

INTRODUCTION



Eating a healthy diet does not have to be boring or repetitive. While you may think making the change to a natural, clean way of eating leaves you with limited choices, in reality, there is actually an overwhelming amount of delicious healthy, choices.

The best way to do this is by following a diet similar to our ancestors, even as far back as our Paleolithic ancestors. Rich, nutrient-dense foods like grass-fed, naturally raised meats, wild caught fishes, raw dairy, and plenty of healthy, satisfying fats like grass fed butter, extra virgin olive oil, avocados, nuts, nut butters and extra virgin coconut oil can even be part of your delicious anti-aging nutrition plan.

The best diet consists of fresh, unprocessed foods with ingredients you can recognize; raised or grown as naturally as possible.

This is a 'REAL food' diet. REAL food that is REALLY good for your body and your mind.

Real food is usually one ingredient, or a combination of one-ingredient foods. The way nature made it. Think of it—an apple has only one ingredient. Nuts have one ingredient. Grass fed meat has one ingredient. Vegetables, one ingredient. And of course, fruits, seeds, and eggs too. And then you also have healthy foods such as guacamole, which are combinations of one-ingredient foods.

But while these natural foods contain only one ingredient, they are actually jam-packed with thousands of vital nutrients your body needs and craves. And when you feed your body what it really craves--real nutrition—your cravings for junk food go away. So does your constant hunger. You feel satisfied.

Your body has what it needs and doesn't have to store unnecessary and unusable food calories as fat. It uses what you eat for energy, health, and rebuilding your cells in stronger and better ways. You will notice that when you eat this way, you actually have more energy and feel great. Your immune system functions well, you don't get sick as often, and chronic health problems may totally disappear.

You look younger. You feel younger. You ARE younger, physiologically.

Each recipe in this book is not only very nutritious, but the recipes mostly contain foods that are virtual 'superfoods'. Superfoods are those foods that contain the highest concentrations of anti-aging vitamins, minerals, anti-inflammatory ingredients, antioxidants and other nutrients such as 'phytochemicals' that make them, bite for bite, the most nutritious foods you can possibly eat.

These spectacular foods, spices and herbs are almost medicinal in their ability to burn fat, increase muscle, keep you looking and feeling young, strengthen the immune system, fight cancer, help mental concentration and mood, make your heart healthy, your breathing better, help you sleep more restfully, see better, and feel great—all over.

This is NOT dieting, this is a healthy, lean lifestyle with delicious recipes for meals and snacks you can eat day after day, and never feel deprived, or that you are missing out on delicious, satisfying food. This is delicious, satisfying food.

You probably already know about the amazing health benefits of antioxidant-rich foods in your diet. Antioxidants contain free-radical fighting phytochemicals that not only help you look and feel younger by slowing down the aging process, but they are incredibly protective of your overall health as well.

Antioxidants fight the effects of aging—not only wrinkles and saggy skin, but the serious chronic disease of: cancer, heart disease, diabetes, and many other degenerative diseases, as well as common colds and flu.



Antioxidants help your body recover from exercise faster and easier, and that means you will build more muscle and burn more fat in the long run. Antioxidants also help speed up your metabolism in many cases, helping your cells release more energy, as you burn fat. So antioxidants become one of the most powerful weapons in the fight against aging.

Besides the antioxidant, fat burning power in these recipes, there are literally thousands of other beneficial 'phytochemicals' (plant-based, health-boosting natural chemical compounds), that not only burn fat and give you more energy, but they fight disease, and contribute to your health in an infinite number of ways.

These recipes contain combinations of the best REAL one-ingredient foods, herbs and spices to make the most delicious meals and snacks you have ever had. Nothing is processed, artificial or bad for you.

In most every recipe, you will see information about one or more of the main ingredients—so you can learn what these super-powered foods can do for your health.

You can be confident that every bite of every recipe is packed with the healthiest nutrition, and metabolism-boosting, fat burning energy—delicious tasting, and good for your mind and body in a hundred different ways.

I hope you enjoy making these wonderful dishes and sharing them with loved ones, friends, and family.

