



***To garnish the burgers, you will require:***

- 1 kale leaf, fresh and torn into pieces
- 2 slices of tomato
- 3 slices of avocado
- ¼ cup of sauerkraut
- 1 pan fried pastured egg
- 1 cooked bacon strip, cut into 2 pieces

**Directions:**

Cook the required number of slices of bacon (depending on the number of burgers you are making) and set aside.

In a small food bowl, add the cooked bacon and drippings or lardons, pepper, egg, ground clove, garlic, salt and anise seeds then process them into a paste.

Add the above mixture to a medium mixing bowl followed by the ground beef, parsley, jalapeño pepper, rosemary, mint, and sauerkraut then knead well with your hands (ensure your hands are clean) until uniformly blended. Make 3 or 4 beef patties from the mixture.

Preheat your grill to a 350° F high.

Once the grill is nice and hot, lower its heat to a 150° F medium and place the patties on the grill. Cook for about 3-4 minutes per side. Alternatively, you could cook the beef patties in a large skillet set over the medium-high heat of 275° F, maintaining the cook time of about 3-4 minutes per side.

Pan fry 4 eggs to garnish your burgers with, while the meat is cooking

Assemble the burgers. Lay a few pieces of kale at the bottom of a plate. Place the beef patty on top of it, followed by the sauerkraut and the slices of tomatoes and avocado.

Finally, add the pan fried egg right on top of all that and place two pieces of cooked bacon on the fried egg.

**Nutrition:**

- Protein 49.5 g
- Carbohydrates 12g
- Fat 42.8g
- Dietary fiber 4.8g



**Serving:** 2

**Prep Time:** 5 minutes

**Cook Time:** 5 minutes per pan cake

**Ingredients:**

- 2 tablespoons of coconut oil (extra virgin preferably)
- 1 tablespoon of honey (optional)
- 3 eggs (large)
- ¼ cup of coconut milk
- ¼ cup of coconut flour
- 1/8 teaspoon of sea salt

**Directions:**

In a jar of choice, cream together the honey and the coconut oil while adding eggs, one by one.

Add coconut milk then mix until the mixture is smooth.

Add the coconut flour and mix some more until it's smooth

Add salt. Mix gently for 10 seconds to avoid overmixing.

Use a ladle to pour the mixture in small amounts, onto a pan with grass-fed ghee on 150-170° F (medium heat).

Observe and flip the bottom once it turns light brown.

Serve with maple syrup.

**Nutrition:**

- Protein 10g
- Carbohydrate 6g
- Calories 160
- Fiber 13g
- Fat 7.4g



**Serving:** 4

**Prep Time:** 15 minutes

**Cook Time:** 12 minutes

**Ingredients:**

- 12 eggs
- ½ a pound of cooked crab meat
- 2 tablespoons of minced chives
- ¼ a cup of olive oil
- 2 tablespoons of fresh lemon juice
- 2 tablespoons of freshly minced tarragon
- Sea salt
- Ground black pepper

**Direction:**

Boil the eggs in a water filled saucepan

After the eggs are hard boiled, turn off the heat and let them cool for 10 minutes.

Remove the eggs from the hot water and place them in cold water so that they are cool enough to handle. Peel the eggs.

Halve all the eggs while removing the yolks. Place the yolks in one bowl and the halves on a tray. Mash the yolks together with the olive oil. Add the tarragon, chive, crab meat and lemon juice. Season with salt and pepper then stir gently.

Fill the egg whites with the mixture and use tarragon leaves to garnish.

**Nutrition:**

- Protein 6.3g
- Calories 71
- Fat 5.15g

**Tips and tricks:**

If olive oil is not available, you can replace it with mashed avocado.



## *Poultry Apple Chicken*

**Serving:** 2

**Prep Time:** 15 minutes

**Cook Time:** 20 minutes

**Ingredients:**

- 2 Pieces of chicken breasts (boneless and skinless)
- ¼ teaspoon of sea salt
- 2 tablespoons of coconut oil
- 1 apple (large)
- ½ teaspoon of cinnamon

