

10-DAY FAT FLUSH

**30 Fat-Flushing Dinner
Recipes**



PEPPERONI PIZZA



Ingredients

- 10-15 pepperoni slices
- 1/2 tablespoon Olive oil
- 1 clove garlic minced
- 1/2 cup heavy whipping cream
- 1/4 tsp xanthan gum thickener found near the yeast or sweetener aisle. This comes in a small packet like yeast and is only about 40¢
- 1 cup fresh spinach roughly chopped
- 1/2 cup whole milk shredded mozzarella cheese
- Sea salt & pepper to taste



FOR THE FATHEAD DOUGH:

- 2oz cream cheese
- 3/4 cup shredded mozzarella
- 1 egg, beaten
- 1/4 tsp garlic powder
- 1/3 cup almond flour



Instructions

- 1 To make the pizza crust:
- 2 Melt mozzarella and cream cheese in the microwave for 30 seconds at a time. Mixing often.
- 3 In a separate bowl mix beaten egg with almond flour and remaining dough ingredients.
- 4 Combine cheese mixture with flour and mix. Mix. Keep mixing! Once a sticky dough consistency has been reached, refrigerate while preparing the sauce.
- 5 Add garlic plus the xantham gum with the heavy whipping cream to a warm skillet and bring to a boil.
- 6 Reduce to simmer when sauce starts to thicken.
- 7 Fold in spinach, cook just until wilted.
- 8 Using hands, work dough out into a circle on a pizza pan. Bake on 350 for 10 minutes. Crust must be pre-baked to hold up to the sauce and toppings.
- 9 Spread sauce/spinach mixture onto your cooked pizza crust. Top with pepperoni and shredded cheese
- 10 Bake 5 minutes or until cheese is melted.
- 11 NOTE* if your oven and pizza crust wasn't already hot from making the dough, bake for 10 minutes instead.
- 12 Allow to cool a few minutes.
- 13 Cut into 4 pieces. Serves 2

REUBEN SKILLET



Ingredients

- 1 tbsp butter
- 10 oz. corned beef
- 9 oz. sauerkraut, drained
- 1 tbsp Dijon mustard
- 1/2 cup mayonnaise
- 4 oz. Swiss cheese
- 1 dill pickle

Instructions

- 1 Heat up butter in a skillet over medium-low heat.
- 2 Add corned beef and fry carefully. Drain the sauerkraut and squeeze as much liquid as possible out of it. Distribute evenly in the pan.
- 3 Place small dollops of mustard here and there in the sauerkraut. Add sliced Swiss cheese and heat until the cheese is melting. Cover the skillet with a lid to speed things up if you're in a hurry.
- 4 Serve with mayonnaise, dill pickles and perhaps some more mustard.

Tip! Sub in pastrami, deli roast beef, sliced turkey or cooked brisket if you prefer. Muenster and mozzarella are mild substitutes for Swiss cheese.

JALAPENO POPPERS



Ingredients

- 10–12 jalapeño peppers, stemmed removed, sliced in 1/2 length-wise and seeds removed
- 1 package bacon (optional*)
- 1/2 cup feta cheese
- 1/2 cup shredded cheddar cheese
- 1/2 teaspoon cumin
- 1/2 teaspoon chili powder
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon oregano
- salt and pepper to taste

Instructions

- 1 Preheat oven to 350 F.
- 2 Line a baking sheet, or two, with parchment paper and set aside.
- 3 In a medium-sized bowl add everything except the jalapeños and bacon, mixing until well-combined.
- 4 Using your hands, fill each halved jalapeño with the cheese mixture.
- 5 Wrap jalapeño with bacon and place on baking sheet.
- 6 Bake for 20 minutes.

GARLIC PARMESAN WINGS



Ingredients

- 12 chicken wings
- 1 1/2 tablespoons avocado oil
- 1 tablespoon garlic powder
- 1/2 cup parmesan, grated
- 1 teaspoon salt
- 1 teaspoon pepper

Instructions

- 1 Preheat oven to 350 F.
- 2 Line a baking sheet with parchment and set aside.
- 3 Mix spices and cheeses in a bowl.
- 4 Coat the wings in oil.
- 5 Dip wings in mixture.
- 6 Bake for 30 minutes.

SWEET & STICKY CHICKEN WINGS



Ingredients

- 2 lbs chicken wings
- 1½ tsp sea salt
- ¾ cup coconut aminos
- ¼ tsp ground ginger
- ¼ tsp onion powder
- ¼ tsp garlic powder
- ¼ tsp chili flakes

Instructions

- 1 Preheat oven to 450°F (230°C).
- 2 Place the wings with the thicker skin-side up on a rimmed baking sheet with wire racks. (The wire rack helps promote even cooking).
- 3 Sprinkle the wings liberally with fine Pink Himalayan Sea Salt (or salt of your choice).
- 4 Bake the wings for 45 minutes.
- 5 When the wings have 12 minutes left to bake, start the sauce.
- 6 Heat a medium to large skillet over medium heat, and add the coconut aminos.
- 7 Add the ginger powder, garlic powder, onion powder, and red pepper flakes (if desired). Once the sauce comes to a simmer, begin stirring. Continue to stir periodically, adjusting the heat as needed to maintain a gentle simmer.
- 8 Once the sauce has thickened slightly—as you stir it, it should take a few seconds for the sauce to fill back behind your spoon or spatula—you can reduce the heat to low while the wings finish cooking.
- 9 Place the wings in a large heatproof bowl, and pour the sauce over them. Stir to evenly coat with the sauce, and serve!