Quick and Easy Recipes

We aren't all master chefs and we don't want to spend hours slaving away in the kitchen, so you will find that most of these recipes are quick and easy. Most of us just don't have time to prepare food for hours on end, but we all like to eat healthy, great tasting food and delicious dishes!

So quick and easy is how these recipes were put together.

When I cook, I don't usually measure ingredients; I have just gotten to a point where I can guess and throw in a little of this and a little of that and it tastes great.

Because some of you may be newer to cooking than I am, or just unfamiliar with the recipes; I did put measurements in most of the recipes (and for those who are not in the United States, hopefully you can convert the measurements).

But, since everyone's tastes are different, feel free to change or 'tweak' the recipes as much as you want to taste the way you want them to taste. Often, that's half the fun of a new recipe—adapting it to the way you like best.

Basic Ingredients to Keep On Hand

While this list does not include everything, the following is a list of the ingredients that are used most often in the recipes. These are great ingredients to keep on hand as much as possible to use in a variety of dishes and recipes. You may soon find that you are using these ingredients in many of your favorite meals and snacks. And remember, good high quality ingredients make great tasting dishes!

- Sea salt
- Fresh ground pepper
- Organic soy sauce
- Fresh garlic
- Fresh ginger
- Extra virgin olive oil
- Organic virgin coconut oil
- Fresh grass fed butter
- Grass fed beef
- Organic free range eggs
- Fresh lemons
- Fresh limes
- Grass fed raw cheese
- Frank's Redhot sauce or Tabasco sauce
- Fresh cilantro
- Fresh parsley
- (Fresh or dried) Oregano
- (Fresh or dried) Basil
- Turmeric
- Curry
- Red pepper flakes
- Organic brown rice flour, almond meal, and/or coconut flour

Breakfast

Mini-Veggie Quiche Cups



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

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, green onions, sweet red peppers, asparagus, or zucchini, or whatever else you can dream up.

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. Great topped with fresh salsa and avocados! Makes 12.

Low Glycemic Coconut Flour Pancakes



Coconut flour is a great gluten free flour substitute that is low-glycemic, low carb, high in fiber and high in nutrition. It has fewer digestible carbs than other flours, and it even has fewer carbs than some vegetables!

Coconut Flour has one of the highest percentages of dietary fiber (58%) found in any flour. Even wheat bran is only 27% fiber, and wheat bran also has the health issues associated with gluten and other anti-nutrients.

Coconut flour is a healthy and delicious alternative for most anyone who is allergic to nuts, wheat, milk or other common foods that trigger sensitivities. Because so few people are allergic to coconut, it is often regarded as hypoallergenic.

Spread some grass fed butter on these pancakes with a small amount of real maple syrup and berries; wrap up some bacon and eggs for a tasty breakfast burrito; top with cut up fresh fruit for a delicious fruit tart, or just eat them plain. These things are incredibly easy to make and incredibly tasty!

Ingredients:

4-5 eggs
¼ to 1/3 cup coconut flour
1/4 tsp vanilla extract
1 pinch nutmeg
1 tsp cinnamon (or more if you like)
1 pinch salt
1 Tbsp honey
1/4 to 1/3 cup coconut milk (full fat)
Pecans or walnuts (optional)
Blueberries (optional)

Directions

Mix these ingredients and let them sit for five minutes. Add more coconut milk if you find batter is too thick. Add coconut oil or butter to a pan and heat over medium heat. Pour about a ¼ cup of batter for each pancake, allowing each side to brown before flipping it. Serves 2-4.

If you want some healthy and delicious additions to your pancakes, add a few blueberries, crushed pecans, or walnut pieces immediately after pouring the batter in the pan.

Instead of using all coconut flour, you can also experiment with using half coconut flour and half almond flour, which makes a very balanced flavor in my opinion.

Dinners

World's Best Ever Chili



I like to add some unexpected ingredients into my chili recipe, not only for a taste sensation, but to increase the nutrient and antioxidant punch. People always rave about this chili—it's a proven crowd pleaser. You can adjust the seasonings for a milder or spicier version. I like LOTS of seasoning!