**Directions:**

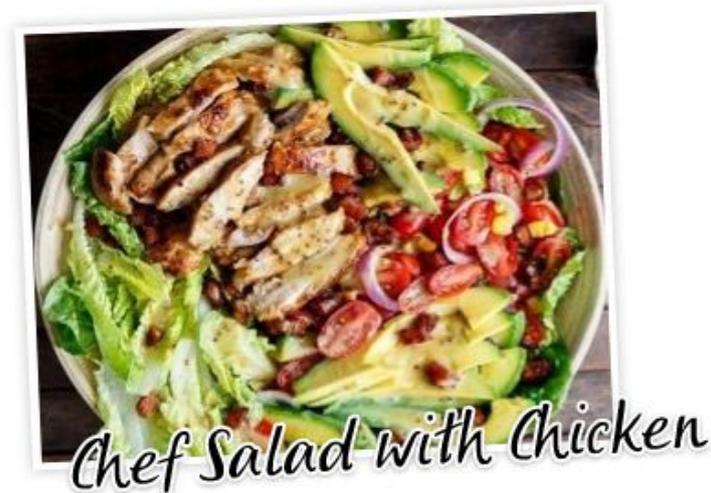
Slice the chicken breasts then season with sea salt and ground pepper. Set it aside. Heat a sizeable source pan over a medium high heat of 200° F then add coconut oil when hot. Add the diced chicken breasts and cook at 150° F until it turns slightly pink. Grate the apple into the pan and add cinnamon on top. Cook until chicken is done and the apple becomes tender.

**Nutrition:**

- Protein 35g
- Fiber 3g
- Carbohydrates 15g
- Fat 15g

**Tips and tricks:**

You can substitute cinnamon with allspice.



**Serving:** 2

**Prep Time:** 15 minutes

**Cook Time:** 20 minutes

**Ingredients:**

- 4 large hard boiled eggs
- 1 lettuce head (red leaf)
- ½ pound of boneless chicken breast (skinless)
- ½ cup sliced tomatoes, grapes or cherry halved
- 2 slices of cooked and crumbled bacon
- 4 medium sliced onions
- 2 medium diced celery stalks
- 1 medium diced avocado
- ½ serving spoon of hemp or Olive Oil

**Directions:**

Remove shells from hard-boiled eggs and halve them.

Cook the bacon and crumble it. Grill the chicken and slice it.

Chop the vegetables into bite size pieces after washing.

Divide the lettuce into plates and top with vegetables, avocado, eggs, the chicken, and oil.

**Nutrition:**

- Protein 17g
- Fat 5.5g
- Calories 165

**Tips and tricks:**

You can substitute the chicken with grilled and diced ham of the same measure.



**Serving:** 6

**Prep Time:** 30 minutes

**Cook Time:** 5 Hours

**Ingredients:**

- 2 pounds of ground bison
- 2 tablespoons chili powder
- 1 tablespoon ground cumin and pepper
- 2 tablespoons coriander
- 1 tablespoon red pepper powder
- 1 tablespoon oregano (dried)
- 1/8 teaspoon cayenne pepper
- 3 pound chopped tomatoes
- 2 tablespoon olive oil
- 2 chopped onions
- 1 red bell pepper, stemmed, seeded and cut into 1/2 inch pieces
- 1/4 cup tomato paste
- 6 garlic cloves (minced)
- 1 cup water
- 1 pound sweet potatoes (peeled and cut into 1/2 inch pieces)

**Directions:**

Combine coriander, pepper flex, chili powder cumin, cayenne, 1 tablespoon of salt and oregano in a bowl. Tomatoes should be processed in a food processor until they are smooth, then set it aside.

Heat the oil in Dutch oven (170° F) until shimmering. Add onions then bell pepper and cook till softened (8-10 minutes). While stirring, add in the spice mixture, tomatoes paste, and garlic then cooks for approximately 2 minutes.

Increase the heat to 350° F (medium high), add ½ the ground bison (1 pound) and cook using a wooden spoon until it loses the pink color (3-5 minutes). Add processed tomatoes and water while stirring then bring to simmer. Reduce the heat to 150° F (medium-low), cover and simmer it gently. Stir occasionally for an hour.

Add sweet potatoes while stirring. Lump the remaining 1 pound bison into a ball. Then pinch of teaspoon sizes from the ball and stir it into the chili mixture. When done, cover and occasionally stir until both the potatoes and the bison are nice and tender (45 minutes to 1 hour). Season it with salt and pepper to taste.

Ready to serve.

**Nutrition:**

- Protein 28g
- Carbohydrates 16g
- Fiber 6g
- Fat 3.5g
- Calories 220

**Tips and tricks:**

If chili begins to stick to the pot's bottom, add water as needed (do not exceed). Always stir in regular intervals.



