



CASSIE'S  
*Redefined Recipe Book*

YOUR ULTIMATE FIELD MANUAL FOR HEALING  
INFLAMMATION & SHEDDING POUNDS

redefined  
WEIGHT LOSS

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#### \*Something to note:

The majority of these recipes make four (or more) servings, so utilizing leftovers is built into the meal plans and will minimize waste and time in the kitchen. Win-win!

meet  
**CASSIE**

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Hi, I'm Cassie! I'm so excited for you to have this resource to use in your journey to freedom from diets, and confidence in knowing what to eat and do every single day! You're going to love my no-nonsense, keep-it-simple approach to nutrition, health and life. :)

Time to stop dieting and start living! I will help you find freedom. Freedom from counting calories. Freedom from the latest magazine-hyped food confusion. And freedom from the painful cycle of never-ending diets.

As a Registered Dietitian, for over a decade, I've helped thousands of women lose weight and keep it off—while getting to the BEST versions of themselves!

Here's what I found: Despite their consistent efforts, their inability to lose weight boiled down to down to ONE culprit. There's a sneaky, silent weight loss blocker sabotaging your progress....

It's not your fault—THIS CULPRIT is the reason you've been struggling all this time! It causes belly fat, weight gain, sugar and carb cravings, sucks your energy away and makes you feel a little crazy.

The good news? Once you understand the #1 cause of your inability to lose weight, and get rid of it once and for all, you'll be able to break free of the never-ending yo-yo dieting cycle, and keep the weight off for GOOD! So, who's the culprit?

**INFLAMMATION.**

In my experience, EVERY single client I've EVER worked with who has battled her weight (despite trying every diet and exercise plan under the sun) has been suffering unknowingly from inflammation (myself included!).

You can learn more about inflammation on [my website](#), but what I want you to know right now is this: **This Redefined Recipe Book has everything you need to get on the fast track to healing inflammation, boosting energy levels, kicking cravings and getting to your fittest, most energetic, confident self!**

I've compiled my favorite real food recipes and have worked them into a 4-week meal plan that will show you exactly what to eat and when to eat it, in order to help you get to your best self!



“Let food be thy medicine and medicine be thy food.”

## What exactly is “PFC-balanced” eating?

One of the best ways to prevent inflammation and support your metabolism (and, by extension, your waistline) is to consume all three “macronutrients”—proteins, fats and carbohydrates—together, in balance, every few hours. That’s because this special combo and timing keeps your blood sugar levels stable, which keeps inflammation at bay. We call that “PFC Every 3.” PFC for Protein, Fat and Carbs, and 3 for eating every few hours.

While many foods overlap into more than one category, for simplicity’s sake, it’s easiest to designate a food as a protein, fat, or carb based on whichever it contains most of. For example, my jar of peanut butter says that, per serving, it contains seven grams of protein, seven grams of carbs, and seventeen grams of fat. Therefore, it counts as a fat. Pretty easy.

### Let’s break it down:

#### **P: Behold the power of PROTEIN**

Protein boosts your metabolism every single time you eat it, which is why it’s important to eat it throughout the day. Animal protein turbocharges metabolism the most. It also contains all of the essential amino acids in the perfect proportions, which is important for your skin, hair, heart, and hormones.

##### **Best Protein Sources:**

- Eggs—cage free
- Fish—wild-caught
- Beef—grass-fed
- Chicken—free range

#### **F: Eat more FAT**

I understand eating fat to lose fat may go against everything you have been taught about weight loss. However, you need fat for your metabolism to work properly.

Eating healthy fat boosts metabolism because fat acts as a buffer for the sugar you consume. When you consume fat every time you eat, it slows the assimilation of any sugar in your bloodstream, promoting stable blood sugar levels and boosting metabolism for hours after you eat by allowing your body to release a turbo-fat-burning hormone called glucagon. Plus fat has a ton of other amazing properties: like keeping you full, giving you brain power, and keeping cravings away.

##### **Best Fat Sources:**

- |               |            |                        |
|---------------|------------|------------------------|
| • Butter      | • Avocados | • Seeds                |
| • Coconut oil | • Olives   | • Nut and seed butters |
| • Olive oil   | • Nuts     | • Coconut milk         |

#### **C: Colorful Carbohydrates**

For the purpose of healing inflammation, we strive to get most carbohydrates from veggies and fruits. Think colorful carbs! It may take some time and reprogramming of your brain to switch from thinking of carbs as exclusively bread, rice and pasta, and instead, to begin thinking of colorful, nutritious veggies and fruits.

Veggie and fruit carbs still turn into sugar once they hit your bloodstream—not a crazy amount of sugar like packaged, processed carbs, but just enough to supply you with sustained energy, especially when you eat them with your protein and fat.

##### **Best Carbohydrate Sources:**

- Veggies & Fruits (Keep it simple!)



# Here are 6 tips to help you utilize this resource:

**1.** It's not about perfection! You can follow this plan to a T, exactly as it's written, or use it as a guide to help you learn how to put PFC-balanced meals and snacks together. If a certain lunch doesn't sound good, skip to a different one! Don't like cucumbers? Swap them for a different veggie side! Flexibility is key.

**2.** The grocery lists you'll find at the end of each week are for the seven days of planned meals and snacks exactly as they are written. If you shop more or less than once a week or swap meals and snacks, or are cooking for more/less people you may need to adapt your grocery list accordingly. Always take inventory before you go!

**3.** Look ahead for the week! Some lunches may call for cooked squash or bacon, so cook enough at one time for the coming days. You'll be more prepared with healthy foods on hand, and this is a great habit to get into! Cook several chicken breasts at once for shredding, chop those veggies ahead of time, and make a batch of hardboiled eggs to eat throughout the week!

**4.** Make friends with the freezer section! Frozen salmon, beef, shrimp, etc. are convenient (and economical) to have on hand. Frozen veggies and berries are much healthier than canned varieties that often have added sugar. They're typically frozen when freshly picked and in season, which means better taste and greater nutrient density!

**5.** If you're dairy free, this meal plan can be easily adapted for you! Here are some suggestions:

- Replace heavy cream with coconut oil.
- If something calls for "sprinkling cheese on top," simply swap that cheese for chopped nuts, avocado or olives.
- Substitute melted butter with ghee or coconut oil.
- Cream cheese can be swapped for mashed avocado.
- Yogurt in smoothies can be replaced with [dairy free protein powder](#), coconut milk & a little water.

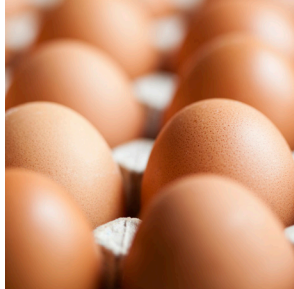
**6.** Protein powder is a staple for those times when you're in a pinch with no time to cook, or just don't feel like eating (sick days, post-workout or for some people, breakfast). However, the problem is that not all protein powders are created equal (not even close!). Most, if not all protein powders on store shelves are filled with harmful ingredients, including fillers, additives, artificial sweeteners and all sorts of metabolism-bogging stuff. That's why I created [a thorough Guide to Protein Powders that you can get here](#).

# P

## rotein

(3-5 oz. serving)

beef  
bison  
chicken  
cottage cheese (1.5 c.)  
eggs (2-3)  
fish  
lamb  
seafood  
tuna  
turkey  
pork  
venison  
whey (≈20g)



# F

## at

(at least 10g/serving)

almonds (≈16)  
avocado (1/2)  
butter (2 T.)  
cheese (1 oz.)  
coconut milk (1.5 c.)  
coconut oil (2 T.)  
cream (2 T.)  
cream cheese (2 T.)  
macadamia nuts (≈6)  
mayonnaise (2 T.)  
olive oil (1 T.)  
olives (≈10)  
peanut butter (2 T.)  
pecans (≈20)  
pistachios (2 T.)  
seeds (2 T.)  
walnuts (≈8)



# C

## arbs

**NON-STARCHY**

(1-3 c. serving)

artichokes  
asparagus  
broccoli  
Brussels sprouts  
cabbage  
cauliflower  
celery  
cucumbers  
eggplant  
green beans  
kale  
leafy greens  
mushrooms  
okra  
peppers  
spinach  
tomatoes  
zucchini



**STARCHY**

(1/2 c. serving)

beets  
carrots  
corn  
peas  
potatoes  
pumpkin  
squash  
yams  
apple  
banana  
berries  
cherries  
grapefruit

grapes  
kiwi  
melon  
nectarine  
peach  
pear  
pineapple  
beans  
rice  
lentils  
oats  
quinoa  
chickpeas

## Eating Balanced

- Make sure you include protein, fat, and carbs every time you eat!
- At meals we generally recommend 1 serving of protein with 1-2 servings of fat, and 1 serving of non-starchy and/or starchy carbs. You might find only including non-starchy carbs keeps your blood sugar balanced best, or, you might find you need to include more than one serving of starchy carbs for sustained energy. And that's okay!

- Between your meals, have a snack that's about half the meal serving size: 1/2 serving of protein with 1 serving of fat and 1 serving of carbs.
- Protein can be energizing, so for bedtime snacks, you only need to include Fat and Carbohydrates in order to keep blood sugar balanced while you sleep.
- Remember, this isn't about getting too nit picky with counting calories, carbs, protein or fat. It's about making sure you include all three macronutrients (PFC) every time you eat to keep your blood sugars stable to feel your best!

# The Staples

The recipes that follow call for all of these herbs and spices, so keeping a supply of them in your cupboard is a good idea. (And that cupboard will smell amazing!)

- Salt
- Cinnamon
- Lemon pepper seasoning
- Cumin
- Chili powder
- Paprika
- Dried basil
- Dill
- Parsley
- Curry
- Garlic powder
- Ginger
- Dry mustard
- Rosemary
- Italian seasoning
- Onion powder
- Oregano
- Sage
- Red pepper flakes
- Garam Masala
- Dried green onions
- Pumpkin Pie Spice

We recommend keeping these other items on hand at all times as well, since many of them are shelf stable and/or will last a while, and you'll use them pretty regularly!

- Butter (Or ghee if you're dairy free!)\*
- Unrefined coconut oil
- Unrefined avocado oil
- Unrefined, Virgin or Extra Virgin Olive Oil
- Garlic
- Apple cider vinegar
- White vinegar
- Balsamic vinegar
- Baking powder
- Baking soda
- Broth (Homemade batch on hand or substitute quality boxed or canned stock)
- Real honey
- Real maple syrup
- Peanut butter and/or other nut butter\* (ingredients: just nuts & salt)
- Unsweetened almond milk
- Cocoa powder
- Stevia
- Lime juice
- Lemon juice
- Unsweetened coconut flakes
- Almond flour
- [Coconut aminos](#)
- Worcestershire sauce
- Dijon and/or yellow mustard
- Quality ranch dressing (Try homemade! Recipe p. 90)
- Hot Sauce
- Horseradish
- Keep a couple cups of almonds, walnuts, cashews, pecans and peanuts on hand (or a variety of whichever nuts you prefer)
- Chia seeds
- Flax seeds
- [VeroVive Fruits & Greens™](#)
- Quality Protein Powder (Recommended: [Pure Primal Protein™ Powder](#), [Pure Whey Protein](#), [SynerVive™ Protein Powder](#))

\*Butter and ghee are interchangeable in the recipes, as are peanut butter and other nut butters!

# *Breakfast*



# APPLE SCRAMBLE

SERVES: 4 | TOTAL TIME: 10 MINUTES

## Ingredients:

- 2 medium-large apples, diced **(C)**
- 10 eggs **(P)**
- 1 tsp. salt
- 2 tsp. cinnamon
- 1 tsp. vanilla extract
- 1/2 cup heavy cream (or coconut milk if dairy free) **(F)**
- 6 Tbsp. butter (or coconut oil if dairy free) **(F)**

## Preparation:

- Melt 4 Tbsp. butter or coconut oil in a frying pan over medium heat.
- Add diced apple and stir. Continue to stir occasionally, and cook until apple is soft and starting to brown (3-4 minutes).
- While apple is cooking, whisk together eggs, salt, cinnamon, vanilla and heavy cream.
- Once apples are soft, add the 2 tablespoons of butter to the pan and give everything a final stir. Add the egg mixture to the pan and using a spatula, stir everything so apple is evenly dispersed.
- Cook the egg and apple mixture by occasionally scrambling things around until the eggs are mostly cooked and set. At this point, you can flip the entire mixture to cook the top, or you can cut the mixture into quarters and flip one at a time.
- Once the scramble is cooked through, plate it and top with additional butter, a couple splashes of heavy cream, or even a bit of real maple syrup for a treat.



★ This recipe is PFC-balanced!

# CABBAGE & ONION BREAKFAST SCRAMBLE

SERVES: 4 | TOTAL TIME: 10 MINUTES

## Ingredients:

- 4 cups shredded cabbage (C)
- 8-12 eggs (P)
- 8 Tbsp. coconut oil (F)
- 1 cup sauerkraut (C)
- Hot sauce to taste
- Salt & pepper to taste

## Preparation:

- Caramelize onion in coconut oil in a frying pan over medium-low heat until onion is brown.
- Add shredded cabbage and sauté until wilted and soft.
- Add eggs to the pan and scramble them along with the veggies.
- Top with sauerkraut and hot sauce.
- Salt and pepper to taste before serving.



Add some additional fat to your serving (such as 1/4 of an avocado or a small handful of shredded cheese or a tablespoon of sour cream if you can tolerate dairy!) to make this a PFC-balanced meal.

# SUPER EASY EGG BAKE

SERVES: 6 | TOTAL TIME: 50 MINUTES

## Ingredients:

- 1 dozen eggs **(P)**
- 1 (5-8oz.) bag of fresh spinach **(C)**
- 1 cup of chopped mixed vegetables **(C)** (onions, green & red peppers, broccoli, asparagus, anything!)  
cooked in 2 Tbsp. butter **(F)** until soft
- 3/4 cup diced tomatoes or chopped sundried tomatoes **(C)**
- 1 cup full fat cottage cheese **(F)**
- 2 Tbsp. heavy whipping cream **(F)**
- Butter or olive oil (for greasing the pan)



## Preparation:

- Preheat the oven to 350° F.
- Grease a 9" x 12" baking dish with butter or olive oil.
- Beat the eggs in a large bowl. Add the fresh spinach, cooked vegetables, tomatoes, cottage cheese, whipping cream and herbs of your choice. Stir until combined.
- Pour the egg mixture into the greased baking dish, and pop it in the oven.
- Bake for 40 minutes. If the mixture still seems "jiggly" in the middle, bake for 5 minutes more. Just make sure the top doesn't brown too much!
- Once cool enough to touch, cut the egg bake into 6 slices.



The slices may seem huge, but remember, this works out to two eggs per serving! You can sprinkle some full fat cheese over the egg bake for the last five minutes of baking. You can top your serving with avocado, salsa, hot sauce or anything you'd like to mix it up! To make this dairy free, omit the heavy whipping cream, omit the cottage cheese and use 1/4 cup of coconut milk, and replace butter with coconut oil.

# ONE MINUTE FLAX MUFFIN

SERVES: 1 | TOTAL TIME: 3 MINUTES

## Ingredients:

- 1 large egg (P)
- 1/4 cup ground flax seeds (F)
- 2 tsp. ground cinnamon
- 1/2 tsp. baking powder
- 2 tsp. Stevia or sugar (C)
- 1 tsp. butter or coconut oil\*

## Preparation:

- Sift ground flax and other dry ingredients together.
- Add room temperature butter or coconut oil to the dry ingredients.
- Add one beaten egg to the mixture and stir the batter. Pour into a mug.
- Microwave the mug for 60 seconds on high.
- Remove the mug from the microwave and let it cool for 1-2 minutes.



Enjoy this muffin as a balanced snack, or with breakfast! We suggest paring it with half a banana and a hard boiled egg for a portable breakfast! You could also try adding half a mashed banana, blueberries or other fruit to the batter before cooking.

\*Coconut oil will slightly alter the flavor of the muffin—experiment!



# GREEN EGGS AND HAM

SERVES: 4 | TOTAL TIME: 10 MINUTES

## Ingredients:

- 8 eggs **(P)**
- 2 cups spinach, chopped **(C)**
- 8 slices thick cut, quality ham, cut into half inch pieces **(P)**
- 4 tbsp. butter or coconut oil **(F)**
- Avocado or shredded cheese for topping **(F)**

## Preparation:

- Place eggs and spinach in a blender; blend until smooth. Set aside.
- Sauté ham in butter or coconut oil in a frying pan until starting to brown.
- Add the egg/spinach mixture to the pan with the ham and scramble all ingredients together.
- Scramble is ready when eggs are cooked to your preferred doneness.



Serve with avocado slices or shredded cheese on top and 1/2 cup of fruit or veggies to make this a PFC-balanced breakfast!



We suggest avoiding meat with added preservatives (like nitrates and nitrites) if possible. (We understand there may not be other options available, so do the best you can—this isn't about perfection!). Meat from animals given hormones and antibiotics should also be avoided, and as far other ingredients go, the shorter the ingredient list, the better!

# TROPICAL SMOOTHIE

SERVES: 1 | TOTAL TIME: 3 MINUTES

## Ingredients:

- 1/2 cup coconut milk **(F)** and/or water
- 2 scoops [SynerVive™](#) Protein **(P)**
- 1/2 avocado **(F)**
- 1/4 frozen banana **(C)**
- 1 handful of kale
- 1/4 cup frozen pineapple chunks **(C)**
- 1 Tbsp. chia seeds **(F)**
- A handful of ice
- Optional: add a handful of spinach to make it a green smoothie

## Preparation:

- Blend all ingredients together!



This smoothie is PFC-balanced! Enjoy it first thing in the morning for a balanced breakfast, or make it ahead of time and take it with you to work for a balanced lunch. (Half a smoothie makes for a balanced snack!)