This chili is similar to a Cincinnati-style chili and the added spices and 'secret ingredients' add a massive amount of healthy, fat burning antioxidants.

The cumin stimulates pancreatic enzymes helping your digestion. Cumin also contains iron--and it has powerful antioxidant properties as well. And newest research shows that cumin may have a unique power to keep blood glucose in check, adding to its fat burning potential.

Oregano contains thymol and rosmarinic that are also very potent antioxidants. So potent that it has 42 times more antioxidant activity than apples, 30 times more than potatoes, 12 times more than oranges and 4 times more than blueberries. Oregano also has anti-bacterial properties, as well as providing vitamin K, iron and manganese, an often overlooked but essential trace mineral.

Cinnamon can lower LDL (the bad kind) cholesterol, lowers blood sugar, (which means you stay in fat burning mode!), fights certain types of cancer, and helps prevent harmful blood clots.

Chocolate powder is chock full of flavonoids, which are antioxidants to benefit your heart and your body. It also contains a rich source of magnesium, a mineral the majority of people are deficient in. (Did you know one of the reasons people crave chocolate is because they need magnesium?) The serotonin and other phytochemicals in chocolate also have a calming effect on mood and lift depression.

And the red chili peppers help you burn fat, raise the metabolism, open up the blood vessels, fight inflammation, and lift mood.

On top of all that you have the super healthy fats in the grass fed beef, the lycopene in tomatoes (known for its cancer fighting ability), and the anti-inflammatory and immune strengthening power of the onions and garlic.

So you see—how can you not feel GREAT when you eat this chili?

Ingredients

1 lb of grass fed ground beef, or beef stew meat, chopped in small pieces
1-2 Tbsp of extra virgin olive oil
1 medium red onion chopped
2 or 3 cloves of garlic chopped
1 small can of mild green chilies, chopped
2 Tbsp of cumin, or more to taste
2-4 Tbsp of chili powder
1 Tbsp of oregano
1 Tbsp of cinnamon
2 tsp of unsweetened organic cocoa
1 can of crushed fire roasted organic tomatoes
1 to 2 cups of water
2 14 ounces cans of any combination of kidney beans, black beans or pinto beans
1-2 Tbsp of Frank's red-hot sauce
½ to 1 tsp of sugar
Red pepper flakes to taste (be careful, this gets hotter as it cooks!)
Sea salt and red pepper flakes to taste

Directions

Brown meat over medium heat and add in onions, garlic, salt, cumin and chili pepper when meat is almost cooked. Add in rest of ingredients, and simmer over low heat, 1-2 hours, stirring occasionally. Adjust seasonings to taste, keeping in mind that red pepper flakes pick up heat and intensity as they cook.

Garnish with grass-fed grated cheese (if you would like), avocado slices and a big handful of chopped cilantro. Serves about 4.

Note: This is great for leftovers and tastes even better when it's re-heated as a leftover. The flavors and spices all mingle together and become richer and tastier.

If you really like your chili served over noodles, try it with spaghetti squash instead, for a gluten free, grain-free version. (Slice a spaghetti squash in half, scrape out seeds and bake, cut side down in ½ " water in shallow pan covered foil, 30-40 minutes in oven at 375 degrees F. Scrape out "spaghetti with a fork.) Voila! Chili Mac the healthy way.

Indian-Style Beef Kabobs with Cilantro Sauce



These Kabobs are absolutely delicious with an interesting spicy curry (not too spicy) flavor. This is one of my very favorite dishes!

There is a generous portion of cilantro in it. The health benefits associated with cilantro are pretty extensive. In fact, cilantro is so effective at lowering blood sugar, it is known in some places as the "*anti-diabetic plant.*"

It is also known for its anti-inflammatory compounds and its cholesterol-lowering ability, as well as its ability to remove toxic metals (like mercury and lead) from the body. Cilantro is twice as effective as antibiotics against the food-borne salmonella bacteria that cause food poisoning.

