

120 DELICIOUS RECIPES FOR FLATTER ABS



Super Easy

Derek Wahler, CTT, CPT



Get ready to discover the most wholesome, mouth-watering recipes you've ever seen! It's our mission to help you understand that eating healthy is NOT boring and bland. You will fall in love with the simplicity and enjoyment of making healthy home cooked meals.

Thank you for making the commitment to a healthy lifestyle. Together, we will share our passion for great food, which is one of life's greatest pleasures.

**Bon Appétit,
Daniel & Brittney**

NUTRITION IS A KEY FACTOR FOR YOUR HEALTH

How Important is Nutrition?

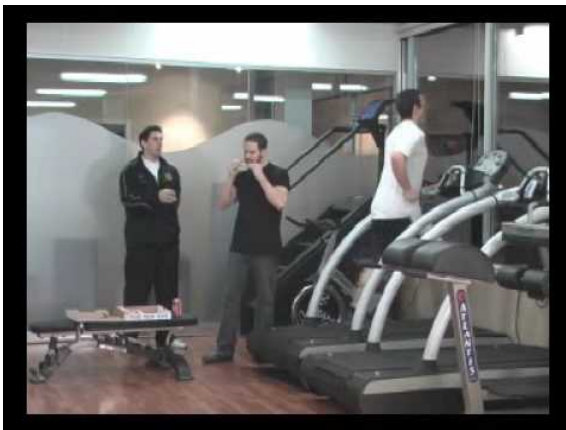
You have probably heard that nutrition is more important than exercise. While this is highly debatable, there is no argument that nutrition is extremely important.

You can work out at the most intense level for 2 hours, go home and eat a pizza and you've already consumed more calories in 5 minutes than you did exercising for 2 hours.

To help illustrate this point, one of the leading fitness experts did an eye opening experiment several years ago. Craig Ballantyne wanted to show people how important nutrition was and how it's impossible to out train a poor diet.

He along with a couple other fitness experts put this notion to the test. Craig hopped on a treadmill and started running as quickly as possible. He was running at a pace that he could not sustain for a long period of time.

Meanwhile, Brad Pilon (nutrition expert) consumed a greasy pizza alongside Craig, who was running at a frantic pace. The goal was to see if Craig could burn more calories than Brad was consuming during these few minutes.



What were the results?

In the 3 minutes they did this experiment, Brad had consumed over 800 calories of food and Craig had only burned 40 calories running for his life.

Clearly, you can't out train a poor diet. Nutrition plays a HUGE factor in your fat loss efforts.

Now that we know just how important diet is, what's the best approach?

Aha, this is the million dollar question.

I could lie and tell you I have the answer, but that's not the type of guy I am. The truth is there is NO best approach. The best approach is the one that works for YOU!! We are all different, and what works for one person may not work for another.

With that being said, I would like to share with you a personal story about my girlfriend, who just so happens to be the co-creator of these recipes.

A little over a year ago my girlfriend, Brittney, was getting very frustrated with her fat loss progress. Brittney is a fitness nut like me and loves to live a healthy lifestyle. However, for some reason she could not lose the stubborn last 10-15lbs. She had already lost a good amount of weight, but was stuck at that ever so frustrating plateau.

She was also experiencing tiredness, irritability, lack of focus, and was constantly feeling bloated. Being a fitness professional, I started trying to figure out what was causing these issues. I first started looking at her exercise program to see if there was anything that could be the culprit. After reviewing and tweaking her exercise regimen, we ruled that out.

The next step was to look at her nutrition. We had her write down everything she ate for the next 10 days. After the 10 days, we reviewed her nutrition journal.



The majority of her day was filled with fruits, vegetables, eggs, lean meats and raw nuts. From afar everything looked great...until I looked a little closer and noticed some foods that contained gluten.

In her journal I saw some foods she was eating such as whole wheat bread, protein bars, pasta and a few desserts. While these foods were eaten very sparingly, it was still something that caught my attention. We started exploring and doing more research about gluten, and decided to do a gluten free experimentation. We made the decision to slowly wean her off of gluten and keep track of her progress.

In fact, while I was 85% gluten free (not intentionally), I decide to hop on board and completely take it out of my diet. While it was hard at first (we were surprised at how many foods contained gluten), we successfully completed our 8 week experimentation.

Did We Notice Any Differences?

We were shocked at the results! Brittney lost 17lbs and completely transformed her body, which is amazing considering she has struggled so much losing the last 15lbs.



I lost 5lbs, which I was thrilled about considering it was all from stubborn fat around my midsection.

Here are more significant results we have seen from our gluten free experimentation:

- Improved sleep
- Less irritability
- Reduced stress
- Better mental focus
- Enhanced performance in the gym
- No more bloating
- Improved sex drive

We were both blown away at the difference made by going gluten free. We were confident that we discovered the perfect solution!

Just to make sure we were onto something, we decided to add gluten back into our lifestyle for 2 weeks.

The results... Almost instantly our symptoms resurfaced and we knew that eliminating gluten from our diets was our best bet.

For the past year we have been 95% gluten free (occasionally we will slip up)

and feel better than ever. We have even been able to get many of our friends and family to hop on board going gluten free; the results have been equally remarkable.

What About Those That Don't Have Any Gluten Allergies?

You will still benefit from eating gluten free foods. Eating gluten free will help you avoid processed foods that may be harmful to your health. Consuming a largely gluten-free diet can be beneficial to everyone.

In fact, you might have some type of gluten sensitivity and not even realize it. According to Dr. Fasano, director of the University of Maryland Center for Celiac Research, gluten sensitivity may affect 6%-7% in the U.S. population.

That means that some 20 million people in the United States alone could have the condition. Those are some pretty alarming numbers.

Because we are committed to the gluten-free lifestyle, Brittney and I had to experiment with a bunch of new recipes in the kitchen. Thankfully, we both love to cook. And over the past year we stockpiled over 120 of our favorite gluten-free recipes.



We want to share our passion for cooking delicious, wholesome and healthy meals for you to try. We are confident that you will find dozens and dozens of recipes that will become a staple in your diet.

But first, it's important that you know just how BAD gluten is and why we strongly believe you should avoid it.

INTRODUCTION TO GLUTEN

Who Should Go Gluten Free?

For some people, a gluten-free diet is ideal. It's the only treatment medically determined to be effective against celiac disease, for example. Gluten-free diets are also preferable for those with wheat intolerance, or for those with certain skin conditions. But choosing to go gluten-free can benefit many others as well!

What is Gluten?

Gluten is a specific type of low-quality protein found in certain grains. It occurs naturally in all varieties of wheat, barley, and rye. It's found in many foods, especially those which contain wheat flour. Of course, gluten is found in typical breads and pastas made from wheat, but it can also be found in less likely foods—like meat products which contain binders or fillers that have gluten in them. Gluten can also be present in other processed foods through cross-contamination during manufacturing.



Advantages of Going Gluten Free

It's important to remember that just because something says it's gluten free doesn't necessarily make it healthy and a good option. The food industry is capitalizing on this and making millions of dollars by creating processed gluten free junk food.

There are a number of potential health benefits which anyone can enjoy by

choosing a gluten-free lifestyle. Going gluten-free means avoiding a variety of foods that are linked to health problems, and that's good news for those who care about their well-being. Choosing to go gluten free rid's your diet of a multitude of fattening, over processed, nutritionally imbalanced foods. Going gluten-free has resulted in healthy weight loss and improved nutrition for many, because of the healthier foods a gluten-free diet promotes.

Digestive Benefits of a Gluten-Free Diet

In some people, gluten can cause a number of gastro-intestinal issues. Gluten can be the reason behind poor nutrient absorption, which can result in fatigue or even malnutrition. Cutting gluten from your diet can also help you avoid an upset stomach, cramping, gas, diarrhea, constipation, and bloating. If you've been diagnosed as having irritable bowel syndrome, you may find eliminating gluten from your diet alleviates some or all of your symptoms. It's not uncommon to find that a gluten allergy or intolerance has been misdiagnosed as another gastrointestinal condition.

Neurological Benefits of a Gluten-Free Diet

For some, gluten intake can contribute to a number of different neurological symptoms. Eating gluten might be behind your frequent headaches, feeling foggy, or difficulty focusing. There are even reports that eating gluten can cause symptoms that mimic depression. When someone sensitive to gluten consumes it their body releases cytokines, a type of molecule which has been found to have a negative impact on brain function. Eliminating gluten can have a remarkable effect on quality of life, when gluten is causing these symptoms.

Inflammation Reduction Benefits of a Gluten-Free Diet

That same molecule can cause problems in other parts of the body, as well. Cytokines are notorious for causing inflammation which can manifest in a number of uncomfortable ways. Painful joints, cramping muscles, and numbness in the limbs can all sometimes be traced to gluten consumption. If you have a skin condition characterized by inflammation, itchiness, and redness, eliminating gluten from your diet may provide relief. Eating foods containing gluten can lead to chronic inflammation, causing all of these issues and more. There's even research to suggest that chronic inflammation is a factor in cancer risk.

Fatigue Fighting Benefits of a Gluten-Free Diet

The poor absorption of vitamins and minerals caused by intestinal inflammation could be the cause of your constant low energy levels. Even if you supplement with vitamins and minerals, it may not be enough if you're still consuming gluten. Cutting gluten out of your diet may very well leave you with more energy than you've ever had before. That's especially true if you're suffering from anemia due to poor iron absorption. Eating healthy isn't helpful if you're not able to digest your healthy food properly. Pairing a healthy, nutritious diet with gluten elimination can be a great way to boost your energy levels.

What to Avoid on a Gluten-Free Diet

First, there are a number of foods which are known to contain gluten and can be easily avoided. Any food or beverage containing wheat, rye, barley, and triticale should be completely eliminated. Furthermore, it's important to understand that these products, or ingredients made from them, can be listed under other names. Wheat may be listed as bulgur, durum, farina, graham, kamut, semolina, and spelt, which are all different wheat varieties. Barley ingredients may be listed as malt, malt flavoring, or malt vinegar.



