 

2 whole garlic cloves, peeled 

2 bay leaves

Instructions

1. Cut the tips off the artichoke leaves. Turn the artichoke on its side, and using a sharp serrated knife, slice about 1 inch off the top. Pull off any smaller leaves toward the base and on the stem. Cut off any excess stem, leaving up to an inch on the artichoke. Wash under cold running water, pat dry and rub the artichoke with lemon juice.
2. In a large-size pot, add a few inches of water and garlic and bay leaves. Place a steaming basket in the pot, and add the artichokes to the basket. Cover. Bring to a boil and reduce the heat to a simmer. Check periodically to make sure the water hasn't evaporated.
3. Cook for 40 to 60 minutes or until leaves are easy to pull off. Serve with Real Healthy Thousand Island Dressing. Enjoy!

REAL HEALTHY THOUSAND ISLAND DRESSING

This dressing is great for dipping your artichoke or simply drizzled over a fresh salad.



REAL HEALTHY THOUSAND ISLAND DRESSING

 PREP TIME
10 min

 SERVES
16



CALORIES	63
FAT	5g
CARBS	3g
SODIUM	119mg
FIBER	0g
PROTEIN	1g

Ingredients

1 (13.66 ounce) can coconut milk, full fat – chilled and drained

2 tablespoons sweet relish


¼ cup natural ketchup

¼ teaspoon sea salt

¼ teaspoon onion powder

⅛ teaspoon garlic powder

Grind of black pepper

2 hard-boiled eggs, finely chopped 

Instructions

1. Chill the can of coconut milk in the fridge overnight. Do NOT shake the can up at all! Carefully turn the can over and open from the bottom. Drain out the liquid and scoop the white cream into a mixing bowl. Discard the liquid.
2. Add the remaining ingredients to the bowl and whisk vigorously with a large fork. Keep chilled. Enjoy!

CARAMELIZED ONION

There are so many uses for tender, savory caramelized onions. I make a batch of this recipe anytime that I have extra onions. It always gets eaten quickly!



CARAMELIZED ONION

 PREP TIME
10 min


 COOK TIME
35 min

 SERVES
6



CALORIES	67
FAT	2g
CARBS	11g
SODIUM	98mg
FIBER	1g
PROTEIN	1g

Ingredients

1 tablespoon olive oil 

4 yellow onions, sliced

$\frac{1}{4}$ teaspoon sea salt

1 teaspoon coconut palm sugar

Instructions

1. In a skillet heat the olive oil over medium-high heat. Add the onions to the pan. Cook for 5 minutes. Reduce to low heat.
2. Add the sea salt and coconut palm sugar. Continue to cook over low heat for about 30 minutes. If the onions start to stick to the pan, add a little bit of water and mix vigorously. Remove from heat once the onions reach the color and consistency that you desire. Enjoy!

BAKED VEGGIE CHIPS

Just cuz you're eating healthy doesn't mean that you won't sometimes crave some chips. Try these simple, baked veggie chips.



BAKED VEGGIE CHIPS

 PREP TIME
10 min


 COOK TIME
20 min

 SERVES
4



CALORIES	139
FAT	0g
CARBS	32g
SODIUM	287mg
FIBER	8g
PROTEIN	3g

Ingredients

2 pounds of root vegetables, thinly sliced (sweet potato, parsnips, beets or carrots) 

Sea salt

Cajun spice

Instructions

1. Preheat the oven to 375° F. Line a rimmed baking sheet with parchment paper.
2. Thinly slice the root vegetables with a mandoline slicer, to 1/8 inch thickness. Toss the sliced veggies with a sprinkle of sea salt and Cajun spice.
3. Spread the sliced veggies over the prepared baking sheet. Roast for 20 minutes or until crispy. Enjoy!

ROASTED RADISH SALAD

Radishes take on an entirely new flavor and texture when they are roasted. This salad is sweet and savory.



ROASTED RADISH SALAD

 PREP TIME
10min

 COOK TIME
30min


 SERVES
4



CALORIES	61
FAT	7g
CARBS	0g
SODIUM	141mg
FIBER	0g
PROTEIN	0g

Ingredients

1 bunch radishes

2 tablespoons olive oil 

1 teaspoon dried oregano

¼ teaspoon sea salt

⅛ teaspoon black pepper

Instructions

1. Preheat the oven to 425 ° F. Lightly grease a small baking pan with olive oil.
2. Remove the radish stems and cut into quarters. Toss with the olive oil, oregano, salt and pepper. Spread over the prepared pan and roast for 30 minutes. Enjoy!

GREEN PEA CAULIFLOWER

It's so fun to dress cauliflower rice up with new flavors and ingredients. Here's a classic green pea rice recipe that the kids really enjoy.



GREEN PEA CAULIFLOWER

 PREP TIME
15 min


 COOK TIME
15 min

 SERVES
4




CALORIES **57**
FAT **4g**
CARBS **5g**
SODIUM **177mg**
FIBER **2g**
PROTEIN **2g**

Ingredients


1 tablespoon olive oil 

½ yellow onion, chopped

1 head organic cauliflower 

1 cup fresh peas (or frozen, if you must)

¼ cup chicken broth

1 tablespoon lemon juice 

¼ teaspoon sea salt

⅛ teaspoon white pepper

Instructions

1. In a large skillet heat the olive oil over medium. Add the chopped onion. Sauté for about 5 minutes, until tender.
2. Wash cauliflower, discard the leaves and chop into small pieces. Grate the pieces with a food processor.
3. Add the shredded cauliflower to the skillet along with the remaining ingredients. Continue to cook, stirring often, for about 10 minutes. Once the rice is tender, remove from heat. Serve as you would traditional rice. Enjoy!

QUICK PICKLED RADISH

My husband loves pickled anything! So I make sure to keep some pickled radish or beets in the fridge at all times.



QUICK PICKLED RADISH

 PREP TIME
5min




 COOK TIME
15min

 SERVES
4



CALORIES	53
FAT	0g
CARBS	14g
SODIUM	127mg
FIBER	0g
PROTEIN	0g

Ingredients

- 1 bunch radishes
- 3 whole garlic cloves 
- ½ teaspoon black peppercorns
- ½ teaspoon celery seeds
- ¾ cup apple cider vinegar 
- ¾ cup water 
- 3 tablespoons raw honey
- 2 teaspoons sea salt

Instructions

1. Slice the tops off of the radishes and thinly slice into rounds. Place the radish rounds in a pint-sized canning jar. Slice into the garlic cloves in multiple places, then put on top of the sliced radishes. Top with the peppercorns and celery seeds.
2. In a small saucepan, combine the vinegar, water, honey and sea salt. Place over medium heat and stir constantly until it comes to a boil. Pour the mixture over the radish rounds.
3. Allow the mixture to come to room temperature. Serve immediately or keep in the fridge for up to 2 weeks. Enjoy!

BAKED PARSNIP FRIES

In the past I have baked sweet potato fries, which are amazing, and I've even baked carrot fries, which are also quite good. But NOTHING has come as close to tasting like real, authentic fries than these baked parsnip fries.



BAKED PARSNIP FRIES

 PREP TIME
5min

 COOK TIME
20min

 SERVES
4





CALORIES **133**
FAT **7g**
CARBS **15g**
SODIUM **163mg**
FIBER **5g**
PROTEIN **3g**

Ingredients

2 large parsnips

1 tablespoon fresh rosemary, minced

2 garlic cloves, chopped 

3 tablespoons olive oil 

Dash of sea salt and black pepper

½ teaspoon sweet paprika

Instructions

1. Preheat the oven to 450° F. Line a rimmed baking sheet with parchment paper.
2. Peel the parsnips and trim the ends. Cut each parsnip in half, horizontally, then make 2 cuts in each direction to create 8 sticks. In a large bowl toss the parsnip fries with the rosemary, garlic, olive oil, sea salt, pepper and sweet paprika.
3. Spread the fries over your prepared baking sheet. Roast for 10 minutes, flip and then roast for another 10-15 minutes, until browned and crispy. Serve with natural ketchup and enjoy!

CAJUN SWEET POTATO FRIES

What's better than sweet potato fries? Well, Cajun sweet potato fries, of course.



CAJUN SWEET POTATO FRIES

 PREP TIME
5 min

 COOK TIME
20 min


 SERVES
4



CALORIES **115**
FAT **3g**
CARBS **20g**
SODIUM **194mg**
FIBER **3g**
PROTEIN **2g**

Ingredients

1 large sweet potato, peeled and sliced into
¼-inch-long slices 

1 tablespoon olive oil 

¼ teaspoon sea salt

¼ teaspoon garlic powder

¼ teaspoon smoked paprika

⅛ teaspoon onion powder

⅛ teaspoon cayenne pepper 

⅛ teaspoon dried oregano

⅛ teaspoon dried thyme

Instructions

1. Preheat the oven to 450° F. Line a rimmed baking sheet with parchment paper.
2. Peel and thinly slice the sweet potato into French fries. Toss the fries with the olive oil and spices. Spread over the prepared baking sheet.
3. Bake for 20 minutes, turning twice. Continue to bake until golden. Cool before serving. Enjoy!

CREAMY COLESLAW

This coleslaw recipe is creamy and coconut-y!



CREAMY COLESLAW

 PREP TIME
24hrs

 COOK TIME
15min

 SERVES
6



CALORIES **199**
FAT **12g**
CARBS **18g**
SODIUM **170mg**
FIBER **4g**
PROTEIN **3g**

Ingredients

- 1 (13.66 ounce) can coconut milk, full fat – chilled in fridge overnight and drained
- 1 tablespoon yellow onion, finely minced
- 1 tablespoon raw honey
- 1 tablespoon apple cider vinegar 🔥
- 1 tablespoon Dijon mustard
- ¼ teaspoon celery seeds
- Dash of sea salt and black pepper
- ½ head of green cabbage 🔥
- ½ head of purple cabbage 🔥
- 2 large carrots

Instructions

1. Chill the can of coconut milk in the fridge overnight. Do NOT shake the can up at all! Carefully turn the can over and open from the bottom. Drain out the liquid and scoop the white cream into a high-speed blender. Discard the liquid.
2. Add the onion, honey, vinegar, mustard, celery seeds, sea salt and black pepper to the blender. Blend until smooth.
3. Shred the cabbages and carrots in a food processor with the grating attachment. Place in a large bowl. Add the dressing and mix to combine. Chill and serve. Enjoy!

EASY BROCCOLINI

Here's a nutritious and quick side that complements any dinner.



EASY BROCCOLINI

 PREP TIME
10 min


 COOK TIME
10 min

 SERVES
4




CALORIES **82**
FAT **3g**
CARBS **9g**
SODIUM **141mg**
FIBER **0g**
PROTEIN **5g**

Ingredients

1 pound organic broccolini 

¼ teaspoon sea salt

1 tablespoon olive oil 

3 garlic cloves, minced 

Instructions

1. Fill a large skillet with water and bring to a boil. Add the salt.
2. Trim the ends from the broccolini and slice into thin pieces.
3. Add the broccolini to the boiling water. Simmer for 6 minutes, until bright green and tender. Drain and return the skillet to heat.
4. Add the olive oil and garlic cloves. Cook for 4 minutes. Enjoy!

FRESH ROASTED SALSA

Salsa made at home is always tastier than salsa bought at the store. It's quick and easy to throw together.



FRESH ROASTED SALSA

 PREP TIME
15min

 COOK TIME
16min


 SERVES
8




CALORIES **58**
FAT **2g**
CARBS **9g**
SODIUM **63mg**
FIBER **2g**
PROTEIN **2g**


Ingredients

6 tomatillos

1 tablespoons olive oil 

1 small red onion, chopped

4 garlic cloves, chopped 

6 tomatoes 

Sea salt and black pepper to taste

2 tablespoons lime juice

Instructions

1. Turn the oven on high broil. Cut the tomatillos in half, widthwise, and place on a baking pan. Place under the high broil for 8 minutes, flip and return for another 8 minutes. Once cooled, discard the skins and throw the roasted tomatillos in a food processor.
2. Heat the oil in a small skillet. Sauté the chopped onions and garlic until soft. Add to the food processor.
3. Brush the tomatoes with a little additional olive oil. Place on a heated grill pan, or outdoor grill, and grill until charred. Add to the food processor.
4. Pulse the roasted salsa ingredient in the food processor. Add sea salt, pepper and lime juice. Pulse until combined and still chunky. Enjoy!

PLANTAIN TORTILLAS

Here's a new spin on coconut flour tortillas – using fresh plantains.



PLANTAIN TORTILLAS

 PREP TIME
5min

 COOK TIME
15min

 SERVES
12




CALORIES **136**
FAT **9g**
CARBS **12g**
SODIUM **116mg**
FIBER **2g**
PROTEIN **2g**

Ingredients

2 eggs 

1 tablespoon coconut oil, melted


2 plantains, peeled and chopped

¼ cup ground flax meal 

2 tablespoons milled chia seeds

½ teaspoon sea salt

1 (13.66 ounce) can coconut milk, full fat

¼ cup filtered water, or more 

Instructions

1. Preheat a medium-sized, non-stick skillet over medium-low heat.
2. Combine all of the ingredients in a high-speed blender and mix until smooth.
3. Coat the skillet with coconut oil. Pour ⅓ cup of batter into the skillet in a large tortilla shape. Allow to cook until set, then flip to brown the other side. Repeat with all of the batter - should make 12 tortillas. Enjoy!

KALE SALAD

I actually love having this salad for breakfast! There's something so satisfying about avocado and kale in the morning.



KALE SALAD


 PREP TIME
10 min

 SERVES
1



CALORIES **235**
FAT **9g**
CARBS **35g**
SODIUM **47mg**
FIBER **7g**
PROTEIN **7g**

Ingredients

- 1 cup kale, thinly chopped 
- 1 head radicchio, thinly sliced
- 2 tablespoons red quinoa, cooked
- 1 tablespoon golden raisins
- ¼ avocado, pitted and chopped

Instructions

Combine all of the ingredients on a plate. Enjoy!

CRANBERRY SAUCE

Don't save this savory cranberry sauce only for the holidays. It's a delicious way to top chicken breast or tastes great wrapped with a slice of ham.



CRANBERRY SAUCE

 PREP TIME
5 min


 COOK TIME
12 min

 SERVES
8




CALORIES **59**
FAT **0g**
CARBS **15g**
SODIUM **282mg**
FIBER **2g**
PROTEIN **0g**

Ingredients

2 ½ cups cranberries, fresh or frozen 

3 tablespoons raw honey

1 orange, zest and juice

1 tablespoon water 

Sea salt and black pepper

Instructions

1. Reserve ½ cup of the cranberries. Place the remaining 2 cups of cranberries in a skillet over medium heat. Add the honey, orange juice and zest and water. Cook for about 10 minutes, stirring often, until all the cranberries burst.
2. Mix in the reserved cranberries and cook for 2 minutes. Season with sea salt, pepper and extra honey to taste. Enjoy!