In addition, cilantro is great for digestion, arthritis, urinary tract infections, and is rich in magnesium, iron and tons of phytonutrients, so use cilantro liberally whenever you can!

The marinade also contains lots of curry powder with turmeric--rich in powerful antioxidants that help battle inflammation, prevent Alzheimer's disease, burn fat, and enhance the immune system, as well as preventing exogenous AGEs from forming in the grilled meat.

When you use grass fed beef (which I highly recommend) you will also get the full benefit of the healthy omega 3 and CLA fats in the meat without all the hormones, additives, and antibiotics of conventional meat.

Ingredients

1 bunch of fresh cilantro (2 cups cilantro leaves)
1 small red onion peeled
2 cloves garlic, peeled
1 small green chili pepper trimmed and halved
1 2 inch piece of fresh ginger, peeled
1 ¼ tsp sea salt
4 Tbsp extra virgin olive oil
3 Tbsp fresh lime juice (juice of one lime)
½ tsp curry powder
1-2 lbs grass fed ribeye or sirloin steak, cut into 24 one-inch chunks
1 medium onion, peeled
Naan bread or rice flour (gluten-free) tortillas
1 cup plain or Greek yogurt

Directions

Place the cilantro, onion, garlic, chili, ginger, and salt with 3 Tbsp of the extra virgin olive oil in a food processor fitted with a metal blade. Process until a paste is formed. Transfer to a large bowl.

Put 2 Tbsp of the paste in a small bowl and stir in the lime juice to make the cilantro sauce. Cover and set aside. Stir the curry powder into the rest of the paste, add the steak and coat well. Cover and marinate at room temp for about 20 min.

Cut the red onion into wedges, separate the wedges and thread beef and onion onto skewers. Brush a grill pan with the oil. Preheat grill. Grill the kebabs for 8-10 minutes turning the skewers every 2 minutes.

Serve with quinoa, the cilantro sauce, plain yogurt, and a big tossed baby greens salad.
Serves 4.

Super Salmon with Fresh Cranberry Orange Salsa



In a scene straight out of the TV cooking show series, “Chopped” I was looking to make something tasty for dinner and being in a hurry, I decided to just use what I could find in the fridge.

Hmm...an orange, cilantro, some fresh cranberries, and a piece of frozen sockeye salmon. What to make? Well, I decided to make salsa out of the cranberries and serve it with the salmon. I was delighted with how good it was! You will be too, when you try this recipe.

The tart taste of the fresh cranberries mixes with the sweetness of the orange and picks up the flavor of the salmon in a fresh new way. Your taste buds will be absolutely delighted!

Cranberries are one of the few foods totally native to North America. Native American Indians ate cranberries cooked and sweetened with honey or maple syrup. Cranberries were also used as a medicine and a poultice for wounds. The tannins in them help to contract tissue to stop bleeding, and the compounds in cranberries have powerful antibiotic effects as well.

While cranberries are best known for helping urinary health, this little red super berry is also beneficial for the gastrointestinal tract, prevents cavities, helps prevent kidney stones and gallstones, aids in recovery from strokes, prevents cancer, lowers LDL (bad) cholesterol, and raises HDL (good) cholesterol. Not bad for one little berry.

These phytochemical powerhouses are packed with **five times** the antioxidant content of broccoli, and rank higher in antioxidants than most fruits and vegetables! Antioxidants mean Anti-Aging as well.

Several newly discovered compounds in fresh cranberries have also been found to be toxic to cancer cells including lung, cervical, prostate, breast and leukemia cancer cells.

So you see, there is no reason to NOT eat cranberries!

Ingredients

2-4 wild caught salmon fillets (sockeye salmon is my favorite for this)
Jerk seasoning (I used a pre-made powdered rub)
1 cup fresh cranberries, chopped, or lightly processed in food processor
½ small red onion
1 orange or blood orange, peeled, sectioned and cut in smaller pieces
Juice of half a lime
¼ cup chopped cilantro
1 tsp honey
Sea salt
Hot pepper flakes, to taste

Directions

Chop cranberries roughly by hand or in a food processor (just enough to chop but be careful not to turn them to mush), and mix with orange, onion, lime juice, cilantro and hot pepper flakes.