# PROTEIN PANCAKES

SERVES: 4 | TOTAL TIME: 10 MINUTES

## Ingredients:

- 2 bananas (C)
- 4 eggs (P)
- 2 heaping scoops [Pure Whey Protein Powder](#)\* (Vanilla or chocolate) (P)
- 1/2 cup almond flour (F)
- 2 Tbsp. coconut flakes (no sugar added) (F)
- 4-6 Tbsp. almond milk (add enough for desired texture/consistency)
- 2 Tbsp. cocoa powder
- 2 tsp. baking powder
- 1 tsp. pure vanilla extract
- 4 Tbsp. coconut oil (F)

## Preparation:

- Combine all ingredients (except coconut oil) and mix with an immersion blender, OR mash the banana with a fork until smooth, then add all other ingredients and mix until well combined and pancake batter consistency.
- Heat a frying pan or griddle over medium heat. Add a tablespoon of coconut oil to the pan and swirl until evenly covered and shimmering.
- Pour batter into pan, making pancakes your desired size. Cook for several minutes, until bottom is brown, then flip and cook until other side is brown, about 1-2 minutes more.



This is a PFC-balanced meal!

Top with grass fed butter, peanut butter, and/or a little real maple syrup (optional).

\*Substitute with [Pure Primal Protein™ Powder](#) if you're dairy free!



# "OATMEAL" WITH A TWIST

SERVES: 1 | TOTAL TIME: 5 MINUTES

## Ingredients:

- 3 Tbsp. walnuts (F)
- 3 Tbsp. almonds (F)
- 3 Tbsp. flaxseed (F)
- 1/8 cup heavy cream\* (F)
- 1/4 tsp. cinnamon
- 1 or 2 eggs (P)
- 1/2 banana (C)
- Dash of nutmeg
- Dash of ginger

## Preparation:

- In a food processor mix walnuts, almonds, flaxseed and spices.
- In a small bowl, whisk together the egg and heavy cream.
- Add egg mixture to the food processor along with the banana.
- Pulse until mixture is combined.
- Pour mixture into a microwave safe bowl.
- Microwave for 1-2 minutes.

★ This is a PFC-balanced meal!  
\*Coconut milk may be substituted for the heavy cream.  
Optional: top with some nut butter, or add a scoop of protein powder to the mix if only using one egg.  
You can try adding sliced apple and an extra dash of cinnamon before serving to make it apple pie-like!



# PUMPKIN PANCAKES

SERVES: 4 | TOTAL TIME: 10 MINUTES

## Ingredients:

- 8 eggs (P)
- 1 cup canned pumpkin (C)
- 4 Tbsp. melted butter (F)
- 2 Tbsp. real maple syrup (C)
- 2 tsp. pure vanilla extract
- 2 tsp. cinnamon
- 2 tsp. pumpkin pie spice
- 1/2 tsp. baking powder
- Coconut oil or butter for cooking (F)



## Preparation:

- Whisk all ingredients together in a bowl.
- Melt butter or coconut oil over medium heat in a skillet.
- Add batter to make desired pancake size, and flip once evenly browned on the bottom.
- Top with melted butter and cinnamon and serve with a side of half a banana or a half cup of berries.

★ This recipe contains P, F and C, but it is a little low in carbs. We suggest serving with additional fruit on top or on the side.  
Wrap any leftovers in plastic wrap and keep them in the fridge for tomorrow morning's breakfast!

# EGG AND HAM CUPS

SERVES: 6 | TOTAL TIME: 20 MINUTES

## Ingredients:

- 1 cup frozen or fresh spinach **(C)**
- Coconut oil **(F)**
- 24 slices of quality deli ham **(P)**
- 12 eggs **(P)**
- Salt and pepper
- 1 cup shredded cheese\* **(F)**

## Preparation:

- Thaw spinach in microwave if frozen.
- Preheat oven to 350 degrees F.
- Grease muffin tins with coconut oil.
- Place 2 slices of ham in each muffin tin and push them down like a cupcake liner.
- Place a small amount of spinach on top of the ham in the muffin tin.
- Crack one egg into one muffin tin. Sprinkle salt and pepper over each egg.
- Bake in the oven until eggs look opaque or are cooked as desired.
- Remove muffin tin from the oven and sprinkle cheese on top of each egg cup.

★ Two of these cups would make up a meal-sized serving (one for a snack)! Be sure to include some extra Carbohydrates and Fat on the side.

\*If dairy free substitute avocado slices for shredded cheese.



We suggest avoiding meat with added preservatives (like nitrates and nitrites) if possible. (We understand there may not be other options available, so do the best you can—this isn't about perfection!). Meat from animals given hormones and antibiotics should also be avoided, and as far other ingredients go, the shorter the ingredient list, the better!

# OMELETTE PIZZA

SERVES: 1 | TOTAL TIME: 10 MINUTES

## Ingredients:

- 2 eggs (P)
- 1 cup of spinach, chopped (or torn) (P)
- 2 pieces of quality deli ham, torn into pieces (P)
- 2 mushrooms, sliced (C)
- 1/4 cup shredded cheddar cheese (F)
- 1 tsp. salt
- 1/2 tsp. dried basil (or 1 Tbsp. chopped fresh basil)
- 4 Tbsp. butter (F)

## Preparation:

- In a small skillet (6" in diameter or less), melt 2 Tbsp. of the butter over medium heat.
- Add the spinach, mushrooms and ham. When spinach and mushrooms are tender, remove them (and the ham) from the pan and set them aside.
- Place the skillet back on the burner and add the remaining 2 Tbsp. of butter.
- Whisk the eggs in a small bowl, then pour them into the skillet. Swirl them around so they coat the pan evenly.
- As the eggs solidify, add the cooked veggies, ham, and shredded cheese. Sprinkle the basil, salt & pepper on top.
- When the eggs are completely solid, remove the pizza by sliding it onto a plate.

★ This recipe is PFC-balanced! Add any toppings you'd like to your pizza. Get creative and use up anything that might be in your crisper drawer!



We suggest avoiding meat with added preservatives (like nitrates and nitrites) if possible. (We understand there may not be other options available, so do the best you can—this isn't about perfection!). Meat from animals given hormones and antibiotics should also be avoided, and as far other ingredients go, the shorter the ingredient list, the better!

# QUICK & BALANCED BANANA PANCAKES

SERVES: 4 | TOTAL TIME: 10 MINUTES

## Ingredients:

- 8 eggs **(P)**
  - 4 bananas (ripe or very ripe) **(C)**
  - 4 Tbsp. Coconut oil or butter for the frying pan **(F)**
- Optional Toppings:
- 8 Tbsp. ground flax seeds **(F)**
  - Maple Syrup **(C)**
  - 2 tsp. cinnamon
  - Stevia (for sprinkling on top)



## Preparation:

- Mash the bananas and mix it with the eggs in a bowl.
- If using flax seeds and/or cinnamon, mix them in with the banana and egg batter.
- Heat the coconut oil or butter over medium heat in the pan.
- Pour some of the batter into the pan just as you would normal pancake batter.
- When the top of the pancake is bubbly, and you can see the bottom is brown, flip!
- Serve with melted butter, and if using, a tablespoon of maple syrup or a sprinkling of stevia!



This recipe is PFC-balanced when you top the pancakes with some additional Fat!

# SPICY APPLE SAUSAGE SKILLET

SERVES: 4 | TOTAL TIME: 15 MINUTES

## Ingredients:

- 1 lb. ground spicy pork sausage **(P)**
- 2 Tbsp. coconut or avocado oil **(F)**
- 1/2 a head of red cabbage, chopped **(C)**
- 1/2 an onion, chopped **(C)**
- 1/2 an apple, sliced **(C)**
- 3 cloves of garlic, minced
- 1 Tbsp. balsamic vinegar

## Preparation:

- Heat coconut oil over medium-high heat in a skillet.
- Add chopped onion and sausage to the skillet and cook until sausage is cooked through (at least 145 degrees F).
- Add minced garlic and cabbage and cover with a lid for 3 minutes.
- Add the apples to the pan and stir. Let everything cook for one minute more to warm the apple slices, then remove from heat.
- Add balsamic vinegar, stir and serve!



★ This recipe is PFC-balanced when you top servings with some additional Fat, such as a dollop of butter or some avocado slices on the side!

# SUPER EASY BREAKFAST FRITTATA

SERVES: 4 | TOTAL TIME: 20 MINUTES

## Ingredients:

- 8 eggs **(P)**
- 4 Tbsp. butter or coconut oil **(F)**
- 1 onion, diced **(C)**
- 2 bell peppers, diced **(C)**
- 4ish cups of chopped greens of your choice (swiss chard, kale, spinach, cabbage) **(C)**
- 8 slices of bacon, cooked (can cook first, keep the fat in the pan and cook the onions in it! YUM!) **(P/F)**
- 1/2 cup cream or coconut milk **(F)**
- Salt & pepper
- 1 cup shredded cheese\* **(F)**

## Preparation:

- Caramelize onions in butter/coconut oil (or bacon grease!) over medium-low heat until golden brown.
- Add peppers and chopped greens and cook until greens wilt. Crumble bacon and add it to the pan.
- Scramble together eggs and cream/coconut milk and season with salt and pepper.
- Pour eggs over veggies and bacon in the pan evenly. Cook for a few minutes until the bottom starts to set up. Top w/ cheese and place under the broiler until the top is fully cooked and the cheese is bubbly and brown. Serve!



This recipe is PFC-balanced!

\*You can skip the cheese and serve this with avocado slices to keep it dairy free!



We suggest avoiding meat with added preservatives (like nitrates and nitrites) if possible. (We understand there may not be other options available, so do the best you can—this isn't about perfection!). Meat from animals given hormones and antibiotics should also be avoided, and as far other ingredients go, the shorter the ingredient list, the better!

# SWEET POTATO & SPINACH QUICHE

SERVES: 4 | TOTAL TIME: 1 HOUR

## Ingredients:

- 8 eggs, beaten (P)
- 2 Tbsp. coconut oil (F)
- 2 garlic cloves, minced
- 2 medium sweet potatoes, cubed (C)
- 4 cups baby spinach leaves (C)
- 1 cup shredded cheese (F)
- 1 cup coconut milk (or 1/2 cup heavy cream) (F)
- Salt & pepper to taste
- 1/4 cup Parmesan cheese, grated (F)



## Preparation:

- Preheat oven to 350 degrees and lightly grease a pie pan with butter or coconut oil.
- Melt coconut oil in a large sauté pan over medium heat.
- Add sweet potato and continue to cook over medium heat, stirring occasionally until golden brown, approximately 8-10 minutes. Add garlic and sauté for 1-2 minutes more.
- Add spinach and cook for 1 minute until spinach is wilted. Remove from the burner and let cool for 10-15 minutes.
- Stir in shredded cheese and pour into the lightly greased pie pan.
- Combine milk/cream and eggs and pour over veggies. Season with salt and pepper.
- Sprinkle with Parmesan cheese and bake for 35-40 minutes or until quiche is puffed and lightly browned on top.



This recipe is PFC-balanced!

You can add any combination of vegetables (tomatoes and onions would be excellent!), so get creative!

# DYNAMIC BLENDED COFFEE TREAT

SERVES: 1 | TOTAL TIME: 5 MINUTES

## Ingredients:

- 1 scoop of [VeroVive Fruits & Greens™](#) (Chocolate, Espresso, or Mint flavor)
- 1 spoonful of instant coffee (the higher quality, the better)\*
- 1 spoonful of chocolate chips (the darker the chocolate, the better!) **(C)**
- A glass 2/3 full of ice (use the cup you'll be serving the drink in)
- The same glass you used above 1/2 full of water or almond milk
- 2 Tbsp. heavy cream or coconut milk **(F)**

## Preparation:

- In a blender that is capable of really destroying ice, add all of the ingredients in the order listed above.
- Add the lid to the blender (super important!) and blend away! Make sure you blend long enough that you can see the "tornado" in the pitcher before you turn it off.
- Pour the drink into your glass and enjoy!



★ Have some Protein and additional Carbohydrates with this treat to make it PFC-balanced!  
\*You can substitute regular brewed coffee that has been chilled or cold brewed coffee for the instant

# CHOCOLATE PEPPERMINT MORNING MOCHA

SERVES: 1 | TOTAL TIME: 5 MINUTES

## Ingredients:

- 8 oz. coffee
- 1/2-3/4 scoop protein powder (Either Chocolate [Pure Primal Protein™](#) or [Pure Whey Protein](#)) (P)
- 1 Tbsp. coconut oil (F)
- 1 Tbsp. grass-fed butter (F)
- 2-3 Tbsp. almond milk
- 1 scoop Chocolate Peppermint [VeroVive Fruits & Greens™](#)

## Preparation:

- Blend all ingredients together and enjoy!



★ Serve with Carbohydrates and additional Protein, like a handful of berries and a hardboiled egg, or some carrot sticks and a beef stick to make it part of a PFC-balanced meal!



# *Salads*

# APPLE WALNUT FETA & CIDER DRESSING SALAD

SERVES: 4 | TOTAL TIME: 5 MINUTES

## Ingredients:

### For the salad:

- 8-10 cups of chopped romaine lettuce and/or mixed greens **(C)**
- 1-2 apples, thinly sliced **(C)**
- 1/4 cup feta cheese **(F)**
- 1/2 cup walnuts (optional: sauté them in a small skillet with 1 Tbsp. butter and 1 tsp. coconut sugar for 5-7 minutes for added flavor, then add to salad when cooled) **(F)**

### For the dressing:

- 1/4 cup applesauce\* (no sugar added!) **(C)**
- 1/2 cup water
- 1/4 cup apple cider vinegar
- 1/4 cup avocado oil or olive oil **(F)**
- 1 Tbsp. honey **(C)**
- 1/4 tsp. salt
- a dash of pepper



## Preparation:

- Blend all dressing ingredients together with an immersion blender. (You can also use a whisk, but it may be a bit lumpy.)
- Combine all salad ingredients in a bowl.
- Either mix dressing into salad ingredients and toss, or allow individuals to serve themselves with the dressing.

★ Serve with some protein (either in the salad or on the side!) to make the salad part of a PFC-balanced meal!

\*The Slow Cooker Pumpkin Applesauce (p. 87) works great!

# CHICKEN SALAD SWEET POTATO

SERVES: 4 | TOTAL TIME: 35 MINUTES

## Ingredients:

- 4 chicken breasts, thawed (P)
- 2 medium sweet potatoes (C)
- 1 cup plain yogurt (P/F)
- 1 cup full fat mayonnaise (F)
- 1 cup mashed avocado (F)
- 2 pickles, chopped (C)
- 2 cups grapes, halved (C)
- 1 cup black olives, halved (F)
- 4 tsp. ranch\* (F)
- 4 tsp. mustard

## Preparation:

- Bake, boil, fry or grill your chicken however you please. Then, cut them into bite sized pieces.
- With a fork, poke holes in your sweet potatoes, wrap them in a paper towel and microwave them for about 4-5 minutes, or until tender.
- When tender, halve the sweet potato and “fluff” the insides with a fork. Careful, it’s hot!
- Add the bite sized chicken pieces to a bowl and add all other ingredients except the sweet potato.
- Mix the chicken salad and dollop onto the fluffed sweet potato half.



\*See the Real Food Ranch Dressing recipe on page 92!  
This recipe is PFC-balanced!

# HEALTHY SIMPLE TUNA SALAD

SERVES: 4 | TOTAL TIME: 5 MINUTES

## Ingredients:

- 2 cans (14 oz.) white tuna, drained **(P)**
  - 1/2 cup full fat mayonnaise\* **(F)**
  - 1/2 cup diced grapes **(C)**
  - 1/2 cup diced celery **(C)**
- Choice of seasoning:**
- 2 Tbsp. sweet pickle relish **(C)**
  - 3-4 tsp. lemon pepper
  - 3-4 tsp. dijon mustard



## Preparation:

- Use a fork to mix tuna together with mayonnaise and your choice of seasonings.
- Mix in grapes and/or celery.
- Enjoy!

★ \*See the Unrefined Mayonnaise recipe! (p. 95)  
Serve with extra veggies, like onions or tomatoes, or have it on a pile of greens to make it a PFC-balanced meal! You can also add chopped hardboiled eggs to the tuna salad to make it protein-packed!

# SUPER SIMPLE EGG SALAD

SERVES: 4 | TOTAL TIME: 20 MINUTES

## Ingredients:

- 8 eggs **(P)**
- 1/4 cup full fat mayonnaise\* **(F)**
- 1 tsp. Dijon mustard
- 1/2 tsp. prepared yellow mustard
- 1/2 of a lemon, juiced (or 2 tsp. lemon juice)
- 1/4 cup chopped green onions **(C)**
- Salt & pepper to taste

## Preparation:

- Place eggs in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover the saucepan and let the eggs stand in hot water for 10 to 12 minutes. Remove the eggs from the hot water, let them cool, then peel the eggs. (For quicker cooling, place the eggs in an ice bath before peeling.)
- In a medium bowl, stir together the mayonnaise, Dijon mustard, yellow mustard, lemon juice and chopped green onions.
- Chop the peeled eggs into big chunks and mix them gently into the ingredients in the medium bowl.
- Season with salt and pepper.



\*See the Unrefined Mayonnaise recipe! (p. 95)

Serve with extra veggies, like onions or tomatoes, or have it on a pile of greens to make it a PFC-balanced meal! You can also add chopped hardboiled eggs to the tuna salad to make it protein-packed!



# SALMON, AVOCADO, SWEET POTATO SALAD

SERVES: 4 | TOTAL TIME: 20 MINUTES

## Ingredients:

- 1 lb. salmon **(P)**
- 2 Tbsp. lemon juice
- 6 cups kale **(C)**
- 3 Tbsp. olive oil **(F)**
- 2 Tbsp. balsamic vinegar
- 1 Tbsp. dijon mustard
- 1 apple, peeled and chopped **(C)**
- 1 cucumber, chopped **(C)**
- 1 tomato, chopped **(C)**
- 1 medium sweet potato, peeled, cooked and cubed **(C)**
- 1 avocado, cubed **(F)**
- Salt & pepper

## Preparation:

- Peel and cube the sweet potato. Put it in a pot with enough water to cover and bring the water to a boil. Cook until potato is tender, 8-10 minutes. Drain and let cool.
- Turn on the broiler. Place salmon on a baking sheet and sprinkle with 1 Tbsp. of the lemon juice, salt and pepper. Broil for 6-8 minutes or until the salmon flakes with a fork.
- Whisk together in a bowl the remaining lemon juice, olive oil, vinegar and mustard. Add salt and pepper to taste. Pour over the kale and massage it into the leaves for a minute or two until the kale softens.
- Remove salmon meat from the skin (if the fillet had skin) and cube.
- Add salmon, apples, cucumber, tomato, sweet potato and avocado to the kale and toss to evenly coat with dressing.