GARLIC BEET GREENS

It makes me cringe to think of how many highly nutritious bunches of beet greens get thrown away every day. Not only are these greens awesome for you, they also taste great.



GARLIC BEET GREENS

 PREP TIME
5 min




 COOK TIME
6 min

 SERVES
2



CALORIES **31**
FAT **2g**
CARBS **2g**
SODIUM **123mg**
FIBER **1g**
PROTEIN **1g**

Ingredients

- 1 bunch beet greens, chopped
- 1 teaspoon olive oil 
- 1 garlic clove, minced 
- 1 teaspoon lemon juice 
- Sea salt and black pepper

Instructions

1. Bring a medium pot of water to boil. Add the chopped beet greens. After 2 minutes, remove, drain the pot and immediately dunk the greens in a bowl of ice water.
2. Place the olive oil in a skillet over medium heat. Add the beet greens and garlic. Sauté for 4 minutes, until tender. Drizzle with lemon juice and season with sea salt and black pepper. Enjoy!

FLAT BREAD

This is my go-to recipe when I really want a slice of bread with dinner. It's super quick to make and the whole family loves it!



FLAT BREAD

 PREP TIME
5min

 COOK TIME
8min

 SERVES
8



CALORIES **193**
FAT **13g**
CARBS **17g**
SODIUM **361mg**
FIBER **2g**
PROTEIN **4g**

Ingredients

- 1 cup blanched almond flour 🔥
- 1 cup arrowroot starch
- 3 tablespoons coconut oil, plus more for cooking
- ½ teaspoon sea salt
- 1 egg 🔥
- ¼ cup warm water 🔥

Instructions

1. Combine the almond flour, arrowroot starch and sea salt. Add the egg and coconut oil and mix well. Add the warm water and mix to form a sticky batter.
2. Heat a tablespoon of coconut oil in a large skillet over medium-high heat. Pour the batter by ¼ cup scoops onto the prepared skillet. Cook until golden, flip and cook the other side to golden. Serve immediately. Enjoy!

PICKLED BEETS

Eating pickled produce aides digestion. Tastes great, too!



PICKLED BEETS

 PREP TIME
5 min

 COOK TIME
10 min


 SERVES
2



CALORIES **178**
FAT **1g**
CARBS **14g**
SODIUM **364mg**
FIBER **5g**
PROTEIN **3g**


Ingredients


1 bunch beets

3 whole garlic cloves 

½ teaspoon black peppercorns

½ teaspoon celery seeds

¾ cup apple cider vinegar 

¾ cup water 

3 tablespoons raw honey

2 teaspoons sea salt

Instructions

1. Slice the tops off of the beets, slice in half and then thinly slice into half moons. Place in a large canning jar. Slice into the garlic cloves in multiple places, then put on top of the sliced beets. Top with the peppercorns and celery seeds.
2. In a small saucepan, combine the vinegar, water, honey and sea salt. Place over medium heat and stir constantly until it comes to a boil. Pour the mixture over the beets.
3. Allow the mixture to come to room temperature. Serve immediately or keep in the fridge for up to 2 weeks. Enjoy!

CASHEW CREAM CHEESE

This is my go-to dairy-free cheese-spread recipe. It's a staple in my fridge!



CASHEW CREAM CHEESE

 PREP TIME
15min


 SERVES
16




CALORIES **90**
FAT **8g**
CARBS **2g**
SODIUM **50mg**
FIBER **1/2g**
PROTEIN **2g**

Ingredients

1 cup raw cashews

1 tablespoon lemon juice 


1 tablespoon water 

¼ cup olive oil 

½ teaspoon sea salt

¼ teaspoon onion powder

¼ teaspoon sweet paprika

1 teaspoon of garlic, minced 

Dash of black pepper

Instructions

1. Place the cashews in hot water and soak for 10 minutes and then discard the water.
2. Combine all of the ingredients in a food processor and pulse until smooth and creamy. May take 5 minutes or longer, so be patient and wait until it's really creamy.



MAIN DISHES

Most traditional main dishes are fattening. They have noodles, grains, starches, cheese or fried garnishes. And don't even get me started about portion sizes! The main dishes that you'll find below are built around protein and fiber, so that you can naturally and comfortably lose weight and gain your ideal figure.

CHINESE NOODLE BOWLS

This dish is so much fun – and much healthier than traditional Chinese take-out noodles. Enjoy with or without chopsticks!



CHINESE NOODLE BOWLS

 PREP TIME
30min

 COOK TIME
50min




 SERVES
6






CALORIES **199**
FAT **1g**
CARBS **19g**
SODIUM **170mg**
FIBER **2g**
PROTEIN **17g**

Ingredients

For the Meatballs

- 1 pound ground pork
- 1 teaspoon Chinese 5-spice powder
- Sea salt and black pepper
- 1 inch fresh ginger, peeled and minced 
- 1 clove garlic, minced 
- ¼ cup almond flour 
- 2 green onions, minced
- 2 teaspoons sesame oil

For the Noodle Bowls

- 1 tablespoon sesame oil
- 1 inch fresh ginger, peeled and thinly sliced 
- 2 cloves garlic, minced 
- 4 green onions, thinly sliced
- 1 red bell pepper, seeded and thinly sliced
- 4 baby bok choy, thinly sliced
- 8 cups chicken broth
- 2 tablespoons coconut aminos
- 5 organic zucchini, peeled and run through a spiral slicer 

Instructions

For the Meatballs

1. Preheat the oven to 400° F. Place a wire rack on a rimmed baking sheet.
2. In a medium bowl combine all of the meatball ingredients. Mix well with your hands until all of the ingredients are evenly combined. Form golf ball-sized balls and place on the wire rack. Bake for 25-30 minutes, until fully cooked.

For the Noodle Bowls

1. In a large soup pot, place the sesame oil over medium-high heat. Add the ginger, garlic, onions, and bell pepper. Cook for 4 minutes. Add the bok choy and cook for another 4 minutes. Add the broth and coconut aminos. Reduce the heat to medium-low.
2. Remove all of the green skin from the zucchini. Cut each zucchini in half, width-wise, and use a spiral slicer to create long angel-hair noodles. Add the noodles and the cooked meatballs to the soup pot. Simmer over medium-low heat for 10 minutes. Serve in shallow bowls, drizzled with sesame oil and sprinkled with minced green onion. Enjoy!

CARAMELIZED APPLES, PEARS AND MASHED SWEET POTATOES WITH DRESSED ARUGULA SALAD

Make this dish when you are craving a meal that is hearty, without being fattening.



CARAMELIZED APPLES, PEARS AND MASHED SWEET POTATOES WITH DRESSED ARUGULA SALAD



CALORIES 329
FAT 10g
CARBS 29g
SODIUM 125mg
FIBER 5g
PROTEIN 30g

PREP TIME
25min

COOK TIME
32min

SERVES
8

Ingredients

1 pound sweet potatoes
1 tablespoon olive oil
4 organic, boneless, skinless chicken breasts
Dash of black pepper
2 tablespoons coconut oil
1 honey crisp apple, cored and sliced
2 Bosc pears, cored and sliced
¼ teaspoon ground nutmeg
Zest and juice from 1 orange
2 tablespoons nutritional yeast
¼ cup coconut milk, canned, full fat
3 tablespoons fresh chives, chopped
2 tablespoons fresh thyme, chopped
4 cups organic, baby arugula

For the Salad Dressing

1 tablespoon mirin
2 teaspoons apple cider vinegar
Dash of sea salt and pepper
1 teaspoon olive oil
1 teaspoon fresh chives, chopped
1 teaspoon fresh thyme, chopped
1 teaspoon orange zest

(continued on the next page)

Instructions

1. Peel and chop the sweet potatoes. Cover with water in a large pot. Bring to a boil and season with sea salt. Cook for 15 minutes until the potatoes are tender.
2. Heat the olive oil in a large skillet over medium-high heat. Wash and pat the chicken breasts dry. Season with salt and pepper. Cook the chicken in the heated skillet on both sides until golden and firm, about 12 minutes, turning once. Place the cooked chicken on a plate and cover with foil to keep warm.
3. In the same skillet, heat the coconut oil, add the apple and pear slices and sprinkle with the nutmeg. Stir in the orange juice and zest. Cook for 5 minutes, until caramelized.
4. Add in the sweet potatoes and return to the pot. Mash with the nutritional yeast and coconut milk. Season with sea salt and pepper.
5. In a small bowl combine the dressing ingredients. Pour over the arugula in a medium bowl, toss until well combined.
6. Divide the mashed sweet potatoes between 4 plates. Slice the chicken and arrange alongside the potatoes and top with the apples and pears. Sprinkle with the chives and thyme. Add a serving of dressed arugula to each plate. Serve and enjoy!

CHILI-STUFFED BUTTERNUT SQUASH WITH TROPICAL TEQUILA SALSA AND CREAMY AVOCADO DRESSING

This is another dish that is quite hearty and satisfying, without containing any compromising ingredients.



CHILI-STUFFED BUTTERNUT SQUASH WITH TROPICAL TEQUILA SALSA AND CREAMY AVOCADO DRESSING



CALORIES	329
FAT	10g
CARBS	29g
SODIUM	125mg
FIBER	5g
PROTEIN	30g



PREP TIME
20 min



COOK TIME
60 min



SERVES
6

Ingredients

2 organic butternut squash

Drizzle of olive oil

Sea salt and pepper

6 slices nitrate-free bacon, chopped

2 lbs ground chicken (or your favorite ground meat)

3 tablespoons minced chipotle in adobo (add more if you want it spicy)

1 tablespoon ground cumin

1 tablespoon ground coriander

1 tablespoon sweet paprika

2 large yellow onions, chopped

4 garlic cloves, minced

5 tablespoons tomato paste

4 cups chicken broth

(continued on the next page)

Instructions

1. Preheat the oven to 425° F. Wash the butternut squash and slice in half, lengthwise. Scoop out the seeds and discard. Drizzle olive oil over the cut sides of the squash and season with salt and pepper. Place on a baking sheet and roast for 40 minutes.
2. Place a large pot of medium heat. Add the bacon and brown for about 4 minutes. Add the ground chicken to the pot and continue to brown for 5 minutes, stirring often to break up the chicken pieces. Add the chipotle, cumin, coriander and sweet paprika.
3. Add the onions, garlic, tomato paste and chicken broth to the pot and mix well. Season with salt and pepper. Reduce the heat to a simmer, cover and cook for 30 minutes.
4. Serve by placing a scoop of chili in each roasted butternut squash half. Top with Tropical Tequila Salsa and Creamy Avocado Dressing (recipes below). Enjoy!

TROPICAL TEQUILA SALSA

 PREP TIME
15min


 COOK TIME
15min

 SERVES
6



CALORIES **73**
FAT **2g**
CARBS **11g**
SODIUM **11mg**
FIBER **3g**
PROTEIN **2g**

Ingredients

1 tablespoon olive oil 

1 red bell pepper, seeded and chopped

1 orange bell pepper, seeded and chopped

4 green onions, chopped

1 mango, peeled, seeded and chopped

1 cup fresh pineapple, chopped

¼ cup tequila

1 tablespoon lime juice

¼ cup cilantro, chopped

Instructions

1. Place the olive oil in a skillet over medium heat. Add the bell peppers, onions, mango and pineapple. Cook until tender, about 5 minutes.
2. Here's the fun part! Remove the skillet from heat and pour on the tequila. Flame the tequila to burn off most of the alcohol. (If you aren't sure what it means to 'flame' the tequila it's really simple and fun – though you do need to be extra careful. Hold a flame to the tequila and it will quickly ignite and burn off. I use a handheld lighter with a long barrel, to keep my hand far back.)
3. Return the skillet to the heat. Add the lime juice, cilantro and some sea salt. Cook for another 3 minutes and then remove from heat and serve. Enjoy!

CREAMY AVOCADO DRESSING



PREP TIME
5min



COOK TIME
5min



SERVES
6




CALORIES **147**
FAT **11g**
CARBS **2g**
SODIUM **58mg**
FIBER **3g**
PROTEIN **1g**

Ingredients

2 pitted avocados

¼ cup green onion, chopped, green part only

Juice of 1 lemon 

½ cup canned coconut milk, full fat

A few grinds of sea salt

Instructions

Place all of the ingredients in a high-speed blender. Blend all of the ingredients until smooth. Keep in the fridge until serving. Enjoy!

CHICKEN CURRY BOWL

This curry bowl is proof that the most comforting recipes do not have to be fattening.



CHICKEN CURRY BOWL

 PREP TIME
45 min

 COOK TIME
30 min


 SERVES
4



CALORIES **492**
FAT **28g**
CARBS **41g**
SODIUM **156mg**
FIBER **12g**
PROTEIN **12g**

Ingredients

For the Cauliflower Rice

1 head cauliflower 

1 tablespoon coconut oil

Salt and pepper


For the Chicken Curry

1 tablespoon coconut oil

1 yellow onion, chopped


4 garlic cloves, minced 

1 teaspoon turmeric

½ teaspoon ground cinnamon 

1 teaspoon garam marsala

2 teaspoons curry powder

1 tablespoon cumin 

1 teaspoon chili powder

2 teaspoons sea salt


2 chicken breasts, cubed

4 large carrots, chopped

1 cup butternut squash, cubed

1 (14 ounce) can coconut milk

2 cups chicken broth

4 cups kale, chopped 

Instructions

For the Cauliflower Rice

1. Wash cauliflower, discard the leaves and chop into small pieces. Grate the pieces with a food processor.
2. In a large skillet heat the coconut oil over medium. Add the shredded cauliflower. Sauté for about 5 minutes, until tender. Season with salt and pepper. Set aside.

(continued on next page)

For the Chicken Curry

1. Heat the coconut oil in a large skillet. Add the onion and garlic and cook over medium heat for 3 minutes. Add all of the spices and the salt. Continue to cook until the onions are soft.
2. Add the cubed chicken breast and cook for 5 minutes. Add the carrots and butternut squash and cook for another 5 minutes. Add the coconut milk and chicken broth and mix well. Cover and simmer on low heat for 20 minutes. Add the kale and cook for 5 more minutes.
3. Serve in bowls with a scoop of cauliflower rice on top. Enjoy!

SWEET & SOUR ITALIAN CHICKEN

Flavor abounds in this savory, hearty dinner.