Season the salmon with jerk seasoning, and grill or broil till tender and flaky. Serve topped with cranberry mixture. Enjoy! Serves 2-4.

Main Dish Salads

Warm Asian Steak Salad



Photo courtesy of Just Jan, <http://janandrussroundozagain-janandruss.blogspot.com>

This salad contains fresh ginger in the dressing. Ginger is one of those incredible superfoods that does many, many good things for your body, including its power as an effective anti-inflammatory.

Ginger actually promotes normal levels of both LDL (“bad”) cholesterol and triglycerides. It’s a delicious way to get these unhealthy fats down to manageable levels.

Eating ginger every day can give you a real antioxidant boost. That’s because ginger contains 12 antioxidant compounds more powerful than vitamin E! And, studies show that ginger is an excellent pain relief additive and promotes healthy circulation as well.

Some of ginger’s other benefits are well known too. You may already know ginger is great for nausea and motion sickness—and works as well or better than some medications.

Ginger is an excellent digestive aid as well. It really helps get your digestive system moving. And ginger’s zippy flavor also jumpstarts your metabolism by making you more energetic and burn more calories.

Salad Ingredients

3/4 lb grass fed sirloin, skirt or tri-tip steak

Mixed organic greens (romaine, arugula, red leaf, etc.)

10-12 pieces of [asparagus](#), trimmed, cooked slightly and cut in 1 inch pieces

1 sweet red pepper, cut in thin strips

½ [seedless cucumber](#), thinly sliced

3 [green onions](#), thinly sliced

Handful of chopped fresh cilantro

Chopped tomato

Toasted sesame seeds or peanuts

Dressing Ingredients

½ cup orange juice

½ Tbsp [fresh ginger](#), minced or grated

½ Tbsp rice wine vinegar

2 cloves [garlic](#), smashed and minced

2 tsp [light soy sauce](#)

2 tsp sesame oil

2 tsp [liquid honey](#)

1 tsp extra virgin olive oil

1 dash hot pepper sauce (optional)

Directions

Whisk together dressing ingredients. Pour ¼ cup of dressing over steak in a shallow glass dish, turning to coat. Reserve remaining dressing. Grill steak about 3-4 minutes per side (if steak is about 1" thick). Let steak rest for a few minutes before carving. Slice thinly on the diagonal.

In a serving dish, toss reserved dressing with salad greens, asparagus, red pepper, cucumber, green onions and coriander. Add steak to top of salad and garnish with sesame seeds or peanuts, and serve. Serves 4.

Wine Country Chicken Salad



This recipe is a favorite, adapted from a recipe from the Robert Mondavi Winery in Napa Valley. It makes a perfect meal with high quality protein, good-for-you fats, and healthy greens loaded with antioxidants and fat burning power. And, it's beautiful looking too.

The dressing contains the fresh herbs, thyme and basil. Thyme and basil contain healthy volatile oils with well-documented health benefits. The oil in thyme, '*thymol*' can actually increase the amount of healthy fats in your cell membranes and other cell structures. When you eat omega 3 fats containing DHA (a very important part of omega 3's), thyme helps to get those healthy fats right where your body needs them. It even protects brain cells and decreases aging.

So, thyme and omega 3 fats are a winning combination!

Thyme also contains a variety of flavonoids, including *apigenin*, *naringenin*, *luteolin*, and *thymonin*. These flavonoids increase thyme's antioxidant power, and combined with the manganese it contains, put thyme at the top of the list of powerful antioxidants.

Basil actually contains a substance that works like anti-inflammatory medication like ibuprofen. It adds healing benefits and relief for people with inflammatory health problems like arthritis or inflammatory bowel conditions.

The really interesting thing about both basil and thyme is their ability to kill certain bacteria and fungi. *Staphalococcus aureus (staph)*, *Bacillus subtilis*, *Escherichia coli (e.coli)*, and *Shigella sonnei* are some of the food-borne bacteria that these herbs can kill.

