

Omelet (1 serving)

Ingredients

2-3 eggs
2 tsp coconut oil
handful of fresh spinach or kale
3 TBS full fat cheese or goat cheese

Directions

1. Heat coconut oil or grassfed butter into a skillet
2. Scramble eggs and pour into skillet
3. add fresh spinach or kale
4. add cheese
5. Fold and enjoy

Frittata (make ahead on the weekend or night before)

serves 4

Ingredients

3 tsp Extra virgin olive oil
5 eggs
3 egg whites
2 garlic cloves minced
1/2 tsp salt
1/4 pepper
1 small zucchini cut into rounds thinly
1 tsp parsley
1 cup packed spinach leaves
1/2 avocado

Directions

1. Preheat oven to 400 Deg F
2. Heat 2 tsp oil in a medium size oven proof skillet over low heat.
3. Whisk together eggs, egg whites, garlic, salt, pepper until frothy.
4. Pour egg mixture into skillet.
5. Turn off heat. Arrange zucchini slices in a single layer over eggs and sprinkle with herbs.
6. Transfer to oven and bake for 5 minutes. Toss the spinach with 1 tsp oil and place on top of frittata.

Cinnamon Nut Cereal

2 cups unsweetened coconut flakes
1 cup crushed nuts of choice (not peanuts)
1 tsp vanilla
1 tsp cinnamon
sprinkle sea salt

Directions

- Preheat oven to 350 deg F
- Spread out coconut and nuts on baking sheet and toast in oven for 5 minutes
- Once out of oven toss with cinnamon and vanilla and sea salt
- Place cereal in a bowl and pour unsweetened almond milk

Overnight chia pudding

serves 1

Ingredients

1/4 cup full fat coconut milk
1/4 cup almond milk
1 TBS stevia
1/2 tsp vanilla
2 TBS chia seeds
2 TBS unsweetened shredded cocconut

Toppings

top with sliced almonds
raspberries
cacao nibs

Directions

1) The night before combine coconut milk almond milk, chia seeds vanilla, stevia, and coconut and stir. Let it sit for 10-15 minutes then place it in the fridge overnight.

2) Place your toppings on top of the pudding and enjoy!

Simple Salad Lunch Box

serves 2

Ingredients

6 large lettuce leaves
3 TBS Avocado Oil Mayo
2 TBS Dijon mustard
4 slices bacon
6 oz sliced lunch meat or leftover meat
2 oz swiss cheese
1 cucumber sliced thin
top with avocado
fresh squeezed lime (optional)

Directions

- Lay the lettuce leaves flat on a plate
- Spread 1 1/2 tsp mayo and 1 tsp mustard on each leaf.
- Layer the additional ingredients
- Roll and eat

Greek Salad and Zucchini Bowl

Makes 4 servings

Ingredients

4 zucchini

2 tsp. olive oil (for drizzling on squash)

1 tsp. salt

1 large European cucumber (or 2 smaller cucumbers)

1/4 cup chopped sweet pepper

1/4 cup Kalamata olives, sliced in half

1/2 cup cherry or grape tomatoes, sliced in half

Directions

1. Preheat oven or toaster oven to 400F

2. Slice the zucchini into rounds and you can fry up into a skillet with ghee and sprinkle salt and pepper for taste.

3. Chop the sweet pepper into pieces a little smaller than the cucumber and add to the bowl. Cut Kalamata olives and cherry or grape tomatoes in half and add to the bowl.

4. In a small bowl make the greek dressing recipe and set dressing aside.

5. When the zucchini is done, add it to the salad

6. Stir the Greek salad ingredients to combine. Then sprinkle the desired amount of dressing

Greek Dressing

Ingredients

1/4 cup fresh lemon juice
2 tsp red wine vinegar
1 TBS chopped fresh oregano leaves
1/2 tsp Dijon mustard
pinch of sea salt
pinch of cracked black pepper
1/2 cup EV olive oil

Directions

1. In a bowl whisk together the lemon juice, vinegar, oregano, mustard, salt and pepper.
2. Drizzle the olive oil in a slow steady stream while whisking continuously and vigorously until it is incorporated.
3. Serve immediately or store covered in the fridge for up to 5 days.
4. Shake after refrigeration to reincorporate the oil.