SWEET & SOUR ITALIAN CHICKEN

 PREP TIME
15 min

 COOK TIME
45 min

 SERVES
8



CALORIES **310**
FAT **7g**
CARBS **19g**
SODIUM **156mg**
FIBER **3g**
PROTEIN **41g**

Ingredients

3 pounds boneless, skinless chicken thighs

Sea salt and black pepper

2 tablespoons olive oil 🔥

1 yellow onion, chopped

4 carrots, halved lengthwise and sliced

4 celery, sliced

8 garlic cloves, minced 🔥

¼ cup coconut palm sugar

1 cup dry red wine (and a glass for the chef)

½ cup apple cider vinegar 🔥

½ cup fresh squeezed orange juice

¼ cup sliced almonds 🔥

Instructions

1. Wash the chicken and pat dry. Season both sides with sea salt and black pepper. Heat the olive oil in a large skillet over medium-high heat. Add the chicken and brown each side, about 5 minutes. Transfer the chicken to a clean plate and drain the skillet.
2. Add the onion, carrot, celery and garlic to the skillet and cook over medium-high heat for about 8 minutes, until browned. Add the coconut palm sugar, wine, vinegar, orange juice and sliced almonds.
3. Bring to a boil.
4. Add the chicken back to the skillet and cook, partially covered, for 35 minutes, or until cooked through. Remove the cover and cook for a few minutes longer, until the sauce has thickened. Serve warm. Enjoy!

FRENCH ONION PIZZA

I posted this recipe on RealHealthyRecipes.com and it quickly became a fan favorite. And it's easy to see why – the flavors of French onion soup combined with a grain-free pizza crust are truly delish!



FRENCH ONION PIZZA

 PREP TIME
15min

 COOK TIME
46min



 SERVES
8








CALORIES **257**
FAT **27g**
CARBS **22g**
SODIUM **173mg**
FIBER **5g**
PROTEIN **6g**

Ingredients

For the French Onions

1 tablespoon olive oil 
2 large white onions, sliced
3 garlic cloves, minced 
1 batch pizza dough
Sea salt and black pepper
1 can coconut milk, drained
Fresh thyme leaves

For the Pizza Dough

$\frac{3}{4}$ cup blanched almond flour 
3 tablespoons coconut flour
 $\frac{1}{2}$ cup arrowroot starch
 $\frac{1}{4}$ teaspoon sea salt
 $\frac{1}{4}$ cup water 
1 egg 
1 tablespoon olive oil 
1 teaspoon apple cider vinegar 

Instructions

1. Heat the olive oil in a large skillet. Add the sliced onions and cook about 15 minutes, until golden. Stir in the garlic and cook another 10 minutes. Season with salt and pepper, and stir in the coconut cream. Cook for another 5 minutes then remove from heat.
2. Preheat the oven to 425° F.
3. Combine the almond flour, coconut flour, arrowroot starch and sea salt in a bowl. Mix well.
4. Combine the water, egg, olive oil and vinegar in another bowl. Add the wet ingredients to the dry ones. Mix and form into a dough ball. Wrap the dough in plastic wrap and chill for 15 minutes in the fridge.

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5. Place the dough on a piece of parchment paper. Cover with another piece of parchment paper. Use a rolling pin to flatten the dough into a pizza crust shape. Pinch the edges of the dough to form a crust. Brush with olive oil. Place the dough and parchment paper on a baking sheet and bake for 8 minutes, until golden.
6. Spread the creamy onion mixture over the crust then sprinkle with fresh thyme. Bake for another 8 minutes. Slice and enjoy!

GROUND BEEF-STUFFED SWEET POTATOES

Talk about satisfying! Savory ground beef, baked sweet potatoes and creamy cashew cheese make this recipe a knockout.



GROUND BEEF-STUFFED SWEET POTATOES

 PREP TIME
25 min

 COOK TIME
45 min


 SERVES
8



CALORIES **433**
FAT **29g**
CARBS **23g**
SODIUM **173mg**
FIBER **4g**
PROTEIN **19g**


Ingredients

For the Sweet Potatoes

4 sweet potatoes 


6 tablespoons coconut oil

For the Ground Beef Filling

1 teaspoon olive oil 

1 tablespoon garlic, minced 

1 small yellow onion, chopped

1 pound ground beef 

1 teaspoon chili powder


1 teaspoon sea salt


Dash of black pepper


1 (4 ounce) can chopped mild green chiles

For the Cashew Cream Cheese

1 cup raw cashews

1 tablespoon lemon juice 

1 tablespoon water 

¼ cup olive oil 

½ teaspoon sea salt

¼ teaspoon onion powder

¼ teaspoon sweet paprika

1 teaspoon garlic, minced 

Dash of black pepper

Instructions

For the Sweet Potatoes

1. Preheat the oven to 400° F. Wash and dry the sweet potatoes. Poke a few times with a fork. Use a marinade brush to brush all over with melted coconut oil. Place on a baking sheet and bake for 40 minutes, until tender.

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2. Slice the sweet potatoes in half, lengthwise. Use an ice cream scooper to scoop out some of the sweet potato flesh. Place the scooped sweet potato halves back on the baking sheet.
3. Brush with melted coconut oil. Bake, backs up, for 5 minutes. Turn over and bake for another 5 minutes.

For the Ground Beef Filling

In a skillet place the olive oil over medium heat. Add the garlic and cook until browned. Add the chopped onion and cook until soft. Add the ground beef, chili powder, sea salt and black pepper. Cook until the meat is browned. Drain the skillet and add the chopped chiles. Cook for another minute, then remove from heat.

For the Cashew Cream Cheese

1. Soak the cashews for 10 minutes in hot water. Drain.
2. Combine all of the ingredients in a food processor. Pulse until smooth and creamy.

Putting It All Together

Spread some Cashew Cream Cheese in each scooped sweet potato. Fill with a generous spoonful of the Ground Beef Filling.

GUILT-FREE TUNA SALAD

Here's a sweet way to serve up chicken and broccoli.



GUILT-FREE TUNA SALAD


 PREP TIME
15min

 SERVES
4




CALORIES **222**
FAT **16g**
CARBS **9g**
SODIUM **194mg**
FIBER **4g**
PROTEIN **14g**

Ingredients

1 green apple, chopped 

2 green onions, tops only, chopped

¼ cup fresh parsley, chopped 

2 cans albacore tuna, drained

1 tablespoon dijon mustard

¼ cup coconut oil, melted

¼ cup red grapes, halved

Sea salt and pepper to taste

Instructions

Mix all of the ingredients in a large bowl and serve immediately. I like to serve this salad in large butter lettuce leaves or scooped onto avocado halves. Enjoy!

LEFTOVER MEAT STEW WITH PLANTAINS

This stew recipe is perfect for using up leftover meat.



LEFTOVER MEAT STEW WITH PLANTAINS

 PREP TIME
15min

 COOK TIME
10hrs

 SERVES
7



CALORIES **335**
FAT **8g**
CARBS **19g**
SODIUM **611mg**
FIBER **6g**
PROTEIN **32g**

Ingredients

- 1 tablespoon olive oil 🔥
- 1 butternut squash, peeled, seeded and chopped
- 1 yellow onion, chopped
- 2 plantains, peeled and chopped
- 4 garlic cloves, minced 🔥
- ½ teaspoon chili powder
- ½ teaspoon cinnamon 🔥
- ¼ teaspoon ground cloves 🔥
- 1 tablespoon chipotle chili in adobo sauce (comes canned)
- 4 cups diced roasted beef or pork (leftover roast works great!) 🔥
- 1 (28 ounce) can of diced tomatoes 🔥
- 2 cups chicken or beef broth 🔥
- 1 (13.66 ounce) can coconut milk
- Dash of sea salt and fresh black pepper

Instructions

1. In a large skillet, place the olive oil over medium-high heat. Add the chopped butternut squash and onion. Cook for 5-8 minutes, until softened.
2. Transfer the squash and onion to a slow cooker. Add the remaining ingredients. Cook on low for 10 hours. Enjoy!

EAT-YOUR-GREENS MEATLOAF

Here's a tricky way to get the kids to eat their greens – stuff the greens into a meatloaf!



EAT-YOUR-GREENS MEATLOAF

 PREP TIME
25 min






 COOK TIME
60 min

 SERVES
6



CALORIES	180
FAT	11g
CARBS	9g
SODIUM	332mg
FIBER	4g
PROTEIN	12g

Ingredients

- 1 onion
- 2 zucchini 
- 1 pound ground turkey
- 1 tablespoon coconut oil
- 2 garlic cloves, minced 
- 2 eggs, whisked 
- ¼ cup natural ketchup (no sugar or HFCS)
- ¼ cup ground flax 
- ¼ cup almond flour 
- 1 teaspoon sea salt
- ½ teaspoon black pepper
- ¼ cup fresh basil

Instructions

1. Preheat the oven to 350° F. Lightly grease a loaf pan with coconut oil.
2. Shred the onion and zucchini by using a food processor with a grating attachment.
3. In a large bowl combine all of the ingredients. Mix well then press into the prepared pan.
4. Bake for 60 minutes or until cooked all the way through and lightly golden on the top. Liquid may accumulate around the loaf as it cooks. This is normal. Simply drain the liquid off once the loaf is fully cooked.
5. Serve over a bed of roasted asparagus. Enjoy!

REAL FOOD GROUND BEEF SPAGHETTI SAUCE

You won't look at store-bought spaghetti sauce the same after having this flavorful, real food version.



REAL FOOD GROUND BEEF SPAGHETTI SAUCE

 PREP TIME
20 min








 COOK TIME
7 hrs

 SERVES
6



CALORIES **241**
FAT **6g**
CARBS **26g**
SODIUM **841mg**
FIBER **7g**
PROTEIN **17g**

Ingredients

- 1 tablespoon olive oil 
- 6 cloves garlic, minced 
- 1 yellow onion, chopped
- 1 fennel bulb, chopped
- 4 carrots, sliced
- 1 cup mushrooms, sliced
- ¼ cup chopped olives
- 2 (14.5 ounce) cans diced tomatoes 
- 1 (14.5 ounce) can tomato sauce 
- 2 tablespoons tomato paste
- ½ cup dry red wine (Cabernet works well)
- 2 tablespoons Italian seasoning
- ½ teaspoon sea salt
- ¼ teaspoon black pepper
- ¼ teaspoon sweet paprika
- 1 pound ground beef 
- 6 zucchinis 
- ¼ cup fresh Italian parsley, chopped 

Instructions

1. Coat the inside of your slow cooker with olive oil. Add the veggies, mushrooms, olives, tomatoes, tomato sauce, tomato paste, wine and the seasonings. Mix well.
2. Add the ground beef on top of the veggie mixture, breaking it into chunks. Lightly press the beef down into the sauce, but be careful not to break up the chunks.
3. Cook on low heat for 7 hours.
4. Wash the zucchini, and do one of these methods for making noodles: 1) Use a vegetable peeler to create long, flat noodles. Stop when you get to the seedy middle part of the zucchini. Or 2) Use a spiral slicer to create noodles - see the video below to see how.
5. Plate the zucchini noodles and top with warm beef spaghetti sauce. Sprinkle with chopped parsley. Enjoy!

APRICOT GLAZED CHICKEN WITH BROCCOLI & QUINOA

Here's a sweet way to serve up chicken and broccoli.



APRICOT GLAZED CHICKEN WITH BROCCOLI & QUINOA

 PREP TIME
20min

 COOK TIME
10min

 SERVES
4



CALORIES **215**
FAT **1g**
CARBS **14g**
SODIUM **91mg**
FIBER **1g**
PROTEIN **27g**

Ingredients

½ cup fruit-only apricot preserves

¼ cup coconut aminos

1 tablespoon apple cider vinegar 🔥

2 teaspoons grated fresh ginger 🔥

1 garlic clove, minced 🔥

¼ teaspoon sweet paprika

1 pound organic chicken tender

Instructions

1. In a medium skillet combine the apricot preserves, coconut aminos, vinegar, ginger, garlic and sweet paprika. Place over low heat and mix often for 4 minutes. Rinse the chicken tenders and place in a baking sheet. Pour the apricot mixture over the chicken, and place in the fridge for 20 minutes.
2. Turn on the high broil. Line a rimmed baking sheet with foil. Place a wire rack in the center of the sheet and arrange the marinated chicken in a single layer. Place in the oven on the top rack. After 5 minutes, use tongs to flip the chicken. Return to the oven for another 5 minutes. Allow the chicken to blacken slightly.
3. Serve the warm chicken with a heaping scoop of the roasted broccoli quinoa. Enjoy!

ROASTED BROCCOLI & QUINOA

 PREP TIME
15 min

 COOK TIME
40 min

 SERVES
6





CALORIES **193**
FAT **8g**
CARBS **24g**
SODIUM **53mg**
FIBER **3g**
PROTEIN **7g**

Ingredients

1 cup rinsed, uncooked quinoa (I use rainbow quinoa)

2 cups organic chicken broth

1 bunch organic broccoli 


1 tablespoon olive oil 


Sea salt and black pepper


9 dried apricots, chopped


2 tablespoons chopped pecans

For the Dressing

1 tablespoon olive oil 

1 tablespoon lemon juice 

2 teaspoons apple cider vinegar 

1 teaspoon dried parsley 

1 teaspoon dried mint

Instructions

1. Preheat the oven to 450° F.
2. Combine the quinoa and the chicken broth in a small pot. Bring to a boil. Reduce to a simmer, cover and cook for 20 minutes. Remove from heat and fluff with a fork.
3. Chop the broccoli into small florets. Toss with the olive oil and season with salt and pepper. Mix in the apricots and pecans. Spread over a rimmed baking sheet. Roast for 15-20 minutes. In a large bowl combine the quinoa and the roasted broccoli mixture.
4. In a small bowl combine the dressing ingredients. Add to the quinoa mixture. Fluff and serve. Enjoy!

BACON-WRAPPED PESTO CHICKEN

When is chicken breast not just chicken breast? When it's stuffed with pesto and wrapped in bacon love!



BACON WRAPPED PESTO CHICKEN

 PREP TIME
15 min

 COOK TIME
40 hrs




 SERVES
6




CALORIES	267
FAT	12g
CARBS	6g
SODIUM	53mg
FIBER	3g
PROTEIN	33g

Ingredients

For the Pesto

- ¼ cup raw pecans
- 1 cup fresh basil leaves
- 2 cloves garlic, chopped 
- 2 tablespoons olive oil 
- ¼ cup nutritional yeast
- 1 teaspoon lemon juice 
- ½ teaspoon sea salt

For the Chicken

- 4 organic, skinless, boneless chicken breasts
- 3 large organic heirloom tomatoes, sliced 
- 8 slices nitrate-free bacon

Instructions

1. Preheat the oven to 350° F.
2. Combine the pesto ingredients in a food processor until creamy.
3. Rinse and pat dry the chicken breasts. Butterfly each piece of chicken by slicing into but not all the way through the breast at the equator. Open the two halves as if you were opening a book. Season both sides with salt and pepper.
4. Divide the pesto between the 4 chicken breasts, spreading evenly and then closing the breasts back together.
5. Lightly grease a rimmed baking sheet with olive oil. Transfer the chicken breasts to the sheet. Wrap each chicken breast with 2 slices of bacon and top with tomato slices. Bake for 45-55 minutes, until cooked through and light golden brown.