**Serving:** 4

**Prep Time:** 15 minutes

**Cook Time:** 2 Hours

**Ingredients:**

- 1 pound beef meat (cut into cubes)
- 3 tablespoons of coconut oil
- $\frac{3}{4}$  cup of beef stock
- 1 large onion chopped
- 1 cup celery, sliced
- 3 medium carrots peeled and chopped
- 3 diced tomatoes (28 Oz)
- $\frac{1}{2}$  teaspoon rosemary, chopped
- $\frac{1}{2}$  tablespoon fresh thyme, finely chopped
- $\frac{1}{2}$  tablespoon sea salt
- $\frac{1}{2}$  teaspoon freshly grounded black pepper (optional)

**Directions:**

Pour the coconut oil into a sizeable source pan. Turn the heat to 170° F (medium high) then while stirring, add in onions, carrots, and celery. Let it cook for 3 to 5 minutes while stirring consistently.

Add beef followed by beef stock, tomatoes, thyme and rosemary. Stir using a wooden spoon for  $\frac{1}{2}$  a minute then season with pepper and salt for taste.

Cover source pan and let it cook for an hour. This will allow the stew to simmer. Stir occasionally during the 1 hour cooking time.

Cook without lid for an extra 45 minutes. Serve.

**Nutrition:**

- Carbohydrate 22.4g
- Protein 29.7g
- Calories 307.5g
- Dietary fiber 7.2g
- Fat 11.8g

**Tips and tricks:**

If the mixture turns out to be too thick at the end of your cooking process, then you can add a little bit of stock or water.



**Serving:** 10

**Prep Time:** 20 minutes

**Cook Time:** 1 hour 30 minutes

**Ingredients:**

- 1 tablespoon coconut oil
- $\frac{3}{4}$  cup of diced carrots
- $\frac{3}{4}$  cup of diced onions
- 1 pinch of fresh chopped thyme
- 1 pinch fresh chopped parsley
- 1 lightly beaten egg
- 1 fire roasted diced tomatoes
- $2\frac{2}{3}$  pounds lean ground beef
- 1 cup of fresh spinach leaves
- 3 slices of bacon cut into pieces
- 3 cloves of garlic chopped

**Directions:**

Heat the oil in a sizeable saucepan over medium heat of 200° F. Cook while stirring the carrots and onion in hot oil until they are slightly softened (for about 3 to 7 minutes). Add garlic, spinach, tomatoes, parsley, thyme, black pepper, and salt. Then bring to simmer, reduce heat to medium-low of 175° F, and simmer for 20 minutes until flavors combine. Cool slightly for 5 to 10 minutes.

Preheat your oven to 400° F. Then line the baking sheet with an aluminum foil.

Mush the vegetable mixture with a stick blender until it's smooth. Alternatively, use a blender with no more than half full of the vegetable mix. Mash in batches until smooth.

Mix the mashed vegetables, egg together and ground beef in a bowl with your hands (ensure hands are clean) until evenly combined. Divide the meat mixture into 10 equal portions. Use

the portions to form mini-loafs and place on prepared baking sheet. Place 1 bacon piece on each loaf.

Bake in the preheated oven (40-45 minutes) until the meatloaves are no longer pink in the center. 160° F should be maintained during this process. Serve

**Nutrition:**

- Calories 275
- Fat 19.2
- Carbohydrate 6.5g
- Protein 17.9g
- Dietary fiber 0.4g

**Tips and tricks:**

You can opt to substitute avocado oil for the coconut oil since they all yield desired results.



**Serving:** 8

**Prep Time:** 60 minutes

**Cook Time:** 20 minutes

**Ingredients:**

- 2 pounds of ground beef (grass-fed)
- 4 cloves of garlic (minced)
- 1 chopped medium yellow onion
- 2 chopped carrots
- 1 container of sliced mushrooms (80oz)
- 1 thawed bag of frozen peas (16oz)
- 2 tomatoes, mashed (6oz)
- 1 tablespoon of chopped fresh rosemary
- 2 tablespoons of fresh thyme
- 6 medium sweet potatoes
- ½ cup of coconut milk
- 2 tablespoons of butter
- sea salt and pepper

**Directions:**

Start by preheating the oven to a high of 350°F.

In a large source pan, Hazel the meat with the cloves of garlic in butter.

After browning the meat, remove it from the pan then cook the onions, carrots, and mushrooms. Cook until carrots are nicely soft and onions are translucent (not golden).

Add the cooked meat back to the source pan then add the mashed tomatoes, thyme, rosemary, and salt.

Maintaining the heat at 350° F, Cook until all of the excess liquid has cooked off. Then stir in the peas.

Pour into a large baking dish the cooked meat mixture.

Foil the sweet potatoes in a baking sheet and bake until soft for about 40 minutes. After the

potatoes have cooled for a few minutes, peel and place them into a sizeable bowl with coconut milk, sea salt, butter, and pepper.

Gently mash the sweet potatoes into a paste, and spread on top of the meat mixture.

