

Lettuce Taco Wrap

Ingredients

- 8 Ounces Grass Fed Organic Ground Beef
- 2 Tsp. Taco Seasoning
- Package Shredded Cabbage (Coleslaw Mix) – Or Shred Your Own
- Pico De Gallo To Taste
- Head Of Lettuce

Instructions

Crumble And Brown Ground Beef With Taco Seasoning.

Wash Large Lettuce Leaves

On A Large Lettuce Leaf Pile A Couple Tablespoons Of Ground Beef, Add Shredded Cabbage And As Much Pico De Gallo As You Like. Fold And Enjoy.

Taco Salad

Ingredients

- Yellow Onion
- Garlic Cloves
- Extra Lean Ground Beef
- Salt/Pepper

Instructions

Sauté 1 Yellow Onion Until Translucent.

Add 3 Minced Cloves Of Fresh Garlic And Sauté For 5 Minutes. Set Aside.

Brown 2 Lbs Extra Lean Grass Fed Ground Beef Add Pink Salt And Pepper.

Combine All So Flavors Meld.

Weigh Your Portion Then Add Organic Tomato Purée. Heat Through.

Place All On Top Of Free Vegetables (Lettuce, Cucumbers, Celery, Fresh Tomatoes, Radish Etc.)

Add Your 4oz Portion Of Weighed Vegetables (Cauliflower, Shaved Brussel Sprouts, Etc)

3 Ingredient Cucumber Dill Ribbon Salad

Ingredients

- 6 Small Seedless Cucumbers
- 2 Tablespoons Sugar Free White Wine Vinegar
- 2 Tablespoons Fresh Dill
- Salt And Pepper

Instructions

Slice The Cucumber Lengthwise Using A Mandolin Or Vegetable Peeler So You Have Long, Thin Strips. Place The Cucumber Slices In A Colander Over The Sink, Salt, And Let The

Moisture Drain For About 40 Minutes.
Rinse The Cucumbers And Pat Dry. Pour The Vinegar And Dill Over And Toss

Jalapeno Lime Chicken & Side Salad

Ingredients

- 1 Teaspoon Lime Zest
- 1 Tablespoon Lime Juice
- 1 Jalapeno Pepper, Seeded And Diced (More If You Like More Heat)
- 1 Teaspoon Ground Cumin
- 2 -3 Cloves Garlic, Peeled And Minced
- 1 Teaspoon Fresh Ground Black Pepper
- 1 Teaspoon Salt
- 1 Lb Boneless Skinless Chicken Breast Half

Instructions

Combine The Lime Zest, Lime Juice, Jalapeno, Cumin, Minced Garlic, Pepper And Salt In A Resealable Plastic Bag.

Place Chicken In Bag And Press To Remove Excess Air; Seal Tightly.

Turn Bag Over Several Times In Order To Coat Chicken With Mixture.

Chill 30 Minutes Or Up To 8 Hours.

Preheat Grill, Oven Broth/Stocker Or Indoor Grill To Medium High Heat.

Place The Chicken On Grill Or In Broth/Stocker Pan.

Cook 12 To 15 Minutes Or Until Chicken Is No Longer Pink And Juices Run Clear When Pierced With A Fork, Turning Twice To Get Grill Marks.

Garnish With Jalapeno Slices .

Sugar-free Ketchup Recipe

Ingredients

- 6 Oz Tomato Paste
- 1 Cup Water
- 1/4 Cup Powdered Program Approved Sweetener.
- 3 Tbsp White Vinegar (Or Apple Cider Vinegar)
- 1 Tsp Sea Salt
- 3/4 Tsp Onion Powder
- 1/2 Tsp Garlic Powder
- 1/4 Tsp Paprika
- 1/8 Tsp Ground Cloves
- 1/8 Tsp Mustard Powder

Instructions

Whisk All Ingredients In A Small Saucepan, Until Smooth.

Simmer For About 30 Minutes Over Low Heat, With A Cover, Until The Ketchup Thickens (Reduces) To Your Desired Thickness. (Time Will Vary Widely Depending On The Size Of Your Pan.) Stir Occasionally While Simmering. Taste, And Adjust Salt And Sweetener If Needed.

For The Best Consistency, Puree The Ketchup In A High-power Blender For At Least 30 Seconds, Until Smooth. (This Step Is Optional, But Recommended For Texture.)

Confetti Egg Salad

Ingredients

- 6 Large Hard Broth/Stocked Eggs
- 1/2 Cup Finely Chopped Celery
- 1/4 Cup Finely Chopped Red Pepper
- 1/4 Cup onion
- 1/4 Cup Finely Chopped Fresh Herbs

Instructions

Combine 3 Tablespoons Chopped Pickles, Mustard To Preferred Consistency, Sea Salt To Taste

Piquant Dressing Ingredients:

- 1/4 Cup Acv
- 1/4 Cup Salsa (Best To Make Your Own)
- 1 Garlic Clove, Pressed

Instructions

Whisk All The Ingredients Together

Fat-free Vinaigrette Ingredients:

- 1/2 Cup Acv
- 1-2 Teaspoons Dijon Or Stone-ground Mustard
- 1 Garlic Clove, Crushed Or Pressed

Instructions

Whisk All Ingredients Together

Oriental Salad Dressing Ingredients:

- 1/4 Cup Coconut Aminos
- 1/4 Cup Acv
- 1/4 Cup Water
- 1/4 Teaspoon Minced Fresh Garlic
- 1/4 Teaspoon Minced Fresh Ginger

Instructions

Combine All Ingredients In A Covered Jar. Shake To Mix. Store In A Covered Jar In The Refrigerator. Variation: To Make This Into A Dijon-oriental Dressing, Add 2 Teaspoons Dijon Mustard.

Stewed Okra & Tomato Over Cauliflower Rice

Ingredients

- 1/4 Cup Coconut Aminos
- 2 Cloves Garlic, Minced
- 1 Cup Cherry Tomatoes
- Generous Handful Basil, Chopped
- 2 Tbsp. Apple Cider Vinegar
- Dash Red Pepper Flakes
- Dash Ground Black Pepper
- ~15 Green Or Purple Okra Pods, Sliced In Half Lengthwise
- Vegetable Broth For Sautéing
- 1 Small Red Onion, Sliced Into Thin Half Moons

Instructions

Heat A Large Skillet Over Medium-high Heat. When It's Good And Hot, Add A Broth Or Stock To The Hot Pan. Lower The Heat A Little And Add The Okra – Putting The Cut Sides Down. You Want To Sear Those First And Fast.

Let The Slices Brown. This Should Take 4-5 Minutes. Carefully Flip The Slices And Lightly Brown The Other Side. This Will Happen Faster On This Side So Watch Closely.

Remove The Okra From The Pan And Set Aside. Carefully Wipe Out Any Remaining Liquid And Put The Pan Back On The Heat. Add A Generous Splash Of Vegetable Broth Or Water And Add The Onions. Sauté Until Tender, About 5 Minutes. Stir In The Garlic And Cook For An Additional Minute.

Add The Cherry Tomatoes And Cook For A Few Minutes – You Want Them Heated Through And Softened, But Not Bursting.

Now, Turn Off The Heat And Stir In The Vinegar Mixture And The Basil. Stir To Coat The Veggies.

Divide Up Some Cauliflower Rice (4oz) In Each Bowl. Divide The Okra Mixture Between The Bowls And Top With The Additional Basil, If Desired. Serve Immediately.

Notes

Sliced, Sautéed Mushrooms Are Mighty Tasty In Addition To The Other Ingredients. Add Them To The Pan After The Onions Are Slightly Softened. Cook For About 5 Minutes, Then Continue With The Recipe.