AMAZING CAULIFLOWER PIZZA CRUST

Everyone should try cauliflower pizza crust at least once. It's amazing what innovative creations we can make with real food ingredients!



AMAZING CAULIFLOWER PIZZA CRUST

 PREP TIME
30 min


 COOK TIME
45 min


 SERVES
4




CALORIES	165
FAT	9g
CARBS	12g
SODIUM	80mg
FIBER	6g
PROTEIN	8g

Ingredients

1 head of cauliflower 

1 tablespoon olive oil 

2 eggs 

¼ cup blanched almond flour 

2 tablespoons nutritional yeast

½ teaspoon garlic powder

Sea salt and freshly ground black pepper

1 teaspoon dried oregano

Instructions

1. Preheat the oven to 350° F.
2. Cut the cauliflower into small pieces. Run through a food processor with the grating attachment to shred it into very small pieces.
3. Heat the olive oil in a large skillet. Sauté the shredded cauliflower for 5 minutes, until soft.
4. Using a blade attachment, puree the cauliflower, eggs, almond flour, nutritional yeast, garlic powder, a dash of salt and pepper and the oregano. Blend until smooth.
5. Line a baking sheet with parchment paper. Lightly grease the paper with olive oil. Drop the dough into the middle of the pan. Use your hands to spread the dough into a large pizza crust shape. Bake for 35 minutes, or until brown.
6. Spread pizza sauce over the crust and add your favorite toppings. Return to the oven for 10-15 minutes. Serve warm and enjoy!

CHICKEN LETTUCE WRAPS

This is a truly guilt-free meal! It's fun to assemble and devour the lettuce wraps.



CHICKEN LETTUCE WRAPS

 PREP TIME
10 min

 COOK TIME
20 min

 SERVES
6




CALORIES **219**
FAT **10g**
CARBS **13g**
SODIUM **80mg**
FIBER **1g**
PROTEIN **20g**

Ingredients

4 chicken breasts, chopped

1 tablespoon toasted sesame oil

2 cups white mushrooms, chopped

2 cloves garlic, minced 

1/3 cup pine nuts


1 tablespoon ginger root, minced 

3 green onions, chopped

Sea salt and black pepper

1/4 cup coconut aminos

1/4 cup coconut palm sugar

1 tablespoons apple cider vinegar 

1 head butter lettuce or iceberg lettuce

Instructions

1. Place a large skillet over medium-high heat. Add the sesame oil and the chopped chicken. Cook until the pink is gone, then drain the skillet.
2. Add the chopped mushrooms, garlic, pine nuts, ginger, green onions, salt and pepper. Sauté for 8 minutes.
3. Combine the coconut aminos, coconut palm sugar and vinegar in a small bowl. Pour the sauce over the chicken mixture in the skillet. Mix well and continue to cook for 5 minutes. Remove from heat.
4. Serve with large lettuce leaves. Enjoy!

SOUTH OF THE BORDER CHICKEN

The smoky, spicy flavor of adobo takes center stage in this healthy dinner.



SOUTH OF THE BORDER CHICKEN

 PREP TIME
10 min

 COOK TIME
30 min

 SERVES
6



CALORIES **304**
FAT **17g**
CARBS **5g**
SODIUM **336mg**
FIBER **1g**
PROTEIN **18g**


Ingredients

2 lbs organic chicken breast

Dash of sea salt and black pepper

1 tablespoon coconut oil

1 small yellow onion, chopped

1 tomato, seeded and diced 


2 tablespoons chili in adobo sauce

1 tablespoon chili powder

1 tablespoon balsamic vinegar

1 teaspoon ground cumin 

½ teaspoon sea salt

¼ teaspoon ground cinnamon 

Instructions

1. Rinse the chicken breasts and pat dry. Butterfly cut the chicken, opening each breast up like a book. Sprinkle both sides with salt and pepper. Place the chicken in a baking pan and set aside in the fridge as you prepare the sauce.
2. Place the coconut oil in a skillet over medium heat. Add the chopped onion and sauté until soft, about 5 minutes. Add the remaining ingredients and continue to cook for about 10 minutes. Use a hand blender to puree the sauce until smooth.
3. Coat the chicken with half of the sauce and marinate for 30 minutes. Preheat the oven to 350° F.
4. Cover the chicken with foil and bake chicken for 30 minutes in the preheated oven.
5. Serve warm with a spoonful of the reserved sauce. Enjoy!

SLOW-COOKER BEEF SHORT RIBS

Slow-cooker recipes are a lifesaver on busy days. There's nothing quite as nice as coming home to a hot dinner!



SLOW-COOKER BEEF SHORT RIBS

 PREP TIME
15 min

 COOK TIME
6 hrs

 SERVES
6



CALORIES **228**
FAT **12g**
CARBS **5g**
SODIUM **616mg**
FIBER **3g**
PROTEIN **15g**

Ingredients

1/3 cup coconut flour

1 teaspoon sea salt

1/4 teaspoon black pepper

2 pounds boneless beef short ribs 🔥

2 tablespoons coconut oil

2 small yellow onions, chopped

2 cups organic beef broth 🔥

3/4 cup apple cider vinegar 🔥

1/2 cup palm coconut sugar

2 tablespoons chili sauce

1/4 cup organic, cane sugar-free ketchup

2 tablespoons minced garlic 🔥

Instructions

1. In a large ziplock bag combine the coconut flour, salt and pepper. Rinse the ribs and pat dry. Place the ribs in the bag, close it and shake until fully coated.
2. Place a large skillet over medium-high heat. Add the coconut oil. Add the ribs, and brown each side. Place the ribs in the slow cooker.
3. In the same skillet, add the remaining ingredients. Bring to a boil. Pour over the ribs in the slow cooker. Cook on low for 9 hours or on high for 6 hours. Enjoy!

ONE-POT CHICKEN

White wine and garlic smother the chicken in the dish and infuse it with a tender, pleasing flavor. It's a bonus that you only have one pot to clean!



ONE-POT CHICKEN

 PREP TIME
15 min

 COOK TIME
30 min

 SERVES
6



CALORIES **334**
FAT **7g**
CARBS **10g**
SODIUM **246mg**
FIBER **2g**
PROTEIN **53g**


Ingredients


½ cup coconut flour

Sea salt and black pepper

3 pounds boneless, skinless chicken thighs

2 yellow onions, cut into half moon slices

2 heads of garlic 

2 tablespoons olive oil 

1 cup sparkling white wine

1 cup chicken broth

Instructions

1. Combine the coconut flour and a pinch of salt and pepper in a small bowl and mix well.
2. Rinse the chicken and pat dry. Arrange the chicken next to the bowl of flour and a clean plate.
3. Coat the chicken pieces with the flour mixture and place on the clean plate.
4. Pour the olive oil into the bottom of a heavy-bottomed pot. Place over medium-high heat. Brown both sides of each chicken piece. If your pot isn't big enough to fit all the pieces on the bottom then do this in batches.
5. Once the chicken pieces are browned, remove from the pot and set aside on a clean plate. Add the onion and garlic to the pot. Reduce the heat to medium and cook until the onions soften.
6. Add the broth, wine and chicken to the pot. Cover and simmer for 20 minutes, until the chicken is cooked through. Plate the chicken and spoon garlic, onion and sauce on each piece. Enjoy!

CHICKEN LETTUCE TACOS

Gotta love the slow cooker! Throw everything in before you leave for work and then come home to a delicious smelling home and a hot dinner!



CHICKEN LETTUCE

 PREP TIME
15 min

 COOK TIME
5 hrs

 SERVES
8



CALORIES **202**
FAT **6g**
CARBS **14g**
SODIUM **589mg**
FIBER **5g**
PROTEIN **20g**

Ingredients

2 pounds boneless, skinless chicken thighs
3 bell peppers (any color), thinly sliced
1 yellow onion, thinly sliced
1 (4 ounce) can green chilies, chopped (I use mild!)
1 (16 ounce) jar green salsa
2 tomatoes, chopped 🔥
4 cloves garlic, minced 🔥
¼ cup cilantro, chopped plus more for garnish
1 tablespoon ground cumin 🔥
1 tablespoon chili powder
2 teaspoons sea salt
1 tablespoon fajita seasoning
½ teaspoon black pepper
Large lettuce leaves
Avocado, sliced

Instructions

1. Combine all of the ingredients, except the lettuce leaves and avocado, in a slow cooker. Cover and cook on low for 5 hours.
2. Remove the chicken thighs, shred with a fork and mix back in. Serve, using a slotted spoon, on the lettuce leaves. Garnish with sliced avocado, chopped cilantro and fresh salsa. Enjoy!

PALEO PEPPERONI PIZZA

Healthy pizza? Yes, why not!



PALEO PEPPERONI PIZZA

 PREP TIME
35 min


 COOK TIME
16 min

 SERVES
8



CALORIES **355**
FAT **25g**
CARBS **27g**
SODIUM **514mg**
FIBER **6g**
PROTEIN **12g**


Ingredients


¾ cup blanched almond flour 


3 tablespoons coconut flour


½ cup arrowroot starch

¼ teaspoon sea salt

¼ cup water 

1 egg 

1 tablespoon olive oil 

1 teaspoon apple cider vinegar 

½ cup dairy-free cheese spread

½ cup pizza sauce

20 slices pepperoni

¼ cup fresh basil, chopped

Instructions

1. Preheat the oven to 425° F.
2. Combine the almond flour, coconut flour, arrowroot starch and sea salt in a bowl and mix well.
3. Combine the water, egg, olive oil and vinegar in another bowl and mix well. Add the wet ingredients into the dry ingredients. Mix and form into a dough ball.
4. Wrap the dough in plastic wrap and chill for 15 minutes in the fridge.
5. Place the dough on a piece of parchment paper. Cover with another piece of parchment paper. Then use a rolling pin to flatten the dough into a pizza crust shape.
6. Pinch the edges of the dough to form a crust. Brush the pizza dough with olive oil, and then place the dough on a piece of parchment paper on a baking sheet and bake for 8 minutes, or until golden.
7. Spread the dairy-free cheese spread over the crust. Top with pizza sauce, pepperoni slices, chopped basil and sprinkle more dairy-free cheese spread on top. Bake for 8 more minutes. Enjoy!

CHICKEN NUGGETS

These nuggets are a simpler version of my classic chicken nugget recipe. It's great for those nights when you're in a time crunch!



CHICKEN NUGGETS

 PREP TIME
20 min


 COOK TIME
20 min

 SERVES
4



CALORIES **152**
FAT **5g**
CARBS **2g**
SODIUM **338mg**
FIBER **1g**
PROTEIN **25g**


Ingredients

½ cup raw almonds 

¼ teaspoon sea salt

Dash of black pepper

¼ teaspoon paprika

1 egg 

1 pound. skinless, boneless chicken breast, cut into 1-inch cubes

Instructions

1. Preheat the oven to 425° F. Line a baking sheet with parchment paper.
2. Pulse the raw almonds in a food processor until fine. (If your child has an allergy to almonds, use sunflower seeds.)
3. Combine the ground almonds, salt, pepper and paprika in a shallow bowl.
4. Whisk the egg in another shallow bowl.
5. Dip the chicken pieces in the egg mixture, and then coat in the almond mixture. Place on the prepared pan and bake for 15-20 minutes. Enjoy!

CHICKEN FAJITA CASSEROLE

This dinner recipe really satisfies when you're hit with a craving for Mexican food. The strips of coconut flour tortillas add heartiness while gluten-free beer makes the chicken tender and tasty. Serve with salsa and guacamole.



CHICKEN FAJITA CASSEROLE

 PREP TIME
15min



 COOK TIME
16min



 SERVES
4



CALORIES **355**
FAT **16g**
CARBS **25g**
SODIUM **768mg**
FIBER **5g**
PROTEIN **14g**

Ingredients

8 coconut flour tortillas (page 19)
Olive oil spray 
1 tablespoon onion powder
1 tablespoon garlic powder
1 tablespoon cumin 
1 tablespoon chili powder
1 teaspoon dried oregano
1 ½ pound chicken breast strips
Sea salt and black pepper

2 tablespoons olive oil 
1 bottle gluten-free beer
1 red bell pepper, thinly sliced
1 green bell pepper, thinly sliced
1 red onion, thinly sliced
4 garlic cloves 
¼ cup cilantro, chopped
1 tablespoon lime juice
Salsa

Instructions

1. Preheat the oven to 400° F. Cut the tortillas into 1-inch-wide strips, coat with olive oil spray and place on a rimmed baking sheet. Bake until crispy, 10 to 12 minutes. Remove from oven, turn on the broiler and move a rack to the center.
2. Combine the spices in a small bowl. Rub over the chicken and season with salt and pepper.
3. Place 1 tablespoon of olive oil in a large skillet over high heat. Add the chicken and sear on each side. Add the beer and cook to reduce, about 2 minutes.
4. Place another skillet over high heat. Add the remaining 1 tablespoon of olive oil. Add the bell peppers, onion and garlic. Cook until the veggies are tender, about 4 minutes. Add the chopped cilantro and lime juice. Season with sea salt and black pepper. Remove from heat.
5. Combine the chicken with the onions and peppers and toss in the tortilla strips. Garnish with lime wedges and salsa. Enjoy!

STUFFED SQUASH

*Who needs tortillas or burger buns when we can stuff ground beef right into squash?
It's an awesome way to eat your veggies!*



STUFFED SQUASH

 PREP TIME
15min

 COOK TIME
50min

 SERVES
6



CALORIES **245**
FAT **13g**
CARBS **50g**
SODIUM **299mg**
FIBER **2g**
PROTEIN **22g**

Ingredients

- 3 delicata squash (butternut, acorn or other similarly sized squash would also work great.)
- 1 pound ground beef 🔥
- 3 garlic cloves, minced 🔥
- 1 yellow onion, chopped
- 1 red bell pepper, seeded and chopped
- 1 teaspoon ground cinnamon 🔥
- 1 teaspoon curry powder
- ¼ teaspoon sea salt
- ¼ teaspoon allspice
- ¼ cup tomato sauce 🔥
- 1 tablespoon coconut aminos
- 1 (4 ounce) can mild green chiles, chopped
- Fresh chives, chopped (optional as garnish)

Instructions

1. Preheat the oven to 400° F. Wash the squash and slice each in half, lengthwise. Scoop out all of the seeds. Place the squash halves, cut side up, on a baking sheet and roast in the oven for 20-30 minutes, until tender. The roasting time will vary depending on the size of your squash - the bigger and thicker the squash the longer the roasting time will be.
2. Place a large skillet over medium-high heat and brown the ground beef. Drain the pan.
3. Place the pan back over medium heat and add in the garlic, onion and bell pepper. Cook, stirring often, until soft. Add in the remaining ingredients and continue to cook for 8 minutes.
4. Fill each squash with a generous serving of the ground beef mixture. Top with fresh chopped chives if desired. Serve immediately. Enjoy!