Bake for 15 to 20 minutes, or alternatively until the sides of the pie are bubbling and the center is hot. Serve

**Nutrition:**

- Calories 272
- Fat 21g
- Carbohydrate 34.46g
- Fat 8.2g



## *Spring Lamb Stir-Fry*

**Serving:** 4

**Prep Time:** 30 minutes

**Cook Time:** 20 minutes

**Ingredients:**

- 3 tablespoons of coconut oil
- 1 pound of cubed lamb (boneless)
- 2 minced garlic cloves
- 1 teaspoon of fresh ginger
- 2 sliced zucchini
- 1 large sliced carrot
- 1 teaspoon of ground coriander
- 1 teaspoon of cumin
- 1 teaspoon of lime juice
- Freshly chopped cilantro
- Sea salt and ground pepper
- Cauliflower rice (for serving)

**Directions:**

In a large source pan, heat the coconut oil at 150° F then add the lamb until browned.

Remove the lamb from the pan and add to the pan garlic, ginger, carrots, and zucchini. Cook until softened.

Add coriander, lime juice, cumin and the lamb removed earlier.

Continue cooking until the lamb is nicely done.

Serve with the cilantro and the cauliflower rice.

**Nutrition:**

- Fat 16.2g
- Carbohydrates 28g
- Dietary fiber 3g
- Calories 397.8



*Beef Vindaloo*

**Serving:** 2

**Prep Time:** 9 hours

**Cook Time:** 1½ hours

**Ingredients: Beef ingredients**

- 1½ pounds of beef stew meat cut into 1½ inch pieces
- 1/3 cup of fresh lemon juice
- 2 tablespoons of olive oil
- 1 tablespoon of sea salt

**For vindaloo**

- 2 divided tablespoons of olive oil
- 1 finely sliced onion
- ½ onion (chopped)
- 4 minced garlic cloves
- 1 tablespoon of ground ginger
- ½ tablespoon of ground cumin
- ½ tablespoon of ground mustard
- 1 tablespoon of turmeric
- 1 tablespoon of cayenne pepper
- ½ tablespoon of ground cinnamon
- 1 tablespoon of ground paprika
- ½ tablespoon of ground coriander
- 1 cup of beef stock
- 6 oz. of tomato paste (homemade)
- 1 sliced tomato (large)
- 1 tablespoon lemon juice
- 1 bay leaf

- ½ pound of sweet potatoes cut into inch cubes
- Sea salt and pepper

**Directions:**

Start by marinating the beef in a large bowl. Whisk together 2 tablespoons of olive oil, 1/3 cup of lemon and 1 tablespoon of salt. In this mixture, add the beef chunks and toss to coat. While covered in a plastic wrap, place in a refrigerator for 9 hours (or overnight).

Prepare the oven by preheating it to 350° F.

In a food processor add ground ginger, ground cumin, ground mustard, 4 garlic cloves, ½ chopped onions, cayenne pepper, turmeric, paprika, ground cinnamon and ground coriander. Blend this mixture until it forms a paste and set it aside.

Use an safe oven skillet to heat 1 tablespoon of olive oil over a medium high heat. Drain the marinade from the beef. In 2 batches, add the beef to the pan and brown for about 4 minutes, remove from pan and set it aside after.

Reduce heat to a medium of 175° F. Introduce the onions and cook for 5 minutes until they become translucent.

Add your spice paste to the pan and cook while constantly stirring for 2 minutes. Ensure that the spices become fragrant then add the tomato paste and cook for 2 more minutes while stirring.

Add the beef stock to the mixture and stir well.

Take the beef set aside and add it back to the pan followed by tomatoes, lemon, sweet potatoes and bay leaf. Transfer the pan's contents to the oven then bake for 1 hour.

After an hour, remove from the oven then season with salt and pepper before serving.

**Nutrition:**

- Calories 327
- Protein 13g
- Fat 13g



## *Paleo Sloppy Joes*

**Serving:** 4

**Prep Time:** 20 minutes

**Cook Time:** 1 hour 10 minutes

### **Ingredients: Beef ingredients**

- 1 pound of ground beef or turkey (boneless and skinless)
- 1 diced bell pepper
- 1 diced onion
- 3 diced celery stalks
- 1 minced garlic clove
- 1 tablespoon of cumin
- 1 tablespoon of chili powder
- 2 cups of tomato sauce
- ¼ tablespoon of cayenne pepper (optional)
- ¼ tablespoon of red pepper flakes (optional)
- ¼ tablespoon of sea salt
- Freshly cracked black pepper
- 2 tablespoons of coconut oil

### **Directions:**

Use a large skillet to heat the coconut oil over the medium-high heat of 175°F.