BACON RANCH CHICKEN



Ingredients

- 1.5 lb. cooked chicken , cubed 1 lb.
- fresh broccoli , steamed and drained or frozen broccoli, thawed and drained
- 1 tbsp minced onion
- 1 tbsp parsley
- 1/2 tbsp garlic powder
- 1/2 tbsp dill
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/4 cup + 2 tbsp bacon crumbles
- 8 oz. cream cheese softened
- 4 oz. sour cream
- 4 oz. mayo
- 8 oz. shredded cheddar

Instructions

- 1 Preheat oven to 350 if baking immediately. Or you can prep ahead and keep in the refrigerator for a day or two.
- 2 In a big bowl combine cream cheese, sour cream, mayo, and spices and mix thoroughly.
- 3 To the cream cheese mixture, you just made add the chicken, broccoli, 3/4 of the cheese, and the 1/4 cup bacon crumbles and mix well.
- 4 Dump into a 9x13 baking dish sprayed with cooking spray. Sprinkle remaining cheese and 2 tbsp bacon crumbles on top.
- 5 Bake until hot about 35 minutes.

BBQ POT ROAST



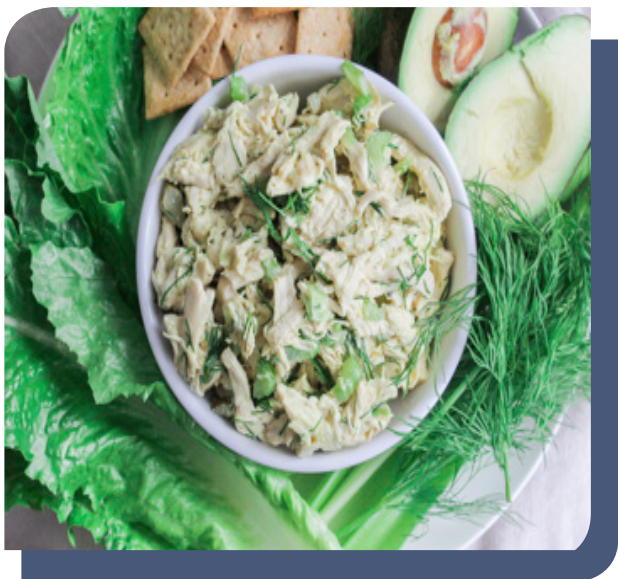
Ingredients

- 8 lb Beef Chuck Shoulder Roast
- 1 Yellow Onion
- 5 tsp Minced Garlic
- 3 tbsp Bacon Grease (can use butter)
- 2 tbsp Worcestershire Sauce
- 4 tbsp Vinegar
- 1 tbsp Yellow Mustard
- 4 tbsp Splenda
- 1 tsp Liquid Smoke
- Salt and pepper to taste

Instructions

- 1 Rough chop an onion and set aside
- 2 Coat the roast with salt and pepper
- 3 Heat up bacon fat in a frying pan and sear the roast on all sides, 1 to 1:30 minutes on each side
- 4 Place the meat in the crockpot
- 5 Fry onions in the leftover grease, pour over meat
- 6 Mix Mustard, Garlic, Worcestershire, Vinegar, Splenda and Liquid smoke
- 7 Pour sauce over the meat
- 8 Cook in crockpot on low, 1 to 1 hour 15 minutes per lb of roast. I cooked this one 9 hours.
- 9 Remove meat from crockpot, separate into dinner sized portions
- 10 Move liquid to a pan and reduce by half. Serve with the meat.

CHICKEN SALAD WITH LEMON AND DILL



Ingredients

- 10 1/2 ounces cooked skinless boneless chicken breasts (from 1 whole rotisserie chicken)
- 2 tablespoons fresh dill
- Zest and juice of 1 lemon
- 1 tablespoon extra virgin olive oil
- 1/4 teaspoon kosher salt

Instructions

- 1 Remove the chicken legs, wings and thighs from the rotisserie chicken and set aside for another meal.
- 2 Remove the skin from the 2 breasts and remove the meat from the bones. Break the chicken into chunks with your hands or a knife and place into a large bowl. Add the fresh dill, lemon juice, lemon zest, olive oil and salt.
- 3 Refrigerate until ready to eat.

SWEDISH MEATBALLS



Ingredients

Meatballs

- ½ yellow onion
- 1 lb ground beef or ground pork or a mix
- 4 oz. cream cheese
- 1 egg
- 1 tsp salt
- 1 pinch pepper
- 1 pinch ground allspice
- 3 tbsp butter

Cream sauce

- 1¼ cups heavy whipping cream
- 2 oz. cream cheese
- 1 tbsp tamari soy sauce (optional)
- salt and pepper

For serving

- 15 oz. cauliflower

Instructions

- 1 Grate or chop the onion finely and put in a bowl with the ground meat. Add the other ingredients and mix well.
- 2 Wet your hands, and roll the mixture into meatballs that are approximately 1 inch in diameter.
- 3 Add butter to a frying pan and fry the meatballs over medium heat until fully cooked through.

Cream sauce

- 1 Cook the cream and cream cheese in a saucepan. Mix in the left over juices from the frying pan used to cook the meatballs. For a thinner sauce, dilute with a couple of tablespoons of water.
- 2 Lower the heat and let simmer for a couple of minutes or until you reach the desired consistency. Season with salt and pepper.

Gently Mashed Cauliflower

- 1 Boil cauliflower florets in lightly-salted water until just softened. Mash gently with a fork into chunky pieces for serving.