PORK LETTUCE WRAPS

The slow cooker is my favorite way to cook pork. It comes out fall-apart tender! These tacos are tropical and fun.



PORK LETTUCE WRAPS

 PREP TIME
25min

 COOK TIME
8hrs

 SERVES
10




CALORIES **359**
FAT **23g**
CARBS **15g**
SODIUM **862mg**
FIBER **4g**
PROTEIN **23g**

Ingredients

1 (3 pound) boneless pork shoulder

10 garlic cloves, chopped 

1 tablespoon ground cumin 

1 teaspoon dried oregano

1 teaspoon sea salt

½ teaspoon black pepper

1 tablespoon Tajin

1 cup orange juice

1 yellow onion, thinly sliced

1 (4 ounce) can mild green chiles, diced

4 chipotle chiles canned in adobo sauce, plus 1 tablespoon (or more!) of the sauce

2 heads of butter lettuce

1 mango, chopped

½ cup pico de gallo

¼ cup fresh cilantro, chopped

Instructions

1. Place the pork shoulder in a large slow cooker. Rub all over with the garlic.
2. Combine the cumin, oregano, sea salt, pepper and Tajin in a small bowl. Rub over the pork.
3. In a medium bowl combine the orange juice, sliced onion and green chiles. Chop the chipotle chiles and add to the bowl with some adobo sauce. It's pretty spicy, so be careful to add your desired amount. Pour this mixture over the pork.
4. Cook on low heat for 8 hours.
5. Remove the pork from the slow cooker and shred with 2 forks. Serve the pork on large butter lettuce leaves and top with chopped mango, pico de gallo and cilantro. Enjoy!

LAMB KEBABS

My husband loves lamb, so I'm always trying to come up with new and tasty ways to serve it up. Kebabs are a classic Armenian dish that we enjoy often.



LAMB KEBABS

 PREP TIME
45min


 COOK TIME
1min

 SERVES
4



CALORIES **225**
FAT **18g**
CARBS **2g**
SODIUM **93mg**
FIBER **0g**
PROTEIN **13g**


Ingredients

1 pound ground lamb 


½ yellow onion, minced

3 garlic cloves, minced 

½ teaspoon white pepper

½ teaspoon ground cumin 

½ teaspoon ground coriander 

Pinch of ground cloves 

6 mint leaves, minced

Dash of sea salt

¼ teaspoon sweet paprika

Instructions

1. Combine all of the ingredients in a large bowl. Knead for 5 minutes, really getting all of the ingredients fully combined. Let the mixture rest for 30 minutes in the fridge to allow the flavors to intensify.
2. Wet your hands, then shape the lamb onto 8-10 skewers. Grill until cooked through. Enjoy!

GRILLED SALMON NOODLE BOWLS

Talk about a fun way to eat veggies and protein! It has the look and feel of a guilty noodle bowl and a delicious dressing to boot.



GRILLED SALMON NOODLE BOWLS

 PREP TIME
25 min

 COOK TIME
10 min





 SERVES
4




CALORIES **397**
FAT **21g**
CARBS **24g**
SODIUM **356mg**
FIBER **5g**
PROTEIN **31g**

Ingredients

For the Bowls

- 4 zucchini 
- 1 bunch asparagus, trimmed and cut into 3rds 
- 2 tablespoons Dijon mustard
- 1 tablespoon raw honey
- 1 teaspoon ginger, minced 
- 1 tablespoon toasted sesame oil
- 4 (6 ounce) salmon fillets, skin off 
- Sea salt and black pepper
- 4 red bell peppers, roasted and chopped

For the Dressing

- 1 tablespoon raw honey
- 1 tablespoon toasted sesame oil
- 1 teaspoon orange zest
- 1 tablespoon orange juice
- 1 teaspoon fresh ginger, minced 
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper

Instructions

1. Peel the zucchini and run through a spiral slicer to create long, thin noodles.
2. Bring a large pot of water to boil. Drop the asparagus into the water and remove after a few minutes, when it becomes a darker shade of green.
3. Combine the Dijon, honey, ginger and sesame oil in a small bowl. Rinse the salmon fillets and pat dry. Season with salt and pepper, then cover with the Dijon mixture. Grill until cooked through, about 10 minutes. Once cooled, cut into bite-sized pieces.
4. In a small bowl combine the dressing ingredients.
5. Assemble each serving with a pile of noodles, a sprinkling of asparagus and roasted pepper, ¼ of the salmon pieces and a drizzle of the dressing. Enjoy!

BEEF KAFTA PATTIES

Our very favorite local restaurant, Mes Amis, serves the most savory beef kafta patties I've ever tasted. This is my at-home version that the kids simply devour.



BEEF KAFTA PATTIES

 PREP TIME
35 min

 COOK TIME
20 min

 SERVES
20



CALORIES **128**
FAT **8g**
CARBS **1g**
SODIUM **56mg**
FIBER **0g**
PROTEIN **12g**

Ingredients

2 pounds ground beef 🔥

¼ cup parsley, minced 🔥

1 small onion, minced

3 garlic cloves, minced 🔥

1 teaspoon white pepper

2 teaspoons ground cumin 🔥

1 teaspoon ground coriander 🔥

Pinch of allspice

¼ teaspoon garam marsala

Dash of sea salt

Instructions

1. Combine all of the ingredients in a large bowl. Knead for 5 minutes, really getting all of the ingredients fully combined. Let the mixture rest for 30 minutes in the fridge to allow the flavors to intensify.
2. Wet your hands, then shape the beef mixture into about 20 small patties. Grill until cooked through. Enjoy!

CRAB SALAD-STUFFED TOMATOES

Is it just me, or is stuffing a vegetable full of flavorful protein a really awesome way to eat? In this recipe we try crab and tomatoes.



CRAB SALAD-STUFFED TOMATOES



PREP TIME
15min



SERVES
4



CALORIES	132
FAT	1g
CARBS	15g
SODIUM	232mg
FIBER	3g
PROTEIN	16g

Ingredients

2 cups shredded green cabbage

2 tablespoons parsley, chopped

8 ounce crabmeat

¼ cup cherry tomatoes, chopped

½ cup Real Healthy Thousand Island Dressing

4 large tomatoes, hollowed and drained

Instructions

In a large bowl combine the cabbage, parsley, crab meat, cherry tomatoes and dressing. Fill each of the large hollowed tomatoes. Serve chilled. Enjoy!

STEAK TACOS

Serve these on a really hungry night. They really satisfy!



STEAK TACOS

 PREP TIME
35 min

 COOK TIME
20 min


 SERVES
20




CALORIES	342
FAT	12g
CARBS	10g
SODIUM	356mg
FIBER	6g
PROTEIN	19g

Ingredients

8 plantain tortillas

1 pound skirt steak 

1 tablespoon olive oil 

¼ teaspoon sea salt

¼ teaspoon garlic powder

¼ teaspoon smoked paprika

⅛ teaspoon onion powder

⅛ teaspoon cayenne pepper 

⅛ teaspoon dried oregano

⅛ teaspoon dried thyme

Dash of black pepper

1 cup romaine lettuce, thinly shredded

1 small red onion, thinly sliced

1 avocado, peeled pitted and diced

Fresh roasted salsa

Instructions

1. Brush the skirt steak with the olive oil. Combine the seasonings in a small bowl and sprinkle over the steak. Grill until golden brown and lightly charred, about 4 minutes per side. Slice against the grain into ¼ inch slices.
2. Fill each tortilla with some steak, lettuce, onion, avocado and fresh grilled salsa. Enjoy!

CHICKEN CURRY SOUP

I love adding zucchini noodles to homemade soup. It's a fun way to increase the fiber and the fun!



CHICKEN CURRY SOUP

 PREP TIME
15 min



 COOK TIME
14 min



 SERVES
7



CALORIES **254**
FAT **12g**
CARBS **31g**
SODIUM **413mg**
FIBER **5g**
PROTEIN **11g**

Ingredients

5 zucchini 
1 tablespoon coconut oil
3 shallots, thinly sliced
1 red bell pepper, thinly sliced
1 tablespoon red curry paste
1 ½ teaspoons curry powder
½ teaspoon ground turmeric
½ teaspoon ground coriander 
Pinch of white pepper

3 garlic cloves, minced 
2 teaspoons fresh ginger, crushed 
4 cups chicken broth
1 (13.66 ounce) can coconut milk, full fat
2 ½ cups shredded, cooked chicken breast
5 green onions, thinly sliced
3 cups fresh baby spinach leaves
½ cup fresh cilantro, chopped
2 limes, sliced into wedges

Instructions

1. Wash and peel the green skin from zucchini. Run through a spiral slicer to create long, thin noodles. Set aside.
2. In a soup pan, heat the coconut oil over medium-high. Add the shallots, bell pepper, curry paste, curry powder, turmeric, coriander, white pepper, garlic and ginger. Sauté for 5 minutes, stirring constantly.
3. Add the broth to the pan and mix well. Add the coconut milk; reduce heat to low and simmer for 5 minutes. Stir in the chicken breast, onions, spinach and cilantro. Cook for another 4 minutes.
4. Divide the zucchini noodles into 7 bowls. Pour the chicken soup mixture over the noodles and serve with lime wedges. Enjoy!

BUTTERNUT SQUASH, RICE AND GROUND BEEF CASSEROLE

Feel free to use actual pumpkin or any other solid squash in this recipe. It's a very hearty way to enjoy the produce of autumn.



BUTTERNUT SQUASH, RICE AND GROUND BEEF CASSEROLE

 PREP TIME
15 min








 COOK TIME
75 min

 SERVES
6



CALORIES **312**
FAT **16g**
CARBS **19g**
SODIUM **210mg**
FIBER **6g**
PROTEIN **25g**

Ingredients

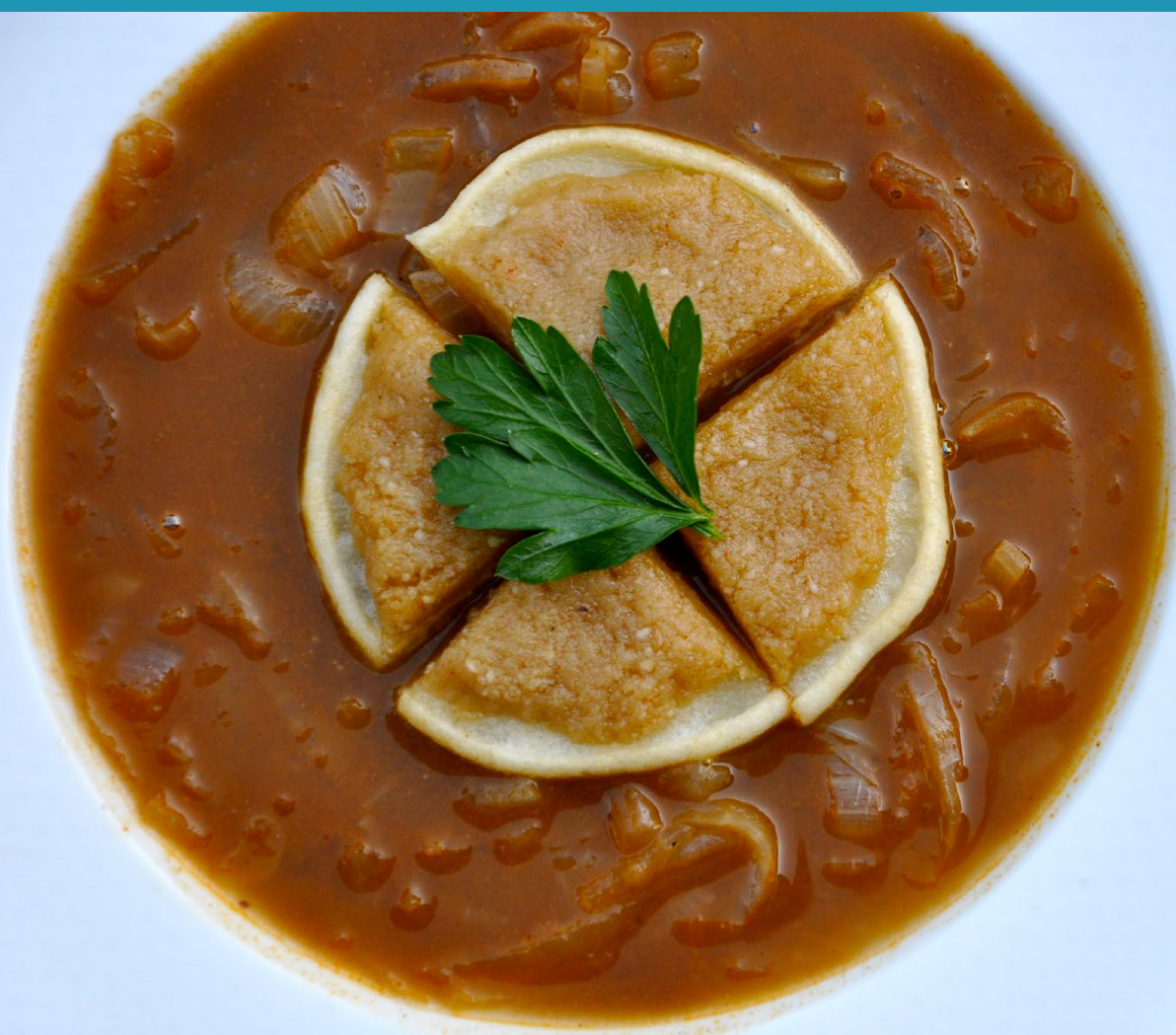
- 1 butternut squash
- 1 tablespoon olive oil 
- 2 teaspoons garlic, minced 
- 1 head cauliflower, shredded 
- 1 bunch parsley, minced 
- 2 tablespoons golden raisins
- 1 (6 ounce) can tomato paste
- 1 pound ground beef 
- 1 teaspoon ground cinnamon 
- 1 teaspoon curry powder
- ¼ teaspoon ground allspice
- Pinch of ground cloves 
- Sea salt and black pepper

Instructions

1. Preheat the oven to 350° F. Lightly grease a small casserole pan with olive oil.
2. Peel and seed the butternut squash. Chop into small cubes. Toss with the olive oil, minced garlic and a sprinkle of sea salt and black pepper. Spread half of the mixture over the bottom of the casserole pan. Reserve the remaining butternut squash.
3. Wash and chop the cauliflower. Run through a food processor with the grating attachment to create a rice-like consistency. Combine the shredded cauliflower, minced parsley, raisins and tomato paste in a large bowl. Mix well.
4. In another bowl combine the ground beef with the remaining spices. Mix well, then add the ground beef in with the cauliflower rice. Mix until fully combined. Spread the beef mixture over the casserole pan and top with the remaining butternut squash cubes.
5. Cover with foil and bake for 60 minutes. Remove the foil and continue to bake for another 15 minutes, until the squash is fully cooked. Enjoy!