When hot, add onions, celery, and pepper and sauté for 5 minutes. Add garlic and sauté for an extra 3 minutes.

Add the beef and cook until browned then cook through. Add spices and tomato sauce then stir.

Cook on a medium heat of 150° F for about 10 minutes so that the sauce thickens a bit. Serve while hot alongside steamed vegetables.

### **Nutrition:**

- Fat 9.4g
- Calories 189
- Protein 26.4g



**Serving:** 4

**Prep Time:** 20 minutes

**Cook Time:** 1 hour 10 minutes

**Ingredients:**

- 1 boneless pork loin
- 1 cup of chopped and peeled apples
- 1 cup of chopped mushrooms
- 1/3 cup of chopped and toasted walnuts
- 1/3 cup of dried cranberries
- 1/4 cup of minced shallots
- 2 minced garlic cloves
- 2 tablespoons of pure maple syrup (or raw honey)
- 1 teaspoon of minced fresh rosemary
- 1 tablespoon of minced parsley
- 1/4 teaspoon of sea salt and pepper
- Kitchen string

**Directions:**

Start by preheating the oven to 325°F.

Cut the roast halfway lengthwise then cut horizontally on both sides almost all the way through so that it forms a butterfly like a shape. Unfold the pork.

Use 2 layers of plastic wrap to cover the pork loin or use a parchment paper. Then flatten the loin using a meat hammer or preferably a rolling pin.

Use a sizeable bowl to combine apples, mushrooms, cranberries, shallots, toasted walnuts, garlic, rosemary, pepper, salt and the maple syrup or honey.

Gently spread the mixture, using a wooden spoon, over the open pork loin.

Roll and secure the pork loin using a kitchen string.  
Place it in a roasting pan and oven-cook it for 1 hour in 145° F.  
When it is all done, remove the string and serve.

**Nutrition:**

- Protein 23g
- Fat 12g
- Calories 206
- Cholesterol 68mg



**Serving:** 4

**Prep Time:** 3 hours

**Cook Time:** 20 minutes

**Ingredients:**

- 1 pound of fish fillets (cut into ¼ inch cubes)
- ½ medium sliced bell pepper
- 1 medium diced jalapeno (seeded)
- ½ medium sliced yellow onions
- 1 minced medium garlic clove
- ¼ cup of fresh chopped cilantro
- 1 cup of lime juice
- 1 teaspoon of sea salt
- 1 medium lime (cut)

**Directions:**

In one large bowl, combine all ingredients then season with salt to taste.

Cover the bowl and refrigerate for 3 hours

Serve with lime wedges.

**Tips and tricks:**

Try using rockfish, sole, halibut, cod and flounder.

Avoid using oily fish such as tuna, sardines, and mackerel) and fresh water fish like trout and catfish.

When using ceviche, refrigerate for a day before using to get the best taste



**Serving:** 4

**Prep Time:** 20 minutes

**Cook Time:** 45 minutes

**Ingredients:**

- 2 tablespoons of sesame oil
- 1 tablespoon of honey
- 2 cloves of minced garlic
- 1½ pounds of raw shrimp peeled and deveined
- ½ a cup of walnuts (cracked into halves)
- 1 head of processed cauliflower (finely processed in a food processor)
- 4 sliced green onions

**Directions:**

Use a large skillet to heat the oil at a medium heat of 175° F. Add green onions and cook for 1 minute. Add the garlic, stir softly then add the shrimp.

Allow it to cook until the shrimp turns pink then add the honey.

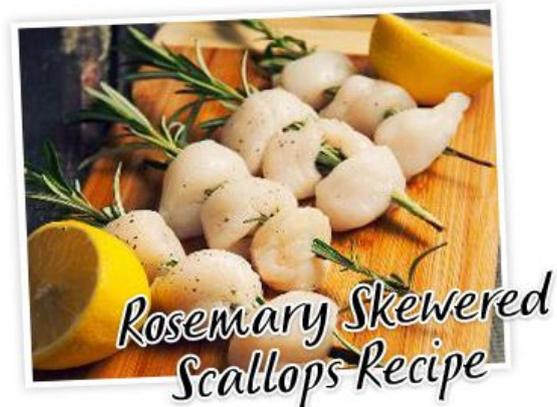
Stir the remove the shrimp. Add the walnuts and cook for 2 minutes. Then remove from the pan.

Add the remaining cauliflower and oil to the pan and stir gently. Cook until it softens (5 minutes).