You should also avoid any processed food that's not listed as being gluten-free, because manufacturers are not required to note the potential presence of gluten unless it's explicitly used as an ingredient. Gluten contamination is extremely common, but because the FDA has no regulations in place for warning customers of this, few food manufacturers label foods which may contain it. So, unless processed foods are clearly labeled as being gluten-free, there's no guarantee they won't contain gluten. Salad dressings, seasoned rice mixes, processed lunch meat, flavored snack foods like potato chips, candy, sauces, and gravies can all be contaminated with gluten. Generally speaking, if it's a prepared food or a mix, you can't be sure it's gluten-free unless the label says so.

You'll also need to avoid fried foods like French fries, which are often fried in the same oil as other foods which contained gluten. For example, most restaurants reuse their fryer oil for different foods, and many of those foods breaded or battered, and therefore contain wheat flour.

Some common ingredients can also be contaminated with gluten. Soy sauces often contain gluten; only use soy sauces that are labeled as gluten-free. Oats, while they do not necessarily contain gluten, are almost always contaminated with gluten, because they are processed in the same facilities as other grains. Oats are a hot debate when it comes to gluten. It's best to only eat oats that are gluten-free, so be sure to read the labels. You will find oats in several recipes in this manual, but please make sure they are gluten-free. If you notice that oats negatively affect you, remove them from your diet.

Rice is another food that comes up in debates. While rice itself doesn't contain gluten naturally, it can be common for rice to be contaminated with gluten. I recommend using organic, gluten free jasmine rice.

We realize that there is a major controversy with specific foods like oats, quinoa, and rice. The major issue deals with a high level of conflicting research about cross-contamination. Cross-contamination can be a problem for many different foods, which is why we suggest you shop at local markets or health food stores like Wholefoods.

What to Eat on a Gluten-Free Diet

Gluten free diets should be based around a variety of healthful, delicious foods. While you'll need to exercise some care to avoid common foods that contain gluten, you'll soon find you aren't missing anything at all.

For example, you'll need to avoid pastas entirely unless they're labeled as gluten-free. But you won't have to give up your favorite homemade sauce, because you can use spaghetti squash, instead. Spaghetti squash is a fantastic healthy alternative to traditional pasta; it mimics pasta in shape and texture, and it has a delicious, mild taste that works with many different flavors. It's featured in this recipe collection, as you'll see. As an added bonus, spaghetti squash isn't just gluten-free—it's also low in calories, and contains potassium, vitamin A, beta carotene and folic acid. It's a far better choice than pasta, in every way.

If you choose not to eat rice, try cauliflower rice! Cauliflower—yes, cauliflower—can be an excellent substitution. Through proper preparation, “riced” cauliflower can provide an absolutely wonderful base for your favorite rice dishes. Plus, it's low in carbs, high in fiber, fat free, and provides you with vitamin C.

Learning to Love a Gluten-Free Lifestyle

Regardless of your own personal reasons for choosing to eat a healthy, gluten-free diet, you're sure to enjoy this collection of 120 delicious, gluten-free recipes. Making the choice to go gluten-free has many health benefits, as described above. But choosing a gluten-free lifestyle is more than a collection of benefits. Cutting processed foods out of your diet and beginning to take notice of what goes into your body can be life changing.



Through these recipes, you'll discover a whole new way of eating, exciting new ways to prepare foods, and a fresh, healthy, nutritious way of eating that can improve your quality of life. A gluten-free diet isn't about depriving yourself of anything—it's about giving yourself the very best.

Hopefully this gives you a better understanding of gluten and the benefits of a gluten-free lifestyle.

Let's Move on to the Good Stuff Now!

Below you will find over 120 Gluten Free Recipes that are guaranteed to taste delicious. These are all snacks, meals, desserts and shakes that we consume on a regular basis. Like I said earlier, these recipes have provided us with a healthier lifestyle.

Like most folks these days, we live a busy lifestyle. Between owning and running two gyms, building an online business and spending our little free time with friends and family, we don't have much time to cook.



We were forced to formulate recipes that were conducive with our busy lifestyles. Through lots of trial and error, we have created over 120 simple gluten-free recipes that are time efficient.

*Some dinner recipes take up to an hour, but almost all of them are easy to prep and prepare, it just takes some time to cook in the oven!

One of the biggest problems we found with recipes is they always require a laundry list of ingredients. This causes several problems:

1. Usually the more ingredients means longer preparation and cooking time
2. It costs more money to buy all the ingredients
3. It gets confusing...what to do with each ingredient?
4. There is more of a chance to do something wrong (...at least for us)

We were determined to create simple recipes that don't take many ingredients. For the most part, all of the recipes you will find in the manual only require a few ingredients. There are a couple exceptions as we couldn't resist keeping them from you, but you can save those recipes for when you have more time!

We hope you enjoy these 120 Gluten Free Recipes as much as we do. It's our goal to make cooking and eating the most enjoyable part of your day!

Thanks for your support,

Daniel Woodrum & Brittney Williams

P.S. We realize that you might have different taste buds. It's hard to create recipes that everyone will enjoy. However, we are confident that you fall in love with our delicious gluten-free recipes that have been created over the years.

That's another reason you will get so many recipes for such a great price. You are not even paying 1 cent for each recipe, so you can feel like you've received a great value on your small investment.

There might be some ingredients in certain recipes that you don't care for. That is perfectly fine. You can simply eliminate the ingredient or swap it out for a similar ingredient – just be sure it's healthy!

It's also extremely important to make sure that certain foods like oatmeal and quinoa are gluten free brands. It's pretty easy to find gluten free brands of these types of ingredients in nearly every grocery store.

If however, certain ingredients don't agree with your stomach please find alternative ingredients. Be sure to also check the substitution list in this manual for some alternative ideas.

Cheers and Bon Appétit!



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BREAKFAST



GUILT FREE PANCAKES



- 2/3 cup Oatmeal
- ¼ cup Low Fat Cottage Cheese
- 4 Egg Whites
- 1 tsp Vanilla Extract
- 1 pinch Stevia
- ½ tsp Coconut Oil

Gluten Free

Melt coconut oil in skillet over medium heat. Combine all ingredients and mix well. Pour batter into skillet and cook on each side for about 3 minutes.

PALEO PANCAKE



- 2 large Egg Whites
- 2 tbsp Almond Milk
- 1 scoop Protein Powder
- ½ Banana

Toppings (Optional)

- 1 tbsp Nut Butter
- 1 scoop Nonfat Greek Yogurt
- ½ cup Strawberries, Sliced

Heat skillet on medium setting. Add egg whites, almond milk, banana, and protein powder in a bowl and mix well until you have a thick batter. Spray coconut oil spray to skillet. For 1 large pancake empty entire batter onto skillet and cook for 2-4 minutes per side. Add toppings to your liking and enjoy!

PROTEIN PUMPKIN PANCAKES



- ½ cup Gluten Free Oatmeal
- 3 Liquid Egg Whites
- ¼ cup Pumpkin Puree
- ½ - 1 Banana
- 2 tsp Baking Powder
- ½ tsp Cinnamon
- ¼ tsp Pure Vanilla Extract
- ½ tsp Coconut Oil

Heat coconut oil in skillet over medium heat. Add all other ingredients to bowl and whisk until smooth batter is obtained. Pour pancake batter into skillet and cook for about 2 minutes on each side. Depending on the size of your skillet this recipe can make 2 large pancakes or 4 small pancakes. Enjoy this yummy fall treat during any time of year.

COCONUT CHOCOLATE HOT RICE CEREAL



- ¼ cup Gluten Free Hot Rice Cereal
- 1 cup Water
- 1 tsp Cocoa Powder
- 1 tsp Coconut Oil
- 1 packet Stevia
- ¼ cup Frozen Berries

Bring 1 cup water to a boil and slowly whisk in rice cereal. Bring temperature to low and continue to whisk for 30 seconds. Remove from heat and let it sit for 1 to 2 minutes to thicken. Stir in cocoa powder, coconut oil, and stevia. Top with berries and/or shredded coconut flakes.

CRISPY APPLE/WALNUT CEREAL



- 1 small Granny Smith Apple, Sliced
- ½ Banana, Sliced
- 1 tbsp Mixed Dried Fruit (Cranberries, Raisins, and/or Dates) *Check ingredients; avoid added fillers
- ¼ cup Raw Walnuts
- ½ tsp Cinnamon
- 1 cup Almond Milk

Add all ingredients to bowl, pour almond milk over top, and sprinkle with cinnamon.

PALEO “CEREAL”



- 1 Ripe Banana, Sliced or Mashed
- 1 tbsp Almond Butter
- ¼ cup Pecans, Crushed
- 1-2 tsp Shredded Coconut Flakes
- 1 scoop Protein Powder

Mix together in a bowl and enjoy!

THIS CAN'T BE CEREAL



- ½ cup Raw Pecans
- 1-2 tbsp Nut Butter
- ½ cup Blueberries
- ½ cup Strawberries
- 1-2 tsp Shredded Coconut Flakes (optional)
- ½ cup Almond Milk

Melt nut butter in microwave safe bowl for 20 seconds. Add nuts, fruit, and coconut flakes to melted nut butter and mix well. Pour almond milk over top and enjoy!

APPLE WAKE & SHAKE



- 1 cup Almond Milk
- 1 ½ cups Water
- 1 cup Ice Cubes
- 1 tsp Coconut Oil
- 1 Apple, Cored
- 2 tsp Cinnamon
- 1 scoop Protein Powder

Add all ingredients to blender and blend until desired consistency. Pour in a large cup and Enjoy!

CHOCOLATE BERRY WAKE & SHAKE



- 1 cup
- 1 ½ cups
- 1 cup Ice Cubes
- 1 cup Spinach
- ½ cup Blueberries
- ½ cup Strawberries, Sliced
- 1 scoop Chocolate whey protein isolate

Almond Milk
Water

Add all ingredients to blender and blend until desired consistency. Pour in a large cup and Enjoy!

COCONUT COOLADA WAKE & SHAKE



- 1 cup Coconut Milk
- 1 ½ cups Water
- 1 cup Ice Cubes
- ½ cup Nonfat Greek Yogurt
- 1 cup Frozen Berries
- ¼ cup Shredded Coconut Flakes
- 1 scoop Protein Powder

Add all ingredients to blender and blend until desired consistency. Pour in a large cup and Enjoy!