★ This is a PFC-balanced meal!

# SUPER FRESH CRAB SALAD

SERVES: 4 | TOTAL TIME: 5 MINUTES

## Ingredients:

- 4 cans crab meat **(P)**
- 1/2 cup. mayo (clean or homemade\*) **(F)**
- 1/4 cup corn salsa (homemade or a variety without added sugar or questionable ingredients) **(C)**
- 2 c. chopped veggies of your choice (onion, celery, zucchini, kale, peppers, etc.) **(C)**
- 1.5 Tbsp. horseradish
- 2 Tbsp. mustard
- Salt & pepper to taste
- Parsley or cilantro for garnish



## Preparation:

- Mix all ingredients and enjoy!

★ This is a PFC-balanced meal! (Although it is delicious with chunks of avocado for additional Fat!)  
\*Try your hand at homemade mayo by following the simple recipe on page 95!

# GO GREEN! CUCUMBER SALAD

SERVES: 4 | TOTAL TIME: 10 MINUTES

## Ingredients:

- 3-4 cucumbers (C)
- 2 green onions (C)
- 2 green peppers (C)
- 1 red onion (C)
- 2 cups of white vinegar
- 1 cup olive oil (F)
- 4 Tbsp. water
- 2 tsp. black pepper
- 2 tsp. basil and/or dill
- Salt to taste
- A small tomato, diced (optional) (C)



## Preparation:

- Peel the cucumbers and slice them very thinly.
- Dice the green onion, green peppers and red onion so they are very small.
- Add all of the ingredients to a bowl and toss to coat.
- Add salt to taste.

★ This dish is best served cold, and the longer it sits before serving, the better!  
Pair this with some Protein for a PFC-balanced snack, or have it alone as a bedtime snack.



# *Appetizers & Side Dishes*

# CAULIFLOWER FRIED RICE

SERVES: 4 | TOTAL TIME: 20 MINUTES

## Ingredients:

- 1 head of cauliflower, riced (pulsed in food processor until rice-sized) **(C)**
- 1 medium carrot, grated **(C)**
- 1 small onion, minced **(C)**
- 2 green onions, chopped **(C)**
- 3 cloves of garlic, minced
- 1 tsp. minced ginger
- 3/4 cup of frozen peas, cooked **(C)**
- 2 Tbsp. coconut oil **(F)**
- 2 Tbsp. [coconut aminos](#)
- 1.5 Tbsp. apple cider vinegar
- 1 tsp. Sriracha (optional)
- 2 eggs, lightly beaten **(P)**
- Salt & pepper to taste



## Preparation:

- In a large frying pan, heat coconut oil over medium heat.
- Add carrot, onion and the white parts of the green onions. Cook for 3-4 minutes.
- Add garlic and ginger, cook for 2 minutes more, stirring often.
- Add the peas and riced cauliflower and give everything a stir.
- Whisk together the coconut aminos, apple cider vinegar and Sriracha. Mix everything together, then push everything to one side of the pan.
- Add the slightly beaten eggs to the open spot in the pan and let them cook, scrambling slightly, for 1-2 minutes. Once they've set, stir them into the cauliflower mixture.
- Sprinkle the remaining green onion on top and add salt & pepper to taste.

★ Serve this with your favorite Protein and some extra healthy Fat to make a PFC-balanced meal!

Coconut aminos are a great soy sauce replacement! They're made from coconut tree sap and sea salt, which means it doesn't contain hormone disrupting soy and isn't the sodium bomb soy sauce is. It's also naturally gluten free!

# CAULIFLOWER "BREAD"STICKS

SERVES: 4 | TOTAL TIME: 35 MINUTES

## Ingredients:

- 1 head cauliflower, riced (C)
- 1 egg (P)
- 1 cup mozzarella cheese (F)
- 1/2 cup Parmesan cheese (F)
- 2 cloves garlic, minced
- 1 tsp. Italian seasoning
- 1 tsp. salt
- 1/2 tsp. pepper



## Preparation:

- Preheat the oven to 425 degrees F and line a baking sheet with parchment paper.
- Add the riced cauliflower, egg, 1/2 cup of the mozzarella cheese, all of the Parmesan cheese, garlic, Italian seasoning, salt and pepper to a bowl and mix.
- Pour mixture onto the prepared baking sheet and press it into a large rectangle, about 1/4" thick.
- Bake for 15 minutes, then remove the pan from the oven. Sprinkle the remaining mozzarella cheese on the bread sticks and return them to the oven.
- Bake for an additional 10-15 minutes, or until the cheese is brown and bubbly.
- Serve with your favorite marinara for dipping!



This recipe contains mostly Fat (cheese) and Carbohydrates (Cauliflower), so pair these with a Protein source and you'll have a PFC-balanced meal!

# PAN ROASTED BRUSSELS SPROUTS WITH BACON

SERVES: 4 | TOTAL TIME: 20 MINUTES

## Ingredients:

- 1 lb. of Brussels sprouts, halved (C)
- 4-5 strips of quality bacon (P/F)
- 1/2 of a large onion, sliced (C)
- 2-3 Tbsp. of butter (F)
- A splash of balsamic vinegar (optional)
- Salt & pepper to taste

## Preparation:

- Heat a large skillet (cast iron works beautifully if you have it!) over medium heat. Add the bacon and cook it until it's crisp (or however you like your bacon).
- Remove the bacon and set it aside, leaving a couple Tbsp. rendered fat in the pan. Add butter to the skillet, leaving the stove on medium heat. Once the butter has melted, add the onion and Brussels sprouts.
- Stir to coat them in the rendered bacon fat/butter. Try and flip as many Brussels flat side down as possible (this ups the yum factor!). Let everything cook for about 4-5 minutes.
- Stir the Brussels and onions again. If you like your Brussels a little on the soft side, cover the pan and let them steam a bit (a splash of water can be added to the pan before covering to help steam, just be very careful not to splash anything on yourself!).
- While Brussels are cooking, cut the cooled bacon into 1" pieces.
- Stir the Brussels again, cooking them until they are starting to char. Test one to make sure they're done. Once they're ready, remove the pan from the heat, add a splash of balsamic (optional), chopped bacon, salt & pepper. Enjoy!



Pair this dish with a Protein source and you'll have a PFC-balanced meal!



We suggest avoiding meat with added preservatives (like nitrates and nitrites) if possible. (We understand there may not be other options available, so do the best you can—this isn't about perfection!). Meat from animals given hormones and antibiotics should also be avoided, and as far other ingredients go, the shorter the ingredient list, the better!

# COCONUT BRAISED BACON & KALE SALAD

SERVES: 4 | TOTAL TIME: 20 MINUTES

## Ingredients:

- 6 slices nitrate free bacon **(P/F)**
- 1 bunch of kale, washed, de-stemmed and chopped **(C)**
- 1/2 cup sliced onion **(C)**
- 1 clove garlic, minced
- 1/2 cup coconut milk **(F)**
- 1/4-1/2 cup water or beef broth
- Salt & pepper to taste



## Preparation:

- Cook bacon over medium heat until it's done to your liking, then move it to a plate and set aside. Leave the rendered bacon fat in the pan.
- Add the onion to the pan and cook for 2-3 minutes. Add the washed and chopped kale and stir to coat in the bacon fat.
- Cook for 4-5 minutes or until the onions are translucent and kale is beginning to wilt.
- Add the coconut milk and continue to cook until the kale is cooked to your desired tenderness and most of the liquid is absorbed. (You can add more coconut milk, water or broth if needed during cooking.)
- Chop the bacon and add it back to the pan. Stir to combine everything and serve!

★ Pair this side with some additional Protein and a half-cup serving of a starchy Carb for a PFC-balanced meal!

# GARLIC CAULIFLOWER MASHED POTATOES

SERVES: 4 | TOTAL TIME: 20 MINUTES

## Ingredients:

- 1 head of cauliflower (C)
- 1 Tbsp. olive oil (F)
- 1 Tbsp. ghee\* (or butter) (F)
- 2 tsp. garlic
- 2 tsp. parsley
- Salt & pepper to taste

## Preparation:

- Wash head of cauliflower well. Steam on high in a medium sized pot with 4 cups of water for 10 minutes, or until soft.
- Once soft, drain cauliflower head and cut off stem.
- Cut cauliflower into 1 inch pieces and add them to a food processor along with olive oil and ghee.
- Puree until smooth, about 3 minutes.
- Once cauliflower is pureed, scoop it into a serving dish and add spices to your liking.



★ Serve this with your favorite Protein and some extra healthy Fat (such as a dollop of sour cream if you tolerate dairy, or some additional ghee) to make a PFC-balanced meal!

\*Ghee is clarified butter with the milk protein removed. It is a great option for people who are lactose or casein intolerant (or dairy free)! You can find it on the shelf with other shelf stable oils at the grocery store.

# HEAVENLY GUACAMOLE

SERVES: 4 | TOTAL TIME: 5 MINUTES

## Ingredients:

- 2 ripe avocados **(F)**
- 1 small ripe tomato, diced (or substitute 1/2 cup of canned diced tomatoes) **(C)**
- 1/4 of a medium onion, chopped (or more if you really like onion...) **(C)**
- 1/2 Tbsp. chopped fresh cilantro
- 1/2 tsp. lime or lemon juice
- 1 clove of garlic, minced
- A splash of worcestershire sauce (the secret ingredient...shhh!)
- 1/8 tsp. cumin
- Salt & pepper to taste

## Preparation:

- Cut the avocados in half, remove the pits, and scoop the inners into a large bowl. Mash them with a fork until they're smooth & creamy. (A food processor works splendidly for this!)
- Add lime/lemon juice, minced garlic, the splash of worcestershire, cumin, salt and pepper and stir to incorporate. (If you're using the food processor, you can add these to the avocado and pulse to mix.)
- Add the diced tomato, chopped onion, and fresh cilantro. Stir gently to incorporate them. (If you've been using the food processor, move the contents to a separate bowl before incorporating these ingredients and stir them in by hand.)



Serve this with some additional Carbs (like chopped veggies) and some Protein for a PFC-balanced meal or snack!



# BRAISED CABBAGE WITH BACON & APPLE

SERVES: 4 | TOTAL TIME: 1 HOUR

## Ingredients:

- 1/2 large red cabbage, sliced into 1/2 inch pieces (about 4 cups) **(C)**
- 1/2 cup onion, sliced **(C)**
- 3 slices of bacon (the thicker the better!) cut into 1 inch pieces **(P/F)**
- 1 small apple, peeled and sliced into 1/2 inch pieces **(C)**
- 1/4 cup apple cider vinegar
- 1/4 cup dry red or white wine (or broth)
- 1/3 cup water
- 1 Tbsp. brown sugar (optional) **(C)**
- Salt & pepper

## Preparation

- In a large Dutch oven or soup pot, heat the prepped bacon over medium heat until the bacon begins to get crispy, about 7-8 minutes depending on thickness.
- Add the sliced onions to the pot and cook them with the bacon until they're translucent, about 4 minutes.
- Add the sliced red cabbage, vinegar, wine/broth, water and about 3/4 tsp. salt.
- Stir everything in the pot. Try and distribute the bacon and onion as much as you can! Bump up the heat a little bit and cover the pot.
- Once the cabbage has cooked down some (check after about 7 minutes), turn the heat down to medium-low and cook for about 30 minutes, stirring occasionally.
- Add the apple and cover the pot again. Cook until the apple is tender, about 20 more minutes. Add pepper and additional salt (if needed!) to taste!

★ To make this dish PFC-balanced, pair it with some Protein, like Polish sausage or a chicken breast. You may want to add some more Fat, depending on how fatty your bacon is!



We suggest avoiding meat with added preservatives (like nitrates and nitrites) if possible. (We understand there may not be other options available, so do the best you can—this isn't about perfection!). Meat from animals given hormones and antibiotics should also be avoided, and as far other ingredients go, the shorter the ingredient list, the better!

# HONEY MUSTARD KALE CHIPS

SERVES: 4 | TOTAL TIME: 15 MINUTES

## Ingredients:

- 2 lbs. kale (C)
- Olive oil Spray (F)
- 4 Tbsp. honey (C)
- 2 Tbsp. dry mustard

## Preparation:

- Preheat oven to 350 degrees F.
- Remove stems from kale by ripping off bite sized pieces of leaves.
- Spread the kale pieces on a baking sheet in one layer.
- Generously spray the kale with olive oil. (You could also toss the kale in a bowl with a Tbsp. of olive oil to coat it if you don't have the spray!)
- Combine honey and dry mustard in a small bowl, then pour it into a large Ziploc bag.
- Add kale to the bag and using your hands work the mix into the kale.
- Place seasoned kale on the baking sheet in one layer and bake in your preheated oven for 10-12 minutes, flipping half way through.
- Bake until kale reaches desired crispness!



This counts as a Carb (kale) and a Fat (olive oil), so it can be a bedtime snack on it's own, or pair some chips with a hard boiled egg for a snack!

You can experiment with different flavors—Parmesan/garlic, smoked paprika, and sea salt/cracked pepper are all delicious!

# SIMPLE ARTICHOKE & GARLIC HUMMUS

SERVES: 4 | TOTAL TIME: 5 MINUTES

## Ingredients:

- 1 (14 oz.) can artichoke hearts **(C)**
- 1 clove of garlic, peeled OR 1 tsp. garlic powder for a less intense garlic flavor
- 1/4 cup olive oil **(F)**
- 1-2 Tbsp. lemon juice
- Salt & pepper to taste
- Optional: add 5-6 kalamata olives and/or a Tbsp. of tahini when blending **(F)**



## Preparation:

- Drain artichokes as much as you possibly can, pressing between cloths or paper towels to extract any remaining liquid.
- Add artichokes and garlic (and olives/tahini if using) in a food processor or blender and pulse until they're chopped.
- Add the olive oil and lemon juice to the artichokes and garlic and blend everything until it's creamy. Add salt, pepper and any additional seasonings (smoked paprika, basil or anything you'd like) and blend another second or two until everything is incorporated.
- Spoon into a dish and enjoy!

★ This recipe contains mostly Fat (olive oil, olives, tahini) and Carbohydrate (artichokes). Pair this hummus with some of your favorite dipping veggies and a hard boiled egg, or wrap it in a couple slices of deli turkey with some berries on the side for a PFC-balanced snack!

# BACON WRAPPED, CHICKEN STUFFED PEPPERONCINIS

SERVES: 6-10 | TOTAL TIME: 40 MINUTES

## Ingredients:

- 20 large pepperoncinis (C)
- 13 oz. canned chicken (P)
- 10 slices of bacon, thawed
- 1/2 cup cream cheese (optional)\*
- 1/2 cup shredded pepper jack cheese (optional)\*



## Preparation:

- Preheat oven to 350 degrees F.
- Cut pepperoncini down one side. Do not cut in half. (You are essentially making a boat out of the pepper to stuff with chicken.) Leave the stems intact...easier to eat with them!
- \*If using cream cheese and pepper jack cheese, mix them into the shredded chicken.
- Stuff the peppers with shredded chicken.
- Cut bacon slices in half, then wrap a half slice around each pepper.
- Place on a sheet tray and bake for at least 30 minutes or until bacon is thoroughly done.

★ If you're skipping the cheese, serve with olives or avocado to make it a PFC-balanced snack!

# SALMON & DILL CUCUMBER BITES

SERVES: 3 | TOTAL TIME: 5 MINUTES

## Ingredients:

- 1 can of salmon (P)
- 1 avocado
- 1 medium sized cucumber
- 2 handfuls fresh dill

## Preparation:

- Drain canned salmon and set aside. (If the salmon has bones, you can remove them, or do your best to break up fragments with your fingers for added calcium!)
- Cut open avocado and remove the pit. Add the delicious green insides to a large bowl and mash them with a fork.
- Add the canned salmon to the avocado mash.
- Roughly chop dill and add it to the salmon/avocado mixture. Mix everything until well combined.
- Cut the cucumber into rounds and top each cucumber slice with about a tablespoon of the salmon mixture.



★ This is a perfectly PFC-balanced snack!



# *Soups*

# CREAM OF CAULIFLOWER SOUP

SERVES: 4 | TOTAL TIME: 35 MINUTES

## Ingredients:

- 4 cups of bone broth
- 1 can of coconut milk (full fat!) **(F)**
- 1 head of cauliflower, chopped **(C)**
- 5 pieces of bacon **(P/F)**
- 1/4 cup bacon fat **(F)**
- 1/2 cup fresh parsley (or 4 tsp. dried)
- 4 Tbsp. almond flour **(F)**
- 2 Tbsp. fresh chives (chopped)
- 1 Tbsp. dried tarragon
- 1/2 tsp. sea salt

## Preparation:

- In a large Dutch oven or soup pot, cook the bacon until it's crispy. Remove it from the pot and set it aside. Drain the fat into a separate container, leaving about 1/4 cup in the pot.
- Add the bone broth, coconut milk, cauliflower, herbs and salt to the pot. Bring to a boil.
- Reduce the heat and simmer for 20 minutes.
- Remove the pot from the heat. If you have an immersion blender, puree all of the ingredients right in the soup pot. Otherwise, add the ingredients to a regular blender and blend until everything is completely pureed.
- Chop the five pieces of bacon that were set aside in step one.
- Ladle the soup (or pour directly from the blender) into four bowls and top each with 1/4 of the crumbled bacon. Enjoy!



To make this dish PFC-balanced, be sure to have a serving of Protein on the side!



We suggest avoiding meat with added preservatives (like nitrates and nitrites) if possible. (We understand there may not be other options available, so do the best you can—this isn't about perfection!). Meat from animals given hormones and antibiotics should also be avoided, and as far other ingredients go, the shorter the ingredient list, the better!