So you see, it makes very good sense to include thyme and basil in your recipes, especially for foods that are uncooked, such as salads. Adding generous amounts of fresh thyme and basil to your next vinaigrette will not only enhance the flavor of your fresh greens, but will help ensure that your fresh produce is safe to eat. Enjoy!

Salad

3 cups chicken stock or water
2 boneless skinless chicken breasts
½ lb pencil thin asparagus, cut into 2" pieces
½ cup Nicoise olives, pitted
10 cherry tomatoes, quartered
2 Tbsp capers, drained and rinsed
2 Tbsp finely chopped fresh basil
Parmigiana Reggiano, shaved or grated

Dressing

½ cup extra virgin olive oil
1 medium shallot minced
2 generous tsp finely chopped fresh thyme
1 Tbsp or more finely chopped fresh parsley
¼ cup fresh lemon juice (1 medium lemon)
Sea salt and pepper to taste

Directions

In a deep medium-sized saucepan bring the stock or water to a simmer. Add the whole pieces of chicken and simmer for 10-12 minutes until tender. Cool chicken in the liquid, drain and shred the chicken by tearing into long thin pieces with forks. Set aside. Cook the asparagus for 3-4 minutes until tender but crisp. Drain and cool under cold water.

Add olives, tomatoes, capers, basil and pepper to the chicken and stir to combine. Mix the ingredients for the dressing, and add to the salad mixture. Stir gently to combine. Arrange on a bed of organic baby greens, Bibb lettuce, or red leaf lettuce. Garnish with some Parmigiana Reggiano (this is the Italian version of Parmigiana cheese, it's usually raw and aged, and way tastier). Using a vegetable peeler, just peel a few thin pieces onto the salad.

This can be prepared up to 6 hours ahead of time and refrigerated. Add the dressing just prior to serving. Serves 2-4, depending on appetites.

Snacks

Nutty Cashew Hummus



Although nuts have tons of healthy, fat burning benefits, many people avoid them because they think they are fattening. While I wouldn't touch those kind that come in a can from the grocery store loaded with cottonseed oil and other unhealthy stuff, I do think nuts are a great *fat burning* snack!

A recent study in the journal *Obesity* showed that people who eat nuts at least twice a week are much *less* likely to gain weight than those who almost never eat nuts. Just remember that nuts are calorically dense, so if you eat a ton of them, like anything else, they will be fattening—so just go easy on this delicious snack.

Most of the fat in cashews is from *oleic acid*, the same heart-healthy fat found in extra virgin olive oil. This monounsaturated fat helps reduce triglyceride levels and LDL cholesterol which are associated with heart disease.

Cashews contain an ample supply of copper and magnesium—necessary nutrients for bone, connective tissue, skin and hair. Copper helps keep blood vessels and joints flexible. Magnesium also helps calm the nerves, reduce muscle spasms, prevent migraines, lower blood pressure, and reduce asthma. And one more added benefit—nuts help lower the risk of gallstones.

Ingredients

1 cup of cashews, raw or naturally roasted without added fats

¼ cup tahini

2-3 garlic cloves, crushed

3 tablespoons of lemon juice

1 tsp cumin

Sprinkle of cayenne pepper

Sea salt

Fresh parsley, chopped

Fresh cut up veggies for dipping

Directions

If using raw cashews, soak in water for at least three hours. Drain and rinse and place in food processor. Add remaining ingredients to food processor, puree until well blended.

Add water, ¼ cup at a time, until desired thickness. Sprinkle the top with freshly chopped parsley before serving. Can be stored in covered container in the refrigerator.

Serves 4.

For variations, keep the base recipe the same and add the following: olives, roasted red pepper, sun dried tomato.

PHAT GUACAMOLE DEVILED EGGS



These delicious eggs have guacamole as a healthy addition to the egg yolks. So on top of all the great fat burning benefits you get from eating the eggs and the yolk, you get the healthy fats, vitamins and minerals in the avocado as well.