GREEN MONSTER WAKE & SHAKE



- ½ cup Almond Milk
- 1 ½ cups Water
- 1 cup Ice Cubes
- 1 cup Spinach
- 1 scoop Protein Powder
- ½ Banana
- 1 tbsp Nut Butter

Add all ingredients to blender and blend until desired consistency. Pour in a large cup and Enjoy!

ALMOND FLOUR BANANA BREAD

(CREDITS TO CRAIG BALLANTYNE)



Bowl 1

- 3 cups Almond Flour
- ½ cup Ground Flax Seed
- 1 tbsp Sea Salt
- 1 tbsp Baking Powder (optional)

Bowl 2

- 3 bananas, Mashed Up Well

Bowl 3

- ¼ cup Honey or Maple Syrup
- ¼ cup Coconut Oil
- ¼ cup Water (optional)

Preheat oven to 350 F. Combine bowls 2 and 3 together and mix well. Add mixture to bowl 1 and continue to mix well. Grease bread pan with coconut oil spray and mold the mixture into pan. Cook for about 45 minutes or until bread becomes a golden brown color. Allow time to cool then cut into slices and serve.

APPLE FRITTATA

- ½ Apple, Sliced Thin
- ¼ cup Raisins
- 1 tbsp Walnuts, Chopped
- ½ tbsp Honey
- ½ tsp Cinnamon
- 1 cup Egg Whites
- Coconut Oil Cooking Spray

Preheat skillet over medium heat. Combine apples, raisins, walnuts, honey and cinnamon in a bowl. Lightly cover skillet with cooking spray and sauté mixture for 2-3 minutes. Pour egg whites over mixture and continue cooking for 2 minutes on each side. Using a spatula, remove from skillet and enjoy!

APPLE OMELET



- ½ Apple, Diced
- 2 Eggs
- ½ tbsp Coconut Oil
- 1 tsp Cinnamon

Melt coconut oil in skillet over medium heat. Crack eggs into bowl and whisk. Add diced apples to skillet and cook for 1 minute. Add eggs over apples, sprinkle cinnamon over top, and cook for 2 minutes on each side. Using a spatula, remove from skillet, and enjoy!

BRIGHT & EARLY BREAKFAST COOKIE



- ¼ cup Gluten Free Oatmeal
- ½ scoop Chocolate Protein Powder
- 1 tsp All Natural Peanut Butter
- 1 pinch Cinnamon
- 1 pinch Cayenne Pepper
- 1 pinch Stevia
- 1/8 cup Water
- Coconut Oil Cooking Spray

Preheat skillet over medium heat and lightly cover with cooking spray. Combine all ingredients in a bowl and mix well. If more water is needed add 1 tbsp at a time. For one large cookie, pour batter into skillet and cook on each side for about 3 minutes.

BREAKFAST QUINOA (SERVES 2)

- ½ cup Raw Quinoa
- ½ cup Water
- 1 cup + ¼ cup Almond Milk
- Pinch Sea Salt
- 1 Banana, ½ Mashed, ½ Sliced
- 2 tsp Honey
- 2 tsp Cocoa Powder
- ½ tsp Pure Vanilla Extract
- Fresh Mint for Garnish (optional)

Bring quinoa, water, 1 cup almond milk, and sea salt to a boil in a small saucepan. Reduce heat and simmer, stirring occasionally for about 10 minutes or until all liquid has been absorbed. Remove from heat and transfer to bowl. Mix in mashed banana, cocoa powder, vanilla, and honey. Stir until evenly combined. Pour the remaining 1/4 cup of almond milk over quinoa, top with banana slices and mint, and enjoy!

PUMPKIN PIE OATMEAL



- 1/3 cup Organic, Gluten Free Oatmeal
- 1 cup Almond Milk
- 1/3 cup Pumpkin Puree
- 1 tsp Cinnamon
- ½ tsp Pure Vanilla Extract
- Pinch sea salt

Toppings: (Choose as few or as many as you like!)

- 1 tbsp Pecans, Chopped
- 1 tbsp Pure Maple Syrup
- Pinch Cinnamon
- Splash of Almond Milk

In a medium saucepan, heat oats and milk over medium heat. Once boiling, turn heat to medium-low and add pumpkin. Heat and stir for 5-7 minutes. Add cinnamon and vanilla and stir frequently for another 5-7 minutes. Pour into a bowl and add toppings of your choice. This breakfast recipe is great for any fall morning!

LUNCH



APPLE SLAW



- 1 Granny Smith Apple, Sliced Thin
- 1 cup Broccoli Slaw
- 3 Deli Turkey Slices
- 1 tsp Garlic Pepper Seasoning
- 1-2 tbsp Apple Cider Vinegar or Honey

Mix together on a plate or bowl, drizzle vinegar over top, and enjoy. Use pepper and salt to taste if desired.

BALSAMIC HAM SALAD



- 1 ½ cups Spinach
- 3-4 Deli Ham Slices
- ¼ cup Pecans or Peanuts
- 2 tbsp Balsamic Vinegar
- ¼ cup Feta Cheese (optional)

Roll up ham slices and cut into ½ inch pieces. Mix ham, spinach, nuts, and cheese together on a plate or bowl, drizzle vinegar over top, and enjoy. Use pepper and salt to taste if desired.

BERRY GOOD SALAD



- 4 oz. Lean Pork Tenderloin (you can buy precooked or cooked on the stovetop with olive oil and a pinch of sea salt)
- 2-3 cups Baby Spinach Leaves
- ¼ cup Pecans, Crushed
- 1 cup Strawberries, Sliced
- ¼ cup Blackberries
- ¼ cup Cucumbers, Sliced
- ¼ cup Grated/Shredded Carrots
- ¼ cup Feta Cheese
- 1-2 tbsp Raspberry Vinaigrette Dressing (optional), substitute with Balsamic Vinegar

Combine spinach, pork, berries, nuts, and veggies. Sprinkle cheese and dressing over top and toss together.

CABBAGE SALMON



- 1 can Wild Caught Salmon (or pre-cooked wild caught smoked salmon)
- 1 ½ cups Shredded Cabbage
- ½ cup Raisins
- 1 tbsp of Balsamic Vinegar

Mix together on a plate or bowl, drizzle vinegar over top, and enjoy. Use pepper and salt to taste if desired.

CHICKEN SALAD



- 4 oz. Chopped Chicken Breast (use left overs or you can buy precooked, just be sure it's all natural)
- ¼ cup Celery, Chopped
- ¼ cup Walnuts, Crushed
- ½ cup Red Grapes, Sliced
- ¼ cup Green Onions, Chopped
- 1/3 cup Broccoli Slaw
- ½ Bell Peppers, Sliced (green, orange or red)
- ½ cup Nonfat Greek Yogurt

Combine all ingredients in a large bowl. Add a scoop over a bed of spinach, serve as a side, or enjoy all by itself.

EGG SALAD

Salad:

- 2 cups Spinach
- 1 Avocado, Sliced
- 2 tbsp Pecans, Chopped
- 2 tbsp Extra Virgin Olive Oil
- 1 Egg
- 2 strips Turkey Bacon

Combine spinach, avocado, and pecans. Cook turkey bacon in microwave for 3 minutes and cut into ½ inch pieces; set aside. Heat 1 tbsp of olive oil in small skillet over medium/high heat. Crack egg into skillet and cook for 1 minute on each side. Remove egg and place on top of salad. Top with crumbled turkey bacon.

Dressing:

- 2 tbsp Extra Virgin Olive Oil
- 1 tbsp Fresh Squeezed Lemon Juice
- Sea Salt and Ground Black Pepper to taste

Combine 3 ingredients and whisk until thoroughly combined. Pour over salad. Serve and indulge!

RAISIN TUNA SALAD



- 1 can Tuna
- 1 ½ cups Spinach
- ¼ cup Raisins
- 1-2 tbsp Balsamic Vinegar
- ¼ cup Raw Pecans, Crushed

Mix together on a plate or bowl, drizzle vinegar over top, and enjoy. Use pepper and salt to taste if desired.

SEAFOOD SALAD

(SERVES 4)

Salad:

- 1 ½ cups Frozen, Precooked Baby Shrimp, Thawed
- ¼ cup Cilantro, Chopped
- 1/3 cup Feta Cheese, Crumbled
- ½ cup Cucumber, Diced
- ½ cup Tomatoes, Diced
- 1 Avocado, Diced
- 4 cups Cabbage, Shredded

Combine shrimp, cilantro, cheese, cucumber and tomato. Pour half the citrus dressing (see below) over salad & toss. Mix in avocado. Divide cabbage between 4 plates and top with shrimp avocado salad. Pour remaining dressing over salads and top with more cilantro or cheese if desired.

Dressing:

- ¼ cup Fresh Squeezed Orange Juice
- ¼ cup Fresh Squeezed Lime Juice
- 1 tsp Grated Orange Zest
- ½ tsp Sea Salt and Ground Black Pepper
- ½ tsp Stevia

Combine and mix well.

TROPICAL CARROT RAISIN SALAD



- ¼ cup Vanilla Low Fat Yogurt
- 1 ½ tbsp All Natural Peanut Butter
- ¼ tsp Cinnamon
- 2 cups Shredded Carrots
- 6 tbsp raisins
- 1 cup Frozen Pineapple Bits, Thawed

Combine yogurt, peanut butter, and cinnamon in a medium bowl and stir well. Add carrots, raisins and pineapple, and toss gently to coat. Cover and chill.

CHICKEN FRESCA WRAP (SERVES 2)



- 2 Gluten Free, Spinach or Tomato Tortillas
- 2 cups Precooked Chicken Breast, Sliced or Shredded
- ½ cup Red Bell Pepper, Sliced
- ½ Apple, Diced
- ½ cup Salsa
- ½ Avocado, Sliced
- 3 tbsp Roasted Red Pepper Hummus (nice addition!)

Place spinach tortilla on plate. Spread 1-1 ½ tbsp hummus over top. Add ½ cup shredded chicken, bell pepper and apple slices over hummus. Next add a few tbsp to ¼ cup salsa and top with sliced avocados. Roll up your wrap and take a bite!