# CHEDDAR CHICKEN BROCCOLI SOUP

SERVES: 4 | TOTAL TIME: 40 MINUTES

## Ingredients:

- 1 lb. chicken breasts **(P)**
- 1.5 bunches of broccoli, chopped fine **(C)**
- 3/4 cup shredded carrots **(C)**
- 1 small onion, minced **(C)**
- 2 cloves of garlic, minced
- 1 bay leaf
- 2.5 cups chicken stock or bone broth
- 1.5 cups shredded cheddar cheese **(F)**
- 3/4 cup heavy cream **(F)**
- 1/4 tsp. nutmeg
- 1/2 tsp. dried basil
- Salt & pepper to taste



## Preparation:

- Cook chicken and shred it with a fork. Set aside. (One way to do this is to bake the chicken at 400 degrees F for 10 minutes, flip, and bake for an additional 10 minutes or until internal temperature reaches 165 degrees F.)
- Add onion, carrots, broccoli, chicken stock and the bay leaf to a stock pot, and bring everything to a boil over medium-high heat. Cover and cook until everything is tender.
- Turn off the heat, add the basil, nutmeg, salt and pepper. Then add the heavy cream, cheese, and shredded chicken. Stir to combine. Ladle into a bowl and enjoy!

★ This soup is a PFC-balanced meal!

# SUPER SIMPLE HAMBURGER SOUP

SERVES: 4 | TOTAL TIME: 1 HOUR 15 MINUTES

## Ingredients:

- 2 medium sweet potatoes, peeled and cubed **(C)**
- 1 lb. ground beef **(P)**
- 1 cup carrots, diced **(C)**
- 1 medium onion, diced **(C)**
- 1 (10 oz.) package of frozen spinach (thawed and excess water removed) OR 3 cups of fresh spinach **(C)**
- 1 Tbsp. salt
- 1/2 tsp. pepper
- 1.5 quarts boiling water
- 8 oz. vegetable juice (100% juice with no sugar added!) **(C)**
- 1-2 Tbsp. coconut oil, lard or other fat **(F)**
- Parmesan or cheddar cheese, sour cream, avocado, or other healthy fat for topping **(F)**



## Preparation:

- In a large stock pot, brown the ground beef in the fat of your choice.
- Add the sweet potatoes, carrots, celery, salt, pepper (or any other spices you like), and water.
- Cover the pot and let everything simmer for an hour.
- Add the thawed spinach (or fresh, which ever you are using), and vegetable juice.
- Once the spinach has warmed up, serve in a bowl with some cheese, sour cream, avocado or fat of your choice on top!



With the added garnishes, this soup is a PFC-balanced meal!  
You really can add any veggie you'd like to this soup. It's very forgiving!

# SUPER SIMPLE TACO SOUP

SERVES: 8 | TOTAL TIME: 1 HOUR 10 MINUTES

## Ingredients:

- 2 lbs. ground beef (P)
- 1 medium onion, chopped (C)
- 4 cups bone broth (beef or chicken broth stock work, too)
- 2-3 cups water
- 1 can diced tomatoes (C)
- 1 can black and/or pinto beans (C)
- 1 can corn (organic is best!) (C)
- 1 can hominy (C)
- 3 tsp. each of chili powder, cumin, parsley and paprika
- 1 tsp. each of onion powder, garlic powder, oregano and/or Italian seasoning
- 1/8 tsp. cayenne pepper (or more to taste)
- Salt & pepper to taste

## Preparation:

- In a large stock pot, add ground beef, onions and some salt and pepper. Cook until meat is cooked through.
- Add all remaining ingredients to the pot and bring everything to a boil.
- Once boiling, reduce temperature to low and simmer, covered, for 60 minutes.

- ★ Serve with plenty of healthy Fat (like sliced avocado, olives, cheese or sour cream) to make this a PFC-balanced meal!
- Swap the beans for cubed sweet potato for a more nutrient-dense Carb source!



This makes a big pot of soup...and it also freezes well! You can pour leftovers into a freezer safe Ziploc bag and lay it on the bottom of the freezer (takes up less space this way—just don't forget about it!) and take it out the morning you want to serve it for dinner, or, portion leftovers into 1.5-2 cup servings and grab one to take with you for lunch! (Just don't forget to take your healthy fat with you, too!)

# HEALING BONE BROTH

MAKES 6-8 QUARTS | TOTAL TIME: 24 HOURS

## Ingredients:

- 2-3 pounds of animal bones with the meat cleaned from them (can be beef, chicken, bison, etc.)
- 2-3 Tbsp. apple cider vinegar
- Several dashes of any spices you have on hand (thyme, sage, rosemary, parsley...anything!)
- 1 medium onion, chopped
- 3 garlic cloves, minced (optional)
- 1 cup of chopped veggies (carrots, celery, leeks, or any that you need to use up!)
- \*Pro tip: Do not use anything acidic like tomatoes or lemons!
- Salt & pepper to taste



## Preparation:

- In a crock pot, add spices, garlic, onion, leeks, carrots (and any other veggies you're using) and 2-3 Tbsp. of apple cider vinegar (to help extract the nutrients from the bones).
- Add the bones to the crock pot, and fill the rest of the pot with water
- Set the crockpot to low and allow the liquid to simmer for 8-10 hours (or ideally up to 24 hours for more flavor and nutrient density!).
- Strain the broth through a mesh strainer and use within a week or freeze.

★ Use this broth as you would boxed or canned broth for a soup base, in recipes, or heat some up and have it along with your PFC meal for added nutrients.

Bone broth is packed with nutrients that your body is able to easily digest and utilize. It contains many amino acids that help heal the gut, and help with digestion. It even helps your body absorb other nutrients you have along with it. It also boosts your immune system, so be sure to have this on hand during those harsh winter months!

# ROASTED CORN & SWEET POTATO SOUP

SERVES: 4 | TOTAL TIME: 25 MINUTES

## Ingredients:

- 2 medium sweet potatoes, peeled **(C)**
- 1 can golden sweet corn (or a bag of frozen sweet corn) **(C)**
- 1½ medium onion, chopped **(C)**
- 2 cloves garlic, minced
- 2 Tbsp. butter or olive oil
- 3 cups bone broth or chicken stock
- ¼ cup full fat coconut milk **(F)**
- 1 tsp. paprika
- 1 tsp. chili powder
- Salt & pepper to taste



## Preparation:

- Peel the sweet potatoes and with a fork poke holes all over them. Microwave until tender, turning once (about 8-10 minutes). Chop into rough pieces and place in a blender.
- In a skillet, sauté corn, onion and garlic in butter or olive oil.
- When corn mixture is browned, add chicken stock, coconut milk and seasonings. Add this mixture to the blender with sweet potatoes.
- Puree the ingredients until smooth. Consistency will be viscous, yet a little lumpy.
- Add the blender contents to a pot and heat on the stove over medium-low heat until desirable soup temperature. Salt & pepper to taste.



To make this PFC-balanced, serve with additional Fat and Protein.

Try garnishing with a few tablespoons of roasted cashews or walnuts for added fat, and add shredded rotisserie chicken for Protein!



# *Crockpot Meals*

# SLOW COOKER SWEET POTATOES

SERVES: 4 | TOTAL TIME: 4-8 HOURS

## *Ingredients:*

- 4 medium sweet potatoes (C)
- Seasonings of choice (garlic, cinnamon, cumin, etc.)
- Aluminum foil

## *Preparation:*

- Wash and dry sweet potatoes.
- Using a fork, poke holes into the sweet potatoes (at least 4 or 5 times).
- Sprinkle potatoes with seasonings and wrap each one in foil.
- Place in a slow cooker on low for 8 hours, or on high for 4 hours.



★ This is a healthy Carbohydrate, so pair them with some Protein and Fat to make a PFC-balanced meal!

# BEAN-FREE TURKEY CHILI

SERVES: 4 | TOTAL TIME: 45 MINUTES or 6-8 HOURS IN CROCKPOT

## Ingredients:

- 1 lb. ground turkey (P)
- 1/2 cup onion, chopped (C)
- 3 cloves garlic, minced
- 1 (14.5 oz.) can fire roasted diced tomatoes (C)
- 8 oz. can tomato sauce (C)
- 1 (4 oz.) can diced green chiles (C)
- 3/4 cup water
- 1/2 tsp. cumin
- 1/4 tsp. chili powder
- 1/4 tsp. paprika
- Salt to taste
- 2 cups butternut squash, cubed (C)
- Garnishes: fresh cilantro, avocado, sour cream

## Preparation:

- In a Dutch oven or large pot, brown turkey over medium-high heat, breaking it up as it cooks into small pieces.
- When meat is almost browned and cooked through, add the onion and cook 3-4 minutes. Add minced garlic and cook one minute more.
- Add the can of tomatoes, the chiles, butternut squash, tomato sauce, water, cumin, chili powder, paprika, and salt. Give everything a stir.
- Cover and simmer over medium-low, stirring occasionally. Heat until squash is soft and cooked through, about 25 minutes.
- Serve with fresh cilantro and your choice of a few tablespoons of healthy fat!



This recipe contains Protein and Carbohydrates, so garnish with a couple tablespoons of healthy Fat to make this a PFC-balanced meal!



# CROCKPOT CHICKEN & VEGETABLE CURRY

SERVES: 4 | TOTAL TIME: 2-8 HOURS (DEPENDING ON SLOW COOKER TEMP)

## Ingredients:

- 4 thawed chicken breasts **(P)**
- 1 Tbsp. coconut oil **(F)**
- 6-8 cups fresh or frozen chopped veggies (broccoli, cauliflower, green beans, carrots, etc.) **(C)**
- 2 cans full fat coconut milk **(F)**
- 1/8 cup curry powder
- 2 Tbsp. red curry paste
- 2-3 cloves garlic, minced
- Fresh cilantro for garnish

## Preparation:

- Cube your chicken breasts into smaller pieces.
- In a skillet, add 1 Tbsp. coconut oil and brown all sides of the chicken.
- Add all of the above ingredients to the crockpot and give them a good stir.
- Heat in the crockpot on LOW for 8 hours, on MEDIUM for 3-4 hours, or HIGH for 1-2 hours.
- Finish with fresh cilantro on top and enjoy!



★ Top with some cashews for extra healthy Fat and a nice crunch. You can add more or less of the curry to taste, and try adding Sambal Oelek (or other Asian hot sauce) for a little extra heat (roasted red pepper flakes work too).

# CROCKPOT LOVERS ROAST

SERVES: 4 | TOTAL TIME: 6-8 HOURS

## Ingredients:

- 1 chuck roast (bone-in preferably) between 2-3 lbs. **(P)**
- 4 potatoes (sweet or white) peeled & cut into large pieces **(C)**
- 1 onion, cut into large pieces **(C)**
- 2 large or 3 small carrots, peeled & cut into large pieces **(C)**
- 3 cloves of garlic, minced
- 1/2 tsp. Italian seasoning (plus a few dashes of anything you like)
- 2 cups bone broth
- 1+ cups of water
- 2 cups fresh broccoli, cut into bite-sized pieces **(C)**
- 1/2 tsp. salt & 1/4 tsp. pepper

## Preparation:

- Add the roast to the bottom of a Crockpot (or other slow cooker), then top with potatoes, onions, and carrots. Add the minced garlic, seasonings, salt & pepper.
- Pour beef broth over everything. Add enough water to cover the roast and some of the veggies.
- Cook on low for about 8 hours, or on high for about 6 hours (depending on the size of your roast). The roast will be done when the meat falls off of the bone.
- Add the fresh broccoli to the Crockpot for the last 10 minutes of cooking. You just want to steam it so you have a non-starchy veggie to include on the side...and who wants to dirty any more dishes preparing broccoli?
- When the broccoli is tender, remove everything from the Crockpot. Plate up several ounces of meat and veggies. Add some melted butter to the broccoli (and other veggies if you'd like!) and enjoy this PFC-balanced meal!



★ This is a PFC-balanced meal!

A top-down view of a black cast-iron skillet filled with a hearty one-pan meal. The meal consists of several large, golden-brown roasted chicken thighs and drumsticks, several large potato wedges, and a variety of colorful vegetables including green peas, yellow corn, green beans, and diced carrots. Sprigs of fresh rosemary are scattered throughout the dish. The skillet is placed on a dark wooden surface, with a light green cloth napkin visible underneath it.

# *One-Pan Meals*

# SHRIMP AVOCADO STIR FRY

SERVES: 4 | TOTAL TIME: 15 MINUTES

## Ingredients:

- 1 pound raw cocktail shrimp, de-tailed **(P)**
- 2 jalapeños, chopped, and seeded **(C)**
- 1/2 cup cashews, chopped **(F)**
- 2 green onions **(C)**
- 1 avocado, slightly ripe **(F)**
- 2 medium tomatoes **(C)**
- 4 cloves garlic, minced
- 2 tablespoons butter **(F)**
- 2 tsp. basil
- 1/2 tsp. pepper
- 2 tsp. garlic powder

## Preparation:

- Thaw shrimp if frozen, de-tail and set aside.
- Remove seeds and stem from jalapeños, then chop.
- Chop cashews and green onions and largely dice avocado and tomatoes.
- Mince garlic and sauté in skillet with butter.
- Add shrimp, green onions and nuts. Sauté for about 5 minutes (or until shrimp is cooked through).
- Add tomatoes and avocados, sauté for about 2 minutes more.
- Sprinkle on seasonings; basil, pepper and garlic powder. Coat and stir gently, don't mash avocados.
- Serve!



★ This is a PFC-balanced meal!

# UNIQUE TUNA SKILLET LUNCH

SERVES: 4 | TOTAL TIME: 15 MINUTES

## Ingredients:

- 4 Tbsp. butter or coconut oil (F)
- 1 small onion, chopped (C)
- 4 tsp. garlic, minced
- 4 cans wild caught tuna in water (P)
- 2 cups fresh spinach, chopped (C)
- 1 small zucchini, chopped (C)
- 4 large leaves of kale, stems removed and chopped (C)
- 8 whole mushrooms, chopped (C)
- 4 radishes, chopped (C)
- 4 tsp. red pepper
- 1 cup Parmesan cheese (substitute sunflower seeds if dairy free) (F)

## Preparation:

- Melt butter in an iron skillet.
- Add onion and garlic, fry until onions are translucent.
- Add all other ingredients except Parmesan cheese.
- Sauté mixture until radishes are tender.
- Remove from heat and sprinkle with Parmesan cheese (or sunflower seeds).



★ This is a PFC-balanced meal!

# "BREADLESS" PHILLY CHEESESTEAK

SERVES: 4 | TOTAL TIME: 25 MINUTES

## Ingredients:

- 2 steaks, 8-10 oz. (any cut that's fairly tender will do: Rib-eye, NY Strip, filet/tenderloin, etc.) (P)
- 2 green peppers, sliced (C)
- 8-10 mushrooms, sliced (C)
- 2 small onions, chopped (C)
- 4 Tbsp. butter (F)
- 4 Tbsp. avocado oil (F)
- 2/3 cup shredded provolone, mozzarella or parmesan cheese (F)
- Salt & pepper to taste



## Preparation:

- Preheat oven to 400 degrees F.
- Heat a cast iron pan over medium/low heat, then add butter.
- Season your steak with salt & pepper and sear on both sides for 5-7 minutes per side. Set steak aside.
- Heat avocado oil in the cast iron pan and add the Philly veggies.
- While veggies are cooking, slice steak into thin strips.
- Once veggies are cooked to your desired texture, add the steak back into the pan and stir to combine. Top with your cheese of choice.
- Carefully move the cast iron pan into the preheated oven and bake for 2-3 minutes, depending on how much longer your steak needs to reach preferred doneness.
- Turn on the broiler and broil for another 2 minutes, or until the cheese bubbles.
- Remove from the oven & once it's cooled, eat it straight from the skillet or in lettuce wraps!



This is a PFC-balanced meal!

# CHICKEN SWEET POTATO COCONUT CURRY

SERVES: 4 | TOTAL TIME: 45 MINUTES

## Ingredients:

- 1.5 lbs. of chicken thighs (P)
- 1 cup sweet potato, diced (C)
- 1/2 an onion, minced (C)
- 5 cloves garlic, minced
- 1 (14.5 oz.) can diced tomatoes (C)
- 1/2 cup full fat coconut milk (F)
- 2 cups broccoli florets (C)
- 2/3 cup water
- 2 tsp. curry powder
- 1.5 tsp. garam masala
- 1/2 tsp. cumin
- 1/2 Tbsp. coconut oil (F)
- 2 Tbsp. fresh cilantro, chopped
- 1.5 tsp. salt



## Preparation:

- Heat coconut oil in a Dutch oven over medium heat.
- Add onion and garlic. Sauté one minute. Add curry powder, garam masala and cumin to the pot and mix well, cooking one minute more.
- Add the chicken thighs to the pan and season with 1 tsp. of the salt.
- Add the tomatoes, coconut milk, water and cilantro.
- Give everything a stir and cover. Simmer over low-medium heat for about 30 minutes, or until chicken is cooked through.
- Add sweet potatoes and the last 1/2 teaspoon of salt. Cover and cook everything for 8-10 more minutes, or until potatoes are almost cooked through. Toss in the broccoli, stir and cook until potatoes are done and broccoli is cooked to your liking.



This is a PFC-balanced meal!