OVEN-BAKED SAUSAGE W/ VEGGIES



Ingredients

- 1 oz. butter, for greasing the baking dish
- 1 small zucchini
- 2 yellow onions
- 3 garlic cloves
- 5 1/3 oz. cherry tomatoes
- 7 oz. fresh mozzarella cheese
- ½ tsp sea salt
- ¼ tsp ground black pepper
- 1 tbsp dried basil or dried thyme
- ¼ cup olive oil
- 1 lb sausages in links, in links

For serving

- 1 cup mayonnaise

Instructions

- 1 Preheat the oven to 400°F (200°C). Grease a baking dish with butter.
- 2 Divide the zucchini into bite-sized pieces. Peel and cut the onion into wedges. Slice or chop the garlic.
- 3 Place zucchini, onions, garlic, and tomatoes in the baking dish. Dice the cheese into inch-sized pieces and place among the vegetables. Season with salt, pepper and basil or thyme.
- 4 Drizzle olive oil over the vegetables, and top with sausage.
- 5 Bake for at least 40 minutes or until the sausages are thoroughly cooked and the vegetables are browned and caramelized.
- 6 Serve with a dollop of mayonnaise.

SAUSAGE STROGANOFF W/ CAULIFLOWER & PARSLEY RICE



Ingredients

- 1 red bell pepper
- 1 yellow onion
- 2 oz. butter
- 1 lb chorizo or other good quality sausage
- 1 oz. sun-dried tomatoes in oil, preferably in olive oil
- 1 tbsp Dijon mustard
- 2 tbsp tomato paste
- 2 tbsp dried thyme
- 1¼ cups heavy whipping cream or sour cream
- salt and pepper

Fried cauliflower and parsley rice

- 1½ lbs cauliflower
- 4 oz. butter
- ¼ cup chopped fresh parsley

Instructions

- 1 Fry or grill the sausage until fully cooked through, put aside to cool a little.
- 2 Cut the bell pepper and onion in thin slices.
- 3 Fry the pepper and onion in butter in the same pan used for the sausage on medium high heat.
- 4 Cut the sausage in bite-sized pieces and add them back in the pan with the vegetables. Stir and fry for another minute.
- 5 Add all remaining ingredients. Bring to a boil, lower the heat to medium low and let simmer and thicken for about 10-15 minutes. Salt and pepper to taste.
- 6 Serve with fried cauliflower and parsley rice.

Cauliflower and parsley rice

- 1 Shred the cauliflower using the coarse side of a grater. You can also use a food processor, just stop in time so you don't end up making it too finely shredded.
- 2 Heat up a large frying pan and add butter. Fry the riced cauliflower on high heat for a few minutes while stirring it. Salt and pepper to taste. Add chopped parsley and mix before serving.

SLOW COOKED PORK ROAST W/ CREAMY GRAVY



Ingredients

Tonnato sauce

- 30 oz. pork shoulder or pork roast
- ½ tbsp salt
- 1 bay leaf
- 5 black peppercorns
- 2½ cups water
- 2 tsp dried thyme or dried rosemary
- 2 garlic cloves
- 1½ oz. fresh ginger
- 1 tbsp olive oil or coconut oil
- 1 tbsp paprika powder
- ½ tsp ground black pepper

Creamy gravy

- 1½ cups heavy whipping cream
- juices from the roast

Instructions

- 1 Preheat the oven to a low heat: 200°F (100°C).
- 2 Place the meat in a deep baking dish and season with salt. Add water to cover 1/3 of the meat. Add bay leaf, peppercorns, and thyme. Place the baking dish in the oven for 7–8 hours, covered with aluminum foil.
- 3 If you're using a slow cooker, do the same thing in step 2 but only add 1 cup of water. Cook for 8 hours on low or 4 hours on high.
- 4 Remove the meat from the baking dish, and reserve the pan juices in a separate pan.
- 5 Turn the oven up to 450°F (220°C).
- 6 Grate or finely chop garlic and ginger in a small bowl. Add oil, herbs and pepper and stir well to combine.
- 7 Rub the meat with the garlic/herb mixture.
- 8 Return the meat to the baking dish, and roast for about 10–15 minutes, or until golden brown.
- 9 Cut the meat into thin slices and serve with the creamy gravy and side dishes of your choice.

Creamy Gravy

- 1 Strain the reserved pan juices to remove any solids. Boil and reduce to about half the volume, about 1 cup.
- 2 Pour into a pot with the whipping cream and bring to a boil. Reduce the heat and let simmer for about 20 minutes or to your preferred consistency.

PORK CHOPS W/ BLUE CHEESE SAUCE



Ingredients

- 4 pork chops
- 2 tbsp butter, for frying
- Salt and pepper
- 5 oz. blue cheese
- $\frac{3}{4}$ cup heavy whipping cream or crème fraîche
- 7 oz. fresh green beans

Instructions

- 1 Start by crumbling the cheese into a small pot over medium heat. Adjust heat as necessary to let it melt gently. Be careful not to let it burn.
- 2 When the cheese has melted, add the cream or crème fraîche and increase the heat a little. Let simmer for a few minutes.
- 3 Season the chops with salt and pepper.
- 4 Fry in a skillet on medium high heat for 2-3 minutes before flipping. Cook until internal temperature is 145°-160°F (63°-71°C). Set aside and cover with foil for 2-3 minutes.
- 5 Pour the pan juices into the cheese sauce. Stir and, if needed, heat it up again.
- 6 As blue cheese is often fairly salty, taste the sauce before adding any additional salt.
- 7 Trim and rinse the green beans. Fry them in butter for a few minutes on medium heat. Season with salt and pepper.

LOW-CARB GOULASH



Ingredients

- 1 yellow onion
- 2 garlic cloves
- 8 oz. celery root or rutabaga
- 1 red bell pepper
- 15 oz. ground lamb or ground beef
- 4¼ oz. butter or olive oil
- 1 tbsp paprika powder
- ¼ tsp cayenne pepper
- 1 tbsp dried oregano
- ½ tbsp crushed caraway seeds
- 1 tsp salt
- ¼ tsp ground black pepper
- 15 oz. crushed tomatoes
- 2½ - 3 cups water
- 1½ tsp red wine vinegar

For serving

- 1 cup sour cream or mayonnaise
- Fresh parsley, for garnish

Instructions

- 1 Peel and chop the vegetables finely.
- 2 Sauté the onion and garlic, with a generous amount of oil or butter, in heavy pan over medium heat until softened.
- 3 Add the ground meat and sauté, stirring occasionally, until cooked through and browned.
- 4 Add the bell pepper, celery root, paprika, cayenne, oregano, caraway, salt and pepper. Stir for about 1 minute. Pour in the tomatoes and 2 cups of water.
- 5 Increase the heat and bring the soup to a light boil. Let simmer for 10 minutes.
- 6 Add remaining water and vinegar before serving.
- 7 Serve with finely chopped parsley and dollop of sour cream or mayonnaise.