FRENCH ONION SOUP

No need for loads of gooey cheese on this french onion soup. I've subbed out the traditional toast and cheese for a piece of grain-free flat bread and cashew cheese spread. It's just as comforting!



FRENCH ONION SOUP

 PREP TIME
25min

 COOK TIME
1hr

 SERVES
8



CALORIES **250**
FAT **0g**
CARBS **34g**
SODIUM **862mg**
FIBER **2g**
PROTEIN **17g**

Ingredients

1 teaspoon sea salt

2 large red onions, thinly sliced

2 large yellow onions, thinly sliced

1 teaspoon sweet paprika

32 ounce chicken broth

32 ounce beef broth 🔥

2 sprigs fresh parsley 🔥

1 sprig fresh thyme leaves

1 bay leaf

2 tablespoons balsamic vinegar

Salt and freshly ground black pepper to taste

Mini Flat Bread (page 134)

Cashew Cream Cheese (page 138)

Instructions

1. In a large soup pot heat the coconut oil over medium-high heat. Stir the salt, onions and paprika and cook for 35 minutes, until caramelized
2. Add the chicken and beef broth. Bundle the parsley, thyme and bay leaf with twine and add to the pot. Cook for 20 minutes, stirring occasionally.
3. Remove and discard the herbs. Add the vinegar and season with salt and pepper. Fill individual bowls and top with a mini flat bread and smear of cashew cream cheese. Broil for 5 minutes, top with parsley and serve. Enjoy!

V

This recipe tastes like you slaved over it for hours, but really it takes less than an hour!



FAST STUFFED EGGPLANT

 PREP TIME
10 min

 COOK TIME
28 min


 SERVES
4




CALORIES **329**
FAT **17g**
CARBS **27g**
SODIUM **637mg**
FIBER **14g**
PROTEIN **20g**


Ingredients


2 medium eggplants

2 tablespoons olive oil 

½ lb ground beef 

1 yellow onion, finely chopped

2 zucchini, chopped 

1 tablespoon tomato paste 

2 garlic cloves, minced 

2 tablespoons golden raisins

Sea salt and black pepper

½ cup walnuts

2 Tablespoons nutritional yeast

Instructions

1. Preheat the oven to 475° F. Halve 2 of the eggplants lengthwise and season with salt and pepper. Rub 1 tablespoon of olive oil over a rimmed baking sheet. Place the eggplants cut side down on the baking sheet. Roast for 20 minutes, or until tender.
2. Heat the remaining 1 tablespoon of olive oil in a large skillet over medium heat. Brown the beef. Add the onion, zucchini, tomato paste, garlic and raisins and season with sea salt and pepper. Cook for 8 minutes, until the eggplant has softened. Remove from the heat and stir in the basil.
3. Combine the toasted walnuts and nutritional yeast in a food processor. Pulse until a fine powder forms.
4. Remove the eggplant halves from the oven. Flip over and pile high with the ground beef mixture. Top with chopped parsley. Enjoy!

CRISPY FISH

No need for a fryer with these crispy fish – it's all done in a skillet with just a dab of oil. The breading doesn't contain any gluten or grains. It does, however, contain awesome flavor!



CRISPY FISH

 PREP TIME
25 min

 COOK TIME
8 hr

 SERVES
4



CALORIES **254**
FAT **12g**
CARBS **9g**
SODIUM **88mg**
FIBER **5g**
PROTEIN **25g**

Ingredients


2 (6 ounce) white fish fillets

2 tablespoons coconut flour

¼ teaspoon garlic powder

2 eggs 


¼ cup coconut milk, canned, full fat

½ cup blanched almond flour 

½ cup flax meal 

⅓ cup nutritional yeast

1 tablespoon dried oregano

2 tablespoons olive oil 

Instructions

1. Combine the coconut flour and garlic powder in a shallow bowl. Combine the egg and coconut milk in another shallow bowl. Combine the blanched almond flour, flax meal, nutritional yeast and dried oregano in a third shallow bowl.
2. Arrange the 3 bowls close together with a skillet over medium high heat within arm's reach. Add the olive oil to the skillet.
3. Dip the fish in the flour, then in the egg, and finally in the almond flour mixture. Saute the fillets for 8 minutes, until cooked and golden, turning once. Serve immediately. Enjoy!

TURKEY BURGER WITH CRANBERRY SAUCE

These turkey burgers taste like Thanksgiving dinner, all wrapped into one patty. If you're feeling like a bun then make some flat bread from the sides and snacks section.



TURKEY BURGER WITH CRANBERRY SAUCE

 PREP TIME
15min

 COOK TIME
17min

 SERVES
6



CALORIES **345**
FAT **26g**
CARBS **10g**
SODIUM **571mg**
FIBER **2g**
PROTEIN **16g**

Ingredients


2 tablespoons coconut oil

½ yellow onion, chopped

1 celery stalk, chopped


1 small green apple, minced 

Sea salt and black pepper

⅓ cup blanched almond flour 


1 pound ground turkey

2 teaspoons poultry seasoning

¼ cup flat-leaf parsley, chopped 

2 tablespoons Dijon mustard

1 egg 

1 tablespoon olive oil 

Cranberry Sauce (page 130)

Instructions

1. Place a large skillet over medium heat. Add the coconut oil, onion, celery and apple. Season with sea salt and black pepper. Sauté for about 5 minutes, until tender. Stir in the almond flour, transfer to a medium bowl.
2. Mix in the turkey, poultry seasoning, parsley, Dijon and egg. Form 6 patties.
3. Wipe out the skillet, add the olive oil and cook the patties over medium-high heat for 12 minutes, or until cooked through. Serve with a dollop of cranberry sauce. Enjoy!



DESSERT

Life without dessert would be no life at all. These desserts have been lovingly crafted with wholesome, nutrient-filled ingredients. They are lightly sweetened with ingredients that are much healthier than refined white sugar. If you aren't used to sugar-free living then you may initially find these desserts to not be sweet enough. However, once you've gotten accustomed to eating wholesome sweeteners you'll soon come to love these desserts even more than your old favorites. And you'll have the peace of mind knowing that you're eating something that's so much better for you than those old, sickly-sweet desserts.

FLOURLESS CHOCOLATE CAKE

As you might have guessed, it's pretty easy to make a gluten-free flourless chocolate cake...hee-hee. Instead of refined sugar we are using raw honey and instead of butter we are using coconut oil. Just another way to add more nutrients and reduce the overall carb and sugar count of the dish.



FLOURLESS CHOCOLATE CAKE

 PREP TIME
45 min

 COOK TIME
10 min

 SERVES
24



CALORIES	255
FAT	21g
CARBS	16g
SODIUM	21mg
FIBER	3g
PROTEIN	4g

Ingredients

15 ounce solid dark chocolate, 73% or higher cocoa content

1 cup + 3 tablespoons coconut oil

½ cup + 1 tablespoon raw honey

6 eggs 

1 cup unsweetened cocoa powder

1 tablespoon coconut milk, full fat

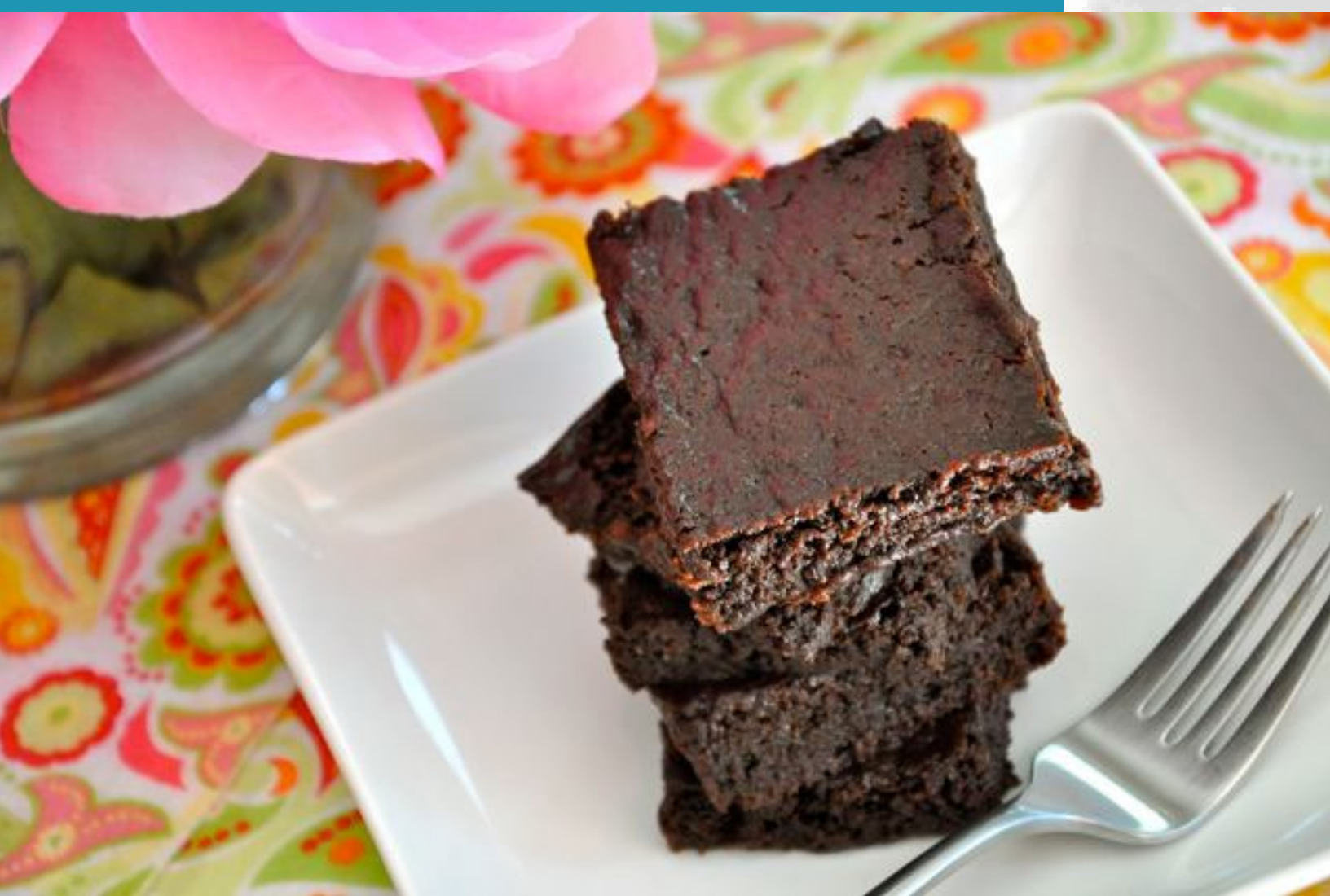
¼ teaspoon vanilla extract

Instructions

1. Preheat the oven to 350 degrees F. Line the bottom of a 9-inch springform pan with parchment paper and spray with coconut oil. If you don't have a springform pan then cut long strips of parchment to line the sides of the pan. Spray it all with coconut oil.
2. In a double boiler, melt down 10 ounce of the chocolate. Add 1 cup of coconut oil and ½ cup raw honey. Stir until melted and smooth. Remove from heat and cool.
3. Add the cocoa powder to the chocolate mixture. Stir until smooth. Add in the eggs. Pour the batter into the prepared pan and bake for 25-30 minutes, until just firm in the center. Cool for 10 minutes, then invert on a cake plate.
4. In a double boiler, melt down the remaining 5 ounces of chocolate. Add the 3 Tablespoons of coconut oil and 1 tablespoon of honey. Mix until smooth. Remove from heat. Stir in the coconut milk and vanilla extract.
5. Spread the chocolate glaze over the cake and garnish with pomegranate seeds. Chill for 60 minutes before slicing. Enjoy!

PALEO DEVIL'S FOOD CAKE

I love this devilishly chocolate cake!



PALEO DEVIL'S FOOD CAKE

 PREP TIME
15min

 COOK TIME
25min

 SERVES
16



CALORIES **102**
FAT **7g**
CARBS **11g**
SODIUM **54mg**
FIBER **2g**
PROTEIN **2g**

Ingredients

2 ounces dark chocolate, 73% cocoa or higher

3 tablespoons coconut oil

½ cup raw honey


⅓ cup beet puree

¼ teaspoon sea salt

¼ teaspoon baking soda

¼ cup unsweetened cocoa powder

¼ cup arrowroot starch

⅔ cup blanched almond flour 

Instructions

1. Preheat the oven to 350° F. Generously grease an 8×8 cake pan with coconut oil.
2. In a double boiler, over low heat, melt the dark chocolate, coconut milk, coconut oil and raw honey. Stir often and heat just until liquid. Add the beet puree.
3. In a medium bowl combine the sea salt, baking soda, cocoa powder, arrowroot and almond flour. Mix well, then add the wet ingredients.
4. Pour into the prepared pan. Bake for 20-25 minutes, until a knife inserted into the middle come out clean. Cool completely before serving. Enjoy!

CHOCOLATE FIGS

My in-laws have a fig tree, and every summer we are spoiled with boxes of fresh, organic figs. While figs are surely sweet enough on their own, dipping them in dark chocolate makes an elegant, pretty dessert.



CHOCOLATE FIGS

 PREP TIME
20 min

 COOK TIME
20 min

 SERVES
18



CALORIES **137**
FAT **8g**
CARBS **16g**
SODIUM **1mg**
FIBER **3g**
PROTEIN **1g**

Ingredients

3 ounce, 70% cocoa dark chocolate bar

2 tablespoons coconut oil

18 fresh, ripe figs

Instructions

1. Place the chocolate and coconut oil in a small saucepan and place in a skillet with an inch of water. Heat over medium, stirring often until smooth. Remove from heat and cool to room temperature.
2. Wash the figs and cut off the tough stems. Prepare a large plate or tray by covering with parchment paper. Dip the figs in the chocolate and place on the prepared plate. Chill in the fridge for 10 minutes.
3. Dip a fork into the remaining melted chocolate and make drizzle lines across the chocolate-covered figs. Return to the fridge to harden. Eat within a day or two. Enjoy!

CAKE & FRUIT PARFAIT

There's nothing quite as pretty as a parfait. Too bad most parfaits are landmines filled with refined sugar. This cake and fruit parfait is a refreshing, real food alternative.



