

# The 2-Week Detox & Fat Loss Jumpstart Diet



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## Phase 1—Follow for the first 3 days

This is the most intensive part of the detox diet. Because you are eating a mostly vegan diet, you will be eliminating a lot of toxins from your system and you may also be experiencing withdrawals from certain foods like dairy, grains and sugar.

The point of the first few days is to eat a diet that is primarily raw, mostly vegetables (organic), and vegan. Expect to possibly feel achy, slow, and have a dull headache. This is actually a good sign that your body is getting poisons out of its system.

Drink lots of water with lemon, or green tea plain or sweetened with a small amount of raw honey all day to help flush toxins out of the body.



### **BREAKFAST (choose one)**

You may have 1-2 Cups of organic coffee or green tea in the morning, but only black organic coffee—no sugar, no milk.

- Organic apple and walnuts, cashews, or almonds.
- Pumpkin smoothie –
  - ½ can organic pumpkin
  - ½ to 1 cup (full fat) coconut milk
  - 1 apple or 1 banana
  - 2-3 handfuls of greens—kale, swiss chard, spinach, etc.

¼ cup ground or whole flax seeds

¼ cup chia seeds

1 teaspoon vanilla

1 teaspoon cinnamon, dash of nutmeg

stevia for sweetener (if desired)

Add a few ice cubes and blend. For extra cool and creamy smoothie, freeze banana before adding.

Fruit smoothie –

1 banana

1 cup fresh or frozen berries

½ cup chopped frozen organic kale or spinach

1 cup coconut juice or green tea or kombucha

1 tsp turmeric powder or 1 teaspoon cinnamon

Add ice if desired and blend.



**LUNCH (choose one)**

- Humongous organic salad of any variety of baby greens, organic spinach, arugula, etc. Add tomato, cucumber, avocado, tomato, red peppers, mushrooms, green or red onion, etc.

You can add up to a cup of cooked lentils, black beans, or other beans.

Dressing of 1 Tablespoon olive oil and balsamic vinegar or fresh lemon juice, minced garlic, and fresh or dried herbs (basil, oregano, sage, thyme). Toss in some almonds or walnuts for added antioxidants.

- Lentil salad—

1 cup cooked lentils  
1 cucumber chopped  
1 tomato chopped  
1 firm avocado chopped  
1 green or red onion chopped  
6-8 lightly cooked asparagus spears  
Olive oil and lemon juice, sea salt and pepper

**SNACK--MID AFTERNOON (choose one)**

- Cut up veggies (peppers, carrots, celery, radishes)
- Handful of raw almonds, walnuts, cashews, mixed nuts and a small apple/pear



**DINNER (choose one)**

- Lightly steamed or sautéed vegetables with lemon and sea salt.  
Lentil or black bean soup  
Recipe: In a pan, sauté 2-4 cloves minced garlic, one onion, and ½ cup or more sliced carrots, ½ cup sliced celery till soft.  
Rinse 1-2 cups red or green lentils or beans under water and bring to boil and simmer.  
Add vegetables and simmer 30-60 minutes.  
Season with sea salt, red pepper flakes, and 1 tsp curry powder.
- Black bean and veggie salad

Recipe: Chop cucumber, tomatoes, onion, avocado, fresh cilantro or parsley, add olive oil and lemon juice or balsamic vinegar, salt and pepper. Mix with any combination cooked (or canned) black beans, lentils, chickpeas, or other beans.

- Humongous salad—full of veggies, organic greens, lentils or beans, etc. Dressing of lemon juice of apple cider vinegar and olive oil.

#### **DESSERT OR LATE EVENING SNACK**

- Raw almonds or walnuts, chopped apple or pear, with cinnamon and honey.
- Cup of green, white or red rooibos tea, sweetened with stevia.





## Phase 2—Follow for Days 3-6

In this part of the Detox diet, you may add in wild caught fish, organic and free-range chicken, and organic eggs for protein. You may also eat any of the meals from phase 1 if desired, or add in more protein as needed, but avoid red meat and pork.

You may add in potatoes (preferably new potatoes or sweet potatoes) and quinoa. Your diet should still consist of primarily raw veggies, a little fruit, and small amounts of fish or chicken.

**Allowed:** All fresh *organic* veggies and fruit, quinoa, sweet potatoes, red skin potatoes, beans, wild caught fish, free range/organic chicken and eggs, grass fed organic butter, virgin olive oil, coconut oil and natural herbs and spices.

Drinks—herb tea, water, 1 cup organic coffee is allowed, 1 glass white wine is allowed.

**Avoid:** Anything NOT organic, all vegetable oils except olive oil, all grains--especially wheat, dairy, soy, sugar-except honey or pure maple syrup, any processed or packaged food or drinks (nothing from a box, can, or package with multiple ingredients), alcohol (except 1 glass white wine).



### **Breakfast Choices (choose one)**

For this phase, you may add in eggs for breakfast if you find you are ravenously hungry. It's preferable that you have a smoothie, but some people need more protein, so eggs with veggies are also acceptable.

- Organic apple and walnuts, cashews, or almonds.
  
- Pumpkin smoothie –
  - ½ can organic pumpkin
  - ½ to 1 cup (full fat) coconut milk
  - 1 banana or 1 apple
  - ¼ cup ground or whole flax seeds
  - ¼ cup chia seeds
  - 2-3 handfuls of greens
  - 1 teaspoon vanilla
  - 1 teaspoon cinnamon, dash of nutmeg
  - stevia for sweetener (if desired)
  - Add a few ice cubes and blend. For extra cool and creamy smoothie, freeze banana before adding.
  
- Fruit smoothie –
  - 1 banana
  - 1 cup fresh or frozen berries
  - ½ cup chopped frozen organic kale or spinach

1 cup coconut juice or green tea or kombucha  
1 tsp turmeric powder or 1 teaspoon cinnamon  
Add ice if desired and blend.

- Salmon hash—In a pan, sauté 1 Tablespoon butter, chopped red onion, handful organic spinach, chopped red and green bell pepper, 2 small chopped, cooked red skinned potatoes. Add naturally smoked (no nitrites or chemical preservatives) wild sockeye salmon, leftover cooked salmon or canned salmon, and heat through. If you are extra hungry, you can poach an organic, free range egg and serve on top. Sprinkle with chopped fresh parsley, cilantro, or fresh basil and red pepper flakes.
- Breakfast veggie stir fry: Sauté gently in pan—2 Tablespoons butter, sliced mushrooms (shiitake is best), chopped tomatoes, natural bacon, chopped garlic and chopped fresh parsley.

### **Lunch (choose one)**

- Humongous salad—full of veggies, organic greens, lentils or beans, etc. Dressing of lemon juice of apple cider vinegar and olive oil. You may add in a small amount of canned tuna or smoked salmon, or hard boiled egg.
- Vegetarian soup of any type as long as it is organic with no chemical preservatives.