Crockpot Loaded Mexican Chicken Soup Ingredients

- 1 Medium Yellow Onion, Finely Chopped
- 2 Pounds Boneless, Skinless Chicken Breasts
- 1 15-oz Can Tomato Sauce
- 1 Teaspoon Cumin
- 1 Teaspoon Garlic Powder
- 1/2 Teaspoon Mild Chili Powder
- 2-3 Teaspoons Kosher Salt
- 1 32-oz Box Low Sodium Chicken Stock
- 4 Cups Water
- 3 Medium Zucchini, Chopped
- 3 Cups Chopped Dark Leafy Greens Such As Kale Or Swiss Chard
- 2 Limes, Juiced
- 1 Pint Cherry Tomatoes, Halved

Optional Toppings:

- Chopped Cilantro
- Chopped Scallions
- Lime Wedges
- Hot Sauce/Salsa

Instructions

To A 6-quart Slow Cooker, Add The Onion, Chicken, Tomato Sauce, Cumin, Garlic Powder, Chili Powder, Salt, Chicken Stock And Water. Cover And Cook On High For 4 Hours Or Low For 6, Or Until The Chicken Is Cooked Through And Shreds Easily With A Fork.

Remove The Chicken, Shred It With Two Forks, Then Add Back To The Slow Cooker Along With The Zucchini And Greens. Cover And Cook For An Additional 30 Minutes, Until The Zucchini And Greens Are Tender.

Stir In The Lime Juice, Then Serve, Topped With Tomatoes And Any Other Toppings You Like.

Buffalo Chicken Fajitas

Ingredients

- 1 Chicken Breast, Cut Into Small Pieces
- 1/4 Onion, Sliced Thinly
- 1/4 Red And Green Peppers, Sliced Thinly
- Frank's Red Hot Sauce (Ingredients Posted Below)
- Salt & Pepper

Instructions

Place All The Ingredients In A Heated Pan, (Medium Heat). Drizzle Frank's Red Hot Sauce All Over The Raw Ingredients. Drizzle A Little For A Light Spicy Flavour, Drizzle A Lot For An Intense Flavour. Sprinkle Salt And Pepper Over All The Ingredients.

Cook Until The Chicken Is No Long Pink Inside.

Serve With Lettuce, Tomato, And Any Other Favorite Program Approved Toppings.

Chicken Fajita Bake

Ingredients

For The Marinade:

- 1/2 Cup Coconut Aminos 2 Limes, Juice Of
- 1/2 Cup Cilantro, Chopped 1 Tbsp Cumin
- 1 Tbsp Garlic Powder 1 Tbsp Chili Powder
- 1 Tbsp Ground Pepper

For The Fajitas:

- 2 Lbs Boneless Skinless Chicken Breasts (About 4 Breasts)
- 1 Red Onion, Sliced Into Thin Strips
- 2 Bell Peppers, Sliced Into Thin Strips
- 3 Cloves Garlic, Minced
- 2 Tbsp Broth/Stock, Divided
- Salt And Pepper

For Shells And Toppings:

- 1/4 Cup Cilantro Chopped
- 2 Bunches Broad Leaf Greens Bibb, Romaine, Chard, Etc.

Instructions

Preheat Oven To 400° Fahrenheit.

Prepare The Marinade By Mixing All Of The Marinade Ingredients Together In A Bowl Or Shallow Dish.

Slice Up Your Chicken Into 1/2 By 1 Inch Strips. Place The Chicken In The Bowl/Dish With The Marinade. Mix Well So That All Of The Strips Are Covered With The Marinade. Set Aside To Marinate While You Prepare The Rest Of The Ingredients.

Chop The Onion, Bell Peppers And Garlic As Noted. Spread The Onion And Bell Pepper Out On The Sheet Pan, Lightly Sprinkle Garlic, Salt And Pepper Over Everything. Toss To Coat.

Next, Nestle The Chicken Pieces In With The Veggies In The Sheet Pan. Spread Everything Out As Evenly As Possible.

Place In The Oven To Cook For About 15-18 Minutes, Or Until The Chicken Is Cooked Through And The Vegetables Are Cooked But Still Crisp.

While The Fajitas Are Cooking, Prepare Lettuce Leaves For Shells And Toppings As Noted. Once The Fajitas Are Cooked, Remove From Oven And Allow To Cool For A Few Minutes. To Serve, Spoon Fajita Mixture Into Lettuce Leaves, Top Cilantro And Enjoy.

Slow Cooker Enchilada Chicken

Ingredients

- 2 Medium Onions, Thinly Sliced

- 1 28-oz Can Tomato Puree
- 1 Teaspoon Salt
- 2 Teaspoons Cumin
- 1 Teaspoon Mild Chili Powder
- 1 Teaspoon Garlic Powder
- 2 Pounds Boneless Chicken Breasts (About 4 Small Or 3 Large Breasts)
- Juice Of 1 Lime
- Hot Sauce (Optional)

Instructions

Add The Sliced Onions, Tomato Puree, 1/2 Teaspoon Salt, Cumin, Chili Powder, And Garlic Powder To A Large Slow Cooker, Stirring To Combine.

Nestle The Chicken Into The Slow Cooker, Making Sure It Is Well Covered By The Tomato Mixture. Cook On Low For 6 Hours Or Until The Sauce Has Thickened, The Onions Are Soft, And The Chicken Is Falling Apart.

Remove The Chicken And Shred With Two Forks. Add The Shredded Chicken Back To The Slow Cooker, Stirring To Combine.

Add The Remaining 1/2 Teaspoon And Lime Juice. Taste For Seasoning, Adding Additional Salt And Lime Juice As Necessary. Serve Warm, Adding Hot Sauce To Taste.

Notes: This Recipe Was Tested Using A 6-quart Slow Cooker. Be Sure To Use Tomato Puree In This Recipe. Diced Or Whole Tomatoes Will Not Work Well.

Homemade Taco Seasoning

Ingredients

- 2 Tbsp Chili Powder
- 1 Tbsp Cumin
- 1 Tbsp Sea Salt
- 1/2 Tbsp Black Pepper
- 1/2 Tbsp Smoked Paprika (Or Regular Paprika If You Don't Have Smoked)
- 1 Tsp Dried Oregano (Or Dried Cilantro) 1 Tsp Garlic Powder
- 1/2 Tsp Onion Powder
- 1/8 Tsp Cayenne Pepper (Or 1/4 Tsp If You Like Spicy)

Instructions

Stir All Ingredients Together. Store In An Airtight Container.

Chicken And Cabbage Stir Fry

Ingredients

- 2 Tbsp Broth/Stock (Divided)

- 3 Cloves Garlic (Minced)
- 1/2 Large Onion (Diced)
- 1 Lb Chicken Breast (Cut Into Bite Size Pieces)
- 5 Cups Cabbage (Shredded)
- 1/2 Large Bell Pepper (Chopped)
- 1/4 Cup Coconut Aminos
- 1/2 Tsp Ground Ginger
- Sea Salt
- Black Pepper
- 2 Tbsp Chives (Chopped)

Heat A Tablespoon Of Broth In A Large Skillet Or Wok, Over Medium Heat.

Add The Garlic And Cook For 30 Seconds, Until Fragrant. Add Onion. Cook For 5-7 Until Translucent.

Increase Heat To Medium-high. Add The Remaining Broth And The Chicken Stir Fry For 3-5 Minutes, Until The Chicken Is Just Golden. (Don't Overcook To Avoid Drying It Out. You Want It To Be About 80%-90% Done.)

Add The Cabbage, Bell Pepper, And Coconut Aminos. Season With Ground Ginger, Sea Salt, And Black Pepper.