The healthy fats and other nutrition you get from avocados help your body to maintain proper levels of hormones that help with fat loss and muscle building. The healthy fat in avocados helps control insulin levels and gives your brain a signal that you are satisfied when you eat them, so you eat less.

Avocados contain plenty of oleic acid, a monounsaturated fat that helps lower cholesterol and is helpful in preventing breast cancer and other cancers. One cup of avocado has about a quarter of your required daily amount of folate, or folic acid, a B vitamin that plays an essential role in making new cells by helping to produce DNA and RNA.

This hunger satisfying low carb snack will keep your blood sugar stable, replenish and fuel your body with lean, fat burning nutrition.

Check these out—they are absolutely delicious!

Ingredients

4-6 eggs, hard-boiled

1 avocado

1 clove minced garlic

¼ cup finely minced red onion

1 small roma or plum tomato, seeded and finely chopped

2-4 Tbsp chopped cilantro

Frank's Redhot sauce or Tabasco, more or less to taste, depending on its hotness

1 tsp lemon or lime juice

Cilantro, chopped

Sea salt

Directions

Peel hard-boiled eggs and cut in half length-wise. Gently pop out yolks into a small bowl with avocado, garlic, tomato, onion, hot sauce and lemon juice. Mash yolks and avocado mix together. Season with sea salt, and freshly ground black pepper to taste.

Refill egg whites with the yolk/guacamole mixture, sprinkle with chopped cilantro.

Serves 4.

Nutty Energy Snack Bombs



Photo courtesy Isabel, tisthefood.wordpress.com

These energy snacks are far, far better than most energy bars that you would buy in a store! They not only taste better, but also are WAY healthier for you! And they have only REAL ingredients in them--nothing processed or artificial.

Protein and fat in nuts helps you feel full and stops cravings, and won't raise blood sugar, which means they are more likely to be used as energy and will not stimulate your appetite like a starchy or sweet food will.

Besides their lean body benefits, nuts are a highly nutritious food to include in your diet. Most nuts are high in monounsaturated fats, the same type of health-promoting fats as are found in extra virgin olive oil, which have been associated with reduced risk of heart disease and cancer. Nuts also contain polyunsaturated fats, healthy saturated fats, and linoleic acid, another healthy fat that the body utilizes for essential fatty acids.

Nuts contain lots of vitamin E, which works as an antioxidant, and prevents oxidation of LDL cholesterol. Nuts are also chock full of hard-to-get minerals, such as copper, iron, magnesium, manganese, zinc and selenium.

Ingredients

- ½ cup almond butter, peanut butter, or cashew butter
- ½ cup ground flaxseeds
- ½ cup tahini
- ¼ cup pumpkin seeds, walnuts, pecans, almonds, cashews, etc.
- ½ cup grated or shredded unsweetened coconut
- ¼ cup extra virgin coconut oil
- 2 Tbsp cup real maple syrup
- ½ cup dried goji berries, cranberries, cherries, or raisins
- ¼ cup vanilla [cold processed protein powder](#) (optional)

Combine all ingredients in a medium size bowl, or use a food processor. Roll into balls about the size of a small walnut. These are even better tasting rolled in shredded coconut. Store in refrigerator. Makes about 20 balls.

Experiment with your favorite nuts, dried fruit and nut butters for more varieties of these high-powered snacks.

Desserts

Mike Geary's Lean-Body Chocolate Peanut Butter Fudge



Don't be afraid of the fat in the coconut milk. Coconut fat is mostly medium chain triglycerides (MCTs) that are quickly used for energy and less likely to be stored as fat. It also contains a special fat called lauric acid, which is extremely healthy and supports the immune system. Coconut fat is also very heart healthy and good for your cholesterol as long as it is not 'hydrogenated'.

The fats in the nuts are also healthy and fat burning helping you feel satisfied. You also keep your blood sugar in check and don't cause an insulin rush either, as long as you use stevia as a sweetener instead of sugar or agave syrup.