# SUPER SIMPLE SALMON & VEGGIES

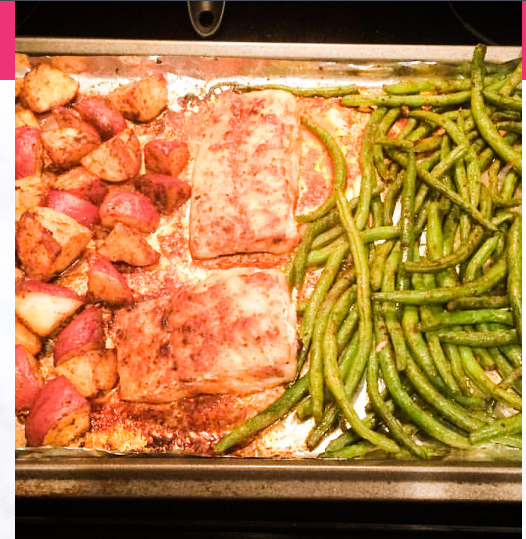
SERVES: 4 | TOTAL TIME: 35 MINUTES

## Ingredients:

- 4 salmon fillets (can substitute cod, tilapia or any other fish you have!) **(P)**
- 2 Tbsp. paprika
- 1/2 tsp. cumin
- 1/2 tsp. garlic powder
- 1/2 tsp. oregano
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1/4 tsp. cayenne (can use less)
- 2 Tbsp. olive oil (plus more for coating pan) **(F)**
- 2 cups of cubed sweet potato (or baby reds work, too!) **(C)**
- 1 cup zucchini, chopped **(C)**
- 1 cup of green beans **(C)**

## Preparation:

- Preheat oven to 400 degrees F.
- Mix together all of the spices.
- Toss the potatoes with the olive oil and half of the spice mixture.
- Line a baking sheet with parchment paper and coat with olive oil or butter to prevent sticking.
- Spread the potatoes on the baking sheet in one layer and bake for 20 minutes.
- After 20 minutes, move all of the potatoes to one side of the baking sheet, lay your fish in the center, and spread the green beans and zucchini on the other side of the fish.
- Sprinkle the veggies with the remainder of the spice mixture.
- Return the baking sheet to the oven and cook for an additional 10 minutes, or until the fish is flaky and cooked through.



★ Melt additional butter over the veggies and fish (or have some additional Fat on the side) to make this a PFC-balanced meal!



# *Entrées*

# OPEN-FACE CHICKEN SPRING ROLLS

SERVES: 4 | TOTAL TIME: 20 MINUTES

## Ingredients:

- 2 chicken breasts (P)
- 1/4 cup coconut oil (F)
- 4 hard-boiled eggs, chopped (P)
- 1 cup peanuts, chopped (F)
- 4 radishes, shredded (C)
- 4 tsp. garlic powder
- 2 tsp. pepper
- 2 tsp. ginger
- 2 tsp. dry mustard
- 4 cups shredded cabbage/carrot mix\* (C)
- Iceberg Lettuce or Romaine Lettuce (C)
- Balsamic vinegar



## Preparation:

- Pan fry chicken with coconut oil until thoroughly cooked through. Shred chicken.
- Chop the hard boiled eggs and peanuts, shred the radishes, and add to the pan with the chicken..
- Add seasonings and cabbage/carrot mix to the pan with the chicken and stir until everything is coated with seasonings.
- Remove the pan from heat.
- Fill the largest leaves of iceberg lettuce or romaine lettuce with the chicken mixture and drizzle balsamic vinegar on top.

★ This is a PFC-balanced meal!  
\*You can either shred the cabbage and carrots by hand with a grater or in a food processor, or keep things simple and buy a bag of pre-shredded carrot and cabbage coleslaw mix!

# SPINACH CHICKEN SKILLET LUNCH

SERVES: 4 | TOTAL TIME: 5 MINUTES

## Ingredients:

- 4 Tbsp. butter (F)
- 8 cups frozen spinach, thawed (C)
- 2 cans of [quality canned chicken](#)\* (P)
- 1 pint of grape tomatoes, halved
- 4 tsp. pepper
- 4 tsp. basil
- 2 cups Parmesan cheese
- 4 tbsp. sour cream (optional)

## Preparation:

- Melt butter in iron skillet, add spinach evenly to the pan.
- Add chicken, tomatoes, pepper and basil.
- Cook until warmed through, then sprinkle with Parmesan.
- Remove from heat and dollop with sour cream if desired.



This is a PFC-balanced meal!

To make this dairy free, substitute coconut oil for butter, omit Parmesan cheese and sour cream and add a handful of cashews or chopped olives to replace the Fat from the cheese and keep it PFC-balanced!

\*Canned chicken is great if you're in a pinch or in a hurry, but you can cook and shred 4 chicken breasts for this recipe if you so choose!

# ALMOND CRUSTED PORK CHOPS

SERVES: 4 | TOTAL TIME: 20 MINUTES

## Ingredients:

- 4 pork chops (size is up to you!) **(P)**
- 1 + 1/3 cups ground almonds or almond meal\* **(F)**
- 2 large eggs
- Any herbs/spices/seasonings you like\*\*
- Salt & pepper to taste
- 4 Tbsp. coconut oil **(F)**

## Preparation:

- In a bowl large enough to accommodate a pork chop, crack the egg and beat it with a fork.
- In a separate bowl (or even a plate can work in this instance), add the ground almonds or almond meal, seasonings, salt and pepper. Stir to combine.
- Heat the coconut oil in a pan large enough to fit both pork chops. The temperature should be hotter than medium, but not smoking.
- Take one pork chop and dip it into the bowl with the beaten egg, coating all sides. Shake off any excess egg, then dip the pork chop in the seasoned almond meal. You want to make sure both sides of the pork chop are completely coated.
- Gently place the pork chop into the hot pan with the coconut oil. Watch for splatter!
- Repeat with the remaining pork chops.
- Cook each side until the chop is nicely browned, and the internal temperature reaches 145 degrees F.

★ This is a PFC-balanced meal when paired with a Carbohydrate such as cauliflower mashed potatoes (p. 41) or something similar!

\*You can manually grind about 2 cups of almonds into “almond meal”, or you can buy a bag of pre-ground almond meal. Grinding your own allows you to determine how fine you like your almonds—larger pieces yield more crunch!

\*\* Curry powder is an excellent choice in this recipe. Garlic powder, thyme, seasoning salt or other pork seasonings will work also. Experiment!



# "CLEAN OUT THE CRISPER" BALSAMIC CHICKEN & VEGGIES

SERVES: 4 | TOTAL TIME: 25 MINUTES

## Ingredients:

- 4 (4-6oz) boneless, skinless chicken breasts or thighs **(P)**
- 1 cup bell pepper spears **(C)**
- 1 cup baby carrots (or peeled and chopped whole carrots) **(C)**
- 1/2 of a red onion, cut into large pieces **(C)**
- 1 cup of any veggies you have leftover **(C)**
- 2 Tbsp. balsamic vinegar
- 2 Tbsp. olive oil **(F)**
- 1 clove of garlic, minced
- 1/2 tsp. dried rosemary
- 1/2 Tbsp. dried oregano
- 1/8 tsp. dried sage
- Butter, ghee or olive oil for serving **(F)**
- 1/2 tsp. salt
- Pepper to taste

## Preparation:

- Preheat oven to 425 degrees F.
- Grease a large baking sheet with some olive oil or coconut oil. (Or, cover the sheet in parchment paper for easier cleanup!)
- If using chicken breasts, cut them in half width-wise so they're relatively thin.
- Combine all ingredients in a bowl and mix together until everything (chicken and veggies) is thoroughly coated with balsamic, oil and herbs.
- Arrange everything on the prepared baking sheet in a single layer, making sure nothing is touching the chicken thighs.
- Bake 20-25 minutes, or until chicken and vegetables are cooked through.



Add some additional Fat (such as melted butter over the veggies) before serving to make this a PFC-balanced meal! You can use any vegetables you'd like in this recipe—try cauliflower, tomatoes, broccoli and mushrooms!



# DIETITIAN CASSIE'S CHICKEN ALFREDO

SERVES: 4 | TOTAL TIME: 20 MINUTES

## Ingredients:

- 4 chicken breasts (P)
- 1/2 cup butter (F)
- 1 block (or 8 oz.) cream cheese (F)
- 2 cups heavy cream (more or less for desired sauce thickness) (F)
- 2 cups shredded Parmesan cheese (F)
- 2 tsp. garlic powder
- Coconut oil or butter for pan frying (F)
- Black pepper

## Preparation:

### For the chicken:

- Dice chicken breasts into 1/2" thick pieces.
- Melt approx. 1 tsp. of coconut oil (or butter) in a large frying pan over medium heat.
- Add the chicken to the frying pan and season it with the pepper and any other seasonings you'd like for flavor. Fry the chicken for 5-10 minutes or until the outside is browned and the inside is no longer pink.

### For the Alfredo Sauce:

- Melt 1/4 cup of butter over medium heat in a medium sauce pan. Add cream cheese and garlic powder, and stir with a whisk until smooth while adding the heavy cream in small amounts until the mixture is smooth.
- Stir in parmesan cheese, pepper and any other spices. Remove the pan from heat.
- Mix the cooked chicken into the sauce, and serve the mixture over steamed broccoli or mixed vegetables.



This is a PFC-balanced meal!



# GARLIC HERBED GRILLED SALMON

SERVES: 4 | TOTAL TIME: 25 MINUTES

## Ingredients:

- 4 salmon filets, fresh or thawed **(P)**
- 1 tomato, sliced **(C)**
- 1/2 onion, chopped **(C)**
- 2 Tbsp. olive oil **(F)**
- 2 cloves garlic, minced
- 1 Tbsp. lime juice (or to taste)
- 1 tsp. sea salt
- 1 tsp. pepper
- 1 tsp. fresh cilantro (although dried can be used)
- 1/2 tsp. onion powder
- 1/2 tsp. dill
- 1/2 tsp. dried green onions

## Preparation:

- Chop onion, mince garlic and slice tomato. Set aside.
- Coat salmon in olive oil, salt and pepper.
- Combine cilantro, onion powder, dill & green onions and sprinkle on both sides of salmon.
- Place salmon in a small piece of aluminum foil. Place chopped onion, tomato and minced garlic on top.
- Wrap salmon in aluminum foil so no juices leak out. Grill in aluminum foil for about 10-12 minutes on each side.

★ Pair this salmon with some additional Fat and Carbohydrates (veggie kabobs cooked on the grill and served with melted butter would be fantastic!) for a PFC-balanced meal!



# LETTUCE WRAPPED FISH TACOS

SERVES: 4 | TOTAL TIME: 25 MINUTES

## Ingredients:

- 4 cod fillets, fresh or thawed **(P)**
- 2 cups coleslaw mix **(C)**
- 1 cup quality mayonnaise\* **(F)**
- Lettuce for “taco shells” **(C)**
- 3 Tbsp. lime juice
- 1 tsp. basil
- 1 tsp. cilantro
- 1 tsp. black pepper
- 1 tsp. salt
- Olive oil
- 2-4 radishes, thinly sliced (optional) **(C)**
- A handful of black olives, halved (optional) **(F)**
- 1/2 cup crushed pineapple (optional) **(C)**
- Hot pepper or pepper jack cheese, shredded (optional) **(F)**
- Avocado, cubed (optional) **(F)**

## Preparation:

- Preheat oven to 425 degrees F. Place cod fillets on a baking sheet and drizzle lightly with olive oil.
- Bake fish for about 30 minutes, or until they flake easily with a fork.
- In a small bowl, combine mayonnaise, lime juice, pineapple and spices. Set aside. This is your “salsa.”
- Tear lettuce leaves off of the head into large sheets. (Think similar to an authentic tortilla.)
- Cut and flake fish into small pieces. Place about 1/4 cup of fish onto a few pieces of torn lettuce, and top with your salsa and any of your optional fixings!



This is a PFC-balanced meal!

\*See the “Unrefined Mayo” recipe on p. 95!



# OVERSTUFFED QUESADILLAS

SERVES: 4 | TOTAL TIME: 25 MINUTES

## Ingredients:

- 1 green pepper, chopped (C)
- 1 onion, chopped (C)
- 2 Tbsp Olive oil (F)
- 1 medium sweet potato, chopped (C)
- 2 cups cooked chicken (P)
- 4 tsp. chopped jalapeño (C)
- 4 gluten-free tortillas (C)
- 2 Tbsp. unrefined ranch dressing\* (C)
- 4 Tbsp. of tomato, chopped
- 1 cup shredded habanero jalapeño cheese (or cheese of your choice)

## Preparation:

- Before you start: Make sure your tortilla will fit into the skillet of your choice without bunching at the edges of the pan.
- Sauté green peppers and onions with 1 Tbsp. olive oil in a skillet until onions are translucent.
- Add the sweet potato, chicken, and jalapeño.
- When chicken is warm and veggies are soft and nicely browned, remove from pan and place in a bowl; set aside.
- Add second Tbsp. of olive oil to the skillet to coat it.
- Lay one tortilla in the pan, drizzle with ranch and add the bowl of browned ingredients.
- Drizzle again with ranch, add tomatoes and cheese then finally lay the other tortilla on top.
- Let the tortilla brown on the bottom. You can check periodically by lifting with a spatula.
- When the bottom tortilla is browned, flip over to brown other side.
- When cheese is melted and tortilla is browned, remove from pan, cut into fourths & enjoy!



This is a PFC-balanced meal!

\*See the "Real Food Ranch" recipe on page 92!



# PESTO CHICKEN & SPAGHETTI SQUASH

SERVES: 4 | TOTAL TIME: 1 HOUR

## Ingredients:

- 1 medium spaghetti squash (C)
- 6 chicken thighs (about 1.5 lbs.) (P)
- 1.5 cups pre-made pesto (if store bought, make sure the ingredients are clean!)\* (F)
- A large handful of spinach (C)
- 1 cup canned and diced tomatoes or fresh diced tomatoes (C)
- 1/2 cup Parmesan cheese (optional) (F)
- 2 Tbsp. garlic, minced
- 1/2 tsp. each of salt, pepper and basil

## Preparation:

- Preheat oven to 375 degrees F.
- Cut the spaghetti squash in half and de-seed. Poke the outside of each half with a fork several times, then place the halves in a baking dish, cut side down, with a half inch of water. Roast in the oven for about 45 minutes or until the flesh of the squash flakes easily.
- Place the chicken thighs in a baking dish and drizzle with olive oil. Add the dish to the oven (along with the squash if it's still roasting), and cook the chicken for about 25 minutes or until the inside is no longer pink. (165 degrees F)
- Remove the squash and chicken from the oven.
- With a fork, remove all of the squash "noodles" and add them to a casserole dish.
- Chop the chicken into bite sized pieces and add to the casserole dish.
- Add remaining ingredients (except for the Parmesan if using) and mix well. Place dish in the oven to heat everything through.
- Top with Parmesan when ready to serve!



This recipe is PFC-balanced!

You can swap out the tomatoes for red peppers, or you can get creative and add any other veggies you like!

\*Depending on the size of your squash, you may need to adjust the amount of pesto.



# SESAME BEEF & BROCCOLI

SERVES: 4 | TOTAL TIME: 15 MINUTES

## Ingredients:

- 1.5 lbs. of sirloin steak cut into strips **(P)**
- 4 cups chopped broccoli **(C)**
- 1 cup [coconut aminos](#)
- 4 Tbsp. coconut oil **(F)**
- 4 Tbsp. sesame oil **(F)**
- 2 Tbsp. raw honey **(C)**
- 4 garlic cloves, minced
- 1 Tbsp. freshly grated ginger
- Optional: sesame seeds



## Preparation:

- Heat the coconut oil in a large pan over medium-high heat. Sear all sides of the steak strips in the oil.
- Turn the heat down to medium-low and add the ginger and garlic.
- Add broccoli and sauté for a few minutes.
- Add in the coconut aminos, honey and sesame oil.
- Heat through and salt as needed.
- Garnish with sesame seeds.

★ This recipe is PFC-balanced!

Coconut aminos are a great soy sauce replacement! They're made from coconut tree sap and sea salt, which means it doesn't contain hormone disrupting soy and isn't the sodium bomb soy sauce is. It's also naturally gluten free!

# SWEET POTATO NACHOS

SERVES: 4 | TOTAL TIME: 40 MINUTES

## Ingredients:

- 1 lb. ground beef or chicken (P)
- 2 large sweet potatoes, sliced into 1/4 in. pieces (C)
- 2 cups of spinach, chopped (C)
- 1 large avocado (F)
- 1 onion, chopped (C)
- 1/2 cup green peppers, chopped (C)
- 1/2 cup fresh cilantro
- 2 Tbsp. olive oil (F)
- Salt & pepper

## Preparation:

- Preheat oven to 400 degrees F.
- Place sliced sweet potatoes on a large baking sheet. Drizzle with olive oil, and season with salt & pepper.
- After sweet potatoes have been in the oven for about 25 minutes, remove them from the oven and flip them using a spatula. Bake for an additional 10 minutes or until soft.
- Meanwhile, add the meat, onions, and peppers to a pan and cook until the meat is cooked through and the veggies are soft. Set aside.
- When the sweet potatoes are done, remove them from the oven. Place 1/2 cup of sweet potatoes on each plate and top with the meat mixture, spinach, avocado and cilantro.



This recipe is PFC-balanced!

Top with additional toppings of your choice, such as salsa or sour cream!

# SWEET POTATO SHEPHERD'S PIE

SERVES: 6 | TOTAL TIME: 40 MINUTES

## Ingredients:

- 2 Tbsp. butter **(F)**
- 1 small yellow onion, diced **(C)**
- 1.5 pounds ground beef or turkey **(P)**
- 1 (12 oz.) bag frozen mixed vegetables. (Try adding some frozen spinach, too!) **(C)**
- 1-2 cloves garlic, minced
- 1/2 cup chicken broth
- 2 tsp. arrowroot powder
- Any other seasonings of your choice
- Salt and pepper to taste

### For the sweet potato topping:

- 4 cups cubed sweet potatoes **(C)**
- 2 Tbsp. butter **(F)**
- 4 oz. (1/2 package) cream cheese, room temperature **(F)**
- Salt and pepper to taste

## Preparation:

- Butter a 9-inch pie dish (or larger) and set aside. Preheat oven to 375 degrees F.
- Heat 2 Tbsp. butter over medium heat and add the onions. Cook for 2 minutes.
- Add ground meat to the onions and continue to cook for 2 more minutes.
- Stir in frozen vegetables (do not thaw) and continue to cook until meat is browned and vegetables are tender.
- Season meat mixture with salt, pepper, and any other seasonings you'd like! (Try sage!)
- In a separate cup, combine chicken broth and arrowroot powder; mix until thoroughly incorporated.
- Add the broth/arrowroot powder to the meat mixture; cook for 2 to 3 minutes or until slightly thickened, stirring constantly.
- Remove from heat and spoon into previously prepared pie dish.
- Prepare the sweet potatoes by bringing a pot of water to a boil, adding cubed sweet potatoes, and allowing them to cook until they're soft enough to pierce with a fork. (About 8-10 minutes.)
- Once potatoes are cooked, drain them, move them to a bowl & season with salt and pepper.
- Add butter and cream cheese to the cooked potatoes. Mash (or blend using an immersion blender) until smooth; set aside.
- Spread sweet potato mixture on top.
- Bake covered for 15 to 18 minutes, or until heated through.