CRUNCHY TUNA WRAP



- 1 Gluten Free Tortilla Wrap
- ½ to whole can Tuna
- 1-2 Asparagus Stalks, Cut into 2 inch Pieces
- ¼ cup Non Fat Greek Yogurt
- ½ Red, Yellow, or Green Bell Pepper, Diced
- ½ tbsp Fresh Squeezed Lemon Juice

Place asparagus in microwave for 5 minutes or until tender. Place tortilla on plate. Spread greek yogurt over top. Add tuna, peppers, and asparagus and drizzle lemon juice over top. Wrap it up and take a bite! You will definitely need a hefty napkin for this one.

CHERRIED CHICKEN & SAUSAGE (SERVES 2-3)



- 2 tbsp. coconut oil
- 4 links Italian Sausage, Sweet or Hot, cut into chunks
- 2 Skinless, Boneless Chicken Breasts, cut into chunks
- ½ tsp Sea Salt and Ground Pepper
- ½ Onion, Chopped
- 1 Green Bell Pepper, Diced
- 2 tsp Garlic Powder
- 1/2 cup Dry White Wine
- 3/4 cup Water
- 1/4 cup Fresh Parsley, Chopped
- 2 jarred Pickled Cherry Peppers, Chopped, plus 2 tbsp liquid from jar

Heat 1 tbsp of coconut oil in a large skillet over high heat. Cook the sausage until golden, about 2 minutes. Season the chicken with salt and pepper, add to the skillet, and cook until browned but not cooked through, about 3 minutes. Add the onion, green peppers, garlic powder, and salt and pepper to taste and cook 3 minutes. Add the wine, scraping up any browned bits; bring to a boil and cook about 1 minute. Add water and bring to a gentle simmer. Cover and cook until the sausage and chicken are cooked through, about 5 minutes.

Using a slotted spoon, transfer chicken, sausage and vegetables to a platter. Increase heat to high and stir in parsley and cherry peppers and their liquid into the skillet; boil 2 to 3 minutes. Remove from the heat and stir in the remaining 1 tbsp coconut oil. Pour the sauce over the chicken mixture and you're ready to serve!

CHICKEN TACOS (SERVES 2-4)



- 2-4 Brown Rice Tortillas or Gluten Free
- 1-2 Boneless, Skinless Chicken Breasts
- 2-4 tbsp Nonfat Greek Yogurt (1 tbsp per taco)
- 2 small Tomatoes, Sliced
- 2 cups Romaine Lettuce
- 2-4 tbsp Salsa (1tbsp per taco)
- 1 cup Shredded Cheese, your choice
- ½ Avocado, Sliced or Mashed up

Preheat oven to 350 F. Season chicken breast with your favorite seasonings. Cook chicken for 30-35 min then shred or cut up into small pieces. Warm tortillas in microwave for 8-12 sec. Holding a warm tortilla like a taco shell, add yogurt, chicken, lettuce, salsa, and avocado. Sprinkle cheese on top and enjoy.

PECAN OMELET



- 2 Eggs
- ½ tbsp Butter (I use organic, Ghee butter)
- ½ Green, Yellow or Red Pepper, Diced
- ¼ cup Raw Pecans, Crushed Up

Melt butter in skillet over medium heat. Add peppers to skillet and cook for 3 minutes. Crack eggs into bowl and whisk. Add eggs over peppers and continue to cook for about 4 minutes or until eggs are cooked to your liking. Using spatula, remove from skillet and add crushed pecans. Add salt and pepper to taste and enjoy!

SALSA OMELET



- 2 Eggs
- 1 cup Spinach
- $\frac{1}{4}$ tsp Sea Salt
- $\frac{1}{2}$ tbsp Coconut Oil
- 2 tbsp Salsa

Melt coconut oil in skillet over medium heat. Crack eggs into bowl and whisk. Add eggs to skillet. Add spinach, salt, and salsa over top and cook about 4 minutes or until eggs are cooked to your liking. Using spatula, remove from skillet and enjoy!

TOASTED ALMOND SALMON (SERVES 2-3)



- 3-4 Salmon Fillets
- 1 tsp Sea Salt
- 1 tsp Ground Black Pepper
- 1 tbsp Red Wine Vinegar
- 1 tbsp Capers, Rinsed
- ¼ cup Slivered Almonds

Preheat oven to 450 F. Season salmon with salt and pepper. Place salmon, skin side down, on a foil-lined baking sheet. Mix together red wine vinegar, capers, and almonds and pour over salmon. Bake for 12 to 15 minutes.

DINNER



BEEF BOWL



- 1 lb. Lean Ground Beef
- ½ tsp Salt & Pepper
- 1 tsp Garlic Pepper
- 1 tbsp Coconut Oil
- 1 cup Spinach Leaves
- ½ cup Mushrooms
- ½ cup Red, Yellow, and Green Bell Peppers
- ½ cup Broccoli
- ½ cup Green Beans

In a large skillet, brown ground beef. Add salt, pepper and garlic pepper, and set aside. In a second large skillet, heat coconut oil. Add in mushrooms, bell peppers, broccoli, and green beans. Cook veggies until done. In a large bowl add spinach leaves, veggies, and beef, mix together and enjoy.

BLACKBERRY GLAZED GRILLED PORK CHOPS (SERVES 2-4)



- 1-2 lbs Boneless Pork Chops
- 1 tsp Cinnamon
- ½ tsp Dried Thyme
- Sea Salt and Ground Black Pepper, to taste
- 12 oz. Fresh Blackberries
- ½ cup Balsamic Vinegar
- 2 tbsp Water
- Pinch Salt

Cover Pork Chops with cinnamon, thyme, salt and pepper on both sides; press into the meat. Preheat Foreman or large skillet over medium heat. Spray cooking spray over skillet. Preheat a small saucepan over medium heat and add blackberries, balsamic vinegar, water, and a pinch of salt. Let sauce begin to mix together, stirring frequently to make sure it doesn't burn on the bottom. Turn heat to low and simmer for about 3-5 minutes. Then pour half of the sauce into a bowl (you can leave the blackberries in the saucepan because you'll just use them to top your chops off later).

Use a glazing brush to glaze one side of the pork chop then place it glazed side down onto skillet or Foreman. Then glaze the other side and let cook for 5-7 minutes per side. Glaze each side of the pork chop probably 3-4 times to make sure as much sauce as possible could be soaked up by the chop. Make sure chops are cooked on both sides before removing. Total cooking time should take about 12-14 minutes. Once pork chops are all done, add to plate and top with your leftover blackberry sauce that has been simmering and thickening up.

GROUND BEEF OMELET (SERVES 2)



- 1 lb Lean Ground Beef
- 2 cups Frozen Green Beans
- 2 cups Frozen Bell Pepper Strips
- 3 cups Spinach or Romaine Lettuce
- 2 Eggs
- 2 tbsp Coconut Oil

Preheat 2 large skillets over medium heat setting. Melt 1 tbsp of coconut oil in each skillet. Add ground beef to one skillet and frozen veggies to the other. Season beef and veggies to your liking. Once the beef is almost done, crack eggs over top, and mix together. Turn both eyes off and allow eggs to finish cooking. Add a couple spoonfuls of beef and eggs over a bed of spinach and add cooked veggies on top. This meal serves 2.

MEATLOAF



- 1 ½ lbs Ground Venison or Beef
- 1 Egg
- 1 tsp Garlic Powder
- 1 tsp Sea Salt
- 1 tsp Freshly Ground Black Pepper
- ¼ cup Gluten Free Oatmeal
- ¼ cup Red Onions, Chopped
- ¼ cup Black Bean Salsa Dip

Preheat oven to 350 F. Line bread pan or deep oven-safe dish with foil. Mix all ingredients in a large bowl. Transfer meat mixture to bread pan and mold into a loaf shape. Cook in oven for 50 minutes. Top loaf with another ¼ cup Black Bean Salsa dip and continue cooking for 10 minutes. Allow meatloaf to cool 10 minutes, cut into slices and serve.

SPAGHETTI SQUASH CASSEROLE (SERVES 2-3)



- 1 lb. Lean Ground Beef
- 1 large Spaghetti Squash
- $\frac{3}{4}$ cup Nonfat Greek yogurt
- 1 can Rotel or Can of Tomatoes, Drained
- 2 tbsp Minced Dry Onions
- 2 tbsp Dried Basil
- Garlic pepper, Sea Salt, Ground Pepper (to desired taste)

Brown ground beef in skillet over medium to high heat. Microwave whole spaghetti squash for 15 min. Break this time into 3, 5 minute sections (spaghetti squash can explode if you don't allow steam to escape). Once you can feel that the squash is losing firmness, try cutting in half and continue microwaving – leaving both halves open.

Preheat oven to 350 degrees. When spaghetti squash is finished cooking in microwave, remove seeds and gooey parts. Take a fork and scrape out squash all the way to the end of shell. Squash will resemble noodle like shape. Scoop out squash into a casserole dish. Add browned meat and other ingredients and stir until well mixed. Bake for 20-25 minutes.

THE MEATZA PIZZA

Crust:

- 1 lb. Lean Ground Beef
- 1 lb. Ground Turkey
- 1 Egg
- ¼ cup Onion, Finely Chopped
- ¼ tsp Salt/Pepper to taste

Preheat oven to 450 F. In a bowl, mix ground meat, egg, and onions. Spread crust mixture on a 16 in. pan and bake for 10 minutes.

Topping:

- 1 cup Sugar-Free Tomato Sauce
- 2-3 Slices Turkey Bacon, cut into 1 in. pieces
- 1 ½ cups Button Mushrooms, Sliced
- 1 cup Bell Peppers, Thinly Sliced
- ½ Avocado, Diced
- 1 tsp Oregano

While the crust cooks, heat skillet over medium heat and cook turkey bacon for about 3 minutes so that it is still soft. Add mushrooms and bell peppers and cook for another 2-3 minutes. Remove crust from the oven and pour out juices. Preheat oven broiler. Spread tomato sauce evenly over crust and add toppings. Sprinkle with oregano. Place the pizza back in the oven under the broiler and broil until the top starts to brown (watch pizza closely as this should only take a few minutes). Feel free to sprinkle cheese on top. Allow pizza to cool and cut into 6-8 slices. Bon Appétit.