PROSCIUTTO-WRAPPED ASPARAGUS W/ GOAT CHEESE



Ingredients

- 12 pieces of green asparagus
- 2 oz. prosciutto, in thin slices
- 5 oz. goat cheese
- ¼ tsp ground black pepper
- 2 tbsp olive oil

Instructions

- 1 Preheat your oven to 450°F (225°C), preferably with the broiler function on.
- 2 Wash and trim the asparagus.
- 3 Slice the cheese into 12 pieces, and then divide each slice in two.
- 4 Cut the slices of prosciutto in two pieces lengthwise, and wrap each piece around one asparagus and two pieces of cheese.
- 5 Place in a baking dish lined with parchment paper. Add pepper and drizzle with olive oil.
- 6 Broil in the oven for about 15 minutes until golden brown.

PULLED PORK SANDWICH



Ingredients

- 1 tbsp cocoa nibs or cocoa powder
- ½ tbsp ground black pepper
- ½ tbsp paprika powder
- ½ tbsp ground ginger
- ½ tsp anise seeds or fennel seeds
- ½ tsp cayenne pepper
- 2 tbsp olive oil
- 20 oz. pork shoulder
- 1 tbsp salt

Oopsie bread

- 4 eggs
- 1 pinch salt
- 5 oz. cream cheese
- 1 tsp baking powder
- ½ tbsp ground psyllium husk powder

Grated slaw

- 1 lb turnip
- 1 carrot or apple (optional)
- 1 cup mayonnaise
- 1/3 cup finely chopped fresh parsley
- 1 tbsp cider vinegar
- Salt and pepper



Instructions

- 1 Grind the spices and cacao nibs in a food processor or a coffee grinder. Mix ground spices with the olive oil and spread all over the surface of the pork.
 - 2 Salt the seasoned meat and put it in a slow cooker. Cook for five hours on low heat or four on medium heat.
 - 3 Remove the pork from the slow cooker and pull the meat apart using two forks. Serve with sliced red onion, sliced pickles, lettuce, oopsie bread and a hearty dollop of mayonnaise and a grated slaw at the side.
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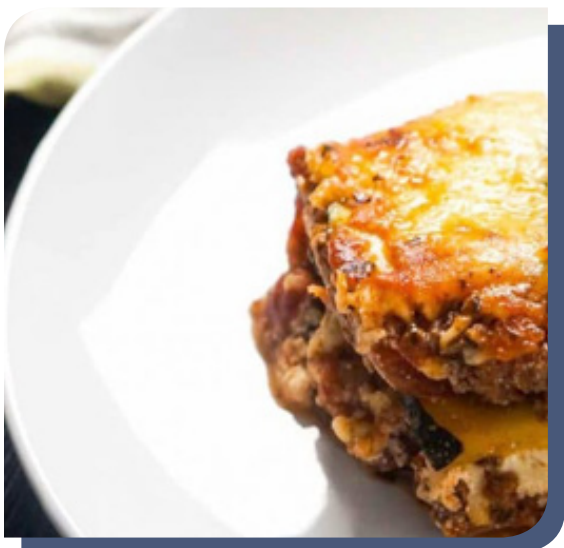
Oopsie bread

- 1 Preheat oven to 300° F (150° C).
 - 2 Separate the eggs; put the egg whites in one bowl and the yolks in another.
 - 3 Whip egg whites together with salt until very stiff. You should be able to turn the bowl over without the egg whites moving.
 - 4 Mix the egg yolks and the cream cheese well. To make the oopsie more bread-like, add in the optional psyllium seed husk and baking powder.
 - 5 Gently fold the egg whites into the egg yolk mixture— try to keep the air in the egg whites.
 - 6 Put eight dollops on a baking sheet lined with parchment paper. Bake in the oven for about 20-25 minutes until they turn golden.
 - 7 Allow oopsies to cool on a rack. They can be stored in the fridge for 2-3 days or in the freezer. Thaw at room temperature or in a toaster.
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Grated slaw

- 1 Rinse and peel the vegetables. You don't need to peel the apple, just core it. Grate everything into rough pieces by hand or in a machine. Put in a bowl.
- 2 Add all other ingredients and mix. Season to taste.

LASAGNA



Ingredients

- 2 tbsp olive oil
- 1 yellow onion
- 1 garlic clove
- 20 oz. ground beef
- 3 tbsp tomato paste
- ½ tbsp dried basil
- 1 tsp salt
- ¼ tsp ground black pepper
- ½ cup water

Keto pasta

- 8 eggs
- 10 oz. cream cheese
- 1 tsp salt
- 5 tbsp ground psyllium husk powder

Cheese topping

- 2 cups crème fraîche or sour cream
- 5 oz. shredded cheese
- 2 oz. grated parmesan cheese
- ½ tsp salt
- ¼ tsp ground black pepper
- ½ cup fresh parsley, finely chopped

Instructions

- 1 Start with the ground beef mixture, perhaps even the day before, for a more flavorful result.
- 2 Peel and finely chop onion and garlic and fry in olive oil until soft. Add the ground beef and fry until golden. Add tomato paste and spices.
- 3 Stir thoroughly and add water. Bring to a boil, lower the heat, and let simmer for at least 15 minutes or until most of the water has evaporated. Since the lasagna sheets used here don't soak up as much liquid as regular ones, the mixture should be quite dry.
- 4 Meanwhile, make the lasagna sheets according to instructions below.
- 5 Preheat the oven to 400°F (200°C). Mix shredded cheese with sour cream and most of the Parmesan cheese. Reserve one or two tablespoons for topping. Add salt and pepper and stir in the parsley.
- 6 Place lasagna sheets and pasta sauce in layers in a greased 9" x 13" baking dish.
- 7 Spread the crème fraîche mixture and the remaining Parmesan cheese on top.
- 8 Bake in the oven for about 30 minutes or until the lasagna has a nicely browned surface. Serve with a green salad and your favorite dressing.