Add the walnut and shrimp back into the pan. Cook until it's heated through.  
Serve with additional green onions

**Nutrition:**

- Calories 135
- Protein 20g
- Fat 1.2g
- Carbohydrates 0.2g



**Serving:** 2

**Prep Time:** 5 minutes

**Cook Time:** 6 minutes

**Ingredients:**

- 12 scallops
- 4 sprigs of rosemary
- 1 sliced lemon (halved)
- 2 tablespoons of olive oil
- ½ a lemon juice
- Sea salt and black pepper

**Direction:**

Preheat the grill to a medium high of 175° F

Take 3 scallops and thread them to each rosemary spring.

Brush scallops using olive oil and season with pepper and salt

Take the ½ lemon juice and drizzle on top.

Grill the scallops until they turn golden brown on each side

Serve with extra lemon slices

**Nutrition:**

- Fat 25g
- Protein 39g
- Calories 440
- Carbohydrates 12g



**Serving:** 3

**Prep Time:** 10 minutes

**Cook Time:** 20 minutes

**Ingredients:**

- 4 squids (score, cleaned and sliced into rings)
- ¼ cup of coconut flour
- 2 beaten eggs
- 4 tablespoons of coconut oil

**Directions:**

Coat squid with the eggs by dipping.

Add the squid and coconut flour in a different bowl. In the meantime, set the oil to heat at a medium high temperature.

In a skillet, add the oil and heat on a medium high heat of 175° F.

Watch out for splatter as you now add the calamari to the hot oil,

Cook each side for 4 minutes. (ensure it turns golden brown on both sides)

**Nutrition:**

- Protein 16.3g
- Carbohydrates 5.9g
- Fats 8.2g
- Dietary fiber 1.7g
- Calories 159



## *Vegetables Moroccan Roasted Sweet Potatoes*

**Serving:** 4

**Prep Time:** 15 minutes

**Cook Time:** 50 minutes

**Ingredients:**

- 2 large peeled and chopped sweet potatoes
- 2 teaspoons of olive oil
- 1 tablespoon of cinnamon
- 2 stems of coriander
- 1 tablespoon of cumin
- ¼ teaspoon of sea salt
- ¼ cup of sliced olives
- ¼ cup of almonds
- ½ a cup of fresh mint leaves

**Directions:**

Preheat the oven to a high of 400°F.

Toss the sweet potatoes, olive, oil, and seasonings. Place it on a baking sheet lined with a single layer of parchment.

Roast it until it is brown and tender. (45 minutes). Toss the done potatoes in a bowl with almond, mint, and olives.

Serve warm.

**Nutrients:**

- Protein 4g
- Fabre 7.5g
- Omega-3 700mg

- Calories 325
- Fat 16g
- Carbohydrates 44.3g



*Paleo Pumpkin Pie*

**Serving:** 8

**Prep Time:** 10 minutes

**Cook Time:** 1 hour 15 minutes

**Ingredients:**

- 500g fresh chopped butternut pumpkin
- 600ml of coconut milk
- 6 sun dried dates
- 2 cups of pecans (260g)
- ¼ cup of coconut flour (35g)
- 50g of melted and cooled grass-fed butter
- 3 eggs
- 2 teaspoons of ground cinnamon
- 1 teaspoon of ground nutmeg
- 1 teaspoon of ground ginger
- 1 teaspoon of ground cloves
- Finely grated Zest of 1/2 orange
- ¼ cup of pumpkin seeds (80ml)
- ¼ cup of fresh lime juice

**Directions:**

Preheat the oven to 350° F, then gently grease a 24cm loose-bottomed tart pan and set aside. Place coconut milk and pumpkin over a medium heat of 175° F and simmer while stirring until soft (25 minutes). Then let it cool.

Mix pecans and dates in a sizeable food processor until it forms a fine mixture. Then in a bowl, combine coconut flour, butter, 1 egg white and a pinch of salt to taste. Press the

mixture onto the base and sides of the pan, prick the base and bake till it is dry (20minutes). In a food processor, whiz the pumpkin mixture, zest, ¼ cup of lime juice and spices. Then add the remaining eggs together with the yolk and whiz some more. Pour the filling into the base then bake for 45 minutes.

In the pumpkin seeds then bake on a baking tray lined with baking paper for 8 to 10 minutes. When it turns golden, let it cool then break into shards.