VENISON LETTUCE WRAPS



- 2-3 Venison Cubed Steaks
- ½ tsp Sea Salt & Ground Black Pepper
- ½ tsp Garlic Powder
- ¼ tsp Ground Cumin
- 4-6 Romaine Lettuce Leaves
- 2 cups Frozen Green Beans
- 1 cup Frozen Bell Pepper Strips
- 1 -2 cups Precooked Jasmine Rice
- 1 tbsp Coconut Oil

Preheat coconut oil in large skillet over medium heat. Add cubed steaks, add all 4 seasonings, and cook for about 5 minutes on each side. Continue to cook until venison is done to desired wellness. Set aside and allow to cool. After washing skillet, add another tbsp of coconut oil over medium-high heat.

Add green beans and peppers and cook about 5 minutes. Heat jasmine rice in a microwave-safe bowl for 3-5 minutes. Once cubed steaks are cooled, cut into finger size slices. Take 1 large romaine lettuce leaf, add a couple scoops of rice, veggies, and top with a few strips of cubed steak. Continue this process until all leaves are full. Serve on a plate and enjoy!

VENISON STIR FRY

- 1 lb Ground Venison or Beef
- 1 cup Broccoli
- ½ cup Bell Peppers
- 1 cup Broccoli Slaw
- 3 small Red Skin Potatoes, Diced
- 1 tbsp Coconut Oil

Heat coconut oil in a skillet over medium-high heat. Brown ground meat then add diced potatoes. Once meat is done and potatoes become soft, add vegetables and continue to cook for about 5-8 minutes. Serve and enjoy!

ZUCCHINI BISON BOATS (SERVES 3-4)



- 1 lb Ground Bison or Lean Ground Beef
- 2 Garlic Cloves, Crushed
- ½ cup Red Onion, Diced
- 1 large Portobello Mushroom Cap, Diced
- 1 Red Pepper, Diced
- 1 tsp Dried Oregano
- 2 tbsp Tomato Paste
- 4 Zucchini, cut length-wise and the middles scooped out so that they look like canoes

Preheat oven to 425 F. Spray cooking oil over zucchinis and bake for 10 min. In a large skillet, sauté garlic, onions, mushrooms, and peppers. Add bison, seasonings, and tomato paste and continue to cook until meat looks done. Spoon meat mixture into zucchini boats and bake for another 5 minutes. This meal is great for entertaining guests!

***Don't throw away that scooped out zucchini! You can mix that with butternut squash, heat in microwave for 6-8 minutes or until soft, and mix in blender. This makes a beautiful puree that goes great as a side for the bison boats!

ASIAN FUSION CHICKEN



- 4 Large Skinless Chicken Thighs
- ½ tbsp Ground Coriander
- 2 tbsp Balsamic Vinegar (change 2 tbsp of soy sauce to 2 tbsp of balsamic vinegar in ingredient list and directions)
- 4 tbsp Organic Palm Sugar
- ¼ tsp Ground Black Pepper
- ¼ tsp Ground Turmeric
- 1 cup chopped onion
- Coconut Oil Cooking Spray

Remove any excess fat from chicken thighs and set aside. Mix all other ingredients in a bowl, combine chicken and marinade, and put in fridge for about 10 minutes (the longer the better). Once marinated cook on char grill or bbq for 10 minutes. When done, cut chicken into finger size slices. Serve with a side of jasmine or basmati rice and steamed cabbage.

BALSAMIC CHICKEN BREASTS



- 3-4 Skinless, Boneless Chicken Breasts
- 1/3 cup Balsamic Vinegar
- 1 tbsp Honey
- 1 tbsp Dijon Mustard
- ½ tsp Parsley Flakes
- ½ tsp Salt/Pepper

Preheat oven to 350 F. Place chicken breasts on baking sheet lined with foiled. In a small bowl, combine and mix all other ingredients. Pour over chicken and bake for 30-35 minutes.

CHICKEN CHILI



- 1-2 Chicken Breasts (skin removed), Cubed
- 1 can Black Beans, Drained
- 1 can Adzuki or Kidney Beans
- 1 can Lentils
- 1 large can or bottle of Tomato Juice, Sauce, or Paste
- 2 Onions, Chopped
- 1 tbsp Olive Oil
- ½ tbsp Garlic Powder
- ½ tbsp Oregano
- ½ tbsp Parsley

Heat olive oil in large saucepan over medium heat. Add cubed chicken breasts and onions and cook for 5-10 minutes with lid on. Add seasoning and stir occasionally. Drain the beans, rinse, and add to the chicken. Add the tomato juice, sauce or paste. You may need to add a little water. Continue to cook over medium heat, stirring constantly (lid off), for about 10 - 15 minutes.

LEAN GROUND TURKEY MEATLOAF (SERVES 3-4)



- 2 lbs. Lean Ground Turkey
- 1 small Onion, Chopped
- 2 tbsp Garlic Cloves, Minced
- 1 Egg, Beaten
- ½ tsp Sea Salt
- ¼ tsp Ground Black Pepper
- 1 tbsp Poultry Seasoning
- 1 cup Organic Tomato Sauce (optional)
- Coconut Oil Cooking Spray

Preheat oven to 375 F. Lightly grease a glass loaf dish with cooking spray.

In a large mixing bowl, mix together all ingredients. Press into prepared glass loaf dish. Pour tomato sauce evenly over the top of the loaf. Bake for 45 minutes to 1 hour or until juices run clear when cut with a knife.

TURKEY LETTUCE WRAPS

- 1 lb. Ground Turkey
- 1 tbsp Coconut Oil
- ¼ cup Red Onion, Chopped
- ½ tbsp Garlic, Minced
- ½ tsp Sea Salt & Ground Pepper
- ½ cup Fresh Cilantro, Chopped
- 3 tbsp Balsamic Vinegar with a pinch a salt added
- 1/3 cup Cashews, Chopped
- 4-6 Romaine Lettuce Leaves

Heat coconut oil in skillet over medium to high heat. Add onions and garlic. Sauté for 2 minutes then add ground turkey. Cook until the turkey is brown and crumbling apart. Add balsamic vinegar and cilantro then let simmer for 2-3 minutes on low. Remove the core end from lettuce, separate leaves, and wash. Set aside, allowing them to dry. Once ground turkey is cooked, fill each lettuce leaf with about two spoonfuls of turkey meat. Sprinkle salt, pepper, and chopped cashews over each wrap and enjoy.

TURKEY SPAGHETTI SQUASH

- 1 Spaghetti Squash
- 1-2 lbs. Lean Ground Turkey
- 1 can Tomato-Basil Marinara Sauce or your choice of pasta sauce (check ingredients)
- 1tbs Coconut Oil
- ½ tsp Sea Salt, Ground Pepper, Oregano
- 1 cup Mushrooms
- 1 cup Olives

Microwave whole spaghetti squash for 15 minutes. Break this time into 5, 3 minute sections (spaghetti squash can explode if you don't allow steam to escape). Once you can feel that the squash is losing firmness, try cutting in half and continue microwaving – leaving both halves open. Heat coconut oil in skillet over medium heat. Add ground turkey and cook. Once meat is browned add mushrooms and olives. When spaghetti squash is finished cooking in microwave, remove seeds and gooey parts. Take a fork and scrape out squash all the way to the end of shell. Squash will resemble noodle like shape.

Add marinara sauce to cooked turkey and let simmer. Season to taste with salt, pepper, and oregano. Place desired amount of spaghetti squash on plate or in bowl. Add meat sauce on top and enjoy!

BAKED FISH



- 1-2 lbs of fish like cod, flounder, mahi mahi or any white fish
- 1 tbsp Butter (I use organic, Ghee Butter)
- 2 tbsp Garlic, Minced
- 1 ½ tbsp Fresh Squeezed Lemon Juice
- ½ cup White Wine (bottled or cooking)

Preheat oven to 400 F. Line the pan with foil. Place the fish in the pan. Season one side of fish with any kind of seasonings (Suggest garlic pepper, mesquite, roasted garlic and herbs). Turn fish over to unseasoned side. Melt butter in microwave safe bowl for 15 seconds. Mix butter, garlic, lemon juice and white wine. Spoon mixture over fish. Top with seasonings again. Bake for 13-15 minutes to 20 minutes.

BLACK BEAN VEGGIE BURGERS



- 1 can Black Beans , Drained and Rinsed
- 1/2 Green Bell Pepper, Cut into Wedges
- 1/2 Onion, Cut into Wedges
- 1 Egg
- 1 tbsp Chili Powder
- 1 tsp Hot Sauce (optional)
- ½ cup Gluten Free Oats

Preheat oven to 375 F. In a medium bowl, mash black beans with a fork until thick and pasty. Finely chop peppers and onions, and stir into mashed beans. In another small bowl, stir together egg, chili powder, and hot sauce (optional). Add egg mixture to mashed beans, mix in oatmeal until the mixture is sticky and holds together. Divide into four patties.

Place patties on foil lined baking sheet and bake about 10 minutes on each side (sometimes this can take longer depending on the size and consistency of your patties).

BLACK-EYED PEA & SPINACH SOUP

- 10 oz. Package Frozen Black-eyed Peas
- 2 ½ cups Vegetable Broth
- 1 14.5 oz. can Chopped Tomatoes
- 1 8 oz. can Tomato Sauce
- 1 cup Salsa
- 1 10 oz. Package Frozen Spinach

Place peas and vegetable broth in medium saucepan and bring to boil. Cover and cook 15 minutes on low. Add remaining ingredients and cook with occasional stir until spinach is thawed and soup is heated through; approximately 5 minutes. Serve and enjoy.

FOIL WRAPPED TILAPIA



- 2-3 tilapia fillets
- 1 ½ cups Zucchini, Diced
- 1 ½ cups Baby Carrots, Sliced
- 1 ½ tsp Lemon Juice
- 2 cups Spinach
- 3 tbsp Balsamic Vinegar
- ¼ cup Cheese Blend (use any 2 cheeses- parmesan, feta, Romano, mozzarella)

Preheat oven to 400 F. Divide foil into 2-3 (depending on the # of fillets) large squares so that you could wrap each fillet individually. Place fillets on their own square of foil and top with ½ tsp of lemon juice per fillet. Season to taste. Add ½ cup zucchini and ½ cup carrots to each fillet. Sprinkle salt and pepper over fillets for added flavor. Wrap each individual fillet with remaining foil and bake for 15-20 minutes. Remove fish and veggies from individual foil wraps and serve over a bed of spinach. Top with cheese blend and pour 1 tbs balsamic vinegar over each fillet and enjoy!