### **Snack (choose one)**

- Raw veggies dipped in hummus
- Apple or pear cut up with raw almonds or walnuts





### **Dinner (choose one)**

- Salad Nicoise—On a bed of dark green organic lettuce, add 1-2 hard-boiled chopped eggs, 1-2 small boiled red potatoes, lightly cooked green beans or asparagus, and tuna (either fresh or canned). Add capers, 2 Tablespoons lemon juice and 2 Tablespoons virgin olive oil, sea salt and pepper.
- Wild salmon or tuna (cut in small pieces) sautéed in pan with asparagus, sliced red bell pepper, chopped onion, minced garlic and 2 Tablespoons olive oil. Garnish with fresh basil, chopped fresh tomatoes, lemon or lime juice and hot pepper flakes. Serve with baked or sautéed sweet potatoes or quinoa, if desired.
- Lentil or bean soup and huge salad or steamed veggies.

### **Dessert Or Late Evening Snack**

- Raw almonds or walnuts, chopped apple or pear, with cinnamon and honey.
- Cup of green, white or red roibos tea, sweetened with stevia.

## Phase 3—Follow days 6-10



This portion of the detox diet, you will begin to incorporate more healthy carbs and clean meats in your diet, while still avoiding grains, sugar, processed foods and all chemicals and preservatives.

Your diet will consist of primarily raw veggies, naturally raised/grass fed/organic beef, chicken, fish or pork with small amounts of fruit and healthy carbs such as white, red or sweet potatoes, quinoa, and brown or white rice, and beans.

You should be feeling energetic, alert, and probably a few pounds lighter, as well as sleeping better at night. You may still eat anything from the previous phases as desired.

**Allowed:** All fresh *organic* veggies and fruit, brown or white rice, quinoa, sweet potatoes, red skin potatoes, beans, wild caught fish, free range/organic chicken and eggs, grass fed beef or naturally raised pork, grass fed organic butter, virgin olive oil, coconut oil and natural herbs and spices.

1-2 cups organic coffee allowed, 1 glass white or red wine allowed.

**Avoid:** Anything NOT organic, wheat, corn, dairy, soy, sugar-except honey or pure maple syrup, conventionally raised meats, any processed or packaged food or drinks (nothing from a box, can, or package with multiple ingredients), alcohol except white wine.

## **Breakfast (Choose One)**

For this phase, you may add in healthy, clean meats such as naturally raised pork, and eggs. If you are having a smoothie, you may add in cold processed organic whey protein or other non-soy protein powder, and eggs with veggies and some meat is also acceptable.

- Organic apple and walnuts, cashews, or almonds.
  
- Pumpkin smoothie –
  - ½ can organic pumpkin
  - ½ to 1 cup (full fat) coconut milk
  - 1 banana or 1 apple
  - ¼ cup ground or whole flax seeds
  - ¼ cup chia seeds
  - Greens
  - 1 scoop vanilla protein powder
  - 1 teaspoon cinnamon, dash of nutmeg
  - stevia for sweetener (if desired)
  - Add a few ice cubes and blend. For extra cool and creamy smoothie, freeze banana before adding.
  
- Fruit smoothie –
  - 1 banana
  - 1 cup fresh or frozen berries
  - ½ cup chopped frozen organic kale or spinach
  - 1 cup coconut juice or green tea or kombucha
  - 1 tsp turmeric powder or 1 teaspoon cinnamon
  - 1 scoop vanilla protein powder
  - Add ice if desired and blend.
  
- Veggie scramble (works great with leftovers)—1/2 cup cooked quinoa, organic spinach, chopped onion, mushroom, green or red peppers, or other veggies. Cook with grass fed butter or olive oil until soft. Clear a spot in the middle and add an egg. Scramble and mix in with veggie mix.
  
- Breakfast veggie stir fry: Saute gently in pan—2 Tablespoons butter, sliced mushrooms (shiitake is best), chopped tomatoes, natural bacon, chopped garlic and chopped fresh parsley.

### **Lunch (choose one)**

- Humongous salad—full of veggies, organic greens, lentils or beans, etc. Dressing of lemon juice of apple cider vinegar and olive oil. Add-ins: Tuna, salmon, cooked chicken, grass fed steak, hamburger, hard-boiled egg, rice, beans, quinoa, etc.
- Lettuce wraps consisting of leftover chicken, or other healthy meats, and veggies. Try a lettuce wrap of leftover chicken, avocado, tomato, and sliced onions.
- ‘Non taco’ salad—lettuce, tomatoes, black beans, ground beef, avocado, green pepper, cilantro and olive oil and lime juice. Add in chopped jalepenos if brave.

### **Dinner (choose one)**

- Chimichurri steak-  
Grass fed steak—flank, outside skirt steak, flap steak, or tri-tip steak.  
Chimichurri sauce—5 lg garlic cloves, ¼ to ½ red onion, 1 cup parsley or cilantro, ¼ cup red wine vinegar, ½ cup olive oil, sea salt and red pepper flakes. Finely mince vegetables or place all in a food processor and chop till blended well. Serve with medium rare grilled steak and steamed veggies.
- Chicken or fish in foil packets—2-4 boneless chicken breasts or thighs, onion, green beans or asparagus, and sliced red pepper. Place chicken in foil, add veggies, season with olive oil, salt and pepper. Wrap packet tightly folding up edges tightly. Grill till tender. Serve with organic salad.
- Grass fed burgers—Grill burgers medium to medium rare, serve with sliced tomato, lettuce and onion—no bun. Serve with baked sweet potatoes.
- Grilled salmon with cranberry salsa—Fresh or frozen wild caught salmon, cranberries, red onion, garlic, cilantro, an orange, honey, sea salt and red pepper flakes. In a food processor, add salsa ingredients and chop until blended, but not overly fine. Peel and section orange and add chopped orange to mix. Grill salmon and top with cranberry mixture.

Clean eating starts with a removal of dairy, most all grains, especially wheat, corn and soy, and eating only naturally raised, organic meats and wild caught fish. Clean eating also is not eating

processed foods or foods with too many ingredients. Eat foods instead with one ingredient or combine foods with one ingredient to make tasty but simple dishes. Eat like your ancestors. Eat clean, eat simple and eat smart.

[www.simplesmartnutrition.com](http://www.simplesmartnutrition.com)

For meal plans, grocery lists, healthy, cutting edge dietary information, join Cat's Fat Burning Kitchen at [www.simplesmartnutrition.com](http://www.simplesmartnutrition.com). The first month is free!

## Two Week Meal Plan Plus Recipes

*You will be eating approximately 1200-1500 calories a day--adjust up or down depending on body size, desired weight loss, and activity level.*

### **Guidelines:**

- Avoid anything WHITE—including bread, pasta, crackers, white sugar, white rice, milk.
- Avoid grains--especially all forms of wheat and corn, including “whole grains”, gluten free options and even sprouted grains.
- Drink water, herb tea, green tea, regular tea or 1-2 cups organic coffee. Avoid all juice and other sweetened drinks.
- Snacks are ok, but balance out carbs (fruit, veggies) with protein/fat. Example, fruit & nuts or cheese, veggies & humous, boilded egg & veggies, beef or turkey jerky & veggies. Only 1 serving of fruit a day, since fruit is high in natural sugars.
- Avoid processed foods! Stay away from anything that has more than 3 ingredients and comes in a box, can, or package. Exceptions are one ingredient foods, or food that has readily identifiable ingredients that do not contain any type of chemicals or processed ingredients, corn, wheat, soy, or sugars.
- Whenever possible, eat grassfed meat, organic free range poultry and eggs, and wild caught fish. These foods contain healthy fats that help burn body fat. Regular conventional meat is very high in omega 6 fats, hormones, and antibiotics (all used to make the cattle gain weight quickly) and will also make YOU gain weight more easily.
- Avoid any processed vegetable oils. Cook with butter and coconut oil. Use olive oil for dishes that are not heated, like salads. Avocado is a new healthy oil that is appearing that is good for you as well, but is better if not heated.
- Keep in mind, if you happen to eat more carbs one day, then you may feel more bloated or weigh more the next day. Carbs tend to make your body hold onto water weight. As soon as you get back to your low carb diet, weight/bloat is gone!
- Be sure to get an adequate amount of protein at every meal, especially lunch and dinner.
- Season food liberally with garlic, lemon or lime juice, sea salt and pepper. Use hot pepper flakes if you like them—they are fat burning. Sriracha is good on about everything too, but use sparingly, it contains sugar.
- Protein portions for meals are about the size of your palm (minus fingers). For fattier meats such as pork or beef, serving should be smaller.