Stir Fry For 3-5 Minutes, Until The Cabbage Is Tender. Garnish With Chives.

Chicken Tortillas-less Soup

Ingredients

- 1 Yellow Onion, Diced
- 1 Red Bell Pepper, Diced
- 1 Jalapeño, Diced
- 3 Cloves Garlic, Minced
- 3-4 Boneless, Skinless Chicken Breast
- 1 - 28 Ounce Fresh Diced Tomatoes
- 1 - 4 Ounce Fresh Diced Green Chiles
- 4 Cups Chicken Broth
- 2 T Chili Powder
- 1 T Ground Cumin
- Black Pepper To Taste
- Chopped Cilantro For Garnish

Instructions

Over Medium-high Heat. Sauté Onion, Bell Pepper, Jalapeño And Garlic Until Onions Are Translucent.

Transfer The Cooked Vegetables Into The Slow Cooker And Add The Remaining Ingredients (Excluding The Cilantro).

Cook Everything For 4 Hours On High, Or 8 Hours On Low.

Once Everything Is Cooked, Use A Pair Of Tongs To Remove The Chicken To A Cutting Board Or Plate.

Measure Your 4oz Or 6oz Serving

Using Two Forks, Or A Knife, Shred The Chicken Into Bite-sized Pieces. Transfer The Chicken Back Into The Slow Cooker And Stir To Mix.

Spoon The Soup Into Serving Bowls And Top With Cilantro. Enjoy!

Cabbage Soup With Ground Beef

Ingredients

- 1 Tbsp Broth/Stock
- 1 Large Onion (Chopped)
- 1 Lb Ground Beef
- 1 Tsp Sea Salt
- 1/4 Tsp Black Pepper
- 1 Lb Shredded Coleslaw Mix
- 1 15-oz Can Diced Tomatoes (With Liquid)
- 6 Cups Beef Bone Broth (Or Any Broth - Beef, Chicken, Or Vegetable)
- 1 Tbsp Italian Seasoning
- 1/2 Tsp Garlic Powder (Or More If You Love Garlic)
- 2 Medium Bay Leaf (Optional)

Instructions

Heat The Broth In A Large Saute Pan Over Medium Heat. Add The Chopped Onions. Cook For About 10-15 Minutes, Stirring Occasionally, Until Onions Start To Brown.

Add Ground Beef To The Pan. Season With Sea Salt And Black Pepper. Increase Heat To Medium-high. Cook, Breaking Apart With A Spatula, For About 7-10 Minutes, Until The Beef Is Browned.

When The Beef Is Browned, Add The Beef And Onion Mixture To The Crock Pot. Stir To Combine. Season With More Salt And/Or Pepper To Taste.

Cook For 5-6 Hours On Low Or 2-3 Hours On High. Remove The Bay Leaves Before Serving.

Vegetable Soup Recipe

Ingredients

- 2 Tbsp Broth
- 1 Large Onion (Diced)

- 2 Large Bell Peppers (Diced, The Same Size As Onions)
- 4 Cloves Garlic (Minced)
- 1 Medium Head Cauliflower (Cut Into 1-inch Florets)
- 2 Cups Fresh Green Beans (Trimmed, Cut Into 1-inch Pieces)
- 2 14.5-oz Cans Diced Tomatoes
- 8 Cups Chicken Broth (Or Vegetable Broth For Vegetarian/Vegan)
- 1 Tbsp Italian Seasoning
- 2 Bay Leaves (Optional)
- Sea Salt (Optional, To Taste)
- Black Pepper (Optional, To Taste)

Instructions

Heat Broth In A Pot Or Dutch Oven Over Medium Heat.

Add The Onions And Bell Peppers. Saute For 7 To 10 Minutes, Until Onions Are Translucent And Browned.

Add The Minced Garlic. Saute For About A Minute, Until Fragrant.

Add The Cauliflower, Green Beans, Diced Tomatoes, Broth, And Italian Seasoning. Adjust Sea Salt And Black Pepper To Taste. Add The Bay Leaves, If Using.

Bring The Soup To A Boil. Cover, Reduce Heat To Medium Low, And Cook For About 10 To 20 Minutes, Until Veggies Are Soft.

Slow Cooker Chicken Cacciatore Recipe

Ingredients

- 2 Cloves Garlic (Minced)
- 1/2 Large Onion (Diced)
- 1 Large Red Bell Pepper (Diced)
- 1 14.5 Oz Can Diced Tomatoes (Drained)
- 1 Tbsp Fresh Rosemary (Chopped)
- 1 Tbsp Fresh Thyme (Chopped)
- 4 Medium Chicken Breasts
- 1 Tsp Sea Salt
- 1/4 Tsp Black Pepper
- 1 Medium Bay Leaf

Instructions

Season The Chicken Breasts On Both Sides With Salt And Pepper. Place The Chicken Into The Slow Cooker.

In A Medium Bowl, Stir Together The Garlic, Onion, Bell Peppers, Diced Tomatoes, Rosemary And Thyme. Pour The Sauce Evenly Over The Chicken.

Place A Bay Leaf In The Center.

Cover And Cook For 3 To 4 Hours On High Or 6 To 8 Hours On Low.

Serve Right Away. If You Prefer A Thicker Sauce, Remove The Chicken And Cook The Sauce For An Additional Hour In The Slow Cooker On Low.

Chicken And Zucchini Poppers

Ingredients

- 1 Lb. Ground Chicken Breast (Raw)
- 2 C. Grated Zucchini (Wring Out The Moisture)
- 2–3 Green Onions, Sliced
- 3–4 Tbsp Cilantro, Minced
- 1 Clove Garlic, Minced
- 1 Tsp Salt
- 1/2 Tsp Pepper
- 3/4 Tsp Cumin (Optional)

Instructions

Preheat Oven To 400 Degrees. Use Non-stick Silicone Baking Sheet To Avoid Sticking. Bake At 400 Degrees 15-20 Minutes, Or Until Cooked Through.

If Desired, Place Under The Broiler For An Additional 2-3 Minutes Or Until Browned On Top.

Chicken: If You Can't Find Ground Chicken Breast, You Can Grind Your Own. Simply Weight Out 1 Lb. Chicken Breast And Pulse It In Your Food Processor To "Grind" Until No Large Pieces Remain.

*****Don't Be Tempted To Skip Drying Out Your Zucchini A Bit With A Paper/Kitchen Towel. Zucchini Has A Lot Of Moisture, And If You Don't Squeeze It Out Beforehand, Your Meatballs May Stick More To The Pan If You're Pan-frying And Have A Bit More Trouble Holding Together During Baking.

Grilled Tilapia And Garlic Mushrooms

Ingredients

- 4 Tilapia Filets
- Juice Of 1 Lime
- 1/2 Teaspoon Sea Salt
- 1/4 Teaspoon Fresh Ground Black Pepper
- Garlic Tamari Mushrooms:
- 2 Cloves Garlic, Minced
- 2 Cups Sliced Button Mushrooms
- 1 Tablespoon Of Coconut Aminos
- 1/4 Cup Fresh Chopped Cilantro

Instructions

Preheat A Gas Or Charcoal Grill To Medium High Heat. Lay Each Of The Fish Filets On A Piece Of Foil Large Enough To Wrap Them In

Drizzle The Lime Juice Over The Filets And Season With The Salt And Pepper.

Lay The Fish Packets On The Hot Grill And Grill Until Cooked Through, About 10 Minutes, Turning The Packet About Halfway Through.

While The Fish Is Cooking, Heat A Skillet Over Medium Heat And Add Garlic And Mushrooms. Cook Until The Mushrooms Are Soft, About 5 Minutes. Add The Tamari And Continue Cooking Until Liquid Is Evaporated.