WALNUT CRUSTED SALMON



- 2-6 oz. Salmon Fillets (skinless)
- ½ tbsp Coconut Oil
- ¼ cup Walnuts, Chopped
- 1 tsp Cinnamon
- Sea Salt and Black Pepper (to taste)

Rinse and pat dry salmon fillets. Mix together walnuts, cinnamon, salt and pepper in a shallow bowl. Dredge the salmon in nut mixture, making sure to thoroughly coat all sides. Heat coconut oil in a skillet over medium heat. Once the oil is melted, place salmon in the pan and cook each side for about 3-4 min depending on your desired temperature preference. This recipe goes great with my roasted Brussels Sprouts (see recipe in “sides” section).

SIDES



AVOCADO MASHED POTATOES (SERVES 2)



- 1 Whole Avocado, Peeled and Inside Removed
- 4 Red Skin Potatoes (tennis ball size)
- 1-2 tbsp Butter (I use Ghee butter)
- Sea Salt and Ground Pepper to taste

Peel, quarter and boil the potatoes until they are fork tender. Drain potatoes and put them back into the pot. Add in avocado, butter, and salt and pepper. Use a potato masher or mixer and blend everything together. If they are not to your desired consistency, feel free to add in almond milk 1 tbsp at a time for creamier mashed potatoes.

GREEN TOMATOES



- 2 cups Cherry Tomatoes, Sliced in Half
- 4 cups Fresh or Frozen Green Beans
- 1 tbs Garlic, Minced
- ½ tsp Sea Salt and Ground Black Pepper
- ½ tsp Red Pepper Flakes
- ½ tbsp Coconut Oil

Heat oil in skillet over medium heat. Add minced garlic and cook for 2 minutes. Add green beans, salt and pepper, and pepper flakes and continue to cook for 3-5 minutes. Throw in tomatoes and stir vegetables for 2 minutes. Enjoy with your favorite turkey or beef recipe.

CINNABON SQUASH



- 2 cups Frozen Butternut Squash Cubes, or fresh Butternut Squash
- 1 tbsp Honey
- 1 tsp Cinnamon
- $\frac{1}{4}$ cup Almond Milk

Frozen: Cook butternut squash cubes in a microwave-safe bowl for 8 minutes or until tender enough to mash up into a purée like consistency. Add all other ingredients to squash. Mix well and enjoy!

Fresh: Cook whole butternut squash in microwave for 3 minutes. Cut lines into squash in order for steam to escape. Continue to cook in 3 minute increments until squash is soft. After about 9 minutes, remove and dispose of seeds and gooey parts, and cut into diced size pieces. Measure out 2 cups. Mash up squash until it reaches a purée like consistency. Add all other ingredients to squash. Mix well and enjoy.

PALEO FRIED RICE



- 1 package Cauliflower
- 1 tbsp Coconut Oil
- 1 tsp Garlic Powder
- 2 cups Broccoli Slaw
- 1 handful Bean Sprouts
- 1 bunch Green Onions or scallions
- 1 Onion, Diced
- 2 to 4 tbsp Water.
- 2 Eggs

Use a blender or food processor to rice cauliflower; blend until cauliflower turns to a consistency similar to that of rice. Heat coconut oil in a large saucepan over medium-high heat. Add riced cauliflower, broccoli slaw, scallions, onion, and bean sprouts. Stir well and let cook for 2 minutes.

Add garlic powder and water to the saucepan and stir well. Change temperature to low, cover, and cook for up to 10 minutes, stirring occasionally, until cauliflower is soft. Crack 2 eggs into the saucepan; stir and remove from heat. Serve and Enjoy!

PURÉED SQUASH



- 2 cups Frozen Butternut Squash Cubes or Fresh Butternut Squash, Diced
- 1 cup Zucchini, Peeled and Diced
- 1 tbs Ghee Butter
- ½ tbs Almond Milk or Coconut Milk

Frozen Butternut Squash: Cook squash cubes in microwave-safe bowl for 8 minutes or until tender.

Fresh Butternut Squash: Cook whole squash in microwave for 3 minutes. Cut lines into squash in order for steam to escape. Continue to cook in 3 minute increments until squash is soft. After about 9 minutes, remove and dispose of seeds and gooey parts, and dice into 1 inch cubes. Measure out 2 cups.

Add all ingredients to blender and mix until everything is pureed. Serve and enjoy this sweet side dish!

QUINOA BOWL



- 1 cup Almond Milk
- 1 cup Water
- 1 cup Organic Quinoa (mix red and black)
- 2 tbsp Raisins
- ½ tsp Pumpkin Spice or Cinnamon
- 1/3 cup Pecans, Chopped
- Honey or Agave (optional) just for drizzling on top

Bring almond milk, water, pump-kin spice and quinoa to a boil. Reduce to low-medium heat and let simmer for about 15 minutes or until most of liquid is absorbed. While quinoa is cooking, place pecans on a small skillet over medium heat for a few minutes and toss occasionally, until lightly toasted. When quinoa has finished cooking, combine with raisins and pecans, and top with a drizzle of agave or honey.

ROASTED BRUSSELS SPROUTS (SERVES 2-3)



- 1-2 lbs Fresh Brussels Sprouts
- 4 strips Turkey Bacon, Cut into ½ inch pieces
- 2 tbsp Garlic, Minced
- Sea Salt and Ground Pepper, Season to taste

Preheat oven to 400 F. Cut Brussels sprouts in half, wash, and strain. Put into a foil lined 9 x 13 pan. Spray with olive oil cooking spray. Add minced garlic and season with salt and pepper. Top with turkey bacon pieces and bake for 15 minutes. Stir and cook another 15 minutes or until desired texture.

ROASTED CAULIFLOWER & BROCCOLI (SERVES 4-5)



- 2 bags Frozen Cauliflower (10 oz)
- 1 bag Frozen Broccoli (10 oz)
- 2-3 tbsp Extra Virgin Olive Oil
- Garlic Pepper, Season to taste
- Sea Salt and Ground Pepper, Season to taste

Preheat oven to 400 F. Line 9 x 13 pan with foil. Empty vegetables into pan. Drizzle olive oil over vegetables. Season with garlic pepper, roasted garlic and herb or any seasoning you prefer. Bake for 15 minutes. Stir veggies and cook another 15 minutes or until desired texture.

SAUTÉED ASPARAGUS & MUSHROOMS (SERVES 2-3)



- 1 bunch Asparagus or 1 bag Frozen Asparagus, Rinsed and Trimmed
- 1 ½ cups Mushrooms
- ½ tsp Sea Salt
- ½ tbsp Coconut Oil

Heat coconut oil in skillet over medium heat. Add asparagus and mushrooms. Sprinkle salt over top and cook for 5-7 minutes, depending on how you like yours cooked; 5 minutes for crunchy asparagus and 7 minutes or longer for tender, soft asparagus. Serve away!

SPICY BLACK BEANS & TOMATOES



- 1 tsp Coconut Oil
- 3 Garlic Cloves, Minced
- 2 cans Whole Tomatoes, Chopped
- 2 cans Black Beans, Drained
- ½ tsp Ground Red Pepper

Heat oil in large skillet over medium/high heat. Sauté garlic for 2 minutes. Add tomatoes, reduce heat, and cook for 6 minutes or until slightly thick. Stir in beans and red pepper. Cover and cook 5-7 minutes. This side goes great with the turkey meatloaf recipe.

SWEET MASHED POTATOES



- 2 Sweet Potatoes
- ½ cup Almond Milk
- 1 tbsp Cinnamon

Dice 2 sweet potatoes and cook in the microwave safe bowl for 10 minutes. Once they cook, mash them up until a smooth consistency is reached. Add cinnamon and almond milk. Enjoy!

SWEET MASHED POTATOES



- 1 medium sized Sweet Potato
- 1 tsp Honey
- 1 tsp Cinnamon
- 1 tbsp Extra Virgin Olive Oil

Cut up sweet potato into small cubes, drizzle olive oil over top, and cook in microwave-safe bowl for 3-4 minutes. Top with cinnamon and honey. Enjoy!

SWEET POTATO PUREE (SERVES 2)



- 4 Small Sweet Potatoes
- 1/3 cup Water
- 1/3 cup Almond Milk
- 1 tsp Cinnamon
- 1 tbsp Honey

Cook 4 small sweet potatoes in microwave-safe bowl for 10 minutes, turning them at the half way mark. Allow them to cool off, peel half the skin on each sweet potato, and place them in blender. Add rest of ingredients and blend until smooth consistency. Scoop out of blender and place in bowl. Enjoy!

SNACKS



APPLE SAUCE



- 1 ½ cups Unsweetened Apple Sauce
- ¼ cup Raw Pecans, Crushed
- 2 tbsp Shredded Coconut Flakes (optional)
- ½ scoop Protein Powder

Mix together in a bowl and enjoy!

APPLECADO SHAKE



- ½ cup Almond Milk
- 1 ½ cups Water
- 1 cup Ice Cubes
- 1 cup Spinach
- 1 scoop Protein Powder
- ½ Apple, Sliced
- ½ Avocado

Add all ingredients to blender and blend until desired consistency. Pour in a large cup and Enjoy!

AVOCADO “SUSHI”



- 1 cup Precooked Jasmine Rice
- ¼ Avocado, Sliced
- ½ cup Nonfat Greek Yogurt
- 1 tbsp Nut Butter
- 1 tbsp Cocoa Powder

Heat jasmine rice in a microwave-safe bowl for 3 minutes. Add the rest of ingredients, mix together well, and enjoy this creamy snack!

BROCCOLI GALORE



- 1 tbsp Extra Virgin Olive Oil
- 5 cups Broccoli Florets
- ¼ tsp Sea Salt
- ¼ tsp Crushed Red Pepper
- 2 tbsp Garlic, Minced

Heat olive oil in a large skillet over medium-high heat. Add broccoli, salt, crushed red pepper, and sliced garlic. Sauté for 2 minutes. Add 1/4 cup water. Cover, reduce heat to low, and cook for 2 minutes or until broccoli is crisp and tender.