### **Portions**

Meat-size of palm or smaller, depending on hunger.

Eggs-One or two eggs

Cheese-2-4 slices of grassfed raw cheese



Carbs-

- 1 med/small whole sweet or white potato
- 2-3 small red potatoes
- ½ cup quinoa or brown rice
- 1 piece of fruit

Unlimited amounts of low glycemic veggies!

Nuts-handful or two

Butter, Olive oil, healthy fats-1 T per meal

### **Cheat Day-Once a week, if desired**

You may eat more carbs on this day or other foods you don't usually eat—cookies, bread, rice, sweets. Don't go overboard! Just allow yourself a reasonable amount of foods that are not on your 'Good' list.

BE SURE TO FOLLOW UP THE NEXT DAY WITH A LOWER CARB DAY—avoid grains, sweets, fruits, etc. Be aware however, that carbs are addictive, so if you choose to have a 'cheat' day, it may be harder to get back on the wagon the next day. Don't fall totally off the wagon with 'cheat days'.

### **Water, Fluids**

Drink tons of water. Add lemon if you wish, or drink it hot with lemon, turmeric and a touch of stevia or honey. Often when you feel hungry, you are actually craving water. So drink first, before eating a snack or meal etc.

You can add sliced cucumber, sliced fruit, blueberries, strawberries, etc to your water to give it flavor. I also really like sparkling mineral water with the above ingredients. Cheers!



## MEAL PLANS

**Choose one from each section. Eat only when HUNGRY. Hunger is important and necessary and part of our caveman days. We need to allow our bodies to feel hunger.**

**Eat snacks ONLY if you feel you really need them because you are very hungry and can't wait for a meal.**

**Don't feel like you NEED to eat 5 or 6 times a day just because it is good for your metabolism—it really does nothing but add extra calories and cause you to eat too much food.**

**EAT WHEN YOU ARE HUNGRY. IT'S OK TO SKIP A MEAL OCCASIONALLY, AS LONG AS YOU DON'T EAT SNACKS INSTEAD.**

*For more weekly meal plans, recipes and grocery lists, plus healthy diet info, join Cat's Fat Burning Kitchen at <http://www.simplesmartnutrition.com/>*



### **Breakfast**

- Apple and 4 slices grassfed raw cheese
- 1 cup fresh berries in season, almonds or grassfed raw cheese
- Smoothie-1 small banana, ½ cup fresh or frozen berries, 2 cups of baby kale, spinach, baby greens, etc., coconut juice or water, 1 raw ORGANIC egg or 1 scoop cold processed whey, 1 tsp cinnamon, ½ tsp turmeric, 2 Tbsp flax or chia seeds
- Flax bread toast\* with 1 T of almond butter/sunflower butter, 1 cup organic strawberries/blueberries/raisins/apple
- 1 or 2 Eggs (fried, scrambled, poached, boiled) with 1 piece of flax seed toast, small amount of grassfed butter. Serve on top of baby spinach, baby kale, etc.
- 2 Egg quiche cups\*
- Buckwheat-flax pancakes\*, 1 Tbsp grass fed butter, real maple syrup, or stevia, 2 slices natural (nitrate/nitrite free) bacon
- 2 egg omelet with veggies cooked in a small amount of grassfed butter
- 1 slice Dutch baby\* with ½ cup fresh blueberries, mashed. Sprinkle with cinnamon

### **Snacks Mid Morning/Mid Afternoon (only if needed)**

- ½ Apple, ½ cup berries or other fresh fruit and handful of nuts or 1-2Tbsp nut butter or sunflower butter
- 1-2 Egg quiche cups
- ½ Apple or ½ cup berries with 2-4 slices raw, grassfed cheese
- Handful of raw almonds, mixed nuts, trail mix (no sugar or oil added)
- 2-3 slices grassfed cheese
- 1 hardboiled egg and cut up veggies: carrots, celery, radishes, cucumber, peppers, zucchini, etc.
- Red or green peppers, carrots, celery, radishes with hummus, guacamole, or avocado slices. (I like to add some salsa or hot sauce to the avocado)
- 2 pieces natural, deli or leftover sliced chicken or turkey with apple, pear, berries
- ½ Avocado with Sriracha sauce or salsa drizzled on

### **Lunch (choose one)**

- “Super salad” of baby greens, tomato, carrots, avocado, cucumber, avocado, mushroom, onion, etc. with 1 serving meat (can use leftover meat from dinner, 1 or 2 hardboiled eggs, tuna, or sardines)  
Dressing: 1 T olive or avocado oil and balsamic vinegar, sea salt and pepper. (try adding a few herbs like ground cumin and coriander seed, or oregano/basil)
- 2-3 Veggie egg quiche cups, can have with salad or cut up veggies
- 1 serving leftovers: meat from dinner and steamed veggies
- 2 Whole deviled eggs or hardboiled eggs with cut up veggies
- Sandwich with one thin slice flax seed bread or toast: 3 slices natural turkey, lettuce, tomato, small amount of (Primal) mayonnaise and/or mustard.
- Egg salad—Two hardboiled eggs, 1 Tbsp mayo, mustard to taste, salt, pepper. (you can also add celery, onion and dill seasoning if desired. Wrap in lettuce leaves or use veggies like sliced cucumber to dip in.

### **Mid Afternoon Snack (see above snacks)**



## Dinner

- 1 Serving wild caught salmon, cod, halibut, tilapia, etc. cooked in pan with 1 Tbsp grassfed butter, garlic powder, salt and pepper, lemon juice, or grill and add butter and lemon when done. Steamed broccoli, and sliced sweet potatoes or red potatoes. (you may use small amount of butter on broccoli and potatoes.)
- Chicken, beef or pork shish kabobs with onion, green pepper, zucchini, mushrooms. Can be marinated in soy sauce, 1T olive oil, ½ cup water, lemon or lime juice, 1 Tbsp brown sugar or honey, grated ginger and minced garlic. Grill. Serve with quinoa or brown rice.
- Store roasted chicken (great for leftovers!), steamed broccoli, sautéed zucchini or summer squash (add onion, garlic or carrots if desired), sautéed green beans, etc., boiled new potatoes with small amount of butter, sea salt, pepper and fresh herbs.
- Mexican Fiesta Salad\*
- Lettuce Wraps with turkey or beef\*, lots of veggies for added toppings: thin sliced carrots, green onions, avocado, zucchini, cilantro
- Turkey meatballs\*, kale salad\*
- Salad Nicoise\*

- Grilled chicken thighs with jerk seasoning (can be purchased at store), grilled pineapple, and baby greens salad with cut up strawberries, green onion, pecans, almonds or walnuts, and feta cheese(optional). Dressing: olive or avocado oil and balsamic vinegar.
- Salmon patties\*, salad of chopped tomato, cucumber, onion and fresh parsley with lemon juice and olive oil, salt and pepper.
- Grilled grassfed steaks (4-6 oz, most any lean cut). 1 small baked yukon gold potato, sauteed asparagus with fresh lemon juice and butter, salt and pepper.
- Seafood-veggie penne\*, with canned or fresh cooked salmon or tuna. (Use brown rice gluten free penne--½ cup per serving) pasta.
- Lee's "pasta" sauce and spaghetti squash pasta\* (or can use spiral cut zucchini or summer squash), steamed broccoli or tossed salad.