Ingredients

3/4 cup organic canned coconut milk (full-fat version)

1 bar (3-5 oz bar) baker's unsweetened chocolate - 100% cacao content (if you can't find 100% cacao baker's chocolate, look for at least 70-80% cocoa content)

4-5 tablespoons of peanut butter or your favorite nut butter (almond, cashew, pecan and/or macadamia butter)

¾ cup raisins, dried cranberries and/or goji berries (optional)
½ cup whole raw almonds or other nuts (optional)
¼ cup raw chopped pecans (optional)
1 scoop, (about 25 gms) protein powder
3 Tbsp chia seeds, hemp seeds, and/or flax seeds (optional, but adds crazy amounts of vitamins, minerals, and antioxidants...plus a nutty taste)
2 Tbsp rice bran or ground flax seeds (usually only available at health food stores)
2 Tbsp whole oats or oat bran
½ tsp vanilla extract
A little natural [stevia powder](#) to sweeten (add a small amount to your taste)
A touch of real maple syrup if you want a more "blended" sweetness flavor

Directions

Start by adding the coconut milk (cans of organic coconut milk are available at most health food stores and possibly even your grocery store) and vanilla extract to a small saucepan on VERY low heat -- the lowest heat setting. Break up the extra dark chocolate bar into chunks and add into pot. Add the nut butters and the stevia, and continuously stir until it all melts together into a smooth mixture.

Then add the raisins, nuts, seeds, protein powder, oat bran, and rice bran and stir until fully blended. If the mixture becomes too thick or crumbly, just add a small amount more coconut milk. If the mixture seems too wet, keep in mind that it will solidify a good bit once it goes in the fridge.

Spoon/pour the fudge mixture onto some waxed paper in an 8"x 8" baking dish and place in the fridge until it cools and solidifies together (3-4 hours). Cut into squares once firm and place in a closed container or cover with foil in fridge to prevent it from drying out.

Enjoy small squares of this delicious healthy "super-food" fudge for dessert and for small snacks throughout the day. This is about as good as it gets for a healthy yet delicious treat!

Even though this is a healthier dessert idea that's lower in sugar and higher in nutrition than most sweet treats, keep in mind that it is still calorie dense, so keep your portions reasonable.

Mike 's Lean-Body Recipe: Pumped-Up Pumpkin Mix



If you like pumpkin pie, you'll love this nutrient-dense, antioxidant-rich, protein-packed treat!

Pumpkins are a rich source of beta carotene and vitamin A, vitamin C, magnesium, potassium, zinc, and fiber which benefit your eyes, skin, immune system, bones, digestion, and heart health. It is also rich in anti-inflammatory compounds, and contains l-tryptophan, which helps you sleep and feel calmer.

The fiber in pumpkin fills you up without adding tons of calories (unless you're eating pumpkin pie!)

It's funny, but whenever someone sees this little concoction, they say it tastes way better than it looks! I know it's a little "out there", but give it a shot...it tastes like pumpkin pie filling, but tastier, and better for you!

This recipe makes 5-6 servings (I like to split into 5-6 containers to have a quick healthy mid-meal each day)

Ingredients

Two 15 oz cans of pure 100% organic pumpkin

One 15 oz container of ricotta cheese (grass-fed if you can find it)

One 32 oz container of vanilla yogurt

One scoop (about 25 grams) of vanilla [cold processed, stevia-sweetened protein](#)
3/4 cup raisins or currants
3/4 cup chopped walnuts or pecans
¼ cup chia seeds and/or hemp seeds
¼ cup rice bran
Cinnamon to season to taste (1/2 to 1 tsp works well)
A little stevia (natural non-caloric sweetener) -- only if it needs a little more sweetness for your taste.

Directions

Mix everything together in a huge bowl and split into 5-6 containers (approx 16 oz containers work well), and you've got a quick healthy snack, or dessert for each weekday. Adjust the quantities of the ingredients if you want fewer calories or more calories per meal.

This would be a big serving for smaller females, so adjust the quantities a little bit lower. For bigger guys, this meal size should be fairly satisfying.