★ This recipe is PFC-balanced!

# SWEET POTATO STUFFED SLOPPY JOES

SERVES: 4 | TOTAL TIME: 55 MINUTES

## Ingredients:

- 2 large sweet potatoes (C)
- 2 Tbsp. olive oil or coconut oil (F)
- 1 medium onion, diced (C)
- 1 bell pepper, diced (any color!) (C)
- 1 clove garlic, minced
- 1 lb. ground beef or turkey (P)
- 1 (15 oz.) can tomato sauce (C)
- 1/2 tsp. mustard powder
- 1/2 tsp. chili powder
- 1/4 cup water
- Salt & pepper



## Preparation:

- Preheat oven to 375 degrees F. Puncture the sweet potatoes with a fork all over, and put them in the oven for about 50 minutes or until they're soft.
- Heat a large skillet over medium heat. Add olive oil or coconut oil, and once it's hot, add your onion and bell pepper. Cook, stirring occasionally, for 3-4 minutes. Add the garlic and stir, then cook for a minute more.
- Add ground beef or turkey and cook until browned, stirring regularly.
- Add the tomato sauce, mustard powder, chili powder and water. Bring to a simmer, lower heat, and cover. Cook for 12 minutes or until the liquid is mostly absorbed.
- When sweet potatoes are finished cooking, cut them in half. Scoop most of the cooked potato out of the skins of each half and roughly mash them (chunks are okay). Mix it into the sloppy joe meat mixture. Add salt and pepper to taste, then fill the sweet potato halves with the potato/sloppy joe mixture and serve with some additional fat.

★ Serve with olives, sour cream or other additional Fat of your choice to make it a PFC-balanced meal!

# CHICKEN TERIYAKI LETTUCE WRAPS

SERVES: 4 | TOTAL TIME: 35 MINUTES

## Ingredients:

- 1 head of cauliflower (C)
- 2 tablespoons olive oil (F)
- 1/2 tsp. salt
- 1 cup teriyaki sauce ([gluten-free versions](#) are available!)
- 4 chicken breasts , cooked and shredded (or 4 [cans of quality chicken](#)) (P)
- 4 shredded large carrots (C)
- Large lettuce leaves (C)
- 1 cup of cashews (F)



## Preparation:

- Wash and chop the cauliflower into florets that are approximately the same size. Place them in a baking dish, drizzle with olive oil and sprinkle salt over them, and bake them for 20 minutes at 400 degrees F.
- Once the cauliflower has been cooked, use the grate/shred attachment on your food processor and shred the florets into "rice". (You can also use a ricer!)
- Simmer the shredded chicken breasts with the teriyaki sauce for about 10-15 minutes, or until the sauce has thickened and the chicken is hot.
- Use the grate/shred attachment to your food processor and shred the carrots. (Or an old fashioned grater will work just fine, too!)
- Rinse the lettuce. Peeling the leaves is the trickiest part of this whole meal prep. Letting water run into the leaves from where you're peeling can be very helpful! It fills in the cracks and naturally helps the peeling process. Good luck!
- Fill the leaves with the "rice", chicken, carrots (bean sprouts are also a nice addition!) and top with cashews.



This is a PFC-balanced meal!

If you want to mix it up, add some cilantro and lime to the riced cauliflower!



# *Bedtime Snacks*

# BANANA YOGURT BEDTIME FREEZIES

SERVES: 4 | TOTAL TIME: 20 MINUTES

## Ingredients:

- 2 medium bananas **(C)**
- 12 oz. full fat, plain yogurt **(F)**
- 4 Tbsp. sliced almonds **(F)**
- Dynamic Greens (optional)
- A little honey (optional) **(C)**
- A dash of cinnamon (optional)



## Preparation:

- Cut banana into bite sized chunks and place on a plate.
- In a dish, mix Dynamic Greens, and/or honey and cinnamon into the yogurt.
- Drop as little or as much yogurt on the banana slices as you like. It's okay if it runs over the sides!
- Sprinkle sliced almonds over the bananas.
- Place the plate in the freezer for about 15 minutes (but no longer than 20, or the bananas will be too frozen to eat easily!).



This contains Fat and Carbohydrates, making it a perfect bedtime snack!

# CHIA SEED PUDDING

SERVES: 4 | PREP TIME: 5 MINUTES (LET SIT A FEW HOURS OR OVERNIGHT)

## Ingredients:

- 2 cups full fat coconut milk **(F)**
- 1 tsp. vanilla extract
- 1 tsp. cinnamon
- 1/2 cup chia seeds **(C)**
- Topping options to make it balanced: banana, blueberries, strawberries, walnuts, pecans, honey, maple syrup **(C)**



## Preparation:

- Mix the coconut milk with vanilla extract and cinnamon. Whisk in the chia seeds.
- Pour the mixture into a glass container and place in refrigerator for a few hours (or overnight).
- Remove from the refrigerator the next day and add the toppings of your choice!

★ This contains Fat and Carbohydrates, making it a perfect bedtime snack!  
Other ideas: Add protein powder to make it a PFC-balanced snack, and Fruits & Greens for added flavor and a huge nutritional boost!

# ALMOND BUTTER FAT BOMBS

SERVES: 8 (2/SERVING) | PREP TIME: 5 MINUTES (+2 HOUR FREEZE TIME)

## *Ingredients:*

- 1 cup almond butter (F)
- 3/4 cup coconut oil (F)
- 2 Tbsp. unsalted butter (F)
- 2-3 teaspoons stevia powder

## *Preparation:*

- Place all of the ingredients in a large bowl and microwave for 45 seconds.
- Whisk ingredients together and pour the mixture into ice cube trays. Freeze for 2 hours.
- Once they're frozen, you can pop the fat bombs out of the ice cube trays and store them in an airtight container in the freezer, or just keep them stored in the ice cube trays!



★ This recipe contains lots of healthy Fats, so pair them with some Carbohydrates (like a handful of berries or half an apple) to make a perfect bedtime snack!

# MAPLE PECAN SWEET POTATO MUFFINS

SERVES: 12 | TOTAL TIME: 35 MINUTES

## Ingredients:

- 1 + 1/2 cups almond flour **(F)**
- 1 large sweet potato, peeled, cooked, and pureed **(C)**
- Splash of heavy cream **(F)**
- 3 large eggs **(P)**
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1/2 tsp. cinnamon
- 1/2 tsp. nutmeg
- Pinch of salt
- 1/3 cup real maple syrup **(C)**
- 8 packets of stevia
- 1/3 cup almond butter **(F)**
- 1/2 cup chopped pecans, plus more for topping **(F)**

## Preparation:

- Preheat oven to 350 degrees F.
- Combine all ingredients.
- When well-combined, pour batter to fill an individually lined muffin tin.
- Once filled, top each muffin with pecans.
- Bake for 20-25 minutes, or until a toothpick inserted comes out clean.



This contains a little Protein, healthy Fat and Carbohydrates. Add a little more healthy Fat (such as some melted butter on top or additional nut butter) to make it a balanced bedtime snack!

# REAL FOOD APPLE NACHOS

SERVES: 4 | TOTAL TIME: 5 MINUTES

## Ingredients:

- 4 medium sized apples, washed (C)
- 2 tsp. lemon juice
- 2 Tbsp. peanut butter (or other nut butter) (F)
- 2 Tbsp. honey (F)
- 2 Tbsp. chopped pecans (or other nuts) (F)
- 2 Tbsp. unsweetened coconut flakes (F)

## Preparation:

- Wash all apples, and cut each one into 8 slices.
- Place apple slices in a large bowl filled with water and lemon juice. Make sure all apple slices are covered in water. Soak for 2-3 minutes.
- Dry off apples slices and place on a large serving platter.
- Heat peanut butter in the microwave for 1 minute. Drizzle it over the apple slices.
- Top apples with remaining ingredients: honey, pecans and coconut flakes.



This makes a perfect bedtime snack, or a great appetizer at a party!

# SLOW COOKER PUMPKIN APPLESAUCE

SERVES: 10 | TOTAL TIME: 4-6 HOURS ON HIGH/OVERNIGHT ON LOW

## Ingredients:

- 8-10 medium apples, peeled and sliced into 1 inch pieces **(C)**
- 1 cup pumpkin puree **(C)**
- 1/2 cup water
- 1 Tbsp. vanilla extract
- 1 tsp. pumpkin spice
- 1 tsp. nutmeg
- 1 tsp. cinnamon
- Optional toppings: walnuts, heavy cream, coconut milk, pecans, almond **(F)**

## Preparation:

- Place the sliced apples in the slow cooker, then add remaining ingredients.
- Cover and cook on high for 4-6 hours, or until apples are soft. (You can also leave it on low overnight.)
- Once apples are done cooking, mash them with a potato masher until they are your desired consistency.
- Enjoy the applesauce with any of the optional toppings!



This makes a perfect bedtime snack!

# SWEET POTATO BEDTIME SUNDAE

SERVES: 4 | TOTAL TIME: 1 HOUR

## Ingredients:

- 2 sweet potatoes (C)
- 1 cup coconut cream (F)
- 1/2 cup [chocolate chips](#) (C)



## Preparation:

- Cook the sweet potato, either by pricking a whole potato with a fork and baking it in the oven at 400 degrees F for 1 hour (if doing this, we recommend making a few at once and having them for lunch the next day!), or peel and cube the potato and boil it for 10-12 minutes, or until the potato cubes are cooked through.
- Mash the sweet potato until smooth. You can add a pinch of sea salt and some cinnamon if you like!
- Whip the coconut cream until it's a whipped cream consistency. Try adding a splash of vanilla!
- Divide the sweet potato into four dishes ( a serving is about a half a cup), top with the whipped coconut cream and the chocolate chips, and enjoy!



This contains Fat and Carbohydrates, making it a perfect bedtime snack!

# *Condiments*



# DELICIOUS DAIRY FREE ALFREDO

SERVES: 4-6 | TOTAL TIME: 4 HOURS 10 MINUTES

## Ingredients:

- 1 cup raw cashews **(F)**
- 1 cup chicken broth
- 1/2 of a white onion, diced **(C)**
- 6 cloves of garlic, minced
- Juice from half a lemon
- 1/3 cup nutritional yeast **(P/C)**
- 1/2 tsp. of each pepper & sea salt
- 1/4 tsp. nutmeg



## Preparation:

- Soak cashews in a bowl filled with water for 3-4 hours.
- Gently heat onions and garlic on the stove top in the chicken broth.
- Add drained cashews, onion, garlic, broth and lemon juice to a high powered blender and blend until smooth.
- Add the yeast, nutmeg, salt and pepper and blend for an additional 20 seconds to incorporate.

★ This is a great substitute for traditional alfredo sauce made from cream. It's full of healthy Fats and can be used the same way you'd use traditional alfredo—with zucchini noodles, over chicken & broccoli...get creative!

If the mixture is too thick, add more broth to thin it to desired consistency.

# ASIAN DRESSING

SERVES: 6-8 | TOTAL TIME: 5 MINUTES

## Ingredients:

- 3 cloves garlic
- 1-2" fresh ginger (about 1 Tbsp.)
- 1/2 cup unrefined avocado oil **(F)**
- 1/4 cup toasted sesame oil **(F)**
- 1/4 cup olive oil **(F)**
- 1/3 cup apple cider vinegar
- 1/3 cup [coconut aminos](#)
- 1 tsp. maple syrup or molasses **(C)**

## Preparation:

- Blend all ingredients in the blender on high speed.
- Store in the refrigerator for up to a month!



★ This dressing counts as a healthy Fat! Pour a couple tablespoons over a pile of mixed greens and some shrimp or chicken to make a PFC-balanced meal.

# REAL FOOD RANCH DRESSING

SERVES: 16 | TOTAL TIME: 5 MINUTES

## Ingredients:

- 1 cup [unrefined mayo\\*](#) (F)
- 1 cup full-fat sour cream (F)
- 1 tsp. each of dried or fresh parsley, dill, onion and garlic
- Salt & pepper to taste

## Preparation:

- Mix all ingredients together until well incorporated.
- Store in the refrigerator for up to two weeks!

★ This dressing counts as a healthy Fat! Pour a couple tablespoons over a pile of mixed greens and some shrimp or chicken to make a PFC-balanced meal, or use it as a dip and serve it with your favorite veggies!

\*You can also use your Unrefined Mayonnaise! (Recipe on p. 95)



Finding a store-bought mayo that isn't full of refined fats and hydrogenated or partially hydrogenated, toxic oils can be tricky. We've found avocado oil to be a great base for mayo and there are a few brands on store shelves (and online) that utilize this healthy fat in their product. Or, try making your own mayo at home! That way you know exactly what's in it.

# SIMPLE AVOCADO DRESSING

SERVES: 3 | TOTAL TIME: 5 MINUTES

## *Ingredients:*

- 1 large avocado, ripe **(F)**
- 4 Tbsp. olive oil **(F)**
- 1 + 1/2 Tbsp. garlic, minced
- 1/4 Tbsp. lime juice
- Salt & pepper to taste
- Water

## *Preparation:*

- Combine first four ingredients in a food processor and blend until smooth.
- Thin dressing with a little water until it reaches your desired consistency.
- Store in the refrigerator for up to one week.



★ Pair this dressing (or it could be a dip!) with a Protein and Carbohydrates for a PFC-balanced meal!

# SIMPLE KETCHUP

SERVES: 16 | TOTAL TIME: 5 MINUTES

## Ingredients:

- 6 oz tomato paste
- 1 small glass jar
- 1/2 cup apple cider vinegar
- 2 tsp. raw honey or maple syrup (optional)
- 1/2 tsp. salt
- 1/4 tsp. ground mustard
- 1/8 tsp. pepper
- a dash of allspice

## Preparation:

- Blend tomato paste and vinegar (either by hand, with a blender, or a mixer.)
- Incorporate the spices and store in the glass jar.



Lots of options with this recipe:

- If you don't like a tangy ketchup, swap 1/4 cup of the apple cider vinegar for water.
- Other spice options:
  - Add more all-spice if you like more clove flavor
  - If you like more Italian flavor, add a dash of oregano
- Option to ferment: To make the ketchup last longer, you can add a tablespoon of liquid whey (skimmed off of yogurt/other dairy products NOT whey protein powder) or your own vegetable culture and let it sit out with a breathable cover for 24 hours before putting it in the fridge.

# UNREFINED MAYONNAISE

SERVES: 16 | TOTAL TIME: 5 MINUTES

## Ingredients:

- 4 egg yolks **(F)**
- 2 Tbsp. lemon juice
- 1 tsp. mustard powder
- 3/4 cup oil (choose avocado oil, melted coconut oil, or melted bacon fat) **(F)**
- 3/4 cup olive oil **(F)**
- 1 tsp. horseradish
- 1/2 tsp. garlic powder
- 1/2 tsp. salt

## Preparation:

- In a food processor: combine egg yolks, mustard powder, and lemon juice.
- Slowly drizzle oils into the food processor while it's running. Drizzle as slowly as you possibly can! If you go too fast, the mayo won't thicken and emulsify.
- Once it's become a mayonnaise-like consistency, add the horseradish, garlic powder and salt.
- This can be stored in the refrigerator for two weeks.



★ This is 100% healthy Fat!

# *Treats*



# CHOCOLATE RASPBERRY BUTTER CUPS

SERVES: 10 | TOTAL TIME: 30 MINUTES

## Ingredients:

- 1 stick of raspberry butter\* (F/C)
- 3/4 cup melted coconut oil (F)
- 3/4 cup natural peanut butter (F)
- 3/4 cup stevia powder (if using packets, it's about 19 packets)
- 1/4 cup cocoa powder
- 1/2 pint of fresh raspberries (optional for added texture and carbohydrates) (C)

## \*Raspberry Butter Directions:

- Blend a stick of softened butter and a pint of fresh raspberries until smooth.
- Place in a jar or mold it into a block between saran wrap and keep in the refrigerator.



## Preparation:

- Melt the coconut oil and raspberry butter on stove top or in a microwave safe bowl.
- In a large bowl, combine the melted raspberry butter/coconut oil and all of the other ingredients. Cut up the fresh raspberries before adding them (if adding them).
- Pour the mixture into lined muffin tins. Fill them half way.
- Freeze them for at least 20 minutes.

★ Pair with some additional fruit on the side for a balanced bedtime snack, or enjoy it alone as a special treat!  
You can make smaller “fat bomb” versions in mini-muffin cups or ice cube trays.

# CHOCOLATE NUT BUTTER CLUSTER TREATS

SERVES: 4 | TOTAL TIME: 20 MINUTES

## Ingredients:

- 1/3 cup [chocolate chips](#) (F)
- 1/4 cup nut butter (F)
- 1/8 tsp. vanilla extract
- 1/4 cup raisins or dried cherries (C)
- 1/4 cup chopped raw nuts (F)
- 1/4 cup unsweetened coconut flakes (F)

## Preparation:

- Add the chocolate chips and nut butter to a microwave safe bowl, and microwave for about 25 seconds. Remove the bowl, stir everything and microwave an additional 25 seconds, or until everything is smooth.
- Add the vanilla extract to the chocolate chip/nut butter mixture. Stir to combine.
- Fold all other ingredients into the bowl, mixing until everything is evenly coated.
- Drop tablespoon sized spoonfuls onto a baking sheet lined with parchment paper, or a plate, and place them in the freezer until they're set. Keep refrigerated.