#### **Dessert or late evening snack**

2-4 small pieces dark chocolate or other dark (70% or more) chocolate.







## Grocery list

- grassfed ground beef, grassfed steaks any lean cut
- grassfed raw cheese
- organic, pasture raised eggs
- chicken thighs
- ground turkey or chicken
- 4 cans canned or fresh wild caught salmon, or tuna
- fresh or frozen salmon, cod, halibut or tilapia (wild caught)
- natural nitrate/nitrite free bacon
- natural Italian sausage
- baby greens, baby supergreens, baby spinach, baby kale, etc.
- kale
- squash
- pumpkin seeds
- fresh basil, oregano, rosemary, or other fresh herb
- tomatoes
- cucumber
- carrots
- celery
- onion, green or red or both

- broccoli
- lemons, limes
- cilantro
- fresh green beans, zucchini, summer squash, etc.
- baby red potatoes
- spaghetti squash, or spiral cut zucchini, summer squash
- avocados
- fresh garlic and ginger root
- fresh salsa
- Sriracha
- 4 apples
- organic strawberries and/or other berries
- bananas
- coconut oil, olive oil, balsamic vinegar
- sea salt
- cinnamon
- jerk seasoning
- hemp milk, coconut milk, almond milk
- raw nuts, healthy trail mix
- frozen or fresh berries
- frozen spinach or kale
- natural pasta sauce or 2 cans tomato sauce
- olives
- olive oil, coconut oil
- balsamic vinegar
- stevia
- ground flax seed
- nut butter or sunflower butter
- grass fed butter

These are the basics for you. Meat can be purchased ahead and frozen, as well as packaged goods or pantry items. Each week, purchase the fresh produce you will need for the recipes and meal plans provided.

While I tried to remember everything, there is a chance something got left out. Check over the recipes before shopping!

For your own personal trainer for your diet including: weekly recipes, meal plans, grocery lists and healthy dietary and health advice, join Cat's Fat Burning Kitchen monthly membership [at www.simplesmartnutrition.com](http://www.simplesmartnutrition.com)

The first month is free!

## Spinach-Egg Mini Quiche Cups



This is a great meal to make ahead and keep on hand all week in the fridge for a fast, healthy, high protein, low glycemic, fat burning meal or snack. Be sure and use the egg yolks as well as the whites, because the yolks contain the healthy fats, and most of the vitamins, minerals and antioxidants.

You can add virtually any type of vegetable to this, just cut up in smaller pieces. Any way you go, you will be adding powerful antioxidants and vitamins and minerals. Try spinach or kale, chopped mushrooms, sweet red peppers, asparagus, or zucchini.

### **Ingredients**

6 large eggs, beaten

1 small package of frozen organic spinach

½ cup of chopped red pepper, asparagus, or other vegetable

½ cup or so of shredded raw, grass fed cheese (optional)

¼ cup of minced onion

Dash of Tabasco, or other hot sauce, or red pepper flakes

Sea salt

1 - 2 slices of natural, nitrite/nitrate free ham, sausage or bacon if desired, diced

Muffin pan sprayed with nonstick cooking oil for 12 servings

**Directions**

Heat oven to 350 degrees F. Spray muffin pan with cooking spray. Thaw and drain the spinach. You can wring out the spinach with your hand and get most of the excess liquid out of it.

Mix all ingredients in with beaten eggs, and pour into muffin cups. Bake in 350-degree oven for 20 minutes, or when a knife inserted comes out clean. Cool and serve.

Can be refrigerated and re-warmed in a pan (low heat with lid on) to reheat—never a microwave! Great topped with fresh salsa and avocados! Makes 10-12.

## Smoked Salmon Stuffed Avocados



*Photo and recipe credit courtesy Grow Grub*  
<http://grokgrub.com/2014/05/16/smoked-salmon-egg-stuffed-avocados/>

I cannot say enough good things about avocados! This fatty food is actually one of the best low glycemic, fat burning superfoods there is. Their mild taste makes them so adaptable to so many recipes—any time of the day. And they are the perfect breakfast food, combined with the protein power of eggs. Avocados contain lots of healthy, blood sugar-lowering, satisfying, monounsaturated fats, in addition to antioxidants, vitamins and minerals. A breakfast high in healthy fats and protein will turn on your fat burning, blood sugar-stabilizing power the whole day!

This recipe is super easy, but really delicious, satisfying and filling—sure to become one of your favorites!

**Ingredients**

4 avocados  
4 oz smoked salmon  
8 eggs  
Salt  
Black pepper  
Chili flakes  
Sriracha

**Directions**

Preheat oven to 425°F. Halve the avocados, then remove the large pit—I do this by holding the avocado carefully, fingers out of the way, and hitting it with a sharp knife blade. The pit then sticks to the blade and it comes out cleanly. If the hole looks small, scoop out a small bit extra with a spoon.

Arrange the avocado halves on a cookie sheet, and line the hollows with strips of smoked salmon. Crack each of the eggs into a small bowl, then spoon the yolks and however much white the avocado will hold. Add salt and fresh cracked black pepper on top of the eggs, to taste. Sprinkle with chili flakes if desired.

Gently place the cookie sheet in the oven and bake for about 15-20 minutes, until the eggs look cooked. Dot with Sriracha, serve warm and enjoy! Serves 4.



## Thai Beef or Chicken Lettuce Wraps



Photo courtesy Fazela Vohra, <http://kharasmithaas.wordpress.com>

This is an often requested meal in my home. It's filling, but not heavy; it has plenty of power-packed nutrition, colorful antioxidants, and fat burning power. The more brightly colored veggies you add; the more nutrition you get! There are plenty of variations on this theme, so I will start out with my Thai-style recipe and give you some other ideas at the end of this recipe.

For individually custom-made wraps, serve the vegetable toppings in separate bowls and let everyone make their own healthy creation. This is a great way to serve to children, as each kid will delight in making their own 'masterpiece'.

This dish has lots of fresh ginger, a great superfood addition. Ginger is well known as a blood sugar balancer, is anti-inflammatory, an immune enhancer, a digestive aid, and cancer killer. So, don't be shy with the ginger, add as much as you like! It also speeds up the metabolism and helps burn fat.

The best type of lettuce for lettuce wraps is organic green or red leaf lettuce, Boston, Bibb or Romaine. Many restaurants use iceberg lettuce in this dish, but iceberg lettuce has virtually no nutritional value whatsoever.