Lasagna sheets

- 1 Preheat the oven to 300°F (150°C). Add eggs, cream cheese and salt to a medium-sized bowl and mix into a smooth batter. Continue to whisk while adding in the ground psyllium husk powder, a little at a time. Let sit for a few minutes.
- 2 Spread the batter on a baking sheet lined with parchment paper using a spatula. Place another parchment paper on top and flatten with a rolling pin until the batter is at least 13" x 18" (33 x 45 cm). You can also divide into two batches and use another baking sheet for an even thinner pasta.
- 3 Let both pieces of parchment paper remain in place. Bake for about 10-12 minutes. Let cool and remove the paper, slice into sheets that fit your baking dish.

STEAK WITH BEARNAISE SAUCE



Ingredients

- 4 ribeye steaks
- 2 tbsp butter
- Salt and pepper

Béarnaise sauce

- 4 egg yolks
- 2 tsp white wine vinegar
- ½ tsp onion powder
- 2 tbsp fresh tarragon, finely chopped
- 10 oz. butter
- Salt and pepper

Salad

- 2 oz. arugula lettuce
- 2 oz. lettuce
- 8 oz. cherry tomatoes, cut in quarters

Instructions

- 1 Bring the meat and eggs to room temperature. Neither meat nor eggs should be cold when you cook them.
- 2 Start with the sauce. Separate the egg yolks and whites, and place the yolks in a small heat-resistant bowl. (Reserve the whites for another use.)
- 3 Mix vinegar, onion powder, and tarragon in another small bowl. Whisk the yolks with a hand mixer until smooth.
- 4 Gently melt the butter in a sauce pan or microwave oven. Don't let it get too hot; you should be able to put your finger in it without getting burned.
- 5 Add the butter carefully into the yolks while continuing to whisk. Increase the speed when the sauce begins to thicken. Avoid incorporating the white milk protein collected at the bottom of the melted butter into the sauce.
- 6 Whisk in the vinegar and the spices. Salt and pepper to taste. Keep the sauce warm according to instructions.
- 7 Pan-fry or grill the meat to your liking: rare, medium or well done. Serve with the béarnaise sauce and a generous salad.

LOW-CARB SPINACH GALETTE



Ingredients

Crust

- 6 oz. grated mozzarella cheese
- 1 tbsp butter
- ½ cup fine almond flour
- ¼ cup coconut flour
- 1 tsp baking powder
- ½ tsp garlic powder
- ¼ tsp salt
- 1 large egg

Filling

- 3 oz. cream cheese, softened
- 1 garlic clove, finely minced
- salt and pepper
- 8 oz. frozen spinach, thawed and drained
- 2 oz. mushrooms, sliced
- 2 oz. grated mozzarella cheese
- 1 oz. grated parmesan cheese
- 1 large egg yolk, lightly beaten



Instructions

Crust

- 1 Preheat the oven to 375°F (190°C).
- 2 Line a baking sheet with parchment paper or a silicone liner. Lightly grease the liner.
- 3 In a large saucepan, melt the cheese and butter together over low heat until they are melted and can be stirred together. Remove from heat and add almond flour, coconut flour, baking powder, garlic powder and salt.
- 4 Add the egg and stir everything together until a cohesive dough forms. Use a rubber spatula to really knead it up against the sides of the pan. It may still contain some streaks of cheese.
- 5 Transfer to the prepared pan and knead a few more times until uniform. If your dough is very sticky, work in another tablespoon or two of almond flour. Cover the dough with another piece of parchment and roll out to a 12-inch (30 cm) circle.

Filling

- 1 Spread the dough with the softened cream cheese, leaving a 2-inch (5 cm) border around the outside. Sprinkle with the garlic and salt and pepper.
- 2 Squeeze as much moisture as possible from the spinach and layer over the cream cheese, then add a layer of mushrooms. Sprinkle with the grated cheeses.
- 3 Fold the edges of the crust over the filling and brush with the beaten egg yolk. Bake the galette for 25 to 30 minutes, until the crust is golden brown and the cheese is melted.
- 4 Remove and let cool 10 minutes before serving.

CRISPY CHINEESE PORK W/ CABBAGE



Ingredients

Crispy Chinese pork

- 1¾ lbs pork belly
- 1 tbsp rice vinegar
- 1 tbsp five spice powder
- 1 tsp salt
- 1/3 cup coarse salt

Fried savoy cabbage

- 1 1/3 lbs savoy cabbage or green cabbage
- 2 oz. butter
- 2 garlic cloves
- 1 tbsp rice vinegar
- 1 tsp Szechuan pepper
- salt and ground black pepper