To Serve, Top The Grilled Fish With The Mushrooms, And Garnish With The Cilantro.

Confetti Turkey Burgers Made With Zoodles

Ingredients

- 1lb Of Ground Turkey
- 1 Egg
- 1 Small (Or Half Of A Large) Onion, Diced
- 1 Cup Of Diced Red, Yellow And Orange Peppers
- 1 Cup Of Zoodles, Chopped
- Fresh Cracked Black Pepper, To Taste

Instructions

Combine All Ingredients In A Large Mixing Bowl. Mix By Hand Until All Ingredients Are Combined. Form Into Patties.

Heat Your Grill And Place The Patties On.

Grill Over A Medium Heat For 5-7 Minutes Until Grill Marks Appear. Flip And Grill An Additional 5-7 Minutes Until Completely Cooked Through. Serve Over A Salad, Or Wrapped In Butter Lettuce

Turkey Egg Roll In A Bowl

Ingredients

- 1 Tablespoon Broth/Stock
- 1 Pound Ground Turkey
- 4 Cups Green Cabbage, Shredded
- 1 Cup Red Cabbage, Shredded
- 1/2 Cup Yellow Onion, Sliced Thin
- 4 Cloves Garlic, Minced
- 1 Tablespoon Fresh Ginger, Minced
- 1 Tablespoon Coconut Aminos
- 1/2 Teaspoon Kosher Salt

- 1/2 Teaspoon Ground Black Pepper
- 1/4 Cup Chopped Green Onions
- 1/4 Cup Fresh Chopped Cilantro (Optional)

Instructions

Heat A Large Skillet Over Medium Heat. Add The Turkey And Cook, Stirring Often To Crumble, Until Cooked Through. Drain Excess Liquid.

Add The Broth/Stock Followed By Cabbage, Carrot, Red Cabbage, Onions, Garlic, Ginger, Soy Sauce, Salt And Pepper To The Skillet With The Sausage. Cook For 3 To 4 Minutes Or Until Cabbage Has Softened A Bit But Is Still A Little Crunchy.

Remove From The Heat And Top With The Green Onions And Fresh Cilantro.

Stuffed Bell Pepper Pizzas

Ingredients

- 4 Bell Peppers, Seeds And Stems Removed, Cut In Half Lengthwise
- 1 Pound Lean Ground Turkey, Optional Chicken
- 1/2 Cup Yellow Onion, Diced
- 3/4 Cup Pizza Homemade Sauce
- 1/4 Cup Fresh Basil, Chopped

Optional Toppings:

- 1 Cup Diced Mushrooms
- 4 Artichoke Hearts, Separated And Sliced
- 1/2 Teaspoon Crushed Red Pepper Flakes
- 1 Cup Chopped Baby Spinach

Instructions

Preheat Oven To 375 Degrees.

Cook Ground Turkey Over Medium-high Heat, Until The Turkey Loses Its Pink Color, Breaking Up As It Cooks. Drain Off Any Fat. Combine Cooked Turkey, Diced Onion, And Pizza Sauce.

Evenly Distribute Mixture Into The Bell Pepper Halves And Bake 25 Minutes. Sprinkle With Fresh Basil Before Serving

Garlic Shrimp And Asparagus

Ingredients

- 2 Tablespoons Water (More As Needed)
- 2 Cloves Garlic, Minced
- 2 Tablespoons Yellow Onion, Finelyminced
- 1 Pound Fresh Shrimp, Medium Size, Peeled, Deveined, Tails Off
- 1/2 Teaspoon Grated Fresh Ginger
- 1/2 Teaspoon Kosher Salt

- 1/4 Teaspoon Ground Black Pepper
- 1/4 Teaspoon Crushed Red Pepper
- 1 Tablespoon Lemon Juice
- 1 Pound Asparagus, Ends Trimmed Off, Cut Into 1 Inch Pieces
- 1 Teaspoon Lemon Zest
- 3 Tablespoons Fresh Basil, Roughly Chopped

Instructions

In A Large Skillet On Medium Heat, Add The Water, Garlic, And Onions. Cook For About 1 Minute Or Until The Garlic And Onion Are Fragrant.

Stir In The Shrimp, Ginger, Salt, Black Pepper, Red Pepper, Lemon Juice, And Asparagus.

If The Onions And Garlic Absorbed All Of The Water, Add Another 1 Tablespoon.

Stir Well To Combine And Cover For 2 Minutes. Remove The Cover, Stir, And Recover. Repeat This Process Until The Shrimp Are Pink, Firm And Cooked Through.

The Asparagus Should Be Bright Green And Just Beginning To Soften With A Light Crunch.

Stir In The Lemon Zest And Fresh Basil. Serve Hot And Enjoy!

Chicken And Zucchini Poppers

Ingredients

- 1 Lb. Ground Chicken Breast (Raw)
- 2 C. Grated Zucchini (Wring Out The Moisture)
- 2-3 Green Onions, Sliced
- 3-4 Tbsp Cilantro, Minced
- 1 Clove Garlic, Minced
- 1 Tsp Salt
- 1/2 Tsp Pepper
- 3/4 Tsp Cumin (Optional)

Instructions

Preheat Oven To 400 Degrees. Use Non-stick Silicone Baking Sheet To Avoid Sticking. Bake At 400 Degrees 15-20 Minutes, Or Until Cooked Through.

If Desired, Place Under The Broiler For An Additional 2-3 Minutes Or Until Browned On Top.

Chicken: If You Can't Find Ground Chicken Breast, You Can Grind Your Own. Simply Weight Out 1 Lb. Chicken Breast And Pulse It In Your Food Processor To "Grind" Until No Large Pieces Remain.

*****Don't Be Tempted To Skip Drying Out Your Zucchini A Bit With A Paper/Kitchen Towel. Zucchini Has A Lot Of Moisture, And If You Don't Squeeze It Out Beforehand, Your Meatballs May Stick More To The Pan If You're Pan-frying And Have A Bit More Trouble Holding Together During Baking.

Beef And Broccoli Stirfry

Ingredients

- 1 Pound Grass Fed Flank Steak, Thinly Sliced*
- 2 Heads Broccoli, Florets Removed (7 Cups/465 Grams)
- 3/4 Cup Coconut Aminos
- 3 Tablespoons Lime Juice
- 3 Cloves Garlic, Minced
- 1 Inch Ginger, Minced
- 1/2 Teaspoon Red Pepper Flakes
- Salt And Pepper, To Taste
- Green Onions

In A Small Bowl, Make The Sauce By Combining The Coconut Aminos, Lime Juice, Garlic, Ginger, Red Pepper Flakes, And Salt And Pepper. Set Aside.

Liberally Season The Sliced Steak With Salt And Pepper.

Heat A Large Sauté Pan Over Medium Heat And Let It Get Hot.
Add Slices Of Beef, Without Overcrowding, And Cook 30 Seconds Per Side. 3-5 Minutes Until Tender. From The Pan And Set Aside. Repeat With Remaining Beef

Leave The Beef Juices In The Pan And Add Chopped Broccoli.

Add About 2-3 Tablespoons Of The Sauce And Cover With A Lid.

Add Remaining Sauce To The Pan And Bring To A Simmer.

Reduce To Medium Low And Cook Until Thickened And Coats The Back Of A Spoon, About 3-4 Minutes.

Add Back In Beef And Broccoli And Stir To Combine And Heated Through, About 1 Minute.

Serve With Cauliflower Rice, Top With Optional Toppings, And Enjoy!