### **Ingredients**

1 lb of ground grass fed beef, free range ground turkey or chicken  
2 Tbsp of extra virgin olive oil  
Sea salt to taste (1/2 tsp or so)  
1 small onion, minced  
2-4 cloves garlic, minced  
1 Tbsp fresh ginger, grated or minced  
Juice of one lime or 1 Tbsp rice wine vinegar  
2-3 Tbsp of soy sauce  
Pinch of sugar  
Hot pepper flakes to taste (just a shake or two will do)  
8-10 lettuce leaves, washed and dried

### **Toppings**

1 bunch of fresh cilantro, chopped  
1 bunch of green onions, chopped in 2" pieces, and sliced vertically  
1 sweet red bell pepper, sliced in thin slices  
1 small zucchini, grated  
2-3 carrots, grated  
1 firm but ripe avocado, sliced thinly  
1 or 2 tomatoes, chopped

### **Directions**

Lightly brown the meat in a frying pan with the extra virgin olive oil over medium heat with the garlic, onion, ginger, and salt. Add lime juice, soy, pinch of sugar and a sprinkling of hot pepper flakes. Cook on low for another 1-2 minutes.

Scoop a couple of spoonful of the meat mixture on a lettuce leaf, add your choice of toppings, and wrap by folding one end over and then wrapping the sides. (It's probably going to drip, so hold over a plate). Enjoy!! Serves 2-4 or so depending on how hungry everyone is.

### **Variations**

There are a LOTS of variations on this. You can substitute thinly sliced grass fed meat like tri-tip, flank, ribeye, or sirloin steaks, etc. A Mexican version could include black beans, onion, tomato, green chili peppers, lettuce or shredded cabbage, salsa, and avocado or guacamole. Omit the ginger, soy and rice wine vinegar and add a couple teaspoons of cumin instead.

Lettuce wraps are also a great way to avoid bread in sandwiches. Anything you would eat in bread or a bun, wrap with lettuce instead. I love turkey sandwich ingredients wrapped in lettuce instead of bread, or tuna salad—or a BLT! Even hamburgers are great this way. Many restaurants with sandwiches on the menu will substitute lettuce wraps instead of bread. Use your imagination; the possibilities are endless!

## Salad Nicoise with Grilled Tuna



High in protein, healthy fats and fiber, this salad Nicoise makes a satisfying and incredibly healthy meal. You can make the salad portion ahead of time, and just cook the fish right before serving. I like to serve the fish warm, but it can be served chilled as well. You can use fresh fish like tuna or wild caught salmon, or use the canned type as well.

Dark green leafy greens are proven diabetes fighters and help to keep blood sugar stable and in a healthy range. Greens are also a very alkalizing food, which means they are very good for your overall health. The antioxidants kill free radicals that can cause disease, and they are full of vitamins A and C, folic acid, calcium, magnesium, potassium, zinc, and other powerful health promoting phytochemicals.

Salads are also very good for the healthy bacteria in your gut—another thing that when in balance, helps to promote a healthy weight, and healthy blood sugar. A healthy balance of gut bacteria not only is amazing for your health and immune system, but it also has much to do with your overall moods and emotional state. Gut bacteria imbalance is known to be connected to anxiety and depression.

**Ingredients**

2-4 large handfuls of baby greens—arugula, baby kale, watercress, baby lettuces  
½ lb of fresh green beans, or asparagus  
2-4 eggs, hard boiled and quartered  
2 chopped ripe tomatoes  
¼ cup Kalamata or Greek olives pitted or unpitted  
½ large red onion chopped or thinly sliced  
Chopped parsley or chopped cilantro  
Capers  
Raw imported Parmigiana cheese  
Phase 2—2 small red potatoes, boiled and quartered

**Dressing Ingredients**

1-2 garlic cloves, minced  
1 small shallot  
¼ cup olive oil  
Juice of one lemon  
½ tsp Dijon mustard  
Sea salt and pepper

Whisk ingredients together in a bowl.

**Salad Directions**

Steam green beans or asparagus until tender crisp, then cool under cold water. Cut up boiled and cooled eggs. Arrange greens on large plate, and arrange other vegetables in separate sections on top of greens. Add fish and drizzle with dressing. Serves 2-4.

## Roasted Garlic Mashed Cauliflower



Mashed cauliflower has a rich, decadent creamy taste that make you forget you are avoiding starchy potatoes. With the addition of sweet savory roasted garlic, you will think you have died and gone to heaven.

Not only is cauliflower low-glycemic, but it also contains compounds that fight cancer, boost heart health, fight inflammation, boost your brain health with choline, and help your body detoxify. Cauliflower is packed with antioxidants and phytonutrients galore--including vitamin C, beta-carotene, kaempferol, quercetin, rutin, cinnamic acid, and much more. Antioxidants are your best weapon to fight reactive oxygen radicals that cause disease—including diabetes and its related complications.

The addition of roasted garlic adds a sweet, caramel-y taste to the cauliflower and its addition further compliments the health benefits of the cauliflower. Allicin is the primary ingredient in garlic which actually helps free up insulin in the body, decreasing blood glucose levels.

Garlic has also been known for its ability to stop free radicals, protect the kidneys and blood vessels as well as the delicate blood vessels in the eyes and skin. And garlic is well known for its ability to lower bad cholesterol, break up platelets, and protect the heart, while lowering blood pressure—and it tastes AWESOME!

**Ingredients**

1 head cauliflower, stem trimmed and cut in small florets  
¾ cup water  
1 head garlic, top trimmed, but skin left on  
2-3 Tbsp grass fed butter  
Chopped parsley  
Sea Salt and pepper

**Directions**

Trim just the papery, pointy top off the entire head of garlic, leaving bulbs intact. Trim off enough that garlic can be squeezed out when cooked and soft.  
Wrap in foil and add a small amount of butter to top of garlic. Pull foil up around garlic, but leave top open. Bake in oven at 350-375 for about 45 minutes or so, until garlic is fragrant, soft and light golden brown.

While garlic is baking, steam the cauliflower until very tender. Drain. Mash cauliflower with a hand held masher or hand mixer in pan. Add parsley, butter, sea salt and pepper.

Squeeze the garlic out of its papery shell into cauliflower. Mix in with a fork or masher to distribute evenly. Enjoy!! Serves about 4.



## Tomato Tuna Bites



A delicious, super tasty and easy high protein, low glycemic snack that will satisfy your hunger without making your blood sugar go up. These are definitely their best in the summertime when you can find firm, ripe, delicious tomatoes, which as you know are full of antioxidants including lycopene.

The fresh basil contains volatile and most of the benefits of basil come from the fresh leaves. Basil contains cinnamonic acid, which enhances circulation, stabilizes blood sugar, and improves breathing. Basil is naturally anti-inflammatory. Many naturopathic physicians prescribe basil for diabetes, allergies, arthritis, and respiratory disorders like asthma.

The antioxidants in both the basil and the tomatoes work best when combined with a healthy fat, like the avocado oil mayonnaise in this recipe. Free radicals fight aging, cancer and protect you from the complications of diabetes.

This snack is easy to assemble, delightful to look at, and delicious to eat!