CAKE & FRUIT PARFAIT

 PREP TIME
20 min

 COOK TIME
20 min



 SERVES
18



CALORIES **137**
FAT **8g**
CARBS **16g**
SODIUM **1mg**
FIBER **3g**
PROTEIN **1g**

Ingredients

For the Yellow Cake

5 eggs, separated and divided 
1 cup blanched almond flour 
2 tablespoons coconut flour
¼ teaspoon baking soda
½ cup + 1 teaspoon raw honey
2 teaspoons vanilla extract
¼ teaspoon sea salt

For the Whipped Coconut Cream

2 (13.66 ounce) cans of coconut milk, full fat
¼ cup raw honey
1 tablespoon vanilla extract
½ teaspoon almond extract
1 tablespoon coconut oil, melted
Pinch of sea salt

For the Parfait

Raspberries 
Strawberries, sliced 
Blueberries 
Figs, chopped
Fresh mint, for garnish

Instructions

For the Yellow Cake

1. Preheat the oven to 350°. Line an 8×8 square pan with parchment paper. Lightly brush with coconut oil.
2. Separate 3 egg whites from the eggs and whip until soft peaks form. Add 1 teaspoon of honey and ¼ teaspoon of sea salt to the whipped eggs. Beat for another 30 seconds.
3. Add the flours and baking soda. Mix until creamy.
4. Carefully fold in the rest of the egg whites by hand with a large spoon. Batter should be fluffy. Smooth the batter into the prepared pan. Bake for 25-30 minutes, until golden and baked through.
5. Once the cake has cooled, cut into small cubes. Set aside.

For the Whipped Coconut Cream

1. Chill the cans of coconut milk in the fridge overnight. Do NOT shake the cans up at all! Carefully turn the cans over and open from the bottom.
2. Drain out the liquid and scoop the white cream into a bowl. Discard the liquid.
3. Combine all of the ingredients in a mixing bowl. Beat with an electric whisk.
4. Whip until creamy. Keep chilled.

For the Parfait

1. In tall, clear glasses or mason jars: drop in a handful of cake cubes, top with fruit, top with cream – repeat to the very top of the glass and add a sprig of fresh mint. Keep chilled until you serve. Enjoy!

MINI CHOCOLATE CUPCAKES WITH FLUFFY ALMOND BUTTER FROSTING SPRINKLED WITH CANDY BACON

I took a box of these awesome cupcakes to a party this summer, and the entire box was emptied in less than an hour! Hard to say which is tastier – the fudgy chocolate cupcake, the creamy almond butter frosting or the candy bacon sprinkles. Mmmmm...bacon sprinkles.



MINI CHOCOLATE CUPCAKES WITH FLUFFY ALMOND BUTTER FROSTING SPRINKLED WITH CANDY BACON



CALORIES	133
FAT	8g
CARBS	10g
SODIUM	1mg
FIBER	1g
PROTEIN	2g

 PREP TIME
20min

 COOK TIME
25min

 SERVES
24

Ingredients

3.5 ounces dark chocolate


½ cup coconut oil

⅓ – ½ cup raw honey

2 eggs 

1 tablespoon vanilla extract

¼ teaspoon almond extract

¾ cup blanched almond flour 

½ teaspoon salt

½ cup mini chocolate chips — dairy free, soy free (Enjoy Life brand)

Instructions

1. Preheat oven to 350° F. Grease a mini muffin pan with coconut oil.
2. In a double boiler, gently melt the chocolate, coconut oil and raw honey. Remove from heat, allow to cool and add the eggs, vanilla and almond extracts.
3. In a medium bowl combine the almond flour and salt. Add the wet ingredients and mix well. Stir in the mini chocolate chips.
4. Fill the mini muffin tins nearly to the top. Bake for 15-25 minutes until golden and set.

FLUFFY ALMOND BUTTER FROSTING


 PREP TIME
20min

 SERVES
24



CALORIES **119**
FAT **11g**
CARBS **5g**
SODIUM **20mg**
FIBER **1g**
PROTEIN **3g**

Ingredients

- 1 cup creamy almond butter 
- ¼ cup coconut milk, canned, full fat
- ¼ cup coconut oil
- ¼ cup palm shortening
- ¼ cup raw honey

Instructions

1. In a double boiler, melt all of the ingredients together. Mix often until smooth. Remove from heat and place in the freezer for 5 minutes.
2. Beat the frosting with an electric mixer. Place back in the freezer for 5 minutes, then beat again. Continue this process until the frosting thickens and becomes creamy. Enjoy!

BACON SPRINKLES

 PREP TIME
20min

 COOK TIME
25min

 SERVES
24



CALORIES **21**
FAT **1g**
CARBS **2g**
SODIUM **37mg**
FIBER **0g**
PROTEIN **1g**

Ingredients

4 slices nitrate-free bacon

¼ cup pure maple syrup

1 tablespoon Dijon mustard

Instructions

1. Preheat the oven to 400° F. Line a rimmed baking sheet with foil.
2. Place the bacon in a single layer in the pan.
3. In a small bowl combine the maple syrup and mustard. Mix well. Brush the maple mixture over the bacon.
4. Bake in the preheated oven for 20 minutes or until crispy. Drain off the bacon grease. Once the bacon has cooled, chop into small pieces. Sprinkle over your frosted cupcakes and enjoy!

ZUCCHINI DATE CAKE WITH WALNUTS

It's hard to look at this zucchini date cake without really really wanting a piece. Oh man, I'll be back in an hour...



ZUCCHINI DATE CAKE WITH WALNUTS

 PREP TIME
15 min

 COOK TIME
20 min





 SERVES
15




CALORIES **298**
FAT **22g**
CARBS **24g**
SODIUM **37mg**
FIBER **3g**
PROTEIN **5g**

Ingredients

Zucchini Date Cake with Walnuts

1½ cups blanched almond flour 
1½ teaspoons baking soda
½ teaspoon sea salt
1 teaspoon ground cinnamon 
Pinch of ground nutmeg
3 eggs 
3 tablespoons raw honey
1 teaspoon vanilla extract
1 banana, mashed
1 tablespoon coconut oil, melted
1 cup grated zucchini, water squeezed out 
1 cup dates, chopped
1 cup walnuts, chopped

For the Creamy Maple Frosting

½ cup palm shortening
⅓ cup pure maple syrup, grade B
Pinch of sea salt
½ teaspoon ground cinnamon 
2 teaspoons vanilla extract
2 tablespoons arrowroot starch
2 tablespoons coconut oil, melted

Instructions

For Zucchini Date Cake with Walnuts:

1. Preheat oven to 350° and lightly grease an 8×8 cake pan with coconut oil.
2. Combine the almond flour, baking soda, salt, cinnamon and nutmeg in a medium bowl and set aside.
3. Combine the eggs, honey, vanilla, banana and oil in another bowl. Mix well and add the dry ingredients. Mix until fully combined
4. Fold in the zucchini, dates and walnuts.
5. Pour batter into the prepared cake pan. Bake for 20 minutes or until golden and set. Remove from oven and cool before frosting. Enjoy!

For the Creamy Maple Frosting:

1. Place all the ingredients, except the coconut oil, in a mixing bowl and beat until fully combined. Scrape down the sides and beat again.
2. Turn the mixer on low and slowly add the melted coconut oil, mixing until smooth.
3. Place the frosting in the fridge for 30 minutes before using. Store all leftovers in the fridge. Enjoy!

CARAMELIZED PEACH HALVES WITH RUM SAUCE AND CINNAMON-SPIKED VANILLA ICE CREAM

Here's the perfect dessert recipe to serve when you're feeling fancy-schmancy. Serve it up at your next dinner party or when you just want to pamper yourself.



CARAMELIZED PEACH HALVES WITH RUM SAUCE AND CINNAMON-SPIKED VANILLA ICE CREAM




CALORIES	324
FAT	21g
CARBS	35g
SODIUM	45mg
FIBER	2g
PROTEIN	2g


 PREP TIME **15 min**  COOK TIME **20 min**  SERVES **8**

Ingredients

For the Cinnamon-Spiked Ice Cream

- 1 (13.66 ounce) cans of coconut milk, full fat
- 1 frozen bananas
- 1 tablespoon coconut palm sugar
- 1 teaspoon vanilla extract
- ¼ teaspoon ground cinnamon 

For the Caramelized Peaches

- 2 tablespoons raw honey
- 1 vanilla bean, scraped
- 4 large white peaches, halved and pitted 

For the Rum Sauce

- 2 tablespoons coconut oil
- 1 tablespoon arrowroot starch
- ½ cup coconut palm sugar
- 1 cup coconut milk, full fat
- 3 tablespoons rum

Instructions

1. Chill the can of coconut milk in the fridge overnight. Do NOT shake the cans up at all! Carefully turn the cans over and open from the bottom. Drain out the liquid and scoop the white cream into a bowl. Discard the liquid.
2. Run the banana under warm water then carefully peel with a knife. Combine the peeled banana, coconut palm sugar, vanilla extract and cinnamon in a food processor. Blend until smooth.
3. Pour the cinnamon ice cream mixture into an ice cream maker. Turn the ice cream maker on and run for about 15 minutes, until creamy. I've found that coconut milk-based ice cream takes less time than dairy-based ice cream to freeze – thanks to the way coconut hardens when cold.
4. Melt the coconut oil in a skillet. Combine the arrowroot starch and coconut palm sugar in a bowl. Mix into the melted coconut oil. Pour in the coconut milk, stir constantly until it begins to boil. Continue to cook until thick, then remove from heat and stir in the rum. Return to the heat and cook for another couple of minutes.
5. In a skillet combine the honey and vanilla beans and cook over medium heat for 2 minutes. Add the peach halves, cut side down, stirring often for 3 minutes until golden.
6. Smear some rum sauce on each plate and top with a scoop of ice cream and a peach half. Enjoy!

NO-BAKE COCONUT THUMBPRINT COOKIES

These incredibly simple cookies are fun to dress up with different real food toppings. Be sure to use the freezer to help the cookies stick together. Coconut oil is solid when cold.



NO-BAKE COCONUT THUMBPRINT COOKIES

 PREP TIME
15 min

 SERVES
16



CALORIES **90**
FAT **7g**
CARBS **7g**
SODIUM **30mg**
FIBER **1g**
PROTEIN **1/2g**

Ingredients

2 cups shredded unsweetened coconut

1/3 cup raw honey, melted

1/4 cup coconut oil, softened

2 teaspoons vanilla extract

1/4 teaspoon sea salt

Toppings: dark chocolate, fresh raspberries, fresh strawberries, almond butter, large coconut flakes and chopped nuts

Instructions

1. In a medium-sized bowl, combine the shredded coconut, raw honey, coconut oil, vanilla extract and sea salt. Place in the freezer to chill for 5 minutes. This step is important to help get the cookies to stick together well. Coconut oil hardens as it chills and helps to bind the cookie together.
2. Shape the dough into tablespoon-sized balls. Press into a cookie shape, with an indentation in the middle. If you have trouble keeping your dough together or if you simply want a very sturdy cookie, then melt another 1/4 cup of coconut oil, then drizzle the oil in the center of your cookie. Place in the freezer for 10 minutes. Now you've got a sturdy cookie!
3. Choose your cookie toppings. Fill the thumbprints with your favorite toppings. Enjoy!

REAL HEALTHY WHITE CAKE

It never ceases to amaze me how any food can be made healthier - yes even cake. And have fun decorating, because a fancy cake always tastes better than a plain cake.



REAL HEALTHY WHITE CAKE

 PREP TIME
35min

 COOK TIME
20min


 SERVES
24



CALORIES **325**
FAT **26g**
CARBS **18g**
SODIUM **135mg**
FIBER **3g**
PROTEIN **5g**

Ingredients

For the Cake

1 cup coconut flour
1 teaspoon sea salt
½ teaspoon baking soda
12 eggs 
1 cup coconut oil
¾ cup raw honey
2 tablespoons vanilla
¼ cup fruit-only strawberry jam

For the Frosting

½ cup creamed coconut
1 cup palm shortening
⅓ cup raw honey
1 teaspoon almond extract
½ cup arrowroot starch
2 tablespoons coconut milk

Instructions

1. Preheat the oven to 350° F. Grease two 8-inch round cake pans and cut out 2 circles of parchment paper to cover the bottoms of the pans.
2. Combine the dry cake ingredients in a medium bowl. Pulse the eggs, oil, honey and vanilla in a food processor. Add the dry ingredients and pulse until fully combined. Divide the batter between the two prepared pans and bake for 20 minutes. Allow to cool.
3. Combine the frosting ingredients in a food processor. Blend until smooth.

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4. Place one of the cake circles on your cake plate. Spread the strawberry jam over the top. Top with the remaining cake circle.
5. Cover the entire cake with a very thin layer of frosting. Place the remaining frosting in a piping bag with a Wilton #12 tip.
6. Apply a row of large frosting dots to the side of the cake. Take a butter knife or popsicle stick and carefully press into the middle of each dot and smear to the side. Apply another row of dots in the middle of the smeared frosting and continue smearing and dotting until the entire cake is frosted.
7. Keep the frosted cake in the fridge. This will keep the frosting firm and secure. Enjoy!

SALTED CARAMEL CHOCOLATE CUPCAKES

These salted caramel chocolate cupcakes were inspired by the pastry window at my local Starbucks. I literally ran home and made this wholesome version of the sticky sweet treat.



SALTED CARAMEL CHOCOLATE CUPCAKES

 PREP TIME
35min

 COOK TIME
20min




 SERVES
24



CALORIES **83**
FAT **5g**
CARBS **8g**
SODIUM **31mg**
FIBER **1g**
PROTEIN **1g**

Ingredients

For the Chocolate Cupcakes

- 1¼ cups blanched almond flour 
- ¼ teaspoon baking soda
- ¼ cup unsweetened cocoa powder
- 3 tablespoons pure maple syrup, grade B
- ¼ teaspoon almond extract
- ½ teaspoon vanilla extract
- 1 teaspoon apple cider vinegar 
- 2 eggs at room temperature, whites and yolks separated 

For the Caramel

- ½ cup coconut palm sugar
- 3 tablespoons coconut milk, canned and full fat
- 2 tablespoons coconut oil
- Pinch of sea salt
- 1½ teaspoons vanilla extract
- ¼ teaspoon baking soda

Instructions

For the Chocolate Cupcakes

1. Preheat the oven to 350° F. Generously grease a mini muffin tin with coconut oil or line with paper liners.
2. Combine the dry ingredients in a medium bowl. In another medium bowl combine the wet ingredients, except the egg whites.
3. Mix the wet with the dry and set aside.
4. Beat the egg whites until firm peaks form. Gently fold the egg whites into the batter.
5. Equally distribute the batter between 24 mini muffin molds. Smooth out the tops of each cupcake. Bake for 12 minutes, until the tops are fully set.