★ These treats are made up of Carbohydrates and Fat, making them a decadent bedtime snack option, or pair them with some protein for a PFC-balanced treat!

# DARK CHOCOLATE TRUFFLES

SERVES: 10-12 | TOTAL TIME: 35 MINUTES

## Ingredients:

- 8 oz. dark [chocolate chips](#) (F)
- 1 tsp. vanilla extract
- 1 ripe avocado, mashed
- 4 Tbsp. cocoa powder for rolling (optional)



## Preparation:

- In a double boiler, combine the chocolate chips and vanilla. Melt until completely smooth.
- Meanwhile, mash the avocado in a bowl until all lumps are removed.
- Stir the avocado into the melted chocolate mixture until smooth and thickened.
- Place the mixture in the refrigerator for 20 minutes.
- After 20 minutes, remove mixture from the refrigerator and form the chocolate into tablespoon sized balls.
- Place balls on a pan lined with parchment paper. (This step can be messy!)
- Place the cocoa powder in a small bowl and roll each chocolate ball in the cocoa powder until well coated.
- Serve at room temperature, and store covered in the fridge for 1-2 weeks.

★ These treats are made up of made up of only Fat, so pair them with a Carbohydrate for a decadent bedtime snack, or add some Protein for a PFC-balanced snack.

# BALANCED BANANA CUSTARD

SERVES: 6 | TOTAL TIME: 45 MINUTES

## Ingredients:

- 2 bananas **(C)**
- 4 eggs (room temperature) **(P)**
- 1 scoop protein powder (Either Vanilla [Pure Primal Protein™](#) or [Pure Whey Protein](#) will work!) **(P)**
- 1 can full fat coconut milk **(F)**
- 1 tsp. vanilla extract
- A pinch of salt
- Cinnamon and/or nutmeg for dusting

## Preparation:

- Preheat oven to 350 degrees F.
- Add bananas to a mixing bowl and mash until there are no lumps. (A mixer works well here!)
- Add the eggs, protein powder, coconut milk, vanilla and salt to the bananas and mix until everything is incorporated and smooth. (The smoother and creamier, the better!)
- Place 6 custard dishes (or small oven-proof dishes) in a deep cake pan and fill the pan half full with water so it surrounds them.
- Fill the dishes with the banana custard mixture and carefully place the pan in the oven
- Bake for 25-35 minutes (ovens and consistency can vary, so check often!) or until the custard is set and a knife inserted comes out clean.
- Once custards are no longer hot, place them in the refrigerator until chilled. Top with cinnamon and nutmeg before serving.



This recipe makes a PFC-balanced snack!

# COCONUT MANGO PUDDING

SERVES: 4 | TOTAL TIME: 5 MINUTES

## *Ingredients:*

- 1 cup coconut cream (F)
- 2 mangos (C)
- Juice of 1 lime
- 1 tsp. fresh minced ginger

## *Preparation:*

- Blend all ingredients together in a food processor and enjoy!



★ Enjoy this delicious treat as a bedtime snack, or pair with a Protein (add 1/2 a scoop of Vanilla [Pure Primal Protein™](#) Powder before blending!) to make this a PFC-balanced snack!

# HOMEMADE FRUIT & NUT BARS

SERVES: 6 | TOTAL TIME: 5 MINUTES (+ 1 HOUR FREEZE TIME)

## *Ingredients:*

- 12-14 pitted dates **(C)**
- 1 cup walnuts **(F)**
- 1 cup dried apples **(C)**
- 1 tsp. cinnamon

## *Preparation:*

- Put all ingredients in a food processor.
- Pulse continuously for 3 minutes.
- Place mixture in a 9"x5" pan lined with wax paper and set it in the freezer for one hour.
- Remove from freezer and cut into 6 squares. Enjoy!



★ These bars are made up of Fat and Carbohydrates, so pair one with some protein to have a PFC-balanced snack!  
You can also roll these into 1" balls instead of pressing into squares.  
Experiment with different dried fruits and spices!

# SOAKED & SEASONED ROASTED NUTS

SERVES: 16 | TOTAL TIME: 32-44 HOURS

## *Ingredients:*

- 1 lb. raw nuts of your choice. They can be all different kinds! **(F)**
- 1 teaspoon salt
- Seasonings of your choice

## *Preparation:*

- Put the nuts in a jar, making sure it's no more than 2/3rd's full because the nuts will expand.
- Fill the jar with warm water and add about a teaspoon of salt. Shake the jar a little.
- Let nuts soak overnight. In the morning, drain and rinse the nuts in clean water.
- Spread the nuts out on a sheet pan and season them with salt, pepper or whatever flavors you might like. (Suggested combos: chili powder with lime juice and dried cilantro or cinnamon with cardamom and nutmeg.)
- Place sheet pan in the oven on the lowest temperature your oven goes, probably 170 degrees F.
- Bake until nuts are completely dried out and crispy, about 24-36 hours. Check every 8 hours or so and shake them up.



This recipe is 100% healthy Fat! Balance these nuts with some Protein and Carbohydrates for a PFC-balanced snack.

# GRAIN FREE GRANOLA

SERVES: 16 | TOTAL TIME: 2 HOURS 10 MINUTES

## Ingredients:

- 2 cups pecans, chopped, divided (F)
- 1 cup unsweetened coconut flakes (F)
- 1 cup almonds (F)
- 1 cup pumpkin seeds (F)
- 1 cup sunflower seeds (F)
- 2/3 cup water
- 1/2 cup coconut oil (F)
- 1/2 cup maple syrup (C)
- 1/2 cup dried cranberries (C)
- 1/4 cup dried bananas (C)
- 1/4 cup dried papayas (C)
- 1 Tbsp. cinnamon
- 2 tsp. vanilla extract
- 1 tsp. salt
- Pinch of nutmeg



## Preparation:

- Preheat oven to 200 degrees F.
- In a small sauce pot, combine water, maple syrup, coconut oil, salt, cinnamon and nutmeg.
- Bring to a boil, boil for about 1 minute.
- Remove from heat. Add vanilla and set aside.
- In a food processor, grind 1 cup of the chopped pecans into pecan meal (sand consistency).
- In a large bowl, combine all dry ingredients & pecan meal. Toss with syrup/cinnamon mixture.
- Grease or use olive oil spray on two cookie sheets. Layer the granola on the cookie sheets. Don't pack onto one sheet, use two sheets to spread granola evenly.
- Bake for 2 hours, mixing every 30 minutes. Makes about 8 cups. Serving size is 1/2 cup.



This contains Fat and Carbohydrates, so it makes a perfect bedtime snack, or pair with some protein for a PFC-balanced snack!

# GRAIN FREE BANANA NUT BUTTER CHOCOLATE CHIP MUFFINS

SERVES: 12 | TOTAL TIME: 45 MINUTES

## Ingredients:

- 1/2 cup almond butter (F)
- 1/2 cup peanut butter
- 2 ripe bananas, mashed
- 3 eggs, beaten
- 4 Tbsp. honey
- 1/2 cup unsweetened cocoa powder
- 1/2 cup whey protein powder\*
- 1/4 cup almond meal
- 1/4 cup coconut flour
- 1/2 tsp. baking soda
- 1/4 tsp. baking powder
- 1/4 tsp. salt
- 1/2 cup [chocolate chips](#)

## Preparation:

- Preheat oven to 350° F.
- Line the wells of a 12-cup muffin tin and set aside. (It helps to use a olive oil or coconut oil spray in muffin liners to prevent sticking later on.)
- Combine almond butter, peanut butter, bananas, eggs, and honey in a large mixing bowl and beat until well combined.
- Add cocoa powder, protein powder, almond meal, coconut flour, baking soda, baking powder, and salt. First, stir together with a spatula until combined. Then, beat with a mixer until very well combined; it should be thick, but as smooth as possible.
- Stir in the chocolate chips using a spatula until just combined.
- Divide the batter evenly in the wells of the muffin tin and place in preheated oven.
- Bake for 22-25 minutes, or until done (insert a toothpick in the center of a muffin—if it comes out clean, they're done!).
- Remove from oven and allow to cool for 5-10 minutes before transferring to a wire rack to cool completely.



This contains Protein, Fat and Carbohydrates, but is a little low in Protein...so have some on the side to make a perfect PFC-balanced snack!

\*You can substitute Vanilla [Pure Primal Protein™ Powder](#) or other plant based protein powder if you're dairy free!



# *The Meal Plan*



# Week 1 Grocery List

## PROTEINS

- 10 hard boiled eggs
- 5 beef sticks
- 10 slices nitrate free deli ham
- 28 eggs
- 2 cans white tuna
- 1 lb. spicy pork sausage
- 1 lb. cod
- 1 lb. salmon
- 1 lb. shrimp
- 1 lb. ground turkey
- 4 pork chops
- 1 package of quality bacon
- 1.5 lbs. ground beef
- 4 chicken breasts

## FATS

- 3 avocados
- 3/4 cup almond butter (nuts + salt)
- 1 cup heavy cream
- 2 cups full fat cottage cheese
- 1 cup full fat mayo (Or make your own!)
- 1/4 cup feta
- 12 oz. full fat plain yogurt
- 2 cups full fat coconut milk
- 2 Tbsp sour cream
- 1/4 cup parmesan cheese

## CARBOHYDRATES

- 2 cups red peppers
- 1 (16 oz) container of baby spinach
- 2 packages (6 heads) romaine lettuce
- 3 Clementines
- 1.5 cups celery
- 2 cups asparagus
- 3 sweet potatoes
- 1 can of corn or bag of frozen corn
- 5 bananas
- 1 grapefruit
- 2 bunches kale
- 13 apples
- 3 onions
- 3/4 cup sundried tomatoes
- 1 can (14.5 oz) fire roasted diced tomato
- 1 (8 oz.) can tomato sauce + 1/2 cup
- 1 cup pumpkin puree
- 1 cup chopped mixed veggies (any)
- 1/2 cup grapes
- 1/4 cup frozen pineapple
- 1/2 head red cabbage
- 1 tomato
- 2 cups butternut squash
- 1 lb. brussels sprouts
- 1 head cauliflower
- 4 radishes
- 1 bag shredded cabbage and carrot mix
- 2 zucchini (for peeling into noodles)

# Week one

## Things you can prep for the week ahead:

- Heavenly Guacamole (p. 42)
- Slow Cooker Pumpkin Applesauce (p. 87)
- Super Easy Egg Bake (p. 13)
- Apple Walnut Feta Salad Cider Dressing (p. 29)
- Hard boil 10 eggs

## Day 1

**Breakfast:** Apple Scramble (p. 11)

**Snack:** 1 hard boiled egg (P) + 2 Tbsp. Heavenly Guacamole (p. 42) (F) + 1 cup red peppers (C)

**Lunch:** 1/2 cup Healthy Simple Tuna Salad (p. 31) + over 2 cups spinach

**Snack:** 1 dried beef stick (P) + 1 handful walnuts (F) + 1 clementine (C)

**Dinner:** Bean Free Turkey Chili (p. 57) + topped with sour cream

**Bedtime Snack:** Slow Cooker Pumpkin Applesauce (p. 87)

# Week one

## Day 2

**Breakfast:** Super Easy Egg Bake (p. 13)

**Snack:** 1/2 scoop protein powder (P) + 2 Tbsp. almond butter (F) + 1/2 cup celery sticks (C)

**Lunch:** 4 slices deli ham + Apple Walnut Feta Salad & Cider Dressing (p. 29)

**Snack:** 1 dried beef stick (P) + handful of walnuts (F) + 1 clementine (C)

**Dinner:** Almond Crusted Pork Chops (p. 69) + 1 cup roasted asparagus cooked in olive oil

**Bedtime Snack:** 1/2 apple (C) + sauteed in coconut oil (F) + topped with heavy cream (F)

## Day 3

**Breakfast:** Apple Scramble (p. 11)

**Snack:** 2 slices of deli ham (P) + 1/2 cup cottage cheese (F) + 1/2 an apple (C)

**Lunch:** 1/2 cup Healthy Simple Tuna Salad (p. 31) + over 2 cups spinach

**Snack:** 1 hard boiled egg (P) + 2 Tbsp. Heavenly Guacamole (p. 42) (F) + 1 cup Red Peppers (C)

**Dinner:** Grilled or roasted shrimp + Pan Roasted Brussels With Bacon (p. 39)

**Bedtime Snack:** 1/2 cup sweet potato (C) + 1 Tbsp. melted butter (F) + dash of cinnamon

# Week one

## Day 4

**Breakfast:** Tropical Smoothie (p. 16) (add 1 cup of kale before blending)

**Snack:** 1 beef stick (P) + 2 Tbsp. almond butter (F) + 1/2 a banana (C) (*Toss the other half of the banana in the freezer for tomorrow's smoothie!*)

**Lunch:** 3 hard boiled eggs chopped over + Apple Walnut Feta Salad & Cider Dressing (p. 29)

**Snack:** 2 slices deli ham (P) + 1 Tbsp. Unrefined Mayonnaise (p. 94) + stuffed with 1 cup spinach (C) + 1/2 a grapefruit on the side (C)

**Dinner:** Roasted Corn and Sweet Potato Soup (p. 54) + roasted cod

**Bedtime Snack:** 1/2 cup Slow Cooker Pumpkin Applesauce (p. 87)

## Day 5

**Breakfast:** Protein Pancakes (p. 17)

**Snack:** A slice of Super Easy Egg Bake (p. 13)

**Lunch:** 1 scoop protein powder (P) + 1/2 an avocado (F) + 2 cups kale (C) + 1/2 frozen banana (C) + a handful of ice + water or almond milk to make it the consistency you prefer. (Optional: add a scoop of [Fruits & Greens](#) for added nutrients and flavor!)

**Snack:** 1 dried beef stick (P) + handful of walnuts (F) + 1/2 an apple (C)

**Dinner:** Grass-fed burger in lettuce wrap + Garlic Cauliflower Mashed Potatoes (p. 41)

**Bedtime Snack:** 1/2 cup sweet potato (C) + 1 tbsp melted butter (F) + dash of cinnamon

# Week one

## Day 6

**Breakfast:** Spicy Apple Sausage Skillet (p. 23)

**Snack:** 1 beef stick (P) + 1/2 cup cottage cheese (F) + 1/2 a grapefruit (C)

**Lunch:** A slice of Easy Egg Bake (p. 13)

**Snack:** 1 dried beef stick (P) + handful of walnuts (F) + 1 clementine (C)

**Dinner:** Open-Face Chicken Spring Rolls (p. 67) + 1 cup roasted asparagus

**Bedtime Snack:** Banana Yogurt Bedtime Freezies (p. 82)

## Day 7

**Breakfast:** Protein Pancakes (p. 17)

**Snack:** 2 slices deli ham (P) + 1 handful walnuts (F) + 1 clementine (C)

**Lunch:** 4-5 oz. Ground beef (P) + 1/2 cup tomato sauce (C) + 1 cup zucchini noodles (C) + 1/4 cup Parmesan cheese (F)

**Snack:** 1 hard boiled egg (P) + 2 Tbsp. Heavenly Guacamole (p. 42) (F) + 1/2 cup of celery sticks (C)

**Dinner:** Grilled or baked salmon + Coconut Braised Bacon and Kale Salad (p. 40)

**Bedtime Snack:** Banana Yogurt Bedtime Freezies (p. 82)

# Week 2 Grocery List

## PROTEINS

- 6 slices deli turkey
- 4 slices roast beef
- 8 slices thick cut deli ham
- 3 [dried chicken sticks](#)
- 6 chicken breasts
- 2.5 lbs. chicken thighs
- 40 eggs
- 4 cans crab meat
- 4 cans tuna
- 2 Steaks (Rib-eye or NY Strip or other tender cut)
- 1 lb. ground beef or turkey
- 8 slices of bacon
- 2-3 lb. bone-in chuck roast
- 1 lb. shrimp

## FATS

- 2 sticks full fat string cheese
- 1/8 cup heavy cream
- 4 Tbsp. sour cream
- 1.5 cups full fat mayo
- 1 cup coconut cream
- 3 cups coconut milk
- 3 avocados
- 1 cup plain yogurt
- 1 cup black olives
- 2 cups shredded parmesan cheese

## CARBOHYDRATES

- 2 bananas
- 1 pint raspberries
- 1 cup melon
- 2 mangos
- 4 apples
- 2.5 cups carrots
- 1 (16 oz.) container of spinach
- 1 bunch kale
- 1 (8 oz.) package of mushrooms
- 4 radishes
- 1 zucchini
- 5 bell peppers (any color)
- 2 green peppers
- 1 cucumber
- 2 heads broccoli
- 1 head cauliflower
- 4 cups romaine
- 5 sweet potatoes
- 4 white potatoes
- 1 cup corn salsa
- 1 red onion
- 7 onions
- 4 cups shredded cabbage
- 1 cup sauerkraut
- 1 (15 oz.) can tomato sauce
- 1 (14.5 oz.) can diced tomato
- 1 (14 oz.) can artichoke hearts
- 2 pickles
- 2 cups grapes
- 12 pitted dates
- 1 cup dried apples

# Week two

## Things you can prep for the week ahead:

- Super Fresh Crab Salad (p. 34)
- Homemade Fruit & Nut Bars (p. 102)
- Simple Artichoke & Garlic Hummus (p. 45)
- Coconut Mango Pudding (p. 101)

**Tip:** On days when Chia Seed Pudding is on the menu for your bedtime snack, whip it up in a snap while you're making dinner so it has time to sit and will be ready by bedtime!