CARROT WRAPS



- 15 small Raw Carrots
- 4 Turkey Slices
- 3 tbsp Hummus

Wrap 3-4 small carrots in each slice of turkey and fold together. Dip each wrap in the hummus for a healthy snack.

PECAN PIE SHAKE



- 1 cup Almond Milk
- 1 ½ cups Water
- 1 cup Ice Cubes
- ½ Banana
- ¼ cup Raw Pecans
- 1 Scoop Protein Powder
- 1 tsp Honey

Add all ingredients to blender and blend until desired consistency. Pour in a large cup and Enjoy!

PROTEIN APPLE



- 1 Apple, Diced
- ½ scoop Protein Powder
- 1 tbsp Cinnamon

Combine all ingredients in a Ziploc bag, shake it up and enjoy this simple snack on the go.

TRAIL MIX



- 20 Raw Almonds
- ¼ cup Pecans or Cashews
- 1/3 cup Dried Cranberries
- 2 tbsp Coconut Flakes

Combine all ingredients in a Ziploc bag, shake it up and enjoy this simple snack on the go.

YOGURT DIP



- 1 cup Nonfat Greek Yogurt
- ½ Cucumber, Finely Shredded
- 2 tsp Fresh Dill, Shredded
- 1-2 tbsp Red wine Vinegar
- Sea Salt/Freshly Ground Black Pepper

Shred the cucumber and dill. Mix it all together with yogurt, red wine vinegar and salt/pepper to taste. You can serve this dip with carrots, celery, broccoli, peppers, or eat it by itself!

DESSERTS



ALMOND CRAZE



- 15 Raw Almonds
- 1 tbsp Cocoa Powder
- ½ cup Almond Milk
- 1 tsp Honey

Mix all ingredients in bowl and enjoy!

APPLE-LICOUS



- 1 Apple, Sliced
- 2 tbsp Nut
- 1 tsp Cinnamon

Butter

Mix all ingredients in bowl and enjoy!

APPLE TURNOVER



- 1 Apple, Diced
- ¼ cup Raw Pecans, Crushed
- 1 tsp Freshly Squeezed Lemon Juice
- 1 tsp Cinnamon
- 1 tsp Honey (optional, if you like it extra sweet)

Mix all ingredients in a microwave-safe bowl except for honey. Heat for 2 minutes. Allow time to cool. Feel free to add honey for more sweetness. Enjoy!

BANANA ICE CREAM



- 1 Frozen Banana, Sliced
- 1 cup Low Fat Cottage Cheese
- ½ tsp Cinnamon
- 1 tsp Vanilla Extract

Mix in a blender or food processor. Enjoy this yummy dessert on a hot, sunny day!

BANANA QUESADILLA

- 2 Gluten Free Tortillas
- 1 Banana
- 1 tbsp Nut Butter
- 85% Dark Chocolate Bar, 1 Square Chopped

Mash banana in bowl. Spread nut butter and banana over tortilla, add dark chocolate, and top with other tortilla. Heat in microwave for 30 seconds. Delicious!

BERRY BANANA BOWL



- 1 scoop Protein powder
- 2 tbsp Almond Milk
- 1 cup Frozen Berries
- ½ Banana, Sliced
- ¼ cup Raw Pecans

Mix together in a bowl. Place in Freezer for 5 minutes (optional). Enjoy!

BERRY SIMPLE

- 1 cup Frozen Berries
- ¼ cup Raw Nuts
- 1 tsp Cinnamon
- ½ cup Almond Milk

Mix together in a bowl and enjoy this cool little treat!

BROWNIE IN A CUP (CREDITS TO DAVE RUEL)



- 1 Egg
- 1 scoop Chocolate Protein Powder
- 1 tbsp Natural Nut Butter
- 1 tbsp Water

In a coffee mug, mix all the ingredients. Mix well so the powder is completely mixed in and cook in microwave for 1 minute. Using a knife, remove brownie from the cup, place on a plate and enjoy!

BUILD ME UP BUTTER CUP QUESADILLA

- 1 Gluten Free Tortilla
- 2 tbsp All Natural Peanut Butter, Crunchy
- 85% Dark Chocolate Bar, 2 Squares Chopped
- ¼ cup raisins
- ¼ cup cashews
- 2 tbsp Nonfat Greek Yogurt

Heat skillet to medium/high heat. Place tortilla in skillet and add all ingredients, preferably in the listed order. Heat for 1 minute and fold tortilla in half. Allow time to cool and enjoy!

CANTALOUPE BOWL

- 1 scoop Protein Powder
- ¼ cup Water
- ½ cup Cantaloupe, Diced
- 1 tbsp Nut Butter

Mix water and protein powder in a bowl. Add other ingredients and place in freezer for 5 minutes. Enjoy!

CHOCOLATE BANANAS



- 2 Bananas
- 85% Dark Chocolate Bar, Several Squares
- 4 tbsp Shredded Coconut Flakes

Preheat oven to 300 F. Without peeling bananas, cut a slit lengthwise into both bananas, but don't cut all the way through the peel on the far side. Fill each banana with chocolate and 1-2 tbsp of shredded coconut flakes. Roll each banana in foil and place on baking sheet. Cook for 25 minutes or until banana peels are black. Carefully peel each banana and "eat while it's hot."

CHOCOLATE TRUFFLES

- 1 cup Raw Walnuts/Almonds
- 3-4 tbsp Cocoa powder
- ½ cup Dates
- 1 tsp Cinnamon
- 1 tsp Vanilla Extract
- Pinch Sea Salt
- 1 tbsp Coconut Oil

Blend all ingredients in blender or food processor until almost smooth. Roll into balls and enjoy as a treat or add to your favorite Fro-Pro bowl.

COTTAGE CHEESE STRAWBERRY ICE CREAM



- 1 cup Cottage Cheese, or Small Individual Container
- 1 ½ cups Ice Cubes
- 1 cup Frozen Strawberries
- 1 scoop Protein Powder
- 1-2 cups Almond Milk

Add all ingredients to blender and blend until desired consistency. Water may need to be added, ½ cup at a time. Once you get the preferred consistency, place in freezer for 15 minutes. Enjoy!

DELICIOUS NUT BUTTER BALLS

- 2 tbsp Almond Butter
- 1 cup Liquid Egg Whites
- 1 scoop Protein
- 1/2 cup + 2 tbsp Gluten Free Coconut Flour
- 1 tbsp Cocoa Powder
- 1 cup Coconut Milk
- 1/2 cup 70% Mini Dark Chocolate Chunks

Preheat oven to 350 F. Combine all ingredients, except the mini dark chocolate chunks, in large mixing bowl and stir well. Grease a cookie sheet with coconut oil cooking spray. Make 1 inch balls and place 1 inch apart on cookie sheet.

Bake 15-20 minutes. While balls are baking melt chocolate chips in saucepan on stove top. When balls are done top each with melted chocolate. Enjoy by themselves or add to one of your favorite Fro-Pro Bowls!

DATE NIGHT BOWL

- ¾ cup Egg Whites
- ½ Apple, Sliced
- 3-4 Small Dates, Pitted and Sliced
- ½ scoop Protein Powder
- 1 tsp Honey

Cook egg whites in a microwave- safe bowl for 2-3 minutes. Add all other ingredients and mix together. Enjoy!

INSANE IN THE MEMBRANE DESSERT

- 1 Banana
- ¼ cup Raisins
- ¼ cup Shredded Coconut Flakes
- 1 tsp Honey

Mash banana in a bowl. Add raisins, coconut flakes, and honey and mix well. This is dessert paradise.

NO- TIME CHOCOLATE PUMPKIN



- 15 oz Pureed Pumpkin (or 1 can)
- 1 tsp Pure Vanilla Extract
- 1-2 tsp Cocoa Powder
- $\frac{1}{4}$ tsp Sea Salt
- 1 cup Dark Chocolate Chips

Melt chocolate chips on stovetop or in microwave. Combine melted chocolate and all other ingredients in blender or food processor and blend until a smooth consistency is reached. Pour into round cake pan and chill in fridge. The longer it chills, the better.

OMELET DESSERT

- 2 Eggs
- ½ cup Nonfat Greek Yogurt
- 1 tbsp Nut Butter
- ½ tbsp Coconut Oil
- 1 tsp Cocoa Powder

Melt coconut oil in pan over medium heat. Crack eggs into bowl and whisk. Add eggs to pan. After 2 minutes or until out edge of eggs start browning, flip over and continue cooking for 1 minute. Using a spatula, remove from pan. Add the rest of the ingredients on top of the egg and enjoy this delicious dessert.

PROTEIN PUDDING



- 1-2 scoops Protein Powder
- ¼ cup Water
- 1 tbsp Nut Butter
- 1 tbsp Coconut Oil

Add ingredients to bowl. Stir up until everything is consistent. Add ¼ cup of water and continue mixing. Chill in freezer for 5 minutes.

PUMPKIN BANANA BOWL



- ½ Apple, Sliced
- ½ Banana, Sliced
- ¼ cup Raw Cashews
- 1 tbsp Shredded Coconut Flakes
- 1 tbsp Pumpkin Butter (optional)

Mix together in a bowl and enjoy this fall season dish!

PUMPKIN RICE BOWL

- 1 ½ cups Precooked Jasmine Rice
- 1 Banana, Sliced
- 1/3 cup Raisins
- 1/3 cup Raw Nuts
- 1 tbsp Nut Butter
- 1 tbsp Cocoa Powder
- 1 tbsp Pumpkin Butter
- ½ cup Almond Milk

Heat 1 ½ cups of jasmine rice in microwave-safe bowl for 3 minutes. Add all other ingredients to cooked rice, mix well, and enjoy!

RICE PUDDING



- 1 cup Jasmine
- 1 tbsp Nut Butter
- ½ cup Frozen Berries/Fresh blueberries
- 1 tsp Cinnamon
- 1 cup Almond Milk

Precooked
Rice

Heat 1 cup of jasmine rice in microwave-safe bowl for 3 minutes. Add all other ingredients to cooked rice, mix well, and enjoy!

STRAWBERRY DELIGHT

- 1 cup Strawberries
- ¼ cup Pecans or Peanuts
- 1 tsp Honey

Mix together in a bowl and enjoy!