Turkey Meatballs Packed With A Punch

Ingredients

- 1 Pound Ground Turkey
- 2 Teaspoons Fennel Seed, Crushed
- 1 Teaspoon Dried Oregano
- 1 Teaspoon Kosher Salt
- 1/4 Teaspoon Ground Black Pepper
- 3 Teaspoons Garlic Powder
- 1/2 Teaspoon Sweet Paprika

1/4 Teaspoon Crushed Red Pepper (More If You Like Things Spicy!)

Instructions

In A Large Mixing Bowl Combine All Ingredients. Using Your Hands, Mix Well.

Wrap In Plastic Wrap Or Place In A Tightly Sealed Container And Refrigerate Overnight Before Using.

Use As Patties, In Meatballs, Pizza Toppings, Etc.

Juicy Marinade And Skewer Recipe

Ingredients

- 1/2 Cup Coconut Aminos
- 1/4 Cup Lemon Juice
- 1 Tablespoon Prepared Mustard
- 1 Clove Garlic, Minced
- 1 Teaspoon Coarsely Cracked Black Pepper
- 1 1/2 Teaspoons Salt
- 1 1/2 Pounds Lean Beef, Cut Into 1-inch cubes
- 16 Mushroom Caps
- 8 Metal Skewers, Or As Needed
- 2 Green Bell Peppers, Cut Into Chunks
- 1 Red Bell Pepper, Cut Into Chunks
- 1 Large Onion, Cut Into Large Squares

Instructions

Whisk The Coconut Aminos, Lemon Juice, Mustard, Garlic, Black Pepper, And Salt Together In A Bowl; Pour Into A Resealable Plastic Bag. Add The Beef, Coat With The Marinade, Squeeze Out Excess Air, And Seal The Bag. Marinate In The Refrigerator 8 Hours Or Overnight.

Add The Mushrooms To The Bag, Coat With The Marinade, Squeeze Out Excess Air, And Reseal The Bag; Marinate In The Refrigerator For Another 8 Hours.

Preheat An Outdoor Grill For High Heat

Remove The Beef And Mushrooms From The Marinade, Shaking Off Any Excess Liquid. Pour The Marinade Into A Small Saucepan And Bring To A Boil Over High Heat. Reduce Heat To Medium-low, And Simmer For 10 Minutes; Set Aside For Basting.

Thread Pieces Of Green Bell Pepper, Beef, Red Bell Pepper, Mushroom, And Onion Onto Metal Skewers, Repeating Until All Ingredients Are Skewered.

Cook The Skewers On The Preheated Grill, Turning Frequently And Brushing Generously With The Reserved Marinade Until Nicely Browned On All Sides And The Meat Is No Longer Pink In The Center, About 15 Minutes

Chicken And Bell Pepper In Amino Marinade

Ingredients

- 1-1/2 Pounds Boneless, Skinless Chicken Breasts
- 1 Red Bell Pepper, Seeded And Cut Into Cubes Strips
- 1-1/2 Teaspoons Freshly Ground Black Pepper
- 2 Tablespoons Broth/Stock/Lemon Or Lime Juice 1-inch Fresh Ginger Root, Peeled And Finely Chopped
- 2 Cloves Garlic, Peeled And Finely Minced
- 3 Tablespoons Coconut Aminos, Divided
- 3 Tablespoons White Vinegar, Divided Stevia To Taste

Instructions

Whisk Together In A Medium Sized Bowl, Half Of The Coconut Aminos, Half Of The Vinegar, And The Sweetener. Add The Chicken And Toss To Coat. Place In The Fridge To Marinate For 30 Minutes.

Add Broth/Stock/Lemon Or Lime Juice To A Skillet And Heat To Medium-low.

Add The Garlic And Ginger And Cook For 30 Seconds, Just Until Garlic Is Golden And Fragrant, But Not Burnt.

Add The Marinated Chicken With Any Juices In The Bowl And Cook For 3 Minutes.

Add The Bell Pepper Strips, Remaining Sauce And Vinegar, And Black Pepper And Stir. Cook For About 10 Minutes Until Peppers Have Softened And Chicken Is Cooked Through.

Add The Marinade To A Small Pot And Cook Down Slightly Until It Thickens Up A Touch.

Tip: To Have Chicken With A Crisper Texture, Sear On Medium-high Heat For 5-6 Minutes, Without Adding The Extra Marinade.

Stewed Tomatoes Over Cauliflower Rice

Ingredients

- 1 Medium Head Cauliflower
- 1 Tbsp Broth Or Stock
- 1 Small Jalapeño, Finelychopped
- 2 Tsp Minced Garlic
- 2 Small Roma Tomatoes, Diced
- 1 1/4 Tsp Cumin
- 3/4 Tsp Chili Powder
- 1/2 Tsp Paprika
- 1/4 Tsp Salt
- 1/2 Small Lime, Cut Into Wedges, Juiced

Instructions

Chop Cauliflower Into Florets And Pulse Florets In Food Processor Until Riced. Set Aside.

To A Large Pan Over Medium Heat, Add Jalapeño And Garlic And Saute Until Fragrant.

Add Tomatoes And Spices, Stir, And Saute For 3 Minutes.

Add Cauliflower Rice, Cover Pan With Lid, And Saute Until Cauliflower Softens, About 8-10 Minutes, Stirring Occasionally.

Top With Desired Garnishes And Serve.

Cajun Shrimp And Cauliflower Rice

Ingredients

- 2 Tsp Smoked Paprika
- 1 Tsp Italian Seasoning
- 1/2 Tsp Sea Salt
- 1/2 Tsp Onion Powder
- 1/2 Tsp Garlic Powder
- 1/4 Tsp Cayenne Pepper (Double For Extra Heat)
- 1/4 Tsp Ground Black Pepper
- 2 Tbsp Broth Or Stock
- 1 Tbsp Apple Cider Vinegar
- 1 Lb Peeled And Deveined Shrimp
- 1 Large Head Cauliflower, Cored And Chopped Into Florets
- 1/2 Cup Diced White Onion
- 1 Clove Garlic, Crushed
- 1 Red Bell Pepper, Diced
- 2 Tbsp Water
- 2 Tbsp Chopped Fresh Parsley, For Garnish, Optional

Instructions

In A Small Bowl, Mix Together The Smoked Paprika, Italian Seasoning, Sea Salt, Onion Powder, Garlic Powder, Cayenne Pepper And Black Pepper.

Add 1 Tablespoon Of Broth/Stock And Apple Cider Vinegar To Create A Sauce. Pour On Top Of The Shrimp And Evenly Coat. Set Aside Until Ready To Use.

Working In Batches, Place The Cauliflower Inside A food Processor And Pulse Until It Resembles Couscous Or Rice—be Careful Not To Over-pulse!

Heat Your Skillet To Medium Heat. Coat The Pan With The Remaining Broth/Stock, And Sauté The Onion And Garlic For 3 Minutes, Then Add The Diced Red Bell Pepper.

Continue To Cook For Another 2 To 3 Minutes, Then Add The Cauliflower Rice. Sauté The Cauliflower Rice With Veggies For Another 5 Minutes, Or Until The Rice Begins To Get Lightly Toasted.

Add The Shrimp With Its Juices And Spices. Continue To Stir And Mix The Veggies, Cauliflower Rice, And Shrimp For About 2 Minutes. Cover With A Lid.

If The Vegetables Seem Dry And Need More Moisture, Add Water Or Broth/Stock. Reduce The Heat To Low, And Let The Shrimp Cook For Another 4 To 5 Minutes, Or Until The Flesh Is Slightly Opaque And A Little White In Color. Garnish With Parsley To Serve, If Using.