Instructions

- 1 Pat the pork belly dry with paper towels or a clean kitchen towel.
- 2 Place it, skin side up, on a cutting board. Score the skin finely using a sharp knife. Try to cut through only the skin, not the fat or meat. Make cuts no more than 1/5 of an inch (0.5 cm) apart. This takes time but will make the skin bubbly and crispy like pork rinds.
- 3 Brush the meat, not the skin, with vinegar and pat in the seasonings.
- 4 Place the pork, skin side up, on a piece of oven-proof aluminum foil. Fold the sides of the foil up, covering the edges of the pork, to make a border. Leave the top of the pork belly uncovered.
- 5 Place the package in a baking dish and place the dish, uncovered, in the fridge for 12 hours (preferably overnight). This dries the skin and helps it crisp in the oven.
- 6 Preheat the oven to 400°F (200°C). Cover the skin with a thick layer of coarse salt. Place in the lower part of the oven and cook for about an hour or until a meat thermometer placed in the middle shows 160°F (80°C).
- 7 Take the pork out of the oven and remove the foil but save the rendered fat and juices. Scrape the salt from the skin, and return uncovered pork to the dish. Switch the oven to its broiler setting, and place the pork under the broiler. Cook for another 20-30 minutes or until the skin is golden brown, crisp and bubbly. Remove from oven and let the meat rest for a few minutes before slicing and serving.
- 8 Prepare the cabbage — rinse, trim and chop coarsely.
- 9 Place a large skillet over medium-high heat. Add butter and/or the rendered pork fat.
- 10 Smash the garlic and add to the pan along with the cabbage.
- 11 Fry until golden brown around the edges, stirring often. Add vinegar and seasoning towards the end.

ANTIPASTO SALAD



Ingredients

- 10 oz. Romaine lettuce
- 2 tbsp fresh parsley, chopped
- 5 oz. mozzarella cheese
- 3 oz. Parma ham
- 3 oz. salami
- 5 oz. canned artichokes
- 3 oz. canned roasted red peppers
- 1 oz. sun-dried tomatoes in oil
- 3 tbsp olives
- 4 tbsp olive oil
- 1/3 cup fresh basil
- 1 red chili pepper, finely chopped
- ½ tbsp sea salt

Instructions

- 1 Chop or tear the lettuce into smaller pieces. Put on plates or on a large platter. Add the parsley.
- 2 Distribute the antipasto ingredients on top.
- 3 Add basil, finely chopped chili and salt in a mortar or a small bowl. Crush with a wooden spoon or use the mortar and pestle. Sprinkle over salad and drizzle with olive oil.

EGGPLANT PIZZA



Ingredients

- 2 eggplant
- 1/3 cup olive oil for brushing and frying
- 2 garlic cloves
- 1 yellow onion
- 12 oz. ground beef
- 7 oz. tomato sauce
- 1 tsp salt
- 1/2 tsp pepper
- 1/2 tsp ground cinnamon (optional)
- 10 oz. shredded cheese
- 1/4 cup chopped fresh oregano

Instructions

- 1 Preheat the oven to 400°F (200°C).
- 2 Slice the eggplants lengthwise, about 1/3–1/2 inches (1 cm) thick. Coat with olive oil on both sides and place on a baking sheet lined with parchment paper. Bake for about 20 minutes or until slightly browned.
- 3 Fry garlic and onion in remaining olive oil until softened, about 3-4 minutes.
- 4 Add beef and sauté until cooked through. Add tomato sauce, and season with salt and pepper. Let simmer for 10 minutes, or until warmed through.
- 5 Remove the eggplant slices from the oven and spread the meat mixture on top. Sprinkle with cheese and oregano. Place in the oven for about 10 minutes or until the cheese has melted.
- 6 Serve with a green salad dressed with olive oil.

VEGGIE PIE



Ingredients

- ¾ cup sunflower seeds
- 1 tbsp sesame seeds
- ¾ cup coconut flour
- 4 eggs
- 5 oz. melted butter
- 1 tbsp ground psyllium husk powder
- 1 tsp salt

Filling

- 5 1/3 oz. zucchini
- 3 oz. carrots
- 8 eggs
- 1 ¼ cups mayonnaise
- 1 tbsp dried parsley
- 1 tsp onion powder
- salt and pepper

Serving

- 7 oz. lettuce
- 4 tbsp olive oil
- ½ tbsp red wine vinegar
- salt and pepper

Instructions

- 1 Mix the sunflower and sesame seeds into a coarse flour in a food processor. Add the rest of the ingredients for the dough and mix until evenly combined. Take the dough out, form it to a ball and flatten it.
- 2 Cover in plastic wrap and put in the fridge for 30 minutes or more. Feel free to make the dough ahead of time and freeze it.
- 3 Preheat your oven to 400°F (200°C). Divide the dough evenly into as many pieces as you want servings.
- 4 Roll out each piece between two baking sheets or press out directly with oiled fingers into serving-sized baking dishes that are about 5-6 inches (13-15 cm) across. Pre-bake the crust for 5-7 minutes. Remove from oven.
- 5 Next, prepare the filling. Mix eggs, mayonnaise and spices well. Peel carrots and slice thinly, lengthwise. Rinse the zucchini (do not peel) and slice thinly, lengthwise.
- 6 Roll the slices like flowers and arrange in the pre-baked pie shells. Pour the egg mix over and bake at 350°F (175°C) for about 20-25 minutes, until set and golden brown.
- 7 Mix oil, salt, pepper and vinegar into a vinaigrette. Drizzle it over the salad and serve with the pie.

RATATOUILLE W/ BAKED EGGS



Ingredients

- 1 eggplant
- 1 zucchini
- 1 green bell pepper
- 1 yellow onion
- 4 tbsp olive oil
- 1 garlic clove, minced
- 2 tsp dried coriander (cilantro) leaves
- 2 tsp paprika powder
- salt and pepper
- 1 can strained tomatoes, 400 g
- 8 eggs

Serving

- 1 green chili pepper
- 4 tbsp olive oil
- ½ cup olives

Instructions

- 1 Cut vegetables into even-sized pieces. Sauté in olive oil until soft. Use a large frying pan or saucepan with high sides. Add garlic and spices. Salt and pepper to taste. Pour in tomatoes and let simmer for 25 minutes or more.
- 2 Form small holes and gently crack an egg into each hole.
- 3 Put a lid on and let simmer on medium-high heat for at least 10 minutes or until the egg whites are set. If you want the eggs well done, transfer the skillet to the oven and bake for a few more minutes.
- 4 Serve with extra olive oil, thinly sliced chili and olives.