**Ingredients**

2-4 medium or large sized Roma tomatoes, sliced thickly

1 Tbsp approximately of Paleo avocado oil mayonnaise

Fresh basil leaves

1 can albacore tuna

Sriracha sauce, to taste

**Directions**

Slice tomatoes in thick slices, arrange on plate. Spread a small amount of mayo on Tomatoes, top with fresh basil leaves (2-3 on each tomato slice), a spoonful of tuna, and dot with Sriracha sauce. Enjoy!

## Paleo Low Carb Bread



I've been searching for a good low-carb bread, because it's nice to have a piece of toast sometimes with eggs in the morning, or maybe a sandwich once in a while for lunch. The problem is, even gluten free breads are just as refined as the wheat breads, so they are high glycemic and should be avoided.

There are a few kinds of Paleo style, grain free breads in the store, but I have found the ones that I have tried, have a funny taste and texture (at least the coconut flour ones do). And, really—who wants to pay \$11 or \$12 a loaf? That's crazy!

I've had good luck with ground flax seeds as an all around substitute for many things that are normally made with flour, so I played around a bit and came up with this tasty bread. While it has a heavier texture than a regular loaf of bread, the flax seed gives it a delicious, nutty flavor and of course, tons of fiber! And the recipe contains a lot of eggs, so you get a nice bit of healthy fat and protein as well. My favorite way to eat this for breakfast is toasted with sunflower or almond butter on top.

Enjoy!

**Ingredients**

½ cup almond butter or sunflower butter (in case you have a nut allergy)

5 eggs

¼ cup butter, melted

1 Tbsp honey or real maple syrup

1 tsp apple cider vinegar

1/3 to ½ cup ground flaxseed meal

1 tsp baking soda

½ tsp sea salt

**Directions**

Preheat oven to 350-360 degrees F. Grease a loaf pan or use a silicone loaf pan.

Melt the butter over low heat and remove from heat. In a large bowl, whip the eggs with a mixer, whisk or fork until light-colored, and well mixed. Add in other ingredients and mix well.

Pour batter in loaf pan and bake 30 minutes until loaf is firm and lightly browned on top. Let cool. Store in refrigerator, serve warm, toasted or cold. Makes one loaf.

## Breakfast Quinoa Scramble



Looking for a quick and tasty breakfast but tired of the same old scrambled eggs and bacon? Here is a great idea that you can make from virtually anything—leftovers work great!

This particular recipe uses bacon, eggs, sweet onion, green onion and sliced carrots. You can also add red or green pepper, peas, broccoli, fresh tomatoes, zucchini, spinach, kale, parsley, cilantro or whatever other yummy veggies you'd like to add. The key ingredients are cooked quinoa, sweet or green onion, bacon and eggs.

When I make quinoa, I usually make a big batch, because the leftovers are great for breakfast or in other dishes. This recipe is quick and easy, and absolutely delicious and satisfying—and very nutritious as well! This recipe serves two but is easily expandable to 4 or more. There are no hard and fast measurements here, just add more ingredients for a bigger crowd.

### **Ingredients**

1 cup cooked quinoa  
3-4 slices of natural, nitrite free bacon  
2 organic, free range eggs  
1/4 cup sweet Vidalia onion, coarsely chopped  
3-4 green onions, chopped  
1-2 carrots, sliced thinly  
1/4 cup frozen peas  
handful of cilantro or parsley, if desired  
1 Tbsp of grass fed butter  
Sea salt and hot pepper flakes (optional)

**Directions**

In a skillet, cook the bacon till done, but not too crisp. Set aside to cool, then cut or break into smaller pieces. Add vegetables, and stir fry in leftover bacon grease until slightly tender but not mushy. (5-6 minutes) Push veggies to one side of pan and add eggs, and scramble-fry in pan.

Add cooked quinoa and bacon, and stir into veggies and heat through. Sprinkle with sea salt and hot pepper flakes and serve. Enjoy! You will have super-powered energy to burn all day!

## Chicken Fiesta Salad with Lime Cilantro Vinaigrette



Ever feel sometimes you just need the maximum amount of nutrition in one meal? Don't fresh, raw veggies, and flavor that bursts in your mouth sound good? Something so satisfyingly different, delicious, and delightful that you serve it when you have company?

This is the salad that answers all those requirements.

Everything in this salad is absolutely packed with a massive amount of fat burning vitamins, minerals and phytochemicals! From the antioxidants, vitamin K, vitamin C and magnesium in the greens, the healthy fats in the avocado, the lycopene in the tomatoes, to the cancer fighting natural chemicals in the tomatillo—it's all great for your body!

I always feel full of energy after eating this wonderful salad, and I love to make this when I have company over—it's a proven crowd pleaser. It's even better in the summer when so many of these ingredients are easy to find locally, bursting with fresh-picked flavor. I am positive this will become one of your personal favorites too.

### **Dressing**

¼ cup chopped shallots  
¼ cup fresh lime juice (juice of 1 lime)  
½ cup fresh cilantro chopped  
2-3 cloves of finely minced garlic  
1/3 cup extra virgin olive oil  
Sea salt and fresh ground pepper

### **Dressing Directions**

Combine first four ingredients in medium bowl. Gradually whisk in oil. Season with sea salt and pepper.

### **Salad**

3 cups of thinly sliced red leaf lettuce (preferably organic)  
3 cups thinly sliced Napa cabbage  
2-3 Roma tomatoes, seeded and chopped  
½ roasted red bell pepper (you can usually find these already roasted in the store or see below on how to roast your own)  
½ roasted yellow pepper  
Half (or more) firm avocado, peeled and diced  
¼ cup minced red onion  
Half a can black beans, drained and rinsed  
1 small jalapeno, de-seeded, de-ribbed and minced  
2 small tomatillos, hulls removed and chopped (green Mexican tomatoes)  
¼ cup toasted pumpkin seeds  
½ cup crumbled queso anejo, or feta cheese (optional)  
2-4 cooked chicken breasts, cooked and sliced in thin strips, or shredded with a fork  
(Grilled chicken tastes best for this recipe.)

### **Salad Directions**

Combine salad ingredients in large bowl and toss in dressing just before serving. Place cut or shredded chicken on top. Serves 4-6.

To roast peppers: heat oven on 'broil'. Slice peppers in half; remove stem and seeds. Place skin side up on flat pan in oven near heat. Roast for 4-7 minutes until skin begins to turn black. Remove and cool. When cool, slide off blackened skin and slice peppers in thin strips.

## **Turkey or Chicken Meatballs**





I love these and you will too! A great source of healthy protein. I like to add a generous amount of fresh garlic to maximize the anti-aging nutrition in this recipe. These make a great snack too!

### **Ingredients**

1 lb ground free range organic turkey or chicken  
1 raw egg  
1 onion, minced  
2-4 cloves garlic, minced  
1 tsp sea salt or so, to taste  
1 slice gluten free bread, blended into crumbs in a food processor, ½ cup oatmeal, ½ cup ground flax seeds, or any combination of these  
1-2 tsp of oregano  
2 Tbsp of extra virgin olive oil

### **Directions**

Heat oven to 375 degrees F. Drizzle extra virgin olive oil on cookie sheets (with sides) or a shallow baking pan.

In a big bowl, combine all remaining ingredients. Mix with clean hands or large wooden spoon. Roll into 1 ½" sized balls, and place on the baking sheet in oven. Cook for about 10 minutes or so, turn (or roll) and cook another ten minutes, for a total of about 20 minutes. Done when outside is golden brown and inside is no longer pink.