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For the Caramel

1. In a skillet over medium heat, mix the coconut sugar, milk, oil, salt and vanilla. Once the mixture begins to boil, reduce the heat to low and continue to cook, stirring often for 5 minutes.
2. Remove the skillet from heat and whisk in the baking soda. The mixture will turn a lighter color and will become creamy. Return to low heat and cook, mixing often, for 2 minutes.
3. Remove the caramel from heat and allow to cool and thicken for 5 minutes.
4. Garnish each cupcake with a drizzle of caramel and a generous sprinkle of sea salt. Enjoy!

MINI PALEO LEMON MERINGUE PIES

Aren't these just too cute? Oh, I love the little meringues!



MINI PALEO LEMON MERINGUE PIES

 PREP TIME
30 min

 COOK TIME
20 min


 SERVES
12






CALORIES **257**
FAT **22g**
CARBS **10g**
SODIUM **29mg**
FIBER **12g**
PROTEIN **5g**

Ingredients


For the Crust

1½ cups blanched almond flour 
3 tablespoons coconut palm sugar
6 tablespoons melted coconut oil

For the Lemon Curd

4 large egg yolks 
2 tablespoons pure maple syrup
1 teaspoon lemon zest 
6 tablespoons lemon juice 
6 tablespoons coconut oil

For the Meringue

4 egg whites 
¼ teaspoon cream of tartar
¼ teaspoon lemon extract
2 tablespoons pure maple syrup

Instructions

1. Preheat the oven to 400° F. Combine the crust ingredients. Press into 12 mini muffin tins. Bake for 8-10 minutes, until golden. Reduce oven heat to 350°.
2. Fill a medium pot with water and bring to boil over high heat. Place the egg yolks, maple syrup, lemon zest and lemon juice into a heatproof bowl, place over the pot and whisk constantly for 7-10 minutes until the curd thickens. Remove from heat and mix in the 6 tablespoons of coconut oil.
3. Fill each mini crust with lemon curd.
4. Beat the meringue ingredients with an electric mixer on high speed until stiff peaks form. Place in a piping bag with a wide tip and cover each mini pie with a generous meringue topping.
5. Bake for 8-10 minutes until golden. Chill for 15 minutes before removing from pan. Keep in the fridge.

SUMMER FRUIT CRISP

Summer is the perfect time to make a fruit crisp made with nectarines, peaches and plums. But don't put the recipe away when summer ends. Use apples and pears in the fall and winter and fresh berries in the spring!



SUMMER FRUIT CRISP

 PREP TIME
15min

 COOK TIME
35min



 SERVES
12





CALORIES **393**
FAT **25g**
CARBS **43g**
SODIUM **125mg**
FIBER **4g**
PROTEIN **6g**

Ingredients

For the Topping

- $\frac{3}{4}$ cup coconut oil
- $\frac{3}{4}$ cup coconut palm sugar
- $\frac{2}{3}$ cup blanched almond flour 
- $\frac{3}{4}$ cup sliced almonds 
- $\frac{1}{2}$ cup pecans, chopped
- Dash of sea salt

For the Fruit

- 4 cups stone fruit, chopped (I use plums and nectarines)
- 2 tablespoons arrowroot starch
- $\frac{1}{4}$ cup coconut palm sugar
- 1 tablespoon lemon zest 
- 2 tablespoons lemon juice 

Instructions

1. Preheat the oven to 375° F. Lightly grease a casserole pan with coconut oil.
2. In a medium-sized bowl combine all of the topping ingredients and mix until well combined.
3. In a large bowl, combine all of the fruit ingredients. Mix until well combined. Pour the fruit into the prepared casserole pan. Sprinkle the topping over the top of the fruit.
4. Cover with foil and bake for 30 minutes. Remove the foil and bake for another 5 minutes, until golden. Serve warm with a scoop of coconut milk ice cream. Enjoy!

PASSION FRUIT PROTEIN MOUSSE

My in-laws grow buckets and buckets of passion fruit each summer. The tangy sweet seeds are perfect in this protein-infused mousse. If you don't have passion fruit then feel free to sub any other minced fruit.




PASSION FRUIT PROTEIN MOUSSE

 PREP TIME
15min

 SERVES
6

7



CALORIES	252
FAT	16g
CARBS	43g
SODIUM	125mg
FIBER	2g
PROTEIN	6g

Ingredients

- 1 cup passion fruit pulp
- 1 (13.5 ounce) can coconut milk, full fat (chilled in the fridge overnight)
- 1 teaspoon vanilla extract
- 2 frozen bananas, peeled
- 1 tablespoon coconut oil
- ¼ teaspoon almond extract
- ½ cup stevia-sweetened vanilla protein powder

Instructions

1. Chill the can of coconut milk in the fridge overnight. Do NOT shake the can up at all! Carefully turn the can over and open from the bottom. Drain out the liquid and scoop the white cream into a food processor. Discard the liquid.
2. Throw all of the ingredients into a food processor. Blend on high until creamy. Enjoy!

EASY FRUIT DESSERT

This was the first 'paleo' dessert that I ever tried and it has become our default dessert over the years. The simple concept is to chop whatever fruit you have on hand and to mix in some sliced nuts, chopped dates and a sprinkle of ground cinnamon.



EASY FRUIT DESSERT



PREP TIME
20 min



SERVES
4



CALORIES	113
FAT	3g
CARBS	21g
SODIUM	1mg
FIBER	4g
PROTEIN	3g

Ingredients

3 apples, peaches, nectarines or pears, chopped 🔥

2 tablespoons dates, chopped

2 tablespoons raisins

¼ sliced almonds 🔥

Sprinkle of ground cinnamon 🔥

Instructions

Combine all of the ingredients in a bowl and mix well. Enjoy!

VANILLA ICE CREAM

Coconut milk makes awesome dairy-free ice cream!



VANILLA ICE CREAM

 PREP TIME
10 min

 COOK TIME
15 min

 SERVES
6



CALORIES **215**
FAT **15g**
CARBS **18g**
SODIUM **14mg**
FIBER **1g**
PROTEIN **2g**

Ingredients

- 2 (13.66 ounce) cans of coconut milk, full fat
- 2 frozen bananas
- 3 tablespoons coconut palm sugar
- 1 tablespoon vanilla extract

Instructions

1. Chill the cans of coconut milk in the fridge overnight. Do NOT shake the cans up at all! Carefully turn the cans over and open from the bottom. Drain out the liquid and scoop the white cream into a high-speed blender. Discard the liquid.
2. Combine all of the ingredients in a high-speed blender or food processor. Blend until smooth.
3. Pour the mixture into an ice cream maker. Turn the ice cream maker on and run for about 15 minutes, until creamy. I've found that coconut milk-based ice cream takes less time than dairy-based ice cream to freeze thanks to the way coconut hardens when cold. Enjoy!

GRILLED PINEAPPLE

One bite of this tender grilled pineapple and you'll feel like you're on a tropical getaway.



GRILLED PINEAPPLE

 PREP TIME
15 min

 COOK TIME
10 min

 SERVES
6



CALORIES **71**
FAT **6g**
CARBS **5g**
SODIUM **7mg**
FIBER **1g**
PROTEIN **0g**

Ingredients

1 pineapple, peeled, cored and cut into strips

2 tablespoons coconut oil

¼ cup shredded coconut, unsweetened

Instructions

1. Peel, core and cut the pineapple into strips. Insert a wooden skewer through each pineapple strip. Brush each side of the strips with a little coconut oil. Place on a preheated grill pan over medium heat. Cook each side until seared and tender (about 5 minutes per side).
2. Place the shredded coconut in a dry skillet. Heat over medium-low, stirring constantly, until golden. Remove from heat and sprinkle over the pineapple. Serve with Ginger Whipped Cream. Enjoy!

GINGER WHIPPED CREAM

By draining cans of coconut milk, it's possible to create wholesome, dairy-free whipped cream.



GINGER WHIPPED CREAM

 PREP TIME
10 min

 SERVES
12




CALORIES **69**
FAT **7g**
CARBS **2g**
SODIUM **29mg**
FIBER **0g**
PROTEIN **0g**

Ingredients

1 (13.66 ounce) can of coconut milk, full fat

3 packets stevia

2 teaspoons vanilla extract

½ teaspoon ground fresh ginger (up to 1 teaspoon) 

2 teaspoon coconut oil, melted

Pinch of sea salt

⅛ teaspoon cardamom

Instructions

1. Chill the can of coconut milk in the fridge overnight. Do NOT shake the can up at all! Carefully turn the cans over and open from the bottom. Drain out the liquid and scoop the white cream into a bowl. Discard the liquid.
2. Combine all of the ingredients in a mixing bowl. Beat with an electric whisk. Whip until creamy. Keep chilled. Enjoy!

SNICKERDOODLES

I grew up on sinckerdoodles, so it was lots of fun making this grain and refined-sugar free version of the beloved cookie.



SNICKERDOODLES

 PREP TIME
45min


 COOK TIME
10min

 SERVES
24



CALORIES **190**
FAT **11g**
CARBS **23g**
SODIUM **86mg**
FIBER **2g**
PROTEIN **1g**


Ingredients

2 cups blanched almond flour 

¼ teaspoon sea salt

¼ teaspoon baking soda

1 teaspoon cream of tartar

2 teaspoons + 1 tablespoon ground cinnamon 

¼ cup coconut oil

¼ + ½ cup coconut palm sugar

Instructions

1. Preheat the oven to 350° F. Line a rimmed baking sheet with parchment paper and lightly grease with coconut oil.
2. Combine the almond flour, sea salt, baking soda, cream of tartar, 2 teaspoons cinnamon, coconut oil and ¼ cup coconut palm sugar in a food processor. Pulse until well combined.
3. Combine the remaining coconut palm sugar and cinnamon in a shallow bowl. Form balls with tablespoon-sized scoops of dough. Roll the dough balls in the coconut and cinnamon mixture and place on the prepared baking sheet. Flatten slightly.
4. Bake for 7-9 minutes. Enjoy!

DOUBLE LAYER FREEZER FUDGE

This fudge is a dream come true! It's filled with vitamins, minerals and usable energy – so there's no need to feel any guilt when enjoying a bite! Store these in the freezer to keep them solid and fresh.



DOUBLE LAYER FREEZER FUDGE

 PREP TIME
45 min

 COOK TIME
10 min

 SERVES
24




CALORIES **245**
FAT **23g**
CARBS **8g**
SODIUM **25mg**
FIBER **2g**
PROTEIN **2g**

Ingredients

2 ½ cups pecans, toasted

½ cup pitted dates, soaked in hot water for 10 minutes

1 cup + 2 tablespoons coconut oil, separated

⅓ cup almond butter 

½ cup + ¼ cup coconut shredded, unsweetened

¼ teaspoon sea salt

1 teaspoon vanilla extract

¼ teaspoon almond extract

1 cup dark chocolate, 73% or higher

¼ cup mini chocolate chips

Instructions

1. Preheat the oven to 350° F. Spread the pecans over a rimmed baking sheet and roast for 8-10 minutes, until toasted. Meanwhile, place the dates in a cup of hot water and soak for 10 minutes. Discard the water.
2. Place the toasted pecans in a food processor and pulse until fine. Add the dates, 1 cup coconut oil, almond butter, ½ cup shredded coconut, sea salt, vanilla extract and almond extract. Pulse until a dough forms.
3. Line the bottom and sides of an 8×8 pan with parchment paper or foil, so that it sticks up over the sides. (These will be your handles to easily pull the snickers bar from the pan once completed.) Lightly rub with coconut oil. Press half of the fudgy mixture into the pan and place in the freezer.
4. Meanwhile, place the chocolate and remaining 1 tablespoon of coconut oil in a medium pot, and place the pot in a skillet with a few inches of water, over medium heat. Use a spoon to stir the chocolate mixture until smooth. Remove from heat.

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5. Blend the melted chocolate mixture into the remaining fudge. Mix until fully combined. Spread this chocolate layer over the first layer in the pan. Sprinkle with the mini chocolate chips and remaining coconut flakes. Place back in the freezer for 10-15 minutes. When you're ready to eat, pull all of the fudge out of the pan, by pulling up on the sides of the parchment paper or foil and place on a cutting board. Use a large knife to carefully cut into squares. Store in the freezer. Enjoy!

CHOCOLATE CHERRY LOVE BOMBS

This is one delicious, rich and sinful treat!



CHOCOLATE CHERRY LOVE BOMBS

 PREP TIME
40 min

 COOK TIME
25 min

 SERVES
15



CALORIES **224**
FAT **13g**
CARBS **27g**
SODIUM **68mg**
FIBER **0g**
PROTEIN **2g**

Ingredients

2 ounces dark chocolate

¼ cup coconut milk, canned, full fat

3 tablespoons coconut oil

¾ cup raw honey

½ cup beet puree

¼ teaspoon sea salt

¼ teaspoon baking soda

¼ cup unsweetened cocoa powder

¼ cup coconut flour

¼ cup arrowroot starch

15 dye-free maraschino cherries, or fresh pitted cherries

1 cup dark chocolate

2 tablespoons coconut oil

Instructions

1. Preheat the oven to 350° F. Lightly grease an 8×8 brownie pan with coconut oil.
2. In a double boiler, melt the 2 ounce of dark chocolate, coconut milk, 3 tablespoons of coconut oil and raw honey. Mix often until the mixture becomes uniformly liquid. Remove from heat and mix in the beet puree.
3. In a medium bowl, combine the cocoa powder, coconut flour and arrowroot. Mix the dry ingredients into the wet ones then spread over the prepared pan. Bake for 20-25 minutes. It's OK for the brownies to be quite moist.
4. Once the brownies have cooled, cut into 15 pieces. Pick up a piece of brownie and use your hands to squish it around a cherry. Place on a parchment paper-lined plate. Repeat with the remaining cherries and brownies. Place the brownie bombs in the freezer.

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5. Meanwhile, use a double boiler to melt 1 cup of dark chocolate and 2 tablespoons of coconut oil. Mix until smooth, then remove from heat. Take the frozen brownie bombs from the freezer and dip into the chocolate. Once all the bombs are coated in chocolate, return to the freezer for 15 minutes. Apply a drizzle of chocolate, for style, if desired.
6. Store hardened cherry bombs in the fridge for up to one week. Enjoy!

I hope you've enjoyed 120 Fat-Burning recipes much as I enjoyed creating it! If you'd like more of my recipes, check out my blog RealHealthyRecipes.com.

And let's be friends! Like, the [Real Healthy Recipes Facebook Fan Page](#) for ongoing tips, support, motivation and healthy recipes.

Happy Cooking :)

Diana Keuilian

P.S. Which of these 120 recipes were your favorites? I'd love to hear from you! Give me a shout out on the [Real Healthy Recipes Facebook Fan Page](#) :).