BBQ RIBS W/ CREAMY SQUASH SALAD



Ingredients

- 3 lbs thin spare ribs
- 1 tsp salt

BBQ sauce

- 3 tbsp olive oil
- 1 tbsp tomato paste
- ½ finely chopped yellow onion
- 1 tbsp chili powder
- 2 tsp garlic powder
- 2 tsp fennel seeds
- 1 tsp ground cumin
- ½ tsp cayenne pepper
- 2 tsp salt
- 14 oz. canned whole tomatoes
- 2 tbsp cider vinegar

Salad

- 2 lbs zucchini or squash
- 2 tbsp butter or olive oil
- 3 oz. thinly sliced celery stalks
- 2 oz. finely chopped scallions
- 1 cup mayonnaise
- 2 tbsp finely chopped fresh chives
- ½ tbsp Dijon mustard
- salt and pepper

Instructions

- 1 Salt the ribs on both sides and place in a slow cooker. Add half of the BBQ sauce and cook for 6-8 hours on low heat.
- 2 Take out the ribs and let them cool. (You can complete this step a day in advance if you wish.)
- 3 Finish off the ribs on the grill or under the broiler. Crisp up the surface of the meat; this takes about 15 minutes total. Flip the racks over at the half-way point.
- 4 Serve with the squash salad and the rest of the BBQ sauce.

BBQ sauce

- 1 Heat the oil in a heavy saucepan and stir in the tomato paste. Add the onion and fry over medium heat until soft and glossy.
- 2 Add a couple of tablespoons of water and simmer for 10-15 minutes.
- 3 Add the spices, tomatoes, and vinegar and season with salt and pepper to taste.
- 4 Bring to a boil. Lower the heat and let simmer for 15-20 more minutes. Blend the sauce with an immersion blender until it reaches a smooth consistency. Let cool. (If you want a thicker sauce, let it simmer longer, until it reaches the desired consistency.)

Salad

- 1 Peel and cut the squash into cubes that are about half an inch square. (If necessary remove the seeds first.) Salt them and place in a colander. After 5-10 minutes, carefully press out the excess water.
- 2 Sauté the squash in butter for a couple of minutes over medium heat. Do not overcook. The squash should be firm and the cubes should have a nice golden color around the edges. Set aside and let cool.
- 3 Mix the other salad ingredients in a big bowl; fold in the squash.
- 4 You can prepare the salad 1-2 days beforehand. It becomes even more tasty if you let the flavors mingle in the fridge.

CHILI SALMON W/ TOMATO AND ASPARAGUS



Ingredients

- 1¼ lbs salmon in portion pieces
- 5 oz. butter
- 2 tsp sambal oelek or chili paste
- 1¼ lbs green asparagus
- 5 oz. cherry tomatoes
- 2 tbsp olive oil
- 2 tbsp almonds, flaked or chopped
- 2 tbsp fresh thyme or fresh parsley
- Salt

Instructions

- 1 Start with melting butter over medium heat. Heat until it gets a nutty scent and turns a nice toasty-brown color. Stir occasionally and make sure it doesn't burn. Set aside but keep warm.
- 2 Brush or thinly spread sambal oelek (or chili paste) all over the salmon. If you're using chili paste, dilute with water or oil, so it doesn't overpower the dish. Salt generously.
- 3 Fry for a few minutes on each side in a hot and spacious pan with a little olive oil.
- 4 Cut the asparagus into 3-4 pieces and slice the tomatoes in half. Fry for a few minutes in a pan with a little oil. Salt and pepper to taste.
- 5 Serve the salmon on a bed of vegetables with a few sprigs of any fresh herb, freshly roasted almonds and a splash of browned butter.

PULLED PORK W/ ROASTED TOMATO SALAD



Ingredients

Pulled pork

- 1 tbsp cocoa nibs or cocoa powder
- ½ tbsp ground black pepper
- ½ tbsp ground ginger
- ½ tbsp paprika powder
- ½ tsp anise seeds or fennel seeds
- ½ tsp cayenne pepper
- 2 tbsp olive oil
- 30 oz. pork shoulder
- 1 tbsp salt

Roasted tomato salad

- 20 oz. cherry tomatoes
- 3 tbsp olive oil
- 1 tsp sea salt
- ½ tsp ground black pepper
- 2 scallions
- 1 tbsp red wine vinegar

Avocado hummus

- 3 ripe avocados
- ½ lemon, the juice
- ½ cup fresh cilantro
- ¼ cup olive oil
- ¼ cup sunflower seeds
- 2 tbsp tahini (sesame paste)
- 1 garlic clove
- ½ tsp ground cumin
- salt and peppe

Instructions

- 1 Grind the spices and cacao nibs using a pestle and mortar or grinder. Mix with olive oil and rub all over the pork shoulder.
 - 2 Place the meat in a slow cooker and cook for 6 hours on low or 4 hours on high.
 - 3 Remove from the slow cooker and use two forks to shred the meat into small pieces. Serve with roasted tomato salad and avocado hummus.
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Roasted tomato salad

- 1 Brush olive oil onto the cherry tomatoes and add spices.
 - 2 Cook the tomatoes on a grill if you have an accessory like a vegetable wok to accommodate delicate veggies. Otherwise, roast in a hot oven until the tomatoes begin to turn color and soften—around 15 minutes in a 440°F (225°C) oven.
 - 3 Turn off the oven but leave the tomatoes in the oven so they continue to roast. They should become a little blackened, which gives extra flavor.
 - 4 Remove from oven and arrange on a plate. Top with chopped scallions. Sprinkle vinegar and a little bit more olive oil on the roasted tomatoes to finish.
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Avocado hummus

- 1 Split the avocados in half and remove the pits and skin.
- 2 Put all the ingredients in a blender or a food processor and mix until you get a smooth consistency.
- 3 Add more olive oil, lemon juice, or water if the hummus is too thick. Season with salt and pepper to taste.