Serve with your favorite organic spaghetti sauce and steamed spaghetti squash, or just eat plain alongside a salad. I have even had cold leftover meatballs (which are delicious by the way!) on Caesar salads for healthy lunch. Serves 4.

## Lee's Italian Sauce and Spaghetti Squash "Pasta"



*Photo courtesy of [www.imarriedanutritionist.com](http://www.imarriedanutritionist.com)*

Tomatoes and tomato sauce are full of a super nutrient called lycopene. Lycopene is a carotenoid that has been proven to help protect against breast, pancreatic, prostate and intestinal cancer, and it reduces heart attack risk.

While conventionally grown tomatoes contain lycopene, organic tomatoes contain much higher amounts of this valuable nutrient. And canned tomatoes and tomato paste have some of the most concentrated amounts of lycopene.

Tomatoes also provide vitamin C, vitamin K, and vitamin A. The vitamin A comes from the carotenoids and beta carotene in tomatoes. These antioxidants travel through the body neutralizing dangerous free radicals that could damage cells, cause inflammation and heart disease, diabetic complications, asthma, and colon cancer.

Tomatoes also help to reduce cholesterol, are anti-inflammatory, and help reduce the effects of stress on the body. And, did you know cooking meat with tomatoes enhances your body's ability to absorb the vital nutrients from the meat, especially the iron and zinc?

Spaghetti squash has all the healthy benefits of squash including a good supply of carotene, vitamins B1, B6, niacin and C, folic acid, pantothenic acid, fiber, and potassium, along with

omega 3 and omega 6 essential fatty acids. Because of the high carotene content, spaghetti squash protect against many cancers, particularly lung cancer. Diets rich in carotenes offer protection against aging, cancer, heart disease, and type 2 diabetes.

### **Sauce**

1 lb (natural, nitrite/nitrate free) ground Italian sausage, or grass fed ground beef  
(If you cannot find ground sausage, you can purchase it in links and slice it before cooking)  
2-4 cloves of garlic, mashed and minced  
1 medium onion, chopped  
2 14 oz. cans organic chunky tomato sauce  
1 small can organic tomato paste  
¼ -½ cup white wine or organic chicken stock  
1-2 Tbsp oregano  
½ tsp sugar or honey  
1 tsp thyme  
1 tsp basil  
1 bay leaf  
1 spaghetti squash, halved and seeds removed for “pasta”

### **Directions**

Heat oven to 375 degrees Fahrenheit, and place squash in shallow baking pan with about ½ “ of water. Cover with foil, and cook in oven 30-40 minutes until squash is tender, stringy and can easily be removed with fork. Drizzle with extra virgin olive oil and sea salt before serving.

While squash is cooking, sauté onions in extra virgin olive oil in large saucepan on medium heat until tender and translucent. Add garlic and meat, cook and stir until browned. Stir in spices, tomato sauce, paste and water. Add sugar or honey, stir together and simmer, covered, on low heat for 30 minutes or more. Stir occasionally. Serve over cooked spaghetti squash. Serves 4.

## Brown Rice Penne with Sockeye Salmon and Asparagus



*Recipe and photo courtesy Jackie Burgmann, author of [Hot at Home](#)—The Solution for People Who Hate the Gym.*

I know you will agree with me—this recipe is absolutely delicious, super healthy, versatile, quick and easy—with or without the pasta! You can have lots of fun with this basic recipe by changing it according to the ingredients you have on hand. I used a can of wild-caught, sockeye salmon in this but you can use tuna if you have it too. Shrimp or chicken works great as well. In the summer, throw in some homegrown tomatoes, mushrooms, zucchini, and fresh basil. Use a ton of veggies and very little pasta.

I like everything a little on the spicy side—for flavor and health benefits--so I added tons of fresh garlic and red pepper flakes. Or, if you want some of the healthy, anti-inflammatory and antioxidant benefits of turmeric, add a little curry seasoning.

Fresh herbs like basil, oregano, thyme or mint are also great additions—both for taste and nutrition!

I'm not a big pasta eater, but gluten free, brown rice pasta is the better option. This dish is every bit as delicious, though, without the pasta! There are no real hard and fast measurements here. You can make as much or as little as you want, depending on how many people are eating and the size of everyone's appetite.

### **Ingredients**

1 cup or so of brown rice penne  
10-12 spears of fresh raw asparagus  
Crushed and minced fresh garlic  
Raw milk Parmigiana Reggiano cheese  
2 Tbsp of extra virgin olive oil  
1 can of tuna, wild caught salmon, shrimp or cooked chicken  
Sea salt and cracked black pepper or red pepper flakes to taste  
Fresh basil  
Optional--chopped fresh tomato, sliced zucchini, or sliced mushrooms

*Note: If using tuna or salmon packed in extra virgin olive oil, you can use this oil for cooking. Otherwise drain liquid and set aside. If using fresh tomatoes, toss in at end of cooking and just warm through.*

### **Directions**

Boil water, add pasta and cook according to directions. Add a small amount of extra virgin olive oil to the boiling water and boil the brown rice penne until 'al dente' or done, but slightly firm. Drain pasta and set aside.

While pasta is cooking, wash asparagus and break off tough bottoms. Cut the asparagus into smaller, 1-2" pieces. If using zucchini, quarter and slice. Slice mushrooms and other veggies you are using in the dish.

In a large skillet, add extra virgin olive oil, asparagus, other vegetables, and garlic, and stir-fry over medium high heat until tender crisp--about a minute or two. Add cooked fish or meat to pan and stir gently for about a minute, until heated through. Add salt and pepper.

Serve vegetable mixture over pasta and garnish with fresh herbs, chopped tomatoes, and grated Parmigiana cheese. Serves 2.



## Gluten Free Easy Salmon Patties



This is my 'go-to' dinner when I don't have much on hand to make, and want something good without too much time and energy. I try to keep a couple cans of wild-caught sockeye salmon (you can find this at Trader Joe's, Whole Foods, or your regular grocery store) in the pantry, and generally the other ingredients tend to be a part of my refrigerator and pantry staples.

While you can use most any kind of salmon, these are delicious using canned wild red sockeye salmon. The bright red color means the salmon is not only full of flavor, but also abundant omega-3s, and high levels of vitamin D, and astaxanthin (as-tuh-zan-thin), a red-orange pigment with rare super star antioxidant power.

While salmon gets a lot of attention for being rich in omega 3 fatty acids, it also has other unique nutritional properties that are equally important. Salmon contains short protein molecules called peptides that possess significant anti-inflammatory properties.

Salmon also provides important amounts of the antioxidant amino acid taurine. Salmon is an excellent source of omega 3 fatty acids, vitamin D, and immune-supportive selenium. It is also a very good source of muscle-building protein, and energy producing, heart-healthy B vitamins: niacin, B6 and B12; as well as phosphorus and magnesium.



Since I like to spice things up a bit, I added some red pepper flakes and Frank's Redhot sauce to it. Cayenne and hot peppers actually raise the metabolism, fight inflammation, and protect the heart and blood vessels. The capsaicin in the hot pepper helps to burn fat, so besides the taste, it does great things for your body! Measurements are all approximate, so adjust the seasonings to your own taste.