## Day 1

**Breakfast:** Cabbage and Onion Breakfast Scramble (p. 12)

**Snack:** 1/2 scoop protein powder (P) mixed with + 2 tbsp peanut butter (F) + 1/2 a banana (C)

**Lunch:** 2 cups Super Fresh Crab Salad (p. 34)

**Snack:** 2 oz. deli turkey (P) + 1 stick full-fat string cheese (F) + rolled around 1 cup spinach (C) + mustard

**Dinner:** Chicken Salad Sweet Potato (p. 30) + 1 cup roasted broccoli with 1 Tbsp. butter melted on top

**Bedtime Snack:** Coconut Mango Pudding (p. 101)

# Week two

## Day 2

**Breakfast:** "Oatmeal" With a Twist (p. 18)

**Snack:** 1 hard boiled egg (P) chopped and mixed with + 1/4 of an avocado (F) + 1/2 cup raw carrots for dipping

**Lunch:** 4 oz. roast beef + Simple Artichoke and Garlic Hummus (p. 45) + 1/2 cup raspberries

**Snack:** Dried chicken stick (P) + 2 Tbsp. sour cream + 1 cup cucumber slices for scooping (C)

**Dinner:** "Breadless" Philly Cheesesteak (p. 63)

**Bedtime Snack:** Homemade fruit and nut bars (p. 102)

## Day 3

**Breakfast:** Cabbage and Onion Breakfast Scramble (p. 12)

**Snack:** 1/2 scoop protein powder mixed with + Coconut Mango Pudding (p. 101)

**Lunch:** 4 oz. shredded chicken (P) + 1 Tbsp. sour cream (F) + 1/2 cup salsa (C) + over 2 cups romaine

**Snack:** 1 cup Super Fresh Crab Salad (p. 34)

**Dinner:** Sweet Potato Stuffed Sloppy Joes (p. 79) + topped with 1/4 cup shredded cheese

**Bedtime Snack:** Real Food Apple Nachos (p. 86)

# Week two

## Day 4

**Breakfast:** Green Eggs and Ham (p. 15) + 1/2 cup raspberries

**Snack:** 1 hard boiled egg (P) chopped and mixed with + 1/4 of an avocado (F) + 1/2 cup cucumber slices for scooping

**Lunch:** 2 cups Super Fresh Crab Salad (p. 34)

**Snack:** 2 oz. turkey + Simple Artichoke and Garlic Hummus (p. 45) + 1/2 cup melon (C)

**Dinner:** Shrimp over Cauliflower Fried Rice (p. 37)

**Bedtime Snack:** Homemade fruit and nut bars (p. 102)

## Day 5

**Breakfast:** Super Easy Breakfast Frittata (p. 24)

**Snack:** 1/2 scoop protein powder (P) mixed with + 2 Tbsp. peanut butter (F) + 1/2 banana (C)

**Lunch:** 4 oz. shredded chicken (P) + 1 Tbsp. sour cream (F) + 1/2 cup corn salsa (C) + over 2 cups romaine

**Snack:** Dried Chicken Stick + Homemade Fruit and Nut Bars (p. 102)

**Dinner:** Crockpot Lover's Roast (p. 59)

**Bedtime Snack:** Real Food Apple Nachos (p. 86)

# Week two

## Day 6

**Breakfast:** Green Eggs and Ham (p. 15) + 1/2 cup melon

**Snack:** 1/2 scoop protein powder (P) mixed with + 2 tbsp peanut butter (F) + 1/2 a banana (C)

**Lunch:** Unique Tuna Skillet Lunch (p. 62)

**Snack:** 2 oz. Deli turkey (P) + drizzled with olive oil (F) + splash of vinegar + on 1 cup spinach (C)

**Dinner:** Chicken Sweet Potato Coconut Curry (p. 64)

**Bedtime Snack:** Chia Seed Pudding (p. 83)

## Day 7

**Breakfast:** Super Easy Breakfast Frittata (p. 24)

**Snack:** 1 hard boiled egg (P) chopped and mixed with + 1/4 of an avocado (F) + 1/2 cup raw carrots for scooping

**Lunch:** Unique Tuna Skillet Lunch (p. 62)

**Snack:** Dried chicken stick (P) + 1 stick of full fat string cheeses (F) + 1/2 cup raw carrots (C)

**Dinner:** "Clean out the Crisper" Balsamic Chicken and Veggies + 2 Tbsp. butter melted over the chicken (p. 70)

**Bedtime Snack:** Chia Seed Pudding (p. 83)

# Week 3 Grocery List

## PROTEINS

- 10 oz. beef jerky
- 9 pieces of bacon
- 8 slices turkey
- 24 slices deli ham
- 8 oz. Rotisserie Chicken
- 2 cans of shredded chicken
- 33 eggs
- 8 chicken breasts
- 6 chicken thighs
- 1 can salmon
- 1 lb. raw cocktail shrimp (de-tailed)
- 1 lb. ground beef
- 1.5 lbs. sirloin steak
- 1 lb. pork or chicken sausages

## FATS

- 2 cups pumpkin seeds
- 1 cup sunflower seeds
- 4 avocados
- 1 cup full fat plain yogurt
- 1 block (8 oz) cream cheese
- 2 cups heavy cream
- 4 + 1/4 cups parmesan cheese
- 2 cups shredded cheese of choice
- 1 cup full fat coconut milk
- 3/4 cup toasted sesame oil

## CARBOHYDRATES

- 1 cup dried apricots
- 1/2 cup dried cranberries
- 1/4 cup dried bananas
- 1/4 cup dried papayas
- 1 pint strawberries
- 1 apple
- 2.5 cups peaches
- 9 cups spinach
- 8 cups frozen spinach
- 1 head red cabbage
- Lettuce leaves for wraps
- 4 bananas
- 4 cucumbers
- 4 green onion
- 2 green peppers
- 2 jalapenos
- 1 red onion
- 2 yellow onions
- 3" fresh ginger root
- 5 sweet potatoes
- 4 tomatoes
- 1 pint grape tomatoes
- 2 broccoli crowns
- 1 head cauliflower
- 4 zucchini (to shred into noodles)
- 1 spaghetti squash
- 5 large carrots
- 8 oz. vegetable juice

**Add on items:** some fresh dill, 1.5 cups pesto, Gluten Free Teriyaki sauce, and if you are unable to acquire Coconut Aminos, you may substitute Gluten Free Tamari.

# Week three

## Things you can prep for the week ahead:

- Almond Butter Fat Bombs (p. 84)
- Maple Pecan Sweet Potato Muffins (p. 85)
- Grain Free Granola (p. 104)
- Asian Dressing (p. 91)
- Go Green! Cucumber Salad (p. 35)
- Salmon Dill Cucumber Bites (p. 71)

## Day 1

**Breakfast:** Quick & Balanced Banana Pancakes (p. 22)

**Snack:** 2 oz. beef jerky (P) + 2 Tbsp. pumpkin seeds (F) + 1/4 cup dried apricots (C)

**Lunch:** 4 oz. deli turkey + Go Green! Cucumber Salad (p. 35)

**Snack:** 2 slices of bacon (P) + 1/4 Avocado (F) + 1 tomato (C) wrapped in lettuce

**Dinner:** Dietitian Cassie's Chicken Alfredo over zucchini noodles (p. 71)

**Bedtime Snack:** Almond Butter Fat Bombs (p. 84) + 1/2 cup strawberries

# Week three

## Day 2

**Breakfast:** Egg & Ham Cups (p. 20) + top with 1/2 an avocado + 1/2 cup peaches

**Snack:** 2 oz. beef jerky (P) + 2 Tbsp. pumpkin seeds (F) + 1/4 cup dried apricots (C)

**Lunch:** 4 oz. deli turkey + Go Green! Cucumber Salad (p. 35)

**Snack:** Salmon Dill Cucumber Bites (p. 47)

**Dinner:** Shrimp Avocado Stir Fry (p. 61)

**Bedtime Snack:** Maple Pecan Sweet Potato Muffins (p. 85) + topped with a sliver of butter

## Day 3

**Breakfast:** Quick & Balanced Banana Pancakes (p. 22)

**Snack:** Egg & Ham Cups (p. 20) + top with 1/2 an avocado + 1/2 cup strawberries

**Lunch:** Shrimp Avocado Stir Fry leftovers from dinner!

**Snack:** 2 slices of bacon (P) + 1/4 Avocado (F) + 1 tomato (C) wrapped in lettuce

**Dinner:** Pesto Chicken & Spaghetti Squash (p. 75)

**Bedtime Snack:** 1/2 cup Grain Free Granola (p. 104)

# Week three

## Day 4

**Breakfast:** Egg & Ham Cups (p. 20) + topped with 1/2 an avocado (F) + 1/2 cup strawberries on the side (C)

**Snack:** 2 oz. beef jerky (P) + Almond Butter Fat Bombs (F) (p. 84) + 1/2 cup peaches (C)

**Lunch:** 4 oz. rotisserie chicken over + 2 cups shredded cabbage + 2-3 Tbsp. Asian dressing (p. 91)

**Snack:** Salmon Dill Cucumber Bites (p. 47)

**Dinner:** Super Simple Hamburger Soup (p. 51)

**Bedtime Snack:** 1/2 cup Grain Free Granola (p. 104)

## Day 5

**Breakfast:** Sweet Potato & Spinach Quiche (p. 25)

**Snack:** 1/2 scoop vanilla protein powder (P) + 1/2 cup full fat yogurt (or coconut cream if you're dairy free) (F) + 1/2 cup peaches (C)

**Lunch:** 4 oz. rotisserie chicken over + 2 cups shredded cabbage + Asian dressing (p. 91)

**Snack:** 2 oz. beef jerky (P) + 2 Tbsp. pumpkin seeds (F) + 1/4 cup dried apricots (C)

**Dinner:** Sesame Beef and Broccoli (p. 76)

**Bedtime Snack:** Maple Pecan Sweet Potato Muffins (p. 85) + topped with a sliver of butter

# Week three

## Day 6

**Breakfast:** Sweet Potato & Spinach Quiche (p. 25)

**Snack:** 2 pieces of bacon (P) + 1 handful almonds (F) + 1/2 cup strawberries (C)

**Lunch:** Spinach Chicken Skillet (p. 68)

**Snack:** Salmon Dill Cucumber Bites (p. 47)

**Dinner:** Teriyaki Chicken Lettuce Wraps (p. 80)

**Bedtime Snack:** Almond Butter Fat Bombs (p. 84) + 1/2 cup peaches

## Day 7

**Breakfast:** 2 Eggs (fried or scrambled in butter) + Maple Pecan Sweet Potato Muffin (p. 85)

**Snack:** 1/2 scoop vanilla protein powder (P) mixed into + 1/2 cup full fat yogurt (or coconut cream if you're dairy free) (F) + with 1/2 cup peaches (C)

**Lunch:** Leftover Spinach Chicken Skillet

**Snack:** 2 oz. beef jerky (P) + 1 handful pumpkin seeds (F) + 1/4 cup dried apricots (C)

**Dinner:** Pork Sausage + Braised Cabbage with Bacon and Apple (p. 43)

**Bedtime Snack:** 1/2 cup Grain Free Granola (p. 104)

# Week 4 Grocery List

## PROTEINS

- 1 (5 oz.) can tuna
- 3 lbs. chicken breasts
- 13 oz. canned chicken
- 4 breakfast chicken sausages
- 4 hard boiled eggs
- 13 eggs
- 8 slices ham
- 8 oz. shrimp
- 1 package bacon
- 3 lbs. ground beef
- 1.5 lbs. ground turkey
- 1 lb. salmon

## FATS

- 2 avocados
- 1 1/4 cup mayo
- 1 cup full fat sour cream
- 2 cups full fat cottage cheese
- 1 (8 oz.) package of cream cheese
- 3/4 cup heavy cream
- 1.5 cups shredded pepper jack cheese
- 2 cups shredded cheddar cheese
- 1/4 cup coconut flour
- 1 lb. raw nuts of choice (hint: cashews would work well this week!)
- 1/2 cup olives
- 1 cup coconut cream
- 2 cans full fat coconut milk

## CARBOHYDRATES

- 2 bunches broccoli
- 3 cups shredded carrots
- 1 bag of spinach
- 2 (16 oz) containers kale
- 1 (8 oz) package mushrooms
- 1 (16 oz) container mixed greens
- 1 cucumber
- 1 bell pepper (red or yellow or orange)
- 1 green pepper
- 1 jalapeno
- 2 stalks celery
- 2 tomato
- 20 pepperoncinis
- 8 sweet potatoes
- 5 onions
- 1 bag (12 oz) frozen mixed vegetables
- 4 gluten-free tortillas
- 1 can diced tomato
- 1 can black or pinto beans
- 1 can corn
- 1 can hominy
- 1 can pumpkin puree
- 3 apples
- 1 pint blackberries
- 2 cups peaches
- 1 cup cherries
- 2 ripe bananas

**Add on items:** 1 cup chocolate chips, 1/2 cup fresh cilantro, Bay leaf, 2 tsp. arrowroot powder, and red curry paste

# Week four

## Things you can prep for the week ahead:

- Grain Free Banana Nut Butter Chocolate Chip Muffins (p. 105)
- Soaked & Seasoned Roasted Nuts (p. 103)
- 4 Hard Boiled Eggs
- Honey Mustard Kale Chips (p. 44)
- Unrefined Mayo (p. 95)
- Real Food Ranch Dressing (p. 92)
- 2 chicken breasts for shredding
- 1 (12-16 oz.) steak cut into strips for salads
- Bacon Wrapped, Chicken Stuffed Pepperoncinis (p. 46)

## Day 1

**Breakfast:** 2 breakfast chicken sausage (P) + 1/4 cup soaked and Seasoned Roasted Nuts (p. 103) (F) + 1/2 cup grapes (C)

**Snack:** 2 oz. Tuna (P) + 2 tbsp Olive oil (F) + 1/2 cup chopped celery (C)

**Lunch:** 4 oz. shredded chicken (P) + 2 Tbsp. Real Food Ranch Dressing (p. 92) + 1 cup diced peppers + 2 cups mixed greens (C)

**Snack:** 2 Bacon Wrapped, Chicken Stuffed Pepperoncinis (p. 46)

**Dinner:** Sweet Potato Nachos (ground beef) (p. 77)

**Bedtime Snack:** Grain Free Banana Nut Butter Chocolate Chip Muffins (p. 105)

# Week four

## Day 2

**Breakfast:** 2 Breakfast chicken sausages + 1/4 cup Soaked & Seasoned Roasted Nuts (p. 103) (F) + 1/2 cup cherries (C)

**Snack:** 1 hard boiled egg + 1 cup Honey Mustard Kale Chips (p. 44)

**Lunch:** 1 cup full fat cottage cheese (P + F) + 1 cup peaches (C)

**Snack:** 2 oz. nitrate free deli ham (P) + 1/4 cup olives (F) + 1 cup pepper strips (C)

**Dinner:** Cheddar Chicken Broccoli Soup (p. 50)

**Bedtime Snack:** Sweet Potato Bedtime Sundae (p. 88)

## Day 3

**Breakfast:** Pumpkin Pancakes (p. 19) + 1/2 cup blackberries

**Snack:** 2 Bacon Wrapped, Chicken Stuffed Pepperoncinis (p. 46)

**Lunch:** 4 oz shredded chicken (P) + 2 Tbsp. Real Food Ranch Dressing (p. 92) (F) + 1 cup diced peppers + 2 cups mixed greens (C)

**Snack:** 1 hard boiled egg + 1 Grain Free Banana Nut Butter Chocolate Chip Muffin (p. 105)

**Dinner:** Sweet Potato Shepherd's Pie (p. 78)

**Bedtime Snack:** 1/4 cup Soaked & Seasoned Roasted Nuts (p. 103) + 1/4 cup cherries

# Week four

## Day 4

**Breakfast:** 1 cup full fat cottage cheese (P + F) + 1 cup peaches (C)

**Snack:** 2 oz. nitrate free deli ham + Honey Mustard Kale Chips (p. 44)

**Lunch:** Leftover Sweet Potato Shepherd's Pie

**Snack:** 1 hard boiled egg (P) + 1/4 cup Soaked & Seasoned Roasted Nuts (p. 103)

**Dinner:** Overstuffed Quesadilla (chicken) (p. 74)

**Bedtime Snack:** Grain Free Banana Nut Butter Chocolate Chip Muffin (p. 105)

## Day 5

**Breakfast:** Pumpkin Pancakes (p. 19) + 1/2 an apple

**Snack:** 2 oz. Tuna (P) + 2 Tbsp. olive oil (F) + 1/2 cup chopped celery (C)

**Lunch:** 4 oz. Shrimp (P) + 1 Tbsp. Soaked and Seasoned Roasted Nuts (p. 103) + 2 Tbsp. olive oil (F) + 2 cups mixed greens (C) + a drizzle of balsamic vinegar

**Snack:** 2 Bacon Wrapped, Chicken Stuffed Pepperoncinis (p. 46)

**Dinner:** Super Simple Taco Soup (with beef) (p. 52)

**Bedtime Snack:** Sweet Potato Bedtime Sundae (p. 88)

# Week four

## Day 6

**Breakfast:** Omelette Pizza (p. 21)

**Snack:** 2 oz. nitrate free deli ham (P) + 1/4 cup olives (F) + 1/2 cup blackberries (C)

**Lunch:** Leftover Super Simple Taco Soup

**Snack:** 1/2 scoop protein powder (P) + 2 Tbsp. peanut butter (F) + 1/2 an apple (C)

**Dinner:** Salmon, Avocado, Sweet Potato Salad (p. 33)

**Bedtime Snack:** 1/2 an apple (C) cooked in + 2 Tbsp. melted butter (F) + sprinkled with cinnamon and nutmeg

## Day 7

**Breakfast:** Pumpkin Pancakes (p. 19) + 1/2 cup blackberries

**Snack:** 1 hard boiled egg + 1 cup Honey Mustard Kale Chips (p. 44)

**Lunch:** 4 oz. shrimp + 2 cups mixed greens + 2 Tbsp. Real Food Ranch Dressing (p. 92)

**Snack:** 1 oz. tuna (P) + 2 Tbsp. Unrefined Mayo (p. 95) (F) + 1/2 cup chopped celery (C)

**Dinner:** Crockpot Chicken and Vegetable Curry (p. 58) (use around 2 cups broccoli & carrots) + topped with soaked and seasoned nuts (p. 103)

**Bedtime Snack:** 1/2 an apple (C) + 2 Tbsp. melted butter (F) + sprinkled with cinnamon and nutmeg

# Here's your next step:

Ready to **lose weight** and  
**finally feel free?!**

## Meet the **8 WEEK INTENSIVE**

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need to get your health on  
track and lose the weight  
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