Top the pie with pumpkin seeds. Serve

**Nutrition:**

- Fat 167g
- Carbohydrates 347g
- Dietary fiber 17.9g
- Iron 9mg



**Serving:** 6

**Prep Time:** 45 minutes

**Cook Time:** 30 minutes

**Ingredients:**

- 10 eggs
- ¼ cup of coconut milk
- 3 tablespoons of grass-fed butter
- 1 cup of sliced mushrooms
- 4 cups of chopped spinach
- 2 minced cloves of garlic
- ¼ teaspoon of Sea salt
- Fresh black pepper

**Directions:**

Preheat the oven to a high of 350° F while beating the eggs with the coconut milk.

Melt the butter over medium heat of 150° F in a large skillet. Add the spinach and mushrooms and cook for 2 minutes. Add the garlic and cook for an additional minute. Then season it with pepper

Add the eggs to the skillet and cook for about 5 minutes. Turn off the heat and transfer the pan to the oven.

Bake the mixture for 15 minutes. Let it cool slightly before serving

**Nutrition:**

- Calories 240g
- Carbohydrate 5.4g
- Protein 22.7g
- Dietary fiber 1.2g
- Fat 14.6g
- Cholesterol 400.5 mg



## *Zucchini Noodles*

**Serving:** 4

**Prep Time:** 20 minutes

**Cook Time:** 15 minutes

**Ingredients:**

- 2 medium zucchini
- 1 tablespoon of kosher salt
- 1 tablespoon of olive oil

**Directions:**

Cut the zucchini into noodle-size pieces (use spiral slicer or julienne peeler)

Gently squeeze the liquid out of the pieces.

Heat a skillet over a heat of 175° F (medium-high) and add the noodles to the pan.

Cook for 2 minutes. The noodles are ready to serve

**Nutrition:**

- Carbohydrate 6g
- Protein 2.4g
- Dietary fiber 2g
- Fat 0.6g



**Serving:** 4

**Prep Time:** 30 minutes

**Cook Time:** 15 minutes

**Ingredients:**

- ¼ cup of almond flour
- 1 cup of finely chopped baby spinach
- 1 tablespoon of parsley
- 2 tablespoons of olive oil
- 1 tablespoon of thyme
- 1 peeled and grated parsnip
- 1 peeled and grated carrot
- 1 diced onion
- 1 minced garlic clove
- 1 finely chopped red bell pepper
- Sea salt and pepper
- 1 egg

**Directions:**

In one large bowl, combine all the vegetables with the egg, herbs and almond flour. Season it with salt and pepper then mix well. Form the mixture into 4 patties.

In a heavy skillet, heat the oil over a medium-high heat of 200° F. Add the vegetable cakes and cook over a medium low heat of 150° F until it turns brown on both sides. Serve

**Nutrition:**

- Calories 236
- Fat 4.3g
- Carbohydrate 37.5g
- Protein 13.4g
- Dietary fiber 9.7g



*Green Bean Casserole*

**Serving:** 8

**Prep Time:** 45 minutes

**Cook Time:** 15 minutes

**Ingredients:**

- 2 pounds of trimmed fresh green beans
- 2 tablespoons of olive oil
- 1 tablespoon of freshly squeezed lemon juice
- 2 cups of sliced mushrooms
- ½ cup of coconut milk
- ½ a cup of sliced almonds
- 1 thinly sliced onion
- ¼ teaspoon of sea salt and ground pepper

**Directions:**

Preheat the oven to 375° F

Boil a large pot of salted water then prepares a sizeable bowl of ice water. Add green beans and cook for 5 minutes.

Drain them and plunge them into the ice water instantly. Leave it there while preparing the onions.

Heat a large skillet over medium heat of 175° F then add the olive oil followed by mushrooms and onions and cook until it's turned brown. Add lemon, stir and remove from the heat.

Gently drain the beans then transfer them to a casserole dish. Drizzle with coconut milk and top with onions and mushrooms. Bake for 30 minutes uninterrupted. Remove and sprinkle with almonds before serving.

**Nutrition:**

- Calories 142
- Fat 8g
- Protein 2.2g
- Dietary fiber 2.7g
- Carbohydrate 14.7g



**Serving:** 2

**Prep Time:** 75 minutes

**Cook Time:** 1 hour 10 minutes

**Ingredients: Beef ingredients**

- 1 large butternut squash (diced and seedless)
- 1 pound of sausage without casings
- ½ diced onion
- 1 garlic clove
- ½ teaspoon of marjoram
- 1 teaspoon of fennel seed
- 2 large apples (peeled and chopped)
- ¼ teaspoon of salt and black pepper
- ¼ cup of chopped almonds

**Directions:**

Preheat the oven to a high of 400° F.