STRAWBERRY TATER BOWL

- 1 Sweet Potato, Diced
- ¼ cup Raw Pecans
- ½ cup Strawberries, Sliced
- ½ cup Almond Milk

Cook sweet potato in microwave-safe bowl for 3 minutes. Mix all other ingredients into bowl and enjoy!

TROPICAL FIASCO



- 1 cup Frozen Mangos
- ½ cup Frozen Berries
- ½ Banana, Sliced
- ½ cup Raw Cashews
- 4 tbsp Almond Milk
- 1 Lara Bar

Add all ingredients into bowl. Crumble Lara Bar over top and enjoy this tropical delight.

TROPICAL RICE BOWL

- 1 ½ cups Precooked Jasmine Rice
- 1 scoop Protein Powder
- ½ cup Water
- 1 tbsp Nut Butter
- ½ cup Cantaloupe, Diced

Heat Jasmine Rice in a microwave-safe bowl for 3 minutes. Add other ingredients to bowl. Place in freezer for 5 minutes and enjoy!

APPLE BAR FRO-PRO BOWL



- ½ cup Nonfat Greek Yogurt
- 1 scoop Protein Powder
- ¼ cup Raw Pecans
- ½ Apple, Diced
- 1 Lara Bar
- ½ Sweet Potato
- 1 tsp Extra Virgin Olive Oil

Mix first 4 ingredients in a bowl and chill in freezer. In another bowl, cut sweet potato into small cubes. Add olive oil (optional) on top of sweet potato cubes and microwave for 3 minutes. Add cooked sweet potato to the bowl in the freezer and crumble Lara Bar over the top. Let chill for 5 more minutes and enjoy!

BANANA BREAD DELIGHT FRO-PRO BOWL



- ½ cup Nonfat Greek Yogurt
- ½ Banana, Sliced
- ¼ cup Pecans
- 1 tsp Coconut Oil
- ½ scoop Protein Powder
- 1 tsp Honey (optional)

Mix together in a bowl. Place in freezer for 5 minutes (optional). Enjoy!

BERRY-LICIOUS FRO-PRO BOWL



- 1 cup Nonfat Greek Yogurt
- ½ cup Frozen Berries
- 1 tbsp Nut Butter
- ¼ tbsp Cocoa Powder

Mix together in a bowl. Place in freezer for 5 minutes (optional). Enjoy!

BERRY ME CEREAL FRO-PRO BOWL



- 1 cup Nonfat Greek Yogurt
- $\frac{1}{4}$ cup Walnuts
- $\frac{1}{2}$ cup Frozen Berries
- 1 tbsp Maple Syrup
- $\frac{1}{2}$ tsp Cinnamon

Mix together in a bowl. Place in freezer for 5 minutes (optional). Enjoy!

BERRY NUTTY FRO-PRO BOWL

- 1 ½ cup Nonfat Greek Yogurt
- 1 scoop of Protein Powder
- 1 cup Frozen Blueberries
- 1 tbsp Nut Butter
- Raw Cashew Pieces
- 1 tsp Honey
- ¼ tbsp Coconut Oil (very nice addition!!)

Mix together in a bowl. Place in freezer for 5 minutes (optional). Enjoy!

BETTER THAN ICE CREAM FRO-PRO BOWL



- 1 cup Nonfat Greek Yogurt
- $\frac{1}{4}$ cup almond milk
- 2 scoops Chocolate Protein Powder
- 1-2 tbsp Organic, Unsweetened Shredded Coconut
- $\frac{1}{4}$ cup Pecans
- $\frac{1}{2}$ cup Frozen Raspberries
- $\frac{1}{4}$ cup chocolate nibs

Mix together in a bowl. Place in freezer for 5 minutes (optional). Enjoy!

CHOCOLATE CRANBERRY FRO-PRO BOWL

- 1 cup Nonfat Greek Yogurt
- ¼ cup Raw Pecans
- 1 tbsp Nut Butter
- ¼ cup Dried Cranberries
- ½ tsp Cocoa Powder
- ½ tsp Cinnamon

Mix together in a bowl. Place in freezer for 5 minutes (optional). Enjoy!

COCO-YO FRO-PRO BOWL



- 1 cup Nonfat Greek Yogurt
- ½ tsp Coconut Oil
- 1 tbsp Shredded Coconut Flakes
- ½ scoop Protein Powder
- 10 Raw Almonds

Mix together in a bowl. Place in freezer for 5 minutes (optional). Enjoy!

GRAPE FRO-PRO BOWL



- 1 cup Nonfat Greek Yogurt
- $\frac{1}{4}$ cup Raw Cashew Pieces
- $\frac{1}{2}$ cup Red Grapes
- 1 tbsp Nut Butter

Mix together in a bowl. Place in freezer for 5 minutes (optional). Enjoy!

HONEY NUT FRO-PRO BOWL



- 1 cup Nonfat Greek Yogurt
- ½ cup Walnuts
- 1 tsp of Honey

Mix together in a bowl. Enjoy!

NUT BUTTER COOKIE FRO-PRO BOWL

- 1 cup Nonfat Greek Yogurt
- 1 tbsp Nut Butter
- 1 BioTrust Protein Cookie

Mix together first 2 ingredients in a bowl. Crumble protein cookie over the bowl. Place in freezer for 5 minutes. Enjoy!

NUTTY YOGURT DELIGHT FRO-PRO BOWL



- 1 cup Nonfat Greek Yogurt
- 1 tbsp Nut butter
- ½ tsp Cocoa Powder
- ¼ cup Raw Almonds/Cashews

Mix together in a bowl. Place in freezer for 5 minutes (optional). Enjoy!

RASPBERRY FRO-PRO BOWL



- 1 ½ cups Nonfat Greek Yogurt
- 1 scoop Protein Powder
- 1-2 tbsp Organic, Unsweetened Shredded Coconut
- ¼ cup Pecans
- ½ cup Frozen Raspberries

Mix together in a bowl. Place in Freezer for 5 minutes (optional). Enjoy!

STRAWBERRY COCO-FLAKE FRO-PRO BOWL



- 1 cup Nonfat Greek Yogurt
- $\frac{1}{4}$ cup Raw Pecans
- 2 tbsp Shredded Coconut Flakes
- $\frac{1}{2}$ cup Strawberries, Sliced
- $\frac{1}{2}$ Scoop Protein Powder

Mix together in a bowl. Place in freezer for 5 minutes (optional). Enjoy!

STRAWBERRY DELIGHT FRO-PRO BOWL

- 1 cup Nonfat Greek Yogurt
- ¾ cup Strawberries, Sliced
- ¼ cup Raisins
- 1 tbsp Nut Butter
- ¼ cup Raw Nuts

Mix together in a bowl. Place in freezer for 5 minutes (optional). Enjoy!

SWEET APPLE-TATER FRO-PRO BOWL



- ½ Sweet Potato, Cubed
- ½ Apple, Sliced
- ½ tsp Cinnamon
- 1 cup Nonfat Greek Yogurt
- 1 tbsp Nut Butter
- ½ tsp Cocoa Powder

Preheat oven to 350 F. Mix first 3 ingredients in a bowl and chill in refrigerator. Cut sweet potato into small cubes and mix with apple slices. Sprinkle cinnamon over top. Bake sweet potato cubes and apple slices in oven for 20 minutes. Add cooked apples and sweet potato to the bowl in freezer and Enjoy!

SWEET POTATO-NANNER FRO-PRO BOWL

- 1 cup Nonfat Greek Yogurt
- ¼ cup Raw Nuts
- 1 Banana, Sliced
- 1 Sweet Potato
- 1 tsp Extra Virgin Olive Oil (optional)

Mix first 3 ingredients in a bowl and chill in freezer. In another bowl, cut sweet potato into small cubes. Add olive oil (optional) on top of sweet potato cubes and microwave for 3 minutes. Add cooked sweet potato to the bowl in the freezer. Let chill for 5 more minutes and enjoy!

“THE WORKS” FRO-PRO BOWL

- 1 ½ cups Nonfat Greek Yogurt
- 1 tbsp Nut Butter
- 1-2 tbsp Shredded Coconut Flakes
- 1 tsp Coconut Oil
- ½ Banana, Sliced
- ½ cup Frozen Berries
- ¼ cup Raisins
- 1 tsp Honey

Mix together in a bowl. Place in freezer for 5 minutes (optional). Enjoy!

EASY SUBSTITUTIONS THAT CAN MAKE ALL THE DIFFERENCE!

Ingredient	Substitution
Processed Protein Bars	Lara Bar, BioTrust Protein Bar, Quest Bar
Cereal	Crushed up Pecans or Cashews, Gluten Free Oatmeal
Roasted Peanut Butter	All Natural Cashew, Peanut or Almond Butter
Salad Dressings	Apple Cider or Balsamic Vinegar, Homemade Dressing
Canned Vegetables	Fresh or Frozen Vegetables (less sodium)
Dried Fruit	Fresh Fruit is a much better option
Canned Fruit	Fresh Fruit
Flour	Almond Flour, Milled Flaxseed
Peanut Oil	Coconut Oil
Milk Chocolate	Dark Chocolate (preferably over 80%)
Sweeteners	Stevia
Coffee Creamers/Sweeteners	Almond Milk, Coconut Milk, Vanilla Extract, Cinnamon
Sour Cream	Greek Yogurt
Sweet Tea	Green Tea
Farmed Raised Fish	Wild Caught Fish
Farm Raised Beef	Grass Fed Beef
Whole Wheat Bread	Gluten Free Bread
Regular Eggs	Cage Free Eggs
Bread Crumbs	Gluten Free Rolled Oats, Crushed Raw Nuts
Iceberg Lettuce	Spinach, Arugula, Kale
Apple Sauce	Unsweetened Applesauce
Roasted Nuts	Raw Almonds, Cashews, Walnuts, etc
Wheat Flour	Almond Flour
Chocolate Chips	Cocoa Nibs
Mashed Potatoes	Riced or Mashed Cauliflower
Cream	Coconut Milk
Tortilla Wraps	Gluten Free Lettuce/Spinach Wraps
Croutons	Nuts (in salads)
Mayonnaise	Avocado mash (mash up ½ an avocado)
Tomato Sauce	Sliced Tomatoes
Potato Chips	Kale Chips