### **Ingredients**

2 cans (6.35oz) of wild caught sockeye salmon, drained  
2 organic, free range eggs, beaten  
1 tsp dill  
1/4 -1/3 cup gluten-free bread crumbs (or throw two slices of gluten-free or Ezekiel bread in your food processor and mix. Viola! Bread crumbs.)  
1 tsp of Frank's Redhot sauce, to taste  
Juice of one lemon or lime  
6-8 green onions, chopped  
Handful of parsley minced  
½ tsp of garlic powder or 1 garlic clove, minced  
¼ cup brown rice flour, almond meal, or coconut flour  
Sea salt and pepper to taste  
2 or more Tbsp of coconut oil or grape seed oil, or any combination of these oils.

### **Directions**

Mix all ingredients except oil and half of the breadcrumb mixture in a glass bowl with a fork. I let the salmon mixture remain pretty chunky, as long as it sticks together.

Heat an iron skillet or frying pan over medium heat with the oil/butter. By hand, form small patties of the salmon mixture (keeping them small helps keep them from falling apart), press into flour or almond meal, on both sides, and place in pan.

Cook until golden brown, about 5-7 minutes on each side. (Careful flipping the patties, they tend to fall apart easily). Serve with lemon wedges, hot sauce or plain organic yogurt. Serves 4.

## Kale, Squash and Apple Salad



Everyone knows the advantages of eating kale, but fall is the time to add squash to your meals as well. There are so many different varieties available right now—and all are delicious! This (mostly) fall vegetable is a superfood of its own right, and is very high in beta-carotene, which provides the majority of vitamin A in most diets—as long as it is eaten with some fat so it can be absorbed and utilized. ([Antioxidants don't work unless you eat this.](#)) Squash also contains vitamin C, potassium, fiber, and omega-3 fatty acids, which helps fight cancer, colds and flu, and heart disease—to name just a few.

Unlike summer squash, which has edible skin and can be eaten raw, winter squash usually has a tougher skin and will need to be peeled. There are many methods to cooking squash, but the best method for most squash is roasting. Carefully cut the squash in half and scoop out the fibers and seeds. At this point, you can separate the seeds from the fibers to toast them for a snack. Roast the squash cut-side down at 350 degrees F until tender—or do like I did and half or quarter and put on medium heat on grill for about a half hour or so, depending on the size of the squash pieces.

This is a delicious, hearty salad that can be served as a healthy side dish, or even be eaten as a meal by itself. I love this for lunch! It's filling and satisfying. And extremely good for you!

**Ingredients**

1/2 Granny Smith apple, chopped  
1/2 McIntosh, Gala, Fuji, etc. apple, chopped  
1/2 firm pear, chopped  
1 small squash, roasted, cooled and chopped in cubes (I used a Delicata squash)  
1/2 red onion chopped  
1/4 cup roasted pumpkin seeds (I roasted in pan over med heat for about 2-4 min)  
Dinosaur kale, chopped and massaged (can use a rolling pin to make it more tender)  
1/2 cup chopped celery  
1/4 cup tart dried cherries or unsweetened cranberries  
1-2 Tbsp pure maple syrup  
1 Tbsp extra virgin olive oil  
1 Tbsp apple cider vinegar or fresh lemon juice  
Salt, pepper, hot pepper flakes to taste

**Directions**

Roast squash, cool, peel, and cube in small pieces. Chop kale in small pieces, and roll with rolling pin or 'massage' by wrapping in clean dish towel and rolling with a can to make it more tender. Mix the rest of ingredients in and serve. Serves about 4. Works as a great vegan meal too!

## Coconut Almond Energy Bars



Here is my latest attempt at homemade energy bars. I don't like the 'store-bought' varieties, and the "Go Raw" bars I do buy are pretty expensive, so I made my own version, and they turned out great!

Well, here is another attempt at some good homemade energy bars. I don't generally like the 'store-bought' varieties—so many of them have too much sugar (in the form of rice syrup, extra fruit, corn syrup, etc.), soy protein, artificial ingredients, etc. The store variety bars I like best, "Go Raw" bars are pretty darn expensive, so I decided to make my own version of these.

These are full of nuts, a little bit of fruit for sweetness, a touch of salt and not baked, but dehydrated at a low oven temp overnight. This preserves the natural enzymes in the ingredients, plus helps the bars hold together with just the right amount of chewiness.

And they are gluten free, dairy free, corn free, soy free, grain free, and Paleo as well. This particular rendition actually tasted a lot like Clif bars—without the grain or other additives. If you'd like them to have some extra sweetness, I'd suggest adding whole raisins—after you are done blending the mixture.

These bars are excellent fuel for a longer bike ride, run, hike, or busy day. They can be stuffed in your cycling jersey pocket without melting all over or taken along in a backpack for a hike.

The ingredients given are all approximate and do not have to be exact. Adjust ingredients until the right consistency is achieved.

### **Ingredients**

1/2 cup mixed nuts (I used raw almonds)

½ cup pumpkin seeds

1/3 cup raisins

5-6 dates

1/2 cup natural (no sugar added) peanut butter (I suggest Trader Joe's Valencia and flax seed peanut butter)

2-3 scoops of cold processed vanilla protein powder

1/2 raw apple

1/2 cup natural flaked or shredded coconut

2 Tbsp or so real Maple Syrup or Honey

1-2 tsp cinnamon

Sea salt to taste

1/4 cup or so water

### **Directions**

In a food processor, add pumpkin seeds, nuts, raisins, and dates and mix. Add peanut butter, and other ingredients and mix until well blended. Add a small amount of water if mixture is too crumbly. Mixture should end up like thick cookie dough. If you'd like raisins, stir in after everything is mixed up.

Preheat oven to 160-175 degrees. Grease a cookie sheet lightly with butter, and drop cookie-sized spoonfuls on sheet. Smash down till about a half inch or less thick. Cook in oven all day or overnight—about 6-8 hours. Bars should be solid when done. Cool. Makes 12 or so, depending on size. Enjoy!!

## Dutch Baby



While I am not a big advocate of using grain-based foods, this one is a perfect example of a healthy fat, high protein breakfast with just a little bit of grain. I used brown rice flour in this recipe and topped it off with blueberries instead of syrup. It works great with fresh strawberries, cinnamon, sliced bananas, apples, etc.

This recipe is basically a type of soufflé, so it rises up high in the oven, but serve it quickly, because it falls from its dramatic high shape when it first comes out.

Use an iron skillet or all metal pan that can safely be placed in the oven, without fear of melting the handle.

### **Ingredients**

5-6 eggs  
1/3 cup grass fed butter  
1 cup almond milk, hemp milk, rice milk, etc.  
1 cup brown rice flour  
1 tsp vanilla  
Sea salt to taste

### **Directions**

Heat oven to 425. Add butter to iron skillet or all metal pan with sloping sides. Place in oven and let butter melt while you assemble other ingredients in blender.

Add eggs to blender, and blend on high 30 seconds or so. Add other ingredients, and blend for 1 minute on high, making sure you scrape sides. Take pan out of oven and carefully pour batter into hot pan. Bake at 425 for about 18-20 minutes until it has climbed up sides of pan and looks puffed up and golden brown. Cut into wedges Serve with fresh fruit on top. Serves 4.