Place the diced seedless squash facing down on a foil lined baking sheet and place in the oven to bake for 45 minutes. Ensure the squash is fork tender

Brown the sausages in a skillet over the medium high heat of 200° F as the squash is baking. Break apart the sausages as you brown them. Add onions and cook. Ensure you cook well until they turn color to translucent. This could take 5 minutes.

Add the apples to the mixture and cook for another 5 minutes.

Add marjoram, garlic and fennel seeds and cook for an extra 2 minutes. Season with pepper and salt then remove from the heat and set it aside.

When the squash is done, remove from the oven and turn the squash right side up. Scoop out some of the insides and stir in the sausage mixture. The scoops will leave a trough on the squash.

Divide the sausage mixture into 2 and using a spoon, place the mixture into the squash troughs. Top it with chopped almonds

Place the now filled squash back to the oven and bake for an extra 15 minutes.

When it turns brown, remove it from the oven and serve.

**Nutrition:**

- Protein 17.5g
- Carbohydrates 30.8g
- Dietary fiber 3.6g
- Fat 11.1g
- Calories 272.3



**Serving:** 4

**Prep Time:** 5 minutes

**Cook Time:** 1 hour

**Ingredients:**

1 large sweet potato of about 700g

2 tablespoons of olive oil

2 teaspoons of Tuscan seasoning

**Equipment needed**

2 28cm x 30cm pieces of foil

A disposable foil baking tray

**Directions:**

Set the heat to a medium high of 175° F then preheat a covered barbecue with hood down. Place 1 piece of foil on top of the other, scrub the sweet potatoes and pat dry with paper towel.

Make 3 cuts into the sweet potato using a sharp knife while avoiding to completely cut through. Place the sweet potato on to the prepared foil.

In a sizeable bowl, combine the oil and the seasoning. Drizzle this mixture over the sweet potato while rubbing into the slits.

Wrap tightly in the foil and place in the foil baking tray. Using indirect heat barbecue it with the hood down for an hour while turning occasionally

After the 1 hour of baking, remove from the barbecue and allow it to cool for 5 minutes.

Remove the foil and cut into slices then serve.

• **Nutrition:**

• Protein 3.4g

• Fiber 3.1g

• Fat 9.3g

- Calories 863



**Serving:** 2

**Prep Time:** 10 minutes

**Cook Time:** 15 minutes

**Ingredients: Beef ingredients**

- 4 cups of chopped kales
- ¼ diced onion
- 2 minced garlic cloves
- 1 tablespoon of olive oil
- 2 tablespoons almonds
- ¼ tablespoon Salt
- 1 tablespoon of fresh lime juice

**Directions:**

Use a skillet to heat the olive oil over medium heat. (5 minutes)

Add onions to the heated oil and sauté until translucent. (5 minutes)

Add almond, lime, garlic, and kale and stir gently.

Cook for about 7 minutes ensuring that the kales become tender.

Season with salt before serving.

- **Nutrition:**
- Protein 6g
- Fat 4.4g
- Carbohydrate 26g
- Calories 36
- Dietary fiber 2.6g



**Serving:** 6

**Prep Time:** 20 minutes

**Cook Time:** 45 minutes

**Ingredients:**

- 2 large sweet potatoes
- ½ a cup of olive oil
- 1 teaspoon of chili powder
- A pinch of sea salt

**Directions:**

Peel the sweet potatoes, then slice them on a mandolin slicer ensuring that they are as thin as possible.

Line a sheet pan with paper towels.

In a deep skillet, pour in ½ an inch of olive oil then turn the heat to a medium high of 175° F. Allow the oil to heat up for 5 minutes. Use one of the chips to test the oil by dipping it in the oil, if it sizzles then the oil is ready.

In batches, cook the potato chips until they are all cooked. Season it with the chili powder and salt. Serve

**Nutrition:**

- Fat 10g
- Carbohydrate 15g
- Protein 2g
- Dietary fiber 1.4g



**Serving:** 4

**Prep Time:** 15 minutes

**Cook Time:** 10 minutes

**Ingredients:**

- 1 cup of sun-dried cranberries
- 1 cup of raw almonds
- 1 cup of pitted dried Medjool dates

**Directions:**

Preheat the oven to a high of 400° F

Bake the almond in a baking dish for 10 minutes. Let it cool before using

Use a food processor to combine all ingredients and pulse until the mixture starts to form a ball. Keep scraping the edges of the processor to avoid sticking.

Place parchment paper onto a baking pan and spread the mixture on it. Form a large triangle shape.

Cover with another parchment paper and refrigerate for an hour.

Remove from the freezer and cut into equal shaped bars. Serve.

**Nutrition:**

- Calories 102
- Protein 1g
- Carbohydrates 23g
- Fat 0.8g