Skillet Chicken Ratatouille

Ingredients

- 1 Lb Boneless, Skinless Chicken Breast, Cut Into Chunks
- 1 Small Sweet Onion, Diced
- 2 Cloves Garlic, Minced
- 1 Small Zucchini, Diced
- 1 Red Bell Pepper, Diced
- 1 Orange Bell Pepper, Diced
- 1 Cup Diced Eggplant
- 1 Cup Halved Cherry Tomatoes
- 2 Tsp Italian Seasoning
- 1 Tsp Salt, Plus More To Taste
- 1 Tbsp Tomato Paste
- 1 Tbsp White Vinegar
- 1/3cup Fresh Basil, Chopped, For Garnish
- 1 Tbsp Fresh Thyme, For Garnish

Instructions

Heat Your Skillet To Medium Heat. Salt And Pepper The Chicken.

Once The Skillet Is Hot, Coat The Pan With Oil And Add The Chicken. Cook For 3 To 4 Minutes, Continuing To Stir So That All Sides Of The Chicken Are Starting To Brown.

Add The Onion And Garlic To The skillet And Cook For An Additional 3 Minutes.

Stir In The Zucchini, Red Bell Pepper, Orange Bell Pepper, Eggplant And Cherry Tomatoes. Continue To Stir Over Medium Heat, Evenly Cooking The Vegetables And Chicken For About 5 Minutes.

Stir In The Italian Seasoning And Salt. As The Vegetables Continue To Cook And More Water Is Released, Stir In The Tomato Paste And Vinegar To Create A Sauce.

Once The Vegetables Are Softened And Flavorful, About 20 Minutes, Remove From The Heat. Serve Hot With Fresh Basil And Thyme.

Turmeric Dressing (Make One Day In Advance):

Ingredients:

- 2 Tsp Turmeric, Ground

- 1 Tbsp Garlic, Minced
 - 2 Tbsp Apple Cider Vinegar
 - 1 Tbsp Stone-ground Mustard (Dijon-style) (Sugar Free)
 - 1 Tsp Lemon Zest
 - 1/2 Tsp Stevia
 - Salt, To Taste
-

Mushroom Burger

Ingredients:

- 1 Lb Ground Beef
- 1 Tsp Salt
- 1 Tsp Chili Powder
- 1/2 Tsp Coriander
- Beef Steak Tomato, Sliced
- Lettuce Leaves
- Onion
- Portobello Mushrooms

Instructions

Preheat Oven 350of

Remove Stem And Gills From The Mushrooms And Bake For 20 Minutes.

While The Mushrooms Bake, Mix Together The Ground Beef, Salt, Dried Chili And Coriander And Mold Into 5oz Patties. Cook The Patties For Approximately 2 Minutes On Each Side Over A Medium High Heat.

In A Different Pan, Sauté The Onions Until Translucent And Season Lightly With Salt And Pepper.

Once The Mushrooms Are Done, You Can Assemble The Burgers: Mushroom, Lettuce, Tomato, Burger And Lastly, Onions.

Spicy Sweet Sprouts Salad

Ingredients

- For The Fresh Salsa:
- 2 Tomatoes, Diced
- 1 Bell Pepper, Diced
- 1/4 Red Onion, Diced
- 1 Lime, Juiced
- 1/4 Cup Cilantro, Finely Chopped
- Pinch Of Pink Himalayan Salt Hot Pepper Of Choice Or Chilli Fakes

For The Salad:

- Ingredients:
- 3 Cups Greens Of Choice
- 1 Cup Purple Cabbage, Shredded
- 2 Cups Sprouts Of Choice (Bean Sprouts, Pea Shoots, Sunflower Sprouts, Alfalfa Sprouts Etc...)
- 1/4-1/2 Cup Fresh Salsa

Instructions

Place All Of Your Ingredients In A Bowl. Toss And Allow To Sit For 30 Minutes For Flavors To Blend.

Instructions: Place All Salad Ingredients In A Large Bowl, Toss And Enjoy

Beef Ramen With Zoodles

Ingredients

- 4 Medium Zucchini Noodled
- 1 Eggplant - I Used A Vegetable Peeler To Make Thin Ribbons
- 1/4 Cup Scallions
- 2 Cups Bean Sprouts
- 1 Egg
- 6 Cups Water
- 1/2 Cup Soy Sauce
- 3 Tbsp Mirrin
- 2 Tbsp Rice Vinegar
- 2 Cloves Garlic Minced
- 1/4 Tsp Ginger Mince

Broth

Instructions

Bring Water To Boil. Add Egg, Cook For 6 Minutes 1/2 Lb Beef Of Choice Sliced As Thin As Possibleoil

Mix All The Ingredients For The Broth In A Pot And Bring To Boil.

While Waiting For The Broth To Boil, Sear The Thin Beef Slices On A Hot Pan.

Add The Eggplant Ribbons, Bean Sprouts And Scallions To Broth. Cook For About 5 Minutes.

Add The Zucchini Noodles And Cook Until The Noodles Are To Your Desired Level Of Done-ness.

Dump The Beef In The "Soup" And Serve It Up!

Instant Pot Chicken Stew

Ingredients

- 2 Lb Chicken Pieces
- 2 Onion (Diced)
- 1 Can Diced Tomato
- 2 Cups Brussels Sprouts (Ends Removed And Halved)
- 2 Cups Zucchini (Diced)
- 2 Cups Button Mushrooms (Diced)
- 2 Stalks Celery (Chopped, Including The Leaves)
- 1 Cup Chicken Stock (Add An Extra Cup If You Want It Soupy)
- 2 Cloves Garlic
- 2 Tsp Salt
- 1 Tsp Dried Thyme

- To Taste Black Pepper

Instructions

Add All The Ingredients Into Your Instant Pot.

Seal The Lid And Set To Cook For 30 Minutes On High. Quick Release The Pressure. Serve.

Paprika Chicken Skillet

Ingredients

- 4 Chicken Breasts (Cut Into Bite-sized Cubes)
- 2 Medium Yellow Onions (Sliced)
- 1 Red Bell Pepper (Diced)
- 1 Tsp Garlic Powder
- 2 Tsp Ground Coriander
- 2 Tsp Dried Oregano
- 2 Tbsp Paprika To Taste Salt
- White Pepper
- 1/2 Cup Hot Water

Instructions

In A Large Sauté Pan, Over A Medium/High Heat – Sauté The Onions Until Soft And Translucent And Starting To Caramelize.

While The Onions Are Cooking, Season The Chicken With The Spice Mix And Be Generous With The Salt.

When The Onions Are Done, Push Them To One Side And Add The Chicken And Red Bell Pepper. Be Sure To Let The Chicken Sit For A Minute Or Two To Give It Time To Sear.

Then Stir Everything Together And Once The Chicken Is Almost Cooked, Add The Water (Or Cream) And Allow To Heat Through For A Couple Of Minutes. Garnish With A Bit Of Fresh Parsley (Optional) And Serve Immediately.

Pesto Zoodles With Pan Seared Chicken And Blistered Tomatoes

Ingredients

- 2 Large Zucchini. Spiralized
- 2 Chicken Breasts, Seasoned With Salt Pepper, Garlic Powder And Paprika
- 1/4 Cup Cilantro Pesto
- 1 Cup Cherry Tomatoes, Halved

Instructions

Sear The Chicken Breasts In A Little Bit Of Broth Until Cooked Approximately 3 Minutes Per Size, But Will Vary Depending On The Size Of The Pieces.

At The Same Time, Sear The Cherry Tomatoes For Approximately 5 Minutes.

Mix The Raw Zoodles With Cilantro Pesto, And Top With The Sliced Chicken And Tomatoes.