Egg Salad

Ingredients

- 8 Large Hardboiled Eggs
- 2 Celery Stalks chopped
- 2 Green Onion Stalks chopped
- 1 tsp Yellow Mustard
- 2/3 Cup Organic Mayonnaise
- Sea Salt to taste
- Paprika (optional)
- Cooked Bacon slices (optional)

Directions

1. Place hardboiled eggs in a bowl and mash
2. Add all other ingredients and stir
3. Eat by itself or in a lettuce wrap

Kale Crunch Salad

serves 1-2

Ingredients

1 bunch kale
1 carrot (shredded)
1/2 cup golden beets (finely cut)
Lemon juice from 1-2 lemons
Lemon zest from 1 lemon
1 TBS olive oil
sea salt and black pepper to taste
1/4 cup chopped nuts

Directions

1. Thinly cut the kale leaves and place into a large bowl
2. Add in the carrots, beets, lemon juice and zest, olive oil, salt and pepper. Stir well
3. Allow salad to sit for 10-20 minutes so that the veggies can soften a bit
4. Top with chopped nuts of your choice
5. Top with meat of your choice

Mexican Shredded Chicken Salad

(2 servings)

Salad (2 servings)

2-3 cups leafy greens

2 hard boiled eggs

2 slices turkey or pork bacon (nitrate and nitrite free)

4 oz chicken or other meat you have on hand

1 tomato

2 TBS Goat cheese

2-4 TBS mustard vinaigrette dressing (see dressing below)

Mustard Vinaigrette Dressing

3/4 cup olive oil

1/4 cup red wine vinegar or apple cider vinegar

2 TBS dijon mustard

1/8 tsp salt

1/8 tsp pepper

combine in a jar, mix, and keep in fridge.

Steak Salad with tangy coleslaw (2 servings)

Ingredients

8 oz steak cooked how you like it
1 tsp olive oil
1/4 tsp salt
1/4 tsp pepper
2-3 cups romaine lettuce
1 cup shredded carrots
1 zucchini chopped

Tangy Coleslaw (2 servings)

Ingredients

2 cups shredded cabbage
1/4 cups shredded carrots
1/4-1/3 cup tangy coleslaw dressing

Dressing:

1 TBS Dijon Mustard
1 TBS apple cider vinegar
1 TBS fresh lemon juice
1/4 tsp salt
1/4 cup Avocado Oil Mayo
1/4 cup coconut cream
1/8 tsp pepper
Combine Ingredients and Blend until Smooth

Slow cooker Chicken and Bacon

serves 4

Ingredients

5 chicken breasts

10 slices of bacon

2 tablespoons thyme

1 tablespoon oregano

1 tablespoon rosemary

5 tablespoons olive oil (2 tablespoons for the slow cooker and 3 tablespoons after cooking)

1 tablespoon salt

Directions

1. Place all the ingredients into a slow cooker pot and mix together.
2. Cook on the low temperature setting for 8 hours.
3. Shred the meat and mix with 3 tablespoons of olive oil.

Chicken Kale & White Bean Soup

serves 4

Ingredients

3 garlic cloves peeled and minced
1/2 an onion peeled and chopped
2 TBS olive oil
2 pounds boneless chicken (strips, thighs, or breast)
2 cups chopped kale
1 can organic white beans (great northern or cannellini, don't need to drain)
4 cups Organic bone broth
2 small sweet potatoes peeled and cubed
1 tsp salt (add more to taste)
1/4 tsp pepper
1/4 tsp turmeric
1/4 tsp paprika
2 bay leaves
Toppings (optional): avocado slices or parmesan cheese

Directions

1. Place all prepared ingredients into the slow cooker and cook for 6 hours
2. or Place in the Instant Pot and cook manually for 30 minutes.