BEEF SKEWERS W/ GRILLED ONION



Ingredients

- 20 oz. ground beef or ground lamb
- 1 tsp coriander seed
- 1 tsp yellow mustard seeds
- ½ tsp turmeric
- ¼ tsp ground black pepper
- 2 tsp sea salt
- ½ cup chopped fresh cilantro
- 2 tbsp cold water
- 1 tbsp olive oil

Grilled fresh onion

- 1 lb fresh yellow onions in a bundle
- 2 tbsp olive oil
- 2 tbsp lemon juice
- salt and pepper

Tomato and almond pesto

- 7 oz. canned whole tomatoes
- 2 oz. scalded almonds
- 1 tbsp sesame seeds
- 1 - 2 garlic cloves
- 1 tbsp red wine vinegar
- ½ tsp salt
- ¼ tsp ground black pepper
- ¼ cup olive oil

Instructions

- 1 Grind the spices with salt and work into the ground beef. Add finely chopped cilantro and a couple of tablespoons of water. Mix well.
- 2 Shape into two oblong patties per serving and mount on skewers. Brush with oil. You can either grill, pan-fry, or use the oven to cook the beef. Regardless of method, be
- 3 sure to turn the skewers at least once during cooking.
- 4 If you chose to cook them in the oven, preheat to 400°F (200°C), or use the broiler setting. Cook the skewers for about 20 minutes or until the meat is cooked to your liking.
- 5 Serve with grilled fresh onion and tomato and almond pesto.

Grilled fresh onion

- 1 The onions can be cooked either in the oven or on a grill. The results are slightly different but equally tasty.
- 2 Preheat the oven to 400°F (200°C). Split the onions lengthwise and place in a baking dish.
- 3 Drizzle oil and lemon juice on top and season to taste. Roast in the oven for 20 minutes or until the onion is soft and is nicely browned. Preferably, turn the broiler setting on for a couple of minutes towards the end.
- 4 If the onions are going to be cooked on the grill, slice them in half lengthwise and brush with a mixture of the oil and lemon juice. Season with salt and pepper.
- 5 Grill for 10-15 minutes depending on size, turning occasionally.

Tomato and almond pesto

- 1 Drain the tomatoes and save the juices for another occasion.
- 2 Puree tomatoes with the other ingredients using a blender or a food processor.
- 3 Add oil towards the end.
- 4 Serve directly and store in the fridge afterwards. It will keep for at least a week. You can also freeze it.

OLD FASHIONED BEEF STEW



Ingredients

- 1 1/3 lbs chuck roast
- 2 oz. butter or olive oil
- 1 yellow onion
- 2 garlic cloves
- 1/3 cup red wine, dry
- 3/4 cup water
- 1 meat bouillon cube
- 1 bay leaf
- 1/2 tsp dried rosemary
- 1/2 tsp dried thyme
- 1 carrot
- 4 oz. celery stalks

Cauliflower mash

- 1 3/4 lbs cauliflower
- 3 oz. butter or olive oil
- 1/8 tsp ground nutmeg
- salt and ground black pepper



Instructions

- 1 Cut the chuck roast into pieces, about 1 inch cubes. Sear the meat in batches over high heat in a dutch oven or heavy-bottomed pot. Season generously with salt and pepper.
- 2 Chop onion and garlic finely and add to the pan. Lower the heat slightly and cook for a few minutes more.
- 3 Add wine, water, bouillon cube, bay leaf, rosemary and thyme.
- 4 Bring the stew to a boil, lower the heat and let simmer on medium low for 1-1.5 hours. Slice carrot and celery thinly and add halfway through.
- 5 Prepare a cauliflower mash while the stew is simmering away. Start by trimming and rinsing the cauliflower. You can use both the stem and leaves. Cut into small pieces or florets.
- 6 Parboil in lightly salted water for about 5 minutes or until soft but not mushy. Drain and discard the water.
- 7 Add butter and use an immersion blender or hand-held electric mixer to mash the cauliflower to the desired consistency. Season with salt, pepper and nutmeg. Serve beside the stew on a plate or in a shallow bowl.

SALMON TANDOORI



Ingredients

- 20 oz. salmon, in pieces
- 2 tbsp tandoori seasoning
- 2 tbsp olive oil or coconut oil

Cucumber sauce

- $\frac{3}{4}$ cup mayonnaise or sour cream
- $\frac{1}{2}$ cucumber, shredded
- 2 garlic cloves, minced
- $\frac{1}{2}$ lime, the juice
- $\frac{1}{2}$ tsp salt (optional)

Crispy salad

- 5 oz. arugula lettuce
- 1 yellow bell pepper
- 3 scallions
- 2 avocados
- 1 lime, the juice

Instructions

- 1 Heat the oven to 350°F (175°C).
- 2 Mix tandoori seasoning with oil and cover the salmon.
- 3 Place in the oven for 15–20 minutes, or until the salmon flakes easily with a fork.
- 4 Mix crushed garlic, lime juice, shredded cucumber (squeeze out the water first) and mayonnaise and/or sour cream in a bowl.
- 5 Chop bell peppers, scallions, and avocados. Combine with the arugula on a platter. Drizzle with lime juice.
- 6 Serve salmon on the salad, and top with cucumber sauce.