Homemade Red Pepper Relish

Ingredients

- 1 Red Bell Pepper
- 1 Medium Red Chili Pepper (Deseed If You Don't Want It Spicy)
- 1 Garlic Clove (Minced)
- 1/2 Cup Apple Cider Vinegar
- 2 Tsp Salt (Pickling Or Kosher)
- 1 Tsp Mustard Seeds
- 1/2 Tsp Ground Black Pepper

Instructions

Add All The Ingredients To A Blender And Blitz Until Very Fine.

Pour The Contents Of The Blender Into A Saucepan And Place Over A Low-medium Heat.

Allow The Relish To Simmer For 15-20 Minutes.

Tilapia Ceviche Ingredients

- 1 Pound Tilapia
- 1 Cup Fresh Lime Juice From 6 To 8 Limes, Plus More For Serving
- 1 Medium Onion Finely Diced (About 1 Cup)
- 1 Cucumber Diced
- 1-2 Roma Tomatoes Seeded And Finely Chopped (About 1/2 Cup)
- 1-2 Jalapeño Chiles Minced, Seeded If Desired, See Notes
- 1 Bunch Fresh Cilantro Stems Removed And Minced
- Salt

Instructions

To Make The Ceviche:

Chop Tilapia Into 1/2-inch Pieces. Place In A Glass Or Stainless-steel Bowl. Add Lime Juice And Toss Until Evenly Coated. Cover And Refrigerate Until The Fish Is Opaque And "Cooked" Through, About 4 Hours.

Drain Off And Discard Excess Lime Juice.

Add Onion, Cucumber, Tomatoes, Jalapeños, And Cilantro And Toss Until Evenly Coated. Season To Taste With Salt And More Fresh Lime Juice If Desired.

Recipe Notes

Most Of The Heat From Jalapeños Comes From The Seeds And White Membrane. Scrape Those Out For Less Heat; Add Them In For More Heat!

Slow Cooker Turkey Breast

This Turkey Is So Versatile And Is Great As Is, Shredded And Made Into A Turkey Salad, Added Into A Broth With Veggies For A Delicious Soup Or Made Into A Enchilada Casserole

Ingredients

- 1, 4-6 Lb Turkey Breast, Bone In And All Skin And Fat Removed
- 1 Head Of Garlic, Cut In Half Horizontally
- 1 Onion (Brown, Yellow Or White), Unpeeled, Cut In Half
- 1 Lemon, Halved
- 4 Sprigs Of Fresh Thyme, Rosemary Or Sage

Rub

- Basic Poultry Rub
- 1 1/2 Tsp Garlic Powder
- 1 1/2 Tsp Onion Powder
- 1 Tsp Paprika
- 1 Tsp Cumin
- 2 Tsp Sea Salt
- 5-7 Grinds Of Black Pepper
- Zest From 1 Lemon (Above)

Instructions

Place Rub Ingredients In A Bowl And Mix To Combine.

Pat The Turkey Until Dry, All Over With Paper Towels. Slather With The Rub, Using Most For The Side And Top.

Place The Garlic, Onion, Lemon And Herb Choice In The Bottom Of The Slow Cooker. Place The Turkey Breast, Bone Side Down On Top Of The Base Mixture.

Slow Cook On Low For 6 Hours (Do Not Use High) Or Until Internal Temperature Reads 165f/75c When Thermometer Is Inserted Into The Middle.

Remove Turkey From The Slow Cooker (Do Not Leave In Slow Cooker On Warm Setting) And Let It Rest For 20 Minutes.

Note - No Water Is Required For This Turkey. It Will Steam In Its Own Juices And Won't Dry Out Or Burn, But Make Sure It Is Elevated On Top Of The Onion And Garlic.

Cauliflower Tabbouleh

Ingredients

- 1/2 Pound Riced Cauliflower (2 Cups)
- 2 Roma Tomatoes Seeded And Chopped (About 1 Cup)
- 1 Large Cucumber Peeled, Seeded, And Chopped
- 2 Scallions Sliced
- 2 Cups Chopped Fresh Parsley
- 1 Cup Chopped Fresh Mint
- 1/4 Cup Lemon Juice From 2 Large Lemons
- 2 Cloves Garlic Minced (About 1 Teaspoon)
- Salt And Freshly Ground Black Pepper

Instructions

In A Large Bowl, Combine Cauliflower, Tomatoes, Cucumbers, Scallions, Parsley, Mint, Lemon Juice And Garlic.

Season To Taste With Salt And Pepper (I Like 1/2 Teaspoon Salt And 1/4 Teaspoon Pepper)

Cover And Refrigerate At Least 30 Minutes To Blend Flavors. The Salad Will Taste Better The Longer It Sits, So Feel Free To Make It Ahead And Let It Sit Overnight.

Pickled Red Onion

Ingredients

- 1 C Apple Cider Vinegar Or Red Wine Vinegar
- 1 T Stevia
- 1 T Kosher Salt
- 2 Red Onion, Thinly Sliced
- 2 Cloves Of Garlic
- 1 T Black Pepper Corns

Instructions

Bring To A Simmer Vinegar, Stevia, Salt, Garlic And Peppercorns.

Let Cool For 5 Min And Then Pour Over Onion While It Is Still Warm. Let Onions Cool To Room Temp. Store In The Fridge For Up To 2 Weeks.

Chipotle Chicken

Ingredients

- 1/2 Medium Red Onion Coarsely Chopped
- 3 Cloves Garlic
- 2 Tablespoons Adobo Sauce From A Small Can Of Chipotle Peppers
- 2 Tablespoons ancho Chile Powder
- 2 Tablespoons Broth/Stock, Plus More For The Cooking Surface
- 2 Teaspoons Cumin
- 2 Teaspoons Dried Oregano
- Salt And Freshly Ground Black Pepper
- 4 Pounds Boneless, Skinless Chicken

Instructions

To Make The Marinade:

To The Bowl Of A Food Processor Or Blender, Add Red Onion, Garlic, Adobo Sauce, Ancho Chile Powder, Broth/Stock, Cumin, Dried Oregano, 1 Teaspoon Salt, And 1/2 Teaspoon Pepper.

Blend Until Smooth.

Pour Into A Measuring Cup And Add Water To Reach 1 Cup.

Place The Chicken In A Large Freezer-safe Plastic Bag. Pour In Marinade, Close The Bag, And Mash Until Chicken Is Evenly Coated. Place The Plastic Bag In A Dish And Refrigerate For At Least 30 Minutes Or Overnight.

To Bake The Chicken: (In The Oven Is Preferred)

Preheat Oven To 400 Degrees. Arrange Chicken In A Single Layer, On Parchment Paper To Prevent Sticking. Cover With More Parchment Paper, Tucking The Paper Around The Chicken So It Is Completely Covered.

Bake For 30 To 40 Minutes, Until The Chicken Reaches 165°f When Tested With An Internal Thermometer.

Remove To A Cutting Board And Tent With Foil For 10 Minutes. Chop Into Small Pieces. Season To Taste With Salt.

Spice Roasted Cauliflower

This Recipe Also Works Well With Broccoli Or Romanesco.

These Can Easily Be Flavored Like Buffalo Wings, By Tossing Them With Your Favorite Hot Sauce After They've Baked For 15 Minutes. Continue To Bake Until Done.

Ingredients

- 1 Head Cauliflower
- 1 Teaspoon Mild Chili Powder
- 1 Teaspoon Kosher Salt
- 1/2 Teaspoon Ground Cumin
- 1/2 Teaspoon Smoked Paprika
- 1 Teaspoon Garlic Powder
- 1/4 Teaspoon Chipotle Chile Powder, Optional
- Apple Cider Vinegar (To Taste)

Instructions

425f Oven.

Line A Baking Sheet With Parchment.

Cut Cauliflower Into Even Sized Florets. Rinse, And Shake Off Excess Water But Don't Dry (The Moisture Is Needed To Steam). Spread Them Out On The Baking Sheet Evenly.

Combine Seasonings, And Sprinkle Over The Cauliflower, Turning The Florets So That All Sides Are Seasoned.

Bake For 15 Minutes; Turn Florets And Bake Another 15 Minutes Or Until They Are Beginning To Brown In Spots.

Remove From The Oven And Lightly Sprinkle With Apple Cider Vinegar And Serve.

Note: This Recipe Also Works Well With Broccoli Or Romanesco.

These Can Easily Be Flavored Like Buffalo Wings, By Tossing Them With Your Favorite Hot Sauce After They've Baked For 15 Minutes. Continue To Bake Until Done.

Chili Lime Shrimp

Ingredients

- 1 Lb. Shrimp, Peeled And Deveined
- 1/2 Cup Lime Juice
- 3 Tablespoons Coconut Aminos
- 1/4 Cup Diced Roasted Red Pepper
- Zest Of 1 Lime
- 3 Cloves Garlic, Minced
- 1 1/2 Teaspoon Chili Powder
- 1/2 Teaspoon Chili Flakes
- 1 Teaspoon Ground Cumin
- 1 1/2 Teaspoon Kosher Salt
- Ground Black Pepper To Taste
- 1/4 Cup Freshly Chopped Cilantro
- 1 Lime, Cut Into Wedges, For Serving

Instructions:

In A Large Bowl, Whisk Together Lime Juice, Coconut Amino's, Diced Roasted Peppers, Lime Zest, Garlic, Chili Powder, Chili Flakes, Cumin, And Salt And Black Pepper. Add Shrimp To Marinade, Cover With Plastic Wrap, And Refrigerate 30 Minutes.

Heat A Large Skillet Over Medium-high Heat. Add Shrimp And Cook Until Pink And Opaque. Remove From Heat And Stir In Cilantro.

Season To Taste With Additional Salt And Black Pepper And Serve Immediately With Lime Wedges.

This Dish Goes Wonderfully With Some Roasted Cauliflower.

*****See The Recipe For Spice Roasted Cauliflower

Cran-blueberry Dessert

- 12 Oz Bag - Fresh Cranberries, Washed
- 6 Oz Container - Fresh Blueberries, Washed
- 1/2 Teaspoon Cinnamon
- 1/4 Teaspoon Ground Nutmeg
- 1 Teaspoon Pure Vanilla Extract
- Zest And Juice From 1 Lemon
- Zest From 1 Orange
- 3/4 Cup Water
- 8 Packets Of Truvia (Or To Taste)

Instructions

Assemble All Ingredients In A Medium Sized Pot And Place Over Medium Heat. Cook, Stirring Frequently Until Skins Of Berries Begin To Pop. Reduce Heat To Low And Let Sauce Reduce Until Thickened About 20 Minutes And Stirring Occasionally.

Remove From Heat; Allow To Cool For 25 Minutes.

At This Point You Can Store As Is, Or Portion Into 4 Oz Cups So That They're Ready To Pull Out Of The

Fridge And Eat As Your 4 Oz Berry Potion/ Dessert.

Slow Cooker Barbacoa With Cauliflower Rice

Ingredients

- 1/4 Cup Lime Juice
- 1/4 Cup Cider Vinegar
- 3 Chipotle Peppers In Adobo Sauce
- 4 Garlic Cloves, Thinly Sliced
- 4 Teaspoons Ground Cumin
- 3 Teaspoons Dried Or Fresh Oregano
- 1-1/2 Teaspoons Pepper
- 3/4 Teaspoon Salt
- 1/2 Teaspoon Ground Cloves
- 1 Cup Reduced-sodium, No Sugar Chicken Broth
- 1 Boneless Beef Chuck Roast (3 To 4 Pounds)
- 3 Bay Leaves
- Cauliflower Rice:
 - Head Of Cauliflower - Riced
 - 1 Cup No Sugar Chicken Broth
 - 1-1/2 Teaspoons Salt
 - 1/2 Cup Minced Fresh Cilantro
 - 2 Tablespoons Lime Juice

Instructions

Place The First 9 Ingredients In A Blender; Cover And Process Until Smooth. Add Broth; Pulse To Combine.

Place Roast And Bay Leaves In A 4- Or 5-qt. Slow Cooker; Pour Sauce Over Top. Cook, Covered, On Low Until Meat Is Tender, 7-9 Hours.

Prepare Cauliflower Rice About 30 Minutes Before Serving. In A Large Saucepan, Combine Broth, Riced Cauli, And Salt; Bring To A Boil. Reduce Heat; Simmer, Covered, Stirring Occasionally, Until Liquid Is Absorbed And Cauliflower Rice Is Tender, 12-15 Minutes.

Remove From Heat; Gently Stir In Cilantro And Lime Juice.

Remove Roast From Slow Cooker; Cool Slightly. Discard Bay Leaves And Skim Fat From Cooking Juices. Shred Beef With 2 Forks; Return To Slow Cooker. Serve With Cauliflower Rice.

Cauliflower Rice Waffles

Ingredients:

1 Pound Cauliflower Rice 2 Eggs
3 Tbs Nutritional Yeast
1/4 Tsp Onion Powder
1/4 Tsp Garlic Powder
1/4 Tsp Pepper
1 Tsp Himalayan Pink Salt

Combine All Ingredients And Mix Until Blended. Cook In A Waffle Maker 8-10 Minutes.

Korean Daikon Radish Salad

Ingredients

- 1-2 Pounds Daikon Radish (About 1 Radish)
- Green Onion Finely Chopped (Optional)
- 1 Tablespoon Korean Chili Powder (Or More If You Like Hot)
- 2-3 Tablespoon Coconut Aminos
- 1/2 Tablespoons Liquid Stevia
- 1/2 Tablespoon Minced Garlic
- 1 Tablespoon Himalayan Sea Salt

Instructions

Julienne The Radish (About The Size Of A Wooden Match)

In A Mixing Bowl, Add All The Ingredients Minus The Radish And Wisk To Make The Sauce.

Add The Radish And Onion, Then Mix By Hand Until All The Radishes Are Coated.

Transfer The Seasoned Radishes Into A Glass Container And Rest For At Least 30 Minutes In The Fridge.

Serve And Enjoy.

Note: Any Unused Portion Can Be Refrigerated For Up To 7 Days.

Chicken Fried Rice

Ingredients

- Coconut Aminos
- 3-4 Cloves Minced Garlic
- 1 Scrambled Egg
- 3oz Diced And Cooked Chicken
- 1/4 Cup Diced Celery
- 1/4 Cup Sliced Green Onion (White And Green Separated)
- 1 Teaspoon Grated Ginger
- Cauliflower Rice
- 1 1/2 Tablespoons Coconut Aminos

Instructions

Heat 1 Teaspoon Coconut Oil In Large Skillet. Whisk Egg And Pour Into Skillet.

Cook Just Until Set, About 2 Minutes. Remove, Finely Chop, And Set Aside.

In Separate Pan Add 1 Tablespoon Coconut Aminos And Cook Chicken. Remove, Finely Chop, And Set Aside.

Heat 1 Tablespoon Coconut Aminos Over Medium Low Heat. Add Garlic, Ginger

And The Whites Of The Green Onion And Cook Until Fragrant.

Heat 1 Tablespoon Aminos And Add 4oz Cauliflower, Celery, And Chicken In Pan. Cook An Additional 5-6 Minutes. (Add Aminos As Needed To Keep From Sticking)

Stir In Egg And Remaining Green Onion. Cook 1-2 Minutes.
Serve And Enjoy.

Note: Add Korean Style Daikon Radish Salad As A Side Dish (Free Veggie)
